

JUNE 2017

# the Hummm

free

Arts,  
Entertainment  
& Ideas

p.30 & 31



June's Events

p.36-40



Celebrate in the Valley!

p.24

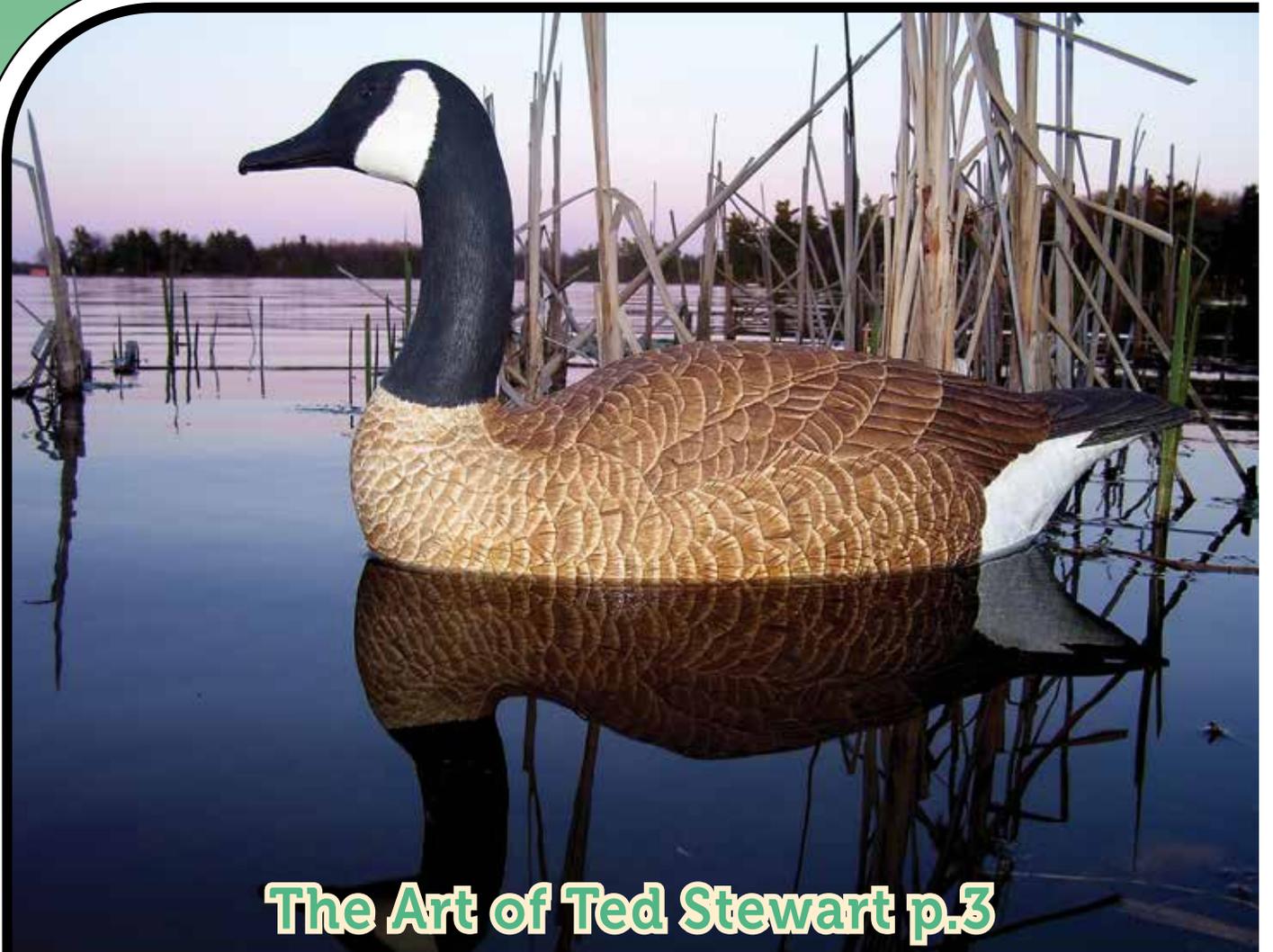


Summer Food Fundraisers

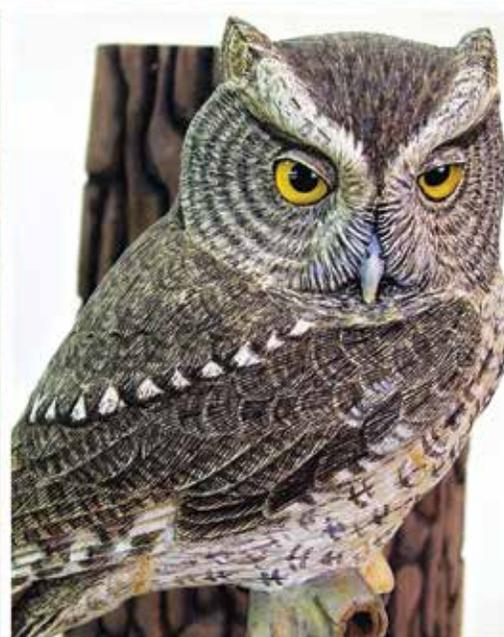
p.22



Hanging Around the Valley



The Art of Ted Stewart p.3



## June is for Fathers

Father's Day is coming and dads can be notoriously hard to find gifts for. Here are a few suggestions. And for any dads looking for a new man-cave, just give me a call!

- Pat's Picks** Stalwart Brewing Co.'s Big Papa Pale Ale <stalwartbrewing.ca>
- for June:** Vintage hockey jersey from Almonte Antiques & Collectibles
- Art in the Garden** on Father's Day weekend <kiwigardens.ca>
- Anything from **L.G. Lee & Sons** in Almonte <lgleeandsons.com>



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"If you guys are doing requests, I'd like the lawn mowed today!"

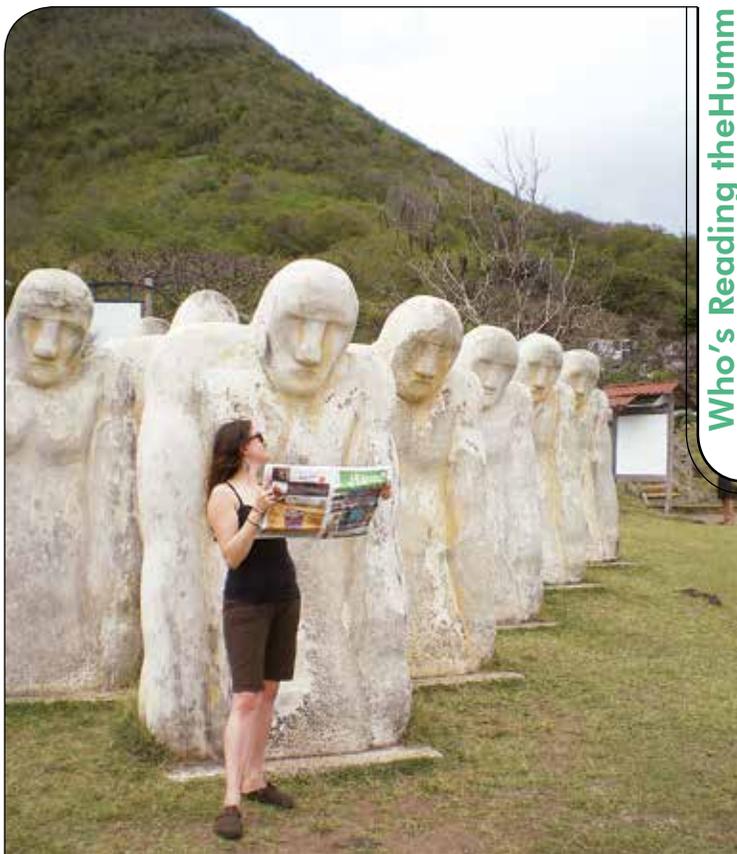
Readers Write

**Kudos to Almonte!**

I belong to a travel group in Ottawa called Friendship Force. It was started just after Jimmy Carter left the presidency. It was his hope to get people from all around the world to home-stay, and in doing so, show the towns and cities on a more personal level, without the trappings of the usual tourist attractions. Yes, of course visitors get to see the parliament buildings, and the museums, but they also get to the small towns and villages. They visit cottages, go on car rallies, and spend time with their hosts. The visit is just for a week, and the agenda is planned, and re-planned many times. This past week, on May 16, the group of 25 ambassadors (as we call them) were lucky enough to have a day-long visit to Almonte. Tiffany MacLaren, the community economic and cultural co-ordinator for the town, put together a fabulous day called "The Foodie Tour". Starting at Equator Coffee, the group sampled food and drink all day!! Included was Dandelion Foods (where my daughter is one of the owners), Crooked Mile Brewing Company, HFT Donuts, and last but not least, Hummingbird Chocolate. After the tour, the group met one of the council members, and went on to Metcalfe Park for lunch. The group was lucky to have Neil Carleton, a specialist in the eco-thermal rocks found at the park, and he offered up samples to the whole group. Some of the visitors from Memphis and Florida were interested in the hydro station. Scott, the manager of the plant, gave up his lunch to unlock the door for a tour. Talk about small town hospitality!

I just want to thank all the various vendors, and give a warm "hug" to Tiffany and her team... P.S. We'd love to have more members!

— Heather Pettipas, Friendship Force Ottawa <friendshipforceottawa.ca>



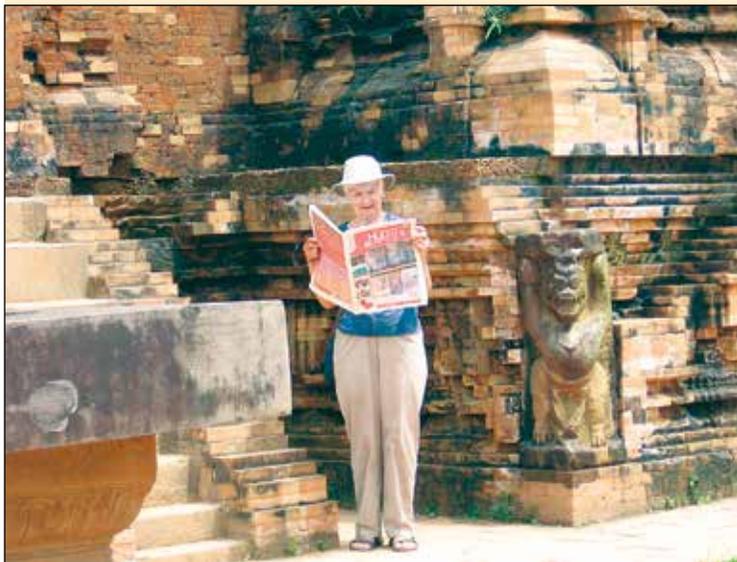
Who's Reading the Humm

Back in 2015, **Sylvie Beaudry** (above) wrote: "Hello! I am a local Humm lover in Almonte! I travelled to the Caribbean to Martinique last week and I wanted to share my lovely photos with you. You are welcome to publish them. Looking forward to reading April's Issue. Cheers!"

Also in 2015, **Stan Nicholson** (middle) wrote: "Attached are a couple of photos of **Pat Nicholson** reading theHumm that I took at the My Son temples site in early March this year while we were on a trip to Hoi An, Vietnam."

That same year (it was a good one!), **Carolyn and Bruce Waddell** (below) wrote: "To catch up with our reading, we took theHumm with us on our March 2015 trip to Mexico. This picture was taken near Puerto San Carlos, Baja, Mexico."

Thanks to you all for these great shots!



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theHumm is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, Smiths Falls, Burnstown, White Lake, 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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22<sup>nd</sup> of the month prior to publication

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**Thanks this month to:**

Ross Bartlett, for years of the most wonderful friendship, fun and support. You had the warmest smile, the biggest heart, and the most ingenious party games ever. We miss you so much...

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**Celebrate Canada Day in the Valley!**

**See pages 36-40 to find out how!**

# Ted Stewart — Carving a Legacy of Wilderness

Wildfowl sculptor Ted Stewart is contributing in a major way to the time-honoured tradition of his home community in Rideau Lakes. He has joined the ranks of the legendary “Carvers of the Rideau Canal Waterway”, winning multiple awards for his carved birds of Ontario. To date he has garnered over 145 awards at carving competitions in Canada and the U.S. His intricately detailed, life-size common loon took first place in the advanced level at the prestigious 2015 Ward World Wildfowl Carving Championships in Ocean City, MD.

by Sally Hansen

Stewart has carved more than 1,500 tributes to the 496 species of birds officially recorded in Ontario by Ontario Field Ornithologists. From miniature to life-size, from artistically stylized to painstakingly realistic, he carves and paints each one by hand, working from his Newboro studio.

Newboro is a tiny hamlet just south of Upper Rideau Lake, in the heart of the Rideau Canal Waterway system, a Unesco World Heritage Site. I had enjoyed my drive in the country, so I was curious when Stewart opined that he wished he lived further away from civilization, “out in the wild.” He explained that the fifteen years he had lived and taught in the far north had permanently changed his perception of nature. From the fly-in-only Cree community of Kashechewan on the western shore of James Bay, he could head off on land in any direction and not see another sign of human activity for hundreds of kilometres.

Of course, everything was different there — the language, the climate, the animals, the vegetation, and what we consider the necessities. Drinking water was gathered from rain or ice because the community’s water supply had become contaminated. Food staples

were sugar, tea, lard, flour, and whatever wildlife you could harvest — mostly geese and ducks. Life whittled down to self-reliance, community and nature. You carved your niche.

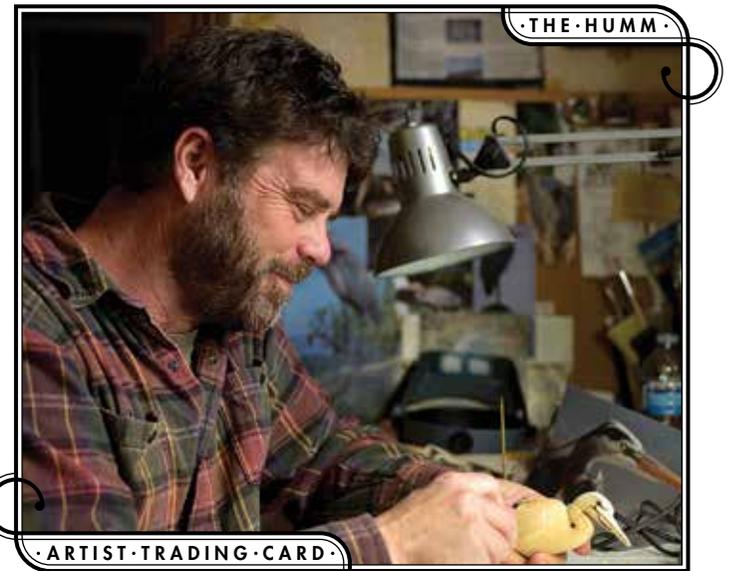
Stewart grew up and attended high school in Smiths Falls with three classmates who all had fathers who were world famous carvers and members of the “Smiths Falls Famous Five.” One, J. B. Garton, had won “Best in World” with a matched pair of teal at the first Ward Foundation Wildfowl Art Show in 1971, so Ted was keenly aware of the town’s illustrious carving reputation. In his third year of pursuing a degree in Physical Education at Western University in London, ON, Ted was seriously injured in a motorcycle accident. That ended his participation on the track team. He switched his major to geography and started carving totems and decoys.

Uncomfortable with the “preppy” atmosphere at Western, he moved to North Bay and completed



his B.Ed. degree at Nipissing University. He then prepared exactly one résumé and submitted it to the James Bay District of Indian Affairs. At the age of 22 he became a teacher to a group of thirty Cree kids on the northern shore of the Albany River. Throughout his tenure, Stewart lobbied hard to obtain better educational and recreational facilities for his students, organizing fundraisers and petitioning to regional offices, eventually becoming acting principal.

During his time in the North, the school schedule was organized around spring and fall goose hunting breaks. He learned about First Nation history and culture, and how to fish, hunt and trap. In 1996, after fifteen years of conditions most of us only experience in newscasts and books, he brought his wife and two children back to the Rideau Canal Waterway and settled into serious wildfowl carving in Newboro.



His time in that remote corner of the world left Stewart permanently attuned to the beauty and wonder of nature. Each of his carved creations is a testament to his appreciation of its species’ value and role in the health of the planet and in our own well-being. Like his regional carving predecessors, Ted first learned about some of the birds of Ontario as a hunter. He has studied and collected decoys, and mastered the art of creating decoys that float convincingly. He hollows the body block to improve buoyancy, fits and seals a board to keep the water out, and adds a keel with poured lead to keep the decoy upright as it appears to swim on the water. There are photos of his beautiful ring-necked drake and other decoys on his Facebook post of April 2<sup>nd</sup>.

From his owls to his great blue herons to his tiny songbirds, he creates both artistically stylized and intricately detailed versions, and some of his larger pieces are unique in scale. His cedar sculptures of “longnecks” are reminiscent of early decoys; these stylized versions of primitive carvings of Canada geese are especially popular and he carves them in a variety of sizes and groupings. He has done many commissions, and welcomes discussions about new concepts. When he asked his children what type of carving they would like, his son requested a Salvador Dali-styled elephant, and he delivered.

Stewart uses a variety of woods — primarily basswood, cedar and tupelo, but he has carved pine, oak, walnut and even bone, antler and stone. Throughout his almost four decades of learning and practice he has refined his painting techniques, and now indulges in more frequent forays into “flat” art, painting in acrylics on canvas. This medium expands his ability to create settings and establish moods by portraying weather, geography and context in ways that carving cannot. In 2015, Stewart was invited by Parks Canada to be Artist in Residence at Pukaskwa National Park on the north shore of Lake Superior, where he offered bird carving demonstrations and taught participants how to paint an owl portrait in acrylics. Stewart and his art are supremely appropriate in Ontario’s only true wilderness park.

This Canada Day weekend (July 1 and 2) Ted Stewart and his wife Maggie are providing a great way to celebrate Canada’s 150<sup>th</sup> anniversary as a federation. They are opening their doors at 10 Stevens Street in Newboro as Studio D of the annual **Rideau Lakes Studio and Garden Tour**. Maggie has learned her beadwork techniques from her elders, and Ted will be demonstrating the carving techniques he has developed based on the long regional history to which he is contributing. A drive along our Unesco World Heritage Rideau Canal Waterway to meet the Stewarts and the other tour participants is as good as it gets for lovers of nature and art. Ted Stewart’s coordinates are on the back of his Trading Card.

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WHO Ted Stewart

THE HUMM

WHAT Wildfowl Sculptor and Wildlife Artist

WHERE Home Studio at 10 Stevens St., Newboro;  
<ted.stewart@hotmail.com>; 272-8093;  
Riverguild Fine Crafts, Perth, <riverguild.com>

WHEN June 17, Art Among the Ruins, 27 Earl Street,  
Newburgh <artamongtheruins.com>;  
July 1-2, Rideau Lakes Studio & Garden Tour  
<rideaulakesartists.com>; July 15-16, Paint the  
Summer, Algonquin College, Perth

WHY "Up North, six of the Cree calendar's thirteen  
months are named after birds; birds are essential  
to their survival."

ARTIST TRADING CARD

# Two Rivers Food Hub Presents "Pigstock"

## Live Music, Local Foods, Craft Beer and Pig Roast

Get ready for a piggylicious event at the Two Rivers Food Hub with the first annual Pigstock, a Woodstock-esque outdoor musical event complete with local food vendors, craft beer, on-site bar, and succulent, locally-sourced barbequed whole pig, slow-cooked to perfection.

On Saturday, July 8, the main parking area and the adjacent courtyard of the Gallipeau Centre in Smiths Falls will host live musical performances from notable area folk/roots performers Ali McCormick, Moore and McGregor, Steve Stacey and Marleen Fawcett, as well as the Food Hub's General Manager Bruce Enloe, a singer-songwriter in his own right.

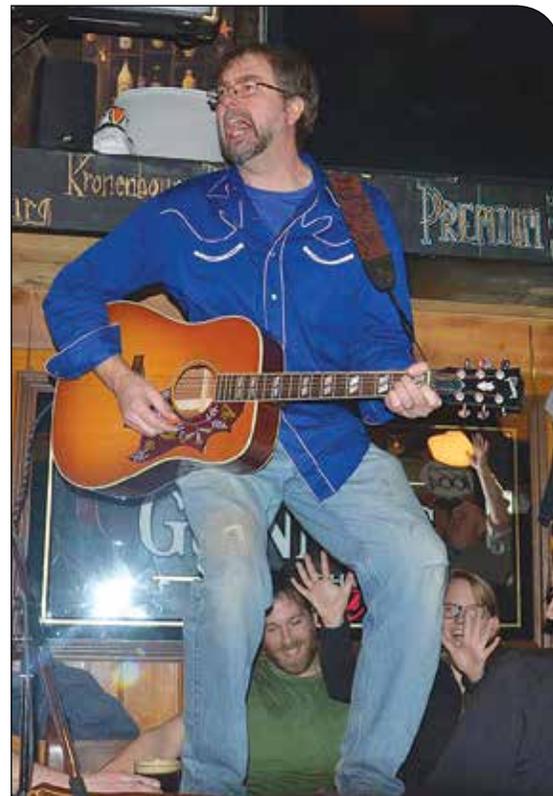
Running from 3-8PM, this family-friendly event will be held rain or shine, and will also include a children's craft area, market vendors, craft beer, cash bar, and BBQ pork with all the fixings prepared by Primitive Catering and Catered Affairs.

This local food-centred event is sure to be a winner for the Two Rivers Food Hub, the lynch pin for local farmers and local food processors in the Lanark Leeds and Grenville area. Two Rivers is a full service, year-round, 100-percent-local foods distributor offering the freshest, highest quality foods directly sourced from a growing network of producers and processors.

Enloe explains that the organization's marketing committee was looking to host an event that would both get people out to the food hub and spread awareness, while promoting local foods and food processors.

"This is an event that's going to keep coming back year after year," Enloe says. "We want people to look forward to a food hub community event that's a lot of fun and will fill you up on excellent local food at the same time."

Good food won't be in short supply at Pigstock, where guests can expect to receive roughly one pound of tender, slow-roasted pork, accompanied by pesto pasta salad, coleslaw, potato salad, homemade corn bread, and one complimentary mixed drink ticket (or soda, juice). Two local craft breweries, Cartwright Springs and 4 Degrees Brewing, will also be on site selling their own specialty brews.



With local pours, pork, and performances by Steve Stacey (the wild man pictured above) and other area musicians, the first annual Pigstock is sure to be a party!

Other local food and product vendors will also be at Pigstock, making this a one-stop shop of all things local. Bring a lawn chair, and enjoy an afternoon of good company, good food and good music!

Tickets are \$40 per person if purchased by June 23, and \$45 per person after June 23. Two Rivers Food Hub members will pay a reduced price of \$40 per person, and tickets for children 7 to 13 are \$22.50 (children six and under are free). Tickets can be purchased in advance or at the door. Visit <tworiversfoodhub.com> or <pigstock.wordpress.com> to purchase tickets or for more information.

Need 'em... need 'em... got 'em...  
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The 2017 jewellery designs and paintings of ANNE - MARIE CHAGNON





June 10, from 11 - 5  
Meet the Maker  
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Partial proceeds donated directly to University of Ottawa Ovarian Cancer Research Team

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June 17th 2017  
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# Meet Anne-Marie Chagnon at Burnstown's Bittersweet Gallery

## Meet the Artist, Raise Funds for Ovarian Cancer Research

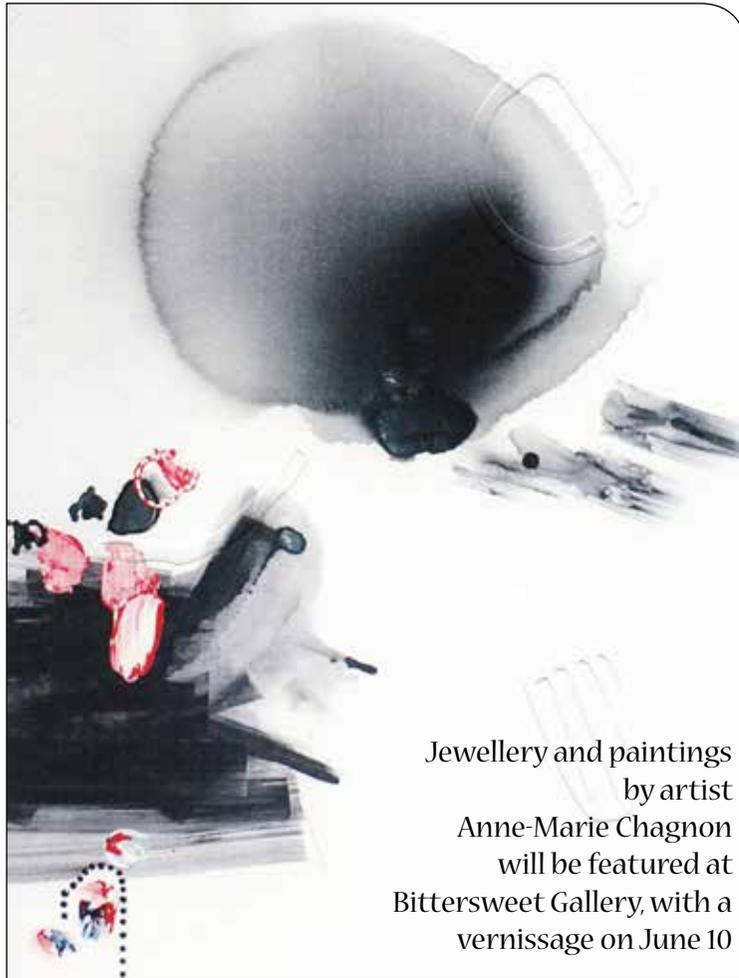
Shortly after Bittersweet Gallery first opened its doors in the year 2000, owner Cheryl Babineau and her husband Richard Gill discovered the work of Anne-Marie Chagnon at a show in Montreal. The Burnstown gallery has been representing her distinctive and unconventional jewellery designs ever since. Every year for the past twenty, Chagnon has created an original collection of works as prevailing as they are timeless. Her pieces unite chiselled pewter, iridescent glass, carved resin, gold, bronze, leather, wood and horn, along with images taken from her charcoal drawings or details from her paintings. Over the past ten years, the gallery has celebrated her latest collections with a well-attended spring launch and trunk show.



This year Cheryl and Richard are honoured and delighted to announce that, for the first time, Anne-Marie will be in attendance, with her most recent 2017 creations. In addition, the gallery will be showcasing the artist's original abstract paintings. As in previous years, Bittersweet will donate a portion of the proceeds to Ovarian Cancer. This year the proceeds will go directly to the Ovarian Cancer Research Team at the University of Ottawa. Cheryl is also pleased to say that Dr. Barbara Vanderhyden, a senior scientist and chair of Ovarian Cancer Research, will also be in attendance.

Why is it vital to fund clinical and fundamental research? Ovarian cancer is Canada's most fatal women's cancer. It is often overlooked and under-diagnosed and there is no screening test. It is often diagnosed in late stages, resulting in five-year survival rates as low as 15 to 25%. In Canada, 17,000 women are currently battling ovarian cancer, and 2,600 more will be diagnosed with it this year.

Research is the greatest hope for patients and their families — and for all women. Dr. Vanderhyden is optimistic that recent work in cancer research, including studies in genetic or viral therapy, may in some part be transferable to the treatment of ovarian cancer. The approach is to develop the platform for scientists from all disciplines to share their work, and to



Jewellery and paintings by artist Anne-Marie Chagnon will be featured at Bittersweet Gallery, with a vernissage on June 10

find ways to transform this information into applicable treatments.

In the meantime, those who are interested can make donations to this cause directly online at [alumni.uottawa.ca/ovarian-cancer-research](http://alumni.uottawa.ca/ovarian-cancer-research).

"A collection as strong as the wind" opens at Bittersweet Gallery in Burnstown on Saturday, June 10 from 11AM to 5PM, and Anne-

Marie will attend from 2–5PM. Light refreshments will be served and there will be door prizes of jewellery and art. Anne-Marie's paintings will be on exhibit until the end of July, and her jewellery collection is an ongoing mainstay of the gallery, with new designs emerging throughout the summer and into the fall. More details can be found at [burnstown.ca/bittersweet](http://burnstown.ca/bittersweet).



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# The Spitfire Grill heats up the Studio Theatre

"Order up!" Great melodies and fantastic performances are on the menu at Perth's Studio Theatre. It must be springtime...

Beginning June 1, *The Spitfire Grill* continues the tradition of spring musicals at the Studio Theatre, directed by the phenomenal C. Lee Bates. And as always, this year's musical will give audiences something to sing about.

*The Spitfire Grill* tells the story of Gilead, Wisconsin, a town devastated by the closing of its quarry years earlier. But now there's big news — a young girl has just arrived, and it doesn't take long for the gossip-mongers to spread the word that Percy (from the name Perchance, meaning "by chance") is a recent prison parolee — a genuine jailbird — and she's living at the rundown Spitfire Grill. Why has Percy set her post-incarceration sights on Gilead? It turns out that the town was the focus of her prison dreams, after she saw an idyllic picture in a travel magazine. As the story unfolds, rich with infectious melodies and heartfelt, homespun truths, Percy's presence becomes the spark that ignites new life in Gilead, and a new attitude towards the town's future. *The Spitfire Grill* explores themes of community and redemption, woven through scenes of exquisite poignancy juxtaposed with moments of comic hilarity.

The show's music represents a style called *Americana*, a contemporary form inspired by (but different from) country, folk, bluegrass, R&B and the blues. The result is a totally unique roots-oriented sound that's achingly beautiful in places, rollicking in others, but always heartfelt and memorable. You'll be humming the show-stopping tunes long after the curtain closes.

The small cast of seven talented performers plays a wide variety of characters, from the elderly, foul-

tempered Hannah (Barb Guthrie) to the mysterious, almost enchanted Percy (Courtney Mason) who has appeared as if from nowhere and who proceeds, unintentionally, to transform the town and its inhabitants. We meet Joe the Sheriff (Andrew MacDougall); Shelby (Cait Morton) and Caleb (Jeff Kohl), a couple challenged by the town's misfortunes; postmistress and general busybody Effy (Lindsay Rewi); and the Visitor (Mark Bailey), whose identity remains a mystery until late in the play.

If many of these actors' names sound familiar it's because you've seen them — and loved them — in recent Studio Theatre musicals like *9 to 5*, *Bingo Ladies*, and *Little Women*. They're some of the most gifted musical theatre actors in the area.

*The Spitfire Grill* is adapted for the stage from the 1996 film of the same name by David Lee Zlotoff. Fred Alley and James Valcq wanted to create a piece of populist theatre with elements of myth and folktale. Together they wrote the book, with Valcq composing the score and Alley the lyrics. The play won the Richard Rodgers Production Award, among several other prestigious awards and nominations.

Critics loved the show. *New York Magazine's* John Simon called it: "Soulful and transcendent. It is not often that material moves me to tears, but this was one of those occasions." In the *New York Times*, Alvin Klein declared the show: "a soul-satisfying new musical... a complete work of theatrical resourcefulness. It is penetrated by honesty, and it glows."

This production is directed by C. Lee Bates, with musical direction by Rideau Lakes Orchestra conductor Alexandra Guerin, who will be leading a live orchestra of keyboard, cello, violin, guitar, mandolin, and accordion (synth). Emma Houlahan returns as the show's choreographer, while Joan Frommer



Hannah (Barb Guthrie), owner of the Spitfire Grill, celebrates with friends Shelby (Cait Morton), Percy (Courtney Mason), and Sheriff Joe Sutter (Andrew MacDougall) as bags of mail arrive from interested buyers

runs everything else as stage manager. Carolee Mason joins this year's musical production as associate director, set designer, and dramaturge (a professional consultant and researcher for the theatre company.)

*The Spitfire Grill* opens at the Studio Theatre, 63 Gore Street East, on Thursday, June 1 at 7:30PM, with a reduced opening-night price of \$20. For performances on June 2-3, 8-10 at 7:30PM, and matinées at 2PM on June 4 and 11: advance tickets are \$25 (cash) at The Book Nook, 60 Gore St. E., 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. Visit <studiotheatreperth.com> for details.

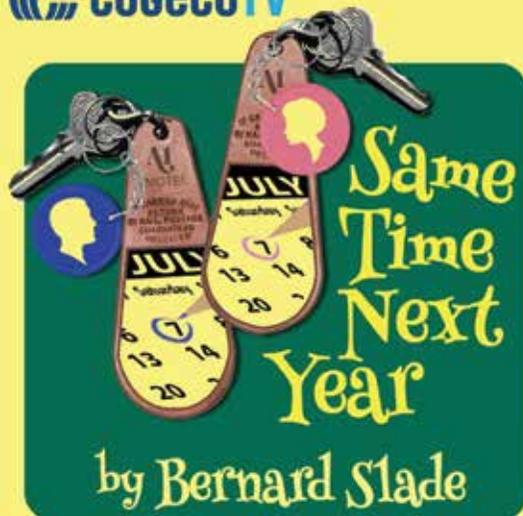
Yes, there's big news in the town of Gilead, Wisconsin. And this spring *The Spitfire Grill* will be big news here in Perth, too. Get your tickets soon — C. Lee Bates' spring musicals are always a hot property! — Paul Joyce

This summer, make some memories with us!



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**NEW HISTORIC WALKING PLAYS THIS YEAR**

*Perth through the Ages* (June 21 to August 27) and *The Lonely Ghosts Walk*, (June 29 to August 25), both set at the time of Confederation.



**YOUR OTTAWA VALLEY DESTINATION RESTAURANT**

<b>Alison and Riley</b>	Friday June 2
<b>Riverthieves</b>	Saturday June 3
East Coast Music with a Celtic Flair	
<b>Bahoo, The Brat &amp; The Commander</b>	Friday June 9
<b>Morgan Davis</b>	Saturday June 10
Canadian Blues Legend	show starts at 7PM
<b>Fluffy Little Cowboys</b>	
Moody Alt-Americana Country and Blues	
<b>Young Country</b>	Friday June 16
<b>Open Mic Night</b>	Saturday June 17
<b>Daybreak</b>	Friday June 23
<b>Canada 150 Trivia Show</b>	Saturday June 24
<b>Rick Leben and the Low Mileage Band</b>	Friday June 30
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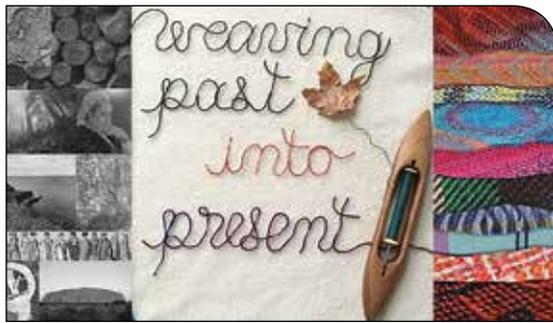
# MVTM Celebrates 150<sup>th</sup> with Blockbuster Show

Not only is this year Canada's sesquicentennial, it is also the 150<sup>th</sup> anniversary of the 1867 opening of Almonte's Rosamond No. 1 Woolen Mill. The annex and warehouse of this National Historic Site now house the Mississippi Valley Textile Museum. It's also been ten years since Michael Rikley-Lancaster became the museum's Executive Director and Curator. The MVTM is celebrating all these milestones with a major exhibition featuring fabulous textile creations by talented Canadian artists. The focal point of the exhibition is William Hodge's *A Life Inspired: A Retrospective*.

This wonderful collection includes tapestries, handwoven garments, jewellery and in-depth studies from Hodge's days as a dedicated teacher. His work is a showcase of the four seasons and of a passion for life, love and travel. Along with the exhibition, William will be giving a public talk and overseeing a workshop, allowing visitors to interact with the artist.

William Hodge is a graduate of the Ontario College of Art, where he also taught, and from which he recently retired. He has exhibited widely, and his tapestries are in the collections of the Canadian Guild of Crafts, the University of Ottawa, the Robert McLaughlin Gallery in Oshawa, and the Two Bloor West Collection in Toronto.

Hodge's marvellous tapestry "Cycles" will be featured. It measures twelve-by-eight feet and com-



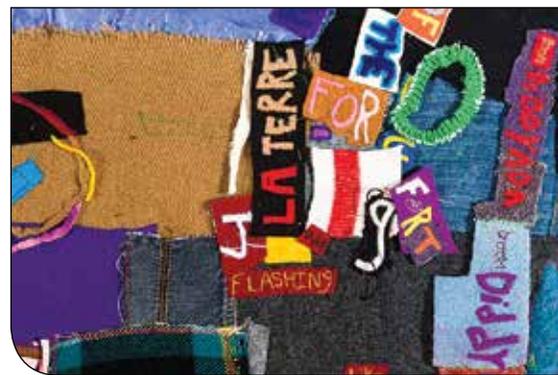
Three very special exhibits at the Mississippi Valley Textile Museum will all be weaving the past into the present: William Hodge's *A Life Inspired*, Vanessa Coplan's *I, Canada*, and *Weaving Past into Present* by Weavers Unlimited

prises three panels. Hodge describes the design as "an attempt to capture nature's ever-changing cycle: the seasons, dawn to dusk, and life to death."

Weavers Unlimited (Ottawa area) are marking Canada's 150<sup>th</sup> year with the exhibit *Weaving Past into Present*, a contemporary wearable art exhibit of handwoven shawls. Each artist has designed and woven a shawl that reflects her heritage. Displayed with each shawl will be an image showing its inspiration and an explanation of its importance to the weaver's background.

Also featured is Vanessa Coplan's *I, Canada* project, which showcases a series of contemporary, hand-sewn patchwork blankets that feature stitched regional Canadian content, themes, and song lyrics celebrating 150 years of this great country.

There are other surprises and delights in store for visitors to the MVTM this summer. Come out and celebrate with us! The vernissage for this wonderful exhibition is on Saturday, June 10 from 2-4PM. For more information call the Museum at 256-3754, or visit <mvmtm.ca>. The Mississippi Valley Textile Museum is located at 3 Rosamond St. E. in Almonte. All three exhibits run from June 6 to September 16.



## Art, Jazz & the Garden At the Rideau Woodlands Ramble

Celebrating Canada's Garden Days <gardendays.ca>, the Rideau Woodland Ramble is pleased to announce that Saturday, June 17 will feature "Art, Jazz & the Garden" from noon until 5PM. Music will be provided by Red Jazz, and members of the MAG Artists (Merrickville Artists Guild), and several other guest artists will be in the garden displaying and selling their art. Admission is free and all are welcome, so please come and help celebrate Garden Days and the creativity of more than twenty artists.

Rideau Woodland Ramble was designated a Canada 150 Garden Experience in March of this year, and this is a great chance to experience the gardens at the height of their summer glory. This garden centre and display garden, named Destination Garden Centre of Canada in 2015, is open to the public at 7210 Burritts Rapids Road, County Road 23 near Merrickville, and is situated on seven acres of picturesque woodland. Its



The Rideau Woodlands Ramble (above) will celebrate Canada's Garden Days with "Art & Jazz in the Garden" on June 17

mission is to capture the imagination of gardeners and plant collectors.

The Ramble is open from mid-April to November daily from 9AM to 5PM. For more information, call 258-3797 or visit <rideauwoodlandramble.com>.

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# CANADA WILD



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**DOORS 7:30PM | EVENT 8:00PM**

MORE INFO AT [CCC2017.CA/CANADA-WILD](http://CCC2017.CA/CANADA-WILD)  
TICKETS AVAILABLE ONLINE THROUGH [ALGONQUINSA.TICKETFLY.COM](http://ALGONQUINSA.TICKETFLY.COM)  
OR IN PERSON AT THE ALGONQUIN COMMONS THEATRE BOX OFFICE



# This Park Rocks!

## Metcalfe Geoheritage Park in Almonte

You might have heard of it. You most likely drove by it. Some of you have put in a boat adjacent to it, or fished beside it... Now we welcome you to come visit it! Mississippi Mills is fortunate to have the first municipal park dedicated to geoheritage. **Metcalfe Geoheritage Park**, located at the bottom of Bay Hill in Almonte, is proud to display rocks that represent local and regional examples of our geology, thus an opportunity to walk through geological time.



"Geoheritage?" you might ask. This is a unique exhibit. Igneous and metamorphic rocks are of pre-Cambrian age, 2.5 billion to one billion years old... whereas

local sedimentary specimens of Ordovician age are about 500 to 450 million years old. Many features of these rocks allow geoscientists to unravel earth's remarkable geological history. Come and have a look!

There is much enjoyment to be had at this remarkable stop. Upon arrival, check out the large, colourful, and informative interpretive sign "Reading the Rocks", and pick up a brochure. Be a geo-sleuth! Some detail about each of the twenty-two rocks is provided to help you recognize a few of the features as you make your way around the display loop. Discover examples of bedding, fossils, and glacial striations. The park includes two "guest rocks" that are also explained. On the other hand, you may simply linger and imagine the environment of our past — the crust

Metcalfe Geoheritage Park in Almonte is the first of its kind in Canada!

rising up, being pressed down, under snow or under water — while you rest on one of the comfortable benches. The site includes a beautiful view down the Mississippi River.

As an exciting addition, we are installing a QR code system this month so that visitors can use their mobile device to link to further information. While the brochure provides an introduction, the QR code system will provide detailed photos and an explanation of the geological processes that created each rock.

We also invite you to mark your calendar! On Saturday, September 16, Metcalfe Geoheritage Park will receive a special guest — not quite as old as the rocks themselves, but of historical significance none the less. In celebration of the Geological

Survey of Canada's 175<sup>th</sup> Anniversary (coincidentally coinciding with Canada's Sesquicentennial), we are extending the spirit of Sir William Logan's exploration up the Mississippi River. He was the first leader of the Geological Survey when it was created, and he will arrive by canoe in suitable 1842 field attire. There will be brief remarks, and then Sir William will inaugurate our QR Code System — what a transition from the 1840s to 2017!

In the meantime, we hope to see you enjoying the community showcase that is Metcalfe Geoheritage Park.

—Patricia Larkin, on behalf of the MGP Committee



Adrienne Dagg, "In Transit", oil on canvas/panel, 24x18 inches

## ADRIENNE DAGG

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Adrienne Dagg, "Public Spaces", oil on canvas, 48x36 inches

# The Mudds Underground Go Dark and Funny with Sondheim's Assassins

"Murder is a tawdry little crime, born of lust, or greed, or liquor. Adulterers and shopkeepers get murdered. But when a president gets killed, when Julius Caesar got killed... he was *assassinated*."

So says John Wilkes Booth to Lee Harvey Oswald in Stephen Sondheim's musical black comedy *Assassins* — a deceptively light and mischievously comic creation with a darkly cynical twist. First performed off-Broadway in 1990 (to sold-out houses), it also had a popular run in London's West End, and recently, a Broadway revival (starring Neil Patrick Harris) that won four Tony Awards.

And at the end of June, it will be coming to the Carleton Place Town Hall, presented — in dinner theatre format — by the newly-formed **Mudds Underground**, the "stepchild" of the Mississippi Mudds of Carleton Place.

Long-time Mudds director Mark Piper, who is currently leading the cast through rehearsals, believes that the show's enduring popularity comes from its ability to strike a balance. "It alternates between humour and serious issues, but it never goes too far on either side," explains Piper. "From the audience's perspective, the funny bits allow the more thoughtful side of this show to slip past our own serious and judgmental side — we get the joke, and we get the thought, both at the same time."



Mike McCormick (also known for his starring role in the Canadian musical comedy trio *The Arrogant Worms*) plays John Wilkes Booth in *Assassins*

This musical begins in a carnival Shooting Gallery somewhere in Limbo, bringing together a group of historical figures such as John Wilkes Booth (Mike McCormick plays the role), who assassinated Abraham Lincoln; Giuseppe Zangara (Benjamin Bourne), who tried, and failed, to assassinate Franklin Delano Roosevelt; and Charles Guiteau (Andy Simpson), who assassinated James Garfield.

Called into the Shooting Gallery by its shadowy and mysterious Proprietor (Julie Hunter) these historical figures present vignettes from their own lives, set to the music of their historical era. Sondheim's wide-ranging score evokes the history of American popular music — the marches of John Phillip Sousa, the show tunes of the 1890s, and the pop hits of 1960s.

As the assassins awkwardly try (through music) to justify their own choices, their antagonist, the Balladeer (Calvin Beaulieu) — a folk singer in the mold of Pete Seeger or Bob Dylan — stands in for the rest of us, watching and commenting. The show highlights the contrast between the optimism that most people feel about the future and the moody self-absorption that dominates the lives of the assassins.

But the show never makes heroes out of these villains — Sondheim's script also shows how these events affected and hurt ordinary everyday people at a fundamental level, through the reflections of an unnamed Housewife (Molly Cooney) after she hears of an assassination. In her pensive ballad, she sings about the feeling that *Something Just Broke*.

Other characters include John Hinckley Jr. (Jesse Gibson), who tried to assassinate Ronald Reagan in order to impress Jodie Foster; the ditzy Sara Jane Moore (Laurel Tye) and obsessed Lynette Fromme (Katie Irvine), both of whom tried to shoot Gerald Ford (and both of whom missed); the pathetic Sam Byck (Adam Pelletier), who attempted (and failed) to hijack a plane and crash it into the White House; as well as the dogmatic Emma Goldman (Karen Lapointe) and the willing dupe Leon Czolgosz (Mark Piper, the show's director). And as the audience sits in bemused judgment of these figures, we watch them unwittingly convict themselves, using the words that come out of their own mouths.



The cast of *Assassins* invite you to experience some murderous musical dinner theatre at the Carleton Place Town Hall on June 23 and 24

"What a cast!" says Piper. "I've got a bunch of people from the Mudds' successful production of *HMS Pinafore* that just closed — that'd be Mike, who played Sir Joseph Porter, and Calvin, who played Dick Deadeye, along with Andy and Julie, who were in the chorus. And Laurel, who was the Musical Director for *Pinafore*, back on stage at last! Then, I've got a couple of people who used to be in my teen Shakespeare group — Katie and Molly — who are now both studying theatre in university, and are back in Carleton Place for the summer. Adam and Karen are old Mudds hands. Benjamin is a newcomer, but I've actually directed his sister Amy in a previous Mudds show. And — it's been a while — I get to be on stage, as well."

Eventually, for all its cynical humour, the show keeps a hopeful outlook, while condemning the acts of the assassins. As the Balladeer sings, "Angry men don't write the rules, and guns don't right the wrongs. Hurts a while, but soon the country's back where it belongs."

## About the Mudds Underground

The Mudds Underground are a newly-formed ensemble based within one of Lanark County's long-time favourite community theatre organization — the Mississippi Mudds of Carleton Place. This new ensemble came together this year to try to put on occasional productions targeted at more mature audiences, while still providing entertainment with a broad audience appeal. Stephen Sondheim's *Assassins* is its first production.

## About this Production

*Assassins* will be presented two nights only — Friday, June 23, and Saturday, June 24 — as dinner theatre. Doors will open at 7PM, and the show will start at 8PM. Tickets are \$45 (includes salad, meal, and dessert, with a cash bar), and will be available from Hallmark, located at 438 McNeely Avenue in Carleton Place, starting in mid-June, and at the door.

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# Humm Bits

## World Renowned Celtic Duo Come to MERA

MERA is proud to announce that the internationally claimed Celtic duo of Mairi Rankin and Ailie Robertson will be presenting a concert at the MERA Schoolhouse in McDonalds Corners on Sunday, June 4 at 2PM.

Mairi Rankin brings all the talent and vibrancy of the esteemed Rankin family, with its deep Cape Breton Celtic roots. She plays fiddle, sings and also stepdances up a storm.

Ailie Robertson is from Edinburgh, Scotland, and brings to the duo a wealth of musical experience as a composer, arranger, improviser and clàrsach (Celtic harp) player. She is recognized as one of the world's leading clàrsach harpers, as they like to be called.

Together, Rankin and Robertson have won the "Best Group" award at the Live Ireland awards, where they were touted to be "Among the best bands in world".

Their marriage of Celtic music, song and dance has been rapturously received around the world. They blend fiddle, harp, stepdance and vocals with breathtaking vitality. Their boundless energy has won them a large following around the globe.

Tickets are available for \$25 plus surcharge online at <ticketsplease.ca>, by telephone at 485-6434 or in person at the Matheson House Museum, 11 Gore Street in Perth. Students under 16 are free.

## The Valley Voices Sing in Spring!

The Valley Voices community choir invites you to their spring concert on Saturday, June 17 at 7:30PM at the Almonte United Church.

You will hear folk songs like *Something to Sing About*, show tunes like *The Avenue Q Theme*, old goodies like *Donkey Riding*, new goodies like *Happy* and many love songs — the most beautiful being *Run to You* — a song that will make you swoon.

The chorus is led by Becky Schweizer, with piano accompaniment by the many-fingered Carol Mortimer. Tickets are \$7, available in advance at Baker Bob's, or \$10 at the door.

## Strawberries at the Schoolhouse

Strawberries, cream, a visit to the historic schoolhouse at 270 Cedar Hill Road in Pakenham, and a chance to ring the school bell — what a perfect summer outing! The Friends of the Cedar Hill Schoolhouse welcome you to their annual strawberry social on Sunday, July 2 from 1 to 4PM, where \$6 per person gets you a feast of local strawberries, real whipped or ice cream, cake, and refreshments. They even offer a gluten-free option!

Visiting the Cedar Hill Schoolhouse is like taking a trip back in time — how fitting in this special sesquicentennial year! The school was built in 1874, (so it's not quite 150 years old) and remains a cherished part of Cedar Hill and Mississippi Mills life. Some local residents still remember their schooldays in the one-room schoolhouse, which ceased operation in 1966. Part mini-museum, part community centre, the Schoolhouse has many interesting photos and items of interest on display. Did you know the Union Jack flag on display inside the schoolhouse was the last Jack to fly on Parliament Hill?

You can take home a floral memento of your visit to the Schoolhouse with a purchase of one of the table centrepieces featuring in-season blooms from the lovely Donaldson Gardens. In fact, you can tour the gardens as part of your visit — they are located at the Donaldson family farm just down the road from the Schoolhouse.

All Friends of the Cedar Hill Schoolhouse events, including their spring and fall euchre evenings, are fundraisers to assist with the preservation of this heritage-designated structure. Over the years the Friends and generous supporters have helped with many projects, from roofing, to windows, to washroom facilities. Their current focus is on raising funds to support the restoration of the exterior of the building.

## Get Creative at the CP Library!

The staff at the Carleton Place Library is delighted to be offering their creativity course for adults again this summer. You are invited to join them at the library to "Find Your Creative Self" in a six-week program that will help you discover where your creativity is hiding, what keeps you from creating, and how to get it back. The course runs Tuesday afternoons from 1-3PM, from July 4 to August 8.

This course is based on Julia Cameron's *The Artist's Way* and Elizabeth Gilbert's *Big Magic*, along with other fantastic creativity books, blogs, and podcasts. Registration opens June 5, so give them a call at 257-2702 to be part of this free class. Spaces are limited, so don't wait!

# Bare Bear Bones

## Empty-nesters Bare All (Well, at Least Some)

Camping season's not far off, and the *Bare Bear Bones* cast is having great fun putting Smiths Falls' mid-June show together.

Running from June 16 to the 25<sup>th</sup> at The Station Theatre, this hilarious comedy — written by award-winning Canadian playwright Michael Grant and directed by Sheila Jasiak — is funny, thoughtful, and bares everything between a middle-aged couple at a hiccup point in their marriage.

Sure... "bare" is in the title, but there's no "bare" on stage. Jasiak smiles as she describes the cover-up. "It's all smoke and mirrors. [Nudity] is only suggested... no one will be offended."

The story goes like this, and it's one many middle-agers will relate to. Norman and Ruth are empty-nesters. After many years of raising their kids, they realize they've lost the spark in their marriage. They take the advice of a counsellor and head out on a road trip to somewhere they remember being in love — The Bear Bones Family Campground.

Car problems and a late arrival place them in an exposed spot the next morning, when they learn the campground is now known as The Bear Bones Alternative Lifestyle Campground. They can't leave, so the very conservative couple toughs it out only to find that in order to avoid all the "flops and giggles" surrounding them, they have to work together. They do, and learn a lot about each other in the process.

The premise is funny, the script riotous, and in the second month of rehearsals the bare bones of the play are rapidly being fleshed out in preparation for opening night on June 16. There is a scene (which probably doesn't need much rehearsing!) in which Bruce (Hugh McCulloch), Frank (Jerry Logan) and Norm (Steve McWade) sit around a campfire, clad in very little, drink beer and discuss their marriage woes while at the same time trying to solve Norm's. It's one audiences won't forget.

Other well-seasoned cast members include: Annette Huton as Ruth, Jessica Jasiak as Libby, Valerie Brown as Annie, Nelson McCulloch as Lenny, Christine Winter as Doris, Lucas Tennant as Jasper, Nathan Matthews as Casper, and camping sisters Pauline Crowder, Jacqueline Garipey-Lackey and Cathryn Davidson.

This is Jasiak's third play as director — she was at the helm for *Nana's Naughty Knickers* in 2015 and



Bruce, Frank and Norm experience a transcendent moment in their discussion of cars and vans in The Station Theatre's *Bare Bear Bones*

*Things My Mother Taught Me* in 2016, both written by Katherine DiSavino. She's an actress, as well, with a dozen roles under her belt, the latest in *Over the River and Through the Woods* at the Studio Theatre in Perth in 2016. But when she read *Bare Bear Bones* by Michael Grant and it made her "laugh and cry", she knew immediately that she wanted to direct it.

"It's a wonderful story. It will really resonate. As we grow older, life changes and we wonder who the heck each other is. With comedy, it all works out."

The *Bare Bear Bones* plays at The Station Theatre in Smiths Falls on June 16, 17, 22, 23 and 24 at 7:30PM. Sunday matinées will be on June 18 and 25 at 2PM. Playwright Michael Grant will be at the theatre on June 17 to answer questions and watch the performance.

Tickets are on sale now — \$20 for adults and \$10 for students (with ID). They are available at Special Greetings (8 Russell Street E. in Smiths Falls, cash only), from <smithsfallstheatre.com> (PayPal/Visa/MasterCard), by phone at 283-0300 (Visa/MasterCard), and at the door, if available, a half-hour before performance (cash only). Find the theatre at 53 Victoria Avenue in Smiths Falls.

And, for a return engagement, don't miss the **Steel City Rovers** in The Station Theatre's music series; they'll be on stage June 30 at 8PM. The Rovers are a cross-pollination of Celtic and North American traditions — sophisticated, hypnotizing, expressive and clever.

19<sup>th</sup> Annual  
**Rideau Lakes  
Studio and Garden  
Tour**

**July 1 & 2**  
10AM-5PM

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

**The Perth Citizens' Band**  
**Summer Concert Schedule**

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

**June 8 at 7:30PM**  
**June 22 at 7:00PM**  
*(Rotary Strawberry Social)*  
**July 6 & 20 at 7:30PM**  
**August 3 & 17 at 7:30PM**

For more information call 256-4221 or visit [www.perthband.ca](http://www.perthband.ca).

# Fluffy Little Cowboys, but Certainly No Angel

The women in Fluffy Little Cowboys are no angels. They're not cowboys either, for that matter, and they definitely aren't fluffy. What they are is a fiery, focused trio with an eclectic sonic concoction that's incredibly compelling but almost impossible to categorize.

Some call it moody alt-Americana, but you'll also hear tinges of country, roots, trad and blues. Then there's the rhythmic spoken word and punk rock piss-and-vinegar. Trying to identify every bit of influence in Fluffy Little Cowboys' music is like trying to point out every brushstroke of a mural or, more fittingly, every individual poke of a full-sleeve tattoo. That only matters to the artist; what matters to everyone else is the finished product, and Fluffy Little Cowboys' debut LP *No Angel* is a true tour-de-force.

The PEI-based band, comprised of Shelley Montreuil (vocals, guitar, clarinet, sax, synth), Maureen Adams (bass, vocals, percussion), and Keelin Wedge (fiddle, bass, guitar, vocals), came together under unusual circumstances.

"I was kind of in the process of finding my place as a solo performer," Shelley explains. Relocating to PEI after a long stint rooted in Ontario's blues/jazz community, she was looking to get back to her roots as a songwriter and guitar player. That's around the time she met Maureen, and they became partners in music about the same time they became partners in life. "I just knew I wanted to hit the road; I wanted to dive in and play and write and just experience life, and it turns out that's what Maureen wanted too."

In the following months, they tried to round out the trio a few times, though it just didn't feel right. "I knew I wanted Keelin to be that person for at least a year before we approached her," Shelley admits, unsure of whether she'd accept the invitation considering her profile as a successful Celtic instrumentalist. Fortunately, she did.

The three curious wanderers wasted no time adopting the Fluffy Little Cowboys moniker and



Shelley Montreuil (centre) returns to the area to play several gigs with Fluffy Little Cowboys bandmates Maureen Adams and Keelin Wedge

building their brand behind an uncompromising, take-no-prisoners approach to music, live performance, and lyrics.

*No Angel* is the pinnacle of that progress to date. Produced by PEI wunderkind Nathan Wiley (a fellow artistic vagabond with a varied style) and featuring Doobie Brothers drummer Ed Toth, the record showcases Fluffy Little Cowboys' diverse array of influences and undeniable vigour. It's also something of a soapbox for Shelley to share her pointed social commentary.

The band's June tour takes them to three venues in Humm country: they'll be at the Valley Food & Drink Co. in Calabogie on June 10 at 8PM, at YAK Youth Centre in Perth on the 15<sup>th</sup> at 7PM, and at South Branch Bistro in Kemptville on the 16<sup>th</sup> at 9PM. For more details, visit <fluffylittlecowboys.com>.

## Fiddle Service in Clayton

For several years, St. George's Anglican Church in Clayton has welcomed guests to their annual fiddle service in June, and the tradition continues this year on Sunday, June 11. The musical prelude begins at 9:30AM and the worship service, also featuring the guest musicians, begins at 10AM. A light lunch will follow the service.

Once again Kyle Felhaver and John Mitchell will lead the ten musicians as they play old favourite fiddle

pieces and hymns. St. George's is very pleased to be welcoming young fiddlers The Burnside Sisters for the first time. John and Kyle will not be the youngest musicians this year! The service is dedicated to the memory of Ron Caron, who shared his musical talents in past years, and as usual, a donation will be made to the Danny O'Connell Memorial Fund. For more information call Ray at 256-9010 or check <stgeorgeschurchclayton.webs.com>.

## Bountiful Breakfast Supports Algonquin Culture Camp

The second annual fundraising breakfast for the Ardoch Algonquin and Apagidiwag Omamawi'ininiwag Culture Camp is coming up on June 10 in Perth.

The tasty fundraiser is held at St. Paul's United Church (25 Gore Street W.) from 9-11:30AM. Drop in and stack your plate with pancakes, maple butter, sausage, bacon, fruit skewers, juice, coffee and tea. Gluten-free options are also available.

Proceeds will support the popular four-day camp that was founded ten years ago in order to strengthen culture, language and intellectual traditions of local Anishinaabe youth and families. It will be held from July 6-9 at Mazinaw-Gamiig (Bon Echo Provincial Park), which is a sacred area to the Algonquin Anishinaabe.

Ardoch Algonquin First Nation is an Anishnabek community located throughout the Madawaska, Mississippi and Rideau watersheds. According to their website, the Ardoch Algonquin work hard to maintain their relationships and responsibilities in their homeland "in a respectful way that promotes pimàdiziwin" (a philosophical way of seeing the world). The Culture Camp is one vital way to support this aim. For more details on this Indigenous community's long history and present day issues, go to <aafna.ca>.

The cost for the June 10 breakfast is \$8 online through Eventbrite (search for Ardoch Algonquin), or \$10 at the door. Email <reginahartwick@gmail.com> for details. This fundraiser is supported by Lanark County Neighbours for Truth and Reconciliation, as well as The Table Community Food Centre in Perth.



Celebrate summer with free concerts by Canada's oldest continuing town band!

## Perth Summer Pops Concerts

The Perth Citizens' Band, Canada's oldest continuing town band, is preparing for the 2017 season of its annual Summer Pops Concert Series. As we mark Canada's 150<sup>th</sup> anniversary, it's interesting to note that the Perth Citizens' Band has been a part of the celebrations since Confederation. The band dates back to the 1850s, and performed at Perth's first Canada Day in 1867, as well as at various other notable celebrations up to the present. Much of the music played in the past, along with photos and antique instruments, is still in the band's collection to this day. The Summer Pops Concerts in the park have been a long tradition.

All concerts are held at the bandstand located in Stewart Park, directly behind the Town Hall, in historic downtown Perth, and are free to the public. Concerts feature a variety of music ranging from classical to Broadway and movie themes, as well as jazz, blues, and other popular forms; a bit of music for all tastes and ages. In addition, conductor Brian Tackaberry includes heritage pieces from the band's historic files as well as songs by Canadian composers or arrangers, as part of the Canada 150 Celebrations.

All concerts begin at 7:30PM except the June 22<sup>nd</sup> concert, which begins at 7PM and is held in conjunction with the Strawberry Social sponsored by the Perth Rotary Club. Audience members are invited to bring along a lawn chair or simply enjoy a leisurely stroll through the park during the performances. In addition, the band will be performing at the North Lanark Regional Museum's annual Strawberry Festival on Sunday, June 25. The Pops Concerts for this year are on June 8 and 22, July 6 and 20, and August 3 and 17. For more information, visit <perthband.ca>.

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# Local Author Pens Rideau Lakes Mystery

Three young women immigrate to the province of Canada in the 1850s in *Provenance of the Stones*, a mystery set in the years leading up to Confederation. *Provenance* is the latest book by author Patricia Josefchak, released by Burnstown Publishing House.

Drawn to each other like sisters, Aggie, Jen, and Donnah decide to journey together, and Aggie lands with more than she started with. They travel inland and settle in a cottage not far from Perth and Smiths Falls in Upper Canada, now known as the Rideau Lakes. Aggie's gift as a healer is welcome in the wilderness; Donnah is a first-rate cook and finds work at a local inn, as does Jen, who is a seamstress.

Aggie tends to a neighbour who has a large homestead nearby; his injury remains unexplained, but she does not pry. Trust and new friendships are tested. But later she learns that he and others are involved with events south of the border where civil discord is brewing...

The women's cottage is burgled, and the small safe hidden behind a stone in the fireplace is discovered; papers are lost, fortunes are found, and love is rekindled.

*Her mum had foretold, "...heed stones of hearth for secrets deep and search for stone of truths to keep..."*

This is the *Provenance of the Stones*...

Patricia Josefchak is a local author who calls Otter Lake home. *Provenance of the Stones* is her fourth book and the first in a new series. "I think the community and guests to the area would truly enjoy this story that wraps fiction around the goings-on of the age... The Rideau Lakes and the history of the times have inspired me... my characters take over and weave the story... I never know how my stories will end," she explains.

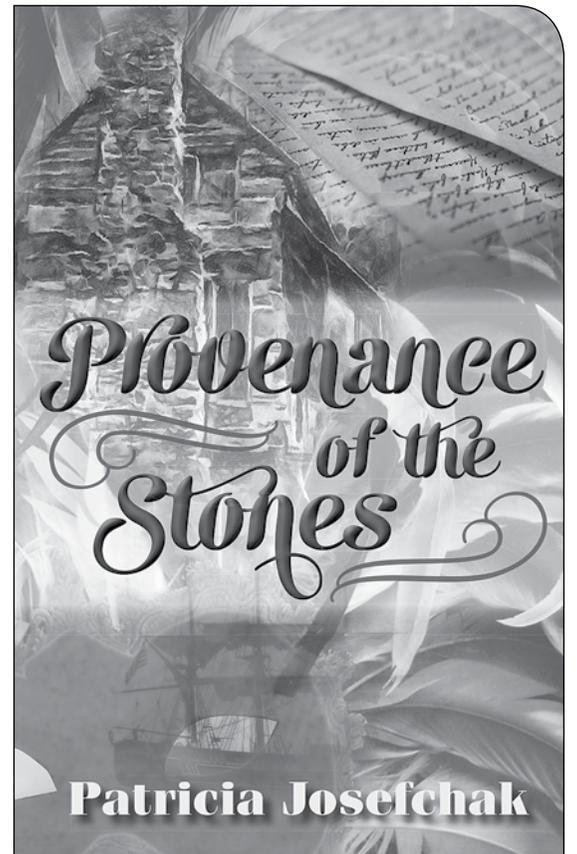
"People dreamed of a better life here. The times weren't easy; some immigrants didn't survive the crossing, and those that did faced no shortage of hard work. It was also a wondrous time; the world was

industrializing but the times weren't yet 'modern.' Sailing ships were giving way to steam ships; hearth cooking to wood stoves; needle and thread to treadle sewing machines and more. But there were no lightbulbs or telephones or automobiles yet. The Rideau Canal, and then the railroads, brought new immigrants from the ports inland from Lower to Upper Canada and beyond to the west. And it was a tumultuous time with folks trying to get out from under the yoke of servitude in its various forms; some had a choice to flee, others didn't. Civil strife was brewing south of the border and the Province of Canada was on guard."

"My inspiration? I think it was the overwhelming sense of admiration I felt for the people who were determined to chase their dreams and crossed on the sailing ships. I looked at old sketches and my characters came to life... I found Aggie — the story's heroine... and the rest, as they say, is fiction."

According to Ms. Josefchak, this is the first in a trilogy; the sequel is written and she's working on the third. Does she hope to have a best-seller? "...it's not my motivation, but I'll have fun trying. I have been writing since I was a child — I love to write... everything else is a bonus."

*Provenance of the Stones* and her earlier titles (*Angel on her Knees*, *Keys of the Hollow*, and *Pearls in the Snow*) are available from Burnstown Publishing House at <burnstownpublishing.com> and from the Book Nook in Perth. Her titles are also available for e-readers.



Patricia Josefchak is a local author who calls Otter Lake home. *Provenance of the Stones* is her fourth book, and the first in a new series, published by Burnstown Publishing

## Strawberry Social / BBQ / Bake Sale

Guthrie United Church, Clayton  
Saturday June 24, 2017 from 11:30AM to 2:30PM

## Living Meditation: A Way of Life

A Daylong Retreat with Daryl Lynn Ross, Guiding Teacher, True North Insight Meditation.  
Sat 3 June, 11AM to 5PM at The Yoga Connection, Perth.  
info: [truenorthinsight.org/programs](http://truenorthinsight.org/programs)

## Quilts in the Garden

June 17, 9:30-3PM

a show and sale of beautiful quilts and handmade items in the gardens of

The Country Quilter, 3444 McBean St., Richmond  
[www.thecountryquilter.ca](http://www.thecountryquilter.ca) 613-838-5541

## Canada Day Coin Exchange! July 1, 10AM-4PM



Join us as we celebrate Canada's 150<sup>th</sup> Birthday with the unveiling of a special Centennial Display of 1967 Coins, Medals, & other unique Memorabilia.

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# Four Winds Voyageur Canoe Brigades

You'll never believe what happened. Paddler after paddler after paddler signed up to canoe from Kingston to Ottawa along the historic Rideau Canal during the last week of June. "I never expected 130 people from across Canada to join me on the South Wind Brigade," explains organizer and renowned canoeist Max Finkelstein.

Max adds: "There are three other brigades: one from the east paddling up the Ottawa River from Montreal, a second from the west paddling down the Ottawa from Mattawa, and a third from the north — a group of Algonquin youth, paddling down the Gatineau River from Low — hence, the Four Winds. Taken together, we are a group of over 200 paddlers who will converge in Ottawa, at Asinabke (Victoria Island) on the Ottawa River, on July 1."

The brigades will be carried out in honour of Omamiwinini (Algonquin) Elder, spiritual leader and environmentalist William Commanda (1913-2011), and his vision for a Circle of All Nations. "We must come together with one heart, one mind, one love and one determination to create a circle of all nations, a culture of peace," said Father Commanda. "Ginawaydaganuc — We are all connected," was another of Father Commanda's sayings.

The canoe is a symbol of how people, water and nature combine and work together to animate peace, healing and understanding. With this in mind, the brigades have a mission: first, to highlight the spirit of reconciliation between Indigenous and non-Indigenous people for our collective future;

and second, to highlight the spirit of reconciliation with the ecosystems along these waterways that support the life of all living creatures.

"Yes, we have a serious message to convey," adds Max, "but we're going to have fun too! How can we not? The Rideau, Ottawa and Gatineau are beautiful waterways; each has its own rich history, its own story to tell."

More canoeists, kayakers and others with non-motorized watercraft are invited to join the South Wind Brigade on Saturday, July 1 as they paddle the Rideau Canal through the capital city, making Canada Day a day to remember. They plan to lock through at Hogs Back at 11AM and arrive at the Ottawa Locks by the Chateau Laurier for a "doozy" of a portage before the Canal empties into the Ottawa River.

For more information on all Four Winds, visit <[fourwindsbrigade.wordpress.com](http://fourwindsbrigade.wordpress.com)>.

Manitjitoda ki dakinan ashidj kinanibi



**Celebrate Canada's Heritage Rivers!**  
**Célébrons les rivières du patrimoine canadien!**

As we think about what we want for the future of Canada,  
"Manitjitoda ki dakinan ashidj kinanibi -  
Let us esteem the land and the water."

# Child Haven International Dinner

## Donor to Match Donations up to \$10,000

Last year's fundraising dinner in Perth raised almost \$7000 for the charitable organization Child Haven International, but this year's event could potentially raise much more. An anonymous (and very generous) donor has offered to match all funds raised — up to \$10,000 — so the challenge is on for all sponsors to try to beat last year's donations! The dinner takes place from 5–9PM on Friday, June 16 at St. Paul's United Church, located at 25 Gore Street West in Perth.

Inspired by the ideals and philosophy of Mahatma Gandhi, Child Haven International is a registered not-for-profit charity founded in 1985 by Bonnie and Fred Cappuccino. Its goal is to assist women and children in need of food, education, health care, shelter and clothing, and emotional and moral support. The organization now runs nine homes for children in India, Bangladesh, Nepal, and Tibet, and Bonnie and Fred have also adopted 19 children from around the world. Child Haven supports children with their education through high school and college, and women are supported with health care and assistance in setting up small businesses. More information about this wonderful initiative can be found at <childhaven.ca>.

In his recent book *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, author Paul Hawken and his team of researchers identified "educating girls" as #6 of the top ten most effective ways to reverse global warming. By supporting this fundraising dinner for an organiza-



Last year's fundraising dinner in Perth raised almost \$7000 for Child Haven International, and this year an anonymous donor has agreed to match donations up to \$10,000, so plan to attend on June 16

tion that is efficiently and compassionately doing just that, you never know how much good you can do. And with the support of the anonymous donor, you'll do twice as much!

Tickets are \$25 for adults and \$15 for children under ten (toddlers are free), and can be purchased online at <childhaven.ca> or by calling Sally at 446-0678. The evening includes a delicious dinner catered by The Twisted Fork, and features a silent auction, needs board, and bazaar table.

— Kris Riendeau

# Back on the Water

## An Intimate House Concert in Almonte

The Ottawa Bach Choir (OBC) would like to invite you to one of the magnificent events in their Intimate Concert Series — Bach on the Water — on Sunday, June 4 from 2:30–4:30PM. Patrons Shirley Fulton-Deugo and Al Potvin will host this glorious afternoon in their stylish home at 38 Carss Street, just downstream from Almonte, built on the crest of a hill 22 metres above the Mississippi River with a spectacular view! Enjoy delightful company and inspiring music by the OBC, with delicious food catered by Jessica's Syrian Food from Almonte <jessicasyrianfood.com>, mouth-watering maple treats from Fulton's, wine and soft drinks.

Founded in 2002 by Dr. Lisette Canton, the Ottawa Bach Choir offers a wide range of choral music from all historical periods, featuring some of Canada's top choristers. With their combination of a scholarly and an emotional approach, the OBC provides an unforgettable experience of choral music at its best. Now completing its fifteenth season, the professional ensemble has travelled the world and received national and international recognition. Last year the choir journeyed to China, where they were invited to perform as Canada's choral representative in the international festival Meet in Beijing 2016, in Beijing and Shanghai. In 2014, the OBC was the first Canadian choir to perform at Bachfest Leipzig 2014, the prestigious annual Bach festival held in Leipzig, Germany.



The Ottawa Bach Choir will perform at the home of Al Potvin and Shirley Fulton-Deugo on Sunday, June 4 (most likely without the organ pictured above though...)

The OBC recently celebrated the release of its sixth CD, *'Twas But Pure Love*, in honour of the choir's 15<sup>th</sup> anniversary. It features ethereal music from the Renaissance to the contemporary periods from Italy, Spain, England, Germany, Sweden and Canada, with two Canadian recording premières by Kelly-Marie Murphy and Matthew Larkin.

Tickets for Bach on the Water are \$75 (a \$50 tax receipt is available upon request). Parking is available on the driveway or on the street. Attendance will be limited to thirty guests, so get your tickets soon!

For more information or to purchase tickets, visit <ottawabachchoir.ca> or contact the OBC at <info@ottawabachchoir.ca> or 270-1015.

— Erin Binks is the Managing Director for the Ottawa Bach Choir

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A Two Rivers Food Hub Event  
at the Gallipeau Centre in Smiths Falls  
**Local Craft Breweries • Local Food Vendors**  
**Tickets:**  
By June 23: \$40/person • After June 23: \$45  
[www.pigstock.wordpress.com](http://www.pigstock.wordpress.com)

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# Broadway Hits, Heritage Shows

## Classic Theatre Festival's 2017 Season

Coming off a season that garnered more Capital Critics Circle Awards nominations than any other company in Eastern Ontario, Perth's Classic Theatre Festival opens its eighth summer season on June 21 with a combination of brand new historic walking plays and a collection of hits from the golden age of Broadway and the London stage.

Located at 54 Beckwith Street East (at Harvey) in Perth, the 2017 season opens with the most successful Canadian comedy ever staged on Broadway, Bernard Slade's *Same Time, Next Year* (June 23 to July 16). It stars CTF veterans Scott Clarkson and Lana Sugarman (who won the 2016 Best Female Performer Award for her portrayal of Raina in *Arms and the Man*). Slade's story about two people — each married to someone else — who meet for an annual weekend getaway over twenty-four years, was a Tony Award winner.

Next up is George Bernard Shaw's romantic comedy *Candida* (July 21 to August 13), which will appeal to anyone who remembers the powerful pull of a first love that burns in their soul. The play features a stellar cast including CTF veterans William Vickers, Jeffrey Aarles, Fraser Elsdon, Sean Jacklin, and Anna Burkholder, while introducing Dana Fradkin in the title role.

The mainstage season closes with an Alfred Hitchcock-style psychological thriller, Peter Colley's *I'll Be Back Before Midnight* (August 18 to September 10),

a "gaslighting" tale about a young couple who rent a spooky old country farmhouse. It features past favourites Lindsay Robinson and Alastair Love, while introducing first-time CTF performers Chandel Gambles and Lauren Horejda.

All mainstage shows run Tuesday to Sunday matinees at 2PM, and Wednesday and Saturday evenings at 8PM at the wheelchair accessible, air-conditioned space.

The Classic Theatre Festival's popular theatrical historic walking plays return this year with expanded performance times. Perth through the Ages (June 21 to August 27, Wednesday to Sunday at 11AM) presents a new, hour-long story entitled *A Nation Lost and Found*, focused on the daily lives, concerns, and conflicts of Perth and area residents at the time of Confederation.

**The Lonely Ghosts Walk** (June 29 to August 25, Thursdays and Friday at 7PM) will feature a new story, with the unsettled spirits of Perth performing an hour-long, family-friendly romp through the town's mysterious and haunted past. Music, comedy, and song are featured in this tale set at the time of Confederation. This year's walking troupe cast features Keegan Carr, Emma Houlahan, Connor Williamson and Garrett Pipher, in plays written by Laurel Smith and directed by Joanna McAuley Treffers.

Tickets to all CTF performances are available at <classictheatre.ca> or toll-free at 1-877-283-1283.



The Classic Theatre Festival's family-friendly historic theatrical walking plays and ghost walks recreate characters and stories from Perth's past during an hour-long stroll through town. This year's cast features Keegan Carr, Emma Houlahan, Connor Williamson and Garrett Pipher.

## Festival of Small Halls Welcomes New Venues

The festival that melds big names in music with rural communities in Eastern Ontario is expanding once again this fall.

Last year, the Ontario Festival of Small Halls got bigger and better, broadening its scope and bringing internationally renowned musicians to two dozen rural gathering spaces. For 2017, the Festival is continuing to grow, encompassing more than thirty community halls from even further afield. The celebration of exceptional live music will take place from September 14 to October 1, in intimate settings, to showcase local hubs, attract visitors to new regions, and build community.

The new host halls this year stretch from Dacre to Merrickville to Alexandria. While some venues are familiar hosts from last year, such as the Almonte Old Town Hall, others are new to the festival line up, like the Dunvegan Recreation Hall and the Balderson United Church. The festival also recently announced the addition of new halls in Tamworth and Kilmaurs!

Kelly Symes, General Manager of the Ontario Festival of Small Halls, explains that the festival allows music fans to experience a memorable evening of song and dance in cherished places that have a long history of gathering people together. "We're delighted to continue showcasing these intimate gathering places, and welcome big name musical acts to small-town Ontario," she says, noting that thirty new halls applied from across Eastern Ontario.

Symes adds that the new venues were selected based on their history, charm, and the eagerness of their volunteer teams. "These spaces play a vital role



In 2016, Harrow Fair performed at Union Hall in Mississippi Mills (with its unmistakable backdrop of the Floating Bridge mural by Laural Cook). The 2017 Festival of Small Halls will feature even more great venues!

in bringing people together," she explains. "Some of the new venues include a former schoolhouse, a radio concert hall and even a 177-year-old church."

This is the fourth year for the Ontario Festival of Small Halls, which has grown from only three halls on the schedule to over thirty. Symes says the festival is expanding quickly thanks to loyal supporters, as well as the eagerness and kindness of the host communities.

Organizers of the Ontario Festival of Small Halls will be revealing dates, big names and ticketing information later this month, so stay tuned to discover who will be taking centre stage across Eastern Ontario and the Upper Ottawa Valley.

For more information, including a list of all halls and a bio for each one, please visit <ontariosmallhalls.com>, call 402-1425, or follow along on social media.

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# Fantastic Food Hubs

About the time I moved to Almonte four years ago, several people excitedly told me about an effort to establish a food hub in Smiths Falls that was going to do fabulous things for local agriculture. My understanding of the concept was that it would bring together small-scale local producers and consolidate their output so they could meet the criteria of local restaurants and food retailers.

by David Hinks

Having been brought up on a small farm, I was suspicious of yet another “middle man” that would take another slice of the hard-earned income of small producers. My concern was that this was yet another well-meaning but misguided attempt by middle-class urban folk to improve a world they don’t know much about.



Bruce Enloe (left) has been at the helm of the Two Rivers Food Hub for the past few years

I am happy to admit that my original fears were very wrong. I have watched the **Two Rivers Food Hub** in Smiths Falls get off the ground, stumble a few times and now soar with Bruce Enloe, who has been at the wheel as General Manager for the last couple of years. I have had several discussions with Bruce, who by the way is also an accomplished and very busy local musician. He has an infectious enthusiasm when describing the many initiatives underway to help local growers and processors. I have also had several tours of the facility and am super-impressed by the space, the equipment and the food processing potential — many of the products we see at local farmers’ markets are processed there! The Lanark County Food Bank (aka The Hunger Stop) has also benefitted — firstly when a surplus of donated tomatoes were processed at Two Rivers last fall, and secondly with the winter storage of potatoes and carrots in their new state-of-the-art “root cellar”.

The food hub concept has been established in the U.S. for decades but has only recently taken root in Canada. Food hubs help small farmers with access to appropriately sized distribution and processing infrastructure (abattoirs, processing facilities,

small-scale trucking) that allow them access to larger markets. They provide small farmers with access to markets they would otherwise have great difficulty accessing. Each food hub is unique, as it responds to the producers and needs specific to its region. In general, all food hubs strive to promote production growth, support farmers, make local food accessible to larger markets, and stimulate economic growth.

The Two Rivers Food Hub is located in the Galipeau Centre in Smiths Falls. It is a not-for-profit social enterprise with a mandate to support the small- and medium-sized farm community around the two rivers that run through Lanark and Leeds-Grenville counties. It aims to achieve this mandate by providing access to commercial kitchen rentals, by offering wholesale aggregation and distribution, by offering a local food basket, by offering access to food processing and storage equipment, and by offering information and support services.

Two Rivers has a fundraising event coming up in early July that sounds like a lot of fun. **Pigstock** is a Woodstock-esque outdoor music festival and pig roast — with all the fixings! There will be on-site farmers’ market stalls and beer stalls featuring local breweries, which will pair well with musical talent from throughout the Lanark, Leeds and Grenville area. It takes place on Saturday, July 8, from 3–8PM at the Gallipeau Centre, located at 361 Queen Street in Smiths Falls. Early Bird tickets (purchased by June 23) are \$40 per person; the regular ticket price (after June 23) is \$45. That price includes admission to the musical event and a complete dinner, including one drink ticket! Go to <tworiversfoodhub.com> for more information.

A sister food hub has been established nearby. The **Deep Roots Food Hub** is a grassroots non-profit organization that aims to create a secure, sustainable food system in West Carleton. Board Chair Judi Varga-Toth states that: “the Deep Roots Food Hub was created to revitalize our local food economy”. The group received a huge boost when it was awarded a \$125,000 grant from the Community Foundation of Ottawa a year ago last December.

They are focussing on three main activities. The first is the creation of a community root cellar in West Carleton, where local, small-scale farmers can rent space to store their crops. The second is making more locally grown, healthy food available through West Carleton retail stores and restaurants, and through the expansion of the Good Food Box, a non-profit program that offers affordably-priced fruits and vegetables. And thirdly, workshops on topics such as cooking, nutrition, food gardening, canning and preserving, and home root cellaring.

The next educational event is an **Introduction to Forest Gardening** on June 10, with Telsing Andrews at Aster Lane Edibles in Kinburn, with a suggested donation of \$15. Register at <deeproofsfoodhub.ca>.

## Golf for Guide Dogs!

Join Canadian Guide Dogs for the Blind for their annual **Nine & Dine Golf Fun Day & Lobster Dinner** on Sunday, June 25 at the Canadian Golf & Country Club, located at 7800 Golf Club Way in Ashton.

The day features nine holes of golf with cart, followed by a full lobster for dinner, and all the usual fun and prizes, all in support of the training of guide dogs.

Experienced golfers are welcome, but this day is designed with no pressure, perfect for new or inexperienced players to come out and hit a few balls for a great cause.

The cost is \$99 per person, which includes your golf and scrumptious full lobster dinner, plus the chance to win plenty of prizes, including a \$10,000 hole-in-one prize on a par 3. Anyone can win! To register, go to <guidedogs.ca> or phone 692-7777.

Canadian Guide Dogs for the Blind was established as a registered charity in 1984. The organization has provided more than 820 professionally trained guide dogs to visually-impaired Canadians from coast to coast. They also operate an Assistance Dogs Division, which trains assistance dogs for individuals in the Ottawa area with mobility-related disabilities.



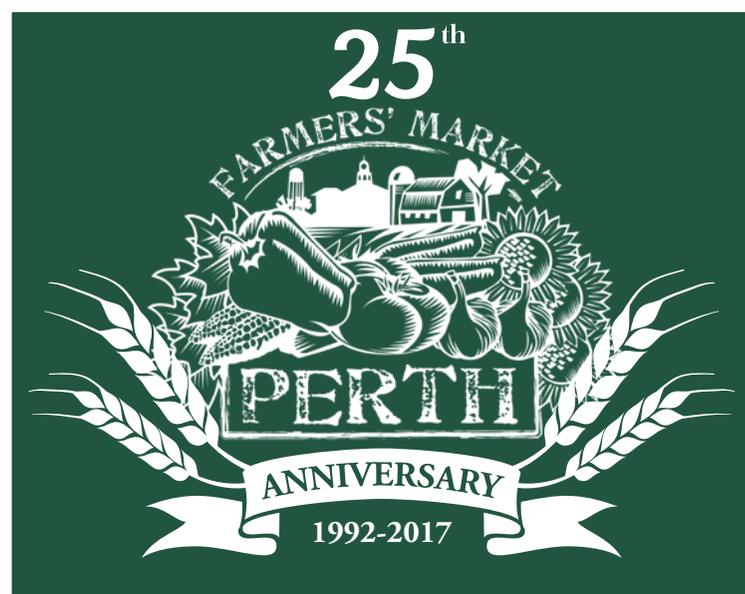
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 Every Sunday afternoon, **Head Over Heels on the Patio** (Guitar/Vocal Duo, Gananoque) 12:30–3:30  
 Fri. June 2 **Terry Tufts** (Acoustic Folk Guitar Master) 6-9  
 Sat. June 3 **Young Petty Stones** (A Nod to the Best in Rock & Roll) 7–11, \$50 Buffet & Show  
 Fri. June 9 **Sin and Swoon** (Old Time Country, Montreal) 6-9  
 Sat. June 10 **John Wilberforce** (Rock, Kemptonville) & Roast Beef Buffet Style Dinner, 6-9  
 Thu. June 15 **Meet the NHL Pros Gala** A fundraiser for F.O.T.A. featuring Autographs from NHL Pros, Buffet Dinner, Silent Auction, 50/50, Door Prizes and Music by **Spencer Evans Trio** with **Emily Fennell!** 6-11, \$60  
 Fri. June 16 **Morgan Davis** (Acoustic Blues, JUNO & Maple Blues Award Winner, Nova Scotia) 7-10, \$10  
 Sat. June 17 **Logan Brown & Angus Taylor** (Acoustic Soul) & Roast Beef Buffet Style Dinner, 6-9  
 Sun. June 18 **Father's Day - All Day Specials!** Lunch & Dinner, 11:30AM–9PM  
 Fri. June 23 **Kalil Bailey** (Soul/R&B/Rock, Perth) 6-9  
 Sat. June 24 **Head Over Heels** (Guitar/Vocal Duo, Gananoque) 6-9  
 Fri. June 30 **Pre-Canada Day Party** with **Turpin's Trail** (Folk/Celtic, Kingston) 7-11, \$10  
 Sat. July 1 **Happy 150th Canada! Head Over Heels** (Guitar/Vocal Duo, Gananoque) 6-9

Pick up the Humm in Carleton Place at  
**THE GREEN COUNTER**



**Perth Farmers' Market  
25<sup>th</sup> Anniversary Celebration  
July 8, 2017, 1–3PM**

Please join us for live music, kids' games and prizes, giveaways and cake to celebrate twenty five years of the modern Perth Farmers' Market! Crystal Palace on the Tay Basin, rain or shine!

Looking for something fun and family-friendly on  
**Saturday, June 3<sup>rd</sup>**?  
 Look no further than Mississippi Mills!

Mississippi Valley Conservation Authority  
 & North Lanark Regional Museum, with  
 support from the Town of Mississippi Mills,  
 present:



IN CELEBRATION OF CANADA'S 150TH

# Pioneer Day

## A Confederation Celebration

MAKERS MARKET  
 WAGON RIDES  
 DEMONSTRATIONS  
 LIVE MUSIC AND MUCH MORE!



Saturday June 3, 2017  
 10AM - 4PM  
 Mill of Kintail Conservation Area  
 Almonte, ON  
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And right after Pioneer Day, head over to Almonte for a party!

**SAT. JUNE 3<sup>RD</sup>**  
**STREET PARTY**  
 ON  
**MILL STREET**  
 STREET CLOSING AT 5:00 PM

POTLUCK AT 6:00 PM  
 CELEBRATE BIKE MONTH!  
 LIVE MUSIC!  
 BIKE GAMES



Pioneer Day, potluck, paddling and so much more — there's a whole month of fun leading up to a fabulous Canada Day weekend in Almonte & Pakenham!

Mississippi Milling

## What a Month in Mississippi Mills!

Look to your left! Now that's a month that knows how to start off with a bang — with an awesome day-long family-friendly event at the Mill of Kintail, followed by an amazing community potluck and street party in downtown Almonte. Hopefully you picked up this issue in time to put a big old circle around June 3, because there's so much fun to be had.

by Miss Mills, puppet reporter

You'll want to grab the whole family and hang out at the **Pioneer Day Confederation Celebration** from 10AM to 4PM that day, because the grounds and buildings at the Mill of Kintail will be just bursting with all sorts of stuff to do. Horse-drawn wagon rides will transport visitors from the Gatehouse parking lot down the old Mill Road to the Celebration site, where folks can wander through the Makers' Market of homespun crafts and woodworking. Everyone will be encouraged to take part in traditional chores, such as helping to do the laundry the old-fashioned way — with a washboard and washtub! A local Dairy Educator will be on hand to supervise the butter making, while some children can test their memory in a schoolroom spelling bee. Play games at the play structure area, with potato sack races and egg-on-a-spoon contests, and then head over to the Mill where kids and adults alike can don pioneer clothing and have their photos taken at the portrait studio. Live music will fill the air around the Cloister, and musicians will be strolling the site. Enjoy lunch at the barbeque or have your own family picnic under the apple trees! Admission is just \$10 per vehicle, and you can find out more at [mvc.on.ca](http://mvc.on.ca).

And when things wrap up there, you can drive or cycle over to downtown Almonte where lower Mill Street will be closed off for Mississippi Mills Bicycle Month's **Family Street Party**. The street closes at 5PM, a potluck dinner starts at 6, and there will be live music and games to keep everyone

entertained. Bring a dish and your own plate and cutlery, and help them build the longest community dinner table yet!

And speaking of **Mississippi Mills Bicycle Month**... look to your right! For the ninth year in a row, those enthusiastic cyclists have planned a whole month of activities designed to get you rockin' and rolling. There are regular weekly rides, rides to delightful places like the Ashton Pub or local microbreweries, rides with a purpose (to see birds, for instance, or to drink locally microbrewed beer), and even a Tour de Mississippi Mills that will take you all around the area (and feed you when you return). So many opportunities to ride — and every time you do, you can log your kilometres at [silverchainchallenge.ca](http://silverchainchallenge.ca) as your vote for better cycling infrastructure and a more bicycle-friendly community. Find out more at [mmbm.ca](http://mmbm.ca).

And speaking of active transportation, the Almonte General Hospital is calling all canoeists, kayakers and paddle boarders to come out and **Paddle for AGH** on Canada Day! More splashy than a walk-a-thon or fundraising run, Paddle for AGH will feature fun family-oriented canoe, kayak and paddle board races, a community group paddle to Appleton and back, and a build your own raft and race event too! The event runs from 7:30AM to noon at the Almonte Fairgrounds on the banks of the mighty Mississippi River, and starts with a hearty breakfast provided on-site by the Legion.

As well as enjoying time on the water, participants can win some amazing prizes including Wilderness Tours gift certificates, event T-shirts and much more. Shore activities will include historical games and activities, Celtic music and food. To find out more or enter a raft team, follow the links at [almontehospitalfoundation.com](http://almontehospitalfoundation.com).

And speaking of **Canada Day** (finally!), look on page 37 and 40 for a whole lot more to do in both Pakenham and Almonte to celebrate this fine country's sesquicentennial. And just in case I missed something, look at the massive calendar of events on pages 30–31. And have a great month!

# Ride!

## June is Mississippi Mills Bicycle Month

The best way to arrive in the world you want to live in is to support projects that lead in the direction you want to go. It can be as simple as that!

From its inception, Mississippi Mills Bicycle Month (now in its ninth year!), has envisioned a world that is healthy, active, economically strong, and environmentally sustained; a world where community is strong, inclusive, vibrant and safe.

With its tagline “we ride uphill to stay strong, we ride downhill to stay young”, **Mississippi Mills Bicycle Month (MMBM)** is a project of encouragement. Shining a light on cycling is what it's all about: egging citizens on to dust off their bikes, tune them up at their local bike shop, then ride, ride, ride! Those who haven't ridden since they were young rediscover the joy of their youth and that sense of freedom and discovery. Known as the most efficient non-motorized machine on the planet, the bicycle becomes a summer muse for all its users. What starts with a ride around the block in the spring ends up a multi-kilometre day-trip in the fall. It's as simple as that. We at MMBM know that — like peanuts — once you start you can't stop at just one, be it a ride or a peanut!

Mississippi Mills has seen changes over the past nine years. Big changes! We see more people riding bikes, plain and simple. We see a wonderful full-service bike store in town (Almonte Bicycle Works — be prepared to wait for an appointment if you want a bike tune up. It's a busy shop at this time of year!). We've seen a comprehensive Active Transportation Plan adopted by the town and the formation of an Active Transportation Advisory Committee. Mississippi Mills was also bestowed the honour of Bronze-level Bicycle-Friendly Community in 2016. With eight years of June bike rides, art shows, music events, seniors' rides and kids' rodeos, Mississippi Mills Bicycle Month's reputation for encouragement is now recognized across the province.

This June, as in past years, is filled with group rides for all ages. The Mississippi Mills Family Bicycle Club will host **Sunday rides for families** (you define family in your way, and remember — you don't have to be from Mississippi Mills) as well as the June 3

**Mill Street Street Party** and community potluck on a closed Mill Street in downtown Almonte. This, like every bicycle month event, is open to all. Help us build a really long table on Mill Street. Come celebrate community, summer festivals, Canada 150, Mill Street as an historic canoe portage route, whatever you want. Just come! There will be live music! (And you do not HAVE to cycle to the potluck, but do bring plates/cutlery along with your potluck dish.)

The Riding in Mississippi Mills Rovers (**RIMM Rovers**) will hold rides for older riders each week. How about a **brewery tour** by bike, or a ride with Town Council to the North Lanark Regional Museum for **strawberry shortcake**? Get your “red” on and ride the **Pakenham Canada Day Parade** (it's the best — it actually happens on June 30 and it goes around twice!). Old standbys like **Birders on Bicycles** and the **Tour de Mississippi Mills** are back for their ninth time. A full calendar of events is available at <mmbm.ca>. Find Mississippi Mills Bicycle Month on Facebook as well.

### 2017 Silver Chain Challenge

Whether you're from Mississippi Mills or not, you too can help build a culture of cycling in your town. Throughout the month of June, ride and then log your kilometers in the Silver Chain Challenge, and join in the friendly competition between Lanark and Renfrew Counties. Every kilometre you log on your bike and post at <silverchainchallenge.ca> is a vote for more cycling infrastructure, and a healthier quality of life.

A ride on your bike to the grocery store can be a simple investment in your personal health as well as a vote for the type of town you want to live in. This June, vote! Ride with us! Ride to the grocery store, ride with your kids, invite an active senior for a ride and a picnic. Pick events from the Mississippi Mills Bicycle Month calendar and show your support for the type of town you want to live in. The simple act of you going for a ride helps build the quality of life we seek for our towns.

Ride. Ride for whatever your reason, just ride!  
— Jeff Mills

**MISSISSIPPI MILLS BICYCLE MONTH**

June 2017

Painting by Rosemary Leach [www.rosemaryleach.com](http://www.rosemaryleach.com)

**Silver Chain Challenge - All Month!**  
**RIMM Rovers Rambles - Thursdays**  
**Family Bicycle Rides - Sundays**  
**Sunday Brunch Rides - Sundays**  
**Street Party, Potluck - June 3**  
**Microbrewery Tour - June 10**  
**Women's Mountain Bike Ride - June 10**  
**Birders on Bicycles - June 11**  
**Discover Almonte by Bike Ride - June 14**  
**Tour de Mississippi Mills - June 17**  
**Almonte PorchFest - June 17**  
**Ride to Strawberry Social - June 25**  
**Roadside Yoga for Cyclists - June 25**  
**Pakenham's Canada Day Eve Parade**  
and lots more – go to [mmbm.ca](http://mmbm.ca) to find out more!



# C'est Cheese (et Pêches & Poivre!)

Wandering up the main street of downtown Almonte, Weetabix is struck by the fact that it starts and ends with restaurants — a complete gastronomical gamut from the estimable Heirloom to the “easy to grasp and affordable” Subway sandwich. Between, a food truck, an ice cream shop, Baker Bob’s and Café Postino (if you are inclined to nostalgia and want to contemplate the pasta). Not to snub the fine establishments on the other side of the street, but we are on a mission: Pêches & Poivre is not a restaurant, but it is a place where one can get many things to eat while wondering what sort of person purchases a kale eclysiast.

by Sebastian Weetabix

A visually chaotic but organized trove of kitchen paraphernalia and whimsical items greets us; most are related to food and cooking. This is not a kitchen gadget emporium, but rather a great place to check for that special something that you didn’t even know you needed. If your imagination fails to produce anything as unlikely as a “kale stripper”, hurry over and be the first on your block to — what else — strip kale! Should stripped kale not be your thing, be assured there are many other items on offer. Truly this is a browser’s haven and well worth checking out, but for Weetabix it is a sideshow. We are here to check out the food.

First, it should be noted that the proprietors, Sandra and Lise, are hospitable and helpful; besides offering guidance and explanations, they generally have something available for sampling. Effective marketing that subtly binds the visitor. It also is a simple and direct way to focus on their main mission, which is to present a wide range of local and specialty items to enhance one’s general dining experience. Weetabix has written about the Almonte Canning Company’s excellent condiments, and here is a place to find them — along with many other offerings ranging from Baked Olives to Pink Grapefruit Marmalade. There is also an interesting selection of vinegars and oils that calls for further study. The fig balsamic vinegar is a personal favourite, and several other vinegars merit attention. Returning to jams and preserves, Weetabix resists the temptation to chow down on the Chocolate Supreme Sauce with Cognac (too early in the day to forego sobriety) and notes that several variants of infused maple syrup are offered alongside a Pure Peached Jam. One hopes that it may be joined soon by an im-Peachd jam in celebration of... well you know where that’s going, and this is not a political forum. We admit to being slightly taken aback by a bottle that carries on its label the words “Toe Jam — for those with discerning taste”. Curiosity prompted a close examination of this item, which appears to be made from fruity things with no visible sign of toenails or sloughed skin... Perhaps Weetabix is too literal in reading label copy, but alternate explanations raise many questions about the use of both the term “discerning” and the term “taste”.

“Taste” is not necessarily good and is definitely subjective. In reference to food, what we commonly describe as taste is a composite of several inputs including taste, smell, mouthfeel (organoleptic properties), and memory. It is a very complex construct and highly dependent on circumstances in ways that can transform an impression drastically — and sometimes irreversibly! From yummy to yucky can be a very short journey and one that often is influenced by personal experiences. This complex interplay is one of the reasons food offers so much in the way of entertainment.

## Cut to the Cheese...

And speaking of taste, Dear Reader, you should know that Pêches & Poivre is a front for something much more serious than condiments. It is the local connection for an essential food group that is not only nutritionally important but also a fundamental element of European classical cuisine. Yes, Almonte has a real cheese shop! Not just a place to purchase “cheesy comestibles”, but a shop that offers a knowledgeable and careful selection of cheeses and curates them with due respect and care.

The original purpose of cheese was to preserve the food value of milk. Its origins, like those of wine, kimchi and other products, are forever shrouded in the fog of pre-history. Most cultures discovered and developed foods based on bacterial and fungal



Almonte’s Pêches & Poivre is gaining a reputation as a purveyor of most excellent cheeses...

transformations of perishable ingredients. Imagine a world without cheese — or, if you care to, adopt the vegan approach and create one. Weetabix lacks judgment and moral restraint on the subject of cheese, and the editor (possessing both) will not allow the column space needed for an article on the general subject of cheese. So, reined in by respect for my forum, I return to Pêches & Poivre to address a key issue in your supply chain.

Cheeses are generally made in forms that are not sized to match reasonable portions. Canadian artisanal cheese makers have created an enormous and bewildering variety of products. Enter our heroines, Lise and Sandra, who have created not only a cheese shop but who also give guidance to this vast array of artisanal and farmstead cheeses. Their Cheese Club and the Cheese of the Month offer tasting notes, product highlights, and the opportunity to sample and give the “Gift of Cheese”. Knowledgeable advice on all of their products is offered, and discussion while sampling is strongly recommended. Finding and curating cheeses requires significant effort and you, Dear Reader, can benefit from both their expertise and their willingness to subdivide/package their offerings. Few of us want to purchase large quantities of a single cheese (no matter how good), so this aspect of a cheese shop is essential — and often underappreciated as to its benefits to the ultimate consumer. Variety is said to be the spice of life, but consistent quality is essential to having an enjoyable variety of cheesy pleasures. Sandra and Lise are proud to provide many local products and pleased to point out that their Cheese of the Month program also supports the Hub Hospice Palliative Care Project. You can too! I leave to you the task of ranking your favourite blue or cheddar at Pêches & Poivre — purveyors of fine cheeses to the refined.



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# Celtfest Lines Up to Celebrate Canada's 150<sup>th</sup>

Almonte Celtfest promises to celebrate Canada's 150<sup>th</sup> birthday with another rousing line-up of entertainment reflecting our Celtic roots, on July 7, 8, and 9 in Gemmill Park at the heart of Almonte. Once again, the family-friendly festival begins at 6PM on Friday evening with performances by three bands: Occasional Pudding, MacIsaac & MacKenzie, and De Temps Antan. As usual, admission is by donation at the park gates, and everyone is invited to bring a lawn chair to sit in the beautiful natural amphitheatre surrounding the Main Stage. Food and refreshment vendors (including the beer gardens) will be available, although people are welcome to bring their own picnic if desired.

The excitement continues on Saturday, July 8, with Celtic College music workshops

(topics to be announced) in the morning, and the day's entertainment on the Main Stage in Gemmill Park beginning with Opening Ceremonies at noon. Master of Ceremonies Dai Bassett will keep things hopping throughout the festival, announcing a wide range of Celtic performers, including Fiddlehead Music Theatre, Chad Wolfe Stepdancers, Triple Trouble and Alex George, Ottawa Celtic Choir, and Moore & McGregor. There is no going home for supper, because you won't want to miss the outstanding headliners of the day, including Clan Hanigan, Anna Ludlow, Bang on the Ear, Salty Dog, Louis Schryer Trio, Searson, and Ecosse! This exceptional list of fabulous Celtic artists defies description, but one thing is certain — there promises to be something for all Celtic-music lovers, no matter their favourite genre. Check out the various performers on the Almonte Celtfest Facebook page to learn more about each of the bands and individual performers.

Sunday, July 9, will dawn brightly no matter the weather, with the beloved Fiddle Mass at 10:30AM, at Almonte's Holy Name of Mary church. At noon, the music carries on in Gemmill Park, just behind the church,



Almonte Celtfest is gearing up for another three-day Celtic music extravaganza, in and around Gemmill Park on July 7, 8 and 9.

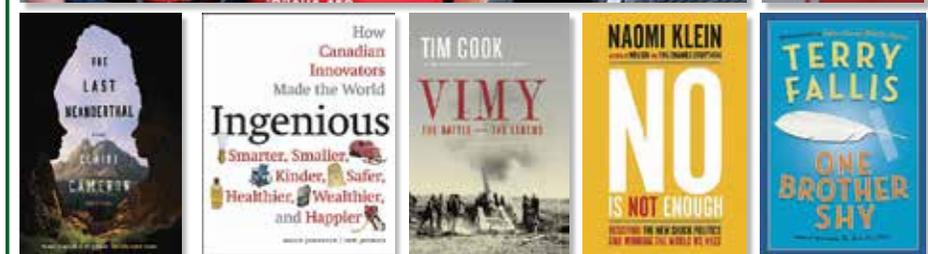
Below left, De Temps Antan will play on the Friday night.

financial recognition has been awarded to an Ottawa Valley youth, 25 years or younger, whose talents are extraordinary in the Celtic music genre. This memorial fund was established to honour Danny O'Connell, a remarkable fiddler who frequented the Almonte Celtfest stage during his career.

New fundraising efforts this year include Bingo in the Park in the evenings on Tuesday, July 4 and Thursday, July 6, where people can come play the game under the stars; also, a progressive 50/50 draw, the accrued prize to be awarded late afternoon

on the Sunday. The winner of the jackpot will take a 50% share of total ticket sales. Tickets go on sale shortly in Almonte. Check <almonteceltfest.com> for details.

If this is your first time contemplating a trip to Almonte's Celtfest, you are sure to be pleasantly surprised at the quality of affordable entertainment and the friendliness of the town. Organizers look forward to return visits from all their previous guests too. Come share in this summer's special excitement as the Ottawa Valley celebrates 150 years of Confederation from a Celtic viewpoint!



**To celebrate our 7<sup>th</sup> birthday we're offering 7% off 7 great titles in June!**



Visit our website for details of our birthday celebration June 17

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# Almonte CELTIFEST

July 7-8-9

**GEMMILL PARK MAIN STAGE**

**ADMISSION BY DONATION AT THE DOOR • PLEASE NO PETS**



*Ceol Go Leor  
Music Galore*

MASTER OF CEREMONIES DAI BASSETT

## Friday, July 7th • 6 pm - 10 pm

- 6:00 Occasional Pudding
- 7:00 Maclsaac and MacKenzie
- 8:00 De Temps Antan



## Saturday, July 8th • Noon - 10 pm

- 12:00 Opening Ceremonies
- 12:15 Fiddlehead Musical Theatre
- 12:45 Chad Wolfe Step Dancers
- 1:15 Triple Trouble & Alex George
- 1:45 Ottawa Celtic Choir
- 2:15 Moore & McGregor
- 3:00 Clan Hannigan
- 4:00 Anna Ludlow
- 5:00 Bang On The Ear
- 6:00 Salty Dog
- 7:00 Louis Schryer Trio
- 8:00 Searson
- 9:00 Ecosse



## Sunday Fiddle Mass

Holy Name of Mary Catholic Church  
10:30 am *Featuring "The Monday Night Fiddlers"*

## Sunday, July 9th • Noon - 6 pm

- 12:00 Monday Night Fiddlers
- 12:30 Bytowne Highland Dancers
- 1:00 O'Connell Memorial Scholarship Award
- 1:25 The Trousers
- 2:00 Branches of Silver
- 2:40 Fiddlehead Soup
- 3:00 Kyle Felhaver
- 4:00 The Ryans
- 5:00 Searson



Times and line-up may vary. Please visit our website for details.

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



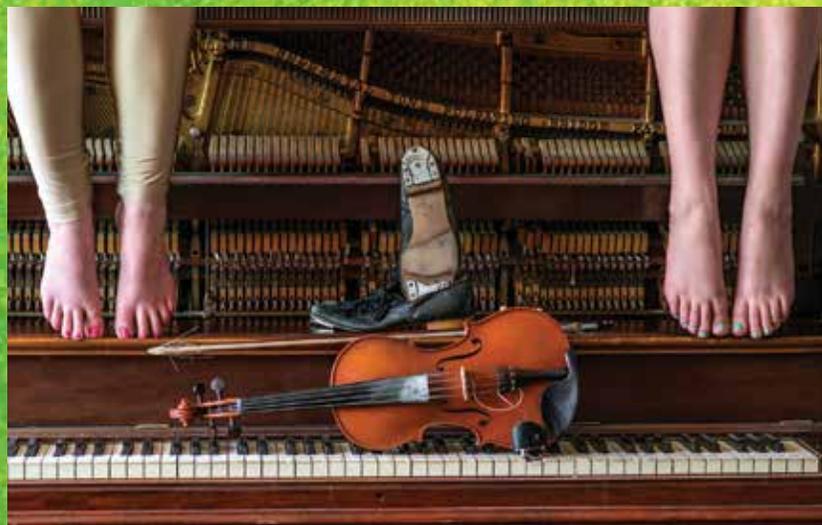
**Friday, July 7**

**De Temps Antan**



**Saturday, July 8**

**Ecosse**



**Sunday, July 9**

**Searson**

## Celtic Music and more...

### Lil Celtz Zone - Kids Activities

Saturday and Sunday 12-4

### Shady Spot Tent

Find some shade at Celtfest at the Mills Community Support Seniors' Services Tent.

**Water Stations** • Stay hydrated. Water stations available throughout the park grounds. Refill your water bottles.

### Buskers on Mill Street

Saturday and Sunday 12-4

**Raffle Tickets** • 50/50 tickets will be sold at Crooked Mile Brewery, The Beer Store in Almonte, and also in Gemmill Park over the Celtfest weekend. Draw will be held on Sunday, July 9 at 4 pm.

### Vendor Alley

There will be a variety of crafts and jewelry vendors for you to browse through.

### Food and Drink

Food choices will abound with various trucks to satisfy your appetite. The Civitan Club of Almonte will have a beer garden featuring local craft beers.

### Celtfest Camping

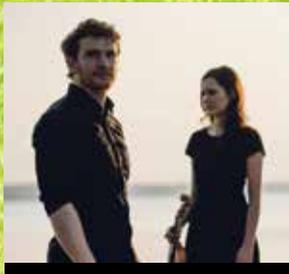
Limited spots and registration is required. Please visit our website for further details. This will be more like group camping than individual sites, so be prepared to like your neighbours!

### Volunteers

We can't put on this festival without the help of all the dedicated volunteers that join in to help throughout the weekend. If you wish to join the team, please visit our website for information on registering.



**Anna Ludlow**



**Maclsaac & MacKenzie**



**Bang On The Ear**



**Branches of Silver**



**The Trousers**



**Clan Hannigan**



**The Ryans**



**Moore & McGregor**

**For our complete line up please visit [almonteceltfest.com](http://almonteceltfest.com)**

## CELT FEST COLLEGE • SATURDAY, JULY 8<sup>th</sup>

The Celtic College workshops teach you new skills and hone the skills you have. Pick up valuable tips from experienced performers that will improve your playing — and maybe learn a new tune or two. The workshops will run from 10:00am to 11:30am on Saturday, July 8, 2017, at the Almonte Old Town Hall. Registration is \$25.

**Learning to love the fiddle (beginners)**  
**Beginner Bodhran with Graham Lindsey**  
**Beginner Whistle**

For more information about each workshop, the instructors and to Pre-register on-line, go to [almonteceltfest.com/workshops](http://almonteceltfest.com/workshops).

Like us on **Facebook** at Almonte Celtfest

Follow us on **twitter** @almonteceltfest

Tweet live #Celtfest2017

Please visit our website for up-to-date announcements

**[almonteceltfest.com](http://almonteceltfest.com)**

## THANK YOU

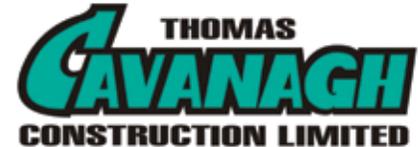


Canadian Heritage

Patrimoine canadien



Mississippi Mills



# Canadian Art Gets an “Eh” Plus!

## Adrienne Dagg's *Public Spaces*

A recipient of the prestigious Elizabeth Greenshields Award for figurative art, Adrienne Dagg's work has been exhibited in Toronto and Montreal, and is held in many private collections throughout Canada. In 2016, she completed an artist residency at Sachaqa Centro De Arte in Peru. From June 2 to July 9, her work will be featured at Sivarulrasa Gallery in Almonte <sivarulrasa.com>, and you can meet the artist at a vernissage on Saturday, June 10 from 3–6PM.

by Miss Cellaneous

In *Public Spaces*, Dagg deploys representational, figurative narratives to capture individuals and groups in explicitly public contexts. Her interest is in the dynamic energy of the urban sphere, a space where worlds collide. Drawing on her experiences in Canada's two largest cities — Montreal, where she earned her BFA, and Toronto, where she currently lives — her work depicts people participating in a world beyond the boundaries of the self. Each painting is a scene carefully constructed by the artist. We see characters reveling, recording, rebelling; these actions bring individuals outside of themselves and into local, national, and global communities. Signs and signals litter the landscape of these paintings; sometimes exaggerated, these serve as symbols and markers of an ordering force that the subjects willfully, sometimes joyfully, ignore. By witnessing and being witnessed, the subjects conflate the boundaries of the personal and the public. Visually engaging and technically accomplished, Adrienne Dagg's *Public Spaces* offers captivating glimpses of personhood in the confines of contemporary urban life.



Direction by Adrienne Dagg

## Celebrate Canadian Art on Canada Day!

The 19<sup>th</sup> annual **Rideau Lakes Studio and Garden Tour** celebrates Canada's 150<sup>th</sup> birthday on the Canada Day weekend in the Rideau Lakes district, concentrated around the villages of Portland, Newboro and Chaffey's Locks. It features paintings, candles, jewellery, pottery, quilts, weaving, wood-working and sculpture for your home and garden. Studios will be open on July 1 and 2 from 10AM to 5PM. Free brochures guiding you through the tour are available at most area stores, restaurants and welcome centres.

The artists have the welcome mats out and are ready with a few surprises for you. For more information, visit <rideaulakesstudioandgardentour.com> or call 359-5947.

## Paint the Summer!

The Rideau Lakes Artists' Association is switching things up this summer. They are introducing a new venue to help celebrate Canada's 150<sup>th</sup> anniversary by holding their new summer show, **Paint the Summer**, at Algonquin College in Perth, located at 7 Craig Street.

When the organization first introduced their Art in the Barn show seven years ago, they never imagined the resounding success of having the public interact with the artists directly, or the overwhelming support they have received from the public since then. They hope to carry this support to the new facility by producing an even more exciting show with all the comforts of a gallery.

You will be able to see wonderful original paintings in oil, acrylic, watercolour, batik, among others, representing the artists' expression of what this great country of ours means to them. You'll also find many other art forms, including needle felting, sculpture and alcohol inks. There will be a painting competition to celebrate Canada, in which the public will be able to judge the People's Choice. You will still be able to meet with the artists and discuss their ideas and inspirations while also getting to know the dynamic s of this successful art association.

Each year the show supports a local charity, and this year it is Habitat for Humanity. The show will be open on Saturday, July 15 and Sunday, July 16 from 10AM to 4PM. Admission is free, there is plenty of free parking, and since the show is now in the heritage Town of Perth, refreshments are readily available. For more information, be sure to look for the brochures in local businesses, visit <rideaulakesartists.com> or find them on Facebook. Come say hello to these great artists and enjoy their talents in this great new facility.



Art by Claire Jacobs (above) and other wonderful Canadian artists will be on display and for sale at the Rideau Lakes Artists' Association's **Paint the Summer** show. Formerly known as Art in the Barn, this year's show will take place at Algonquin College's Perth Campus

## Quilt Call for the Richmond Fair

It's that time of year again, when the quilt committee of the annual Richmond Fair reaches out to encourage all quilters to exhibit their work to make the show even better than last year. It seems a long way off, but quilters need lots of lead-time to get their creations finished in time to register them by September 5 and bring them in on September 11. The fair takes place from September 14–17, and the quilt show is always spectacular! Quilters do not have to be residents of Richmond, and there are many different sections to enter, including one for young quilters. This year there will be a special display of quilts made to celebrate Canada's 150<sup>th</sup>. These quilts will not be judged, but will be displayed with other 150-related items from the home craft division of the fair. This to encourage those who like to display their work but prefer not to have it judged.

The prize list with all sections will soon be available at <richmondfair.ca>. Entry forms are also on the website, and must be completed and sent to the fair office before September 5. The quilt list form and a story form for each item entered are also found on the website, to be completed and brought in with the quilts on the evening of September 11.

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WE CARRY SUMMER TOYS & GAMES TOO

It's Our 2nd Anniversary - Win a Lee Valley Tools Gift Card!

With every \$20+ purchase you will be given an entry ballot for a chance to win a \$50 Lee Valley Tools gift card. The draw will take place on June 30 at L.G. Lee & Sons.



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# Free “University” for Stock Show Youth

Not many kids under 21 want to head to school, but ask thirteen-year-old Owen Grundy about Stock Show University, and he'll tell you it's a place he'd go every day — if he could.

Stock Show U, with “professors” from all over North America, makes its debut in Eastern Ontario on August 5 and 6 this year at the Metcalfe Fairgrounds.

It's a free educational clinic where stock show youth are taught “proper techniques for washing, blow-drying, clipping, grooming, brushing and just generally getting their animals ready for the show ring,” explains Chris Grundy, eastern Ontario contact for R.K. Farm Supplies. He's a keen enthusiast of the two-day weekend, as is his son Owen.

Kids are up at 4AM to prepare their animals for the professors' arrivals at 8 — that means washed, blown-dry, fed and watered. When the professors show up, students' focus intensifies so that by the end of Sunday their skills are that much closer to perfection.

Chris is clear on two aspects: that the professors are hand-picked men and women experienced in teaching and demonstrating; and that the two-day activity is for kids from 4-H Clubs in Ontario and Western Quebec (or for kids who want to learn proper showmanship techniques with their animals). Each participant brings his or her own halter-broke animal.

Days are long and intense. Set-up is on Friday afternoon and evening, with a Saturday start at 8AM sharp; the Saturday program finishes at 6PM, and Sunday's at 3PM. Sunday afternoon focuses on showmanship etiquette for animal and handler. Kids are fed lunch and supper on Saturday, and lunch on Sunday. Spectators and parents (of course) are welcome; it's a free day for onlookers. Some students are as young as five or six.

This is Owen's third year; for Camryn, his ten-year-old sister, this will be her first. Owen took on his first cow at five but decided two years ago to invest in a Shorthorn; this year he's showing a Hereford. For those not in-the-know, when showing Shorthorns, handlers wear burgundy; when showing Herefords they wear red. And it's understood that “dress” for the day is jeans, cowboy boots, and a buttoned-up, collared shirt.

As a spectator, consider this as you watch kids in the show ring with their animals: cows weigh in at about 1000 pounds. Owen, on the other hand, weighs 135 and stands 5'6". That's a lot of cow to be pulling around!

The skill in handling big animals is knowing how to do it. That's why Owen likes to go to Stock Show U. He meets people there who teach him how to do a lot of “stuff” — like grooming or primping a cow for show, particularly their coat. Owen explains that they're taught to “brush the hair forward and down” which encourages fuller growth. Animals are washed, conditioned and blown dry with special products to enhance shine. “I clean the poop off their feet,” Owen says with a grin,



Thirteen-year-old Owen Grundy (shown above with Heatwave) is eagerly awaiting “Stock Show University” this summer

and sometimes feet are sprayed with clear lacquer. Stock Show professors teach kids how to be better showmen and how to do it efficiently. Looking back over the past three years, Chris agrees. He says Owen is “better with tail, leg work and blending.”

Not that Owen's a novice here. He's been showing since he was six and his wish, or hope, is to go all over North America as a “fitter”. Likely he'll do it. According to Dairy Quality Inc., “[A] cattle fitter is a behind-the-scenes stylist, makeup artist, sportsman and, above all, cattle enthusiast. [Fitters] don't often see the glory that the showman does, or get the praise of the breeder, but without them, the show wouldn't go on.”

Owen has a good start on his dreams; he's shown across Ontario, been to multiple Bonanzas in several provinces, and was Champion Junior Showman in Fredericton in 2015 where, in a class for ten-to fourteen-year-olds, he took the lead among fifty kids from across Canada. In 2014 he was Junior Champion Groomsman in Lindsay. And, after Stock Show U this year, he'll head to Victoriaville, QC.

Chris points out that the university was “scheduled before the fairs start in the fall so kids can take what they learn there to the shows.”

Who are some of these professors? Callyn Hahn is one; she's Dean of Stock Show University and hails from Woodbine, Iowa. She's knowledgeable about Shorthorns and calf genetics, and participated in livestock judging while at college and university. The number of professors in Metcalfe depends on the number registered; Hahn says the ratio is one prof for every ten students.

To attend this year's Stock Show U, participants must register by July 4. Registration and more information can be found by visiting <sullivansupply.com> and clicking the Stock Show University link. For further information, contact Chris Grundy at 293-0742 or <grudy.c@hotmail.com>.

— Sally Smith

Sunday, June 24  
8am-3pm Carp Fairgrounds, 3790 Carp Rd

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# Delicious Food for a Great Cause

## The Table's Summer Food Fundraisers

The Table Community Food Centre in Perth provides a wide range of vital programs that provide access to healthy food, improve food literacy, support low-income community members, create a more engaged connected community, and push for the changes needed to end food insecurity in our community. In 2016 The Table offered 857 program sessions that touched the lives of over 2,000 people. Running such an ambitious program requires significant financial resources, and The Table's summer food fundraisers are an important source of revenue for this local charity.



From Hungry Planet Pop Ups to Barns, Farms and Wicked Chefs, The Table wants to feed you this summer!

Things get started on June 3 and 10 with the **Hungry Planet Pop Up**. This owes its origin to Community Chef Judy Dempsey's restaurant of the same name, which closed eight years ago. Despite the long hiatus between when the restaurant closed and when the first pop-up happened in 2015, fans of the Hungry Planet were eager to once again enjoy eclectic menu favourites like the lamb burgers and pad thai. The full menu and ordering information (pre-ordering is required) can be found at <theablefc.org>.

interested in volunteering a few hours can sign up online at <perthribfest.com>.

Next on the calendar is the **Stewart Park Festival** from July 14 to 16. The Table will be back with its homemade and refreshing rhubarb spritzer and Vietnamese iced coffee, which were a hit at last year's festival. The food items on the menu are still being decided on, but there is no doubt they will be fresh and delicious.

The Table's capstone event for the summer is the farm-to-plate gala **Barns, Farms and Wicked Chefs** on Saturday, August 26. In the rustic elegance of a heritage farmstead, guest chefs from around the region create plates with locally-sourced products that are accompanied by a selection of regional wines and local craft beer. Folk and jazz music provide ambiance, and there will be both a live and silent auction with many interesting items to bid on. There is a Barns, Farms and Wicked Chefs Facebook page with photos of past events and updates on this year's edition. Information and tickets, which are \$125, are available at <thetablefc.org>.

For the first time, The Table will be at **Perth Ribfest**, from July 28 to 30. Here they will offer some healthy salads and other options to go along with, or as an alternative to, the ribs the festival has become so well known for. The Table is also collaborating with Perth Rotary to supply volunteers to Ribfest, which has become an important fundraiser for a variety of community projects, including The Table. Anyone

The Table appreciates the tremendous support it receives from the community at these events and in other ways throughout the year. The staff and volunteers look forward to seeing supporters, new and long-standing, coming out for some delicious food for a great cause this summer.

# A Message from Mill Street Books

Mill Street Books opened seven years ago, and we're pleased to report that it was a great decision — even though we knew more about books than business! We've discovered that there are many perks to running a bookstore. From unpacking cartons of new books and sharing the great titles we've discovered to chatting with the regulars and meeting book lovers, we enjoy what we do. It is rewarding to help solve mysteries by locating "that book with the blue cover", to find that the title you want to special order is already on our shelves, or to overhear someone say "Wow — what a cool selection!" We have been honoured to meet many authors and interact with publishers' reps and booksellers from across Canada. We have had opportunities to participate in community events, follow local issues, and promote our town and fellow shopkeepers.

and enthusiasm, and Jill who steps in when we're overwhelmed. Thanks to the great folks at theHumm and The Millstone who help promote our events.

Please join us on June 17 when we celebrate with specials, prizes and refreshments.  
— Mary & Terry, Mill Street Books

We cherish our amazing customers — we wouldn't be here without you choosing to shop at our store. Our heartfelt thanks for your support. We are also fortunate to have great help from Debbie who provides hugs, advice



# Plays, Antiques, Kilts & Parties!

In a small town like Perth, June smells like strawberries, roses, and pines; smoky garlic from the barbecue, and the neighbour's fresh cut grass. Under the bright blue June-lit skies, you can hear the echoes of outdoor music and happy voices, the home-run crack of a baseball off a bat, and canoes

by John Pigeau

padding through Tay River waters. It's always a magical month in the pretty old town. Whether you'd like to keep busy with summer kick-offs and garden parties, or lounge lazily in your backyard hammock luxuriating in the summer sun, there is a lot (or very little) to do.



This year the Perth Antique Show & Sale takes place in a new location — the Civitan Club of Perth!

At St. James Anglican Church, the month begins with a set of concerts, one by the **Men of the Tay Choir**, and one by the **Women of the Tay Choir**. Both groups will be performing special programs focused on Canadian music in honour of the country's 150<sup>th</sup> birthday. The men will be singing on Monday, June 5 at 7:30PM, the women's choir at the same time on Wednesday, June 7. For further information, please visit <musicofthetay.org>.

BarnDoor Productions will mark the coming of summer with a presentation of David Churchill's farce **The Decorator**. I like the saucy sound of this play, the story of which revolves around two women (a cheating wife and the wife of her lover) and a hapless decorator (and part-time actor) who finds himself caught up in the battle between the two women. Directed by David Bird, **The Decorator** opens at the Full Circle Theatre on June 9 and runs through to the 18<sup>th</sup>. For further information, including show times and ticket prices, please visit <barndoorproductions.ca>. You can also call them to reserve tickets at 267-1884.

I know fun when I hear it, and this sounds like fun: on June 10 and 11, the lovely people at Perth Outfitters are helping to celebrate the sesquicentennial with "**Canoe Believe It**" — a paddle in canoes down and through a series of nearby locks. They will buddy new paddlers with experienced ones, and at some point this venture will include live music, campfires, a BBQ, and overnight camping. See? Mighty fun! If you would like more

information about this mighty fun adventure, please visit <perthoutfitters.com> or call 772-1122.

Do you have plans for Father's Day Weekend? If not, the annual **Art in the Garden** show and sale is always a splendid way to spend a day with your father or the special dad in your life, especially if he's fond of unique and beautiful garden art. Kiwi Gardens plays host to this premier event, now in its 21<sup>st</sup> year, which is not only a show and sale of creative artwork for your garden and outdoor space, but a celebration of music, food, and nature as well. Thirty artists will showcase their work throughout Kiwi Gardens, and you can stroll the walkways at your leisure, taking in some truly exceptional pieces of art, including garden sculptures, obelisks and arbours, blown glass, outdoor furniture, wind chimes, pottery, and much more. To get a glimpse of the exquisite art, I advise you to visit <kiwigardens.ca> — I was amazed by the beauty I saw there. Tasty food and beverages will be available on site, and there will be live music too, with plenty of benches to rest on while you enjoy the sights and sounds. The show is open from 9AM to 5PM on June 17 and 18. Admission is \$5, and pets on a leash are welcome. For further information, please call 267-7384.

Perth's World Record **Kilt Run** is back on June 24. A weekend of festivities includes live music, bagpipes, a haggis toss, shortbread competition, face painting, and of course thousands of kilted participants running through Perth. The main race begins at 6PM. This year's theme is "All Things Maple" so you can expect some maple-related goodies will be available before and after the races. You can still register for some of the races, by the way, or volunteer at one of the cheering and/or water stations. To do so and for further information, please visit <perthkilttrun.ca> or contact Karen Fox at 267-3311 x2279, or Mary Stewart at 264-8904.

The **Perth Antique Show & Sale**, a favourite annual event for many, has a new location this year: the Civitan Club of Perth (at 6787 Lanark County Road 43). This summer's show takes place on July 1 and 2, from 10AM to 4PM both days, and features antique dealers from all over Quebec and Ontario, who will be set up in tents outside and inside the air-conditioned Civitan Hall. Admission is \$7. Children get in free. And there will be a barbeque as well. For further information, please contact Bill Dobson or Linda Hynes at 283-5270.

And don't forget the Town of Perth's Canada Day celebrations! The fun kicks off with a **Party by the Basin** on June 30, an outdoor celebration featuring three bands, a food market, cold beer from Perth Brewery, and much more. The gates open at 5PM and the music starts at 7PM. Tickets are limited and available at <ticketsplease.ca>. The cost is \$25.

There will also be **Canada Day celebrations** at Conlon Farm on July 1, including children's activities, live music, and fireworks. Help celebrate Canada's 150<sup>th</sup>. And have fun!

The Town of Perth and TheTwoMary's Event Managers present



## The 8<sup>th</sup> Annual Perth Kilt Run 2017 June 24

### Schedule of Events

12-2PM	<b>The Great Canadian Shortbread Competition</b>	Crystal Palace
1-1:10PM	<b>Piping in of the Haggis for Hurling Championships</b>	Perth Museum Stewart Park
1-5PM	<b>Perth Kilt Run Canada 150 T-shirts for sale</b>	
1-5PM	<b>Canadian Haggis Hurling Championships</b>	Millennial Gate Stewart Park
1:30-5PM	<b>Bib/Kilt/Tee pickup for Runners</b>	
2-2:45PM	<b>Blue Skies Fiddle Orchestra</b>	Crystal Palace
3PM	<b>The Great Canadian Shortbread Competition Judging</b>	Stewart Park
3-3:45PM	<b>Long Sault Trio</b>	Crystal Palace
4-4:45PM	<b>The Fitzgeralds</b>	Crystal Palace
4PM	<b>RACE START</b> Wee Lad and Lassie Races, Youth Warrior	Herriott & Gore
5-5:45PM	<b>Celtic Kitchen Party</b>	Crystal Palace
5:15PM	<b>Awards Presentation</b> Haggis Hurling Championships	Crystal Palace
5:40PM	<b>Runners March to Start</b> featuring 2 Pipe Bands!	Crystal Palace
5:56PM	<b>O Canada, Prayer and Remarks</b>	Crystal Palace
6PM	<b>RACE START</b> Royal Mile and 5 Miler	Town Hall
6PM	<b>Julie Fitzgerald from The Fitzgeralds</b>	Town Hall
6:30-6:45PM	<b>Celtic Kitchen Party</b>	Crystal Palace
7:30-8:15PM	<b>The Fitzgeralds</b>	Crystal Palace
8:16PM	<b>Awards Presentation</b> Volunteers/Cheering Station/Runners	Crystal Palace

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

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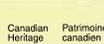
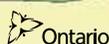
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# Writing in Westport

Words From Westport

Coming to Westport from Lorraine, Quebec, k. Neola Thacker — known better to all of us as Nicki — brings with her a wealth of teaching experience. It was through teaching classes in North American Literature that the world of writing became her home base of creative efforts.

Joseph Schull, a Canadian historian, once sent a letter to Nicki telling her that his two children were enchanted and very excited about a Canadian short story she had taught

Productions as an editor for television publishing. Nicki held this position until the company folded. However, after a move to Vermont, she continued to write for American TV and U.S. Cable, while she taught Canadian Literature to American students.

When she moved back to Canada and Westport, she met Lynn Cook (née Waddell), who mentored her as she began writing for children, in addition to continuing writing for TV and learning additional writing skills. Through an ad, Nicki learned about correspondence courses in children's literature, given by the Institute of Children's Literature in Connecticut. In the first two-year course, she learned just about all there is about writing for children. A second two-year course taught her about publishing and marketing her work.

Her "homework" for these courses led to her first submissions to *Jack and Jill*, *Highlights for Children*, and other children's magazines. Nicki then discovered *Polar Expressions*, a Canadian publication for authors of Canadian short stories and poetry. Every item she submitted was accepted for publication, and her career in freelance writing for children was now in full bloom. The publication of her first children's book, *An Odd Couple*, would soon follow.

A delightful tale, it begins one December morning as Nicki discovers a trumpeter swan in the lake outside her condo in Westport. As this is not a normal time for swans here, she calls the conservation officer and subsequently became "mom" to this swan. A few days later, awakened by a dreadful racket in the water, she finds a Canada goose has "crashed" after being rejected by its flock heading south. With the assistance of Dr. Bird, she learns more about this goose, which has landed quite near the swan. Short story long: after a rather stormy beginning, the swan and goose become very close friends, and inspire the title of Nicki's first book. Ostensibly a children's book, there is much to learn by all of us in this wonderful story.

Nicki's concern for our environment and the unrelenting use of pesticides recently inspired her second book, entitled *All Gone*. This is a story about honeybees and their disappearance, but I suggest you read it yourself, as it contains a lesson appropriate for all ages. Nicki commends Joanne van Dremmel for her delightful illustrations.

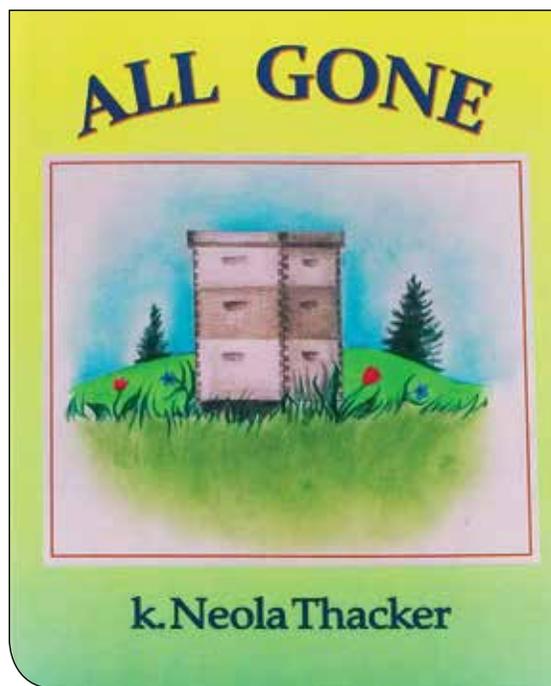
Nicki's books are available from <amazon.ca>, or you can contact her at <neola@kingston.net>.

by Georgia Ferrell

them. Very complimented by this letter, Nicki went to see Mr. Schull, who said to her: "you teach writing so well, why don't you do it?"

While attending the Maine Ocean Park Writers Conference, Nicki was asked to submit a short story she had written during the conference, and the following year she won first prize. It was a step toward the success she now finds writing both novels and short stories. A judge at the conference suggested that she write for TV, since her dialogue was so good.

Following many studies, primarily from books and attending some classes, she learned to write for TV. This led to a full-time job at Permont



The latest book by Westport author k. Neola Thacker expresses her concern for the environment

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# Manchester, United

As you are reading this column, we are all dealing with the fallout from the terrorist attack at the Ariana Grande concert in Manchester, England. At the time of this writing, there were 22 dead and nearly 60 more injured. We continue to mourn this senseless loss of life.

Events like this shake us to the very core. We've all been to concerts or sporting events and something like this has not even been on our radar. Unfortunately, it *is* now, and I worry about how we as a society are going to respond.

by Tony Stuart

The reality is that we are experiencing a clash of cultures, and hard-fought rights and freedoms are under attack. As a society, we have clawed forward bit by bit to get ourselves into the twenty-first century, and we continue to struggle to try and improve how everyone in our society is treated. We believe in equality of genders, freedom of religion (and freedom from religion), and avoiding discrimination based on skin colour or sexual orientation. Our current efforts

**D**eep in my heart, I do believe we shall overcome some day...

to afford members of the LGBTQ community the same rights and privileges that the rest of us enjoy are characteristic of this struggle. Despite setbacks, however, we as a society continue to try and move forward, and it is this willingness to move forward that is being threatened by those who would take us back to some idealized version of the thirteenth century. We can't stop fighting.

In our society, concerts play an important cultural role. They bring people together for a shared

experience and, for a little while at least, they transport us into a world where all of our troubles are left behind. Good performers know this, and they treat this obligation very seriously. As musicians, we have incredible power to bring people together and raise spirits. All of us have experienced the high that follows a really great show. That is why the bombing in Manchester is so troubling: the targets were some of the most vulnerable members of our society.

On our high school band tour to Boston back in April, we attended a Major League Soccer game. The amount of security at the stadium seemed almost ridiculous. I wasn't allowed to bring in a water bottle, and a clear bag policy was in effect. Contents of purses and other bags had to be placed in clear plastic bags before people were allowed into the stadium. Personally, I find this trend disturbing, and I'm worried that it is going to get worse before it gets better.

We have to be careful not to let notions of "security" trample on our hard-fought rights and freedoms. To do otherwise means that the other side is winning. If we start becoming paranoid about attending concerts and sporting events, or give up our rights to expect a reasonable amount of privacy, we are losing the battle, and to be frank, giving the other side exactly what they want.

We shouldn't stop going to concerts or supporting our favourite sporting teams, and at the same time we have an obligation to speak up when our elected officials put policies in place that cave in to excessive fear or paranoia. If the civil rights movement of the 1950s and 1960s was any indication, many musicians will step forward and join in the fight. It is going to take time, but I sincerely believe that Pete Seeger had it right when he sang: "deep in my heart, I do believe we shall overcome some day".

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

# Coming Together at the Library

*"Coming together is a beginning, staying together is progress, and working together is success." — Henry Ford*

Libraries have become trusted community hubs, and as such are fostering some amazing community partnerships — from formal to

by Karen DeLuca, Librarian

informal, and covering a variety of sectors, including not-for-profit, business, charitable and even corporate.

The bulk of operational funding for public libraries comes from municipal and provincial grants. These funds are used to hire professional staff, provide technology, offer programming, and purchase books, electronic resources, DVDs, newspapers and more. But a vital component in the funding cycle is support from grassroots organizations. Tireless service club volunteers host fundraising events and distribute proceeds to a variety of causes, including libraries.

This relationship with service clubs is one of the reasons libraries are able to offer all those little extras for patrons; and in return libraries are encouraged to create a space that defines the community.

In Arnprior, the Rotarians, Optimists, Women's Institutes, Lionettes and Lions Clubs have provided ongoing support to a variety of initiatives that help children, families, seniors and students. Their funds have sponsored children's entertainers, launched a

Lego Club, and much more. Additionally, one-time special grants have helped to purchase big-ticket items such as furnishings.

Forging vital links with the local business community has helped our library too. The Northern Credit Union has provided ongoing support for the children's department, and local restaurants have helped to expand adult programming. Recently, the Library's Film Club featured a cultural experience to augment the screening of *Lion*. A newly established Indian restaurant was able to showcase their cuisine and the library benefited from additional ticket sales — truly a win/win scenario.

Connecting with local arts groups gives the library the opportunity to showcase a variety of local talent. Photo guilds, local quilters and artists all benefit from displaying their works on library walls.

Health information services and support groups that use library rooms as meeting spaces provide the opportunity for library staff to showcase various resources, including reference materials and databases.

These are among the many partnerships that help to build library support and strengthen the community. To all those organizations and individuals that have created connections with their local library, thank you for helping us to promote health, literacy and entertainment for the whole community!

—Karen DeLuca is the CEO at the Arnprior Public Library

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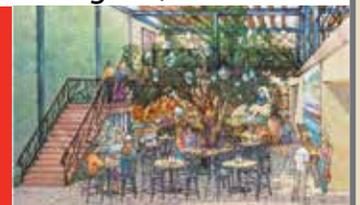
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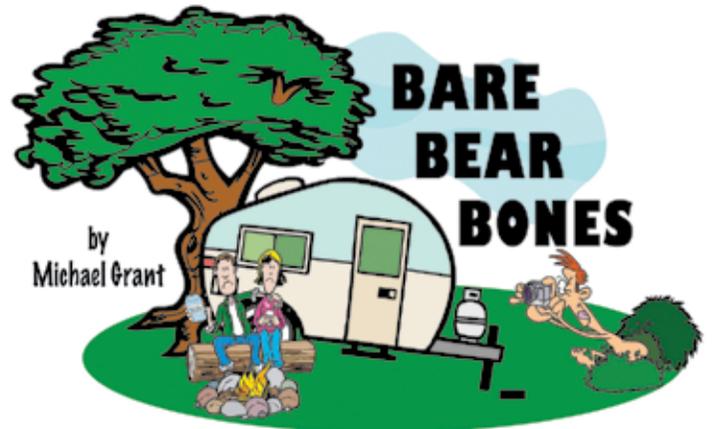
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June 17th

Downtown CARLETON PLACE Celebrates Canada's 150th!

**Saturday, June 17 10AM–3PM**  
**Canadian Co-Operative Woolgrowers**  
 142 Franktown Rd., Carleton Place

**Demonstrations All Day:**  
 Sheep Shearing • Sheep Dog • Spinning  
 Local Fresh Produce • Petting Zoo • Pony Rides  
 Kids' Activities and More!

Look for event details at  
[www.downtowncarletonplace.com](http://www.downtowncarletonplace.com)

# Quilts in the Garden

Picture a beautiful Saturday in the quaint village of Richmond, during the month of June... blue skies, friendly faces, flowers, sunshine, gentle breezes... how could you possibly improve upon that? By attending Quilts in the Garden, that's how! Mark June 17, from 9:30AM to 3PM, on your calendar for a "must-do" visit to the village, and be prepared to step back in time.

This quilt show and sale usually features well over 100 beautiful quilts and hand-made items on display.

These treasures have been lovingly created by those who are connected in some way to The Country Quilter of Richmond. This is the 15<sup>th</sup> year of the Quilts in the Garden event, which began back in 2002, and featured just twenty quilts on display.

The inspiration behind this show is Ann McLean, owner of The Country Quilter. Walk into her cozy, country store on any given day, feel the welcome and the warmth, and witness the magic.

Here, on-going classes are available in stitching and embroidery, knitting, machine piecing, and appliqué for beginners and veterans alike. Groups get together weekly to learn, improve and challenge their skills, or monthly to make comfort quilts for local shelters, or touch quilts for dementia patients or children. Projects feature beautiful fabrics, the richest colours, the latest techniques, as well as competent, knowledgeable, passionate instructors. However, it is the warmth, friendship, laughter and support of The Country Quilter that is most

evident. And Ann McLean is the heart and soul of this!

There is no charge to the Quilts in the Garden event, which also features work from a very talented, very passionate Artist-in-Residence quilter — Heather LeServe from Ottawa. Heather will be very pleased to share her beautiful quilts and projects with all garden guests!

As usual, JC's Mobile Sharpening Service will be on hand at 11AM to sharpen your scissors, rotary cutters, knives or lawn care tools, for a minimal cost.



Something else near and dear to Ann McLean is CANHAVE. This is a registered charity that sends HIV/AIDS-affected orphans from Uganda to school. As in the past, the show will also feature a very popular **Used Book Sale fundraiser**. Each year, all monies raised are used to send children to school in Uganda. Also, anyone interested in making a minimum \$5 donation to

CANHAVE will be given the opportunity to win a beautiful quilt created and quilted by Grace Whiting. This exceptional quilt is on display in the shop, so please stop in and check it out!

As usual, the lovely ladies of St. Paul's United Church, just next door, will be serving up a delicious lunch for \$10.

It promises to be an inspiring and uplifting day. Please visit the gardens of The Country Quilter, located at 3444 McBean Street, in the village Richmond. Directions can be found at <thecountryquilter.ca>, or call 838-5541 for information. And please cross your fingers for sunshine!

# Summer Solstice Peace Walk

From 7 to 8:30PM on Wednesday, June 21, the Labyrinth Committee will present a "Summer Solstice Peace Walk" 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. 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 walk and enjoy an opening dance performance by Parvaneh Rowshan, honouring our creativity and sense of self and inner peace, choreographed especially to be performed on the labyrinth. During the walk, the Rhythm and Song Community Choir, directed by Jennifer Noxon, will sing several songs with the theme of "Peace". Throughout the evening, you will have the opportunity to write a personal message for peace on a maple leaf cut-out, and hang it on the tree on the picnic table.

All are welcome. Refreshments will be provided, and everyone is invited to picnic in the garden beforehand. Register your Summer Solstice Peace Walk at the labyrinth and be part of the "150 Walks for Canada's 150<sup>th</sup>" commemorative event.

The Community Labyrinth is located beside the Carleton Place & Beckwith Heritage Museum, at 267 Edmund Street. For more information, contact Debby at 434-2085.



Come to the Carleton Place Community Labyrinth on June 21 for a Peace Walk

## The Best of CASUAL LIVING



**The Green Counter Boutique**  
 18 Mill Street • Carleton Place • 613-492-0677  
[f /greencounterboutique](https://www.facebook.com/greencounterboutique)

# See It, Name It, Change It

Have you ever heard someone tell a mean joke, walked by a couple fighting and felt that one was scared, or heard people you care about hurting one another — and you haven't known what to do? A new campaign aims to change that.

Members of Beyond the Forums — a working group of individuals from Lanark, Lennox and Addington, and Leeds and Grenville counties that came together in 2016 in response to increased violence and murders in rural eastern Ontario — recently launched the “See it, Name it, Change it” campaign. The campaign strives to help people understand what violence looks like (to see it), to name it by speaking up, and then to undertake actions to change it.



“This is a multimedia campaign designed to start a conversation, offer help and resources, educate about violence in relationships, and encourage healthy alternatives for the community and all its members,” explains Erin Lee, executive director of Lanark County Interval House. “It is one of the larger initiatives the group undertook for this year, and was one of the action plans based on four rural forums hosted last year.”

Since then, small groups have been working on a variety of initiatives to increase positive outcomes and safety for victims of violence. A range of materials has been developed for the See it, Name it, Change

it campaign, including posters with tear-away notes containing contact information, postcards, highway billboards, magnetic signs on vehicles, social media campaigns and more.

“We wanted to develop something simple that mirrors the ‘stop, drop and roll’ concept,” says Peggy Tye, a domestic violence survivor. “Education is critical to ending the unacceptable level of violence in our communities and beyond.”

Lanark County Interval House alone fields more than 2,000 crisis calls annually and offers direct support to more than 450 women and children. Ontario Provincial Police statistics continue to show that violence against women is a prominent issue.

“It’s hard to know what to do even when you know violence is not okay,” adds Sue Weir, executive director of Lennox & Addington Interval House. “Through this campaign, we want people to understand they are not alone and that there are ways we can empower ourselves to stop people from getting hurt and dying.”

“When you see violence, don’t turn away,” says Deb Kinder of HIV AIDS Regional Services. “Find your courage to safely name it and let people know it’s not okay. Then make non-violence choices, walk away and help others in the conversation to end violence.”

Information about the campaign can be found on Facebook at “See It Name It Change It”. More information and resources can be obtained by emailing <seeitnameitchangeit@gmail.com> or by contacting area shelters: Lanark County Interval House, <lcih.org> or 1-800-267-7946; Lennox & Addington, <intervalhousesnapanee.ca> or 1-800-667-1010; Leeds & Grenville Interval House, <lgih.ca> or 1-800-267-4409.

If you are in an unsafe situation, call 9-1-1.

# June Pub Listings

**The Cove** (Westport, 273-3636): Wed Shawn McCullough, 7-10PM; Thurs Jazz Night w/Spencer Evans Trio, 8-10PM, \$5; Sun Head over Heels, 12:30-3:30PM  
 Jun 2 Terry Tufts, 6-9PM  
 Jun 3 Young Petty Stones, 7-11PM, \$50  
 Jun 9 Sin and Swoon, 6-9PM  
 Jun 10 John Wilberforce, 6-9PM  
 Jun 16 Morgan Davis, 7-10PM, \$10  
 Jun 17 L. Brown & Taylor Angus, 6-9PM  
 Jun 23 Kalil Bailey, 6-9PM  
 Jun 24, Jul 1 Head over Heels, 6-9PM  
 Jun 30 Pre-Canada Day Party w/Turpin's Trail, 7-11PM, \$10

**The Swan at Carp** (Carp, 839-7926): Jun 2, 16, 30 Steve Barrette Trio, jazz, 7-10PM

**The Royal Oak** (Kanata, 591-3895): jazz on Sun, 2-5PM  
 Jun 4, 18 APEX Jazz Band  
 Jun 11, 25 Magnolia Rhythm Kings

**Naismith Pub** (Almonte, 256-6336): Mon Uke Klub, 8PM; Wed Open Celtic Jam, 7:30-10PM

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

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

**The Barley Mow** (Almonte, 256-5669): Jun 1 Jimmy Tri-Tone Band, 8PM

**Golden Arrow Pub** (Perth, 267-4500): 9PM, Wed Karaoke.  
 Jun 2 Jesse Stone  
 Jun 3 Mike Brown  
 Jun 9 The Hoovers  
 Jun 10 Danielle Hewitt  
 Jun 16 Nolan Hubbard  
 Jun 17 The Brocklees  
 Jun 23, 30 Brea Lawrenson  
 Jun 24 Under The Covers

**Bridges Bar and Grill** (Pakenham, 624-5939): Jun 24 Blues Series, 6-9PM

**O'Reilly's Ale House** (Perth, 267-7994): Tues Brock Zeman & Blair Hogan 8:30PM; Wed Open Jam w/Dave Balfour 8PM  
 Jun 9 Tom Watson, 8:30PM  
 Jun 16 Stephen Fisher, 8:30PM  
 Jun 17 Ali McCormick, 8:45PM  
 Jun 30 River City Junction, 9PM

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

**Cheshire Cat** (Carp, 839-2183): Jun 1 Kelly Sloan, 8PM

**The Waterfront Gastropub** (CP, 257-5755): Sun Blues 3-6PM  
 Jun 2 Mississippi Blues Society Jam, 8:30PM

**Valley Food and Drink Co.** (Calabogie, 752-2676x311): 8PM, Thurs Karaoke  
 Jun 2 Alison & Riley  
 Jun 3 Riverthieves

Jun 9 Bahoo, The Brat & The Commander  
 Jun 10 Morgan Davis, Fluffy Little Cowboys, 7PM  
 Jun 16 Young Country

Jun 17 Open Mic Night  
 Jun 23 Daybreak  
 Jun 24 Canada 150 Trivia Show

Jun 30 Rick Leben & the Low Mileage Band

**Redneck Bistro** (Calabogie, 752-1888): Jun 2 Jimmy Tri-Tone Band, 7PM

**The 2 Grands** (Arnprior, 558-5050): Fri/Sat (x23) Duelling Pianos, 6PM  
 Jun 23 Le Noir

**Lumbertown Ale House** (Arnprior, 623-8885): 8:30PM, no cover  
 Jun 3 Delaney Grant Duo  
 Jun 10 Stephanie Bullock  
 Jun 17 TJ Morrison  
 Jun 24 SmokeFest, 4-10 pm

**Robert Simpson Park** (Arnprior): Sundays, 2-4PM, free  
 Jun 11 The Ryans  
 Jun 18 Shep Handsome Band  
 Jun 25 Lauren Hall

Stop & Smell the Chocolate

# Save the World, One Person at a Time

I'll be brief (not my forte). There are a lot of bad things that happen in the world; from loneliness and bullying to suicide and murder and more. Some days it feels like the bad is just too big... What can WE do... by ourselves?!

Well if I've learned anything from time travel tales, it is that one single act can bring about widespread unforeseen change. So here are some ideas, from a small commitment on up; I hope you will take at least one of them

by Rona Fraser

and make it your own. Sure there is a lot to do, and we cannot do it all alone, but we *can* make a difference.

Spend a few hours doing something you enjoy. You will feel better and that will likely affect anyone you have contact with.

Make eye contact with a stranger (or everyone you meet) and smile or even say “hi”. That person may have been feeling invisible until then.

Contact a friend/relative just to tell them you were thinking about them.

Help a child/teen feel good about themselves by smiling when you see them, asking for their help, spending time doing a shared activity, and all around appreciating their presence.

Out of the innumerable causes needing support, which one makes you the most angry or upset?

(abandoned animals, bullied kids, abused women/men, people in war-torn countries, poverty, homelessness, hunger, mental illness, veterans, clean water, air pollution, education, etc.) Just pick the one most important to you (for now) and research what you can do. A large time commitment is not required for you to make a big difference; you could mentor a kid for an hour a week, join a board of directors to help year-round, assist with one fundraiser a year, adopt a cat, or even help out behind the scenes by redesigning a charity's web presence.

Come on, give it a try. I know we can't magically make all of the bad disappear, but I truly believe we can make a difference. I particularly think children are an important place to start. Maybe if some of today's “adults” had experienced more unconditional friendship and support when they were children, they wouldn't have so much anger and hate in them, and therefore we wouldn't have the political bullies and murderous zealots and abusive spouses and... Sorry, sorry... meant to end on an upbeat note. Perhaps I have some anger to work out myself...

“Me used to be angry young man  
 Me hiding me head in the sand  
 You gave me the word, I finally heard  
 I'm doing the best that I can  
 I've got to admit it's getting better  
 A little better all the time...”

— Lennon-McCartney

## Strawberry Social at Cedar Hill Schoolhouse

Sunday July 2, 1 to 4PM, 270 Cedar Hill Road — only \$6 per person. Local berries, real whipped cream, homemade cake and refreshments.

The Millstone

An intelligent and informed source of news for Mississippi Mills

FREE

www.millstonenews.com

Ottawa Bach Choir

Lisette Canton  
 Founder and Artistic Director

*Bach on the Water*

Sunday, June 4, 2017, 2:30-4:30 PM

Hosted by Shirley Fulton-Deugo and Al Potvin at their stylish home  
 38 Carss Street, Almonte

Featuring inspiring music by the Ottawa Bach Choir, delicious food catered by Jessica's Syrian Food from Almonte, mouth-watering maple treats from Fulton's, wine and soft drinks.

Tickets: \$75.00

(\$50 tax receipt available upon request)  
 Attendance will be limited to 30 guests.

613.270.1015  
 www.ottawabachchoir.ca

# Claiming Column

5 Wednesdays in July, Almonte, Jul 5, 12, 19, 26  
 Almonte Celtfest, Jul 7-9  
 Pigstock, Smiths Falls, Jul 8  
 Stewart Park Festival, July 14-16  
 Almonte Fair, July 14-16  
 Paint the Summer, Perth, Jul 15-16  
 Perth Ribfest, Jul 28-30  
 Midsummer Herbfest, Waba, Jul 30  
 Art on the Grass, Carp, Aug 19  
 Roots on the Clyde Music Festival, Lanark, Aug 19  
 Water Ways, Pakenham, Aug 19  
 Highland Games, Almonte, Aug 26  
 Barns, Farms & Wicked Chefs, Aug 26  
 Maberly Fair, Aug 26

# Festivals

**Priorpalooza Music Festival**, Jun 3, 11AM-11PM. Live music, movie. Robert Simpson Park, Arnprior. arnprior.ca. Free  
**Spirit of the Drum Traditional Pow Wow**, Jun 10 10AM-8:30PM, Jun 11 10AM-5:30PM. Turtle Island & Duck Island, Smiths Falls. smithsfalls.ca  
**Lambs Down Park Festival**, Jun 17, 10AM-3PM. Sheep dogs, shearing, spinning. Cdn Co-op Wool Growers, CP. 257-8049  
**Carp Herb Festival**, Jun 24, 8AM-3PM. Farmers, artisans; herb-focused. Carp Fairgrounds. 786-1010, carpfarmersmarket.ca  
**Highland on the Rideau**, Jun 24, 9AM-4PM. Pipe, drum, band, heavy athletics competitions. Lower Reach Park, SF. Free  
**Perth Kilt Run Festival**, Jun 24, 12-8:30PM. Races in kilts, live music, more. Crystal Palace, Perth. perthkiltun.ca  
**Canada Day Eve Celebrations**, Jun 30, 5PM. Parade, BBQ, music & fireworks. Downtown Pakenham. 624-5593  
**Canada Day at Riverside Park**, Jul 1, 12-10:30PM. Kids' stuff, music, fireworks. Riverside Park, CP. 257-1704, carletonplace.ca  
**Canada Day at Gemmill Park**, Jul 1, 3PM. Concert, food, kids' fun, fireworks. Gemmill Park, Almonte. exploremississippimills.ca  
**Canada Day at Conlon Farm**, Jul 1, 5-11PM. Kids' activities, music, fireworks. Conlon Farm, Perth. perth.ca/canada150  
**Canada Day at Lower Reach Park**, Jul 1, 1-8PM. Magic & music. Lower Reach Park, Smiths Falls. 283-4124, smithsfalls.ca

# Literature

**Book Reading: For Love and Country**, Jun 4, 1PM. Ron & Merla Lawruk read from their biography. Under Pressure, CP  
**Summer Reading Club Launch**, Jun 17, 10AM-12PM. 1st 50 registrants get free book. All ages. Perth Library. Free

# Local Food

**Hungry Planet Pop-Up**, Jun 3 & 10, 11:30AM-5PM. Take-out only. Pre-order at thetablecf.org. The Table, Perth. 326-8593  
**Intro to Forest Gardening**, Jun 10, 1-3PM. Sugg donation: \$15 to Deep Roots Food Hub. Aster Lane Edibles, Kinburn  
**Constance Bay Community Market Opens**, Jun 17, 9AM-2PM. 205 Bayview Dr, Constance Bay. marketinthebay.com  
**Back Forty Artisan Cheese Open House**, Jun 24, 10AM-4PM. Music, food, sheep cheese, local beer/wine. Mississippi Station. 287-7011, artisanscheese.ca.

# Visual Arts

**Joyce Frances Devlin Studio Show**, Jun 3-4, 11AM-5PM. Devlin Art Studio, Burritts Rapids. 269-4458  
**Red Trillium Studio & Gdn Tour**, Jun 3-4, 10AM-5PM. Art, gardens & food. West Carleton. 623-6498, redtrilliumst.com



# WHAT'S ON IN

## Monday

## Tuesday

## Wednesday

## Thursday

<ul style="list-style-type: none"> <li>CP &amp; Beckwith Heritage Museum presents A Valley Town at Confederation &lt;cpbheritagemuseum.com&gt;</li> <li>Carriageway Studios presents Cosmology, paintings by Marina Malvada &lt;carriagewaystudios.ca&gt;</li> <li>Diefenbunker presents CANEX 1977 canteen, From Hand to Hand photos by Valerie Noftle</li> <li>Fairview Manor Lobby presents paintings by Tom Campbell [to Jun 13]; paintings by Amelia Ah You &amp; Catherine Walsh [from Jun 13]</li> <li>FIELDWORK presents Soundwork &lt;fieldworkproject.com&gt;</li> <li>General Fine Craft features Florescence: Spring to Summer, Andrea Vuletin &amp; Mary Pfaff &lt;generalfinecraft.com&gt; [from Jun 6]</li> <li>Heritage House Museum presents Our Town: Smiths Falls in 1867 Canada &lt;smithsfalls.ca/heritagehouse&gt;</li> <li>MVTM presents works by William Hodge, Weavers Unlimited &amp; Vanessa Coplan [from Jun 6] &lt;mvtm.ca&gt;</li> <li>Sivarulrasa Studio &amp; Gallery presents Adrienne Dagg's paintings [from Jun 2] &lt;sivarulrasa.com&gt;</li> <li>The Mississippi Mills Chambers Gallery presents Monika Seidenbusch's acrylic figurative work</li> <li>The Almonte Library Corridor Gallery presents Edwina Wood's acrylics</li> </ul>	<ul style="list-style-type: none"> <li>Bridge Club, Arnprior</li> <li>Carp Celtic Jam, Carp Masonic Lodge</li> <li>For a Taste of the County, Beckwith</li> <li>Men of the Tay Choir, Perth</li> <li>Bridge Club, Smiths Falls</li> <li>Uke Klub, Naismith Pub</li> </ul>	<ul style="list-style-type: none"> <li>4-Hand Euchre, Bolingbroke</li> <li>Brock Zeman &amp; Blair Hogan, O'Reilly's Pub</li> <li>Green Drinks, Perth</li> <li>Bridge Club, Smiths Falls</li> <li>The Town Singers, Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li>Silver Chain Challenge Begins</li> <li>Bridge Club, Arnprior</li> <li>Jazz Night, The Cove</li> <li>Jimmy Tri-Tone Band, Barley Mow</li> <li>Karaoke, Valley Food &amp; Drink Co.</li> <li>Kelly Sloan, Cheshire Cat Pub</li> <li>Mahjong, Bolingbroke</li> <li>Musicians' Circle, Bolingbroke</li> <li>Open Mic, Alice's Village Cafe</li> <li>The Spitfire Grill, Perth</li> </ul>
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<ul style="list-style-type: none"> <li>Bridge Club, Arnprior</li> <li>Carp Celtic Jam, Carp Masonic Lodge</li> <li>Bridge Club, Smiths Falls</li> <li>Uke Klub, Naismith Pub</li> </ul>	<ul style="list-style-type: none"> <li>4-Hand Euchre, Bolingbroke</li> <li>Brock Zeman &amp; Blair Hogan, O'Reilly's Pub</li> <li>Mississippi Mudds AGM, CP</li> <li>Bridge Club, Smiths Falls</li> <li>W. Carleton Garden, Carp</li> <li>Women's Business Group Breakfast, CP</li> </ul>	<ul style="list-style-type: none"> <li>Acoustic Stage w/Dave Balfour, O'Reilly's Pub</li> <li>Bridge Club, Almonte</li> <li>Seniors' Potluck, Bolingbroke</li> <li>Karaoke, Golden Arrow</li> <li>Open Celtic Jam, Naismith Pub</li> <li>Shawn McCullough, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>Bridge Club, Arnprior</li> <li>Fluffy Little Cowboys, Perth</li> <li>Jazz Night w/Peter Brown, Slackon's</li> <li>Jazz Night, The Cove</li> <li>Karaoke, Valley Food &amp; Drink Co.</li> <li>Mahjong, Bolingbroke</li> <li>Meet the NHL Pros Gala FOTA Fundraiser, Westport</li> <li>Musicians' Circle, Bolingbroke</li> <li>Open Mic, Alice's Village Cafe</li> <li>A Well-dressed Lady of 1867, CP</li> <li>The Decorator, Perth</li> </ul>
<ul style="list-style-type: none"> <li>Bridge Club, Arnprior</li> <li>Carp Celtic Jam, Carp Masonic Lodge</li> <li>Bridge Club, Smiths Falls</li> <li>Uke Klub, Naismith Pub</li> <li>Yarn Swap, Perth</li> </ul>	<ul style="list-style-type: none"> <li>4-Hand Euchre, Bolingbroke</li> <li>Brock Zeman &amp; Blair Hogan, O'Reilly's Pub</li> <li>Bridge Club, Smiths Falls</li> <li>Strawberry Social/Bake Sale, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>A Nation Lost &amp; Found, Perth</li> <li>Acoustic Stage w/Dave Balfour, O'Reilly's Pub</li> <li>Bridge Club, Almonte</li> <li>Karaoke, Golden Arrow</li> <li>Open Celtic Jam, Naismith Pub</li> <li>Pakenham Hort Soc Mtg, Pakenham</li> <li>Shawn McCullough, The Cove</li> <li>Summer Solstice Peace Walk, CP</li> </ul>	<ul style="list-style-type: none"> <li>A Nation Lost &amp; Found, Perth</li> <li>Bridge Club, Arnprior</li> <li>Bare Bear Bones, Smiths Falls</li> <li>Jazz Night, The Cove</li> <li>Karaoke, Valley Food &amp; Drink Co.</li> <li>Mahjong, Bolingbroke</li> <li>Musicians' Circle, Bolingbroke</li> <li>Open Mic, Alice's Village Cafe</li> <li>Perth Citizens' Band/Strawberry Social, Perth</li> <li>Toastmasters, CP</li> <li>Vernissage, Almonte</li> </ul>
<ul style="list-style-type: none"> <li>Almonte Hort: Pollinators, Almonte</li> <li>Bridge Club, Arnprior</li> <li>Carp Celtic Jam, Carp Masonic Lodge</li> <li>Parkinson's Support Group, Perth</li> <li>Parkinson's Support Group, Almonte</li> <li>Bridge Club, Smiths Falls</li> <li>Uke Klub, Naismith Pub</li> </ul>	<ul style="list-style-type: none"> <li>4-Hand Euchre, Bolingbroke</li> <li>Brock Zeman &amp; Blair Hogan, O'Reilly's Pub</li> <li>Monster Bingo, Carleton Place</li> <li>Same Time, Next Year, Perth</li> <li>Bridge Club, Smiths Falls</li> <li>South Winds Voyageur Canoe Brigade &amp; Cultural Celebration, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>A Nation Lost &amp; Found, Perth</li> <li>Acoustic Stage, O'Reilly's Pub</li> <li>Bridge Club, Almonte</li> <li>Classic Car Parade, Carleton Place</li> <li>Golf Tournament &amp; Irish Homestead Dinner/Dance, Smiths Falls</li> <li>Karaoke, Golden Arrow</li> <li>Open Celtic Jam, Naismith Pub</li> <li>Same Time, Next Year, Perth</li> <li>Shawn McCullough, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>A Nation Lost &amp; Found, Perth</li> <li>Bridge Club, Arnprior</li> <li>Carleton Place Parade, CP</li> <li>Jazz Night w/Spencer Evans Trio, The Cove</li> <li>Karaoke, Valley Food &amp; Drink Co.</li> <li>Lonely Ghosts Walk, Perth</li> <li>Mahjong, Bolingbroke</li> <li>Musicians' Circle, Bolingbroke</li> <li>Open Mic, Alice's Village Cafe</li> <li>Same Time, Next Year, Perth</li> </ul>

**Jewellery Show**, Jun 10, 11AM-5PM. Anne-Marie Chagnon; % to Ovarian Cancer. Bittersweet Gallery, Burnstown. 432-5254  
**Vernissage: Adrienne Dagg**, Jun 10, 3-6PM. Sivarulrasa Gallery, Almonte. 293-2492, sivarulrasa.com. Free  
**Vernissage: William Hodge**, Jun 10, 2-4PM. Mississippi Valley Textile Museum, Almonte. 256-3754, mvtm.ca.  
**Meet the Artist: Franc van Oort**, Jun 11, 2-4PM. Etchings. Riverguild Fine Crafts, 51 Gore St. E., Perth. 267-5237.  
**Art in The Garden**, Jun 17-18. Kiwi Gardens, 687 Harper Rd., near Perth. 267-7384, kiwigardens.ca. \$5  
**Quilts in the Garden**, Jun 17, 9:30AM-3PM. Quilts, lunch. Country Quilter, Richmond. 838-5541, thecountryquilter.ca  
**Meet the Artists: Andrea Vuletin/Mary Pfaff**, Jun 18, 2-4PM. General Fine Craft, Almonte. 461-3463  
**Vernissage: Amelia Ah You & Cath-**

**erine Walsh**, Jun 22, 7-9PM. Fairview Manor, 75 Spring St., Almonte.  
**Rideau Lakes Studio & Garden Tour**, Jun 1-2, 10AM-5PM. Rideau Lakes area. rideaulakesstudioandgardentour.com

# Theatre

**The Spitfire Grill**, Jun 1-3, 8-10 7:30PM; Jun 4, 11 2PM. Studio Theatre, Perth. studiotheatreperth.com. \$27; \$25 adv  
**The Decorator**, Jun 9-10, 15-17, 8PM; Jun 11, 18, 2PM. Full Circle Theatre, Perth. 267-1884. \$22; \$10 students  
**Mississippi Mudds AGM**, Jun 13, 7PM. CP Arena. mississippimudds.ca  
**LIPS Team Fundraiser Open Mic**, Jun 16, 7-9PM. Listen or participate. Coutts Coffee, Perth. lanarklips@hotmail.com. \$5  
**Bare Bear Bones**, Jun 16-17, 22-24, 7:30PM; Jun 18, 25, 2PM. Station Theatre, SF. 283-0300. \$20/\$10

**A Nation Lost & Found**, Wed-Sun 11AM (from Jun 21). Walking tour. Meet at Matheson House, Perth. classictheatre.ca. \$15  
**Assassins**, Jun 23-24, 7PM. Mudds Underground. Dinner theatre. Tix: Hallmark. CP Town Hall. mississippimudds.ca. \$45  
**Same Time, Next Year**, Jun 23-Jul 16: Wed, Sat 8PM; Tues-Sun 2PM. Classic Theatre. St. James Anglican Church, Perth. classictheatre.ca. \$30; under 30 \$21; \$4 fee  
**Lonely Ghosts Walk**, Jun 29, 30 7PM. Theatrical walking tour. Meet at Matheson House, Perth. classictheatre.ca. \$15  
**Lanark Laughs**, Jun 30, 8-10PM. Stand-up comedy. Waterfront Gastropub, CP. facebook.com/LanarkLaughs

# Music

**Musicians' Circle**, Thursdays, 7PM. Musicians only - all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall

**Mairi Rankin & Ailie Robertson**, Jun 4, 2PM. MIRA, McDonalds Corners. 485-6434, ticketsplease.ca. \$27.50 adv  
**Ottawa Bach Choir**, Jun 4, 2:30PM. Concert, food & wine. 38 Carss St., Almonte. 270-1015, info@ottawabachchoir.ca. \$75  
**The Town Singers**, Jun 4 & 6, 7PM. Tix: Floral Boutique, Mill St Books. St. Andrew's Presbyterian Church, CP. \$12  
**Men of the Tay Choir**, Jun 5, 7:30PM. St. James Church, Perth. musicofthetay.org.  
**Women of the Tay Choir**, Jun 7, 7:30PM. St. James Church, Perth. musicofthetay.org.  
**Perth Citizens' Band Concerts**, Jun 8 at 7:30PM, Jun 22 at 7PM (Strawberry Social). Stewart Park, Perth. 256-4221  
**Fluffy Little Cowboys**, Jun 15, 7PM (YAK, Perth); Jun 16, 9PM (S. Branch Bistro, Kemptville). fluffylittlecowboys.com  
**Jazz Night w/Peter Brown Trio**, Jun 15, 6-9PM. Slackon's, Perth. 257-2657

## Friday

## Saturday

## Sunday

<ul style="list-style-type: none"> <li>Alison &amp; Riley, Valley Food &amp; Drink Co.</li> <li>Bridge Club, Arnprior</li> <li>Duelling Pianos, The 2 Grands</li> <li>Jesse Stone, Golden Arrow</li> <li>Jimmy Tri-Tone Band, Redneck Bistro</li> <li>Mississippi Blues Society Jam, Waterfront Gastropub</li> <li>Steve Barrette Trio, The Swan at Carp</li> <li>Terry Tufts, The Cove</li> <li>The Spitfire Grill, Perth</li> </ul>	<ul style="list-style-type: none"> <li>Mike Brown, Golden Arrow</li> <li>40 Plus Singles Dance, SF</li> <li>Model Train Show, Arnprior</li> <li>Pioneer Day Confederation Celebration, Almonte</li> <li>Bicycle Month Street Party/Potluck, Almonte</li> <li>Hungry Planet Pops Up for The Table, Perth</li> <li>Joyce Frances Devlin Studio Show, Burritts Rapids</li> <li>Lanark Co. Genealogical Mtg, Beckwith</li> <li>Lobster Fest Fundraiser, Bolingbroke</li> <li>Red Trillium Studio &amp; Gdn Tour, West Carleton</li> <li>Riverthieves, Valley Food &amp; Drink Co.</li> <li>Rock-n-Horse Farm Open House, Almonte</li> <li>Young Petty Stones, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>The Spitfire Grill, Perth</li> <li>The Town Singers, CP</li> <li>Afternoon Tea MMLT Fundraiser, Lanark</li> <li>APEX Jazz Band, The Royal Oak</li> <li>Blues w/Redneck Limousine, Waterfront Gastropub</li> <li>Book Reading, CP</li> <li>Model Train Show, Arnprior</li> <li>Head over Heels (Patio), The Cove</li> <li>Joyce Frances Devlin Studio Show, Burritts Rapids</li> <li>Mairi Rankin &amp; Ailie Robertson, McDonalds Corners</li> <li>Open Mic w/Kelly Sloan, Ashton Pub</li> <li>Ottawa Bach Choir, Almonte</li> <li>Red Trillium Studio &amp; Gdn Tour, West Carleton</li> <li>Roy Brown Day Walking Tour, CP</li> <li>Valley Singles Lunch, Eganville</li> </ul>
<ul style="list-style-type: none"> <li>Bridge Club, Arnprior</li> <li>Bahoo, The Brat &amp; The Commander, Valley Food &amp; Drink Co.</li> <li>Duelling Pianos, The 2 Grands</li> <li>Sin &amp; Swoon, The Cove</li> <li>The Decorator, Perth</li> <li>The Hoovers, Golden Arrow</li> <li>The Spitfire Grill, Perth</li> <li>Tom Watson, O'Reilly's Pub</li> </ul>	<ul style="list-style-type: none"> <li>Jewellery Show, Burnstown</li> <li>John Wilberforce, The Cove</li> <li>Relay For Life, SF</li> <li>Beckwith Heritage Days, Beckwith</li> <li>Danielle Hewitt, Golden Arrow</li> <li>Fluffy Little Cowboys, Valley Food &amp; Drink Co.</li> <li>Hungry Planet Pops Up for The Table, Perth</li> <li>Intro to Forest Gardening, Kinburn</li> <li>Morgan Davis, Valley Food &amp; Drink Co.</li> <li>Pakenham Church Fun Day, Pakenham</li> <li>Pancake Breakfast for Culture Camp, Perth</li> <li>Spirit of the Drum Traditional Pow Wow, SF</li> <li>Stephanie Bullock, Lumbertown Ale House</li> </ul>	<ul style="list-style-type: none"> <li>Blues w/Redneck Limousine, Waterfront Gastropub</li> <li>Fiddle Service, Clayton</li> <li>Head over Heels (Patio), The Cove</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Meet the Artist: Franc van Oort, Perth</li> <li>Open Mic w/Kelly Sloan, Ashton Pub</li> <li>Spirit of the Drum Traditional Pow Wow, SF</li> <li>The Decorator, Perth</li> <li>The Ryans, Robert Simpson Park</li> <li>The Spitfire Grill, Perth</li> </ul>
<ul style="list-style-type: none"> <li>Al Tambay, Braeside</li> <li>Bare Bear Bones, Smiths Falls</li> <li>Child Haven Int'l Dinner Fundraiser, Perth</li> <li>Duelling Pianos, The 2 Grands</li> <li>Fluffy Little Cowboys, Kemptville</li> <li>LiPS Team Fundraiser Poetry/Open Mic, Perth</li> <li>Morgan Davis, The Cove</li> <li>Nolan Hubbard, Golden Arrow</li> <li>Stephen Fisher, O'Reilly's Pub</li> <li>Steve Barrette Trio, The Swan at Carp</li> <li>The Decorator, Perth</li> <li>Young Country, Valley Food &amp; Drink Co.</li> <li>AGH Golf Classic, Ashton</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Festival, SF</li> <li>Art in The Garden, Perth</li> <li>Ali McCormick, O'Reilly's</li> <li>Car Show &amp; Wash, Arnprior</li> <li>JazzNhouse, Almonte</li> <li>Brown &amp; Angus, The Cove</li> <li>Tour de Mississippi Mills Ride, Almonte</li> <li>Art, Jazz &amp; the Garden, Merrickville</li> <li>Community Market Opens, Constance Bay</li> <li>Lambs Down Park Festival, Carleton Place</li> <li>MMM Student Showcase 2017, Almonte</li> <li>Open Mic Night, Valley Food &amp; Drink Co.</li> <li>Quilts in the Garden, Richmond</li> </ul>	<ul style="list-style-type: none"> <li>APEX Jazz Band, The Royal Oak</li> <li>Art in The Garden, near Perth</li> <li>Bare Bear Bones, Smiths Falls</li> <li>Blues w/Redneck Limousine, Waterfront Gastropub</li> <li>Geoff Noble: Northern Tapestry, Perth</li> <li>Head over Heels (Patio), The Cove</li> <li>Listening Room Series: Morgan Davis, Perth</li> <li>Meet the Artists: Vuletin/Pfaff, Almonte</li> <li>Open Mic w/Kelly Sloan, Ashton Pub</li> <li>Rideau Paddlefest, Smiths Falls</li> <li>Shep Handsome Band, Robert Simpson Park</li> <li>The Decorator, Perth</li> </ul>
<ul style="list-style-type: none"> <li>A Nation Lost &amp; Found, Perth</li> <li>Bridge Club, Arnprior</li> <li>Assassins, CP</li> <li>Bare Bear Bones, Smiths Falls</li> <li>Brea Lawrenson, Golden Arrow</li> <li>Daybreak, Valley Food &amp; Drink Co.</li> <li>Kalil Bailey, The Cove</li> <li>Le Noir, The 2 Grands</li> <li>Same Time, Next Year, Perth</li> </ul>	<ul style="list-style-type: none"> <li>A Nation Lost &amp; Found, Perth</li> <li>Back Forty Cheese Open House, Mississippi Station</li> <li>Bare Bear Bones, SF</li> <li>Herb Festival, Carp</li> <li>Bridges Blues Series, Bridges Bar &amp; Grill</li> <li>Canada 150 Trivia Show, Calabogie</li> <li>Centre Opening &amp; Tree Event, Pakenham</li> <li>Duelling Pianos, The 2 Grands</li> <li>Highland on the Rideau, Smiths Falls</li> <li>Perth Kilt Run Festival, Perth</li> <li>SmokeFest w/Brea Lawrenson, Lumbertown</li> <li>Strawberry Social/BBQ/Bakesale, Clayton</li> <li>Under The Covers, Golden Arrow</li> </ul>	<ul style="list-style-type: none"> <li>Bare Bear Bones, SF</li> <li>Strawberry Social, Appleton</li> <li>A Nation Lost &amp; Found, Perth</li> <li>Family History Day, Middleville</li> <li>Head over Heels (Patio), The Cove</li> <li>Irish Ceili &amp; Picnic, Smiths Falls</li> <li>Lauren Hall, Robert Simpson Park</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Open Mic w/Kelly Sloan, Ashton Pub</li> <li>Roadside Yoga for Cyclists, Almonte</li> <li>Same Time, Next Year, Perth</li> <li>Blues w/Redneck Limousine, Waterfront Gastropub</li> <li>Trad Song Session, Almonte</li> </ul>
<ul style="list-style-type: none"> <li>Open Jam, Almonte</li> <li>Lanark Laughs, CP</li> <li>A Nation Lost &amp; Found, Perth</li> <li>Brea Lawrenson, Golden Arrow</li> <li>Canada Day Eve Celebrations</li> <li>Dance w/DoubleBack, Carleton Place</li> <li>Lonely Ghosts Walk, Perth</li> <li>Party by the Basin, Perth</li> <li>Party w/Turpin's Trail, The Cove</li> <li>Rick Leben &amp; Low Mileage, Valley Food &amp; Drink Co.</li> <li>River City Junction, O'Reilly's Pub</li> <li>Same Time, Next Year, Perth</li> <li>Steve Barrette Trio, The Swan at Carp</li> </ul>	<ul style="list-style-type: none"> <li>Canada Day... Everywhere!</li> <li>Canada Day at Gemmill Park, Almonte</li> <li>Canada Day at Riverside Park, CP</li> <li>Canada Day at Conlon Farm, Perth</li> <li>Canada Day at Lower Reach Park, Smiths Falls</li> <li>Canada Day Pancake Breakfast, Pakenham</li> <li>Etsy Market &amp; Antique Car Show, Almonte</li> <li>Head over Heels, The Cove</li> <li>Paddle for AGH, Almonte</li> <li>Perth Antique Show &amp; Sale, Perth</li> <li>Rideau Lakes Studio &amp; Garden Tour</li> <li>Same Time, Next Year, Perth</li> <li>A Nation Lost &amp; Found, Perth</li> </ul>	<ul style="list-style-type: none"> <li>A Nation Lost &amp; Found, Perth</li> <li>APEX Jazz Band, The Royal Oak</li> <li>Blues w/Barry Buse &amp; Redneck Limousine, Waterfront Gastropub</li> <li>Family Fun in Pakenham, Pakenham</li> <li>Head over Heels (Patio), The Cove</li> <li>Heartbeats, Robert Simpson Park</li> <li>Perth Antique Show &amp; Sale, Perth</li> <li>Rideau Lakes Studio &amp; Garden Tour</li> <li>Same Time, Next Year, Perth</li> <li>Strawberry Social, Pakenham</li> </ul>

**Pancake Breakfast for Culture Camp,** Jun 10, 9-11:30AM. For Ardoch Algonquin First Nation camp. St. Paul's Church, Perth. aafna.ca. \$10 (\$8 EventBrite)

**Relay For Life,** Jun 10, 5-11PM. SFDCl, SF. relayforlife.ca/smithsfalls. \$15

**Fiddle Service,** Jun 11, 9:30AM. Dedicated to Ron Caron. Lunch. St George's Anglican Church, Clayton. 256-9010

**W. Carleton Garden: Flower Show/Social,** Jun 13, 7:30PM. Carp Memorial Hall. wgc.ca. \$5 for non-members

**Women's Business Group Brkfst,** Jun 13, 8AM. RSVP at womensbusinessgroup@gmail.com. The Gourmet Restaurant, CP

**Meet the NHL Pros Gala FUNDRAISER,** Jun 15, 6-10PM. Friends of the Arena fundraiser. Buffet, Spencer Evans Trio. The Cove, Westport. 273-3636. \$60

**A Well-dressed Lady of 1867,** Jun 15, 7-9PM. CP & Beckwith Heritage Museum, CP. 253-7013. \$10

**Child Haven Int'l Dinner Fundraiser,** Jun 16, 5-9PM. Auction. St. Paul's Church, Perth. 446-0678. childhaven.ca. \$25/\$15

**AGH Golf Classic,** Jun 16, 11:30AM. 256-5600x2296. Canadian Golf & Country Club, Ashton. \$150 (\$45 dinner only)

**Tour de Mississippi Mills Ride,** Jun 17, 8:30AM. Pick-your-distance bicycle tour. Almonte OldTown Hall, mmbm.ca. \$15/\$10

**Arnprior Car Show & Car Wash,** Jun 17, 9AM-3PM. Classics/antiques, BBQ. Arnprior Fairgrounds. 355-5878

**Art, Jazz & the Garden,** Jun 17, 12-5PM. Rideau Woodland Ramble, 7210 Burritts Rapids Rd. 258-3797. Free

**Healthy Living Festival,** Jun 17, 9AM. Fun, free activities, performances. Downtown SF. downtownsmithsfalls.ca

**Rideau Paddlefest,** Jun 18, 9AM-5PM. Entertainment, paddling demos, voyageur canoe races. Lower Reach Park, SF

**Yarn Swap,** Jun 19, 1-3PM. Perth Library. Free

**Strawberry Social/Bake Sale,** Jun 20, 2-4PM. Fundraiser for AGH/FM. Almonte Civitan Hall. 256-3113x2908. \$6

**Pakenham Hort Soc Mtg,** Jun 21, 7PM. St. Andrew's Church, Pakenham

**Summer Solstice Peace Walk,** Jun 21, 7-8:30PM. CP Labyrinth. 257-1014. Free

**Centre Opening & Tree Event,** Jun 24, 10:30AM. High Lonesome Nature Reserve, Pakenham. mmlt.ca

**Strawberry Social/Bakesale,** Jun 24, 11:30AM-2:30PM. Guthrie Church, Clayton

**Family History Day,** Jun 25, 11AM-3PM. middlevillemuseum.blogspot.com

**Strawberry Social,** Jun 25, 2-4PM. w/Perth Citizen's Band. N. Lanark Regional Museum, Appleton. 257-8503, \$15/\$10 adv

**Almonte Hort: Pollinators,** Jun 26, 7:30PM. Cornerstone Com. Church, Almonte. 256-5594. \$2

**Monster Bingo,** Jun 27, 7PM. 18+. CP Arena. facebook.com/cpan150

**South Winds Voyageur Canoe Brigade & Cultural Celebration,** Jun 27. w/The History Buffs. Centennial Park, SF. 283-4124

**Golf Tournament & Dinner/Dance,** Jun 28. w/Beatles tribute band. SF Golf & Country Club, 283-1334

**Classic Car Parades,** Jun 28 & 29, 6:30PM. Carambeck Comm Ctr to Market Sq., CP. carletonplace.ca/cpcanada150.php

**Canada Day Pancake Breakfast,** Jul 1, 7-11AM. Pakenham Fire Hall. 624-5593

**Paddle for AGH,** Jul 1, 7:30AM-12PM. Register 256-2500x2296. Almonte Fairgrounds. \$10 & fundraise \$75

**Perth Antique Show & Sale,** Jul 1-2, 10AM-4PM. Perth Civitan Hall. 283-5270, perthantiqueshow.com. \$7

**Family Fun in Pakenham,** Jul 2, 1PM. Stewart Com. Centre, Pakenham. 624-5303

**Strawberry Social,** Jul 2, 1-4PM. GF opt. Berries, whipped/ice cream, cake. Cedar Hill Schoolhouse, Pakenham. \$6

**Al Tambay,** Jun 16, 7-10PM. Greenside Tavern, Sand Point Golf Club, Braeside

**JazzNhouse: Allison Au Quartet,** Jun 17, 8PM. Almonte. JazzN.ca. \$25

**MMM Student Showcase 2017,** Jun 17, 2PM. Almonte OldTown Hall. By donation

**Music in the Park,** Jun 17, 6-9PM. Featuring British Invasion. Lower Reach Park, SF

**Valley Voices Concert,** Jun 17, 7:30PM. Almonte United Church. \$10; \$7 adv. (Baker Bob's)

**Northern Tapestry,** Jun 18, 7:30PM. Music & Cdn photos/art. Full Circle Theatre, Perth. whistlingfishproductions.com. \$25

**Listening Room Series: Morgan Davis,** Jun 18, 7PM. Perth Tea Room. 267-7902. \$20

**Irish Ceili & Picnic,** Jun 25. w/Seventh Town. Heritage House Museum, 11 Old Sly's Road, Smiths Falls. 283-6311.

**Trad Song Session,** Jun 25, 2-4PM. Barley Mow, Almonte. dpbaril@gmail.com

**Dance w/DoubleBack,** Jun 30, 8PM. CP Arena. 257-1704, jsmith@carletonplace.ca. \$5

**Open Jam,** Jun 30, 8PM. Mississippi Mills Musicworks, Almonte. 256-7529

**Party by the Basin,** Jun 30, 7PM. Keith Glass Band, JVV-Jones, MonkeyJunk. Crystal Palace, Perth. ticketsplease.ca. \$25

**Steel City Rovers,** Jun 30, 8PM. Celtibilly band. The Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$30

**Pub Listings p. 29**

**Community**

**Miss Mills Bicycle Month & Silver Chain Challenge Begins,** Jun 1. mmbm.ca. silverchainchallenge.ca

**40 Plus Singles Dinner/Dance,** Jun 3, 7PM. DJ. SF Civitan Hall. 285-5557. \$10

**Almonte Fair Spring Dance,** Jun 3, 8PM-12AM. \$15; \$12 adv (Nicholson's, Baker Bob's). Almonte Ag Hall. 256-2056, almontefair.ca.

**Bicycle Month Street Party/Potluck,** Jun 3, 5-9PM. Community potluck, music. Mill St., Almonte. mmbm.ca.

**Lanark Co. Genealogical Mtg,** Jun 3, 1:30PM. Talk: Sir John A Macdonald. Brunton Community Hall, Beckwith. Free

**Model Train Show,** Jun 3-4, 10AM-4PM. Nick Smith Centre, Arnprior. gaston.moreau@sympatico.ca. Free

**Pioneer Day,** Jun 3, 10AM-4PM. Hands-on history & activities for all ages. Mill of Kintail. \$10/vehicle

**Rock-n-Horse Farm Open House,** Jun 3, 10AM-4PM. Fun-filled family day. 1267 Rae Rd., Almonte. 256-6117

**Afternoon Tea MMLT Fundraiser,** Jun 4, 1-4PM. \$50 (Gilligallou, Shadowfax). Temple's Sugar Bush, Lanark. 264-8856

**Roy Brown Day Walking Tour,** Jun 4, 1PM. CP Info Center, CP. Free

**Valley Singles Lunch,** Jun 4, 1PM. Granary Schnitzel House, Eganville. 622-5693

**For a Taste of the County Gala,** Jun 5, 6-9PM. \$20 (Baker Bob's, 257-7121x3238). Stonefields, Beckwith. therapeuticriding.ca

**Green Drinks,** Jun 6, 5:30PM. Golden Arrow, Perth. GreenDrinks.org

**CP Hort: Potluck/Q&A,** Jun 7, 6PM. Master Gdnrs of Lanark. St. Andrew's Church, CP. cphorticulture.ca

**Quilt Talk & AGM,** Jun 7, 7-9PM. Sue Shute of Quilting Quarters. N. Lanark Regional Museum, Appleton. 257-8503

**Beckwith Heritage Days,** Jun 10, 9AM-6PM. Pancakes, parade, music, kids' stuff. Beckwith Park. 257-1539

**Pakenham Church Fun Day,** Jun 10. St. Peter Celestine tours, lunch (\$10), 2PM. St. Andrew's concert. Pakenham. 624-5593



## Experience High Lonesome Nature Reserve Welcome Centre Opening and Hygge Tree Event

Everyone is welcome to the grand opening of the new Welcome Centre at High Lonesome Nature Reserve on Saturday, June 24. The gate will open at 10AM and the ceremony starts at 10:30 sharp. With the help of many hands, the Mississippi Madawaska Land Trust (MMLT) has completed the renovation of an existing garage into a Welcome Centre. The building has been extended on two sides to create covered gazebos, providing shelter for the map of trails on the property, a bulletin board and brochure racks. Inside there are basic furnishings and storage space for staff and volunteers. New windows will provide good natural light. A new garage door slides up to provide more space during events.

The MMLT is fortunate to have had generous community-minded individuals to make this project a reality. Paul Kealey of EkoBuilt providing the project management and many work hours, with able assistance from Michael Neelin of Riversong Design. Terry Steeves developed the original design, with details by Amelia Ah You; John R. MacIntyre of Arnprior provided essential engineering support. Volunteer George Fisher and MMLT board members dedicated the many days essential to the successful completion of the centre.

This project was made possible with funding from Mountain Equipment Co-op. Materials for a new double privy, which has been built across the trail from the Welcome Centre, were donated by the Almonte and Pakenham Civitan Clubs.

The opening ceremony will be followed by a Hygge Tree outing. Hygge (pronounced hoo-gah) is a Danish word expressing a feeling of contentment and connection, exactly what one feels when surrounded by trees whispering softly in the wind. Visitors will be invited to become one with nature as they consider the distinct personalities of different tree species along the trails, to learn more about them and their connections within the natural world and with people. Every tree is different. Trees are not just amorphous masses of carbon-sinking habitat for animals, but rather individual species with interesting evolutionary histories, quirky adaptations and unique characteristics. Which is your treemate — the one that most gives you that Hygge feeling? For example, consider the stately oak tree, beloved by wildlife in the fall. Often called the Thunder Tree because it's so often hit by lightning, it was also considered sacred to many early cultures. It is characterized by its robust nature and is courageous, strong, unrelenting, independent and sensible, does not like change, and keeps its feet firmly in the ground. Or is it the birch tree with its useful, permeable bark? Because of its beauty, it was considered magical in northern Europe and was used in many pagan rituals. You could say it is ambitiously reaching for more, seeking better horizons and obtaining higher aspirations. Activities appropriate to each tree will be offered to add to the experience. You may never look at trees the same way again!

High Lonesome is located at 867 Carbine Rd. in Pakenham. Take County Road 29 to Pakenham Village, turn on Waba Road and continue west for 2.9 km. Turn left on Barr Side Road and travel for 1.6 km. Take the first left at Carbine Road and drive 4 km to 867 Carbine Road. For more details, visit <mmlt.ca>.

The Reeve Report

# On Having a Pen Pal

I'm so old that I learned to write with a straight pen with a metal nib that we dipped in ink the teacher made with laundry bluing — what on earth is that?! Every child in BC followed the rigid H.B. MacLean writing course, and learned the same script. Of course, no left-handed person could achieve the beautiful rounded letters due to the vagaries of the pen, but tongue firmly locked between teeth, we tried.

by Glenda Jones

In grade four, when our writing was deemed legible, we were rewarded with the promise of a pen pal; someone to whom we could write on a regular basis. Unfortunately, this pairing up was usually done by the teacher, so we'd be writing to complete strangers, and hoping they'd want to return the favour. My pen pal was a girl about my age who was in Girl Guides, had a cat, and I don't recall much else that we had in common. We wrote back and forth for a couple of years, but I never met her, nor did we keep up the correspondence.

Writing letters is a thoughtful activity, not something to be batted off in haste, because letters can be read and re-read, and kept for posterity. I have a collection of ancient letters on tissue-thin paper that were written in both directions on the page — tiny little script that overlaps so tightly, it takes a magnifying glass to figure out the message. The details of the letters include the weather, who's getting married, how the farm is doing, all the family news that someone far away would want to know. Of course, it took a couple of months for the news to travel back and forth.

We've gotten so used to writing emails, we have forgotten the joy of going to the mailbox and finding a real letter, hand-written, with real news, maybe a photo, and most important: questions that require real answers expected to be returned in another letter.

A few months ago, I reconnected with a cousin I haven't heard from in years. By chance I found her old address and figured I'd give it a try. To my surprise and delight, I got a letter back in less than a week — not an email, a real letter. (All right, we've also exchanged emails, simply to say the letter is coming!)

I was surprised when I got her first letter, as I recognized her writing immediately. We aren't using our straight pens, but we are writing by hand. And

we're not using fancy stationary either: good old lined paper is perfect.

Handwriting is as unique as fingerprints. My writing can look like hen scratches, but my sister's is angled and round. My Dad's writing looked like he'd written on a ruler's edge, all perfectly flat at the bottom of the letters. One friend writes back-slanted, neat and tidy, but hard to read. And I have one left-handed friend whose writing is immaculate, legible, and perfectly sloped. I wish I could do that!

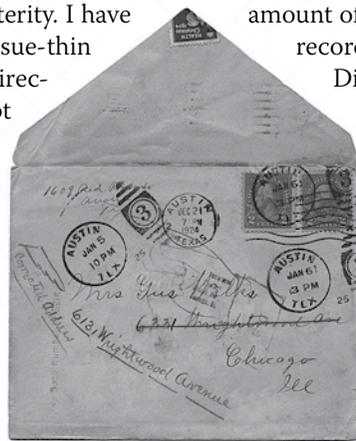
My cousin and I have decided to be pen pals. We are committed to replying to each other's letters. I already know she has dogs, likes to go to concerts, and does volunteer work. She's filled me in on her family news, and I have done likewise.

Why would we do this when we could email? Just for the joy of receiving a personal message in the mail. Just for the anticipation of popping open an envelope and having a treasure fall out. Just to connect with someone through a thoughtful process that takes a little effort. Just knowing that we are returning all this excitement to someone who cared enough to connect.

Having a pen pal opens endless opportunities. Especially for young people whose thumbs can do the writing, taking pen in hand might seem a worthless amount of effort, but it can provide a tangible record to be cherished many years later.

Digging out old letters is like hearing someone's voice from the past. I kept nearly all the letters my parents wrote me, and now I look at them knowing that their hands actually touched the paper on which they were written. Could the same be said for an email written in Calibri, font size 12? I don't think so.

Now, here's a challenge for kids under 15. In the next three months, find a pen pal and write them one letter. Try writing to a relative you haven't seen in years. Write a note to thank someone for simply being in your world. If your time is limited, make your first letter short so the task isn't overwhelming. But do it with a pen and paper, or it isn't really a "pen" pal, is it? It's a chatty letter, nothing deep or philosophical: what you're doing, how you're feeling, with at least one question that will need an answer. Then let me know how it goes. If you make one exchange of letters, it'll be a success. You're going to make someone very happy, especially if you choose to write to a grandparent. Furthermore, I think you'll be surprised to discover how much fun it is to get a real letter. It'll make you want to open that mailbox.



## Perth Museum Turns 50

2017 marks the 50<sup>th</sup> anniversary of The Matheson House being saved from demolition, and the Perth Museum occupying the facility as its home.

The idea for a museum in Perth originated about the time of the Perth Old Boys' Reunion in 1925. The first version of the Museum was on the third floor of the Carnegie Library building at 77 Gore Street East in downtown Perth. As the Museum began to grow and expand, space became an issue, and the Museum Board began to investigate other locations. Several options were considered, but resident Winnie Inderwick, along with the heritage community, the Town of Perth and the Federal Government, had the vision for Matheson House to become the new home of the Perth Museum. The Matheson House was designated as a National Historic Site in 1965 and the Perth Museum officially opened in October

of 1967. Now, fifty years later, the Perth Museum continues to occupy the Matheson House and sees thousands of visitors annually.

Historian Susan Code McDougall noted: "Today, the Matheson House and the Perth Museum are synonymous; however, until 1967, they were two distinct entities, and only through their union a half-century ago did they ensure their continued, individual survival."

Karen Rennie, Heritage Tourism Manager/Curator commented: "This is a remarkable milestone for the Perth Museum and one that has been made possible by our pride in our heritage and our community. We thank the many volunteers, staff, Councils, donors and visitors that have helped us to create the Museum story."

For more information, visit <perth.ca>.

# Stewart Park Festival

## One Weekend — Endless Possibilities

At the Stewart Park Festival, there truly is something for everyone. While the three-day festival initially launched 26 years ago to offer free concerts in the park in Perth, it's grown to be an authentic experience for just about everybody.

To show you how, we've put together some sample activity ideas/schedules for you, to fit various interests and stages of life. Take a look and see how the endless possibilities can work for your weekend experience.

### A Festival that Moves You

Do you enjoy exercise, the outdoors and getting in a good workout? Of course you do. So, how exactly, does a music festival help you do this? We've got a range of physical activities and ideas that will have you running, dancing, cycling, paddling, sweating and more!

Here's how:

- Pedal into town. Park your bicycle at the free bicycle valet service, which will be operated by Heritage Bikes and located in behind the Studio Theatre. This means you can cycle into town and park your bike all day, knowing it's being well taken care of while you take in the festival. Make sure you bring your re-usable water bottle, as we're a bottle-free festival. YAK will be on hand to refill your bottle for you in two different locations.
- Tour the Tay River. Perth Outfitters will set up shop at the former Outdoor Pool (behind the main stage and across Mill Street) where you can rent kayaks and stand-up paddleboards and tour the Tay. They'll also host guided tours at 1 and 3PM on Saturday and Sunday. The tour cost is \$10.
- Stroll through Stewart Park. Whether you cycled, walked or drove to get to the festival, take the opportunity to walk through the entire park to soak in the surroundings.
- Take part in an outdoor workshop. Find balance with holistic workshops offered right in the park.
- Get a guided cycle tour of Perth. Ready to explore beyond the festival? Heritage Bikes will offer guided cycling tours of Perth on Saturday and Sunday at 1PM and 3PM, for \$10 per person.
- Run for refugees. Register for the Perth Run for Refugees 5km Fun Run, which takes place Saturday morning on Mill Street. The run is a great way to take part in a race, get in your workout, and then enjoy the rest of the day listening to music in the park.



Photos by Graham Sibthorpe



Perth's annual Stewart Park Festival offers so much to do over the weekend of July 14 to 16

- Grab a pint. You've worked hard for this one. Hit up the Perth Brewery Patio at the Crystal Palace, which is a licensed area with live music. It's a great place to unwind after all that activity!

### Bring the Kids: We've Got Summer Fun Covered

We get it — when you've got kids, it's hard to even think about planning out a full day at a festival. You'll need snacks. Naps. Kleenex for tears. And never mind that you'll also need to pack things for the kids, too! We're kid-conscious and have put together a plan for you so that you don't have to think — just come, enjoy the festival and start making memories with the little ones.

Here's how:

- Catch the kids' shows. Over the weekend, children's entertainment will be on the main stage, the kids' area and the air-conditioned Studio Theatre.
- Hit the Main Stage. Watch the Musical Academy's youth performance at the main stage. This year they'll feature a special musical that will keep your kids entertained and singing along.
- Get lunch. Take off your shoes, lay out a picnic blanket and listen to live music while eating lunch. The park comprises five acres, so you'll have plenty of space to lay out a picnic. We'll have food vendors on-site so you don't have to lug a full lunch basket around that morning. But please keep Fido at home, as there are no dogs allowed in the park.
- Check out the Kids' Area. Tayside Community Options always hosts some super activities, and it's your chance to make fun art projects and crafts, dance in the park, get your face painted, play games and play with the parachute.
- Watch the duck race. Each year YAK launches a massive rubber duck race, and the winning duck results in an amazing prize! It's a fun "race" to watch as hundreds of yellow ducks make their way down the river.
- Get some pancakes. We'll be hosting a pancake breakfast on Sunday, July 16 from 8:30–11:30AM, and kids under six eat free!

Are you also a music lover? Re-discovering the festival? A holistic seeker? We've posted some schedule options for you as well on our website. Get your Stewart Park Festival plans lined up by visiting <stewartparkfestival.com>.

## Blues Veteran Morgan Davis Comes to Perth

Blues, in its many forms, has always been my "go-to" music to help me deal with life. Having grown up in Toronto in the 1950s–'70s (before my "escape"), I grew up on groups that played offered sweet, full sounds — what later would be called "the Toronto Sound". It featured R&B stylings, created by bass, drums, usually Fender Telecasters, a Hammond B3 organ, often with horns and soulful singing. I'd go to the Colonial Tavern or Le Coq d'Or on Yonge, Albert's Hall on Bloor, the El Mocambo or the Sapphire Tavern downtown, but there was also plenty offered at school, church, or arena dances. Out in the suburbs we'd dance to Little Caesar and the Consuls, Shawne and Jay Jackson and The Majestics, Domenic Troiano, Ronnie Hawkins, Jackie Shane, Crowbar, McKenna Mendelson Mainline, and The Lincolns, to name a few. I was so lucky to have lived there then, in that mecca of music magic. Others did too, of course, and one veteran, I'm excited to say, will be hitting the stage at our next Listening Room Series. The amazing, Juno Award-winning bluesman, the legendary Morgan Davis will appear on Sunday, June 18 at 7PM in The Perth Tea Room (Perth Restaurant), at a cost of only \$20.

Born in Detroit, Michigan, he absorbed the raging Motown and R&B sound before his family moved him to California. Entering his "learnin' years", he came to Canada where he lived and studied at the now infamous Toronto's Rochdale College, claiming he got a "higher education". He studied Delta Blues, particularly Robert Johnson, but also had the opportunity to see and play with musicians like Sun-nyland Slim, Bukka White, Hubert Sumlin, Snooky Pryor and John Hammond, all of whom helped in developing his country blues style. All this led him to become a journeyman musician, playing with the Rhythm Rockets as well as David Wilcox's first band before leading his own first band, Knights of the Mystic Sea, and being constantly on the road. One of his proudest moments was backing Dr. John.

Over the 45 years he's been on the road, Davis has evolved to being primarily a solo player, constantly writing his own material, backing himself on a 6-string electric. He plays throughout the US, Europe and Canada, now calling Nova Scotia home for the past several years. I'm sure you'll love his music, his observations, and his road stories just as I have, the many times I've seen him.

Tickets are \$20 and available at The Perth Tea Room or by calling 267-7902. Dinner reservations can be made by calling 267-3170. Part of the proceeds will be going to the Stewart Park Festival to help keep it a free event.

—Steve Tennant

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To a town with no future comes a girl with a past  
See our article this edition or visit [studiotheatreperth.com](http://studiotheatreperth.com)

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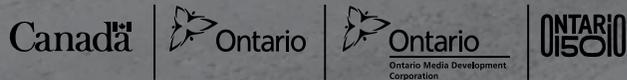
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# Get Fresh with Herbs in Carp!

On Saturday, June 24, the Carp Farmers' Market Association (CFMA) will host the second annual **Carp Herb Festival** at the picturesque Carp Fairgrounds.

The CFMA has a long history with the Ottawa Valley Midsummer Herbfest, going back to that event's origins. Many of their members have participated in the 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. And since each CFMA member is a farmer growing what they sell, a prepared-food maker baking and assembling what they sell, or an artisan producing their crafts locally, participants in the Herb Festival will also meet these criteria. There will be no reselling of any products.

The Carp Herb Festival takes place from 8AM to 3PM, admission and parking are free, and the grounds are 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 Marcantonio, Market Manager, at 786-1010 or <market.manager.crpmkt@gmail.com>.



Just in thyme for gardening season — the Carp Herb Festival takes place on Saturday, June 24

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## Florescence, Spring to Summer

**Works by Pfaff and Vuletin at the General**

We Canadians spend a good deal of our winters looking forward to spring. When warmth, sunshine and rains return, forests and gardens come alive within a few short weeks, tree branches usher a canopy of green and the air is filled with the unmistakable scent of new life. Those of us who tend gardens can't help feeling joy as we witness plants sprouting from the earth with genetic determination.

It's not uncommon that artists should be inspired to portray this period of flourishing. Two artists who interpret the season in different ways but with similar enthusiasm are painter Mary Pfaff and potter Andrea Vuletin.

*Florescence, Spring to Summer* is an exhibition of their most recent work at General Fine Craft from June 6 to July 30.

Andrea Vuletin's work is revered by pottery and plant enthusiasts alike. She has a decorative plan in mind when forming her pottery on the wheel or by slab construction. Her shapes reflect the gentle curves of plants emerging from the earth, a lightness and sense of movement that implies

growth, and volumetric form that represents inner breath. The animated forms provide a framing element for her lyrical, finely incised and painted insect and botanical imagery.

For Mary Pfaff, spring conjures a lush life: a time of transformation, unfolding, revealing, nourishment and new energy. She feels that all spaces have beauty but gardens are an exciting, ever-changing place where all the senses come alive. They have been a recurring theme for her — fueling memories, offering a chance to slow the pace of life for a time, and providing a sanctuary where nothing is pre-determined.

While Mary Pfaff's interpretations of florescence are innately abstract and Andrea Vuletin's are more in the realm of realism, both artists' convey universal ideas of renewal. General Fine Craft invites you to personally explore the different perspectives they provide.

Please join us for the opening and meet both artists on Sunday, June 18, from 2–4PM. General Fine Craft is located at 63 Mill Street in Almonte <generalfinecraft.com>.



# Canada Wild

Presented by Bill Pratt & the Raintree Earth Ensemble

Almonte wildlife photographer Bill Pratt and composer Ian Douglas have a national audience on Friday, June 30, for their beautiful music/visual production **Canada Wild**. Breathtaking images and evocative live music performed by the Raintree Earth Ensemble aim to capture the rugged beauty of Canada's wilderness and Arctic regions. *Canada Wild* is the closing presentation of CCC2017, a national conference of photographers from across Canada. The performance is open to the public, with tickets available at the Algonquin College Commons Theatre in Ottawa — an ideal way for families to kick off Canada's 150<sup>th</sup> birthday celebration!

Bill Pratt <billprattphoto.com>, a former Parks Canada engineer, has travelled widely to remote areas of Canada, pursuing "images that remind us all what a great country we have. Canada's awe-inspiring, rugged landscape and harsh climate," he says, "have shaped us as a people and instilled in us the values and the principles that we stand for." Since that time he has photographed all corners of Canada and incorporated his images in audio-visual shows to remind Canadians what a magnificent country we have.

Ian Douglas, who worked previously with Bill to find soundtrack music over the years, composed an original musical score for the *Canada Wild* presentation, first performed at the Almonte Old Town Hall in 2014. A musician, composer, poet and environmental engineer, Ian is a classically-trained musician and founding member of the art-folk groups Raintree and The Ragged Flowers. The Raintree Earth Ensemble

features Ian Douglas (piano, hand-drums), Steve Smith (cello), Kelly Sloan (voice), Neil Saungikar (hand-drums), and Steve Reside (percussion).

The ensemble's music is ethereal and earthy, expressing the grandeur and mystery of Bill Pratt's spectacular imagery. This performance includes three pieces. *Arctic Dreams* is dark, barren and haunting — featuring stark landscapes, icebergs, birds and polar bears. *Algonquin Wild* is gentle, playful and heartwarming — presenting familiar mammals, birdlife, and forest landscapes of Ontario's Algonquin Park. *Yukon* is colourful, majestic and vibrant — revealing mountain landscapes and wildlife of the Yukon and northern British Columbia. *Canada Wild* promises audiences a unique visual and musical experience that celebrates Canada's natural beauty.

*Canada Wild* is being presented on Friday, June 30 at 8PM in the Algonquin College Commons Theatre as part of the Canadian Camera Conference 2017 (June 28–30 <ccc2017.ca>). Some 200 photographers from across Canada are attending the conference, organized by the capital's RA Photo Club. The event is sponsored by the Canadian Association of Photographic Arts.

Tickets for *Canada Wild* only are available to the public through the Algonquin Theatre box office, and online at <ccc2017.ca/canada-wild>, and the cost is \$25 for adults and \$15 for students and children. This link also provides a brief video clip of the three shows and a map indicating location of the Algonquin College Commons Theatre.

# Back Forty's Season Opening Celebration

On Saturday, June 24 from 10AM to 4PM, join the celebration at the picturesque Back Forty Artisan Cheese dairy and tasting room. Relax along the Mississippi River while enjoying great music, food, drinks and artisan cheese as they open the shop doors to the public for the 2017 season.

The event will feature traditional acoustic Appalachian music by renowned musicians Luke Mercier and Chris Culgin. Enjoy a cold craft beer from Carlton Place's Stalwart Brewery. Discover local wines and cider from Eastern Ontario, featuring Kin Vineyards, Scheuermann Vineyard & Winery, and Three Dog Winery. Tour the artisan cheese factory and sample a variety of Back Forty's award-winning and unique raw sheep milk cheeses. Enjoy fresh curd and traditional ricotta straight out of the vat. A fine selection of delicious food will be available off the grill. Admission is free, and parking is available on site.

"We feel that our annual event is a great way to promote and celebrate one of the roots of the region. Large industrial corporations are now dominating the once-vibrant community of small independent cheese factories in Eastern Ontario. Visiting Back Forty is like taking a step back in time," explains owner and cheese maker Jeff Fenwick.



Head on over to Back Forty Artisan Cheese's lovely location on June 24 for their season opening party!

## About Back Forty Artisan Cheese

Founded in 2000, Back Forty Artisan Cheese is now the only cheese factory located in Frontenac County. They specialize in traditional and unique high quality raw sheep milk cheeses. To learn more about their cheese factory and to shop, visit <artisancheese.ca> or call them at 287-7011.

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 613-256-2500 ext. 2296 cpiche@agh-fvm.com  
 www.almontehospitalfoundation.com

# CELEBRATE Canada's 150<sup>TH</sup> IN THE VALLEY!

## Celebrate All Week Long in Carleton Place!

The Town of Carleton Place is planning a week-long celebration of Canada's 150<sup>th</sup> anniversary. They are excited to show their patriotic pride and celebrate each day from June 27 to July 1 with a variety of activities and attractions. There is plenty to do for residents and visitors alike!

### Monster Bingo at the Arena

The Carleton Place & District Civitan Club hosts bingo every Tuesday night at the Arena, and they are excited to be adding to the event with a Monster Jackpot! Join them starting at 7PM on Tuesday, June 27 for an exciting evening of bingo. Bring your lucky charm! This is an 18+ event.

### Classic Car Parade & Music

On Wednesday, June 28, the Carleton Place Cruise Nights group will host a Classic Car Parade from the Carambeck Community Centre to the Market Square Pavilion. The parade begins at 6:30PM, and afterwards everyone is invited to the Market Square to browse the classic cars and enjoy live music and entertainment from The History Buffs.

### Community Celebration Parade & Music

Carleton Place celebrates their Canadian and community pride with a parade on Thursday, June 29. Enter your own float or watch the parade from Bridge Street — there's room for everyone! The parade begins at 6:30PM and travels from the Carambeck Community Centre to the Market Square Pavilion. After the parade, head to the Market Square

again to browse the classic cars and enjoy live music and family activities!

### Canada Day Warm-Up Dance

Celebrations start early with a dance on Friday, June 30. Come to the Carleton Place Arena for an evening of music and dancing with DoubleBack. The dance begins at 8PM, and admission is \$5 per person at the door.

### Canada Day: Celebrations at Riverside Park

On the big day itself, come to Riverside Park for a day full of games, crafts, live music, air bouncers, petting zoos, children's shows, vendors and exhibits — all in celebration of Canada Day. Events begin at noon and cap off with a breathtaking fireworks display over the Mississippi River at 10PM. This event is free of charge and family-friendly. Plan to spend the day!

Carleton Place is truly the place to be for Canada 150 celebrations. For more information or to find out how you can get involved, please visit <facebook.com/cpcan150> or <carletonplace.ca/cpcanada150.php>, or contact Jessica Smith, Community Programmer, at <jsmith@carletonplace.ca> or 257-1704.



## Beckwith Creates an Edible Legacy for 150<sup>th</sup>

Beckwith Township has found a delicious way to celebrate Canada's 150<sup>th</sup> anniversary! It is planning to build an "edible park" within Beckwith Park as a legacy project, featuring heritage apples, plum trees, cherry trees, butternut trees and currants.

A plot of over one acre in size will be cultured to grow nine varieties of apples, three types of plums and three kinds of cherry trees that local historians say were known to grow in the area. Species were selected from a list of more than fifty heritage trees in an effort to appropriately represent life in Beckwith 150 years ago.

The edible park project will serve the community for generations to come. "It's part of our culture in Beckwith," Reeve Richard Kidd says, "... every homestead had an orchard. This new Edible Park is a reflection of our heritage".



A small mixed plantation used to provide multiple harvests that served a family throughout

A new "edible park" is just one of the ways in which Beckwith Township is celebrating Canada's 150<sup>th</sup>

the year. In late July, Yellow Transparent apples would be the first crop harvested to make applesauce. Later, Northern Spy apples were collected for cooking and baking. In the fall, McIntosh apples were gathered to store over the colder months. Lastly, butternuts and currants would be saved for Christmas dinner.

The township is also planning to construct a replica of a circa-1800 one-room schoolhouse as part of the enhancements to Beckwith Park in 2017. Other events planned to celebrate Canada's 150<sup>th</sup> in Beckwith Township include a heritage parade during the Heritage Days event in June, a new splash pad and playground opening on July 1 with a seniors' breakfast and family picnic, the Paddle the Jock event, a Canadian History Trivia Night at the Ashton Pub, a rural school fair and New Year's Eve fireworks.

For more information, please contact Lanark County Tourism at 1-888-452-6275 or visit <LanarkCountyTourism.ca>.

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## CARLETON PLACE Celebrates Canada's 150th!

Tuesday June 27<sup>th</sup> - 7:00PM • Carleton Place Arena - 75 Neelin St.

### Monster Bingo Night

18+ Event. Join us!

Wednesday June 28<sup>th</sup> - 6:30PM • Carambeck CC to Market Square

### Classic Car Parade

Join us afterwards at the Market Square for celebration activities

Thursday June 29<sup>th</sup> - 6:30PM • Carambeck CC to Market Square

### Celebrate Canada Parade

Join us afterwards at the Market Square for a family dance & activities

Friday June 30<sup>th</sup> - 8:00PM • Carleton Place Arena - 75 Neelin St.

### Canada Day Warm-up Dance

Join us for a kick off dance with doubleBack! \$5/person

July 1<sup>st</sup> - 12-10:30PM • Riverside Park - 179 John Street

### Canada Day Festivities

Free activities & live music all day!

Visit us on Facebook for more information! [f /cpcan150](https://www.facebook.com/cpcan150)

# Celebrate Canada's 150<sup>th</sup> in the Valley!

## Four Fun & Fantastic Days in Pakenham

"Pakenham is really pulling out all the stops this year," says Rhonda Tees, "with 18 events and activities over four days of celebration. It is all about community, partnership and collaboration with volunteers from area businesses, churches and the Civitan working together with the Town of Mississippi Mills to mark the occasion in a big way."

### Explore Pakenham Churches

The first special day takes place on **Saturday, June 10**, when the churches of Pakenham are coming together for a day of fun in the village. St. Peter Celestine kicks off the day's events with free tours of that magnificent church at 10AM and 3:30PM. St. Peter's is one of the Seven Wonders of Lanark County, with its Classic Italianate decoration in trompe l'oeil and faux marbre technique. From 11:30AM to 1:30PM, St. Mark's will be serving lunch of salad, tea sandwiches and dessert, with gluten-free options available, for only \$10 (tax and tip included). At 2PM, St. Andrew's will present a concert called "Canadian Music Eh!" Come out and hear old favourites from Joni Mitchell, Ian Tyson and more. Admission is a freewill donation, and St. Andrew's will also have a history pop-up and the Truth and Reconciliation Quilt on hand from 1-4PM.

### Canada Day Eve!

As it does every year, Pakenham will celebrate Canada Day Eve on **Friday, June 30** with a great line-up of activities. At 5PM, the 20<sup>th</sup> anniversary RBC Staff BBQ will raise funds for the Brain Tumor Foundation. The awesome Canada Day Eve Parade (so awesome that it goes around town twice!) starts at 7PM, and right after that everyone is invited to a variety show at the Stewart Community Centre. The show starts at 8PM and features Jean-Marc Lalonde and Mike Ryan, twins Noah and Analiesia Reid, and other local performers. After the show, the traditional fireworks display will begin at dark!

### Breakfast on Canada Day

What better way to kick off **Canada Day** itself than with a hearty breakfast? Every year the volunteer firefighters host a pancake breakfast at the Pakenham Fire Hall. Breakfast features Lindsey's maple syrup, loads of big fluffy pancakes and yummy sausages. Come out

and support our firefighters and enjoy a great breakfast to get you fuelled up for your Canada Day activities.

### The Fun Continues

And since you won't want the party to end, **Sunday, July 2** will be a jam-packed day of activities in and around the Stewart Community Centre. The day will start with an ecumenical church service outside (or in the arena in case of inclement weather) at 11AM. The Fairgrounds canteen will be open and manned by the Civitans from 1-3PM for snacks and drinks, and again from 3-6:30PM for a BBQ. From 1-4PM there will be children's games and activities, adult tug-of-war, fun family-oriented canoe and kayak races, and a lob ball competition. The big event of the day will be an antique car and farm equipment show. The block bounded by County Road 29, Renfrew Street, MacFarlane Street and Elizabeth Street will be filled with beautiful antique vehicles. The parking lot at the Five Span Feed & Seed will be home for the day to antique tractor and farm displays. Registration will begin at 11AM at the corner of County Road No. 29 and Elizabeth Street. There will be a social and prize draws at Bridges Bar and Grill at 3PM. Please contact Dave Richardson, Show Coordinator, at 624-5303 for more information. And to top the day off, at 7:30PM there will be a family dance featuring the Ryan Brothers (\$12 for adults and \$2 for children 14 and under).

In between all of these great events, don't forget to browse the wonderful variety of baked and other goods at the General Store, shop at Old Crow Creek for home decorating gifts, stop for an ice cream at Scoops, pick up some beer, wine and lottery tickets at Nicholson's, and if you're still hungry at the end of the day, have a hearty dinner at The Centennial or Bridges Bar & Grill. For a small village, Pakenham sure has a lot to offer!

So come out and experience Pakenham as they celebrate Canada 150. Chat with the friendly people of the village, shop at the wonderful stores, eat the great food, partake of the activities, and kick up your heels to the rocking sounds of the Ryan Brothers and other local musicians.

For more information, please contact Rhonda Tees at 624-5593.

## An Event 150 Years in the Making... Almonte Celebrates Canada's 150<sup>th</sup>

It's time to celebrate Canada's Birthday, and the friendly town of Almonte has a jam-packed day of activities from dawn 'til dusk!

The big day starts bright and early with a very special **Paddle for AGH** event. Canoeists, kayakers and paddle boarders of all ages are invited to participate in this fun-draiser for local health care at the Almonte General Hospital, taking place on the banks of the mighty Mississippi River at the Almonte Fairgrounds. Paddle for AGH features fun, family-oriented races, a community group paddle to Appleton and back, and even a build your own raft and race event! And to ensure that you get off to a good start, the event will begin with a hearty breakfast provided on-site by the Legion. As well as enjoying time on the water, participants can win some amazing prizes including Wilderness Tours gift certificates, event T-shirts and much more. Shore activities will include historical games and activities, Celtic music and food.

Then from 11AM to 3PM head downtown to the 4<sup>th</sup> annual Canada Day **Antique Car Show and Shop**. Over 100 antique cars and trucks will line Mill Street, Little Bridge St. and surrounding parking lots. Shops and restaurants will be open, and the Almonte Civitan Club will be there with their BBQ! And as a special twist, the Town has partnered with Cheerfully Made Markets and Etsy Canada to host a special **Etsy Canada Day Market** right in downtown Almonte! It will include loads of handmade goodies, as well as Cellar82's Pop-up Cocktail Party, who will be mixing up your favourite summer drink right on site!

At 3PM, grab your picnic blanket and head to Gemmill Park for the annual **Family Picnic, Concert and Fireworks!** There will be loads to keep the kids happy while you lounge on the hill and enjoy the line-up of amazing local entertainers, which includes George Turcotte, Delaney Grant, The Barley Shakers, Bluesfest Be-In-The-Band, the Ramblin' Valley Band and Rock Star Live. And in honour of the sesquicentennial, special (puppet) guests Sir John A. MacDonald and Queen Victoria will make an appearance too!



Canada Day in Almonte includes paddling at the Fairgrounds, an antique car show and Etsy market downtown, awesome music by the Ramblin' Valley Band in Gemmill Park, fireworks & more!

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# CELEBRATE Canada's 150<sup>TH</sup> in the Valley!

## Smiths Falls Celebrates Irish Roots

As part of the Canada 150 celebrations, the Town of Smiths Falls officially launched its formal twinning with the town of Carnew in County Wicklow, Ireland. The twinning was announced on April 22 at the Emerald Gala, when Mayor Shawn Pankow noted that: "Our Irish ancestors played a significant role in the history and development of Smiths Falls, from a young, pioneer village to a growing, prospering industrial town. Although we always recognized that many of our residents could trace their ancestry back to Ireland, we had no idea that so many of our early settlers had arrived from the same area in County Wickow. It is hard to believe it has taken over 150 years for this good story to finally be told, and we look forward to the formation of a closer connection to Carnew and the lands formerly occupied by the Coollattin Estate."

Join the Town of Smiths Falls in welcoming descendants of those who stayed on the Coollattin Estate, as they travel from Ireland to Smiths Falls to explore the region, the shared history, and the landscape that the Irish ancestors found themselves in as they made a new home for themselves in eastern Ontario.

There are a number of events planned in and around Smiths Falls leading up to Canada Day; here are the highlights!

### Upcoming Events

- May through August: **Our Town: Smiths Falls in 1867 Canada.** Including exhibits on Ottawa

Valley Irish Heritage, at Heritage House Museum (283-6311).

- June 24: **Highland on the Rideau.** Bagpipe, drum and band competitions; Highland and Celtic dancing competitions, including Irish jig; heavy athletic field event competitions <gordonpipeband.com/hotr>.
- June 25: **Irish Ceili and Picnic,** featuring Celtic music with Seventh Town, dance caller, historical presentations, and genealogy research sessions.
- June 27: **South Winds Voyageur Canoe Brigade,** featuring canal-side campfire, cook-out, and interpretative tours of the canal. Includes a presentation on the building and history of the Historic Rideau Canal, and the contribution of Irish labourers.
- June 28: **Golf Tournament & Irish Homestead Dinner and Dance,** on the grounds of the historic Balfe family homestead, today the site of the Smiths Falls Golf & Country Club! Features a full day of golfing, a delicious meal, and live music including Irish fiddle and a Beatles Tribute. All are welcome <smithsfallschamber.com>.
- June 30: **Historic Tour of our Region's Railways.** Participants will get a glimpse into our region's railway history — a history that formed our country! Explore the museum and go beyond our borders to visit some rarely-seen sites that demonstrate the impact of the railway <rmeo.org>.



The Steel City Rovers, with their high-spirited Celtibilly blend of North American and Celtic musical influences, are the perfect choice to play in Smiths Falls on Canada Day Eve

- June 30: **Steel City Rovers.** Enjoy Celtic music on stage at The Station Theatre as the finale of the Irish Legacy Project <smithsfallstheatre.com>.

## Explore Our Backyard! Perth Launches Canada 150 Celebration Plans

The Town of Perth will take three days and many ways to honour Canada's 150<sup>th</sup> anniversary, including a Party by the Basin on June 30.

With a theme of "Explore our Backyard", the Town wants residents and visitors to embrace all things Canadian that already exist within Perth's landscape.

"When you think about summer in Canada, you think about heading to the water, getting together with family and friends and finding the time to slow down and have a really good time," says Perth Tourism Manager Karen Rennie. "That's our plan for Canada Day weekend, and so there's no need to travel afar for the big-city experience. We've got it all right here."



Monkeyjunk plays Perth's Party By the Basin on June 30

### Party By The Basin

The three-day long weekend celebration will kick off with a brand new event at the Tay Basin. Closing down the Crystal Palace parking lot, the Town will host a Party by the Basin — an outdoor celebration including three bands, a food market hosted by the Midnight Makers, cold brew from the Perth Brewery, a wine and drink table run by the Stewart Park Festival committee, and samples from Top Shelf Distillers.

The music line-up includes the Keith Glass Band, Juno-award-nominated artist JW-Jones, and MonkeyJunk. A stage will be set up in front of the Crystal Palace and the party will take place in the parking lot. The gates will open at 5PM and the music starts at 7PM.

"It's going to be an incredible vibe in the downtown core that day," says Perth Mayor John Fenik. "This is going to be an unforgettable way to celebrate Canada's birthday"

Tickets are on sale through Tickets Please <ticketsplease.ca>, and the numbers are limited to 2,000 attendees. The cost is \$25 per person (plus service fee) and the ticket will also grant you access to the Perth Passport, which is a local business initiative that will give ticket holders summer-long access to special deals at participating businesses.

### Family-Fun Activities

The long-standing Canada Day tradition will continue at Conlon Farm on July 1. Running from 5-11PM, the day will include children's activities, live music and fireworks. An ecumenical service is also planned for Sunday afternoon at 1PM in Stewart Park.

For more details, visit <perth.ca/canada150> or stay up-to-date on the Perth Tourism Facebook Page.

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**A LIFE INSPIRED**  
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William Hodge - Cycles

weaving past into present

Both shows are on from June 6 to September 16, 2017  
Vernissage: Saturday, June 10, 2017, 2-4PM

For information:  
[www.mvtm.ca](http://www.mvtm.ca)  
or 613-256-3754 ext. 7

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### June 10/11

#### **Pow Wow: Akwesasne Mohawk & Algonquins of Pikwakanagan First Nation**

Featuring:

- traditional song, dance and drumming
  - Canada 150 Youth Choir
- Hosted in partnership with the Smiths Falls & District Collegiate Institute, Parks Canada and Smiths Falls.  
Time: Sat. 10-8; Sun. 10-5  
Contact: [Mmcilvenna@smithsfalls.ca](mailto:Mmcilvenna@smithsfalls.ca)

### June 17

#### **Healthy Living Festival**

Enjoy a day of fun, free activity in the heart of Smiths Falls

Featuring:

- live dance performances
  - acrobats
  - street buskers
  - Aboriginal Experiences
- Presented by the Downtown Business Association  
613.283.4124. ext. 1114  
[www.downtownsmithsfalls.com](http://www.downtownsmithsfalls.com)

### June 17 (PM)

#### **Music in the Park**

Get ready to get your "Brit-on"

Featuring British Invasion  
Lower Reach Park  
6:00 - 9:00pm

### June 18

#### **Rideau Paddlefest**

Up the River WITH a paddle!

Featuring:

- Smiths Falls Canada 150 Youth Choir
  - Bytown Bluegrass
  - Peter Dawson
- Lower Reach Park  
613.283.4124  
[www.facebook.com/RideauPaddlefest](http://www.facebook.com/RideauPaddlefest)

### June 24

#### **Highland on the Rideau**

Featuring the Gordon Pipe Band

Lower Reach Park, Smiths Falls

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

### June 25

#### **Irish Ceili & Picnic**

Featuring Seventh Town, with dance caller Maureen O'Leary.

Heritage House Museum, Smiths Falls  
613.283.6311

### June 27

#### **South Winds Voyageur Canoe Brigade & Cultural Celebration**

Featuring The History Buffs  
Sponsored by Town of Smiths Falls Local Immigration Partnership  
Centennial Park, Smiths Falls

613.283.4124

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

### June 28

#### **Golf tournament & Irish Homestead Dinner & Dance**

Featuring Beatles Tribute  
Hosted by the Smiths Falls Chamber of Commerce  
Smiths Falls Golf & Country Club

613.283.1334

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

### June 30

#### **Music at Station Theatre**

Featuring the Steel City Rovers

"The cross-pollination of the Celtic and North American Traditions is what we call Celtibilly"

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

### July 1

#### **Canada Day Parade & Celebrations**

Featuring:

- Magic Show (1 - 2 pm)
- River City Junction (2 - 5pm)
- Maria Hawkins (5 - 6pm)
- Andy Mason (6 - 7pm)
- Canada 150 Youth Choir (7pm)

Lower Reach Park, Smiths Falls

613.283.4124

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

### July 8

#### **Pigstock**

A Fundraising Event for Two Rivers Food Hub  
Featuring live music as part of the On the Roll Live Music Series

3pm - Marleen Fawcett

4pm - Steve Stacey

5pm - Bruce Enloe

6pm - Moore & McGregor

7pm - Ali McCormick

At the Gallipeau Centre  
[www.tworiversfoodhub.com/upcoming-events](http://www.tworiversfoodhub.com/upcoming-events)



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AN EVENT 150 YEARS IN THE MAKING...

# Celebrate Canada's 150<sup>th</sup> in Mississippi Mills!

**June 30** Kick off a weekend of fun in Pakenham with our annual **Canada Day Eve Celebrations!**

5PM RBC Fundraising BBQ  
6-9PM Bouncy Castles & Facepainting outside the Stewart Community Centre  
7PM Annual Canada Day Eve Parade  
8PM-DUSK Live Local Music Coordinated by Mike Ryan, Refreshments available  
DUSK An Amazing Fireworks Show by Apogee

**July 1** To Celebrate Canada's birthday we have a jam-packed day of family friendly activities from dawn 'til dusk!

7-11AM Pakenham Fireman's Breakfast  
7:30AM-12PM Paddle for the Almonte General Hospital at the Almonte Fair Grounds  
10AM-2PM Etsy Canada Day Market  
11AM-3PM 4<sup>th</sup> Annual Canada Day Antique Car Show and Shop  
3PM **Family Picnic, Concert & Fireworks in Gemmill Park**

*Food & Fun for Everyone:*

Legion BBQ & Refreshment Garden  
Wraps & Stuff Food Truck  
T-shirts making with JB Arts  
Facepainting with Mississilli Faces  
Inflatable Games and more

*Our 2017 Show Includes:*

The Legion Colour Party  
Hosts Kris & Rob Riendeau  
George Turcotte  
Delaney Grant  
The Barley Shakers  
Bluefest Be-in-the-Band  
The Ramblin' Valley Band  
Rock Star Live  
with Special Guests  
Sir John A. MacDonald  
and Queen Victoria

DUSK An Amazing Fireworks Show by Apogee

**July 2** The fun continues with a full day of family friendly Canada 150 activities including an antique car & tractor show, canoe races, kids games and a family dance with Mike Ryan!



Canadian Heritage

Patrimoine canadien



Almonte Civitan Club

