

FREE

JULY 2010

the *humm*

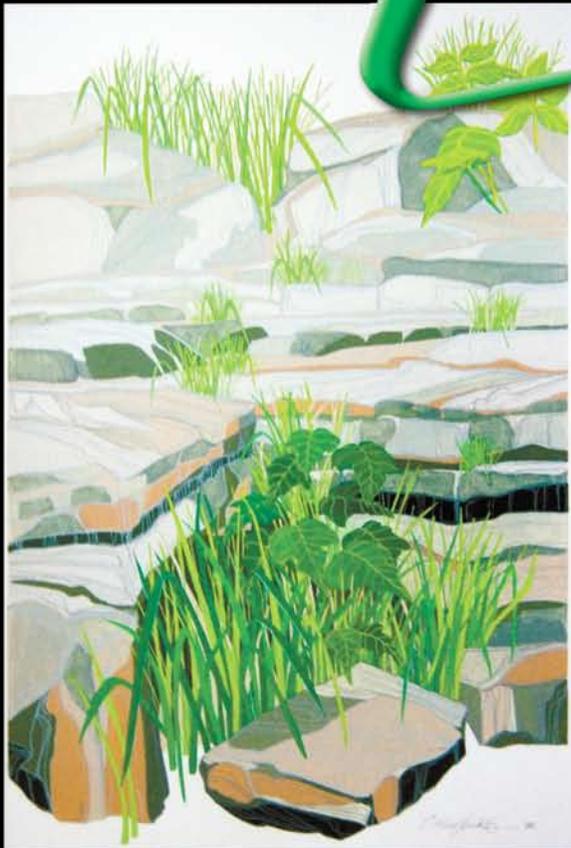
ARTS, ENTERTAINMENT & IDEAS



July's Events 24 & 25



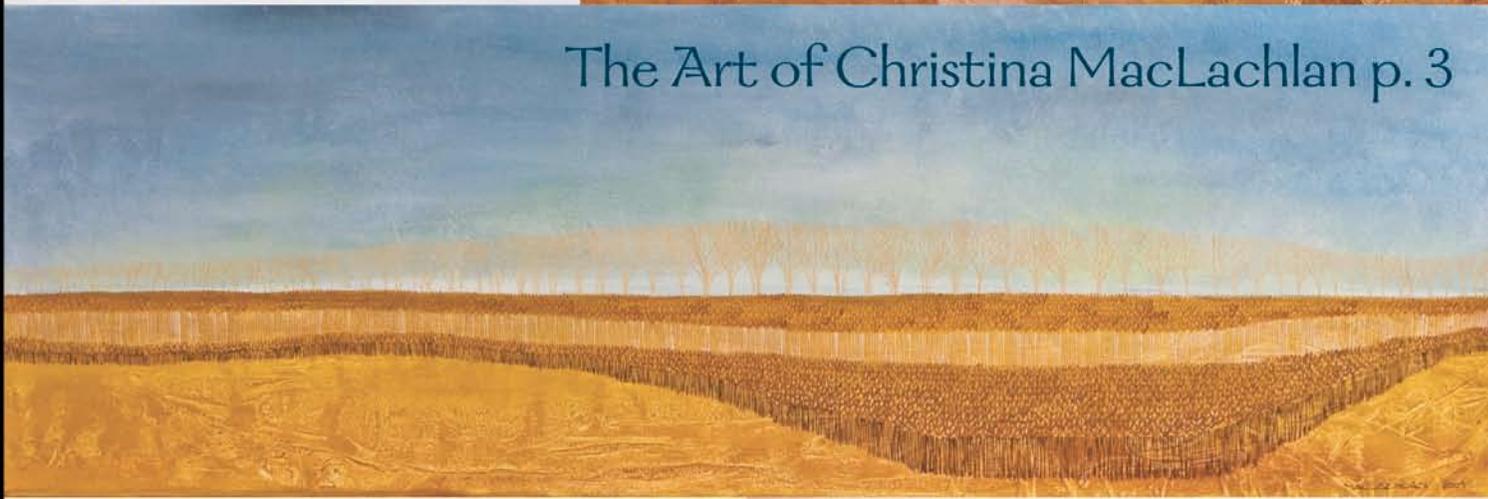
special section 15-18



The Art of Christina MacLachlan p. 3



special insert



special insert



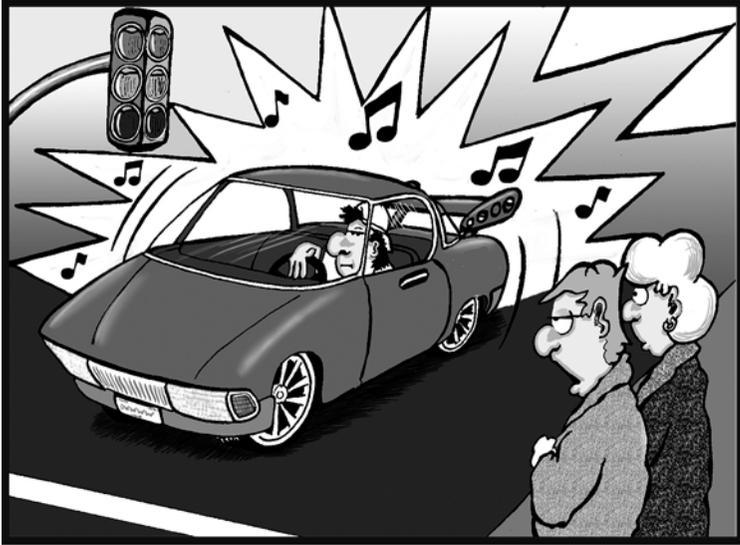
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Readers Write

Dear Editor:

On page 14 of your June issue an invitation was issued to a garden party to celebrate the 25th anniversary of the Mississippi Valley Textile Museum.

Almonte historians were listed — all great supporters from the beginning. However, there was a notable name missing — John Dunn.

John contributed reams of writing and devoted many hours to the advancement of the museum. His treatise “The Rosamond Romance with the Town of Almonte” is included with the recent publication “Our Past is Looming”.

Yours sincerely,
Marie Dunn



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Editor:

Kris Riendeau
editor@thehummm.com

Layout and Design:

Rob Riendeau
rob@thehummm.com

Advertising and Promotions:

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

Assistant Editor:

Rona Fraser
rona@thehummm.com



(above) The very adventurous **Kathy and Miriam Priddle** read theHumm on a camel in the desert near Essaouira, Morocco, back in 2008.

(below) Next in line is the photo below, which we filed as “Barbara in Greenland” and dated September 27, 2008. Unfortunately, the file with the caption was misplaced, so we’re not sure of all the details...

Barbara, please email <editor@thehummm.com> and fill us in!



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, Lanark, Smiths Falls, Burnstown, White Lake, Balderson, and Ottawa. Our mandate is to connect and promote people and events in the small towns and rural communities of the Ottawa Valley — where the arts flourish and entertaining characters run amok!

Submissions

may be submitted by email or on disk.

Deadline

is the 22nd of the month prior to publication.

Subscriptions

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theHumm
PO Box 1391
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Thanks this month to:

teachers in general for making it to the end of another school year, and to the staff at Almonte District High School in particular for helping our kids have a great fall and winter term!

A Call to Local Candidates

Are you a declared candidate in the upcoming municipal elections within theHumm’s coverage area? Do you have something to say about the local artistic or environmental scenes? If so, we’d like to hear from you!

Here’s what we need to know:

- your name
- the position for which you are running
- the municipality or jurisdiction you will represent
- two sentences describing your personal involvement in the arts or the environmental field (including farming & growing)

- two sentences describing how you would work to support local arts, local food, or local environmental issues should you be elected in the fall

Feel free to submit your photo and contact information as well. theHumm reserves the right to edit all submissions for length. The deadline for submissions is Sunday, August 15. We will endeavour to run as many submissions as we can in our September issue.

Please email submissions to <editor@thehummm.com>.

And good luck with your campaign!

Christina MacLachlan — Rocks and Trees Rock!

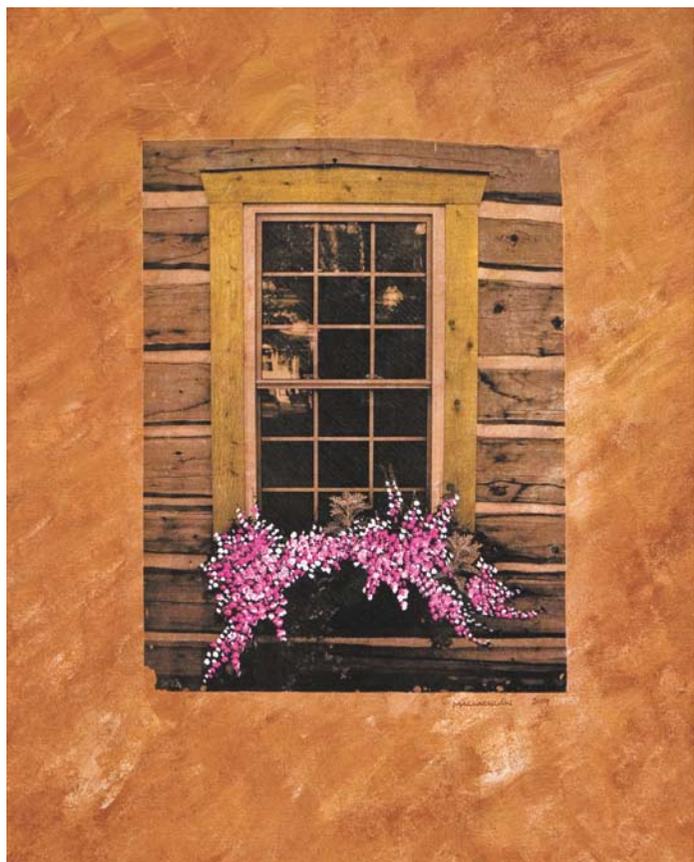
To a young artist who had never seen a barnyard cow, moving to Sudbury was a life-changing experience that is still influencing her art thirty years later. Christina MacLachlan's finely wrought celebrations of northern Ontario's bare-limbed trees reveal the impact that this vast, pristine landscape had on her urban eyes.

by Sally Hansen

Many of MacLachlan's eye-catching canvases are rendered in watercolour or gouache combined with pen and ink, reflect-

effects of early morning light or the soft evening dusk contrasting with the stark lines of the leafless branches. She has a wonderful talent for sharing her pleasure in the beauties of nature through her paintings.

In a new series she is working on, Christina is taking her interest in the bolder colours and contrasts achievable in gouache (heavy, opaque watercolour paint) a step further. A few years ago she totally enjoyed taking courses in acrylics at Haliburton School of the Arts. Her new series explores the luscious colours and textural possibilities of acrylics in large floral pieces. In



ing her formal training in print-making and lithography at the University of Toronto. Under the exciting and exacting tutelage of master printmaker Don Holman, she developed a lasting appreciation for the precision of clean lines. With her artist's eye she recreates the stunning

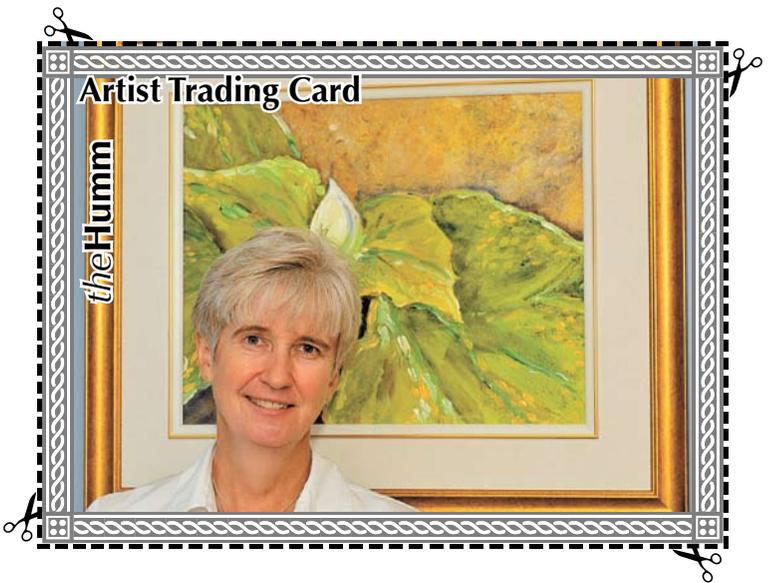
other works, she embellishes her own photographs of architectural and landscape features with watercolour and pen and ink. You can see one of these works on the cover of the wine list at Ballygiblin's Restaurant and Pub at 151 Bridge Street in Carleton Place.

Just Say Yes

The move to Sudbury as a young bride in January of 1977 was a pivotal point in her formation as an artist and a person. "I grew up there," she exclaims. She and her husband Al had agreed as students to move wherever one of them got their first job. Christina describes her experience of stepping out the back door and into snow that went up to her armpits as if it happened yesterday. To a Torontonian who had seldom been outside of the city, the enormity of the sky, the glacial lakes, the pristine birch forests and the amazing rock formations transformed her awareness of the natural world. She still loves to work from photographs she took during her five years there.

The timing was fortuitous. "The arts community was just getting started — if you said 'yes' you could do anything," she recalls. Christina was talented, enthusiastic and energetic. She received an Ontario Arts Council grant. She became the arts critic for Sudbury's "Northern Life" newspaper, covering music and theatre as well as the visual arts. As curator of a local gallery she hung shows, interviewed artists, and did TV spots. She learned a great deal about community participation as a planner for the city's Centennial celebration. She became a mother.

When Al's company transferred him to Ottawa five years later, the couple found an affordable house in Carleton Place, intending to move into the city. Twenty-two years later both Christina and Al, now a serious photographer, are members of Arts Carleton Place, and Chris is a member of the Board of Directors. She was a founding member of Amaryllis, an arts co-op, with fellow artists and friends Rosemary McGinnis, Reva and Leonard Dolgoy, Elizabeth Sampson, and many others. For twenty years they held an annual Christmas art exhibit and sale.



Payback Time

MacLachlan discovered her love of art in fourth grade when a substitute teacher introduced her to the thrill of artistic creativity. She doesn't remember the teacher's name, but her appreciation of the impact the experience has had on her led Christina to say "yes" again. She volunteered as an art teacher in her son's classrooms as he progressed through public school. She was also teaching "Art for Kids" at the Carleton Place Public Library. By the time she was the de facto art teacher in four classrooms, she decided to make it formal and augmented her BFA with an education degree from the University of Ottawa. She is now an elementary teacher at Beckwith Public School, assisting other teachers with their arts programs, and guiding the Art Club for Grades 7 and 8.

MacLachlan's talent, energy and enthusiasm are as much in evidence today in Carleton Place as they were two decades ago in Sudbury. Despite recent surgery for a total knee replacement, she has just completed the second "Artscape" event at Beckwith Public School. The concept seems to have emerged as the natural coalescence of her love of making art with her love of teaching art.

This year every student at Beckwith — over 420 kids — spent time with a professional artist to experience the thrill of creativity. Students in Junior Kindergarten through Grade 3 worked with mixed-media

artist Adrianna Steele-Card <peaceofmindcreations.com>, and Grades 4 through 6 created clay masks with potter Rosemary McGinnis. MacLachlan carted 240 pounds of raw clay from Ottawa to the school in the back of her van. The kids in grades 7 and 8 had the option of signing up for workshops led by professionals on drumming, photography, jewellery making, slam poetry, dance or improv. On the Friday of "Artscape" week, the students performed in front of the entire school and for their parents.

Christina organized the event in conjunction with Arts Carleton Place and the teachers at Beckwith Public School, and secured the funding as a pilot project in the hopes that other schools will follow suit. She knows that an introduction to the thrill of artistic expression by a passionate proponent can change your life. Discovering what you love to do early in life is a true gift. Funding is required to compensate the artists, and to purchase supplies. MacLachlan invites interested parties to contact Arts Carleton Place at 257-2031 or by email at <artscp@bell.net>, or get in touch with her directly at 257-7710.

In addition to her artist profile on the Arts Carleton Place database at <www.artscarletonplace.com>, a wonderful place to enjoy the art of Christina MacLachlan will be on Saturday, July 31, during the Bridge St. Bazaar in downtown Carleton Place.

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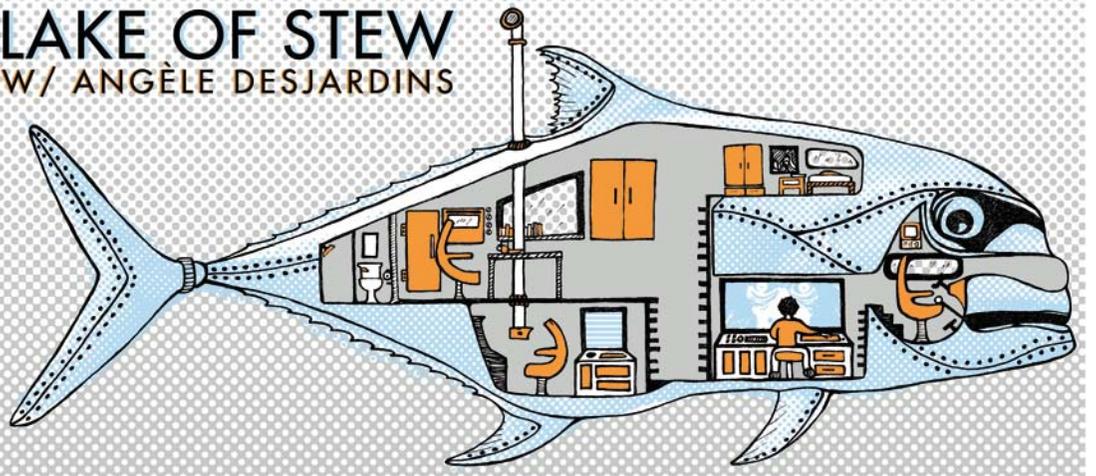
Artist Trading Card

WHO Christina MacLachlan
 WHAT Painter
 WHERE Home Studio, 133 Spruce Crescent, Carleton Place, 257-7710, <artscarletonplace.com>
 WHEN Saturday, July 31, 10-4, Carleton Place Bridge St. Bazaar
 WHY "It's a wonderful feeling to be totally immersed in doing something you love — nothing intrudes."

Slungshot at the Heirloom Café

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There's a new musical scene developing in Almonte — a multi-genre mix attracting a growing multi-generational audience. The sounds can be heard every second Wednesday at the Heirloom Café at 7 Mill Street, starting at 8PM (no cover charge). The sights can be seen on telephone poles and in shop windows around town, when the distinctive eye-catching posters (such as the one pictured above) hit the streets to announce the shows.

The Heirloom itself is a relatively new kid on the block, opened back in November of 2009 by Cordon Bleu trained chefs Brandy and Richard Kletnieks. Staff member Amanda Sears soon decided that the artistic Almonte community needed a new live music venue and, with the owners' blessing, began programming the Heirloom Music Series. Amanda's goal is to create an acoustic atmosphere that complements both the beautiful heritage building and the delicious, locally-sourced menu, so she gravitates towards roots, folk and blues in her musical selections. The Heirloom has created a special tapas menu for the

evening, as well as original cocktails such as the "Chaffé Olé" (created for the Brothers Chaffey gig on cinco de mayo). With local musician Ric Denis running the sound, the results are always music to the ears!

Attendance at the Wednesday night events has been steadily growing thanks to word-of-mouth, but it has certainly been helped along by a succession of posters that are works of art themselves. Created by Rick Herrera and Ryan Lotecki of Slungshot Studio, they are sometimes humorous, often edgy, and always eye-catching. Rick explains why he and Ryan pour their talents into this unpaid endeavour.

"Slungshot Studio is a multi-disciplinary art and design studio based in Almonte, working in the areas of graphic design, printmaking, painting, illustration and sculpture. We started making the Heirloom posters because the two of us have always loved music and the rock posters, t-shirt graphics and album packaging it all comes along with. We decided to teach ourselves how to screen print so that we could start creating our

own look for bands that we liked and wanted to work with. At the same time Amanda Sears had started to plan the Music Series and asked us if we wanted to design the posters, which we could then make small silkscreen runs of and sell at the shows. It worked out well because we are able to help support an ongoing event in our community as well as showcase what we do. It's a labour of love, but since we started all of this, the crowds at each show have been growing and Slungshot has gained a lot of great exposure in the process, so it is definitely paying off. We have a lot of interesting projects lined up for the future as well, so keep your eyes peeled!"

Summer shows at the Heirloom include Angèle Desjardins & Lake of Stew on July 14, Curtis Chaffey & Kelly Sloan on July 28, George Birchall & The Brothers Chaffey on August 11, and Miss Emily Brown & Prescott on August 25. The full schedule can be found at <www.heirloomcafe.ca>, and past posters can all be viewed by clicking on "Heirloom Music Series".

— Kris Riendeau

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Slam Poetry – From Local Finals to National Festival

Four months from now, the Canadian Festival of Spoken Word will be taking place in Ottawa. Since January, the Lanark County rural slam poetry series has been gearing up. Poets have been working towards the final competition. They

walked the path before me, I love that I can be inspired over and over again, especially when I really need it. Thank you to the students and the staff of R. Tait for taking this project beyond my expectations. Congratulations to Sara Milligan and Alex Edwards who will be featured as part of a youth showcase at the Canadian Festival of Spoken Word. As program director, I will also be inviting Ruth Tamas, Gillian Bentley, Chantel St. Amour, Ben McGregor, Shayla Fisher, Jack Irvin and Danny Albert to take part in the youth-focused workshop that will be taught by the Slam Poetry champion of the world. That seems like hyperbole, but it is not. My poetic colleague, Ian Keteku, won the world championship in France this June, and he will be leading a writing workshop for youth at this year's festival.

by Danielle Grégoire

have been writing, memorizing and performing. Eleven poets have made it to the last round of the season, and they will be bringing their best pieces to the stage. Slam Poetry is about engaging the audience with the poem. It can be funny, serious, and sometimes life changing.

This June, I spent one week running an intensive poetry camp for the junior and intermediate students at R. Tait Mackenzie Public School. I introduced over one hundred young people to the potential of sharing their voices through spoken word poetry with the eventual promise that two students would be selected to represent R. Tait, and Lanark County, at the National Festival. I watched the kids open up and brave the stage. The number one fear in North America is public speaking, and they overcame it and went up there to share poems written about their struggles, their passions and their lives.

Every time I think that maybe I'm done with poetry, that I should move on to another art form because I have writer's block, or performer's anxiety, or can't live up to the standards I've set for myself, I am reminded by others, by the youth of today, that this is important, that all of our voices matter. Whether they are the voices of our future or of those who

I hope that you have been inspired by this month's article to take a chance and come out to see what has been happening in our own backyard. On Saturday, July 17, the **LiPS Slam Poetry Finals** will be taking place at the Carleton Place High School cafetorium. Come be a part of the action, and watch as the poets compete for one of five spots on the team that will represent Lanark County at the CFSW. It is a high energy show, and it all starts at 6:30PM. There will be a silent auction, plus delicious baked goods and, of course, some terrific spoken word poetry. Tickets are only \$10 at the door, so come out and catch the biggest slam of the season.

As always, if there is an event or performance you think I should write about, please email me at <danielle.gregoire@hotmail.com>.



Last year's LiPS finalists (pictured above) had the chance to represent Lanark County at the 2009 Canadian Festival of Spoken Word in Calgary. On Saturday July 17, a whole new team will be chosen to attend the 2010 Festival in Ottawa. Come on out to Carleton Place & District High School to cheer on and support all of the participants!



Mississippi Riverfront Home \$259,900

Kellys' Success Tip of the Month:

It's never too late to get a final building permit. If you have received a permit to build or renovate at home but haven't gotten around to calling the inspector back for the final sign off you are not alone. We find this situation often when representing buyers and sellers. It is quite stressful to have that final permit as a condition of sale or purchase so do yourself a favour ahead of time and call the building department. If you are considering an offer on a home that has an addition or extensive renovations be sure to request the building department documentation as part of the purchase agreement.



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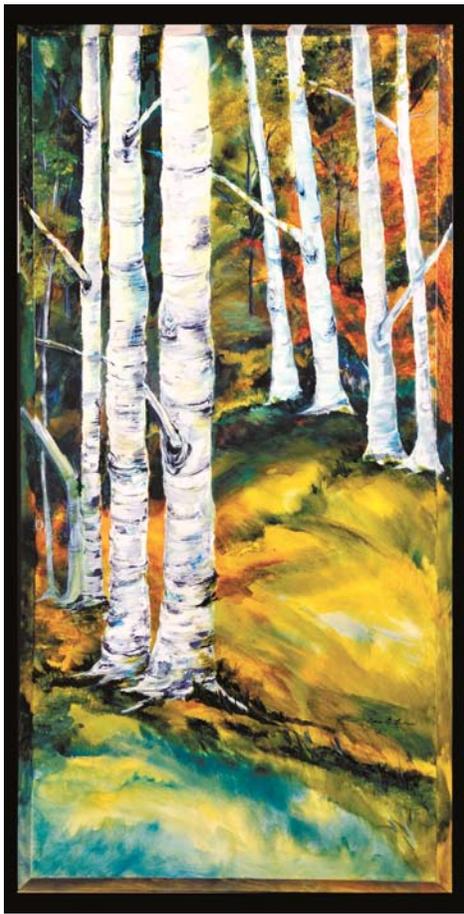
Mississippi Valley Conservation



Art On The Lawn

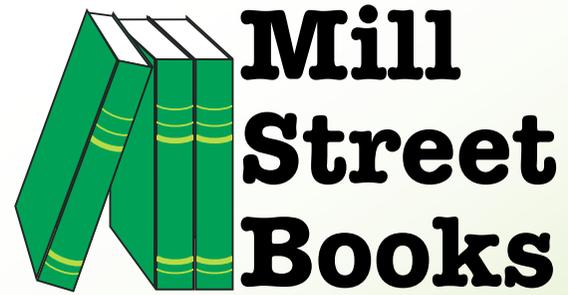
July 10 and 11 will see the 13th annual Perth Art on the Lawn Show and Sale, one of the most popular shows of the summer season. What started as a small group of friends of Joy McLenaghan displaying their art, has grown as a tribute to her memory and as a contribution to the Perth Great War Memorial Hospital Foundation, drawing crowds from Kingston, Brockville, Ottawa and beyond.

This year will be bigger and better, featuring over thirty artists, all members of the Rideau Lakes Artists' Association, of which Joy was a founding member. Visitors will enjoy artwork portraying local landscapes, sparkling florals, and imagination unleashed in watercolour, acrylic, oil, pastel and pencil, as well as pottery, quilting, iron works and wood carvings. As always, 5% of all sales will be donated to the Perth Great War Memorial Hospital Foundation in Joy's memory. The show will be open from 10AM to 5PM both days. Visitors are welcome to chat with the artists and enjoy the festive atmosphere at 3054 Rideau Ferry Road in Perth. For more information, call 928-3041 or visit the website at <www.rideaulakesartists.com>.



Works by over thirty artists (including Nora Brown, above) will be featured at the Art on the Lawn event near Perth

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Serial-Numbers Bring Voices to Almonte

Musique Actuelle group Serial-Numbers is made up of nine passionate musicians from different regions of Ontario and Québec who are devoted to creating and performing new original music. Negotiating between genres, the music is both through-composed and improvised, traditional and contemporary, with influences of the east and the west. The current project is called *voices*. It is essentially a suite of songs put together to tell an overall narrative. Their music is truly unique and original, rich in textural variety and sincere in content.

A new CD is due to be launched as Serial-Numbers heads into their second summer tour across Ontario and Québec. They will be performing a semi-acoustic show at the Almonte Old Town Hall on July 29 at 8:30PM. Their cellist Fjola Evans will open the evening by performing some solo pieces. Doors open at 8PM. Tickets are \$15 at door, or \$12 in advance from Mill Street Books at 52 Mill Street. For more details, please visit <www.myspace.com/serialnumbersmusic>.

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Brooke Valley Creative Living Workshops

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Already in their fourth year, they offer a unique concept in the “summer school” genre — rather than centralizing classes in one physical location, the instructors open their studios and gardens in a variety of settings. This allows students to enjoy the inspirational home of each artisan, as well as experience the full range of tools that each instructor uses. This year’s classes are offered in four locations close to Perth.

You can create your first pot or improve your throwing skills with award-winning potter Anne Chambers. Anne is offering a week-long pottery class, July 19 to 23. She has been a potter for twenty-seven years and is in demand around the province as an instructor. Call 267-8759 or visit <www.annechambers.ca>.

Dawn King (267-5918, dawnkingrustic.ca) and Dean Spence (267-4681, kmw.ca) offer different styles of rustic furniture building with different kinds of wood — visit their websites to see examples, in order to decide what would fit best into your environment.

At Blue Chicory in Lanark Highlands (278-1226, www.bluechicory.ca), you can weave your own hammock with Malcolm Williams, or find out more about organic gardening practices from Kristine Swaren.

Details of dates and tuition fees are available online at <www.brookevalley.ca> or in a brochure available in local stores and coffee emporiums throughout Lanark County (look for the sunflower).



4th Annual Canoe the Clyde for Cancer

The youngest participant last year was nine months of age and the oldest, 84. This goes to show that the annual Canoe the Clyde for Cancer is an event for anyone of any age — and, as always, is an ideal outing for the family.

The fourth annual Canoe the Clyde takes place on Saturday, August 14, with its launch in the centre of Lanark Village, and is sponsored by the Lanark & District Civitan Club.

This event has proven itself a major success, raising more than \$20,000 for the Canadian Cancer Society since 2007, while also providing an enjoyable day for those who collect pledges and raise funds by taking part in the 10-kilometre return trip up the Clyde River into the heart of the Lanark Highlands.

Each year, the number of participants has grown, along with the amounts pledged. Over the first three years, it attracted more than 250 participants, who’ve paddled their way up the Clyde in canoes and kayaks for the cause. When totalled, those paddlers have covered 2,500 kilometres! The event has become a popular activity that participants return to year after

year. Interest this year has been “amazing,” says Dick Cordick of Lanark, who started the event four years ago in support of the Cancer Society.

Canoe the Clyde couldn’t happen without the support of participating businesses, where paddlers can obtain registration forms. You can pick one up at the Nature Lovers’ Book Shop in Lanark Village, The Mill Store Outlet in downtown Perth, the Mexican Emporium in Carleton Place, Balderson Fine Foods, and The Hill Store in McDonalds

Corners. New this year is the convenience of registering for the event online. Go to <convio.cancer.ca/goto/lanarkcanoetheclyde> to sign up and get further details.

As usual, this popular event includes live music as well as a barbeque cooked up by members of the Civitan Club. Entertainment this year will be provided by Paul Gemmill and the Valley Highlanders.

For more information, call 267-1058 or email Dick Cordick at <riversedgebandb@aol.com>.



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How to be an Email Superstar Or, The Joys and Delights of BCC

Here's a totally hypothetical situation: you're volunteering for a group that is raising money to do something good in your community and you want to send out an email to potential donors. You write up your appeal and send it out to about a hundred good souls who you believe would be interested in helping out. A few people respond positively and offer to help out in some way — all is well. Then someone sends out a message to the entire list asking for help with a completely different initiative. All discussion turns to this new cause. The list has suddenly become hijacked by this usurper! If you are like most people, you are supremely annoyed. Several people express their annoyance to you that they received this unsolicited email and ask to be left out of future appeals. It's a disaster.

Unfortunately, this type of thing happens a lot. Because email is a cheap and convenient way to contact large groups of people, it is great for sending out financial appeals, calls to action and pictures of kittens doing funny things. When an email is sent to several people in the conventional way, each recipient can see each other recipient's email address. At first this doesn't seem so bad, but there are some situations where it can lead to trouble:

- Your list can be hijacked by a recipient. Once those email addresses are out there, you have no control over how people interact. Sometimes the discussion is a civilized exchange of thoughtful bon mots — other times it is like a cootie fight in a classroom of grade threes with a substitute teacher. Or, someone can, maliciously or not, repurpose your list to serve their own

agenda by sending a new email out to your list without you even knowing about it.

- You do not really have permission to distribute other people's email addresses. It's a bit of a grey area in Canada's privacy laws, but there are statutes governing the collection and use of personal information that could apply to businesses and/or community groups.

- Sometimes you can unintentionally reveal a relationship that should remain private. In 2002, pharmaceutical company Eli Lilly was charged with violating its own privacy policies when it accidentally released the addresses of more than six hundred people taking Prozac.

- Individuals or businesses can spam your email distribution list. There is an entire industry built around harvesting addresses from bulk emails. (As an aside, it is estimated that 80-85% of all email in the world is spam. The cost of this unsolicited bulk email is estimated at \$13 billion in the U.S. alone.)

- Malicious programmers looking to release computer viruses rely on some of the same email lists as spammers. By keeping your friends' email addresses private, you are helping them avoid infecting their computer with a virus.

So, we can all agree that sending out email to a large group is fraught with peril, but you have a great video of a baby wearing sunglasses and dancing, and it has to be seen! The golden rule of internet mail is: if you have a message that you want to send out to more than ten or fifteen people at one time; **don't do it**. No seriously, don't. But, if you must, fear not, you can still give

all of your friends a chuckle and not get into too much trouble.

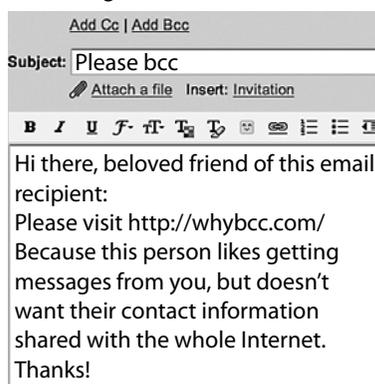
Use the BCC, Luke

All email programs (even yours) have the ability to send emails in "blind carbon copy" or "bcc" mode. It is just like using the "to" or "cc" field in your email program, except that the addresses you send to are hidden and can not be seen by anyone but the original sender. It is actually a pretty fantastic feature.

"But my email program doesn't have a bcc field!" you cry. Yes it does. If you do not see it, it means you are using one of the many programs that have decided to hide the bcc field by default. Rather than spend time and space here outlining how to turn this feature on in your particular program, I recommend that you visit whybcc.com. Their "How to Use Bcc in..." has guides for enabling bcc in many popular email programs.

Spread the Word

Now that you are an expert in email etiquette and using bcc, feel free to educate others. When someone sends you an email with a fully disclosed distribution list, try responding (just to the sender, of course) with the following:



— Rob Riendeau

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Hollyhock Grange

By Susie Osler

ing years renovating the house, fixing up the barns, building greenhouses and fencing, and developing their diverse farming business. For the last four years they have also been raising twin sons (with another one on the way!). I often wonder how some

Their similar and different talents and interests work well together. Eric does most of the heavy outdoor work. Sarah, having grown up in a "handy" family, has been happy to do a lot of the renovations in the house over the years. Eric has provided such essential services as the "cleanup crew" following her work — wow, what could be better!? When it comes to the garden and greenhouse, both of them care for the plants — perennials and vegetables for sale, as well as the tasks involved in growing a ¾-acre market garden. Sarah, drawing on her interest in animals, manages the sheep and lambs. They also care for a flock of Barred Rock hens and a rooster, and incubate their own chicks each year.

ing triplets or quads. Sarah has learned most of what she knows about sheep husbandry by asking a lot of questions of other sheep farmers, which she says has been invaluable to her.

When I arrived at the farm, Eric and Sarah were rolling up the sides of the greenhouse with a new WWOOFer (Willing Workers On Organic Farms). Hosting WWOOFers has been a regular highlight of their summers for the past several years. For the most part, they say, the people who have stayed with them have been a wonderful addition to the family. Besides providing them with valuable labour, they often bring insight into the different cultures they come from, which is enriching for everyone — especially the kids. The WWOOFers have come from all parts of the world: Korea, Germany, Japan, Switzerland, France and other parts of Canada. They stay for a minimum of two weeks and up to two months, working and learning from Sarah and Eric in exchange for room and board.

Teaching and mentoring seems to be taking on a greater role in the MacKenzies' lives. Aside from WWOOFers, Sarah and Eric have hosted workshops (organized with the National Farmers Union) for new farmers about sheep farming, and farm visits by youth groups to see lambing in action. They have provided guidance to, and planted garlic with, youth at YAK's new garden (YAK is the youth center in Perth), and organized the first Seedy Saturday in Perth this past spring (which was a huge success). Sarah is also president of the Perth Farmers' Market. They recognize the benefits of inspiring young people to view farming as a fulfilling and valued career choice, and the *equally important* task of educating the public around the value (or lack of it) of the food they ingest, how it is grown, and the positive choices they can make to support both a healthy body and a healthy, sustainable food system. Efforts to build public awareness *are* slowly having an impact. At markets, Sarah and Eric have seen an increasing interest and support for local food, herbs and cooking, and growing food. Perhaps even more rewarding has

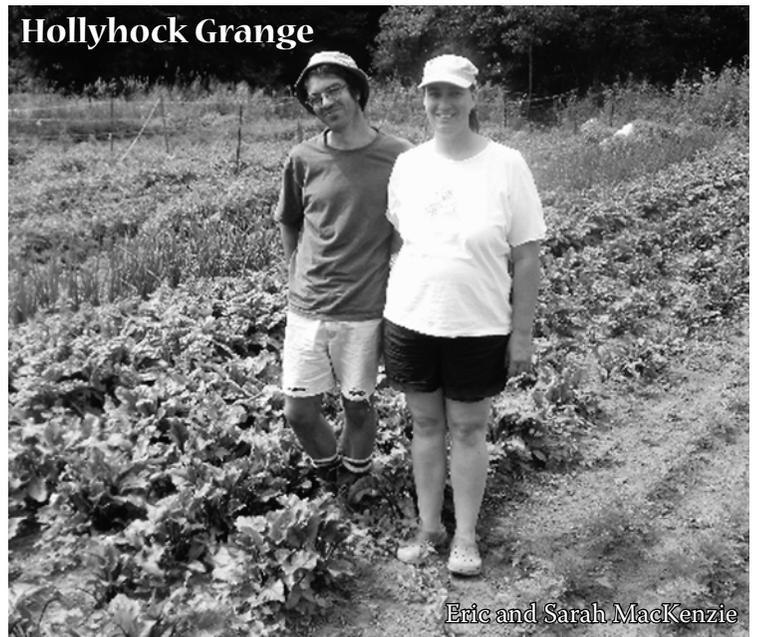
The cyclical nature of living close to the land, raising animals and growing food is grounding.

couples successfully manage to live and work so closely with each other when other couples fail at it. Perhaps it boils down to intention, shared vision and goals, overlapping interests and values, complementary skills, and a successful division of labour. That appears to be the case for these two at least!

Despite being the son of a veterinarian, Eric's passion is for plants, and he has a background in horticulture from Kemptville. Sarah, on the other hand, had an early interest in animals and at one point wanted to become a vet. She eventually opted for studies in environmental sciences. The two met while working at a garden centre in Ottawa. When they realized they wanted to make a go of it together, they decided that the farming life might suit them and here they now are, in the midst of building a successful farming life and family.

On Saturdays, both Eric and Sarah go off to markets — one to Perth and another to Smiths Falls. Next year they hope to add a roadside stand to their marketing strategy. When you go to market on Saturdays, there is really only one main harvest day of the week, and when you have a garden full of growing vegetables, often things need to be picked and eaten at different times. A roadside stand can be a good way make use of this mid-week produce.

Over the years the MacKenzies have increased their flock of Dorset ewes to fifty. They chose to raise sheep due to the animal's small size, lean and easy to digest meat, and relative ease in care. Though Dorsets are not the heaviest producers — having one to two lambs a year — they throw big lambs and lack many of the problems that other breeds encounter when deliver-



Eric and Sarah MacKenzie

Who They Are

Hollyhock Grange, Sarah and Eric MacKenzie
577 Kitley Line 1, Smiths Falls, ON, K7A 4S5
284-0578, <smackenzie@juno.com>

What They Offer

Non-certified organic market vegetables, perennials, lamb (piece or phone now to order by the half or whole), eggs when available, savoury baked goods, jams, salsas, pickles, relishes

Where They Sell

Perth Farmers' Market, Smiths Falls Farmers' Market
(8AM-1PM, Saturdays May - October)

Ontario-style Niçoise Salad

- 1 pound penne pasta, cooked al dente
- ¾ cup olive oil
- 2 tsp minced Ontario garlic
- ¼ cup chopped Ontario green onion
- ½ cup sliced black olives (optional)
- 3 Tbsp drained capers (optional)
- 8 anchovy fillets, sliced in half lengthwise (optional)
- ½ cup chopped Ontario parsley
- Black pepper to taste
- Salt to taste

- ½ pound Ontario green beans, lightly steamed until crisp
- 1 pint Ontario cherry tomatoes, cut in half
- 3 hard-boiled Ontario free range eggs, coarsely chopped
- 2 cans white meat tuna, drained and flaked

Add first set of ingredients to warm, drained pasta in a large bowl and toss well. If omitting optional items, more salt will need to be added.

Prepare vegetables, eggs and meat. Place in bowl and toss lightly. Allow to cool to room temperature. For a vegetarians, omit eggs and tuna.

been witnessing the excitement and curiosity of young people learning about growing food and raising animals.

The couple loves the seasonal variation in their work. No two days are alike and the tasks shift with the seasons — lambing in early spring, starting plants in early April, planting and tending the garden and the farmers' market for the summer and early

autumn. In July comes a shift to irrigation, fencing, greater harvesting and canning. Things calm down a bit in November and December, allowing time for wood gathering and repairs. The cyclical nature of living close to the land, raising animals and growing food is grounding. For self-described "home-bodies," it is a good life.

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If you would like to host Naomi or any student, please contact STS head office toll free at 1-800-299-7667 or by email at ottawa@sts.se

www.fieldworkproject.com

Humm Bits:

Classic Theatre is a Friend of the Perth Library

Perth's Classic Theatre Festival is partnering with the Friends of the Perth Library for a performance of Noel Coward's *Blithe Spirit*. A portion of the proceeds from ticket sales to the show on July 28 will go to the Friends and the work they do to support the Perth Library. Tickets are \$30 each, and are available from the Library. The performance starts at 8PM at the Studio Theatre in Perth.

Canadian Aid for Chernobyl

Shoebboxes For Seniors In Chernobyl is launching its 2010 Campaign (June 1 to September 1) and is looking for your support.

The Shoebboxes project began in 2003 and has been well received in the community. To date, 4,880 boxes have been filled with much needed personal care items. Most nursing home seniors there do not have access to very basic hygiene items such as soap, shampoo, lotions, etc. The recipients, seniors living in nursing homes in Chernobyl, have been overjoyed with the compassion shown them. This community has brought many smiles to weary faces. Organizers are challenging the community to surpass the 1,200 boxes donated in 2008.

To help them reach their goal, you can donate filled shoeboxes, personal care items or funds that can be used to purchase items. Please call 342-9017 (Sharon Hanna) or 345-6983 (Colleen Gray) for more information or to participate.

Income tax receipts can be issued for cash donations, as well as for items you have purchased. Simply include your store receipt along with your name and address.

Summer Events at Artemesia

Artemesia Gallery in Westport will run a five-week summer art program for children and teens from 7 to 15 years old. Classes will be held Wednesdays for ages 7 to 10 and Fridays for ages 11 to 15, from 2 to 4PM, beginning June 30, and will cost \$10 per child. Young children will complete one craft project each class, while teens will either create art or participate in creative problem-solving activities. Space is limited. To reserve a spot for your child or request further information, call 273-8775 or stop by Artemesia Gallery at 7 Spring Street in Westport.

Valery Lloyd-Watts, internationally recognized pianist, will be the featured performer at Artemesia's Customer Appreciation Day, July 11 from 2 to 5PM at the gallery. Her performance will feature classical selections as well as pops and movie scores. High tea will be served in addition to the performance. Space is limited and available on a first-come, first-served basis. Guests will need to bring their own seating.



The cast of *The Unlikely Sainthood of Madeline McKay* prepares for shows in late July and early August at Neat Coffee Shop in Burnstown

An Unlikely Sainthood...

Echo echo Productions is excited to present *The Unlikely Sainthood of Madeline McKay* by multiple award-winning playwright Joseph Aragon. Performances will be held July 29 to August 1 and August 5 and 6, 8PM nightly, at Neat Coffee Shop in Burnstown.

This show is a dark comedy about secrets and deceptions, faith and redemption. It takes place in a religious commune where Madeline, a con artist, gains a following by claiming to be the holy messenger of the Virgin Mary. Her life seems good until the "real" Mary starts to visit her and reveals less-than-holy goings-on in the commune. Madeline must choose the right path to save those she cares about.

Producer/director Heather Sagmeister along with Chris Kyte are once again stepping onto the stage with Echo echo Productions' third show. They are joined by a very talented cast which includes Debra Bee, Grey Masson, Emily Waterston, Michael Bradley and Stephanie McGregor.

Heather Sagmeister was part of the original 2003 cast of *The Unlikely Sainthood of Madeline McKay* at the Winnipeg Fringe Festival, where it won an award for "Best New Manitoban Play". Writer Joseph Aragon has also been the recipient of two "Best in Fest" awards at the Winnipeg Fringe Festival.

Since Echo echo Productions began last summer, they have put on two successful shows: *Jocasta* by Sandra Perlman and *Dear*

Mrs. Martin by Kate Aspengren. They are gaining a reputation for producing professional-looking shows. Their productions have been called "NAC-worthy", "the talk of the Valley" and "wonderfully acted!" by their audiences. The people at Echo echo Productions pride themselves in bringing in shows that are different from anything else in the area. They choose plays that will explore emotions and keep you talking about them for days.

Don't miss *The Unlikely Sainthood of Madeline McKay*. Tickets are \$15 and can be purchased at Neat Coffee Shop, as well as the Renfrew and Arnprior O'Brien Theatres. For reservations or more information, please email <echo_echo_prod@hotmail.com> or call 433-3205.



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July 25th

Steve Payne \$20



Are you ensconced in a comfy spot? Then read on and savour Sebastian Weetabix's take on the Valley's bakery-café scene...

Half Baked

Intrepid Weetabix has undertaken a mission in the ill-defined space of social gastronomy. For the purposes of this article, a bakery-café is defined by its primary attributes of providing a meeting place with food and coffee (both artisanal), an atmosphere conducive to gathering and discussions, and a physical space wherein all attributes come together.

Baking is ancient magic in which selected and proportioned basic ingredients are morphed through the application of heat, microbes, mechanical work and time into fundamentally different entities. It is an enormously complex technology, which even in its simplest and crudest form can deliver appetizing products. In its more refined implementations, baking is transformative at all levels — the ingredients merge into a new entity which is to them as a butterfly is to a grub. The baker becomes a demigod or at least is suffused with the pride of craft (note: even if all you did was pour ingredients and turn on the bread machine — you baked something!) and the consumer can be transported (perhaps even literally) by the resultant product. So, with magic and hunger as allies, we have the basis for the bakery café — or perhaps it is the coffee which came first. Weetabix considers this debate settled; many baked goods contain eggs, unlike most recipes for coffee (other than “cowboy” coffee).

There are bakeries of quality, the omnipresent Tim Hortons™ and numerous restaurants which serve baked goods of varying quality, but the bakery-café genre is a unique community resource combining the seductive alchemy of baking with a space where one may gather one's thoughts or one's friends and luxuriate in the shared sensory pleasures of food, beverage and fellowship.

As usual, we do not attempt a survey and leave more extensive research and comparative assessments to our readers. Following are observations on only four establishments that illustrate different styles and forms of the bakery-café genre; small community-based bakeries such as Baker Bob's (Almonte), Olde Towne Bakery (Carleton Place), Church Street and Westport Bakeries (Westport) etc. are a different genre and perhaps a topic for future ramblings.

In “geographical order” we report on: **Neat Food** <www.neatfood.com>, where over an excellent muffin and outstanding coffee, Weetabix learned from proprietor

Kim McKinty that theirs may actually be a coffee, community and music story as much as it is about the alchemy of flour and other ingredients. Not enough space here to talk about their concert program, but be sure to check it out on their website. Their coffee story might be an article on its own too. And to the point of this article — Neat is a convivial space with food and coffee that is rapidly becoming a nexus for its neighbourhood as well as a popular refreshment stop for those passing through Burnstown.

An hour or so later, a scenic drive brought me to Perth and the **Sunflower Bake Shop** <www.sunflowerbakeshop.com> — open from 7:30AM through the afternoon six days a week — on the main street and with a deck on the bank of the Tay River. More bakery than café, it offers coffee (Peet's) as an afterthought and is more focused on take-away than ‘eat-in’. I do a bit of the latter and then mosey off to Carleton Place.

Pass by two Tim Hortons™ without any twinge of temptation or regret en route to visit the appropriately named **Good Food Co.** Here a former scientist turned dessert chef has built a delightful breakfast and lunch restaurant into a near perfect realization of the platonic ideal of the bakery-café — a good coffee (Equator) is accompanied by an aptly named savoury scone and some interesting conversation. Owner-chef Petra Graber has interesting comments on running a small restaurant and has spotted a shift from muffins to scones among her customers; a trend which may be significant (noted for future investigations). Practical limits of anatomy (present and future) limit sampling, despite temptations offered by several intriguing species of cookie. Readers are advised that personal research should be undertaken.

And so to Almonte where **Palms** on Mill Street offers an irresistible cheddar and roasted red pepper scone (who is Weetabix to buck a trend?) with a credible double espresso (Equator). Art on the walls and a well-lighted open space makes for a relaxing setting, and owner-chef Sally Parsons offers the ultimate mission statement for her bakery-café: “It's about the experience... you go away happier than you came in”. I did.

— Sebastian Weetabix kneads you to know that he busted his buns trying to leaven this article with enough up-to-date information to make it currant...

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TREES & ORNAMENTALS

A Sensational Month in Smiths Falls

Q: What do you get if you mix a canal, a railway and chocolate?

A: A fabulous festival fondee, of course!

Yes, ladies and gentlemen, the Smiths Falls **Canal Railway and Chocolate Festival**, our main summer attraction, is set to go from Friday, July 16, to Sunday, July 18. Bigger and better than ever, the festival will

by Joffre Ducharme

have something for everyone — lots of things for everyone, actually.

The gates open at 4PM on Friday, allowing festival-goers access to our Centennial Park, boasting 100,000 blooms on the banks of the Historic Rideau Canal Waterway.

Throughout the weekend you can enjoy a variety of music-

al acts, such as Johnny Rock Star, Maria Hawkins Band, The Journeymen, the Doherty Brothers, Freddy Vet and The Flames, The Meredith Luce Band, and many more. I'm told that even Elvis is expected to make an appearance!

Sing your heart out, then switch to laughter with the comedic stylings of Larry Smith (top stand-up comedian and MC), Dottie The Clown, Eric Leclerc (Canada's top magician), The Purple Dragon Puppet Theatre, Markus (star of YTV), Lil John Magic and Variety Show, Kobbler Jay the Eccentric Juggler, and Cap'n Matt, among others.

Not tired yet? Take in one of the many family-friendly workshops, from "Puppet Making, Character Creation" with Frank Meschkuleit (voice and puppet master from *Follow That Bird* and *Fraggle Rock*) to "Face Paint-

ing" with Dottie The Clown, or "Elementary Magic" with Eric Leclerc, to name a few.

Ready to stretch your legs again? Visit the authentic aboriginal village on Turtle Island. Enjoy unique native exhibits and demonstrations, including ceremonial music and dance, as well as food preparation and tasting.

Feature attractions include a midway, medieval battle demonstrations, tug of war games, chocolate contests, free electric train rides, horse and wagon rides, a soapbox derby, a cardboard boat race, Voyageur canoe trips, and of course the big parade on Saturday morning.

I know — all this in one weekend! For further information, see <www.canalrailwayfest.com>.

After all that festivating, if you're like me, you're looking for a nice place to eat. Well, you're in luck. In addition to a host of other fine eateries, and just in time for summer, we have a new restaurant in town. **Chuckles Jack**, located at the Comfort Inn, is the first in a chain that will see restaurants of the same name open in St. Catherine's, Brockville and Niagara Falls. Not bad company! The menu features Thai, Eastern Indian and Mexican dishes along with the more down-home fare you would expect to find in any good family restaurant. The location also features a large patio overlooking the Historic Rideau River.

My wife and I enjoyed a delicious meal there on Father's Day when our gracious waiter, Chase, told us of plans for Jazz Night sessions in the near future. Stay tuned.

By the way, if you're too tired to walk to the restaurant — no problem. Hitch a ride with one of the **Rideau Rickshaw Runners**. Too full to walk back? Rideau Rickshaw Runners to the rescue. Actually, this is a very nice way to tour the downtown core.

Anything else happening in Smiths Falls this month you ask?

Sure. Let's see how many I can squeeze in here:

On July 3, from 8PM to 1AM, the arena of the Memorial Com-

sommelier Wayne Walker. For more information and reservations, contact 283-6114 or email <kiltandcastle@email.com>.

The Rideau Canal Museum and the Rideau Roundtable are

Enjoy a fabulous view of the Rideau River from the patio at the new Chuckles Jack restaurant in Smiths Falls



munity Centre will be transformed into a dance hall as the **Rink 'n' Roll Rideau Ferry Nostalgia Dance** takes place. Come swing the night away to the rocking sounds of the Digratos, The Continentals, ESP, Big Act and The Last Supper. Tickets for the evening are \$12 and can be purchased from Margo at the Recreational Department in Smiths Falls or by calling 283-2967. Proceeds from the event will go to support the new arena.

Every Sunday until September 12, from 5PM to 8PM, Beverley and Mak Evans will host the only free, outdoor, **summer-long open stage** in Eastern Ontario. Come and see our talented local singers, dancers, musicians and other entertainers as they strut their stuff under the cover of the site's brand new covered stage, located in Lower Reach Park. Visit the website <openstage.ca/smithsfalls.html>.

On Sunday, July 18, join us at the Kilt and Castle Pub for an afternoon of **wine tasting** with

offering interpretive heritage canoe tours in 34-foot replica voyageur canoes on the Historic Rideau Canal. Dates are July 16 to 18 at the Canal, Railway and Chocolate Festival and on Wednesdays July 28 and August 11 and 25. Contact Stew Hamill at <shamill@ripnet.com>, see <www.ridearoundtable.ca>, or call 284-1884.

On July 25, the **Rolling Thunder Classic Car Show and Shop** rolls into Lower Reach Park. For more information, contact Rick Desjardins at 284-1884 or <Desjardins@cogeco.ca>.

And, on July 30, we wrap up the month with the first ever musical performance in our new Station Theatre, as the **TorQ Quartet** bring their unique Classical/World Beat percussion sounds to the stage.

Q: Where do you go for family fun this Summer?

A: Sensational Smiths Falls! — Joffre Ducharme is a local photographer and writer. Reach him at <cjoffrecare@yahoo.ca>.

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Theatre For All Ages

Not surprisingly, most of the troupes of our area are taking a well-earned summer break in July and August, gearing up for what will, I expect, be a wonderfully active fall season.

And nimbly stepping into this gap comes the first professional summer stock theatre troupe to work in our area for a very long while, with their

by Ian Doig

brand new opening season. **The Classic Theatre Festival** begins what promises to be a permanent feature on our summer calendar at the Perth Studio Theatre, with Noel Coward's classic hit, *Blithe Spirit*. Opening night is July 9 at 8PM, and the run continues on Wednesdays, Thursdays, Fridays and Saturdays at 8PM with 2PM matinées on Wednesdays, Saturdays and Sundays until the first of August, when the stage will be taken over by their second show of the summer, *The Voice of the Turtle*. Some of Canada's top talents will be appearing on the Studio stage during this run, and it is simply not to be missed by any local theatre lover! Tickets are \$30 each for adults and \$21 for youth (under 30, with ID), from 877-283-1283, <www.classictheatre.ca>, <info@classictheatre.ca> or

from Tickets Please, located inside Jo's Clothes at 39 Foster St in Perth.

On the musical front, on Friday July 30, for one night only, the **Smiths Falls Community Theatre** is proud to present Smiths Falls' own Richard Burrows, bringing his **TorQ Quartet** to play in his home town. TorQ competed as the sole Canadian representative at the Luxembourg International Percussion Quartet Competition, and have performed at numerous Canadian Music Festivals. Awarded a MARTY for "Best



Well-known Canadian character actor **Virginia Roncetti** will be in Perth during July to play the coveted role of Madame Arcati in the Classic Theatre Festival's production of Noel Coward's comedy *Blithe Spirit*

Emerging Performing Arts Group" by the Mississauga Arts Council, TorQ was formed in 2004 by four young, enthusiastic Toronto-area percussionists looking to add new energy to percussion repertoire and performance. Tickets (\$20) will be available at Bham's Kiosk in the County Fair Mall or may be purchased at the door if not sold out. For further information, go to <www.torqpercussion.ca>.

For younger performers, the **Perth Academy of Musical Theatre** has announced their summer schedule. And for young actors, singers or wannabes, what a line-up it is! A workshop on Sword-fighting and Stage Combat for performers aged 10 and up is scheduled from July 5-9, with a performance on the 10th. During the same timeframe, a workshop for ages 5 to 9 on Disney Princesses and Animals will be held, with a performance on the 9th. This will be followed from July 12-23 by workshops on Gilbert and Sullivan's *Pirates of Penzance* for ages 5 to 18, with performances on the 22nd and 23rd. And then, to close off a busy July indeed, comes Disney's *High School Musical 2* from July 26 to August 6, with performances on August 5th and 6th, for ages 5 through 18.

Fluffy? Paws? Chester?

Mill Street Books in Almonte needs your help! They have a very friendly new chair (that looks a little like a kitty) for their children's area — and it's in need of a name. If you have a creative idea, please fill out an entry form at the store (52 Mill Street), or call Mary at 256-9090. The deadline is July 10.



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Summer Craft Market July 31 in Chaffey's Lock
Kemptville Quilt Show August 14-15 in Kemptville
Art in the City August 27-29 in Ottawa
Sundance Studio Tour Labour Day Weekend in Maberly
Contact Loretta Blucher-Moore for a list of upcoming classes and shows or for an appointment at 613-273-8347 or hookedonthelake@kingston.net



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Puppets Up!
International Puppet Festival
Workshops 2010
www.PUPPETSUP.ca

Puppetry workshops will run during July. Many will be held on weekends

	Trish Leeper Puppets for TV	Sat July 3
	Stephanie Williams Classroom Puppets	Sun July 4
	Noreen Young Latex Puppets	Tue -Fri July 6-9
	Children's Workshop	Wed July 7
	Puppet Mongers Puppet Theatres	Sat-Sun July 10-11
	Diane Bouchard Creative Techniques	Sat-Sun July 17-18
	Camille McMillan Commedia dell'arte Masks	Sat-Sun July 24 - 25

For full details and registration see
www.puppetsup.ca
and click on Festival Information

Happy 20th, Stewart Park Festival!

Under a canopy of majestic maple trees, the Stewart Park Festival in beautiful downtown Perth brings together an eclectic variety of Canadian and international musicians for a great weekend of over thirty free outdoor concerts. The weekend of July 16 to 18 offers something for all ages and tastes, including children's entertainment and an international food and artisans market. The festival runs Friday from noon to 9PM, Saturday from 10AM to 9PM, and Sunday from 10AM to 6PM.

This year is a very special one — the 20th anniversary of the festival! To celebrate, organizers have put together a top-notch line-up that features numerous favourites from the past as well as some exciting newcomers. You'll find some of Canada's most established (and often Juno award-winning) singer/songwriters, plus new and emerging talent. There will be plenty of danceable world beat — African, souljazz and flamenco with some Australian talent thrown in to the mix. CBC Radio will be

on site to record both Jadea Kelly and David Baxter for future *Canada Live* concerts. And there's even a brand new website where you can find the full schedule of entertainers and workshops: <www.stewartparkfestival.com>.

After Hours Scene

If you just can't get enough of terrific live music, you can continue the party late into the night on both Friday and Saturday by purchasing an After Hours button. The low price of \$20 gets you into all shows on both

nights, which start at 9:30PM and go "until late". Participating venues include the Perth Legion, the Stone Cellar, Mexicali Rosa's, O'Reilly's, and the Perth Restaurant. Buy your button at the festival, or at the door of any of the venues. If you only want to attend one show, you can purchase a \$10 single entry fee at the door for that show only.

The popular Saturday Workshops are back again this year, with a day full of activities on the 17th, from 10AM through to 5PM. Relax with Reiki in the Park, Taoist Tai

Chi, and Waterfront Yoga, or get your groove on with African / Hip Hop Dance Fusion... check out <www.stewartparkfestival.com> for full details.

To commemorate this very special event, *theHumm* contacted a few of our favourite performers from past years who are returning for the festival's 20th anniversary. They seem just as excited to be playing as we are to see them perform live again in the lovely, laid-back setting of Stewart Park...

— Kris Riendeau



Rick Fines on jamming at Stewart Park...

"I think back to a couple years ago when Suzie Vinnick and I had a great workshop/jam with Fruit. That was a magical musical experience that felt transcendent! The whole is greater than the parts. Magic like that happens because of excellent programming with a vision for what makes a great festival, when artists and audience can shine together. Later that night Fruit came to a campfire we were having at Wendy and Don's and we played until the sun came up!"

The Arrogant Worms on the secrets of success and longevity...

"We always try to hang out with people who are way older and look way worse than us. We find we look pretty good by comparison. Just kidding. We're immature and goofy because that's all we know how to do. If we were suddenly faced with doing a serious show with serious songs for serious people we'd seriously choke. The nice thing about our job is that it has never really forced us to grow up and not be goofballs. Our audience keeps us silly because they demand nothing less than ridiculous. We are here to serve."



Jenny Whiteley on what makes the Stewart Park Festival great for families...

"Not only is there always high quality music on the main stage, but there are many workshops and vendors, face painters and food stands, that make this festival a breeze for families with kids, and makes us grown children want to be invited to play!"

CHECK US OUT!

- ▶ Many thanks from ECOTAY to all of the amazing Authors & Booksellers who made the Upper Canada Book Fair in June such a delightful event. With such an overwhelming response, we are turning this into an annual event!
- ▶ **Sat. & Sun., August 7-8**
Margaret Bennett
Celtic Song Weekend
Margaret, a Scottish folklorist, musician, storyteller and Celtic song collector, will be here to share her wealth of knowledge with all participants who love to sing.

For More Information
Or to Book Your Own Event
call 613 267 6391
michaeltlover@ecotay.com
942 Upper Scotch Line, Perth, Ontario
www.ecotay.com

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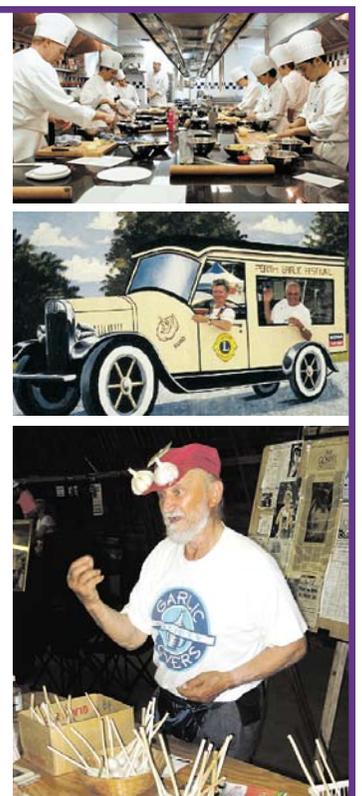
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Saturday, August 14
9AM to 5PM

Sunday, August 15
9AM to 4PM

Perth Fairgrounds

www.perthgarlicfestival.com



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in support of local causes



THE 15TH ANNUAL MIDSUMMER HERBFEST

SUNDAY, JULY 25, 9AM-5PM (RAIN OR SHINE)

DEMONSTRATIONS

Admission included with Day Pass.

Demo Tent 1

- 9:45-10:30AM **Gay Cook** (former food editor for The Ottawa Citizen)
- 11AM-1PM **Chef Cook-Off** (see Special Feature)
- 2-3PM **Medicines of the Forests**
(Diana Beresford-Kroeger, author)

Demo Tent 2

- 10AM **Sacred Herbs to Aid Meditation**
(Bhuvanewari Devi)
- 11AM **Labyrinth Presentation & Walk**
(Bev Chen)
- 12PM **Vegetarian for a Day**
(Loreen Osborne)
- 1PM **Herbal Cheeses**
(Vanessa Simmons)
- 2PM **Herbal Magic and Lore**
(Dale Dalessio)
- 3PM **Improving Digestion with Herbs**
(Anne Driscoll)

MUSIC PROGRAM (in the food court)

- 9-9:45AM Marimba Band
- 1-2PM Lucas Haneman & Elyssa Mahoney
- 2:30-3:30PM Vocata a capella trio
- 4-5PM Peter Brown Jazz Trio

FOR ALL AGES

LiPS poetry (2-3PM in the gazebo), Family Labyrinth Walk (3PM), PHOOM — Fairies, Face Painting, Henna Tattoos, Qi Gong demos (1PM and 3PM), Wild Herb Walk, Garden Walk

Advance Herb Festival passes are on sale at:

the Herb Garden, 3840 Old Almonte Rd., Ottawa (613) 256-0228
The Table Restaurant, 1230 Wellington St., Ottawa (613) 729-5973
Reid Landscaping, 142 Pick Rd., Carleton Place (613) 253-3467

Single Pass: \$4 / Family Pass: \$12 in advance (\$5 ea. or \$15 per family at the gate)
 On-site parking \$2 (Sorry, no parking available on Old Almonte Road)

The Herb Garden is 15 km west of Scotia Bank Place towards Almonte. It is located just east of the Upper Dwyer Hill Road on the Old Almonte Road.

For more information, maps and other festival pass locations:

(613)256-0228 www.herbfest.ca

SPECIAL FEATURE

Demo Tent 1: Chef Cook-off

11AM to 1PM **Chef Cook-Off** with host **Debbie Trenholm** (accredited sommelier of Savvy Company), and featuring these three local celebrity chefs:

Chef Eric Matolski of The Cheshire Cat Pub
 The Cheshire Cat offers traditional British pub fare that includes bangers and mash, steak and mushroom pie and arguably the best fish and chips in Ottawa. Eric also incorporates finer foods into the many special events run at the pub, and takes pride in sourcing local foods from the West Carleton area.
www.cheshirecatpub.com

Chef Marc Miron of Cuisine & Passion
 Located in Orleans, Cuisine & Passion also offers a cooking school, a retail division, upscale meals to go and a personal line of products. Marc has been the personal chef to the Rolling Stones and prepared meals for royalty, leaders of the free world and a room full of international food critics.
www.cuisinepassion.ca

Executive Chef Jason Duffy of ARC Lounge
 ARC Lounge is a hidden downtown dining gem that locals have come to revere. Eclectically local and seasonally inspired, Jason brings together all the elements for an ultimate culinary experience. Jason studied French Cuisine at Institut de Tourisme et D'Hôtellerie du Québec.
www.arcthehotel.com



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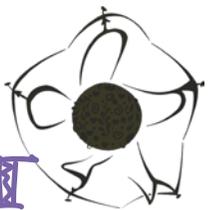
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CELEBRATE HERBS AND MORE AT THE 15TH ANNUAL HERBFEST



If you are reading this and you have never attended Herbfest, then this is the year you must mark your calendar and come. Invite your friends and car pool — rain or shine — from 9AM to 5PM on Sunday, July 25.

This co-operative effort by almost 100 local small enterprises, farms and artisans is guaranteed to impress you. Many vendors and visitors have been returning for years. One reason is that it is virtually impossible to see, hear and experience everything that Herbfest has to offer in just one visit. A quick peek at www.herbfest.ca might lead you to Youtube where you can view a video clip from Herbfest 2004, when Gerry & George, the new owners of the Herb Garden, hosted their first festival. Yes! It has been seven glorious years.

Our goal is to introduce you to your neighbours who produce local, healthy, natural, pesticide-free, organic products. Surveys of past visitors show that the main reason they come is to experience the great variety of locally produced goods and services.

These small- and medium-sized vendors not only supply the Ottawa Valley with their great products, but also spend their money locally. Their profits are not sent out of town!

Our group of 70 friendly community-minded volunteers will assure that you arrive and leave in a great mood, with every intention of returning

Wander through the outdoor herbal market and discover the many uses of herbs — from potted plants, pot-pourris, oils and vinegars, dried wreaths and preserves to salves, natural skin care products, bath salts, massage oils and tinctures. You'll also find many books on herbs. Come early for breakfast accompanied by marimba rhythms (from 9-9:45AM), and stay for the day. You will find live music and dance performances, poetry readings, a capella singers, face painting, henna tattoos, crafts and guided tours throughout the day as well as demonstrations, seminars, and of course the popular

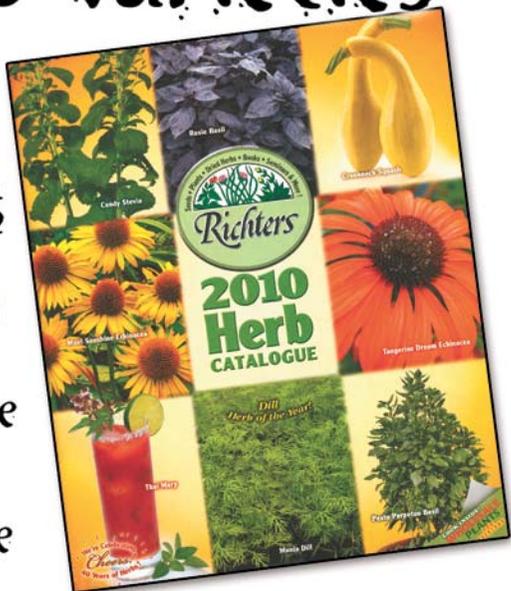


Chef Cook-off.

For further information, and directions to the Herb Garden at 3840 Old Almonte Road in Ottawa, visit www.herbfest.ca or www.herbgarden.on.ca. Find daily updates about the event on our facebook group: Midsummer Herbfest. Of course, you can also reach us the old fashioned way by calling 613-256-0228. See you soon!

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Take Charge Tea

Available at: Carp Farmers' Market
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the table
VEGETARIAN RESTAURANT



Take Charge Tea
Take charge of your health
By MK Maiden Kanadah

Organized by the Ottawa Valley Herb Association members

HERBFEST 2010

SUNDAY, JULY 25

IT ALL BEGAN IN A GARDEN...

The Herb Garden was established in 1994 by Sharon and Gerry Channer. In 2004 the new owners, George and Gerry, experienced their first season. Our specialty remains the growing and selling of potted herbs for people to plant in their gardens. We encourage their use for culinary, medicinal and landscaping uses. The Comfrey Cottage, one of our two renovated log farm buildings, serves as our farm gate gift shop — it's stocked with an eclectic array of pots, herbal and gardening books, and interesting giftware. The spacious Bergamot Barn serves as our reception area and art gallery.

The Herb Garden has since expanded to become more than an agro-tourism endeavour. We hosted two weddings that first summer. They enjoyed the experience so much that, in September, they themselves were married in the now famous gazebo, which is set to host no fewer than ten weddings this season. The annual Mothers' Day Buffet Brunch, catered by Savoury Pursuits of Almonte, has been a sellout for the past seven years. The Herb Garden also collaborates on a Thai Buffet Dinner and, new this year, a "100 Mile" Buffet Dinner.

Having developed a reputation for excellent service, the Herb Garden has become a go-to destination for outdoor special occasions, as well as corporate events. The availability of no-charge display gardens, picnic areas, the children's playground area, a wild herb trail and an art gallery is appealing to both our urban and rural neighbours. It is a family-oriented place — dogs included. The creation of a labyrinth has added to the serenity and magic of the gardens (a labyrinth is where you find yourself, as opposed to a maze, which is where you lose yourself!). Visitors often report a feeling of wellbeing that begins as they step out of their cars, with the fresh air, the scent of herbs and the tranquility of our space. Although we are only 30 minutes from downtown Ottawa, the Herb Garden feels far away — a magical environment.

Activities held here include community yoga sessions, free garden workshops, art exhibits, organized chil-

dren's activities, and scheduled luncheons.

Our large Century Barn, the highlight of our annual Ottawa Doors Open event in June, is undergoing its third major renovation in 180 years, with a new pine floor from Barr Lumber filling in the haymow. The previous renovations were a 1915 tile patterned concrete floor with trough in the cow barn, and the new roof in 1947. The other change you will quickly notice is the new solar array which will make the Herb Garden an electricity producer capable of powering four to five homes.

The Ottawa Valley Herb Association, a group of herbal businesses, created the first "Mid-summer Herbfest" at the Herb Garden — we celebrate the 15th anniversary this year. The goal of the festival was and continues to be the promotion of small local herb- and wellness-related entrepreneurs and artisans. Talk

about being fifteen years ahead of their time! This not-for-profit organization welcomes over 65 volunteers from our community who look forward to the day, as well as up to 95 local vendors who, by the way, are your neighbours. Unlike most festivals, it is not subsidized with your tax dollars but is self-financed with the modest entrance fees — only \$5 per adult and \$15 for families. A quick look at the scheduled events listed will confirm what a great deal this represents.

We look forward to hosting the 15th Annual OVHA Mid-summer Herbfest and hope you will join us, and all the Herbfest fans, this summer.

We have hosted visitors from all over the world. We look forward to your visit soon!

And remember... "It all began in a garden."

— George and Gerry from *The Herb Garden*

Let us be the key to your next successful event

The Herb Garden is

a family owned agri/tourism business which promotes and

encourages the use of herbs in everyday

life. We strive to increase awareness and knowledge of herbs. Available for family

gatherings, picnics, weddings, club and

business retreats or meetings.

We encourage people to grow herbs organically and to discover their many beneficial uses for culinary, medicinal, cosmetic and landscaping use.

Open Tuesday through Sunday 10:00 AM to 5:30 PM

the Herb Garden



www.herbgarden.on.ca Tel - 613-256-0228
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Ascension Healing
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Avalon Herbal Centre
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Avery's Garden Market
Herbs, perennials, garlic, peppers
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Ballygiblin's Restaurant
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www.ballygiblins.ca

Barefoot Books
Children's books, music, folkmaits puppets
mybarefootworld@gmail.com

Beyond Nutrition
Herbs, spices, beeswax, honey, healthy products
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Bioenergetic Institute
Natural beauty products, bioenergetic assessments
info@bioenergetics.ca

Canadian Organic Growers
Education materials for organic food and agriculture
lw.strachan@sympatico.ca

Canhave Children's Centre
Raises funds to educate orphans
Jcastle@ncf.ca

Carp Ridge EcoWellness Centre
Naturopathic remedies, demos, children's programs, workshops
programs@ecowellness.com

Catjam
Clothing, jewellery, crafts, soaps, essences
catjam2000@hotmail.com

Chamomile Desjardins
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Cindy's Candle Accessories and BeeGlo
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Fifth Avenue Collection Jewellery
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Fork n Things
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Fortunes by Iya
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Glengyle Garlic Food
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Deborah@healinggrounds.ca

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herbs@herbgarden.on.ca

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Island Spiced
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www.bbcanada.com/associations/Lanark

La Tisane
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stheriault88@rogers.com

Lavender Lane
Lavender products
lavender-lane@live.com

Magic Forest Arts and Crafts
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dotieswels2@gmail.com

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Major Craig's
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Marion Stanley
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613-774-3557

Meadowlark Tutorials
Educational specialists
info@meadowlark.ca

Meredith Kucey-Jones Jewellery
One-of-a-kind silver jewellery, semi-precious stone and pearl beadworks
kuceymeredith@hotmail.com

Mississippi Valley Textile Museum
Textiles, books and photos
mvtm@magma.ca

Muffin Mouse
Children's clothing
juliecliff@videotrone.ca

Mugena food
Caribbean food, patties, rotis
mugenaifnfo@gmail.com

Natural Soaps and Crafts
Goat milk soap products and essential oils
goatsoaps@ontarioeast.net

Nickela
Semi-precious stone, pearl, crystal jewellery
designbynickela@yahoo.com

Nick King Catering / L'Esprit du Jardin
Sausage on a bun and some l'Esprit products (mango chutney, fruit vinegar, pizza oil, chili oil)
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Northernlights Ginseng Farm
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Once a Tree
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Opeongo Mountain Meadow Soap
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soap@opeongo.com

Ottawa's Countryside
Tourism marketing information
info@ottawascountryside.ca

Pat's Sweet Temptations
Butter tarts, squares, cookies, biscuits, loaves
sweettemp@msn.com

Plenty Canada
Tote bags, ties, books, dreamcatchers and kits, ornament balls
elizabeth@plentycanada.com

Pure Shea
Organic shea oil & soap, lip balm, African black soap, pure shea t-shirt
sheaorganic@yahoo.com

Reid's Beads
Glass beads
leeanne.reid@gmail.com

Rideau Nursery
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Rodger Originals
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Serene Moments Massage
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Shaklee Independent Distributor
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Stone Farms
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Sweet Violet
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jennifer@sweetviolet.ca

Swift Microfiber Mops
Denacraftingdeva@hotmail.com

Take Charge Tea
Herbal tea blends
maidenkanadah@rogers.com

Tarot Card Readings
Tarot card readings, natural rock paintings
rainbowlady@rainbow-lady.com

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Extra virgin greek oil, organic herbs, herbal vinegar
terrafoods2004@hotmail.com

Thai Food Poukham
Vegetarian Asian food
613-770-1111

The Cheddar Stop
Cheese and curd
cheddarstop@bellnet.ca

The Cheshire Cat
Beer, wine, food tent
cheshirecatpub@gmail.com

The Garlic Pantry
Processed garlic products
shae@berridge.ca

The Hungry Eye
Native smudges, sweetgrass, etc

The Labyrinth Journey
Speaking about the history of the labyrinth
bevchen@sympatico.ca

The Mix Company
Gluten-free food mixes for muffins, breads, soups, cookies
cate@themixcompany.com

The Salty Don
Smoked salt, smoked pepper and herb blends
don@thesaltydon.com

Town of Mississippi Mills
Visitor information
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HERBFEST 2010

SUNDAY, JULY 25, 9AM-5PM

Earth Laughs in Flowers...

"Earth laughs in flowers." Mr. Ralph Waldo Emerson wrote these words many moons ago in his poem *Hamatreya*, and it's as true today as it was those many moons ago. Spring's arrival sets our little village a-giggling just like a wee schoolgirl. As spring progresses into summer and the "Bloomers" really get into the swing of things, the laughter

by Steve Scanlon

is downright uproarious (which could be due to the intoxicating effect flowers have on a person). The Bloomers are the green-thumbed garden fairies that help make, and keep, Westport beautiful: they are Westport in Bloom.

Westport was celebrating its centennial in 2004 when Westport in Bloom blossomed out of Ontario's Communities in Bloom initiative. It has morphed over the years from a group of people in one village competing with groups of people in other villages for beauty boasting rights, into an organization focused solely on the beautification of Westport. They rely on the good graces of Westport's business community, ever so generous individual donors, and a whole slew of like-minded folks donating time, energy and sweat of brow. Somebody somewhere said something like "the best fertilizer available is the gardener's own shadow" and Westport in Bloom takes this to heart. All of the eighty hanging baskets in town, the five village gardens,

and the numerous trees planted around the town are contributed by Westport in Bloom. Now it's not just a matter of showing plants in planters (which just happens to be precisely the way I garden), and hoisting them onto hangers (ditto, my *modus operandi*) — there is a lot of thought that goes into the choice of flower combinations and permutations, location of flower boxes and hanging planters, and most of all, maintenance. These folks take their gardening very, very seriously — in between fits of giggling.

They kept some of the ideas from "Communities in Bloom" — mostly the community part. They involve local school children who paint the marvelous works of art on the community receptacles (they are so nice that I just can't bring myself to call them "garbage cans"). The schools also volunteer their artistic talents to paint images of the village which are then converted into banners which fly, proudly attached to telephone poles, up and down our streets.

The Bloomers even hang planters of gorgeous decorated evergreen over the winter months — less maintenance yet true dedication nonetheless.

Westport is nestled ever so nicely in the heart of the Rideau Lakes. It is surrounded by nature at its most spectacular, and for many people this would suffice, but not for the wonderful people who make up Westport in Bloom. They are the first to admit that they don't do all of the things they do in a vacuum — they have plenty of

help from the community — but every once in a while it's nice to be recognized for the great work. So here's to you with words I never thought I would say out loud: Thank you Bloomers.

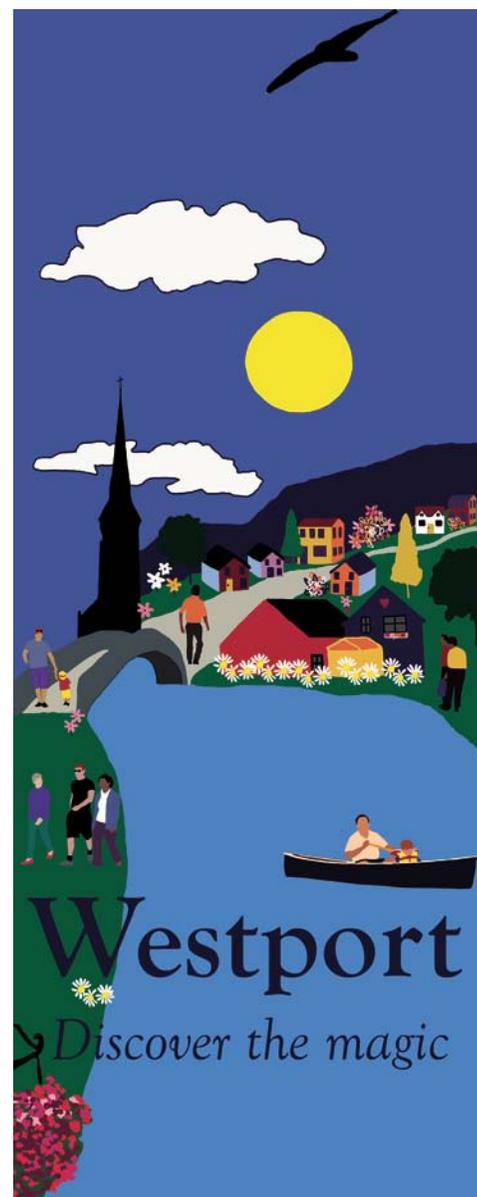
If you would like to show your appreciation for all the Bloomers do, you could send them a thank you card... a Westport in Bloom Banner Card. These cards have the same lovely images the school kids painted and that we have on the banners around the village (\$10 for a package of six cards; all funds go to help Westport in Bloom).

There are many other ways to help out, such as sponsoring a planter, donating funds or volunteering your time. I have looked over the list of names on the Westport in Bloom committee and, without naming names, it looks to me like somebody has hung a "No Boyz Allowed" sign on the clubhouse, but I'm sure they are just waiting for the bravest of the brave to buck that trend. Somebody riding a white horse, for instance.

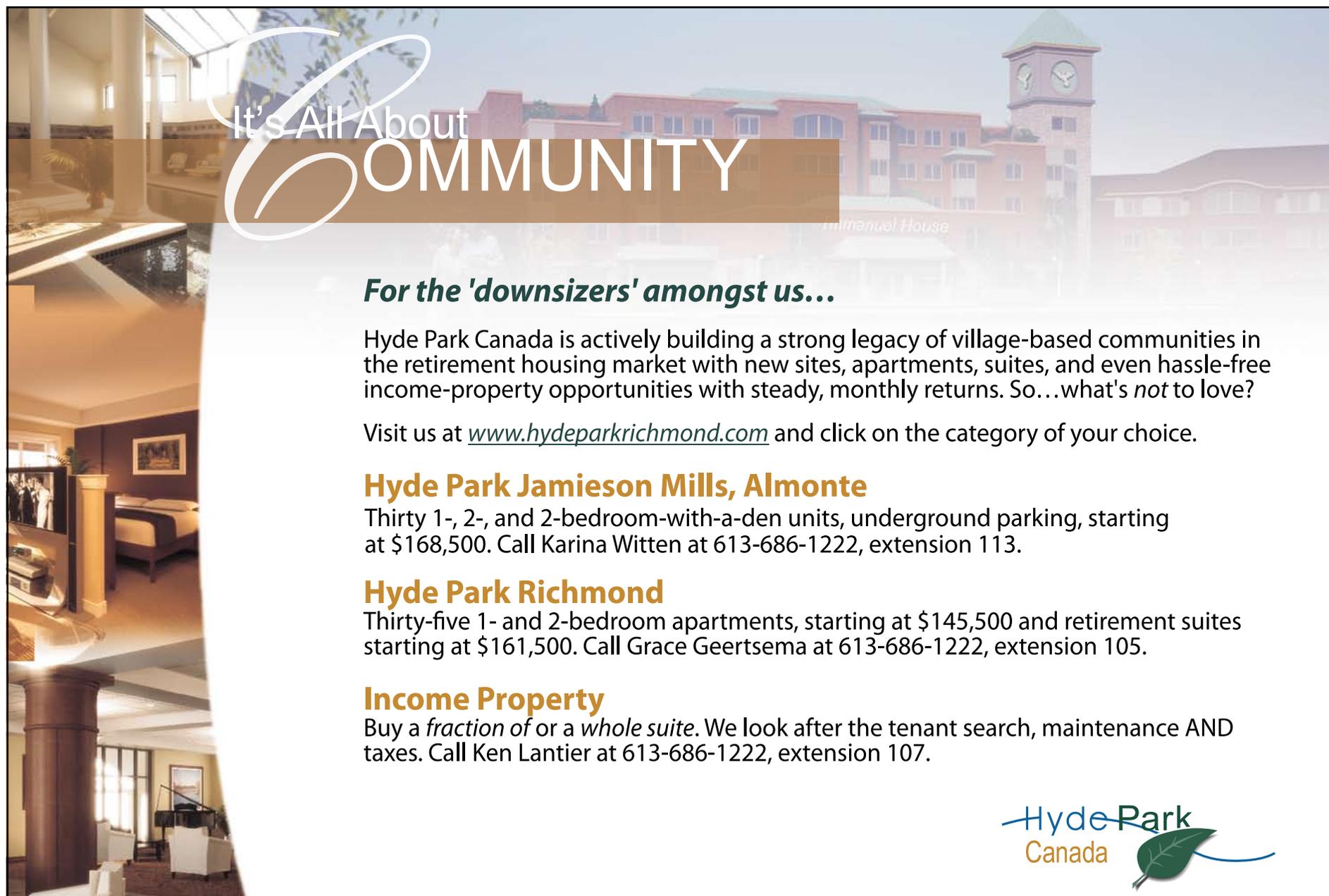
For more information on Westport in Bloom and the work they do, go to the (brand new) Village of Westport website at www.village.westport.on.ca.

And, finally, The Cove Country Inn. (Just because I have not made it through an entire article without mentioning the kind folks at "The Cove" yet — why start now?)

— Steve Scanlon lives, works and writes in the delightful village of Westport, and invites you to drop in for a visit at Stillwater Books & Treasures at 31 Main St.



The bright and beautiful banner above was created by Francie Roberts



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Hyde Park Canada 

17th Annual Scottish Heritage Tattoo

The Town of Carleton Place is steeped in military history and is a strong supporter of Canadian troops deployed around the world. In this regard, the town will be hosting the seventeenth Annual Scottish Heritage Tattoo on Sunday, July 11. This year's event is dedicated to the Canadian Navy as it celebrates its hundredth anniversary.

The parade will form up at 12:15PM in front of the Legion Hall at 177 George Street. All participating pipe bands, a massed Legion Colour Party, veterans, and current serving members of the Canadian Forces will then march to Ramsay Street and onto the Legion grounds for opening ceremonies beginning at 12:45PM.

Taking the salute this year for the march past will be our former mayor, Navy veteran and current Honourary Colonel of the 42nd Field Regiment (Lanark and Renfrew Scottish), Brian Costello.

Immediately following the opening ceremonies, all pipe bands will join in a massed band performance. The Carleton Place and District Community Band, directed by Graham Ingram, will then perform a variety of naval tunes — a fitting tribute to the Canadian Navy. The musical salute will continue through to 8PM.

During the afternoon, each pipe band will play a repertoire of songs, with the Arnprior McNab Pipe Band highlighted as Duty Band. The Rosemary Breman Highland Dancers will add to the Scottish theme — they are always a crowd pleaser.

Local recording artists, Doug and Pam Champagne, will be performing during the afternoon and will sing their song *We Wear Red*, dedicated to veterans.

All spectators, both young and old, are encouraged to wear red along with a yellow ribbon, to show their support for our troops. There will be no admission fee, and organizers suggest that you bring your own lawn chairs and umbrellas. The tattoo will be held rain or shine. Refreshments will be available throughout the day. For further information, call 253-4688.

“Barnyard Antics” and Local Music at Almonte Fair

The Almonte Fair is gearing up for its 152nd year, with an impressive line-up of local talent rounding out the traditional mix of midway, homecraft and livestock. With a theme of “Barnyard Antics”, this year's fair takes place on July 16, 17 and 18 at the North Lanark Agricultural Society's fairgrounds on the banks of the beautiful Mississippi River.

Some of the local acts to take the stage at this year's fair include The Stool Pigeons, The Hope Street Band, and The Mississippi Jug Stompers. With styles that include rock standards, country/rock originals and traditional roots, they are sure to keep toes tapping.

Headliner Gail Gavan is an accomplished singer/songwriter, raconteur and entertainer. Her songs reflect the Valley that she's called home for her entire life. As a popular entertainer at country fairs

and jamborees across Québec and Ontario, she has opened for the likes of Tim McGraw, George Jones, Merle Haggard, Tom T. Hall and Charlie Pride.

Gail was celebrated as Entertainer of the Year in the Ottawa Valley in 2006, and also created the Ottawa Lynx Triple A baseball team's seventh inning stretch theme song. She has donated her time and talent to host and sing at numerous fundraisers, especially for the Heart Institute, CHEO, the Arnprior and District Hospital, and many Seniors residences. Gail will perform on Saturday, July 17 beginning at 8PM.

In addition to the musical entertainment, there will be plenty of activities and displays for all ages and interests. With children's games, an education barn and a Prince and Princess show for youngsters; the midway, a pet show and Junior Homecraft classes (with prize money!) for youth; and classics like the demolition derby, outhouse races and car toot bingo, there's definitely something for everyone at the fair. For information, visit <www.almontefair.com>.



Well known singer/songwriter Gail Gavan will play the 152nd Almonte Fair on July 17 at 8PM.

“I have made contacts that have directly resulted in business; both from the monthly Mixer and the Chamber website.”



gary gillis
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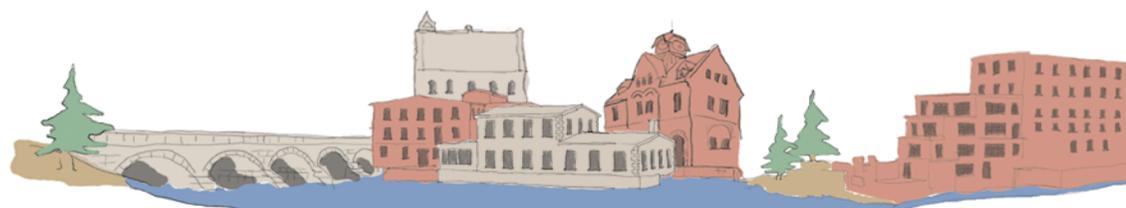
With decades of experience in drafting and technical services, Gary Gillis provides a wide range of expertise to his clients. He is BCIN (Building Code Identification Number) qualified for houses and small buildings up to 6,600 sq.ft., and provides design and drafting services for over 6,600 sq.ft. with the services of a registered architect. His skills include both commercial and residential design and drafting, additions, renovations, garages, cottages, farm buildings, residential and commercial / retail kitchen redesign... the list goes on!

Based from his home office in Mississippi Mills, Gary tackles jobs close to home and throughout Eastern Ontario. Current commercial projects include M & P Farm Equipment near Almonte, and a 40-seat restaurant on MacArthur Drive in Ottawa. His residential jobs run the gamut from heritage waterfront in Appleton to a new triplex in Sandy Hill. He prides himself on his personal touch, and always includes a site visit as part of his service.

Gary appreciates both the friendly people and the small-town atmosphere in Mississippi Mills, where he says “you can speak directly to the chief building inspector and get your drawings seen with one phone call!”



Gary Gillis — Mississippi Mills Chamber member since 2005



Visit us: www.mississippimills.com



Meet us:

Mixer Update

Thanks to all who participated in the June 23 marketing workshop. The Mixers will take a break for the summer — we'll see you again on September 22.

Chamber Golf Tournament

Wednesday, August 18 at the Mississippi Golf Club in Appleton. Register your foursome at Watt's Cooking (Pakenham), Don's Meat Market (Almonte) or www.mississippimills.com.

Join us:

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

Around the World in Two Days!

Most people in Almonte know that, being a mascot, I don't talk. And some people say that is a blessing. But I have to tell you that I love listening to other people (and puppets) chatter, especially in other languages. Be-



by Nick the Mascot

hind the scenes each year at the Puppets Up! International Puppet Festival, I hear a soupçon of French, a distinctive brogue, a southern drawl, and sometimes something as exotic as Chinese — right here in Almonte! On stage, of course, it doesn't matter what dialect they speak, because the language of puppetry is universal.

As we head into our 6th year, the festival planners have put a focus on how truly international Puppets Up! is. The Olympics and the World Cup may have inspired them a bit too. When Noreen Young (the festival's Artistic Director and the gal who made me) spends a little time with her worldwide network, the next thing you know, we have Icelandic puppeteers sipping lattes on Mill Street!

And this year is no different. Festival headliners include the world-class talents of **Viktor Antonov**, from Russia, and the **Taiyuan Puppet Theatre** from Taiwan. Viktor will astound his Canadian audiences with the dexterity of the puppet charac-

ters in his *Circus on Strings*. Jugglers, clowns, performing apes, a trapeze artist, a sword swallower and the cutest camel on earth are just some of the marionette players in his fantasy circus.

The **Taiyuan Puppet Theatre** troupe has entranced audiences in over twenty countries around the world. And now they are coming to dazzle us in Eastern Ontario! Traditional Taiwanese puppet theatre stylings, along with the creativity of puppet carvers, designers, musicians and writers, will be showcased as the company presents *A Sea of Puppets*.



Our American friends are sending three troupes to the festival this year. Everyone will be glad to welcome back the big fuzzy faces of the **FrogTown Mountain Puppeteers**, whose *Legend of the Banana Kid* had us rolling in the aisles last year. This year, the sibling troupe will stage *The Headless Horseman of Sleepy*

Hollow which, if they weren't so darned funny, would probably send shivers up and down my spine. If I had a spine, that is.

Foreign Landscapes, a troupe from near Boston, will present the Canadian premiere of *The Star Sisters* in collaboration with **Exit 4 Theatre**. This show combines toy theatre puppetry, rod puppets, "found object" theatre, shadow puppets, giant puppets, masks, live acting, storytelling, and live music.

New England's **Tanglewood Marionette Company** will bring us *The Dragon King*, an underwater fantasy based on Chinese folklore. It's a story about an intrepid Grandmother who journeys to the bottom of the sea to seek the Dragon King and discover why he has forsaken the land above.

I'm excited about shows from our puppetry friends from Québec too. Festival favourites (and my friends) Zip-E and Drouille (a.k.a. Adam Zimmerman and Karine Roberge) will present *Zircus Clownz* in a theatre venue this year. You'd think having their own Clownz show would go to their heads, but nope — they will still be revving up the crowds on Mill Street throughout the festival weekend.

Mr. Smythe and his Mini All-Star Show from Montreal is sure to wow us with Humanette puppetry — a unique technique of puppetry developed in the early days of vaudeville where the head of the puppet is human.

Also from Montreal, puppeteer Louis-Philippe Paulhus of **Le théâtre de Deux Mains** will give voice to 21 puppets, while managing six different sets and all of the lights, music and sound effects.

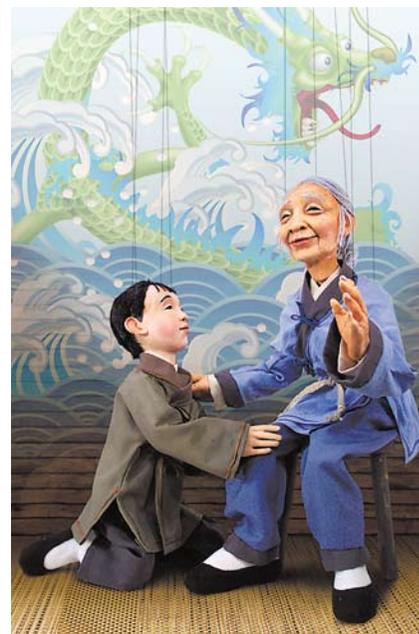
Ottawa's own **Rag & Bone Puppet Theatre** are set to bring us *The Wind in the Willows*, the classic story about the lives of the four outcasts (Toad, Mole, Badger and Ratty) interpreted through puppetry, masks, stuffed toys, screened cutouts, film, storytelling and acting.

And closest to home, Almonte's own **Jacob Berkowitz** will unveil his out-of-this-world production called *The Lost Alien* featuring Ambrosia, an alien who is lost and needs help to find her way home.

This year's festival includes ten troupes and will deliver 54 family-friendly puppet shows as well as our famous daily parade. The performance schedule is the same on both days. Information about details about what is appropriate for different ages can be found at <www.puppetsup.ca>.

If that wasn't exciting enough, we have some other big Puppets Up! news:

- Puppet workshops will start early this year. Check out the full roster of July workshops being held at the Mississippi Valley Textile Museum at <www.puppetsup.ca>. We even have a mask maker, Camille McMillan, from Cirque du Soleil!



This year's Puppets Up! festival is a truly international affair. New England's **Tanglewood Marionette Company** brings *The Dragon King* (above), an underwater fantasy based on Chinese folklore. The **Taiyuan Puppet Theatre** (below left) presents *A Sea of Puppets*.

- On Thursday, July 29, the festival will host its "Big Hug" family picnic and community thank-you event. CTV's **Max Keeping** will be our special guest.
- Noreen has gathered an amazing array of street entertainers for this year's festival.
- The Saturday night, adults-only cabaret returns to the Almonte Old Town Hall!

So if your pocket book can't handle a real world tour this year, a visit to the Puppets Up! International Puppet Festival in Almonte (August 7 and 8) could satisfy your craving for a smorgasbord of different cultures and world-class family entertainment.

— Nick, the Puppets Up! Mascot

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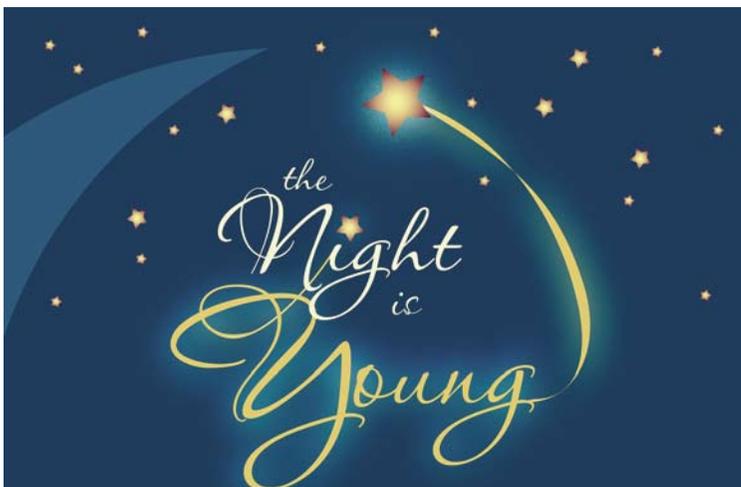
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Young Awards Update



the
Night
is
Young

An Evening of Art, Music and Youth!
Friday, August 13
7PM The Arden Trio in Concert
at the Almonte Old Town Hall (\$20)
8:30–11PM Mill Street Party with youth buskers

The Young Awards Foundation is a not-for-profit group whose mission is to foster dynamic arts initiatives in the schools of Mississippi Mills. Their principal fundraising activity is an annual gala dinner recognizing artistic and community volunteerism. Funds raised at the 2010 gala have been put to good use over the past few months, helping to bring visual arts and spoken word to local public schools and assisting with an arts week at Almonte & District High School, among other programs.

The organizing committee is gearing up for another round of funds distribution, and is also beginning to plan for the next gala (to be held in February of 2011). In the meantime, however, they would like to draw your attention to a few special events taking place over the summer months.

The Night Is Young

The Night Is Young is an evening-long celebration of arts and music that will take place in downtown Almonte on Friday, August 13. Because it is a fundraiser for The Young Awards Foundation, there will be plenty of arts, music and youth! The evening will get off to a classy start with a classical concert by The Arden Trio, from 7 to 8:30PM at the Almonte Old Town Hall. Doors will open at 6:30 to allow the audience time to mingle and enjoy delicious appetizers prepared by Foodies Fine Foods. At 8:30, concert-goers will spill out onto Mill Street (which will be closed to vehicular traffic), and be entertained by a variety of young performers. Shops, galleries and restaurants in the downtown area are encouraged to stay open late, and to partner with the buskers (in case of rain) (...but it won't rain!).

Young artists and musicians who are keen to share their talents with the public are asked to contact Tony or Cynthia Stuart at <cynthia.tony@yahoo.ca> or 257-5516.

The Arden Trio

This tremendously talented local ensemble features Tony Stuart on clarinet, Richard Hoenich on bassoon, and Michael Costello on piano.

Tony Stuart is a former professional musician with the Canadian Armed Forces who now plays clarinet and saxophone with the Symphonium Orchestra, and is the Music Director at Notre Dame Catholic High School in Carleton Place. Richard Hoenich served as principal bassoon and Associate Conductor with the Montreal Symphony Orchestra, and recently retired as Head of Conducting at the New England Conservatory in Boston. Michael Costello is well-known as a piano teacher and performer in the Carleton Place area. He studied under Dina Namer and Dr. Ireneus Zuk at Queen's University, where he received his Bachelor of Music and Bachelor of Education Degrees.

The August 13 recital will feature music by Mozart, Mendelssohn and Beethoven, as well as more contemporary composers such as John Williams. Tickets to The Arden Trio's concert are \$20 from Appleton Gift & Basket in Almonte or at the door. The rest of the evening is by donation to the young buskers. For more details and breaking news visit <www.thenightisyong.ca>!

Nominations Wanted

Mississippi Mills has a plethora of artists of all sorts, as well as people who work behind the scenes to promote the arts.

Now it is time to take a moment to nominate some of those art activists for two very special awards: the **Mississippi Mills Cultural Achievement Award** and the **Cultural Volunteerism Award**. Both are presented at the annual Young Awards Dinner, to be held in February of 2011.

Consider the following criteria for the Cultural Achievement Award. The recipient must be involved in the arts and culture — full or part-time — locally, regionally or nationally, and be known for a substantial commitment to a body of work. Ideally, over time and through their work in the cultural sector, they have exhibited a generosity of spirit and helped develop the cultural mosaic of this community. Some areas of the arts to consider are: visual arts, crafts, music, theatre, fashion design, architecture, dance, performing arts, film and television, video and sound, producing, photography, writing, critic, heritage preservation/restoration, arts education, technical support of the arts, etc.

The Cultural Volunteerism Award can be awarded to an individual, group or program working on a voluntary basis in a supporting role to enable and encourage arts in the Mississippi Mills community.

Nominees must be residents of Mississippi Mills or reside outside the area but make a significant contribution to arts and culture within Mississippi Mills.

To nominate someone, please write to: Young Awards Committee, Box 548, Almonte, KOA 1A0. Emails may be sent to <fernmartin@sympatico.ca>. The deadline for applications is August 15, 2010.



The Grizzly

can be seen at **The Highlands Hunting & Fishing Shop** in Lanark. This is a large canvas, 30x40 inches. It shows a Grizzly Bear as it really is, fierce, dangerous and beautiful in the wild. More of Balderson, Ontario artist **Linda Turner's** paintings can be seen at www.balderson_house.blogspot.com

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Young Entrepreneurs

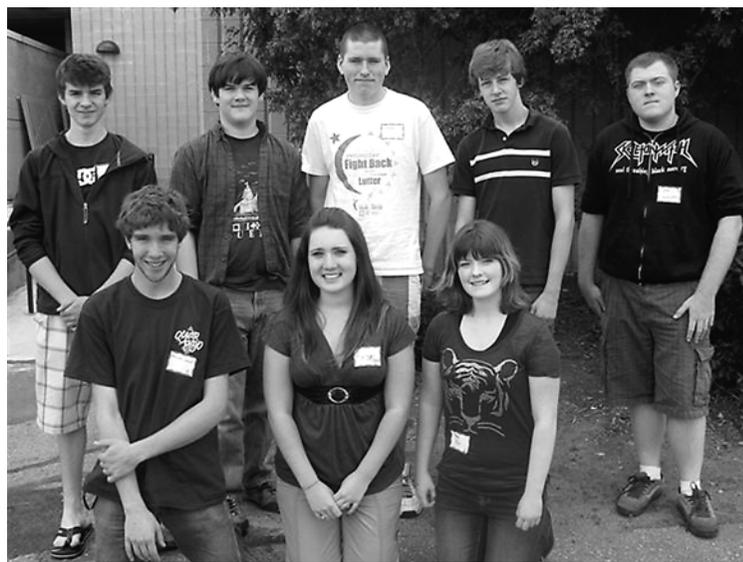
This year, eight local students have been selected for the 2010 Summer Company experience in Lanark County/North Leeds, which provides an opportunity for students to create their own jobs and be their own bosses. Offering a variety of services from lawn care to rickshaw running, these young entrepreneurs would love to hear from you this summer!

Kelsey Larocque's Digitalize Yours is a retail shop in Carleton Place that provides customers with digital images of their memorable photos in a variety of forms, such as DVDs, CDs, personal storage devices, and digital frames with storage capabilities. Contact 253-2325, or see <www.digitalizeyours.com>.

James Chinkiwsky's Mother Nature Maintenance is a lawn care company offering services that tend to the lawn and other natural fixtures on the property. Concentrating mainly on basic lawn cut and maintenance, Mother Nature Maintenance will also offer weed pulling and whacking, grass seeding, and shrubbery maintenance. Contact 853-9782 or <jameschinkiwsky@hotmail.com>.

Robert Fournier at Rideau Rickshaw Runners provides a fun, safe and easy alternative to walking. Customers will be pulled via rickshaw along specific tour routes to popular tourist destinations within the Town of Smiths Falls. The routes will provide a scenic view and enjoyable experience of the Town. Contact 430-9141, or visit the website, <www.rickshaw.webs.com>.

Austin Crowe at Austin's Lawn Care offers lawn maintenance to the Town of Perth and surrounding area. The services provided include cutting grass, weeding gardens, and trimming hedges. Contact 390-0084 or <Austin_crowe@hotmail.com>.



(back left to right) Young entrepreneurs Ethan Hogue, Robert Fournier, Jonah Patterson, Austin Crowe, James Chinkiwsky (front left to right) Adrian Schut, Kelsey Larocque, Page Taylor.

Ethan Hogue's Perfect Pet Portraits provides high-quality and detailed coloured pencil drawings of customers' pets. The portraits will be drawn based on digital photographs taken of the customer's pet at the location of their choice. Call 259-2016 or email <perfect.petportraits@gmail.com>.

Adrian Schut has started **Lanark Maple Products**, a home-based business in Almonte that makes and sells high quality handmade products manufactured from local maple wood. Clients will be able to purchase items such as cutting boards, clocks and pens. Contact 619-9107, or visit the website <www.lanarkmapleproducts.com>.

Jonah Patterson provides **Lawn and Order**, a lawn care and gardening service within the Town of Perth and outskirts just south of Perth. Lawn and Order assures customer satisfaction on every job. Call 267-4082 or <lawnandorder.perth@yahoo.com>.

Page Taylor's Paintings by Page, provides clients with custom painted portraits of their beloved pets. This home-based

business is located in Smiths Falls and appeals to people who would like to have their pets immortalized in a beautiful hand-painted portrait. Contact 963-0191 or <dtaylor14@cogeco.ca>.

The Summer Company Program is an initiative of the Ontario Government that is aimed at students between the ages of 15 and 29, in school and returning to school in the fall. Successful students receive an award of up to \$1,500 in order to help with business start-up costs, and a \$1,500 award in September upon returning to school, as well as business training and an opportunity to meet with a local community mentoring group for support and advice.

If you would like more information about the Summer Company program, please contact Cindy James at the Lanark-North Leeds Small Business Enterprise Centre at 283-7002 ext.108 or <cjames@LNLEC.ca>. For more information about the Enterprise Centre, please visit <www.LNLEC.ca> or join their Facebook page.

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High School Musical 2, Perth, Aug 5–6
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Olde Tyme Country Fair, CP, Aug 7
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Puppets Up!, Almonte, Aug 7–8
The Night is Young, Almonte, Aug 13
Pakenham Fair, Aug 14
MUSICwestport, Westport, Aug 14
Canoe the Clyde for Cancer, Lanark, Aug 14
Perth Garlic Festival, Perth, Aug 14–15
Fame, Perth, Aug 20–21
North Lanark Highland Games, Almonte, Aug 21
Art of Being Green Events, Middleville, Aug 27 & 28
Art Show & Sale, Westport, Aug 28–29
PAMT Idol, Perth, Sep 4
Sundance Studio Tour, Maberly, Sep 4–6
Mississippi Mills at a Glance, Almonte, Sep 8
Sounds of Downtown, Carleton Place, Sep 11
Fibrefest, Almonte, Sep 11–12
Ensemble Vivant, Perth, Sep 17
SchoolBOX's Fiesta Fundraiser, Almonte, Sep 17
Writers Reading, Westport, Sep 26
Crown and Pumpkin Studio Tour, Mississippi Mills, Oct 9–11
London Quartet, Perth, Oct 21
Trudeau Stories, Perth, Oct 28
Christmas in the Valley Artisan Show, Almonte, Nov 5–6
Handmade Harvest Holiday Craft Show, Almonte, Nov 6
July Black, Perth, Nov 27
Nunsense the Mega Musical, Carleton Place, Dec 3–5, 9–11
Into The Woods Junior, Carleton Place, Feb 25–26, Mar 3–4
Doctor Zoo, Perth, Mar 4
Sultans of String, Perth, Apr 15

Visual Arts

Perth Antique Show, Jul 3 & 4, 10AM–4PM. 30+ dealers; art, china, glass, silver, textiles, jewellery, brass, tools, furniture, folk art, collectibles. \$7 for both days. Info: 283–5270. Perth Legion, 26 Beckwith St. E.

Rideau Lakes Studio & Garden Tour, Jul 3 & 4, 10AM–5PM. Info at www.rideaulakesstudioandgardentour.com or 928–3041.

Vernissage, Jul 3, 11AM–4:30PM. Jennifer Noxon. Artist in attendance July 3; show open Wed–Sun, all July. www.galleryonmain.ca Gallery on Main, 31 Main St. Westport

Vernissage, Jul 9, 7–9PM. Featuring Nicole Young. Brush Strokes, 129 Bridge Street Carleton Place, 253–8088

Art-on-the-Lawn Show & Sale, Jul 10 & 11, 10AM–5PM. Free admission; 5% of sales goes to Great War Memorial Hospital. Info: 928–3041, www.rideaulakesartists.com. 3054 Rideau Ferry Road Perth

Grand Opening & Art Festival, Jul 10 & 11, 10AM–5PM. With Arts Carleton Place & others. Admission: \$2 or donation to Food Bank. Info: 253–5253. Hay Shore on the Mississippi, 717 Lake Park Rd. off hwy.7 Carleton Place

WHAT'S ON IN			
Monday	Tuesday	Wednesday	Thursday
<p>5</p>	<p>6</p> <p>Green Drinks, Perth Karaoke, The Cove</p>	<p>7</p> <p>EcoWellness Open House, Carp CP Celtic Jam, Ballygiblin's Spencer Evans Trio, The Cove</p>	<p>8</p> <p>Tony Cox & Ryan Leblanc, Neat Coffee Peter Brown Jazz Duo, St. James Gate Perth Citizens' Band, Stewart Park Terry Tufts, The Barley Mow Spencer Evans Trio, The Cove</p>
<p>12</p>	<p>13</p> <p>Women's Business Group, Carleton Place Karaoke, The Cove</p>	<p>14</p> <p>Angèle Desjardins & Lake of Stew, Heirloom Cafe CP Celtic Jam, Ballygiblin's Bjorn Berge, Neat Coffee Shop Blithe Spirit, Perth</p>	<p>15</p> <p>Flippin' Art Night, Carleton Place Peter Brown Jazz Duo, St. James Gate Terry Tufts, The Barley Mow Blithe Spirit, Perth Spencer Evans Trio, The Cove</p>
<p>19</p>	<p>20</p> <p>Karaoke, The Cove</p>	<p>21</p> <p>Bloomfest Opens, Almonte CP Celtic Jam, Ballygiblin's Blithe Spirit, Perth</p>	<p>22</p> <p>Pirates of Penzance, Perth Perth Citizens' Band, Stewart Park Terry Tufts, The Barley Mow Mark Twain's Patent Scrapbook, Smiths Falls Blithe Spirit, Perth Spencer Evans Trio, The Cove</p>
<p>26</p>	<p>27</p> <p>Karaoke, The Cove</p>	<p>28</p> <p>Interpretive Heritage Canoe Tours, Smiths Falls CP Celtic Jam, Ballygiblin's Curtis Chaffey & Kelly Sloan, Heirloom Cafe Blithe Spirit, Perth</p>	<p>29</p> <p>Puppet Family Picnic, Almonte Terry Tufts, The Barley Mow Blithe Spirit, Perth The Unlikely Sainthood of Madeline McKay, Burnstown Serial-Numbers, Almonte Spencer Evans Trio, The Cove</p>

Literature

Poetry Slam Series 2010 - Finals, Jul 17, 6:30PM. Live Poets Society - Final Slam for the 2010 season, where the 2010 team will be chosen. \$10 at the door. Silent auction & baked goods. CPHS Cafetorium, 215 Lake Ave. W. Carleton Place

Kids

Disney's Princesses, Knights & Animals, Jul 9, 7–9PM. PAMT. \$10 from 267–9610. Myriad Centre, 1 Sherbrooke St. Perth

Puppet Family Picnic, Jul 29, 5–7PM. The Puppets Up! International Festival hosts the Big Hug family picnic. Special guest Max Keeping. Prizes, music & puppet hugs! Kirkland Park & Barley Mow, Almonte

Theatre

Blithe Spirit, Jul 9–Aug 1 (Wed–Sat 8PM, Wed/Sat/Sun 2PM.) The Classic Theatre Festival presents Noel Coward. \$30/adult, \$21/under30, with ID. 1–877–283–1283, www.classictheatre.ca, or Jo's Clothes in Perth. The Studio Theatre, 63 Gore St. E. Perth

PAMT presents **Swordfighting & Stage Combat** (Jul 10, 7PM); **World Beat** (Jul 16, 7PM); **Pirates of Penzance**, (Jul 22 & 23, 7PM). \$10 from 267–9610. Myriad Centre, 1 Sherbrooke St. Perth

Mark Twain's Patent Scrapbook, Jul 16, 17, 22, 23, 24 at 8PM; Jul 18 at 2PM. \$23; \$20 reserved (267–1884); students \$12. 1-man show created & performed by David Jacklin. Smiths Falls Station Theatre, 63 Victoria Ave.

Spiritual Cinema Circle, Jul 25, 2PM. \$2 donation. Info at fp@superaje.com. Myriad Centre, 1 Sherbrooke St. Perth

The Unlikely Sainthood of Madeline McKay, Jul 29–Aug 1, Aug 5 & 6, 8PM. Dark comedy about secrets, deceptions, faith, redemption. \$15 from Neat, Renfrew & Arnprior O'Brien Theatres, echo_echo_prod@hotmail.com. Neat Coffee Shop, Burnstown, 433–3205

Company of Fools Shakespeare Troupe, Jul 30, 7PM. Ottawa's comedy Shakespeare troupe presents "Shakespeare's Danish Play". \$10. Bring a picnic. The Herb Garden, 3840 Old Almonte Rd. 256–0228

Dark of the Moon, Jul 31, Aug 5, 6, 7 at 8PM; Aug 1 at 2PM. \$23; \$20 reserved (267–1884); students \$12. A tale of forbidden love and passion set in the Smoky Mountains of Tennessee. Smiths Falls Station Theatre, 63 Victoria Ave.

Music

Open Stage, Jul 4, 5–8PM. Every Sunday, Jun 6–Sep 12. Each Performer has 15–30 mins or 3–6 song max/performance. Lower Reach Park, Smiths Falls

Robynn Glockling & Nathan Haller, Jul 4, 7PM. With pianist Frédéric Lacroix. \$15 (\$12 students/seniors) from Brush Strokes (CP), Baker Bob's (Almonte). Almonte United Church

Perth Citizens' Band Summer Concert, Jul 8 & 22, 7:30–9:30PM. Free, bring a lawn chair. 257–8099 for info. Stewart Park, Perth

Almonte Celtfest, Jul 9–11. Celtic music. Fri evg: music (pubs). Sat: \$15 workshops (Old Town Hall), 6:30PM concert (Gemmill Park). Sun: 10AM Fiddle Mass (Holy Name of Mary Church), 11:30–6PM main concert (Gemmill Park). Concerts by donation. www.almonteceltfest.com

Friday

Saturday

Sunday

<p>♪ Mario Franco & Son, The Cove ♪ Live Music, The Stone House Bar & Grill ♪ Jazz at the Swan, The Swan at Carp</p>	<p>Prince & the Prior, Arnprior Perth Antique Show, Perth Rideau Lakes Studio & Garden Tour Vernissage, Westport ♪ Open Mic, The Stone House Rink 'n' Roll Rideau Ferry Nostalgia Dance, Smiths Falls ♪ Country Night w/Billy Armstrong, The Barley Mow</p>	<p>Perth Antique Show, Perth Rideau Lakes Studio & Garden Tour Kirkin' O' the Tartan, Westport ♪ Music on the Patio, The Cove ♪ Magnolia Rhythm Kings, The Royal Oak ♪ Open Stage, Lower Reach Park ♪ Robynn Glockling & Nathan Haller, Almonte ♪ Sunday Sessions, Ballygiblin's</p>
<p>♪ Mario Franco & Son, The Cove ♪ Disney's Princesses, Knights & Animals, Perth ♪ Live Music, The Stone House Vernissage, Carleton Place ♪ Almonte Celtfest, Almonte ♪ Blithe Spirit, Perth ♪ The Double Jigger, The Barley Mow ♪ Billy Armstrong, The Downstairs Pub</p>	<p>Horse Show, Perth ♪ Almonte Celtfest, Almonte Art-on-the-Lawn Show & Sale, Perth Grand Opening & Art Festival, Carleton Place Strawberry Social, Carleton Place ♪ Open Mic, The Stone House ♪ Swordfighting & Stage Combat, Perth ♪ Brea Lawrenson, St. James Gate ♪ Blithe Spirit, Perth ♪ Still Dangerous, The Downstairs Pub</p>	<p>Art-on-the-Lawn Show & Sale, Perth Grand Opening & Art Festival, Carleton Place ♪ Almonte Celtfest, Almonte ♪ Scottish Heritage Tattoo, Legion Hall Valley Singles Lunch, Cobden ♪ Music on the Patio, The Cove ♪ Blithe Spirit, Perth ♪ APEX Jazz Band, The Royal Oak ♪ Open Stage, Smiths Falls ♪ Sunday Sessions, Ballygiblin's</p>
<p>Almonte Fair ♪ Stewart Park Festival, Perth Canal Railway & Chocolate Festival, Smiths Falls ♪ Mario Franco & Son, The Cove ♪ Live Music, The Stone House ♪ Jazz at the Swan, The Swan at Carp ♪ World Beat, Perth ♪ Mark Twain's Patent Scrapbook, Smiths Falls ♪ Blithe Spirit, Perth</p>	<p>Almonte Fair Strawberry Festival, Carleton Place Conscious Convergence, Almonte Canal Railway & Chocolate Festival, Smiths Falls ♪ Stewart Park Festival, Perth ♪ Open Mic, The Stone House ♪ Poetry Slam Series 2010 Finals, Carleton Place ♪ The Night Crawlers, St. James Gate ♪ Mark Twain's Patent Scrapbook, Smiths Falls ♪ Blithe Spirit, Perth ♪ John Mathieu, The Barley Mow</p>	<p>Almonte Fair Conscious Convergence, Almonte Canal Railway & Chocolate Festival, Smiths Falls ♪ Stewart Park Festival, Perth ♪ Music on the Patio, The Cove ♪ Blithe Spirit, Perth ♪ Mark Twain's Patent Scrapbook, Smiths Falls ♪ Magnolia Rhythm Kings, The Royal Oak ♪ Open Stage, Smiths Falls ♪ Sunday Sessions, Ballygiblin's</p>
<p>♪ Mario Franco & Son, The Cove ♪ Live Music, The Stone House ♪ Pirates of Penzance, Perth ♪ Mark Twain's Patent Scrapbook, Smiths Falls ♪ Blithe Spirit, Perth ♪ Billy Armstrong, The Downstairs Pub</p>	<p>♪ Open Mic, The Stone House ♪ Ben San Pedro, The Cove Country Inn Strawberry Social, Perth Maberly Quarterly, Maberly ♪ Lisa Kopil & Derek Favreau, St. James Gate ♪ Blithe Spirit, Perth ♪ Mark Twain's Patent Scrapbook, Smiths Falls ♪ Doug Barr, The Barley Mow</p>	<p>Herbfest, Almonte ♪ Music on the Patio, The Cove ♪ Spiritual Cinema Circle, Perth ♪ Blithe Spirit, Perth ♪ APEX Jazz Band, The Royal Oak ♪ Open Stage, Smiths Falls ♪ Sunday Sessions, Ballygiblin's ♪ Steve Payne, Neat Coffee Shop</p>
<p>♪ Riverside Jam, Carleton Place Breakfast With Soul, Almonte ♪ Mario Franco & Son, The Cove ♪ TorQ Quartet, Smiths Falls ♪ Live Music, The Stone House ♪ Jazz at the Swan, The Swan at Carp ♪ Company of Fools Shakespeare Troupe, Ottawa ♪ Blithe Spirit, Perth ♪ The Unlikely Sainthood of Madeline McKay, Burnstown</p>	<p>♪ Riverside Jam, Carleton Place Bridge Street Bazaar, Carleton Place ♪ Open Mic, The Stone House ♪ Ben San Pedro, The Cove Country Inn ♪ Live At The Gate, St. James Gate ♪ Dark of the Moon, Smiths Falls ♪ The Unlikely Sainthood of Madeline McKay, Burnstown ♪ Blithe Spirit, Perth</p>	<p>♪ Riverside Jam, Carleton Place Valley Singles Lunch - Location tbd ♪ Music on the Patio, The Cove ♪ Dark of the Moon, Smiths Falls ♪ Blithe Spirit, Perth ♪ Magnolia Rhythm Kings, The Royal Oak ♪ Open Stage, Smiths Falls ♪ Sunday Sessions, Ballygiblin's ♪ The Unlikely Sainthood of Madeline McKay, Burnstown</p>

Scottish Heritage Tattoo, Jul 11, 12:15-8:15PM. Parade 12:15, opening ceremonies 12:45, massed bands & more. Legion Hall, 177 George St. Carleton Place

Stewart Park Festival, Jul 16 (12-9PM), 17 (10AM-9PM), 18 (10AM-6PM). 30 free outdoor concerts, workshops, after hours music. www.stewartparkfestival.com. Stewart Park, Perth

Serial-Numbers, Jul 29, 8:30PM. Semi-acoustic show by 9 musicians. \$15; \$12 in adv. from Mill Street Books (Almonte). www.myspace.com/serialnumbersmusic. Almonte Old Town Hall, 14 Bridge St.

Riverside Jam, Jul 30-Aug 1. Deric Ruttan, Michelle Wright, George Canyon & more. Info & tickets at www.riversidejam.ca. Riverside Park, Carleton Place

TorQ Quartet, Jul 30, 7PM. Foursome of virtuoso percussionists from Toronto

— classical/world beat sound. \$20 from Bham's Kiosk or at the door. Smiths Falls Station Theatre, 63 Victoria Ave.

The Royal Oak (329 March Rd. Kanata, 591-3895): jazz on Sundays (3-6PM), no cover. Jul 4, 18 Magnolia Rhythm Kings
 Jul 11, 25 APEX Jazz Band

The Downstairs Pub at JR's (385 Ottawa St., Almonte, 256-2031)
 Jul 9 Billy Armstrong (9PM, no cover)
 Jul 10 Still Dangerous (9PM, \$4)
 Jul 23 Billy Armstrong (9PM, no cover)

The Cove (2 Bedford St., Westport, 273-3636): karaoke Tues (8-11PM), jazz Thurs w/Spencer Evans Trio (9-11PM), Cuban guitarist Mario Franco & Son Fri (6-9PM), music on the patio Sun 1-4PM
 Jul 7 Jazz w/Spencer Evans Trio, 9-11PM
 Jul 24, 31 Ben San Pedro & Terry Cowan, 6-9PM

St. James Gate (111 Bridge St., Carleton Place, 257-7530): Live at the Gate Saturdays (8-10PM).
 Jul 8, 15 Peter Brown Jazz Duo (7-10PM)
 Jul 10 Brea Lawrenson
 Jul 17 The Night Crawlers
 Jul 24 Lisa Kopil & Derek Favreau
 Jul 31 TBA

The Stone House Bar & Grill (3740 Carp Rd., Carp, 839-1091), live music Fridays (7-11PM); open mic Saturdays (2-7PM).

The Barley Mow (79 Little Bridge St., Almonte, 256-5669): Terry Tufts Thur (8-11PM); Fri/Sat shows start at 9PM.
 Jul 3 Country Night w/Billy Armstrong
 Jul 9 The Double Jigger (part of Celtfest)
 Jul 17 John Mathieu
 Jul 24 Doug Barr

Jazz at the Swan (The Swan at Carp, Fall-down Lane Carp, 839-7926) 7-10pm.
 Jul 2, 16, 30

Ballygiblin's (151 Bridge St., Carleton Place, 253-7400): CP Celtic Jam Wed (8-10PM), (davidh@rogers.com); Peter Brown, Roger Plant & Friends Sun (7-10PM)

Heirloom Café/Bistro (7 Mill St., Almonte, 256-9653): Live Music every other Wed (8-11PM). No cover.
 Jul 14 Angèle Desjardins & Lake of Stew
 Jul 28 Curtis Chaffey & Kelly Sloan

Neat Coffee Shop (1715 Calabogie Rd., Burnstown, 433-3205)
 Jul 8 Tony Cox and Ryan Leblanc, \$15, 6PM
 Jul 14 Bjorn Berge, \$30, 8PM
 Jul 25 Steve Payne, \$20, 8PM

Community

Prince & the Prior, Jul 3, 10AM-4PM. Re-enactment of 1860 visit of Prince of Wales to Arnprior. Free. Period luncheon \$35. www.princeandtheprior.ca Arnprior

Rink 'n' Roll Rideau Ferry Nostalgia Dance, Jul 3, 8PM-1AM. \$12 the Rec. Dept. in SF or at 283-2967. Proceeds to new arena. Smiths Falls Community Centre

Kirkin' O' the Tartan, Jul 4, 11:15AM-12:15PM. With Garth Hampson & Jan Neal. Westport United Church, 273-2866

Green Drinks, Jul 6, 5:30PM-7:30PM. People in the environmental field meet for drinks, monthly. www.greendrinks.org. The Crown Pub, 71 Foster St. Perth

EcoWellness Open House, Jul 7, 5-7PM. Open house & free talk. ecowellness.com Carp Ridge EcoWellness Centre, 2386 Thomas Dolan Pkwy Carp, 839-1198

Horse Show, Jul 10. Lanark County Western Horse Club. Raffle & info booths. www.lcwhc.com. Perth Fairgrounds

Strawberry Social, Jul 10, 1:30-3PM. With CP Community Band. \$10/adult, \$3/child under 10, at Museum or Graham's Shoes. Victoria School Museum, 267 Edmund St. Carleton Place, 253-7013

Valley Singles Lunch, Jul 11, 12:30-2:30PM. Singles lunch, all welcome. Register at 256-8117 or 432-7622. Logos Land Restaurant, Highway 17 Cobden

Women's Business Group, Jul 13, 7:30-8:30AM. Networking, support & volunteer group. www.wbgroup.ca. Buster's Bar and Grill, 515 McNeely Dr. Carleton Place

Flippin' Art Night, Jul 15, 5-8PM. Featured artists: Liane Geoffrion & Robin Andrew. Ballygiblin's, 151 Bridge St. CP, 253-7400

Almonte Fair, Jul 16 (1-10PM), 17 (8AM-10PM), 18 (8AM-3:30PM). \$10 ages 13+; 12 and under free. Midway, homecraft, livestock, entertainment. Almonte Fairgrounds

Canal Railway & Chocolate Festival, Jul 16-18. Live music, kids entertainment/workshops; www.canalrailwayfest.com. \$5 (\$2/child) Centennial Park, Smiths Falls

Strawberry Festival, Jul 17, 8AM-12PM. CP Farmers' Market, 7 Beckwith St. Carleton Place

Conscious Convergence, Jul 17 & 18, 9AM-4PM. Shake, meditate, drum, share, laugh at Whitelight, Almonte Yoga, Saje Wisdom and Spirit Matters. Non-profit. Bring lunch. 256-0216.

Bloomfest Opens. Thousands of varieties of day lilies at peak bloom. Runs until Aug. 2. www.whitehouseperennials.com 594 Rae Road, Almonte, 256-3406

Strawberry Social, Jul 24, 7-9PM. Rotary Club's Social with Perth Citizens' Band. www.perthband.ca. Stewart Park, Perth

Maberly Quarterly, Jul 24, 7:30-11:30PM. Contra & square dance with Zig Zag String Band. \$10. 264-1993. Maberly Hall

Herbfest, Jul 25, 9AM-5PM. An all day festival celebrating herbs with dance, music, food court, chef cook-off. www.herbfest.ca. The Herb Garden, 3840 Old Almonte Road

Interpretive Heritage Canoe Tours. start Jul 28. 269-3415 or shamill@ripnet.com, or see www.ridearoundtable.ca. Centennial Park, Smiths Falls

Breakfast With Soul, Jul 30, 7:30-9:30AM. Open discussion facilitated by spiritual coach Lilly White. www.lillywhite.ca. 256-0216. 237 Christian St., Almonte

Bridge Street Bazaar, Jul 31, 9AM-4PM. With children's entertainment, local artisans & merchants, Kids Zone. 257-8049 or cmcormond@carletonplace.ca. Sponsored by CP BIA. Bridge Street, Carleton Place

You Are NOT Crazy

Well ok, maybe you are... I can't really say for sure... but what I mean to say is, that if you are feeling particularly crazy *now*, it may simply be the time of year and the energy around us. Did I just lose half of you? Please bear with me.

Sure, most of us have bad days — times where it may seem like the world is out to annoy us or drive

by Rona Fraser

us 'round the bend. Everyone we interact with seems irritating... all computers frustrating... even friends who you think of as calm and unflappable are now snapping. Perhaps people are trying to explain something to you and you do not have the patience to listen or understand. Or do you feel disassociated... like you are different from everybody else, no longer feeling part of your group. You may even feel "off" physically — not comfortable in your own body or simply woozy.

I have been talking with friends about this, and it seems these feelings are widespread. Even my normally calm friends are bitchy! Ok,

ok, yes... a common denominator here is me — I will concede that perhaps I have simply become more irritating. ("More?!!!" you ask.) But I heard something at Demystifying Mysticism (June 21) that caught my attention. They said that this is simply the energy of the planet at the moment. Yes, the reason was no doubt "out there" and many of you would think it is a lot of hooley. For those interested, they mentioned two concepts: the June 26 alignment of four planets, and the Mayan Calendar. Now, I don't know if either of things would stand up to scientific scrutiny — there are arguments for both sides. But for me, it was the concept that I found interesting. The idea that there could be something in the air, caused by natural conditions, that would increase our stress levels.

And it brought me comfort. Why? Because it is not simply *me* feeling a little more nuts. In my human self-centeredness, it had not occurred to me that there could be other factors —

something bigger than me and my reaction to people and things around me. Let's just think of this a bit. We are surrounded by air... particles of animate and inanimate objects, gases, water vapour, etc. And everything has a certain energy, be it negative or positively charged. Myself, I cannot say what effect, if any, all of these things have on us, but I would think it would have *some* effect. After all, much as we'd like to believe it some days, we do not live in a vacuum.

An example for you. From what I understand, it is generally believed that animals can sense when a big storm is a-brewin'. Perhaps due to them sensing the change in barometric pressure? And some of you old 'uns may feel it in your rheumatiz. So there is a precedent for bodies being affected, unseen, by the physical world around us — by the energy in the air.

So... How Do We Stop the Crazyies?

How should I know?! Why do you ask me these tough questions all the time?! Can't you see I have a lot on my plate already?!

Jeez! Ahem. Right. The Crazyies. Ok. I really don't know. If you know me at all, you understand that. But here are some tips I have come up with and hope to follow myself:

Have a Sound Foundation

(This also applies in times of earthquakes...) In trying times, a sound body can really help you keep a sound mind. This means getting enough sleep, eating healthy food (see the Lanark Local Flavour insert!), and getting some form of exercise (simple walking is acceptable!). Two things to avoid are a messy cluttered counter (nowhere to prepare healthy food) and a new kitten (sleep is then something you do between cat-attacks).

Cut Yourself Some Slack

Hey, you may not have the power to make your boss and your kids and your parents lay off, but at least you can be nice to yourself. Be kind to yourself in thought and deed — send your inner critic on holiday ("that phrase is dumb — I don't know why you try

to write at all!") and keep some free time in that day planner of yours for unscheduled relaxation and fun. Even simply taking time out for a relaxing bath (lock the kids out!) or a walk on lunch break would give you a few minutes to release your responsibilities and your timetables and — oh excuse me, my iPhone just beeped, must check it...

Blow Off Some Steam

If you are lucky enough to have some friends (or Humm readers) who are willing to listen to you rant about the frustrations in your day without judging you (or committing you), then by all means do so. This can have several benefits: it may release some tension, you may hear yourself and realize you are overreacting and things aren't so bad, and at the least your friend may feel better about her crazyies, as at least she is not as crazy as you.

iPhone Therefore I Am

Put your right hand on your heart and your left hand on your iPhone and repeat after me: "I am in control of my iPhone." Or your Blackberry or whatever. I admit that I bought an iPhone in the spring and am in love with it. And some would say that I spend more time playing with it than I should. (These are obviously people who do NOT own iPhones.) But I *have* made some rules that I stick to. Most important is: No phoning, texting, facebooking, or emailing while driving. And when it rings (even when I'm not in the car), I don't automatically answer it — I choose whether it will interrupt what I am currently doing. This is especially hard for me as I am too cheap to get call display, but I have to hope that the people I WANT to talk to will leave a message.

Know it is Temporary

When all else fails, and you feel tense and crazy, and you feel you cannot take a break, and you are simply gonna lose it... try this. Say, as a friend of mine often does, "This too shall pass." Because it will, you know. Sure, you may be in an insane asylum by then but hey, likely not. Because there are not enough asylums built to house all of us nutjobs. So take some comfort in knowing that it is a phase that will pass. Hopefully it will be helped by you learning how to deal with the stress and gaining the wisdom to let some things go. Perhaps it will be when the planetary energies calm down. Perhaps only when your child or brother-in-law finally moves out of your damned basement. But it will pass.



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Almonte Press Club — Why Not?

Anyone connected to the media — then or now — is invited to attend a founders lunch at the Barley Mow restaurant at 12 noon on July 10.

— Val Sears & Bruce Kingsley



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Olde Tyme Country Fair

August 7, 10AM—10PM

Memorial Park, Carleton Place
(at the corner of Franklin St. and Beckwith St.)
hosted by Zion-Memorial United Church

Free Admission

Vendors on site • Fortune Tellers/Diviners & Healers • Dunk Tank
Preacher Parody • Live Music • Fruit Pie & Homemade Preserves Contests
Fashion Show & Expo (1-4PM)
Olde Tyme Church Dinner (4:30-7PM)
Street Dance (7-10PM)

WANTED: Vendors & Buskers
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The Amazing Technicolour Road Trip

Never underestimate the utterance of a dream. Our Sage Age Theatre troupe was on our way to perform a show for a retirement home in Ottawa last fall when we let our minds take off. Imagine if we could just keep on rolling through the city, out the other side, and down the highway to some place where we could tour

by Glenda Jones

like a big theatre company. Before our local show was over, the dream was en route to becoming reality. We were “what if-ing” all the way home, and before

challenge! Two of our members were experiencing exciting challenges of their own, celebrating their weddings, so the rest of us began to plot our grand scheme: a whole week in Halifax, May 30 to June 6, to show off our expertise. Letters began to fly, and before long we had our schedule filled — eight shows in five days was our limit. We were afraid that would do us in! Little did we know that with each successful show our enthusiasm would soar and we would be energized for the next one.

When we landed in Halifax on May 30, we felt like kids setting off for camp — excited and

of the residents group at our third stop rose to thank us, we were all caught off guard, and could have wept over his gratitude.

Each show was unique, as we gained confidence to try new ways to keep the material fresh. Perhaps we were feeding off the genuine interest of our Maritime audiences who drew us in with their impressive hospitality. Twice we were fêted with meals before we performed. One theatre group even did us the honour of videoing our show. They wanted to get acquainted before we took to the stage, a joy when we could share our perspective and offer our service at the same time. Inwardly, we are hoping they will invite us back.

Now, here's the interesting thing: most of us arrived in Halifax as strangers to that city, but in no time we discovered connections of a personal nature with people we met. We found that Almonte is not such a hidden place; more than once people knew about us and inquired after mutual friends. We often say, wherever you go there you are. There are no strangers — just friends you haven't met yet.

One show was a real favourite for all of us. We had been invited to perform for a convent of retired nuns, the Sisters of Charity. Some of our material might be considered close to the line of propriety, but those wonderful women were game for everything and enjoyed each skit to the fullest. They delighted us with their sense of humour and desire to visit after the performance. There were hugs all round as we were leaving.

The week was not without adventure offstage. We crammed sightseeing into any available time we had. Driving with five in any car is always an adventure, but when the driver is not sure of the route, any trip can turn into a sightseeing expedition! Perhaps not the sights we expected, but something of interest nonetheless. Trailing around in heavy rain and fog, we found the most spectacular lane of rhododendrons you could ever imagine.

Primary colours exploded from every side, inundating the narrow road. We peered out at the seashore through rain-soaked windows, but only one of us ventured to dip her toes in the frigid ocean. The museums were a safe bet, as were the shops, when the skies were difficult. Thankfully, the sun shone on our trips to the Public Gardens, Peggy's Cove, and Truro, and we could enjoy the incredible beauty of both the coast and the valley within an hour. An aside: I was grateful to Jim Hugessen, who, even though visually impaired, more often than not knew the most direct route we should be taking.

We are used to performing for small audiences — we've been known to drive hours to entertain nine people — so it was with great anticipation that we watched the crowd assemble for our final performance in a lovely country church. Cars started arriving about an hour before curtain time, and people kept pouring in until every seat was taken and a few extras were set

out at the back. More than 200 people, including the local Red Hat Society and a seniors dance group, gave us an enthusiastic welcome. It was undoubtedly our biggest show of the week, or ever, for that matter! We pulled out all the stops, and reveled in the excitement of knowing we had completed a very successful tour. Friends and relatives crowded into the reception following our show, and treated us like real celebrities.

I'll admit we were proud of ourselves for committing to this dream and seeing it through. Every one of us grew through this experience; everyone met the challenge in fine style. We proved to ourselves that we are not seniors in anything but years, and that age certainly doesn't limit our desire to dream and explore.

So now one question remains: where are we going next year? Watch for us on the road — we're the ones with five drivers in one car! No, we're not arguing, just trial-running to get to our destination.



Members of the local Sage Age Theatre took time out from their recent world tour to pose with theHummm...

the week was out we had talked ourselves into attempting a major road trip. We chose Halifax — far enough away to be exciting, not so far as to be intimidating. Some family connections helped; some memories needed renewing.

Our Sage Age group comprises ten active seniors whose average age is “old enough to know better, but not too old to do it.” We have been together in one form or another for nearly twenty years, performing humorous improv skits about aging that provoke thought and education. After years of practice and performance locally, we thought the time was right to take our message farther afield. What better way to give ourselves a

nervous, but eager to get going. We treated ourselves to a perfect Maritime dinner, and then began our rigorous schedule. Our first show was previewed by the local CTV news programme, a coup when the host plugged our final performance five days later. That TV exposure gave us surprising visibility — Shirley Orchard was recognized in a coffee shop and treated like visiting royalty!

Jitters were everywhere as we trekked into our first venue, but when two dear little ladies met us at the front door, we realized that friendly people are the same in Halifax as they are here. In fact, they couldn't do enough to make us welcome. We settled into our performance, and soon everyone was laughing. When the president



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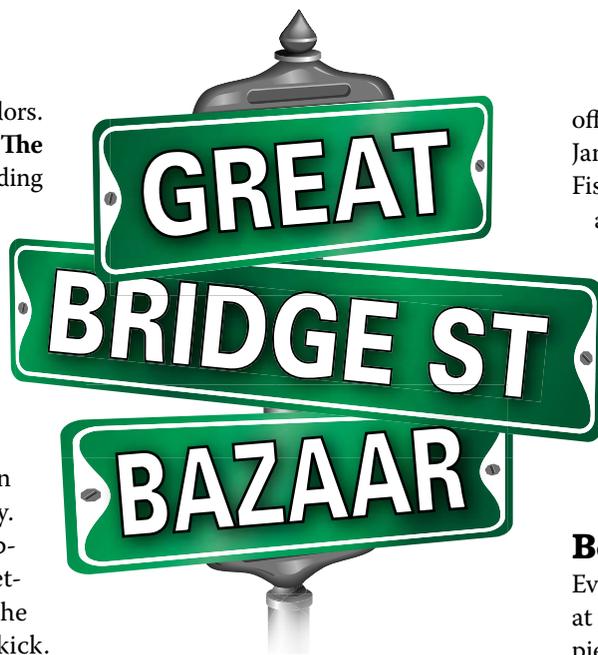


Photo by Tracy Lamb, Mopani Communications

THE CARLETON PLACE BIA WELCOMES YOU TO THE 5TH ANNUAL

The Carleton Place Business Improvement Association (BIA) invites locals and out-of-towners to visit downtown Carleton Place on Saturday, July 31st to enjoy a summer community extravaganza. Organizers of the 5th Annual Bridge Street Bazaar plan to showcase the centre of this colourful and historical town through a sidewalk shop with over a hundred vendors. From 9AM to 4PM, visitors can **Meet Us "Downtown" On The Mississippi** and enjoy browsing wonderful local shops, finding bargain deals, and eating at fabulous pubs and restaurants, all while basking in non-stop local entertainment.

The entire downtown section of Bridge Street will be closed off to vehicular traffic to create a pedestrian-friendly area where both street vendors and merchants alike can display and sell their wares. The sidewalk's full-day schedule includes various activities and attractions — some of Carleton Place's finest musicians, mascots and dancers. Entertainment in the downtown market is free of charge and full of variety. NEW this year is a **Christmas in July Kidz Zone**, in support of the Lanark County Food Bank. Kids can enjoy a petting zoo, pony rides and more. A returning favourite in the Bazaar line-up will make everyone shop until they drop kick. Demonstrations from the Tai Chi Society of Canada will present the 'soft-style' martial art and how it is an effective form of health training.



SATURDAY, JULY 31

Building Community Spirit

The Bridge Street Bazaar coincides with the ever-growing and successful Riverside Jam (www.riversidejam.com). The country music festival runs the entire Civic Holiday Weekend on the banks of the Mississippi River. A BIA-sponsored boat shuttle will be

offered again this year to transport people from the Riverside Jam to the town dock at Bridge Street. The Friends in Sport Fishing Pontoon Boat will run Thursday and Friday afternoon as well as all day Saturday on the Civic Holiday weekend.

With participation from all facets of the town — church groups, restaurants, arts programs and more — visitors will truly immerse themselves in the Carleton Place character and discover all that the town has to offer. When the BIA works together with the Carleton Place community, great events are born that work to unify the people and develop the community's attraction and overall spirit.

Become a vendor!

Everyone is welcome to set up a table and sell their wares at the bustling Bridge Street Bazaar. Tables cost \$20 a piece, and must be reserved by contacting Cathie McCormond at 613-257-8049 or cmcormond@carletonplace.ca. All registration forms must be received by July 24 at 4PM. See you on Bridge Street!

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Photo by Tracy Lamb, Mopani Communications

Volunteers are always welcome at the Bridge Street Bazaar! If you are interested in lending a hand at this tremendous community event, please contact Cathie McOrmond at 257-8049 or cmcormond@carletonplace.ca, or visit www.downtowncarletonplace.com



Arts Carleton Place will be launching the ticket sales for their annual **Sounds of Downtown** event at the Bridge Street Bazaar. Buy your passport to an evening of arts and music that culminates in a performance by **Sheesham and Lotus** (pictured above) in the Carleton Place Town Hall auditorium on Saturday, September 11.



Photo by Tracy Lamb, Mopani Communications

NEW this year at the Bridge Street Bazaar is a **Christmas in July Kidz Zone**, in support of the Lanark County Food Bank. Kids can enjoy a petting zoo, pony rides and much more. Bring the whole family and explore all downtown Carleton Place has to offer!

MEET ME DOWNTOWN ON THE MISSISSIPPI!

WHAT'S COMING UP DOWNTOWN



- August 21 Farmers' Market Corn Festival
- September 11 Sounds of Downtown
- September 18 Steps Against Breast Cancer
- September 25 Heritage Ball
- October 2 Farmers' Market Harvest Festival
- October 23 The BIA Maskeraid Halloween Parade
- October 25 Municipal Election Day
- November 27 The BIA Annual Santa Claus Parade — "A Disney Christmas"

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



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www.downtowncarletonplace.com

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



Find Art — and Class — in Perth!

The latest addition to Perth's already rich and seemingly ever-growing cultural scene is **Art & Class**, an attractive art studio and boutique located a mere stone's throw away from the beautiful Tay River.

The "class" part of the business, explains artist and owner Marguerite

by John Pigeau

Roberts, "offers a mix of classes for young and old in various media." The studio offers lessons to people aged three and up, including mixed media art classes

tional art made from old wine barrels.

"The boutique features things made by hand," Marguerite says. "Made locally and often of up-cycled and/or organic materials. We also have a small bead bar for jewellery making and a gift wrap section. The focus of the aesthetic of the boutique is fresh and new with less of the traditional, which is nicely covered by our neighbour, the Riverguild."

Opening her own art boutique has long been Marguerite's dream. "Since my teens," she says, "I have wanted a bricks and mortar business, but the ques-

ago she started a "little business" called *namesframed*, which featured personalized, customized signs for children's rooms. The signs were available in a shop in the Glebe, one in New Edinburgh, and also online. Marguerite, who was born in Powel River, B.C., and grew up in Ottawa, now offers them in her boutique exclusively.

Marguerite and her husband Phil moved to Perth in December 2006, and earlier this year she realized her dream of opening the studio and boutique. She is quick to add that Art & Class also includes her children's program instructor, Claire Cavalier, about whom Marguerite cannot say enough good things. "She is talented and brilliant, wonderful with kids, and kind — I am so lucky to have found her!"

The concept behind Art & Class was something Marguerite discovered years ago when she happened upon a creative art studio in Barrhaven called "A Fine Mess" (which sadly closed its door last August). "I knew the concept was for me," she says. "I held on to that vision until we relocated to Perth."

Now, with classes running year round and all week (Monday through Friday), Marguerite is hopeful she can attract tourists, cottagers and Perthians alike to drop their children off for classes, even on a moment's notice. Walk-ins are quite welcome, she says.

"I offer flexibility — at least, with a minimum enrollment I will be able to do this — to the cottagers. People can phone and sign up their kids that same day for a class. Families in town can drop in," she says. "Art & Class will appeal to those who have kids at home or at the cottage, but want to offer something to break up the day. I see not just cottagers,

but all families taking advantage of the program when there is a patch of rainy weather and the kids start to go squirrely, or the even if the weather is great but the parents are going squirrely."

The summer program offers two two-hour classes daily, for ages five to eight, and nine and up. Class for the younger children runs from 10AM to noon, while the older students meet from 1 to 3PM. People can sign up for a week or for whatever day or days suit their schedules. The summer workshop schedule includes Painting in the Park (outdoor landscape painting, from July 5 to 9), Mixing with the Masters (July 12 to 16), Green Piece (environmentally friendly materials and themes, from July 19 to 23), Stampede (stamping and print making from July 26 to 30), Face-

book (drawing and painting faces, from August 2 to 6), and Art with Heart (a one-on-one hands-on arts/crafts program for autistic and special needs children, with time slots based on preference and availability).

"I am really hoping the attendance will be strong enough to run the program every day, so that tourists and cottagers can take advantage of the flexibility and drop their children off on a moment's notice," Marguerite says.

For more information about schedule and prices, please visit the Art & Class website at <www.artandclass.ca>, call 466-0622, or drop in to the boutique at 53 Gore Street East in Perth.

— John Pigeau is a novelist and freelance writer who lives and writes in Perth. His debut novel, *The Nothing Waltz*, can be obtained by emailing <jpigeau@hotmail.com>.



Art & Class in Perth offers creative opportunities for all ages!

for children in which they work with acrylics, clay, watercolour, and beads. "To name a few," adds Marguerite. For adults, there are classes in acrylic and watercolour painting, felting, rag rug making, as well as jewellery workshops in which people can make things such as personalized earrings, bracelets and necklaces.

The retail boutique component of the business offers art supplies, paintings for children's rooms — which Marguerite specializes in — graphic style art, woodworking pieces and func-

tion was 'what kind?' Given my creative/artistic nature, I knew it had to be something that would fulfill that aspect."

In university, she studied some art history and industrial design courses, then later took classes at the Ottawa School of Art and Interior Design at Algonquin College. "All for personal interest," she says, "not thinking I had a career in the field at that point." But evidently she had some talent, as friends and family soon commissioned her to do some drawings. Five years



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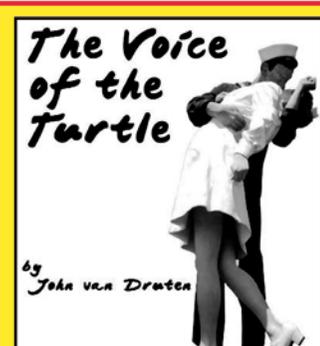
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Perth Garlic Festival

The idea of staging a garlic festival germinated from a small group of individuals in 1997 and has grown to become one of Eastern Ontario's most anticipated annual community festivals.

Held every August, the Perth Garlic Festival is a celebration of the "stinking rose". The warm August air of Ontario's prettiest town is scented with the pungent aroma of garlic, while thousands of "garlic heads" revel in the many attributes of this wonderful herb.

Hosted by the Lions Club of Perth, the Perth Garlic Festival is volunteer-driven, with individuals contributing many hours to ensure the festival's success. The goals of the festival are many: to promote Ontario-grown garlic; to share ideas on how to grow, harvest, market, cook and enjoy garlic; to bring garlic lovers and producers together on an annual basis; to provide a fo-



This year's Perth Garlic Festival takes place on the weekend of August 14 and 15 at the Perth Fairgrounds

rum for consumers to purchase Ontario-grown garlic; to assist in the ongoing tourism development of the Perth community; and to distribute the proceeds of the festival (over \$120,000 to date) to worthwhile community

initiatives supported by the Lions Club of Perth.

This year's festival will be held on the weekend of August 14 and 15 at the Perth Fairgrounds. Mark your calendar now, and don't forget — it's chic to reek!

Young Volunteers Seeking Work and Hosts

From August 10 to October 30, Perth will be hosting a group of eighteen **Canada World Youth** (CWY) youth volunteers from Honduras and Canada.

Their three-month stay in the community will be the first stage of a CWY educational youth exchange program. The second half of the program will take place in Honduras. Perth has previously hosted many other groups of CWY youth volunteers from Bolivia and Honduras.

Host Families

Canada World Youth is looking for host families in both Perth and surrounding areas, with an openness and enthusiasm to

share part of their home life with two young people, and likewise, to allow their lives to be enriched by these new relationships. Host families receive a weekly allowance of \$168.

Volunteer Work

CWY also needs organizations interested in welcoming two young volunteers, to enable them to acquire hands-on work experience and job skills for the future. Organizers are seeking work placements in the following areas: environment, agriculture, community development and services, food security, health, education. CWY Participants provide up to 24 hours of

volunteer work per week. They also invite anyone with short-term volunteer opportunities for festivals, community events, or fundraising initiatives to contact CWY with their needs.

If this experience interests you or you would like more information, please contact Laura Howard, Project Supervisor, at <lhoward@cwj-jcm.org> or 464-9090.

Canada World Youth <www.canadaworldyouth.org> offers international educational programs to young people aged 17 to 24. Since 1971, close to 32,000 people from Canada and around the world have participated in CWY programs in 67 countries.

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