

AUGUST 2011

the Hummer

free

Arts,
Entertainment
& Ideas



p.26 & 27

August's Events



Special Insert



p. 5

Heritage Mica Festival

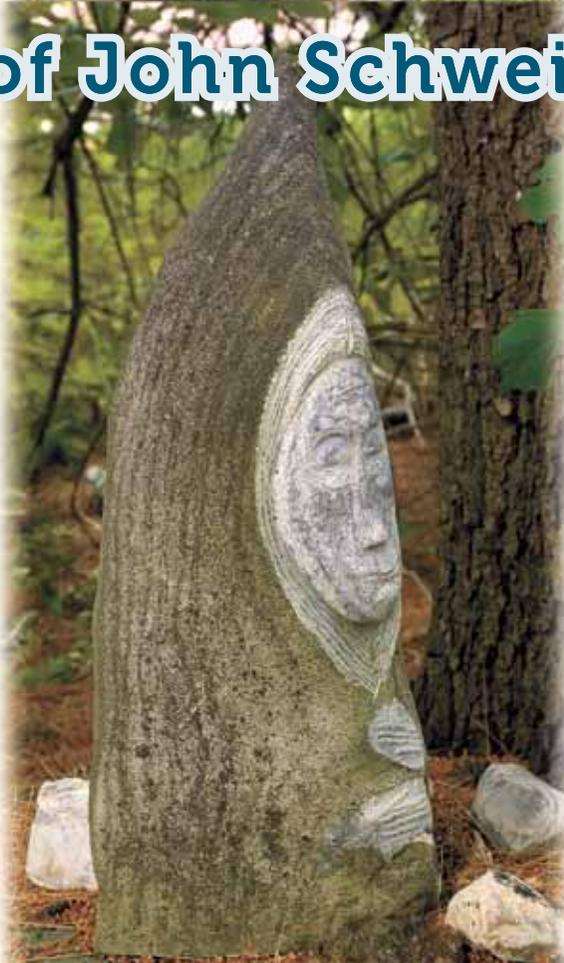


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Art Abounds



The Art of John Schweighardt p.3



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Humble Thought

First we'd climb a tree and maybe then we'd talk
 Or sit silently and listen to our thoughts
 With illusions of someday casting a golden light
 No dress rehearsal, this is our life
 — The Tragically Hip, *Ahead By A Century*



Back in 2009, Duncan Hanks wrote: "What sort of Almonte resident would I be if I travelled to participate in the UN Conference on Climate Change in Copenhagen (COP-15) without my latest copy of theHummm! So, while I am here as part of the delegation of an accredited NGO with observer status serving the process of moving us towards a fair, ambitious and binding (FAB) agreement on climate change, I can also stay abreast of local activities. Thinking of you all."

Who's Reading theHummm



Arlen MacMillan, Michael Smith and Veronica Carter write: "On the lip of the crater of the volcano on the island of Vulcano in the Aeolian Islands north of Sicily on October 11 2009, we stopped to peruse theHummm. The kerchiefs we are wearing were used when we crossed the sulphur fields on our way up. The volcanic island in the background is Stromboli, 'the lighthouse of the Mediterranean.'"

Who's Reading theHummm



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Readers Write

Dear Editor,

Your readers might have some interest in my next Perth documentary — just getting underway.

My first was *Daniel's Journal — History Rewritten*, that traced from the discovery of the Perth settlement copybook in 1995 in the Thomas Wright Building, to its current location in the Perth Museum. Along the way, an alternate history of Daniel Daverne emerged that challenged the historical record of Daniel being a criminal and scoundrel.

My next documentary will try to track the journal from its discovery in the rubble of that building in 1995 back to Daniel's hands in 1816.

Why? Well — it is a bit of a mystery as to why that journal was in that rubble pile in 1995. Then, a mysterious email I received told me that I hadn't dis-

covered all the secrets yet, and that there were another 24 journals where that one came from. Following up that email revealed a grand adventure involving the secret underground tunnels in Perth, where that journal had been stored for a period. If true — why? And by whom?

Hence my next documentary has the working title, *The Great Perth Historical Archaeological Expedition* — where I log my adventures tracking the rumours and truths that I receive. Part of the adventure will be to prove the existence of the tunnels and map where they are (or were).

Readers with any credible information about these tunnels and the missing 24 journals are welcome to contact me.

— *W. Hugh Chatfield, President, CyberSpace Industries 2000 Inc. Multimedia Productions <csi2000@urbanmarket.com>, 225-7627*

theHummm is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, 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.

Deadline

is the 22nd of the month prior to publication.

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Thanks this month to:

Dick and Lorraine Veenstra for driving all the way to Burnstown to save a couple of dummies who locked their keys to car A in car B and then paddled for four hours towards car A (and away from car B, if you get my drift...). Thank you!! (from the dummies)

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John Schweighardt — The Path Between a Rock and a Hard Place

We all know that necessity is the mother of invention, but stone sculptor John Schweighardt discovered that loss can be the catalyst of creativity, and even a new career. After more than thirty years of building and renovating homes and commercial buildings, this Lanark Highlands artist has reshaped his own life in the same evolving manner in which he sculpts stone. Both the process and the results are hugely rewarding.

by Sally Hansen

He describes the process as dancing with the stone. He definitely leads as he applies his various diamond-studded cutting, grinding and polishing tools to his chosen rock, but each stone, in John's words, "teaches me a new dance." To his discerning eye, rocks you or I would overlook present themselves as irresistible dancing partners. Some are bold; they announce their personality and readily reveal their sculptural and/or functional identity even as they lie on the ground in a farmer's field or in an abandoned quarry.

Others are subtler, obscure, ambiguous: "I could be many things; it is up to you to discover my real identity." These are the rocks that lured John away from the skilled and defined trade of construction into the unpredictable and, for him, more fulfilling career of stone sculptor. Some stones have reposed in his view for over a year before inspiration struck. Others have metamorphosed during the sculpting process, as his intuitive removal of material exposed hidden possibilities. These art sculptures are the partners with whom he most enjoys the dance. They are also the pieces that he misses the most when they are purchased.

A Hard Place

Seven years ago Schweighardt and his wife Liesa, already the fortunate parents of six healthy daughters, suffered the inexplicable loss of their seventh girl twenty-five weeks into the pregnancy. When the couple was unable to find a tombstone that seemed appropriate, John's longtime love of stones led him to a local gravel pit where he retrieved a 500-pound marble boulder. Coincidentally, he noticed a serene stone sculpture while at a client's house, and they chose Ottawa sculptor Ali Hussein to carve the face of the Virgin Mary on the baby's memorial stone. John decided to smooth the stone

himself in preparation for the inscription they chose, and had an epiphany. He absolutely loved working with stone.

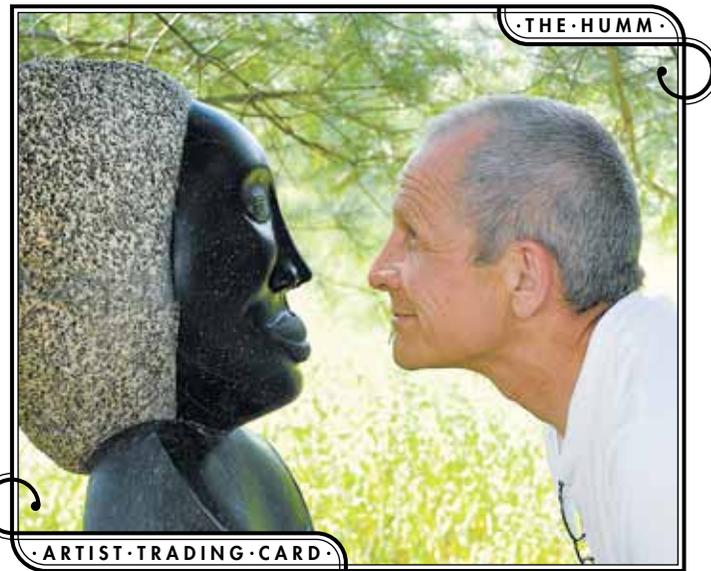
It wasn't until 2007 that he carved his first stone bowl. By Father's Day weekend in 2008 he'd exhibited his works at Kiwi Gardens in Perth. When another artist suggested that he widen his horizons by sculpting objects other than bowls, Schweighardt was receptive. He spontaneously had carved two fish on exposed stones on the path leading to his outdoor studio. His decades as a carpenter and builder had given him a wealth of skill and experience in using tools and manipulating heavy materials. The challenge of creating beauty through the simplicity of reductionism — by removing material to reveal innate potential — was irresistible.



Down a Destined Path

After high school in the outskirts of Toronto, John travelled to California in search of adventure and the meaning of life. He worked as a volunteer for several organizations providing assistance to kids with special needs. On a whim, he travelled to the Lanark area with a buddy to visit mutual friends. He stayed, met his wife Liesa while swimming in the Mississippi River, and found a job as a labourer building a log house for former CBC producer and director Patrick Watson. When he and Liesa decided to buy a home, the couple settled in the area where Liesa grew up. John put his construction and renovation skills to good use on their current home, now also the site of his studio Living Stones Sculptures, at 1787 3rd Concession Dalhousie, Lanark Highlands.

One look at his "Living Stones" verifies that Schweighardt is versatile, a quick learner, and someone who takes pride in his work. As a young man, those attributes soon enabled him to strike out on his own



ARTIST · TRADING · CARD ·

as a builder and carpenter. He believes that his transition from builder of homes to sculptor of stones is a path that was chosen for him. His work supports his claim. It is hard to imagine that, in less than five years, this artist has created the wide diversity of superb functional and funky pieces that adorn his outdoor studio in the Lanark Highlands and appear in reputable galleries, in prestigious collections, and on his very professional website at <livingstonessculptures.ca>. A click on sculptures, bowls, birdbaths or sinks reveals the innate aesthetic and mature confidence that elevates Schweighardt's skill with his tools into an exceptional artistic talent.

Ontario Stones Rock

In Schweighardt's gifted hands, the medium appears willing to yield its message. His art sculptures of personalities that emerge under his diamond-studded tools are particularly captivating. He works with Eastern Ontario stone carefully harvested from abandoned quarries, fields, beaches, roadsides, and occasionally from locations brought to his attention by customers, friends and other artists. The range of colours and patterns is fascinating. Pinks, greens, blacks, silvers, spots, flecks, lines, patterns — all distinguish the exceptional range of rock provided by our rich heritage of glaciations. Quick mouse clicks across Schweighardt's web images of stunning sculpted sinks and bowls produce a plethora of raw materials with exotic names like gneiss, perthite feldspar, amphibolite...

Readers of *theHumm* are fortunate to have many opportunities to admire John Schweighardt's exquisitely shaped and wondrously patterned stone sculptures. Close to home is the fifth annual **Sundance Studio Tour** on Labour Day Weekend, September 3 to 5. This "walking studio tour" features the works of many fine artists and takes place at 1047 Zealand Rd. in Maberly (sundancestudio.ca, 268-2171). From October 8 to 10, John's pieces will be on display at Studio 3 of the **Perth Autumn Studio Tour** at 1848 Old Brooke Rd. <perthstudiotour.com>.

Another good excuse to indulge your artistic appetite is the display of Schweighardt pieces at the deliciously eclectic gallery opened recently by fellow artists and neighbours Adrianna and Dave Card. **Peace of Mind Creations and Friends** is located in the new Heritage Court at 14 Mill Street in Almonte (peaceofmindcreations.com/new-gallery, 461-7662).

Details on these and other opportunities are listed on the back of his trading card at the top of this page, and at <livingstonessculptures.ca>. You can reach John at <js@livingstonessculptures.ca> and at 259-2203.

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WHO John Schweighardt

WHAT Stone Sculptor

WHERE Living Stones Sculptures, 1787 3rd Conc. Dalhousie, Lanark Highlands, <livingstonesculptures.ca>, <js@livingstonesculptures.ca>, 259-2203; Peace of Mind Creations and friends, 14 Mill St., Almonte; Gallery Perth, 53 Herriott St., Perth, Balderson Fine Foods, 104 Fallbrook Rd., Balderson

WHEN Sept. 3-5, Sundance Studio Tour, 1047 Zealand Rd., Maberly, <sundancestudio.ca>, 268-2171; Oct. 8-10, Perth Autumn Studio Tour, <perthstudiotour.com>

WHY "I don't work with stone — I dance with stone and each stone teaches me a new dance."

ARTIST TRADING CARD

THE HUMM

Clark Guettel — A Retrospective

Artists are often expected to be decorators. But, rather, our job is to remove the façade and expose the essence of our culture. Not necessarily to make people feel good or bad, but just to make them feel.

— Clark Guettel, 1949-2011

Throughout the month of August, Bittersweet Gallery in Burnstown will host a special retrospective display of works by glass blower Clark Guettel, who passed away in January of 2011. Owner Cheryl Babineau has represented Clark since opening her gallery in 2000, and she and her husband Richard Gill had known Clark for many years before that.

Richard Gill recalls: "In 1971 a group of eleven students (including myself) who attended Sheridan College School of Design, applied for and received an *Opportunities for Youth* grant from the federal government to teach crafts to rural schools in eastern Ontario. Loading ourselves and supplies into several trucks and vans, we taught craft and art sessions in Bancroft, Calabogie and Killaloe. Clark's truck *Fargo* was the main truck

we used, and became the reason we were named the *Craft Truckers*. During the summer, fellow craft trucker Peggy Brideland was charmed by Clark, they fell in love and subsequently settled down to build a studio in Rockingham near Killaloe."

Clark Guettel was a member of the Glass Art Association of Canada. His work is exhibited in numerous galleries and is included in The Massey Foundation Collection at the Museum of Civilization in Hull. He has given lectures and workshops across Canada and the United States. Clark was also well-known as a musician who performed, wrote, recorded and taught music for over 25 years.

In Clark's own words: "As an artist, I create directly, breathing life into molten glass through a steel blowpipe. I incorporate traditional techniques that date back 2000 years and a few I've made up myself. It is a very physical process involving my whole body.

"Hot glass has a voice. I listen to what it says. It inspires me and through a dialogue we create together. I love dancing with the hot, fluid material, creating



sensual forms in exciting colours and cooling them at just the right moment to create the illusion of frozen movement."

Everyone is invited to visit Bittersweet Gallery, located at 5 Leckie Lane in the heart of Burnstown, to appreciate the works of Clark Guettel throughout the month of August. For more information, visit <clarkguettel.com> or <burnstown.ca/bittersweet>.

Need 'em... need 'em... got 'em...
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(left) Clark Guettel with his truck *Fargo* in the '70s (photo courtesy of Richard Gill).



(right) Clark in his workshop (photo by James Hutchison of Burnstown)

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Four Weekends of Heritage Fun

The 2011 **Heritage Mica Festival** kicks into high gear in mid-August, and the Friends of Murphys Point are busy putting the final touches on plans for the event. Spanning four weekends from August 20 to September 11, the festival celebrates the history of the mica miners and families who settled this area circa 1900.

The Silver Queen Mine, one of the Seven Wonders of Lanark County, is at the centre of the activities throughout the four weekends of the festival. Tours and spirit walks of the mine and bunkhouse have been carried out by staff and volunteers of Murphys Point Park for many years. This year, however, the Friends have commissioned the writing and production of a theatrical piece of work that tells the story of the Silver Queen Mine. *The Silver Lining* will be performed on August 20 and September 3, with two performances each of those evenings. Be prepared to be entertained and educated as the audience becomes part of the lives of the early miners. Be advised

that advance reservations are recommended and there is a limit to the size of the audience for each performance.

The **Lally Heritage Homestead Day** that was the focus of last year's one-day festival returns on Saturday, August 27, with a more comprehensive series of displays and activities. One major change is a series of musicians playing throughout the day. Corkery Road, Tay Valley Winds, Linda Grenier, Victor Maltby, Japhy Sullivan and the Manson Family will provide an ongoing variety of heritage music. Their tunes will be the backdrop for displays of heritage crafts and trades. In addition, you can take in museum and artefact displays and meet the committee from Tay Valley Township that is planning their 200th anniversary celebration. The Silver Queen mine and bunkhouse will also be open for self-guided tours.

Three concerts will be featured at the outdoor park amphitheatre during the Heritage Mica Festival. Corkery Road, a local Celtic band, takes to the stage on Saturday, August 27. Freshwater Trade from the Peterborough area joins in on Sunday, September 4, with their original and traditional tunes of the early days of logging and the waterways in Canada. The final concert on Saturday, September 10 features Crazy Strings with well-known Jenny and Dan Whiteley.

Families will love the opportunity to take to the waterways in a voyageur canoe with the Rideau Roundtable. Tours will be offered at six different times throughout the festival with advance tickets recommended. These canoes are 34 feet long and take 18 paddlers each. All ages can be accommodated with lifejackets available for everyone from toddlers to adults. Enjoy some tales of the early days on the Rideau while paddling on Hogg Bay!

Another major event is the **Olde-Tyme Carnival Day** held in the area of the Main Beach on September 10 from 1–5PM. Dust off your croquet and sand-castle-building skills and come prepared to enjoy an afternoon filled with a variety of games, music and food in a carnival atmosphere.

"We are excited to present the history of the Silver Queen Mine and the first settlers of what is now Murphys Point Park," said Friends president Stephanie Gray. "All of the events of the Heritage Mica Festival are family-friendly and costs have been kept at a minimum to encourage participation by all." A day use pass or current camping permit from any provincial park is required to enter the park for the festival. Single day use passes are only \$14 for your entire carload (\$11 for seniors or \$7 with a vehicle disability permit). Why not plan to camp at Murphys Point Park



(above) Families enjoy Voyageur Canoe rides.
(below) Freshwater Trade bring their original and traditional tunes to the Heritage Mica Festival.



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How to Get Your Book Mentioned in *theHumm*

Step One: write a book. It helps quite a bit if you can also manage to get it published and send us a copy.

Step Two: write a hilarious, charming and/or self-deprecating letter to the editor, and have it accompany the book when you send it in. We don't recommend plagiarizing the following, but here's a perfect example of the kind of letter that causes us to giggle and subsequently to begin reading said book:

Dear Mr. Riendeau,
Horace Walpole wrote: "The world is a comedy to those who think, a tragedy to those who feel," and he could have added: "And a disaster to those who self-publish", as I did the enclosed book.

A friend suggested that I send you a copy in the hope that someone on your staff will be willing to look at it, time permitting, and write a few laudatory, though undeserved, comments about it.

A few months ago, your local bookstore, Mill Street Books (née The Miller's Tale) kindly took three copies which, I suspect, are still protecting the shelves from dust.

I apologize for not contacting you on-line, but one of my wife's idiosyncrasies (besides marrying me) is that she will not allow computers or guns in the house, so that I write on a decrepit typewriter. Fortunately, there is no one or no thing that I wish to shoot.

Sincerely,
— Gary E. Miller

There you have it — success in two easy steps! (Just kidding, all you authors out there.) But seriously folks, how could we not delve into the enclosed copy of *Miller's Tales (and Poems)*, written and self-published by Gary Miller? And rest assured, we were not disappointed. Most of the offerings are deliciously bite-sized, and there's such an eclectic variety that you're never sure what you'll open to next. The poems run the gamut from limericks about pretty young lasses from Vizzinni, through rhyming free verse about linoleum, and on to sonnets about Perseus and Medusa. The titles of the tales are compelling all on their own: *Darwin Meets God in North Muskeg*; *All's Love and War in Fairs*; *Five Mental Photos From a Memory Album*...

But the true charm lies in Mr. Miller's humour and gut-revealing honesty. When he writes A

Love-Letter to Miss Fisher (his first-grade teacher), although I have seen similar sentiments expressed before, I truly believe him and hope that the Miss Fisher in question got to read the simple and yet utterly eloquent words in her lifetime. The closing line of the poem *Keito's* speaks volumes and packs a punch for anyone old enough to ask "what if...?" And the poem *Happy*, particularly when mentally superimposed over the photo of the axe-wielding, white-bearded author in the toque and lumberjack shirt near his woodpile, just makes me grin.

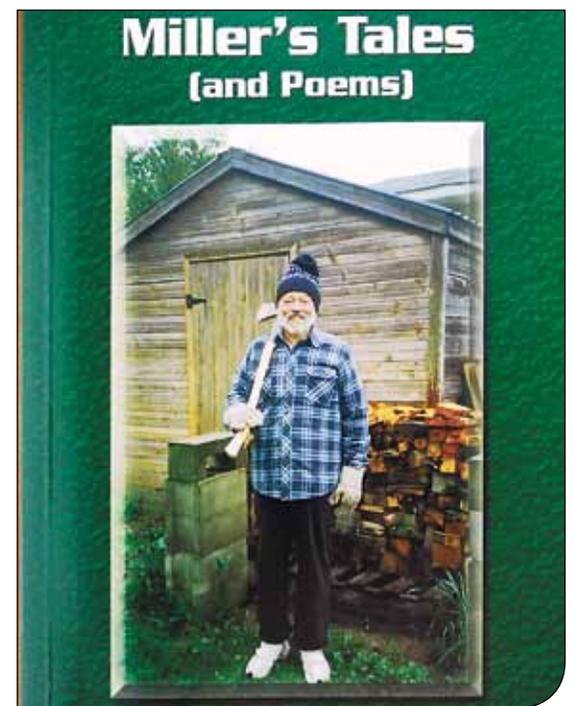
So I highly recommend you trot on down to Mill Street Books in Almonte (or pester your local book store owner if you want to buy it closer to home), purchase one of the three copies, and let the dust settle once more on bare shelves.

I'll let Mr. Miller tell you why, though:

Eyes down I walked and
I found many coins, but I
Did not see the sun.

Editor's note: the quoted letter notwithstanding, Mr. Riendeau is still in charge of layout and design, and Ms. Riendeau (OK, I'll accept Mrs., although I still look around for my mother-in-law) is in fact the editor...

— Kris Riendeau



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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!

SOS: Stories of Substance Municipal Drug Strategy Committee Wants to Hear Your Stories

Substance abuse is a pervasive issue that has touched many of our lives. In any Canadian community, big or small, stories of alcohol and drug abuse exist hidden away. But from time to time, the stories start to come out. Now it's time for Mississippi Mills to share its stories.

A Lanark County Municipal Drug Strategy Committee (MDS) was formed almost two years ago to provide current resources, information and ideas to a network of people interested in strengthening resistance to the misuse and abuse of drugs and alcohol. Mississippi Mills has formed a local committee, specifically looking at problems that exist for our population, and possible solutions. We have looked at youth alcohol and drug use, adult alcohol consumption, seniors' medications, safe disposal of unused narcotics, and local available resources. You may have seen the signs initiated by our local committee — "If you see a drunk driver, call 911" — posted on our highways, and you will see

more public education as a result of our local MDS.

In partnership with the TYPs youth centre, the Almonte and District High School, the Valley Players, and interested people of all ages, the Mississippi Mills Municipal Drug Strategy Committee is currently developing a multi-media theatre production that aims to bring the true stories of substance abuse to light. We are looking for your stories about how alcohol and/or drug abuse has affected you, either directly or indirectly. All shared stories will remain anonymous, so we encourage you to share your stories of struggle and hope with the community.

Selected stories, or compilations of stories, will be integrated into a final theatre performance, *SOS: Stories of Substance*, which will be performed for local students in grade 5 and up, as well as for the community at large in the fall.

We all know an uncle who drank too much at family parties, some of us know a father who drank too much on a daily basis

and became violent, some have a sister who is addicted to Oxycontin or a spouse who drinks and smokes pot instead of working, and some of us have a child who can no longer live in our home due to a drug addiction. There are many, many stories, and we want to know how alcohol and/or drugs have affected you and your family.

To submit a story, contact <sos.storiesofsubstance@gmail.com>. Stories can be typed and submitted directly by email, or you can arrange to meet with one of our writers and have your story recorded. Any face-to-face meetings with the writers will be strictly confidential, and your story will be re-recorded after the fact, in an actor's voice, in order to ensure complete anonymity. Stories should be received by August 15 so we can complete the script and start rehearsals for the remainder of the theatre piece.

If you would like to become part of this exciting new theatre project, please contact us! — Rachel Eades

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Music Matters

Music for a Good Cause

Now that summer is in full swing (no pun intended), you can find live music everywhere you look, from your favourite patio to any of the many wonderful festivals happening in our area. Hopefully you have been able to enjoy at least a few shows, especially because so many

and myself on clarinet. We will also be bringing along Brad Mills on piano. The program is going to have something for everyone, and even if you don't consider yourself to be a classical music fan, I encourage you to attend, as I think you will be pleasantly surprised by the program (everything from Bach to the Beatles!).

Most of you know what a clarinet looks and sounds like, but the oboe and bassoon may not be as familiar. If you've never heard them being played, you are in for a treat! With this combination of instruments, there are some really unique sound possibilities.

mendous success, and helped raise nearly \$2700 for the Young Awards Foundation. Our principal sponsor is Almonte's own Reliable Heating and Cooling.

Busker Wanted!

On a related note, we are looking for buskers for *The Night Is Young*. If you are interested in performing, please contact Cynthia Stuart at Appleton Gift & Basket at 256-9377. The downtown is also starting to fill up busking spots for Friday evenings in August. This is a wonderful opportunity to showcase your talents. Friday evening busk-

by Tony Stuart

talented musicians live and work in our neck of the woods.

On Friday, September 16 at the Almonte Town Hall Auditorium, the second annual *The Night Is Young* concert will be taking place. This very special evening supports The Young Awards Foundation, a local charitable organization that has donated significant amounts of money to area schools in order to help enrich their arts programs by bringing in musicians, artists, actors, and dancers. The goal of the foundation is to help inspire our youth in their artistic endeavours. Almonte is fortunate to be a very artistic community, and it seems that talented new people move to the area because of this reputation.

The Young Awards Foundation has two major annual fundraisers, the first of which was their gala back in February. *The Night Is Young* is the second one, and participating couldn't be easier. All you need to do is purchase your ticket and attend a wonderful concert on the evening of September 16!

This concert will feature a newly formed classical trio, The Tay Valley Winds. This woodwind trio has a busy summer performance schedule, and will be wrapping up that schedule with this concert at the Old Town Hall Auditorium. The trio features Barbara Bolte on oboe, Richard Hoenich on bassoon,



The Tay Valley Winds (from left, Richard Hoenich, Barbara Bolte and Tony Stuart) will be joined by Brad Mills for a concert on September 16 in Almonte. "The Night is Young" will also featured talented local youth busking downtown after the concert.

Of course, the concert will also feature the lovely Steinway piano, which makes its home at the Almonte's Old Town Hall.

Tickets for *The Night Is Young* are \$20 each, and are available at Appleton Gift & Basket at 65 Mill Street in Almonte, or at SRC Music in Carleton Place. The concert starts at 7:30PM. Once the concert is finished, we encourage you to take a stroll down Mill Street, as we will be having very talented young buskers performing all through the downtown area. Many shops and restaurants will be staying open late that evening. Last year's event was a tre-

ing will take place from 7-9PM. If you are interested, please contact Cynthia at the phone number listed above, or email <maapalmonte@gmail.com>.

I am always looking for great story ideas for this column. If you have something that you think is worth mentioning in a future edition, please email me at <musicmatters@thehummm.com>. Hopefully, I'll run into many of you at *The Night Is Young* on Friday, September 16!

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

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Power Up Your Life this September!

As you lounge in the summer heat, do you sometimes find yourself wishing for a spark of excitement? Some new idea to pique your curiosity? Or perhaps simply something to renew your joie de vivre?

May I recommend that you pick up a copy of *The Hope: A Guide To Sacred Activism*, by Andrew Harvey, to read by the pool or in the shade this month. Better yet, buy yourself a ticket to **Power Up Your Life** (PUYL), to be held at Almonte's Old Town Hall this September 23 to 25. Then you can come listen to Andrew in person, and see what he has to say.

In addition to being an author, Andrew Harvey is Founder / Director of the Institute of Sacred Activism. He is a renowned mystical scholar, Rumi translator and explicator, poet, novelist, spiritual teacher and writer, and architect of Sacred Activism. Impressive, right? We are accustomed to hearing of these people giving talks in LA or perhaps Toronto, but the PUYL organizers thought they'd save you the airfare and hotel fees and set you up right here, in your own backyard. Well, almost. In Almonte, The Friendly Town!

"Why would he come to such a small venue, when he could at least go to Ottawa? Is he a nobody?!" you ask.

Far to the contrary. Andrew is well known and gives plenty of presentations in the big cities, throughout North America and Europe. But you see, we have something here in Almonte that those big cities don't — two things, in fact. We have a town known for being a beautiful, friendly

place that welcomes people of all backgrounds — from farmers and environmentalists to hi-tech businesspeople and artists, and everyone in between. Anyone who attended the first *Power Up Your Life* (in 2009) at The Herb Garden, or the Dr. Mona Lisa Schulz weekend in 2010 can tell you of the welcoming camaraderie of the participants, volunteers and speakers. Sure, they came to listen to the speaker, but they stayed for the fun and friendship. And we have Lilly White, a joyful, energetic, fairy-like Newfoundlander with a generous heart and boundless enthusiasm. She could have lived a life of leisure, but instead chose to take what she's learned from spiritual teachers such as Carolyn Myss and Dr. Doreen Virtue, and her connections with people in that milieu, and put together these weekends of spiritual growth and fun. She could have held them in big cities, where you can fit in more people and charge more money. Instead she runs them as not-for-profit events (any profit after expenses going to charity), and keeps them in Almonte, her new, much-loved hometown. This year's PUYL donation goes to the Council of Canadians Water Project <canadians.org/water>.

Power Up Your Life begins on the Friday night, as Andrew Harvey presents *Dancing in the Flames*, a documentary about Marion Woodman. Born in London, On-

tario to a preacher, Woodman encouraged people to get in tune with their subconscious and warned "If we don't release the energies of the body, we end up in the hospital." PUYL participants may release some of their own energies through music, after the film.



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

The workshop begins in full on Saturday, as Andrew discusses how effective it can be to combine the forces of spirituality and activism in our lives. Then delve into the divine feminine and the divine masculine and learn how to access them in yourselves and how they can affect our world.

On Sunday, Andrew will lay out the seven laws for sacred activism, covering

topics such as the necessity of incorporating a spiritual practice into your life, transforming anger into wise energy, the importance of community, and more. Through these laws, he shows that neither the noble, pragmatic work of the activist nor the passive spirituality of the individual is enough to change the world. These two must be fused to effect real change.

The *Power Up Your Life* weekend, presented by Lilly White and her team of volunteers, will be held September 23 to 25 in Almonte's Old Town Hall (14 Bridge Street). The cost for the entire weekend is \$250. You can pay online via PayPal or simply with your credit card, or you can mail in a cheque. For more information and to register, see <powerupyourlife.ca> or contact Diana Boal at 295-6749. Learn more about the speaker at <andrewharvey.net> and see what food and shopping options Almonte has to offer at <DowntownAlmonte.ca>. Reserve your copy of *The Hope* at

Mill Street Books at 256-9090 or <info@millstreetbooks.com>, and come out to the book signing on Friday, September 23 from 2 to 4PM.

The Old Town Hall is a beautiful venue with great acoustics, but it has a seating limit, so register early to avoid disappointment.

— Rona Fraser

Almonte

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A Gloriously Full Month in the Theatre!

Our professional cousins at the **Classic Theatre Festival** are the first off the mark again this month, this time with Jan de Hartog's classic comedy on marriage, *The Fourposter*. Show dates are from August 5 to 28,

2PM. Tickets are \$20 from Tickets Please, at 39 Foster Street in Perth, 485-6434, or <ticketsplease.ca>, or \$25 at the door, with a special student's price of \$12.

The **Smiths Falls Community Theatre** is striking up the band with a musical comedy that dates all the way back to the heyday of the genre, 1935. *Sweetest Girl in Town* sounds like ideal summer entertainment, what with fun comedy and the great songs that were the hallmark of the era. See it at the Station Theatre on August 11, 12, 13, 14, 18, 19 and 20 at 8PM, with a 2PM matinee also on the 14th. Tickets are \$20, or \$15 for seniors (65 or over), \$10 for students, or \$15 each for groups of fifteen or more, and are available from Spotlight on the Rideau in the Chambers St. Plaza (284-4141).

Mail Order Annie, Carl Cashin's award-winning play, is a wonderful slice of "Canadiana" guaranteed to tug at your heartstrings. Directed by Joan Sonnenberg at the Studio Theatre in Perth, shows are at 8PM on August 11, 12, 13, 19 and 20, with 2PM matinees on the 14th and 21st. Tickets are \$22 including convenience fee from Tickets Please (Jo's Clothes, 39 Foster Street in Perth), or \$20 in advance from the theatre or The Book Nook (\$10 for students with ID). Please note that season passes (\$99 for six plays) are available at the theatre box office, which is now open Saturdays from 9AM to 1PM. Visit <studiotheatreperth.com> for full details.

On the young performers' front, the **Perth Academy of Musical Theatre** comes to the stage with a series of presentations during August. First up is

Disney's *Camp Rock* on Thursday, August 4 at 7PM and Friday the 5th at 10:30AM and 7PM, followed two weeks later by *Footloose* on August 18 to 20 at 7PM, with an extra 10:30AM show on the Friday. Next is *Fun with Shakespeare* on Friday the 26th at 10:30AM and 7PM, and, finally, Disney's *Aladdin* on Thursday, September 1 at 7PM and Friday the 2nd at 10:30AM and 7PM. All shows will be at the Myriad Centre for the Arts, Old Perth Shoe Factory, 1 Sherbrooke Street in Perth, and tickets are \$10 each, available by calling 267-9610 with a credit card number.

On the audition front, the town of Mississippi Mills, Naismith Foundation and the **Valley Players of Almonte** present *James Naismith is Colour Blind and Can't Drive* — the story of the life of James Naismith in song, narration and acting. Auditions take place on August 17 and 18 from 7-9PM at the Mississippi Valley Textile Museum, 3 Rosamond St. in Almonte. Auditioners are asked to prepare a song, bring their music, or prepare a reading. There are singing and non-singing roles for males and females. Performances will be in November 2011. For more information please contact Barb Dickson at 256-0101 or <laubar@sympatico.ca>.

Another exciting development is the **Mississippi Mudds' Youth Theatre's** upcoming presentation of *Macbeth*. The show is under the experienced direction of Mark Piper, and to top it all off, the plan is to mount it during the week before Hallowe'en! How brilliant is that? We'll fill you in more as we get closer to the actual show dates.

by Ian Doig

with shows from Wednesday to Saturday at 8PM, and Wednesday, Saturday and Sunday matinees at 2PM. Some of Canada's top talent is gracing the stage of the Mason Theatre this summer, so do take advantage of the opportunity to enjoy these great shows right here in our own area. The Mason Theatre is located in the Perth and District Collegiate Institute, 13 Victoria Street, and the way in which director Laurel Smith has created an intimate atmosphere is really dramatic! For tickets call 1-877-283-1283, and for information visit <classictheatre.ca>.

Also opening on the 5th is the long-awaited debut production at **Barn Door Productions'** brand new home, in their Full Circle Theatre on Highway 43 near Perth's Old Burying Ground, at 26 Craig Street. BDP's opening show is Shakespeare's *A Midsummer Night's Dream*, but this is a Dream with a difference! Director David Jacklin has chosen to draw out the darker side of the tale. David feels that Shakespeare has somewhat obliquely alluded to some deep-seated unrest — political unrest — amongst the mortals, and he has chosen to draw this out by setting the play in a more modern context. Show dates are August 5, 6, 11, 12 and 13 at 8PM, and the 7th and 14th at



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Flavour of the Month

Victory Farm Alpacas

If anyone has spent any time with alpacas, they know that these animals exude a certain charm! Prior to my visit to Victory Farm, I had close to zero exposure to these curious animals. My visit with Bill and Alanna Riff and their alpacas was a real education, though

by Susie Osler

and I have to admit to having acquired a bit of a soft spot for these long-necked, doe-eyed fibre factories as a result!

Alpacas are part of the *camelid* family, which also includes camels and llamas. They are the domesticated descendants of the wild (and still existing) vicuñas — another species found on the mountain slopes and plateaus of the South American Andes. Both alpacas and vicuñas have been around for thousands of years. The Incan people kept alpacas and prized their fibre so highly that only royalty were allowed to wear it. Today, 90% of the world's alpacas are raised in Peru (where the meat and skins are used in addition to the fibre). Globally, there is a growing interest in, and market for, both the fibre and breeding stock.

Since the early '90s when the first animals were imported to western Canada, our alpaca industry has been growing steadily.

There are reasons why alpaca fibre was considered “fit for the gods” and why the high regard for it continues to this day. Fleece and yarn are sought by fibre artists, spinners, knitters, and weavers due to its incredible softness. It is also the second-strongest natural fibre after mohair, has several times the thermal properties of wool, does not contain

lanolin, is hypoallergenic, and does not feel prickly to the skin. The current rise in popularity of the fibre arts has led to an increasing interest in alpacas. Raising them for their fleece and fibre can be reasonably lucrative as a farm venture, especially if the producer sells value-added products. The Victory Farm Store has a selection of gorgeous yarns, woven and knitted items, fleece and even duvets made with alpaca fibre (see their website for the full catalogue).

Bill Riff and his daughter Alanna share the responsibilities of running the Victory Farm and Store. Alanna, who studied

however, that to do that meant “doing the rounds” of the show circuit — something that did not appeal to him. His subsequent research into alternate, high-value livestock that would suit his 50-acre farm led to his discovery of alpacas. His first animals came to the farm in 2002 and the first baby was born on the farm in 2003. Since then they have bred a few generations of alpacas and now have close to forty. Bill has been quite involved with the organization of the Alpaca Ontario Show over the years (it is now the biggest alpaca show in Canada). The store sports a number of ribbons their animals have won.



Small Business Management, joined her dad in 2009 to develop and run the retail section of their operation. Bill, who retired in 2002 from a career in information technology in Ottawa, moved to this farm near Watson's Corners with his late wife. Having grown up on a farm in Southwestern Ontario, he knew the economic challenges of raising conventional livestock, so his interest when he initially moved here centred on a rare German breed of dog. He soon realized,

Bill and Alanna's herd has excellent genetic diversity with several distinct lines. They “breed up”, selecting the best offspring for fleece quality and breeding potential. They have animals for sale to suit everyone's needs (and pocketbooks) — from show animals to farm pets — and they enthusiastically endorse the breed for anyone interested in keeping animals. The cost of purchasing an alpaca has dropped substantially from 1990s prices, when they were more difficult to find, and Bill and Alanna happily provide ongoing support and advice to customers who buy their animals.

Alpacas have many merits. Having originated on arid mountain slopes with little vegetation, they are very hardy and do not eat a lot. They are ruminants and do not need a high-protein diet. They are well suited, in fact, to Lanark's more marginal farmland, small acreages, and the extremes of our climate. They do well on a diet of hay and pasture (only about two 60 lb bales of hay per week). In the heat and humidity of sum-



Who They Are

Bill and Alanna Riff, Victory Farm Alpacas and Store
1701 Con. 3 Dalhousie, RR #3 Lanark, ON K0G 1K0
259-0228, <www.victoryfarmalpacas.com>
<store@victoryfarm.ca>

Store hours: Friday 2-7PM, Sat.-Mon. 10AM-4PM, farm tours by appointment.

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Upcoming Events:

August 11, Navan Fair Alpaca Show; August 13, Pakenham Fair; August 20, Perth Farmers Market; September 3/4, Silent Valley Alpaca Natural Fibre Festival; September 10-11 Almonte Fibrefest; September 17, Middleville Fair (more listings on the website).

mer, shelter from the sun and a sprinkler or wading pool will help to keep them cool (they happily stand over a sprinkler or lie in a kiddie pool to cool their bellies!). They are even quite tidy (they do their business in a designated corner), which helps to limit parasites. When they are young, a bit of minimal training with a halter and lead helps later with handling for shearing, toe-trimming, and showing.

I found myself quite enamored with their alpacas. It didn't

hurt that they showed me their newest two-day-old cria (baby alpaca). These animals are inquisitive, friendly, intelligent, and “a bit like a cat” according to Alanna. Their huge eyes and funky hair-dos (when shorn they look a bit like a cross between a llama and a poodle) only add to their character! I encourage you to check them out — online, at the farm, or at one of the many upcoming events in which they will be participating.



Mumbo Jumbo Voodoo Combo will play an outdoor concert as part of this year's InFest event. The concert starts at 8PM on Saturday, September 3, and the venue is located 3km west of McDonalds Corners on County Road 12. Admission is \$10 at the gate and all are welcome. For more information, please contact <gina_ellis@hotmail.com> or 278-2688.



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Postcards from Perth

New "Dream" Theatre Set to Open in Perth

About to begin its seventeenth season, Perth's **BarnDoor Productions** is celebrating in grand style: by opening a beautiful new theatre.

Three years ago, says BarnDoor's David Jacklin, the productions company found themselves out of their longtime home at Perth's Studio Theatre. "Other venues in the area were unsatisfactory, but we had

The new theatre is also equipped with what is called a flexible-proscenium stage. For the lay person (like myself), David explains: "When you think of a stage, you think of a giant picture frame, with the play's set and action being framed by the arch of the stage. That arch is called a 'proscenium,' meaning 'in front of the scene' (it's Greek). Our 'picture frame,'" he says, "has an added twist: being suspended from pivoting arms that allow the side pieces to be swung from directly across the stage to nearly parallel with the stage walls. This will let us accommodate shows of various sizes, as well as orchestras, choirs, etc. When fully opened, the stage is the largest in Lanark County."

The cost of the project would have been much higher, David says, if they had not focused on using recycled materials. "The building has also been renovated with a theme of the three Rs," he says, "— reuse, recycle, re-purpose. We have spent many hours scouring recycle stores from London to Ottawa, finding fittings that go with the building's heritage theme. In addition, we have found creative ways to re-purpose as many of the car wash's fittings as we could, incorporating one use into another."

by John Pigeau

no intention of simply packing it in," he explains. "We knew we had to find a permanent home of our own, and it happened that Charlie's Car Wash (at 26 Craig Street) came on the market in the spring of 2009. Back in the mid-80s, we had investigated the possibility of purchasing the property for use as a theatre, but were unable to swing it. For more than twenty-five years, we would pass the car wash and joke that Charlie was keeping our theatre open for us. Strange how these things work out."

David and company were able to swing it, however, and two years later the quarter-million dollar **Full Circle Theatre** is almost ready to open its doors to the public. For the good folks at BarnDoor, it's the culmination of a decade-long dream. But only after a lot of hard work.

"The first year was mostly financing and planning," David says, "along with three months simply to dry out the car wash! There have been some forty volunteers working on the facility, some nearly full-time, as well as tradesmen, as the renovations have taken place over the last year. The project basically involved gutting the entire interior and rebuilding from the walls in, as well as reconfiguring the parking lot and walkways. For many years, we have had everything we needed to build a theatre except walls and a roof. We now have those as well."

The new state-of-the-art theatre is an old Perth landmark. Originally, in the 1940s, the building housed Woolham's Garage and, most recently, for more than twenty-five years, Charlie's Car Wash. Now it's home to a spectacular theatre which boasts raked seating (102 seats), a technical support area, dressing room, public and performers' washrooms, and box office facilities, as well as a spacious lobby. Full Circle Theatre is also equipped with no-ramp wheelchair accessibility.

Perth's focus on heritage is also reflected in the theatre. "To start with, the building is very much a part of the heritage of the town," David says. "I doubt that there is a driver in the town who has not used the car wash at some time... If not an actual heritage building, it is certainly a landmark."

"We have coupled that with an effort to make the building over in the style of an older performing space," David adds. "We are very fortunate to have had in storage for more than twenty years nearly two hundred of the original seats from Perth's Balderson Theatre (now the downtown Home Hardware Furniture Centre). These leather, cast-iron and bentwood seats have seen literally thousands of performances. Our volunteers spent much of the winter of 2009 cleaning and restoring 120 of them for use in the Full Circle Theatre and they look gorgeous, as well as being very comfortable to sit on."



Fairies Lauren Jacques and Natalie Grey are instructed by Fairy Queen Titania (Kristy Angel) to take great care of her magically transmuted new love, Bottom (Joe Laxton); in a rehearsal for *A Midsummer Night's Dream*, the opening production at Perth's new Full Circle Theatre. The play runs August 5 to 14.

The Full Circle Theatre, which is still being worked on, when fully opened will boast the largest stage in Lanark County, 24 channels of lighting, 16 channels of sound, a 5.1 surround sound audio system and digital projection capability. No seat is more than 26 feet from the stage, making the setting an intimate one.

"We intend to offer a wide range of events," says David, "including music, film, dance and more, as well as inviting individuals, groups and others to bring their ideas to life on our stage. We can offer full-time, professional assistance and excellent technical facilities, as well as attractive rental rates."

BarnDoor Productions, Perth's original community theatre, kicks off its new season and opens the doors to the Full Circle Theatre (26 Craig Street) with *A Midsummer Night's Dream*, running August 5 to 14, as David says, "to 'beta-test' the space and to have some fun. Then we will launch the theatre with a mid-September gala musical revue, *A Gal A Night Is Enough*, which will feature music and comedy and dance and as much as we can cram in to celebrate the opening of a lifelong dream."

A Midsummer Night's Dream will run August 5, 6, 11, 12, 13 at 8PM and August 7 and 14 at 2PM. Tickets are available through Tickets Please, 39 Foster St. Perth (call 485-6434), or online at ticketsplease.ca.

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<p>SATURDAY AUGUST 20</p> <p>11 a.m. to 2 p.m.</p> <p>Festival Grand Opening on the Beach</p> <p>Music by Skirmish; Heritage Games</p> <p>Costumed Greeters; BBQ</p> <p>7 p.m. and 9 p.m.</p> <p>"The Silver Lining" - a theatrical walk through Murphys Point Park.</p>	<p>SATURDAY AUGUST 27</p> <p>10 a.m. to 4 p.m.</p> <p>Lally Homestead Heritage Day</p> <p>Music; Museum Displays; Heritage Trades;</p> <p>Children's Programs; Hikes to the Silver Queen Mine; Miners' Lunch</p> <p>8:00 p.m.</p> <p>Corkery Road at the Park Amphitheatre</p>	<p>SATURDAY SEPTEMBER 3</p> <p>7 p.m. and 9 p.m.</p> <p>"The Silver Lining" - a theatrical walk through Murphys Point Park.</p>	<p>SATURDAY SEPTEMBER 10</p> <p>1:00 to 5:00 p.m.</p> <p>Olde-Tyme Carnival on the Beach</p>
<p>SUNDAY AUGUST 21</p> <p>12 noon</p> <p>Hot Dog Roast at the Campfire Pit</p> <p>5:00 to 9:00 p.m.</p> <p>Barn Dance and Corn Roast to the music of Cratur</p>	<p>SUNDAY AUGUST 28</p> <p>11 a.m. and 1 p.m.</p> <p>Voyageur Canoe Rides</p> <p>12 Noon</p> <p>Stories and Music by "Bear the Tinker" under the tent on the Main Beach</p>	<p>SUNDAY SEPTEMBER 4</p> <p>9 to 11 a.m.</p> <p>Pancake Breakfast on the Beach</p> <p>12 noon and 2:30 p.m.</p> <p>Voyageur Canoe Rides</p> <p>1 and 3 p.m.</p> <p>Music by the Paddling Puppeteer</p> <p>8:00 p.m.</p> <p>Concert by Freshwater Trade at the Park Amphitheatre</p>	<p>6:00 to 7:00p.m.</p> <p>Story-Telling and Hot Dog Roast.</p> <p>7:30 p.m.</p> <p>Crazy Strings featuring Jenny and Dan Whiteley at the Amphitheatre</p>
		<p>MONDAY SEPTEMBER 5</p> <p>10 a.m. Kids' Heritage Games</p> <p>11 a.m. to 1 p.m.</p> <p>Celtic Heritage Fiddle Orchestra and Beach BBQ</p>	<p>SUNDAY SEPTEMBER 11</p> <p>11 a.m. and 12:30 p.m.</p> <p>Voyageur Canoe Rides</p> <p>11 a.m. to 2 p.m.</p> <p>Beach BBQ</p> <p>1:00 pm. to 3:00 p.m.</p> <p>Perth Citizens' Band</p>

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Fooling Around in the Herb Garden

A Company of Fools Theatre is delighted to be returning to the Herb Garden in Almonte with the 2011 Torchlight Shakespeare Series production of *Antony and Cleopatra*. It is directed by David Whiteley and stars Richard Gelin as Antony and Catriona Leger as Cleopatra.

Antony and Cleopatra make perfect fodder for a Fool-ish summer. The famous lovers are as worthy of mockery as any Hollywood couple. Cleo is queen of the divas. One minute she's the embodiment of style and grace; the next minute she's the most petulant of spoiled brats. Tony is the Roman Empire's answer to South Carolina Governor Mark Sanford. He neglects his wife and his state for the love of a seductress from way down south. As Tony dallies in Egypt with his celebrity paramour, the Roman Empire is coming apart at the seams. Conspiracies, double-crosses and back-stabbing abound in the power vacuum left behind in his absence. Finally, forced to choose between love and duty, Antony flip-flops between being a heroic leader and being a henpecked lapdog faster than a pancake at IHOP. Cleo tries to stand by her man, but can't keep herself from pulling his strings. From full-on sea battles to a botched "noble end" that is literally gut-wrenching, *Antony and Cleopatra* is tragedy on hyperbolic steroids.

This overwrought mayhem scares off many serious Shake-



Richard Gelin and Catriona Leger perform in A Company of Fools' Torchlight Shakespeare production of *Antony and Cleopatra*, which plays at The Herb Garden near Almonte on Thursday, August 18.

Photo by Andrew Alexander

speareans, who tackle this tragedy far less frequently than a certain other pair of star-crossed lovers. But that's all the more reason for Fools to rush in where wise men fear to tread. After all, knocking giants down a few pegs is the stuff of satire, and the bigger they are the funnier they fall. Well, there are few with further to drop than Cleopatra and Antony. The same melodramatic antics and unwieldy staging requirements (not one but two sea battles) that make the play hard to tackle for serious thespians make for comedy gold in the hands of a Company of Fools.

On Thursday, August 18, come out and see for yourselves at The Herb Garden, 3840 Old

Almonte Road near the corner of Upper Dwyer Hill Road. The performance begins at 7PM sharp and is approximately 90 minutes, with no intermission.

There is no admission fee, however they do pass the hat at the end of the performance and ask that you pay what you can. Suggested minimum donation is \$10.

Please bring a blanket to sit on, and bug spray is definitely recommended! Lawn chairs are welcome. Volunteers are still needed to assist the front of house manager, so if you'd like to be part of the magic, please contact Bridget Grounds at <volunteers@fools.ca>



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Cycling Across Canada for Education

Now in its fifth year of operation, SchoolBOX continues to make great progress as it carries out its mandate to "make education possible" for the children of Nicaragua. They put together packages of school supplies, consisting of notebooks, pencils, pencil sharpener, eraser and ruler. In 2011, SchoolBOX aims to distribute over 12,000 of these packages to students and teachers through the Supplies4Success program — this is an increase of 20% over last year. In addition to having built twenty-five classrooms as of this July, SchoolBOX plans to build another fifteen classrooms in Nicaragua, as well as expanding into Honduras.

New this summer is the **Cycle4SchoolBox** campaign — a gruelling 8000 km journey across Canada, sponsored by Sleep Country Canada. Ilan Levy will spend eighty-one days on the road in the course of this trip, when all is said and done. He began cycling in North Vancouver on June 6 and will end his journey on August 26 in St. John's, Newfoundland. This ambitious campaign aims to raise awareness and funds for SchoolBOX, with the goal being \$100,000 to enable the purchase of 8000 educational packages and the construction of eight classrooms.

On August 5, Ilan is scheduled to come through Almonte, and a warm welcome is planned — the **Almonte Mini Cycle4SchoolBOX** is a fundraising event but also a great opportunity to get out-



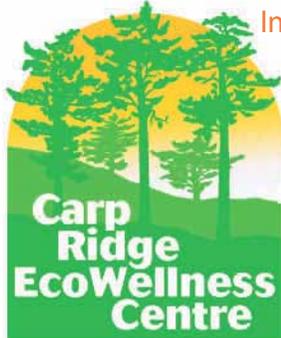
SchoolBOX president Tom Affleck (left) poses with Ilan Levy, who is in the midst of a cross-Canada cycle to raise awareness and funds for SchoolBOX

doors for a fun day of riding your bike! The idea is for participants to raise pledge donations from family, friends and co-workers before the day of the ride. Pledge forms can be found at <schoolbox.ca/pledge>. There are two bike routes to choose from: the Mississippi Mills Tour (20–25km), a scenic ride from Almonte to Blakeney and back, or the Almonte Fun Rally Tour (5–10km), which can easily be biked, walked, or jogged! Ilan will be in the lead of the longer tour. Tom Affleck, SchoolBOX founder and Almonte native, will also be in attendance.

The entry fee for those who do not wish to fundraise is \$10 for adults, \$5 for youth up to age 16, and free for children under the age of 8. Registration will begin

at 2PM at Gemmill Park — all donation monies must be handed in at this time. After the ride there will be a community BBQ at St. Paul's Anglican Church (62 Clyde Street in Almonte). All are welcome to attend the BBQ — even those who did not participate in the cycling portion of the event. Appetites will be fed at 5:30PM. Stick around to socialize, meet Ilan and hear him speak about his amazing cross-Canada journey for SchoolBOX!

Contact Rachael Gardiner, campaign coordinator, at 624–5580 or Sara Cardona at 256–1539 for more details and to register. Find the Facebook event at: Almonte Mini Cycle 4 SchoolBOX. To follow Ilan's journey, go to <cycle4schoolbox.com>.



Intro to Mind-Body Medicine: Aug. 18
From 7–8:30PM, \$20 (plus HST), please RSVP

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

Breast Health Workshop: Sept. 13
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Arts Beats... and Dances!

Art Beats in the Enchanted Forest

Experience art and rhythm at the third annual **Art Beat** in the Enchanted Forest! This celebration of art and music takes place the weekend of August 27 and 28, from 10AM to 5PM each day, just 4km south of Westport, off County Road 10. A diverse, eclectic group

Sunday, August 28 from 12PM to 4PM. The village of Westport, located in the heart of the Rideau Canal area, a Unesco World Heritage site, will be alive with people enjoying the sites and taking in the annual Rideau Valley Art Festival, as well as the many beautiful gardens in the village. An enjoyable visit is ensured. For further information, please call 928-3041 or visit <rideaulake-artists.com>.

Sundance's five-year history. The environmental theme has drawn Penny Gorman and her recycled dioramas, Jayne Ayre who sculpts fantasy in clay, Wendo Van Essen's natural fibres, and Mavis Wade who creates homes from gourds for our feathered friends. There are also numerous

As always, Fall River Restaurant will be serving their mouth-watering organic menu featuring hot and cold lunches and organic salads. This year micro-brewery ales and Ontario wines will be available to complement your lunch experience. After the tour, drop by Fall River for dinner, a dining experience second to none at "Canada's Greenest Restaurant". For more information about this year's tour, please go to <sundancestudio.ca> or call Carmen at 268-2171.

Works by Johanna Jansen will be among those featured on the Inroads Studio Tour



by Miss Cellaneous

of six artists will entertain you with their exciting new works, and will be joined by Wild Blue Yonder, a drumming and percussion company. From faerie houses, sculpture, paintings, elegant clothing and photographic art, to Tom Allen's fascinating futuristic imagery, an afternoon of sound, ambient and art awaits you on a visit to the Enchanted Forest's solar and wind-powered garden studios.

Look for signs in the area, visit <theenchantedforest.ca>, or call 484-2151 for more details.

Sundance Studio Tour

Located on the outskirts of Maberly, just west of Perth, are the enchanted gardens of Sundance Studio. Over the past four years, Carmen Allen's gardens have charmed thousands of guests at the annual Sundance Studio Tour, which takes place over the Labour Day weekend. Visitors are welcome to stroll through the cedar trail, rest at one of the ponds, and engage one of twenty artists who bring their creativity and originality from all over Ontario.

This year the tour welcomes four new artists, making this one of the largest gatherings in



Works by Wendo Van Essen (above) and Jane Ayre (left) can be seen at the Sundance Studio Tour returning artists.

Every year organizers search for original artists, and this holds true not only for art but for music. This year Sundance went back to the future and is pleased to welcome Frank Morrison, one of the original Townsmen. With top 10 hits in the 60s like *The Lion Sleeps Tonight* and *We're Doing Fine*, The Townsmen were opening acts for such international names as The Young Rascals. Accompanying Frank will be a number of local musicians as they blend pop and country from 11AM to 3PM each day.

Art in Rideau Lakes

The Rideau Lakes Artists' Association will be presenting its 17th annual August Show and Sale in Westport. The venue this year will again be the Westport United Church, at the corner of Spring and Church Streets, both inside the hall and outside in tents. The display of original watercolour, oil and acrylic paintings will be open to the public, free of charge, on Saturday, August 27 from 10AM to 5PM and



Among the artists will be Bernard Beaudry — recently featured in *theHumm* — who will be selling his whimsical garden art, and Debra Cowan, who will have a selection of handmade bags and sexy vintage aprons.

An alternate (or additional!) place to eat is studio 14 in Sharbot Lake, which is the Sharbot Lake Country Inn. No doubt they will be serving up delicious lunches as well. For more information contact Sarah Hale at 335-2073 or visit <inroadstour.ca>.

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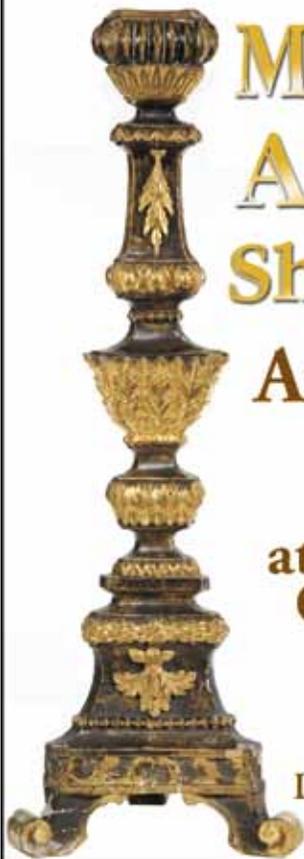
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Quilts On the TAY

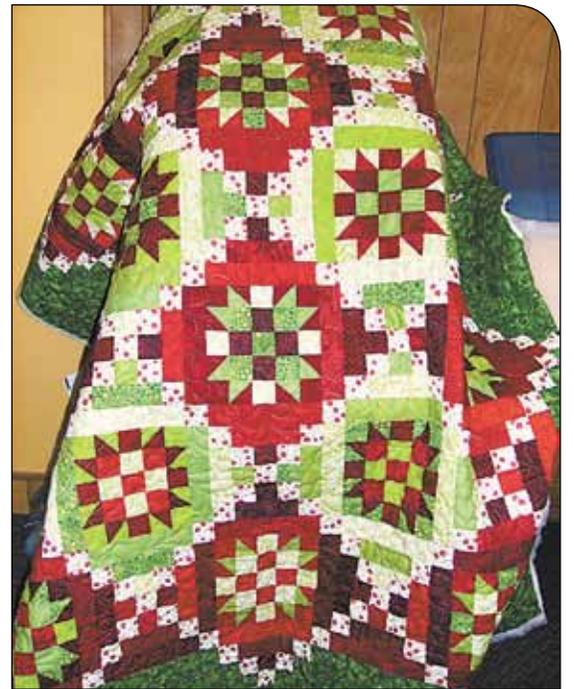
The Lanark County Quilters Guild is proud to present Quilts On The TAY, a celebration of all things quilted, from August 12 to 14 in Perth.

On display will be over two hundred traditional and contemporary quilts, wall hangings, pieces from the 2010 Repurposing and 2011 On-The-Tay Challenges, workshop creations, and block-of-the-month pieces created by members of the guild. Also on display will be a special exhibit, FabriCreations, which is a collection of art quilts by regional members of Studio Art Quilt Associates.

Featured groups — the traditional Handmaids and the innovative F-Squared — will have ongoing demonstrations of hand sewing/quilting and contemporary fibre art techniques.

And don't worry — Quilts on the TAY is not simply a pretty display — there will be things to buy too! A members' boutique will have quilts and quilted items for sale, and the large and varied merchants' mall will provide quality fabrics, threads, patterns and notions. There will even be on-site sewing machine servicing. And when you've seen all there is to see, you can rest in the Quilter's Oasis or Tea Room.

Quilts on the TAY will be held at St. John Catholic High School at 2066 County Rd. 10 in Perth, and runs August 12 from noon to 5PM, August 13 from 10AM to 5PM, and August 14 from 10AM to 4PM. Admission is \$6, with children under 12 getting in for free.



The "Mystery quilt" pictured above was made by Lanark County Quilters Guild member Madeleine Hollingsworth

For more information visit <lanarkcountyquiltersguild.wordpress.com> or call Yvonne Stirling at 284-1498.

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Tay Valley 200

Seeking Volunteers and Family Histories

Did you realize that the early history of Tay Valley Township is really just another version of *Not Wanted on the Voyage*? Rather than shoulder the cost of shipping veterans of the War of 1812 back across the ocean to their homes in England and beyond, the British government had a brilliant (and much cheaper) idea: why not pay them off with free land "where they stood" in Upper Canada instead?

Because of this bold political decision, in 2016, Tay Valley Township, the Town of Perth and the Township of Drummond/North Elmsley will celebrate 200 years of settlement history. In Tay Valley, the first land titles were granted to these veterans and their families in 1816, when they began to settle in the original townships of Bathurst, Sherbrooke and Burgess. Many of the century farms and small hamlets they founded continue to play an important role in the Valley

today, and their proud descendants still inhabit the region.

Residents recently formed the Tay Valley 200 group and are currently looking for more volunteers to help inspire and plan the 200th anniversary celebrations. They're also looking for local and family histories and photos (of those former Bathurst, Burgess and Sherbrooke townships) that they can record, copy and share with others — both inside and outside of their community — during the next five years and beyond. They hope to collect and publish these personal histories as a commemorative anniversary book and part of a "virtual museum" website.

Residents of Tay Valley Township are invited to join the group or set up a time to tell them about their histories by contacting Noelle Reeve at <planner@tayvalleytwp.ca> or 267-5353x128.

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Aug. 13 • Westport Arts Council presents 5th Annual MUSICwestport
Aug. 19 • The Campfire Liars Club, \$10, 8-11PM
featuring Paul Langlois of The Tragically Hip
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Discover the Lanark & District Museum

In November of 1965, a group of eight people met at the Legion Hall in Lanark Village to discuss the possibilities of a permanent museum for the surrounding district. A bank account was opened and \$21.00 was deposited under the name Lanark & District Museum. Their group continued to meet throughout 1966 and beyond to discuss possible sites, building standards and by-laws. A federal government "New Horizons" grant was successfully applied for.

By the mid-70s, progress was well under way and a plan for a 1500sq.ft. building was agreed to, to be built on a 60 by 100-foot lot donated by Margaret Baird. Permission from the Township of Lanark Highlands was given in April of 1975 and the museum was finally opened on July 16, 1977, with guest speaker Doug Wiseman, M.P.P. Years later, in 1984, the basement area was opened to the public.

Today, the Lanark & District Museum houses a wealth of information and artifacts that reflect the lifestyle and history of its people, starting from the early 1800s. A searchable CD is available that lists the births, deaths and marriages recorded by The Lanark Era newspaper from 1895 to 1936 (though there are several missing years).

Each year, a part of that history is highlighted with a display or event. Examples include the all-important lumbering industry, the Kingston & Pembroke Railroad and its importance in our history, the 100th anniversary of the Canadian Navy, and a Commemorative Day and open house to remember the disastrous fire in Lanark in June 1959. A DVD is available which comprises most of the amateur and CBC film footage of that day.

A tea is held for anniversaries and openings, and we invite community groups to hold meetings or to just come by and share our history! Aside from the annual special displays, we have permanent collections, photographs, family histories, and an historical library for those who are researching or are just curious.

The museum is an active member of the Lanark County Museums Network, which was created in 1991 to promote the various museums throughout Lanark County.

Several years ago the museum officially became the owner of the contents of the Innisville Museum, formerly known as Innisville School SS 17, constructed in 1863. That school building has been a familiar landmark in that small community. It housed a large collection of tools from the 19th and early 20th centuries, as well as household items, all of which have been transported to the Lanark & District Museum. The future of the actual school building has not been determined.

This year the Lanark & District Museum has engaged a museum professional to examine and rationalize the collection in order to ensure that all artifacts are accessioned according to established museum practice. Huge improvements have been made already and other major changes are forthcoming.

We would like to encourage the public to visit this small but vibrant museum located in the heart of Lanark Highlands Township. Admission is by donation.

The Lanark & District Museum is located at 80 George Street in Lanark. For more information, please call 259-2575 or visit <lanarkcountymuseums.ca>.

— Nic Maenmling

Blueberry Tea at Union Hall

The 6th annual Blueberry Tea is taking place on Sunday, August 28, at Union Hall.

Union Hall is situated in a rural setting at the corner of Wolf Grove and Tatlock Roads, south of Clayton and 8km west of Almonte.

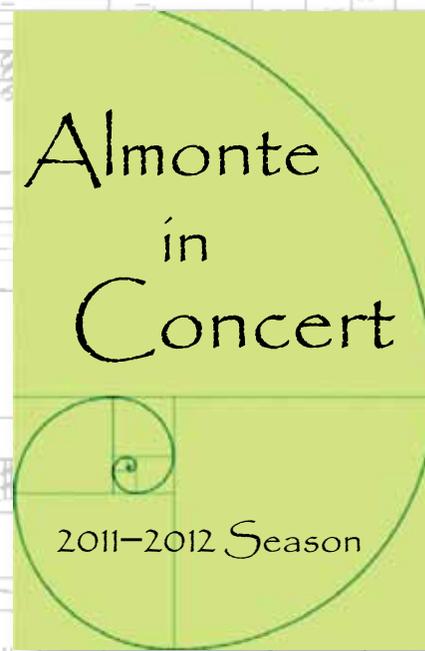
The Union Hall Committee is organizing this event to foster the community involvement that has kept the place going for over 150 years. Everyone is invited to

join neighbours and friends for tea, blueberries, and fine pastry in an old-fashioned celebration of summer.

Doors are open from 2 to 4PM. Admission is free, though donations are appreciated.

Union Hall is a community resource, supported by the Town of Mississippi Mills and a band of dedicated volunteers.

— Les Humphreys



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Prices include Almonte Old Town Hall Improvement Fee of \$2.00 per ticket.



Pilgrimage of Liszt

Sat., Oct. 15, 2011
Ang Li — piano



Passion and Delight



Sat., Nov. 19, 2011
Marie-Josée Lord soprano
Esther Gonthier piano

A Baroque Christmas

Sat., Dec. 17, 2011
Ensemble Caprice
Dawn Bailey soprano



Tango Nuevo
Sat., Jan. 28, 2012
Norteño

The Quintessential Quartet

Sat., Mar. 17, 2012
Cecilia String Quartet



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Sat., Apr. 21, 2012
Trio Hochelaga

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The Problem With Westport Is...

What a problem we have in our little village. People visit. They do, they drive here in droves (yes, they drove in droves), they boat here in droves, they even bike here in droves. It's enough to drove you crazy (sorry). They're here because the town is nestled right in the midst of cottage country, sur-

by Steve Scanlon

rounded by lakes and forests. They're here because Westport has become a mecca with great shops for clothing and fashion, art, furniture, and everything in between. They come here to wine and dine. They're here because our town is a nice town with nice people doing nice things. But here's the problem: what about those people who have already shopped 'til they dropped? What about the people who are looking for that little (or large) something different? What do we have for them in our wee village?

Somebody once said something like: "every problem has a gift for you," and I like to look at problems from that prospective. Apparently I'm not alone, because Westport's problem of so many visitors is actually a gift to those same visitors, a gift supplied by people like the folks at Artemisia Gallery and Art Services who will be hosting their

annual **Poetry Reading**, and the fine folks at The Westport Arts Council who will be hosting their 5th Annual Music Festival, **MusicWestport**.

The good folks at the Westport Arts Council have, once again, pulled together a great day of music for all of our visitors to enjoy. MusicWestport will be held on Saturday, August 13 and as per usual there will be three stages, all in the downtown area. All music for this event is free of charge and includes the Corinne West and Kelly Joe Phelps Duo, Bob Burtch Bluegrass Band, Vanessa Rodrigues Soul Project, Shawn McCullough & Friends, Peter Elkas Band, Drumhand, Miss Emily, Prescott, Magoo and Guthrie House. Bring a lawnchair and park yourself, or wander from one stage to the next and enjoy a day of live music thanks to the Westport Arts Council and its many sponsors and volunteers. After the day of music you can continue the fun at the after-hours event with Miss Emily at The Cove Inn starting at 8PM.

As Walt Whitman always said: "To have great poets there must be great audiences too." Visitors to Westport (along with residents) can be part of the great audience as local and guest poets read from their works beginning at 2PM on August 21.

Audrey Ogilvie has been published in national and international periodicals, has recorded a collection of her poetry on a CD entitled *Canary*, and has a chapbook, *Enough White Lies to Ice a Cake*. Audrey is a freelance writer/editor who has written two full-length novels of her own, and still she manages to find time for verse.

T. Anders Carson has been

spoken word CD of his work entitled *Stain*.

Also in attendance at this event is Eric Folsom (Kingston's first Poet Laureate), and Tara Kainer, who will be reading from her first book of poetry, *When I Think of Your Lives*. Jason Heroux, who has several books of poetry published, will be making a return appearance. Elizabeth Greene, Susan Olding and Jeanette Lynes, accomplished poets all, will be entertaining us with their own poems. If the weather gods are with the good people of Artemisia (and I can't think of a reason they shouldn't be) then the day of poetry will be held on the lawn of Artemisia at 7 Spring Street in Westport. Tea and scones will be served during intermission, when you will have a chance to meet and chat with the poets.

Westport's problem is Newboro's problem as well (we in Westport love to share). With this in mind, isn't it nice to know that not ten minutes from our village stands another wonderful village that supports the arts. In this case it takes the form of **Arts**

Newboro, a non-profit group supporting and promoting arts in Newboro and the Rideau Lakes. These are the same folks (under a different banner at the time) that brought you the play *Shirley Valentine* last year. This year they will be presenting a dinner theatre wrapped around *Love Letters*, a Pulitzer Prize-nominated play written by A.R. Gurney. Two people who have known and loved each other for fifty-odd years finally sit down and read the letters they have written, letters that have revealed much about who they were, who they wanted to be and, finally, who they are now. The play will be running at the Newboro Community Hall from August 25 to August 28. For more information check out <artsnewboro.com>.

So, we had a problem. That problem was approached by three different groups with three different but equally entertaining solutions. People visit (in droves — they do). They are given opportunities to enjoy all that our villages have to offer, including some really great music, poetry and theatre events. They go home satisfied. Problem? What problem?



Catch Corinne West and Kelly Joe Phelps — for free! — at MusicWestport on August 13

published in 34 countries. He has won the Canadian Poetry Association contest, the Ontario Poetry Association free verse contest and been a finalist in the Scottish Open Poetry Competition. He has attended the Helene Wurlitzer Foundation of New Mexico where he wrote most of *Folding the Crane*, his first book of poetry. He has since completed another collection of poetry, *A Different Shred of Skin*, and a

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The Amazing Bicycle

Vintage Bicycle Fair at ECOTAY

Few of us forget our childhood bike.

In all its shiny, tasseled and colourful glory it brought us pure joy and our first taste of freedom. As of late, our collective love affair with bikes is being rekindled, with adults around the country feeling a passion for bicycles they haven't experienced since their youth. You know the kind — the old-fashioned commuter bikes that you ride sitting upright, with sleek frames, wide handlebars, and leather handgrips and saddles. Their combination of utility, beauty, and efficiency inspires both design lust and nostalgia.

If you are a bike-lover, come to the Vintage Bicycle Fair at ECOTAY on Sunday, August 7, for a fun-filled afternoon dedicated to the amazing world of the two-wheeled wonder. Take a roll down memory lane at the vintage bicycle display featuring models with names like Flyer, Stingray, Roadmaster, Phantom and Coast King.

The afternoon kicks off with a Vintage Bicycle Parade — a whimsical parade of bikes, old and new — an event for all ages. Bring your own gussied-up bike, wear a snazzy costume and join in!

After the parade, gear up for some interactive musical storytelling at Doug Barr's Children's Show. His fantastic, musical-comedy concert will tickle everything from your toes to your nose. Find out what that sound is coming from inside his circus guitar, or how you can get those little trucks off your backs, or where Jeffrey's talking jacket is hiding!

Delve into the past by joining Sharon Babaian, the Canada Science and Technology Museum's curator of transportation, as she presents *The History of Cycles in Canada*, showing you how cycles engage our fancy with their captivating blend of speed, lightness and beauty. The

museum has collected cycles and related artefacts since its opening in 1967 and now has over 1000 objects. The collection was particularly enriched in the 1980s by a major donation of cycles and related material from Canadian businessman Lorne Shields. This gift expanded the breadth and scope of the museum's collection of 19th century technology, including cycling accessories, trade literature and other items related to cycles and cycling.

Soak up the enthusiasm when John McKenty presents *Canada Cycle & Motor Company: The CCM Story*, his latest book about the origins and development of the CCM bicycle. By the late 1880s and early 1900s, the bicycle was a principal mode of transportation and was the basis for many recreational clubs, especially for women, because it delivered their first experience of freedom. Find out how Perth's James Brothers Hardware was the first to bring bicycles to Lanark County and how the bicycle went through several evolutions in its early days before developing into the marvellous machines that we know today.

You will also meet the group called Bicycles for Humanity Ottawa and discover how a bike can change a life... and help build a future for a community. Bring your old bike with you and donate it to disadvantaged communities in Africa to help improve their health care, education, food, water and employment.

So, if you love bicycles, don't miss this action-packed afternoon taking place Sunday, August 7, from 1 to 5PM at Ecotay Education Centre in Tay Valley (corner of Menzies Munro Side Road and the Upper Scotch Line). For more information call Michael Glover at 267-6391 or visit <ecotay.com>. And remember, we never forget how to ride a bike.

Fallbrook Concert is All in the Family

Tay Valley Township's Dorner-Sullivan family band, better known as **Bob Spelled Backwards**, will perform early this month at a house concert in Fallbrook, at the home of Ted Miller and Marcia Saipe. The band recently played a short set at the Elphin Roots festival in McDonald's Corners and say they are looking forward to performing a full-length concert so near to home.

"Ted and Marcia have a lovely house," says Danny Sullivan. "It will be a wonderful place for a concert. We're hoping many of our friends and fans will be able to attend."

Hailing from the outback of Lanark County, and comprised of two generations of the Dorner-Sullivan family, Bob Spelled Backwards is a band that draws its influences from many musical styles. Danny Sullivan and Kathy Dorner have been performing together as a folk-based duo and in country/folk/rock bands for many years. Recently they have been joined by Margaret, Noah and Japhy Sullivan — three of their five children — to

perform as Bob Spelled Backwards. The band's repertoire includes many original songs, composed and contributed by all five band members, as well as specially selected material by some of the band's favourite songwriters.

Their arrangements feature lead and harmony vocals and a variety of instruments including guitars, upright bass, fiddle, banjo, mandolin, keyboards, autoharp, accordion... and whatever other instruments the young Sullivans can get their hands on!

Whether they are performing moving spiritual ballads, bluegrass-style stories with an underlying social commentary, or danceable tunes just for fun — the enjoyment of the musicians is clear and the energy is positive.

Please come for what promises to be a very special evening at the home of Ted Miller and Marcia Saipe near Fallbrook on Friday, August 5, at 7:30PM. Admission is \$15 per person. RSVP at 267-7776 or <marcia@marciasaibe.com>.

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Dreams Comes True: Merrickville's Studio 106

Two years ago Ken Heroux couldn't even play a musical instrument. Now he runs his own successful recording studio in Merrickville. Indeed, dreams do come true.

If you have ever dreamed of recording your own CD, you might wish to visit Merrickville's Studio 106, billed by owner Ken Heroux as "the ultimate recording and coaching studio."

Whether you are in a band or on your own, the studio provides an affordable rehearsal and recording space to capture your sound and to help you share your music with others. Studio 106 also offers a wide range of professional audio recording and coaching services to, as their slogan says, "help take your music to the next level."

The coaching aspect was one of the reasons Heroux decided to open the studio.

"First, there was no recording studio in the area," he says. "Second, other studios are designed to do one thing — record. And their marketing is very commercial. There was no personal touch... there was no: 'How can we help you in your career in music?' There was no coaching to bring the person or persons to the next level."

With great passion, Heroux says he wanted to open a studio that would cater to people of all skill levels. "So Merrickville Studio 106 opens its doors for anyone, no matter what level," says the former DJ. "I was looking for people who were taking music lessons... to bring these people into the studio and coach them to sing on stage or to prepare them to do demo recording."

"Most people who are taking music lessons have never sung into a mic," he adds, "or heard themselves live. This is where we would coach them in learning the dynamics of performing live music on stage or in a recording session."

The studio's primary focus is to proactively prepare individuals or bands to practice playing their music and then help them record a

professionally mixed demo CD. They assist musicians of all skill levels with a variety of special services. The large rehearsal studio — 15 by 24 feet (with a raised 12 by 15-foot stage) — boasts top-notch sound equipment which can capture music live off the floor with great clarity. Throughout the recording process, whether you are a seasoned pro or a first-timer, professional coaching is available, including one-on-one or group seminars designed to meet any artist's needs.

The coaching aspect is very important to Heroux.

"Most of my life I was DJing parties, et cetera, but I never took the time to play music," he says. "Also, I didn't want to take lessons; I thought I was too old. But I did take some singing lessons and found it very frustrating. I found the 25 minute lessons were way too short and I never really learned a lot. Studio 106 coaching lessons are 40 minutes. This allows the person to relax and get into the groove."

Heroux eventually did take music lessons, and now plays harmonica, piano and several other instruments. "In being a coach," he adds, "and not a teacher, you develop a stronger partnership with the people you are coaching. You become a team and the results are very rewarding for everyone."

A friend of Heroux's, Scott Arena, was crucial in helping him ready the studio and understand all the engineering and recording equipment. Arena, an accomplished musician who has recorded several of his own CDs, knew the recording process. He and Heroux teamed up.

"If it had not been for Scott's help, we would not be where we are today," says Heroux. Arena is now the studio's chief engineer. Heroux adds, "I have an amazing wife, Cassandra, who supports me. I wouldn't have been able to do any of this without her. Truth be told, with her support and love, this studio is a dream come true."

In addition to coaching services, Studio 106 can also help an artist or band improve their songwriting skills, be more at ease singing into a microphone, set up the stage and sound equipment to improve a singer's stage presence, video performances to improve people's confidence, and even contact other music industry professionals to, as Heroux likes to say, take your music to the next level.



Who is the studio for?

"It's for anyone who wants to be coached in music," Heroux says. "It's for anyone who wants to sit down and talk about music or to explore songwriting, singing, or playing saxophone or jazz guitar... for anyone who wants to do a demo with their band. It's also for that person who always wanted to know what a bass guitar is all about... and how it feels to strap one on and pluck a few strings. And we can coach that person in the fundamentals of playing a bass guitar before they buy one. Then we can point them in the right direction or suggest they take lessons."

How much is it to book studio time? Well, it depends on your needs. Four hours of studio time, which includes one lightly mastered CD and live off-the-floor recording, costs \$350. Ken encourages musicians to discuss their projects with him and his staff so they can tailor a package and pricing to suit their specific needs. Coaching lessons cost as little as \$30 for 40 minutes, while the "Musician's Retreat" package, which includes two days of studio time (a maximum of nine hours per day), is \$1,250.

Merrickville Studio 106 is located at 106 Brock Street East. You can see their rehearsal, recording and coaching facility, including some of their very talented clients, by visiting the Gallery page on their website: <merrickvillestudio106.com>.

For more information about the services offered at Merrickville Studio 106 — or to book rehearsal, coaching or recording time — contact Ken Heroux at 798-3001 or <merrickvillestudio106@gmail.com>. — John Pigeau



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Claiming Column

Perth Fair, Sep 2-5
 Inroads Studio Tour, Sep 2-5
 The Silver Lining, Murphys Point, Sep 3
 Sundance Studio Tour, Maberly, Sep 3-5
 Freshwater Trade, Murphys Point, Sep 4
 Mississippi Mills at a Glance, Almonte, Sep 7
 Pickle Fest, Smiths Falls, Sep 10
 Fibrefest, Almonte, Sep 10-11
 Crazy Strings, Murphys Point, Sep 10
 The Night is Young, Almonte, Sep 16
 The Lost Fingers, Burnstown, Sep 20
 Power Up Your Life, Almonte, Sep 23-25
 Alcan Quartet (PPAC), Perth, Sep 23
 Art Show & Sale, Rideau Lakes, Oct 1-2
 Calabogie Artfest, Oct 1-2
 The Rideau Plein Air Festival, Westport, Oct 2
 Expressions of Art, Carp, Oct 7-9
 Crown & Pumpkin Studio Tour, Mississippi Mills, Oct 8-10
 Perth Autumn Studio Tour, Oct 8-10

Visual Arts

Pints 'n Purls, Aug 10, 6-9PM, Knitting group. Old Mill Pub, Ashton. Info: 492-5684.
Quilts on the Tay, Aug 12(12-5PM), 13(10-5), 14(10-4). lanarkcountyquiltersguild.wordpress.com. St. John Catholic High School, Perth. \$6
Vernissage, Aug 12, 7-9PM. With Angela Kilby (art) & Anya Marion (music). Brush Strokes, 129 Bridge St., Carleton Place. 253-8088.
Art Beat, Aug 27 & 28, 10AM-5PM. Sound, ambience & art in garden studios. Enchanted Forest, 1481 McAndrews Rd, Westport. 484-2151, theenchantedforest.ca
Merrickville Antique Show & Sale, Aug 27 (10-5), 28 (9-4). Merrickville Community Centre. 850-5446, antique-shows.ca. \$6; kids under 6 free
Merrickville Artisan's Show, Aug 27 (10-5), 28 (10-4). Merrickville Community Centre. 850-5446, antique-shows.ca. \$6; kids under 6 free
Rideau Lakes Art Show & Sale, Aug 27(10-5), 28 (1-4). Westport United Church. 928-3041, rideaulakesartists.com.

Youth

Perth Academy of Musical Theatre presents
Disney's Camp Rock, Aug 4 (7PM), Aug 5 (10:30AM, 7PM); **Footloose**, Aug 18 & 20 (7PM), Aug 19 (10:30AM, 7PM); **Fun with Shakespeare**, Aug 26 (10:30AM, 7PM); **Disney's Aladdin**, Sep 1 (7PM), 2 (10:30AM, 7PM). Tickets \$10 at 267-9610 with a credit card. Myriad Centre, 2 Sherbrooke St., Perth.

Festivals

Naismith 3 On 3 Basketball Festival, Aug 6. Teams play in the street. naismith-museum.com. Bridge St., Almonte.
Puppets Up! Aug 6-7. International Puppet Festival. Shows, parade, craft tent. Almonte. puppetsup.ca.
Carp Garlic Festival, Aug 13 (8AM-3PM), Aug 14 (10AM-3PM). Carp Farmers' Market, 3790 Carp Rd.
MUSIC Westport, Aug 13, Noon-6PM. 3 stages of music - all styles, all ages. Afterhours: Emily Fennell (8PM at The Cove). Westport. Free. westportartscouncil.ca
Perth Lions Garlic Festival, Aug 13 (9-5), 14 (9-4). 50+ garlic, craft & food vendors. Perth Fairgrounds, \$5; under 12s are free. perthgarlicfestival.com
Heritage Mica Festival, Aug 20, 21, 27, 28. Murphys Point Park. Details at friends-of-murphyspoint.ca

Monday	Tuesday	Wednesday	Thursday
1	2 🎵 Open Mic, The Barley Mow	3 🎭 Showtime at the Station, Carleton Place 🎭 Toastmasters Club, Smiths Falls	4 🎵 Disney's Camp Rock, Perth 🎵 Jazz Night, The Cove 🎵 Karaoke, The Downstairs Pub 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic w/Brock Zeman, Tilly's Smokehouse 🎵 Perth Citizen's Band, Perth 🎵 Terry Tufts, The Barley Mow 🎭 Wizard of Oz, Smiths Falls
8 🎭 Almonte Coin Club, Almonte 🎭 Mayan Code Study Group, Almonte 🎵 Rick Fines & Suzie Vinnick, The Cove	9 🎵 Open Mic, The Barley Mow, 🎭 Seniors Summer Fun Day, Lanark	10 🎵 Coffee House, Smiths Falls 🎭 Pints 'n Purls, Ashton 🎭 Showtime at the Station, Carleton Place 🎭 Toastmasters Club, Smiths Falls 🎭 The Fourposter, Perth	11 🎭 A Midsummer Night's Dream, Perth 🎭 BBQ/Mick Armitage Band, Stittsville 🎭 Ever After, Smiths Falls 🎵 Jazz Night, The Cove 🎵 Karaoke, The Downstairs Pub 🎭 Mail Order Annie, Perth 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic, Tilly's Smokehouse 🎵 Terry Tufts, The Barley Mow 🎭 The Fourposter, Perth 🎭 The Sweetest Girl in Town, Smiths Falls 🎭 Youth Day, Smiths Falls
15 🎭 Green Liquid Refreshments, Smiths Falls	16 🎵 Open Mic, The Barley Mow	17 🎭 Auditions - Valley Players, Almonte 🎭 Showtime at the Station, Carleton Place 🎭 Toastmasters Club, Smiths Falls 🎭 The Fourposter, Perth	18 🎭 A Knight's Tale, Smiths Falls 🎭 Antony and Cleopatra, Almonte 🎭 Auditions - Valley Players, Almonte 🎭 Footloose, Perth 🎵 Jazz Night, The Cove 🎵 Karaoke, The Downstairs Pub 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic Tilly's Smokehouse 🎵 Perth Citizen's Band, Perth 🎵 Terry Tufts, The Barley Mow 🎭 The Fourposter, Perth 🎭 The Sweetest Girl in Town, Smiths Falls
22 🎭 Almonte Horticultural Society Meeting, Almonte 🎵 Roxanne Potvin w/Christine Bougie, The Cove	23 🎭 55+ Eastern ON District Regional Games, Smiths Falls 🎵 Open Mic, The Barley Mow	24 🎵 French Opera in the Garden, White Lake 🎭 Showtime at the Station, Carleton Place 🎭 Toastmasters Club, Smiths Falls 🎭 The Fourposter, Perth	25 🎵 Jazz Night, The Cove 🎵 Karaoke, The Downstairs Pub 🎭 Love Letters, Newboro 🎭 Mars Needs Moms, Smiths Falls 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic, Tilly's Smokehouse 🎵 Terry Tufts, The Barley Mow 🎭 The Fourposter, Perth
29	30 🎵 Open Mic, The Barley Mow	31 🎭 Toastmasters Club, Smiths Falls	1 🎵 Disney's Aladdin, Perth 🎵 Jazz Night, The Cove 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic, Tilly's Smokehouse 🎭 Secretariat, Smiths Falls 🎵 Terry Tufts, The Barley Mow

North Lanark Highland Games, Aug 20, from 9AM. Opening ceremonies 1PM, final massed bands 5:30PM. Almonte Fairgrounds. almontehighlandgames.com. \$17; \$14 in adv. \$6 kids 2-13
Railfest, Aug 27 & 28, 10AM-4PM. Displays, demos, vendors, workshops, kids' activities, BBQ. Railway Museum, Smiths Falls. 283-5696, rmeo.org. \$5.50 adults.
Literature
1st Edition Reading Series, Aug 5 (Trevor Cole & Richard Scarsbrook); Aug 12 (Jill Battson, Rob McLennan & Christine McNair), 5:30PM. Backbeat, 6 Wilson St. W., Perth. jpigeau@hotmail.com, \$5
Poetry Reading, Aug 21, 2-5PM. Audrey Ogilvie & T. Anders Carson, along with other guest poets, read from their works. Tea & scones at intermission. Artemisia, 7 Spring St., Westport.

Theatre
Book Signing with author and veterinarian Dr. Helen Douglas, Aug 27, 2-4PM. Nature Lover's Bookshop, 62 George St., Lanark. natureloversbookshop.ca, 259-5654
Movies in the Park, Aug 4, 11, 18, 25, Sep 1. Start at dusk. Cancelled if rain. Bring chairs etc. Centennial Park, Smiths Falls. 285-9125, togethersmithsfalls.com. Free
A Midsummer Night's Dream, Aug 5, 6, 11, 12, 13 at 8PM; Aug 7 & 14 at 2PM. BarnDoor Productions. Tickets Please, 39 Foster St. in Perth, or ticketsplease.ca. Full Circle Theatre, 26 Craig St., Perth.
The Fourposter, Aug 5-28, 8PM Wed-Sat.; 2PM Wed/Sat/Sun. Jan de Hartog's comedic chronicle of a marriage, presented by Classic Theatre Festival. PDCI Auditorium, 13 Victoria St., Perth. 1-877-283-1283, classictheatre.ca.

Mail Order Annie, Aug 11, 12, 13, 19, 20 at 8PM; Aug 14, 21 at 2PM. \$22; \$20 in adv (box office or Book Nook). \$10 at door for students w/ID. Studio Theatre, 63 Gore St. E., Perth.
The Sweetest Girl in Town, Aug 11-14, 18-20 at 8PM; Aug 14 at 2PM. Smiths Falls Community Theatre. Wholesome musical comedy from 1935. Tickets at Spotlight on the Rideau or 284-4141. The Station Theatre, 63 Victoria Ave. Smiths Falls.
Auditions - Valley Players, Aug 17-18 (7-9PM). Singing & non-singing roles for males/females. To perform in Nov. Textile Museum, 3 Rosamond St. E., Almonte. 256-0101, laubar@sympatico.ca.
Antony and Cleopatra, Aug 18, 7PM. A Company of Fools Theatre. Bring blanket, bug spray, lawn chairs. The Herb Garden, Almonte. \$10 suggested min. donation
The Silver Lining, Aug 20 & Sep 3; 7 & 9PM. The story of the Silver Queen Mine, one

of the Seven Wonders of Lanark County. \$2, \$5 per family, plus provincial park entry pass. Murphys Point Provincial Park. 267-5340, eventsmurphys@ripnet.com
Love Letters, Aug 25-27 (7PM), Aug 26-28 (12:30PM). Dinner (\$45) / Lunch (\$35) Theatre. Newboro Community Hall, 15 Drummond St. Newboro. 272-0392, artsnewboro.com
Spiritual Cinema Circle, Aug 28, 2PM. Myriad Centre, 2 Sherbrooke St., Perth. 267-4819. \$2 donation for theatre rental
Music
Perth Citizen's Band Outdoor Concerts, Aug 4 & 18, 7:30PM. Bring a lawn chair to Stewart Park Bandstand, Perth.
Bob Spelled Backwards, Aug 5, 7:30PM. House concert with Dorner-Sullivan family band. Near Fallbrook. 267-7776, marcia@marciasaie.com. \$15

AUGUST 2011

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Ist Edition Reading Series, Perth A Midsummer Night's Dream, Perth Mini Cycle4SchoolBOX, Almonte Bob Spelled Backwards, Fallbrook Disney's Camp Rock, Perth Open Stage, The Downstairs Pub The Fourposter, Perth 	<ul style="list-style-type: none"> A Midsummer Night's Dream, Perth BBQ & Blues, Tilly's Smokehouse Brock Zeman, Neat Coffee Shop Live dinner music, The Cove Lori Sutterlin Jazz Trio, Harry McLean's Pub Naismith 3 On 3 Basketball Festival, Almonte Puppets Up!, Almonte The Fourposter, Perth 	<ul style="list-style-type: none"> A Midsummer Night's Dream, Perth APEX Jazz Band, The Royal Oak Free Yoga along the Rideau, Smiths Falls Jazz Brunch, Fiddleheads Kevin Head on the patio, The Cove Music in the Park, Smiths Falls Puppets Up!, Almonte The Fourposter, Perth Valley Singles Lunch, Arnprior Vintage Bicycle Fair, Perth
<ul style="list-style-type: none"> Ist Edition Reading Series, Perth A Midsummer Night's Dream, Perth Friends of Foley Mountain, Westport Kane Sisters & Edel Fox, Perth Mail Order Annie, Perth Quilts on the Tay, Perth Steve Barrette Trio, The Swan at Carp The Fourposter, Perth The Sweetest Girl in Town, Smiths Falls Vernissage, Carleton Place 	<ul style="list-style-type: none"> A Midsummer Night's Dream, Perth Carp Garlic Festival, Carp Live dinner music, The Cove Mail Order Annie, Perth MUSICWestport, Westport Pakenham Fair Perth Lions Garlic Festival, Perth Quilts on the Tay, Perth Stephen Mark Fisher, St. James Gate The Fourposter, Perth The Sweetest Girl in Town, Smiths Falls 	<ul style="list-style-type: none"> Mail Order Annie, Perth A Midsummer Night's Dream, Perth Carp Garlic Festival, Carp Children's Walk for Autism, Carleton Place Inspiration & Gospel, Renfrew Jazz Brunch, Fiddleheads Kevin Head on the patio, The Cove Magnolia Rhythm Kings, The Royal Oak Music in the Park, Smiths Falls Perth Lions Garlic Festival, Perth Quilts on the Tay, Perth Ride for Rescue Cats, Almonte The Sweetest Girl in Town, Smiths Falls
<ul style="list-style-type: none"> Campfire Liars Club, The Cove Footloose, Perth Lanark County Plowing Match, Smiths Falls Mail Order Annie, Perth Open Stage, The Downstairs Pub The Fourposter, Perth The Sweetest Girl in Town, Smiths Falls 	<ul style="list-style-type: none"> Footloose, Perth The Fourposter, Perth Farmers' Market Corn Festival, CP James Leclair, St. James Gate Kelly Joe Phelps & Corinne West, Neat Lanark County Plowing Match, Smiths Falls Live dinner music, The Cove Mail Order Annie, Perth North Lanark Highland Games, Almonte Peach Social, Almonte Public Star Party, Carp The Silver Lining, Murphys Point The Sweetest Girl in Town, Smiths Falls Heritage Mica Festival, Murphys Point Park 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Jazz Brunch, Fiddleheads Kevin Head on the patio, The Cove Lanark Township Schools Reunion, Middleville Mail Order Annie, Perth Music in the Park, Smiths Falls Poetry Reading, Westport The Fourposter, Perth Heritage Mica Festival, Murphys Point Park
<ul style="list-style-type: none"> Breakfast with Soul, Almonte Fun with Shakespeare, Perth Love Letters, Newboro Steve Barrette Trio, The Swan at Carp The Fourposter, Perth 	<ul style="list-style-type: none"> Art Beat, Westport The Fourposter, Perth Brea Lawrenson, St. James Gate Corkery Road, Murphys Point Lally Heritage Homestead Day, Murphys Point Live dinner music, The Cove Book Signing, Lanark Love Letters, Newboro Merrickville Antique Show & Sale Merrickville Artisan's Show Old Thyme Fair, Carleton Place Railfest, Smiths Falls Heritage Mica Festival, Murphys Point Park Rideau Lakes Art Show, Westport 	<ul style="list-style-type: none"> Art Beat, Westport The Fourposter, Perth Blueberry Tea, Union Hall Jazz Brunch, Fiddleheads Kevin Head on the patio, The Cove Love Letters, Newboro Magnolia Rhythm Kings, The Royal Oak Merrickville Antique Show & Sale Merrickville Artisan's Show Music in the Park, Smiths Falls Railfest, Smiths Falls Rideau Lakes Art Show, Westport Spiritual Cinema Circle, Perth Heritage Mica Festival, Murphys Point Park
<ul style="list-style-type: none"> Brush Strokes in Carleton Place presents Kanata artist Angela Kilby <brushstrokesart.ca> Baker Bob's Gallery in Almonte presents Bicycle Polo: A Photography Exhibition by Bob Acton fieldwork near Perth presents land art – summer installations: Steven White, Jennifer Ryder Jones, Michael Alstad, and the Bakerygroup <fieldwork.blogsome.com> Heritage House Museum in Smiths Falls presents "Wishing you were here!", "Living with Redwork" <smithsfalls.ca/heritagehouse> Kiwi Gardens near Perth presents Sculpture in the Summer Garden (garden art by 20 artists), <www.kiwigardens.ca> MVTM in Almonte presents "Woven" by Ottawa Mixed Media Artists. <mvtm.ca> Palms Coffee Shop in Almonte presents Pierre Langevin & Margaret Ferraro <palmsonline.ca> The Almonte Library Corridor Gallery presents Dianne Gale, quilts The Mississippi Mills Chamber Gallery presents Dirk Mietzker, acrylics 		

Smiths Falls Toastmasters Club, 7PM every Wednesday. Courtyard Cafe, Smiths Falls. robrodine@hotmail.com.

Almonte Mini Cycle4SchoolBOX, Aug 5, 2PM. Raise pledges or pay \$10 (\$5 ages 8-16). 256-1539 to register. Gemmill Park, Almonte. cycle4schoolbox.com.

Free Yoga along the Rideau, Sundays, 8:15AM-9AM, Lower Reach Park, Smiths Falls. 283-6163, smithsfallsyoga.com.

Valley Singles Lunch, Aug 7, 12:30-2:30PM, Register at 256-8117 or 432-7622., Arnprior Golf Club, Sand Point.

Vintage Bicycle Fair, Aug 7, 1-5PM. Vintage bicycle parade, children's show. & more. ECOTAY, 942 Upper Scotch Line Perth. 267-6391, ecotay.com.

Almonte Coin Club, Aug 8, 7PM. Alliance Coin & Banknote, 88 Mill St., Almonte.

Mayan Code Study Group, Aug 8, 8-10AM, The White Lilly, 14 Mill St., Almonte. lillywhiteangels@sympatico.ca. Free

Seniors Summer Fun Day, Aug 9, 1:30-4PM. Croquet, bocce, potluck dinner. Robertson Lake Community Hall, Lanark. 492-0291. \$3

BBQ/Mick Armitage Band, Aug 11, 6-8:30PM. Bring lawnchairs (no pets please). Village Square Park, Stittsville. 226-9178, mickarmitageband.com. Free

Youth Day, Aug 11, 10AM-4PM. Games, activities & BBQ from 4-6PM. Lower Reach Park, Smiths Falls. 284-1784

Friends of Foley Mountain, Aug 12, 5:30-9:30PM. Cold buffet dinner & auction. Cash bar. Royal Canadian Legion, Westport. 273-2866. \$12 at Murphy's Bait Shop

Pakenham Fair, Aug 13, 7AM-4PM. Stewart Community Centre, 112 MacFarland St., Pakenham. 256-1077. \$3

Children's Walk for Autism, Aug 14, 9AM. Register at lanarkautismsupport.com or at 8:30AM. Carleton Place High School.

Ride for Rescue Cats, Aug 14, 8:30AM. From Levi's Home Hardware, Almonte. 256-3726, countrycatrescue.com. Rider: \$20, Passenger: \$10

Green Liquid Refreshments, Aug 15, 7PM. Coffee Culture, 2 Russell St. E., Smiths Falls.

Lanark County Plowing Match, Aug 19-20. Pancake breakfast, plowing, horse & tractor, music, kids games & animals. Dobson Farm, 1105 Matheson Rd., Smiths Falls.

CP Farmers' Market Corn Festival, Aug 20, 8AM-Noon. 142 Franktown Road, Carleton Place. 253-3561, cpfm.ca

Peach Social, Aug 20, 1-4PM. In honour of Dr. James Naismith. Mill of Kintail, 2854 Concession 8, Almonte. 256-3610x2. \$4

Public Star Party, Aug 20, 7:30PM-1AM. If cloudy: Sep 3. Carp Library, 3911 Carp Rd. ottawa-rasc.ca. Free

Lanark Township Schools Reunion, Aug 21, 1-5PM. History, entertainment, light refreshments, souvenirs. Middleville Fairgrounds, 259-5462, \$5; 12 & under free

Almonte Horticultural Society Meeting, Aug 22, 6:30PM. Culinary feast from your garden potluck. \$2 visitors, \$10 annual membership. Cornerstone Community Church, Almonte. 256-5155

55+ Eastern ON Regional Games, Aug 23. Bringing 55+ together to participate in activities & sports. Smiths Falls. 267-6872, ontarioseniorgames.ca.

Breakfast with Soul, Aug 26, 8AM-10AM. The White Lilly, 14 Mill St. Almonte. www.lillywhite.ca. Free

Lally Heritage Homestead Day, Aug 27, 10AM-4PM. Heritage crafts & trades displays & activities, with live music. Murphys Point Provincial Park. Park pass needed

Old Thyme Fair, Aug 27, 10AM-4PM. Music, vendors, exhibits, \$5 meatloaf lunch. Dress in style of 20s, 30s, 40s., Zion-Memorial United Church, Carleton Place. 253-0975, face.zm@gmail.com

Blueberry Tea, Aug 28, 2-4PM. Union Hall, Wolf Grove Rd. at Tatlock Rd., Almonte. Free; donations appreciated.

Music in the Park, Sundays, 5-8PM. Jam or listen to others. Lower Reach Park, Smiths Falls. 284-8446, openstage.ca. Free

Acoustic Blue Mondays present **Rick Fines & Suzie Vinnick** (Aug 8); **Roxanne Potvin w/Christine Bougie** (Aug 22). 7PM dinner & 8:30PM show. The Cove, 2 Bedford St., Westport. 273-3636, choosetheblues.ca. \$35 in adv; \$40 at door; \$15 show only

Coffee House, Aug 10, 7PM. Admission by donation. Railway Museum of Eastern Ontario, Smiths Falls. 283-5696.

Kane Sisters & Edel Fox, Aug 12, 8PM. House concert. Clare Dwyer, 24 Wilson St. VV, Perth. 267-7808. \$25; \$20 in advance

Valley Festival Inspiration & Gospel, Aug 14, 3PM. From Joni Mitchell to Amazing Grace. \$20 adults, \$10 students, free for under 12s. Trinity-St. Andrew's Church, Renfrew. 754-5217, valleyfestival.ca.

French Opera in the Garden, Aug 24. 4 course meal with arias by Kathleen Radke & Rory McGlynn. Fundraiser for the Renfrew Victoria Hospital. Castlegarth Restaurant, White Lake. 623-3472. \$95

Corkery Road, Aug 27, 8PM. Part of Mica Heritage Festival. Provincial park pass req'd., Murphys Point Provincial Park, Lally Rd/Cty Rd 21, Portland.

The Swan at Carp (Falldown Lane Carp, 839-7926) 7-10PM.
Aug 12, 26 Steve Barrette Trio
Aug 12, 26 Steve Barrette Trio

The Downstairs Pub at JR's (385 Ottawa St., Almonte, 256-2031) Karaoke Thurs, 9PM, no cover.
Aug 5 & 19, Open Stage, 9PM, no cover
St. James Gate (111 Bridge St., Carleton Place, 257-7530) Live at the Gate 8:30-11PM, no cover
Aug 13 Stephen Mark Fisher
Aug 20 James Leclair
Aug 27 Brea Lawrenson

Fiddleheads (Code's Mill, Perth, 267-1304): Sunday jazz brunch with Clay Young & guest, 12-3PM.

The Royal Oak (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover.
Aug 7, 21 APEX Jazz Band, 2-5PM
Aug 14, 28 Magnolia Rhythm Kings, 3-6PM

The Cove (2 Bedford St., Westport, 273-3636): Jazz Night Thurs 9-11PM, Sat 6-9PM, Kevin Head Sun 1-4PM
Aug 4 Singer Ryan Lewis at Jazz Night
Aug 19 Campfire Liars Club featuring Paul Langlois from The Tragically Hip, w/Greg Ball, John Montgomery & Jim Tidman, 8-11PM, \$10

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

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

Neat Coffee Shop (1715 Calabogie Rd., Burnstown, 433-3205): 8PM
Aug 6 Brock Zeman, \$12
Aug 20 Kelly Joe Phelps & Corinne West, \$20

Harry McLean's Pub at the Baldachin Inn (111 St. Lawrence St., Merrickville, 269-4223)
Aug 6 Lori Sutterlin Jazz Trio

Tilly's Smokehouse (10470A Hwy 7, Carleton Place, 257-1700): Open Stage w/Brock Zeman Thurs (9PM)
Aug 6 BBQ & Blues (Al Tambay, MonkeyJunk) 5:30PM, \$20

Community 
Showtime at the Station, Aug 3, 6-8PM, Every Wed. Free family entertainment., Carleton Place Chamber of Commerce, 132 Coleman St. 257-1976

Pro-car-stination

I am not going to debate with you whether procrastination is a good or a bad thing. There are points for both sides. But I wanted to share this with you — I have been trying to stop procrastinating quite so much. Sometimes, when there are way too many things on my plate, I get stressed (duh). And stress makes me procrastinate.

by Rona Fraser

So the various tasks I am procrastinating roll down the hill in a ball, gathering more tasks, until the giant ball of Should-Dos and Need-To-Dos rolls on top of me. And there I lie, completely incapacitated, barely able to breathe under the weight. And usually with a TV remote still clutched in my hands.

So the various tasks I am procrastinating scroll down the hill in a ball, gathering more tasks, until the giant ball of Should-Dos and Need-To-Dos rolls on top of me.

Like I said, I am not here to debate that a little procrastination can be good... because it can and there's nothing you can say to dissuade me! (Some things take care of themselves if you wait a bit.) But it is a slippery slope and I've sometimes lost my footing. And feeling under-the-weather for several months does not help. But a change of diet in May, combined with the change in weather, has led me to — dare I say it out loud — feel good! So once my “feel like crap — need to nap” poetic excuse was gone, I could clearly see my giant ball of to-dos and was gripped with panic. How does one catch up on months of volunteer work and cleaning and whatever else?!

So, I gave it some thought. And I decided that I had had enough. I

was crushed at a crossroads, and had three choices, as I saw it: I could accept that I would never do these things and tell people “Sorry, but I'm out”, I could go on the attack and just do what was needed without sticking my head in the sand, or I could continue as I was... on my obvious path straight to the loony bin. The last option concerned me and was not an idle threat — my subconscious had been warning me for a while now. I kept finding myself singing “They're coming to take me away, ha ha, to the funny farm, where life is beautiful ALL the time...” Songs get in my head by a trigger, and it's not like I'd hear that one on the radio.

Anyways, I decided to attack. Because there is something that big pile of to-dos doesn't know about me... likely because it is not a sentient being, but whatever. So here it is: I do not react well

to being told what to do. I mean, did those to-dos think they could BEAT me?! Well, I'll show them! (Yes, I'm rebelling against my own mind. It's not like it's the first time — how do you think the to-do list got so big in the first place? I don't like to be told what to do! I know: “They're coming to take me away, ha ha!”)

So, how have I been doing with this new plan of “attack”? Very well, thank you very much! I have accomplished a lot. Sure, there are still important tasks I haven't yet gotten to, which make me look like an idiot (snow tires...), but I've been keeping my house tidy, getting caught up with volunteer commitments...

But the to-dos are a wily bunch, and they have just begun a major

assault. One of my least favourite things to do is make big decisions that have a big effect, financially speaking. Like buying or leasing a car. Now, I knew my five-year lease was up this year. I knew it was up in August. The car company had already sent me a letter reminding me of the upcoming date. Fine. August was far away. But now they've not only reminded me of the date but included my options (buy the car, buy a new car, return the car, sit in the corner of the room with my head in my hands and rocking back and forth). Ok, that last one was not an option they proffered, but it's the one I'm leaning towards!

So my current options are simply these: ignore the upcoming date until I am screwed, or get to work on it asap. Well, luckily, I am warped. So when I consider these options, I hear them as if the ball of to-dos is saying them. And you know what IT wants. It wants to roll back on top of me like a conqueror. Like I said, I don't take kindly to being told what to do... especially when the person (or imaginary ball of incorporeal tasks) thinks it's so smart. Because you just know it does. So I will call today for an appointment to talk about my little car. And while I am talking to the lease person, my car can have its tires changed (yes, I know it's July — time flies) and its oil changed and its 50,000 km whatever and voilà! I will be broke and stressed but pleased with myself. And you'll forgive me if I spend an evening in front of the TV, recovering. Just because I'm getting better at attacking doesn't mean I don't need to spend time healing my wounds...

Addendum: Ok, I didn't call the car people that day... but I did so several days later and am happy to report that, not only do I now have summer tires, but I've also made a decision about my car, *weeks* before the deadline! :-)

Humm Bits

Summer Fun Day at Robertson Lake

If you are looking for an excuse to spend a day by the lake, then mark August 9 on your calendar. The **Active Seniors Koalition** is planning a third annual day of fun in the sun at Robertson Lake. This is an opportunity for older adults to get together and enjoy outdoor activities, indoor games or just a quiet time on the beautiful lakeshore. The afternoon wraps up with a delicious potluck dinner.

Starting at 1:30PM there will be games such as croquet and bocce and, this year, there will be a Nordic Pole Walking demonstration and walk. Nordic pole walking is a wonderful, low impact activity that is sweeping the country and is ideal for people of all ages.

After an afternoon of fun, dinner will be held at about 4PM and everyone is asked to bring along a dish of their favourite appetizer, main course or dessert. Contributions to the Lanark Food Bank would also be greatly appreciated. A fee of \$3 will be charged to cover hall rental. To get to Robertson Lake Community Hall, take County Road 16 (South Lavant Road) west from Highway 511. Follow 16 to the community of Lavant (approximately 20 km) and then continue to follow 16 as it makes a right-hand turn just past the hydro cut. The community centre is in Robertson Lake Park, which is on the left after the turn. You are encouraged to carpool and, if numbers warrant, there may be a bus available for those not wanting to drive. For further information on Summer Fun Day, or on carpooling or busing, please call Kate Collins at 492-0291.

Fantasy Fiction Writing Course

Is the next J.K. Rowling living in your house? Do you deal with dragons and wizards on a regular basis? Get those elves down on paper. Join the Fantasy Fiction Writing Course at **Mississippi School for the Arts** on Monday to Friday, August 15 to 19, from 9AM to 12PM. The course is aimed at ages 10 to 14, but helpful for anyone with a dragon issue. For more information, please visit <mississippischool.ca/SummerCourses>.

Don't Miss the Olde Thyme Fair

Everyone is invited to enjoy a free Olde Thyme Fair on Saturday, August 27, from 10AM to 4PM. It will be held on the grounds of Zion-Memorial United Church and Memorial Park, at 37 Franklin Street in Carleton Place.

Come enjoy the music, numerous vendors and exhibits. Enter the Pies, Preserves and Jam contest, and enjoy the judges' efforts as they taste the offerings. Serving begins at noon, in the upper church hall, for a special Meatloaf Lunch, which is just \$5. Dress in the style of the era — 20s, 30s, 40s — and add to the atmosphere.

For more information or to participate as a vendor or contest participant, contact <face.zm@gmail.com> or phone 253-0975. This event is put on by FACE, Fundraising and Community Events for Zion-Memorial United Church. See you there!

Seeking singers!

We are a small group of singers in the Carleton Place/Almonte area who get together on Saturday mornings in Almonte. Our passion is vocal music; our joy is making beautiful music together. The focus is to explore a wealth of repertoire and dig deep into pieces of various styles (standards, sacred, jazz etc.). As well we want to hone such skills as choral blending and balance, tuning and sight reading. There is room in the group for a few more singers of all ranges, particularly tenors and basses. If the above sounds like fun to you, please contact the director, Cheryl Woods, for more information and to arrange for a (very informal) audition: <SingonSaturday@gmail.com>.

Annual Bob Pugh Golf Classic

Now in its fourth year, this year's event will continue to support the Bob Pugh Classic Development Fund, which raises money for Macdonald College, McGill University scholarships. Bob Pugh, a longtime resident of Pakenham, was formerly the Athletic Director and football and hockey coach at Macdonald College. The previous Classics, along with generous donations from alumni and friends, have successfully endowed three scholarships at Macdonald: the Bob Pugh Scholarship, the Dean W.H. Brittain Scholarship and the Lewis E. Lloyd Memorial Scholarship.

The fourth annual Bob Pugh Classic will take place on September 15 at the Anderson Links Golf and Country Club in Ottawa. The event includes lunch and dinner, eighteen holes of golf and a power cart. Registration is \$150 per person or \$600 per foursome. Dinner tickets are also available at \$50 per person. For more information or to register a team, contact Anna Duff at the Macdonald Development Office 514-398-7852 or <anna.duff@mcgill.ca>.

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Mail Order Annie

A Story of Courage, Love and Laughter

She was a young woman with a dream and a firm philosophy: *carpe diem*. Seize the day. It was this dream and this belief that brought Annie O'Ryan, a young woman from Belleville, Ontario, to Station 2735B, a lonely harvest station in the middle of the Saskatchewan prairie. The year was 1923.

The great war of 1914–18, "the war to end all wars", was over. Western Canada was opening up, with small settlements springing up all over the prairie provinces. These settlers were pioneers in the truest sense of the word, living often in unbelievably primitive conditions. But they had dreams and hopes for a new land and a new prosperity.

The trouble was, there were few women in that brave new world, and, much like today's online dating craze, newspapers began to run columns with letters from those western pioneers looking for wives to share their lives.

Playwright Carl C. Cashin was intrigued by the stories of these "mail-order romances," and so he conceived the fictional character of Annie O'Ryan, one of those intrepid women who accepted the challenge to go west. Her story became the award-winning play, *Mail Order Annie*.

As the play opens, Annie has arrived at her destination, and now nervously awaits the arrival of John Proctor, the man with whom she hopes to marry and spend the rest of her life. Trouble is, John Proctor turns out to be far from her dream husband, and their meeting is both comical and touching.

Carl Cashin originally conceived *Mail Order Annie* as a one-act play revolving around this meeting. It went on to win numerous awards, but people kept asking, "So what happened next?" They wanted to know more about Annie and John



The cast of Studio Theatre's production of *Mail Order Annie*: (standing) Lucas Tennant, Danielle MacDonald, (sitting) Paul Roach, (kneeling) Julia Bryant.

and whether their union was a success.

So Carl sat down to finish the play, following Annie and John as they experienced the joy of their first-born son, the despair of the depression, and the mixed blessing of the Second World War. It is a story of love and courage, full of both laughter and tears. It is a story of Canada.

Studio Theatre's production of this full-length version features three veteran actors playing the demanding parts of Annie (Danielle MacDonald), John (Lucas Tennant), and the warm-hearted porter Thomas Rodgers (Paul Roach). Newcomer Julia Bryant is a delight as Annie's feisty daughter, Clare. This production also features the recorded original music of Kemptville artist Andy McGaw, written especially

for Theatre Night in Merrickville's 2003 production.

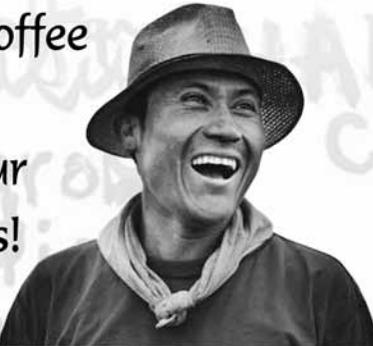
Mail Order Annie opens on Thursday, August 11 at 8PM with a special two-for-one sale on tickets purchased at the box office that night. It continues its run on August 12, 13, 19 and 20 at 8PM with Sunday matinées on August 14 and 21. Regular tickets are \$20 in advance, \$22 at the door, and available at The Book Nook or Tickets Please in Perth. Phone or credit card orders can be made through Tickets Please, at 39 Foster Street, 485-3434 or <ticketsplease.ca>.

For further information, call the Studio Theatre box office at 267-7469 or visit the website at <studiotheatreperth.com>. Studio Theatre is located at 63 Gore Street East in Perth, overlooking the Tay Basin.

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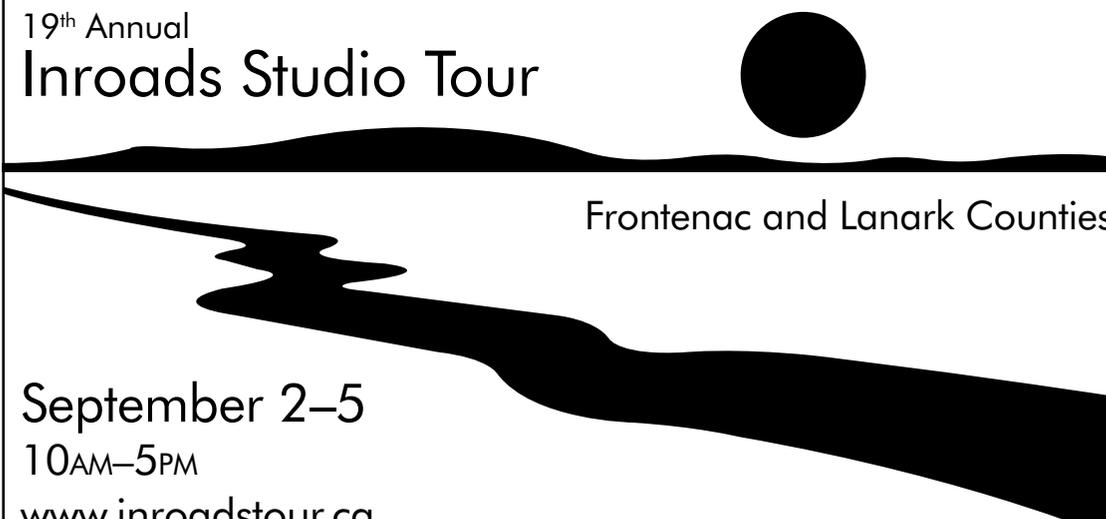


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From *Stories to Read to Your Dog* (or *Stories to Read Your Cat* if you swing that way...) to books on pet care, farm animals (including lots of horse books), we have everything for you or your pet's summer reading list.

ALSO Author and veterinarian Dr. Helen Douglas will be visiting on Aug. 27 from 2-4PM. Pets are welcome to bring their owners.

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Hallelujah! Inspiration and Gospel

It wouldn't be summer in the Valley without a rip-roaring, hand-clapping, pew-shaking gospel concert from the Ottawa Valley Music Festival. On Sunday, August 14, the Festival presents *Inspiration and Gospel: From Joni Mitchell to Amazing Grace* at Trinity St. Andrews United Church in Renfrew.

The chorus and orchestra will be joined by guest soloist, bass-baritone Jerod Bertram. Originally from Nanaimo, BC, Jerod is a recent graduate of the Opera Diploma at the University of Toronto Opera School and has performed in many operas in Canada and Italy.

Tickets for the concert are \$20 for adults, \$10 for students, free for children 12 and under. Call 433-9457 for tickets. Tickets are expected to sell out fast as the gospel concert is always extremely popular. Please visit <valleyfestival.ca> for more details.

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Reever Report

How Does Your Garden Grow?

So this is my *modus operandi* for spring and summer. I vow I am going to have a smaller garden. I am not going to

do the same thing! I have given up on the grow-light routine, and support my local greenhouse for seedlings. But otherwise, I'm there trying to believe that this year will be better.

I weeded the boxes as the seedlings were starting, but then I got discouraged with fighting the mosquitoes and the prickly heat, and left the whole thing to its own devices. Survival of the fittest had to kick into gear.

This morning when I was down in the garden, I have to admit the potatoes are looking lush. I wonder what's down

milkweed, cone flowers, tall grasses, a hops vine threatening to overrun our trellis, and window boxes. I have heliotrope that smells like baby powder, I have nicotinas, I have portulaca, I have Love in the Mist that self-seeds, along with five-foot Siberian balsam that Else Geuer gave me.

Just don't walk down to the vegetable garden, unless you want a real good laugh. It is an embarrassment to me. After so many loads of mushroom compost, such care to plant, such diligence watering, I have to admit, I'm tired of trying.

Next year, I think we'll turn the whole thing into flowers and potatoes, and just wait for Mr. Needham and others to arrive with bags of carrots, rosy beet clusters, lettuce and spinach, berries, tomatoes, cucumbers and peppers.

I also have a few friends who take pity on my failures and offer up their excess, which I gladly accept.

I have the fridge stuffed with their bounty, and although my wallet is a little lighter, it is worth every penny to honour their labour and buy local. When you do, your money is doing double duty: not only are you supporting a farmer, you are reinvesting in your community. And you are replenishing your own good health.

So here's the recipe for all that goodness. Choose a whole lot of delicious new tomatoes, a couple of cucumbers, some crushed garlic, a little green onion, some green pepper, and some basil and parsley. Combine them all in your blender, and puree until chunky. You can add some other spices too — your call! Now, you can freeze this until it is slushy, and call it "Summer Graniti". Or you can just chill it, throw in a bit of good olive oil and salt, and call it Gazpacho. Serve it really cold with some locally baked bread. Oh, this is way too good!!

For all you readers who are trying to relax in the heat: my book, *A Month of Sundays*, is still available at Mill Street Books, or from me personally. Don't be shy — I can't write a second one until the first one is sold out! Shameless promotion, isn't it?

by Glenda Jones

grow stuff that dies at the first appearance of bugs. I'm not going to grow puny carrots that only have tops and no roots. Ah, but then somewhere around the end of April, I succumb to the lure of the vegetable seed rack, and come home with packs of carrots, radishes, peas and of course, beans. The second time I see the rack I buy cucumbers and squash too. Then we go to Country Depot, and I see seed potatoes, and have to have four varieties of those. No onions though — they are a waste of time.

I dutifully dig, rake, smooth, and plant in the certain knowledge "this year will be different"... Then I wait... and wait... Up come measly little carrots, quickly overtaken by radishes that bolt before we get even one globe of snappy taste. The peas ease themselves out of the ground, and wobble up the frame to the grand height of a foot, relinquishing one or two pods per vine before they wither and die! The peppers and tomatoes are trying their best, but honestly, they are driving me nuts. Scrawny is their only description!

Just about the time I'm thinking the beans will be ready in a

there for real spuds? When I looked under the grassy weeds, I discovered a couple of zucchinis, and a few little squash forming up. Perhaps if we don't get frost until December, they

Talk about demoralizing! Every stand is overflowing with produce aplenty — all the stuff that my garden is withholding from us is in abundance — and at a decent price too.

week or two, we go to the local market. Talk about demoralizing! Every stand is overflowing with produce aplenty — all the stuff that my garden is withholding from us is in abundance — and at a decent price too. I load up, lamenting that as a vegetable gardener, I am a complete failure.

It wouldn't be so bad if this were the first time I've gone this route, but oh no, every spring I

will get to an edible size. The cucumber plants will be productive some time in late September — maybe.

The thing is, if you were to come to our garden — and please consider this your formal invitation — you would see that I can grow hostas, daylilies, hollyhocks, blousy roses, huge hydrangeas, masses of phlox, a true Canadian desert, poppies, yellow coreopsis, irises, flax,



Flowers good! Carrots, well, not so good...



So Many Puppets, So Much to Do!

Phew! After a July that was chock-full of fabulous events, those of us living (and volunteering) in Mississippi Mills can sit back... take a deep breath... and gear up for an equally active August!

I'm told that things will start off with a great big bang on the very first weekend, when the **Naismith 3 On 3 Basketball Festival** and the **Puppets Up!** festival share the bill in Almonte.

by Miss Mills

On Saturday, August 6, Bridge Street will be closed to traffic so everyone can wander and cheer on elementary and high school teams and men's and ladies' teams as they vie for supremacy on the outdoor courts. Between games, participants and spectators are encouraged to visit nearby parks and scenic areas, along with Almonte's many wonderful shops and restaurants. If you're coming to town for the 3 On 3, you'll want to make a special pilgrimage over to Centennial Square on Mill Street and have your photo taken with the inventor of basketball himself — Dr. James Naismith. While you're downtown, drop in at Alliance Coin and Banknote at 88 Mill Street to purchase your very own James Naismith Commemorative \$4 Token, which is negotiable at many businesses in town. For more details about the Naismith 3 On 3 Basketball Festival, you can visit naismithmuseum.com.

Now, I may not be tall enough to slam dunk, but I'll sure feel right at home at the **Puppets Up! International Puppet Festival** on August 6 and 7. With puppets bringing their puppeteers to town from all over North America (and even as far away as France!), it's going to be one big puppet-palooza with tons of fun for folks of all ages. For full details about the troupes, the schedule and the admission, just visit puppetsup.ca or pull out the inside four pages of this issue of *theHumm*. But I'll just point out that Mill Street will also be closed to traffic, so that everyone can wander around in between shows and take in the free street entertainment and the wonderful puppet parades that start at 1:45PM each day. Don't forget to give me a wave if you see me!

After that action-packed weekend, you might be looking for a change of pace. Well you're in luck — because the annual **Pakenham Fair**, which takes place on August 13, offers up some good old-fashioned country fun at a leisurely pace. The tradition that began over 100 years ago continues with log skidding, horse, beef, dairy, demonstrations, horticultural and craft shows, a local food market, as well as some terrific children's activities. This year's theme is "Village Green", and this year's fair booklet is available at pakenhamfair.blogspot.com.

Another weekend, another fun-filled activity in Mississippi Mills! A lesser puppet might start to crave some rest, but as I always say: "you can rest when your

puppeteer dumps you back in your crate!" So on Saturday, August 20 I shall don my kilt, gird up my stomach for some haggis, and jig on down to the NLAS Fairgrounds in Almonte for the 28th annual **North Lanark Highland Games**. This event features highland dancing, pipes and drums, and athletic contests galore. For full details and to find out where to buy your passes, call 614-8655 or visit almontehighlandgames.com.

Next up, and especially if you're new to town like I am, you won't want to miss **Mississippi Mills At A Glance** on September 7 from 7 to 9PM at the Almonte Community Centre. You can find out all about the many groups and organizations that hold classes, courses and events for all ages throughout the fall, winter and spring. You know, just so you don't get bored around here...

And then, on September 10 and 11, the Mississippi Valley Textile Museum's highly anticipated annual event, **Fibrefest**, returns to the Museum, the North Lanark Agricultural Hall, and the Almonte Old Town Hall. They will be featuring fibre art vendors, exhibits, demonstrations, a button show and more! New this year, the Ottawa Valley Button Club (OVBC) will be hosting Button Mania to celebrate the world of button collecting. The OVBC welcomes all Fibrefest participants to come and 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



Miss Mills poses with downtown Almonte's newest resident — Dr. James Naismith himself!

collectible buttons from dealers. Visitors can even have their own special buttons examined and evaluated by OVBC members. I'm going to go there myself, and see if they agree with my personal assessment that I'm cute as a button...

Well, that's not all that's happening over the next few weeks, and of course there's lots more to come in the fall, but for now this is your intrepid puppet reporter signing off for another month!

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Saturday, August 20, 2011
 Almonte, Ontario 9 AM–6 PM
 NLAS FAIRGROUNDS (Rain or Shine)

28th ANNUAL NORTH LANARK HIGHLAND GAMES
 2011 Duty Band – **Ottawa Police Service Pipe Band**

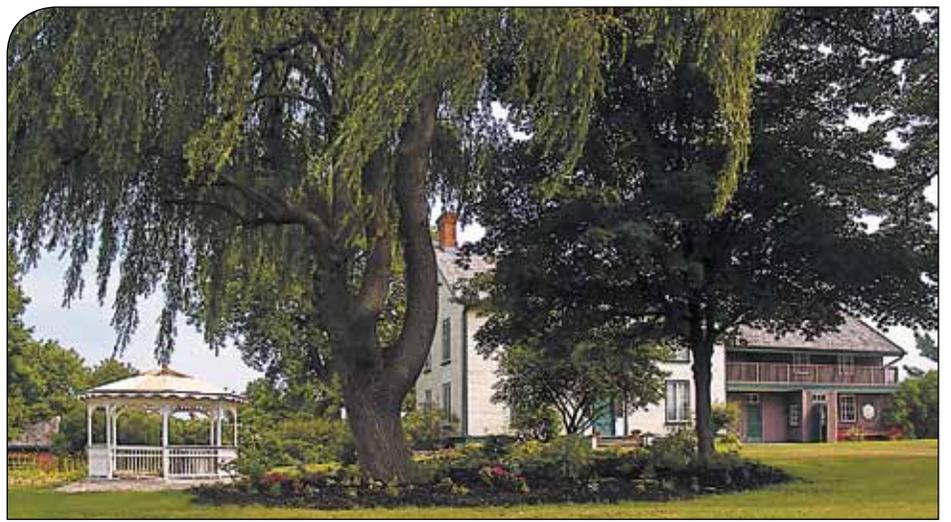
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The Heritage House Museum in Smiths Falls hosts summer workshops for kids

The Smiths Falls Scene

Work, Play, Festivals!

A little work, a little play and more festivities. That's the short version. Now for a bit of detail.

The **Heritage House Museum** has a number of interesting and fun summer job opportunities for kids throughout the month of August, as they host the Making History Summer Workshop Series.

On Tuesday, August 2, it's the Shooting for the Stars workshop. Bring the whole family for this

And you were wondering what you were going to do with the kids for the rest of the summer!

Enough work, let's play!

Who's the sweetest girl in town (...other than your own sweetheart or your mom)? Well, you will have to come to the Station Theatre this month to find out. The **Smiths Falls Community Theatre** will reveal all in their next performance: *The Sweetest Girl in Town*, by Charles George, author and composer of such hits as *My China Doll* and *Rosalie Runs Riot*, among others.

by Joffre Ducharme

one. The Smiths Falls Amateur Astronomy Group will be on site with their *Come View the Stars* indoor and outdoor presentation. Special features include space crafts, a take-home space colouring book, hot chocolate and much more! The workshop starts at 6:30PM, rain or shine. The cost is \$5 per family, \$2 per person. For information on the Amateur Astronomy Group, visit smithsfalls-aag.webs.com.

On August 5, from 1 to 3:30PM, we have the *It's a Piece of Cake* workshop for kids aged 6 to 12. Your pre-teens can really have fun learning how to construct great cake creations from an experienced cake decorator who will show them all the tricks of the trade. The cost is \$15 plus \$5 for supplies.

On Thursday the 11th, from 1 to 3:30PM, it's the dance workshop. Carrie-Lynn, an award-winning dancer, will be on hand to teach the basics of Canadian step dancing to kids aged 7 to 12. Is there a Canadian Billy Elliot waiting to take his first steps?

How about a *Crazy Cartoon* workshop? That's on Tuesday, August 23, also from 1 to 3:30PM. An expert at comic book drawing will teach children aged 6 to 12 how to draw the characters from their favourite comic books, and then how to create their own.

The grand finale on August 25 is a full-day *Pioneer Survival Day* workshop, which will run from 9AM to 3PM. Kids aged 6 to 12 will travel back in time as they experience the world in a number of different historical eras while competing in an intense game of *Survivor*. Cost is \$25.

You must register in advance. Spaces are limited! Registration forms are available at the museum or on the web. For more information about the workshops call 283-6311, email heritagehouse@smithsfalls.ca, or "like" [facebook.com/HeritageHouseMuseum](https://www.facebook.com/HeritageHouseMuseum).

This wholesome musical comedy has delighted theatregoers since it was first performed in 1935. Humorous both in plot and characterization, the play is interspersed with original songs and music.

Opening night is Thursday, August 11, with performances on August 12 to 14 and 18 to 20 at 8PM, a Sunday matinée at 2PM on the 14th.

Tickets are available at Spotlight on the Rideau, 39 Chambers Street in Smiths Falls, from 284-4141 or at the door, if tickets are still available the day of the performance.

Also this month is the 2nd annual **Railfest** at the Railway Museum of Eastern Ontario.

Exhibits will include a variety of elaborate scale-model displays, and demonstrations will cover topics such as using air brakes with the steam locomotive, caboose life, railroad blacksmithing and more. You can take a ride with the kids on Jim Davis' *Ride Along Train*. You won't pass Go, but you will pass some vendors along the way. So pick up some missing items for your collection. Free workshops will be offered on Saturday and Sunday, including tree making, painting techniques for your layout, etc. Special activities for the kids are planned throughout the weekend and a big BBQ will be provided by the Smiths Falls Lions Club.

The festival runs Saturday and Sunday, August 27 and 28 from 10AM to 4PM. Admission each day is \$5.50 for adults, \$4.50 for seniors and students, \$3.50 for children 6 to 13, and children under 4 are free. A weekend pass is also available.

For information contact the museum at 283-5696 or visit www.rmeo.org.

Take care and see you at the Falls.
 — Joffre Ducharme is a local photographer and writer. Reach him at cjoffrecare@yahoo.ca.

Carleton Place In Concert presents:
 Iconic Canadian singer/songwriter

Murray McLauchlan

Up Close & Personal

with legendary bassist
 Dennis Pendrith

Fri Oct 28, 8PM
 Carleton Place
 Town Hall Auditorium

Opening performance by
 Lyle Dillabough
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Tickets: \$35
 Limited Meet & Greet Pass: \$75
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Murray McLauchlan Comes to CP

Canadian iconic singer/songwriter Murray McLauchlan will be appearing "up close and personal" in Carleton Place on Friday, October 28.

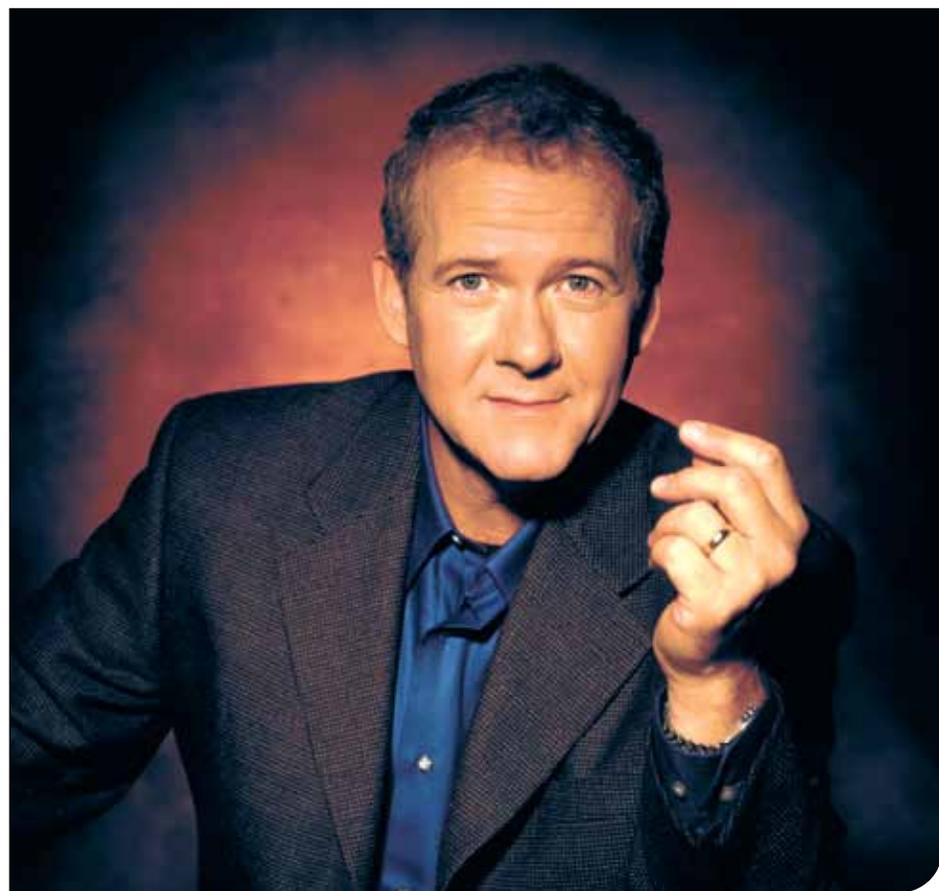
The show will take place in the historic Carleton Place Town Hall Auditorium and will feature McLauchlan, along with his longtime friend and associate, the legendary Canadian bassist Dennis Pendrith.

McLauchlan is an eleven-time Juno Award winner, a seven-time Canadian Country Music Vocalist of the Year and a recipient of the Order of Canada.

The show is a joint presentation by Lyle Dillabough Productions, Thomas Cavanagh Construction Limited, and several residents. Proceeds from the concert will go towards the establishment of a performance fund, which will be used to showcase future concerts of this nature in the town.

"I think having Murray McLauchlan coming to perform here in Carleton Place is just fantastic," says Mayor Wendy Leblanc. She and several members of her Council are serving as volunteer associates, along with Dillabough and Lori Cavanagh, to make this event happen.

Tickets to this very special event are \$35 each. For an even more up close and personal experience, a limited number of special "meet and greet" passes are available at \$75 each (includes admission). Tickets can be purchased in Carleton Place at Temptations Magazine Store (117 Bridge St.), SRC Music (124 Moore St.) and the Chamber of Commerce (132 Coleman St.). For more information, email <lyleproductions@gmail.com> or call 257-4970.



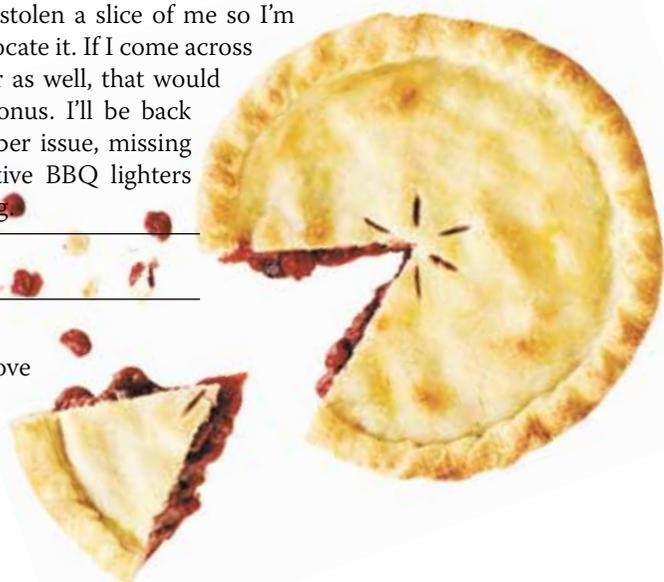
The concert may not be until October 28, but hey — it's Murray McLauchlan, folks! Get out there and grab your tickets soon, 'cause they won't last long!

Playing With Food Dear Readers,

Somebody has stolen a slice of me so I'm busy trying to locate it. If I come across my BBQ lighter as well, that would be a definite bonus. I'll be back for the September issue, missing slices and fugitive BBQ lighters notwithstanding.

by Pie Whole

Lots of Sweltering Love
— Pie Whole (minus 1)



Downtown Carleton Place Has a Story to Tell!

Frustrated by finding "styles that only suited teens or great-grandmas", Bonnie McBain decided to open her own women's clothing store in 1996. Over a decade later, **Bonnie and Company** still offers a wonderful mix of new fashions with a contemporary edge — built for real bodies! Check out gorgeous and versatile creations by Joseph Ribkoff, Eric Alexandre and Ingenuity (many of which are Canadian-made) in a comfortable and relaxed setting with a personal touch. New fall and winter designs are arriving, and summer stock is still on sale. They are open Mon.–Sat. from 9:30–5 and Thursdays

until 6:30, or by appointment.



Bonnie McBain

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Derek Levesque & Dustin Pettes

Owner Derek Levesque and chef Dustin Pettes welcome you to dine at **Ballygiblin's** — indoors in air-conditioned comfort, or outside on the patio. As always, the focus is on local food complemented by microbrewery and craft beer, and a wine list that is exclusively VQA. The menu is brimming with summer salads and signature dishes, and Dustin is creating daily and nightly specials featuring farm-fresh veggies and herbs. Congratulations to Ballygiblin's on their upcoming 5th anniversary! They are open seven days a week, and also offer off-site catering.

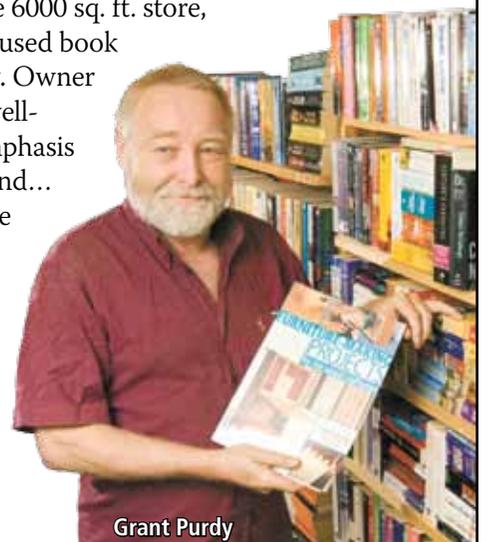
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Dear Perth: (a Letter from Lindsay Kyte)

I hope you haven't forgotten me because I sure haven't forgotten you. Once again I've packed up my Toronto apartment for your weeping willows, rushing rivers, blue dragonflies and people who don't assume you're asking them for change when you wish them "Good Morning". In case you have forgotten me, let's get reacquainted. My name is Lindsay Kyte. I was an actor in the Classic Theatre Festival's *Blithe Spirit* last summer. I played the clumsy maid, Edith, who messed up her high-class employers' carefully constructed life in more ways than one. And offstage, I was determined to become one of you in any way I could.

You see, though my bills have been delivered to a Toronto address for a few years now, I am, and will always be at heart, a Cape Bretoner. This means I adore being part of a community. Last summer, I loved strolling through Perth and having people who saw the show call me over to have a glass of wine on their patios. You should never invite a Cape Bretoner over for wine. They'll show up every day.

I loved spending all day floating in the Tay, drying off and then piling into the theatre to do the show. I loved the stars that shone over Stewart Park at night and the little path I named "Avonlea" where I'd go to dream all day until the mosquitoes started feasting on me. I loved that people dropped off baked goods to our rehearsals and my lovely billetter took such good care of me — she even sewed my broken beach bag to make sure I had snacks after the show. I loved the amazingly talented cast

who inspired me with their craft, instinct and dedication. And taught me to make sushi. I loved Laurel Smith, our director, who is so precise in her directing that she can press on one moment and a whole play will suddenly explode. And Matthew, her husband, who does the outreach for the Classic Theatre Festival and makes the best guacamole in all of Canada (and maybe the States — it is untested).

When I got word this fall that I had been cast again in the Festival, I was beside myself with joy. Perth became a home to all of us last summer. The friendships I formed then have continued throughout the year. And though I've got a great gang here in Toronto, there have been times when I've been rushing down a street and suddenly stopped, trying to see a sunset, somewhere. I could only see it reflected in the glass of the commerce buildings. And I would wish with all of my heart to be back in Perth, a place which is almost boastful in how many lovely perches it can provide for gazing at the sun's colourful yawn before twilight.

This summer I'm playing Agnes in *The Fourposter*, in which I age thirty years on stage. It's a really exciting challenge and I love experimenting with how to do it well. My castmate Scott Clarkson and I, when we were initially planning our travel to Perth, discovered we both have morbidly obese cats (Birney and Battle Cat, each weighing in at 20lbs) and Scott plays a slew of instruments and I sing. If you hear some dogs howling around 11PM in

Perth this summer, perhaps they're telling us Classic Theatre folk to stop singing *We Are An Island* over and over again. Or perhaps they're telling just me!

Also this summer, I have done something that has my mother shrieking in excitement (if you turn your ear towards Cape Breton, you can hear her). Three years ago I attended the Liverpool Institute for Performing Arts (LIPA) in Liverpool, England. LIPA is founded by Sir Paul McCartney. Now, having just completed my thesis, I officially graduated July 29. I flew over to England (sponsored for free by Air Transat) to get my diploma. And just who was there shaking my hand to give it to me? Sir Paul himself! Laurel graciously gave me two days off from rehearsal to fly over. My mom and two aunts were there as well, screaming like schoolgirls. Again, turn your ear east and I'm sure it's Mom.

Not only that, but the Classic Theatre Festival has declared August 14 to be "Beatles Day." After the show on this day, I will be giving a talk about LIPA, Liverpool and meeting Paul McCartney. Then Scott and I will be playing and singing some Beatles songs. I can't wait!

Sunsets, theatre, a Beatle and a community that cares about those who come to join it, whether it be for a summer or



Lindsay Kyte returns to Perth this August to play the role of Agnes in the Classic Theatre Company's production of *The Fourposter*.

She's kind of fond of the town...

a lifetime. I have a feeling, Perth, that you and I are going to be lifelong friends. Maybe I'll talk Sir Paul into coming over for a dip in the Tay.

See you at the show!

Cheers,

—Lindsay



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Highland Games Celebrate Ramsay Township's 175th Anniversary

The 2011 North Lanark Highland Games will celebrate Ramsay Township's 175th anniversary as this year's theme for the popular annual event. The 28th annual games, which take place in Almonte on Saturday, August 20, will feature displays on the history of Ramsay Township and actors recreating the lives of early settlers.

This year's games will also welcome local business owner Charlie Kitts as guest of honour and the Ottawa Police Service Pipe Band as duty band.

Charlie Kitts lived in Almonte as a child, from 1942 to 1953, and moved back to town thirty years ago. Since returning to Almonte, Charlie has been active in a variety of community and Ottawa Valley organizations. He retired from teaching at the Almonte & District High School in 2005 and he and his wife, Ella McPhail, have owned and operated the Naismith Sports Pub for sixteen years.

Charlie hosts two weekend radio shows on CHIP FM, and has written a general interest column in a local newspaper for nineteen years. His contributions to the area's traditional music were recognized in 2010, when he was inducted into the Ottawa Valley Country Music Hall of Fame.

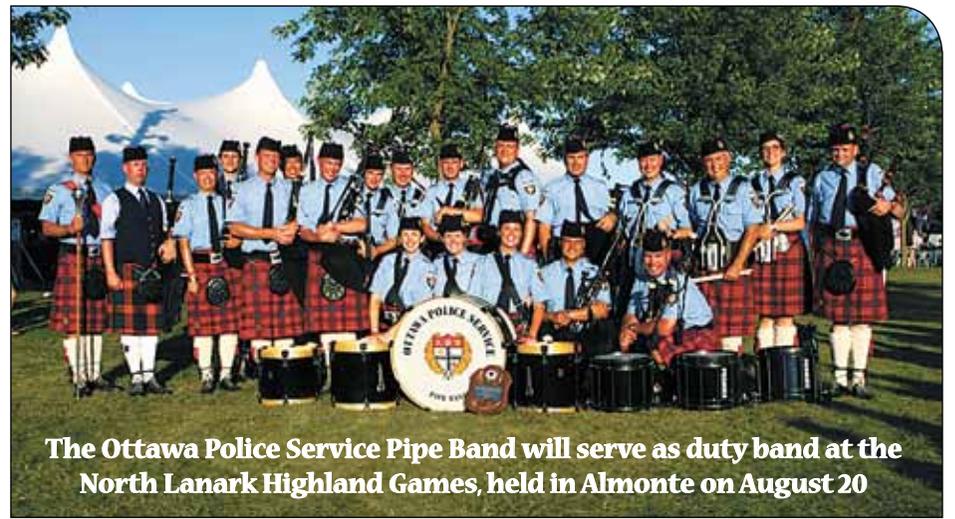
The popular "Friendly Games", which take place on the shore of the beautiful Mississippi River, will feature highland dancing, pipes and drums, and athletic

contests. Numerous Scottish concessions will offer traditional clothing and foods, refreshments, souvenirs, crafts and genealogical information.

The Ottawa Police Service Pipe Band was the 1994 and 2009 Grade 4 North American Champion. Established in 1969, the band was founded by serving Ottawa police officers to promote public relations and to contribute to memorials for slain officers. Today, the band plays at Canada's national police memorial service and at other memorial services, funerals, tattoos, highland games and parades across Ontario and the United States.

The 2011 Games begin at the North Lanark Agricultural Society (NLAS) Fairgrounds in Almonte at 9AM on August 20. The crowd will be entertained by more than 100 highland dancers and 20 professional, amateur and women athletes, with the children's mini-games set to take place in the afternoon. Scottish clan booths and vendors will be on the grounds all day. At 1PM, the Legion's Colour Party and the duty band will parade from the Legion to the fairgrounds with the guest of honour.

The athletic competition will once again feature the "battle of the brothers" between Christoph and Markus Wand. Dean Curtis of Guelph, making his mark on the professional circuit this year, will return to Almonte, where he competed as



The Ottawa Police Service Pipe Band will serve as duty band at the North Lanark Highland Games, held in Almonte on August 20

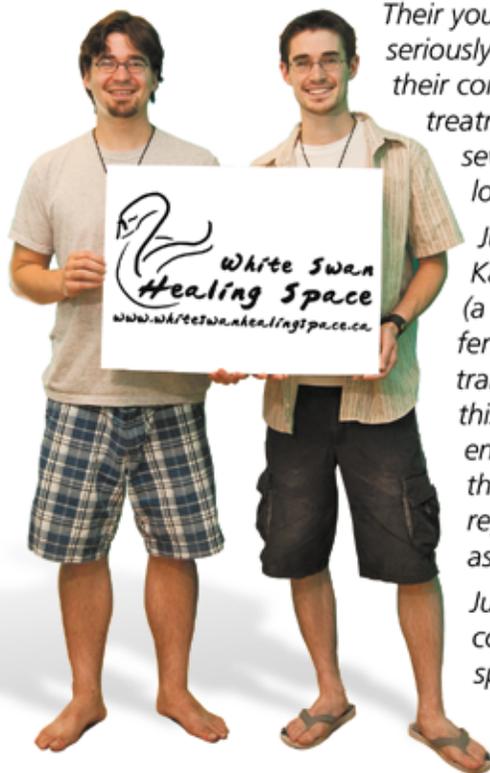
an amateur. Warren Trask is returning to competition after surgery earlier this year, and favourite George Chiappa, who is in his 31st year of highland games competitions, will make his 28th appearance in Almonte. Local boy Neil Lowry, a veteran of competition and Almonte favorite, is also hoping to take part in what's sure to be an exciting contest.

The closing ceremonies and massed bands will take place at 5:30PM and then everyone is invited to stay for a Ceilidh in the Almonte Legion beer tent on the NLAS grounds, featuring entertainment by local band Corkery Road, which will begin playing at 4PM.

Highland games ticket prices at the gate are \$17 for adults and \$6 for children (ages 6 to 12; children under 6 are admitted free), while advance ticket prices are \$14 for adults (no advance purchase for children's tickets). Tickets are available online at <almontehighlandgames.com> or in Almonte at the Waterford Tea Room and Mill Street Books, in Carleton Place at MacDonald's Sports Excellence, and in Pakenham at Nicholson's Sundries.

Parking is free at the Almonte Arena, and a free shuttle service operates between the Arena and games site. For more information about the games, call 614-8655 or visit <almontehighlandgames.com>

"The energy in this community is very welcoming!"



Their youthful grins notwithstanding, brothers Justin (left) and Riel Ouimet are seriously dedicated to their goal of contributing to the healing and spirituality of their community. They work towards this goal primarily by providing Reiki treatments and teaching Reiki from **White Swan Healing Space** which, after several months on Mill Street in Almonte, recently moved to a new location at 79 Bridge Street (suite 3).

Justin (who is a master teacher in the USUI Reiki Method, registered Karuna Reiki® master, and Lightarian™ Reiki Master/Teacher) and Riel (a level II Reiki practitioner who is in the process of becoming a certified feng shui consultant) both strive to raise awareness of how Reiki can transform lives by reducing stress and nurturing the mind, body and soul. To this end, they offer everyone their first session for free. They are very enthusiastic about the welcoming energy of Mississippi Mills, and the fact that the spiritual community is growing here. White Swan also offers regular community events, such as a Reiki Share open to other practitioners as well as the general public, which help encourage that growth.

Justin and Riel's plans for the near future include expanding and collaborating with others to create a community healing centre with more space for events, featured practitioners, retail and works by local artists.

To find out more about them or to book your appointment, please call (613) 452-0734 or visit www.whiteswanhealingspace.ca.

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Ottawa Magazine "Where to Eat Right Now"

"... what Castlegarth offers is the increasingly rare opportunity to taste familiar ingredients as if for the first time." Shawna Wagman

FRENCH OPERA IN THE GARDEN

Bowties, evening gowns and starched shirts, is this what the great composers thought of when writing the great opera arias? No it was love, food and the celebration of life. Come join us at



fresco in Castlegarth's flower gardens for a 4 Course Meal matched to the voices of Kathleen Radke and Rory McGlynn. From Carnegie Hall and

Roy Thomson Hall to Castlegarth, they will be singing famous tenor and soprano arias by great French opera composers such as Gounod, Bizet, Massenet, Offenbach and Mayerbeer. This is a Charity Dinner for the Renfrew Victoria Hospital. Wednesday, August 24th, \$95 a Person For Reservations 613 623 3472.

Have an occasion that needs to be catered?

Castlegarth Food Shop

Shop Hours: Wednesday to Sunday beginning at 3:00



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