

JULY 2015

the Hummm

free

Arts,
Entertainment
& Ideas



p.24 & 25

July's Events



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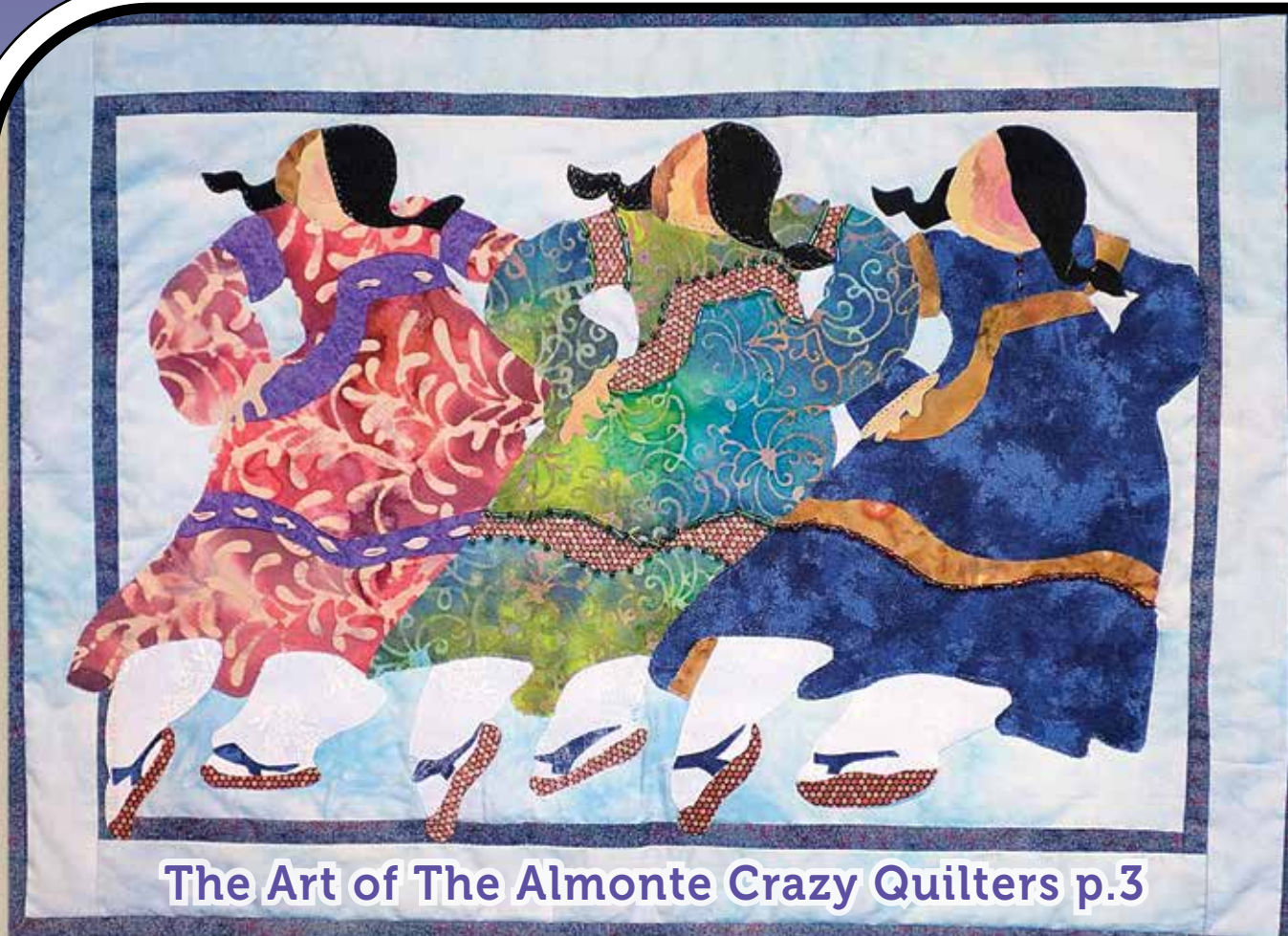


Special Insert



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Featuring: Summer Festivals



The Art of The Almonte Crazy Quilters p.3




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Benjamin Moore



"...and you say you've been bothered by a ringing in your ears?"

Readers Write

A Thank You to Carleton Place

I wish to thank Mayor Louis Antonakos, Deputy Mayor Jerry Flynn, and the members of Carleton Place Town Council for the special certificate they presented me with, honouring my "40-Year Contribution to the Musical & Entertainment Scene in Carleton Place & Area".

The certificate was presented to me in person during the regular meeting of Town Council on the evening of Tuesday, June 23.

I came here by chance some thirty-plus years ago. Over the years Carleton Place has become a big part of me, and I suppose during that time I've become a part of it as well. It's

been quite a ride!

Thank you.

— Lyle Dillabough



Who's Reading the Humm

Back in 2013, Christy Bindhardt sent in this intriguing shot of her daughter **Katey Best**, taken on a family trip to Rome. She writes: "Katey went to a special Gladiator School, and won the right to wear gladiator gear one day for being the best student — here she is reading the Humm on a break from her fighting." Thanks guys - we always love to see a cultured fighter!



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

Humble Thought

*The single biggest problem
in communication
is the illusion that it has taken place.*

— George Bernard Shaw

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Thanks this month to:
Jeff Mills! In general, for being one of the best community builders we know; more specifically for his Bicycle Month-related efforts <mmbm.ca>, and especially for patiently biking 100k with Kris on the Tour de Miss Mills!

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Almonte Crazy Quilters: Crazy About Quilting

If you saw, or better yet, purchased, the 2013 "Nudes of Mississippi Mills" community fundraising calendar, a glance at the month of February confirms the aptness of their name. These women (photographed by Robin Andrew and reproduced here with her generous permission) are members of a supportive crafts collective that is crazy about quilting, community and having fun.

by Sally Hansen

This summer the Almonte Crazy Quilters (ACQ) are celebrating their twenty-fifth anniversary with a quilt show at the Norah Rosamond Hughes Gallery in the Mississippi Valley Textile Museum in Almonte. Constructed in 1867, this National Historic Site of Canada is the perfect venue for an exhibit of a craft that can trace its history to a Mongolian quilted floor covering from around the 1st century CE and three quilted panels made in Sicily in the late 1300s <thehummm.com/July2015>.

Like most crafts and art forms, quilting has no limits to the creativity it inspires. The ACQ's July exhibit titled "Inspired Creations" features a wide collection of both hand-quilted and machine-quilted bed quilts. The display of Mystery Quilts (each quilter selects her own fabrics and pieces a block a month without knowing the entire pattern until the last block) demonstrates the impact of colour on the same pattern. A group of wall hangings featuring a "village" theme will be on display, as will quilts and wall hangings begun as a "Round Robin" group activity or an annual "Challenge Activity".

Many of the ACQ's quilts have been donated to local charities to raise funds for community projects. This year a lovely hand-appliquéd, hand-quilted Dresden Plate quilt will be donated at the close of the show to support the Hub Hospice initiative. The exceptional thing about the quilt is that the Dresden Plate pieces were made over fifty years ago by an unknown woman whose family gave the unfinished pieces to the ACQ in the hope that something beautiful and useful could be made from them.

The ACQ limits its membership to about twenty quilters for practical reasons — communal quilt

making takes up a lot of space, and communal quilts frequently feature twenty squares. The group benefits in many ways from including members of varying ages, experience levels and geography. The newest member, Roberta Peets, joined the group after she was captivated by the variety and beauty of the quilts she saw at a show in Perth. As she puts it, "I jumped in with both feet as a retirement activity. I love the learning, the constant challenge, the problem-solving and, of course, the social aspect."

Peets is not alone. "Sociologist Marybeth Stalp has shown in her intensive research of contemporary quilt makers that, contrary to what non-quilt makers often think, people who make quilts are motivated primarily by the love of the process, not by the desire to have an end-product. They love every step of the process: designing or choosing a pattern, picking and buying the fabric, sewing the blocks, performing the quilting, and finishing the piece." (My source is <worldquilts.quiltstudy.org> — a wonderful resource for anyone interested in any aspect of quilting. It is an offshoot of The International Quilt Study Center & Museum at the University of Nebraska. The Museum houses the largest publicly held quilt collection in the world.)

Peets also confirmed that the biggest danger of quilting is UFOs — Unfinished Objects. Other quilters mentioned the problem of addiction — buying beautiful fabrics that need to be stored, trying new techniques that require additional equipment — but all agree that the benefits of this artistic activity far outweigh its pitfalls.

A Silver Anniversary

ACQ's founder, Marie Dunn, now 92 years old, started teaching quilting from her home near Almonte "to perpetuate the art of hand quilting." This was a skill and a love that she had acquired at her grandmother's knee as a child. It turns out that Dunn was in the forefront of an amazing resurgence of interest in this timeless craft. When I entered "quilting popularity", Google obligingly returned 704,000 hits. According to a 2010 survey by Creative Crafts Group, there were already 21.3 million quilters over the age of 18.

Born in Kemptville, Marie acquired a BA in Household Science at Guelph. After she married



Almontonian John Patrick Dunn at the age of 22, she raised twelve children whose ages spanned twenty years. That was when she sewed as a necessity, and learned to cherish the productive hours stolen from endless and invisible household tasks. As she put it, "The dirt returns, the meals are eaten, but you can point to the sewn garment and think, 'That's what I did this week.'"

When her youngest entered kindergarten, Marie embarked on a fifteen-year career in real estate, eventually earning her broker's license and working for Crain and Schooley. As free time became more important to her and she planned for retirement, she found a wonderful quilting teacher, Veva Neilson, in Carleton Place. Dunn realized it would be much more fun to pursue her quilting art with like-minded enthusiasts, so she developed her own series of classes on quilting. From her home she taught piecing techniques and traditional hand quilting.

When she invited her fellow quilters to start a quilting group, she received a gratifying "YES!", and the inaugural meeting was held at her country home on Wolf Grove Road on September 19, 1990. Marie acted as the president for the first ten years and continues as an inspiration and faithful participant today. The venue has changed several times, and meetings are now held monthly at the Millfall Common Room where Marie lives, at 1 Rosamond St. E. in Almonte. For additional information about the ACQ, you can contact current president Barbara Cotterill at 256-3528 or <barcott19@gmail.com>.

An Ongoing Legacy

A quick tour of fibrespace (the new term for the places in cyberspace associated with sewing traditions and the textile arts) reveals an unexpected wealth of quilting information and resources. Did you know there were quilting apps? How about digital tools to transfer patterns and convert photographs and guide long-arm sewing machines? I found tutorials on hand stitching and free motion quilting and hundreds more. There are learned essays with titles like "The Collaborative Relationship between Professional Machine Quilters and Their Customers in the Contemporary Quilt Movement". While welcoming the many modern facets of fibre manipulation, Marie and the Almonte Crazy Quilters remain dedicated to the perpetuation of the craft of hand quilting. It can be a solitary, reflective, meditative activity, or a relaxing communal activity.

You are most welcome to see some of their favourite accomplishments from June 30 through July 25 at the Mississippi Valley Textile Museum in Almonte. Selected items will be available for purchase. Details are on the back of their Artist Trading Card, or you can follow the links at <thehummm.com>.



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WHO Almonte Crazy Quilters
WHAT Collaborative, cooperative and very creative quilters
WHERE Millfall Common Room, 1 Rosamond St. E., Almonte; for info, contact Barb Cotterill, 256-3528, <barcott19@gmail.com>
WHEN June 30-July 25, Quilt Show: Almonte Crazy Quilters Exhibit, Mississippi Valley Textile Museum, 3 Rosamond St. E., Almonte; vernissage July 4, 2-4PM, <mvtm.ca>
WHY "To perpetuate the art of hand quilting."

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Magic Under the Maples

Stewart Park Music Festival in Perth

On July 17, 18, and 19, Stewart Park Festival is heading into its 25th year with another great weekend of music under the majestic maple trees of Stewart Park in beautiful Perth. A fave day-trip for many local families, and a yearly weekend road-trip for many visitors, Stewart Park Festival is a fixture in many people's summer landscape. And remember — donations are welcome, but admission is free!

Come for the Music and the Experience

Whether you're a first-time visitor or a returning friend, this is a great year to enjoy the magic of Stewart Park Festival. Many long-time fans set aside the weekend, knowing they will enjoy the experience thoroughly, regardless of who's on stage. Whether they come to bask in the sun or drowse in the shade, to dance by the stage or dip in the river, to cruise the artisan market or visit the food truck court for one more serving of yummy goodness, they come ready to hang out and enjoy themselves.

This year's lineup is energetic and eclectic. You'll find multi-piece funky bands like Gypsy Kumbia Orchestra, My Son the Hurricane, Quique Escamilla, and The Boxcar Boys. There will be soaring songstresses like Catherine MacLellan, Sweet Alibi, Kelly Prescott, Melissa Payne, and Samantha Martin & Delta Sugar. Be dazzled by musical wizardry with Maneli Jamal (guitar), Fretless (fiddles and cello) and The Visit (cello and voice), as well as local stars Peter Brown Quintet. You'll also hear Maritime favourites Dave Gunning and Matthew Byrne, and the fiddling and step-dancing of The Ballagh Bunch. Organizers encourage dancing by the Main Stage and magic at their Wendy Laut River Stage.

They anticipate magic around town as well — they'll have their Youth Showcase, more street performers, and more music in the Crystal Palace (watch for Ramblin' Valley Band, Rockabilly Riot, and Under the Covers on Saturday, and special Sunday programming with Wade Foster, Brea Lawrenson and friends).

Family Fun in and Around the Park

Thanks to the Ontario Arts Council, Stewart Park Festival is able to present two special free children's shows this year. On Saturday, Rock the Arts puppets will be taking over the theatre, then offering a workshop in the Children's Area; Sunday features an up-close show with the amazing Al Simmons (who will also be performing on the Main Stage and in an evening cabaret setting on Saturday).

Set aside from the main stage at the Studio Theatre, these shows offer a chance to get out of the sun at its peak and a chance for little ones to experience

a theatre setting, quite aside from the excitement of seeing a live performance especially for kids! The festival continues to offer fabulous kids' activities in the park, too.

After Hours, and Brunch Too!

Stewart Park Festival is a free festival. One of the ways organizers keep it that way is through the sale of After Hours Bracelets — at \$20, a real bargain. It's a pass to see the Main Stage bands from the day's line-up in any of the evening venues — local bars and restaurants, the Studio Theatre, and the Perth Brewery Patio at the Crystal Palace. It's a great chance for music fans to get up close to their favourite performers.



Three free days of music, you say? Sign me up! This year's Stewart Park Festival takes place from July 17-19 in Perth, and, as always, features an impressive line-up.

There is also a super Sunday Brunch at the Crystal Palace, with live music and real maple syrup.

Getting to the Festival

Perth is about an hour southwest of Ottawa, and an hour northeast of Kingston. It's a great day trip from either location; there is also camping in town at Last Duel Park (a short walk away), or at the nearby Murphys Point Provincial Park. Visitors can find parking along the shuttle route provided by Martin's Bus Service.

New this year is an inter-city shuttle bus program run by Sharethebus. They specialize in festivals, and will be running daily trips from downtown Ottawa and Kingston straight to Stewart Park Festival. Rates are reasonable; why not let someone else take care of the driving? Details at <stewart-park.sharethebus.com>. See you there!

Read all about the weekend, and find out more about the acts at <stewartparkfestival.com>.



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FREE ESTIMATES

Festival of Small Halls

Bringing Big Names in Music to Beloved Rural Spaces

Rural community halls will be buzzing in September as big names in music congregate in the places that local residents hold near and dear.

Their stages will welcome the musical prowess of Corb Lund, The Strumbellas, Fortunate Ones, Beòlach, The East Pointers, Gordie MacKeeman and his Rhythm Boys, and the Good Lovelies, as well as music fans from across Eastern Ontario, for The Ontario Festival of Small Halls.

Running from September 12 to 27, the Festival of Small Halls promises to get toes tapping in villages from Pembroke to Maberly and on down to Delta and Seeley's Bay.

Floorboards that have seen countless community dances, kitchens that have churned out

fundraising dinners by the hundreds, and walls that have encircled weddings, euchre nights, stag and does, reunions and birthdays, will be hosting high-quality music and showcasing great local talent.

Festival co-ordinator Kelly Symes explains that the Festival of Small Halls allows music fans from near and far to revel in an evening of exceptional live music in treasured community spaces. "It's a way to enliven those authentic spaces to show off to visitors, while also providing rural music fans with the pleasure of experiencing big names in music," she says.

"The Festival is partnering with participating communities to deliver incredibly memorable musical evenings — it's all about sharing a love of music in a beloved place."

Organizers are excited to welcome Canadian acts to Eastern Ontario and the Upper Ottawa Valley. Below, see which small halls you want to visit, and which acts you want to see, and mark your calendar. Tickets for individual events are currently on sale online at



This year's Festival of Small Halls doesn't start until September, but with acts like The Good Lovelies and Corb Lund in the line-up, you'll want to grab your tickets soon for the small halls near you!

<thefestivalofsmallhalls.com>, where you can also find additional information.

This Year's Line-Up

- Sept. 12: Corb Lund at **Seeley's Bay** Community Hall
- Sept. 18: Gordie MacKeeman and his Rhythm Boys at **Chafey's Lock** Community Hall
- Sept. 19: Corb Lund at **Pembroke** Festival Hall
- Sept. 19: Gordie MacKeeman and his Rhythm Boys at **McDonald's Corners** Agricultural Hall
- Sept. 20: The East Pointers at **Maberly** Community Hall
- Sept. 24: The Strumbellas at **Almonte** Old Town Hall
- Sept. 24: Fortunate Ones at St. Luke's Anglican Church Hall in **Lyndhurst**
- Sept. 25: Fortunate Ones at Union Hall in **Clayton**
- Sept. 25: The Strumbellas at **Delta** Old Town Hall
- Sept. 26: Beòlach with the Leahy Cousins at **Westmeath** Community Hall
- Sept. 26: The Good Lovelies at The **Spencerville** Mill
- Sept. 27: Beòlach at **Althorpe Bolingbroke** Community Hall
- Sept. 27: The Good Lovelies at **Morton** Community Hall



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5 WEDNESDAYS IN JULY

Free Outdoor Live Music Concerts in Almonte's Augusta Street Park

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**JULY 22ND - ELEMENTALS
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The Comedy of Errors at MERA

It has only been for the past four years that the McDonalds Corners Farmers' Market has hosted the **Company of Fools** for a Torchlight Shakespeare performance during the market season. But the Fools have been entertaining summer crowds in Ottawa and area parks for a quarter-century already.

To celebrate the big 2-5, the Fools are reprising their debut act *The Comedy of Errors*. "When two sets of identical twins, separated at birth, are brought to the same town by circumstance, mistaken identities abound! The Fools' touring outdoor show will encourage the audience to partake in a Where's Waldo-esque array of colour and hustle-bustle, challenging the notion of truly knowing one's friend, spouse, neighbour and self. Full of slapstick, word play, romance and rhyme, this rollicking comical romp is one of Shakespeare's most delightful works — fun for the whole family!"

The Farmers' Market vendors are fairly certain that they have the best venue of the summer at the MERA Schoolhouse in downtown McDonalds Corners (974 Concession 9A). And they're positive that they have the best (only!) food court on the Fools' circuit.

The show starts at 7PM on Wednesday, July 22, but you are invited to arrive early — and enjoy an à-la-carte supper from the market vendors beginning at 5PM.

Bring chairs or blankets; plates, mugs and cutlery; weather- and insect-appropriate clothing; cash for the pass-the-hat ticket price (suggested \$15) and the food court; and be ready for your face and belly to ache from non-stop smiles and laughs!

More information about the Company of Fools and their full schedule can be found at <fools.ca> and directions to MERA at <meraschoolhouse.org>.

Stop and Hear the Music

Music in Almonte on All 5 Wednesdays in July

What's wrong with us? We work too hard and seldom stop working. We don't think to stop often enough to enjoy the fruits of our labour, to savour our good work. We really should celebrate more.

Last week I attended a great "Neighbours" conference in Hamilton hosted by the Tamarack Institute. The mantra there was "why have a meeting when you can have a party?" There was a lot of talk of musical porch parties, block parties on closed streets, community potluck dinners; anything and everything that will connect neighbours to one another. The proof is there: people who know their neighbours feel safer and are more relaxed; the better one knows one's neighbours, the better the chance of networking to find a job, a babysitter, or even people who like doing the things you like doing; and on and on. At the root of it all is celebration, a love of community, the love of a neighbourhood, and the connection of its people.

Parks are great places to "witness community", and the Friends of Augusta Street Park get it. They've been meeting (and meeting) and hosting well-attended "work days" in the park. Now that summer has arrived, they are keen to get back to celebrating their neighbourhood park. They've written grants, given presentations, networked with neighbours, and moved dirt, horse manure and stone dust. They've built an accessible walkway from end to end, with a beautiful bridge in the middle. They've helped with the Neighbourhood Tomato's magnificent community garden. So it's now time to celebrate. It's time to party!

"5 Wednesdays in July" is Back with Free Concerts in Augusta Park

There are in fact five Wednesdays in July this year. However, as Canada Day falls on a Wednesday, the crew at Augusta urges you to join them in Gemmill Park for the Town of Mississippi Mills' annual grand celebration of our fine country. Mark the other four Wednesdays on your calendar, though, and join us in Augusta Park for some family-friendly fun. There will be amazing local music, Civitan barbecues, and community potlucks (check the dates and remember to bring your favorite dish,



Good food, great music — the Friends of Augusta Street Park invite you to celebrate with them on Wednesdays in July!

as well as a plate, cup and cutlery). You can tour the Neighbourhood Tomato gardens, as well as the walkway and bridge. Don't forget to bring a neighbour, a friend or the lady down your street. We're having parties in the park!

It all starts 6PM on July 8, with musical guests **Delaney Grant** and **K.E.W.T.** (Terry Tufts and Kathryn Briggs). Bring your wallet as the Almonte Civitan Club hosts a barbecue.

July 15 features a community potluck (hosted by CARP Lanark), with musical guests **Foolish Heart** (led by Allan Brown) and **The Jimmy Tri-Tone Band**.

The Civitans return on July 22 with their barbecue, as we enjoy the music of the **Elementals** and the **Strawberry Jam Dixieland Band**.

Finish off the month with a community potluck on July 29. At the slightly earlier time of 5:30PM the Youth Entertainers start the festivities, followed at 6:30 by **The Ramblin' Valley Band**.

Entertainment is scheduled to run until about 8:30PM. Bring your lawn chairs or a picnic blanket if you like, though some seating is provided. If it looks like rain... come anyways! If it is only a little sprinkle, the show will go on.

— Jeff Mills

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Second Lives for Books

If you've been reading the Canadian bestseller *The Life-Changing Magic of Tidying Up* by Marie Kondo, then perhaps you've been downsizing your book collection as part of your spring cleaning. But what to do with those mint condition great reads?

One option is your local public library. Every library handles these donations a little differently, but for the most part there are three main options: adding a gently-used, recently published title to the collection, sending the book to a Sale Table, or shipping them off to a book recycler such as Better World Books.

by Karen DeLuca, Librarian

When donated books come through the library doors, they find their way into the hands of staff or trained volunteers who evaluate the donations based on a number of criteria. Condition and rel-



The Arnprior Library will be hosting a workshop featuring a number of ideas for repurposing books. Registration for this hands-on workshop will be held in September.

evance are the two main factors that determine whether a donation gets added to the collection. A copy of a current best seller is often quickly added to the collection to reduce the reserve lists. If the library's copy of a particular title is worn, then the donated copy may find its new home on the shelves and the old copy, which has seen better days, is discarded or sold as used.

Book Sales come in many forms. Some libraries host mammoth book sales once or twice a year with the help of groups such as the Friends of the Library. Others carve out an ongoing book sale nook within their library, where you can peruse hundreds of donated and discarded library books, and take home a treasure for a small sum. While browsing the sale table, keep in mind the latest trend of repurposing them into Book Art!

The proceeds from book sales are used to augment book budgets or provide funding for special programming within the library.

When the used books can't be used locally, libraries often partner with outside organizations. More than 3000 public libraries in North America send discarded and unsold books to Better World Books. Founded in 2003, BWB is an online bookseller whose mission is to support literacy worldwide. To date, they have converted more than 117 million books into over \$15 million in funding for literacy and education and, in the process, have diverted more than 73,000 tons of books from landfills.

Contact your local library to determine how they can best handle your donated books, and remember to ask about their policies on the type of books they will accept and the method for drop-off.

— Karen DeLuca is the Chief Librarian / CEO of the Arnprior Public Library



PPAC will be bringing the inimitable **Red Green** to Perth as part of their 2015-16 season

PPAC – Alive and Well!

Having spent more than three decades bringing top-notch musical and theatrical shows to area audiences, the indomitable Perth Performing Arts Committee (PPAC) is entering their 34th season with an optimistic outlook and a brand new *modus operandi*.

After running as a primarily subscription-based series for years, PPAC has recently found that patrons are becoming less apt to commit themselves in advance. In response to that trend they are moving away from the subscription model, and tickets to this year's shows will all be sold individually.

Theresa Phillips, a long-time PPAC organizer and this season's chair, wanted to send a special message out to the many patrons who have subscribed to the series in the past. "We simply couldn't have continued growing for over thirty years without the support of those lovely people," she explains, "and we are certainly continuing our commitment to bringing quality shows to this area."

On that note, PPAC plans on presenting three shows for the upcoming season, including Canadian comedian **Red Green** (pictured above) on Sunday, October 18 at 7PM, and the **Toronto All-Star Big Band** on Friday, April 15, 2016 at 7:30PM — the third show is TBA. All performances will take place in the Mason Auditorium of the Perth & District Collegiate Institute.

Watch future issues of theHumm or check in at Tickets Please in Perth <ticketsplease.ca> for more details about PPAC's season.

The Festival of Small Halls

Big Music in a Little Place



THE FESTIVAL OF SMALL HALLS IS ABOUT SHARING BIG MUSIC IN SMALL, CHERISHED PLACES. IT'S ABOUT SETTLING INTO THE HEART OF A COMMUNITY, AND THEN EXPERIENCING MUSIC WITH HEART.

THURSDAY, SEPT. 12

CORB LUND
Seeley's Bay Community Hall

FRIDAY, SEPT. 18

GORDIE MACKEE MAN AND HIS RHYTHM BOYS
Chaffey's Lock Community Hall

SATURDAY, SEPT. 19

CORB LUND
Pembroke Festival Hall

GORDIE MACKEE MAN AND HIS RHYTHM BOYS
McDonald's Corners Agricultural Hall

SUNDAY, SEPT. 20

THE EAST POINTERS
Maberly Community Hall

THURSDAY, SEPT. 24

THE STRUMBELLAS
Almonte Old Town Hall

FORTUNATE ONES
St. Luke's Church Hall in Lyndhurst

FRIDAY, SEPT. 25

FORTUNATE ONES
Union Hall in Clayton

THE STRUMBELLAS
Delta Old Town Hall

SATURDAY, SEPT. 26

BEOLACH WITH THE LEAHY COUSINS
Westmeath Recreation Centre

GOOD LOVELIES
The Spencerville Mill

SUNDAY, SEPT. 27

BEOLACH
Althorpe Bolingbroke Community Hall

GOOD LOVELIES
Morton Community Hall



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Facebook: Zombie or Wake-up Call?

There are some people who believe that Facebook eats your brains, turning you into a zombie with eyes and fingertips forever glued to your phone or computer or iPad or... Some of us remember when folks said that about television. My opinion? Facebook is a tool. As with so many tools, it is all in how we use it.

The “Dark Side” of Facebook

Most of us have experienced the warping of time that Facebook brings. We sit down for a quick look and poof! An hour passes in the blink of an eye (or possibly with NO blinking).

And then there is the bewitching of our minds. “I’ll just check the weather forecast online before going for a

by Rona Fraser

walk... Oh, Facebook’s open... Kittens!... My friend is moving?!... Jimmy Fallon did another lip sync?!... I’m getting hungry... I’d better make a snack...” [Walks into kitchen, sees running shoes by the door.] “Oh ya! I was going to go of a walk! Better check the weather online...”

Unfortunately, that is only the tip of the iceberg of *darkness* [cue: crash of thunder]. There are also the insidious effects that people’s posts can have on one’s psyche: both from the joyful posts and the not-so-well-intentioned. Most people only report on the good things happening in their lives — trips, fun with friends, love, cute animals, etc. — which can leave some of us feeling “less than”. This is not to say you are doing something mean by posting photos of you and your love walking on the beach while your friends are shovelling snow, alone, with nose-sicles, but it sometimes feels like it, to us, at the time... especially when we are so constantly bombarded with incoming information that we do not take the time to stop and think for a minute.

Life would be SO much easier, in my opinion, if we regularly stopped to see the big picture. For instance, sure, your friend looks over-the-moon with her fiancé — remember when her previous boyfriend died? And your friend on a trip — remember when he was laid off and didn’t think he’d ever find another good job, let alone afford a trip? Hell, I have a friend (who hopefully does not read my articles) who always seemed to have a horse-shoe up her butt — got great summer jobs because of her dad, did well in school without seeming to try, offered a well-paying job straight out of university and is still in it, big house, fancy car, nice husband, cute kid, great family, fit, rich... Sigh. Where was I? Oh ya, why I don’t envy her... Umm... well, her dad died when she was in her twenties, and I am relieved to still have mine around, and, well... I wouldn’t want to trade places with her. I wouldn’t want her job or home (just the dollar amounts!). And if you look up from Facebook a minute and think about each person there that you may envy, I bet you will generally come to the same conclusion. More about that in a bit.

The Even Darker Side

There is something still worse than envy, that happens on Facebook, though I am so very relieved to say I have never experienced it: cyber-bullying.

The internet is such a seemingly anonymous place (even if, on Facebook, you do see people’s names), that people seem to feel freer to say whatever stupid crap floats to the top of their minds. I think it’s because they tend to live so “in the moment” that they are unaware that their words live on, and that there are consequences. It’s bad enough when people say things without realizing the pain those words cause (some folks truly believe they are not valued as people, and so others would never value what they say). But we all have parts of our minds that hear criticism and take it in... even if we logically know it is unfounded, it is still taken in and written on our souls. (I told you it was the “darker side”!) So please, to those of you who may be tempted to write something mean, thinking that person doesn’t care what you say anyways... think again. Which leads me to the lighter side of Facebook.

The Light Side

As a vehicle for communication, Facebook can be fantastic. It can help you get to know your cousins that live far away, reunite you with long lost friends, connect you with folks you don’t know well but feel a kinship with, or simply help you keep up to date on your children’s activities when they seem

too busy to call. For singles, it can be a place to be heard, when you need to rant to more than your cats but don’t want to wake your friends with a call at 11PM (you’re welcome).

It is also great for local communication, such as finding out about local events, knowing which day is garden waste pick-up, selling your stuff to others who were looking for that very thing, and finding lost pets.

The Even Lighter Side

I meant what I said about Facebook providing some wake-up calls. If you get upset by travel photos (“I never get to go anywhere!”) then maybe you should DO something about it! Start saving and planning for that big trip you’ve always wanted, using friends’ photos as inspiration to make your own lunch and only buy one glass of wine when you go out. Your friends look so fit and you feel dumpy? Use that as a reminder to brush the cobwebs off your bike and get OUT! Your friends have great loves? How about getting out to meet more people or perhaps devoting some screen time to online dating? [Or accept that you will be alone forever and perhaps consider another cat... ;-)] Don’t just react with a sigh and a “poor me”. Only YOU can change things! Sure, maybe some good luck will fall into your lap, but it sure as hell hasn’t fallen into mine — you’ve got to make your own luck, plan your own trips, develop your own plans for world domination! ... or whatever floats your boat.

Leading eTourism Experts to Speak in Smiths Falls

On Friday, July 24, the tourism industry across Eastern Ontario is invited to participate in a rare opportunity to hear from leading experts in the eTourism industry. The Excelerator Business Incubator, together with Valley Heartland Community Futures Development Corporation, and in cooperation with Lanark County and the Lanark County Tourism Association, is pleased to announce a special two-hour panel discussion to explore the impact of the savvy digital traveler on the tourism industry and what businesses can do to stay competitive.

The panel discussion is a not-to-be-missed opportunity that will begin at 10AM at The Gallipeau Centre Theatre, 361 Queen Street in Smiths Falls, with a networking luncheon to follow.

This moderated discussion is intended to help tour operators, accommodations, attractions, restaurateurs, cafés, museums, retailers, maple syrup producers, golf courses, and any business wishing to leverage digital channels (web, mobile, social media and wearables like the Apple Watch), to remain competitive and current by aligning with global industry trends while continuing to meet visitor expectations.

As the tourism industry embraces the benefits technology can harness, important “take-aways” from this event will include:

- How to unlock the secrets behind ensuring a consistent visitor experience in the digital age, from trip pre-planning to post-journey follow-up
- How to leverage social media to build community
- How to take advantage of third-party sites like TripAdvisor as part of your marketing campaigns
- What role eCommerce can play in increasing profits

- How digital trends like the Apple Watch can have an effect on the overall tourist experience and what you need to know to be able to plan for it
- How digital channel excellence can increase tourism dollars for Lanark County
- What role developers and start-ups can play in helping the local tourism and food sectors

Featured Panelists

Panelists participating in this event include Matthew Lee (Senior UX Researcher, and currently responsible for mobile research at Booking.com), Dan Maccarone (a co-founder of Charming Robot, who has also been helping startups and media companies shape their online product strategy for fifteen years), Jeff Parks (co-owner of Kina’ole, a management consulting company specializing in digital strategy based in Smiths Falls), and Kristina Mausser (co-owner of Kina’ole, who has also consulted to Parks Canada, the Canadian Science and Technology Museum Corporation and the Canada Dance Festival).

Tickets for the eTourism Panel are \$50 each (\$25 for Lanark County Tourism Association members), and can be purchased online at <july24e-tourism.eventbrite.ca>. Audience members are encouraged to bring their most pressing questions for an informational and insightful two-hour session that is sure to inspire, delight and motivate.

Why not make the most of your time in beautiful Smiths Falls and area by spending the weekend exploring the exceptional experiences in Lanark County and the Rideau Canal. To help you plan your weekend, both <smithsfalls.ca/getconnected.cfm> and <lanarkcountytourism.com> offer abundant options and suggestions.



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An Artful Summer in Westport

It has been a wonderful spring here in Westport for the arts. It has been warm and sunny, and even the few nightly rain storms haven't dampened the enthusiasm for what is to come. It seems that we have sort of jumped into summer, and now the weather seems a bit more stable, with lovely misty mornings and warm afternoons.

by Georgia Ferrell



Renovations to The Opinicon on Chaffeys Lock Road are coming along nicely! Find out more at <opinicon.com>

I'm hoping for great weather at Westport's new art show, coming up Saturday, July 4, from 10AM to 4PM at the Lion's Club beach house by Sand Lake. **Art by the Lake / Westport** is a juried show of artists presenting their latest works, and is sure to be the hit of the season! Put it on your calendar, and check out <artbythelakewestport.ca> for more details.

If music is your thing, don't miss the July 2 concert by the **Afiara Quartet** at the Westport United Church. Hosted by the Centre for Creative Learning, the concert begins at 6:30PM, and tickets are only \$10 at the door. Described as "an ensemble for the 21st century", Afiara is a string quartet defined by its pursuit of beauty, meaning, and growth as musicians and ambassadors for its genre. Visit <centreforcreativelearning.com> for more information.

To round out the month, the great folks at **The Cove Inn** present even more great music and a superb evening's entertainment

almost every night of the week. Some highlights for this month include Young Petty Stones (the music of Neil Young, Tom Petty and The Rolling Stones) on July 3, *New York Times* bestselling author Helen Humphreys on the 9th, Luther Wright on the 10th, John Wilberforce on the 17th, and Stringtease on July 25. Reservations are always suggested, so call 1-888-COVE-INN or visit <coveinn.com>.

The New Opinicon

A social evening organized last month by the Westport Rideau Lakes Chamber of Commerce at the renovated Opinicon Hotel in Chaffey's Lock was a huge success. Sherry was our lovely hostess at the Opinicon, and welcomed members and friends of the Chamber with a wonderful tour and talk about this superb

new venture in our area. The gracious old painted lady has been renewed with classic beauty in her colours and accommodations. While there is still work to be done, the new owners are working diligently to wine and dine you royally, and welcome you to their new venture in Chaffey's Lock. Currently on exhibit are amazing graphite paintings by Stuart Arnett, a local artist who specializes in conservation art. His works on maps, which he calls artistic cartography, are extremely appealing to local folks and show us his wonderful talent for capturing each one's unique look. So a visit to the renewed Grand Ole Lady would be well worth the trip, and a delicious meal would also go down a treat! For more information, visit <opinicon.com>.

Summer News From the Westport Arts Council

The Westport Arts Council is proud to present a new summer series: **Stories & Songs at the Spring**. Local musicians and storytellers will perform at the Westport Spring on select Sunday evenings throughout the summer. Bring your chair, a coffee (or an ice cream!), and enjoy the beautiful outdoor venue while they entertain, enchant and enliven. There is limited seating, so try to arrive early. In case of rain, the event will be moved one block away to the United Church (at the corner of Spring Street and Church Street). July 12 features Ross and Joanne Lambert, on July 26 it's Stephanie Doornekamp and Jeff Friesen, and on August 2 the Westport Storytellers will be joined by a special guest. Find out more at <westportartscouncil.com>.

And if all that music inspires you to sing along, you won't want to miss the **VOICE of the Rideau auditions** on July 25! MUSICwestport, in conjunction with Brad Wing of Century 21 Real Estate, is excited to announce the 2015 edition of this all-ages singing competition, the winner of which will be crowned at the MUSICwestport open air music festival on Saturday, August 15. Singers will compete in age categories: adult, youth (13-18) or child. Along with the title, winners will be awarded a trophy and cash prize. Auditions will take place on July 25 at the North Crosby Community Centre, beginning at 10AM. There are limited audition spaces, so apply early so as not to be disappointed. Find forms and more details at <westportartscouncil.com>.

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FIBRE ROADS
Your local source for yarn, fibre and textile artisans' creations. **Come see our members' work on July 25 at our third annual mini-festival** at the McDonalds Corners Farmers' Market, on the grounds of MERA.
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We want to thank the community for their generous donations and continued support. Here is our current wishlist of items for the shelter:

- Pedigree canned dog
- PC canned cat and kitten food
- Cat scratchers for cages. Available online at www.stretchandscratch.com
- Liquid laundry detergent
- Bleach
- Non-clumping clay cat litter
- Office Paper legal and letter
- Stamps
- Gift Certificates: Staples, Canadian Tire, Home Depot, TSC, Home Hardware, Wal-Mart

Items can be dropped off at:
253 Glenview Road
11AM to 4PM daily.

Humm Bits

Celebrate with St. Andrew's!

The folks at St. Andrew's United Church in Pakenham have much to celebrate this year. Not only will they be welcoming their new minister, Rev. Jeff de Jonge, this month, but a community dance will also be held in recognition of their 175th anniversary. It was back in 1840 that the first congregation of St. Andrew's gathered together in worship. For the 175 years since that first gathering, subsequent generations have continued the tradition of worship with determination, faith, love and a strong sense of community. To this day, outreach remains the heart and soul of their faith family as they remain a vibrant, integral part of the Pakenham area.

You may have a personal connection to St. Andrew's; perhaps it was your family church, or the location of a family baptism or wedding, or where you said goodbye to a loved one. Or maybe you have enjoyed a concert, fish fry or turkey dinner there. Perhaps you are a neighbour or just admired their beautiful building as you drove by. Whatever role you played in their history, do join them on Friday, July 24, at the Stewart Community Centre from 8PM to midnight. The community Family Dance will feature the ever-popular Ryan Bros with Doug Russell and Kyle Felhaver on fiddle, and will include a silent auction and a light meal. Tickets, \$15 each (and free for children 12 and under), are available at Nicholson's, the Pakenham General Store, 5 Span Feed & Seed, or by calling Margie at 623-3823.

Creative Ideas and Recipes for Garden Produce

Ever wondered what to do with an over-abundance of garden greens? Are you fearful of another zucchini crop? Don't let produce go to waste in your garden. Come to the Almonte Public Library (155 High Street) on Saturday, July 25 from 10AM to noon for a free and fun follow-up to their spring vegetable gardening workshops. Patricia Wallinger and Erica McKay will share simple and delicious recipes you can make from your garden's bounty. The workshop will feature a table of tasty treats and some ideas on foraging in your own backyard. Got weeds? "If you can't beat them, eat them!" Please bring along a favourite recipe if you'd like!

There is limited seating available, so please register in advance at the circulation desk, or by calling 256-1037, or emailing <kkiddey@mississippimills.ca>. This workshop is presented by the Mississippi Mills Public Library (MMPL) Seed Library.

Music and Dining: Farm to Table

Music & Beyond is pleased to announce one of the highlights of this summer's festival: a wonderful evening of music and dining that will take place on July 16 at 6PM at Saunders Farm — 7893 Bleeks Road in Munster.

Two of Canada's finest musicians, violinist **Jasper Wood** and guitarist **Daniel Bolshoy** (Duo Rendezvous) invite you to a musical rendezvous celebrating Paris, the romantic heart of Europe, with a program featuring music by the composers who made Paris their home in the early 1900s. Composers include Ravel, Villa-Lobos, Piazzolla, Gershwin, da Falla, Django Reinhardt, and others.

General admission for Music and Dining: Farm to Table is \$95 (\$75 for Music & Beyond festival passholders). Festival passes are available for purchase at the Music & Beyond box office at 51 William Street in the Byward Market, many area outlets, and online at <musicandbeyond.ca>. Tickets are also available by phone at 241-0777 x505.

This event is part of Saunders Farm's new Farm to Table dinner series. The menu for the gourmet dinner is still being finalized by Chef Jordan Merritt. Kichesippi Beer and VQA Ontario wine pairings are included with the meal.

Hey Mississippi Mills - Help Celebrate Canada's 150th

In 2017 Canada will celebrate its 150th birthday. The federal government has made a variety of grants available to community groups and municipalities, and details can be found at <canada.pch.gc.ca>. The goal of the Canada 150 Fund is to create opportunities for Canadians to participate in local, regional, and national celebrations that contribute to building a sense of pride and attachment to Canada.

The **Mississippi Mills Arts and Culture Advisory Committee** is seeking community input and suggestions about projects that might be covered by these grants. These could include public art, celebrations and more. Please email your suggestions to <tmaclaren@mississippimills.ca>, and title your email "Canada 150 ACAC Suggestion".

"Heirlooms of the Future" at Fibre Roads

On Saturday, July 25, people in the Ottawa area — especially spinners, knitters, felters and weavers, as well as those who are looking for wonderful gifts — will once again have the opportunity to see and buy the local fleeces, yarns and finished goods produced by members of Fibre Roads. The group's third annual **Mini Fibre Festival** will take place in conjunction with the McDonalds Corners Farmers' Market, held on the grounds of MERA from 9AM to 1PM.

So, just what is Fibre Roads? It's a group of local farmers who raise fleece-growing animals, getting together with area spinners, knitters and weavers who use that local fibre and yarn to make beautiful hand-worked clothing and textiles — the heirlooms of the future. Farmers' markets allow people to buy locally-grown fruit and vegetables; Fibre Roads lets people source their craft materials and hand-worked textiles locally. Among the group's members are people who raise sheep, alpacas and llamas, as well as weavers, knitters and pattern designers. It's interesting that Eastern Ontario, once the centre of Canada's commercial textile industry, is now seeing the growth of small-scale, artisan-based fibre craft businesses.

Come to McDonalds Corners on the last Saturday in July and see what's being produced locally; you're invited to touch the beautiful fibres and fabrics, too! While you're at the market, make time to enjoy the community that comes together there every week — and also to taste the excellent meals, coffees and desserts that are on offer.

For more detailed information, please call Susan at 259-5036.



Members of Fibre Roads will hold a one-day Mini Fibre Festival in McDonalds Corners on Saturday, July 25

4-H and More at the Almonte Fair

Summer has arrived, and soon so will the Almonte Fair! This year's fair takes place from July 17-19, and the theme is "Recognizing 100 Years of 4-H in Ontario". To that end, a new venture will see the entertainment tent full of 4-H displays and demos, as an addition to the Heavy Horse Show on Sunday. Gable Bros will be providing the midway again this year, and advance midway bracelets will be on sale at the usual venues — visit <almontefair.ca> for details. The prize book is also online and copies can be picked up in local stores, so get your entries in early.

On Friday night the popular Demolition Derby will be followed by music by Renegade in

the entertainment tent. The Saturday night grandstand show features popular local talent The Ryans, Marty McTiernan and Brad Munro, followed by the Stool Pigeons in the entertainment tent.

There is a lot of entertainment for the whole family, as Little Ray's Reptiles returns with a special Australian show in the main hall, where you can also hear Mystic Drumz. Catch a thrilling show by Springaction Trampolines, or take a more sedate ride with Henry's Pony Rides. Children's activities are offered on Saturday at the Cornerstone Community Church tent near the main hall.

The Education Barn will be filled with farm animals for chil-



dren to interact with, as well as Maple the Cow and the Grain Farmers of Ontario trailer, complete with farm toys in the corn box. Most of the livestock shows and the pigeon show take place on Saturday as well.

From Friday at 1PM, the main hall will display garden produce, baking, crafts and children's creations. Let's help rural youth celebrate the 100th anniversary of 4-H in Ontario. Come to the Fair!

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Local Workshop Choir Seeking New Members

A workshop choir? It's an interesting concept! Our take on this is a choir that meets weekly to enjoy two hours of singing and learning. We are a group of singers who are looking for a different kind of choir experience: perhaps a new challenge, an opportunity to build our skills, and certainly the joy of singing together. Rather than working towards regular concerts with the time commitment that this entails, ours is a group that gets together "just" to sing, and to expand our repertoire of musical styles and skills — in short, it's like a weekly workshop. Many of our members also belong to other choirs or are involved in musical theatre, bands or other groups.

For the past five years, the **Cheryl Woods Workshop Singers** have been gathering weekly from September to June with an extended Christmas break. We meet at the Almonte Presbyterian Church on Thursday mornings from 10AM to noon.

At any one time, we might be learning a wide variety of music such as a piece by Eric Whitacre, an arrangement of a Paul Simon tune, a madrigal, a Take 6-style jazz arrangement, a larger more challenging piece such as Barber's *Agnus Dei*, or an arrangement by one of our own members and a talented arranger, David Sale. We round this out with building and enhancing music sight-reading skills, choral skills, and some music theory along the way as it arises. Choir members buy their own copies of the music.

If this sounds like a lot of fun to you (and we really think it is!), then we would love to hear from you! Currently a group of about twenty singers, we are hoping to expand the choir a bit, and would like to encourage experienced singers with some music reading skills to join us. A brief and informal audition is required. We are looking for voices that blend well, and the audition gives the director a chance to hear your voice and note your range, and also gives you a chance to ask questions about the choir and the skills required (we promise she's not intimidating!).

For more information or to arrange an audition time, please contact our director, Cheryl Woods, at <cherylwoodsworkshop-singers@gmail.com>. If you'd like to talk in person, please send her your phone number and she will return your call.

Celebrate Our Rivers This Summer

The Bonnechere River Watershed Project (BRWP) is partnering with numerous other organizations and municipalities this summer to bring group paddle opportunities to residents and visitors. Some of the events will also feature local food and music, and all will feature plenty of fun! Pre-register, bring your watercraft (canoe, kayak, paddle board) and join others in Celebrating Our Rivers! If you missed the paddles in June, you can still catch a few.

On Saturday, July 18, something special happens when fiddlers and other musicians take to the river with the paddlers for a not-to-be-missed nature and musical experience. The 2nd annual **Eganville to Fourth Chute paddle / fiddle / music** will be followed by an optional BBQ (\$5) and more musical entertainment (\$10) at the Bonnechere Caves. Registration will begin at 1PM at Bonnechere Caves, and paddlers will be shuttled to the put-in below Eganville for a 2:30 start to a two-hour paddle. Register by email to <info@BonnechereRiver.ca>. The cost is \$10 per person for the paddle (bring your own lawn chair and cooler for the après paddle BBQ and musical entertainment). This trip is organized by the BRWP and the Bonnechere Caves.

The final paddle event of the summer will be held on Saturday, August 8, on the **Madawaska River from Cherry Point Park to Burnstown**. Registration will begin at 1PM at the Burnstown Beach, with a shuttle to Cherry Point Park (just downstream from Calabogie) for put-in at 2:30,



You can paddle... you can fiddle... There are lots of ways to celebrate our rivers this summer!

for a two-and-a-half-hour paddle at \$10 per person. An optional \$12 BBQ at Neat Café will follow the paddle. This paddle is being organized by the BRWP and the Township of McNab Braeside. To register, contact Geoff Patterson at <recreation@mcnabbraeside.com> or 1-800-957-4621 ext.226. Please book your BBQ reservation at the same time.

For any of these paddles, you can add kilometers for the Silver Chain Challenge! Visit <silverchainchallenge.ca> for more details.

Also of interest to water-lovers this summer is the annual **Round Lake Flotilla** on July 25, beginning at 7PM at the Round Lake Centre Boat Launch <killaloe-hagarty-richards.ca>.

Visit the Bonnechere River Watershed Project website events page for more information: <bonnechereriver.ca/brwp-events>.

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PUPPETS UP! IS GROWING

Puppets Up! International Puppet Festival is back for an 11th incredible year in 2015 and has some exciting news for their fans! For the first time ever, Puppets Up! is offering an “appe-teaser” on Friday August 7th to their main course, held as usual on the weekend.

FRIDAY

From 11:00am to 5:00pm puppet shows will be presented in the theatre of the Old Town Hall and in the Riverside tent venue, just outside. *Pigs in a Canoe and Other Watery Tales* (in English and French) presented by WP Puppet Theatre from Calgary, Alberta, and *Peter and the Wolf* by Iceland’s renowned puppeteer Bernd Ogrodnik will be appearing in the Old Town Hall venue, while in the Riverside tent, it’s *That’s Laughtertainment!* by Matthew Romain from Windsor, Ontario and *Animal Adventure* presented by Rock the Arts from Ottawa.



Out on the street, you’ll find Zip-E the clown who has an amazing new dinosaur puppet to show you, and of course, Nick the mascot waiting to welcome you. Brad Wood, of B-Radical Balloons, will also be on hand to twist balloons into any shape imaginable.

At 11:00am and 1:30pm, you can participate in the music and puppetry of Lois Siegel and the Fiddle Chicks from Ottawa. And... if you’re hungry, line up at the Almonte Civitan BBQ for a tasty hot dog or hamburger (also available on Saturday and Sunday)



SATURDAY AND SUNDAY

Over the course of the remainder of the weekend, there will be a total of 12 puppet troupes presenting shows in 6 theatres around the town of Almonte, parades on each of the weekend days in the early afternoon, along with many other attractions. Local artisans and food vendors will tempt you with their offerings and the wonderful restaurants and stores on Mill Street are just a short walk away. On Saturday morning from 8:30 to 12:30 there is even a Farmer’s Market in the parking lot of the Library to tempt you!



Puppets Up is once again presenting its legendary Saturday Night adults-only cabaret. The daytime acts will let their hair down and allow the puppets to say and do whatever comes into their tiny, fuzzy heads...and after performing all day in the hot sun, they want to let it all hang out. This features all the daytime puppet troupes, some special guests and few uninvited weirdos that get past security. It’s uncensored, unrehearsed and unpredictable. Hosted once again by Dill, a suave, debonair, and usually frazzled tuxedo-clad armadillo. As they say - “Only in Almonte!”. All in all, it is going to be a fun-filled and jam packed weekend, one that you will not want to miss!

Showtimes, family-friendly ticket prices, along with detailed information for ALL of the weekend events can be found on the website at www.puppetsup.ca



theHumm Fun Feature

Humm Fun Feature:

Finally — full-on festival season is upon us! As regular Humm readers know, the number and quality of festivals throughout the Ottawa Valley has been steadily increasing, to the point that you now need a “one-stop shopping” source in order to plan your summer and not miss your favourites. Well, here’s our stab at one, compiled from our various contacts and many, many websites (all listed here).

by Kris Riendeau

If we didn’t include your favourite event in this issue, please give a shout as soon as possible so we can list it online and include it in next year’s Fun Feature. Because of space restrictions, we have limited this to events that run for three days or fewer, and have included the dates of the various regional fairs as a sidebar. The festivals below are organized chronologically. Here goes...

Almonte Celtfest

July 10–12 in Almonte, admission by donation, almonteceltfest.com

Celtfest includes Pub Night (Friday) and main stage performances in Gemmill Park (Sat. noon–10PM, Sun. noon–6PM). Headliners include The Dardanelles, The Steel City Rovers, The Peelers, Hadrian’s Wall, Pascal and Nicholas (of Genticorum), as well as lots of regional and local talent. You’ll also find a food court and Celtic artisan market. The Celtic College workshops will be held on Saturday morning (fiddle, bodhran, harp, tin whistle, guitar, voice) and Sunday afternoon (contra dance) at the Old Town Hall. Buskers will be on Mill Street on Saturday and Sunday.

Once again, Celtfest will be green — water stations are available for people to refill their bottles, so BYOBottle!

Stewart Park Festival

July 17–19 in Perth, free admission, donations welcome, stewartparkfestival.com

Headliners include Dave Gunning, Catherine MacLellan, Sweet Alibi, Kelly Prescott, Melissa Payne, My Son The Hurricane, and Quique Escamilla. There is also an artisan market, food truck court, and free kids’ activities. There will be bands, beer, and brunch at the Crystal Palace and plenty of After Hours action (bracelets: \$20).



You’ll hear the stunning harmonies of Sweet Alibi (above), and many other gorgeous sounds at Stewart Park Festival!

Again, SPF offers two free children’s shows at the Studio Theatre: Rock The Arts puppet theatre (July 18), and Al Simmons of *Celery Stalks at Midnight* fame (July 19).

Festival of the Family

July 18, 10AM–5PM in Renfrew, free, renfrewtourism.ca

The Festival of Family returns to Downtown Renfrew with a ball hockey tournament, live entertainment, activities, games and more! Proceeds will go to the “I Choose RVH” Campaign, raising funds for the expansion of the Renfrew Victoria Hospital. Please contact Mellissa at 433–6079 for more information or to register your team for the ball hockey tournament.

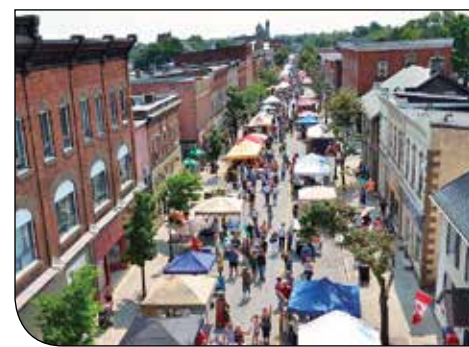


Midsummer Herbfest is a celebration of all things herbal, and a great chance to explore The Herb Garden near Almonte!

Midsummer Herbfest

July 26, 9AM–5PM at The Herb Garden, single \$4 adv, \$5 at gate; families \$12 adv, \$15 at gate, herbfest.ca

This day-long celebration of all things herbal features demonstrations and talks, an extensive marketplace, a guided labyrinth walk, wild edibles walks, great food, live music, authors, and the very popular Chef Cook-off. Kids will enjoy the play structure, Korny Klowns and dancing fairies, face painting and henna tattoos.



Downtown Carleton Place fills up with fun at the Bridge Street Bazaar!

Bridge Street Bazaar

August 1, 9AM–4PM in Carleton Place, free, downtowncarletonplace.com

Presented by the Carleton Place BIA, this downtown sidewalk bazaar features over one hundred vendors, mascots and dancers, a petting zoo, pony rides, face painting and balloon animals. This year’s entertainment line-up features the Bowes Brothers, Brad Scott, Brea Lawrenson, Shawn McCullough, and more. The entire downtown section of Bridge Street is shut off to vehicular traffic, so everyone can wander at will! And for the first time ever, the Town of Carleton Place Recreation and Culture Department is pleased to present a Beach Volleyball Tournament as part of the Bridge Street Bazaar, taking place at the Market Square Pavilion.

Summer Festivals!



This year's Puppets Up! festival welcomes the Tanglewood Marionettes (above), and 11 other troupes from around the world

Puppets Up! International Puppet Festival

August 7 (11AM–5PM), 8 and 9 (9:30AM–6:30 PM) in Almonte, adults \$20/day (\$30 for weekend), kids 3–12 are \$10/day (\$15 for weekend), kids under 3 are free; single show tickets for Friday, <puppetsup.ca>

This year's 12 troupes include Iceland's Worlds of Puppets with "Peter and the Wolf", Rhode Island's Big Nazo Lab's "Intergalactic Creature Band", and "Pigs in a Canoe" (in English and French) by WP Puppet Theatre from Calgary Alberta, plus nine others. Shows geared towards young and older kids take place in tents and theatres, while buskers and parades keep the street hopping. There's also a kids' craft tent, puppet marketplace, great food and lots more!

Perth Garlic Festival

August 8 (9AM–5PM) and 9 (9AM–4PM) at the Perth Fairgrounds, \$5 (under 12 are free) <perthgarlicfestival.com>

The Perth Lions Club hosts the fifth largest garlic festival in the world! Entertainment includes the popular "Birds of Prey" show and great live music. You can also learn how to grow, harvest and cook with garlic as part of their cooking demonstrations. See you there!

Carp Garlic Festival

August 8 (8AM–3PM) and 9 (10AM–3PM) in Carp, free admission, <carpfarmers-market.com>

Once a year the Carp Farmers' Market shines the spotlight on garlic with special vendors, cooking demonstrations, and information about garlic braiding, garlic growing, and more. On Saturday from 8AM–1PM you'll also find all of the regular Farmers' Market vendors.

MUSICwestport

August 15, 10AM–6PM in Westport, free, <westportartscouncil.com>

For the 9th annual festival, enjoy eight bands between two outdoor stages including The Foggy Hogtown Boys, Brea Lawrenson Band, Ariana Gillis, Salsa Norte, and Rueben DeGroot. This family-friendly event kicks off at 10AM on the Village Pharmacy Stage with the Finals of the VOICE of the RIDEAU, an amateur vocal competition, and the Jake by the Lake

Stage opens at noon. Food and drinks are available! Local Art Street Fair! Supported by local businesses and patrons!

North Lanark Highland Games

August 22, 9AM–6PM in Almonte, adults \$14 adv, \$17 at the gate, kids 6–13 \$6 at the gate, <almontehighlandgames.com>

Celebrate Scottish culture and the heritage of the Ottawa Valley with twenty pipe bands, one hundred dancers, and champion heavyweight athletes. There are also mini-games for kids, Scottish concessions (food, clothing, genealogical information, etc.), and an evening ceilidh at the beer garden.

Fibrefest

September 12 (9AM–5PM) and 13 (9AM–4PM) in Almonte, \$5/day, <mvtm.ca>

At three locations (the Mississippi Valley Textile Museum, the Almonte Arena, and the Almonte Community Centre) visitors will find demonstrations, vendors and exhibits at this two-day festival of fibre arts. Local guilds will demonstrate sorting and classing of fibre, spinning, knitting, weaving, rug hooking, lacemaking, smocking and quilting. Vendors include vintage clothing, spinners, weavers and fibre artists from across the province, as well as quilt shops and alpaca farms.



Find fleecy friends at this year's Fibrefest!

Fair Warning!

Town fairs are another great way to spend a fun day with the whole family. Each one has its own particular flavour, so we recommend checking them all out!

Almonte Fair: July 17–19
<almondefair.ca>

Arnprior Fair: August 13–16
<arnpriorfair.ca>

Pakenham Fair: August 15
<exploremississippimills.ca>

Perth Fair: September 4–7
<perthfair.com>

Renfrew Fair: September 9–13
<renfrewfair.com>

Middleville Fair: September 19
<middlevillefair.ca>

Carp Fair: September 24–27
<carpfair.ca>

McDonalds Corners Fair: Sept. 26
<mdcas.weebly.com>

See More Online!

You'll find more lovely photos, as well as links to all of the festivals and fairs listed here, at <thehummm.com>!

Stewart Park Festival

Festival
July 17, 18, 19
Perth, On



Friday

kelly prescott
maneli jamal
sweet alibi
catherine maclellan
my son the hurricane

Saturday

al simmons
ballagh bunch
matthew byrne
melissa payne
dave gunning
fretless
mackenzie blues band
gypsy kumbia orchestra

Sunday

peter brown quintet
boxcar boys
the visit
sam martin & delta sugar
quique escamilla
www.stewartparkfestival.com

Donations Welcome



Murphys Point Park — A Real Local Gem

Twenty minutes south of Perth, on Big Rideau Lake, there is a beautiful provincial park. You can camp, hike, swim and canoe there, of course, but there is a whole lot more to see and do at Murphys Point Park — so much so it might take you an entire summer to take in all of its rich history and natural beauty, and to appreciate all that walks, crawls, swims, flies, burrows, grows and slithers about its 1,244 hectares of wilderness on the Canadian Shield.

“The park is a real local gem,” says Tobi Kiese-walter, the park’s Senior Natural Heritage Education Leader, who has worked there for twenty years. “There are lots of interesting rocks and minerals to explore at the Silver Queen Mine, and heritage buildings to see, such as the pioneer homesteads. There are colourful and interesting songbirds throughout the park and a lot of wildlife to observe and learn about through our engaging and interpretive programs for kids and adults alike throughout the summer. It’s also a beautiful spot to come hiking, canoeing, fishing or camping, to relax or get active in a wilderness setting.”

The park, Tobi says, offers visitors a great variety of things to see and do. Whether you’re into good old-fashioned camping or modern “glamping”, Murphys Point Park offers everything you need.

“The park has 160 regular car campsites, 14 backcountry campsites on the Rideau” — Hogg Bay, Loon Lake, and Round Lake are within its boundaries — “and 3 sites for groups of up to 50 people.”

If you prefer glamping (the hip new term for glamorous camping), the park is also equipped for that.

“We have recently added three roofed options,” Tobi says, “including a rustic cabin and two soft-sided deluxe tents, complete with electricity, microwave, fridge, BBQ and beds. There are two beaches, 15 kilometres of hiking trails, and a fully stocked park store with canoe and kayak rentals.”

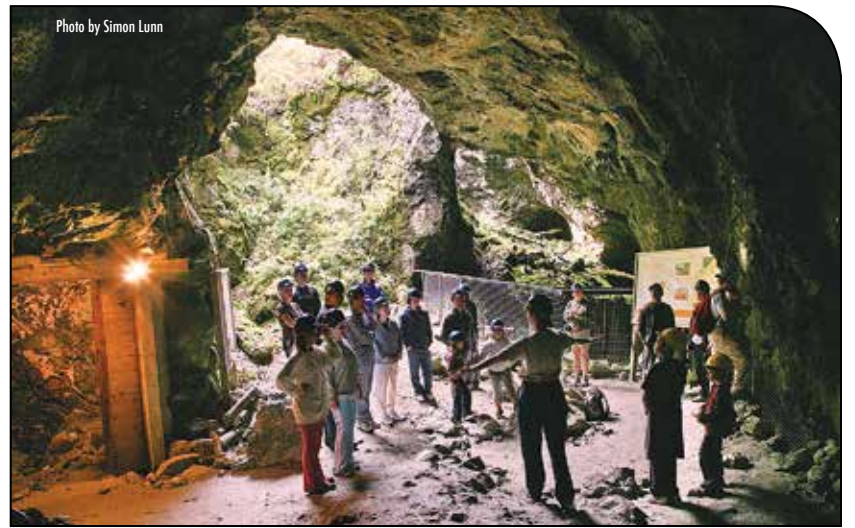
The park also boasts three beaches and more than 20 kilometres of hiking trails, as well as groomed cross-country ski trails in winter.

“We also have a very active Natural Heritage Education program in the summer,” Tobi adds, “with regular guided tours of the Silver Queen Mine, kids’ programs, prop talks, evening programs at our outdoor amphitheatre, and lots of special events.”

Summer Events

Included in those events this summer are guided and self-guided tours of the Silver Queen Mine, a restored mica mine from the early 1900s, where you’ll meet period characters, both along the trail and in the mine, who will tell you stories about the mine’s operation between 1903 and 1920. You will also find a bunkhouse, two pioneer homestead sites with outbuildings, an ore wagon, and the ruins of one of the earliest saw mills on the Rideau. You can call the camp directly (267-5060) for more information about tour dates and times, or you can visit the informative Friends of Murphys Point Park website <friendsofmurphyspoint.ca> for event details.

Every day in the Visitor Centre in July and August you can also catch the live display of Gray Ratsnakes and a Musk turtle. The Ratsnake, Tobi notes, is Canada’s longest species of wild snake, at over two metres in length — though don’t worry, they’re quite harmless, even charming. Great care has been taken in recent years to track and keep a close eye on this species at risk. Charmingly, park staff have been naming each Gray Ratsnake that has been tracked using a tiny microchip inserted under the skin — Chip, Tim, Steve, and so on. The hope is that by studying the snakes’ activities, their population will be better able to be conserved.



Murphys Point Provincial Park offers experiences and events for all ages, from mine tours to family-friendly campsites and beaches!

The Friends of Murphys Point Park — who are celebrating their 20th birthday by raising funds and looking for new members to continue their wonderful work in the park — will be part of a special event called **Healthy Parks, Healthy People** on Friday, July 17. Day-use access is free to any Ontario Provincial Park that day, and Murphys Point has a special day of activities planned.

“There is a guided tour of the Silver Queen Mine at 10AM,” Tobi says, which you can pre-register for by calling 267-5060. “Between 11AM and 2PM, there will be an Amazing Race-style event starting at the beach. Families are encouraged to enter and complete a series of challenges that showcase the park’s special features and activities available. Afterwards, the Friends of Murphys Point Park will be hosting a BBQ at the main beach.”

There are also special **Theatre Through Time** performances planned for July 22 and August 19, along the Silver Queen Mine Trail, where you can see miners and farmers of days gone by interact in a theatrical performance along a lantern-lit trail. Performances are at 7 and 9PM, and tickets, available ahead of time at the Visitor Centre, are \$3 per person. A park vehicle day pass (\$14.50) or camping permit is also required.

Birders will want to take note of two early morning bird hikes at the park on July 4 and 11. The hikes, which begin at 6:30AM, are geared towards intermediate to advanced birders who want to explore the significant bird areas in the park. Get out and see Golden-winged Warblers, Black-billed Cuckoos, Scarlet Tanagers and Indigo Buntings, among many others. Bring your binoculars, of course, and suitable footwear for an easy to moderate walk. Day-use permits will be available (cash only) at the start of the hike.

If you would like to get involved with the Friends of Murphy Park, you can join them as a volunteer or contribute to the non-profit organization at <friendsofmurphyspoint.ca>.

— John Pigeau

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Available for \$15 at **Backbeat Books and Music** in Perth, **Mill Street Books** in Almonte and **Merrickville Book Emporium**.

20th Annual Midsummer HERBFEST

Sunday, July 26, 9^{AM}–5^{PM} (rain or shine)

Demonstrations

Admission included with Day Pass.

Demo Tent 1

- 11AM–1:30PM **Chef Cook-Off** (see Special Feature)
 1:30–2:30PM **Combining Supplements, Herbs & Meds Safely** (Kathleen Leeson, Herbalist)
 2:30–3:30PM **Cold Process Soap Demo** (Bonnie Mechefske, Soapmaker & Aromatherapist)

Demo Tent 2

- 10–11AM **Yoga For Your Spirit**
(Louise Cameron, Hamsa Yoga)
 11AM–12PM **The Savoury Art of Seeing**
(Helene Anne Fortin, Photographer)
 11–12:30PM **Olive Oil and Balsamic 101**
(Elizabeth Kilvert, Certified Oleologist)
 12:30–1PM **Local Sunflower Oil: Taste the Sunshine!**
(Kricklewood Farm, cold-pressed sunflower oil)
 1–1:30PM **Chaga: The King of Medicinal Mushrooms**
(Bonnie-Jean Stacey, Take Charge Tea)
 1:30–2:30PM **3 Habits that Undermine Women's Health**
(Vanessa Compton, PhD)
 2:30–3:30PM **Using Essential Oils for Better Health**
(Heather Garrod, Certified Aromatherapist)

For all ages

- 11AM–12PM Guided Labyrinth Walk with Vanessa Compton, Ph. D.
 11AM & 1:30PM Guided Wild Edibles Walk with Johvi Leech (meet at Info Booth)
 All Day Authors' Table, Play Structure, Korny Klowns, Face Painting, Walks & more!

Advance Herbfest passes are on sale at:

the Herb Garden, 3840 Old Almonte Rd., Ottawa (613) 256-0228
Equator Coffee, 451 Ottawa St., Almonte (613) 256-5960
The Table Restaurant, 1230 Wellington St., Ottawa (613) 729-5973
Reid Landscaping, 142 Pick Rd., Carleton Place (613) 253-3467
Rainbow Foods, 1487 Richmond Rd. at Carling (613) 726-9200
The Unrefined Olive, 499 Terry Fox Dr., Kanata, (613) 592-4500

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 Canadian Tire Centre 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 1:30PM **Chef Cook-Off** with host **Debbie Trenholm**
(accredited sommelier of Savvy Company)

Ram Mogandas, Owner of *East Meets West* in Perth and Smiths Falls, ON
 Ram specializes in Italian, Indian and Thai cooking, and says: "Most of my time I spend in my kitchen, trying to invent new recipes!"

Kyle Woods, Owner of *The Masonry Restaurant*, Perth, ON, <themasonry.ca>
 Originally from Halifax, Kyle is now the owner, operator and chef at The Masonry. He previously worked at Jasper Park Lodge, and specializes in local foods.

Music / Dance Program

- 9–10:30AM TINERUFARO Marimba Band
 11AM–12PM Peter Brown Jazz Trio (food court)
 12–1PM Harpists (house veranda)
 12PM Faeries dance (vendor/eating area)
 1–2:30PM Lucas Haneman, guitar (food court)
 1:05PM Faeries dance (garden/labyrinth area)
 3–4:30PM Kelly Sloan (food court)





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Celebrate Herbs and Healthy Living at Midsummer Herbfest!



The 20th annual Midsummer Herbfest will take place on Sunday July 26 from 9AM to 5PM, rain or shine. If it is raining where you are, then count on NO RAIN at Herbfest, as we have found out that is usually the case! The event is hosted by the Herb Garden at 3840 Old Almonte Road, a short 15-minute drive west from the Canadian Tire Centre. If you have never attended Herbfest, then this is the year you must mark your calendar and come. Invite your friends and carpool.



peek at www.herbfest.ca might lead you to Youtube and a video clip from Herbfest 2004, when George and Gerry hosted their first festival and had just taken ownership of the Herb Garden.

can simply relax with ABC's fine microbrewery beers.

The goal of the festival is twofold: to introduce you to your neighbours who produce local, healthy, natural organic products; and to promote healthy lifestyle choices in a fun and magical atmosphere. Stroll the outdoor marketplace to find a wide range of products and services that will intrigue and enchant you. They range from eclectic artisan jewellery and local artists in the Bergamot Barn, to Mains de Mariposa's

This co-operative effort by about 75 small local enterprises, farms and artisans is guaranteed to impress you. Many vendors and visitors have been returning for years because it is virtually impossible to see, hear and experience everything Herbfest has to offer in just one visit. A quick

Visitors will find a variety of things to do. Herbfest includes everything from demonstrations and talks, dancing fairies, face painting, a guided labyrinth walk, wild herb walks, great food, live music, an extensive marketplace and, of course, the very popular Chef Cook-off. Or you


handmade creams and lotions, to reiki practitioners and award-winning portrait photographer Helene Anne Fortin. Talk to the producers who made the products. Wander through the gardens; sit and listen to the harpists in the shade of the Manitoba maples; have a bite of food and a micro-brewed beer; have your face painted! Come for breakfast at 9AM and stay for the day.

Our group of 70 community-minded volunteers will assure that you leave in a great mood with every intention of returning, with your friends, for next year's event. Herbfest! It grows on you! We guarantee it!

Herbfest is organized by the volunteers of the Ottawa Valley Herb Association. For more information, visit www.herbfest.ca, www.facebook.com/MidsummerHerbfest, or twitter.com/herbfestottawa, or call the Herb Garden at 613-256-0228.



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Organized by the Ottawa Valley Herb Association members

Savoury: From Beans to Bees

The herb of the year for 2015 is SAVOURY! The formal name for Summer savoury is *Satureia Hortensis*, and winter savoury is known as *Satureia Montana*. The name *Satureia* may have resulted from the ancient roman belief that savoury belonged to the Satyrs of the woods and forests, and from its reputation as an aphrodisiac. The legendary French herbalist Maurice Mességué considered it an essential ingredient in his “love potions,” because he was told by his father that it was the “herb of happiness.”

Summer savoury is the one most often used for healing. Interestingly, summer savoury is said to increase sex drive, while winter savoury apparently decreases it!

Lemon Butter Beans

- 1 tbsp olive oil
- 1 red onion, finely chopped
- 1 stick of celery, finely chopped
- ½ – 1 large red chili (depending on how much heat you want), finely chopped
- 1 400g tin butter beans (lima beans), rinsed and drained
- 2 sprigs of winter savory
- 100ml vegetable stock
- salt & freshly ground black pepper, to taste
- finely grated zest of ½ an unwaxed lemon
- 1 tbsp double cream
- 2 tbsp grated parmesan
- a squeeze of lemon juice

Heat the oil in a saucepan, add the onion and cook gently for a couple of minutes. Add the celery, stir and sauté for a few minutes more, until both the onion and celery are softened. Add the chili, butter beans and sprigs of savoury and stir everything together. Pour in the stock, bring to the boil then turn the heat down to medium and let it all simmer for about 15 minutes — until there is not much liquid left in the pan.

Test the beans for seasoning — add salt and/or pepper to taste. Then turn the heat down to low and add the lemon zest and cream. Stir these in and allow the cream to heat through. Just before serving, stir in the parmesan and a good squeeze of lemon juice.

(recipe courtesy of thegardendeli.wordpress.com)

Summer savoury is easy to grow — it's a fast-growing annual planted by seed and often reaching up to 18" before midsummer. It's also a great companion plant for beans and onions, helping to repel blackflies and some other insects. There is also a creeping variety, which is most often used ornamentally for rockeries or borders, but it too has a good strong flavour for culinary use. Winter savoury is a perennial, sometimes called “mountain savoury”, and needs very little attention to come back year after year. The varieties are very similar with the winter one being more woody, shrublike, and hardier in colder climates.

Both varieties were originally Mediterranean herbs that found their way to North American tables via the British, and they are most popularly used in bread stuffing. Summer savoury is a pervasive food item in the cupboard of every Newfoundlander, grown right in St. John's at Mt. Scio Farm (my mouth waters just writing about it!).



Traditionally, however, in the Mediterranean, savoury was known as the “bean herb” because it complemented their flavour and was purported to be very helpful in the digestion of beans and avoidance of flatulence.

Savoury is especially popular with native bees and honeybees. They love to come out and buzz around, sucking the nectar out of the multitudes of tiny white flowers that bloom around midsummer for several weeks. If you want to attract bees, winter savoury is a must. When crushed, the sprigs can soothe the inflammation of bee stings or any other minor irritations or rashes. It is a good ingredient for a soothing healing salve because of its mild astringent and antiseptic properties.

At the 20th annual Midsummer Herbfest you will see lots of bees and flowers — plus there will be lots of herbal expertise and remedies to explore, not to mention beautiful savoury plants in the garden and



Savoury is the 2015 Herb of the Year

in the nursery if you'd like to take one home. Come out to “The Herb Garden” on Sunday, July 26 for a very savoury experience!

— Bonnie-Jean Stacey



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iya.fortunes.wordpress.com

French Country Soaps

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Karen Bernard, Paper Art

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Kathleen Leeson RH

Shamanic Healer and Clinic Herbalist
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Kentfield Kids & doree's habit

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kentfieldkids.com, dorees.ca

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Herbfest 2015 Sunday, July 26, 9am-5pm

Celebrating Our Own in Mississippi Mills

One of the great things about living in a small town like Almonte or Pakenham is the human scale of things. Residents can actually keep track of who in the community is making art, writing books, composing music or achieving milestones, and celebrate with them when they launch new endeavours. This month, along with some fabulous festivals, we have several special reasons to cheer!

by Miss Mills, Puppet Reporter

Leonard's Legacy

Leonard Lee, founder of the iconic Lee Valley Tools and long-time resident of Mississippi Mills, has undertaken a new venture in downtown Almonte, with the help of his family and friends. They have just opened **L. G. Lee & Sons**, a division of Lee Valley Tools, at 36 Mill Street! The stunning vintage interior is chock-full of clever and useful tools and gadgets for the kitchen, garden and workshop. You'll also find toys, puzzles and models for kids (of all ages). And if that's not reason enough to drop in, you can order anything from the various Lee Valley Tool catalogues, and have it delivered to the Almonte store! Check the August issue of theHumm for more details about this amazing new addition to our local shopping scene, and in the meantime drop in to wish them well.



Downtown Almonte is just thrilled to welcome **L.G. Lee & Sons** (a division of Lee Valley Tools) to their midst. Find them at 36 Mill Street, and enjoy!

Kelly's Concert

Kelly Sloan has been adding to this area's soundscape for many years now. Regulars at the Ashton Pub will recognize her as the host of Sunday afternoon's Open Mic, but locals like me (who have been around for awhile) remember her hauntingly beautiful vocal contributions to variety shows at the Almonte Old Town Hall, as well as her own concerts there and at the Almonte United Church. She may be young, but she's already a local treasure, and this month you're all invited to hear **Kelly Sloan in concert** on Friday, July 24.

This show, taking place at the Almonte United Church at 7:30PM (doors open at 7), will help Kelly raise money to record her next CD, which she plans to do in August out in Halifax. As a way to say "thank you!" to her hometown fans, she plans to populate half of the show with new original songs, and take requests (in advance) for covers and old favourites for the other half. As a special twist, if you are the first person to request a song that she does perform, you will get a copy of the new album when it comes out! You can send in your requests via email <info@kellysloan.ca>, through her website <kellysloan.ca> or by tweeting @kellysloanmusic. Cool idea, Kelly!

Tickets are \$20, and are available at Baker Bob's (73 Little Bridge Street), by calling 256-5181 or emailing <info@kellysloan.ca>.



Catch the very talented (and local!) Kelly Sloan in concert on July 24. Send in your request in advance to win her new CD!



Sam's Stories

OK, after coming up with "Leonard's Legacy" and "Kelly's Concert", I kinda had to stay on the alliteration train, but really it's Sam's and Linda's and Monica's stories... and art! With the launch of two new titles: **Bugs! Birds! Blooms!** (written and illustrated by Linda and Sam Hamilton), and **One Famished Frog & Ten Faraway Flies** (written by Monica Blackburn and illustrated by Sam Hamilton), we have two more wonderful children's books to add to the "made in Mississippi Mills" legacy.

Both books are visual treats, and both will introduce youngsters to many friendly denizens of our natural world. Sam and Monica have previously collaborated on two other books, but **Bugs! Birds! Blooms!** marks the first time that Linda Hamilton's stunning flowers interact with Sam's creatures in print. You can find out more and place orders at <upstreamdesign.com>, or grab copies at Mill Street Books in Almonte.



Attention new and existing businesses!

The McArthur Island Mill in Carleton Place is filling up with artists and creators on the second floor. Now they are seeking one or more anchor tenants on the main floor. Spaces of 500 to 11,000 square feet are available and zoned for a variety of uses. The main floor would be ideal for a restaurant and/or event space, with options for a waterfront deck and outdoor areas.



Please call Patrick for details and a tour at 613-286-8444.

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Summer Art Around the Area

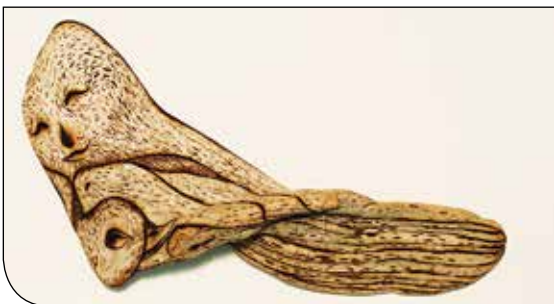
Summer Art at the General

During July, General Fine Craft, Art & Design in Almonte features a stellar new exhibition by artist **Stefan Thompson**. From June 30 to August 2 the gallery will show his *Leaf People* — a collection of new shapings and paintings. Those familiar with Stefan's work know to expect the unexpected. Here is an artist who is able to peer into the lives of animals. Once you've seen his compositions of intertwined figures, you'll be enticed by this incredible symbiotic relationship. Through his beautifully rendered drawings,

by Miss Cellaneous

paintings and carvings (all made with found materials and homemade non-toxic paints), he depicts a world of creatures as they exist in all their innate wildness. The Opening takes place on Friday, July 3, from 7–9PM.

For further information, please contact Chandler or Richard at the gallery (461-3463, 63 Mill Street in Almonte), or visit <generalfinecraft.com>. While you're in Almonte, experience the charming atmosphere, shops and restaurants of the downtown core.



See Stefan Thompson's *Leaf People* at General Fine Art

Craving an Original Work of Art?

This is your opportunity to get just that, directly from the artist! The 5th annual **Art in the Barn** is ramping it up with even more artists featured at the Barn and Main Hall of the Lombardy Agricultural Society Fairgrounds. With an eclectic mix of original artwork including watercolour, acrylic, oil, batik and mixed media paintings, as well as artisans showing pottery, quilting, stained glass and bird carvings, visitors will be sure to find a distinctive piece that speaks to them. This year visitors are invited to participate in the first People's Choice Award. Food vendors and a picnic area will also be available.

Art in the Barn will be open this year on the Friday (July 10) from 6–8PM, and on July 11 and 12 from 10AM to 4PM. The Fairgrounds are located near

Smiths Falls on Highway 15 at Kelly's Road. There is ample free parking, and admission is free. A percentage of all sales, as well as any contributions, will be donated to the Perth/Smiths Falls Hospitals. VISA, MasterCard, cash and cheques are accepted. For more information, visit <rideaulakesartists.com> or find them on Facebook.



Riverwalk by Jennifer Noxon

Almonte's Mississippi: Points of View

Almonte artist Jennifer Noxon cordially invites everyone to the exhibit of her limited edition prints of the Mississippi River. It runs at the Mississippi Mills Municipal Office until July 6, and then moves to the Almonte Library, where it will hang from July 7 to August 11. Here's what Jennifer has to say about her recent work:

The river that runs through Almonte belongs to all of us and none of us. It is precious, and powerful. Of late, the future of Almonte's Mississippi has been the focus of much emotion, discussion, and controversy. Though difficult, it has forced the members of this community to wake up and ask ourselves what the river means to us, and what we want it to "look like" in the future. Important questions. It is essential that the solution benefit the residents of Almonte for years to come.

Since moving to Almonte in 2002, I have walked around and across this river, and have paddled its waters many times. In recent months, I did this with the intention of capturing its many views in original paintings. In so doing, I became more conscious of the way our river intersects with its banks, the bridges, automobiles, humans, the sky, and the architecture. In fact, the most impressive thing is that the four bridges (yes, four!) in down-

town Almonte allow us to view the town from many different levels and angles. I hope this series of limited edition prints will help you to relish "our" river with fresh eyes.

Sarah Moffat's Art at Alice's

Here's a summer treat for the eyes — works by Sarah Moffat will be on display at Alice's Village Café <alicesvillagecafe.com> from July 1 to August 31. Her distinctive images of trees, flowers and water plants often incorporate metallic foils and textures, thereby creating a unique depth and interpretation with each new piece. Having spent fifteen years in the specialty wall finishes business, Sarah acquired an indispensable knowledge of colour and visual integrity that she now brings to her works on a smaller, more portable scale.

Alice's is located at 3773 Carp Road in the village of Carp, and is open seven days a week.

You can also contact Sarah through her website <sarahmoffat.com>, where you can see more gorgeous images and get updates about her new studio and gallery currently being built in Carleton Place. She describes it as a "3400-square-foot super-bright commercial space that will be set up to support openings and other events". Stay tuned for a grand opening and regular hours coming in late August!



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in
Almonte

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We're Turning 5!

OK, we (Mary and Terry) are a bit older than that, but **Mill Street Books** will be five years old on **Saturday, July 11** and we would love you to celebrate with us!

In addition to great deals on select Usborne books, refreshments, and lots of smiles, we will be joined by some special guests:

Storyteller Supreme **Jan Andrews**
(11:30am-1pm)

Film Critic **Robert Fontaine** (1-3pm)

*Special thanks to our many customers
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Book Club: A Secret Music by Susan Doherty Hannaford
July 29 at 7pm

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A Ton of Fun in Perth!

Well, July is a magnificent month, isn't it? Kids running through summer sprinklers and people plunging into lakes; cold pints on the patio, burgers on the BBQ, cold cuts and cottages; fireworks and free music in the park. It's a beautiful time of year, and there is, in Perth as elsewhere, so much to do.

Antique lovers will want to make it out to the Royal Canadian Legion on July 4 and 5 for the 30th annual **Perth Antique Show**. This wonderful two-day event will take you back in time, and hopefully you'll find a treasure or two from one of the many

by John Pigeau

antique dealers on site, both inside the Legion and outside along the Tay Basin. You'll find glass, china, silver, textiles, jewellery, brass, tools, furniture, folk art and a surfeit of retro collectibles. Admission is \$7 for both days. If it's sunny, wear a hat! The antique show runs from 10AM to 4PM each day. The Legion is located at 26 Beckwith Street East. For more information, you can call 283-5270 or visit <perthantiqueshow.com>.

To me, summer means spending time with family. If you have any fishing enthusiasts in your family, you'll want to take advantage of **Ontario Family Fishing Week**, which runs from July 4 to the 12. During that week, you can fish license-free on any lake or river in Ontario. It's also a great opportunity to introduce a friend to fishing — people like me, perhaps, who dislike handling worms but love the outdoors. For more information, please visit <ontariofamilyfishing.com> or call 705-748-6234.

Unquestionably, one of the prettiest places to spend time in Perth in the summertime is Stewart Park. Add the delightful music of the **Perth Citizens' Band**, and you've got yourself one enchanting evening. The band will be playing two summer concerts in the bandstand behind Town Hall in July, on the 9th and the 23rd. Bring a comfy lawn chair and enjoy a free evening of entertainment in a majestically beautiful setting. Both concerts begin at 7:30PM.

An especially fun part of the **Stewart Park Festival**, which takes place in the park July 17-19 (please see page 4 for details about the festival, or visit stewartparkfestival.com), is the 2015 **Great Tay Duck Race**. Organized in part by the Lion's Club of Perth, this is a really fun and entertaining fundraiser that takes place at noon on the Sunday of the festival, with all moneys raised supporting Perth's Youth Action Kommittee (YAK). Buy yourself a duck for \$5 — or buy yourself a doodle of ducks! — and you



Lots of the action in Perth this month takes place in beautiful Stewart Park (photo by Graham Sibthorpe)

could be the grand prize winner. (Pro tip: for good luck, make sure you nickname your ducks. "Go, Einstein, go!") Tickets are available at YAK or from Perth Civitan Club Members. You will also find tickets for sale at some events, festivals, and local stores around Perth between now and race day. YAK is a wonderful charitable organization that works to provide opportunities, support, resources, information, training and encouragement to youth in Perth and the surrounding rural area.

If you find you're getting too much sun and wish to spend some quality time indoors, some summer theatre might be in order. Thankfully, in Perth, there's a lot of that! One great show opens July 24 at the air-conditioned Full Circle Theatre, when BarnDoor Productions stages its 102nd production, Shakespeare's timeless and controversial romantic classic, **The Merchant of Venice**. The show features a blend of newcomers and talented BarnDoor Productions veterans, says producing director David Jacklin. Playing the Merchant is David Bird, while Chris Angel takes on the romantic lead and Kristy Angel is Portia. Scott Duncan plays triple duty as Gratiano and both of the princes who hope to marry Portia. The production also features Julia Bryant, Ian Jenner, John Stevens, and Brandon Halladay. Joe Laxton, who recently starred — and I've heard was remarkable — as Willy Loman in BDP's production of *Death of a Salesman*, will play the complex character of Shylock.

Show dates are July 24, 25, 30, and 31, and August 1 at 7:30PM; July 26 and August 2 at 1:30PM. You can reserve tickets for \$20 by calling 267-1884, or you can buy tickets at the door for \$22. Tickets are cash only, HST-free, and without convenience fees. The Full Circle Theatre is located at 26 Craig Street. Find details at <barndoorproductions.ca>.

Support local artists! And have a great summer!



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from July 1 to August 31

Alice's is located at 3773 Carp Road in the village of Carp,
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Eye Candy to Savour and Smell

When we head out to a greenhouse, we take my imaginary friend, Prudence. She sits in the back seat and grumps, because she knows she has a huge responsibility. She's got to guard the family purse, an onerous task when we get there.

The worst place to take her is **Whitehouse Perennials Nursery and Display Gardens** at 594 Rae Road off Highway 29. We're no sooner past the garden gate when she's out of the car, grabbing everything in sight and wanting it all. She sets her eye first on Bonsai-sized trees, then hostas, then grasses, then anything with a brilliant flower. She's abandoned her role, and we're done for!

Suzanne Patry and Bruce Trites have created an oasis of "gorgeous" around their home and display garden. From its inception in 1988, the goal was to create a nursery that would be much more than rows of pots on a bench. It started with a woodland garden shaded by towering trees, the perfect setting for hostas, ligularia, goatsbeard, ferns, and other shade plants. Mercifully, most of the plants are labelled, leading the gardener straight into the protected greenhouse where many of the species are set out for sale. The hostas range in size from tiny Blue Mouse Ears, to large variegated specimens that provide spectacular backdrops for other plants.

The perennial plant benches groan under specimens of rare and unusual plants — peonies, clematis, baptisia, iris and sempervivums. Tori Renaud, assistant to Suzanne and Bruce, admits to her favourites: the agastache and nepeta, both blue and fragrant. She's been working at Whitehouse for two years, and credits Suzanne with being a gracious mentor throughout her Horticulture course at Algonquin. Her eye for colour combinations and her extensive plant knowledge are keys to designing a beautiful full-season garden. It's no wonder Tori had plant withdrawal during the winter after working at Whitehouse.

While Prudence is deciding which ones she'll make us buy this time, we can wander through the sunlit display gardens, past beds where alliums (purple globes of starry flowers), Macleaya plume poppies (soaring head-high), waving grasses, peonies, daisies, red poppies, iris, ground covers and even cacti are patiently waiting the arrival of the day lilies. Already some of the smaller ones are putting forth yellow flower spikes.

Experience Bloomfest

However, we've come to see what awaits just beyond the display garden, past the little pond, and through the woods: the veritable paradise that is 2½ acres of day lilies all in bloom at once. Unbeliev-

able!! BloomFest in July would rival every grand garden you have ever imagined: thousands of day lilies, from short yellow fluted flowers to tall bronze or orange blooms, carried on strong stems that create a sweep of sunlight against the dark woods beyond. Hundreds of people descend on the garden to see this display in July, and the joy of the visit is that they can buy their favourites. Bruce is kept busy digging and delivering clumps of healthy lilies from the fields. Poor Prudence is overcome!

Suzanne and the entire staff at Whitehouse are professed plantaholics themselves, and are quite happy to admit others to this esteemed society. They can offer advice on every aspect of plant materials: those that will thrive, those that are borderline, and even those that will become invasive. The latter they don't sell!

They are adamant that plants be able to live up to our expectations of survival in our particular gardening zones, to the point where they have test beds for new varieties. They know their clientele well, and are happy to cater to the peony queen, the hosta aficionado, or the day lily addict, with rare and novel varieties.

Whether your garden is postage-sized or gigantic, Whitehouse Perennials will have the very thing you need. They will help you create a fairy garden in a flower pot with tiny ferns and hostas, or a spectacular border with lilies, poppies and grasses, fit for an estate. You can wander the paths, take pictures a-plenty, dream of your own garden paradise, ask for advice, and talk with the friendly staff. We come to this garden often as the summer progresses, to check out the beauty it provides. I think it's safe to say, you'll have to bring your own Prudence the next time you come, and she will run amok the same way mine does! Nothing gives you more bang for your buck than a plant that will last for years... accompanied by the desire to add a second one to it!

The website for Whitehouse Perennials, <whitehouseperennials.com>, is inspiration on its own, but nothing compares to the lilies of the field in July. "...not even Solomon in all his glory clothed himself like one of these."

— Glenda Jones



The stunning display gardens at Whitehouse Perennials are always a visual treat, but especially so in July when their fields of day lilies are in their full glory for Bloomfest

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Fri. July 3 **Young Petty Stones**: Music of Neil Young, Tom Petty + The Rolling Stones 8-11, \$10
Sat. July 4 **Jeff Callery** (Country/Rock Guitar) 6-9
Thu. July 9 **Helen Humphreys** (New York Times Bestselling Author) 4-6
Fri. July 10 **Luther Wright** (Bluegrass/Country/Folk/Guitar) 6-9
Sat. July 11 **Head Over Heels** (Vocal/Guitar Duo) 6-9
Fri. July 17 **John Wilberforce** (Country/Rock Guitar) 6-9
Fri. July 24 **Day Tripper**: Music of The Beatles 8-11, \$15
Sat. July 25 **Stringtease** (Gypsy/Folk/Blues) 6-9

God Bless the Independent Artist

While attending a recent show in Ottawa, I had the opportunity to sit beforehand with the performer, a singer-songwriter one-man-band who was just finishing a two-month tour. The very next day I ran into a Perth friend who is currently on tour with RUSH, helping coordinate their 40th anniversary World Tour for them. It reminded me of just how tough being on the road can be. We think of musical artists, each one with a comfy tour bus and roadies to move stuff and make everything work out, but of course this just isn't the case for most and,

by Steve Tennant

even if it is, it's a crazy life just the same. There's a poster going around on Facebook stating "Musician — person who puts \$5000 worth of gear into a \$50 car to drive 100km for a \$50 gig". When I shared it, I got numerous approvals from my musical friends as this seems to be the "nature of the beast" for lots of them.

My one-man-band friend used to do 300+ shows a year backing up another travelling musician throughout North America, so he was constantly in a different place every night, making the best of it with his other tour mates on the road, hopefully friends, but not always. He reminisced about that life and is now so much happier doing his own thing, being his own boss, content to be making his own music the way he wants. As he states, though, it's a lot of work. He started booking this most recent tour in October of last year, with commitments at enough "anchor" locations to make it worthwhile, then filling in dates around them as best he could. He usually played 5-7 nights a week, all one-nighters, often driving for hours between gigs. As he says, now, if he wakes up at 10:30AM and wants to check out a good guitar shop a hundred miles away, he doesn't have to convince the rest of the group, he can just go, which can make a real difference for any artist. It's often a world of faith though too. Many gigs are booked by email, in advance, sometimes with promoters of varying skill and dedication so, until you arrive, often months later to somewhere you've never been before... well, you can imagine all the potential crises. Diverse show locations, times, the different people who attend and what they do while there, broken promises, car problems, equipment hassles, questionable places to spend the night, double bookings... Each booking could become a nightmare or a sweet memory.

My friend touring with RUSH speaks of other tours, where she had to get 200 people (who were all part of the tour) from gig to gig, and how it was like herding cats. The bigger the band, the bigger the entourage, which means there are that many more personalities, dietary concerns and egos to satisfy and deal with. I don't know how long I'd be able to do it. She's amazing though, and she loves it.

So, it's gotta be the love of what they do that keeps them going. A gruelling life, long absences from family and friends, missing many birthday/anniversary celebrations, countless hours on the road with questionable food along the way, yet they continue. I, for one, am grateful they do.

Upcoming Events

- July 5: **The Once** at North on 29. The venue is a lovely restored barn just north of Carleton Place that is bringing in a host of great talent. It's now run by the owner of Neat Café of Burnstown. This show is \$52.50, and you can check out others at <northon29.com>.
- July 14: **Danny Michel and Garifuna Collective** also at North on 29 — always an eclectic show — for \$35.
- July 17, 18, 19: **Stewart Park Festival** — the 25th edition! Three glorious days of live music, family fun and crafts in the majestic Stewart Park, behind Perth's Town Hall, entry by donation. Listen to the sweet sounds of Catherine MacLellan, Sweet Alibi, Dave Gunning, and many more, not to mention song circles on the Wendy Laut Acoustic Stage. Stay around for After Hours where, by purchasing a pass, you can enter several local restaurants and venues where many of the groups from the park will play nightly. Plan to dance the night away at the Crystal Palace... Find more details at <stewartparkfestival.com>.
- July 17: **Dave Gunning** at the Sharbot Lake Inn. One of the East Coast's finest singer/songwriters — the vivid musical stories he creates are something to behold. \$50 for a nice dinner and show. Call Sandra at 279-2198 for reservations.
- July 27: **Valdy**, the one and only, at the Sharbot Lake Inn. \$65 for dinner and the show. Call for reservations.
- Support live music everywhere!

See More Online!

Read more about Steve's musical friends at <thehummm.com>!

July

Fiddleheads (Perth, 267-1304): Sundays

Clay Young Jazz Brunch, 12-3PM
Jul 5 Jim McCreavey, Clay Young
Jul 12 Craig Kennedy, Clay Young
Jul 19 Sol Gunner, Clay Young
Jul 26 Clay Young & guest

Golden Arrow Pub (Perth, 267-4500):

9PM. Wed Karaoke, Thurs Open Mic
Jul 3, 18, 31 Brea Lawrenson
Jul 4 Texas Tuxedo
Jul 10 The Ramblers
Jul 11 Riley White
Jul 17 Riq Turner Band
Jul 24 Riq Turner unplugged
Jul 25 Jerry Lee

The Cove (Westport, 273-3636): Wed

Shawn McCullough 7-10PM; Thurs Jazz w/Spencer Evans 9-11PM, \$5; Sun Head Over Heels on the Patio 12:30-3:30PM
Jul 3 Young Petty Stones, 8-11pm, \$10
Jul 4 Jeff Callery, 6-9PM
Jul 10 Luther Wright, 6-9PM
Jul 11 Head Over Heels, 6-9PM
Jul 17 John Wilberforce, 6-9PM
Jul 24 Day Tripper, 8-11PM, \$15
Jul 25 Stringtease, 6-9PM

The Swan at Carp (Carp, 839-7926):

Jul 10, 24 Steve Barrette Trio, jazz, 7-10PM, no cover

The Royal Oak (Kanata, 591-3895): jazz

on Sun, no cover, 2-5PM
Jul 5, 19 APEX Jazz Band
Jul 12, 26 Magnolia Rhythm Kings

Ballygiblin's (CP, 253-7400), no cover

Jul 2 6-9PM Jazz at Bally's

Neat Coffee Shop (Burnstown, 433-3205): 8PM

Jul 4 The Once, \$52.50
Jul 15 Danny Michel w/Garifuna Collective, \$35
Jul 18 My Son the Hurricane, \$20
Jul 22 Ash Grunwald, \$35
Jul 29 Soundcheck, free

Naismith Pub (Almonte, 256-6336):

Wed Open Celtic Jam, 7:30-10PM

Sharbot Lake Inn (279-2198):

Jul 17 Dave Gunning, \$50 dinner/show
Jul 27 Valdy, \$65 dinner/show

North on 29 (CP, 253-2276): 8PM

Jul 5 The Once, \$52.50
Jul 14 Danny Michel w/Garifuna Collective, \$35
Jul 21 Ash Grunwald, \$35
Jul 22 Hey Rosetta!, \$65

Carp Masonic Lodge: Mon Carp Celtic

Jam, 7-9PM

The Barley Mow (Almonte, 256-5669):

Thursdays Ramblin' Valley Band, 8PM
Jul 1 The Jimmy Tri-Tone Band, 4:30PM
Jul 3, 24 The Jimmy Tri-Tone Band, 9PM
Jul 12 Clever Mess Jazz Club, 2-5PM

O'Reilly's Pub (Perth, 267-7994): Tues

Brock Zeman & Blair Hogan 8:30PM;
Wed Acoustic Stage w/Dave Balfour 8PM
Jul 12 Kelly Sloan on the patio, 1-4PM

Love That Barr (Pakenham, 624-2000):

Thursdays Open Mic w/Jimmy Tri-Tone Band, 8PM

Alice's Village Café (Carp, 470-2233):

Open Mic Thursdays, 7:30PM

John St. Pub (Arnprior, 623-8149): 9PM,

\$10 unless noted
Jul 1 Just Puppets & River City Radio, 10PM, \$5

Jul 12 Diamonds w/Hellbros, 8:30PM

Jul 17 Summer Metal Meltdown

Jul 18 Permanent Waves (RUSH trib.)

Jul 25 April Hate (Nirvana tribute)

Jul 31 Porn (Korn tribute)

Generations Inn (CP, 253-5253):

Jul 26 The NightCrawlers acoustic blues, 6-9PM, no cover

The Waterfront Gastropub (CP,

257-5755): Wed Open Jam 9PM; Thurs

Karaoke 9PM; Fri DJ Whisper (Top 40)

10PM; Acoustic Sat 3-6PM & 9PM; Sun

Blues 3-6PM

Jul 17 Jazz at the Waterfront, 7-10PM,

no cover

Pub Crawling

Fiddleheads Bar and Grill, Perth

Sunday Jazz

Clay Young, Piano, and Various Artists
Sundays from Noon to 3PM
Swingin' Jazz Standards

Seeking musical accompanist

Trinity-St. Andrew's United Church, Renfrew is seeking a music accompanist to start in September of 2015. This person shall provide musical accompaniment for all regular worship services.

The total time commitment is 4 hours per week. An honorarium is provided.

Interested applicants shall submit their resumes by email, at office@tsarenfrew.ca, before Friday, August 7, 2015.

If you have any questions, please call 613-432-2285.



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Bridge St. Bazaar, Carleton Place, Aug 1
The Merchant of Venice, Perth, Aug 1-2
Wait Until Dark, Perth, Aug 7-30
Puppets Up!, Almonte, Aug 7-9
Quilts on the Tay, Perth, Aug 7-9
Naismith Basketball 3 on 3, Almonte, Aug 8
Garlic Festival, Perth, Aug 8-9
Garlic Festival, Carp, Aug 8-9
A Little Princess, Smiths Falls, Aug 13-23
The Cemetery Club, Perth, Aug 13-23
Pakenham Fair, Aug 15
MUSICwestport, Aug 15
Barns, Farms and Wicked Chefs, Perth, Aug 22
North Lanark Highland Games, Almonte, Aug 22
Perth Fair, Sep 4-7
Renfrew Fair, Sep 9-13
Fibrefest, Almonte Sep 12-13
Middleville Fair, Sep 19
Carp Fair, Sep 24-27
Take Back the Night, Sep 24
Neat in the Woods, Burnstown, Sep 26
McDonalds Corners Fair, Sep 26
Fall Colours Nature Walk, Blueberry Mountain, Oct 4
Crown & Pumpkin Studio Tour, Mississippi Mills, Oct 10-12
Perth Autumn Studio Tour, Perth area, Oct 10-12
Sadie Flynn Comes to Big Oak, Smiths Falls, Oct 15-25
Red Green, Perth, Oct 18
LCIH Women's Fair, CP, Nov 7
Puss In Boots panto, Smiths Falls, Dec 3-13
Kintail Country Christmas, Almonte, Dec 15
Toronto All-Star Big Band, Perth, Apr 15

Festivals



Canada Day Eve, Jun 30, BBQ (5-7), 7PM parade, live entertainment til fireworks. Pakenham

Canada Day Music & More, Jul 1, 12-10PM. Live music & kids activities; fireworks. Riverside Park, West end of John St., CP.

Canada Day Music & More, Jul 1, from 3:30PM. Kids' fun, live music, BBQ, fireworks. Gemmill Park, Almonte. 256-1077, explore-mississippimills.ca

Canada Day... Everywhere!, Jul 1. Stay in town or head to another — most have something going on today.

Almonte Celtfest, Jul 10-12. Celtic music/dance weekend. Fri night music (pubs). Sat AM workshops, 12-10PM festival (Gemmill Park). Sun 10:30AM Fiddle Mass, 12-6PM festival (Gemmill Park). Local pubs, Almonte & Pakenham. almonteceltfest.com

Highlands Heritage Day, Jul 11, 9AM-4PM. Middleville Fairgrounds & Museum. 1PM parade. 259-5462. \$5; Kids 6 & under free

Almonte Fair, Jul 17 (1-10PM), 18 (8AM-10PM), 19 (8AM-3PM). Midway bracelets or tickets extra. Almonte Fairgrounds, almontefair.ca. \$10

Stewart Park Festival, Jul 17 (1-9PM), Jul 18 (11AM-8:30PM), Jul 19 (12-5PM). Free music & kids shows. After hrs: \$20 for weekend (4 venues). Stewart Park, Perth. stewart-parkfestival.com. Donations welcome

Herbfest, Jul 26, 9AM-5PM. Vendors, health, food, cook-off, talks, walks, entertainment. The Herb Garden, 3840 Old Almonte Rd., Almonte. 256-0228, herbfcst.ca. \$5; \$4 in adv. \$2 parking. Family pass available

WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<p>29</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎵 Canada Day Eve, Pakenham</p> <p>🎵 Canada Day Pre-Party, The Cove</p> <p>🎵 Labyrinth Walk, Carleton Place</p> <p>🎵 Ted Lalonde, Golden Arrow</p>	<p>🎵 Canada Day... Everywhere!</p> <p>🎵 Acoustic Stage, O'Reilly's Pub</p> <p>🎵 Canoe & Kayak Race, Almonte</p> <p>🎵 Ken 'The General' Grant, Almonte</p> <p>🎵 Jimmy Tri-Tone Band, Barley Mow</p> <p>🎵 Just Puppets & River City Radio, John St. Pub</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Perth Paddlefest</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Seniors' Hootenanny, Beckwith</p> <p>🎵 Shawn McCullough, The Cove</p>	<p>🎵 Afiara String Quartet, Westport</p> <p>🎵 Jazz at Bally's, Ballygiblin's</p> <p>🎵 Jazz Night, The Cove</p> <p>🎵 Karaoke, Waterfront Gastropub</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic, Golden Arrow</p> <p>🎵 Open Mic w/Jimmy Tri-Tone Band, Love That Barr</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Ramblin' Valley Band, Barley Mow</p>
<p>6</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎵 Community Justice Program Celebration, Almonte</p> <p>🎵 Green Drinks, Perth</p> <p>🎵 Labyrinth Walk, Carleton Place</p>	<p>🎵 Acoustic Stage, O'Reilly's Pub</p> <p>🎵 Adult Bereavement Group, Perth</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎵 KEWT (Tufts/Briggs) w/Delaney Grant, BBQ, Almonte</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam, Waterfront Gastropub</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Shawn McCullough, The Cove</p>	<p>🎵 Jazz Night, The Cove</p> <p>🎵 Karaoke, Waterfront Gastropub</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Narnia, Perth</p> <p>🎵 Helen Humphreys, Westport</p> <p>🎵 Open Mic, Golden Arrow</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic w/Jimmy Tri-Tone Band, Love That Barr</p> <p>🎵 Perth Citizen's Band, Perth</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Ramblin' Valley Band, Barley Mow</p>
<p>13</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎵 Danny Michel w/Garifuna Collective, North on 29</p> <p>🎵 Labyrinth Walk, Carleton Place</p>	<p>🎵 Acoustic Stage, O'Reilly's Pub</p> <p>🎵 Barefoot in the Park, Perth</p> <p>🎵 Danny Michel w/Garifuna Collective, Neat</p> <p>🎵 Jimmy Tri-Tone Band w/Foolish Heart, Potluck, Almonte</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam, Waterfront Gastropub</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Shawn McCullough, The Cove</p>	<p>🎵 Barefoot in the Park, Perth</p> <p>🎵 Flippin' Art Night, Carleton Place</p> <p>🎵 Jazz Night, The Cove</p> <p>🎵 Karaoke, Waterfront Gastropub</p> <p>🎵 Farm to Table, Munster</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Open Mic, Golden Arrow</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic w/Jimmy Tri-Tone Band, Love That Barr</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Ramblin' Valley Band, Barley Mow</p>
<p>20</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>🎵 Ash Grunwald, North on 29</p> <p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎵 Labyrinth Walk, Carleton Place</p>	<p>🎵 Acoustic Stage, O'Reilly's Pub</p> <p>🎵 Ash Grunwald, Neat</p> <p>🎵 Barefoot in the Park, Perth</p> <p>🎵 Hey Rosetta!, North on 29</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam, Waterfront Gastropub</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Shakespeare in the Park, McDonalds Corners</p> <p>🎵 Shawn McCullough, The Cove</p> <p>🎵 Strawberry Jam Dixieland Band w/Elementals, BBQ, Almonte</p>	<p>🎵 Barefoot in the Park, Perth</p> <p>🎵 Jazz Night, The Cove</p> <p>🎵 Karaoke, Waterfront Gastropub</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Open Mic, Golden Arrow</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic w/Jimmy Tri-Tone Band, Love That Barr</p> <p>🎵 Perth Citizen's Band, Perth</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Ramblin' Valley Band, Barley Mow</p>
<p>27</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p> <p>🎵 Valdy, Sharbot Lake Country Inn</p>	<p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎵 Labyrinth Walk, Carleton Place</p>	<p>🎵 Acoustic Stage, O'Reilly's Pub</p> <p>🎵 Adult Bereavement, Smiths Falls</p> <p>🎵 Barefoot in the Park, Perth</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎵 Neat Soundcheck, Neat</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam, Waterfront Gastropub</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Ramblin' Valley Band & youth entertainers, Potluck, Almonte</p> <p>🎵 Shawn McCullough, The Cove</p>	<p>🎵 Barefoot in the Park, Perth</p> <p>🎵 Jazz Night, The Cove</p> <p>🎵 Karaoke, Waterfront Gastropub</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Open Mic, Golden Arrow</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic w/Jimmy Tri-Tone Band, Love That Barr</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Ramblin' Valley Band, Barley Mow</p> <p>🎵 The Merchant of Venice, Perth</p>

Visual Arts

Opening: Stefan Thompson, Jul 3, 7-9PM. Leaf People — a collection of new shapings and paintings. General Fine Craft, Almonte. 461-3463, generalfinecraft.com

Art by the Lake - Westport, Jul 4, 10AM-4PM. 19 artists in tents on the beach. Local music. Westport Lions Club Beach, Sand Lake. 273-9222, artbythelakewestport.ca

Rideau Lakes Studio & Garden Tour, Jul 4-5, 10AM-5PM. Art for home & garden. Rideau Lakes area. 272-2604, rideaulakesstudioandgardentour.com

Vernissage: Almonte Crazy Quilters, Jul 4, 2-4PM. 25th anniversary quilt show. Mississippi Valley Textile Museum, Almonte. 256-3754, mvtm.ca

Art In The Barn, Jul 10 (6-8PM), Jul 11-12 (10AM-4PM). Rideau Lakes Artists' Assoc. show/sale. Lombardy Fairgrounds, Hwy 15, Smiths Falls. rideaulakesartists.com

Art in the Park, Jul 11 (9AM-5PM) & Jul 12 (9AM-4PM). Renfrew Art Guild's show. Battle of the Canvas, Kids' Zone, Graffiti Board. Haramis Park, Renfrew. renfrew-artguild.com

Flippin' Art Night, Jul 16, 5-7PM. Pauline Bean and Pat Purdy. Arts CP. Ballygiblin's, Carleton Place. 253-7400, artscarleton-place.com. Free

Mini Fibre Festival, Jul 25. Local fibre producers & artisans. MERA Schoolhouse, McDonalds Corners. fibreroads.ca

Youth

The Academy for Musical Theatre presents **Academy Idol 2015** (Jul 3, 7PM); **Narnia: The Lion, the Witch and the Wardrobe** (July 9-10, 7PM); **Glee!** (Jul 17, 7PM). Full Circle Theatre, Perth. ticketsplease.ca. \$12

Stewart Park Festival presents **Rock the Arts Puppet Show** (Jul 18, 2PM); **AI Simmons** (Jul 19, 2PM). Studio Theatre, Perth. stewartparkfestival.com. Free

Theatre

Perth Through the Ages, Wed-Sun, 11AM. Theatrical historic walking tour. From St. James Anglican, Perth. 1-877-283-1283, classictheatre.ca. \$15; 12 and under 1/2 price

Yesteryear, Jul 3-4 at 8PM; Jul 5 at 2PM. Effervescent comedy. Studio Theatre, Perth. 267-6817, studiotheatreperth.com

Barefoot in the Park, Jul 10 -Aug 2. 2PM W-Su, 8PM W,Th, Sa. Neil Simon's comedy by Classic Theatre Festival. St. James Anglican Church, Perth. 1-877-283-1283, classictheatre.ca

Lonely Ghosts Walk, every Friday, 8PM. Characters lead you through town. From St. James Anglican Church, Perth.

1-877-283-1283, classictheatre.ca. \$15; 12 and under 1/2 price

Shakespeare in the Park, Jul 22, 7PM. Company of Fools: *The Comedy of Errors*. 5PM market supper. MERA Schoolhouse, McDonalds Corners. fools.ca. Pass-the-hat (suggested \$15)

The Merchant of Venice, Jul 24-25. 30-31, Aug 1 at 7:30PM, and Jul 26, Aug 2 at 1:30PM. Full Circle Theatre, Perth. 267-1884, barndoorproductions.ca. \$22; \$20 adv; \$10 students

Literature

Book signing: Ken 'The General' Grant, Jul 1, 11:30AM-1PM. Mill Street Books, Almonte. 256-9090, millstreet-books.com

NY Times Author Helen Humphreys, Jul 9, 4-6PM. The Cove Inn, 2 Bedford St., Westport. 273-3636, coveinn.com

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Academy Idol 2015, Perth All You Can Eat Fish Fry, White Lake Brea Lawrenson, Golden Arrow DJ Whisper, Waterfront Gastropub Jimmy Tri-Tone Band, Barley Mow Opening: Stefan Thompson, Almonte Perth Through the Ages, Perth The Calling, Almonte Yesteryear, Perth Young Petty Stones, The Cove 	<ul style="list-style-type: none"> Acoustic Saturdays, Waterfront Gastropub Art by the Lake - Westport, Westport Bird Hike, Perth Jeff Callery, The Cove Perth Antique Show & Sale, Perth Perth Through the Ages, Perth Rideau Lakes Studio & Garden Tour Texas Tuxedo, Golden Arrow The Jimmy Tri-Tone Band, CP The Once, Neat Vernissage: Almonte Crazy Quilters, Almonte Yesteryear, Perth 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Clay Young Duo Jazz Brunch, Fiddleheads Bar & Grill Head over Heels (Patio), The Cove The Heartbeats, Robert Simpson Park Perth Antique Show & Sale, Perth Perth Through the Ages, Perth Rideau Lakes Studio & Garden Tour Strawberry Social, Pakenham Sunday Blues, Waterfront Gastropub The Once, North on 29 Valley Singles Lunch, Arnprior Yesteryear, Perth
<ul style="list-style-type: none"> Almonte Celtfest, Almonte & Pakenham Art In The Barn, Smiths Falls Barefoot in the Park, Perth DJ Whisper, Waterfront Gastropub Lonely Ghosts Walk, Perth Luther Wright, The Cove The Lion, the Witch and the Wardrobe, Perth Perth Through the Ages, Perth Steve Barrette Trio, The Swan at Carp The Ramblers, Golden Arrow 	<ul style="list-style-type: none"> Acoustic Saturdays, Waterfront Gastropub Almonte Celtfest, Almonte Art In The Barn, Smiths Falls Art in the Park, Renfrew Barefoot in the Park, Perth Bird Hike, Perth Book signing: Robert Fontaine, Almonte Fish Fry Fundraiser, Bolingbroke Head over Heels, The Cove Highlands Heritage Day, Middleville Picnic Like It's 1915, Carleton Place Riley White, Golden Arrow Storyteller Jan Andrews, Almonte 	<ul style="list-style-type: none"> Almonte Celtfest, Almonte Art In The Barn, Smiths Falls Art in the Park, Renfrew Barefoot in the Park, Perth Clay Young Duo Jazz Brunch, Fiddleheads Clever Mess Jazz Club, Barley Mow Diamonds w/Hellbros, John St. Pub Fish Fry Heels (Patio), The Cove Blue Page Trio, Robert Simpson Park Kelly Sloan on the Patio, O'Reilly's Pub Magnolia Rhythm Kings, The Royal Oak Stories & Songs at the Spring, Westport Sunday Blues, Waterfront Gastropub
<ul style="list-style-type: none"> Almonte Fair, Almonte Barefoot in the Park, Perth Dave Gunning, Sharbot Lake Country Inn DJ Whisper, Waterfront Gastropub Free Day-Use at All Provincial Parks Glee!, Perth Jazz at the Waterfront, Waterfront Gastropub John Wilberforce, The Cove Lonely Ghosts Walk, Perth Perth Through the Ages, Perth Riq Turner Band, Golden Arrow Stewart Park Festival, Perth Summer Metal Meltdown, John St. Pub 	<ul style="list-style-type: none"> Acoustic Saturdays, Waterfront Gastropub Almonte Fair, Almonte Barefoot in the Park, Perth Brea Lawrenson, Golden Arrow Eganville to Fourth Chute Paddle/Fiddle My Son the Hurricane, Neat Permanent Waves (RUSH Tribute), John St. Pub Perth Through the Ages, Perth SPF: Rock the Arts Puppet Show, Perth Stewart Park Festival, Perth 	<ul style="list-style-type: none"> Almonte Fair, Almonte APEX Jazz Band, The Royal Oak Barefoot in the Park, Perth Clay Young Duo Jazz Brunch, Fiddleheads Head over Heels (Patio), The Cove Simon Clarke, Robert Simpson Park Perth Through the Ages, Perth Silver Queen Mine Open House, Perth SPF: Al Simmons, Perth Stewart Park Festival, Perth Sunday Blues, Waterfront Gastropub
<ul style="list-style-type: none"> Barefoot in the Park, Perth Day Tripper (Beatles cover), The Cove DJ Whisper, Waterfront Gastropub eTourism Panel Discussion, Smiths Falls Jimmy Tri-Tone Band, Barley Mow Kelly Sloan, Almonte Lonely Ghosts Walk, Perth Perth Through the Ages, Perth Riq Turner unplugged, Golden Arrow St. Andrew's Celebration and Dance, Pakenham Steve Barrette Trio, The Swan at Carp The Merchant of Venice, Perth 	<ul style="list-style-type: none"> Acoustic Saturdays, Waterfront Gastropub Farmers' Market Birthday Party, Almonte April Hate - Nirvana Tribute, John St. Pub Auditions - Voice of the Rideau, North Crosby Barefoot in the Park, Perth Community Dragon Boat Festival, Arnprior Jerry Lee, Golden Arrow Mini Fibre Festival, McDonalds Corners Perth Through the Ages, Perth Stringtease, The Cove The Merchant of Venice, Perth Recipes for Backyard Produce, Almonte 	<ul style="list-style-type: none"> Barefoot in the Park, Perth Cattail Pollen Walk, Perth Clay Young Duo Jazz Brunch, Fiddleheads Head over Heels (Patio), The Cove Herbfest, Almonte Jamie Bentz, Robert Simpson Park Magnolia Rhythm Kings, The Royal Oak Perth Through the Ages, Perth Silver Queen Mine Open House, Perth Stories & Songs at the Spring, Westport Sunday Blues, Waterfront Gastropub The Merchant of Venice, Perth The NightCrawlers, Generations Inn
<ul style="list-style-type: none"> Barefoot in the Park, Perth Brea Lawrenson, Golden Arrow Breakfast with Soul, Almonte DJ Whisper, Waterfront Gastropub Lonely Ghosts Walk, Perth Perth Through the Ages, Perth Porn - Korn Tribute, John St. Pub The Merchant of Venice, Perth 	<p>The Mill of Kintail presents Tea on the Lawn, every Wed. and Sat. from 2-4PM. 256-3610</p> <p>Whitehouse Perennials presents Bloomfest (July 22-31) <whitehouseperennials.com></p> <p>Alice's Village Café presents Sarah Moffat's paintings <alicesvillagecafe.com></p> <p>The Diefenbunker presents "Geometries & Auralities of Survival" by Jesse Stewart [from Jul 9]</p> <p>Fairview Manor Lobby presents Frank Van Oort's etchings</p> <p>FIELDWORK presents outdoor art <fieldworkproject.com></p> <p>General Fine Craft presents Stefan Thompson's Leaf People <generalfinecraft.com></p> <p>MVTM presents the Almonte Crazy Quilters' "Inspired Creations" <mvtm.ca></p> <p>Palms Coffee Shop presents works by Jill McCubbin <palmsonline.ca></p> <p>Sivarulrasa Studio presents Eliane Saheurs' "Enchanted Spaces" <sivarulrasa.com></p> <p>The Mississippi Mills Chambers Gallery presents Ronny Ritschel's photography</p> <p>The Almonte Library Corridor Gallery presents "Almonte's Mississippi: Points of View" by Jennifer Noxon</p>	

Book signing: Robert Fontaine, Jul 11, 1-3PM. Mill Street Books, 52 Mill St., Almonte. 256-9090, millstreetbooks.com

Storyteller Jan Andrews, Jul 11, 11:30AM-1PM. Storyteller/children's book author helps MSB celebrate 5th anniversary. Mill Street Books, Almonte. 256-9090

Music

Seniors' Hootenanny, Jul 1, 10AM-12PM, w/Valley Rovers. Bring lawn chair. Beckwith Park. 257-1539

Afiara String Quartet, Jul 2, 6:30PM. w/Ton Beau String Quartet & Odin String Quartet. Westport United Church, 273-2226. \$10 (under 12s free)

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

The Jimmy Tri-Tone Band, Jul 4, 8PM. Slackoni's, 35 Mill St., CP. No cover

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

Jul 5 The Heartbeats

Jul 12 Blue Page Trio

Jul 19 Simon Clarke

Jul 26 Jamie Bentz

Augusta St. Park Wednesdays in July (Augusta/Mercer St., Almonte): 6-8:30PM

Jul 8 KEWT (Tufts/Briggs) & opener Delaney Grant, BBQ

Jul 15 Jimmy Tri-Tone Band & Foolish Heart (Allan Brown), potluck

Jul 22 Strawberry Jam Dixieland Band & Elementals, BBQ

Jul 29 Ramblin' Valley Band & youth entertainers, potluck, 5:30pm

Perth Citizen's Band Outdoor Concert, Jul 9 & 23, 7:30PM. Bring lawn chair or stroll. Stewart Park, Perth. perthband.ca

Stories & Songs at the Spring, Jul 12 (Ross & Joanne Lambert), Jul 26 (Stephanie Doornekamp & Jeff Friesen), Aug 2 (Westport Storytellers & guest). Westport Spring. westportartscouncil.com. free

Kelly Sloan, Jul 24, 7:30PM. Tickets at Baker Bob's, 256-5181, email. Almonte United Church, 106 Elgin St., Almonte. info@kellysloan.ca. \$20

St. Andrew's United Celebration and Dance, Jul 24, 8PM-12AM. Ryan Brothers, Doug Russell, Kyle Felhaver. Silent auction, lunch. Stewart Community Centre, Pakenham. 623-3823. \$15 (under 12s free)

Auditions -Voice of the Rideau Singing Competition, Jul 25, 10AM-4PM. N. Crosby Community Centre, pre-register at westportartscouncil.com

Pub Listings p. 23

Local Food

Strawberry Social, Jul 5, 1-4PM. GF opt. Cedar Hill Schoolhouse, 270 Cedar Hill Side Rd., Pakenham. 256-2830. \$6

Music & Dining: Farm to Table, Jul 16, 6PM. Parisian evening. Classical violin/guitar, gourmet dinner. Saunders Farm, Munster. 241-0777x505, musicandbeyond.ca. \$95

Almonte Farmers' Market Birthday Party, Jul 25, 8:30AM-12:30PM. Celebrate 25 years, with cake, activities & more. Almonte Library. almontefarmersmarket.ca

Workshop: Recipes for Backyard Produce, Jul 25, 10AM-12PM. Almonte Library, 256-1037, kkiddey@mississippimills.ca

Cattail Pollen Walk, Jul 26, 9:30AM-1PM. Harvesting & cooking with cattail pollen. Conlon Farm, Perth. 267-9557. Sugg donation \$10; \$20/fam

Car Show & Shop, Jul 1, 11AM-3PM. Classic cars on Mill St. Retro Rats Band, BBQ, raffles. Downtown Almonte. 222-3778, my68lark@rogers.com

Almonte Canoe & Kayak Race, Jul 1, 9-11AM (8AM reg'n). Canoe, kayak & stand-up paddle board races. All ages. Almonte Fairgrounds. 256-8422, canoebowhunter-ry@gmail.com. \$20

Perth Paddlefest, Jul 1. Put in your canoe, kayak, or other paddle-type boat, paddle to Perth basin. Games, BBQ & more. Perth Outfitters, 21 Craig St., Perth. 1-855-233-2121, perthoutfitters.com

All You Can Eat Fish Fry, Jul 3, 4:30-7:30PM. White Lake United Church, 3 Burnstown Rd.

The Calling, Jul 3, 7-9PM. Open discussion for parents grieving loss of a child. White's, 43 Johanna St., Almonte. 292-3292

Perth Antique Show & Sale, Jul 4-5, 10AM-4PM. Perth Legion, 26 Beckwith St. E. 283-5270, perthantiqueshow.com. \$7

Bird Hike, Jul 4 & 11, 6:30AM. Geared to intermediate to advanced birders who Easy-moderate walk., Murphys Point Provincial Park, Perth. friendsofmurphyspoint.ca. Day-use permit required.

Valley Singles Lunch, Jul 5, 1PM. Singles lunch, all welcome. Jim's Restaurant, 54 Elgin St. W., Arnprior. 623-6698

Community Justice Program Celebration, Jul 7, 6-9PM. BBQ, live music, time capsule. Almonte Old Town Hall. 1-888-264-1558, commjustice.org. Free

Green Drinks, Jul 7, 5:30pm. Informal meeting of environmental folk. Golden Arrow, Perth. GreenDrinks.org

Labyrinth Walk, Tuesdays, 9-10AM. Labyrinth keeper on site. CP & Beckwith Heritage Museum, Carleton Place. 257-1014. Free

Adult Bereavement Group, Jul 8 (1-3PM, Community Home Support, Perth); Jul 29 (1-3PM, Alzheimer's Society, Smiths Falls). 267-6400, rebeccab@chslc.ca. Free

Fish Fry Fundraiser, Jul 11, 2 sittings (5:30PM, 7PM). ABC Hall fundraiser. ABC Hall, Bolingbroke. rphougho@gmail.com, 273-3781

Picnic Like It's 1915, Jul 11, 12-3PM. Bring picnic. Live music, games, displays. CP & Beckwith Heritage Museum, Carleton Place. 253-7013, cpbheritagemuseum.com. \$5 per family

Free Day-Use at All Provincial Parks, Jul 17. ontarioparks.com/hphp

Eganville to Fourth Chute Paddle/Fiddle, Jul 18, 1PM. Register: info@BonnechereRiver.ca. Bring canoe/kayak. Opt: BBQ, music. Bonnechere Caves. CelebrateOurRiver.ca. \$10, \$10 music, \$5 BBQ

Silver Queen Mine Open House, Jul 19 & 26, 10AM-12PM. Murphys Point Provincial Park, Perth. friendsofmurphyspoint.ca

eTourism Panel Discussion, Jul 24, 10AM-1PM. Social media, eCommerce, etc. Lunch. Gallipeau Centre, Smiths Falls. july24e-tourism.eventbrite.ca. \$50

Community Dragon Boat Festival, Jul 25, 8AM-4PM. 200m & 500m races of 20/ person boats competing for Ottawaska 2-River trophy. Robert Simpson Park, Arnprior. arnpriordragonboat.com

Breakfast with Soul, Jul 31, 8-10AM. Breaking bread as a spiritual community to nourish mind, body & spirit. Farmer's, 362 Country St., Almonte. 292-3292

Carleton Place Offbeats Jazz Ensemble Seeks Singers

Calling soprano, alto, tenor and bass singers to the inaugural season of the Carleton Place Offbeats — a vocal jazz ensemble. Recruitment of singers is being spearheaded by Margo Smith, ensemble accompanist and Carleton Place resident, with aid from ensemble member Robert Dueck.

The goal is to recruit nine to twelve singers for this jazz choir of adult women and men. Repertoire will include blues, ballads, bebop and swing tunes, with songs such as *Sentimental Journey*, *Gonna Build a Mountain*, *I've Got the Sun in the Morning*, *Dream*, *Blue Moon*, *High Hopes* (2-part ladies), *Sweet Georgia Brown* (2-part men), and more.

This is your chance to be part of a welcoming, friendly group of folks who enjoy singing, meeting new people, or singing with friends. It is also an opportunity to share this music through performance, as determined by the group, or as opportunities arise from within our communities. A perfect voice is not required, but advantages would include: previous ensemble or choral experience, having a good sense of rhythm to sing offbeat music, singing in various tempos (from fast bebop tunes to languid ballads), singing with blended voice, having a knowledge of basic to intermediate music reading skills, and the ability to sing in parts. An appreciation of this style of music, and feeling the freedom to move with the music, is an essential element. A congenial personality adds to the dynamics for small ensemble singing.

Participation will include two blocks of time, with the fall term running from October to the end of November. Spring term participation would be from February through to the end of March. Rehearsals will be scheduled for Thursdays from 1–3PM, starting on October 1, at the home of Carleton Place resident Margo Smith. Music for each term will be distributed in advance with the requirement that singers have a good understanding of the music prior to the first rehearsal. No membership fee will be required, but members will be asked to purchase the sheet music required each term. Interested? Please send an email to Margo Smith at <CarletonPlaceOffbeats@gmail.com>.

Monthly Foot Care Clinic

Almonte - Old Town Hall
July 13 and August 10, 2015

Fee: \$40.00

For further information and to schedule an appointment please contact:

Helen Harrington RPN Advanced Foot Care Nurse
(613) 219-0120

The Ottawa Valley Music Festival

Peter Morris, Artistic Director
Presents

Young
Stars
Return

3:00 pm Sunday, August 9, 2015
Trinity St. Andrews United Church
291 Plaunt St. S., Renfrew

Adults \$25
Young Adults (under 30) \$10
Students (with ID) \$5

Free Admission for Kids 12 and under
TICKETS AVAILABLE AT THE DOOR,
at www.ottawavalleymusicfestival.ca,
OR CALL 613-649-2429



www.ottawavalleymusicfestival.ca

26

the Humm

Time for a Digital Detox

A mother and father with two toddlers sit ever so quietly in a nice restaurant. No fussing, no whining. It all seems so serene.

Look more carefully, and you notice the youngsters with their heads down, immersed in their tablet computers. So what exactly is the problem here?

Harried parents in North America and Europe are resorting to these digital pacifiers in ever-greater number, allowing technology to intrude more into our children's daily lives. It seems so easy to give a child a mobile phone, tablet or iPad and have them entertained for hours. We even have babyproof iPad covers and iPotties that include built-in iPad stands. Yet experts agree that there must be limits or we risk harming our children's brain development in ways that we are only beginning to comprehend.

The numbers are staggering. A recent study by Common Sense media reports that, in the US, between 2011 and 2013, the number of children up to age 8 who have used mobile devices has almost doubled. In the European Union, things are no different. The London School of Economics noted that: "The substantial increase in usage by very young children has not yet been matched by research exploring the benefits and risks of their online engagement."

Improved access to mobile media devices and applications has underpinned these changes. Sadly, the most common activities cited in these studies are playing games or watching videos.

Still this begs the question: what is wrong with our children growing up using technology in an ever more "wired" world? Experts such as Larry Rosen, a research psychologist and educator, break it down into several areas of concern. Greater use of technology gives children less time to engage in creative time and play. It also prevents the active brain from calming down, a necessary process. Lastly, a child in front of a screen engages less with real people and the physical world. The consequences are not pretty.

There is no denying the seductive appeal of an educational app or e-learning on an iPad. Yet research supporting any benefits from these tools is sorely lacking.

Likewise, a child's play is structured by the program and no longer open-ended.

These limitations on play and learning can be significant. Educators who do long-term research are noting a significant decrease in younger children's creativity.

True creativity comes from freedom to simply "play" and let the mind wander. Scientists have found what they call a Default Mode Network that operates when children daydream and let their minds wander. According to Rachel Longford, from the School of Early Childhood Studies at Ryerson University in Toronto: "The value of unstructured play for cognitive development can't be overstated." This is when the truly "ah ha" creative moments are born.

We have also come to devalue "down time". Excessive screen time deprives a child of necessary brain calming. The brain needs a break as it cycles from activity to rest. When it calms down, a state of involuntary attention is achieved, and this is much less activating and energy sapping. The Default Mode Network is therefore enabled, which fosters creativity.

The two-dimensional world of the screen is also no substitute for real interaction with the physical world and other people. Children must have opportunities to explore, experiment and engage with their physical environment. In this manner, they employ all the senses, while activating and solidifying neural connections in their developing brains. This happens less in front of a screen.

Further, from an emotional standpoint, true social intelligence comes from interaction with others. There is no nuance or feedback associated with a smiley emoticon. Children who are excessively screen-dependent lose their sense of context in interpersonal interaction, and have reduced ability to evaluate the impact of their message. This bodes poorly for the development of future socialization skills.

Like bad-tasting medicine, the solutions are not necessarily pleasant, but they will make a child's life richer and fuller. The first step is to reduce screen time. The American Academy of Pediatrics suggests that **children under the age of two never have screen time. For older children, screen time should be limited and monitored.** Rosen provides a simple prescription: "For every minute of tech use there should be an equivalent of five minutes spent doing something else." When appropriate alternatives are presented, these guidelines can be easier to follow. It isn't hard to find effective substitutes for screen time.

Surprisingly, experts suggest we revert back to what worked many years ago.



"How do you make it go!!?"

These include classics such as Lego kits, knitting, building blocks, Play Doh and handwriting exercises, to name just a few. It would be easy to dismiss these activities as Luddite, yet real evidence justifies their use. Dr. Howard Gardner, an educational researcher, notes that knitting requires the use of both hands. Hence, both sides of the brain are engaged in performing a rhythmic activity that facilitates the development of language skills, enhances concentration, and improves math abilities. A robust scientific study from the University of Washington found that playing with blocks increased language scores in lower income children, while reducing screen time. Play Doh provides active learning experiences and supports children's growth and intellectual development.

Even handwriting still matters. Unfortunately, most schools are quick to teach and promote keyboard proficiency. Yet there is evidence to suggest that different forms of handwriting stimulate and promote different neural networks.

Virginia Berninger, a psychologist at the University of Washington, has shown that when children composed text by hand, they expressed more ideas with a broader vocabulary than when the same task was performed on a keyboard. Cursive writing has been felt to help foster self-control. Certainly there is still merit in exposing young children to these varied activities.

Screen-based mobile technology is not going away. However, the message is clear. The days of unlimited technology exposure, particularly in younger children, must come to an end. Achieving an appropriate balance takes concentrated effort on the part of parents and educators, but there are simply too many good alternatives for us to ignore.

— Brian Whitestone is the author of *Thinkerbox: A Brain in a Box*

Triple-Threat Comic at Classic Theatre Festival

If the legendary comedic playwright Neil Simon was sitting down today to pen *Barefoot in the Park* (the 10th-longest running play in Broadway history), it's quite possible he might have taken his inspiration from Rachel Fischer. She is the energetic Toronto/New York-based actor who will star as the free-spirited Corie Bratter in the Classic Theatre Festival production of this beloved marital comedy opening July 10 in Perth.

Fischer, whom television viewers might recognize as the dog groomer and first actor to be touched by the pain-killing Mr. Robax in a nationally televised commercial, has been performing since she could stand. "I was quite the comedienne and was always putting on shows and getting all my friends to take on roles and costumes, and I always loved making up stories," she recalls. "It was always a lot of fun to play, and now as an adult to be able to make a living playing on stage feels so much like home."

She grew up with singing and dancing lessons, and at the age of 15 was attending high school during the day and the Winnipeg School of Performing Arts by night, literally working around the clock while also taking roles in the North Kildonan Community Players, a community theatre group run by her father for seventeen years.

"I did drama in high school and was the girl who failed math and went from rehearsal to take a test in English class but was late, and the teacher said she could hear the tap shoes rushing down the hall as I tried to get there," she recalls with a laugh.

After playing in her first professional gig at Manitoba's Rainbow Stage as a chorus girl in *Crazy For You*, she subsequently entered the highly regarded Sheridan College Music Theatre Performance Program, which graduates "triple-threat" performers who sing, dance and act. Fischer graduated early for a job at the Deerhurst Resort (where Shania Twain got her professional start), and recalls sitting in the same dressing room where the country music star once put on her makeup.

Since then, Fischer has performed, in lead and featured roles, in productions on stages across Canada, and while TV viewers know her for appearances in ads for everything from Staples to



Comic actor/singer/dancer Rachel Fischer (shown above as Yzma in a Disney Cruise Lines show) stars in the CTF production of *Barefoot in the Park*

Mazda and her role in the W Network's *Smart Women's Survival Guide*, she also originated the role of Cheryl in the first professional Canadian company of the critically-acclaimed *Evil Dead: The Musical*. Fischer took to the waves with the original company of Disney's *Toy Story — The Musical*, portraying the role of the evil Sid. Earning rave reviews for her role, she was also on the cast recording, alongside Wallace Shawn, Don Rickles and John Ratzenburger (from the original Pixar film).

"There's something very magical about those lights hitting you on stage and knowing that, no matter what, you are affecting people. People come to the theatre for many reasons, but whether there is something going on in their life good or bad, they sit there and watch and take something away. It's not up to us to make them feel a certain way, but it is important that we make them feel, think, and relate, and enjoy themselves all at the same time."

Tickets to *Barefoot in the Park* (which runs July 10 to August 2, eight shows a week) are on sale at <classictheatre.ca> or by calling 1-877-283-1283. The 2015 Classic Theatre Festival season is supported by the Ontario Ministry of Tourism, Culture and Sport, the Ontario Trillium Foundation and the Ontario's Highlands Tourism Organization.



Perth Through the Ages

The Nancy Drew-themed *Perth through the Ages* theatrical historic walking tour officially kicked off in June at the Perth Museum (11 Gore Street East) and runs Wednesday to Sunday at 11AM throughout the summer. Produced by the Classic Theatre Festival's youth theatre training program, and featuring Sean Jacklin, Morgan MacDonald, Vivian Masswohl, Emily Richardson and Anna Stewart (shown above), the show brings to life historic characters from Ann Glascott and Malcolm Cameron to Mary McMillan and Roderick Matheson. Tickets are available at Tickets Please (39 Foster Street), online at <classictheatre.ca>, or by calling 485-6434.

10th Annual

Saturday

August 1st, 2015

9am-4pm

Carleton Place

BIA

Bridge Street

Bazaar



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NEW ATTRACTION

6 on 6 Mixed Beach Volleyball Tournament
Brought to you by the Town of
CP Recreation and Culture Department
Pre-registration is required.
See information below.

The Bowes Brothers

will WOW us by performing and coordinating
local musicians all day long.

Information

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cmcormond@carletonplace.ca



Register Now!

1st Annual 6on6 Mixed Beach Volleyball Tournament @ The Market Square Pavilion August 1, 2015

7 Beckwith Street, Carleton Place
\$100.00 per team

For more information please call: Steph Scollan 613-257-1690 or
Jessica Smith 613-257-1704

Join the Street Party in Carleton Place!

Calling all locals and out-of-towners! The Carleton Place Business Improvement Association (BIA) invites you to visit downtown Carleton Place on Saturday, August 1, from 9AM to 4PM, to enjoy a summer community extravaganza.

The 10th annual **Bridge Street Bazaar** will showcase the centre of this colourful and historical town, including a sidewalk shop with over one hundred vendors. Visitors are invited to “Meet Us Downtown on the Mississippi”, take the opportunity to shop, enjoy some great local entertainment, and eat at waterfront pubs and restaurants.

The entire downtown section of Bridge Street will be shut off to vehicular traffic, making it a pedestrian-friendly area where vendors and merchants alike can display and sell their products. The full-day schedule of the sidewalk sale includes various activities and attractions, including some of Carleton Place’s finest musicians, mascots and dancers.

This fun family event offers something for even the youngest of visitors — a petting zoo, pony rides, face painting and balloon animals are among the many activities that will delight the young and young at heart. The sound of pop, rock and country will fill the air as spectators enjoy a full day of live local entertainment in the downtown market

— full of variety, and best of all, free of charge! This year’s line-up features the Bowes Brothers, Brad Scott, Brea Lawrenson, Shawn McCullough, and more. There will be an open stage from 11AM to 1PM, and musicians and vocalists can contact Andy Bowes at 913-7336 to register for a time slot.

With community groups, restaurants and arts programs all coming together for the day, visitors will truly be able to immerse themselves in the culture of Carleton Place, discovering all that this great town has to offer.

Registration is now open for vendors at the 2015 Bridge Street Bazaar. The cost is \$30 for a 10'x10' space. All registration forms must be received by July 24 at 4PM.

If you have any questions regarding the Bridge Street Bazaar, please contact Cathie McOrmond at 257-8049 or email <cmcormond@carletonplace.ca>.

Beach Volleyball Tournament

This year there is a new addition to the festivities. The Town of Carleton Place Recreation and Culture Department is pleased to present the first annual Beach Volleyball Tournament at the Market Square Pavilion, starting at 9AM. Teams of six are welcome to register in person with Jessica Smith

Highlands Heritage Day

Two of the most interesting organizations in the rural Ottawa area will be working together to produce Highlands Heritage Day in Middleville. On Saturday, July 11 from 9AM to 4PM, at both the Middleville Fairgrounds and the Middleville Museum, you are invited to step into the past as we celebrate the lives and work of the early settlers in this area.

Both the domestic and working lives of the people who shaped our world will be highlighted. At the Fairgrounds, you’ll be able to see vintage farm machinery of all kinds: hit-and-miss engines, tractors, snowmobiles and horse- and dog-operated machines. There will also be demonstrations of

natural dyeing — you’ll be able to try it yourself — as well as old-style competitions (cross-cut sawing, kettle-boiling), a bucket raffle and kids’ races. Entertainment will be provided by the Shriners Hillbillies, with a parade at 1PM.

The domestic side of life will be on display at the Museum (just around the corner, transportation provided). There will be demonstrations of the whole process of making textiles — from raw wool to the finished fabric — as well as quilting, tatting and spinning on a Great Wheel. The Museum itself will be open, so visitors will be able to see its amazing collection of local history — including a fully-furnished original settlers’ cabin.

Tickets for this year’s quilt raffle will be on sale, and the draw will be held at the Fall Fair in September.

Admission to both venues is covered by a single admission: \$5 per person, and children under six are free. Come early for the Farmers’ Breakfast! And stay for the traditional ham and beans supper. So much to see, do and enjoy!



Young Stars Return!

The **Ottawa Valley Music Festival** (OVMF) has a proud tradition of encouraging talented young musicians through scholarships and by inviting young people to perform at its concerts. On Sunday, August 9, four of these Young Performers — now all grown up — will return for a very special concert: Young Stars Return.

Trumpeter Alex Buttle, soprano Jessica Belanger, tenor Kevin Myers, and cellist Brandon Wilkie will make a triumphant homecoming as they perform with the OVMF, in a programme developed in collaboration with Artistic Director Peter Morris. The eclectic programme

will feature music by Schubert, Verdi, Strauss, Bartok, Gershwin, and Britten.

The concert takes place at 3PM on Sunday, August 9, at Trinity-St. Andrew’s United Church, 291 Plaunt St. South in Renfrew. Tickets are \$25 for adults, \$10 for young adults, \$5 for students (with ID), and free for children 12 and under.

Tickets are available at <ottawavalleymusicfestival.ca> or by calling 649-2429. More information about the concert and the Young Performer Scholarship Programme is available at the OVMF Facebook page.



Cellist Brandon Wilkie is one of four musicians who will play at the OVMF concert on August 9

July 2015

www.thehum.com

at the Carambeck Community Centre (351 Bridge Street) or with Stephanie Scollan at the Carleton Place Arena (75 Neelin Street). The Carleton Place BIA also has a registration form available for download at <downtowncarletonplace.com>. The registration fee is \$100 per team, and registration must be received by July 17. Don’t delay in registering for this exciting day with all proceeds raised going towards future arena upgrades in Carleton Place. For more information, please call 257-1704.

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LOGO & WEBSITE

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LOGO & WEBSITE

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- ~ Garlic Braiding
- ~ "Birds of Prey"
- ~ Wine & Beer Tasting
- ~ Local Silent Art Auction

A Lions Club of Perth event in support of local causes

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Sunday, August 9 ~ 9 a.m. - 4 p.m.
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More than 70 garlic, craft and food vendors!





Eat So That Others Can Benefit

Fresh off the fundraising and gastronomic success of their Hungry Planet Pop-Ups, the Table Community Food Centre is looking ahead to their next event — Barns, Farms and Wicked Chefs — to be held on Saturday, August 22, from 5:30–10PM. The Table's annual farm-to-table fundraiser is a not-to-be-missed event, combining the historic farm site of EcoTay with amazing locally sourced food prepared by the area's top chefs, as well as diverse musical accompaniment — all for a great cause. The event will benefit The Table's food access, food skills and advocacy programs, which had a positive impact on over 2,000 people in 2014. The event has sold out each year, so those interested in attending are encouraged to get their tickets now to avoid disappointment. Tickets are \$125 per person, with a \$95 charitable tax receipt, and are available through Tickets Please at <ticketsplease.ca>.



The annual **Barns, Farms and Wicked Chefs** fundraiser is becoming known for great music as well as amazing food.

This year's performers include Tom Savage (above), StringTease, Ali McCormick and more!

The Table is excited to be partnering, for the first time, with the Two Rivers Food Hub, which will source some of the ingredients for our guest chefs from a range of local producers. Also new this year will be a gin tasting provided by Perth's new craft distillery: Top Shelf Distillers. The silent and live auctions have been expanded this year with weekend travel packages, fabulous entertainment tickets and a wide array of merchandise. The live auction is sure to be entertaining with Judy Hands of Hands Auctions doing the calling.

The music line-up for this year's event will provide a lively, toe-tapping accompaniment to the evening. If you were at the first or second years of this event, you will likely remember **StringTease**, an amazing foursome who are returning to play folk and roots favourites, forgotten gems and all-round good tunes. Organizers are

also pleased that **Ali McCormick** will be playing again this year, with her emotionally charged lyrics about life, love and rural Canadian living. New to this year's line-up is **Tom Savage**. Savage is a poetic songwriter whose songs have a deceptive simplicity, with politically informed lyrics that recall the best folk singers of the sixties. He will be accompanied by fiddle player **Kevin Davidson**. Rounding out the line-up is **Long Sault Trio**. This group formed in the heart of Lanark County and plays an eclectic mix of original songs with influences from jazz, folk and blues as well as traditional music.

For updated information about Barns, Farms and Wicked Chefs, check out <thetablecfc.org> and follow them on Facebook. This year's line-up of chefs will be revealed once they have over 300 "likes".

Funds raised from this event will support food access, food skills, advocacy, and social justice programs at The Table. In 2014 The Table served almost 14,000 healthy meals, welcomed 3,585 visits to its Good Food Bank by 726 households, conducted 851 program sessions, and logged 1,070 hours of service by Peer Advocates. The Table is an affiliate of Community Food Centres Canada, a growing network of similar organizations across the country.



"Good Grief" Bereavement Support Group

Beginning in August, Hub Hospice Palliative Care (HHPC) is launching a monthly open Bereavement Support Group called "Good Grief", to be led by Dr. Barbara Carroll. Barbara is well known in Almonte and surrounding areas. She has a PhD with specialties in the field of grief, bereavement and palliative care. She is a Certified Grief Recovery Specialist from the Grief Recovery Institute in California, and a Certified Group Facilitator from Bereaved Families of Ontario. Barbara will be joined at times by Allison Griffith, RN from HHPC, who can share health promotion tips on sleep, exercise and nutrition.

The bereavement support group will meet at Parish House, 70 Clyde Street in Almonte, beginning in August on the third Monday of each month from 10:30–noon. Dates will be posted on the Hub Hospice website <hubhospice.com> and in the Humm's community calendar. Please email <barbaracarroll@rogers.com> for information about this group. There is no cost, and anyone who is grieving the death of a loved one is invited to attend.

— Allison Griffith RN, Hub Hospice Palliative Care Volunteer Coordinator

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for
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Community
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**Barns, Farms and
Wicked Chefs**
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Saturday, August 22
5:30 to 10 p.m.

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TO LEARN MORE ABOUT THE TABLE
www.thetablecfc.org

 The Table Community Food Centre

Bake in Hot Oven 'til Done

Last week when I went looking for my Peanut Butter Cookie recipe, I didn't run to the computer. Instead I spent a timeless afternoon rifling through my recipe collection, a veritable treasure chest of long-forgotten tasty treats.

I have my grandmother's little black book written in her meticulous teacher handwriting. The instructions are often meagre: "butter the size of an egg", or "melt butter in the top of a double boiler". I have never even owned a double boiler. There is no indication of oven temperature any-

by Glenda Jones

where: "moderate oven", "hot oven", that's about it. But then when Grandpa would stoke the fire before Grandma baked, he wasn't using any thermometer except a full armload of wood. She used to be furious with him when she'd barely get a cake in the oven, and he'd throw in extra wood. As I turned each delicate page, I found recipes I enjoyed as a little girl: Mrs. McClelland's Spice Cookies, and Aunt Agnes' Marshmallow Fruit Salad — that's the one with marshmallows, candied cherries, sugar, whipped cream (where's the fruit?). There's chutney and ham and plum pudding and rolls, as well as baked beans, and a full contingent of cakes, cookies, jellies and jams. There's not one recipe that says gluten-free, organic, fat-free, or low cal. It's all hearty stuff I can practically taste as I read it.

I've also got a *Blue Ribbon Cook Book*, 15th edition. The introduction reads like a church sermon. "Man, today, still lives upon the fruits of the earth... so cunningly prepared that they add immeasurably to his happiness and health." There are admonitions about diet ("do not give pickles to children"), table settings ("place the chairs so that the edge of the seat just touches the tablecloth") and use of place cards, for heaven's sake! I think kids leaving home for the first time should have this against the day they have to serve a formal afternoon tea. It has instructions on pastry making, meat roasting, vegetable preparation, and canning, as well as a section on Bachelor and Camp cookery (they're obviously the same thing!). There are no illustrations, but every detail is there to make cooking fail-proof. Some of the recipes were completely ignored: Creamed Lima Beans was never served in our house, nor was Bean Loaf. However, I love this little book for the era it invokes when dinners were all-important, and every wife worth her "pinch of salt" relied on Blue Ribbon everything to make good meals for her family.

My own go-to recipe book is the *Better Homes and Gardens* book, a loose-leaf binder I got in 1964. It's now in tatters, held together with duct tape, but I can't let it go, or even replace it, because it has been with me forever: when I learned to make bread, when I needed to make Spanish rice just like Mom's, when I wanted to make the peanut

butter cookies. It's one of those basic books that assume nothing, perfect for a 22-year-old whose mom wasn't just next door. The ragged pages have been splattered with ingredients, so the printing is often faint. Also, I've stuffed it with extra recipes from the *Toronto Star Weekly* and ancient *Chatelaine* magazines.

It resides on the shelf next to the original *Canadian Living Cookbook* my brother-in-law gave me. He's passionate about good food, and we both enjoyed the recipes for breads, paella, angel food cake, and especially the lemon meringue pie. That book is held together with a gigantic elastic band, the binding is shot, and the cover is loose, but it'll open automatically at the best recipes.

I've also got a compendium of recipes our daughter published when she was at university, a cute little binder she wrote when she was about eight, a great Mennonite book called *Food that Really Schmacks* — excellent Dutch Meat Pie in that one. The notes in the margins amount to little conversations we used to have about each of our favourites. These aren't just recipes; they are memories in the making.

I've saved the best till the last: my little green recipe box. Little 3"x5" file cards are classified behind well-thumbed dividers. The recipes are handwritten by my mom, sister, kids, friends and even one from my dad. The best recipes have been used so often the cards are worn right down past the titles and into the first ingredients. You can tell I'm left handed by the way the cards are worn on the left edges. Some of the recipes are on scraps of paper carefully taped to the card, but even they are dog-eared. That's where I keep the gingersnap cookie recipe, the butter tart recipe, our favourite Christmas cake, Peter Gzowski's granola recipe, chicken creole, penny carrot casserole, and a lifetime of kitchen creations. I can tell you who gave me every recipe and when we had it. I can tell you that the butter tarts need golden syrup, not any old corn syrup. I remember when Aunt Winnie made the Crazy Buns for us.

All good recipe books deliver Handy Kitchen Tips, so here is one from me. You know that pile of recipes you clipped from the newspaper or the magazine in the dentist's office and stashed in a corner, never to be seen again? Get yourself a big photo album (they can often be found at the Hub for about a dollar) and make a cookbook for yourself. It can be like mine — organized in chronological order every time I got one — too hard to use easily, or you can organize it by category. It's so easy because the pages have convenient covers that are easy to clean, and they are loose-leaf style so you can move them around. Here's the cardinal rule though: to make it into the book, the recipe must be tried and enjoyed. Otherwise, it's into recycling for that one.

No internet will ever replace my recipe collection. That's a family heirloom I'm writing into my will. Hmm... who should get it?



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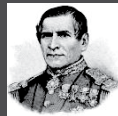
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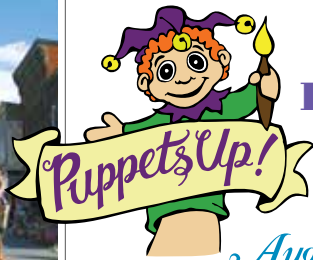
July 10-12, Almonte

Three days and nights celebrating the Valley's Celtic roots, culminating in music, song and dance in Gemmill Park on July 11 & 12. Admission by donation. www.almontecelfest.com



July 17-19, Almonte

The 157th Fair has entertainment, midway, livestock shows and homecraft displays all weekend, and Demolition Derby Friday evening. This year's theme is "Recognizing 100 years of 4H in Ontario" www.almontefair.ca



International Puppet Festival

August 7-9, Almonte

Come for our 11th annual festival. Puppet troupes perform in tent theatres, with musicians, clowns and a puppet parade on the street! New this year: 3 days of performances. www.puppetsup.ca

Pakenham Fair

August 15, Pakenham

Come to Pakenham's A-MAIZE-ing Fair. Animal, horse, craft and horticultural shows, local food and fun for all ages! www.exploremississippimills.ca



32ND NORTH LANARK HIGHLAND GAMES

August 22, Almonte

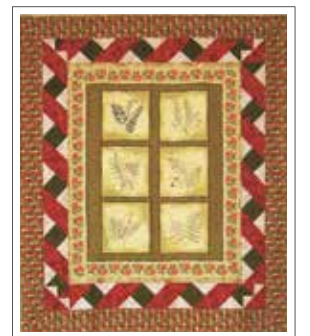
Visit the Mill of Kintail Join in celebrating Scottish culture and the heritage of the Ottawa Valley with pipe bands, dancers and athletes. www.almontehighlandgames.com



FIBREFEST

September 12-13, Almonte

A fabulous two-day festival of the Fibre Arts that includes demonstrations, vendors, performances, quilt exhibits and much more. www.mvtm.ca



Plus...

Pakenham Firefighters' Pancake Breakfast — July 1

Opening Tea on the Lawn at Mill of Kintail,
Ramsay Women's Institute — July 1

Strawberry Social, Cedar Hill Schoolhouse — July 5

5 Wednesdays in July, Augusta Park — starts July 8

Almonte Firefighters' Pancake Breakfast — July 18

Almonte Famers' Market Birthday Party — July 25

Naismith 3-on-3 Basketball Tournament — August 8

For more information, please contact Tiffany MacLaren at tmaclaren@mississippimills.ca or visit www.exploremississippimills.ca