

JUNE 2011

the Hummm

free

Arts,
Entertainment
& Ideas



p.26 & 27

June's Events



p.12, 13,
19, 20

mississippi mills
**BICYCLE
MONTH**

It's Bicycle Month!



p.5

Orchids in Bloom



p.22

Railway History



The Art of Bernard Beaudry p.3



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Your Guide to 36 Pages of Awesomeness

Happy June, folks! If you're reading this, then we apologize if you felt a twinge in your back when you tried to pick up this issue of *theHummm* — it probably should have come with an "oversized load" warning. We know we're always saying that there's lots going on throughout our coverage

by Kris Riendeau

area, but this month's there's really more like *lots* going on, or perhaps even LOTS! To keep you reading right through to page 36 (which tells you about a fantastic new regional food shop at Castlegarth restaurant in White Lake, by the way), here's a quick preview of what's inside.

Starting on the very next page, you'll find a whole whack of arty stuff (I guess that's why they call this an arts paper...). This month's profiled artist (whose dinosaur is trying to eat the head off poor David Ross MacDonald on the cover) will be participating in Art at the Station (see page 14), the Rideau Lakes Studio & Garden Tour (p. 16) and Art in the Barn (formerly Perth's Art on the Lawn show). There's a two-page "Hanging Around the Valley" spread on more artsy events on pages 16 and 17, a photography exhibit (p. 20), a new school of the arts (p. 29), and several summer arts programs for kids and adults alike (see ads and articles on pages 4, 5, 8, 15, 24, 31, 32 and 35). Whew! That's a lot of art!

The summer festival circuit kicks off this month with the Elphin Roots Festival (p. 4), Lambs Down Park Festival (p.14), and Labyrinth Fest (p. 21). The Showy Lady's Slipper Orchids are blooming up in Lanark Highlands (p. 5), and area businesses are creating special events for the whole bloomin' period. Mississippi Mills Bicycle Month (pages 12, 13, 19 and 20 — a lot, I know, but it's a whole month of activities!) features even more art, plus music, theatre, lectures and a whole lot of biking. For an overview of all of the upcoming

summer festivals in Mississippi Mills, please peruse pages 7 and 18 at your leisure.

For music lovers, may we direct your attention to pages 8 (assuming David Ross MacDonald evades the dinosaur), 9 (fiddle and songwriting workshops in Perth, and more fiddling with the Barley Shakers at the Canada Day Ceilidh), 12 (with an African flair), 15 (The Beatles — or close to it), 9 & 21 (good old-fashioned barn dances), 23 (music in the park in Smiths Falls), 24 (PPAC's new season), 25 (the Valley Voices), 29 (acoustic blues), 30 (summer pops with the Perth Citizen's Band) and 33 (in praise of concert bands). When you add in all of the shows listed on our calendar on pages 26 & 27, we'll keep you grooving all month long!

If the theatre is your thing, you'll want to start on page 11 with a good gander at Theatre News in Our Area and the Classic Theatre Festival's 2011 line-up. If you've picked up your Humm (carefully) early in the month, you can probably still grab tickets to *Rabbit Hole* in Perth or *Spin* in Almonte, but there's still a *Long Weekend* coming up in Smiths Falls, as well as several films on this month. Check out the Live Poets Society events on page 28 — the finals are approaching! We also recommend that young folks who love to perform on stage (and their parents) take a look at PAMT's summer offerings (pages 21 and 34).

And since Humm readers are a well-rounded bunch who support local food, local shops, and other cool local initiatives, why not check out page 6 for a look at the new happenings in Almonte's Heritage Court, page 10 for an interview about wilderness vision fasts, page 22 for a bit on our railway history, page 25 for antiques, page 28 for an Interval House fundraiser (and an article on food that is quite eggstraordinary), page 30 to find out how to get it all locally, and page 31 for some fashion direction!

Now you're ready to enjoy your month thoroughly, and remember to bend from the knees when hefting the July issue...

ARTBEAT

by Bill Buttle



"A word to the wise... your father's in the workshop putting an electronic pickup in his tuba!"



Who's Reading theHummm

(above) Just in time for Mississippi Mills Bicycle Month, the next photo in our "Who's Reading theHummm" file happened to be of **Aubrey Verboven**, who had the good luck to be staying near Ste. Colombe sur Loing in Burgundy right as the 2009 Tour de France was passing through. What a great shot!

SUMMER PAINTING WORKSHOPS



Join artist Mary Pfaff in her studio for a rewarding and enriching art experience. Mary has taught painting workshops at Algonquin College, Haliburton Summer School of the Arts, Ottawa School of Art and the Mississippi Mills School of Art.

July 16 - Painting Improv

July 23 - In the Mix - Introduction to Mixed Media Painting

August 20 - Abstract Painting: From here to there and back

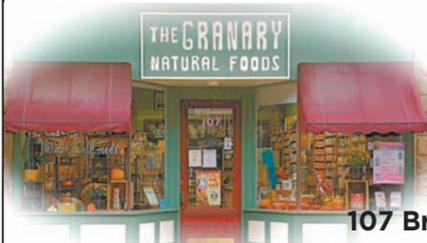
August 27 - Beeswax Collage

14 Bridge Street • Almonte Old Town Hall • 2nd Floor
\$110.00 (includes all supplies)

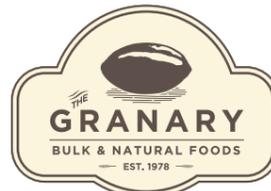
All workshops to be held Saturdays 9am to 4pm

To find out more or register call Mary at 613-257-8336 or email grand@magma.ca

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

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By email or on disk.

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Thanks this month to:

every person we met on the street during the months of April and May who gave us a big cheery grin despite all the rain. And to everyone who braved the elements to support the opening of their local farmers' markets!

Bernard Beaudry — Critters and Creativity

It's not everyone who can visualize and create a whimsical iron "Critter" from a discarded skidoo muffler and two paddles from a manure spreader. Meet Bernard Beaudry — an artist who creates lovely oil paintings in the winter, and irresistible metal sculptures during the summer.

This multi-faceted former electrician/tradesman is an Ottawa native who began exploring his creative side in 1987 upon re-

by Sally Hansen

tiring to the Perth area at the enviable age of 46. It all began when a neighbour across the street was having a yard sale, and Bernard showed up early in the morning with two "Junkyard Chickens" to add to the inventory. Their legs were fashioned from bicycle forks. Even his wife, Janet, joined in the laughter as they teased him, "Who would buy those?" A few minutes after the sale started, Bernard strolled into the house counting his money; his Critters were the first items sold.



Since then his menagerie has grown, and one of the great pleasures of his life is watching the faces of prospective customers as they encounter his birds, dinosaurs, caterpillars, 'roos and assorted Critters at art shows. He positively beams as he tells me "Sometimes it will take kids more than half an hour of negotiation and many return trips before they reach a decision on who is going to live in their garden — and you should see their smiles." This is his biggest reward — recycling junk into iron folk art sculptures that make people happy.

A Balancing Act

Bernard and Janet, his wife of 43 years, give new meaning to the phrase "achieving balance in life." The couple met on a school bus in Orleans east of Ottawa when Janet was 13 and Bernie was 16. As many of us have long suspected, it's easier to save your money if you don't have kids, and the couple decided to try early retirement. Her employer gave Janet a five-year option to return to work, and she never even considered it. Bernard had built a 37-foot concrete boat in North Gower, and they launched Sheena II (Sheena I was their beloved dog) in 1975. They sold the boat in 1998, and Sheena II is still in the water, making annual trips to Barbados with its second owners.

na II is still in the water, making annual trips to Barbados with its second owners.

Bernard had decided early in his education that he preferred "hard" subjects like math, where there is only one right answer, to softer subjects like Latin and history. After earning his credentials as an electrician at Ottawa Tech, he discovered that his union, the International Brotherhood of Electrical Workers, had an educational fund that would support his appetite for continuing education. Among other things, he studied welding, little dreaming of an arts career as an iron sculptor.

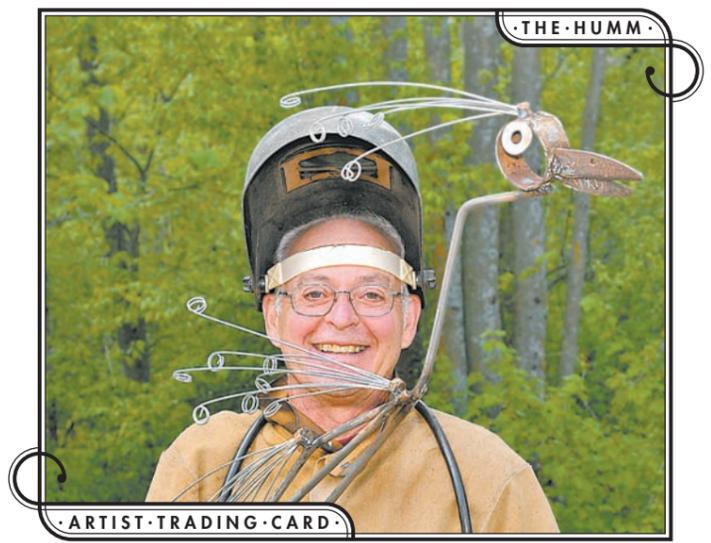
18 Women and Me

Besides the boat, the Beaudrys had an RV, and they liked to travel. Their winter trips to Florida started in 1989, but it wasn't until 1995 that they discovered Ft. Myers. Bernard's passion for learning new things enticed him into signing up for an oil painting class, even though he was the only guy in a group of 18 women. He remembered how much he had enjoyed making posters back in high school, and he had studied drafting, so he thought he would give it a try.



The teacher, Betty Wedeles, was superb, and Beaudry credits her with his second arts career as a painter. According to Bernard, her teaching skills and encouragement are largely responsible for his evolution as an accomplished painter, and he is looking forward to studying Impressionism with her when he returns to Fort Meyers next winter. His paintings began taking awards in competitions in 1998, and he joined the Rideau Lakes Artists' Association and began displaying his paintings in galleries in Balderson, Brockville, and at studio tours. He is also a member of Arts Carleton Place and exhibits his Critters at their Train Station Gallery.

But now it's summer, and Bernard is hard at work searching through thrift stores, junkyards, yard sales, auctions and flea markets for more metal and other objects with Critter potential. He has been



seen cycling with a bowling ball in his backpack. He arranges his treasures on the grass next to his workshop, and contemplates them until inspiration strikes. His bowling ball might turn into a ladybug lawn ornament, or form the body of an ostrich-like bird that can peer over your fence or into your birdbath.

Smiley Face

You can see why Bernard Beaudry's Critters make kids smile on June 11 from 10AM to 4PM at **Art at the Station**, outdoors on the lawn behind the Old Train Station at 132 Coleman St. in Carleton Place. On July 2 and 3 from 10AM to 5PM they will be joining him at the 13th annual **Rideau Lakes Studio & Garden Tour** at Studio C (Margaret Kelk), 3193 Thousand Acre Rd., Portland.

To enjoy Beaudry's oil paintings as well as his Critters, on July 9 and 10 from 10AM to 4PM you can check out the new venue for the annual art show and sale of the Rideau Lakes Artists' Association. **Art in the Barn** (formerly known as Perth's Art on the Lawn show) is moving to the Lombardy Fairgrounds Agricultural Society Barn located south of Smiths Falls on Highway 15 at Kelly's Road, south of the Lombard Glen Golf Course. The show features original works by 37 area artists, and admission is free. A portion of all sales (cash or cheque only) will be donated to Do It For Daron in support of youth mental health through the Royal Ottawa Hospital. For more information please visit <rideaulakesartists.com>.

WHO Bernard Beaudry
 WHAT Painter, metal sculptor
 WHERE Perth, <bernardbeaudry@gmail.com>, 267-1464, <rosewilson.ca>
 WHEN June 11 (10-4) **Art at the Station**, Arts Carleton Place outdoor art market at the Old Train Station, 132 Coleman St.; July 2 and 3 (10-5) **Rideau Lakes Studio & Garden Tour**, <rideaulakesstudioandgardentour.com>; July 9 and 10 (10-4) **Art in the Barn**, Lombardy Fairgrounds <rideaulakesartists.com/Art_in_the_Barn.php>;
 WHY "It's fun to turn junk into Critters that make people smile."

THE HUMM

ARTIST TRADING CARD

Six Years of Great Roots Music in Elphin

The sixth annual Elphin Roots Festival is scheduled to hit the stage on the 25th of June. Those who have attended in past years will remember the idyllic rural setting, the bright green stage, the giant fire pit, kids' area featuring face painting and a teepee, the delicious food from the on-site Elf Inn Express, but most of all they will remember the music. The festival runs all day on one stage with continuous music from 2PM until about 11PM. The festival is programmed by Elphin's own Jenny Whiteley, a touring artist, who always manages to convince some of her famous friends to join the fun on the last Saturday of June. The "special guests" have included the likes of Sarah Harmer and Kathleen Edwards, and the advertised artists are among the top roots music acts in the country. The festival also showcases excellent local musicians during the "tweeners": fifteen minute sets sung and played bluegrass style into one microphone just in front of the sage.

This year's line up includes Montreal's Lake of Stew; Glen Tay's Melwood Cutlery and Toronto's Jim Layeux together again as The Mad Scientists; The Openhearts Society featuring Chris Brown, Sarah McDermott and Eric Schenkman (of the Spin Doctors); Ottawa songstress Jill Zmud (back by popular demand after her tweener last year!); the ukulele stylings of David Newland; Almonte's primo jug band, The Mississippi Jug Stompers; and many, many more. The show will be hosted by CBC's Alan Neal, Jenny Whiteley and Luther Wright, and David Newland.



Montreal's **Lake of Stew** (above, who recently played an amazing show at the Heirloom Music Series in Almonte) join the **Openhearts Society** (below), featuring Chris Brown, Sarah McDermott, and Eric Schenkman, and many others at Elphin Roots Festival on June 25.

The fun starts at 2PM, the gates open at 1:30, and the cost is \$30 at the gate, \$25 in advance at Shadowfax in Perth, and can be ordered at 1-800-518-2729. New this year is the family pass: \$50 for two adults and their children if purchased in advance, \$60 for the same if purchased at the gate. If it rains, the whole festival will take place at the McDonald's Corners Ag Hall. Please bring a blanket or low chair, no pets please, arts and crafts vendors and food available on site.

More information can be found at Jenny's website: <jennywhiteley.com> or by calling 278-0689.



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Stuart McLean



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David Myles



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★ STUART McLEAN
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 Teacher: Ingrid Hamster Harris

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To register, contact Ingrid by phone: 613.2565577 or email: ingridharris14@gmail.com

The Orchids are Blooming, and the Lanark Highlands are Beckoning!

Every year from mid-June until early July, the huge colony of Showy Lady's Slipper Orchids puts on an amazing show at the Purdon Conservation Area in Lanark Highlands. To coincide with this remarkable natural display, members of the Lanark Highlands Business and Tourism Association are gearing up to welcome visitors to the many shops, restaurants and attractions in the area.

Located just minutes from Lanark Village, Purdon Conservation Area is



a unique wetland famous for its native colony of over 10,000 orchids. Each year they burst into bloom — a spectacle that has resulted in Purdon being named one of the Seven Wonders of Lanark County. The establishment of this orchid colony is the legacy of local farmer, Joe Purdon. Starting in the 1930s, he began to manage the fen and the orchids through selective tree thinning and maintenance of the water levels, and the orchids thrived. In 1984, concerned over the future protection and development of the colony, he sold the property to Mississippi Valley Conservation. With the support and guidance of Dr. Ted Mosquin, a knowledgeable and passionate volunteer, MVC has opened up the site to the public and continues to nurture the colony for the benefit of future generations.

In addition to Purdon, Lanark Highlands is also home to another of the Seven Wonders — Blueberry Mountain, located on private land near Flower Station. Several rivers and numerous hiking trails also abound, so there are plenty of opportunities for visitors to get out and enjoy the natural landscape. And from June 18 through to July 10, area businesses will be offering even more reasons to visit. Sample delicious local foods at Balderson Fine Foods, where you'll find hand-made ice cream and farm-fresh

cheeses and meats, among many other goodies. Over in Lanark Village, Nature Lover's Bookshop will be holding an Orchids & Wildflowers sale on the weekend of June 25 and 26, with specials on all wildflower books and gifts (from potholders and cups to jigsaw puzzles). From pancakes with local maple syrup to fresh-cut fries and pizza, you're sure to find something to tempt your taste buds at the variety of restaurants and cafés throughout the area. More specials are being cooked up every day, so visit <lanarkhighlandsbta.ca> or call 259-2398 x555 for up-to-the-minute details. You can also pick up an "Orchids in Bloom" brochure at any of the participating businesses within the Lanark Highlands area.

So come out for the orchids, but stay to explore all that Lanark Highlands has to offer. From artisans to alpaca farms, candles to collectibles, this area has so much to discover! For information about the orchids, call the Blooming Hotline at



259-5307 x500. The Purdon Conservation Area is open from dawn to dusk every day from May 15 through to October 15, with admission by donation. The Conservation Area includes a fully accessible boardwalk, washroom, parking, and picnic area.

Mid-June to early July is the perfect time to get out and explore all that Lanark Highlands has to offer. From beautiful blooming orchids (above) to friendly folks with delicious wares (like Norma from Balderson Fine Foods, at left), there are so many reasons to visit!

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ART at the STATION Outdoor Art Market



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10:00 am to 4:00 pm

Art Sale

Outdoors on the lawn behind
the Old Train Station
132 Coleman Street, Carleton Place

**Come Out, Enjoy the Art and
Buy the perfect piece for your
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If you are an Artist, contact Arts Carleton Place
for information on participating in this exciting
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thevillageidiotgallery

Ever changing, this store is full of one-off pieces of furniture (antique & reproduction), jewellery, glass, metal and more. It also features the vibrant & whimsical art of Rosemary Leach. Let's call the whole thing ART. Drop in and say hello!

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The Art of Summer Festivals

This is only my third month reporting on the arts and culture scene in Mississippi Mills, and I'm beginning to think that they gave this job to a puppet because no mere human could ever keep up with the crazy schedule! Honestly, if I had actual muscles in my legs, I would be taking Epsom salt baths every night from all the running around I do each day. Good thing we puppets are indefatigable — I wouldn't want to miss anything, and it seems that summer is

by Miss Mills

just full of fabulous events that showcase arts and music in some of the loveliest settings in this area. I'm going to recommend that you get out your calendar and make some notes as I give you a quick run-down of some of this summer's highlights.

First up, and you can start enjoying it right away, is **Mississippi Mills Bicycle Month**, with runs (or rather rolls) throughout June. There is a veritable plethora of activities to partake of, and a number of them are highlighted in other articles in this issue of theHumm, so I'm going to suggest that you point your handlebars in the general direction of <mmbicyclemonth.ca> and pick your favourites. But if you don't already have your tickets to Evelyn Parry's production of *Spin*, may I suggest you wheel on over to Appleton Gift & Basket at 65 Mill Street in Almonte and grab yours right away, as that amazing theatrical and musical show takes place early in the month, on June 4. For more details, visit <evalynparry.com>.

Later in the summer, my curly hair and brightly coloured frock will have me fitting right in at **Celtfest**. This celebration of Ottawa Valley and Celtic entertainment spans three days (July 8 to 10), and culminates in a free afternoon of music performed in the natural amphitheatre of Gemmill Park, in the heart

of Almonte. According to <almonteceltfest.com>, the final schedule is still being determined, but I can report that on the evening Friday, July 8, you can visit local pubs to hear a variety of Celtic performers. On Saturday, July 9, there will be performers on the main stage at Gemmill Park from 2 to 10PM, featuring The Rogues (pictured above) as headliners. On Sunday, the Glengarry Bhoys headline at Gemmill, and entertainment runs from noon to



6PM. Check their website for the schedule of workshops and classes for musicians, and don't forget that Celtfest also presents a select group of artisans and vendors of specialty goods in Gemmill Park — all with a Celtic flair. Hmmm... a gorgeous natural setting, a fabulous line-up of performers, family-friendly and free (donations gratefully accepted, of course!). What a great package!

Now, as a newcomer to town, I am particularly impressed by institutions that have been around for a while. One of the longest running has to be the **Almonte Fair** — this year celebrating their 153rd anniversary (that's 2,789 in puppet years — quite impressive indeed). Local star Wayne Rostad headlines this year, and the theme is "Down in Dairyland". From July 15 to 17 at the fairgrounds along the beautiful Mississippi River you'll find a demolition derby, livestock and homecraft demonstrations, a midway, children's games for the little ones and a beer tent for the bigger ones — the fair's got it all! Find out more at <almontefair.com>, and don't forget to pick up your 2011 Prize Book and get cooking (or growing, or flower-arranging!).

On Saturday, August 6, you'll find an energetic festival that is very special to Almonte. As all the locals know (and I'm learning), Almonte is the birthplace of Dr. James Naismith — the inventor of basketball! For the twentieth consecutive year, his memory will be honoured with an outdoor, all-ages event called the **Naismith 3 On 3 Basketball**

Festival, held along Bridge Street. For one glorious day, elementary and high school teams and men's and ladies' teams with varying levels of experience will vie for supremacy on the outdoor courts. Between games, participants and spectators are encouraged to visit nearby parks and scenic areas, as well as Almonte's many wonderful shops and restaurants. To register a team or for more details, you can visit them online at <naismithmuseum.com>.



Here's a line-up you can plan your summer around. From the Irish & Scottish flavours of Celtfest and the Highland Games to the high energy of Puppets Up! and the Naismith 3 on 3 Basketball Festival, Mississippi Mills will keep you hopping!

throughout the day, as well as mini-games for the kids and a great variety of Scottish concessions featuring food, refreshments, souvenir items, crafts, and genealogical information. They've got a full day planned for you, with the games starting at 9AM, opening ceremonies at 1PM, final massed bands at 5:30PM and an evening ceilidh (Scottish party) at the beer garden site, with live musical entertainment by Corkery Road. Mark the date now, and visit <almontehighlandgames.com> for up-to-date details as the event approaches.

I'm sure your summer calendar is looking quite full by now, so it's probably a relief to know that the final festival in the line-up is actually in early September. On the weekend of September 10 and 11, come on out to the Mississippi Valley Textile Museum, the Almonte Old Town Hall and the Agricultural Hall for **Fibrefest** — a festival of the needle arts. At these three locations you'll find fibre art vendors, a fibre art exhibit, demonstrations, a button show and much more. You'll find more details in future issues of theHumm, but in the meantime do visit <mvtm.ca>.

I've got just one final head's up while you've got your calendars open. In the hopes that this summer's full menu of arts, crafts, music and culture has whetted your appetite, may I invite you to **A Taste for the Arts** — a cultural potluck taking place on December 1 at the Almonte Old Town Hall. It is being organized by the Arts and Culture Advisory Committee, and I promise to have more details in a future article. For now, though, this is your intrepid puppet reporter signing off for another busy month in Mississippi Mills!



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David Ross MacDonald Performs at MERA

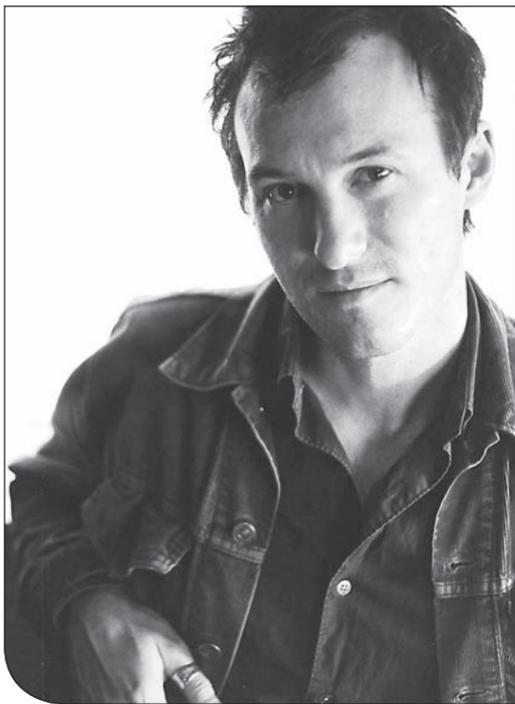
Australian singer-songwriter and fingerstyle guitar wizard David Ross MacDonald returns with his low-key musical magic to the MERA Schoolhouse in McDonald's Corners on Saturday, June 4. MacDonald feels a special affection for local audiences and is offering an opportunity to area guitar players to attend a fingerstyle guitar workshop on Sunday, June 5, also at MERA.

MacDonald's return to MERA celebrates the release of his fourth CD, *Thorns to Sleep*, which, according to *Penguin Eggs* magazine, "entices the listener with gentle grace and captivating melodies linked with lyrics of strikingly powerful imagery. It is a singer-songwriter record that confidently acknowledges the artist's experience as an instrumentalist." The album is also available on high-quality vinyl, as well as in an instrumental-only CD version.

Formerly a drummer with the acclaimed Australian folk group The Waifs, MacDonald's first solo album, 2003's *Southern Crossing*, was a collection of original fingerstyle guitar instrumentals. The next year's release of *Far From Here* revealed his substantial talents as a singer-songwriter.

Acoustic Guitar magazine likened MacDonald's vocals, lyrics, and intricate fingerstyle guitar style to "a collaboration between Nick Drake and a mid-1970s Bruce Cockburn." *American Songwriter Magazine* called MacDonald "one of those few songwriters... that can captivate his listeners armed only with a voice and guitar."

Such glowing reviews won't surprise anyone who has heard David Ross MacDonald's four CDs or seen him perform at international festivals such as Australia's Woodford, Port Fairy, Apollo Bay and National as well as Canadian events including the Blue Skies, Mariposa, Edmonton, Stan Rogers, Stewart Park, Live from Red Rock, and Ness Creek Festivals.



David Ross MacDonald's performance at the MERA Schoolhouse in McDonald's Corners will begin at 8PM on Saturday, June 4. Tickets are \$20 and are available in advance from Shadowfax in Perth or Fall River Espresso in Maberly. His previous performance at MERA was to a capacity audience, so advance tickets are advised. Local guitar players interested in attending MacDonald's special fingerstyle guitar workshop on Sunday, June 5 should call or email to register. For more information, contact Danny Sullivan at <shakeyacres@hotmail.com> or 268-2376.

Humm Bits

Over the Hedge Country Garden Tour

On June 25 and 26, the Ottawa Botanical Garden Society invites you to visit twelve beautiful country gardens located west of Ottawa in the Kanata, Dunrobin, Kinburn, Arnprior, Burnstown, Pakenham and Almonte areas. The following garden owners have graciously agreed to open their gardens for the tour: Jo-Ann and Blair Geddes; Pat and Alan Gale; Lis and Robert Allison; Gillian and Roger Danby; Sandy and Steve Hanson; Fern and Peter Martin; Judy and John McGrath; Paddy Mann; Carol and Brian Bean; Pat and Frank Vetter; Elsa Geuer; Gudrun Boyce and Carol Neumann.

The "Twist" factor is the exciting option of participating in a Car Rally (slightly modified) on your own or with friends while you explore the country roads to visit the gardens.

Other possibilities for inclusion in your tour include stops at designer stores and boutiques, an octagonal gallery and a "destination" nursery. Participants are also welcome to enjoy a tasty lunch in a local café, explore the beautiful towns, or learn about the early history of the area. An overnight stay at a local B&B would provide a relaxing getaway weekend in the country not far from Ottawa.

For more information and Passport Booklets please visit <ottawagarden.ca> or email <overthehedge@ottawagarden.ca>.

Summer Skies

It is summertime and the Ottawa Centre of the Royal Astronomical Society of Canada has rolled out its list of 2011 Public Star Parties from now to the end of October. During these nights, members of the Ottawa Centre will be on hand with their telescopes to show Saturn, the moon and other celestial wonders to the general public. It is an excellent opportunity to ask questions about the night sky.

All events will take place in the parking lot of the Carp branch of the Ottawa Public Library, 3911 Carp Road in Carp, and admission is absolutely free. For a complete list of primary and rain dates, please visit <ottawa-rasc.ca>.

MERA Summer Camps

Register now for MERA Summer Arts Camp with Artmaker Janice Ling, to be held Monday, July 25 to Friday, July 29, from 10AM to 3PM.

The theme this year is "Ideas & Designs". During this creative week, children will learn the intriguing history of some human inventions and designs, and how they influence, globally, the way we live. Kids will create cultural designs using paints, stained glass, rocks, clay and paper. Some basics in design will be taught and techniques learned in order to create structurally sound shapes. Children can learn how to make moving objects out of paper. On the last day of this interesting camp, there will be a Children's Design Fair, where they will display their innovative designs and models.

The cost this year has been reduced to \$125 per child. For more information and a registration form, please phone 278-0220 or email <meraschoolhouse@bell.net>.

Beginner Zumba — No Willpower Needed!

We all know that, in order to maintain good health and lose weight, we need to exercise. But knowing it and doing it are quite different things. People often feel that exercise is boring or they find it too challenging and so simply do not do it.

With the energy of Latin and international music combined with easy-to-follow, calorie-burning dance moves, Zumba may be the fun new workout for you.

If you have seen a Zumba video, you may worry that the fast pace would be more than you could handle. No worries — start off with the *Zumba For Beginners* class in Almonte. No need to feel embarrassed or awkward — this is for beginners and you are free to do your own interpretation of the dance moves. The class includes people of all shapes, sizes, abilities and ages. Everyone adds their own distinctive flavour to the fitness party. There is no willpower needed, as the music propels you into the dance moves. This could be the answer to your exercise dilemma, so come out and join the party. Let the rhythm move you into the joy of exercise without the strain. Everyone is welcome — teens, moms (you can bring the kids), and seniors can swing their way into these moves too. Learn to undulate your hips to the saucy Latin music. You just might even get addicted.

Zumba For Beginners is every Tuesday at 9:45AM at the Almonte Civitan Hall. It costs only \$5 per class and is open to everyone. Come on out and get fit the fun way!

— Linda Marnier

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Calling All Fiddlers and Songwriters

Don't miss an opportunity to learn music from the best! On Saturday, June 11 there will be songwriting and fiddle workshops, taught by extraordinary instructors, at the Myriad Centre in Perth from 9:30AM to 1:30PM. The workshops will be followed by a concert that is open to the public.

Fiddle instructors Glenn Graham, a multi-talented traditional fiddler from Cape Breton, and Victor Maltby, a music teacher from Carleton Place with a wide variety of musical experience, will share the teaching of advanced/beginner and intermediate fiddlers (ages 10 and up).

Jenny Whiteley, Juno Award winning singer/songwriter from Elphin, will lead the songwriting workshop. Writers aged 13 and up are encouraged to bring in work to be shared and polished during the workshop, along with other topics of interest to the group. They may also create a song together.

A concert from 2:30 to 4PM, featuring the instructors, participants and special guests The Blue Skies Community Fiddle Orchestra, will follow the



Juno Award winner Jenny Whiteley leads a songwriting workshop on June 11

workshops. The public is welcome to attend. Admission is by donation at the door.

The cost for the workshops is \$25. To register or for more details, contact Cindy McCall at 278-2448 or <cindy.fiddlemusic.mccall@gmail.com>.

Canada Day Ceilidh

Looking for something different than a pyrotechnical display to celebrate the nation's birthday? The Mississippi Madawaska Land Trust Conservancy (MMLTC) is hosting its second annual Canada Day Ceilidh in the charming, century-old barn at Glengyle Farm, between Balderson and Lanark. Why not kick up your heels to some jigs and reels performed by the Barley Shakers, who will play a blend of Irish, Scottish, Cape Breton, and Ottawa Valley traditional music.

This year the evening begins with a barbecue of knackwurst and burgers with vegetarian options, salads and assorted beverages. Satisfy your sweet tooth with an assortment of desserts. To help you take full advantage of the wonderful summer countryside, several naturalists will be on hand to interpret the sights and sounds of dusk, as you stroll down a network of short paths to the Mississippi River. As the music ramps up you can either hit the dance floor or peruse the wide assortment of novel silent auction items donated by local merchants and friends of the MMLTC. Place your bids and walk away with a steal — there are always bargains galore. Again we will include stargazing, this year

promising to be special, as July 1st just happens to be the new moon, so the night sky will be at its darkest for excellent viewing. Astronomer Fred Barratt will on hand with a telescope as your personal guide through the heavens.

The MMLTC <mmltc.ca> is a local community organization committed to the long-term conservation of ecologically significant, privately-owned lands. This annual event is focused on raising funds to assist with the long-term stewardship and monitoring of properties under the protection of the organization. All funds raised at this event will be matched through the Caring for the Land We Love program.

Glengyle Farm is located at 2208 Highway 511. The barbecue will start at 5:30PM and tickets are \$20 each; \$30 for a couple. Last year's event was such a success that there was a full house. Play it safe and buy your tickets in advance at Nature Lover's Bookshop in Lanark Village, Shadowfax in Perth or Baker Bob's in Almonte.

For further information on the event or to arrange pick-up for a donation to the silent auction, call 259-5654.

The Perth Citizens' Band Summer Concert Schedule

Concerts take place every second Thursday at the bandstand behind Town Hall in Stewart Park. Free admission — please bring a lawn chair.

June 9 at 7:30PM

June 23 at 7:00PM
(Rotary Strawberry Social)

July 7 & 21 at 7:30PM

August 4 & 18 at 7:30PM

For more information call 257-8099 or visit www.perthband.ca.



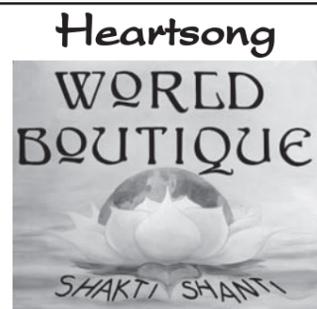
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Shadowfax, Perth
Nature Lover's Bookshop, Lanark

Northern Rites — Quests and Answers

Northern Rites is a company run by husband-and-wife team Andy Fisher and Jill Dunkley. Andy is a psychotherapist and Jill is a yoga teacher and therapist, and co-founder of **The Yoga Connection** in Perth. For almost ten years they have been building a business together leading wilderness vision fasts in the Lanark Highlands. *theHumm* recently had an opportunity to sit down and chat with them about their business and the larger purpose they see for this work in the world.

Humm: Where did the idea for Northern Rites come from?

Andy Fisher: I did graduate work in a field called ecopsychology, and Jill trained as a yoga therapist. Eventually I turned my doctoral thesis into a book, *Radical Ecopsychology: Psychology in the Service of Life* in 2002.

by Rob Riendeau

Jill Dunkley: And because of that book, Ted Foy, who has a retreat centre in the north Lanark Highlands called **Stillwaters**, heard about Andy and his work in ecopsychology. He contacted us and said "I've got 1600 acres of wilderness and I'm really interested in this vision fast work that you do — would you like to do it on this land?" So we were almost handed it on a platter.

That's a nice indication from the universe that you're headed in the right direction!

Andy: Yes, that's right. So for a year and a bit I would go up to this piece of land and get to know it. Ted would have people come up and we would do wilderness solos, but in a very loose way.

In the spring of 2003 I went to the School of Lost Borders for training as a wilderness guide. Then I lead our first, more structured fast at Stillwaters that fall.

Jill: And I was a participant.

How did he do?

Jill: A+!

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Meditation 101 (6:30pm, Sun June 5)

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Gong Meditation Night (6:30pm, Sun June 12)

Yoga Nidra for Sleep (6:30pm, Sun June 26)

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Andy: We started by offering day quests — an eight hour solo fast. And that's what we still do in the spring. After a number of years of doing that and deepening our own understanding of the land and our own questing work, several things happened that took us to the next level. In 2009, I held the base camp and Jill was the first three day solo quester on the land.

Jill: It is still continuing to work on me. It was a pretty profound piece of work — not easy — but I think any time you are making positive shifts in your life, thinking about how to bring your work into the world, how to stay connected to the human and non-human world, and how to stay real through all of that, it is always a challenge in this society. It's been great, but not easy.

The quest itself and then the results of the quest.

Jill: Exactly, and it continues to deepen. One of the things we talk about is that the quest has three parts: the preparation phase; the threshold phase, when you go out into the natural world; and the incorporation phase, which is really the key because that's the deepening of the work in you. We give people at least a year.

That was something that stood out for me when I read your website. Often participants in a retreat will leave feeling empowered to make real changes in their lives, but the feeling dissipates once they return to their "real" lives. Your quests include long term follow-up work.

Andy: As a psychotherapist I work with a lot of clients on their dreams — literally what they dream at night. Dreams are wispy, but they are trying to illuminate your life in some way or show some capacity that is potential in you. But to interpret the dream is not just to crack the code of the dream; you have to concretely embody what the dream is showing you. And it's the same thing with the vision fast, if you come back with some vision or illumination it can just blow away if you don't make it concrete somehow. Those changes are very challenging. So the final phase of what we do in the field is talk about those challenges and how to set up support structures. And we have a number of tools to help people keep on track.

Who would benefit most from this kind of work?

Andy: The main qualification is simply a strong desire to do it — a kind of calling. We've had people come on quests for all kinds of reasons, such as healing childhood wounds and traumas, dealing with losses and grief, spiritual renewal, addictions, and transitions and crises of all sorts. The classic vision fast is for the passage from childhood to adulthood, but we encourage people from all stages of the lifecycle to participate.

What is the process that a participant would go through leading up to, during the quest, and then afterwards?

Andy: The first phase is called severance or preparation. You're severing from something that you are willing to let die, but also severing from your normal life. As much as you can leave behind, that opens your mind to a whole different reality. So we prepare people for that leave-taking. What's crucial is developing an intention for the work. There has to be something calling you to do this. We correspond with participants until they feel they have sharpened their intention and they are clear about why they are going out there. That's the preparation work on the sacred plane. We also help prepare people on the physical plane. We've got a manual that we send to all of the questers.



Andy Fisher and Jill Dunkley lead wilderness vision fasts in the Lanark Highlands through their company, Northern Rites.

Jill: What to do if you meet a bear. How to put up a tarp. What fasting is all about.

Andy: Once people come here for the first part of the field work, Jill leads them through two yoga classes a day, we do teachings, everybody talks about their intentions. I like to say it's really about practicing essential human skills: speaking and listening from out hearts, allowing the moment to flow through us. We go to a deeper level on the physical plane too and make sure people have the skills they will need when they are solo in the wilderness.

And that takes us to the next phase, the threshold, where we transition to Stillwaters Wilderness Retreat. This is where the process becomes somewhat of an ordeal, but not a trauma. It's very important to us that we do this piece in a way that has compassion for where people are at and what experience they need to have.

So it's not a survivalist-type experience.

Andy: We really emphasize safety. It's a very grounded experience. People have a tent, they have food if they need it. And we have a buddy system — you don't actually see your buddy, but you exchange signs that you are alright.

Jill: We find that the more confidence we can provide people with the physical plane details, the more they can open up to the sacred plane — almost like a dream state. They can have their experience, they can observe carefully, and they come back and tell us their story in some way.

Andy: And that's the third phase — we welcome people back and break the fast. It's very celebratory at that point. But the first day back, we have people just sit on their story, we don't want people to speak too quickly about what happened. The tradition is to go out for a restaurant dinner to reconnect with civilization. Then we tell the stories and start making sense of the stories. In a way the work is just beginning.

To find out more about Northern Rites and the wilderness quests that they offer, visit <andyfisher.ca>, email <andyfisher@explornet.com>, or call Andy at 268-2531 or Jill at 268-2364. The fall quest runs from September 9 to 18.

Love, Laughter and Romance!

Classic Theatre Festival Kicks Off Second Season

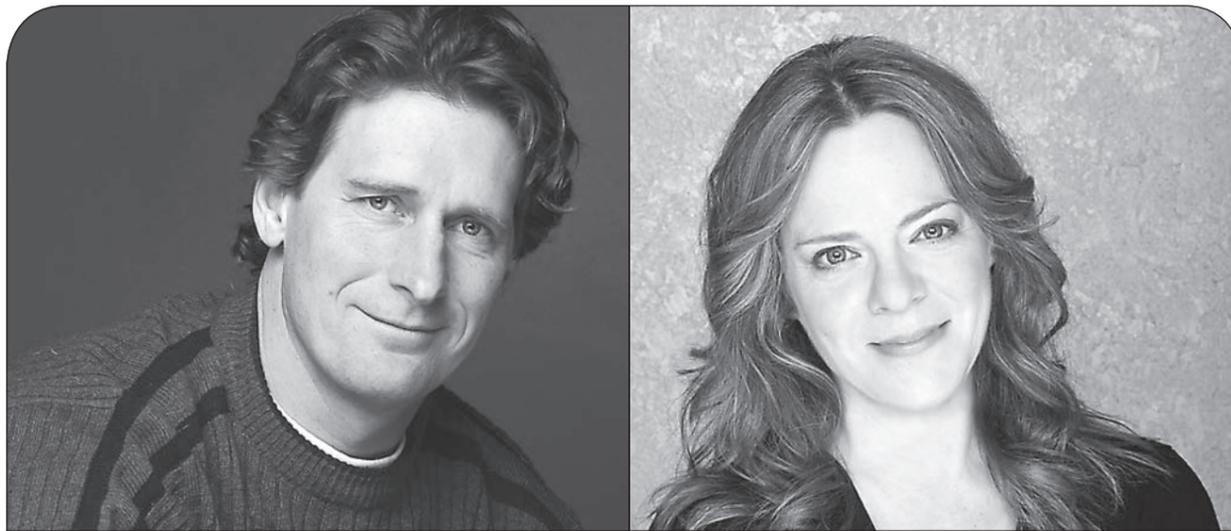
The Classic Theatre Festival (CTF), featuring some of Canada's top theatrical talent, kicks off its second season in Perth this summer with two top-notch productions.

Dedicated to producing classic hits from the Golden Age of Broadway and the London Stage — a time period that spans the 1920s through the 1950s — the festival will be staging two premier shows at Perth's Mason Theatre: John van Druten's magical romantic comedy *Bell, Book and Candle*, and *The Fourposter*, Jan de Hartog's Tony Award-winning comedy.

Bell, Book and Candle was the inspiration for the TV series *Bewitched*, and is billed as a "magical romantic comedy... filled with witches and warlocks — and a very mischievous feline." It opens July 9 at 8PM and will run through till July 31.

The production features Erica Wood as the mysterious Gillian Holroyd, a beautiful witch who must choose between love and her otherworldly powers. A frequent performer on radio and television, Wood also teaches drama and studies screenwriting. Her onstage love interest, publisher Shepherd Henderson, will be played by Scott Maudsley, a veteran of professional stages across Canada.

Rounding out the powerhouse cast are Catherine Bruce (who played Mrs. Bradman in the 2010 production of *Blithe Spirit*) in the role of Aunt Queenie, Allan Price as the frequently inebriated Sidney Redlitch, a researcher of the occult, and Zachary Council who will play Nicky, Gillian's mischievous warlock brother.



Scott Maudsley and Erica Wood star in this summer's Classic Theatre Festival production of *Bell, Book and Candle* by the John Van Druten. Also in this season's line-up is *The Fourposter* by Jan de Hartog

The second show of the season, *The Fourposter* by Jan de Hartog, is a "masterful comedy chronicling 35 years of marriage, from the nervous wedding night to the affectionate sunset years." This Tony Award-winning production opens August 6 at 8PM and runs till August 28. It will also feature a returning performer from the Festival's inaugural season — Lindsay Kyte — a multi-talented performer and playwright who played a hysterically funny turn as Edith in last season's *Blithe Spirit*.

Scott Clarkson, always a busy performer on stage and screen, with appearances in the movies *Road Rage*, *Dr. Jekyll*, and the upcoming Mexican feature *Sin Retorno*, will play Kyte's adorable but oftentimes exasperating husband. An actor who has played both Shakespeare and Shaw, Clarkson is also an author of a one-man show, *The Floor-boy*, which recently played in Montreal.

Both Classic Theatre productions will be directed by veteran theatre director and producer Laurel Smith. Her lengthy and impressive résumé includes everything from direction of critically-acclaimed G.B. Shaw productions in Toronto, as well as a variety of shows on the summer festival circuit, to working as producer of Burning Passions Theatre, Modern Times Theatre, and the massive First Night Toronto Festival of the Arts. She is also an alumnus of the prestigious Shaw Festival Directors' Project.

The festival's new Save-a-Seat program is also off to a very good start. With help from local donors as well as the Perth & District Community Foundation, the CTF will provide complimentary tickets to those who would otherwise be unable to attend the theatre.

"We're really looking forward to another successful season here in Perth," says Artistic Producer Laurel Smith. "With the new accessible venue, as well as a growing enthusiasm based on last season, we think our summer guests will have a great experience here and anticipate that they will make a trip to Perth and the Classic Theatre Festival their newest summer tradition."

As part of this season's activities, the CTF is planning a series of theme days, such as CARP Day at the July 20 matinee, presented in association with the Canadian Association of Retired People. As well, the festival aims once again to raise thousands of dollars in funds for local and regional community organizations. Community partners for those nights will be the Rotary and Kiwanis Clubs, Lanark County Interval House, Sexual Assault Centre Kingston, the Coalition for a Carleton Sexual Assault Centre, the Children's Aid Society, the Mississippi Valley Textile Museum, and Dignity House Hospice.

Featuring theatre artists whose work has been seen on professional stages across Canada, the CTF will take place at the wheelchair-accessible and air-conditioned Mason Theatre, at 13 Victoria Street in downtown Perth. Like last year's celebrated inaugural season, performances are Wednesday to Saturday at 8PM, with 2PM matinées on Wednesdays, Saturdays, and Sundays. Tickets are now on sale, with affordably priced seats, group discounts, and a 30% discount for anyone under age 30 (with ID). You can purchase tickets by phone at 1-877-283-1283, online at <www.classictheatre.ca>, and in person at Tickets Please in Jo's Clothes, 39 Foster Street in Perth. Given strong advance sales, it's a good idea to book early for the best available seats and dates.

— John Pigeau

Theatre News in our Area

Coming Up This Month at the Theatre

The **Studio Theatre** starts the month off early with their production of *Rabbit Hole*, on June 3 and 4 at 8PM, and June 5 at 2PM. This story takes us into the hearts and minds of a family dealing with grief, but does so with great sensitivity and with a sound leavening of humour. The playwright switches so intuitively between these emotions — it is no great surprise that the play

by Ian Doig

was awarded the 2007 Pulitzer Prize for Drama. This production will be a winner for those who want a change from the steady diet of comedies that many troupes are mounting, as well as for the actors, who really do like to get their teeth into something a bit different for a change. Tickets are available from The Bookworm, The Book Nook and Tickets Please in Perth, or at the door.

The **Smiths Falls Community Theatre** is kicking off the Fathers' Day weekend with Norm Foster's comedy, *Long Weekend*. Foster fans, and they are legion, will be able to guess what's in store with a title like this, so... better not miss it! The Station Theatre is the venue, and show dates are June 16, 17, 18, 23, 24 and 25 at 8PM, with a Sunday matinee at 2PM on the 19th.

On the audition front, the **Mississippi Mudds** are getting ready to cast their Christmas pantomime, of all things, at this time of year, at least as far as principals and secondary characters are concerned! Auditions will take place on June 25 from 10AM to 4PM in the Carleton Place Town Hall, and the chorus and ensemble roles will be selected in September. For further information, please go to <mississippimudds.ca/auditions>, and to book an audition spot contact Meredith at <meredith_link@hotmail.com> or by calling 257-8930.

And here's a heads-up for July: the **Classic Theatre Festival**, our area's own professional summer theatre, will kick off its second season with John Van Druten's magical romantic comedy, *Bell, Book and Candle* on July 8, in a run that will continue with shows on Wednesdays to Saturdays at 8PM and Wednesday, Saturday and Sunday matinées at 2PM, right through until June 31. Shows take place at the Mason Theatre in PDCI, and both tickets and information are available at 1-877-283-1283 or <classictheatre.ca>.

There's a bit of something for everybody this summer in our area, so come on out and enjoy the show!

www.fieldworkproject.com

Because You Can't Be On Your Bike All the Time...

Mississippi Mills Bicycle Month is thrilled to present a series of entertaining and informative lectures dealing with bicycles, bicycling and life. Everyone is welcome. All events take place on Monday evenings beginning at 7PM and are free of charge (good-will offerings gratefully accepted). Check the website frequently as organizers are constantly adding more events to the exciting June calendar at <mbbicyclemonth.ca>.

On June 6, come to Almonte's Old Town Hall for *Cycling in Canada and the Netherlands with Hans Moor*. Hans, an economic officer from the Embassy of the Kingdom of the Netherlands (and president of Ottawa's Citizens for Safe Cycling) will break down the myths of Canada's cycling challenges of climate, landscape, distance, etc. by using an appreciative approach and Dutch cycling knowledge. In other words, he will illustrate the possible!

Then on June 13, join author John McKenty at Holy Name of Mary School, 110 Paterson Street in Almonte, where he will talk about his latest book, *Canada Cycle & Motor Company: The CCM Story*. John will take participants on his personal journey, writing the story of Canada's most famous bicycle brand, CCM. Learn about the importance of CCM in the history of the bicycle. John will provide a display of vintage CCM memorabilia — catalogues and posters, as well as a couple of CCM bicycles (he owns vintage ones dating from 1915 to 1965).

Join Les Humphreys for a talk on *Cycling Cuba (End to End)* on Monday, June 20 at Holy Name of Mary School. The following week, also at Holy Name of Mary, Susan Roe will speak about *Pedaling the Dempster Highway* on Monday, June 27.


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Zimbe! Come, Sing the Songs of Africa

Come and enjoy a unique Africa-inspired evening at Almonte United Church on June 10, where combined choirs and musicians will be performing the acclaimed *Zimbe!* ("Sing them", in Swahili), composed by Alexander L'Estrange. Joining the musicians will be acclaimed local slam poet Danielle Grégoire, the Cheza Ngoma dancers with drummers, and the band Judge A Book. In addition to the music, there will be a visual presentation juxtaposing everyday life in Africa with everyday life in Almonte.

Award-winning English composer Alexander L'Estrange premiered *Zimbe!* in 2008 to rave reviews, and it has proved extremely popular worldwide ever since, with over fifty performances in two years. The music is a vibrant fusion of African and jazz styles for combined choirs of children and adults.

The piece follows the everyday events of life in Africa. L'Estrange says: "I wanted to capture the essence of the African spirit through glimpses into the human experience — simple children's playground songs from Ghana, a Xhosa lullaby for mothers of the victims of apartheid... sensuous wedding songs and some beautiful funeral and worship music." Choir Director Margie Graff chose to feature this music as it resonated with comparisons of life for us all: "As I listened to the music from this work, I was struck once again by how similar the human experience is throughout the world, and how often it is through music that we express ourselves. This musical work is a wonderful tribute to our global family and the ties that bind us together." For more information on the music, see <zimbe.net>.



Malawian kids make music with their home made instruments (note the bicycle sprocket as a cymbal). On June 10, an Africa-inspired evening at the Almonte United Church will raise funds to support Likulezi Community Care

Enhancing the African atmosphere will be the Cheza Ngoma dancers, performing with drummers, who organiser Doug Younger-Lewis calls "impressive local talent." The ever popular and award-winning Danielle Grégoire will share her slam poetry with reflections on life. Additional music will be performed by Judge A Book.

Proceeds from the concert will be going to support Likulezi Community Care, an organisation based in Phalombe, Malawi, committed to providing HIV/AIDS care and education for their local communities. Since their beginning in 1990, the charity has also provided drinking water wells, orphan sponsorship, and is committed to developing employment opportunities for a sustainable local economy.

Doug Younger-Lewis has seen first-hand the impact of this project on the people of Malawi. "I'm always impressed with the kindness and laughter of the people, even though they live in such adverse conditions. This community-based organization is a model of grassroots success, growing to 500 volunteers using bicycles to provide home care and education." Almonte United Church has been a major contributor to the project since 1997 and has also contributed to their Bicycle Ambulances project. For more information, go to <africaaware-likulezi.org>.

Zimbe! and guests will be at Almonte United Church on Elgin Street, June 10, at 7:30PM. A free-will donation will be collected at the door. For more information, contact Doug at 256-2738 or the church office at 256-1355.

— Nicola Webb

Blues Skies in the Community with support from the Ontario Arts Council presents
**fiddling &
 songwriting
 workshops**
June 11, 9:30-1:30
 Myriad Centre, Perth
 \$25, beginner to advanced,
 fiddling: ages 10 & up • songwriting: 13 & up
 Public Concert at 2:30, by donation at the door
 To register or for information contact Cindy McCall
 278-2448 or cindy.fiddlemusic.mccall@gmail.com

Farmers Open their Gates to Cyclists

On June 25, from 1 to 4PM, local farmers will welcome cyclists on a self-guided tour of farms and food producers of Mississippi Mills. The event is part of Mississippi Mills Bicycle Month and is organized in cooperation with Lanark County Slow Food. This inaugural event features ten farms at seven locations. Farm types include market gardens, berry farms, beef and dairy producers, honey producers, maple syrup producers and a perennial nursery. Cyclists can expect to learn about local food production, feast on free samples of farm-fresh food, and purchase local edibles.

The parking lot of the Almonte Library (where the Almonte Farmers' Market is located) is suggested as a tour starting point, where cyclists can pick up a map and fuel up on delicious food before heading out for the afternoon. Maps are also available for download from the Bicycle Month website <mmbicyclemonth.ca/rides/guided-rides/farm-gate-tour>. Suggested routes range from 6km to 31km and can be tailored to the needs of individual cyclists. Volunteers will be on hand at the market to help cyclists plan their routes.

To the organizers' knowledge, this is the first event of its kind in Ontario. Other organizations like the Otesha Project run multi-day bicycle tours of Ontario farms, but this tour is unique in that it is open to the general public and can be tailored to all cycling abilities. Families can visit Al and Pat Watson's farm in Almonte by cycling just 3km from the farmers' market. More ambitious cyclists can do a 30km loop that includes a stop at Cedar Hill Berry Farm (worth the ride for fresh strawberries!) or

a 31km route through Appleton that goes past most farms on the tour. Cyclists can also stop at points of interest to view animals, go swimming, and learn about local history. Washrooms and water are available at many locations.

The idea for this event was born when local farmer and Lanark County Slow Food leader Janet Duncan approached Bicycle Month chairperson Jeff Mills at the farmers' market and they recognized their organizations' shared values of



The stunning gardens at **Whitehouse Perennials** are just one potential stop on your self-guided tour of farms and food producers, taking place on June 25 as part of the Mississippi Mills Bicycle Month activities.

healthy lifestyle, environmental sustainability, and having fun. Inspired by an annual farm gate bicycle tour organized by Slow Food Vancouver, which started in 2009 and last year welcomed 1300 cyclists to twenty-five farms, they decided to work together and start a similar event in Lanark County. "Bicycle Month has grown using a 'potluck' approach, with local community groups bringing different bicycle-themed events to the table. I

can't think of a more fitting event than using the bicycle as a means to showcase local growers," states Mills.

Lanark County Slow Food is the local chapter (or "convivium") of Slow Food International, founded in Italy in 1989. Slow Food began as a protest against the influences of the fast food industry on local economies and food culture; it links pleasure and food with awareness and responsibility. Lanark County Slow Food organizes events ranging from har-

Mississippi Mills is a perfect place to organize a farm gate tour. It has a rich combination of beautiful cycling landscape, a vibrant farming community with many farms extremely close to the town, villages and hamlets of the municipality, and a proximity to a major urban centre from which to attract out-of-town cyclists and food enthusiasts. "I am hoping that the ride will connect people with their local producers and they will think more about what they eat," says Bob Kurus, event organizer.

Mississippi Mills Bicycle Month is a month-long celebration of cycling, held annually in June since 2009. Organized completely by volunteers and supported by community partners such as the Town of Mississippi Mills, the Leeds, Grenville and Lanark District Health Unit and local businesses, it features a wide variety of almost daily bicycle-themed events. Accessibility is a priority, so events are suitable for all cycling abilities and are free or for a small fee. Some events don't even involve getting on a bicycle — such as Evalyn Parry's *SPIN* performance (see the May issue of *theHumm*) or the Wednesday film nights at the Almonte Old Town Hall. Other highlights of this year's bicycle month are Almonte's first ever bicycle polo tournament, a group riding tour of Mississippi Mills, and a children's bike safety rodeo with helmet fitting. Events kick off on Friday, June 3, with a street party on Almonte's main street. See <www.mmbicyclemonth.ca> for a complete listing of Bicycle Month events.

— Rachel Sutton

Discover

Create

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Wildlife Watchers
Day Camp

at the
Mill of Kintail
Conservation Area

JOIN US FOR FUN SUMMER
OUTDOOR ADVENTURES!

Wildlife Watchers Summer Day Camps provide hands-on learning experiences for children ages 6-11 at the beautiful Mill of Kintail Conservation Area in Almonte.

Each day of camp runs on a specific theme related to the natural environment. Campers will have the opportunity to explore plants, wildlife, insects, habitats and water through a variety of games, activities, arts & crafts, songs, stories and so much more!

At Wildlife Watchers Summer Day Camp, children experience a nature immersion program, learning the language of nature appreciation, conservation and stewardship.

Camp A	July 4-8
Camp B	July 18-22
Camp C	August 8-12
Camp D	August 22-26

All camps run
Monday to Friday, 9AM to 4PM
Ask about before and after care

To register please contact:

Sarah O'Grady, Education Coordinator
Phone: 613-256-3610 ext 1
Email: sogrady@mvc.on.ca

NEW! Register and pay online at
www.mvc.on.ca

Explore Lanark Highlands during

Orchids in Bloom

June 18 - July 10

Discover all that Lanark Highlands has to offer during the blooming period of the magnificent Showy Lady's Slipper Orchids at the Purdon Conservation Area. Drive, paddle, bike or hike through gorgeous natural scenery, home to two of the *Seven Wonders of Lanark County*. The many distinctive shops, restaurants, cafés and businesses welcome you with demonstrations, sales and special treats!

Pick up a copy of the **Orchids in Bloom** brochure at one of the many participating Lanark Highlands businesses.

For details & directions visit
www.lanarkhighlandsbta.ca
or call 613-259-2398 x555.

For up-to-the-minute information on the Purdon orchids call the **Blooming Hotline** at 613-259-5307 x500.

CP Invites Ewe to Lambs Down Park Festival

The Carleton Place Business Improvement Association (BIA) isn't sheepish about letting people know that Carleton Place is the largest distribution centre for lamb's wool in Canada.

In fact, the Canadian Co-operative Wool Growers Limited, located at 142 Franktown Road, grades and markets close to three million pounds of raw wool each year.

In celebration of the town's woolly existence, the BIA and the Wool Growers are joining forces on Saturday, June 11 to host the Lamb's Down Park Festival.

"The BIA is working with the Wool Growers in an effort to bring awareness to the public about the tremendous heritage attraction we have in Carleton Place," says BIA Manager Cathie McOrmond of the festival, which will take place from 10AM to 4PM that day on the Wool Growers' property.

With wool being the fibre on which the festival is centred, the day will feature hands-on demonstrations of sheep herding involving working sheep dogs, sheep shearing and the spinning of wool. As well,

in keeping with the festival theme, tours will be conducted of the Wool Growers' facilities, and special lamb dishes will be cooked up by local restaurants.

For those who would like to get an up-close look at a real live lamb, the Carleton Place Farmers' Market will be showcasing some lambs and sheep on the festival grounds. There will also be local fresh produce, vintage and new tractor displays, a petting zoo and pony rides.

New this year is some great involvement by local youth. Finalists in the Arts Carleton Place Youth Art Competition will be presented at 10AM, after which SRC music students will perform. Also new on the menu, People First will end their annual walk-a-thon at the event site and will host a fundraising BBQ. Kids can enjoy *Partytime Inflatables* airbounce, and spectators can relax at a picnic table and enjoy a bite to eat, a drink and great local entertainment.

Other aspects of Carleton Place's rich heritage will be on display at the festival. For instance, since the Wool Growers occupy what was originally the round house and machine shops for the Canadian Pacific Railway, one display will track Carleton Place's railway past.

The Carleton Place and District Chamber of Commerce, which will be hosting a tourism kiosk at the festival, will provide information on all the exciting events planned for Carleton Place in summer 2011. The Chamber will launch Carleton Place's own playing cards of *52 Things to See and Do in Carleton Place*. McOrmond says the BIA has created the Lamb's Down Park Festival "in an effort to bring friends and family of all ages together so that we can share in the heritage of the community. The BIA welcomes everyone to come out and enjoy the displays, lunch and entertainment."

Further details on the festival can be obtained by contacting the BIA at 257-8049 or <cmcormond@carletonplace.ca>. For more information or to register a kiosk, visit <downtowncarletonplace.com>.



SRC music students, including the talented Sara Mitchell (above), will perform at this year's Lambs Down Park Festival on June 11

Arts CP Presents Art at the Station

On Saturday, June 11 from 10AM to 4PM, Arts Carleton Place will host their first-ever outdoor art showcase and sale on the lawn behind the old train station, located at 132 Coleman Street.

The public is invited to come and enjoy the creative offerings of artists of all persuasions. You'll be entertained by performance artists, professional and amateur musicians, writers and poets, and at the same time you can find the perfect piece of visual art for your home or office.

"This is a great opportunity for artists to showcase their craft, demonstrate and sell some art, socialize with other artists, share their musical talents, and enjoy some good food and fun," says Brenda

Milne, events co-ordinator of Arts CP. "It's also a great way for the community to meet the artists and find out more about their work."

The event is open to all artists who would like to get a taste of displaying and performing their work. Come out and busk for free at one of the busking areas, or offer CDs and booking information by renting one of the stall spaces. Artists must provide their own tent, table and chairs.

Stall spaces are still available for \$25, but registration closes on June 6. Forms are available on the Arts Carleton Place website <artscarletonplace.com>. For more details, call 257-2031 or email <artatthestation@gmail.com>.

Downtown Carleton Place Has a Story to Tell!



Owners Hana and Geri, with Lailah and Elvis

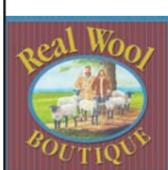
After researching pet food ingredients when nursing a sick dog, the owners of **Natural Pet Foods** were inspired to open a store that carries only "healthy, natural, good food". They also provide natural remedies and supplements for furry friends, as well as a huge selection of pet supplies (many of which are local or made in Canada).

Since opening in downtown Carleton Place, they have teamed up with local groomers and a dog trainer to provide those services on site as well. Open 7 days a week, Natural Pet Foods is also a drop-off for Cat's Paradise boarding, and their cat adoption service has found homes for over 600 felines!



61 Bridge Street • 613-253-7387 • www.naturalpetfoods.ca

You'll certainly find wool at the **Real Wool Boutique**. You'll also find much, much more! In business for 30 years in the Canadian Co-operative Wool Growers building (near the new Tim Horton's), they carry a full line of current women's fashions featuring names like Tribal, Woolrich and Spanner, along with purses, jewellery, shoes, hats, and even men's fashions. In the wool department, they stock a variety of yarns, wool blankets, and sheepskin slippers and coats. Open seven days a week, the Real Wool Boutique invites you to visit them at the Lambs Down Park Festival on June 11, and at their

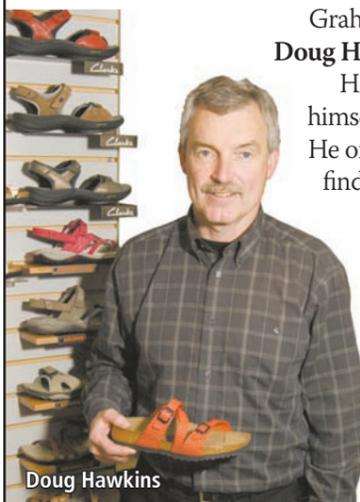


Saturday Sidewalk Sales with the farmers' market, and on Seniors' Day every Tuesday.



Linda Phillips, Erin Pretty & Alison Bond

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Doug Hawkins

Graham's Shoes is truly a fixture on Bridge Street, and **Doug Hawkins** is one of its longest-standing proprietors!

His parents bought the business in 1971, and Doug himself has been keeping folks well-heeled since 1985. He offers a wonderful variety of quality shoes — you'll find sandals by Birkenstock, Merrell, Papillio, Clarks, Rockport, Rieker and Finn Comfort, runners by Brooks and Saucony, and walking shoes by Rockport, Merrell and Clarks. Doug carries wide and hard-to-fit sizes, as well as leather-care products, purses and luggage. Graham's Shoes is open Monday-Thursday from 9-5:30, Friday from 9-6, and Saturday from 9-5.



139 Bridge Street • 613-257-3727



There's so much to do downtown! For a complete listing of Downtown Carleton Place businesses, please visit:

www.downtowncarletonplace.com

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

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ARTScool is located at the Old Town Hall in Almonte. The program runs 9am to 3pm, Monday to Friday.

July 4-8 Urban Art	August 1-5 Pulp & Paper
July 11-15 Exploring Sculpture	August 8-12 Art, Naturally
July 18-22 Art & Song	August 15-19 Pop Art
July 25-29 Women & Art	Aug 22-26 A Material World

For more information and registration forms please email artscool@live.ca or visit us on facebook



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The Beatles are coming!

It seems our love of the Beatles will never die. Testament to the Fab Four's enduring legacy, Montreal's **Replay**, the number one Beatles tribute band in Canada, will be playing at the Studio Theatre in Perth for three weekends in July.

The band's manager, John Oriettas — who also plays the Paul character on stage — says Perth is a wonderful place to play.

"Why Perth?" he says. "Well, because last May we were on a nine-city tour of Ontario, and one of the stops was Perth, at the Mason Theatre. We had a really great time that night — people really enjoyed it, and we also fell in love with how quaint Perth was. And we all said that it would definitely be a place we'd like to come back to. So we had some open time in July and decided to come back and do some shows!"

A night with Replay, Oriettas says, "retraces the fab steps and the story (of The Beatles) from beginning to breakup. Seven costume changes, 34 songs and a narrated multi-media show tell the story from Hamburg to Abbey Road in a Las Vegas-calibre production."

Oriettas also shares a charming story about Sid Bernstein — the famous promoter who brought The Beatles to North America in 1964 and 1965 for the Shea Stadium and Carnegie Hall concerts — a story that might tell you all you need to know about Replay.

Oriettas has a friend who lives in New York City in the same building as Sid Bernstein, who is now 92. "One day," says Oriettas, "they're having lunch and Danny mentions to Sid that he has a friend in Montreal that plays in a Beatles band. Sid asks him, 'Is it Replay?' Danny doesn't know the name of our band, and so he called me the next day to

tell me the story. When I told him that our band was indeed called Replay, he was amazed. He said, 'Sid Bernstein knows who you are!' That was quite a thrill for me. But it gets even better," Oriettas continues.

"Sid then sent me a personally autographed copy of his book *It's Sid Bernstein Calling* and called me from New York. My wife and I have become great friends with him and his wife Geri since then. This January we even went to New York and visited him at his apartment, went to see a show at Carnegie Hall, and then went out for a 'nosh' at 11PM at his favorite New York City deli — the 2nd Avenue Deli. Wow! Meeting Sid has been the thrill and honor of my life so far."

People often ask Oriettas what sets Replay apart from other Beatles tribute acts, and he says he always gives them the same answer.

"In my opinion, the biggest difference between us and all the other Beatles tributes I have seen (and I've seen all the big ones like RAIN, 1964, The Fab Four, Beatlemania, etc.) is that this band naturally projects the Beatles' aura and energy. We are not trying to copy The Beatles. We've grown up with The Beatles. We lived The Beatles. It's just in us, it's who we are. You can feel it — at least so we've been told by our fans."

"It's not just putting on a wig and a costume that makes a Beatle," says Orietta. "It's about what's inside that comes out."

Replay will take the stage at the Studio Theatre in Perth for three weekends in this summer: July 8, 9, 22, 23, 29, and 30. Tickets are available at Tickets Please at Jo's Clothes, 39 Foster Street in Perth, by calling 485-6434, or online at ticketsplease.ca.

— John Pigeau



Catch **Replay** at the Studio Theatre, where they will be playing three weekends in July

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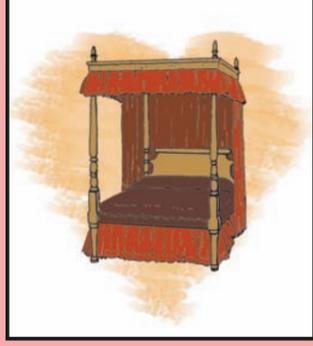
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Reach For The Stars • June 4/5

All astronomy related books and gifts are on sale (even our glow-in-the-dark t-shirts for kids and adults).

Orchids & Wildflowers • June 25/26

We're celebrating the orchids blooming over in the Purdon fen and all those delightful wildflowers in field and forest with sale prices on all wildflower books & gifts (from potholders & cups to jigsaw puzzles).

Christmas In July • July 30 - Aug 1 (Civic Holiday weekend)

This shop loves Christmas but since we won't be here come next December, we have decided to celebrate the season early this year - **in July!** This is a **Super Sale** - better than Boxing Day. Make this Christmas the best ever. Get all your shopping done secure in the knowledge that the distinct gifts you choose will delight each and every one on your list. We'll even throw in a special Nature Lover's gift for all purchases over \$100.

Weekend For The Birds! • August 13/14

Amazing prices on all bird related books, gifts, clothing... We're talking about hundreds and hundreds of items for birders of all ages, from amateur to professional. There's also an opportunity to win a set of binoculars with each purchase.

Celebrating Our Faithful Pets • August 27/28

Dogs, cats, horses, pigs or fish - understand them better, surround yourself with items that honour their importance to your life. How about a horse mousepad, a dog travel mug, or a cat puppet? There's so much to choose from! Pets (house pets that is) are welcome.

Junior Nature Lovers • Sept 3-5 (Labour Day weekend)

A weekend for the young - great bargains and fun activities. What a way to end the summer!

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Art in the Field...

In The Field This Summer

The *fieldwork* summer art installations opened for the season in mid-May. During the week prior to the opening, five artists built four new installations at various locations in the open-air "gallery", which is located in a field near Maberly. Participating artists are Steven White (Owen Sound), Jennifer Ryder Jones (Almonte), Michael Alstad (Toronto), and the Bakerygroup (Marcin Padlewski and Anissa Szeto-Padlewski from Clayton).



This summer's *fieldwork* outdoor art installations feature *Inside/Out* by the Bakery Group (above), *Scragend-Scarecrows* by Jennifer Ryder-Jones (below left), and other thought-provoking works.

by Miss Cellaneous

The installations, each a unique visual response to the nature of the site itself (history, natural characteristics, conceptual qualities, etc.) result also from each artist's specific interests and methods of working. Steven White's work, *Piano Pendulum*, invites participation from the public (and nature) and highlights his interest in "accidental" music, nature and technology. Jennifer Ryder-Jones' *Scragend-Scarecrows* contemplate the notion of waste, renewal and decay. Michael Alstad's *Coyote Illumination* brings some drama and light to the field and investigates the relationship/tension between humans, the wild, and nature. Finally, the Bakerygroup's *Inside/Out* asks us to ponder how our perception of art is influenced by the environment that "frames" our art-viewing experiences.

Bring your family and friends out this summer for a walk around the field. The summer installations will remain until the end of August.



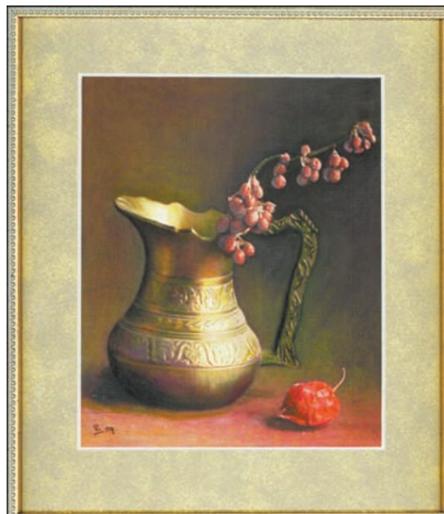
Rideau Lakes Studio and Garden Tour

The thirteenth annual Rideau Lakes Studio and Garden Tour takes place in the heart of the Rideau Lakes on the scenic Rideau Canal, a National Historic Site and Ontario's only UNESCO World Heritage Site. Participating artists live along the waterway and in the adjacent area. They take inspiration from the natural beauty and cultural heritage found in their surroundings.

What started thirteen years ago as a small group of friends exhibiting their talents, has grown into one of the most popular tours of the season, with new artists joining every year. This year you are invited to welcome back Turid Forsythe and add Dennis and Lorna Hutton, John Cochrane, Michael Doxey, Lynda Kemper and Shaun Seaman to your tour schedule.

The studios will be open from 10AM to 5PM on Saturday and Sunday, July 2 and 3. A free brochure will guide you through the tour and is available at most area stores, restaurants and welcome centres, or you can visit rideaulakesstudioandgardentour.com.

The artists look forward to welcoming you to their studios. The showcase of talent features decorative painting, hand-woven and quilted items, pottery, china painting, decorative stonework and exciting paintings in watercolour, oil and acrylic. The artists are ready and the historic, peaceful Rideau Lakes await your visit. For further information, contact Sherry at 928-3041.



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... Art in the Garden!

Art, and Alchemy, in the Garden

The alchemy has begun. As it does each spring, Kiwi Gardens near Perth transforms from a fabulous perennial nursery into the magical experience that is **Art in The Garden**. Artists arrive for this annual Father's Day Weekend event bringing an eclectic show of work ranging from kinetic garden sculptures to functional garden art and furniture. Each year countless visitors return to be amazed by the artists' new inventions in stone, wood, glass, metal and clay.

Art in The Garden is a unique show and sale of handcrafted art and accessories designed for people who enjoy their outdoor living space. All this happens on ten lush landscaped acres with live music, good food, and a joyful feeling of celebration.

On Saturday and Sunday, June 18 and 19, from 9AM to 5PM, you are cordially invited to meet the artists and take home a treasure to enhance that special corner in your outdoor living space. The live jazz- and blues-infused folk-funk of **Tell Mama** will accompany your stroll through the gardens and woods, and the Sunflower Bake Shop, Perth's provider of delectable treats, will be on site with snacks and cool drinks.

Kiwi Gardens is open seven days a week from May to September. They are located at 687 Harper Road, RR#7 near Perth, and can be contacted at 267-7384 or through <kiwigardens.ca>.

ARTScool – Cultivating Creativity

ARTScool is a unique program dedicated to the skill development and artistic comprehension of local youth. Artists within Mississippi Mills will lead explorations of current art, artists, and specialized techniques that explore an extensive range of media and subject matter. Every week of ARTScool has a different theme that is sure to pique your interest. Participants will have the opportunity to work with instructors and guest artists, as well as other youths in the program. Each day provides sketching practice, technique demonstrations, materials information, project instruction, artistic conversation, and a slide show of relevant work by current artists from both the community and the world. By week's end, participants will have started a new body of work, having completed three major projects, and will have made steps in continuing their own artistic careers.

ARTScool is located at the Old Town Hall in Almonte. The program runs July and August, Monday to Friday, from 9AM to 3PM. The program is for anyone aged 10 and up and costs \$200 a week. All materials, drinks, and snacks are included. Week-long topics include Urban Art, Exploring Sculpture, Art & Song, Women & Art, Pulp & Paper, Pop Art, and Art, Naturally.

For details on this summer's schedule and application forms, please email <ARTScool@live.ca> or visit them on Facebook.

ARTScool's founder Amanda Sears received her BEA from the University of Ottawa. There she began to establish herself as a sculptor and installation artist. For the past three years, Amanda has been assisting artists in the Ottawa area. She has become a skilled sculptor working with stone, bronze, plaster, textiles, and aluminum. She has volunteered over 800 hours teaching and coaching youth in a variety of activities. Amanda will be joined by instructor Danielle Christie as well as guest artists Amelia Ah You, Angèle Desjardins, Andréa Fabricius, Deborah Arnold, Michael Green, Rick Herrera, Ryan Lo-tecki and Tom Evans.



The popular Art in the Garden event returns to Kiwi Gardens near Perth on the weekend of June 18 and 19. It's the perfect opportunity to find an artistic treasure to enhance your outdoor space!

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This Canadian company is a member of Fair Trade Manitoba, uses no alcohol, does not test on animals, and many of the products have been produced by members of a women's co-operative in Mexico.

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June, Mississippi Mills

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Almonte Celfest

July 8-10, Almonte



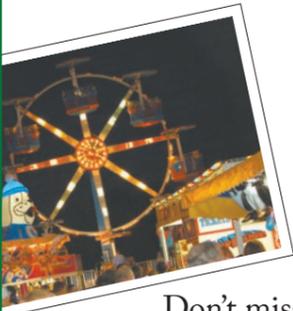
Three days and nights celebrating the Valley's Celtic roots, culminating in music, song and dance in Gemmill Park on July 9 & 10. Admission by donation. www.almontecelfest.com

ALMONTE FAIR



July 15-17, Almonte

Don't miss the 153rd Fair, featuring Wayne Rostad, demolition derby, midway, livestock & homecraft, and great family entertainment. www.almontefair.com



International Puppet Festival

August 6 & 7, Almonte



Ten terrific puppet troupes from Canada and the world perform in tent theatres, while on the street you'll find musicians, clowns and a puppet parade! www.puppetsup.ca



Naismith 3 on 3 Basketball Festival

August 6, Almonte

The largest 3 on 3 tournament in Eastern Ontario welcomes elementary and high school as well as ladies' and men's teams. Register online or come watch the fun! www.naismithmuseum.com



28th NORTH LANARK HIGHLAND GAMES

August 20, Almonte

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



September 10 & 11, Almonte

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mississippi mills BICYCLE MONTH

There's so much happening in June! For full details visit
mmbicyclemonth.ca

Opening Celebrations — Friday, June 3 in downtown Almonte
4:30PM Bike Rodeo; 5:45PM Street Party — parade, games, entertainment & cake!

Guided Rides and Tours:

- June 1: Influence pedaling - Ride to County Council
- June 4: Mississippi Mills Council Ride
- June 5: Blooms on Bikes (with Ed Lawrence)
- June 7: Family Cruiser Ride
- June 8: Rusty Spokes Ride
- June 11: Almonte United Church Ride
- June 11: Olympian Ride (with Perianne Jones)
- June 12: Birders on Bicycles
- June 14: Buildings on Bikes
- June 18: Legion Branch 240 Breakfast
- June 18: Tour de Mississippi Mills
- June 21: Summer Solstice Ride
- June 24: Critical Mass Ride
- June 24: Stargazers Ride
- June 25: Slow Food Farm Gate Tour
- June 26: Century Tour 2011
- June 28: Family Cruiser Ride
- June 30: Ride in Pakenham's Canada Day Parade

Arts and Culture:

- June 3: Bike Polo Photo Exhibit opening at Baker Bob's
- June 3: Book Signing at Mill Street Books - *The CCM Story*
- June 16: The Otesha Project - Environmental Theatre performance and picnic at Gemmill Park

June 4, 8PM:

Evalyn Parry's SPIN

At Almonte Old Town Hall



Slow Food Farm Gate Tour
June 25, 1-4PM

Movie Nights (Wednesdays at 7PM):

- June 8: *Play Again*, Almonte Old Town Hall
- June 15: *American Flyers*, Carnivic Lodge, Pakenham
- June 22: *Bicycle Dreams*, Almonte Old Town Hall
- June 29: *Beijing Bicycle*, Almonte Old Town Hall

Lecture Series (Mondays at 7PM):

- June 6: *Cycling in Canada and the Netherlands* with Hans Moor, Almonte Old Town Hall
- June 13: *The CCM Story* with John McKenty, Holy Name of Mary
- June 20: *Cuba End to End* with Les Humphreys, Holy Name of Mary
- June 27: *Pedaling the Dempster Highway* with Susan Roe, Holy Name of Mary School

Bicycle Month Miscellaneous:

- June 3, 10, 17, 24: County-wide "Ride to School/Work Day"
- June 4: **Bike Polo Tournament, Almonte Old Town Hall**
- June 4: United Church Bicycle Safety Check Clinic at Almonte Bicycle Works
- June 5, 12, 19, 26: Ride-to-Church Challenge
- June 9, 16, 23: Bike Polo at Gemmill Park
- June 11: Equator Coffee "Bike Swap"
- All month: Silver Chain Challenge

All Month:

Silver Chain Challenge

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Bike Polo Has Arrived!

Hard court bicycle polo is one of the world's fastest growing sports, with hundreds of players around the globe belonging to their own respective clubs and organized leagues. Countless tournaments are held each year, from small regional events to the much larger North American and European championships. In 2011, Calgary will play host to the North American Hardcourt Bike Polo Championship, while the European championship will be held in Barcelona. The best of both tournaments will meet in Seattle, Washington, in September, to play for the title of World Champion.



Just in time for Mississippi Mills Bicycle Month, an exhibit of Bob Acton's dynamic bike polo shots will be on display at Baker Bob's in Almonte. The show opens with a vernissage on June 3, and runs until July 28. For more information about this and other Bicycle Month events, visit mmbicyclemonth.ca.

For those new to hard court bike polo, the rules are straightforward. The play consists of three on three, with players attempting to score on a net the size of a hockey goal. The courts are roughly the width of a hockey rink, and about half the length. Players use a mallet, similar in shape to a croquet mallet, but constructed out of a salvaged ski pole and a piece of 2-inch plastic plumbing pipe. Goals may be scored only off of the narrow end of the mallet. Players who touch the playing surface with their feet are immediately out of play until they go to a designated spot on the side of the court and tap out, returning them to play. The rules are largely self-regulated by the players, with the exception of a goal judge during tournaments.

duced a North American championship team in 2008 and is still considered one of the top Canadian clubs.

The Ottawa chapter of bicycle polo, called Mallets of Mayhem, began in 2006 and has gained popularity and membership ever since. Home court to some of the world's best, Ottawa pro-

The popularity of bike polo has recently spread to the Ottawa Valley with clubs forming in both Almonte and Arnprior. Both the Otters of Arnprior and Almonte's own Wild Turkeys began playing in the summer of 2010. Mitch Iwanyshyn, a member of the Otters, was introduced to bike polo through friends, and says the biggest draw of the sport is its social aspect. "Meeting new and interesting people is one of bike polo's biggest draws for me," he says. The upcoming third annual Mississippi Mills Bicycle Month will play host to the Valley's first ever Hard Court Bike Polo tournament. Players from Arnprior, Pakenham and Almonte will participate.

Ottawa photographer Bob Acton began shooting bike polo in the spring of 2010, documenting play at Ev Tremblay Park, near Preston Street in Ottawa. From the outset, Bob braved the action and entered onto the court to photograph amidst the flurry of fast moving rubber and metal. This sense of breakneck-speed and tight competition is captured perfectly in Bob's artistic images of the action. Other images by Bob, in the style of photojournalism, express the skill and spirit of the players with their strong sense of community and shared passion for the sport of bike polo. An exhibit of Bob's bike polo photographs is on display at Baker Bob's in Almonte from June 3 to July 28. Everyone is invited to the vernissage on Friday, June 3, from 6PM to 8PM.

— Brodie Barrie

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Labyrinth Fest

On Saturday, June 18, a festival of fun for all ages will showcase the official opening of Carleton Place's newly built permanent labyrinth on the grounds of Carleton Place & Beckwith Heritage Museum (formerly the Victoria School Museum) at 267 Edmund Street in Carleton Place.

Organizers from The Labyrinth Committee (TLC) are planning an informal daytime festival theme, where visitors are welcome to drop in between 10AM and 4PM on Saturday the 18th. They invite you to experience the newly completed labyrinth, enjoy a wide variety of music, visit artisan booths with labyrinth themes, and enjoy lunch or snacks from the vendors on site. Children of all ages can visit the activity table to make a lantern for future evening walks.

"It's a really exciting time for the Committee — after three years of planning, fundraising, and holding several public events, the labyrinth will now be a permanent fixture in Carleton Place. We are proud to bring this experience to our community!" exclaims Debby Lytle, TLC chairperson.

A grand opening and official ribbon cutting will kick off the festivities. For those who are new to the labyrinth experience, facilitated walks will be held throughout the day by qualified instructors. A slide presentation will also be shown inside the museum for those interested in knowing more of the history and reasons for the labyrinth's modern revival. "We decided that a fun, festival-like feeling is a perfect way to open the new labyrinth, and thank our many community supporters and volunteers," adds Lytle.

A labyrinth is a circular path — an ancient spiral form that has been used for over 4000 years. A single entrance point guides the walker through a series of turns that lead to the centre of the pattern. Unlike a maze, a labyrinth holds no tricks or dead ends. The walker can focus on a thought, a prayer, or simply enjoy the walk itself. Walking a labyrinth has been used for centuries to support healing, meditation, and personal growth.

For more information and the day's schedule, call 257-1014 or see <carletonplacecommunitylabyrinth.blogspot.com>.

Barn Dance Fundraiser

In November of 2010, the educational building of the North Lanark Agricultural Society (on the Almonte Fairgrounds), a large wooden space so useful throughout the years, burned to the ground. The James family has very generously offered up their historic barns on the Appleton Side Road as a venue for a fundraising barn dance on Saturday, June 11. Kathryn James explains their motivation: "The Almonte Fair needs a new building. Since we have a history of helping to fund worthwhile causes, we decided to hold a barn dance at our farm. It is in this supportive role that we invite you to join us at the farm and be a part of the rebuilding process. Let's make it happen."

As a further enticement, dinner will be provided by JR's Restaurant and the Hobbs Family. There will also be two barns full of music by Skirmish and the Phoenix Big Band, and a great silent auction. For information and tickets call Lynda of the Fair Board (623-1001) or Kathryn James (257-8539). The address is 4356 Appleton Sideroad near Almonte, and everything gets underway at 6PM.



Skirmish (above) and the Phoenix Big Band will both be playing the barn dance fundraiser for the NLAS educational building on June 11

History of the Farm

Originally known as Kenmore Farm, the James's property had been in the Stewart family since 1821, when Robert Stewart acquired it from the government. He sold it to Duncan Stewart when Duncan immigrated to Canada from Perthshire, Scotland in 1837. It consisted of ten cleared acres on a hundred acres total and a small log house near the side road. In 1852, Mr. Stewart built the first log barn.

A new barn was built in 1898 using rough sawed and axed cedar boards and beams held together with large wooden pins. In 1906, another newer style barn of sturdy metal was built to house the heavy horses.

Kenmore Farm flourished for a hundred and fifty years with a balance of crops and livestock, sheep, horses, rabbits, pigs, poultry, and cattle. Beginning in 1945 the farm was used as an Illustration Farm in co-operation with the Experimental Farm in Ottawa.

Time progressed and Kenmore farm was eventually sold to the James family. This family emigrated from County Wicklow in Ireland where a very beautiful estate named Cuil Aitinn ("Coolatin") is located. The Kenmore name was changed to Cuil Aitinn, which is Gaelic for "in the lea of the furze". Today, fir trees, spruce, pine, and cedar shield the house and barns on the north, south and east sides.

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Railway History

The Railway Museum of Eastern Ontario, located in Smiths Falls, is housed in a beautiful Edwardian-era railway station, built by the Canadian Northern Railway in 1912. The station was originally built to impress and draw passenger service away from the competition (Canadian Pacific Railway), situated across town.

Sadly, Canadian Northern Railway became insolvent by 1918 and was taken over by Canadian National Railways (CNR) in 1923. The station remained in use until 1979, but was never able to successfully draw passengers away from Canadian Pacific. With train service ending, CNR planned to demolish the station.

In an effort to preserve the station, a citizens' group, named the Smiths Falls Railway Museum Association and led by William LeSurf, was established in 1982. Two years later, the Association purchased the station from the CNR for \$1 and leased an acre of land encompassing the building. In 1985, the station was designated a National Historic Site. The Smiths Falls Railway Museum Association gained status as a not-for-profit corporation four years later. The name of the museum was changed to the Railway Museum of Eastern Ontario (in 2009) to better reflect its mandate of preserving and promoting railway history in Smiths Falls and the surrounding communities.

Over the last 27 years, volunteers have worked effortlessly to restore the station to its former grandeur, to obtain original track, and to expand the museum site to almost eleven acres. They have also acquired various pieces of rolling stock, a large archival/library collection and a few other buildings, including the Section Foreman's residence and a flag stop station.

This year the Museum will focus on highlighting the human element of railroading, increasing site accessibility, introducing new public programming, launching a new website, and working in collaboration with the other two museums in Smiths Falls — Heritage House Museum and the Rideau Canal Museum.

We are very excited about our feature exhibition on display until December, *The Photography of Sam E. Campbell*. Sam worked for CPR for almost fifty years, mostly out of Smiths Falls. He brought his camera with him every day and took candid shots of his colleagues. It provides a unique perspective into railway life not often seen by the public and highlights the camaraderie between brothers.

We have already hosted two successful new events this year: an Easter Egg Hunt and an Edwardian Tea, but there are still more to come, including the family-oriented Transportation Expo (June 19), our first summer camp in August, and two new adult programs, *Storytellers: Stories of the Railroad* (Sept & Oct) and fall workshops focusing on layout techniques.

Once again we will be participating in Doors Open Smiths Falls (June 5), the Canal and Railway Festival (July 16 and 17) and we will be hosting our annual Railfest (August 27 and 28).

We encourage everyone who visits the museum to take a tour. We are fortunate to have some fantastic volunteer guides who can answer any questions you may have about our collection and will share stories — often personal — about working on the railway. It is these stories that bring to life our wood caboose, our steam locomotive, our snowplow and our dental car. They enhance the experience and highlight our truly unique museum.

The museum is located at 90 William Street West in Smiths Falls. You can contact us at 283-5696 or <info@rmeo.org> and be sure to visit us on Facebook or at <rmeo.org>.

The Railway Museum is now open to the public seven days a week, from 10AM to 4PM, until Labour Day. After Labour Day we are open weekends until Christmas. Admission is \$4.50 for adults, \$3.50 for seniors and students, \$2.50 for children (3 to 11), and free for kids under three. Multipacks are now being sold at each museum in Smiths Falls, which entitle visitors to discounts on admission with the more museums they visit.

— Anne Shropshire, Curator

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What's On In June at Area Museums

Railway Museum of Eastern Ontario, Smiths Falls, 283-5696, <rmeo.org>

- June 5: Doors Open Smiths Falls
- June 19: Transportation Expo (Father's Day)

Heritage House Museum, Smiths Falls, 283-6311, <smithsfalls.ca/heritagehouse>

- June 1 to Oct. 30: Wishing you were here! — Postcard and Camera Exhibition
- June 4 to Oct. 30: Living with Redwork — Exhibition

• June 5: Doors Open Smiths Falls

Rideau Canal Museum, Smiths Falls, <rideau-info.com/museum>

- June 5: Doors Open Smiths Falls

Mississippi Valley Textile Museum, Almonte, 256-3754, <mvtm.ca>

- June 9: Mill Street Merchants Fashion Show, advance tickets \$20
- Continuing: A Common Exploration — Exhibition

North Lanark Regional Museum, Appleton, 256-2866, <appletonmuseum@hotmail.com>

- Continuing: Memories of Appleton — Exhibition
- June 26: Annual Strawberry Social with Entertainment by Perth Citizens' Band

Getting Out and About in Smiths Falls

*Jughead: Archie, have you seen Peggy Sue?
Archie: Haven't seen her in ages!
Veronica: Hey guys, I hear Peggy Sue will be at the Station Theatre in Smiths Falls the weekend of June 11. She's appearing with Buddy Holly and the Crickets.
The guys: Let's get a hold of some tickets!*

by Joffre Ducharme

What better way to relive the good old days of rock and roll than to move to the groove of the "Buddy Holly Lives" show. This Kingston-based trio will knock your bobby-socks off. They look like the real thing, they act like the real thing and they sound like the real thing. You will want to get up in the aisle and give your blue suede shoes a whirl with your favourite girl.

They are playing the Station Theatre on Saturday, June 11 at 7:30PM, and Sunday afternoon, June 12 at 2PM. Tickets are \$25 and available at Spotlight on the Rideau in the Chambers Street Mall (284-4141). Be there or be square! Find more



From open-air movies or music in the park to the Thursday Night Cruise-In for vintage and antique cars, you'll find dozens of great reasons to get out and explore over the summer months!

details at <buddyholly.ca>.

This show is just one of the many indoor performances scheduled for the month of June at various venues throughout town. Check out *theHumm's* calendar for more options.

As I write this, I'm soaking in some rays (I know, finally!), having just returned from a nice long walk on the sunny side of the street.

Hey People! Time to Get Outdoors!

So what's happening outdoors this month?

Well, here's just a smattering. First off, from 10AM to 4PM, on Sunday, June 5, **Doors Open Smiths Falls** invites you to visit several interesting and historic buildings, including personal homes, businesses and special locations throughout the Town of Smiths Falls. This downtown walking tour (that's the outdoors component) is made possible thanks to the collaboration of the Ontario Heritage Trust and is free of charge. For more information, contact Leisa Purdon Bell at 283-4124 x1150 or <lbell@smithsfalls.ca>, or see <smithsfalls.ca/attractions.cfm?id=34>.

Ready for a total "al fresco" experience? Good! Come and enjoy the **Music in the Park** series, any Sunday evening from June 5 through to September 11. The 15th season for this "Open Stage" venue

promises to be the best yet, thanks to the volunteer efforts of event founder Beverly Hitchins. Beverly, who recently received the Charles Gillhuly Award for her long term commitment to this event, has been busy putting together an entertaining line up for the coming season. The shows run from 5PM to 8PM in Lower Reach Park, along the banks of the UNESCO World Heritage Site Rideau Canal. See <openstage.ca> and look it up on Facebook.

Want to get in some exercise while enjoying the great outdoors? You're in luck — the **Smiths Falls Classic Run 2011** is all set to go on June 26. Triathlon (swim or canoe – bike – run), duathlon (run – bike – run), short race — take your pick. This has become a popular event with both serious runners and area families as it offers a variety of races with different levels of difficulty. We look forward to a great event, thanks to the commitment of volunteers from the RedHawks Athletic Program under the leadership of Bill Wheeler. For more information, see <somersault.ca/eventsmithsfallsclassic.htm> or contact race director Steve Wyrozub at <steve@somersault.ca>.

Outdoor pleasures are not restricted to daytime hours in Smiths Falls. Stars under the stars anyone? Thanks to a group of entrepreneurial residents led by Tracey Pankow, we will be featuring **Movies in the Park** on ten consecutive Thursday nights, starting June 30. Beautiful Centennial Park, boasting its 100,000 perennial blooms on the shores of the Rideau Canal, is the idyllic site for this event. The family-friendly movies, from blockbusters to foreign films and everything in between, will be free to attend (just remember your favourite lawn chair or blanket) and will begin at dusk. In keeping with their community-driven focus, the group is providing a canteen at the weekly event that will be open to local charities and organizations to operate, with all the proceeds going to their cause.

Local businesses are jumping on board to support the initiative. "We've already had five businesses come up to us to sponsor the event," Pankow reported in early May.

You can contact Tracey Pankow at 285-9125 or <tracey@togethersmithsfalls.com>, or see <togethersmithsfalls.com>.

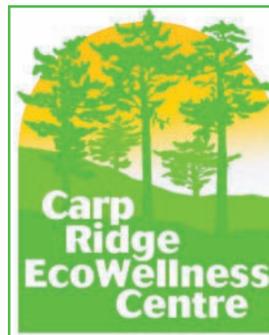
Finally, on another nostalgia note, you are invited to the 14th season of the **Thursday Night Cruise-In**. *Shake Rattle and Roll* and *Are You Lonesome Tonight?* may be just two of the songs you will hear as you meander through the lines of vintage/antique cars on display in the Wal-Mart parking lot at 114 Lombard Street. In good weather, close to one hundred beauties can be enjoyed.

The show runs from 6 to roughly 8PM (just in time to make it to *Movies in the Park* for a double-bill evening!). Nightly prizes are up for grabs, as well as a 50/50 draw.

The season ends with a grand finale car show set for Sunday afternoon, September 18, from 1 to 3PM. For more information or to take part, call Don Bates at 283-1297 or 264-8218.

Take care and see you at the Falls!

— Joffre Ducharme is a local photographer and writer. Reach him at <cjoffrecare@yahoo.ca>.



Upcoming Events

Free Talk: Sat. June 18, 1-3PM
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Lunch at Allen's, featuring the combined and formidable talents of Murray McLauchlan, Marc Jordan, Cindy Church and Ian Thomas, will play Perth as part of this year's 30th anniversary of the Perth Performing Arts Committee

Happy 30th, PPAC!

It takes very special skills to stick with something for thirty years. Staying with a spouse or a career takes commitment, perseverance, and a certain amount of luck. Remaining in a volunteer position takes a tremendous amount of dedication (and probably a good sense of humour). Keeping a performing arts series vibrant and appealing for three full decades takes all of the above on the part of numerous folks. Fortunately for theatre and music lovers in the area, the good people behind the Perth Performing Arts Committee (PPAC) have what it takes to accomplish such a long-term task. And as they enter their "pearl anniversary" season, they are presenting patrons with a veritable string of pearls!

First up, on Friday, September 23, is the dynamic **Alcan Quartet**. This foursome — violinists Laura Andriani and Nathalie Camus, violist Luc Beauchemin, and cellist David Ellis — has developed a reputation for excellence across Canada and internationally since its formation over twenty years ago. The quartet's originality, contagious enthusiasm, sonority and remarkable cohesion have all contributed to its long-term success which has come in the form of over one thousand concerts, over one hundred live radio broadcasts, numerous television appearances, tours across North America, Europe and Asia, and several commissioned pieces and first performances.

The second show in the series brings the **Czech Boys Choir** all the way from the city of Hradec Kralove in North Bohemia right here to Perth for a pre-Christmas concert on Thursday, December 1. This world-renowned ensemble maintains the famous traditions of choral singing in the Czech territory as it began in the 13th century with the first boys' choir at the St. Vitus Cathedral in Prague. Artistic director Jakub Martinec's choirs have appeared at numerous international music festivals, including the Prague Spring Festival. PPAC organizers are delighted that the choir is including Perth in their three-province Canadian tour. This is sure to be a delightful way to usher in the holiday season!

East Coast music comes west on Friday, March 23, in the form of multi-East Coast Music Award nominee **David Myles**. David's earlier releases have already established his reputation as a versatile, genre-bending artist with a knack for effortlessly straddling jazz, blues, folk and pop styles. Setting out to make his fourth album, *Turn Time Off*, David Myles knew he was ready to try something a little different. Pro-

duced by acclaimed Nova Scotia musician Joel Plaskett, *Turn Time Off* is a smooth, soul-infused pop record that pays tribute to crooners and lovers alike, and solidifies Myles's reputation as a gifted, spirited songwriter with wide appeal. Myles' unabashed joy at being on stage is infectious, and his enthusiasm, along with a tendency to regale his audiences with humorous anecdotes, has made him a favourite wherever he plays.

Finally, on Friday April 13, PPAC offers you to opportunity to have **Lunch at Allen's**. Neither a local diner nor a songwriter's circle, Lunch At Allen's is an extraordinary musical revue by internationally renowned artists Murray McLauchlan, Cindy Church, Marc Jordan, and Ian Thomas, who perform together as a band. The stage show is an intimate and humorous performance by some of Canada's finest individual performers. Marc Jordan and Ian Thomas's songs have been recorded by everyone from Rod Stewart to Bette Midler, and Diana Ross to Santana. Murray McLauchlan's hits have covered Canadian airwaves from coast to coast. Cindy Church's voice and songs are well known on the folk festival circuit through her solo work and as a member of Quartette with Sylvia Tyson. Together, it seems as though this stellar foursome has been playing for years with an energy and freshness like they've just met.

So there's your lovely string of pearls — all on offer as part of this year's 30th anniversary PPAC series. But if you're looking for something extra-special to do in the fall, there just happens to be a diamond brooch on this necklace as well! As an additional performance on Friday, October 14 (sold separately from the season series), PPAC presents **Stuart McLean** on his fall Vinyl Café tour. Since 1998, Stuart has taken this show on the road across Canada, to the delight of local audiences and national CBC Radio listeners. In addition to his humorous storytelling, these live performances showcase the wonderful talents of Canadian performers. Joining Stuart on this tour will be Melissa McClelland <melissamcclelland.com> and Luke Doucet <lukedoucet.com>.

This year, tickets to all shows are available exclusively at Tickets Please <ticketsplease.ca>, which is located at Jo's Clothes, 39 Foster Street in Perth. Series tickets are available until September 23, and single tickets can be purchased starting on August 15. For more information, please visit <perthpac.org>.

— Kris Riendeau

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Here Comes the Bride

Still disappointed that your invitation to the Royal Wedding never arrived? With June being the month of weddings, here's an invitation you won't want to miss. You are cordially invited to attend **Here Comes the Bride, more than a Century of Bridal Fashions**, on Saturday, June 18 at St. Andrew's United Church in Pakenham. Wedding dresses and other bridal wear from as early as 1865 to as recent as this spring will be featured. Our commentator, fashion designer Paddy Mann, will explain the changing trends and styles over the decades. The fashion show will begin at 2:30PM. Purchase your \$15 tickets in advance for either the 1:30 or 3:30PM tea sittings by visiting the Pakenham General Store or by calling 624-5540.

Valley Voices

The Valley Voices, Almonte's community choir, is holding their "Gemini Delight" spring concert on Sunday, June 5 at 7:30PM at the Almonte United Church, 106 Elgin Street.

Under the direction of Becky Schweizer, the twenty-member choir has a varied repertoire of modern and traditional songs, including a wonderful ABBA medley. Those particular songs, from the *Mamma Mia* show, have been a delightful surprise and also a challenge, as the choir discovered the intricacies of the music and the exciting piano arrangement. The audience will get a double treat when the Friday Night Fiddlers share their excellent music.

Tickets are \$7 each or \$15 per family. Children under six are free. Tickets are available from any choir member or at the door, and proceeds will be shared with the Mississippi Valley Textile Museum. For more information, please call Amanda Becking at 256-0134 or Fern Martin at 624-5104.

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Magical Mystery Garden Tour in Perth

The Perth Museum will host the First Annual Magical Mystery Garden Tour and Afternoon Tea on Saturday, June 18, from 10AM to 5PM, when ten private gardens will be opened for public viewing.

According to the poet N. P. Willis, "June is a month of leaves and roses. When pleasant sights salute the eyes and pleasant scents the noses." All of these stimuli for the senses come together in Perth for the Magical Mystery Garden Tour and Afternoon Tea. The event will feature a variety of garden types, from Victorian to English country, modern landscapes to water features. Each garden has been selected for the unique sensual experiences it offers to the visitor. Locations to these secret places, however, will not be revealed until the day of the tour, when ticket-holders can pick up their maps at the Perth Museum beginning at 9:45AM, in time for the 10AM start.

Tickets are \$15, which includes afternoon tea and cookies served at the museum (1 to 4PM), and can be purchased in advance at the Perth Museum at 11 Gore Street East (267-1947). Funds raised through ticket sales will go to support the Matheson House, home to the Perth Museum.

As a complement, St. James' Anglican Church will host a soup-and-sandwich lunch from 11:30AM to 1:30PM. Lunch may be purchased on the day of the event at the Church. Both St. James' and the Matheson House are among more than a dozen Perth sites participating that day in Doors Open, a fast-growing cultural event held in communities across the province. Doors Open <doorsopenontario.on.ca> invites people to discover first-hand Ontario's hidden heritage treasures, some of which have never before been open to the public.

... And Then the Lights Went Out

It's force of habit: the first thing I do when I get home from anywhere is go straight to the sink and wash my hands. Then I often fill the kettle. There is no worse sound than that sucking noise the tap makes when there is no water. Oh yes, there is one worse noise, the sound of no flush action in the toilet. One of the perks of living in the

The Reever Report

by Glenda Jones

country is having our own well, but that also entails having our own pressure system that runs on electricity. Ergo: no electricity, no water.

This was the situation during the ice storm years ago, and also in April, when the Big Blow went through here. Living with no electricity was difficult — more so in the summer than in the winter, to tell the truth. There we were the day before the Royal Wedding, scrambling to empty freezer and fridge and turn off all the major circuits so that when the power resumed we wouldn't suffer extra damage. The evenings were fine with a few candles — even though we missed the whole wedding extravaganza, supper got cooked in the wood stove and coffee perked on the hearth. We were warm and cozy.

However, the lack of water posed a large problem. Now, we have two aquariums, a big hot water tank, and two outdoor ponds, so it's not as if we had no water at all, but do you realize how many times a day you head to the water tap? Do you realize how many times a day that toilet needs flushing? We always have a supply of bottled water for drinking, but there were dishes to wash and gardeners' hands to clean.

I have never felt the need to conserve water like we did for the two days the power failed. I found myself bringing bucketsful in from the pond, and meting it out by the cupful so that I wouldn't have to do that too often. We were careful to keep our clothes half decent so the laundry wouldn't pile up. When I had to clean up a mess on the floor, I used a damp cloth and the tiniest bit of water I could. We knew the hot water tank would stay warm for a while, so we used that supply sparingly to wash dishes and brush teeth, etc.

The toilet tanks were treated to pond water for functioning (no, I can't abide outdoor facilities — or unflushed toilets!). Now, we're not discussing that issue any farther. I've already said enough!

Since our days were full of our usual melee of activities, we chugged merrily along, having lunch out, savouring the coffee and, of course, using the facilities before we left the establishment. However, the weekend came and we were committed to helping the Rotary Club with odiferous mushroom compost for the day. There is no way that job can be done delicately. You just have to grab a shovel and start digging. No matter if you are wearing gloves, boots, whatever; it's inevitable that the aroma is going to stick. It's lovely rich stuff, but oh my, it leaves the hands pretty grimy, to say nothing of boots and jeans that are relegated to the garage until they can be cleaned.

That was so not going to happen without water! All day I was willing that power to come back on before we got home. The later the day got, the more tired I became, and the more I just knew I needed a hot shower. But no, we were still in neutral when we got home. Back out we went for one more delivery. I dreaded what was waiting for us...

But Hallelujah!! We drove in, hit the garage door opener, and magic!! The door opened. In under an hour, we had showered, put the clothes in the washer, and of course turned on the computer. (That is Alan's lifeline — he must have checked it three times each day, hoping against hope that the power would reappear.)

After the ice storm we soon returned to normal living, although the thought of ice left us jittery for a long while. This time, the water shortage has really given me pause. Our well is so reliable with clear cold water that we don't think of its value until it fails. I can't imagine how we would cope if it were to dry up, for instance, or if the water were to turn sour. I know, the environmentalists have been preaching conservation for a long time, and frankly we are relatively careful — no garden watering, no power washing, no car cleaning. But somehow when the message whaps us over the head once in a while, it takes on more urgency.

I am treating our water supply with new respect these days. I don't run the tap for five minutes to get really cold water. I don't boil a full kettle for one cup anymore. I fill the sink to wash dishes instead of running the tap the full time. But believe me, it is music to my ears when I push that little lever and the toilet flushes without my hauling in a bucket of water every time I need it.

Claiming Column

Canada Day Ceilidh, Lanark, Jul 1
 Rideau Ferry Nostalgia Dance, Smiths Falls, Jul 2
 Studio & Garden Tour, Rideau Lakes, Jul 2-3
 Perth Antiques Show, Jul 2-3
 Celtfest, Almonte, Jul 8-10
 Bell, Book & Candle, Perth, Jul 8-31
 Replay The Beatles, Perth, Jul 8, 9, 22, 23, 29, 30
 Battle of the Boyne Celebrations, Smiths Falls, Jul 12
 Almonte Fair, Jul 15-17
 Canal Railway Festival, Smiths Falls, Jul 15-17
 Herbfest, Almonte, Jul 24
 Bridge Street Bazaar, CP, Jul 30
 Beckwith Park Concert, CP, Jul 30
 Basketball Festival, Almonte, Aug 6
 Puppets Up!, Almonte, Aug 6-7
 Quilts of the Tay, Perth, Aug 12-14
 The Fourposter, Perth, Aug 15-28
 Highland Games, Almonte, Aug 20
 55+ Regional Games, Smiths Falls, Aug 23
 Art Show & Sale, Rideau Lakes, Aug 27-28

Visual Arts

Vernissage June 3, 6-8PM. Bob Acton's bike polo photos, exhibited til July 28. Baker Bob's Gallery, Almonte
The Artists' Path Mini Conference June 4. Register w/ www.WestCarletonArtsSociety.ca. Carp Hall, \$40 incl lunch
Pints 'n Purls June 8, 6-9PM. Knitting group. Ashton Pub. 257-2296
Of Brush and Clay Jun 10 (2-8), 11 (9-6), 12 (12-4). Marie Paquette & Ann Gruchy's art. 1584 Sobeau Court, Kars. anngruchy.com
Vernissage June 10, 7-10PM. Featuring Kate Collins. Brush Strokes, 129 Bridge St. CP. 253-8088, www.brushstrokesart.ca.
Art at the Station June 11, 10AM-4PM, Arts Carleton Place outdoor art market. 132 Coleman St. CP. 257-2031, artatthestation@gmail.com
Art in The Garden June 18, & 19, 9AM-5PM. Show/sale of art & accessories with live music, good food. Kiwi Gardens, 687 Harper Rd. 267-7384, kiwigardens.ca.
Almonte Quilters' Guild June 20, 6:30PM. Potluck & 'idea meeting'. Almonte Civitan Hall
Lanark County Quilters Guild June 28, 7PM. Potluck; \$3 at door. Perth Lions Hall, 283-9944
Arnprior & District Quilters' Guild June 29, 7-9PM. Christian Education Ctr., Arnprior. \$5 entry or \$20/yr membership.

Festivals

Lambs Down Park Festival Jun 11, 10AM-4PM. Sheep shearing, spinning, petting zoo, food. 142 Franktown Rd. CP. 257-8049, downtowncarletonplace.com.
Labyrinth Fest! Jun 18, 10AM-4PM. CP & Beckwith Heritage Museum, 267 Edmund St. 257-1014.
Elphin Roots Festival Jun 25, 2-11PM. \$30; \$25 in adv. at Shadowfax or 1-800-518-2729. Family pass avail. 278-0689, jennywhiteley.com. Elphin

Theatre

Rabbit Hole Jun 3-4 at 8pm; Jun 5 at 2pm. Studio Theatre Productions. \$18 in adv (Bookworm/Book Nook), \$20 at door. Studio Theatre. studiotheatreperth.com.
Spin June 4, 8PM. Evalyn Parry's multi-media cycle of stories about bikes, women &



WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
30 Horticultural Society Meeting, Almonte	31 Open Mic, The Barley Mow	1 Toastmasters Club Open House, Smiths Falls	2 Jazz w/Spencer Evans Trio, The Cove Karaoke, The Downstairs Pub Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow
6 Cycling in Canada & the Netherlands, Almonte Poetry Slam, Carleton Place	7 Open Mic, The Barley Mow Town Singers Spring Concert, CP	8 Pints 'n Purls, Ashton Toastmasters Club, Smiths Falls Play Again, Almonte	9 Jazz w/Spencer Evans Trio, The Cove Karaoke, The Downstairs Pub Mill Street Merchants Fashion Show, Almonte Open Celtic Jam, Naismith Pub Perth Citizen's Band Concert, Perth SFDCI Reunion Band, Smiths Falls Terry Tufts, The Barley Mow
13 Almonte Coin Club, Almonte The CCM Story, Almonte Mayan Code Study Group, Almonte	14 Open Mic, The Barley Mow	15 Toastmasters Club, Smiths Falls American Flyers, Pakenham	16 Book launch - Don Wiles, Almonte Jazz w/Spencer Evans Trio, The Cove Karaoke, The Downstairs Pub Long Weekend, Smiths Falls Open Celtic Jam, Naismith Pub Peter Brown w/Sandy Faux, St. James Gate Terry Tufts, The Barley Mow
20 Almonte Quilters' Guild, Almonte Cycling Cuba (End to End), Almonte Green Liquid Refreshments, Smiths Falls	21 Fearless in 2012 - Discussion w/Youth, Almonte Open Mic, The Downstairs Pub	22 Toastmasters Club, Smiths Falls Bicycle Dreams, Almonte	23 Brandi Disterheft Trio, Neat Café Jazz w/Spencer Evans Trio, The Cove Karaoke, The Downstairs Pub Long Weekend, Smiths Falls Open Celtic Jam, Naismith Pub Strawberry Social/Perth Citizens' Band, Perth Terry Tufts, The Barley Mow
27 Alex Goodman, The Cove Pedaling the Dempster Hwy, Almonte Horticultural Society Meeting, Almonte	28 Lanark County Quilters Guild, Perth Open Mic, The Barley Mow	29 Arnprior Quilters' Guild, Arnprior Toastmasters Club, Smiths Falls Beijing Bicycle, Almonte	30 Gnomeo & Juliette, Smiths Falls Jayme Stone, Neat Café Jazz w/Spencer Evans Trio, The Cove Karaoke, The Downstairs Pub Open Celtic Jam, Naismith Pub Terry Tufts, The Downstairs Pub

liberation. \$25 from Appleton Gift & Basket. Almonte Old Town Hall. mmbicyclemonth.ca.
MMBicycle Month Movie Nights present Play Again (Jun 8, 7pm, Almonte Town Hall), American Flyers (Jun 15, Carnivic Lodge), Bicycle Dreams (Jun 22, Almonte Town Hall) and Beijing Bicycle (Jun 29, Almonte Town Hall). mmbicyclemonth.ca
Long Weekend by Norm Foster, Jun 16-18, 23-25 at 8pm, Jun 19 at 2pm. Smiths Falls Community Theatre. Station Theatre, 63 Victoria Ave., Smiths Falls
Mudds Auditions June 25, 10AM-4PM. For Christmas panto Alice in Wonderland. Book an audition spot at 257-8930. CP Town Hall. mississippimudds.ca/auditions.
Spiritual Cinema Circle June 26, 2PM. Films for the heart & soul. 1 Sherbrooke St. \$2
Gnomeo & Juliette June 30, dusk. Movies in the Park. Centennial Park, Smiths Falls. 285-9125, togethersmithsfalls.com. Free

Literature

1st Ed. Reading Series Jun 3, 7PM. Readings by 3 authors. Backbeat, 6 Wilson St. W., Perth. firsteditionreadingseries.blogspot.com. \$5.
 Mill St. Books presents **Book Signing** Jun 3, 5:30-7PM *Canada Cycle & Motor: The CCM Story* by John McKenty; **Book launch** Jun 16, 7-9PM. *Around the World in 80 Years*, Don Wiles' autobiography. 52 Mill St. Almonte. 256-9090. Free.
Poetry Slam Jun 6, 7-9PM. LiPS monthly slam. CP Cinemas. \$5; free for performers.

Music

Benefit Dance For Dads June 4, 3PM-1AM. Proceeds to trust fund for sons of Ed Roberts. Live music, door prizes. \$5, from CP Daycare or 253-0597x221. CP Arena

David Ross MacDonald June 4, 8PM. \$20 at Shadowfax (Perth), Fall River Espresso-Maberly. MERA, McDonalds Corners
Fingerstyle Guitar Workshop June 5, w/ David Ross MacDonald. MERA. 268-2376, shakeyacres@hotmail.com
Mozart's Coronation Mass June 5, 3PM. The Ottawa Valley Music Festival. \$20 adults, \$10 students. St. Pius V, Osceola. 754-5217, www.valleyfestival.ca.
Music in the Park Jun 5-Sep 11, 5-8PM, every Sunday. Lower Reach Park, Smiths Falls. 284-8446, openstage.ca. Free
Student/Teacher Showcase June 5, 2PM. Presented by Mississippi Mills Musicworks, Almonte Old Town Hall. 256-7464, Free
ValleyVoices Concert June 5, 7:30PM. With Friday Night Fiddlers. Almonte United Church. 256-0134, \$7; \$15 family.
Town Singers Spring Concert June 7, 7PM. "Oh Canada". \$10 at Arts CP 257-2031, or door. St. Andrews Church.

Perth Citizen's Band Outdoor Concert June 9, 7:30PM. Perth Bandstand, Stewart Park. Bring a lawn chair.
SFDCI Reunion Band June 9, 7:30PM. Station Theatre. Freewill offering
Raoul and the Big Time June 10, 7PM. Blues on the Rideau. The Cove, 2 Bedford St. Westport. www.choosetheblues.ca. \$55+tax buffet & show.
Zimbe! June 10, 7:30PM. African themed entertainment. Almonte United Church, 256-2738, zimbe.net. By donation
Barn Dance Fundraiser June 11, 6PM. Dinner, music by Skirmish & the Phoenix Big Band. Funds for NLAS educational building. 4356 Appleton Sdrd. 623-1001
Beckwith School Alumni Dance June 11, 8:30PM-12:30AM, \$5 from Township office, \$5 at door. 1319 Ninth Line Rd. 257-1539.
Buddy Holly Lives! Jun 11 (7:30pm), Jun 12 (2pm). \$25 at Spotlight on the Rideau (284-4141). Station Theatre. buddyholly.ca.

JUNE 2011

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Bicycle Month Opening Celebrations, Almonte 1st Edition Reading Series, Perth Book Signing, Almonte Lynn Miles, Neat Café Open Stage, The Downstairs Pub Rabbit Hole, Perth Ron Hynes, The Cove Vernissage - Bike Polo, Almonte 	<ul style="list-style-type: none"> Benefit Dance For Dads, CP David Ross MacDonald, MERA Gardening Workshops, Almonte Live Music, The Cove Live Music, The Downstairs Pub New Energy Circle, Almonte Rabbit Hole, Perth Spin, Almonte St. Distaff's Day Celebrations, Almonte The Artists' Path Mini Conference, Carp 	<ul style="list-style-type: none"> Doors Open Smiths Falls, Smiths Falls Fingerstyle Guitar Workshop, MERA Guatemala Stove Project AGM, Perth Kevin Head, The Cove Magnolia Rhythm Kings, Royal Oak Mozart's Coronation Mass, Osceola Music in the Park, Smiths Falls Rabbit Hole, Perth Student/Teacher Showcase, Almonte Valley Singles Lunch, Cobden Valley Voices Concert, Almonte
<ul style="list-style-type: none"> Mississippi School for the Arts Open House, CP Of Brush and Clay, Kars Open Stage, The Downstairs Pub Raoul and the Big Time, The Cove Vernissage, Carleton Place Zimbe!, Almonte 	<ul style="list-style-type: none"> Art at the Station, Carleton Place Barn Dance Fundraiser, Almonte Beckwith Heritage Days, Beckwith Beckwith School Alumni Dance, Beckwith Buddy Holly Lives!, Smiths Falls Fiddle/Song Concert, Perth GASM, Carleton Place Lambs Down Park Festival, CP Live Music, The Cove Live Music, The Downstairs Pub New Energy Healing Potential Talk, Almonte Of Brush and Clay, Kars Town & Country House Tour, Almonte 	<ul style="list-style-type: none"> APEX Jazz Band, Royal Oak Buddy Holly Lives!, Smiths Falls Kevin Head, The Cove Live music, Heirloom Café Music in the Park, Smiths Falls Of Brush and Clay, Kars Stacey Earle & Mark Stuart, Perth
<ul style="list-style-type: none"> Alex Cuba, Neat Café Armchair Trip To China, CP Beckwith Youth Dance, Beckwith Long Weekend, Smiths Falls Open Stage, The Downstairs Pub 	<ul style="list-style-type: none"> Art in The Garden, Perth area Barn Dance w/Wade Foster, Lanark Bridal Fashion Show, Pakenham Cancer Detection/Treatment, Carp Doors Open Perth, Perth ESP Band's Anniversary Dance, Smiths Falls Fundraiser for LCIH Child & Outreach Program, Almonte Garden Tour/Afternoon Tea, Perth Labyrinth Fest!, Carleton Place Live Music, The Cove Live Music, The Downstairs Pub Long Weekend, Smiths Falls 	<ul style="list-style-type: none"> Art in The Garden, Perth area Kevin Head, The Cove Long Weekend, Smiths Falls Magnolia Rhythm Kings, Royal Oak Mill of Kintail Open House, Almonte Music in the Park, Smiths Falls Nature Walk, Almonte Transportation Expo, Smiths Falls
<ul style="list-style-type: none"> Breakfast with Soul, Almonte Long Weekend, Smiths Falls Open Stage, The Downstairs Pub Public Star Party, Carp 	<ul style="list-style-type: none"> Auditions, Carleton Place Country & Gospel, Carleton Place Country Garden Tour, Ottawa Valley CP Farmers' Market Season Opener, CP Elphin Roots Festival, Elphin Farm Gate Bicycle Tour, Mississippi Mills Flower Show & Tea, Carleton Place Live Music, The Cove Live Music, The Downstairs Pub Long Weekend, Smiths Falls 	<ul style="list-style-type: none"> APEX Jazz Band, Royal Oak Country Garden Tour, Ottawa Valley Kevin Head, The Cove Michael Jerome Browne, Manotick Music in the Park, Smiths Falls Spiritual Cinema Circle, Perth Strawberry Social, Appleton

Mississippi Mills Bicycle Month activities all month, <mbicyclemonth.ca>
Peony Days at Whitehouse Perennials, June 4-30 <whitehouseperennials.com>
Brush Strokes presents Kate Collins <brushstrokesart.ca>
Baker Bob's Gallery presents Bicycle Polo: A Photography Exhibition.
fieldwork presents land art – summer installations <fieldwork.blogsome.com>
Gallery Perth at Code's Mill presents Legacy Art Show <galleryperth.com>
MVTM presents "A Common Exploration" <mvtm.ca>
North Lanark Regional Museum presents "Memories of Appleton", <appletonmuseum@hotmail.com>
Palms Coffee Shop presents Caitlin Barrie's textiles & Richard Skrobecki's pottery <palmsonline.ca>
The Almonte Library Corridor Gallery presents Monika Seidenbusch, acrylics
The Mississippi Mills Chamber Gallery presents David Zimmerly, photography
Heritage House Museum presents "Wishing you were here!", "Living with Redwork" <smithsfalls.ca/heritagehouse>

Fiddle/Song Concert June 11, 2:30PM-4PM.
 With Blue Skies Community Fiddle Orchestra. Myriad Centre, Perth. 278-2448, By donation
GASM June 11, 8PM. CP Cinemas, 17 Albert St. myspace.com/gasmusic. \$5 at door.
Stacey Earle & Mark Stuart, June 12. Ecotay, 942 Upper Scotch Line
Beckwith Youth Dance June 17, 6-9PM, 1319 Ninth Line Rd. Info: 257-1539, \$3
Barn Dance w/Wade Foster June 18, 7PM. Tickets at Mill Street Books, Shadowfax. For Therapeutic Riding Program. Glengyle Farm, 2208 Highway 511. \$15; \$10 adv. \$5 children
ESP Band's 40th Anniversary Dance June 18, 8PM-1AM. Smiths Falls Civitan Hall, 283-1921. www.civitan.net/smithsfalls. \$5
Country & Gospel June 25, 7PM. w/ Barry Munro & The Moffatt Sisters. \$12 at Remembrance Gift Shop or door. Zion Memorial. 253-0975

Michael Jerome Browne June 26, 1-5PM. Lunch & show. The Mill Tavern, Manotick. 692-1686, choosetheblues.ca. \$35; \$30 adv
The Swan at Carp (Falldown Lane Carp, 839-7926) 7-10pm. Jun 3, 17 Steve Barrette Trio
The Downstairs Pub at JR's (385 Ottawa St., Almonte, 256-2031): Karaoke Thurs, 9pm, no cover; Fri Open Stage, 9pm, no cover; Sat live music, 9pm
St. James Gate (111 Bridge St., Carleton Place, 257-7530) Jun 16 Peter Brown with Sandy Faux, 8:30-11pm, no cover
Fiddleheads (Code's Mill, Perth, 267-1304) Jun 5, 19 Sunday jazz brunch with Clay Young & guest, 12-3pm
The Royal Oak (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover. Jun 5, 19, Magnolia Rhythm Kings, 3-6pm Jun 12, 26 APEX Jazz Band, 2-5pm

The Cove (2 Bedford St., Westport, 273-3636): Jazz w/Spencer Evans Trio Thurs 9-11pm, live music Sat 6-9pm, Kevin Head on the patio 1-4pm Jun 3 Ron Hynes, 8-10pm, \$20 Jun 27 Alex Goodman, 8-11pm, \$10
The Barley Mow (79 Little Bridge St., Almonte, 256-5669): Open Mike w/Jumpin' Jimmy Leroux Tues (7pm); Terry Tufts Thurs (8-11pm).
Neat Coffee Shop (1715 Calabogie Rd., Burnstown, 433-3205): 8pm Jun 3 Lynn Miles, \$20 Jun 17 Alex Cuba, \$30 Jun 23 Brandi Disterheft Trio, \$20 Jun 30 Jayme Stone, \$20 Jul 1 Meaghan Smith, \$20
Naismith Pub (411 Ottawa St., Almonte, 256-6336): Open Celtic Jam Thurs, no charge (7:30-10pm).
Heirloom Café/Bistro (7 Mill St., Almonte, 256-9653) Jun 12 tba, 7-10pm, \$3

Community

Almonte Hort. Soc. Meeting May 30, 7:30PM. Cornerstone Church. **90th Anniv. Social** Jun 27, 6:30PM at Almonte Library. \$2 visitors, \$10 mbrship, 256-5155.
Smiths Falls Toastmasters Club Open House Jun 1, 7PM. SF Community Centre, robrodine@hotmail.com
Gardening Workshops Jun 4, 10:30AM. Lose Your Fear of Pruning & Growing Unusual Container Plants. Preregister at 256-3406. Whitehouse Perennials, Almonte
New Energy Circle Jun 4, 9:30AM-Noon. Mill of Kintail, 2854 Conc. 8. 256-9373, innerevelations@gmail.com.
St. Distaff's Day Celebrations Jun 4, 9AM-4PM. Workshops on fibre arts. Almonte Fairgrounds, 256-2892. stdistaffsday@gmail.com, \$20

Doors Open Smiths Falls Jun 5, 10AM-4PM. Visit beautiful & heritage sights in SF, 283-4124 x1150, lbell@smithsfalls.ca. Free.
Guatemala Stove Project AGM Jun 5, 3-5PM, Factory Grind, 1 Sherbrooke St.
Valley Singles Lunch Jun 5, 12:30-2:30PM. Register at 256-8117 or 432-7622. Delicious Steak House, Cobden.
MMBicycle Month Lectures: Cycling in Canada & the Netherlands Jun 6, 7PM (Almonte Old Town Hall); **The CCM Story** Jun 13, 7PM; **Cycling Cuba** Jun 20, 7PM; **Pedaling the Dempster Hwy** Jun 27, 7PM (Holy Name of Mary School). mmbicyclemonth.ca.
Smiths Falls Toastmasters Club Jun 8, 15, 22, 29 7PM. Davidson's Courtyard, 7 Russell St. W. robrodine@hotmail.com.
Mill Street Merchants Fashion Show Jun 9, 7-9PM. Fundraiser for MVTM. ADHS, 126 Martin St. 256-3061, mvtm.ca. \$20.
Mississippi School for the Arts Open House Jun 10, 10AM-6PM. 150 Mill St in CP. 261-6249, mississippischool.ca.
Beckwith Heritage Days Jun 11. BBQ, entertainment, beach volleyball tournament, dinner. Beckwith Park, 257-1539.
New Energy Healing Potential Talk Jun 11, 10AM-2PM. Revolutionary approach to autism & ADHD. RSVP innerrevelations@gmail.com. Mill of Kintail, \$35 incl lunch
Town & Country House Tour Jun 11, 10AM-4PM. w/Tea at 11am-3pm. Tickets almonte-general.com. Almonte & area. \$30.
Almonte Coin Club Jun 13, 7PM. Show and tell. Alliance Coin, 88 Mill St., Almonte.
Mayan Code Study Group Jun 13, 8-10AM, 14 Mill St., Almonte. 256-7799, Free.
Armchair Trip To China Jun 17, 7PM. Zion Memorial, 37 Franklin St, CP. 253-0975, \$10.
Bridal Fashion Show Jun 18, 2:30PM. Adv tickets only Pakenham General Store or 624-5540. St. Andrew's Church, Pakenham \$15
Cancer Detection/Treatment Talk Jun 18, 1-3PM. 2386 Thomas Dolan Pkwy, 839-1198, www.ecowellness.com. Free.
Doors Open Perth Jun 18. www.doors-ontario.on.ca.
Fundraiser for LCIH Jun 18, 5:30-11PM. 5 wines paired w/5 food courses. Herb Garden, Almonte 256-0228, \$100.
Garden Tour/Afternoon Tea Jun 18, 9:45AM-5PM. Tickets & maps at Perth Museum, 11 Gore St. E. 267-1947, \$15.
Mill of Kintail Open House Jun 19, 10AM-4PM. Free bbq, nature hikes, stream studies. 256-3610x2.
Nature Walk Jun 19, 10AM-Noon. New energy teachings. Mill of Kintail. 256-9373, innerevelations@gmail.com, \$20
Transportation Expo Jun 19. Railway Museum, Smiths Falls 283-5696, rmeo.org.
Green Liquid Refreshments Jun 20, 7PM. Green conversation sponsored by REAL, Coffee Culture, Smiths Falls.
Fearless in 2012 - Discussion w/Youth Jun 21. Youth (14+) & parents open forum to discuss 2012. 79 Bridge St. lillywhiteangels@sympatico.ca
Strawberry Social/Perth Citizens' Band Concert Jun 23, 7PM. Hosted by Perth Rotary Club, Perth bandstand.
Breakfast with Soul Jun 24, 8-10AM. Open discussion, open to all, 14 Mill St, Heritage Court, www.lillywhite.ca. Free.
Public Star Party Jun 24, 8:30PM-1AM. If cloudy: Jun 25 or Jul 2, Carp Library. www.ottawa-rasc.ca. Free
Country Garden Tour Jun 25 & 26, 10AM-4PM. 12 gardens in Ottawa Valley. Ott Botanical Gdn Soc. ottawagarden.ca. \$35.
Farm Gate Bicycle Tour Jun 25, 1-4PM. Self-guided tour of farms. Leave from Almonte Library. mmbicyclemonth.ca.
Flower Show & Tea Jun 25, 1:30-4PM. Free adm, \$5 Tea. Workshop 2-3pm: Carefree Containers, St. James Church, CP.
Strawberry Social Jun 26, 1:30-4PM. w/Perth Citizens' Band. North Lanark Museum, Appleton, 257-8503, \$12; \$10 in adv.

Obitchewary

Dear Readers,

My name is Pie Whole, and it is with a heavy heart and much sadness that I report the passing of our good friend and my cousin Innit Yummyinmytummy. Innit and I first met on the day our mothers swapped our cradles with us inside them. I heard the news of his demise on Fuzz FM radio when I was chained to my barbecue at the recent Ring of Fire BBQ-a-thon sponsored by the Super Spicy Spare Rib Foundation... but that's another story.

by Pie Whole

Innit died eggsidentally, while teaching our grandmother to suck eggs. It appears that he sucked a little too hard and a practice egg ended up lodged halfway down his gullet, leaving no room for air to pass through to his lungs. Innit was a great human being, an über-raconteur, a dedicated overconsumer of food and drink, host to the most colossal belly ever cultivated, and a fount of the most outrageous B.S. and scurrilous rumours. He will be saucily missed.

In his will, Innit asked me to take over his "Playing with Food" column in this fine newspaper, and it is with a bittersweet feeling but much honour that I do so. Well then, at this time of tragicomedy, what could be more appropriate than to write a short, sulphurous recipe on eggs?

First though, you must know that barely a week before his demise, Innit had finally solved — for humanity — the age-old, perplexing conundrum:

"Which comes first, the chicken or the egg?" He found the answer in a very old parchment manuscript which he stumbled upon, buried deep inside a frozen, dead tree trunk on his last epicurean trip to Eastern Siberia, where he was learning how to properly pickle fish in Wodka, in his gut. He spent long seconds and even longer minutes deciphering the bizarre oval symbols in the document and finally, at lunchtime, the answer jumped out at him in a perfectly translated sentence:

"In the beginning was the Egg and the word was Egg. The Egg became Chicken and made its scratchy dwelling, clucking amongst us. We have seen its Yolky Glory, the Glory of the White and Yellow Yumminess, which came from the Shell, full of Grace, Truth and Calcium Carbonate."

And so there it is. Incontrovertibly, the egg came first, for nothing can become a chicken or anything else without an egg. Innit wrote of his historic discovery in his journal: "momentous catharsis followed by the paralysing need to add a few more shots of Wodka to the semi-pickled fish within." But that is not all — oh no! For on the backside of the manuscript Innit discovered the very first recipe ever written on how to correctly boil an egg! With this discovery we can now guarantee the safety and longevity of the human race by ensuring that every person on the face of the planet will learn how to correctly boil an egg. Banished will be soul-destroying insults such as "she's such a terrible cook, she can't even boil an egg," or the equally injurious "he's such a numbskull, he has to fry all his eggs." Good riddance to such viciousness!

Here then is the oldest, carbon-dated boiled egg recipe known to humankind:

Ova Magnifica Cocta

Find an **egg**, usually in the proximity of an egg-laying contraption such as a chicken, or trapped in a soundproof box in the fridge. Praise the egg and treat it with gentle, sincere deference. Whisper sweet nothings to anaesthetise it before you pinprick it at either end of its pristine ovality. This will prevent a catastrophic egg-spllosion when cooking expands the air inside. Put it in a receptacle of boiling water and set your timepiece for 5 minutes, or 6½ minutes if you have laid your paws on the Holy Grail of Eggs: The Double Yolker, often obtainable at a local farm gate or from NASA on Wednesdays between 2 and 4PM (shuttle launch days excluded). On the 5 (or 6 ½) minute mark, pull out the egg and sit it in an egg cup for 30–45 seconds and draw a face on it with a marker, before decapitating it with a blunt blade. This rest period will cook off the egg yolk(s) to runny perfection and avoids the disheartening, watery mess which so often accompanies the de-egg-capitation ceremony. Then, and only then, plunge a small spoon into said egg and add a **tiny pinch of salt**. If you prefer the hard-boiled variety, simply leave the egg boiling for 10–12 minutes or put the egg in cold water, bring it to the boil for 7–8 minutes and then turn off the heat and wait a further 5–10 minutes.

The enjoyment derived from boiled eggs is, frankly, primeval and pleased clucks erupting from within are perfectly normal. *Caution:* never invite Lord and Lady Salmo de Nella to your egg fest by undercooking; they tend to spread a mild case of death and destruction.

Finally, the ancient recipe Innit found makes no mention of dipping toasted soldiers in the boiled egg. The likeliest explanation is that the manuscript is so old that it predates the discovery of wheat and hence bread, let alone toasters.

LCIH Fundraiser at The Herb Garden

On Saturday June 18, The Herb Garden will host a benefit in support of Lanark County Interval House's Child and Outreach Program. This program is one-of-a-kind in Lanark County. It offers support expressly for children exposed to woman abuse and gender-based violence.

The evening begins with bar service and delicious appetizers created by Savoury Pursuits Catering of Almonte. The highlight will be the "Food and Wine Pairing", presented by Dustin Therrien of the Cheshire Cat Pub. It will feature five local wines paired with five food courses. The pairing will take place in the gorgeous Century Barn. Other activities involve unique products for sale in the Bergamot Barn, including beautiful sterling silver jewellery presented by Silver Desire and spa products by the innovative company Undressed. The Herb Garden's gourmet gift shop will also be donating a portion of sales. To round out the evening, there will be a silent auction and a 50/50 draw.

Tickets for this amazing event are just \$100 per person. They can be purchased by contacting George and Gerry at the Herb Garden at 256-0228. Come and enjoy this wonderful evening and contribute to a community organization that deserves our support.

Lanark Live Poets Society Slam & Finals

There's only one qualifying slam left in lead-up to this year's Lanark County spoken word finals, so if you've been writing your poetry under the covers or reciting it in the shower, now's the time to put it out there!

On Monday, June 6 at 6:30PM at the CP Cinemas in Carleton Place, area poets will vie for the opportunity to compete for one of twelve spots in the regional finals, to be held on June 18 at the Rideau Canal Museum in Smiths Falls. At the finals, a team of four (plus one alternate) will be chosen to represent Lanark County at this year's Canadian Festival of Spoken Word, to be held in Toronto from October 11–15.

For the past two years, Lanark County has fielded one of the only rural teams to compete at the national festival. The finals are always a fantastic opportunity to hear some awesome local talent, so do plan to attend — tickets are only \$10 at the door (\$7 for students). For more information, find the Lanark Live Poets Society (LiPS) on Facebook.

A number of monthly slams have taken place over the past several month leading up to the finals. The last of these is on

June 6 at CP Cinemas, and is \$5 at the door or free for performers. Everyone is welcome — come to listen and support, try your hand at the non-competitive open mic, or take a shot at becoming a finalist! As a special treat, this slam will feature a guest performance by Jim Larwill. Described as an "omnigothic neofuturist", "the

Raven King" and "the poet philosopher of the Canadian Shield", Jim's voice "cackles with thunder, caresses with gentle ripples, and feathers across open water like a dark shadow on the wind". Don't miss this opportunity to experience Jim's captivating and powerful performance, while supporting spoken word in our area!



(above) Members of the 2010 LiPS slam team represented Lanark County at last year's Canadian Festival of Spoken Word in Ottawa. The finals on June 18 in Smiths Falls will determine this year's team!

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A New School for the Arts to Open in Carleton Place

When Mississippi School for the Arts first approached local artists to come to the school as guest teachers, they had no idea the tremendous response that would follow. Artists from all genres have been indicating an interest in sharing their passion and their talent with the students of the school.

The school offers a full Grade 7 through 12 academic program combined with daily art classes, including both visual and performing arts.

In March of this year, the school let it be known that they would welcome artists who wanted to come in for one class and share their art form. They were anticipating calls and emails from painters, musicians, actors, and such. Those contacts came but so did many others. Performing Arts has now been expanded to include slam poetry, magic, the culinary arts, yoga art, drumming, and others. Visual Arts now includes wood carving, copper molding (at least making the wax molds that would become sculptures), collage, and more. And the list keeps growing daily.

"This community is so rich in artists," commented Principal Sharon Holzschere. "And they are so eager and generous with sharing their passions." Each artist completes a simple outline, provided on the school's website, which gives a brief overview of their experience and focuses on one thing that they would like to teach during an hour and a half class. The school values both the talent and the time of these guests

artists, so the teaching time is paid, not volunteer.

The art department at the school is run by two teachers: Cynthia Verboven, who oversees the performing arts section, and another, soon to be hired, who will oversee the visual arts section. These teachers invite guest artists to come in and complement the program. "There is a richness to this method that supercedes any program that could be run with only one teacher. It gives such a wide variety of perspectives and talents," Holzschere explains. "We bring the resources of the entire arts community into the classroom."

Mississippi School for the Arts brings the academics and the arts together. Students receive a strong academic education in all the traditional subjects, within the perspective of the arts. The school staff meets each Friday to discuss the upcoming week. The various classes are coordinated so that the students can see the connection between subjects. Each day there are three academic subjects, one art class, and physical education. One week the staff may select the topic of perspective. In English, the students might look at a literary work from the perspective of the secondary characters or of the voices that are not heard in a particular work. In their next class they will carry forward with that concept and look at things from a historical perspective. Performing Arts may follow with a theme of spoken word, dramatic word, or mu-

sic to change the perspective of a work. Then French would round out the day, either recapping a certain theme in that language, or viewing the subject from a different cultural perspective. By the end of the week, when science, math, technology, and visual arts have been included, students will have gained a valuable insight into the theme.

For those readers who are a bit skeptical about the mathematical perspective, Holzschere, who also teaches mathematics, challenges them to come visit her class. Mathematics is not a boring dry subject in her classroom. Mathematics reaches a state of art and the students learn that it can be fun and illuminating in its own way.

Mississippi School for the Arts will be opening its doors this September, on McCarthy Island, in the middle of Carleton Place. For residents who have been around for a while, that is the old Tyco Electronics building. Students are being accepted for Grades 7, 8, and 9. Class sizes are capped at fifteen, so although there are spaces still available, they will go quickly. Teachers in History, Technology, Math, English, and Performing Arts have already been hired. Interviews are ongoing for Science, French, and Visual Arts. Interested artists, parents, and teachers are invited to an open house on Friday, June 10, 10AM and 6PM. More information is available at <mississippischool.ca> or by calling 261-6249.



Rick Fines and Suzie Vinnick are slated to play this summer's new Acoustic Blue Mondays series at The Cove Inn in Westport

Two New Acoustic Blues Series

James Doran, president of Choose The Blues Productions, producer of the long-running Blues On The Rideau dinner and show series at the Cove Inn in Westport, and host of the weekly radio show broadcast *Inside The Blues*, is pleased to announce the launch of two new acoustic blues series this summer. **Acoustic Blue** will take place on Sundays at the Mill Tavern in Manotick, and on Mondays at the Cove Inn in Westport. Both will feature some of Canada's best acoustic blues artists performing in classic venues with a comfortable, friendly ambiance, and both include a meal in the ticket price.

Acoustic Blue Sundays will feature lunch and a show from 1 to 5PM at the Mill Tavern <themilltavern.ca> for only \$30 in advance or \$35 at the door. Upcoming shows include such well-known names as Michael Jerome Brown, Harrison Kennedy, Chris Antonik with Josh Williams, and Steve Strongman. Acoustic Blue Mondays at the Cove <coveinn.com> include dinner and a show from 7 to 11PM for only \$35 with advance reservations or \$40 at the door (space permitting). Featured performers include Jack de Keyzer with Alan Duffy, Robin Banks with Mitchell Lewis, Rick Fines and Suzie Vinnick, and Roxanne Potvin with Christine Bougie. For dates and more information, please visit <choosetheblues.ca>.

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The Perth Citizen's Band (pictured above from 1902-03) is gearing up for another great season of free concerts at the Stewart Park bandstand.

Summer Pops Concert Series

Once again, the **Perth Citizen's Band**, Canada's oldest continuing town band, is preparing for its annual Summer Pops concert series. All concerts are held on the bandstand located in Stewart Park, directly behind the Town Hall, in historic downtown Perth. This tradition has continued on the bandstand each summer since it was constructed in 1931 and all concerts are free to the public.

The Pops concerts for this year are on June 9 and 23, July 7 and 21, and August 4 and 18. Each concert features a variety of music ranging from classical to Broadway and movie themes, as well as jazz, blues, and other popular forms. In addition, conductor Brian Tacka-

berry includes heritage pieces from the band's historic files and songs by Canadian composers or arrangers. Audience members are invited to bring along a lawn chair or to simply enjoy a leisurely stroll through the park during the performances. All concerts begin at 7:30PM except the June 23 concert, which will begin at 7PM and is held in conjunction with the Strawberry Social, sponsored by the Perth Rotary Club.

In addition, the band will be performing at Doors Open Perth on Saturday, June 18, and at the North Lanark Regional Museum on Sunday, June 26. For more information visit the band's website at <www.perthband.ca>.



The Almonte Potters Guild

- Summer camps for kids the last two weeks in July
- Classes for adults in July
- Classes for children in July & August
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www.almontepottersguild.com
95 Bridge St., Almonte, 613-256-5556

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Stop & Smell the Chocolate

Getting It Locally

Do you know why I love shopping in my town? Is it because I enjoy sharing a laugh with my favourite local shopkeepers? Is it for the fantastic finds that I don't see in generic box stores? Is it because, being a regular, I often bump into people I know while strolling downtown? Is it the restaurateurs remembering my quirks ("I can exchange the ham for bacon if you'd like...")? Is it the joy of walking over the Riverwalk and spotting the lone heron (named Juan Almonté), wading in the shallows? Is it for the orgas-

by Rona Fraser

mic mint chocolate truffles? Yes to all of the above. And I am not overstating the truffles.

Add to that the price of gas and the stress of traffic (can't they get where they're going some *other* time?! I'm in a *hurry!*)... shopping locally is a no-brainer.

But just in case some of you needed yet *another* reason to shop in Mississippi Mills, the good people at MAAP (Mainstreet Almonte Attraction & Promotion) are collaborating with local independent businesses to reward you for putting your money where your home is. Heck, you don't even have to have a home here to enjoy the rewards — depending on your spending habits, one visit could be rewarding enough (though I recommend coming regularly).

"How do I get these rewards?" you may ask.

Simple. Walk, bike, or drive to downtown Almonte and visit either the tourist information centre in the Old Town Hall (14 Bridge Street, 256-3881), or Appleton Gift & Basket (65 Mill Street, 256-9377). All you need is \$20 to buy your very own **Get It Here** card.

With your card tucked away in your wallet, you are now ready to receive your rewards. Look for any business displaying the Get It Here logo and ask for their reward. It could be a bonus offer or a discount on specific products or services, or it could be a discount on everything in the store!

"Details! I need details!"

Ok. To get the full, up-to-date listing of participating businesses and their rewards, you should see <get-it-here.ca>, but to give you an idea, you can get 10 to 15% off women's and kids' clothing, antiques, gifts, greeting cards, games, and household décor items. Just show the card.

Homeowners — how about a discount on a furnace or a/c cleaning? Interested in healing — get a discount on Reiki classes. Not even Reiki will heal your relationship? Find out about separation — it's not fun, but at least you can get a discount with the card. Starting a new business or overhauling the current one — how's about a free business card design when you pay to have your logo designed?

"But I don't have any money for extras..."

Believe me, I hear ya. But there are also rewards involving food, and no matter how tough times get, everyone (I hope) still buys food. Perhaps you would enjoy a discount on freshly-made sausages, cakes, some catering, a bag of fair trade coffee, or a full meal out?

And by the way, these rewards are not just one-shot deals. Your Get It Here card is valid for a year from purchase. You can walk in and get \$1 off a 454g bag of coffee every week if you want... though I hope you either share or buy decaf!

"\$20? But... how long 'til I make my money back?"

That, my friends, is up to you. Going to a birthday get-together? Pick up a Get It Here card, then some sausages for the BBQ, a gift, a card, perhaps a birthday cake, and your card has likely paid for itself in one day. Throwing the party yourself? Get it catered! It saves you stress as well as money. A friend of mine catered a party and saved more than the cost of the card in one shot. Buy 2 bags of coffee every month and you're done! Of course, you will likely shop at many places, but you don't have to, to make the card be worthwhile.

"Where can I find these businesses?"

Well, MAAP exists to promote Downtown Almonte, but also knows that helping the economy of the entire Town is good for us all, so they are encouraging all independent businesses throughout Mississippi Mills to participate. To date, most businesses are in downtown Almonte, with one in



The volunteers at Mainstreet Almonte Attraction & Promotion (MAAP) have a real treat for local shoppers. The Get It Here card gives you a whole year's worth of fantastic savings and deals at area businesses!

Pakenham. Look for "Get It Here" in the window or see the list on the website.

MAAP is made up of busy volunteers, so although the Get It Here committee would love to visit every business in Mississippi Mills to sign them up, time does not allow. So if you have an independent business and would like to participate or learn more, why not check out the website <get-it-here.ca>. You can also talk to any of the Get It Here committee: Cynthia and Tony Stuart at Appleton Gift & Basket, Julie Argue at Foodies, Baker Bob Graff, graphic designer Sam Hamilton, or even me.

If your favourite local business does not yet participate, please suggest they talk to us.

"What's the catch? Why is MAAP doing this?"

This initiative is win-win-win. Buying the card and seeing the rewards list reminds the individual of the wealth of products and services available right here at home, thereby encouraging them to spend time and money locally. This brings more income to the local businesses, ensuring they thrive and stay around, employing locals and contributing to the local economy. \$5 from every card sold will go to a local not-for-profit. The remaining \$15 from every card will go to MAAP to pay for this initiative, as well as others.

MAAP volunteers receive no money for this — they love their town and simply want to see it thrive. Sure, most MAAPers, including myself, also derive some kind of living here — we love our town so much we don't want to leave it, even for a bigger paycheque, and we hope more of you will be able to join us soon.

So come on out to Mississippi Mills and Get It Here this summer!

Fashion Show Features Mill Street Merchants

On Thursday, June 9 the Friends of the Mississippi Valley Textile Museum will hold their annual Fashion Show for the benefit of the museum. Starting at 7PM at Almonte and District High School, this year's the show will feature Almonte's own Mill Street merchants.

First up on the runway is **Kentfield Kids**. They will feature some of their wide selection of name brand consignment clothing sized from newborns to size 10. Kentfield Kids offers a family-friendly, boutique style experience. They provide a changing room for little ones as well as a play area for the kids while parents shop. For your comfort they even provide a place for parents to sit while the kids shop!

Vintage Wear/Ware will be featuring dresses from the 50s through to the 70s that are all the rage with today's fashionistas. A few wedding dresses will also be included. Vintage Wear/Ware is a unique store in Almonte, offering a full range of men's and women's clothing from the 20s to the 90s. Whether it's sweaters, handbags, aprons, hats, skirts (plaid and tartan too), belts, even umbrellas — they have it all. They also offer a rental service for your next themed party or wedding.

The White Lilly is the newest shop in Almonte, located in the Heritage Court on Mill Street. The White Lilly offers you the opportunity to be drawn in, to see and feel who you really are, from the inside out. The clothes are selected to enhance your

highest potential. Made in Bali from eco-fibres such as bamboo, beech, soya, silk and cotton, the clothes are wrinkle-free. To add that extra splash of personality to your wardrobe there are purses, silk scarves, jewellery and more.

Tickets to this amazing fashion show are \$20 and available at the Mississippi Valley Textile Museum, 3 Rosamond St. E. Almonte, or by calling 256-3061.



Kids Get Creative for Father's Day

What would dad like even better than socks or another new tie? How about a handmade collage created by you with the help of artist, illustrator and author Adrianna Steele-Card? On June 5 and 11, Adrianna is inviting kids aged eight through twelve to a Father's Day card-making workshop at her gallery, **Peace of Mind Creations and Friends**, in Almonte. Registration is only \$12 per participant, and all supplies will be provided. There are two sessions each day — one from 11AM to noon, and another from 2 to 3PM. Parents are welcome too! Please pre-register by dropping into the gallery (at 14 Mill Street in Almonte, in the new Heritage Court), by calling 461-7662, or by emailing <peaceofmindcreations@gmail.com>.

Adrianna has been creating collages from found objects and her own handmade paper for many years. She recently began illustrating children's books and now has two to her credit: *Adrianna Art for the Young at Heart* and *Sandy's Incredible Shrinking Footprint*. She is also an experienced art teacher! You can find out more about Adrianna's art at <peaceofmindcreations.com>. Reserve your spot early and surprise dad with a one-of-a-kind creation.

"I try and create the clothing that women really want to wear!"



After apprenticing to a tailor and fashion designer and then creating her own fashions for several years, clothing designer **Paddy Mann's** career was catapulted to another level when she won the prestigious **Clairol Award** in 1983. In 2004 she was elected the only clothing designer to the **Royal Canadian Academy of Arts**, which helps explain why her business, located on a quiet street in Pakenham, attracts clients from all over the world.

Paddy describes the act of designing clothing for people as "an art, not a science" — one that is based on good communication and long-standing relationships. Many of her clients are life-long fans; in fact, she has altered clothing that she first created thirty years earlier. She designs everything from bathing suits to winter coats, from casual wear to formal evening dresses and bridal gowns. Admittedly, she prefers clean lines, and describes her clothing as having a "sculptural look".

After winning the **Clairol Award** in '83, Paddy received offers to work all over the world. She chose to settle in Pakenham, where her family ran **Mann's Grocery** (now the home of **Don't Meat Market**), and is delighted that her decision has allowed her to build a successful business while simultaneously enjoying a small-town lifestyle. As she puts it, "people here go the extra mile for each other". Now that her children are grown and her reputation is established, Paddy is investing her time in local initiatives like the "Bag Ladies" (who recently supported **Burn Your Bra for Bev**), as well as the Chamber, where she enjoys getting together each month with business people from all walks of life.

Paddy Mann

Paddy Mann — Mississippi Mills Chamber member since 2005



Visit us: www.mississippimills.com



Meet us:

Upcoming Mixers:

Wednesday, June 15

The Chamber's **Annual General Meeting** begins at 6PM at the Barley Mow

For information about serving on the Board or the nominations process, please visit www.mississippimills.com

Join us:

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

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June 3 • the legendary Newfoundland singer **Ron Hynes**, \$20, 8–10PM
 June 7 • **Mondo Vino Tasting Night** wine & food tasting, \$70, reservations only, 6–9PM
 June 10 • Blues on the Rideau with **Raoul & The Big Time**, \$55, 7–11PM
 June 27 • Jazz with the **Alex Goodman Quintet** from Toronto, \$10, 8–11PM
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Postcards from Perth

Artsy Things to do in Perth this Summer

Are you like me — always wanted to try your hand at art but never really found the time? Well, you're in luck. **Art & Class**, in downtown heritage Perth, is a wonderful place to unleash your artistic talents.

Open for just over a year now, Art & Class offers some great courses, whether you're a youngster or an adult, a beginner, a dabbler or a budding Picasso.

by John Pigeau

Owner Marguerite Roberts says there is a class for almost every artistic taste. "We offer classes in acrylic, watercolour, sketching (which includes charcoal, chalk and oil pastels, as well as pencil), oil painting, and various workshops such as jewellery, rag rug, ornament and many more. We are currently offering new evening acrylic painting and drawing classes," she says.

"The classes are very affordable, according to my students," she adds. "And I think the repeat registration confirms this. This is particularly the case for the adult evening classes. The sessions are usually set up for six week blocks. Our daytime acrylic class is totally open and anyone can join anytime."

Since they opened their doors last year, Art & Class has had close to sixty adult students through their doors, and they have nothing but great things to say about their experience in the studio.

"I have appreciated and benefitted from all the classes I've taken at Art & Class," says Robin Hawthorne. "From the beginning, I was impressed by the instructor, Elaine Cavalier; she is professional, knowledgeable and has a very gentle method of teaching. In spite of me having little to no artistic talent, she has encouraged me to feel as if I could draw. She is funny and kind. I cannot speak too highly of her."

"Usually," she adds, "learning new skills is a difficult challenge, but not so in this shop. For me, it has been a joy. I strongly recommend anyone who is looking for a new hobby, or to try an old craft, go check out this store. I have encouraged my friends to try. You really will not regret it."

Similarly, Marguerite has nothing but wonderful things to say about the instructors she has brought in to teach classes in her studio.

Day time instructor, Elaine Cavalier, says Marguerite, has an impressive background in architecture, fine art and graphic design. "She has years and years of instruction and is the most versatile instructor we have," she says, "easily switching between acrylic, drawing and watercolour. Her relaxed, patient and encouraging teaching style just works for everyone. People who take her classes always come back... which kind of says it all."

"Our oil instructor, Mary Schofield, is also relaxed in her approach, making the most important thing about just feeling successful with the art. And people do." Donna Naprstek, the evening watercolour artist at Art & Class, "has a very gentle nature and is wonderful for anyone new to the medium as well as those wanting to further develop their skills."



Art, anyone? Why not try an adult class at Art & Class (above). Kids can check out the new Dinosaur Rock and Music Lessons!

She paints beautiful landscapes and, in her next session, which will run on Wednesday evenings, she will focus on techniques for seasonal flowers, trees, grass, skies and lakes."

Marguerite says the classes have also been richly rewarding for her, on a personal level. "When I see a student who believes firmly they have no talent," she says, "only a desire to try something new and produce something really beautiful and fascinating, I share in their excitement."

To learn more about what goes on at Art & Class, give them a call at 466-0622 or visit their website at <artandclass.ca>.

Just down the road a bit at McMartin House (125 Gore Street East), this summer and fall, there is something very interesting happening. International recording artist, concert pianist and contemporary composer Shari Brownstein will be offering a music theatre camp called the **Dinosaur Rock and Music Lessons**. The camp caters to children and people with special needs who wish to learn how to play an instrument.

The focus is on expanding creativity. Shari offers a simple approach to learning to play chords and sing your favourite songs, along with any style of music within your interest. She believes, as many others do, that singing, playing percussion and moving to music enhances children's speaking, listening, reading, and writing skills — and that music meets the needs of the whole child: cognitively, physically, emotionally, socially, creatively, and in language and math.

If you would like to know more about Shari's music camp, you can email her at <atmusic@sharibrownstein.com>. Alternately you can visit McMartin House at 125 Gore Street East or call them at 267-5531 for further information.

— John Pigeau is the founder of the *First Edition Reading Series in Perth*, and the author of acclaimed novel, *The Nothing Waltz*. His second novel, *The Journals of Templeton Speck*, will hit bookstores this June.



Book Signing **Canada Cycle & Motor**
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In Praise of Concert Bands

Another school year has come and nearly gone, and for many music teachers, this is a chance to finally sit back and reflect on the year that was. I'm in the process of doing that now, and my thoughts are drifting towards the subject of the benefits to my students (and students everywhere) of being in band.

Many teachers and musicians feel that the best way to develop a good music program is through

by Tony Stuart

having an effective concert band. There is certainly a lot to be said for this argument. Concert bands are very similar to orchestras, in that there are a large variety of instruments, and an equally large number of sound possibilities. Because of this variety of sounds, concert bands can do things that no other ensemble can. While both concert bands and orchestras can achieve this, most Canadian school programs do not have stringed instruments, which is why I'll focus on the band instead.

So just what are students learning in a concert band setting? Obviously, they are learning to play and appreciate good music. We live in a busy society, and it is nice once in a while to have the opportunity to relax and get rid of stress by having the opportunity to play music.

However, if you dig down a little deeper, there is a whole range of other skills that are being developed in a concert band. Self-discipline is one of the most impor-

tant, in my opinion. Students have to learn how to sit still, listen to instructions, follow those instructions, make aesthetic choices about their performance, and practice on their own time. They learn how to be responsible for their own performance, knowing that if they don't practice, they are letting the team down. Doesn't that sound like a skill that today's (and tomorrow's) employers will value?

Speaking of teams, the other obvious skill that is developed is teamwork. Every note that a student plays is part of the larger whole, and learning how to fit into that larger whole takes a tremendous amount of concentration and attention to detail. I don't think that attention to detail is ever a bad thing!

Let's move onto the whole issue of attention to detail, since that seems to be a life skill that is highly desirable. When you perform with other people, every note matters. I tell students that "every note tells a story" and that how you shape each note in a piece of music affects the interpretation of that piece by the listener. A musician in a concert band makes many decisions every second, including the following: how long to hold a note, how loud to play it, what kind of attack to use at the beginning of the note, what kind of decay

to use at the end of the note, how much space to put between each note, and what kind of colour to use that will best fit in with the overall scheme of things. These are just a few examples. When a student is playing an instrument and making



Fostering self-discipline, confidence and teamwork — concert bands (such as the Notre Dame "RetroActives" Stage Band, pictured above) do all of the above and are fun, to boot!

aesthetic judgments about their playing, they are activating many regions of the brain all at once.

Another important skill that is fostered in a concert band setting is self-confidence. When a student has practiced his or her parts and learned them really well, and then goes on to perform those parts as part of a concert band where each member is doing the same thing, there really is nothing that compares to that feeling of achievement. I've

had students mention to me that during certain performances, they knew that the audience was completely absorbed in what they were playing. It is like listening to a really effective speaker who has you hanging on their every word. I see students all the time who may not be getting high grades in school, or may not be star athletes, but who feel great about their performance in one of our concert bands. In some cases, being in band is what keeps them motivated for the remainder of their time at school.

We all want our children to be successful, contributing members of society, which is why being in band makes so much sense. Even if a student never plays an instrument again once they leave school, they will have learned to develop self-discipline, self-confidence, attention to detail, and a love and appreciation of musical performance, and the arts in general.

I think there's something to be said for that, and I know that many of you out there feel the same way. So, once the summer is done and everyone has had a rest, it'll be time to strike up the band once again!

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

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PAMT – What Great Memories Are Made Of

It's funny, but every time I hear *Brown Eyed Girl* by Van Morrison I can't help thinking of Joey Brackenbury, and I start remembering all sorts of little details about my week at PAMT Idol.

Four summers ago, my best friend and I took part in a week-long session at the Perth Academy of Musical Theatre where we learned and performed two solo and two group songs with dances. In that session there were only two boys and six girls. It was a small group and we spent a lot of time getting to know each other and becoming friends. It is actually quite amazing how close a group of eight young people can get in seven days.

I learned a lot about myself in my time in PAMT Idol. Being accepted into a group of people for just being myself made me incomparably more comfortable being true to who I am. It made me more confident in my performance abilities. I would not be where I am today without learning the lessons that I learned through PAMT. It was a week that I will always remember as being a defining moment in my life.

PAMT has been offering experiences like this to children and youth around the Ottawa Valley for many years now. Personally, I have taken part in three different sessions: *The Phantom of the Opera* five years ago, PAMT Idol four years ago, and *Rent* two years ago. I have learned and grown both personally and in my performance abilities from all three in unique ways.

PAMT puts on all sorts of different performances, from musicals to plays to competitions. Each group of people and every practice is an experience in itself. Each week spent at PAMT offers its own opportunities to make friends and learn about theatre. From each course I have done, I have come away with new friends, more confidence than I went in with, and a renewed sense of who I am and who I want to be.

There are many different levels of courses. There are courses for children, there are courses for youth who enjoy performing but are more interested in having fun, and there are courses for youth who are focused on singing and performing. There is a unique mix of people in each group, but I have always found it to be one of the most accepting places. If nothing else, spending a week or two at PAMT is one of the most entertaining and non-stop fun ways of getting out of the house over the summer.

Memories are made in the most surprising ways: camping trips remembered every time you read a certain book, people remembered every time you hear a certain song. You never know what will trigger a memory. You can never be sure what will be remembered and what will be forgotten, but it is always better to have experiences worth remembering.

For details about this summer's line-up of programs and sessions, visit <myriadcentre.ca> or call 267-9610.

— Cori Riendeau



FALL WILDERNESS QUEST

SEPTEMBER 9-18, 2011

A wilderness quest or *vision fast* is a ritual in which a person spends solo time in nature in order to gain clarity, insight, or "vision" about some area of their life.

This wilderness quest will be held in the Lanark Highlands and led by Andy Fisher, PhD, and Jill Dunkley, MES, of Northern Rites.

Northern Rites



Many people quest in order to help resolve personal crises, heal emotional wounds, renew themselves spiritually, or find a greater sense of direction or purpose in life. A common theme is the passage into a new stage of life, such as adulthood, parenthood, elderhood, or divorced.

For more information, call Andy at 613-268-2531 or Jill at 613-268-2364, email us at andyfisher@explornet.com, or visit www.andyfisher.ca.

Experience Celtfest!

Funny how you can't swing a fiddler without hitting a person of Celtic heritage in Mississippi Mills. So what better way to celebrate summer than by attending **Celtfest** in Almonte from July 8-10? You can check out the list of activities at www.almonteceltfest.com. Our favourite act is **Wade Foster** and his amazing fiddle who will be playing on Saturday, July 9th at 6:45PM. You can check out Wade's music and upcoming dates by going to his web site at www.wadefostermusic.com.

Be careful, Wade's music may entice you to move to Lanark County if you don't already live here. If this happens please call us immediately!

See you there.



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The 25th annual Perth Antiques Show will be held July 2 and 3. Thirty-two dealers from as far away as Quebec and Western Ontario will offer a broad range of quality antiques. Dealers are set up in the air-conditioned hall as well as under tents along the picturesque Tay Canal. The historic town of Perth is a great location for an antiques show. Tourists can enjoy the event amidst historic architecture, restaurants, shops and factory outlets. The show will be held from 10AM to 4PM both days at the Legion Hall, 26 Beckwith Street East. Admission is \$7. New this year: free with admission to the show on either day, bring an item for an appraisal between 1 and 3PM. For more information, please call Bill Dobson at 283-5270.



Adult Painting Workshops

Artist Mary Pfaff is offering a series of one-day summer painting workshops for adults from her studio in the Almonte Old Town Hall. Her diverse range of courses includes Painting Improv, Abstract Painting, an Introduction to Mixed Media Painting and Beeswax Collage. All workshops will be held on Saturdays from 9AM to 4PM, and Mary advises participants to bring a lunch to enjoy by the river or to plan an outing to one of the many wonderful Almonte restaurants. A fee of \$110 includes all supplies, and classes are limited to a maximum of eight. For queries and registration please call

257-8336 or visit her website, which will be online shortly at <marypfaff.ca>.

Mary is an active member of the arts and culture community as an exhibiting visual artist, respected teacher, and founder of the charity organization Artswell Arts and Healthcare, where she works as an arts and development consultant. A member of the Society for the Arts in Healthcare and a Fine Art cum laude graduate, Mary designs, develops and implements creativity and wellness workshops, programs and projects.

Mary has taught in the Creative Arts program at Algonquin for several years and has led workshops at Haliburton Summer School of the Arts in Expressive Arts, the Ottawa School of Arts and the Mississippi Mills School of Art. Mary's paintings are displayed in individual and group exhibitions in Canada and the United States and are represented in private collections nationally and internationally.

Her teaching philosophy centres on the belief that the arts have a profound ability to transform lives. She believes that making art is a rewarding and enriching experience, and that everyone deserves to have the opportunity to engage in the arts.



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