

OCTOBER 2011

# the Hummer

free

Arts,  
Entertainment  
& Ideas



p.24 & 25

October's Events



p.18-19

Booked in the Valley



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It's a MERA-cle!

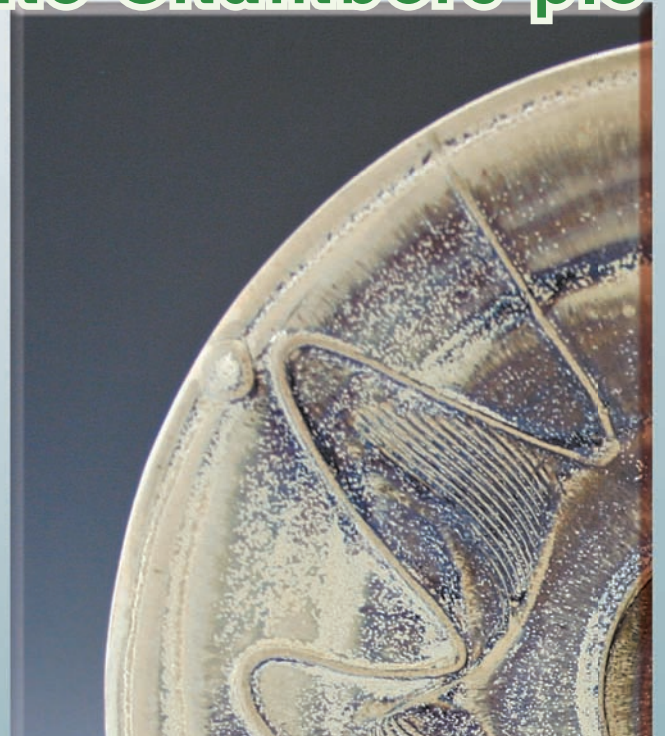


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Thrash it up



## The Art of Anne Chambers p.3



*Drift*  
by Leo Brent Robillard



### We're So Proud!

Our son's third book is out and it's fantastic!  
We'll have copies in the store — it's the perfect accessory to any room and a wonderful Christmas gift. He'll be reading and signing copies at the Moore House in Carleton Place on Friday, October 21 from 7-10PM. Hope you'll join us!

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ARTBEAT

by Bill Buttle



"You may want to put that down for a bit!"

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(discard lemons)

Seen in a tweet from **Seed to Sausage** (@Seed\_to\_Sausage)

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Who's Reading theHummm

Back in early 2010, Ann Read and Rita Ovington shared a moment reading theHummm before starting out on their walk around Lake Dove at Cradle Mountain, visible in the background. Cradle Mountain is a world heritage site not to be missed by anyone visiting Tasmania. Ann and Rita went to Australia to accompany Ann's daughter, Kendra, who was on a teacher exchange to Finley, Australia, for one year. They were visiting Tasmania on a two-week holiday, then went back to Australia to continue their journeys exploring other places for another two months before returning to their homes in Kanata and Dunrobin.

Readers Write

**Dearest Editor,**

Ransom paid and drunk. Now they've lost the keys.  
— *Pie Whole* (à propos of last month's whole hobbit kidnapping incident. Stay tuned...)

**A Love Letter to Friends and Mentors**

Does a love letter have to be for a lover, a beau, or an intended?

Not really! A letter of love expresses in words the deep emotional connection and impact a person or persons have on your life and how you feel about them. This is my love letter to two such people who have impacted my personal life and the life blood of this community.

**Len and Reva Dolgoy** have been an integral part of this community for many years. They have spearheaded many committees, sat at many organizational tables, been advocates for change, and mentored artists and students of life. There is really no point in listing all that they have contributed and accomplished in this community. Their contributions are well known and have been recognized in the past. It is their warm and sharing nature that I wish to address. There are very few people, in particular those who are a part of the arts community in this part of the Ottawa Valley, who have not been affected by Len and Reva. They have made lifelong friends in this area and have affected more people than most, in a pay-it-forward fashion. Those of us who have been friends with them will always find ways to effect change and help others in some way. This being one of the most important lessons any of us could possibly learn from them. They have taught and reminded us all that it is the small gestures and changes that matter and take root.

This month Len and Reva will be moving to Toronto to be closer to their sons. I know that all of their friends will miss them and each have their own thoughts on what Len and Reva mean to them.

For our part, we will miss them terribly. Speaking for myself, I will miss them beyond words. Certainly beyond words I can say to their warm faces! It has now been over 20 years since we first met. They have mentored both Dave and me artistically and spiritually. We are forever grateful and will do our best to pass on this way of affecting others and sharing knowledge. Although I will miss having the ability to simply drop in on them for tea, a quick debate, or to simply share an interesting experience, I am forever grateful that I have had those opportunities over the past twenty years.

Thank you my dear friends for including us in your lives and for touching ours. We may not see you as often but we will always see you in our mind's eyes and in all the little things we do.

— *Adrianna Steele-Card and Dave Card*



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

**Submissions**

By email or on disk.

**Deadline**

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**Thanks this month to:**

all of the nice drivers out there who neither honked nor gave the finger to the humm-mobile while our teenage daughter learned to drive a stick shift...



# Anne Chambers – The Artistry of Expert Hands

Three decades of working at a potter's wheel have endowed Anne Chambers' hands with extraordinary powers. Hard-earned muscle memory has taught them how to mold clay into exactly the shape Anne envisages. As she laughingly tells me, "I can see an ob-

ject and know that my hands would know how to make it. Sometimes they almost do it without me; I find myself imagining how I can create a new form while I'm in the middle of throwing a functional piece I've made thousands of times."

by Sally Hansen

ject and know that my hands would know how to make it. Sometimes they almost do it without me; I find myself imagining how I can create a new form while I'm in the middle of throwing a functional piece I've made thousands of times."

The first line on her home page at <annechambers.ca> is a quote by eminent British studio potter Hans Coper: "Pottery is like jazz — constant improvisation." The musical analogy is apt; great musicians have mastered their instruments and their artistry flows almost without con-



scious attention to what their hands have practiced for countless hours. (The quote also revealed to me how close "pottery" is to an anagram for "poetry" — in Chambers' hands the distinction frequently vanishes.)

That mastery has garnered Chambers many awards, including the Ontario Craft Council's prestigious lifetime achievement *John Mather Award* in recognition of her contribution and support of craft in Ontario. Also, in 2008 she received both the *Best in Show* and *Best Functional* awards at the Ottawa Guild of Potters Annual Exhibition. An active participant in the crafts community, Anne has volunteered for many years for both The Ottawa Guild of Potters and FUSION: the Ontario Clay and Glass Association, and has served as president on both boards.

Her first love is creating wheel thrown and altered functional porcelain pieces. In her words, "What is important to me in my work is the feel-

## What Comes 'Round...

Chambers vividly recalls her introduction to pottery. She was an impressionable six-year-old in Tatamagouche, Nova Scotia, when she met Kjeld and Erica Deichmann, the first studio potters in Canada. The Deichmanns had come from New Brunswick to participate in the small community's annual CBC Festival of the Arts. Anne was fascinated with their demonstration of turning a lump of clay into a beautiful functional object.

As Chambers writes on her website, "Similar to life, working in clay is a constant evolution." Her own progression involved an education at St. Mary's University in Halifax in psychology and child development, and a first career as a nursery school teacher. After she married her roommate's brother, the couple moved to Ottawa and later to Edmonton in 1981. Here she balanced raising twins with finally indulging her attraction to pottery, and signed up for classes. Her instant reaction was, "This feels good — this is fun!" Almost thirty years later she tells me, "If we won the lottery tomorrow, I'd still be out here throwing pots!"

After another move to Toronto, Anne took continuing education classes in the ceramic studios at Sheridan College where she had the good fortune to run into Ann Mortimer. Ann encouraged Anne to exhibit more, and remains a treasured friend and mentor. It surprised me to see that Chambers' first exhibition didn't take place until 1998 during the annual exhibition of the Ottawa Guild of Potters. Like many of the potters *theHumm* has featured, Anne Chambers values the integrity of her work and was willing to pay her dues.

About 16 months ago Anne and her husband embarked on a new phase in her continuing evolution as an artist. The couple purchased the former home and pottery studio of Glenn Gangnier and Ali Ross. Located on Brooke Valley Road west of Perth in an artistically rich community, Chambers is recognizing the influence of her stunning rural surroundings in the earthier and more muted tones she is creating



in her glazes. She is also entering a new phase of more experimentation with art pieces in addition to continuing her prodigious output of award-winning functional pieces.

An excellent case in point is her recent sculpture of a trio of porcelain tulip bulbs resting on a bronze glazed stoneware base that evokes the warmth of the sun on the spring earth. This unique and utterly graceful piece earned Chambers the 2011 MERA Award for Excellence in the Fine Arts and Fine Crafts this past March. The head of the Assessment Committee and Director of the Canada Council's Art Bank, Victoria Henry, cited Chambers' "mastery of her medium" in awarding her the \$1000 prize.

## ... Goes 'Round

Part of the fun of designing her fifth studio has been the opportunity to incorporate her own well-rehearsed specifications for a comfortable and effective teaching venue. In addition to the many throwing and glazing workshops she has presented to pottery guilds, Chambers truly enjoys teaching and mentoring students at all levels. "I love to see students start to develop their own style," she comments. Her advice is down-to-earth: "It's a matter of patience; slow it down, take your time with every phase of the process." Even more pragmatic is her admonition to "Think twice before you fire that thing — that pot will outlive you!"

## Come Around... on Thanksgiving Weekend

The 19<sup>th</sup> annual Perth Autumn Studio Tour affords a sensually satisfying opportunity to enjoy nature's beauty and artists' creativity. From 10AM to 5PM on October 8, 9 and 10 a total of twenty artists and makers of fine craft will be exhibiting their unique works at eight rural studios. Stop in at Studio 4 to visit Anne Chambers and admire her mastery of this age-old fine craft in her beautiful new home studio at 1155 Brooke Valley Rd., just 15 minutes west of Perth. Visit <perthstudiotour.com> for a map and details, or contact Anne at 267-8759 or at <email@annechambers.ca>. Her website at <annechambers.ca> will whet your appetite to see her work in person.

The floorcloth art of her good friend Linda Curran will also be on display at Anne's studio. Linda was looking forward to participating until her recent unexpected death, and it is an honour to respect her family's request that her work remain in the Autumn Tour as her final show.

Anne Chambers' work is also available at Riverguild Fine Crafts, 51 Gore Street in Perth, (267-5237, riverguild.com). Information about her fall and winter pottery classes is available on her website, or by contacting her.

## Anniversary Celebrations



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WHO Anne Chambers  
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 WHEN Oct. 8-10, **Perth Autumn Studio Tour**, Thanksgiving Weekend, 10am to 5pm, Studio 4, <perth-studiotour.com>; Check <annechambers.ca> for dates of fall and winter pottery classes  
 WHY "If we won the lottery tomorrow, I'd still be in my studio throwing pots."

THE HUMM

ARTIST TRADING CARD

# Best of Community Theatres Come to Perth

## EODL Festival Scheduled for November 11-13

This November, theatregoers who live in and around Perth have a rare treat. Studio Theatre is hosting the **Eastern Ontario Drama League One-Act Play Festival**. It is a chance for those who love theatre to see nine plays, ranging from the comedy of Norm Foster to the drama of Susan Glaspell, all in three days. Performances take place at the Studio Theatre, with hospitality suites offered each evening. These are social gatherings which give performers and audience members the opportunity to get together and discuss what they have seen.

On Sunday, an elegant brunch at Code's Mill concludes the celebration. At the brunch the awards will be presented by adjudicator Chris Worsnop.

The festival is sponsored by the Eastern Ontario Drama League, commonly referred to as EODL. It is one of two festivals held each year in varying locations, anywhere from Deep River to Cornwall to Coburg. The other, a full-length play festival, is held in the spring, and companies entering either event must be members of EODL.

The one-act festival is popular with smaller theatre companies, as qualifying plays usually require smaller casts and minimal sets, and that means a more modest financial burden. The one-act festival is comprised of nine short plays, each 25 to 60 minutes long. Over or under that time results in disqualification. Three plays are performed at each of the sessions, running Friday evening, Saturday afternoon and Saturday evening. At the close of each session, the adjudicator will give a short public critique of the plays presented, followed by an in-depth private adjudication for the individual groups. On Sunday, everyone learns who won awards.

The awards, however, are not the focus of the festival. Rather, this is a celebration of the artistic and technical skills of ordinary people who love theatre. These individuals come together to share their ideas, their experience, and their love of theatre. Former acquaintances are renewed, new friendships formed. It is a festival in the truest sense of the word.

Although Studio Theatre is only four years old, this is the second time in three years it has hosted the EODL one-act play festival. This year they will be joined by the Peterborough Theatre Guild, Highland Little Theatre from Haliburton, Kemptville Players, Theatre Night in Merrickville, Valley Players of Almonte, Ottawa Little Theatre, and Tara Productions, also from Ottawa.

Adjudicators for festivals are chosen with care from a bank of trained and experienced theatre veterans. This year's adjudicator, Chris Worsnop, has over fifty years' experience in community and student theatre. He has acted, directed, written scripts, worked in numerous technical roles, conducted play polishing workshops, and helped organize and host festivals. He has adjudicated a number of festivals over the past twenty years, and has himself won several acting awards.

The EODL One-Act Play Festival runs November 11, 12 and 13 at the Studio Theatre in Perth, with Friday and Saturday evening performances beginning at 7PM and the Saturday afternoon performances at 2PM. Tickets are \$15 for one session or \$45 for all three performances. There are also tickets available for the awards brunch (\$30) and for the hospitality suites at \$5 each. There is also



Holding the Brighton Barn People's Choice trophy won last year by Studio Theatre for *My Narrator* (L to R): Lee Jourard (EODL); Roberta Peets, director. Looking on, cast members Lucas Tennant and Alfred Von Mirbach. This year's EODL festival will be held at the Studio Theatre on November 11, 12 and 13.

a \$80 package deal that includes all sessions, the brunch and two hospitality suites. Tickets must be purchased by cash or cheque (no credit or debit payments please) from the Studio Theatre. Cheques should be made payable to Studio Theatre and sent to PO Box 611, Perth, ON, K7H 3K4. Tickets may be picked up at the box office on Friday, November 11 and Saturday, November 12 between 9AM and 7PM. They will not be mailed out. Tickets are made available to EODL members first, and will be available to the public on October 21. For further information see the Studio Theatre website <studiotheatreperth.com>.

Don't miss this opportunity to see nine fine and varied plays performed by the best of community theatre in Eastern Ontario. Studio Theatre is located at 63 Gore Street East in Perth overlooking the Tay Basin.

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The show will then continue daily from 11 to 5 through October 10.

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# Murder, Magic, Music, Mayhem? Mudds!

Plots are being hatched and plans are being laid in coffee shops, living rooms, meeting rooms and backyards throughout Carleton Place. A new season is under construction for the Mississippi Mudds community theatre troupe and all indications are that with four new productions, from Lewis Carroll to William Shakespeare, W.S. Gilbert and Arthur Sullivan to Michael Frayn, there will be something to please and entertain all ages and all tastes.

First up is the **Mississippi Mudds Youth Theatre's** first foray into the world of Shakespeare. The company will be presenting *Macbeth* in the round, on the floor of the Town Hall Theatre. Tickets are on sale at Arts Carleton Place, 132 Coleman Street for three performances at the Carleton Place Town Hall: October 21 at 7PM and October 22 at 2PM and 7PM. Call 257-2031. While suitable for adults, most teenagers and near teens, it is not recommended for young children. For more details on this production, please see page 23.

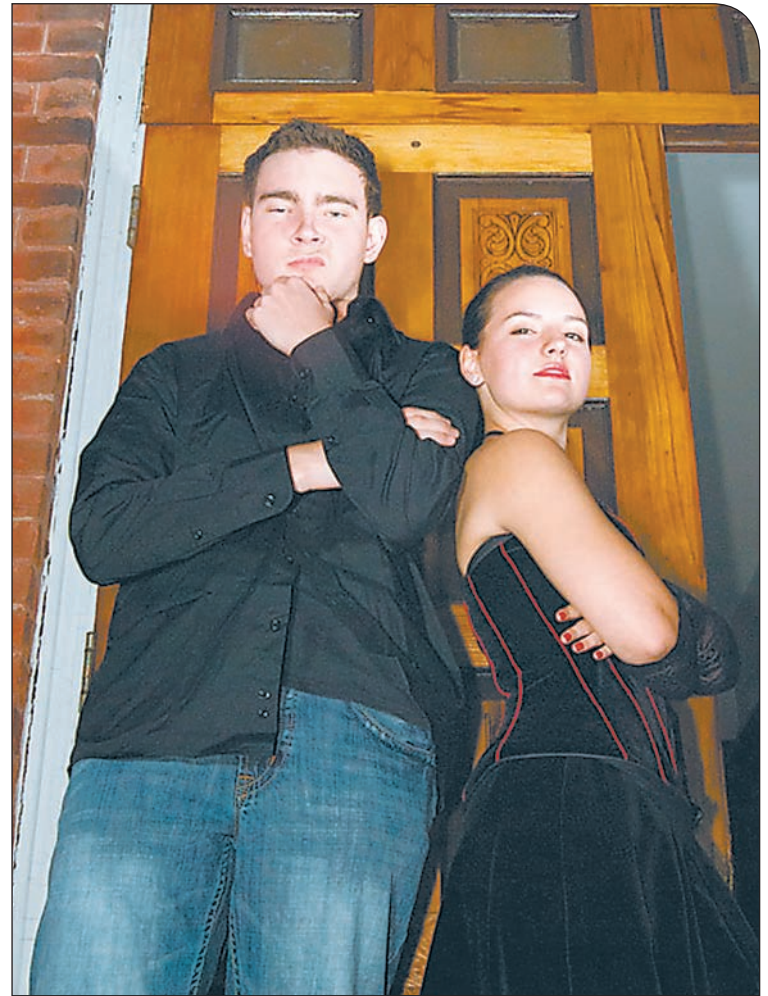
Children and adults of all ages will not want to miss the Mudds' pre-Christmas presentation of *Alice In Wonderland*. This production has all the ingredients for what director Meredith Millman dubs "not-to-be-missed family entertainment." Follow Alice down the rabbit hole for her adventures, based on Lewis Carroll's masterpiece. In this adaptation from Jasper Publishing, written by Kate Parry and Karen Dolan-Smith, we meet the Red Queen, Mad Hatter, Dormouse and White Rabbit, as well as traditional English panto favourites such as Gladys the "Dame" and Billy the faithful comedic friend. As well as having an entertaining storyline, this production is full of popular songs, under the musical direction of Laurel Tye. There will be four

evening performances and two matinées over two weekends from December 2 to 10.

Into 2012, a second family treat is in store as the Mudds Youth Theatre presents *Pirates of Penzance (Junior)* to brighten your winter with music and laughter. One of the most popular musical plays from Gilbert and Sullivan, it is as wacky, irreverent and entertaining today as when it first opened in 1879. Director Sandra Dunlop will be working with Music Director Laurel Tye and a cast of youth from eight to eighteen years old, to spin this hilarious farce of sentimental pirates, bumbling policemen, dim-witted young lovers, dewy-eyed daughters and an eccentric Major-General all morally bound to the often ridiculous dictates of duty and honour. Three evening shows and two matinées are scheduled between February 24 and March 3.

They round out their regular season at the Town Hall with *Noises Off*, an outstanding farce by Michael Frayn. Director Brian McManus calls it a tour de force full of stock characters, cliché situations and a dynamic set; a relentless comedy with characters stamping in and out of doors, voices rising and trousers falling. Four evening shows and one matinée are scheduled from April 27 through May 5.

Tickets for all these shows will be sold through Arts Carleton Place, 132 Coleman Street. Find the season brochure there as well. The Mudds extend a special thank you to the Town of Carleton Place, the BIA, Nancy's Impressions, Just Knitting, Saje Wisdom Spa and Wellness, Ballygiblin's, The Thirsty Moose and St. James Gate for helping to kick off this season. Check <mississippimudds.ca> for more information on shows and auditions.



Jack Cruise (as Macbeth) and Jessica Kinnari (Lady Macbeth) will appear in the Mudds Youth Troupe's production of the Scottish play at the Carleton Place Town Hall on October 21 and 22. For more details about that show, please see page 23.

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# Bums in Seats and Underwear Woes... (or, There's a Theme in Here Somewhere)

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

## Dear Miss Write,

Long time reader, first time writer. I'm having some issues at home. When my wife and I married, we

and I can only imagine what would happen if I left him unsupervised for any length of time. To avoid the expensive and potentially life threatening digestive dangers of cotton colon and Lycra lung, we have instated a very strict "safe socks" policy at home.

In short, we no longer wear them.

As for underwear, we simply keep them on. I might suggest you do the same.

Sincerely, *Miss Write*

## Dear Miss Write,

I have just taken over the job of organizing the annual Young Awards Gala — an event that raises money for arts programs in local schools.

We have a new date for the Gala (Saturday, March 3, 2012), new folks on our committee, and some new ideas for entertaining people and inspiring them so much with our talented local line up that they donate buckets of cash for next year's projects.

What we really want to focus on this year is getting the word out to the parents of younger kids who will benefit from these programs for years to come. My question for you is simple: How can we make sure there are 300 bums in seats at the Almonte High School on March 3?

Thanks!

*Gaga for the Gala (aka Julie Argue-Moffat)*

## Dear Gaga/Julie,

First, thank you for the first serious question that my inbox has had the pleasure of receiving. Yours truly was a fortunate recipient of a Young bursary once upon a time, so I understand firsthand the value of these events. But the truth is, there are a lot of worthwhile causes soliciting bums for seats these days.

You've already taken the right step by deciding who your target is. So many

make the mistake of going after the masses. You don't need the masses. You need 300 people. Nobody goes to these things alone so, really, you need to convince 150 people to buy tickets.

When you start paring things down in this way, they seem (and become) more achievable. So what strikes a chord with these people? Don't fuss with the stuff everyone says about it being a good cause and "think of the children" and blah blah. Talk to them about the things that matter to them.

Then, stuff happened. My wife and I made a baby, the dog had his testicles removed and our favourite TV show, *Lost*, had a very confusing series conclusion.

Let's assume their kids are ages 10 to 17. So they're probably pretty busy. They get out, but not all the time, and they worry about the future of their kids. They might be at a point where they don't go to dinner at all anymore because they feel they should be saving for the looming post-secondary school bills. You need to let them know that coming to this event is like spending money on a good time that could also be going straight to their kids' education. Tell them if they look Win/Win up in the dictionary they'll find a picture of the Young Awards Gala.

Also, never underestimate the value of social media for getting the word out. Facebook it, tweet it, talk about it. And, most importantly, make sure those who come this year have a great time. Maybe next year you'll have a waiting list to get in!

Happy planning! *Miss Write*

## Dear Miss Write,

My husband and I are thrilled to be expecting our second child this May. We are fortunate enough to live in the same town

as his parents and, though I know extra sets of hands will come in handy when the baby arrives, I would like to keep this pregnancy on the down low from my in-laws as long as I possibly can.

My mother-in-law tends to fuss when it comes to babies and I just want to keep all that unpleasantness at bay until absolutely necessary. Is there a nice way to do this?

Yours truly,

*Belly up in Beckwith*

## Dear Belly Up,

I know for a fact that there are two Tim Horton's within 5 minutes of your home. They sell donuts there. Hit both of them up every day for

the next 8 months. If, however, you care about your arteries (and I hope you do, you're pregnant for Pete's sake), take advantage of the retail offerings of the season and pick up some Halloween makeup (soon to be on clearance everywhere you look). Slap some zombie flesh under your chin, and blend. I cannot overstate the importance of blending when it comes to zombie flesh. In my experience, as long as you keep the rest of your body (with special attention to your face) looking as "fluffy" as your middle section, no one will have the nerve enough to even imply you might be pregnant, let alone start suggesting paint colours for the nursery.

Slobber kisses, *Miss Write*

— *Emily Arbour is a freelance writer (among other things) who lives and works in Almonte. By no means is she an expert in anything. You'd probably do just as well asking your dentist about your digestive problems. Only difference is he doesn't have a column in this fine publication.*

by Emily Arbour

acquired a puppy. He was a perfect addition to our home. We decided to train him. We took him to Puppy School, Obedience Classes, and Hot Yoga. He was a very well behaved dog and a model canine. Then, stuff happened. My wife and I made a baby, the dog had his testicles removed and our favourite TV show, *Lost*, had a very confusing series conclusion. Life was moving quickly and our dog's behaviour was changing. He began eating our socks and underwear. We no longer had the luxury of having matching socks. People began to think we were eccentric. We even had to have an undergarment removed from his intestine resulting in a very expensive vet bill. We've done our best keeping things out of his reach, but with a baby to keep an eye on, it's only a matter of time before he strikes again. We can't afford to keep replacing undergarments or pay for any more surgeries!

Help?

*Sockless in Almonte*

## Dear Sockless,

Let me just start by validating your feelings of frustration (I've been reading a lot of parenting books). Personally, we don't have any fur babies, but I do have a son who enjoys munching on non-edibles

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# Christmas <sup>in the</sup> Valley Artisan Show

Are you looking for gifts with *originality, quality and attention to detail?*

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**Centre-upper hall, 182 Bridge Street**  
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Free admission and door prize

[www.valleyartisanshow.blogspot.com](http://www.valleyartisanshow.blogspot.com)



# Naismith is Colourblind (And He Can't Drive)

If you're from "these parts", you probably recognize Dr. James Naismith as the inventor of the rather popular game of basketball. If you're a history buff, you might be aware that he is credited as a pioneer of physiotherapy, and was one of the first people to recognize the need to treat "shell shock", or what is now known as post-traumatic stress disorder. However, did you know that he drove his car like he would a horse (to the extent that his sons had to erect a barrier to protect the back of his garage)? Or that he was "colourblind"? Or why the word "colourblind" is in quotation marks in that question? If not, fear not — you've come to the right page of this issue of *theHumm!* For I was so intrigued by the title of Fern Martin's latest musical play that I interviewed her about it (and also made it the title of this article, in the hopes of intriguing you too).

Fern has been cultivating a reputation of her own lately as the author of such productions as *The Phantom of the Hubera* (in honour of the 35<sup>th</sup> anniversary of The Hub in Almonte) and last year's highly successful *Quilts From Hell* (which was performed during Fibrefest and raised over \$8000 for the Mississippi Valley Textile Museum). She combines a talent for re-crafting new lyrics

to well-known songs with an interest in local issues that have wide ranging implications, and she loves to support local causes.

So it seemed like a natural fit for Fern to pay tribute to Naismith on the 150<sup>th</sup> anniversary of his birth. But even though she grew up in the area and attended the same high school as the good doc-

list," she explains. "Basketball is only one of his many achievements."

So if she gained so much respect for him, I hear you cry, why the flippant title? Well, according to Fern, Naismith had a great sense of humour, and even though he faced numerous tragedies during his life, she wanted her play to reflect that aspect of his personality. And apparently he

going over the script and helping transform it from narration to dialogue. "She was fabulous at seeing where things could change, and she turned it into a real play," Fern enthuses. Fern then enlisted the talents of Colleen Skjaveland as a pianist, Ingrid Harris as a costume-maker and Barb Dickson as producer, and together the team amassed a "wonderful cast — we were so lucky to have such talented and funny people come out to audition."

The production of *Naismith is Colourblind (And He Can't Drive)* is a joint venture by the **Valley Players** of Almonte and the **Town of Mississippi Mills**. Select scenes and songs will be performed on November 5 at the Civitan Hall as a dinner theatre (\$25 includes a delicious turkey dinner), and the full production will be mounted at the Almonte Old Town Hall on November 11 and 12. Tickets for those two shows are \$15 for adults, \$7 for children, and \$35 for a family. They are available from the Pakenham General Store, and in Almonte at Mill Street Books and the Info

Centre (in the Old Town Hall). Because a significant part of the story takes place during WWI, a special invitation is going out to Legion members to the performance on November 11. For more information, please call 256-1077.

— Kris Riendeau



Dr. James Naismith (Mark Piper, centre) tries valiantly to turn the soldiers' fancy from temptation towards the straight and narrow path by enticing them with the many charms of basketball...

*Naismith Is Colourblind (And He Can't Drive)* will be performed on November 5, 11 and 12 in Almonte.

tor, Fern realized that what she knew about him barely scratched the surface of his long life and impressive career. "I didn't know what an amazing person he was when I set out to write this, but after reading several books about him I have become somewhat of a Naismith evange-

list did spend rather a lot of time in the ditch when he got behind the wheel of a car...

Fern credits her friend (and the play's director) Thora Pugh with helping to craft her original lengthy script into something that works well on stage. Thora, who also directed *Quilts From Hell*, spent numerous hours

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**[www.perthstudiotour.com](http://www.perthstudiotour.com)**  
 Phone: 613-267-5237



## Seniors' Expo Coming to Lanark County

As our society ages, more people require additional support to continue living in the community. Almonte Baptist Church and The Mills Community Support Corporation have partnered to organize a Seniors' Expo in Mississippi Mills to be held October 12, from 10AM to 4PM at the Civitan Hall in Almonte. This expo is a "showcase of services" for people 50+ and for caregivers. The Seniors' Expo was created to provide a means for seniors and caregivers to access information about available services that they may not otherwise be aware of.

The organizing committee hopes that more seniors will take advantage of the assistance and involvement opportunities in the community if they are aware of the groups and services available to them. People will be able to talk one-on-one with service providers from throughout Lanark County. This face-to-face inquiry is often more reassuring to seniors than speaking to someone over the phone. Exhibitors will include social service agencies, support groups, retirement homes, local attractions, pharmacies and seniors activity groups. Seminars on topics ranging from Alzheimer's to seniors' improv will take place, and entertainment will be provided throughout the day. The Seniors' Expo and all workshops are free of charge.

For more information, please contact Mills Community Support at 256-1931x63 or <jmills@themills.on.ca>.



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## Learning in Almonte

Two new series start in mid-October:

**Shakespeare's Heroes in Love,**  
 by Ian Cameron

Drawing from *Henry V* and *Much Ado About Nothing*,  
 and touching on several other works.  
 Starts Tuesday, 11 October

**More History of the Theatre,**  
 by Teri Loretto

From Melodrama to Modernism, and everything in between.  
 Starts Thursday, 13 October

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 Each comprises one two-hour lecture every week,  
 from 1:30-3:30 in the Almonte Public Library Classroom.  
 No final exam, but lots of discussion time! \$75 per course.

To register contact Don Wiles at 256-4376 or  
[don\\_wiles@carleton.ca](mailto:don_wiles@carleton.ca)

# Introducing Contemplative Photography

Contemplative Photography combines the practice of seeing with the practice of mindfulness. The contemplative approach to photography is to have a calm and quiet mind, and align it with the element of human vision. But how do we see, really and truly see, the world around us? We're so busy in our daily life that we walk around like robots. We take the kids to the babysitter, we rush to work, we hurriedly prepare meals, and we go through the day on autopilot. While we're doing all of these things, our mind is thinking of what we'll be doing next, always distracted and immune to its surroundings. Contemplative Photography teaches us to slow down, quiet our mind, open our eyes, and be aware of the phenomenal world around us.

It consists of two basic elements. First, you have to be present, with your mind open and fully aware. This is what "contemplation" is. It is genuinely paying attention, and being mindful of the moment-to-moment changes that are happening around us. The simple practice of awareness can be incorporated into your daily routine. For example, feel the warm water on your body as you are taking a shower, or look out of the window while you wash the dishes and really see the colours in your garden or the light shining on the white snow.

Secondly, you have to look at the world around you as it is. That means that you look at things without any judgment — no "like" or "dislike", "ugly" or "beautiful", and no preconceived ideas. It is important that, as we take

photographs, we throw away our discriminatory mind. Anaïs Nin, the French-Cuban author, said that "We don't see things as they are, we see things as we are." Once we open our eyes to a new way of seeing, it will open a whole new world of endless perceptions, and allow us to take wonderful photographs.

So, before you even aim your camera to shoot, here is something you can easily do to tune up your eyes and align them with your mind. If you are outside, slowly and quietly walk with no particular place to go. Pay attention to each step that you take, and feel the hardness of the pavement or the softness of the grass under your feet. Feel the breeze on your skin, look at the colour and texture of the plants and trees, the walls and billboards along the way, and even the broken beer bottle on the sidewalk.

And if you are at home, sit quietly in a comfortable chair. Pay attention to your breathing, and look at the room you are in. Notice the light and shadow in the room, the colourful frame that is hanging on the wall, the candle on your coffee table, and the texture of the pillows on your couch. Be aware of the visual richness that is around you.

As you continue your practice in Contemplative Photography, you will see your world with fresh eyes and notice things that you have not seen before. It will greatly sharpen your power of observation, reawaken your sense of wonder, and enable you to create heartfelt and meaningful images.

— Henry Fernando



Henry Fernando is an international award-winning photographer based in Ottawa. He is trained in Contemplative Photography and gives contemplative photography workshops geared to beginners and experienced photographers alike. His work can be seen at <a href="http://henryfernando.com">henryfernando.com</a>



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## Solar Community Energy Project Workshops

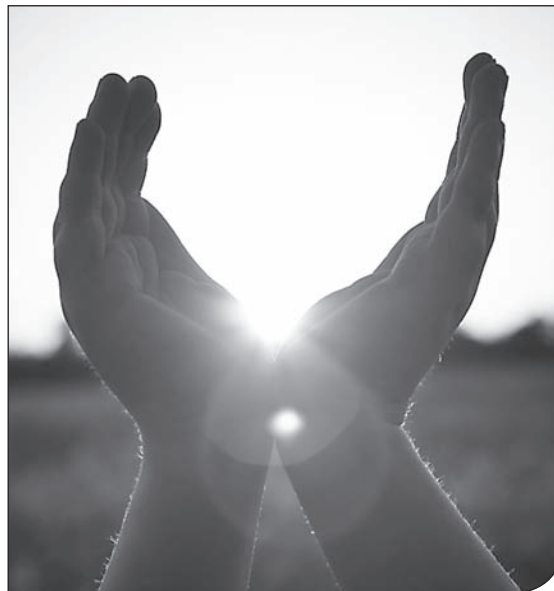
During the month of October, two free Solar Community Energy Project workshops are being conducted within *theHumm's* coverage area by the Ontario Sustainable Energy Association (OSEA).

The Ottawa River Institute is hosting a workshop at 1PM on Wednesday, October 19, at the Whitewater Region Township Hall in Cobden. EcoPerth is hosting a second on Thursday, October 20 from 9AM to noon at the Council Chambers in Perth Town Hall.

The workshop format will be a three-hour interactive discussion and a working through of an actual case study model of a solar community energy project. No previous experience or knowledge regarding solar power or renewable green energy is required to participate. The workshop is intended for individual residents as well as representatives from business, hospitals, schools, municipalities, places of worship, service clubs and environmental organizations. Light refreshments will be provided.

Those interested in participating in the Cobden workshop are asked to contact Cheryl Keetch of the Ottawa River Institute at 756-3884 or <info@ottawariverinstitute.ca>. To attend the Perth workshop, please contact Bob Argue of ecoPerth at <bob@ecoperth.on.ca> or at 268-2907. Pre-registration is required and space is limited.

OSEA inspires and enables the people of Ontario to improve the environment, the economy and their health by producing clean, sustainable energy in their homes, businesses and communities. OSEA members are engaged in or support community power projects and renewable energy. For more information about OSEA and their roadmap to using energy more efficiently and producing renewable power, visit <ontario-sea.org >.



## Yoga as Therapy

Let's face it, yoga is everywhere. It's in movies, ads and clothing stores. In big urban centres such as Ottawa, Montreal and Toronto, it seems that yoga studios are springing up on every city block. And for good reason — yoga is an excellent way to enjoy fitness and general wellness at any age.

Now, an increasing number of yoga students, teachers and other health professionals are becoming interested in yoga as therapy. The first yoga therapy conference to be held in Canada, the Montreal International Symposium on Yoga Therapy, will take place on October 29 and 30. Jill Dunkley will be presenting two workshops at the conference — Yoga for Hips and Knees, and Yoga for Persistent Health Concerns.

For the past few years, Jill has been offering yoga therapy in both classes and private sessions in the Lanark area. She explains what makes yoga therapy different from the many yoga classes being offered. "The main difference is that a therapeutic yoga practice is designed to meet the needs of each individual client. Think of yoga as a tool box. Within that tool box are yoga postures, breath practices, guided visualizations, and relaxation and meditation techniques. Yoga therapy is both the art and the science of adapting these tools to the individual to allow them greater access to their own capacity for healing and happiness." She stresses that the goal is to empower the individual to take control of their own health rather than to "fix" them.

"Yoga is about linking the mind to the body in a harmonious way. Yoga therapy treats the whole person, not the disease. It is particularly effective in helping individuals to become physically stronger, improve sleep, manage stress, cope with anxiety and depression, increase energy, and make lifestyle changes." It's vital that the yoga therapist undergo extensive training with reputable teachers in the field. For more information on what to look for in training, Jill recommends contacting the International Association of Yoga Therapists.

Yoga therapy is a complementary practice to surgery, physical therapy, occupational therapy, psychotherapy, pharmaceuticals and other therapies that are helping to improve health and quality of life. It can be offered in private individual sessions or within a class context.

Jill Dunkley is a founding member of the Yoga Connection, a cooperatively run yoga studio of seven instructors that offers yoga classes in Perth, Smiths Falls and Maberly, and she is a certified yoga therapist and teacher through the American Viniyoga Institute. She has given classes for seasonal affective disorder, diabetes, smoking cessation, and Yoga for Better Backs.

For more information contact Jill at the Yoga Connection at <info@yogaconnectionperth.org> or 267-7148.



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# Nothing Short of a MERA-cle!

*Answers.com* defines a miracle as: An event that appears inexplicable by the laws of nature and so is held to be supernatural in origin or an act of God. *theHumm.com* now defines a mera-cle as: An event that appears inexplicable by the laws of nature and so is held to be both super **and** natural in origin, and/or an act of a group of incredibly dedicated volunteers.

Shortly after we began publishing *theHumm*, I became aware that the McDonalds Corners-Elphin area has the highest per capita concentration of artistic and cultural activities anywhere in our coverage area. For an area with a population of perhaps a few hundred good souls, the number of workshops, art shows, festivals, coffee houses, concerts, coracles and catapults (I'll explain later) was astronomical! It didn't take me long to figure out that the common factor was MERA: McDonalds Corners-Elphin Recreation & Arts.

MERA makes its home in "the Schoolhouse" in McDonalds Corners. After functioning as a school for about one hundred years, the building became a municipal office for the Township of Lavant, Dalhousie and North Sherbrooke. In late 1997, the township was amalgamated into the new Municipality of Lanark Highlands and the building was no longer needed as an office. Not wanting it to stand empty, a group of concerned residents held a meeting. As luck would have it, a dynamic lady by the name of Ankaret Dean had recently moved to the area from Oakville, where she had been involved in community arts initiatives for years. Her experience and fearlessness in the face of filling out grant application forms inspired the group to incorporate MERA as a charitable organization, with the Township-owned Schoolhouse hall as their home base.



The MERA Schoolhouse — the cultural epicentre of Lanark Highlands!

palpability of Lanark Highlands and the building was no longer needed as an office. Not wanting it to stand empty, a group of concerned residents held a meeting. As luck would have it, a dynamic lady by the name of Ankaret Dean had recently moved to the area from Oakville, where she had been involved in community arts initiatives for years. Her experience and fearlessness in the face of filling out grant application forms inspired the group to incorporate MERA as a charitable organization, with the Township-owned Schoolhouse hall as their home base.

## Starting to Grow

MERA's first success in the world of arts funding came in the form of a \$2000 Millennium grant back in 1999 to create their "Walk in Thyme" living willow labyrinth on the grounds of the Schoolhouse. In order to reflect the heritage character of the building, the group incorporated wild thyme dug up in the Plevna area, and they were even so bold as to write to Prince Charles to ask for a plant from his thyme walk at Highgrove. When he agreed, they faced the challenge of arranging to pick it up and transport it back to Canada, so they enlisted the assistance of John and Vera-Lee Nelson from Almonte (who made yearly trips to England), as well as gardener extraordinaire Ed Lawrence. Ed tended the plant at Rideau Hall until the opening of the Walk in Thyme during the inaugural Labyrinth Festival, Greek-themed to reflect the early origins of the labyrinth.

Continuing to build on the labyrinth theme, MERA created two more unique and well-attended festivals: the Celtic Labyrinth Festival in 2002 (featuring the aforementioned coracles and a Catapult Fling) and the Nordic Labyrinth Festival in 2004. As with all MERA events, these drew heavily on local heritage and involved numerous members of the community (the colourful mural on the wall of the municipal building facing the schoolhouse was painted by thirty-five MERA members to help commemorate the Nordic Festival, for example).

In amongst all of the festivities were several applications for grants used to renovate the Schoolhouse itself, which now boasts a new kitchen and bathrooms, as well as a delightful pottery studio that takes up most of the basement (complete with old tractor seats in front of the potter's wheels, which are powered by former sump pumps — in



The creation of an outdoor wood-fired oven (used to make delicious pizza at the McDonalds Corners Farmers' Market) is just one of the many creative community initiatives undertaken by MERA (McDonalds Corners-Elphin Recreation & Arts)

itself a mera-cle of repurposing!). Along the way, the community has generously supported the growth of the venue with donations of items like fridges, industrial dishwashers and computer-driven kilns, to name but a few.

## Weaving in New Workshops

Over the years the number of workshops and programs offered at MERA has grown almost exponentially. One highly successful one began back in 2001 with a Trillium Foundation grant for a heritage weaving program. This multi-year undertaking trained local women in heritage weaving techniques, and resulted in the transformation of the Schoolhouse porch into a weaving studio. Over the years the Heritage Weavers have taught and demonstrated their skills at a variety of exhibitions and events throughout Ontario, and these days there are still weekly meetings of weavers, quilters, spinners, knitters and fibre artists at MERA.

One thing that members say makes the organization extra-special is the way they welcome new initiatives and ideas from the community — a cultural incubator, if you will. In fact, during our interview, they described MERA as "a place where wacky ideas are embraced!" Their *What's the Buzz?* 2011 fall newsletter is bursting with creative workshops (genealogy, alternative healing, chair caning, bookmaking, cake decorating... the list goes on), as well as fitness and dance classes, an upcoming Christmas Fair, and more. In fact, MERA has so much going on that they are reaching out to other nearby communities with a series entitled "MERA in Your Neighbourhood" taking place in Maberly and Middleville. These workshops are supported by an Ontario Arts Council grant, and will take place at the community halls in those villages in order to be more accessible to folks from down the road.

## Connections, Connections, Connections

What's the secret of their success? Being inclusive, welcoming new people and ideas, and reaching out to the community wherever possible. The enthusiasm among members is infectious, and they find that MERA is particularly attractive to recently retired folks and newcomers to the area.

One recent undertaking that is quite representational of the organization is the creation of a felt yurt. Because they get invited to many off-site events, they wanted a traveling display that would reflect the character of MERA. True to form, a frame was provided by a member, the Canadian Co-operative Wool Growers in Carleton Place donated one hundred pounds of wool which was taken to Upper Canada Village to be carded, and now MERA is engaged in the very fun process of taking the fleece (all rolled up in a donated solar blanket) to events like the Stewart Park Festival and the Middleville Fair. There they invite people to dance on it in order to mat the fibres into fabric that then becomes the sides of the yurt. Heritage, fibres, education, fun, community, donations and volunteer time... typical MERA. As one volunteer noted: "Who but MERA would take a colourful fibre yurt to an event rather than a simple tent or canopy?" No one else, I would venture to say. MERA, you're one-of-a-kind!

For more information on MERA and their amazing range of programs, events and workshops, please visit <meraschoolhouse.org>.

— Kris Riendeau

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# A Jaw-Droppin', Hand-Clappin', Foot-Stompin' Fundraiser

On Sunday, October 30, at the Carleton Place Arena, local country music fans will be treated to a wonderful show featuring some of the Ottawa Valley's premier country musicians.

"We have a beautiful lineup this year," says Bob White, key organizer of the third annual **Country Harvest Music Show**, which raises money for the Carleton Place Auditorium Restoration Fund.

He's not kidding, either. This year's show features several members of the Ottawa Valley Country Music Hall of Fame, including the evening's host, Charlie Kitts, and legendary performer Neville Wells.

Local music lovers will likely be quite familiar with Charlie Kitts. He has been playing country music in the Valley since forming a band with some classmates in Renfrew called the Countrymen. (Those first band members have remained friends for fifty years, often appearing on stage together.) Most summer weekends, you will find Charlie as the host of jamborees in Greely, Renfrew, Shawville, Adolphustown, Portage du Fort and at "The Jam"



Emcee extraordinaire Charlie Kitts will host this year's Country Harvest Music Show on October 30 at the Carleton Place Arena. The show will feature such well-known acts as Neville Wells, and Andy and Jon Bowes.

in Carleton Place. He also hosts two weekly radio shows on CHIP 101.7 — on Saturday afternoons, *Charlie's Shoes* exclusively features Valley country talent and, on Sundays, *If You're Irish* focuses on traditional Irish tunes.

Neville Wells is no stranger to Valley music lovers either. A 1994 inductee into the Ottawa Valley Country Music Hall of Fame, Neville has been a country music presence on the Valley scene for many years. He has played in all of the country music establishments in the area and also travelled across Canada promoting his music. He has had several records that received extensive airplay across the country, placing high on RPM and Country Music News charts, most notably: *If You Will See Me Through* and *Please Don't Mention Her Name*.

In 1989, Neville was instrumental in establishing the legendary Ompah Stomp, one of Canada's longest-running outdoor country music festivals. About the same time, he launched Capital Country News, which became Country Music News (now owned and edited by good friends Larry and

Joanne Delaney), the most authoritative voice of and for country music in Canada. He has been nominated on several occasions for recognition by the Canadian Country Music Association and was named Country Music Person of the Year in 1984.

"We also have Andy Bowes of the Bowes Brothers," says Bob White, "who is known locally as the 'Ottawa Valley Yodeler.' He's always a fan favourite."

Those in the area will be familiar with Andy Bowes, the youngest of the Brothers, an energetic and talented quartet of country musicians who have shared the stage with some big names over the years, including Ricky Skaggs, Charlie Major, Terri Clark, Michelle Wright, Ronnie Prophet, and Stompin' Tom Connors. Andy — who is also helping to organize the show — will be joined on stage by his brother Jon for what is sure to be an exciting performance.

"Jon is a real crowd pleaser," says Bob White. "He's famous for singing a lot of Stompin' Tom Connors and really getting the crowd going."

The stellar musical line-up also includes some of Carleton Place's finest musicians and local fair and festival favourites. Ray Donaldson, Brad Scott, Wade Foster, Steve Hiscox, and Jack Donavon will make up the "House Band" for the evening.

Last March, Wade Foster donated \$1,500 from the proceeds of the launch of his latest CD, *Sounds Like Home*, to the Carleton Place Auditorium Restoration Fund. The donation doubled when Carleton Place town councillors pledged to match all auditorium donations. Foster said he was pleased to donate money to the Auditorium Restoration Fund, as it is one of the few venues in Carleton Place for live entertainment. Located in Carleton Place's historic Town Hall overlooking the Mississippi River, the auditorium can seat 240 people and is home to many concerts, plays and community events.






Bob White says it is a pleasure to give back to the community, and that the auditorium still needs quite a bit of work. "There is still a lot of money to be raised," he says. "Town council will match every dollar we raise. Right now the focus is on getting the auditorium's balcony upgraded. That would add another 60 seats. Money has already been raised for new curtains, a new floor for the stage, new lighting and sound equipment."


White says he would be happy if 300 people came out to the show, which is what the show averaged in attendance in its first two years. "I would say our goal is to make \$2,000," says White.

The night's theme is a "Country Harvest", and White says the Arena will be nicely decorated to fit that feeling. Along with the jaw-droppin', hand-clappin', foot-stompin' music, there will also be a 50/50 draw put on by the Civitan Club.

Tickets for the all-ages show are \$15 and can be picked up at locations in Perth, Pakenham, Almonte and Carleton Place. Arena doors open at 5:30PM, and the show starts at 7PM. For more information, please contact Bob White at 253-5046.

— John Pigeau


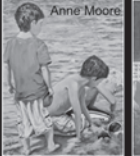








## Expressions of Art

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# Humm Bits

## Blues Skies Community Fiddle Orchestra

Blues Skies Community Fiddle Orchestra began its 13<sup>th</sup> season on Saturday, September 10, at 10AM in the Maberly Hall. A dedicated, all-ages community group, the members meet to learn a wide range of fiddle tunes in a fun environment. They are currently recruiting fiddlers, mandolin players and percussionists.

Those interested in joining should have had a couple of years of study to feel comfortable. Beginners can join the "Prep Orchestra" to learn the repertoire of the Blue Skies Orchestra at a learning speed. Prep Orchestra begins Saturday, October 15 from 12:30 to 2PM at Maberly Hall. Cost is \$45 per term. Some violins are available for rent. Contact Cindy McCall at <cindy.fiddlemusic.mccall@gmail.com> or 278-2448.

## Carleton Place High Alumni — Mark the Date!

Anyone who attended Carleton Place High School between 1950 and 1985 is invited to the CPHS Reunion, June 2, 2012 at the Carleton Place Arena. Organizers are hard at work planning a great day for everyone to come together and have some fun. There will be tours of the high school, an Open Stage for all those talented alumni, a Memorial Wall for lost family and friends, and a dinner and dance featuring the excellent music of The Mick Armitage Band.

Several very entertaining MCs are already working on their blast from the past stories: Dave Bell, Brian Dickie, Judi Moffatt, Ross Gravelle, David Lajeunesse and others are sharing the duties. Opening remarks on behalf of the CPHS Reunion Organizing Committee will be from Jim Mikolaitis and Lois Ann Nichols.

Do you have pictures from back in the day that you would like to share? Do you have a good idea for the reunion? Please email ideas to <2012reunion@hotmail.ca>.

Tickets are non-refundable, but if you buy yours before January 31 your name will be entered in a draw for a meal at Rideau Carleton Raceway. If you are on Facebook, you can Friend "CPHS Reunion". See <cphs2012.eventbrite.com> for more details.

## Yoga and Hiking at the Mill of Kintail

Certified yoga instructor Bryde Kelly invites you to a five-week adventure at the Mill of Kintail. Fundamental- to intermediate-level Hatha yoga will be offered in between ten- to fifteen-minute walks and light runs along gorgeous wooded paths. Expect the yoga and trekking to take about two hours in manageable chunks. Beginners are welcome! Small mats will be provided. The group will rendezvous at the main entrance parking area each Sunday in October at 9:30AM.

Yoga is the perfect practice to condition the body for hikes or running, by strengthening the muscles of the core, the legs and the arms while optimizing lung capacity through breath work. Yoga in the outdoors maximizes the intake of fresh air, while also infusing the body with oxygen so readily available in the forest. Practicing yoga relieves stress and anxiety, stimulates the immune and lymphatic systems, and facilitates and massages the digestive system, among its many other benefits.

Mississippi Valley Conservation will kindly waive parking fees for participants, and a percentage of the class fees will be donated back to the Mill of Kintail. The cost for the five weeks is \$75, or \$16 per class (please confirm your attendance a day in advance if you are not planning to attend all classes, so the organizer will know when everyone has arrived). For more information or to register, please contact Bryde Kelly at 624-5708 or <bmk808@sympatico.ca>.

## Education — Finding the Path

In 1996, Sharon Holzschcherer's family was in crisis. The two older boys, in Grades 2 and 4, were not succeeding in school. In fact, they didn't even want to go to school. Strongly believing that education is the doorway to future dreams and happiness, Sharon could not accept this. Her solution was extraordinary — she started her own school: Mississippi School.

Now (fifteen years later), the four children are well-educated and grown, she has a Master's in Education, and she has met hundreds of parents also in crisis. Come hear her amazing story and learn some practical advice on handling your child's education. From bullying to high energy children to keeping teens in school, Sharon has seen the whole range. Passionate about the joy of learning, Sharon is an engaging speaker with scores of articles, workshops, and seminars to her credit.

See her Tuesday, October 18 at 7PM at 150 Mill Street in Carleton Place. Call 261-6249 or see <mississippischool.ca>.



# Come to the Masqueerade Ball!

Drop the mask or put one on — the choice is yours on October 29 at the Perth Civitan Hall where LGBTQ Lanark County will be holding their first ever Halloween dance and Masqueerade ball.

With live music and a DJ, the hall will be hopping with witches and warlocks, queens and queers — try a new look on for size or just let out your alter ego. Whatever your inclination, everyone is welcome to come and participate in an evening of fun and festivities.

Janis Joplin tribute band, Joplinsque, will join with DJ Penny to rock the house and raise the dead, to shake things up and help those skeletons fall out of the closet!

Tickets are \$15 in advance (available at Shadowfax.on.ca) and \$20 at the door. Reduced rates are available at the door for those who require it. There will be a social hour at 7PM for those who wish to have a quieter atmosphere for talking and networking — the music starts at 8PM. So, come on out on October 29 and join the Masqueerade!

# An Evening with Adrian Ferrazzutti

On Wednesday, October 19 at 7PM, come out to Rosewood Studio in Perth to see furniture maker and teacher Adrian Ferrazzutti give a slide presentation and speak about his work and techniques, followed by a question and answer session. All are welcome and, while there is no charge for admission, your contribution of a non-perishable food item for the Perth and District Food Bank would be greatly appreciated.

Adrian hails from Guelph and has over ten years of professional experience as a maker of fine furniture and decorative wooden objects. He is a 1998 graduate of the Fine Woodworking Program at the College of the Redwoods in California, where he studied for two years with James Krenov. The Canada Council for the Arts has awarded Adrian several grants, and his work has been exhibited in cities across Canada and the United States, including Toronto, New York and Chicago. His work has been widely published in books and magazines,

and he is a contributing writer in *Fine Woodworking* magazine, where one of his chairs was featured on the back cover of the December 2007 issue. Adrian works independently, as well as in collaboration with architects, to create unique work for private residences.

For more information about Adrian and to view images of his work, visit <adrianferrazzutti.com>.

Rosewood Studio School of Fine Woodworking is located in the Perkins Building at 2 Wilson Street West in Perth. For further information, call the school at 264-9900 or see <rosewoodstudio.com>.



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# Weird Westport

Westport is a funny place — not funny ha ha, funny weird. It's the only place I have ever lived where you can feel the tension ease as the cool air of autumn rolls in. There is no doubt that Westport is a busy place — it's crazy during the late spring and an asylum in the summer months. The town council should vote to put padding on all of the buildings on the main streets so people can feel free to bump around unencumbered. Try to get an ice cream on a hot day in this town and you'll experience the desperate need for valium... But I digress.

by Steve Scanlon

Come the autumn months, once the kiddies are back at school and the cottages become a weekend retreat instead of a daily one, once the boats are hosed down and hauled off to storage and the shorts and sandals are hidden in the back of the closet, Westport seems to want to brew a wee cup of tea, grab the old quilt off the bed, and snuggle down in front of the fire. The streets go from mad-house to in harmony with the surrounding landscape. The crisp cool autumn air and the additional beautification of the area just seem to slow things down a notch or two. Before I get too poetic about this whole development, let me stress that this is truly a weird experience. We, here in the village, go from dodging tourists to gazing open-mouthed into the vast open space that was once crazed. Okay, I exaggerate a little — mouths aren't really drooping and nobody is wiping drool from their chin (that I've seen) but all the same... it's weird.

There are, of course, exceptions to every rule, and the exceptions to the autumn deceleration are the Thanksgiving weekend and All Hallows Eve. These two events set the town to jumpin' again and we collectively breathe a sigh of relief that our sleepy little village isn't ready to roll over quite yet. Travel through the countryside surrounding Westport on the Thanksgiving weekend and you will find all kinds of treasures above and beyond its natural beauty. The long weekend brings with it the Westport area **Fall Colours Studio Tour**. This year there are fifteen studios participating with forty artists contributing their work for you to enjoy. The studios are open on October 8, 9 and 10 from 10AM to 5PM. Maps showing the various studios are available at <artatwork.ca/westport\_studio-tours> or through various locations in Westport.

Hallowe'en is an experience all in itself. Ghouls and goblins from all around the area converge on Westport for a few hours of monster mashing (yes, I'm that old). I live on one of the main streets in Westport (we have at least two) and it is a true treat



This year's Blues on the Rideau series includes shows by the Diana Braithwaite and Chris Whiteley band (above) and the Karen Lovely Band (below left)

to see the multitude of amazing creatures let loose on the town. It's a pure social event where neighbours from far and wide, of all ages, get to see each other for a giggle or two.

When the leaves start to change and the town begins to yawn, The Cove Country Inn wipes the sleep out of our eyes and gets us on our feet again. October brings the beginning of their seventh annual **Blues on the Rideau** series in conjunction with Choose the Blues Productions. This year brings some new musical talent to Westport, along with some old favourites. Take a night off and enjoy some fine food and great music, and keep in mind that a portion of the proceeds goes back to our community in the form of donations to various causes. Here's the line-up:

October 21, from Ashland, Oregon: Karen Lovely Band. Proceed go towards the Lucy Drysdale Memorial Scholarship Fund.

November 18 and 19 (yup... two nights), from Calgary and Chicago: Donald Ray Johnson and Maurice John Vaughn Band, supporting both the Friends of Foley Mountain and the Westport Food Bank.

January 20 and 21, from Toronto: Diana Braithwaite and Chris Whitley Band, with proceeds going to Rideau Vista Public and St. Edwards Elementary schools.

February 17, beating the blahs, from Kitchener: The Original Homewreckers with Miss Angel, benefitting the Rideau Waterway Land Trust.

March 16 and 17, from Toronto: Blackburn. Proceeds go towards the Easter Seals Ontario and Habitat for Humanity.

April 20 and 21, again from Toronto: David Rundo Band with Julian Fauth, supporting perennial favourites Westport in Bloom and the Library.

May 18 from Toronto: Chris Antonik Band, with proceeds to the Rideau District Museum.

Check out The Cove Country Inn website for details <coveinn.com> or call them at 273-3636 (1-888-COVE-INN) or visit <choosetheblues.ca> to see additional information about the bands and hear audio clips. Dinner and a show for only \$60. Reservations are required, and believe me you'll want to book early as these events tend to sell out.

Maybe the Cove should have a new motto: "keeping the wacky out of Westport". On the other hand, Westport wouldn't be Westport without the weird — I say let's keep the weird in Westport and be proud we have it.



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# Guess Who's Coming to Town!



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 Arrival Date **October 8<sup>th</sup>**

**Peace of Mind Creations and Friends presents**

**The Witches**  
 Susan Atkinson and Elizabeth Todd Doyle  
 Book signing and interactive reading  
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 Win a book!  
 Halloween art contest for ages 5-10  
 Drop off entries at Gallery by October 16<sup>th</sup>



Dave Tilston and Linda Marie Grenier  
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**October 29<sup>th</sup> 7:30-9:30PM**  
 Intermission at Mill Street Crepery.  
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All Events Held at  
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[www.peaceofmindcreations.com](http://www.peaceofmindcreations.com)

# Calendar Girls (& Boys!)

Have you ever wondered what goes on in the back of a wheat field in Mississippi Mills, at a summer "Grannies" meeting, or in the winter woods at the Mill of Kintail?

Well wonder no more. All is revealed in the new **Nudes of Mississippi Mills** calendar, now available in stores throughout the area. Forty delightful and daring Mississippi Millians have shared their passions, as well as their flesh, to bring a new understanding of life in this rural area.

In this calendar, you'll find the statue of James Naismith in downtown Almonte, sharing his bench with Kris and Rob Riendeau and their puppets. Clarence and Betty Gemmill demonstrate what retirement means to them on their Clayton lawn. And just wait until you see the photo of Santa, a.k.a. Kris Wrinkle, on Christmas Eve!

Photographer Robin Andrews of Unposed <[unposed.com](http://unposed.com)> took the action photos over the past six months. "I enjoyed every minute," says

Robin. Graphic designer Wendy Moenig did an excellent job of designing and preparing the calendar for printing. Sam Hamilton of Sam H. Design created the delightful Mississippi Mills map identifying photo locations. Models were recruited and persuaded by Nicole Guthrie, Fern Martin and Fay Devlin.

This beautiful calendar sells for only \$20. A large portion of the calendar profits will go to support various Communities in Bloom projects throughout the area. In addition, several models have designated a favourite charity to receive 5% of the profits.

Calendars are available at the Pakenham General Store, the Clayton General Store, and in Almonte at Pet Valu, Mill Street Books, Blackbird, Paper Thin, and Peace of Mind Creations and Friends.

They can also be found at the Info Centre in the Almonte Old Town Hall. Orders may be placed by calling Bonnie Hawkins at 256-1077.



You'll find artists and other colourful (and brave) local characters in their au naturel habitats in the beautifully-rendered **Nudes of Mississippi Mills** 2012 calendar — available now!

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# Handmade Harvest Craft Show

With the crisp, autumn air breezing into town comes the arrival of the Handmade Harvest Holiday Craft Show at the Almonte Old Town Hall on November 4 and 5. Quick on the heels of two successful shows, Handmade Nest owners Emily Arbour and Colleen Hewitt have been plotting the return of crafters from all areas of Eastern Canada since late spring.

With over ninety submissions from crafters eager to participate in the November event, Emily and Colleen, along with the help of some carefully selected jury members, agonized for days over which applicants would make for the best, most eclectic selection at this season's show. Fortunately, toiling over beautiful handmade goodies is a favourite pastime of both girls, and after much deliberation, hair-twirling and cuticle-biting, they think they've hit the nail on the head.

But they want you to be the judge.

Over thirty-five vendors will be attending the show, filling up the first and second floors of the Old Town Hall. There will be a harvest of goodies from every category you'd want — Bath & Body, Kids & Baby, Jewellery & Accessories, Mosaics, Pottery, Sewing and even Edibles. And, as much as Emily and Colleen might say you'll be able to complete your Christmas shopping list, they have a feeling you might just go home with a little something for yourself as well.

When the doors open promptly at 4PM Friday afternoon, a \$2 admission will give you access to the show for the entire

weekend (a funky memento will be yours to keep and get you back in the door for round two should you so wish), as well as enter you into a draw to win a fabulous basket full of goodies from participating vendors and sponsors alike. In typical Handmade Harvest fashion, the first fifty Saturday morning shoppers will receive swag bags, along with a ballot to win another amazing basket.

When asked her thoughts as to why she feels Handmade Harvest has been such a tremendous success (the girls boast a whopping 4000 attendants over the past two shows and a combined total of more than \$50,000 in sales), Emily states "Why, this incredible little town of course! One of the best things about this show is that it's in Almonte — a town that seems to truly appreciate handmade stuff. Almonte is bursting at the seams with creative people and events that showcase them. Handmade Harvest is just a small piece of the puzzle that makes this town worth visiting. At least, we think so!"

"Without the support of the shoppers, volunteers and our sponsors The White Lilly, Mom Café Ottawa and Doree's Habit Almonte, this show would not be the fun event that it is," chimes in Hewitt. "Even the folks at the town hall who rent us the venue are keen to help us succeed and always field our frantic pop-ins, to measure (and re-measure) the space, with a smile."

This season's Presenting Sponsor is The White Lilly, a beautiful clothing store

in the newly renovated Heritage Court on Almonte's Mill Street. Launched in April of this year, this little gem of a shop is worth the trip to Almonte in its own right. "You may not only walk away with a fabulous outfit, but also come away feeling renewed and rejuvenated after having a conversation with store owner Lilly White," says Hewitt.

Lilly is also the proprietor of White Light — where your spiritual journey begins. This is her second time sponsoring the show.

What started out as a small experiment has turned into much more for the organizers of Handmade Harvest. With a keen appreciation for the quirky and fun, Emily and Colleen have enjoyed every aspect of putting together this event. And, in the process, they have come to the realization that by feeding their own creativity, they're also helping their vendors continue to do what they love.

Come to the Almonte Old Town Hall and feel the inspiration (but bring your wallets too!) on Friday, November 4, from 4 to 9PM and Saturday, November 5, from 10AM to 4PM. If you need a bigger excuse to visit Almonte, you can also pop into Christmas in the Valley down the road, and finish up your visit with a walk down Mill Street to explore more fine shops and take a photo with our brand new statue of Dr. Naismith. For more information and a sneak peek at participating vendors, please visit <handmadeharvest.com>.





At the White Lilly, we've brought in the odd Shoe, And some warm and cute Hats, just for you! Coats and Sweaters and so much more That we added another room onto the store!

This fall, drop by the White Lilly for Lauren Vidal & Dolcezza fashions, aluminum wallets to keep your cards safe, and beautiful accents for your fall wardrobe.

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613-256-7799 [www.lillywhite.ca](http://www.lillywhite.ca)



## Handmade Harvest craft show holiday 2011

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# Im-Press-ive

## Introducing *The Millstone* Online Newspaper

When you take into account the credentials of the main participants, it is hardly surprising that *The Millstone* <millstonenews.com> is a compelling and reliable news resource for the communities of Mississippi Mills and Carleton Place. This online citizen journalism initiative is edited by Val Sears — who is, according to Wikipedia, “an eminent Canadian journalist... widely recognized as one of the most important political journalists of his day.” The newspaper is staffed entirely by volunteer members of the Almonte Press Club and includes other former national producers and editors, as well as former CBC staff and colourful local characters.

The goals of the paper are to provide “an intelligent and informed source of news and opinions,” as well as “a venue for public journalism that gives readers stories they can't find anywhere else.” The website carries no ads, and the creators see it as way of

providing a valuable public service that will “evolve with our readers to become an essential part of the Mississippi Mills and Carleton Place landscape.”

For the past several months, *The Millstone* has posted new articles almost daily. These range from profiles of local characters and organizations to breaking news stories about topics such as all-candidates meetings and anti-choice demonstrations. In order to facilitate the flow of information, they welcome contributions from the community (please send them to <millstoneeditor@bell.net>). As contributor Bruce Kingsley explains: “It's an opportunity for the community to submit material, read material, participate in the newspaper if you wish, and it becomes a community exchange of information.”

To that end, *theHumm* is now contributing posts about upcoming events throughout the month, so visit <millstonenews.com> and stay up-to-date!

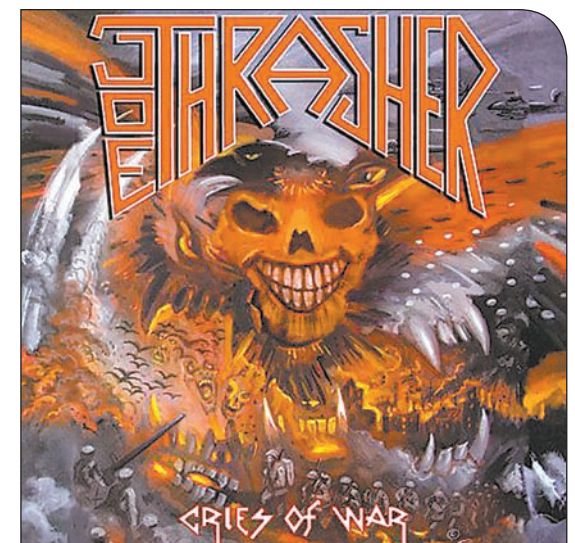
# Happy Heavy Hallowe'en

I used to think I didn't like heavy, loud music. Then my cousin started drumming in a screamo band that toured Ottawa, I went to the gig thinking I was doing him a big favour, and I (loudly and energetically) had my musical horizons broadened.

The thing is, creatively crafted music played well is a treat, no matter the genre. And a high-energy live performance adds to the experience tenfold (or elevenfold, if the band is really good). So when I got an email inviting me to download the new Joe Thrasher CD *Cries of War*, I did so without reservation.

Joe Thrasher is an all-Lanark County band with one full-length CD (*Metal Forces*) already under their studded belt. They have been “thrashing out metal since 2002,” playing venues across Ontario and Quebec, and building a loyal following in the process. The ten tracks on their new CD are fast, heavy and loud (if you turn your volume up), but they are also distinctive, musically tight, and, well, kick-ass. And I'm guessing that their live shows bring the music to another level. Actually, I don't have to guess, because their website lays it right out: “Sweat, speed, raw emotion and pure adrenalin are in abundance at a live Joe Thrasher show. A mix of thrash, NWOBHM, hard rock and speed metal, Joe Thrasher is an old-school metal feast that appeals to everyone from the traditional metalhead to more modern metal-based fans.”

Fortunately, Lanark Countians have an opportunity to hear Joe Thrasher play live, just in time



Joe Thrasher plays Spiderfest in Lanark Village on October 29

for Hallowe'en, at Spiderfest. The show takes place on Saturday, October 29 starting at 7:30PM at the Lanark Legion, 69 George Street in Lanark Village. Admission is \$5 at the door, and you are encouraged to wear a costume and bring a donation for the Lanark Food Bank. Joe Thrasher will be playing music from their new CD, and will be joined by Defy, Naartok, and Fools Like You. For more information, check them out at <joethrasher.com>. — Kris Riendeau



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# Master Bluesman to Play Perth

Folks who live in or near Perth are spoiled silly — with culture, that is!

Our pretty town plays host to award-winning theatre companies and world class musicians, boasts a reading series which brings in some of Canada's most talented authors, and is replete with gifted artisans, artists, actors, directors, dancers, writers and musicians. We are lucky. And heck, talented.

by John Pigeau

In September, some of us got the chance to see three-time Juno award winner David Francey, or hear national bestselling authors Steven Heighon and Terry Fallis read from their latest novels.

Now, in October, we have the chance to see (according to the *West Coast Blues Review*) "possibly the best blues songwriter today," as **Larry Garner and his Blues Band** take the stage at Perth's Studio Theatre on October 15.

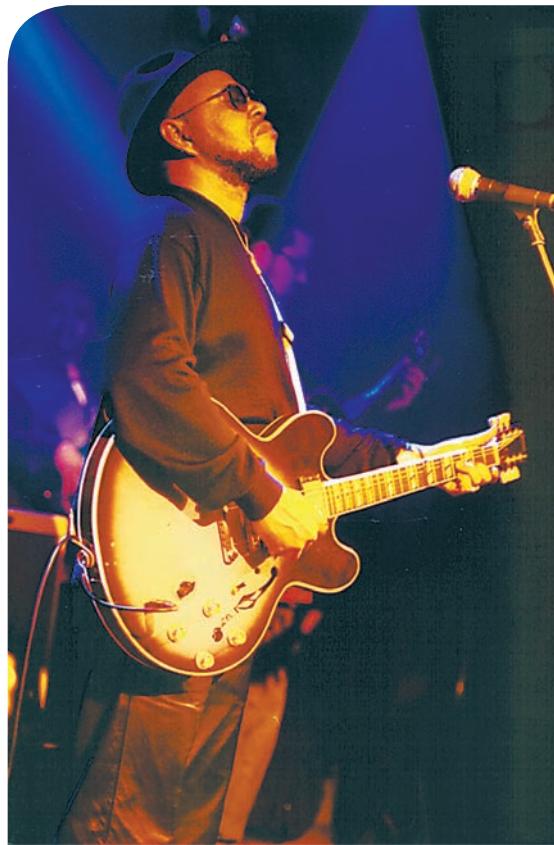
If the blues is your thing, you have likely heard of Larry Garner, who has drawn comparisons to B.B. King and been heaped with wonderful praise from all sorts of blues magazines, music periodicals, and fellow musicians. He was also inducted into the Louisiana Blues Hall of Fame in 2002. No small feat, indeed.

Garner's background is an interesting one. He grew up in Baton Rouge, Louisiana, where he befriended local musicians Silas Hogan and Guitar Kelly. While his uncle and a couple of gospel-playing elders taught him to play guitar, he was influenced musically by Hogan, Jimi Hendrix, and Henry Gray. After completing military service in Korea, Garner returned to Baton Rouge and worked part-time in music and full-time at a Dow Chemical plant — all great fodder for singin' the blues, one would think. In 1988, Garner won the International Blues Challenge and his first two albums, *Double Dues* and *Too Blues*, were released by the British JSP label. He has since released six more CDs to critical acclaim, including his 2008

album, *Here Today Gone Tomorrow*, which was inspired by a serious illness he was treated for that same year.

*Real Blues* magazine said: "Garner is perhaps the most talented blues songwriter alive today, and one of the top five bluesmen on the planet." Heady praise. Is it true? If you love the blues, you'll just have to check out Larry Garner and his Blues Band yourself to find out.

See them at Perth's Studio Theatre on Saturday, October 15, at 8PM. Tickets are available at <ticketsplease.ca>, at Jo's Clothing (39 Foster Street in Perth), or by calling 485-6434.



Don't miss Larry Garner and his Blues Band in Perth on October 15!

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## Call for Nominations

### 2011 Chamber of Commerce Business Awards

The Mississippi Mills Chamber of Commerce is seeking nominations for the 2011 Business Awards to be presented at the annual awards Gala on Wednesday 16 November 2011.

The purpose of the awards is to celebrate the individuals and organizations that showcase the energy and entrepreneurial spirit of our community.

Nomination forms are available from **Nicholson's** in Pakenham, **Don's Meat Market** in Almonte and online from the Chamber web site at [mississippimills.com/2011AwardNomination](http://mississippimills.com/2011AwardNomination). You can drop off your nominations at **Nicholson's** or **Don's**, fax them to 613-256-7886 or email to [AwardNominations@mississippimills.com](mailto:AwardNominations@mississippimills.com).

**Nominate any business - even your own!**

**Nominations must be received no later than October 21.**



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### Award Categories

#### 1. Economic Contribution

For a business whose ongoing activities and specific initiatives over the past two years have led to a positive impact on our community through investment, employment and taxes.

#### 2. Community Involvement

For a business whose ongoing activities and specific initiatives over the past two years have supported some or all of the following: local charities, business and/or community groups, philanthropic activities, service organizations, sports teams, schools, etc.

#### 3. Creativity & Innovation

For a business whose ongoing activities and specific initiatives over the past two years have distinguished them in their field, and resulted in increased awareness of Mississippi Mills as a dynamic place to work, live, or play.





# Get Booked

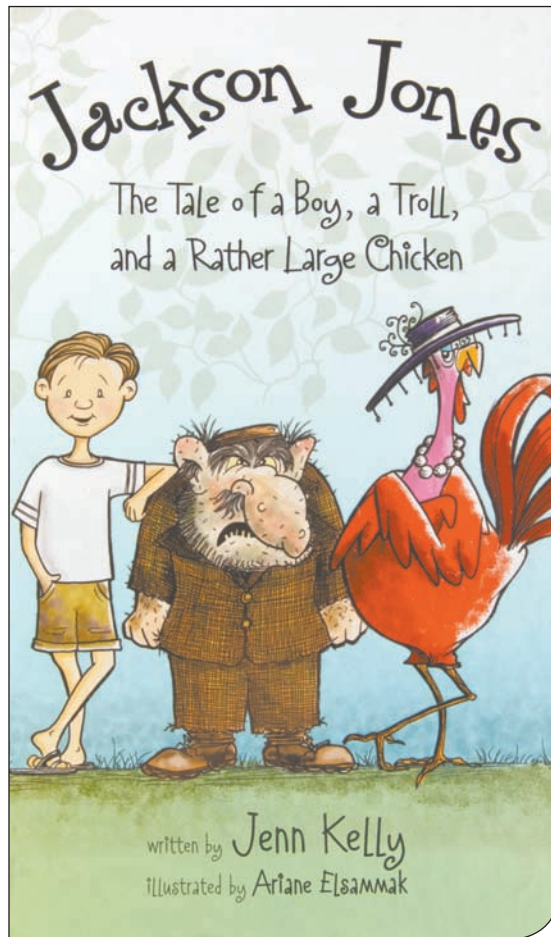
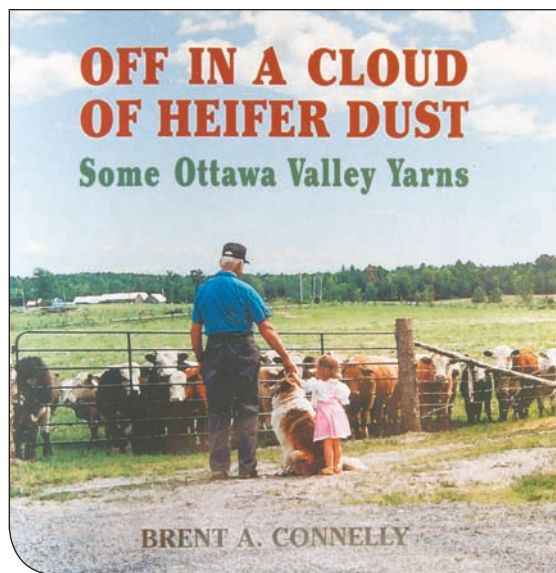
## Off In a Cloud of Heifer Dust (Some Ottawa Valley Yarns)

A few months back, I boldly published an article entitled "How to Get Your Book Mentioned in theHumm". Well, I'm happy to say that Brent A. Connelly boldly took me up on my offer. He sent me a very friendly letter and a copy of his lovely book, lovingly published by General Store Publishing House in Renfrew (they really did a lovely job). He specifically referred me to Chapter 10, which is entitled *Almonte: The Ottawa Valley's Best-Kept Secret*, probably hoping that I am some kind of sucker for feel-good stories about small Valley towns...

Well, wouldn't you know it — I am! Not only that, I do believe I have a soft spot for personal, intimate yarns that highlight the small (but really good) things in life. And seeing my own town through the fresh perspective of someone who moved here quite recently (2008) re-awakened my deep appreciation of its many charms (and characters). I'm sure that most Humm readers can simply substitute the names in the paragraph below and find their own town reflected in Connelly's closing words:

"What does all of this tell you about this little Norman Rockwell Ottawa Valley town, with cops not needed to direct downtown parades, kids playing hockey and basketball safely on the streets under the watchful eye of their parents, a big friendly dog welcoming customers to the driver's licence office, loaves of bread being left on a tea room doorstep early in the morning, Baker Bob's puppet standing at the counter serving butter tarts, and a very nice Canada Post lady helping an old bugger like me to wrap a parcel, while a kind garage man goes the extra mile for one of his customers? It tells me that life is very, very good in Almonte and that the trip to the manor is just going to have to wait a bit."

*Off In a Cloud of Heifer Dust* is available at local independent bookstores or from General Store Publishing House at <gsph.com>.



## Jackson Jones: The Tale of a Boy, a Troll and a Rather Large Chicken

Howdy y'all fellow readers of theHumm,

Kris ~~wasn't thinking~~ asked me to write my own introduction to tell you about my brilliant new book. I told Kris I would love to. And now I sit here staring out the window in a huge fluffy blanket wondering if anyone will bring me tea. And the dog is staring at me wondering when I will play with her. So... three years ago I became a professional writer/author person when Zondervan published my first book, *Jackson Jones: The Tale of a Boy, an Elf and a Very Stinky Fish*. Yes, that's me. And then they asked me to write another one, and so I did. It is called, *Jackson Jones: The Tale of a Boy, a Troll and a Rather Large Chicken*. And it's out now, did you know? Well, I've decided to have a bit of fun with this one. Instead of being super-snobby and having a wine and cheese whatnot where adults come and eat all the piggies in blankets and go on and on about how brilliant I am, I've decided to have a PUBLIC book launch instead, so that adults, children, teenagers, seniors, ancient people and their dogs can come and tell me how brilliant I am. And you get bribed with yummy cake! Now you may debate not coming because you may be concerned about the quantity of cake and who wants to show up to a party when there's no cake left?

Well, let me tell you, I will have too much cake. Because I looove cake and I fully expect to be taking some home.

And it's a fanciful party, which means that you must wear some very fun and slightly dressy clothes. It is a party after all, not a cake give-away. On October 1, I will be at Collected Works on Wellington from 2 to 4PM. And if you prefer something closer to here (which is where I am sitting in my house, writing), on October 8 I will be at Read's Book Shop in Carleton Place from 2 to 4PM. And yes, there will be cake there too. And I'm going to read! Yes, I do chicken voices! And signings of books that you will buy because I am a brilliant writer and you must read what I write! And will there be prizes? Well of course! Some books to give away, and some super sneaky paper bags filled with who knows what? (Well, I know, but I'm not telling.) Ok, this is far too long for an article and if it's any smaller than 432 words right here — then it's been edited and I am not to blame for any bad spelling or grammatical mistakes. So please come and meet me because I am eccentric, bossy, cake-hoarder, terribly fun and would love to meet you. I'm the one in the boots.

Synopsis of lovely book: All Jackson had to do was clean the pool. Just that one simple task. It would have been simple, anyway, if that freak storm hadn't come and carried him away. Now Jackson is trapped in the branches of a massive tree and he can't seem to find a way out. While he wanders, he meets a flesh-eating hound named Muffy, a hen who wears too much make-up, a million angry squirrels, and a troll with nose-hair down to there. Before Jackson can go home, he'll have to discover the great task the Author has planned for him and learn what it really means to put down roots.

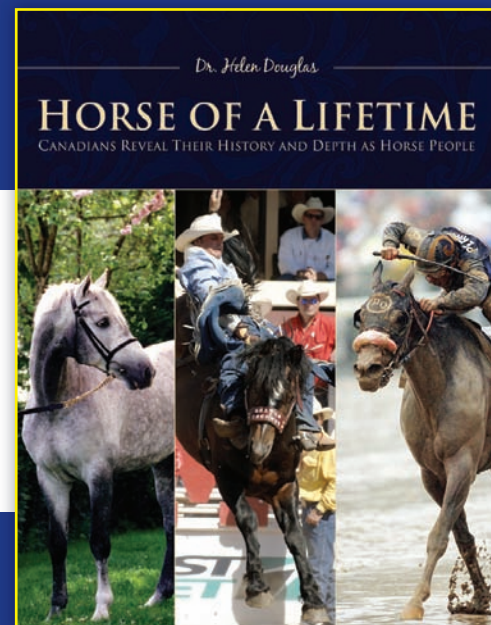
— Jenn Kelly



Author Jenn Kelly wrote us a funny email, so we asked her to write her own funny press release too. She even created her own 'Artist Trading Card' (but thankfully she didn't illustrate her own book...)

## Second book by local veterinarian

Unique and Heartwarming, *Horse of a Lifetime* is the book to unite all Canadian Horse Lovers



To order please email Dr. Helen Douglas at [order.hol@gmail.com](mailto:order.hol@gmail.com)  
Meet the Author-Book Launch: October 22 at  
Slackoni's Restaurant, Carleton Place, 2-5PM  
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Helen Douglas, Author

## Independents' Day October 15<sup>th</sup>!

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at Palms to meet  
Ron & Merla Lawruk  
authors of  
*For Love and Country*



# in the Valley!



## For Love and Country — A Canadian Soldier's Story

At a time when World War II veterans are a vanishing breed, along comes a compelling story of a soldier whose contribution to Canadian society made a difference.

Veteran, Private W.J.E. (Ted) Patrick "tells all" in this fascinating biography of his war experiences in Italy and Holland during WWII, his continuing battle with post-traumatic stress disorder (PTSD), and his life in Canada. The story is augmented by more than sixty photographs. He did most of his training at Camp Petawawa (near Pembroke), Ottawa, Camp Borden and Kingston.

The book is not just a story about WWII, but also a love story between two young people who conformed to the social morality and religious mores of the times in which they lived. Separated by war, they decided to defer their marriage until he returned to Canada. His final words to his girlfriend Eileen before sailing to England were: "When I come home, if I have any major physical disabilities, forget about me."

During his service in Italy and Holland, they exchanged more than two hundred love letters.

Private Ted Patrick, a member of the Canadian Corps of Signals and the Irish Regiment of Canada describes his exploits in Italy and Holland as well as everyday life as a soldier at the front. "Being a radio operator and signaller was like being a dog on a leash" as he followed the commanders who were the principal targets in the "Gerries" crosshairs. On many occasions, he found himself in a foxhole where he spent hours digging, clutching the dirt and hoping the mortars were misguided and the snipers were poor marksmen.

Ted's resiliency and Eileen's courage were put to the test from the first day he returned home. He relates his post-war battle with PTSD which, on several occasions, threatened his wife and his father. Despite this setback, their love story spanned sixty-one years.

The biography of this 91-year-old, 5'1" Irish "leprechaun", with a twinkle in his eye and a penchant for hugging, also provides insight into pre- and post-war life in Eastern Canada. Their wartime romance and his battle with PTSD were featured in the Ottawa Citizen in 1998.

Ted was a volunteer briefer/greeter with the Canadian War Museum in Ottawa from 1991 to 2010. His exuberance, zest and effusive nature soon made him a favorite choice for visitors. In 2009 he was honoured as Volunteer of the Year. He also spent twenty-five years in senior management of the Boy Scouts Association of Canada. He currently resides at the Perley and Rideau Veteran's Health Centre in Ottawa.

This biography was written by Ron and Merla Lawruk. Release date for the publication is September 21 and will be available on <amazon.ca>. In collaboration with Mill Street Books, the authors will be speaking about *For Love and Country* at Palms coffee shop in Almonte on October 20, beginning at 6:30PM. In the meantime, you can pick up the book at the following local book stores: The Book Nook in Perth, Reads Book Store in Carleton Place, and Mill Street Books in Almonte.

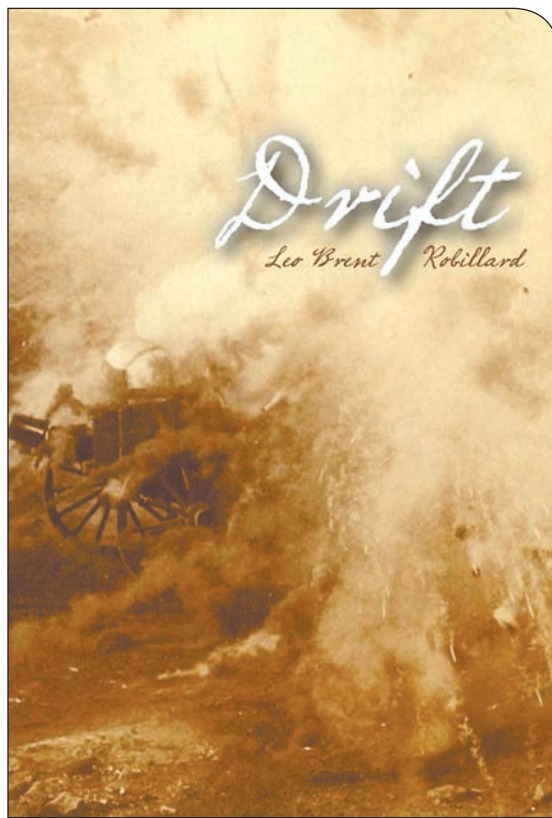
## New Book Brings Algonkin Ancestors to Light

Author Noreen Kruzich will be at the Festival of the Senses in Calabogie on Sunday, October 2, from noon to 4PM, to sign her exciting new book. She will be at the Fans of Calabogie Bed & Breakfast at 5174 Calabogie Road across from Barnet Park.

The book, *The Ancestors are Arranging Things... a journey on the Algonkin Trail*, has been nominated for a Governor General's award by publisher Borealis Press of Ottawa. Published this past summer, it is a work of historical literary non-fiction. Anyone who has uncovered their Algonkin or Nipissing ancestral roots or is interested in the history of the Ottawa Valley will find the author's journey in this new book a must-read.

"It's my hope the book will instill a greater understanding and respect for the Algonkin and Nipissing peoples and so too for their ancestral homeland," the author explains. Kruzich feels strongly that individuals living in the Ottawa Valley need to know the real history of the land they reside on. "It needed to be fleshed out, personalized. It's long overdue."

Books are available directly from Noreen by visiting <noreenkruzich.com>, where part of the proceeds from the book will go to Algonquin cultural activities. They are also available at Pikwakanagan Golden Lake at the Algonquin Cultural Center, the Champlain Trail Museum in Pembroke, the Visitor Centre in Algonquin Provincial Park, and through Chapters /Indigo.



## Drift Launches in Carleton Place

Leo Brent Robillard is an author and educator whose work has appeared in various magazines, journals, and anthologies in Canada and abroad. He is a past recipient of the George Johnston Poetry Prize, the Ray Burell Award for Poetry, and the Cold Steel Crime and Mystery Award. He is the author of two Turnstone Press novels, *Leaving Wyoming* and *Houdini's Shadow*. On October 21, he will launch his latest novel, *Drift*, at the Moore House in Carleton Place from 7 to 10PM.

Here's what Turnstone Press has to say about Robillard's newest offering:

"Paardeberg, South Africa is far from the Canadian prairies. In 1899, best friends from the small town of Portage la Prairie, Will and Mason, sign up with the Winnipeg Rifles' "A" Company to fight in the Second Boer War. Here they meet Robert, the silent anthropologist from Alberta with a mystery he isn't revealing; Claire, an Australian nurse, chafing under her parents' glass ceiling; and Campbell Scott, a rebellious veteran with an African wife and a hot air balloon requisitioned by the army for spying.

"All are fleeing their former lives, but to be free they must face the shattered bodies of war. In the dust and desert of South Africa they drift towards each other in ways that can spell either disaster or salvation. Different reasons fuel each person's motion. Mason wants to fight in the name of justice, pride, and manliness. Will, hesitant from the start, ultimately learns that war is hell. Claire struggles for independence, and Campbell Scott drowns his disillusion in his wife's potent homebrew. With breathtaking grace, Leo Brent Robillard delivers an unstoppable story."

*Drift* is available at Valley Design in Carleton Place or from <turnstonepress.com/drift>.

## Horse of a Lifetime

Dr. Helen C. Douglas is a practicing veterinarian at the Valley Veterinary Clinic in Carleton Place and the CTV *News at Noon* regular veterinarian, appearing monthly to answer phone-in questions for Ottawa viewers. In 2009, Helen published her first book of memoirs entitled *William's Gift*, which was widely acclaimed throughout the Valley. She will be launching her second book, *Horse of a Lifetime*, on October 22 from 2 to 5PM at Slackoni's restaurant in Carleton Place. Everyone is welcome to come and meet the author. To order your copy of her newest book, please email her at <order.hol@gmail.com>. The retail price for the hardcover edition is \$50 plus HST and shipping.

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# Folkusing on Almonte — In Concert!

Hi everybody. Miss Mills here: intrepid blue-haired spokespuppet for arts events and activities in the beautiful Town of Mississippi Mills.

September's Fibrefest (loved the button display!) completed our summer festivals (sigh) and now we're into our fall/winter events. There are so many that it's mind-boggling!! You'll need to flip through the pages of this October issue, with your calendar handy, and mark down the ones that you like. My column space is small (I have to talk to Rob and Kris about that) so I'm going to concentrate on Folkus and Almonte in Concert. They both take place at the Almonte Old Town Hall, our beautiful old heritage building which now has a sparkly new theatre kiosk out front. The ambiance and acoustics are awesome in that theatre!

by Miss Mills

**Almonte in Concert** will be first off the mark on Saturday, October 15, with the first of its six concerts. Artistic Director Maureen Nevins promises a new season "that will whet your appetite for live chamber music." The first concert of the series, "Pilgrimage of Liszt", will be performed by internationally acclaimed Chinese pianist **Ang Li**, a rising young classical piano star who is ranked among the top thirty pianists in the world. Her performance is thanks in part to the

generosity of Kathi Norton, sales rep for ReMax Realty Solutions Ltd. Brokerage of Almonte. That's pretty nice!

The other concerts in the series are an interesting mix of song ("Passion and Delight" on November 19), Baroque music ("A Baroque Christmas" on December 17), the Latin tango ("Tango Nuevo" on January 28), the string quartet ("The Quintessential Quartet" on March 17); and the string trio ("Trio Hochelaga" on April 21). To find out more about all these concerts, check out AiC's website at <almonteinconcert.com> or pick up a brochure in town.

AiC is one of the longest running community concert series in Eastern Ontario, and is celebrating its 32<sup>nd</sup> season this year. To mark the occasion, Claire and Steve Falsetto, owners of Almonte's Café Postino, have formed an association with AiC that they hope will enhance the concert experience. They are offering a bar in the concert hall so the audience can visit and chat before the concert and during intermissions. They are also offering delectable pre-concert table d'hôte dinner options and tasty post-concert refreshments. Claire explains that: "we would love Café Postino to become a home-base for AiC patrons," and welcomes people to drop in or call 256-6098 for details or reservations.

**Folkus Concert Series** is celebrating its eleventh year! This roots-based music series began in 2002 at the AOTH and was such a resounding success that it has enjoyed a loyal following ever since. Says Fern Martin, one of the series' founders, "It's been a real treat to work with a fun committee over these many years and especially to meet and hear the fabulous performers who have graced the stage of our lovely Old Town Hall."

The line-up this year is an interesting blend of Canadian musicians. New artistic director Amanda Sears admits that it was a challenge for the Folkus Committee. "We decided that we wanted the series to highlight local emerging musicians as well as bring to the stage several artists with established careers. The result has been received with praise. The local musicians are thrilled about the level of artistry with which they will share the series, and our larger acts are equally pleased to be playing at Almonte's Old Town Hall, a theatre with great acoustics and outstanding atmosphere. We're excited to see the series play out. Our 11<sup>th</sup> year has taken a new direction and has set the standard for many years to come."



Miss Mills is especially looking forward to the Folkus concert featuring Royal Wood, as she is a big fan (OK, we admit it, the above photo may have been lightly enhanced using PhotoShop...)

Folkus kicks off their Series on November 26 with singer-songwriter/producer, **Royal Wood**. His classic pop style has drawn comparisons to Hawksley Workman, Ron Sexsmith, Randy Newman and Rufus Wainwright. In 2010 he released his CD *The Waiting*, which earned him the iTunes Songwriter of the Year. Royal is married to fellow musician, Sarah Slean who has also performed at the Old Town Hall.

On January 21, singer/songwriter **Kelly Sloan** will share the stage in a double bill with **Cindy Doire**, a multi-lingual young singer from Timmins. Kelly Sloan grew up in Almonte and she's really excited to play the Folkus Series alongside lots of other great acts. "I look forward to showing Almonte off to musicians and music lovers as a great place to come back to again."

Multi-talented Juno Award winner **Hawksley Workman** performs on February 25. Hawksley's 12-year career has seen him play nearly a thousand shows in fifteen countries. He has even spent time in Almonte recording his songs with talented producer Ken Friesen in Ken's sound studio on Mill Street.

For the series finale on March 24, **The Brothers Chaffey** and **Silver Creek** will present another double-bill. Brothers Matthew (rhythm guitar) and Curtis (lead guitar) grew up listening to a lot of Elvis and Waylon Jennings and they've brought their vintage sound to stages all over, including Toronto, Ottawa, Perth and Almonte. Their performing partner, Silver Creek, is considered a super-group in the Ottawa scene.

For further information on the Folkus series, go to <folkusalmonte.ca>.

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**Café Postino** proudly announces its support of **Almonte in Concert** series.

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Seatings will be from 5PM to 6PM.

Table d'Hôte is \$30 per person excluding tax and gratuity

Almonte in Concert  
2011-2012 Season

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Visit [www.almonteinconcert.com](http://www.almonteinconcert.com) for concert details.

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# Peace of Mind Creations – and Friends!

Peace of Mind Creations and Friends is the newest art gallery/shop in Almonte, owned by artists Dave Card and Adrianna Steele-Card. These two have been connecting with other talented people for many years, helping to showcase artists of all genres in warm and interesting atmospheres, focusing primarily on Canadian art and culture.

During the month of October, they are hosting several special events in their new location in the Heritage Court building at 14 Mill Street. From music to felt decoration-making to an interactive reading and book signing (by witches, no less!), you are invited to visit their intimate space and partake in a fun activity while also enjoying some delightful visual art.

## Tilston and Grenier in Concert

Dave Tilston and Linda Marie Grenier have been playing music together professionally since 2007. Their repertoire includes a wide and varied body of songs, many written by these two Lanark County-based artists. Each is a talented songwriter in their

own right, and when they come together to share their gifts, the results are entertaining songs about people, the human condition, nature and life's experiences. Their warm and tender approach to music and their audience is often tempered by a delightful sense of humour.

A gifted vocalist, guitarist and harmonica player, Linda Marie is a quick study. Her love of music has inspired her to learn other instruments such as the banjo, spoons and bodhran, and she has been making a name for herself in the Ottawa Valley for many years. Happy to explore all genres of music, she is known for her involvement in a variety of musical groups such as The Skirmish. In 2008 she was given an opportunity to get more involved in the Ottawa music scene when the Rainbow Bistro in the Byward Market offered her a regular gig. You can hear her there every second Thursday, from 5 to 7PM. See her website <lindagrenier.com> for more details.

Although he performs solo on occasion, David Tilston can most often be found as an accompanist on guitar and vocals. A gifted musician, in addition to playing his custom-made Oskar Graf guitar, he also plays fiddle, mandolin, banjo, violin, piano and whatever else he decides to pick up! Dave often shares his musical expertise with the community and is the general coordinator of the Blue Skies Music Festival.

Together this musical duo appears at many Ottawa Valley

events, but they have a preference for playing small intimate venues where they can really get to know their audience. On October 29 you can have such an experience in the cozy and artistic setting of Peace of Mind Creations and Friends. Tickets are \$15 in advance and \$20 at the door — seating is limited to thirty-five, so purchase your tickets soon, in person or by phone at 461-7662. The price includes tasty treats provided by the Mill Street Crepe Company during intermission. Showtime is from 7:30 to 9:30PM with a 30-minute intermission. Linda Marie's CD *Life Samplings* will be for sale and she will be happy to sign it for you.



Peace of Mind Creations and Friends in Almonte has several special events for October. Catch Dave Tilston and Linda Marie Grenier (above) in concert on the 29<sup>th</sup>, and meet the witches (below left) on the 22<sup>nd</sup>!

## The Witches Are Coming!

As a special Hallowe'en treat, Peace of Mind Creations and Friends is inviting kids to submit a piece of Hallowe'en art. The deadline for art submissions is Sunday, October 16, and all art will be displayed in the Heritage Court hallway. There are also prizes on offer in the form of three books entitled *Where Do Witches Go?*, *What Do Witches Do?* and *Witches Don't Do Ballet!* Not only that, but the "witches" themselves (authors Susan J. Atkinson and Elizabeth Todd Doyle) will be doing an interactive reading on October 22 from 1:30 to 3PM, and will be available to sign books after the presentation.

## Wishing You Felt Better?

On Saturday, October 15 from 9 to 11AM, Dave and Adrianna invite you to discover the felter in you when you come and make nine decorations under the direction of felt artist Wendo Van Essen. The price of \$35 per person includes coffee or tea and all materials. Peace of Mind Creations and Friends is located at 14 Mill Street at the Heritage Court in Almonte. Drop in to see their beautiful Canadian-made art, or call 461-7662 for details about any of the above events.





## GRAND OPENING OPEN HOUSE

**Saturday, October 29th**  
**St. Andrew's United Church**  
**2585 County Road 29**  
**Pakenham**

Everyone Welcome!

**Please join Certified Instructor Louise Côté Atwell**  
**for a free sample of what's on in Pakenham this fall!**

**9:30 am - 10:15 am: Chair Yoga**  
*Gentle stretch class using chairs for stability and balance.*

**10:45 am - 11:45 am: Baby & Me Yoga**  
*Open to all with a pre-mobile infant.*

**12:30 pm - 1:30 pm: Core Strength & Stretch**  
*Blast your core and finish with a great stretch!*

**2:00 pm - 3:00 pm: Hatha Yoga**  
*Suitable for all levels of experience.*

**8 week session begins November 1st.**  
**For more information, please contact us!**

**613.252.5262**

**info@indiancreek.ca**

## Red Trillium Studio Tour

**26<sup>th</sup> & 27<sup>th</sup> November**  
**10AM – 5PM**



**41 Artists in**  
**15 Locations**  
**throughout**  
**the lovely**  
**countryside of**  
**West Carleton**

**Just 15 minutes**  
**from Kanata**

**Check out our website for maps,**  
**a copy of our brochure**  
**and information about our artists**

**www.redtrilliumst.com**

**613-839-2793**



# 7th Annual Maskeraid Parade

SATURDAY, OCTOBER 29TH

STARTING AT 7PM



WHILE YOU'RE HERE, VISIT THESE DOWNTOWN MERCHANTS!

**B** **Ballygiblin's**  
Restaurant & Pub  
151 Bridge St.  
613-253-7400  
www.ballygiblins.ca

**The Blossom Shop**  
167 Bridge Street  
613-257-1855  
www.blossomshop.ca

**Bonnie and Company**  
114 Beckwith Street  
613-257-8345

**The Book Gallery**  
19 Lake Avenue  
613-257-2373  
www.thebookgallery.ca

**Graham's Shoes**  
139 Bridge Street • 613-257-3727

**THE GRANARY**  
BULK & NATURAL FOODS  
EST. 1978  
107 Bridge Street  
613-257-5986  
www.granary.ca

**Natural pet foods**  
61 Bridge St.  
613-253-7387  
www.naturalpetfoods.ca

**PICTUREit STUDIO**  
154 Beckwith Street • 613-492-2299  
www.pictureitstudio.ca

**Real Wool BOUTIQUE**  
142 Franktown Road  
613-257-2714

**Spice Wellness Systems**  
110 Bridge Street  
613-257-7739  
www.spicewellness.net

**SURROUNDING MEMORIES**  
77 Bridge Street • 613-257-1301  
www.surroundingmemories.ca

**Wisteria**  
62 Bridge Street • 613-253-8097  
www.wisteriacp.com





*The Carleton Place BIA would like to invite all ghosts, goblins and witches to come "Downtown" on the Mississippi for the 7<sup>th</sup> Annual Maskeraid Hallowe'en Parade.*

This one of a kind event is sure to be a *BOOtiful* night in Carleton Place. Dozens of ghoulish floats and costumed participants will be marching down Bridge Street on the evening of Saturday, October 29. Beginning at 7PM, the parade will kick off at Heritage Mall on Lansdowne Avenue and travel down the length of Bridge Street, ending at Mill Street by the Town Hall. Registration forms are now available for anyone who would like to take part in this spellbinding fall event.

Parents, kids and all interested spectators are encouraged to come to downtown Carleton Place dressed-up in a favourite Halloween costume to watch the Maskeraid Parade haunt on by. Eerie music, clowns, vampires and goblins will float down Bridge Street into the dark abyss.



**Support the Lanark County Food Bank**

Residents, businesses and visitors are asked to parade for aid in the exclusive-to-Carleton Place event by bringing non-perishable food items to support the Lanark County Food Bank.

Members of the BIA, businesses and community groups of Carleton Place and the surrounding area can help make this fall event frighteningly successful by submitting a well-decorated float that reflects the fall harvest theme or a Hallowe'en theme.

Brew some extra fun this Hallowe'en through teamwork and build the freakiest float with your neighbours. Competition will be fierce this year and participants will be bloodthirsty for the BIA's coveted awards. Plaques will be awarded for the Best Use of Hallowe'en Theme and for Best Walking. The parade is the perfect opportunity for parents to give their kids a most spooktacular Hallowe'en by hosting a costume party and concluding their festivities at the Maskeraid Parade. Schools, sports teams, community and social groups are also encouraged to showcase their creative side with an elaborate float or by creating a Food Bank challenge between other groups.

The BIA is proud to be the Ghostess with the Mostess and looks forward to meeting everyone downtown on the Mississippi for the rain-or-shine event.

**Register Your Float!**

For more information or to register a float, contact the BIA office at 613-257-8049 or email <cmccormond@carletonplace.ca>. For more information visit <downtowncarletonplace.com/MaskeraidHalloweenParade>. You can also see pictures from last year's parade or download a registration form.

October 1	<b>Harvest Lantern Labyrinth Walk</b> , 7PM at Carleton Place and Beckwith Heritage Museum
October 2 – 7	<b>Annual Doo In The Derry Fundraiser</b> , 2-4PM at Prospect United Church
October 2	<b>Welcome Wagon Baby Shower</b> , from 1PM at the Arena
October 21 & 22	<b>Mississippi Mudds Youth perform Shakespeare's Macbeth</b> , 7PM both days and 2PM on the 22 <sup>nd</sup> , Town Hall Auditorium
October 23	<b>Country Music Show</b> , 7PM at the Arena
October 29	<b>IODE Craft Fair</b> , all day at the Arena
October 29	<b>The BIA Maskeraid Halloween Parade</b> , 7PM on Lansdowne Ave. and Bridge Street
October 30	<b>Murray MacLauchlan</b> , 8PM at the Town Hall Auditorium
November 5	<b>Annual Women's Fair</b> , 10AM-4PM at the Arena
November 26	<b>BIA Santa Claus Parade</b> , "A Christmas Gift", from 5PM along Bridge Street

*Murder, Magic, Music, Mayhem? Mudds!*

In the world of the theatre, it is known as "the Scottish Play".

Actors will not speak its name aloud backstage, for fear of the curse that still lingers over the play, four hundred years after its composition. And who can blame them? Murder, betrayal, treason, and black magic are its subjects. Evil ambition and insanity are its themes. And seven of its characters die before the final curtain.

And yet, *Macbeth* still fascinates.

This October, just before Hallowe'en, fourteen actors between the ages of 13 and 17, who have felt that fascination, will be presenting Shakespeare's shortest tragedy at the Carleton Place Town Hall.

Director Mark Piper is proud of his young cast. "I got really lucky with the casting of this one. I suppose it was the name Macbeth that drew them out — everyone knows about the dark mood of the play, and the complex nature of the characters. It drew out a bunch of really talented teens looking for a challenge. I just hope I'm up to the challenge of directing it — but frankly, I couldn't resist it, either."

This is the Mississippi Mudds Youth Theatre's first foray into the world of Shakespeare. The company will be presenting it in the round, on the floor of the Town Hall Theatre, with minimal sets and costumes.

"I want to show off how much the cast has done with the words that Sir William has given them," says Piper. "Even now, a third of the way through rehearsals, I can



tell — they've caught the bug. They're coming up with their own ideas and their own interpretations of the various parts. It's very gratifying to see this level of creativity."

Bad luck or not, it seems, *Macbeth* still has the power to mesmerize.

Tickets are on sale at Arts Carleton Place, 132 Coleman Street for three performances at the Carleton Place Town Hall, October 21 at 7PM and October 22 at 2PM and 7PM. Call 257-2031. While suitable for adults, most teenagers and near teens, it is not recommended for young children.



# Claiming Column

*Anything Goes*, Perth, Nov 3-6, 10-12  
**Christmas in the Valley Artisan Show**, Almonte, Nov 4-5  
**Handmade Harvest Craft Show**, Almonte, Nov 4-5  
**EODL One-Act Play Festival**, Perth, Nov 11-12  
**Violet Femmes Gala**, Almonte, Nov 18  
**Blues on the Rideau**, Westport, Nov 18/19  
**Almonte in Concert**, Nov 19  
**Capital City Chorus**, SF, Nov 20  
**Royal Wood (Folkus)**, Almonte, Nov 26  
**Red Trillium Studio Tour**, West Carleton, Nov 26-27

## Youth

**Reading, Signing, Cake**, Oct 8, 2-4PM, Jenn Kelly reads from newest book. Cake, prizes, fun. Read's Book Shop, 130 Lansdowne Ave, CP.  
**Macbeth**, Oct 21-7PM, Oct 22-2&7PM, Mississippi Mudds Youth Theatre. Tickets at Arts CP. CP Town Hall, 175 Bridge St. 257-2031, mississippimudds.ca. \$10.  
**Book Signing & Reading**, Oct 22, 1:30-3PM, Authors of *Where Do Witches Go?* do interactive reading. Peace of Mind Creations, Almonte. 461-7662

## Visual Arts

**Open House**, Oct 1, 10-5pm, Oct 2, 1-5pm. Kanata Civic Art Gallery, 2500 Campeau Dr. 580-2424x33341, kanatagallery.ca.  
**Rosemary Leach**, Oct 1, 10AM-4PM. Recent paintings., Rosemary Leach Studio, 255 William St., Almonte. rosemaryleach.com.  
**Art Show & Sale**, Oct 1 (10AM-5PM), 2 (12-5PM). Rideau Lakes Artists' Assoc., N. Crosby Community Ctr, 875 8th Conc. Rd. 928-3041, rideaulakesartists.com.  
**Calabogie Artfest**, Oct 1-2, 10AM-4PM. Renfrew Art Guild. Tea room. Calabogie Community Ctr, 574 Mill St. Free.  
**Festival of the Senses**, Oct 1-2, 11AM-5PM. Details online. Tour maps, signage. Calabogie/Burnstown. 432-5254, calabogie.org.  
**Merrickville Artists Guild Studio Tour**, Oct 1-2, 10AM-6PM, merrickvilleartists.com.  
**Vernissage**, Oct 1, 6-9PM, Picture It Studio, 154 Beckwith St., CP. 492-2299.  
**Vernissage**, Oct 1, 2-9PM, Richard Gill show (Oct 1-10). Bittersweet Gallery, 5 Leckie Lane, Burnstown. 432-5254, burnstown.ca/bittersweet.  
**Paint The Rideau - Plein Air Art**, Oct 2, 10AM-6PM. Painting begins 10am, submit 3:30pm, wine/chs 5:30pm, winners 6pm. The Cove. westportrideaulakes.on.ca. \$25 in adv; \$35 on the day; children \$5.  
**Portrait/Painting Demo**, Oct 2, 1-4PM, w/ Helen Benda. Heritage House Museum, 11 Old Sly's Road, SF. culturedays.ca. Free.  
**The Rideau Plein Air Festival**, Oct 2, Westport. 273-8775.  
**Vernissage**, Oct 2, 2PM, Nature-inspired quilts by Elaine Quehl/Catharina Breedyk Law. MVTM, Almonte. 256-3754, mvmtm.ca.  
**Vernissage**, Oct 7, 7-9PM, Featuring Louise Martin. Brush Strokes, 129 Bridge St., CP. 253-8088, brushstrokesart.ca.  
**Crown & Pumpkin Studio Tour**, Oct 8-10, 10AM-5PM. Almonte-Blakeney-Clayton. 256-3647, crownandpumpkin.com.  
**Expressions of Art**, Oct 8, 8-4, Oct 9, 10-4. Carp Ag Hall, 3790 Carp Rd. 839-1918, www.westcarletonartssociety.ca.  
**Fall Colours Studio Tour**, Oct 8-10, 10AM-5PM, 41 artists, 15 studios. Westport. 273-8347, artatwork.ca/westport\_studiotours.  
**Perth Autumn Studio Tour**, Oct 8-10, 10AM-5PM, 19 artisans, 8 rural studios, 267-5237, perthstudioutour.com. Free

# WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<p>Brush Strokes presents Louise Martin &lt;brushstrokesart.ca&gt;</p> <p>fieldwork presents land art – OOH,AH,WOW by Karina Bergmans &lt;fieldworkproject.com&gt;</p> <p>Gallery Perth at Code's Mill presents "Everyday Patterns", an OMMA juried exhibition, 'til Oct 15 &lt;galleryperth.com&gt;</p> <p>Mill of Kintail presents Without Exception: Exceptional Art from Beautiful Minds 'til Oct 10 &lt;mvc.on.ca&gt;</p> <p>Heritage House Museum presents "Wishing you were here!", "Living with Redwork" &lt;smithsfalls.ca/heritagehouse&gt;</p> <p>MVTM presents "Naturessence" – nature-inspired art quilts by Elaine Quehl &amp; Catharina Breedyk Law &lt;mvmtm.ca&gt;</p> <p>Picture It Studio presents "Zon Thompson Grotesquerie", photographers Steve Thompson &amp; Kenyon Smith</p> <p>The Almonte Library Corridor Gallery presents Lynne Morin, acrylic &amp; textiles</p> <p>The Mississippi Mills Chamber Gallery presents Studio 7 Painters, mixed media</p>	<p>Baker Bob's Gallery presents Julie Cruikshank, mixed media collage</p>		
3	4	5	6
	<p>Open Mic, The Barley Mow</p> <p>Psychic Medium Blair Robertson, Almonte</p>	<p>Open Celtic Jam, Naismith Pub</p> <p>Smiths Falls Toastmasters Club</p>	<p>C.R. Avery, McDonalds Corners</p> <p>Karaoke, The Downstairs Pub at JR's</p> <p>Terry Tufts, The Barley Mow</p> <p>To Cleanse or Detox, CP</p>
10	11	12	13
<p>Almonte Coin Club, Almonte</p> <p>Crown &amp; Pumpkin Studio Tour, Almonte-Blakeney-Clayton</p> <p>Fall Colours Studio Tour, Westport</p> <p>Perth Autumn Studio Tour</p>	<p>Open Mic, The Barley Mow</p> <p>West Carleton Garden Club Meeting, Carp</p>	<p>Open Celtic Jam, Naismith Pub</p> <p>Pints 'n Purls, Ashton</p> <p>Seniors' Expo, Almonte</p> <p>Smiths Falls Toastmasters Club</p>	<p>Film Night International - Beginners, Smiths Falls</p> <p>Karaoke, The Downstairs Pub at JR's</p> <p>Terry Tufts, The Barley Mow</p>
17	18	19	20
<p>Almonte &amp; Area Artists' Assoc Mtg</p> <p>Almonte Quilters' Guild, Almonte</p> <p>Green Liquid Refreshments, Smiths Falls</p>	<p>Open Mic, The Barley Mow</p> <p>Talk on Education, CP</p>	<p>A Little Piece of Heaven, Constance Bay</p> <p>An Evening with Adrian Ferrazzutti, Perth</p> <p>Open Celtic Jam, Naismith Pub</p> <p>Smiths Falls Toastmasters Club</p>	<p>A Little Piece of Heaven, Constance Bay</p> <p>Book launch, Almonte</p> <p>Community Solar Project Workshop, Perth</p> <p>Free Spirits, Perth</p> <p>Karaoke, The Downstairs Pub at JR's</p> <p>MVFN Lecture, Almonte</p> <p>Terry Tufts, The Barley Mow</p>
24	25	26	27
<p>Almonte &amp; District Horticultural Society Meeting</p> <p>Happy Hallowe'en</p>	<p>Harry Manx, Neat Coffee Shop</p> <p>Lanark County Knitting &amp; Crocheting Guild, Appleton</p> <p>Open Mic, The Barley Mow</p>	<p>Open Celtic Jam, Naismith Pub</p> <p>Smiths Falls Toastmasters Club</p>	<p>Film Night International - Life Above All, Smiths Falls</p> <p>Karaoke, The Downstairs Pub at JR's</p> <p>Terry Tufts, The Barley Mow</p>
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**Pints'n Purls**, Oct 12, 6-9PM, Knitting group. Old Mill Pub, 113 Old Mill Rd, Ashton. 492-5648.  
**Felt Decoration-Making**, Oct 15, 9-11AM. Make 9 decorations w/ felt artist Peace of Mind Creations, Almonte. 461-7662. \$35  
**Almonte & Area Artists' Assoc Mtg**, Oct 17, 7:30PM, Speaker: Dianne W. Oost. Almonte Library, 155 High St. 4a-artists.ca.  
**Almonte Quilters' Guild**, Oct 17, 7-9PM, Speaker: Barry Moss. Guests welcome. Almonte Civitan Hall, 500 & St. 256-5858.  
**An Evening with Adrian Ferrazzutti**, Oct 19, 7PM, Furniture maker: slide presentation & talk. Rosewood Studio, 2 Wilson Street W., Perth. 264-9900, rosewoodstudio.com.  
**Lanark County Knitting/Crochet Guild**, Oct 25, 7-9PM, All welcome. Mississippi Golf Course, 314 Wilson St., Appleton. 256-5439, krichter@igs.net. Guests \$5.

## Music

**Bb Sisters**, Oct 1, 7PM, Fresh Cdn fiddle tunes. bbsisters.com, ECOTAY, Perth. 267-6391, michaelglover@ecotay.com. \$25; \$20 in adv.  
**Doo in the Derry**, Oct 2, 2-4PM, Lyle Dillabough & Ottawa Valley Review. Abandoned church, Cty Rd 10 btwn Franktown & Richmond. lyleproductions@gmail.com.  
**C.R. Avery**, Oct 6, 7:30PM, Beat-Box Poet., MERA Schoolhouse, McD Corners. 268-2376, shakeyacres@hotmail.com. \$20  
**Driftn' Doug**, Oct 14, 8PM, Singer-songwriter; Backbeat, 6 Wilson St. W., Perth. 466-0663. \$5  
**Stuart McLean**, Oct 14, 7:30PM, Vinyl Cafe tour. Tickets Please, 485-6434. PDCI, 13 Victoria St., Perth. perthpac.org.  
**Almonte in Concert**, Oct 15, 8PM, Liszt: Ang Li. Almonte Old Town Hall, 14 Bridge St. 253-3353, \$30; \$15 students.

**In The Autumn Air**, Oct 15, 3-8PM, Paul Sheehy Trio, Ric Denis & 3, Kimberley Dunn, APEX Jazz Band. Food vendors. Hyde Park Richmond, 6143 Perth St.  
**Kellylee Evans**, Oct 15, 8PM, Findlay House, 207 High Street, CP. 253-0153, findlay-houseconcerts@gmail.com. \$40.  
**Larry Garner & His Blues Band**, Oct 15, 8PM, TicketsPlease.ca, 485-6434. Studio Theatre, 63 Gore St. E., Perth.  
**Karen Lovely Band**, Oct 21, 7-11PM, Blues on the Rideau. The Cove, 2 Bedford St., Westport. \$60+tx dinner & show.  
**Contra & Square Dance**, Oct 29, 7:30PM. Beginners' 7:30pm; dance 8pm. No experience necessary. Maberly Community Hall, 172 Maberly Elphin Rd. 264-1993. \$10.  
**Spiderfest**, Oct 29, 7:30PM, Joe Thrasher, Defy All, Naartok & Fools Like You. Costumes encouraged! Food donations welcome. Royal Canadian Legion, 69 George St., Lanark. \$5.

**Dave Tilston & Linda Marie Grenier**, Oct 29, 7:30-9:30PM, Peace of Mind Creations, 14 Mill St., Almonte. 461-7662. \$20; \$15 in adv.  
**Murray McLaughlan**, Oct 29-30 8PM, with Dennis Pendrith. CPTown Hall, 175 Bridge Street, CP.  
**Country Harvest Music Show**, Oct 30, 7PM. All ages show. Charlie Kitts, Neville Wells & more. CP Arena, 75 Neelin St., 253-5046. \$15.  
**The Swan** (Falldown Lane, Carp. 839-7926) Oct 9, 23 Steve Barrette Trio 7-10PM.  
**The Downstairs Pub at JR's** (385 Ottawa St., Almonte, 256-2031) Karaoke Thurs, 9PM, no cover.  
 Oct 8 Dale Wright, 9PM, no cover  
 Oct 14, 28 Billy Armstrong, 9PM, no cover  
 Oct 15 Whiskey Mike, 9PM, \$3  
 Oct 29 Hall Party/Everything Zen, 9PM, \$5  
**St. James Gate** (111 Bridge St., CP. 257-7530): Live at the Gate 8:30-11PM, no cover



# OCTOBER 2011

## Friday

## Saturday

## Sunday

<ul style="list-style-type: none"> <li>Almonte Lecture Series, Almonte</li> <li>Breakfast with Soul, Almonte</li> <li>Chapter Two, Perth</li> <li>Kelly Sloan - Tom Waits Tribute, Foodies Fine Foods</li> <li>Open House, Kanata</li> <li>Plein Air Painting Demos, Kanata</li> <li>Rosemary Leach, Almonte</li> <li>SchoolBOX Latin Fiesta, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>Art Show &amp; Sale, North Crosby</li> <li>Bb Sisters, Perth</li> <li>Calabogie Artfest, Calabogie</li> <li>Chapter Two, Perth</li> <li>Festival of the Senses, Calabogie/Burnstown</li> <li>Harvest Lantern Labyrinth Walk, CP</li> <li>Kevin Head, The Cove</li> <li>Merrickville Artists Guild Studio Tour</li> <li>Open House, Kanata</li> <li>Rosemary Leach, Almonte</li> <li>Sounds Sweet, St. James Gate</li> <li>Taste of the Arts, Almonte</li> <li>Vernissage, CP &amp; Burnstown</li> </ul>	<ul style="list-style-type: none"> <li>APEX Jazz Band, The Royal Oak</li> <li>Art Show &amp; Sale, North Crosby</li> <li>Blueberry Mtn Guided Hike, Lanark</li> <li>Book Signing, Calabogie</li> <li>Chapter Two, Perth</li> <li>Doo in the Derry, Prospect</li> <li>Festival of the Senses, Calabogie/Burnstown</li> <li>Jazz Brunch, Fiddleheads Bar &amp; Grill</li> <li>Merrickville Artists Guild Studio Tour</li> <li>Open House, Kanata</li> <li>Portrait/Painting Demo, Smiths Falls</li> <li>The Rideau Plein Air Festival, Westport</li> <li>Valley Singles Lunch, CP</li> </ul>
<ul style="list-style-type: none"> <li>1st Edition Reading Series, Perth</li> <li>Chapter Two, Perth</li> <li>Jenny Whitely &amp; Joey Wright, Neat Coffee Shop</li> <li>Vernissage, CP</li> <li>Jazz Night, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>Chapter Two, Perth</li> <li>Crown &amp; Pumpkin Studio Tour, Almonte-Clayton</li> <li>Dale Wright, The Downstairs Pub at JR's</li> <li>Expressions of Art, Carp</li> <li>Fall Colours Studio Tour, Westport</li> <li>Kevin Head, The Cove</li> <li>Perth Autumn Studio Tour</li> <li>Reading, Signing &amp; Cake, CP</li> </ul>	<ul style="list-style-type: none"> <li>Chapter Two, Perth</li> <li>Crown &amp; Pumpkin Studio Tour, Almonte-Clayton</li> <li>Expressions of Art, Carp</li> <li>Fall Colours Studio Tour, Westport</li> <li>Jazz Brunch, Fiddleheads</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Perth Autumn Studio Tour</li> <li>Steve Barrette Trio, The Swan at Carp</li> </ul>
<ul style="list-style-type: none"> <li>Driftn' Doug, Perth</li> <li>Free Spirits, Perth</li> <li>Billy Armstrong, The Downstairs Pub at JR's</li> <li>Stuart McLean, Perth</li> <li>Zanzibar Sojourn, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>Almonte in Concert</li> <li>CP Farmers' Market - Harvest Festival</li> <li>Felt Decoration-Making Class, Almonte</li> <li>Free Spirits, Perth</li> <li>Heritage Apple Days, Carp</li> <li>In The Autumn Air Concert, Richmond</li> <li>Kellylee Evans, CP</li> <li>Kevin Head, The Cove</li> <li>Larry Garner &amp; His Blues Band, Perth</li> <li>My Son the Hurricane, Neat Coffee Shop</li> <li>Ottawa Valley Comedy Revue, Smiths Falls</li> <li>Storytelling, Fallbrook</li> <li>Whiskey Mike, The Downstairs Pub at JR's</li> </ul>	<ul style="list-style-type: none"> <li>Almonte Traditional Sing, The Barley Mow</li> <li>APEX Jazz Band, The Royal Oak</li> <li>Free Spirits, Perth</li> <li>Heritage Apple Days, Carp</li> </ul>
<ul style="list-style-type: none"> <li>1st Edition Reading Series, Perth</li> <li>A Little Piece of Heaven, Constance Bay</li> <li>Almonte Lecture Series, Almonte</li> <li>Art &amp; Soul Open House, Smiths Falls</li> <li>Book launch, CP</li> <li>Free Spirits, Perth</li> <li>Karen Lovely Band, The Cove</li> <li>Macbeth, CP</li> </ul>	<ul style="list-style-type: none"> <li>A Little Piece of Heaven, Constance Bay</li> <li>Book launch, CP</li> <li>Book Signing &amp; Reading, Almonte</li> <li>Cratur, St. James Gate</li> <li>Fall Cleansing for Better Health, Carp</li> <li>Fall Tea/Bazaar, Almonte</li> <li>Free Spirits, Perth</li> <li>Kevin Head, The Cove Country Inn, Westport</li> <li>Macbeth, CP</li> <li>My Town's Got Talent, Almonte</li> <li>Public Star Party, Carp</li> </ul>	<ul style="list-style-type: none"> <li>Crash Test Dummies, Neat Coffee Shop</li> <li>Free Spirits, Perth</li> <li>Jazz Brunch, Fiddleheads Bar &amp; Grill</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Steve Barrette Trio, The Swan at Carp</li> </ul>
<ul style="list-style-type: none"> <li>Breakfast with Soul, Almonte</li> <li>Billy Armstrong, The Downstairs Pub at JR's</li> </ul>	<ul style="list-style-type: none"> <li>Contra &amp; Square Dance, Maberly</li> <li>Dave Tilston &amp; Linda Marie Grenier, Almonte</li> <li>Halloween Party, The Downstairs Pub at JR's</li> <li>Indian Creek Yoga/Fitness Open House, Pakenham</li> <li>Kevin Head, The Cove</li> <li>Maskeraid Halloween Parade, CP</li> <li>Masquerade Ball, Perth</li> <li>Murray McLauchlan, CP</li> <li>Ric Denis, St. James Gate</li> <li>Spiderfest, Lanark</li> <li>Union Hall Pot Luck &amp; Talent Night, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>APEX Jazz Band, The Royal Oak</li> <li>Country Harvest Music Show, CP</li> <li>Dinner &amp; Seance, Almonte</li> <li>Emilie Claire Barlow, Neat Coffee Shop</li> <li>Murray McLauchlan, CP</li> <li>Spiritual Cinema Circle, Perth</li> </ul>

**Taste of the Arts**, Oct 1, 6:30-10PM, Poduck/ open mic. Bring food or performance, & own plates/cutlery/glasses. Alm. Old Town Hall. 256-1077, mississippimills.ca.

**Blueberry Mtn Guided Hike**, Oct 2, 10AM Blueberry Mtn, Clifford Property, Lanark. 259-3412, mmltc.ca. \$10; under 13 free.

**Valley Singles Lunch**, Oct 2, 12:30-2:30PM, Singles lunch, all welcome. 256-8117. Buster's Bar & Grill, 515 McNeely Dr., CP.

**Psychic Medium Blair Robertson**, Oct 4, 7-9PM, Silent auction, door prizes. Almonte Civitan Hall, 500 Almonte St. \$75.

**Smiths Falls Toastmasters Club**, Oct 5, 12, 19, 26 7PM, Courtyard Cafe, Davidson Courtyard, robrodine@hotmail.com.

**To Cleanse or Detox**, Oct 6, 7-9PM, Naturopath talk. The Granary, 107 Bridge St, CP. 257-5986, granary.ca. Free.

**Almonte Coin Club**, Oct 10, 7PM, All welcome. Show and tell, Alliance Coin & Banknote, 88 Mill St., Almonte.

**West Carleton Garden Club Meeting**, Oct 11, 7:30-9PM, Carp Memorial Hall, 3739 Carp Rd. \$5 for non-members.

**Seniors' Expo**, Oct 12, 10AM-4PM, Showcase seniors & caregivers. Almonte Civitan Hall, 500 Almonte St. 256-1931 x63. Free.

**Zanzibar Sojourn**, Oct 14, 7PM, Slide show of teaching/working with disabled in Zanzibar. Almonte United, 256-0108. Free.

**Harvest Festival**, Oct 15, 8AM-Noon, CP Farmers' Market, 142 Franktown Road, CP. 253-3561, www.cpfm.ca.

**Heritage Apple Days**, Oct 15-16, 9AM-5PM, Harvest Moon Orchard, 4625 Carp Rd., Carp. harvestmoonorchard.ca.

**Green Liquid Refreshments**, Oct 17, 7PM, Green conversation sponsored by REAL, Coffee Culture, 2 Russell St. E., SF.

**Talk on Education**, Oct 18, 7PM, Advice re your child's education. Mississippi School for the Arts, 150 Mill St., CP. 261-6249.

**Community Solar Project Workshop**, Oct 20, 9AM-Noon, Perth Town Hall, 80 Gore St. E. 268-2907, Ontario-SEA.org.

**MVFN Lecture**, Oct 20, 7:30PM, "Warnings from nature: design & deception". Almonte United, 257-3089. \$5 non-members.

**Almonte Lecture Series**, Oct 21, 7:30-9PM, Post Secondary Education. Almonte United Church. almontelecures.ncf.ca.

**Art & Soul Open House**, Oct 21, Free classes in yoga, spinning, zumba. Opportunity for artists to sketch. Art & Soul, Davidson Courtyard, SF. 284-2524.

**Fall Cleansing for Better Health**, Oct 22, 1-3PM, Carp Ridge Ctr, 2386 Thomas Dolan Pkwy. 839-1198, ecowellness.com.

**Fall Tea/Bazaar**, Oct 22, 1-3PM, Almonte Civitan Hall, 500 Almonte St. 256-2739.

**My Town's Got Talent**, Oct 22, 7PM, Top 15 local winners, 8-18. ADHS, 126 Martin St., Almonte. 256-4450, mtgt.ca.

**Public Star Party**, Oct 22, 5:30PM-1AM, If cloudy: Oct 29. Library, 3911 Carp Rd. www.ottawa-rasc.ca. Free.

**Almonte & District Hort. Soc.**, Oct 24, 7:30PM, \$2. Cornerstone Community Church, 1728 Concl 1, Almonte. 256-5155, gardenontario.org.

**Breakfast with Soul**, Oct 28, 8-10AM, Open discussion. The White Lilly, Heritage Court, Almonte. lillywhite.ca. Free.

**Indian Creek Yoga/Fitness Open House**, Oct 29, 9:30AM-3PM, Free classes. St. Andrew's, 2585 County Rd 29, Pakenham. 252-5262, info@indiancreek.ca.

**Maskeraid Halloween Parade**, Oct 29, 7PM, Walk, enter float, watch - in costume. Downtown CP. 257-8049.

**Masquerade Ball**, Oct 29, 7PM, LGBTQ Lanark Cty. 7pm socialize, 8pm music, Perth Civitan, Cty Rd 43, Perth. \$15 adv; \$20.

**Union Hall Pot Luck & Talent Night**, Oct 29, 6PM, Bring entree/dessert, dishes/cutlery. Union Hall 256-2277.

**Dinner & Seance**, Oct 30, 6PM, Foodies Fine Foods, 34 Mill St., Almonte. 256-6500, foodiesfinefoods.ca. \$45.

Oct 1 Sounds Sweet  
Oct 22 Cratur  
Oct 29 Ric Denis

**Fiddleheads** (Code's Mill, Perth, 267-1304):  
Oct 2, 9, 23 Sunday jazz w/Clay Young, 12-3PM.

**The Royal Oak** (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover.  
Oct 2, 16, 30 APEX Jazz Band, 2-5PM  
Oct 9, 23 Magnolia Rhythm Kings, 3-6PM

**The Cove** (2 Bedford St., Westport, 273-3636): Kevin Head Sat 6-9PM  
Oct 7 Jazz w/Spencer Evans Trio, 9-11PM

**The Barley Mow** (Almonte, 256-5669):  
Open Mic Tues, 7PM; Terry Tufts Thurs 8PM.

**Neat Coffee Shop** (1715 Calabogie Rd., Burnstown, 433-3205): 8PM  
Oct 7 Jenny Whitely & Joey Wright, \$20  
Oct 15 My Son the Hurricane, \$16  
Oct 23 Crash Test Dummies, \$45  
Oct 25 Harry Manx, \$45  
Oct 30 Emilie Claire Barlow, \$35

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

## Literature

**Book Signing**, Oct 2, Noon-4PM, Noreen Kruzich signing: *The Ancestors are Arranging Things... a journey on the Algonquin Trail*. Fans of Calabogie B&B, 5174 Calabogie Rd.

**Vine Rhymes**, Oct 2, 1-3PM, Songwriters/poets group presents original compositions & provides mini writing sessions. Rideau Canal Museum, 34 Beckwith St. S, SF. Free

**1st Edition Reading Series**, Oct 7, 7PM, Zoe Whittall, Carolyn Smart, Tanis Rideout. **Oct 21**, 7PM, Kathleen Winter, Myna Wallin, Lauren Kirshner. Backbeat, 6 Wilson St. W., Perth. 466-0663. \$10.

**Book launch**, Oct 20, 6:30PM, The Lawrucks discuss *For Love and Country*. Palms, 78 Mill St., Almonte. 256-9090.

**Book launch**, Oct 21, 7-10PM, Leo Brent Robillard launches new novel: *Drift*. Moore House, Bridge St., CP.

**Book launch**, Oct 22, 2-5PM, Dr. Helen C. Douglas, CP vet w/*Horse of a Lifetime*. Slackoni's, 35 Mill St., CP.

## Theatre

**Chapter Two**, Oct 1, 7 & 8 8pm; Oct 2 & 9 2pm. Studio Theatre, 63 Gore St. E., Perth. studiotheatreperth.com.

**Film Night International: Beginners**, Oct 13, 7PM, Christopher Plummer, Ewan McGregor. *Life Above All*, Oct 27, 7PM, Sotho/French, Engl subtitles. Premier Cinemas, SF. 267-1224, \$10.

**Free Spirits**, Oct 14, 15, 20, 21, 22 8pm; Oct 16, 23 2pm. Sequel to *Blithe Spirit*, Full Circle Theatre, 26 Craig St., Perth. 267-1884, barndoorproductions.ca. \$22; \$18 in adv.

**Ottawa Valley Comedy Revue**, Oct 15, 7:30PM, Stand-up & improv. Smiths Falls Train Station, 63 Victoria St. 283-0676, smithsfallstheatre.com. \$25; \$20 in adv.

**Storytelling**, Oct 15, 7:30PM, Welsh storyteller tells Taliesin's *The Battle of the Trees*. Fallbrook. 267-7776, marcia@marciasaie.com. \$15.

**A Little Piece of Heaven**, Oct 19-22 8PM, Constance Bay Community Centre, 262 Len Purcell. 832-1070, ruralroot.org.

**Spiritual Cinema Circle**, Oct 30, 2-4PM, Myriad Ctr for the Arts, 2 Sherbrooke St., Perth. 267-4819. \$2 donation.

## Community

**Harvest Lantern Labyrinth Walk**, Oct 1, 7PM, Bring a lantern/borrow ours. Music, refreshments, bonfire. CP & Beckwith Heritage Museum. 257-1014.



# Hallowe'en...

## A Chance to Stop and Smell the Chocolate!

Yes, yes... there is the obvious reason: because there is chocolate all over the place. Whether it is your child's trick or treat bag, your bowl of treats ready to be given out on Hallowe'en night, or the boxes and bags of candies that you are trying to forget you have, as they lay unopened (so far) in the pantry. Myself, I do not buy treats until the very last minute, because I have

there is always the triumph of cutting that unwieldy vegetable with a giant carving knife without slicing off a finger or two. No blood = humankind triumphs over pumpkin yet again!

And then there is dressing up. I generally like to be a character with messy, frizzy hair, just to have a day off of trying to control my coif: witch, gypsy, 80's pop star... which I guess all kinda look like Prince. I don't care what you dress up as, but I care that you dress up. It's fun! Let go of your schedule and sense of propriety. Don't worry if your outfit isn't perfect or you have no party to go to — wear it to give out candy or to give your neighbour a laugh.

Well, that is the extent of my Hallowe'en advice. Wait — two more things. If you are going to dress up as a slutty pumpkin or something else you don't want plastered all over the web, make sure you are at least unrecognizable, because camera-phones are

by Rona Fraser

proven over and over again that I cannot be trusted, alone with chocolate.

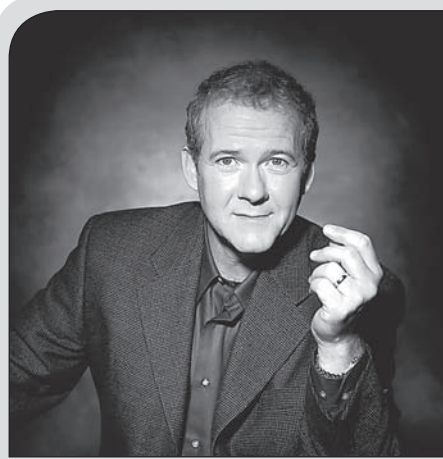
But I am also talking about stopping daily grind, discarding your list of adult chores and commitments, and HAVING SOME FUN!! Hallowe'en is a time to act like a kid! Carve whatever kind of face or picture you want out of that pumpkin!

I generally like to be a character with messy, frizzy hair, just to have a day off of trying to control my coif: witch, gypsy, 80's pop star... which I guess all kinda look like Prince.

Don't fret that your jack-o'-lantern must be the perfect representation of your quest for artistic fulfilment... Have fun with it! A toothy grin, a goblin's grimace, whatever lights your candle! Or hey, stick with the old standard: three equilateral triangles and whatever mouth you can manage to hack out of that thing. For me, pumpkin carving is about the fun of doing it... the finished product is only a small portion of the pleasure it can bring. And of course,

all too prevalent... And two, if you see any of those molasses candies (Hallowe'en Kisses?) for sale somewhere, let me know — I love 'em, chocolatelessness notwithstanding!

OK — you have the rest of the month to plan your Hallowe'en getup. Get going! And feel free to email a photo of yourself in costume to <rona@thehummm.com>... perhaps you'll make it onto *theHummm's* Facebook page (and if you haven't "Like"d us yet, what are you waiting for?!).



## Second Murray McLachlan Show Added at Carleton Place Arena on October 29

Call it "the Valley town that could." Or maybe "Murray McLachlan's second home..." OK, that might be a bit of a stretch, but the organizers of the Carleton Place In Concert "Up Close & Personal" series sure are excited to announce that a second Murray McLachlan concert has been scheduled for Saturday, October 29.

The original show (which is set to go on Sunday, October 30) is already sold out. Both performances will take place in the historic Carleton Place Town Hall Auditorium. Show time for both nights is 8PM. The iconic Canadian singer/songwriter will appear alongside legendary bassist Dennis Pendrith, with an opening performance by "Ottawa Valley Troubadour" Lyle Dillabough.

As for Carleton Place itself, the Murray McLachlan weekend has caused a bit of a stir locally. It has brought people together both socially and business-wise as opportunity and potential are realized. Tickets have been sold to people hailing from all over Eastern Ontario. Mayor Wendy Leblanc, along with councillors Rob Probert and Jerry Flynn, are volun-

teer members of the Carleton Place In Concert Committee which is staging this event. Ms Lori Cavanagh (of Thomas Cavanagh Construction Limited) and Lyle Dillabough (Lyle Dillabough Productions) are members as well.

"This event demonstrates that with the right artist, a proper venue and a cooperative effort we can stage first class presentations here in Carleton Place," says Councillor Rob Probert. McLachlan has agreed to do a "meet & greet" for a limited number of "Platinum Pass" holders prior to the show on October 30. He agreed to do this because the proceeds from these shows will go towards the establishment of a performance fund to be used to stage other such presentations in the future (organizers are already planning two other shows for the months ahead.)

Tickets for the October 29 McLachlan show are \$35, and are available in Carleton Place at: Temptations Magazine Store (117 Bridge Street), SRC Music (124 Moore Street), and the Chamber of Commerce office (132 Coleman Street).

# Fun with Fundraising!

When I became a high school music director a dozen years ago, I had no idea that I'd be wearing as many hats as I do. I had recently left the Canadian Armed Forces, where I was working as a professional musician until the government at the time decided to undertake massive cutbacks. Having a new baby at home, it was decision time, and I ended up where

My editor suggested that I write a column about fundraising, and she suggested that I talk about an interesting initiative that we're undertaking in our music department, at Notre Dame High School in Carleton Place. I don't normally discuss my own program in these articles, but since I've been given the green light, I'm going to break that rule, just this once!

Last year, our Senior Band sent an audition tape down to Disney World in Florida. The band had to demonstrate a high level of musicianship and precision, and it had to be a live performance. The audition tape was juried, and we received an invitation to come down to perform at Disney, which is a really exciting opportunity for a bunch of students from Carleton Place and Mississippi Mills. I've never been to Disney, so it will be a new experience for me as well. You can imagine that I have a very excited group of students.

Once the initial euphoria wore off, it was reality time. This is going to be an expensive trip. We set up a fundraising committee and came to the conclusion that if we can raise somewhere in the neighbourhood of \$30,000, it should make the trip cost reasonable for students. So, it was time to put on the fundraising hat, and get to work! I should take this opportunity to thank the very dedicated group of parents

and students who attend our fundraising meetings and help coordinate our activities. I'm happy to announce that we are a third of the way towards achieving our goal, but there is still plenty of work left to do.

On Sunday, October 23, the new Beckwith Trail will be officially open. As part of the celebration, our music department will be holding a walk-a-thon on that day. The walk will be five kilometers, and band students will be out collecting pledges. Don't be surprised if you run into a Notre Dame Senior Band member at some point, because it is a large group. Band members themselves will be walking or running, but we're also inviting members of the community to support us if they want to walk or run the trail on that day. For those who don't know, the Beckwith Trail is located behind the Home Depot in Carleton Place.

Any pledge or donation that is larger than \$20 is eligible for a tax receipt. If you would like to make a donation, stop by our school office (157 McKenzie Street in Carleton Place). If I am not in rehearsal, I'd be happy to meet you and thank you in person.

I have been astounded since day one by how much support this community has shown our band program. Our concerts

are always packed to capacity, and many of the audience are community members who don't have any connection to the bands other than the fact that they like good music. We are always very well received when we perform during parades, and our Music for Miracles hospital fundraising initiative has been sold out four years running. I think music programs have a way of becoming a part of their communities in ways that other programs can't, and having a group of teenagers work towards achieving excellence is a very worthwhile experience.

Next month, I'll be discussing how to motivate your teenaged band member to practice, since Christmas concert season won't be that far off. With the proliferation of texting, Facebook, and other distractions, it can certainly be challenging!

On a final note, thank you to everyone who came out and supported The Night Is Young recital at the Town Hall Auditorium. The Young Awards Foundation will be receiving a cheque for nearly \$2200. It was our pleasure to perform for you, and I hope you enjoyed the show.

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

by Tony Stuart

I am now. In hindsight, it is the best thing that ever happened, because I love what I do, and working with teenagers every day keeps you young, in my opinion!

It is a reality that running a quality band program costs money. Instruments are very expensive, and like any piece of equipment, they need maintenance. There is also the cost of music and other equipment. Our Senior Concert Band now has 80 players, which means that we've had to do an awful lot of fundraising over the years as the program continues to grow. Like most band directors, I think I've become a good fundraiser. Over the past twelve years, we've raised over \$20,000 to have a fully equipped percussion section that is now the envy of many larger schools.



# Relay for Life Coming to Mississippi Mills

The Canadian Cancer Society Relay for Life is a celebration of survival, a tribute to the lives of loved ones and a night of fun, friendship and fundraising to beat cancer.

Relay for Life is the national, signature event of the Canadian Cancer Society. It is a twelve-hour, overnight, non-competitive event that involves teams of ten people who take turns walking, running or strolling around a track.

The dedicated and energetic volunteers are working to bring this event to Almonte on June 8, 2012, but they still

need more help! If you or someone you know might be interested in donating your time to this truly memorable event, please contact one of the co-chairs listed below. Volunteers are needed for team retention and recruitment, fundraising, logistics and helping to celebrate survivors. If you are a survivor, they would love to hear from you also! Please contact Allison Vaughan, <vaughana@ottawasenators.com> or 256-0421, or Yvonne Stewart at <yvonne\_stewart@sympatico.ca> or 256-5975.

The Reeve Report

## Travels with Tom

"Be in the car at 8AM," he said. My cousin is so punctual I think he'd leave us standing on the sidewalk if we were not there at take-off time. So there we were, loading suitcases in the trunk, while he settled Tom in the front. He told Tom where we were headed and, like a real trooper, Tom sat there staring straight ahead, smack in the middle of the front seat, right in full view-blocking mode for the rest of us.

by Glenda Jones

We backed out of the driveway, and Tom hollers "TURN RIGHT!" The rest of us nearly leapt through the windows, he was so loud! He was busy looking at scenery for the next few minutes so we started our idle pre-excursion chatter: the lovely fall colour, the amount of Saturday traffic, what we'd wear to dinner. All of a sudden, he perks up and again yells, "BEAR RIGHT IN 200 YARDS!" I could have hit him. My cousin jerked the wheel right, as commanded, and we were on the freeway. "TOLL GATE," the old geezer announces. He was so bossy, I was wishing we'd left him sitting in the driveway. No matter that we told him to be quiet, he ignored us entirely, and shrieked whenever he thought we needed to be told where to go. At one point or another, we all told him where to go, believe me.

Tom kept up his running commentary for the better part of the day, and more than once he got quite ornery. He can be really annoying if you decide to get creative with the route. We were forced to follow his original plan, or he'd bellow: "TURN AROUND!" If we didn't, he'd sulk in silence. Ahh, maybe now we could just mosey down the back road and see something unique.

No such luck! What he was actually doing was rethinking the trip, and then he'd announce for all and sundry "TRIP RECALCULATED" And once again he'd harass us into following his instructions: left here, right there, bear right, take the third left, exit in 100 yards, until finally he relaxed enough to say "YOU HAVE REACHED YOUR DESTINATION!" And where were we? In the midst of a grid-locked parking lot!! He sat there smirk-

ing up his electronic sleeve at our predicament. We slapped him into the glove compartment and made him stay there overnight!

What a terrible old man to have as a travel companion. Mr. TomTom may be the latest in gadgetry, but really, he is an unmitigated pest when travellers just want a happy day together in the car.

If you're not ready to take an old deaf guy like Tom on your trip, you can opt for Jane or Hilda, whose sexy female voices might make the instructions less grating. Jane travelled through Italy with us and, oh my, she was polite and considerate to have along. Her dignified English accent just enhanced the trip no end. Instead of wanting to give the poor thing a smack upside the head when she had to recalculate, we were patient with her and tried to accommodate her eccentricities of route changes.

I understand those couples who say Tom, Jane or Hilda are godsend that solve the "but you said we should turn right" conundrum. Many travel battles can be laid safely at their feet without blame on either partner, and they'll just lick their wounds and come back for more. For me though, I like a map spread like a blanket on my lap, my finger tracing our route. If it happens that we miss a turn, we can always stop, lay the map out on the front of the car, rest a moment and try again. (I must tell you, this didn't work so well years ago when we drove through the Green Mountains in Vermont not once but twice due to the witless map reader whom I'm not going to name!) Or conversely, we can just keep driving along, safe in the knowledge that at some point we'll come to something we recognize — like the mountains for the second time!

A trip with us isn't complete without at least one turn around, which often takes us past things we'd never have seen on the main highway. Give us the byways every time. We're not inviting these electronic travelers to share the front seat and the best part of the window. We're going to rely on our old map that's laminated and folds easily in at least four different patterns. Then we can load the dogs in the car, head down the road, and see where it takes us, maybe somewhere with good ice cream or interesting art, or just a lovely walk through a forest.



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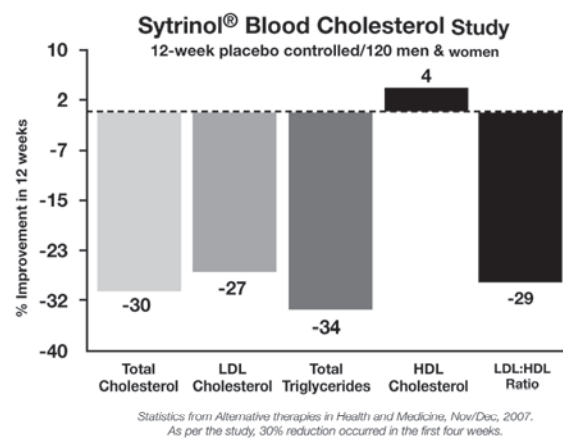
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## Driftin' Doug Live at Backbeat

Well-known singer/songwriter Driftin' Doug will be appearing on October 14 at Backbeat Books & Music, Perth's new venue for entertainment and readings by published authors.

Driftin' Doug has appeared on CBC national TV. In 1997 he released his first CD, *Driftin' Doug and The Cow Serenaders*. He is currently recording his second CD, using Perth-area engineers and musicians.

Doug has had the privilege of appearing live with fiddle players Wade Foster of Perth and Lloyd Brunton of Carleton Place, as well as Lanark steel guitarist Ray Donaldson, guitarist Reg Weber, and Telecaster master Steve Pitocco of country band South Mountain. He has played at most of the service clubs and Legions in Lanark County.

Aside from performing and songwriting, Driftin' Doug is a writer of creative non-fiction. In his appearance October 14, he will regale his audience with his hilarious (he thinks) stories like *God Created Math*, *The Devil Made Us Learn It* and *Curiosity Killed The Bat*.

Proprietors John and Erin have hosted sold-out appearances by published authors and are looking forward to their first music event. Backbeat is at 6 Wilson Street in Perth, across from MacEwan's Gas Bar. The show starts at 8PM. For more information, call 466-0663.

Theatre News in our Area

# A Full Fall Season in the Theatre

Well, now things are starting to heat up a bit! First off — Perth's **Studio Theatre** Productions brings Neil Simon's semi-autobiographical musing *Chapter Two*, a comedy/drama about second chances, to the stage. You can catch 8PM performances on the 1<sup>st</sup>, 7<sup>th</sup> and 8<sup>th</sup>, and 2PM matinées on the 2<sup>nd</sup> and 9<sup>th</sup> at the Studio Theatre. Tickets are \$20

Not to be outdone, Almonte's Valley Players are supporting **My Town's Got Talent**. Produced by the VP's student executive member Jeff Gourgon, the show has just held auditions in Perth, Smith Falls, Carleton Place and Almonte and will hold the finals on October 22 at Almonte & District High School. Here's an event that'll showcase talent from all over Lanark County, and that alone should guarantee a full house, not to mention a lot of cross-county rivalry! How could anyone not get out to see this one?

by Ian Doig

in advance at the box office (also open Saturday mornings until Thanksgiving) and The Book Nook on Gore Street, or \$22 at the door or from Tickets Please (485-6434 or ticketsplease.ca). Students — show your ID at the door up to an hour before opening and get rush seats for \$10!

Meanwhile, across town, **BarnDoor Productions** is rolling into its 17<sup>th</sup> season, excited by the opening of their new performance space, the Full Circle Theatre. They are ready to hit the stage in October with the world premiere of a brand new (unauthorized) sequel to Noël Coward's perennially popular *Blithe Spirit*. *Free Spirits* looks at what happens to Coward's characters seven years after, and is as filled with fun and wit and surprises as the original. It also has the added bonus of not just two ghosts (as Coward wrote in), but up to five! And they'll all be haunting the stage at the new Full Circle Theatre on Highway 43 in Perth. The show runs October 14, 15, 20, 21, and 22 at 8PM and October 16 and 23 at 2PM. Information and tickets are available through <barndoorproductions.ca>.

Things are heating up in Carleton Place too, as the **Mississippi Mudds Youth Theatre** brings their production of Shakespeare's *Macbeth* to the stage of the Town Hall on the 21<sup>st</sup> of October at 7PM and the 22<sup>nd</sup> at 2 and 7PM. Tickets are available from Arts Carleton Place at 132 Coleman Street (257-2031).

From what we see and hear, November is shaping up to be a really exciting month in theatre as well — as it usually is! As always, the two big items are the **Eastern Ontario Drama League's One-Act Play Festival**, coming up at Perth's Studio Theatre, and the **Perth Community Choir** (PCC) annual musical extravaganza — *Anything Goes* — this year on the Mason Stage at PDCI. As well, the **Kemptville Players** are gearing up for a production of Agatha Christie's *The Mousetrap* — the longest-running stage production in history, and the **Valley Players** are co-producing (with the Town of Mississippi Mills) an original musical about local great James Naismith — who, amongst his many other achievements, was the inventor of basketball. Touted as being both funny and dramatic — and with some Canadian/American political overtones — *Naismith is Colourblind (And He Can't Drive)* sounds like a lot of fun, as well as being local and very topical.

And on the audition front, **BarnDoor** is casting its December show, an expanded revival of their 2009 musical adaptation of Charles Dickens' "other" Christmas story, *The Chimes*. Please go to <barndoorproductions.ca> for information on casting and more.

So get ready for a full season's worth of really top-flight theatre right here in our area. For theatre-goers and performers alike it should be some season!

## Historical Society Initiates New Award

The Carleton Place and Beckwith Historical Society has initiated the David G. Findlay History Award in memory of Dave Findlay, a long-time volunteer with the Historical Society.

A native son of Carleton Place, Dave was dedicated to his home town. The Historical Society benefitted from his interest in local history and his support for the preservation of the heritage of Carleton Place and Beckwith Township.

First and foremost, Dave was a man of action. He did not simply identify needs and then stand by with the expectation that others would do the work — he took the initiative and got the job done. Sadly, he passed away on September 13, 2010, leaving for all of us the memory of his dedication to volunteerism and his passion for researching and writing about local history.

Dave was involved with many facets of the Society and the Museum. He arranged for the Historical Society to sell Nevada Tickets as a fundraiser and took a regular Saturday shift at the local Independent Grocer to sell them. Understanding the value of volunteers, he was quick to recognize their contributions to keeping the museum afloat. He had a wealth of knowledge about local history and, when he did not have the answer, he would find someone who did. Dave even wrote a column on

local history for the *Carleton Place Canadian* for several years. Overall, he made a significant contribution to the effort of the Historical Society to identify, preserve and convey the heritage of Carleton Place and Beckwith.

The David G. Findlay History Award will be given annually to a member of the Carleton Place and Beckwith Historical Society, a summer student employee, a volunteer, a student or an adult member of the public for the completion of an in-depth historical research report. The award is intended to encourage and reward those who undertake research in local history. A call for papers will be announced annually in November and submissions will be received by the Society until February 1. Full details about the criteria and submission process can be found at <cpbheritagemuseum.com>

The winning historical report will be officially announced at the annual meeting of the Historical Society in May. The author will be invited to speak on the topic of the report at the annual meeting. The prize for the winning submission will be \$250. Donations to the fund will be accepted. For more information about the David G. Findlay Historical Award please contact Terry Skillen at 253-7013 (CP&B Heritage Museum) or 253-2651 (home).



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# The Return of SHUNT!

Everyone has a favourite band or artist. Every music fan pines when their favourite band breaks up, and they hope for a reunion. Just a few years ago, there was the Pink Floyd reunion at Live 8 — something that all rock fans wanted to see.

Well, I'm no different. I became a fan of a local band in the mid-1990s when I heard their first EP and there was a huge buzz around town. The band was called Sinister Sam, and many members were from the Carleton Place area. The band played and won fans in communities like Ottawa, Toronto, London and Montreal. Following a brief dispute with a San Jose band using the same name, and a couple of lineup changes, Sinister Sam split (try say that three times fast!).

Fast forward to April 1998: Former Sinister Sam members Bob Cave (vocals), Scott Cameron (guitar), Shane Brouse (bass) and Raphael Storto (drums) went into the studio, named themselves SHUNT and released a six-song EP under that name. The *SHUNT* EP garnered a lot of success and regained their fans from the Sam days. The EP even had a chart-topping single on the original MP3.com website, with *What I Am*.

The year 2000 saw them playing in Ottawa, Montreal, London and Toronto.

They even opened shows for the Melvins. Their second-to-last show was at the Carleton Place Arena for the Precious Metal Meltdown show in July of that year. Shortly after this, they disbanded.

In 2010, SHUNT announced they would be reuniting for a show at Zaphod's in October 2011. Shane Brouse spoke to me about the reunion show and who gave them the idea to reunite.

"It was your idea. It was the fan's idea. Everybody in the band wanted to do it. We just had to find a time when we could all get together. It was difficult. We all had our own expectations on how we wanted to do it. It took a couple of years before we just decided that we wanted to do a show."

"I ran into Bob when I was playing a show with my nephews at Zaphod's. I had contacted Bob to come

Brouse says the rehearsals in early August of this year were just like old times before they split in 2001. At that point, they disbanded because he had an opportunity to work in Los Angeles. "It's fun stuff to play," he says about the SHUNT material, "and I couldn't believe how much I missed playing it."

When asked about a new record after the reunion show, he said there were no plans for a full album or EP at this point. "We actually jammed out a couple of ideas that Scott had. Who knows? Maybe something will come of it. I'd like to record some new stuff. You know, let's just go for it."

I asked him what long-time fans of the band can expect for the reunion show. "A little bit of everything," he said, "You're going to hear some Sinister Sam stuff, probably the whole *SHUNT* EP. I don't think we're going to leave anything out. We're also going to be playing some stuff that happened when the band was changing from Sinister Sam to SHUNT — that middle period that happened when I first joined the band (1995). Maybe a cover or two."

"It's hard because we have so much material and we didn't want to go too far back and do a lot of Sinister Sam stuff, 'cause there's a lot of SHUNT stuff to play and that's what people were asking for."

SHUNT returns to Ottawa on October 29 at Zaphod's at 7PM. It's been 11 years since they last played together. As Shane put it, "This band goes to 11." Come out and see the legendary band, SHUNT!

— Andrew Simpson



Carleton Place's own SHUNT is reuniting for a show on October 29 at Zaphod's in Ottawa. The above photo was taken at Barrymore's back in the day...

## Foodsmiths' 35<sup>th</sup> Anniversary Event

Foodsmiths is an award-winning natural food store in Perth, well known for its local focus, dedication to community, and environmental initiatives. From the barrels and bins of a rural Lanark County farmhouse to now over 6,500 square feet, they continue to be a business success story, inspiring and creating pride in the natural food industry.

Owners Don and Claire Smith are excited about their upcoming anniversary celebration, as Foodsmiths celebrates 35 years of providing customers with thousands of quality local, organic and natural products from leading manufacturers and local producers. On November 2, from 8AM to 8PM, customers, family, friends and guests can enjoy delicious food samples, basket draws in every department, a cake cutting ceremony at 12PM with Deputy Mayor John Gemmell, and even enter the grand prize draw for a chance to win a large flat screen HD television.

Foodsmiths is the largest natural food store in Canada per capita, but is also a very large part of the local business community. While all Foodsmiths' products are not exclusively local and organic, they work closely with the region's farmers to ensure that, wherever possible, their customers have access to the best local, fair trade and sustainably produced products.

Community charity events are another large part of Foodsmiths' strong local focus. This year marked the 10<sup>th</sup> annual Empty Bowls Fundraiser at the store, supporting the Perth & District Food


and hang out with me because I hadn't seen him, at that point, in maybe nine years. He came out to the show, so it gave me a chance to talk him into doing this reunion show. I ran into Scott and Raph and told them that Bob had agreed to do it. They thought he wasn't going to, as he had fallen off the radar around the time we tried to reunite the first time, so we thought he wasn't interested. And, he was."

Bank, Food for Thought Student Nutrition Programs in Lanark County Schools, and the YAK Youth Centre. Foodsmiths' annual LAWS Charity Dog Wash saw its 9<sup>th</sup> year, with the exciting addition of the Fido Fun Fair, in support of the Lanark Animal Welfare Society and their emergency care programs.


Environmental initiatives are nothing new for this "green" grocery store. Their highly successful BYOB (Bring Your Own Bag) program has, to date, diverted well over 200,000 bags from landfills. And when a customer brings in their own grocery bag, saving the use of the store plastic bags, Foodsmiths donates 10 cents to the BYOB fund.

Each month, a different charity or non-profit recipient is selected and traditionally receives about a \$600 donation. Foodsmiths also makes the extra effort to donate thousands of dollars of safe, usable food and products that are either close to their best before dates or have damaged packaging, to the local food bank instead of putting them in the dumpster.

Winner of the Canadian Health Food Association Award for best natural food store in Canada, three environmental awards in 2007, and multiple awards and plaques of recognition from various groups and charity organizations, it doesn't take long to see why Foodsmiths stands out from the crowd. The staff is welcoming, friendly, knowledgeable and helpful. But don't take our word for it — drop in and see for yourselves!



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### SATURDAY, OCTOBER 29

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## MABERLY COMMUNITY HALL

Tickets \$10 at the door — children under 12 free  
Call 264-1993 for more information



# Dementia — Reflections on Navigating Changing Landscapes

There's a memory I particularly enjoy. It's from an early Spring a few years ago, here in our Almonte garden. It's a beautiful, crisp day — you know the type — your energy resonates with the warming of the temperature, the angle of the sun and the declaration of better times ahead. Outside is my mother, Thora Isabel Emma, all five-feet something of her, working a rake with vigour over the leaves on the lawn — both arms in casts. Feisty. There was no way she was not going to show us all that she could work with the best of us — hadn't she just flown all the way from Calgary to be with us in order to recuperate?

When Thora died this summer, I valued the good times that memory let me have again. Memory became a heartbeat of love. So when memory, that basic building block, begins to change — as it did for Thora — how do we move forward, how do we navigate the changing landscape?

It begins with awareness, and fleshing out the journey of discovery once a diagnosis is made. It means stretching the arms wide and embracing each fact, support and person that can assist you on your particular voyage.

For me, the local connections began early with a need to raise my awareness of what this word dementia meant in practice. It helped me understand what my mother was facing so many miles away and created a feeling that I could somehow help.

So what are some of the facts? A study in 2010, commissioned by the Alzheimer Society of Canada, raises a flag for all of us. *Rising Tide: The Impact of Dementia on Canadian Society* shows a Canada with 500,000 diagnosed cases growing to 1,100,000 within a generation. Today, in Ontario alone, there are 181,000 people living with dementia — projected stats indicate that in 2020, that number will increase 40%, to 255,000. That impacts me, you, our communities, our nation — at the kitchen table, in the workplace, in loving relationships and broader communities.

The mere mention of the term dementia brings reaction and intimate familiarities. It can be a brother, mother, sister, father, friend, colleague — anyone can be redirected into a new landscape. Once the courage of sharing a story is made, it suddenly seems that everyone has something to share. You realize quickly that sharing knowledge is fundamental to anchor your own exploration, acceptance and creative approach. Do not be afraid to reach out early both to your family physician and to your partners in life.

Every repository of knowledge is fair game. Physicians were a logical beginning as was the written word. The bookstore was an invaluable resource — everything from reading *Still Alice*, the fictionalized personal journey of a 50-year old diagnosed with Alzheimer's, written by a PhD in Neuroscience — to advice on daily coping like *The 36-Hour Day*. The shelves were weighty with material. And the web? Begin to work your way through the rich

resources on the Alzheimer Society of Canada site and affiliated regional and local sites.

I registered for an online course at Algonquin College on dementia. In a more formalized environment, it allowed me to understand the complexities of dementia and to talk with those equally motivated to learn, whether for professional or personal reasons. What? There isn't just one type but a whole range of dementias with varying implications for treatment? How can we influence the disease — how can we mitigate it? What research is out there? What should we consider when staying in our homes or moving into a care environment? How do we continue to communicate in a way that allows for ongoing enjoyment of those that we care about? Through knowledge you become an informed advocate, with a new language, enabling you to expand your ability to discuss contexts and care options on a deeper level.

I began volunteering at a local dementia ward. Never doubt the learning and sheer joy that comes from a volunteer effort — do not doubt the difference it can make in your own life as well. What could I offer? Conversation and a presence.

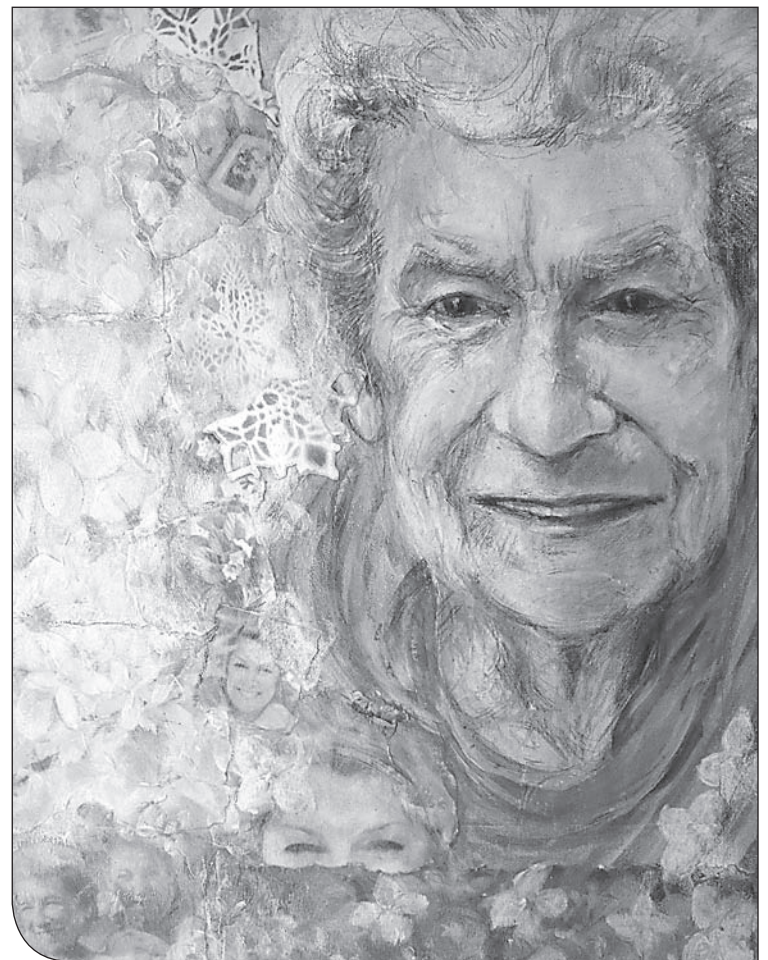
Community support? Along the path, it seemed that I kept discovering new sources of information and support. It's a given that you might never feel there are enough, but I found a few key groups and made some lifetime friendships on the way.

I discovered the Champlain Community Care Access Centre — CCAC to those in the know. In this case, I wanted to talk to someone about transferring a relative across provincial boundaries to an appropriate long-term care facility nearby. What was the mechanism to make this happen? What were the facilities like? What should I consider? Reach out with your questions — there are fourteen CCACs across Ontario. They will work with you to assess your needs and care requirements, answer your questions and put you in touch for all types of quality health care professionals to provide a range of care and support services.

Check out other local community groups like Mills Community Support in Almonte, which offers a broad package of creative approaches for dementia clients, for caregivers, and then some. As a woman who always needed a circle of friends, my mom found simple joy in having two companions who were identified through this organization — it helped her to have adventures without me, as she always had done.

Provincial and local Alzheimer Societies also offer support and education. As an example, the new office in Almonte conducts the First Link Learning Series providing you with the opportunity to learn about every step in the dementia journey.

So where does this leave us? Keep talking, keep learning, make a difference. When you go to vote this year and in the future, think about those we remember, those we are, and those who are yet to come. Ask questions related to healthcare, senior care, dementia. Learn about the facts, and what we



Portrait by Amelia Ah You

need to focus on in the future. We need to increase public awareness and education and to ensure that health care professionals are trained to both diagnose dementia early and to offer appropriate support. Families need solid options for caregivers, including flexible respite care. We need to encourage innovation to help people remain independent. We need to recognize that each individual is a member of value in the larger community landscape.

I close my eyes and see all the days gone by. I close my eyes and remember. Her smile at the end of the day when I dropped by, her room filled with photos from times in shadow and family far away. The staff at Almonte Country Haven — “your mom is feisty” they quipped as they came in to help or share a story — one even singing “Gens du Pays” to this proud Montreal native. The dear companions who became friends and were with us at the end.

I open my eyes and see my mother, a portrait done by Amelia Ah You in changing times that now hangs on my office wall — and her gaze is joyous.

What have I learned? Be feisty.  
— Heather Phaneuf

## Suggested Resources:

- *The 36-hour Day* by Nancy L. Mace and Peter V. Rabins, Johns Hopkins Press, 1999
- *Still Alice* by Lisa Genova, Simon and Schuster publishing, 2009
- *Rising Tide: The Impact of Dementia on Canadian Society*, Alzheimer Society, 2010
- **Alzheimer Society of Canada:** <alzheimer.ca>
- **Alzheimer Society of Ontario:** <alzheimersocietyofontario.org>
- **Alzheimer Society of Lanark:** <alzheimersocietyoflanark.ca>
- **Community Care Access Centres:** <ccac-ont.ca>
- **Mills Community Support:** <themills.on.ca>

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# Being Your Best With Improv

How would you like to play for a day? How would you like to do an activity where everyone in the group is accepted, where everyone laughs together, where everyone relaxes and enjoys a day away from petty nonsense, criticism, backbiting, and bullying? And how about if you don't have to do any homework for this activity, and how about if when you are done, you feel refreshed and renewed? And how about if you could do it right here on your doorstep?

Jennifer Laale, Almonte's own improv facilitator, has been providing this community with years of inspirational teaching which is not only about theatre arts, but about doing your best at whatever you do. She has been particularly instrumental in showing youngsters what they can achieve when they believe in themselves. An hour with Jennifer is like a balm for the soul; she exudes enthusiasm for seeing every individual as a treasure to be nurtured and developed.

To further the extent of her mantra, she has started a new program called **Improve with Improv**. From the classroom to the staff room, this is a team and character building workshop in which participants can gain experience in their own ability to deal with everyday situations in a confident manner. Jennifer has delivered her program to all age levels with amazing results. She has watched shy little elementary children blossom through what we would call fun and games. She has inspired high school students to build the skills needed to achieve their dreams. Everyone gets included in the safe and supportive atmosphere as Jennifer guides them through

improv exercises that leave them wanting more. Teachers are catching on to her techniques too, and including them in daily teaching, ensuring that the improv activities extend to all facets of learning.

Jennifer's classes run the gamut from young children to adults. A dysfunctional workplace group can benefit from a day of cooperative "playtime" when each member learns the value of their colleagues. It is inspiring to watch as people who arrive with arms firmly crossed and scowls on their faces morph into a united and happy group enjoying each other's talents.

There are no scripts for life. We all react on the spur of the moment, and that is what improv is all about. However, when we learn techniques of trust, listening and cooperation, among other things, we can sally forth, confident that we will be able to withstand life's little idiosyncrasies.

Jennifer is excited about taking this new program to a higher level, and is now accepting bookings from schools, teachers' groups (PD days are ideal!) and workplaces of every kind. No matter what sort of gathering you might be organizing, Jennifer's workshop will enhance your workplace or school. The best thing about it is that it is entirely non-judgmental and non-threatening. No one is going to get up on stage, no one is going to be forced into a situation that is untenable, and guaranteed, everyone is going to have a good time!

Jennifer can be reached at 256-8228 or <Jennifer@beyourbest.ca>. Check out her website at <beyourbest.ca>. You will be glad you did!  
— Glenda Jones

# MERA In Your Neighbourhood!

Now that the kids are more or less settled back into the school routine, MERA (McDonalds Corners-Elphin Recreation & Arts) would like to offer parents and grandparents a few constructive things to do... Constructive in the sense of crafting something tangible in a day or less.

MERA is again offering an exciting lineup of one-day workshops and ongoing groups.

This fall, with the help of a grant from the Ontario Arts Council, MERA's craft workshops are also being offered at the Maberly and Middleville Community Halls. MERA's favourite instructors are on the road! Ankaret Dean is winding grapevine into baskets, Wendy Phillips is folding tiny strips of paper to make cards as well as poking and packing wool to make felted snowmen, Dawn King is fastening cedar branches together into stars and obelisks and trays, Mary Donnelly is reviving the ancient art of spinning yarn using a handmade and handheld drop spindle, Rosemary Kotze is fashioning felt berets, Dean Spence is crafting birch bark pic-

ture frames, Jean Dunning is messing with hypertufa mud to make garden planters, Ellen Good is exploring the mystique of indigo dye, and Gloria Lee-Shoebridge is teaching non-painters to create gorgeous painted floor mats. You'll have to check the website <meraschoolhouse.org> to figure out which workshops are where and when!

As a special introductory offer, the Maberly and Middleville workshops are highly discounted: \$20 each, or five workshops for \$75. And, if you are new to MERA, your registration will also include a free one-year MERA membership that includes their newsletter and discounts on winter workshops.

Do you need more incentive? All the workshops are suitable for any skill level — so come and try something new or explore a variation on an old favourite. See you soon!

You can find lots more information at the website <meraschoolhouse.org>, email <meraschoolhouse@bell.net> or phone 278-0388.

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# Crowns, Pumpkins, Everyday Patterns...

## Crown & Pumpkin Studio Tour

On October 8, 9 and 10, from 10AM to 5PM, discover the quality craftsmanship and skill of Mississippi Mills artists amidst the vibrant colours of autumn. Tour the fifteen stops on this year's Crown and Pumpkin Studio Tour to see the wide range of quality art and craft of the more than thirty artists.

by Miss Cellaneous

Do you have a favourite medium? On the tour are artists who work with glass, clay, wood, paper, straw, photos, fibres, fruit, soap, words, fabric, metals and paints. Whether you need a large table or a small bead, a heavy bowl or a light hat, you can find it on the tour. And likely you'll find some Christmas gifts too!

Admission is free and the tour is only 30 minutes from Ottawa. For map and artist details, see <crownpumpkin.com> or call 256-3647.

## Art in The Big Fish!

The West Carleton Arts Society proudly presents Expressions of Art, an art exhibit and sale featuring the works of over thirty exceptional local artists. The 21<sup>st</sup> annual show is once again being held in the spacious Carp Agricultural Hall during the Thanksgiving long weekend.

This is a wonderful family outing where you can view the works of fine artists and artisans as well as emerging new artists. Come admire the works of exquisite watercolourists, inventive abstract painters, spectacular photographers, wood as well as fabric artists... potters, jewellery makers, and so much more! What a perfect opportunity to choose that special piece of art for yourself or a loved one.

On Saturday October 8 (8AM-4PM) and Sunday, October 9 (10AM-4PM), come out to the Carp Agricultural Hall (Carp Fairgrounds) at 3790 Carp Road in, well... Carp! Admission is free. For more information, please contact Rosy Somerville at 839-1918.



Beautiful and functional pottery by Lis Allison (profiled in last month's issue of theHumm) can be found at this year's Expressions of Art show at the Carp Agricultural Hall

life as well as her journey as an artist. Being in the last half of her life, she has become more introspective and is now engaged in a deeply personal spiritual quest. The spirit of the natural world is an amazing mystery; its beauty fills her with a wonder that permeates her work. Once immersed in the process, her passion to express herself takes over and time becomes irrelevant. The beauty of what she sees is translated into fibre and the completion of each piece fills her with a great and transcendent joy.

The exhibit is on display at the Mississippi Mills Textile Museum from September 21 to December 11. The museum is located at 3 Rosamond St. E. in Almonte, and is open Tuesday to Saturday, 10AM to 4PM. The vernissage is Sunday, October 2 at 2PM. Please call 256-3754 or visit <mvmtm.ca> for more information.

## Naturessence at the Textile Museum

Foliage and fibre take on new meaning in this exhibit featuring nature-inspired art quilts by Elaine Quehl and Catharina Breedyk Law. Exploring their love of the natural world through elaborate quilts, these artists have received international acclaim.

Breedyk Law, who works in a studio in Perth, uses beadwork and hand-dyed organza to bring her pieces to life, while Ottawa-based Quehl focuses more on line and colour. Both offer a new take on a traditional craft.

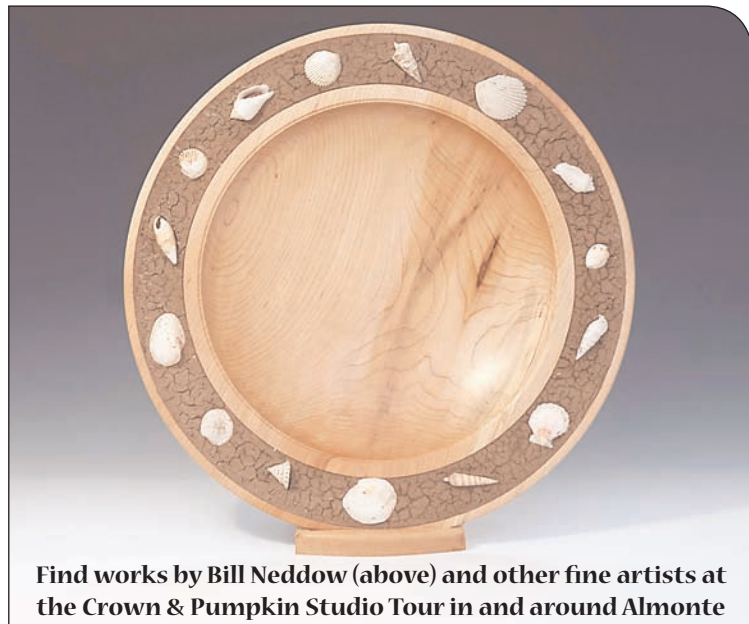
Quehl celebrates the visual drama that is present in the natural world and aims to evoke the emotion, awe and wonder she experiences when she first encounters her subjects. Often described as bold and sensual, her work employs contrasts of light and shadow to intensify visual impact. Foliage, trees, flowers and nature's cycles serve as metaphors for her inner world and for the human condition. Quehl uses her art as a means of self-ex-

pression and to communicate and connect with the world through universally understood themes of personal growth, wonder, self-acceptance, loss and healing, joy, and the cycles of life.

Breedyk Law's work interprets her journey through this



The Naturessence exhibit at the Mississippi Valley Textile Museum features works by fibre artists Catharina Breedyk Law (whose "Black Cow" is featured above) and Elaine Quehl.



Find works by Bill Neddow (above) and other fine artists at the Crown & Pumpkin Studio Tour in and around Almonte

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# ... and a Big Fish!

## Christmas in the Valley Artisan Show

Are you looking for gifts with originality, quality and attention to detail? Then your first Christmas shopping destination should be the much-anticipated 23<sup>rd</sup> annual Christmas in the Valley Artisan Show, where a juried selection of over twenty-five artisans, crafters and bakers will be presenting their work in a relaxed and festive atmosphere at the Almonte Community Centre Upper Hall at 182 Bridge Street on Friday, November 4 from 2 to 9PM, and Saturday the 5<sup>th</sup> from 9AM to 4PM.

The Valley Artisan Show strives to bring in new vendors and old favourites to give you a wide variety of handcrafted items for those special people on your shopping list... or something for yourself! Realistic wildlife carvings and gourd bird feeders, sun catching stained and fused glass, rustic pottery, scented soaps, lotions and scrubs, cozy alpaca products, beautiful photo greeting cards, heavenly honey and award-winning maple products, silky scarves and stunning knitted hats, delicious cakes and sweet confections, framed miniature quilts, twinkling glass boxes, creative floral arrangements, a wide variety of knitting and sewing, eye-catching jewellery, and decorative and useful woodworking items are just some of what you will find at this popular annual show.

A snack bar serving light lunches and sweet treats will be tended by the Friends of the Mississippi Mills Textile Museum as a fundraiser for museum projects. You get free admission, the site is wheelchair



Discover creative new ways to decorate for the holidays, as well as handmade gifts for everyone on your list, at the **Christmas in the Valley Artisan Show** on November 4 and 5!

accessible, there is plenty of parking and there will be a door prize for a lucky winner. For more details, please visit <valleyartisanshow.blogspot.com>.

## OMMA's Everyday Patterns Continues at Gallery Perth

The Ottawa Mixed Media Artists group (OMMA) brings fresh, new and modern art to the town of Perth. Their motto is: "Artists with Attitude" — a perspective which is evident in their abstract and innovative visual art. They are daring, they are bold and they go where many artists fear to tread!



The OMMA "Artists With Attitude" continue their show at Gallery Perth until mid-October. Photo by David Zimmerly.

One of their members, Perth artist Wayne Williams, approached Gallery Perth with the suggestion that it was high time for the gallery to try something new. This show, entitled "Everyday Patterns", is the outcome. It sparkles with brave colour and form and is indeed something different for a heritage town whose own motto is "Aged to Perfection". The interest shown in the modern works of the OMMA group proves that Perth, while revering its past, is ready and willing to give a chance to the new and adventurous.

Gallery Perth has consistently tried to attract outside interest. The *Everyday Patterns* show succeeded in this through the participation of well-known artists whose reputation encouraged many visitors from Ottawa to visit, not only to see the gallery, but also to spend the day in the town of Perth.

Buying art is always an adventure and Gallery Perth is delighted to welcome all to come and have a look and consider how modern art can surprise and delight. The show runs until October 15, and Gallery Perth is open Thursday to Sunday from 10AM to 4PM at 17 Wilson Street East in Perth.

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We are pleased to introduce



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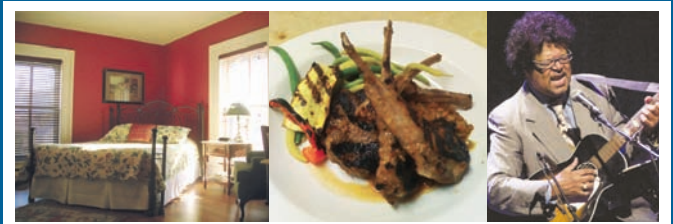
A Massage Therapist with over a decade of clinical experience. Robert is well versed in many massage therapy approaches including manual lymphatic drainage, scar tissue remodeling, pregnancy (pre and post), infant massage and myofascial trigger point work just to name a few. Robert approaches treatment through education, enabling and empowering patients to take control of their challenges. A firm belief that almost everyone can benefit from Massage Therapy and an extremely strong basis in clinical orthopedic massage therapy means individually tailored, safe, effective treatments. All forms of athletic injury, repetitive strain injuries and postural issues are welcome. Chronic pain, fibromyalgia, Parkinson's disease, scleroderma and brain injury can all benefit from massage. If you are not sure if

massage therapy can help you, all you need to do is contact us.

Born in Germany, Robert was transplanted to Blakeney at the age of 10. He attended ADHD and was a proud Thunderbolt and Orangeman. Often seen escaping to any available pile of snow with his skis or snowboard strapped to his back, his rabid interest in skiing and boarding continues to this day. Robert is looking forward to providing excellent professional treatments in his home town of Almonte.

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Tuesday Oct. 4 - **Local Food and Wine Tasting Night** 6-9pm. Reservations Only  
Thursday Oct. 6 - **Jazz Night** with the **Spencer Evans Trio** featuring Jeff and Seamus Cowan and Special Guest 9-11pm, Reservations Recommended  
Oct. 18 - **CARKBUS** - Support Westport's own Matt Carkner \$65 (bus leaves The Cove at 5pm)  
Friday, Oct. 21 - **BLUES on the RIDEAU** presents **Karen Lovely Band** \$60/person 7-11pm  
Every Friday - **Seafood Special** featuring items from **The Salmon House** 5:30-8:30pm  
Every Saturday - **All-You-Can-Eat Roast Beef Buffet** 5:30-8:30pm featuring Entertainment by Singer/Guitarist **Kevin Head** 6-9pm



# Archives Lanark — Your Local “Total” Archives

An archive fosters a deeper collective understanding of local history through the preservation, availability of, and research into local archival records. The history of your community — its people, traditions and landmarks — is documented in records. Archival records are particularly essential for local history and genealogy.

Locally, “total archives” is a program that acquires its collections from both public and private sources. To this end, Archives Lanark holds land records, cemetery lists, school records, maps, the Poole Papers (county legal documents), and census records in its public section, and family histories, newspaper collections, local histories, photographic collections, and the Tweedsmuir Histories in its private section.

The concept of an archival depository, accessible to the general public, for historical and genealogical documents pertaining to Lanark County, developed after

the Province of Ontario accepted a proposal from the Lanark County Genealogical Society (LCGS) to preserve land records for posterity.

In 1991, Teranet Land Information Services Inc., an innovative partnership between the government and the private sector, was formed with a mandate to computerize the paper records affecting the ownership of land in the province. The pre-1867 documents are in the Archives of Ontario but the 1868–1955 records were scheduled for destruction after having been microfilmed. Heritage groups around the province, including the LCGS, rallied to preserve these original records and the Association for the Preservation of Ontario’s Land Registry Office Documents (APOL-ROD) was formed. The LCGS worked closely with APOL-ROD and undertook to find a suitable site to house the land records.

The former Drummond Township office, at Drummond Centre, was found and leased

by the Society. Bob and Roberta Sargeant, founding members of the Society who had done extensive genealogical work transcribing and indexing census and cemetery lists, officially opened the facility in February 2002.

Today the land records sit safely in a climate-controlled area where they are frequently used and appreciated. The collections have grown as has the organization itself. Some of its outstanding accomplishments were the display at the International Plowing Match in Beckwith in 2005 and the recent Rural Schools project. This project sees Archives Lanark publishing limited edition hardcover books documenting the history of the rural schools of each of the original townships in Lanark County. To date, five books have been released: *Darling/Lavant, Dalhousie, Beckwith, North Elmsley* and *Lanark Township*. The books have sparked considerable local interest with the early editions sold out! At press time, copies of the *North Elmsley* and *Lanark* books are still available at Drummond Centre or online from the website.

In 2009, a new governing document was approved providing the Archives with its own Board of Directors, a new name — Archives Lanark — and logo. The Archives is now an independent non-profit organization accountable to its stakeholders, the members of the LCGS, and it received official charitable status in the same year from the Canada Revenue Agency.

Over the past year, Archives Lanark has undertaken several



Volunteers and visitors find a warm welcome at Archives Lanark!

new initiatives to improve service to its clients. One of the first steps in this regard was the creation of a web page, <global-genealogy.com/archiveslanark>, followed by the introduction of an online purchase and payment facility via PayPal for both items for sale — publications, books, heritage maps — and for fees for research services.

At the present time, they are installing a new, software-based system to record and manage their holdings. The new system, partially funded through a technology grant from the Ontario government, will provide an online index as well as improve in-house accessibility to documents for visiting researchers. The new system is expected to be in place by late autumn.

The Archives relies on the generous support of its users, the LCGS, and the County of Lanark to cover operating expenses. Fundraisers and sale items are other

sources of income. Monetary contributions, as well as documents, photographs and books of historical and/or genealogical value are welcome. Charitable receipts are issued for donations of \$25 or more.

Archives Lanark volunteers are happy to welcome visitors and researchers to the facility, located at 1920 Concession 7 Road in Drummond Centre, which is easily accessible from Highway 7, mid-way between Perth and Innisville. Hours of operation are 10AM to 3PM on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays and the 2<sup>nd</sup> and 4<sup>th</sup> Saturdays from October to May. During the summer, Archives Lanark is open every Friday and Saturday.

Visit the website at <global-genealogy.com/archiveslanark> for detailed information on the holdings, special events and new book releases.

— Beryl Stott



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# Myth, Magic, Music: The Battle of the Trees

"And Gwydion took the mosses and the stones of the earth and from them he fashioned a great army of trees. Then he called the trees, each by its own name, and one by one they began to march."

Doesn't that send shivers down your spine? On October 15, 2 women productions <2wp.ca>, a local company dedicated to bringing the excellence of adult storytelling to Eastern Ontario and Western Quebec, will be collaborating with Marcia Saipe and Ted Miller to bring this unique performance to an Ottawa Valley house concert.

*The Battle of the Trees* is inspired by the glories of the 10<sup>th</sup> century Welsh poet Taliesin. No one knows quite who Taliesin was, but we have all felt his influence. Doesn't that opening quote remind you of Tolkien's majestic Ents? Through words and music, *The Battle of the Trees* introduces some of the remarkable people who have been drawn to Taliesin's mysterious poems over the centuries, all the while evoking the deeply important relationship that exists between people and the forests around them. In a solo performance, Christine Cooper takes you from prehistoric Wales to modern-day Norfolk, weaving a tangled web that includes history, myth and personal biography.

Storyteller, musician, and visual artist, Christine will be visiting the Ottawa Valley for the very first time. A Welsh speaker who brings the music of that language into her work, she grew up, as she puts it, "in wild west Wales where the sea eats the land inch by inch, and the air is full of stories." For years, she has been telling tales to anyone who would listen. Her contribution to building venues and audiences for adult storytelling in her community has been significant. She is also

known for her fiddling and singing with the folk group Fern Hill. Find out more at <christinecooper.info>.

As to the location of the performance, Marcia and Ted are renowned for the fine concerts they have hosted. This is their first venture into storytelling and they are excited to be offering the community an opportunity to enjoy the stories and music of a multi-talented performer from abroad. House concerts are a very special way to enjoy a performance. They have a history as long as music itself. Coming to such an event connects you to generations of people who have gathered together around the fireplace or the kitchen table to be enchanted by the artistry of a traveling bard.

For reservations, please contact Marcia Saipe at <marcia@marciasaipe.com> or 267-7776. Tickets are \$15. The performance is October 15 at 7:30PM. Marcia will give you all the information you need to be part of this very special event.

If you are interested in other adult storytelling, check out the 2 women productions website <2wp.ca> or get in touch with Jennifer Cayley at 256-0353 or <jcayley@magma.ca>. Keep an eye out for the season brochure coming in October, announcing three new shows to be seen in Perth.



Welsh storyteller Christine Cooper gives a solo performance of *The Battle of the Trees* on Oct. 15

## LCIH Women's Fair

### This One's a Shoe-In!

This is the 23<sup>rd</sup> year that the Women's Fair has been held in Carleton Place. The event showcases women's businesses and is a signature event benefitting Lanark County Interval House. The theme this year is "Stepping Up for Women". This theme has been chosen to recognize LCIH's role as an advocate for women and children who need their services, and to celebrate it the fair will include a variety of shoe-themed activities — because let's face it — women love shoes!

This year's event promises to be bigger and better than ever. Organizers are expecting over forty-five exhibitors and will offer seminars throughout the day on topics of interest to women. Topics include

travel safety tips for women; appreciation marketing — growing your business with gratitude; the kitchen garden — organic controls for your garden using everyday household items; navigating your child's education; and natural pet care Q & A.

This is in addition to a wonderful silent auction, cake raffle, children's activities, "Fancy Feet from Far Away" display, and lunch café. Enter to win the fabulous door prize of a "Head-to-Toe" makeover, compliments of Angels Roost Studio and Spa.

So, whether your shoes are comfortably clunky or painfully chic, slip them on, pick up your girlfriends, and come on upstairs in the Carleton Place Arena on Saturday, November 5, from 10AM to 4PM.



What do you need today?

**The Carleton Place Women's Business Group is a support network for business women who work or reside in Carleton Place, Almonte, and the surrounding area.**

### Our goals

1. To provide a networking and referral base for all our members.
2. To share information and ideas to strengthen or improve our business activities.
3. To provide an environment to foster friendships.
4. To participate in or initiate fundraising for charitable organizations.

### Membership

New members are always welcome to join the Women's Business Group. Come out to one of our breakfast meetings at 7:30 am on the second Tuesday of each month at Buster's Bar & Grill on Hwy 7 in Carleton Place.

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

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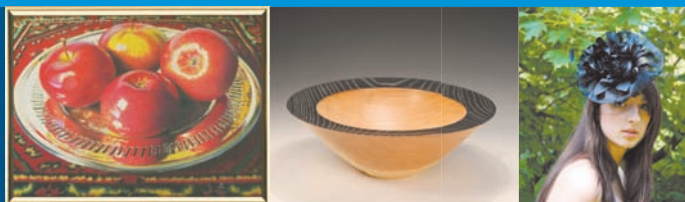
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# Experience Fall Colours in Lanark Highlands October 1-16



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For details & directions visit [www.lanarkhighlandsbta.ca](http://www.lanarkhighlandsbta.ca)



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We have a saying at our house that drives our teenaged kids crazy: "do you know how lucky you are to live here?" This phrase came about during eight years of renovations to our Mississippi River home. When drywall dust and plywood floors were ever present we would face the river and say those words. Ultimately, our family whole heartedly agrees that we are very lucky to live here.

This came to mind as I read the September edition of *theHumm*. Our youngest is an avid musician. We have driven hours to concerts with bands we have never heard of so that he can study every move of the musicians. We recently went to the Ottawa Folk Fest to see our son's musical hero: Hawksley Workman. Imagine the screams and yells when I read out the line up for the **Folkus Concert Series**. Needless to say we have purchased series passes for the family. The fact that Almonte's Folkus Series has managed to attract such incredible acts should be highly commended.

And what better way to commend than by purchasing series tickets. Hurry as the first show is November 26<sup>th</sup>! Go to [www.almontefolkus.ca](http://www.almontefolkus.ca) or visit Mill Street Books to purchase tickets. See you there!



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## Saturday, October 29<sup>th</sup>

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