

SEPTEMBER 2011

# the Hummm

free

Arts,  
Entertainment  
& Ideas



p.26 & 27

September's Events

**CLASSES**  
**COURSES**  
**LESSONS**

pages 10 to 16



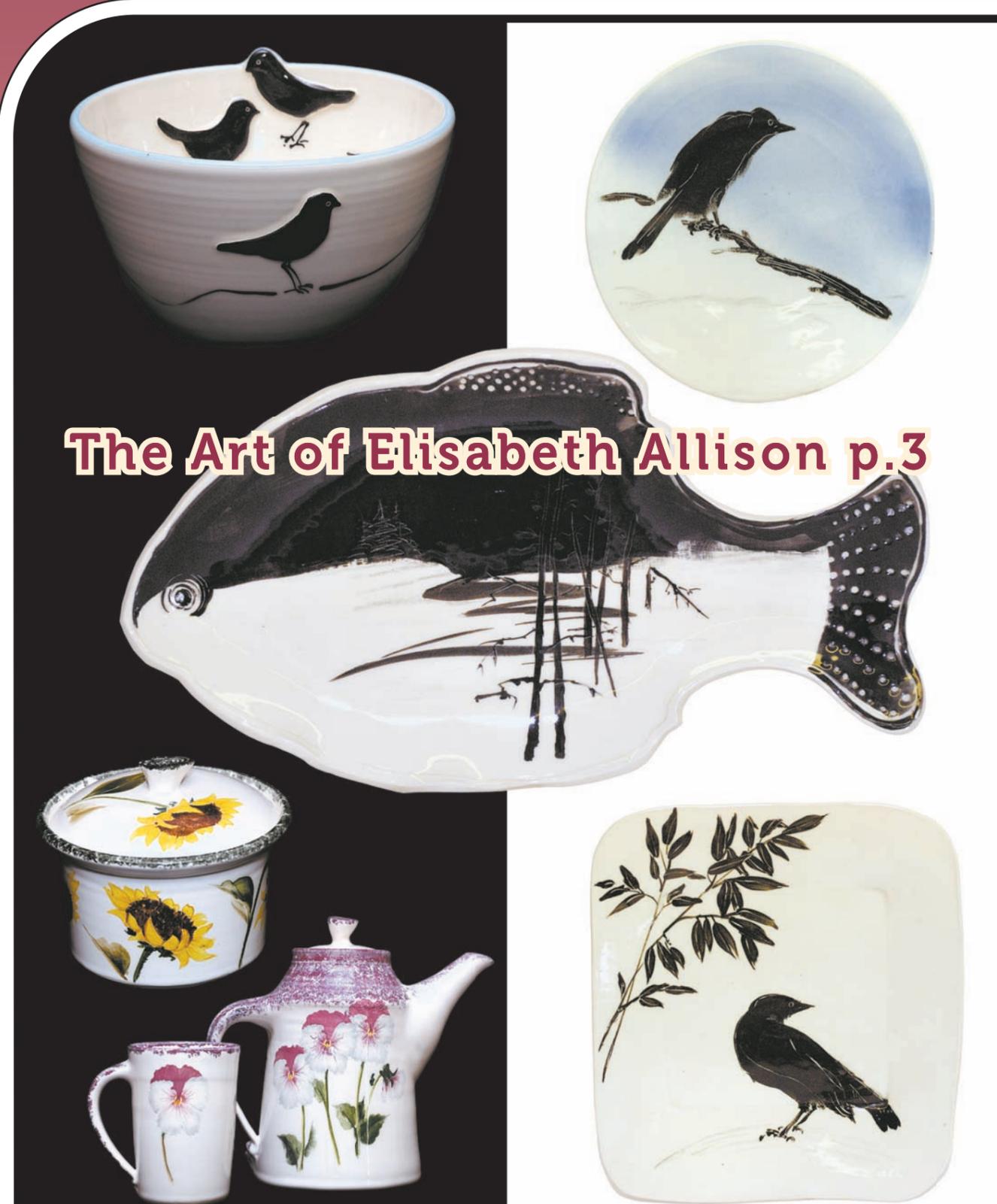
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Got Talent?



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Hanging Around the Valley



**The Art of Elisabeth Allison p.3**



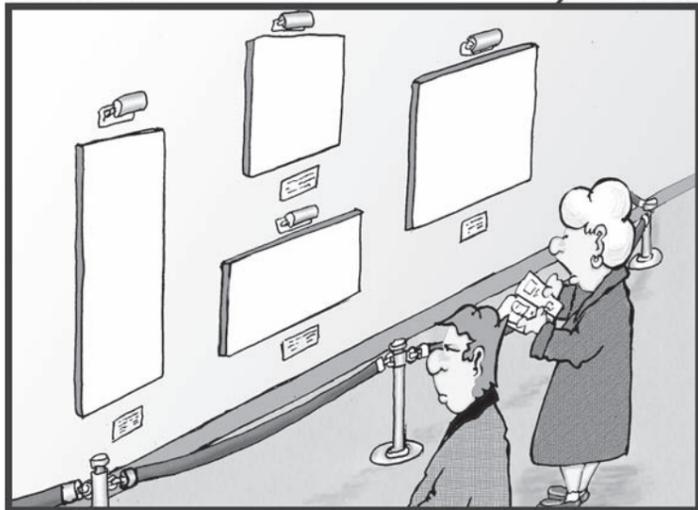
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## ARTBEAT

by Bill Buttle



"...he ended his long career with four works painted entirely from memory!"



## Almonte Bookstore Among Canada's Top Ten!

Congratulations to **Mill Street Books** for being named one of the Top Ten Favourite Canadian Bookstores! In mid-July, CBC introduced a contest for readers and listeners to nominate their favourite bookstore. Mill Street Books was voted among Canada's top ten and cited for its friendly small-town atmosphere and prompt service. Owners Terry and Mary Lumsden are delighted with the vote of confidence and thank all their customers for the nominations that helped this Almonte store to garner some national attention.



Who's Reading the Humm

Back in 2009 Glenda Jones wrote: Here is a lovely picture of two sisters: **Tove Hunding** and her sister **Gro** from Oslo Norway. I took this in October at Groundz when Tove and Gro popped into the coffee shop so Tove could introduce her sister to everyone there. They were so happy together, and were delighted when I suggested we get a Humm pic. I hope you will publish it, so Tove can send it off to Norway!

## Breaking News About Our Columnists:

This month, *theHumm* welcomes the eloquent Emily Arbour to the fold. Emily will be writing a monthly advice column (for the ill-advised) — see her first installment (in which she talks to herself) on page 7. In the meantime, Steve Scanlon is still hilarious (in both official languages, see page 34), John Pigeau is way too happy (and newly married — see if they are causally connected on page 31), Joffre Ducharme and Miss Mills are revelling in arts & culture (and food, including pickles, pages 18 and 20 respectively), and Ian Doig is AWOL (where are you, Ian?). Other than that, it's pretty much business as usual, except for the note we received recently at Humm headquarters, pieced together from torn-out bits of newsprint from past issues:

**PiE whole KidNapped by HOBBITS Ransom: 50-cALLON keg of mEAD.**

If anyone has any information pertaining to the whereabouts of Pie Whole (or the hobbits), questions to address to Miss Write (Emily Arbour), or gushing compliments about this issue, please email us!



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

**Submissions**  
By email or on disk.

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**Thanks this month to:**  
Susan and Gerry for the bottle of champagne they sent our way during our anniversary dinner — how thoughtful and delicious!



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# Elisabeth Allison — Earthy Pleasures

What do a cob of corn, a raven, a mauve and white pansy, a fish and a sunflower have in common? Nope. I haven't come up with a clever trick question. I've come up with a Kinburn potter and gardener who

by Sally Hansen

celebrates her love of nature by painting these images on her beautiful and durable porcelain and stoneware pieces.

Elisabeth Allison first came to my attention when the editor of *theHumm* showed me two little saucers she had just bought that were decorated with simple but adorable little black birds. I coveted them so much she gave them to me. So I indulged my love of fresh produce and my curiosity about Lis Allison, and visited her booth at the Carp Market the following Saturday to see more for myself. What a treat.



Her beautifully rendered paintings of flowers on teapots and plates and other tableware especially impressed me. This gifted artist uses a white glaze over white porcelain clay as her canvas for painting the soft, clear colours of beautiful flowers inspired by her garden.

Elisabeth Allison expresses the enjoyment she derives from earthy pleasures like gardening and observing nature, by creating beautiful works of art that are totally pragmatic. "It's one of the things I enjoy most about making functional pottery," Lis tells me. "It's a way of sharing creativity. Customers actually express their own creative instincts and responses when they select a piece to buy or a piece to use." On a morning when you are facing a difficult decision, you can eat your breakfast on a Pine Ridge plate accompanied by a sympathetic raven

looking over his shoulder with a slightly trepidatious expression. When everything is going your way, you can sip your coffee basking in the warm glow of a cheerful sunflower mug.

My little blackbirds put a smile on my lips every time I glance at them, so they reside perpetually on my kitchen counter.

## Putting Down Roots

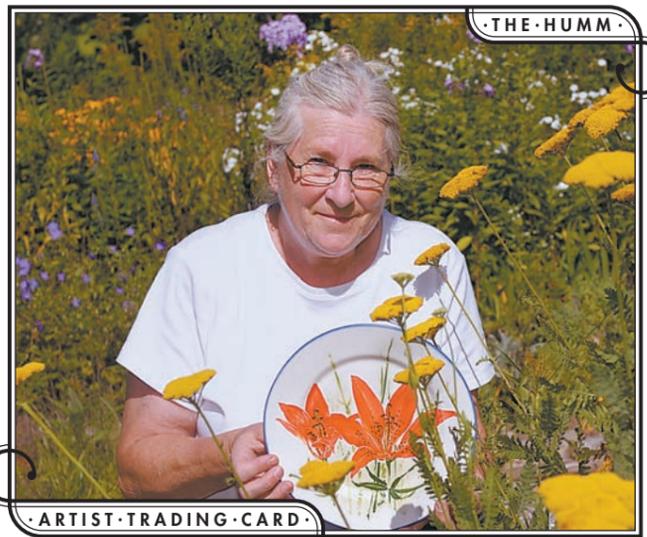
Lis came to Canada from Amsterdam, Holland, when she was only six. She describes her parents as leading-edge hippies, and she never shared their penchant for experiencing new places. After living on a 150-acre homestead tract in Northern Ontario, she was happy to enroll in mathematics at Queen's University. A year later, and 45 years ago, she married Robert Allison, and both eventually worked in the burgeoning field of IT (information technology). After a dissatisfying stint as a consultant in Calgary when the creativity of systems design was being replaced with the selection and implementation of off-the-shelf software, she signed up for Fine Arts at the University of Calgary. When the couple returned to the Ottawa area, she decided to be a potter, and she has been "poor and happy ever since."

On the inside of the main doorframe of her house, visible from the living room as you leave, she has painted an old Shaker saying: "Do Right — Fear Not." Allison lives by this motto, and it guides her work as a potter. When I ask her what advice she would give to a potter just starting out, she responds quickly, "Work hard and make pots with integrity." Upon further exploration she explains that starting out as a mediocre potter is easy, but becoming a top-notch potter is anything but. The resources are available to do so, but it requires an intellectual investment and a commitment to continuous progression. Lis still goes to classes offered by exceptional artists, and she continuously strives for technical and functional excellence. One glance at the beautifully finished bottoms of her pieces confirms the deserved pride she takes in her work.

## Pushing Back the Wilderness

In 1999 a neighbour in Constance Bay unwittingly precipitated Lis's decision to build her own home, studio and gardens on a 30-acre piece of land on Carp Road in Kinburn that she had owned for many years. He "suggested," loudly, that she cut her trees down because leaves were blowing in his pool. "I realized we had conflicting world views," is how she puts it, and Pine Ridge Studio and Pine Ridge Garden are the wonderful consequence.

Frankly, this woman's energy is daunting. Even with a "Super Helper" and a "Super Husband," this is basically a one-woman enterprise, and her results



are truly impressive. Space constraints prevent me from doing much more than pointing you to her attractive website at <a href="http://pine-ridge.ca">pine-ridge.ca</a> to learn about her gardening exploits. Besides her herb garden and her hillside garden and her native grasses and her rockery, she is actively cultivating a sampler garden to eventually showcase at least one example of every plant indigenous to Pine Ridge. Longer term, she plans to add trails through the surrounding woods.

Pretty is as pretty does, and Lis Allison further extends her gift of adding pretty to the universe with her lovely website photographs of her pottery and her gardens. Intrinsically skeptical of "blogs," I was delighted when I clicked (a wonderful contraction heard on CBC for clicking on a link) on her home page and found both her pottery blog and her gardening blog informative, rewarding and amusing.

## Hie Thee to...

...the Carp Farmers' Market to enjoy Elisabethan pottery. This market remains open on Saturdays from 8AM to 1PM until the end of October. Lis also will be participating in the West Carleton Arts Society's "Expressions of Art" Thanksgiving exhibit and sale on Oct. 8 and 9 at the Carp Agricultural Hall, 3790 Carp Road, <a href="http://westcarletonartsociety.ca">westcarletonartsociety.ca</a>. You can also see her work at 3 Yellow Tulips Art Shoppe (2518 County Rd. 29N, Pakenham, 624-5932, <a href="http://3yellowtulips.com">3yellowtulips.com</a>). To arrange a visit to her studio and gardens in Kinburn, or to discuss a special order, you can contact her at 832-2156 or by email at <a href="mailto:studio@pine-ridge.ca">studio@pine-ridge.ca</a>. On December 11 she will be holding her annual Pine Ridge Studio Christmas half-price sale.

WHO Elisabeth Allison

WHAT Potter and Gardener

WHERE Pine Ridge Studio, 6114 Carp Rd., Kinburn, <pine-ridge.ca>, 832-2156, <studio@pine-ridge.ca>; Blackbird, Almonte, (256-9669); Carp Farmers' Market; 3 Yellow Tulips Art Shoppe, Pakenham (624-5932)

WHEN Oct. 8-9, Expressions of Art 2011, Carp Fairgrounds, <westcarletonartsociety.ca>; Dec. 11, Pine Ridge Studio Christmas half-price sale

WHY "Pottery lets me practice pragmatic creativity — I can express myself artistically as well as produce something useful!"

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THE HUMM

# Fibrefest: A Celebration of the Needle Arts

The Mississippi Valley Textile Museum's highly anticipated Fibrefest returns for its 16<sup>th</sup> annual occurrence on September 10 and 11. Come out to see fibre arts vendors, demonstrations, exhibits and a button show. Enjoy two full days of this festival at three exciting sites — and all for one small admission fee!

This year, Fibrefest will be held in the Norah Rosamond Hughes Gallery of the MVTM, the North Lanark Agricultural Hall (at the Almonte Fairgrounds) and at the Almonte Old Town Hall. Pay \$5 once to enter all three venues. There will be vendors of both supplies and finished goods and, throughout Fibrefest, local guilds will be on hand to demonstrate the arts of knitting, lacemaking, smocking, weaving, spinning, quilting, penny rugs, button collecting and more!

New this year, the Ottawa Valley Button Club (OVBC) will be hosting **Button Mania**, which celebrates the world of button collecting. The OVBC invites all Fibrefest participants to come to the Almonte Old Town Hall to see a beautiful museum

display of buttons, to attend presentations on button history and design, and to have the opportunity to buy antique, vintage and collectible buttons from dealers. Button Mania visitors can also have their own special buttons examined and evaluated by OVBC members. It will be a fun event which can be enjoyed by everyone, from the most casual visitor to the serious button collector.

The Friends of the Mississippi Valley Textile Museum will be providing tea room services featuring homemade goodies, beverages and sandwiches, all available at a reasonable price.

Fibrefest runs on Saturday, September 10 from 10AM to 5PM, and on Sunday, September 11 from 10AM to 4PM in Almonte, just 45 minutes west of downtown Ottawa. The North Lanark Agricultural Hall is on Water Street, the Old Town Hall is at 14 Bridge Street, and the Mississippi Valley Textile Museum is at 3 Rosamond Street East. For more information contact the museum at 256-3754 x7 or <info@mvtm.ca>.

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Featured Artists at this year's Fibrefest include Beth Levin (papermaker, image at left), and Diane Lemire (wearable art, image at right)

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# David Francey for MERA

Lanark Highlands' own David Francey is returning home for a MERA fundraising concert on Friday, September 16 at 8PM at St. Paul's United Church, 25 Gore Street West in Perth.

Two years ago, David played for MERA to a capacity crowd. Since then, he and his accompanists have toured Canada from coast to coast, as well as playing several international venues.

In concert, David is a storyteller as well as a singer. His wry humour and astute observations, combined with an openhearted singing style, have earned him a loyal following across Canada, as well as internationally.

Since leaving his construction job and recording *Torn Screen Door* in 1999, Scottish-born Francey has been recognized as one of the finest singer-songwriters around. His latest CD, *Late Edition*, has been described as "spending a perfect evening... with a good old friend." His CD *Right of Passage* earned him his third Juno in less than five years. Francey also had the honour of receiving the prestigious SOCAN Folk Music Award.



David Francey plays a fundraising concert for MERA in Perth on Friday, September 16

Greg Quill of the *Toronto Star* states: "Francey has made a reputation for himself as one of Canada's most revered folk poets and singers... [His songs] are small and beautifully crafted pieces of work that have made Francey both a folk festival favourite and something of a latter-day Canadian poet laureate."

MERA is an award-winning rural arts organization situated in McDonald's Corners, and on the web at <meraschoolhouse.org>. Tickets to this fundraising event are \$22 and can be purchased online at <ticketsplease.ca> or in person at Jo's Clothes at 39 Foster Street in Perth. Tickets will be \$25 at the door.

# View Nature's Tapestry from Blueberry Mountain

The abundance of sugar maple trees in eastern Ontario makes the most spectacular fall foliage. Rich shades of red, orange and yellow, in deep contrast with dark green conifers, create a marvelous tapestry on the landscape. Every fall, the Clifford family, in conjunction with the Mississippi Madawaska Land Trust, offers a guided walk through the property ending at the top of Blueberry Mountain, with naturalists on hand to provide commentary. This year's Fall Nature Walk takes place on Sunday, October 2.

One of the reasons Blueberry Mountain was named one of the Seven Wonders of Lanark County

was for the fabulous vistas it offers. The hike up is a very gentle 45-minute climb, with one short steep stretch at the very top, and it's suitable for all ages. Many visitors make this hike an annual event and bring a picnic lunch to enjoy while they sit and gaze at the marvelous view from the top.

But Blueberry Mountain offers more than just a view. The Clifford family has placed a conservation easement on this special 1250-acre wilderness which is habitat for many rare plants, animals and birds, so that generations to come will still be able to enjoy this nature lovers' paradise!

The guided hike will depart at 10AM sharp. Once everyone has reached the top, they will be entertained by a mystery guest. Hikers should come prepared for temperature changes by dressing in layers. Footwear with a good grip is recommended.

Admission is \$10 and children 12 and under are free. If you take out a membership in the MMLTC (\$20 for individuals, \$30 for families), admission is waived. Cliffland is located at 502 Hills of Peace Road, near Flower Station in Lanark Highlands. A map is provided at <mmltc.ca>. For more information, call Howard or Jean Clifford at 259-3412.

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**Upcoming Events**

**Power Up Your Life information night**  
September 15 7-8PM

**14+ Book Club** *The Maze Runner*  
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September 21 7-8:30PM

**Book Signing with Andrew Harvey**  
author of *The Hope: A Guide to Sacred Activism*  
September 23 2-4PM

**Book Club** *Cutting for Stone*  
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September 28 7-8:30PM

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Funny You Should Write...

# An Advice Column for the Ill-Advised

*Disclaimer: Please consult your family physician, therapist, barista and mom before heeding any of the following advice. Got a question? Send Miss Write an email at <misswrite@thehummm.com>.*

**Dear Miss Write:**

I am a thirty-something woman who finds herself in a bit of a pickle. I've recently sold my business and am now unemployed. I had a great job where I got to be my own

**Dear Miss Write,**

Me again.

Thanks so much for your quick response. You seem like an attractive, intelligent woman and I hope my daughter grows up to be just like you.

You'll be happy to hear I've taken your advice and made a list. I even found a pen.

Now what?

Emily

**Dear Emily,**

To be honest, I was kind of hoping you'd be writing with news that you'd moved forward with one of the interests on your list. Because (*newsflash!*), that's "Now what." Apparently I need to spell this out for you a little more clearly.

Do you have any friends? You implied you have multiple children (*they don't count by the way*), but you must get out of the house on occasion. Next time you do, start talking to people about your interests. The more people you talk to about your skill set, and the more people who know you're available for work, the more opportunities you'll be presented with.

That's how I got this job.

I was minding my own business, chatting to whoever would listen about how much I needed a place to work on my freelance writing, and next thing I knew I was given a desk and entrusted with writing this column. Which is basically the best gig this girl with two thumbs could ask for.

Now if only I could encourage folks to send me their questions, I'd be in business.

If you have a question (*not you Emily, we're done for now*) you'd like me to shed a little light on, send it to <misswrite@thehummm.com>.

Looking forward to hearing from you all,

Miss Write

— Emily Arbour is a freelance writer (among other things) who lives and works in Almonte. By no means is she an expert in anything except having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking some dude at the ATM what he thinks of your outfit. Only difference is, he doesn't have a column in this fine publication.

by Emily Arbour

boss and now, suddenly, I don't. I thought it would be fun to stay home with my children and watch re-runs of Oprah's final season while they nap but, as it turns out, I've seen them all, and the kids never sleep at the same time! What's a girl to do?

Sincerely,

Emily

**Dear Emily:**

First of all, great name. Secondly, what kind of nut sells what sounds like a perfectly viable business in this economy? I don't know if you've been following the news of late, but they aren't exactly handing out jobs at the Quickie Mart.

The best advice I could give you is to get off the couch, pick up a pencil (or crayon which, in your case, might be more accessible) and start writing down all the things you're good at.

Your lovely first name implies that you have parents who care about you. They must have sent you to university. College. A library program. Foregoing all those, I'm sure you built up a bit of a skill set owning your own business these past few years.

What are your strengths? Your passions? Write them down. There's going to be something on that list that sparks a new idea. Find it and run with it. Heck — find two. Nothing wrong with a Plan B, I always say.

I don't usually do this given that this is a monthly paper and all, but since this is my first column and I'm not exactly up to my armpits in letters here (*not to mention this conversation is entirely fabricated*), I think we can make an exception. I'd love you to write back and let me know what you come up with.

Affectionately Yours,

Miss Write

Café Postino looks forward to welcoming you on **September 16<sup>th</sup>** for

*the Night is Young*

An evening of art, music and food in support of the Young Awards Foundation

Reserve by Sept. 13<sup>th</sup>  
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More details about the evening and our menu available at [www.thenightisyong.ca](http://www.thenightisyong.ca)



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# Educating the Educators

## Sustainability Education at Algonquin College

I have a love-hate relationship with the word "sustainability". On the one hand, it's jargonish and makes people's eyes glaze over. On the other hand, it covers the relatedness of social, economic and ecological wellbeing. For me, the love wins out at the end of the day and I'll tell you why. Progress on any of those three fronts simply cannot happen in isolation from the other two. In addressing sustainability, we've finally accepted the undeniable fact that everything is connected.

This fall, Algonquin College is launching a five-course online program entitled Sustainability Education. The program is for educators interested in integrating sustainability concepts into anything and everything they teach. While primarily targeting teachers, Algonquin also welcomes informal educators from churches, community groups and nature centres.

Online learning communities can be very friendly and stimulating. This has been my personal experience while earning an MA in Environmental Education and Communication through Royal Roads University. This is how I learned many of the concepts that I'll be teaching in the Sustainability Education program: worldviews, ethics, ecoliteracy, systems thinking, new economic paradigms, environmental hope, place-based education, psychological benefits of nature, and unlearning traditional ways of learning. If you're curious about the word "ecoliteracy", I highly recommend the award-winning website of the Centre for Ecoliteracy, <ecoliteracy.org>. They have great resources and articles, especially if you're interested in children's wellbeing and edible schoolyard gardens. Essentially, ecoliteracy is an assertion that, as our every activity is dependent on the natural environment, an attunement to living systems will allow us to design sustainable communities.

Rather than loading more onto the plates of educators, the aim of Sustainability Education is to provide a lens through which to see the world.

Subsequent courses in the Sustainability Education program will assist teachers in identifying ideal places in the Ontario curriculum for using a sustainability framework. The final course is a practicum, and Algonquin has partnered with Conservation Ontario to offer a chance for educators to create outdoor learning experiences for students. This is especially important in light of the growing concern about Nature Deficit Disorder and new initiatives to address it, such as <takeoutside.ca>.

Rather than loading more onto the plates of educators, the aim of Sustainability Education is to provide a lens through which to see the world. For instance, our current health care model is based around the concept of medical experts treating illness. Hospitals consume vast amounts of energy and create huge amounts of waste. Proponents of sustainable health care employ systems thinking and ask "Why there is illness?" We

find that the majority of illnesses in Canada result from the habits of affluent societies. We over-consume rich foods and exercise too little — and it costs the government a fortune! Solutions include changing social norms, taking charge of our own health and becoming experts in wellness. The local economy benefits when people seek out fresh, local food, as well as the services of wellness consultants and wellness teachers.

Some experts feel that a sustainable economy must be based more on services than goods. In Tim Jackson's book *Prosperity without Growth*, he matter-of-factly explains how in our consumer society we speak to each other through our possessions. Even environmental types are "talking" through our choice of water bottles and sandals! It was profound for me to come to terms with the idea that even green consumerism is consumerism. My favourite example of people joyfully transcending what Jackson calls the "iron cage of consumerism" is the Transition Town movement.

Apparently there are now 788 such initiatives worldwide and it only began in 2006! Transition Towns draw people together from across the political spectrum and create life-affirming feelings of reciprocity with other humans (something not often offered by consumerism). A large part of sustainability is celebrating local culture and creating unique, inclusive ways of supporting economic, social and ecological wellbeing. Transition Towns support a move away from consumerism through initiatives such as the Great Reskilling in Boulder, Colorado. Community members put 8000 hours into teaching each other how to: repair appliances, clothing or bicycles, grow their own food, and make clothing. These types of activities nurture creativity and bring people together, which could benefit the legions of people out there who feel lonely and disconnected.

Humm readers know all about these sorts of ideas. Things were different back in 1991 when I ran for president of the Naismith Students' Council on an environmental platform and didn't get elected. It was a dark decade in Ontario — in 1996 Mike Harris's conservatives took Environmental Education out of the curriculum. It was only reintroduced last year, and that was the impetus for the creation of Algonquin's Sustainability Education program. Also, we're in the midst of the UN Decade of Education for Sustainable Development, and the moment is ripe for creating change in our communities.

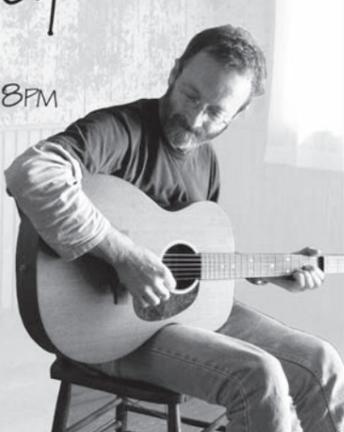
Online registration for Sustainability Education is open until mid-September through Algonquin College's website <algonquincollege.com> or by calling their School of Part-Time Studies at 727-7655. For more information email me at <robinsn@algonquincollege.com>.

A final thing that I'd like to share is an idea from one of the foremost environmental educators, David Orr. He says that hope is a verb with its sleeves rolled up. I say, bring on the fun of making sustainability real.

— Natalie Robinson

**Author's note:** Algonquin College does not necessarily endorse all the authors and ideas mentioned in this article.

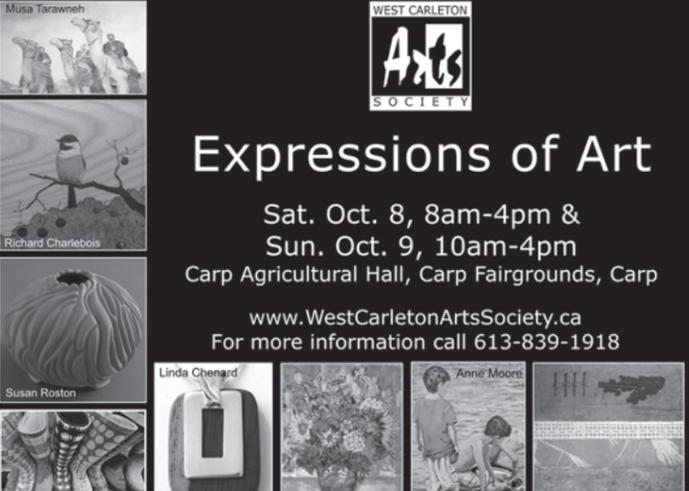
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Flavour of the Month

# Diamond Brook Farm

It is mid-August as I sit writing this column, and already I am noticing the signs of autumn creeping closer. It is a gorgeous, breezy, sunny day. The air, after the night's rain, is somehow sharper. The light is crisp — clearer and lacking the haze of summer. Green is moving to brown and gold. I am wearing socks.

by Susie Osler

The advent of autumn always turns my attention towards apples, and in looking for Lanark County apple growers to write about, I came across Diamond Brook Farm. Owned by Janice Tulloch and Brent Fetterly, this small, mixed farm grows commercial grain crops as well as a

mix of seasonal market produce. It also has a young apple orchard in development.

Many of Ontario's apple (and other fruit) orchards are being uprooted or "downsized" due to the dwindling ability of fruit producers to sell their harvest to large supermarkets or regional processors. The big juice manufacturers and purchasers of apples prefer to buy apple concentrate, and often whole apples as well, from overseas, where large volumes can be obtained consistently, and as cheaply as possible. Something like 75% of apple concentrate used in "Product of Canada" juices and fruit drinks comes from China. What I continue to question (perhaps to the point of sounding like a broken record) is, what will happen when the global movement of food becomes as expensive, or

more expensive, than buying regionally (due to rising oil prices, the eventual inevitability of rising wages in places like China, and the challenges that climate change may bring to, say, apple orchards globally). If we have no local orchards left (not to mention knowledge, skills, equipment, infrastructure, and genetic stock), where will our fruit come from?

As the market for apples and concentrate has shifted to overseas suppliers, our regional processors and producers have been forced out of business. This doesn't seem to have daunted Janice and Brent, who trust that the demand for a local source of apples exists and/or can be developed. Also, apples are only part of the diverse array of products they have to offer customers. Five years ago they planted 300 trees (Marshall Macs, Ida Red, and Honey Crisp) and are literally waiting to harvest the fruits of their labour. Trouble is, apple growing is not the simplest of endeavors and they have had a few years to learn some hard lessons. The challenges? Well, deer, to start with. After losing ¾ of their first lot of trees to "nibbling", a 12' fence had to be erected. This year, the weather dealt out some freakish winds in July that blew most of the small apples of their promising first harvest right off of the young trees. So it now looks like the first harvest we will be able to enjoy will be next year's. I will look forward to it!

Thankfully, the couple has their fingers in a couple of other pots. Their motto is, in fact, "thoughtful farming", which these days means diversity, quality, and added value. Offering something a little out of the ordinary is part of their strategy, and they do seem to have taken care to select varieties of classic veggies that are unusual (i.e. red carrots, heritage tomatoes, colourful radishes, several varieties of sweet corn, and even an acre of hand-harvested popcorn!). Janice hopes their produce "will make people want to cook." Jams, such as her strawberry/lavender and peach/lavender, use lavender grown on the farm to put a twist on old favourites. She has begun to make sugar-free versions



Brent Fetterly & Janice Tulloch

### Who They Are

Diamond Brook Farm: Brent Fetterly and Janice Tulloch  
1737 Drummond 10A (between Balderson & Ferguson Falls)  
259-5596 <diamondbrook@hotmail.com>

### What They Offer

Seasonal fresh vegetables (many unusual varieties), raspberries, sweet corn, popcorn, and a variety of squash, homemade jams, relishes and baking, as well as a line of lavender gardeners' products. A young orchard should start producing apples (Marshall Macs, Ida Red and Honey Crisp) in the next year.

### Where They Sell

Carleton Place Farmers Market, Saturdays 8AM-12PM until the end of October. (Diamond Brook will be there until Labour Day weekend). Farmgate sales.

### Greek Stuffed Zucchini

- 4 medium zucchini (with peel), halved lengthwise
- 1 tsp. cooking oil
- 1 lb. ground beef
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 17-oz. can of tomato sauce
- 1 Tbsp. chopped basil
- ½ tsp. cinnamon
- ½ cup feta cheese, crumbled

Trim ends from zucchini and remove pulp with spoon, leaving a ¼ inch shell. Chop pulp. Arrange shells, cut sides up, in an ungreased, shallow pan. Bake uncovered for 15 minutes until tender crisp. Drain liquid.

Heat oil in a large frying pan on medium. Add zucchini pulp, beef, onion and garlic. Scramble-fry for about 10 minutes, until beef is no longer pink. Drain. Add tomato sauce, basil and cinnamon. Stir. Bring to a boil. Reduce heat to medium low. Simmer, covered, for 5 minutes. Spoon mix into shells. Bake at 350°F for 10 minutes, until heated through. Sprinkle feta on top. Makes 8 shells.

to meet the increasing demand from diabetics. Several types of relishes (try the cucumber relish, it's tasty!) and baking (cookies mostly) also complement their weekly market stand.

Both Janice and Brent are retired teachers. Well, retired from teaching, but hardly "retired". As Brent put it, "farming is not a liv-

ing, a job, a pastime, or a hobby — it's a calling." Educating their customers — about the value of food, the challenges Ontario farmers continue to face, and the importance of supporting small-scale farmers in developing a healthy, sustainable, rural economy — is part of their unique "retirement" plan.

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## Planning Ahead for Fall?

On the next few pages you'll find a great collection of classes, courses and lessons for all ages and skill levels. Taught by talented local artists, musicians, dancers, movers and shakers — you'll be inspired to learn and create this autumn!

## Tay Valley Choir

If you want to have some fun and make beautiful music with other singers, then consider joining the Tay Valley Community Choir. The choir meets on Monday nights from 6 to 7:30PM, alternating between Glen Tay Public School and the Maberly Hall. With their eclectic repertoire and warm, old fashioned, country-style concerts, you're sure to feel at home.

Christmas and spring concerts, as well as visits to local senior residences, are planned for this year. Music for the term has been

chosen. The practice CD has been recorded. So all is in order for the start of practice, September 12 at the Maberly Hall.

The choir will begin the season without its popular director, Ann McMahon. Luckily, accompanist and accomplished director Grace Armstrong, along with Oddities and former Tay Valley Choir director Nicola Oddy, will step in to lead the choir until McMahon returns. The choir is fortunate to attract the talents of three such wonderful directors! Each leader will share their strengths, and the

choir will benefit from the variety of directing styles.

To join the Tay Valley Community Choir, register at the Tay Valley Township office or at <tayvalleytwp.ca>. Early bird registration (before September 9) is \$35 for the fall term or \$65 for the fall and spring term. After September 9, registration is \$45 per term or \$75 for the year. For further information contact Grace Armstrong at 264-1999.

It is not essential to be able to read music, although it is helpful. What *is* essential is that you love to sing and you love music.

## Calling All Homeschoolers

"But what about socialization?" Isn't that the first question people ask when they find out that you homeschool or intend to? Why do some people assume that homeschooled children are kept in a dark box in the attic? Well I have an exciting new answer to the age-old question.

This year, we shall be at the Almonte Old Town Hall every Wednesday, beginning September 21, with lots of other families. There will be kids of all ages playing and having fun together. The parents will get to have fun too: talking, having coffee, discussing curriculum and maybe even subjects not related to children!

The sign-up fee of \$35 per family pays for rental of the space. That allows families to come just to hang out and visit. That can mean a lot, especially to those with very young children and babies. A weekly four-hour getaway from 10AM to 2PM with a chance to sign kids up to learn all kinds of things can sound pretty appealing, especially when winter sets in.

A variety of teachers, some from local establishments such as JB Arts and the Almonte Academy of Dance, will offer their expertise and time to run classes. Other classes will include guitar, natural science, choir, history and chess. Aside from the

paid classes, there are also free groups such as book club, games club and geography club. We are talking to the community to bring in special guest speakers and unique events.

It is my hope that, if the first session runs well, the program will continue throughout the school year and on into the future. Classes are currently for ages 3 to 13. It is planned that the program will grow with the children, to eventually offer a solid teen program in the years to come.

For more information, please contact me at 256-8034 or at <dillistone@hotmail.com>.

— Wendy Whitaker

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# CLASSES COURSES LESSONS CLASSES COURSES LESSONS



## Fun in the Sun with the Mississippi Squares

At Ottawa's 2011 Music and Beyond Festival, the Mississippi Squares club dancers provided entertainment and instruction for families visiting Saunders Farm for the Kids' Music Adventure. There were kids of every age, from 1 to 91. The event featured choirs, drums, bagpipes, ukuleles, puppets, dancers, instrument making and music making. The Modern Square Dancers had a blast and were pleased to contribute to the festivities. They always welcome new members, so for more information please call Laurette at 256-0603 or visit <mississippisquares.ca>.

## Stand Up and Be Counted

### 2011-12 Almonte Lecture Series

The Almonte Lecture Series kicks off on September 30 with what is sure to be a barn-burner of an evening. Dr. Ivan Fellegi, Canada's Chief Statistician since 1985, will present an overview of the decisions taken surrounding the Canada Census of 2011. Dr. Fellegi will share his extensive knowledge of the value of surveys of this nature, along with the difficulties when politics and statistics collide. The importance of census surveys in delivering accurate information about a country cannot be overestimated as a valuable tool in planning for the future, and Dr. Fellegi has been at the centre of the debate over the long form census being a "voluntary survey".

A highly respected statistician, Dr. Fellegi has held many prestigious positions, not only nationally, but also internationally. He had been the chair of the Conference

of European Statisticians of the UN Economic Commission for Europe, the past president of the International Statistical Institute, the chair of the Board of Governors for Carleton University, and an Officer of the Order of Canada.

There can be no doubt that he has been responsible for the accolades by *The Economist* naming Canada's office of statistics the best in the world. His lecture will instill new knowledge regarding his department, and will provide a wealth of information regarding the importance of gathering accurate information about our population.

Dr. Fellegi will speak on Friday, September 30, at 7:30PM in the Almonte United Church Hall. The Almonte Lectures are free but donations are always welcome. Once you have attended one, you will not want to miss

the others. Seven lectures are scheduled from September 30 through April 20; every one an exciting educational experience.

Don Wiles, the instigator of this series, has worked overtime to line up seven speakers whose topics will range from statistics to music. Mr. Wiles has a network of friends, through Carleton University where he still teaches, who are enthusiastic about this series of lectures and willingly come to Almonte to share their passion for learning. Over the course of the series, we will hear about statistics, music, education, porcelain from China, and planning for the future through science.

Find more details at <almonte-lectures.ncf.ca>, and plan on turning off the TV and turning on your brain to attend these lectures.

— Glenda Jones

## The Almonte Potters Guild



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## Attention Home Schoolers

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# Explore Climate Change at Watershed Discovery Day

Friends of the Tay Watershed invite you to join in the celebration of their 11<sup>th</sup> annual Watershed Discovery Day on Sunday, September 18, from 1 to 5PM at ECOTAY Education Centre. This year's event will explore several fascinating solutions for the ever-increasing global distress caused by climate change, through workshops, exhibits, puppet shows and children's activities. Come and enjoy a fun and informative afternoon for the whole family!

### Workshops

A botanist, medical biochemist and self-defined "renegade scientist", **Diana Beresford-Kroeger** brings together ethnobotany, horticulture, spirituality and alternative medicine to reveal a path toward better stewardship of our natural world in the face of climate change. A precise and poetic writer steeped in Gaelic storytelling traditions gathered from her childhood in Ireland, her books include *The Global Forest*, *Arboretum Borealis: A Lifeline of the Planet*, *Arboretum America: A Philosophy of the Forest*, *A Garden for Life* and *Time Will Tell*. In 2010, Diana was inducted as a WINGS WorldQuest Fellow. She lives in near Merrickville, surrounded by her research garden filled with rare and endangered species.

Working on climate change issues within the Mississippi Watershed for the last six years, **Paul Egginton** will present an environmental perspective on forests, water and climate change with a specific focus on the interactions between these three elements, including examples from Lanark County. Find out how our river systems are expected to transform along with the changes in climate, and how forests are important biological agents that also control the timing and magnitude of river system flows. Forests can be managed for many purposes, but one that is often overlooked is water yield. Can forests offset some of the potential impacts of climate change on our rivers? On the other hand, could there be unexpected consequences from new afforestation/reforestation programs that do not consider water?

**Franz Klingender**, curator of agriculture at the Canada Science and Technology Museum, will outline the concept of "Let's Talk Energy — Engaging Ideas for Canada's Future", a national multi-year program exploring Canada's energy production and consumption, and the implications of greening the country's energy network. Enhancing energy awareness and literacy

among Canadians will help ensure a sustainable energy future for Canada. As part of this program, Franz will walk you through the new outdoor exhibit called *Energy Park: Nature at Work* at the Canada Agriculture Museum. The exhibit explores energy use on Canadian farms, and takes a look at how the technology for harvesting energy from renewable sources is changing both the consumption and production of energy on the farm.

There are many other activities throughout the day, for outdoor enthusiasts both young and old, including exhibits, children's activities such as animated movies and an interactive fish pond, and a display of non-motorized boats to help you to learn how to be kind to our shorelines and keep pollutants out of our valuable water.

As in year's past, Nature Lover's Bookshop will be on hand with an amazing array of books and games for sale.

ECOTAY Education Centre is located at the corner of Upper Scotch Line at Menzies Munro Side Road. For directions, see <ecotay.com>. For more information, please contact Annie Dalton at 259-5639 or visit <tayriver.org>.

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# Mind... Blown

I think it was sometime late on the first day that I experienced a moment of remarkable clarity. Here I was, baking slowly about three feet away from a vat of 1000° melted glass, a 5-foot metal tube in my hands that I was semi-consciously but constantly twirling, bits of broken glass were swept into various piles on the floor and on miscellaneous work surfaces, flames and sharp edges were in abundant supply, but I didn't care about any of that. I was focused on the white hot blob taking shape at the end of the pipe and the assuring, confident voice of my teacher, Chris Van Zanten. I was having the time of my life.



Photos by Louise Ainsworth

When I first arrived at Chris's studio, a gorgeous heritage farm property outside Pakenham, I was not so calm and collected about all of the ways that I could quickly and easily do myself or someone else a permanent injury. The studio seemed to be filled with hazards that spanned the lethality scale — the biggest and most intimidating being the modern-medieval-looking kettle of molten glass (which I believe is dragon-powered, but don't quote me on that). There was a bench loaded with tools that looked like they came straight from a dungeon supply catalogue. And glass — powdered, fragmented, solid, clear, coloured — was everywhere.



The first order of business in our two-day workshop was therefore a safety lesson. Besides being a passionate and gifted glass artist, Chris is a very experienced and inspiring teacher. Realizing that

our danger sensors were turned up to 11 and that he had our undivided attention, he calmly assured us that yes, we could severely injure ourselves, but he was there to make sure that that didn't happen. And so he introduced us to a few basic ground rules for working in the studio. We learned how to hold and carry a pipe, what to do with it when we were through. We were given a quick introduction to the various work areas and tools. And then we were ready for our first project.

Hot glass is thick and syrupy and working it is a physical experience as well as an intellectual challenge. Gravity is your ally and adversary. Constant twirling of the pipe is necessary to keep the glass from dripping to the floor. Glass also cools quickly, so the time available to work before reheating it is limited. As we struggled, Chris's voice (and helping hand from time to time) kept our initial projects from going too far awry. And there were a few near-disasters, but somehow Chris was always there, calmly saving the day.

At the end of the day I felt mentally exhausted but exhilarated. And far from being fearful of the studio and its hot, sharp and pointy bits, I was eager for the opportunity to go back.

Chris is offering several weekend workshops throughout the fall. Class sizes are limited, so hands-on time is maximized. I highly recommend that you give him a call at 613-623-5222 to register. Visit <cvz.ca> for class schedules, directions, and a look at Chris's amazing work.

—Rob Riendeau

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## A Second Chance At Love

### Neil Simon's *Chapter Two* at Perth's Studio Theatre

For the young, who are blissfully unaware of the myriad pitfalls of the heart, love is a force of nature that comes as naturally as breathing. But when we're older, when death or divorce steps in and we're forced by loneliness to put our hearts on the line once more, finding love again can be a frightening proposition. That's the poignant premise, delivered with Neil Simon's incomparable humour, of *Chapter Two*, opening on September 29 at the Studio Theatre.

Neil Simon has been bringing the heart and humour of everyday relationships to the stage for nearly fifty years. The creative force behind *The Odd Couple*, *The Goodbye Girl*, *The Sunshine Boys*, *Barefoot in the Park* and so many others, he is one of the best loved American playwrights of all time. In his semi-autobiographical comedy *Chapter Two*, we meet George Schneider, a recently widowed author, who is introduced to soap opera actress Jennie Malone by his brother Leo and Jennie's best friend and fellow actress, Faye. Jennie is recently divorced from an unreliable and philandering professional football player, and she's not at all certain she wants to be back in the dating world, particularly following Faye's previous fix-up attempts. George is equally unenthusiastic, given his on-going grief and the well-intentioned but disastrous prior blind dates his brother has foisted upon him. In any case, George is convinced that nothing can compare with the once-in-a-lifetime love he had for his late wife.

The title of the play, of course, refers to second chances, and George and Jennie are both

given just that when they meet one another. However, the road to second-time-around romantic bliss is neither smooth nor straight, and the new couple stumbles their way through a whirlwind romance with both humour and poignancy. Unbeknownst to them, Leo and Faye, both married, have a little history to reconcile themselves, which they undertake to do with much hilarity.

*Chapter Two* had its world premiere in Los Angeles in 1977, with Judd Hirsch as George and Anita Gillette as Jennie, and was nominated for the 1978 Tony Award for Best Play. Simon adapted the play for a 1979 film starring James Caan and Simon's then-wife Marsha Mason, on whom the character of Jennie was based.

The Studio Theatre's production of *Chapter Two* — the first play of the theatre's 2011-2012 season — is directed by Cindi Bates and features a cast of veteran actors, including Hal Potter as George, Annette Huton as Jennie, Hugh McCulloch as Leo, and Meredith Millman as Faye.

*Chapter Two* runs September 29, 30, October 1, 7 and 8 at 8PM, with 2PM matinees on October 2 and 9. Advance tickets are \$20 at the Book Nook and the Studio Theatre box office (Saturday mornings 9AM to noon) and \$22 at Tickets Please (485-6434), which includes a convenience fee. For students with ID, tickets are just \$10 (at the door only). Please visit <[studiotheatreperth.com](http://studiotheatreperth.com)> for more details.

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# New Fall Projects at fieldwork

In partnership with the Ottawa-based Coalition of New Canadians for Arts and Culture (CNCAC), as well as textile artist Karina Bergmans, fieldwork is thrilled to host a very special day of creativity and fun on Sunday, September 11. This is a free, public event and fieldwork welcomes your attendance!

Following last year's successful *G40 Wheels to the Fields Tour*, fieldwork has partnered with the CNCAC again. On September 11, creative artists from around the world who are now living in the Ottawa area will come together to create a collective sculptural piece at fieldwork, a rural outdoor art space near Maberly, just west of Perth. The inspiration for the partnership has been to create opportunities for a diverse group of Ottawa-based artists to travel to rural Ontario, to explore the fall fieldwork installation, to network amongst each other and share stories and skills, and to create sculpture.

Maria Gomez Umana, CNCAC director, describes the participatory work, *Rooting through Creation*, as "a day of collective creation in our search for identity as New Canadians. Led by Zimbabwean artist Chikonzero Chazunguza, the group will construct several collective sculptures with all natural materials. The making of the sculptures will symbolize the individual and group process we go through as migrants who are working on rooting and thus become part of this land". The finished pieces of art will remain on the

fieldwork site as a record of the artistic experience.

Following the CNCAC's *Rooting Through Creation*, (11AM to 1PM) the group will have a pot-luck lunch. Bring your lunch and any natural materials you would like to contribute for the sculpture. The event will be documented with photos and a short video which will be posted on the CNCAC website.



Works by Karina Bergmans will be part of the fall/winter installations at fieldwork near Maberly, west of Perth

After lunch, fieldwork is pleased to host the opening of a new fall 2011 installation: *OOH, AH, WOW* by Karina Bergmans. As Bergmans explains, "As a multi-disciplinary artist, I work in the media of fibre art, sculpture and installation. I collaborate with the community through performance art and public craft projects. I thrive on redirecting the original purpose of material and recontextualizing it through a conceptual idea. Themes in my work are based on our collective experiences of language, communication, text and word play."

The sculptures that Bergmans has created for fieldwork have challenged her to create work in hay and tarp materials and in large scale for an outdoor fall/winter season installation. In selecting words for this exhibition, Bergmans says, "I considered the palindrome (a word that can be spelled backwards and forwards, eg. racecar), but I also looked at letters that can be flipped vertically and be the same letter (U, T, A, O, W, H, M, X, Y, V), because the work will be viewed from front and back. Influenced by graffiti-style font and lettering, I chose the words OOH, AH, and WOW because they illicit excitement and isolate the graffiti tagging aesthetic to a bucolic environment."

Karina Bergmans will present a brief discussion of her work followed by the opening, from 2 to 4PM. For further information please visit <fieldworkproject.com>.

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L-R: Gaye Matthews, Lorraine Lee and Sherryl Smith, three of the Mississippi Grannies, with their luscious little Christmas fruitcakes.

## Sugar and Spice and...? Grannies Sell Fruitcakes for Stephen Lewis Foundation

Take some sugar, add some spice, mix it up with everything nice, and what have you got? You've got the Mississippi Grannies making luscious little loaves of fruitcake as a new fundraiser for the Stephen Lewis Foundation.

The **Mississippi Grannies**, a group of Almonte and area grannies, raise awareness and provide financial support to grandmothers in Africa, and their families, who are affected by the AIDS epidemic. Since their formation in 2006, these local Grannies have raised over \$23,000 for the Stephen Lewis Foundation through the sale of greeting cards, Christmas cards, shopping bags, plants and of course their well-known Christmas baking.

The Grannies wish to extend their sincere thanks to all their volunteer bakers who helped them in the past with their delicious donations for the Christmas bake sale, and to the community for their generous support. They hope you will support their latest delicious project.

This year, instead of their annual Christmas Bake Sale, the Mississippi Grannies are taking orders for dark Christmas fruitcakes. Orders for the fruitcakes are to be submitted by the middle of October so that the cakes can be baked and aged in time for Christmas. The fruitcakes will be \$10 each or 3 for \$25. If you are interested in ordering some cakes, please get in touch with one of the Grannies or contact Sherryl Smith at 624-5307 or <sherryls@sympatico.ca>.

— Mary Robinson

## Power Up Your Heart!

### Andrew Harvey in Almonte from Sept. 23-25

"What breaks your heart the most?" This is how Andrew Harvey challenges you to take the first steps toward sacred activism.

Andrew Harvey is an internationally acclaimed spiritual activist, mystic scholar, poet, writer, spiritual teacher and founding director of the Institute of Sacred Activism.

People and organizations from all over the world invite him to excite and ennoble their families, their teams and their communities — and he is coming to share his insights at the **Power Up Your Life** gathering this fall! Come to Almonte to spend a weekend with this spiritual powerhouse. You can learn more about Andrew at <andrewharvey.net> and read his book: *The Hope: A Guide to Sacred Activism*.

The Power Up Your Life weekend will inspire you to know that your highest potential is beckoning — it is *you* — the you that you were meant to be, acting from a place of love and compassion. On the Friday night, Andrew presents the film *Dancing in the Flames*, a documentary about Marion Woodman, our own groundbreaking Canadian-born Jungian psychologist. On Saturday, Andrew offers us hope that we can, as a global human reality, regain our own sacred nature. Then, on Sunday, we move from hope to action with the seven laws for sacred activism. His message is the radical idea of combining the noble, pragmatic work of the activist with the passionate spirituality of the individual. These must be fused — yin and yang — to affect real change.

Power Up Your Life is the brainchild of Almonte's Lilly White, who always says "we are in communion within our community, breaking bread together to nourish mind, body and spirit."

"This means," Lilly explains, "that we invite you to break out of your insular bubble — watching and lamenting as your family and your world go to hell in a hand basket — and be with your community. At Power Up Your Life you will find tools to change, support and play together with the power of networking. We need to relearn how to help each other so that we can help ourselves and our earth. People who practice sacred activism now will be there to meet and greet you. They will share samples of their work and point the way."

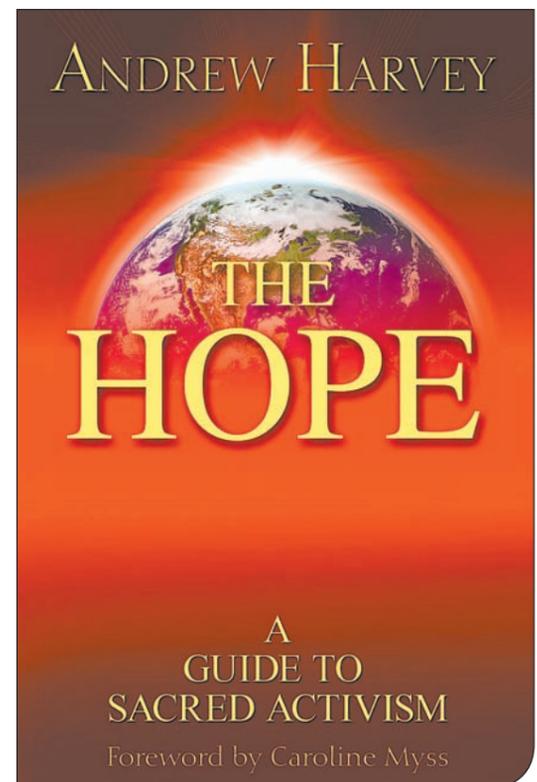
All proceeds from Power Up Your Life go to the Council of Canadians, an independent non-profit organization, chaired for the last twenty-five years by Maude Barlow. Their goal is to bring people together for social, economic and environmen-

tal justice in Canada and around the world. Their work is at the local and international level, assisting with your local watershed and lobbying (successfully) at the UN for the human right to water and sanitation. For more information, please go to <canadians.org> to learn more about this active organization.

The Power Up Your Life weekend will be held September 23 to 25 in the Old Town Hall at 14 Bridge Street in Almonte. The weekend is \$250 (\$150 for students).

For more information and to register, go to <powerupyourlife.ca>. You may also contact Lilly White at 256-0216 or Diana Boal at 295-6749. To find out more about Almonte's dining options, see <downtownalmonte.ca>.

Reserve your copy of *The Hope* at Mill Street Books <millstreetbooks.com> and come out to book signings on Thursday, September 22 at The Singing Pebble in Ottawa from 2 to 4PM, or September 23 at Mill Street Books in Almonte from 2 to 4PM.



Andrew Harvey, author of *The Hope: A Guide to Sacred Activism*, is the featured speaker at this year's Power Up Your Life event in Almonte from September 23-25

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# Folkus on Great Live Music in Almonte!

Almonte's 2011-2012 Folkus Concert Series begins its eleventh season with a new artistic director, Amanda Sears, who has used the excellent acoustics of the Almonte Old Town Hall to lure an exciting line-up of talented performers. The series consists of four concerts, two of which feature seasoned and popular artists, and two of which promote emerging artists.

Kicking off the series on Saturday, November 26, is Toronto-based songwriter **Royal Wood**. When Folkus members heard Wood, Amanda wasted no time signing him to open the series. Music critics too are immediately entranced by Wood's lyrics, voice, piano work, and



melodies. He has been described as a sober, slick Tom Waits who sings ballads of love, loss and life that are intelligent, real, intense and honest. The opening act is Toronto folk/rock artist Sarah Burton.

Saturday, January 21 brings a double bill featuring **Cindy Doire** and **Kelly Sloan**. Montreal-based singer Cindy Doire is a troubadour and vagabond who has built a large fan base in Canada and Europe, one fan at a time, with her "get in the van and drive" philosophy and her joy at playing small venues. She is a thoughtful songwriter and a performer who can channel the moody atmosphere of French singers, and pin you against the back wall with a Joplinsque wail to shatter your soul. She shares the program with Nova Scotia-based Kelly Sloan, whose music is a blend of country, folk and soul. Her songs are delivered in a voice that is timeless, and they reveal a rich, intimate and vulnerable inner world. Sloan is no stranger to Almonte. She was raised in town and fans usually look forward to their regular Sloan fix at her annual Christmas concert. Not this year though! This year she is performing exclusively for Folkus, giving fans a chance to see her in concert on the Old Town Hall stage.

On Saturday, February 25, Folkus is very excited to present Toronto-based artist **Hawksley Workman**. Six times nominated, two-time Juno award winner Workman is a prolific songwriter, producer, singer, multi-instrumentalist, actor and author, whose twelve-year career has pro-

duced as many records. He has played nearly a thousand shows in over fifteen countries. His work is extremely diverse, defying categorization, and is always ambitiously creative. As a performer he blends his songs with engaging storytelling and has a penchant for the flamboyant and the unexpected. The opening act is Almonte native Kyle Spinks.

The Folkus series concludes on Saturday, March 24, with a double bill of Ottawa groups **Silver Creek** and the **Brothers Chaffey**. Formed in 2006, Silver Creek's music conveys the fundamental truths of human experience in songs of love and heartache with strong, heartfelt lyrics set to catchy melodies. They share the evening with the Brothers Chaffey, a roots-rock-country sibling duo. Both these bands have played the Cisco Stage at Bluesfest a number of times and are frequent performers in the Ottawa area. Both bands bring something new to the Old Town Hall: Silver Creek has new material for an album due out in late fall and the Chaffeys are working on a new sound with new band members. Both bands bring their all to the concert stage with full bands, providing fans with a great opportunity to support two popular local acts as their stars begin to rise.

All concerts are on Saturday evenings at Almonte's Old Town Hall. Show time is 8PM and doors open at 7:30PM. Tickets



Both Hawksley Workman (above) and Royal Wood (left) will play this year's Folkus series in Almonte

are available either as a series pass or as single concert tickets. To ensure you get in to see these four fantastic concerts, make sure to buy your series pass early. They will be available in advance of singles, as of September 7, and are \$88. Purchase by Paypal at <folkusalmonte.ca>, at Mill Street Books in person, or by phone at 256-9090. Individual concert tickets will be \$27 per show (\$12 for students). Individual tickets for the first show (Royal Wood) will be available as of November 1 at Mill Street Books or at the door on the day of the show. But to ensure you have a seat at concerts that are expected to sell out quickly — and to save \$20 — the series pass is the way to go. So call your friends, mark your calendars, and plan some musical nights out in downtown Almonte during the long winter months!

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On September 16<sup>th</sup> Almonte will once again demonstrate what makes Mississippi Mills a magical place. *The Night is Young* is back with a concert by the Tay Valley Winds at 7PM in the Old Town Hall. The proceeds of the ticket sales go toward the Young Awards Foundation which supports the arts for young people in the area. After the concert take a stroll down Mill Street and enjoy the talents of young buskers. It is quite inspiring to see Mill Street alive at that hour and filled with young people singing and playing instruments. A variety of stores are staying open late and offering special treats. Check out the details at [www.thenightisyoung.ca](http://www.thenightisyoung.ca) or stop by SRC Music in Carleton Place or Appleton Gift & Basket for ticket details. See you there!

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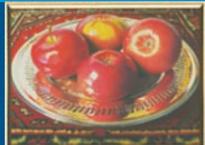
We invite you and your family to come and experience this year's **Crown & Pumpkin Studio Tour**. Discover the quality craftsmanship and skill of local artists amidst the vibrant colours that define our Fall season. Free admission.

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The Smiths Falls Scene

## Arts & Culture Alive and Well in Smiths Falls

Another month, another festival. Next thing you know, we will be calling Smiths Falls the Festival Capital of Ontario. On September 10 it's the sixth annual **Pickle Fest** held in beautiful Centennial Park, on the shores of the beautiful Rideau Canal.

The good times get off to a tasty start at 8AM with the traditional Outdoor Pancake Breakfast. You'll want to follow that up

by Joffre Ducharme

with a stroll through the park, taking in the sights, sounds and aromas permeating the air on that day. Surrounded by the park's ten thousand blooms, the crafters and vendors will have their booths set up where you can sample and purchase a variety of handmade products and decadent goodies.

An addition to the line-up this year is the Salsa Tent, where select vendors will be providing samples of their original pickle-based sauces, and Trish Clark of Pampered Chef will be on-site to demonstrate a fruit salsa using her products.

Another new feature is the live music stage where the Dominic D'Arcy band will set up around noon to entertain you with '50s and '60s rock and roll throughout the afternoon.

Also for the first time, the District 2 Flower & Vegetable Show will be part of the celebrations. Blooms and bulbs will be on display from 12:30 to 3:30PM.

Returning favourites include the pickling contest, with surprise town celebrities acting as judges, the Pickle King and Queen pickle-eating contest, the Pickle Prince and Princess colouring contest, face painting, a petting zoo, the Lion's Club food booth and traditional children's games running all day long.

Several exhibits will be set up to educate us on traditional harvest methods. For example, Murray Hall will have his antique dairy display with milk machines and testing equipment used in the mid-1900s.

To finish the day on another gastronomical note, the Kinsmen Club will be hosting a **community barbecue**, providing a hearty meal including Italian sausage on a bun, corn, coleslaw, a drink and a dessert for \$5 per adult and \$3 for children under 10.

For complete festival details, see <picklefest.ca>. You get a few weeks to rest up from the festival and then it's time for **Culture Days**.

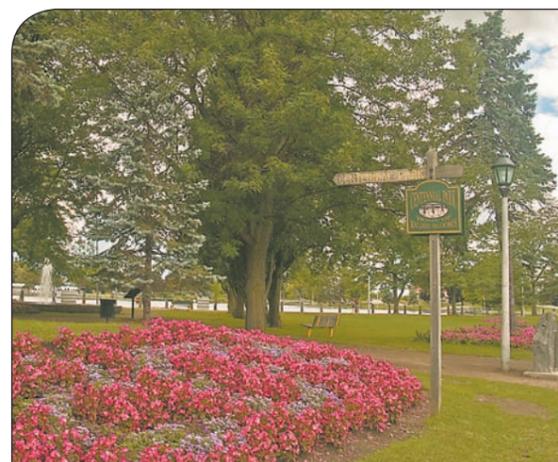
Culture Days is a collaborative pan-Canadian volunteer movement to raise the awareness, accessibility and participation of all Canadians in the artistic and cultural life of their communities. The first annual Culture Days event was held in September 2010 in over 700 Canadian cities and towns and was a great success. The 2011 Culture Days weekend will take place September 30 to October 2. On the Sunday, October 2, from 1 to 3PM, **Vine Rhymes**, a songwriters/poets group, will be appearing in the theatre of the Rideau Canal Museum, 34 Beckwith Street South in Smiths Falls. They will feature presentations of original compositions by members and provide an opportunity to participate in mini-writing sessions, as well as to meet with other composers from the community to share struggles and triumphs. Members come from diverse backgrounds and meet monthly in an informal setting to give inspiration and encouragement, to network and discuss writing experiences. Admission is free to this and all Culture Days activities across the nation.

Here's a small sample of the activities planned for Smiths Falls throughout that weekend.

On Saturday, October 1, two author readings will be offered in the Smiths Falls Public Library. In the morning, a children's writer will give a reading and talk about how the book took shape. In the afternoon, an author of adult fiction will give a reading and discuss the writing process.

Also on Saturday, a miniature boat creation event will be led by a multi-media artist and teacher who will demonstrate the possibilities when using origami and wood to design and decorate small boats. They will then be placed in a large group display on our own "river" at the Rideau Canal Museum.

On Sunday, October 2, accomplished artist Helen Benda will do a portrait and painting demonstration on the grounds of the Heritage House Museum.



Smiths Falls' beautiful Centennial Park — home to beautiful blooms... and Pickle Fest!

This is the first event planned and organized by the new **Smiths Falls and District Arts and Culture Council**. (Way to go gang!) For more information, visit <culturedays.ca>, @Culture\_Days on Twitter, or <facebook.com/smithsfallsarts>.

And finally, here's a back-to-school story that stands as a model to be followed.

Under the pioneering direction of principal Sandy McInnes, **Duncan J. Schoular Public School** will begin to look at education in a completely different way when, this September, they launch an arts approach to the school's programming.

Finding arts-inspired ways of teaching the core curriculum concepts of literacy, math and science will be the focus of staff in the new year. The school plans to incorporate drama, dance, fitness, wood working, knitting, photography, visual and culinary arts, etc. into their classrooms. But, they can't do it alone. The school is reaching out to the community and inviting area artists to share their skills with the students in order to help the school broaden its ability to meet students' varying learning styles and needs.

This initiative, several months in the making, borrows on the success of the South Branch Elementary School near Kemptville, which has had an arts-based learning program for several years.

As a former teacher (I practically had to sneak my guitar into the classroom back then), this is music to my ears.

For more information or to offer your services, contact Principal Sandy McInnes at <sandy.mcinnis@ucdsb.on.ca> or 294-5816.

Take care and see you at the Falls!

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

# Perth Collection Brings Hometown into Households

Packed with eclectic downtown shops inside gorgeous stone masonry buildings nestled along the Tay River, it's no secret Perth offers visitors a treasured escape. Now you can bring a little piece of Perth home with you.

Perth's iconic shop, Ground Waves, has developed an in-store concept to promote the place they call home: The Perth Collection. The Perth Collection is an array of gifts available at Ground Waves that either promote Perth, are created by area residents, or both. Owners Jude Pearson and Charlee Ostrom say they created the collection to bring their hometown name into households.

"Tourists are a big part of our business, and we wanted to give them the opportunity to treasure their time spent in our town," explains Pearson. "Plus, we're proud of Perth and thought there was a void in the mar-

ketplace for quality, Canadian-made souvenirs that captured the spirit of the town. Our collection consists of seven attractive and useful items that will appeal to anyone who reads, writes, cooks, eats or entertains," she adds.

Black t-shirts and aprons sporting the town's motto, "Aged to Perfection", accompany Perth

book clips and coasters custom-made by current Ground Waves suppliers.

Meanwhile, Perth-made collections include art cards by photographer Sarah Edmundson, as well as the in-house design of the Perth Pepper & Pestle souvenir tri-pack.

Ostrom says the Perth Collection keeps the town's name in households, both near and far.

"Many people need a thank-you gift for the neighbour who took care of the cat while they were away, or for the hostess whose cottage they stayed at in the area," says Ostrom. "The Perth Collection is the perfect pairing as both a souvenir and a gift."

For more information, please contact Ground Waves at 267-3322 or <info@groundwaves.ca>, or better yet, stop by for a visit! They are located at 17 Wilson St. E. in Code's Mill.



## Ottawa Valley Country Music Hall of Fame 2011 Inductees

The Board of Directors of the Ottawa Valley Country Music Hall of Fame is very pleased to announce the inductees to be honoured at its 2011 awards show and induction ceremonies. They are: Dan Paul Rogers, Mark Papousek, Rodger Coulombe and Elayne Carlson.

The show will take place at Centrepointe Theatre, 101 Centrepointe Drive, on Sunday, September 25 at 7PM. Reserved seat tickets at \$40 per person may be purchased in person at the Centrepointe Box Office, online through <centrepointetheatre.com> or by phone at 580-2700 (toll free: 1-866-752-5231) with a credit card.

Don't miss this lively and entertaining evening showcasing more than twenty of the very best artists and musicians the Ottawa Valley has to offer. Performances will cover the entire spectrum of country music — current, traditional, ballads and up tempo numbers — in the comfort of Centrepointe Theatre.



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almonte heritage redevelopment group



# FOLKUS CONCERT SERIES 2011 / 2012

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**ROYAL WOOD**  
SARAH BURTON • NOV. 26 2011  
KELLY SLOAN / CINDY DOIRE  
DOUBLE BILL • JAN. 21 2012

**HAWKSLEY WORKMAN**  
KYLE SPINKS • FEB. 25 2012

**BROTHERS CHAFFEY**  
SILVER CREEK  
DOUBLE BILL  
MAR 24 2012

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**SERIES PASSES \$88**  
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**SINGLE TICKETS \$27**  
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AT [FOLKUSALMONTE.CA](http://FOLKUSALMONTE.CA)  
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ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO

# Nutritious, Delicious... Culture!

There are lots of things I do “because they are good for me.” I exercise regularly, try to get enough rest, brush and floss daily, and I don’t spend too much time in the sun (when you have latex skin, you’ve *really* gotta watch the UV index). However, there are some (OK, maybe even several) things I do simply because they are completely awesome. And what I love best are activities that incorporate

by busking by talented area youth up and down Mill Street. This year’s event will include singers, guitarists, drummers and even “art buskers”, who will be stationed outside J.B. Arts at 64 Mill Street. Proceeds from the indoor concert go to the Young Awards Foundation, and the young buskers get to keep all the donations they earn.

To further enhance the evening and upgrade it to the “yummy” designation, several downtown restaurants have come on board with a special dinner-and-concert package deal. Only \$50 buys you a delicious three-course meal *and* a ticket to the Tay Valley Winds concert! Participating spots include Café Postino, Foodies Fine Foods, Heirloom Café/Bistro, the Barley Mow, and the Mill Street Crêpe Company. You can purchase your \$50 dinner-and-concert ticket directly from the restaurant of your choice, and they promise to have you fed in time for the 7PM concert, just up the street at the Old Town Hall.

Of course, if you want to attend the concert without the dinner option, you are quite welcome! Concert tickets are available for \$20 from Appleton Gift & Basket at 65 Mill Street in Almonte, or from SRC Music at 124 Moore Street in Carleton Place. Either way, don’t miss the performances by talented young musicians and visual artists after the show. Many downtown Almonte businesses will stay open late that night to keep the fun rolling (thus



From **The Night is Yummy** to **Taste of the Arts**, food and culture combine in Miss Mills!

The goal of Taste of the Arts is to celebrate our thriving cultural community. But ACAC also hopes to showcase that community to others, including business leaders and elected representatives, in order to raise its profile and establish the cultural industry as an essential economic driver within our community. Held in conjunction with Culture Days, this year’s Taste of the Arts will be Mississippi Mills’ kick-off to a larger national profile in the coming years. Ingrid Kadoke, ACAC chair, invites everyone to come out to this fun (and delicious) event: “We are looking forward to an evening of good food, fine entertainment and inspired conversation. Please join us!”

Finally — a quick note to remind you how easy it is to combine food with art for an instant AFM experience in Mississippi Mills. Spots like Palms coffee shop and Baker Bob’s make it ridiculously easy by hanging art right on their walls (for you to look at while you munch), and 3 Yellow Tulips in Pakenham sells delicious peanut brittle for you to eat while you browse their wonderful collection of local art (just remember not to touch the art if your fingers are sticky from the peanut brittle!). But you can always make a day of exploring all of the many galleries, restaurants, museums, shops and beautiful spots the area has to offer. It’ll be awesome for you!

This is your intrepid puppet reporter, Miss Mills, signing off for another month and going to get something to eat.

by Miss Mills

a happy convergence of “good for me” and “awesome”. So, dear reader, I have been on the hunt for stuff that can be categorized as “awesome for me”, or “AFM”, and I do hope you will find them awesome for you, too.

## The Night is Yummy!

For some strange, inexplicable reason (let’s call it coincidence, shall we?), practically every AFM activity on my list for the next month or so involves food. Weird, eh? The first one caught my eye right away with the title “The Night is Yummy”. Now, I had heard of **The Night is Young** — the fabulous fundraiser for the Young Awards Foundation <youngawards.ca> — the group that raises money for arts programs in the schools of Mississippi Mills and area. The Night is Young takes place on Friday, September 16, and begins with a concert by the Tay Valley Winds at the Almonte Old Town Hall, followed

offering yet more opportunities to mix culture with food!). For more information, please call Cynthia at 256-9377.

## Taste of the Arts

Another cultural event... another delectable title! This time, it’s the Arts and Cultural Advisory Committee (ACAC) of the Town of Mississippi Mills that is inviting everyone to a community “Cultural Potluck”. The event is an open invitation for the community to gather together and share a special evening. Taking place on Saturday, October 1, Taste of the Arts will be held at the Almonte Old Town Hall auditorium from 6:30 to 10PM. In addition to food delights, the evening will feature an open mic for those whose talent is presented on stage rather than on the table!

**WEST END STUDIO TOUR**  
**September 17-18, 24-25**  
 20 outstanding artists of Wellington West and Westboro warmly welcome you to their **SALE** and **SHOW** of original art. For more info please visit:  
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**OTAWA VALLEY COUNTRY MUSIC HALL OF FAME**

**2011 AWARDS SHOW** **SEPT. 25 7PM**

**Dan Paul Rogers Elayne Carlson Rodger Coulombe Mark Papousek**  
**2011 INDUCTEES**

**ALSO APPEARING:**  
 Brad Munro, Breanne Lawrenson, Brian Ostrom, Charlie Kitts, Claude Damphousse, Dan Ducharme, Donna Moon, Dusty King Jr., Eddy Bimm, Fred Dixon, Hugh Desmond, Lauren Hall, Laurie LaPorte-Pitico, Lissa Fawcett, Marie Brydges, Peter Dawson, Rob Dillon, Roger Damphousse, Roger Heroux, Shawn McCullough, Tim Hermitte, Tim McCurdy, The Triple Take Steppers, Tom Wilson, Wayne Rostad, Wilf Arsenault and many more...

**With host ART JAMIESON**

**ADMISSION \$40 PER PERSON**

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To obtain additional information, please contact the Hall of Fame at 613-733-7650.



Last year's "Almonte's Got Talent" resulted in a very close contest. This year, organizers are expanding the event to include a wider area, as it will benefit the United Way's Youth Initiatives throughout Lanark County

## My Town's Got Talent

If you liked Almonte's Got Talent in 2010 you will love My Town's Got Talent in 2011!

Come and see the talented youth of Lanark County — from your town of Carleton Place, Perth, Smiths Falls, or Mississippi Mills — perform and compete for the big prize on October 22. Be there to vote for your favourite!

"After the success of last year's Almonte's Got Talent show, we had so many requests to allow more people to audition from outside Almonte," says the show's director, Jeff Gourgon, "that we decided to go with My Town's Got Talent, and allow youth from across Lanark County to audition. The show started off as a youth initiative of the Valley Players of Almonte, with the support of the United Way, and has just grown. We hope to have youth from across the county be part of this year's show."

This year Gourgon (a grade 11 student at Notre Dame High School), associate producer Christy Bindhardt, and celebrity judges from across the county will hold auditions from September 19 to 23 to select the fifteen final acts for the show. That week, they will visit Perth, Smiths Falls, Carleton Place and Almonte. "At the final show on October 22, at the Almonte & District High School, those acts will perform for the audience and another panel of

celebrity artist judges from Lanark County, who will select the five semi-finalists," according to Gourgon, "and these acts will then perform once again, with the audience selecting the final winner. Last year, one vote separated each of the first, second and third place positions, and we had well over 200 audience members voting. We hope it will be as close and exciting this year, with an even larger audience in attendance!"

My Town's Got Talent is in support of the United Way of Lanark County's Campaign 2011. All donations at the door will go towards the United Way's Youth Initiatives in Lanark County, supporting the five youth-centred member agencies. "This is an excellent opportunity for the County to see what our Youth Member agencies in each town are doing for the young people in their communities," notes Sarah Bridson, executive director of the United Way. "All five — Carleton Place Youth Centre, Lanark Highlands Youth Centre, YAK Youth Centre, Smiths Falls and District Youth Centre, and Take Young People Seriously (TYPS) Youth Centre — will be helping out at the auditions and at the final show, and will have information available at the finale for audience members to see what they are doing in our community."

For more information on how to register for the auditions, please go to the show's website, <mtgt.ca>. See you in the fall!



## Homeopathic Day Thursday Sept 22

Talk with industry professionals, get free samples and see product demos all starting at 2PM.

Free seminars including: "What is Homeopathy" • "Be Prepared, Creating a Homeopathic First Aid Kit:" • "Ask an Expert" and more. Presented by local practitioners starting at 6PM (registration required).

**Free Seminar "To Cleanse or Detox?" Thurs. Oct 6, 7-9PM**  
Come and learn the why, who, what, when and how of cleansing and detoxing. What is the difference? Which is right for you? Presented by Naturopathic Doctor Marisol Teijeiro (registration required).

Call 613-257-5986 or [www.granary.ca](http://www.granary.ca) for more information or to register.

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613-257-5986 [www.granary.ca](http://www.granary.ca) Mon - Wed 9-6. Thurs & Fri 9-8. Sat 9-5

## Downtown Carleton Place Has a Story to Tell!

Whether it be promoting a healthy lifestyle or protecting the natural environment, **The Granary** is your destination for a wide variety of organic, natural and health-related products. Some changes are coming to the store this fall, most noticeably the absence of owner Dena Comley. As Dena takes time to be with her new baby, Registered Holistic Nutritionist Dawn Bone will be in the store regularly. With Dawn's education in holistic nutrition, combined with excellent customer service provided by the entire staff, The Granary hopes to remain your top destination for natural health products and information. Look for new products in store this fall!



107 Bridge St. • 613-257-5986  
[www.granary.ca](http://www.granary.ca)



Dena Comley, Hannah Stroud, Dawn Bone & Erin Humphrey



Dalene Gallo

If you don't think fun and photos go together, then you haven't met Dalene Gallo yet! With years of darkroom and digital photography in her background, Dalene opened her **Picture It Studio** on Beckwith Street this past spring. She offers business imaging, family portraits and special occasion photography, but her forte is focusing on the fun. With loads of costumes and props available, her spacious studio is the perfect spot for a dress-up birthday party. Dalene provides pizza and drinks, an 8x10 for the birthday star, and a CD for each guest. Visit her in the studio or call to book your appointment.

**PICTUREitSTUDIO**

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

Thanks to Yvonne Kilpatrick and her staff at **The Blossom Shop**, beautiful things have been blooming on Bridge Street for over 30 years. From fresh cut flowers and house plants to vases, baskets and plant accessories, you'll find all things floral. Open Monday to Friday from 8-6 and Saturday from 9-5, they offer daily local delivery (except Sundays), FTD and Teleflora, and online ordering 24 hours a day. Like them on Facebook!



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



Yvonne Kilpatrick, Beth Portt & Laura Lowry



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

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

For more information contact: [cmccormond@carletonplace.ca](mailto:cmccormond@carletonplace.ca) or 613-257-8049

# Accessible Art Around the Valley...

## Hot Times for the Discovery Tour

So you thought it was hot this summer? You should have been in Vanessa's workshop where she was firing glass on copper at 1500 degrees! Vanessa Neily creates enamelled, metal and textile jewellery and is one of the eleven new participants taking part in the ever-popular North Gower and Kars Discovery Tour. It is "more than a

by Miss Cellaneous

studio tour" and for good reason. Explore and celebrate the quality and diversity of the participants' products.

Although it was hot at Vanessa's, the four potters' studios were hotter — with kilns firing at up to 2400 degrees! Their work alone highlights the variety of the tour, ranging from wheel-thrown to hand-built; stoneware and porcelain; raku, electric, gas or wood-fired; and including sculptural, functional and decorative pieces.

After visiting Marg Rhuland's studio with her stunning natural hemp clothing and ethnic jewellery, take the opportunity to walk in her enchanted, mossy forest replete with gnomes. The stop at Miller's Farm market and garden centre is the place to pick up local produce, pumpkins, fall plants and country décor. You can discover the latest works of thirteen visual artists working in varied styles with watercolour, acrylic, oil, repoussé copper, pastel, ink and mixed media. Other artisans on the tour include carvers, weavers, jewellers and a joiner. Many will be creating their masterpieces as you watch, demonstrating where and how their goods are made.

Now think cool... think winter... because several stops feature clothing. Visit with the gentle alpacas and enjoy products made with the warmest wool on earth. At other locations you will discover woven silk textiles and designer hemp clothing.

The tour also focuses on some of the history of the area, including iceboat displays and guided cemetery tours at the Beckett's Landing Community Association stop, as well as local history exhibits featured at the Rideau Archives in North Gower.

The 15<sup>th</sup> annual North Gower/Kars Discovery Tour takes place on September 10 and 11, from 10AM to 5PM each day. Come and meet rural Ottawa talent, see where and how their goods are made, indulge in a purchase, sample the flavours and learn more about the history of

the area. Support and promote the best of the region! Keep your eyes peeled for the gold and blue tour stop signs as you visit thirty-two participants at seventeen stops in a beautiful country setting.

For details, visit <discovery-tour.ca>, or call 489-3748.

## Rideau Lakes Artists' Association

Rideau Lakes Artists' Association is switching things around this year, dropping their June event and adding a new fall show, while still hosting their well-established August show in Westport. The new fall show will take advantage of the wonderful meeting hall at the North Crosby Community Centre, which will offer a bright and open backdrop for the talents of this dynamic group of artists. The show will take place on Saturday, October 1 from 10AM to 5PM and Sunday, October 2 from noon to 5PM.

The Rideau Lakes Artists' Association artists will be available for a meet and greet on Saturday morning from 10AM to noon, with light refreshments being offered. Admission is free — just come enjoy the artwork and the facilities. The North Crosby Community Centre is located south of Westport (County Road 10) at 875 8<sup>th</sup> Concession Road. It is easy to access, with good parking facilities and a shaded picnic area out back. For more information call 326-0370 or 928-3041 or visit <rideaulakesartists.com>.

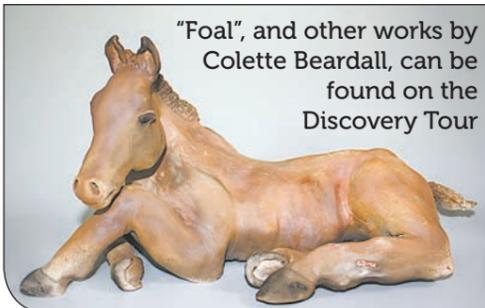


Head-turning hats by Robert Pauly will be featured on this year's Crown and Pumpkin Studio Tour, taking place over the Thanksgiving Weekend

## Crown and Pumpkin Studio Tour

"It's our fifteenth tour, and to celebrate we have fifteen stops," explains Barbara Mullally, one of the tour organizers and a veteran exhibitor. The tour of Mississippi Mills has stops in Almonte, Blakeney, Clayton, and the surrounding area.

A new addition to the tour this year: soap maker Anita Dworshak Beauchesne is opening her goat farm and soap workshop to visitors. Located on the 9<sup>th</sup> Line of Darling Township, about fifteen minutes from Clayton, Wild Rose Country Homestead (Stop 2) consists of one hundred



"Foal", and other works by Colette Beardall, can be found on the Discovery Tour

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# ...Without Exception!

acres of rolling, well-treed land. After considering what type of livestock to raise, Anita chose goats. She now has seventy-five animals, including thirty-five breeding stock and their kids.

Anita uses the pure, undiluted milk from her goats to make a natural, moisture-rich soap. Angora goats provide a lovely fleece, and this year she will be offering mohair roving for weavers and spinners. The big feature of the weekend at Wild Rose will be a daily, one-hour "goat walk" at 10AM, accompanying the goats as they stop to munch the greenery. Children will have an opportunity to feed the goats as well. "Kids like kids," says Anita.

The tour also has six new artists: broom maker Raphael Kerem, bookbinder Tanya Deacove, author and illustrator Susan Jolliffe, fibre artist Maggie Glossop, potter Ian Paige, and painter Jean Morrow. Returning artists include Kaija Savinainen-Mountain with a new series of vivid, impressionistic paintings of horses, birds and flowers, potter Chandler Swain of Blakeney, and Karen Riches, a Clayton-based weaver and fibre artist.

The tour runs Thanksgiving weekend, October 8 to 10, from 10AM to 5PM, with free admission, and snacks available at the Mississippi Valley Textile Museum in Almonte. For a map and full details, see <crowndandpumpkin.com>. "Like" Crown and Pumpkin on Facebook to see examples of more work from all of the artists. For information, call Barbara Mullally at 256-3647.

## Westport Fall Colours Studio Tour

This year's Westport and Area Fall Colours Studio Tour is being held again on the Thanksgiving long weekend, October 8 to 10, from 10AM to 5PM daily. The artists welcome you to their studios where you will discover an exciting and eclectic range of juried, high quality original work. This year, organizers are happy to welcome back Carol Lee Riley, Margot Rothwell, Stephen Rothwell and Hanna Olszewski among the "regulars", and to add a new stop on the tour: Brenda Sprung in Newboro. In addition, they have many new guest artists joining them this year — some from as far away as Quebec. Look for mystery guests as you visit the 15 studios and chat with 41 artists.

For the first time in the history of the tour, a \$10 gourmet box lunch will be available the entire weekend at the Stone Cottage B&B Studio in Westport. Proceeds will go to the Westport Food Bank. For more information on the tour, contact Loretta Moore at 273-8347 or visit <artatwork.ca/westport\_studiotours>. Brochures are available in many local businesses.

## Perth Autumn Studio Tour

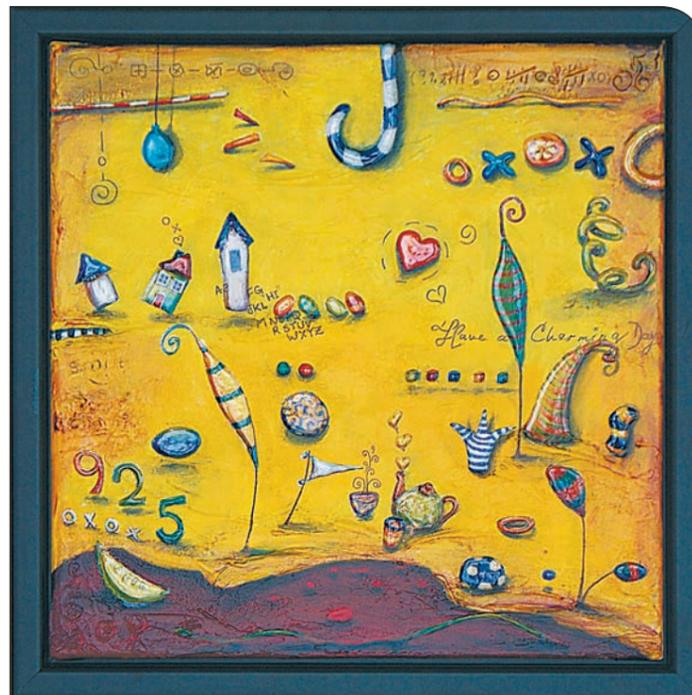
Mark your calendar now for Thanksgiving weekend, October 8 to 10, when you can view the work of nineteen popular artisans (four new guests!), with minimal driving between eight rural studios. All exhibited work is for sale, and some artists will be demonstrating their creative work process in their studios. Enjoy a harvest lunch at the Brooke Valley School, stop by the fieldwork open-air art project, and support the Empty Bowls Project. Many of the artists on the Perth Autumn Studio Tour live and work in Lanark County using local materials, traditions and the landscape to inspire new ideas, new ways of using tools and materials, while respecting the skills of pioneer craftspeople.

See the website for a map or pick up a brochure at local stops. Studios will be open 10AM to 5PM over the weekend. For further details, contact 267-5237 or see <perthstudiotour.com>.



## Without Exception 2011 Show

The 2011 *Without Exception: Exceptional Art from Beautiful Minds* show will run at the R. Tait McKenzie Memorial Gallery at the Mill of Kintail from September 1 to October 10. There will be an opening reception on Friday, September 16, from 5 to 8PM, at which members of the public can meet the exceptional students who have produced the work. The artwork above was created by Pakenham artist Kelly Merchand.



## Everyday Patterns at Gallery Perth

Gallery Perth at Code's Mill presents *Everyday Patterns* — an Ottawa Mixed Media Artists (OMMA) juried exhibition. Meet the artists on Sunday, September 18 from 2-5PM. The show runs September 17 to October 15. Code's Mill is located at 53 Herriott Street. For more details, visit <galleryperth.com> or call 264-8338.

The above image, entitled *A Charming Day*, was painted by OMMA member Monika Seidenbusch.

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# LATIN FIESTA

**Friday September 30**  
**Almonte Agricultural Hall**  
**Doors Open at 7:30**

Music by **STAR TOOLS**

Dance performance **SALSA OLE**

Adults \$20 Students \$10 under 13 free

Tickets available from **Blackbird, Almonte**  
and **Read's Book Shop, Carleton Place**

## Richard Gill

ANNUAL FALL SHOW

**Saturday, October 1st to**  
**October 10, 2011**

In recognition of Renfrew County's 150th Anniversary  
Richard has sculpted a series of historical and contemporary  
images of the Ottawa Valley.

There is also a special series of works inspired  
by a brief trip to Jamaica.

Please join us for a  
Collectors Preview and Vernissage  
**Saturday October 1, 2011**  
2 pm to 9 pm

**BITTERSWEET GALLERY**  
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The show will then continue daily  
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**September 10, 10AM to 5PM**  
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For information:  
[www.mvtm.ca](http://www.mvtm.ca)  
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**MISSISSIPPI VALLEY  
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The 11<sup>th</sup> Annual  
**Calabogie Artfest**  
 Calabogie Community Centre • 574 Mill St., Calabogie  
**Saturday, October 1 and  
 Sunday, October 2**  
**10AM-4PM Daily**  
 Featuring original works in many media  
 by members of the Renfrew Art Guild  
**Tea Room**  
 provided by Calabogie Women's Institute  
**Free Admission**

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2011-2012 Season  
**The Almonte Lectures**

20 September <b>Ivan Fellegi</b> The long-form census	20 January <b>Kieran Broadbent</b> Porcelain trade with China
21 October <b>Roseann Runte</b> Post-secondary education	17 February <b>Peter Larson</b> Jerusalem today
25 November <b>Alain Miguez</b> Ottawa: a city grows up	23 March <b>Maureen Nevins</b> Music's time capsule
20 April <b>Brian Burns</b> Science in the 21 <sup>st</sup> century	

All Lectures: 7:30PM in the Almonte United Church Hall  
 For information: don\_wiles@carleton.ca

**Upcoming Events**

**Free Talk: Sept. 10, 1-3PM**  
 Healthy school lunches,  
 with Cindy Fleming

**Breast Health Workshop  
 Sept. 13, 7-8:30PM**  
 With Amber Young, RMT  
 \$20 (plus HST), please RSVP

**Life in Transition Heart Circles  
 Sept. 24, 10-3PM**  
 With potluck lunch  
 \$40 (plus HST), please RSVP

**Carp Ridge EcoWellness Centre**  
 2386 Thomas Dolan Pkwy  
 613-839-1198 [www.ecowellness.com](http://www.ecowellness.com)

# Festival of the Senses

This year's Festival of the Senses aims to delight all your senses with a host of activities in and around the villages of Calabogie and Burnstown. This fourth annual event takes place on October 1 and 2, and involves about twenty organizations and businesses.

Some activities are free, some require advance reservations, and some have a nominal cost, so please see <calabogie.org> for details. Tour maps will be available at all site locations. Watch for festival signs in and around the two villages, and indulge your senses!

This year an exciting **geocache** event will highlight fifteen sites, including several on the K and P Trail. Caches will contain historical information and maps to add to the overall experience. A variety of caches will be accessible by foot, bike, car, ATV, or by watercraft. Geocaching is a worldwide, high-tech treasure hunting game played by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers (geocaches) outdoors, and then share your experiences online. Geocaching is enjoyed by people from all age groups.

Other activities include two major artistic events: the 11<sup>th</sup> annual **Calabogie Artfest**, featuring the work of twenty-three Ottawa Valley artists at the Calabogie Community Hall, and Richard Gill's annual fall show at Bittersweet Gallery in Burnstown.

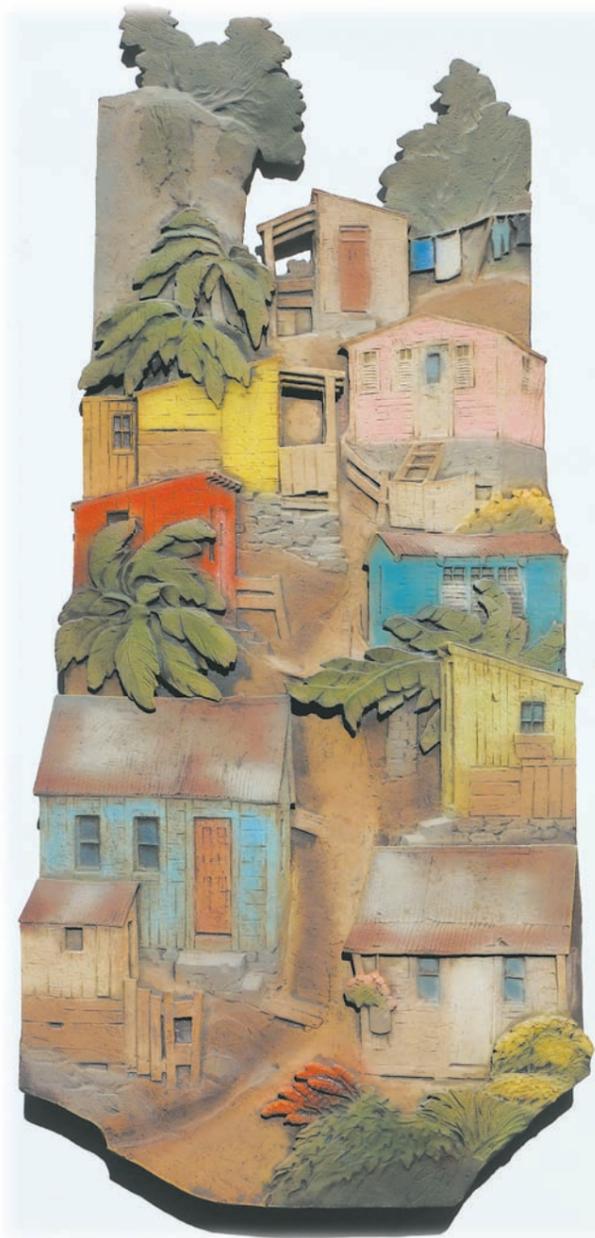
## Richard Gill Fall Show

Burnstown sculptor **Richard Gill** has always been fascinated with the history of settlements. Renfrew County's 150<sup>th</sup> anniversary has compelled him to document and preserve some images of lost landscapes and present day landmarks that dot the countryside where he has resided since 1972. Relentless research of archival material has provided him with some of the visual details necessary to conceive historical images that depict the early explorers, settlers and communities, the days of the big timber, river-

boats on the Ottawa River, and the K & P (Kingston/Pembroke) Railway, to note just a few.

A brief journey to Jamaica inspired a special series of works that form an exotic contrast to the local subject matter. These works capture the splendour of old plantations, the captivating character, colourful culture, and endearing nature of the people native to the island.

The artist has spent most of his adult life honing his skills as a full-time sculptor and fine craftsman, which has resulted in the beautifully executed detailed works rendered in clay that are his hallmark. Richard Gill opens his 2011 Fall Show at Bittersweet Gallery on October 1. The show continues daily from 11AM to 5PM. For more information call 432-5254.



Richard Gill's annual Fall Show takes place at Bittersweet Gallery in Burnstown. The opening weekend, on October 1 & 2, takes place in conjunction with the **Festival of the Senses** in Burnstown and Calabogie.

**Own a piece of history in the artistic village of Burnstown**

This heritage log home is nestled on a large lot just a short walk from the Madawaska River, Burnstown Beach and village businesses. It is a very spacious 4 bdrm / 2 bath, with an open concept living and dining area, and gorgeous landscaping and gardens.

**Open House**  
 Sunday, October 2, 1-3PM  
 1718 Burnstown Road  
[www.myvisuallistings.com/vtnb/60641](http://www.myvisuallistings.com/vtnb/60641)

**Bernice Horne**  
 Broker  
 cell: 613-601-1040  
[www.bernicehorne.com](http://www.bernicehorne.com)

**RE/MAX Realty Solutions Ltd.**  
 Ph: 613-623-3665  
 Independently owned and operated brokerage

# The Stuff Memories Are Made Of

One of my favourite things about summer is the wide variety of music festivals that happen in and around the Ottawa area. As a member of The Tay Valley Winds, I recently performed at a wonderful festival, and I thought that I'd share some of that experience with you in this month's column.

by Tony Stuart

Blue Skies is an excellent music festival located just outside Clarendon, Ontario. Any of you who have attended this festival in the past will know exactly what I'm talking about. It features a very eclectic line-up of musicians from both Canada and abroad. Performers and attendees camp for the three days of the festival, and this mingling of musicians and audience members creates a very special atmosphere. Besides amazing concerts, there are workshops happening throughout the weekend, with something of interest for everyone.

I had always heard that performers at this festival are treated very well, and I must say that this was the case. The folks at Blue Skies really go out of their way to make you feel appreciated. This festival is completely run by volunteers who put in many hours throughout the year, which I think is amazing! They don't have any corporate sponsors, and I know they want to keep it that way. The dedication of these volunteers is evident in every aspect of the festival.

What I really found special was the wide variety of people who attend. There are young couples, seniors, and everyone in between, as well as many happy children. The one common denominator over the weekend was a shared love of music. We were blessed with outstanding weather, and I kept thinking that this was a very magical place.

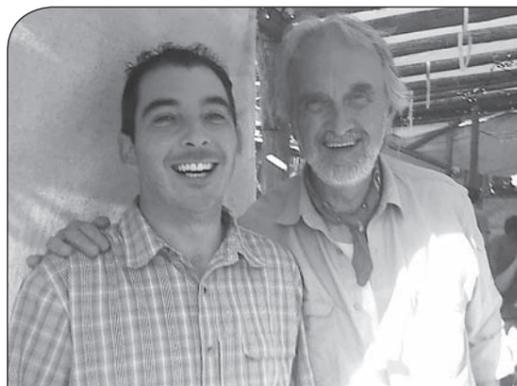
Of course, one of the nice things about being a performer is that you get to meet other musicians. I was lucky enough to meet Canadian children's entertainer Fred Penner, who was one of the main stage musicians. My oldest son used to watch *Fred Penner's Place* on television, so it was quite a treat having the opportunity to see him perform, and to hang out with him after the show. Fred is a very down-to-earth guy, and a seasoned entertainer who knows how to capture an audience's attention and hold it. I thought it was funny that he plays quite a few shows at campus pubs, since the audience from his television days has now grown up. He mentioned that they still remember the words to all of the songs, including *The Cat Came Back* and *The Sandwich Song*. I'll bet that you'll have those two tunes stuck in your head after reading this column!

I was also fortunate enough to be able to play with Fred during one of the workshops. I had my clarinet out and he had heard me playing earlier,

and I got invited up to take a solo during one of his tunes. That was a pretty special moment! Of course, being a fan, I asked if we could have a photograph together. Thanks, Fred!

Blue Skies had a terrific lineup this year. One particular standout was an east coast blues musician named Matt Anderson. He had the audience spellbound during his set with his superb guitar playing and singing. He's a Canadian treasure, in my opinion.

As I mentioned earlier, we are fortunate to have a wide variety of festivals within driving distance of the Ottawa area. I strongly encourage you to check them out, because you'll see some truly amazing acts.



Tony Stuart shared a smile (and a stage) with Fred Penner at Blue Skies this summer

On another note, my classical trio, The Tay Valley Winds (with Barbara Bolte on oboe, Richard Hoenich on bassoon and Brad Mills on piano), will be performing at the Almonte Town Hall Auditorium on Friday, September 16 at 7PM. This is part of a fundraising evening called **The Night is Young**, with all proceeds going to The Young Awards Foundation <youngawards.ca>. You can visit the website <thenightisyong.ca> for more information. Tickets are \$20 each, and are available at Appleton Gift & Basket in Almonte, or SRC Music in Carleton Place. It's going to be a great show, with music that will appeal to everyone. I'd like to take this opportunity to thank Adrian Ayotte at Reliable Heating and Cooling for his generous sponsorship of this event.

Next month, I'll be discussing various issues relating to back-to-school, specifically as they apply to student musicians. In the meantime, I'm going to end with a quote from Billy Joel, who happens to be one of my favourite musicians: "I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music."

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

## Humm Bits

### TYPS Open House and Silent Auction

On Friday, September 16, TYPS Youth Centre will open their doors for their annual open house and silent auction. All members of the community are invited to visit them for refreshments, entertainment and the 2<sup>nd</sup> annual Youth Awards.

The event begins at 7PM with the presentation of the awards, which recognize local youth for contributions to their community. The silent auction, which includes wonderful items and gift certificates from local artists, stores and service providers, will be on display and bids will be taken.

The silent auction is an excellent way to get an early start on your Christmas shopping, all while supporting a great cause! All funds raised through the silent auction will go towards TYPS' after school drop-in program and open kitchen nutrition program. Many talented local youth will be on hand to provide music and entertainment — it's an event that's not to be missed!

For more information about TYPS Youth Centre visit their website <typsyouthcentre.org>, or contact them at 256-8485.

### Sing With the Valley Voices

Do you like to sing? Would you like to learn a variety of music — folk, rock, show tunes — have fun, and meet new people? If so, you are most welcome to join the Valley Voices, Almonte's community choir. Directed by Becky Schweizer, the practices are on Thursdays at the Mississippi Valley Textile Museum, from 7:30 to 9PM starting September 8.

The fee is \$30 per session (fall, winter, spring) to a maximum of \$60 per year (or pay what you can). You are welcome to try it out for a couple of weeks. For information, please call Fern at 624-5104.

### Living a Healthier Life Beyond Cancer

If you are a post-treatment cancer patient or caregiver striving to live a healthier life, the Living Well Beyond Cancer program is for you.

The Canadian Cancer Society will offer this new, free program in Perth every Wednesday evening from September 21 to October 26 from 6 to 8:30PM. These popular 2½-hour workshops are based on the Chronic Disease Self-Management Program researched and developed at Stanford University.

Local peer leaders have cancer or caregiver experience and were trained and licensed by Stanford University. The highly interactive sessions are designed to provide information on techniques to deal with the psychosocial aspects of cancer, as well as on communication, and healthy eating, appropriate exercise for maintaining and improving strength. The program's goal is to help people, post-treatment, gain confidence in their ability to manage their health and live the best possible life with a long-term condition.

Find out if you are eligible to register by calling the Canadian Cancer Society in Perth at 267-1058 or 1-800-367-2913.

### Fall Astronomy Sessions

The Night Sky Conservation program provides astronomy education to increase the appreciation and understanding of the night sky. Participants will learn about astronomy basics (an overview of the solar system, our galaxy, our local group and deep space), star gazing and observing tips (including constellation identification, star clusters, and clusters of galaxies), and special celestial events.

The course runs on Friday evenings from 7 to 10PM on September 30, October 14, 21, 28, and November 4. The group meets at the Mill of Kintail Gatehouse, 2854 Ramsay Concession 8 (8<sup>th</sup> Line) near Almonte. Instructors include Royal Astronomical Society of Canada members, with Stephen McIntyre as principal instructor. To register, call 256-3610x1 or email <sogrady@mvc.on.ca>. Suggested donation is \$20 per session, or as you are able.

### "I Left My Heart in Kaliyampondi"

Adrian Baker and Robert Cretien, who recently spent four months volunteering at a Child Haven International children's home in southern India, will be giving a slide presentation about their experience there.

Founded in 1985 by Bonnie and Fred Cappuccino of Maxville, Ontario, Child Haven is a registered charity inspired by the philosophy of Mahatma Gandhi. It supports eight children's homes in India, Bangladesh, Nepal and Tibet, providing food, shelter, health care and education to destitute women and children.

Admission is free, with donations to Child Haven accepted. The presentation will be held on Tuesday, September 20 at 7PM in the Carleton Place Public Library.



## Festival of the Senses

October 1 & 2  
In and around the villages of Calabogie and Burnstown

*Indulge your sense of... Comfort ♥ Enchantment ♥ Discovery  
Artistry ♥ Community ♥ Tranquility*

*Watch for Festival signs — Tour maps available at over 20 participating sites  
For more information, please visit: [www.calabogie.org](http://www.calabogie.org)*

# Claiming Column

Calabogie Artfest, Calabogie, Oct. 1 & 2  
 Festival of the Senses, Calabogie & Burnstown, Oct. 1 & 2  
 Richard Gill's Fall Show, Burnstown, Oct. 1-10  
 Art Show & Sale, Rideau Lakes, Oct. 1 & 2  
 Paint the Rideau, Westport, Oct. 2  
 Chapter Two, Perth, Oct 7-9  
 Expressions of Art, Carp, Oct 8-9  
 Crown & Pumpkin Studio Tour, Almonte/Clayton, Oct 8-10  
 Perth Autumn Studio Tour, Oct 8-10  
 Fall Colours Studio Tour, Westport, Oct 8-10  
 Stuart McLean, Perth, Oct 14  
 Almonte in Concert, Oct 15  
 Farmers' Mkt Harvest Festival, CP, Oct 15

## Visual Arts

Inroads Studio Tour, Sep 2-5 (10-5). 335-2073, www.inroadstour.ca.  
 Sundance Studio Tour, Sep 3 & 4 (10-5) & 5 (10-4), 1047 Zealand Rd., Maberly. 268-2171, sundancestudio.ca.  
 Vernissage, Sep. 9, 7-9PM. Leah Hicks, mixed media. Brush Strokes, 129 Bridge St., Carleton Place. 253-8088  
 North Gower/Kars Discovery Tour, Sep. 10 & 11, 10AM-5PM. 489-3748, discovery-tour.ca.  
 Creative Day at fieldwork, Sep. 11, 11AM. Maberly. Details at fieldworkproject.com.  
 Pints 'n Purls, Sep. 14, 6-9PM. Knitting group. Old Mill Pub, Ashton. 492-5648  
 Flippin' Art Night, Sep. 15, 5-7PM. With Michael Gauthier & Jo-Ann Zorzi. Ballygiblin's, 151 Bridge St., CP. 257-2031, free  
 Vernissage, Sep. 16, 5-8PM. Exceptional Art from Beautiful Minds show, meet the exceptional students. Mill of Kintail, Almonte  
 Meet the Artists, Sep. 18, 2-5PM. Everyday Patterns by OMMA (runs Sep 17-Oct 15). Gallery Perth, 16 Wilson St. W., 264-8338  
 Almonte Quilters' Guild, Sep. 19, 7PM-9PM. Almonte Civitan Hall, 256-5858.  
 Merrickville Artists Guild Studio Tour, Sep 24-25, Oct 1-2. merrickvilleartists.com  
 Lanark County Knitting Guild, Sep. 27, 7-9PM. All welcome. Almonte Library  
 Rosemary Leach, Sep. 29, 5-8PM. Sep 29/30 (5-8), Oct 1 (10-4). Open studio. 255 William St., Almonte. rosemaryleach.com.  
 Open House, Sep 30 (1-8), Oct 1 (10-5), Oct 2 (1-5). Kanata Civic Art Gallery, 2500 Campeau Dr. 580-2424x33341

## Youth

Disney's Aladdin, Sep 1 (7pm), 2 (10:30am, 7pm). Perth Academy of Musical Theatre. Tickets \$10 from 267-9610. Myriad Centre, 2 Sherbrooke St., Perth  
 Mudds Jr. Auditions, Sep. 10, 9AM. Mississippi Mudds Youth Theatre production of Pirates of Penzance, Jr. Ages 8-18., Carleton Place Town Hall. pcbear@rogers.com.  
 My Town's Got Talent Auditions, Sep. 19, (Perth), Sep. 20 (Smiths Falls), Sep. 21 (CP), Sep. 22 (Almonte). Ages 8-18. See mtgt.ca for details. 256-4450

## Festivals

Natural Fibre Festival, Sep. 3 & 4, 10AM-4PM. Workshops, demos, tours. Silent Valley Alpaca Ranch, 1120 Donaldson Rd., Ompah. 479-0307, silentvalleyalpaca.ca.  
 Fibrefest, Sep 10 (10-5) & 11 (10-4). 40 vendors, 9 exhibitors, 3 sites. Button Mania. MVTM, Almonte. 256-3754x7, mvmtm.ca.  
 Pickle Fest, Sep. 10, 8AM-4PM. Vendors, children's events, pickle/salsa judging. Centennial Park, Smiths Falls. picklefest.ca.

# WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> <li>Brush Strokes presents Leah Hicks, mixed media &lt;brushstrokesart.ca&gt;</li> <li>Baker Bob's Gallery presents Julie Cruikshank, mixed media collage</li> <li>fieldwork presents land art - OOH,AH,WOW by Karina Bergmans &lt;fieldwork.blogsome.com&gt;</li> <li>Gallery Perth presents Everyday Patterns, an OMMA exhibition, from Sep 17 &lt;galleryperth.com&gt;</li> <li>Mill of Kintail presents Without Exception: Exceptional Art from Beautiful Minds &lt;mvc.on.ca&gt;</li> <li>Heritage House Museum presents Wishing you were here! &amp; Living with Redwork &lt;smithsfalls.ca/heritagehouse&gt;</li> <li>Palms Coffee Shop presents Pierre Langevin &amp; Richard Skrobecki &lt;palmsonline.ca&gt;</li> <li>The Almonte Library Corridor Gallery presents Dirk Mietzker, acrylics</li> <li>The Mississippi Mills Chamber Gallery presents Lynne Morin, acrylic &amp; textiles</li> <li>Kanata Civic Art Gallery presents Community, images of South March Highlands &lt;kanatagallery.ca&gt;</li> </ul>			<ul style="list-style-type: none"> <li>Disney's Aladdin, Perth</li> <li>Jazz Night, The Cove</li> <li>Karaoke, The Downstairs Pub</li> <li>Open Mic, Tilly's Smokehouse</li> <li>Secretariat, Smiths Falls</li> <li>Terry Tufts, The Barley Mow</li> </ul>
<ul style="list-style-type: none"> <li>Inroads Studio Tour, North of Kingston</li> <li>Perth Fair, Perth</li> <li>Sundance Studio Tour, Maberly</li> </ul>	<ul style="list-style-type: none"> <li>Open Mic, The Barley Mow</li> </ul>	<ul style="list-style-type: none"> <li>Mississippi Mills At A Glance, Almonte</li> <li>Open Celtic Jam, Naismith Pub</li> <li>Toastmasters Club, Smiths Falls</li> <li>Volunteer Fair, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>Jazz Night, The Cove</li> <li>Karaoke, The Downstairs Pub</li> <li>Open Mic, Tilly's Smokehouse</li> <li>Terry Tufts, The Barley Mow</li> </ul>
<ul style="list-style-type: none"> <li>Almonte Coin Club, Almonte</li> <li>Mayan Code Study Group, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>Beckwith Sign-Up Night, Beckwith</li> <li>Breast Health Workshop, Carp</li> <li>Jeremy Fisher, Perth</li> <li>Modern Square Dancing, Beckwith</li> <li>Open Mic, The Barley Mow</li> </ul>	<ul style="list-style-type: none"> <li>Open Celtic Jam, Naismith Pub</li> <li>Pints 'n Purls, Ashton</li> <li>Toastmasters Club, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>Flippin' Art Night, Carleton Place</li> <li>Jazz Night, The Cove</li> <li>Karaoke, The Downstairs Pub</li> <li>MVFN Lecture, Almonte</li> <li>Open Mic, Tilly's Smokehouse</li> <li>Power Up Your Life Info Night, Almonte</li> <li>Terry Tufts, The Barley Mow</li> </ul>
<ul style="list-style-type: none"> <li>Almonte Quilters' Guild, Almonte</li> <li>Green Liquid Refreshments, Smiths Falls</li> <li>My Town's Got Talent Auditions, Perth</li> </ul>	<ul style="list-style-type: none"> <li>I Left My Heart in Kaliyampoondi, CP</li> <li>Modern Square Dancing, Beckwith</li> <li>My Town's Got Talent Auditions, Smiths Falls</li> <li>Open Mic, The Barley Mow</li> <li>The Lost Fingers, Neat Coffee Shop</li> </ul>	<ul style="list-style-type: none"> <li>14+ Book Club, Almonte</li> <li>My Town's Got Talent Auditions, CP</li> <li>Open Celtic Jam, Naismith Pub</li> <li>Toastmasters Club, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>Homeopathic Day, Carleton Place</li> <li>Jazz Night, The Cove</li> <li>Karaoke, The Downstairs Pub</li> <li>My Town's Got Talent Auditions, Almonte</li> <li>Open Mic, Tilly's Smokehouse</li> <li>Take Back The Night March, CP</li> <li>Terry Tufts, The Barley Mow</li> </ul>
<ul style="list-style-type: none"> <li>Almonte Horticultural Society Meeting</li> </ul>	<ul style="list-style-type: none"> <li>Lanark County Knitting Guild, Almonte</li> <li>Modern Square Dancing, Beckwith</li> <li>Open Mic, The Barley Mow</li> </ul>	<ul style="list-style-type: none"> <li>Book Club, Almonte</li> <li>Open Celtic Jam, Naismith Pub</li> <li>Toastmasters Club, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>Chapter Two, Perth</li> <li>In A Better World, Smiths Falls</li> <li>Jazz Night, The Cove</li> <li>Karaoke, The Downstairs Pub</li> <li>Open Mic, Tilly's Smokehouse</li> <li>Rosemary Leach, Almonte</li> <li>Terry Tufts, The Barley Mow</li> </ul>

## Theatre

The Silver Lining, Sep. 3, 7PM & 9PM. The story of the Silver Queen Mine. \$2, \$5 per family, with park entry pass. Murphys Point Provincial Park. 267-5340  
 Spiritual Cinema Circle, Sep. 25, 2PM. Myriad Centre, 2 Sherbrooke St., Perth. 267-4819. \$2 donation for theatre rental  
 Chapter Two, Sep 29, 30, Oct 1, 7 & 8 at 8PM; Oct 2 & 9 at 2PM. \$20 (Book Nook/box office), \$22 at Tickets Please (485-6434), students \$10 (at door). Studio Theatre, 63 Gore St. E., Perth. studiotheatreperth.com.  
 In A Better World, Sep. 29, 7PM. Premier Cinemas, 11 Main St. W., Smiths Falls. 267-1224, filmnightperth@gmail.com, \$10

## Literature

Ist Edition Reading Series, Sep. 9 (Sandra Ridley, Steven Heighton & Joe Denham); Sep. 23 (Terry Fallis, David Mulholland). 7PM. Backbeat, 6 Wilson St. W., Perth. 466-0663, jpigeau@hotmail.com, \$10  
 Mill Street Books 14+ Book Club, Sep. 21, 7PM-8:30PM (The Maze Runner by James Dashner); Book Signing, Sep. 23, 2-4PM (Andrew Harvey); Book Club, Sep. 28, 7-8:30PM (Cutting for Stone by Abraham Verghese). 52 Mill St., Almonte. 256-9090, millstreetbooks.com.  
 Vine Rhymes, Oct. 2, 1-3PM. Songwriters/poets present compositions & provide mini writing sessions. Rideau Canal Museum, 34 Beckwith St. S., Smiths Falls. Free

## Music

Mica Heritage Festival presents Freshwater Trade, Sep. 4, 8PM; Crazy Strings, Sep. 10, 7:30PM. Park Pass req'd., Murphys Point Park, 2243 Elm Grove Rd., Perth.  
 Music in the Park, Sep 4 & 11, Lower Reach Park, Smiths Falls. openstage.ca. Free  
 James Keelaghan, Sep. 11, 2PM. ECOTAY Education Centre, 942 Upper Scotch Line, Perth. 267-6391, \$25; \$20 in adv.  
 Jeremy Fisher, Sep. 13, 7:30PM. Myriad Centre, 2 Sherbrooke St., Perth. 268-2376, \$20; \$16 in adv at Shadowfax  
 David Francey, Sep. 16, 8PM. \$22 at ticketsplease.ca, \$25 at door. St Paul's United Church, Perth. meraschoolhouse.org.  
 Michael Pickett, Sep. 16, 8PM. RSVP to findlayhouseconcerts@gmail.com. 207 High Street, Carleton Place. \$20

The Night is Young, Sep. 16, 7PM concert by Tay Valley Winds (\$20 from Appleton Gift or SRC Music). 8:30 youth buskers on Mill St. Almonte, 256-9377  
 Barn Dance, Sep. 17, 7PM-Midnight. Zion-Memorial United Church, 37 Franklin St., Carleton Place. \$15; \$10 in adv at Remembrance Gift Shop or Church  
 Judge a Book, Sep. 17, 8PM. Union Hall, Wolf Grove Rd., Almonte. 256-2277. \$10  
 Alcan Quartet, Sep. 23, 8PM. Perth Performing Arts Committee. Tickets Please, 485-6434. Series tickets available til Sept 23., PDCI, 13 Victoria St., Perth. perthpac.org.  
 Doug Barr & Friends, Sep. 25, 2PM. ECOTAY Education Centre, 942 Upper Scotch Line, Perth. dougbarr@dougbarr.com. \$20 at door  
 Vivaldi & the Italian Baroque, Sep. 25, 3PM. OVMF \$20 adults, \$10 students. Grace St-Andrews United Church, Arnprior. 754-5217, www.valleyfestival.ca

# SEPTEMBER 2011

Friday

Saturday

Sunday

<p>2</p> <ul style="list-style-type: none"> <li>Disney's Aladdin, Perth</li> <li>Inroads Studio Tour, North of Kingston</li> <li>Perth Fair, Perth</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Inroads Studio Tour, North of Kingston</li> <li>Kevin Head, The Cove</li> <li>Ken Workman, St. James Gate</li> <li>Natural Fibre Festival, Ompah</li> <li>Perth Fair, Perth</li> <li>Sundance Studio Tour, Maberly</li> <li>The Silver Lining, Murphys Point</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>APEX Jazz Band, The Royal Oak</li> <li>Freshwater Trade, Murphys Point</li> <li>Inroads Studio Tour, North of Kingston</li> <li>Jazz Brunch, Fiddleheads</li> <li>Kevin Head on the patio, The Cove</li> <li>Music in the Park, Smiths Falls</li> <li>Natural Fibre Festival, Ompah</li> <li>Perth Fair, Perth</li> <li>Sundance Studio Tour, Maberly</li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>1st Edition Reading Series, Perth</li> <li>Steve Barrette Trio, The Swan at Carp</li> <li>Vernissage, Brush Strokes</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>Auditions, Carleton Place</li> <li>Crazy Strings, Murphys Point</li> <li>Dragon Boat Festival, Carleton Place</li> <li>Fibrefest, Almonte</li> <li>Fish Fry, Pakenham</li> <li>Kevin Head, The Cove</li> <li>North Gower/Kars Discovery Tour</li> <li>Olde-Tyme Carnival Day, Murphys Point</li> <li>Open House/Free Talk, Carp</li> <li>Pickle Fest, Smiths Falls</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Creative Day at fieldwork, Maberly</li> <li>Fibrefest, Almonte</li> <li>James Keelaghan, ECOTAY</li> <li>Jazz Brunch, Fiddleheads</li> <li>Kevin Head on the patio, The Cove</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Music in the Park, Smiths Falls</li> <li>North Gower/Kars Discovery Tour</li> <li>Valley Singles Lunch, Renfrew</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>The Night is Young, Almonte</li> <li>TYPES Youth Awards/Open House, Almonte</li> <li>Vernissage, Mill of Kintail</li> <li>David Francey, Perth</li> <li>Michael Pickett, Carleton Place</li> <li>Spaghetti Dinner/Dance, Smiths Falls</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>Barn Dance, Carleton Place</li> <li>Chili Cookoff, Carleton Place</li> <li>Equator Grand Opening, Almonte</li> <li>Judge a Book, Almonte</li> <li>Kevin Head, The Cove</li> <li>Public Star Party, Carp Library</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>APEX Jazz Band, The Royal Oak</li> <li>Jazz Brunch, Fiddleheads</li> <li>Kevin Head on the patio, The Cove</li> <li>Meet the Artists, Perth</li> <li>Roast Beef Supper, Smiths Falls</li> <li>Watershed Discovery Day, ECOTAY</li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>1st Edition Reading Series, Perth</li> <li>Alcan Quartet, Perth</li> <li>Book Signing, Almonte</li> <li>Bruce Peninsula, Neat Coffee Shop</li> <li>India - Slide Show, Carleton Place</li> <li>Power Up Your Life, Almonte</li> <li>Angler Management, The Cove</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Cindy Doire w/Steve Brockley, Neat Coffee Shop</li> <li>Kevin Head, The Cove</li> <li>Sweet n Lo, St. James Gate</li> <li>Life in Transition Heart Circles, Carp</li> <li>Merrickville Artists Guild Studio Tour</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Doug Barr &amp; Friends, ECOTAY</li> <li>Jazz Brunch, Fiddleheads</li> <li>Kevin Head on the patio, The Cove</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Merrickville Artists Guild Studio Tour</li> <li>Spiritual Cinema Circle, Perth</li> <li>Steve Strongman, Manotick</li> <li>Vivaldi &amp; the Italian Baroque, Amprior</li> </ul>
<p>30</p> <ul style="list-style-type: none"> <li>Almonte Lecture Series, Almonte</li> <li>Breakfast with Soul, Almonte</li> <li>Chapter Two, Perth</li> <li>Kelly Sloan (Tom Waits Tribute), Almonte</li> <li>Open House, Kanata</li> <li>Plein Air Painting Demos, Kanata</li> <li>Rosemary Leach, Almonte</li> <li>SchoolBOX Latin Fiesta, Almonte</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>Art Show &amp; Sale, North Crosby</li> <li>B Sisters, ECOTAY</li> <li>Calabogie Artfest, Calabogie</li> <li>Chapter Two, Perth</li> <li>Festival of the Senses, Calabogie/Burnstown</li> <li>Harvest Lantern Labyrinth Walk, CP</li> <li>Kevin Head, The Cove</li> <li>Merrickville Artists Guild Studio Tour</li> <li>Open House, Kanata</li> <li>Rosemary Leach, Almonte</li> <li>Taste of the Arts, Almonte</li> <li>Vernissage, Carleton Place</li> <li>Vernissage, Burnstown</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>APEX Jazz Band, The Royal Oak</li> <li>Art Show &amp; Sale, North Crosby</li> <li>Blueberry Mtn Guided Hike, Lanark</li> <li>Calabogie Artfest, Calabogie</li> <li>Chapter Two, Perth</li> <li>Festival of the Senses, Calabogie/Burnstown</li> <li>Jazz Brunch, Fiddleheads</li> <li>Kevin Head on the patio, The Cove</li> <li>Merrickville Artists Guild Studio Tour</li> <li>Open House, Kanata</li> <li>Paint The Rideau, Westport</li> <li>Portrait/Painting Demo, Smiths Falls</li> <li>Vine Rhymes, Smiths Falls</li> </ul>

**Kelly Sloan (Tom Waits Tribute)**, Sep. 30, 6PM. Foodies Fine Foods, Almonte. 256-6500 to reserve. \$40 dinner & show

**SchoolBOX Latin Fiesta**, Sep. 30, 7:30PM. Tickets at Blackbird & Read's Book Shop., Almonte Agricultural Hall. \$20; \$10 students; under 13 free

**B Sisters**, Oct. 1, 7PM. ECOTAY Education Centre, 942 Upper Scotch Line, Perth. 267-6391, \$25; \$20 in adv.

**The Swan at Carp** (Falldown Lane Carp, 839-7926) Sep 9 Steve Barrette Trio

**The Downstairs Pub at JR's** (385 Ottawa St., Almonte, 256-2031) Karaoke Thurs, 9PM, no cover.

**Foodies Fine Foods** (34 Mill St., Almonte, 256-6500): Dinner & live music, \$40, 6pm, details at foodiesfinefoods.ca

Sep 30 Kelly Sloan (Tom Waits tribute)

**The Royal Oak** (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover.

Sep 4, 18, Oct 2 APEX Jazz Band, 2-5PM

Sep 11, 25 Magnolia Rhythm Kings, 3-6PM

**The Cove** (2 Bedford St., Westport, 273-3636): Jazz Night Thurs 9-11PM, Kevin Head Sat 6-9pm, Sun 1-4PM

Sep 1 Singer Ryan Lewis at Jazz Night

Sep 23 Angler Management featuring Mike Cochrane, Jeff & Seamus Cowan, 8-11PM

**The Barley Mow** (79 Little Bridge St., Almonte, 256-5669): Open Mike w/Jumpin' Jimmy Leroux Tues (7pm); Terry Tufts Thurs (8-11PM).

**Neat Coffee Shop** (1715 Calabogie Rd., Burnstown, 433-3205): 8PM

Sep 20 The Lost Fingers, \$25

Sep 23 Bruce Peninsula, \$16

Sep 24 Cindy Doire w/Steve Brockley, \$12

**Naismith Pub** (411 Ottawa St., Almonte, 256-6336): Open Celtic Jam Wed, no charge (7:30-10PM).

**Tilly's Smokehouse** (10470A Hwy 7, Carleton Place, 257-1700): Open Stage w/Brock Zeman Thurs (9PM)

**St. James Gate** (111 Bridge St., Carleton Place, 257-7530): Live at the Gate 8:30-11

Sep 3 Ken Workman

Sep 24 Sweet n Lo

**Fiddleheads** (Code's Mill, Perth, 267-1304): Sunday jazz brunch 12-3PM.

## Community

**Perth Fair**, Sep 2-5. Perth Fairgrounds. 267-4104, perthfair.com

**Mississippi Mills At A Glance**, Sep. 7, 7-9PM. Register for activities. Almonte Community Centre. 256-1077, mississippimills.ca.

**Smiths Falls Toastmasters Club**, Wednesdays, 7PM. Courtyard Cafe, Smiths Falls. robrodine@hotmail.com.

**Volunteer Fair**, Sep. 7, 2-8PM. Smiths Falls Community Centre. 284-0480, hambert99@aol.com

**Olde-Tyme Carnival Day**, Sep. 10, 1-5PM. Murphys Point Provincial Park, 2243 Elm Grove Rd., Perth

**Open House/Free Talk**, Sep. 10, 1-3PM. Healthy school lunches, Carp Ridge EcoWellness Centre. 839-1198, ecowellness.com. Free

**Dragon Boat Festival**, Sep. 10. CP Canoe Club, 37 Lansdowne Ave, Carleton Place. cpcanoeclub.com/dboat. Free

**Fish Fry**, Sep. 10, 4:30-7PM. St. Andrew's United Church, Pakenham.

**Valley Singles Lunch**, Sep. 11, 12:30-2:30PM. Register at 256-8117 or 432-7622. Rocky Mountain House Restaurant, Renfrew

**Almonte Coin Club**, Sep. 12, 7PM. All welcome. Show and tell. Alliance Coin & Banknote, 88 Mill St., Almonte.

**Mayan Code Study Group**, Sep. 12, 8AM. The White Lilly, 14 Mill St., Almonte. lilywhite.ca. Free

**Beckwith Sign-Up Night**, Sep. 13, 6-8PM. Register with local sports & arts groups. Beckwith Public School, Carleton Place. 257-1539, cmcgregor@twp.beckwith.on.ca.

**Breast Health Workshop**, Sep. 13, 7-8:30PM. Amber Young, RMT., Carp Ridge EcoWellness Centre. 839-1198, ecowellness.com. \$20+HST

**MVFN Lecture**, Sep. 15, 7:30PM. "Citizen Science Networks: Linking Nature Observation with Conservation". Almonte United Church. 257-3089. \$5 non-members

**Power Up Your Life Info Night**, Sep. 15, 7-8PM. Find about the 2011 event with Andrew Harvey. Mill Street Books, Almonte. 256-9090, millstreetbooks.com. Free

**Spaghetti Dinner/Dance**, Sep. 16, 6PM. Dinner 6-7, silent auction, dance. Proceeds to CIBC Run for the Cure. Smiths Falls Civitan Hall, \$10/person, \$25 family of 4

**TYPES Youth Awards/Open House**, Sep. 16, 7PM. Awards, refreshments, entertainment, silent auction. TYPES Youth Centre, Almonte. 256-8485, typesyouthcentre.org

**CP Farmers' Market Chili Cookoff**, Sep. 17, 8AM-Noon. 142 Franktown Road, Carleton Place. 253-3561, www.cpfm.ca

**Equator Grand Opening**, Sep. 17, 10AM-6PM. Food, live music, yard sale, kids' activities. Equator, 451 Ottawa St., Almonte.

**Public Star Party**, Sep. 17, 6:30PM-1AM. If cloudy: Oct. 1., Carp Library, 3911 Carp Rd. www.ottawa-rasc.ca. Free

**Roast Beef Supper**, Sep. 18, 4-7PM. St. James Anglican Church & Centennial Hall, 152 Church St., Smiths Falls. 283-3789.

**Watershed Discovery Day**, Sep. 18, 1-5PM. Explore climate change. ECOTAY Education Centre, 942 Upper Scotch Line, Perth. 259-5639, tayriver.org. Free

**Green Liquid Refreshments**, Sep. 19, 7PM. Green conversation sponsored by REAL Coffee Culture, Smiths Falls.

**I Left My Heart in Kaliyampundi**, Sep. 20, 7PM. Slide show on volunteering at a children's home in India. Carleton Place Library, Free; donations to Child Haven

**Homeopathic Day**, Sep. 22, 2PM. 2pm talk, samples, demos. 6pm free seminars. RSVP. The Granary, CP. 257-5986, granary.ca.

**Take Back The Night March**, Sep. 22, gather at 6:30, march at 7PM. From Carleton Place Town Hall

**India - Slide Show**, Sep. 23, 7:30-9PM. Zion-Memorial United Church, Carleton Place. \$10 with Food Bank donation

**Power Up Your Life/Andrew Harvey**, Sep. 23-25 (register by 23). With mystic scholar Andrew Harvey. Almonte Old Town Hall. 295-6749, powerupyourlife.ca. \$250; \$150 for students

**Life in Transition Heart Circles**, Sep. 24, 10AM-3PM. with potluck lunch. RSVP. Carp Ridge EcoWellness Centre. 839-1198, ecowellness.com. \$40+HST

**Almonte Horticultural Society Meeting**, Sep. 26, 7:30PM. Propagation & division of perennials. \$2 visitors, \$10 membership. Cornerstone Community Church, Almonte. 256-5155, zorgel@sympatico.ca

**Almonte Lecture Series**, Sep. 30, 7:30PM. Ivan Fellegi: The long-form census. Almonte United Church. almontelecures.ncf.ca. free - donations accepted

**Breakfast with Soul**, Sep. 30, 8-10AM. Mill Street Crepe Co., 14 Mill St., Almonte. lillywhite.ca. Free

**Harvest Lantern Labyrinth Walk**, Oct. 1, 7PM. Music, refreshments & bonfire. CP & Beckwith Heritage Museum, Carleton Place. 257-1014.

**Taste of the Arts**, Oct. 1, 6:30-10PM. Potluck & open mic night. Bring culinary creations or performing talents. Almonte Old Town Hall. 256-1077, mississippimills.ca.

**Blueberry Mtn Guided Hike**, Oct. 2, 10AM start. Suitable for all ages. Entertainment & refreshments. Blueberry Mountain, Lanark. 259-3412, mmltc.ca. \$10

# Sam, We Hardly Knew You

You didn't know Sam. In fact, *we* didn't even know him well, except through grandparents' glowing reports from the time he was born. He was a beautiful baby who walked early and climbed everything — a mischievous little guy, one step ahead of mom and dad.

School was a trial for Sam. Just sitting still was nearly impossible, and teachers despaired as he finished his work early or left it completely undone — whatever his mood was on that day. He'd take piles of books off

back and forth, until the springs were screaming, always with a pencil in his hand, often broken in his excitement to finish relating something to you.

Lobster! Just say the word, and Sam would have the bib tied on and the tools ready! I've never seen anyone who could crack those claws, and suck out every tasty morsel as well as Sam. While the rest of us ate one, he'd be on his third. Not one scrap went to waste either. How could you deny such a voracious appetite for the best food going? It was a joy to watch him.

TV was his constant companion. He knew every program: sports statistics, movie schedule, weather channel — you name it — and Sam could tell you when and where. And all accompanied by the rocking of the chair, back and forth. His grandfather would try to claim the chair himself, as it was his to begin with, but like a puppy who knows he's not supposed to be there, Sam would grab it any chance he could.

Like any teenager, Sam had favourite TV heroes. You'd be expecting that to be some educational thing on TVO but no, it was — wait for it — *Trailer Park Boys*!! One afternoon we were sightseeing with his grandparents and came upon the actual set when production was underway. We stood around watching the silliness unfold, wishing Sam was with us. What fun we had when we arrived home and told him what we'd seen. He couldn't believe such an incredible experience was wasted on people who didn't understand the significance of such a momentous sighting. We likely gained a few brownie points in his eyes right there!

Sam was surrounded by people who loved him and cared deeply for his welfare. His parents and grandparents were everything to him, and their love was reciprocated in so many ways. Sam was grateful for what they gave him, and he showed it in his giant bear hugs, his beautiful smile, and his love of life. They did everything they could to give him the education, the life skills, and the surroundings to nurture his unique abilities. He was strong, he was exciting, he was passionate about everything nearly to excess. His family never backed down from the challenge of making sure he was well loved and well cared for. They took on the school system and the medical profession to get the best they could for a young man who needed them. Their love knew no bounds.

And then he was gone. Friends gathered, and they were there by the score, from every corner of the county and even the country, and some from further away. Lots of good times with Sam were recounted.

You didn't know Sam, but you do know Danny, or Aaron, or Jessie or some other young person who lived beyond their years and died too early. What a void is left! A black hole that stays empty except for

the good memories: the odd broken pencil found under the chair whose springs will never recover the beating they took, the pile of videos that will go to the youth centre where they will be viewed 'til the tapes break, the eclectic library that will provide hours of reading in a school somewhere. In quiet moments, reflect on Sam and on the power of love to make everything about life worthwhile.

by Glenda Jones

the library shelves, read through them in a flurry of flipping pages, regurgitate the information and, in his inimitable style, move on to the next activity. Any teacher who could even keep up to him was a saint. But he could draw nearly anything, and his work was covered with doodles of fantasy stories, figures and patterns. Sam's mind worked overtime.

Sam's grandparents were an anchor for him. They offered him solace, and had the time to spend with him. When he needed a space for all his activities, they provided it in spades: an apartment of his own where he could listen to music, watch his vast library of videos, and pile his stuff.

His grandparents' love was boundless. Quiet encouragement and yes, a little tough love along the way, were exactly what Sam needed. His Grandma is an excellent cook who was ever mindful of Sam's food allergies. His Grandpa, Buddy, was Sam's chauffeur, confidante, and strong advocate in times of conflict.

A child of Sam's nature provides moments of frustration and moments of total brilliance, and those are the ones that stand out the most. Once Sam was enrolled in a private school where teachers understood his incredible capabilities, he began to thrive. He produced projects of inestimable maturity, his grades shot up, and it appeared Sam had finally found his niche. He befriended an exchange student from Saudi Arabia who was so impressed with Sam and his family that his own father came to visit. Imagine the fun they had when Saudi food was prepared in their own kitchen for a feast of exotic proportions!

Sam read everything he could. When did you hear of a twelve-year-old reading *The Origin of the Species* and understanding it? Not only that, he did it in record time! He read math books, novels, space odysseys, classics. He could talk knowledgeably on any subject, and you'd have been loath to dispute him, as he could drum up proof for his arguments. However, a conversation was an exercise in itself. Sam could have been a tester for La-Z-Boy chairs! He would rock

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# Hospice Visiting Service

## Make a Difference to People Living with Life-Threatening Illnesses

It is that time again — time to recruit more volunteers — the work force for the Volunteer Hospice Visiting Service of Community Home Support — Lanark County.

Throughout the county, compassionate volunteers are needed to provide sensitivity and support to people struggling with illness. The care also extends to family members and friends. Volunteers are needed for home and hospital visits, and overnight sitters are also required. After successful completion of the screening process, all volunteers must complete a free 36-hour Palliative Care Level 1 Certificate or have equivalent education and experience. All you need is a couple of hours per week to join our hospice team.

Still have questions about hospice volunteering? The following insight has been generously offered by one of our very caring and committed hospice volunteers, Sue Lafreniere:

"When I started volunteering for the Volunteer Hospice Visiting Service in 2000, I was shocked at how many people asked me what was hospice or what was a hospice? The 'hospice' definition by Merriam Webster Dictionary is: 'a facility or program designed to provide a caring environment for meeting the physical and emotional needs of the terminally ill.' Hopefully, through many, many hours of education, newspaper articles, and involvement in the community, this question is asked less and less, or better still, not at all.

"My hospice journey began well before I even realized what it involved. In 1990 a family member was diagnosed with breast cancer. She was very young and the thought of her dying at the time was minimal. Four years after her diagnosis, her cancer surfaced with an unforgiving vengeance! I stood by her and her family's side the best I could with what time I could spare from my own family's needs. In her last months with us, I realized that it took a special person to be able to comfort one that is experiencing a life-threatening illness and/or one who is dying. I had worked in the school system for twenty-five years at the time and I always felt that there I had made a 'difference' — now I felt it was time to make a 'different difference'.

"So, in the year 2000, I went to work part-time at the Volunteer Hospice Visiting Service. After receiving the required courses, I started volun-

teering with the clients as well. My first client was not expected to live very long and I selfishly thought that I would be okay with this, as I would not become too emotionally attached. My client lived for another fourteen months and we became very good friends and I stayed in touch with her family for months after her death. I have also had many clients who only lived for days after meeting them and the emotional ties are the same — life is precious and dying with dignity, love, and not being alone are just as important. My own mother died three years after taking the hospice training courses and it helped me immensely before, during and after her death. I retired in 2005 but continue to do hospice volunteering in private homes and hospitals, as there is such a great need in our community.

"I have done many forms of volunteering in the past thirty-five years, and hospice volunteering is one of my most beneficial experiences. I encourage anyone who thinks they would be interested to call this organization. The training you receive is invaluable and, after you begin volunteering, the rewards you get back are tenfold to what you have given.

"In closing, I wish to share an anonymous quote I recently read that sums up what I am trying to convey: 'Those who work (or volunteer) with people in crisis know that often the only thing they have to offer is their presence. The tendency is to want to do something, but often there is nothing to do except promise you will be with them. It is not the easiest thing to do. You have to quiet your internal chatterbox, the voice that judges your behaviour and that of others. You have to think not how you would handle this crisis, but how this person can handle it; not what you would need, but what they seem to need. Attempting to strike such a selfless pose is not the same as having no self. It simply means trying to meet people where they are, not where we are most comfortable or we wish they were.'"

For further information about becoming a volunteer, please contact Rebecca Bowie at 267-6400, ext. 28 or <rebeccab@chslc.ca>. Community Home Support — Lanark County is supported by the South East LHIN, the United Way and community donations.



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 potluck /'pɒt lʌ k/ a meal or party to which each of the guests contributes a dish

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## Taste of the Arts



a cultural potluck hosted by the  
 Arts and Cultural Advisory Committee  
 Town of Mississippi Mills

**When:** Saturday, October 1<sup>st</sup>, 2011 – 6:30 to 10:00 p.m.

**Where:** Almonte Old Town Hall auditorium  
 14 Bridge Street, Almonte

**What:** Bring family and friends, your culinary creations or performing talents. Also, bring your own plates, cutlery, glasses. Buffet service, community dining tables and cash bar, as well as an open mike (on a first-come first-served sign-up basis) will be provided.

**Who:** For more information, contact Nicole Guthrie (613.256.1077) or Ingrid Kadoke (613.256.0577).

Postcards from Perth

# C'mon, Get Happy!

Life provides us with a great many fortunate excuses to be happy. Ever notice that?

Speaking of which, as I write this, I am nine days short of getting married. (So, when you read this, I will be a married man. "What's that? Congratulations? Oh, thank you! You're so very kind.") Therefore, I am having restless "sleeps". Putting my right shoe on my left foot. Shaving with toothpaste.

**Edition Reading Series** on Friday, September 9, are national bestselling author Steven Heighton (*Every Lost Country*, *The Shadow Boxer*), Saskatchewan Book Award-winning poet Sandra Ridley (*Fall-out*, *Post-Apothecary*) and acclaimed B.C. writer Joe Denham (*Windstorm*, *The Year of Broken Glass*). The very engaging Terry Fallis, whose bestselling books *The Best Laid Plans* and *The High Road* are still flying off bookstore shelves, and Perth's own David Mullholland (*McNab*, *Duel*) will be reading on Friday, September 23. Both readings begin at 7PM at Backbeat Books, Music & Gifts, which is at 6 Wilson Street West. For tickets (\$10), please visit the store or call 466-0663 to reserve. Please note that seating is limited so, if you'd like to be there, act quickly!

by John Pigeau

Going "home" to the wrong house after work. ("Sorry, ma'am. Really, I didn't see a thing!") Remembering ex-girlfriends and loved ones passed on, and then, in my teary, nostalgic haze, forgetting to wear pants. ("Sorry, officer! You see... the thing is...") You get the idea. I am rather exhausted, anxious in a great way and in a fidgety way, but most of all, I am grateful. Monumentally, sincerely and simply grateful.

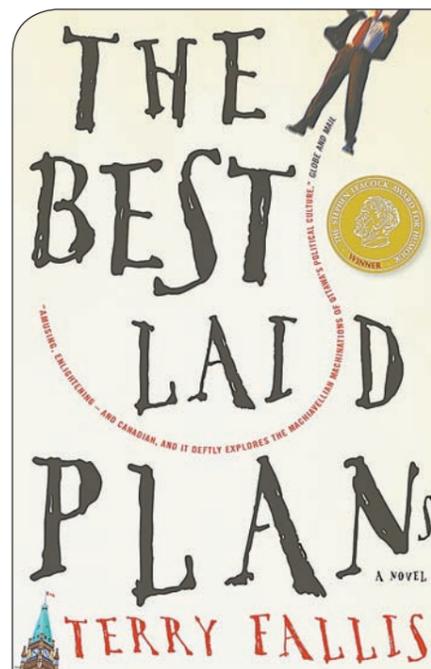
I would list off all the things I am grateful for, but that would fill this newspaper. One thing I am quite grateful for however, is the fact that my fiancée and I are getting married in Perth. We will be celebrating at her parents' charming old limestone home, which was built in 1826 by or for one of the town's first schoolmasters. And we'll be married beneath a canopy of majestic maples, surrounded by lush grass, healthy, beautiful gardens, and our cherished friends and truly wonderful families.

That old home reminds me of the Perth Fair, actually. From the front porch, you can see the lights of the Ferris wheel. My fiancée's favourite bit about the fair, however, is the Fudge Hut. (If she could, she would follow that thing around North America. Seriously! Like a job.) This year's **Perth Fair** runs from September 2 to 5, by the way, and there is lots more to do than visit the Fudge Hut. There are many rides, of course; food vendors; goat, cattle and horse shows; a tractor pull; lawn mower races; home craft and artisan displays; a demolition derby; and great entertainment at the new grandstand, including: ABSolute Gold ("the definitive ABBA experience"), Wade Foster, and the Bowes Brothers along with the Buster Brown Step Dancers. For more details, please visit <perthfair.com> or phone 267-4104. And bring the whole family. We may see you in line for fudge! (Look for the really, really, really happy-smiley couple.)

That's one of the many wonderful things about Perth too, isn't it? There is always so much to do, and usually for the whole family. Yet another fortunate excuse to be happy!

Want to hear some fantastic music? Check out three-time Juno award winner **David Francey** live at St. Paul's United Church (26 Gore Street) on Friday, September 16, at 8PM. Tickets are \$22 (or \$25 at the door) and are available online at <ticketsplease.ca> or in person at Jo's Clothes. Their phone number is 485-6434. I'd call early. David is an amazingly talented and beloved musician, not to be missed.

Literary readings more your style? Re-joice! Coming to Perth to read at the **First**



Author and former Liberal strategist Terry Fallis reads in Perth on Sept. 23

*Order wine. Meet with the caterer. Pick out an extra shirt in case some baby spits up grape juice...* Oh, hi! Sorry. These lists are everywhere, they are long, and a bunch of us have them.

Where was I?

Oh, yes. There is a lot more happening in Perth in September than I could possibly fit in one article, particularly when stags and cakes and wedding songs and vows are foremost on my spinning mind, but please check *theHumm's* helpful event calendar for more fortunate excuses to be happy.

Remember: there are many, and they are everywhere. You just need to watch out for them or they may just pass you by — advice straight from the mouth of Ferris Bueller. You can't go wrong following that, now can you?

Although right now I'm reminded of a line Nora Ephron wrote for the charming film *When Harry Met Sally*: "When you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible."

I concur. Gotta go. Bye for now! — *John Pigeau is the author of The Nothing Waltz, co-owner of Backbeat Books, Music & Gifts, and the founder of the First Edition Reading Series. He is now a happily married man.*

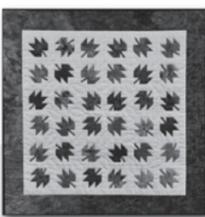
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# Expressive Arts Groups for the Bereaved

This fall, Community Home Support – Lanark County will be offering three expressive arts groups for people who have experienced the death of a significant person in their lives. These groups will allow children, teens and adults the opportunity to explore and integrate their feelings around the loss through an expressive arts approach. Eight weekly sessions through September and October will be held at the Perth Community Home Support office. There is no cost for participants.

Expressive art therapy, also known as creative arts therapy, uses techniques such as visual art, music, dance, drama and writing as a form of therapy. The most important concept is that using the imagination to

create art helps promote mental and physical healing. When this type of therapy is used as treatment, the process of creating is given more importance than that of producing a completed work of art.

**T**hey came to the program as devastated kids, lost and alone with sullen empty faces, and returned as kids with the ability to smile, laugh, and still be sad.

Children often do not have the verbal skills to articulate their feelings, but may be capable of acting them out or drawing them. This makes the creative arts very useful for helping chil-

dren express feelings they may not be able to verbalize.

Their first bereavement group for children was held this past spring. Here is a sampling of comments received from participants that illustrate the pro-

gram's success: *Coming to this group has helped me calm down and make art about my feelings; Now I know that other children feel sad like I do; Art helps me to make something beautiful even though I'm sad inside.*

The parents of two siblings who participated in the group reported: "The art therapy program was a lifesaver and a family-saving program. This program did for us, in a short time, something we would still be lost in accomplishing. It helped our children learn to understand, cope with and communicate very difficult emotions. As they progressed through the art therapy sessions they found new friends who understood how they felt, so they were a little less lost and isolated. They found ways to express how they felt by drawing, building and sharing. One piece of ribbon, 'Heart String,' helped my youngest express when he felt brokenhearted. They came to the program as devastated kids, lost and alone with sullen empty

faces, and returned as kids with the ability to smile, laugh, and still be sad."

The groups will be facilitated by trained hospice volunteers and Julie McIntyre, who holds an undergraduate degree in psychology and social work and has completed graduate studies in art therapy and expressive arts. She has extensive experience in the use of expressive arts with loss and grief.

Registrations are now being accepted for our fall groups. To register, please contact Rebecca Bowie at 267-6400, ext. 28 or <rebeccab@chslc.ca>.

Community Home Support – Lanark County is supported by the South East LHIN, the United Way of Lanark County and community donations.

## Goulbourn Invites You to Sing!

If you live in or near Goulbourn and like to sing, you may be interested in joining the Goulbourn Jubilee Singers (adults or juniors) or the Goulbourn Male Chorus.

The **Goulbourn Jubilee Singers** (GJS) choir draws members from Stittsville, Ashton, Carp, Kanata, Richmond, Munster, Bells Corners, and Barrhaven, and are beginning their 35<sup>th</sup> year of making beautiful music. Under the inspirational directorship of Linda Crawford, and the musically talented accompaniment of Doll Creelman, GJS has grown musically and continues to develop higher level choral skills.

They perform two annual concerts, as well as sing-outs at seniors' residences. This year's Christmas concert — "Changing Season, Changing Light" — will be held on Saturday, November 26, with a matinée and evening performance, at Stittsville United Church.

The JJ's (Junior Jubilees) choir welcomes boys and girls aged 8 to 14. The JJ's perform selected pieces at the concerts and sing-outs, and these fine young performers are a delight to hear and watch.

If you are interested in checking out this fun choir, why not join them for a couple of practices. Adult practices begin Wednesday, September 7 at 7:30PM, and JJ's practices begin Wednesday, September 14 at 6PM. Both choirs meet at Stittsville United Church at 6255 Fernbank Road. All singers are welcome and no auditions are required. For further information, and to hear beautiful music, log onto <gjsingers.com> or call Charlotte at 825-3357 or Elizabeth at 838-6078.

The newly established **Goulbourn Male Chorus** is beginning its second year under the direction of Robert Dueck, whose passion for traditional secular and sacred choral music sparked a desire to start a male community choir for singers from Goulbourn and surrounding communities.

In addition to invitations for singing engagements from community, church and service organizations, the primary objective for this concert choir is to present a Christmas and spring concert for Stittsville, with a re-



peat concert in a neighbouring community.

The Christmas repertoire will include traditional sacred and secular selections such as: *A Gentleman's Christmas, Rejoice And Sing Noel, As Lately We Watched, and A Family Christmas Spectacular*, as well as male chorus arrangements of *While By My Sheep, We Wish You A Merry Christmas*, and more.

Choir sessions run from September to December and from

January to mid-May, with rehearsals every Tuesday starting September 6, from 7 to 9PM, at St. Thomas Anglican Church, 1619 Stittsville Main Street. All you need to join is a love of singing and the ability to match pitch and sing a designated voice part (first tenor, second tenor, baritone or bass).

For further information, please contact Robert at 836-1824 or <dueckrobt@gmail.com>.

**ECOTAY presents**

**James Keelaghan**  
Sun., Sept. 11 at 2pm  
Canada's finest folk and roots singer-songwriter  
\$20 in adv. \$25. at door

**Watershed Discovery Day**  
Sun., Sept. 18 at 1-5 pm  
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**Bb Sisters**  
Sat., Oct. 1 at 7pm  
The duo of Sherryl Fitzpatrick & Kimberley Holmes featuring Canadian fiddle tunes  
\$20 in adv. \$25. at door  
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- Cataraqui Guild of Needle Arts (Kingston, Ontario) Oct 1
- Fall Colours Studio Tour (Westport, Ontario) Oct 8-10
- Quoi de Neuf (Knowlton, PQ) Oct 15-16
- Fleece Festival (Woodstock, Ontario) Oct 22
- Weavers Guild Sale (Glebe/Ottawa, Ont) Nov 4-6

Contact Loretta Blucher-Moore for a list of upcoming classes and shows or for an appointment at 613-273-8347, hookedonthelake@kingston.net or visit: hookedonthelake.wordpress.com

# Tay Valley's Alive... with the Sound of Music!

Come visit the valley and listen to the strains of some magical music over the course of the next month as ECOTAY Education Centre presents an intriguing series of concerts and workshops. They feature a talented line-up of Canadian musicians that includes James Keelaghan, as well as Sherryl Fitzpatrick and Kimberley Holmes of the duo called Bb Sisters.

## James Keelaghan in Concert

Touted as Canada's finest singer-songwriter, James Keelaghan, poet laureate of the folk and roots musical world, has gone about his work with a combination of passion, curiosity, intent and intensity.

His masterful storytelling has, over the course of eleven recordings, been part of the bedrock of his success, earning Keelaghan nominations and awards — including a Juno — as well as acclaim from Australia to Scandinavia. Possessed of an insatiable appetite for finding the next unique storyline, Keelaghan forges his pieces with brilliant craftsmanship and monogrammed artistic vision, making him one of the most distinctive and readily identifiable voices on both the Canadian and international singer-songwriter scenes.

Admiration and respect for his work among his peers is reflected in the words of David Francey, who recently stated that "James Keelaghan is a voice in contemporary Canadian songwriting that has helped us define who we are as a people. He writes with great humanity and honesty, with an eye to the past and a vision of the future. He has



James Keelaghan plays ECOTAY on Sunday, September 11



The lovely ECOTAY Education Centre, located in the Tay Valley, plays host to a variety of events, including this month's concerts and workshops by James Keelaghan and Bb Sisters

chronicled his times with powerful and abiding songs, with heart and eyes wide open."

The show is Sunday, September 11 at 2PM. Tickets are \$20 in advance, \$25 at the door.

## Bb Sisters

Ottawa-based Sherryl Fitzpatrick and Nova Scotia-based Kimberley Holmes have enjoyed many years on the traditional folk music scene, and now have emerged with their new duo: Bb Sisters <bbsisters.com>. They deliver up a feast of fresh Canadian fiddle tunes — driving Quebecois jigs and reels, traditional Cape Breton and Irish tunes, and soulful slow airs enveloped in beautiful harmonies. This pair of talented musicians will take you on a rich journey through the diverse repertoire of the Ottawa Valley, Maritimes and Quebec, as well as exploring their original music.

Choose from two afternoon workshops that each offer an opportunity to learn more about your favourite instrument, with in-depth sessions by Sherryl on the fiddle or with Kimberley on the piano. Space for each workshop is limited, so reservations are a must.

The Bb Sisters' evening concert will be followed by a jam session, so make sure you bring your own instrument!

It all takes place on Saturday, October 1. The fiddle and piano workshops are from 1:30 to 4PM and cost \$30. The concert is at 7PM, with tickets at \$20 in advance or \$25 at the door.

For more information, contact Michael Glover at 267-6391 or <michaelglover@ecotay.com>. ECOTAY Education Centre is located at the corner of Upper Scotch Line and Menzies Munro Side Road in the Tay Valley.

The staff may change, but

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*ppac*

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Friday, October 14, 2011  
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Sept. 23 • Angler Management featuring Mike Cochrane, Jeff and Seamus Cowan, 8-11PM  
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Sept. 1 featuring singer Ryan Lewis  
Every Saturday • Singer/guitarist Kevin Head, 6-9PM  
Every Sunday • Singer/guitarist Kevin Head on the patio, 1-4PM

Westport Wonders

## Plein Air (not Jane Eyre) in Westport

Bonjour, comment ça va? Plein air — there you have it, the sum total of my French vocabulary and I only know Plein air because when Georgia Ferrell of the art gallery Artemisia told me about the planned Plein Air event in Westport and the Rideau Lakes, I thought she said Jane Eyre and I was confused. I stand corrected.

by Steve Scanlon

Artemisia is a full-service gallery located on Spring Street in Westport, providing custom framing, restoration and, of course, artwork for sale. Georgia Ferrell is one of the managing partners of Artemisia and, although she could probably expound on the virtues of Jane Eyre, her heart is really in Plein Air. Art in Westport will expand beyond the walls of the gallery in October when the Westport and Rideau Lakes Chamber of Commerce hosts **Paint The Rideau – Plein Air Art**. For those who, like me, think Plein Air has more to do with the aerospace industry than artwork, here's the real scoop: "en plein air" is a French expression meaning bring your bug spray 'cause yer goin' outdoors to paint (loosely translated). "Paint The Rideau – Plein Air" means "in the open air" around and about the Rideau Lakes.

This is the first of what is hoped will be an annual Plein Air festival and it takes place on Sunday, October 2 in and around Westport and the Rideau Lakes. So, pack your bug spray (although it's going to be held in October — how many bugs could there be?) and your paintbrushes and other implements of creativity and head out to the wilds of the Rideau.

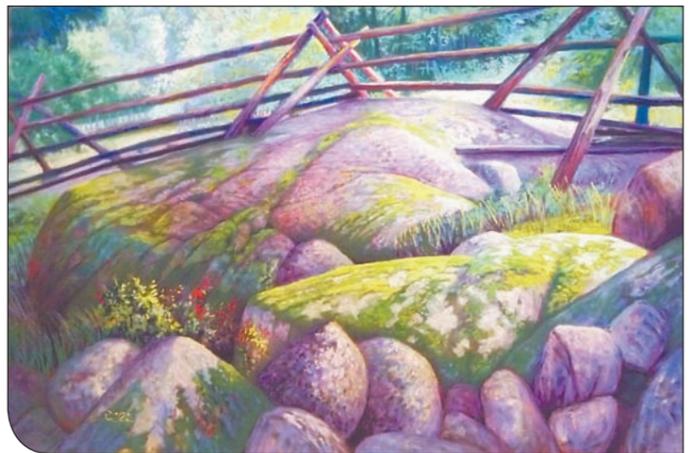
Registration for the Paint the Rideau – Plein Air Art is \$25 in advance or \$35 on the day of the event. Children can register for \$5. Registration begins at The Cove Country Inn on Bedford Street in Westport at 8:30AM on Sunday, October 2, and painting begins at 10AM. All artwork must be back at The Cove Country Inn by 3:30PM as judging begins at 4PM. There will be a wine & cheese and art sale beginning at 5PM, with win-

ners of the Paint the Rideau – Plein Air Art event announced at 6PM.

Prizes include The Artist Choice 1<sup>st</sup> prize of \$100, 2<sup>nd</sup> prize of \$75 and 3<sup>rd</sup> prize of \$50. All children who have created masterpieces will receive a prize and there is a special prize for those who choose to paint on Foley Mountain — the aptly named "Foley Mountain Prize" is a one-year membership to Foley Mountain.

All proceeds from this event go to support the Westport and Rideau Lakes Chamber of Commerce. Applications for this event can be found on the Westport and Rideau Lakes Chamber of Commerce website under "Arts and Culture" and can be mailed back to the Chamber's address noted on <[westportrideaulakes.on.ca](http://westportrideaulakes.on.ca)>

For more information contact Georgia Ferrell at <[igeorgiad@gmail.com](mailto:igeorgiad@gmail.com)>.



**Paint the Rideau — Plein Air Art** takes place in Westport on Sunday, October 2. The beautiful image above was painted by Aili Kurtis (not by Jane Eyre...).

Other events to watch out for in the Westport area include:

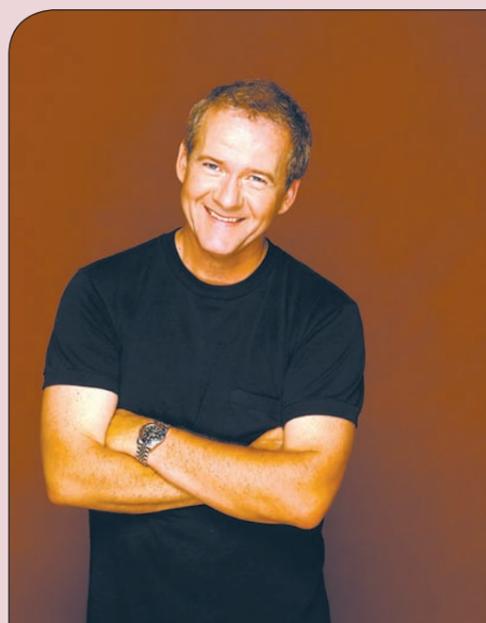
**Writers Reading** is hosted by the Westport Arts Council and is scheduled to take place sometime in September (final date to be determined). Check out the Westport Arts Council website for updates on the venue, the authors and the final date <[westportartscouncil.ca](http://westportartscouncil.ca)>

The annual **Fall Colours Studio Tour** will be happening October 8, 9 and 10 with local artists welcoming you into their studios. For information on the various studios and artists, go to <[artatwork.ca/westport\\_studiotours/fall-colours](http://artatwork.ca/westport_studiotours/fall-colours)>.

## A Change of Date for Murray McLauchlin

After the August issue of *theHumm* went to press, we learned that organizers of the Murray McLauchlin concert in Carleton Place had to re-schedule it from October 28 to **Sunday, October 30**. All other details remain the same, but just in case you missed them, here they are in brief:

Murray McLauchlin performs "Up Close and Personal" with bassist Dennis Pendrith and opening performance by Lyle Dillabough, on Sunday, October 30 at the Carleton Place Town Hall. The concert starts at 8PM. Tickets are \$35 each, available at Temptations, SRC Music, and the Chamber of Commerce in Carleton Place. For more information, please contact 257-4970 or <[lyleproductions@gmail.com](mailto:lyleproductions@gmail.com)>.



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

September 2011

# Kicking Off a Banner Year

Perth Performing Arts Committee (PPAC) kicks off their thirtieth “pearl anniversary” season on Friday, September 23, with a concert by the dynamic **Alcan Quartet**.

This foursome — violinists Laura Andriani and Nathalie Camus, violist Luc Beauchemin, and cellist David Ellis — has developed a reputation for excellence throughout Canada and internationally, since its formation over twenty years ago. The quartet’s originality, contagious enthusiasm, sonority and remarkable cohesion have all contributed to

its long-term success. This success has come in the form of over one thousand concerts, over one hundred live radio broadcasts, numerous television appearances, tours throughout North America, Europe and Asia, and several commissioned pieces and first performances.

PPAC’s 2011-12 string of pearls continues with performances by the **Czech Boys Choir** on December 1, **David Myles** on March 23, and **Lunch at Allen’s** (featuring Murray McLauchlan, Cindy Church, Marc Jordan and Ian Thomas) on

April 13. And as a special treat, sold separately from the season series, they are also bringing **Stuart McLean** to town on October 14 as part of his fall Vinyl Café tour!

This year, tickets to all shows are available exclusively at Tickets Please <ticketsplease.ca>, which is located at Jo’s Clothes, 39 Foster Street in Perth. Single performance tickets are now available, and series tickets can be purchased until September 3. For more information, please visit <perthpac.org>.

— Kris Riendeau



The Alcan Quartet opens this year’s PPAC season

# Grieving: A Group Can Help

It is hard to imagine how sitting with others who have lost loved ones can help in dealing with one’s own grief. But the experience of those who have participated in groups such as this indicates that the group experience is deeply meaningful.

In grieving, the sense of isolation and fear can be profound. Not only is it the loss of a loved one, but often also a whole way of being in this world, a lifestyle, and hopes and plans for the future. It is difficult for friends and family to comprehend these feelings, and often the griever is reluctant to share these feelings for fear of burdening others.

Help can come through attending a grief and bereavement

support group where people who’ve lost loved ones can meet to share their stories and pain, and can be supported by others who have also experienced deep loss. It is surprising to many that this simple way of being together is generally *not* experienced as more depressing, but as a lightening of personal pain. Group members are helped by others listening deeply to their stories, and in turn they are able to help other members in the same way.

A recent participant, Sue Norman, wrote, “For me, the most significant aspect of the group is that, at last, someone knows how I feel, someone understands the depth of my pain and loss, the anxiety for the future, and the loneliness.”

Community Home Support – Lanark County offers Grief and Bereavement Support Groups regularly during the year at its Perth office (40 Sunset Boulevard). Groups are facilitated by trained and experienced volunteers. The fall support groups will start the first week in October. There is no cost to attend.

In addition to daytime groups, an evening group will be offered.

Those who have lost a child are also invited to consider participating in a group of people with similar losses.

Registrations are now being accepted. To register, please contact Rebecca Bowie at 267-6400 x 28 or <rebeccab@chslc.ca>.

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Rice and Cinnamon Water

Pork in Green Peanut Mole  
with White Rice

Lime Charlotte  
with Olive Oil Ice-Cream



Sunday,  
September 18th

Cocktail  
Red Beet and  
Hibiscus Flower  
Margarita

Pork Rind in  
Chile de Arbol  
Sauce

Octopus in  
Guajillo Sauce

Agua Fresca  
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Bread Pudding  
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