

JULY 2019

the Hummm

free

Arts,
Entertainment
& Ideas



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Stewart Park Festival

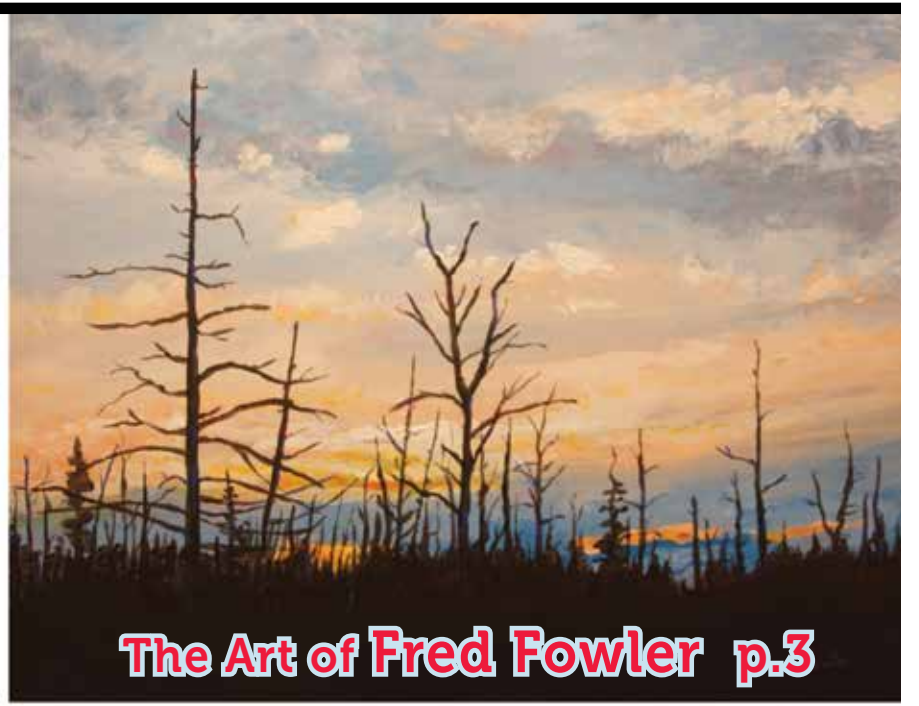


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MVTM House & Garden Tour



Fowler



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Fowler

July is Festival Season

After the fireworks on Canada Day, there's still a lot of celebrating going on this month — this area abounds with popular festivals! And if you want to reserve a perfect parking spot by buying the house it comes with, just give me a call!

Pat's Picks 5 Wednesdays in July • in Almonte's Augusta Street Park

for July: Almonte Celtfest • July 5-7 <almonteceltfest.com>

Perth's Stewart Park Festival • July 19-21 <stewartparkfestival.com>

Perth Garlic Festival, Perth • August 10 & 11 <perthgarlicfestival.com>



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"...and you say you've been bothered by a ringing in your ears?"

Celtfest is Coming!

While we are not entirely sure where spring went, I think we can all agree that Summer 2019 has officially arrived. For many, this marks the beginning of a wonderful time of year with long-awaited summer vacations, exciting road trips, the lazy days of summer, BBQs with family and friends, and of course, summer music festivals.

Speaking of summer music festivals... Almonte Celtfest 2019! July came quickly for the organizing committee as we've spent the last ten months preparing to bring fabulous Celtic music back to our wonderful town. At this point, the organizing, strategizing, planning and heavy lifting is done, and now we are able to let the weekend unfold into the amazing three-day festival that we have all come to know and love.

The organizing committee would like to take this time to thank YOU. You, the festival attendee, the sponsor, the supporter and the volunteer. Almonte Celtfest would not be what it is today, without you. So, to each and every one of you, we extend a heartfelt thank you.

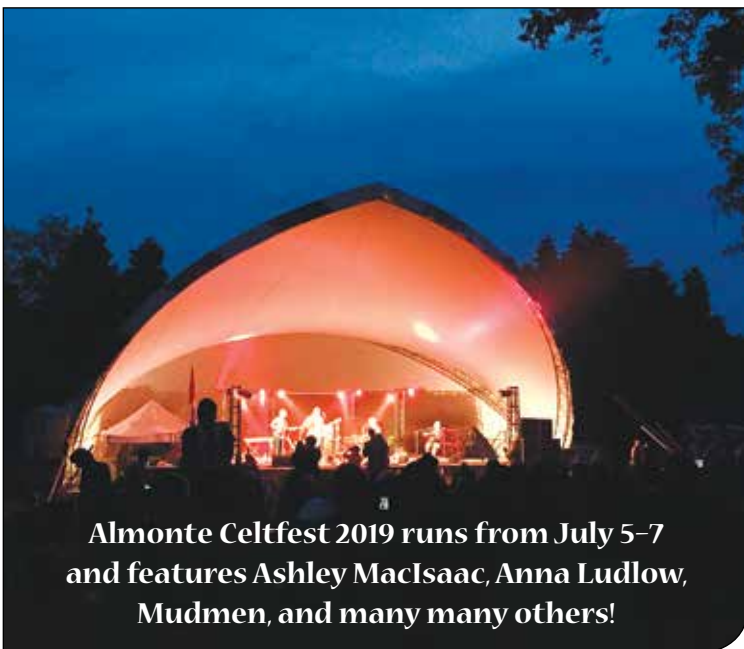
A very special thank you goes out to our major sponsors: Crooked Mile Brewing Company and Perth Brewing Company for providing Celtfest with their delicious cold refreshing beverages. Thank you also to Robert Gourlay Construction, Thomas Cavanagh Construction, The Barley Mow, Levi's Home Hardware, Oegema Nicholson, TPG Technology Consulting, Cleland Jardine Engineering and Devlin's Collision Center. We could not do this without you.

And finally, I would be remiss if I did not personally thank the Almonte Celtfest Organizing Committee. This group of seven women worked tirelessly all year, all the while working full-time, raising families, and running their everyday lives. Every member of the organizing committee volunteers their time, and it is this dedication and devotion to the festival that keeps the festival at the calibre it is at. By the way, have we mentioned that this year has shaped up to be one of the largest festivals to date!?

And now, the Organizing Committee wishes you an amazing Celtfest weekend. May you laugh with friends, dance with your loved ones, eat and drink with those around you, and share in the love of Celtic culture.

Enjoy!

— Susan Ryan



Almonte Celtfest 2019 runs from July 5-7 and features Ashley MacIsaac, Anna Ludlow, Mudmen, and many many others!



Who's Reading the Humm

Back in 2017, **Tracy Julian** and **Kim Curran** wrote: "This is for your readers who might be fans of 'Doc Martin'. It's a British television series which has just completed filming its 8th season. The show is set in the fictional fishing village of Portwenn, located on the northern coast of Cornwall, England. The actual name of the place it's filmed in is Port Isaac. This photo shows us outside 'the doc's surgery'. He must have been out on a housecall, so we took some time to read our Humm instead."



of Place

Carleton Place Pride Festival

Carleton Place resident and Pride organizer Byron Wilson is happy to announce that the town will be celebrating their second annual Pride Festival on Saturday, July 20 from 11AM to 4PM at Junction Park (behind the Wool Growers at 142 Franktown Road). Byron explains that: "this is a big thing for our community — the local support is amazing! We have many different vendors including local businesses, non-profit organizations and large corporations alike."

The Carleton Place Pride Festival will also feature food, a Kids' Fun zone, face painting, a drag show, a lip sync battle and DJ spinning all afternoon. It's a great event for all ages! Byron adds: "as an openly gay resident of Carleton Place, and having been a female impersonator for sixteen years, I am happy to see this progress happening."

Byron is joined by seven other committee members on LGBT CP: Frances Ebbrell, Angie Mills, Paolo Villa, April Marie Wood, Kate Murray, Peter Harrison and Kory Earle. Byron says that the committee welcomes input and suggestions from everyone in the community. They are planning to celebrate all week long, starting with a flag-raising ceremony at the Carleton Place Town Hall on July 14 and culminating with the Pride Festival on July 20.

If you would like to be a part of this amazing and colourful day by becoming a vendor or volunteer, you can reach the LGBT CP president by email at <lgbtcp@yahoo.com>. Follow Carleton Place Pride Festival 2019 on Facebook for details.

Opening hours for July

- Wednesday: 12-5pm
- Thursday: 12-5pm
- Friday: 12-5pm
- Saturday:
 - Almonte Farmer's Market: 8:30-12:30
 - Carriageway: 1-5pm
- Sunday: 12-5pm
- Monday/Tuesday: Closed.

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

Editor:

Kris Riendeau
 editor@thehummm.com

Layout and Design:

Rob Riendeau
 rob@thehummm.com

Advertising/Promotions:

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

Calendar Submissions:

Rona Fraser
 calendar@thehummm.com

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

Content Deadline:

20th of the month prior to publication

Advertising Deadline:

22nd of the month prior to publication

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Thumm's up this month to:

Kevin Burns — our amazing rep at the Performance Printing press hall for the past decade or so. Kevin's integrity and commitment to quality have been a real gift to us here at theHumm. We wish him all the best in his new endeavours.

The Arresting Art of Fred Fowler

It's invigorating to meet someone who challenges your subconscious prejudices. I was surprised to learn that Fred Fowler, outgoing President of the Rideau Lakes Artists' Association, is a retired Toronto cop. There's absolutely no reason an ex-cop can't be a good artist, yet meeting him and seeing his eclectic art definitely expanded my awareness of the influence the mass media has on our preconceptions.

by Sally Hansen

Acrylics, watercolours, oils, monotypes, photographs — Fowler works with an open mind and a playful, experimental approach to achieve particular results. In an astute quid pro quo, he uses photography as a tool to both capture and reveal painting subjects that appeal to him. Many photographers seek a "painterly" effect; Fowler employs digital imaging capture and processing software to inspire his painting. He finds it facilitates his choice of subjects and helps him evaluate options regarding style and method to best achieve his artistic goals.



On his website at <fredfowler.ca> he states: "I have always been painting or drawing something and evaluating it with my siblings, most of whom have developed particular interests in art. They have keenly influenced my artistic development. I have been exposed to many styles of art, from abstract to high realism. As a result I can be very eclectic. I am able to call on an extensive stylistic 'repertoire' depending on inspiration and aims with a particular subject."

A visit to his home studio and gallery is a visual treat in many ways. First, his art is captivating. It is eclectic, as promised. There are large, striking landscapes that feature dramatic skies — and occasionally nearly-concealed subject matter, like the one with the SS Edmund Fitzgerald at the bottom of

Lake Superior. Some paintings feature iconic rural Ontario landscapes such as a farmhouse in the distance under a threatening sky or tree skeletons against a setting sun. Fowler's portraiture is distinctive too, with unusual settings and poses that hint at their subjects' personalities.

In addition to painting on canvases and canoe paddles, Fowler experiments with other media. He creates intriguing abstracts using a process of printing called monotype. Following in Edgar Degas' footsteps from back in the mid-1870s, Fowler draws with oils on glass and then uses a variety of methods to print the image, sometimes just pressing a piece of paper against the glass with his hands to pull a mirror image, sometimes pulling multiple images. Like Degas, he enjoys the process, the endless opportunity for experimentation, and the uncertainty.

Today, however, his preference is painting realistic oil images based on his collection of photos mostly gathered on travels around rural Ontario. Speaking of which, the view from his home studio/gallery on the bank of the Mississippi River at McLaren Depot Snye near Snow Road Station is spectacular. He and his wife Sarah, also an artist, have renovated a 1930s creamery and created a workplace and showcase that celebrate the natural beauty surrounding them. It's one of the reasons that Fred is an exceptionally exuberant and effective advocate for his community.

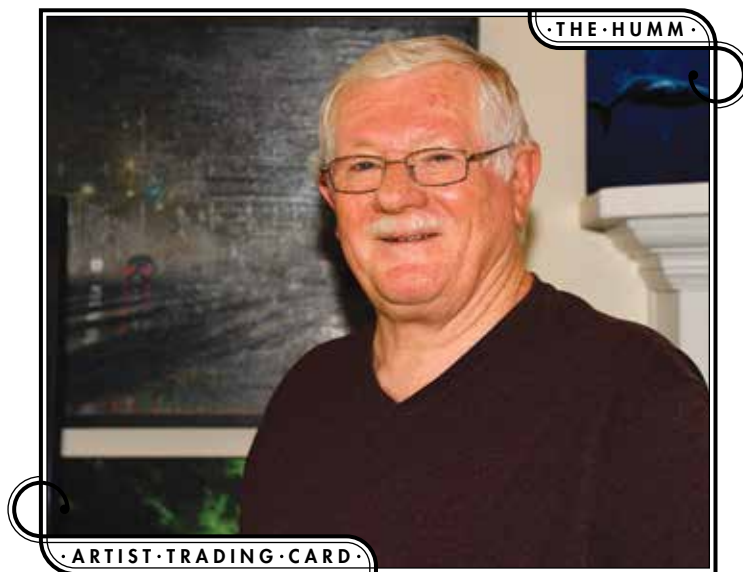
The other main reason is the people. Fred now has "more friends than I've ever had before." Shortly after he and his wife Sarah moved from Toronto to Snow Road Station, Fred joined the Rideau Lakes Artists' Association, and today he is also one of seven councillors for the Township of North Frontenac.

Family Matters

Fowler was born in Nipigon on the northern edge of Lake Superior, 114km north-east of Thunder Bay. His eclectic tastes in art were no doubt influenced by being one of sixteen kids. When he was eleven years old his father died in a car accident, and his mother was helped to move the family to Mooseheart, a residential childcare facility run by the Loyal Order of Moose, located on a 1,000-acre campus near Chicago.

Fred confirmed his talent and passion for art as a sophomore in high school when he entered a drafting contest sponsored by the Illinois Institute of Technology. With over 3,000 contestants, Fred took second place and his brother Scott took first place in their division. The following year Fred took first place and Scott took second. Later Fred studied interior design at the Chicago Academy of Fine Arts; some of the life drawings and etchings he produced still serve as reference material for his current creativity.

After a move to Toronto to continue his art studies, he joined the Police Force to patrol in a two-person




police car. He eventually became a breathalyzer technician, really enjoyed the work, and got along well with his coworkers. He explained that his modus operandi was: "Treat people the best you can and try not to break the rules."

He took a night course in watercolour painting, and when the sponsoring art gallery had a student art sale, one of his paintings sold and he "got the bug." He became active in the Scarborough Art Guild; the wife of a fellow cop introduced him to monotypes, and the Mayor of Scarborough selected one for purchase by the City.

Fred and Sarah moved to Snow Road Station in 2004 after they provided end-of-life care to Sarah's parents. He has a harrowing story of how he was able to put his police experience to good use when he discovered that his father-in-law, who suffered from dementia, had been defrauded. Fred not only recovered the money from the perpetrator (a parolee from the Kingston Penitentiary), he extracted an apology.

Fred Fowler will be displaying his eclectic artistic talents on July 13 and 14 during the Rideau Lakes Artists' Association's **Paint the Summer Show and Sale** at Algonquin College in Perth. The background on his home page at <fredfowler.ca> displays his painting titled *On the Beaver Pond* that won Peoples' Choice at a gallery in Brockville. You can also enjoy a gorgeous ride in the country to see the 4'x8' outdoor mural he has gifted to the North Frontenac Township for display at the Community Centre just up the road from his converted creamery. Have I mentioned the view from his studio/gallery?! Check out his Artist Trading Card for more details.


Almonte Potters Guild



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Deborah Arnold, "Shadows"



Sue Adams, "Frontal Male Study"



Sue Adams, "Leda and the Swan"



Deborah Arnold, "Eclipse"

**Above: Works by Almonte-based sculptors
Deborah Arnold & Sue Adams**



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Visit us this summer in Almonte, Ontario and see works by Canadian artists from coast to coast!

Gallery Hours

Wednesday.. 11am-7pm
Thursday..... 11am-7pm
Friday..... 11am-7pm
Saturday..... 11am-7pm
Sunday..... 11am-4pm
Mon-Tues: by appointment

WHO Fred Fowler

WHAT Painter and Photographer

WHERE Home Studio and Gallery, open by chance or appointment at 4005 Elphin-Maberly Rd., Snow Road Station; <fredfowler.ca>, FredFowlerArtist@gmail.com, 278-0441

WHEN July 13 & 14, 10AM to 4PM, Rideau Lakes Artists' Association "Paint the Summer" Show and Sale, Algonquin College, Perth

WHY "I get a big kick out of producing an artwork that somebody will pay for, hang on their wall, and look at."

ARTIST TRADING CARD

THE HUMM

The Ladies' Foursome

Teeing Up for July 4th Opening at Studio Theatre

It's that time of year again, when the rattle of expensive metal is heard coming from car trunks and when spouses disappear for hours at a time, reappearing with sunburns, bug bites, and either smiles, scowls, or looks of quiet resignation.

Yes, it's golf season.

For the final show of its 2018/19 series of plays, Studio Theatre Perth presents *The Ladies' Foursome*, a Norm Foster comedy that will make you love the game, even if you, well, currently hate *your* game.

A sequel to Foster's wildly popular male version of the play (*The Foursome*), *The Ladies' Foursome* follows four female golfing buddies, three of whom have met weekly for years, as they play 18 holes. (Through the magic of Studio Theatre's new projection system, the women actually tee up at the 18 holes of Rolling Greens Golf Club in Smiths Falls, the show's sponsor.) As the story begins, we learn that one of the regular foursome has recently passed away. At the funeral, the three survivors meet Dory, a long-time friend of the deceased from another time and place. Longing to keep the weekly games going in their friend's honour, the three invite Dory to join them as a fourth, and the rest is classic Norm Foster — lots of laughs, a few tears, and always a good time. The scenery is beautiful, the script is a hole-in-one, and the four veteran actors are a pure joy to watch.



The Ladies' Foursome in rehearsal: Pattie Greer (l) and Tracy Noonan star in Norm Foster's comedy along with Annie West and Sue Bamber

Sponsored by Rolling Greens Golf Club, *The Ladies' Foursome* stars Annie West, Susan Bamber, Tracy Noonan and Patti Greer. It opens on Thursday, July 4 for seven performances: July 4, 5, 6, 12 & 13 at 7:30PM, and July 6 & 14 at 2PM. Please note that there is no Sunday matinee on July 7. Advance tickets are \$24 at Tickets Please (485-6434; ticketsplease.ca) and at the Studio Theatre box office on show nights. Students with ID pay just \$10 at the door, subject to availability. Save \$5 on opening night. Don't miss the fun!

— Paul Joyce

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Midsummer HerbFest

At the Waba Cottage Museum & Gardens

This year's Ottawa Valley Midsummer HerbFest is being held on Sunday, July 28 from 9AM to 4PM — rain or shine. The location is the Waba Cottage Museum & Gardens in White Lake, just an hour from Ottawa. The best part is that admission is free (with donations appreciated)! This year's HerbFest marks the 24th annual celebration of healthy lifestyles, and the 4th anniversary in the new location at White Lake.

In no particular order, the folks who put on the Midsummer HerbFest love: summer, taking care of the earth, and herbs. From day to day, they use herbs for remedies, savoury food garnishes and spiritual purposes. They will gather on the last weekend in July (mid-summer — one of the best weather weeks of the year), and hope to continue their record of 24 years without rain.

The event will include vendors, displays, demonstrations, music, crafts, children's activities, food and drink concessions. For detailed information, please visit <midsummerherbfest.ca>.

White Lake's History

Waba Cottage Museum and Gardens includes five historic museum buildings nestled on eight acres of

lovely gardens on the scenic shore of White Lake. An ancient Scottish clan chief once ruled the roost here with an iron fist. Laird Archibald McNab brought settlers over and subjugated them to medieval feudal terms for almost twenty years.

The vintage buildings have many stories to tell. The stone house echoes Archibald's reign of terror. The log church, school house, dairy barn and display building offer unique insights into the daily lives of early settlers.

In the 1970s, whale bones were discovered within two kilometres of the Museum's location. Today, these are important clues in a breaking news story that spans 12,000 years. New theories about comet strikes, melting ice caps, inland polar oceans, continental wildfires and mass extinctions of man, mammoths and other large mammals are attributed to this "bad day". The museum is open Monday through Friday from 10AM to 4:30PM until Thanksgiving. To get there, take Hwy 417 to Arnprior's exit 184 and drive south on White Lake Road for about 12 minutes until you come to the four corners in White Lake. Turn right onto Burnstown Road and go a kilometre. You'll find the Museum beside the lake!

5 Wednesdays in July
Free Outdoor Live Music Concerts in Almonte's Augusta Street Park

July 3	Lanark County Revival Lost: Pet Pigeon Almonte Civitan Club BBQ
July 10	Billijon Steve Stacey & the Stumpsplitters Community Potluck
July 17	Tripod Jennifer Noxon & The Brindled Cats Almonte Civitan Club BBQ
July 24	umberlune Brad Scott Trio Community Potluck
July 31	Taylor Walters Jimmy Tri-Tone Almonte Civitan Club BBQ

Food & Music Start at 6PM
More info: [f/FriendsofAugustaStreetPark](https://www.facebook.com/FriendsofAugustaStreetPark)

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Stewart Park Festival 2019

Amazing Line-Up and So Much More!

From folk-rock powerhouses to a third-generation country star, the 2019 Stewart Park Festival line-up is set to be an unforgettable one.

The Small Glories and Kelly Prescott are just some of the names performing at the 28th annual festival taking place in Perth from July 19–21. Festival goers will also get to see Connie Kaldor, Élage Diouf, Shakura S'Aida, Keith Glass and Andy Irvine on stage.

After months of crafting the line-up, Artistic Director James Keelaghan says he's thrilled to release it to the public. "This year's Stewart Park Festival takes you from the high lonesome country sound of Kelly Prescott to the deep rhythms of Senegal from Élage Diouf," says Keelaghan. "Whatever your tastes, you'll find something to delight your ear this year."

Keelaghan isn't the only one excited about this year's roster. "As a committee, we are always eager to see what our artistic director crafts together," says SPF Chair John McKenty. "And, once again, we're very enthusiastic about James' line-up. We're anticipating a weekend-long show that truly connects to our tradition of bringing an unforgettable music experience to Perth."

A much-anticipated festival welcome will go to Juno-nominated singer and songwriter Jeremy Fisher. While he's got six albums under his belt, Fisher became a first-time father in early 2016, and the child-sized guitar that hangs in his kitchen became a go-to for soothing a fussy baby or entertaining a bunch of kids on a playdate. Soon this grew into turning everyday events into musical adventures. The result is "Jeremy Junior", in which he brings his catchy songwriting skills to a collection of music aimed at young listeners: *Jeremy Fisher Junior* — *Highway to Spell*.



Other performers set to hit the Main Stage include Dave Gunning, Suzie Vinnick, Sussex, the Aleksí Campagne Band, Maz, Terry Tufts, Red Fox, El Coyote, the Tritones, Wade Foster, Emily Fisk, Zack Teal, Reynald, Burnside Sisters, Doug Barr, Jennifer Noxon and Hula. Younger fans won't want to miss the Stewart Park



This year's SPF line-up has great "all-ages appeal", with performers such as The Small Glories (above) and Jeremy Fisher Junior (at left)

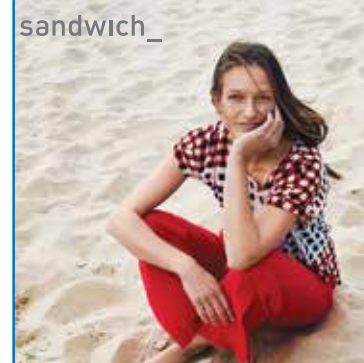
Festival Youth Showcase, Perth Academy of Musical Theatre, Magoo and Shari Ulrich.

More than Music

While the Festival's Main Stage will be filled with incredible performances, music isn't the only thing on the schedule. Children's activities will take place throughout Saturday and Sunday, including crafts and instrument building, workshops and more. Adult workshops will give grown-ups the chance for personal development as well. Head across Gore Street to take in the tunes at the Perth Brewery Patio at Crystal Palace where you'll find a licensed patio, live music and stunning views of the Tay Basin.

This year SPF welcomes back the Wine and Jazz Bar hosted by the Stone Cellar at the new Terrace on the Tay development off Mill Street. The newly renovated outdoor landscape makes for the perfect chance to soak in some good music while lazily sitting by the water. Learn more about the 2019 Stewart Park Festival at <stewartparkfestival.com>!

SUMMER SALE NOW ON!



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Artists in the Loft

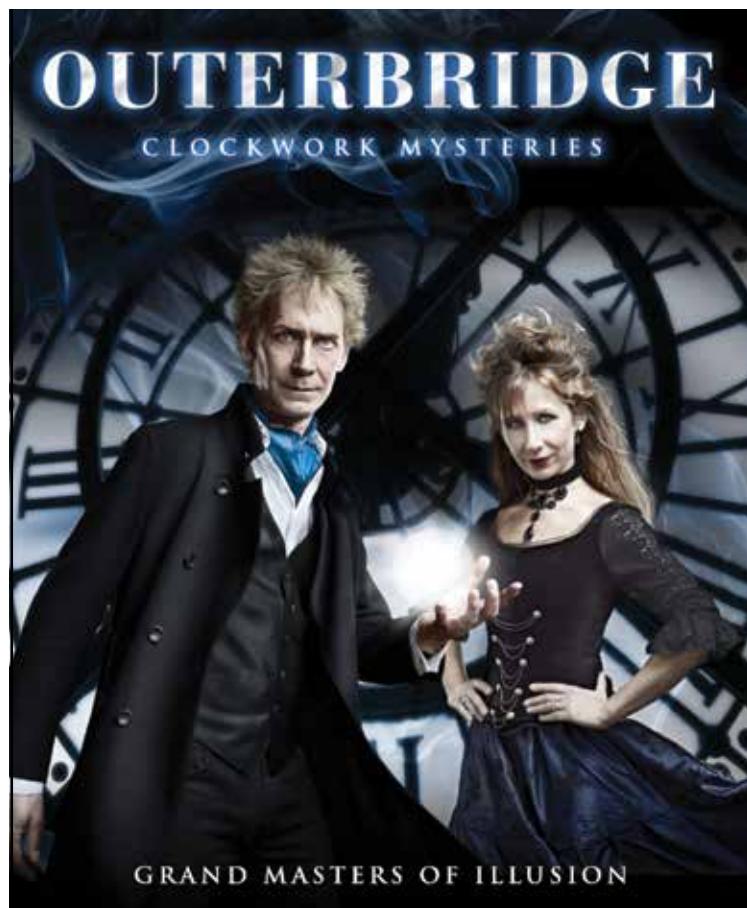


Saturday, July 20, 2019

10:00 am - 6:00 pm

You're invited to a one-day art show and sale. Meet your local artists and watch them painting on site. Presented by Four Brushes and Bowness Farm. Parking and admission are free.

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Carleton PLACE

The Great Carleton Place Amazing Race

Come on out on Sunday, July 28 from 11AM to 4PM and spend the day exploring downtown Carleton Place! Taking place at Market Square and all around the town, The Great Carleton Place Amazing Race is a good old-fashioned scavenger hunt with some twists and turns taken from the hit show *The Amazing Race*.

Participants will undergo a series of 200 challenges that will include locating objects, snapping photos, answering trivia questions, posting on social media, and solving a series of mystery questions. Instagram and Facebook will be used to track your progress throughout the event, so please ensure that at least one of your four team members is social media-savvy. Questions and challenges will be located all around town, allowing you and your team to explore Carleton Place's history, and find intricate stones to build a human pyramid! Team are encouraged to dress in their finest first settlers' attire... OR wear deer stag antlers! #bringbackthestag!



Find out about Carleton Place's history and hidden treasures on Sunday, July 28

The fee for a team of four is only \$20, and you can register or find out more at carletonplace200.ca or by emailing info@downtowncarletonplace.com.

The Inspiring "Green"-ing of Our Communities

You may have been hearing and reading about the growing successes of the Green Party across Canada and other parts of the world — mainly in Western Europe, where the Greens made big gains in recent elections. These gains are significant in that they overshadowed the small gains of the far-right, which had been touted as the movement to watch. But did you know that the Greens are part of a global movement called The Global Greens globalgreens.org? This is a partnership of the world's environmental movements, Green parties, NGOs, foundations, think tanks, institutes and individuals working cooperatively to implement the Global Greens Charter which contains all the great stuff we need to make big changes for a better world — socially as well as economically.

The Greens operate on a grassroots level without corporate funding here in Canada. They are refused the ability to be heard in national debates, so it's all the more remarkable to see the gains they are making. I attribute this to the Green Party being part

of this powerful global movement toward economic and social change that puts people and the planet before profits. We know deeply this is what our communities need. Traditional political parties have been letting us down in many significant ways.

Recently, the latest report from International Panel on Climate Change gave us some eye-opening data on what we must do in order to save the planet from deteriorating into a place that won't support human life. Many people are deciding to make new choices that will shake up business-as-usual so we have a chance to address our challenges. In Canada we have a chance to show what we value most in these fraught times by voting Green.

Fortunately, Green policies have proven to be very successful in other jurisdictions. They have proved that prosperity isn't tied to relentless, rapacious growth but rather to thoughtful, creative sustainability. For example, there are now more good paying jobs across Canada in the renewable energy sector than in fossil fuel production. To learn more about this, check out the work of Chris Turner. He is the Canadian expert on the worldwide clean energy revolution. For starters, you can see a great video of him talking about this on the website for The Walrus Talks: youtu.be/FhQFDB4yiOE.

All of this is so exciting and full of the best of our creative spirit! We can not only survive but thrive in the growing Green Economy. Putting more Greens into government this fall will help ensure all this great stuff will get done. Fortunately we have a terrific candidate here in Lanark/Frontenac/Kingston — Steve Kotze. It's all so hopeful and full of potential. I hope you will learn more about the Green revolution and participate in our fall election to help Green-up our communities!

— Chandler Swain



Steve Kotze is the Green Party candidate for Lanark/Frontenac/Kingston. Learn more about him at greenparty.ca.

Sunshine, Neighbours, and All that Jazz...

It was the middle of August and the middle of the day. The sun was shining bright, the dog was attempting to cool down on the tile floor, and I was chopping watermelon in the kitchen when the doorbell rang. I peeked around the corner and saw my neighbor standing on the front porch. He was a tiny man — probably only ninety pounds dripping wet with a shock of white hair, his shoulders hunched over by life — who lived two doors down in an equally tiny, slightly hunched white clapboard house in the middle of a postage stamp-sized yard. Over the years I would see him out with his reel lawn mower or red-handled snow shovel early in the morning or late in the evening, and once in a blue moon I'd get a daytime sighting as he carried a bag of groceries in from the rusty '70s-era Chevy Caprice parked on the pea gravel drive next to his house. Whenever I saw him, I'd wave and say hello. Whenever he saw me (or anyone else, for that matter) he would scurry into the house like a rabbit and wait until the coast was clear before coming back out to finish what he'd started. It went on like that for thirteen years... and now he was standing on my front porch ringing the doorbell. I didn't even know his name.

I opened the door and smiled. "Hello," I said, and he immediately looked at his feet. "Hi," he answered. We stood there for a long time in silence before he looked up and off in the distance. "I'm John. I live over there," he shared, nodding toward his house. "I'm wondering about your cat — the yellow and white one. I haven't seen her lately and I hope she's OK."

Unfortunately, the cat he was asking about was not OK. Three weeks earlier while I was out of town at a conference, Sunshine-the-cat had been hit by a car in front of the house and died. As I told John the details of what had happened, his clear blue eyes filled with tears and his already stooped posture sunk a little lower. "Do you want to come in?" I asked. "Sure. Just for a minute, though..." He sat on the edge of the chair closest to the door and let the tears fall, not scurrying anywhere for a moment.

"She sure was a great cat," he finally said, wiping his nose with a well-worn blue hanky that he pulled out of his back pocket. "Rain or shine, she'd show up at my kitchen door almost every day and let out a loud meow. If I didn't open the door right away, she'd hop up on the windowsill and tap with that deformed paw of hers." He paused to blow his nose

and chuckled. "We had this routine: I'd let her in, put on some jazz and get her some tuna. When she was done eating we'd sit on the couch together. I'd tell her what to listen for in the music and give her a little history on the musicians — I know it seems silly, but I liked talking to her and she was a good listener. After an hour or two, she'd wander to the door and scratch. I'd say, 'See you tomorrow...,' and she'd head home across the yard. I watched to be sure she made it there OK." He paused to look at the yard and sighed. "I haven't seen her for awhile and thought maybe something happened, so I thought I'd check." And then he looked right at me for the first time and said, "What was her name? I never knew..."

"Sunshine," I whispered as the tears spilled down my face. Here I thought that she spent her afternoons hunting mice in the back shed or lazing in the yard under the walnut tree. I had no idea that she had this whole other life two doors down.

"Sunshine," he smiled. "She sure was. Yes, she was..." He stood up and patted me on the shoulder. "I'm sorry about your cat. I won't bother you anymore..." And off he went; across the yard to his tiny little house, all alone.

Two days later, John was standing on my front porch when I came home from work. He looked sheepish — I don't think he planned on seeing me — and turned down my invitation to come in. He said he was just stopping by to drop off a little something: a CD he'd burned for me. "These were her favourites: Ella Fitzgerald, Duke Ellington, John Coltrane and Miles Davis. I would have included Wynton Marsalis on there, too — we listened to him a lot — but she really preferred the oldies. I hope you like it." I did like it. A lot.

As far as I know, John didn't ever wander back onto my front porch. And I never made my way to his kitchen door. But from that day on, we'd smile and wave a few times a week when we saw each other out in the yard and even stop to chat now and again about the weather, the happenings in the neighborhood, and about jazz. It made us both smile. — *Angie Arendt is the Director of Big Stone House: a Center for Courageous Living in Almonte <bigstonehouse.ca>*

The Reever Report

Fall Prevention Course Failure...

We're devotees of the Strength and Balance course offered by the Mills Community Support. (Note: if you are as old as the land line phone, you need to check out these courses. More on this in August.) We're supposedly keeping ourselves in good mental and physical shape so we can live productive and active lives without toppling over at a

by Glenda Jones

moment's notice. The course must be doing some good because I can stand on one leg and look somewhat graceful, and can manage to swing my arms and move my feet at the same time. Physically, I know I'm improving.

Mentally is another story though. After a spring of intermittent puppy sitting, snuggling baby Shelties, we have succumbed to puppy fever again. My head knew two were enough, and we hauled out every argument we could to prevent ourselves from falling, but three days with the last puppy, a five-month-old named Destanee, was too much. Obviously, the fall prevention course couldn't prevent this mental collapse. Am I a failure at the course? Possibly!

There we were, heart ruling head, a crumpled heap of puppy love that no course would have prevented, and now our house is once again a sea of toys, two young dogs racing under our feet, the cat in a continual hissy fit, and our sensible older girl watching warily from the sidelines. Mercifully, no one has said we're crazy, even though it could be whispered discretely behind our backs.

Our dogs give us satisfaction and joy as they grow and learn. We laugh at their antics, and celebrate their ability to absorb and relate to new experiences. Netflix doesn't cut it next to a puppy class with many puppies doing their best to sit, stay, walk like a big dog, or fall asleep because they've worked so hard.

Every day is a safari as far as a puppy is concerned. A butterfly is as exciting as a ball, a flowerbed must be for digging, and a garden tool is a toy. The long snake that lives under the porch is a constant source of inquisitive observation.

As long as we stay home with the three dogs it's all fun and games. However, once in a while we need to pack up and travel. So here's the conundrum: our car is small, bought to fit just the two of us and two dogs. Add a third and we look like the Clampetts on vacation: three crates, a shelter tent, chairs, food and drinks for everyone, leashes, shade covers and extra jackets — because for sure it's going to rain, ha, ha, ha! — the back end of the car practically drags on the ground as we take off with the whole family. Getting us all in can be a puzzle; getting us out, the reverse. But off we go to dog trials or to the market. You'll see us on the road with our "agility dogs" sticker on the back of the car. Please stay well back or we'll be enduring barking from our precious passengers.

There are times when common sense should rule, but what would be the fun of never taking a chance? How many times have we said: "I wish I'd..." and watched an opportunity flow gently past? Would you really want your mantra to be "I'm always sensible"? Sometimes we need to shake things up and go for it, and that's what we've done by letting this puppy into our lives. Her name alone tells you something: "Destanee". She was destined to be ours. Full disclosure: that's her registered name, but she looks like a little diva, so that's going to be her call name: Diva.

Now, if I could just win the lottery so I could throw myself and my bank account totally into dog training, agility trials, grooming, vet expenses and on it goes, all would be well. In the meantime, I'll forego fancy clothes and expensive artwork, and be content to watch over all our furry babies.



A Company Of Fools Presents - Torchlight Shakespeare - July 2nd- August 17th

ROMEO + JULIET

Directed by Nicholas Leno
Costume Design by Vanessa Imeson
Set Design by Brian Smith
Music Design by Allie Harris

Ontario Ottawa ONTARIO ARTS COUNCIL CONSEIL DES ARTS DE L'ONTARIO fools.ca

AT THE MERA SCHOOL HOUSE ON THURSDAY, JULY 25TH
AT THE ALMONTE HERB GARDEN ON WEDNESDAY, AUGUST 7TH

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See George at the McDonalds Corners Farmers' Market on Saturday mornings or call him at 278-2637

cabincreations.ca

Humm Bits

Movies Under the Stars are Back

On Thursday nights throughout the summer, the Railway Museum of Eastern Ontario and the Smiths Falls Heritage House Museum invite everyone to watch Movies Under the Stars! Come by Centennial Park (under the water tower) at 7PM for pre-show activities and games, and stay to enjoy concession snacks and a movie each week. The line-up features new movies as well as classic hits that you won't want to miss:

- July 4: Dress up as your favourite superhero for *Captain Marvel*
- July 11: Come with friends and family for the funny flick *Shrek*
- July 18: Learn *How to Train Your Dragon: The Hidden World*
- July 25: Get your singing voice ready for *Moana* on the big screen!
- August 1: Take a step back in time and enjoy the classic hit *Grease*
- August 8: Come early for some obstacle courses and games before *Incredibles 2*
- August 15: Visit Centennial Park for the new *Aquaman* and some fun games
- August 22: Get the kids excited for *The Secret Life of Pets 2*
- August 29: Find your magnifying glass and Pokémon cards and join the fun for *Pokémon Detective Pikachu*

Be sure to bring a chair, blanket and bug spray. Admission is free of charge and the concession stand opens at 7PM with popcorn, hot dogs, drinks, chips and more. In case of inclement weather, please contact the Heritage House Museum at 283-6311 or <heritagehouse@smithsfalls.ca>. If you would like to sponsor or volunteer for an upcoming movie night, please contact Sienna at the Heritage House Museum at 283-6311. Stay in the loop! Keep up to date by following <moviesunderthestarsmithsfalls> on Facebook or by visiting <smithsfalls.ca/heritagehouse>.

Strawberries at the Schoolhouse!

On Sunday, July 7, from 1-4PM, enjoy strawberries, cream and a visit to the restored Cedar Hill Schoolhouse at 270 Cedar Hill Road between Pakenham and Almonte — what a perfect summer outing! A modest \$6 per person gets you a feast of juicy local strawberries, real whipped or ice cream, homemade cake (gluten-free is available) and beverages. Gorgeous bouquets of cut flowers from the extensive gardens of the nearby Donaldson Farm will also be available (the gardens are open for tours too). The Schoolhouse is fully accessible, so please bring your entire family.

The Cedar Hill Schoolhouse, a designated heritage building, underwent exterior restoration last summer, so this is the perfect occasion to see the beautiful results. Funding for the restoration came from the Town of Mississippi Mills, from the community through Friends of Cedar Hill Schoolhouse fundraising events such as the annual strawberry social, and from generous donations. As always, all proceeds from this year's event will go towards the preservation of the historic 145-year-old community building.

For more information, please call 256-2014 or 256-2830.

Commemorate 50th Anniversary of 1st Lunar Landing

July 20, 1969. Most of us remember exactly where we were on that historic day when Neil Armstrong took his "one small step" onto the surface of the moon and into the history books. The Apollo 11 mission was the culmination of a bitterly fought cold war rivalry between America and the U.S.S.R. to be the first to land a man on the moon. Eight years earlier on May 25, 1961, President John F. Kennedy had made it clear in an address to a joint session of Congress that America was prepared to do whatever was necessary to win the quest for the moon. Achieving that goal would create a huge boost in national prestige and demonstrate to the rest of the world which country was more advanced in science, technology and the exploration of space. It would require unprecedented resources — both intellectual and financial — to determine who would claim victory.

On July 20, 2019, exactly fifty years to the day after the first lunar landing, the Carleton Place Public Library will host a special event looking back at this epic saga. Amateur astronomer Frank Hitchens will offer a fascinating multi-media presentation entitled "Apollo 11: The Quest for the Moon". It will tell the story of what is arguably the greatest achievement in science and engineering in the history of humanity.

The Carleton Place Library is located at 101 Beckwith Street. The presentation begins at 3PM and admission is free. For more information please contact the library at 257-2702 or email <library@carletonplace.ca>.

Oh Canada Eh?

Ottawa Dinner Show Features Valley Musicians

An interactive theatre experience that celebrates the Great White North and pokes fun at Canadian stereotypes will hit the stage in the nation's capital for the summer.

The *Oh Canada Eh?* Dinner Show has been entertaining locals and visitors to Niagara Falls for 25 years. While the original Niagara production continues to celebrate Canada night after night, *Oh Canada Eh?* is excited to announce a brand-new home, located in the nation's capital. The Ottawa production will be staged by family-run Totally Legit Productions and is set to begin performances just in time for the Canada Day weekend.

Featuring Canadian music from the post-WWII era to modern pop, *Oh Canada Eh?* uses audience interaction to tell a story about Canadian culture, explore the Canadian psyche and highlight the country's unique sense of humour.

While based on the show staged in Niagara, the Ottawa production will have its own flair with new

jokes, new choreography and more French content. It also features a strong Valley contingent, with pianists Peter Brown and Cheryl Woods as well as bassist and band-leader Dave Arthur travelling in to lend their talents. Peter is well-known to Humm readers from his work with the Mississippi Mudds, local choirs and his own Peter Brown Quartet. Hailing from Ashton, Dave Arthur is a member of the aforementioned quartet, and has played extensively throughout these parts. Cheryl Woods is a member of Perth's Rideau Lakes Orchestra, conducts a choir in Almonte, and is well-known as an accompanist both locally and with Ottawa's Orpheus Society. In *Oh Canada Eh?* she will be joined by many performers familiar to Orpheus audiences.

Oh Canada Eh? runs at Clark Hall in the RA Centre on Riverside Drive in Ottawa until September 14. For tickets or more information, please visit <ohcanadaehottawa.com>.

Culture Camp Breakfast Fundraiser

The best breakfast fundraiser returns to Perth on July 6! Ardoch Algonquin First Nation and the Lanark County Neighbours for Truth and Reconciliation are holding a fundraising breakfast in support of the annual Ardoch Algonquin Culture Camp on Saturday, July 6 from 9-11:30AM in the hall at St. Paul's United Church, located at 25 Gore Street West.

Enjoy fabulous pancakes with local maple syrup, bacon and sausages and a skewer of fresh fruit. Finish up with a great cup of solar-power-roasted coffee provided by La Senda Mobile Café, operated by Armida and Youssef Sawan from the Aruma farmers' market in Lanark. Gluten- and dairy-free options will also be available. Tickets are \$10 for adults or \$5 for children under ten, available at the door. Espresso drinks from La Senda will be available for an extra cost.

The breakfast is in support of the seventh annual Culture Camp, presented by Apagidiwag Omàmawí'iniwag and Ardoch Algonquin First Nation, to be held this year from July 17-21 at Mazinawgamiig (Bon Echo Provincial Park). The Camp brings together Anishinaabe youth, adults, and Elders with language and cultural teachers to learn about Anishinaabe or Omàmawí'iniwag (Algonquin) teachings and practice related to the land



Photo courtesy of Paula Sherman/Regina Hartwick

A participant at last year's culture camp preparing manoomin, or wild rice

and people. Funds raised at the breakfast will go towards supporting Elders and language and cultural teachers to attend the camp, and ensuring that the camp remains affordable for community members. For more information contact Paula Sherman at 705-760-0171 (Ardoch Algonquin First Nation), or Regina Hartwick at 416-550-5116 (Apagidiwag Omàmawí'iniwag). Also visit <aafna.ca>, or find @LCNeighbours on Facebook.

A Country Studio Visit

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Saturday, July 20
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Info: 613-259-5036

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Friday:

- Freestyle Motocross Show
- Sundown Band with Brad Munro & Marty McTiernan

Saturday:

- Grandstand Gala Show
- Wrestling
- Ventriloquist
- Derringers Band

Sunday:

- Demolition Derby

New! Pay One Price Admission

All Weekend:

- New Midway: World's Finest
- Livestock Shows (Sat. & Sun.)
- Parrot Shows
- Farm Animals Tent
- Homecraft displays
- Beer Gardens
- Vendors

July 19-21 www.almontefair.ca



ALMONTE GEMMILL PARK CELT FEST JULY 5 - 7 2019



FRIDAY JULY 5TH

Lanark County Revival
Naismith Pub • 8PM

Barley Mow
Check with venue for lineup

Equator Coffee Roasters
Check with venue for lineup

Les Rats D'Swompe
7PM

Mudmen
8:30PM

SATURDAY JULY 6TH WORKSHOPS AT OLD TOWN HALL

Intro. & Adv. Fiddle
with Anna Ludlow 10AM

Swedish Tunes 101
with Silverfura 10AM

Whistle
with Graham Lindsay 10AM

Beg. & Intr. Bodhrán
with Alistair Dennett 10AM

Irish Guitar with
Joe Campbell-McArdle 10AM

SATURDAY JULY 6TH CONT.

Welcome & Opening Remarks • 12PM

Valley Voices
Community Choir • 12:15PM

Barley Shakers
12:35PM

Patrick Donnelly
1:05PM

Celtic Cross Dancers
1:40PM

Fánaid
2:10PM

Anna Ludlow
3:05PM

Occasional Pudding
4:20PM

Bang on the Ear
5:30PM

Twin Flames
6:30PM

Ashley MacIsaac
8:30PM

SUNDAY JULY 7TH

Fiddle Mass
Holy Name of Mary • 10:30AM

Monday Night Fiddlers
12:05PM

Dai Basset
12:35PM

Danny O'Connell
Scholarship Award • 1:10PM

Celtic Cross Dancers
1:30PM

Silverfura
2:30PM

James Keelaghan
3:15PM

The Fitzgeralds
4:30PM

The Parting Glass & Closing Remarks • 6PM

ALL SCHEDULES,
LINEUPS & LOCATIONS
SUBJECT TO CHANGE

SAT & SUN

LITTLE CELTZ ZONE GAMES & ACTIVITIES
12-4PM

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10AM-5PM

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SO ME HEARTIES...
what will you be - pirate or buccaneer?



PADDLE FOR AGH
AUGUST 10, 2019

It's time to get your crew of salty dogs together to plan your vessel for the great annual raft race, **Saturday, August 10** on the Mississippi River in support of the Almonte General Hospital.

Hope to see you on the high seas!

For information about this fundraising event, please email rafttraceagh@gmail.com.

To register your raft, please visit almontehospitalfoundation.com/our-events/summer-paddle/

Do You Know

It often surprises people to know that our Hospital and Manor rely 100% on community funds and donations to purchase replacement or new equipment



Our community benefits from a CT Scan close to home

Put Yourself in the Picture

A **campaign** to ensure patients at Almonte General Hospital have access to the best diagnostic tools **close to home.**



Donate today To learn more about supporting the Hospital & Manor visit www.almontehospitalfoundation.com or call 613-256-2500 ext 2296

Mississippi Mills River Run Walk

Register Now

**Sept. 7
2019**



For Womens Health

Almontehospitalfoundation.com/our-events/mississippi-mills-river-walk-run

From Under the Umbrella Tree to Sleeping Rough...

Valley Puppeteers Return to Music and Beyond

Last July, the opera *Sleeping Rough* premiered at Ottawa's Music and Beyond festival to standing ovations and critical acclaim. Composed by jazz guitarist Roddy Elias and with a libretto by poet/author Sandra Nicholls, it features four singers, an 11-piece orchestra, and a quintet of puppeteers bringing the main characters to life. Their job is to convey the gritty reality of Ted — a man whose troubled past leads to tragic consequences for himself and his family — while opening the hearts of the audience to the plight of the homeless and disenfranchised. Having sold out every show in 2018, *Sleeping Rough* is scheduled for two more performances at this year's festival.

Under the baton of conductor Matthew Larkin, three singers give voice to the characters, while Juno



Reunited: Noreen Young, Stephen Brathwaite and Bob Stutt



Award winner Kellylee Evans (in a role reminiscent of a Greek chorus) conveys Ted's conscience by coming centre-stage and acting as a fervent conduit between Ted and the audience. But the focal point of the show is the characters themselves — full-body puppets created by Almonte's Noreen Young (OC) and brought to life by Noreen, Bob Stutt, Stephen Brathwaite, Sarah Argue and Allan Martin.

Noreen, Bob and Stephen have been partners in puppeteering since their days on the set of the TV show *Under the Umbrella Tree* (1986-1993). As Noreen puts it: "For the three of us to be back together again is like a family reunion. It's wonderful!" Bob adds: "Performing in an opera requires a

much different technique than the Muppet comedy style I'm used to after forty years working in TV and film, and I'm very excited about the challenge. It really is a unique show and I'm grateful to be a part."

The skill and compassion with which these artists animate their characters — described as "exquisitely expressive" by *La Scena Musicale* — is crucial to the emotional impact of the show. The brilliant puppeteering, combined with haunting vocals and a rich and moving score, creates a mesmerizing experience for the audience.

Sleeping Rough will be performed on July 9 and 10 at the GCTC in Ottawa. For tickets and more details, visit sleepingrough.ca or musicandbeyond.ca.

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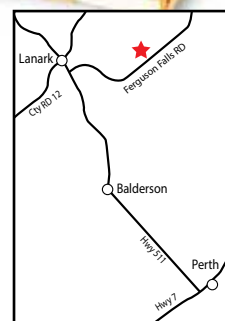
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5 Wednesdays in July

The Little Music Festival that Could!

Every now and then there are five actual Wednesdays in July, and 2019 is one of those years. The friends of Augusta Street Park are gearing up for their wonderful little music festival "5 Wednesdays in July," and they have a great local line-up this year.

These lovely mid-week concerts come together thanks to terrific local musical talent willing to play for a passed hat, neighbours and community members willing to set up and tear down, the generosity of RYNO Motors (this year) willing to deliver and return a borrowed Cavanagh Stage, the support of the Town of Mississippi Mills, The Hub (who helps cover the cost of a port-a-potty), and the crew from the Almonte Civitan Club who cover the barbeque nights.

We are grateful for all the past support from Bill Dugdale, Marc Reid and their crew for looking after our sound requirements over the years. They have been offering their support since the early days and this year are taking a break. This year we are happy to have the use of sound systems from Mills Community Support and the Town of Mississippi Mills, with James Jamison of Jamison Repair, neighbour Tom Joron, and Lanark County United Way ED Fraser Scantlebury setting up and running the sound board.

Building welcoming neighbourhoods is at the core of the work done by Mills Community Support. We are grateful for their help at Augusta Street Park.

Want to help? Contact Jeff Mills at <jmills@themills.on.ca> and we'll find you a job!

Who's Playing?

Below is a list of this year's musicians to post on your fridge! Many have supported our concerts in the past. Help support them by joining us this July as well as when they play in the area.

- July 3: Lanark County Revival, Lost Pet Pigeon (with a Civitan BBQ)
- July 10: Billijon, Steve Stacey & the Stumpsplitters (with a community potluck – bring a dish as well as your own plates and cutlery)
- July 17: Tripod, Jennifer Noxon & the Brindled Cats (BBQ)
- July 24: umberlune, the Brad Scott Trio (potluck)
- July 31: Tayler Walters, Jimmy Tri-tone (BBQ)

To stay up-to-date with 5 Wednesdays in July as well as Augusta Street Park, please join <FriendsOfAugustaStreetPark> on Facebook.

— Jeff Mills

Magical Saturdays in Smiths Falls

The Station Theatre is bringing the world-class magic show *OUTERBRIDGE – Clockwork Mysteries* to Smiths Falls on Saturday evenings throughout the summer. Critics across the globe have hailed Ted and Marion Outerbridge as "champions of magic" (*Bergedorfer Zeitung*, Germany) and described their performance as "a visual feast" (*Jinhua Daily*, China).

After years of performing around the world, the Outerbridges have recently relocated to Smiths Falls, and are delighted to be performing minutes from their new home in the Ottawa Valley!

"Years ago, doing a theatrical show, comparable to something in Las Vegas, in a town of 9,000 would not have been possible," Ted explains, "but TV shows like *America's Got Talent* have created a renaissance in the magical arts."



You can catch a world-class magic show almost every Saturday this summer!

Just as magic is experiencing a renaissance, tourism in Smiths Falls has been growing, mostly due to the interest in cannabis tourism fueled by Tweed headquarters.

Within seconds of taking the stage, the Outerbridges fuse their revolutionary illusions with split-second artistry to hold viewers spellbound. The audience is invited into a mysterious clock tower equipped with a variety of timekeeping devices. With the help of an elaborate Victorian time machine, the performers and spectators become part of a race against time. They experience time accelerating and slowing down and participate in predicting the contents of a time capsule.

OUTERBRIDGE – Clockwork Mysteries provides a rare opportunity for residents and visitors alike to see a performance that has appeared around the world, including at the members-only Magic Castle in Los Angeles. It is the most successful illusion show in Canada, and has received both the 2011 Award of Excellence from Ontario Contact and the 2010 Touring Artist of the Year award from the B.C. Touring Council.

OUTERBRIDGE – Clockwork Mysteries plays the Smiths Falls Station Theatre most Saturdays this summer: July 6, 13, 20 & 27, and August 3, 24 & 31. Showtime is 7:30PM. Tickets are \$15 and \$30 and are available by phone at 283-0300, online at <smithsfallstheatre.com> and in person at Special Greetings (8 Russell Street East in Smiths Falls). For more about this show or the team behind the magic, please visit <tedouterbridge.com>.



ALMONTE HOUSE & GARDEN TOUR

A fundraiser for the Mississippi Valley Textile Museum and the Almonte Riverwalk

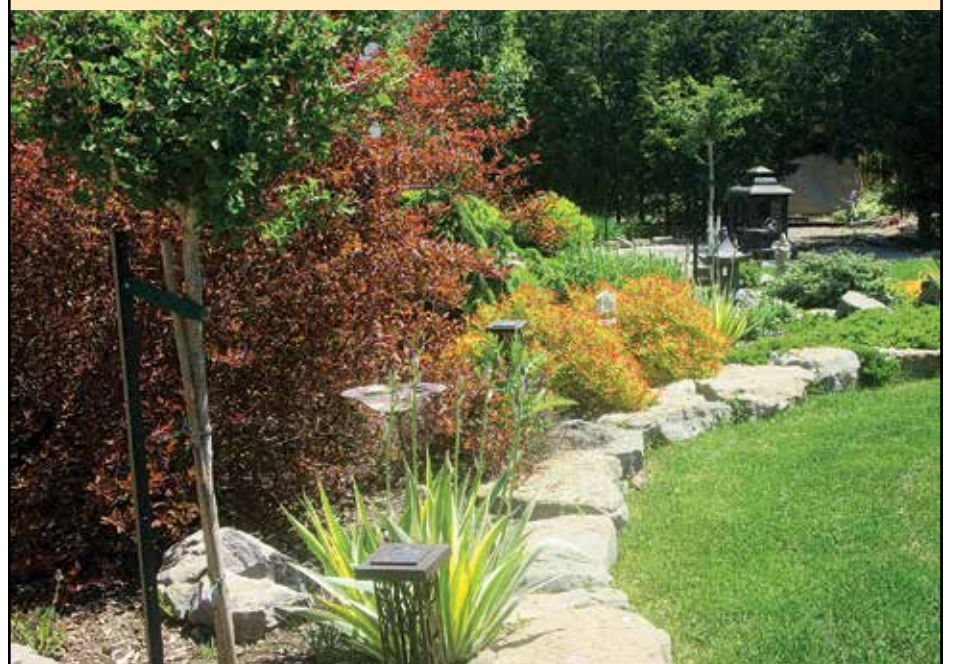
**SATURDAY,
JULY 27, 2019
10AM TO 5PM**

7 Houses & 3 Gardens

Tickets \$30

Includes free admission to the Textile Museum

Tickets available at the Museum, Home Furniture in Almonte, the Blossom Shop in Carleton Place, The Gallery Gift Shop in Arnprior, Canada Bead Supply in Ottawa, or online at mvtm.ca. Call (613) 256-3754 for other ticket outlets.



- JULY 1** CANADA DAY
AT RIVERSIDE PARK
- JULY 26** TRIVIA NIGHT
AT THE CARLETON PLACE ARENA
- JULY 27** OUTDOOR CONCERT
FT. JASON BLAINE AT RIVERSIDE PARK
- JULY 28** THE GREAT CARLETON PLACE
AMAZING RACE
STARTING AT MARKET SQUARE
- JULY 30** MONSTER BINGO
AT THE CARLETON PLACE ARENA
- AUG. 1** CELEBRATION PARADE
DOWN BRIDGE STREET
- AUG. 2** CLASSIC CAR PARADE
AND STREET DANCE
ON BRIDGE STREET
- AUG. 4** PICNIC IN THE PARK
AT RIVERSIDE PARK

Visit carletonplace200.ca for more information

Pick up *theHumm* in Almonte at the
TEXTILE MUSEUM

Joanne Beaton



Let me Tell Your Home's Story

Seeking New Family!

This high-ranch home has housed 2 families in its lifetime and is currently seeking a new one. The spacious kitchen has plenty of cabinets and a large eating area that is ideal for a growing family. Three ample bedrooms include enough space for Mom & Dad and a gaggle of kids! The basement features a partially finished rec room with lots of possibility — create a family room or a "kids pad" for tweens or teens looking for their own space. The workshop provides access to the wide single-car garage, with plenty of room for storage. The tree-lined property provides plenty of space for kids to play.

Features:

- 15 minutes to Kanata or Almonte
- Kitchen cabinets galore
- 3 acres to run & play
- High-ceilings in basement



Tracy Arnett Realty Sales Representative
613.407.4309
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Discover Wildflowers Nature Walk with MMLT

July is a wonderful time to take a walk and glory in the outburst of flowering plants. Do you recognise the flower pictured here? It's bloodroot, a member of the plant group called spring ephemerals (e.g. trillium, blue cohosh, hepatica, trout lily) which, as the name implies, finished flowering over a month ago. Join naturalist and ecologist Cathy Keddy for a wildflower walk where we may see these plants, but now they will be in fruit.

The Mississippi Madawaska Land Trust is holding the third event in its "Discover the Wild" series on Sunday, July 14 when Scotiabank Carleton Place presents **Discover Wildflowers** at the Poole Family Nature Sanctuary from 10AM to noon. The Poole property is mostly forested (sugar maple and hemlock forests) but has some swamps and marshes that are part of the Scotch Corners Provincially Significant Wetland Complex. It has tremendous habitat diversity for a 110-acre property — typifying much of the landscape of Lanark County.

In July the flowering plants are at their peak, and as you walk the trail with Cathy you will see and learn much about the botanical world at your feet. Among the many things to experience this time of year are wetland/aquatic plants such as joe-pye weed, boneset, beggarticks, cattails, water lilies, arrowhead, and pickerelweed (beautiful stalks of purple flowers).

Several groups of plants will be flowering in the forest — including parasitic plants, which have no chlorophyll, are not green, and cannot make their own food from sunlight. They get their food from other living organisms. One example is beechdrops, which only grow under a canopy of beech trees and get their nutrition directly from the trees' roots. Then there are the mycotrophs — fungus-feeding plants that also cannot make their own food. They get their food from mycorrhizal fungi attached to the roots



Bloodroot (pictured above) will have finished flowering, but many other species will be at their peak for the Discover Wildflowers walk on July 14.

of green plants. The ghostly white Indian pipe plant and many orchids are mycotrophs. The third group is the shade-tolerant green plants, which includes Jack-in-the-pulpit, some goldenrods, bottlebrush grass and wood ferns. Finally, the non-shade tolerant plant group will be found in gaps in the forest canopy where the sunshine streams in: mullein, fireweed, thistles, blackberry, raspberry and groundsel.

Bring your camera and take a Sunday walk with the wildflowers! For additional information or to register, please visit mmlt.ca/events, call 253-2722 or email admin@mmlt.ca.

To reach the Poole property, travel approximately 8km west of Carleton Place on Highway #7, turn south on Scotch Corners Road and travel 5.2km. Turn right on the 11th Line Beckwith, which soon becomes Drummond Con. 11, and travel 1.3km. The trailhead is opposite #317.

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Fun, Fairs & Festivals!

It's finally summer! After a long winter and delayed spring, we have stumbled out of our holes, squinted into the sun, and are only just feeling secure enough to leave our jackets at home. Summer is finally here, so come on people — we have to enjoy the nice weather as much as we can before we head back into hibernation. You know as well as I do that the summer flies by, so back away from your Netflix, grab your sunscreen, and let's go outside!

by Miss Mills

Music in the Park

What better way to come out of hibernation than by lounging in the park on a summer night, chatting with neighbours while enjoying a BBQ or potluck dinner and listening to live music? Wednesday evenings in July, plan to be at Augusta Street Park (at the corner of Augusta and Mercer Streets in Almonte) from 6–8PM for their **5 Wednesdays in July** concert series. See theHumm calendar or the article on page 11 for details of who's playing when. July 10 and 24, bring a favourite side, main or dessert for sharing. July 3, 17 and 31 bring some cash for the Civitan BBQ. Please bring your own plate/cutlery and such — it's actually easy being green.



Ahoy matey — prepare to paddle for the Almonte General Hospital on August 10!

Celtfest

If you like music in the park, then you'll LOVE Almonte Celtfest! Whether you prefer the acoustics of the Old Town Hall, the camaraderie of a pub, or the atmosphere of an outdoor festival, you'll find your type of Celtic music being played throughout the town from July 5–7. Did you know Ashley MacIsaac will be playing in Gemmill Park on the Saturday

night?! See the ad on page 9 for full details, or visit <almontecelfest.com>.

Textile Vernissage

We've scheduled some quieter, indoor activities for you as well, because we don't want you getting sunstroke or anything. On Saturday, July 13, venture into the heritage (and air-conditioned) Mississippi Valley Textile Museum <mvtm.ca>, where you'll find the vernissage (2–4PM) for the new exhibit by Jim Arendt. This Michigander uses denim to create images that explore the lives of working people, and if you miss the vernissage, you can still catch his work at the museum throughout the summer.

Almonte Fair

With two weeks to relax, you should be plenty ready to get back outside for the 161st Almonte Fair, taking place from July 19–21. There are many events that claim to have "something for everyone", but fairs really do fit the bill. Can you name me one other event that appeals to home gardeners, cooks, vegetable farmers, cattle farmers, children, music-lovers, wrestling fans, demolition derby fans... and TEENAGERS?! I'm telling you — if you can't find something to enjoy at the Fair, you might be dead inside. This year, you get all of these things for one ticket (per day): \$20 at the door, \$18 in advance. Find more information at <almontefair.ca>.

Tips for August

Combine your love of supporting kids with your love of shopping by attending the Mississippi Mills Youth Centre's **Night Market**, back by popular demand on Friday, August 2. The Centre is near Milano's at 134 Main Street in Almonte.

August 10 brings you not one but *two* special outdoor sporty events! The **Paddle for Almonte Hospital** at the fairgrounds/beach offers you the opportunity to support the hospital while you have fun with either a 4-person raft-building crew or your own canoe/kayak/SUP. For registration fees and details, see <almontehospitalfoundation.com>.

Prefer your sports on dry land? Almonte's annual basketball tournament is now the **Naismith 3x3 Canada Quest** tournament! Canada Basketball has joined as a partner this year, adding an "Elite Division" to the usual recreational divisions. The elite competitors will earn points to compete in a National Quest final, possibly leading to a spot on Canada's Olympic team, as 3x3 will be a demonstration sport in 2020 Olympics! You can find out all about it at <naismithbasketball.ca>.



The July 27 tour will feature heritage homes, gorgeous gardens, and this new house designed by Almonte architect Peter Mansfield for his family

Almonte House & Garden Tour

Fundraiser for the MVTM and Riverwalk Extension

Who doesn't enjoy looking at other people's homes and gardens? What better way to spend a summer day and get inspired!

On Saturday, July 27 from 10AM to 5PM you'll be able to tour seven of Almonte's most interesting homes and three outstanding gardens. The tour is a fundraiser for the Mississippi Valley Textile Museum and the extension of Almonte's popular Riverwalk.

In the 1890s Almonte was a thriving mill town. Its six textile mills employed most of the town's residents, with the Rosamond No. 1 Mill being the largest woolen mill in Canada. This earned Almonte the title of "Little Manchester of Canada."

This tour highlights two estates built by members of the Rosamond family — The Glen and Pinehurst — as well as a lovely Victorian house that was home to two other mill owners. It also features one of the town's earliest stone homes, and a Victorian charmer that was home to a family that operated Almonte's Iron Works, where repairs were made and parts fashioned for the area mills and farms. Also featured is a delightful brick home, typical of many nineteenth-century Almonte houses, beautifully renovated for today's living. And for something completely different, organizers are delighted to have a brand-new addition to the town: a home designed by Almonte architect Peter Mansfield for his own family.

The tour also includes three outstanding gardens: two in the town and one in the Almonte "suburb" of White Tail Ridge. While all are completely different in style and approach, they are all inspiring examples of what can be created on a standard lot with some imagination, creativity and hard work.

Tickets are \$30 and include free admittance to the Textile Museum. They are available at the Textile Museum, online at <mvtm.ca>, at Almonte Home Furniture, and at the Blossom Shop in Carleton Place. For information on other ticket outlets or to purchase tickets, please call 256–3754. The Museum is located at 3 Rosamond St. E. in Almonte.

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New Youth Theatre Camp in Almonte

Dare to explore new territory this summer? If your child is creative, artistic, or naturally inclined to think outside the box, they may want to be part of a spectacularly unique camp experience this August!

Theatre-makers and shakers Emily Pearlman and Lindsey Lambden are partnering up to create the Almonte Theatre Camp (the Summer Edition). Both Pearlman and Lambden studied theatre at Concordia University in Montreal and have been creating, producing, directing and teaching various forms of theatre for decades.

Although the two have had quite different theatre experiences in the past, it seems the time was ripe for them to join forces and collaborate. As mothers of little ones here in the

friendly town, they are both passionate and enthusiastic about sharing their skills within the community. "Our goal is not only to create a really cool piece of theatre," they explain, "but more importantly to carve a space for these young creators to explore big questions and creatively problem-solve as a group."

Located at the iconic Old Town Hall in Almonte, this five-day summer camp is designed to allow young people interested in all aspects of theatre-making to come together, inspire one-another, and ultimately have fun! Through a combination of outdoor play, storytelling, mini-drama workshops, yoga/movement (and so much more), these fine young creators/campers will work collaboratively towards a final show that will

be performed on the last day of camp. Both Emily and Lindsey are passionate theatre-doers with extensive experience in creation, and most importantly they want to help campers discover and develop their talents and passions.

The camp will take place at the Almonte Old Town Hall from August 19–23 from 9AM to 4PM, with a performance at 4PM on the Friday. It is open to wild young creators ages 8–13, and you can register or find more information at <micasatheatre.ca/summer-camp> or <facebook.com/almontetheatrecamp>. You can also email <emilypearlman@gmail.com> or call Lindsey at 819–230–5262.



Lindsey Lambden and Emily Pearlman are joining forces to offer a camp for ages 8–13

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Maximilian Dining Lounge
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Perth Manor Boutique Hotel
1:30–2:30PM

August 10–11, 2019

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Perth, ON**

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www.perthgarlicfestival.com

Determination and Resilience

For the last few months, library news has focussed on the Ford government's cuts to the Ontario Library Services Budget — and the dismantling of the inter-library loan (ILL) system. The “new normal” is a patched-together, ill-fitting process that downloads costs to libraries and municipalities, and decreases service delivery and options... but enough of that...

by Jill McCubbin

This column is about the resilience of libraries. Like the olde English sea shanty, sung by the Pirateers (or perhaps what they meant to sing): “You can't hold a good library down.”

Early libraries were subscription (private) entities. Back in 1830 in Ontario, one of these was established by the York Mechanics' Institute “for the mutual improvement of its members”. The first province-wide legislation in Canada to establish free public libraries was enacted in Ontario in 1882 (the Ontario Free Libraries Act). Ontario also led the way in the establishment of children's libraries when one was opened in a school in St. Thomas in 1902.

Ontario, historically, is a champion for libraries — it's in legislation and even in promotion materials. The Ontario Ministry of Tourism, Culture & Sport brochure *Understanding Ontario's Public Libraries Act* mentions the following:

- “A library outranks any one thing a community can do to benefit its people. It is a never failing spring in the desert.” (Andrew Carnegie)
- A strong library system is a cornerstone of a strong community. It contributes to education, literacy and lifelong learning for Ontario residents.
- Ontario's Public Libraries Act is the key legislation supporting the provision of equal and universal access to information and library services.

The following was written by Kelly Jensen, a former teen and adult librarian, in her article *Libraries Resist* for the online magazine *Book Riot*: “Libraries are not, nor have they ever been, neutral spaces. They are political. Every decision made in a library, from books to be included in the collection, to displays created, to special populations to reach, is political... It's impossible to be a neutral space with the goal of reaching a community. By inviting all in a community to be in a shared space, libraries embrace the idea of encouraging education, acceptance and tolerance... They create policies that ensure these very things



“Libraries are about freedom” — Neil Gaiman

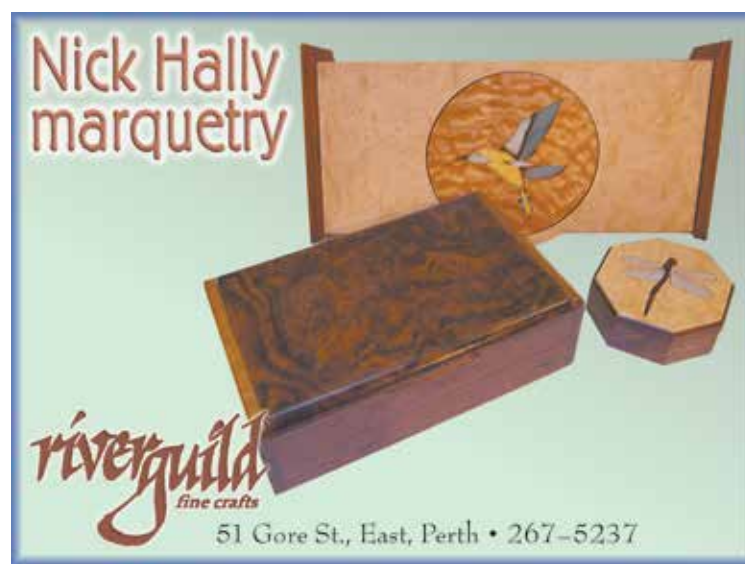
happen in their spaces. No act in the library is too small to foster tolerance and acceptance.”

Many libraries embrace this non-neutrality. Synonyms for non-neutrality? Influence. Action. A couple examples of this sentiment include:

- A display of refugee and immigrant stories to promote kindness and tolerance
- An illustration of Dr. Seuss' *The Lorax*: “Unless someone like you cares a whole awful lot, Nothing is going to get better, it's not”
- The Mississippi Mills Public Library display for National Indigenous History Month (above)

Resilience is necessary in libraries. “Being resilient” includes preparations for and rapid recovery from physical, social, and economic disruptions. Resilience engenders action and determination, and aligns with a library's values of equity and access. Libraries uncover opportunities among the challenges. For all these reasons, they continue to defend and expand services. Libraries can also help the communities they serve adopt resilient practices. In Mississippi Mills, two municipal Councillors hold monthly “office hours” in the Almonte Branch Library's small meeting room — an excellent example of a successful partnership.

— Jill McCubbin works at the Almonte branch of the Mississippi Mills Public Library, which offers the TD Summer Program and Reading Club in July & August. Please see <missmillslibrary.com> for events & information



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ALMONTE CELTFEST



July 5–7, Almonte

Three days and nights celebrating the Valley's Celtic roots, featuring music, song and dance in Gemmill Park. Admission by donation.

www.almonteceltfest.com



Every Wednesday in July, Almonte

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

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



July 19–21, Almonte

The 161st Fair has entertainment, midway, livestock shows and homecraft displays all weekend, and Grandstand Gala Show.

www.almontefair.ca



Every Thursday in August, Mississippi Mills

Free family friendly movies in Mississippi Mills parks. A different park each week!

www.exploremississippimills.ca



Naismith 3X3 Canada Quest

August 10, Almonte



A full-day 3-on-3 basketball tournament that welcomes elementary, high school, and adult male and female teams.

www.naismithbasketball.ca



Pakenham Fair

August 17, Pakenham

This beloved country fair has been running for over 100 years. The tradition continues with horse, beef, dairy, horticultural and craft shows, a local market and kids' activities.

www.exploremississippimills.ca



36th NORTH LANARK HIGHLAND GAMES

August 24, Almonte



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www.almontehighlandgames.com

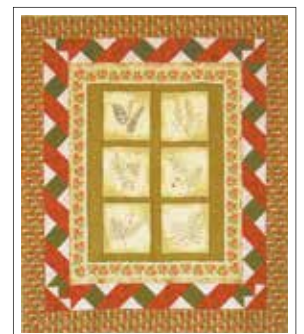


FIBREFEST

September 5–8, Almonte

A fabulous festival of the fibre arts that includes demonstrations, vendors, performances, quilt exhibits and much more.

www.mvtm.ca



For more information contact the Mississippi Mills Recreation and Culture Department
613-256-1077 or info@mississippimills.ca

CTF in Full Swing!

'40s Romantic Comedy, *Pygmalion*, Walking Play

The staying power and timelessness of the 9th longest-running play in Broadway history, *The Voice of the Turtle*, has been evident recently as Perth's Classic Theatre Festival stages a revival of the WWII-era favourite to packed houses (running until July 14).

Written by John Van Druten (*I Am a Camera*, *Bell, Book & Candle*), this show, which ran for five years straight on Broadway beginning in 1943, reflects the passions and excitement of New York City during an era when young people from across the nation converged on the Big Apple to discover new loves, share their dreams, and navigate the challenges of rapidly changing moral codes against the backdrop of war and an uncertain future. A swinging 1940s soundtrack and the remarkable chemistry of its award-winning professional cast — Lana Sugarman, Douglas Walker and Rachel Fischer — combine to remind audiences of why this golden age romantic comedy is the perfect fit to open the Festival's tenth anniversary mainstage season.

It's followed by George Bernard Shaw's most popular play, *Pygmalion* (July 19 to August 11), the source material for the perennially popular musical *My Fair Lady*. You'll be laughing all the way home recalling memorable moments from this remarkable play, in which a bombastic professor of dialects tries to turn a working-class flower girl into an upper-class lady. Unforgettable Shavian characters — Henry Higgins, Eliza Doolittle, Colonel Pickering and Alfred Doolittle, among others — enliven this legendary satire on class, gender, and particularly British mannerisms, all served up with gentle and loving humour.

All mainstage shows run Tuesday to Sunday at 2PM, with 8PM shows every Wednesday and Saturday at 54 Beckwith Street East (free parking, wheelchair accessible, air conditioned, audio-assist available). A pre-show chat takes place thirty minutes before curtain, explaining the history and context of the play and the playwright.

Meanwhile, the streets of Perth come alive with Laurel Smith's new historic walking play, *The Forgotten Ones*. Running Wednesday to Sunday from 11AM to noon and Thursday and Friday from 7–8PM, this is a family-friendly, Depression-era Perth mystery. As rural people cope with 1930s challenges, a recently



Lana Sugarman and Douglas Walker are thrown together under the challenging circumstances of WWII in *The Voice of the Turtle*, but will their relationship survive the challenges of the times?

evicted farm girl arrives in town to search for her missing grandmother, approaching a truth she may not want to discover.

Those looking for an entertaining meal will also find the Festival's Classic Dinner Theatre (with new lunchtime sittings) at Michael's Table. A three-course meal is combined with *Androcles and the Lion*, Laurel Smith's adaptation of G.B. Shaw's hilarious satire on the Roman Empire, as seen through the eyes of a Christian slave and a very different "king of the forest." It runs every Tuesday until August 28 from 11AM to 1PM (show first, then lunch) and from 5–7PM (dinner, then show), but seats are limited and tickets go fast, so best to book in advance.

With 17 shows weekly, the Classic Theatre Festival offers plenty of entertainment options for folks looking for entertainment all summer long in Perth. Book tickets at 1-877-283-1283 or anytime at <classictheatre.ca>.

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A House of Good Taste

Like many things related to food (or at least food in our part of the world), the term “restaurant” originated in France. It originally applied to the fare (it was “restorative”), but by the 17th century it had come to mean an establishment where one could eat a meal and pay for it. Eating “out” as a common practice for common

by Sebastian Weetabix

folk has its roots in travel and the need for refreshment en route. Those who provided it were, rightly, termed restorers or restaurateurs. Their establishments came to be called restaurants.

Today eating out has become commonplace and restaurants have diversified into many varieties. Some are anything but restorative; but the concept of a place to enjoy good food, drink and companionship in a convivial setting is still alive. For those seeking more than simple sustenance, Boulton House in Carleton Place offers a complete experience and the possibility of simultaneous satisfaction of all basic and derivative desires within the constraints of a public venue. Weetabix qualifies this with the caution that some behaviour, even if social, might not be appropriate. This is a family newspaper and Boulton House is family-friendly.

Comfort, excellent food and a visually pleasing setting combined with a varied and interesting sound track and good company create the circumstances for an altogether satisfying experience. Service is competent, friendly and attentive. Weetabix, acting on a tip from the Editor, was a recent patron of Boulton House and reflects here on some of the components of the experience and how they interact. Just as a single discord can

disrupt the enjoyment of a piece of music, a truly satisfying dining experience requires much more than good food for its enjoyment. Noted in passing is that if you are inclined to take some matters into your own hands, Boulton House does offer take-out and catering services. But while there are sometimes advantages to DIY, the whole package demands a combination of skills and actions that needs coordination and bears some examination.

Start with the basic setting. Boulton House was originally built as part of a mill structure on the Mississippi River in the early 19th century. This resulted in a waterfront location that provides visual amenities and (weather permitting) the soothing background sounds of running water. Convenience of location in downtown Carleton Place is further enhanced by easy and ample parking. The interior has been finished with attention to comfort and visual amenities. The décor includes original art that strongly reflects the tastes of the owner. Weetabix is not an art critic but likes the effect.

So, with a suitable venue and fixturing, an excellent chef (about whom more shortly) and a well-designed menu, what more is needed to ensure success? Quite a lot, actually. Although restaurants are one of the most common forms of small business, they are surprisingly complex and demanding in their operational details. The preparation and presentation of food and beverage items are just the final steps in a process that requires multiple skills and a high level of coordination and management. Miss a stroke anywhere along the path to the client's palate and the whole game is lost; make even a trivial error and there can be immediate and severe consequences. The establishment is constantly judged on its performance and

there is little allowance for mistakes in any area. It is show time all the time and praise and criticism are reliably asymmetric in their weight.

On top of all this, set-up costs are significant and margins are thin. However, there is a formula for success in the restaurant business and it is “meticulous and consistent execution”. Without it, no amount of culinary brilliance or public relations can deliver on the performance expectations needed to build and sustain a high-quality restaurant. Boulton House has managed a smooth start-up and, in a very short time, has become a “destination” restaurant.

Although, as noted earlier, all members of a restaurant team are essential to “the show”, two functions are generally agreed to define an establishment. The obvious one is the chef — after all, the food does matter! The visible one is the host or front-of-house. Nick Dompierre, Executive Chef of Boulton House, is a fully qualified Red Seal™ chef with experience in a number of prominent Ottawa restaurants including Salt, Bekta and L'Atelier. Hardly the shy and retiring type (at 22 he competed on the TV show *Chopped Canada*), his main work is behind the scenes and appears on your plate. Evidence of his versatility and skill is on the menu which is clearly and accurately set out. It runs to five pages of temptations to overindulge. Each listed item sets out ingredients — some unusual or unexpected. The range of offerings speaks to his abilities, and execution delivers on the promises. In general, gnocchi are more often offered than properly executed, but here they live up to their top billing and promise.



This month, Weetabix reports that Boulton House in Carleton Place is “succeeding in all ways”

Weetabix recommends going with friends who are comfortable with sharing tasting samples since portions are ample and it is simply not reasonable for one person to order multiple dishes; in fact it might be risking serious overindulgence. Of course, one can return for further exploration. And note that Boulton House has a well stocked bar in addition to a carefully composed wine list... which brings us to the front-of-house and Chris Vachon. Chris is another industry veteran who is both the face and manager of the establishment. Not only that, he is a talented mixologist capable of producing interesting variations on traditional cocktails as well as a selection of signature cocktails suggested on the menu. Chris and Nick met about ten years ago and have formed a working partnership that finds its expression in Boulton House — not their first rodeo, but one that promises to deliver lasting pleasure to its patrons. When asked to describe “the mission” of Boulton House, Chris's answer was: “two young guys who won't rest on their laurels and want to try to give everybody a good experience.” Weetabix is pleased to report that they are succeeding in all ways. Boulton House delivers on its promises and meets high standards in all respects.

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Stellar Summer Art Events

The Four Brushes' Début

Looking for some new local talent in the art world? Why not come out and meet Dawn Fortin, Barbara Jordan, Linda Svarckopf and Christine Martin — The Four Brushes Fine Art Group.

Dawn is the group's adventurous; she loves to experiment with different media, creating unusual textures and effects. Barbara has a rare eye for light and composition that adds interesting depths and

who embraces the nature of inks and dyes, allowing their unique qualities to blend with her loose painting style.

The Four Brushes will be debuting their unique collection of art on Saturday, July 20 from 10AM to 6PM at Bowness Farm, located at 2610 Scotch Line (just 1km south of Perth). All four artists will be on-site to meet with you and will have painting stations set up in the loft for you to see their art in progress.

The Four Brushes art will also be featured in the Window Art Gallery in Kingston for the month of August at 647 Princess and Victoria Street.

Wandering Brush Arrives at Elgin Art Gallery

Ever wonder what a brush does besides apply paint to paper or canvas? Well, it can wander — as in travel. David Gilmore, a Kingston artist with a "wandering brush", will share his work with the public at the Elgin Art Gallery, located at 3 Main Street in Elgin, ON, from June 20 until August 10. Gallery owner Tamas Brummer has allocated the entire upper floor to thirty of David's original works. All paintings in watercolour and acrylic media will be for sale. The show is being organized to coincide with the annual Elgin Days celebration and to cater to the influx of summer visitors.

David started painting as a child after experiencing the pleasure of putting coloured marks on paper. He enjoyed art throughout his career as an engineer, and



Works by David Gilmore will be on display at the Elgin Art Gallery until August 10

on his retirement in 2005 he ramped up his painting activities a notch, focusing on watercolour and, later, acrylic works. During his working life he was assigned to Taiwan, Korea, France and England. Time only allowed occasional painting, but these locations gave him the inspiration to try new subjects and to come under the tutelage of some world-class teachers. These included UK teachers Mike Chaplin (RWS), Brian Ryder (ROI), and Ian King.

During three winters spent in Switzerland he was invited to have two shows with Klein Gallerei Mueller in Altdorf. In 2011 he was the first foreigner to have his design used for the badge of the Altdorf, Switzerland annual carnival. In Canada, David had solo shows at Studio22 and Domino Theatre (both in Kingston), the Studio Theatre in Perth and

the Mill Street Café in Sydenham. He has studied with Ontario artists such as Don McCallum, Ted Zuber, Stephen Rothwell and Doug Mays.

David has been a member of Rideau Lakes Artists Association for the past seven years and helps run the monthly speaker program there. He has also participated in numerous group shows; particularly, in Artisans' Alley (Kingston), the Brockville Arts Centre, Brock Street Gallery (Perth), Art in the Barn, Paint the Summer, the Rideau Valley Art Festival and the Kingston School of Art Summer Show.

For more information please visit <dcgilmore.com>, <flickr.com/photos/dcguk>, or his Facebook page: David Gilmore Art.

Sundance Call to Artists

Registration is now open for the 13th annual Sundance Artisan Show! The show welcomes about 3000 visitors on Labour Day Weekend at the hub of cottage country in Maberly, Ontario, about an hour west of Ottawa. It gives forty artists the opportunity to exhibit and sell high-quality craft and art over a period of three days in a park-like setting along the banks of the Fall River. Live music and refreshments add a festive feel to the event, and encourage guests to stay a while. Parking is free, and 65% of the booths have already been sold to returning artists! Request a submission package by emailing <SundanceArtisanShow@gmail.com>, or visit <sundancestudio.ca> for more details.



Linda Svarckopf is one of the "Four Brushes" participating in Art in the Loft

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Festival of Small Halls 2019

Celebrating Big Canadian Music in Beloved Small Places

More halls — check. Big music — check. Magical moments and musical memories — you betcha.

The Ontario Festival of Small Halls plants inspired, decorated and mind-blowing artists into rural halls across Eastern Ontario that are just bursting with community vibes. Music lovers witness these intimate shows and create life-long memories of small town hospitality uniting with captivating performers from all across Canada.

The 2019 lineup brings stunningly creative forces together from September 12 to 29 for the festival's sixth year, offering extraordinary chemistry and charm and a festival that takes small halls enthusiasts back to their roots. It's an ode to a unique and eclectic festival, featuring musical mavericks, trusty veterans and awe-inspiring newcomers.

When groundbreaker LeE HARVeY OsMOND shares the same festival as fiddling, feet-flying powerhouse Leahy, there truly is something magical going on. This year's roster also includes Justin Rutledge, Union Duke, Madison Violet and roots music giant Harry Manx,

as well as past festival favourites Harrow Fair, the Devin Cuddy Band, Tomato Tomato, and the wildly energetic Gordie MacKeeman and His Rhythm Boys.

General Manager Kelly Symes explains that this year's lineup shakes up the notion of what a rural Canadian Festival can accomplish. "This year we're set to ignite and inspire with captivating Canadian artists on more small stages than ever," she says. Symes notes there's an underlying beauty at Small Halls shows in seeing your favourite artist in a setting that allows you to relish the music and connect with local community.

These three weeks of musical bliss include some familiar faces from years past, but also look to the future by incorporating accomplished established artists and boundary-pushing emerging artists into the schedule.

Tickets for individual events can be purchased at <ontariosmallhalls.com> or by phone at 402-1425. The Ontario Festival of Small Halls takes showcasing cherished rural venues to heart and puts the



From Harry Manx in Pakenham to Cassie & Maggie (above) at the Spencerville United Church, this year's FoSH line-up will delight lovers of great music and community spaces

venues themselves front and centre to shine with intriguing details, heart-warming history and community at their core. For more information, please visit the website or follow on Facebook, Twitter and Instagram.



Every Wed.	Rack 'n Tunes with Shawn McCullough (Country/Guitar), 7-10
Every Thu.	Jazz Night with Spencer Evans Trio , 9-11, \$5
Every Sun.	Head Over Heels on the patio (Blues/Folk, Gananoque) 12:30-3:30
Mon, Jul 1	Head Over Heels on the patio with Zak Colbert (Blues/Folk, Gananoque), 12:30-3:30
Fri, Jul 5	Henry Norwood (Classic Country, Perth), 7-10
Sat, Jul 6	Healy & Orr (Classic Rock 'n Roll, Rockville), 7-11, buffet & show \$45 + HST
Fri, Jul 12	Fánaid (Traditional Irish Music from Belfast, Ireland!), 7-10, \$10
Sat, Jul 13	Tony Silvestri (Classic Rock, Belleville), 6-9
Fri, Jul 19	Benni Vander (Classic Rock, Belleville), 6-9
Sat, Jul 20	Henry Norwood (Classic Country, Perth), 7-11
Fri, Jul 26	Morgan Davis , (Master of Acoustic Blues! Halifax) 7-10, \$10
Sat, Jul 27	TBA

A Country Studio Visit

We will have summer by July, and summer means — among other things — studio visits. We'd love to have you come to see us on Saturday, July 20 from 10AM to 4PM at the Fibre Work Studio, located at 466 Sugarbush Way in Lanark. (Well, it's really nearer to Watson's Corners, but that's country directions for you. Call 259-5036 if you need help getting here.)

Treat yourself to a drive in the country and a chance to see (and buy) the work of three local craftspeople: Susan Berlin (Fibre Work), Kirsten Gutri (Corvus Wood Creations) and Shannon Ralph (Ensol Studio). They've come together at a working fibre studio to show woven, knitted and handspun items; hand-made tools for weaving, spinning and knitting; and hand-crafted Sterling silver jewellery. (Please do ask questions about the Quebec wheels that will be on display and about the several types of looms in the studio!)

As well, Serendipity Farm is just around the corner — stop in there and you can visit, pet and feed alpacas, including this year's babies. At their farm store you'll find amazing natural and hand-dyed fibre and yarn products. And if you go from our sale to Serendipity, Elizabeth will give you

a 10% discount on purchases! Just pick up your ticket/directions at the sale.

Participants

Susan Berlin has been knitting since she was a child, spinning for thirty years, and weaving for a shorter time. She also teaches hand-spinning and knitting, and will be happy to talk to you about her collection of looms and spinning wheels.

Kirsten Gutri was a professional carpenter for over ten years and has always loved working with wood. After discovering fibre arts she has enjoyed putting her woodworking skills to use making wooden tools and objects related to her new favourite hobby. Bespoke items considered on request.

Shannon Ralph owns Ensol Studio, a small home-based jewellery business out of Richmond, Ontario. She has been creating her own designs as well as custom Sterling silver jewelry for over 15 years. Unique quality pieces to last a lifetime are her focus.

Elizabeth and Keith Adam run Serendipity Farm, where they raise friendly alpacas and llamas with some of the finest fleeces available. Elizabeth also does stunning dyeing of wool and mohair yarns, locks and fleeces.

— Susan Berlin

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Summer Entrepreneur Brings STEM to Local Kids

Beckwith Ontario is known for its rural warmth and close agricultural community, but did you know it is also a hub of STEM activity (science, technology, engineering and math)? Gabe Braden, a recipient of the Ontario Summer Entrepreneurship grant, started his robotics hobby almost eight years ago, which is pretty good, because he is only 15. "My dad got me a Lego EV3 robot for my seventh birthday and it just went from there," he explains. "As a 7-year-old, it was like having Battle Bots in my house. My brother and I have been creating autonomous drawing bots, drag racers and ball runs... and all kinds of stuff ever since."

Gabe and his team, Steampunk Robotics, have participated in and won several local robotics tournaments. This past March, Beckwith Township partnered with Steampunk and ran a STEM workshop for students in middle school. "My goal is to spark an interest and to give students the tools to pursue programming and robotics when they leave the camp environment," says Gabe. "I want them to go home

and start programming and let it take them wherever they want it to. Web design, robotics competitions, or just get them thinking about taking some computer science courses in high school. I want kids to move from consuming technology and become creators."

Gabe, whose family has never owned a TV or a video game console, acknowledges that his mentor, a long-time Beckwith resident, gave him the confidence to apply for the Summer Entrepreneurship grant. "Mr. Rob Mains has been my tech mentor, specifically for programming, and I don't think I would have had the confidence to launch a business if he hadn't supported me," he explains. "I want to give that kind of confidence to other students. It is also just really fun. I think I have more fun at the workshops than the students sometimes."

Gabe has used the grant money to promote his webpage, rent local venues, and to purchase more robotics kits so his workshops can host up to twelve students, aged 8-14. He is also building on

his tutoring business, which supports high school students from Osgoode to Almonte through their computer science courses. Steampunk Robotics has several camps and workshops going on this summer. Calvary Christian Academy, a private school in Franktown, is hosting Steampunk's inaugural Sumo Bot tournament in July. Check out Gabe's webpage <steampunkrobotics.net> for more information about his workshops this summer!

Gabe Braden (right) has parlayed an early interest in robotics into a Summer Entrepreneurship grant that has him giving workshops to area students



Music Matters Coping with Stage Fright and Nervousness

There are incredible benefits that come with being a musician. However, this job has its side effects as well. According to studies, about twenty-five percent of the general population deals with nervousness and stage fright, and I would guess that the percentage for musicians is probably similar.

by Tony Stuart

I had a part-time job as a stage manager while I was in university. I remember one player, an oboist, who would get so nervous that he would be physically sick before a concert; yet would walk out on stage and deliver a stunning performance every single time. He was able to throw a switch when it came time to perform and channel that nervousness into his performance. It was such a dichotomy because he was at the top of his game musically, but suffered bouts of extreme nervousness, yet was able to overcome this at show time.

The mind can play funny tricks on us. Symptoms of stage fright can include an increased heart rate, shortness of breath, diarrhea, chest pains and dizziness, among other things. Every possible disastrous performance scenario seems to run through our heads, with uncomfortable physical side effects.

Unfortunately, many musicians (as well as actors and dancers) resort to chemical means to deal with stage fright. My first clarinet teacher suffered from stage fright, despite being a fabulous player and having a regular gig as a sub with the Toronto Symphony Orchestra on bass clarinet. She did what many performers do and took beta blockers to help deal with her stage anxiety. She would not go on stage without taking them. As she described it, the nervous symptoms quickly faded, and calmness followed. This calmness allowed her to be in control of her playing.

Beta blockers were originally developed in the 1960s as a heart medication. They slow the heart rate down, and it didn't take very long for performers to realize that they could be used to quell stage fright. According to a recent survey, nearly three quarters of musicians have tried them. The problem with beta blockers is that they can become a crutch, and don't really treat the underlying causes of stage fright. I have never tried them, and don't plan to, but in my younger days when I got very nervous as a player the thought crossed my mind.

Nervousness is a major issue for performing artists, but we are starting to rediscover old ways of dealing with it. Deep breathing exercises can be very helpful. A simple routine like breathing in

for four seconds and out for five seconds has been shown to have many physiological benefits. Meditation is another method that many performers find effective. My second clarinet teacher was a big proponent of visualization techniques. In other words, visualize yourself at the end of a performance facing a standing ovation from the crowd. Now, go and make that happen. Personally, I have found this to be really effective and it is something that I still do both as a musician and teacher.

A little bit of nervousness is a good thing, especially if that can be turned into energy during a performance. Any performer who says they don't experience it is either lying or simply going through the motions. I'm not sure that I want to be watching a show where the performer isn't at least a little bit nervous.

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

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Claiming Column

CP 200 Celebration Parade, Aug 1
Macbeth, Perth, Aug 2-18
 Bridge St. Summerfest, CP, Aug 3
 Picnic in the Park, CP, Aug 4
 Company of Fools, Almonte, Aug 7
Saltwater Moon, Perth, Aug 8-25
Narnia, A Musical Imagining, Smiths Falls, Aug 9-18
 Naismith 3x3 Basketball Festival, Almonte, Aug 10
 Paddle for AGH, Almonte, Aug 10
 Perth Garlic Festival, Aug 10-11
 Carp Garlic Festival, Aug 10-11
Deathtrap, Perth, Aug 16-Sep 8
 Live at the Falls, Smiths Falls, Aug 16-17
 Roots on the Clyde Music Festival, Lanark, Aug 16-18
 Creative Arts Fair, Smiths Falls, Aug 17
 MUSICwestport, Aug 17
 Pakenham Fair, Aug 17
 FreedomFest, Perth, Aug 17-18
 Perth Kilt Run, Aug 17
 Coin Auction, Almonte, Aug 18
 Festival of the Wild Child, Pakenham, Aug 24-25

Highland Games, Almonte, Aug 24
 Perth Fair, Aug 30-Sep 2
 Fibrefest, Almonte, Sep 5-8
 Mississippi Mills River Run Walk, Sep 7
 Parkinson Super Walk, Sep 7
Ed's Garage, Perth, Sep 19-29
Death by Design, Smiths Falls, Sep 27-Oct 6

Festivals

Almonte Celtfest, Jul 5-7. Fri 7-10PM (\$20; \$15 adv on EventBrite). Sat 12-10PM & Sun 12-6PM (by donation). Celtic music in Gemmill Park. almonteceltfest.com. Fri only: \$20; \$15 adv
Almonte Fair, Jul 19 (4-10PM), 20 (9AM-10PM), 21 (9AM-4PM). Almonte Fairgrounds, almontefair.ca. \$20 (incl midway)
Stewart Park Festival, Jul 19 (1-9PM), Jul 20-21 (12PM). Live music, kids stuff. Perth, stewartparkfestival.com. By donation
ClaytonFest, Jul 20. Music, kids stuff, food. Clayton Community Centre. 256-6190
Pride Festival, Jul 20, 11AM-4PM. Dance, drag, kids' activities, vendors. Junction Park, Carleton Place. 315-4355
Perth Ribfest, Jul 26-27 (11AM-10PM), Jul 28 (11AM-7PM). Ribs, live music. Last Duel Park, perthribfest.com. Admission by donation
Midsummer HerbFest, Jul 28, 9AM-4PM. Vendors, music, kid's activities, food. Waba Cottage Museum, midsummerherbfest.ca
CP 200 Celebration Parade, Aug 1, 6:30PM. Bridge St., carletonplace200.ca

Literature

Giant Book Sale, Jul 13, 8AM-1PM. By donation to Perth Library. Crystal Palace, Perth

Local Food

Wood, Clay, Glass & Metal Craft Day at Mkt, Jul 13, 9AM-1PM. Plus regular market. Calabogie Community Centre, calabogiemarket.ca

Visual Arts

Paint the Summer Art Show/Sale, Jul 13-14, 10AM-4PM. 40 Rideau Lakes Artists. Algonquin College, Perth, rideaulakes-artists.com

Vernissage: Jim Arendt, Jul 13, 2-4PM. "Those of Us Still Living" installation. Mississippi Valley Textile Museum, mvtm.ca

Art in the Loft: Four Brushes Art Show, Jul 20, 10AM-6PM. Bowness Farm, Perth. bownessfarm.ca

Arts Studio Sale, Jul 20, 10AM-4PM. Knit items & tools, silver jewellery, alpaca farm. 466 Sugarbush Way, Lanark. 259-5036

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> Canada Day at Riverside Park, Carleton Place Canada Day in Gemmill Park, Almonte Head over Heels (Patio) w/Zak Colbert, The Cove Smiths Falls Duplicate Bridge Club 	<ul style="list-style-type: none"> Androcles & the Lion, Perth Brock Zeman, O'Reilly's Pub Hackberry Men's Shed, CP Music Trivia, Almonte Lobby Bar Olde Time Bingo, Carleton Place Smiths Falls Duplicate Bridge Club The Voice of the Turtle, Perth 	<ul style="list-style-type: none"> 5 Wednesdays in July, Augusta St. Park Almonte Duplicate Bridge Club Open Jam, Waterfront Gastropub Open Mic, The Cove Steve Poltz, Neat Coffee Shop Tea on the Lawn, Almonte The Forgotten Ones, Perth The Voice of the Turtle, Perth 	<ul style="list-style-type: none"> Altameda, Neat Coffee Shop JSpencer Evans Trio, The Cove Karaoke, Waterfront Gastropub Captain Marvel, Smiths Falls Naismith Men's Shed, Almonte Open Mic, Fiddleheads Bar & Grill Tea on the Lawn, Appleton The Forgotten Ones, Perth The Ladies' Foursome, Perth The Voice of the Turtle, Perth
<ul style="list-style-type: none"> Carp Celtic Jam, Masonic Lodge Hackberry Men's Shed, CP Smiths Falls Duplicate Bridge Club 	<ul style="list-style-type: none"> Androcles & the Lion, Perth BBQ Community Potluck, McDonalds Corners Brock Zeman, O'Reilly's Pub MVCA Open House re Flooding, Carleton Place Olde Time Bingo, Carleton Place Smiths Falls Duplicate Bridge Club The Voice of the Turtle, Perth 	<ul style="list-style-type: none"> 5 Wednesdays in July, Augusta St. Park Almonte Duplicate Bridge Club Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic, The Cove Tea on the Lawn, Almonte The Forgotten Ones, Perth The Voice of the Turtle, Perth 	<ul style="list-style-type: none"> Five Alarm Funk, Neat Coffee Shop JSpencer Evans Trio, The Cove Karaoke, Waterfront Gastropub Shrek, Smiths Falls Naismith Men's Shed, Almonte Open Mic, Fiddleheads Bar & Grill Perth Citizens' Band Tea on the Lawn, Appleton The Forgotten Ones, Perth The Voice of the Turtle, Perth
<ul style="list-style-type: none"> Carp Celtic Jam, Masonic Lodge Smiths Falls Duplicate Bridge Club 	<ul style="list-style-type: none"> Androcles & the Lion, Perth Brock Zeman, O'Reilly's Pub Canada Green New Deal, CP Hackberry Men's Shed, CP Music Trivia, Almonte Lobby Bar Olde Time Bingo, Carleton Place Smiths Falls Duplicate Bridge Club 	<ul style="list-style-type: none"> 5 Wednesdays in July, Augusta St. Park Almonte Duplicate Bridge Club Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic, The Cove Tea on the Lawn, Almonte The Forgotten Ones, Perth 	<ul style="list-style-type: none"> Spencer Evans Trio, The Cove Karaoke, Waterfront Gastropub How To Train Your Dragon, Smiths Falls Naismith Men's Shed, Almonte Open Mic, Fiddleheads Bar & Grill Perth Breast Cancer Support SPF: The Last Waltz Live, Perth Tea on the Lawn, Appleton The Forgotten Ones, Perth
<ul style="list-style-type: none"> Carp Celtic Jam, Masonic Lodge Hackberry Men's Shed, CP Smiths Falls Duplicate Bridge Club 	<ul style="list-style-type: none"> Androcles & the Lion, Perth Brock Zeman, O'Reilly's Pub Music Trivia, Almonte Lobby Bar Olde Time Bingo, Carleton Place Pygmalion, Perth Smiths Falls Duplicate Bridge Club 	<ul style="list-style-type: none"> 5 Wednesdays in July, Augusta St. Park Almonte Duplicate Bridge Club Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic, The Cove Pygmalion, Perth Tea on the Lawn, Almonte The Forgotten Ones, Perth 	<ul style="list-style-type: none"> Romeo & Juliet, McDonalds Corners JSpencer Evans Trio, The Cove Karaoke, Waterfront Gastropub Moana, Smiths Falls Naismith Men's Shed, Almonte Open Mic, Fiddleheads Bar & Grill Perth Citizens' Band Pygmalion, Perth Tea on the Lawn, Appleton The Forgotten Ones, Perth
<ul style="list-style-type: none"> Carp Celtic Jam, Masonic Lodge Smiths Falls Duplicate Bridge Club 	<ul style="list-style-type: none"> Androcles & the Lion, Perth Brock Zeman, O'Reilly's Pub CP 200 Monster Bingo, Carleton Place Hackberry Men's Shed, CP Music Trivia, Almonte Lobby Bar Olde Time Bingo, Carleton Place Pygmalion, Perth Smiths Falls Duplicate Bridge Club 	<ul style="list-style-type: none"> 5 Wednesdays in July, Augusta St. Park Almonte Duplicate Bridge Club Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic, The Cove Pygmalion, Perth Tea on the Lawn, Almonte The Forgotten Ones, Perth 	<ul style="list-style-type: none"> CP 200 Celebration Parade JSpencer Evans Trio, The Cove Karaoke, Waterfront Gastropub Grease, Smiths Falls Naismith Men's Shed, Almonte Open Mic, Fiddleheads Bar & Grill Pygmalion, Perth Tea on the Lawn, Appleton The Forgotten Ones, Perth

Theatre

Androcles and the Lion, Tue 11AM/5PM. 3-course meal. Classic Theatre. Michael's Table, Perth. 1-877-283-1283, classictheatre.ca. \$54.25
The Voice of the Turtle, to Jul 14: Wed, Sat 8PM; Tues-Sun 2PM. VVVII-era romantic comedy. Classic Theatre. St. James Anglican Church, Perth. classictheatre.ca. \$30; under 30 \$21; \$4 fee
The Forgotten Ones Walking Tour; Wed-Sun 11AM, Thu/Fri 7PM. Theatrical historic tour. Classic Theatre Festival. Meet at Matheson House, Perth. classictheatre.ca. \$15 (\$12 w/play ticket); under 12s 50%
The Ladies' Foursome, Jul 4-6, 12-13 at 7:30PM; Jul 6, 14 at 2PM. Norm Foster comedy. Studio Theatre, Perth. Tix: ticketsplease.ca. \$24
Illusionists: Outerbridge, Jul 6, 13, 20, 27 at 7:30PM. Magical adventure. Station Theatre, SF. smithsfallstheatre.com, 283-0300. \$30/\$15

Pygmalion, Jul 19-Aug 11: Wed, Sat 8PM; Tues-Sun 2PM. Shaw classic. Classic Theatre. St. James Anglican Church, Perth. classictheatre.ca. \$30; under 30 \$21; \$4 fee
Company of Fools: Romeo & Juliet, Jul 25, 7PM. Shakespeare in the park. MERA Schoolhouse, McDonalds Corners. fools.ca. Suggested donation \$20
Lanark Laughs, Jul 26, 8:30-10PM. Stand-up comedy. Waterfront Gastropub, Carleton Place. facebook.com/LanarkLaughs/
When Harry Met Sally, Jul 26 (7PM), Jul 27 (2PM). Film. Studio Theatre, Perth. Tix: ticketsplease.ca. \$10, \$12 adv

Youth

Movies Under the Stars, Jul 4 *Captain Marvel*, Jul 11 *Shrek*, Jul 18 *How to Train your Dragon: The Hidden World*, Jul 25 *Moana*. 7PM activities, film at dusk. Centennial Park, Smiths Falls. Free (donations welcome)

Pakenham Youth Group, 1st & 3rd Sat. Movies, games, pizza, crafts. Ages 9-16. Pakenham Library. 257-9772. Free
Matilda, Jul 12, 1PM & 7PM. Academy for Musical Theatre. Code's Mill, Perth. ticketsplease.ca. \$15
Beatlemania, Jul 19, 1:30PM, Academy for Musical Theatre. Code's Mill, Perth. ticketsplease.ca. \$15

Music

5 Wed in July (Augusta St. Park, Almonte): 6-8:30PM
 Jul 3 Lanark County Revival/Lost Pet Pigeon, BBQ
 Jul 10 Billijn/S. Stacey & Stumpsplitters, potluck
 Jul 17 Tripod/Jen Noxon & Brindled Cats, BBQ
 Jul 24 umberlune/Brad Scott Trio, potluck
 Jul 31 Tayler Walters/Jimmy Tri-Tone Band, BBQ

Almonte Lobby Bar @Riverside Inn (Almonte, 461-2745):
 Tue (excl Jul 9) Music Trivia, 8PM
 Jul 7 Jazz w/The Brindled Cats, 7-10PM
Carp Masonic Lodge: Mon (excl Jul 1) Carp Celtic Jam, 7-9PM
CC's on the Rideau (Rideau Ferry, 267-6060):
 Jul 20 Tom Watson, 5-8PM
 Jul 27 Lanark County Revival, 5-8PM
The Cove (Westport, 273-3636): Wed Open Mic w/Shawn McCullough, 7-10PM; Thu Jazz w/Spencer Evans Trio, 9-11PM, \$5; Sun Head over Heels on the Patio, 12:30-3:30PM
 Jul 1 Head over Heels, 12:30-3:30PM
 Jul 5 Henry Norwood, 7-10PM
 Jul 6 Healy & Orr, 7-11PM, \$45 buffet+show
 Jul 12 Fánaid, 7-10PM, \$10
 Jul 13 Tony Silvestri, 6-9PM
 Jul 19 Benni Vander, 6-9PM
 Jul 20 Henry Norwood, 8-11PM
 Jul 26 Morgan Davis, 7-10PM, \$10
 Jul 27 TBA

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Almonte Celtfest David McGrath, O'Reilly's Pub Henry Norwood, The Cove Lanark County Revival, Naismith Pub Loaded SixString, Fiddleheads Bar & Grill Luc Brisson, Ridge Rock Brewing Co. Mississippi Blues Society Open Jam, Waterfront Gastropub Skye Wallace, Neat Coffee Shop Steve Barrette Trio, The Swan at Carp The Forgotten Ones, Perth The Ladies' Foursome, Perth The Voice of the Turtle, Perth 	<ul style="list-style-type: none"> Almonte Celtfest Culture Camp Fundraising Breakfast, Perth Blueswind, Juke Joint Soul Kitchen Bob Pepin, Waterfront Gastropub Healy & Orr, The Cove Illusionists: Outerbridge, Smiths Falls Jordan Dubeau, Lumbertown Ale House Pakenham Youth Group, Pakenham Perth Antique Show & Sale Tea on the Lawn, Almonte The Forgotten Ones, Perth The Ladies' Foursome, Perth The Voice of the Turtle, Perth 	<ul style="list-style-type: none"> Almonte Celtfest Blues w/Redneck Limousine, Waterfront Gastropub Head over Heels (Patio), The Cove Jake Clemons, Neat Coffee Shop Magnolia Rhythm Kings, The Royal Oak Meditation, Almonte Mixed Nuts, Robert Simpson Park Perth Antique Show & Sale Strawberry Social, Pakenham The Brindled Cats, Almonte Lobby Bar The Forgotten Ones, Perth The Voice of the Turtle, Perth
<ul style="list-style-type: none"> Busby Marou, Neat Coffee Shop Fánaid, The Cove Matilda, Perth The Forgotten Ones, Perth The Godfreys, O'Reilly's Pub The Ladies' Foursome, Perth The Voice of the Turtle, Perth Tom Watson, Fiddleheads Bar & Grill Vicky Brittle, Ridge Rock Brewing Co. 	<ul style="list-style-type: none"> Al Wood, Juke Joint Soul Kitchen Five Dollar Down, Lumbertown Ale House Giant Book Sale, Perth Illusionists: Outerbridge, Smiths Falls Joseph McDonald, O'Reilly's Pub Lanark County Revival, Waterfront Gastropub Paint the Summer Art Show/Sale, Perth Redneck Limousine, Ridge Rock Brewing Co. Tea on the Lawn, Almonte The Forgotten Ones, Perth The Ladies' Foursome, Perth The Voice of the Turtle, Perth Tony Silvestri, The Cove Vernissage: Jim Arendt, Almonte Craft Day at Mkt, Calabogie 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Blues w/Redneck Limousine, Waterfront Gastropub Chris Gagnon, Ridge Rock Brewing Co. Head over Heels (Patio), The Cove The Lynnes, KIN Vineyard Meditation, Almonte Nature Walk: Wildflowers, Carleton Place Paint the Summer Art Show/Sale, Perth Richmond Ramblers, Robert Simpson Park The Forgotten Ones, Perth The Ladies' Foursome, Perth The Voice of the Turtle, Perth
<ul style="list-style-type: none"> Almonte Fair Beatlemania, Perth Benni Vander, The Cove Karmacode, Fiddleheads Bar & Grill Pygmalion, Perth Redneck Limousine, Braeside Stephen Mark Fisher, O'Reilly's Pub Steve Barrette Trio, The Swan at Carp Stewart Park Festival, Perth The Forgotten Ones, Perth Tour Waba Cottage Museum & Gardens Valley Mountain, Ridge Rock Brewing Co. 	<ul style="list-style-type: none"> Almonte Fair Arts Studio Sale, Lanark Tea on the Lawn, Almonte Pakenham Youth Group Stewart Park Festival, Perth Art in the Loft: Four Brushes Art Show, Perth Deep Dark River w/cellist, Fiddleheads Bar & Grill Fast Romantics, Neat Coffee Shop Henry Norwood, The Cove Illusionists: Outerbridge, Smiths Falls Music in the Park: Turpin's Trail, Westport Ron Mills, Juke Joint Soul Kitchen Ryan MacIntyre, Lumbertown Ale House The Forgotten Ones, Perth Tom Watson, CC's on the Rideau 	<ul style="list-style-type: none"> Almonte Fair Blues w/Redneck Limousine, Waterfront Gastropub Head over Heels (Patio), The Cove Magnolia Rhythm Kings, The Royal Oak Meditation, Almonte Pygmalion, Perth Stewart Park Festival, Perth Terry Marcotte & Friends, Robert Simpson Park The Forgotten Ones, Perth
<ul style="list-style-type: none"> CP 200 Trivia Night, Carleton Place Lanark Laughs, Carleton Place Logan Brown, Fiddleheads Bar & Grill Morgan Davis, The Cove Perth Ribfest Pygmalion, Perth The Forgotten Ones, Perth The Static Shift, Neat Coffee Shop When Harry Met Sally, Perth 	<ul style="list-style-type: none"> Almonte House & Garden Tour CP 200th Anniversary Celebration Concert Illusionists: Outerbridge, Smiths Falls Lanark County Revival, CC's on the Rideau TBA, The Cove Me & Him, Juke Joint Soul Kitchen Perth Ribfest Pygmalion, Perth Tea on the Lawn, Almonte The Forgotten Ones, Perth TJ Morrison, Lumbertown Ale House When Harry Met Sally, Perth 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Blues w/Redneck Limousine, Waterfront Gastropub Head over Heels (Patio), The Cove Kyle Felhaver & Friends, Robert Simpson Park Meditation, Almonte MidSummer HerbFest, White Lake Perth Ribfest Pygmalion, Perth The Forgotten Ones, Perth The Great CP Amazing Race, Carleton Place
<ul style="list-style-type: none"> Fairview Manor Lobby presents irene emig's collages Elgin Art Gallery presents David Gilmore's paintings Mississippi Valley Textile Museum presents Out of the Box artists [to Jul 6], then Jim Arendt's images from denim [from Jul 13] <mvtm.ca> Strévé Design Studio & Boutique presents paintings by Linda Banfalvi [to Jul 13] The Mississippi Mills Chambers Gallery & the Almonte Library Corridor Gallery present Karl Kischel's landscapes Whitehouse Perennials presents 800+ varieties of Daylilies in bloom [Jul 23-31] 		

SF Bridge Club, Mon 7PM, Tue 1PM. 256-4747.

SF Legion

Olde Time Bingo, Tue 7PM. Held by CP Civitans in CP Arena upper hall

Tea on the Lawn, Wed & Sat, 2-4PM. Tea/lemonade, tea breads. Mill of Kintail, Almonte. RamsayVVL.ca. \$5/\$3

Almonte Bridge Club, Wed 7PM. 256-4747. Almonte Legion

Tea on the Lawn, Thurs, 2-4PM. N. Lanark Regional Museum, Appleton. 257-8503. \$5

Meditation, Sun, 10AM. Practice w/support. Big Stone House, Almonte. bigstonehouse.ca

Hackberry Men's Shed: Jul 2, 16, 30, 7:30AM, breakfast, Gourmet Restaurant, CP; Jul 8, 22, 7PM, meeting, Shed opposite 98 Donald St., CP. 461-0013. Mtgs free

Naismith Men's Shed: Jul 4, 18, 8AM, breakfast, Mamma's Place, Almonte; Jul 11, 25, 9AM, meeting, Mill of Kintail gatehouse. 461-0013. Mtgs free

Ardoch Algonquin Culture Camp Fundraising Breakfast, Jul 6, 9-11:30AM. Hosted by Ardoch Algonquin First Nation and the Lanark County Neighbours for Truth and Reconciliation. St. Paul's United Church, 25 Gore St. W., Perth, aafna.ca. \$10; \$5 under 10 yrs

Perth Antique Show & Sale, Jul 6-7, 10AM-4PM. QC/ON dealers. Perth Civitan Hall, 6787 County Rd 43, Perth. perthantiqueshow.com. \$7

Strawberry Social, Jul 7, 1-4PM. GF opt. Cedar Hill Schoolhouse, 270 Cedar Hill Side Rd., Pakenham. 256-2014. \$6

BBQ Community Potluck, Jul 9, 5-7PM. MERA Schoolhouse, 974 9th Concession A, McDonalds Corners

MVCA Open House re Flooding, Jul 9, 4:30-7:30PM. Mississippi Valley Conservation Centre, 10970 Highway 7, Carleton Place., sgtoskie@mvc.on.ca

Nature Walk: Wildflowers, Jul 14, 10AM-12PM. w/Cathy Keddy. Poole Family Nature Sanctuary, Drummond Conc Rd. 11 (opposite #317), Carleton Place. 253-2722, admin@mmlt.ca, mmlt.ca/events. \$15; \$10 MMLT members

Canada Green New Deal Townhall Meeting, Jul 16, 6:45-9PM. Share ideas. Carambeck Community Centre Gym, 351 Bridge St., CP. greennewdealcanada.ca. \$2 donation

Perth Breast Cancer Support Group, Jul 18, 7-9PM. Monthly mtg. Perth Family Health Centre, 33 Lewis St., Perth. 812-4474

Tour Waba Cottage Museum & Gardens, Jul 19, 10:30AM. Call 470-0060 to reserve spot. Waba Cottage Museum, 24 Museum Rd., White Lake. 470-0060.

Apollo 11: The Quest for the Moon, Jul 20, 3PM. Talk by Frank Hitchens. Carleton Place Library, 101 Beckwith St., CP. 257-2702, library@carletonplace.ca. Free

CP 200 Trivia Night, Jul 26, 6:30-9:30PM. \$20/team of up to 4. Carleton Place Arena, 75 Neelin St., Carleton Place. carleton-place200.ca

Almonte House & Garden Tour, Jul 27, 10AM-5PM. 7 houses, 3 gardens. \$7 tea at Old Town Hall. Tix: MVTM, Home, Blossom Shop. Almonte. info@mvtm.ca, mvtm.ca. \$30

The Great CP Amazing Race, Jul 28, 11AM-4PM. \$20/team of up to 4. Market Square, Beckwith St/Lake Ave, Carleton Place. carletonplace200.ca

CP 200 Monster Bingo, Jul 30, 6:30PM. 18+. Carleton Place Arena, 75 Neelin St., Carleton Place. carletonplace200.ca

Fiddleheads (Perth, 267-1304): 8PM. Thu Open Mic w/Kevin Choffe
Jul 5 Loaded SixString
Jul 12 Tom Watson
Jul 19 Karmacode
Jul 20 Deep Dark River w/cellist
Jul 26 Logan Brown

Juke Joint Soul Kitchen (Carp, 470-8888): 7PM.
Jul 6 Blueswind
Jul 13 Al Wood
Jul 20 Ron Mills
Jul 27 Me & Him

Lumbertown Ale House (Arnprior, 623-8885): 8:30PM, no cover
Jul 6 Jordan Dubeau
Jul 13 Five Dollar Down
Jul 20 Ryan MacIntyre
Jul 27 TJ Morrison

Naismith Pub (Almonte, 256-6336):
Wed (not Jul 3) Open Celtic Jam, 7:30-10PM
Jul 5 Lanark County Revival, 8-11PM

Neat Coffee Shop (Burnstown, 433-9960): 8PM
Jul 3 Steve Poltz, \$35
Jul 4 Altamedia, \$20
Jul 5 Skye Wallace, \$25
Jul 7 Jake Clemons, \$55
Jul 11 Five Alarm Funk, \$45
Jul 12 Busby Marou, \$25
Jul 20 Fast Romantics, \$35
Jul 26 The Static Shift, \$20

O'Reilly's Ale House (Perth, 267-7994):
Tues Brock Zeman, 8:30PM
Jul 5 David McGrath, 8:30PM
Jul 12 The Godfreys, 9:45PM
Jul 13 Joseph McDonald, 8:30PM
Jul 19 Stephen Mark Fisher, 8:45PM

Ridge Rock Brewing Co. (Carp, 470-2337): 8PM
Jul 5 Luc Brisson
Jul 12 Vicky Brittle
Jul 13 Redneck Limousine
Jul 14 Chris Gagnon, 2-5PM
Jul 19 Valley Mountain

Robert Simpson Park (Arnprior, 623-7301): Sundays, 2-4PM, free
Jul 7 Mixed Nuts featuring Pat Watters
Jul 14 Richmond Ramblers
Jul 21 Terry Marcotte & Friends
Jul 28 Kyle Felhaver & Friends

The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM
Jul 7, 21 Magnolia Rhythm Kings
Jul 14, 28 APEX Jazz Band

The Swan at Carp (Carp, 839-7926):
Jul 5, 19 Steve Barrette Trio, jazz, 7-10PM

The Waterfront Gastropub (CP, 257-5755): Wed Open Jam 9PM, Thurs Karaoke 9PM, Sun Blues w/Redneck Limousine 3-6PM
Jul 5 Mississippi Blues Society Jam, 8:30PM
Jul 6 Bob Pepin 9PM
Jul 13 Lanark County Revival

Perth Citizens' Band, Jul 11 & 25. Bring lawn chair or stroll park. Stewart Park, Herriott St., Perth. 256-4221, perthband.ca. Free

The Lynnes, Jul 14, 3-5PM, Concert, vineyard tour, wine samples & canapés. KIN Vineyard, Carp. Tix at eventbrite.ca

SPF: The Last Waltz Live, Jul 18, 7:30PM. Musical celebration of The Band. St. Paul's United Church, 25 Gore St. W., Perth, ticketsplease.ca. \$30

Redneck Limousine, Jul 19, 7PM-10PM, Live music. Greenside Tavern, Sand Point Golf Club, 38 Golf Club Rd., Braeside.

Music in the Park: Turpin's Trail, Jul 20, 1PM-4PM, BBQ. Bring chair. Shillington Park, 875 8th Concession Rd, Westport. 273-9019, a.arsenault@me.com. Donations welcome

CP 200th Anniversary Celebration Concert, Jul 27, 1PM. Jason Blaine, Brea Lawrenson, more. Riverside Park, West end of John St., Carleton Place. ticketsplease.ca/CP200.html. \$30; \$25 adv

Perth Paints the Summer Spectacular!

Perth is such a lovely town in the summer. *Especially* in the summer. There are so many fun and interesting things to do: cycling the old streets, paddling about in the restful Tay Basin, strolling through majestic Stewart Park, browsing all the wonderful shops in the picturesque downtown, and grabbing a bite to eat at one of the fine restaurants

by John Pigeau

or enjoying a drink on a patio with a water view. It pretty much makes you wish July would last forever!

Antiquarians and sentimentalists might agree — all the good folks who come to town every summer in search for that one antique they just can't do without. For them, the weekend of July 6 and 7 offers up a tremendous treat as the Perth Civitan Club hosts the 33rd annual **Perth Antique Show and Sale**.

This always fun and popular show is both indoors (for those with a fondness for air conditioning) and outdoors under tents. Dealers from far and wide will bring their finest antiques as well as popular retro, vintage and nostalgic collectibles, so there will be lots of wonderful items to see and enjoy and maybe purchase, if that certain something just happens to catch your eye. A Fonzie lunch box, say. Or a first-edition, mint-condition copy of Ray Bradbury's *Dandelion Wine*.

There will be the mainstays for sale, of course: art, china, silvers, textiles, jewellery, tools and furniture, but you truly never know what to expect to find at this show. Every year is delightfully different, so expect to be joyfully surprised! Admission is \$7, and the show runs from 10AM to 4PM both days.

The **Perth Citizens' Band** continues its Summer Pops Concert Series with two shows this month: one on Thursday, July 11 and the other on Thursday, July 25. As always, they'll be playing in the bandshell adjacent to Stewart Park. Bring a lawn chair, maybe a cold supper in a picnic basket, and enjoy. Both concerts begin at 7:30PM.

Need an excuse to get down to Fiddleheads Bar & Grill? I got one for you: **Tom Watson** will be playing an acoustic set there on Friday, July 12 at 9PM. His sets are varied, hopping genres — from rock, folk and alternative to East Coast and Irish — and always crowd pleasers. Watson is also playing CC's on the Rideau on Saturday, July 20 from 5–8PM — in case you need an excuse to go there too.

Art lovers rejoice! The Rideau Lakes Artists' Association (RLAA) presents its third annual art show and sale, called **Paint the Summer**, on Saturday, July 13 and Sunday, July 14 at the Perth campus of Algonquin College. More than forty talented artists will be displaying their work in oils, acrylic, watercolour, mixed media and batik. The show offers a great chance to meet the artists, chat about their ideas

and inspirations, and perhaps find and fall in love with that truly original and gorgeous piece of art you just can't do without.

Visitors can also vote for their favourite artwork from a collection themed *Celebrate the Summer*, and one artist's work will win the People's Choice Award. The RLAA is



Find works by Margaret Martin and others at the Paint the Summer show at Algonquin College

pleased to cultivate and support young emerging artists, so new this year is an exhibition of student art from local schools. Paint the Summer is also proud to support Lanark County Interval House. The show and sale run from 10AM to 4PM both days. Parking and admission are free, and you can visit <rideaulakesartists.com> for details.

It's hard to believe that the **Stewart Park Festival** is now in its 29th year, isn't it? Well it is, and this first-class event has steadily become one of the premier music festivals in Ontario. It's no wonder though — where else can you enjoy three free days of music in such a beautiful setting as Perth's Stewart Park? There are so many fun and fantastic

things to do as well — on top of the outdoor concerts — and the roster of talented musicians is always varied and impressive. It runs from July 19–21, and you can find out all about it at <stewartparkfestival.com> or on page 5 of this issue.

It's officially summer. And you are craving ribs. Mouth-watering, scrumptious, fall-off-the-bone, ridiculously delicious, tender, tasty, smoked-and-barbecued ribs. Fear not your cravings, my hungry friends, for the Rotary Club of Perth has totally got you covered — they'll be hosting their 5th annual **Perth Ribfest Music Festival** at Last Duel Park from July 26 to 28, and it's going to be downright delectable.

This popular festival features three days of live entertainment featuring local musicians; two celebrated ribbers; a slew of food and non-food vendors (including vegetarian options); locally brewed beer from the Perth Brewery and Weatherhead; a wine, cooler and spirits bar hosted to Top-Shelf Distillers; and car shows featuring some really cool antique and exotic rides. There will be a kid's zone too, with face painting, slides and a climbing wall. Some lucky folks will win rib dinners and door prizes.

Admission is by donation. The whole wingding kicks off on Friday, July 26 at 11AM and wraps up Sunday evening at 7PM. Visit <perthribfest.com> for a detailed list of events. Things might get sticky, folks, so if you own bib overalls, well, don't be afraid to show 'em off!



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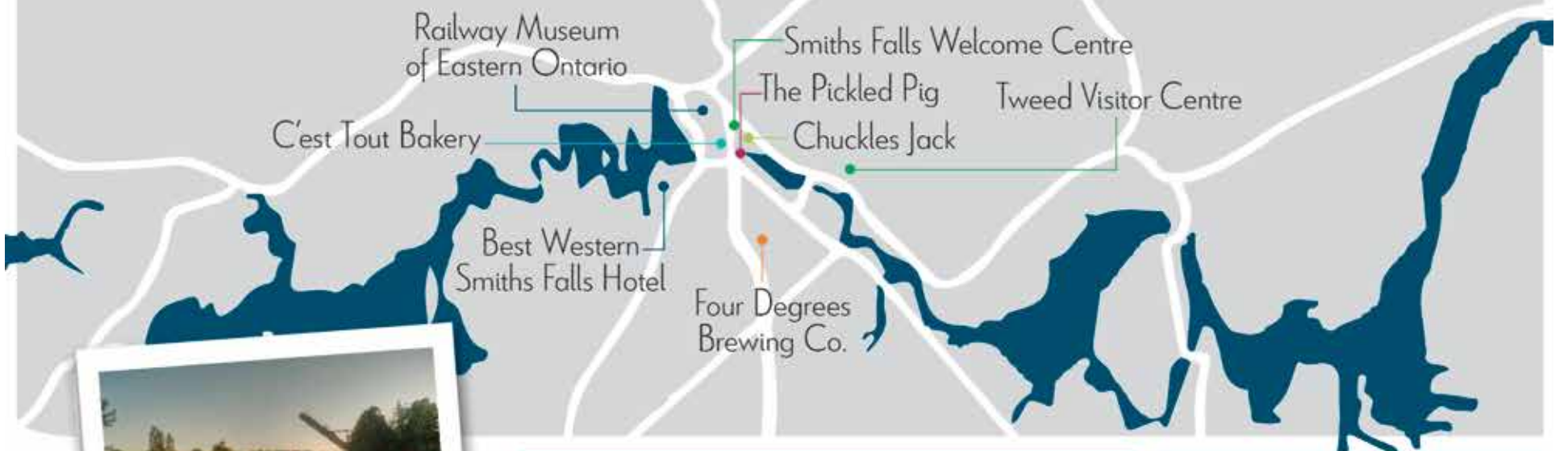
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There is a frantic energy to this time of year. The explosion of growth and green coupled with the energy and warmth of sunshine leads to a commensurate output of manic gardening energy that seems required to keep pace with growing grass, weeds, and the plethora of "visionary" plans one has made (in January) for the season. Typically at this time of year I feel more like the Tasmanian Devil than a graceful nymph in the garden, as I rush about like a bull in a china shop in an attempt to keep up. But of late I've been trying to just rein in that frenzied sense of

Each afternoon I've basked, my back to the sun's long, near-solstice rays, in the company of a rambling row of rugosa roses, waiting for things to literally unfold. My attention becomes scattered as nothing much happens — or so it seems. But the longer I sit the more I notice — the tiny white flowers of the chickweed like little stars in the shadows, the sorrel head burdened with the weight of bundles of seeds, a sucker of sumac poking through the ground, the spray of arcing bramble flowers in the dappled light under the willow. Gradually my senses open. I can smell the green and the sun, feel the warm breeze soft on my skin, and hear birdsong layered like horizons in a landscape painting.

by Susie Osler

urgency; to take a bit more care; to slow myself down enough to notice the small and often subtle miracles happening all around.

Each morning as I walk out my door, past gardens and wild patches on the thirty-second journey to the barn and studio, it is common for me to be lost in thought — preoccupied with the list of things to do, the newsfeed I just scanned, the state of climate emergency and its implications, everything *but* what is directly in front of me. It is easy to overlook what is actually *here* in the envelope surrounding me as I move — the chorus of birds, the sound of the breeze moving through the forest canopy, the arrivals of this week's insects, the heading of the grasses, and the wave of ripening that is rippling through the landscape.



In spite of the mental noise going on inside my head, *some* things are hard to miss — like the giant red poppy saucers opening next to the swath of purple salvia, and the swelling peony buds that will suddenly burst open. These are show-stoppers to be sure — the high glass-cracking soprano notes of the opera that command immediate attention. But subtler tones are there to hear all around me each day as well — or, in fact, each moment, and each moment of these moments. One only needs to learn to stop and smell the proverbial roses!

Part-way along the path to the barn, a chair invites me to linger, which is in fact what I have been doing.

But it is difficult to rein in my expectations! I've been sitting now for two weeks with Rose, waiting for her abundant buds to open. As the poppies explode and life continues to take off around this patch of roses, I wonder what is taking so long? *When will Rose finally bloom?* I've been waiting with anticipation, or rather *expectation*, for events to literally unfold, apparently more rapidly than she is ready for. I've been

focused on two flower buds in particular. Yet the more intent I've been on witnessing the transformation from bud to full-blown blossom, the greater *reluctance* these buds seem to have had to "perform". Day after day, while other rosebuds around them very slowly but surely open, these two have remained fat green teardrops, teasing me with the tiniest sliver of pink promise peeking through a crack in their sepal case. Clearly, they are in no rush to meet my gaze.

Unfoldings. Whether they be subtle happenings in nature, or our own "next chapter" in life, all require intangible yet apparently specific conditions to occur within equally mysterious time frames. Coercion, I've learned, doesn't seem to work very well. Perhaps softer, more patient approaches, and gentler intentions may...

So, even as we move into the dog days of summer, you may just find me still sitting with *Rosa rugosa*, attentively witnessing her slow release of delicate bloom, and waiting for those two green buds to offer their heady scent and heart-warming gifts to the world... all in their own time.

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The Little Drama Club that *Did*

ADHS Scores Big at the Cappies Again

Whoever coined the phrase “It takes a village to raise a child” must have done so after attending a rehearsal for one of Almonte & District High School Drama Club’s plays. The village being Almonte, and the child being the play.

If you were to attend one of the rehearsals yourself, you would feel as if madness had descended upon you. Student actors fervidly run lines; community volunteers sew seams, drill screws and climb ladders; and director Jennifer Sheffield barrels around the room as if she were a runaway roller coaster. You may question the method behind this mania, but if you were to ask any one of these madmen, they would tell you that this is exactly what makes an ADHS theatre production authentic. Every single person there attends completely upon their own accord. Whether it’s the students who show up for daily 3-hour rehearsals outside of school hours, the volunteers who sacrifice their weekends to lend a helping hand, or Ms. Sheffield, who invests her entire being into this production every year, it is important to note that there is no materialistic compensation for any of these roles. Students do not receive additional credit, community members do not receive pay, and Ms. Sheffield is still expected to be present in her science classroom when the morning bell rings at 8AM. Despite the level of lunacy that these productions bring about, the ADHS Drama Club never fails to produce quality entertainment year after year. In fact, the plays of ADHS have become so renowned that their audience has begun to draw from far beyond the borders of its “village” and into the heart of Canada’s capital city’s high school theatre collective.

The Cappies is a program based in thirteen cities across the United States and Canada that shines a spotlight on high school theatre; not only for actors and actresses, but also for aspiring journalism students. To join *The Cappies* a high school must have at least three Cappies critics. Although some schools often field over twenty critics, it has always been a small struggle for ADHS to meet this requirement. A Cappies critic must attend at least three shows put on by other schools within their chapter, engage in pre- and post-show discussions, and write a review,

often within the next 24 hours. That review will then be considered for publication in the *Ottawa Citizen*. At the end of each season, the critics cast votes in multiple categories, and a Tony-like gala is held at the NAC to hand out the awards. As a Canada’s Capital Cappies school, our critics from ADHS must travel for nearly an hour or more into Ottawa to attend these shows. Consider how taxing a task this quickly becomes for our critics and their chauffeuring parents. Without our critics’ team, Almonte’s presence amidst the high school theatre scene of Ottawa would be non-existent. As Ottawa is one of only three chapter cities in Canada, it’s an honour for Almonte to be a part of this program.

This drama club has a long history, starting in the gymnasium at ADHS and recently finding their way into our old town hall. These shows have always been notable, but lately they have become something of a marvel. Almonte has become a “buzz word” within *The Cappies* community. Critics from other schools vie for seats, and an entire community now awaits the annual production with much anticipation. Ms. Sheffield brings an unparalleled sense of vigour and zeal to the club that a director with her resources would normally have to dig down pretty deep to find. Each year she announces her plans for the upcoming production, and is always met with the same response: “Are you for real?” Due to lack of dependable funding, the absence of an actual drama class to work with, and a scarcity of new materials at her disposal, her ambition is often mistaken for absurdity. Nevertheless, she perseveres, and with her community backbone, always manages to impress. When ADHS puts on a play, the heart of an entire community beats throughout it. This is a phenomenon unique to Almonte, and it explains why the residents of Ottawa have recently started to plan their spring road trips around a high school production in an old town hall.

After winning Critic’s Favourite Play last year and walking away with the Lead Actor award this year, on top of numerous other nominations and awards, the theatre scene at Almonte District High School is simply bursting at the seams with talent and potential. Audiences have been known to speak of their experiences



The cast, crew and director of ADHS’s marvellous production of *The Curious Incident of the Dog in the Night-Time* celebrated several wins and numerous nominations at this year’s Cappies

as if they had just attended a Broadway show in the Big Apple. So next spring, when you are looking to book tickets to New York or London for a fantastical spectacle, consider saving yourself some money, and explore the award-winning theatre productions of the ADHS Drama Club within walking distance of your very own backyard.

— Pippa Norman is graduating from ADHS this year and will be going on to pursue a Bachelor of Journalism at Carleton University next fall



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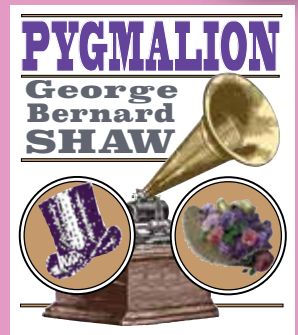


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