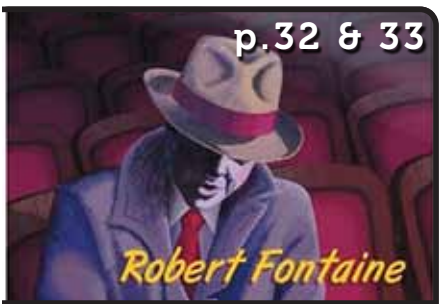


SEPTEMBER 2013

the Hummm

free

Arts,
Entertainment
& Ideas



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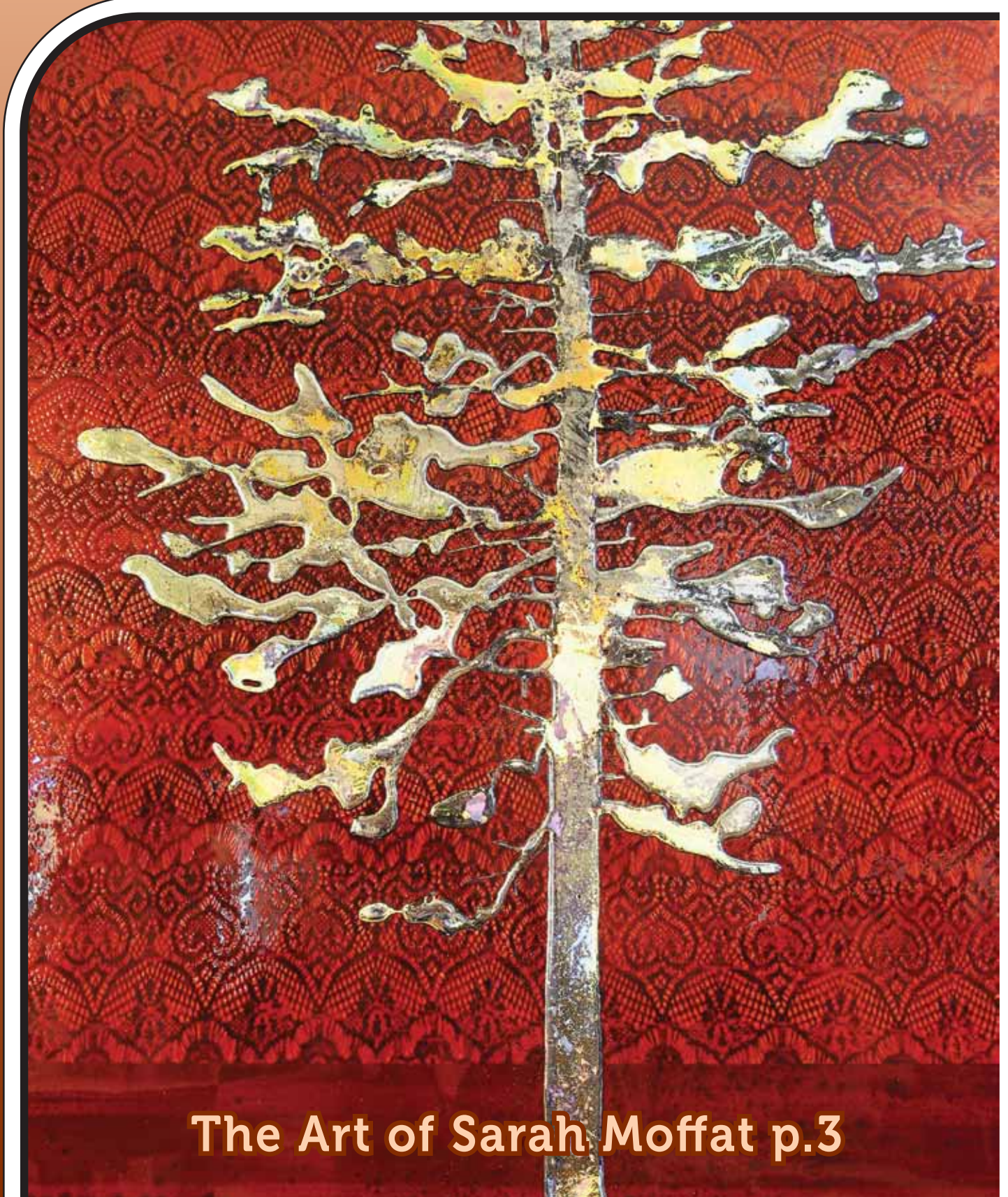
Auto Parts to Arts

CLASSES

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LESSONS

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The Art of Sarah Moffat p.3

Things are sure looking up at Valley Design Co.!

Valley DESIGN CO.
 22 Lake Avenue East, Carleton Place
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 proprietors: Donna & Paul Sorfleet
 Amber Robillard
www.valleydesignco.com



"I don't like the looks of this one little bit!"

Stevie Rave On

Romancing the Stove

My wife and I have a deal: I do the dishes, the lovely and talented does the laundry. I rarely complain about this arrangement even though I, obviously, carry the lion's share of the workload. Why? Because A) I'm married, B) I'm a man, and C) I'm married. It's

ments of destruction purchased in bulk directly from the most recent garage sale where it had been heavily discounted because it was CHIPPED to begin with.

I am especially thrilled with the paddleboats; you know the ones that take on water just as soon as you leave the dock. The ones that, apparently, were not made for two adults and two

by Steve Scanlon

counterproductive to complain. I just keep my head down and my mouth shut and get the job done. (The lovely and talented may see this in a completely different light but she's... um... what's that word... wrong. Let's keep that just between us.)

Now, I don't want to complain but... I really can't help myself (see "man", above).

So here's the thing. Every year since our kids came along we have rented a cottage. It's a wonderful thing for the kids to experience cottage life — the swimming, cottage-type food, and the mess of a great s'more. Intellectually, I get this. I understand the appeal — hell, I was even young enough once to appreciate cottage life. But seriously, you pay a bunch of cash to rent a shack in the woods and you have to do your own dishes? How is THIS a vacation? You have to cook your own food... often on an open flame, y'know like before they invented THE STOVE! You have to eat with a fly swatter in your hands. Yes, that's right, you have a knife, a fork (that don't match and were produced sometime in the early 1930s), a burnt piece of who knows what and a fly swatter, and you've never taken a juggling lesson in your life. Oh, and the lovely matching plates, cups, glasses, flatware and other imple-

small children although they supplied, thankfully, four life jackets and escorted us to the very same paddleboats (which I have since renamed puddle boat).

Do not get me started on the beds of brick and the threadbare sheets, Styrofoam-stuffed pillows complete with competing bug and small critter sounds. All. Night. Long... And we pay for this! With cold hard cash! And we take time from our busy schedules to suffer this abuse.

Did you know that there are places where you can rent for less money than a cottage and they actually come into your room daily and make the bed? It's true, I've seen one; they call them hotels. And hey, do you know where they don't have Styrofoam pillows? Hotels. That's right, hotels, with lovely sheets and matching glassware that isn't chipped and... wait for it... room service. And guess what. You don't have to do the dishes. Why? Because you're on vacation. And what are vacations for? Relaxation. They may not have a beach and sand castle building but they probably have a pool and a whirlpool or a hot tub and... room service. Did I mention "room service"? And because you are not spending your time doing the dishes and cooking like a caveman, you have time for other activities that are... y'know, fun!



Who's Reading the Humm

The crew of the narrowboat Cotonwood was catching up on Ottawa Valley news at the conclusion of their return cruise along the full length of the Llangollen Canal through England and northern Wales back in 2011. Like the Rideau Canal, the Llangollen has been designated a UNESCO World Heritage Site. The narrowboat crew consisted of **Maureen and Alan Amey, Colin and Jo Ashford and Rhoda Bellamy.**

The only problem with the whole hotel scenario is there is no beach, there are no sinking paddleboats, there are no bug and small critter noises in the dead of night, no s'mores or burnt offerings for dinner. There are no sand castles, floating surfboards that don't "really" float, and especially there isn't the sweet, sweet sound of my children laughing and splashing as Dad throws them, yet again, into the lake.

When my children are old enough, they so owe me a vacation... in a hotel.

Until then... I love cottage life.

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

Submissions

By email or on disk.

Deadline for ads & content: the 22nd of the month prior to publication

Subscriptions

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Thanks this month to:

Becky and George Schweizer for creating the awesome Game Club that keeps Rob, Kris and Rona happy (in a competitive way) every second Wednesday night. Find them on Facebook at: Game Club by Disobedient Donkey

Sarah Moffat — Artistic Freedom

Spontaneity is refreshing. Sarah Moffat's art is as spontaneous and refreshing as Sarah Moffat is. Her exceptional art celebrates the excitement of randomness, with Nature as her mentor and her guide.

by Sally Hansen

A recent series of stunning images of tree forms illustrates Moffat's enduring fascination with exploring texture and colour in her art. Her goal is to create a recognizable form (i.e. the naked skeleton of a tree) by enticing order out of chaos and chaos out of order. More precisely, she creates textured backgrounds using a variety of innovative techniques and materials, such as silk screening, patterned fabrics, plaster, sanding and washes, to create hints of order. She then creates a tree form executed sculpturally with polyester resins and applies metallic foils of varying intensities.

Both the form and the background are individual works of art that combine to create a holistic, tactile image. The works stir your aesthetic sensibilities by playing with your expectations and teasing you with surprising juxtapositions — structural fluidity, iridescent bark, silky smooth and deeply textured surfaces. Each work invites and rewards repeated contemplation.

The colours are wondrous, extraordinary, mystifying. There are layers upon layer of colour, often like gazing into water or transparent gel. There are glints of silver and gold, hints of iridescence, translucent pinks and peaches transforming into oranges and golds and coppery greens... How does she do it?

A Fortuitous Faux Start

Moffat earned her current artistic freedom by investing in art education coupled with more than sixteen years in the interior wall finishing business. According to Wikipedia, faux finishing in the decorative arts began with plaster and stucco finishes in Mesopotamia over 5,000 years ago. Moffat's adventures started during its modern resurgence of popularity in the late '80s, when interest in wallpaper declined. To support her young family she specialized in decorating homes and businesses with faux finishes on walls, doors, stairwells and other accent features. She has embellished the interiors

of homes, restaurants and workplaces throughout the U.S. and Canada.

Her choice of career was ideally suited to her adventurous personality. She experimented endlessly with the various components packaged by the suppliers of faux finishing materials. Plasters, glazes, paints and then metallic foils provided a palette that she continues to explore today as she creates her smaller, portable works.

By 2011, Moffat was determined to become a full-time artist. She had been creating art works in her spare time at her dining room table in Ottawa, and decided to launch a serious search for a venue that suited her lifestyle and provided her with a studio. After looking in every small town in the Valley, she succeeded beyond her wildest dreams when she heard about a renovation underway in Almonte. By April of 2012 she was relocating to a superb third-floor apartment in the beautiful Olde Wylie Flour Mill at 11 Main Street West. Her ground-floor studio is perfect, designed to her specifications with a heated floor and fabulous light. It opens onto a patio overlooking the Mississippi River, just below the now unused railroad bridge. She launches her paddleboard from the patio. "I can't believe I have everything I want!" she exclaims gratefully.

Despite the lure of the river at her doorstep, Sarah spends most of her time in the studio exploring: "... that is the fun part for me — it's like gambling and hitting the jackpot!" Mixing and pouring epoxy freehand is exciting; it is characteristic of her independent, self-reliant personality. She does not sketch her images first; she prefers the frisson of dangerous delight she experiences as she guides rather than controls her fast-curing fluid materials in layers across her exquisitely decorated canvases. The results are intriguing and beautiful.

An Appetite for Adventure

Moffat comes by it naturally. She was born in Toronto to parents who were free spirits. They travelled by boat for six months to the Bahamas with three children and stayed for four years. When they ran an inn in Mont Tremblant during the '70s and '80s, Sarah had a horse and a windsurfing board and learned to drive at the age of fourteen.

During her last year of high school at Lisgar Collegiate Institute in Ottawa, her guidance counselor suggested she apply to the Ontario College of Art, where she was accepted at the age of seventeen.



When she was late for registration, all the popular courses in photography and graphic design were full, so she signed up for courses in plastics and silk screening and mold making. She has always been grateful for the doors her scheduling mistake opened.

Adventure beckoned, and Sarah went to Vancouver seeking life experience. She worked as a TV set painter, had a baby, fixed up an abandoned farm, and created a career for herself by restoring and decorating kids' furniture and selling it at flea markets. On a trip to Mexico she met a gorgeous man from the Canary Islands, married him and moved back to Ottawa where they had two children. Always an entrepreneur (she was painting ladybugs on rocks and selling them when she was five years old), Sarah opened a small store on Bank Street and continued refinishing antique furniture. Eventually she began transferring her faux finishing skills to interior decorating projects.

She soon accumulated a portfolio of satisfied customers and designed and decorated interior walls at the Siam Bistro and Absinthe in Ottawa, the Red Lantern in Boston, and many private homes and businesses across the continent. She began exploring the infinite potential of her new materials and techniques in her art work and soon had pieces displayed at Framed Gallery at 1075 Bank Street at Sunnyside Avenue in Ottawa and in galleries across Canada (see sarahmoffat.com/representation for a full listing).

Indulge Your Appetite for Adventure

During September you can venture forth to Almonte's Equator Coffee Roasters at 451 Ottawa Street where Sarah Moffat's work will be featured (equator.ca, 256-5960). There is also an on-going show of Sarah's paintings from her Poppies and Ponds series at Siam Bistro at 1268 Wellington Street West in Ottawa. Both establishments offer culinary adventures as well.

The second weekend of every month, Moffat throws open the doors of her fabulous S.M. Art Studio and Gallery, located in the refurbished engine room of the beautiful Olde Almonte Wylie Flour Mill. September 14 and 15, from 10AM to 4PM, you can meet Sarah and Holly (a winsome dog breeding adventure). The art, the artist, the dog and the venue are fabulous. During the Thanksgiving Weekend (October 12-14), Sarah will be participating in the Crown and Pumpkin Studio Tour as Studio 12.

For an appointment at another time, to purchase a piece of Sarah's work, hire her for a commissioned piece or represent Sarah in your gallery or shop, you can reach Sarah at <art@sarahmoffat.com> or 461-3113. Sarah is represented by her sister Christa Moffat, so if Sarah doesn't answer the phone, her sister will. You can contact Christa at 250-430-7802 or email her at <sales@sarahmoffat.com>.

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WHO Sarah Moffat

WHAT Mixed Media Artist

WHERE **S.M. Art Studio & Gallery**, Almonte Flour Mill, 11 Main St. W., Almonte, <sarahmoffat.com>, <art@sarahmoffat.com>, 461-3113; **Framed**, 1075 Bank St., <framed.ca>; **Siam Bistro**, 1268 Wellington St. W., <siambistro.com>

WHEN September's featured artist at **Equator Coffee Roasters** <equator.ca>; 2nd weekend monthly (next: Sept. 14-15, 10AM-4PM), S.M. Art Studio and Gallery; Oct. 12-14, **Crown & Pumpkin Studio Tour** <crownandpumpkin.com>

WHY "It's the exploring that is the fun part for me — it's like gambling and hitting the jackpot!"

ARTIST TRADING CARD

THE HUMM

Mudds Season Line-Up Tragedy, Comedy and Chocolate!

Fifteen young local actors between the ages of 12 and 17 have been rehearsing all summer to present the Shakespearean tragedy *Othello*. It's a story of love destroyed by manipulation, betrayal and jealous rage. Come and join the young actors of the Mississippi Mudds Youth Theatre in the round at the Carleton Place Town Hall as they present the first show in the Mississippi Mudds 2013-2014 line-up.

There are two matinee performances at 2PM on Sunday, October 20, and Saturday, October 26. Evening performances are at 8PM on Friday and Saturday, October 25 and 26. All seats are \$10.

You know the story of Charles Dickens' *A Christmas Carol*, and very likely you've seen it more than once, indeed perhaps you've seen two or more versions of it. Even so, it's an odds-on bet that you've never seen a version like this! Alistair Clinton has taken Dickens' classic and played mischievously with the characters and dialog to turn it into a comedy farce in the traditional Panto style. With the addition of a substantial body of well-known contemporary music, the Mississippi Mudds proudly present *Humbug!* for the pre-Christmas season of 2013.

Evening performances are at 7:30PM on November 29 and 30, and December 6 and 7. Matinee performances are at 2PM on Sunday, December 1, and Saturday, December 7. Evening performances are \$20, while matinees are \$15.

Next in the line-up, the Mississippi Mudds Youth Theatre group will be performing *Willy Wonka Jr.* It is a tale of wonderment and an honest heart, based on Roald Dahl's well-loved children's novel, *Charlie and the Chocolate Factory*. The great chocolatier, Willy Wonka, is set to open his factory to five lucky children. The grand prize? A lifetime supply of chocolate! We meet Charlie, from the poorest of poor families. No matter the odds, Charlie continues to think positively. Will he be one of the lucky five? With great songs, fantastic characters and lots of laughs, *Willy Wonka Jr.* will be a joy for audiences of all ages.

Auditions will take place Saturday, September 14, at the Carleton Place Town Hall. Registration is from 9:30-10AM, a group audition (consisting of theatre games, dance and music) takes place from 10AM to noon, and a small group audition (groups of three) happens from 12:30-3:30PM. Rehearsal dates will be Monday evenings (7-8:30PM) from September 23 to February, and Thursday evenings from November 21 to February. Please note: not all participants will be required for all rehearsals. Performances take place in February 2014, and all seats will be \$10.

Following the award-winning presentation of *Noises Off* in 2012, the spring show, *Fox on the Fairway*, is a tribute from Ken Ludwig (*Lend Me A Tenor*, *Moon Over Buffalo*) to the great English farces of the 1930s and 1940s, taking audiences on a hilarious romp. Filled with mistaken identities, slamming doors, and over-the-top romantic shenanigans, it's a furiously paced comedy that recalls the Marx Brothers' classics. A charmingly madcap adventure about love, life, and man's eternal love



Last season the Mudds Youth Theatre group presented *Annie Jr.* (above). This year, they are holding auditions for *Willy Wonka Jr.* on September 14 at the Carleton Place Town Hall

affair with... golf. Performances take place in May 2014, and all seats are \$20.

Tickets will be sold at the Carleton Place Chamber of Commerce Visitor Centre, 132 Coleman Street (257-1976). For more details on all these shows and auditions please visit <mississippimudds.ca>. You could also drop by The Chamber of Commerce Visitor Centre to pick up the new Mudds brochure for handy reference.

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September 28, 2013

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Nicholson's Sundries, Pakenham; Clayton General Store; Appleton Museum & Mailboxes; Baker Bob's; & the Recreation & Culture office in Almonte's Old Town Hall.

Mississippi Mills School Contest

To enter kids should pick up their pitch-in bag in their school office September 20th. Pitch in between Sept. 20-28th. Email a photo to tmaclaren@mississippimills.ca before October 1st and you're in the draw!

Prizes include a \$100 Visa gift card donated by Colby McGreachy!

HELPFUL TIPS: Bring rakes, shovels & brooms.

Kids bring an adult. Always wear gloves.

Use **caution** around parked cars, in driveways, & along roads. **PITCH-IN** bags can be left out on your regular garbage pick-up day (without a sticker) until April 26th.

If you have questions or concerns please contact Tiffany Maclaren
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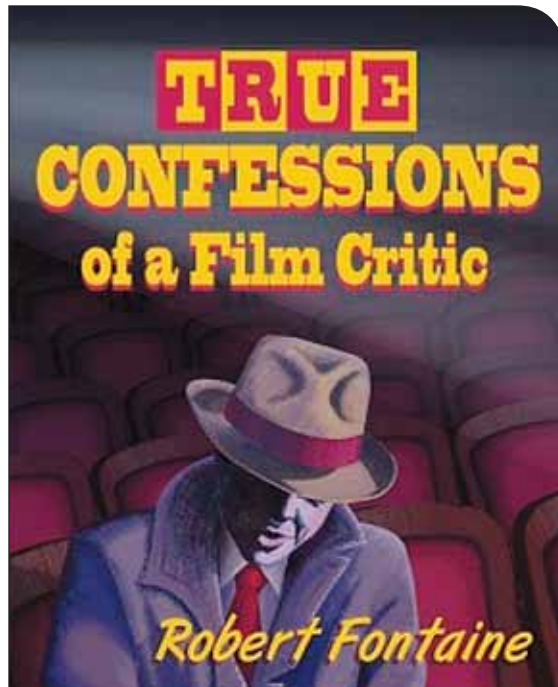
Once again this fall, the Arnprior O'Brien Theatre will be hosting the **Film Group** at its beautiful heritage building in the heart of downtown Arnprior. This will be year number fourteen for the popular Film Group series, which features interesting and thought-provoking cinema from around the world.

As well, for the second year in a row, the series **Live from the Met** will be made available — live opera streamed all the way from the Metropolitan Opera in New York City... to Arnprior!

Regulars of the theatre have not only come to expect, but to look forward to and appreciate, the sight of friendly, outgoing owner Kevin Marshall greeting them at the door on film nights.

Arnprior and the surrounding area are indeed fortunate to have such an opportunity to view quality cinema in such an atmospheric, pleasant environment. The sterile, cookie-cutter, 21st century cinemas we've grown accustomed to do not hold a candle to the lovingly-restored surroundings of the old Arnprior theatre. The equipment is certainly not antique though — Kevin has taken the bold step of updating his equipment to that of a digital system, with 7.1 Dolby surround sound. One need never travel to Kanata again!

As an added bonus for movie lovers in the month of September, The Arnprior Book Shop and the O'Brien Theatre will be co-hosting an author signing with CBC personality and film critic **Robert Fontaine** on Opening Day of the first movie presentation. This will take place on Sunday afternoon, September 29, at 12PM in the lobby of the theatre. Robert's second book is called *Confessions of a Film Critic*, and he will be available before the movie



presentation (which will begin at 1:30PM) to chat with movie fans and sign copies of his latest book.

Since 1993, Robert has been the film critic for CBC's popular drive home show *All In A Day*. His witty, irreverent and insightful comments and reviews have been enjoyed and anticipated by many CBC listeners over these past twenty years.

This will be an opportunity to meet with Robert and discuss cinema with a fellow movie buff, and to possibly discover and eventually support an arts venue in the Valley that we are fortunate to have.

— Gwen Storie

Fall 400 Festival

The Fall 400 Dragon Boat Festival is preparing for its 12th annual race day. On September 7, the town of Carleton Place will once again find Riverside Park teeming with excitement.

Preparing for another successful year, organizers anticipate another full festival with over 44 teams — over 1000 paddlers and drummers — coursing across the finish line with a large number of spectators cheering them on. Visitors from all over Eastern Ontario will be drawn to this event.

"We are pleased to announce that the Carleton Place & District Memorial Hospital will again be our focused charity this year," stated Crystal Devlin, Festival president. "The hospital best fits our goal of

the festival proceeds having maximum impact in the local community. It will be an exciting day of racing and we hope that many spectators will also join us on the Mississippi River to watch the action."

The Fall 400 organizing committee comprises a group of former dragon boat paddlers who, in 2002, decided that Riverside Park was the perfect location for an Eastern Ontario event. The mission of the Festival Committee is to host the best (most fun and well-run) small, one-day dragon boat event in Eastern Ontario. They are a non-profit organization that returns all profits back to the community.

For any questions or inquiries, please contact the Festival or visit <fall400.com>.

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- Mike Clouthier
- Ray Adams
- Rick Rogers
- Rodger Coulombe
- Triple Trouble
- Wilf Arseneault,
- and many more . . .

Harvest Lanterns Light the Labyrinth

On Saturday, September 21, the warm glow of lanterns of all shapes and sizes will illuminate the path of Carleton Place's community labyrinth for the 5th **Harvest Lantern Labyrinth Walk**. Festivities take place at 7PM, behind the Carleton Place & Beckwith Heritage Museum at the corner of George and Baines Streets in Carleton Place.

The Labyrinth Committee invites you to bring out your lanterns and join an evening walk. Luminaries will be flickering along the labyrinth's path and colourful handcrafted lanterns will be set aglow in Labyrinth Park.

"Borrow a lantern from us or bring your own creation!" says TLC chairperson Debby Lytle. Along with a candlelit path, expect to enjoy music and refreshments — all chosen to fit the harvest theme. For those new to the experience, this is a perfect chance to 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



Photo by Robert McDonald

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 the committee are also available on-site each Tuesday, 9–10AM, until the end of October, to answer any questions you may have.

For more information, or if you would like to help set up the luminaries prior to the walk, please call Debby at 257-1014, or check out the blog at <carletonplace-communitylabyrinth.blogspot.com>.

The Brett Pearson Run for Your Life

Here's a chance to join with your friends and family to help raise money for suicide prevention and mental health — two issues that affect one in five Canadian adults. The Carleton Place Drug Strategy Committee and the Carleton Place BIA are coming together to raise awareness about the issues with a 5K walk/run.

The **Brett Pearson Run for Your Life** fundraiser will take place from 9AM to 1PM on Saturday, September 28. This event is held in memory of Carleton Place student Brett Pearson, who lost his life to suicide when he was 16. Participants have the option of a 5K walk or 5K competitive (time-chipped) run. The starting point is at the Carleton Place Town Hall. The walk/run is sponsored by the Carleton Place Drug Strategy Committee.

Although only the run is competitive (time-chipped), all participants (runners and walkers included) must register for the event. The Brett Pearson Run For Your Life raises funds to increase awareness of suicide, mental health issues and substance abuse, through registration to its annual event.

Walkers will be led by a parade headed by the Royal Canadian Dragoons Army Cadet Corps, with Brett's brother Denis leading the way. The parade will travel down Bridge Street. Entertainment at the event will be local.

There will be speakers at the run, sharing their personal connections with suicide and mental health and how it has touched their lives.

Display booths from various healthcare and volunteer organizations will be pre-

sent, providing a chance for the public to learn more about the resources available to those at risk or in need.

To register, simply visit <cpdrugstrategy.com> and click on the "Events" button to access the link to the registration site. Registration fees for the 5K walk/run are \$30.

A team challenge is being issued and participants are encouraged to sign up in teams of two to four people as a group, as a family, or even as work colleagues. The cost for a team is \$50.

Those looking to print a pledge sheet can do so from the website. Those wishing to make a donation but unable to attend the walk may do so by visiting any Scotia Bank branch in Carleton Place, Ottawa, Kanata or Stittsville, indicating that their donation is for the Brett Pearson Memorial Run c/o The Town of Carleton Place. Or they can mail a cheque payable to the same fund name to the Town of Carleton Place at 175 Bridge Street, Carleton Place, ON K7C 2V8.

Race kits will be available (to those registered) the morning of the event, complete with a race chip and more. The first 300 registrants will receive t-shirts. Volunteers are also being sought to help out at the registration site and at the trail.

"All the money (raised) is turned back into our community for educational purposes, presentations in schools, public forums and workshops," explains Nicole Pearson, Brett's mother. "It all comes back here and doesn't go anywhere else — it is for our own youth and our parents."

For more information, please visit <cpdrugstrategy.com>.



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Get Fresh With a Local Farmer at Harvest Festival

Do you have a passion for fine local foods? Do you like to sample and savour that freshness and learn how to prepare the tasty products grown just around the bend? Throw in some entertainment, and you've got the makings of a great new event!

For all this and more, look no farther afield than the first annual **Lanark County Harvest Festival**, to be held Sunday, September 8, from 11AM to 4PM at Beckwith Park (1319 9th Line Beckwith, just a few minutes south of Carleton Place).

"We're celebrating the bounty of the harvest in Lanark County, and the variety will be scrumptious!" says Lanark County tourism manager Marie White. "We'll have lots of local producers on hand, as well as food seminars, tastings, children's activities, local musicians and more."

The new outdoor event is the brainchild of Lanark County Warden Bill Dobson, who is also reeve of Montague Township and a long-time organic beef farmer. When he took the top political post in the county this year, he envisioned a celebration that would connect the county's eight communities. "Food, agriculture and tourism are natural fits. Local food is one of the ties that bind us all, and a festival seems like the perfect way to celebrate and promote it. Lanark County has been recognized as a food destination, and we want to build on this while raising awareness," he said.

Sustainability and the health benefits of local food are becoming more and more important in a world where choices are endless. "The Lanark County Harvest Festival is a chance for local producers to build relationships with new customers and to promote the value of developing sustainable, self-reliant communities through small, food-based operations," Mr. Dobson adds. "Our county has a unique blend of producers, passions and food."

Learn about some of those passions through the interesting array of seminars planned for the

and humorous performance, will be on hand. The younger set can enjoy Twisty & Misty, featuring a petting zoo, bouncy castle, face painting, and much more.

"Six farmers' markets are part of this festival, and our local producers will have the opportunity to increase awareness of their products and expertise," adds Ms. White. "Food, drink and laughter are all part of this day, which is designed to recognize the benefits of local food while celebrating our agricultural families."

In addition to the farmers' markets, the festival is a collaboration of other local groups, including Lanark Local Flavour, the Lanark County Agricultural Committee, the Township of Beckwith, and Lanark County. It is supporting more than 55 local businesses and is part of a partnership with the Ontario Tourism Culinary Alliance.

The festival is expected to become an annual event that will rotate around the county. "Beckwith Township is pleased to be the inaugural municipality for the Lanark County Harvest Festival," says Richard Kidd, Beckwith Reeve. "It is a tribute to our strong rural and agricultural heritage, and our staff has been working very hard with partners to ensure the event is a huge success."

"Don't miss your chance to get fresh with a local farmer!" Ms. White laughs.

For more information, please call 1-888-9-LANARK.



Celebrate the bounty of the local harvest at the **Lanark County Harvest Festival**, to be held Sunday, September 8, from 11AM to 4PM at Beckwith Park near Carleton Place

day. One features "The Mushroom Man" of Lanark County, Scott Perrie, who will present information about foraging for local mushrooms, berries, nuts and wild leeks. Others include garlic, herbal remedies and tinctures, "Slow Food", beekeeping, apples, maple syrup and much more.

Once you have feasted upon fine products and knowledge, check out the entertainment! Fabulous local musicians, including the renowned Bowes Brothers with their energetic

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JR'S FAMILY RESTAURANT

Blue Jeans Classical Series Returns to MERA

Imagine yourself sitting just a few feet away from professional classical musicians as they play for you and then talk about their music and instruments. That's what you will find, three Sunday afternoons this fall, in the intimate venue of the MERA Schoolhouse in McDonald's Corners.

The series kicks off on Sunday, October 6 at 2PM, with a quartet of experienced flute players and teachers — **Opus Four** — who will highlight the contribution of each of their very different flutes.

On Sunday, November 10, the newly-formed **Capriccio** trio, with all local members (from Almonte, Carleton Place and Perth), will debut with a range of music, including masterpieces from Beethoven and Farrenc.

The series will wrap up on December 8 with a concert by **Duo Athénaïs**, a very experienced pair

of musicians from Ottawa. Their music will show off the range of two medieval instruments — a traverso flute and a viola da gamba — through a wide variety of 17th- and 18th-century music.

What makes this series so exciting is the nearness of the performers to the audience. In a concert hall, the musicians are far away; at MERA, they are close and can share their knowledge and passion in conversation with their fans.

Last year's series was a sold-out affair, so get your tickets early! Tickets for the three-part series are only \$60; \$25 for a single concert. To encourage young musicians, teenagers are free. Tickets are available online at ticketsplease.ca, by telephone at 485-6434, or in person at Jo's Clothes, 39 Foster Street in Perth. For more information, please go to meraschoolhouse.org.

2 Towns x 2 Days x 2 Times = 8errific Film Series

Film Night International (FiNI) kicks off another season of national and international films. And once again FiNI is offering screenings in two towns over two days at two times.

The season begins on September 25 in Perth and September 26 in Smiths Falls, with the Norwegian film *Kon-Tiki*, recounting Thor Heyerdahl's voyage across the Pacific on a balsa wood raft in 1947.

On October 9/10, see *A Royal Affair* (Denmark), based on the true story of a love triangle between an insane Danish king, his Queen, and his physician. Then on October 23/24, catch the Canadian film *Stories We Tell*, Sarah Polley's acclaimed visual essay on decades-old events in her family history. November 6/7's film is *Unfinished Song* (UK), about an old curmudgeon who gets a new lease on life when he discovers the joy of music. Finally on November 20/21, the Chilean film *No*, a historical drama showing how media spin contributed to the toppling of Pinochet's dictatorship, will finish off the season.

"The last ten years have proven that an audience exists, even in a small community, for award-winning Canadian, American and international films;

films which are always guaranteed to spark discussion," says FiNI founder Faye Cunningham.

Passes to all 5 films are \$40 and available now, in limited supply, at the Perth and District Union Library (for screenings in Perth) and the Smiths Falls Public Library (for screenings in Smiths Falls). Tickets at the door are \$10 each. Matinées start at 2PM, with evening showings at 7PM. Perth screenings are at the Full Circle Theatre; Smiths Falls screenings at the Station Theatre. Tickets are not interchangeable between screening times or venues for any of the films.

Film Night International Perth is part of the Film Circuit, which was founded in 1989 as a division of the Toronto International Film Festival Group. With over 180 locations in over 165 communities across Canada, Film Circuit helps build markets and audiences for Canadian and international film in under-served communities.

All profits from the series will continue to go back into each town's library. For more details about the FiNI fall series, visit filmmightinternational.blogspot.com, go to Film Night International on Facebook, or email filmmightperth@gmail.com.

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Mumbo Jumbo Concert Combo

What's even better than a Mumbo Jumbo Voodoo Combo concert? How about a 4-concert combo, featuring Mumbo Jumbo, Zydeco Loco, a Mardi Gras party and a spring dance? As an added benefit, the first three concerts will take place in the acoustically-awesome Almonte Old Town Hall. As another added benefit, each show will have a dance floor so you won't have to worry about trying to sit still through all of the high-energy tunes!

This kick-ass concert series is the creation of Almonte's own Steve Lund, who just happens to be the drummer for both Mumbo Jumbo and Zydeco Loco. Steve was inspired to produce his own series after seeing the successful show put on at the same venue by fellow musicians Sue Foley and Peter Karp. The timing is perfect for Mumbo Jumbo, as they are in the process of releasing a two-CD "best of" compilation, which Steve is bundling into his ticket price. If you buy your ticket to the September 20 show by September 16, only \$20 pays for your admission plus a copy of the CDs!

Mumbo Jumbo certainly has every right to release a double-disc of greatest hits — they have been purveyors of Mardi Gras since 1999 and have played countless gigs both locally and across Canada over that time frame. Their focus is on party music that gets people up and danc-

ing — everything from *Baby Please Don't Go* and *Crazy Little Thing to El Cumbanchero* and *Iko Iko*. So you're going to want to mambo — not walk — over to Mississippi Mills Musicworks or call 256-7464 to grab your tickets.

Other shows in the series include Zydeco Loco (featuring Michael Ball on fiddle, mandolin and vocals) on November 9, a 'round about Valentine's Day Mardi Gras dance party with Mumbo Jumbo on February 15, and a spring dance at the Textile Museum on March 29. Watch *theHumm* for more details as those dates approach!



The first concert in this eminently danceable series features Mumbo Jumbo Voodoo Combo at the Almonte Old Town Hall on September 20

Let's Talk Resilience! Join the Conversation on Sept. 26

Mark your calendars for Thursday, September 26! Transition Perth is very excited to be hosting a unique community meeting at the Perth Legion, 26 Beckwith Street East. The event will start with an opportunity to mix and mingle while enjoying light snacks, from 6 to 7PM, followed by an interactive meeting from 7 to 9:30PM. Sponsored by the Town of Perth, the evening will focus on building resilience in Perth and area. Resilience is our ability to respond constructively to change — and the times, they are changing.

Could it be that seven billion increasingly industrialized human beings are now touching our planet's limits? If so, economic stagnation and rising energy costs, among other issues, can be seen as the result of trying to expand consumption and waste on a planet that is essentially full. The fundamental shift that has taken place, however, is no more unusual than is the arrival of adulthood for a grown-up child. Accepting adult responsibility isn't as hard as it looked to the child. As a mature civilization, once we acknowledge our planet's limits and resolve to live within them, a great many opportunities arise.

Imagine everyone being secure, even if oil becomes too expensive to use excessively or if economic uncertainty affects us on a larger scale. Imagine everyone being healthy, even if the cost of food continues to increase, or changes in our

climate become more pronounced. Imagine everyone being happy, even in light of current downsizing trends or some forms of employment becoming more scarce. Potentially we could create local sources for energy, food security, transportation, and meaningful employment. We could choose to respond constructively to many of these changes and challenges, and celebrate together how our community adapted!

Each of us holds part of the knowledge, skills, vision, and enthusiasm to secure the future of our community. Together, **Let's Talk Resilience** on September 26 at the Perth Legion.

Everyone is invited to participate in this engaging and interactive evening. Doors will open at 6PM for a meet and greet and light snacks, with the meeting to follow. Let's share some food, exchange ideas, and explore some potential action plans toward building resilience in Perth and area.

Let's Talk Resilience is hosted by Transition Perth and sponsored by the Town of Perth.

Transition Perth is part of the transition movement, a global grassroots network of diverse communities working locally to build resilience by working in areas such as food, transport, energy, and education.

For more information, please visit <transitionperth.ca>, email <contact@transitionperth.ca>, or call Jennifer Martine Druker at 267-9949.

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Humm Bits

Yoga Fundraiser “For the Love of Bridget Rose”

Are you up for the challenge of 108 Sun Salutations? At 7PM on September 13, the **Karma Yoga — For The Love of Bridget Rose** fundraiser will be held at 2 Costello Drive in Carleton Place (Heritage Fitness Centre). Several yoga teachers will lead participants through 108 Sun Salutations while candles, tribal drumming, singing bowl, mantra and gong playing set a powerful mood. Participate in the challenge or simply join us for meditation, music and your own practice in the Karma Zone.

The suggested donation for this 2-hour event is \$20. All proceeds will go to the For the Love of Bridget Rose fund in support of the Zavitske family and their courageous 7-year-old daughter, Bridget (for more details, see For the Love of Bridget Rose on Facebook).

You can direct any questions and register via email at <108karmayoga@gmail.com>. Spaces are limited due to the size of the facility, so be sure to register soon! Don't forget your mat, water bottle and meditation cushion. Namaste...

— Tiffany Nixon

Calling All Millworkers!

On Saturday, September 21, the Mississippi Valley Textile Museum (MVTM) will be hosting its second annual **Millworkers' Reunion**. Last year's event was a huge success and gave rise to the MVTM's Memory Project, which has seen over 35 former millworkers, or their family members, participate in videotaped conversations about life in a textile mill and a mill town. The project is providing a treasure trove of material for future generations.

This year's event will again be held at the MVTM at 3 Rosamond Street East in Almonte, and will run from 2 to 4PM. All former millworkers, or their representatives, are warmly invited to come and enjoy time with old friends and co-workers, while having delicious refreshments and listening to toe-tapping Celtic and Valley tunes by the Barley Shakers. It doesn't matter what textile mill you worked in or for how long — they'd love to have you!

Heart Health at Foodsmiths

Much-read medical columnist W. Gifford-Jones, MD, will be giving a free public lecture at Foodsmiths on Tuesday, September 24, from 6 to 7:30PM. Foodsmiths is pleased to welcome Gifford-Jones during his stop in Perth, as he tours through Canada discussing heart disease and other medical issues. It is part of Foodsmiths' mission to effectively promote education and the health and well-being of everyone within the community.

Gifford-Jones is a graduate of the University of Toronto and Harvard Medical School. He is the author of seven books, and his weekly column is published in 65 Canadian newspapers, reaching six million readers. His website cites him as “your resource for nonsense medical columns.”

Gifford-Jones has partnered with Preferred Nutrition to bring out his own line of products specifically targeting cardiovascular health. He will be taking questions during the last half-hour of his lecture. Registration is not required, but seat reservations are recommended. Reserve your seat at Foodsmiths, 106 Wilson Street in Perth, or by calling 267-5409 x110.

Oktoberfest Time!

Mark your calendars now for October 11, when you can celebrate Oktoberfest in style at the Almonte Civitan Club, at 500 Almonte St.

Tickets for their 4th annual **Oktoberfest Dinner/Dance** are selling quickly! And you will soon see why. Doors open at 6PM, with a *lecker* (delicious) Bavarian meal at 7PM. After dinner, enjoy live music by REVIVAL, beginning at 8:30PM.

Tickets are \$17.50 and must be bought in advance — how else would they know how much *Essen* (food) to make? For further information or to buy tickets, call Martha at 839-1160 or Eric at 256-3677 or see <almontecivitan.com>.

Building Peace at the Diefenbunker

The Diefenbunker Museum and One World Dialogue (OWD) present the exhibition **Building Peace**. This exhibition explores different perspectives on building peace representing our past, present, and a look to our future. The exhibit runs from September 14 to December 31. In celebration of International Peace Day, the public is invited to a brief presentation, viewing of the exhibition and reception on Saturday, September 14 from 2-4PM. Light refreshments included, and this is a free, family friendly event. Please RSVP to <events@diefenbunker.ca> by September 12.

Bringing Back the Bees

If you think you haven't seen as many bees lately, you aren't the only one — their numbers are declining.

Bees are essential to the production of our food. According to a University of California, Berkeley study, one in three bites of food in the United States are a result of pollination by both wild and domestic bees, but disease, parasites, habitat loss, poor overwintering, and chemical use have caused a serious decline in bee populations. The good news is that something can be done. A seminar on how to encourage bees back to your property will be held on Sunday, September 15, from 9:30AM to 4PM at the Perth Civitan Hall, 6787 County Road 43. Susan Chan, program manager at Farms at Work, will provide landowners with ways to attract bees by turning unused or marginal land into habitat for these natural pollinators.

“What Susan Chan has to say will be of interest to farmers, gardeners, horticulturalists, and bee-keepers, as well as environmentalists, ecologists, and biologists,” says event organizer Andy Kerr-Wilson.

Chan, who is also author of *A Landowner's Guide to Conserving Native Pollinators in Ontario*, has been working with farmers in the Peterborough area to develop areas to encourage bees back to the farm. For more on these programs, visit <farmsatwork.wordpress.com>.

Her presentation will be followed by a question-and-answer session and a round-table discussion involving representatives of interested groups. The



seminar will conclude with a visit to a local farm, where participants will get to see the plan Chan has created for this operation.

The cost for the day is \$10 and includes lunch, so pre-registration is required. Email the Lanark Stewardship Council at <lanarkstewardship@gmail.com> to register. Please indicate your area of interest — e.g., are you a gardener, farmer, woodlot-owner, ecologist (professional or amateur), etc. — and whether you have any special dietary requirements. This event is being sponsored by the Stewardship Councils of Eastern Ontario.

For more information, please contact the Lanark Council at 267-4200 x3192 or <lanarkstewardship@gmail.com>.

Wild Parsnip When The Great Outdoors Isn't So Great

Wild parsnip is known as an invading species and it has been appearing in much greater numbers throughout this region. While its root is actually edible, the plant's sap causes severe burns and can even lead to blindness if the sap makes contact with a person's eyes. It is exposure to sunlight immediately following contact with the sap that causes the burning that results in scarring. This plant can be found in ditches, parks and on farmland in areas across the region. It spreads quickly and can take over an area if left unchecked. If you have this plant on your property, you will want to carefully contain and remove it. If you spot it near where you live, work or play, you would be doing others a favour to ensure they know what it is. Guidance from the Leeds, Grenville & Lanark District Health Unit can be found at <healthunit.org/hazards/dangerousweeds.html>.

— by Dagne Forrest





Glebe Fine Art Show

Saturday & Sunday
Sept. 28 & 29, 2013
10 a.m. to 5 p.m.

29 participating artists
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Glebe Community Centre
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www.glebefineartshow.ca



Flavour of the Month

The Art of Beeing

For years I have kept a collection of honeys in one of my kitchen cupboards. One of the things that I most enjoy picking up or sampling when travelling, even around the province, is honey from different places. For those of you who think honey is just honey and that it comes

by Susie Osler

from a Billy Bee container... I have news for you! Just as wine is imbued with an essence of "terroir" or a taste of that place, honey is too. When beekeepers extract honey — often towards the end of the summer — they essentially bottle a record (in flavour) of the flowering plants in the vicinity that the bees have foraged from over the season. So, even within a region like Lanark County, there are numerous flavours of honey. Seek out some local beekeepers and try them out!

One place to start is at the market stall of Lacelle's Apiary at the Carp Market each Saturday. Paul Lacelle and his wife Debbie have been selling their honeys, beeswax candles and skin cream there for 15 years. Paul became smitten with bees as a kid during summer visits with his grandfather, who kept one hive in his backyard in Ottawa. Intrigued by the ability of bees to adapt to human management systems that enabled a honey harvest for human consumption, he knew it would be an activity he'd come back to eventually as an adult. And he most certainly has. Paul lives and breathes beekeeping!

Paul "retired" three years ago from a high-tech job, but has been keeping about 35–40 colonies of bees for the past twenty years on an 80-acre farm in Mississippi Mills. Last year he also started managing Propolis-etc, a new, much-needed beekeeping supply store just east of Carleton Place on Highway 7. The bright, airy store has all the equipment both hobby and professional beekeepers might require.

Aside from managing his hives and running this new store, Paul also runs workshops and courses about beekeeping. In summertime, he has 4-session courses (\$60) where participants visit his bee-yard each Sunday to learn what is happening in the hive and what management practices are necessary at different times of the beekeeping season. This is an excellent way for people considering starting hives to get a sense of whether or not it is a hobby they are suited to. In the off-season of winter, he offers other month-long courses — three hours a week — at the Carleton Place library. Check the website for dates. Paul is also the president of the Lanark County Beekeepers Association. LCBA meetings (held in Perth) are excellent and welcoming forums in which to learn about beekeeping, to ask questions and to connect with professional and hobby beekeepers.

"It makes my day if I can get another beekeeper started," Paul told me. Inspiring new beekeepers and sharing his knowledge is something he is clearly dedicated to. It is also a real gift to our community. Bees and their keepers have had an increasingly hard go, in the last eight years especially, and ensuring that new beekeep-

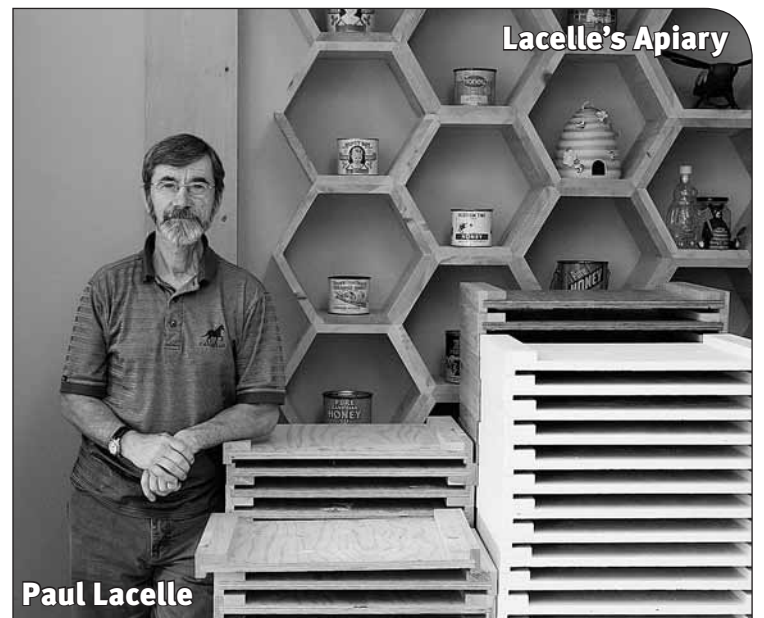
ers come along with adequate training is very important to their survival.

In 2006, the occurrence of "Colony Collapse Disorder" (CCD) became front-page news around the globe. CCD was the term used to define the unprecedented colony losses that were being reported that year. Since then, researchers have been trying to understand the reasons for such a spike in bee deaths, but are so far reluctant or unable to definitively pin a single cause to CCD, though many theories abound. Since then, losses have continued to climb. It used to be normal for a beekeeper to lose 5% of colonies over the winter due to other challenges (mites, weather, starvation, disease), but this year has seen unprecedented losses — even greater than 50% in some cases.

The Neonicotinoid Connection

So bees are once again making headlines on the covers of even prominent news media like *Time Magazine* (August issue), and articles and reports are being circulated around Facebook daily about the latest scourge affecting them. It does seem like people are sensing the gravity of the situation. The spotlight is now focused on the apparent connection between neonicotinoid pesticides and bee deaths. In recent years, the use of neonicotinoids has become widespread. The problem is, they don't only affect the targeted insects (the ones detrimental to the desired crops), and so although bees themselves are not targeted, they essentially become "collateral damage" — as do other soil organisms, aquatic life and farmland birds. I have not got the space to write in depth about this chemical and its effects, but I urge you to download some of the abundant information about it. A good article from the *Guardian* newspaper is "Neonicotinoids are the new DDT killing the natural world" (to find it, google: neonicotinoids monbiot). Here's a recent one from Ontario about a beekeeper in Grey-Bruce County: "Bees dying by the millions in Grey-Bruce" (google: post bees dying).

It is heartbreaking to read these reports. As in 2006, media attention is focusing on the implications of a honeybee-less world to our food supply. Considering they pollinate at least one third of our food crops, some argue that a world without bees would mean a fairly quick end to humans on the planet. What has



Paul Lacelle

Who They Are

Lacelle's Apiary
Paul Lacelle
26 Spruce Drive, Mississippi Mills, ON, K7C 3P1
253-0566 <lacellesapiary@gmail.com> <lacellesapiary.com>

What They Offer

Honeys, beeswax candles and skin creams, beekeeping courses, private beekeeping sessions and beekeeping equipment at **Propolis-etc**, near Carleton Place.

Where They Sell

Farm gate (call ahead), Carp Farmers Market (Saturdays), beekeeping supplies at Propolis-etc. Tuesday to Saturday, 9AM to 5PM (visit propolis-etc.ca or call 253-2337 for directions).

received less of the media limelight is that the fact that many experts believe this "die-out" is today's canary in a coal mine, warning us of the increasing and systemic toxicity that is occurring within our ecosystems. Food supply aside, how else will we be affected? And what about other beings?

Despite there being much research indicating a connection between dead bees and neonicotinoids — enough to cause the EU this spring to ban their use for two years until further research can be done — the evidence is still being touted as "inconclusive" by Canadian and US regulatory agencies. To me it seems a frustratingly simple equation, when presented with some basic facts — neonicotinoids are designed to kill insects by imposing serious neurological damage. If bees are ingesting even "sub-lethal" doses through the pollen and nectar collected from affected crops, it seems logical that some significant neurological damage will be done to them as the chemical accumulates in their bodies and within hives.

Amidst the rather scary implications of the current bee crisis, it is heartening that Paul Lacelle is noting a significant increase in recent years in the number of new beekeepers in the area. People are more aware of the vital role healthy bee populations play

in our community, and want to play a supporting role in keeping them around. Consumers have also become increasingly suspicious of the honey on the shelves of our big supermarkets, so some are committing to raising bees themselves or to finding an apiarist they trust, to buy honey from.

If you think you might be interested in beekeeping, there are several opportunities this month to learn more (see below). Meanwhile, hug your local beekeepers and tell them how much you appreciate their efforts!

Bee Resources

The Lanark County Beekeepers Association will have a booth each year at the Perth Fair (Labour Day weekend).

The Lanark County Harvest Festival: Sunday, September 8, 11AM for 4PM at Beckwith Park (1319, 9th Line, Beckwith). Paul Lacelle will be talking at 11AM.

Museum of Agriculture in Ottawa: Exhibition about bees. <bees.techno-science.ca/english/bees/default.php>

The Ontario Beekeepers Association (OBA): <ontariobee.com> is an excellent source of information, research, current practices and news in the bee world.

What you can do to help: take a look at the ten things you can do to help bees on the website <queenofthesun.com>.

It's time to celebrate!
Equator's Annual BLOCK PARTY
Sat. Sept. 14th
10am - 2pm
BBQ for SchoolBOX, facepainting, food & drink samples and MUCH MUCH MORE!
Equator Coffee Roasters & Cafe
451 Ottawa St. Almonte / 613.256.5960 / equator.ca

Past and Future Fun

As I sit here typing up my words for September, I am listening to the wonderful CD I got on Friday evening at the toe-tapping, knees-up concert by Zal Sossokho, held at The Cove Inn. What a fantastic way to get the annual MUSICwestport festival underway! Saturday morning was welcomed in by Paddy O'Connor, a

In the meantime, I am not always up on all of the great happenings here in Westport, so I would like to put out an appeal to all of you who read my words — if there is something of note (pun intended) you would like me to report here, please let me know. Thanks!

Coming Up...

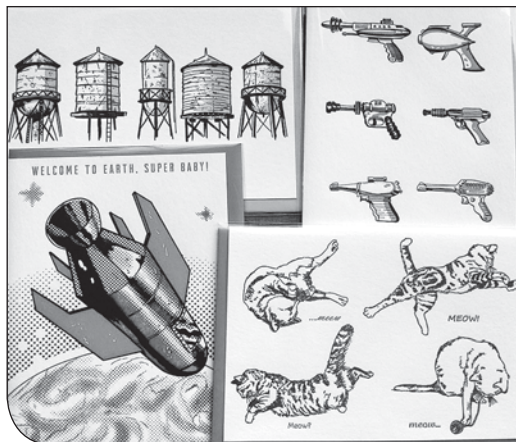
Don't forget to mark September 28 on your calendar for a treat in Westport, as our **Breakfast with the Arts** potluck, featuring Isidora Spielmann, will be held at the Grist Mill Studios, 21 Main Street. For more details, email <artemisia@kingston.net>.

As another head's up for next month, this year's Westport and Area **Fall Colours Studio Tour** is being held again on the Thanksgiving long weekend, October 12 to 14, from 10AM to 5PM daily. The artists will welcome you into their studios, where you will discover an exciting and eclectic

range of juried, high-quality, original work, including magical photographic art, primitive rug hooking, felted items, gorgeous comfortable clothing, stunning glass (stained, fused, blown and mosaic), garden art and furniture

made from recycled and salvaged items, distinctive pottery, folk art carvings, uniquely painted items, silken woodturned bowls, whimsical dolls, handmade soaps and lotions, luxurious woven items, garden sculptures, wrought iron, acrylics and watercolours, sculpture (in clay, iron and stone), fine jewellery, printmaking and more. Joining them for the first time this year will be the studios of Papillon Press and Art on Centre in the village of Westport, and returning again this year are Grist Mill Gallery, Red Door Studio, Hooked on the Lake, Enchanted Forest, Burrige Farm Studio, Mancino Gallery, and Steven Boyd's Stained Glass Studio — 35 artists at 9 studios! For more information, contact Loretta Moore at 273-8347 or <hookedonthelake@kingston.net>, or see the map and studio directory at <westportstudiotours.ca>.

On a more personal side, I am amazed at how fast the summer has gone by. Seems to me that the days just speed by so quickly now... is that a sign of getting older? In any case, I am looking forward to the fall and the beautiful colours to come, and to some time to pursue my newest interest — encaustic painting. Artemisia can provide you with encaustic supplies from Entkaustikos paints, as well as a wonderful variety of acrylic, watercolour and oil paints from Tri-Art, a superb quality paint manufactured right down the road in Kingston. What isn't in stock can be ordered and delivered by the following week. Please do come by and see what we now have on our shelves.



Westport's new Papillon Press studio will be a stop on this year's Fall Colours Studio Tour, coming up on Thanksgiving weekend

by Georgia Ferrell

super Town Crier of the upcoming events of the day. It is hard to believe that it is over for another year.

I didn't do an actual head count, but I am sure that, over the day, there were several hundred folks sitting on the lawn here at Artemisia, listening to bluegrass, a brass band, jazz, and blues tunes, along with some melodies and songs that were straight out of my teen years. All day long, from both our lawn and the patio at the Cove, music, music, music... It almost felt like the "put another nickel in" of days gone by. It was wonderful to see all of the kids dancing, and adults keeping time to the beat.

So another successful MUSICwestport is now part of our memory. I wish I could be in two places at once, as I missed the competition for the Voice of the Rideau, and the great bands and singers who performed at The Cove.

All that's a tough act to follow, but the Westport Arts Council is already gearing up for their annual Writers Reading event on October 5, so see the sidebar on this page for more details!

Award-Winning Authors to Read in Westport

The Westport Arts Council's 6th annual **Writers Reading** event is scheduled to take place at the Westport United Church on Saturday, October 5 from 1-5:30PM. This year's line-up features authors Wayne Grady, Elizabeth Hay, Andrew Pyper, and Marilyn Simonds.



Andrew Pyper, author of the award-winning novel *The Demonologist*, will be joined by Wayne Grady, Elizabeth Hay and Marilyn Simonds in Westport on October 5

Wayne Grady is the acclaimed author of fourteen books of nonfiction, including *Breakfast at the Exit Café*, which he co-authored with his wife, Marilyn Simonds. He has been the editor of Harrowsmith and Equinox magazines, and has published more than forty books in total, receiving many awards and other acknowledgements in the process. His most recent book and first novel, *Emancipation Day*, is a fictionalized retelling of his father's difficult journey of self-discovery.

Elizabeth Hay is an award-winning, much anthologized short story writer and novelist. A former CBC broadcaster, Elizabeth received the Scotiabank Giller Prize for her novel *Late Nights on Air*, a major bestseller. Her latest novel, *Alone in the Classroom*, achieved the bestseller list in both hardcover and paperback, and was included in the Globe and Mail's Best Books for 2011.

Andrew Pyper is a writer with a growing list of bestselling novels to his credit, the most recent of which is this spring's *The Demonologist*. Chosen as one of Amazon's Ten Best Books of the Year So Far, a Book-of-the-Month Club Selection, and the recipient of many other awards, *The Demonologist* will soon be available in more than a dozen foreign language editions, and film rights have been sold to Universal Pictures.

Marilyn Simonds is a highly regarded editor, anthologist, magazine writer, gardener, columnist, arts administrator, non-fiction author and novelist. Her freelance writing covers a vast range of topics from gardening to art, and war to architecture. She published her first non-fiction book, *The Convict Lover*, in 1996, to rave reviews. A national bestseller, it was nominated for the Governor General's Award for Literary Non-Fiction, translated into Japanese, Chinese and German, and adapted for the stage in 1998. Marilyn is the artistic director of the Kingston WritersFest, now in its fifth year.

Tickets are \$15 for adults and \$12 for seniors and students, including refreshments. They are available at Murphy's Barber Shop (5 Church St., 273-2145), The Cove (2 Bedford St., 273-3636 or 1-888-COVE-INN), and Stillwater Books (29 Church St., 273-4625), or at the door, if available.

Lachapelle Antiques
80 Mill Street
www.lachapelleantiques.com
613-799-5318

Almonte ANTIQUE MARKET
26 Mill Street
613-256-1511

Christmas in the Valley Artisan Show

Come shop in a relaxed and festive atmosphere
Friday, Nov. 1, 1-8PM
Saturday, Nov. 2, 9-4PM

Almonte Community Centre Upper Hall
182 Bridge Street
www.valleyartisanshow.blogspot.com
Follow us on Facebook

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A Jazzy Series

As discerning readers may have noticed from our calendar, a new house concert series started up last year in Almonte, and brought no fewer than eight different performers or ensembles to town. As a result of that successful start, organizer Arnie Francis is looking forward to expanding the reach of *JazzNhouse* for the 2013–14 season. We caught up with Arnie to find out more about this creative way to support live music.

by Kris Riendeau

theHumm: What made you decide to start a jazz house concert series?

Arnie Francis: Our community is a wellspring of both musical talent and musical offerings. There's Folkus, the Mississippi Blues Society, Almonte in Concert, Celtfest and much more! As Humm readers may remember, we used to have live jazz at a local restaurant some years back. Since that ended, a group of friends and I have been yearning for local, live jazz. I am no aficionado when it comes to jazz. I grew up playing Hank Williams and Johnny Cash really badly on guitar; loved Gordon Light-



The first concert of this year's *JazzNhouse* season is September 21, and features Zakari Frantz with his trio

foot, JJ Cale, Chuck Berry and Elvis. But jazz music has a way of sneaking up on you. So for me, the house concert series was an idea worth pursuing, and *JazzNhouse* has evolved into a purely fun community-building project.

How has the reaction been (from both performers and patrons)?

Many venues in Ottawa and elsewhere have recently been closed to performance jazz, primarily because of the cost structure of the music business. Performers need audiences. Supporting jazz artistry is about building audiences and generating sustainable venues for the artists. *JazzNhouse* concerts do just that — they provide an attentive and appreciative audience for performers who love their craft. Since there is no “venue cost”, the economics are favourable to performers who rely on door receipts. In addition, every performer in our 2012–13 inaugural series has been overwhelmed by how warmly they were received. The reputation of the series has spread enough so that performers are now contacting me (rather than the other way around), asking to be a part of future programs. Patrons, for the most part, enjoy the informality and coziness of the home environ-

ment, and are often amazed by the musical talent they discover. There's a vital, core group of local patrons and an ever-increasing number of visitors from Ottawa, Carleton Place, Renfrew, Perth and other parts. I expect attendance to grow by about 30%, to 40 guests per concert in 2013–14. Without this enthusiasm and support, *JazzNhouse* could not exist.

What have some of the highlights been?

Each concert is so different and appealing in a unique way. The Miguel de Armas Trio was sold out, and for good reason! The energy and virtuosity of Miguel, Marc Decho and Arien Villegas were stunning. Lucas Haneman, along with friends from Montreal, brought his youthful, dynamic, heart-pumping stylings. The Peter Hum Trio was lyrical and warm. Renee Yoxon is a true jazz gem, and gave us an inspiring opening concert, with Mark Ferguson and Joel Kerr. Concert after concert, guests got to hear and enjoy superb musicianship. There is a re-cap of the series on the website <jazzN.ca>, as well as a means for people to get invitations to future concerts.

What are some of the advantages of house concerts, from the points of view of both the artists and the patrons?

A *JazzNhouse* concert is an “up close and personal” affair that emulates the ambience, informality and intimacy of parlour music traditions. Guests bring their own beverages and sometimes great baking! Old and new friends and neighbours connect with each other and with the artists too. The artists love the house concert venue, because hosts and guests treat them with care and respect. Guests really *listen* to the artists playing. There are no business deals going down loudly at the bar, or glasses being clinked over the music. As the evening progresses, guests get immersed in the communications among the band members, as tunes are counted in, solos get underway, and so on. Artists dialogue with guests in an intensely personal way about their own compositions or their interpretations of pieces by jazz masters. That's where the audience and artists share an indescribable “give-and-take” dynamic.

Where are this year's concerts taking place?

For last year's series, I hosted all eight concerts in my home on William Street in Almonte. That will change come the fall. A very exciting outcome of our inaugural series was that, for the 2013–14 series, *JazzNhouse* has been invited to consider other houses in the area as potential venues. These include beautiful homes of visual artists, retirees, musicians, medical doctors, community builders and, of course, B&Bs. This opens up the series to different neighbourhoods and audiences in our community, and I am pleased with the way this is progressing. Capacity, parking, proximity and other criteria come into play for the selection of a home for any particular concert. At this time I can confirm that the idyllic village of Appleton will proudly join Almonte as a jazz-hosting community! All *JazzNhouse* concerts will be in the Mississippi Mills and Carleton Place area for now, but branching further afield is a definite possibility if one of *theHumm's* readers wants to host a *JazzNhouse* concert in their home...

The first concert of this year's season takes place on September 21, and features the Zakari Frantz Trio <zakarifrantz.com>. Other performers include Adrian Cho and Diane Nalini, the Rimbombante Quartet, the Peter Liu Trio, the Craig Pedersen Quartet, the Christine Fagan Trio, the Patrick Smith Trio, and Peter Woods with Brian Browne. For more details, please visit <jazzN.ca> .

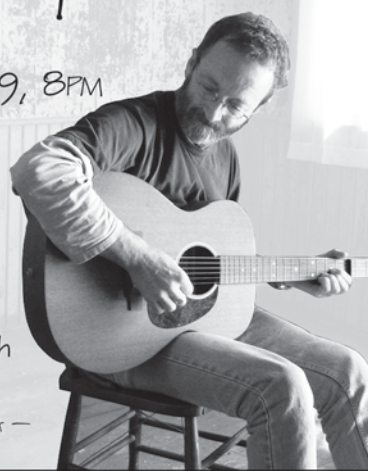
David Francey in Concert

Thursday, September 19, 8PM

St. Paul's United Church
25 Gore St. W., Perth

Tickets are \$25
from www.ticketsplease.ca
or at Jo's Clothes,
39 Foster Street in Perth
or call 613-485-6434

This concert is a fund-raiser for MERA —
MacDonald's Corners/Elphin Recreation



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Classified Ads for Sale

Yes! *theHumm* accepts classified ads, to a maximum of 30 words, for the low low price of \$20 (plus HST). We don't really recommend trying to sell your BBQ this way, but if you're looking to sell a cottage or rent a room somewhere in our coverage area, or are seeking an artist's assistant or nude model (really!), our classifieds have had success on those fronts in the past. Contact us at <editor@thehummm.com>.

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Fall Film Series O'Brien Theatre, Arnprior

Sept. 29 & 30 **Kon-Tiki**

The story of legendary explorer Thor Heyerdal's epic 4,300 miles crossing of the Pacific on a balsa wood raft in 1947, in an effort prove it was possible for South Americans to settle in Polynesia in pre-Columbian times.

Oct. 6 & 7 **Unfinished Song**

Grumpy pensioner Arthur honors his recently deceased wife's passion for performing by joining the unconventional local choir to which she used to belong, a process that helps him build bridges with his estranged son, James.

Oct. 13 & 14 **Love Is All You Need**

A hairdresser who has lost her hair to cancer finds out her husband is having an affair, travels to Italy for her daughter's wedding and meets a widower who still blames the world for the loss of his wife.

Oct. 20 & 21 **Renoir**

Set on the French Riviera in the summer of 1915, Jean Renoir — son of the Impressionist painter, Pierre-Auguste — returns home to convalesce after being wounded in World War I. At his side is Andrée, a young woman who rejuvenates, enchants, and inspires both father and son.

Oct. 27 & 28 **Blue Jasmine**

A life crisis causes a vapid and narcissistic socialite to head to San Francisco, where she tries to reconnect with her sister.

Nov. 3 & 4 **20 Feet from Stardom**

Backup singers live in a world that lies just beyond the spotlight. Their voices bring harmony to the biggest bands in popular music, but we've had no idea who these singers are or what lives they lead, until now.

Nov. 10 & 11 **Much Ado About Nothing**

A modern retelling of Shakespeare's classic comedy about two pairs of lovers with different takes on romance and a way with words.

Nov. 17 & 18 **The Hunt**

A teacher lives a lonely life, all the while struggling over his son's custody. His life slowly gets better as he finds love and receives good news from his son, but his new luck is about to be brutally shattered by an innocent little lie.

Showtimes are 1PM on Sundays, 7:30 on Mondays.

Purchase 8 admissions for \$70.

(Attend each movie; bring a friend to 4 movies; or come once and bring 7 friends!)

Any 4 admissions for \$38 (Same deal as above!)

Or pay \$10 at the door for each movie.

Passes are on sale now at the theatre box-office.



147 John St. North, Arnprior
24-hr movie hotline 613.623.4007
www.obrientheatre.com



Studio Theatre Kicks Off Fabulous New Season

Bud was smitten with Molly 25 years ago, but since she was the boss's wife, he could do nothing about it. Married and divorced, he has carried a torch for Molly over the years, so when her husband dies, he sees the opportunity to pursue a relationship. Never one to waste time, he begins his pursuit of her at her husband's funeral.

Only Norm Foster could create such a bizarre scenario.

Studio Theatre kicks off an exciting new season with Foster's sparkling comedy, *Old Love*, a play that negates the idea that people of a certain age should not be contemplating love. From the hilarious opening, the story is played out in a series of flashbacks, where Bud and Molly appear in moments from their past, along with seven other characters, all played by four talented actors.

Bud and Molly are played by Grey Masson and Jenny Pfitzer, who played the husband and wife celebrating their anniversary in last year's Foster hit, *Opening Night*. Arthur, the boss, and his son Arthur Jr., are played by the very versatile Lucas Tennant. Studio Theatre Productions welcomes back to its stage Juli Heney, remembered for her role as Becca in *Rabbit Hole*; Juli plays the other six characters who appear in roles of varying size.

A demanding scenario, yes, but it is directed by the talented and experienced David Parry, who also directed *The Importance of Being Earnest*, *The Mousetrap*, *I'll be Back before Midnight*, *An Inspector Calls*, and last year's hit, *Opening Night*. He is selective about the plays he directs and he says about *Old Love*, "I would not have considered directing it unless I found the play entertaining and with something to say about the human condition."

Old Love runs September 12, 13, 14, 20 and 21 at 8PM, with 2PM matinées on September 15 and 22. Tickets are \$20 in advance from the Book Nook in Perth; \$22 at the door or at Tickets Please (credit cards accepted). Also for each performance there are \$10 rush seats at the box office for students with ID.

Season tickets for the entire season — *Old Love*, their EODL One-Act Festival play, a pantomime, a drama, a box office



Juli Heney and Grey Masson rehearse a scene from *Old Love*.

smash hit, and a musical — are now available for a special rate until Labour Day, September 2: all six plays for just \$99 at the theatre box office (cash or cheque only) or at Tickets Please (credit cards accepted; a convenience fee applies).

After Labour Day... you are still saving! You can get all six plays for \$110 at the theatre box office (cash or cheque only) or at Tickets Please (credit cards accepted; a convenience fee applies).

And even though it is only August, the company is looking toward its Christmas offering, *The Wonderful Story of Mother Goose*, a traditional English pantomime by Norman Robbins. While this may seem like a play just for children — and children will love it — there is just enough naughty wit in the dialogue to appeal to grown-ups too, so it'll be fun for all ages! Along with a wonderful cast of characters that includes a fairy queen, a wicked fairy, a village squire called Clarence Creep, and a magic goose, they need a host of costume creators, musicians and singers. (You don't necessarily be able to sing to audition. There are singing roles and non-singing roles.) Anyone with interest and experience in these activities is asked to contact Patricia Parry at 326-0426 or at <patricia_parry@sympatico.ca>.

Choral Evensong at St. James'

St. James' choir and parish are pleased to announce the return of their monthly choral evensong service. The first evensong will be held on Sunday, September 22 at 4PM at St. James' Anglican Church in Perth.

The beauty of the music and prayer brings pleasure to all — both church-goers and visitors. Refresh your soul and your ears with rich harmonies of new and centuries-old choral traditions interspersed with

Debussy and Handel, and sometimes even a little jazz.

If you would like to join our choral evensong choir please contact Peter Woodwark (267-4726) or Val Leavitt (267-7267). Practices will be held for the two Thursday evenings prior to each evensong from 7:30-9PM. Come inform your mind, train your ears and feed your soul with us!

Lots Blooming in Miss Mills this Fall!

Well! Did y'all have a good time at Puppets Up!? I know I did. Summertime in Mississippi Mills is a great time for getting together with old friends and relatives (or is that friends and OLD relatives?!), having some fun, and eating some good food. One of these old friends — let's call him Eeyore — was just moaning about how summer's over, school's starting, and it will soon be time to wear duffle coats and work hard and bla bla moan moan. "Pshaw!" I exclaimed. "This is Mississippi Mills! We have fun things to do and see year-round 'round these parts!" After some disparaging remarks about how visiting cowboy puppets had warped my mind, he demanded I prove it. So here is a taste of the fun September has to offer.

by Miss Mills, Intrepid Puppet Reporter!

The first full weekend, September 7 and 8, is chock full of all things fabric, with the 18th annual **Fibrefest**. Fabric put the "Mills" in Mississippi Mills, you might say, with our town centres being built around woolen mills, among others. The Mississippi Valley Textile Museum (MVTM), the brains behind this fall festival, is housed in the old annex of the former Rosamond Woolen Company. Constructed the year Canada was born (1867), this National Historic Site is something to see on its own, filled with interesting displays of our woven past, and is just one of the venues of Fibrefest. Between the MVTM, the Almonte Arena and the Curling Club, you can see demonstrations (weaving, spinning, quilting, penny rugs, and more), visit the many vendors, check out the vintage clothing show/sale, and the pièce de résistance for we puppet folk: Button Mania. Lots of my less-evolved friends have button eyes, you know. And you can visit all three venues for the price of one \$5 ticket! All of the other details you may require are at <mvmt.ca>.



Photo by DeSa Photography

Have you admired the lovely gardens by the Almonte Old Town Hall? Now you can purchase seeds and even plants that are being thinned out by your friends at the Beautification Committee!

Then comes one of the most useful nights in town: **Mississippi Mills At A Glance**. On Wednesday, September 11, from 7–9PM, you can discover the myriad of activities available in town as our Recreation and Culture Department hosts its annual information evening at the Almonte Community Centre. Whether you're brand new to town or whether you remember eating Peterson's ice cream, you're bound to find some new things to do through the winter. You can sign your kids up for stuff (aka "Get off that couch!"), you can sign your spouse up for stuff (aka "I know what you should do..."), and you can sign yourself up for stuff (aka "I've wanted to do this for so long!"). Sports, hobbies, groups... whether you are looking for music lessons, a team to join, a volunteering opportunity, or just some information, you simply **MUST** check it out!

Speaking of hobbies... Attention all **flower gardeners**: I have three great opportunities for you, brought to you by my friends on the Beautification Committee. Have you seen the beautiful gardens behind Almonte's Old Town Hall this year? Well, you too can have lupins, allium, poppies, and silene swaying in the breeze in your own garden! The committee has packed up their seeds for you (\$1/pack) so that you can beautify your own neck of the woods. They will also be digging out and thinning some plants, and will sell the roots for \$3. These will likely include black-eyed Susans, coneflowers (aka Echinacea), day lilies, irises, and campanula. Call Bonnie at 256-1077 to get your name on the list for roots, or drop by her office (the Info Centre at the bottom right door of the Old Town Hall) to buy some seeds as well. And opportunity number three for

flower gardeners? Well, have you ever admired the daffodils along Highway 29, between Almonte and Pakenham? No, puppets didn't plant them... Elves did! Over three years, the Beautification Committee, the Almonte Horticulture Society and the Pakenham Horticulture Society have planted several thousand daffodil bulbs there! This year they've ordered some extra bulbs in the hopes of selling them (50 bulbs for \$20), to daffodil lovers who are willing to help them with this task. You need to have the physical ability to plant on a hill, and a strong spade to dig down about 6–8 inches (then you place the bulb root-side down and cover). Fifty bulbs can easily be planted in one hour, by a **garden elf** such as yourself! To purchase bulbs and volunteer your labour in late September/early October, please call Pat Vetter at 256-2055. They also welcome anyone who would simply like to help them plant the rest of the bulbs.

If you don't have a green thumb, or even if you do, here is another way to get flowers: be a star of the stage! Do you know that September 25 is when they are holding the Mississippi Mills auditions for the

2013 **My Town's Got Talent**? No I don't know what the rules are. No I don't know how you get on their list. Eesh! Check out <mtgt.org>, why don't you.

Not so much a prima donna, and more of a sit-downer? Well don't you worry because we are NOT a town that leaves people out! Sit a spell and learn something interesting by attending the popular **Almonte Lecture Series**, starting up another season on September 27, when Al Donaldson will talk about the Geoheritage of Eastern Ontario. These lectures run monthly, each by an educated speaker on a different topic, in the Almonte United Church social hall. Admission is free, but donations are welcome, as putting on these things ain't cost-free, people.

One last thing: the Town's **Fall Pitch-In** is taking place on September 28: get active, get your kids active, and help keep our public spaces welcoming. Contact 256-1077 for details and bags.

So have a great month — start something new, help a cause, and sure, rest a bit too. How else can we all keep up our intense levels of festival-going and flower-planting, I ask you?!



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CONSEIL DES ARTS DE L'ONTARIO

50 YEARS OF ONTARIO GOVERNMENT SUPPORT OF THE ARTS
50 ANS DE SOUTIEN DU GOUVERNEMENT DE L'ONTARIO AUX ARTS



Music at MERA presents

SUNDAY SCHOOLHOUSE CONCERT SERIES #1

CR Avery

Sunday, September 29th

"a one man hip hop beatbox blues harmonica americana iconoclast"

"when he hits the stage, look out."
— CBC Radio

"Audacious and astonishing - 5 stars"
— David Burke, London Time Out

"he's blowing my mind"
— Tom Waits





Kate Weekes & Grant Simpson

Sunday, October 27th

"His 88 key tickle makes men swoon and strong women faint... She is one of the new generation of songwriters that has shaken the older generation with clarity of purpose."
— Mitch Podolak, Home Routes

Corin Raymond

Sunday, November 24th

"Corin Raymond is a storyteller who by the end of the night you'll have known all your life"
— Brad Wheeler, The Globe and Mail

"Corin's magic appeal comes from a unique blend of vulnerability with a high energy personality. It's something you see sometimes in comedians, but rarely in musicians."
— The Basement Rug



All concerts at MERA Schoolhouse, McDonald's Corners
on the last Sunday of each month at 2:00 p.m.

Tickets: 3-concert Series \$55 ~ Single concert Advance \$22 (discount for MERA Members)

Available at Tickets Please 39 Foster St. in Perth (Jo's Clothes), online at www.ticketsplease.ca
or by phone at 613-485-6434. For more information, contact shakeyacres@hotmail.com

International Folk Star Returns Home

On Thursday, September 19, singer-songwriter David Francey returns for a fundraising concert in support of the McDonald's Corners arts organization MERA.

Now living in the Lanark Highlands, David is a Scottish-born Canadian carpenter-turned-songwriter, who has become known as "one of Canada's most revered folk poets and singers," according to the Toronto Star.

Since his smash hit album *Torn Screen Door* in 1999, David has released ten albums and won three Juno Awards. He also had the honour of receiving the prestigious SOCAN Folk Music Award, as well as taking home the Grand Prize in both the International Acoustic Music Awards and in the Folk category of the John Lennon Songwriting Award.

Born in Ayrshire, Scotland, to parents who were factory workers, David moved to Canada when he was twelve. For decades he worked across Canada in rail yards, on construction sites, and in the Yukon bush, all the while writing poetry, setting it to melodies in his head, and singing it to himself as he worked.



David Francey plays a fundraiser for MERA in Perth on September 19

In concert, he is a gifted singer and storyteller. His wry humour and astute observations, combined with his open-hearted singing style, have earned him a loyal national and international following.

On September 19, 8PM at St Paul's United Church in Perth, David and his band will debut his latest album, *So Say We All*. Tickets are \$25, available at Tickets Please at 39 Foster Street in Perth (Jo's Clothes), online at <ticketsplease.ca>, or by phone at 485-6434.

Menopausal Woman of the Corn

Help! I've Fallen and I Can't Get Up!

For at least the last eight years, I have laughed at the Lifeline Medic Alert commercial where the poor grey-haired woman lays on her kitchen floor yelling for help. Never in my lifetime did I think I would be in the same situation until recently. Commercials are just fake, right?

Yesterday, as I ventured towards the edge of the front yard where the lawn and flowers seem to become a small forest, I no-

God only knows what I was laying in. The ceramic garden fairy barely visible in the shrubs seemed to smile and say: "You're in trouble now!" The dog who weighs 140 pounds thought I was playing a game and dropped his rubber toy upon my face while he drooled over me. Silently I screamed, "Help! I've fallen and I can't get up!"

I threw my right leg in the air, looked at the messy situation on my shoe, and carefully felt my backside. Thankfully my butt had avoided the poop, but suddenly I noticed that to right of me there was another pile at eye-level. The family always boasts how proud we are that our dog does his business in the bushes and never on the lawn. At this point I wished he had done it on the lawn, as I was running out of options in terms of finding some grounding to get up.

By this time the mosquitoes had discovered me, and as they sucked blood out of my neck and legs I tried to grasp a fallen tree branch to use as a crutch. As I am breaking off the branches, the dog immediately assumes I'm playing, grabs the branch and runs away with it. I now realize I might be stuck in the foliage forever and cringe when I realize that I am laying in the exact spot where I want my ashes scattered when I die.

For the first time in my life I wished I owned a cellphone or knew gymnastics. A neighbour arrives home and sees me flat on the ground and asks me if I'm okay. At that very instant I experience an adrenalin rush and roll over on my side, and with all my force push myself up. I dust myself off, hiding the poopy shoe in the hostas, and I smile and wave. As I approach the hose to rinse off my shoe, I realize that some days life is just way over my head.

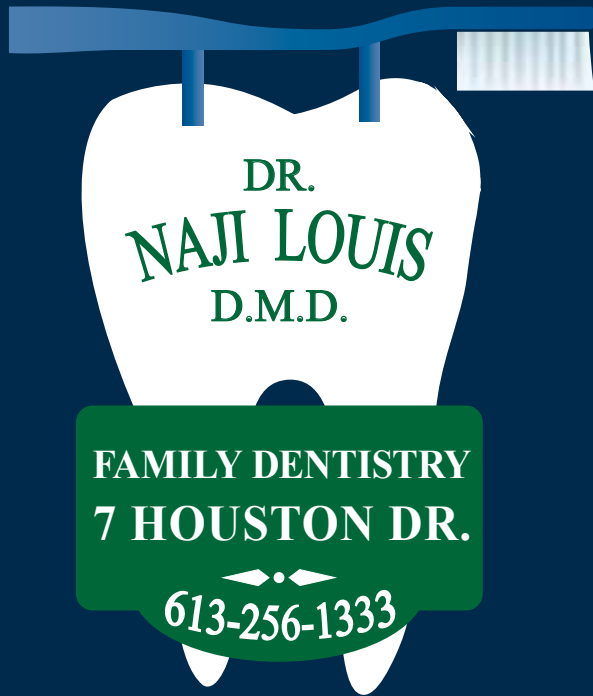
by Linda Seccaspina

ticed a large raspberry bush and moved in carefully to get a closer look. About 125 years ago there were over 500 raspberry bushes that grew wild for half a city block around our house. As homes were built around the property, the bushes were destroyed and they never grew back.

When I approached the burgeoning bush, I noticed there was a pile of poop our resident dog had left in my path. Trying to side step the situation and get close enough to the bush without getting poked by the brambles, I placed my foot on a loose stone and down I went.

As I lay with king-sized hostas up to the top of my head, I wondered how I was going to get up. If it had been winter, I might have considered performing a few snow angels to pass the time but I sensed I was now in trouble. I knew the ancient torn cartilage in my knees would not allow me to propel myself up, so I lay there and looked at the top of the trees and felt the gentle wind in my hair.

Smelling a familiar aroma, I realized my foot had landed in the poop anyways, and



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For any inquires please visit:
<http://shamanscorner.wordpress.com>
Or email: westportcentreforcreativelearning@hotmail.com

Perth Will Keep You Hopping This Fall!

No matter the season, there are always a bunch of great things to do in Perth. I don't know why this continues to surprise me, but often it does. If Perth was a friend of mine, I could never call her boring. Pretty, yes, but never boring.

This September, she'll keep us all busy.

First up, locally-located but internationally-renowned musician **David Francey**

by John Pigeau

will take the stage at Perth's St. Paul's United Church (25 Gore Street West) on Thursday, September 19 at 7PM.

Francey, one of Canada's most beloved folk singer-songwriters, will be playing songs from his latest CD, *So Say We All*, the tenth album from the three-time Juno Award winner. The album, said to be beautifully spare and full of instant classics, was recorded live by Francey and his top-notch touring band at Signal Path Studio in Almonte, and produced by Ken Friesen.

This concert is a fundraising event for MERA. Tickets are \$25 and can also be purchased at Tickets Please <ticketsplease.ca>, 613-485-6434.



Matt Cage brings his **3 Decades of ELVIS!** show to the Perth stage on September 6

If you think Elvis has left the building, you're wrong. You are incorrect. I know this because Elvis will be performing at the Studio Theatre on September 6... when award-winning Presley-impersonator Matt Cage takes to the stage for **3 Decades of ELVIS!**

Toronto-born Matt Cage has loved Elvis Presley's music since he was a youngster and strives to keep the King's memory alive, capturing everything from Elvis's hip-swivelling '50s performances to his stunning vocals of the '70s with uncanny accuracy.

A fun and entertaining show for all, doors open at 6PM, and the King takes the stage at 7. Tickets

are \$25 in advance, and \$30 at the door. You can call 315-5628 or 267-7469 for ticket information. For more about the show and Matt Cage, you can visit <mattcage.com>.

Now, if you're looking to catch a great play, well, of course, Perth has you covered. (You were worried?) In September, the Studio Theatre presents **Old Love** by Norm Foster. Hailed as a "sweet 'n' sassy, second-time around comedy," this version of Foster's romantic comedy is directed by David Parry, Studio Theatre's artistic director.

The production of Foster's *Old Love* is Studio Theatre's 2013-2014 season opener. Season tickets for the Studio Theatre's entire season are now available for a special rate (\$99 for six plays!) until Labour Day, September 2. After Labour Day, you can still save, as you can get tickets for all six plays for \$110. (Less than the price of a hockey helmet and a good stick!) And what better time to visit Studio Theatre, with renovations complete to the physical theatre, including the installation of their new elevator, making the entertainment accessible to everyone.

Old Love runs Sept. 12, 13, 14, 20 and 21 at 8PM with matinées on Sept. 15 and 22 at 2PM. Tickets are \$20 in advance, from the Book Nook, and \$22 at the door or at Tickets Please. Students with ID pay just \$10 for rush seats at the door. For more information and the entire rundown of Studio Theatre's 2013-2014 schedule and special group prices, please visit <studiotheatreperth.com>.

Another fun and educational event is happening not too far away from the Studio Theatre, as the Friends of the Tay Watershed present the **13th Annual Tay River Watershed Discovery Day** at the Crystal Palace on September 14.

The day is a celebration of the Tay River for the whole family, this year in collaboration with the Perth Farmer's Market, so you can come out in the morning for some fresh local harvest and stay to learn more about the bounty of the Tay River Watershed. There will be informative exhibits, hands-on activities, live music, refreshments, and a special appearance by The Paddling Puppeteers, who put on a fun and informative show for all ages. Might you meet Captain Climate? You'll have to attend the event to see! Watershed Day begins at 8AM and runs to 1PM.

For more information about the Friends of the Tay Watershed and the valuable work they do, please visit <tayriver.org>. And to find out about more great September events in Perth, check out *theHumm's* calendar on pages 32 and 33.

— *John Pigeau is the founder of Perth's First Edition Reading Series and the author of the acclaimed novel The Nothing Waltz. He is currently hard at work on his second novel, How Will You Go, set to be published in 2014.*

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It's Autumn Studio Tour Time!

North Gower Kars Discovery Tour

On September 14 and 15, in the southernmost part of Ottawa, the **Discovery Tour** will be celebrating its 17th year, featuring artists from the North Gower and Kars areas, as well as their guests. Whether you like to spend a day in the country enjoying beautiful scenery, enjoy works of art in various media, like to visit historical places, or love markets — or perhaps all four — you're sure to find many places and items that capture your interest on this tour. The tour runs from 10AM until 5PM both days, and details can be found at <discovery-tour.ca>

Set your own agenda. You could start with a visit to Magpie Hill Alpacas (producers of high quality alpacas and alpaca products) and their three guest artists (who work in three very distinct media), or perhaps you'd prefer to begin with a good breakfast at one of the area's restaurants including, on Saturday, the North Gower Farmers' Market.

If you are looking for pottery or paintings, jewellery or beads, home or garden statuary, the Discovery Tour has it all. Thirty-two artists are featured at the thirteen destinations. A number of artists will be demonstrating their work, and at any of the stops you can enter a draw to win a \$50 gift certificate. Admission is free; however, donations will be accepted in support of the North Gower and Area Food Bank.

New to the Tour this year are two artists who you will find, along with three others, at stop #7. Margaret Young produces garden flowers and other objects from recycled housewares, including cutlery and china and glass plates. The result is a unique addition to your garden or home. Luzia Christine Bollinger will be showcasing her beautiful, original, handcrafted, kiln-fired glass.

At stop #4 are two other newcomers to the Discovery Tour: Nora Akkermans and Cathy Cohen. Nora will bring her ceramic vessels and wall sculptures, and Cathy will show her functional stoneware pottery. Other first-timers include two glass artists: Lalaland Glass Studio and Frantic Farms. Lalaland produces original glass fused items, from



Sculpture by Mary Lou Devine

jewellery to artwork, at Primrose Path Studio & Garden's stop #6. Frantic Farms produces playful yet elegant pottery and blown glass. They will be hosted by Marie Paquette at stop #10.

You can learn more about the area by visiting The Rideau Township Branch/City of Ottawa Archives in North Gower, which will open its doors to visitors during the tour weekend. Fall plants and décor can be found at Millers' Farm, Market and Garden Centre (stop #13).

Finally, this year's tour celebrates the life of Margaret Rühland, a founding member of the tour who passed away in March of this year. A celebration of her work will be presented by her family at stop #8.

Merrickville Artists' Guild Studio Tour

Artists in the quaint village of Merrickville know that when the leaves begin to turn, the time has come to throw open their doors to the public for the annual **Merrickville Artists' Guild Studio Tour**. For 29 years, this free self-guided tour has been a tradition welcomed by the artists, while art lovers from Eastern Ontario, Western Quebec and beyond mark their calendars in anticipation. And to ensure the Tour fits into your busy schedule, they have it over two weekends: September 28 and 29, and October 5 and 6, from 10AM to 6PM.



Pottery by Sue Boswell

Using a full-colour, glossy brochure (available in most stores and studios in the village), visitors of all ages are able to create their own tour at their own pace, based on their own interests. All participating studios are designated by distinctive signage.

The picturesque village of Merrickville and its surrounding countryside form the stunning backdrop for the tour. Its heritage buildings, quaint shops, 19th century charm and rural vistas have attracted artists and craftspeople, of national and international renown, for decades. In all, there are twenty artists and craftspeople, including painters, mixed media artists, sculptors, potters, a photographer, a glass blower, a gourd artist, a fine press 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 Merrickville about their work? Enjoy exploring their studios and galleries and leave with an original.

New to the Tour this year is Jayne Couch (Thou Art Gallery & Studio), exhibiting gallery-quality

sketches and oil paintings — lifestyle "realist" portraits — in her converted Methodist church in nearby Burritt's Rapids. Also new this year is Mike Venables, offering fine art rural and urban photography (the everyday exotic of places near and far) in his 19th century stone manor house, and Michael Gray (Gray Art Glass), carrying on his father's tradition making hand-blown and formed art glass.

For more information and the online brochure, visit <merrickvilleartists.com> or call 269-2580.

17th Tour for Mississippi Mills Artists

A pebble found on a beach in Mexico, a gem crafted from richly-coloured molten glass, captured in a finely-wrapped nest of gold or silver — this is the work of Jo Bling (Desarmia), one of the new artists featured in the **Crown and Pumpkin Studio Tour**, which will take place on Thanksgiving weekend, October 12 to 14. Jo is joined by another of the tour's new artists, Hyesuk Kim, who will be showing her delicate translucent Korean patchwork and traditional Korean paper-craft at the multi-artist venue of Union Hall, near Clayton.

The tour offers an opportunity to meet the artists and learn about them and their work. Colin Hamer is a retired metallurgical engineer who happened into his second career when he visited Doug Sherbourne, one of Canada's first master pewtersmiths, in 1976 to buy a pair of wine goblets. Colin emerged with the goblets... and as Sherbourne's student.

The tour also offers a glimpse into the living and working environments that inspire the artists. Sue Adams creates classically-inspired sculptures, wrapped in myth, that express her sense of passion, beauty and fragility. Sue will be opening her new studio on Bellamy Mills Road, just outside of Clayton, and minutes from the studio and extraordinary flower gardens of painter and art teacher Kaija Savinainen-Mountain. Meet these folks and thirty more artists and artisans on your Thanksgiving weekend outing.

The tour is located in Mississippi Mills, with stops in Almonte and Clayton and the surrounding area. Crown and Pumpkin is a juried tour and prides itself in offering original and high-quality work in a wide range of media: painting, fibre arts, metal, wood, pottery, ceramics, glass, paper, photography, soap and preserves.

Tour brochures will be available at shops and galleries in the area at the end of August. See <crownandpumpkin.com>, and follow the Crown and Pumpkin Facebook page for information and updates.

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From Snow to Volcanos

SchoolBOX: Making Education Possible in Nicaragua

"How many of you want to become a teacher? Doctor? Lawyer, soccer player?" With each question, dozens of arms thrust into the air while the children's faces beamed proud smiles. We were standing in front of an energetic classroom of eighty kids in a Nicaraguan village. The energy level was electric, and the makeshift tin-shack classroom felt like a million degrees. It was unforgettable.

During mid-March, my wife Heather, our daughter Jillian, our "adopted" daughter Jillian (Larkin), and I travelled to Nicaragua as part of an 18-person volunteer group with **SchoolBOX**. We were there to help build a school in the village of Talchocote, on the outskirts of León, which is a historic Spanish city in central Nicaragua. While we did work hard every day on the school build (in the 37-degree sun), we were mostly there to connect with the people and to learn about school and life in Nicaragua. We discovered that Nicaraguans are serious people, but quick to smile and very friendly to us snow-weary Canadians. During our 10-day trip we also had time to visit a few historic sites, local restaurants, and markets, and to peer into the fiery depths of the active Masaya volcano.

Our volunteer group included school kids, university students, a grandma, and a few grown-ups thrown in for good measure (I guess that includes me). Most volunteers were from the Almonte and Carleton Place area, with one family from Toronto. Michelle Kay, who works for SchoolBOX in Canada, was our fearless group leader. Throughout the trip, we had excellent guides and transla-

tors (David, Jon and Ami) to help us communicate with the Nicaraguans, since our Spanish was pretty basic.

With the kids however, laughter and play seemed to transcend the language barrier. After the first day of shyness, Nicaraguan children swarmed to our work site to play with us. Shovels were happily set down to throw Frisbees, skip rope, play soccer, or share clapping games. I brought a hand-drum with me, which proved popular with the boys. Girls smiled shyly, but proudly



Find out more about the SchoolBOX organization at their Benefit Concert on October 4 at the Almonte Old Town Hall

showed me their schoolwork under the shade of a village tree — letters, numbers, and drawings of animals, hearts and flowers. I showed them a photo of the snow-bound house that we happily left in Canada, and they were surprised.

In Nicaragua, university education is inexpensive and there are many excellent universities. However, it is currently estimated that only 51% of children complete Grade 5. In many families, school is not considered a priority compared with the need to work and to provide for their family. The seeds being sown by SchoolBOX may take a genera-

tion or more to grow to fruition, but already we could see the winds of change in these school communities.

SchoolBOX is a non-profit organization that was started in 2006 by Almonte native Tom Affleck and Nicaraguan community leader Ronald Chavarria. SchoolBOX works with local communities and governments to provide school supplies and libraries, and to construct vibrant schools throughout Nicaragua. The Chague II school that we worked on is actually the 14th school and brings the total to 44 classrooms that have been built by SchoolBOX, a significant milestone in making education possible for Nicaraguan children.

Jillian and Jillian are 16-year-old best friends from Almonte & District High School. I asked them what really stood out from the trip. "The incredible enthusiasm and character of the children and their community." The other Jillian adds, "I really hope that we made a positive impact on the kids, because they certainly did that for us."

Heather also reflects on the trip. "What impressed me the most were the strong women in the communities we visited! They are the tireless organizers who work in partnership with SchoolBOX to make it all happen."

The people of Almonte and the surrounding community have been generous and steadfast SchoolBOX supporters since day one, and I am pleased to report that your generous donations are doing great work to improve the lives of our sisters and brothers in Nicaragua.

— by Ian Douglas



Friends of SchoolBOX Benefit

A celebration of the arts is not unusual for Almonte, but on October 4, there will be a celebration of music and culture with a Latin twist, highlighting the achievements of SchoolBOX. This will be one of those Almonte Old Town Hall musical experiences you do not want to miss!

In addition to the live entertainment, the evening will feature a silent auction of original Nicaraguan handicrafts, a concession with cash bar, the première video release of the SchoolBOX story, and a live auction featuring the skills of auctioneers Kris and Rob Riendeau.

SchoolBOX, a local grassroots organization, raises funds and awareness for education in Central America. They partner with communities to build schools, to establish mini-libraries, and to provide school supplies to students and teachers. They also enlist the help of local and federal governments to ensure that the newly completed schools will be staffed by trained teachers. By empowering communities with the gift of education, SchoolBOX is making a difference that will last for generations.

A donation of just \$5 will supply one student with the essentials: six notebooks, pencils, erasers, a ruler and a pencil sharpener. SchoolBOX, a registered Canadian charity, has supplied more than 200,000 notebooks to students and has built over 40 classrooms. They hope to build their 50th classroom by the end of this year! For details on how you can help make this possible, check out <schoolbox.ca>.

"We hope people will come out, support SchoolBOX, and enjoy an evening of great music," says Katie Cotnam, SchoolBOX board member and benefit organizer. "Together, we can make education possible."

Tickets are \$20 and can be purchased in advance in Almonte from Equator Coffee and Baker Bob's, and at Read's Bookshop in Carleton Place.

So mark October 4 on your calendar, pick up your ticket, and come on out for a great time for a great cause, at the Friends of SchoolBOX Benefit Concert. Doors open at 7PM.

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Fall Colours From Blueberry Mountain

The scenery from the top of Blueberry Mountain is spectacular any time of year, but during the changing of the leaves, the panoramic view is absolutely breathtaking. To take advantage of this annual display, the Mississippi Madawaska Land Trust Conservancy (MMLTC) will hold its fall colours **Nature Walk at Blueberry Mountain** on Saturday, October 5.

The event will include guided hikes for all ages and abilities, and the renowned naturalist Grey Owl has promised to make a special appearance. It only takes about 45 minutes for the Blueberry Express walk directly, but leisurely, up the mountain, and it's fairly easy walking, with one short steep climb at the very top. The longer Old Cedar Ramble passes through an ancient cedar grove, with one towering cedar estimated to be over 300 years old. The Budding Naturalist Circuit will provide opportunities for kids to explore the wonders of nature along the way. Following the hike, visitors can assemble to enjoy refreshments, meet other nature lovers, and learn a bit about how land trusts can legally protect property for the long term.

In 2009, the Clifford family placed a conservation easement on this 1250 acre property, now known as cliffLAND, so that it would be forever a protected wilderness property accessible to the public. Already this year, Blueberry Mountain has had over 500 visitors, a growing number of them international. There have even been several marriage proposals at the top! Climbing groups include an 80-Plus Club and two Kids' Clubs, one for under 12 years old and another for under 5. The tremendous popularity of this beautiful spot resulted in it being voted by county residents as one of the Seven Wonders of Lanark County.

Registration for the Nature Walk begins at 9:30AM on October 5 so that the hike can start at 10AM sharp. Since this is a fundraising event, a \$10 donation is requested. Children under 12 are free. Cliffland is located at 502 Hills of Peace Road, near Flower Station, in Lanark Highlands. A map is provided on the MMLTC website at <mmltc.ca>. Don't trust your GPS unless you're ready to risk being directed along one of the area's many ATV trails...! For more information, call 259-3412.

200th Anniversary Fundraiser for Perth

The Perth Legion is the place to be on September 20, as organizers of the Perth 200th Anniversary Committee begin fundraising for the Town's Bicentennial celebration in 2016. It all starts with a **BBQ on the Lawn** at 6PM and then they'll be swinging it up to the live music of **Freddy Vette & the Flames** at 8PM.

The band will be "re-energizing rock and roll from the 1950s." It isn't just a slogan; it is their rallying cry. Thumping stand-up bass, wailing sax, electric guitar, drums, plus boogie-woogie piano equals rock and roll. Freddy Vette & the Flames have all these elements, as well as a deep respect for the musicians that first made the music: Elvis, Buddy, Little Richard, Jerry Lee, Fats... Artists so great that everyone knows them by their first names and who still sell millions! Recreating their

music (and that of others), when most of the original artists are no longer here to do so, is a responsibility this band does not take lightly. Taking the music from the original records back to the stage in front of a live audience, is where rock and roll is at its best. And this band does it with great attention to detail — not trying to improve on perfection but to duplicate it. *Jukebox Hits Live* with Freddy Vette & The Flames pays tribute to the music that started it all. Over fifty years later, they help keep rock and roll looking eighteen and fabulous!

Support Perth's 200th anniversary celebrations by buying tickets to this event. Tickets are \$25 in advance or \$30 at the door, and are available at Shadowfax (67 Foster Street in Perth, 267-6817) or Perth Tourism (11 Gore Street East or 267-1947).



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Yoga for Healthy Bones

The advice in this article is meant only as a point of reference and in no way replaces the advice of a medical professional. When in doubt, consult your doctor and work only with an experienced yoga teacher.

Most of us know that exercise is important to keeping our bodies strong and healthy; this includes training the heart and lungs with cardiovascular exercise, weight-training to build muscle strength, and stretching to keep our joints limber. But what about our bones?

Bone loss can result from a variety of factors, including poor nutrition, sedentary lifestyle, hormonal changes and age, ultimately leading to weakened bones and painful fractures. Research done in the United States shows that approximately 55% of people over the age of 50 have low bone mass, and that one in two women and one in four men will suffer an osteoporosis-related fracture in his or her lifetime.

The most important thing we can do is to act preventatively, starting as early as possible!

The authors of *Yoga for Osteoporosis* state that bone strength peaks between the ages of 20 and 30 years, meaning that is when the bone-mineral density is at its highest. The best approach to bone health is to maximize the peak and help slow the process of deterioration associated with age. A combination of active living and proper nutrition, beginning in adolescence and young-adulthood, is the best defence. If you have already been diagnosed as having osteopenia or osteoporosis there is some good news. Research has shown that bone can be rebuilt and the effects of bone loss can be reversed with the proper treatment action plan.

How Yoga Can Help

Adopting an active lifestyle, maintaining proper nutritional habits, and taking medication as prescribed are all important factors to consider when looking to prevent or reverse the effects of osteoporosis. In general, any activity is better than none at all; however yoga can offer some unique advantages.

Muscular Force

According to Dr. Loren Fishman, a medical doctor specializing in Yoga Therapy, "forces applied to bones stimulate them to grow stronger. The greater the forces applied to a bone, the greater the boney build-up at the point of stress." The relationship to new bone cell formation is directly related to the compression and strain to which that bone is subjected. The more we move, the more bone growth is stimulated.

When we hold our bodies in a particular yoga pose, opposing force is exerted on the bones as we contract the muscles and resist against gravity. Many yoga poses provide weight-bearing exercise for both the upper and lower body, without any added impact on the joints; this type of yoga pose can make an ideal exercise for those also suffering from arthritis (inflammation in the joints) when other weight-bearing activities may not be suitable.

Balance & Concentration

Because so many fractures are the result of a fall, maintaining good balance becomes an important

factor in healthy aging. Yoga teaches poses that not only increase physical balance, but also encourage concentration and a focused mind. This can help us to slow down and pay closer attention to our surroundings, and as a result may lessen the risk of dangerous falls.

Posture

Poor posture can be the result of muscular weakness, inflexibility, poor body awareness, previous injury or over-repetition of a particular activity (such as sitting at a desk, driving, or other work/sports-related activities). Improving posture is most often the focus of a yoga practice. Maintaining good posture may help prevent fractures in the spine by limiting unnecessary pressure on the vertebrae.

When a person has a forward slumping posture, or hunched back, the angle of flexion in the thoracic spine is greatly increased. The added weight of everything above that point (the head, neck, shoulders, arms, etc.) is focused on a smaller-than-normal point at the front of the vertebrae. This can lead to pressure so great that the result is a fracture to that part of the spine.

Not all Yoga is Created Equal

In general, yoga is a safe and effective means of exercise; however some poses can be contraindicated for people suffering from osteoporosis.

Forward bending is an example of an already fragile spine potentially enduring too much pressure, exaggerating the problem. If you have already experienced a spinal fracture, avoid any forward flexion of the spine; instead you may find that tipping forward from the hips only — without adding any curvature to the spine — is ok under the supervision of a trained instructor.

Twisting poses may also add uneven pressure to advanced osteoporotic-vertebrae, causing more harm than good. Whenever performing a twisting pose, move slowly and stop before you feel any discomfort. Some good advice to anyone practicing yoga is to make sure to only twist an already-aligned spine — meaning that if you are in a position and it is difficult for you to keep a straight back (quite often a seated yoga pose), your spine is in a much more vulnerable position and deep twisting should be avoided.

Balancing poses in yoga can be tricky, especially if there is muscle imbalance or you already feel unstable. Using props such as a chair, table or wall to support you in each pose will reduce the risk of falling and allow you to hold poses for a longer period of time without as much strain.

Following the yoga-lifestyle involves exercise, meditation, relaxation, special breathing techniques and a balanced diet. When done mindfully and with proper guidance, yoga can lead to a path of better health, overall wellbeing and a greater sense of vitality for all ages.

— Casey Carswell is the sole proprietor of *Obi Yoga and Massage* in Carleton Place. She is a Yoga Teacher registered with Yoga Alliance and a certified Thai Yoga Massage practitioner. For more information contact Casey at <ObiYogaMassage.com>.



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Planning Ahead for Fall?

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

Sounds of September

Music Matters

September is a time of new beginnings for many people. Students are starting a new school year. For music teachers such as myself, we look forward to another busy year of music-making. However, September can also mean a new beginning for adults, especially in a musical sense.

by Tony Stuart

Have you ever wanted to learn how to sing, or how to play an instrument, or revisit an instrument that you played years ago? Now might be the perfect time to consider finding a teacher and taking lessons. Many adults find tremendous fulfillment from taking music lessons. When you practice because you have a desire to learn you can expect to see some tangible results pretty quickly.

In previous columns I've talked about the many benefits of music study for everyone, from children to seniors. Music provides your brain with a workout unlike any other, while being fun at the same time. There are many wonderful music teachers in our area who offer private and group instruction, and September is when many of them are accepting new students.

Of course, maybe you are looking for a way to meet new people. Have you considered joining a community band or choir? While I was at the grocery store the other day, I happened to notice several posters for musical groups in our area looking for new members. Papers such as *theHumm* can also guide you in this direction.

Being part of a band, orchestra, or choir can be a very rewarding experience. Not only can you help make beautiful music, but there is a social aspect that shouldn't be overlooked. During rehearsals there is a chance to meet new people who share similar interests, and the common link among all of them is a desire to make music, have fun, and make their community a better place. As an added bonus, if you are a social person and enjoy gathering at the local pub after rehearsal, you should know that most establishments can be convinced that a band or choir qualifies as a team, and quite often free appetizers can be had!

I always recommend to my students who have graduated that they may want to consider joining a community band if they miss playing their instrument. Playing an instrument takes on a whole new meaning when you are there simply for

enjoyment, and having an opportunity to do something relaxing is never a bad thing.

Students who are currently in high school music programs should also consider joining their local community band or choir, because this is an excellent way to enrich your playing, experience a different conductor, and learn music that you may not have the opportunity to play in school. When I was in high school, I played with our local community orchestra, and this experience was very valuable as I was preparing for auditions for musical studies at university. Students of mine who have played in the local community band have always been better off because of the experience.

Making music is a wonderful way to relax, find fulfillment, and make new friends. We are fortunate to live in an area that has many talented music teachers, and very good community bands and choirs. They are always willing to accept new members, and all you have to do is make a simple phone call. I think that you'll be glad you did.

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

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“Pay it Forward” Through Volunteering

Volunteers really are the heart and soul of any charitable organization, and Mills Community Support Corporation (the Mills) is no exception. Currently, over 200 volunteers give freely of their talents, their goodwill and their time, to ensure that the Mills can provide quality services to over 1000 people living in Lanark County. It seems though, that there are never enough.

“We are always striving to provide quality services and supports that are so essential to ensuring that members of our community can live independently for as long as possible. Whether planning for the development of a new service or to supplement the volunteer staffing of our current programs, we are always in need of more volunteers. For example, at this time, we urgently need more drivers for our Seniors’ Services programming,” says Clem Pelot, Director of Community Supports and Services at the Mills.

We spoke to Dougal Martin, one of the volunteer drivers at the Mills, to find out what his volunteer driving job is all about.

How did you get involved as a driver for the Mills?

My neighbour works here at the Mills and she recruited me. I had some time available and thought that this was something that I could do... and so here I am.

What do you actually do as a driver for the Mills?

Essentially, I drive seniors, some of whom have physical disabilities. I started by using my own vehicle to drive people to medical appointments, and then was offered the opportunity to get a bus license through the Mills, so now I can also take groups on day trips and to attend other events. Our drivers also deliver the Meals on Wheels program daily to seniors who need the service.

How much time do you spend volunteering?

It really varies, based on my availability. Some weeks in the past I have done as many as 14 trips in a week-long period; other weeks are much less taxing. It really depends on what time you have available, as there are always people who need the service. You give the time you can.

Why do you volunteer?

I guess that it’s really because of the people I get to meet — and I meet a lot of them. You never know who is going to get into your car, and sometimes you find some really interesting connections. For example, one day I met a woman who, through conversation, we determined had lived just down the street from me when I was in grade 5... in Longueuil, Québec! Another day, I had a woman in my car



Dougal Martin (above) is a happy volunteer driver for the Mills. They are currently in need of more drivers for their Seniors’ Services programming.

who recognized me as having coached her granddaughter in volleyball. I get to meet so many interesting people, really... veterans who have had many unique experiences. I really love the connections that I make, and these people make me feel good. They need a drive now and I can provide it. Someday it may be me who will need that drive.

Get Involved!

If you are interested in being a volunteer driver, or volunteering in any way

with the Mills, please contact them at 256-1031. Mills Community Support is a not-for-profit registered charity working towards achievement of an age-friendly community in which people of all abilities live in a state of dignity, share in all elements of living in a community, and have the opportunity to participate effectively. They assist over 1,000 people of all ages, abilities, and economic circumstances to live as independently as possible for as long as possible.

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The Joy of Singing (Tra...

It's become a September tradition here at *theHumm*: as the days begin to shorten, a flurry of appeals from many of the community choirs in the area appear in our inbox. If there are so many choirs, there must be a good reason why so many folks meet up on a regular basis to sing together. We asked one of our favourite songbirds — Fern Martin of the Valley Voices — to tell us why she likes to sing, and why she thinks you might just enjoy it too. Here's what she said (and sang):

"Singing is important to me — it makes me feel good, whether it's singing old familiar songs or the challenge of learning new songs. And singing with others just makes it all feel so much better — the harmony of the music and the harmony of the choir members — whether they are joking around or working at finding the right key. There are thrills when the basses and tenors get it right or the sopranos nail a high C. I'm an alto and I love the resonance I feel when I hit certain low notes.

"There are other very special occasions while learning a new song. The director works with the choir, helping each section learn their tune while the pianist plays the required notes. Then it's time to put it all together and that's when we finally hear the pianist play the accompaniment — often a dramatic, dynamic and very clever combination of notes and timing. It's thrilling when it all comes together.

"I don't care if our choir ever performs in front of an audience — I just love the regular, weekly get-together with others who like to sing."

As an additional incentive, Fern was kind enough to include the lyrics to her latest composition:

Join a Choir
(to the tune of
Heartbreak Hotel)

Soooooooo yah like to sing in the
bathtub
In the cellar or yer truck.
Well why not jo-oin a choi-r
Got a list here, yer in luck
La, la, la, la, la
You could be an alto baby,
Or maybe a tenor
You'll learn just what it's all
about.

Sooooooooooooome practice in the
daytime
Some practice in the night
They do it over and over again
Unt-i-il they get it right.
La, la, la, la, la
So call the number baby
Could make you happy
Yes that's what singin's all about!

Workshop Choir

Do you enjoy singing, have a choir background as well as some music-reading skills? Are you looking for a group to sing with, that sings a variety of music and works on building skills without a big time commitment? Our "Workshop Choir" might be just right for you. We get together in Almonte every Thursday morn-

ing. Contact Director Cheryl Woods (cherylwoods@gmail.com or 256-1874) for more information or to arrange for an informal audition. Basses and tenors are especially welcome!

Valley Voices

Valley Voices wants you — especially if you like to sing. Now beginning its 11th season, it is Almonte's community choir. Director Becky Schweizer selects a great variety of music — folk, show tunes, rock, pop. In order for the choir to purchase sheet music, there is a fee of \$30 for the fall and another \$30 for the winter season.

But feel free to come and try it out for a few evenings for free, just to see if it is a fit for you. Recent studies show that singing is good for your health, especially if you are singing with a group of jokers. Laughter is also healthy.

There is no age limit. Current members range in age from teens to several in their seventies.

Practices are held on Thursday evenings, starting on September 5 at 7:30PM, at the upper level of the Mississippi Valley Textile Museum (the entrance is off Carleton Street). You may find it comforting to learn that not all choir members know how to read music — but, with practice, soon figure it out: the notes go up and the notes go down.

For more information or if you need a pick-up, please call Amanda Becking at 256-0134 or Fern Martin at 624-5104.

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Goulbourn Male Chorus

Are you a male who enjoys singing? You're invited to contact the Goulbourn Male Chorus, who are seeking more members for their upcoming season. They are a community-based chorus made up of men from Ottawa West communities. The repertoire consists of traditional male four-part harmony chorus selections, both secular and sacred, spirituals, folk songs, ballads, and some lighter selections. During the Christmas season, they sing both traditional and modern arrangements of festive favourites.

The fall session runs from September 10 to December 15, and practices are on Tuesdays from 7-9:30PM at St. Thomas Anglican Church in Stittsville. For more information, visit <goulbournmalechorus.com> or email <goulbournmalechorus@gmail.com>.

Calling Singers Young and Old...er

The Goulbourn Jubilee Singers and JJs begin fall season practice on Wednesday, September 4, at 6255 Fernbank Road in Stittsville. All adults are welcome at 7:30PM; youth aged 8 to 14 years can join the JJs at 5:45PM. No audition necessary! Further information is available at 825-3357 or <gjsingers.com>.



The Valley Voices (above) are a delightful-looking (and sounding!) bunch indeed, but there are so many options listed on these two pages that people in most towns within the Humm's coverage area are sure to find something to croon about!

Tay Valley Choir

If you love to sing and make beautiful music with others, then the Tay Valley Community Choir may be for you. Under the direction of well-known Perth musician Grace Armstrong, the choir practices Mondays from 6-7:30PM, alternating between Glen Tay Public School and the Maberly Hall. No audition is required; only a love of music.

An eclectic repertoire, lovely four-part harmonies, and the coziness of their country concerts distinguish the Tay Valley Choir. To join, register at the Tay Valley Township office or at <tayvalleytwp.ca>. Early bird registration (before September 6) is \$35 per term or \$65 for the year. After September 6, fees are \$45 per term or \$75 for the year. The

season begins Monday, September 9 at Glen Tay Public School. For further information, contact Grace Armstrong at 264-1999.

Town Singers

The Town Singers of Carleton Place will begin rehearsing for their holiday program entitled "A Down Home Christmas" on Tuesday, September 10 at 7PM at St. Andrew's Presbyterian Church in Carleton Place. This four-part choir of 70 members, under the direction of Kristine MacLaren and accompanist Peter Brown, will perform two evening concerts in December. They welcome new members, and no experience is necessary. Contact Ivy at 253-5453 for more details.

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Discover What the CFUW is All About

Mark your calendars for Monday, September 9, when the Canadian Federation of University Women (CFUW) will hold its second Open House. All potential new members are invited to an information evening to learn more about our very successful and much respected club.

This Open House will take place at the Royal Canadian Legion, 26 Beckwith Street East in Perth, from 6-8PM. Refreshments will be served.

CFUW is an organization of women who are linked regionally, nationally and internationally. We promote quality education, participation in public justice, human rights, social and environmental issues, and the improvement of the status of women and girls, all in an atmosphere of fun, friendship and cooperation.

It is a welcoming club where membership is open to women from diverse educational backgrounds, no longer limited to university graduates and those with professional designations as in previous years. More information can be accessed at <cfuw-perth-district.com> or from the Membership Committee chair at <cfuw.perth.membership@gmail.com>.

During the evening, prospective members can learn about our local CFUW (including sixteen interest groups), meet our members, and learn about various community volunteer and fundraising projects in which CFUW is involved.

These projects provide the monies for our awards to women who are pursuing post-secondary edu-

cation (over \$17,000 awarded this spring). We also support literacy initiatives, reading programs in local elementary schools, the Historica Fair, Big Brothers/Big Sisters, YAK, and the Smiths Falls, Lanark and Perth libraries. Our major fundraising activity is the annual Heritage Perth Christmas House Tour, which will be held this year on December 7 and 8. Please mark this on your calendars as well. There are many volunteer opportunities within this project; in fact, almost all our members donate some time to this and have fun doing so!

President Brenda Ethier and her executive, as well as many of the interest group coordinators, will be on hand. Brenda and some of the members will make very short presentations covering details regarding our mandate, our goals, volunteering, and the interest groups available. Marlene Gordon has prepared packages of pertinent information and will be available to assist you with further details if needed. She will be happy to accept membership forms right then and there!

All new members who join CFUW at the Open House are able to attend the annual potluck supper held the following week. This is always a much anticipated, fun event to start off another exciting CFUW year. There is a roster of excellent speakers for monthly meetings, which are held the third Monday of each month, from 6:30-9PM at the Legion.

— Submitted by Judith Preston, CFUW Publicity Chair



Downtown Almonte

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LAWS' Humane Education

Free Program Available to Area Schools

Back in January 2012, Beth Searle was a stay-at-home mum who was then five months pregnant with her second child. A beautiful Siamese cat found its way onto her wooded property just outside of Almonte, and was sitting on her porch staring her down through the window. As Beth is deathly allergic to cats, she called LAWS (the Lanark Animal Welfare Society) to pick up the poor thing that had clearly been dumped on her property. Upon meeting with the staff from LAWS that day, Beth opened her mouth and said, "Is there any way I can help?"

Skip forward eighteen months and Beth is now the Humane Education Coordinator for LAWS.

Having taught for several years in Ottawa as an elementary school teacher, Beth and her husband decided to move to Almonte, as they both wanted a rural life for their children. After that meeting with the LAWS staff, and a phone call later, Beth offered to help develop a Humane Education Program for LAWS.

Over the next several months and one child delivery later, a fully-fledged program was written. The board of directors for LAWS met and reviewed all of the material, lesson plans and resources pooled together and written by this former-teacher, and gave their seal of approval. This past fall saw the pilot program of the **Lanark Animal Welfare Society's Humane Education Program**.

"It was wonderful stepping back into the classroom, as it is what I am trained to do, but to get to develop and implement a program for our community while promoting the importance of animal welfare for LAWS was pretty much the perfect volunteer job," says Beth. She volunteered for the Humane Education program all of last year under the supervision of the board of di-



rectors. This past July, the board decided to hire Beth, on contract, to continue the Humane Education Program.

You may wonder what the programs entail. Beth brings her dog Bailey (an 8-year-old chocolate Lab rescue dog) into the classrooms all across the Upper Canada District School Board and Catholic Board, from JK up to and including Grade 12. Every lesson plan Beth developed is "age and classroom appropriate; all lessons focus on assisting the children in developing compassion, a sense of justice, and a respect for the value of living creatures." The program also boasts of fostering within the children a sense of responsibility to make choices and act upon

their personal beliefs. This is accomplished either via the lessons Beth delivers in the classroom, or through providing written lessons for the teachers to deliver themselves (as some lessons are meant to be delivered over the course of a week).

It is worth mentioning that this program is offered to the community free of charge. The shelter is a not-for-profit no-kill shelter, and as such does not charge any fee for the Humane Education visits or programs offered. Donations are always appreciated though.

This September, Beth will be contacting every school in the region to see if they would like to participate in the program. Teachers and principals (and family members too!)

are encouraged to visit the website for more details. If you would like your children's school to have a presentation, simply let your school know. Says Beth, "We were fairly busy in our first year; our community gave this program so much support. I hope this coming year we will be able to visit even more school-aged children and get the message out on the importance of Humane Education in our community."

For more information please visit <lanarkanimals.ca> where you will find more details about the lesson plans offered for teachers to use and/or for Beth to present to your class, as well as photos taken over the last year of visits in the classroom.

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Learning in Almonte

Two new series start in mid-October:

The Silk Road by Carl Widstrand starts Tuesday, October 15

Spies as Novelists by Michael Gnarowski starts Thursday, October 17

These courses are six weeks in length.

Each comprises one two-hour lecture every week, from 1:30-3:30 in the Almonte Public Library Classroom.

No final exam, but lots of discussion time! \$75 per course.

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MERA Launches New Series With a Bang

Singer-songwriter, beatbox harmonica, hip-hop blues, spoken word, Canadiana, gypsy jazz, Dixieland, Klezmer, vaudeville, ragtime, stride and boogie-woogie piano, instrumental, world music, country blues, feminist historical, fingerstyle guitar, urban folk... These are just some of the musical genres that will be presented in the 2013–2014 **Sunday Schoolhouse Concert Series** at MERA Schoolhouse in McDonald's Corners. The first three-concert segment of the series features: beatbox blues poet CR Avery, the Yukon-based duo of Kate Weekes and Grant Simpson, and Canadian-song-collector Corin Raymond.

"What they all have in common is that they play good music," says Danny Sullivan, the MERA director who designed the series and spearheaded the campaign to fund it. "My objective is to put on a great musical event once a month — at the same time every month — so that people can count on coming to the Schoolhouse on a regular basis and know that they are going to see something good, even if it's an act or an artist they haven't seen or heard before. "The first nine concerts are scheduled as afternoon matinées on the last Sunday of each month, beginning in September.

For the past year, Sullivan and a number of MERA volunteers have been hosting fundraising events, negotiating with artists, agents and managers, and forging partnerships with local businesses and community groups to support the series.

"In the long run," says Sullivan, "we expect the series to support itself though ticket sales. But to get the whole thing off the ground, we wanted to be able to invest in marketing and audience development campaigns. We were fortunate to receive a small grant from the Ontario Arts Council to help defray some of those costs. Having this funding also allows us to present a wider variety of musical genres."

MERA Schoolhouse has been the venue for a number of concerts presented on a one-off, ad hoc basis over the years, but these have tended to mostly focus on solo singer-songwriters.

"That's just a matter of economics. It's a small venue, and we've never been able to offer guarantees to artists, so for one person to travel to McDonald's Corners to perform for a relatively small potential fee makes more sense than, say, a four-piece Klezmer band. For this series, we've been able to offer fees that enable us to present duos, trios and quartets, as well as solo acts.

The concert series is divided into three segments of three concerts each. The first segment includes the CR Avery show on September 29, Kate Weekes and Grant Simpson on October 27, and Corin Raymond on November 24. In the winter and spring segments, the series will present Evalyn Parry, Terry Tufts, The Boxcar Boys, Garnet Rogers, Trent Severn and others. Tickets will be available in three-concert packages and for individual shows, and MERA members will be entitled to a discount on admission to all concerts.

CR Avery

CR Avery is a one-man, hip hop, beatbox, blues harmonica, Americana iconoclast. He began playing music professionally at the age of 17, when he toured from the nation's capital to the far interior of Vancouver Island. Fifteen albums and seven operas later, Avery has played almost every major Canadian folk festival, headlined his own tours across Europe, and opened on two major tours for Billy Bragg and Buck 65. He has performed extensively throughout North America and Europe as a beatbox poet, punk piano player, and outlaw harmonica



of hip hop — either with his rock and roll band the Boomchasers, or fronting the indescribable Legal Tender String Quartet.

CR's recording sessions are squeezed in between non-stop touring and other artistic outlets. He is never afraid to experiment. He has released 17 CDs, published books of poetry, and written and produced a number of operas. More recently, he has recorded an EP of tracks backed by a full symphony orchestra.

But what it all comes down to is his live act. CBC radio described it best by saying: "when he hits the stage, look out." Avery's recontextualization of the Delta Blues is what makes the show. His signature beatbox harmonica sound even had Tom Waits growling: "he's blowin' my mind."

Few artists today possess the talent that CR does. He is at once a poet, blues musician and artist whose brilliance eclipses that of almost all his contemporaries and most of his forerunners. CR will start the MERA concert series off with a bang on Sunday, September 29, at 2PM at the Schoolhouse in McDonald's Corners.

Kate Weekes & Grant Simpson

Now based in the Yukon, Kate Weekes is no stranger to audiences in Eastern Ontario, having grown up in Smiths Falls, Ottawa and Perth. She and Grant Simpson have spent the past few years building a repertoire that blends folk and swing as they toured together in BC, and performed at the 2010 Nanjing International Jazz Festival in China, as well as on numerous tours of the Canadian prairies.

The discography from this duo includes Simpson's solo piano CD *Stride & True* (2004) and *Born 40 Years Too Late* with New Orleans North (2006). Weekes released her self-titled album in 2007, for which she received the Mac Beattie award for songs dubbed "quintessentially Canadian." She released an album of northern fiddle tunes with Yukon band Home Sweet Home in 2011.

Simpson's background in traditional jazz, stride piano and vaudeville theatre mixes with Weekes' bold guitar-playing and strong sweet voice. They'll be at MERA on Sunday, October 27 at 2PM.

Corin Raymond

After two successful solo albums (*Record Lonesome Night*, and the US Folk charting #5 album *There Will Always Be A Small Time*) and numerous albums and appearances as part of the duo The Undesirables, Corin Raymond has now released a live album with his all-star band, The Sundowners. Corin is no ordinary singer-songwriter, and *Paper Nickels* is no ordinary album. The Globe & Mail hailed it as "a live album that couldn't be more 'Made in Canada' if it was scented with maple syrup, shipped by beavers and came with thimbles of Stompin' Tom Connors' blood."

Not only did Corin collect and polish twenty songs by other Canadian artists, and record them in front of a live audience, but the whole thing was paid for with Canadian Tire money, in what Corin calls the "Tire Caper." The resulting double CD set was released inside a 144-page hardcover book, with 57 photos, the lyrics and chords to all the songs, the story of where he found the songs, and his experience of the artists who wrote them, and of course the story of how his friends, fans and total strangers helped him collect over \$7300 in Canadian Tire money.

Corin rounds out the first three-concert segment of the series on Sunday, November 24, at 2PM.

Tickets for the Sunday Schoolhouse Series are \$55 for three concerts. Single concert advance tickets are \$22. MERA members are entitled to a discount on ticket fees. All tickets are available from Tickets Please at 39 Foster Street in Perth (Jo's Clothes), by phone at 485-6434, or online at <ticketsplease.ca>. Tickets can be reserved at Tickets Please and held for pick-up at the door. For more information, contact <shakeyacres@hotmail.com> or 268-2376.

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 Unit 11, 55 Bennett Ave., Carleton Place
Cost: \$150 (includes a copy of Grief Recovery Handbook)

For more information contact:
 Certified Grief Recovery Specialist Barbara Carroll
 613-883-6646, barbaracarroll@rogers.com

Calabogie & Area Business Association Presents the 6th Annual

Festival of the Senses

October 5 & 6

In and around the villages of Calabogie, Burnstown, Matawatchan and Griffith

New sites this year:
*Sense of Antiquity (Antique Evaluations \$ 5/item or 3/\$10),
 Sense of Caring (Calabogie & Area Home Support Flea Market) and
 Sense of Freshness (Matawatchan Market)*

Watch for Festival signs — Tour maps available at over 20 participating sites
For more information, please visit: www.festivalofthesenses.ca

A Sense of Festivities

The 6th annual Festival of the Senses in and around the villages of Calabogie, Burnstown, Matawatchan and Griffith will take place October 5 and 6. Mark your calendar! Once again this will involve about twenty organizations and businesses. Below are some of the new festival activities.

"A Sense of Antiquity" features John Holyer of Ottawa Valley Antiques in Douglas. He has been in the business of buying and selling antiques for over forty-five years. John will bring his considerable skill to the tables at Heritage Pointe, Saturday, October 5, from 10AM to 4PM. He will appraise your "attic treasure" for a nominal fee of \$5 per item, or three items for \$10. This will be a perfect opportunity to find out more about some special piece you have kept dusted for years! Please, no jewellery or large pieces of furniture. All other items are welcomed.

"A Sense of Caring", sponsored by Calabogie and Area Home Support, will see a community flea market on the lawn in front of the indoor storage building (formally Pinky's) on Saturday, 10AM to 2PM (rain date Sunday). Tables are available, for only \$10, for anyone interested in selling items. This money goes to Calabogie Home Support, and sellers keep their profits. This is a perfect opportunity to declutter, and to support a very worthwhile organization. To reserve your table, please call 752-2828.

"A Sense of Freshness" features the Matawatchan Market (in Matawatchan) on Saturday and Sunday, 10AM to 4PM. Stock up on preserves, quality handmade crafts and knitting, for your Christmas gift giving.

"A Sense of Native Journey" will include a native drum circle, led by Lanark Drum from Carleton Place. The public is invited to participate — there are extra drums and rattles available. Learn native songs and their special teachings while gathered around the Medicine Wheel across from



Barnet Park, Sunday 2-4PM on the Fans Bed and Breakfast property.

Along a similar line, "Sense of Rhythm" is a Community Drum Circle. You will find this at Barnet Park on Saturday, from 11AM to 12PM.

Some of our returning sites include local churches continuing their tradition of light lunches and harvest fare. On Saturday, from 10AM to 4PM, St. Andrew's United will have contemporary and traditional gospel music throughout the day. Most Precious Blood Catholic Church will have harvest pies available on the Sunday, from 10AM to 4PM.

"A Sense of Discovery" will highlight one of fifteen geocaches in the area. Geocaching is a worldwide, high-tech treasure hunting game played by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches, outdoors, and then share your experiences online. Geocaching is enjoyed by people from all age groups, with a strong sense of community and an interest in supporting the environment. See <geocaching.com> to learn more.

In Burnstown, Bittersweet Gallery will give you a "Sense of Perspective" at the annual Open House by artist Richard Gill (whose work is pictured here).

Check out <festivalofthesenses.ca> or <calabogie.org> for further details, and to see what the plans are for Calabogie Peaks (Sense of Adventure), the Calabogie Highlands Golf Resort (Sense of Warmth), Polly's Li'l Shanty (Sense of Home Cooking), Calabogie Pizzeria (Sense of Aromas), Shooter's Bar and Grill (Sense of Decadence), Calabogie MotorSport Park (Sense of Speed).

Tour maps will be available at all site locations as well as a new "Participation Passport" to be used for inclusion in a festival prize draw. Pre-registration is needed for some activities. Watch for festival signs in and around the two villages. Indulge your senses!

Anniversary Dinner for Big Brothers Big Sisters

Started in 1973, Big Brothers Big Sisters of Lanark County has spent the last forty years serving children through a variety of mentoring programs. A celebratory dinner is being planned for September 14 to celebrate the monumental occasion.

The local children's charity has had a real impact on children throughout the county. Children who have been in mentoring programs see real, positive change. Little Brothers and Little Sisters go on to graduate from high school at a rate of 20% higher than the national average. 78% of Littles who came from a social assistance background no longer rely on this form of income, and a disproportionately high number of former Littles graduate from college or university compared to others in their age group. Currently over 400 children are involved in the agency's programs.

At a recent celebration, Little Brother Jason spoke about the impact his Big Brother has had on his life. "In the time Randy and I have been paired, I've dramatically changed for the better in so many ways. For one, he's definitely made me think about things more. My self-esteem and social life have had a huge boost and I've learned so many life lessons from the experiences with Randy. I know now that there is much more to life than I thought there was before meeting him."

To celebrate this special anniversary, the agency is planning an **Anniversary Dinner** on September 14 at the Smiths Falls Civitan Club. There will be special presentations, live music and a chance for the community to pause and celebrate the mentoring that has happened and continues to happen throughout the county. Tickets are \$25 per person and must be purchased in advance through the office.

Special guest Paul Frazer will be in attendance, speaking about the power of the Big Brothers Big Sisters story. Paul is a Perth-area speaker whose programs revolve around world class excellence. He believes that when you learn more about yourself and your team, you can create greater success and a greater story or legend as individuals and as an organization.

Also speaking at this event is a Little Sister from the agency who recently received a \$40,000 scholarship from CIBC Youth Vision.

Big Brothers Big Sisters is trying to reach out to those that have been involved in the agency's great history, and welcomes everyone to reconnect through this special event. Only 150 tickets are available and are on a first-come first-served basis. To order tickets, please contact me at 283-0570 or by email at <jennifer.miller@bigbrothersbigsisters.ca>.

— Jennifer Miller



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Series tickets: \$60 for the series. \$25 for a single concert. Teenagers free.
Only available from Ticketsplease.ca or 613-485-6434

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Claiming Column

SchoolBOX Benefit, Almonte, Oct 4
 Nature Walk, Blueberry Mtn, Oct 5
 Writers Reading, Westport, Oct 5
 Calabogie Artfest, Oct 5-6
 Festival of the Senses, Calabogie, Oct 5-6
 Blue Jeans Classical Series, MERA, Oct 6
 Oktoberfest Dinner/Dance, Almonte, Oct 11
 Expressions of Art, Carp, Oct 11-13
 Crown & Pumpkin Studio Tour, Mississipi Mills, Oct 12-14
 Fall Colours Studio Tour, Westport, Oct 12-14
 Perth Autumn Studio Tour, Oct 12-14
 PPAC, Perth, Oct 18
 Othello, CP, Oct 20, 25, 26
 Martha Wainwright, Burnstown, Oct 20
 One-Act Plays, Perth, Oct 24-27, Nov 1-2
 Harry Manx, Burnstown, Oct 25
 My Town's Got Talent, CP, Oct 25
 Almonte in Concert, Oct 26
 Sunday Schoolhouse Concert, MERA, Oct 27, Nov 24
 Christmas in the Valley Artisan Show, Almonte, Nov 1-2
 Handmade Harvest Craft Show, Almonte, Nov 2-3
 MMLTC Gala, Almonte, Nov 8
 Blue Jeans Classical Series, MERA, Nov 10
 PPAC, Perth, Nov 15
 Snow White & the Seven Dwarfs, Smiths Falls, Nov 28-Dec 8

Visual Arts

Art Beat in the Enchanted Forest, Aug. 31-Sep. 2, 10-5. 1481 McAndrews Rd, Westport. brian.kathy@rogers.blackberry.net.
Breakfast with the Arts, Aug. 31, Sep. 28. Arts potluck. Doors open 7:30AM, speaker 9AM. Grist Mill, Westport.
Sundance Studio Tour, Aug 31 & Sep 1 (10-5), Sep 2 (10-4). 34 artists. Fall River Pub & Grill, Maberly. sundancestudio.ca.
Vernissage, Sep. 6, 7PM-9PM, Text Me! - Text in visual art. General Fine Craft, Almonte. generalfinecraft.com.
Vernissage - Photography, Sep. 7, 1-3PM, Alan Mirabelli. Philip Wood Gallery, Heritage Court, Almonte. 292-4406.
Almonte & Area Artists' Assoc Mtg, Sep. 9, 7:30PM. Speaker: Audrey Poulox. Almonte Library. 4a-artists.ca. Free
Meet the Photographer, Sep. 13, 5-7PM. Louise Lafleur. Fairview Manor, Almonte.
Vernissage, Sep. 13, 7-9PM. Leah Zardo. Brush Strokes, CP. 253-8088
Exhibit Launch: Building Peace, Sep. 14, 2-4PM. Family-friendly. The Diefenbunker, Carp. diefenbunker.ca. Free
North Gower/Kars Discovery Tour, Sep. 14-15, 10AM-5PM. Donations to food bank welcome. discovery-tour.ca.
Almonte Quilters' Guild, Sep. 16, 7-9PM. Almonte Civitan Hall. 257-8444
Flippin' Art Night, Sep. 19, 5-7PM. Brenda Milne & David Hauraney. Free munchies. Ballygiblin's, CP. arts.carletonplace.com
Lanark County Quilters Guild, Sep. 24, 7PM. Ottawa Modern Quilt Guild. Guests: \$3. Perth Lions Hall, 264-9232.
Arnprior Quilters' Guild, Sep. 25, 7PM. Christian Education Centre, Arnprior: arnpriordistrictquiltersguild.com. \$5; \$20/yr
Artists' Demos, Sep. 27, 1-6PM. Part of Culture Days. Kanata Civic Art Gallery.
Arnprior & Beyond Arts Discovery Tour, Sep. 28-29, 10AM-5PM. Free self-drive tour. abartsa@yahoo.ca.
Merrickville Artists' Guild Studio Tour, Sep. 28-29, Oct 5-6, 10AM-6PM. 269-2580, merrickvilleartists.com.

WHAT'S ON IN

Monday **Tuesday** **Wednesday** **Thursday**

Brush Strokes presents the paintings of Leah Zardo (Sep 6-30) <brushstrokesart.ca>
Equator Coffee Roasters presents Sarah Moffat's mixed media <equator.ca>
The Almonte Library Corridor Gallery presents Anthony St. Dennis, engravings
Herb Garden presents The Art of the Sunflower (Sep 22-29) <herbgarden.on.ca>
Kanata Civic Art Gallery presents Colour Me Purple & Lynne Morin, fibre artist <kanatagallery.ca>
MVTM presents Maximo Laura's colourful Peruvian woven textiles [to Oct 10] <mvtm.ca>
Palms Coffee Shop presents artist Nona Argue, photographer Shawn DeSalvo <palmsonline.ca>
Philip Wood Gallery presents Alan Mirabelli's photography <philwood49@gmail.com>
The Mississippi Mills Chambers Gallery presents Deborah Saulnier & Cecilia Neil, rug hooking
FIELDWORK presents Leah Decter, Laura Hale, Sheila Macdonald, Ute Riccius, Erin Robertson <fieldworkproject.com>
General Fine Craft, Art & Design presents Text Me!, text in art <generalfinecraft.com>
Fairview Manor Foyer presents photographs by Louise Lafleur
Mill St. Gallery of Contemporary Art (Almonte) presents "Fueled By Food"
Diefenbunker presents "About Building Peace"
Heritage House Museum presents Carvings of the Rideau <smithsfalls.ca/heritagehouse>

<p>Art Beat in the Enchanted Forest, Westport Carp Celtic Jam, Carp Masonic Lodge Sundance Studio Tour, Maberly</p>	<p>Green Drinks, Perth</p>	<p>Goulbourn Jubilee Singers, Stittsville Goulbourn Junior Jubilees, Stittsville Lanark Co. Genealogical Soc., Almonte Open Celtic Jam, Naismith Pub</p>	<p>Adult Bereavement Walking Group, CP Jazz at Bally's, Ballygiblin's Jazz Night, The Cove Jeff Lang, Neat Café Musicians' Circle, Bolingbroke Open Mic w/Alida & Matt, Golden Arrow Storing Produce/Harvesting Workshop, Almonte</p>
<p>Almonte & Area Artists' Assoc Mtg, Almonte Carp Celtic Jam, Carp Masonic Lodge PFLAG Carleton Place, Carleton Place</p>	<p>Beckwith Sign Up Night, Carleton Place Intro to Duplicate Bridge, Almonte Modern Square Dance Open House, Beckwith West Carleton Garden Club, Carp</p>	<p>Adult Bereavement Group, Perth Mississippi Mills At A Glance, Almonte Open Celtic Jam, Naismith Pub</p>	<p>Compost & Seed Workshop, Almonte Jazz Night, The Cove Musicians' Circle, Bolingbroke Old Love, Perth Open Mic w/The Carletons, Golden Arrow Star Trek - Into Darkness, Smiths Falls</p>
<p>Almonte Quilters' Guild, Almonte Carp Celtic Jam, Carp Masonic Lodge Suzie Vinnick, The Cove</p>	<p>Intro to Duplicate Bridge, Almonte Modern Square Dance Open House & Chili Supper, Beckwith</p>	<p>Natural Therapies Talks, Almonte Open Celtic Jam, Naismith Pub</p>	<p>A River Ceremony, Almonte David Francey CD Release, Perth Flippin' Art Night, Carleton Place Jazz Night, The Cove Kelly Sloan, O'Reilly's Pub Musicians' Circle, Bolingbroke MVFN Lecture, Almonte Open Mic, Golden Arrow Stand-Up Comedy Open Mic, CP Take Back The Night, CP Winterize Your Garden/Garlic Workshop, Almonte</p>
<p>Almonte Horticultural Society, Almonte Carp Celtic Jam, Carp Masonic Lodge My Town's Got Talent Auditions, Perth</p>	<p>Health Talk, Perth Intro to Duplicate Bridge, Almonte Lanark County Quilters Guild, Perth My Town's Got Talent Auditions, Smiths Falls</p>	<p>Adult Bereavement Group, CP Arnprior Quilters' Guild, Arnprior Kon-Tiki, Perth My Town's Got Talent Auditions, Almonte Neat SoundCheck, Neat Café Open Celtic Jam, Naismith Pub</p>	<p>Jazz Night, The Cove Kon-Tiki, Smiths Falls Let's Talk Resilience, Perth Musicians' Circle, Bolingbroke My Town's Got Talent Auditions, Carleton Place Open Mic w/Alida & Matt, Golden Arrow</p>

Theatre

The Marriage-Go-Round, Aug. 30-Sep 1. Full Circle Theatre, Perth. 877-283-1283, classictheatre.ca.
Old Love, Sep 12-14, 20-21 at 8PM; Sep 15, 22 at 2PM. \$22; adv \$20 (Book Nook, theatre) or \$22 (TicketsPlease.ca). Studio Theatre, Perth. 267-7469, studiotheatreperth.com.
Star Trek - Into Darkness, Sep. 12-13, 7:30PM. The Station Theatre, Smiths Falls. 283-0300, smithsfallstheatre.com.
Stand-Up Comedy Open Mic, Sep. 19, 8:30PM, 3rd Thurs/mo., Ballygiblin's, CP. facebook.com/LanarkLaughs. No cover
Kon-Tiki, Sep 25, 2&7PM (Full Circle Theatre, Perth); Sep 26, 7PM (Station Theatre, SF). filmnightinternational.blogspot.ca/
Kon-Tiki, Sep 29, 1PM; Sep 30, 7:30PM. O'Brien Theatre Film Group, Arnprior. 623-4007, obrientheatre.com. \$10

Youth

Robert Fontaine Signing, Sep. 29, 12-1:30PM. CBC film critic. O'Brien Theatre, Arnprior. 623-4007, obrientheatre.com.
Spiritual Cinema Circle, Sep. 29, 2-4PM. McMartin House, Perth. 267-4819, fp@superaje.com. \$2 donation

Festivals

Natural Fibre Festival, Aug. 31-Sep. 1, 10AM-4PM. Silent Valley Alpaca Ranch, Ompah. 479-0307, silentvalleyalpaca.ca.
Dragon Boat Festival, Sep. 7, 9AM. Proceeds to CP Hospital. Riverside Park, CP. admin@fall400.com, fall400.com.
Fibrefest, Sep 7 (10-5), 8 (10-4). Fibre art demos/vendors & exhibits. MVTM, Almonte Arena. 256-3754x7, mvtm.ca. \$5/day
Lanark County Harvest Festival, Sep. 8, 11AM-4PM. Local vendors, kids' events, music, cooking demo. Beckwith Park

Music

Disney's The Little Mermaid, Aug. 29-30, 7PM. PAMT, Studio Theatre, 63 Gore St. E., Perth. 706-0954, perthacademy.ca.
Goulbourn Junior Jubilees, Sep. 4, 5:45PM, Ages 8-14. Open first practice. Stittsville United, 825-3357, gjsingers.com.
Auditions - Mudds Jr., Sep. 14. for *Willy Wonka Jr.* Register at mississippimudds.ca. CP Town Hall. mississippimudds.ca.
My Town's Got Talent Auditions Sep 23 Perth; Sep 24 SF; Sep 25 Almonte; Sep 26 CP. mtgt.webs.com
Kids Book Launch, Sep. 29, 2-4PM. Author Paul McKay, w/ Emily Fennel, Joey Wright. The Cove, Westport. coveinn.com.

Falls. togethersmithsfalls.com. Free
Open Stage, Sep. 1, 8, 5-8PM. Join or watch. Lower Reach Park, Smiths Falls. 284-8446, openstage.ca.
Goulbourn Jubilee Singers, Sep. 4, 7:30PM. Open first practice. Stittsville United Church. 825-3357, gjsingers.com.
Musicians' Circle, Thursdays, 7PM. Musicians only, all ages. ABC Hall, 3166 County Rd. 36, Bolingbroke. 273-9005. \$5 for hall
3 Decades of Elvis, Sep. 6, 7PM, Matt Cage, Elvis impersonator. Studio Theatre, Perth. 267-7469, mattcage.com. \$30; \$25 in adv.
Trevor Finlay, Sep. 6, 8:15PM. Calabogie Peaks Resort, 1-800-992-2694, calabogie.com. \$25
Native American Hand Drum Circle, Sep. 8, 1:30-4PM. No experience nor drum necessary., Moore House, CP. 850-2803
Ottawa Valley Music Festival, Sep. 8, 3PM. Grace St-Andrews, Arnprior. 623-6089, ottawavalleymusicfestival.ca. \$20/\$10

SEPTEMBER 2013

Friday

Saturday

Sunday

<ul style="list-style-type: none"> 🎵 Disney's The Little Mermaid, Perth 🎵 Pacific Curls, Neat Café 🎵 Peter Principle, Golden Arrow 🎵 Shawn McCullough, The Cove 🎵 The Marriage-Go-Round, Perth 	<ul style="list-style-type: none"> 🎵 Art Beat in the Enchanted Forest, Westport 🎵 Breakfast with the Arts, Westport 🎵 Freddy Dixon w/the Band, Golden Arrow 🎵 Head over Heels, The Cove 🎵 Music in the Park, Smiths Falls 🎵 Natural Fibre Festival, Ompah 🎵 Sundance Studio Tour, Maberly 🎵 Tea on the Lawn, Almonte 🎵 The Marriage-Go-Round, Perth 	<ul style="list-style-type: none"> 🎵 APEX Jazz Band, The Royal Oak 🎵 Art Beat in the Enchanted Forest, Westport 🎵 Head over Heels, The Cove 🎵 Jazz Brunch, Fiddleheads Bar & Grill 🎵 Natural Fibre Festival, Ompah 🎵 Open Stage, Smiths Falls 🎵 Sundance Studio Tour, Maberly 🎵 The Marriage-Go-Round, Perth
<ul style="list-style-type: none"> 🎵 3 Decades of Elvis, Perth 🎵 Brady Folks, Gaia Java 🎵 Brea Lawrenson, Golden Arrow 🎵 David Vest & East Meets Vest, Neat Café 🎵 Shawn McCullough, The Cove 🎵 Steve Barrette Trio, The Swan at Carp 🎵 Trevor Finlay, Calabogie 🎵 Vernissage, Almonte 	<ul style="list-style-type: none"> 🎵 Dragon Boat Festival, CP 🎵 Fibrefest, Almonte 🎵 Fish Fry, Pakenham 🎵 Harvest Food & Drink Show, Almonte 🎵 Head over Heels, The Cove 🎵 Jazz Night w/Peter Brown, Golden Arrow 🎵 Vernissage - Photography, Almonte 	<ul style="list-style-type: none"> 🎵 Fibrefest, Almonte 🎵 Head over Heels, The Cove 🎵 Lanark County Harvest Festival, Beckwith 🎵 Magnolia Rhythm Kings, The Royal Oak 🎵 Native American Hand Drum Circle, Carleton Place 🎵 Open Mic w/Kelly Sloan, Ashton Pub 🎵 Open Stage, Smiths Falls 🎵 Ottawa Valley Music Festival, Arnprior 🎵 Valley Singles Lunch, Eganville 🎵 Walk of Hope for Ovarian Cancer, Burnstown
<ul style="list-style-type: none"> 🎵 Dusty Strings w/Peter Dawson, Gaia Java 🎵 Meet the Photographer, Almonte 🎵 Old Love, Perth 🎵 Seniors' Expo, Almonte 🎵 Star Trek - Into Darkness, Smiths Falls 🎵 Vernissage, Carleton Place 🎵 Yoga Fundraiser, Carleton Place 	<ul style="list-style-type: none"> 🎵 Auditions - Mudds Jr., Carleton Place 🎵 Equator Block Party, Almonte 🎵 Exhibit Launch: Building Peace, Carp 🎵 Head over Heels, The Cove 🎵 Jam w/The Matts, Golden Arrow 🎵 North Gower/Kars Discovery Tour 🎵 Old Love, Perth 🎵 Pig Roast, Almonte 🎵 Potluck/Dance, Bolingbroke 🎵 Tay River Watershed Discovery Day, Perth 🎵 The Claytones, Neat Café 🎵 White Lake Acoustic Jam, White Lake 🎵 Yoga Open House, Almonte 	<ul style="list-style-type: none"> 🎵 APEX Jazz Band, The Royal Oak 🎵 Bringing Back the Bees, Perth 🎵 Head over Heels, The Cove 🎵 Jazz Brunch, Fiddleheads Bar & Grill 🎵 North Gower/Kars Discovery Tour 🎵 Old Love, Perth 🎵 Open Mic w/Kelly Sloan, Ashton Pub 🎵 Roast Beef Dinner, Franktown
<ul style="list-style-type: none"> 🎵 Brea Lawrenson, Golden Arrow 🎵 jkstraw, Gaia Java 🎵 Mumbo Jumbo Voodoo Combo, Almonte 🎵 Old Love, Perth 🎵 Perth 200 - Fundraiser, Perth 🎵 Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> 🎵 A Night of Scottish Music, Almonte 🎵 Harvest Lantern Labyrinth Walk, Carleton Place 🎵 Head over Heels, The Cove 🎵 JazzNHouse Concert, Almonte 🎵 Live music, Golden Arrow 🎵 Millworkers' Reunion, Almonte 🎵 Old Love, Perth 🎵 Peter Case, Neat Café 	<ul style="list-style-type: none"> 🎵 Bowes Brothers, Pakenham 🎵 Choral Evensong, Perth 🎵 Head over Heels, The Cove 🎵 Magnolia Rhythm Kings, The Royal Oak 🎵 Old Love, Perth 🎵 Open House, Almonte 🎵 Open Mic w/Kelly Sloan, Ashton Pub
<ul style="list-style-type: none"> 🎵 Almonte Lectures, Almonte 🎵 Artists' Demos, Kanata 🎵 David Francey, Neat Café 🎵 Les Gorman, Gaia Java 🎵 Lions Club Dinner/Music, Almonte 🎵 Salmon House Benefit Concert, The Cove 	<ul style="list-style-type: none"> 🎵 Alpaca Farm Days, Ompah 🎵 Arnprior & Beyond Arts Discovery Tour 🎵 Breakfast with the Arts, Westport 🎵 Canning Workshop, Almonte 🎵 Dave Gunning & Ennis, Neat Café 🎵 Fall Pitch-In 🎵 Head over Heels, The Cove 🎵 Merrickville Artists' Studio Tour 🎵 The Tritons, Golden Arrow 	<ul style="list-style-type: none"> 🎵 Alpaca Farm Days, Ompah 🎵 APEX Jazz Band, The Royal Oak 🎵 Arnprior & Beyond Arts Discovery Tour 🎵 CR Avery, McDonalds Corners 🎵 Head over Heels, The Cove 🎵 Jazz Brunch, Fiddleheads Bar & Grill 🎵 Kon-Tiki, Arnprior 🎵 Merrickville Artists' Studio Tour 🎵 Open Mic w/Kelly Sloan, Ashton Pub 🎵 Robert Fontaine Signing, Arnprior 🎵 Simpatco Kids Book Launch, Westport 🎵 Spiritual Cinema Circle, Perth

Free Gardening workshops: Sep 5, 7-8:30pm at Mills Community Support; Sep 12, 7-8:30pm at Mills C.S.; Sep 19, 1-8:30pm at Mill of Kintail Gatehouse; Sep 28, 10AM-noon at TYPSAlmonte. 256-8428, alpacapug@gmail.com.

Fish Fry, Sep. 7, 4:30-7PM, St. Andrew's United, Pakenham. 256-8190. \$14/\$7

Harvest Food & Drink Show, Sep. 7, Noon-4PM. Almonte Ag. Hall. Handmade-harvest.com. \$20.

Valley Singles Lunch, Sep. 8, 1PM. 256-8117. Frisco's Steak & Seafood, Eganville.

Walk of Hope for Ovarian Cancer, Sep. 8, 9AM. Bittersweet Gallery, Burnstown. ovariancancerwalkofhope.ca.

PFLAG CP, Sep. 9, 7-8:30PM, w/ LGBT youth drop-in. Zion-Memorial Church. 859-0100.

Beckwith Sign Up Night, Sep. 10, 6-8PM, Child & adult activities. Beckwith School, CP. 257-1539

Modern Square Dance Open House, Sep. 10, 7:30-10PM, Free dance. Sep 17 6:30-9PM Free chili supper & dance. Brunton Hall, Beckwith. 253-2960

Mississippi Mills At A Glance, Sep. 11, 7-9PM. Activity info/reg'n. Almonte Community Ctr. 256-1077, mississippimills.ca.

Seniors' Expo, Sep. 13, 9AM-3PM. Info for 50+ & caregivers. Almonte Community Ctr. 256-1031x39, themills.on.ca. Free.

Yoga Fundraiser, Sep. 13, 7-9PM. For The Love of Bridge Rose Fund. Heritage Fitness, CP. 108karmayoga@gmail.com. \$10-20

Equator Block Party, Sep. 14, 10-2. Free. Equator Café, Almonte. 256-5960

Pig Roast, Sep. 14, 3PM Johnny Spinks, 5PM meal. Almonte Legion, 256-2142. \$10.

Potluck/Dance, Sep. 14, 5-10PM. ABC Hall, Bolingbroke. 273-2571.

Tay River Watershed Discovery Day, Sep. 14, 8-1, Exhibits, activities, music, Paddling Puppeteers. Crystal Palace, Perth.

Yoga Open House, Sep. 14, 9:30-3 free class w/ food bank donation; 3-5PM Open house. Rising Sun Yoga, Almonte. 290-9973.

Bringing Back the Bees, Sep. 15, 9:30-4. Perth Civitan. \$10. Reg: lanarkstewardship@gmail.com.

Roast Beef Dinner, Sep. 15, 4-7PM. Centennial Hall, Franktown.

Natural Therapies Talks, Sep. 18, 7PM. Julie Yeaman, Astrologer. Shoppers Drug Mart, Almonte. peppymocko@yahoo.ca

A River Ceremony, Sep. 19, 6:45-8PM. Almonte Fairgrounds, 256-9373. Free.

MVFN Lecture, Sep. 19, 7:30PM. Connect to nature. Almonte United, mvfn.ca.

Take Back The Night, Sep. 19, 6:30PM. CP Town Hall. 257-3469x63

Perth 200 - Fundraiser, Sep. 20, 6PM BBQ, 8PM Freddy Vette & the Flames. Perth Legion. \$30; \$25 at Shadowfax.

Harvest Lantern Labyrinth Walk, Sep. 21, 7PM. Bring/borrow a lantern. CP & Beckwith Heritage Museum, 257-1014.

Millworkers' Reunion, Sep. 21, 2-4PM. MVTM, Almonte. mvtm.ca.

Open House, Sep. 22, 2-5PM. Feat. bios of WWII vets from Alm, Clayton, Pak Cenotaphs. Almonte Legion, 256-2142.

Almonte Horticultural Soc. Sep. 23, 7:30PM. Cornerstone Com Church, Almonte.

Heart Health Talk, Sep. 24, 6-7:30PM. Foodsmiths, Perth. Res. at 267-5409x110.

Let's Talk Resilience, Sep. 26, 6-9:30PM. Mtg re: building resilience in Perth. Perth Legion, 267-9949, transitionperth.ca.

Almonte Lectures, Sep. 27, 7:30PM. Al Donaldson: Geol. of E. ON., Almonte United, don_wiles@carleton.ca. free.

Lions Club Dinner/Music, Sep. 27, 6:30PM. Fine dining, Bowes Brothers. Almonte Legion, 256-6778, \$25.

Alpaca Farm Days, Sep. 28-29, 10-4. Silent Valley Alpaca Ranch, Ompah. 479-0307, silentvalleyalpaca.ca.

Fall Pitch-In, Sep. 28. Clean up the Town. 256-1077, mississippimills.ca.

White Lake Acoustic Jam, Sep. 14, 7-10PM. White Lake Fire Hall, White Lake. wlol.ca/home/hot-licks-acoustic-jam. \$5

David Francey CD Release, Sep. 19, 8PM. Fundraiser for MERA. St. Paul's United, Perth. 485-6434, ticketsplease.ca. \$25

Mumbo Jumbo Voodoo Combo, Sep. 20, 8PM. CD release & dance. \$20 at MMMusicworks. Almonte Old Town Hall, 256-7464

A Night of Scottish Music, Sep. 21, 8PM. Tickets at ottawadancescottish.org. Almonte Old Town Hall, 256-8223. \$25

JazzNhouse Concert, Sep. 21, 8PM, Zakari Frantz Trio. jazzn.ca. \$20

Bowes Brothers, Sep. 22, 7:30PM. Adv. tickets at Pakenham General Store. St. Andrew's Church, Pakenham. 832-2556. \$15

Choral Evensong, Sep. 22, 4PM. St. James the Apostle Anglican Church, Perth.

CR Avery, Sep. 29, 2-5PM. MERA Schoolhouse, McDonalds Corners. meraschool-

house.org. \$22 (Series: 3/\$55)
The Swan at Carp (Carp, 839-7926): jazz
Sep 6, 20 Steve Barrette Trio, 7-10PM, no cover

Fiddleheads (Perth, 267-1304):
Sep 1, 15, 29 Sun Jazz Duo Brunch, 12-3PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, no cover
Sep 1, 15, 29 APEX Jazz Band, 2-5PM
Sep 8, 22 Magnolia Rhythm Kings, 3-6PM

The Cove (Westport, 273-3636): Thur 9-11PM Jazz Night, Sat 6-9PM + Sun 12:30-3:30PM Head over Heels

Sep 6 Shawn McCullough (Guitar), 6-9PM
Sep 27 Salmon House Benefit Concert/ Live Auction (Music by Mike Cochrane's Friends), 7-11PM

Ballygiblin's (CP, 253-7400): jazz, no cover
Sep 5 6-9PM Peter Brown, Don Paterson, Glenn Robb & guests

Neat Café (Burnstown, 433-3205): 8PM
Sep 5 Jeff Lang, \$20

Sep 6 David Vest & East Meets Vest, \$27.50
Sep 14 The Claytones, \$15
Sep 21 Peter Case, \$25

Sep 25 SoundCheck open mic, free
Sep 27 David Francey, \$35
Sep 28 Dave Gunning & Ennis, \$35

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

Carp Masonic Lodge: Carp Celtic Jam, \$3/\$25 for 3 mos, all levels, Mon (7-9PM)

Ashton Pub (Ashton):
Sundays Open Mic w/Kelly Sloan, 2-5PM

O'Reilly's Pub (Perth, 267-7994):
Sep 19 Kelly Sloan, 9PM

Gaia Java (Stittsville, 836-5469): Live music
Fridays, 7-9PM, no cover
Sep 6 Brady Folks

Sep 13 Dusty Strings w/Peter Dawson
Sep 20 jkstraw
Sep 27 Les Gorman

Golden Arrow Pub (Perth, 267-4500):

Sep 5, 26 Open Mic w/Alida & Matt, PM
Sep 6, 20 Brea Lawrenson
Sep 7 Jazz Night w/Peter Brown

Sep 12 Open Mic w/The Camerons
Sep 14 Jam w/The Matts
Sep 19 Open Mic w/Gus McCormick

Sep 28 The Tritons

Community

Green Drinks, Sep. 3, 5:30pm, Meeting of environmental folk. O'Reilly's Pub, Perth. greendrinks.org. No cover.

Lanark Co. Genealogical Soc., Sep. 4, 7:30pm, Michael Rikley-Lancaster/ John Hannigan. MVTM, Almonte. mvtm.ca. \$5.

Adult Bereavement Groups: Sep 5 (6-8pm, Starbucks, Hwy 7/McNeely, CP Walking Group); Sep 11 (1-3pm, Lanark Lodge, Perth); Sep 25 (1:30-3:30pm, Waterside, CP). 267-6400, rebeccab@chslc.ca. Free.



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Audition Time for My Town's Got Talent

It's September — time once again for My Town's Got Talent auditions, which look for the best talent in Lanark County to showcase at the Finale in Carleton Place on October 25th

Auditions for this year's show will take place during the last week of September, with the judges stopping for one evening in Perth on September 23, Smiths Falls on the 24th, Almonte on the 25th, and Carleton Place on the 26th, to select the fifteen semi-finalists for the show. At the Finale, the celebrity judges, with help from fans throughout the County via an online poll, will select the five finalists, and the event will once again feature the audience selecting the overall winner from those five finalists.

"The Finale in Perth last year was outstanding," according to artistic director Christy Bindhardt, "where we had an incredible variety of talent — from dancers to solo singers to trios to a guitar instrumentalist to a slam poet. Once again, our name says it all — if you can dance, do poetry, drum, do comedy, or are the best entertainer in whatever you do, then we want you out at our auditions!" This year, all auditions will once again take place throughout the county, at local high schools. "All of the details for auditioning are on our website at <mtgt.org>," notes Bindhardt, "where folks can also see photos of last year's show, won by Alexander Cox from Carleton Place."

"Following tradition, we are moving the Finale to a new town again — this year: Carleton Place," says show producer Fraser Scantlebury of the United Way, "where we will be in the cafetorium of the Carleton Place High School on October 25 at 7PM. After the excellent reception we had in Perth last year, and before that for two years in Almonte, we look forward to strong support from the folks in Carleton Place for this year's show. We will be going all out to make the Finale a professional and fun event for both the contestants and the audience."

"Once again, this year's event will feature the opportunity for fans to vote for their favourite act, by donating online to the United Way Lanark County," notes Scantlebury. "These votes will be combined with the judges' choices to select the five finalists, who will then perform once more for the audience, who will then vote for the winner. Audience members receive one ballot each, and when the five performances are over, we count up the votes immediately to see who wins. It's a fun-filled, action packed night, where fifteen hopefuls battle it out to be in the final five, and then go on to try

and bring back the title of best in Lanark County to their hometown!"

As in previous years, the event is in support of the United Way Lanark County Annual Fall Campaign. All donations at the door for the Finale will go towards the United Way's Youth Initiatives in Lanark County, supporting their five youth centre member agencies. "This is an excellent opportunity for the County to see what our Youth Member Agencies do for the young people in their communities," notes Johann Ramsaran, chair of the board



Youth band Jovian Sound came second in last year's My Town's Got Talent finale

of the United Way Lanark County. "All five — Carleton Place Youth Centre, Lanark Highlands Youth Centre, YAK Youth Centre in Perth, Smiths Falls and District Youth Centre, and Take Young People Seriously (TYPS) Youth Centre from Mississippi Mills — will be helping out at the auditions and the final show. At the Finale, community members will have the opportunity to meet youth from each centre, and learn about what their local youth centre is doing in their community."

An event such as My Town's Got Talent requires generous support from the community, and the United Way would welcome any local businesses or organizations that want to help out and sponsor the Finale. Please contact Emily Danaher, fund development officer at the United Way Lanark County office, at 253-9074 for further details.

"Once again, it's now up to the youth of the County to come forward and sign up for the auditions," says Bindhardt. "We have the judges getting ready — and we want to see the best in the County at the auditions. Just go to <mtgt.org> for all the details, or contact the United Way at 253-9074, and we will see you at the auditions!"

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Almonte High School... of the Arts?

Geoff Baskwill, a parent and ADHS school council chair, is looking to find a new use for an almost historic room in the high school.

I met with Geoff in the auto tech room, a huge space with 16-foot ceilings, a lot of potential... and a lot of out-of-date equipment. "This is great — see this neat Brake Dokter system, but it looks like it's from the '50s or '60s," Geoff says, showing me around the room.

The idea came from the community a couple of years ago, and its supporters — parents, school board members, and ADHS employees — propose to completely renovate the room and turn it into a space for a performing arts program. They'd like to remove the old equipment, repaint the walls, put in some new lighting, and build a stage.

Geoff says the group would like to use the space to reintroduce a drama class to the school, which was discontinued in recent years, and even start up a dance program. He already has interest from some of the teachers at ADHS who would be willing to help coordinate such a program.

The school already runs a fairly popular music class, so that class would also be moved from a much smaller room to the new space, and the space would be available to community groups and school clubs looking for an intimate performance space.

Each spring, ADHS puts on a successful production — either a play or a musical — which would also benefit from the new practice space. As it stands, the only space there is to rehearse is on the stage, in the gym. "You can't really focus on your lines when there's basketball practice in the background," Geoff says.

However, it's not just the students interested in performing arts who would benefit from the changes; Geoff and his team have put a lot of thought into how all the students at ADHS will be affected.

In recent years, there have only been about forty students a year interested in auto tech class, according to Geoff, and the numbers are steadily dropping. So, the group proposes that they be given the opportunity to take on co-op placements instead. "Then they would be in a real shop, with up-to-date equipment," says Geoff. "Teachers are great, but having access to professional experience and that kind of space can be even better."

The school is also thinking of bringing back a construction class in which students participate in building a new house somewhere in Almonte, as a sort of supplement for the students who are



Auto parts to performing arts? Plans to transform the auto tech room at ADHS into a performing arts space for both students and community groups are being discussed

interested in the technology classes. This class was discontinued last year, Geoff says.

Geoff says it was important to him to fully consider the needs and interests of all the students at ADHS before proposing the shift. "For some kids, tech classes are the reason they come to school," he says.

Geoff says the renovation itself might be a good way to bridge the gap between students interested in performing and those interested in technology. "We don't need to go out and find people to help build us stuff," he says. "The students can look at it as a legacy project. It's like, 'I'm building the stage, and that's going to be a part of the school forever'"

The school board is deciding whether to include the project in the next budget cycle, which is in the spring. However, some of the supporters of the project are ADHS's school board trustee Anne McRae, the board's Superintendent of School Effectiveness Susan Edwards, and ADHS's principal Ron Ferguson. "All the right people have been saying yes," says Geoff. "Now we just need to get it into the budget and make things really happen."

Former ADHS students reading this might be feeling a bit of nostalgic resistance to getting rid of the time-honoured auto tech room, but don't worry — a lot of the tables will be kept as work spaces and some of the equipment, including the 1950's work station, can be used as props. Geoff even suggested the first production after the shift be *Grease*. "It could be our tribute to what this space has been," he says.

— *Kylie Kendall is theHumm's summer intern, and will be entering her third year in Carleton University's journalism program*

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Mon. Sept. 16 Acoustic Blue Mondays with **Suzie Vinnick**, \$45/person Buffet and Show, 6-10, Reservations Only
Tue. Sept. 24 **Local Food & Wine Tasting Night**, 5 Courses with Wine Pairings, \$75/person, Reservations Only, 6-9
Fri. Sept. 27 **Salmon House Benefit Concert & Live Auction**, Music by Mike Cochrane and Karen Bell's Friends, 7-11
Sun. Sept. 29 **Simpatico Kids Book Launch**, Music by Emily Fennell, Paul McKay and Joey Wright, 2-4
Thursdays **Jazz Night** with Spencer Evans Trio, 9-11
Saturdays **Head Over Heels**, with Kevin Head & Miss V (vocal guitar duo), 6-9
Sundays **Head Over Heels**, with Kevin Head & Miss V (vocal guitar duo), 12:30-3:30



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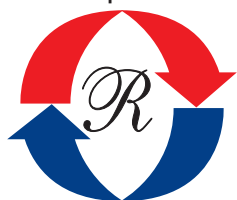
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A Doughnut A Day?

Perpetually afraid of getting lost and arriving late, even in a town as familiar as Almonte, I left for my interview with Ed Atwell, the creative mind behind Healthy Food Technologies (HFT), about twenty minutes early. I soon found though, that the otherwise ambiguous-looking building on Industrial Avenue has earned a definite presence in uptown Almonte. Signs reading "Donuts today!", adorned with balloons and arrows pointing toward the HFT headquarters, were placed conveniently along my route, and I was able to get there in about four minutes. This meant I had a little waiting to do in the lobby of the building, greeted first by Ed's wife Doris and daughter Faith. During the few minutes I waited, the flow of doughnut-seeking customers was constant. Since HFT has only been selling doughnuts for a mere couple of weeks, many had questions about what exactly makes them healthier.

Faith and Doris were prepared, explaining that HFT uses an effective fry-bake technology that reduces the fat in the doughnuts by 50–70%. I heard Faith say to one customer, "Don't worry — we don't put any carrots in them to make them healthy!" My interest was piqued.

Ed and Doris Atwell are the creators of Healthy Food Technology (HFT), a research and development centre that created a machine that, according to Ed, deep fries anything but leaves the finished product with about half the fat.

Initially, Ed and his team of developers were using doughnuts simply as tests for

the machine. They were making doughnuts, taste-testing them, and then throwing them out. So, they decided to sell them. "We thought: we're not a doughnut shop, but maybe what we can do is connect with the public," he explained.

Now, after months of taste-testing the product of his invention, Ed says he could never go back to eating mainstream doughnuts.

"Four months go by and I go into a major doughnut shop chain and, just for fun, I buy a doughnut. So I walk out to my car, I take a bite, and I say to myself, 'There's something wrong with this,'" he says. "So I go to walk back into the doughnut shop to say that there's something wrong with their product, and that's when it hits me — there's nothing wrong with that product. It's just that bad."

The difference, Ed says, is the amount of time that the product spends in the oil. "Flavour profile is created exactly where the product meets the oil — the immediate contact," he explains. "The other flavour profile is the actual ingredients in the product. That being said, when you have a flavour profile at immediate contact, anything more than that actually dilutes from the flavour profile of the actual product. Nobody takes a can of Crisco, reaches into it with their finger and just eats it."

The machine currently being tested at HFT has a capacity of about 200 dozen doughnuts per hour, Ed says. In six months he hopes to be testing a newer machine with a capacity of 400 per hour.

Ed says drawings are also in the works for a machine specifically designed for French fries, offers for which he'd gladly accept from McDonald's or any other large chain.

Ed says HFT's main overarching goal is to attack the current obesity epidemic, not by taking away the public's treats, but by replacing them with something that's just as good, but more good-for-you.

According to Jean-Yves Lemoine, head of marketing for HFT, the company takes a more realistic approach to combating the obesity epidemic. "We try not to change people's eating habits, and just change what options exist right now," he says.

Ed adds that, while corrective measures like exercise are effective in combating obesity, it's important to take a close look at the root of the problem — in this case, high-fat foods. But, while some might remove those foods altogether, HFT has decided that's not necessary.

"Essentially, everyone's trying to put a band-aid on what's cutting, and what we've done is just dulled the knife," Ed says.

The machine also has environmental benefits — its innovative heat distribution system, Ed says, makes it more energy efficient than what's currently available in the industry.

Ed, who over the years has worked in high level management for Country Style Donuts, Tim Hortons, and as a consultant for businesses within the doughnut industry, has also had a long-time dream of pursuing music, and often finds links between his two passions.



Ed and Doris Atwell are the creators of Healthy Foods Technology — a research, development, and doughnut-improving centre in Almonte

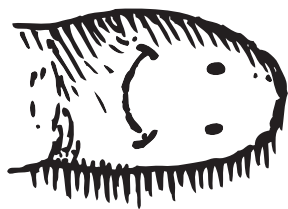
"I've been writing some of my greatest music during this project," he says, "because I'd get hit with some huge issue with the patent, with the wording of the patent, my patent writing. So, late at night when I can't sleep and it's bugging me... I'd get up and start hammering on the music."

Ed says he often jokes that HFT technology is just a front for his real passion — music — but, in all seriousness, he would like to record an album once the company becomes more established. "I'm an inventor," he says. "I'm a creative thinker. I constantly like to turn things upside down."

— *Kylie Kendall is theHumm's summer intern*



Alright gardeners. We won't make you come inside, but it is time to tidy up.



What a fantastic season we've had in our gardens. You've worked hard, and it shows. But the season is winding down, and it's time to start thinking about the future. Let us help you clean up the yard and plan to plant for next year. Pick up some hardy mums for a pop of colour, and start the transformation to fall at

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Jennifer and Patrick would like to welcome Aleks Milicivec to the team. Aleks is professional and extremely hard working. His high standard of ethics, enthusiasm, and sense of humour made him the perfect choice when the team needed to expand. Aleks will be looking after buyers in Ottawa and surrounding rural areas. Please don't hesitate to call Jennifer, Patrick, or Aleks for information on buying or selling in the region.



This month's feature listing:
483 Porcupine Lane

Enjoy 390 feet of private Patterson Lake waterfront on 2.59 acres. This lovely year-round home has three bedrooms, walkout basement, and separate loft sleeping quarters over a detached garage. Located walking distance to the Purdon Conservation area and only 30 minutes drive to Perth. Simply wonderful!



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I am pleased to welcome **Kimberlee Lally-White RMT**, a recent graduate of Algonquin College 3 year Advanced Massage Therapy Program. Her passions include scar therapy, craniosacral massage, Aromatouch and Reiki.



Kimberlee Lally-White, RMT

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Best Concert Email Ever (Sounds Like a Great Show Too!)

We received this enthusiastic email — sadly, too late in our deadline week for us to follow up on it — so we decided to run it verbatim, as it does a damned good job of promoting an upcoming gig at Neat Café all on its own:

Hi Rob,

I hope this email finds you well in Canada. I am writing from Sydney, Australia — I manage the astonishingly talented guitar virtuoso and “disturbed folk” artist **Jeff Lang** who is coming to play in your neck of the woods.

It'd be amazing and fantastic if you could include an article in your paper. Jeff has not played in your area for many a year and therefore it is a rare sighting and one that should definitely not be missed. If you have enthusiasts of mind-bending guitar wizardry, songs crafted as mini-novellas and some seriously wry humour... I engage you to take no-



Guitarist/songwriter Jeff Lang comes all the way from Australia to play Neat Café on Sept. 5

tice of this show! Jeff will be playing at Neat Café in Burnstown on Thursday, September 5 at 8PM. For more details, check out <neatfood.com>.

2013 Mississippi Mills Seniors' Expo

Calling all seniors, almost seniors and wannabe seniors! Free up your schedule on Friday, September 13 and plan to spend it at the Almonte Community Centre (an accessible facility!). Why? Because if you don't you will miss out on the most helpful informational day of the year — the largest seniors' trade show event in Lanark County!

The 2013 **Mississippi Mills Seniors' Expo** runs from 9AM until 3PM, at which time you've got to gather up all your brochures and free pens and notes and go home and get reading!

Year one saw 35 exhibitors. Year two jumped to 73, and this year promises to be even bigger. Last year it was estimated that over 500 people attended the Expo, and some people were even lined up to get in before the doors opened!

At the Expo, will be over 80 exhibits of everything of interest to seniors and their families, from health services to recreation opportunities,

housing to support services, assistive devices to the OPP, and senior's clubs. Hobbies for seniors will be on display, and short seminars will take place throughout the day. Names will be drawn for some great door prizes, many provided by exhibitors. A small lunch will be available at a reasonable cost.

Started by the Almonte Baptist Church and Mills Community Support in 2011, the Alzheimer's Society of Lanark County quickly saw the value of the event and jumped on board in 2012. This year the partners include the aforementioned, Fit Minds and the Lanark Chapter 55 of CARP.

For more information, contact Jan Watson at 256-1031 ext.39 at Mills Community Support.

At the Expo you will find all of the elements to ensure a safe, healthy, active life in our community. There is no charge to attend the Expo, so come and spend the day!



“When you give me opportunities to share and participate it makes me feel a part of the community.”

Haerishton Lima
 From Brazil, has called
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Planting the seeds for a welcoming community

Plant your seed of welcome; By reaching out to newcomers, you can do your part to grow an inclusive community.



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Or call 613.283.4124 x 1184



Happy Traveller... Not!

When our friends take off for exotic places, I shudder. A good vacation for me is three days in Barry's Bay, or an overnight in Port Hope. I'm very content making the run into Almonte and seeing people I know in familiar surroundings. A traveller, I am not.

Crossing a border fills me with trepidation, stemming from a seemingly innocuous experience when I was seven. As we

by Glenda Jones

reached the fellow in the little booth, my mom was describing something to my sister in the back seat. Her hand was in the air, fingers crossed. The border guard asked Dad many questions: do you have fruit, where are you going, etc. And suddenly, he leaned out of the booth, and said to Mom, "Why are you sitting there with your fingers crossed? What are you nervous about?" Mom slowly lowered her hand and explained her conversation, which my sister thought was hilarious, and commenced laughing! I was scared silly.

Since then, arriving at a border leaves me speechless. I can't even look at the guard without freezing. The last time we went to Syracuse, we said we had a bottle of wine for our cousins, and the guard said, "Is that all? Don't you like them?" He was a pleasant fellow, but I was deaf/

mute at that point and just wanted to be on our way. (Incidentally, coming back into Canada doesn't ensure pleasant border guards. I have found that the women, especially, can be quite inhospitable.)

After too many years, we flew to Milwaukee to see our granddaughters in June. Passports in hand, all arrangements in order, we thought we were prepared. I really don't like airports with the unintelligible public announcements, everything located at the far end of beyond when time is short, and the unending cattle herding through mazes for everything from check-in to security. Security checks can be particularly invasive, as blue rubber gloves root through luggage I packed carefully. However, we know better than to do anything but keep on smiling while we remove belts, shoes, loose change, jewellery, jackets, and then go through the x-ray machine. We've had our hands wiped with who knows what, shoe soles scrutinized (a tack was found in one!), and camera cases opened. Yes, I know we're better to be safe than sorry, but really, is this all necessary?

Wait: it gets worse. In Toronto we had to go through U.S. Customs too. Again, a long line to "self-check" through Steps 1-3. (Self-check is a misnomer, because the system didn't work, and everyone needed assistance.) Finally we were herded into another maze while time ticked off before our flight. Smile, smile — this is our vacation, remember?

We wove back and forth until the attendant shooed us to an agent. He was a fairly decent chap, interested in where we were going and what we were celebrating. That would be our 49th wedding anniversary on the Fourth of July. He even congratulated us on that, and had the usual chuckle over it being Independence Day. He ran our passports through his scanner, one after the other and, still holding them in his hand, he turned off his computer and stopped talking to us!

Here's where it got disconcerting. He rose up to his full six-foot height and announced we'd have to come with him. Gobsnacked! Yes. He locked his booth, and we followed him meekly through another gate, and into what was obviously a very secure room with heavy doors that clicked as they closed. My blood pressure must have been through the roof. Even Alan, who would usually be chatting at this point, went silent. The agent directed us to sit down, went into another office that we couldn't see, left our passports there, and said that someone would be with us in a moment. That moment was more like ten very scary minutes. There was no clock to see if we were going to miss our flight, there was no sound from the office, and no human encounter.

Finally the mystery agent came out holding our passports and announced he'd have to get our two bags that we'd checked straight through to Milwaukee. He came back with the bags behind him,

and asked Alan which was his. He then took Alan and the bag into his secure locked office and shut the door! I was alone, Alan was elsewhere, neither of us had our passport, and I was not comfortable, to say the least.

The upshot was that he opened Alan's bag, looked at the contents without even lifting anything, announced that it was simply a random check, and that he would make sure we got to our flight on time. (So far off the beaten path at the very end of the terminal that we had to walk out on the tarmac to get into the plane!) Up to that point, he had been terse at best, but indeed he was pleasant from there on. There was no explanation or apology of course, not that we expected one.

So don't you think all those passengers on our flight felt a lot more secure, knowing that two grandparents off to see their family had been put through a harrowing experience that scared them nearly to death? The two young women who looked like models with oversized purses had been spared so they had time to freshen their makeup before the flight, while we, on the other hand, didn't have time to even grab a decent lunch or water before we took off.

If we never have to go through an airport again, it will be fine with me. Happy travels to all of you who take off for Europe, Florida, or Australia. I'll be happy to stay right here and keep the home fires burning for you.

Heritage Mica Days

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Visit the website for full details and to purchase tickets.

Ham and Bean Lunch at the Lally Homestead

Saturday September 14
Lunch Sitings at 11:30 a.m. and 1:00 p.m.

Join us on a beautiful fall day at the Lally Homestead to enjoy a traditional ham and bean lunch served from the woodstove in the drive shed. Bring a lawn chair or set yourselves up at one of the picnic tables. Tour the homestead property and hear about the life of the subsistence farmers of the 1800's.

Advance ticket purchases are recommended. Tickets are \$8.00 per adult and \$4.00 for those aged 12 and under. There is also a special family price of \$20.00 for 2 adults and 2 children.



Dinner/Theatre - "Tunes, Tales and Rusty Relics"

Saturday October 12 at 6:00 p.m.

Follow Miss Whitfield, our favourite schoolteacher from 1909, and jack-of-all-trades Johnny Russell as they help a park interpreter unearth the artefacts of Murphys Point's past. Venture down into the Silver Queen Mine to understand the hardships of the early miners. End your trip at the miners' bunkhouse to enjoy a fabulous hot dinner served by Cookie and catered by Fall River Restaurant. Enjoy some traditional music by Cratur.

Tickets are \$75.00 per person (includes all taxes and gratuities) and advance purchase is required due to limited seating. We offer a 10% discount if 4 tickets or more are purchased at the same time. Call 613-267-5340 for details.



Website: www.heritagemicadays.ca
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Almonte Civitan Club
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Gryphon Trio



Charles Daniels



Sylvain Bergeron



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2013 - 2014 SEASON

Saturday, October 26, 2013 8:00 p.m.

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Elmer Iseler Singers
Lydia Adams - Conductor /
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Saturday, December 7, 2013 8:00 p.m.

A Stradivarius Christmas

Jasper Wood - violin
David Riley - piano

Saturday, February 1, 2014 8:00 p.m.

Perchance to Dreame

Charles Daniels - tenor
Les Voix humaines
Sylvain Bergeron - arclute

Saturday, March 8, 2014 8:00 p.m.

The Great War

Maxim Bernard - piano

Saturday, April 12, 2014 8:00 p.m.

War Imprisonment - War Empowerment

Gryphon Trio
James Campbell - clarinet

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Single tickets also available at
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Read's Book Shop, 135 Bridge St., Carleton Place,
613-257-7323

Inquiries: 613-256-4554
or tickets@almonteinconcert.com

