

the Hummm

free

Arts,
Entertainment
& Ideas



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July's Events



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Celtfest & more!



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An Interview with Steve Martin



The Art of Ingrid Harris p.3



Patrick Kelly
SALES REPRESENTATIVE

July is Festival Season

After the fireworks on Canada Day, there's still a lot of celebrating going on this month — this area abounds with popular festivals! And if you want to reserve a perfect parking spot by buying the house it comes with, just give me a call!

- Pat's Picks for July:**
- Almonte Celtfest • July 6–8 <almonteceltfest.com>
 - Perth's Stewart Park Festival • July 13–15 <stewartparkfestival.com>
 - Taste of the Valley/Herbfest, White Lake • July 29 <mcnabbraeside.com>
 - Perth Garlic Festival, Perth • August 11 & 12 <perthgarlicfestival.com>

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"In retrospect, we shouldn't have replaced our hearing aid batteries the day of our kid's guitar concert!"



Almonte Goes to Music and Beyond

Sleeping Rough is an innovative puppet opera for adults, with a tragic libretto written by award-winning poet Sandra Nicholls. Guitarist and composer Roddy Ellias has created a fascinating score for twelve instrumentalists, combining a classical string quartet with a jazz ensemble. The main roles are played by ingeniously expressive puppets created by Noreen Young (OC). Renowned singers Kellylee Evans, H el ene Brunet, Felicity Williams and Ian Tamblyn are the voices chosen by Ellias for their emotive and highly personal styles. The work features full-view manipulation puppetry by Noreen, Bob Stutt, Sarah Argue, Stephen Brathwaite and Allan Martin (pictured above with some of the puppet characters). Almonte's Ingrid Harris (this month's featured artist) created all of the puppets' costumes, and Kris Riendeau is the director and stage manager of this new production. The emotional impact is stunning.

Sleeping Rough will have three performances at Ottawa's Arts Court (on July 10, 11 and 12) as part of the Music and Beyond festival. For tickets and more details, visit <musicandbeyond.ca>.

To find out how Music and Beyond is coming to Almonte, please see page 11 of this issue!

— Sally Hansen



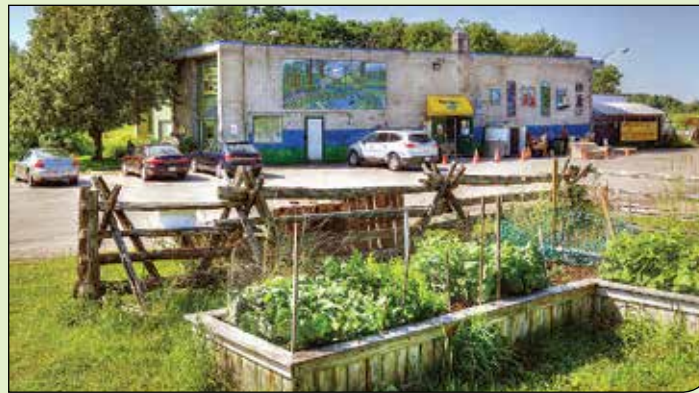
Who's Reading the Humm

In 2016, Lynn and Brian Hunt (from Carleton Place) travelled to Japan to finally meet Lynn's pen pal of 43 years. Lynn writes: "Akiko Kubota was 9 years old when my Grade 3 class started writing in 1973. We met Akiko's parents at the airport and they showed us around Tokyo and Kyoto. Akiko (Ako) is now married and has 3 teenage boys. We also had a teacher, Hideo Ohata, stay with us in our house in Perth in 1996. We had lost touch, but Ako's mother found Hideo just weeks before our trip. He is now married and has a daughter who we spent the day with in Tokyo. This is a picture of us at the Botanical Gardens in Kyoto. We thoroughly enjoyed the people, places and food in Japan."

Volunteering in the Valley

Volunteer with REAL to Encourage Eco-Friendly Actions

The Rideau Environmental Action League (REAL) is looking for energetic people to volunteer in all aspects of our organization. Writing, photography, organizing, repurposing, serving on the board, coordinating membership and representing REAL at public events are just some of the ways you could help promote environmental action. The REAL DEAL Reuse Store in Smiths Falls is our most ambitious project. We accept and sell quality reusable household and home improvement materials to reduce waste and support our other projects. Volunteers are needed to sort and price incoming donations, test appliances, serve customers, do minor repairs, and other tasks. The store is open Thursdays, Fridays and Saturdays and seasonally on Sunday afternoons. Call 283-7999 or email <info@REALaction.ca> to learn how you could join our team. — Barb Hicks









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

Submissions

By email or on disk.

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22nd of the month prior to publication

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Thumm's Up this month to:

everyone who cycled and walked during Bicycle Month, and especially everyone who logged their kilometres at <silverchainchallenge.ca>. And a big thumm's up to all the drivers and cyclists who safely shared the road — keep up the great work!

Ingrid Hamster Harris

— A Brief History of a Historic Costume Designer

Almonte is justifiably proud of its newest arts award winner. Ingrid Harris has received the 2018 NY Independent Theater Artists (ATI) award for her work at Teatro SEA in New York City. The award recognizes her outstanding work as costume designer and puppet creator for eleven theatrical productions, and as production designer for the company's *The Colors of Frida*.

by Sally Hansen

Since 1993 Teatro SEA (Society of the Educational Arts) has been producing plays in NYC for the Latino community — it is the city's only Latino theatre for children. Its performing arts and Arts-in-Education programs are designed to introduce and enrich cultural awareness and a sense of identity.

Harris has been contributing to the arts education and enjoyment of children and adults throughout her life. At the National Art Gallery in Ottawa, children and their caregivers enjoy her creativity at the Artissimo Kiosk. Geared for children aged three and up, Ingrid has created costumes that are stunning reproductions of the clothing people are wearing in the gallery's artworks. Kids are invited to "try one on — then find the matching artwork and imagine how that person lived."

In a companion activity, kids can select one of Ingrid's 32 cloth dolls, each designed and costumed as a replica of a figure in a painting hanging in the gallery. The children then search for the painting that features their "Art Buddy," learning more about the art and its era.

"The Dutch Are Pretty Daring"

That is Ingrid's reply when I comment on her adventures. She has created a daunting range of characters (dolls and puppets) and costumes (for dolls, puppets, actors and individual clients) since immigrating to Canada from the Netherlands. One of six daughters, she grew up in the post-war era knowing how to sew. At the age of 14 she won first prize in a hat-making contest by prophetically placing a puppet on the top of her entry. She earned a degree in textiles and social studies at the age of 21 and began working as a high school and college teacher.

Following her instincts, she made friends in the theatrical world and started working in theatre

design. Seven years later she was designing creations for Het Nationale Ballet in Amsterdam, and at the age of 28 she decided she wanted to go to NYC (again prophetically). She explored and was underwhelmed by the field of film costume design in Los Angeles, and then, in search of landed immigrant status, she moved to Toronto, a city she had never heard of. Over four years she worked in 36 theatre productions as a theatre costume designer, doing occasional work for Stratford, the National Arts Centre and the Charlottetown Festival in PEI. In 1979 she was asked to work for the NAC Opera Program. Her move to Almonte in 1982 was the result of a chance road trip with an artist friend who was looking for a house.

Toronto's Loss, Mississippi Mills' Gain

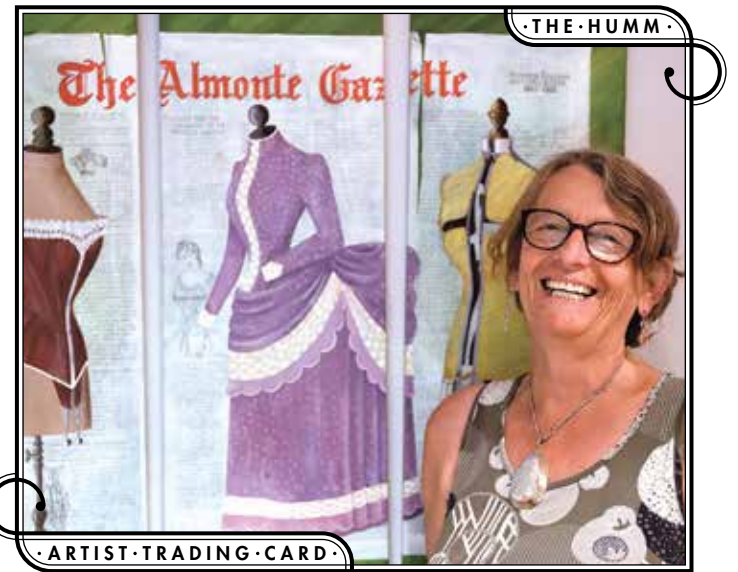
Harris's artistic contributions to her chosen community were officially recognized in 2012 when she received the Mississippi Mills Cultural Achievement Award. Her continuing accomplishments range

from producing the first play by the Valley Players in 1983 to designing and creating the puppet costumes for the stunning new *Sleeping Rough* puppet opera currently in rehearsal for presentation July 10-12 at Ottawa's Music and Beyond Festival (see facing page for more details about that production)

She passionately believes in supporting and contributing to her "beautiful small town" and undertook two local business ventures. First she designed and produced a line of outdoor active-wear, and later she became Almonte's "Nordic Star Lady" while running her eclectic gift shop on Mill Street from 1995 to

2007. During that time she began dressing puppets and creating costumes for kids.

One thing leads to another when you choose your work based on what you love. Ingrid soon became a frequent designer and creator of costumes for puppets created by celebrated producer and puppeteer Noreen Young (OC), who conceived and was Artistic Director of Almonte's Puppets Up! International Puppet Festival from 2005 until 2016. A few months ago, when Noreen was invited by composer and guitarist Roddy Ellias to collaborate in the creation and production of his innovative puppet opera, she immediately approached Ingrid to create the costumes.



Harris is foremost a history buff. Her favourite work is creating historical costumes, and she has produced some amazing outfits. Her work has been on display at the National Gallery of Canada at a Caravaggio exhibit in 2011 where visitors could don her costumes and pose in life-size frames as human artworks. She created a gorgeous collection of 18th century costumes for the Gallery's 2016 special exhibition of paintings by revolutionary French portraitist Elisabeth Louise Vigée Le Brun, known for her Marie Antoinette dresses. One of Ingrid's favourite projects was engineering silk stays and panniers for the linen shift for which Le Brun was known.

Undeterred by challenges (or more accurately, inspired by them), Harris also creates props for her dolls and for puppets. A cyclist herself, she creates miniature bicycle wheels out of embroidery hoops and barbecue skewers. She welds and solders and glues and experiments and makes whatever she envisions as the right accoutrements for her little people. Her talent for creating cloth faces out of fabric, stuffing and stitches is especially impressive — she captures the likeness of models such as James Naismith, Leonardo da Vinci, Clara Hughes, Batman, Frida Kahlo, and even treasured bespoke dolls on commission.

Do What You Enjoy

Ingrid's work "follows what I enjoy doing most." Her frequent work at Teatro SEA in NYC continues her commitment to art education, teaching kids about their Latino heritage. At home she has promoted arts in the schools and in the community via costume design classes for youth. All this, and no mention yet of her paintings and her glass mosaics.

She only started painting a few years ago, and her eye for colour plus the skills honed over a half-century of illustrating costume and set designs are beautifully obvious. Most of her acrylic paintings feature printed material somewhere in the composition, heightening their historical context. The glass pieces on display in her home are beautiful, and I accidentally discovered that she does superb upholstery when I admired a chair in her living room.

Ingrid Harris is a full-blown testament to the wisdom of following your heart. It certainly works for her, and she has enriched many lives with her multitude of artistic endeavours. It doesn't hurt to have loads of talent, a generous spirit and indefatigable energy. Check the back of her Trading Card for her coordinates and consider dropping in at the National Gallery to help a child find his or her Art Buddy. Based on the audience feedback workshop I attended recently with friends, we also highly recommend seeing *Sleeping Rough* at Arts Court from July 10-12.



Michael Pittman, "A Good Axe", 2018, 36" x 36"

CAROL BAJEN-GAHM
MICHAEL PITTMAN

TERRE-NEUVE

July 13 - Aug 19, 2018



Carol Bajen-Gahm, "Root Cellar Meditation #25", 2018, 10" x 10"

Vernissage/Meet the Artists:
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WHO Ingrid Hamster Harris

WHAT Historic Costume Designer, Puppet Maker, Painter, Glass Artist

WHERE National Gallery of Canada (Art Buddies and "Who Am I?" at the Artissimo Kiosk), Teatro SEA, NYC, <teatrosea.org>; <ingridharris.ca>, <ingridharris14@gmail.com>, 256-5577

WHEN July 10-12, Arts Court, Ottawa, at performances of *Sleeping Rough* – a puppet opera by Roddy Ellias and Sandra Nicholls, with puppets created by Noreen Young, <musicandbeyond.ca>

WHY "My work follows what I enjoy doing most."

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A Puppet Retrospective Works by Noreen Young at the Textile Museum

Noreen Young certainly has had a lifelong passion for puppetry.

As an award-winning puppeteer and puppet builder, Noreen has been involved in numerous television productions during her long career. She has also held roles as designer, writer and ultimately executive-producer for *Under the Umbrella Tree*, a children's series that ran on CBC television and The Disney Channel from 1987–1997. She also starred in the series as the puppet character Gloria Gopher.

Over the course of her illustrious career, Noreen's distinctive puppet characters have appeared on CBC, CTV, TVOntario, The Disney Channel, BBC USA, Canal Famille and MuchMusic. Her look-alike caricature puppets include CBC's Peter Mansbridge, TV personality Wayne Rostad, hockey host Don Cherry, several politicians, as well as many local residents and business people in her own community of Almonte.

Well known as a teacher of puppetry art, Noreen was awarded the Order of Canada in 1995 for her contribution to puppetry and children's television. A promoter of education, she has conducted numerous workshops in schools to teach young people the art and enjoyment of puppetry and has encouraged its application to all parts of the curriculum.

As the Artistic Director for Almonte's annual Puppets Up! International Puppet Festival, which ran from 2005 to 2016, she was instrumental in securing troupes from around the world to showcase their talents to Canadian audiences.

From July 14 to September 22, the Mississippi Valley Textile Museum in Almonte is honoured to host a comprehensive exhibition of Noreen's puppetry creations and art works over the years.

"I'm very honoured to have been asked by Michael Rikley-Lancaster to do a retrospective of my work," says Noreen. "Some of the 150 puppets in this exhibition go back as far as the 1960s, and some I made just recently for the adult puppet opera *Sleeping Rough*, which is playing at Arts Court in Ottawa from July 10–13 as part of this year's Music and Beyond festival. I have been truly fortunate to have had such a long and creative career in puppetry! It's been so much fun!"

Meet the Artist (and Other Events)

Everyone is invited to attend the **Exhibition Opening** on Saturday, July 14 at 2PM. Come meet Noreen and many of her puppets (as well as some puppeteering friends), and celebrate all that she has contributed to both the Canadian and Almontonian puppet scenes!

The following Saturday, on July 21 from 2–4PM, Master Ventriloquist (and Puppets Up! favourite) Tim Holland will be at the museum, attempting death-defying stunts while arguing with himself. You can try to see if his lips are moving, but you'll



Gloria Gopher invites everyone to the opening of her maker's show at the Textile Museum on July 14

probably miss something funny or amazing. The zany characters Tim brings to life always steal the show, which features ventriloquism, dangerous juggling objects, a high unicycle and a rubber chicken that dances the can-can. Tickets for **Stunt Ventriloquist: Tim Holland** are \$5 per person plus admission to the museum. You can find more about Tim at <stuntventriloquist.com>.

Then on Saturday, July 28 from 2–4PM, Rag & Bone Puppet Theatre will present **Owl at Home** at the museum. Owl is a hoot, and Rag and Bone's puppets, accompanied by live music, make these delightful stories irresistible. This show is best for ages 4–11. Tickets are \$10 per person or \$32 for four, plus an online ticket fee. You can more details at <ragandbone.ca>.

Later this summer Rock the Arts puppets will rock the museum with their performance of **Animal Adventure** on Saturday, August 25 starting at 11AM. More details can be found at <rockthearts.ca>. September brings a **Shadow Puppet Workshop** on the 1st and the chance to **Come Play Puppets with a Pro** on the 22nd (with master puppeteer Bob Stutt) — find more details in the August issue of theHumm or by visiting <mvmtm.ca/events-3>.

It's just wonderful to see that Noreen Young and her creations are inspiring another summer full of puppets in Mississippi Mills!

— Kris Riendeau

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Wonderful Wednesdays in July

"Are you doing that thing in the park again this summer?" I get asked this (or something like it) all the time and I know exactly what the cryptic question refers to. It's called **5 Wednesdays in July** (no matter how many actual Wednesdays there are in July — trust me — some years there are actually 5!), and it happens in Almonte's Augusta Street Park. They are laid-back evenings that start at 6PM. They feature wonderful local music and there's food (this year the Civitan Club will hold a BBQ on the first and third Wednesdays, and everyone brings awesome food to our community potluck table on the second and fourth Wednesdays). Kids run all about (the retro rocketship is a favourite, there's lots of sidewalk chalk, and on some hot days even a sprinkler), seniors with sun hats relax under the shade of the trees, local musicians tune up with others and offer an eclectic variety of musical offerings, and the green thumbs of the Neighbourhood Tomato lead garden tours that get to the root of the matter while offering garlic scape dip that is truly the food of the gods.

This year Linda Nilson has conjured a line-up that promises to delight. In order: July 4 features Brad Scott and a "Pre-Celtfest Ceilidh"; July 11 brings Stephen & Dianne Lynch and Redneck Limousine; on July 18 you'll find Lost: Pet Pigeon and Steve Stacey and the Stumpsplitters; and on July 25 Terry Tufts will be channelling a little Gordon Lightfoot, followed by Walking with Crows. New this year, we will be "passing the hat" for our volunteer performers, so don't forget to bring some extra money for the musicians (if there's no music, there's no show!).

We are grateful to Rod Ayotte who has offered to haul the stage to Augusta from the Cavanagh Construction lot in Ashton and back each week (it's hard to have a concert without a stage!).

The good folks at One World Choir in Ottawa plan to attend 5 Wednesdays concerts this year. They will bring great food, some crafts and art



Although there are technically only 4 Wednesdays this year, the line-up for 5 Wednesdays in July has more than enough talent to make up for it! Catch Steve Stacey and the Stumpsplitters (above), along with Lost: Pet Pigeon on Wednesday, July 18

work, and maybe even perform some music! From their website: "Our choir is for immigrants and refugees of all backgrounds. No experience necessary. One World Choir is a choir whose focus is community, friendship, and connection. Mostly, our choir is about sharing vocal and choral traditions among choir members. Sometimes we also sing in public and community places. This year the choir has been visiting rural communities in eastern Ontario. We have done a few low-key performances for fun, and learned about places and people outside of Ottawa. All with great success! Rural communities have been so welcoming!"

At 5 Wednesdays in July smiles are the order of the day, nary a negative word is spoken, and to be truthful this "little summer festival that could" happens because people like you come together to make sure it does. The Friends of Augusta Street Park are grateful for the help with this event given by Mills Community Support.

Wanna help this year? You can do so by joining our set-up crew each Wednesday in July at 3PM in the park, or by acting as a host for someone from the One World Choir. Help us live up to our water tower motto: "Friendly Almonte in Mississippi Mills"! For more details, find the Friends of Augusta Street Park on Facebook.

— Jeff Mills



A happy crowd enjoys free live music in Augusta Street Park

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If my walls could talk, the stories I could tell!

I was built in this location on the corner of Harold and Ottawa Street about 100 years ago. Back then I was just a typical wood-framed home, with 3 large bedrooms for my family and a kitchen and living room. There was a summer kitchen and wood shed as well. I was fortunate enough to have the same family with me since 1923, and I got to watch the generations as they grew up here.

In 1958 my family added a back room, which gave them plenty more living space. This served us well as we increased the number of people who shared my walls. The family opened their doors to local farm children who lived too far away from the high school but wished to continue their education. From Monday to Friday, the rooms spilled over with young people, who took their room and board from my owners.

Little May was only 3 when she came to live here, and she lived here for 95 years. In recent years, when the stairs became too much for May and her husband, the family built a washroom on the main floor, and moved the laundry to the kitchen. Mr. and Mrs. were able to live independently here for another 5 years or so, until just recently.



My walls may be old, my wrinkles may be deep, but there is lots of life left in me yet, and I look forward to being home to another family soon.

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A Company of Fools will be bringing their production of *Twelfth Night* to the Valley for performances in July and August

A Company of Fools is back with their ever-popular Torchlight Shakespeare. Now in its sixteenth year, this season's Torchlight production is the farcical romantic comedy *Twelfth Night* — one of Shakespeare's most beloved works.

Twelfth Night tells the story of twins Viola and Sebastian who are shipwrecked in the land of Illyria. Believing her brother has been swallowed up by the sea, Viola crossdresses as "Cesario" and secures employment under Duke Orsino. Viola finds herself falling in love with the Duke but is ordered to profess Orsino's undying affection for Olivia, a countess refusing to grant appearances to any suitors. Chaos ensues as Olivia falls for Viola in disguise, and later mistakes her for Sebastian who (surprise!) is still alive and turns up in Illyria. All the while, Olivia's drunkard uncle Sir Toby Belch, her maid Maria, Feste the court fool and the pitiful courter Sir Andrew Aguecheek play a trick on the head servant Malvolia that totters between hilarity and cruelty.

Featuring costumes, masks and puppets, this production is set in a fantastical jewel-toned world that blends David Bowie's *Labyrinth* phase with Art Nouveau and live 80's synth-pop, creating a fast-paced, visceral experience not to be missed! This 90-minute,

6-actor production will play against the backdrop of 35 community parks in 50 performances across Ottawa and the surrounding area. Join the Fools for this vibrant gender-bending comedy of love, music, and mistaken identity. Fun for the whole family!

Valley Shows

Twelfth Night will be performed MERA in McDonalds Corners on Wednesday, July 25 at 7PM. It is pass-the-hat with no tickets required, and the suggested donation is \$20 (all proceeds to A Company of Fools). Dinner is available before the show, starting at 5:30PM and going until the food runs out. They will be serving chili, garlic bread, salad, rice, dessert and lemonade for only \$10 (all proceeds to MERA). Find more details at meraschoolhouse.org.

You can also catch *Twelfth Night* at the Herb Garden near Almonte on August 14 (pass-the-hat), and as a ticketed event at Kin Vineyards in Carp on August 17. Bring a lawn chair or blanket, bug spray, picnic and your sense of humour. Pass-the-hat donations are collected at the end of the performance and can be submitted in the form of cash, credit card, cheque or bars of gold.

Find more details at fools.ca.

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ALMONTE CELTFEST

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JULY 6 - 8
2018



FRIDAY

PUB NIGHT July 6 2018



Almonte Old Town Hall

7:30 Heirs of the Dog
8:30 Mariner's Curse
10:00 Steel City Rovers

The Barley Mow

8:00 Joe McDonald & the Walkin' Hawks

The Almonte Legion

7:00 Debenham Brothers

Naismith Sports Pub

8:00 Lanark County Revival

Equator Coffee

7:00 Jessica Wedden

SATURDAY

July 7 2018



12:00 Opening Ceremonies
12:15 National Anthems
12:35 Valley Voices Community Choir
1:00 Barley Shakers
1:30 Boxy Band
2:15 Trad Head
3:05 Lost for Words
3:50 Ian Foster
4:35 Ben Miller & Anita McDonald
5:25 Heather Dale Band
6:30 The Backsliders
7:15 Shane Cook and the Wood Chippers
8:35 Steel City Rovers

SUNDAY

July 8 2018



12:05 Monday Night Fiddlers
12:35 Triple Trouble
1:00 O'Connell Scholarship Announcement
1:20 Triple Trouble
1:40 Chartrand/Babineau
2:30 Ernie Fraser
3:25 Sarah Burnell Band
4:30 Heather Rankin

AROUND TOWN

SATURDAY

Gaelic sports - hurling and Gaelic football - Gemmill and Naismith fields - 10:00 am - 3:00 pm
Celtic College - two class blocks - 9:00am - 10:20am and 10:30am to 11:50am
Unless otherwise specified (Kid's Percussion and Storytelling) - Almonte Old Town Hall.
Please arrive at least 10 minutes prior to the start of your class.

SATURDAY & SUNDAY

Youth Stage - Mill Street - 12:30 to 4:00
Little Celtz (Bouncy Castle + Face Painting + Ms. Twisty Balloon Animals) By Donation - Gemmill Park
Buskers - Mill Street

SUNDAY

Fiddle Mass, featuring Monday Night Fiddlers - Holy Name of Mary Church, 134 Bridge Street - 10:30 am
Check out the website for more details.



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The Reeve Report

Why I Love My Radio

Confession time: I'm as old as dirt, having just had another birthday. What? Again?? How do they roll around so fast?

Yes, kids, I remember when no one had a TV, when we spent Sunday evenings listening to Lux Radio Theatre, when my Dad could get short wave from Salt Lake City, and we laughed uproariously to broadcasts of *Amos 'n' Andy* and *Fibber McGee & Molly*. We didn't need to see the action to get the storyline. *The War of the Worlds* gave me night-

mares for weeks, no pictures necessary to imagine the world was ending. We weren't alone, of course, as that programme sent shock-waves across the country with emergency crews on alert while it was being broadcast. No TV show could ever match the anxiety produced by that couple of hours when we all braced for mass destruction. Okay, I was twelve with an imagination that worked overtime, but nonetheless our radio gave us access to the whole world.

by Glenda Jones

We had two radios. The one in the kitchen was called our "day radio". It was tuned to CJAT Trail B.C. and offered local news, top ten music, information for housewives, along with big bands like Glenn Miller (the reason I took up the trombone in Grade 7), and some science show we all loved. The best thing we ever heard on it was the morning the announcer came in drunk and castigated everyone from the station manager to the prime minister. He was quickly a thing of the past!

The living room radio was luxurious with a highly polished wooden case and two speakers. Very posh! It was for CBC evening entertainment like the aforementioned shortwave. We could crank up the volume on that radio, great fun when we wanted to hear really loud music. (I'm not so old that I don't like a floor-shaking bass line once in a while.) My favourite show on the living room radio was the Metropolitan Opera on Saturday afternoons — not the rest of the family's choice, but they tolerated. To this day, I love the opera, and make the dogs listen to it if we're out. Culture never comes amiss.

CBC was our mainstay, even at school. Once a week we had a programme featuring choral music

that all schools across the country heard. We learned *It's the B'y, Oh Susanna*, and *Red River Valley*, all from the same song book every school across Canada was using. There would be broadcasts on important occasions like the visits from the Queen, and the PA system would pour out CBC across the nation. "No talking, sit up straight, and listen".

When TV came along and we finally got to see our radio personalities, we were often disillusioned: we already knew how they were supposed to look, and it sure wasn't like that! Knowlton Nash was a dashing tall authoritative figure, not the epitome of a kindly grandpa. Kate Aitken was gorgeous, not a lady like those who played bridge at our house on Mondays. These days, we have all heard Dominic Valitis, or Vik Adhopia, Nana aba Duncan, Lucy Van Oldenbarneveld or Adrian Harewood. We "see" them by their melodious voices or distinctive accents, which is exactly as it should be.

The beauty of my radio is that it delivers double joy not only from the content, but also from mentally visualizing the speakers. In this frightening age of bias, the radio allows us to listen without colour or age influencing the broadcasts. We don't hear a person's height, weight, hairstyle, dress code or various tattoos, only a voice imparting opinions and knowledge. Thus we can listen fully engaged, we can concentrate on the message and not on the medium, our beloved announcers we consider our personal friends.



Would politics be different if we didn't have televised debates? Perhaps. Would Elvis have made it so big if we hadn't seen him in that tight glittery jumpsuit? Would every boy this side of the pond have sported a Fab Four haircut if Ed Sullivan had stuck to radio?

CBC goes on at 6:30 every morning, and we welcome our favourites into our home to inform, teach, and entertain. I can multi-task and listen to my radio anywhere. All day long I know something of interest is going to come my way. Even if it's rap music which I can't abide, I'll still listen in case I get a new appreciation for it. Not yet!! *As It Happens*, I'm doing that right now. Heaven knows what Carol Off and Jeff Douglas are finding for me, but guaranteed — it's going to be better than a litany of commercials for Disneyland.



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Stars, Physics, and the North Pole...

Kemptville Players Inc. is bringing *Bound By Stardust* to North Gower on July 14 for its Canadian and world premiere. They're bringing it in a mini-van, with minimal set-up, few stage props and a well-seasoned cast.

This is an experiment, explains director Steve Wendt. Often the troupe is asked if a play could be staged elsewhere, and the answer is usually "no" for technical reasons. But when this particular play came to Wendt's attention, with themes of science, stars and the North Pole, he decided to take it on the road. Pierce's Corners' hall is its first gig.

Wendt says the author, Claudia I. Haas, "tends to write for casts that cross generational lines, and a lot of her material includes young actors." Two things in particular caught his attention with this script — the themes of science and the Arctic, and the yet unrevealed intrigue of Haas' real-life relation to one of the main characters, Otto Schmidt.

Schmidt, played by Dirk Visbach, is an actual historical figure. In 1933-34 he led an expedition to discover a northern trade route for the Soviet Union; this forms the historical context for the play. Visbach adds that the real Otto Schmidt fell afoul of Stalin but survived to die of natural causes in 1953. "I see him as being somewhat arrogant and autocratic but at the same time caring and concerned about the people in his charge," Visbach surmises about Otto Schmidt's character.

The two other characters are 14-year-old Miranda (Hailey Besharah) and her great-aunt Elsie (Laura Drover). Miranda

is a smart kid, and Besharah plays her as "smart, bold and quite stubborn," in her continuing search for father and family.

Miranda dwells in the past, any past — as long as it's prior to her father's death two years previously. Her mother has remarried, sending Miranda into a headlong spin of mope and teenage angst. Despite this, she decides to visit her Aunt Elsie in New York. While wandering around her aunt's apartment, Miranda acquaints herself with an ancestor from her father's past — the Russian polar explorer Otto Schmidt.

But as Miranda visits Otto in the past, Elsie struggles to maintain the equilibrium she has precariously built since her sister's death. Trying to keep her own crushing anxiety at bay, Elsie strives to give Miranda some remembrance of her father. The ungrateful teenager that she is, Miranda will have none of it. She turns to the stars and devises a physics theory that she thinks will bring her face-to-face with her father one more time.

There's one problem: she has to travel faster than the speed of light to make it



Dirk Visbach, Hailey Besharah and Laura Drover will play Otto Schmidt, Miranda, and Aunt Elsie respectively in the world and Canadian premiere of *Bound By Stardust* at Pierce's Corners Hall in North Gower on July 14

work. But during her long debates with Otto about the origins of the universe, Miranda begins to work out a way to re-enter her own world.

Wendt describes the play like this: "It alternates between the real world of a city apartment, and the imaginary worlds of the North and outer space. The actors convey

which reality applies to their character at any given moment." Lighting and sound evoke both the changes between worlds and the different locations.

The bigger purpose behind creating a travelling show is to provide an entertaining experience to varied audiences while allowing small non-profit groups to do some fundraising — most of the evening's take will return to the hosting group. A second reason for the mobile theatre is to honour the long history of travelling shows, beginning as early as the 16th and 17th centuries in England and Europe and now well established in North America.

So come out and enjoy a distinctive theatrical experience with the Kemptville Players' travelling troupe of performers on Saturday, July 14 at Pierce's Corners hall (3048 Pierce Road in North Gower) starting at 7PM; doors open at 6:30. Tickets are

\$15 and can be picked up at the door or by calling the hall at 489-3094 to reserve them. Drinks and snacks are available at intermission.

If you want more information about hosting a show, please contact Steve Wendt at <swendt@explornet.com>.

SECOND CAREER

Dawn's success

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▶ Read about Dawn's retraining into a successful Pharmacy Technician at www.CESPerth.ca

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Cross-Cultural Connections with the Land

Have you ever wondered how you might contribute in a meaningful way to the Truth and Reconciliation process with Indigenous people in your own community? On July 21, you will have an opportunity to participate in an unusual learning experience and make a concrete difference to the life of Indigenous youth here in Lanark County. **Mississippi Mills All My Relations** is sponsoring an educational event in partnership with the Indigenous organization **Plenty Canada** to raise funds for Plenty Canada's Cross-Cultural Youth Program.

Plenty Canada is a registered non-profit organization that facilitates access to and shares resources with Indigenous peoples and other community groups around the world in support of their environmental protection and sustainable development goals. It is dedicated to Indigenous cultural revitalization and the building of cultural capacity within our communities and among our youth, and is committed to reconciliation through the cross-cultural protection of nature.

In addition to their environmental stewardship efforts, the organization hosts traditional skills workshops where Indigenous and non-Indigenous youth can experience and engage with Algonquin traditions like dreamcatcher making, birch bark basket making, canoe building, drumming, language, hide tanning and more. This summer the organization has launched a youth arts series titled "Mòkinàn", which aims to bring artistic opportunities to Indigenous and non-Indigenous rural youth in Lanark County. The Mòkinàn series will host monthly events where youth can participate in theatre, visual arts, poetry, storytelling, and music, and will see Indigenous feature performers brought to venues throughout Lanark County.

At the July 21 event at Plenty Canada, attendees will have an opportunity to meet Indigenous youth benefitting from these activities and to experience the land through Indigenous eyes. The day's events will open and close with traditional Algonquin ceremony led by elder Larry McDermott. Indigenous wisdom keepers and non-Indigenous science experts will collaborate on knowledge-sharing circles, touching on subjects like forestry, wild rice, invasive species and Algonquin cultural teachings. A traditional Algonquin lunch will be served, during which there is opportunity for community members to observe the Mòkinàn Arts Exhibit featuring paintings by Indigenous and non-Indigenous youth artists aged 12-19 from Lanark County. Attendees are also invited to partake in a 3-hour workshop hosted by Algonquin master birch bark canoe builder Chuck Commanda, in which they will learn hands-on techniques and create their own miniature birch bark canoe to take home.

Wisdom Keepers

Algonquin elder **Larry McDermott** is an ambassador of Shabot Obaadjiwan First Nation, Executive Director of Plenty Canada, and lead elder at the Silver Lake Pow-Wow this year. He will be conducting opening and closing ceremony at the event and will lead a knowledge-sharing circle on Algonquin cultural teachings, including the four sacred medicines.

Algonquin wisdom keeper **Chris Craig** is a member of Algonquins of Pikwakanagan and a senior forestry technician with South Nation Conservation. He will be guiding a hike through the William Commanda trail, and sharing knowledge on the healing powers and cultural significance of plants and trees discovered there.

Master Algonquin birch bark canoe builder **Chuck Commanda** will be sharing knowledge on the historical significance of the birch bark canoe and the natural materials harvested from the forest that are used in the building process. Attendees of his workshop will work with birch bark and spruce root to create their own miniature models of the birch bark canoe, which they will take home with them after the event.

Event Details

This event runs from 9AM to 5PM on Saturday, July 21 at Plenty Canada, located at 266 Plenty Lane in Lanark, Ontario <plentycanada.com>. Tickets are \$35 for knowledge sharing circles, traditional lunch and art exhibit, or \$50 for all of that plus the birch bark canoe workshop. To register, please visit the Mississippi Mills All My Relations website



Master birch bark canoe builder Chuck Commanda (left) is one of the Wisdom Keepers participating in an event at Plenty Canada on July 21

<mmallmyrelations.ca>. Please note that registration is limited to two groups of 25 people each. — Nicole Lefebvre, Project Manager, Plenty Canada

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Festival of Small Halls

Vibrant Line-up in More Cherished Venues than Ever!

Get ready to clap, snap and toe-tap this fall! The Ontario Festival of Small Halls is announcing an energetic schedule that melds roots, pop, folk, blues, soul and even old country inspired artists into three weeks of musical bliss on rural stages.

The 2018 line-up will see internationally-renowned musicians raise the rafters with incredible sound in cherished community spaces across Eastern Ontario and the Ottawa Valley from September 13 to the 30th. The Ontario Festival of Small Halls is celebrating its fifth year by once again expanding its scope to include more than 35 beloved gathering spaces full of character and charm.

General Manager Kelly Symes notes that this year's roster includes some familiar faces from past years, but also looks to the future by incorporating captivating established artists and boundary-pushing emerging artists into the schedule.

"This year's line-up celebrates some of Canada's most cherished singer-songwriters and storytellers, many of whom live right here in our region," Symes says, noting that the festival continues to offer a unique concert experience: seeing your favourite artist in a setting that allows you to relish the music and connect with local community.

New artists to the festival include Stittsville-based musical raconteur Kathleen Edwards; Juno award-winner William Prince of the Peguis First Nation of Manitoba; quickly-rising star Colter Wall from Saskatchewan; as well as gifted singer-storyteller Stephen Fearing from Vancouver. Festival favourites Jim Bryson, Basia Bulat, and Gordie McKeeman

and His Rhythm Boys are back again this year to get toes tapping.

Some highlights from this year's schedule include: Barney Bentall at Chaffey's Lock Community Hall, and William Prince with Outside I'm a Giant at the Almonte Old Town Hall (September 13); Kathleen Edwards at Chaffey's Lock Community Hall, and Stephen Fearing at St. Andrew's United Church in Pakenham (September 14); Colter Wall at the McDonalds Corners Agricultural Hall (September 15); Skydiggers at the Morton Community Hall, Kathleen Edwards at the Balderson United Church, and The Redhill Valleys at St. Andrew's Presbyterian Church in Kilmours (September 16); Cassie & Maggie at Union Hall in Mississippi Mills



The 2018 Festival of Small Halls features Saskatchewan's Colter Wall (above) and Almonte's Kelly Prescott, among many others

(September 21); Basia Bulat at the Merrickville United Church (September 22); James Keelaghan at Tatlock Community Hall, and Cassie & Maggie with the Blue Skies Community Fiddle Orchestra at the Maberly Community Hall (September 23); Kelly Prescott in Lyndhurst (September 29); Jeremy Fisher at Burritt's Rapids Community Hall, and Kelly Prescott at the Snow Road Community Centre (September 30).

Tickets for individual events are available online at <ontariosmallhalls.com> or by phone at 402-1425. Most shows sold out last year, so be sure to purchase tickets early to avoid disappointment! Additional openers will be announced in the weeks to come. For more information, please visit the website or follow on Facebook, Twitter and Instagram.



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Cuarteto Quiroga plays the Almonte Old Town Hall on July 12

Music and Beyond Comes to Almonte

On July 12, Cuarteto Quiroga will be performing live at The Almonte Old Town Hall. This concert is one of over 75 concerts that are part of the award-winning Ottawa-based music festival Music and Beyond. Music and Beyond is delighted to partner with Almonte in Concert to bring this concert to Almonte.

Cuarteto Quiroga features violinist Aitor Hevia, whose recording of Vivaldi's *Four Seasons* has been acclaimed as "The best *Four Seasons* in history" (*Diverdi*, Eduardo Torricco). He is joined by violist Josep Puchades (who was awarded the third prize in the II International Viola Competition Wien 2004) and cellist Helena Poggio (who has won prizes at several of the most prestigious international competitions for String Quartet as well as the Spanish Radio Culture Prize "Ojo Crítico"). Completing the ensemble is Cibran Sierra, who has been awarded several prizes as violinist, including the Guido Vecchi Prize (Göteborg, 2003), 1st Prize at Voldrich Competition (Sweden), Bärenreiter Prize (Jenuesses Musicales, Spain 2000) and Dean's Talent Award (Oberlin, USA, 2002).

Appointed quartet-in-residence in charge of the Royal Collection of decorated Stradivarii at Madrid's Royal Palace, Cuarteto Quiroga has established itself as one of the most dynamic quartets of its generation, winning international acclaim from critics and audiences alike for its distinctive personality as well as its bold and original approach to the string quartet repertoire.

As an ensemble, they are prizewinners of several major international competitions (Bordeaux, Paolo Borciani, Genève, Beijing, Fnapec-Paris, Palau-Barcelona), they have appeared worldwide from the Lincoln Center in New York to the Martinu Hall in Prague, and they were awarded the Spanish National Radio Culture Prize.

The New York Times has described their music as: "Exquisite, precise, perfectly balanced. Interpretatively fresh performances couched in consistently warm hues"

For ticket details as well as more information about this and other Music and Beyond concerts, please visit <musicandbeyond.ca>.

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Sun. July 1 **Head Over Heels** with **Zak Colbert** on Bass! (Acoustic Folk/Blues/Jazz)
12:30-3:30pm + 6-9

Fri. July 6 **Henry Norwood** (Country, Perth) 6-9
Sat. July 7 **Logan Brown & Taylor Angus** (Acoustic Soul, Perth) 6-9
Fri. July 13 **The Goodnight Irenes** (Folk, Kingston) 6-9
Sat. July 14 **Riley & Riley** (Acoustic Blues, Kingston) 6-9
Fri. July 20 **John Wilberforce** (Folk/Rock, Kemptonville) 6-9
Sat. July 21 **Yuk Yuk's Comedy Night** with Patrick Haye, Cedric Newman + Ryan Dillon (Toronto)
7-11, \$50 Buffet + Show
Fri. July 27 **Nolan Hubbard** (Acoustic Soul, Gananoque) 6-9

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ALMONTE CELTFEST



July 6-8, Almonte

Three days and nights celebrating the Valley's Celtic roots, featuring music, song and dance in Gemmill Park. Admission by donation.
www.almonteceltfest.com



July 13-15, Almonte

The 160th Fair has entertainment, midway, livestock shows and homecraft displays all weekend, and a Chili Cook Off on Saturday.
www.almontefair.ca



Naismith 3-on-3 Basketball Festival



August 11, Almonte

A full-day 3-on-3 basketball tournament that welcomes elementary, high school and adult, male and female teams.
www.naismithbasketball.ca



Pakenham Fair

August 18, Pakenham

This beloved country fair has been running for over 100 years. The tradition continues with horse, beef, dairy, horticultural and craft shows, a local market and kids' activities.
www.exploremississippimills.ca



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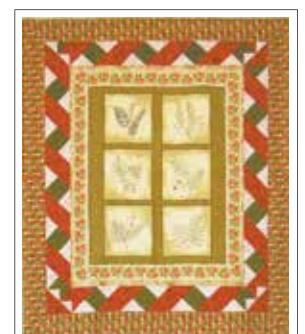
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July in Mississippi Mills: Choose Your Own Adventure!

I was inspired to write this month's column after reading one of those fun books where you create your own story by choosing which page to turn to. No matter what you decide, though, I can guarantee a month full of fun summer happenings in Mississippi Mills, and of course a happy ending!

First question: Did you pick this issue up before **Canada Day**? If so, put it down, grab a June issue (quickly!), and go to page 16 to

by Miss Mills, Puppet Reporter

find out about all of the terrific events taking place in Almonte and Pakenham all weekend long. Then come back to our story...

Question #2: Do you enjoy Celtic music? If you like listening to it, then of course you'll want to attend all the wonderful performances during **Almonte Celtfest** weekend (July 6-8). If you like playing it, then you'll also want to visit <almonteceltfest.com> and click on "Celtic College" to read about the amazing workshops you can participate in on the morning of Saturday, July 7.

This year's line-up of entertainment is just spectacular, and it all kicks off with a Pub Night on Friday, July 6. Five venues (the Almonte Old Town Hall, the Barley Mow, the Almonte Legion, the Naismith Sports Pub and Equator Coffee) will host seven performances, so plan to make an evening of it! Head on over to the beautiful natural amphitheatre of Gemmill Park on Saturday and Sunday to hear groups

like the Heather Dale Band, Steel City Rovers, Triple Trouble, and the Backsliders, as well as headliner Heather Rankin. As always, admission to the park is by donation, and you'll find Celtic vendors, a beer garden, delicious food and lots of friendly volunteers. Visit <almonteceltfest.com> for more details and then come on out and hear some terrific live Celtic music.

The third question is a more personal one. Do you stand for justice, impartiality, and not butting in line? If so, you might want to attend the **Almonte Fair** (see what I did there?). It takes place the weekend after Celtfest — July 13, 14 and 15 — and this year's theme is "Grandma's Kitchen". All the standard fair fare will be there, like the Carter Shows midway, an interactive farm animals tent with livestock shows (on Saturday and Sunday), and a Demolition Derby (on Sunday at 1PM). New this year is a Birds of Prey Show on Saturday and Sunday, and performances by Zip-E the Clown on Sunday. Saturday Night the grandstand show features Gail Gavan and Friends, followed by Sundown with Brad & Marty in the entertainment tent. For more info please visit <almontefair.ca>. Sound fair? See you there!

The fourth question is multiple-choice. Do you enjoy A) live music, B) BBQs, C) potlucks or D) friendly folks? If you answered "yes" to any or all of the above, you got it right! And you can collect your reward every week this month by attending **5 Wednesdays in July** at Augusta Street Park! Turn to page 5 to read all about it — you'll be so glad you did.

Question #5: Do you like puppets? (Trick question — of course you do!). Well if you're like me, you may be feeling a bit puppet-deprived now that there's no Puppets Up! festival to look forward to. Well good news! On Saturday, July 14 you are cordially invited to the opening of a retrospective exhibit of works by Almonte's renowned puppet-maker **Noreen Young**. About 150 of her creations — from *Under the Umbrella Tree's* Gloria Gopher to new creations for an adult puppet opera taking place this month — will be on display at the Mississippi Valley Textile Museum until September 22. And the Museum has multiple puppetry events to complement the show too! Go to page 4 of this issue for more details.



July brings Celtfest (below), the Almonte Fair (left), and scores of other awesome events to Mississippi Mills

On a related note, the Almonte Fairgrounds is the place to be on Saturday, August 11 for the second annual "**Paddles and Puppets for Almonte Hospital**" event. This year's event will include a 5km community paddle up the Mississippi River towards Appleton, as well as teams building, decorating and racing their own rafts across the river. There will also be three different puppet shows for kids and their families, presented by the folks who brought you Puppets Up! Families can spend the entire day at the fairgrounds and beach, with fun stuff (including breakfast, lunch and live music) planned from 9AM to 5PM. All proceeds from the day's activities will support new diagnostic imaging equipment at AGH. Visit <almontehospitalfoundation.com> and click on "Events" for more information.

My final question: What about all of the other days in July? That's also kind of a trick question, 'cause you know where to go — theHumm's calendar of events! It's on pages 24 & 25 of this issue, and is also online at <thehum.com>. And if you follow us on Facebook we'll send out timely reminders so you won't miss a thing.



Discover the Magic of Glass

Workshops are offered during the week and on Saturdays in a quiet location beside the Mississippi River. Visit the website or call for a full list of classes and short workshops.





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5 Wednesdays in July

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

July 4	Brad Scott Pre-Celtfest Ceilidh Almonte Civitan Club BBQ
July 11	Stephen & Dianne Lynch Redneck Limousine Community Potluck
July 18	Lost: Pet Pigeon Steve Stacey & the Stumpsplitters Almonte Civitan Club BBQ
July 25	Terry Tufts Walking With Crows Community Potluck

Food & Music Start at 6PM

More info: [f/FriendsofAugustaStreetPark](https://www.facebook.com/FriendsofAugustaStreetPark)








This year's Taste of the Valley/Herbfest takes place in White Lake on Sunday, July 29

2018 Taste of the Valley/Herbfest

The Township of McNab/Braeside is pleased to announce that they have formed a partnership with the County of Renfrew and now will be proud presenters of Taste of the Valley/Herbfest. The event was originally held in Almonte for approximately twenty years but for the last several years it has been located at the picturesque Waba Cottage Museum on the shores of White Lake in McNab/Braeside. This year's event will take place on Sunday, July 29 from 9AM to 4PM.

Held in various locations throughout the Ottawa Valley, the Taste of the Valley series has been successful for a number of years. The Taste of the Valley/Herbfest at White Lake will be the first one on their calendar in 2018, and the focus is on local goods and services at this one-of-a-kind showcase for healthy living. Organizers are pleased to have Enbridge Inc. as a sponsor.

There will be great food and beverages to sample, expert health-related seminars to listen in on, interesting items available for purchase, herbs and produce to check out, kids' attractions, interactive displays, pontoon boat tours of the Lake, interpretive talks about the Museum's unique artifacts, and advice for gardeners along with garden tours throughout the grounds. The best part of this day is that admission is free, but there will be an option available to make a charitable donation to the Museum to help offset costs of the event. The event is traditionally held the last Sunday in July, which usually has the nicest weather of the year. What's not to like? Organizers hope to see you at the Waba Cottage Museum's "Taste of the Valley/Herbfest" on July 29. Tell them Herb sent you!

For updated information please visit <mcnabbraeside.com> or the Taste of the Valley/HerbFest Facebook page, or contact Geoff Patterson at 623-5756 x226 or <recreation@mcnabbraeside.com>.

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Planting the Seed

Garlic Wars

Many local garlic growers have been fighting a losing battle with the leek moth this year. This scourge of garlic and other plants in the Allium family (such as leeks) is wreaking havoc in the garlic patches of many local gardens. The larvae feed by mining into the leaves or bulbs. The leek moth or onion leaf miner (*Acrolepiopsis assectella*) is a species of moth that is native to Europe and Siberia. In North America, where the moth has few known natural predators, the species threatens the production and biodiversity of *Allium*, and it has the potential to destroy entire crops.

by David Hinks

On a broader battleground, garlic is front and centre in the annual battle between the Carp Garlic Festival and the Perth Garlic Festival. As usual they both occur on the same date. This year the date is the weekend of August 11 and 12.

But first, let's take a closer look at the leek moth. It was first discovered in North America in Ottawa in 1993 and has spread widely. Development time from egg to adult is variable depending on temperature, generally ranging from three weeks at higher temperatures to six weeks at lower temperatures. Three or more generations can typically be completed in Ontario. Adults emerge in the spring and lay eggs within ten days of adulthood. Eggs are laid on the leaves of the larval host plant, feed and reach a length of 13-14mm when mature. After reaching maturity, larvae emerge from the host plant and spin a cocoon on the host plant or nearby. If day lengths during previous larval stages are shorter than fifteen hours, emergent adults will prepare to overwinter. Otherwise, adults lay another generation of eggs.

Cultural controls may be effective in reducing populations below damaging levels. These include: crop rotation, delayed planting, removal of old and infested leaves, destroying pupae or larvae, early harvesting, positioning susceptible crops away from infested areas, and destruction of plant debris following harvest.

Tillage/burial of debris can also help eliminate larvae and pupae that remain in the field following harvest. Research in Ontario has consistently shown that the use of lightweight floating row covers can protect developing plants from leek moth damage — many of the garlic producers that I know in this area have reported good results using row covers.

Returning to the Garlic Festivals, I highly recommend both the Perth and Carp Festivals — it is a source of some frustration to me that it is difficult to fit them both in on a busy summer weekend — ap-

parently neither festival is willing to go second. I have been at both and they are consistently a huge success with large crowds and even traffic congestion. They are great places to buy local garlic but there are also a lot of other things going on — garlic-flavoured ice cream, cooking contests, and all manner of preserves and healthy concoctions made with garlic.

I have encountered an estimated 60 varieties available ranging from very mild to very hot. In fact, most of our vegetables are available (but not easy to find) in great diversity. However very little of this diversity finds its way into the commercial food system for a number of reasons such as consumer preference, ease of growing, uniformity of growth and harvest, adaptability to mechanized harvesting and so on. For me this is a powerful reason to grow my own vegetables and to patronize local farmers' markets. For example, in my seed catalogue I can choose from 39 varieties of lettuce, 18 varieties of carrots, 20 varieties of cabbage, 24 varieties of peppers, and 44 varieties of tomatoes. Local farmers will not be growing this full diversity, but they will certainly have more choice than your local food stores. Join the food adventure and tease your palate with a myriad different and exotic tastes. Who knows, there may be scope for other vegetables to have their own festivals!



If you buy garlic with the intention of planting it in the fall, it needs to be kept in a shaded cool place with good air circulation until planting time. I leave mine hanging in my garden shed. **Buy from a local producer** if you are buying garlic to plant — you know that what you are buying was produced locally and is suited for local conditions. Garlic that is sold in supermarkets may have been shipped in from southern producers and may not be hardy in the Canadian climate — many of the imported varieties are easy to braid whereas the hardy locally-grown stiff-necked varieties are not. Do *not* store it in the refrigerator as this is too humid and may lead to rot. Plant it in the fall if you can, as it requires a long cool growing season. Some gardeners plant garlic in September — others believe that the last half of October is preferable.

Circle the dates August 11 and 12 and get your fill of garlic — and your annual supply!

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July 13-15 (Fri: 11-9, Sat & Sun: 11-8)

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Perth Antiques Show

The popular annual Perth Antiques Show will be held on Saturday, July 7 and Sunday, July 8 at the Civitan Club of Perth located at 6787 Lanark County Road 43, just at the eastern entrance to town. You'll find dealers from Quebec and Ontario all set up under tents on the spacious front lawns and inside the air-conditioned hall, selling fine examples of art, china, glass, silver, textiles, jewellery, brass, tools, furniture, folk art, decorative and architectural accessories, as well as popular retro and nostalgic collectible items.

Several new dealers will be joining the show this year. Bring in a cherished old photograph or painting and have it restored to its original state by Ubbink Book and Paper Conservation, who provide museum-quality

restoration, conservation and preservation. Find pieces to add colour to your summer table settings at the booth of Sean George Pressed Glass & Goblets, Vintage Glass.

The show welcomes the return of Richard Fulton, offering fine antique and estate jewellery and decorative arts. Other dealers will be bringing a wide range of jewellery— from costume to modern vintage designer pieces.

The show runs from 10AM to 4PM each day. Admission is \$7, and children get in for free. There is plenty of parking and the Civitans will host a BBQ during the show. Come on out and find the perfect piece to decorate your home, condo or cottage! For updates, visit <perthantiqueshow.com> or find them on Facebook.



1950s renditions of the Rideau King and Rideau Queen (steamboats that cruised the Rideau Canal in the 1860s), painted by Neil Gillespie, will be on display at the Perth Antique Show on July 7 and 8



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A Month of Summer Fun in Perth

True summer arrives in July. The warm, sunny days dawn one morning, all dewy grass and birdsong and lake-scented breezes, and all at once everyone seems happier: kids whizzing by on their bikes and skateboards, bound for the beach with towels draped over their shoulders, and sun-kissed cottagers strolling the grocery store aisles, carts full to bursting with steaks and hot dogs, marshmallows and salads, Pringles and popsicles and pool noodles. And there might be a lineup at the chip truck, ho-hum, but there's cheerfulness in the air — the smell of fresh-cut fries and vinegar can do that to a crowd. There is laughter aplenty on the patios, too, and smiles on all the dogs cooling off down by the basin. Even the cats are happy, content to curl up in a slice of sunshine in the windowsill. Yes, it's summer in small town Ontario, folks. There is plenty to be happy about, and much to do too.

by John Pigeau

It's actually difficult to think of a more serene setting than Stewart Park in which to do yoga. Every Tuesday this summer, beginning on July 3, you can join Ashley Buchanan for a free, fun, and lighthearted **one-hour yoga class** beneath the majestic maples in the beautiful old park. Classes are suitable for students of all levels, run from 5–6PM and take place next to the Millennium Gates across from the Mill Street Playground. (If it's raining, all yogis will head to the band shell.) All you'll need is your own mat or beach towel, lots of water, and maybe bring a

friend or two, if you like. Everyone is welcome. For more information, just ring up Ashley at 464–2500.

If it's active summer fun you're after, the good folks at **Perth Outfitters** have got you covered, and how! They have recently installed new launching docks that make it easy for anyone to hop into a canoe or a kayak and go for paddle, so even inexperienced boats-folk like me can enjoy the joy and serenity of paddling through placid waters. They can handle groups, too, and their one-of-a-kind mini golf course (which includes a floating pontoon boat hole!) and pedal go-kart trail both look like so much fun. You can find this little golden gem of airy amusement at 21 Craig Street, or give them a call at 772–1122. Their website <perthoutfitters.com> has all sorts of information as well.

When it comes to festivals in Perth these days, it's honestly hard to pick a favourite. I won't do so now, but I will confess I have a soft spot for ribs and thus adore the Rotary Club of Perth's annual **Ribfest Music Festival**. This year's Ribfest takes place in Last Duel Park the weekend of July 27–29, and fans of delicious food, fine beer and wine, and excellent music should practically be frothing at the mouth. The three-day festival will feature scrumptious ribs made by three award-winning Ribbers, along with a variety of foods from vendors, including some with vegetarian choices. To quench your thirst, Perth Brewery will be hosting the Beer Garden while TopShelf Distillers will take care of the wine, cooler and spirits bar.

The festival will be humming all weekend long with the sweet sounds of local artists and bands, while the car show, a real crowd-pleasure, takes place on Saturday and Sunday beginning at 11AM. Got little ones? They can have lots of fun too, as there will be lots to do in the tented Children's Activity Area, which will be overseen by a good group of Algonquin College Early Childhood Education students. There will be kids' slides, a climbing wall, and face painting too. Indeed, fun for the whole family. Admission is by donation, and all proceeds will stay within the community. Please visit <perthribfest.com> if you'd like to volunteer or for more information. And enjoy those delectable ribs!



This month you can enjoy terrific live music and theatre, eat delicious ribs, and even launch yourself in a kayak without falling out — all in Perth!

When I was a boy, my mom took me to see *On Golden Pond*. I loved the name Norman. I adored the loons. I wept. You might wish to enjoy some of those same emotions as the Studio Theatre presents a delightful theatrical version of *On Golden Pond* from July 5–8. Catch a 7:30PM show on the 5th, 6th, or 7th, or a 2PM matinee on July 8th. Advance tickets are \$24 at Tickets Please (11 Gore St. E., 485–6434, ticketsplease.ca).

Mom never took me to see *Mary Poppins*, though — a shame, that — but *you* can enjoy the Academy for Musical Theatre's presentation of *Mary Poppins Jr.* on July 6 at Code's Mill on the Park. Who doesn't love a merry-making, magical nanny? This production is said to be an "enchanted mixture of irresistible story, unforgettable songs, and breathtaking dance numbers." Tickets are \$12 and available through Tickets Please. Show time is 7PM.

If you have time to squeeze in a movie night, the Studio Theatre, as part of its "Summer Movies" series, will be screening the film *Beirut* on July 20. A suspenseful international thriller, *Beirut* stars Rosamund Pike, Mike Pellegrino and Dean Norris. Tickets are \$12 at Tickets Please, and the show starts at 7:30PM. Looking ahead, August's flick will be *Molly's Game*.

I left mentioning the **Stewart Park Festival** to last because, chances are, you already know it's happening. It is, after all, celebrating its 27th year. Still, perhaps a few more details are in order. Danny Michel, The LYNNes, and The Commotions are among the headliners for the free, three-day festival, but the whole weekend is chockfull of vastly-talented musicians, showcasing performers from across Canada, encompassing a variety of different genres — and they'll be playing on three separate stages, so be sure to visit <stewartparkfestival.com> for a full line-up and schedule of all the weekends' happenings. There will be after-hours performances, a licensed patio, food vendors, a wine patio, an artisan market, workshops, children's activities, and a Sunday pancake breakfast. Celebrate an unforgettable weekend of incredible music from July 13–15. Lap it up, folks. Happy summer!



Janet Rice and Rob Glas star in *On Golden Pond* at the Perth Studio Theatre

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SchoolBOX: Nicaragua Needs Our Help Now More than Ever

SchoolBOX has been committed to “making education possible” in Nicaragua for over ten years. What unites our staff, volunteers and supporters is the belief that education can defeat poverty. Since 2006, we have provided simple tools and infrastructure to children in over 100 communities throughout Nicaragua in order to remove the barriers to education in Central America’s poorest country.

Since April 2018, peaceful protests have erupted all over Nicaragua, and have been met by strong government opposition. As a result, our beloved country is experiencing the worst period of unrest and violence since the Contra Wars of the 1980s. International observers estimate that over 170 people have lost their lives in Nicaragua since the protests began.

Roadblocks have been set up throughout the country, limiting transportation, and acting as flashpoints for violence. SchoolBOX has made the difficult decision to temporarily suspend programming to protect the safety of our staff in the field. We have been forced to halt the construction of our 100th classroom and the delivery of much-needed educational packages to our partner communities for the time being. We are working to ensure that each member of the SchoolBOX team is not put in harm’s way, and is not risking their safety to come in to work.

Despite the current political crisis, we have seen meaningful improvements to the quality of education since we started working in Nicaragua. The grade 6 graduation rate has improved by 8 percentage points from 48% in 2007 to 56% today.

Each one of our dedicated staff could tell you a story of one child or teacher in a partner community who was empowered to beat the odds and get a basic education thanks to the new classroom, library, or educational package they received from SchoolBOX.

Our staff in Nicaragua is the backbone of our organization. They have dedicated their lives towards empowering children in their home country. Many members of the Canadian SchoolBOX community have personal stories and friendships with our staff members, and even consider them a part of their extended family.

We are humbly asking you to help support our team and sustain our operations during this tough time. Please consider making a personal donation, running an event with friends and family, or rallying your corporate contacts to support SchoolBOX’s General Operations fund.

Your generosity will help us maintain our commitment to supporting our partner communities with education, and provide a stipend to our Nicaraguan team until it is safe for them to return to the



SchoolBOX’s Nicaraguan Director Ronald Chavarria, Programs Manager Jazmin Lopez, and a student from the Josefa Toledo School that SchoolBOX constructed in 2017

field. We invite you to donate directly at schoolbox.ca/Nicaragua.

Fundraiser at Equator Café

You can also support SchoolBOX by coming out to a screening of the documentary film *Caffeinated* at the Equator Café in Almonte on Thursday, August 9 at 7PM. The film illuminates the global production chain of coffee, and the small-scale farmers, roasters and café owners that provide us with that

perfect cup — like Equator does for all of us in the Ottawa Valley! There will be a suggested donation of \$25 at the door.

While Nicaragua is suffering politically and economically, we know that education is needed more urgently now than ever. SchoolBOX remains committed to our mission to bring quality education to kids who are in desperate need of hope.

— Jon Tam,
SchoolBOX Acting Executive Director

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NEW HISTORIC WALKING PLAYS THIS YEAR
The Prisoner of Petawawa (playing to August 26) and *Far from Home* (playing to August 25), both set at the time of World War II.

ONTARIO 15010 ONTARIO ARTS COUNCIL / CONSEIL DES ARTS DE L'ONTARIO Ontario

Smiths Falls is On the Roll again for 2018!

Following the success of the On the Roll Live Music Series during the Canada 150 Community Celebrations in 2017, the Town of Smiths Falls is developing a roster of musical performers from the community and surrounding region that community partners can draw on to provide live music at many of the events taking place in the area again this year. They are thrilled to welcome back several groups that performed during the Canada 150 celebrations, and feature new up-and-coming performers at a number of community-run events. For more information, check out <smithsfalls.ca> or on Facebook </OnTheRollSmithsFalls>.

Kicking off the Canada Day weekend is **Music in the Park** in Centennial Park, organized by Together Smiths Falls and featuring a number of bands and performers. On Friday, June 29, David Leask plays from 6–8PM. Saturday, June 30 brings Brock Zeman (2–4PM), A Touch of Class (4–6PM), and CR5 Bluegrass (6–8PM). Canada Day itself features The Continentals (2–3:30PM), Andy Will Mason (3:30–4:30PM), Sean Pinchin (4:30–5:30PM) and Starfire (6–8PM). The celebrations continue on Monday, July 2 with performances by Vine Rhymes (2–3PM), Richmond Ramblers (3–5PM) and River City Junction (5–6PM).

Taking place in Centennial Park under the water tower this year, come enjoy Music in the Park for live music as well as vendors, artisans, food, and more! For more information, visit <togethersmithsfalls.com> or check out their Facebook page.

The following weekend there are two events taking place in Smiths Falls, both featuring live music as part of the On the Roll Series. The **Rideau Rendezvous**, returning for the second time this year, takes place at

the Settler's Ridge Mall on Saturday, July 7 and features performances by headliner The Carpet Frogs as well as local musical groups Abandon Eden, Poetic Justice and The Last Supper. Go to <facebook.com/RideauRendezvousMotorcycleRally> for more information and times.

Also returning for a second time is an



You'll find Music in the Park from June 20 to July 2 in Smiths Falls' Centennial Park. Featuring great local acts like Brock Zeman (above), there will also be vendors, artisans, food and more!

event hosted by local service clubs including the Lions Club, Kinsmen, Rotary Club, the Royal Canadian Legion and the Civitan Clubs. Renamed **Settler's Day**, this event takes place on July 7 at the Smiths Falls Community Centre and features Oktoberfest in July with the Schteev und die Lederhosers Band playing from 1–5PM, and evening performances by local bands The Continentals and the Doherty Brothers playing between 7PM and midnight. Tickets are available at the Smiths Falls Legion, Impression Printing and the Smiths Falls Community Centre.

To keep up to date with all the summer fun in Smiths Falls, visit <smithsfalls.ca>.



Crowd favourites from last year's On the Roll live music series, River City Junction will play Music in the Park on July 2 in Smiths Falls

June 29

Music Concert Series

8 p.m. at the Station Theatre
Angelique Francis, Blues/Soul
Info: 613-283-2911 or
www.smithsfallslibrary.ca

June 29 to July 2

Canada Day Weekend: Music in the Park

Smiths Falls is bringing back their Music in the Park event for this four-day feature in beautiful Centennial Park. Featuring the following bands, the fun starts at 6 p.m. under the water tower!

David Leask
Brock Zeman
A Touch of Class
CR5 Bluegrass
The Continentals
Andy Will Mason
Sean Pinchin
Starfire
Vine Rhymes
Richmond Ramblers
River City Junction

Event runs Friday 6 to 8 p.m.; Saturday noon to 8 p.m., Sunday 2 to 8 p.m. and Monday 2 to 6 p.m.
Info: info@togethersmithsfalls.com or visit www.togethersmithsfalls.com for performer times.

July 7

Rideau Rendezvous Motorcycle Rally

Charity Ride for Jumpstart and youth programming in Smiths Falls. 4 Degrees Brewing beer tent, dyno trailer, vendors, show'n' shine, stunt riders, competitions and more! Sponsored by the Pace Law Firm and Pace Motorcycle Division. Part of the **On the Roll Live Music Series** Featuring the **Carpet Frogs, Abandon Eden, Poetic Justice, and The Last Supper**. Facebook: Rideau Rendezvous Motorcycle Rally

July 7

Settler's Day

At the Smiths Falls Community Centre. Part of the **On the Roll Music Series**.
1 to 5 p.m.: Oktoberfest in July featuring Schteev und die Lederhosers Band
7 p.m. to midnight: Licenced event featuring **The Continentals** and **The Doherty Brothers Band**. Organized by local Services Clubs: Kinsmen, Legion, Civitan, Rotary and Lions Clubs. Tickets: Smiths Falls Legion, Impression Printing, Community Centre or by calling Garry Beep Dalgleish at 613-880-4434



More events in Smiths Falls:

June 28 to August 30

8th Season of Movies Under the Stars

Thursday evenings at 7 p.m.: free outdoor movie screenings by the Rideau Canal in Centennial Park. Special appearance Opening Night June 28th by Junkyard Symphony! Bring the family and a blanket or lawn chair and spend your summer evening watching a family-friendly movie on the big inflatable screen! Info: info@togethersmithsfalls.com or www.togethersmithsfalls.com

July 1

Canada Day Family Day

Come to Centennial Park between noon and 8 p.m. for a day of family-friendly fun! Parade at 11 a.m. Live music, vendors, food, inflatables, artisans, crafts, face painting, beverage tent and more. Fireworks at 10 p.m. at Lower Reach Park. Info: mloughren@smithsfalls.ca or tracey@pankow.ca or www.smithsfalls.ca

July 2

Train Rides at the Railway Museum of Eastern Ontario

The Railway Museum is firing up their diesel locomotive so hop on board! Climb aboard a 1940s caboose and discover what it's like to be pulled by a first-generation diesel engine.

Info: 613-283-5696 or www.rmeo.org

July – All Month

Exhibition: The First Nations of Smiths Falls and the Historic Rideau Canal

An ongoing exhibit until July 31st at the Heritage House Museum. Info: 613-283-6311 or heritagehouse@smithsfalls.ca or www.facebook.com/heritagehousemuseum



www.smithsfalls.ca

OntheRollSmithsFalls

Not Your Average Art Destination!

Visit TERRE-NEUVE in Almonte

Almonte's Sivarulrasa Gallery welcomes two talented artists from Newfoundland in July! The gallery's duo exhibition "TERRE-NEUVE", which will run from July 13 to August 19, will feature paintings and mixed media works by artists Carol Bajen-Gahm and Michael Pittman. Both artists will be in attendance at the vernissage on Saturday, July 21 from 3-6PM, and everyone is invited to come and meet them at the gallery at 34 Mill Street in Almonte.

by Miss Cellaneous

Carol Bajen-Gahm lives on the east coast of Newfoundland, working from her studio on a cliff overlook-



Carol Bajen-Gahm's *Root Cellar Meditation #4* will be featured in TERRE-NEUVE at Sivarulrasa Gallery

ing the ocean. The rugged landscape and constantly changing light of her surroundings are inspirations for her work. Her *Root Cellar Meditation* and *Encounters* paintings address the realities of life on an island in the North Atlantic. Michael Pittman was born in Corner Brook, Newfoundland, and continues to base his studio practice on the island. Many of his paintings are evocative of hidden histories, specific places, and memories both real and imagined. His works are often introspective and highly subjective, possessing a mystical quality that speaks to viewers at an intuitive level. Both artists are storytellers, conveying through art their observations of their environment, history, and culture.

For more information about this show and to see available works, please visit <sivarulrasa.com>.

Paint the Summer!

The Rideau Lakes Artists' Association switched things up last summer when they introduced their new summer show, **Paint The Summer**, at Algonquin College in Perth (located at 7 Craig Street). The new venue was a great success! The College was perfect for viewing the wonderful original paintings for which the Association is well known. Being inside was like being in a gallery, with no weather concerns and lots of room to move around and relax.

The organization will host Paint The Summer again this summer, and coordinate it with the Town of Perth's ever-popular Stewart Park Festival <stewartparkfestival.com>. The popular "People's Choice" tradition returns and will have a musical theme for your enjoyment. You will be able to see wonderful original paintings in oil, acrylic, watercolour and batik, together with many other art forms including needle felting, pottery, sculpture and alcohol inks. Then you can stroll over (or take the shuttle) to Stewart Park and enjoy the many wonderful musicians at the festival.

Paint The Summer provides the opportunity to meet with the artists and discuss their ideas and



See works by Richard Hutton (above) and other members of the Rideau Lakes Artists' Association at this year's Paint The Summer show at Perth's Algonquin campus on July 14 & 15

inspirations while also getting to know the dynamics of this successful art association. Each year the show supports a local charity and this year it is Lanark County Interval House. Organizers hope to have some of their representatives on-site to answer your queries. The show will be open on Saturday, July 14 and Sunday, July 15 from 10AM to 4PM each day. Parking and admission are free, and refreshments are readily available downtown. For more information visit <rideaulakesartists.com>, find them on Facebook, or pick up a brochure from a local business. Come say hello to these great artists and enjoy their talents in this spacious facility!

Not Your Average Art Experience

The mystical Madawaska Valley has been an enclave of alternative-minded artisans since the sixties. Taking place on July 21 & 22 and then again on September 29 & 30, the 2018 **Madawaska Valley Studio Tour** is your chance to get an insider's view of the minds and methods of the area's cherished creative community. Two tours, two seasons, two chances to interact with weavers, painters, potters, glass artists, wood carvers, jewelers and more — each medium an intimate reflection of life in this wonderful valley.

As you're welcomed into homes and workspaces you will experience art making, living history and traditional trade. Watch a blacksmith forge a piece of found metal into a sculpture, discover local plants being transformed into healing creams, observe traditional weaving, painting in varied styles and media, glass flame working, stone carving demonstrations, tie-dyeing and much more. Interacting with the artists is more than educational, it's uplifting and inspiring.

The tour's 27th year welcomes new studios and guests featuring handcrafted wooden toys, abstract painting, traditional basket making, candle making, wood-burned artwork and stained glass. The exciting new tour booklet is a fantastic year-round resource for valley explorers, providing information on the artists, the Madawaska Valley and the area east of Algonquin Park.

The award-winning Madawaska Valley Studio Tour is a landmark cultural event in eastern Ontario. Art patrons from the northern states, southern Ontario and Quebec mark their calendars in anticipation. You can connect with tour coordinator Tanya Lyons at <info@madawaskastudiotour.com> or 633-6902. The tour runs from 10AM to 5PM each day.



Mike Desrochers' Madawaska Metal Works is just one of the stops on this month's Madawaska Valley Studio Tour

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Stewart Park Festival's Awesome Line-up

The Stewart Park Festival has released its 2018 line-up, and the talent set to hit the stage this summer is a solid mix that'll once again draw thousands to the park from July 13-15.

The three-day festival in downtown Perth will showcase performers from across Canada, including much-loved Juno award winners The LYNNes and three-time Juno nominee Danny Michel, as well as up-and-coming artists such as The Commotions, Fränder and Digging Roots. There will also be some great acts for kids, including five-time Juno nominees Splash 'n' Boots.

This summer's roster was put together by long-time musician and Stewart Park Festival Artistic Director James Keelaghan — and it's a marvelous and memorable mix! "James is so ingrained in the music industry and has the scoop on performers who will give us an unforgettable experience on stage this summer," says SPF Chair John McKenty. "We're so excited to roll out this line-up and

to continue our 27-year-long tradition of offering incredible music in Stewart Park."

The variety of musical styles really is tremendous this year. Other performers include JP Cormier (storyteller and guitar player extraordinaire), Olivia and the Creepy Crawlies (an award-winning folkpop band that wields anything from ukuleles to glockenspiels), Digging Roots (who blend the traditional Anishinabek Song Lines composition technique with modern Eurocentric composition), and Ariana Gillis (whose lovely vocals and complex songwriting have made her a festival favourite). You can take a trip around the world without leaving Perth by catching the Polky Village Band (who take you on a musical journey to Poland to hear Carpathian, Jewish, Gypsy, Ukrainian, Slovak and Hungarian influences), Fränder (who hail from Sweden but add in some Estonian folk music influences), and Hat Fitz & Cara (Hat Fitz has been described as a "wild man" of the blues scene in Australia).

If you're looking for an energy boost, check out the musically amazing and dynamically choreographed performance of The PepTides; the Motown-inspired funky soul sounds of The Commotions; or the Tallbeat Stilt Drumming Troupe, who raise afro-Brazilian rhythms to new heights with their colourful costumes and oversized instruments.

Audiences of all ages will enjoy the Stewart Park Festival Youth Showcase, as well as performances by the Academy for

Musical Theatre, Junkyard Symphony, Rag and Bones Puppet Theatre, Splash 'n' Boots, and the very colourful Magoo. And you won't want to miss local favourites King of the Swingers (with their upbeat, energized approach to Dixie music), Perth's own Wade Foster (with Julie Corrigan and Shaun McCullough), and The Tritones (an original jazz, funk jam band).

All shows in Stewart Park are admission by donation at the gate, and some of the artists will also perform at the After Hours venues on Friday and Saturday nights. These venues include the Crystal Palace, The Perth Tea Room and the Studio Theatre. After Hours bracelets are \$10 per person per night, and they give you access to all three venues! They can be purchased at the festival's information tent or at the door.

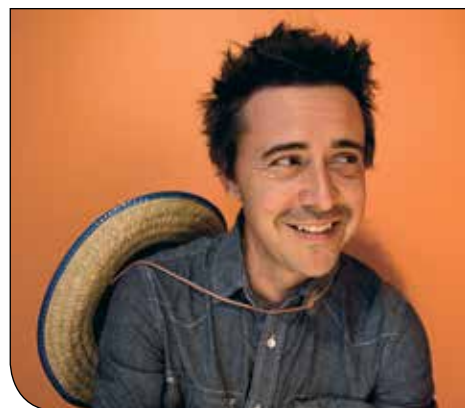
More than Music

While the festival's Main Stage will be filled with incredible performances, music isn't the only thing on offer over the weekend. Children's activities will take place throughout Saturday and Sunday, including crafts, instrument building workshops, and even an "instrument petting zoo" sponsored by Long & McQuade.

Adult workshops will give the grown-ups a chance for personal development as well.



This year's Stewart Park Festival line-up runs the gamut from Danny Michel (left) to the Tallbeat Stilt Drumming Troupe (above)



Whether it's salsa dancing or bike repairs, the offerings give adults a taste of new opportunities for growth.

When you're ready for refreshments, head across Gore Street to take in the tunes at the Perth Brewery Patio at Crystal Palace where you'll find a licensed patio, live music and stunning views of the Tay Basin. The festival's newest addition is a Wine and Jazz Bar hosted by the Stone Cellar at the new Terrace on the Tay development off Mill Street. The newly renovated outdoor landscape makes for the perfect chance to soak in some good music while lazily lounging by the water.

Learn more about the 2018 Stewart Park Festival and plan your weekend full of activities by visiting <stewartparkfestival.com>.

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The good Good Food Company

Regular readers of this column (thank you!) will have noticed that Weetabix comments frequently on some of the operational difficulties of running a small restaurant — especially one that offers, in the words of Anne DesBrisay “utterly sophisticated comfort food”. Weetabix has written about Petra Graber and her restaurant (the Good Food Company) before, and is galvanized to do so again. The restaurant describes itself ac-

by Sebastian Weetabix

curately on its home page thus: “this cozy 28-seat café has been serving up delectable, seasonally-inspired, from-scratch fare since August 1997”. With its small number of seats and only breakfast and lunch service, a quick calculation suggests that running the Good Food Company requires both skill and dedication.

Asked why she persists, Petra says: “it makes me happy to see people enjoying good food” and “it is work I believe in and can be proud of”. Both statements reflect her personal dedication to a holistic vision in which local sourcing, ethical treatment of her staff and the delivery of value and pleasure to her customers are key success factors.

Petra is not about making a buck, but she is about making a life in the food service industry. This brings Weetabix to ask about a letter she wrote to this fine publication in December of last year. Conversation with her confirms that she has thought through all aspects of her operation including the impact of the recently enacted changes in the minimum wage law that stimulated her letter.

Bill 148 (Ontario) is titled “Fair Workplaces, Better Jobs Act” and, like much legislation, makes for unexpectedly interesting reading. Included in the bill are significant changes to the minimum wage that directly affect the food industry in a number of ways. Simply put, the whole industry runs on cheap labour and any change in base rates directly impacts costs. Margins are tight throughout the sector and labour is a high percentage of costs.

Weetabix is not an economist and cannot comment on the overall social impact of increasing minimum wages. Support can be found for both sides of the argument — that increasing minimum wages can produce more jobs or lead to net job losses. It is also clear that, as a society, we do not benefit from poverty at the individual level and that by increasing wages we can all benefit from more and faster spending on basic consumer goods. However, the immediate and obvious effect in the food industry is that costs

increase. For small producers and restaurants this effect is particularly severe since customers, no matter how appreciative, do not accept price increases readily.

Weetabix is frequently struck by the discrepancy between people’s professions of social responsibility and their willingness to pay even modest amounts for the labour component of the goods or services that they are purchasing. As an exercise, take pen (or cell phone) in hand and attempt to construct a budget on a minimum wage and a 40-hour week. Some years ago, Barbara Ehrenreich’s memoir *Nickel and Dimed: On (Not) Getting By in America* detailed her incognito adventures in the minimum wage sector. Weetabix recommends reading it and giving thought to some basic questions about how much we are willing to pay for amenities we enjoy. The restaurant business and establishments like the Good Food Company offer a range of food options which exceed the simple requirements of caloric sufficiency. In Petra’s words, “Unfortunately, many consumers — regardless of income level — are really only interested in the lowest price, or the best deal. They may in principle believe the cashier ringing their groceries through deserves to make more money, but very few consumers would choose to pay for that with significantly higher food costs.” Not harsh, and generally true.

Since few restaurateurs are foolish enough to operate at a loss and try to make it up on volume, Weetabix suggests that we, as patrons, need to understand that labour policy (raising the minimum wage) impacts the restaurant sector significantly and there is very little elasticity in other costs. In other words, if a restaurateur must pay staff more and we as patrons support fairer rewards for labour at the low end of the economic range, we should be willing to pay more. There is simply no other place for the money to come from. Margins in the industry are very thin. The product (food and service) is labour-intensive and costly. Tipping for service is often thought to be a way to make a personal adjustment to staff, but not all tips are pooled equitably. Petra points out that this raises other issues, ranging from the nature of the establishment to the ratio of the split, which make an apparently simple matter fraught with complications. As an owner-operator of a small establishment she has a close relationship with her team and has worked with them on establishing an equitable compensation structure. Too often patrons forget that small restaurants are a demanding working environment for all team members.

Food quality is more than just meeting preparation safety standards. Local, fresh and high quality ingredients are the foundation of Petra’s distinctive



Owner Petra Graber’s business practices are as good as the food at her aptly-named Good Food Company in Carleton Place

style. Delivering value as well as aesthetically pleasing presentations of excellent food over more than twenty years is an achievement we can all enjoy. Suzanne Carere, a registered dietician and director of Nutrition & Wellness, has commented on the lack of mindfulness for food and the importance of nutrition. Petra is mindful of both taste and nutrition. Food at the Good Food Company is good, and it’s good for you. Read the menus on the website, phone for a table (so you will get one) and enjoy locally sourced and interesting food. In addition there are take-out options and it should be noted that Petra is an excellent baker — try her cheesecake or key lime pie if you are of the dessert persuasion (Weetabix is persuaded).



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Burnstown Publishing House (BPH)
www.burnstownpublishing.com

Classic Comedy and Mystery at CTF

When George Bernard Shaw wrote *Mrs. Warren's Profession* — a comedic classic opening this month at the Classic Theatre Festival in Perth — it took him eight years before he was able to arrange a private staging of the play, and an additional twenty years before it was first publicly performed in London.

The play caused a worldwide stir, from being banned in England to getting shut down in New Haven and New York City. The show's first performers, producers and director were subject to arrest warrants because the authorities considered the play too dangerous for public eyes.

This remarkable story of the gradual revealing of a family secret — the source of Mrs. Warren's wealth — introduces some of the most memorable comic characters Shaw ever created, from the dastardly Crofts to the indecisive Rev. Gardner. When Warren's daughter Vivie begins to understand the secret, it sets up the stage for a classic mother-daughter row without parallel.

While the sensibilities of an earlier time kept the play from public view, it remains incredibly timely and in tune with today's #MeToo moment, with Shaw writing that this is "a play for women; it was written for women; it has been performed and produced mainly through the determination of women, and not one of these women had any inducement to support it except their belief in the timeliness and the power of the lesson the play teaches."

Mrs. Warren's Profession, which opens July 20, is one of five shows playing during July at the Festival. It is preceded by the charming romantic comedy *There's Always Juliet* (running to July 15), which has been warming the hearts of audiences who follow a couple trying to navigate the promise and pitfalls of a love-at-first-sight meeting. It recalls the Cary Grant and Jimmy Stewart comedies of the 1930s, when falling in love seemed simpler, more heartfelt and less cynical, and has been playing to sold-out houses. Both shows play at the Festival mainstage (54 Beckwith Street East).

Also playing this month (and through August) are two new historic theatrical walking plays. This year features family-friendly, hour-long tales of Perth during the turbulent war years of the 1940s.

In the touching morning play *The Prisoner of Petawawa* (Wednesday to Sunday at 11AM), the budding promise of young love runs into the reality of a battle-scarred soldier, while the discovery of a new town resident reveals an unsavoury part of Canadian history.

The Lonely Ghosts Walk (Thursday and Friday at 7PM) is a musical and comedic look at the challenges and tribulations faced by British war brides adjusting to a new life in rural Perth. *Far From Home* is a reminder of both the contributions made by, and the obstacles often put in the way of, successive generations of immigrants to Perth.



Anna Burkholder returns to the Classic Theatre Festival in Perth this summer to play the role of Vivie in *Mrs. Warren's Profession*, a long-celebrated play first deemed too provocative to show in public

Both walking plays begin at Matheson House Museum, 11 Gore Street East. CTF ticket holders receive 20% off ticket prices.

The inaugural Classic Dinner Theatre at Michael's Table has proven hugely popular, with all shows sold out for the summer. However, the Festival is taking names for a waiting list in the event of any cancellations.

Next month, the Festival's final show of the season brings the mystery thriller *Angel Street* (aka *Gaslight*), a cat-and-mouse struggle of psychological warfare sparked by an unsolved murder.

Tickets to the Festival are available at 1-877-283-1283 or <classictheatre.ca>.

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Claiming Column

Bridge St. Summer Fest, CP, Aug 4
 Paddles & Puppets, Almonte, Aug 11
 Basketball Festival, Almonte, Aug 11
 Perth Garlic Festival, Aug 11-12
 Carp Garlic Festival, Aug 11-12
 Calabogie Blues & Ribfest, Aug 17-19
 Barns, Farms & Wicked Chefs, Ecotay, Aug 18
 Pakenham Fair, Aug 18
 Roots on the Clyde, Lanark, Aug 18-19
 Maberly Fair, Aug 25
 Highland Games, Almonte, Aug 25
 Festival of the Wild Child, Pakenham, Aug 25-26
 Perth Fair, Aug 31-Sep 3
 Sundance Artisan Show, Maberly, Sep 1-3

Festivals

Music in the Park, Jun 29-Jul 2, Fri (6-8PM), Sat (2-8PM); Sun (2-8PM); Mon 2-6PM. Centennial Park, 2-22 Confederation Drive, Smiths Falls. togethersmithsfalls.com

Canada Day Eve Celebrations, Jun 30, 7PM Parade, 6PM family fun til fireworks. Downtown Pakenham. 256-1077

Canada Day Family Day, Jul 1, 12-8PM. Family-friendly fun, Centennial Park; 10PM fireworks, Lower Reach Park, Smiths Falls. smithsfalls.ca

Canada Day in Gemmill Park, Jul 1, 3PM-dusk. Entertainment, food, kids' fun, fireworks. Gemmill Park, Almonte. 256-1077

Almonte Celtfest, Jul 6-8, Fri 7:30-11PM (Almonte Old Town Hall, Legion, Equator, Naismith Pub, Barley Mow). Sat 12-10PM & Sun 12-6PM music & more (Gemmill Park). almonteceltfest.com. By donation

Almonte Fair, Jul 13 (4-9PM), 14 (10AM-9PM), 15 (10AM-3PM). Almonte Fairgrounds, almontefair.ca. \$10 (13+); +midway

Stewart Park Festival, Jul 13 (from 1PM), Jul 14 (11AM), Jul 15 (11AM). Live music, kids' fun (by donation). After-Hours shows (\$10). Herriott St., Perth. stewartparkfestival.com

Almonte Old Home Week, July 26-29. See almonteoldhomeweek.ca for up-to-date info. Almonte, various locations

Perth Ribfest, Jul 27, 11AM-10PM; Jul 28, 11AM-10PM, w/Car Show; Jul 29, 11AM-7PM, w/Car Show. Ribs, vendors, kids' fun. Last Duel Park, Craig St. (off Hwy 43), Perth. perthribfest.com. Admission by donation

Taste of the Valley: HerbFest, Jul 29, 9AM-4PM. Demos, vendors, entertainment. Waba Cottage Museum, 24 Museum Rd., White Lake. 623-5756x232. By donation

Youth

Movies Under the Stars: Jul 5 *Jumanji - Welcome to the Jungle*, Jul 12 *Sherlock Gnomes*, Jul 19 *Pitch Perfect 3*, Jul 26 *Isle of Dogs*. 7PM activities, 9:15PM movie. Cancelled if raining. Centennial Park, Smiths Falls. togethersmithsfalls.com Free

Mary Poppins, Jul 6, 7PM. Academy for Musical Theatre. Code's Mill, 17 Wilson St. E., Perth. ticketsplease.ca. \$12

Stunt Ventriquoist: Tim Holland, Jul 21, 2-4PM. w/unicycle & puppets. Mississippi Valley Textile Museum, Almonte. 256-3754, mvtm.ca. \$12; \$5 under 12

Rag & Bone Puppet Show, Jul 28, 2-4PM. *Owl at Home*. Ages 4-11. Tix: ragandbone.ca Mississippi Valley Textile Museum, Almonte. 256-3754. \$10; \$32 for 4

Literature

Tim Wynne-Jones, Jul 7, 1-3PM. Meet & greet Governor General's Award-winning author. The Book Nook, 60 Gore St. E., Perth

WHAT'S ON IN

Monday Tuesday Wednesday Thursday

General Fine Craft, Art & Design features Janet Keefe's sculptural ceramics & Norman Takeuchi's paintings <generalfinecraft.com> [to Jul 29]
Sivarulrasa Gallery presents *East-West*, Jeremy Price & David Wilson [to Jul 8] & *Terre-Neuve*, Carol Bajen-Gahm & Michael Pittman [from Jul 13] <sivarulrasa.com>
Heritage House Museum presents *The First Nations of Smiths Falls & the Historic Rideau Canal* <smithsfalls.ca/heritagehouse>
Mississippi Valley Textile Museum presents *Noreen Young - A Puppet Retrospective* <mvtm.ca> [from Jul 14]
N. Lanark Regional Museum presents *Buttons à la mode* <appletonmuseum@hotmail.com>
Riverguild Fine Crafts presents Franc van Oort's etchings [to Jul 15].
 The **Mississippi Mills Chambers Gallery** presents Lee Anne LaForge's acrylic & encaustic paintings
 The **Almonte Library Corridor Gallery** presents Photography Matters & pottery by Teresa Wingar
CP & Beckwith Heritage Museum presents Up Paddles! <cpberitageuseum.com>
Fairview Manor Lobby presents "Archetypal Transformations", paintings by Jane Barlow
Whitehouse Perennials presents 800+ varieties of Daylilies in bloom [July 20-31]

<p>Carp Celtic Jam, Masonic Lodge Music in the Park, Smiths Falls Bridge Club, Smiths Falls Diesel Train Rides, Smiths Falls</p>	<p>Brock Zeman, O'Reilly's Pub CP Bridge, Carleton Place Hackberry Men's Shed, CP Olde Time Bingo, Carleton Place Bridge Club, Smiths Falls There's Always Juliet, Perth</p>	<p>5 Wed: Brad Scott/Ceilidh/BBQ, Augusta St. Park Almonte Duplicate Bridge Club Open Jam, Waterfront Gastropub Open Mic w/Shawn McCullough, The Cove Karaoke, Golden Arrow Perth Through the Ages Tea on the Lawn, Almonte There's Always Juliet, Perth</p>	<p>Jazz w/Spencer Evans, The Cove Live w/Logan Brown, Golden Arrow Lonely Ghosts Walk, Perth Movies Under the Stars: Jumanji - Welcome to the Jungle, SF On Golden Pond, Perth Open Mic, Alice's Village Cafe Perth Citizens' Band Perth Through the Ages There's Always Juliet, Perth</p>
<p>Carp Celtic Jam, Masonic Lodge Hackberry Men's Shed, Carleton Place Bridge Club, Smiths Falls</p>	<p>Brock Zeman, O'Reilly's Pub CP Bridge, Carleton Place Olde Time Bingo, Carleton Place Bridge Club, Smiths Falls There's Always Juliet, Perth</p>	<p>5 Wed: Stephen & Dianne Lynch/Redneck Limousine, Augusta St. Park Almonte Duplicate Bridge Club Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic w/Shawn McCullough, The Cove Perth Through the Ages Tea on the Lawn, Almonte There's Always Juliet, Perth Karaoke, Golden Arrow</p>	<p>Jazz w/Spencer Evans, The Cove Live w/Logan Brown, Golden Arrow Lonely Ghosts Walk, Perth Movies Under the Stars: Sherlock Gnomes, Smiths Falls Music & Beyond: Cuarteto Quiroga, Almonte Open Mic, Alice's Village Cafe Perth Through the Ages Tami Neilson, Neat Coffee Shop There's Always Juliet, Perth</p>
<p>Carp Celtic Jam, Masonic Lodge Bridge Club</p>	<p>Brock Zeman, O'Reilly's Pub CP Bridge, Carleton Place Hackberry Men's Shed, CP Olde Time Bingo, Carleton Place Bridge Club, Smiths Falls</p>	<p>5 Wed: Lost: Pet Pigeon/Steve Stacey & the Stumpsplitters/BBQ, Augusta St. Park Almonte Duplicate Bridge Club Meditation & Assoc. Processes, Perth Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic w/Shawn McCullough, The Cove Perth Through the Ages Tea on the Lawn, Almonte Karaoke, Golden Arrow</p>	<p>I'm Not Jewish but my Mother Is!, Almonte Jazz w/Spencer Evans, The Cove Live w/Logan Brown, Golden Arrow Lonely Ghosts Walk, Perth Movies Under the Stars: Pitch Perfect 3, Smiths Falls Open Mic, Alice's Village Cafe Perth Citizens' Band Perth Through the Ages Weaving Workshop, Almonte</p>
<p>Carp Celtic Jam, Masonic Lodge Hackberry Men's Shed, CP Bridge Club, Smiths Falls</p>	<p>Mrs. Warren's Profession, Perth Bridge, Carleton Place, Smiths Falls Brock Zeman, O'Reilly's Pub Olde Time Bingo, CP</p>	<p>5 Wed: Terry Tufts/Walking with Crows, Augusta St. Park Almonte Duplicate Bridge Club Company of Fools: Twelfth Night, McDonalds Corners Mrs. Warren's Profession, Perth Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic w/Shawn McCullough, The Cove Perth Through the Ages Tea on the Lawn, Almonte Karaoke, Golden Arrow</p>	<p>Almonte Old Home Week Jazz w/Spencer Evans, The Cove Live w/Logan Brown, Golden Arrow Lonely Ghosts Walk, Perth Movies Under the Stars: Isle of Dogs, Smiths Falls Mrs. Warren's Profession, Perth Open Mic, Alice's Village Cafe Perth Through the Ages</p>

Giant Book Sale, Jul 21, 8AM-4PM. All sales by donation, proceeds to Perth Library. Crystal Palace, 63 Gore St. E., Perth.

Art in the Park (ing lot), Fri evgs, 6-8PM. Art challenges. Carleton Place Library. 257-2702, czeeman@carletonplace.ca

Quilts on the Tay, Jul 13 (12-5), 14 (10-5), 15 (10-4). Featured: Bridget O'Flaherty. Smiths Falls Memorial Community Centre, 71 Cornelia St. W., Smiths Falls. \$8

Siobhan Mlacak, Jul 13 (11AM-9PM), 14 & 15 (11AM-8PM). Hand-printed b&w photographs. Gallery 629, 629 St. Lawrence St., Merrickville. gallery629.com

Art in the Park, Jul 14, 9AM-5PM. Renfrew Art Guild's exhibition. Kids' Zone. Haramis Park, Renfrew. 433-3208, renfrewartguild.com/artinthepark/. Free

Exhibit Opening: Noreen Young, Jul 14, 2-4PM. Puppets! Mississippi Valley Textile Museum, Almonte. 256-3754, mvtm.ca

Paint the Summer Art Show/Sale, Jul 14-15, 10AM-4PM. Rideau Lakes Artists. Fundraiser: Interval House. Algonquin College, Perth. rideaulakesartists.com. Free

Weaving Workshop, Jul 19, 9AM-4PM. Materials incl. RSVP 858-2647, penny@tranquilweaver.ca Tranquil Weaver, 119 Peacock Cr., Almonte. \$99

Madawaska Valley Studio Tour, Jul 21-22, 10AM-5PM. Red maple leaf signs. Golden Lake, Killaloe, Wilno, Barry's Bay. madawaskastudiotour.com

Meet the Artists: Carol Bajen-Gahm, Michael Pittman, Jul 21, 3-6PM. Sivarulrasa Gallery, 34 Mill St., Almonte. 256-8033, sivarulrasa.com

Perth Through the Ages, Wed-Sun 11AM; **Lonely Ghosts Walk**, Thu/Fri, 7PM. Historic walking tours. Classic Theatre Festival. Meet at Matheson House, Perth. 1-877-283-1283, classictheatre.ca. \$15/7.50

Lanark Laughs, Jun 29 & Jul 27, 8:30PM-10PM. Stand-up comedy. Waterfront Gastropub, CP. facebook.com/LanarkLaughs

Rag Bag Cabaret, Jun 30, 6:30PM cocktails, 8PM show. Comedy, burlesque, illusion, music. Tix: Mill St. Books, eventbrite.ca. Textile Museum, Almonte. \$45, \$35 adv

On Golden Pond, Jul 5-7 7:30PM; Jul 8 2PM. Studio Theatre, Perth. <studiotheatreperth.com>. \$24, \$10 stud, \$22 adv

Box and Cox, Jul 6-7, 19-21 7:30PM and Jul 8, 22 1:30PM. Two 1-act farces. Full Circle Theatre, Perth. 267-1884. \$22; \$10 stud

I'm Not Jewish but my Mother Is!, Jul 19-21 7:30PM; Jul 21-22 2:30PM. Comedy. Almonte Old Town Hall, SOMEtheatre.ca. \$45; \$30 adv

Local Food

Back Forty Artisan Cheese Season Opener, Jun 30, 10AM-4PM. Music, food, sheep cheese, local beer/wine. Back Forty Artisan Cheese, 1406 Gulley Rd., Mississippi Station. 287-7011, artisancheese.ca

Calabogie Summer Market Opens, Jun 30, 9AM-2PM. Produce, art, crafts. Heritage Point, 12517 Lanark Rd., Calabogie. calabogiemarket@gmail.com

Visual Arts

Rideau Lakes Studio Tour, Jun 30-Jul 1, 10AM-5PM. Art for home & garden. Brochures at area shops/resto. rideaulakesstudioandgardentour.com

JULY 2018

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Angelique Francis, Smiths Falls Campfire Liars Club, The Cove Danny Michel, Neat Coffee Shop Lanark Laughs, Carleton Place Music in the Park, Smiths Falls On Golden Pond, Perth Perth Through the Ages River City Junction, O'Reilly's Pub Steve Barrette Trio, The Swan at Carp There's Always Juliet, Perth 	<ul style="list-style-type: none"> Rag Bag Cabaret, Almonte Perth Through the Ages Jake Clemons, Neat Auditions: Murder, Medium Rare, Carleton Place Back Forty Cheese Opener, Mississippi Station Summer Market Opens, Calabogie Canada Day Ceilidh, Middleville Canada Day Eve Celebrations, Pakenham Pre-Canada Day Party w/Turpin's Trail, The Cove Ramsay WI's 60th Anniversary Tea, Almonte Rideau Lakes Studio Tour Strawberry Social/BBQ/Bakesale, Clayton There's Always Juliet, Perth 	<ul style="list-style-type: none"> Canada Day in Gemmill Park, Almonte Canada Day Family Day, Smiths Falls Canada Day Srs Breakfast/Hootenanny, Beckwith Head over Heels w/Zak Colbert, The Cove Music in the Park, Smiths Falls Perth Through the Ages Rideau Lakes Studio Tour Sean Pinchin, Neat Coffee Shop Searsons, Robert Simpson Park Strawberry Social, Pakenham The Peter Principle, Juke Joint Soul Kitchen There's Always Juliet, Perth Blues w/Redneck Limousine, Waterfront Gastropub
<ul style="list-style-type: none"> Almonte Celtfest Art in the Park(ing lot), Carleton Place Henry Norwood, The Cove Lonely Ghosts Walk, Perth Mary Poppins, Perth Mississippi Blues Society Jam, Waterfront Gastropub On Golden Pond, Perth Perth Through the Ages Sarah Slean, Neat Coffee Shop Smitty, O'Reilly's Pub There's Always Juliet, Perth Jeff Leeson, Golden Arrow 	<ul style="list-style-type: none"> Tim Wynne-Jones, Perth Almonte Celtfest Rideau Rendezvous Motorcycle Rally, Smiths Falls Settlers' Day, Smiths Falls Logan Brown & Taylor Angus, The Cove On Golden Pond, Perth Perth Antique Show & Sale Perth Through the Ages Stand Up Comedy, Neat Coffee Shop Tea on the Lawn, Almonte There's Always Juliet, Perth Al Tambay Duo, Waterfront Gastropub 	<ul style="list-style-type: none"> Almonte Celtfest Jamie McMunn, Robert Simpson Park Magnolia Rhythm Kings, The Royal Oak On Golden Pond, Perth Perth Antique Show & Sale Perth Through the Ages The Peter Principle, Juke Joint Soul Kitchen There's Always Juliet, Perth Blues w/Redneck Limousine, Waterfront Gastropub Head over Heels (Patio), The Cove
<ul style="list-style-type: none"> Stewart Park Festival, Perth Almonte Fair Art in the Park(ing lot), Carleton Place David McGrath, O'Reilly's Pub Lonely Ghosts Walk, Perth Music Trivia Night, Almonte Perth Through the Ages Quilts on the Tay, Smiths Falls Siobhan Mlacak, Merrickville Steve Barrette Trio, The Swan at Carp The Goodnight Irenes, The Cove There's Always Juliet, Perth Nolan Hubbard, Golden Arrow 	<ul style="list-style-type: none"> Stewart Park Festival, Perth Almonte Fair Fish Fry, Maberly Exhibit Opening: Noreen Young, Almonte Michael Brown, O'Reilly's Pub Perth Through the Ages Quilts on the Tay, Smiths Falls Siobhan Mlacak, Merrickville Tea on the Lawn, Almonte There's Always Juliet, Perth Matt Dickson, Golden Arrow Art in the Park, Renfrew Craig Cardiff, Neat Coffee Shop 	<ul style="list-style-type: none"> Stewart Park Festival, Perth Almonte Fair The Peter Principle, Juke Joint Soul Kitchen APEX Jazz Band, The Royal Oak Blues w/Redneck Limousine, Waterfront Gastropub Head over Heels (Patio), The Cove Heartbeats, Robert Simpson Park Paint the Summer Art Show/Sale, Perth Perth Through the Ages Quilts on the Tay, Smiths Falls Siobhan Mlacak, Merrickville There's Always Juliet, Perth
<ul style="list-style-type: none"> Art in the Park(ing lot), Carleton Place Film: Beirut, Perth Getting to Room Temperature, Perth I'm Not Jewish but my Mother Is!, Almonte John Wilberforce, The Cove Lonely Ghosts Walk, Perth Mrs. Warren's Profession, Perth Perth Through the Ages Stephen Mark Fisher, O'Reilly's Pub Brian Downey Band, Golden Arrow 	<ul style="list-style-type: none"> Cross Cultural Connections with the Land, Lanark Getting to Room Temperature, Perth Book Sale, Perth Perth Through the Ages I'm Not Jewish but my Mother Is!, Almonte Madawaska Valley Studio Tour Meet the Artists, Almonte Mrs. Warren's Profession, Perth Music in the Park, N. Crosby Stunt Ventriloquist: Tim Holland, Almonte Tea on the Lawn, Almonte Yuk Yuk's Comedy Night, The Cove Bridges Blues Series, Bridges Bar & Grill Brian Downey Band, Golden Arrow 	<ul style="list-style-type: none"> I'm Not Jewish but my Mother Is!, Almonte Madawaska Valley Studio Tour Mrs. Warren's Profession, Perth Perth Through the Ages The Peter Principle, Juke Joint Soul Kitchen Vicki Brittle, Robert Simpson Park Blues w/Redneck Limousine, Waterfront Gastropub Head over Heels (Patio), The Cove Magnolia Rhythm Kings, The Royal Oak
<ul style="list-style-type: none"> Almonte Old Home Week Art in the Park(ing lot), Carleton Place Chris Angel, O'Reilly's Pub Lanark Laughs, Carleton Place Lonely Ghosts Walk, Perth Mrs. Warren's Profession, Perth My Son the Hurricane, Neat Coffee Shop Nolan Hubbard, The Cove Perth Ribfest Perth Through the Ages Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> Mrs. Warren's Profession, Perth Perth Ribfest w/Car Show Perth Through the Ages Rag & Bone Puppet Show, Almonte Tea on the Lawn, Almonte Al Tambay Duo, Waterfront Gastropub Almonte Old Home Week 	<ul style="list-style-type: none"> Almonte Old Home Week APEX Jazz Band, The Royal Oak Blues w/Redneck Limousine, Waterfront Gastropub Common Dear, Neat Coffee Shop Glasstown, Robert Simpson Park Head over Heels (Patio), The Cove Mrs. Warren's Profession, Perth Perth Ribfest w/Car Show Perth Through the Ages Taste of the Valley: HerbFest, White Lake The Peter Principle, Juke Joint Soul Kitchen

Film: Beirut, Jul 20, 7:30PM. Suspenseful international thriller. Studio Theatre, 63 Gore St. E., Perth. 267-7469, studiotheatreperth.com. \$12

Getting to Room Temperature, Jul 20-21 7:30PM; Jul 21 2PM. Sentimental & funny 1-person play. Full Circle Theatre, Perth. ticketsplease.ca. \$25

Company of Fools: Twelfth Night, Jul 25, 7PM (5:30PM dinner, \$10). Shakespeare in the park. MERA Schoolhouse, McDonalds Corners. fools.ca. By donation

Music

Angelique Francis, Jun 29, 8PM. Blues/soul. Station Theatre, Smiths Falls. 283-2911, smithsfallstheatre.com. \$30

Canada Day Ceilidh, Jun 30, 6PM. Ever Hopeful String Band. MMLT. Tix: Gilligallou. Middleville Fairgrounds. mmlt.ca/event/canada-day-ceilidh. \$20

Perth Citizens' Band, Jul 5, 7:30PM, Jul 5 & 19, 7:30PM. Bring lawn chair or stroll park. Stewart Park, Herriott St., Perth. 256-4221, perthband.ca. Free

Music & Beyond: Cuarteto Quiroga, Jul 12, 7:30PM. String quartet. Almonte Old Town Hall, 14 Bridge St., Almonte. musicandbeyond.ca

Music Trivia Night, Jul 13, 7:30PM. Crooked Mile Brewery, 453 Ottawa St., Almonte

Music in the Park, Jul 21, 1-4PM. Turpin's Trail & more in Park. BBQ. Bring lawn chair. North Crosby Community Centre. 273-8177. Donations welcome

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

Juke Joint Soul Kitchen (Carp, 470-8888): T Peter Principle, Sun Brunch, 12-3PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM
Jul 8, 22 Magnolia Rhythm Kings
Jul 15, 29 APEX Jazz Band

The Cove (Westport, 273-3636): Wed Open Mic w/Shawn McCullough, 7-10PM; Thu Jazz w/Spencer Evans Trio, 9-11PM, \$5; Sun Head over Heels on the Patio, 12:30-3:30PM
Jul 1 Head Over Heels w/Zak Colbert, 12:30-3:30PM+6-9PM
Jul 6 Henry Norwood, 6-9PM
Jul 7 Logan Brown & Taylor Angus, 6-9PM
Jul 13 The Goodnight Irenes, 6-9PM
Jul 14 Riley & Riley, 6-9PM
Jul 20 John Wilberforce, 6-9PM
Jul 21 Yuk Yuk's Comedy Night, 7-11PM, buffet+show \$50
Jul 27 Nolan Hubbard, 6-9PM

O'Reilly's Ale House (Perth, 267-7994): Tues Brock Zeman 8:30PM
Jul 6 Smitty, 8:45PM
Jul 13 David McGrath, 8:45PM
Jul 14 Michael Brown, 8:30PM
Jul 20 Stephen Mark Fisher, 8:45PM
Jul 27 Chris Angel, 8PM

The Swan at Carp (Carp, 839-7926): Jul 13, 27 Steve Barrette Trio, jazz, 7-10PM

Bridges Bar and Grill (Pakenham, 624-5939): Sat Karaoke 8PM
Jul 21 Blues Series: host TBD, 6-10PM

Naismith Pub (Almonte, 256-6336): Wed (excl Jul 4) Open Celtic Jam, 7:30-10PM

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

The Waterfront Gastropub (CP, 257-5755): Wed Open Jam 9PM, Sat Al Tambay Duo 3PM, Sun Blues w/Redneck Limousine 3-6PM
Jul 6 Mississippi Blues Society Jam, 8:30PM
Jul 6 Jeff Leeson
Jul 13 Nolan Hubbard
Jul 14 Matt Dickson
Jul 20 & 21 Brian Downey Band

5 Wednesdays in July (Augusta St. Park, Almonte): 6-8:30PM
Jul 4 Brad Scott/Pre-Celtfest Ceilidh, BBQ
Jul 11 Stephen&Dianne Lynch/Redneck Limousine, potluck
Jul 18 Lost:Pet Pigeon/Steve Stacey & the Stumpsplitters, BBQ
Jul 25 Terry Tufts/Walking with Crows, potluck

Neat Coffee Shop (Burnstown, 433-9960): 8PM
Jul 1 Sean Pinchin, \$15
Jul 6 Sarah Sean, \$40
Jul 7 Stand up Comedy, \$25
Jul 12 Tami Neilson, \$27.50
Jul 14 Craig Cardiff, \$20, 2PM & 8PM
Jul 27 My Son the Hurricane, \$25
Jul 29 Common Dear, \$25

Robert Simpson Park (Arnprior, 623-7301): Sundays, 2-4PM, free
Jul 1 Searsons
Jul 8 Jamie McMunn
Jul 15 Heartbeats
Jul 22 Vicki Brittle
Jul 29 Glasstown

Community

SF Bridge Club, Mon 7PM, Tue 1PM. 256-4747. Smiths Falls Legion

CP Bridge, Tue 1-4PM. Carleton Place Legion, \$5

Olde Time Bingo, Tue 7PM. Held by CP Civitans in CP Arena upper hall

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

Diesel Train Rides, Jul 2. 1940s caboose. Railway Museum of E. ON, Smiths Falls. 283-5696

Hackberry Men's Shed: Jul 3, 17, 31, 7:30AM, breakfast, Gourmet Restaurant, CP, \$10; Jul 9, 23, 7PM, meeting, Shed opposite 98 Donald St., CP, free

Naismith Men's Shed: Jul 5, 19, 8AM, breakfast, Mamma's Place, Almonte; Jul 12, 26, 7PM, meeting, gatehouse boardroom, Mill of Kintail. Dsteventon@storm.ca

Toastmasters, Jun 14 & 28, 7-8:30PM. Guests free. Riverview Snrs' Residence, 204 Lake Ave., CP. 250-9282

Pie in the Sky, Jun 30, 8AM-1PM. Buy fresh homemade pies. See solar flares through a special telescope. Country market. Free admission & parking. Wheelchair accessible. Maberly Fairgrounds, 273-5069

Ramsay WI's 60th Anniversary Tea, Jun 30, Sittings at 1:30 & 3PM. Tix at Mill St. Books. Mill of Kintail, 2854 Concession 8, Almonte. \$10

Strawberry Social/BBQ/Bakesale, Jun 30, 11AM-2PM, Fundraiser. Guthrie United Church, 2819 Tatlock Rd., Clayton

Canada Day Seniors Breakfast/Hootenanny, Jul 1, 8-10AM breakfast (reserve bectp@twp.beckwith.on.ca); 10AM-12 hootenanny. Beckwith Recreational Complex. 257-1539, bectp@twp.beckwith.on.ca

Strawberry Social, Jul 1, 1-4PM. GF opt. Berries, whipped/ice cream, cake. Cedar Hill Schoolhouse, 270 Cedar Hill Side Rd., Pakenham. 256-2014. \$6

Perth Antique Show & Sale, Jul 7-8, 10AM-4PM. QC/ON dealers. Perth Civitan Hall, 6787 County Rd 43, Perth. perthantiqueshow.com. \$7

Fish Fry, Jul 14, 5PM & 7PM sittings. w/fries, salad, dessert, drink. ABC Hall, 3166 Bolingbroke Rd, Maberly. 273-3781, abchall.ca. \$15; \$7 ages 6-12; under 6 free

Meditation & Associated Processes, Jul 18, 1:30-3PM. Bringing gentleness and balance into our lives. McMartin House, 125 Gore St. E., Perth. 225-4675. By donation

Cross Cultural Connections with the Land, Jul 21, 9AM-5PM. Day w/Indigenous Wisdom Keepers. Reg: mmallyrelations.ca. Plenty Canada, 266 Plenty Lane, Lanark. 278-2215, plentycanada.com. \$35/\$50



Let the sunshine in at the Country Street Centre!

Mills Community Support is working hard to complete the Country Street Seniors Active Living Centre on Country Street in Almonte.

We are proud to be leading the way in the creation of this first-of-its-kind centre that will bring together seniors from all our communities in North Lanark. The health and wellness of seniors is one of our top priorities. Our latest task is to build a spacious, bright and welcoming Solarium where seniors can gather and participate in MCS active living programs.

Recently, inspired community leaders have demonstrated their personal commitment to this exciting project. Their generous donations have raised an impressive building fund of **\$40,000**. But we still need **\$25,000** to complete construction, and we are now looking to you for the additional funds.

We invite you to please follow the lead of these outstanding donors with your own personal donation of any size.

Community Leaders

Anonymous Community Donor
Thomas and Michele Levi

Good Neighbours

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William (Bill) and Ingrid Barrie
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Judy Boomgaardt
Carleton Place Terrace by Symphony

Friends of Country Street Centre

Gamble Funeral Homes
Grade A Tech
Lorne Heslop
Tracy Lamb
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Medical Supply
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Senior Living
Learning in Almonte
Mills Community Support Board of Directors
Linda McGreevy
Beth and Tim McKibbin
Gordon and Lorna MacNabb
Stewart MacNabb
RBC Almonte



Visit our website at www.themills.on.ca and click on the blue **DONATE NOW** button to make a secure online donation. Or mail a cheque payable to Mills Community Support to 67 Industrial Drive, PO Box 610, Almonte, ON K0A 1A0.

Help to shine a light on the value of community connection and quality of life for seniors.



Getting to Room Temperature

Decades ago I worked at the Great Canadian Theatre Company, where my friends Arthur Milner and Robert Bockstael were starting their careers in writing and acting respectively. Fast forward thirty years — Arthur is now a successful playwright with his play *Facts* having successfully toured internationally, and Robert's acting career has gone from stage to TV to film. Robert is known to millions from his years of playing Corporal Brian Fletcher on CBC's *North of 60*, and is also much loved for his portrayals of Jim Flett on Sullivan Entertainment's *Wind at My Back* and Mr. Dupree on Disney's *The Famous Jett Jackson*.

Then I heard that the two had worked together again to bring Arthur's new play *Getting to Room Temperature* to the stage, with Robert returning to live theatre to act in this moving, funny, one-man show. I went to see the play in Ottawa last year and renewed my connection to these two old friends. I was blown away with everything about the production — the script is so human and honest; the acting is mesmerizing and gripping. I knew I had to bring it to Perth, near where I live now, as I so wanted people to see it.

Patrick Langston wrote in *The Ottawa Citizen*: "The provocative one-man show...

targets our sense of right and wrong. Milner, through the accessible voice of Bockstael, wraps his questions in warm anecdotes about his family, sprinkles the show with humour, and lovingly depicts his vital, opinionated mother." *Getting to Room Temperature* has toured in Ontario and on the west coast, and prior to the Perth production is playing in the Maritimes.

Getting to Room Temperature is not your usual summer fare. Although touching, funny and sentimental, it is a hard-hitting exploration of Rose, a mother who survived the Holocaust and her dear husband's death, and now wants her own. Her son, played by Robert, relates the end of her story and draws us into family differences over death, grief, longing, practicalities of old age, caring, and the joy of loving and being loved.

Getting to Room Temperature plays at Full Circle Theatre (26 Craig Street in Perth) on July 20 at 7:30PM, and on July 21 at 2PM and 7:30PM. Tickets are \$25 from ticketsplease.ca and at the door prior to the performance.

— Susan Freeman, a Tay Valley resident, is sponsoring and co-producing this show together with the *Getting to Room Temperature* Collective



Robert Bockstael (known for his portrayal of Cpl. Brian Fletcher on CBC's *North of 60*) stars in Arthur Milner's one-man play, which will be performed at Perth's Full Circle Theatre on July 20 and 21

Summer Day Camps at Heritage House

Heritage House Museum has opened registration on two new summer day camps. These weeklong camps offer children a chance to explore, learn and interact with history. The week of July 23–27 will trace human exploration throughout our history in a program called EXPLORE. August 13–17 brings history to life through theatre in DRAMA. Preregistration is required for all programs, which cost \$35 per day or \$125 per week.

Each day in the EXPLORE program focuses on a new era of exploration, and the skills and technologies that were discovered during that time period. DRAMA focuses on how a play is put on, culminating in a performance that tells the history of Smiths Falls.

Both programs run Monday to Friday from 10AM to 3PM, though the museum does offer alternatives for children who need to be dropped off earlier or picked up later than the assigned times. "We want to make our camps accessible to everyone," explains program coordinator Maria Fournier. Parents are asked to register for the extended hours at the time of registration.

Heritage House Museum is open on weekends from 10AM to 5PM. Admission is \$4.50 for adults, \$4 for seniors, \$3.50 for youth (6-18) and free for kids six and under. For more details contact them at 283-6311 or heritagehouse@smithsfalls.ca, or visit the museum at 11 Old Slys Road in Smiths Falls.



"Precious Moments" is a quilted representation of Frontenac County's Crotch Lake

Local Artist Wins International Award!

Local textile artist Bridget O'Flaherty won top prize for her art quilt at the Machine Quilters Exhibition (MQX) Quilt Festival juried competition held in Manchester, New England, USA earlier this year. A well-deserved win and a proud moment for our art community.

Competing with more than 500 international finalists in the prestigious show, Bridget's quilt "Precious Moments" was awarded Best Use of Thread, appropriately sponsored by the Italian thread company Aurifil Threads. This is the first international quilt show Bridget has entered. Her winning quilt is a representation of Frontenac County's Crotch Lake that she and her family visit annually for a camping weekend.

Bridget's detailed stitchings create a painterly impression of landscapes and nature. She used hand-dyed fabrics, 40 spools of thread and 75 hours to create her 22" x 60" award-winning piece. Currently she is exploring using locally produced and natural materials from rural properties and neighbouring sheep farmers. She collects and processes fleece to create raw felt as the canvas of her Canadian nature-themed art. She uses a sewing machine as her pencil and stitches delicate details like pine needles, flowers, birds and animals. Bridget began creating quilt art over 25 years ago and is remembered in the community for the Quilts of Canada series that was displayed at the Mississippi Valley Textile Museum in 2000.



The artist poses with her winning entry

Where to See More

You can take classes with Bridget at her Brooke Valley Studio, and her work is showcased on her website <threadpaintedart.com>. This year she is participating in two local shows, the **Perth Autumn Studio Tour** and **Almonte Fibrefest**. You can also meet her this summer at the Lanark County Quilt Guild's show <lanarkcountyquiltersguild.com>. As the featured Artist in Residence at the upcoming **Quilts on the Tay**, there will be an opportunity to see her work up close and watch demonstrations of how she creates her art. The show takes place from July 13-15 at the Smiths Falls Memorial Community Centre.

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I'm Not Jewish But My Mother Is!

You're high on life. You've got a gorgeous gal by your side and a night on the town that's just awaiting your arrival. What could possibly go wrong??? Then you hear it, *ding dong*. The overbearing mother has landed, and before you know it your perfect moment has sailed out the door. The dreaded mother-meets-girlfriend scenario is one we can all relate to, and Steve Martin has captured it perfectly within his humorous, original production

by Pippa Norman

of *I'm Not Jewish But My Mother Is!* SOME Theatre Company is proud to reignite their hit show that first met sold-out performances in Ottawa a couple of years ago. Writer, director and lead actor Steve Martin chose Almonte for this debut revival, so we thought it would be wise to get the inside scoop...

theHummm: What is the process like for coming up with a new show? Do the ideas just fall from the sky?

Steve Martin: People often call me an artist, and while that is true to a certain extent, I tend to correct them by saying "I'm not an artist, I'm in show business". *What's the difference?* you might ask. Well, it's quite simple; artists create for themselves while I create for the entertainment of the mass audience. So the process for me starts with asking the question "what do audiences want to see and are willing to pay for?" By and large the answer is musicals and comedies.

I put my focus squarely on entertaining the audience. In order for the business to be good the show must be great, so there is a high level of integrity that goes into creating a show. I enjoy what I do only when the audience enjoys what they see. And as far as ideas, I find the best are plucked from real life experiences. Though my brain is constantly coming up with new stuff, I tend to borrow from my own experiences. *I'm Not Jewish* is an idea I came up with years ago, but a lot of the inspiration came from my ex-mother-in-law who was unknowingly a great source of comedy. Though she was Italian, not Jewish. This play could be called *I'm Not Italian...* or *I'm Not Greek...* and it would be just as relatable and funny.

Where does your love for Almonte's Old Town Hall stem from?

I recently saw the Almonte High School production of *The 39 Steps* at the Old Town Hall and just loved the space. Director and teacher Jennifer Sheffield and I are good friends. I laughed out loud and really enjoyed myself. And what I already knew was proven to me once again — that no matter what's going on in life, a

good show can make all the difference for the better. I fell in love with the town — I've been back several times since just to enjoy a pint at the Barley Mow and watch the river run by just outside the window.

As a man of many faces (dance instructor, professional emcee, acting coach and even dog trainer), did adding "Canadian playwright" to your repertoire come as a blessing or a curse?

It's been a blessing for sure. Hearing audiences laugh to a show you produce is great; hearing them laugh to a show you wrote and produced is more than doubly great. And the larger plan is to create shows for other theatre companies around North America to produce in their own towns that are extremely fun and entertaining while also being inexpensive to produce.

Can you speak about some of the local charities that will be supported through your ticket sales? Why is this important to your company?

This time around the charities we're supporting (I say "we're" because the audience and I are partners in this) are The Tunis Shriners and the Shriner's Children's Hospital — Canada, and Roger Neilson House through the Sens Foundation. We're also supporting the Almonte District High School Drama Club. We want to support the drama club because they reminded me of why I do this, and it's always good to encourage young people to do that which makes our society better by putting smiles on people's faces. The cast has personal connections to the other two charities. Barbara Seabright who plays Rose Bloomfeld (my Jewish mother) works for the Tunis Shriners in Ottawa — they're great people doing great work.

This next bit is extremely difficult for me to write, but I will because you asked. Last year my partner Bekah Fay (who plays Felix in the show) and I lost our son two days before he was due to be born. No reason. His heart just stopped. It was July 27 and Bekah was at her final midwife appointment before we were expecting to welcome Elijah into the world. When attempting to listen to his heartbeat, as was done at every other appointment, nothing could be heard. We had lost our son. Bekah had to carry him for two more days before he was delivered stillborn on July 29. Needless to say this was the most difficult time of both our lives. Our hearts were and remain broken. To help us through this most difficult time were the good people of Roger Neilson House and their perinatal care group and bereavement counseling. I can't thank them enough. They are a vital yet little-known resource for families dealing with the loss of children in the Ottawa area. We want to help them because they helped us.



Writer, director and actor Steve Martin (left) brings his original comedy *I'm Not Jewish But My Mother Is!* to the Almonte Old Town Hall for five shows from July 19-22. It will raise funds for three causes, including the ADHS Drama Club. Find times and tickets at sometheatre.ca

Who is the target audience for *I'm Not Jewish*, and what do you hope their takeaway feeling will be after seeing the show?

Target audience is ages 16 to 106. The humour in this show is universal. Men and women alike will understand how Christopher feels when his mother says the things that are no big deal to her but embarrass him to no end.

Do you recommend seeing the show with or without a mother-in-law in tow?

Definitely bring your mother and mother-in-law. Will they see themselves in the show? Maybe, maybe not. But there will definitely be a lot of elbowing the person next to you to say "that's mom" or "that's you" or "you've done that". Everybody will be able to relate to this show on some level and laugh.

Cross Cultural Connections with the Land



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Where's YOUR Favourite Ice Cream Shop?

Need a creamy cool treat but are too tired to drive all over Ontario looking for the best places to get it? Don't worry — I'll take that bullet for you!

Yes, looking for an excuse to eat ice cream, I suggested this article to the editor and she acquiesced, not even asking me to bring her with me! As there is more ice cream around than I can eat in one month, I will be pacing myself, and eating dairylicious goodness all summer. If

As for the vegans and lactose-intolerant... please look away. Sorry.

I began with a visit to a popular daytrip destination: Merrickville. As a woman with a love of ice cream and a temperamental digestive system, I had to be creative when planning two ice creams in one afternoon, so I began with lunch at the **Sidocar Café & Ice Cream Parlour** at 206 Main St. W. In a non-descript red brick building, the café has an interesting set up: you feel like you are having lunch at a friend's house, and they just happen to have a large dining room... and an Elvis statue. From your seat at one of the eight or so tables you can look across the sleek black kitchen island to see your lunch being made. The friendly host brought us our milkshakes while we waited for our grilled cheeses. What delicious milkshakes! My friend had chocolate and I had strawberry (surprised?). You can also get simple ice cream — good ol' Chapmans. I hear the Sidocar's breakfasts are also delicious... next time...

Milkshakes are pretty rich... so even after spending time perusing the great array of Merrickville shops, I was questioning my second-ice-cream plan. As we approached the **Downtown Ice Cream & Candy Shoppe**, I said, "I don't think I'd better..." and we walked by... all the people licking their delicious ice cream in every colour of the rainbow. So I promptly returned to the original plan. I mean, I hadn't even HAD any ice cream yet! Milkshakes are a different food group, right? And then my eyes lit upon it, from across the room. The ice cream

flavour perfectly suited to the situation: chocolate cayenne ginger! Ginger and cayenne both help digestion! It began with a silky rich chocolate, and ended with a spicy kick. It even had pieces of real ginger. People, if you find yourself in Merrickville, make sure you stop here, and tell them theHumm sent ya! The selection of homemade (*homemade!*) ice creams and gelato (*gelato!*) is to die for; everything from Tahitian Vanilla to Chocolate Peanut Butter Cheesecake to Peach Passionfruit & Raspberry Magic! I need to return for further savouring.

On a different day with a different friend I headed in a different direction: to **Aunt Sylvia's Ice Creamery** in Arnprior, at 39 Stave Court Dr. This tiny food hut near the TSC Country Hardware is well worth the visit, with friendly staff and a great selection of Tracey's ice cream (scrumptiousness from Renfrew). Jacob Redner always wanted to have an ice cream shop. Who wouldn't?! When he was young, he loved going out for ice cream with his sister and aunt, so when it came time to name his new ice cream stand (soon after his aunt passed away), it was a no-brainer. In addition to delicious ice cream (I combined chocolate and chocolate mint), they have some fantastic sundaes. Maple fiends, there is one especially for you: "the Canadian" is topped with cheesecake bits, waffle crumbs, maple syrup, pecans, and a maple cookie. If gluten were no object, I'd go for the "2 Rivers": brownie bits, cheesecake bits, caramel, and chocolate syrup. Wowza. Let's just say I will be eating light on my next



trip to the Antrim Truck Stop, so I can get dessert at Aunt Sylvia's!

The town of Almonte has a long history with ice cream, being home to Peterson's Ice Cream from 1919-99 (sadly I only moved here in 2002, so I never tasted it). The ice cream hut in downtown Almonte (previously Waterfall Delights) has recently been bought by locals Jackie Brophy and Don Hawkins. The **Almonte Ice Cream Shop** is a family affair, with their kids working the scoop. Without Peterson's, they depend on Kawartha Dairy and Central Smith Creamery, and serve both hard and soft ice creams. I had a delicious chocolate ice cream, but the highlight of my visit was seeing Zoey, a patient three-year-old dog, enjoy a piece of cone with vanilla.

I am planning trips to Pakenham, Carp, Smiths Falls, and Westport for next month! Tips welcome: <rona@thehumm.com>. Now, where do I find a doctor specializing in brain freeze...

by Rona Fraser

you have anywhere to recommend, within the Renfrew-Carp-Westport-Lanark-Calabogie pentagon, please let me know!





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Sunlit Solarium for Seniors in the Works

Mills Community Support (MCS) is delighted to announce new grant funding for the Country Street Centre. Ontario's Ministry of Seniors Affairs has a goal of helping seniors stay active and socially connected through investment in Seniors Active Living Centres (SALC), and MCS is one of forty recipients in 2018 to receive funding. With this funding, the Country Street Centre joins the group of more than 300 Seniors Active Living Centre locations across the province.

MCS will use the grant for enhanced and new educational, fitness and social programs at the Country Street Centre. Thanks to the funding, purchase of fitness equipment and computers for a technology educational program, as well as new programs such as hands-on education for seniors' nutrition, are now all in the works for an anticipated fall launch.

The grant also provides stability for the future. "The SALC grant provides annual-



ized funding. With this predictable funding, we have a great opportunity to undertake long-term planning for our seniors' active living programs," explains Robert Eves, CEO of Mills Community Support.

Open since February, the Country Street Centre is the initial phase of MCS' long-held vision for a seniors' activity and social centre. In 2017, thanks to a grant from the Ontario Trillium Foundation, the Centre was renovated, refreshed, refurnished and re-equipped, allowing many of the MCS Seniors Services programs to relocate to this centralized location. The Country Street Centre offers social, recreational and health-related services for seniors in the community, as well as the approximately 100 tenants in the two adjacent MCS-owned apartment buildings.

The Centre is a lively, vibrant place for seniors to gather, socialize and be active. A visitor to the Centre could encounter a delicious meal being served up by volunteers; the beat of drums or the rhythms of dance music from a senior adult fitness class; or a euchre, bingo or cribbage game in progress. And when these scheduled events aren't happening, the lounge is a quiet and welcoming space for residents of its two flanking apartment buildings to sit, meet and chat.

Rhona, a sprightly septuagenarian, appreciates what the Country Street Centre offers. She walks from her nearby home to participate at the Centre. As she says: "Three cheers for the Country Street Centre! Great location, great exercise programs for the

young at heart — and in my case for the not-so-young also. Since I moved to Mississippi Mills (Almonte) from Mississauga almost three years ago, I have made many new friends through the variety of programs and trips being offered by Mills Community Support. I am so happy to say that I am now physically active, compared to the couch potato that I was when I first moved here. As an added bonus, I can now walk to the exercise programs being offered at the Country Street Centre. I feel so energized now — I have never felt better than I do now. Thank you so much for inspiring me."



Area seniors are already enjoying the new kitchen facilities (above) and Zumba classes (at left) at The Mills' Country Street Centre, and the organization is now raising funds for a solarium and new entrance!

Help the Sun Shine In!

Positive impacts such as these are just what Mills Community Support planned to achieve with the Country Street Centre, and there's more to come. Construction on the next phase will take place this summer. This project will see the addition of a sunlit solarium to the Centre, providing a link between the two seniors' apartment buildings on the site, a new entrance to the Centre, and more space for social and activity programming.

The Country Street Centre was funded by MCS, through the Ontario Trillium Foundation grant, and now the Seniors Active Living Centre grant. Many generous donors have also lent their support and

donations to MCS' vision for the Centre. These donors include businesses, community organizations, partners and individuals, and together they have contributed over \$40,000 to help with construction costs of the solarium. But \$25,000 is still needed to complete construction, and MCS is now looking to the community for the additional funds. Please consider helping to shine more light on the value of community connection and quality of life for seniors! Visit <themills.on.ca> and click on the blue DONATE NOW button to make a secure online donation, or send a cheque payable to Mills Community Support to 67 Industrial Drive, P.O. Box 610, Almonte ON, K0A 1A0. For more information on their complete range of services and programs for seniors, contact Mills Community Support at 256-1031.

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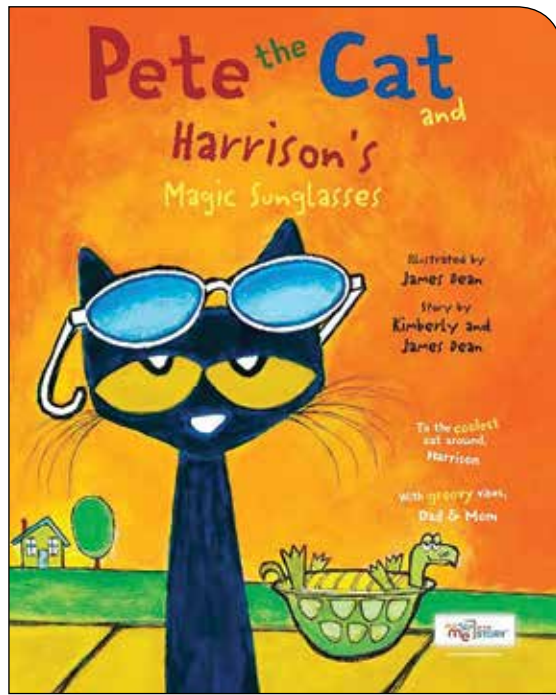
Local Library Summer Literacy Program

One of the public library's primary missions is to promote literacy of all types for all ages, with a particular emphasis on early literacy skills for children as they are beginning to read.

by Erika Heesen, Librarian

In Lanark County, one of our core programs for supporting early literacy is the Summer Literacy Program. This initiative was first established at the Perth Union Library in 1989 by children's librarian Susan Snyder to meet the needs of local children. Over almost thirty years the program has grown at the Perth Library to serve one hundred children each summer with a paid staff of post-secondary students. In 2014, the project expanded to a second site at the Lanark Highlands Public Library. In 2015, using a Best Start grant, this program was used as a model to launch tutoring programs at all Lanark libraries.

The Summer Literacy Program provides one-on-one tutoring for young elementary school students recommended by their teachers for extra help with their reading and writing. Each participant receives 9-10 hours of one-on-one tutoring with a trained university or college student, in a program known to improve attitudes and confidence about reading that



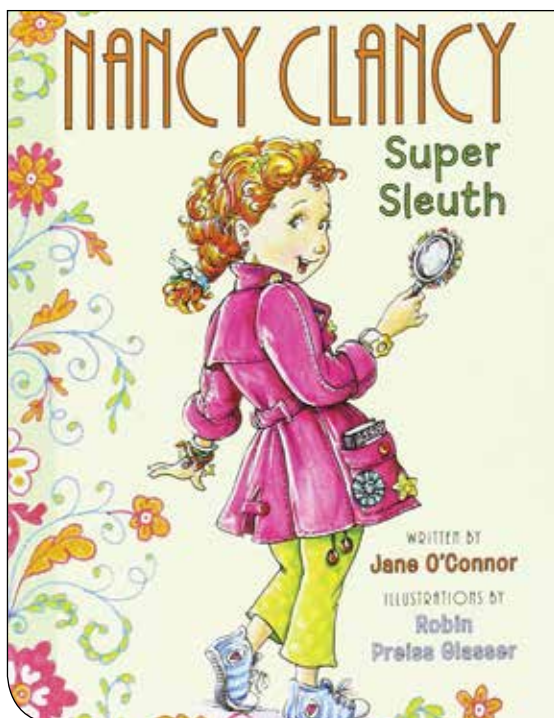
will help these children succeed in school and life. For example, participants were asked if reading made them happy, bored, or frustrated. At the start of the 2017 program, 67% of participants said that reading made them happy. By the end of the program, 90% said that reading made them happy. If you think that your child would benefit from the literacy program, talk to their teacher and your local library.

The Summer Literacy Program in all of the Lanark libraries is funded entirely by grants and donations, making it impossible to run without the support of our community. We hope that you consider making a donation to your local library to help us help kids!

Erika's Picks:

Here are some great series for kids learning to read on their own:

- *Pete the Cat* by Eric Litwin, illustrated by James Dean (picture books and I Can Read)
 - *Fancy Nancy* by Jane O'Connor, illustrated by Robin Preiss Glasser (picture books and I Can Read)
 - *Biscuit* by Alyssa Satin Capucilli, illustrated by Pat Schories (I Can Read)
 - *Flat Stanley* by Jeff Brown, illustrated by Macky Pamintuan (I Can Read and chapter books)
- Erika Heesen is the CEO / Chief Librarian of the Perth and District Union Library



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