

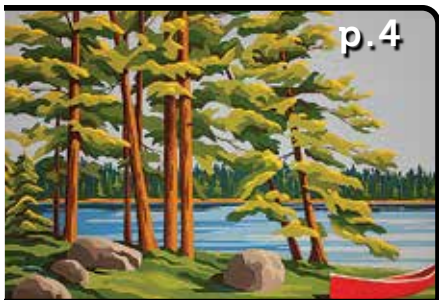
# the Hummm

free

Arts,  
Entertainment  
& Ideas



The 2020 Gift Giving Guide



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November's Events



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Hygge in Westport



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Experimental Yard



The Art of Margaret Martin p.5



## Hygge for the Holidays

Hygge is defined as "a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being (regarded as a defining characteristic of Danish culture)."

If you want to cozy up in a whole new home, why not give me a call?

Cozy up your home with artful items from these hygge headquarters:

**Bittersweet Gallery** in Burnstown <[burnstown.ca/bittersweet](http://burnstown.ca/bittersweet)>

**General Fine Craft** in Almonte <[generalfinecraft.com](http://generalfinecraft.com)>

**Riverguild Fine Crafts** in Perth <[riverguild.com](http://riverguild.com)>

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Who's Reading theHummm

Tara Caldwell recently sent in this photo and wrote: "I have a photo submission of **Julie Caldwell** and **Tara Caldwell** of Pakenham reading theHummm in County Cork, Ireland in April 2018. Tara is wearing a Corkery Ontario jersey. My mum was supposed to submit this but never did. I think it's a great photo. It would be fun to surprise the family and have it show up in an issue."

Thanks Tara — we are delighted that you took theHummm on your trip and we hope your family is pleased to see it!



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

**Submissions**  
By email or on disk.

**Content Deadline:**  
20<sup>th</sup> of the month prior to publication

**Advertising Deadline:**  
22<sup>nd</sup> of the month prior to publication

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Opinions and information published in theHummm in letters, press releases, or individual columns do not necessarily reflect the opinion of this newspaper.

All writing, artwork, and photographs published in theHummm are copyright to the author, or to theHummm in the case where no author is specified. Reprinting any content without permission violates copyright and is prohibited. Too much Halloween candy was most likely consumed during the production of this month's issue.

**Thumm's up this month to:**  
**Ian Carswell** from Black Tartan Kitchen, **Jane Stott** from Studio Theatre Perth, **Michaela Wolfert** from Kehla Jewellery Design, and glass artist **Jennifer Kelly**, for agreeing to do video testimonials for our new Patreon appeal. You are great sports and we appreciate you!!

# Thanks So Much for Your Support!

## And Sorry About the USD Thing...

Wow! We have been blown away by your support for theHummm and the arts & entertainment scene in the Ottawa Valley. Since our letter in the October issue that invited you to help us become reader-supported with our new patronage campaign <patreon.com/theHummm>, we have received so many lovely emails and notes of encouragement. This has been so uplifting, and we are truly grateful for the reminder that you like what we're doing here at theHummm. Thank you!

One of the best notes we received said: "This is my favourite time of each month. I'm sitting with my tea reading theHummm..." This is exactly the experience we want to continue to provide through this crazy time and beyond. The feeling that although we may feel isolated — or literally be in self-isolation perhaps — we are still connected. Still a community. A bunch of artists and makers, thinkers and nature lovers, theatre troupes and musicians, foodies and farmers, community builders and rural entrepreneurs working together to make the Ottawa Valley a vibrant place to call home. We will continue to find and promote the creative ways that our artists, performers, businesses and community groups are coming up with to keep us all active, at a distance, this winter.

The idea to set up this reader-supported subscription came from you, our amazing readers. As much as we love what we do, we're not COVID-proof, and the lack of festivals and events over the last eight months is taking its toll. We loved the idea of having our fans help us cover some of our printing costs, and researched options to receive your support. We decided to set up our patronage program through a platform called Patreon, which is used by artists and podcasters and allows "fans" to directly give to creators in exchange for access to perks and behind-the-scenes content. It really is the only site that we found that offered this exchange, but unfortunately they currently only accept payments in US dollars. We thought that being able to offer fun perks was worth it, and as soon as a Canadian payment method is available

we will be switching over! But the whole idea was to find a fun way to help our paper stay the course during these challenging times — so only sign up if it's something that is fun for you. If you would like to be able to contribute but don't wish to go through Patreon, just send an email to Sarah at <patronage@thehummm.com>.

We were amazed to see our patronage community grow this month thanks to so many of you. We sent off copies of theHummm to friends and family far and wide who signed on to our "production crew" (\$8 USD subscription). We have created a custom Hummm fabric to make masks for our new "costume design" patrons (\$12 USD), and we can't wait to get it into the hands of Ingrid Hamster for her to work her magic in time for holiday shopping in safety and style. We are thankful to The Cove in Westport and want to congratulate Barbara Carroll for being our first Red Carpet Winner of two free tickets to dinner and a YukYuks show on Saturday, November 21 in Westport! Each month, our \$25 USD Red Carpet subscribers have access to win free tickets or experiences like this. They will also get advanced notifications to purchase tickets to area shows 48 hours before they open to the public. Sign up today to be part of the fun at <patreon.com/thehummm>!

We certainly understand if finances are tight, and there are lots of other ways you can help theHummm to stay in print and online. Just picking up the paper each month and supporting our community is the whole point of what we do — so that's a big help. Don't forget to mention that you learned about an event or business in theHummm! You can also subscribe to our weekly Hummmail newsletter on our website <thehummm.com>, and follow our Daily Dose of creativity on social media to stay in the loop of what's happening in between issues. All of these different ways help us to sustain and grow our vibrant arts, entertainment and ideas community in the Ottawa Valley through these crazy times and beyond. Thanks again so much for your support! — Sarah Kerr

A little love for theHummm will go a long way for our community



Join theHummm's Patreon Community! Support our publication as we promote the vibrant arts, entertainment and ideas community of the Ottawa Valley.

Visit [patreon.com/thehummm](http://patreon.com/thehummm) to subscribe

# Showing the Local Love for the Holidays!

Here at theHumm we're big on local economies. The retail and service businesses in the small towns that we cover play a huge role in the cultural life of those towns. Each store, restaurant, or small enterprise attracts and serves a particular clientele — some inside the community, some from outside. Some

by Kris and Rob Riendeau

businesses host their own special events; others join together with local festivals to make the whole experience more vibrant. Many provide support in cash or in kind to local initiatives. All of them add their own particular flavour to the delicious mix that is small-town Ottawa Valley. A healthy local economy is an essential component to a healthy community.

It is with this in mind that we bring you theHumm's 20<sup>th</sup> annual **Gift Giving Guide, one month earlier than usual!** We decided to put a special focus on our local small businesses in both November and December, because they're going to need all the support local shoppers can give them to make it through this highly unusual winter.

Our hope is that you'll find two kinds of inspiration in the many lists that appear throughout this

month's issue. As you peruse the "Gifts to Lift the Spirits," "Gifts Made in the Valley" and "Gifts for Funky People", we hope you'll discover the perfect present for everyone on your list. But we also hope that you'll be inspired to investigate even more of the independent, locally owned and run businesses throughout our coverage area. In doing so, you're likely to encounter not only friends and neighbours, but also some old-fashioned small town peace and joy —not to mention amazing customer service!

The gifts we buy locally do double-duty by giving pleasure to the recipient and at the same time supporting the business of a friend or neighbour. If there are shops, services and restaurants that you particularly love, why not purchase gift certificates even if they are not fully operational during the pandemic? Your financial and emotional support can go a long way towards helping them weather the storm

We would like to thank the participating merchants for taking the time to send in their Gift Giving Guide suggestions, and to thank our readers for shopping locally and thereby supporting both the shops and our paper. We will be featuring photos of many of the items on these lists on social media and in upcoming editions of Hummail.

Wishing you all a happy, healthy holiday season!

## Gifts to Calm & Soothe

<b>Beeswax wood crafted candle holders by L'Eclisse,</b> Bittersweet.....	\$45
<b>Blown glass oil lamp,</b> Chris Van Zanten.....	\$49
<b>Soft bamboo socks,</b> Crush Marketplace.....	\$14
<b>Barefoot Venus Goddess Bag with 4-6 items,</b> Foodsmiths.....	\$32.99
<b>Traumacare pain relief cream,</b> Hands on Healing.....	\$24
<b>"Beaded Gloves" by Cathy Ross,</b> Sivarulrasa Gallery.....	\$700
<b>Essential Oil boxed sets,</b> The Granary.....	\$35

## Gifts for Art Lovers

<b>Fused glass cardinal on authentic birch branch ,</b> Artful Creations.....	\$79
<b>Robbie Craig glass Christmas ornaments ,</b> Cedar Hill Christmas Tree Farm.....	\$24
<b>Blown glass paperweight,</b> Chris Van Zanten.....	\$60
<b>One-of-a-kind Batik cloth from Madura, Indonesia,</b> Fine Batiks.....	\$90
<b>Small original paintings by various gallery artists,</b> General Fine Craft.....	\$175-325
<b>Simply Art Scarves by Dolcezza in a beautiful gift box,</b> Judy Joannou Designs.....	\$52
<b>Large silk basket with lid,</b> MVTM Gift Shop.....	\$300
<b>Gallery gift certificates,</b> Sivarulrasa Gallery.....	\$100
<b>Caroline Evans original oil and acrylic paintings,</b> Strévé Designs.....	\$150 & up



## A GREAT GIFT FOR ANY OCCASION!

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# Gift Giving Guide Shop Directory

Here's an alphabetical list of the shops that are participating in this year's Gift Giving Guide, followed by the town in which they are located and the page on which you can find their ad. Great gift suggestions can be found throughout this issue, organized in categories. Happy local shopping!

8008 Lingerie.....	Almonte, p. 7
Alliance Coin & Banknote.....	Almonte, p. 8
Almonte Antiques & Collectibles.....	Almonte, p. 16
Artful Creations.....	Online, p. 14
Artizen Kombucha.....	Perth, p. 6
Bittersweet Gallery.....	Burnstown, p. 16
Black Tartan Kitchen.....	Carleton Place, p. 13
The Book Nook.....	Perth, p. 17
Bouffage.....	Almonte, p. 10
Carleton Place BIA.....	Carleton Place, p. 11
Cedar Hill Christmas Tree Farm.....	Pakenham, p. 16
Chris Van Zanten.....	Pakenham, p. 7
Crush Marketplace.....	Almonte, p. 17
Dairy Distillery.....	Almonte, p. 24
Dandelion Foods.....	Almonte, p. 15
Don's Meat Market.....	Almonte, p. 11
Fine Batiks.....	online, p. 19
Foodsmiths.....	Perth, p. 23
General Fine Craft.....	Almonte, p. 12
Good Food Co.....	Carleton Place, p. 11
The Granary.....	Carleton Place, p. 4
Hands on Healing.....	Almonte, p. 22
The Hub.....	Almonte, p. 14
Hummingbird Chocolate.....	Almonte, p. 24
Judy Joannou Designs.....	Almonte, p. 13
Kehla Jewellery Design.....	Almonte, p. 5
Mill Street Books.....	Almonte, p. 12 & 13
Mississippi Valley Textile Museum.....	Almonte, p. 18
Ottawa Valley Gift Baskets.....	Online, p. 22
Pêches et Poivre.....	Almonte, p. 3
Perth BIA.....	Perth, p. 24
Reid Gardens.....	Carleton Place, p. 12
Riverguild Fine Crafts.....	Perth, p. 21
The Silver Shingle.....	Lanark, p. 9
Sivarulrasa Gallery.....	Almonte, p. 5
Strévé Design.....	Perth, p. 10
United Way East Ontario.....	Lanark County, p. 18
Vamos Outdoors.....	Almonte, p. 4, 7 & 22



# November's Events

## ALL MONTH

**Kanata Civic Art Gallery** presents *A Gift of Art* online sale/exhibit <kanatagallery.ca>

**N. Lanark Regional Museum** presents *Almonte's Pioneer Providers* (1900s doctors) <nrlmuseum@gmail.com>

**Sivarulasa Gallery** presents *Blue Hour: paintings by Caroline Ji* [to Nov 20], *6th Anniversary Show* [from Nov 25] <sivarulasa.com>

**Strévé Design Studio & Boutique** presents *Art Unconfined: A Fusion of Fashion & Art* <strevedesign.com> [from Nov 3]

**Almonte Library Corridor Gallery** presents *Think Globally Act Locally*

## VISUAL ARTS

**Emmanuel Heritage Centre** inaugural art show, Nov 14 & 15, 10AM-4PM. Presented by the Portland Rideau Historical Society. 2 locations. Details at <emmanuelheritage2@gmail.com>

**Unusual Art for Unusual Times**, Nov 14-15 (rain date: next weekend). Outdoors at MERA, McD Crnrs.

**Almonte Quilters' Mtg**, Nov 16, 7-9pm. Spkr: Marie-Claire Charette. To participate: <almontequiltersguild@gmail.com>, \$5 guest

**LC Camera Club Mtg**, Nov 24, 7pm. All levels. <President@LCCameraClub.com> for Zoom link

## COMMUNITY

**Hackberry Men's Shed**, Mon 7PM. <lcpguy@hotmail.com> for Zoom invite

**Toastmasters Online**, Nov 5, 19, 7-8:30PM. <carletonplacetostasters@gmail.com> for invite

**Almonte Farmers' Harvest & Holiday Market**, Nov 7, 10am-2pm. Almonte Library.

**Movie Quiz Fundraiser** for Adult Learning, Nov 13, 7-9pm. Register at 'Adult Learning & Training Centre' Facebook page's event for Zoom. \$10 min. donation. Prizes

**Outdoor Bake Sale**, Nov 14, 10am-1pm. St. James Church, Franktown

## THEATRE

**Nosferatu**, Oct 31 (6:30 or 9PM), Nov 1 (2PM). \$25 <ticketsplease.ca>. Old movie w/ new score by Mark Bailey. Studio Theatre, Perth. <studiotheatreperth.com>

## LITERATURE

**Author Presentation:** Tim Cook, Nov 15, 2pm. Buy signed copy of WWII book at Mill Street Books; get Zoom link. <millstreetbooks.com>

## MUSIC

**The Cove** (Westport, 273-3636): 5-8PM unless noted; Tues Eric Uren & guests; Wed Wings 'n Tunes w/Shawn McCullough

Oct 31 Eric Uren

Nov 1, 15 Mike Tremble

Nov 5, 19 Matt Dickson

Nov 6 Savage Family Band

Nov 7 Cameron Wyatt

Nov 8 Jon McLurg & Anthea Feaver: "O Brother, Where Art Thou?", 1-4PM

Nov 12 Spencer Scharf plays Neil Young

Nov 20 Jay Smith

Nov 21 YukYuk's Comedy Night: Patrick Haye + 3, 7-10PM, \$60

Nov 22 Bon Evans & Dave Bull

Nov 26 Jazz Night w/Spencer Evans Trio

Nov 27 Benni Vander plays Elton John

Nov 28 Chris Murphy & Jon McLurg of Turpin's Trail, \$10

Nov 29 Steve Stacey & Pat Robillard

**Blues on the Rideau:** Horojo Trio, Nov 13, 14. 273-3636 to reserve meal/show. The Cove, Westport.

**Bowie's** (Smiths Falls): Sun Bluegrass Lunch 12PM

**Golden Arrow Pub** (Perth, 267-4500): 9PM. Sat Dirt Truck w/Joel Brown

**Neat Coffee Shop** (Burnstown, 433-9960): 8PM

Nov 6, 7 MonkeyJunk, \$50

**The Waterfront Gastropub** (CP, 257-5755): Blues w/Redneck Limousine Sun 3-6PM, Fri 4-7PM

**The Emmanuel Heritage Centre** presents the dance band DLUX, Nov. 28 at 7:30PM. Email <emmanuelheritage2@gmail.com> for details.

**FUNDRAISERS**

**Guatemala Stove Project Auction**, Nov 6-16, <32auctions.com/GSP2020>

**Seeley's Bay Pastoral Charge Benefit Talent Auction**, Nov 15-20, 22-27, 29-Dec 4, items change weekly, <sbpastoralcharge.ca>

# Food Bank Stocking Drive

## COVID Won't Stop Santa Claus — or Sandy Claus!

The Lanark County Food Bank Stocking Drive has already begun. A lot has changed, but the need for the support of the community is stronger than ever during this year of COVID-19. Looking ahead, we know Christmas will also bring special challenges. And that's why we are already turning our minds to making merry and starting to collect for the LCFB — The Hunger Stop 12<sup>th</sup> annual Christmas Stocking Drive.

Sandy Schappert is the spirit behind these Christmas Stockings filled with toiletries. Acting upon a remark her late husband Hank Schappert once made while volunteering at the Food Bank, she has sought to fill the need for toiletries for adults for more than a decade, and each year the community responds.

Because clients of the Hunger Stop can only access the Food Bank once a month, stockings start being handed out in the middle of November, so you can see why when we say Christmas is "just around the corner" we mean it.

Despite all the fall colours, thoughts and actions are underway to ensure that everyone has a Merry Christmas this year. In words of gratitude from one the recipients, "It is the only gift I get to open Christmas morning."

If you'd like to donate stockings, toiletries, or even the funds to fill the stockings (receipts available), please drop them off at the Donations and Deliveries door at the Food Bank's new location (84 Mill Street in Carleton Place), or contact Sandy Schappert at <sandyhank@bell.net> or 492-1006, and our own



Sandy Schappert is the spirit behind these Christmas Stockings filled with toiletries, given out by the Lanark County Food Bank — The Hunger Stop

Sandy Claus will make sure your generosity puts a smile in someone's heart this Christmas. — *The Lanark County Food Bank*

## Gifts for Outdoor Enthusiasts

- Fused glass chimes on real wood branch, Artful Creations ..... \$39
- Leather mittens & gloves, Crush Marketplace ..... \$60
- Biofreeze Cold Therapy pain relief (roll-on or gel), Hands on Healing ..... \$21
- Sassafras door mat and inserts, Reid Gardens ..... \$9.99-19.99
- Animal Track I.D. tool, The Silver Shingle ..... \$20
- OBOZ hikers, Vamos Outdoors ..... \$179

## Gifts for Gardeners

- Fused glass pileated woodpecker, Artful Creations ..... \$89
- Sterling open leaf pendant w/ yellow citrine set in 18K gold, Kehla Design ..... \$585
- Gift card, Reid Gardens ..... various



*Covid safety measures in place, please remember your mask and to socially distance.*

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# Margaret Martin – Coping with Art “The Artist’s Way”

After many years as an elementary school teacher, Portland artist Margaret Martin is now focusing on her own artistic abilities with beautiful results.

by Sally Hansen

Many of her acrylic paintings reflect her love of nature and landscape. Her paintings are deeply emotional statements about her connection to and gratitude for the natural world. Her waterscapes and landscapes testify to the restorative, healing, and inspirational powers nature bestows on us if we take the time to contemplate and respond.



Another favourite subject that appears in her work is the interior of rooms. Here she plays with the questions that a lovely but unoccupied room asks. Who will convene in this carefully decorated and prepared space designed for human interaction? Who went to the trouble to prepare it? Beyond the lovely detail she captures, her exceptional gift for creating atmosphere invites contemplation.

Martin works from photographs, many of which she takes while travelling. As she puts it, “When you travel, you look, you notice the different quality of light... I look for composition.” Her painting process is anchored by a photographic reference, but she feels free to take liberties — even most photographers do that in these days of post-processing software. Mercifully, there are no accusations of Fake News when artists stray from reality to express themselves creatively. Margaret anchors her embellishments within the realm of possibility.

Her pathway to becoming a serious artist has been a meandering one. Born in Belleville, she remembers being “one of those young people, around

the age of 10 or 11, who gets to a stage of development where you really love to draw in a big way.” She graduated from the University of Guelph with a B.A. specialization in Fine Art. Her marriage, a move to Saskatoon, and three sons resulted in a detour that lasted eleven years before she came back to Ontario and eventually acquired her Bachelor of Education from Queen’s University. Even while in Saskatoon, however, she took art courses, and her painting of a bunch of kids coming down a big slide garnered an honorable mention in the city’s competition for a visual representation of the city.

For roughly fourteen years before her retirement in 2011, Margaret Martin taught art to elementary school students in the Upper Canada District School system. She loved her rapport with the children and still enjoys learning that one of her former students is pursuing a career as an artist.

In addition to teaching art she became a Yoga teacher. She also became interested in the ancient traditions of mandala art. A mandala is a geometric configuration of symbols that has emerged throughout history in cultures from all over the world. In addition to providing spiritual guidance, they also are used to focus attention and as an aid to meditation. Margaret continues to create her own

unique designs with coloured pencils.

## A Switchback

Martin credits two stimuli with setting her back on her original path to pursue her own career as an artist. Her retirement suddenly provided her with lots of free time, and she took two seasons of painting lessons with Ottawa artist Blair Paul. As a result, she switched her medium from watercolour to acrylics, and: “that’s when my paintings became recognizable as works by me.” She cites other important factors in her new career as well. Julia Cameron’s 1992 book *The Artist’s Way* strongly influenced her. In particular, Martin found that journaling became an important tool in discovering and releasing her creativity. She also writes poetry. At her art shows she offers lined journals replete with original poetry and reproductions of her paintings.

Noting that she is not an artist who works in isolation, upon retirement she immediately became a member of the Rideau Lakes Artists’ Association, and greatly values the encouragement and feedback



she receives. With more free time on her hands, as a member of the United Church she became licensed to lead worship services and then studied to become a Level 1 Spiritual Listener. She served five years as program coordinator of the training program for adult learners to qualify as lay worship leaders, until COVID-19 forced a pause.

Her solution to dealing with social distancing during these difficult times is characteristically creative — Pickleball has become her lifeline to socialization. She has been playing outdoors a lot and worries that the arrival of winter may limit her opportunity to exercise and meet with friends due to indoor court availability. My guess is she will find another creative solution.

## Inaugural Art Show and Sale

To begin with, she is participating in the inaugural art show and sale taking place on November 14 and 15 at the new Emmanuel Heritage Centre — formerly known as the historical Portland Emmanuel Anglican Church overlooking Big Rideau Lake. The Church has been purchased, renovated and repurposed by the Portland Rideau Historical Society. In addition to art shows, the Society is planning musical events, jam sessions, classes, artisanal markets and much more.

It is important to note that this inaugural art show features two local artists and two locations. Margaret Martin’s evocative works will be hanging in the Emmanuel Heritage Centre at 2767 Hwy 15, and Claire Jacobs’ vibrant paintings will be on display at her Chandelier Tree Gallery Studio on Colbourne Street. You are invited to wear your masks and enjoy both.

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Facebook Instagram Twitter

WHO Margaret Martin

WHAT Acrylics and Watercolour Artist

WHERE The Martin House Studio, 4002 McCann Rd., Portland, <mbmartin36@gmail.com>, <rideaulakesstudioandgardentour.com>

WHEN November 14 & 15, 10AM-4PM, Portland Rideau Historical Society Inaugural Art Show and Sale, Emmanuel Heritage Centre (formerly Emmanuel Anglican Church), 2767 Hwy 15, Portland

WHY "When I look out at the world and see the colour, the contrasts, and the possibility of compositions, I'm challenged to capture this in the two-dimensional format."

ARTIST TRADING CARD

THE HUMM

# A Century of Writers Helping Writers

In celebration of the 100<sup>th</sup> anniversary of the Canadian Authors Association, the National Capital Branch invites all writers to take part in the 34<sup>th</sup> Annual National Capital Writing Contest. Award recipients will be published in the 2021 Anthology and will be part of the (virtual or live) centenary celebrations.

The Canadian Authors Association (CAA) is a not-for-profit national arts service organization with a local presence dedicated to promoting a flourishing community of writers across Canada. The association offers professional development opportunities for writers of all levels in all genres, with the aim of helping writers develop skill in both the craft and business of writing, and providing access to a Canada-wide network of writers and publishing industry professionals. Over the century, some 25,000 writers have been members — including Robert W. Service, Bliss Carman and E.J. Pratt.

Founded in 1921 by Stephen Leacock, Pelham Edgar, B.K. Sandwell and other prominent writers of the day, the CAA organized to lobby for the protection of authors' rights, an objective it pursues to this day. Among its many achievements, the CAA was instrumental in establishing 1924 copyright legislation,

helped to create the Canadian Writer's Foundation, founded the Governor General's Literary Awards, created the first standard book contract to protect authors' rights, successfully lobbied to have Canada join the Universal Copyright Convention, and established the Vicky Metcalf Award and the CAA Literary Awards for Fiction, Nonfiction, Poetry and Drama.

## National Capital Writing Contest

Sponsored by the Canadian Authors Association – National Capital Region, the 34<sup>th</sup> annual National Capital Writing Contest has a deadline of Monday, November 30, at 11:59PM. It is open to all Canadian citizens or landed immigrants living in Canada. Submissions of short stories or poetry are eligible for a first place prize of \$300, second place prize of \$200, and third place prize of \$100. Three honourable mentions will also be given for each category.

The Awards Night will take place on Friday, March 12, 2021. Entry Fees are \$5 per single poem, and \$15 per single short story. More information can be found at: <canadianauthors.org/nationalcapital-region/contests>. To become a member of a chapter near you, go to <canadianauthors.org/national>.

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- Perth BIA gift certificates, Downtown Heritage Perth BIA.....various
- Hans Freitag German cookies, Foodsmiths.....\$2.49-3.99
- Toffee & Nib chocolate bar (butter toffee, cacao nibs), Hummingbird Chocolate...\$8.99
- "Just Chocolates", Ottawa Valley Gift Baskets.....\$80.95
- Organic & fairtrade chocolate options for everyone!, The Granary.....various

## Gifts for Cooks & Gourmets

- 4- and 7-course tasting menus with wine pairings, Black Tartan Kitchen...\$94 & 129
- Holiday gift box (preserves, sauces, luxury baking), Bouffage.....\$50 & up
- Organic soft red whole wheat flour (10kg), Cedar Hill Christmas Tree Farm.....\$35
- Locally-produced chicken, beef, pork and lamb, Don's Meat Market.....various
- Hand-crafted servingware by area potters, General Fine Craft.....\$50 & up
- Book pairing: charcuterie board & 20% off a cookbook, Mill Street Books.....various
- Funky and useful kitchen gadgets, Pêches & Poivre.....\$8 & up




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# It's a Chocolate Party in CP!

The Granary's Annual Chocolate Party is still happening in downtown Carleton Place this year, with COVID safety measures in place. Bring your mask, wash your hands and join in the fun — from 2 metres away!

From December 2–6 the Granary will be offering daily gift bags, prizes, samples and great deals on all things chocolate. This year they are focusing on local chocolate including Camino, Hummingbird, Chocosol and Ludwig.

On Saturday, December 5, the Town Singers will be serenading from the balcony above the store for two concerts between 10AM and 2PM. There will also be a free hot chocolate bar at Apple Cheeks consignment, with help from and proceeds going to the CP Youth Centre. Special chocolate features will be available



This year's Chocolate Party at The Granary will feature delicious local products like Hummingbird Chocolate!

at many downtown restaurants all week, including the Good Food Co, Black Tartan Kitchen and Taste Blooms Café.

## Awesome Shopping in Downtown Carleton Place!

Many retailers are participating in the Chocolate Trail, so support local for your chance to win an amazing Grand Prize! Just download the game card from <granary.ca>, shop locally, and complete any five of the many items listed for a ballot. Each five activities completed equals one ballot. Return your game card to the Granary for your chance to win the grand prize valued at more than \$750! This contest runs from November 15 to December 15, and the draw will be held on December 18.

# Aid-Brigade at MMYC

## Music Program in Honour of Aiden Fotherby-Verk

Some people don't need a whole lot of time here on earth to make their mark, to change their community for the better and leave a lasting impact. Aiden Fotherby-Verk was one of those special souls who made so much of the short amount of time he had. As a part of his lasting legacy, his family has generously donated to the Mississippi Mills Youth Centre to create the "Aid-Brigade Music Program" in Aiden's honour. Aiden's music program will be a permanent offering at the youth centre and provide a variety of music programming and activities throughout the year.

Together with Aiden's family, we have shaped the music program to embody the best of who Aiden was: his joyful love of music, his passion for learning new things, his incredible ability to face challenges and grow from them, and his wicked sense of humour and fun. We are honoured to be keeping his memory and his spirit alive in a way that will have meaning and impact in the lives of so many other local kids.



An amazing new music program at MMYC has been established in honour of Aiden Fotherby-Verk

### The Aid-Brigade Music Program includes:

- Assorted music lessons throughout the year, including ukulele, piano, drums and more digital music-making with fun software and apps

- A karaoke machine with fun accessories for a more "wild and free" exploration of music
- Song- and lyric-writing workshops

Youth performances and talent showcases Music plays an essential role in the healthy development of all children. The benefits range from building stronger cognitive skills in math and science to stimulating their creativity, boosting self-esteem and nurturing connection with others. But most importantly, it's a whole lot of fun.

Please check <mmyc.ca> and our Facebook page regularly to see what exciting music programming we have currently and what else is coming up. We invite anyone in the community who has a love of music and wants to volunteer in the Aid-Brigade Music Program to contact us. We are also always accepting donations of musical instruments, songbooks and other music-related items. We greatly appreciate monetary donations that we use towards this truly special program and all of our vital programming. To get involved with the Aid-Brigade Music Program, please call 256-5959 or email <programcoordinator@mmyc.ca>.

To learn more about Aiden and the family he loved so much please visit his mom Stephanie's blog at <mamaoutpost.com>.

— Sarah Bingham

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# Shedding Some Light on Men's Sheds

John Peters is an active member of both the Hackberry Men's Shed (an organization that serves Carleton Place) and the Naismith Men's Shed (which serves Almonte and area). We asked him how area sheds are trying to keep men engaged, connected and supported.

**theHumm: According to <menssheds.ca>, Doug Mackie founded the first Canadian shed after recognizing that many men in his community had both time on their hands and a tendency to suffer from isolation, loneliness and depression. Why did men's sheds get started in our area, and what were some of their goals?**

John Peters: In our area, as in others around the world (there are about 2000 Sheds world-wide) we have been concerned that men, retired men in particular, are often cut off from the camaraderie they once found in the work place and so are lonely and get under foot at home. Work also gives men a sense of purpose — a reason to get out of bed in the morning. In retirement there is a need to reinvent that sense of purpose. So, in normal times, we gather for breakfasts or for coffee and conversations once a week to get to know one another, support each other in dealing with aging, and seek out ways within the community that we can be useful or create things just for the fun of it.

**So many members of our community have been under unusual levels of**



Some members of the Hackberry Men's Shed (pre-COVID) posing with one of their community projects

**anxiety for the past few months. What are some ways in which men in particular are experiencing COVID-related stress?**

A good question! Since one of our prime goals is to break down the sense of isolation that often comes with retirement, the isolation required by our health services to battle COVID-19 has increased the need to break free from all that isolates, yet has removed the main ways in which we worked to break down isolation. It has been like trying to fight with one hand tied behind our back!

But we are a creative lot, and before long the Hackberry Shed had started using Zoom regularly on Monday evenings as a way to gather virtually, stay properly informed amidst much confusion, and also share visually some of our home projects. The Nai-

smith Shed found Zoom less useful, but instead keeps in touch through email for 95% of our members and phone calls to those without email. This was a way to check in and ask how people were doing and what help they might require. The Naismith Shed also has an excellent website, and to help our members get reliable information in these exceptional times (unfortunately not everything on the internet is equally reliable) one member accepted the task of researching topics of concern to older men from reliable sources and posted the links on our website.

**Community connections are perhaps more important than ever when we are under stress, and yet it can be difficult to attend in-person gatherings. How are men's sheds trying to help keep members connected and engaged during this time?**

Both Sheds have access to well-equipped workshops and, limiting the numbers to five, using masks and distancing as much as possible, the Hackberry Shed undertook the project of building a half-scale model of a Sopwith Camel (the plane Carleton Place's Roy Brown used to shoot down the Red Baron). One day it will be on display in Carleton Place. Meanwhile the Naismith Shed, supervised by a former shop teacher, taught fellow Shedders how to put together their own funeral urns — perhaps a bit morbid, but practical since we are all closing in on the last lap of our journey.

Plus there have been occasional open-air pizza parties, BBQs and sometimes (when regulations permitted) a breakfast together at a local restaurant for those who felt it safe to be about. At all times we have been appropriately masked and distanced, since many of us are in the vulnerable 70+ age group.

**What are you most concerned about as we move towards winter?**

First: the access to indoor dining and meeting places may not be available due to changing regulations. Second: access to our workshops sometimes gets compromised by the weather. Third: our expenses (which are few) continue through the winter and our ability to pay our bills is dependent on contributions from members and friends since we have no regular required dues — other than a \$1 annual membership fee — we want to keep the doors open to all, regardless of their life circumstances.

**What are you optimistic about in terms of what happens to our community during and after the pandemic?**

We have witnessed unprecedented neighbour-to-neighbour helpfulness and kindness so far, and I am hopeful that this will continue as we face the reality that overcoming this pandemic is a marathon not a sprint. When we have emerged victorious, I am hopeful, and yes, guardedly optimistic that we will have learned lessons during the pandemic that will make our neighbourhoods more gentle and compassionate than ever before.

Visit <naismithmensshed.ca> or email <hackberrycp@gmail.com> for details.

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# What the Hygge?

## Finding Cozy Winter Rituals in Westport

On a beautiful day in October, I spent the day exploring the picturesque village of Westport with my two kids, aged 6 and 2, and hiking Foley Mountain. I wanted to write about finding your hygge (pronounced “hoo-ga”) — the Scandinavian ritual of seeking coziness and comfort in simple experiences — in Westport. I mean, Westport is the most incredibly cozy village in the hills, perched below Foley Mountain and overlooking Upper Rideau

The Visit Denmark tourism site describes hygge as “creating a warm atmosphere and enjoying the good things in life with good people”. But also, “the warm glow of candlelight... cozying up with a loved one... and sitting around with friends and family and discussing the big and small things in life”. Okay, that’s a little vague. It says that their long dark winters, and Christmas, is hygge high season. So basically, everything that gives you that cozy, snuggly, you-are-loved feeling, in the midst of the darkness, is hygge? Yes! And Westport has got us covered with the cutest Inn, shops, and atmosphere to experience it. So I highly recommend that you go for the day to meet a friend, or go for three days if you can get your sister-in-law to stay with your kids. It’s been known to happen! And if necessary, just pack those kids up and take them. And here’s what you do when you get there...

by Sarah Kerr

Lake. Just driving into town from Perth will take your breath away. Meet up with a friend, as we did, or go with someone you love and — bam — that’s all the hygge you need for a getaway this winter!



First of all, we’re all growing pant sizes in quarantine (this is a team effort, right?). And look, I’m not suggesting you stop treating yourself. No, no, no, quite the opposite really. But one of the easiest ways to take in the spectacular views of the Village is by hiking **Foley Mountain Conservation Area**. And who knows, the fresh air and moving our quarantined bodies might just lead to feelings of well-being. It certainly surprised me. Now, just to be clear — I did this with two 2-year-olds and a 6-year old. This was not a vigorous hike! The well maintained (short and) sweet trails give you access to beaver ponds and lookouts, and you realize the \$7 day pass it is well worth the time and money.

From there, we cruised down to **The Cove Country Inn** for lunch on their patio overlooking the Westport Pond and Upper Rideau Lake and had some tasty comfort food. The kids got chicken fingers and mac n’ cheese and us moms opted for noodle bowls and Caesar salad. And wine of course – it was after noon. Nearly. The Cove has been run by the Cowan family since 1988, and if you decide to take them up on their package to “Stay 2 nights, get the 3<sup>rd</sup> Night FREE”, then you’re likely to run into at least one of the three generations! The Cove boasts (nearly) nightly live music and comfortable rooms for you to snuggle in and experience village life. And all the COVID protocols are in place.

Now if you didn’t pack your slippers or PJs, not to fret. This village draws shoppers from far and wide, thanks to shops like the **Village Green**. You can pick up anything you need in buffalo plaid or that Canadiana grey sock material here for all of your Instagram-able winter fashion desires. They sell moccasins, scarves, pajamas, books, games, socks, blankets, home décor, stocking stuffers, puzzles and so much more. Basically, this place is a one-stop Christmas shop. But as I’ve been reading, hygge isn’t just about stuff, it’s about a feeling.

So if you want that feeling, grab a maple latte or your favourite hot drink and some delicious baked goods at **The Cottage Coffee House** while you pop over to **Lake Effects** and pick out your favourite Adirondack chair. These are no longer only for summer, folks — we need serious seating for around our campfires that will be going ALL winter long! Don’t forget to check out the Canadian art and pottery at the **Dancing Moon Studio, Art On Centre, and Back Stairs Pottery**. And, if you’re so lucky as to catch a break without the kids on the weekend, book a wine tasting and wood-fired pizza lunch at **Scheuermann Vineyard** and then dinner on the patio or in the taproom with reservations at **Westport Brewing Co**. Just note, pretty much the whole village is closed on Sunday & Monday, so I would recommend going later in the week for the best hygge in Westport.

These are unprecedented times, so we need to be kind to ourselves and others. As Albus Dumbledore reminded me while I was binge-watching my annual fall Harry Potter marathon, “happiness can be found, even in the darkest of times, if one only remembers to turn on the light”. So spark up the bonfire, light about a thousand candles, and get your snuggle on. Please just be a good Covidizen and practice your S.M.A.R.T. (self-isolate if symptomatic, wear your mask, avoid touching your face, remain 6-feet apart from everyone outside of your household, and twenty-second hand washes) COVID protocols. Then go find your hygge in Westport!

### Gifts to Lift the Spirits

- Get a nice lift with a Naturana wireless bra!, 8008 Lingerie.....\$48-68
- Bubbles & Bites box (local foods, gifts & kombucha), Artizen Kombucha...\$20 & up
- The Love Box (dinner for 2 delivered!), Bouffage .....\$65
- Hostess and stocking stuffer locally-made giftpacks, Don’s Meat Market.....\$20
- CP BIA Bucks, Downtown Carleton Place BIA .....various
- “Lake Series No.5” by William Liao, Sivarulrasa Gallery .....\$635

### Gifts for Wives

- \$100 gift certificate (for \$80!), 8008 Lingerie .....\$80
- Jewellery by Anne Marie Chagnon, Claudine Moncion, etc., Bittersweet...\$30-300
- Blown glass bowls or vases, Chris Van Zanten.....\$50-70
- Cashmink VFRAAS scarf, Crush Marketplace.....\$42
- Sumptuous, soft, silk Batik scarves, Fine Batiks.....\$40 & up
- 14K yellow gold dangles with purple amethyst, Kehla Jewellery Design.....\$985
- Donations in their name, United Way East Ontario.....various

### Gifts for Husbands

- Matching bra and panty set with sparkly crystals and lace, 8008 Lingerie.....\$200
- Sports jerseys and memorabilia, Almonte Antiques & Collectibles .....\$5 & up
- Hand-crafted parquetry boxes by David Solomon, General Fine Craft.....\$260-360
- Sterling silver rings, Kehla Jewellery Design.....\$395-475
- Lanark Sheepskin slippers, in sizes up to 14, Riverguild Fine Crafts.....\$95
- Donations in their name, United Way East Ontario.....various
- Secrid leather wallets, Vamos Outdoors......89 & up

### Gifts for Over \$100

- Hand-crafted ceramic or glass vases, General Fine Craft.....\$100-350
- Facial Rejuvenation acupuncture treatment, Hands on Healing .....\$150
- Locally made wool throw, MVTM Gift Shop .....\$160
- 24-piece set of Laguiole cutlery with colourful handles, Pêches & Poivre .....\$300
- Original Batik art work by Jenn Raby, Strévé Designs.....\$200 & up



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See page 22 for great gifts for **FARAWAY FRIENDS**

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# Smiths Falls Makes the Season Merry & Bright

Riding high on the success of their summer/fall PICNIC program, the Town of Smiths Falls will be continuing to focus on local businesses with their upcoming **Merry and Bright Christmas Box** initiative. By partnering with local retailers, they will be helping them offer fantastic packages of gifts and goodies that will appeal to anyone who “loves local”. Businesses will select their own items to put in the custom-stamped boxes, and then the Town will supplement each box with a complimentary collectable gift, a Smiths Falls Christmas postcard, a Visitor Guide, a Walking Tour Guide, and a Christmas bow!

Becky Allen, Coordinator of Economic Development and Tourism, explains that the Town is very excited about promoting hyper-local tourism this holiday season. “We wanted to use our resources to encourage the community to shop locally and support our own retail stores this Christmas,” she says. “The boxes are turning out to be incredible! Everyone will hope to get a Merry & Bright Box under the tree this year.”

Merry & Bright boxes will be available beginning on November 16, and you can find out more details and

sign up for your boxes at [smithsfalls.ca/experience](http://smithsfalls.ca/experience) or on Facebook or Instagram.

The Smiths Falls Chamber of Commerce has also launched a **Local Subscription Box** that starts in November and features all local products. Each month, they will visit the shops of Smiths Falls, hand-pick a surprise box of items, and deliver it to you! Each item is designed to bring you comfort and joy and help you get through winter with your spirits intact. The monthly subscription box is available in two sizes — The Original and The Deluxe. You can purchase one month at a time, or pre-purchase the winter package of 4 boxes. Your purchase will make a huge difference to the local economy and you’ll get to treat yourself to fabulous new items! Boxes will be delivered in Smiths Falls on the 15<sup>th</sup> of each month, starting November 15. If you live outside of Smiths Falls, you can still order your box and pick it up. Find more details and prices at [sflocal.ca](http://sflocal.ca).

Order your Merry & Bright or Local Subscription Box, and then come for a visit to experience all that Smiths Falls has to offer. Be sure to check out their newly renovated downtown!

**Gifts for Health & Wellbeing**

Turmeric Zinger kombucha in 1-litre Boston round , Artizen Kombucha.....	\$15
474ml carbon-neutral hand sanitizer gel or liquid, Dairy Distillery.....	\$9.95
Le Comptoir Aroma diffusers and nebulizers, Dandelion Foods.....	\$41.95-99.95
Glerup slippers, Vamos Outdoors.....	\$89

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# Danah-Lee Set to Release New and Inspiring Music

Ottawa Valley singer-songwriter Danah-Lee is set to release a new and inspiring EP on November 20 titled *These Are a Few of My Favourite Hymns*. The first EP single, *Fall on Me*, is coming to all streaming platforms on November 6. Singles will be released each Friday in November. The album is quite remarkable, as all parts have been recorded, mixed and mastered remotely due to the global pandemic.

Danah-Lee has co-produced every arrangement alongside 18-year-old André Mergulhão (a young music producer living in the hills of Portugal). Vocal and piano tracking of Danah was completed by 15-year-old Jérémie Tessier, and the album was mastered by Grammy Award-Winning Engineer James Auwarter for Coda Room Music, London/Chicago. The EP also features the polished sounds of Ottawa Valley Country Music Hall of Famer Jon Park-Wheeler, and well-known Canadian fiddler Wade Foster.

Danah-Lee is an Ottawa Valley singer-songwriter and music educator. She is the owner of the award-winning music school More Than A Song Studios. For the last decade, Danah has been teaching many musical minds, young and old, and still she makes time for her own creative works. This release will be Danah's third solo album. Her previous albums were *The Post-Concussion Syndrome*, released in 2017 and produced by David Campbell (*Nature of Things*, *Vinyl Café*, *For Better or For Worse*), and 2019's *Sunshine & Bonbons*, produced by Jordon Zadorozny (Courtney Love, Sam Roberts).

*These Are a Few of My Favourite Hymns* is getting back to Danah-Lee's Christian roots, where her love




Ottawa Valley singer-songwriter Danah-Lee will be releasing her new EP *These Are a Few of My Favourite Hymns* in November

of music and learning how to play all began. This will be Danah's first EP release in the Contemporary Christian Circuit.

"There has been so much freedom in this music and creative process to sing and be exactly who I am," she explains. "This year and current project have allowed me to leap into my true identity without self-ridicule or judgment — whether it be musically, sexually, spiritually, emotionally or physically. I find true peace here. I don't have to explain, I can just be me through song." And in the words of Jon Park-Wheeler, Ottawa Valley Country Music Hall of Fame Inductee: "This has been a beautiful project to be involved with; it all starts with Danah-Lee's exquisite interpretation of these songs, both as a singer and pianist."


For more information, and to take a listen, visit <danahleemusic.com>.



Guatemala Stove Project

Support families in Guatemala through the Ottawa/Perth Fall Virtual Auction at [32auctions.com/GSP2020](https://32auctions.com/GSP2020) from November 6 to 16, 2020

See page 19 for great gifts to **DIVERT & ENTERTAIN**



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# Unusual, Unconfined..

## Art Unconfined

In the midst of the unprecedented events of 2020, four friends — local artists all — took time to assess what really mattered to them. Lockdown left them with no outlets for their artworks, but lots of time to experiment, to perfect, and to produce art that is subtly different. Jennifer Raby, Batik master, dreamed of returning to Africa and to the wildlife she finds so stimulating, and of memories of European architecture. Caroline Evans, who for the first thirty years of her life lived

by Miss Cellaneous

very close to the sea, translated its turbulent currents and rocky shores into expansive oil paintings. Donna McPhail took her mineral paints to furniture, and her acrylics to canvas to portray the many glories of the plant world and the creatures that depend on them. Cheryl Straby, the powerhouse behind Strévé Design in Perth, worked hard to supply masks to the local hospitals and raised money for The Table Community Food Centre by sewing masks for her customers. She then went back to her roots and rediscovered her original joy of creating leather and suede art coats and handbags!

Now these artists are combining forces for a show of new, never-before-shown art, entitled *Art Unconfined*. It will run at Strévé Design Studio Boutique Gallery, 64 Gore Street E in Perth, from November 3 to January 15. Find more details at <strevedesign.com>.



*Lettered (Large)* by Dale Dunning, an incredible 7-foot by 4-foot sculpture, will be featured in Sivarulrasa Gallery's 6<sup>th</sup> Anniversary Show

## Sivarulrasa's 6<sup>th</sup> Anniversary Show

The 6<sup>th</sup> Anniversary Show is the Sivarulrasa Gallery's biggest exhibition of the year, celebrating their sixth year of operations in Almonte! Running from November 25 to December 30, it covers all three exhibition spaces in the gallery. Owner Sanjeev Sivarulrasa is "delighted to showcase sculpture, paintings, drawings and photographic works from our 27 represented artists from Almonte, Ontario, and across Canada". The exhibition can be viewed in-person during regular gallery hours: Wednesdays through Sundays from 11 AM to 5 PM.

Due to pandemic restrictions, there will not be an in-person vernissage; however, the Gallery will host two **Artists Talks / Virtual Vernissages** online via Zoom, where artists will join live to talk about their works and inspiration. You can join from the comfort of your home through a video link that can be accessed on your computer, tablet, or smartphone. Just email <info@sivarulrasa.com> and you will be sent the link. For more information, please visit <sivarulrasa.com>.



Donna McPhail is one of four artists participating in the *Art Unconfined* show at Strévé Gallery in Perth

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# ...Art Abounds in our Area!

## Gift of Art Show

Kanata Civic Art Gallery's annual Gift of Art Show and Sale has arrived, and is available for viewing from the comfort of your home! With their online exhibit video at <kanatagallery.ca> you can view all of the art this year, and request a safe private viewing (by appointment) of any artwork.

The Gift of Art Show runs from November 2 to January 3. After viewing the video, simply email the Gallery at <kanatacivicartgallery@gmail.com> for an appointment to safely see the art and to make purchases.

The Kanata Civic Art Gallery has 40 members and has been around for 28 years. As a juried gallery the standards are set high, so you will see high quality art by default!

A little history: in 1992, Elizabeth Potvin (President of the Kanata Art Club at the time) was looking to find a space to hold their annual juried show. When she noticed an empty space in the Mlacak Centre (vacated by a skate sharpening shop), she went to the City Manager to obtain permission to use it for their juried show. After fellow artist Susan Goold saw how well that space lent itself to the art show, she said "why not have an art gallery here?". Susan, along with Beth Mlacak and Cathy Edmonds, proposed to City Hall that the space in the Mlacak Centre be used as an art gallery to be run by member artists.

While the City wanted a gallery, it was not in the budget, so this solution was a win for both the City and the artists, with the City providing space and the artists running the Gallery. This model was then used by the City of Ottawa after amalgamation to create the Foyer Gallery in Nepean.

Several founding artists are still participating in the Gallery: Susan Goold, Elizabeth Potvin, Margrit Jorgensen, Dorothy Hayter and Janis Miller Hall.

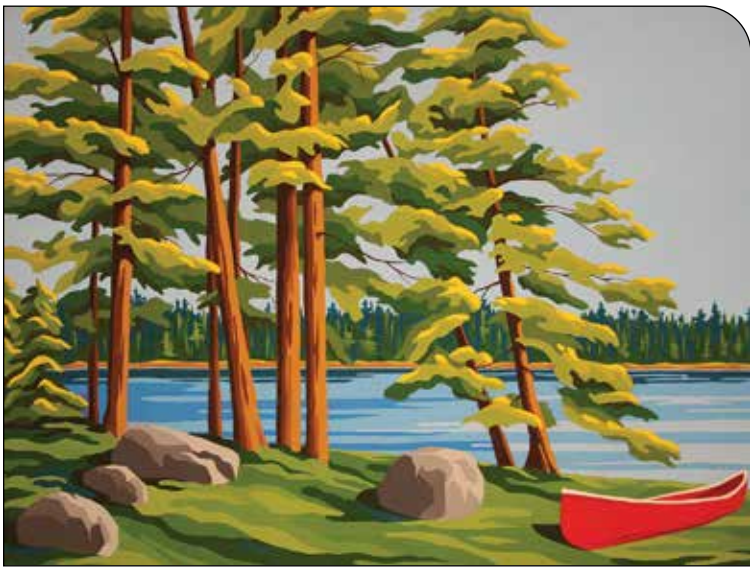
During these difficult times the artists continue creating; artists have a passion that is realized more when shared, so bringing the annual Gift of Art to the public virtually is something the Gallery's artists are very excited about.

Although this signature annual event may be different from years past, the Kanata Civic Art Gallery is very happy to continue to bring you their Gift of Art Show and Sale. The artists always want to stay in touch with their art-loving public. Keep art alive and well in Ottawa! Follow the Gallery on social media: @kanatagallery. And do sign up on their website for the Gallery's newsletter.

## MERA: Unusual Art for Unusual Times

MERA (McDonalds Corners & Elphin Recreation & Arts) invites everyone to come and view their exhibition "Unusual Art for Unusual Times", organized by Ankaret Dean. This will be an outdoor exhibition, open to everyone, to allow for COVID safety measures to be in place. Everyone is welcome to come and see the art! Artists, craftspeople and families have been invited to take part in this special outdoor exhibition. Art will be hung in sheltered places, there will be tables and counters for sculptures, trees for banners and lots of room for large freestanding pieces. Artworks may be for sale with a 20% commission to MERA.

The exhibition will be open to the public on Saturday, November 14 and Sunday, November 15, from 10AM to 4PM, with a rain date for the following weekend. Appropriate COVID-related precautions for outdoor events will be in place. Come and help celebrate wonderful local art and artists in the open air!



Summer at the Lake by Jaynie Coulterman is one of many fine works available at the Kanata Civic Art Gallery's Gift of Art Show

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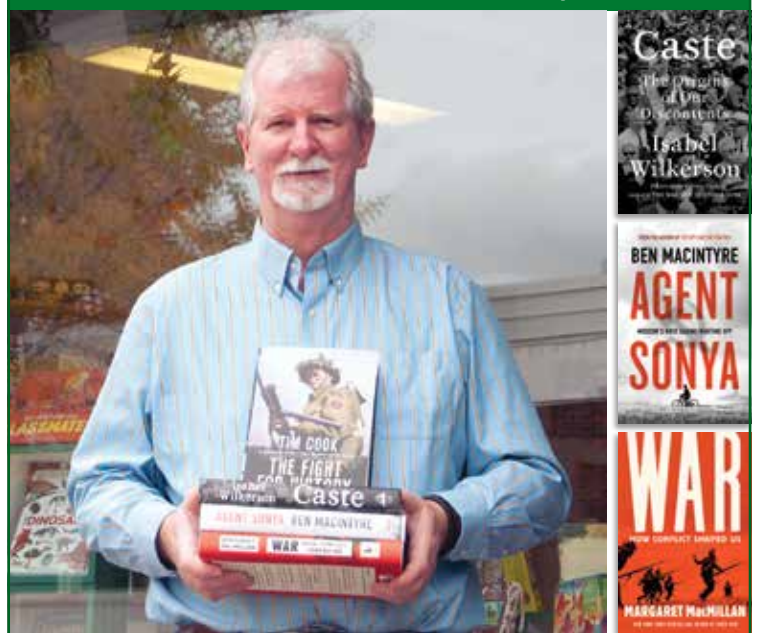
Ashley Fraser, LUXE Magazine

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# Leave Them With Scott!

## Your Leaves Can Help Farmers Regenerate Soil

Would you like your fall leaves to be used to help Almonte area farmers regenerate healthy soil?

As part of my personal attempt to address the climate emergency, I have been learning from the work of a professor in New Mexico how to produce a very special type of compost from leaves. It is called fungal dominant compost and it serves as an inoculant for degraded soil to re-enliven the microbial, biological life of the soil. For more information, check out this California State University website: <[www.csuchico.edu/regenerativeagriculture/bioreactor/index.shtml](http://www.csuchico.edu/regenerativeagriculture/bioreactor/index.shtml)>. We have three expressions of interest in the compost from local farms but would welcome more.

### Leaves Wanted

We need about 200 yard-waste bags filled with leaves ... but not leaves that you would otherwise compost on your own property. The presence of some grass clippings mixed in or limited twigs is fine. Please do not include shrub brush or other woody material. If the leaves are chopped by your lawn mower, that is an advantage, but un-chopped is fine.

I spoke to the Mississippi Mills office about possibly re-directing some leaves from the yard waste



With some help from his grandkids (above), Scott Hortop (at left) will be using bioreactors to turn leaves into healthy soil for area farmers!

pickup planned for the week of November 9. The Town doesn't mind that, since they are paying a contractor by the tonne to pick them up and transport them away.

We are located about 1km east of the Almonte roundabout, and leaves can be dropped off just about any time, but please check with me before coming to avoid the problem of excess supply. You can reach me (Scott) at <[f.r.scott.hortop@gmail.com](mailto:f.r.scott.hortop@gmail.com)> or cell 647-637-8838. I have a small truck if you need a pickup.

### Help Wanted

I have recently engaged with the Climate Network Lanark in their new Compost Working Group. Loading the 2-cubic-metre bioreactors is labour-intensive. Worker help is needed! We would also like to create a YouTube video to share our experience with other communities, so someone with video / YouTube skills is needed. Please contact me if you can donate time and labour.

— Scott Hortop

## Gifts Made in the Valley

Sculpted clay reliefs by Richard Gill, Bittersweet .....	\$40-900
750ml Vodkow vodka made from pure Canadian milk, Dairy Distillery .....	\$32.95
Shamrock Gardens sauces, jellies and chutneys, Don's Meat Market.....	\$8
CP BIA Bucks, Downtown Carleton Place BIA .....	various
Perth BIA gift certificates, Downtown Heritage Perth BIA.....	various
Purple Urchin soaps from Ottawa, Foodsmiths .....	\$5.99
Maple chocolate bar featuring Fulton's maple, Hummingbird Chocolate.....	\$9.99
Sterling silver twig bar pendant, Kehla Jewellery Design.....	\$300
"Almonte, Spirit of Place" by John McQuarrie, Mill Street Books.....	\$28
The Lanark County Sampler, Ottawa Valley Gift Baskets.....	\$66.95
Whitewater Eco-Soy candles, Reid Gardens.....	\$19.99-29.99
Wool cape with suede appliquéd floral design, Strévé Designs.....	\$295
Locally-made bookmark stocking stuffers, The Book Nook.....	\$4.99 & up
Metal gift card for The Silver Shingle, The Silver Shingle.....	\$50

## Gifts for Lovers of Vintage Treasures

Estate jewellery, Almonte Antiques & Collectibles.....	various
Vintage silverplate flatware cheese markers, Good Food Co.....	\$44



# The Art of Raking in the Rain

Raking is a fall rite of passage, the gateway to winter, and a good reason to be outside. Sunny days would be lovely, but not so this year — no surprise, eh? Eschew the metal rake, the fancy leaf collector, and for goodness sakes, a power leaf blower if you live in the 'burbs. We're going old-fashioned!

by Glenda Jones

Get yourself a good plastic or bamboo rake, not too heavy, not too wide. Before you're done, you'll appreciate a smaller rake. Get some decent garden gloves, not the old ones you wore out in the summer. And wear old clothes that can get dirty. Put on your rubber boots for the damp days (we're in the rain, remember). Add the dogs for enthusiasm. (A little note: two old licence plates make dandy leaf grabbers if you have to bag the whole mess.) Now, grab that rake and get into the swing of it. Look how exhilarating this is going to be!

There's a rhythm to the fall. First the butternut gives up the ghost. Butternut leaves have one spine with eleven leaves, all the better to get stuck in the rake. They're a real nuisance, last to get leaves, first to drop them. It would seem likely that one raking would do in that area, but no, I'm no sooner finished it once, than the silk lilac sheds, and there I am — back on the rake again. All the detritus goes back to the woods with huge swoops of the rake. It's so fun... so far.

Maples trick us into thinking they'll remain red and gorgeous and never drop those leaves, until the one day they all come off, nearly simultaneously in a huge red heap at the base of the tree. It's easy to scrape up the pile and scoot the whole works into the brush. My *modus operandi* is to cover the dreaded periwinkle in the hopes it'll die. Never happened yet!! One raking won't do. So far I've done it three times, and now the poplar trees are laughing at me for being so diligent the first time. They shed leaves, little branches, and mess that likely needs the wheelbarrow. Darn it, this job gets harder every day.

Oh, and there go the pine needles — into the ponds, stuck in the dogs' fur. The needles will be fine on the trails as a soft cushion underfoot. However, they don't have sense enough to fall in that area, and now I need to scoop them out of the ponds. Hence the rubber boots!

The ironwoods and beeches are golden and gorgeous, but man, do they have leaves!! Combine that with the oak tree that sheds slowly and purposely just as I go in the house. I am now out there every day, rain or shine, with no hope of keeping ahead if it.

This brings me to the glories of raking in the rain. For one hour daily, I valiantly sally forth with rain gear, gloves, and the rake to get exercise I really don't know that I need. The dogs love it, chasing the rake, barking furiously, but not picking up one leaf except the ones they haul in the house on their fur. The leaves are heavy and are starting to rot, but nonetheless I am determined that by



the time the snow flies — lordy, let that be weeks away yet! — I'll have a pristine looking yard. It's impossible to swish the piles away anymore, so they need to be gathered up with the rake and wet gloves and wheeled away to the woods. It's hard work, but it's got to be good for me — strengthening those core muscles, firming the bingo wings on my flabby arms, and working my back muscles. Sure, I'm soaking wet and probably a little muddy, but when I look back on the green area I've raked, I get a little ping of satisfaction. I don't look an hour later; I know what I'm going to see.

There comes a day late in the fall when I have exhausted my enthusiasm for raking in the rain. I will spend one last day and usually

the tines of the rake are bent and floppy by then. I've carted innumerable loads to the woods, every inch of periwinkle is covered, and the gloves will likely never dry properly, but the yard looks pretty good. As I turn to go in the house, confident I've raked in the rain as long as anyone can, the big red oak hollers "My turn"! NOOOOO! It does this every year!! The whole darn tree's inventory is strewn across the yard. Absolutely not fair! Okay, Mother Nature, you deal with that. And if you can't do that, well, cover them with a light dusting of snow so I can't see them.

In the house we go, shut the door, set a fire in the woodstove, and settle in to the joys of winter — until we need to start shovelling in the snow, a whole new ball game.

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# “Take Me to the Movies”

## Adult Learning & Training Centre Fundraiser

The Adult Learning & Training Centre is a local non-profit that provides free, personalized training to adult learners in Lanark County and Smiths Falls to upgrade their math, reading and computer skills in order to help them gain independence or obtain employment.

They are holding a Zoom fundraiser on November 13 from 7-9PM called “Take me to the Movies”. They will ask movie related questions, the answers

are point-based, and at the end the totals are tallied and the people with the most points win great prizes donated from local businesses.

Required is a minimum \$10 donation to their “Take me to the Movies” FB Page, as well as internet access and an email address to send the Zoom link to. For details or to register, please visit <facebook.com/altclanarkcounty>.

### Gifts for Coffee & Tea Lovers

- Handmade pottery mugs by Carolynne Pynn Trudeau, Bittersweet.....\$35
- Organic Traditions holiday latte mixes, Dandelion Foods.....\$16.95
- Fluid local solar roasted coffee, 340g, Foodsmiths.....\$16.99
- The Coffee Basket, Ottawa Valley Gift Baskets.....\$79.95
- Mugs by Anne Chambers, Riverguild Fine Crafts.....\$25-40

### Gifts for Kids & Teenagers

- Canada 2020 one ounce .999 silver Maple Leaf coin, Alliance Coin.....\$38
- Rebels Refinery lip balm, Dandelion Foods.....\$8
- CP BIA Bucks, Downtown Carleton Place BIA.....various
- Baby board & snuggly cloth books, The Book Nook.....\$5.99 & up
- Gently used jewellery, The Hub.....various

### Gifts for \$25 & Under

- Wooden Batik leaf- or fan-shaped plate, Fine Batiks.....\$25
- TheraBand foot roller, Hands on Healing.....\$20
- Chocolate Sampler gift box of chocolate bars, Hummingbird Chocolate.....\$21.99
- Hand-stitched bookmarks, MVTM Gift Shop.....\$3
- Gently used shoes, The Hub.....\$2-6



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# Guatemala Stove Project Fundraiser

## Virtual Auction Supports Families in Guatemala

From November 6–16, you can help support the work of the Guatemala Stove Project by participating in an online auction of amazing items. Choose from Guatemalan handicrafts, pottery, gift baskets, paintings and jewellery, restaurant and business vouchers, and much more by visiting <a href="http://32auctions.com/GSP2020">32auctions.com/GSP2020</a>. Proceeds will support the building of chimney-vented cooking stoves for Maya families. These stoves not only reduce the amount of wood needed for cooking and heating — they also improve the health of family members by

venting smoke outdoors. When indoor open fires or rudimentary stoves are used, the smoke pours directly into the room and contributes to a wide range of chronic illnesses and health impacts such as early childhood pneumonia, emphysema, lung cancer, bronchitis, cardiovascular disease and low birth weight.

Join in the fun, place your bids from 4PM on November 6 to 4PM on the 16<sup>th</sup>, and help support the Guatemala Stove Project. For more information, visit <a href="http://guatemalastoveproject.org">guatemalastoveproject.org</a>.



### Gifts for Local Food & Drink Lovers

- Six-pack of a variety of kombucha (350ml) , Artizen Kombucha.....\$25
- 4- and 7-course tasting menus , Black Tartan Kitchen.....\$64 & 84
- The Love Box (dinner for 2 delivered!), Bouffage .....\$65
- Blown glass Euro glasses, Chris Van Zanten .....\$45
- 750ml lactose-free Vodkow Cream Liquor, Dairy Distillery .....\$29.95
- In-store chef-inspired prepared meals, Don's Meat Market.....\$20-30
- CP BIA Bucks, Downtown Carleton Place BIA.....various
- Perth BIA gift certificates, Downtown Heritage Perth BIA.....various
- Fluid solar-roasted coffee beans , Good Food Co.....\$14.75-16.50
- Vodkow caramels (w/ Dairy Distillery's vodkow), Hummingbird Chocolate....\$14.99
- The Gourmet Basket, Ottawa Valley Gift Baskets.....\$83.95



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 Nov.6 **Savage Family Band** (Acoustic Folk/Roots/Blues, Kingston) 5-8  
 Nov.7 **Cameron Wyatt** (Acoustic Indie/Rock, Kingston) 5-8  
 Nov.8 **Jon McLurg + Anthea Feaver** play the music of *O Brother, Where Art Thou?* 1-4  
 Nov.12 **Spencer Scharf** plays Neil Young for Neil's 75<sup>th</sup> birthday! 5-8  
 Nov.13 & 14 **Blues On The Rideau** with **Horojo Trio** (Soul Blues, Ottawa) 7-10 \$70 +HST  
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 Nov.15 **The Michael Moore Project** (Acoustic Roots Rock Duo, Toronto) 5-8  
 Nov.19 **Matt Dickson** (Classic Rock Party, Perth) 5-8  
 Nov.20 **Jay Smith** (Acoustic Country/Rock, Kingston) 5-8  
 Nov.21 **Yuk Yuk's Comedy Night** with headliner **Patrick Hays** +3 other comedians!  
 \$60 + HST + Gratuity 7-10  
 Nov.22 **Bon Evans + Dave Bull** (Original + Classic Rock) 5-8  
 Nov.26 **Jailbreak Jazz Night** feat. **Spencer Evans Trio** 5-8  
 Nov.27 **Benni Vander Plays Elton John** 5-8  
 Nov.28 **Chris Murphy + Jon McLurg of Turpin's Trail** (East Coast, Kingston) 5-8 \$10  
 Nov.29 **Steve Stacey + Pat Robillard** (Old Time Country, Carleton Place) 5-8

See page 5 for great gifts for **COOKS & GOURMETS**

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See page 4 for great gifts for GARDENERS



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Planting the Seed

# The Experimental Yard

I first met Joanne and Rick at a workshop that I was leading on garden pests at the Carp Library three years ago — they were very interested and enthusiastic participants. At the time they were in the process of moving from their home in Orleans to a new home in Carleton Place. I met them again at the Carleton Place Community Garden where

by David Hinks

they have become volunteers and leaders in this very successful community initiative. In a conversation about gardening, I was invited to tour their home garden.

In a new subdivision their property makes a bold statement — not a blade of grass to be seen, with an amazing collection of edible and ornamental plants in the front yard — and a tour to the side and back yards reveals much more of the same.

A very striking aspect of the gardens is the diversity and number of different types of plants — besides the usual annual vegetables, they have dwarf fruiting trees and shrubs and many perennial herbs, fruits and pollinator plants. These are gardeners who are keen to try many different plants — this is a big reason why they have called their garden “The Experimental Yard”. It allows them to experiment and learn from their successes and failures.

Neither partner has an extensive history or experience in gardening, but have they ever made up for that late start in recent years!

Joanne Levesque retired early from middle management at Bell Canada in 2004, went back to school and graduated as a Registered Holistic Nutritionist in 2008. Her love of gardening was learned from her parents and the garden in her former house in Orleans expanded every year until the entire back and front yard was dedicated to growing food and flowers for humans and pollinators. Once she and her partner moved to Carleton Place in 2017, they did the same. They got design help and planted lots of edible perennials. Some of their sources of information have been *The Four-Season Harvest* by Eliot Coleman and permaculture courses from Telsing Andrews in Ottawa and Bonita Ford in Perth.

Rick Picard retired early from the Military in 1994 where he was a musician for the Military Band. He then went to culinary school at Algonquin College and apprenticed at the Delta Hotel in Ottawa where he received his Red Seal in cooking. His love of great tasting ingredients drives him to grow food.

Rick and Joanne grow their own food because they want better tasting food, grown without chemicals. This summer, COVID-19 has given them a heightened awareness of food security. They find that growing some or most of their own food empowers them. Joanne concludes that: “It’s about so much more than growing food. It is about your ability to dig a hole, plant a few seeds and feed your family. It is very empowering!”

They are models for growing and eating locally. They produce much of their own food, eating out of the garden from May to November and preserving the produce (fermenting, freezing and dehydrating) for the winter. They purchase meat in bulk from local farmers who raise their animals using regenerative

practices: grass-fed beef, organic pastured pork and organic pastured chicken.

The most important aspect of gardening for them is to create healthy soil — this includes feeding the micro-organisms, covering the soil and making compost from kitchen and garden waste — the aim is regeneration that builds up the organic matter in the soil. They try to achieve a mix of permaculture, planting small fruit trees and berry bushes mixed with annual vegetables to provide a variety of flavour and nutrition.

They have had no major issues with pests. In addition to healthy soil that produces healthy plants that resist pests, they practice companion planting with herbs and flowers to attract beneficial insects; crop rotation; and encouraging birds, spiders and frogs that eat the pests.

A not-surprising part of their gardening philosophy is that a garden must be beautiful to look at as well as producing lots of food. They aim to have about thirty percent of their gardens in flowers to attract pollinators and provide beauty.



Joanne Levesque shows off a celery patch in the extensive gardens she and her partner Rick Picard have created around their home in a relatively new subdivision in Carleton Place

They have also had absolutely no negative reactions from the neighbours about their unconventional yard. Some people observe that it is a lot of work; others want to learn how to do it in their own yards. Rick and Joanne want to be a model of what you can do on a regular urban lot — motivating their neighbours to start their own gardens. They love to show the neighbourhood children how food grows — they encourage them to help themselves from a 25-foot row of alpine strawberries along their front sidewalk.

One of the ways that Joanne and Rick give back to the community is to volunteer with the Carleton Place Community Garden, which is a short walk from their house. Rick ensures the watering tanks don’t run out, and Joanne educates new gardeners on how to get the most out of their garden beds. She encourages people to start growing quick-growing vegetables like salad crops (lettuce, radish and green onions).

Joanne and Rick have many plans to keep improving their gardens and adding more variety. Joanne adds a quote from Allan Armitage: “Gardening simply does not allow one to be mentally old, because too many hopes and dreams are yet to be realized.”

As a Registered Holistic Nutritionist, Joanne believes that growing food is a natural extension of promoting nutrition for longevity. She has created an online longevity nutrition program to educate and guide people to make better food choices. For more information on Joanne’s online nutrition program, visit her website at <[joannelevesque.com](http://joannelevesque.com)>.

# MVTM Announces Winners of New Awards

The Mississippi Valley Textile Museum (MVTM) is proud to announce the KDS Fibre and Textile Art Award winners, recognizing excellence in fibre and textile art. The award has been created as a showcase of the most current and versatile approaches to fibre as a medium. In order to profile the breadth of the craft, three award categories are in place to celebrate the work of emerging, mid-career and established women artists aged 50 and over.

The contest was open to all Canadian female artists over 50 who have produced artwork in the last two years with fibre or textile as the principle element. Selected artists were awarded in one of three categories: established artist, \$3000; mid-career artist, \$1500; emerging artist, \$500. And as if winning wasn't enough, they also have an opportunity to have their work on display at the museum in the near future.

Says MVTM curator Michael Rikley-Lancaster: "What an honour to launch this award as part of both the 35<sup>th</sup> anniversary of the museum and the 25<sup>th</sup> year of Fibrefest. And what a double honour to do so because a private donor wanted to establish, and fund, an award to empower female artists. It's a great way to give back to the textile arts community and to show the support for the type of art and craft that is so fundamental to all that has made the museum the dynamic place it is today. All of us — staff, volunteers, artists — are grateful for this gift and challenge."

Jurors Anne Kelly, Marjolein Dallinga and Sayward Johnson volunteered their time to review just under 50 submissions, and are proud to announce the winners:

## Established Female Artist

Melanie Chikofsky's long and varied career as an artist/educator began in childhood. Her first forays

were in ceramics until she attended a specialized art program at the secondary school level, followed by studies at Sheridan College School of Design, all contributing to a wide-ranging passion for art that also informed her zeal for teaching.

The vicissitudes of life have continued to shape Chikofsky as an artist. Since 2000, she has been the Director and Lead Instructor at the Al Green Sculpture Studio School, where teaching adults sculpture has propelled the acquisition of many new technical skills that have had a profound impact on her current art practice.

## Mid-Career Female Artist

Judi Miller is a textile artist specializing in free motion embroidery. Using a variety of threads, colour and weights, Judi creates pieces with finely stitched details on a painted fabric base. She uses her sewing machine as her artist's tool, no different from a paint brush or pencil.

Judi's inspiration springs from so many sources but most often explores the natural landscape. Her embroidery technique lends itself to capturing light, colour and movement that help create a strong sense of memory and place.

## Emerging Female Artist

Sue Clark has been actively creating since making her first crayon markings at age one. Encouraged by creative parents, Sue pursued her artistic goals at Ontario College of Art and Design (AOCA, Fine Art, 1983), working her way through college and post-grad years in commercial art studios and public art galleries. During this time Sue staged her first solo exhibition of paintings titled *Tree Portraits*.

Sue moved west more than 30 years ago to live close to her greatest inspiration — the mountains,



Sue Clark, Moss Draped Fir

Melanie Chikofsky, Going Around in Circles

Judi Miller, Around the Bend

The Mississippi Valley Textile Museum is delighted to announce the winners of the new KDS Fibre and Textile Art Award!

sea, and especially the trees and forests of Vancouver Island. Since selling the vibrant retail business she partnered in for the past 30 years, Sue has been actively exploring opportunities to exhibit her stitched artworks to a wider audience.

The Mississippi Valley Textile Museum is located in the annex of the former Rosamond Woolen Company in Almonte. Constructed in 1867, this National Historic Site of Canada features a blend of the old and new, all related to the history of the Mississippi Valley and the textile industry. Visit, become a donor, become a volunteer — our history is your history!

For more information contact the curator, Michael Rikley-Lancaster, at <curator@mvtm.ca> or 256-3754.

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- 4- and 7-course tasting menus, Black Tartan Kitchen ..... \$64 & 84
- "Hamnet and Judith" — great historical fiction, Mill Street Books ..... \$24.95
- All you need to create a charcuterie board, Pêches & Poivre ..... \$10 & up
- Family board games, The Book Nook ..... \$19.99 & up
- Gently used books, The Hub ..... \$1-6



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# Learning to love the carbon tax

So we come toward the end of a doozy of a year. We have all faced up to some intense challenges and proved that, when we really need to change our way of doing things to prevent bad stuff from getting worse, we can do it. Along with issues related to the virus, the most profound problem we all face is the Climate Crisis. However, there is a silver lining to our pulling together for this one: we get a prosperous livable world for our kids and grandkids!

One thing that we and the planet can benefit from is the widely misunderstood Carbon Tax. If you feel a negative response to this tool for lowering our carbon emissions, here is the perspective from two climate activists, one living in our largest city, and one living locally and rurally, who can fill us in on why they support a “carbon tax”.

**Anita Payne is a local climate activist who lives rurally in Lanark County. She founded the Citizens’ Climate Lobby of Lanark County, and is an active member of the Green Party who has run as a candidate locally. I wanted to hear her very knowledgeable perspective to help make the case for the Carbon Tax:**

Anita Payne: I believe that it is our individual responsibility to help lessen humanity’s impact on the biosphere to maintain a livable planet Earth. The carbon tax and rebate program is meant to encourage people to reduce their greenhouse gas emissions. How people respond is totally up to them. If you have a high carbon lifestyle and continue in that fashion, you will pay for it. If you reduce your carbon footprint, the rebate will exceed the extra cost of the carbon tax. The federal and provincial governments could help with programs to increase the energy efficiency of buildings and encourage us to switch from fossil fuel use to electricity, such as the current federal electric vehicle rebate. In a rural area people do have to drive, but they can still make choices to reduce their fuel use, such as the type of vehicle they drive. Charging electric vehicles is really not a problem locally as there are now many public stations as well as home capacity.

Farmers who have expenses such as drying grain or heating greenhouses will particularly feel the effects of the carbon tax. Some tax relief has already been provided for greenhouses. The government can also help farmers reduce their emissions by supporting programs such as ALUS (Alternative Land Use Services) that pays farmers for projects to increase carbon sequestration and improve ecosystem functioning. Alternatively, farmers could engage in projects that provide carbon offsets to polluters who pay them a fee. This could be a project that plants trees on marginal farmland to offset air travel.

The National Farmers Union released a report in 2019 called *Tackling the Farm Crisis and the Climate Crisis*. The report says both the farm and the climate crises have the same causes and largely the same solutions: “reduce dependence on high-emission petro-industrial farm inputs and rely more on ecological cycles, energy from the sun and the knowledge and wisdom of farm families.” The report details many ways that farmers can reduce their greenhouse gas emissions and move toward agro-ecological approaches.

Many residents of Lanark County enjoy rural or small town living but commute some distance to their jobs. Fortunately, more people are now able to work from home. That may be a continuing trend. Of course there are many jobs that cannot be done from home, but it is a choice whether you live close to or far from work.

The carbon tax and rebate is a tool that encourages all of us to be good stewards of our environment.

**Cheryl McNamara is a communications and advocacy specialist. She founded the Citizens’ Climate Lobby’s Toronto chapter in 2010. Since then she has lobbied more than 100 political offices in Ottawa, Toronto and Washington, advocating for the carbon pricing mechanism: carbon fee and dividend. I asked her as a taxpayer from a large city why she thinks the carbon tax is a good idea.**

Cheryl McNamara: The climate crisis frightens me, and I feel duty-bound to create a safe future for children today and the generations that

follow. One of the lessons I learned in camping is to leave the place in better shape than how I found it. I carry that lesson in life too. As I accept the scientific process that tells us that burning fossil fuels warms the biosphere, I also accept the economic consensus that pricing carbon is an effective and efficient way to send a market signal to shift to clean energy alternatives and help diversify our economy. The evidence is there. Did you know that in BC, domestic sales in clean tech products grew by 48 percent in just two years after the province introduced the carbon tax? We know this works.

**Why doesn’t paying extra for a carbon tax bother you as a Canadian taxpayer?**

Over the years I have made choices to reduce my carbon footprint, so really, the rising fee on carbon does not impact me. And that’s its point — to serve as a market signal to encourage people to make low- to no-carbon choices. As the carbon fee rises annually it prompts more and new innovations. Industry and the market respond, and those alternatives will be more readily available and accessible.

Also I am fully rebated for the extra that I’m paying — more so in fact — due to the government’s Carbon Climate Action Incentive payment on my income tax return. (See sidebar for link to details).

Paying taxes is my civic duty. Now that our country’s debt has increased many-fold due to the pandemic, and more needs to be spent to help Canadians recover, I am happy to pay a bit more in taxes than before and to contribute to the betterment of my country.

**You live and work in the middle of Toronto: what could you say to a person in a rural county to persuade them to embrace the carbon tax?**

There is no question that living in the city makes it easier for me to reduce my carbon footprint. I rely on my bike or the subway to get around. However, it is imperative that the government provide financial support to people in rural areas who rely on vehicles, especially farmers and rural businesses, during the transition to clean energy alternatives. Government must help offset any impacts felt by a rising carbon price, above what the rebate covers.

As vexing as a carbon price may seem to some in the short term, a carbon fee and rebate mechanism, like the one adopted by the federal government, will help farms in the long run. That includes incentivizing the development of electric farm vehicles, which will reduce fuel costs, and innovations such as biodigesters, offering farmers additional financial opportunities. Many farmers are already embracing sustainable practices that protect the soil. Not only is this a more affordable way to farm, but regenerative agriculture helps protect and sustain an important carbon sink. I am deeply grateful for farmers, who not only put food on our tables but are important players in helping to sequester carbon.

— Chandler Swain



## Resources

This Government of Canada site is full of clear information to help you understand how you benefit from the carbon tax and how it works: [www.canada.ca/en/environment-climate-change/services/climate-change/pricing-pollution-how-it-will-work/ontario.html](http://www.canada.ca/en/environment-climate-change/services/climate-change/pricing-pollution-how-it-will-work/ontario.html)

If you still feel skeptical, you might try this link to a “conservative” case for carbon dividends courtesy of the Climate Leadership Council. This is a US think tank comprised of many long-time republicans! Wow!

[www.clcouncil.org/media/2017/03/The-Conservative-Case-for-Carbon-Dividends.pdf](http://www.clcouncil.org/media/2017/03/The-Conservative-Case-for-Carbon-Dividends.pdf)

## Gifts for Parents & Grandparents

- “People & Events” coin set for their year of birth, Alliance Coin..... \$15 & up
- Gift cards, Black Tartan Kitchen..... various
- Gift certificates for from-scratch take-home foods, Good Food Co..... various
- Gift certificates for a shopping spree, Mill Street Books..... various
- Woodstock chimes, Reid Gardens..... \$45 & up
- Family Pastimes co-operative games, Riverguild Fine Crafts..... \$15-35
- Adult jigsaw puzzles, 275-2000 pcs, The Book Nook..... \$19.99 & up
- Gently used ladies’ wear, The Hub..... \$4 & up
- Donations in their name, United Way East Ontario..... various
- Gift card, Bouffage..... various

## Handmade Gifts

- Fused glass chubby sheep wall hanging, Artful Creations..... \$39
- Fraser fir wreaths, Cedar Hill Christmas Tree Farm..... \$45-95
- Vodkow soap, with lavender or eucalyptus essential oil, Dairy Distillery..... \$6
- Perth BIA gift certificates, Downtown Heritage Perth BIA..... various
- Batik 56”x78” tablecloth w/6 napkins, Fine Batiks..... \$100
- Bead Stackers interchangeable earrings, Judy Joannou Designs..... \$36
- Reversible striped wool toque, MVTM Gift Shop..... \$90
- Hand-painted table w/ floral artwork by Donna McPhail, Strévé Designs..... \$250
- Beautiful handmade soaps & bath products, The Granary..... \$5-15

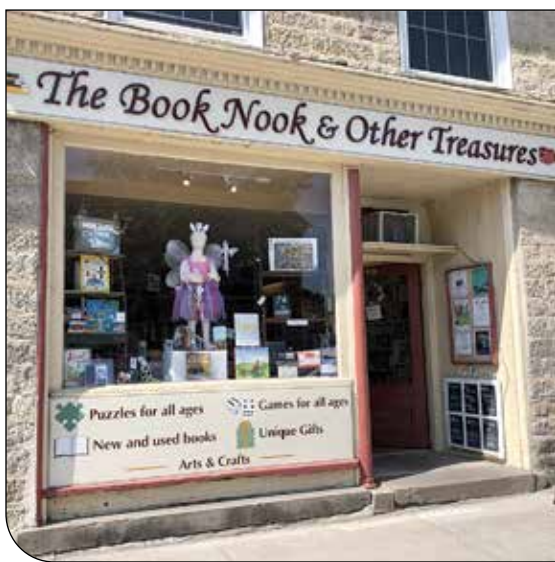


# The Importance of Indie Bookshops

A friend of mine once told me that in her favourite, most enchanting dream, she's trapped in a small charming bookstore overnight. So what does she do? After she screams into her hands with sheer joy, she kicks off her shoes and excitedly pokes about, gathering an armload of wonderful books. Then she parks it in a big comfy chair, drapes the owner's left-behind cardigan over her shoulders, smiles to herself at her absolutely brilliant fortune, and then finally, blissfully, opens the first book to the first page and begins reading. It all feels like pure heaven, she's assured me. Because there's coffee too.

Many booklovers have doubtlessly shared a similar daydream or fantasy. Indie bookshops are often the bright heart in the core of any downtown. We are attracted to them for the books, of course — offering us enthralling entertainment, captivating stories, and endless knowledge, history, creativity and imagination. But there's much more to these enticing cultural treasures than the written word.

Independent bookshops foster community.



Leslie Wallack, owner of Perth's **The Book Nook & Other Treasures**, has seen that firsthand pretty much every day since she opened her shop in 2007. "Many locals run into each other," she says, "and I hear them excitedly catching up. And what I love the most is when we the salespeople and separate customers get into a group conversation, comparing or recommending different reading. It certainly is a sense of community."

For instance, she adds, "one book often sparks a great conversation. I often find myself laughing with a new customer, or talking politics with regulars. It all seems to happen naturally, as if we are friends of a feather."

Most every indie bookshop — including The Book Nook — hosts book launches, promotes the work of local authors, puts up posters publicizing local

events, and contributes prizes for local fundraisers. Indie bookshops give back. Not all of those benefits are tangible.

This year has been very difficult for many small businesses, including bookshops. It seems a vital time to remember the importance and the benefits of shopping locally at independent stores like Leslie's shop, **Mill Street Books** in Almonte, and **Arlie's Books** in Smiths Falls.

**I**ndie bookshops are often the bright heart in the core of any downtown...

"Keeping in mind that Perth's independent stores are owned and staffed by our friends, neighbours and fellow citizens," Leslie says, "shopping locally keeps our town more than surviving, it keeps Perth thriving! We are a few months away from the natural down time of retail, and count on Christmas sales to carry us through those months. Our stores have been keenly preparing and stocking up to offer more, to make it convenient for locals. We have hope and faith in our town. I've heard from many tourists how impressed they are at our stores' ability to seriously keep up safety protocols yet still provide a personalized service. Local shoppers know us, trust us, and depend on us. When you leave our stores, you know you have that gift on time, in your hands, and you got exactly what you wanted. How does it get any better?"

It quite likely doesn't, I would submit. Small shop owners truly appreciate every person who walks through their doors. And not to earn massive profits, no, not like the impersonal online behemoths. But because they care. They enjoy what they do, and they're passionate about it.

Leslie certainly is. "Simply put," she says, "I love what I do, I look forward to a work day. I feel blessed that I can earn a living doing something that interests and engages me. And it truly inspires me to see a bookstore inspire so many others. I've also been consistently surprised over 13 years by the diversity of customers and what they read. It keeps me on my toes!"

Like every other small shop owner, Leslie had to adapt when the country went into lockdown in March. "When the shutdown happened, many locals reached out to me," she says. "They needed boredom-busters."

So Leslie took a leap of faith and hired Crummy Media, a local business, to set up a website for The Book Nook. She began offering curbside pickup or local delivery. "I don't have the entire store online," she says, "but our website has a great rotating selection to conveniently service the local area."

When she re-opened, she switched up her hours a bit, with customer safety and cleaning the store in

mind. Now her shop is open Monday, Tuesday, Friday and Saturday from 11AM to 4PM, and Sundays from 11AM to 3PM. "Sometimes you can catch us on Wednesdays as well," she adds, "but call to make sure. Wednesday is our deep cleaning and local delivery day."

Leslie says folks are pleased with the store's online presence, too. "Our new website is a big hit. Shop from the comfort of home."

Besides selling books, The Book Nook & Other Treasures ("Where imagination and creativity meet!") offers a variety of arts and crafts, puzzle and games, and other delightful gifts.

"Thirteen years of listening to locals inspired me to make sure I offer one-stop shopping," Leslie says. "I carefully chose to add the words '& Other Treasures' to my store name, allowing me to hear the needs of my customers. A good book is entertaining and/or informative, yet it's also imaginative and creative. This allows me to add other items that fit nicely into these categories. Young and old, we try to engage the full mind with what we offer." You can see a good sample of those on her website at <thebooknookperth.com>.

Leslie has a few books to recommend for gift-giving this holiday season. "From Jane Austen to George Orwell," she says, readers are reacquainting themselves with classics. Classics are "trending in a big way," and she would definitely recommend them as gifts.

"Cookbooks, old and new, are a great way to keep things fresh," she says. "Jamie Oliver's *7 Ways* is a new release and easy to follow." She also recommends Margaret MacMillan's newest nonfiction release *War: How Conflict Shaped Us*, and Catherine Bush's page-turner novel *Blaze Island*. "Award-winning local author Tim Wynne-Jones has a new release: *War at the Snow White Motel and Other Stories*. There are definitely too many great reads to list!"

— John Pigeau

## Joanne Beaton





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# What's New for November at Your Library

November can often be a dreary month, as the fall colours fade into gray and drizzle, and eventually into snow. The turning of the seasons is a time for change, and never more

The **Carleton Place Library** is undergoing major changes, with a renovation underway! They've reopened in their temporary home, the Station Active Living Center at 132 Coleman Street, while the library space undergoes renovations over the winter. Kudos to the staff and volunteers who made this incredible effort to make the "Big Library Move", especially in the midst of a global pandemic. They are also offering a fun slate of programs via Facebook, such as Cooking with Caroline and her Mom, Crafternoon, and Art Attack.

**Arnprior Library** is now open for browsing by appointment. If you don't know what you're looking for, staff can put together a Blind Date with a Book bundle for you. You select the theme, they'll sign out a total of five items, and

your name will automatically be entered in a monthly draw for a treat from one of Arnprior's eateries. They will also print documents for you and you can pick them up during their curbside hours. Kids' activity kits are also available for curbside pick-up!

Starting in September, the **Lanark Highlands Library** is now open six days a week. Their updated hours are: Tuesdays from 10AM to 1PM, Wednesdays from 1-4PM, Thursdays from 10AM to 1PM, Fridays from 4-7PM, and Saturdays from 10AM to 1PM.

The **Mississippi Mills Library** is offering Seniors Time (Tuesdays and Thursdays from 10AM to 12PM in Almonte and Thursdays from 12-2PM in Pakenham) in addition to regular opening hours and contactless curbside pickup. You can also participate online with Scientists in Situ, a fun virtual science program for kids.

The **Perth Library** is open for modified hours six days a week, and we've started to offer limited in-person programs such as book club and our OWLS Tutoring program. You can also book one of the library's meeting rooms to come together for your book club or gathering in a safe and distanced way

(go to <perthunionlibrary.ca/meeting-room-rental> for details). If you're not ready for that, you can get Storytime with Ketsia videos delivered to your inbox every week!

You can test your knowledge with the **Renfrew Library's** virtual trivia night, offered every Thursday on their Facebook page.

Teen Night at the **Smiths Falls Library** has moved online, and is offering "Take and Make" kits for tweens and teens. These kits are available each month with all the supplies you need to make a fun craft at home.

With all these changes around us, it can be hard to feel like we have our feet firmly planted on solid ground. One thing that hasn't changed is that the library is here for you! We're open. We still have books (and eBooks). We still have computers and wireless hotspots. We still have programs (online and off). We still love finding books for you to read and connecting you with the information you need. We look forward to seeing you — in-person or virtually!

— Erika Heesen is the CEO/Chief Librarian at the Perth & District Union Public Library

by Erika Heesen

so than in this year of upheaval and adjustment. I'm sure that I'm not alone in searching for some type of light and connection to be made to get through these times. With that in mind, I decided to celebrate changes that are happening at our libraries. We're seeing changes to our hours and spaces, and we're also joining you virtually with programs via our Facebook pages and "Take and Make" kits.



## Treats from the Ottawa Valley!

Looking for that perfect gift idea? Consider ordering a gift basket from **Ottawa Valley Gift Baskets**. Baskets are created showcasing locally sourced fine food items including **Balderson Cheese; Equator Coffee; Mississippi Meadows Honey; michaelsdolce** gourmet jams; **Temple's Sugar Bush** maple syrup; **Mrs. McGarrigle's** chutney, mustards, spices and vinaigrettes; **The Mix Company** gluten free mixes and dips; and **Village Treats** chocolates.

Select from many basket ideas ranging in price from \$30.95 for the **Lil' Taste O' The Valley** to \$199.95 for **The Office Commendation** — or let us design a custom basket creation for you! We deliver locally and ship throughout Canada using CanadaPost & FedEx Ground.



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<b>Canada 2020 United Nations one dollar coin gift set</b> , Alliance Coin.....	\$22.95
<b>Black Glam crystal-covered face mask</b> , Judy Joannou Designs.....	\$9 (3 for \$24)
<b>A goody bag of sweet and savoury deliciousness</b> , Pêches & Poivre.....	\$50 & up
<b>A memory on custom photo metal ornament</b> , The Silver Shingle.....	\$28
<b>Donations in their name</b> , United Way East Ontario.....	various
<b>Smartwool socks</b> , Vamos Outdoors.....	\$22.99 & up

## Gifts for Funky People

<b>Black velvet body suit with sexy sheer back</b> , 8008 Lingerie.....	\$140
<b>Authentic US one dollar Mike Pence "Fly" banknote</b> , Alliance Coin.....	\$4.95
<b>Vinyl records</b> , Almonte Antiques & Collectibles.....	\$5-25
<b>Cottage Carvings Santas</b> , Cedar Hill Christmas Tree Farm.....	\$16-82
<b>Holly Yashi earrings</b> , Crush Marketplace.....	\$43-99
<b>Madame Butterfly mug</b> , Good Food Co.....	\$18
<b>Statement necklace by Decouture</b> , Judy Joannou Designs.....	\$59
<b>Punched tin candle shades by Garrett VanderBurg</b> , Riverguild Fine Crafts....	\$30-60
<b>"La Portinaia (maquette)" by Jim Hake</b> , Sivarulrasa Gallery.....	\$120
<b>Fairtrade handwoven market basket or purse</b> , The Granary.....	\$60-80
<b>COVID-themed metal ornament</b> , The Silver Shingle.....	\$22

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[www.thehummm.com](http://www.thehummm.com)

November 2020

# Zoom with Tim Cook!

Renowned historian and author Tim Cook stopped by Mill Street Books to sign copies of *The Fight for History: 75 Years of Forgetting, Remembering, and Remaking Canada's Second World War*. His latest book looks at how Canadians have reframed the war experience over time. He states: "If we do not embrace our history, no one else will." Tim has kindly agreed to participate in a Zoom presentation on Sunday, November 15 at 2PM. Purchase a signed copy and you will be provided a link for this virtual event! For further information, please call Mill Street Books at 256-9090 or visit <millstreetbooks.com>.

Buy a signed copy of Tim Cook's latest book and meet the author via Zoom!



# Remembrance Day in Carleton Place

The COVID-19 pandemic has directly affected the execution of this year's annual November 11<sup>th</sup> Remembrance Day Parade and Ceremony in Carleton Place and other communities across Canada. However, the good news is that in order to have the residents of Carleton Place remember and pay our respects to our fallen, a much smaller scaled-down ceremony is still being planned, which can be viewed on Facebook Live.

During these unprecedented times, local Legion Branch 192 feels that it is incumbent upon them to continue to observe the annual ceremony in Carleton Place. To take the time to remember and pay respects to those who never returned home from various wars and conflicts. To honour those who have served in the past, those who paid the supreme sacrifice, and those who continue to serve our country to maintain our freedom. And to especially remember those 94 brave young men and women from Carleton Place whose names are ever enshrined on the local Cenotaph in Memorial Park.



Unfortunately, due to the health restrictions in place, the ceremony will be limited to a maximum of 100 participants and will be by invitation only. The Ceremony will begin at 10:45AM, and spectators are being discouraged from attending or gathering in the area surrounding Memorial Park due to the limited space and requirements for physical distancing. There will be no parade leading up to the ceremony this year and the ceremony will include a condensed Colour Party.

In adhering to the guidelines that are in place, it is felt that the health and welfare of all citizens of Carleton Place is being addressed through these measures. We trust that our citizens fully understand and appreciate the fact that even with the restrictions in place, we will continue to Remember.

### Join on Facebook Live

The Ceremony will be able to be viewed by those not receiving an invitation, as the local Legion will be live streaming

the Ceremony through Facebook Live and it may be viewed through the Royal Canadian Legion Branch 192 Facebook page. All schools in Carleton Place are also invited to do the same in order that students can participate in the ceremony through this Facebook Live process. We want to encourage people to attend our ceremony via this electronic means and not attempt to congregate in the area surrounding Memorial Park as all roads other than Veterans Way will be open to traffic during the ceremony.

Memorial Park will be cordoned off to the public and only the 100 participants receiving an invitation will be permitted access to Memorial Park. Those being invited to attend the ceremony will be required to remain 2m apart and will need to wear masks unless they are directly involved in the ceremony.

With Memorial Park being closed to the public for this Remembrance Day Ceremony, and in order to facilitate the closure of the Park, the Veterans Way portion of Franklin Street will be closed from 5AM until the Ceremony has been completed. Residents and businesses are being asked to not park in this area during this time. No parking signs will be placed along Veterans Way on the Monday prior to the ceremony and everyone's cooperation is being requested.

Those purchasing wreaths who still wish to have them placed at the Cenotaph may do so once the Cenotaph Ceremony has been fully completed and all invitees have departed from Memorial Park. These additional wreaths will have to be picked up at the local Legion Branch no later than November 10 since they will not be available at the Cenotaph as they have been in past years. A Poppy box will also be placed in front of the Cenotaph for those wishing to place their Poppies once the Cenotaph Ceremony has been fully completed and invitees have departed.

For any further details, please call the Carleton Place Legion Branch 192 at 257-1727.

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Crafted in Almonte, Ontario

# Holiday is Here!

## Chocolate gifts to spread good cheer!



**Open 7 Days a Week!**  
**Hummingbird Chocolate Maker**  
 Visit our shop in Almonte at 9 Houston Drive  
**Mon - Sat 10am-5pm & Sunday 11am-5pm**  
[hummingbirdchocolate.com](http://hummingbirdchocolate.com) | 613-801-0357

# Shop Local in Perth

## Thank You For Supporting Our Small Businesses In Perth!


Restaurants offering indoor dining, take out and soon several will be available on Valley Eats.

Stores offering in store shopping, online shopping and specialized appointments when available.


BIA Gift Certificates are great gifts for family, friends, co-workers or staff this holiday season. Available at the Town Hall, The Perth Museum and by calling 613-264-1190.

Visit The BIA Website to see our extensive restaurant and retail listings.

[DOWNTOWNPERTHBIA.CA](http://DOWNTOWNPERTHBIA.CA) | 

Downtown Perth BIA GIFT CERTIFICATE **SAMPLE**



**EAT · SHOP · STAY ON THE TAY**