

JUNE 2016

the Humming

free

Arts,
Entertainment
& Ideas



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June's Events



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Mississippi Mills Bike Month



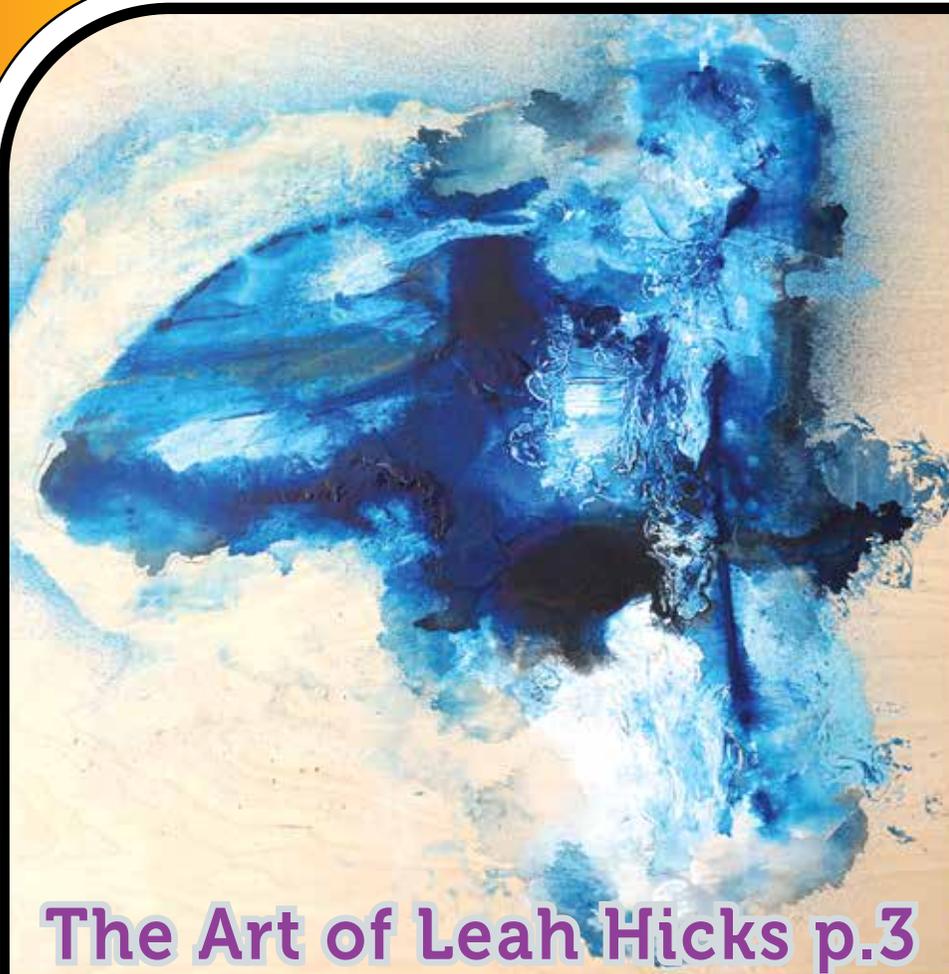
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Perth Kilt Run

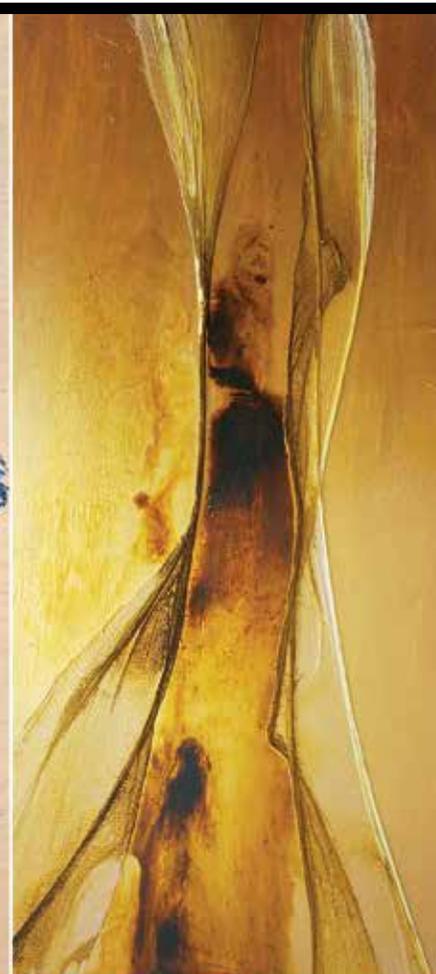


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Almonte Celfest Turns 20!



The Art of Leah Hicks p.3



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“Looks like we’re gonna be right back to telling them to go play outside!”

Humm Bits

Born to Walk

Come and be inspired by Dan Rubinstein, author of *Born to Walk*, and discover the many transformative benefits of walking — from improved physical and mental health to stronger communities. Dan will be speaking on Tuesday, June 21 at 7PM at St. Andrew’s United Church in Lanark Village, following the Annual General Meeting of Lanark Renfrew Health & Community Services (which takes place at 6PM). This event is open to the public and is suitable to all age groups and abilities. For more information, contact Kara at 259-2182 or <kara@nlchc.on.ca>.

Chaffey’s Lock Rocks!

The Chaffey’s Lock Heritage Society is pleased to announce a jam-packed list of events in the community for the coming months.

On June 11, the Community Hall will be jumping to sounds of the Bon Evans Band. This band plays a wide range of musical genres, with a mix of alternative, rock, adult contemporary and rhythm and blues. Bon and his band visited Chaffey’s last summer and the sold-out crowd had a great time. He has been writing and recording original music since 2012. His compositions are intertwined with rich accompaniment — the perfect backdrop for an old-soul storyteller with a smoky tenor voice.

Tickets will be available at the door for \$12 per person, and in advance at the Brown’s Marina General Store in Chaffey’s Lock. Doors open at 7PM.

Future events at the Chaffey’s Lock Community Hall include Buddy Holly and Rockabilly Riot on July 23, and an Ontario Festival of Small Halls concert on September 15. For more details, visit <chaffeyslock.weebly.com>.

There’s no simple explanation
For anything important any of us do
And, yeah, the human tragedy
Consists in the necessity of living with the consequences.
Under pressure

— Courage, The Tragically Hip

Transplant Saturday

Interested in purchasing transplants for your Garden?

Interested in moving to our Wonderful Community?

Come check us out at:
The Carleton Place Farmers’ Market
Saturday, June 4th, 8:30-12:30
corner of Lake Ave. and Beckwith St.

Ad sponsored by McGahey Farm



Who’s Reading theHummm

(above) Back in February of 2014, Jamie Vesey sent in this photo of her wonderful daughters **Tegan and Kadence Vesey** reading theHummm in front of a magnificent vista in Maui, Hawaii. Thanks to the whole Vesey family for taking theHummm on their travels!

(below) Also in early 2014, **Deb and Gary Steckly** sent in this adorable photo, and wrote: “Our grand-daughter **Gwyneth Kilmartin** (on her 7 month birthday) reading theHummm at JR’s restaurant in Almonte with her grandparents.” She has good taste!



(below) Around that same time **Kevin Burns**, our wonderful rep at Performance Printing, made the mistake of telling us he was going to Jamaica, and we badgered him into sending us this photo. Thanks, Kevin!



The Almonte Potters Guild

Summer Camps for Kids
July 25-29 or August 8-12:
Pottery with Saskia Praamsma and Projects at the Textile Museum

August 15-19:
Pottery with Saskia Praamsma and Art with Cathy Blake

Summer Drop-in Pottery Classes for Children
Adult Classes

Contact us at 613-256-5556
95 Bridge Street, Almonte
www.almontepottersguild.com



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

Submissions
By email or on disk.

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Thanks this month to:
All the drivers out there who share the road courteously with cyclists... and all the cyclists out there who share the road courteously with drivers. Happy Bicycle Month, folks!

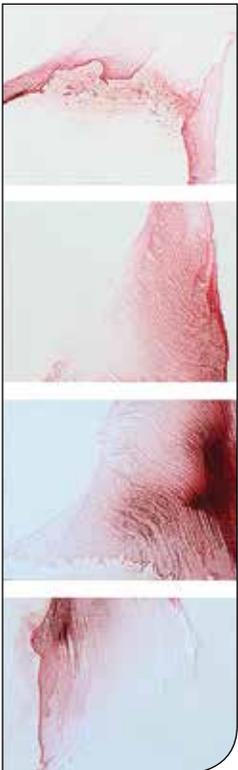
Leah Hicks — Come Back Art

Fluid, inviting, sensuous, sometimes soothing, sometimes provocative — Leah Hicks' abstract acrylic and multimedia canvases celebrate the hard-won victory the artist has earned over the past eleven years. Catastrophe is a life-changing event, and Hicks has spent over a decade reinventing herself. Her art has been her salvation — a gift to herself and everyone who encounters it.

by Sally Hansen

On December 13, 2005, Hicks borrowed her parents' car and headed out to Blakeney at 8:45PM to call on a friend. Not long after she left, her mother, Jennifer Hicks, received a phone call reporting a serious accident; a passer-by noticed a car flipped over in a field and called the last number that had been dialed on the cell phone she found in the car. Leah suffered serious injuries to all four lobes of her brain, and as a result she has no memory of the accident itself or even of events of the previous month.

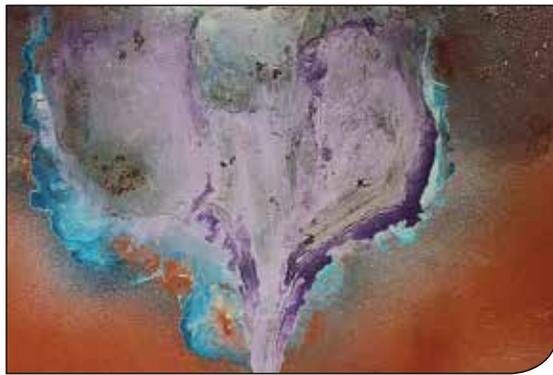
With the unswerving support of her family, Leah embarked on an arduous journey to recovery that is still ongoing. The greatest challenges she faced initially were severe impairment to her speech, her vision and her motor coordination. They didn't even notice her broken collar bone for several days. It seemed highly unlikely that she would ever be able to live independently.



After three weeks in the Intensive Care Unit at the Ottawa Civic Hospital, she had to wait another five weeks before entering a rehabilitation program in Toronto. Her determination and perseverance enabled her to return home after only eight weeks instead of the usual twelve. Her mother and she then embarked on a marathon five-days-a-week commute to Ottawa so Leah could benefit from the expertise of neurophysiotherapist Marie Shinmoto.

After meeting Leah and hearing about her extraordinary journey of recovery, I did some research into traumatic brain injury. At <theconversation.com> I learned that "Part of the

body's ability to recover following damage to the brain can be explained by the damaged area of the brain getting better, but most is the result of neuroplasticity — forming new neural connections." They also answered my unasked question: "If the human brain is so plastic, why doesn't everyone who has a stroke (or suffers a traumatic injury) recover full function?" The answer, according to the same source, is that "it depends on your age (younger brains have a better chance of recovery), the size of the area damaged and, more importantly, the treatments offered during rehabilitation." Both Leah and her mom are extravagant in their praise of and regard for the contributions Shinmoto and occupational therapist Sheri Wolkin have made to Leah's extraordinary recovery.



Making a Comeback

Art had always been Leah's passion, and her rehab team encouraged her to renew her career as an artist. It was the right choice. She had studied Graphic Design at Algonquin College, life drawing at St. Lawrence College, and taken other painting classes.

Surprisingly, she now paints with her left hand instead of her previously dominant right hand. At first it was "scary but inspirational," and she finds that she feels freer and more creative as a result. She describes the act of creating her art as "being in a safe place, with the juices flowing — peaceful, relaxed and centred."

Her creations are gestural and free-flowing. She works with some simple rules in mind, producing compositions that "have a focal point, develop eye flow, tell a story, and are interesting but not too busy". About five years ago she began experimenting with multimedia works, adhering cheesecloth to her canvases to emphasize the fluidity of motion — they are striking and have become her signature pieces. Their simplicity is both intriguing and deceiving; her striking use of colour suggests mood and imbues her works with other-worldly wonder.

The names of her compositions are unusual, as is her answer to how she chooses them. "I don't name



ARTIST · TRADING · CARD ·

them for an emotional response or feeling," she said. "Someone else might see something totally different and I don't want to guide their reaction." Instead she chooses names like "Pure Distinction" and "Dusk at MIDDAY."

Her remarkable efforts and perseverance have paid off. In 2011 she was invited to display her art in Florence, Italy, at the Biennale Internazionale Dell' Arte Contemporanea, honouring emerging artists. Industry Canada has purchased fifteen of her paintings for display in government venues. She has been juried into the Ottawa Art Expo three times, and has exhibited at Ottawa's La Petite Mort Gallery and at outdoor shows such as the Ottawa New Art Festival, the Ottawa Art Festival, Art in Strathcona Park in Ottawa and the Merrickville Artisans Show. Presently her art is on display at the Gallery on Gore in Perth and the Harmony Gallery in Smiths Falls.

As a two-time gallery owner/entrepreneur, Hicks has learned a lot about the business of art. At this point in her career she chooses to focus on creating art, and recently purchased the stock of a local art supply store that was closing. In addition to continuing to challenge the plasticity of her brain by relearning how to play the guitar and the piano, she is honing her fine motor skills by drawing graphite portraits of flowers with her left hand. They are lovely, and you can see them for yourself at <fineartamerica.com/profiles/leah-hicks>.

Leah Hicks is going to be extremely busy this July. From the 8th to the 10th of the month, she will be a juried exhibitor at the Toronto Outdoor Art Exhibition, celebrating its 55th year as Canada's largest and longest running outdoor art exhibition. From July 14 to 17 she will be exhibiting her art at the 25th annual Stewart Park Festival in Perth. This is a wonderful opportunity to meet this remarkable young woman and celebrate the phenomenal success of her personal and artistic comeback. Details appear on the back of her Artist Trading Card above, and at <thehummm.com>.



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WHO Leah Hicks

WHAT Abstract Contemporary Art

WHERE Smiths Falls,
<fineartamerica.com/profiles/leah-hicks>,
<art@leahhicks.com>, 816-0879;
Gallery on Gore, 92 Gore St E., Perth,
<galleryongore.com>;
Harmony Gallery, 24 Russell Street E., Smiths
Falls, <harmonyartgalleryandstudio.com>

WHEN 14-17 July, Stewart Park Festival, Perth,
<stewartparkfestival.com>

WHY "When I'm creating my art I'm in a safe place,
with the juices flowing — peaceful, relaxed and
centred."

ARTIST TRADING CARD

THE HUMM

"Mills and Manors of Little Manchester" House & Garden Tour of Almonte Supports MVTM

In the 1890s, Almonte had six textile mills, including the Rosamond No. 1 — the largest woolen mill in the country. This earned it the title "little Manchester of Canada". This tour highlights the adaptive reuse of two of those mills, and the redevelopment of an old commercial building, as well as taking you into some of the town's outstanding homes and gardens.

This exciting tour of six exceptional homes and three outstanding waterfront gardens will be held on June 18 from 10AM to 5PM, with funds going towards the Mississippi Valley Textile Museum.

Unlike most house tours, this one features gorgeous condominiums in two of Almonte's original mills: one in the Victoria Woolen Mill and one in the Thoburn Mill. It also takes you inside the stately Pinehurst Manor. Built in 1890 for the President of the Rosamond Woolen Company, the house features eight bedrooms, seven bathrooms and ten fireplaces. Located on seven acres, it boasts two private waterfalls. Also included is a beautiful Victorian "painted lady", as well as the Menzies House, built in 1850 with its long first-floor veranda and bell-cast roof. The Potvin house, designed by Toronto architects Brian Lee and Marilyn Lake, is a stunning modern home built in 1988 that sits on 21 landscaped acres that sweep down to the Mississippi River.

Dazzling plants and Almonte's best views can be enjoyed at the 3.5-acre 2 Sisters' Garden with its lush lawns and rolling falls of limestone. Visitors will then be able to cross the road and stroll through



A house & garden tour of Almonte on June 18 will raise funds for the Mississippi Valley Textile Museum. It includes gorgeous condos, Pinehurst Manor, and this lovely Victorian "painted lady."

the Old Burnside Estate and across Brown's Creek. The third garden on the tour is a charming oasis with tall trees, a pond and meandering stone steps down to the river.

Ticketholders will also have free entry to the Textile Museum to see "Cu: Copper and Textile Fabrications" by artists Fran Solar and Sayward Johnson, and to enjoy tea and dessert. Tickets are \$30 and can be purchased in Almonte at the Museum and Baker Bob's, in Carleton Place at The Pickle Dish, as well as in Ottawa at Wabi Sabi on Wellington Street and Darrel Thomas Textiles on Preston Street. For further information, contact the MVTM at 256-3754 or see <mvtm.ca>.

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

Please join the Therapeutic Riding Program
for our 4th annual
Strawberry Social
Sunday June 26th from 2-4pm
at the Herb Garden 3840 Old Almonte Road, Almonte
(613)256-0228

Includes: Tea, strawberry shortcake,
a cake walk, silent auction, and door prizes.

Tickets \$10.00, \$5 for kids under 12
Available in advance at Baker Bob's in Almonte
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All proceeds to benefit the
Lanark County Therapeutic Riding Program

Proudly sponsored by: The Herb Garden (www.herbgarden.on.ca)
& Beckwith Berries (www.beckwithberries.com)

Fun for the Whole Family!

Tall Boys & Tall Tales Beer Tasting & Book Launch at Museum

Cheers to a celebration of books, beer and bygone times in the Smiths Falls area! On June 18, from 1 to 3PM, the Heritage House Museum in Smiths Falls will be hosting Tall Boys & Tall Tales, a beer tasting and book launch. It's the perfect opportunity to test your knowledge on the history of beer, sample some of 4 Degrees Brewery's latest beer, and learn about Larry Cotton's newest book. Not to mention, it's a perfect gift for Father's Day!

The event will begin with a brief history of beer and some beer trivia. Afterwards, two of the tall boys from 4 Degrees will take you through a tasting of two

brews: True North of 7 and True South of 7. There will be the opportunity to purchase additional beer after the tasting. The event will conclude with a fascinating presentation from Larry Cotton about his latest book in the *Whiskey and Wickedness* series.

Tickets are \$20 in advance or \$25 at the door and also include refreshments and admission to the museum (attendees must be 19 or older). Doors open at 12:30PM. For more details or to purchase a ticket, please contact the museum at 283-6311 or <heritagehouse@smithsfalls.ca>, or by drop in at 11 Old Slys Road, Smiths Falls.

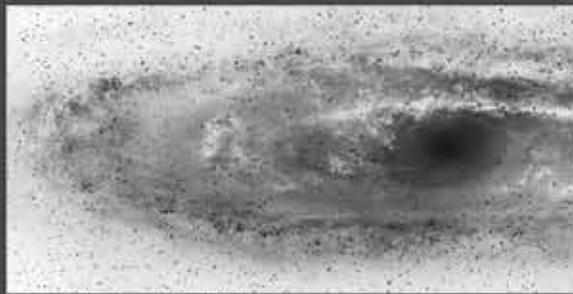
Dale Dunning
Gayle Kells
Sanjeev Sivarulrasa

PEN & PIXEL

a trio show
June 3 - July 10



Gayle Kells, "Meandering II"



Sanjeev Sivarulrasa, "Island Universe"



Dale Dunning, "Emergence 01"

Vernissage/Meet the Artists: Sunday June 12, 2pm-5pm

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Who's Afraid of All That Jazz?

Complex rhythms, challenging chord progressions and angular melodies — admit it, when you hear the word “jazz”, those are some of the things that come to mind. And because of that, jazz is often seen as inaccessible or “musician’s music”. I’ve heard people complain: “I just don’t understand enough about it to enjoy jazz.” Which is funny, because jazz emerged at the beginning of the 20th century as a popular, danceable style of music. It was “people’s music”, merging elements of European harmony, American traditional and popular music, and African American rhythms, to produce a new sound that

by Rob Riendeau

delighted audiences all over the world. The jazz that puts some (ok, most) people off is bebop (and its derivatives), which is a style that emerged in the 1940s and is characterized by fast tempos and incredible improvisational playing... but not so much easy enjoyability. Fortunately, bebop is not the only jazz game in town — especially when that town is Carleton Place.

Last month, I was one of the many who descended on the Queen’s Hotel on the first Thursday of the month to enjoy a wonderful evening of music. Although it is situated squarely in the middle of the downtown, I could have sworn that I was on Frenchman Street in New Orleans! Lively, Latin-infused jazz came pouring out of the open windows looking onto Bridge Street. The large, energetic crowd was clearly having a great time. This was definitely the spot to be on a warm Thursday night.

The house band features Peter Brown on piano, Don Paterson on trumpet, bassist Dave Arthur and drummer Glenn Robb. On the night I attended, violinist John Richard was also part of the core band. The level of musicianship in this group cannot be overstated — members have played with a who’s who of artists in many a musical style: Benny Goodman, Mick Taylor, Dutch Mason, Mel Torme, Ella Fitzgerald, Johnny Mathis, Cab Calloway, Donna Summer, Natalie Cole, Sonny and Cher, Paul Anka and Carol Channing, to name but a few. These guys are world class.

One of the things I like best about live improvisational music is that the players are so connected to the performance — in a sense they are creating a new piece of music together in front of an audience. That connection comes across as an energy that goes from performer to performer and from stage to audience and back again. It’s magical. And it was definitely happening at the Queen’s that night.

After the band took a short break, they returned to the stage accompanied by several more great players who wanted to join in on the jam. And they blew the roof off! At one point there were eleven musicians trading solos and encouraging each other to reach new high points. The evening flew by and I vowed that I would not willfully miss another one of these incredible evenings. Needless to say,



TheHummm finally made it out to **Jazz at the Queen’s** in Carleton Place, and are we ever glad we did! These guys brought the house down...

I think you should go too. Jazz Night takes place at the Queen’s Hotel in Carleton Place, 142 Bridge Street, on the first Thursday of every month, from 6 to 9PM.

Loved That Barr

Venues that are truly supportive of local music and encouraging of local musicians are a rare thing, so it is with a bit of extra sadness that I have to inform you of the closing of Love That Barr in Pakenham. For four years, LTB was a stalwart supporter of many, many performers and a hub of local activity. We at theHummm thank Jamie Barr and Lindsay Love for their contributions to the community and wish them nothing but the best in their future endeavours.

Perth Summer Pops Concerts

The Perth Citizens’ Band is preparing for their 2016 season of Summer Pops Concert Series. All concerts are held on the bandstand in Stewart Park, directly behind the Perth Town Hall. All concerts are free to the public, and feature a variety of music ranging from classical to Broadway and movie themes, as well as jazz, blues, and other popular forms for all ages. In addition, conductor Brian Tackaberry includes heritage pieces from the band’s historic files dating back into the 1800s, as well as songs by Canadian composers or arrangers, as part of the Perth 200th Anniversary celebrations.

All concerts begin at 7:30PM, except the June 23 concert which begins at 7PM and is held in conjunction with the Strawberry Social sponsored by the Perth Rotary Club. This year’s Pops Concerts take place on June 9 and 23, July 7 and 21, and August 4 and 18. For more information visit the band’s website at <perthband.ca>.



We are ready for summer!

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Mississippi Mills Gears Up for Summer

Almonte has long been known as “the friendly town”, but from time to time its denizens feel they have to step up and maintain that designation, so everyone knows it’s not just something they paint on their water tower. Well, the month of June (and most of the rest of the summer, to be fair) is pretty much one long love-in, with special stuff and free events sure to attract and delight all ages. The Mississippi Mills Family Bicycle Club is first off the mark with their giant **Street Party on Mill Street**, scheduled for Saturday, June 4.

by Miss Mills, Puppet Reporter

Now when they say “everyone welcome” they really mean *everyone*, because they are planning to close the whole of lower Mill Street at 5PM to accommodate a Community Pot Luck starting at 6. Bring a dish, bring a plate and cup, and break bread with the whole dang community! Last year’s event was such fun – little tykes were biking and running up and down the street, older folks were eating and chatting – and this year is sure to have the same laid-back vibe. There will be music and entertainment (bring your guitar – there’s an open mic part), kids’ bike games, and information disseminated about other festivals and events happening over the summer. That event is just the first of many scheduled as part of this year’s **Mississippi Mills Bicycle Month**, so see the other articles on this page or check out <mmbm.ca> for more details.

Every Saturday morning throughout the summer, you can find fabulous local food and friendly folks at the Almonte Farmers’ Market in the Library parking lot, so be sure to drop in and bring your appetites!

The month goes out on a friendly note too, with **Canada Day Eve** activities in Pakenham and **Canada Day** celebrations in Almonte. At 5PM on June 30, come on over to the RBC on Pakenham’s main street for a BBQ, followed at 6PM by kids’ activities at the Stewart Community Centre. At 7PM, it’s back to the main street for the Canada Day Eve Parade, and over to the Pakenham Fire Hall for a Fireman’s BBQ. Entertainment and more kids’ activities at the Stewart Community Centre from 8PM to dusk will keep everyone happy until the fireworks start! And for the early risers, there’s a Fireman’s Breakfast the next morning at 8AM.



June is Bicycle Month in Mississippi Mills — and across Ontario!

On Canada Day itself, head on over to the beach in Almonte for canoe, kayak and SUP races, taking place from 8–11AM. While you grab lunch downtown (at a lovely restaurant or at the Civitan BBQ), you can wander among the cool rides at the Antique Car Show & Shop (from 11AM to 3PM). Then at 3:30 it’s time to head on over to Gemmill Park for an afternoon and evening of good food, good friends, and great entertainment! You’ll find a family BBQ, the Legion’s refreshment gardens, loads of kids’ activities, and live entertainment by the likes of Terry Tufts, Judge a Book, Kelly Prescott and The Split. They’ll see you right through to more fireworks, and best of all, it’s all free!

July and August bring **Celtfest**, the **Almonte Fair**, **Puppets Up!** and the **Highland Games** to town (among others), so stay tuned for more next month!



Photo by Rick Herrera

Find great food — and friendly folks like Amanda Sears — Saturdays at the Almonte Farmers’ Market!

Exploring Expression: Drawing & Glass

Drawing and Glass is a collaborative venture between painter Mary Pfaff and glass artist Jennifer Anne Kelly. They have joined forces to create an inspired workshop that allows participants to explore two different yet beautifully complementary media.

The drawing portion, to be held on Friday, June 17, from 1:30 to 4:30PM, will be held at 15 Bridge Street in Almonte, at Mary’s new studio space. Open to all levels, students will explore a spontaneous, expressive approach to drawing from nature. Using the basic elements of drawing — line, colour, shape, tone and texture — in fresh and liberating ways, participants will create several drawings that access their inner artist.

Then on Saturday, each student’s favourite drawing will be transformed into glass in Jennifer’s studio at 112 Queen Street in Almonte. Here, unique painterly techniques will be introduced to both new and experienced glass artists.

Saturday morning also starts with an optional yoga practice at the riverfront of Menzies House B&B with instructor Charlotte Pragnell. Charlotte will guide students in a practice that will help them unleash their inner artist by opening up their energy for creative expressions to flow more freely. Prepare to be inspired and rejuvenated!

The cost for this two-day workshop is \$160 per student, which includes all supplies and tools. For more information, call Jennifer at 859-0100 or visit <currentworksofglass.com> or. To enquire about staying overnight at the Menzies House B&B, visit <menzieshouse.com>.



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Mills and Manors of Little Manchester

Almonte House and Garden Tour

Saturday June 18, 10AM to 5PM

Tickets \$30 available at The Mississippi Valley Textile Museum, Baker Bob’s in Almonte and The Pickle Dish in Carleton Place



a fundraiser for the Mississippi Valley Textile Museum

Look your best for this summer's weddings and reunions!



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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.

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Get On Your Bike!

Mississippi Mills Bicycle Month has a lot to celebrate in year eight!

Here are some things we know for sure: Mississippi Mills has just received Bronze-level Bicycle Friendly Community status from the Share the Road Cycling Coalition. Now that's pretty cool.

This is our eighth annual Mississippi Mills Bicycle Month, and last year the Ontario Provincial Legislature voted to make June "Bicycle Month across Ontario". That's pretty cool too!

Every year we encourage people in Lanark and Renfrew County to bike or walk and register their efforts at <silverchainchallenge.ca> to see which of our communities are the most active. Join the Silver Chain Challenge! Last year (2015) Lanark County was the winner. The number of kilometres biked and walked increases every year. Let's show our elected officials that these stats continue to grow across our region with even higher totals this year.

As she did in our very first year, Rosemary Leach has offered up a wonderful signature art piece to celebrate all things bicycle for year eight. Her painting is featured in the ad at right. Thank you, Rosemary!

Our calendar is full. You can see what we have planned at <mmbm.ca> — over thirty events in thirty days. Pump up your tires and join in! New this year are:

- Girls' Rides with Olympian Perianne Jones on Monday nights. That's for girls over 14 to you name it!
- Gravel Road Biking: Bikealogue at the Almonte Library with Jonas Barter of Hard Maple Travel <hardmapletravel.ca>, Thursday, June 9 at 7PM.
- Strawberry Social Ride to the North Lanark Museum on Sunday, June 26 at 1:30PM.
- Discover Almonte by Bike: ride with members of the town's Active Transportation Committee, council members, and maybe even the mayor. That's Friday, June 10 at 7PM.

These are just the *new* events, so visit <mmbm.ca> for a complete list with details, visit our Facebook page to join the conversation, then get on your bike and celebrate — lovely weather, great art, and the endorphins when they kick in! It doesn't get better!

— Jeff Mills

Vintage Bicycle Show & Marinoni Film

June is bicycle month in Ontario, and to celebrate, the Mississippi Mills Bicycle Movement is partnering with Causeway Work Centre (an Ottawa-based non-profit organization that operates two cycling related social enterprises, Right Bike and Cycle Salvation) to present the first annual Vintage Bicycle Show on Saturday, June 25 in Almonte. The show will take place from 10AM to 4PM at the Almonte and District Community Centre at 182 Bridge Street. Everyone is welcome to take a look at the wide variety of vintage bicycles on display. Exhibits will range from bicycles from the 1890s to classic European and North American racers of the 1900s.

The Vintage Bicycle Show will provide a forum to explore the culture and history of cycling. It will also provide visitors the chance to learn the basics of bike repair, and provide information on the services and activities available to cyclists in both the Almonte and Ottawa areas. The event is part of Bicycle Month, which is a family-friendly series of bicycle-themed events occurring throughout the month of June in the township of Mississippi Mills.

Visitors will also have the rare opportunity to ride replicas of vintage bicycles from the Canadian Museum of Science and Technology's display and see a wide variety of bicycles belonging to private collectors from around the region. After the exhibition has closed, visitors are encouraged to come down the street to the Almonte Old Town Hall where, at 5PM, they can enjoy refreshments and a screening of the documentary film *Marinoni: The Fire in the Frame*. This film is about the Montreal-based, Italian-born speed racer and bicycle frame maker who manufactured a record number of frames in his

lifetime. The director, Tony Girardin, will also be on hand for a Q and A following the film.

In addition to the Vintage Bicycle Show, avid cyclists and amateur mechanics can trade in old bikes and parts at the on-site bike swap, or just get a basic tune-up of their favourite two-wheeler with the help of Cycle Salvation and Right Bike staff. The bike swap will take place in the parking lot of the Almonte and District Community Centre during the hours of the show. Representatives from the Mississippi Mills Bicycle Movement will also be available to provide information about upcoming bicycle tours, family bike rides and competitive sporting events.

Tickets for the Vintage Bicycle Show are \$10 in advance, \$15 at the door, and only \$5 with the donation of an adult bicycle to Right Bike or Cycle Salvation. Tickets will also be sold for the screening of the film in the evening for \$12 (regular admission) and \$6 (exhibitor admission). Advanced tickets can be purchased at Causeway Work Centre, Cycle Salvation, Right Bike, and Citizens for Safe Cycling in Ottawa, and at Mill Street Books and Baker Bob's in Almonte.

The Vintage Bicycle Show is expected to appeal to a diverse audience, ranging from museum-goers to weekend athletes, from active families to competitive and recreational cyclists, and from local residents to tourists. The occasion will serve to promote cycle tourism in Eastern Ontario and will celebrate cycling as a healthy, environmentally-friendly mode of transportation. For more information on the show, including information for potential exhibitors, please visit <mmbm.ca>.

MISSISSIPPI MILLS BICYCLE MONTH

June 2016

Painting by Rosemary Leach

www.rosemaryleach.com

- Silver Chain Challenge – All Month!
- Girls' rides with Perianne – Mondays
- RIMM Rovers Rambles – Thursdays
- Family Bicycle Rides – Sundays
- Sunday Brunch Rides – Sundays
- Street Party, Potluck – June 4th
- Microbrewery Tour – June 11th
- Birders on Bicycles – June 12th
- Tour de Mississippi Mills – June 18th
- Mississippi Mills Vintage Bicycle Show – June 25th
- Marinoni, *Fire in the Frame* – June 25th
- Pakenham's Canada Day Eve Parade
- and lots more – go to mmbm.ca to find out more!

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Community

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Mississippi
Mills



mississippi mills
**BICYCLE
MONTH**

Humm Bits

A Musical Afternoon for Fort McMurray

The Ottawa Brass Quintet, led by local trumpet player Christa Lowry, will be presenting an afternoon of **Music for Brass & Organ** on Sunday, June 5 at 3PM at Almonte United Church. Admission is by donation with all proceeds going to Fort McMurray Relief. The Ottawa Brass Quintet will be joined by organist Tom Annand, Director of Music at St Andrew's in Ottawa. The program includes well-loved favourites by Bach, Gabrieli, Wagner and others, skillfully re-imagined for brass and organ! For more information, please contact Christa at 816-1716.

Finding Peace on the Labyrinth

From 7 to 8:30PM on Thursday, June 16, the Labyrinth Committee will present "Finding Inner Peace on the Labyrinth" at the Community Labyrinth in Carleton Place.

With this summer evening event, the Committee hopes to focus attention on the need for peace in the world and within ourselves. Single-path labyrinths have long been used as meditation and prayer tools and have even been used for bringing peace and reconciliation between individuals in conflict.

Come for an evening labyrinth walk (complete with a special event), then gather afterwards to collaboratively create a large collage. Christine Hume, Veriditas-certified Labyrinth Facilitator and mosaic artist, will share her experiences with mandala and collage creation, and will facilitate the creation of a collaborative collage with the theme of "What helps to bring you inner peace?"

All are welcome. Refreshments will be provided. The Carleton Place Community Labyrinth is located beside the Carleton Place & Beckwith Heritage Museum at 267 Edmund St. For more information, contact Debby at 257-1014.

Mudds Auditions for Mary Poppins

The Mississippi Mudds of Carleton Place will be holding auditions for *Mary Poppins* on Saturday, June 18 at the Ottawa Business Centre (formerly Curves), 74 Bridge Street in Carleton Place. Parking is beside the building (Tomahawk Technologies) or at the back of the building (off Victoria Street).

Producer Joanne Samler is in charge of booking audition times, and can be reached at <jsx4@rogers.com> or 250-2803. She has an audition package she can send you so that you will know the requirements in advance. She will also be able to answer any questions or concerns you might have.

Student Volunteers Needed

Students can obtain their mandatory high school Community Service Volunteer hours with the Carleton Place BIA. The BIA is currently looking for eight high school students to assist with setting up at the Lambs Down Park Festival on Saturday, June 18.

Volunteers will be required to be on-site at the Wool Growers by 7:30AM until approximately 10AM, then again from 3PM to 5:30PM. Duties will include setting up Town of Carleton Place tents, tables and chairs, assisting visiting vendors with unloading their items and setting up their tents, and other miscellaneous tasks associated with the event.

This event runs rain or shine, and a firm volunteer commitment is required. Please contact Cathie McOrmond at <cmcormond@carletonplace.ca> or 257-8049.

Workshop Choir Seeking Singers

Are you an experienced singer looking for a different kind of choir experience? Do you read music fairly well? Are you up for a challenge? Would you like to spend time with a great group of people who have a lot of fun together? Our choir may be for you! We rehearse in Almonte on Thursday mornings. As a "workshop choir", we sing and work on our music just for enjoyment's sake — we don't perform concerts. If you would like more information, please contact Cheryl Woods at 256-1874 or <cherylwoodsworkshopingers@gmail.com>.

LCIH Fundraiser at the Herb Garden

On Sunday, June 12 from 10AM to 5PM, come on out to the Herb Garden near Almonte for a sale that will raise money for Lanark County Interval House. Jamie Kramer from Silver Desire Sterling Silver Jewelry and Bonnie Mechevsky from Mains de Mariposa natural skincare will be selling their wares. They will donate 10% of all sales to Interval House, and the Herb Garden will make a matching donation.

The Reeve Report

On Setting a Goal

Our granddaughter has finally conquered her fear of water, and can swim the full length of the big pool. This is an exceptional achievement for her little six-year old self, and the whole family is rejoicing in her bravery. The reward involved gelato and all manner of treats, plus the promise of a snorkelling trip. She has tried for a couple of years to do this, along with learning to ride her two-wheeler, which she can also do now. What's next for her? Goals are never far away from Franny's thoughts. Having an older sister keeps her wanting more.

by Glenda Jones

What would life be without that desire? Whether consciously or not, we are always setting goals. Having a goal is often a saviour to us: if we can just get through a particular event, if we can just attain a certain score, if we can just run a good race — then we'll be successful. Young people are struggling through exams or waiting for results so they can move onto their next phase: if I can just get into college, if I can just find a job, then I'll have reached my goal.

But reaching one goal only leads to setting another. Who could ever be content to dine out on one moment of success forever? As soon as we think we've got it made, there's more to do. This constant business of upping the ante of life is what keeps us engaged. My mom used to say she was too busy doing things to even think about dying, and at 86, she was still setting goals: get the highest bridge score for the month, finish "that wretched sweater" she was knitting, or plan the next holiday for the summer. And yes, when she died, quite unexpectedly, she left a lot of stuff unfinished.

We spent last weekend with four very accomplished young people with diverse life plans. The eldest has just graduated from Queen's, but is not resting on her laurels as she prepares for exams to enter another university. The second daughter is following her dream to work in conservation biology in Western Canada. Daughter three is still in high school and choosing her next goal is getting closer every day. She's a musician and an artist who can turn her hand to anything. Her young brother is preparing to raise prize chickens and contemplating raising cattle as well. Watching these young people channel their talents is an inspiration, knowing they will be able to achieve their goals through their own initiative. "What I want to do is..." seems to be their catchphrase.

We had a cousin who would whine to his mother: "Ada, I got nothin' to do." She'd find him an activity until the next whine. We were too busy to try that ploy, knowing full well mom would find us a task, and we likely wouldn't want it. We set our own goals which usually involved an activity of which we could be proud, from making some little art project out of popsicle sticks to reading a list of books over the summer. The rewards were not always tangible, often only our own satisfaction in completing the projects. But once we'd done something well, we were eager to attack another goal.

Goals don't have to be monumental. They can be as simple as surviving a week of meetings and not falling to pieces when things don't proceed as a person thinks they should. Sometimes it's a chore to even get up in the morning, but by doing the act itself, it's an achievement, and that one little step will lead to the next, and on it will go until something really significant is the outcome.

A person without goals is a lost soul. Sometimes there are too many choices to make, sometimes not enough, sometimes no one to guide, or indeed sometimes too many helpers to sort out the best path. Goals are personal landmarks that can't be foisted on a person. It can never be: "What you should do is..." but rather "What I want to do is..." How wonderful it is when people connect to help each other through the process, setting the steps to reach that all important final reward! Teachers, parents, counsellors, and good friends can all revel in the success they witness when the graduate walks across the stage, or the runner crosses the finish line, and the cup is raised high in the winner's circle.

I had decided last year that I was going to take my dear little Sheltie Bonnie to the Regional Agility Championship this June. This entailed some serious work on my part to make sure we both were ready for that weekend of intense play. I planned our practices with renewed purpose, and learned some better handling techniques. We worked for our top Masters designation, which we got last fall, and now, here we are only a few weeks away from the dog trials. It's important we do as well as we can, but just getting there was my goal, and I will count it as an achievement. I can't even imagine what we'll aim to do next, but I know there will be something exciting on the horizon. Bonnie only knows we're going to travel and play for three days straight. Her goal is simply to get a treat when she's done — nothing complicated in little doggy minds!

18th Annual Rideau Lakes Studio and Garden Tour

July 1 & 2, 10AM-5PM

July 3, 10AM-4PM

Come and explore the beautiful rural scenery, and discover a bit of history at the UNESCO World Heritage Rideau Canal while sharing in the artists' creativity, skills, and stories.

For information:
613-359-5947

rideaulakesstudioandgardentour.com



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Cohousing Information Evening in Perth

A group of adventurous people — mainly seniors — is inviting everyone to learn about an innovative lifestyle and housing option they are developing in Perth. It is called “cohousing”, a term that itself requires explanation. Cohousing differs from retirement centres in a very big way: the “co” of cohousing refers to a housing community that is established, designed, owned and managed by the people who live there. It also reflects a sense of shared values within a community of interested, creative and supportive relationships.

Typically, a cohousing community includes not only private self-contained townhouses or apartments, but also surrounding outdoor areas and gardens as well as generous common spaces in which residents can enjoy occasional common meals and activities. A further cohousing characteristic is attention to energy conservation and sustainable practices in the design and ongoing management of the community.

In Perth, the group is enjoying working towards the development of a cohousing community within walking distance of downtown. Everyone is invited to an Information Evening on Thursday, June 9 at 7PM to learn more about this project and to meet



A group of adventurous seniors is holding a Cohousing Information Evening on June 9

the people who are already working to make it happen. The meeting will take place at McMartin House, 125 Gore Street in Perth. For further information, please contact Susan Samila at 264-1196 or Louise McDiarmid at 264-8590.

Keepers of the Stories

Tay Valley invites you to the **Scotch Line History Fair** to celebrate our settlers' stories through words, imagery and song. Learn about their survival techniques, engineering feats, traditional crafts and mysteries such as the Lanark Greening Apple. Experience how their stories are being kept alive by both past and future generations.

This special 200th anniversary event happens on Sunday, June 12, from 10AM to 4PM at Ecotay Education Centre, located at the corner of Menzies Munro Side Road and Upper Scotch Line, the homestead of the Ritchie family, who arrived here from Scotland in 1816. Highlights of the day include an expansive selection of student (grades 4-8) history exhibits, online historic mapping, quilting, weaving, and split rail-fence building demonstrations, clearing the land, military re-enactments, tractor displays and archaeological digs.

To get you kicking up your heels and tapping your toes there'll be two superb musical bands: the **Long Sault Trio** with Linda Marie Grenier, David Tilston and Victor Maltby, and **Scour the House** with Juno award-winning James Keelaghan, Hugh McMillan (Spirit of the West) and Kelly Hood.

The day will be animated by Perth **Town Crier** Brent McLaren as he announces events and offers his entertaining and often amusing vignettes of Tay Valley. To hear the tales of the first settler families, don't miss the Scotch Line Descendants' Gathering and Settler's **Costume Parade** at 1PM.

Be on hand for the **book presentations** and signing of *At Home in Tay Valley* by Kay Rogers



Have fun discovering local heritage at the **Scotch Line History Fair** on June 12 at Ecotay

and *Influence & Ambition* by Ron Shaw. In between these book talks you can enjoy an engaging writers' panel featuring the authors Tim Wynne-Jones, Roy MacSkimming, Kay Rogers and book publisher Rick Roberts.

To whet your appetite, James Haven Farm will be barbecuing local sausages, Sunflower Bakery will have homemade treats, and Coutts Coffee will offer a variety of beverages; all available for on-site purchase.

Entrance to the Scotch Line History Fair is free, so come and enjoy the site with all of its beautifully restored barns, and be sure to bring the whole family. Watch, listen and learn from Keepers of the Stories across many generations — perhaps you will be inspired to become a keeper, too!



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Perth Kilt Run - A Full-Fledged Festival!

If you didn't already know, this year's Perth Kilt Run is much "more than just a run" — it's a full-blown festival!

Back in March, organizers told us they had grand plans for a great celebration, to coincide with Perth's 200th anniversary. This year's kilt run is the big one, after all — the third and final attempt at breaking the Guinness World Record for the largest kilt race in the world.

Organizers also promised they had "amped things up" when it came to the music part of the 2016 Perth Kilt Run Festival, and indeed they have. There will be free music from 1PM to 9PM in Stewart Park (on the music festival's big main stage) on June 25 — before, during, and after the run — and the lineup is eclectic, exciting, and impressive.

Hot off the press, here it is, a list of performers for Saturday: Blue Skies Fiddle Orchestra, Kelli Trotter, Everything Fitz, The Harp Twins, The Mudmen, Ben Caplan, Bobby Watt & Écosse, and a Contra Dance with Martha Cooper & Écosse (take

a look at the ad on the facing page for performance times). Amped up, indeed: **Everything Fitz** is a popular family band with roots in the Canadian old-time fiddle tradition and Ottawa Valley step dancing; **The Mudmen** are a high-energy Celtic rock band who performed at last year's Grey Cup celebrations in Winnipeg; and **The Harp Twins** are multi-talented professional duet harpists with an eclectic repertoire and an international following. Music lovers in Perth will already be familiar with the multi-talented fiddler, dancer and singer, Kingston's **Kelli Trotter**, and local favourites **The Blue Skies Fiddle Orchestra**. East Coast troubadour **Ben Caplan** is sure to delight fans with songs from his latest album *Birds with Broken Wings*, which *Exclaim!* called "an entrancing and dynamic listen"... "Expertly toeing the line between lush, orchestral folk and gruff, rough-and-tumble blues." **Bobby Watt**, who caps off the night on the main stage, is one of Canada's finest traditional singers with a voice to melt the hardest heart.

Fiddlehead Soup and **Ashley MacLeod** will also be performing, and highland bands will be playing at various spots along the run, with bagpipers stationed at every kilometer of the race.

At 8PM at the Studio Theatre on Friday, June 24, there will be a special performance by Everything Fitz, to get the whole weekend off to fun and festive start. Opening act **Jessica Wedden** is an impressive young fiddler, step dancer,

and trick fiddler. Tickets for that special event are \$25 for adults and \$15 for children under 16. They are available at Tickets Please at 39 Foster Street in Perth, online at <ticketsplease.ca>, or by calling 485-6434.

As of May 22, 4,453 kilted runners had registered online to participate in Perth's world-record-breaking Kilt Run, so it seems organizers may reach their lofty goal of 5,000 participants. (Last year 2,803 people took part.) Over \$28,000 has been raised this year so far for the race's tandem charities: the Canadian Cancer Society and the MS Society of Canada.

They will run the Royal Mile, the Classic Five Mile, the Half Marathon, or the Perth Kilt Run Marathon. The Royal, Five Mile, and Half Marathon will be run on Saturday, June 25, while the Slow Half Kilter and the full marathon — the world's first kilted full marathon, a Boston Qualifier — will take place on the Sunday morning, June 26. The Lads and Lassies races are also on Saturday.

The Multiple Sclerosis Society of Canada is the main recipient charity of the 7th annual Perth Kilt Run. If you would like to donate, just visit <perthkiltrun2016.ca>, click on the "Register" button and, from there, click on the "Donate Now" button. Over \$65,000 has been raised in the first three years of the race.

Whether you're coming for the races, the shortbread competition, the excellent lineup of free live music or the scotch tasting,



Music at the Kilt Run ranges from the fiery fiddling of Everything Fitz (left) to the bagpipe stompage of The Mudmen (above)



this year's Festival is sure to please one and all. Enjoy! Guid luck! And here's tae ye!

Please note: the Perth Kilt Run Festival is looking for volunteers for a variety of duties on June 25 and 26 such as helping with traffic control, registration help, setup, teardown and cleanup. If you are interested please contact Nancy at <ndgaud@gmail.com> or Mary at The Running Goat at 264-8904.

— John Pigeau

Something Fresh & New is Sprouting up in Carp

The Carp Herb Festival Sunday, June 26



- 🌿 All Vendors grow or produce what they sell!
- 🌿 Keynote Speaker: Carol McGrath, Herbalist
- 🌿 Pesto Contest!
- 🌿 "Ask the Herbalist" table
- 🌿 Live Music
- 🌿 Tea Tasting Table
- 🌿 And MORE...

Brought to you by:



Featured Herb: Basil

www.carpfarmersmarket.ca/carp-herb-festival

Calling All Bakers

Do you love to bake? Are you known for your delicious cookies? Have you taught your kids/grandkids some of your favourites? And do you ever wonder how your baking would compare to “the best”?

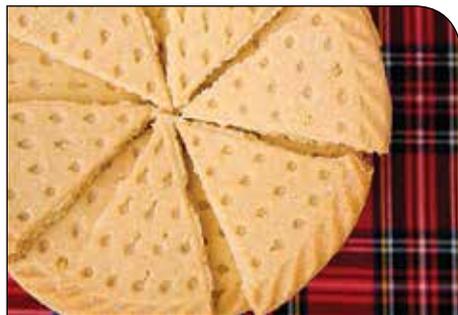
If so, have we got a contest for you! The Running Goat is sponsoring **The Great Scottish Shortbread Competition** as part of the 2016 Perth Kilt Run, with adult and kid divisions.

Scottish shortbread has an interesting history stretching back to medieval biscuit bread, which was made from left-over bread dough that was baked for a second time, often with the addition of sugar or honey and spices, until it was dried out and rusk-like.

Over time butter replaced the yeast, and it is the butter that makes the shortbread “short”, resulting in a crumbly (short) texture. Shortbread was classified as a bread by bakers to avoid paying the tax placed on biscuits!

Flavourings can also be added. In the 16th century Mary, Queen of Scots was known for her love of shortbread, particularly when caraway seeds were added. Other extras included almonds and citrus fruits.

Today shortbread is made from flour, butter and sugar, plus or minus other



Test your mettle at The Great Scottish Shortbread Competition at this year's Perth Kilt Run!

flavourings, and is often a treat reserved for special occasions such as Christmas, Hogmanay (Scottish New Year's Eve), and weddings. In Shetland, it is traditional to break a decorated shortbread (Bride's Bonn) over the head of a bride as she enters her new home!

Walkers of Scotland has been making excellent shortbread since 1898 and has again donated several thousand shortbread for the Kilt Runners to enjoy.

You are invited to enter *your* favourite recipe in the Great Scottish Shortbread Competition this June. Full details and entry forms can be found at <perthkiltun2016.ca> or from The Running Goat at 72 Foster Street in Perth.

Going the Distance

Marathon Raises Funds for Wheels of Hope

You may have heard the rumour — and we're here to confirm that it is true — runners will be coming from all over the globe to compete in the world's first kilted full marathon and Boston pre-qualifier!

The competition will be stiff, with runners hailing from across Canada, the United States and even some from as far away as China and Kenya.

It's happening on Sunday, June 26 — on the heels of the Perth World Record Kilt Run, which takes place the day before. In celebration of the 200th anniversary of the Perth Military Settlement, the race course will follow the route the settlers took when they first crossed the Rideau at Oliver's Landing (Rideau Ferry) and trekked down the Scotch Line to arrive at their designated lots. The marathon will finish at Ecotay Education Centre — homestead of the Ritchies, one the first settler families to put down stakes here.

You are invited to come witness the finish line and become part of the cheering section at this “Going the Distance” fundraiser. Proceeds from this event go to the Canadian Cancer Society's Wheels of Hope — a program that funds the volunteer drivers who transport local cancer patients to their hospital appointments in both Ottawa and Kingston. A minimum donation of \$10 will get you in the gate, but we are hoping for more so we can reach the highest goal possible for such an important service dedicated to the needs of our local communities.

The race itself begins at 6AM at the Rideau Ferry bridge, and has a time limit

of five hours to complete. The “Going the Distance” fundraiser starts at 8:30AM (when it is predicted that the first runner will cross the finish line at Ecotay) and will continue into early afternoon with lots of celebratory activities — think “eat, drink and be merry”!

For entertainment, there'll be the beautiful sights and sounds of the “Harp Twins” — sisters from Chicago who represented the U.S. at the World Harp Championships. Join in the “Kirkin' o' the Tartan” ceremony lead by Juno nominee Colin Bernard of Ottawa, followed by talented local guitar gurus Henry Norwood and Shawn McCullough.

A tantalizing breakfast and lunch menu includes unsurpassed scones from Ottawa's Scone Witch; pancakes and maple syrup; Phyllis James' local pulled pork on a bun, butter turkey and chili; John McDougall's wood-fired pizza; Oatie Bites; and specialty Scottish jams all served up with Coutts Coffee.

Parking at Ecotay is at the Menzies Munro Side Road entrance — from Perth, you must come via Hwy 7 then Cameron Side Road, or from Westport on Christie Lake Road, because all other roads will be closed until 11AM. To get details on road closures, go to <perthkiltun2016.ca> or <tayvalleytwp.ca>. For additional information, call Jessica at the Canadian Cancer Society at 267-1058.

We hope to see you there — and please pass on the rumour — “Going the Distance” is definitely happening!

— Annie Dalton



Perth Kilt Run Festival

June 24-26, 2016

Schedule of Events		
Friday		
12:30PM	Mayors 200th - 200 Metre Challenge	Town Hall
6PM	Premium Scotch Tasting Event, \$40 featuring The Harp Twins	Stone Cellar Restaurant
8PM	Celtic Concert, \$25 featuring Everything Fitz with Jessica Wedden	Studio Theatre
Saturday		
12PM	Piping in of the Haggis for Hurling Championships	Perth Museum Stewart Park
12:30PM to 5:30PM	Canadian Haggis Hurling Championships	Millennial Gate Stewart Park
12:30PM	Blue Skies Fiddle Orchestra	Stewart Park
1:30PM	Kelli Trottier	Stewart Park
2PM	The Great Canadian Shortbread Competition Judging	Stewart Park
2PM	Fiddlehead Soup - Scottish Country Dance	Stewart Park
2:20PM	Everything Fitz	Stewart Park
3:30PM	Fiddlehead Soup - Scottish Country Dance	Stewart Park
4PM	RACE START Wee Lad and Lassie Races, Youth Warrior	Town Hall
4:30PM	Fiddlehead Soup - Scottish Country Dance	Stewart Park
4:50PM	The Mudmen	Stewart Park
5:30PM	Awards Presentation Haggis Hurling and Shortbread Competition	Stewart Park
5:40PM	Runners March to Start featuring 3 Highland Bands!	Stewart Park
6PM	RACE START Royal Mile, Classic 5 Mile, Half Marathon with Ashley MacLeod Start Line Fiddle	Town Hall
6:15PM	The Mudmen	Stewart Park
7:05PM	Ben Caplan & the Casual Smokers	Stewart Park
7:45PM	Fundraiser Draw for a trip to Scotland	Stewart Park
7:50PM	Bobby Watt & Écosse	Stewart Park
8:30PM	Awards Presentation Half marathon, cheering station, volunteer thanks	Stewart Park'
8:40PM	Contra Dance with Martha Cooper and Écosse	Stewart Park
9PM	Runners Draw for a trip to Scotland	Stewart Park
Sunday		
6AM	RACE START — Marathon (42km)	Rideau Ferry
9AM-1PM	Brunch at Marathon Finish Line	Ecotay
10AM	The Harp Twins	Ecotay
10:45AM	Conlin Bernard	Ecotay
11AM	Kirkin of the Tartan Service	Ecotay
12PM	Henry Norwood	Ecotay

www.PerthKiltRun2016.ca

MERA Summer Arts Camp
for Kids 7-13

July 25 - 29 9AM-3PM

www.meraschoolhouse.org
to register: meraschoolhouse@bell.net

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The Table Community Food Centre's culinary fundraisers support programs that use the power of good food to build health, hope and community. Join us to support **good food for all.**

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July 15 to 17: Stewart Park Festival

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Details available at www.thetablecfc.org
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Pick up *theHumm* in Smiths Falls at
COFFEE CULTURE

Perth Kilt Run presents
Going the Distance
World's First Kilted Full Marathon

Sunday, June 26, 2016
8:30 am - 2 pm
at Ecotay Education Centre

Witness the Finish Line and enjoy some fabulous local food and drink along with entertainment by the Harp Twins; Colin Bernard's "Kirkin' o' the Tartan" and Henry Norwood & Shawn McCullough.

Admission by donation - all proceeds to Local Canadian Cancer Society's *Wheels of Hope*

For information call Jessica at Canadian Cancer Society at 613 267 1058.
For directions and road closures visit: tayvalleytwp.ca

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New Rom-Com Opens at Station Theatre

Popular playwright Katherine DiSavino is back with a new play — *Things My Mother Taught Me* — that promises amusing, touching, laugh-out-loud entertainment. This wry look at generational relationships runs at the Smiths Falls Station Theatre from June 10 to 19.

Director Sheila Jasiak has a great feel for DiSavino's style. An experienced actress herself, having acted in a variety of significant roles at the Station Theatre since 2009 and recently at the Full Circle Theatre in Perth, she brings *Things* to the stage fresh from her highly successful interpretation of last year's DiSavino offering, *Nana's Naughty Knickers*. Sheila has fun with her cast and fully enjoys the play's many laughs along with her audiences.

DiSavino is a best-selling playwright whose works have been translated into multiple languages and performed around the world. Theatre critics have called her work "true to life" and "superbly written." DiSavino told our director that when she first sat down to write the play she knew she wanted it to be about two things: "my love for my then-boyfriend (now husband!) and the love I have for my family — my mother and father, and *his* mother and father. The characters in this play are inspired by these incredible (and sometimes crazy) people in my life."

The play opens with Olivia and Gabe moving into their first apartment together. They've just packed up all their belongings and driven to Chicago to start a new life. Their moving day doesn't go exactly as planned, and things become more complicated when both sets of parents show up at the two-bedroom apartment wanting to help. In the end, the meddling parents pass on some of their best life lessons, but not without a bit of good-natured frustration for everyone concerned.

Jennifer Jasiak, who plays the female lead Olivia, has been acting with the Station Theatre for years, participating in productions such as *Anne with an E*, *The Heiress*, and each of the Christmas pantomimes, taking on ever bigger roles. Jennifer is also an awarded competitive actress out of the Sears Theatre Festival. Gabe, the boyfriend, is played by Clifford Glas, who used to be a part of the Mississippi Mudds, playing Young Scrooge in *Humbug* and The Prince in *Cinderella*. He has also performed in two '50s- and '60s-themed school musicals and took on a major role in last year's



Clifford Glas and Jennifer Jasiak will be appearing in *Things My Mother Taught Me*, opening on June 10 in Smiths Falls

panto — *Puss In Boots* — for the Station Theatre. The two principals have mastered their characters and together drive the story forward with high energy and a delightful comic touch.

The young lovers are joined by experienced actors playing the sometimes annoying parents: Linda Pipher is Olivia's mom, Rob Glas her dad; Lynn McMillan plays the role of Gabe's mom and Michel Doyon is Gabe's dad. Kelly Gaston rounds out the cast in the role of Maxine, the building super who always seems to show up at awkward moments.

Evening performances of the play take place on June 10, 11, 16, 17 and 18 at 7:30PM; Sunday matinees are on June 12 and 19 at 2PM. Tickets are \$20 for adults, and \$10 for students. Group rates (at \$15) are available for some performances.

Call 283-0300 for credit card purchases, or visit smithsfallstheatre.com. Cash-only ticket sales are at Special Greetings, 8 Russell St. East in Smiths Falls and at the door one-half hour before each performance. The 140-seat Station Theatre is located at 53 Victoria Ave, the site of the former CPR Railway Station.

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Summer Comes to Perth!

Stewart Park Festival's Kick-off to Summer Party

Nothing says summer in downtown Perth like the Stewart Park Festival, and this year summer arrives a few days early with the festival's annual **Kick-Off to Summer Party** at the Crystal Palace on June 18. This year's party features the sound of the legendary Weber Brothers.

Born in Baltimore, Ryan and Sam Weber left home as teenagers to find their idol, rockabilly legend Ronnie Hawkins. The Hawk was so impressed with the talent of the boys that he signed them up as his back-up band, following in the footsteps of The Band.

Over the past fifteen years, The Weber Brothers have recorded ten albums and toured extensively throughout the U.S., Canada and Europe. During that time, they have performed alongside the likes of Kris Kristofferson, Jeff Healey and David Wilcox. In October 2012 they were invited to the Rock and Roll Hall of Fame American Music Masters Tribute to Chuck Berry in Cleveland, Ohio, where they shared the stage with Berry himself.

These days the brothers are joined on stage by multi-instrumentalist Rico Browne and guitarist Emily Burgess, formerly of the 24th Street Wailers. With their eclectic mix of rockin' originals and cool cover tunes, The Weber Brothers are the ultimate dance band.

This year's Kick-off to Summer Party will feature door prizes, including tickets for the upcoming Blue Rodeo show in Perth and the launch of the festival's anniversary ale, created specially by Perth Brewery. The event will also include pizza from the Perth Tea Room.

During the day on June 18, the Downtown Heritage Perth BIA will also feature a Kick-Off to Summer VIP shopping event with specials throughout the downtown. Registration for the shopping event happens at 9:30AM in the atrium of Code's Mill. The first 250 registrants will receive a gift bag filled with promotional swag and coupons to use on your Perth shopping trip!

Tickets for the Kick-Off to Summer Party are \$20 and can be purchased at Shadowfax, the Book Nook, Perth Brewery and Top Shelf Distillery in Perth. Tickets will also be available at the door.

Doors open at 8PM with the music starting at 9PM. This event is co-sponsored by the 2016 SPF Organizing Committee, Perth Brewery, Top Shelf Distillery and Lake 88. It will be the dance party of the summer. You won't want to miss it!

About the Festival

This year marks the 25th anniversary of Perth's most popular music festival. It was in the summer of 1991 that the Perth BIA organized a series of mid-week music concerts in Stewart Park, as part of the town's 175th anniversary celebration. After the success of this event, a group of dedicated volunteers began what is now an annual three-day, outdoor festival that attracts over 20,000 people.

Over the years the scope of the Stewart Park Festival has expanded to include music on three stages, a children's program, a series of workshops, a labyrinth, a food vendors' and artisans' market, a sidewalk sale, a licensed Saturday and Sunday patio, a Sunday breakfast, as well as the popular duck race. For information about this year's event, visit <stewartparkfestival.com>.



The Weber Brothers will help kick off summer in Perth on June 18 at the Crystal Palace

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 Every Thur. **Jazz Night** with **Spencer Evans Trio** (Westport/Kingston) 9-11
 June 9 Special Guest: **Emily Fennell** (R&B/Soul Diva & Vocal Powerhouse)
 Every Sun. **Head Over Heels** on the Patio (Guitar/Vocal Duo, Gananoque) 12:30-3:30
 Fri. June 3 **Beatles in Bloom** with **Day Tripper: A Beatles Tribute**, \$45 Buffet & Show Fundraiser for Westport in Bloom 7-11
 Sat. June 4 **Jeff Callery** (Folk/Rock, Brockville) 6-9
 Fri. June 10 **John Wilberforce** (Folk/Rock, Kemptonville) 7-10
 Sat. June 11, 18 & 25 **Head Over Heels** (Guitar/Vocal Duo, Gananoque) 6-9
 Fri. June 17 **Early Bird: A Nod to the Eagles** (Montreal/Westport), \$45 Buffet & Show 7-11
 Fri. June 24 **Grant Fullerton** (Former member of Lighthouse, Toronto), \$10 7-11

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- Costume Parade
- Military Re-enactments
- Traditional Crafts
- Split-Rail Fence Building
- Historic Mapping
- Archaeological Dig

BOOKS & AUTHORS

- "At Home in Tay Valley" by Kay Rogers
- Panel discussion with Rick Roberts; Tim Wynne-Jones; Kay Rogers; and Roy MacSkimming
- "Influence & Ambition" by Ron Shaw

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- James Haven BBQ
- Desserts by Sunflower Bakery
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Postcards from Perth

Pop-Ups & Pride in Perth

June. Ah, June: what do we think about when we think of you? Sunshine and longer days, weekends at the cottage and beer-and-burger barbeques, Father's Day celebrations and the Santorini sandwich. If you recognize the name of that delicious sandwich, you'll be reminded of The Hungry Planet, one of Perth's all-time favourite restaurants. If so, you'll likely be quite pleased to know, over two Saturdays in June, The Hungry Planet will be back in town.

by John Pigeau

On Saturday, June 4 and Saturday, June 11, former owner Judy Dempsey will be cooking up most of the Hungry Planet's original menu at **The Hungry Planet Pop-up Fundraiser**, a special event (two, in this case) to raise funds for The Table Community Food Centre's community meals program, which offers free, nutritious and delicious meals three times a week. Last year, The Table served over 10,000 community meals to over 600 individuals.

The pop-ups will run from 11:30AM to 5PM on each day, with a menu featuring many of the Hungry Planet's most popular dishes. Weather permitting, an outdoor picnic area will be created so diners can enjoy their meals with other Hungry Planet fans and reminisce about the good ol' days. All main dishes will be priced at \$25, and Judy plans to have a few of her famous desserts and salads on hand to complement your meal. Place your order in advance by phone at 326-8593. And break open your piggy bank — payment will be by cash only.

Keeping things outdoors — on Thursday, June 9, the Auxiliary of the Great War Memorial Hospital will host a special **Heritage Garden Party**. The party will mark the official opening of the new pergola that will have been added to the "Garden of Hope" in front of the hospital. Tea, lemonade, sandwiches and cookies will be served, and a tour of the original hospital — Victoria House — will be available. Guests are invited to come in costume, and large showy hats are encouraged! The Heritage Garden Party takes place on the GWM Hospital grounds from 1:30PM to 4:30PM. For further information, please contact Margo Smith at 267-3421 or <dap.smith@sympatico.ca>.

Quite hopefully, the sun will be shining brightly on June 11 as the LGBT Lanark County Civitan Club hosts **Pride Day 2016** in the Town of Perth. A parade marks part of the festivities. It starts at 3PM, leaving Sunset Blvd. and making its way to the Tay Basin parking lot. In the evening, festivities continue at the Royal Canadian Legion with a dance and live music (tickets are \$20, available at Lavender & Lace). The bar will be open, yummy food will be served, and there will be exciting surprises throughout the evening. The dance starts at 8PM, and the doors open at 7:30PM. For more information you can email <lorriegt@hotmail.com>.

Sunday, June 19. That's **Father's Day**. You're welcome.

If the Dad you know is happy pattering about in the garden, what better way to celebrate Father's Day weekend than at Kiwi Gardens for the **Art in the Garden** show?! This year Art in the Garden celebrates its 20th anniversary, too, so the show and sale promises to be even more exceptional.

Art in the Garden is a premier garden show featuring artists and craftspeople among the extensive, mature and beautiful display beds at Kiwi Gardens. Take Dad on a stroll through the walkways and exotic plantings, and browse and enjoy all the handmade

works of art. There is always so much beauty on display at this show: garden sculptures, obelisks and arbours, blown glass, outdoor furniture, wind chimes, pottery, and various other pieces of unique garden art. You can treat Dad, too, to some delicious food provided by The Sunflower Bake Shop. (My dad, I know, would love that!) Or simply enjoy the view on one of the Gardens' many benches. There will be live music as well. Art in the Garden is open from 9AM to 5PM, June 18 and 19, admission is \$5 per person, and pets on a leash are welcome.

Or maybe your dad enjoys live theatre. If so, book your tickets for **The Last Deadman**, "a drama with music" about Perth's famous last duel. BarnDoor Productions will be staging the play from June 10 to the 19th at the Full Circle Theatre — a building, they note, "just a few hundred feet on the other side of the grave." The play looks at one of

the core events in Perth's history, and by all accounts is an exciting, gripping and entertaining piece of theatre. **The Last Deadman** runs June 10, 11, 16, 17 and 18 at 8PM, and June 12 and 19 at 2PM at Full Circle Theatre. For tickets, please call 267-1884.

And save the date, good people! Save the date!

August 27, that is — for the magical and magnificent **Barns,**

Farms and Wicket Chefs fundraiser at Ecotay's historic barns. Organizers of this highly anticipated event, now pretty much a given to sell out, have just had some beautiful pottery donated to them and want folks to know they will be auctioning off these five magnificent pieces at this year's event.

Jim Thomson, a renowned ceramic artist from Ottawa who passed away in 2013, made the pottery. Jim worked in clay for more than 40 years and became a nationally and internationally respected artist. His artistic pursuits took him across North America, Asia and Europe. His work can be found in public spaces, galleries, and in private collections and homes.

The ceramics will be featured as part of both the silent and live auctions led by Judy Hands at Barns, Farms and Wicked Chefs, August 27 at Ecotay. Tickets are available through <ticketsplease.ca>.

You can visit the Barns, Farms and Wicked Chefs Facebook group to see past photos and get updates. All proceeds from the event will go to support The Table Community Food Centre's innovative programming.

Enjoy your June, dear readers. And to all the fathers reading this — Happy Father's Day!

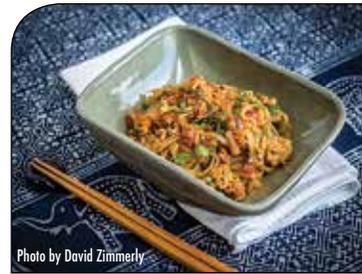
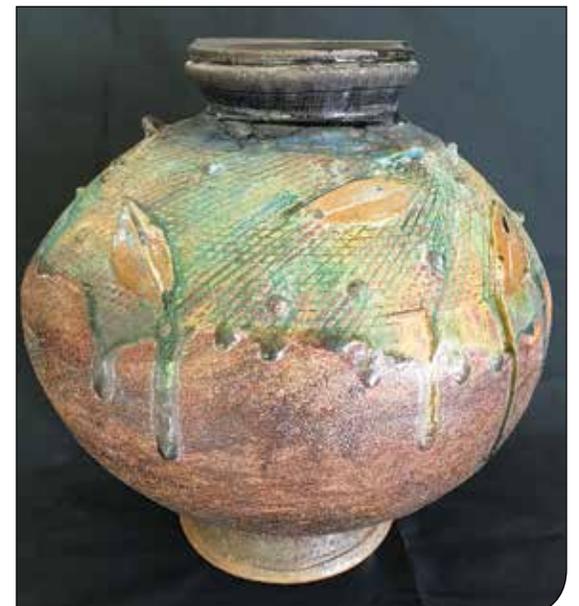


Photo by David Zimmerly

Hungry Planet Pop-Up time!



Gorgeous pottery by the late Jim Thomson has been donated to this year's Barns, Farms and Wicked Chefs auction

Carp Herb Festival

On Sunday, June 26, the Carp Farmers' Market Association (CFMA) will host the first annual Carp Herb Festival on the grounds of the Carp Fairgrounds.

The CFMA has a long history with the Ottawa Valley Midsummer Herbfest, going back to its origins. Many of their members have participated in that event through the years, and the organization supplied many of Herbfest's infrastructure needs. CFMA's organizational skills and track record with events such as their Garlic Festival mean that attendees can look forward to pleasant and informative celebrations of all things herb-related.

The Carp Herb Festival will concentrate on herbs — growing them, cooking with them, their use in lotions, infusions and other cosmetic and medicinal applications. However, this event will mark a departure in the organizational approach that has characterized Herbfest. The Carp Farmers' Market in all of its 26 years has been a producers' market. Each member is a farmer growing what they sell, a prepared food maker baking and assembling what they sell, or an artisan producing



Come to the first annual Carp Herb Festival on Sunday, June 26

their crafts locally. Participants in the Carp Herb Festival will meet these criteria. There will be no reselling of any products.

As well, admission and parking is free and wheelchair accessible.

The CFMA looks forward to welcoming all those enthusiasts who annually made the pilgrimage to the west end of Ottawa to partake in a festival of herbs. For further information, please contact Ennio Marcan-tonio at 786-1010 or <market.manager.crpmkt@gmail.com>.

9 to 5: The Musical

Workin' nine to five, what a way to make a livin', Barely gettin' by, it's all takin' and no givin'. They just use your mind, and they never give you credit, It's enough to drive you crazy if you let it!

Yes, it's been 36 years since that unforgettable music introduced us to the story of three friends who go to war with their dim-witted, chauvinistic boss. The movie *9 to 5* struck a chord with everyone who saw it. On June 2, the Broadway musical version will strike a chord all over again, on the stage of Perth's Studio Theatre.

"I'm crazy-thrilled about being able to bring *9 To 5: The Musical* to Perth!" says C. Lee Bates, the gifted director who has perennially capped off the Studio Theatre's season of plays with musicals such as *Little Women: The Musical* and *The Drowsy Chaperone*.

"The Broadway show was written by Patricia Resnick — who also wrote the movie — and of course the music is by the great Dolly Parton," says C. Lee. "There are rhythmic and key changes in almost every song,

with musical styles from country and pop to gospel and funk. If you loved the movie, you'll be wild about the musical!"

When *9 To 5: The Musical* opened on Broadway it received a record fifteen Drama Desk and four Tony Award nominations. While it's very much a light-hearted comedy, the subtext of gender inequality is still relevant today. Like the movie, it uses humour and satire to make a powerful social message palatable, but still hard-hitting.

With seventeen cast members and a full ten-piece orchestra, C. Lee Bates says this show is one of the most ambitious ever mounted by Studio Theatre Productions.

"We have four leads, two featured performers, and an eleven-member ensemble — all incredibly talented and experienced musical theatre performers. And what's a musical without great music? We're thrilled to have an orchestra of professional musicians, assembled by Mark Bailey and led by conductor Alexandra Guerin."

Other production credits go to Jane Stott (producer), Leah Williams (vocal director), and Courtney Mason (choreographer/performer). The set is designed by C. Lee Bates and Reiner Silberhorn, and brought to life by a gifted team of builders, painters and scenic designers.

Don't miss this super-energized, terrifically entertaining show when it opens at the Studio Theatre, 63 Gore Street East, for eight performances: June 2, 3, 4, 9, 10 and 11 at 8PM, and June 5 and 12 at 2PM. Advance tickets are \$25 (cash) at The Book Nook, 60 Gore Street East, and at Tickets Please <ticketsplease.ca> and Shadowfax <shadowfax.on.ca>, both of which accept credit cards and charge a convenience fee. Tickets are \$27 at the door; students with ID pay just \$10 at the door. Attend opening night and save \$5! Visit <studiotheatreperth.com> for details.

— by Paul Joyce



9 to 5: The Musical in rehearsal: Here the boss, Frank Hart (Jeff Kohl) listens as his assistant Roz (Jacki Leclerc), spills the eaves-dropped beans on Hart's employees and their plot against him

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Claiming Column

Canada Day!, Jul 1
 Rideau Lakes Tour, Jul 1-3
 Antique Car Show, Almonte, Jul 1
 Perth Antique Show & Sale, Jul 2-3
 5 Wednesdays in July, Almonte
 Almonte Celtfest, Jul 8-10
 Art in the Barn, Lombardy, Jul 8-10
 Stewart Park Festival, Perth, Jul 15-17
 Almonte Fair, Jul 15-17
 Art in the Park, Renfrew, Jul 16-17
 London Suite, Perth, Jul 21-31
 Arms and the Man, Perth, Jul 22-Aug 14
 Blue Rodeo, Perth, Jul 23
 Herbfest, White Lake, Jul 31
 Puppets Up!, Almonte, Aug 5-7
 OVMF: Bel Canto Wind Quintet, Arnprior, Aug 7
 Pakenham Fair, Aug 13
 Perth Garlic Festival, Aug 13-14
 Framework: Words on the Land, Maberly, Aug 21
 N. Lanark Highland Games, Almonte, Aug 27
 Barns, Farms and Wicked Chefs, Perth, Aug 27
 Fibrefest, Almonte, Sep 10-11

Festivals

Mississippi Mills Bicycle Month, Jun 1-30. <mmbm.ca>
Priorpalooza Music Festival, Jun 4, 11AM-9PM. Bands, kids' games, food, dragon boat rides. Robert Simpson Park, Arnprior. Free
Pride Day, Jun 11, 3PM. Parade from Stewart School to Tay Basin; info, food, vendors. Stewart School, Perth.
FaeryFest, Jun 19, 11AM-4PM. Vendors, BBQ & more. Perth Civitan Hall. faeriecece@hotmail.com. \$2/\$1 (funds LAVVS)
Perth Kilt Run & Marathon, Jun 24 12:30PM 200m Challenge, 6PM Scotch Tasting (\$40, Stone Cellar), 8PM Everything Fitz (\$25/\$15, Studio Theatre). Jun 25 Live music (1-9PM, Stewart Pk), runs (6PM). Jun 26 6AM marathon, 8:30AM Fundraiser -food, music, finishers (\$10 min donation, Ecotay)
Carp Herb Festival, Jun 26, 10AM-3PM. Farmers, food vendors, artisans. Carp Fairgrounds. 786-1010
Canada Day Eve, Jun 30, 5PM BBQ at RBC, kids' activities, 7PM parade, BBQ, music, family fun, fireworks. Stewart Community Centre, Pakenham. 256-1077

Visual Arts

Paint Nite, Tuesdays, 7PM. No exp req'd. Waterfront Gastropub, CP. 257-5755, \$45
Mississippi Wood Carvers, Jun 3, 1-4PM. Experienced & newbies. Almonte Library, mwcarvers@gmail.com
Annual Jewellery Show, Jun 4, 11AM-5PM. Anne Marie Chagnon; 10% to Ovarian Cancer. Bittersweet, Burnstown. 432-5254
Learning from Antique Textiles, Jun 6, 1:30PM. Mannings Handweaving School. MVTM, Almonte. 256-3754, mvtm.ca
Opening Reception: Pen & Pixel, Jun 12, 2-5PM. Gayle Kells, Dale Dunning, Sanjeev Sivarulrasa. Sivarulrasa Studio, Almonte. 293-2492, sivarulrasa.com. Free
Paint Nite w/Anna-Lisa, Jun 16, 6:30-9:30PM. All materials included. Fall River Restaurant, Maberly. 268-2197, \$43
Vernissage: Frank Van Oort, Jun 16, 5-8PM. Riverguild, Perth. 267-5237
Art Show: Joyce Devlin, Jun 17-19, 11AM-4PM. Devlin Art Studio, 7590 Dwyer Hill Rd., Burritts Rapids
Paint & Sip, Jun 17, 7-9PM. 19+. N. Lanark Regional Museum, Appleton. 257-8503, appletonmuseum@hotmail.com. \$40

Monday	Tuesday	Wednesday	Thursday
<p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p> <p>🎨 Preserving Your Family History Through FamilySearch, Arnprior</p> <p>🎨 Duplicate Bridge Club, Smiths Falls</p>	<p>🎨 4-Hand Euchre, Perth, Bolingbroke</p> <p>🎨 Adult Bereavement Group, SF</p> <p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎨 Paint Nite, Carleton Place</p> <p>🎨 Duplicate Bridge Club, Smiths Falls</p>	<p>🎵 Acoustic Stage, O'Reilly's Pub</p> <p>🎨 Duplicate Bridge Club, Almonte</p> <p>🎨 CP Hort: Orchids/Potluck, CP</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎨 Mississippi Mills Bicycle Month!</p> <p>🎨 NLHS Speaker Series/AGM, Appleton</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam Night, Waterfront Gastropub</p> <p>🎵 Shawn McCullough, The Cove</p> <p>🎨 Silver Chain Challenge Begins</p>	<p>🎨 9 to 5 - The Musical, Perth</p> <p>🎵 GOB w/Selfish Things & The Superlative, John St. Pub</p> <p>🎵 Jazz at the Queen's, Queen's Hotel</p> <p>🎵 Jazz Night w/Spencer Evans Trio, The Cove</p> <p>🎵 Karaoke, Valley Food & Drink Co.</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic, Golden Arrow</p>
<p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p> <p>🎨 For a Taste of the County Food & Wine Gala, Beckwith</p> <p>🎨 Girl's Ride w/Perianne Jones, Almonte</p> <p>🎨 Learning from Antique Textiles, Almonte</p> <p>🎨 Duplicate Bridge Club, Smiths Falls</p>	<p>🎨 4-Hand Euchre, Perth, Bolingbroke</p> <p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎨 Green Drinks, Perth</p> <p>🎨 Paint Nite, Carleton Place</p> <p>🎨 Duplicate Bridge Club, Smiths Falls</p> <p>🎵 The Town Singers, Carleton Place</p>	<p>🎵 Acoustic Stage w/Dave Balfour, O'Reilly's Pub</p> <p>🎨 Almonte Duplicate Bridge Club, Almonte</p> <p>🎨 Chitty Chitty Bang Bang, Arnprior</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam Night, Waterfront Gastropub</p> <p>🎵 Shawn McCullough, The Cove</p>	<p>🎨 9 to 5 - The Musical, Perth</p> <p>🎨 Chitty Chitty Bang Bang, Arnprior</p> <p>🎨 Cohousing Info Session, Perth</p> <p>🎨 Gravel Road Bikealogue, Almonte</p> <p>🎨 Heritage Garden Party, Perth</p> <p>🎵 Jazz Night, The Cove</p> <p>🎵 Karaoke, Valley Food & Drink Co.</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic, Golden Arrow</p> <p>🎵 Perth Citizens' Band Concert, Perth</p> <p>🎨 Toastmasters, CP</p>
<p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p> <p>🎨 Duplicate Bridge Club, Smiths Falls</p>	<p>🎨 4-Hand Euchre, Perth, Bolingbroke</p> <p>🎨 Adult Bereavement Group, Perth</p> <p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎨 Paint Nite, Carleton Place</p> <p>🎨 Perth Hort. Summer Social, Perth</p> <p>🎨 Smiths Falls Duplicate Bridge Club, Smiths Falls</p> <p>🎨 W. Carleton Garden Club, Carp</p>	<p>🎵 Acoustic Stage, O'Reilly's Pub</p> <p>🎨 Duplicate Bridge Club, Almonte</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎨 Mississippi Mudds AGM, CP</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam Night, Waterfront Gastropub</p> <p>🎨 Pakenham Hort: Pesky Parsnips, Pakenham</p> <p>🎵 Shawn McCullough, The Cove</p>	<p>🎵 Jazz Night, The Cove</p> <p>🎵 Karaoke, Valley Food & Drink Co.</p> <p>🎨 Labyrinth Peace Walk, CP</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic, Golden Arrow</p> <p>🎨 Paint Nite w/Anna-Lisa, Maberly</p> <p>🎨 The Last Deadman, Perth</p> <p>🎨 Things My Mother Taught Me, SF</p> <p>🎨 Vernissage: Frank Van Oort, Perth</p>
<p>🎨 Almonte Hort. Strawberry Social, Almonte</p> <p>🎨 Bereavement Support Group, Almonte</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p> <p>🎨 Duplicate Bridge Club, Smiths Falls</p>	<p>🎨 4-Hand Euchre, Perth, Bolingbroke</p> <p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎨 Lanark Renfrew Health & Community Services AGM, Lanark</p> <p>🎨 Paint Nite, Carleton Place</p> <p>🎨 Duplicate Bridge Club, Smiths Falls</p>	<p>🎵 Acoustic Stage, O'Reilly's Pub</p> <p>🎨 Duplicate Bridge Club, Almonte</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam Night, Waterfront Gastropub</p> <p>🎨 Perth Through the Ages, Perth</p> <p>🎵 Shawn McCullough, The Cove</p>	<p>🎵 Jazz Night, The Cove</p> <p>🎵 Karaoke, Valley Food & Drink Co.</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic, Golden Arrow</p> <p>🎨 Perth Citizen's Band/Strawberry Social, Perth</p> <p>🎨 Perth Through the Ages, Perth</p> <p>🎵 Steve Stacey, Cheshire Cat Pub</p> <p>🎨 Summer Night Market, Almonte</p> <p>🎨 Toastmasters, CP</p>
<p>🎨 Almonte Hort: Xeriscaping/Alpine Plants, Almonte</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p> <p>🎨 Duplicate Bridge Club, Smiths Falls</p>	<p>🎨 4-Hand Euchre, Perth, Bolingbroke</p> <p>🎨 Adult Bereavement Group, Smiths Falls</p> <p>🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>🎨 Paint Nite, Carleton Place</p> <p>🎨 Duplicate Bridge Club, Smiths Falls</p>	<p>🎵 Acoustic Stage w/Dave Balfour, O'Reilly's Pub</p> <p>🎨 Duplicate Bridge Club, Almonte</p> <p>🎨 I Ought to be in Pictures, Perth</p> <p>🎵 Karaoke, Golden Arrow</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam Night, Waterfront Gastropub</p> <p>🎨 Perth Through the Ages, Perth</p> <p>🎵 Shawn McCullough, The Cove</p>	<p>🎨 Canada Day Eve, Pakenham</p> <p>🎨 I Ought to be in Pictures, Perth</p> <p>🎵 Jazz Night, The Cove</p> <p>🎵 Karaoke, Valley Food & Drink Co.</p> <p>🎵 Karaoke, John St. Pub</p> <p>🎵 Musicians' Circle, Bolingbroke</p> <p>🎵 Open Mic, Alice's Village Cafe</p> <p>🎵 Open Mic, Golden Arrow</p> <p>🎨 Perth Through the Ages, Perth</p>

Art in The Garden, Jun 18-19, 9AM-5PM. Kiwi Gardens, 687 Harper Rd., near Perth. 267-7384, kiwigardens.ca. \$5
Vernissage: MERA Arts Circle, Jun 18, 11AM-1PM. MERA Schoolhouse, McDonalds Corners., meraschoolhouse.org
Summer Night Market, Jun 23, 6-10PM. Art & food vendors, music. Carriageway Studios, Almonte. carriagewaystudios.ca

Theatre

🎨 **9 to 5 - The Musical**, Jun 2-4, 9-11 (8PM); Jun 5, 12 (2PM). studiotheatreperth.com, 485-6434. \$27/\$25 Book Nook, Tickets Please
Chitty Chitty Bang Bang, Jun 8-10, 7PM; Jun 11, 2PM. Two Rivers Musical Prod. Arnprior HS \$20/12 tworiversmusicals.ca
Things My Mother Taught Me, Jun 10-11, 16-18 at 7:30PM; Jun 12, 19 at 2PM. SF Com Theatre. Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$20/\$10

The Last Deadman, Jun 10-11, 16-18 at 8PM; Jun 12, 19 at 2PM. Full Circle Theatre, Perth. 267-1884, \$22/\$20/\$10
Mississippi Mudds AGM, Jun 15, 7PM. CP Arena. All welcome. mississippimudds.ca
Mudds Auditions: Mary Poppins, Jun 18. 250-2803 for pkg. Ottawa Business Centre, 74 Bridge St., CP. mississippimudds.ca
Perth through the Ages, Jun 22-Aug 28: Wed-Sun 11AM. Theatrical historic walking tour. Perth Museum. 1-877-283-1283
I Ought to Be in Pictures, Jun 24-Jul 16: Wed, Thurs, Sat 8PM; Wed-Sun 2PM. Classic Theatre Festival. St. James Church, Perth. classictheatre.ca. \$30/\$21; \$4 fee
Lanark Laughs, Jun 24, 8:30PM. Stand-up at Waterfront Gastropub, CP. See FB page
Marinoni: The Fire in the Frame, Jun 25, 5PM. Q&A w/director: Almonte Old Town Hall. mmbm.ca \$12

Literature

Book Signing: R.M. Ferrier, Jun 18, 1-3PM. The Bookworm, Perth. 264-7257, bookwormperth.com. Free

Local Food

Farm to Fork Spring Dinner & Dance, Jun 4, 6PM. Meal by Waterfall Catering. Market Square, CP. cpfarmersmarket.wordpress.com.
Hungry Planet Pops Up, Jun 4 & 11, 11:30AM-5PM. Take-out only. Fundraiser for The Table. 190 Gore St. E., Perth. 326-8593, thetablecfc.org
Missis-Sipping Craft Beer Fest, Jun 11, 12-8PM. Music, fun, food, beer. Cash only. Generations Inn, CP. 253-5253, generationsinn.ca. \$25/\$20

Youth

Movie in the Park: Minions, Jun 18, 7:30PM activities; 9PM movie. Canteen. Riverside Park, CP. 257-1704

Music

Musicians' Circle, Thursdays, 7PM. Musicians only - all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall
Music for Brass & Organ - for Fort Mac, Jun 5, 3PM. Ottawa Brass Quintet, organist. For Fort MacMurray. Almonte United Church 816-1716. By donation
OVMF: Festival of the Choirs, Jun 5, 3PM. OVMF Chorus & Deep River Choral Society. Grace Lutheran Church, Eganville. ottawavalleymusicfestival.ca. \$25/\$10/\$5
The Town Singers, Jun 5 & 7, 7PM. Vivaldi, Schubert, Mozart & more. St. Andrew's Church, 39 Bridge St., Carleton Place. \$10

Friday

Saturday

Sunday

<p>🎵 9 to 5 -The Musical, Perth</p> <p>🎵 Beatles in Bloom, The Cove</p> <p>🎵 Daisy Train, John St. Pub</p> <p>🎵 Derringers, Golden Arrow</p> <p>🎵 Mississippi Blues Society Open Jam, Waterfront Gastropub</p> <p>🎵 Mississippi Wood Carvers Mtg., Almonte</p> <p>🎵 Smitty, O'Reilly's Pub</p>	<p>🎵 9 to 5 -The Musical, Perth</p> <p>🎵 Annual Jewellery Show, Burnstown</p> <p>🎵 Bicycle Month Street Party/Potluck, Almonte</p> <p>🎵 Brent Dickie, John St. Pub</p> <p>🎵 Farm to Fork Spring Dinner & Dance, CP</p> <p>🎵 George Reynolds, Golden Arrow</p> <p>🎵 Hungry Planet Pops Up for The Table, Perth</p> <p>🎵 Jeff Callery, The Cove</p> <p>🎵 Mister & Sister, Valley Food & Drink Co.</p> <p>🎵 MVTM Fabric Sale, Almonte</p> <p>🎵 Priorpalooza Music Festival, Arnprior</p> <p>🎵 Transplant Sat at the CPFM, Carleton Place</p>	<p>🎵 135th Anniversary Service, Kinburn</p> <p>🎵 9 to 5 -The Musical, Perth</p> <p>🎵 APEX Jazz Band, The Royal Oak</p> <p>🎵 Blues w/Barry Buse & Redneck Limousine, Waterfront Gastropub</p> <p>🎵 Downton Abbey High Tea, Perth</p> <p>🎵 Head over Heels (Patio), The Cove</p> <p>🎵 Music for Brass & Organ -for Fort Mac, Almonte</p> <p>🎵 Open Mic w/Kelly Sloan, Ashton Pub</p> <p>🎵 OVMF: Festival of the Choirs, Eganville</p> <p>🎵 The Town Singers, Carleton Place</p> <p>🎵 Valley Singles Lunch, Renfrew</p>
<p>🎵 9 to 5 -The Musical, Perth</p> <p>🎵 Chitty Chitty Bang Bang, Arnprior</p> <p>🎵 Jeff Leeson, Golden Arrow</p> <p>🎵 John Wilberforce, The Cove</p> <p>🎵 NDHS Music for Miracles, Carleton Place</p> <p>🎵 Ryan MacIntyre, John St. Pub</p> <p>🎵 Stephen Fisher, O'Reilly's Pub</p> <p>🎵 Steve Barrette Trio, The Swan at Carp</p> <p>🎵 Steve Stacey, Redneck Bistro</p> <p>🎵 The Last Deadman, Perth</p> <p>🎵 Things My Mother Taught Me, Smiths Falls</p>	<p>🎵 Pride Day, Perth</p> <p>🎵 Bon Evans Band, Elgin</p> <p>🎵 3rd Ann. Party w/The Tritones, Golden Arrow</p> <p>🎵 50s/60s Prom Night Dance, Carleton Place</p> <p>🎵 Beckwith Pioneer Days, Beckwith</p> <p>🎵 Chitty Chitty Bang Bang, Arnprior</p> <p>🎵 Hungry Planet Pops Up for The Table, Perth</p> <p>🎵 Maberly Quarterly Dance, Maberly</p> <p>🎵 Missis-Sipping Craft Beer Fest, Carleton Place</p> <p>🎵 Music Trivia Night, Valley Food & Drink Co.</p> <p>🎵 Pride Music & Comedy Night, Perth</p> <p>🎵 The Last Deadman, Perth</p> <p>🎵 Things My Mother Taught Me, Smiths Falls</p>	<p>🎵 9 to 5 -The Musical, Perth</p> <p>🎵 The Last Deadman, Perth</p> <p>🎵 Blues w/Redneck Limousine, Waterfront Gastropub</p> <p>🎵 Family History Day, Middleville</p> <p>🎵 Brunch w/Pierre Desmarais, Valley Food & Drink Co.</p> <p>🎵 Head over Heels (Patio), The Cove</p> <p>🎵 Jewellery & Skincare Sale, Almonte</p> <p>🎵 Magnolia Rhythm Kings, The Royal Oak</p> <p>🎵 Open Mic w/Kelly Sloan, Ashton Pub</p> <p>🎵 Opening Reception: Pen & Pixel, Almonte</p> <p>🎵 Scotch Line History Fair, Perth</p> <p>🎵 Things My Mother Taught Me, Smiths Falls</p> <p>🎵 Valley Voices Concert, Almonte</p> <p>🎵 Vendors' Market/Touch-a-Truck, Almonte</p>
<p>🎵 Art Show: Joyce Devlin, Burritts Rapids</p> <p>🎵 Blues & Co., Golden Arrow</p> <p>🎵 Early Bird: A Nod To The Eagles, The Cove</p> <p>🎵 Mississippi Wood Carvers Mtg., Almonte</p> <p>🎵 Paint & Sip, Appleton</p> <p>🎵 Lynrd Skynyrd tribute, John St. Pub</p> <p>🎵 The Last Deadman, Perth</p> <p>🎵 Things My Mother Taught Me, Smiths Falls</p> <p>🎵 Tom Watson, O'Reilly's Pub</p>	<p>🎵 Art in The Garden, Kiwi Gardens</p> <p>🎵 Art Show, Burritts Rapids</p> <p>🎵 The Last Deadman, Perth</p> <p>🎵 Under The Covers, O'Reilly's</p> <p>🎵 Beer Tasting & Book Launch, Smiths Falls</p> <p>🎵 Bowser & Blue, Valley Food & Drink Co.</p> <p>🎵 Dedication of W. Carleton War Memorial, Carp</p> <p>🎵 Hoe Down in Lockwood Park, Westport</p> <p>🎵 Humane Soc. Car Show & Car Wash, Arnprior</p> <p>🎵 SPF Kick-Off to Summer Party, Perth</p> <p>🎵 Lambs Down Park Festival, Carleton Place</p> <p>🎵 MVTM House & Garden Tour, Almonte</p> <p>🎵 Things My Mother Taught Me, Smiths Falls</p>	<p>**Father's Day**</p> <p>🎵 APEX Jazz Band, The Royal Oak</p> <p>🎵 Art in The Garden, near Perth</p> <p>🎵 Art Show: Joyce Devlin, Burritts Rapids</p> <p>🎵 Blues w/Barry Buse & Redneck Limousine, Waterfront Gastropub</p> <p>🎵 FaeryFest, Perth</p> <p>🎵 Head over Heels (Patio), The Cove</p> <p>🎵 Open Mic w/Kelly Sloan, Ashton Pub</p> <p>🎵 The Last Deadman, Perth</p> <p>🎵 Things My Mother Taught Me, Smiths Falls</p>
<p>🎵 Breakfast with Soul, Almonte</p> <p>🎵 Fort McMurray Fundraiser, Almonte</p> <p>🎵 Grant Fullerton, The Cove</p> <p>🎵 I Ought to be in Pictures, Perth</p> <p>🎵 Jimmy Tri-Tone Band, Golden Arrow</p> <p>🎵 Lanark Laughs, Carleton Place</p> <p>🎵 Morgan Davis, Valley Food & Drink Co.</p> <p>🎵 Perth Kilt Run & Marathon, Perth</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 River City Junction, O'Reilly's Pub</p> <p>🎵 Steve Barrette Trio, The Swan at Carp</p>	<p>🎵 40 Plus Singles Dinner/Dance, Smiths Falls</p> <p>🎵 Head over Heels, The Cove</p> <p>🎵 I Ought to be in Pictures, Perth</p> <p>🎵 Marinoni: The Fire in the Frame, Almonte</p> <p>🎵 Perth Kilt Run & Marathon, Perth</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Riq Turner, Golden Arrow</p> <p>🎵 Strawberry Social/BBQ/Bake Sale, Clayton</p> <p>🎵 The Motorleague w/Luke Austin, John St. Pub</p> <p>🎵 Vintage Bicycle Show, Almonte</p>	<p>🎵 Blues w/Barry Buse & Redneck Limousine, Waterfront Gastropub</p> <p>🎵 Carp Herb Festival, Carp</p> <p>🎵 Head over Heels (Patio), The Cove</p> <p>🎵 I Ought to be in Pictures, Perth</p> <p>🎵 Magnolia Rhythm Kings, The Royal Oak</p> <p>🎵 Open Mic w/Kelly Sloan, Ashton Pub</p> <p>🎵 Perth Kilt Run & Marathon, Perth</p> <p>🎵 Perth Through the Ages, Perth</p> <p>🎵 Strawberry Social, Appleton</p> <p>🎵 The NightCrawlers, Generations Inn</p> <p>🎵 TRP Strawberry Social, Almonte</p>
<p>🎵 Mississippi Mills Bicycle Month presents events throughout June <mmbm.ca></p> <p>🎵 CP & Beckwith Heritage Museum presents photographer/painter Annie E. Duff <cpbheritagemuseum.com></p> <p>🎵 Diefenbunker presents CANEX 1977 canteen; The Cold War: Causes, History, Impact [from Jun 14]</p> <p>🎵 Fairview Manor Lobby presents Greta McDonald's Feather, Flight, Song acrylic paintings [to June 14]; then Mississippi North – Sarah Jaynes</p> <p>🎵 FIELDWORK presents outdoor art installations <fieldworkproject.com></p> <p>🎵 General Fine Craft, Art & Design features Maureen Marcotte's porcelain pottery and Barbara Mullally's fine jewellery <generalfinecraft.com></p> <p>🎵 MERA Schoolhouse presents MERA Arts Circle artists <meraschoolhouse.org> [from Jun 3]</p> <p>🎵 Mississippi Valley Textile Museum presents Copper & Textile Fabrications <mvtm.ca></p> <p>🎵 Riverguild Fine Crafts presents Franc van Oort's watercolours [from Jun 16].</p> <p>🎵 Sivarulrasa Studio & Gallery presents Pen & Pixel, w/Gayle Kells, Dale Dunning, Sanjeev Sivarulrasa <sivarulrasa.com> [from Jun 3]</p> <p>🎵 The Mississippi Mills Chambers Gallery presents Rod Trider's photography</p> <p>🎵 The Almonte Library Corridor Gallery presents Amelia Ah You's mixed media & Cathy Walsh's acrylics</p> <p>🎵 Thoburn Mill Gallery presents Margaret Ferraro's Beginnings & Endings</p>		

Toastmasters, Jun 9 & 23, 7-8:30PM. Free workshop series. Riverview Seniors' Residence, CP. mastermindtoastmasters.com

Beckwith Pioneer Days, Jun 11, 9AM-7PM. Pancakes, parade, music, kids' stuff. Beckwith Park. 257-1539

Pride Music & Comedy Night, Jun 11, 8PM-12:30AM. Gender Illusions, dance. \$20 @ Lavender & Lace, 326-0987. Perth Legion

Family History Day, Jun 12, 11AM-3PM. 1-3PM talk about family heirloom. Middleville Museum, 259-5462, middlevillemuseum.blogspot.com

Jewellery & Skincare Sale for LCIH, Jun 12, 10AM-5PM. Silver Desire & Mains de Mariposa. 10% to Interval House. The Herb Garden, 3840 Old Almonte Rd.

Scotch Line History Fair, Jun 12, 10AM-4PM. Music, costume parade, readings, etc. ECOTAY Ed. Centre, near Perth. Free

Vendors' Market/Touch-a-Truck, Jun 12, 10AM-3PM. Family fun. Almonte Fairgrounds, almontefair.ca

Perth Hort. Summer Social, Jun 14, 7PM. Q&A w/Master Gardeners. St Paul's Church, Perth. perthhortsociety.com. \$3

W. Carleton Garden Club, Jun 14, 7:30PM. Spring flower show; board election. Carp Memorial Hall, wgc.ca. \$5

Pakenham Hort: Pesky Parsnips, Jun 15, 7PM. St. Andrew's Church, Pakenham. 624-5307

Labyrinth Peace Walk, Jun 16, 7-8:30PM. Collaborative collage. CP & Beckwith Heritage Museum, CP. 257-1014. Free

Tour de Mississippi Mills Family Ride, Jun 18, 8:30AM. BBQ at finish. Almonte Old Town Hall, mmbm.ca. \$15/\$10

Beer Tasting & Book Launch, Jun 18, 1-3PM. Local beer & author Larry Cotton. Heritage House Museum, SF. 283-6311. \$25/\$20

Dedication of W. Carleton War Memorial, Jun 18, 1:30PM. Parade, ceremony. War Memorial, Falldown Lane, Carp

Hoe Down in Lockwood Park, Jun 18, 5-8PM. Teagan McLaren Band, petting zoo, games, snacks. Lockwood Park, Westport

Humane Soc. Car Show & Car Wash, Jun 18, 8AM-2PM. Rain date: Jun 19. Entertainment, food. Arnprior Fairgrounds, \$5 wash

Lambs Down Park Festival, Jun 18, 10AM-3PM. Wool & sheep, pony rides, etc. Cdn Co-op Wool Growers, CP. 257-8049, downtowncarletonplace.com

MVTM House & Garden Tour, Jun 18, 10AM-5PM. Tix: MVTM, Baker Bob's, Pickle Dish, Wabi Sabi. Almonte area. 256-3754, mvtm.ca. \$30

Almonte Hort. Strawberry Social, Jun 20, 6-8PM. Almonte Library. gardenontario.org/site.php/almonte

Bereavement Support Group, Jun 20, 10:30AM-12PM. Mills Com Support, Almonte. 883-6646, hubhospice.com. Free

Lanark Renfrew Health & Community Services AGM, Jun 21, 6PM. All welcome. Speaker Dan Rubinstein, *Born to Walk*. St. Andrew's Church, Lanark. Free

Breakfast with Soul, Jun 24, 8-10AM. Breaking bread as a spiritual community. Lilly White's, 43 Johanna St., Almonte. 292-3292

Vintage Bicycle Show, Jun 25, 10AM-4PM. Part swap & tune-ups. Almonte Community Centre, mmbm.ca. \$15/\$10

40 Plus Singles Dinner/Dance, Jun 25, 7PM, 8PM DJ dance. Cash bar. Casual dress-no jeans. SF Civitan Hall, 285-5557. \$10

Strawberry Social/BBQ/Bake Sale, Jun 25, 11:30AM-2:30PM. Guthrie United Church, 2819 Tatlock Rd., Clayton

Strawberry Social, Jun 26, 1:30 & 3PM sittings. w/Perth Citizen's Band. N Lanark Regional Museum, Appleton. 257-8503. \$10

TRP Strawberry Social, Jun 26, 2-4PM. Lanark Co. Therapeutic Riding Program. The Herb Garden, 3840 Old Almonte Rd. 257-7121x238, therapeuticriding.ca. \$10/\$5

Almonte Hort: Xeriscaping/Alpine Plants, Jun 27, 7:30PM. Speaker Judy Wall. Cornerstone Com Church, Almonte

Perth Citizens' Band Concerts, Jun 9 at 7:30PM, Jun 23 at 7PM (Strawberry Social). Stewart Park, Perth. 256-4221

NDHS Music for Miracles, Jun 10, 6PM. Notre Dame HS Band. Proceeds to hospital. CP Town Hall. 253-4700. \$35

50s/60s Prom Night Dance, Jun 11, 8PM-12AM. w/Fabulous Heartbeats. Tix: CP Arena. CP Arena. 257-1704. \$20

Bon Evans Band, Jun 11, 7PM. Tix: Brown's Marina. Chaffey's Lock Community Hall, Elgin. chaffeyslock.weebly.com. \$12

Maberly Quarterly Dance, Jun 11, 7:30-10PM. Sheesham & Lotus. 7:30 lesson, 8PM dance. Maberly Community Hall. \$10

Valley Voices Concert, Jun 12, 7:30PM. Community choir. Almonte United Church. \$10; \$7 adv. (Baker Bob's)

Kick-Off to Summer Party, Jun 18, 9PM. Dance fundraiser for Stewart Park Festival. Tix: Book Nook. Crystal Palace, Perth. stewartparkfestival.com. \$20

JazzNhouse: Snaggle, Jun 18, 8PM. Jazz house concert. Almonte area. jazzn.ca

Fort McMurray Fundraiser, Jun 24, 8PM. Almonte Community Centre. \$10

Pub Listings: p. 24 Community

Silver Chain Challenge Begins, Jun 1. Lanark vs Renfrew Cty. Record walked/biked kms at silverchainchallenge.ca

SF Duplicate Bridge Club, Mondays 7PM, Tuesdays 1PM. Smiths Falls Legion. 256-4747

4-Hand Euchre, Tuesdays, 1-4PM. Parking, accessible. Perth Legion, 264-5568

4-Hand Euchre, Tuesdays, 7PM. ABC Hall, Bolingbroke. 273-4832

Adult Bereavement Group, Jun 14 (1-3PM, Com Home Support, Perth, 267-6400); Jun 28 (1-3PM), SF Com Health Centre, 283-6745

Duplicate Bridge Club, Wednesdays, 7PM. Almonte Legion, 256-4747

CP Hort: Orchids/Potluck, Jun 1, 6PM. St. Andrew's Church, CP. cphorticulture.ca. \$3 entry; \$10 annual

NLHS Speaker Series/AGM, Jun 1, 7PM. Jennifer DeBruin: Daughter of Conflict. N Lanark Regional Museum, Appleton. 257-8503, By donation

Bicycle Month Street Party/Potluck, Jun 4, 5:30-9PM. Potluck, bike games, open mic. Lower Mill St. Almonte, mmbm.ca

MVTM Fabric Sale, Jun 4, 9AM-12PM. Fabric, yarn, buttons, bags, etc. Textile Museum, Almonte. 256-3754, mvtm.ca

Transplant Sat at the CPFM, Jun 4, 8:30AM-12:30PM. Market Square, CP. cpfarmersmarket.wordpress.com

135th Anniversary Service, Jun 5, 11AM. Speaker, music, luncheon. St. Andrew's Church, Kinburn. 256-5966.

Downton Abbey High Tea, Jun 5, 12-2PM. Baroque ensemble. 1920s dress optional. Crystal Palace, Perth. 267-2152. \$30

Valley Singles Lunch, Jun 5, 1PM. All welcome. Santa Fe Southwestern Grill, 168 Raglan St. S., Renfrew. 622-5693

For a Taste of the County Food & Wine Gala, Jun 6, 6-9PM. \$15 at Mill St Books, 257-7121x238. Therapeutic Riding Program. Stonefields, Beckwith

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

Cohousing Info Session, Jun 9, 7PM. New housing option developing in Perth. McMarrin House, Perth. 264-1196

Gravel Road Bikealogue, Jun 9, 7PM. Biking in Kyrgyzstan & SE Asia, & leading trips in E ON. Almonte Library, mmbm.ca

Heritage Garden Party, Jun 9, 1:30-4:30PM. Refreshments; tour original hospital. Dress up! Perth Hospital. 267-3421

Lanark Renfrew Health & Community Services

Annual General Meeting

Tuesday, June 21, 6PM

St. Andrew's United Church
115 Clarence Street, Lanark Village

Guest speaker **Dan Rubinstein**, author of "Born to Walk" will speak on the many transformative benefits of walking – from improved physical and mental health to stronger communities

This event is free and open to the public. Registration is not required. Refreshments will be served to close the evening.



Words From Westport

Donna Larocque — Commercial Artist Extraordinaire

Speaking with Donna Larocque, I discovered that she truly is an artist, although her business is entitled "Donna Larocque's Sign Shoppe". Her art covers a very broad scope. Some might be tempted to say that signs are not art, but they have not seen her amazing design work. Whether it appears as a sign, a logo, a painting or even a huge wall mural, she is a true artist.

by Georgia Ferrell



Donna Larocque created the quirky and eye-catching sign for Rosie Yumski's in Westport

Having drawn from her childhood through to the present, Donna's talent for drawing people was recognized and led to an early position as a courtroom sketch artist... but let's back up a bit. After high school, Donna took time to explore a number of work experiences before she set off to graphic arts school. Having grown up on a farm in Saskatchewan, she had little idea of what that would entail. Nonetheless, she studied and learned this whole new world and, in two years, earned a graphic arts diploma in Edmonton.

Years of working with CTV News, sketching for reporters of courtroom dramas, honed Donna's drawing skills while providing viewers with images of judges, criminals, witnesses and victims. During that time she also pursued contract graphic design work and learned the discipline of self-employment.

Motherhood intervened and Donna found she wanted more consistent work as she raised her son. Consequently, she found steady full-time work for many years in the pre-press/printing industry. She continued to apply her strong drawing skills, became more proficient at photography, and learned the delicate art of typesetting, page layout and design. As technology expanded, so did her computer software knowledge and skills.

Moving back to Saskatchewan, Donna found no printing industry jobs, so with help from her parents she purchased a CNC router and an existing sign-making business. Her employee taught her the technical aspects of the business, and she was soon making signs of all sorts. Then she met her current partner, moved east, and began working with Rodger MacMunn — an established sign-maker in Sharbot Lake.

With Rodger she learned traditional sign-making methods — hands-on techniques that emphasize basic skills — much like a carpenter learning to use hand tools before power tools becomes more proficient at their art. Donna and Rodger also worked together on many mural projects, some of which you may have seen on ventures to Kingston and north to Sharbot Lake.

Donna is also a very talented portrait artist, and that is how we met, both being members of the

Land O'Lakes Artisans Guild. After a year of investigative work, Donna and I, along with another friend, decided to open a studio gallery where we could all do our own work and showcase the work of local artists. Hence Artemisia Art Gallery was born. Donna continued with her business of sign-making but also began to broaden her business to include commercial and fine art work including print media, illustration and portraiture, along with all manner of signage.

From the relatively simple vinyl on coroplast to hand-carved beauties, Donna's work graces many businesses in Westport, in her own community and beyond. She now works from her home on beautiful St. George's Lake near Sharbot Lake. Donna can be contacted at 985-0661 or through her website <dlsignshoppe.com>.

June Events in Westport

The Westport Arts Council is turning ten and wants you to help them celebrate! June 18, from 5 to 8PM, come out for the **Hoe Down in Lockwood Park**. There will be music by the Teagan McLaren Band (2013 Voice of the Rideau winner) and the community choir (Some Kind of Choir), as well as a petting zoo, pony rides and games for the kids. Pack a picnic or buy some food and drinks on site. And did I mention that the event is free?!

In addition to their great musical offerings in the evenings (see theHumm calendar for details), the return of the good weather means the return of **Head Over Heels** to The Cove's patio on Sundays, from 12:30-3:30PM.

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Directed by C.Lee Bates
Vocal Direction by Leah Williams
Conducted by Alexandra Guerin
Choreography by Courtney Mason

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the women are taking care of business!**

June 2, 3, 4, 9, 10 & 11 2016 at 8:00 pm
June 5 & 12 at 2:00 pm

Tickets: Opening Night, June 2 - \$20 in advance or \$22 at the door
All other performances - \$25 at the door

The Book Nook, 60 Gore Street E. (cash only); Shadowfax, 67 Foster St. 613-267-6817, shadowfax.on.ca and Tickets Please, 39 Foster St. (613) 485-6434, ticketsplease.ca (on-line, phone & credit cards, service fee applies); \$27 at the door. \$10 rush seats at the door for students with ID subject to availability.

The Studio Theatre
63 Gore Street East, Perth
Overlooking the Toy Basin
www.audiotheatreperth.com

9 to 5 is presented by special arrangement with Music Theatre International (MTI)



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Opinion Ate It...

I Scream, You Scream

Refrigeration is essential for modern society. Without it we would not have MRI scans, frozen dairies, frozen peas and ice cream. With warm weather, this latter treat moves from an indulgence to one of the essential food groups. Actually, forget warm weather. Ice cream is popular in Nunavut. In the tropics it is also ubiquitous. Few foods have so many minor

by Sebastian Weetabix

variants on a basic theme, and the appeal of ice cream crosses all demographic and geographic boundaries. Ice cream may be a universal ambassador of goodwill — certainly it is an ambassador of Good Humor™.

But what is it? Not simply ice and cream — Weetabix tried that and found it interesting but lacking in several respects; nor is it iced (frozen) cream — the somewhat gritty texture of ice crystals detracts from whatever flavour has been added to the cream. So what is it and how does it achieve the sublime apotheosis of flavour and texture? The key is in the physical chemistry. “An emulsion of fat globules in a sweet aqueous medium containing protein and air” does not sound particularly appealing, but it is the basic matrix of all ice creams. Those inclined to read labels should remember that too much information may inhibit their enjoyment, and those of the vegan persuasion should know that perfectly good desserts can be made without dairy products, but these concoctions are not ice cream. And while on the subject of “perfectly good”, Weetabix wishes to point out that air is an essential ingredient in ice cream... but that there is such a thing as too much of a good thing. Once sold by weight, ice cream is now sold by volume. Cold air is a low-cost ingredient with the side benefit of reducing the caloric density of a sizeable serving. Hot air is served up by food conglomerates in their product advertising; it too lacks substance.

The Goldilocks point of cream, flavourings, air and temperature is usually achieved by mechanical means. Ice cream is churned to incorporate air and avoid the formation of unpalatable ice crystals. Temperature is also important — too cold and the mixture is too hard to serve or eat; too warm and it melts — often to disconcertingly little liquid of a suspiciously gooey consistency. But is there actually such a thing as bad ice cream? Weetabix is not convinced of its existence. Even bizarre flavours are simply a matter of taste. On a hot day, the operative defining characteristic of good ice cream is availability.

Of course availability raises another question — presentation of a confection that needs fairly constant temperature to maintain edible consistency. Enter the cone — most commonly truncated with a flat base not suitable for resting on a flat surface! Cones are made from a thin sweet waffle batter — or from a mysterious cellular composite of flour and other ingredients that create an edible substitute for an insulated styrofoam cup accompanied by a flimsy plastic spoon. Cones have the great advantage of being single-hand food. No consideration need be given to the merits of presentation or different cone styles, since one cannot reply with “on the other hand...”

So, now equipped with resolve, desire and a modest amount of money, where to find heaven's gate? First, check the time — too early or too late will not do, as establishments serving ice cream tend to have limited hours. Specialty ice cream vendors are also seasonal and — surprisingly — less common than coffee shops, even though the better brands of espresso-laced ice cream can deliver an adequate caffeine fix. Weetabix, through extensive but not exhaustive travels, can recommend several fine establishments, but notes with slight regret that most serve dairy-made product from the same set of producers — good products all, but flavour combinations are pretty standard. For something truly different, interesting and, in our sadly limited experience, very good, a trip to the **Downtown Ice Cream and Candy Shoppe** in Merrickville is in order. See <downtownicecreamshoppe.ca> for motivation.

In Almonte, at the traffic circle, **The Daily Scoop** offers a good selection of flavours from Nestle, Tracey's and Reid's, and portions large enough to challenge even an experienced cone wrangler. This establishment also has a small restaurant offering a nice selection of sandwiches etc.; a reasonable prelude to an obvious dessert. Service is very friendly and no objection is offered when dessert is eaten first or even twice.

Scoop's (located at 111 Waba Road, in case you get lost in downtown Pakenham) is a pure ice cream stand offering a wide selection of flavours as well as shakes and cones — often busy, but lines move quickly.

Alas there is not sufficient space to even list all establishments worthy of a visit, but many have helpful websites. For the desperate who failed to be mindful of closing times, a final tip: a dish of ice cream can be obtained at the Elgin Street Diner in Ottawa 24/7.

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11am to 4pm

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Contact Cheryl, faeriecece@hotmail.com

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Ankaret Dean has opened a museum in McDonalds Corners with the goal of celebrating the world of basketry

Lanark Highlands Basketry Museum

A new museum has opened in McDonalds Corners with the goal of celebrating the world of basketry. Located in a 1930s stable, the Lanark Highlands Basketry Museum houses a collection of over 200 items, a basketry library, and a loft for workshops. Adjacent to the stable is a garden with plants that are used for baskets, such as sweet grass, winter wheat, willow, rushes and birch.

In addition to baskets, the collection includes a variety of other items made using basketry techniques: mats, toys, a bee skep and even a small boat, or coracle. All the exhibits are made from materials that can be found locally. With the exception of one collection of indigenous basketry, each display is focused around one kind of material: willow, cedar, birch, pine needles, cattails and rush. Another display includes the rest of the fourteen different common basketry materials.

The curator of the Lanark Highlands basketry museum is Ankaret Dean, who has been collecting and teaching basketry since 1975. She moved to the highlands in the early 1990s to raise sheep and bees on a farm in Elphin. Five years ago, she moved into the old doctor's house in the village of McDonalds Corners, and fell in

love with the old stable where the doctor's horse and carriage were housed.

Dean would like the museum to be more than a display. "I don't want visitors to just look at things. I want them to learn about the bounty of natural materials we have in our environment and to discover the pleasure of making simple baskets and useful items." At the Grand Opening of the museum in late May, visitors had the opportunity to make beads using birch bark.

The museum will be open all summer on Saturdays from 11AM until 3PM, to coincide with the McDonalds Corners Farmers' Market on the MERA Schoolhouse Grounds. Workshops will be arranged during the summer: the schedule currently includes workshops on using cedar bark during the month of June. Information on future workshops can be found on the website below.

The museum is located in McDonalds Corners on 5596 McDonalds Corners Road. Parking is very limited, and visitors are advised to park close by on the road opposite at the MERA Schoolhouse where the Farmers' Market is held on Saturdays. Admission is by donation. For further information, visit ankaretdean.ca.

MERA Arts Camp

Looking for something creative and enjoyable for your children or grandchildren this summer? Consider enrolling them in MERA's 12th annual Arts Camp for Kids — it's for children aged seven to twelve (or thirteen), at the heritage MERA Schoolhouse in McDonalds Corners. The camp will take place from Monday, July 25 to Friday, July 29, from 9AM to 3PM each day. On the Friday, there will be a vernissage for parents and grandparents to come and see what the children accomplished during the week.

Artist and Camp Director Jo Bali comes to MERA from Jackalope Farm and Eco-Art-Studio, and was also the former volunteer children's program director at

Stewart Park Festival. The children will create an art project every day using a different medium and eco-friendly materials. Games and other activities are also built into the day's routine.

The MERA camp is moderately priced at \$160 for MERA members and \$180 for non-members, and includes all art supplies. Children should bring sunscreen, lunch, a hat and snacks. Wear clothes that can get dirty!

To register, you can send an email to meraschoolhouse@bell.net or call Marilyn Barnett at 259-2269 and leave a message. Please visit meraschoolhouse.org for further details.

I Come To My Horse Senses

I've been blessed with many unusual teachers in my life. The most recent was a 2,000-pound Percheron horse, with hooves the size of pizza pans, named Major. I met him at a half-day workshop called "Come To Your Senses" held at his home, Highlands Gate Farm, between Middleville and Hope-town. Oh yes — Major's partner and workshop facilitator, Susan Cressy, was present as well. Major, however, was clearly the expert.

I was there with ten other women hoping to learn something useful about ourselves: "...how to connect to our senses with the help of our equine partners." Sounds pretty New Agey — right? But being a horse lover, and knowing Susan to be a sensible type, I signed up. I knew we would not be riding, but rather working individually on the ground with a horse. This intrigued me. What could I possibly learn this way?



Photo by Susan Cressy

My fellow explorers ranged in age from their 20s to their 70s. Only a few had ridden. Many reasons had brought them there. Some had admired horses from afar and wanted to explore them up close. Others were simply curious. One woman teared up as she described a horse rearing over backwards on her on a trail ride. She blamed her lack of skill for the accident — not the horse — and wanted to learn more about a horse's energy before she rode again. Assisting Susan was Marleen MacDonald, a marriage and family therapist in Ottawa.

First we sat in a circle indoors, sipping tea while our facilitators explained that in spite of a horse's intimidating size, they are prey animals. This means they constantly use their senses: sight, smell, sound, touch — to ensure they are safe. Unlike ego-tormented humans, they never fret about the past or fantasize about the future. Because of this remarkable perceptiveness, they easily attune themselves to the feelings of others. They react instinctively to how they are approached — either by another animal or a human. In this way, horses can offer valuable feedback and information to us, if we are willing to listen.

At this point, my jaw hit the floor. From childhood into my mid-20s, I rode horses. I showed, jumped, explored dressage, attended Pony Club and galloped across fields after baying hounds. Yes — tally-ho and all that. I even rode for a living for two years on an Alberta cattle ranch.

Not once in all those years had I been taught what I was hearing from Susan and Marleen. I had been told how to put on a bridle and saddle, how to mount, dismount and all that necessary stuff. Heads up, heels down. Take charge, you're the boss. Yet here were our facilitators telling us (gently and tactfully to be sure) that we were missing something profound. Something that all horses know.

I wriggled in my chair remembering the times I had been bucked off, run away with, or gone sailing

over a jump, alone, when my mount refused. How many times I was fearful or unsure but pretended, not only with horses but with people, that I knew what I was doing.

I remembered looking for missing cattle on the ranch one day. My mount, a sensible bay named Ranger, suddenly refused to take another step when we came to a wide, dried-up ditch. I kicked and urged — I was in charge after all. Ranger shivered and snorted. I persisted. Eventually he crouched and leapt, practically holding his nose. To my horror he sank to his belly and floundered, eyes bulging. We had landed in the infamous prairie gumbo: deep, sticky mud likened to quicksand. Somehow, we made it to solid ground. When I related this later to my boss, he glared at me. "Ranger has more sense than you do." I hung my head.

After workshop introductions, we moved outside. Light rain fell from a textured grey sky. One-by-one we approached Major. Marleen held him on a loose lead while Susan coached us quietly. Did we feel safe? Did we want to get closer or further away from Major? What were we experiencing? Fear? Calmness, excitement or something else? Perhaps we yearned for Major to acknowledge us positively. If he turned away or ignored us, did we feel discounted, sad or perhaps curious?

Later Susan explained that even in such brief encounters between human and horse, participants can experience "what it feels like to be grounded, present, and respectful of what is going on with them."

As I watched others approach Major, my mind nattered obsessively. Nothing's happening! This is a waste of time! Okay for beginners maybe, but not me! I know how to approach a horse, for cripes sake! Then my turn came. "This is weird," I admitted. "I have no idea how to do this." Susan suggested approaching Major the way I would a friend. Something clicked! Major was not a creature I needed to "do" something to. We were equals! I stood before him and said hello with an open heart and absolutely no expectations. To my astonishment, he gently raised his huge head, placed his whiskery muzzle against my cheek and stood there, breathing softly. My spine vibrated. I said to Susan "How does he know I love it when horses do this?" She just grinned.

It was as intimate an encounter as I'd ever had. It also explained Equine Facilitated Wellness more eloquently than an entire library could. Unlike myself, who is driven 99% of the time by my eggbeater mind, Major exists without shame or embarrassment about his needs. He is tuned into his body and all its sensations without panicking about or trying to ignore them. Being always "present", Major reads and responds to all situations and social dynamics accurately. He — and perhaps all creatures — accepts whatever happens with grace and ease. Which is more than I can say about me.

As I headed home, the rain had stopped. Sun beamed through blue sky patches. A Buddhist teaching that often irritated me floated into my head. Every being you meet is your guru. Who wants to acknowledge their control freak neighbour or idiotic boss as a guru? Especially if it's true. I grinned to myself. As to Major and his kind, they are definitely my kind of gurus.

For more information on Equine Facilitated Wellness and Susan Cressy, go to <highlandsgatewellness.com>.

— Susan Fisher

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Things My Mother Taught Me was originally produced at the Station Theatre in Peterborough in the Summer of 2012. Produced by special arrangement with Samuel French, Inc.

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Celebrate Father's Day at Lambs Down Park Festival

The Carleton Place BIA isn't sheepish about letting people know that Carleton Place is the largest distribution centre for lamb's wool in Canada!

In fact, the Canadian Co-operative Wool Growers, located at 142 Franktown Road, grades and markets close to three million pounds of raw wool each year. In celebration of the town's woolly existence, the BIA and the Wool Growers are joining forces on Saturday, June 18, to host the Lambs Down Park Festival. The groups are working together to increase awareness about the tremendous heritage attraction they have in Carleton Place, and the festival will run from 10AM until 3PM on the Wool Growers' property.

With wool being the fibre around which the festival is centred, the day will feature hands-on demonstrations of sheep herding (involving working sheep dogs), sheep shearing, and the spinning of wool. As well, in keeping with the festival theme, tours of the Wool Growers facilities will be offered. The Lambs Down Park Festival will also be

an opportunity to showcase some of the dynamics of Canada's sheep and wool industry.

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

There will also be local fresh produce, a petting zoo and pony rides, kids' activities and more. You will find unique demonstrators and displays with all kinds of interactive activities for all ages. Spectators can relax at a picnic table and enjoy a bite to eat and a drink from great local vendors. This is a non-gated event, so it's free to enter the grounds, demonstrations are free to view, and food and merchandise vendors will be on site offering items for sale.

The BIA created the Lambs Down Park Festival in an effort



This year's BIA Lambs Down Park Festival takes place on June 18

to bring friends and family together to share in the heritage of the community. The BIA has had great success with family events and is inviting everyone to come out and enjoy the displays, lunch and entertainment.

Further details on the festival can be obtained by contacting the BIA at <info@downtowncarletonplace.com> or 257-8049. For information about registering a kiosk, please visit <downtowncarletonplace.com>.

Valley Voices Concert

Every Thursday evening I gather with other Valley Voices members for our weekly practice at the Mississippi Valley Textile Museum in Almonte.

Director Becky Schweizer leads us in a warm-up and then it's down to business, the very happy business of singing old and new songs — easy and challenging tunes — going over the difficult parts, trying to find that B♭ or A♯. The delight is shared around the room when our concentration pays off — and Becky smiles.

We are always treated to a concert by our pianist Carol Mortimer. She has grown extra fingers to manage all the notes, and manage she does — with extreme talent and flair.

Now I must mention the four tenors — bad boys all of them — Dave, James, Ray and Peter. They make unscheduled comments (sometimes rude, often funny) and there is a lot of laughter throughout the practice. They sound pretty good too.

So the results of all that practice are soon to be shared at our "Summer Songs" Concert on Sunday, June 12 at 7:30PM at the Almonte United Church. You will hear some familiar songs, such as *Feelin' Groovy*, *Moon River*, *Sixteen Tons* and *Zombie Jamboree*, as well as the medley *How to Succeed in Business Without Really Trying*.

Tickets are \$7 at Baker Bob's or from choir members, or \$10 at the door. Hope to see you there!
— Fern Martin

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Welcome to Chesswood!

In 2010, a business opportunity brought Shane Charania to Carleton Place. With a background in the bar and restaurant industry and reasonable expectations, he relocated to the Ottawa Valley and bought the already established Irish pub, St. James Gate.

"Anybody in business should not go in with their head too big or expecting too much from it, so my expectations were met very

by Cait Morton

quickly," said Charania. "I knew what I was coming up against because I know the industry. The Gate did better than I thought it would, that's for sure."

Not only did it do better than he had anticipated, but it quickly became one of the go-to spots in town for delicious, pub-style food, complete with a friendly staff and welcoming atmosphere. Business has been very good — so good that, on a busy day, the staff is tasked with recommending an alternative.

When town favourite Ballygiblin's closed at the end of August 2015, Charania decided to open a new restaurant to fill the void — and people got excited about the new venture.

"Just the thought of us opening another restaurant has created buzz," he said. "My original objective in taking over the space was not to do a restaurant, but the customers and the people I talked to dictated what I was going to do."

As a result, Chesswood is a casual, contemporary restaurant and meeting place featuring a smaller, seasonal menu and a bar that focuses on wine.

"I think there's a clientele of wine drinkers, so I figure why focus on beer when I already focus on that [at the Gate]," he said, adding that, while he offers twelve different wines at the Gate, Chesswood will offer more. "I'm going to carry our Ontario brands but I'm also going to carry a lot of international brands too — good wines."

When it comes to the food, Charania said that they will be keeping up Ballygiblin's tradition of creating memorable, contemporary dishes that are unlike other offerings in town. "Everyone's a foodie now," he said, "and since they are, you have to keep up."

Along for the ride is former Ballygiblin's chef Dan Serson, who was approached by the Gate following Bally's sudden closure.

"They found me," said Serson. "When they had the plan to buy the place, they thought it would be a good option to get some insight into what was and wasn't working."

Serson said he is excited for the opportunity to experiment with the food, especially considering the smaller menu and the focus on quality ingredients.

The plan is for the plates "to be nice, but simple," he said. "We're going to use a lot of good products, so you don't have to add so many things to make a good dish."

He added that they plan to appeal to the same demographic of customers, but hopes people will recognize that they are not replicating Ballygiblin's.



Chef Dan Serson (centre) and staff welcome you to Chesswood in Carleton Place!

"You don't want people to think they're going to Bally's," he said. "Hopefully the perception is, with everything in there completely different, that it's not going to be nostalgic."

Serson, who has worked in multiple Carleton Place kitchens over the span of his career, has never worked with a boss quite like Charania, who can be caught pouring pints behind the bar when it's busy.

"It's different having a guy who, when you're busy in the kitchen, will put on an apron and get to work," said Serson. "I haven't had that before in my career, where an owner will be like, 'oh hey, you need some help?' It's nice to have someone that versatile."

Although Chesswood may seem more high-brow than some other spots in town, Charania wants people to know that it's still a perfect place to meet up with friends

or stop by for after-work drinks. "It's fresh and new, but still keeping Carleton Place in mind," he said.

Keeping the town in mind is very important, as downtown businesses rely on local patrons and not just folks from out of town.

"Like many small towns, we have our challenges ensuring we promote and sustain a vibrant downtown," said Doug Black, the town council BIA representative. "People need to stay in Carleton Place, support local and contribute towards the viability of downtown."

This is not lost on Charania and Serson. "We really encourage people to come out, whether it be to our places or any other place on the main street," said Serson.

Chesswood is now open 3–10PM on Tuesday & Wednesday, 3–11PM Thursday to Saturday, at 151 Bridge Street in Carleton Place; call 492-4377 for reservations.

7 Mill, Unit 103, Almonte

Stunning, luxury, custom-built, waterfront condo (approx. 1750 sq ft) in beautiful downtown Almonte. Boasts designer top-quality kitchen complete with "butler's pantry", two decks overlooking the Mississippi River falls, ensuite, custom lighting, plenty of thoroughly organized storage spaces, ground level (no stairs), top-of-the-line finishes, quick closing available. Enjoy Almonte's downtown at your doorstep!

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7 Mill, Unit 501, Almonte

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Summer Fare: *High-Rise* & the Captain

Ben Wheatley is one of the most interesting filmmakers working today. His films *Down Terrace* (2009), *Kill List* (2011) and *A Field in England* (2013) are all fascinating and unique. His visual style is subversive and seditious and indulgent and at times uneven, but it all works. He

by Matt Roche

has a story he wants to tell and he provides the right images to do so. Those images are at times hard to watch, but they never cease to captivate. In Wheatley's latest — an adaptation of J.G. Ballard's novel *High-Rise*, written by Amy Jump — his technical prowess has greatly improved, and his exciting images are still there (he even begins and ends the film with the eating of a dog).

High-Rise is a film that should have been made a long time ago. It takes place in the 1970s, and that would have been the time to release it. In the '60s or '70s, people would have eaten this stuff up. It's a black comedy and satire along the likes of

*M*A*S*H* (1970) and *Network* (1976), and would likely have been disregarded by most critics but would strike a chord with the populace and go on to win Oscars (especially in the acting department). *High-Rise* really is that good. But by being released in 2016, I feel it's unlikely it will get the distribution it deserves.

The film stars a great collection of actors, with Tom Hiddleston, Jeremy Irons, Luke Evans, Sienna Miller, Elizabeth Moss and James Purefoy all playing tenants of the high-rise who are caught in a negligent, filthy wasteland reminiscent of a story by the Marquis de Sade had he focused more on class warfare. Indeed, there is a political directive here, as there was in the book (the film ends with a recording of Margaret Thatcher exclaiming "where there is state capitalism there can no longer be political freedom"), although the tone is somewhat subtler in the book.

But here in *High-Rise* everyone has their place: the upper echelon (the top of the building) and the working class (the lower part of the building). They quickly clash and chaos begins to

reign. Even though it seems like they have all become trapped inside this horrid place, unable to escape its Philistine debauchery, they make no attempt to actually escape. They simply succumb to



With blockbuster season upon us, Matt reviews a superhero movie and a surprising second choice...

chaos and either work with it or let it eat them alive. Sometimes literally, I'm sure.

Strangely, though, all this chaos seems to begin with the arrival of Laing, the newest tenant. When one tenant tells him that she thought his "tenant application was very ironic", Laing replies with: "Well, I want to get everything right." He even describes the blueprint of the building as an "unconscious diagram of some psychic event." Perhaps that is exactly what happens here, since there seems to be no clear reason as to why this warfare and self-destruction began. Has he willed it? Just as the high-rise itself was dreamt up from an architect's mind, so these people seem to be the architects (at least inadvertently) of their own demise. Like a tenant at one point observes: "They no longer have room to escape themselves."

This is one of those must-see films of the year. Seek it out and prepare to be taken on one strange adventure.

And speaking of adventure, we come to another fantastic film: *Captain America: Civil War*.

Disclaimer: For years I have enjoyed all the Marvel, DC, Dark Horse etc. mega-blockbuster re-

With a seamless mix of top-notch action, well-timed comic relief and poignant social commentary, *Captain America: Civil War* has broken new ground. That may not seem like much, as typical as the film is in regards to what it delivers — cool stunts and set pieces, big explosions, awesome CGI, and Robert Downey, Jr. cracking wise — and believe me, it delivers them all in spades. However, the film happens to tell an unusually sober, topical tale about freedom and all that American flag-waving civil liberty good stuff. That theme is not uncommon for comic books or their films. Many have touched on it; particularly Zack Snyder's bloated *Batman v Superman: Dawn of Justice* a few months back. But what *Batman v Superman* tried so hard to do, *Civil War* accomplished tenfold, with thought-provoking clarity and insight unlike any superhero film before it.

Like the previous three films I mentioned, it's shocking how vulnerable these characters are. They may be superheroes, enhanced in some fashion, but they are all more human than they let us believe. As humans, we have flaws and ideals. And when they clash with opposing ideals, beliefs are tested and, sometimes, altered.

Directed by Anthony and Joe Russo, who also directed the previous *Captain America: The Winter Soldier*, with a spectacular script from the screenwriting duo Christopher Markus and Stephen McFeely (*The Chronicles of Narnia* trilogy, *Thor: The Dark World* and now all three *Captain Americas*), and starring everyone you'll want to see and them some (only Hulk and Thor are oddly absent), *Captain America: Civil War* is gonna be tough to beat.

June Pub Listings

Golden Arrow Pub (Perth, 267-4500): 9PM, Wed Karaoke, Thurs Open Mic w/ Ted Lalonde.

Jun 3 Derringers
Jun 4 George Reynolds
Jun 10 Jeff Leeson
Jun 11 3rd Anniversary w/The Tritones
Jun 17 Blues & Co.
Jun 24 Jimmy Tri-Tone Band
Jun 25 Riq Turner

The Cove (Westport, 273-3636): Wed Shawn McCullough 6-9PM, Thurs Jazz Night w/Spencer Evans Trio, 9-11PM, Jun 9 w/Emlay Fennell, Sun Head over Heels on the Patio, 12:30-3:30PM
Jun 3 Beatles Tribute, 7-11PM, \$45 buffet & show, for Westport in Bloom
Jun 4 Jeff Callery, 6-9PM
Jun 10 John Wilberforce, 6-9PM
Jun 11, 18, 25 Head over Heels, 6-9PM
Jun 17 Eagles tribute, 7-11PM, \$45
Jun 24 Grant Fullerton, 7-11PM, \$10

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

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

Ashton Pub (Ashton, 257-4423): Sundays Open Mic w/Kelly Sloan, 2-5PM

O'Reilly's Ale House (Perth, 267-7994): Tues Brock Zeman & Blair Hogan 8:30PM; Wed Acoustic Stage w/Dave Balfour 8PM, Fri 9PM
Jun 3 Smitty
Jun 10 Stephen Fisher
Jun 17 Tom Watson
Jun 18 Under the Covers
Jun 24 River City Junction

Alice's Village Café (Carp, 470-2233): Open Mic Thursdays, 7:30PM

Generations Inn (CP, 253-5253):

Jun 26 The NightCrawlers acoustic blues, 6-9PM

The Waterfront Gastropub (CP, 257-5755): Wed Open Jam Night 9:30PM; Thurs Karaoke, 9 PM-1AM; Sun Blues w/ Redneck Limousine 3-6PM
Jun 3 Mississippi Blues Society Jam, 8:30PM
Jun 18 Jazz at the Waterfront, 8-11PM

Valley Food and Drink Co. (Calabogie, 752-2676x311): Thurs Karaoke 8PM
Jun 4 Mister & Sister, 8PM
Jun 12 Musical Brunch w/Pierre Desmarais, 10AM-2PM
Jun 18 Bowser & Blue, 8PM, \$20
Jun 24 Morgan Davis, 8PM, \$10

Queens Hotel (Carleton Place, 257-7639)

Jun 2 Jazz at the Queen's, 6-9PM

Redneck Bistro (Calabogie, 752-1888): Jun 10 Steve Stacey, 7-10PM

The Swan at Carp (Carp, 839-7926): Jun 10, 24 Steve Barrette Trio, 7-10PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM
Jun 5, 19 APEX Jazz Band
Jun 12, 26 Magnolia Rhythm Kings

John St. Pub (Arnprior, 623-8149): 9:40PM
Jun 2 GOB w/Selfish Things & The Superlative, 8pm, \$20
Jun 3 Daisy Train, \$7
Jun 4 Brent Dickie, \$3
Jun 10 Ryan MacIntyre, \$4
Jun 11 Skyler Radmore, \$5
Jun 17 Skynyrd tribute, \$10
Jun 25 The Motorleague, \$10
Jun 30 Karaoke, \$5

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(Rotary Strawberry Social)

July 7 & 21 at 7:30PM

August 4 & 18 at 7:30PM

For more information call 256-4221 or visit www.perthband.ca.

Classic Theatre Festival's 2016 Cast

The Classic Theatre Festival has announced its 2016 summer season cast, a stellar lineup of some of Canada's top performing talent who will be spending the summer in Perth as part of the company's expanded 7th season, running June 22 to September 11.

The mainstage season officially opens with the Neil Simon comedy *I Ought to Be in Pictures*, a tale of father-daughter reconciliation that will star William Vickers (returning after his comic turn last year as the outrageous Victor Velasco in *Barefoot in the Park*), Alison Smyth (who won a Capital Critics Circle Best Actress nomination for her role as the blind hostage Susy Hendrix in last summer's *Wait Until Dark*), and Barb Scheffler, a veteran of the Ontario summer theatre circuit including Thousand Islands Playhouse and Drayton Festival.

The Simon play is followed by a show George Orwell considered the wittiest work to be penned by the inimitable George Bernard Shaw. *Arms and the Man* is the tale of a naïve, patriotic young woman who falls in love with a soldier who just happens to fight for the "other side". It stars a series of Festival veterans: Rachel Fischer and Catherine Bruce (both from last year's *Barefoot in the Park*), Alastair Love (his third CTF season following a star turn in *Wait Until Dark*), Alan Lee and Lindsay Robinson (both of whom have appeared in prior seasons in comedic roles) and 6-season veteran Scott Clarkson, who first appeared in 2011 as the husband in *The Fourposter*. Newcomer Lana

Sugarman makes her début at the Festival this summer after her recent five-star appearance at the St. Lawrence Shakespeare Festival as Desdemona in *Othello*.

The mainstage season closes out with the fascinating, gripping mystery *An Inspector Calls*. In J. B. Priestley's remarkable story, a body winds up at the morgue and everyone becomes a suspect. It features Festival favourites William Vickers, Greg Campbell (who has delighted in playing the less-than-savoury characters in *Dial M for Murder* and *Wait Until Dark*), and Sean Jacklin (whose comic turn as a stair-challenged telephone repairman in *Barefoot in the Park* marked his first appearance on the Festival stage). The show also welcomes veteran thespians who are newcomers to the Festival stage, including Elana Post (an award-winning performer and filmmaker), playwright and actor Fraser Elsdon, and Anna Burkholder, making her Canadian début after a decade working in the UK, most memorably at the National Theatre in a production of Shakespeare's *Timon of Athens*.

With Artistic Producer Laurel Smith directing the three mainstage shows, costume designer Renate Seiler returns once again to apply her close attention to colour as a means of underscoring plot and character development. Also returning to contribute to the Festival's highly regarded visual presentation is lighting designer Wesley McKenzie (who won critical praise for his début season last year). The CTF is very

privileged to welcome set designer Lois Richardson, whose sets graced the stage at the Capitol Theatre in Port Hope for many years. Behind the scenes will be stage managers Jennifer Stobart (who has helmed over 130 shows across Canada, including two in Perth), and Alison Muir, a Maritimes transplant with the distinction of a joint Masters in Acting from Carnegie Mellon University and the Moscow Art Theatre School. Assistant directors this season will include the multi-talented Laura Caswell and Perth's own acclaimed theatre artist Joanna Macauley-Treffers (previously seen at the Festival in Neil Simon's *Come Blow Your Horn*).

All mainstage shows will run Wednesday to Sunday at 2PM, with evening shows at 8PM every Wednesday, Thursday and Saturday. New this year, the popular **Pre-Show Talks** that have preceded matinées will be added to the evening shows as well, a half-hour before each performance.

The ever-popular, family-friendly theatrical historic walking tours that stroll through the downtown streets six times a week will return this year with two new plays by Laurel Smith, both directed by Sean Jacklin. The morning **Perth through the Ages** walk (Wednesday to Sunday at 11AM, as of June 22) will focus on a story arising from the early interactions between the Algonquin people (who continue to live in this area after 8,000 years), and the European settlers who were greatly assisted by local indigenous people. The Friday night



Classic Theatre Festival favourites Catherine Bruce (left) and William Vickers (shown here in last year's *Barefoot in the Park*) return to Perth this summer as part of the expanded 7th season. The season gets underway June 22 and runs until September 11.

Lonely Ghosts Walk (7–8PM, July/August) will focus on Perth's role as a distillery town and the women who fought for temperance. The walking tours feature a troupe of gifted young performers including Morgan MacDonald, Garrett Pipher, Emily Richardson, and Connor Williamson.

"It's going to be a very full season as Perth celebrates its 200th anniversary, and we anticipate thousands of tourists once again descending on our town, enjoying our shows as well as everything else we have to offer, from the great heritage accommodations to the wonderful restaurants and shops and the gorgeous surroundings they encounter," says Smith.

Tickets to the 2016 summer season are available, with dis-

counts for double passes (10% off 2 shows) and season passes (15% off 3 shows), with flexible options for picking dates later. Find more information at <classictheatre.ca> or 1-877-283-1283.

Even More Small Halls in 2016

Excitement is mounting for the expanded festival that brought many big names in music to local communities last fall.

After almost all of the shows in last year's instalment sold out, the **Ontario Festival of Small Halls** is expanding its scope this year and bringing internationally-renowned musicians to 24 rural gathering spaces.

This month, dates and musicians will be announced for the celebration of exceptional live music. The Festival of Small Halls is taking place in intimate settings from September 15 to October 2, with a goal of enlivening those authentic spaces, attracting visitors to new regions, and building community.

The new host communities this year stretch from Beckwith to Burritt's Rapids and from Perth to Pakenham. Halls from last year are once again preparing to welcome the Festival of Small Halls, including those in Bolingbroke, McDonald's Corners, Almonte, Pembroke and more.

Kelly Symes, festival co-ordinator, explains that welcoming big name musical acts to rural Ontario, while showcasing some great



Gordie MacKeeman and his Rhythm Boys tore it up in McDonalds Corners at last year's Festival of Small Halls

local talent, allows music fans to experience a memorable evening of song and dance in gathering places that residents hold near and dear.

"We're delighted to expand the festival to include ten more small halls this time around," she said, noting that thirty new halls applied from across Eastern Ontario. The additional venues were selected based on their history, charm and the eagerness of their volunteer teams. "The new venues, such as those in Athens and Elgin, will be wonderful places to see live music."

This month brings more news on the festival front. Organizers of the Festival of Small Halls are announcing dates in mid-June, as well as revealing the big-name and local acts who will be taking centre stage across Eastern Ontario and the Upper Ottawa Valley.

For information and tickets, keep an eye on <thefestivalofsmallhalls.com> or follow along on social media.

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A Cheesy Opening

The good folks at Lanark County's **Back Forty Artisan Cheese** are excited to announce the Grand Opening of their new **Creamery & Cheese Shop**! Located on their farm in Mississippi Station, just fifteen minutes north of Highway 7 at Maberly, the facility opens to the public on July 2 from 10AM to 4PM. In addition to the small-scale cheese factory they built last year, owners Jeff and Jenna Fenwick now have a tasting room and cheese shop that will be open on Saturdays from 10AM to 4PM, from July through September. The tasting room has large viewing windows into the cheese kitchen, and will be a space where visitors can come and enjoy



Plan to attend the Grand Opening of the new Back Forty Artisan Cheese Creamery & Cheese Shop on July 2

weekly specials (including specialty grilled cheeses!) and also purchase fresh curd, farm products, and of course Back Forty's regular line of cheeses as well.

In addition to their own products, their Grand Opening on July 2 will feature a local brewery and a wine producer, as well as Mike McKenzie from Seed to Sausage who will be serving up his products on the grill. Back Forty is located at 1406 Gulley Road, Mississippi Station. For more details, visit artisancheese.ca, or find them on Saturdays at the Carp Farmers' Market in the meantime!



Speaking Volumes

Summer Reads... and Listens!

It's summertime and that means beach reading. Right? Yes!

But what about all those readers whose gardens beckon and lawns call to be mown, or those who love their long walks or runs in the summer breeze? Well, it's time to put a book in your ear!

by Karen DeLuca, Librarian

Audiobooks are also great little treasures for families as they head off on long car rides to the cottage or vacation destinations. Find the right one and you'll have everyone in the car engaged in the same activity and, before you know it, hours have passed and you can all share in the appreciation of the story at the end of the ride. If you've got a vast age range for those on long distance car rides, Stuart MacLean books provide short stories that bridge the generations.

If you've selected a juvenile novel for that six-hour journey, why not bring along the actual book too so the kids can opt to read along, keeping up on their reading skills! Sometimes a known story will hold your family's interest. The Harry Potter series or Rick Riordan books are great options for those 'tween years. For the young adult readers, try the full cast audiobooks in the Golden Compass or the Airborn series.

Selecting an Audiobook

The narrator can make it or break it for you, so have an introductory listen before you commit yourself to the entire book, especially if you can't bring it back to the library in time to get another one. Once

you find a favourite narrator, follow that reader and you may discover new authors or genres.

Non-fiction titles are often read by the author, which is a nice feature, particularly when listening to a biography or memoir. What could be more enchanting than listening to Chris Hadfield narrate *An Astronaut's Guide to Life on Earth*? What better way to spend the morning weeding in your garden than in the company of Stephen Colbert, Betty White or Dave Barry serenading you with their humour?

If the book you select is part of a series, remember it's best to start with the first volume. This is particularly important if you're selecting abridged versions in audio format. Unabridged titles can have a runtime of ten to twelve hours, while the abridged versions typically run about three hours.

Libraries also offer eAudio books. To download to your portable device simply go to your library's website to access eAudio books from OverDrive. If you're playing an audiobook on a portable device, make sure the battery is charged so you don't run silent mid-chapter.

Audiobooks on CD are on your library's shelves. While you're there, check out the library's special summer reading displays for titles you can sign out as great beach reads and add them to your stack of library treasures.

Other audio book recommendations include Louise Penny's Inspector Gamache series and Alan Bradley's Flavia De Luce series

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

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almonteceltfest.com

Almonte Celtfest Celebrates 20 Years!

This year is Almonte Celtfest's 20th celebration of traditional Celtic music and dance, to be held July 8, 9 and 10 in the natural amphitheatre of Gemmill Park in Almonte.

This Celtic festival began in July 26, 1997, when three local men — Daniel "Dan" O'Connell Sr., Brian O'Connell, and Terry Currie — dreamed of bringing families from the Ottawa Valley together to enjoy Celtic music and dance, performed by local entertainers. With about five sponsors and lots of enthusiasm, they organized an outdoor event in Gemmill Park on a small stage in the open air, and celebrated for a few hours one Sunday afternoon. This event became known as "Celtfest" in 1999, and has grown in breadth of entertainment, scheduled activities, and sponsorship with each successive year. Now Celtfest is known nationally as one of the best Celtic events in the country, and given that admission has been held to a donation at the gate (to honour the philosophy of its creators), it must surely be the most affordable!

This year's Organizing Committee, headed jointly by Gavin Donnelly and Jane Torrance, has worked extra hard to schedule events and activities reflective of the major milestone of its 20th consecutive year in existence. Celtfest became a 2½-day event in 2007, when Jim Mountain assumed chairmanship from Brian O'Connell and applied for a grant to purchase a huge main stage on which nationally acclaimed performers could be accommodated. This year's headliners reflect the talent that is now routinely attracted to Celtfest, including **Le Vent du Nord** on Friday night, **Jake Butineau** and **Cindy Thompson** (Almonte Celtfest's Fiddler-in-Residence) and **Còig** on Saturday, and **Vishtèn** on Sunday. In addition to these acclaimed entertainers, there will be numerous regionally- and locally-esteemed performers, some from past Celtfests, and some new to the festival. For more information, follow the line-up as it is confirmed on almonteceltfest.com. While there is certainly traditional music and dance of the Celtic genre, there will also be other music drawing from modern styles.



Photo by jemmiTale

This year's **Friday night kick-off** is in Gemmill Park, beginning at 5PM with music, vendors selling food, and refreshments, including a Beer Garden. Following the conclusion of Le Vent du Nord's performance at 10PM, attendees are encouraged to walk over to the Barley Mow and Almonte Legion pubs to continue the party where there will be more music and refreshments.

On Saturday morning, there will be about eight **Celtic College workshops** (pre-registration required online) beginning about 10AM, and followed at 11:30 by an **Anniversary Parade** in downtown Almonte. Festivities in Gemmill Park begin at noon, and include a Little Celtz tent with activities for young children, and a shaded Senior's Tent area. Food vendors and artisans will be present, as will a Beer Garden selling local craft beers and the standard fare. There will also likely be a **second stage** featuring entertainers in the downtown core of Almonte, and buskers on Mill Street.



Rain or shine, Almonte Celtfest has brought music lovers together each year for the past two decades!

Sunday morning kicks off with the popular **Fiddle Mass** at 10:30AM at Holy Name of Mary Church, followed by entertainment in the park beginning at noon, and lasting until 6PM. The winner of the Danny O'Connell Memorial Award will be announced and will play for the audience. The winners of the Celtfest Raffle Ticket draw will also be announced. The whole thing will end with the traditional Parting Glass at 6PM.

Running simultaneously, adjacent to Gemmill Park, will be Highland Football games and hurling demonstrations for those interested in **Irish sports**.

Gemmill Park is located behind the Almonte arena, accessible at 182 Bridge Street. Free parking and bike racks are available; bring your lawn chairs, water bottles (refill stations available on site) and sunscreen. No pets or outside alcohol allowed on site. It all promises to be an extraordinary 20th anniversary — one you won't want to miss! Find more details at almonteceltfest.com.



This Year's Headliners

Le Vent du Nord

Considered a driving force in progressive folk, Le Vent du Nord leventdunord.com captures the energy and mirth of a Saturday night kitchen party, infusing old Québec with a breath of fresh, cosmopolitan air. The quartet has performed well over 1,400 concerts, racking up several prestigious awards, including a Grand Prix du Disque Charles Cros, two Junos, a Canadian Folk Music Award, and "Artist of the Year" at the North American Folk Alliance Annual Gala.

Vishtèn

Since forming in 2000, Vishtèn vishten.net has become one of the most exciting folk bands on the international music scene. They have released four albums, won numerous awards, and played more than a thousand performances in more than a dozen countries throughout Europe, Australia and North America. With inspiration, deep respect, and a love for the sounds and rhythms forged by the musicians who came before them, Vishtèn continues to reinterpret the music of their parents, all the while creating a future heritage of new music — their own legacy to inspire musicians for generations to come.

Còig

Còig coig.ca is an exciting ensemble of East Coast musicians, and is one of Cape Breton's most captivating young bands. With their driving tunes, haunting songs and infectious energy, they are a treat for the ears of every audience they meet. With a combined total of over thirty nominations and awards, each of Còig's talented musicians have released their own successful solo albums, and have toured both at home and abroad before coming together as this exciting supergroup. Their debut album *Five* was released to rave reviews, and has earned the band the 2014 Canadian Folk Music Award for Traditional Album of the Year, and the 2015 East Coast Music Award for Roots/Traditional Group Recording of the Year.

From Galleries & Shows to Studio Tours...

Pen & Pixel

In *Pen & Pixel*, Sivarulrasa Gallery presents works by three Almonte and Ottawa-based artists who use traditional and new media to explore nature's intricate forms.

Gayle Kells pens meticulous ink drawings that evolve organically on paper, evoking rhythmic imagery of fauna and flora. Dale Dunning layers photographic images of still life — from dried flowers to dead birds — to portray the beauty of form, texture and colour he finds in nature. Sanjeev Sivarulrasa turns his gaze skyward, using cooled astronomical CCD cameras and telescopes to capture exquisite forms in the deep sky, collecting light from distant galaxies and star-forming nebulae.

by Miss Cellaneous

Curated by Sivarulrasa, the works in the show celebrate nature's beauty, while offering a meditation on nature lost: from the destruction of natural habitat to the loss of our pristine night sky.

Pen & Pixel will run from June 3 to July 10 at Sivarulrasa Gallery in Almonte's Thoburn Mill <sivarulrasa.com>. Meet the artists at the opening



Photo by Dale Dunning

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FEATURE EXHIBITION
May 17 - July 3:
MAUREN MARCOTTE
porcelain pottery
BARBARA MULLALLY
fine jewellery & enamel

art in the Garden

Meet the artists, enjoy the view, and find your inspiration at this unique garden event.

Father's Day Weekend! **June 18-19, 9 to 5**

Kiwi Gardens invites you to the **20th Anniversary Art in the Garden**, an annual show and sale of outdoor art and accessories.

The nursery is open May-Sept, daily 9 to 5

KIWI GARDENS
Growers of Fine Perennials

613-267-7384
info@kiwigardens.ca
www.kiwigardens.ca

4km west of Perth. From Hwy 7, travel 3km north on Harper Road.
You will find Kiwi on the left. Watch for the Highway signs.

reception/vernissage on Sunday, June 12 from 2PM to 5PM — admission is free, and all are welcome!

Art in the Barn

What better way to acquire an original work of art than directly from the artist, and what better place to go than the 6th annual Art in the Barn Show and Sale on July 8, 9 and 10 at the Lombardy Agricultural Society Fairgrounds, just south of Smiths Falls on Highway 15 at Kelly's Road?

Last year Art in the Barn included more artists by expanding into the Main Hall as well as the Barn of the Fairgrounds, and it is continuing to provide these two fun and relaxed atmospheres to meet with the artists and talk to them about their wide diversity of original artwork. With an eclectic mix of media, you will be sure to find a distinctive piece that speaks to you. Visitors will again have the opportunity to vote for their favourite artist or artwork in the People's Choice Awards.

"We received so many compliments last year from visitors and our participating artists about the expansion and changes to the show, and we are delighted to be able to offer them another new addition this year. Thanks to the generous support of local businesses across our region, we will be holding a Silent Auction where visitors may bid on donated items," said Christine Martin, Vice-president of the Rideau Lakes Artists' Association and Chair of the show.

A percentage of the art sales will be donated to Lanark County Interval House, whose representatives will be available to provide information with respect to their services. A new food vendor and picnic area will be available for visitors' comfort.

Art in the Barn will run on Friday night from 5-8PM, and on Saturday and Sunday from 10AM to 4PM. There is ample free parking and admission is free. For more information, please visit <rideaulakesartists.com>.

Juried Art Show at Grist Mill Gallery

Jurors Susan Flanders and Joanne Smoley, both accomplished artists from Winnipeg, recently joined gallery owner Gerald Schwinghamer to jury and select art for the season launch of the Grist Mill Art Gallery in Westport.

Six new artists have joined the artist's co-op, and new works by all fifteen members are now on display. The gallery officially opened for the season in late May, and will be open from 11AM to 4PM on weekends and holiday Mondays until Labour Day. The gallery is located at 21 Main St. in Westport.



This figure by Dayle Van Alstine

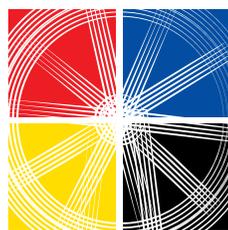
will be on hand at Art in the Barn

The Art of Annie E. Duff

In honour of Beckwith Township's 200th anniversary, the Carleton Place and Beckwith Heritage Museum presents the art of Annie Elexey Duff. Born in 1873 at Oreno Villa on the shore of Mississippi Lake, Duff was an accomplished painter, photographer and naturalist. She spent time working for Samuel Jarvis Photography Studio in Ottawa, and for *Vogue Magazine* in New York City, before returning to live out her days in Beckwith. Two of her paintings are in the collection of the National Gallery of Canada.

See Beckwith through the eyes of an artist at this fascinating exhibit, which runs until October 8. For more details, visit <cpbheritagemuseum.com> or call 253-7013.

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A Beautiful Weekend in Rideau Lakes

While prowling the nooks and crannies of the Rideau Lakes area this summer looking for that special keepsake to take home, be sure to check out the gems on this year's **Rideau Lakes Studio and Garden Tour**. The Tour continues to attract new artists while maintaining a core of favourites, which has made it one of the longest-running and most popular tours in Eastern Ontario. Located in the heart of the Rideau Lakes district, concentrated around the villages of Portland, Philipville and Chaffey's Locks, the 2016 tour will be held on the Canada Day weekend — Friday and Saturday, July 1 and 2, from 10AM to 5PM, and Sunday, July 3 from 10AM to 4PM.

At some studios you will meet surprise guest artists who are unadvertised but are invited by their hosts. The goal is to have more than one artist at a stop, in order to make your tour experience more enjoyable. You will find paintings, candles, pottery, cast stone sculptures, weaving and woodworking for your home and garden. Enjoy great lunches at the local churches. Free brochures to guide you through the tour are available at most area stores, restaurants and welcome centres. For more information, contact Sherry Rogers at 928-3041 or visit <rideaulakesstudioandgardentour.com>.



John Shea will be taking part in this year's Rideau Lakes Studio and Garden Tour



Summer Night Market at Carriageway Studios!

The artist-run event space in downtown Almonte, which also houses six working studios, is getting ready for a busy summer. In addition to being the summer home of the Puppets Up! office, and giving workshops (life drawing will start in the fall — get in touch if you are interested), invited artists are being lined up to lead workshops in print-making, collage and painting. Concerts are also on the menu (stay tuned for a dance party event coming soon!).

In the meantime, Carriageway Studios are launching their **Summer Night Market** on Thursday, June 23, from 6 to 10PM. This "cultural market" plays on the popular South Asian prototype and will include vendors selling art, food and beverages. There will be entertainment, and it will be a great way to segue into your summer weekend by picking up some handmade food and other treats. There will be space to sit and enjoy the scene, and it's family friendly. This market will complement the fantastic Almonte Farmer's Market held each Saturday morning by the library.

More handmade food and art you say? Yes! Come and see what's cooking at Carriageway Studios this summer starting on June 23! For more details, visit <carriagewaystudios.ca> or email <carriagewaystudios@gmail.com>.

Artists please note: there are currently two studios still for rent — please get in touch if you are interested in checking out the space!

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GALLERY CLEAROUT**

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Saturday, June 11 10-1

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(5 km south of Smiths Falls on Hwy 15)

Free Admission | Free Parking | Food Vendor | Picnic Area

Presented by: rideau lakes artists' association www.rideaulakesartists.com like us on

The 5th Annual

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IN
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PARK

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Saturday, July 16 from 9AM to 5PM
Sunday, July 17 from 10AM to 4PM
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The Perth Antiques Show

Pursue Your Passion for the Past!

2016 marks the 200th anniversary of the Perth Military Settlement, with many celebrations planned. The Perth Antique Show and Sale presents the perfect opportunity to find treasures from the past in this historic town.

This year's dealers will be showing and selling fine examples of art, china, glass, silver, textiles, jewellery, brass, tools, furniture, folk art, decorative and architectural accessories, and popular retro and nostalgic collectible items. This annual show will be held on Saturday

and Sunday, July 2 and 3, in the air-conditioned Royal Canadian Legion Hall (26 Beckwith Street East), as well as outside along the picturesque 175-year-old Tay Canal.



The show is open from 10AM to 4PM both days, rain or shine. Admission is \$7, and children are free. Come and find something unique for your collection, cottage, condo or home!

For more information, call Bill Dobson at 283-5270, visit <perthantiqueshow.com>, or find them on Facebook.

A Birder's Eye View

Birders in the Wild... and on Bikes!

Have you ever had one of those getaways that gave you more than expected? My partner and I have just returned from a glorious four days in the beautiful Ontario wilderness. We are so fortunate to live here. I am so happy and grateful for all that I have.

The forest was alive with spring activities at various stages of progress, from young rabbits to wood phoebes sitting on their nest. This time we hit everything at

In all my years of outdoor activities and particularly spring adventures, I think this had to be one of the most severe bug encounters I have ever experienced. The sheer number of bugs was one thing, but another was their will and determination to devour us in relentless pursuit. I'm not much for a spray, but Louise had an essential oil spray that worked well and smelled earthy too! So here we are back to our day-to-day, with the welts to prove it. And now it's time to change our focus to our ever-popular Mississippi Mills Bike Month activity...

by Bob Volks

Birders On Bikes 2016

its peak: ovenbirds, scarlet tanagers, rose-breasted grosbeaks... The great crested flycatchers were just arriving and serenading us with their very vocal calls. We saw several species of wood warblers, including yellow-rumped, black and whites, and many black-throated blue warblers. Red-eyed vireos also made their appearance, along with lots of song, tree and chipping sparrows. Blue herons, wood ducks, and ospreys were fishing in the pond. As the weather warmed, serviceberry trees, grasses and ferns sprang into action, and along with them came a mountain of black flies and mosquitos (did I mention we hit *everything* at its peak?).

This year's event will take place on Sunday, June 12, with registration at 8:30AM in the rear parking lot of the Heritage Court Mall, located at 14 Mill Street in Almonte. Departure is at 9AM sharp, because the early bird gets the worm! Plans are being developed to add a few new features to the ride, including a short-distance ride geared to families, so keep an eye on the Gilligallou Bird Facebook page for updates.



This year's Birders on Bikes outing takes place on June 12, as part of Mississippi Mills Bicycle Month

The 2015 Birders on Bikes ride had 34 riders sighting 61 species of birds, most notably (due to their habitat decline) a bobolink. Others included (but were not limited to) chimney swifts, scarlet tanagers, chestnut-sided warblers, brown thrashers, a merlin and a northern harrier. There's nothing like watching a harrier working a field. Did you know that an American fighter jet was named after the northern harrier? I guess their hovering ability when hunting captured everyone's attention.

In the birding world, a "sighting" can be not only seeing the bird, but also hearing their call/song. I'm always working on my call identification, and being away over a long weekend confirmed that the sounds of an early spring morning are indeed glorious.

— Bob Volks can often be found at Gilligallou Bird, Inc. in Almonte's Heritage Court <gilligalloubird.com>.

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The Witty Traveller

Hello, friends, and welcome to another edition of "A Brew in Review", the column dedicated to the true pursuit of happiness — enjoying a good pint of beer! As I sit here at the kitchen table writing, the weather outside is finally beginning to appear more summer-like. And while I'd rather be outside taking care of one of the many tasks on my to-do list, I can't really complain — there are things

by John Scime

much worse than sitting around writing about beer. Since we've finally got summer on our hands, it's time to seek out flavourful, easy-drinking beers more appropriate to the season. One of my favourite summer beer styles happens to be Belgian. In this month's brewing review we'll test-drive a rather fine example of this classic beer style, "The Witty Traveller", brewed by The Railway City Brewing Co. in St. Thomas, Ontario.

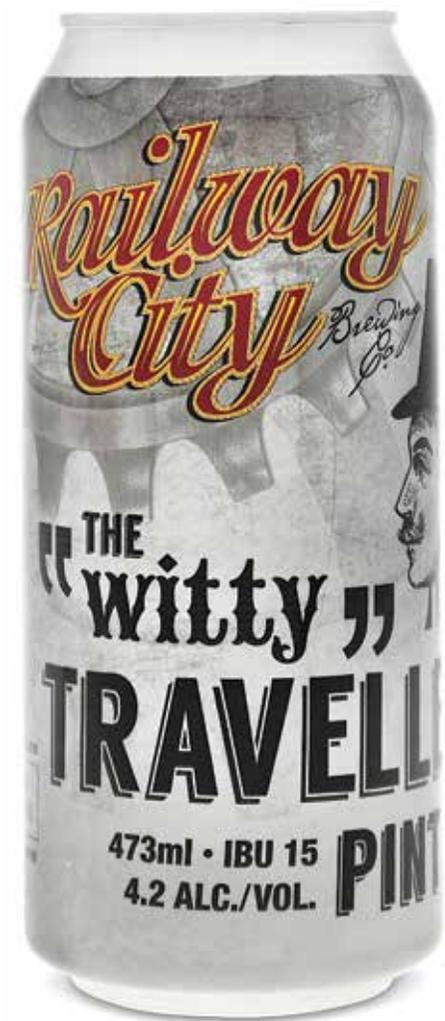
But first a little history. Witbier, or "white beer" in Flemish, is an ancient beer style dating back hundreds of years and originating in the agricultural heartland of Belgium. It is a lightly-hopped ale traditionally brewed with equal parts unmalted (raw) wheat and malted barley. The locally occurring yeast strains used in the fermentation of witbier result in a pronounced, distinctive flavour that is augmented by the addition of herbs, spices and dried fruit. The end result is a

light but cloudy, frothy and smooth, refreshingly tangy ale with hints of orange and lemon, coriander, clove and pepper. If, until now, you've sampled only beers from the North American, British or German traditions, witbier will definitely take you down a different road. You might even get lost on the way, given that there are literally dozens — if not hundreds — of variations of this and other Belgian beer styles being produced worldwide.

Despite the world-wide popularity of Belgian witbiers today, the style was nearly extinct in the 1950s, as a result of the Europe-wide disappearance of small family-run breweries and the explosion of mass-produced, industrial beers following the end of WWII. Thankfully, the style was almost single-handedly resurrected as a result of the stubborn determination and tenacity of a young Belgian farmer named Pierre Celis. In 1955, Celis established a small brewery at his farmhouse near the village of Hoegaarden, with the goal of re-establishing the commercial availability of witbier, his favourite beer style. Over the years, the brewery expanded rapidly, took on the name of the town where it was brewed (Hoegaarden), and was eventually purchased by the biggest brewing conglomerate in the world. While almost dead in 1955, witbiers are now being exported and produced locally all over the world — thanks to Pierre Celis.

Which brings us to present-day Ontario. Established in 2008, the Railway City

Brewing Co. (RCB) has been brewing their acclaimed witbier, "The Witty Traveller", for the past three years. From the beginning, this beer was well received amongst craft-brewing peers, winning gold medals at the 2015 Canadian Brewing Awards and 2016 Ontario Brewing Awards. Brewed with equal parts malted wheat and malted barley, the beer is full-bodied, with a brilliant white, lingering froth/head as a result of all that wheat. Head Brewer Rob Snowdon told me they ferment this one at temperatures "a little warmer than room temperature, in order to bring out the desired ester, phenol and clove flavours produced by the yeast." Most top-fermented ales are fermented a little cooler than this; say between 68 and 72 degrees Fahrenheit. And while Rob was not at liberty to disclose exact recipe details such as yeast strain (like I said last month... brewers are a secretive bunch), he was happy to confirm the additions of coriander, candied orange peel and... wait for it... white pepper to the brew kettle late in the boil (to insure that these flavours are not 'boiled-off'). One of the most pleasing notes evident on this fine beer was the lingering peppery after-taste left on the roof of the mouth, tempered by the smooth tang of wheat. Combined, the traditional tanginess, complex spice flavours and full-bodied smoothness of this beer make for a very enjoyable and refreshing drink on a hot summer day, or any other day for that matter. Bottoms up!



Monthly Brewing Term: Gruit — an ancient herb and spice mixture used for imparting bitter flavors in beer prior to the wide-spread adaptation of hops.

Errata — In last month's column the brew-length (capacity) of Whitewater Brewing Company's planned brewery expansion was misstated. It will be 3500 litres.

MISSISSIPPI MILLS

Celebrate in Pakenham - June 30th

7:00PM Parade & Fireman's BBQ

8:00PM Music and Family Fun

Stewart Community Centre

Entertainment contact

Mike Ryan 613-624-5926



CANADA DAY



Celebrate in Almonte - July 1st

8:00AM Canoe races, Almonte Beach

11:00-3:00PM Antique Car Show, Downtown

3:30PM Family BBQ, Entertainment, Gemmill

Line-up includes: Terry Tufts, Judge a Book,

Kelly Prescott & The Split!

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Celebrations**

*June 30 in Pakenham
July 1 in Almonte*



Live entertainment, family canoe races, activities for all ages and fantastic fireworks! Be sure to visit the Antique Car Show in downtown Almonte on July 1. www.exploremississippimills.ca



**5 WEDNESDAYS
IN JULY**

*Every Wednesday in July,
Almonte*

Free outdoor music concerts in Almonte's Augusta Street Park. BBQs, potlucks and more.

[f /FriendsOfAugustaStreetPark](https://www.facebook.com/FriendsOfAugustaStreetPark)



**Almonte
Celtfest**

*Celebrating 20 years!
July 8-10, Almonte*

Three days and nights celebrating the Valley's Celtic roots, featuring music, song and dance in Gemmill Park. Don't miss the parade Saturday morning. Admission by donation.

www.almonteceltfest.com



ALMONTE FAIR

July 15-17, Almonte

The 158th Fair has entertainment, midway, livestock shows and homecraft displays all weekend, and Demolition Derby Friday evening. This year's theme is "Ag Days by the Mississippi."

www.almontefair.ca



**International
Puppet
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August 5-7, Almonte

Come for the 12th annual festival. Terrific puppet troupes from Canada and around the world perform in tent theatres, with musicians, clowns and a puppet parade on the street!

www.puppetsup.ca



**Pakenham
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August 13, Pakenham

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This year's theme is Animal Antics!

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August 27, Almonte

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