

SEPTEMBER 2012

the Hummer

free

Arts,
Entertainment
& Ideas



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**The Art of
Diane Black p.3**



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"I played that lament I've been practicing, and my teacher said it brought tears to his eyes!"

Readers Write

Going, Going, Gone...

Do you remember when Almonte's valuable V&S store closed a couple of years ago? What did we all do: we rushed in to buy stuff on sale, bemoaning the fact that we were losing our downtown variety store, and saying how we wished the owner would rethink his decision. We nearly had this same calamity with our bookstore, but were rescued by the Lumsdens' vision for Almonte. We want it all, and we want someone else to supply it.

Our population is growing in leaps and bounds, but we are not seeing a lot of these new people coming out to replace the faithful few who are keeping our town vibrant. We have just come through another season of festivals, all run by the same people, who quite frankly are burning out. You've heard them say, "We're not getting any younger," and yet every year, there they are again, putting up tents, stringing lights, setting out signs, selling tickets, greeting tourists.

Where are the young people? Where are the older teenagers who could lend a hand? There is so much to do — not only on the days of a festival, but also in the lead up — on committees even. Your opinions and your youth are your strengths, and they would be so valued!

This is how communities are built: by new people asking to take part, offering their services, and learning the ropes from those who have been doing it for years. There is not one organizer that would turn down an offer to help. Don't be one of those people who reside here but don't live here.

There is a rumour that one of our festivals might be in jeopardy if help is not forthcoming soon. It is a year-long task to entertain thousands on one weekend, and it is no wonder that, after it is over, the organizers take a deep breath, fall back in their chairs, and contemplate giving it all up.

If that were to happen, we'd all bemoan the festival's demise; we'd say there is nothing to do here; we'd complain that no one asked us. Don't wait to be asked. Get in there NOW and rescue the faithful few who do this for the love of their community. The volunteer t-shirt is a badge of commitment — you too could have one!

— Glenda Jones



Who's Reading theHummm

(above) Kim Narraway & Dave Frisch sent in this great shot of Kim reading theHummm while on their honeymoon. In the background is the beautiful Eilean Donan castle in Scotland.

Ottawa Valley Music Festival



The Ottawa Valley Music Festival's new Artistic Director, Peter Morris, will raise the baton on Sunday, September 30 in Arnprior. He will lead the Valley Festival Chorus in a performance to end what has been a historic festival season featuring international award-winning musicians. For tickets and more information call 433-9457 or visit <valleyfestival.ca>.



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

Editor:

Kris Riendeau
editor@thehummm.com

Layout and Design:

Rob Riendeau
rob@thehummm.com

Advertising and Promotions:

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

Assistant Editor:

Rona Fraser
rona@thehummm.com

Calendar Submissions:

calendar@thehummm.com

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.

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Thanks this month to:

All of the wonderful event organizers and volunteers who made summer fun throughout the Valley!

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Almonte

Almonte Public Library parking lot
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www.almontefarmersmarket.ca

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Saturdays, May to Thanksgiving,
9 to 1PM

Smiths Falls

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44 Abbott St. N. (next to the fixed bridge)
Saturdays, May to October 13,
9 to 1PM
www.smithsfallfarmersmarket.com

Carleton Place

Market Square
corner of Beckwith and Lake Ave.
Saturdays, May to Thanksgiving,
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www.cpfm.ca

Perth

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8 to 1PM
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www.perthfarmersmarket.ca

Available from your local farmers this September: apples, beans, beet, broccoli, cabbage, carrots, cauliflower, chard, corn, cukes, eggplant, garlic, grapes, kale, leeks, salad mix, onions, parsnips, peppers, potatoes, squash, tomatoes, zucchini, fall raspberries, melons, honey, syrup, beef, lamb, pork, poultry of all kinds!

Diane Black – Ephemeral Emotions Captured in Clay

A wonderful poster of a scantily-clad elephant looking back over her shoulder with a delightful smile admonishes: “Of all the things you wear, your expression is the most important.” Clay sculptor Diane Black of Westport agrees wholeheartedly. Black tells stories by creating captivating characters who convey human emotions and attitudes perfectly. One look at her female

by Sally Hansen

sculpture titled “Really?” and you are consumed with curiosity as to what has evoked the sardonic disbelief so clearly portrayed on her face and by her expressive body language.

Black’s quirky clay characters are convincing evidence of the popular aphorism that 80% of human communication is non-verbal. She readily admits to being a people watcher. “I like people and I like watching them. Children are fun — they are so open. Their faces telegraph exactly what they are thinking and feeling. Adults are so much more guarded.”

Black’s genius is being able to communicate emotion and attitude via a static medium. A glance at the first little girl featured in Gallery 2 on her website at <dianeblackstudio.com> proves my claim. “Just Make Me” is instantly recognizable to any parent who has ever dealt with a stubborn child. Our hearts go out to “Wall Flower” slumped dejectedly on her chair wearing her pretty little dancing shoes with bows on them.

Especially with the adult pieces, a large part of the fun for Black is the storytelling aspect of her compositions. One piece features a nude female sitting in a nest with a crow perched above her head. The title is “Feed Me?” Another, titled “Mama Bird,” is a bust of a woman wearing a nest with three demanding baby crows on top of her head. The rueful look on her face instantly brought to mind a recent conversation I had with a first-time mom who lamented, “Much as I love her, I really feel like I’m brain-dead.”

The expression on the face of the woman titled “Dreams of Flight” made me really glad that both my stepdaughter and my oldest granddaughter are exploring this fascinating globe before settling down. Of course, the sublime look of contentment on the face of the figure reclining in a feathered nest, titled “Empty Nester,” reminded me that all life is a trade-off. When I asked why so few of her figures are male, Diane responded that she enjoys

working with what she knows best. She admits to studying her own face and posture in a mirror as she captures in durable clay the exact lines and configuration that portray a fleeting emotion.

Her interest in artistic blacksmithing began as an opportunity to do something with her teenage son. They took an introductory course together but she liked it more than he, and Diane continued with additional training. Now a major feature of many of her larger pieces is a beautifully wrought iron chair or stand or tree on which the sculpture rests. “I love the permanence of it; I can make things that are very strong but can still look delicate.” On the clay figures themselves, she imparts a soft, life-like delicacy to her sculptures through her use of bisque glazes and the application of encaustic wax after the firings.



“Empty Nester,” by Diane Black

All Is Grist for the Mill

Four years ago Black pursued training as an electrician to assist her partner in his business, and now the two have embarked on a major renovation project in the picturesque town of Westport. A year and a half ago they purchased a property idyllically situated at the junction of Westport Pond and Upper Rideau Lake, close to Foley Mountain Conser-



ARTIST TRADING CARD

vation Area. They are well on their way to converting this site of a former grist mill at 21 Main Street into an artists’ retreat, complete with two art studios, a gallery, and five rooms for artist/writer residencies. Diane intends to attract a variety of art instructors to offer courses spanning a wide gamut of media. One studio has a kiln in place, and a former garage houses a blacksmith shop. If nature is your muse, GristMill Artist Retreat soon will offer an exceptional opportunity to study and create art <gristmillartistretreat.com>.

From Away

Diane’s personal journey, like the site of the GristMill, has both a varied history and future. Her mother, Dorothy Black, is a painter. Diane was born on the west coast of Canada, but her dad accepted a position as a doctor in Newfoundland. She views the sixteen years she spent being “from away” as an interesting way to grow up. “Being an outsider gives you permission to be different.”

After finishing high school in London, Ontario, she studied fine arts for a year and then decided to pursue a more practical education at Sheridan College, completing a major in Book Illustration. She freelanced as an illustrator and graphic designer while raising her three children in Kingston, but the migration to computer-based art and web design eventually left her feeling burned out. She had always liked to work with her hands, and a neighbour introduced her to sculpting. The attraction was immediate and permanent. Her first sculptures were of heads; then she graduated to busts, and eventually she expanded to capture body language.

Today Diane Black’s sculptures are available in galleries across Canada. Locally you can stop in on weekends at GristMill Artist Retreat at 21 Main St. in Westport to contemplate the endearing, whimsical, amusing and thought-provoking characters she has created. Each one will inspire you to make up your own version of the poignant story the figure is telling. You can also check out progress on the stunning new addition to Westport’s reputation as an artistic destination.

Fall Colours Studio Tour

From October 6 to 8, Black’s location will be Studio 8 of the Fall Colours Studio Tour in Westport during the Thanksgiving Day weekend. The studio will also host the work of glass artist Kirei Samuel. The informative website at <artatwork.ca/westport_studiotours> provides all the information you need, or you can contact Loretta Moore at 273-8347. You can reach Diane Black by email at <dianeblackstudio@gmail.com> or by phone at 544-8268.

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WHO Diane Black

WHAT Figurative Sculptor

WHERE GristMill Artist Retreat and Studio, 21 Main St., Westport, <dianeblackstudio.com>, <dianeblackstudio@gmail.com>, 544-8268, <gristmillartistretreat.com>

WHEN October 6, 7, 8, Fall Colours Studio Tour, Westport, <artatwork.ca/westport_studiotours>, 273-8347

WHY "Sculpting gives me a vehicle to bring into focus and interpret what I see. In the process, I can tell a story. That's the fun part that keeps me eager to do more."

ARTIST TRADING CARD

THE HUMM

Almonte Potters Guild Celebrates Ten Years

The Almonte Potters Guild is celebrating their 10th anniversary with an Open House on Saturday, September 15, from 10AM to 4PM at their studio at 95 Bridge Street. Visitors are invited to participate and have a go with clay, regardless of age or experience. Children are welcome, and clay will be supplied. You can surprise yourself and your friends with your hidden talents!

The Almonte Potters Guild (APG) was started a decade ago by a group of people who felt there was a need for a communal studio where they could work and where classes could be offered to the community. They also wanted novice potters to be able to rent studio space in a learning environment, without having to invest in setting up their own studios. They can try out glazes and use equipment such as pottery wheels, slab-rollers, and kilns.

In a relatively small town such as Almonte, the APG is really a unique place. From humble beginnings, the membership has increased substantially. The studio provides a very caring and sharing environment, for experienced as well as novice potters and students alike — it is a great

place to work together! For some members, the existence of the Potters Guild has actually been a dominant factor in their decision to move to Mississippi Mills.

The professional potters and clay artists who form the core of the APG have provided a wide variety of programs to the community, including pottery classes, camps for children, birthday parties and studio space.

When schools are closed on PD days, the guild offers Pottery Camps so that children can get a creative day of art and pottery. On regular weekdays children can always take classes from 4 to 5:30PM.

Every September marks the start of regular pottery classes for beginning and more advanced students. *Introduction to Pottery* is designed to teach the novice student basic techniques, and *Hand Building* expands hand-building techniques and skills. Both courses are taught by Saskia Praamsma. Gudrun Braun will be teaching *Introduction to Wheel-Throwing*, and Sietze Praamsma will be offering an *All About Glazes* course. The APG also welcomes Jennifer Drysdale as a new instructor.

Jennifer has twenty years of experience as a studio potter, makes a wide range of functional pottery, and is well-known for her strong powerful shapes and distinctive glazes. Jennifer will be teaching *Intermediate and Advanced Wheel Throwing*. For a complete listing of services please consult the APG website at <almontepottersguild.com>.

This September, as part of the 10th anniversary celebrations, the guild will be exhibiting work of members and students in the Municipal Building of Mississippi Mills on Perth Road. In October, the show will move to the lobby of the Almonte Library.

APG members gratefully acknowledge the Town of Mississippi Mills for its support of the 10th anniversary celebrations, and are looking forward to the next ten years!



The Almonte Potters Guild is celebrating their 10th anniversary with an Open House on Saturday, September 15

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www.artatwork.ca/westport_studiotours

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Richard Gill

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Friday, September 28, 2012

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SchoolBOX — The Notebook Revolution

by Robynne Eagan

It all started in 2006, when a notebook and a pencil were given to a young girl in a tiny coffee-growing village in Nicaragua. The little girl's father beamed excitedly as he told his daughter that she could now go to school.

Almonte's Tom Affleck, a graduate of the University of Guelph's International Development Program, knew that Nicaragua was the largest and poorest country in Central America. What he didn't know was that something as simple as a notebook could stand between a child and their education. It may seem like a small thing to those who live in the land of plenty, but in places where families live in tin huts with no running water and scarce commodities, a simple notebook can change a person's life. This very fact changed Tom Affleck's life and the lives of many around him, and gave birth to SchoolBOX.

From grannies to grandchildren, residents of Affleck's hometown have rallied around the cause, fundraising and jumping on board — flying to areas of need to lend a hand digging footings, burying rebar, and carrying cinder blocks to build schools, washroom facilities, libraries and sports fields. "It's an incredible testament to the power of community," Affleck says.

Today, six years after that first notebook found its way into the hands of that little girl, the 200,000th notebook is ready to be delivered by Nicaraguan Director of Operations Ronald Chavarria.

Tom's mother, Jennette Affleck, travelled on the chicken

buses with Tom, delivering the very first notebooks. A local woman, Sarah Kerr, who left her job in 2007 to take part in the first classroom build, is now SchoolBOX Operations Manager. Sarah created the successful Indigenous Youth Empowering Students (IYES) program, which provides opportunities for young people from across Canada to share their cultures with the children of Nicaragua. "The volunteers learn to become leaders of children in Nicaragua, and then take those skills back to their home communities," Kerr explains.

Dedicated supporters, such as retired teachers Mike and Millie Maloney of Almonte, exemplify the "silent heroes" Affleck often mentions; people who put their hearts and souls into this work, spending countless hours organizing, planning, doing the legwork for golf tournaments and silent auctions, and choosing to spend their vacations hauling bricks and digging holes in 35-degree weather. "It couldn't be more rewarding," says Mike with a contagious grin. "The people there are so grateful for the little we are able to do for them."

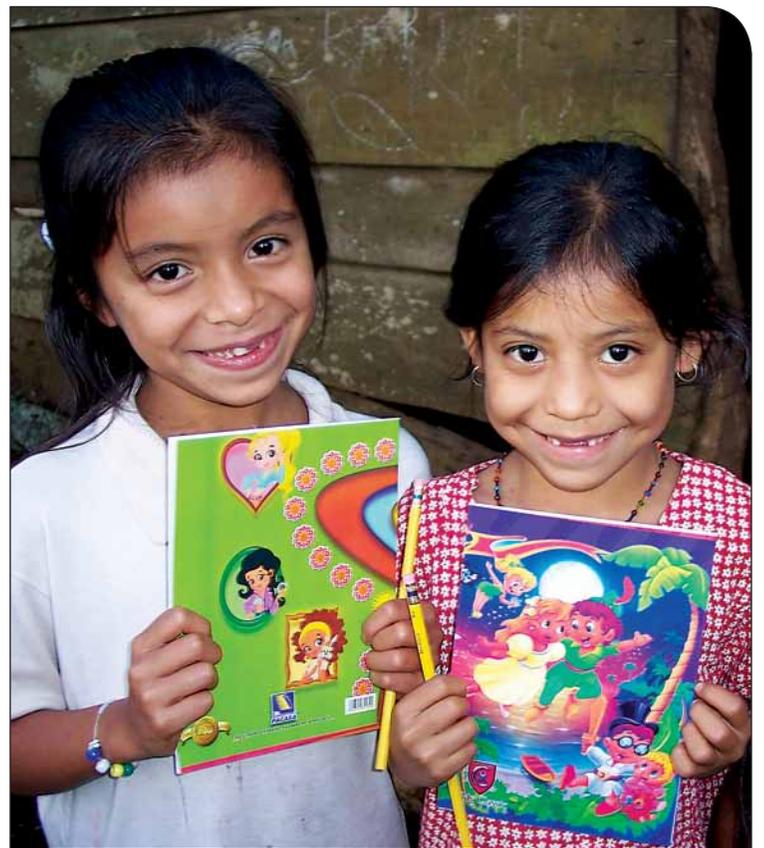
On a recent trip to León, Millie met a young woman of no more than 19, who was teaching 30 kids in her grandmother's dreary little living room, so mothers in her community could go to work. The woman had no resources and all thirty children were sharing a single cup. Millie describes the unpaid teacher's joy when presented with books, pencils,

markers, a whiteboard and drinking cups. Pakenham resident Fern Martin says her trip was a meaningful experience that went far beyond laying the groundwork for a school. Fern felt that the Canadians' presence gave a legitimacy and status to the goals of the Nicaraguans, who seemed to feel that if Canadians thought that their dreams were important, then it must be so.

A school build in 2013 is being sponsored by Craig and Amber Hall, owners of Equator fair-trade coffee company, which has supported SchoolBOX from the start. In May 2013, the Halls will assist in the build. "These projects couldn't happen without the support of people like this," Affleck says. Local people, such as the community of St. Paul's Anglican Church in Almonte and businessmen Leonard Lee of Algrove Publishing and Nathan Rudyk of Market2World Communications, helped to get this organization off the ground.

In six short years, SchoolBOX has come to work in 50 communities, distributed in excess of 42,000 educational packages, constructed 28 classrooms, built libraries and washroom facilities, hosted over 250 international volunteers, and organized four regional soccer tournaments with 16 partner schools.

Following the model of any good sustainable development project, SchoolBOX gets the pencils rolling, but locals run the show. "Our vision has, and continues to be, to strengthen our team in Nicaragua with in-



In 2006, a gift of notebooks and pencils to these two girls in northern Nicaragua sparked the creation of SchoolBOX. This year's SchoolBOX Latin Fiesta fundraiser takes place on September 28 in Almonte.

creased local leadership and sustainability," Kerr explains. "We now have fifteen people working to 'Make Education Possible' in that country, reaching over 13,000 students and teachers."

The simple act of giving one notebook and one pencil started a revolution of sorts — a peaceful revolution against apathy, despair and poverty. A movement that is transforming muddy pits into airy classrooms, despair into hope, and dreams into reality. This notebook revolution was started by a young man who,

along with his rural Ottawa Valley community, has made education possible 200,000 times over.

This year's **SchoolBOX Latin Fiesta** will take place on September 28 at 7:30PM in the North Lanark Agricultural Hall in Almonte. Mauricio and Latin Fusion will be playing live music, and there will be a silent auction and a rousing live auction that you won't want to miss. Tickets are \$20 for adults, \$10 for students, and free for children under 13.

Roy Brash



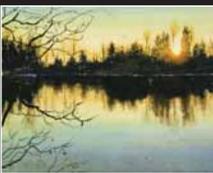
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BACK TO SCHOOL

We say goodbye to Kiley, Tara, Ryan & Caleigh and welcome Brooke, Olivia & Sydney to the team. Good luck to all.

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The Bear That Ate Me (Almost)

MMLTC Gala Evening with Michael Runtz

For an evening that will put a smile on your face, the **Mississippi Madawaska Land Trust Conservancy** (MMLTC) invites you to a fundraising gala dinner on Friday, September 28 at the Almonte Civitan Club. The highlight of the evening will be guest speaker Michael Runtz, one of Canada's most respected naturalists and nature photographers. Proceeds from the evening will be used for the care of the High Lonesome Nature Reserve in the Pakenham Hills. You will leave smiling because you will be thoroughly entertained and at the same time contribute to a worthy cause.

Michael Runtz, a birdwatcher since the age of five, has lived, breathed and worked with nature all his life. Professionally, Michael has worked as a naturalist in Canada's national and provincial parks, and is currently on the faculty of Carleton University, teaching natural history and ornithology. His infectious and enthusiastic teaching style attracts thousands of students annually, and he has received awards for excellence in teaching from students and peers alike. Seven best-sellers all bear the stamp of author Michael Runtz's passion, knowledge, and stunning photography of wild animals and plants that are found in Eastern Ontario. His just-released eighth book, *Natural History*, will be available for sale at the dinner. A dynamic and engaging communicator, Michael Runtz is in great demand as a speaker. Well-known and recognized for his education, dedi-

cated conservation efforts and community involvement, Michael has received numerous awards, including an Outstanding Service Award from the Federation of Ontario Naturalists. He is also a strong supporter of the MMLTC, and organizers are very pleased to feature him as a speaker. *The Bear that Ate Me (Almost) and other Tales from the Wild* will be as informative as it will be entertaining.

The evening is a fundraiser for High Lonesome Nature Reserve. In May, the family of the late Barry Spicer donated this 200-acre tract of wilderness in the Pakenham Hills to the MMLTC. Thanks to the energetic efforts of Ken Spicer, High Lonesome Nature Reserve has a network of trails that wander up, down and through the forests, by beaver ponds, creeks and wetlands; trails that have been enjoyed by individuals and naturalist clubs alike. To take full advantage of the reserve's rich biodiversity, these trails will form the foundation for outdoor education, nature interpretation and recreation. MMLTC needs significant funds to care for this property, and the proceeds of this fundraiser will be dedicated to that purpose. Furthermore, through an agreement with the Community Foundation of Ottawa and the Ontario Land Trust Alliance, the funds raised at this gala for stewardship of High Lonesome will be matched! The MMLTC is currently just over halfway to the \$20,000 maximum for matching.



The MMLTC presents an evening with Michael Runtz on September 28, and then a Fall Colours Nature Walk to Blueberry Mountain (above) on September 30

The event will also feature a silent auction offering a wide range of useful and interesting items, with an emphasis on services, ranging from weekends in the woods, to dinners, to guided walks.

The MMLTC is a community-based land trust committed to long-term legal protection, preservation and restoration of nature on private land having significant ecological and natural heritage values in Ontario's Mississippi and Lower Madawaska watersheds.

The gala begins at 6PM with dinner served at 7PM. The Almonte Civitan Club is located at 500 Almonte Street. Tickets are \$30, cheque or cash only, available at Peace of Mind Creations & Friends in Almonte, Read's Book Shop in Carleton

Place, Lanark Living in Lanark Village, Shadowfax in Perth, Arnprior Book Shop, and the Pakenham General Store. You may also call 278-2939 to reserve tickets for pick-up at the door. The deadline for ticket purchase is September 21.

Hike to Blueberry Mountain

The MMLTC will also be holding their annual guided walk to Blueberry Mountain in CliffLAND — one of the seven wonders of Lanark County. CliffLAND is located at 502 Hills of Peace Road, near Flower Station. Registration is at 9:30AM and the walk begins at 10AM. The suggested donation is \$10 per person or \$20 per family. For details, contact Howard Clifford at 259-3412 or <hclifford@explornet.com>.

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Local Artist Helps Celebrate Geoheritage

Area jewellery and lapidary artist Stephen Clark, of Small Wonder Jewelry, has created the first of two custom pieces for a new permanent exhibit at Matheson House in Perth. The creations pay tribute to the discoveries of Dr. James Wilson, and will be part of a display that showcases amateur contribution to science.

Dr. Wilson, a medical doctor from Scotland, came to Canada to start his practice in 1818. With a keen eye for the unusual, but without formal training in the then-new science of geology, he was intrigued by the diversity he saw in the rock outcroppings as he travelled by horse-drawn buggy between house calls near his new home in Perth, Ontario.

He ultimately became such an expert in local geology that when William E. Logan was charged with establishing the Geological Survey of Canada in 1841, Wilson was one of the first people he called upon to give him the lay of the land. One of Wilson's discoveries — an enormous sandstone slab featuring the fossilized tracks of one of the earliest land animals (Climactichnites) — even adorned the wall behind Logan's desk in his Montreal office. Wilson also recognized the local abundance of the ore minerals apatite (a phosphate used in fertilizer), and phlogopite (a type of mica used as an insulator) that would later result in a thriving industry, now remembered at Murphys Point Provincial Park — home of the Silver Queen Mine underground tour — and brought to life through the annual Heritage Mica Festival.

Wilson's most notable contribution, however, was probably his description of the striking laminated texture he observed in the

granitic rocks of the area (as can be seen in the photo below). Rocks of this texture are now known by geologists all over the world as perthite, named in honour of its discovery location near the town of Perth, where the material for Clark's necklace was collected. In 1853, Wilson was himself immortalized by the Geological Survey of Canada when they named another of his discoveries after him.



This custom necklace by Stephen Clark is now in the Perth Museum Collection. It features Perthite — named in honour of the Ontario town where it was first described. Cut and rough stones are from Dr. James Wilson's original discovery location near Perth.

Wilsonite is often used in jewellery because of its beautiful rose-red or deep purple colour. Both the necklace pictured here and a second piece by Clark (featuring locally-sourced wilsonite), will become the centerpieces of a newly re-mounted display of Dr. Wilson's original rock and mineral collection at the Perth Museum this fall. Assisted by the Ottawa-Gatineau Geoheritage Project, staff of the Geological Survey of Canada and Carleton University, and members of the local mineral-collecting community, the efforts to restore the collection are

being coordinated as part of the Ontario's Highlands Tourism Organization's Recreational Geology Project <ontarioshighlands.ca/things-to-do/geology>.

Other, similar projects are being undertaken across the region in places like Bancroft (Mineral Capital of Canada), and Eganville (Ordovician Fossil Capital of Canada) as part of this larger effort to highlight the area's unique

geology, and to celebrate our uncommon geoheritage.

Are you related to Dr. Wilson (1798–1891), William Lees McLaren (1880–1932), or Archibald M. Campbell (first curator of the museum, circa 1936)? Do you have any information about the mineral occurrences and mining heritage of the Perth area, or anything related to the history of the collection? If so, please contact the Perth Museum at 267–1947, any day of the week.

For more information, contact Michael Bainbridge, <mjb@theoccurrence.ca>.



Selina Martin Triplets at Neat

Highly acclaimed Toronto-based, Ottawa Valley-raised songwriter and performer Selina Martin returns to her roots with her stellar trio Selina Martin Triplets to perform at the Neat Café in Burnstown on Saturday, September 15.

The last time Martin was in the region was in January of 2011, when her 5-piece band performed at the Almonte Old Town Hall. Neat Café is the perfect intimate setting for her current 3-piece band, who have been captivating festival and club audiences all year with their ferociously creative and engaging live show.

Compact and potent, Selina Martin Triplets are Annelise Noronha, Kevin Lacroix, and Selina Martin. They perform inventive arrangements using electric guitars, accordion, kalimba, kick drum, bass guitar, and three-part harmonies. They're touring on the strength of her most recent release, *Disaster Fantasies*. It was released in 2010, but is still being discovered by music writers and fans, with a feature article in the Toronto Star this past July. Later this fall, after returning to Vancouver to reprise her role in the hit musical *Do You Want What I Have Got? A Craigslist Cantata*, Martin heads back into the studio to begin working on the much-anticipated follow-up recording.

Tickets are \$15, the show starts at 8PM, and Neat is located at 1715 Calabogie Road in Burnstown. To reserve tickets, call 433–3205, email <info@neatfood.com>, or visit <neatfood.com>.

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In Praise of Quiet

by Rick Scholes

Everyone needs their quiet time. Quiet is a big reason people flock to their cottages on the weekend. That, plus clean air and water. The communities in which most of us live these days are filled with noise. I lived for a number of years in a house that backed onto Highway 401 near the corner of Yonge Street in Toronto. It doesn't get much noisier than that. The din of traffic never ceased, but the amazing thing was that after a period of time you got used to it, and almost didn't notice it. Almost.

A really big city jolts you like a dose of caffeine. Take New York City, for example. There is an energy you can feel that is difficult to describe but impossible to ignore. There is every kind of noise, smell, light and activity that you can imagine. Millions live there, but at what cost? Over-stimulated, yet blind to the night sky, deaf to the gentle sounds of nature, their biorhythms out of whack... It's unnatural for a place to be always open, always lit, always noisy. Humans are amazingly adaptable creatures, but modern cities popped up just yesterday on the evolutionary time scale.

Quiet is a very relative thing. Ottawa is quiet in comparison to New York, but noisy in comparison to Almonte. Ottawa has traffic and construction and machinery and sirens, but it does sleep for a few hours each day and more on Sunday. Suburbs are just slightly scaled down cities, with sirens, minivans choking the streets, busy shopping malls, and lawnmowers dueling on Saturday. In Almonte, sirens are rare and traffic mostly sparse, though these things inevitably increase as a community grows. You may still hear a clock tower tolling the hour, a waterfall, a church bell, a train horn (alas, no more), a choir of birds at dawn. A farm in Ramsay is quieter still — maybe some farm machinery noise by day, wolf howls at night, wind in the trees. Some would say boring, others would say peaceful. If we are fortunate, we land in a place that meets our need for quiet.

Looking for a thought-provoking non-fiction read this fall? Consider picking up a copy of Susan Cain's book *Quiet: The Power of Introverts in a World That Can't Stop Talking* from your local bookstore or library. I was hooked the moment I read the subtitle — good marketing, that. Images of people holding a cell phone to their ear while walking, driving, sitting in their cars, or eating, sprang into my mind. Everyone seems to be on the phone or texting. Just this morning I noticed a man in a suit pacing the sidewalk in front of my office building, apparently talking to a nearby tree — he was on a Bluetooth headset. Not an uncommon sight these days. (I'm considering wearing a fake Bluetooth gizmo just so people don't give me weird looks when I talk to myself in the supermarket.)

Cain's book is about quiet personalities, as opposed to quiet environments. Anyone who considers themselves an introvert will find a sense of validation reading this book. According to recent research, forty to fifty percent of the population is introverted. This stands to reason if you think about it, but the distorted perception we commonly have is

that introverts are just those few oddballs standing by themselves in the schoolyard or at parties. Not the case!

This book is a lively read. There are juicy anecdotes, surprising stories, and interesting studies quoted. It is well researched and well written. Both introverts and extroverts can enjoy it. Cain discusses introversion in the workforce, on the home front within families, and in children both at home and at school. Society tends to be geared for extroverts. The extrovert's tendency is to take over and run the show, while the introverts are, well, being introverted. Companies often rely on teams of staff and deploy them in offices with open-concept or cube layouts having minimal privacy, despite research findings that clearly show that innovation and productivity tend to come from individuals working alone in a quiet place where they can think. Some successful organizations and managers have figured this out. Personal relationships, too, can suffer when one partner is introverted and the other extroverted, unless they have intuited or learned the tools to compromise and understand their often opposed needs. Schools expect class participation and encourage group projects, often at the expense of losing the thoughtful contributions of the introverted children, who may be too reticent to speak up or aren't heard when they do. Society's reaction to this type of child or person is to say they have a problem, and must be taught to be more extroverted, more outgoing, more dynamic — in other words, to be someone they're not. To a degree this may be a good thing, but it does not mean we should always sacrifice our true nature and discard our strengths. If you have an introverted child, you may find this book a revelation. Especially if you're an extrovert and are worried that your child is too quiet or maybe even — horrors — antisocial.

It occurs to me that the world is biased towards extroverts in the same way that the news is biased towards the negative. Bad news is not the norm, but mainstream media coverage makes it appear so. Extroverts are not the norm, but their noise level and social dominance make it appear so. And according to Cain, many people who appear to be extroverted have simply learned this behavior over time. They have learned it in order to make friends, find partners, and achieve career goals; in order to appear "normal".

Regardless of the label placed upon us by how we behave or where we live, we all have our preferences for extroversion or introversion, for noise or quiet. It is possible to draw energy from solitude. Advertisers would have us believe that we need people, noise, music, parties, Facebook, cell phones, in endless supply. But few people need constant interaction, and few can be creative and productive that way. We all have characteristics of both the introvert and extrovert — it's a grey scale. And our need for stimulation also changes with time. It would be a mistake to champion one personality type over another, or country-living versus city. The world needs both. It's a matter of balance.

If yours is a quieter place than society seems to think is normal, don't give in to noise. You have more company than you think. You just can't hear them.

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That's a Good Question

Disclaimer: Please consult your medical professional, life coach and produce specialist before heeding any of the following advice. Got a question? Send Miss Write an email at <misswrite@thehummm.com>.

Dear Miss Write,

Why is it that some people find it reasonable to park right in front of the grocery store entrance and block traffic in and out, while the rest of us park in the parking lot?
Yours, Perturbed Parker

by Emily Arbour

Dear Perturbed,

I'm surprised you didn't get the memo! So here it is. There's a new group (you're not in it) that has permission to do whatever the hell they want. Actually, I think there's a membership you can buy, but it's crazy expensive and comes with a whole lot of baggage you don't want anyway. Let's not get into it. Next time you're confronted with one of these door blockers, look closely at the windshield or rear bumper of their vehicle. You'll see they have stickers on their vehicles indicating their elite status. You have to look really closely. It's a small little decal of the earth with the words "Centre of the Universe" around it in gold sparkles. Some of them wear sweaters and caps with the same logo bedazzled on a cat. Anyway. I think our hands are tied on this one.

Dear Miss Write,

Do smokers really not realize that throwing cigarette butts on the ground is gross and disgusting or do they think they actually decompose? Because they don't.

Sincerely, Litterally Annoyed

Dear LA,

You saw someone smoking? I thought smoking went out when lung cancer became so unpopular. I'm sorry to hear it. In all seriousness (sort of), the answer to your question is yes. Smokers really do not realize it's gross to toss their soggy butts out windows and on to our sidewalks and streets. The problem is that they don't know what gross is. These are the same people who put cigarettes in their mouths, remember. Lit ones, no less! Perhaps the best way to combat this problem is with an education campaign. Not unlike the ones you

might find on the cigarette packs themselves, but more effective, obviously. I could come up with something, but I usually write this column two days after my actual deadline so, you know, no time for brilliance.

Forgive me....

Dear Miss Write,

I'm dying to know why that guy bikes from somewhere way down March Road to Almonte and back around 5PM every day with full pants, jacket, gloves, cap (no helmet I might add), even in the hottest weather? WHY? The curiosity is driving me nuts.

Sincerely,

Bonkers about the Biker

Dear Bonkers,

That's my dad actually. He's training for a triathlon. In India. Thank you for the tip-off about the helmet however. I'll talk to him.

Dear Miss Write,

When people are interviewed (especially on CBC Radio), why do they often start an answer with "That's a good question."? It drives me NUTS because a good journalist is PAID to come up with good questions! And why don't reporters edit out that part of the answer when the interview is pre-recorded? I used to hear it once in a while but now I hear it several times a day. What gives?

Radio Ranting

Dear Radio Ranting,

That's a good question. (How could I resist!) I've always noticed this myself. I think the biggest reason interviewees start an answer with "that's a good question" is because they're trying to buy themselves some time to process the question and form an equally good answer. Also, I think it's kind of like a tick. Like "um". Like "like". Sometimes that's how I reply to these questions, but you know, I'm pretty famous so I have an editor.

— *Emily Arbour is a freelance writer (among other things) who lives and works in Almonte, Ontario. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking her one year-old son how to leave someone alone while they're trying to meet a deadline. Only difference is he doesn't have a column in this fine publication.*

Art at the Rowboat B&B

by Chandler Swain and Michael Reynolds

Our home is filled with handmade art. Much of the painting, sculpture, photography and ceramic pieces in the house were collected over the years as a result of our being involved in the visual art world. In my 35 years of showing my own ceramic art in galleries and at festivals, I have met many wonderful artists, and we often trade with one another for artwork that we love. In fact, one of the main reasons we moved to the Almonte area was because of all the friends we had there who were involved in the visual arts.

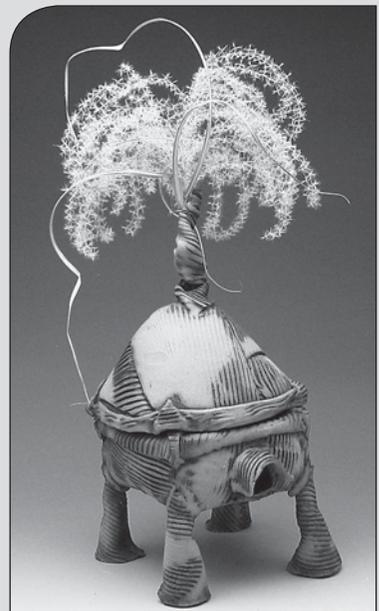
This fall, in our B&B, we intend to start formally exhibiting the work of local artists. This idea took shape after seeing how much our visitors loved seeing the art we already have everywhere in the house and garden. Being surrounded with the tangible result of artistic imagination and skill is inspiring on many levels. Handmade art can slow you down. It can bring moments of beauty and calm to a rushed life. It can make you see the world in a different way. It is healing.

I have worked at organizing art exhibitions (260 Fingers and The New Art Festival, to name a few) for many years, and now to do it in our home is very thrilling. Even more so when you have friends who make great art and are willing to collaborate! We hope the community will take the opportunity to come and meet these artists from the area. As there are insufficient venues locally for showing all the art that should be shown, we hope to help remedy that.

The following openings are all slated for Friday evenings from 6 to 9PM: September 7, paintings by Mary Pfaff <marypfaff.ca> and mixed media sculpture by Jennifer Ryder-Jones; October 5, Louis Helbig's aerial landscape photography <louiselhelbig.com>; November 2, recent paintings by Jennifer Noxon <jennifernoxon.com> and recent pottery by Chandler Swain <chandlerswain.ca>.

The works will be on display during the rest of their month, by appointment or chance. We are located on the Mississippi River in Blakeney, just west of Almonte. For more information, please visit <therowboat.ca> or call 256-6522.

Mixed media sculpture (like this "fairy fart house") by Jennifer Ryder-Jones will be on display at The Rowboat B&B in Blakeney beginning on Sept. 7



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Dwyene MacNabb 613-752-2438

A Benefit Concert with Heart and History

In late September, people in the area will have the unique opportunity of celebrating one of Perth's longest running cultural institutions while helping raise awareness for a treatable yet incurable form of cancer.

On Sunday, September 23, at the Stewart Park Bandstand, the Perth Citizens' Band will

by John Pigeau

premiere the song *Myeloma March* during a free benefit concert for myeloma awareness. The Perth Citizens' Band, the oldest continuously operating band in Canada, is celebrating its 160th anniversary. Concert organizer Jackie Seaton, who was diagnosed with multiple myeloma over a year ago, saw this as the ideal time to celebrate the band's long-standing history while raising awareness about myeloma.

"When I read an article in the Perth Courier about the incredible longevity of the band," he says, "I had this vision of them as a marching band — which they are not — but I thought: 'Wouldn't it be great to have them involved in a *Myeloma March*?' — whatever that might mean. The idea of commissioning a piece followed naturally."

Next, Jackie approached his friend and local composer Jack Hurd about writing the song. Hurd "leapt on the idea," Jackie says. "He was all over it from the start and within a few weeks he had a score ready." The result was the upbeat *Myeloma March*. The Perth Citizens' Band, Jackie adds, was equally enthusiastic about the song and the benefit concert.

"Jack and the Perth Citizens' Band have been unstintingly generous with their time and enthusiasm. They have really caught the spirit of this thing as a vehicle for awareness about a relatively unknown disease. We are all preparing for a good time in Stewart Park. We even got Mayor Fenik to volunteer to be our MC."

Marches for Myeloma will take place in nine other cities in Canada on September 23, but Jackie wanted to make the march in Perth stand out. Hurd and the Perth Citizens' Band were both quick to support Jackie and his quest for further myeloma awareness and research, and he is truly grateful for their time, enthusiasm and assistance.

An upbeat, jolly fellow, Jackie looks for every opportunity to spread the word about multiple myeloma in Perth, and he is especially proud to support the

diagnosis, Jackie has had a stem cell transplant and his immune system has rebuilt itself successfully. In short, he reports quite thankfully, he is "feeling normal again."

However, as the disease is currently incurable, every multiple myeloma patient will relapse, and that is why ongoing research to find a cure for the disease is absolutely critical. Multiple myeloma, a cancer of the plasma cells, is the second most common blood cancer after Non-Hodgkins Lymphoma. Each year 1,200 new patients in Canada are diagnosed.

Jackie is also a proud member of the Multiple Myeloma M-Moving Together Toward the Cure team. The team raises funds for MM research at the Princess Margaret Hospital. Over the last seven years, the team has raised over \$2.2 million. The team is committed to raising awareness and bringing hope to the many MM patients and their families who live with this disease.

Jackie explains that: "you would be surprised at how many families it touches. I know most of the myeloma patients in Perth personally, but I still get calls just about every month from both acquaintances or strangers who have lost a family member or friend to it in the last decade, just before the time when research could effectively control myeloma and transform it from a fatal disease to a chronic disease."

Unfortunately, he adds, the symptoms of myeloma "often fly below the radar because they are common to other benign conditions that health providers see every day. Multiple Myeloma is a blood cancer, but blood starts in the



Composer Jack Hurd rehearses his new *Myeloma March* with the Perth Citizens' Band in preparation for their concert on Sept. 23

bone marrow. So myeloma commonly affects the condition of the bones and at the same time usually causes fatigue by crowding out the oxygen-bearing red blood cells. I'm not a doctor, but I am a patient and I would say that if you are simultaneously both tired and have specific, non-healing bone issues such as ordinary back pain, (and who doesn't have these every so often?) then ask your medical provider to look at the possibility of blood disease."

"I was so lucky to have had an observant doctor who thought to ask these questions himself when simple blood tests failed to account for my persistent fatigue and lower limb achiness. He virtually saved me from permanent bone and organ damage."

As they did last year, Jackie and his wife Joni Seligman will be raising funds online to support new research and trials at the Princess Margaret Hospital, one of the leading myeloma research institutions in the world. The link to their personal fundraising page can be easily found at <emptybowls.ca>. Last year's walk for myeloma, which Jackie and his volunteer team organized, raised \$13,000.

If people would like to help out financially or learn more about myeloma, Jackie suggests they "go to Myeloma Canada <myeloma.ca> for the medical stuff and come to our concert for a good time. If you can afford to help financially to fund the phenomenal myeloma research and trials being done at Princess Margaret Hospital, then please visit the donation page at <emptybowls.ca>."

Rain or shine, the benefit concert featuring the Perth Citizens' Band will take place at the bandstand in Stewart Park at 2PM on September 23. Mayor Fenik will be hosting the event and Jackie and Joni will be in attendance. Complimentary baking and refreshments will be provided, but you may wish to bring a lawn chair.

If you would like to learn more about the history of the Perth Citizens' Band, please visit their <perthband.ca> or read the wonderfully written and thoroughly researched book *Sound The Trumpet: The Story of the Bands of Perth 1852-2002*, penned by local writer and music historian Daphne Overhill.

Multiple Myeloma

M-Moving Together Toward the Cure

FREE CONCERT

160th Anniversary of the Perth Citizens' Band
A Benefit Concert for Multiple Myeloma Awareness

The world première of the

"MYELOMA MARCH"

**Original music by Perth composer Jack Hurd
played by the Perth Citizens' Band
for Myeloma Awareness.**

**At the town Band Shell, Stewart Park, Perth
Sunday, September 23rd, 2012
at 2 pm**

Home-made baking and refreshments provided.
Come and join us for Myeloma awareness
Good idea to bring a lawn chair!

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For more information, please visit: www.calabogie.org*



Art at the Rowboat: Openings

Friday Sept 7, 6-9PM paintings by Mary Pfaff (www.marypfaff.ca) and
mixed media sculpture by Jennifer Ryder-Jones

Friday Oct 5, 6-9PM "Aerial Perspectives" photography: Louis Helbig (www.louishelbig.com)

Riverside B&B,
Blakeney, Ontario
www.the-rowboat.ca

Flavour of the Month

Coming Up Castlegarth

The village of White Lake may not necessarily jump to mind when thinking about trend-setting culinary hotspots, but you just might want to think again! This unassuming and picturesque town on the eastern shore of, you guessed it, White Lake, is home to one of the best-kept secrets of culinary creativity, integrity and taste in the region.

by Susie Osler

Matt and Jenn Brearley own and operate Castlegarth Restaurant and Food Shop and, for the past ten years, have been walking their local food talk and finding ways to unite their ideals, aspirations and dreams with realistic restaurant practices. The couple met at the Stratford Chef School <stratfordchef.org> where they received their training from some of the best in the business. In the years following, between them, the two banked many years in the some fairly illustrious locations — working for notable restaurants in Toronto and Ottawa such as Domus and Zucca Trattoria, The River Café in London (England), and as private chefs for the Weston family. These years gave them a firm foundation on how to run a restaurant, and helped to shape the philosophy and vision that they have brought to Castlegarth.

But from the big city to White Lake? After years of working in restaurants owned by others, it was time to create one of their own. After dedicating a year to developing a business plan, and recognizing that real estate and leasing opportunities in any city were unrealistic for the type of lifestyle they wanted to have, they started looking at smaller places. Peterborough was a possibil-

ity but, in the end, the price was right and the place was found in White Lake. It also happens that Matt grew up on a farm, where his parents still live, just about a mile down the road from the restaurant! Much of the produce used in the restaurant is grown there by his parents and, starting this year, also by young farmer Cassandra Lethbridge, who they hired to help. Other foods are sourced from local producers — pork, beef, lamb, wild boar, quail, chicken to name a few... berries and fruit, grain and oils, wines, beers, wonderful cheeses, and all sorts of seasonally available foraged foods, to name a few more.

For those who shy away from pretention but who love the pleasure of eating great food, this is the place for you. The attractive heritage house that Jenn and Matt bought in White Lake ten years ago is intimate rather than intimidating. Castlegarth means “castle garden” in Old English, and refers to the vegetable gardens surrounding a medieval castle. It was the name of Matt’s great-grandmother’s house in England, and was chosen as the name of the farm that Matt’s parents moved to in 1972. If you read about it on their website (which is a beautiful and comprehensive site), you can begin to understand how Matthew got his “food foundation”.

A tray of incredible-looking butter tarts, just pulled from the oven, was cooling in the middle of the store when I arrived. Other visual delights and mouth-watering temptations included a freezer full of take-away meals (like Moroccan-spiced Cornish hen), homemade ice cream (I bought and have since devoured their “Ontario Apricot and Vanilla” — delicious), an excellent cheese selection, and an inspirational display of cookbooks and culinary reference books. In fact,

while enjoying my very delicious meal of seared quail with chard, leek and Back Forty risotto (sigh), I flipped through two gorgeous cookbooks from a couple of Matt’s favorite restaurants — Joe Beef in Montreal, and noma, in Denmark. Both restaurants have in common the commitment to delving deeply into regional food histories and traditions (Quebe- cois and Nordic respectively) and redefining what “local” food culture can become (visit noma.dk and joebeef.ca for a taste). And so too do the people behind Castlegarth. What I find so refreshing about restaurants such as these is the way they combine the logical and oft-cited arguments for “local”, with an exciting and infectious creativity that has the potential to bring the spirit of local food to life in new ways. Food traditions are being unearthed and drawn from, and honoured. Regional products, including wild-foraged ingredients, are being sourced and used in inventive ways. Relationships are being forged between people and producers based on understanding, respect, and value; but beyond that, rediscovering and reinventing regional food traditions is being used to more deeply connect people to the land they inhabit, its history and culture, and the everyday act of eating.

I have begun thinking of Castlegarth as “The big little restaurant/farm/family that can (and IS)”! Matt and Jenn somehow juggle a marriage and two kids with running a restaurant (Matt is the head chef, Jenn runs the front of the house), nurturing new and old relationships with producers, sourcing new retail products from Ontario and elsewhere that they believe in, developing a growing catering business, and starting a new home-delivery meal service! The passion, vision and attention to detail they bring to every aspect of their business, and I suspect to their lives, is not difficult to detect and is truly inspiring. The reason they do it? To give people the opportunity to sit down and forget their troubles for a spell, while they nourish their bodies, hearts and minds through the act of eating. I think that is called generosity!



Matt & Jenn Brearley

Who They Are

Castlegarth Restaurant & Food Shop
Matt and Jenn Brearley
90 Burnstown Road, White Lake, ON K0A 3L0
623-3472, <info@castlegarth.ca>, <castlegarth.ca>

What They Offer

Restaurant and Food Shop “where chef, forager and farmer co-exist.” Award-winning cuisine made from, and inspired by, in-season and regionally sourced foods.

Hours: shop — Wednesday to Sunday from 3PM
restaurant — Wednesday to Sunday from 5:30PM

Concord Grape Focaccia

makes 2 (you will want to eat both)
200 ml warm water
1 ½ tsp sugar
1 ¼ tsp active dry yeast
3 Tbsp melted butter
2 cups flour (we use 1 cup unbleached & 1 cup Red Fife)
½ tsp salt
concord grapes
rosemary
coarse sea salt
olive oil

Combine the water, sugar, yeast and butter in a glass measuring cup and allow to sit for ten minutes. Add the flour(s) and salt to a large bowl (this can be done in an electric mixer) and slowly add the liquid while stirring with a wooden spoon until combined. Dump onto a lightly floured surface and knead (if the dough is a little sticky, flour your hands). Knead until the dough just starts to tear. Place in a lightly oiled bowl and rub with olive oil. Allow to double in size. When the dough has risen, put it back on the lightly floured surface and divide into two balls. Flatten into rough circles about eight inches in diameter, and put on an oiled baking sheet. Allow to double in size. Preheat oven to 400°F. When dough has doubled, with your fingers, poke dents into the surface of the dough and scatter with grapes, rosemary and a light sprinkling of coarse sea salt. Bake until bottom is lightly golden.

And accolades for their efforts are starting to come in. They were recently granted membership to Anita Stewart’s prestigious Food Day Canada <fooddaycanada.ca> list. And they have been listed as one of the Top 10 Ottawa-area restaurants by *Ottawa Magazine!*

Be sure to check the website to keep abreast of upcoming events, like the first of their Know Your Farmer dinner series on Friday, September 21. These dinners will spotlight some of their individual producers — the first featuring pork and lamb from Donegal Farms. See you there!

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Humm Bits

Salute the Sun and Help Survivors

Bryde Kelly is a woman on a mission — to provide hope and healing, locally and globally, through yoga, and with your help. In order to raise funds for the Global Seva Challenge 2012, she will be offering yoga classes, by donation, in Pakenham.

Since 2007, the Seva Challenge has raised over two million dollars for projects in Cambodia, Uganda, South Africa and Haiti. This year, it aims to raise awareness of the root causes and impact of the global sex trafficking industry, support organizations in India that are providing refuge, rehabilitation and economic opportunities to survivors, and empower survivors to lead lives with dignity and respect.

Bryde is offering yoga classes at Pakenham's municipal beach on Wednesdays at 6PM and Sundays at 9:30AM — weather permitting — throughout the month of September. Come out and bring a friend for a relaxing yoga class by the river. Pay what you can; all proceeds will support these organizations in India that are providing support and empowerment to the survivors of human trafficking. For more information on the challenge, see <crowdise.com/BTCCBrydeKelly> or contact Bryde at <Bmk808@sympatico.ca>.

What Can I Expect at a PFLAG Meeting?

PFLAG Canada is a national organization that helps all Canadians who are struggling with issues of sexual orientation and gender identity. Chapter meetings begin with a brief statement from the Chapter Leader, followed by a round of introductions from those in attendance. People often mention why they have come: some wish to learn, some may be experiencing a difficult adjustment and others attend just to provide support. Almost everyone who attends PFLAG Canada has been directly affected by issues pertaining to sexual orientation or gender identity (individuals, parents, family members and close friends), but there are also allies who attend because they care deeply about social justice and equality for members of the rainbow community.

The Chapter Leader opens with a few brief remarks and invites comments from those in attendance. A discussion ensues from the thoughts and experiences that are brought forward. People share their personal joy and pain; insight and hindsight and some of the wisdom they've gathered along the way. Almost always, people leave with a little more strength and courage to face the challenges they meet every day.

PFLAG Stittsville welcomes everyone to meet the last Tuesday of each month, from 7 to 8:30PM at St. Andrew's Presbyterian Church Stittsville, 2 Mulkins Street (corner of Main Street). For more information, please visit <pflagcanada.ca>.

Looking to "Be Your Best"?

Jennifer Laale is offering a number of her very popular performance-based classes again this year through her "**Be Your Best**" Performing Arts School. She offers programs in improv and musical theatre, as well as classes geared toward film and TV, Glee, and YouTube promotion. There are two upcoming opportunities to meet her, find out more about the programs, and register yourself or your children. On September 5, Jennifer will be at Mississippi Mills At A Glance from 7 to 9PM at the Almonte Arena, and on September 11 she will take part in the Beckwith Sign-Up night from 6 to 8PM at Beckwith Public School.

Then on September 17, all the big kids (at heart) are invited to St. Paul's Anglican Church in Almonte from 8 to 9PM for a free introductory **Adult Improv class**. No experience is necessary, and Jennifer always provides a safe and supportive environment in which to stretch your performer's wings. Leave your stress (and your kids) at home and come for laughter therapy! To confirm your attendance at the free class, or for more information about any of Jennifer's programs, please call 256-8228 or visit <beyourbest.ca>.

Gee-Gees Bring University Football to Beckwith

The University of Ottawa and Beckwith Township announce that university football is coming to Beckwith Park, which will serve as the Gee-Gees' home field for the 2012 football season.

Some future partnerships with the local football community are planned, including barbeques at Gee-Gees games, and season ticket sales, the proceeds of which will be partially donated back to local football programs. The **home opener** is set for Saturday, September 15 at 1PM, when the Gee-Gees will host the defending Vanier Cup champions from McMaster. Season tickets are \$35, of which \$10 goes back into the local football community. Full schedule and ticket information are at <geegees.ca>.

The Pumpkin Partnership

by Art & Janet Horton

Successful partnerships are the lifeblood of community initiatives, and Mississippi Mills certainly benefits from the countless volunteers serving their community.

This year, a group came together to provide an opportunity for children to have fun by participating in the inaugural **Pumpkin Growing & Decorating Challenge**, as part of the annual Crown & Pumpkin Studio Tour. This popular studio tour, held each Thanksgiving weekend and featuring local artisans, is celebrating its 16th season. Tour members Art and Janet Horton spearheaded the pumpkin initiative, and enlisted the participation of the Almonte Horticultural Society, the Royal Canadian Legion Ladies Auxiliary, and the Ontario Early Years Centre Lanark.

The objective was to engage young children and stimulate their interest in arts and crafts, give them a sense of accomplishment and fulfilment associated with growing and decorating

their own pumpkins, and foster an early interest in gardening.

In late April, pumpkin-growing kits were assembled, comprising soil, seeds and growing instructions. The kits were then distributed to local Brownie, Sparks and Beaver troops. On Thanksgiving

The public is asked to vote for their favourites in three categories: growing, growing and decorating, and decorating a pumpkin supplied by the horticultural society. Voting will take place throughout the weekend and winners will be announced at noon in the Legion Hall on Thanksgiving Monday.

In spite of the challenging growing conditions this year, the partnership is relying on the public to drop by the Legion and show their support for the children. Additionally, they hope you take time to visit the artisans of the **Crown & Pumpkin Studio Tour** and further, to learn more about the exciting opportunities of membership in the Almonte & District Horticultural Society.

Volunteers help make our community strong and vibrant, but they rely on the support of the public to witness, firsthand, the results of their efforts. Please join us and make this inaugural initiative a mutual success.



weekend, the Legion Ladies Auxiliary and Branch 240 will serve as the food and refreshment stop on the Crown & Pumpkin Studio Tour, and are proud to display the pumpkin contest entries in the Legion Hall.

Skirmish At Union Hall!

Mark Saturday, September 29 on your calendar — Union Hall will once again be hosting live music at an affordable price.

This time around, community members will be treated to a performance by Lanark County's **The Skirmish**, a band dedicated to bringing over-the-top rock and roll energy to the delivery of Celtic-based material. Their repertoire includes songs, jigs and reels from Scottish, Irish and Maritime sources, along with material from Stan Rogers and Great Big Sea, and their own compositions.

Band members include bandleader Bill Cameron (vocals, mandolin, guitar, pennywhistle and bass), Linda Grenier (vocals, rhythm guitar and percussion), Victor Maltby (fiddle and vocals) and Gary Glover (bodhrán). The band is kept busy playing at pubs and restaurants throughout eastern Ontario, and has performed at various events such as Almonte's Celtfest, the Elphin Roots Festival, and the Stewart Park Festival in Perth.

So come on out and enjoy good music and good company,

with a coffee-house feel, on September 29. Tickets are \$10 per person at the door. Seating is limited, so to reserve tickets contact Linda Camponi at 256-2277 or <camponi@storm.ca>. Entertainment starts at 8PM.

Union Hall, located at 1984 Wolf Grove Road at Tatlock Road, has been serving the neighbourhood for more than 150 years. The hall is maintained by community members with the support of the Town of Mississippi Mills.

Christmas in the Valley Artisan Show

Come shop in a relaxed and festive atmosphere
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Exploring Fibre Roads

by Kylie Kendall

With Almonte's annual and very popular Fibrefest coming up this month, a new organization called Fibre Roads has caught the interest of *theHumm*. Initiated by Susan Berlin, Fibre Roads plans to provide a network service to fibre raisers and artisans that will connect members of the local fibre art world, and at the same time promote textile art-work to the public.

Susan thought up the idea for a fibre-related network when she moved to Lanark County and was impressed by the number of really good artisans working with locally-raised fibres. The interesting textile history of our area further intrigued her, so she decided to take action.

"As everywhere, most people had neither the time nor inclination nor training to promote their work," Susan said. "It all seemed a shame to me, and I called together some of the people I'd come to know with the proposal that, if we worked together, we might be able to promote 'buy local fibre work' in much the same way that farmers have banded together to promote local produce."



Though the network will make communication between fibre raisers and artisans more accessible, Fibre Roads has found that there is not necessarily a distinction between the two groups — many of those who raise fibre animals also knit, weave or felt, using their own fibre products, making it a very sustainable art form. Therefore, says Susan, the need for this network was not due to a lack of communication between growers and artisans, but rather to two common problems within the community: "first, finding ways to make themselves known; and (more importantly) in this big box store, throw-away world, to help the general public understand the value of handcrafted 'heirlooms of tomorrow'."

Lanark County residents who are interested in buying and eating locally might know of a website called <lanarklocalflavour.ca>. The Fibre Roads network website will have a similar concept, but with more of a focus on design, according to Susan.

There will, of course, be an emphasis on buying locally, but additional features will include monthly profiles on members' work, links to members' websites, features on local fibre-related events, information about fibre-art classes, features about less-known knitting and spinning fibres (such as llama, alpaca, mohair and doghair), and links to articles about Fibre Roads as well as other organizations that promote fibres and "buy local" initiatives.

To learn more about Fibre Roads, you can visit their tent at the **Middleville Fair** (September 15) to see displays of locally grown fibres, yarns, rovings and more, as well as products made by their members. There will also be demonstrations of carding, spinning, weaving and possibly dry felting — you can even try some of them out for yourself!

Fibre Roads members will also be talking with fair-goers about their own family histories with fibre products. For example, Susan asks: "Did your grandmother have a spinning wheel? A loom?" These valued family heirlooms, Susan explains, are being recreated in the "heirlooms of the future" crafted by today's local artisans.

Fibre Roads will also be presenting at the Ottawa Farmer's Market in September, where they will display samples of raw fibres raised, and products crafted by members, and will demonstrate the necessary skills to create fibre products.

"And we will talk to people — a lot — about this area's historic position as the heartland of Canada's textile production, and the fact that a 'new textiles' industry is growing up here today," Susan adds. "And, of course, why they should support that industry by buying local."

Of course, you can catch Fibre Roads at Almonte's **Fibrefest** on September 8 and 9, where they will have similar displays, demonstrations and information available, but will also be inviting new artisans to consider joining them as members. Membership offers increased publicity and a larger market for members' individual work, as well as valuable information and connections within the local fibre community, and the opportunity to promote the value and beauty of textile products to the general public.

Future plans include organizing displays featuring a variety of artisan products, like clay-work and handcrafted furniture, alongside fibre artisans' work, to help promote textiles within the local art world.

"After all," she said, "that's the way we live, with beautiful objects in our homes." — *Kylie Kendall is theHumm's summer intern, and we wish her all the best in her second year of journalism at Carleton U!*

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Do you have an interest in the criminal justice system? Do you want to help youth in conflict with the law? Are you interested in a community response to crime where people voluntarily take responsibility for their actions and are held accountable? Are you ready to make a real difference in the lives of people in your community? Do you want to work flexible volunteer hours according to your schedule? How would you like to network with other professionals who are committed to helping make Lanark County a safe place to live and work?

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LCCJP is the Supporting Agency to the Lanark County Youth Justice Committee, and is a Member Agency of the United Way of Lanark County, we are also 2012 Ontario Trillium Foundation recipients



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or call 613-278-2939 to reserve tickets for pick-up at the door.

Hanging Around the Valley

What's Hanging...

Prophetic Arts in Perth

On Saturday, September 15, the Prophetic Arts Group will present an **Art Show and Sale** at Glad Tidings Pentecostal Church, 160 Wayside Drive in Perth. The show is sponsored by Oak Lane Studio and features a small group of Christian artists who meet weekly, in Brenda Wright's studio, to collectively produce inspirational works of art.

This is an introductory showing of a collection of works done over the past year by the group; an estimated body of forty to

by Miss Cellaneous

fifty pieces of uniquely "prophetic" (God-inspired, biblically based) paintings. Many of these will be accompanied by written interpretations, including the biblical inspiration and the process of its development through to completion.

Also included in the show is some student work done by two budding artists who are mentored and taught by the group: Autumn Wright and Krystalyn Jacques.

The show will run from 10AM to 4PM, with a demonstration by one of the participants slated for 1PM. The artists will be available to personally meet and greet. Organizers also plan to set up a tent outdoors where children and youth can experience the painting process hands-on. Materials will be provided for those who wish to participate.

Merrickville Artists' Guild Studio Tour

Artists in Merrickville know that when the leaves begin to turn, the time has arrived to tidy up their studios and throw open their doors for the annual Merrickville Artists' Guild Studio Tour. This year the tour will be held from 10AM to 6PM on the weekends of September 22 & 23 and 29 & 30.

Over twenty-eight years this self-guided tour has become a tradition welcomed by the artists. Art lovers from eastern Ontario, western Quebec and beyond mark their calendars in anticipation. Using a full-colour glossy brochure (available in most stores and studios in the village), visitors are able to create their own tour, based on their interests. All participating studios are designated by distinctive signage.

The picturesque village of Merrickville and its surrounding countryside form the backdrop for the tour. For decades, its heritage buildings, quaint shops, 19th century charm, and rural vistas have attracted artists and craftspeople of national and international renown. In all, there are twenty-seven artists and craftspeople taking part in the tour, including painters, mixed media artists, sculptors, potters, a photographer, a glass blower, a quilter, a gourd artist, a letterpress printer, textile artists, an iron founder and a maker of rustic furniture.

What better way to spend a weekend than talking to the artists and craftspeople of the Merrickville area about their work? Enjoy exploring their studios and galleries and leave with an original piece of art!

For more information and the online brochure, visit <merrickvilleartists.com>, or call 269-3886.



The Merrickville Artists' Guild Studio Tour takes place on the weekends of Sept. 22 & 23 and 29 & 30

Crown and Pumpkin Studio Tour

Every Thanksgiving weekend, artists and artisans in Mississippi Mills open their studios to visitors. It's a chance to meet the artists, learn about their work, and see the environments that inspire them. Often it is as much about the creative spaces as it is about the work. This year, the Crown and Pumpkin Studio Tour celebrates its 16th anniversary with a great lineup of forty-six artists, exactly half of whom are new to the tour.

"Visitors are always interested in the space we've built onto the big rock behind our house. It's not every day you get to see pottery displayed in a place that is not only built on a huge rock outcrop, but that incorporated the rock inside," says ceramic artist Saskia Praamsma of Clayton. "And the tour lets you see the inside of Moondance Gallery across the street. The whole place is a piece of artwork and it's always changing."

Artist Sarah Moffat will be opening her studio in the old Almonte Flour Mill, a stunning space with a great view of the river. Or you can take a peek at Richard Skrobecki's studio and garden. It's cleverly hidden in a nice little house on the corner of Euphemia and Hope Streets in Almonte.

Blakeney features the studio of potter Chandler Swain, located on the river at her Rowboat B&B, and Willow Creek Studio is the home of painter Kaija Savinainen-Mountain. Her huge garden offers inspiration and a place to dig while contemplating her



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... in September — and Beyond!

next project. These are just a few of the interesting and inspiring artists and locations that you'll see.

The tour runs Thanksgiving weekend, October 6, 7 and 8, from 10AM to 5PM daily. Admission to all stops is free. Brochures will be widely available at shops and public locations in Mississippi Mills and the Ottawa area. Find details at <crownpumpkin.com> and check out their Facebook page, "Crown and Pumpkin Studio Tour" for previews of the work of the tour participants.

For more information contact Barbara Mullally at 256-3647 or <barbara.mullally@gmail.com>.

To Arnprior... and Beyond!

The Arnprior and Beyond Arts Association (ABARTSA) will hold its first annual **Arnprior and Beyond Arts Discovery Tour** on September 29 and 30, from 10AM to 4PM each day.

This studio tour will guide visitors on a scenic route as they visit nine participating studios in Arnprior, McNab-Braeside, Renfrew and Pakenham. At each studio, between one and four local artists will display examples of their work and have information on various art workshops offered by many of the artists. A wide variety of artistic media will be represented, including oil, acrylic and watercolour painting, byzantine icons, handmade jewellery, art photography, digital art, blown glass, mosaics, metal sculpture, wood carving, and painting on eggshells.



Byzantine icons by Suzanne Massie Manchevsky will be featured on the ABARTSA tour

In total, twenty-four individual artists are participating in the tour. Brochures will be available at local and regional stores and organizations.

ABARTSA is a group of dedicated, professional artists interested in promoting the arts within Arnprior and the surrounding communities, through public exhibitions, affiliations with businesses and government, workshops, and supporting the community.

Further details about the association and the tour can be found at <abartsa.wordpress.com> or by contacting Norman Manchevsky at <nm@visionor.com> or 623-9951.

Calabogie Artfest

On Saturday and Sunday, September 29 and 30, Calabogie will host the 12th annual Calabogie Artfest... but with some changes. This year's show will be held at Barnet Park on beautiful Calabogie Lake and will be presented by the Bogie Arts — a group of artists from Calabogie and surrounding area. Except for a few talented newcomers, nearly all of the artists have shown their work in previous Artfests. They will once again provide a delightful tearoom, hosted by the Calabogie Arts and Crafts, serving delicious homemade goodies on the wide Barnet Cottage veranda overlooking the lake (and featured at right in the painting by Dwyene MacNabb). Artfest will be associated with both the Festival of the Senses and Rural Ramble, so please watch for the signs and come for a visit. Enjoy free parking and free admittance. Artfest runs 10AM to 4PM both days.

Perth Autumn Studio Tour

On Thanksgiving weekend, the Perth Autumn Studio Tour celebrates their 20th anniversary and offers you the chance to win a \$200 gift certificate! Visit twenty-four popular artisans (including seven new guests) in seven rural studios, with minimal driving in between, only a one-hour drive from Ottawa or Kingston. All exhibited work is for sale and some artists will be demonstrating their creative process in their studios. Enjoy a harvest lunch at the Brooke Valley School, stop by field-work open-air art project, and support the Empty Bowls project.

See the website <perthstudiotour.com> for a map or pick up a brochure at local stops. The studios are open October 6 to 8, 10AM to 5PM daily. See the website or call 267-5237 for further information.



The Barnet Cottage veranda (featured in this painting by Dwyene MacNabb) will host this year's Calabogie Artfest tea room

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Proceeds from calendar sales will benefit Communities in Bloom and several other local charities. Calendars will be available to purchase that evening and in many local stores starting Sept. 20, 2012.

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Communities in Bloom is a Canadian non-profit organization fostering civic pride, environmental responsibility and beautification through community involvement. Mississippi Mills joined the program in 2011.

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Lineup is Out-of-Folkus Until September 30

Folkus, Almonte's roots music series, is trying something new. They're keeping their lineup under wraps until a special launch party on September 30, from 4 to 6PM. They'll be hosting a listening party with bevvies — and you are invited! Tickets to the launch will be available after Labour Day for \$10 at Mill Street Books, and from the usual suspects. Launch attendees can apply the value of the ticket to their season's pass (also available at the party). Watch the Folkus website <folkusalmonte.ca> and Facebook page <facebook.com/FolkusConcertSeries> for details.

The Folkus Concert Series has a mandate to promote Canadian talent for local audiences. They present roots-based acts, but the definition of roots is broad. Concerts are held on four Saturday evenings between November and March in Almonte's beautiful Old Town Hall.



September 30, 2012

Schedule of Events

8:00 ~ 10:30 am
Registration: Fee: \$25.00
The Cove, Westport

3:30 pm Paintings In to
The Grist Mill Gallery
Westport

4:00 pm Reception and
Awards Ceremony
The Grist Mill Gallery

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Pulse-pounding Thriller Premieres in Perth

Are you afraid of the dark?

When the lights go out, many of us are paralyzed by a crushing sense of helplessness, waiting breathlessly for the lights to come back on. It's no wonder that people who are blind for life must develop extraordinary skills — not to mention courage and character — and the trust to rely on the kindness and understanding of others.

But what if the world isn't kind, and a malevolent force lurks in the darkness. What you don't see can hurt you...

That's the terrifying premise of Frederick Knott's enormously popular suspense classic *Wait Until Dark*, the first production of the **Studio Theatre's** 2012–2013 season, premiering on October 11.

In *Wait Until Dark*, Sam Hendrix and his blind wife Susy are persuaded by a mysterious woman to transport a doll across the Canadian border. Unbeknownst to them, a quantity of heroin is sewn inside the doll, heroin that a sinister con man named Roat desperately wants to acquire. When the mystery woman is murdered, Roat uses a clever ruse to convince Susy that the police suspect Sam in the wom-

an's murder, and that the doll is evidence. Susy refuses to reveal the doll's location, realizing that she is the victim of a bizarre charade. Soon a deadly game of cat and mouse ensues between Roat and Susy, and she realizes that the only way to win is to turn her handicap to her advantage. So when darkness falls she turns off all the lights, leaving both of them to maneuver in the dark until the game ends...

Wait Until Dark is directed by Norma Cummings, and stars several well-known local actors, including Danielle MacDonald, Hugh McCulloch, Paul Roach, Lucas Tennant, Alfred Von Mirbach and Meaghan Brackenbury — an all-star cast in one of the most popular thrillers of all time.

Performance dates are October 11, 12, 13, 19 and 20 at 8PM, with 2PM Sunday matinées on October 14 and 21. Tickets are \$20 cash at The Book Nook in Perth, \$22 at Tickets Please (ticketsplease.ca, 485-6434), and \$22 cash at the box office on show nights. Students with ID pay just \$10 at the door. The Studio Theatre is located at 63 Gore Street East in Perth. Visit <studiotheatreperth.com> for group rates and further details.

Harvest Lanterns Light the Night

On Saturday, September 29, the warm glow of lanterns of all shapes and sizes will illuminate the path of Carleton Place's community labyrinth for the 4th annual **Harvest Lantern Labyrinth Walk**. Festivities begin at 7PM behind the Carleton Place & Beckwith Heritage Museum, at the corner of George and Baines Streets.

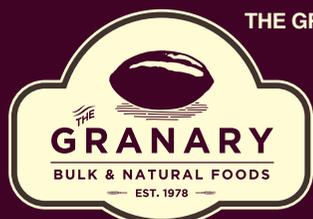
The Labyrinth Committee (TLC) invites you to bring out your lanterns and join an evening walk. Hundreds of flickering luminaries will be set up along the labyrinth's path and colourful handcrafted lanterns will be set aglow in Carleton Place's recently declared "Labyrinth Park". TLC Chair Debby Lytle says: "along with a candlelit path, expect to enjoy music and free refreshments — all chosen for the harvest theme. For those new to the labyrinth experience, it's a perfect chance to visit the site and discover the serenity and simplicity of walking a labyrinth."

The Harvest Lantern Labyrinth Walk has become a popular fall event, as individuals and families from across the region bring along their festive lanterns, enjoy a walk in the crisp autumn air, and cozy up to a roaring bonfire. Garden benches and a wheelchair accessible contemplation ring encircle the labyrinth for those who wish to relax and watch the candlelight. Thanks to support from the Ontario Trillium Foundation, the Town of Carleton Place and individuals and businesses within our community, this permanent labyrinth exists for people to use at any time. Volunteers from TLC are also available onsite each Tuesday from 9 to 10AM throughout the fall to answer any questions you may have. For more information, contact Debby at 257-1014 or visit <carletonplacecommunitylabyrinth.blogspot.com>.

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2013 Calendar: Baring It For a Good Cause

The models in the 2012 **Nudes of Mississippi Mills** calendar told of some interesting reactions when their families saw their photos in the finished product. Several family members were amused, some quite proud and some, especially teenage children, were appalled that their parents would expose themselves with such abandon. Well children, hold onto your cell phones and prepare to be appalled again — the 2013 edition of the Nudes of Mississippi Mills calendar is about to be launched.

Photographer Robin Andrew took a break from her regular work at Unposed <unposed.com> to capture thirty residents of Mississippi Mills demonstrating their talents, hobbies or work. The bird-watchers, musicians and golfers enjoyed warm weather while in the all-together, but for the curler and skier exposed to -10°C with a strong wind chill, posing in the nude definitely presented a challenge — luckily the goose bumps are not visible.

Graphic designer Wendy Moenig did an excellent job of designing and preparing the calendar for printing. She has taken the calendar to a new level this year with a larger format and new image layout. Fern Martin played a critical role in driving the calendar as well as recruiting most of the models. The former Community Cultural and Economic Coordinator Nicole Guthrie and her newly-hired replacement, Tiffany MacLaren, have also been closely involved with the project.

Profits from the calendar will be used to enhance Mississippi Mills through the Communities in Bloom program. Other charities will benefit as well — for example, three participating groups

have designated their five percent to go to The Hub's new Palliative Care project.

You are invited to the launch of the 2013 edition of the Nudes of Mississippi Mills calendar on Wednesday, September 19 at 7PM at Almonte's Old Town Hall. There you will meet the models (they'll have their clothes on), and hear the stories behind the photos. There are always stories when people do something risqué, something they have never done before.

Names of the models will be kept secret until the launch. There are many surprises!

After the launch, calendars will be available at the Pakenham General Store and the Clayton General Store, in Almonte at Mill Street Books, Paper Thin, Almonte Print Shop and Peace of Mind Creations and Friends, in Carleton Place at Read's Books, in Carp at Alice's Village Café, and in Ottawa at The Wild Oat Bakery, Octopus Books and Collected Works.

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.

Ed Lawrence

Another event that will benefit Communities in Bloom is a presentation by (fully clothed) gardening guru Ed Lawrence on Monday, September 24 at 7:30PM at the Cornerstone Community Church in Almonte. His topic is "Tips, Tricks and Techniques for Gardening Without Pesticides". This presentation is sponsored by the Almonte, Pakenham, and Kanata/March horticultural societies. Tickets are \$5 at the door.



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Fibrefest, Doors Open, Tweed Ride...

You may have thought that once you survived August in Mississippi Mills (what with the Pakenham Fair, Puppets Up! and the Highland Games in Almonte, to name but a few biggies) you were due for a good long rest. Well, I love to be the bearer of good tidings, so I'm here to tell you to haul out your social calendar again — there's no rest for Humm readers this month!

by Miss Mills, puppet reporter

The triple-threat weekend is happening on September 8 and 9, when Fibrefest and Doors Open collide (not literally, I should hope) with the brand-new Tweed Ride. One of the greatest features of these events is that they showcase sites throughout Mississippi Mills, so that residents and visitors alike will get a lovely sampling of all that Almonte, Pakenham and Ramsay have to offer. In the words of the organizers, here's what you have to look forward to...

17th Annual Fibrefest

The Mississippi Valley Textile Museum's highly anticipated Fibrefest is returning for its 17th annual event on September 8 and 9, at several locations within Mississippi Mills. This year, events take place at the Mississippi Valley Textile Museum (MVTM), the North Lanark Agricultural

Hall, the Almonte Old Town Hall, the North Lanark Regional Museum, and the Mill of Kintail. They will be featuring everything from fibre art vendors and demonstrations, to fibre art exhibits — a full two-day festival of the fibre arts! Five exciting sites, all for one admission fee.

The cost to enter Fibrefest is \$5 per day. All weekend long, local guilds will be on hand to demonstrate the arts of knitting, lacemaking, smocking, weaving, spinning, quilting, penny rugs, button collecting and more.

During Fibrefest, the MVTM is pleased to present works by featured artist Judy Miller, as well as the exhibit *Trees* by Threadworks. Ms. Miller combines fabric-painting techniques and free-motion machine embroidery to produce works rich in colour and texture. She often starts with a sketch from a photograph, and then paints the composition on cotton using fabric paint, watercolour pencils, or ink. She then uses threads to provide colour and detail, giving the pictures depth and richness.

Threadworks is a special project of the Ontario Network of Needleworkers, which boasts over one thousand members. As a juried exhibition that is mounted every three years, Threadworks travels across Ontario to many museums and galleries. In 2010, the interpretive theme was "Trees." Practitioners of the needle arts were invited to submit up to three pieces. Of the more than 230

pieces of work received for that year, sixty-one were chosen for circulation around Ontario for the following three years.

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

Admission to Fibrefest is \$5, which includes access to all sites. Fibrefest runs on Saturday September 8 from 10AM to 5PM and Sunday September 9 from 10AM to 5PM. The Ag Hall is located at the Almonte fairgrounds, the Almonte Old Town Hall is located at 14 Bridge Street, the North Lanark Regional Museum is in Appleton at 647 River Road. Leave Almonte in the direction of Pakenham and you will see signs for the Mill of Kintail, which is located at 2854 Concession 8. The MVTM is located at 3 Rosamond Street East in Almonte. For more information, contact the museum at 256-3754 x 7 or <info@mvtm.ca>.

The Doors are Open!

On Saturday, September 8, the Mississippi Mills Heritage committee is hosting a **Doors Open** event. This is your chance to visit interesting buildings in the community that are not normally open to the public. These events are held each year in communities across North America and Europe, and the best part is — it is free! This year, organizers are partnering with Carleton Place Doors Open, Fibrefest and the fabulous new Tweed Ride. So there is plenty to see and do this weekend. If you have friends or relatives who are new to the area, this would be a great opportunity to show them around.

Some of you may have been to Doors Open two years ago. Several of the same locations will be open to visitors again this year, so if you didn't get the chance last time to climb up Almonte's Old Post Office clock tower and see what makes it tick, or to see inside the Thoburn Mill condominiums — now's your chance. Some local churches will again be opening their doors: St. Peter Celestine in Pakenham, and Holy Name of Mary and St. Paul's in Almonte, as well as the Auld Kirk Cemetery. New this year, two of Almonte's finest inns, Pinehurst and the new Almonte Riverside Boutique Inn, will be welcoming visitors. Both of these buildings are fine examples of the 19th century mansions built by some of Almonte's more prominent citizens. Pinehurst was built in 1898 for Bennett Rosamond, county court

Find all things fibrous on Sep. 8 & 9



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judge, MP for Lanark and owner of the Rosamond Woolen Mill. It retains many of the original interior features, which have been carefully preserved. The Almonte Riverside Boutique Inn has had many changes to it over the years and has a fascinating history. Ask Rob Prior (the new owner and hotelier) about the bomb shelter in the basement!



Step inside the open door of the new Almonte Riverside Boutique Inn, and many other venues, at Doors Open on September 8

Or perhaps technology is more your thing. The falls on the Mississippi have been powering Almonte since the first mills were built in the 1820s. Mississippi River Power in Almonte will be providing guided tours of the Brian J. Gallagher generating station on the Lower Falls. This was the most popular venue on the Doors Open tour in 2010. Another source of civic pride is the new wastewater treatment plant (yes, as in sewage) on the Wolf Grove Road — there will be lots to learn about environmental technology at this site.

You could also drop by one of the local museums. The Mississippi Valley Textile Museum will be hosting **Fibrefest**; the North Lanark Regional Museum will be providing tours of a pioneer log cabin, with costumed historical re-enactors; and the Mill of Kintail — what prettier spot is there to spend an autumn afternoon?

If you'd like to learn more, visit <cpmmdoorsopen2012.com>, and on September 8, between 10AM and 4PM, stop by the Old Town Hall in Almonte to pick up a guide and start a great day of touring.

Tweed Ride Almonte

Tweed Ride Almonte is in its first year, and aims to bring a rural flair to an established cycling event. Held on September 8, to coincide with both Doors Open and Fibrefest, the Tweed Ride route offers a chance to see some fine architecture and fashion, and to show off a vintage ride in the process. While neither vintage bikes nor vintage threads are required, dressing up is most definitely encouraged.

Organizers are not aiming for historical authenticity, but for a good time. Think somewhere between Victorian and Edwardian wear — back when you called your best friend “old fruit”, when your watch was in your pocket, and beer was three shillings a pint. Don't be surprised to see flappers, dandies, gentlemen of the

road, or a full steampunk getup. Vintage Wear has plenty of tweed in stock, as does the Hub, and other shops in town have lovely accessories that may suit. The models in the photo were dressed out of the above shops and their own closets.

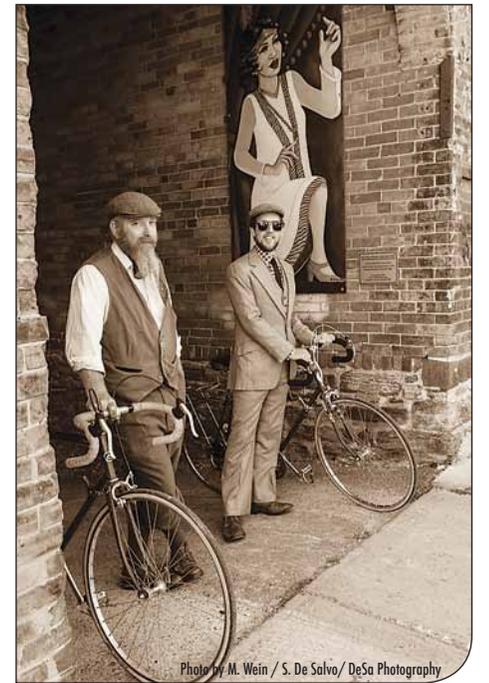
The original Tweed Run was held in London, England, in 2009, and the event has quickly grown into an international celebration of all things cycling, vintage and, well, tweedy. The rides are characterized by attention to detail in cycles, clothing, and accessories. Prizes are often awarded for originality of dress, deportment, gear and, occasionally, facial hair. Funds raised tend to go to cycling-related charities.

The charity being supported here is **Bicycles for Haiti**. This cause, which is locally organized, has funded school fees for up to 100 children in Haiti. This year, Bicycles for Haiti will help to cover the operating costs of two schools in Mirebalais, Haiti. Almonte's connection to the area predates the tragic earthquake in 2010, and the need there remains great.

Tweed Rides are meant to be leisurely. This year's route starts at the Almonte Fairgrounds and features a gentle ride through town, with an optional loop through the countryside, passing landmarks such as the Mill of Kintail and Auld Kirk. Riders meet at the grandstand at the Almonte Fairgrounds for a group photo at 12:30PM. You can find more details, pledge forms, the routes and a Google Map at the website: <tweedridealmonte.ca>. Please try to register by September 6.

Participating in the ride is \$15 for individuals and \$25 for a family; however, riders are encouraged to gather pledges (forms available on the website and from sponsors Almonte Bicycle Works and Vintage Wear). You may fundraise individually or as a team — be as creative as you like with team names. There are some lovely prizes for top fundraisers.

Do come out for the Tweed Ride, on September 8. It should be jolly good fun!



Bicycles are big in Almonte, almost as big as the town's heritage as Canada's premier textile town. Celebrate them both at the Tweed Ride on September 8

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Mudds' Fun, Full Line-Up

by Judith Scott

Have you ever wondered how the Mississippi Mudds got their quirky name? Well, their beloved home in the glorious and historic Carleton Place Town Hall, on the banks of the Mississippi River, explains the first part. And the letters M U D D S tell of the M U S I C, D a n c e and D r a m a on S t a g e that this local community theatre group has been bringing to area residents since 1974.

All the promises made by that acronym are well fulfilled with the exciting line-up of five new shows for the 2012-13 season.

To start the season: "He hates women. She hates men. It's a perfect match." And perfect material for the teen Mudds. They have been studying the script and rehearsing since June for presentations of Shakespeare's *Much Ado About Nothing* on October 19 and 20. This talented young cast, several of whom you will recognize from their much-praised presentation of *Macbeth* last fall, brings energy and excitement to the verbal sparring, flashing wit and romantic shenanigans of this classic comedy.

September is a busy month for many Mudds members, as rehearsals get under way for three more shows. Right after *Much Ado About Nothing*, comes *Murder Me Always*. This entertaining evening of dinner theatre — always a popular treat for adult audiences — is to be presented at the Town Hall on November 2 and 3, in partnership with Ballygiblin's Restaurant.

At the same time, *Aladdin* cast members will be working on polishing up the magic lamp of laughter for their revival of that family favourite. This show will please all ages. Based on the traditional *1001 Arabian Nights* story, this version has all the elements of a traditional English



Jackie Kavanagh of the Carleton Place Chamber of Commerce and Brenda Milne of Arts Carleton Place polish up the Mudds' sign — ready for a new season of ticket sales at the Visitor Centre on Coleman Street.

panto: villains to boo, heroes to cheer, cross-dressing, comedy, audience participation, popular songs, dance, colourful costumes and sets, and lots of special effects. There are four evening and two afternoon performances to choose from between November 30 and December 8.

And as if that were not enough activity for this fall, young Mudds will be auditioning on September 15 and then rehearsing for their February presentation of *Annie Jr.* You'll want to bring the whole family to see this beloved classic, scheduled for five performances opening February 22.

But wait — that's not all. If you saw *Nunsense: The Mega-Musical* in December 2009, you may already know that *Nunsense* can be habit forming. In November, auditions will be held for *Nunsense II: The Second Coming*. Yes, the sisters will be back with a rollicking new

show for all their supporters. This musical comedy is slated to open April 25 with seven performances, closing May 4.

So there you have it: five shows and surely something to suit all tastes. Tickets generally go on sale six weeks before the opening. For *Murder Me Always* dinner theatre, tickets will be sold through Ballygiblin's Restaurant. For all other shows, tickets will be sold at the Carleton Place Chamber of Commerce Visitor Centre, 132 Coleman Street (257-1976). For more details on these shows and auditions, please visit <mississippimudds.ca> or call 253-2007. You could also drop by The Chamber of Commerce Visitor Centre to pick up their new brochure.

Make a promise to yourself to take in a show or two this season, and the Mudds will make good on their promise to present great M U S I C Dance and Drama on Stage!



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Animal Welfare Society in Danger of Closing

by Robynne Eagan

The Lanark Animal Welfare Society charitable organization (LAWS) has announced that, due to dire financial issues and overcrowding, they are in danger of having to close their doors by Christmas. Eight hundred to twelve hundred animals pass through its doors each year, and 250 animals, currently on location, will have nowhere to go.

This incredibly dedicated group of volunteers and hardworking shelter staff and fundraisers, led by local goat farmer Judy Meyers, has been chugging along for thirty years, providing the necessary service of caring for the abused, abandoned and lost animals of the county of Lanark, with no funding from government. The 3,033 square kilometer county has a lot to lose if this important service disappears.

Last year LAWS took on pound contracts for six new municipalities, for far too small a fee per animal. This, combined with the current economic situation, has put great strain on the organization's animals, staff and financial resources. At this time there are 60 dogs in direct care and 190 cats, with more in foster homes, and more being left on their doorstep on an almost daily basis, despite the sign on the door that says they are full. Just last week, volunteers arrived in the morning to find a small

bin stuffed with 21 cats. It's the third such bin that has been dropped at their door this year. As the only no-kill shelter in Eastern Ontario, it has become a popular spot for people outside of our area to leave pets when unfortunate circumstances arise.

This organization has managed to keep itself going on a shoestring, with no government funding, for far too long. A local businessman is willing to fund land for the building of a much-needed new shelter, and LAWS had hoped to begin fundraising efforts as soon as possible, but this current financial crisis has left them scrambling just to keep the doors of the aging shelter open.

If you'd like to donate, to adopt or foster an animal, or simply lend a paw with fundraising efforts, please see <lanarkanimals.ca> or call 283-9308.

Fundraising Walkathon

Another way to support LAWS is coming up: the Walk your Paws for LAWS Walkathon, on September 23. Registration begins at 9AM. Walk the 2km, 5km or 10km loop, starting at the Carleton Place Arena. It will be a beautiful riverside walk, with food, fun and prizes, too. Registration and sponsorship forms are available at <lanarkanimals.ca> or your local pet supply store.



Ragged Return

The Ragged Flowers came together in a series of café jam sessions in the blossoming arts scene in Almonte in the mid-'90s. After their second CD, *Story Be Told*, was released in 2004, the band took an involuntary hiatus, with the exception of a one-song performance for a Japan Earthquake benefit in 2011.

In demand at musical be-ins such as Blue Skies, Stewart Park and The Ottawa Folk Festival, The Ragged Flowers attracted a loyal fan base and air play in Canada, England and the USA. Blending world music grooves and acoustic folk with bursts of rhythm, electric guitar and multi-layered harmonies, the Ragged Flowers are returning to their Almonte café roots with a two-night limited engagement at Foodies Fine Foods on Friday, November 30 and Saturday, December 1. Please book your tickets early to avoid disappointment, as the buzz is already building for this gig! Reservations can be made at <foodiesfinefoods@gmail.com> or by calling 256-6500.

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Music Matters

An Instrument of One's Own

I thought that for this month's column, as September is upon us, I would answer some of the questions and concerns that people have about purchasing an instrument for their child. I deal with these issues all the time, and hopefully this advice can save you from some of the horror stories I've heard over the years.

by Tony Stuart

I always try to encourage students to have their own instrument, when possible. Our school provides instruments for students to play, but quite a few opt to rent or buy their own. There are several good reasons for having your own instrument, even at a young age. Perhaps the biggest is that students who have their own instruments tend to practice more, since the instrument is always handy. There is also a sense of pride that comes with owning your own horn.

There are a ton of instruments out there, and knowing where to buy is the first step. My first piece of advice is this: Please don't buy your child's instrument at a big box store just because the price is right. I've seen this happen many times. To avoid getting in trouble, I won't mention specific stores or brands, but needless to say,

one of the world's largest manufacturers of motorcycles and all-terrain vehicles is not known for their expertise in instrument making. It certainly is tempting; the price of the horn appears to be a lot less than what music stores are offering. The problem is, these instruments are cheaply made, using inferior materials and inaccurate measurements. With musical instruments, workmanship, quality materials, and accurate measurements are crucial — even for student horns. I've seen instruments that will just not play in tune, due to poor workmanship. A lot of these horns also use parts that are not easily replaceable. A poor quality horn will result in a lot of frustration for your young musician. If you *do* want to purchase a new instrument, there are many quality music stores out there that can help steer you in the right direction. Most music stores have financing and rental options for more expensive instruments.

Many people go to online classified sites such as Kijijii, Craigslist, or eBay, in their search for an instrument. This can be a good option, especially

if you find a good deal on a used instrument. Again, please be careful. Do some research on the brand name before you commit to anything. There are factories over in Asia that churn out poor quality instruments and stamp them with any one of dozens of different brand names. I'm not saying that all instruments manufactured overseas are of poor quality, but they tend to be the leading culprits.

On the positive side, there are often wonderful used instruments for sale. Don't be afraid to look at buying an older instrument. A perfect example is one of our tubas at the school. It looks like it's

been to war several times, but it plays like a dream. In the days before everything became driven by the lowest price, manufacturers tended to use better quality materials in their instruments.

When in doubt, ask your music teacher for a recommendation. If your teacher can't give you an answer, then hopefully they will forward it to someone who can. Keep in mind that if a used instrument requires a major overhaul, this can run into the hundreds of dollars, but in many cases this can be completely worthwhile.

Here is a list of concert band instrument brands which, in my experience, have proven to be reliable. No doubt I'm missing some, but at least this is a starting point: Selmer, Conn, King, Gemeinhardt, Jupiter, Getzen, Olds, Yamaha, Artley, Besson, Buescher, Bach, Bundy, Blessing, Emerson, Holton, Leblanc, Ludwig, Noblet, Normandy, Glaesel, Vito, Yanagisawa, Evette, and Buffet.

I still remember purchasing my first clarinet (a Yamaha) after having saved for nearly a year. There's something magical for students about having their own instruments, and hopefully I've helped make the task a little bit easier for you.

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

ARTBEAT

by Bill Buttle



"Dad — did you know that if you uncurl your trumpet it's almost a meter long!?"



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The Reever Report

When I Was Six

I was in Staples last week, trailing down the aisle behind a mom and three daughters picking up school supplies. They had the familiar list in hand, but honestly, I could hardly recognize what was going in the basket. They had connectors for some electronic doo-hickey, a laptop wireless some-

by Glenda Jones

thing-or-other, and ink cartridges. The girls were carrying their ubiquitous cell phones, and one was texting as we meandered along.

Now, I wasn't raised needing a slate and little woolen cloth, nor did I ride a horse to school, but our lists were sure different. I thought I'd see if they still sell Pink Pearl erasers, and indeed they do. They aren't five cents any more though. Remember, you'd put your name on one side, and maybe a favourite boy's name on the other? You kept that eraser all year, too. (To err is human; to wear out the eraser before the pencil is careless.) We needed Crayola Crayons to start the school year. Most kids got a box of twenty-four, and if you got the big box of forty-eight, everyone said you were spoiled... or rich! We didn't have notebooks; we had scribblers. They had wide lines and newsprint quality paper for the little kids who weren't using ink yet. When we hit the big time, grade four I think, we got Hilroy notebooks with better paper to write in ink. Being left-handed, that was a real trial for me, for my hand dragged through the writing, leaving long splotches across the page. I was much better off with pencil!

Going to grade seven was really exciting because we needed a looseleaf binder with a zipper all along the edge. The binder had pockets on the inside for storing

notes from friends, letters to deliver to parents — or not — and all manner of personal detritus. We could have a pencil case and best of all a geometry set — definitely a sign of higher mathematics, even though I never did master the drawing of a decent circle. The looseleaf papers demanded those little sticky hole reinforcements to keep papers in order. I wonder if they are still used. I know you can get the Hilroy notebooks, and I could hardly keep my hands off them when I saw the array of colours. My math book was always blue, English pink, and French yellow. Why would I even remember that?

The girls I watched were picking up four tennis balls each, and I had visions of physical activities here. But no, they are to put on their chair legs to protect the floors! We needed gym clothes: shorts, running shoes (no black soles), t-shirt, and a proper cloth bag that Mom had to make. We were expected to cart that bag home once a week as well, and the gym teacher made sure we did. Self-preservation in the dressing room, no doubt.

When we were little, we needed LePage's paste — I can smell it to this day — plastic scissors that never cut anything, and two pencils. We graduated to LePage's real glue, proper metal scissors that still didn't cut well, fountain pens, and pencil crayons. Getting this array of supplies two weeks before school started was exciting for us and no doubt expensive for parents. We put our names on our notebooks, and tried out the crayons, but kept it pristine for the first day of school. It held the promise of an adventure with new teachers and infinite learning possibilities. (We were girls — I'm sure there were many boys dreading the whole business.)

The first of September still holds the appeal of learning, whatever form it takes.

So here is the commercial...

You really should check out Don Wiles' **Learning in Almonte** series. Age isn't a factor here — why do young people not gravitate to these courses, which are a complete change from their usual school atmosphere? University professors who are passionate about their material are sure to provide not only insight, but also passion for learning. Where else could you spend two hours of an afternoon learning about mythology in English literature or the history of the Ottawa Valley, enhanced with lively discussion, no exams, and no papers to submit? It is simply the opportunity to indulge your intellect with like-minded people.

The **Almonte Lecture Series**, which begins on September 21, is a similar experience, with highly qualified professionals giving unique perspectives on subjects that influence our lives. Maria de Rosa kicks off the series with a lecture about molecular research and farming. Her credentials are stunning, to say the least. However, if farming is not your cup of tea, try computer security, or how about Brian Burns' entertaining lecture on evolving communications. There are even lectures on Beethoven and on local dialects of the Ottawa Valley. Don Wiles has been instrumental in finding not only the best, but also the most entertaining lecturers for our edification, and we don't even have to go far to participate! Watch for more information monthly on these lectures.

Let's all run out and buy ourselves a couple of Hilroy notebooks in which to take notes by hand, and get a front row seat to learn something new this fall. Check <almontelectures.ncf.ca> for the Friday night series, and email <don_wiles@carleton.ca> for more details about the two Learning in Almonte courses that run this fall.



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CLASSES COURSES LESSONS

**Restorative Justice —
A Volunteer's Story**

by Bruce Bailey

I was drawn to doing volunteer work with the Lanark County Community Justice Program for several reasons. A great deal of my professional work has taken place in developing countries where large segments of the population do not have meaningful access to the formal justice system, and even when they do, the system often does not serve them well — particularly the poor people. I was often seeking alternative ways of resolving disputes or seeking justice. Back in Canada, there are also many challenges in relation to our own justice system. Timely access is increasingly a problem. Courts are overloaded. Perhaps more importantly, many ordinary people, the police, and people in the legal profession feel that the court system is not always the best way to deal with certain kinds of judicial problems.

The restorative or community justice approach differs from the normal court process in several ways. It emphasizes the importance of an individual taking personal responsibility, helps them to understand how others have been affected by their actions, and gives them the opportunity to make amends in some way. Hence the process is not primarily about proving who is guilty or innocent, or whether a person is good or bad. The emphasis is on individuals taking personal responsibility, recognizing the hurt caused to others, and "righting the wrong", to the extent that it can be done.

In practice this means that the person who has committed the offence is brought together in a meeting (usually called a "forum") with the person or persons who have been affected. The meeting is managed by two facilitators who are trained volunteers and use a structured process. This ensures that the discussions are respectful, and that everyone has a chance to express themselves and be heard by others. Some meetings are small and only involve the facilitators, the person who committed the offence, and the person directly affected. Some meetings are much larger and involve a number of people who committed an offence, as well as several others —family members, neighbours, etc. Small or large, the objective of the forum is to provide an opportunity for respectful discussion, to clarify what happened, to hear what people were thinking or feeling at the time, to provide an opportunity for people to explain how they were affected, and for everyone to be heard. The meeting concludes with a negotiated, legally binding agreement, which is intended to make restitution or to repair some of the physical or emotional harm that has been caused. Sometimes a simple apology is enough. In other cases, the agreement involves making restitution in the form of work, payment, community service, or an agreement to seek counselling.

The process can sometimes be demanding, intense and

challenging. However, you can volunteer as little or as much as you like, by only taking on a case when you have time. Training and the use of a well-tested, structured process is critical. As a volunteer, the satisfaction comes in several ways. The big one is watching people (and often their families), who have been strongly affected by the behaviour of an individual, being able to communicate with them, resolve differences, and reduce or eliminate tensions between them. Another payoff is getting out in the community, meeting a wide range of people, getting a better understanding of what is going on in our community, learning about our judicial system, and feeling that one is "giving back". A final payoff is that we know the process works — from discussions amongst ourselves and other groups, as well as the Crown and the police. People who come through the community justice program rarely reappear in our program or in the courts.

Financial support comes from the Ministry of the Attorney General, the United Way and the Ontario Trillium Foundation, and complements the work of board members, volunteers, members of the community and, increasingly, the police.

If you are interested in more information about becoming a volunteer, I highly recommend you call the office and talk to Sheri, at 264-1558 or (888) 264-1558. You can also check out the website at <commjustice.org>.

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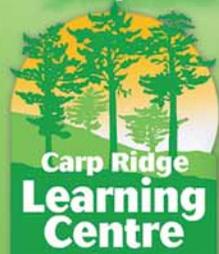
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Joyous Noises

Community Choirs Seek Singers

Tay Valley Community Choir

The Tay Valley Community Choir is looking for folks who love to sing. Practices are on Monday nights from 6 to 7:30PM, alternating between Glen Tay School and Maberly Hall. No audition is required — just a love of music and fun.

Warm four-part harmonies, an eclectic repertoire, and cozy country concerts are the hallmarks of the Tay Valley Community Choir. Led by Ann McMahon and Grace Armstrong, the choir works hard, laughs a lot and creates lovely music together.

To join the choir, register at the Tay Valley Township office or at <tayvalleytwp.ca>. Early bird registration (by September 7) is \$35, or \$65 for the fall and spring terms. After September 7, registration is \$45 per term or \$75 for the year. The choir's 9th season begins on September 10 at the Maberly Hall. For further information, contact Ann McMahon at 267-4048.

Everything You Wanted To Know About Singing But Were Afraid To Ask...

Do you enjoy singing but have no one to sing with? Are you at loose ends in the afternoons, just wishing there was a group you could join? Well, wish no more!

We are a small group of singers who get together on a weekday afternoon (Monday or Thursday) in Almonte. Our passion is vocal music; our joy is making beautiful music together. The focus is to explore a wealth of repertoire and dig deep into pieces of various styles (standards, sacred, folk, and more). We also hone such skills as tuning, sight-reading, and choral blending and balance. Along the way we have fun and laugh a lot.

The next session starts up in September, and there is room in the group for a few more voices, particularly tenors and basses. If you're interested — yes, you need music in your life! — please contact the director, Cheryl Woods, for more information and to arrange for a (very informal) audition: <cheryljwoods@gmail.com>.

Missa Gaia Earth Mass

The choirs of St. Paul's United and St. James Anglican Churches in Perth are making plans to perform Paul Winter's *Missa Gaia Earth Mass* in the spring of 2013. The work is subtitled "A Mass in Celebration of Mother Earth" and mixes the traditional Latin text of the church mass with contemporary harmonies, Brazilian rhythms and recordings of loons, wolves and humpback whales. *Missa Gaia* was first performed at the Cathedral of St. John the Divine in New York City in 1981.

Directors Brad Mills and Peter Woodwark have been collaborating with their two choirs for many years, performing such works as the Bach *Mass in b Minor*, the Brahms *Requiem*, and *Elijah* by Mendelssohn. The choirs are supplemented by "musical friends" — choristers who like to sing challenging musical works but can't commit to weekly rehearsals and Sunday church services.

Preliminary work on *Missa Gaia* will begin during Thursday night choir practices at both churches, starting September 6. Full rehearsals will begin on Tuesday evenings starting in January. Any choristers interested in joining as "musical friends" are invited to contact Brad Mills (267-5967, millham@sympatico.ca) or Peter Woodwark (267-4726, pmwoodwark@sympatico.ca).



Home Schooling Families

An exciting program is returning to the Almonte Old Town Hall. A social and educational gathering will be held each Wednesday beginning on Oct. 10. Classes for preschoolers through to teenagers.

For more information contact Wendy at 613-701-3693 or dillistone@hotmail.com

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African Pasta Night!?

Sure, the words "Africa" and "pasta" are not synonymous to most people... but "Grannies", "fundraising" and "great food" sure go together well! Join the Lanark County Grannies for an evening of great fun and great food, to help support African grandmothers as they work to turn the tide of AIDS in Africa.

Their second annual "Pasta for Africa" fundraiser will be held on Wednesday, September 5 at the Perth Legion. This evening of food, fun and entertainment is to welcome and support the Grassroot Grannies from Kanata as they make Perth their first stop on a 270km three-day challenge cycle throughout the region. The public is invited to join the grandmothers for this very special evening.

The Grassroot Grannies "Ride to Turn the Tide" is a three-day, 270km fundraising challenge cycle to raise awareness and funds for the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign, which sup-

ports African grandmothers raising their grandchildren orphaned by HIV/AIDS. Along the way, the cyclists will be supported by Grannies and other groups in Almonte, Perth, Merrickville and Metcalfe. For more information on the cycle or to make a donation to the cyclists, visit the Grassroot Grannies website at: <grassrootgrannies.com>.

Pasta for Africa's doors open at 6PM, with dinner served at 6:30PM. For just \$20 per ticket, you get a delicious dinner, interesting company, music and entertainment, guest speaker Pat Evans, and the satisfaction of supporting a great cause. There are only 100 tickets available, which can be purchased in advance by emailing <lanarkgrannies@gmail.com> or simply bought at the door. Order your tickets early to avoid disappointment. A cash bar will be provided by the Legion.

Once again this year, local retailers and artisans have stepped up and very generously made

some incredible donations to the silent auction, such as local artisan jewellery, a wine-tasting evening, a personalized family history videography, books by local authors, and much, much more. Not to mention the local musicians who have kindly offered to provide great entertainment for the evening.

Pat Evans, the guest speaker, has been involved in the "Granny" movement since 2006, when she joined the Ottawa Capital Grannies. Retirement (from Carleton's School of Social Work) has allowed her more time to work with the Grandmothers Advocacy Network. She will be speaking about her experience within the grandmother movement, as well as the important role of advocacy in effecting change in meaningful and strategic ways for the grandmothers of Africa and the AIDS orphans in their care.

To learn more about the Grandmothers to Grandmothers Campaign, please visit <stephenlewisfoundation.org>.



The Grassroot Grannies will again be welcomed in Almonte and Perth as they "Ride to Turn the Tide"

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A Busy Month in Almonte!

In addition to the busy “triple-threat” weekend of September 8 and 9 (comprising Fibrefest, Doors Open, and the Tweed Ride — see pages 18 and 19 for details), there are also several other events happening this month in Almonte.

First up is the annual **Mississippi Mills at a Glance** event, which takes place on September 5 from 7–9PM at the Almonte Community Centre. There you can find out about many of the service groups in town, as well as fall and winter classes, courses and activities in which you and your children can participate. For more information about this event, please call 256–1077.

On September 13, the second annual **Seniors' Expo** takes place at the Almonte Community Centre. Partners including the Almonte Baptist Church, Mills Community Support and the Alzheimer Society of Lanark County are hosting this showcase of services, supports, and all things of interest to older residents and families. There will be woodworkers, quilters, world travellers, and music — even a chance to tell organizers about your wishes for your community for the days to come. It runs from 9:30 to 3 and features entertainment, door prizes and lunch — and admission is free!

Then on September 15, from 9AM to noon, you are invited to Almonte's Old Town Hall to hear Alan Goddard speak about how to **renew your lawn**,

particularly after this dry summer. Allan, the owner of Almonte Landscape Services, says mid-September is a perfect time to renew a lawn. He will focus on topics such as soil, problems with pests, and the issues of extreme drought. There will be a \$2 fee to help offset costs and treats at coffee break. For more information contact Tiffany MacLaren at 256–1077.

And finally, all month long (and beyond!), you are invited to drop into Smitten at Almonte's Heritage Court (14 Mill Street) to purchase lovely glass **Christmas ornaments**. These were created out of the remnants of downtown Almonte's old Christmas décor, and proceeds will go towards purchasing new bling for the old town...



Juno-Winners Return to The Valley for Two Shows

by Gregg Robertson

It's been a busy year for Ottawa's super trio MonkeyJunk. In January, the band took home another three Maple Blues Awards, including Matt Sobb's second consecutive Drummer of The Year honour and Album of The Year for their 2011 release *To Behold*. The trio has won, count 'em, twelve Maple Blues Awards in just four years. When asked about the band's success in such a short amount of time, guitarist Tony D said: “Well, I think we've found a unique sound and that has made people take notice of the band. People were ready for something new when we came along.”

In February, MonkeyJunk was nominated for a Juno Award in the Blues Album of The Year category for *To Behold*. As luck would have it, this year's Juno Awards were hosted in Ottawa, providing plenty of media limelight for the hometown heroes. When MonkeyJunk was awarded the Juno, Steve Marriner's first reaction was relief. “We had so many people rooting for us and I didn't want them disappointed. But most of all, I just felt proud that all our hard work has been recognized at such a high level,” said Steve.

After a busy summer festival season that included sets at The Montreal Jazz Festival, Ottawa Bluesfest, Thunder Bay Blues Festival, Edmonton Folk Music Festival, New York State Blues Festival and the Stewart Park Festival in Perth, the simian songsters are excited to return to the Valley for two shows: Friday, September 14 at 8PM at the Studio Theatre in Perth, and Saturday, September 15 at 8PM at the Old Town Hall in Almonte. Matt Sobb is especially looking forward to these shows. “We



MonkeyJunk will be playing shows in Perth on September 14, and in Almonte on September 15

have a strong connection to the Valley. Our latest album was recorded in Almonte, and The Stewart Park Festival was one of the best gigs of the whole summer. The crowd was incredible. They were up dancing from the get go and they didn't stop! We're really looking forward to playing in such beautiful and intimate venues.”

With a cross-Canada tour coming up in the fall and a new album in the works, MonkeyJunk is showing no signs of slowing down. As for what we can expect from the Perth and Almonte shows, Steve Marriner had this to say: “Something old, something new, and something borrowed.”

Tickets for both shows are \$25 at the door. Advance tickets for the Perth concert are \$22.50 from Tickets Please, 39 Foster Street, 485–6434, <ticketsplease.ca>. Advance Almonte tickets are \$22 from Mill Street Books, 52 Mill Street, 256–9090.

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 Kim Stockwood (PPAC), Perth, Oct 19
 Much Ado About Nothing, CP, Oct 19-20
 Rideau Lakes Art Show, Oct 20-21
 Country Harvest Show, CP, Oct 21
 Bravura (Almonte in Concert), Oct 26
 Mudds Murder Mystery, CP, Nov 2-3
 Handmade Harvest Craft Show, Almonte, Nov 3-4
 Christmas in the Valley, Almonte, Nov 3-4
 Vally, Carleton Place, Nov 23
 Toronto Symphony Youth Orchestra (PPAC), Perth, Nov 23
 Aladdin, Carleton Place, Nov 30-Dec 8
 Light Up The Night, Almonte, Dec 7

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Beckwith Youth Dance, Sep. 7, 6-9PM, Sports theme. Brunton Com. Hall, Beckwith. 257-1539, twp.beckwith.on.ca. \$3
Auditions, Sep. 15, 9AM-Noon. Boys & girls, 8-18, for Annie Jr., Mississippi School for the Arts, 150 Mill St., CP. 257-8930
Meet Clifford the Big Red Dog, Sep. 15, 10:30-11:30am, 12:30-1:30pm. Mill Street Books, Almonte. 256-9090

Festivals



InFest, Sep. 1. Featuring The Skirmish. 6378 McDonalds Corners Rd; 278-0208. \$10
Natural Fibre Festival, Sep. 1-2, 10AM-4PM. Workshops, demos, ranch tours. Silent Valley Alpaca Ranch, 1120 Donaldson Rd., Ompah. silentvalleyalpaca.ca.
Fibrefest, Sep 8 (10-5), 9 (10-4). Fibre art demos & vendors. MVTM, Ag Hall, Old Town Hall, N. Lanark Regl Museum, Mill of Kintail. 256-3754x7, mvtm.ca. \$5/day

Theatre



Mary, Mary, Aug. 31, Sep. 1, 2 (8PM). Sep 2 (2pm). PDCI, Perth. 1-877-283-1283, classictheatre.ca.
Auditions, Sep. 6, 7-9pm. For *Who Am I This Time?* email <r.mullan@sympatico.ca>
Adult Improv - Free Intro Class, Sep. 17, 8PM. Call to confirm. St. Paul's Church, Almonte. 256-8228, beyourbest.ca. Free
Cold War Cinema: Good Night, and Good Luck, Sep. 18, 6PM tour, 7pm film. The Diefenbunker, Carp. diefenbunker.ca. \$15 tour/movie; \$8 movie only
Living Without Money, Sep. 22, 3PM. Film & discussion. Carp Ridge EcoWellness, Carp. 839-1198, ecowellness.com. Free
Spiritual Cinema Circle, Sep. 30, 2PM. *Speechless*, and *Sedona*. McMartin House, Perth. 267-4819, fp@superaje.com. \$2

Visual Arts



Inroads Studio Tour, Sep. 1-3 (10-5). N. of Kingston. 335-2073, inroadstour.ca.
Meet the Artists, Sep. 1, 10AM-4PM. Aili Kurtis, Antony Powell. Artemisia, Westport. 273-8775.
Sundance Studio Tour, Sep 1 & 2 (10-5) & 3 (10-4). Fall River Rest, 21980 Hwy 7, Maberly. 268-2197, sundancestudio.ca.
Vernissage, Sep. 1, 8-9:30PM. Jessica Rousseau. Equator, Almonte. equator.ca.
Vernissage, Sep. 7, 5-7PM. Barb Lougheed, Mill St. Gallery, 7 Mill St., Almonte.
Vernissage, Sep. 7, 6-9PM. Mary Pfaff, Jennifer Ryder-Jones. Blakeney. therowboat.ca.
Vernissage, Sep. 14, 7-9PM. Nicole Lalonde. Brush Strokes, CP. 253-8088

WHAT'S ON IN

Monday

Tuesday

Wednesday

Thursday

- Brush Strokes presents Nicole Lalonde <brushstrokesart.ca>
- Equator Coffee Roasters presents Jessica Rousseau's "He Speaks in Parables" <equator.ca>
- fieldwork presents Chris Grosset, Stefan Thompson, Joan Scaglione, Bozica Radjenovic, and Alicia Marvan (Sept 15-). <fieldworkproject.com>
- Gallery Perth at Code's Mill presents "Valley Art" to Oct 28 <galleryperth.com>
- Herb Garden presents works by the Almonte & Area Artists Assoc. <herbgarden.on.ca>
- Kiwi Gardens presents outdoor sculptures <kiwigardens.ca>
- Mill St. Gallery of Contemporary Art (Almonte) presents Barb Lougheed's "The Inner Universe"
- MVTM presents stitched "Trees" to Sep 22 <mvtm.ca>
- Palms Coffee Shop presents Jill McCubbin's paintings, Richard Skrobecki's pottery <palmsonline.ca>
- The Mississippi Mills Chambers Gallery presents Almonte Potters Guild
- The Almonte Library Corridor Gallery presents quilts of the Mississippi Valley Textile Museum

<p>3</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p> <p>📺 Inroads Studio Tour</p> <p>📺 Sundance Studio Tour, Maberly</p>	<p>4</p> <p>🎵 Brock Zeman, O'Reilly's Pub</p> <p>🎵 Eric Lawrance, The Cove</p> <p>🎵 Mississippi Blues Society Jam, The Thirsty Moose</p>	<p>5</p> <p>🎵 Lanark County Genealogical Society, Appleton</p> <p>🎵 Mississippi Mills At A Glance, Almonte</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam w/Dave Balfour, O'Reilly's Pub</p> <p>🎵 Pasta for Africa Dinner Fundraiser, Perth</p> <p>🎵 Yoga on the Beach, Pakenham</p>	<p>6</p> <p>🎵 Jazz at Bally's, Ballygiblin's</p> <p>🎵 Jazz w/Spencer Evans Trio, The Cove</p> <p>🎵 Open Mic, Love That Barr</p>
<p>10</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p> <p>09/11/2012</p> <p>🎵 Beckwith Sign Up Night, CP</p>	<p>11</p> <p>🎵 Brock Zeman, O'Reilly's Pub</p> <p>🎵 Modern Square Dance Open House, Beckwith</p> <p>🎵 Tom Savage, The Cove</p> <p>🎵 West Carleton Garden Club Meeting, Carp</p>	<p>12</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam w/Dave Balfour, O'Reilly's Pub</p> <p>🎵 Yoga on the Beach, Pakenham</p>	<p>13</p> <p>🎵 Jazz w/Spencer Evans Trio, The Cove</p> <p>🎵 Open Mic, Love That Barr</p> <p>🎵 Seniors' Expo, Almonte</p>
<p>17</p> <p>🎵 Adult Improv - Free Intro Class, Almonte</p> <p>📺 Almonte Quilters' Guild, Almonte</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>18</p> <p>🎵 Brock Zeman, O'Reilly's Pub</p> <p>🎵 Cold War Cinema: Good Night, and Good Luck, Carp</p> <p>🎵 Square Dance Open House, Beckwith</p>	<p>19</p> <p>🎵 2013 Nudes Calendar Launch, Almonte</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam w/Dave Balfour, O'Reilly's Pub</p> <p>🎵 Yoga on the Beach, Pakenham</p>	<p>20</p> <p>📺 Flippin' Art Night, Carleton Place</p> <p>📺 House Poetry Concert</p> <p>🎵 Jazz w/Spencer Evans Trio, The Cove</p> <p>🎵 MVFN Lecture, Almonte</p> <p>🎵 Open Mic, Love That Barr</p> <p>🎵 Take Back The Night, CP</p>
<p>24</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p> <p>🎵 Ed Lawrence: Gardening Without Pesticides, Almonte</p>	<p>25</p> <p>🎵 Brock Zeman, O'Reilly's Pub</p> <p>📺 Lanark County Quilters Guild, Perth</p> <p>🎵 PFLAG Stittsville, Stittsville</p>	<p>26</p> <p>🎵 Adult Bereavement Group, CP</p> <p>📺 Arnprior Quilters' Guild, Arnprior</p> <p>🎵 Mind-Body Healing Talk, Carp</p> <p>🎵 Open Celtic Jam, Naismith Pub</p> <p>🎵 Open Jam w/Dave Balfour, O'Reilly's Pub</p> <p>🎵 Yoga on the Beach, Pakenham</p>	<p>27</p> <p>🎵 Jazz w/Spencer Evans Trio, The Cove</p> <p>📺 JK Rowling Book Launch Party, Almonte</p> <p>🎵 Open Mic, Love That Barr</p>

Almonte Potters Guild Open House, Sep. 15, 10AM-4PM. 95 Bridge St., Almonte. 256-5556, almontepottersguild.com.
Art Show & Sale, Sep. 15, 10AM-4PM. Prophetic Arts Grp. Glad Tidings Church, Perth
fieldwork Opening, Sep. 15, 3-5PM. 5 new installations. 2501 Old Brooke Rd., Maberly. fieldworkproject.com. Free
Almonte Quilters' Guild, Sep. 17, 7PM. Almonte Civitan Hall. 256-5858, empeys@xplornet.com.
Flippin' Art Night, Sep. 20, 5-7PM. Steve Thompson, Mary Jane Lancaster. Ballygiblin's, CP. 257-2031, arts.carletonplace.com
Merrickville Artists' Guild Studio Tour/Sale, Sep 22-23, 29-30. merrickvilleartists.com.
Lanark County Quilters Guild, Sep. 25, 7PM. \$3. Lions Hall, Perth. 264-9232
Arnprior Quilters' Guild, Sep. 26, 6:30PM. Christian Education Centre, Arnprior. \$5; \$20/yr. arnpriordistrictquiltersguild.com.

Richard Gill Fall Show, Sep. 28, 11AM-5PM. Continues to Oct 8. Bittersweet Gallery, Burnstown. 433-5254
Arnprior & Beyond Arts Discovery Tour, Sep. 29-30, 10AM-4PM. 623-9951, abartsa.wordpress.com.
Calabogie Artfest, Sep. 29-30, 10AM-4PM. Barnet Park, Calabogie. 752-2438. Free
Inspirations from Africa and India, Sep. 29, 2-4PM. Neera Saibel. Part of Culture Days. MVTM, Almonte. 256-3754x7
Paint the Rideau Lakes, Sep. 30. 8AM reg/n at Cove, awards 4PM. 273-8775, \$25

House Poetry Concert, Sep. 20, 7:30PM. Kim Rosen's benefit for Dignity House Hospice Perth. Fallbrook. 820-8850
JK Rowling Book Launch Party, Sep. 27, 7PM. *The Casual Vacancy*, new adult mystery. Mill St Books, Almonte. 256-9090,

MonkeyJunk, Sep. 14, 8PM, Perth Studio Theatre, \$25 (\$22.50 from ticketsplease.ca); Sep. 15, 8PM Almonte Old Town Hall, \$25 (\$22 from Mill St Books)
Drake Jensen, Sep. 22, 8PM. Fundraiser for LGBT Lanark County antibullying. PDCI, Perth. 259-5757, lgbtlanark.com. \$20
Perth Citizens' Band Benefit Concert for Myeloma, Sep. 23, 2PM. Bring lawn chair. Stewart Park, Perth. Free
Kim Stockwood, Sep. 28, 8PM. PPAC. Tickets Please, 485-6434, www.ticketsplease.ca. PDCI, Perth.
SchoolBOX Latin Fiesta, Sep. 28, 7:30PM. Tickets at Blackbird & Read's Book Shop., Almonte Ag Hall. \$20; \$10 students
House Concert, Sep. 29, 8PM. Elise Letourneau & Tim Bedner. Almonte. jazzn.ca. \$20
Jazz Newbies/Junkies Workshop, Sep. 29, 3:30PM. w/Tim Bedner & Elise Letourneau & the Almonte Jazz Club. Part of Culture Days. jazzn.ca. Free

Literature



1st Edition Reading Series, at 7PM. Sep 8 Helen Humphreys & Catherine McKenzie; Sep 15 Patrick White & Roy MacSkimming; Sep 22 Alexi Zentner, Alison Pick & Claudia Radmore. Backbeat, 6 Wilson St. W., Perth. 466-0663

Music



Corkery Road, Sep. 1, 7:30PM. Murphys Point Provincial Park, Perth. 267-5340, friendsformurphyspoint.ca.
Kelli Trotter & Greg Simm, Sep. 7, 7PM. House concert. 246 McGregor Dr., CP. 257-5594, davidh@rogers.com. \$20
Laura Smith, Sep. 7, 8PM. Fundraiser for Lanark Cty Community Justice Prog. Min. donation \$20. Perth Restaurant, 267-7902
White Lake Acoustic Jam, Sep. 8, 7-10PM. White Lake Fire Hall, 142 Burnstown Rd. 256-5439. \$5 (members free)
Ric Denis and 3, Sep. 8, 6PM. Dinner and music. Good Food Co. CP. 257-7284. \$40

SEPTEMBER 2012

Friday

Saturday

Sunday

<p>Breakfast with Soul, Almonte Disney's Winnie the Pooh, Perth Garrett Mason & Keith Hallett, Neat Coffee Shop Mary, Mary, Perth</p>	<p>Corkery Road, Perth InFest, McDonalds Cmrs Inroads Studio Tour Kevin Head & Miss V, The Cove Mary, Mary, Perth Meet the Artists, Westport Natural Fibre Festival, Ompah Sundance Studio Tour, Maberly Vernissage, Almonte</p>	<p>APEX Jazz Band, The Royal Oak Inroads Studio Tour Jazz Brunch, Fiddleheads Kevin Head & Miss V on the patio, The Cove Mary, Mary, Perth Natural Fibre Festival, Ompah Sundance Studio Tour, Maberly Will Cook Duo, O'Reilly's Pub Yoga on the Beach, Pakenham</p>
<p>Beckwith Youth Dance, Beckwith Jazz at The Swan, The Swan at Carp John K. Samson, Neat Coffee Shop Kelli Trotter & Greg Simm, Carleton Place Laura Smith, Perth Vernissage, Almonte Vernissage, Blakeney</p>	<p>1st Edition Reading Series, Perth Doors Open Mississippi Mills, Carleton Place Dragon Boat Festival, Carleton Place Fibrefest, Almonte Kevin Head & Miss V, The Cove Ric Denis and 3, Carleton Place Raise the Roof Barn Dance, Middleville Tweed Ride - Almonte, Almonte White Lake Acoustic Jam, White Lake</p>	<p>Fibrefest, Almonte Kevin Head & Miss V on the patio, The Cove Magnolia Rhythm Kings, The Royal Oak Open Mic w/Kelly Sloan, Ashton Pub Treasa Levasseur/David Baxter, The Cove Valley Singles Lunch, Portage-du-Fort Yoga on the Beach, Pakenham</p>
<p>Ana Vidovic, Neat Coffee Shop Harvest Dance, Beckwith Samantha Martin and the Haggard, O'Reilly's Pub The Claytones, The Cove Vernissage, Carleton Place MonkeyJunk, Perth</p>	<p>1st Edition Reading Series, Perth Almonte Potters Guild Open House, Almonte Art Show & Sale, Perth Auditions, Carleton Place Chili Cook-Off, Carleton Place Equator Block Party, Almonte fieldwork Opening, Maberly Kevin Head & Miss V, The Cove Lawn Tips, Almonte Meet Clifford the Big Red Dog, Almonte Selina Martin, Neat Coffee Shop MonkeyJunk, Almonte</p>	<p>APEX Jazz Band, The Royal Oak Jazz Brunch, Fiddleheads Kevin Head & Miss V on the patio, The Cove Open Mic w/Kelly Sloan, Ashton Pub Ride of Splendor, Carleton Place Roast Beef Dinner, Franktown Yoga on the Beach, Pakenham</p>
<p>Almonte Lectures, Almonte John Mathieu, O'Reilly's Pub</p>	<p>1st Edition Reading Series, Perth Drake Jensen, Perth Kevin Head & Miss V, The Cove Living Without Money, Carp Merrickville Artists' Guild Studio Tour/Sale, Merrickville Perth Pride Day Talk: Flu & Children's Illnesses, Carp</p>	<p>Kevin Head & Miss V on the patio, The Cove Magnolia Rhythm Kings, The Royal Oak Merrickville Artists' Guild Studio Tour/Sale, Merrickville Open Mic with Kelly Sloan, Ashton Pub Perth Citizens' Band Benefit Concert for Myeloma, Perth Walk your Paws for LAWS Walkathon, CP Yoga on the Beach, Pakenham</p>
<p>Breakfast with Soul, Almonte Culture Days Gala Dinner with Michael Runtz, Almonte Kelly Sloan - Soul Divas, Foodies Fine Foods Kim Stockwood, Perth Richard Gill Fall Show, Burnstown SchoolBOX Latin Fiesta, Almonte</p>	<p>Arnprior & Beyond Arts Discovery Tour Breakfast with the Arts, Westport Calabogie Artfest, Calabogie Culture Days, Smiths Falls, Mississippi Mills Festival of the Senses, Calabogie Wellness & Lantern Labyrinth Walks, CP Inspirations from Africa and India, Almonte Jeremy Fisher, Neat Coffee Shop Kevin Head & Miss V, The Cove Merrickville Artists' Guild Studio Tour/Sale Murray McLauchlan, Carleton Place The Skirmish, Almonte Ukulele for Everyone, Almonte</p>	<p>Ottawa Valley Music Festival, Arnprior Arnprior & Beyond Arts Discovery Tour Blueberry Mtn Guided Hike, Lanark Calabogie Artfest, Calabogie Culture Days, Smiths Falls, Mississippi Mills Festival of the Senses, Calabogie Paint the Rideau Lakes, Westport area Jazz Brunch, Fiddleheads Kevin Head & Miss V on the patio, The Cove Merrickville Artists' Guild Studio Tour/Sale Open Mic w/Kelly Sloan, Ashton Pub Spiritual Cinema Circle, Perth Yoga on the Beach, Pakenham</p>

Murray McLauchlan, Sep. 29, 8PM. Tickets at SRC Music, CP (253-0263) & Burns Jewellers in Perth. St. Andrew's Church, CP. 257-4970, www.lylledillabough.com. \$40
The Skirmish, Sep. 29, 8PM. Union Hall, Almonte. 256-2277, camponi@storm.ca, \$10
Ukulele for Everyone, Sep. 29, 2PM. Part of Culture Days. MMMusicworks, Almonte. 256-7464, mmmusicworks.ca. Free
Ottawa Valley Music Festival, Sep. 30, 3PM. Grace St. Andrews United Church, Arnprior. 433-9457. \$20 / \$10
The Swan at Carp (Falldown Lane Carp, 839-7926), jazz, no cover
 Sep 7 Peter Brown, Don Paterson, Glenn Robb, 7-10PM
Fiddleheads (Code's Mill, Perth, 267-1304):
 Sep 2, 16, 30 Jazz Brunch w/Clay Young & guest, 12-3PM
Ballygiblin's (151 Bridge St., Carleton Place, 253-7400), jazz, no cover
 Sep 6 Peter Brown, Don Paterson, 6-9PM

The Royal Oak (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover
 Sep 2, 16, 30 APEX Jazz Band, 2-5pm
 Sep 9, 23 Magnolia Rhythm Kings, 3-6pm
The Cove (2 Bedford St., Westport, 273-3636): Thur Jazz 9-11PM; Kevin Head & Miss V on Sat 5:30PM & Sun 12:30PM
 Sep 4 Eric Lawrance, 8-11PM
 Sep 9 Treasa Levasseur w/David Baxter, 6PM dinner/show, \$45.
 Sep 11 Tom Savage
 Sep 14 The Claytones, 8-11PM
Neat Coffee Shop (1715 Calabogie Rd., Burnstown, 433-3205): 8PM
 Aug 31 Garrett Mason, Keith Hallett, \$25
 Sep 7 John K. Samson, \$20
 Sep 14 Ana Vidovic, \$50
 Sep 15 Selina Martin Triplets, \$15
 Sep 29 Jeremy Fisher, \$20
The Naismith Pub (411 Ottawa St., Almonte, 256-6336): Open Celtic Jam Wed, no charge (7:30-10PM)

Foodies Fine Foods (34 Mill St., Almonte, 256-6500):
 Sep 28 Kelly Sloan, tribute to soul divas, dinner & live music, \$50, 6PM
Carp Masonic Lodge (3704 Carp Rd., Carp): Carp Celtic Jam, \$3/\$25 for 3 mos, all levels, Mon (7-9PM).
Ashton Pub (113 Old Mill Rd., Ashton):
 Sundays, Open Mic w/Kelly Sloan, 2-5PM
Thirsty Moose (20 Bridge St., Carleton Place, 253-0879) no cover
 Sep 4 Mississippi Blues Society Jam, 8:30PM
O'Reilly's Pub (43 Gore St. E., Perth, 267-7994): 8:30PM. Brock Zeman Tues, Open Jam w/Dave Balfour Wed
 Sep 2 Will Cook Duo
 Sep 14 Samantha Martin and the Haggard
 Sep 21 John Mathieu
Love That Barr (2496 County Rd. 29, Pakenham, 624-2000): Thurs Open Mic (8PM), Fri Live Music (8:30PM)

Community
Breakfast with Soul, Aug. 31, Sep 28, 8-10AM. The White Lilly, Almonte. lilly-white.ca. Free
Yoga on the Beach, 6pm Wed; 9:30am Sun. Fundraiser, by donation. Pakenham Beach. Bmk808@sympatico.ca
Lanark County Genealogical Society, Sep. 5, 7:30PM. With Eric Moore. N. Lanark Regl Museum, Appleton.
Mississippi Mills At A Glimpse, Sep. 5, 7-9PM. Register for activities. Almonte Community Centre. 256-1077
Pasta for Africa Dinner Fundraiser, Sep. 5, 6PM. Dinner, music, speaker. Perth Legion. lanarkgrannies@gmail.com. \$20
Doors Open Mississippi Mills/Carleton Place, Sep. 8, 10AM-4PM. Tour bldgs. cpmmdoorsopen2012.com. Free
Dragon Boat Festival, Sep. 8. CP Canoe Club, fall400.com. Free

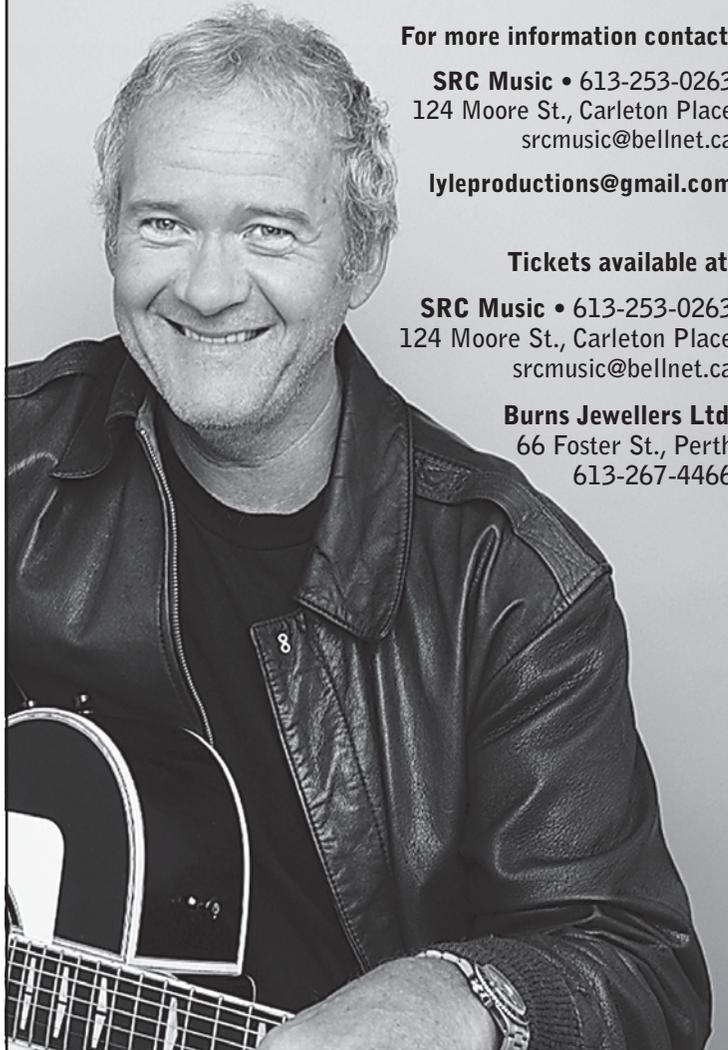
Raise the Roof Barn Dance, Sep. 8, 6-10PM. Middleville Museum. middleville-museum@gmail.com, \$10; \$25/family.
Tweed Ride, Sep. 8, 12:30PM. Fundraiser. Meet at Almonte Grandstand. tweedridealmonte.ca. \$15; \$25 family
Valley Singles Lunch, Sep. 9, 12:30PM. To register, call 256-8117 or 432-7622., Bateau Royal, 10 Main St., Portage-du-Fort.
Beckwith Sign Up Night, Sep. 11, 6-8PM. Child & adult sports & activities. Beckwith Public School, CP. 257-1539
Modern Square Dance Open House, Sep 11, 7:30 dance. Sep 18 6:30 supper; 7:30 dance. Brunton Com. Hall, 256-4715.
West Carleton Garden Club Meeting, Sep. 11, 7:30PM. Carp Memorial Hall. wcgarden@gmail.com. \$5
Seniors' Expo, Sep. 13, 9:30AM-3PM. Almonte Community Centre, 256-4700, jwatson@themills.on.ca. Free
Harvest Dance, Sep. 14, 8PM-Midnight. Beckwith Park. 257-1749, beckwithfire@gmail.com.
Chili Cook-Off, Sep. 15, 8AM-Noon. Market Square, CP. 253-3561, cpmf.ca.
Equator Block Party, Sep. 15, 10AM-2PM. Free fun for everyone. 451 Ottawa St., Almonte. 256-5960.
Lawn Tips, Sep. 15, 9AM-12. How to restore your lawn. Almonte Old Town Hall, \$2
Ride of Splendor, Sep. 16, Fundraiser for the CP Memorial Hospital. CP Curling Club, 257-2200x323
Roast Beef Dinner, Sep. 16, 4-7PM. St. James Church, Franktown. 283-3789.
2013 Nudes Calendar Launch, Sep. 19, 7PM. Fundraiser. Almonte Old Town Hall, mminfo@mississippimills.ca
MVFN Lecture, Sep. 20, 7:30PM. "Lanark County Soils FUNDamentals". Almonte United Church. 257-3089. \$5
Take Back The Night March, Sep. 20, 6:15PM. CP Town Hall, 257-3469x63, public-ed@cih.com.
Almonte Lectures, Sep. 21, 7:30PM. Nanotech on the farm. Almonte United Church, almontelelectures.ncf.ca. By donation
Perth Pride Day, Sep. 22, 10AM Scavenger Hunt, 2pm Picnic at Stewart Park, 8pm Drake Jensen Concert at PDCL, 10pm After-Concert Party at Perth Restaurant, 259-5757, lgbtlanark.com
Talk: Flu & Children's Illnesses, Sep. 22, 1PM. By Kealy Mann, N.D., Carp Ridge EcoWellness, Carp. 839-1198, Free
Walk your Paws for LAWS Walkathon, Sep. 23, 9AM. CPArena. 256-7980, lanarkanimals.ca
Ed Lawrence: Gardening w/o Pesticides, Sep. 24, 7:30PM. Cornerstone Com. Church, Almonte. 624-5104. \$5
PFLAG Stittsville, Sep. 25, 7PM. St. Andrew's Church, 2 Mulkins, Stittsville.
Adult Bereavement Group, Sep. 26, 1:30PM. Waterside Park, CP. 256-6646. Free
Mind-Body Healing Talk, Sep. 26, 7PM. Carp Ridge EcoWellness Centre, Carp. 839-1198, ecowellness.com. \$20
Culture Days, Sep 28-30. Various events, in Smiths Falls & Mississippi Mills. cuturedays.ca.
Gala Dinner with Michael Runtz, Sep. 28, 6PM. Fundraiser for High Lonesome Reserve. Almonte Civitan Hall, mmltc.ca. \$30
Breakfast with the Arts, Westport Style, Sep. 29, 7:30AM. Potluck, talk about arts. The VWordsmith, Westport. 273-3222
Festival of the Senses, Sep 29-30. Calabogie/Burnstown. calabogie.org.
Walk for Wellness, Sep. 29, 10AM-Noon. Bring item for Food Bank; **Harvest Lantern Labyrinth Walk**, Sep. 29, 7PM. CP & Beckwith Museum, Carleton Place. 257-1014
Blueberry Mtn Guided Hike, Sep. 30, 10AM-2PM. 9:30am reg'n. Blueberry Mountain, Lanark. mmltc.ca. \$10 / \$20

SRC Music, Lyle Dillabough Productions and
The Carleton Place Up Close & Personal Concert Series
Present an Encore Performance by:

Murray McLauchlan

SATURDAY, SEPTEMBER 29th, 2012

St. Andrew's Presbyterian Church, 39 Bridge St., Carleton Place
Doors open at 7:30 pm • Show Time is 8:30 pm
Tickets \$40 ea. (hst included)



For more information contact:

SRC Music • 613-253-0263
124 Moore St., Carleton Place
srcmusic@bellnet.ca

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Up close & personal
concert Series



Bringing JOY to McDonalds Corners

Fall Fling Dance with Mumbo Jumbo Voodoo Combo

"Building a community of active change makers" is Megan Campbell's goal. A yoga teacher for eight years, the Ottawa woman is a self-described philanthropist and conscious activist who doesn't sit back and wait for change to come to her. She started Journey of the Yogini, or simply JOY (which she describes as a "Yoga-lanthropy community and website), to "ignite awareness of women's issues at home and abroad," and in a short time, she has done powerfully well.

Megan's yoga roots are based in Perth where her mother took classes at the Yoga Connection and encouraged Megan, just home from college, to try it. She did, and JOY was born.

Through JOY's yoga workshops, retreats and events (from which she donates a minimum of 10% to local and national charities, and often much more), she has raised \$85,000 in the past year. Events include Megan's Annual Yogini Yogathon, in which more than 150 women participated, raising more than \$28,600 for Care Canada. Other events have raised funds for non-profit

organizations such as Plan Canada's "Because I am A Girl" initiative, Harmony House, Developing World Connections, and Interval House.

Megan's most ambitious project this year was to accept the "Off The Mat Global Seva Challenge - India", which aims to raise awareness of the root causes and impact of the global sex trafficking industry, and support organizations in India providing refuge, rehabilitation and economic opportunities to survivors, empowering them to lead their lives with dignity and respect. Each individual who accepts the Global Seva Challenge (GSC) is encouraged to raise \$20,000 by December 2012. "Accepting this challenge was a little overwhelming", said Megan, "but I am encouraged by the incredible support the GSC has received so far. I'm just about half way to the finish line."

Megan's parents, who live on Dalhousie Lake in McDonalds Corners, realized they had a wonderful opportunity to help their daughter's fundraising goal and bring JOY to the community by hosting a "Fall Fling" dance at

the McDonalds Corners Agriculture Hall featuring Juno Award winner Steve Lund and his band Mumbo Jumbo Voodoo Combo. A blend of New Orleans, Mardi Gras, R&B, Latin grooves, zydeco and Cajun rhythms will keep the hall hopping from 8PM until midnight, with a light buffet of award winning chili, vegetarian chili and accompaniments. There will be a 50/50 draw and the dance is licensed, so tickets



Mumbo Jumbo Voodoo Combo plays a fundraiser for the Global Seva Challenge at McDonalds Corners on Oct. 6

will not be sold to anyone under 19 years of age.

The Fall Fling will be held on October 6, in the hopes of encouraging people from outside the area to come up and experience the beauty of the fall colours and the many wonders and hidden treasures of the Lanark Highlands. Tickets are available at Shadowfax in Perth, the Hill General Store in McDonald's Corners and online at <journeyoftheyogini.com>, with a link to the Global Seva Challenge - India.

Hosting the evening are Deb and Gerry Young, who have been inspired by their daughter's passion for charitable causes through JOY. They hope to hold more dances at the Agriculture Hall to support local causes and charities while tapping into the amazing musical talent that abounds in the Highlands. "This is a new experience for us," said Deb. "We are excited for the potential, but mostly we just want to dance."



THE OTTAWA VALLEY MUSIC FESTIVAL
PETER MORRIS, ARTISTIC DIRECTOR
PRESENTS

Glory Alleluia!



with
Soprano Soloist
Kathleen Radke

The OVMF celebrates the return of the OVMF Chorus singing joyous "Glorias" and "Alleluias" by Bach, Handel, Mozart, Vivaldi, and more!

3 pm Sunday Sept 30, 2012
Grace St. Andrews United Church

269 John St. N. Arnprior, ON

Adults \$20 / Students \$10

(Free Admission for Kids under 12)

TICKETS AVAILABLE AT THE DOOR

at tickets@valleyfestival.ca

OR CALL 613-433-9457



www.valleyfestival.ca

LABYRINTH FALL PILGRIMAGE in the OTTAWA VALLEY

Sat., Sept. 29, 9-5PM



Visit 7 local
labyrinth sites
Facilitated by
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The Sacred Nest of Thunderbird Mountain

by Tim Yearington

In the early 1800s, the last of the original Algonquin people in Lanark County were still living along the Indian River, near the current village of Clayton.

These Algonquin people used the Indian River — named after them — to access their traditional homelands. From here they could journey to the highlands in the west and the sacred mountain where the “Thunderbird” had its sacred nest.

The Algonquin once had a powerful spirituality that guided their way of life and enabled them to prosper here for over eight thousand years. But with the coming of the first explorers, fur traders and early Christian missionaries, the spiritual way of life of the Algonquin began to disappear.

Little did the first missionaries know that the Algonquin already had a millennia-old, highly advanced spirituality of their own that honoured and respected the Great Spirit (God) in all things. For the Algonquin, the Great Spirit took the form of a large bird — a huge eagle named Animikii-Pinesi — the Thunderbird. A traditional way to receive guidance from the Thunderbird or Great Spirit was to do a vision quest at a remote highland place known as a Thunderbird Nest.

But believing they were acting upon the divine will of their own Christian God, the missionaries began trying to “civilize” the Algonquin. The original spirituality of the natives was severely misunderstood and believed, rather ignorantly, to be inspired by the devil. However, no word for

devil even existed in the original language of the Algonquin until the missionaries placed it there.

The missionaries had, themselves, brought the Christian concept of the devil directly with them from Europe. They preached it into the minds and hearts of the Algonquin and purposely used fear of the devil and an eternal hell below to intentionally manipulate and convert the natives more easily to Christianity.

In addition, old stone circles and the ancient Thunderbird petroforms that had been made to mark the location of the sacred Thunderbird nests, when found, were destroyed by the Black Robe missionaries who deemed the spirituality of the natives to be savage and pagan. As a direct consequence, the true nature and spiritual purpose of the sacred Thunderbird nest sites became secret, esoteric knowledge, closely guarded and protected by resistant Algonquin spiritual leaders who utterly refused to ever convert to Christianity.

But the persistence of the missionaries prevailed. Most Algonquin were converted to Christianity. And when the old spiritual leaders eventually died, the physically real and geographic locations of the sacred Thunderbird nests — now no longer used — became mythological locations and mere metaphors in the stories of the elders. The traditional “Thunderbird and Serpent” legends and teachings, that had sustained the

living spirit of the Algonquin people, were quickly forgotten in the fog of failing memories and lost forever in the mist of time.

The Algonquin people are now gone from this area, but their spirits never left. Their traditional spiritual knowledge is still present within the nature of the land.



Their sacred, long lost places still exist to be found. And the powerful teachings of those ancestral spiritual leaders still survive, waiting to be learned. We can still access these teachings. We can learn from them and we can let them help us in our daily lives. The Thunderbird Nest atop Thunderbird Mountain has been patiently awaiting our renewed interest and presence.

Akin to ancient Celtic people who believed hills, highlands and mountains to be sacred, Thunderbird Mountain is an equally sacred place. Here you can connect directly to what is important to you. You can

seek wisdom by pondering the great mystery of life, or “vision quest” for answers to guide you on your path.

Based on my own experiences atop Thunderbird Mountain, I now understand that we can indeed come to find and embrace what was once lost. If we will just slow down long enough to listen to the ancestral spirits of the land, we’ll be able to hear the beating of ancient drums within the thundering of our own hearts.

In today’s materialistic society, it would be wise for us to respect the wisdom of traditional Algonquin knowledge. It would be healthy for us — and healthy for our planet — for our current culture to embrace the traditional Algonquin worldview of things, from the Turtle of Mother Earth to the Thunderbird of Father Sky and everything sacred in between. It would be good medicine for us all.

Through the encouragement of our ancestors, native spirituality is today a rewarding and self-empowering way of life for many. Its simple yet inspiring philosophy helps people find the courage to create happiness in their lives.

— *Tim Yearington is a highland guide for Thunderbird Mountain Adventures. He is also an artist and author. His recent book, That Native Thing: Exploring the Medicine Wheel, was published by Borealis Press in Ottawa. He currently resides near the village of Clayton.*



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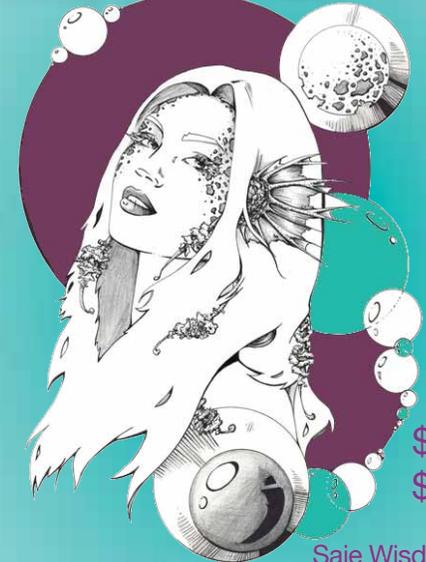
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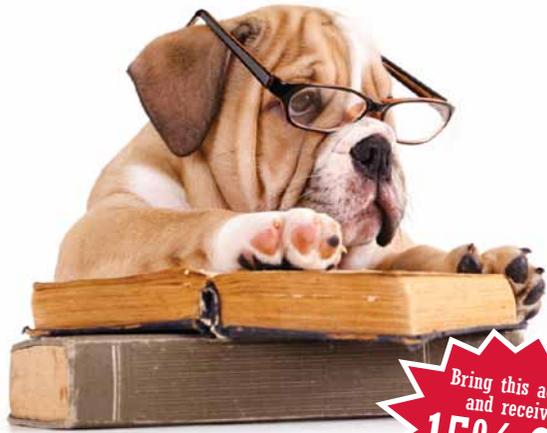
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Westport Wonders

What's Coming Up, What's Going On in Westport

Here in Westport we are witnessing lots of new art endeavours. We have the new **Grist Mill Artist Retreat** being built (see p.3) and hopefully underway come early spring. **Artemisia Art Gallery** is coordi-

by Georgia Fennell

nating with the Grist Mill to begin a super series of classes and workshops, also starting in the spring, bringing in a wealth of wonderful instructors for one-, two-, and up to five-day sessions on all topics artful. There likely will be a grand opening reception in the early spring, so keep an eye on this column for details and further information.

In the meantime, there's a new program on the last Saturday morning of every month — **Breakfast With The Arts, Westport Style**. We meet and greet at 7:30AM with pipin' hot coffee and a breakfast potluck. At 8:30 we have a program of speakers, hands-on art fun, and lots of great conversation. Antony Powell, Ken Rose, Diane Black and other artists have told their stories to the delight of all those present. Right now we are talking about art and how it impacts our lives and culture. We generally laugh a lot too!

Paint the Rideau

Don't miss this one! Take a day trip into the gorgeous fall colours of our area, and enjoy the **Paint the Rideau Lakes Plein Air Festival**, organized by the Westport and Rideau Lakes Chamber of Commerce. Taking place on September 30, it will be a great day for both established and wannabe artists to come on out and paint in the beautiful Rideau Lakes. From Rideau Ferry to Lombardy, from Delta to Chaffey's Locks, from Jones Falls and Portland to Newboro and Westport — where you will also find sheltered spots in case we have uncooperative weather. At practically every beautiful spot in the

towns and in between them, you will find interesting scenes to capture in oil or watercolour, pastel or graphite.

Registration begins at 8AM at the Cove Inn in Westport, and artists return to the Grist Mill Gallery with their works at 3:30PM. Guests and visitors are invited to watch as these artists create memories of the area. The public is invited to a reception and awards ceremony from 4 to 6PM at the Grist Mill Gallery. Tamara Carlson will be our judge, awarding prizes for outstanding work.

Visit painttherideaulakes.blogspot.com for more details, and see the ad in this month's issue of *theHumm* (p.16). Artemisia Art Gallery can also answer any questions you have about this fun and exciting event at 273-8775. We hope lots of folks will come out and be part of this day, either as participants or onlookers. There is even a special kids' section, so bring them along to paint and draw.



Young and old, professional and amateur — all artists are invited to come out and Paint the Rideau during the Plein Air Festival on September 30

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Culture Days in Smiths Falls

Up to ten venues in Smiths Falls and Montague will host a wide range of activities during the second annual Culture Days weekend at the end of this month.

The lineup includes performances by the **Vine Rhymes** folk songwriters, as well as an entire **Chinese Autumn Festival**.

Successful events returning from last year include a **children's workshop** at Smiths Falls' Carnegie-built Public Library and a curated display of **vintage aircraft** and warbirds in the Classic Wings hangar at the Smiths Falls-Montague Airport. Reeve Bill Dobson opens the doors of his nearby **agricultural museum** once again.

This year the Smiths Falls & District Arts & Culture Council will hold its evening **Meet and Greet** within the ornate walls of the Railway Museum of Eastern Ontario. The former Canadian Northern Ontario railway station, a national historic site built one century ago this year, will also host the art exhibit which accompanies this soiree.

On the other side of town, a **pantomime rehearsal** will be open to the public at the Station Theatre. The theatre celebrated its first-ever sold out weekend last month for the production *Anne with an E*.

New events this year will include displays of **multicultural egg decorating** and **decoy bird carving**. Residents with an eye on their own heritage can attend a **genealogy workshop** on tracing your roots.

The culinary arts play an emerging role for Culture Days in 2012. A **Chinese cooking workshop** is planned for the Community Health Centre and an **international food-**

sampling event will also take place on the weekend.

Some of the events are being organized by the Local Immigration Partnership program from Town Hall.

Like last year, all Culture Days events can be tracked on the national Culture Days website <culturedays.ca> as the details are finalized. Venues will be marked with Culture Days signs, and a program will be published and distributed. Space will be limited at some of the events, so pre-registration is recommended. And, just like last year, attendance at all events is free.

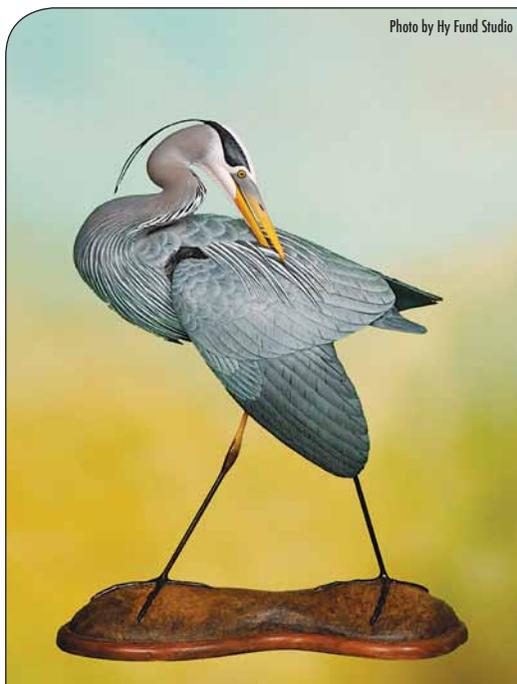


Photo by Ivy Fund Studio

This masterpiece was made by carver Robert Kerr, one of Canada's foremost waterfowl sculptors, who joins the free Culture Days weekend this year in Smiths Falls.

PPAC's New Season

Good news for area music lovers — you still have time to grab series tickets for the 2012-13 Perth Performing Arts Committee (PPAC) season. However, depending on when you pick up this copy of *theHumm*, you may have only 28 days or fewer!

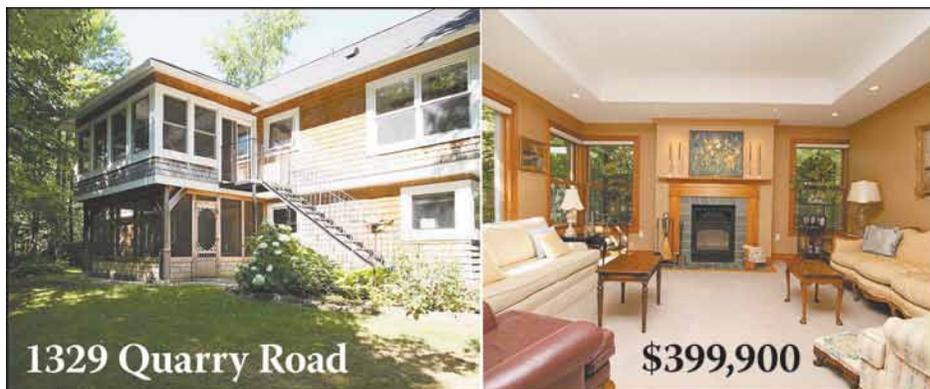
This year's lineup features a terrific variety of musical treats, from the classical stylings of the **Toronto Symphony Youth Orchestra** (on November 23) to the reach-out-and-grab-you-by-the-lapels performance by Canada's first lady of musical theatre **Louise Pitre** (on October 19). But series tickets are only available until September 28, when **Kim Stockwood** takes to the stage at the Perth & District Collegiate Institute.

While Kim's world spills out well beyond the shores of Newfoundland and Labrador, she is anchored heart and soul to that place. She seeks out what is special there and searches for a voice that will reflect her longing and love for the province. She has certainly captured that voice with her new CD, *Back To The Water*.

Kim is an accomplished artist on many fronts, from singer to songwriter to television host and radio personality. Her hit songs, accolades, and solo work have all contributed to her maturing as an artist. As the Calgary Herald enthuses: "Stockwood's meteoric rise to fame has become the stuff of Canadian music industry legend."

In 2013, PPAC is pleased to present the big blues voice of **Treasa Levasseur**, who brings her band The Daily Special to town on March 22. The Daily Special features Champagne James Robertson on guitar, Paul Reddick on harmonica, drummer Brad Hart and bassist Brian Kobayakawa. The season rounds out with a bang on April 12 when the six-piece band **Saga-pool** (described as "the great wild North") brings tales of raucous romps and wintry meditations to musical life.

All PPAC shows start at 8PM in the Mason Theatre at PDCI in Perth. Both season and single tickets are now available from Tickets Please — visit <ticketsplease.ca>, call 485-6434, or drop in at Jo's Clothes, 39 Foster Street in Perth.



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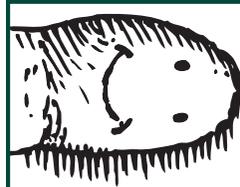
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Dazzling Diamond Divas

The Dazzling Diamond Divas of Carleton Place (a local chapter of the all Canadian, all female Crown Jewels of Canada Society) recently held their first flotilla to display their crafty talents and enjoy an afternoon of friendship. The ladies enjoyed refreshments, snacks and, most importantly, sharing memories and plans for the future. New members are always welcome! For info on the Diamond Dazzling Divas or the Crown Jewels of Canada Society, contact <dazzlingdiamonddivasofcp@gmail.com> or visit <crownjewelsofcanada.com>.

Carp Ridge Natural Health Clinic

Saturday, September 22

- 1:00PM:** "Flu and Children's Illnesses" talk by Kealy Mann, N.D.
- 2:30PM:** tour of the clinic
- 3:00PM:** "Living Without Money" a film by Line Halvorsen
- 4:30PM:** discussion, tea & snacks

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Labyrinth Pilgrimage in the Ottawa Valley

by Ruth Richardson

Are you curious about these ancient sacred paths of wisdom and peace? Labyrinths have been known to humankind for over 3500 years. They are usually single (unicursal) pathways that lead physically to the centre of the pattern, and then back out by simply reversing direction on the same path. Unlike mazes, in which there are riddles to be solved and dead-ends aplenty, the labyrinth has no physical way to get lost or trapped. To walk the labyrinth is to make a pilgrimage, to discover something about ourselves and the sacred within and around us. The labyrinth offers a journey of presence by inviting the pilgrim into sacred space, a temporary abandonment of the ordinary world for the realm of the holy, and then a return to the ordinary with a bounce of the sacred remaining within each step.

During the last two decades, these ancient paths of meditation and peace have been enjoying a resurgence worldwide. For years people have travelled to Europe to experience the labyrinths of Chartres or Amiens, but there is no need to travel so far. Since the fall of 1999, in the Ottawa area alone there have been over thirty-five labyrinths created, and many people have been trained to become labyrinth facilitators. It is time for a tour of these amazing local sacred sites and to have an opportunity to hear about others' labyrinth experiences — and to walk a few labyrinths along the way.

The fall Labyrinth Pilgrimage will take place on Saturday, September 29. Pilgrims will visit seven labyrinth sites in and around Ottawa, at hospitals, churches, public spaces and private homes. The pilgrimage will begin in the

parking lot of Bells Corners United Church, where participants will be transported by coach and treated to educational videos about labyrinths as they drive up the Ottawa Valley to Burnstown. The first destination is being offered by the hospitality of the Bittersweet Gallery and the Fog Run Studio of Richard Gill, as he celebrates his 40th anniversary fall show. Richard's labyrinth is in a glorious outdoor meadow setting beside his studio.

Upon leaving the gallery, the tour will travel south to visit the Healing Grounds and Sanctuary. Deborah Boldt and Nancy Spence have lovingly created two woodland paths, marked by crystals, stones, shells, trees and other gifts from Mother Earth. This is a private and intimate labyrinth experience.

At the outskirts of the city, St John's Anglican will offer both an indoor and outdoor experience, as well as sharing their stories of providing leadership and training to labyrinth facilitators in the Ottawa area.

Lunch will be catered at Bells Corners United Church, the location of the first outdoor laby-

rinth in the Ottawa area, where pilgrims will experience a number of canvas labyrinths inside, over a long lunch hour, and be able to chat with labyrinth facilitators and creators, and enjoy healing music.

The afternoon will bring a visit to Richmond for the outdoor labyrinths in the meditative gardens at the local Anglican church, back into town to witness the beautiful labyrinth at the Royal Ottawa Hospital, and then on to Westboro for both an indoor and outdoor experience before returning to Bells Corners, where the day began.

If you would like to be a part of this pilgrimage, please contact Ruth Richardson who is facilitating the day through the Personal Development Institute at Algonquin College. The course code is GEN0290. Registrations for the pilgrimage have already begun — call 727-4723 x 3523 to reserve your spot on the coach.

— Ruth Richardson is a Registered Nurse and palliative care educator, working at Algonquin College as Health Coordinator for the Personal Development Institute and Mentorship Coordinator.



One of the labyrinths on the tour is located at Bittersweet Gallery in Burnstown, where Richard Gill celebrates his 40th fall art show



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Brock Street Art Gallery

by John Pigeau

"Follow your bliss," they say, and Greg Cushing is doing precisely that.

In September, he is opening Perth's newest cultural gem: Brock Street Art Gallery. The difference between existing galleries and this new one? For one, the Brock Street Art Gallery will only be open on Saturdays (9AM to 5PM) as well as by appointment, and there will always be an artist present to talk to customers about their art. Cushing's hope is that this will add a "nice personal touch."

Also, Brock Street Art Gallery will focus strictly on original, local art (no prints), featuring landscapes and portraits. Another difference will be the number of artists showing at any given time. "We will always have four artists' work displayed," says Cushing, who prefers the "less is more" approach.

Cushing, a full-time nurse on the Medical Surgical floor at Perth Hospital for twenty-two years, is not retiring but "downgrading," he says; he will still work part-time at the hospital, while running the gallery out of a lovely duplex at 47 Brock Street South.

"I enjoy art very much," he says. "It's a whole different scene for me. I've enjoyed nursing. It's a challenging, rewarding job. You've got to think about saving a person's life. It's exciting and very rewarding." With a smile, he adds that life in the art world won't be so chaotic, and that he hopes his new venture will make a little money, too.

The idea of opening a gallery came about when Marshall Foster, an artist from Port Elmsley, approached Cushing about promoting his art. "I'm semi-retired," says Cushing, "and interested in art, so promoting art in this way seemed like a great idea."

On a cross-country trip in June that included a visit to the west coast, Cushing "realized, after stopping to see several galleries... just how distinct and good our local landscape artists are." He also gained an appreciation for the beauty that exists in Perth's landscapes, in nature as well as in town.

From there, the idea just grew. Cushing owns a duplex on Brock Street South, and has renovated one side of it as a gallery, while the other is a residence.

Marshall Foster will be one of the artists displaying work when the gallery celebrates its **grand opening** on September 1. Cushing wants to promote local art and, to ensure the gallery only displays quality art, subsequent artists will be chosen with the help of those currently showing their work.

"My hope," he says, "is to have an area where Eastern Ontario's art, landscapes and portraits are

presented to the public. And we will aim to offer a group of Eastern Ontario's best artists."

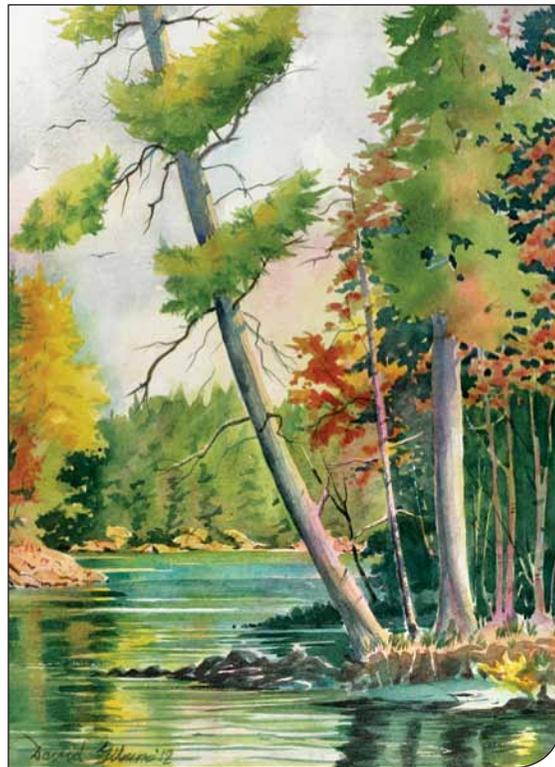
Currently, Cushing has three artists' work on display, and he is looking for a fourth. "So, if there is someone out there who would like to submit work," he says, "please do."

Wanting to keep the art accessibly priced, works will sell for \$250 to \$950. In addition, the gallery will offer portraits by commission, mainly by Marshall Foster.

Cushing also likes the idea of depicting local scenes, celebrating everyday life in Perth and the surrounding areas, as well as particular local buildings and landscapes, and specific Perth scenes. For instance, an artist is right now working on a scene from O'Reilly's Pub. "Just an everyday scene," says Cushing, "with regulars after work. I think people like that sort of thing."

The Gallery has been open for several Saturdays in August, he adds — as a sort of trial run — but with renovations to the house still ongoing and inevitable delays, he has not felt ready for a grand opening. That will take place on Saturday, September 1.

Mr. Cushing hopes to see you there.



Works by David Gilmour (above) and three other local artists will be on display at the Brock Street Art Gallery in Perth — but only on Saturdays. The Grand Opening takes place on Sept. 1



Kim Stockwood



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Toronto Symphony Youth Orchestra



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Switching over to Socially Responsible Investments was very easy for us. Margo really educates herself and regularly sends us information about the companies in our portfolio. We think it's important that our friends and neighbours know that this option exists, and that this advisor lives in our community.

— Michael Reynolds and Chandler Swain, owners of the Rowboat Riverside B&B in Blakeney

Mutual Funds provided through Certika Investments Ltd.
Margo Willmot, EPC, Financial Planner

613-253-8283

margo.willmot@sympatico.ca

Castlegarth Presents

THE PRODUCERS DINNER SERIES

September 21st, 2012

Series Number One

info@castlegarth.ca

CASTLEGARTH:
RESTAURANT & FOOD SHOP
90 Burnstown Rd
White Lake, ON
TELEPHONE
623 3472
WEBSITE
CASTLEGARTH.CA

At Castlegarth we strive to bring regional cuisine back to the table. With this dinner series we are providing the opportunity to interact with our farmers, fishmonger and cheese makers in hopes that the importance of our region can be realized and how proud of it we are.



Terra Madre
2012

Know Your Farmer

Johanna Zomers & Tom McCullough
of Donegal Farms

Friday, September 21st @ 6:30

3 Homemade Pork & Lamb Sausages on Crostini

Lamb Merguez with Spiced Cherry Tomato

German Pork with Pickled Crab Apple

Tuscan Pork & Lamb with Pickled Concord Grape

Confit of Lamb with Lamb's Lettuce / Confit of Pork with Pigweed Salad Greens

Roast Lamb with Smoked Pork Hock & White Beans

Lamb Mince Meat Pie in Pork Lard Pastry with Cinnamon Ice Cream

\$55 Person

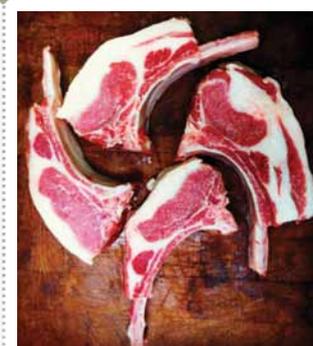
all beverages, tax & gratuity extra



Navajo Churro Sheep



English Black/Tamworth Pigs



Pasture Raised Pork

AT CASTLEGARTH WE KNOW
HOW OUR PRODUCE IS GROWN
AND HOW OUR LIVESTOCK ARE
RAISED.

Castlegarth, 90 Burnstown Rd, White Lake ON | 613-623-3472 | www.castlegarth.ca