

OCTOBER 2013

# the Hum

free

Arts,  
Entertainment  
& Ideas



p.28 & 29

October's Events



p.7, 16, 19, 22 & 32

Fall Studio Tours



p.4

The Sexy Side of Nature



p.24

Mudds Youth



The Art of Cheryl Poulin p.3



**Autumn: The Decorating Season Begins!**  
Valley-Design Co. has your colours.



**Valley**  
DESIGN CO.

22 Lake Avenue East, Carleton Place

**257-1197**

proprietors: Donna & Paul Sorlieet  
Amber Robillard

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







"That was the ever-popular 'Thud! Thud! Honk!'... which, as you may know, inspired this next little number – 'Honk! Honk! Thud!'"

## Readers Write

Summer turns to Autumn  
The vestiges of summer have been stripped away,  
Leaving only tattered shreds behind.  
Valiant remnants of sunnier days,  
Now morphed into the transient shades of autumn.  
The relics of summer have been gathered up  
And woven into a carpet of fallen leaves.  
Summer has lent her gentle graces  
To the vibrant airs of fall —  
The lines between them blurred,  
So that it's impossible to tell where  
The one begins and the other ends.  
— Ilana Reimer

*Let us be grateful*

*to the people who make us happy;  
they are the charming gardeners who make our souls blossom.*

— Marcel Proust

## Who's Reading theHumm



Back in March of 2010, **Bob Boutwell** wrote: "Hi all. **Cathi 'Vanna' Boutwell** displays theHumm at Lanark Village, Florida."

## Who's Reading theHumm



In August of 2011, **Arlyce Schiebout** (a resident of suburban Balderson) wrote: "Greetings, Humming people: I am standing next to a bronze statue of a white rhinoceros in the Hluhluwe Imfolozi Park, Kwazulu-Natal Province, South Africa. I was in South Africa to participate in the 2011 World Methodist Council and Conference."

Piglet noticed that even though he had a  
Very Small Heart,  
it could hold a rather large amount of  
Gratitude.

— A.A. Milne, "Winnie-the-Pooh"

## International Scrap-to-Art Contest

*Half of humanity lives in waste, or is at risk of having their water and air contaminated by nearby landfills and resource depletion.*

— The Construction Resources Initiatives Council

The United Nations Environment Programme and many others warn that economic growth and social development cannot be sustained with our current consumption and production patterns. Despite this, our resource consumption and waste production is growing at an alarming rate.

The Construction Resources Initiatives (CRI) Council believes that by integrating stakeholders and making better decisions early in the design/build processes, we can dramatically reduce our overall volume of construction waste. They contend that it is theoretically possible to reuse, recycle, salvage, reduce or recover for energy over 95% of all construction and demolition "waste", thereby removing it from the industrial, commercial and institutional stream, with an integrated design approach.

They are confident that by providing integrated, non-partisan guidance and support to all stakeholders, they can encourage resource-efficient decisions around building and product design, construction or delivery practices and policies. The CRI Council is an inspired group of professionals who inspire vision in others to take their first steps on the Zero Waste journey.

The CRI Council's first step is to address the building industry's wasteful trends. Their initiative is non-partisan and led by members of the design and construction sectors. They see "waste" as a resource and ask for a fundamental rethinking of how the industry deals with it. Their **Mission 2030** is a call to action for the global building industry — an undertaking to eliminate construction, renovation and demolition waste sent to landfill by 2030. For more details on the CRI Council and Mission 2030, visit <cricouncil.com>.

### International Art Contest

In an effort to integrate the building industry with the art community to raise awareness of Mission 2030 and the importance of collaborative creativity, the CRI Council announces a global **SCRAP to ART** contest for 2014, aimed at all people over the age of 18. Art categories include: Wearable, Residential, Commercial, Industrial and Landscape. Confirmed judges include: Rosanne Bélanger, artist; Douglas Cardinal, architect; and David Newman, president of ISWA. The full contest details and schedule will be officially announced as part of the Ottawa Architecture Week events.

The public is invited to attend a launch and silent auction on October 2 at St. Brigid's Centre for the Arts (310 St. Patrick Street in Ottawa) to learn more about this initiative. For more information, call 795-4632 or email <info@cricouncil.com>.

www.thehumm.com



119 Bridge Street, PO Box 1391  
Almonte ON K0A 1A0  
Phone: (613) 256-5081

### Editor:

Kris Riendeau  
editor@thehumm.com

### Layout and Design:

Rob Riendeau  
rob@thehumm.com

### Advertising and Promotions:

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

### Assistant Editor:

Rona Fraser  
rona@thehumm.com

### Calendar Submissions:

calendar@thehumm.com  
theHumm is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, Smiths Falls, Burnstown, White Lake, Renfrew, 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.

**Deadline for ads & content: the 22<sup>nd</sup> of the month prior to publication**

### Subscriptions

cost \$35 (includes HST) for one year (12 issues). Send a cheque with your name and address to: theHumm PO Box 1391 Almonte ON K0A 1A0  
Opinions and information published in theHumm in letters, press releases, or individual columns do not necessarily reflect the opinion of this newspaper. All writing, artwork, and photographs published in theHumm are copyright to the author, or to theHumm in the case where no author is specified. Reprinting any content without permission violates copyright and is prohibited (and despicable!).

### Thanks this month to:

**Martin Beauseigle** from House ReBorn <housereborn.ca>, and **Scott MacLaren** and his painting crew, for restoring our porch at 119 Bridge St. to its former glory, just in time to be a stop on the Crown & Pumpkin Studio Tour!



# Cheryl Poulin – A Sparkling Bubble of Creativity

Cheryl Poulin's infectious enthusiasm for art exacerbates my writer's tendency to overdo it on the adjectives. The woman bubbles with happiness as we sit in her home studio in a relaxing rural setting in Dunrobin. It turns out that "bubbles" is an apt choice of words; she tells me that she loves circles.

by Sally Hansen

The profusion of art visible in her studio and home reflects her current passion for bold mixed media abstracts, and I do indeed spot circles in many of them. Her canvases glow with a strong life force and exhibit a playful spontaneity. She embraces colour and texture and exhibits a fearless spirit of artistic adventure. As she describes it, "I show up every day and dance in the moment."

Poulin's art spans the gamut from craft to art, and she doesn't concern herself with the issue of where one ends and the other begins. If it expresses creativity from the heart, it is art. In addition to her abstract acrylic and mixed media paintings, she develops decorative and tole painting projects for well-known publications like *PaintWorks*, published by All American Crafts Inc. of New Jersey. Their 2012 Holiday Issue contains her detailed instructions for making a trio of angel ornaments she designed, and the August 2013 edition contains instructions for her functional Dragonfly Coaster Set painted in acrylics. She shows me the large, striking mixed media work that inspired her design. As a result of all the strong positive feedback it garnered, she decided to transfer elements of her art piece into a functional setting.

By the time the interview is complete, I realize that Poulin's variety of painting styles is consistent with her fortuitous discovery that creativity is her vehicle of choice in her journey to discover her true nature. It has been and remains a joyous and endlessly rewarding journey.

## A Crafty Artist

Always a doodler, Cheryl remembers being fascinated with arts and crafts from her earliest days, playing with scraps of coloured paper in her crib.

As a teenager she instinctively relied on creativity to deal with a complicated family situation, and she confesses to cutting classes during her first year of high school. She and a friend hung out in art galleries — a wiser choice than many of her other options, and one that opened her eyes to future possibilities. The family moved from Montreal to Toronto during the FLQ crisis in 1973, and Poulin is flawlessly bilingual.

A series of boring jobs saw her promoted to manager in an insurance payment processing company, but she hated what she did. Fortunately her husband was flexible and in 1990 they decided to get off the Toronto treadmill and move to Dunrobin. The rural setting was exactly what she needed, and they both continue to thrive in their relaxed, verdant setting. It is the purrfect location for her studio — Earmark Purrductions Creative Studios — named for their cat with a notch in his ear.

Always attracted to the arts, Poulin's transition to becoming an artist began in earnest when she attended decorative and tole painting classes at the former Painted Pony Decorative Arts studio in Stittsville. It was a natural fit with a natural talent, and within five years she became an instructor herself. Today

she produces a line of pattern packets and offers decorative painting lessons for all skill levels.

Cheryl credits visual artist Renée DesChamps of Stittsville with the OMIGOD revelation that propelled her headlong into her love affair with mixed media. In her words, "I thought 'This is so cool.' I struggled along and decided to try to have fun and trust my intuition." It was an epiphany that led to Cheryl's other deep involvement with art — sharing her methods for awaking the artistic creativity inherent in each of us. She describes it this way: "I love helping people do art because I know how good it feels; I want it for them."

Fun is Poulin's principal weapon in her arsenal against roadblocks and negative thinking. By providing a stress-free, non-judgmental, experimental environment in her classes, she empowers participants to explore their artistic potential and discover new possibilities and directions. Her website advertising for her mixed media workshops is explicit:



"These are workshops for trying various techniques and experimenting with different approaches to making abstract or non-representational art... You don't need any experience in art at all to come and explore a new way of expressing yourself that's uniquely yours." The testimonials certify that her cooking talents are on a par with her artistic and teaching skills — the excellent lunches are mentioned frequently.

The best way to explore Poulin's full range of artistic interests and activities is to spend some entertaining time on her highly informative website at <earmark-studio.com>. There are over fifty tabs to choose from, including galleries featuring her own and visitors' artwork, a decorative painting blog, and even explicit instructions for DIY home projects. When I clicked on the bottom link I discovered that Cheryl designs and builds websites in partnership with her husband Frank Farrell. This woman bubbles with energy, creativity, and enthusiasm.

Cheryl Poulin is a member of Ottawa Mixed Media Artists, the Society of Decorative Painters and the West Carleton Arts Society, where she also is serving as President. Poulin's art will be on display at the WCAS's "Expressions of Art 2013 Fall Art Exhibition & Sale" during Thanksgiving Weekend at the Carp Agricultural Hall, 3790 Carp Road. The Vernissage takes place Friday evening, October 11, from 7–9PM, and the show continues Saturday and Sunday from 8AM to 4PM both days. For further details, visit <westcarletonartsociety.ca/expressions-of-art>.

Until the end of November some of Cheryl's artwork is on display in the waiting room at the West Carleton Family Health Team Clinic at 119 Langstaff Drive in Carp. For any enquiries or to schedule a visit to Earmark Purrductions Creative Studios at 3152 Stonecrest Road in Dunrobin, you can contact Cheryl at 832-4099 or through her website. If you don't have fun, you may be due for a tune-up!





**S+ Francis**  
HERB FARM®

Providing natural remedies from the finest quality herbs. St. Francis Herb Farm is located in Combermere, Ontario.

**Stay healthy ...naturally**



available at



**106 Wilson St. W. Perth, ON**  
613.267.5409

Mon-Thurs 8am-8pm Sat 8am-6pm  
Friday 8am-9pm Sun 9am-6pm

**a different kind of food store**



WHO Cheryl Poulin

WHAT Mixed Media Artist, Decorative Painting, Creativity Facilitator

WHERE Earmark Productions Creative Studios, 3152 Stonecrest Road, Dunrobin, 832-4099, <earmark-studio.com>

WHEN Thanksgiving Weekend, Oct. 11-13, West Carleton Arts Society "Expressions of Art", Carp Agricultural Hall, <westcarletonartsociety.ca/expressions-of-art>

WHY "When I just let go and have fun with my art, that's when I connect to my true nature."

· ARTIST · TRADING · CARD ·



Photos and a talk by renowned naturalist Michael Runtz will be featured at this year's Mississippi Madawaska Land Trust Conservancy Gala, taking place on November 8

Need 'em... need 'em... got 'em...  
Clip and save the Artist Trading Card  
All the cool kids do it!

10<sup>th</sup> Annual

STITTSVILLE



ARTISTS STUDIO TOUR

October 19 & 20, 2013

10AM-5PM

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

## The Sexy Side of Nature

Nature wears many faces.

She can be beautiful. She can be graceful. She can also seem uncaring and even harsh. But Nature also has a very sexy side to her. Join Michael Runtz for an intimate and highly visual look at the fascinating mating rituals of animals. From love songs to sexy perfumes and nuptial gifts, animals use many means to meet that special someone.

The Mississippi Madawaska Land Trust Conservancy invites you (and maybe your special someone) to a fundraising gala dinner on Friday, November 8, at the Almonte Civitan Club. Michael's presentation will be the highlight of the evening, which will also feature a silent auction offering a wide range of useful and interesting items, with an emphasis on services, ranging from weekends in the woods, to private gourmet dinners, to guided walks.

Michael Runtz is one of Canada's most highly respected naturalists, nature photographers and natural history authors. Eleven best-selling publications offer evidence of his passion, knowledge and stunning photography. His infectious and enthusiastic teaching style attracts thousands of students annually to his Natural History course at Carleton University, for which he has received awards for teaching excellence from students and peers alike. But nowhere does Michael feel more

at home than in the natural world itself — howling with the elusive wolf, digging out salamanders from under a rotting log, luring in rutting moose with his skillful calls, or capturing speeding dragonflies with his net. His rich personal encounters with nature provide enlightening and highly amusing anecdotes for his listeners.

The Mississippi Madawaska Land Trust conserves exceptional natural spaces for future generations, including High Lonesome Nature Reserve, Blueberry Mountain, and Rose Hill Nature Reserve. MMLTC is legally required to care for the properties for 1000 years, and all proceeds from this fundraising event will be used to do that.

The gala begins at 6PM, with dinner served at 7. Dress is Gala Natural (i.e. polish your hiking boots or dress to the nines). The Almonte Civitan Club is located at 500 Almonte Street (Wolf Grove Road). Tickets are \$30, cheque or cash only, available at Hello Yellow in Almonte, Read's Book Shop in Carleton Place, Village Treats in Lanark, Shadowfax in Perth, Pakenham General Store, and Arnprior Book Shop. For your convenience, you may also call 278-2939 to reserve tickets for pick-up at the door or to request special dietary requirements. Deadline for ticket purchase is November 1, but seating is limited, so buy your tickets early!

Everyone welcome!

NUDES roaring back!

All will be revealed.

October 9, 2013 7:00PM

Almonte Old Town Hall Auditorium

Communities in Bloom  
People, plants and pride...  
growing together  
2014  
calendar  
photography by Robin Andrew



# New Season of Blues Leaves You Anything But!

Now that the Acoustic Blue Monday summer series at The Cove Inn in Westport has drawn to a close, it's time to look forward to the return of the **Blues On The Rideau** (BOTR) full-band series. This will be the 9<sup>th</sup> year for what has become one of the most popular Blues Series in Canada.

The first BOTR show takes place October 25 with boogie-woogie piano man David Vest from Victoria, BC, coming to town backed by a great band from Toronto. From then on there will be one show a month right through to May (except in December).



Photo by Jim Dorothy

Boogie-woogie piano man David Vest comes all the way from Victoria to kick off this year's Blues on the Rideau series in Westport

James Doran, president of Choose The Blues Productions and organizer of BOTR, says he is very pleased with this year's line-up. "The 2013/14 season features a great mix of some of Canada's best blues bands. All the acts are Maple Blues and/or Juno Award winners/nominees. There's young talent along with seasoned veterans, popular returnees and new bands who've never played BOTR before. And this year two acts are coming from western Canada — piano man David Vest from Victoria in October, and Boogie Patrol, a hot young soul/funk/R&B band from Edmonton, in February."

As in the past, all BOTR shows are fundraisers for different Westport charities. To date, over \$45,000 has been raised. This year's goal is for another \$5,000.

Most BOTR shows will be for one night only (except for the David Rotundo Band in May), and are usually on Friday nights (except for Boogie Patrol, which is on Saturday, February 15). There is a chance that some Saturday dates may be added for some of the other bands as well, but that will depend on the number of early advance reservations.

For the third season in a row, despite higher costs and inflation, the price for these nights is staying the same — \$60 (plus HST) — which includes a delicious all-you-can-eat buffet served up by The Cove, a great live show, dancing, and a donation to charity. Being able to hold the price steady is due in part to the support of their new sponsor: Dan Aykroyd Wines <danaykroydwines.com>. 101.9 DAWG FM Ottawa <dawgfm.com> also continues as a sponsor. The BOTR crew is very grateful for the support of their sponsors.

To quote Doran, "when we started Blues On The Rideau nine years ago, our goal was to provide great live blues in a friendly, intimate setting (where the blues is best enjoyed), and combine it with a delicious meal, to entertain people around here through the long winter months. We wanted to showcase the best possible talent (mainly Canadian), raise money for worthy causes, and keep the price reasonable so people could afford to come — all of which I believe we have done. We had no idea then that it would grow into a 7-months-a-year thing, attracting visitors from as far away as Toronto, Montreal, Pennsylvania and beyond, or that it would last for nine years! But we're very glad it has, and we look forward to another fabulous season."

Better get out your calendars and note down the other shows taking place this season: The 24<sup>th</sup> Street Wailers <the24thstreetwailers.com> on November 15, Rick Fines and Suzie Vinnick (with band) <rickandsuzie.com> on January 10, Boogie Patrol <boogiepatrol.com> on February 15, JW-Jones Band <jw-jones.com> on March 14, The Hogtown Allstars on April 18, and last but not least, for two nights, the David Rotundo Band <davidrotundo.com> on May 9 and 10. For full details and links, visit <bluesontherideau.ca>.

As part of the Acoustic Blue Monday wrap-up and Blues on the Rideau ramp-up, a draw was held for two fabulous prize packages. Anyone who submitted a comment card while attending a summer concert was entered, and the winners were Frank Condelli and Rita Alanen from Almonte (who won a two-night getaway at The Cove), and Todd Williams from Kingston (who won dinner and a show for two during this year's BOTR season). Frank was delighted to win the big prize, and writes: "we are excited especially because we like going to the Cove for the Blues on the Rideau concerts. We have been there to see David Rotundo, Treasa Levasseur and Morgan Davis, to name a few, and these shows were fabulous. The dinners are excellent and the venue is superb, with seating that allows an up close and personal connection with the performers. It sure is an ideal set-up they have going there, well worth the effort to go."



## In Memory of Adrianna Steele-Card

The Ottawa Valley arts community was deeply saddened by the sudden loss of artist and Peace of Mind Creations gallery owner Adrianna Steele-Card this past spring. Recently, a commemorative bench was installed at the Mill of Kintail conservation area <milllofkintail.com>, in Adrianna's memory.

Adrianna's husband Dave Card writes:

"I was quite overwhelmed when I heard that my dear old friends Reva Dolgoy and Sandi Jones had decided that they wanted to purchase a custom commemorative bench in my wife Adrianna's memory. They asked me where I might want to put it, so I thought back to earlier days when we used to go for long walks with our dogs at the Mill of Kintail. These will always be warm and peaceful memories for me. The bench is located down beside the museum with a pleasing view of the river. It would be important to Adrianna for people to drop by and say hello to either her or any other person that has gone on before us. Her love of nature and people was inspiring, and the bench, with the sentiment behind it, is appropriately placed.

"Please give generously to this lovely conservation area. Thank you to everyone involved."

Dave also notes that a large piece of Adrianna's art was recently donated to the eighth floor of the Almonte General Hospital, where it hangs just near the elevators. This particular floor hosts both very ill people and people just being born, so Dave feels that it too is appropriately placed.



100 CedarCove Rd • White Lake, Ont  
613-623-3133



**CEDARCOVE**  
RESORT

Invites you to the *Lakeside Bar & Grill*

White Lake's newest destination for great food, warm atmosphere, and wonderful lakeside scenery.

Come out and enjoy **Fish Fridays, Schnitzel Sundays and Wing Mondays.**

Go to [www.cedarcove.ca](http://www.cedarcove.ca) for our menu.

We also provide outstanding packages for groups as large as 60 people. Book your Christmas Party, Corporate Event, or Club Get Together now!

Hours of Operation: Thurs. Noon-8PM • Fri. Noon-9PM • Sat. 9AM-9PM • Sun. 9AM-8PM • Mon. Noon-8PM



# Folkus Hits Lucky 13

## No Triskaidekaphobia Here!

Folkus, Almonte's roots music series, has reached the charmed age of thirteen. And while some folks fear the number, for us it's a lucky one. Since the beginning, folkus has had a goal of presenting the best of Canadian talent to a hometown audience, and this season promises to be auspicious. Our artistic director, Amanda Sears, is favouring us with stellar a mix of roots music. Were we born under a lucky star?

Our season opens November 30 with **Jason Collett**. While Collett is perhaps best known for his work with Broken Social Scene, his solo material is equally compelling. Hooky, poppy, flexible... Collett is known for off-the wall collaborations and for inspiring players to reach new levels. We can't wait to see what he brings to Almonte.

January greets the new year with the sweet sounds of **The Strumbellas** on the 18<sup>th</sup>. If you didn't get to see Mumford and Sons live this summer, don't worry. The Strumbellas bring that same sense of chained acoustic energy to their live show, bringing a strong songwriting sensibility and big hooks to traditional acoustic material. Moving from anthemic choruses that dare you to sing along, to delicate and tender strains, the Strumbellas promise to move you.

Haunting — the way a loon haunts a lake — **Evening Hymns** will bring a little woodsmoke and mystery to the hall on February 22. This could be called cottage music — the band draws inspiration from shadows under the trees, the crunch of snowshoes, and the crackle of a bonfire, but it's introspective rather than singalong. A spare guitar-and-bass sound, with intertwining male and female vocals, the music — like that loon — will stay with you for quite a while. Evening Hymns have recently



Broken Social Scene's **Jason Collett** kicks off the 2013/14 Folkus Concert Series in Almonte

joined the roster at Ottawa's Kelp Records, and are touring Europe. This should be a special night.

We will mark the end of winter with a great double bill on March 22, featuring Ottawa's **Dusty Drifters** and Winnipeg's own **Sweet Alibi**. The Dusty Drifters have anchored many an evening of bluegrass at Irene's and say their music is good for campouts, swimming holes, festivals, and late late nights. Their tight playing and sweet harmonies are sure to set you humming. Sweet Alibi, who graced the Cedar Hill Schoolhouse this past August, is an all-female trio whose material ranges from old-school R&B to Appalachian crooners.

All concerts are on Saturday evenings at Almonte's Old Town Hall. Showtime is 8PM; doors open at 7:30. To ensure you get in to see these four fantastic concerts, be sure to buy your series pass early. They will be available in advance of singles, as of October 1, and are \$100. Purchase them at <folkusalmonte.com>, at Mill Street Books in person, or by phone at 256-9090. Individual concert tickets will be \$30 per show (\$12 for students), available from November 1<sup>st</sup> onward at Mill Street Books or at the door on the day of the show. To guarantee a seat at concerts that are expected to sell out quickly — and to save \$20 — the series pass is the way to go. So call your friends, mark your calendars, and join us in downtown Almonte for great tunes and a great series!

— *Sandy Irvin*



Representing Canadian artist **Horst Maria Guilhauman** in originals, giclées and prints.

### HMG Studio/Gallery

13 Wieland Shore Rd. Lake Clear (near Eganville, Ontario)  
Bonnehochere Valley Township

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

[info@hmgstudiogallery.com](mailto:info@hmgstudiogallery.com)

**SPECIAL HOURS OCTOBER 5 & 6, 2013 10AM-5PM**  
Other hours by appointment 613-754-2939

**Prior Players** present **Ken Ludwig's**

# Leading Ladies

*You won't want to miss this amusing and hilarious performance!*  
*An opportunity to inherit millions tempts struggling male thespians to do unimaginable things!*




**Performances**  
Friday Nov. 8 at 7:30PM  
Saturday Nov. 9 at 7:30PM  
**Matinée** Sunday Nov. 10 at 2PM  
Friday Nov. 15 at 7:30PM  
Saturday Nov. 16 at 7:30PM

Performances take place at  
the Christian Education Centre, 257 John Street North, Arnprior  
For information contact 613-623-5585 or [priorplayers@gmail.com](mailto:priorplayers@gmail.com)

Tickets can be purchased at:  
Bonnie Jane's Scones • 148 John St. N. • 613-623-0552  
Arnprior Bulk Foods • 135 John St. • 613-623-8772

Like *theHumm* on FACEBOOK!

**Bax & Chung**



Perth Performing Arts Committee

*ppac*

**Bax & Chung**  
Piano Duo  
Friday, October 18, 2013  
7:30PM

**Jesse Peters**  
Jazz  
Friday, November 15, 2013  
7:30PM

Mason Theatre  
at  
Perth & District  
Collegiate Institute

TICKETS PLEASE at Jo's Clothes 39 Foster St., Perth  
613-485-6434 • [www.ticketplease.ca](http://www.ticketplease.ca)

Sponsors: Lake 88.1 – Media Partner, CIBC Wood Gundy – Moe Johnson, Coutts & Company, Foodsmiths, North Lanark Veterinary Services, Maximilian Dining Lounge, Kelly's Flowers and Fine Things, Lionel Pauze Piano Tuning, Camp Otterdale, Jo's Clothes, Heide Gibbs



# Perth Autumn Studio Tour

It is hard to believe, but yet another year has passed and the **Perth Autumn Studio Tour** is celebrating its 21<sup>st</sup> anniversary this Thanksgiving weekend, October 12–14. In preparation, many local (and guest) artists have spent the last few months hunkered down with their tools, skills and inspiration, creating some of the fabulous new work that you will see on this year's tour.

Visiting the studios has become a highly anticipated Thanksgiving tradition for many art and craft enthusiasts from near and far. Recognized for its diverse, high-calibre selection of work and the gorgeous setting of Brooke Valley where the tour is centered, the Perth Autumn Studio Tour is a wonderful way to spend a day over the long weekend, admiring and collecting some of the best local culture available.

The tour provides a terrific opportunity to see and purchase distinctive, beautiful objects direct from their makers, to see the artists' working spaces and ask questions about their creative process, and to wander around some of the most charming, beautiful gardens and grounds in the area — all set against the backdrop of peak autumn colours.

The tour this year offers much to enthrall, to entice and to learn about. It is always interesting to discover the different ways artists manipulate the materials they use — developing through their practice a vision or style that is distinctly theirs. Having the opportunity to ask artists about their creative process can bring a story to the objects you encounter and potentially

purchase. With seven studios to visit and 22 artists to talk with, there is much to discover about the lives and work of the makers.

A gamut of gorgeous tableware and imaginative sculptural objects by potters Rita Redner, Anne Chambers, Gangnier-Ross and Susie Osler will be found in four of the studios. Diverse, rich palettes and the employment of a variety of hand-building and wheel-throwing techniques make each artist's work very much their own. Specific bowls made by the potters will be available at studios 2, 3, 4 and 5, as part of the Empty Bowls fundraising campaign, started here in Lanark County thirteen years ago by former tour member/potter Jackie Seaton. The campaign raises thousands of dollars each year for local organizations working towards greater food security in the area.

Local landscapes, portraits and abstract expressions feature in work by many artists this year. It is interesting to see the different ways the surrounding environment inspires an artist's work. Look for the wonderful work of printmaker Franc van Oort, painters Catherine Orfald, Wayne Williams, Gary Barr, Karen Phillips Curran and Suzette MacSkimming, batik artist Sarah Hale, and acrylic window artist Lynette Chubb, to illustrate the wide range of styles, technique and materials used in 2D forms.

Speaking of the influence of landscape... John Schweighardt's elegant, carved stone pieces and Paulus Tjiang's colourful, blown-glass work may make you look at stones and sand — such char-

acteristic components of Lanark's rough beauty — with fresh eyes.

If woodwork strikes your fancy, drop in to see the work of the five artists/designers on the tour who each use wood in totally different ways: the masterful canoe-building of Brent Kirkham, funky furniture by Flook D. Doo, turned objects and furniture by Dunn Sohn, Scott Dobson's striking garden ornaments and fences from cedar rails, and the timeless, meticulously-crafted contemporary furniture of Heidi Earnshaw. They all bring attention to the intrinsic beauty of wood.

For those of you looking for wearable art, you might want to cozy up to Heather Sherratt's handwoven garments, pin to it a gorgeous brooch by Stephen Clark, and pick up a funky handmade bag from Anais Fritzlan to carry some of your purchases!

People can also enjoy the opportunity to explore public art, situated directly within the landscape, at Fieldwork, across the road from Studio 2. Art installations by numerous Canadian artists are located in the field and in the forest beyond. Find more information at <fieldworkproject.com>

Thanksgiving usually involves abundant, great food, and the **Harvest Lunch** held at the Brooke Valley School does not disappoint. Homemade delicacies (includ-



Works by boat-builder Brent Kirkham will be among those found on this year's Perth Autumn Studio Tour

ing gluten-free options) and hearty meals, made by many community members using lots of local food, are available each day of the tour, from 11:30AM to 3:30PM. Proceeds go to funding this special independent school at the heart of the community.

An additional perk again this year is the draw to win a \$200 shopping spree in one of our artists' studios. Ballots will be available in each of the studios. There is something to satisfy all tastes, desires and budgets this year on the Perth Autumn Studio Tour. For more information about participating artists and for a downloadable map, check out <perthstudiotour.com> and "like" us on Facebook. Look for brochures in many locations across Eastern Ontario, including Riverguild Fine Crafts in Perth (267-5237). Tour hours are 10AM to 5PM each day. Please note that not all studios have VISA or debit.

## Local Food and Whodunnit for REAL

The Rideau Environmental Action League (REAL) is combining a local food **Harvest Dinner** with a **Murder Mystery** performed by local actors, for a special evening out on Saturday, October 26, at the Smiths Falls Curling and Squash Club.

Joanne Edwards, Executive Chef of The Cove in Westport, is composing a fabulous fall feast featuring foods grown and produced in Lanark, Leeds and Grenville, and the Smiths Falls Community Theatre will challenge diners to solve a murder mystery set at a fall fair...

The Smiths Falls Community Theatre will challenge diners to solve a murder mystery set at a fall fair...


REAL is genuinely sorry that they will not be able to offer their annual Christmas concert by the Central Band of the Canadian Forces, as for many years the concert had marked the beginning of the Christmas season in Smiths Falls. The band members always enjoyed the warm welcome they received here.

The concert was REAL's major fundraiser of the year. "We hope everyone will translate their support for the concert into support for the dinner," said Barb Hicks, REAL past president and chair of the dinner committee. "Funds raised will support our many local environmental projects."

Tickets for the Harvest Dinner and Murder Mystery Evening are \$50 (which includes a charitable receipt for \$15), and are available at the REAL Deal, 85 William Street West in Perth, from Thursday through Saturday, or by contacting Barb at <dicks11@cogeco.ca> or 283-9966. For more information, including the proposed menu, see REAL's website at <REALaction.ca>.

Chef Jo's buffet dinner will include smoked trout, sausage, turkey, pork and goat, along with vegetables in many styles, sourced from farmers and producers in the region, many organic. Dinner will be topped off with the best of fall cuisine — homemade apple and pumpkin pies. Gluten-free diners will be pleased to know the whole meal will take their choices into account.


Several actors from the Community Theatre will engage with diners throughout the evening, dropping misleading hints, answering questions and providing tips that lead to solving the murder by dessert! Doors open at 5:30, with a social hour from 6–7PM, and dinner at 7PM.



26 invited ceramic artists from Ontario and Quebec

260

FINGERS



Glebe Community Centre

175 Third Avenue Ottawa

Opening Party - November 8 from 6 to 9 pm

November 9 and 10 from 10 am to 5 pm

exhibition and sale ~ free admission ~ info: 613 256-6522 ~ www.260fingers.ca





An illustrious illustrator from Perth  
 Of funding, did possess a dearth.  
 So he turned to Kickstarter  
 Where with books he will barter.  
 Help him out — he's not asking the Earth!  
*(our words, not his — he's far more modest and a better rhymers)*

## A Tale of Two Stories

Actually, this is the tale of 29 stories, which an illustrator (with quite an illustrious past) who recently moved to Perth is trying to get published into two books for young people. Being a creative type, Gerry Capelle has turned to Kickstarter in an effort to finance the project through the relatively recent phenomenon of "crowd funding". His campaign can be found in its entirety at <kickstarter.com/projects/1313223544/two-books-29-stories> — a rather long URL, I know, but lots of fun once you get there!

First off, you are invited to watch a compelling short video featuring Gerry as well as narrated excerpts from several of his stories. The two career notes he mentions — cartooning for *National Lampoon* and storyboarding for the TV shows *Arthur* and *Rugrats* — were impressive enough to send me searching for his full bio, which I found on his website at <gcapelle.com>. I found it interesting that his cartooning credits took me back to my own misspent youth (*National Lampoon*, *Heavy Metal* and *RAW Magazines*), while his TV animation credits read like a who's who from when my kids were little (*Beetlejuice*, *Magic School Bus*, *Richard Scarey*, *Madeline*...).

So now that you know this is no Johnny-draw-lately you're dealing with, I invite you to take a

good look at what Gerry is offering, and to explore the many ways in which you can support his endeavour. You can pledge a little and receive his two books — *Stuck*, for younger kids, and *Wolfgang Pompadour (and other Rogues and Rebels)* for a slightly older crowd — either as eBooks or in soft cover. For a little extra, Gerry will throw a Wolfgang Pompadour t-shirt into the mix (I'm totally going for that one). And if you want to go right to the top, here's how Gerry describes the reward for pledging \$400 or more: "Well, this would be an act of serious faith in these books. I'm scared. I will phone a personal thanks AND doodle in one of the books AND a choice of either an inked caricature of you or of someone you choose OR of a character from the book PLUS two t-shirts. No delivery charge..."

According to Gerry, the writing is complete and the illustrations are almost done, but he needs to get the project underway by the end of October, when he has to go back to work on *Arthur*. The funding period for his Kickstarter campaign ends at precisely 3:04PM on Saturday, October 12, and the project will only go ahead (i.e. the books will only be printed and your money will only be spent) if he receives full funding. For more details, please copy that long URL carefully, or go to Kickstarter and search for "two books 29 stories".

— Kris Riendeau

## St. Cecilia Singers Perform Fundraiser for St. Paul's

The St. Cecilia Singers of Ottawa are an a capella community choir who will be singing in Almonte for our second benefit concert this year in the Valley. We not only love to sing, but also to share our gift with as many people as possible.

My name is Dan Berg, and I am not only the lead tenor and a founding member of the choir, but also a new resident of Pakenham. I have been singing longer than I can remember, as my parents met in the choir of which I was a member until I moved to Pakenham. I'm looking forward to sharing music and cultural experiences in our new community!

This choir is by the far the best of many I have enjoyed over the years, with a truly wonderful vocal blend (which you can sample for yourself at <stceciliasingers.ca>). We sing a mix of old and new, sacred and secular, ensuring that you will find something to entertain and delight you at this benefit concert at St. Paul's Anglican Church in Almonte. So come and join us on Monday, October 21, at 7:30PM for our concert: "Sacred and Secular". Afterwards, come and shake my hand — I'm the long-haired tenor, and I'll be happy to meet you!

St. Paul's is located at 70 Clyde Street in Almonte. Admission is \$20, and the concert is in support of the church's cemetery fund.

— Dan Berg

The leaves are falling...  
 and so will you - for our new blend:  
**HARVEST ROAST!**

**Now brewing!**  
 (or grab a bag to enjoy at home)

Tasting notes: warm  
 spices, earthy undertones,  
 gentle citric finish.

451 Ottawa St. Almonte / 613.256.5960 / equator.ca

## Christmas in the Valley Artisan Show

Are you looking for gifts with *originality, quality and attention to detail*? Then your first shopping destination should be the 25<sup>th</sup> Annual **Christmas in the Valley Artisan Show** where a juried selection of artisans, crafters and bakers will be presenting their work in a relaxed and festive atmosphere at the

**Almonte Community Centre upper hall**, 182 Bridge Street  
 on Friday, November 1 from 1–8PM and Saturday, November 2 from 9–4PM.

Light lunches and snacks by the  
*Friends of the Mississippi Valley Textile Museum.*

Also accepting donations for the *Lanark Animal Welfare Society.*  
 Check their wish list at [www.lanarkanimals.ca](http://www.lanarkanimals.ca).

Free admission and door prize  
 Visit [www.valleyartisanshow.blogspot.com](http://www.valleyartisanshow.blogspot.com) and follow us on Facebook!

## Prepare for the Apocalypse!

We are delighted to be your supplier of the new  
**Zombucks Walkers**,  
 official currency of the apocalypse.

1 oz. 999 Copper Walkers  
 \$4 each  
 1 oz. 999 Silver Walkers  
 \$30 each

Reserve yours today  
 While you still can!

**Alliance Coin & Banknote**  
*"Where the World's Coins Are Bought & Sold"*  
 88 Mill Street, Almonte  
 613-256-6785 [www.alliancecoin.com](http://www.alliancecoin.com)



# October Offerings in Mississippi Mills

I love my job. I really do. It's what I was made for!

To be the official spokes-puppet for Mississippi Mills is my destiny and when I see my picture on the garbage cans all over town, I know that I truly belong in this place. You *like* me! And what could be better than having a job where you get to tell everyone what's going on every month?

Here it is October — clear crisp days, fall colours, Thanksgiving, football, Halloween, a harvest moon — it's my favourite time of year. But wait! EVERY month is my favourite time of year 'cause there's always something going on in Mississippi Mills.

So where shall we start?

by Miss Mills, puppet reporter

If you haven't got the time to go and build a school in Nicaragua with Tom Affleck, founder of SchoolBOX <schoolbox.ca>, you can still help by buying a ticket to the **Friends of SchoolBOX Benefit Concert** on October 4 at the Almonte Old Town Hall. Tom, who grew up in Almonte, has made a big difference for children in and around Nicaragua (where SchoolBOX is located) by helping to make education possible for them. Back in his hometown, Tom has a strong base of support among his many generous friends who will be at the AOTH enjoying a live presentation of Latin music, a silent auction of Nicaraguan handicrafts, and the première video release of the SchoolBOX story. If you're looking for yours truly, I'll be there with the rest of Tom's friends having a good time. Look for me by the cash bar. I'll be the one dancing the merengue.

On October 11, I'll be dancing the polka — this time at the Almonte Civitan Club's annual **Oktoberfest Dinner and Dance**. Not bad for a little puppet with snap-on legs!! For lovers of German food, there will be a Bavarian-style dinner, and I'm hoping for sausages, pretzels, dumplings and Weiner schnitzel. I know there'll be BEER. Oktoberfest began in Munich in 1810 as a celebration of beer, and since then it's become one of Germany's most famous annual events. Since this is the Civitan's 4<sup>th</sup> annual Oktoberfest, we need to do our best to help them keep this event up and running, so call the Civitan Hall at 256-6234 to get a ticket (\$17.50 in advance). Ich danke Ihnen. Doors open at 6PM, dinner starts at 7, and music will be provided by the band Revival.

A great way to see good art and a lot of Mississippi Mills is to do the **Crown & Pumpkin Studio Tour** on Thanksgiving weekend, October 12, 13 and 14. Follow the 17 stops on the studio tour guide and you'll find yourself in Almonte, Pakenham and Clayton. Take a side trip into Blakeney to see the rapids and enjoy the beautiful fall colours along the country roads which join the villages that make up Mississippi Mills. The studio tour is free — unless you find something you can't live without. There will be something to tempt you, I'm sure. All the high quality art and crafts are by skilled local artists. When you need a break, drop into the Almonte Legion for a snack and a cup of tea. For information, visit <crowndandpumpkin.com> or call Barbara at 256-3647.

St Mary's Council of the Catholic Women's League is holding its annual **Fall Tea and Bazaar** at the Civitan Hall in Almonte on October 19 from 1-3PM. You'll be amazed at the treasures these ladies collect for their ever-popular bazaar, and I'll bet you won't be able to leave without buying something baked. Catholic ladies can really bake!

If you're in the mood for some learnin', why not attend the **Almonte Lecture Series**? The October 25<sup>th</sup> lecture has Dr. Bryne Purchase speaking about "Why Catastrophe is Inevitable" and takes place at 7:30PM at the Almonte United Church. "This sounds like a rather forbidding topic," says organizer Don Wiles, "but is

instead a realistic analysis of why things happen. It promises to be an exciting lecture!"

On Saturday, October 26, at the Almonte Old Town Hall, the first of the **Almonte in Concert** series <almonteinconcert.com> will take place: "A Celebration of Song" by the Elmer Iseler Singers. This 20-voice choral ensemble, based in Toronto, is one of Canada's most illustrious professional chamber choirs. The singers bring to life an exciting repertoire that spans 500 years of choral music. Tickets are available from Mary and Terry at Mill Street Books in Almonte and from Aisha at Read's Book Store in Carleton Place. Two of my favourite places! And three of my favourite people!

And finally, looking ahead to November, keep your eyes open for the **Christmas in the Valley Artisan Show** on November 1 and 2 at the Almonte Community Centre <valleyartisanshow.blogspot.com>, the **Handmade Harvest Craft Show** <handmadeharvest.com> on November 2 and 3 at the Almonte Old Town Hall, and the **Valley Players'** production of *Marion Bridge* beginning mid-November <valleyplayers.ca>. This play, written by Daniel MacIvor, is set in Cape Breton and tells the story of three estranged sisters who come home when their mother is dying. Starring Cathy Clark, Tracy Julian and Jennifer Pfitzer, it's directed by Kim Curran. Don't forget to mark these in your calendar and get a head start for November. See you then!

Wow! I'm outta here. I'm way over my word count! I told you there's a lot going on...



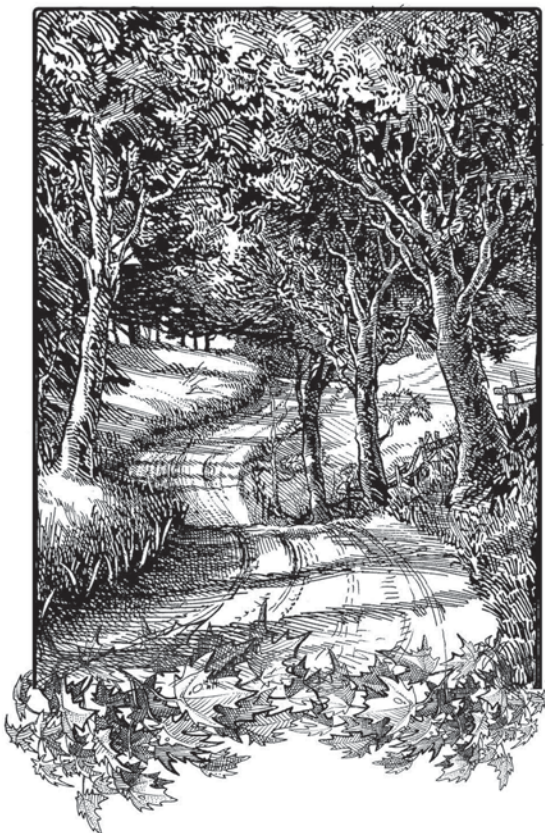
You know you've arrived when they put you on the garbage cans!

The Millstone

An intelligent and informed source of news for Mississippi Mills

FREE

www.millstonenews.com



Artist profiles, images of their work, and a map are available on the website:



## Perth Autumn Studio Tour Thanksgiving Weekend

Oct 12, 13, 14  
10:00 - 5:00

Help us celebrate our 21st anniversary.  
Take a ballot at any studio and you could win a \$200 artist gift certificate!

Featuring many new artists!

Printmaking

Fine Furniture

Pottery

Jewelry

Paintings

Blown Glass

Canoes

Handbags

AcrylArt

Batik

Weaving

Ceramics

Garden Elements

\* Free Admission \*

www.perthstudiotour.com

Phone: 267-5237



# Humm Bits

## Choral Singers — Let Yourself Be HEARD!

Do you love to sing? Almonte in Concert is offering local choristers a rare opportunity to sing with the internationally-acclaimed **Elmer Iseler Singers** and work with Lydia Adams, their conductor and artistic director. A workshop will be held on Saturday, October 26, at 3:30PM, in the auditorium of Almonte Old Town Hall (14 Bridge Street, Almonte). Participants will be learning/rehearsing two of the works (*Here's To Song* by Allister MacGillivray, arr. L. Adams, and *Rejuvenation* by Tobin Stokes) to be performed that evening, in the opening concert of Almonte in Concert's 2013–14 season. The fee for the workshop is \$20, and the cost to participate in the performance and perform alongside the Elmer Iseler Singers is \$30. To register, complete and return the form found at <almonteinconcert.com>. Do not delay since the registration deadline is October 4!

## Special Meeting of the OVMF

The Ottawa Valley Music Festival will be holding a special meeting on Saturday, October 5 at 11AM, at Trinity St. Andrew's Church in Renfrew. The OVMF has had tremendous success through its "Young Performer" programme, which fosters talented local musicians and singers. Many of these performers go on to great success. Former Young Performer Alex Buttle is currently enrolled in the classical music performance programme at McGill University.

Having just concluded its 20<sup>th</sup> season of bringing joyous classical music to theyValley, the OVMF is planning big changes for 2014, and is seeking input from all interested parties. Singers are wanted for the Chorus. Volunteers are needed for the Board.

Everyone is welcome on October 5. For more information, please call Lesley Lancaster at 754-5217.

## Smiths Falls Area Volunteers Needed!

Have you ever thought of volunteering for some local organization but were never quite sure how you could help? Never known just what possibilities are out there? Not sure who to contact?

The Volunteer Search to be held on Wednesday, October 9, is your opportunity to get involved. Many representatives from local organizations will be at the arena looking for different types of volunteers — folks interested in getting involved in everything from search and rescue to theatre, from health organizations to LAWS. Drop in from 2-4PM or 5:30-7:30PM at the Smiths Falls Memorial Community Centre on October 9 to see what volunteering opportunities are available.

Volunteering is good for you — both mentally and physically — as well as being good for the community. All of these opportunities provide challenges, as well as chances to meet new people, to learn new skills, and to improve the life of the community. And most of all — they need you. For more information, contact Nancy Berthiaume at 613-800-1938 or email <hambert99@aol.com>.

## Fall Tea and Bazaar

On Saturday, October 19 from 1-3PM, St. Mary's Council of the Catholic Women's League of Almonte is hosting its **Annual Fall Tea and Bazaar** at the Civitan Hall in Almonte. Visit their Tea Room and shop for arts and crafts, jewellery, dishes, home-baked goods, and books. Buy raffle tickets and spin the wheel for prizes. For information, please call Cathy at 257-8660.

## Trivia for an Important Reason!

Always on the lookout for creative ways to raise money and awareness for an ongoing cause, the Perth fundraising chapter of Lanark Animal Welfare Society (LAWS) has come up with a clever idea — a Team Trivia Event! On Sunday, November 10, teams of up to ten people are invited to the Perth Civitan Club beginning at 1:30PM to compete for glory, bragging rights, and the opportunity to see all proceeds go to LAWS. The cost is \$100 per table, but that's only \$10 per person if you fill your team! There will also be a silent auction with many tempting items to bid on. To reserve tickets, please call Arlene Roach at 267-0003.

## Goulbourn Museum Seeking Vendors

The Goulbourn Museum is seeking vendors for its Old-Fashioned Christmas — Art & Craft Sale on December 1. Information about the show, as well as details on how to apply to be a vendor, can be found at <goulbournmuseum.blogspot.ca>. The museum is a registered charity, and located between Stittsville and Richmond. For more details, call Sue Woodford at 831-2393.

# Unique Yukon Duo to Perform at MERA

The second concert in MERA's new Sunday Schoolhouse Concert Series will feature **Kate Weekes and Grant Simpson**, an inspired pairing of seemingly divergent musical artists from Whitehorse, on Sunday, October 27, at 2PM at the MERA Schoolhouse in McDonalds Corners.

Although Lanark County likes to call singer-songwriter Kate Weekes one of its own, these days it's hard to identify her with anyplace but the Yukon, the territory she's called home for a number of years. Anyone who owns and mushes teams of up to twenty or more sled dogs definitely qualifies as a Yukon girl.

"I mush dogs and play music." This is Kate Weekes' response to the often-asked question "What are you doing in the Yukon?" In the years that have passed since hitchhiking across the country from her home in Eastern Ontario to Canada's North, Kate has found a lifestyle built on exploration and creativity. Kate's songs reflect her drive to question and understand humanity's relationship with nature. On her travels throughout Canada, Kate has been moved to capture the stories of characters she meets along her way and to ponder a sense of place within the varying lifestyles of our country.

Kate released her debut self-titled album in 2007 and has since received national airplay and performed throughout Canada, Japan and China. She is the recipient of the 2007 Beth Ferguson Award, as well as the Mac Beattie Award for being "quintessentially Canadian". Kate has had the honour of performing for the Governor General and is making her mark on the Canadian music scene. Bold guitar playing and thought-provoking lyrics accompany Kate's strong, sweet voice that continues to captivate audiences. In 2011 Kate released the album *Beneath the Yukon Moon* with stride pianist and vaudevillian Grant Simpson. During the same year, she released an album with the fiddle-based trio Home Sweet Home (Keitha Clark and Boyd Benjamin). The album features northern fiddle tunes and original songs.

Weekes and Simpson have spent the past few years building a repertoire that blends folk and swing, as they toured together in BC and per-

formed at the 2010 Nanjing International Jazz Festival in China, and on numerous tours of the Canadian prairies. Their MERA performance will follow close on the heels of a return to Nanjing for the 2013 festival in mid-October.

When they're not touring together, Grant Simpson enjoys directing the famous Frantic Follies at Whitehorse's Westmark Hotel Theatre, playing stride piano, and working hard on behalf of Yukon music. Originally from Nanaimo, BC, he has been a professional musician for over thirty years and has released multiple acclaimed recordings, both solo and with bands like New Orleans North. His first solo CD *Stride and True* garnered rave reviews from jazz publications around the world, and Grant has taken his folk, jazz and blues music from



MERA's new Sunday Schoolhouse Concert Series will feature **Kate Weekes and Grant Simpson** on Sunday, October 27

the Caribbean to Korea and back again!

Simpson's background in traditional jazz, stride piano and vaudeville theatre mix with Weekes' bold guitar playing and strong sweet voice. Together they deliver an upbeat show with smart lyrics, catchy melodies and tight arrangements.

Kate Weekes and Grant Simpson appear at MERA's Sunday Schoolhouse Concert Series on October 27 at 2PM at the MERA Schoolhouse in McDonald's Corners. Advance tickets are \$22 (discounts for MERA members) and are available from Tickets Please at 39 Foster Street in Perth (Jo's Clothes), by phone at 485-6434, or online at <ticketsplease.ca>. Tickets can be reserved at Tickets Please and held for pick-up at the door. For more information, contact 268-2376 or <shakeyacres@hotmail.com>.

# GOLDEN ARROW

PUB & EATERY  
71 FOSTER ST., PERTH  
GOLDENARROWPUB.COM

DOUBLE HALLOWEEN PARTY

LUCY B'S SAT. OCT 26

MATT & ALIDA OCT 31

PRIZES AND SPECIALS ALL NIGHT

Jazz Night

1<sup>st</sup> Sat of EVERY month

Oct. 5 & Nov. 2

with Peter Brown & Guest  
specials all night

For more info or reservations call 267-4500 or goto [www.goldenarrowpub.com](http://www.goldenarrowpub.com)



# Go Nuts! Bike It, Hike It, Plant It

Go Nuts on Sunday, October 20, by lending nature a helping hand while you discover two conservation lands and the road between — on your bike or in your boots!

The Mississippi Madawaska Land Trust Conservancy (MMLTC), the Mississippi Valley Conservation Authority (MVCA), and the Town of Mississippi Mills invite you to bike, hike, walk, or run a route that starts at the High Lonesome Nature Reserve in the Pakenham Hills, and goes to the Mill of Kintail Conservation Area, following the Carbine Trail, planting acorns along the way.

The MMLTC and the MVCA share a long-term perspective regarding conserving important natural lands. Planting oaks (from their acorns), for future generations to enjoy, strengthens this commitment.

“We know mighty oaks from little acorns grow. Oak trees, the kings of the forest, make our landscapes and are huge contributors to the biological health of the forest. They are home to more insects than any other tree and offer food and shelter to birds and animals. What better way to represent the importance of small contributions to significant environmental benefits than through the acorn,” says Howard Clifford, president of the MMLTC.

Registration for **Go Nuts!** starts at 9AM at High Lonesome Nature Reserve, where you'll collect your acorns, then head to the Carbine Trail. This gently sloping 9-km trail down Pakenham Mountain is suitable for mountain biking, walking or running — you choose how you'll travel. At the end of the Carbine Trail we encourage you to continue to the Mill of Kintail Conservation Area for refreshments... and more planting en route.

Shuttles will be available at the end of the Carbine Trail and the Mill of Kintail, to return you (and your bike) to High Lonesome.

Some areas of the Carbine Trail and High Lonesome are rough terrain, suitable for more experienced bikers and hikers. Participants looking for a gentler way to enjoy the day are welcome to start at the Mill of Kintail, where accessible, groomed trails offer a less rugged route. You can choose your route online at <mmltc.ca>, or simply decide at registration.

This event has been made possible through Canon's Take Root Program, a national community tree planting and greening initiative supported by Canon Canada and led by Evergreen. Take Root is in support of National Tree Day. MMLTC has also received a Canon PowerShot camera, which will be used to record this event.

To reach High Lonesome Nature Reserve from County Road 29 in Pakenham Village, turn on Waba Road and drive west for 2.9 km. Turn left on Barr Side Road and drive 1.6 km, take the first left at Carbine Road, then drive 4 km to number 867. For further information and maps, visit <mmltc.ca> or call 278-2939.



The MMLTC invites you to “Go Nuts” and help plant acorns on Sunday, October 20 (photo by Tania Marsh)



## Pumpkin Patch Partners

Successful partnerships are the lifeblood of community initiatives, and Mississippi Mills is no exception when it comes to countless volunteers serving their community.

Again this year, a group of like-minded individuals came together to provide an opportunity for children to have fun by participating in the **Pumpkin Growing & Decorating Challenge**, as part of the annual **Crown & Pumpkin Studio Tour**. The popular studio tour featuring local artisans and held each Thanksgiving weekend, is celebrating its 17<sup>th</sup> season. Tour members Art and Janet Horton enlisted the participation of the Almonte & District Horticultural Society, The Royal Canadian Legion Ladies Auxiliary, and local troops of the Brownies, Beavers and Cubs.

The objectives are to engage young children and stimulate their interest in arts and crafts, to help them to gain a sense of accomplishment and fulfillment associated with growing and decorating their own pumpkins, and to foster their interest in gardening at a young age.

In early May, Horticultural Society president Gerda Fransen provided pumpkin seeds and growing instructions to Brownie troop leader

Christy Bindhardt and Scout troop leader Bill Lawrence.

The Legion Ladies Auxiliary (LLA) were delighted to continue the partnership, in keeping with their ongoing commitment to serve the community at large. The LLA and Branch 240 will serve as the food and refreshment stop throughout the Crown & Pumpkin Studio Tour weekend, and are proud to display the pumpkin contest entries in the Legion Hall. Last year's luncheon received rave reviews from those who attended, and the decorated pumpkins were a testament to the creativity and imagination of the children. More than 200 votes were cast and the children had a wonderful time.

The public is asked to vote for their favourite pumpkins in each group. Voting will take place throughout the weekend. Winners will be announced at 1PM in the Legion Hall on Thanksgiving Monday. Volunteers help make our community strong and vibrant, but they rely on the support of the public to witness, first-hand, the results of their efforts. Please come out and help make this initiative a mutual success.

— Art & Janet Horton

## Humm Bits

### A Walk in Shaw Woods

The public is invited to a “Walk in the Woods” Day on Sunday, October 6, at Shaw Woods — a protected area of old growth forest near Eganville. Five expert guides will lead groups with various interests along the network of trails. Walks include Photographing Nature, Wilderness Survival Skills, a Family Walk, a Leisurely Walk, a Keeners' Walk, and a Self-Guided Walk. The event takes place between 1 and 4PM.

This will be a fundraising event, with \$10 registrations going to the building fund for an outdoor on-site classroom, for which Scotiabank is matching funds through its Scotiabank Team Community Program. The log structure will serve as a learning centre as well as emergency shelter for students and other visitors. Information and preregistration for the guided walks can be found at <shawwoods.ca>.

### Learning in Almonte

This fall, there are two great opportunities to learn about some fascinating material. Don Wiles' Learning in Almonte 2013-14 series gets underway in October with two courses: Carl Widstrand's **The Silk Road** (which starts Tuesday, October 15), and Michael Gnarowski's **Spies as Novelists** (which starts Thursday, October 17). Each course runs one afternoon a week for six weeks.

The Silk Road explores a variety of topics, including geography and history (including ethnography and early exploration); the trade route (what goods were traded for silk, silk's connections to China and the west); the route and invaders of the west (the Huns, the Mongols and others); the route and the spread of religion and disease (Zoroastrians, Buddhism, Nestorians, Islam, the 14<sup>th</sup> century plague); 19<sup>th</sup> century exploration (archaeology, Sven Hedin, Aurel Stein); and the great game (Central Asia, Russia and British imperialism, the present day, and the new silk road).

Spies as Novelists will discuss what is known as “spy fiction”: the curious circumstances that turned real spies into literary personages, and the art form of the novels that made spying such rich fodder for the imagination. Sample works that will be assigned reading include: John Buchan's *The Thirty-Nine Steps*, W. Somerset Maugham's *Ashenden*, Graham Greene's *Our Man In Havana*, and John Le Carré's *Tinker, Tailor, Soldier, Spy*.

The cost is only \$75 for each six-week course. Please register at least a week in advance by emailing <don\_wiles@carleton.ca>, and pay by cheque at the first lecture. Lectures take place in the classroom at the Almonte Library, and run from 1:30PM to about 3:30 or 4PM.

*Mike Doyle*

Accounting for  
Small & Large Business  
Income Tax Services

(613) 256-9987  
mike@**mdoyle.ca**  
www.**mdoyle.ca**



register NOW!

Studio Italia  
Painting Workshop

June 20 - 30, 2014  
call 800.611.4789  
walkthearts@walkthearts.com




**NEW YORK Art Trip**  
March 13-16, 2014  
www.walkthearts.com





KANATA CIVIC ART GALLERY



**KANATA CIVIC ART GALLERY**  
presents  
Group show by juried artists  
**STOP! COME IN**  
**Under Konstruction**  
Saturday, October 5, fun events for kids 10AM-1PM  
join gallery artists in constructing works of art.  
Featured artist for October:  
Painter, **Tricia Wilmot Savoie**  
2500 Campeau Drive, Kanata (613) 580-2424x33341  
Visit [www.kanatagallery.ca](http://www.kanatagallery.ca) for more information

**Pick up theHumm in Almonte at  
JR'S FAMILY RESTAURANT**



Coming Down The Tracks at  
**The Smiths Falls  
Station Theatre**

# A Trio of One-Act Plays

October 3, 4, 5, 11, 12 @ 7:30 pm  
Sunday October 6 & 13 @ 2:00 pm

---

## Much Ado About Nothing

A film by Joss Whedon  
Thurs. Oct 17 & Fri. Oct 18 @ 7:30

---

## Holiday English-Style Panto

### Snow White & The Seven Dwarfs

Dec. 5, 6, 7, 13, 14 @ 7:30 & Dec 8, 15 @ 2:00

For complete information and tickets go to  
[smithsfallstheatre.com](http://smithsfallstheatre.com)  
613-283-0300




**Lachapelle  
Antiques**  
80 Mill Street  
[www.lachapelleantiques.com](http://www.lachapelleantiques.com)  
613-799-5318

**Almonte  
ANTIQUE  
MARKET**  
26 Mill Street  
613-256-1511

Stevie Rave On

# Life is a Roll of Toilet Paper...

My young son inspires me. As a youngster, he goes above and beyond the call of his four-year-old, let-me-push-Daddy-to-the-very-limits duty. He is doing his job well. His latest stunt was quietly enclosing himself in the washroom (and yes, I should have realized something was up when he was far too quiet) and gracefully pulling all of the toilet paper off of the toilet paper roll.

by Steve Scanlon

Knowing that he could potentially get a time-out for doing this, he wisely decided to rewind the paper back onto the roll. He did a suitable job of it, but being an astute parent, I could of course tell the difference between the pristine roll that was and the ragged roll that is.

This got me thinking about life (I know, it's quite the leap, but it's the way my mind works and I really can't control it). The way I see it, life is a roll of toilet paper — stay with me here and please, no toilet humour. We roll along ever so smooth in our younger years not doing anything really bad, maybe a little mischievous but nothing seriously ghastly. Our toilet paper roll runs smoothly. Then we get a little older and we are given more choice, some choices may not be as wise as others, but we choose them anyway. When we make the wrong choice we put a little ripple in our toilet paper roll as the paper falls to the floor. But that's okay, we can roll it back up and make amends and eventually, because it was a little ripple, our toilet paper roll evens out and we are back to the smooth roll again. Later still, as we age, we have even more choice and the choices we make have an ever greater effect on how rippled our toilet paper roll becomes and, of course, how much of the wrinkled toilet paper tumbles to the floor. The bottom (pardon the pun) line: the more bad choices we make, the more paper we wrinkle and rewind onto the roll and the longer it takes to get back to the smooth paper once again. I hope you are following this, because I'd hate to be all alone with this theory.

Now, as I see it, some lives are single-ply, industrial textured paper. You know, the stuff that is less expensive. Some lives are two-ply with little embossed flowers and garden gnomes pillowing the paper (okay, maybe not garden gnomes but pillowed plant life for sure). Our senators for example — the political types, not the sports-types — they probably had a lovely smooth-running two-ply, heavenly anointed toilet paper roll of a life. Maybe a couple of upsets and rewinds, but really nothing to write home about. Then, bam — they forgot where they lived and how much a cab costs — and that supple embossed roll of pure ecstasy has spun out of control, just like it was being pulled by a crazed four year-old all hopped up on chocolate-covered coffee beans. Now, back-peddle, back-peddle, rewind, rewind, rewind that paper back onto the roll and it starts to look pretty horrid all wound up and rumped. Now they have to start behaving well again until the roll gets back to its smooth norm... or the populace forgets about their bad spending habits. Personally, I'd love to give them a big ol' time out for




messing up the roll, but that's probably considered "bad parenting". The government prefers corporal punishment and the "slap on the wrist" approach.

Rob Ford (the king of Hogtown) is another prime example. Life is good, the old two-ply is rolling along as it should, and along comes that four year-old in the form of (alleged) crack smoking, beer guzzling excess. Whamo — toilet paper scattered all over the floor needing to be rewound back onto the roll, if he can find it through the (alleged) drug-induced haze. But that's just the way he (allegedly) rolls.

Should I be accused of lobbing boulders at glass porta-potties, I freely admit that I have personally had more single-ply tumble to the tiles than I care to remember; however, never in the public eye and only the single-ply stuff. Perhaps though, the misdeeds of our more public figures are all exaggerations; embellishments meant to entertain the proletariat. Could be that they are simply misunderstood. Something like that wee lad, in the washroom all alone, with nothing to amuse himself with except a simple roll of toilet paper and the ability to create a perfect metaphor. The next step is do teach him how to spell it.

# Naismith Physiotherapy



& Sports Injury Clinic

**Nancy Dowker**  
Registered Physiotherapist  
**613.253.4224**





# HERITAGE COURT

14 MILL ST. • ALMONTE

### Oktoberfest at Tony Mihok's Studio & Gallery



Choose from a bounty of **paintings / photographs** and **Pippa's painted pots** for you to harvest.  
www.tonymihok.com / 613-407-6395 / open daily



## Rising Sun Yoga

Wellness ~ Health ~ Balance  
www.risingsunyoga.ca

## Your Art Should Not Fade Away

Get UV glass at no extra cost!  
Philip K. Wood Framing  
(613) 292-4406 or philwood49@gmail.com  
Heritage Court Mall, 14 Mill Street, Almonte



*Cosy up* with a warm stylish sweater. Just what you need for those cool fall mornings.

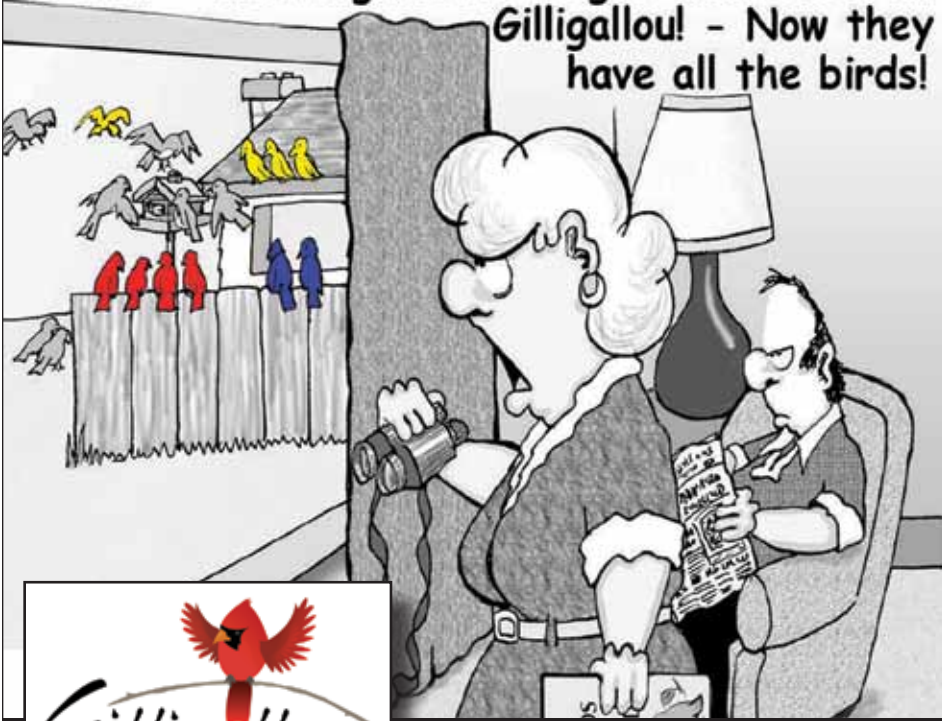


www.lillywhite.ca  
14 Mill St., Heritage Court, Almonte ON K0A 1A0 613-256-7799

Liverpool Jeans have arrived. Many colours, many styles & many sizes. Perfect to wear with boots & your new sweater.



Great! - The neighbours bought their seed at Gilligallou! - Now they have all the birds!



14 Mill Street, Heritage Crt, Almonte  
613-461-7333  
www.gilligalloubird.com

## MILL STREET CREPE COMPANY



### Amazing Soups!

Each and every day, the Mill Street Crepe Company offers a special soup du jour made from delicious fresh ingredients by Chef Theo.

He doesn't make a new variety of soup every single day, but in the past 2½ years the following soups have been selected as our customer favourites. What is your favourite soup?

- ORGANIC SHIITAKE MUSHROOM WITH FRESH CHIVES AND TRUFFLE OIL
- ROASTED BUTTERNUT SQUASH AND GRANNY SMITH APPLE WITH CANDIED WALNUTS AND SAGE
- CHILLED ORGANIC TOMATO GAZPACHO WITH FRESH GARDEN HERBS AND POACHED PRAWNS
- CREAMY CAULIFLOWER AND CHEDDAR WITH HERBED CROUTONS AND SMOKEY BACON
- ROASTED SUNCHOKE PUREE WITH TOASTED ALMONDS AND CHIVES
- CARAMELIZED ONION AND YOUNG GARLIC WITH TOASTED PINENUTS AND PARMESAN CHEESE
- ROASTED TOMATO AND FENNEL WITH GRANA PADANO AND GARDEN BASIL
- CREAMY CELERY ROOT PUREE WITH BROWN BUTTER AND STILTON

LUNCH Weekdays at 11am • Weekends at 10am  
DINNER Thurs, Fri & Sat 5pm to close

14 MILL STREET . ALMONTE . 613-461-2737  
MILLSTREETCREPECOMPANY.COM

FIND OUR MENU ONLINE • JOIN US ON FACEBOOK





# FOLKUS CONCERT SERIES 2013/2014

## JASON COLLETT

### THE STRUMBELLAS

## EVENING HYMNS

## SWEET ALIBI

### THE DUSTY DRIFTERS

### ALMONTE OLD TOWN HALL

## TICKETS

SERIES

\$100

SINGLE

\$30

TICKETS AVAILABLE AT  
MILL STREET BOOKS

52 MILL STREET • ALMONTE • 613.256.9090

FOLKUSALMONTE.COM



## Simpatico & Serendipitous New Green Publisher Partners with Area Musicians and Artists

For fifteen years now, one of *theHumm's* primary goals has been to encourage connections among area artists, and between them and the patrons and audiences they seek. So we were delighted to discover that Westport-based Paul McKay and his Simpatico Song & Script publishing company are in the process of doing just that — and in an environmentally sustainable way to boot!

Paul's story is not a straightforward one, and neither are the goals of his publishing endeavour. He began his career path as an investigative journalist, working for publications like the *Ottawa Citizen*, the *Globe and Mail*, and the *Toronto Star*, and winning awards along the way. He left that field to work as a very successful green power developer, but describes music as his "first love". Over the years, he channelled some of his creativity into writing songs, poems and stories for his nieces and nephews, and children of friends. Two years ago, Paul decided to start his own publishing company, and now has an eclectic collection of printed books, narrated stories, and music CDs on offer. And the "green" label applies both to the creation of the products (the company is Bullfrog-powered, books are printed on environmentally-friendly paper, etc.) and to the source of funding for the projects. According to his website <simpaticosongandscript.com>, "Paul's company, True Grid Power, develops green power projects and then devotes most of the profits to fund Simpatico Song & Script, Simpatico Solar Foundation, other green causes and the arts."

### Whiskered Waddling Walrus

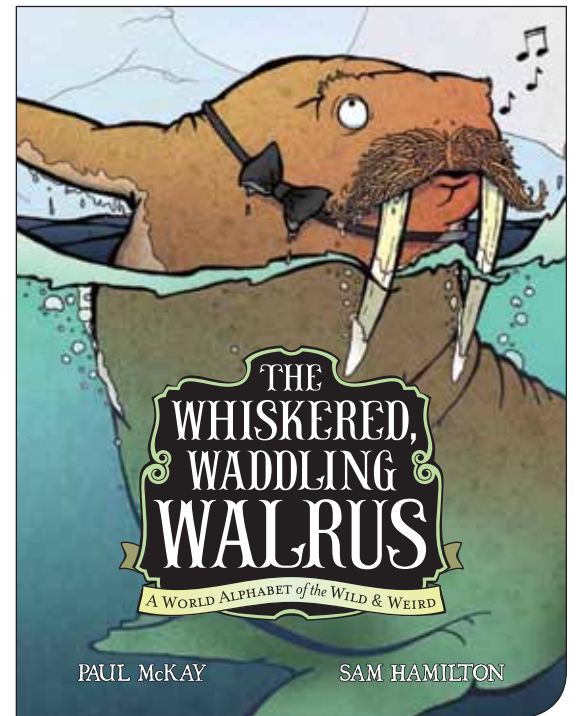
One of the great joys Paul has discovered since stepping into the world of recording and publishing has been that of partnering with others in the creative process. Serendipitously, Paul is a *Humm* reader, and so noticed the profile of Almonte illustrator Sam Hamilton back in April of 2012. Intrigued by Sam's whimsical and delightful designs, Paul decided to hire Sam to illustrate an alphabet book entitled *The Whiskered Waddling Walrus*, a copy of which I was lucky enough to receive. Featuring rhyming text written by Paul, highly detailed colour illustrations by Sam, and maps indicating where in the world the 26 endangered animals live, *Walrus* achieves the author's goals of being educational, entertaining, and environmentally ethical. The pictures and rhymes will captivate younger children, and yet there are details in the text that older readers can dig into (and that may even send parents and grandparents off to look up "viral vectors" or plan trips to museums or conservation areas). Paul and Sam are already working on a follow-up book entitled *Who Blew That Didgeeridoo?*, which will feature 26 quirky musical instruments from around the world. In the meantime, *Walrus* is available from the Simpatico website as a printed book, and also as a 2-CD set that features narration by Emily Fennell, the illustrated book, colouring pages, and songs.

### Music and More

The aforementioned Emily Fennell is a Kingston-based singer, <themisfamily.com>, who Paul first had the pleasure of hearing at the Elphin Roots Festival. A musician himself, Paul was immediately impressed by the tone and range of Emily's voice, and after hearing her sing at a few other venues and in a few other styles, he decided that "there was nothing she couldn't sing." As a result, she is featured as both narrator and singer on several of the CDs Paul has produced, and he describes her as "the voice of Simpatico Song & Script". Paul is in good company: her dynamic vocals and stage presence have been

praised by KISS frontman Gene Simmons and the Tragically Hip's Rob Baker, and Alan Neal of CBC gushed "I think I've officially found my new favourite Canadian voice!"

The music available at Simpatico is all written by Paul, and if you poke around on the liner notes you'll find several other familiar names — Georgette Fry, Suzie Vinnick, Colleen Peterson, and The Band's Garth Hudson, to name a few. Paul has already recorded over 175 songs, using mostly local talent, local power, and local production.



### Getting It Out There

Paul is delighted to be working with such tremendous talent on his various projects. Of Emily and Sam, he enthuses: "I couldn't imagine a better singer or a better illustrator to work with — I'm thrilled to be involved in creating it, and I couldn't imagine better results." Now that he has those results, his next challenge is to get them into the hands of the people who will appreciate them. He cheerfully admits that his "obstinate nature compels him to believe that good content will overcome most obstacles," but he is also employing a number of creative approaches. For one thing, his events (such as his upcoming launch at the Ottawa Writers Festival in late October) will feature both books and music, in an effort to distinguish his products at both literary and musical events. In fact, Emily Fennell and local musician Joey Wright will be joining Paul on a number of live music and book reading events — look for details in upcoming issues of *theHumm*!

Simpatico will also begin donating annual prizes of \$1500 of studio time (to record a song or have a literary piece professionally narrated) to young writers and songwriters. Paul admits that "we have to be ingenious about developing new models for creating and disseminating culture", but is excited about being able to use his assets and experience to assist younger artists in "moving from being just creators to entrepreneurs."

To find out more about Paul McKay and some of his other creative endeavours, please visit <simpaticosongandscript.com>. The *Whiskered Walrus* book and CD, as well as a *Little Wonder* jazz lullaby CD (featuring Emily Fennell), will be available from that website's "storefront" as of October 1, and you can also download them from Amazon and iTunes as of that date. You can also check out *Walrus* on Facebook at <facebook.com/TheWWWalrus>.

— Kris Riendeau



# October Round-Up

The brisk season brings to town some exquisite musicians to get you indoors and stompin' your feet and singing along.

Anyone who saw her stunning performance at this summer's Stewart Park Festival (complete with a standing ovation) — and many of those who missed it — will be pleased to know that **Laura Smith** will be back in Perth on October 19, when she takes the stage at the Studio Theatre.

by John Pigeau

The East Coast Music Award winner and multiple Juno nominee returns to the stage after years of fighting a dependency on painkillers. Smith's music is direct and honest; her spirited vocals are gently lifted by fiddles and guitars, and marked by deep-digging lyrics and soulful melodies. Stewart Park Festival organizers (who are helping bring Smith back to town) assure me that this is a show that folks don't want to miss, and that tickets will sell fast — so act quickly! Laura Smith visits the Studio Theatre on October 19 at 8PM. Tickets are available at Shadowfax, 67 Foster Street in Perth, or by calling 267-6817 or 1-800-518-2729.

Anyone remember the show *Hee Haw*? If so, you will likely be pleased to know that **Gordie Tapp**, who performed Cousin Clem and other characters on the '70s hit television show, will also be making an appearance at the Studio Theatre in October. Tapp performed on *Hee Haw* for more than 25 years and, at the age of 91, still tours the world. He has performed for presidents and appeared with many major Hollywood stars, and hopes to continue touring for a few more years.

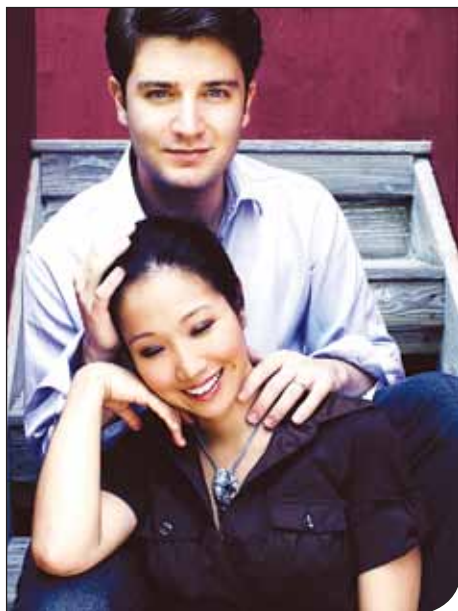
Tapp has had a banner career. He was the host for *Main Street Jamboree*, a radio program broadcast from Hamilton during the 1950s. He later hosted the CBC television show *Country Hoedown*. In 1990, Tapp was inducted into the Canadian Country Music Hall of Fame and, in 1998, he was awarded the Order of Canada for his work in helping raise funds for organi-

zations such as the Canadian Muscular Dystrophy campaign and Easter Seals.

The legendary Tapp's show also features Nashville recording artists and Grand Ole Opry stars Debbie Bayshaw, Arlene Quinn and Rodger Coulombe. The show starts at 7:30PM on October 5, and tickets are \$30 at Shadowfax.

In a slight change of pace, world-class pianists **Bax & Chung** grace the Mason Theatre stage as part of this year's PPAC season on October 18. This remarkable pair, they say, "plays as one." Chung, who is celebrated as one of the foremost pianists of her time, has performed with over fifty leading orchestras around the world. At the age of ten, she debuted with the Montreal Symphony Orchestra. Renowned as pianists of great sensitivity, Alessio Bax and Lucille Chung have a special rapport. Their powerful performances are marked by a delightful, youthful virtuosity, a flawless blend of balance, unity and individual personalities.

Bax & Chung play the Mason Theatre on Friday, October 18 at 7:30PM (note the new start time for all PPAC shows this season!). Tickets are \$30 and available at Tickets Please, 39 Foster Street in Perth. You can call them at 485-6434 or visit <ticketsplease.ca>.



Bax and Chung bring their world-class piano playing to Perth on Oct. 18

## On Stage For Kids All Set for 2013/14

What a great way to start the theatre season! In their 27<sup>th</sup> year, **On Stage for Kids** will be bringing the performance arts to children in the local area again, thanks in part to a \$3500 grant from the Ontario Arts Council. The OAC promotes the arts and supports artists and presenters throughout Ontario, especially in rural communities where the performance arts are not as accessible for children and their families.

Bringing the arts to the community while helping to inspire a whole new generation of creativity is what On Stage for Kids is all about. The first show of this season is scheduled for November 17 and fea-

tures **Music with Brian** — a Juno-nominated children's performer! January brings **The Cow Guys** to town with an amazing variety show for all ages and some of Almonte's very own talent. In February it's **Spin Cycle**, who performed at Puppets Up! and will be back with a whole new hilarious play. In March the season finishes off with **DrumHand** — a percussion band from Ottawa with amazing energy.

On Stage for Kids prides itself on providing entertainment for kids, their parents and even their grandparents in a fun, family-oriented atmosphere. Look for them on Facebook and check the November issue of *theHumm* for more details.



# ALMONTE IN CONCERT

2013 – 2014  
SEASON

	Adult	Student
Full Series <b>5</b> Concerts	\$130	\$63
Mini Series <b>3</b> Concerts	\$84	\$38
Single tickets	\$30	\$15



## A Celebration of Song

**Elmer Iseler Singers**  
**Lydia Adams – Conductor / Artistic Director**

Saturday, October 26, 2013 8:00 P.M.

This twenty-voice chamber choir founded in 1979, one of Canada's most illustrious choral ensembles, opens our season.

During the afternoon, the choir will be offering a workshop open to local choristers, giving them the opportunity to participate in the performance! Registration details and form are available at [almonteinconcert.com](http://almonteinconcert.com).

Subscriptions and single tickets available by mail or online at [almonteinconcert.com](http://almonteinconcert.com).  
Inquiries: 613-256-4554 or [tickets@almonteinconcert.com](mailto:tickets@almonteinconcert.com)

Single tickets also available at  
Mill Street Books,  
52 Mill St., Almonte  
613-256-9090  
Read's Book Shop,  
135 Bridge St., Carleton Place  
613-257-7323



# How to Entertain on Thanksgiving

Looking for a way to keep your long weekend guests happy while you prepare Thanksgiving dinner? How about sending them on the **Crown and Pumpkin Studio Tour**, where they can visit the area, shop for gifts (think: hostess gift), have a pleasant lunch, and meet local artists. (You can even take the tour on Saturday or Sunday and then leave hints about your favourite items!)

The Crown and Pumpkin Tour celebrates its seventeenth anniversary with a line-up of 37 artists in seventeen studios throughout Mississippi Mills, Almonte and Clayton. The tour provides a chance to speak to the artists, learn about their work, and see the environments that inspire them. Often it is as much about the creative spaces as it is about the work.

To help you plan your route, we'll give you some highlights of each stop on the tour.

Stop 1 is blacksmith Randy Gill's studio — 180 Forge Works — so named because blacksmithing, his second career, is a 180-degree turn from his previous work in high tech.

Stop 2, Union Hall, will house multiple artists: established glass artists Chris Van Zanten and Janet Potter, Anita Dworshak (who makes soap using milk produced by goats on her farm in Darling Township), and portrait painter Angelique Willard. Potter Clément Hoeck, a guest artist from western Québec, is joined this year by his wife Hyesuk Kim, who practices paper and textile arts from her native Korea.

Stop 3 is the lovely property of Laurel Cook (owner of Culandubh Kennels), who paints imaginative "character" animal portraits. New to the tour is guest artist Joanne Desarmia (known as Jo Bling), with her artful glass and wire-wrapped jewellery creations.

The next three studios, in Clayton Village, have been part of the tour since its inception. Woolly Things (Stop 4) is fibre artist and nature photographer Karen Riches' lovely rambling home with a serene view of Clayton Lake. Karen's guest Donna Chute brings gourmet jams and jellies. Clayton Clay Works (5) is home to potter Sietze Praamsma and ceramic artist Saskia Praamsma, who have separate studios on their lovely treed property. And right across the street is Stop 6, Moondance Gallery, featuring the work of studio jeweller Barbara Mullally and her partner — milliner, quilter, sculptor and creator of bizarre and wondrous things, Robert Pauly.

Stop 7 is sculptor Sue Adams' newly built studio and 8 is Willow Creek Studio, where you can see painter and art teacher Kaija Savinainen-Mountain's colourful, impressionistic paintings of flowers, horses and wildlife. Brickmoir Studio (Stop 9) holds the photography of Louise Shane.

In Almonte, you will find Stops 10–17. The home and studio of potter Richard Skrobecki will have not only his beautiful creations, but also those of jeweller Meredith Kucey-Jones, master pewtersmith Colin Hamer, and Catharine Nutt, crea-



Hat by Robert Pauly

Bring your family and friends along on this year's Crown & Pumpkin Studio Tour (and maybe you'll even end up with a lovely hostess gift!)

tor of enchanting Santas and their friends. The studio and home of Ingrid Harris, designer and creator of historic costumes, doll maker and sewing teacher is nearby. The studio of colourful artist Sarah Mofat is located in The Old Almonte Flour Mill on the water. The Hamilton Studio is the home of watercolourist and collagist Linda Hamilton and illustrator Sam Hamilton. The elegant jewellery of award-winning goldsmith Michaela Wolfert can be seen at Kehla Design. Stop in at the Almonte Potters Guild where, in addition to seeing members' pieces, you can sign up to make your own art. Right nearby you will find 119 Bridge Street, where painter, sculptor and art teacher Elizabeth Veninga will exhibit her work, along with Jennifer Kelly's beautiful hot and fused glass (and if you recognize the address, it's because it is home to *theHumm* as well!). Last but not least is A&J Woodworks, Art and Janet Horton's workshop and studio space, where visitors can see their highly original take on decorated woodturnings and their exquisitely crafted wood furniture.

This year's refreshment stop is at the Almonte Legion on Bridge Street, where lunch will be served daily from 11AM to 2PM. The lunch is a great value, featuring a choice of soups, sandwiches, cheese, vegetables, crackers, desserts, tea and coffee. The Legion also hosts the **Pumpkin Growing and Decorating Challenge** sponsored by the Crown and Pumpkin Tour, the Almonte Horticultural Society and the Ladies Auxiliary of the Royal Canadian Legion, Almonte Branch. Have a pleasant lunch and vote for your favourite pumpkin, grown and decorated by Brownies, Cubs and Beavers.

Tour dates are Thanksgiving Weekend — October 12, 13 and 14 — from 10AM to 5PM daily. Admission to all stops is free. Copies of the tour brochure are widely available at shops and public locations in Mississippi Mills, Ottawa and surrounding area. [crownandpumpkin.com](http://crownandpumpkin.com) offers full details, links to artists' websites and Facebook pages, and a downloadable map. Check out and Like the Facebook page — Crown and Pumpkin Studio Tour — for previews of the work and studios of the tour participants.

For more information, contact Barbara Mullally at [barbara.mullally@gmail.com](mailto:barbara.mullally@gmail.com) or 256-3647.

# COUNTRY HARVEST MUSIC SHOW 2013

Sunday, October 20th, 2013 - 7pm  
Upper Hall - Carleton Place Arena

Doors open at 5:30pm • Master of Ceremonies: Charlie Kitts

## FEATURING:

Canadian Hall of Fame Member **Barry Brown**,  
**Brad Munro**, **Rod Bowes**, **Cheryl Adrain-Dermann** and more!

House Band: **Brad Scott**, **Andy Bowes**, **Wade Foster**,  
**Mark Lemeiux** and **Brian Ostrom**

**TICKETS:**  
\$15 each

Special Tribute to  
**Ray Donaldson**

Tickets available at:  
Carleton Place Arena  
Carambeck Community Centre  
Graham Shoes - 139 Bridge Street  
Nicholson's, Pakenham  
Mark's Cobbler Shop - 98 Gore St. E., Perth

Tickets are limited.

Proceeds to the Town Hall  
Auditorium Restoration Fund

For more information contact  
Bob White at 253-5046



Barry Brown



Brad Munro



Rod Bowes



Cheryl Adrain-Dermann



# Ontario Natural Homes Tour

On Sunday, October 6, from 10AM to 4PM, check out the **Ontario Natural Homes Tour**: the Ontario Natural Building Coalition's annual tour of creative, one-of-a-kind custom homes across Ontario and Western Quebec which showcases innovative, energy-saving and sustainable building materials and methods.

You will find many unique buildings of all shapes and sizes that will be opening their doors, offering opportunities for the general public to step inside and discover how they look, feel and work. This self-guided annual tour, which helps spread the word about the environmental importance of choosing natural building materials, will take place across various regions of Ontario, as well as the Gatineau area.

The homes and buildings on this tour showcase a variety of unique building styles using natural materials, including straw bale, earth-block, cordwood, bio blocks, earth-bag, cob, straw/clay and other creative methods. Many of the homes utilize other innovative technologies as well, such as passive solar heating, solar power, wind power and green roofs, as well as unique water catchment and waste treatment systems.

For those who have never been on one of these tours, you are missing out! You get to walk through buildings big and small, seeing a range of construction and finishing techniques, taking note of the interesting extras the owners have added — some high-tech and some back-to-nature. See how they generate their own energy,

use local building materials, reuse and repurpose objects, and accessorize.

One of the homes in our region is Bruce Bailey's two-storey home in Maberly. Post and beam with straw bale walls on three sides, it has an interior wood boiler/radiant floor system, solar power, and a green roof. He's used a lot of recycled materials, and the new studio uses clay as the interior and exterior finish. Anyone considering plastering their own straw bale building should talk to Bruce about how he liked contracting the job out to Camel's Back Construction (well-known in green building circles) and how great a pump and power trowel is. Applying plaster by hand trowel is an art and takes lots of time and muscle.

Ross and Kathryn Elliott's LEED Gold Standard home and straw bale studio in McDonalds Corners are also on the tour. The studio was built over two years, in their spare time, with interesting features such as radiant slab cooling and curved walls designed around maple trees. They also have a bubble greenhouse — a structure with soap bubbles between clear wall layers, to improve heat retention, allowing for a longer growing season.

Westport is home to Dawson Willsey's timber-framed straw bale home. Ask him about having volunteers help with the raising and plastering, why he chose an earthen slab floor, and what kind of insulation materials he used. Or if you're more interested in green energy, ask about his experience with solar and wind power.

Closer to Ottawa, visit Marie Cook's post and beam straw bale home on Old Carp Road in Kanata. A straw bale home

Natural Homes Tour is \$10 per person (or by donation), which gains you admission to as many houses as you wish. Or, you can purchase a membership in the Ontario Natural Building Coalition (ONBC), which gains you free admission to all the houses on the tour plus other numerous benefits of ONBC membership.

For more information regarding the tour, as well as membership levels (from free up to \$200), see the Ontario Natural Building Coalition's website at <osbbc.ca>. That is also where you will find a map of all the homes, with lots of detail of what there is to see.

## About the ONBC

The Ontario Natural Building Coalition (formerly the Ontario Straw Bale Building Coalition) was formed in the late 1990s to meet the needs of the public vis-à-vis research and information on building environmentally sound homes of straw. Homeowners, designers, builders and enthusiasts make up this grass-roots organization which has become

an important stepping stone in the world of natural building in Canada and beyond. The ONBC initiates and supports efforts to further the base of knowledge about building with natural materials.



Ross and Kathryn Elliott's LEED Gold Standard home and straw bale studio in McDonalds Corners are on the Oct. 6 tour

right in Kanata? Yes, they do exist, though the building permits are not so easy to get. She is the owner, designer, and architect, so she is a great source of information.

Formerly the Ontario Straw Bale Home Tour, the cost of the Ontario



Meet us:

**Upcoming Mixer:**  
**Wednesday,**  
**October 16, 6PM**  
**at the Barley Mow**  
"Resources for Local Entrepreneurs," featuring **Dan Fallak** of VersaTile, with **Scott Runte** and **Stephen Beamish** of Launchlab.

Join us:

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

"We are so excited to offer the community year-round access to high-quality foods and supplements!"

Dandelion Foods is a worker co-operative, owned by its four worker-members: Sharon Lazette, Mike McGarry, Meg Pettipas and Farhat Sultana. This business marries each of the owners' individual passions for good food with a collective dedication to offering healthy food choices to this community. The business was conceptualized over two years ago and will be opening in December 2013, near Equator Coffee Roasters in Almonte.

Dandelion Foods will offer customers over 4,000 natural and organic products, including staple grocery items, organic produce, bulk foods, supplements, frozen and dairy. In addition, "we will strive to support our local economy by providing a space for local farmers and food artisans to feature their products, while providing our community a place to purchase seasonal, fresh, organic, wholesome foods," they explain.

Another goal is to create a store that serves as a resource for information — through ongoing educational programming, in-store product information and newsletters — as well as being a community hub for exchanging ideas and having great conversations with neighbours. Dandelion will also support local events and groups within the community that are consistent with their goal of benefiting the overall health and vitality of the residents.

In the meantime, they see the Chamber as a way to stay plugged into the Mississippi Mills community, and a vehicle for networking and sharing ideas to help everyone succeed.

**Dandelion Foods — Mississippi Mills Chamber member since 2013**



Visit us: [www.mississippimills.com](http://www.mississippimills.com)



# Working to Prevent Youth Homelessness

## Cornerstone Landing in Lanark County

For many young people, autumn means a return to school and perhaps a new wardrobe for the coming change of season. But a growing number of local youth are coping with a more urgent reality: trying to find a safe place to lay down their heads at night. With falling temperatures, options like Stewart Park, a car parked in an out-of-the-way place, or a simple tent in the bush become less feasible, as do basic daily activities most of us take for granted, from proper hydration and nutrition, to a shower and a bed to snuggle up in on a chilly fall evening.

Lanark County does not have an emergency youth shelter or public transit, so options for homeless youth are few and far between. While homelessness is more obvious in Ottawa or Toronto, rural youth homelessness is hidden away in a pattern of couch-surfing and other forms of precarious living.

Perth's **Cornerstone Landing** is working to prevent youth homelessness by connecting with young people aged 16–24 at risk of losing the roof over their heads, introducing them to local services, and providing stabilizing supports for independent living, including rent supplements and gift certificates. Toward that end, the charitable organization is hosting a **fundraising dinner and dance** on Friday, October 25, at the Civitan Club in Perth, with music provided by the ever-popular Tailgate Band, a live auction featuring Jimmy Hands with

items ranging from Senators tickets to a hot air balloon ride, and more.

"I work with at-risk youth on a daily basis," says Christine Campbell, a Child and Youth Worker at Perth & District Collegiate Institute, who chairs the board of Cornerstone. "There are times when a student will come to me and say that they are not able to live at home at this point. The reasons vary, but nine times out of ten it is because there is something going on at home that prevents them from being there. If left on their own, these students become very vulnerable to the dangers of 'couch surfing' (as well as physical/sexual abuse and possibly drug addiction), which in the past has led them to drop out of school."

Cornerstone recently launched a website <cornerstonelanding.com> detailing its work and upcoming activities, and is currently conducting a survey in area high schools to calculate raw numbers that will provide a snapshot of problems in Perth and surrounding communities.

"While tabulating preliminary responses to the survey, we are struck by the experiences that lead to young people finding themselves without a safe, permanent home," says Terrilee Kelford, one of the founders of the group and someone who has worked on the issue for over a dozen years.

"Youth homelessness is sometimes a misleading term, because people tend to blame the youth," Kelford says. "Youth homelessness is usually an adult-created problem, the end

result of dysfunctional families, drug or alcohol addiction, poverty, a lack of affordable housing, a traumatic experience that does not get dealt with in a caring manner, non-acceptance of lifestyle issues or sexual orientation — a whole range of issues that expose young people to even greater risk once they are couch-surfing."

While over 300,000 people are technically homeless in Canada, young people represents one third of those numbers. But it's a different phenomenon for individuals who are still growing and who find themselves, at the age of 16 or 17, out on their own without all the life skills they require.

Experts say the keys for assisting homeless youth in the transition into adulthood are: education and training. Cornerstone Landing works to keep the youth it supports in school, where they can access friends, community, and resources.

The organization recently hired long-time social justice organizer Matthew Behrens to work as the group's part-time community coordinator. "A lot of at-risk young people would attend school if they had a more stable living environment, and Cornerstone's partnership is clear: you stay in school, we will support you," he says. "It's hard to imagine the daily stresses of the average teenager looking at an uncertain future.



Cornerstone Landing board members Christine Campbell and Terrilee Kelford go over student surveys on youth homelessness, which reveal that the often hidden issue of young people without a permanent home is a growing problem in the area

You suddenly add to that not having clean clothes, a place to shower or do homework, or the precious gift of personal privacy, and you begin to understand the peril and that absolutely crushing feeling so many young people experience when it's no longer safe for them to live with their family."

Cornerstone is looking for volunteers to help supply meals, provide rides to client appointments, assist with tutoring needs, and contribute to the costs of the organization. For more information on getting involved, and for tickets to the October 25 dinner/dance fundraiser, call 267-3998 visit <cornerstonelanding.com>, or email <info@cornerstonelanding.com>.



## From start to finish, from house to home!



**OFFICE: 613.256.3114**

**DIRECT:**  
**613.867.8945**





**Suite 201, 1 Rosamond St. E. Millfall Condos, Almonte**

- Full width end unit, over 1000 sq ft.
- Window in every room
- Deep sills, high windows
- 9'9" high ceilings, exposed brick
- Southern exposure, river view
- 2 bed, 1 bath
- In suite laundry
- Parking spot, locker included

MLS# 884897     \$214,000



**1072 Clayton Rd., Almonte**

- 5 minutes to Almonte!
- Custom built, open concept
- Large eating & family areas
- 3 bedroom, 2½ bathroom
- Granite counters – kitchen & baths
- Ceramic & site finished hardwood
- Garage and basement access
- Lower level walkout
- 5.2 acres on Indian River

MLS# 883894     \$479,000

**ottawahomeswithkathi.com**



## Fundraiser for Heritage Mica Days

### Dinner, Dance and Silent Auction

**Saturday, October 26**

**At Farrell Hall**  
(186 Gore Street East, Perth)

**Doors Open at 6:00 p.m.**

**Buffet Dinner at 7:00 p.m.**

**Dancing starts at 8:00 p.m.**

**Tickets are \$40.00 each**

**Table of 8 tickets \$300.00**

**Tickets available:**

**Online at [www.heritagemicadays.ca](http://www.heritagemicadays.ca)**

**By phone at 613-267-5340**

**In Person at Shadowfax in Perth - sales are by cash only**



*Music by Cratur*







# Art All Around the Valley...

## Celebrate In Stittsville!

The **Stittsville Artists Studio Tour** is celebrating their 10<sup>th</sup> year. You are invited to visit their homes on October 19 and 20, from 10AM to 4PM, and view their artistic efforts from this past year. If you visit all six artists, your name will be entered in a draw for a monetary prize towards the purchase of any piece of art you choose. Please visit [stittvillestudiotour.com](http://stittvillestudiotour.com) for details of this year's artists, as

by Miss Cellaneous

well as the map. Don't forget to watch for their red balloons!



Painting by Josie Broden

## 25<sup>th</sup> Valley Artisan Show

Are you looking for gifts with originality, quality and attention to detail? Then forego the impersonal big box stores and make your first Christmas shopping destination the popular **Christmas in the Valley Artisan Show**, where a juried selection of over 25 artisans, crafters and bakers will be presenting their work in a relaxed, friendly and festive atmosphere. The Valley Artisan Show strives to bring in new vendors and old favourites, to give you a wide variety of handcrafted items for those special people — and animals — on your shopping list.

Gifts such as sun-catching stained-glass and fused glass, rustic pottery, treats for your four-legged friends, scented soaps and scrubs, maple products and gift baskets, flavoured honey and beeswax candles, silky scarves to dress up a winter coat, twisted wire jewellery and artistic bling to bedazzle an outfit, delicious cakes and cookies, many sauces and dips to tempt your pallet, intricate framed miniature quilts, twinkling glass boxes wrapped in pretty bows, creative floral arrangements to adorn your home, and decorative and useful woodworking items are just some examples of what you will find at this popular Almonte Christmas sale.

Delicious homemade light meals and snacks will be served by the Friends of the Mississippi Mills Textile Museum as a fundraising project. Also, you will have the opportunity to donate to the Lanark Animal Welfare Society — Canadian Tire money,



tinned dog or cat food, loose change, paper towels, etc. (check their wish list at [lanark-animals.ca](http://lanark-animals.ca)). Admission is free and there are fabulous door prizes, and lots of parking.

Make a day trip to Almonte on Friday November 1 (1–9PM) and Saturday the 2<sup>nd</sup> (9AM to 4PM). Start at the Almonte Community Centre Upper Hall (182 Bridge Street) to begin your 2013 Christmas shopping, and then visit the pretty village of Almonte with its quaint downtown full of boutiques, antiques and restaurants. Find more information at [valleyartisan-show.blogspot.com](http://valleyartisan-show.blogspot.com) and get updates on their Facebook Page.

## A Simply Unique Show and Sale

The annual exhibition and sale of the **Ottawa Valley Weavers' and Spinners' Guild** will take place the first weekend in November, at the Glebe Community Centre.

Fibre artists from the Lanark Highlands, Mississippi Mills, Rideau Lakes and West Carleton, as well as guild members from Ottawa, will be participating in this juried event — called Simply Unique — which

each year offers artisans an opportunity to showcase their one-of-a-kind creations.

Offered for sale are high quality handwoven/handspun custom garments and accessories in contemporary patterns, many designed and created using multi-harness computerized looms. Examples include Kumihimo braided jewellery and other fashion accessories, needle-felted fibre art from tapestries to whimsical figures, and items to decorate your home, from pillow throws to baskets. There is something for everyone, in bold and soft colours, to satisfy every décor and fashion wardrobe.

Also available is a selection of handspun yarns, novelty yarns, fleece (wool, alpaca and mohair), and specialized tools. You can read about the vendors and see samples of their work at [ovwsg.com](http://ovwsg.com)

The Simply Unique Exhibition and Sale provides an excellent opportunity to shop for gifts for yourself and others. If you are unable to find that "special item", many of the vendors are prepared to produce a custom order. Also, enjoy the demonstrations of weaving and spinning by members and, at the guild's exhibit area, you can obtain information about membership applications and monthly programs, as well as sign up for workshops held at their new resource centre.

Take in Simply Unique at the Glebe Community Centre, 175 First Avenue in Ottawa, November 1, 2 and 3. Hours are: Friday 4–8PM, Saturday 10AM to 5PM, and Sunday 10AM to 4PM. Admission is free, and there will be food and an ATM on-site.

## Looking for howling good deals on pet stuff?

The grand opening of our outlet section is

**Saturday  
October 19**

We will have:

**Hallowe'en &  
Christmas  
pet photos**

done on the spot with a professional photographer

Amazing deals on pet stuff — many items **50 to 90% off**

Super fantastic deals on all lines of dog and cat food



**Natural**  
pet foods

61 Bridge Street in Carleton Place  
(613) 253-PETS(7387)

[info@naturalpetfoods.ca](mailto:info@naturalpetfoods.ca) - [www.naturalpetfoods.ca](http://www.naturalpetfoods.ca)



**Clean up the yard,  
brighten the porch,  
plant for spring.**

It's that time of year again folks.

The days are getting short, the air is getting crisp, and the gardens we've been toiling over all summer are settling down for a long winter's nap.

There's only a small window of opportunity left to add new items to the garden and plan for next year.

Clean up the yard, plant some bulbs, and set the scene for fall with pumpkins, cornstalks and colourful hardy mums.

We've got it all at Reid Gardens.



Find us on Facebook/Reid Gardens



**WE are OPEN.**  
Mon - Sat 8am to 5pm  
& Sunday 10am to 4pm



142 Pick Rd, Carleton Place / [reidgardens.ca](http://reidgardens.ca) / 613.253.3467



# And Now It's The Gardener...

You might recall that years ago I had a maid I was ready to fire. She got to stay after Alan interceded on her behalf. She hangs around here, a little longer in the tooth, still not living up to my expectations, but feeling that she's earned the right to remain. And if I even suggest otherwise, she calls on Alan to defend her.

by Glenda Jones

Little did I realize at the time, that she was in cahoots with my gardener as well. That babe in the blue jeans has become unbearable at times, and I'm at my wits ends as to how to proceed. She too feels that, in her dotage, she deserves to recline and simply watch the weeds grow. Only yesterday I saw her kick a weed under a plant rather than pull it out. She extols the beauty of those darn daisies that come up in the cracks of the patio; she doesn't care if the grass grows in the flower bed; she's given up on the tomato plants which are now lazing all over the place instead of being upright. Instead of cleaning out the beds, she's cutting down the old stems, leaving them lying about, and calling it mulch!

It started last year when the drought set in. One day in a fit of pique when the mosquitoes were especially bad and the plants were flagging, she grabbed the shears and cut every living thing right to the ground. She chucked the flower baskets in the compost, and stomped into the house, vowing to turn the entire garden into cement! The maid agreed that the whole thing was way too much work for old ladies, and the two of them "wined" for the rest of the afternoon.

I waited until the summer heat was at its worst and convinced the two of them the front deck needed to be replaced, no arguments. They did it! Then it was on to the back deck, where they worked like troopers to replace the railings with the aid of a strong-armed young man. I thought they'd seen the light, and were going to start behaving.

However, the gardener got her revenge! People say a person's garden reflects her personality. In its sorry state of depletion mine was not a good omen. But then, the riot of poppies appeared. Now, pop-

pies are like good makeup: they can hide a multitude of flaws. There were poppies everywhere, over the desert bed burying the poor little cacti blooms, in the lily bed — good luck to those too. They were through the hollyhocks and past the roses, under the eaves, and beside the pond. No gardening required anywhere — we couldn't see the weeds, or the flowers, and didn't have to plant anything because those raunchy poppies bloomed straight through July.

But would the gardener stay away from the local greenhouses? Ooooh, nooo. She had to be in there buying everything in sight for her precious containers. She bought seeds, she bought bedding plants, she bought shrubs. Not content to empty the purse the first time, she snuck off to Lily Days, and came home with more — so many in fact that she had to dig out properly growing stuff to put in new stuff.

I had a private laugh seeing her trudging around the yard, cursing while she tried to find a place to plunge the plant she lugged under her arm like a dead chicken. Silly woman for being so greenery addicted!

We're into fall now, and what do you know: she's reaping a good crop of those tomatoes. She's insisting the maid freeze them daily — a messy chore, but worthwhile, I think. She's moving all her containers every day, and now we

have a seven-foot tree of unknown parentage in our dining room, along with a hibiscus, some ratty looking geraniums, and four cacti.

She's vowing she'll water them all and keep them decent until next spring, and that maybe next year she'll cut back on her gardening obsession, and go for all perennials. That'll only last until the seed catalogues arrive in December, and she'll be off in her own little potting soil world again.

The thing is: it's good to give these old dolls something to do to keep them off the streets and productive. I just wish they'd be a little more responsive to taking orders from me. My groundskeeper does a great job keeping the lawn trimmed; doesn't give me a moment's trouble, just rides that mower like a real farmer. Of course, it's noisy so he doesn't hear the maid and gardener fussing, and can't hear my complaints either. Having staff can be such a grind when they are independent like this. Can't live with them, can't live without them!



Studio Theatre Productions presents

## An Evening of One Act Plays

### The Death of Me

by Norm Foster  
Directed by Barb Guthrie  
Produced by Studio Theatre Productions

Accompanied by a one-act play by a guest company

October 24 & 25 at 8:00 pm  
**Buttonholes in Silk**  
by Gail Fricker (Theatre Night in Merrickville)

October 26 at 8:00 pm & 27 at 2:00 pm  
**Eye of the Storm**  
by Peter Zednik (Ottawa Little Theatre)

November 1, 2 2013 at 8:00 pm  
**The Weir**  
by Conor McPherson (Tara Players Ottawa)

*The Studio Theatre*  
63 Gore Street East, Perth  
*Overlooking the Jay Basin*

Please see our article this edition or visit [www.studiotheatreperth.com](http://www.studiotheatreperth.com)  
Like us on Facebook

Follow *theHumm* on Twitter!  
 @INFOHUMM

Music at MERA presents

## SUNDAY SCHOOLHOUSE CONCERT SERIES

# Kate Weekes & Grant Simpson

Sunday, October 27th at MERA Schoolhouse  
McDonalds Corners

Advance Tickets \$22 (includes service fee)

Available at TICKETS PLEASE

39 Foster St. in Perth (Jo's Clothes)  
online at [www.ticketsplease.ca](http://www.ticketsplease.ca)  
or by phone at 613-485-6434

ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO

*"His 88 key tickle makes men swoon and strong women faint... She is one of the new generation of songwriters that has shaken the older generation with clarity of purpose." - Mitch Podsiak, Home Routes*

24th Annual Westport Area

## Thanksgiving Weekend

Sat, Sun & Mon

Oct 12 - 14, 2013  
10 am - 5 pm

# Fall Colours Studio Tour

9 Studios  
35 Artists

*Our local artists welcome you to their studios, where you will discover an exciting and eclectic range of juried high quality original work. Indulge in fall's brilliant colours as you tour from studio to studio. Use our map to choose your own starting point and watch for the signs.*

[www.westportstudiotours.ca](http://www.westportstudiotours.ca)



# Domestic Violence is Never a Kiss from a Rose

As I tossed a single red rose into the flowing waters of the Mississippi River in remembrance of Kerry and Starla Walters, I realized I had no idea who they were. Kerry was found dead in 2009, with her baby, in Carleton Place, just after she finished maternity leave. Like many stories, she and her husband were growing apart and she had confided to girlfriends that she was worried what would happen to him if they split up.

Each dollar you spend at **As Good as New Thrift Shop** in Carleton Place goes to the Lanark County Interval House. By spending or donating money at any domestic violence charity, you will help save someone else. After all, it takes a village and honesty to stop violence. Sending kisses from a rose in memory of yet another victim of domestic violence just has to stop.

## As Good As New in Need!

The As Good As New Thrift Store is located at 33 Bridge Street in Carleton Place. They can be found on Facebook or reached at 257-7074. They currently need quality fall and winter clothing donations, as well as volunteers (please contact the store). If you have a business that deals in clothing, they would be truly honoured to accept your donations. Not only is it good karma to donate, but cleaning out your closet will inspire awareness of what you truly do (and don't) need!

by Linda Seccaspina

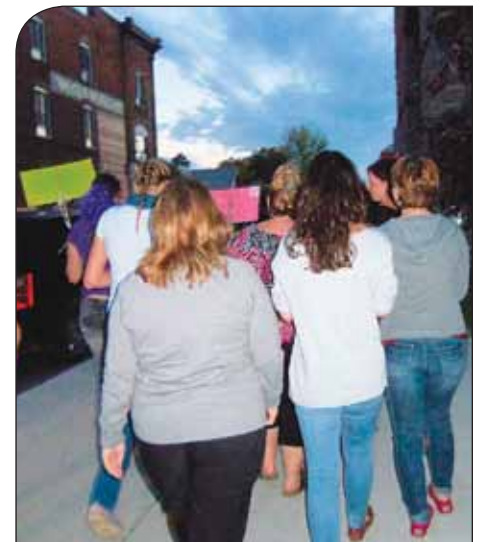
The bodies of Walters, 25, and her 11-month-old daughter Starla were found hidden in an upstairs bedroom of their Carleton Place duplex, hours after Montreal police found the body of her husband, 28-year-old Lennox Walters. Walters had jumped to his death from a 17th floor room of the Queen Elizabeth Hotel, and the weapon he had used on his family also lay hidden at his former home that was now a crime scene.

Walters graduated from military boot camp in Montreal and the couple, who had dated for six years, lived at CFB Cold Lake in Alberta. They later moved to Carleton Place, because Kerry had acquired a new job working with people with brain injuries at Vista Centre in Ottawa.

Lennox had told the couple's neighbours, Jason Barrette and Krista Roberts, that he and Kerry were taking the baby to Niagara Falls for a couple of days. Many days later, no one could reach Kerry on her cellphone. Barrette and Roberts were unaware that the bodies of Kerry and Starla were upstairs. Police later made the grim discovery, and soon after, their story was forgotten.

Amy Paul's body was recently discovered in a hay field on the 2900-block of Nixon Road in the Ottawa area. A farmer using a tractor in his field discovered Paul's body and called police. Relatives told CBC News that Paul worked in the sex trade — but does that make her less of a woman? Will anyone remember her story next week? If you count the number of women and children in bonded labour, domestic slavery topped with violence or sexual slavery today, there are more slaves in the world now than at any other time in history.

These victim's faces have been forgotten, but their personal stories should never be filed away in the back of anyone's minds. If the numbers we see in domestic violence were applied to terrorism or gang violence, the entire country would be up in arms. These growing stories of domestic violence should be the lead story on the news every single night. The public's outraged voice could change and impact someone's life and maybe save yet another victim. You can't change what happened yesterday, but you can certainly change what happens going forward.



Photos by Linda Seccaspina

**GO NUTS!**  
Bike it, Hike it, Plant it.

Enjoy a fall outing,  
planting acorns along the way  
from  
**High Lonesome Nature Reserve**  
to  
**Mill of Kintail**  
Join us for all or part of the way

**SUNDAY, OCTOBER 20th**  
**9:00 - 1:00**

For more info visit  
[www.mmltc.ca](http://www.mmltc.ca)

Support has been provided by Canon's Take Root Program, presented by Evergreen.

*Artist Retreat*

Enjoy year-round fun at this adorable cottage in the forest, complete with owned waterfront access. This two-bedroom year-round home was recently built and filled with character. The private property is ten acres of mixed forest that borders on crown land. Take a short walk down the road to shared ownership of a lovely treed lot on Patterson Lake. This property is located only half an hour from Perth or Almonte. It is a great spot to live year-round or as an investment to offer seasonal visits for artists and nature lovers. Spend this winter snow shoeing, sledding, and relaxing by the fire.

Offered at only \$194,900.



**Jennifer Kelly**

SALES REPRESENTATIVE

**Sutton**

Premier Realty (2008), Ltd.,  
Brokerage

(613)254-6580

**Patrick Kelly**

SALES REPRESENTATIVE

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



pumpkins galore... even in solid sterling silver

pendants \$140 to \$99  
earrings \$85, key chain \$200

# Kehla

Jewellery Design

88 Queen Street, Almonte 613-256-7997  
www.kehladesign.com

**PEACE** great art ~ made affordable!

**GET IN TIME FOR CHRISTMAS!**

With Christmas just around the corner, many artists in Westport will join me in welcoming you to their gallery/studio to find that perfect gift!

From Thanksgiving weekend through December 23, 2013

**JOY** Please call Artemisia at 613-273-8775 for information and details

Pick up *theHumm* in Smiths Falls at **DARLENE'S CAFÉ**

## The Great Mississippi Mills Library Book Sale!

Back by popular demand! Our Used Book Sales last year were such a success that we are planning another.

**Saturday, November 16**  
**10AM-2PM**  
**Almonte Library**

All proceeds will go towards completing the upgrading of the accessibility to our libraries in Almonte and Pakenham.

Please support your library and enjoy some fantastic bargains. There will be a wonderful selection of **Books and DVDs** to enjoy in the coming winter months.

For information, please email [annemas@sympatico.ca](mailto:annemas@sympatico.ca).

## House ReBorn Inc.

Renovations & additions | design + Build | quality carpentry

**Martin Beauseigle**  
martin@housereborn.ca  
613-294-3993

Proudly designed and built by **House ReBorn Inc.**

[www.housereborn.ca](http://www.housereborn.ca)  
Stop by our website to view the various services we offer!

# New Date for Carleton Place Art Tour

Mark your calendar! The third annual Carleton Place Art Tour & Sale will take place on Saturday, November 9. Plan now to enjoy this free tour of local artists' studios and arts-related businesses. See what they have been working on this summer, and start your holiday shopping.

Fifteen artists will be showing painting, pottery, encaustic, glass, sculpture, photography, drawings, jewellery and more. You can get a preview and more information at <facebook.com/CPArtTour> and at <carletonplacearttourandsale.wordpress.com>. Samples of the work will be on display at The Good Food Company and at the Chamber of Commerce Gift Shop.

Tour hours are from 10AM to 5PM. Tour maps, photos and information can be found on the website and Facebook pages. Printed copies will be available at the CP Chamber of Commerce, The



Photo by Diana Jackson

The show will feature works by Victoria Jenkins (above), Angelique Willard (left), and others



Good Food Company, Surrounding Memories, and Brush Strokes.

Many of the participants also offer classes. If you are looking for something fun and creative, this is your opportunity to meet the artists and find out what's available right here in your home town. They look forward to your visit.

# New Craft Show Puts Fresh Spin on Tradition

**Finders Keepers**, a one-of-a-kind-find craft show, is putting a fresh new spin on the traditional craft show and bringing it to Carleton Place. Organizers Laura Norris and Monika Henry, in collaboration with sponsor The Pickle Dish, have incorporated a popular European trend into their brand new show, where vendors will be using a vintage suitcase or trunk to display their wares. This is a contrast to other shows, which use full tables and typically target the seasoned crafter.

The show has just announced the vendor lineup, boasting forty area crafters and ranging from the seasoned "veteran" to the craft show newbie. The offerings are vast, including jewellery, photography, baked goods, textiles, accessories, and children's products.

See what all the fuss is about on October 6 at the Carleton Place Canoe Club (179 John Street), from 10AM to 3PM. The cost of admission is an unbridled love for crafts. More information can be found at <finderskeeperscraftshow.com>.

— Laura Norris

## Kathy Duncan

Sales Representative

**sells homes... LOTS OF THEM!**

**Explorer Realty Inc.™**  
Brokerage Independently Owned and Operated

**Ask Kathy,**

- what's my house worth? • what's the market doing?
- what's sold in my neighborhood? • what's the cost?
- what should I do now?

**Call Kathy NOW for a FREE market evaluation of your home**

**Cell: 613-883-8008 Office: 613-256-2310**  
Email: [kathyduncan@rogers.com](mailto:kathyduncan@rogers.com)



# 9th Annual Maskeraid Parade

SATURDAY, OCTOBER 26<sup>TH</sup>  
STARTING AT 7PM



*The Carleton Place BIA would like to invite all ghosts, goblins and witches to come "Downtown" on the Mississippi for the 9<sup>th</sup> Annual Maskeraid Halloween Parade.*

This one-of-a-kind event is sure to be a BOOtiful night in Carleton Place! Dozens of ghoulish floats and costumed participants will be marching down Bridge Street on October 26. Beginning at 7PM, the parade will kick off at Heritage Mall on Lansdowne Avenue and Coleman Street, and travel down the length of Bridge Street ending at Mill Street by the Town Hall. Registration forms are now available for anyone who would like to take part in this spellbinding fall event.

The young and young at heart can enjoy Halloween treats dressed in their favourite costume and have a blast. Plan a Halloween Party before or after the parade, and make your participation or being a spectator in the parade part of the fun of your event. Businesses, community groups and residents are invited to gather and create their own spooky float, or walk down the parade route sharing the fun.

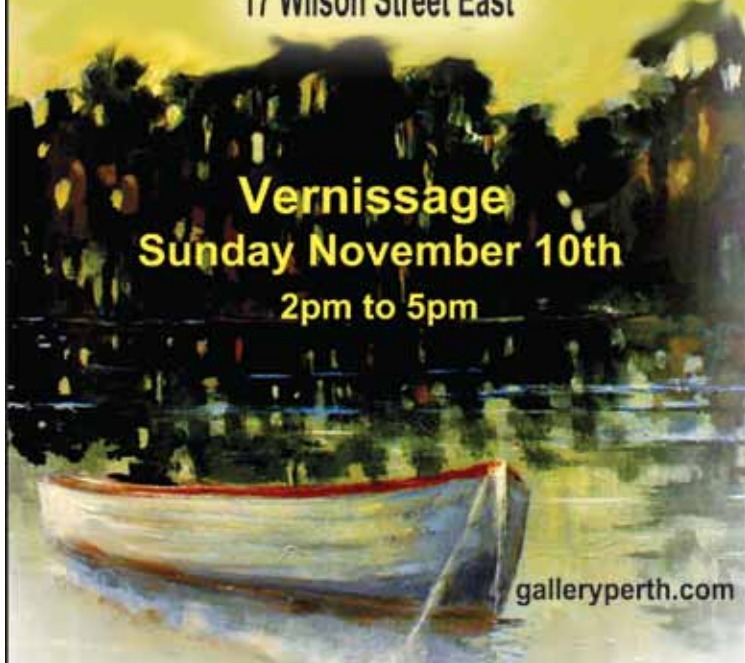
Everyone is asked to "parade for aid" by bringing money and/or non-perishable food items to support the **Lanark County Food Bank**. Donations will be collected along the parade route, and come at a time when contributions are really needed.

Members of the BIA, businesses and community groups of Carleton Place and the surrounding area can help make this fall event a ground-breaking success by submitting a well-decorated float that reflects the fall harvest theme or a Halloween theme. The BIA is proud to be the Ghostess with the Mostess and looks forward to Meeting everyone Downtown on the Mississippi for this rain-or-shine event!

A completed registration form (no cost) is required for entering a float or walking in the parade. These can be obtained from [www.downtowncarletonplace.com](http://www.downtowncarletonplace.com) or by emailing [cmcormond@carletonplace.ca](mailto:cmcormond@carletonplace.ca). You can also stop by Carleton Place Town Hall BIA office for your registration.



**GALLERY PERTH**  
**A Change of Art**  
**Code's Mill Building**  
 17 Wilson Street East



**Vernissage**  
**Sunday November 10th**  
 2pm to 5pm

galleryperth.com

**Show continues until December 22**

Visit the great team at



**Joy of Beauty**  
 Day Spa & Salon  
 453 Ottawa Street, Unit 3  
 Almonte 613-256-5200

**Jan** – unique hair styling  
**Arlene** – stylist  
**Sharon** – esthetician  
**Simone** – owner, stylist, permanent make-up  
**Linda** – registered massage therapist  
**Sarah Moffat** – art

Linda Haw, RMT  
 Registered Massage Therapists' Association of Ontario

Pick up *theHumm* in Ottawa at  
**THE BYTOWNE CINEMA**

**OPEN STUDIO**  
 Saturday, October 13 • 10<sup>to</sup>5 • 26 Spring Street • Westport  
 Join us for letterpress demos & other goodies



**papillonpress**  
 Fine Illustrated Letterpress Stationery  
 www.PAPILLONLETTERPRESS.COM

# Mudds Youth bring *Othello* to Carleton Place

This October, fifteen young people from Carleton Place, Almonte, and Lanark County will be presenting William Shakespeare's tragedy *Othello, the Moor of Venice*, in the round at the Carleton Place Town Hall Theatre. Director Mark Piper talks about the new Mississippi Mudds Youth Theatre Production.

**Why choose *Othello*? With all its adult themes, it seems like a difficult play to start teenagers on.**

Well, yes, it is a complex play with a lot of adult themes. For instance, there's the whole question of illusion versus reality: Iago, the villain, weaves a web of deceit that Othello cannot pierce. And of course the character of Iago himself — passed over for promotion in favour of the aristocrat Cassio, and then harbouring a resentment that leads him to destroy everyone, including himself — isn't something that most teenagers have a lot of experience with. But because of Shakespeare's artistry, the messages in the text are pretty straightforward. Once the cast and I had done a couple of read-throughs, my actors had the ideas down fairly clearly. Also, for most of these actors, this isn't their initial brush with the Bard: Hayley Fortier, who played Hamlet earlier this year, has taken on the challenge of Iago; Leah West, who played Ophelia, is playing Desdemona; and Katie Irvine, who played Claudius, has taken on Cassio.

**What about the issue of race? How did your actors approach the idea that *Othello* is black, and everyone else is white?**

My actors and I, early on, decided that while we couldn't ignore the text — obviously, *Othello* is of a different race than the rest of the characters — neither would we uncritically adopt the idea that this story was only about "black" versus "white". The sense of isolation that *Othello* feels is not just about being black — he's also a battle-hardened soldier and former slave, surrounded by a group of high-class aristocratic courtiers. Iago preys upon this weakness and isolation — stressing the incompatibility of military heroism with courtly love. So we don't tiptoe around the issue, but we're not making it the entire focus of our performance. And this is reflected in the way that Dayna Stone has taken the role and made it her own. I didn't encourage her to try to copy anyone else's performance — after all, not many women have played *Othello* — and in



The Mudds Youth Theatre Troupe brings *Othello* to the stage on October 20, 25 and 26

developing her own view of the character, she has given us an entirely new perspective on the play.

***Othello* is a very violent play. How did this staged violence affect the players?**

Yes, it's even more difficult than other Shakespearean tragedies, because the violence is, in a sense, more personal — more accessible. In past years, when this company did *Macbeth* and *Hamlet*, it was easier to stage the violence in those plays because it was something we could treat artistically, by staging a well-choreographed piece of stage combat. Sword fights are violent, yes, but they're part of a fantasy environment, like a complicated dance, so we don't fear them as much. However, in *Othello*, the swords are all used in sneak attacks in the dark, like street fighting, or against helpless unarmed opponents. And the murder of Desdemona — strangled in her own bed by her husband — hits much closer to home. This is not a play for young children. Even these very seasoned teenage actors had a bit of nervousness approaching this. Dayna and Leah had to go pretty deep to pull that off.

The Mississippi Mudds Youth Theatre presents William Shakespeare's *Othello* in the Carleton Place Town Hall this coming October 20, 25, and 26. Tickets will be sold at the Carleton Place Chamber of Commerce Visitor Centre at 132 Coleman Street (257-1976). For more details, please visit <mississippimudds.ca>.

**BITTERSWEET GALLERY**  
 PRESENTS  
**RICHARD GILL'S ANNUAL FALL SHOW**



*Simple Pleasures*

SCULPTED CLAY RELIEFS & PAINTINGS  
 OCTOBER 4 - 14, 2013

OPENS  
**Friday, October 4 - 3 to 9 pm**  
 & continues daily 11 to 5 pm to Oct 14.

Hope you can join us...  
[www.burnstown.ca/bittersweet](http://www.burnstown.ca/bittersweet)  
 613 432 5254

New this year select paintings available.



# Storytelling from Rome to the Valley

## A New Season for 2 women productions

In June, Jan Andrews and Jennifer Cayley of 2 women productions (2wp) travelled to Rome, to tell stories at the Italian International Storytelling Festival, in the company of outstanding tellers from all over Europe and around the world. It was an extraordinary time filled with remarkable stories made even more vivid by the warmth and exuberance held by that ancient city. Home now on Taylor Lake, the pair is bringing the energy of their life-enhancing trip to organizing and launching 2wp's fourth season of fine storytelling for adults in the Ottawa Valley. As Jennifer Cayley says: "Being with storytellers from all over the world, basking in the deep caring which they invest in their work, made us know with renewed commitment how good it is to be able to bring the wealth of this art form to our own community. Each year we are touched and inspired by the many listeners who tell us that the experience they have with our shows is unique and so important to them in its simplicity and power."

The 2013–2014 season offers a rich combination of traditional, literary and personal material. In November, Marta Singh starts it all off with *A Dubious Blessing: Two Old Women Speak*. Many listeners will remember her first show, *Landscapes of Silence*, as a remarkable piece that explored what it meant to grow up in Argentina during the terrible years of the dictatorship. This time Marta returns to other memories from her childhood, focusing on two powerful and problematic old women — a grandmother and a great aunt. Through the lenses of a vivid Russian fairy tale and a famous Argentinean short story, she explores the stories these old

women told her, and their longterm effect on the person she has become. This show takes place on November 23 at Full Circle Theatre in Perth, and on November 24 at Neat Coffee Shop in Burnstown.

The epic romance of Tristan and Iseult has inspired musicians, dancers, writers and visual artists for hundreds of years. But it began as a story, first told and then written down. In February, in a performance which is both subtle and dynamic, Stephanie Bénéteau goes to the roots of this timeless tale, bringing all the passion, all the pain, and all the adventure of its rich medieval tapestry to life. Look for it on February 28 at Neat Coffee Shop, and on March 1 at Full Circle Theatre.

The season ends in April with a world première! Judith Poirier explores the fabric of her Franco-phone heritage growing up in Montreal in *World Where Am I? A Joyful Journey of Self Discovery*. As she looks backwards and forwards in this funny, exuberant, song-filled performance, she asks some of the big questions so many of us come to when we consider where we began. "Suddenly," she says, "my life felt like an art gallery of words; a dynamic cabaret of songs. But I kept wondering: 'Do I recognize myself there — as a storyteller? A lesbian? The woman I am now? Were those really my stories? My people? Was that where I really belonged?'" Judith will perform on April 11 at Neat Coffee Shop, and on April 12 at Full Circle Theatre.

If you have never been to a storytelling performance, and lots of people haven't in this day and age, do come and try it out. You won't be disappointed. Here's what one of our faithful listeners



Jan Andrews and Jennifer Cayley are excited to announce this year's 2wp line-up (photo by Maja Bumberák)

has to say about the experience: "I've been struck by the brilliant and unusual nature of the shows. They have been variously haunting, mysterious, moving, hilarious, intelligent and thought-provoking — and so inspiring."

For tickets and season passes, contact Tickets Please in Perth at <ticketsplease.ca> or 485-6434. For full program and venue information please visit <2wp.ca>.

## Book Launch and Sneak Preview

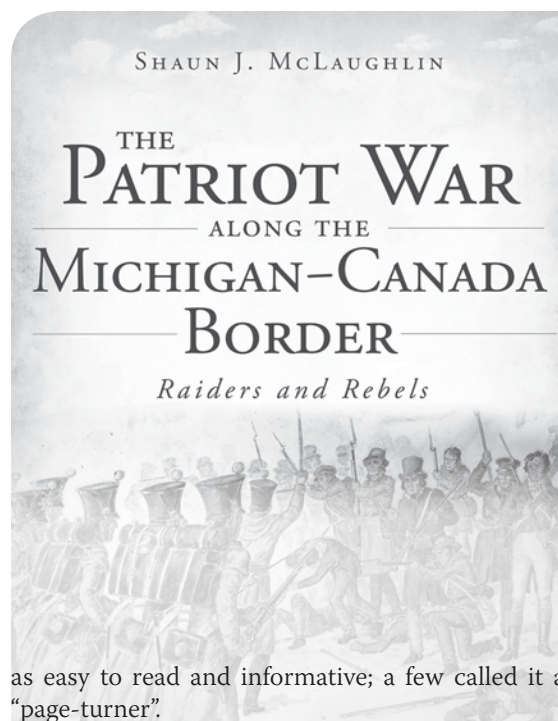
On October 9, join local author Shaun J. McLaughlin in the back room of the Barley Mow Pub for the launch of his latest history book, in collaboration with Mill Street Books. As a special feature, McLaughlin will provide a sneak peak of the sequel to his award-winning first novel.

The History Press, based in South Carolina, recently published *The Patriot War Along the Michigan-Canada Border*, McLaughlin's follow-up to *The Patriot War Along the New York-Canada Border*.

The need to defend Canada's sovereignty did not end in 1815, with the close of the War of 1812, as many believe. After William Lyon Mackenzie's failed rebellion in December 1837, Canadian rebels and their American supporters attacked Upper Canada at least thirteen times in 1838. The people and events of that thinly documented war fill McLaughlin's two *Patriot War* books. The first describes the war in the eastern half of the colony, while the second covers events from London to Windsor. This year is the 175<sup>th</sup> anniversary of the Patriot War.

The United States government never endorsed or aided the conflict. American people, not their president, declared war on Britain. The officers and men in the volunteer armies saw themselves as freedom fighters engaged in a just and noble cause. The majority of men who fought, died, and were hanged, acted on altruistic ideals, however misguided their mission may have been.

With a strong biographical slant, both books describe battles, court cases, executions and great escapes in a style that is more journalistic than academic. Readers described the first installment



as easy to read and informative; a few called it a "page-turner".

McLaughlin debuted his first novel, *Counter Currents*, at the Barley Mow in March 2012. It recently won the 2013 silver medal for Historical Literature Fiction awarded by Dan Poynter's Global Ebook Awards. With more than fifty copies sold in Almonte — and passed around to friends — hundreds of local people wonder whatever happened to the young protagonist, Ryan. McLaughlin will give a hint at the October 9 event.

Join Shaun for a meet-and-greet between 6:30 and 7:30PM, and stay to hear stories about the two book projects. For anyone who attended McLaughlin's packed first book launch in March 2012, you know you can expect him to read excerpts, answer questions and sign copies. Mill Street Books will have copies of all McLaughlin's books on hand.

## Anxiety & Phobias



Arthur Rowshan

A unique and effective approach that has helped hundreds of people in the past 23 years.

To book an appointment with Arthur in Kanata call (613) 867-6020.

## Elizabeth Swarbrick

FAMILY FOCUSED LAW

Need Answers  
To Your Questions?  
Just Ask.

Family Separation/Divorce  
Mediation  
Wills

83 Little Bridge St.  
Almonte

613-256-9811

www.familyfocusedlaw.com



# Where's the Melody?

Music, especially popular music, is something that is constantly changing. Fads come and go, and if you look back you can see certain trends establishing themselves. Disco in the seventies gave way to the overly-processed sound of the hair bands of the eighties, which in turn gave way to grunge in the nineties, and so on.

I've always felt that, musically, I was born several decades too late. I am a huge fan of tunes from the thirties and forties.

by Tony Stuart

Songwriters like George Gershwin, Cole Porter, Rodgers and Hart, and others from that era have always made an impression on me, because they knew how to craft melodies that are timeless. The artists who came later that I enjoy listening to, people like The Beatles and Billy Joel, are also gifted with the ability to write melodies that stay with you long after you have listened to a song.

In a jazz trio that I play in, we will often remark on how certain songs are so fun to play because they have melodies that really lend themselves to improvisation. Also, you can take a fine melody, and completely change the style of the music underneath it to great effect. Many of the Beatles tunes, for instance, lend themselves well to jazz treatment.

Melody is one of the most important elements of music, along with rhythm, harmony, and tone colour. Popular music sees trends come and go, but over the last three decades, melody seems to have taken a back seat to rhythm. When grunge was big, I remember a friend of mine saying that he had stopped listening to the radio because pop songs were basically just "detuned rhythm".

One of the exercises I do with students at school is have each person in the class play

something that they might be listening to at the moment. We listen to the song, and then discuss what it is that attracts them to that style of music. Almost always, the answer is that the music has a "great beat." Once in a while, however, an old soul like me will reveal themselves.

Part of this emphasis on rhythm is due to technology's influence. With computers, we have the ability to sample snippets of music, and put songs together in many different ways, much like building something out of Lego. When artists sample music, they look for ways that rhythm lines up, often with very interesting results. Sometimes, however, I feel like I'm being "sonically assaulted", because the rhythm is so predominant. Sampling has also created a whole new set of issues as copyright comes into play, but that is a topic for another column.

Despite the dominance of rhythm, there are some terrific lesser-known artists out there who are still crafting some wonderful melodies. I came across some of these people quite by accident, while listening to internet radio. The irony of this is not lost on me! Artists like Ingrid Michaelson, Regina Spektor, and Leslie Mendelson fit into the "coffee house" vibe, and I'm discovering some great new music, as well as getting excited about listening again. If you haven't tried internet radio, you really should give it a try. Sites like iTunes Radio, Xbox Music, Pandora, and Jango can lead you in some interesting musical directions!

Like all things, music is constantly changing and evolving. I'm hoping that melody will make a comeback...

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



## Middleville Museum's Fundraising Quilt Project

The Middleville and District Museum congratulates Marilyn Hagan of Perth on winning the 2013 Log Cabin Quilt raffle. Thanks go out to the community of museum supporters who worked on the Middleville and District Museum Fundraiser Quilt project, and of course to all those who purchased tickets.

The 2014 quilt project is underway. Anyone wishing to participate in this worthwhile community endeavour is asked to contact <middlevillemuseum@gmail.com> or 259-5462 for further information.

## A Brand New Season!

### Youth Music Club Calls Young Performers

What an opportunity! To perform in a concert hall with superlative acoustics and a 9-foot Steinway concert grand piano in a supportive, non-competitive environment aimed at helping young performers gain experience on the stage. Too good to be true? Hardly. That is exactly what **Almonte In Concert's Youth Music Club** has been providing to the community for years.

The club meets four times a year and encourages young musicians to hone their performance skills as well as build new relationships with other musicians in the area. Meetings include special guests who speak and perform on their chosen instrument, as well as a chance for members to perform one or two pieces.

Club members' parents are keenly aware of what a treasure the club is to the thriving young musical community in Almonte. Parent Jody Trant says: "Music Club is the perfect blend of informality (there are themes, but you can play anything you want...) and structure (dates to work towards, four times a year). It's a beautiful venue where kids get to experience wonderful acoustics and a Steinway grand piano, then learn how good they can sound!"

The kids see the inherent value of it too. "Not only did Music Club give me the opportunity to play in front of an audience for many years, it introduced me to other young musicians. It also taught me to be an audience member as well as a

performer," says Danny Albert. Member Max Donaldson adds: "It has exposed me to new music and diversified my knowledge of music."

On Sunday, October 27, Almonte In Concert's Youth Music Club kicks off its new season at the Almonte Old Town Hall (14 Bridge Street), starting at 12:30PM. Special guests Ian Douglas and Steve Reside will bring their knowledge and sense of fun and adventure on all things percussive. Registration will begin at noon so the performance can begin at 12:30 sharp.

If you just want to drop in for a test run, the cost is \$7 for one meeting. Membership fees are \$20 a year for individuals, \$30 for families. This covers four meetings with special guests and snacks, plus the rental of the beautiful hall.

For further information, please visit <almonteinconcert.com> and you'll see Youth Music Club button along the top. Club dates for the rest of the year are listed, and special guests will also be announced here. Or if speaking to a real person is more to your liking, please call Colleen at 256-5080.

Almonte is gifted with a rich tapestry of artistic individuals and organizations. Lucky, lucky us — to have musicians willing and able to encourage the next generation to continue creating beautiful music.

— *Kathryn Briggs*

## Mississippi Mills Launches Municipal Cultural Plan

The Town of Mississippi Mills joins leading municipalities in Ontario in developing its first Municipal Cultural Plan. The Plan will promote Mississippi Mills as a unique, creative and vibrant community with rich and diverse cultural resources. The Town of Mississippi Mills recognizes the contributions made by cultural resources to defining and promoting a sense of place, attracting tourists and creating jobs — including jobs in the rapidly expanding creative cultural industries, attracting and retaining talent and new businesses.

"Culture plays an increasingly important role in growing local economies and enhancing quality of life in Mississippi Mills. The Cultural Plan will serve to highlight and support the longterm growth of local creative industries," states Mayor John Levi.

In 2012, the Town completed a mapping project, to identify a wide range of cultural resources in the community, as the first step toward the development of

the plan. The plan will establish a cultural vision for the Town, as well as concrete strategies and actions to leverage the community's cultural resources to grow the economy and enhance quality of life. An important outcome will be integrating culture more effectively in Town planning and decision-making.

Community input is essential to the success of the plan. A **Launch Event for the Municipal Cultural Plan** is being held on Thursday, October 17 at the Almonte Old Town Hall at 14 Bridge Street. Registration will begin at 6:30 with the session running from 7 to 8:30PM. The event is free and open to all. A Community Survey is also being launched to provide another way for the community to assist in shaping the Plan.

For more information, please contact Community Economic and Cultural Coordinator, Tiffany MacLaren, at 256-1077 or <tmaclaren@mississippimills.ca>.



# Variety is the Spice of An Evening of One Acts

For theatre lovers, the Studio Theatre's **Evening of One Act Plays** is like a double helping of a favourite entrée — two great plays in one sitting.

For the fifth year, this much-loved format returns to Perth, featuring, as always, a play by the Studio Theatre's own production company plus a performance by a visiting company. It makes for a delightfully spicy evening of variety that has become a favourite part of their season.

This year, each of the six evenings will include Norm Foster's *The Death of Me*, the Studio Theatre's entry in the 2013 Eastern Ontario Drama League One-Act Play Festival (held in Merrickville this year). This play takes a humorous look at what it would be like to be summoned before the Angel of Death to complete the necessary documents for your post-mortem life. *The Death of Me* illustrates Foster's gift for creating character out of comic variations on well-known themes; in this case, the popular cinematic scenario of dying and getting a second chance. Director Barb Guthrie has assembled a fine cast of favourite local actors, including Patti Greer, Lucas Tennant, Brian Tannenbaum, and Tracy Noonan.

Each evening, in addition to *The Death of Me*, one of the following productions will be presented by a visiting theatre company: *Buttonholes in Silk*, *Eye of the Storm*, and *The Weir*.

*Buttonholes in Silk*, by Gail Fricker, will be presented by Theatre Night in Merrickville on

October 24 and 25 at 8PM. Set in Brighton, England, *Buttonholes in Silk* takes a multi-generational look at the daughter-mother-grandmother relationship. The message is clear: listen to people — what they're saying, doing and feeling, because families often don't listen to one another. This is a touching play that audiences are sure to connect with.

*Eye of the Storm*, by Peter Zednik, will be presented by Ottawa Little Theatre on October 26 at 8PM and October 27 at 2PM. This thought-provoking play takes a timely look at mental illness and youth, as 17 year-old Marlie and her family struggle with her inability to differentiate between reality and hallucination. This play won the Sybil Cooke award for a Play Written for Young People.

*The Weir*, by Conor McPherson, will be presented by Tara Players Ottawa on November 1 and 2 at 8PM. In a bar in a remote part of western Ireland, four locals are swapping spooky stories to impress an attractive young woman. What begins as a simple visit to the pub soon turns into an evening of both funny and spellbinding stories, until the final tale takes a strange and unexpected twist. Conor McPherson is a master of the monologue, brilliantly capturing the riveting aspects of storytelling.

For details and ticket information about the Studio Theatre's Evening of One Act Plays, please visit <studiotheatreperth.com>.

# Country Harvest Music Show on October 20

This year marks the fifth anniversary of the annual Country Harvest Music Show in Carleton Place. The event takes place on October 20 at the CP Arena and, as always, promises a line-up of great local talent and a thoroughly enjoyable evening out.

Five years ago, Bob White and Andy Bowes (of the Bowes Brothers) decided to organize a great annual country music show that would take place in the fall, after all of the county fairs were over for the year. The name "Country Harvest Music Show" seemed appropriate, and they have been growing the event ever since. Last year's event sold out, so in order to enjoy the comfortable, family-friendly atmosphere and fabulous line-up, you're going to want to grab your tickets in advance.

Andy's job is to pull together the line-up, and this year he is proud to present **Barry Brown, Rod Bowes, Cheryl Adrain-Dermann and Brad Munro**. In addition, this year's show will feature a special tribute to Ray Donaldson, who played the steel guitar at each of the first four shows, but passed away this past year. Well-known emcee **Charlie Kitts** is adept at reading the crowd, and knows all of the entertainers well enough to rib them between sets. The house band also reads like a who's who of the Valley country music scene, featuring Brad Scott, Andy Bowes, Wade Foster, Brian Ostrom and Mark Lemieux. And if that weren't enough to tempt you to come out, the whole show raises money for the restoration of the balcony at the Carleton Place Town Hall.

In order to make this concert appeal to a wide range of ages, Bob sets up the arena with theatre-style seating so the audience can expect a relaxed, sit-down atmosphere. Bob enthuses that "there is not a bad seat in the hall," and adds that "the sound level is enjoyable — you won't leave with your ears ringing." The arena is also fully accessible and there is plenty of free parking. Bob encourages attendees to dine in downtown Carleton Place before the show. Doors open at 5:30 for "social time," and coffee and a cash bar will be available until the show starts at 7PM. Tickets are only \$15, and are available from the Arena, Carambeck Community Centre and Graham's Shoes in Carleton Place, Nicholson's in Pakenham, and Mark's Cobbler Shop in Perth. For more information, you can contact Bob White at 253-5046.

— Kris Riendeau



Charlie Kitts emcees this year's Country Harvest Music Show in Carleton Place

## "Places Please!"

### EODL's One Act Play Festival

On the evening of Friday, November 8, the first three of seven eager community theatre groups will be hearing the traditional call of their stage managers as they take to the boards in Merrickville. Yes, it's time for the 45<sup>th</sup> Eastern Ontario Drama League's One Act Festival. The groups will be seeking awards, accolades and audience appreciation in this very popular drama competition.

Starting off the weekend of theatre (Friday at 7:30PM) will be **Theatre Night In Merrickville's** *Buttonholes in Silk* by Gail Fricker; Perth's **Studio Theatre Productions** with Norm Foster's *The Death of Me*; and **Ottawa Little Theatre's** presentation of *Eye of the Storm* (by Peter Zednik).

After a good night's sleep, join Theatre Ontario on Saturday morning (9:30AM), for a forum to discuss matters of importance relating to the role and function of community theatre, held in the Rideau Room of Fulford College, on Main Street. The college occupies the building that was once the home of Sam Jakes, a local Victorian entrepreneur in Merrickville's heyday.

Saturday afternoon (1:30PM) brings three troupes from a little further afield: **Prince Edward Community Theatre** presents *A Scent of Honeysuckle*, by Jean Lennox Toddie; the **Bay of Quinte Community Players'** bring *A Little Something for the Ducks* (also by Toddie); and the **Peterborough Theatre Guild** rounds out the trio with Patricia Clapp's *A Candle on the Table*.

Finish off a great two days of theatre on Saturday evening with two presentations by **Lindsay Little Theatre**: *The Elephant Song* and *Séance*, by Nicholas Billon and Don Nigro respectively.

The following morning (Sunday, November 10 at 11AM) all the players, along with fellow guests and supporters, can enjoy the celebratory Awards Brunch and await with eager anticipation the decisions of this year's festival adjudicator, Carolee Mason. The brunch will be held at the Goose and Gridiron, another of Merrickville's time-honoured and significant buildings. This is where the adjudicator's assessments are capped by several awards in the categories of acting, directing, set design, sound, performance and production.

Theatre Night In Merrickville has always enjoyed the pleasure of hosting EODL Festivals, and has established a great reputation in making these festivals happy and convivial events. Tickets for the performances include the entrance fee to the Green Room, where casts, crews and members of the audience can gather to relax, enjoy a drink or two, and munch on a variety of appetizing snacks as they unwind after each of the three productions. The Fulford Preparatory College has generously allocated its dining area for this event.

Tickets for each grouping of plays are \$20 each, with the Sunday Brunch at \$30, but you can also choose from two great combo deals: \$55 for all plays or \$80 for all plays and brunch! To purchase tickets or get further information about the theatre groups and the plays, please visit <merrickvilletheatre.org>. Check out "Theatre Night in Merrickville" on Facebook for news and developments.

#### Seeking Rental Accommodation or House-Sitting in the Town of Almonte

November to March, for single woman and dog, while looking for bungalow to purchase.  
Phone 613-839-3393 or email [furryfolk@ncf.ca](mailto:furryfolk@ncf.ca)



## Harvest Moon Orchard

### Apples, Cider & Gifts

Wednesday, Thursday and Friday 11:00- 5:30  
Saturday & Sunday 9:00-5:00

[www.harvestmoonorchard.ca](http://www.harvestmoonorchard.ca)



4625 Carp Road, Carp

613-839-0378





# Claiming Column

Evening of One-Acts, Perth, Nov 1-2  
 Christmas in the Valley Artisan Show, Almonte, Nov 1-2  
 Handmade Harvest Craft Show, Almonte, Nov 2-3  
 MMLTC Gala, Almonte, Nov 8  
 One-Act Festival, Merrickville, Nov 8-10  
 Leading Ladies, Arnprior, Nov 8-10, 15, 16  
 Art Tour & Sale, Nov 9, Carleton Place  
 Classical Series, McD Crnrs, Nov 10  
 Marion Bridge, Almonte, Nov 14-17, 21-23  
 Jesse Peters (PPAC), Perth, Nov 15  
 On Stage For Kids, Almonte, Nov 17  
 Sunday Concert, McD Crnrs, Nov 24  
 Stairwell Carollers, Almonte, Nov 30  
 Snow White & the Seven Dwarfs, Smiths Falls, Dec 5-8, 13-15  
 Humbug! A Christmas Panto, CP, Nov 29-Dec 1, 6, 7  
 Jason Collett, Almonte, Nov 30  
 Mother Goose, Perth, Dec 5-8, Dec 13-15  
 A Stradivarius X-mas (AiC), Dec 7  
 Perth Xmas House Tour, Dec 7-8  
 Classical Series, McD Crnrs, Dec 8  
 Leahy, Perth, Dec 15

## Visual Arts

**Richard Gill Fall Show**, Oct 4, 3-9PM. Bittersweet Gallery, Burnstown. 432-5254.  
**Calabogie Artfest**, Oct 5-6, 10AM-4PM. Calabogie Community Centre. 752-2555, kimlepine@hotmail.com.  
**Festival of the Senses**, Oct 5-6, 10AM-4PM. Calabogie/Burnstown. festivalofthesenses.ca.  
**Merrickville Artists Guild Studio Tour**, Oct 5-6, 10AM-6PM. merrickvilleartists.com.  
**Almonte & Area Artists' Assoc**, Oct 7, 7:30PM, Almonte Library. 4a-artists.ca.  
**Expressions of Art**, Oct 11 (7-9PM), 12 (8AM-4PM), 13 (10AM-4PM). Art show/sale. Carp Ag. Hall. westcarletonartssociety.ca.  
**Vernissage**, Oct 11, 7-9PM. Featuring Kate Collins. Brush Strokes, CP. 253-8088.  
**Crown & Pumpkin Studio Tour**, Oct 12-14, 10AM-5PM. Almonte-Blakeney-Clayton. crownandpumpkin.com.  
**Fall Colours Studio Tour**, Oct 12-14, 10AM-5PM. westportstudiotours.ca, Westport. 273-8347  
**Perth Autumn Studio Tour**, Oct 12-14, 10AM-5PM. Maps at Riverguild. perthstudiotour.com.  
**Perth Road Artists' Open Studios**, Oct 12-13, 10AM-5PM. Just west of Perth Rd Village. 353-7302, debratatesears.com.  
**Open Studio - Letterpress**, Oct 13, 10AM-5PM. Demos & other goodies. Papillon Press, 26 Spring St., Westport.  
**Stittsville Artists Studio Tour**, Oct 19-20, 10AM-4PM. 6 artists. Watch for red balloons. stittvillstudiotour.com.  
**Almonte Quilters' Guild**, Oct 21, 7-9PM. Almonte Civitan. 257-8444.  
**Lanark County Quilters Guild**, Oct 22, 7PM. \$3. Lions Hall, Perth. 264-9232.  
**Arnprior Quilters' Guild**, Oct 23, 7PM. Christian Educ'n Ctr, Arnprior. 623-6289, arnpriordistrictquiltersguild.com. \$5.

## Youth

**Youth Dance**, Oct 4, 7-10PM, Ages 12-15. Adult chaperones., Carambeck Community Ctr, CP. 257-1704. \$5.  
**Art Fun for Kids**, Oct 5, 10AM-1PM, Kids join artists in constructing works of art., Kanata Civic Art Gallery. kanatagallery.ca.  
**Shakespeare's Othello**, Oct 20, 26 2PM; Oct 25-26 7:30PM. Mudds Youth Theatre. Tickets at CP Chamber. CP Town Hall. mississippimudds.ca. 257-1976. \$10

Monday	Tuesday	Wednesday	Thursday
30 🎵 <b>Carp Celtic Jam</b> , Carp Masonic Lodge 🎵 <b>Kon-Tiki</b> , Arnprior	1 🎵 <b>Green Drinks</b> , Perth 🎵 <b>Intro to Duplicate Bridge</b> , Almonte	2 🎵 <b>Game Club</b> , Almonte 🎵 <b>Open Celtic Jam</b> , Naismith Pub	3 🎵 <b>A Trio of One-Act Plays</b> , Smiths Falls 🎵 <b>David Francey</b> , Neat Coffee Shop 🎵 <b>Jazz at Bally's</b> , Ballygiblin's 🎵 <b>Jazz w/Spencer Evans Trio</b> , The Cove 🎵 <b>Musicians' Circle</b> , Bolingbroke 🎵 <b>Open Mic</b> , Love That Barr 🎵 <b>Open Mic w/The Camerons</b> , Golden Arrow
7 📺 <b>Almonte &amp; Area Artists' Assoc Mtg</b> , Almonte 🎵 <b>Carp Celtic Jam</b> , Carp Masonic Lodge 🎵 <b>Unfinished Song</b> , Arnprior	8 🎵 <b>Intro to Duplicate Bridge</b> , Almonte 🎵 <b>West Carleton Garden Club</b> , Carp	9 🎵 <b>2014 Nudes of Mississippi Mills Calendar Launch</b> , Almonte 🎵 <b>A Royal Affair</b> , Perth 🎵 <b>Adult Bereavement Group</b> , Perth 📖 <b>Book Launch</b> , Almonte 🎵 <b>Open Celtic Jam</b> , Naismith Pub 🎵 <b>SF Volunteer Search</b> , Smiths Falls	10 🎵 <b>A Royal Affair</b> , Smiths Falls 🎵 <b>Jazz w/Spencer Evans Trio</b> , The Cove 🎵 <b>Musicians' Circle</b> , Bolingbroke 🎵 <b>Open Mic</b> , Love That Barr 🎵 <b>Open Mic w/Alida &amp; Matt</b> , Golden Arrow
14 🎵 <b>Carp Celtic Jam</b> , Carp Masonic Lodge 📺 <b>Crown &amp; Pumpkin Studio Tour</b> , Almonte 📺 <b>Fall Colours Studio Tour</b> , Westport 🎵 <b>Love is All You Need</b> , Arnprior 📺 <b>Perth Autumn Studio Tour</b> , Perth 🎵 <b>PFLAG Meeting</b> , Carleton Place	15 🎵 <b>Intro to Duplicate Bridge</b> , Almonte	16 🎵 <b>Game Club</b> , Almonte 🎵 <b>Let's Murder Marsha</b> , Constance Bay 🎵 <b>Open Celtic Jam</b> , Naismith Pub	17 🎵 <b>Let's Murder Marsha</b> , Constance Bay 🎵 <b>Merrickville Jazz Fest</b> , Merrickville 🎵 <b>Mississippi Mills Cultural Plan Launch</b> , Almonte 🎵 <b>Much Ado About Nothing</b> , Smiths Falls 🎵 <b>Musicians' Circle</b> , Bolingbroke 🎵 <b>Open Mic</b> , Golden Arrow 🎵 <b>Open Mic</b> , Love That Barr 📖 <b>Perth Writers Guild</b> , Perth 🎵 <b>Stand-Up Comedy Open Mic</b> , CP
21 📺 <b>Almonte Quilters' Guild</b> , Almonte 🎵 <b>Carp Celtic Jam</b> , Carp Masonic Lodge 🎵 <b>Renoir</b> , Arnprior 🎵 <b>St. Cecilia Singers of Ottawa</b> , Almonte	22 🎵 <b>Intro to Duplicate Bridge</b> , Almonte 📺 <b>Lanark County Quilters Guild</b> , Perth 🎵 <b>Martha Wainwright</b> , Neat Coffee Shop	23 📺 <b>Arnprior Quilters' Guild</b> , Arnprior 🎵 <b>Open Celtic Jam</b> , Naismith Pub 🎵 <b>Stories We Tell</b> , Perth	24 🎵 <b>Buttonholes in Silk/The Death of Me</b> , Perth 🎵 <b>Kelly Sloan</b> , O'Reilly's Pub 🎵 <b>Musicians' Circle</b> , Bolingbroke 🎵 <b>Open Mic</b> , Golden Arrow 🎵 <b>Open Mic</b> , Love That Barr 🎵 <b>Stories We Tell</b> , Smiths Falls
28 🎵 <b>Almonte &amp; District Horticultural Soc.</b> , Almonte 🎵 <b>Blue Jasmine</b> , Arnprior 🎵 <b>Carp Celtic Jam</b> , Carp Masonic Lodge	29 🎵 <b>Intro to Duplicate Bridge</b> , Almonte	30 🎵 <b>Adult Bereavement Group</b> , CP 🎵 <b>Game Club</b> , Almonte 🎵 <b>Neat SoundCheck</b> , Neat Coffee Shop 🎵 <b>Open Celtic Jam</b> , Naismith Pub	31 🎵 <b>Halloween Party w/Alida &amp; Matt</b> , Golden Arrow 🎵 <b>Musicians' Circle</b> , Bolingbroke 🎵 <b>Open Mic</b> , Love That Barr 🎵 <b>This is The Shoes w/Corey Abell</b> , Neat Coffee Shop

**Beckwith Halloween Party**, Oct 25, 6-8PM, Beckwith Recreational Complex. 257-1539, twp.beckwith.on.ca.  
**My Town's Got Talent Finale**, Oct 25, 7PM, TBD, mtgt.webs.com.  
**Almonte in Concert Youth Music Club**, Oct 27, 12:30PM, Youth & special guests (Ian Douglas & Steve Reside - percussion) perform. Almonte Old Town Hall. 256-5080, almonteinconcert.com. \$7.

## Theatre

**A Trio of One-Act Plays**, Oct 3, 4, 5, 11, 12 at 7:30PM; Oct 6, 13 at 2PM. SF Community Theatre: *The Game, Erica & Me, Plum Hollow*. Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$20; Snr \$18; Child \$10.  
 O'Brien Theatre Film Group: Oct 6 1PM & Oct 7 7:30PM, **Unfinished Song**; Oct 13 1PM & Oct 14 7:30PM, **Love is All You Need**;

Oct 20 1PM & Oct 21 7:30PM **Renoir**; Oct 27 1PM & Oct 28 7:30PM, **Blue Jasmine**. O'Brien Theatre, Arnprior. \$10.  
 Film Night International: Oct 9 2&7PM (Full Circle, Perth) & Oct 10 7PM, (Station Theatre, SF), **A Royal Affair**; Oct 23 2&7PM (Full Circle, Perth) & Oct 24 7PM (Station Theatre, SF), **Stories We Tell**. \$10. filmnightinternational.blogspot.ca.  
**Let's Murder Marsha**, Oct 16-19 7:30PM, Oct 19 1PM. Constance/Buckham's Bay Com. Centre. 286-0082, \$12/\$15.  
**Much Ado About Nothing**, Oct 17-18, 7:30PM, Film by Joss Whedon. Station Theatre, SF. 283-0300. \$10/\$5 student  
**Stand-Up Comedy Open Mic**, Oct 17, 8:30PM, 3rd Thurs/mo., Ballygiblin's, CP. facebook.com/LanarkLaughs. No cover  
**Evening of One-Act Plays**, Oct 24-25, 8PM; Oct 26 8PM & Oct 27 2PM; Nov 1-2, 8PM. Studio Theatre, Perth. 267-7469. \$20 (Book Nook, theatre), \$22 (TicketsPlease).

**Spiritual Cinema Circle**, Oct 27, 2-4PM, Films for heart & soul. McMartin House, Perth. 267-4819, fp@superaje.com. \$2.

## Literature

**LiPS No Rules Slam**, Oct 4, 7PM, Fund-raiser to go to Mtd for CFSW. The Thirsty Moose, CP. lanarklips@hotmail.com, \$5.  
**Writers Reading**, Oct 5, 1-5:30PM, W. Grady, E. Hay, A. Pyper, M. Simonds. \$15. Westport United Church. 273-7781.  
**Book Launch**, Oct 9, 6:30PM, Shaun McLaughlin, *Patriot War Along Michigan-Can. Border*, Barley Mow, Almonte. 256-9090.  
**Perth Writers Guild**, Oct 17, 7PM, Critique group; all genres. 10C Herriott St., Perth. zulu.racer@gmail.com.  
**LiPS Spoken Word Slam**, Oct 18, 7PM, Lanark County Live Poets Society, TBD, in Perth, lanarklips@hotmail.com. \$5.

## Music

**Musicians' Circle**, Thursdays, 7PM. Musicians only - all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall.  
**SchoolBOX Benefit Concert**, Oct 4, 7:30PM. Tickets at Equator; Read's Almonte Old Town Hall. schoolbox.ca. \$20.  
**Gordie Tapp** w/Arlene Quinn & Rodger Coulombe, Oct 5, 7:30PM. Studio Theatre, Perth. 267-6817. \$30 at Shadowfax.  
**Country & Gospel Music**, Oct 6, 7PM, Bowes Brothers. St. James Anglican Church, Franktown. 283-4617.  
**Opus Four**, Oct 6, 2-5PM, Flute quartet. MERA Schoolhouse, McD Corners. 485-6434, meraschoolhouse.org. \$25.  
**SRO Big Band Tea Dance**, Oct 6, 1-4PM, 15-pc Big Band. Almonte Old Town Hall. 563-7044, sroteadances.org. \$14.  
**White Lake Acoustic Jam**, Oct 12, 7-10PM. All ages. White Lake Fire Hall.



# OCTOBER 2013

## Friday

## Saturday

## Sunday

<ul style="list-style-type: none"> <li><b>A Trio of One-Act Plays</b>, Smiths Falls</li> <li><b>Chet Dexas Quartet</b>, The Cove Country Inn</li> <li><b>Holiday Pet Photos for LAWS</b>, Carleton Place</li> <li><b>LIPS No Rules Slam</b>, Carleton Place</li> <li><b>Richard Gill Fall Show</b>, Burnstown</li> <li><b>SchoolBOX Benefit Concert</b>, Almonte</li> <li><b>Steve Barrette Trio</b>, The Swan at Carp</li> <li><b>The Duke Wright Bag</b>, Love That Barr</li> <li><b>Youth Dance</b>, Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li><b>Art Fun for Kids</b>, Kanata</li> <li><b>Nature Walk</b>, Lanark</li> <li><b>Calabogie Artfest</b>, Calabogie</li> <li><b>A Trio of One-Act Plays</b>, Smiths Falls</li> <li><b>Annual Roast Beef Dinner</b>, Carleton Place</li> <li><b>Festival of the Senses</b>, Calabogie</li> <li><b>Gordie Tapp w/Arlene Quinn</b>, Perth</li> <li><b>GT &amp; The Earthtones</b>, Love That Barr</li> <li><b>Holiday Pet Photos for LAWS</b>, Carleton Place</li> <li><b>Lanark Co. Genealogical Soc.</b>, Perth</li> <li><b>Merrickville Artists' Guild Studio Tour</b></li> <li><b>Mike Stevens</b>, Neat Coffee Shop</li> <li><b>Ottawa Valley Music Festival Meeting</b>, Renfrew</li> <li><b>Writers Reading</b>, Westport</li> </ul>	<ul style="list-style-type: none"> <li><b>Artfest/Festival of the Senses</b>, Calabogie</li> <li><b>A Trio of One-Act Plays</b>, Smiths Falls</li> <li><b>Bob Burtch Bluegrass</b>, The Cove</li> <li><b>Country &amp; Gospel Music</b>, Franktown</li> <li><b>Finders Keepers Craft Show</b>, Carleton Place</li> <li><b>Merrickville Artists' Guild Studio Tour</b></li> <li><b>Ontario Natural Homes Tour</b></li> <li><b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li><b>Opus Four</b>, McDonalds Corners</li> <li><b>SRO Big Band Tea Dance</b>, Almonte</li> <li><b>Unfinished Song</b>, Amprior</li> <li><b>Valley Singles Lunch</b>, Renfrew</li> <li><b>Walk In The Woods Day</b>, Eganville</li> </ul>
<ul style="list-style-type: none"> <li><b>A Trio of One-Act Plays</b>, Smiths Falls</li> <li><b>Brea Lawrenson</b>, Golden Arrow</li> <li><b>Expressions of Art - Vernissage</b>, Carp</li> <li><b>Garden of Weeds</b>, Love That Barr</li> <li><b>Vernissage</b>, Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li><b>A Trio of One-Act Plays</b>, Smiths Falls</li> <li><b>Belle Starr w/Jordie Lane</b>, Neat Coffee Shop</li> <li><b>Chris Murphy (of Crooked Wood)</b>, The Cove</li> <li><b>Crown &amp; Pumpkin Studio Tour</b>, Almonte</li> <li><b>Expressions of Art</b>, Carp</li> <li><b>Fall Colours Studio Tour</b>, Westport</li> <li><b>Kirk Armstrong</b>, Golden Arrow</li> <li><b>Perth Autumn Studio Tour</b>, Perth</li> <li><b>Perth Road Artists' Open Studios</b>, Perth</li> <li><b>Walking Tour: How the Railway Shaped Our Town</b>, Smiths Falls</li> <li><b>White Lake Acoustic Jam</b>, White Lake</li> </ul>	<ul style="list-style-type: none"> <li><b>A Trio of One-Act Plays</b>, Smiths Falls</li> <li><b>APEX Jazz Band</b>, The Royal Oak</li> <li><b>Crown &amp; Pumpkin Studio Tour</b>, Almonte</li> <li><b>Expressions of Art</b>, Carp</li> <li><b>Fall Colours Studio Tour</b>, Westport</li> <li><b>Head over Heels</b>, The Cove</li> <li><b>Jazz Brunch</b>, Fiddlehead</li> <li><b>Love is All You Need</b>, Amprior</li> <li><b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li><b>Open Studio - Letterpress</b>, Westport</li> <li><b>Perth Autumn Studio Tour</b>, Perth</li> <li><b>Perth Road Artists' Open Studios</b>, Perth</li> </ul>
<ul style="list-style-type: none"> <li><b>Billy Armstrong</b>, Love That Barr</li> <li><b>Let's Murder Marsha</b>, Constance Bay</li> <li><b>LIPS Spoken Word Slam</b></li> <li><b>Merrickville Jazz Fest</b>, Merrickville</li> <li><b>Much Ado About Nothing</b>, Smiths Falls</li> <li><b>My Son the Hurricane</b>, Neat Coffee Shop</li> <li><b>Peter Woods &amp; Harold Frizzell</b>, Golden Arrow</li> <li><b>PPAC: Bax &amp; Chung - Piano</b>, Perth</li> <li><b>Steve Barrette Trio</b>, The Swan at Carp</li> </ul>	<ul style="list-style-type: none"> <li><b>Fall Tea &amp; Bazaar</b>, Almonte</li> <li><b>Head over Heels</b>, The Cove Country Inn</li> <li><b>Laura Smith</b>, Perth</li> <li><b>Let's Murder Marsha</b>, Constance Bay</li> <li><b>Long Sault Trio</b>, Golden Arrow</li> <li><b>Merrickville Jazz Fest</b>, Merrickville</li> <li><b>Roast Turkey Supper</b>, Pakenham</li> <li><b>Stittsville Artists Studio Tour</b>, Stittsville</li> </ul>	<ul style="list-style-type: none"> <li><b>Aboriginal Hand Drumming Circle</b>, Carleton Place</li> <li><b>Country Harvest Music Show</b>, Carleton Place</li> <li><b>Go Nuts on the Carbine Trail</b>, Pakenham</li> <li><b>Magnolia Rhythm Kings</b>, The Royal Oak</li> <li><b>Merrickville Jazz Fest</b>, Merrickville</li> <li><b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li><b>Renoir</b>, Amprior</li> <li><b>Shakespeare's Othello</b>, Carleton Place</li> <li><b>Stittsville Artists Studio Tour</b>, Stittsville</li> <li><b>Walking Tour: How the Railway Shaped Our Town</b>, Smiths Falls</li> </ul>
<ul style="list-style-type: none"> <li><b>Almonte Lectures</b>, Almonte</li> <li><b>Beckwith Halloween Party</b>, Beckwith</li> <li><b>Brea Lawrenson</b>, Golden Arrow</li> <li><b>Buttonholes in Silk/The Death of Me</b>, Perth</li> <li><b>David Vest w/East Meets Vest Band</b>, Westport</li> <li><b>Musicians for Mutts (LAWS)/Claytones CD Release</b>, Almonte</li> <li><b>My Town's Got Talent Finale</b>, Carleton Place</li> <li><b>Rainwater Whiskey</b>, Love That Barr</li> <li><b>Shakespeare's Othello</b>, Carleton Place</li> <li><b>Youth Homelessness Fundraiser</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li><b>Almonte in Concert</b>, Almonte</li> <li><b>Buffet Dinner, Dance, Auction</b>, Perth</li> <li><b>Chicken &amp; Rib Night</b>, Westport</li> <li><b>Eye of the Storm/The Death of Me</b>, Perth</li> <li><b>Fall Tea, Bake Sale &amp; Bazaar</b>, Ashton</li> <li><b>Halloween Party w/Lucy B</b>, Golden Arrow</li> <li><b>Halloween Sat w/Shawn McCullough</b>, The Cove</li> <li><b>Jazz House Concert</b></li> <li><b>Maskeraid Halloween Parade</b>, Carleton Place</li> <li><b>Matt Mays</b>, Neat Coffee Shop</li> <li><b>REAL Murder Mystery Dinner</b>, Smiths Falls</li> <li><b>Shakespeare's Othello</b>, Carleton Place</li> <li><b>Union Hall Potluck &amp; Talent Night</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li><b>Almonte in Concert Youth Music Club</b>, Almonte</li> <li><b>APEX Jazz Band</b>, The Royal Oak</li> <li><b>Blue Jasmine</b>, Amprior</li> <li><b>Country Gospel Brunch</b>, Smiths Falls</li> <li><b>Eye of the Storm/The Death of Me</b>, Perth</li> <li><b>Jazz Brunch</b>, Fiddleheads Bar &amp; Grill</li> <li><b>Kate Weekes/Grant Simpson</b>, McDonalds Corners</li> <li><b>Lindi Ortega w/Northcote</b>, Neat Coffee Shop</li> <li><b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li><b>Spiritual Cinema Circle</b>, Perth</li> <li><b>Traditional Song Session</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li><b>Bittersweet Gallery</b> presents Richard Gill's annual show Oct 4-14 &lt;burnstown.ca/bittersweet&gt;</li> <li><b>Brush Strokes</b> presents the paintings of Kate Collins &lt;brushstrokesart.ca&gt;</li> <li><b>Diefenbunker</b> presents "About Building Peace"</li> <li><b>FIELDWORK</b> presents outdoor art &lt;fieldworkproject.com&gt;</li> <li><b>Heritage House Museum</b> presents Carvings of the Rideau (to Oct 24) &lt;smithsfalls.ca/heritagehouse&gt;</li> <li><b>Kanata Civic Art Gallery</b> presents painter Tricia Wilmot Savoie &lt;kanatagallery.ca&gt;</li> <li><b>MVTM</b> presents <i>Biografika</i> [to Oct 19], Maximo Laura's Peruvian textiles [to Oct 10] &lt;mvtm.ca&gt;</li> <li><b>Ottawa West Arts Assoc Gallery</b> (Goulbourn Rec Complex) presents "Indian Summer" &lt;owaa.ca&gt;</li> <li>The <b>Mississippi Mills Chambers Gallery</b> presents Jill McCubbin, acrylic</li> <li>The <b>Almonte Library Corridor Gallery</b> presents Deborah Saulnier &amp; Cecilia Neil, rug hooking</li> </ul>		

wol.ca/home/hot-licks-acoustic-jam. \$5.  
**Merrickville Jazz Fest**, Oct 17-20. Various locations in Merrickville. 290-0028, merrickvillesjazzfest.com.  
**PPAC: Bax & Chung - Piano**, Oct 18, 7:30PM, PPAC. 485-6434. PDCI, Perth. 485-6434, ticketsplease.ca. \$30.  
**Laura Smith**, Oct 19, 8PM, Deep-digging lyrics & soulful melodies. Tickets at Shadowfax. Studio Theatre, Perth. 267-6817.  
**Country Harvest Music Show**, Oct 20, 7PM. Tickets at CP Arena. Fundraiser. CP Arena. 253-5046. \$15.  
**St. Cecilia Singers of Ottawa**, Oct 21, 7:30PM. A capella choir. Fundraiser. St. Paul's Anglican, Almonte. stceciiasingers.ca. \$20.  
**David Vest w/East Meets Vest Band**, Oct 25, 7-11PM, BOTR. The Cove. \$60 dinner/show. choosetheblues.ca.  
**Musicians for Mutts/Claytones CD Release**, Oct 25, 8PM, Fundraiser. Union Hall, Almonte. \$20 (\$10 to LAWS)

**A Celebration of Song (AIC)**, Oct 26, 8PM. \$30 at 256-4554, almonteinconcert.com, Mill St Books, Read's. Almonte Old Town Hall.  
**Jazz House Concert**, Oct 26, 7:30PM, Adrian Cho & Diane Nalini. jazzn.ca. \$20.  
**Country Gospel Brunch**, Oct 27, 12-2PM, Balsam Blue. Sponsored by Trinity United. Good Life Bistro & Bakery, SF. No cover.  
**Kate Weekes/Grant Simpson**, Oct 27, 2-5PM, Upbeat jazz/folk duo. McD Corners. meraschoolhouse.org. \$22.  
**Traditional Song Session**, Oct 27, 2-4PM, Join in w/trad songs. Barley Mow, Almonte. 355-5552, shantyman.ca/TradSing.  
**The Swan at Carp** (Carp, 839-7926): jazz Oct 4, 18 Steve Barrette Trio, 7-10PM  
**Fiddleheads** (Perth, 267-1304): Oct 13, 27 Sun Jazz Duo Brunch, 12-3PM  
**The Royal Oak** (Kanata, 591-3895): jazz on Sun, no cover Oct 6, 20 Magnolia Rhythm Kings, 3-6PM Oct 13, 27 APEX Jazz Band, 2-5PM

**The Cove** (Westport, 273-3636): Oct 3, 10 Jazz Night, 9-11PM Oct 4 Chet Dexas Quartet, 8-11PM, \$20 Oct 6 Bob Burtch Bluegrass, 1-4PM, \$10 Oct 12 Chris Murphy, 6-9PM Oct 13 Head over Heels, 5:30-8:30PM Oct 19 Head over Heels, 6-9PM Oct 26 Halloween w Shawn McCullough  
**Ballygiblin's** (CP, 253-7400), jazz, no cover Oct 3 Peter Brown, Don Paterson, Glenn Robb, 6-9PM  
**Carp Masonic Lodge**: Carp Celtic Jam, \$3/\$25 for 3 mos, all levels, Mon (7-9PM)  
**Ashton Pub** (Ashton): Sundays Open Mic w/Kelly Sloan, 2-5PM  
**Neat Coffee Shop** (Burnstown, 433-3205): 8PM Oct 3 David Francey, \$35 Oct 5 Mike Stevens, \$25 Oct 12 Belle Starr w/Jordie Lane, \$20 Oct 18 My Son the Hurricane, \$16 Oct 22 Martha Wainwright, \$65

Oct 26 Matt Mays, \$52.50  
 Oct 27 Lindi Ortega w/Northcote, \$20  
 Oct 30 SoundCheck open mic, free  
 Oct 31 This is The Shoes, \$12  
**The Naismith Pub** (Almonte, 256-6336): Open Celtic Jam Wed, (7:30-10PM)  
**O'Reilly's Pub** (Perth, 267-7994): Oct 24 Kelly Sloan, 9PM, no cover  
**Love That Barr** (Pakenham, 624-2000): Thurs Open Mic, Fri Music (8:30PM) Oct 4 The Duke Wright Bag Oct 5 GT & the Earthtones, 8PM, no cover Oct 11 Garden of Weeds Oct 18 Billy Armstrong Oct 25 Rainwater Whiskey  
**Golden Arrow Pub** (Perth, 267-4500): live music from 9PM Oct 3 Open Mic w/The Camerons Oct 5 Jazz Night w/Peter Brown & guest Oct 10 Open Mic w/Alida & Matt Oct 11, 25 Brea Lawrenson Oct 12 Kirk Armstrong

Oct 17, 24 Open Mic  
 Oct 18 Peter Woods & Harold Frizzell  
 Oct 19 Long Sault Trio  
 Oct 26 Halloween Party - Lucy B's  
 Oct 31 Halloween Party - Matt & Alida

## Community

**Green Drinks**, Oct 1, 5:30PM, O'Reilly's Pub, Perth. Perthgreendrinks@gmail.com.  
**Game Club**, Oct 2, 16, 30; 7PM. Board & strategy games. Baker Bob's, Almonte. disobedientdonkeygames@gmail.com, \$7.  
**Holiday Pet Photos for LAWS**, Oct 4, 12-8PM; Oct 5 10AM-8PM. LAWS fundraiser. Book at 762-6743. Picture It Studio, CP.  
**Annual Roast Beef Dinner**, Oct 5, 4:30-7PM, Zion-Memorial United Church, CP. 257-2133. \$15; \$8 under 12.  
**Lanark Co. Genealogical**, Oct 5, 1:30PM, Family trees. Archives Lanark, Perth.  
**Nature Walk**, Oct 5, 9:30AM, Guided hikes for all ages/abilities. Blueberry Mountain, Lanark. 259-3412, mmltc.ca. \$10 donation  
**Ottawa Valley Music Festival Mtg**, Oct 5, 11AM, Chorus & Board members. Trinity-St. Andrew's, Renfrew. 754-5217.  
**Finders Keepers Craft Show**, Oct 6, 10AM-4PM. finderskeeperscraftshow.com. CP Canoe Club.  
**Ontario Natural Homes Tour**, Oct 6, 10AM-4PM, Straw bale/green. osbcc.ca.  
**Valley Singles Lunch**, Oct 6, 1PM. Finnigan's Road House, Renfrew. 256-8117.  
**Walk In The Woods Day**, Oct 6, 1-4PM, 5 diff. walks. Fundraiser. Shaw Woods, 2065 Bulger Rd, Eganville. shawwoods.ca. \$10.  
**W. Carleton Garden Club**, Oct 8, 7:30PM, Memorial Hall, 3739 Carp Rd. wcgardenclub@gmail.com, \$5.  
**2014 Nudes of Mississippi Mills Calendar Launch**, Oct 9, 7PM, mminfo@mississippimills.ca. Almonte Old Town Hall  
**SF Volunteer Search**, Oct 9, 2-4PM, 5:30-7:30PM. Volunteer info & sign-up. SF Memorial Community Ctr. 800-1938.  
**Walking Tour: How the Railway Shaped Our Town**, Oct 12 & 20, 2PM. Railway Museum, SF. 283-5696, rmeo.org.  
**Mississippi Mills Cultural Plan Launch**, Oct 17, 6:30-8:30PM. Almonte Old Town Hall. 256-1077.  
**Fall Tea & Bazaar**, Oct 19, 1-3PM, Host: St. Mary's Council of the Catholic Women's League. Almonte Civitan. 257-8660.  
**Roast Turkey Supper**, Oct 19, 4:30-7PM, Supper w/trimmings. St. Andrew's United, Pakenham. 832-2827, \$14; \$7 kids 6-12.  
**Aboriginal Hand Drumming Circle**, Oct 20, 1:30-4PM. Moore House, 170 Bridge St., CP. lanarkdrum@gmail.com.  
**Go Nuts on the Carbine Trail**, Oct 20, 9AM, Mtn bike/walk/run, plant acorns. High Lonesome, Pak. 278-2939, mmltc.ca.  
**Almonte Lectures**, Oct 25, 7:30PM, Bryne Purchase: Why Catastrophe is Inevitable., Almonte United. don\_wiles@carleton.ca.  
**Youth Homelessness Fundraiser**, Oct 25, 6:30-12, Dinner/dance. Perth Civitan, cornerstonelanding.com. \$45/\$80  
**Buffet Dinner, Dance, Auction**, Oct 26, 6PM. \$40 at heritagemicadays.ca, Shadowfax. Fundraiser. Farrell Hall, Perth.  
**Chicken & Rib Night**, Oct 26, 5:30-7:30PM. Takeout avail. Tickets/reservations at Library. Westport Legion. \$15.  
**Fall Tea, Bake Sale & Bazaar**, Oct 26, 11AM-1PM, Ashton United Church. \$8/\$4  
**Maskeraid Halloween Parade**, Oct 26, 7PM. Supports Food Bank. Downtown CP. downtowncarletonplace.com.  
**REAL Murder Mystery Dinner**, Oct 26, 6PM, Fundraiser. SF Curling & Squash Club. REALaction.ca. \$50 at REAL Deal.  
**Union Hall Potluck & Talent Night**, Oct 26, 6PM, Bring main, salad or dessert, & dishes/cutlery. 256-0025. Union Hall.  
**Almonte & District Horticultural Soc.**, Oct 28, 7:30PM. Cornerstone Community Church, Almonte.



# Breaking a Bag Habit...

*"A habit is something you can do without thinking —which is why most of us have so many of them."*  
(Frank A. Clark)

Many people have acquired the habit of expecting their purchases to be put in plastic bags, not realizing the harm these bags cause to the environment. In Canada alone, between 9 and 15 billion single-use plastic bags are discarded every single year. Being so light and buoyant, most of these bags escape the clutches of the garbage collector, ending up in fields, forests, rivers and oceans, and wreaking havoc on millions of animals, and their habitat, over the many hundreds of years that they take to break down.

This year the Mississippi Valley Field Naturalists, in support of our natural environment, implemented the **Plastic Bag Reduction Project** to address this problem.



You may have seen our booth at various summer festivals or at area stores, where our volunteers provided information to visitors about the issue and invited them to **Take the Pledge** in support of not using single-use plastic shopping bags. If you're a store owner you probably answered a short survey about your establishment's use of plastic bags.

Thanks to the participation of all the people who stopped by our booth, and the store owners who took the time to answer our survey, our group learned a lot about the issue, and got some great suggestions about how to solve this problem.

Our visitors told us how countries like Germany have simply outlawed plastic bags, and so they're just not available. Some suggested that stores have a bin with used plastic bags brought in by customers for those who have forgotten their reusable bin or bag. (This wouldn't work, for hygiene reasons, in a store selling food.) Others recommended offering alternatives to plastic bags, such as cardboard boxes and cloth bags, and displaying them more prominently. Also, posting reminders to customers

in various locations would encourage more of them to break their plastic bag habit and use cloth bags or bins. Offering discounts to people who bring their own bags or bins was another idea.

In an informal two-hour survey, conducted by one of our volunteers at the local grocery store, it was observed that about 45% of customers had their purchases packed in reusable containers or carried them unbagged. At another store in the area that sells baked goods, crafts and novelty items, the results were quite different. About 98% of customers came out with their goods in plastic bags.

A total of 244 people signed our Take the Pledge form, including people from Norway, Peterborough, New York City, Morrisburg, Stratford, Cobden, Sudbury, Windsor, and Grand Bend (ON). Many of the people who passed by our booth saw our banner, illustrated with a sea turtle eating a plastic bag (turtles think they're jellyfish, which they prey on). About one-quarter of the passersby stopped to find out about the issue. A small percentage of these passersby had no idea that plastic bags were a problem for wildlife. Another small percentage had some awareness of the problem, and on hearing how harmful plastic bags were, promised to stop using them. Some people were inspired to renew their efforts to bring their own containers. Most visitors were already avid conservationists, pleased that we were publicizing the issue.

Of the 23 stores surveyed in Almonte, Pakenham, and Clayton, 6 wait for the customer to ask for a plastic bag; 14 offer alternatives to plastic bags, including biodegradable bags; 7 have cloth bags for sale; 2 provide cardboard boxes; 8 provide paper bags; 2 invite customers to return plastic bags for re-use by other customers; 4 charge a fee for plastic bags; and one store on Mill Street doesn't use any plastic bags, not even biodegradable bags. Regarding the 14 stores that answered the question about the number of plastic bags they use in a year, the total was close to 575,000. That's a huge number!

Quite a few retailers also provided suggestions to reduce the number of plastic bags they provide, many of which were identical to those offered by the visitors to our booth. Some of these were: don't make plastic bags available to the customer, promote cloth bags more actively, provide a box where customers can put their used plastic bags or drop off cloth bags for re-use by others, erect a flashing neon sign outside the store to remind people to bring a reusable container, charge more for plastic bags, put up snazzy posters to remind people not to use plastic bags, and make biodegradable bags

more easily available. One retailer pointed out that sometimes customers re-use plastic bags for their kitchen waste containers, so the bags do have a second use. Most of the retailers knew about the environmental harm caused by plastic bags, and most had taken action to reduce the number they handed out. Nearly all the retailers that were surveyed were keen to help with the problem of one-use plastic bags, but weren't sure how to handle the fact that customers keep expecting to have their purchases packed in plastic bags.

A few retailers pointed out that biodegradable bags are more expensive, and because they degrade more quickly, they can't be stored indefinitely. Several retailers were of the opinion that it's the customer who dictates the store's approach, and didn't want to create a negative impression. As they prepared to answer the survey questions, a couple of retailers were shocked to realize just how much money they spend on plastic bags per year.

So, all you customers out there, for the sake of our planet, break that bag habit, and bring your own reusable containers. Furthermore, because retailers take their cues from their customers, as we found out from our survey, you also need to speak up and speak out! Tell the managers whose stores you patronize that you support initiatives to reduce the consumption of plastic bags. Let's work together to make our community an earth-friendly one!

— Theresa Peluso is the chairperson of the Environmental Issues Committee

## BLUES ON THE RIDEAU

THE COVE INN • WESTPORT ONTARIO

> October 25  
**DAVID VEST**  
& THE EAST MEETS VEST BAND  
DINNER & SHOW \$60 • (613)273-3636



## Janice Aiken

Registered Massage Therapist

26 Years experience

Specializing in:  
Treatment-Oriented  
Massage and  
Myofascial Release

1598 Ramsay Conc. 1  
10 minutes west of Almonte

www.janiceaikenrmt.ca  
613-256-6243

# Help Send Canadian Kindness to Chernobyl

Only eight weeks remain in the **Shoebboxes for Seniors Campaign** for the Lanark, Leeds and Grenville (and Kingston) areas. 250 boxes are packed and ready to go. Campaign coordinator Colleen Gray is hoping to see another 300–500 boxes arrive at the drop-off locations over the next two months. The Shoebboxes Campaign is in its eleventh year of service to seniors living in Chernobyl.

The program provides basic hygiene items and small household items, along with a large dose of kindness, to the neediest individuals. The seniors receiving these care packages live very lonely and isolated lives in a state of poverty. The shoeboxes are hand-delivered to seniors on occasions such as birthdays, Senior's Day, Invalid's Day, Veteran's Day and special anniversaries. They not only pro-

vide basic care items but bring hope and joy into the seniors' lives.

Participants may fill a shoebox or drop off essential hygiene items (toothbrushes, toothpaste, hand and body cream, deodorant, combs, brushes, hand soap, shampoo, razors, etc.) at any of the locations listed below. Shoebboxes will be shipped to Chernobyl for distribution in early spring 2014.

Drop-off locations include: Community Home Support Lanark County (Smiths Falls and Perth), and any Community and Primary Health Care office.

Tax receipts will be issued for those who include their name, address and original receipt(s). The campaign's completion date is October 31, however donations of filled boxes, miscellaneous items and cash are also accepted throughout the year.

MISSISSIPPI MUDDS YOUTH THEATRE Presents:

## Young Awards

Fostering dynamic arts initiatives in the schools of Mississippi Mills.

invites the public to attend their

### Annual General Meeting

November 19, 2013, 7PM

at Foodies Fine Foods  
34 Mill St., Almonte

For more information contact:  
613-256-5081

MISSISSIPPI MUDDS YOUTH THEATRE Presents:

## Shakespeare's Othello

Carleton Place Town Hall  
175 Bridge Street

Sun Oct 20: 2pm  
Fri Oct 25: 7:30pm  
Sat Oct 26: 2pm & 7:30pm

Tickets: \$10

Carleton Place Chamber of Commerce - 132 Coleman St  
613 257 1976



# An Expectation-Defying Duo

On November 1 and 2, Canadian performer Marcus Meta Magdalena and Irish contemporary dancer Tara Brandel present an unusual performance of very personal stories from their lives. *Gawky and Awkward* and *Unicorn with a Cape*, a double bill, will be performed at the Full Circle Theatre in Perth beginning at 7PM. Tickets are \$20 and may be booked through the Full Circle website <barndoorproductions.ca> or purchased at the door.

## Unicorn With A Cape

Having lived as a straight woman, lesbian, transgendered, transsexual gay male, transsexual straight male, and finally genderless, Marcus Magdalena will bring an often controversial topic to the forefront. Augmented by experiences of addiction, homelessness and depression, Marcus Meta Magdalena's story, *Unicorn with a Cape*, is a theatrical medium of advocacy for the rights of all.

Marcus writes: "each of us has the power to impact one another, whether with fear or love, as an individual or a community. And there comes an instant where the moment goes past the point of choice, directly to the truth of instinct — to the place of who and what we really are. This is a real story, a real life story... of a unicorn, and their cape."

*Unicorn with a Cape* debuted in June of 2011, and is described by Marcus as "my entrance back into the world. It is not a performance. It is an experience. It is a soul retrieval." She elaborates: "there were three reasons *Unicorn* was created. The first was that the community I was living in needed to be educated about transgenderism and transsexuality. Transgendered individuals and transsexuals exist in every community. The second reason was that I knew doing what I loved doing most would bring me my life partner. The third reason was that I love performing." So why is the third reason not the primary one? "My love for people and their right to be seen and treated as divine beings always comes first," he explains.



Canadian performer Marcus Meta Magdalena (above) and Irish contemporary dancer Tara Brandel bring a very personal double bill to Perth's Full Circle Theatre on November 1 and 2

Marcus Meta Magdalena has been working in theatre for 25 years, both as a performer and technician. A genderless performer from Toronto, with a background in social work and crisis counseling, Marcus makes very personal solo shows that draw on his own life story, as well as facilitating and directing large groups in telling their stories on stage. While living in the Ottawa Valley, she performed *Memoirs of a Genderless Warrior* in Renfrew and Burnstown, and facilitated the group performance of *Dragon's Breath* that was performed in Almonte and at the 2012 Diversity Festival in Renfrew. Marcus has recently moved to West Cork, Ireland, to live with his life partner.

## Gawky and Awkward

Directed by Caroline Bowditch (Scotland) and choreographed and performed by Tara Brandel (Ireland), this solo work is a very personal piece, revealing the things we struggle with and a dancer's creative journey through dyslexia. Tara writes: "Whether you see dyslexia as a disability or not, it so affects your daily life, and you have to get to a place of accepting it for its foibles, and what it gives you, and what it takes away, the way it interrupts your life... In that way it is so like love."

Tara Brandel is a contemporary dancer and choreographer, and artistic director of Croi Glan Integrated Dance Company <croiglan.com>. She trained at the Laban Centre in London (UK) and with Contact Improv pioneer Steve Paxton. Her work has been seen in San Francisco, Seattle, New York, Minneapolis, Berlin, Barcelona, Glasgow, London, and Alice Springs, Australia. She lives in her native West Cork, Ireland.



# Theatre Night in Merrickville

invites you

to take your seats for the

45th Eastern Ontario Drama League 1 Act FESTIVAL

November 8, 9 & 10, 2013

8 Plays, 3 Performances, 7 Groups and one Fantastic Awards Brunch

For Ticket and Programme Information go to:

[www.merrickvilletheatre.org](http://www.merrickvilletheatre.org)



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

Family and Cosmetic Dentistry





**SILENT VALLEY  
ALPACA**

Join Us  
**Thanksgiving Weekend**  
Saturday & Sunday 10AM-3PM  
Watch our website for upcoming  
Events and Workshops

SILENTVALLEYALPACA.CA  
SILENTVALLEYALPACA@GMAIL.COM  
613-479-0307



Ottawa Valley Weavers' and  
Spinners' Guild  
Exhibition and Sale

Nov. 1, 2, 3, 2013  
Fri. 4-8, Sat. 10-5, Sun. 10-4  
Glebe Community Centre  
175 Third Avenue, Ottawa  
www.ovwsg.com

We're on  
**FACEBOOK!**

**REDISCOVER YOUR LOCAL  
HEALTH FOOD STORE**

knowledgeable staff  
top product brands  
open late

Still proudly serving customers with quality bulk foods and natural alternatives. The Granary continues to offer unparalleled service, exceptional quality and competitive prices. If you're new to town, or maybe it's been a while since your last visit, I encourage you to "rediscover" your local health food store. Customers have asked and we have responded with longer hours, more brands and new products. From the top supplements to raw and organic foods there's always something exciting to discover. Find out what's new, when our next health seminar is, and more by visiting our website. While on the website, sign up for our regular electronic newsletter. Healthy living for the mind, body and community.



**THE GRANARY BULK AND NATURAL FOODS**  
107 Bridge St., Carleton Place  
phone: 613-257-5986  
email: info@granary.ca  
[www.granary.ca](http://www.granary.ca)

Mon, Tues & Wed 9-6. Thurs & Fri 9-8, Sat 9-5, Sun 11-4

# The Annual Fall Colours Studio Tour

Driving from Perth to Westport, part of your reward for attending the **Fall Colours Studio Tour** on Thanksgiving Weekend is the incredible view on your way into the village. From the winding road that descends from Foley Mountain you can take in a panorama of the village and its surroundings.

First-time and returning visitors to Westport will likely enjoy the view almost as much as they will enjoy the work of the 35 artists (in nine studios) on the self-guided tour, now in its 24<sup>th</sup> year.

The tour gives visitors the opportunity to meet artists in the region, free of charge, on the Thanksgiving long weekend, October 12, 13 and 14, from 10AM to 5PM.

One of the nine studios opening their doors this year is the GristMill Studio, which literally cannot be missed as you are driving down the hill into Westport, due to its bright red roof. The GristMill is home to sculptor Diane Black, and she will have four guest artists exhibiting with her over the weekend.

"I love the sense of camaraderie that develops between the artists when you work together for the weekend," says Black. "Along with sharing your work, you share a lot of laughs, give advice, share contacts, etc. It is typically a beautiful fall weekend and that brings lots of people out."



A number of new arrivals to the Westport area will be taking part in this year's Fall Colours Studio Tour, including Diane Black (above) and Papillon Press (below left). The tour takes place over the Thanksgiving weekend.

One of the guest artists exhibiting at the GristMill this year is Tamara Kayfetz-Kingston from Latimer Soap Works. "I enjoy participating in the studio tour because it gives me the opportunity to connect with new and long-time customers that I do not normally get a chance to talk to," says Kayfetz-Kingston. "I love to talk about the soap-making process and all that it involves, and educating people about hand-made soap."


The availability of the artists and the chance to learn about their creative process firsthand is one of the reasons why studio tours are so compelling. Newcomers Chantal Bennett and Joel Kimmel from Papillon Press intend on informing visitors about the letterpress printing process in their Westport studio.

"We are looking forward to doing demonstrations for visitors on our antique printing press and showing them our process for creating letterpress stationery," says Bennett. "Visitors will also be able to try their hand at printing their own stationery on one of our three letterpresses."

Visit [westportstudiotours.ca](http://westportstudiotours.ca) for more information on all the artists and studios on this year's Fall Colours Studio Tour.

— Joel Kimmel & Chantal Bennett

**Art Supplies in Perth**





- Liquitex Acrylic paints
- Da Vinci Watercolour paints
- Winsor Newton Winton Oil paints

plus: Brushes & Canvases

Drawing & sketching supplies • Kits & crafts for kids & adults  
New inventory arriving weekly, special orders welcome

**The Book Nook  
& Other Treasures**

60 Gore St., East, Perth 613-267-2350  
Find us on Facebook at [the.book.nook.and.other.treasures](http://the.book.nook.and.other.treasures)

**Harwig Heritage**




**Carpentry**

Neil Harwig 613-256-4798  
cell: 613-715-3802  
[www.harwigheritagecarpentry.ca](http://www.harwigheritagecarpentry.ca)

**Bonnechere's**  
PASTRIES & FINE FOOD EMPORIUM

**Downtown Renfrew  
Business for Sale**



**Bonnechere Emporium \$134,900**  
Sells fine foods, from crackers to mustards, vinegars to dressing, jam to pasta; Gift items related to food; Line of Dutch foods; Line of gluten free products; Squares, cookies, frozen gourmet entrées cooked from scratch; Imported cheeses; Price includes large list of inventory plus equipment. Electric updated to 200 amp service.

**Ross Peever**  
613-432-7562 (office)  
613-433-1133 (cell)

**RE/MAX**  
Metro City Realty Ltd., (Renfrew)  
330 Plaunt St. S., Renfrew



# Made in Westport

I know it might seem a bit early, but I have learned a few things in the years I have been involved with Artemisia Art Gallery, and one is that there is such a thing called lead time. So, I am going to tell you now that here in Westport we are in "lead time" for Christmas. For your shopping pleasure, and to help you find that perfect gift for the very special folks on your list, we are working together to

by Georgia Ferrell

provide the best in gift shopping. The Grist Mill Gallery, Far Visions, 'Swonderful and New Beginnings all join our studio artists in welcoming you.

Why give your friends and family something made in China when you can give a wonderful handcrafted gift from one of our local artists? Our galleries and studios have excellent ceramic art gifts and home décor, as well as items ranging from top quality painting sets and polymer clay sets, to delightful body and home products made with homegrown herbs, with no chemicals to harm your skin. Art, jewellery, paintings, games, kaleidoscopes, pottery mugs/dinnerware, and wood carvings, along with much more, all make great gifts, show your excellent taste, and bring lovely ooooohs and aaaaaahs from your recipients.

From the Fall Colours Studio Tour on Thanksgiving weekend through to December 23, many of our fine galleries and studios will have a variety of handcrafted works of art for your gift-giving needs. More information is always available at Artemisia, so visit <artemisiaartgallery.com> often for all the latest news, and see our facebook page as well. And to help you satisfy your hungry tummy while shopping in Westport, the Baker's Teahouse serves a delightful lunch, The White Mountain Coffee House has great sandwiches, and the Tangled Garden, Steve's Restaurant and The Cove all serve foods to delight your palette — pun intended. Come to Westport! You will be delighted with our menus.

The 24<sup>th</sup> annual Westport area **Fall Colours Studio Tour** <westportstudiotours.ca> takes place on Thanksgiving weekend, October 12-14, from 10AM to 5PM, when our artists look forward to welcoming you. Look for the red, black and white signs directing you along the highways and byways in our area. As well, you will enjoy seeing the spectacular fall colours, and delight in a wonderful day.

Another way to find our wonderful area is to download the free app from Text2Visit at the play store or iTunes store. Local entrepreneurs have developed a super app for finding all the great things to do and see while putting the village of Canada in the palm of your hand. Check it out!

## Late-Breaking News!

The widely accomplished and Juno-nominated Montreal-based saxophonist Chet Dexas is undertaking a cross-Canada tour following the release of his latest album *Dive*. Chet will be playing one show at The Cove in Westport on October 4, accompanied by Matthew Stevens on guitar, Eric Doob on drums and Zack Lober on bass. Tickets are \$20 and the show starts at 8PM. For reservations and more information, please visit <coveinn.com>. To hear more from Chet, including highlights from his new CD, check out <chetdexas.com>.



Delightful dinnerware by Westport artist Delvalle is just one of the many reasons to visit before Christmas

Local Foods  
**Harvest Dinner and Murder Mystery Evening**  
**Saturday October 26**  
at the Smiths Falls Curling and Squash Club  
13 Old Sly's Rd. Smiths Falls  
with performers from the Smiths Falls Community Theatre

**Catered by Jo Edwards of The Cove Inn, Westport**  
featuring local foods grown in Lanark and Leeds

**Tickets \$50 per person**  
Advance sales only by cash or cheque  
available at the REAL Deal, 85 William St. W.,  
Modern Thymes, 11 Russell St. E.  
or call Barb (613) 283-9966

presented by the Rideau Environmental Action League  
Proceeds to local environmental projects  
**www.REALaction.ca**

Follow theHumm on Twitter!  
@INFOHUMM

29th Tour  
November 2013

# Red Trillium Studio Tour

Sat./Sun.  
Nov. 23-24  
10am - 5pm

Visit the studios of  
West Carleton's Fine Artists  
and Artisans

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

Look and feel 5-15 years younger before Christmas!

**Facial Rejuvenation Acupuncture**

This safe and non-surgical procedure increases circulation and stimulates collagen production, rejuvenating facial tissue. This gives the skin more tightness and elasticity, and helps to reduce sagging or puffy skin and wrinkles. There is no risk involved with this procedure, no downtime from work, and no side effects.

A research study published in the International Journal of Clinical Acupuncture reported that, in a clinical trial of 300 people who received facial acupuncture, 90% saw marked results after one course of treatment.

**Call by October 31 for your free consultation.**

Reduce Double Chin • Eliminate Puffy Eyes  
Tighten Pores • Eliminate Fine Lines  
Raise Drooping Eyelids • Reduce Frown Lines


Check out "Facial Acupuncture" on the Dr. Oz Show!

**Hands on Healing**  
125 Bridge Street, Almonte, 613-256-0222  
welcome@handsonhealing.ca

inside and out

play and have fun  
fall photo sessions  
613-799-6524  
info@unposed.com  
unposed.com





Rosy Somerville  
Joseph Coban  
Olaf Krassnitsky

WEST CARLETON  
**Arts**  
SOCIETY

## Expressions of Art 2013

Vernissage Fri. Oct. 11, 7-9pm  
Sat. Oct. 12, 8am-4pm &  
Sun. Oct. 13, 10am-4pm  
Carp Agricultural Hall,  
Carp Fairgrounds, Carp

www.WestCarletonArtsSociety.ca  
For more information call 613-839-1918

Pick up *theHumm* in Perth at  
**RIVERGUILD**



To celebrate Christine Dixon's  
20 years as an RMT, we are offering:  
**20% OFF TREATMENTS!**  
Treatment Focused Massage &  
Craniosacral Therapy



Like us on Facebook!  
 613-257-3632 / christine@dixonmassage.ca

**Christine M. Dixon, RMT**  
176 Lake Ave. West, Carleton Place, ON  
613-257-3632 / christine@dixonmassage.ca

Mention this ad to receive this offer.  
First time clients only. Valid to December 31, 2013.

**Victory FARM**  
Alpacas & Store

10th Anniversary  
Celebration

October 19 & 20, 2013  
10am-4pm

Activities for the whole family  
Local Vendors  
Donations to LAWS accepted  
Meet the alpacas  
Save 10% on everything in store  
Demonstrations



1701 3rd Con Dalhousie  
Lanark, ON  
www.VictoryFarmAlpacas.com



# Simple Pleasures: Richard Gill Fall Show

In ways that are often hard to articulate, we mourn the loss of art and of sensuousness in this utilitarian world. The more that technology invades our lives with its flood of impersonal, colourless and "branded" objects, the more we can find simple but profound pleasure in finely crafted objects.

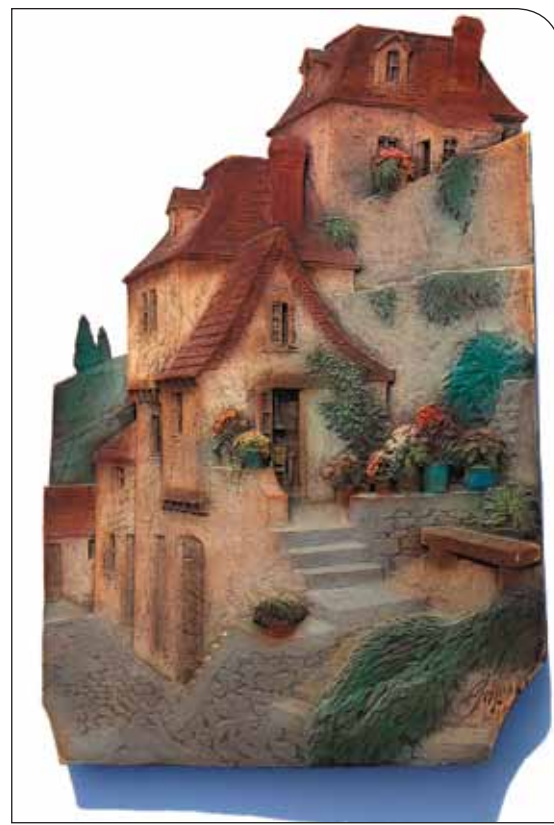
Burnstown artist Richard Gill has spent a lifetime crafting his one-of-a-kind clay-relief sculptures, bringing this simple pleasure of fine craft to the residents of the Ottawa Valley and beyond.

Time slows down for a moment, releasing us from harried, hurried lives as we marvel at the skill and craftsmanship that has taken years to develop. Richard draws inspiration for this year's annual fall show from a lifetime of influences and travel, crafting his own interpretations in clay. There are also those he has rendered for patrons, who wished to connect with or capture memories by way of his custom work. It's a creative process that sustains and advances a living culture for both maker and patron.

Whether it's a scene of al fresco dining in an outdoor café, a lush courtyard, a picnic on the shores of the Bonnechere River, a lobster dinner, the cozy ambience of a family cottage, paddling a canoe in the great outdoors, riding a bicycle through a picturesque village, or even the bones and beauty of an old oak tree, the sculptor has captured moments containing the simple pleasures of life.

Although his ongoing works can be seen year-round in Burnstown, Richard marks each fall with a body of themed sculptural works.

This year's show, aptly named Simple Pleasures, will also include some of the artist's paintings. It opens at Richard's Fog Run Studio, presented by Bit-



Richard Gill's fall show opens in Burnstown on October 4 and runs until the 14<sup>th</sup>

tersweet Gallery, with an afternoon collectors' preview beginning at 3PM and a vernissage to 9PM at 5 Leckie Lane in Burnstown on Friday, October 4. His show continues 11 to 5 daily, to October 14. For more information call 432-5254 or 433-9990.

# Local Talent and Great Food at Union Hall

Mark your calendars for Saturday, October 26, for the 10<sup>th</sup> annual **Union Hall Potluck and Talent Night**. Everyone is invited to join neighbours and friends for a potluck supper, followed by an entertaining and often hilarious display of local talent.

Bring along your tastiest main course, salad or dessert, and your own dishes and cutlery, so as to avoid the use of disposables. Dinner begins promptly at 6PM and the show begins about 7:30. Admission is free, but of course donations for the upkeep of the hall are always welcome.

Entertainers of all ages and levels of experience are welcome. Can you sing, play an instrument, tell a story, or recite a poem or limerick? Do your kids need an audience for their musical accomplishments or dance steps? If so, call Ray Fortune at 256-0025 to get a place on the program.

Union Hall, situated at 1984 Wolf Grove Road, at the corner of Tatlock Road, has been serving the neighbourhood for more than 150 years. The hall is maintained by the local community with the support of the Town of Mississippi Mills.



LAND/ART/EXPLORATION

# FIELDWORK

Sheila Macdonald  
Uta Riccius  
Erin Robertson  
Leah Decter  
Laura Hale

ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO

FIELDWORKPROJECT.COM



# Just Put Your Lips Together and Blow

## An Advice Column for the Ill-Advised...

*Disclaimer: Please consult your mom's friends, your single friends, and Linda (whose last name I can't bring to mind, but who runs the local playgroup and everyone loves because she, unlike you, is amazing at remembering names) before heeding any of the following advice. Got a question? Email Miss Write at <misswrite@thehummm.com>.*

by Emily Arbour

### Dear Readers,

I took a little break from writing Miss Write last month. Maybe you noticed. Maybe you didn't. (Mayyyybe you're a little self-absorbed these days hmmm?) Sometimes you just need to take a break, you know? Sometimes when you open a new retail business, organize a food and drink show, launch a new line of t-shirts, have a six-year wedding anniversary, land a bunch of new freelance clients, co-host a progressive dinner, and send two kids under five to school/daycare for the first time in the span of only two months... something's just got to give. It's just gotta! Because you know what I very recently discovered happens when you don't give into the give? It gives on you anyway. The give is a jerk like that.

That's sort of what my September was like. A whole bunch of juggling balls (that looked a lot like chainsaws from this angle), slowly but surely tumbling toward the earth with your dear friend Miss Write cowering in their path below. I dodged, I weaved (wove?), but unless I cut the power on those suckers, I was going down, Elm Street-style.

So this month's column is in response to a question I've been forced to ask myself a few times over the past month.

### Dear Miss Write,

I hear a lot of people brandishing around the term "work-life balance". I understand the concept on the whole, but when the line between one's work and one's life is so blurred (in that work is fun, I love to work, work brings great quality to my life), how does one find balance? How does one prioritize? How does one say "no" to amazing opportunities and partnerships that might only come around once in a lifetime? Also, who are these people who have time to read the paper anymore? I want to be more like them.

Your biggest fan (I mean that),  
Emily Arbour

PS. You're a really good mom. I once saw you totally bypass the bakery counter at the grocery store and your kids didn't even cry. Much.

### Dear Emily (pretty name by the way),

I'm so glad you asked this question. Unfortunately, I'm the wrong person to be giving you advice, because I am you, but I have had a chance to ask

some other knowledgeable folks, and this is what I've learned.

"Work-life balance" means something different for everyone. Some people have jobs that they start at nine and leave at five. They don't bring their work home with them and can spend their time away from work doing life stuff, like playing with their kids, hanging with their friends, making suppers that include more than three ingredients... That kind of thing. Good for them. For you, it's going to mean something different. Maybe "playing" with your kids means teaching them how to find the fun in breaking down cardboard boxes or knotting scarves around handbags in a way that is pleasing to customers. Maybe hanging with friends means brainstorming some headlines and talking about holiday window display ideas. Maybe making supper with more than three ingredients means letting Brad do the cooking. He seems to enjoy it anyway.

From what I gather, "work-life balance" means finding a way to make both work and life enjoyable for you and your family (mostly you), and learning to enjoy the down times when they present themselves. Your priorities are divided between those two arenas. It's just the way it is.

Because your "life" includes other living beings, of course, the answer to your question about priorities is to think of them first. But if they're okay, stop spending so much time questioning whether you're doing a good job. You don't have time for that. You're doing a good job until your four-year-old tells you otherwise.

Also keep in mind that balance doesn't mean perfection. It means balance. It means you work hard but not so hard you don't enjoy life.

To answer your final question — how to say "no" — it's really pretty simple. (You just put your lips together and blow.) Go back to my point about priorities. Are people going to suffer if you take on one more thing? If so, say no. If not, and it's something you want to do, go ahead and say yes this time. I challenge you to try this the next time you're presented with a new project or opportunity: instead of saying yes like a dummy, respond with a quick "I'll get back to you". It'll afford you the time to actually think about what it is you can really handle. You might even find a few minutes to read the paper before you embark on something new.

See you tonight.

Miss Write

— Emily Arbour is a freelance writer and shop owner who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking her husband the merits of forks over spoons when selecting the right utensil for enjoying a hearty autumn stew. Only difference is he doesn't have a column in this fine publication.



"We've extended our stay one extra day so that we could have another meal at Postino's"

~ Thank you patrons! ~

Open 6 days a week... closed Mondays

Reservations Recommended  
Menu available online at  
[www.cafe-postino.com](http://www.cafe-postino.com)



**Café Postino**
73 Mill Street
613-256-6098
Almonte



BM  
bernie mev.  
NEW YORK CITY

Now Sold at Fall River Fashion

33 Gore St. East  
Perth



**FALL RIVER FASHION**

613-267-6941

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

Pick up theHumm in Carleton Place at  
**BRUSH STROKES**





## THE COVE COUNTRY INN

FOUR SEASONS RESORT & SPA  
ACCOMMODATIONS · DINING · ENTERTAINMENT  
WESTPORT-ON-THE-RIDEAU, ONTARIO  
[www.coveinn.com](http://www.coveinn.com) 613-273-3636

Thu. Oct. 3 **Jazz Night** with Spencer Evans Trio, 9-11  
 Fri. Oct. 4 **Chet Doxas Quartet** (jazz from Montreal and NYC), 8-11, \$20  
 Sun. Oct. 6 **Bob Burtch Bluegrass** (world class players) 1-4, \$10  
 Thu. Oct. 10 **Jazz Night** with Spencer Evans Trio feat. soul legend **Ila Vann**, 9-11  
 Sat. Oct. 12 **Chris Murphy of Crooked Wood**, 6-9  
 Sun. Oct. 13, 5:30-8:30 & Sat. Oct. 19, 6-9 **Head Over Heels**, with Kevin Head & Miss V (vocal guitar duo)  
 Fri. Oct. 25 Blues on the Rideau presents **David Vest** with **East Meets Vest** (Victoria/Toronto), \$60/person Buffet and Show, 7-11, Reservations Only  
 Sat. Oct. 26 **Halloween Saturday** with **Shawn McCullough**, 6-9

## Carleton Place

# ART

## Tour & Sale

Saturday, NOVEMBER 9, 2013  
10 am - 5 pm

Meet local artists in their studios  
and at arts related businesses  
Start your holiday shopping

Painting, Pottery, Glass, Encaustic,  
Silver, Sculpture and Photography

Tour maps available at:

C P Chamber of Commerce, 132 Coleman Street  
Surrounding Memories, 77A Bridge Street  
Brush Strokes, 129 Bridge Street  
The Good Food Company, 31 Bridge Street

Free admission to all venues

CarletonPlaceArtTourandSale.wordpress.com  
facebook/carletonplacearttour



# Handmade Harvest craft show



[handmadeharvest.com](http://handmadeharvest.com)



sat nov 2nd 9 to 3  
& sun nov 3rd 10 to 3  
almonite old town hall

Join us in Almonite for an event that showcases DIY talents from across the province.

More than 80 amazing crafters will be exhibiting handmade accessories, textiles, home fashions, bath & body, art, edibles and more.

\$2 admission for weekend access.  
Swag bags to first 50 shoppers BOTH DAYS.

different crafters each day!



doree's habit

A special thanks to our generous sponsors

Handmade Harvest is organized by Almonite shop owners Colleen Hewitt (Crush Marketplace) and Emily Arbour (Hello Yellow). After the show, head downtown to explore their two great locations. The girls may be at the show, but the shopping must go on!



Home decor,  
accessories,  
shoes,  
shoes,  
& more shoes.  
Also, boots.

14 MILL ST . ALMONTE . CRUSHMARKETPLACE.COM . 613.461.2211

## COME IN. SAY HELLO. SHOP THE HANDMADE AWESOMENESS.

Almonite's newest store isn't any old gift shop.  
Oh no.

Hello Yellow carries carefully curated,  
cheerfully made goods from paper products to  
bath & body, fashion accessories,  
home decor & more.

All designed, made and brought to you by  
makers across North America.

(Many of whom you'll meet at Handmade Harvest.)

Come in.  
We're open 7 days a week.  
(& twice on Sundays)

HELLO  
yellow

cheerfully made GOODS

72 MILL STREET . ALMONTE . HELLO-YELLOW.CA . 613.461.MADE