

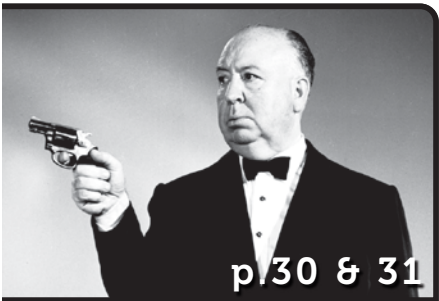
SEPTEMBER 2014

the Hummm

free

Arts,
Entertainment
& Ideas

The Art of Shelley Ball p.3



p.30 & 31

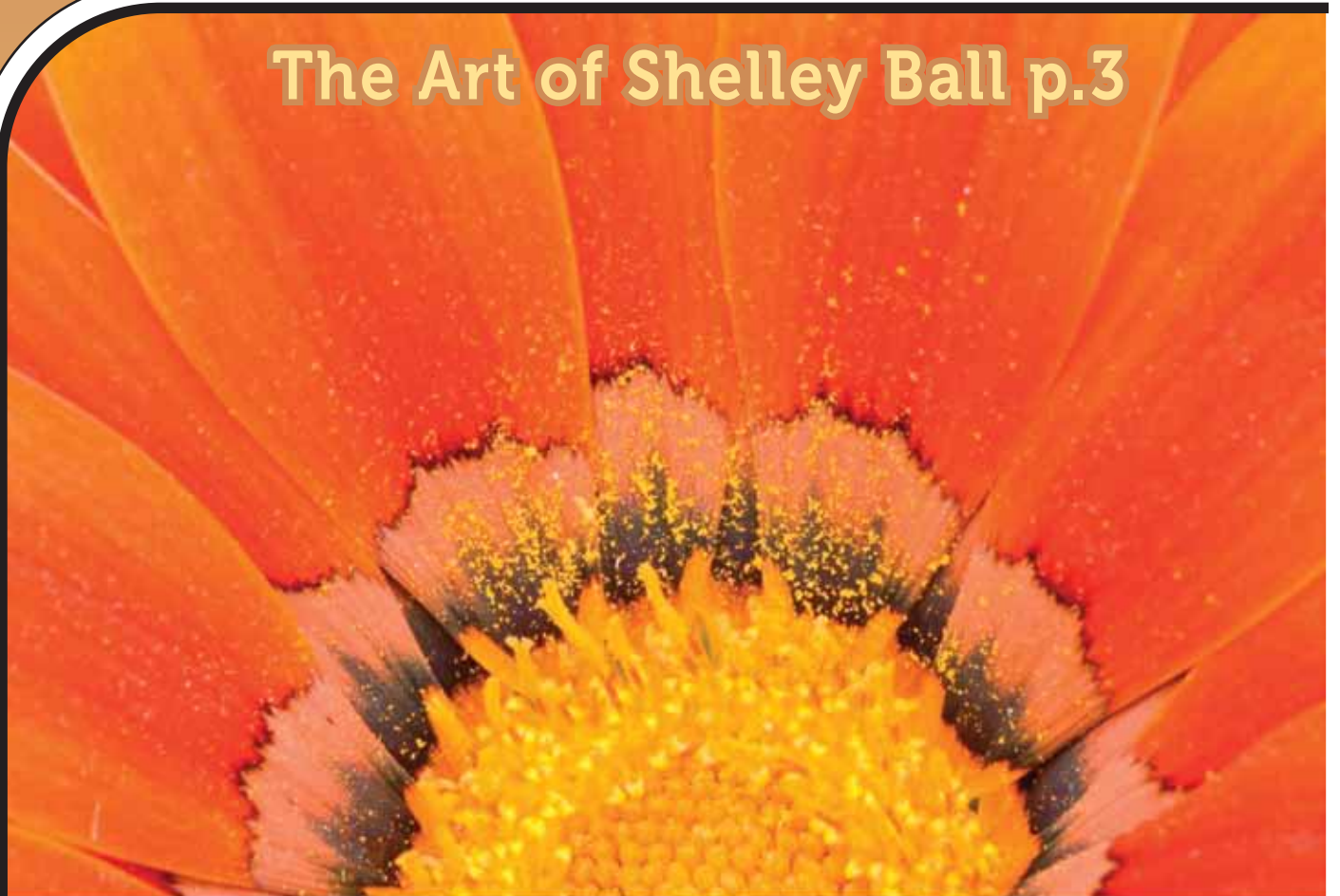
September's Events



Fall Studio Tours p. 18, 19, 35, 39



Super Series p. 20-21



CLASSES
COURSES
LESSONS

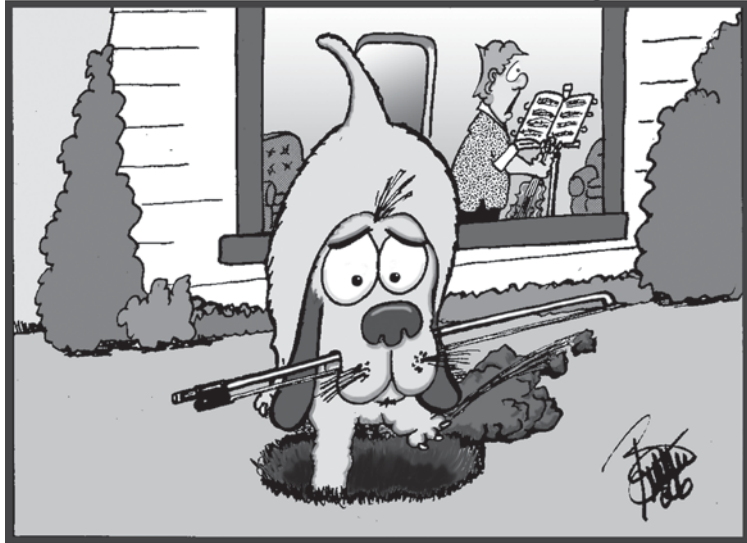
p. 11 to 15

As we begin our 20th year, we wish to say what a pleasure it has been to serve the people of the Ottawa Valley. Now, let's get the paint for your fall projects!





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"You see where I put my bow down just now?"

Readers Write

Thank You, Mississippi Mills

I'd like to personally thank you, the residents of Mississippi Mills, for your support in the recent provincial election. Thanks to you, we more than doubled the Green Party vote from 2011.

Elections Ontario recently released the results from all the polls across the riding. Our greatest support came from Clayton and Almonte. We also did very well in Pakenham.

Overall, the Green Party had the highest percentage gains of any other party since the 2011 election. The Progressive Conservatives' voting share decreased by 6% and the Liberals' decreased by 7%. The Greens' voting share increased by 117%! Mississippi Mills helped make that happen.

I know that a lot of people in Mississippi Mills recognize the true importance of our land, food and water. I want to do everything I can to protect and grow our heritage, our agriculture industry, and our natural environment. I need your help to make this happen. I'm happy with the election results, but they need to be a lot better for the Green Party to win. There are tens of thousands more Green Party votes in this riding. Many voters want to vote Green but talk themselves out of it. Your help is needed in getting the word out. If everyone who talked themselves out of voting Green because they thought their vote wouldn't count actually voted Green, their vote WOULD count and there WOULD be a Green victory.

I need your help to build on the momentum we all created together. Please contact me if you would like me to come to an event or to discuss local issues. You can contact me directly via email at <andrewwest@gpo.ca> or through twitter at <@greenandrewwest>.

I'm very grateful I had the chance to run in this amazing riding. It is one of the most beautiful places on earth and is filled with many amazing people. Thank you again to everyone who voted Green, and for your continued support.

— Andrew West

P.S. Please come out and visit me at the Green Party booth at the Carp Fair, September 25 to 28. I'd really like to talk to you and hear what you have to say.



Who's Reading theHumm

Back in July, 2012, Neil Carleton wrote: "Morning to the good folks at theHumm. While visiting our daughter, Laura, in Victoria last week, Greg Mountenay dropped in after a CTV interview. He's on a cross-country adventure to meet as many of his Facebook friends as he can. It was a fun gathering of Almontonians on the west coast. Attached for your consideration is a photo as they gathered around an electronic copy of theHumm: Almontonians Greg Mountenay, Lucy Carleton and Laura Carleton, with Calvin Straathof."

— Thanks very much, Neil (and clan!). We're sorry about the delay in getting this in and we think holding the electronic copy of theHumm in the photo is just dandy!

Humble Thought

Our goal should be to live life
in radical amazement,
to get up in the morning
and look at the world in a way
that takes nothing for granted. Everything is
phenomenal;
everything is incredible;
never treat life casually.
To be spiritual is to be amazed.
— Abraham Joshua Heschel

See More Online!

Even with a 40-page issue, it's not possible to fit in all of the news that's fit to print about the many dynamic people, events and organizations that are gearing up for a fabulous fall in the Valley. This month, we've got more great content than ever on our website at <thehummm.com>. Here's a sampling of what you'll find:

- more photos by this month's profiled artist **Dr. Shelley Ball**, as well as a link to the Perth Autumn Studio Tour where you can meet her in person (page 3)
- Robynne Eagan's profile of **SchoolBOX** from September 2012, and a gallery of delightful photos from that organization (page 5)
- some great background information about photographer Bill Pratt and the group Raintree (including a YouTube video), who are collaborating to present **Canada Wild** (page 7)
- find out about some great **dog training seminars** in support of LAWS (page 15)
- many more photos of works by artists participating in this year's **fall studio tours**, and links to the tour websites (page 18, 19, 35)
- directory listings for each of the organizations listed in our special feature on **music, theatre and film series** (page 20, 21), which include their line-ups, maps and links to their websites
- **Reading picks** by Arnprior librarian Karen DeLuca (page 24)
- Rebecca Eide's recipe for **Carrot Top Pesto Baked Fries**, inspired by Susie Osler's profile of Waratah Downs Organic Farm (page 26)
- more photos from Rona Fraser's **Lollygagging Around Burnstown and Renfrew** article (page 28)
- **Miss Write's Super Swag Goody Grab** give-away: send a question to Miss Write and you could win two tickets to... (page 35)



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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.

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Thanks this month to:

Al Potvin and Shirley Deugo, for growing and then sharing with their community the glorious "Sunflower Walk of Golden Delight" (at least, that's what we call it!). Such a sunny pick-me-up!

Dr. Shelley L. Ball – Walk Your Talk (and Photograph the Journey)

In a world replete with pessimism and ostrichism (the attempt to ignore unpleasant facts and situations), conversing with Shelley Ball is like a breath of fresh Arctic air. A born biologist, Shelley is on a mission to persuade youth to “care about their planet and inspire them to do something about it.”

by Sally Hansen

Ball’s stunning nature photography is a key component of the creative environmental education program she is launching, designed to connect students with nature. On her “About” page at <photo44.net> she explains her motivation succinctly with the famous quote by Senegalese environmentalist Baba Dioum: “In the end we will conserve only what we love. We will love only what we understand. We will understand only what we are taught.”

Three Constants

She knows this first-hand. The three constants in Ball’s life are biology, education and photography. She remembers racing into the kitchen at the age of three to ask her supremely supportive, encouraging and tolerant parents for another jar to house yet another bug for temporary observation and release. The family lived in Ottawa South with acres of NCC land for her to play in, and she spent summers at the cottage near Westport. She spent her entire childhood hiking alone from morning to dusk accompanied by nature identification guides, and eventually, her grandfather’s Pentax film camera.

As a kid, Shelley wanted to be a wildlife biologist, an aquatic ecologist and a veterinarian, “preferably all together,” but she ended up acquiring a degree in biology from Carleton University and a Masters in evolutionary ecology (of aquatic insects) from the University of Toronto. Between the two degrees she spent five months studying White-tailed Ptarmigan at 14,000 feet above sea level in the Mt. Evans wildlife area in Colorado. The photography was amazing, but when encroaching lightning strikes sent sparks flying off the metal screws of her glacier glasses, she flung her metal tripod aside and fled.

After vowing she would never pursue a Ph.D., she did exactly that at the University of Missouri in Columbia, researching the mysteries of evolution. A one-year stint as Professor of Ecology at the prestigious Bates College in Lewiston, Maine (student-faculty ratio is 9-to-1), confirmed how much she loved teaching; and the seeds of her mission to be an environmental educator took root.

Back in Canada, at the University of Guelph, she completed a two-year post-doctoral fellowship studying DNA barcoding in insects — part of a pioneering international research initiative for identifying insect species. When funding dried up, a former colleague found her a job in New Zealand, where she spent five years developing a DNA-based system to protect the country’s borders from invasive insect species.

Expanded Horizons

During those years with the Bio-protection Research Centre near Christchurch, Shelley discovered a kindred group of passionate Kiwi photographers, and joined the Nature Photography Society of New Zealand. Ironically, it was a mesmerizing guest photographer from New Brunswick who triggered a turning point in Shelley’s practice of photography. She embraced Freeman Patterson’s creative ideas and



began to place more emphasis on creative art, rather than solely on documentary photography.

With typical zeal, Ball set out to master new creative horizons such as abstract and photo-impressionism, attending Patterson workshops and becoming his admiring friend. Today she too offers workshops to teach photographic techniques such as multiple exposure, panning, image overlay, and the use of Lensbaby’s bendable, stretchable, creative effects lenses.

She recently created a 109-page e-book — *Fine Art Flower Photography: techniques and tips* — that can be purchased online from her website. You get the picture — Dr. Ball is creative, dedicated, purposeful, energetic and, of course, focussed.

She didn’t become a veterinarian, but in her spare time she supports the no-kill animal shelter located just outside Smiths Falls, operated by the Lanark Animal Welfare Society (LAWS). Shelley is one of several volunteer photographers who take photos for the



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LAWS adoption website <lanarkanimals.ca>. Last year she designed and produced a fundraising calendar for the shelter, using images from volunteer photo shoots, and is at work on this year’s calendar.

Oh Canada

When her mother’s health deteriorated, Shelley returned to her beloved Westport cottage area in 2009 with her Kiwi husband. Her credentials, her scientific contacts and her passion for environmental stewardship earned her a position as a Senior Environmental Assessment Officer with the Federal Government. The ongoing triweekly commute from Westport to Ottawa is more than compensated for by her enjoyment of her fifteen rural acres featuring a beaver pond.

With the exception of her interactions with her students, Ball doesn’t miss the competitive world of academia. She finds that working with environmental issues has honed her awareness of the importance of environmental education. As she states on her website at <biosphere-ed.org>, “As founder of BIOSPHERE Environmental Education, I am passionate about educating youth about environmental and conservation issues and inspiring them to become the generation of change.”

Her Mission Statement is laudable and ambitious: “To mentor a new generation of leaders, innovators, and world citizens who believe that the long term health of earth’s environments is at least as important as profits and development, and who will guide their generation toward a sustainable way of living.”

Dr. Ball puts her money where her mouth is. As a first step, she created the Youth Environmental Ambassadors Program and signed up as a self-funded volunteer educator to teach photography and environmental communication skills to 86 high school students from around the world. Her trip to the Arctic two months ago with “Students on Ice” confirmed her belief that you “can change a kid’s life in fifteen days.”

By engaging youth in expeditionary and experiential learning, and by teaching them how to use photography and videography to document their surroundings, she intends to empower young people to become environmental ambassadors. In a nutshell, she wants to “encourage students to care about their planet and to inspire them to do something about it.” Dr. Shelley L. Ball has the perfect qualifications, personality and drive to do just that.

Perth Autumn Studio Tour

You’ll have the opportunity to meet Shelley and get a first-hand look at her work at this year’s Perth Autumn Studio Tour (October 11–13). She will be a guest at Rita Redner’s studio at 549 Brooke Valley Road.

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WHO Dr. Shelley L. Ball

· THE HUMM ·

WHAT Photographer, Biologist, Environmental Educator

WHERE 44th Parallel Photography at <photo44.net>, blog at <44thparallel.wordpress.com>, <biosphere-ed.org>, <shell@photo44.net>; New Beginnings, 9 Church St., Westport, 273-3219

WHEN Thanksgiving weekend Oct. 11-13, Perth Autumn Studio Tour, <perthstudiotour.com>, Studio 5: Rita Redner Studio at 549 Brooke Valley Rd., 15km west of Perth

WHY "I believe we can and should make the world a better place."

· ARTIST · TRADING · CARD ·

Celebrate Fibrefest with Lambs, Alpacas and More!

Mark the weekend of September 13 and 14 on your calendars, because you won't want to miss the Mississippi Valley Textile Museum's 19th annual Fibrefest. New this year, the two-day festival of textiles and fibre arts will close with a Lamb Race. At 4PM on September 14, hundreds of wooden lambs will be thrown over the main falls in downtown Almonte, and the owners of the first three lambs to reach the finish line will win fabulous prizes. Tickets for the race will be on sale at the museum well ahead of the event.

At three locations — the museum, the Almonte Arena, and the Almonte Curling Club — visitors will find demonstrations, vendors and exhibits. Local guilds will demonstrate spinning, knitting, weaving, rug hooking, lacemaking, smocking and quilting. Vendors include spinners, weavers, and fibre artists from across the province, as well as quilt shops and alpaca farms. "That's My Style" vintage clothing show and sale will have a large number of vintage clothing dealers, giving patrons the opportunity to enjoy and purchase a huge variety of vintage fashions in one location. Button Mania will also return to Fibrefest this year, with displays of WWI era military and fashion buttons, alongside button vendors. Members of the Ottawa Valley Button Club will be present to identify your special buttons.

New this year will be a Sort-a-Thon presented by Alpaca Ontario. If you are curious about these wonderful animals, here is your chance to meet them and to familiarize yourself with alpaca fibre and the products made with it. Alpaca farmers will bring their fleece to the Sort-a-Thon, where classers will assess it. It will then be sorted and batched ready for the mill. At this point, farmers can either sell their fibre or take it home and have it processed for their own commercial needs. Come and check out this fascinating process and see what the buzz is all about.

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

Featured Artists

Frances Taylor of Ottawa works in a diverse range of media, and frequently incorporates recycled materials. She often hand-dyes her materials (silks, mohair and other fibres) and uses semi-precious stones, hand and machine embroidery, fabric paints and recycled copper wire to achieve exciting textures and colours. Her goal is to make art that stimulates the senses and communicates caring for the environment.

Reiko Sudo is one of the founding members of the NUNO Corporation, an innovative textile company based in Tokyo, Japan. Sudo's textiles



This year's MVTM Fibrefest will once again feature "That's My Style" vintage clothing, Button Mania, and much more

are known for their combination of traditional techniques and experimental effects. Her work has revolutionized textiles within interiors, fashion, and art, and has been shown around the world, including exhibitions at MoMA, New York, the Museum of Fine Arts in Boston, and the Victoria & Albert Museum in the U.K.

This exhibition celebrates Sudo's thirty-year association with NUNO, while providing a prototype for Canadian textiles artists and designers. Twenty textiles designed by Sudo and her associates at NUNO will be featured, and using the unique architectural elements of the Museum, Sudo will create a forest of fabric trees. The installation will also provide an area where visitors and artisans can closely examine fabrics and learn more about the material, techniques and concepts used to create them.

The Museum's second floor features the permanent history exhibit "Fabric of a Small Town", which interprets how a piece of wool becomes a piece of finished cloth, and includes industrial machines used throughout the process.

Whether you are interested in art, history, clothing or textiles, or are just looking for a great day out and about, Fibrefest will have something for you! Admission is \$5 per day, which includes access to all sites. For more details, please visit <mvtm.ca>.

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Welcome Home, SchoolBox!

¡Bienvenidos a casa! Break out your dancing shoes and get ready for some fast-and-furious footwork as we welcome the entire SchoolBox family back to Almonte for a Latin Fiesta event. This year's theme is "homecoming". Executive director Sarah Kerr is hoping that all volunteers, past and present, will come out and celebrate with us this year.

Board members from across Canada and Nicaragua will be joining the homecoming party at the Almonte Civitan Club on Friday, October 3. "It should be a lively night of salsa fun and an incredible opportunity to reunite with the entire SchoolBOX community," says Kerr. "Come out to learn how the 'friendly town' is literally 'Making Education Possible' for thousands of children to defeat poverty in Nicaragua, the poorest country in the Americas."

With the aid of volunteers from across the USA and Canada, SchoolBox has been able to build fifty-five classrooms. The 60th classroom is scheduled to be completed at the end of this year.

SchoolBox <schoolbox.ca> is a registered Canadian charity that helps children in Central America go to school. The organization partners with communities to build schools, establish mini-libraries, and to provide school supplies to students and teachers. It also enlists the help of local and federal governments to ensure that the newly-completed schools will be staffed by trained teachers. To date, educational supplies have been distributed to 16,078 children and teachers, in 84 communities. By empowering communities with the gift of education, SchoolBox is making a difference that will last for generations.

This year's event will feature the red-hot Latin jazz fusion tunes of Azucar Jam <azucarjam.com>. Tanya's Dance Studio will be on hand at 7:30PM to offer a dance demo and lessons, before we go hip-to-hip with the salsa dancers at 8PM. A silent auction table will be filled with tempting local and Central American items. The live auction will feature the works of three Almonte artists and the *fenominales* auctioneering talents of Kris and Rob Riendeau.



SchoolBOX, the organization that is "making education possible" in Nicaragua, is holding a Latin Fiesta in Almonte on October 3

Doors open at 7PM. Tickets are \$20 for adults, \$15 for students, and children under 13 are free. They can be purchased in advance in Almonte (at Equator Coffee, Baker Bob's, and Hello Yellow), and in Carleton Place at Read's Bookshop. Come home to this SchoolBox hot spot on October 3 and find out why salsa is more than just a sauce!

— Lucy Carleton

Burnstown Walk of Hope

On Sunday, September 7, Cheryl Babineau and Richard Gill of Bittersweet Gallery and Fog Run Studio will host the second annual Burnstown **Ovarian Cancer Canada Walk of Hope**, starting from the medieval 11-circuit Chartres-style labyrinth mowed into their meadow. On that same day, the Walk of Hope will be held in at least forty-five other locations across the country. It is the largest one-day event in Canada that raises money solely for the fight against ovarian cancer.

Cheryl and Richard often thought it a shame that their labyrinth was under-utilized. Wanting to put it to good use, the labyrinth became a most unique setting for the first Burnstown Ovarian Cancer Canada Walk of Hope in 2013.

Thanks to the generosity of family, friends and neighbours, the 2013 Burnstown Walk raised a grand total of \$8,000 for Ovarian Cancer Canada. Everyone is invited to join Cheryl and Richard again this year in supporting this very important cause by participating as a walker, starting your own team, or sponsoring a walker. The 2014 goal is to raise \$16,000 and contribute to funding research to develop reliable early detection techniques, improved treatments, and ultimately a cure.

Ovarian cancer is Canada's most fatal women's cancer. It is often overlooked and under-diagnosed and there is no screening test. Ovarian cancer is often diagnosed in late stages, resulting in five-year survival rates of less than 30%.

The Burnstown fundraiser will take place next to Bittersweet Gallery at Fog Run Studio, 5 Leckie Lane. Registration, refreshments and the opening ceremony begin at 9AM. The walk will begin in the labyrinth at 10AM rain or shine, and will continue through a path that meanders around neighbouring barns for a 2.5K option. Participants can also continue with a more strenuous walk up the hill on Leckie Lane to make up 5K (with a rest stop to visit some sheep along the way). Participants should be aware that the labyrinth surface is cut grass that can be dewy in the morning with some uneven ground, so comfortable footwear or walking barefoot is recommended.

The walk will then wrap up with draws for door prizes donated by area businesses, and a grand prize of a clay relief sculpture by Richard Gill for the most funds raised. There will be brief closing remarks by Burnstown resident Denyse Campeau, National Director of Philanthropy for Ovarian Cancer Canada and Chair for this year's Burnstown Walk. Denyse can be reached at <dcampeau@ovariancanada.org>.



Cheryl Babineau and Richard Gill of Bittersweet Gallery and Fog Run Studio will host the second annual Burnstown **Ovarian Cancer Canada Walk of Hope** on Sunday, September 7. The walk starts from a labyrinth mowed into their meadow.

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Sing Me a Song, You're the Rocket Man!

Oh, September — such a pretty month, when the leaves start to turn their fiery fall colours, when the temperatures drop a bit and the sun sets a little earlier, and the kids tramp back to school, their shiny new backpacks slung over their

by John Pigeau

shoulders. I'm calling for an Indian Summer. You can bet your back-to-school supplies on it.

I'm also calling for a month of fun and fantastic new A&E happenings in Perth. Then again, in a town so bustling with great events, that's a tough bet to lose.

Let me kick it off by telling you about a cool new series coming very soon to the Studio Theatre.

The series is a partnership between the Studio Theatre folks and Trend Record Entertainment. The musical venture kicks off on September 13 with **Elton & Billy** — a flashy tribute to the legendary music of Elton John and Billy Joel by two of North America's finest impersonators.

Canadian keyboard wizards Jeff Scott (as Sir Elton John) and Jeff Brewer (as the Piano Man) have been playing the circuits for years, in concert halls, nightclubs, theatres, and casinos across North America. The two troubadours happened to cross paths a few times during the years, and after Elton John and

Billy Joel got together with their wildly successful "Face2Face" tour, Scott and Brewer thought, well, heck, we should do this too — and thus was born "Elton & Billy," a show sure to thrill Billy Joel and Elton John fans alike.

There are a few other neat tidbits about this show that I like, and you might too. Aside from the flamboyant costumes, mesmerizing piano playing, and instantly recognizable classic songs, promoters say Scott and Brewer put on a "mock UK vs. USA." contest of sorts, where the two musicians battle it out, so to speak, side by side at their pianos, playing hit after hit, while audience members cheer on their favourite songs. It is really "duelling pianos," if you will. But that part of the performance is all in good fun and soon enough, by



Marie-Lynn Hammond makes a stop on her farewell tour at MERA on September 14, but you have to read the rest of the article to understand the title...

all accounts, most audiences end up singing along to every song. If you end up at the show, I hope you will be too. Oh, and please remember: it's okay to cry during *She's Always a Woman to Me*. It just means you're human.

Tickets for the show are \$30 all inclusive and available at Shadowfax (67 Foster Street in Perth), by phone at 267-6817, or online at <shadowfax.on.ca>.

Two other shows, by the way, are already scheduled for the series. One is called **Walk Like a Man** (November 8), billed as "an exciting tribute to Frankie Valli and the Four Seasons." The other is **Christmas with the King** (December 20), a tribute to Elvis Presley with a seasonal spin, starring Gino Monopoli. Please check back with us next month for more details, or visit <studiotheatreperth.com>.

If you're planning on partaking in some fine dining, you may wish to keep Thursday, September 11 in mind. September is Big Brothers and Big Sisters month, and the 11th has been deemed

the **First Annual Dine Out Day** in support of this excellent organization. Four restaurants in Perth — and many in surrounding areas — will be donating a portion of their day's proceeds on that date to Big Brothers and Big Sisters of Lanark County. Participating restaurants in Perth include The Masonry, O'Reilly's Ale House, Maximilians, and The Hungry 7.

This would be a perfect night to treat that someone special to a delicious meal, while supporting local businesses and an excellent non-profit organization.

For more information, please contact Beth Sinclair at Big Brothers Big Sisters of Lanark

County at 283-0570 or <beth.sinclair@bigbrothersbigisters.ca>.

In nearby McDonalds Corners, Music at MERA presents **Marie-Lynn Hammond** at its Sunday Schoolhouse Series on Sunday, September 14, at 2PM. Hammond, as her website says, produces "songs for the head, the heart, and the funny bone." Her latest CD is called *Hoofbeats*, and includes twelve original songs about horses with — wait for it — "real horsey content." Gary Cristall, founder of the Vancouver Folk Music Festival, says Hammond has a "marvellous voice" and has written "some of the finest Canadian songs of the past decade." He adds: "she continues to be one of this country's most valuable and distinctive artists."

Hammond is a co-founder of Stringband, the seminal Canadian folk group and indie-record pioneer. She is known and widely respected for her unique voice and her beautiful songwriting. Her songs range from being brilliantly funny to evocatively personal. She is also known for her dynamic stage presence, in both English and French.

Tickets for this fantastic show are \$24 in advance and available at Tickets Please, at Jo's Clothes, 39 Foster Street in Perth. You can call them at 485-6434 or reserve tickets online at <ticketsplease.ca>.

This first-rate series continues in October with **The Slocan Ramblers**, and in November with a visit from **The Sultans of String**. A subscription to the MERA series, available at Tickets Please, is \$60.

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Canada Wild

Join us on a journey to some of the more wondrous wild places in Canada and the Arctic.

The evening features images by Bill Pratt and original live music by Ian Douglas, performed by the Raintree Earth Ensemble.

Almonte Old Town Hall
 Saturday, September 27, 2014 8 pm (Doors 7:30)
 Admission \$20
 Tickets at: www.raintreemusic.com

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www.ballintotasalpacas.com



Canada Wild

Where can you experience beautiful images of nature synchronized with gorgeous music? A movie theatre, a nature show on TV, or how about the Almonte Old Town Hall? On Saturday, September 27, nature/wildlife photographer **Bill Pratt** and musician/composer **Ian Douglas** will team up to present a unique evening of audio and visual entertainment. The event is called Canada Wild. Bill explains that: "our intent is to celebrate the rugged beauty of Canada's wilderness." During the performance, photographs from Algonquin Park, the Yukon, and across the Arctic will be presented as three 'pieces', each accompanied by an original musical score, performed live.

Performing the music on stage will be the **Raintree Earth Ensemble**, led by Ian Douglas (piano, percussion), Steve Smith (cello), Kelly Sloan (voice), Neil Saungikar (hand-drums), and Steve Reside (drums, percussion). The musicians have been chosen for their intuitive abilities, and so will augment the written score with inspiration from the images that unfold during the show. They will be positioned so that they can see the screen and be fully visible to the audience at the same time. The show is an inversion of the normal Raintree theme; this time out, images will be the focus, with the music complementing and overlaying. The Raintree Earth Ensemble has been assembled specifically for this one-time event.

The idea for the project was conceived a few years ago, although some of the seeds were sown as far back as childhood. Both men grew up in the "wilds" of Toronto and enjoyed summer adventures in Algonquin Park. "Returning from canoe trips, I always felt sad to leave such a beautiful place," says Ian. "The impressions from those trips have certainly stayed with me and so it's very natural for me to write music for this sort of collaboration." After meeting about ten years ago and discovering their mutual interests and complementary talents, Ian began recommending recorded music for Bill to use in his A/V shows. This continued for many years until finally they realized that a more tailored approach would be both a challenge and a way to enhance their art.

Bill Pratt is primarily an A/V artist, though he occasionally sells individual images. His shows date back to the 1990s when he became what he calls a "Canada promoter", prompted largely by the Quebec referendum that took place in 1995. He took a positive approach to unity by capturing and sharing the beauty of our land. Since retirement from his "dream job" with Parks Canada in 2010 he has pursued his passion for photography full time. He approaches his second career with professional dedication and drive.

Bill plans expeditions specifically to gather images from exotic and remote landscapes. These trips are usually solo, often involving chartered planes and helicopters and pre-dawn liftoffs to catch those evanescent moments at sunrise, for example. Such

adventures come with a significant amount of discomfort and danger. To get a clean image, a photographer usually avoids shooting through a window. Imagine, then, your feelings whilst your pilot Googles the question of whether or not his plane can be safely flown with its door removed. Another time, Bill became aware of a banging noise while leaning out the plane door as it banked while he shot. The noise turned out to be his unbuckled seatbelt flapping against the side of the plane. At times, he has endured Arctic temperatures as low as -56°C. Camera batteries last about 10 minutes at that extreme. And it's not possible to change batteries while wearing gloves — frostbite risk is all in a day's work. Trips are expensive, so he will typically shoot over 1000 DSLR images per day. A three-week trip might yield 6500 images processed from RAW to final form. His very best will be on display at the Canada Wild performance.

As far as the collaboration for this project, Ian explains: "For a number of years, Bill and I have been working jointly to find soundtrack music for his slide shows. Last year, we decided it would be a creative challenge to compose and perform original music that was directly inspired by the images." Using a laptop and images from previous Arctic, Yukon, and Algonquin shows, Ian began to compose a score. Once a rough score was written, Bill carefully selected 300 photos taken during various trips over the past 15 years. The two have jointly assembled the images into the equivalent of three coffee table books and figured out the full score requirements. Ian spent many more hours iteratively fine tuning the music at home at his piano. Finally they aligned the images with the score so that the musical and photographic emotions tell the same story. The results are exceptionally pleasing.

What makes this show different from Bill's previous work is the original music. Why present it live? Bill: "the live aspect will strengthen our connection to the audience." Adds Ian: "there will be more energy — the images and music will enhance each other, and it's always been a Raintree theme to use images in our shows." The opportunity for live audience response and feedback is undoubtedly another motivation. Their goal is to create an emotional story, and to allow the audience to experience the deep beauty of Canada's wilderness, wordlessly.

Canada Wild promises to be a sensory treat for those who enjoy stunning images of the Canadian outdoors and rich, earthy, live music. Doors open at 7:30, show starts at 8PM, and there's one intermission. The artists will briefly introduce each segment of the show. Tickets are \$20 at <raintreemusic.com>. — *Rick Scholes*

See More Online!

You'll find a few more of Bill's stunning images, as well as his artist profile and a video performance by Raintree, at <thehummm.com>!

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Vernissage-Wear. Where? Here! (and there)

Well, I certainly hope everyone soaked up all the sun there was to be had in August! Fortunately, as the days grow shorter, there is no shortage of terrific events to keep you entertained, educated and amused!

As soon as the kids are settled back in school, you can haul them off to the Almonte Community Centre to find out about all of the great classes, clubs and organizations they can join for the fall semester. **Mississippi Mills At A Glance** takes place on Wednesday,

by Miss Mills

September 10 from 7–9PM. And it's not just for kids — there will be all sorts of activities for adults too! Admission is free, and the possibilities are almost endless. If you are promoting an activity or organization, you can still call 256–1077 to reserve your table.

And speaking of adults, my good friends at The Mills Community Support assure me that this year's **Mississippi Mills Senior's Expo** promises to be bigger and better than ever. In addition to the 75 exhibitors, the organizing committee has invited local political representatives to be present at the community "meet and greet" area during the day, where you can discuss your important issues with both current elected officials as well as candidates for election.

There will also be a presentation of the new seniors' driving program by the Minis-

try of Transportation, as well as a real focus on getting physical, with demonstrations of chair yoga, Zumba, Tai-Chi, and lots more. Best of all, the Expo is absolutely free! It runs from 9AM to 3PM on September 11 at the Almonte Community Centre, and for more details you can contact Jan Watson at 256–1031 x39 or <jwatson@themills.on.ca>.

Artistic Notes

Now Almonte is a pretty artsy town, but this month it's a little extra-artsy (which is kinda tough, by Almonte standards!). Some of it is local, some is "from away", and in one case it's even in Montreal (but it's a local gal, so we gotta include it!). In the "from away" category, there's an evocatively-titled exhibit of works by prominent Manitoba artists at General Fine Art and Craft on Mill Street that runs from September 2 to October 10. But if you come out to see **Frost Bitten, Mosquito Slapping, Trolley Tipplers** on the evening of September 5 from 7–9PM, you'll even get to meet some real-life trolley tipplers and welcome them to the Valley!

Keep your "vernissage attire" handy, because the very next weekend

an exhibit of photographs by Alan Mirabelli and stone sculptures by Deborah Arnold opens at the Thoburn Mill. It's entitled **Echoes of Time**, and it runs from September 14 to October 14, but you can meet the artists on Sunday, September 14 from 2–5PM.

What? You don't have any "vernissage attire"?!? Well perhaps you should pay a visit to this year's **Fibrefest** event on September 13 and 14. Not only can you learn all about fibres (and buttons, at Button Mania), you can also pick up some great vintage finds and call yourself "retro"! For more information about that event, check out the article on page 4 of this issue.

And in case you get hungry in between vernissages (it's a word! I looked it up!), there's the much-anticipated **Harvest Food & Drink Show** on Saturday, September 13 at the Almonte Agricultural Hall. This one's put on by our own Miss Write (only she goes by Emily Arbour when she's all organizes) of "Handmade Harvest" fame, so you know it's gonna be fun and yummy. Tickets are \$30 and they include ten sample tickets (they're real tick-

ets though — you just get to use them to "sample" food), and you can grab them at Hello Yellow on Mill Street or online at <handmadeharvest/foodanddrink>.

And here's a real artistic note for you — on Saturday, September 27, there will be a fabulous convergence of nature photography and original music in an event called **Canada Wild**. Photographer Bill Pratt has collaborated with composer Ian Douglas, and the results will have to be seen (and heard) to be fully appreciated. There's a great article about this one on page 7, but tickets are only \$20 from <raintreemusic.com> so you might want to go reserve yours right this minute!

Now, I know that seems like a busy month, but I've actually skipped a few, like the **Ottawa Summer String Ensemble** (see page 17), the first of this year's **Almonte Lectures** (page 17), and the upcoming **SchoolBox Latin Fiesta** (page 5) and **Crown & Pumpkin Studio Tour** (page 19). But I've got to mention just one more event before I go. Almonte artist **Sue Adams** will be showing her stunning sculptures at the prestigious Galerie d'Avignon in Montreal from September 6–27 <galeriedavignon.ca>. There will be a reception on Saturday, September 6 from 2–5PM, and I have it on good authority that Sue and several carloads of her friends will be making the trek. So if you can make it to the opening, you'll be in good Valley company. Just don't forget that vernissage attire!



You'll need your "vernissage attire" for about a dozen events in Mississippi Mills this month, and also to see Almonte artist Sue Adams' work (above) in Montreal



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Dine Out Day Fundraiser

Help Children by Eating Locally

September is Big Brothers Big Sisters Month. A fundraiser is being planned for Thursday, September 11, to celebrate the impact the agency has on the community through providing local children with caring mentors. Local restaurants throughout Lanark County are partnering with Big Brothers Big Sisters of Lanark County in their first annual **Dine Out Day**.

These restaurants have agreed to share a portion of their day's proceeds from this event with Big Brothers Big Sisters of Lanark County, so enjoy some good food and know that you are helping to provide more children in our community with a mentor.

Participating restaurants can be found throughout the county!

In **Almonte**, grab a bite at Equator Coffee Roasters, Mill Street Crepe Company, The Barley Mow, or The Cuban Mix.

In **Carleton Place**, stop in for a meal at Bal-ygiblin's Restaurant and Pub, Grumpy's Bar and Lounge, Slackoni's Fine Italian Cuisine, or the new Tap House Grill and Sports Bar.

In **Perth**, bring a good appetite to Maximilians, O'Reilly's, The Hungry 7, or The Masonry.

In **Smiths Falls**, treat the family at Chuckles Jack, Milano Pizzeria, The Good Life Bistro Restaurant, or The Roosteraunt.

Big Brothers Big Sisters has been helping local kids through mentoring programs for over forty years. They are well known for providing quality programs that build self-esteem, increase academic performance, and allow free access to organized sports and healthy food. The agency does not receive government funding; they fundraise to pay for the programs they offer. Almost 500 children took part in their mentoring programs in 2013.

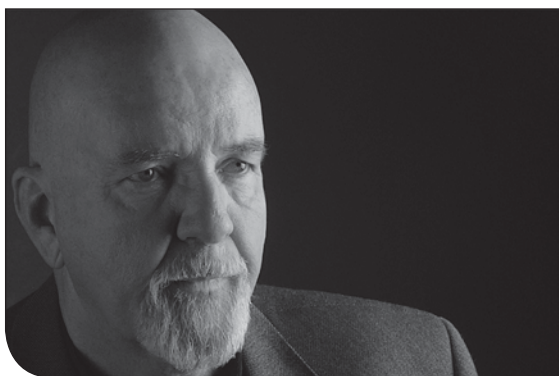
Rhonda Low, a mentoring coordinator at Big Brothers Big Sisters of Lanark, says "Dine Out Day is an excellent way to support mentoring by doing something we already do regularly. Why not invite your friends, family or colleagues out to enjoy a wonderful meal and feel good knowing part of the proceeds are benefitting children in your area? The gift of your time can turn into the gift of mentoring for a child who needs a caring friend."

When you dine out at one of the participating restaurants on September 11 you will be giving the gift of friendship to a child. For more information, contact Beth Sinclair at 283-0570 or <beth.sinclair@bigbrothersbigsisters.ca>.

Jazzed In Merrickville

The organizers of **Merrickville's Jazz Fest (MJF)** are pleased to announce an outstanding program for this year's festival. Featuring a diverse lineup of established and up-and-coming artists from Montreal, Toronto, Merrickville, and the Ottawa-Gatineau region, MJF will welcome close to twenty jazz groups, including Montreal's exciting bebop drummer **Norman Marshall Villeneuve**, Toronto rising star swing and gypsy jazz vocalist **Denielle Bassels**, and the festival's first Artist-in-Residence: acclaimed Ottawa jazz pianist **Brian Browne**.

The grand opening takes place at 7:30PM on Thursday, October 16, featuring Merrickville's own



Jazz pianist Brian Browne is the Artist-in-Residence at this year's Merrickville's Jazz Fest

Swing Bridge at the Baldachin Inn Restaurant. The music continues all weekend long (Friday from 3PM, Saturday and Sunday from noon) at several locations around town. Artist-in-Residence Brian Browne will perform in two concerts and also lead a Master Class at 10:30AM on Sunday, October 19 — a very special opportunity for students and young professional musicians to learn from an exceptional artist, composer and educator.

Tickets and passes are now on sale, and information about artists, venues, schedules and directions is available at <merrickvillesjazzfest.com>. Those who purchase a festival pass by October 10 will be eligible for a draw to win a second pass free of charge. Details about the draw are available on the festival website.

"As a regional event in only its fourth year of operation, we are extremely proud that Merrickville's Jazz Fest has grown so quickly in popularity and appeal," says MJF co-organizer Peggy Holloway. "Our sincere appreciation goes out to all our supporters, including local businesses and in-kind sponsors, musicians, and audience members, as well as our dedicated team of volunteers who contribute to make MJF a great success each year."

A portion of the proceeds from the festival will go towards music programming for young people in the community.

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New Leadership Team for Tay Valley Choir

If you love to sing and make beautiful music with others, then the **Tay Valley Community Choir** may be for you! An eclectic repertoire, lovely four-part harmonies, and cozy country concerts distinguish the Tay Valley Choir. No audition is required — only a love of music. The choir practices Mondays from 6–7:30PM, alternating between Glen Tay Public School and the Maberly Hall.

The choir is delighted to welcome Rebecca Worden, local musician, music therapist and former co-director of The Oddities Choir, as the new choir director this year. Rebecca loves the sense of unity that comes when people sing together, and she is looking forward to bringing to life some of her favourite arrangements. Also joining the team is experienced choir accompanist Rachel Reinhart.

To join, register at the Tay Valley Township office or at <tayvalleytwp.ca>. Early bird registration (before September 5) is \$40 per term or \$75 for the year. After September 5, fees are \$50. The season begins Monday, September 8, at Glen Tay Public School. For further information contact Rebecca Worden at 264-1999

— Marily Seitz

Help CLA Support People in Your Neighbourhood

The Community Living Association (CLA) of Lanark County invites everyone to their first annual **Fall Fling Dinner/Dance** and Silent Auction on October 17.

“Inspiring Possibilities” is the theme that guides the services and supports offered by CLA. Their mission is to ensure that the people they work for are able to realize their goals and dreams, whether it is enrolling in a course, visiting relatives, taking a trip, or buying clothes for a new job. The funds raised at this fall event can help make this happen.

On October 17, they will be hosting a wonderful evening of food, fun and great music featuring Andy Bowes and the Stool Pigeons. The event will take place at the Perth Civitan Club, 6787 County Road 43. The silent auction opens at 5:30PM, with dinner starting at 6:30. Tickets are \$50, with a \$25 tax receipt, and can be purchased at one of the following Community Support Services locations: 1 Sherbrooke Street E. in Perth (264-0876), 25D Main Street W. in Smiths Falls (283-7436), 390 Flora Street in Carleton Place (257-7873); or at the main office at 178 Townline Road E. in Carleton Place (257-8040). For more details, visit <clalanark.ca>.

CLA is a registered charitable organization dedicated to supporting people with intellectual disabilities to live a life of dignity and respect, and to participate fully in their community. They support 120 people through their residential and community support programs in Almonte, Carleton Place, Smiths Falls and Perth, and have been active in that role since 1966.

Local Couple Find Gold at Celtfest

The luck of the Irish was smiling down on David and Inez McCreary at this year's 18th annual Almonte Celtfest. WestJet Airlines was once again a major sponsor of this year's event, generously donating airfare for two. The winner could choose from any of WestJet's destinations, including Ireland, a route they began offering in June of this year. Tickets were sold leading up to and on the weekend of the festival. It's still not clear if David and Inez's earlier encounter with Liam the Leprechaun provided the good luck.

The draw was held on Sunday afternoon by Celtfest chair Brenda Cain-Kealey. Enjoying the beautiful sunny afternoon, and the wonderful upbeat tempo of the Celtic entertainment, David and Inez were delighted to hear their name called. “What an exciting surprise,” said David McCreary of the win. “Thank you to WestJet and the luck of the Irish for this wonderful gift.” When asked of their plans for their win, David replied: “as far away as WestJet will fly, which I believe is Hawaii!”

Almonte Celtfest began in 1997 as a Sunday afternoon event that has grown into one of the top Celtic weekend events in the country. Its mission is to celebrate and promote the Celtic heritage of the Ottawa Valley, share historical traditions and showcase local performers. It takes place in the natural amphitheatre of Gemmill Park in early July. This unique festival is completely volunteer-run and remains an admission by donation event. For further information or to find out about volunteer opportunities, visit <almonteceltfest.com> or email <almonteceltfest@hotmail.com>.

European Renaissance Meets the Ottawa Valley

Did you ever wonder what the *Log Driver's Waltz* might have in common with anonymous 14th-century love song *Dal Bel Castel*?

The Shuffle Season is a brand new band formed by three old friends from New Brunswick, England and Belgium. They share a love of great tunes and powerful lyrics that are found in traditional music everywhere, performing songs that span centuries and cross continents, while being connected by universal themes such as love and nature. The band showcases traditional instruments including the Swedish nyckelharpa, the viola da gamba, the medieval fiddle and the autoharp, which are rarely heard in Eastern Ontario. And they bring a lot of fun, passion and strong vocal harmonies to their performances! Come out to St Andrew's United Church, Pakenham, on Sunday, September 21 at 2PM, to hear Thomas Baeté (one of Belgium's brightest young early music stars), Toronto-based multi-instrumentalist Katherine Hill, and British singer and autoharpist Joe Carew, as they “Shuffle”, iPod-style, through songs of Canada, the British Isles and Europe. The ticket price of \$12 covers refreshments served following the concert, and tickets are available at Nicholson's and The General Store in Pakenham, Baker Bob's in Almonte, and The Arnprior Book Shop.

The Players

Thomas Baeté trained as a choirboy and violinist in his hometown of Oostende, Belgium. He now regularly performs medieval and renaissance repertoire on the viola da gamba and medieval fiddle with world renowned groups including Mala Punica, Cappella Flamenca and Graindelavoix. Over the past ten years, he has recorded about twenty CDs with vari-

ous groups, and his performances have taken him from Stockholm to Napoli, and from Ottawa and New York to Miami, Peru, Colombia and Morocco.

Growing up in the UK's Peak District where the borders of Yorkshire, Derbyshire and Cheshire meet, Joe Carew developed an interest in the traditional songs of the British Isles at a young age. He trained as a choirboy in the rich Anglican choral tradition, and also studied violin and oboe. Relocating to Ottawa where he has deep family roots, Joe has been very active on the choir scene. He currently sings with Seventeen Voyces, has performed with Opera Lyra, and has taken part in many choral shows at the National Arts Centre. Joe plays a Greg Schreiber autoharp, and explores repertoire ranging from Carter Family classics and other mountain music, through songs of the Ottawa Valley via Henry Purcell and even Cyndi Lauper!

Katherine Hill began singing and playing violin during her childhood years in Toronto. While studying at the University of Toronto, she discovered the realms of world music (Balkan singing, West African drumming, Latin American music) and of historical performance. With the help of a Canada Council grant, Katherine relocated to Amsterdam in 2000, and spent the next seven years studying and performing medieval, renaissance and early baroque music with groups all over western Europe, including the Sequentia Ensemble for Medieval Music, Ensemble Elyma, Collegium Vocale Gent, Ars Choralis Coeln and Cappella Amsterdam. She currently lives in Toronto, where she continues to explore, perform and teach singing, historical music and Swedish music.

See these three worlds come together on September 21 in Pakenham!



The talented trio known as The Shuffle Season plays St. Andrew's Church in Pakenham on Sept. 21



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Planning Ahead for Fall?

On these 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!

Music Matters

Once More, With Feeling

By the time you read this article, school will be back in full swing, and that means that band isn't far behind. I usually give myself the first week back to get the machine warmed up, and then we are off and running by week two. For us music teachers, the school year gets punctuated by vari-

ous concerts, performances, and tours, and before you know it, you are saying goodbye to another group of young people as they leave high school.

years before I came to this realization. On a side note, if there are any young music teachers who are reading this, take that lesson to heart.

As parents, relatives, and friends of students, your job is to provide encouragement and be supportive by attending concerts and other performances. When students are encouraged to practise at home, it makes a big difference at school.

Practising is always the toughest part, especially for teenagers. I need to be clear on something. It is not normal for most teenagers to want to practise regularly once the initial novelty of learning an instrument has worn off. In a world of instant gratification with Facebook, Twitter, Instagram and the newest social media flavour of the week, getting students to practise can be tough.

fun, the fifteen minutes turns to twenty. One of my favourite expressions is that the hardest part about practising is opening the case.

If your music program has instruments that can be loaned out, encourage your student to bring one home on a regular basis. Even better, consider buying or renting one. Prices are generally pretty good right now, as there is so much competition. Please be sure to chat with your child's music teacher before you do this, however. You should not buy your child's instrument at the same place you buy your groceries or tools. Get an instrument from a reputable dealer, or if you are doing a private purchase, ask the seller if you can bring the instrument in to school for the teacher to take a look at. You will save yourself a lot of frustration and money by doing this.

I always recommend setting aside a dedicated time each day, even if it is for only fifteen minutes. Much like starting a new workout routine, it takes a few weeks before it becomes habit. There are also plenty of fantastic types of accompaniment software out there. Students can then practise with pre-recorded accompaniments, which make it much more enjoyable. Before long, if a student is having

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

by Tony Stuart

ous concerts, performances, and tours, and before you know it, you are saying goodbye to another group of young people as they leave high school.

If you have a son or daughter who is going to be joining band this year, I'd like to offer a few words of what I hope is wisdom, from someone who's been at this gig a lot longer than I'd care to admit.

The most important things at this stage of the game are a desire to learn and get better, a willingness to commit to rehearsals and concerts, and having a quality instrument to play.

My job as a music director is not so much teaching a student to play an instrument, as it is teaching a student to believe they can play. There is a huge difference, and it took a number of

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Moving Beyond the Pain of Loss

Major losses are inevitable. They happen when they happen, and we often have little control over their nature and timing. When we think of loss we usually think of bereavement, that grief following the death of a loved one and expressed in rituals of mourning such as funerals, grave sites, family memorials, and perhaps, eventually, in volunteer or advocacy activities related to the loss. While losses due to death are enormous and life-altering, they are not the only major losses we suffer. Others include: divorce, job/career loss, major health changes, loss of home, pet loss, retirement, infertility, miscarriage, end of addictions, major financial changes, or empty nest. These losses can be particularly difficult to deal with because they lack rituals and are not generally acknowledged by others. Grieving these losses is often a very isolated and lonely journey.

Whatever the cause of a major loss, grief is extremely painful and prolonged. It can be debilitating at times, it seems like it may never end, and it is common for people to feel rudderless, to lack a sense of meaning in their lives, and to feel they have lost much of their identity. Social support often vanishes long before the pain associated with the loss, and long before people have started to build a new life for themselves. It is this lack of social support during an

extremely difficult time that gave rise to peer support groups. These groups are organized around a particular type of loss and offer people a safe place in which to share their feelings and experiences of loss, to know they are not alone, and to gain comfort from others who truly understand. In support groups, the big emotions of grief can be expressed without judgment, and brave faces can be put aside.

Peer support groups have much to offer participants. One of the drawbacks, particularly in smaller communities, is the need for group members to suffer the same type of loss. Often there are not enough participants to run a closed spousal loss group or suicide survivor group, and those who are suffering such losses may go without help. A second drawback of peer support groups is that, while participants have the opportunity to share their feelings and be understood in their pain, there is no structured way of helping people move beyond their pain.

Grief Recovery groups differ from peer support groups in that they do offer a structured way of moving beyond the pain of loss. Further, because the main emphasis is on recovery from grief, rather than on the details of the loss itself, Grief Recovery groups work for any type of major loss, and groups usually contain peo-

ple with losses due to death side-by-side with those who have suffered some other major loss. The method used in Grief Recovery groups is one that was developed by the Grief Recovery Institute in California, and the facilitators of these groups are extensively trained and certified by the Institute. The groups are part educational and part experiential, they involve reading and homework, and they offer participants a method for dealing with any unresolved losses in the past, as well as for dealing with future losses. The Grief Recovery group experience is transformational for those who put in the full effort, and participants' comments include statements such as "the group was the best thing I ever did", "the group made all the difference", "the group was fabulous", "the group changed my life", "I wish I'd done it sooner", or even "I never thought about loss in that way".

For those who are suffering any type of major loss, there is an eight-week Grief Recovery Group, offered in Carleton Place in the fall of 2014. It meets weekly on Tuesdays, from October 7 to November 25, 6:30-8PM. The cost is \$100 for the eight weeks and includes a book and handouts. Pre-registration is required. Contact certified facilitator Barbara Carroll at 883-6646 or <barbaracarroll@rogers.com>.

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Mon. & Thurs. 9-11AM • starting Sept. 15 & 18



No Rules When LiPS Speak

First Slam of the Season With Sean O’Gorman

Summer’s end marks the start of slam season in Lanark County. LiPS (Live Poets Society) of Lanark County will be hosting their first show at the Thirsty Moose, 20 Bridge Street in Carleton Place, on Friday, September 12. The show starts at 7PM (doors open at 6:30). The event is \$5 at the door for attendees, but performers always get in free, so bring a poem and be part of the show.

LiPS is really excited to welcome Sean O’Gorman back as a special feature at this show. Sean is an Ontario poet who has authored two volumes of work and has been an active participant in the spoken word community since 2009. A member of both Capital Poetry Collective and Urban Legends, he is a spoken word artist you will want to see again. LiPS’ first slam is “no rules”, meaning anything goes, as long as it’s tasteful. If you like reciting poetry in a welcoming environment, this slam is for you. Come on out and have fun!



The first LiPS slam of the season is “no rules”, and features special guest Sean O’Gorman (photo courtesy of Lost Lens Photography)

Hoop Dance Happened to Us!

Meghan’s Story

One day in early May of 2012, a friend called me up and invited me to an impromptu hula hoop-making workshop. Intrigued, I loaded up my two small children and off we went. A few hours later we came home with some PVC piping (from the hardware store) made into a circle and covered with duct tape. That evening I found myself outside on a warm spring evening keeping the mosquitoes company, completely mesmerized. The simple movement of spinning the hoop around my waist was engaging my core muscles big time, and the attention required to “keep it up” was acute. Going online and searching YouTube for “hoop dance” blew my mind! You could hoop on every part of your body! And oh how beautiful and amazing these dancers were! After some deeper investigation, I quickly realized there was a worldwide hoop dance revolution (no pun intended) going on, and that the community was huge. Being physically active, creative and mindful were all parts of my life that found their harmony within the hoop: I began my daily practice.

Joanna’s Story

My journey with the hoop started two-and-a-half years ago when a couple of friends (one was Meghan!) came for a visit and brought hoops over.

The kids were playing and so were we! I instantly got “hooked” on hooping and was excited to discover the endless possibilities and challenges.

As a child I loved to express myself through dance. As adults, we seem to lose touch with the playful. The hoop invites us to explore the boundaries, let go and be loose again. It allows us to go with the flow, be in the moment, and have serious fun while getting a satisfying workout!

Over the last couple of years we have had the sweet fortune of learning via workshops from the pioneers of the movement: Beth Lavinder and Jonathan Baxter of The Hoop Path, Shakti Sunfire (One Hoop One Love) and Anah “Hoopalicious” of the Hoop Revolution. Our exploration of the hoop is ongoing and without limitation, just as the circle is without end, and sharing it with our community is the next step!

Your Story?

Join us for our upcoming workshops: Introduction to Hoop Dance in Perth (September 20, 12:30–2:30PM) and in Sharbot Lake (October 4, 10:30AM to 12:30PM). Register by calling 343–363–0678 or emailing <spindancefly@icloud.com>. You can also find us on Facebook (Perth Hoop Dance Collective).

With love, Hoop Sisters Joanna Kowalczyk and Meghan Robinson

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See the Fall Colours from Blueberry Mountain

Guided Nature Walk on October 4

We are fortunate in eastern Ontario to have an abundance of sugar maple trees, not only for the wonderful maple syrup they produce, but also for the spectacular colour of their foliage in autumn. If you are considering going for a drive in the country to enjoy the fall colours, we would suggest a visit to Blueberry Mountain on Saturday, October 4. The lookout at the top provides a breathtaking 180-degree panoramic view over a densely forested landscape, with Flower Round Lake in the distance.

Each year the Mississippi Madawaska Land Trust (MMLT) offers its annual **Fall Colours Nature Walk** at this lovely 1250-acre wilderness property known as cliffLAND. The Clifford Family entered into a conservation easement agreement with the Land Trust in 2009 to permanently preserve this wilderness area, which had already become a haven for tourists. In fact, the County of Lanark Tourism Department held a contest in 2008 and Blueberry Mountain was voted by residents as one of the Seven Wonders of Lanark County.

The featured entertainment this fall will be a visit from the renowned conservationist "Grey Owl", who will be telling one of the many tales about his wilderness adventures. Also featured will be a demonstration of the new Soundscapes equipment (provided by a grant from the TD Friends of the Environment). This new highly sensitive, cutting-edge technology provides an introduction to new ways of experiencing the natural world more intensely than ever before through these listening devices. Where the human mind naturally filters out sounds, this provides a new dimension to the nature experience. Just as binoculars enhance bird watching, Soundscapes provides more detail than ears alone, whether lis-

tening to frogs or the sighing of trees. This relatively new science also serves for bio-acoustic monitoring to help the Land Trust monitor changes over time. Visitors to the Fall Colours Nature Walk will be provided with a hands-on experience by our bio-acoustic technician, Chad Clifford.



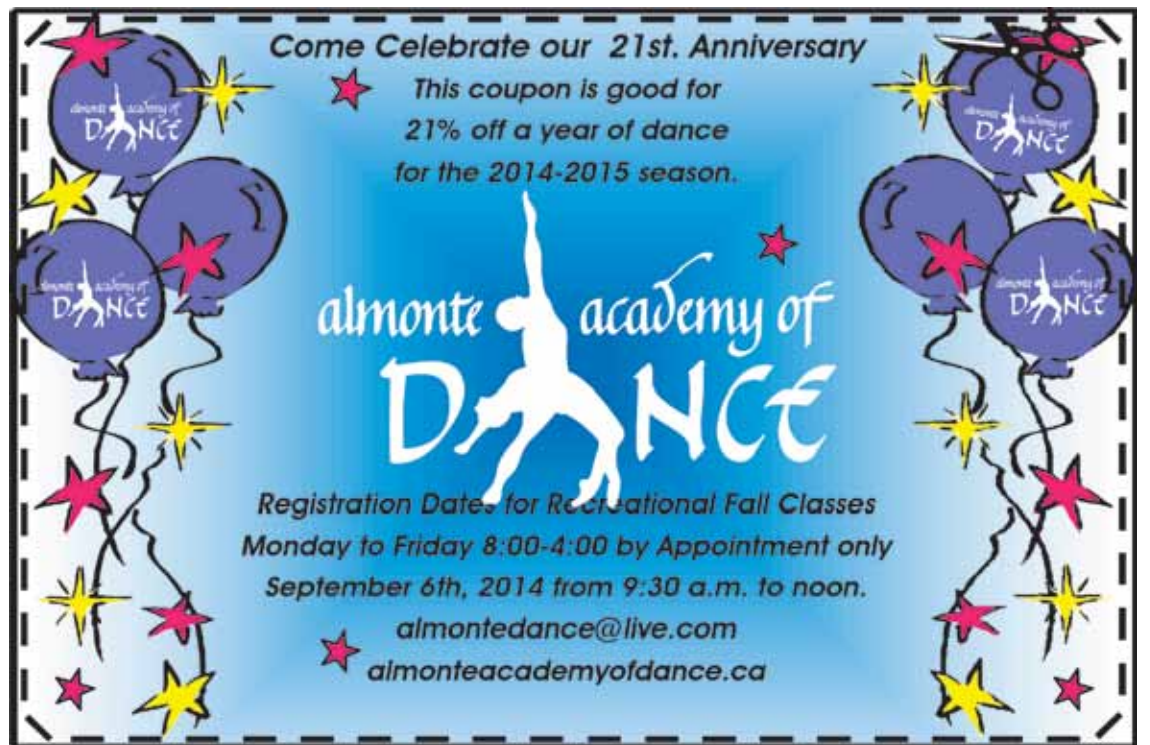
Enjoy the wonderful fall view from the top of Blueberry Mountain at cliffLAND

Registration for the Nature Walk begins at 9:30AM and a guided, interpretive tour will set out at 10AM sharp. A donation of \$10 per person (children under 12 are free) will go towards maintaining the Land Trust's protected properties. This easy hike to the lookout takes about 45 minutes. There is one short, steep climb near the top, but young and old alike have very little difficulty managing it. As an incentive, the Clifford Family offers certificates to join the 80 Plus Club or either of the two Kids' Clubs (12 and under, or 5 and under). As usual, refreshments will be served following the hike.

cliffLAND is located at 502 Hills of Peace Road in Flower Station, and a map with directions may be downloaded at mmlt.ca. For more information, call the Clifford family at 259-3412.

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LAWS Learning Opportunities

Starting up again this fall, the Lanark Animal Welfare Society (LAWS) is offering its **Humane Education Program** to all schools and community programs in Lanark County and the surrounding area. It is geared to students from JK to Grade 8, and to some extent high school grades. The program consists of presentations to groups on a variety of animal welfare topics, as well as discussions about compassion for animals and responsible pet ownership. The lesson plans are often incorporated into units for Literacy, Math, Social Studies and Art.

Beth Searle, the Humane Education director at LAWS, brings along a furry friend when visiting classes, for a safe, hands-on introduction to a temperament-tested dog. Beth is happy to do follow-up visits to view and

celebrate the students' completed assignments and presentations as well. She is currently booking school visits for this school year, at the request of the teacher, school,



Students of all ages will enjoy the guest speaker at LAWS' Humane Education Program...

church or community group.

Contact Beth at <humane-education@lanarkanimals.ca> for more information or to schedule a visit. Don't forget to check out all the lesson plan descriptions that LAWS is offering, as well as the photos from previous visits over the years, at <lanarkanimals.ca>.

Dog Education Seminars

André Hurtubise, owner of Perth's Pooch Pal dog training and senior trainer at Ottawa Canine School, is also in charge of training dog volunteers at LAWS. He is kindly lending his expertise to deliver several dog education seminars at the Perth Library in support of LAWS. These seminars are being offered free to the public but, of course, a donation to LAWS would be appreciated and can be brought on the night of the seminar(s) you attend.

The dates and topics of the seminars are: Dog 101 (Sept. 18), Dog Communication (Dec. 4), Dog Aggression (Feb. 26), Dogs and Kids (May 7) and Dog Myths (June 4). All seminars begin at 6PM at the Perth

See More Online!

For more detailed descriptions of these topics, and links to the LAWS website, visit <thehummm.com>!

SF Creative Arts Fair

Bringing together local arts practitioners and novices is the mission of the first ever Smiths Falls Creative Arts Fair, to be held on September 27.

Organized and presented by the Smiths Falls and District Arts & Culture Council, the Fair is already signing up purveyors of arts and culture. But this is not a show and sale of wares. Instead it's an event that brings together

a broad spectrum of creative people and organizations under one roof to showcase what they do, and to allow novices to explore an interest in doing the same.

Attendees will be exposed to a wide selection of artistic opportunities, including dance, music, pottery, painting, photography, poetry composition, and historic artifact displays.

This event will take place from 10AM to 3PM in the spacious meeting rooms inside the Smiths Falls District Community Health Centre, located two blocks north of the Smiths Falls arena at 2 Gould Street. Plenty of free parking is available.

For further details, please contact the Arts Council at <smithsfallsarts@gmail.com>.

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Look Closely at the Ad Below this Article

No story this week. *Something closer to a solicitation.* I'm going to suggest to the readers of this column who operate a business, offer a service, or work with a not-for-profit organization: if you aren't a member of your local chamber of commerce today, you should consider it tomorrow.

by Patrick Arbour

The impact of local chamber membership on small businesses is very powerful. Statistics suggest that if a consumer knows a small business is a member of its local chamber, the business enjoys a 44% increase in its consumer favourability rating, a 51% increase in consumer awareness, a 57% increase in its local reputation and a 63% increase in the likelihood that consumers will patronize the business in the future. Those are big numbers, and hard to ignore. When I saw those numbers, I became interested enough to look into why people think chambers of commerce are useful. I've been asked many times, by a variety of clients, whether the chamber made sense for them. I've never offered a clear answer and always suggested they look into it themselves. I have recently been approached to join my local chamber and realized I had to answer the same question for myself. I did a little research and here are the top ten reasons I discovered.

Ten reasons other people think you should join a chamber of commerce, and one reason I think you should:

1. Membership brings credibility to your business. You can increase positive perception among consumers and business owners when you're identified as a member of a chamber of commerce.
2. It will increase your visibility in the community. You will be listed in the chamber newsletter, e-newsletter, on Facebook, and have the opportunity to be highlighted in other chamber publications. You can grow your business by advertising with the chamber and sponsoring events. The chamber may also promote your grand opening/ribbon-cutting ceremony and assist with any public relations efforts.
3. Chambers create networking opportunities. They have numerous committees, and serving on one of them provides many networking opportunities. You can build your business while promoting developments of keen interest to local businesses and the community at large.
4. To gain a voice in government. The local chamber takes on the tough issues and opposes new regulations, taxes, fees, assessments and costs directed at small businesses. It also helps protect

the principles of free enterprise and aids businesses in being treated fairly.

5. To make business contacts. The chamber's most fundamental mission is to generate more business activity for the community. The chamber initiates more business-to-business commerce, and more opportunities for networking and connecting local professionals, than is available through most other local organizations.
6. Chamber newsletters. Newsletters provide new member information, interesting tips regarding operating a local business, articles about the local community, a community calendar, and details about up-and-coming chamber events, among other things.
7. Customer referrals. Every day, your local chamber receives calls from individuals and businesses looking for potential vendors, and chamber members typically recommend chamber members.
8. Chamber events and programs, which provide members with great opportunities to get to know new people and expand their prospect base. Chamber events are innovative and fun ways to help members meet potential customers, clients and vendors — and generate new business leads.

9. Promotion and publicity. With a chamber membership, you can reach potential clients through member-exclusive advertising and opportunities for business-to-business advertising and publicity.

10. Access to members-only discounts and services. Varies by chamber (but it's all good.)

Part of my decision-making process, along with the ubiquitous Google search, was to go to several chamber meetings in Mississippi Mills. My first encounter was an annual general meeting, where I witnessed the variety and magnitude of tasks that a chamber undertakes in the course of a year. The second encounter was at a committee meeting, where I experienced first-hand the dedication and generosity of the members.

I discovered the chamber of commerce is the home of the business community. It's where the sharing of ideas and the spirit of the community comes together. This is my column, so I get to offer my reason for suggesting to you that you join your local chamber.

NUMBER ELEVEN (my reason)
"Because it just makes sense."

— Patrick Arbour is a Creative Director and Executive Business Coach who has worked in the advertising world for major agencies in both Canada and the United States.

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Ottawa Strings Come to Almonte

The **Ottawa Summer String Ensemble** — a new and vibrant string orchestra — will present a concert in the Ron Caron Auditorium at the Almonte Old Town Hall on Saturday, September 20 at 7:30PM. Conducted by the talented and affable Donnie Deacon, the group will perform Grieg's *Holberg Suite*, Elgar's *Serenade for Strings*, Holst's *St. Paul's Suite*, Vivaldi's *Concerto Grosso in D minor*, and local composer Randy Demmon's vignette, *Country Dance at the Mt. Ida Hall*. Under Deacon's tutelage this fine group of string players' offerings promise to be varied, accessible, spirited and entertaining.

The program offered by the Ottawa Summer Strings Ensemble consists of series of relatively short pieces arranged in



the form of Suites in a manner that is cohesive while also providing great variety. Incorporating Grieg and Elgar's romantic and captivating melodies, the cascading and crisp counterpoint of Vivaldi, the folk themes of Holst's *St. Paul's Suite* and the contemporary fiddle-based dance music of Randy Demmon, the interplay of these compositions is guaranteed to engage and delight the listener.

Tickets are \$25 and are available in person at the Almonte Old Town Hall, 14 Bridge St. (cash only) or by credit card through Mill Street Books, 52 Mill St. Almonte (256-9090).

A portion of proceeds from this event will support Mississippi Mills Cultural Plan initiatives and recommendations.

Don't Bring Your Stein...

Trust Don Wiles, organizer for the **Almonte Lecture Series**, to find the most appealing topic to start the season on September 26: **beer!** However, he was quick to point out that this isn't a how-to session, or even a sampling session (darn!), but instead a much more interesting and unique presentation by one of the top lecturers at Carleton University: Matthew Bellamy, B.A., M.A., and Ph.D. Dr. Bellamy's area of expertise is history, especially Canadian business, economic, and political history. (Those three subjects would make many of us long for a beer!) However, his research of late has been delving into the realm of brewing history in Canada; specifically, how the brewing industry reflects Canadian culture and attitudes, in preparation for a book on the history of John Labatt Limited.

Dr. Bellamy comes highly recommended not only by the university, but also as one of the top Carleton lecturers as chosen by *Maclean's* magazine. This accolade was confirmed when he was the 2007 recipient of the Capital Educators' award, and in 2009 when TVO selected him as a finalist in their best lecturer competition. Further, his writings have garnered credit, in particular in 2006 when he was awarded the prestigious National Business Book Award.

Dr. Bellamy is well known in beer circles for his articles in *Taps: The Beer Magazine*, and in the *Brewery History: The Journal of the Brewery History Society*. His articles run the gamut from bootlegging to beer parlours, with numerous articles on the history of the big three beer makers in Canada.

Beer and brewing are as old as history itself, but lately the subject is taking on a new significance as this region is bubbling with micro-breweries everywhere. Perhaps there is a small brewery ready to burst forth in our own area once it hears this fascinating topic discussed in depth.

This is a lecture not to be missed, as are all of the Almonte Lecture Series. There's no better way to spend the last Friday evening of the fall/winter months than listening, learning, and engaging with the stellar presenters Don Wiles entices to Almonte. The lectures convene at 7:30PM at the Almonte United Church hall at 106 Elgin Street. It's the easiest education you will ever experience!

Future topics in the 2014/15 series include diverse subjects, from "Boiling the Ocean" to Airport Inspections. Find them all at <almontelectures.ncf.ca>.

— Glenda Jones

Miss the Garlic Festivals and still looking for garlic?

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(Studio) Touring Around the Valley...

Discovery Tour

Looking for the perfect weekend outing this September? Look no further than the **North Gower/Kars Discovery Tour** which will take place on Saturday and Sunday, September 13 and 14. A short drive into rural south Ottawa, the tour has been a stand-out event for 18 years.

"Variety and quality" are the secrets of the tour's success, ac-

by Miss Cellaneous

ording to Aaron Daley, this year's tour coordinator. The tour has always been a dynamic combination of artisans, artists and local growers and farmers. This year, traditional favourites return, plus the tour has four new stops and a new guest at two of the stops.

One of the new guests, Caleigh Murison, is an example of the tour's fresh approach. Caleigh is a May graduate of the Nova Scotia College of Art and Design (NSCAD). Coincidentally, Caleigh's interest in art was sparked in grade school, when she took her first painting class from Veronique Stefanica, a long-time, popular tour participant (Stop 6, Primrose Path Studio and Garden).

At NSCAD, Caleigh's focus was on clay sculptures. She found that she loved throwing and building large pottery sculptures. She has created vases as large as four feet tall from red clay, with colourful glazes of turquoise and gold.

Caleigh participated in a number of shows while at college and had her first solo show last February. For its theme, she chose horses, and created forty large horse heads (1½ to 2 feet high) from clay. Her first solo show was a success and her work was very well-received. Her horses, vases and other pottery sculptures will be for sale at Stop 1 (Magpie Hill Alpacas). You can preview her work at <murison.ca>.

New stops on the tour this year are: My Front Porch (Stop 4); Log House

Farm & Studio (#9); Susan Preston Photography and Tree Spirit Studio (#13); and Lara Pottery (#14). My Front Porch features terrariums, aerials, dish gardens and living art pieces. Log House Farm & Studio has hand-dyed yarn, as well as knit, crocheted and woven items. Stop 13 combines Susan Preston's nature photography with David Harper's artistic and functional turned-wood creations. Lara's Pottery has functional and decorative wheel-thrown and hand-built pottery.

There are 16 stops this year, with 34 participants offering everything from display pieces to functional items, from fabric to paper to glass to metal, from the brand new to the repurposed, for the indoors and out.

Miller's Farm Market & Garden Centre (Stop 16) has fall plants and décor, pumpkins and produce. Magpie Hill Alpacas (Stop 1) provides quality alpacas and alpaca products. And for the history buff, Stop 5 is the Rideau Township branch of the Ottawa City Library.

Discovery Tour admission is free, and tour hours are 10AM to 5PM.

There are demonstrations at many stops. Donations for the Ottawa Food Bank can be made at several stops. Visitors can sign up to win a gift certificate redeemable at any of the 16 stops. For more information, visit <discovery-tour.ca> and download a brochure, or call 489-2388.

Call to Vendors

Calling all artisans! The Goulbourn Museum is accepting applications for its **Old-Fashioned Christmas & Outdoor Artisan Market** being held Sunday, November 30, from 10AM to 3PM. The deadline for applications is October 1.

The museum is currently seeking talented vendors selling original hand-crafted items to fill fourteen positions in a variety of specialties, such as clothing and accessories (for kids, adults and pets), bath and body, toys, home décor, Christmas greenery, art, textiles, treats and baked goods.

In addition to the outdoor market, this annual family event also offers festive old-fashioned Christmas activities, including a children's station for writing letters to Santa, vintage games and entertainment, and photos with Santa.

To apply, send an email to <marketing@goulbournmuseum.ca> with your name, business name, contact details and business sites (web/blog/Facebook/Etsy), and three quality photographs (jpg only, please) of your products, including one photo of your booth setup.

Space rental is \$45 and includes one 6'x3' table and two chairs. Vendors will be required to provide one item, valued at a minimum of \$10, for a fundraising raffle, and each vendor must provide their own table covering to fit the table provided.

This is a juried event and vendors will be chosen carefully to ensure a balanced representation of each category. For further details about the museum or how to become a vendor, please visit <goulbournmuseum.ca>.



Glassblowers at Grey Hot Glass Studio, Merrickville

30th Annual Merrickville Artists' Guild Studio Tour

For three decades, artists in Merrickville have made it an autumn tradition to open their studio doors to the public. Their studio tour, which takes place this year from 10AM to 6PM on the weekends of September 27 and 28 and October 4 and 5, is a rare opportunity for the public to see artists in their environments, and to buy directly from them. The quaint village of Merrickville and the surrounding pastoral countryside form the scenic backdrop for this free self-guided tour. For decades, its heritage buildings, quaint shops, 19th-century charm and rural vistas have attracted artists and craftspeople of national and international renown to the area. In all this year, there are nineteen artists and craftspeople, including painters, mixed media artists, sculptors, potters, a photographer, a glass blower, a fine press printer, textile artists, an iron founder and a maker of rustic furniture.

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. 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 piece of art.

New artists this year include Rod Valiquette (who fashions decorative and functional metalwork for yard, garden and home from his rural forge just outside of the village), David Dunn (who creates garden and wildlife paintings in acrylics in his studio at the Rideau Woodland Ramble), and Herman Ruhland (who shows his whimsical folk art paintings and assemblages, as guest artist with potter Linda Hynes).

For information, please call 269-3886 or visit <merrickvilleartists.com> for a downloadable brochure and details on participating artists.



You'll find works by Caleigh Murison at Stop 1 on the Discovery Tour

It's that time of year again...

MISSISSIPPI MILLS AT A GLANCE

REGISTRATION/INFORMATION NIGHT

"A one stop evening to learn about and register for all your seniors, children & adults fall and winter activities"

September 10th
7:00PM to 9:00PM

Almonte Community Centre
182 Bridge St.

PLEASE CALL 613-256-1077 TO RESERVE YOUR TABLE

... (You're Not Done Yet!)

Crown & Pumpkin Studio Tour

Mark your calendar for the 18th anniversary of the ever popular **Crown & Pumpkin Studio Tour**, on Thanksgiving weekend. This free tour runs Saturday, Sunday and Monday from 10AM through 5PM and features 26 of the finest artists and artisans you'll see anywhere. Once again, the Ladies Auxiliary of the Almonte Legion will host the increasingly popular luncheon on all three days, from 11AM to 2PM. Enjoy a complete lunch or select from the à la carte menu while you plan your tour route for the afternoon.

From humble beginnings in 1996, the Crown & Pumpkin Studio Tour evolved from art shows sponsored by the Ramsay Township Arts and Recreation committee. The C & P moniker is derived from the former Ramsay Township crest. The crown is a reference to the United Empire Loyalists, many of whom settled in the area. The pumpkin is a symbol of the rich agricultural heritage of the region. The name was deemed original and catchy and sounds like a pub you might encounter in a rural village. Originally centered in Clayton, the Tour has grown to include artists from all over Mississippi Mills.

The Tour brochure/map will be widely available at local shops and public locations in Mississippi Mills, Carleton Place, Perth, Merrickville, Ottawa and throughout the Valley. The website offers details at <crownpumpkin.com>. For previews of the work and studios, search for "Crown and Pumpkin Studio Tour" on Facebook. You'll be amazed by the range of eclectic art.

This event is a great opportunity to enjoy what visitors have described as "simply the best studio tour around." The experience allows visitors to connect directly with the artist. Talk to them about their work and understand what makes them so passionate about their creations. Look beyond the work and hear first-hand about the artist's inspirations, creative process and commitment to excellence.

Only artists whose work has been judged to be of the highest standard by a jury of their peers have earned the privilege of participating. Participating artists respect the quality of each other's work, and visitors will understand why they are so proud to be part of this vibrant studio tour.

The tour motto describes what visitors can expect of this event: Quality, Creativity, Integrity — hallmarks of the Crown & Pumpkin Studio Tour.

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



You'll find artistic woodworking by Janet Horton (above) and Art Horton at stop 14 on this year's Crown & Pumpkin Studio Tour

[See More Online!](#)

For more photos of works by participating artists, and links to the tour websites, visit <thehummm.com>!

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**BUY AN INSTRUMENT
GET A FREE LESSON***

EARLY BIRD SPECIAL:
First 20 registrants for a FULL TERM
Receive a \$10 Gift Card

*See website for details

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**Pick up theHumm in Perth at
JO'S CLOTHES**

**Vanilla Bean's
Cafe &
CREAMERY**

34 Main Street, Westport (across from BMO)

**Equator Coffee and Espresso Drinks,
Kawartha Dairy Ice Cream & Frozen Treats,
Saint Cinnamon Buns and other baked goodies,
Waffles, Soup for Fall**

Labour Day to Thanksgiving Hours:
Mon-Fri 7:30-4:30
Sat 8-5:30, Sun 1-5

Look for us on Facebook or
www.vanillabeans.ca

MISSISSIPPI MILLS Seniors' Expo

11 SEPTEMBER 2014

ALMONTE ARENA

9:00AM TO 3:00PM

PRESENTED IN PARTNERSHIP WITH:

WITH SPONSORSHIP FROM:

This event is hosted by Mills Community Support in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ontario Seniors' Secretariat.

25th Annual

Westport Area

Fall
Colours
Studio
Tour

Thanksgiving
Weekend

Saturday to Monday
Oct 11-13, 2014
10AM - 5PM

10 Studios
31 Artists

Our local artists welcome you to their studios, where you will discover an exciting and eclectic range of juried high quality original work. Indulge in fall's brilliant colours as you tour from studio to studio. Use our map to choose your own starting point and watch for the signs.

westportstudiotour.com

Humm Special Feature — A Series of Fortun

As summer winds down and fair-weather activities give way to tried-and-true Canadian fall pastimes like raking and complaining about the cold, isn't it good to know that community arts group around the Valley are busily trying to provide you with more entertaining options? Whether you're drawn to music, theatre, films or even lectures, you'll find plenty to do through the fall and winter months. And by subscribing to an entire series (or three), you'll not only save money, you'll also help organizers to create or bring in higher-quality shows (and allow them to breathe a big sigh of relief!).

Here's an alphabetical list by category of all of the series that responded to our call (or have up-to-date information on their websites). We've included their websites and contact information where possible, but do visit <thehummm.com> for convenient links and breaking news.

Music

Almonte in Concert

This venerable classical music series turns 35 this year — congratulations! Known for presenting top-notch performers and ensembles in the acoustically excellent Almonte Old Town Hall, AiC is gearing up for another fabulous season that features flutes, fugues, a piano rock star, and much more. The season opens on Saturday, October 18 with legendary folk singer/songwriter **Valdy** and one of Canada's

most charismatic virtuosos, bassoonist **Nadina Mackie Jackson**, deftly weaving their music into a splendid tapestry of diverse styles. AiC's Christmas concert is always a highlight, and this year's will certainly delight with the award-winning brass quintet **Buzz**. For details about all concerts, ticket prices and more, visit <almonteinconcert.com> or take a look at the ad on this spread.

Blue Jeans Classical Music

This three-part series returns to the MERA Schoolhouse in McDonald's Corners for the second year, presenting an outstanding array of professional musicians in an intimate and conversational space. Sunday, October 19 features classical guitarist **Garry Elliot**, with **Gertrude Létourneau** accompanying him on the flute. The second concert, on November 9, will feature **Cecilia Ignatieff**, a renowned concert pianist with over thirty years' experience in Ottawa and Toronto with major orchestras and other groups, and who now lives locally. The final concert is planned for December 7, with a group to be announced.

This series was founded to promote classical music in the Lanark area, with an emphasis on learning more about the music and various instruments, all presented by the people who make their living playing this music. There is always a conversation with the musicians and explanations of the pieces they are playing.

The cost is \$60 for all three concerts as a package, or \$25 for each concert (teenagers are free!). Tickets are available at Tickets Please (485-6434, ticketsplease.ca). Tickets can be ordered in advance and picked up at the concert.



Vancouver's Harpdog Brown comes all the way to Westport for the first Blues on the Rideau show on October 24

Blues on the Rideau

This "dinner and a show" series is celebrating their tenth anniversary this year by booking some old favourites as well as some great newcomers to play The Cove Inn in Westport.

Juno nominee **Harpdog Brown** comes all the way from Vancouver to kick things off on October 24, bringing two members of the Downchild Blues Band along with him. Shows run once a month from October to May (except for December), and this year all of the performers are Juno

Award and/or Maple Blues Award winners or nominees.

BOTR is known for their local fundraising efforts as well as their great shows. To date they have raised over \$50,000 for local charities, and they are hoping to raise another \$5000 this year. The \$60 ticket price includes a great show and a delicious dinner at The Cove. For more details, check out their ad on page 33, or visit <bluesontherideau.ca> for links to artists' websites.

Folkus Concert Series

Almonte's folk/roots music series is changing things up a bit for their fourteenth anniversary. This year they will feature one concert a month from January until April. Artistic Director Amanda Sears promises some great gems, but won't give away any secrets until they reveal their line-up in early December. Tickets are \$30 each or \$100 for all four shows, and more details can be found on their Facebook page or at <folkusalmonte.com>.

All Folkus shows take place at the intimate and acoustically superb Almonte Old Town Hall. Past performers include Hawksley Workman, Lynn Miles, Le Vent du Nord, David Francey, Colin Linden, Kelli Trottier, Rick Fines and Suzie Vinnick. This year, the committee is seeking new volunteers (and even an artistic director-in-training), so if folk is your schtick, give them a shout at <info@folkusalmonte.com>.



Hear distinguished musicians and experience chamber music at its best in the intimate, historic, and acoustically superb Almonte Old Town Hall.

Saturday, October 18, 2014 8:00 p.m.

Valdy to Vivaldi: From Folk to Baroque

Valdy
Nadina Mackie Jackson – bassoon
Joe Phillips – bass
Karel Roessingh – piano

Saturday, December 13, 2014 8:00 p.m.

Christmas with Buzz

Sylvain Lapointe – artistic director / trumpet
Frédéric Gagnon – trumpet
Pascal Lafrenière – horn
Jason De Carufel – trombone
Sylvain Arseneau – bass trombone

Friday, January 23, 2015 7:30 p.m. (film screening)
Saturday, January 24, 2015 8:00 p.m. (recital)

I am Not a Rock Star

Marika Bournaki – piano

Saturday, March 7, 2015 8:00 p.m.

The Golden Flute

Leslie Newman – flute
Peter Longworth – piano

Saturday, April 18, 2015 8:00 p.m.

A World of Fugues and More

Ensemble Vivant:
Catherine Wilson – artistic director / piano
Stephen Sitariski – violin
Norman Hathway – viola
Sybil Shanahan – cello
Dave Young, O.C. – bass

2014 – 2015 Season Celebrating 35 Years!

	Adult	Student
Full Series 5 Concerts	\$130	\$63
Mini Series 3 Concerts	\$84	\$38
Single tickets	\$30	\$15
Film screening tickets	FREE	

Subscriptions and single tickets available by mail or online at almonteinconcert.com

Single tickets also available at: Mill Street Books, 52 Mill St., Almonte 613-256-9090

Series subscribers will be given priority. Single ticket go on general sale September 22.



ate Events: Music, Theatre, Films & More!

jazzNhouse House Concerts

This is a series of jazz house concerts that take place in private homes in the Almonte area. The first show features **Nathan Corr & Market Mayhem**, and takes place on Saturday, September 20 at 8PM. There are eight concerts in this year's series, which runs until June of 2015. For detailed information, or to reserve tickets online, please visit <jazzn.ca>. All requests are replied to, and confirmation and address details are provided by email. The cost is \$25 per concert (cash at door).

MERA Sunday Schoolhouse

This new series launches its second full season with a three-concert line-up that begins on Sunday, September 14 with a 2PM matinee concert featuring **Marie-Lynn Hammond** of Stringband fame. Hammond says her MERA performance will be the last stop on a brief "Farewell" tour, as arthritis has made playing guitar difficult for her in recent years.

Other shows in the fall series include **The Slo-can Ramblers** on October 26, and **The Sultans of String** on November 30. Tickets for the fall segment of the Sunday Schoolhouse Concert Series are \$55 for three concerts. Single concert advance tickets are \$22. All tickets are available from Tickets Please (485-6434, ticketsplease.ca), and can be reserved and held for pick-up at the door.

Perth Performing Arts Committee

PPAC is celebrating their thirty-third season this year with another fabulous line-up for your musical enjoyment. The first concert (on October 17) features Juno winner (and Order of Canada member) **James Campbell** on clarinet, along with the **Afiara String Quartet**. Other shows include the **Denis Chang Gypsy Jazz Quartet** (November 14), the **Borealis String Quartet** (March 13), and multi-instrumentalist **Yiannis Kapoulas** (April 17). All shows take place in the comfortable and accessible Mason Theatre of the Perth & District Collegiate Institute. Series tickets are a great deal, but single tickets are also available, all from Tickets Please (485-6434, ticketsplease.ca).

Studio Theatre Fall Tribute Series

This fall brings a series of three tribute shows that are co-productions that the Perth Studio Theatre is doing with Trend Record Entertainment. The first is **Elton & Billy** (a tribute to Billy Joel and Elton John) on September 13, followed by **Walk Like a Man** (a tribute to Frankie Valli and the Four Seasons) on November 8, and **Christmas With The King** (that would be Elvis) on December 20. Tickets to each show are \$30 at Shadowfax (67 Foster Street, 267-6817, shadowfax.on.ca). For more details, visit <studiotheatreperth.com>.

Theatre

Barn Door Productions

Producing Directors David and Janice Jacklin are now in their 30th season of presenting theatre together, and their third season at Perth's fully accessible Full Circle Theatre. This year's theatrical offerings include *Venus In Fur* (October), *Every Christmas Story Ever Told* (November), *August: Osage County* (February), *Death of a Salesman* (April), *Love Shack* (June) and *The Merchant of Venice* (August). *Merchant* will mark their hundredth production! For details on these and other shows taking place at Full Circle Theatre, visit <barndoorproductions.ca>.

Mississippi Mudds

Founded in 1973, this dynamic amateur theatre group is based in Carleton Place. Their acronym

name describes their mission to bring MUSIC, Dance, and Drama on Stage in the community. Over the years, the Mudds have earned a great reputation for presenting musicals, English pantos, original works and well-known plays. They also have a very active youth troupe. This year's offerings include *A Midsummer Night's Dream* in October (presented by youth between the ages of 8 and 17), the Christmas panto *Cinderella* (which opens in late November), *The Wizard of Oz Young Performers' Edition* in February, and the hilarious fairy tale *Once Upon a Mattress* in late April. For ticket information and details about all performances, please visit <mississippimudds.ca>.

Station Theatre

Housed in a former CPR Railway Station, The Station Theatre is home to the Smiths Falls Community Theatre (SFCT). SFCT is a non-profit organization dedicated to the provision of high quality theatrical and artistic experiences in a variety of forums for citizens of all ages in the Town of Smiths Falls and the surrounding area. There are two productions left in their 2014 season: *Educating Rita* from October 16-26, and the holiday panto *Jack & the Beanstalk* from December 4-14. The Station Theatre also screens movies on a fairly regular basis (including two by Alfred Hitchcock in September). Visit <smithsfallstheatre.com> for details on all shows.



Last year the Studio Theatre served up *Mother Goose* for Christmas (above). This year's season includes *It's A Wonderful Life*, among others.

Studio Theatre

Perth's Studio Theatre is plunging into an ambitious season with six productions scheduled from October to June. Plays run the gamut from drama to off-beat comedy, and include *Crimes of the Heart* (from October 9-19), *An Evening of One-Act Plays*, *It's a Wonderful Life*, *Hilda's Yard* and *The Salvage Shop*. The season ends on a musical high note with *The Drowsy Chaperone*. A series pass to all six shows is only \$125 from the theatre box office or Tickets Please (485-6434, ticketsplease.ca), but you can also grab individual tickets (in advance from The Book Nook, Shadowfax, or Tickets Please). More details on all shows and other performances scheduled at the Studio Theatre can be found at <studiotheatre.com>.

Films/Lectures

Almonte Lectures

As Glenda Jones enthuses in her article on page 17, "there's no better way to spend the last Friday evening of the fall and winter months than listening, learning, and engaging with the stellar presenters Don Wiles entices to Almonte." As a professor emeritus himself (and one of the most dynamic 89-year-olds I have the pleasure of knowing), Don strives to create a compelling mix of topics and presenters.

The 2014/15 series kicks off with a talk by Dr. Matthew Bellamy about **Beer and the Brewing Industry**. Find the full schedule at <almontelectures.ncf.ca>. The lectures convene at 7:30PM at the Almonte United Church Hall, and are free of charge.

Film Night International

FiNI is a non-profit group run entirely by volunteers in partnership with the Film Circuit, a division of the Toronto International Film Festival Group. All profits, after expenses, are donated to the Perth and Smiths Falls public libraries. Passes for the 2014 fall series are on sale at the Perth library for screenings at the Full Circle Theatre in Perth and at the Smiths Falls library for screenings at the Station Theatre in Smiths Falls. A pass to all five films is \$40.

This fall's line-up includes *The Lunchbox* (India), *The Past* (France/Italy), *The Grand Seduction* (Canada), *Like Father, Like Son* (Japan). Films are screened each month at 2PM and 7PM on Wednesdays in Perth, and on Thursdays at 7PM in Smiths Falls. For more information, visit <filmnightinternational.blogspot.ca>.

O'Brien Theatres

Both O'Brien Theatres, in Renfrew and Arnprior, have **film groups**. Working in concert, each location offers fourteen different films between late September and April on alternate Wednesday nights. Memberships are sold in each theatre at the beginning of the series; these memberships offer a discounted rate. However, it is not necessary to be a member to attend. Newsletters are published in September and December covering the early and later portions of the season. For more details, please visit <obrientheatre.com> or email <theatre@nrtco.net>.

Perth Performing Arts Committee

ppac

2014 • 2015

Thirty-Third SEASON

CAMPBELL/AFIARA

Friday, October 17, 2014

DENIS CHANG

GYPSY JAZZ QUARTET

Friday, November 14, 2014

BOREALIS

STRING QUARTET

Friday, March 13, 2015

YIANNIS KAPOULAS

Friday, April 17, 2015

All concerts start at 7:30PM

Mason Theatre
at
Perth & District Collegiate Institute
13 Victoria St., Perth, ON

Sponsors: Lake 88.1 – Media Partner,

CIBC Wood Gundy – Moe Johnson, Coutts & Company,
Foodsmiths, Paul's Maple Syrup, North Lanark Veterinary Services,
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Kelly's Flowers and Fine Things,
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Season and single tickets available now

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at Jo's Clothes
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613-485-6434
www.ticketsplease.ca

McArthur Island

150 Mill Street Carleton Place

Studio space available for artists and arts groups on the first and second floors starting September 2014.



Bright and spacious, great light, high ceilings, an inspiring setting, unbeatable rental fees with all the amenities.

For more information:
james.v.mik@gmail.com
or grand@magma.ca

Glory to Thee!

St. James the Apostle Anglican Church, Perth

Choral Evensong at 4 pm:

- Sunday, September 21

- Sunday, October 19

- Sunday, November 16



Advent Procession with Carols
Sunday, November 30 at 4 pm

All are welcome!

www.stjamesperth.ca 613-267-1163

Pick up theHumm in Smiths Falls at COFFEE CULTURE

REID GARDENS FALL CLEARANCE SALE ON NOW!



It's time to pick up those gloves, get out in the yard and **make the most of what's left of the season.** Summer may be coming to an end, but your garden lives on! At Reid Gardens we have everything you need to move into fall with a renewed **energy for gardening.**



Spring Bulbs



Beautiful Fall Mums

Fall Mums starting at \$4.50

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We are the areas largest supplier of interlocking stone. Featuring Permacon.

Two Hitchcock Classics Kick Off Film Series

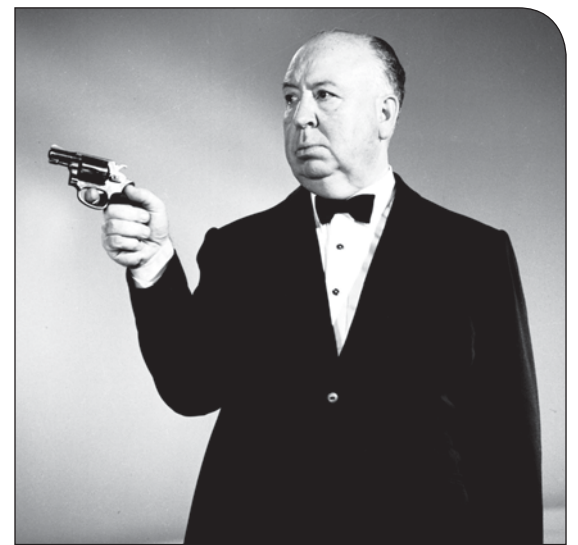
The Smiths Falls Station Theatre begins its new season of high quality films with Hitchcock's famous *Rear Window* on Friday, September 19, followed by *The Birds* on Saturday, September 20. Both screenings start at 7:30PM. Tickets, sold at the door only, are \$10 for adults, \$5 for students (with ID).

Many patrons know that The Station Theatre stages six live theatrical productions a year, but few have been aware of the movie nights program. The Theatre's film selection committee has been busy over the summer testing ideas on how to better engage audiences with its movie offerings. In the end, they asked audiences what films they would like to see screened. To narrow the choice, they began with one of cinema's iconic directors of all time, Alfred Hitchcock, then surveyed patrons to identify their favourite film from his impressive repertoire.

The race was tight and the triumphant winner was *Rear Window*, beating out runner up *The Birds* by just one vote. Recognizing the tight race, the Theatre has decided to screen both great Hitchcock films for one weekend only. And as a reward to loyal patrons, those who come see *Rear Window* will get to come back the next night to see *The Birds* for half-price with proof of the ticket stub from the night before. A deal if ever there was one!

The Smiths Falls Station Theatre, located at 53 Victoria Avenue, has a fourteen-foot screen with a state of the art Panasonic projector system that produces a high definition picture quality with surround sound audio capable of bringing that big screen movie experience to every viewer. The unique design of the auditorium ensures that all seats are obstruction-free (that's right — no heads in front of you blocking your view!) and as comfortable as an easy chair at home in a climate-controlled environment.

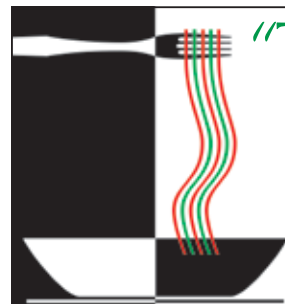
Everyone is invited to attend these rare screenings of two of Hitchcock's greatest films. See them



See both *Rear Window* and *The Birds* at the Station Theatre in September!

both as they were meant to be seen: on a large screen, in a dark intimate theatre, surrounded by others, where you can feel the suspense and tension build as Hitchcock intended. For those who've been missing the quality and craftsmanship of a master film director like Alfred Hitchcock, this is a chance to become reacquainted with his brilliant cinematic techniques. For those who've never seen one of his films, it will be a real treat. Hitchcock wasn't known as the master of murder, mayhem and suspense for nothing. After all, he made murder fashionable!

The Station Theatre invites patrons to join in this exciting weekend film experience and to keep in touch with all their offerings — outstanding plays, movies and special events — by signing up for their e-newsletter through a visit to their website at <smithsfallstheatre.com> or by joining them on Facebook (Smiths Falls Community Theatre).



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~ Thank you patrons! ~

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Almonte

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Opens *Friday* October 3

Afternoon Preview: 2 - 5

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Appleton Wetland at Tipping Point

After thriving for thousands of years, the Appleton Wetland is now endangered due to human-made effects of summer flooding caused by manipulation of water levels for hydro power generation.

The Appleton Wetland is under immediate threat, says a detailed scientific report published by the Mississippi Valley Field Naturalists. The report states that excessive water levels resulting from Enerdu Power Systems Inc.'s current hydro operations are drowning towering silver maple trees upstream, and that the proposed Enerdu expansion in Almonte's heritage district will kill the very species that anchors a wetland older than the Great Pyramids or Stonehenge.

The 76-page report calls for an immediate amendment to the Mississippi River Water Management Plan (MRWMP), overseen by the Ministry of Natural Resources and Forestry, that will allow for a "valid operational summer water level" and allow the silver maples to survive. It also states that "approval of the current upgrade plan for Enerdu must be delayed until the recommended amendment has been resolved."

The Appleton Wetland: Its Decline, Cause and Recommended Action is the result of hundreds of hours of work by a five-member research group chaired by Cliff Bennett (founding member and current president of the Mississippi Valley Field Naturalists). Research group colleagues include the report's principal author Al Seaman, Joachim Moenig, Mike O'Malley and Howard Robinson.

"Our research results confirm that excessive water levels, resulting from Enerdu's operations, are causing the die-off of the silver maples in the Appleton Wetland. In effect, the trees are drowning. The Enerdu operational limits in the existing Mississippi River Water Management Plan clearly do not conform to the priorities of the plan that rank ecological integrity above power generation. Thus an amendment to the Plan is urgently required to preserve a wetland that has survived for millennia but is now at a tipping point," said Bennett.

The report is also endorsed by Dr. Paul Keddy, one of Canada's most prolific and distinguished ecology professors. Based on his 30-year career at the University

of Guelph and University of Ottawa that focused on the study of wetlands, Keddy states that "further summer flooding will kill the last trees, and the thousands of years of development will be ended abruptly. The negative effects will occur not only within the boundaries of the Appleton Wetland, but will cascade through fish and wildlife populations for many miles downstream. Restore the summer low water periods and the trees will recover and continue to provide the ecological services that they have provided free for thousands of years."

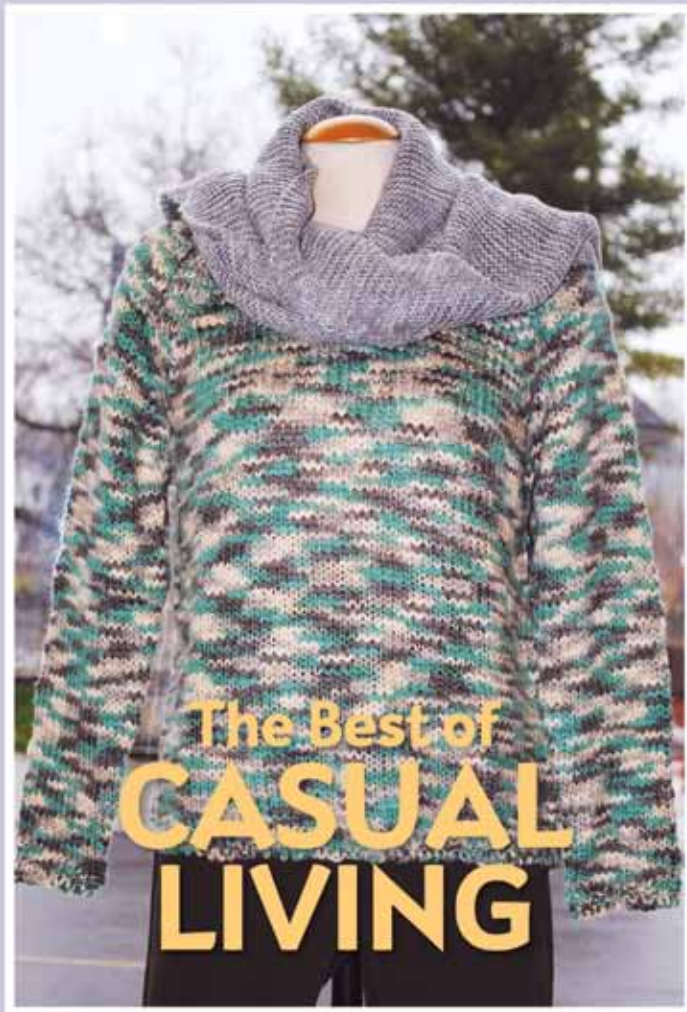
"Some of the Earth's most biologically productive habitats are the great swamps that form along water courses," Dr. Keddy continues. "Known as 'alluvial wetlands,' they are intimately connected with rivers, providing shelter for birds, breeding grounds for fish, [and] habitat for mammals, and generating organic matter that feeds wildlife production for many miles downstream. Some of the better-known examples occur in the Amazon, the Congo, and the Mekong rivers, but every large river floodplain has alluvial wetlands. In eastern Ontario, there are alluvial wetlands along rivers including the Mississippi, Ottawa and St. Lawrence. One of the finest examples is along the Mississippi River."

About the Mississippi Valley Field Naturalists:

Now in their 25th year of operation, the Mississippi Valley Field Naturalists provide opportunities — to people of all ages and knowledge levels, from neophyte nature lovers to knowledgeable field naturalists and experts — to learn about and help conserve the natural world, with a focus on the pristine Mississippi River Valley. The club offers many activities — from monthly natural history talks and regular nature walks, to field trips, canoe/kayak outings and other opportunities — that allow you to explore fascinating aspects of our natural world. There are also opportunities to take part in habitat creation projects, trail building, citizen science work, environmental stewardship projects, writing about natural history for club publications, communications and other volunteer work. For more information, please visit <mvfn.ca>.

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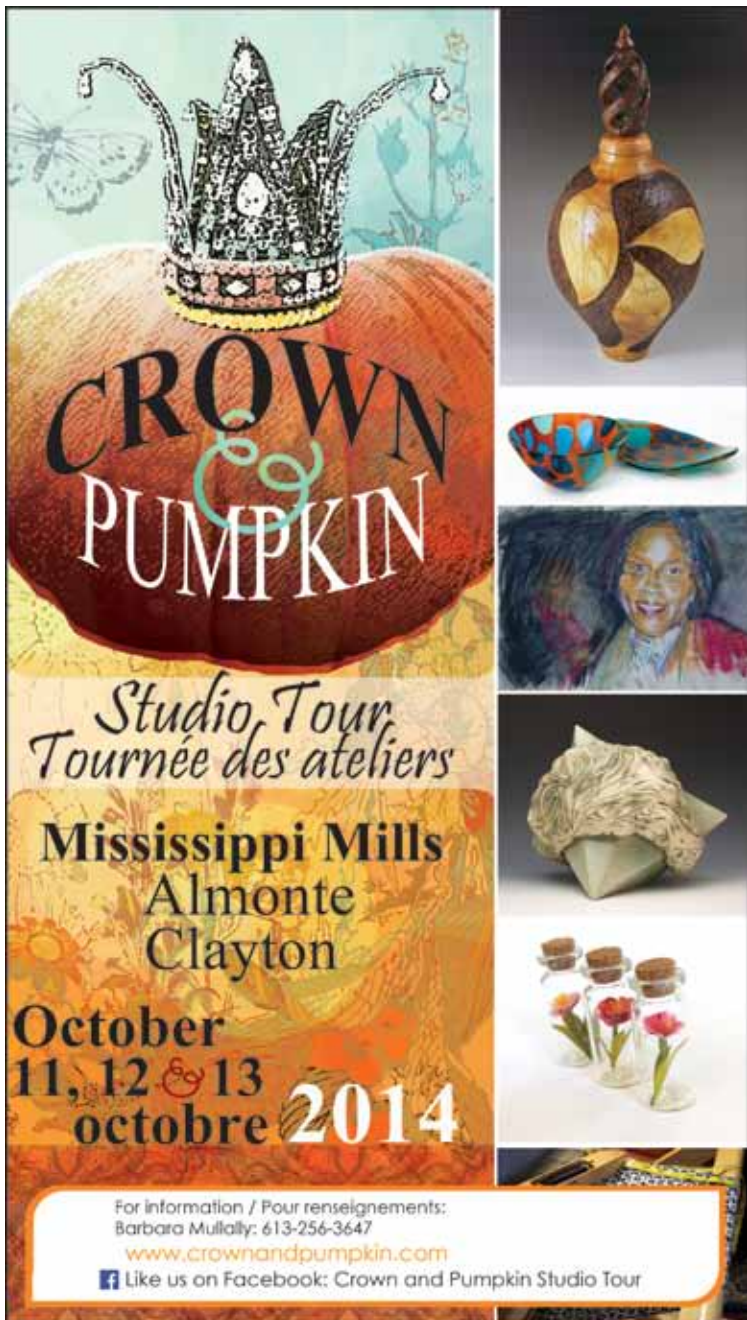
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Is The Hub Really 40?

The folks of The Hub can't believe forty years has gone by so quickly! If this is middle age, it sure is a young one! The Hub is pulling out all the stops for its big **Glitz Gala** on September 27 at the Civitan Club, to prove that at any age a party is the perfect way to celebrate. It'll be dress-wear-up, lots of glitz, good food, cake, drinks, social time, entertainment, and much more. Local singing sensation Peggy White will be performing, along with others. The MCs for the evening are none other than Kris and Rob Riendeau — stellar performers from the Young Awards Gala — and our celebrity auctioneer will be Phil Wood.

There isn't anyone in Mississippi Mills who hasn't been touched in some way by The Hub over its forty years. This phenomenal institution that hatched from a small group of women has gone on to greater and greater projects. Begun with a commitment to improve the lives of many in our area, especially the lives of women and children, The Hub has remained true to its purpose and, along the way, has provided educational opportunities, social services and com-

passionate care simply by being there for people when the need arises.

If charity begins at home, we can all thank The Hub for the exceptional gifts they give to the community month after month, now up to over \$50,000 annually. And they're still at it — kids are going on to higher education, seniors are enjoying their bus, supplies are provided for therapeutic riding, the skateboard park is a few steps closer to completion. Puppets Up!, Celtfest, Light Up the Night, and other organizations have all received support over the years. Proceeds from this year's event will be going to **The Hub Hospice** and **The Hub's Youth Camps Subsidy** project.

The Hub is hoping the whole community will be joining in the grand Happy Birthday chorus as they launch into their next forty years, and that everyone will need sunglasses for the amount of sparkle on display at the Civitan on September 27. Tickets are now available at The Hub — it's only \$15 to attend this event. However, do bring your credit card — the auction items are not to be missed!

— Glenda Jones

Begin Your Journey!

Speaking Volumes

The journey through arts and culture in your community begins by walking through the doors of your public library.

Amidst the traditional resources of books, magazines and DVDs, and the new technology of eBooks, online databases, and even Makerspaces (featuring 3D printing), libraries are the cultural hub of a community.

In addition to the book launches, author presentations and readings for which libraries have long been associated, we are

Festival brought the traditional book launches, author presentations and readings to a whole new level. Successful, standing-room-only musical performances within the library's open spaces launched a new fundraising campaign to replace some book shelves with moveable units, allowing the library to completely transform its space for a variety of functions.

Take a look at any bookless walls within your town's library and you're likely to discover the creativity of local artisans. Within the past few years, the Arnprior Public Library has transformed a usual busy Saturday destination to include an art show. Artists set up their work throughout the library, inviting discussion about the creative process. They then showcase samplings of their work in the library's *Art Corridor*. This gallery currently features work by artists who will be participating in an upcoming fall studio tour.

Each library will find its own rhythm of culture in the community — explore your library to discover your cultural hub!

by Karen DeLuca

now offering musical performances, art shows and more, as part of our mandate of lifelong learning, education and leisure.

Libraries are adept at partnering with other institutions, organizations, community groups and individuals. Your library has passes available so that your family can discover some local and national museum treasures in Ottawa for free.

If you're new to a community and looking to connect with people with similar interests, chances are your library will have a meeting space in which artists, knitters, photographers, gardeners and others gather on a regular basis. Many libraries have purchased performance rights for movie events, while others encourage the community to gather and celebrate special moments such as Olympic coverage.

Four years ago the **Arnprior Public Library** underwent a major expansion into the lower level. The renovations nearly doubled the library's public space, providing the opportunity to undertake a variety of cultural programming under an umbrella entitled *Arnprior Expressions*. This series introduced a long list of cultural programming. Partnerships with organizations such as the Ottawa International Writers



Karen DeLuca has been working at the Arnprior Public Library for more than twenty years, including eight years as Children's Services Librarian, and has been CEO since 2009. Karen's background is communications and technology; she enjoys sourcing new music, bands and artists, and would love to find more time to knit and kayak — although not necessarily at the same time!

Welcome to the Gallipeau Centre!

The newest theatre in the region — the Gallipeau Centre Theatre — is a hidden gem, tucked away inside what is now the Gallipeau Centre (the former Rideau Regional Centre). The venerable old theatre, originally built in the 1950s, has since had a facelift, including new acoustics and a state-of-the-art sound system.

“We want the theatre to become a music destination for all ages,” says Tracy Gallipeau, building project manager. “Our goal is to bring really good musicians to a venue that can accommodate a big enough audience to energise the bands and entertain crowds.”

The Gallipeau Centre Theatre has actually been open a year this month and has hosted a number of incredible shows, including Buddy Holly Lives and,



The theatre at the new Gallipeau Centre in Smiths Falls will be hosting a number of live music events over the next several months, including “Celebrate the Platters” on September 20

before that, Soul Men, a tribute show so good it’s sanctioned by Dan Ackroyd and the Belushi estate.

The next show at the Gallipeau Centre is **Celebrate the Platters** on September 20, sponsored by Pankow Financial in Smiths Falls. The all-Canadian tribute band is led by veteran entertainer Norris Vines. This is a show for music lovers of all ages,

whether you were around for the original band or just want to sit back and enjoy good music.

While Celebrate the Platters is classified as a tribute, it sounds and feels very much like the real thing — with lead singer Ian Jutsun easily bringing classics like *Only You* and *Smoke Gets in Your Eyes* to poignant life on stage again. Michael Dunston adds the soul element that made The Platters’ music so popular, and Jillian Mendez takes the lead in spine-tingling versions of songs like *My Prayer*. The four gifted vocalists are backed by an equally polished band.

To celebrate their first anniversary, the Gallipeau Centre Theatre is offering tickets to Celebrate the Platters at \$29.50 per ticket, with a “buy three, get one free” promotion at the box office or the door only. There are no further costs to attending the show as parking is free and ample.

In November, the theatre is launching what should be a sold-out show with Montreal-based **Replay the Beatles** — a tribute band with a big difference.

“I hear that groan every time we say we’ve got a Beatles tribute show coming up in November,” laughs Heddy Sorour-Roberts, who handles marketing and communications at Gallipeau. “But honestly, this ensemble is different. They don’t just play the songs, they really capture the Beatles — antics, accents and electricity — they’re reaaaally good.”

In the first set they’ll re-incarnate the early Beatles of Beatlemania, and then come back in the second set as the more mature Beatles of the late ‘60s and ‘70s.

While most, though not all, of the current shows are tributes, the goal is to transition into original bands as the venue gains in visibility and draws more crowds. For more information on upcoming shows and to purchase tickets, please visit <gallipeaucentretheatre.com>. It’s worth the trip!

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Flavour of the Month **Waratah Downs Organic Farm**

Swaths of goldenrod and purple loosestrife are blanketing roadside fields and ditches on my way to visit John Weatherhead at Waratah Downs Organic Farm this week. The stillness of the late summer air is already being broken by horn-sounding geese on their pilgrimage south. Nature is beginning to put the final dashes of colour on her seasonal "oeuvres", and the exuberance of summer's outward extravaganza is winding down and moving into the quiet and focused task of ripening. It's late August and the height of harvest time.

by Susie Osler

Waratah Downs is one of the newest additions to the community of organic food producers in the Perth area. Sandwiched between the Scotch and the Upper Scotch Lines west of Perth, Waratah Downs is, even in its first year, an inspiring example of how the old farms in our area can be transformed by new owners who, with fresh eyes, bring new life and purpose back to the land — much to the benefit of... well... all us consumers of good, local food.

With a move from his previous farm near Iroquois last April — a month when most market gardeners were already nurturing seedlings — John had to hit the ground at a gallop. But beyond the somewhat daunting task of turning acres of long-established grass into pliable soil to support market veggies, was also the opportunity to invoke the potential lying latent in the land of an old, fallow farm. A new relationship is unfolding.

Amazingly, ten acres are now already in vegetable production. It is clear that John is no neophyte in this business. In fact, he grew up

on an Australian dairy farm and has made a life of farming ever since. The scope of his experience is deep and diverse — covering a range of agricultural practices, from cash crop farming and dairy production, to organic meat, market vegetables, and CSA offerings. He is surprisingly humble, clearly motivated and, given the scope of what I witnessed, apparently has vast reserves of energy!

During my visit we walked around the back forty, where long rows of curly kale, tomatoes, cabbage, peppers, okra, squash and potatoes have been growing. To give you a sense of scale, John has about 1200 tomato plants in the ground, two acres of potatoes, and a crop of kale that could keep a kale fancier like me entirely sated for several years. The work involved in maintaining my own relatively miniscule and seriously inefficient home garden suddenly seems laughable in comparison... The volume at Waratah is giddy-making, and also heartening



and, maybe, truthfully, a bit anxiety-inducing. But John seems to take it all in stride and, with a flash of blue eyes and a grin, describes developments he'd like to see as the farm establishes itself. Reestablishing a CSA is one thing that may begin this autumn (contact the farm to inquire). Meat and egg production will grow as his cattle, sheep and chicken numbers increase (John currently has lamb for sale). The potential for the farm to support blueberries and strawberries is also being assessed. That is just a start...

John luckily has a group of dedicated part-time helpers (and a few tractors) who assist with the work — much of which at this time of year consists of weeding and harvesting. These days it takes a special person to stick with tasks that are repetitive, labourious and lengthy. But the place seems abuzz with positive, youthful energy and I suspect that teamwork, good will, and a positive learning environment helps in generating it. John will be looking for some folk interested in interning next year. For anyone who is interested in organic farming as a potential livelihood, it is an excellent way to learn skills and what the life entails. Interestingly and encouragingly, John's daughter Jess Weatherhead has taken up the torch and now operates a small-scale organic farm, Roots and Shoots <rootsandshootsfarm.com>, with her partner Robin Turner, who was previously one of John's interns!

Patrons of the Main Street and Brewer's Park (Lansdowne) markets in Ottawa will in all likelihood recognize the Waratah Downs Organic Farm banner. For many years John has been, and will continue to be, a vendor at these markets. Now, too, Waratah is a welcome addition to the Perth Farmers Market. Be sure to check out their abundant harvest this fall.



Who They Are

Waratah Downs Organic Farm — John Weatherhead
3444 Scotch Line (County Rd. 10) Perth, ON K7H 3C5
267-7050 <waratahdowns@gmail.com> <waratahdowns.com>

What They Offer

Full complement of market vegetables, eggs, lamb. Farmgate sales by appointment and CSA shares (inquire).

Where They Sell

Perth Farmers' Market at the Crystal Palace, Saturdays 8AM-1PM
<perthfarmersmarket.ca>;
Ottawa Farmers' Market at Brewer Park, Sundays 8AM-3PM
<ottawafarmersmarket.ca>;
Main St. Farmers' Market at St. Paul's University, Saturdays 9AM-2PM
<mainstreetfarmersmarket.org>

Carrot Top Pesto Baked Fries

Rebecca Eide is a foodie photographer living in Almonte, who blogs at <rebeccaeats.com>. She's an accomplished baker inspired by natural, plant-based foods with a fresh vegan influence. This month, you'll find her recipe for Carrot Top Pesto Baked Fries (inspired by Waratah Farm) at <thehummm.com>



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Mediterranean Kale

This recipe is taken from the cookbook *Raw Food Made Easy for 1 or 2 People* by Jennifer Cornbleet.

4 kale leaves, stems removed
1½ tsp extra-virgin olive oil
1½ tsp fresh lemon juice
½ tsp salt
¼ red bell pepper, diced
1 tbsp raw pine nuts
1 tbsp sliced black olives
Dash black pepper (optional)

Stack two of the kale leaves with the stem end facing you, fold in half lengthwise, and roll tightly like a cigar. Slice crosswise into thin strips. Repeat with the remaining two leaves. Chop the kale strips crosswise a few times, so they aren't too long. Place in a mixing bowl along with the olive oil, lemon juice, and salt. Toss well with your hands, working the dressing into the greens. Add the red bell pepper, pine nuts, and olives and toss gently. Marinate for ten minutes at room temperature before serving. Season to taste with black pepper, if desired. Stored in a sealed container in the refrigerator, Mediterranean Kale will keep for three days. Bring to room temperature before serving.

OVCM Hall of Fame Inducts Randall Prescott

One of Canada's most awarded producers is about to be officially celebrated again — this time locally. On Sunday, September 28, Randall Prescott will be inducted into the Ottawa Valley Country Music Hall of Fame.

Randall was voted Canadian Country Music Association's Country Music Producer of the Year an unprecedented ten times in a row. He has numerous Gold and Platinum records to his name. He was nominated for a Grammy Award for work with Robbie Robertson, and received Junos and three Instrumentalist of the Year awards. He is an inductee in the CCMA's Hall of Fame as a member of The Family Brown. But there is something special about being recognized at home.

The Ottawa Valley Country Music Hall of Fame was established in 1980 to recognize groups and individuals who have made significant contributions to the ad-

vancement of country music in the Ottawa Valley. There is no doubt that Randall more than deserves to be in such august company. Along with his many duties as a performer and producer, Randall is also tireless in raising money for those in need. In addition to organizing many one-night fundraisers for very worthy causes, for the last fourteen years he has produced the Canadian Pacific Holiday Train, which has raised over nine million dollars for North American food banks.

A Family Affair

Music has always been a part of Randall's life. It was on a fateful visit with his father, Irwin Prescott, to Ralph Carlson's recording studio in Ottawa in the summer of 1969 that Randall fell in love with recording. In 1971, he joined his father's house band at the Golden Rail, playing six nights a week. It was while playing in Wayne Rostad's band that he picked up the banjo and harmonica. With his brother Ron, he formed The Prescott Brothers and quickly became well-known as a rocking country band in the area.

Eventually the bar scene grew tiresome, and so studio work and touring with Family Brown (and then Prescott Brown) became his passions. Thereafter he spent many years honing

his craft and winning many accolades for producing the Family Brown, The Prescott Brothers, Dan Paul Rogers, Charlie Major, Susan Aglukark, and many others.

These days, Randall and his multi-award-winning-in-her-own-right wife, Tracey Brown, are happy to be mentoring a new generation of Prescott-Brown performers. At one point in their lives, Randall and Tracey thought their offspring would pursue other careers, but apparently after a life spent around the music industry and on the tour bus, nature and nurture combined to lead the kids into the family business. Their daughter Kelly has a new album coming out soon that she recorded in Nashville, with many of Randall's top-notch musical friends lending a hand. Their son Kaylen co-writes with Kelly and co-produced the album, in addition to designing the graphics. Kaylen is also active shooting, editing, and directing music videos. As Randall says, "we are blessed to be able to invest in our kids now."

A Special Night

The Ottawa Valley Country Music Hall of Fame also strives to promote public interest in country music and its history in the Ottawa Valley, and organizes performance events where country music can be enjoyed. The 2014 Awards Show and Induction Ceremonies will take place on Sunday, September 28 at 7PM, at Centrepointe Theatre in Ottawa. Along with Randall Prescott, the other 2014 Hall of Fame inductees are Lyoness and Judy



Randall's long and illustrious musical career (above, as a pint-sized Prescott with his father Irwin, and at left with The Prescott Brothers Band) will be celebrated at this year's Ottawa Valley Country Music Hall of Fame Awards Show



Woodstock, Mike Hamelin, and Vic and Linda Garbutt. The event will be hosted by radio personality Joël Lamoureux, and the evening will feature over twenty of the best country artists and musicians the Ottawa Valley has to offer. Tickets are \$40 and can be purchased online at <centrepointetheatre.com> or by calling 613-580-2700. More information about the Ottawa Valley Country Music Hall of Fame can be found on their website <ottawacountrymusic.hof.org>.

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Stop & Smell the Chocolate

Speed Lollygagging?

Sure, we can all agree that taking a full day off to lollygag, to relax and take in your surroundings to the fullest, is best. Right? But sometimes life does not cooperate. You may have set aside your one free Saturday of the month to travel the Valley, only to wake to a dark morning of pouring rain

bles. And bathrooms! And conveniently near Neat... in case you relax too much and need a coffee or something.

There is more to visit in Burnstown, but that would have to wait 'til next time, because we were off to Renfrew!

Hidden Downtown

I am not from this area (moved here from Montreal twelve years ago), therefore I did not grow up visiting these Valley towns like some of you have. So when I drove to Renfrew a few years back, on a whim, I arrived via the 417, did a brief drive past the box stores, felt there must be a downtown somewhere, but didn't see it so just kept a-drivin'.

Entering this time via the Burnstown Road, with 334 Raglan Street South as my goal (and with a helpful navigator), we ended a beautiful country

by Rona Fraser

which, upon hitting the ground, seems to say in a staccato voice, "go back to bed go back to bed..." And who am I to argue with rain?! Sunday will be just as good, right? Well, that depends. Not everything is open on a Sunday, so if you have specific places you want to go, best find out their open hours first to avoid disappointment.

In order for me to avoid disappointment on my Sunday trip, I asked a couple of friends to join me, because adventures are always more fun with adventurous friends with which to share them!

Been to Burnstown?

All three of us vaguely knew the way, but could not remember when we had actually been to Burnstown. Perhaps you have been to a musical performance at **Neat Coffee Shop**? Well here's another reason to visit Neat: their smoothies! My raspberry-banana smoothie tasted like a sunrise in a cup! You select your favourite fruit or a combination; perhaps you like pineapple-mango (island holiday in a cup?). If you are not in a rush to get to a matinee in Renfrew, then perhaps you have time for their Breakfast Wrap or MonkeyJunk Pizza. Neat Café — not just for concerts! <neatfood.com>.

If it's a nice day, get your smoothie to go and lounge by **Burnstown Beach** (1537 Calabogie Road). Yes, I realize September may not be prime beach time, but you don't have to get in the water — it is a beautiful spot on the Madawaska River, with nice sand, a beautiful view, and convenient picnic ta-



drive with a parking spot right by the **O'Brien Theatre**, in the heart of downtown Renfrew <obrientheatre.com>. The theatre may not take your breath away from the outside, but I loved the entry (its deep purple walls brought out the purple cover of the August Humms on their counter), the seats were super comfortable (and kinda leaned back), and the movie itself cost \$6. For ADULTS! \$6! My friends and I decided we are definitely going back.

As you can imagine, my Humm bosses are quite familiar with Renfrew, and had many suggestions of where to visit... but not on a Sunday. We were, however, able to get a delicious post-movie lunch at **Coco Jarry's** <cocojarrys-restaurant.com>, a long-time fixture of downtown Renfrew serving an array of Greek dishes, steaks, burgers and more. I had a refreshing peach and strawberry salad, which was both beautiful and tasty, but if you like Greek food, try the Sampler Platter. Better bring a friend to share with though — even the "small" comes on two platters!



You'll find beaches, bridges, art, movies and food (even sushi!) in Burnstown and Renfrew

For you sushi lovers, plan a stop at **7 Star Sushi & Grill** <7starsushi.com> — sushi to sashimi, tempura to Tao, whether you favour eggplant and fried rice or beef teriyaki and popcorn chicken, buffet or à la carte, you're bound to find something you like here. And the windows are beautifully painted (kudos to "Giles", whose work can be found on windows in Renfrew and Arnprior, and in the photo to the left).

Before heading home, we sought out Renfrew's **Swinging Bridge**, over the Bonnechere River. Built in 1895 by the Kearney family, it was renovated/reconstructed and reopened in 1988, and is apparently one of only two in Canada. This is probably because SOME people like to make these bridges swing... which freaks OTHER people out... I'm not naming names...

Next time, I'll be sure to go on a Saturday in order to check out the rest of Rob and Kris's recommendations. Definitely going to try the chair massage at Kate's Barbershop...

Sunday Brunch

While we are talking about things to do on a Sunday, I have to tell you one of my new favourites: Sunday brunch buffet at the **Ginger Café** in the Carleton Place Train Station <gingercafe.ca>. From 10AM to 2PM, though I always get there early as I am hungry, there is a nice selection of items, and many are gluten-free and/or vegan. You serve yourself and then pay by weight. On my last visit I had fruit salad, potato salad, scrambled eggs with cream cheese and chives, a potato patty... so good. There was also tofu quiche and quinoa salad... and the previous time there were GF pancakes. Mmm... pancakes... And I highly recommend the GF chocolate-peanut butter square (actually a large rectangle) — get it to go, but cut off a piece to eat right then!



Musical Notes

Ottawa Valley Music Festival

Carleton Place pianist Kristian Clarke, an eighteen-year-old Carleton University music student and winner of the Ottawa Valley Music Festival Young Performer Scholarship, will be performing for the Festival as a prelude to its last concert of the 2014 season. The Festival Chorus and Orchestra will present John Rutter's *Requiem* at St. John Chrysostom Church in Arnprior on September 28 at 3PM. For more information and to purchase tickets, visit <ottawavalleymusicfestival.ca>.

The Town Singers of CP

The Town Singers Community choir of Carleton Place will be starting their Fall session on Tuesday, September 2 from 7-9PM at St. Andrew's church on Bridge Street. The choir of 75 singers welcomes new soprano, alto, tenor and bass voices this fall for their "Sounds of the Season" program that includes well-known holiday melodies such as *Merry Christmas Darling* and *It's Beginning to Look a Lot Like Christmas*. For more information contact Pat at <pbgrainger@rogers.com>.

Valley Voices

Almonte's Valley Voices will begin their season on Thursday, September 4. Practices are at 7:30PM at the Mississippi Valley Textile Museum at the back door (top of the hill). They sing a wide variety of music, but their fall session is mainly preparation for the Christmas Concert. This year the choir is also have a Halloween Mini Concert on October 30 at the MVTM, so they are starting their practices on the creepy side. If you would like more information, please contact Betty at <betty.goodwin@gmail.com> or 256-0551.

Glory to Thee!

Choral Evensong at St. James in Perth

The ancient — and modern — service of Evensong is being offered at St. James the Apostle Anglican Church in Perth on Sunday evenings once a month this fall, starting on September 21 at 4PM. The service follows Evening Prayer in the Book of Common Prayer, which is noted for its contemplative and spiritual language, and beautiful music. All are welcome!

The service is quite short and includes bible readings, prayers and a homily, interspersed with psalms, hymns and canticles sung to music. "It has been a joy to reinstate the service of choral evensong," says St. James' priest, Canon Christine Piper. "The reflective nature of the service — enhanced through exquisite choral renderings of ancient texts — offers an oasis of peace for those who attend."

Evensong was created during Henry VIII's reign, and combines elements found in two evening services — Vespers and Compline — which were sung by monks for over 1200 years. Where did the

monks get their services? They were based on those used in the earliest Church — a Christianized version of the synagogue services that Jesus, as a practicing Jew, attended and took part in. And if we push our enquiries still further back, we reach the time when the Jews were exiled to Babylon, far away from their beloved temple, and learned to sing the Lord's song in a strange land. What a rich history indeed!

Choral Evensong has inspired composers through the ages, and the St. James' Liturgical Choir will draw on this rich musical source. "We try to include music from across the thousand years of recorded church music," says music director Peter Woodward. "The service preludes and postludes feature a combo led by associate director Val Leavitt, playing everything from Bach to Brubeck on the Steinway grand together with bass, drums and trumpet or clarinet."

The EASE choir (Evensong and Special Events) invites sing-

ers — including those who sing with other choirs — to supplement the Liturgical Choir for Evensong by attending at least two Thursday rehearsals prior to each Evensong service. "In particular," says Peter, "we seek two tenors and two basses, as well as sopranos and altos, who would enjoy the varied and challenging choral music."

Choral Evensong takes place at 4PM on the third Sunday of the month: September 21, October 19 and November 16. On Sunday, November 30, also at 4PM, the Advent Procession with Carols will take place — a very different sort of carol service which anticipates the joyful season of Christmas.

St. James Church is located on the corner of Drummond and Harvey Streets in Perth. Travelling west on Highway 7, turn left at the first traffic light as you enter Perth. For more information, contact the church office at 267-1163 or check the website at <stjamesperth.ca>.



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JOHN RUTTER'S
REQUIEM

Sunday,
September 28, 2014
3:00 pm


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295 Albert St., Arnprior

www.ottawavalleymusicfestival.ca

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Free Admission for Kids 12 and under
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Claiming Column

Richard Gill Fall Show Opening, Oct 3
 Schoolbox Latin Fiesta, Oct 3
 Expressions of Art Studio Tour, Oct 3-5
 Blueberry Mtn Nature Walk, Oct 4
 Merrickville Studio Tour, Oct 4-5
 Crimes of the Heart, Perth, Oct 9-19
 Crown & Pumpkin, Oct 11-13
 Fall Colours Studio Tour, Oct 11-13
 Perth Autumn Studio Tour, Oct 11-13
 Merrickville's Jazz Fest, Oct 16-19
 Midsummer Night's Dream, CP, Oct 17-18
 PPAC: Campbell/Afiara, Oct 17
 Almonte in Concert, Oct 18
 Almonte Lectures, Oct 24
 BOTR: Harpdog Brown, Westport, Oct 24
 Evening of 1-Acts, Perth, Oct 30-Nov 2
 Frankie Valli Tribute, Perth, Nov 8
 Christmas in the Valley Artisan Show, Almonte, Nov 8-9
 Carleton Place Art Tour, Nov 8-9
 The Dirt on Tait McKenzie, Almonte, Nov 13-16
 PPAC: Denis Chang Quartet, Nov 14
 BOTR: Fathead, Westport, Nov 21
 Almonte Lectures, Nov 28
 Cinderella, CP, Nov 28-30, Dec 5-6
 It's a Wonderful Life, Perth, Dec 4-14
 Nick of Time Artisan Show, Perth, Dec 6
 CFUW House Tour, Perth, Dec 6-7
 Almonte in Concert, Dec 13
 Elvis Tribute, Perth, Dec 20

Festivals

Fibrefest, Sep 13-14. Fibre art demos/vendors & exhibits, Button Mania. At the MVTM, Almonte Arena & Curling Club., 256-3754 x7, mvtm.ca. \$5/day
Middleville Agricultural Fair, Sep. 13, 10AM. Farmers/artisans market, kids activities, livestock. middlevillefair.ca.
McDonalds Corners Fair, Sep. 20, 9AM-7PM. Horse & cattle shows, kid's games, food. mdcas.weebly.com/annual-fall-fair. \$5; \$3 ages 12-17; under 12 free

Visual Arts

Manitoba Art Opening, Sep. 5, 5-8PM. General Fine Craft, Almonte. generalfinecraft.com
Almonte & Area Artists' Assoc Mtg, Sep. 8, 7:30PM. Speaker Eileen Stevenson. Almonte Library. 256-5863, 4a-artists.ca
Meet the Artist, Sep. 12, 7PM-9PM, Amelia Ah You., Fairview Manor, 75 Spring St., Almonte.
North Gower/Kars Discovery Tour, Sep. 13-14, 10AM-5PM. Donations to food bank welcome. 489-2388, discovery-tour.ca
Meet the Artists, Sep. 14, 2-5PM. Deborah Arnold & Alan Mirabelli. Thoburn Mill, 83 Little Bridge St., Almonte
Almonte Quilters' Guild, Sep. 15, 7PM. Almonte Civitan Hall, 257-8444, mfishurben@gmail.com
Flippin' Art Night, Sep. 18, 5-7PM. Jim Moran & Jennifer Pagnutti. Ballygiblin's, CP. 253-7400, artscarletonplace.com. Free
Stationery Workshop, Sep. 20, 10AM-5PM. Create letterpress stationery. Papillon Press, Westport. papillonletterpress.com
Breaking Barriers Exhibit Launch, Sep. 20, 2-4PM. Art and performance by Propeller Dance. The Diefenbunker, Carp. Free
Arnprior & Beyond Arts Discovery Tour, Sep. 27-28, 10AM-5PM. Free self-drive tour. Arnprior area. abartsa@yahoo.ca
Canada Wild Photos/Music, Sep. 27, 8PM. Bill Pratt's nature photos with Rain-

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge Inroads Studio Tour Perth Fair, Perth Sundance Studio Tour, Maberly 	<p>2</p> <ul style="list-style-type: none"> Brock Zeman & Blair Hogan, O'Reilly's Pub Green Drinks, Perth Labyrinth Walk, CP Town Singers, CP 	<p>3</p> <ul style="list-style-type: none"> CP Horticultural Society, CP Open Celtic Jam, Naismith Pub Open Jam, O'Reilly's Pub Shawn McCullough, The Cove 	<p>4</p> <ul style="list-style-type: none"> Jazz at Bally's, Ballygiblin's Jazz Night, The Cove Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow
<p>8</p> <ul style="list-style-type: none"> AAAA Meeting, Almonte Carp Celtic Jam, Carp Masonic Lodge 	<p>9</p> <ul style="list-style-type: none"> Brock Zeman & Blair Hogan, O'Reilly's Pub Labyrinth Walk, CP Paper Lions, Neat Coffee Shop 	<p>10</p> <ul style="list-style-type: none"> Adult Bereavement Group, Perth Interval House AGM, Smiths Falls Mississippi Mills At A Glance, Almonte Open Celtic Jam, Naismith Pub Open Jam, O'Reilly's Pub Shawn McCullough, The Cove 	<p>11</p> <ul style="list-style-type: none"> Big Bro Big Sis Dine-Out Day, The Cove Jazz Night, The Cove Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow Seniors' Expo, Almonte The Clayton's & Brennen Leigh, Almonte
<p>13</p> <ul style="list-style-type: none"> Almonte Quilters' Guild, Almonte Carp Celtic Jam, Carp Masonic Lodge 	<p>16</p> <ul style="list-style-type: none"> Brock Zeman & Blair Hogan, O'Reilly's Pub Labyrinth Walk, CP Seniors Fraud Seminar, Maberly The Wooden Sky, Neat Coffee Shop 	<p>17</p> <ul style="list-style-type: none"> LIP Community Forums, CP Open Celtic Jam, Naismith Pub Open Jam, O'Reilly's Pub Shawn McCullough, The Cove 	<p>18</p> <ul style="list-style-type: none"> Alzheimer's Fundraiser, Beckwith Dog 101, Perth Flippin' Art Night, CP Jazz Night, The Cove Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow
<p>22</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge 	<p>23</p> <ul style="list-style-type: none"> Brock Zeman & Blair Hogan, O'Reilly's Pub Labyrinth Walk, CP 	<p>24</p> <ul style="list-style-type: none"> Adult Bereavement, Smiths Falls LIP Community Forums, Lanark The Lunchbox, Perth Open Celtic Jam, Naismith Pub Open Jam, O'Reilly's Pub Shawn McCullough, The Cove 	<p>25</p> <ul style="list-style-type: none"> Jazz Night, The Cove Kids' Book Signing, CP LIP Community Forums, Perth The Lunchbox, Smiths Falls Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow Take Back The Night, CP
<p>29</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge 	<p>30</p> <ul style="list-style-type: none"> Brock Zeman & Blair Hogan, O'Reilly's Pub Labyrinth Walk, CP 	<p>1</p> <ul style="list-style-type: none"> CP & District Horticultural Society, CP Open Celtic Jam, Naismith Pub 	<p>2</p> <ul style="list-style-type: none"> Don Ross, Perth LIP Community Forums, Almonte Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe

tree's music. Almonte Old Town Hall. raintreemusic.com. \$20

Merrickville Artists' Studio Tour, Sep. 27-28, Oct. 4-5, 10AM-6PM. 19 artists/craftspeople, merrickvilleartists.com

Youth

Auditions - Mudds Youth, Sep. 6, 10AM-1PM. For Wizard of Oz. mississippimudds.ca for details. Carleton Place Town Hall
Kids' Book Signing, Cathryn Morgan, GrrrOuch, Pain is Like a Grouchy Bear. Sep 13 (10-3) Mill Street Books, Almonte; Sep 24 (10-3) Read's, CP; Sep 26 (10-3) Ashton Store.

Theatre

The Station Theatre presents Alfred Hitchcock's **Rear Window** (Sep. 19, 7:30PM) and **The Birds** (Sep. 20, 7:30PM). 53 Victoria Ave. Smiths Falls. 283-0300, \$10/\$5

The Lunchbox, Sep. 24, 2pm & 7pm. Full Circle Theatre, Perth; Sep. 25, 7pm. Station Theatre, SF. Film Night International.
Spiritual Cinema Circle, Sep. 28, 2pm. McMartin House, Perth. 267-4819, fp@superaje.com. \$2 donation

Literature

LiPS Poetry Slam/Open Mic, Sep. 12, 7PM (signup 6:30). Feat. Sean O'Gorman. The Thirsty Moose, CP. lanarklips@hotmail.com. \$5 (performers free)

Music

Town Singers Choir 1st Rehearsal, Sep. 2, 7-9PM. Join the choir! Weekly rehearsals at St. Andrew's Presbyterian Church, CP. pbgrainger@rogers.com
Musicians' Circle, Thursdays, 7PM. Musicians only - all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall

Bolingbroke Café: StringTease, Sep. 5, 8PM. ABC Hall, Bolingbroke. 273-8718, merion@kingston.net. \$10

The Clayton's & Brennen Leigh, Sep. 11, 7PM. Country music double bill. Tickets at Mill St. Books or Gemmill's Store. Union Hall. theclaytonsmusic.com. \$20

KEWT: Kathryn Briggs/Terry Tufts, Sep. 12, 8PM. Live recording at Almonte Old Town Hall (\$25/\$20 adv); private reception at Foodies (\$25 adv). 256-9090, millstreetbooks.com

Elton John/Billy Joel Tribute, Sep. 13, 8PM. Studio Theatre, Perth. 267-6817, shadowfax.on.ca. \$30

White Lake Acoustic Jam, Sep. 13, 7-10PM. Old time, bluegrass, blues, country, fiddle, folk, gospel. White Lake Fire Hall. wlol.ca/home/hot-licks-acoustic-jam. Free
Marie-Lynn Hammond, Sep. 14, 2PM. MERA Schoolhouse, McDonalds Corners. 485-6464, ticketsplease.ca. \$24

Jazz House Concert, Sep. 20, 8PM. Nathan Corr & Market Mayhem. jazzn.ca. \$25 cash

Miguel De Armas Latin Jazz Quartet, Sep. 20, 6PM. Studio Theatre, Perth. 983-0049, eventbrite.ca/directory. \$25

Ottawa Summer String Ensemble, Sep. 20, 7:30PM. \$25 at Mill St Books, door. Almonte Old Town Hall. 256-1077

European Renaissance meets Ottawa Valley, Sep. 21, 2PM. The Shuffle Season. St. Andrew's Church, Pakenham. 623-3823, theshuffleseason.com. \$12

Beginner Blues Harp Workshop, Sep. 27, 2-3PM. With Catriona Sturton. Mississippi Mills Musicworks, Almonte. 256-7529, mmmmusicworks.ca. \$30

Ottawa Valley Music Festival, Sep. 28, 3PM. St. John Chrysostom, Arnprior. 649-2429, ottawavalleymusicfestival.ca. \$25; \$10 students; 12 & under free

Don Ross, Oct. 2, 8PM. With Thomas Leeb., Full Circle Theatre, Perth. 267-6817, donrossonline.com. \$25

SEPTEMBER 2014

Friday

Saturday

Sunday

<ul style="list-style-type: none"> 🎵 Acacia Lyra, Gaia Java 🎵 StringTease, Bolingbroke 🎵 LIP Community Forums, Arnprior 🎵 Manitoba Art Opening, Almonte 🎵 Rik Emmett w/Dave Dunlop, Neat Coffee Shop 🎵 Shawn McCullough, The Cove 🎵 Steve Barrette Trio, The Swan at Carp 🎵 The Brockolees, Golden Arrow 	<ul style="list-style-type: none"> 🎵 Auditions - Mudds Youth, CP 🎵 Head over Heels, The Cove 🎵 Lanark Co. Genealogical Soc., Perth 🎵 Live music, Golden Arrow 🎵 Mississippi Mills River Run, Almonte 🎵 Mundells Fish Fry, Pakenham 🎵 Wellness Day for Interval House, CP 	<ul style="list-style-type: none"> 🎵 Harvest Church Supper, Beckwith 🎵 Head over Heels, The Cove 🎵 Lanark County Harvest Festival, Beckwith 🎵 Magnolia Rhythm Kings, The Royal Oak 🎵 Open Mic w/Kelly Sloan, Ashton Pub 🎵 Valley Singles Lunch, Renfrew 🎵 Walk of Hope for Ovarian Cancer, Burnstown
<ul style="list-style-type: none"> 🎵 Fearing and White, Neat Coffee Shop 🎵 Jaan Kolk, Gaia Java 🎵 KEWT: Kathryn Briggs/Terry Tufts, Almonte 🎵 Light Up the Labyrinth, CP 🎵 LiPS Poetry Slam/Open Mic, CP 🎵 Meet the Artist, Almonte 🎵 Shawn McCullough, The Cove 🎵 Texas Tuxedo, Golden Arrow 	<ul style="list-style-type: none"> 🎵 Elton John/Billy Joel Tribute, Perth 🎵 Fibrefest, Almonte 🎵 George Reynolds, Golden Arrow 🎵 Harvest Food & Drink Show, Almonte 🎵 John Wilberforce, The Cove 🎵 Kids' Book Signing, Almonte 🎵 Middleville Agricultural Fair, Middleville 🎵 North Gower/Kars Discovery Tour 🎵 White Lake Acoustic Jam, White Lake 	<ul style="list-style-type: none"> 🎵 APEX Jazz Band, The Royal Oak 🎵 Fibrefest, Almonte 🎵 Clay Young Duo, Fiddleheads 🎵 Head over Heels, The Cove 🎵 Marie-Lynn Hammond, McDonalds Corners 🎵 Meet the Artists, Almonte 🎵 North Gower/Kars Discovery Tour 🎵 Open Mic w/Kelly Sloan, Ashton Pub
<ul style="list-style-type: none"> 🎵 Cdn Songwriter Summit, The Cove 🎵 Greg Kelly, Gaia Java 🎵 LIP Community Forums, Renfrew 🎵 Lonesome Sky, Golden Arrow 🎵 Pharis and Jason Romero, Neat Coffee Shop 🎵 Rear Window, Smiths Falls 🎵 Scottish Country Dancing, Perth 🎵 Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> 🎵 Breaking Barriers Exhibit Launch, Carp 🎵 Stationery Workshop, Westport 🎵 Celebrate The Platters, Gallipeau Centre 🎵 Creativity in Nature, Carp 🎵 Jazz House Concert 🎵 LAWs Bake Sale, CP 🎵 Lonesome Sky, Golden Arrow 🎵 McDonalds Corners Fair, McDonalds Corners 🎵 Miguel De Armas Latin Jazz Quartet, Perth 🎵 Millworkers' Reunion, Almonte 🎵 Ottawa Summer String Ensemble, Almonte 🎵 Pig Roast, Almonte 🎵 The Birds, Smiths Falls 	<ul style="list-style-type: none"> 🎵 European Renaissance Concert, Pakenham 🎵 Magnolia Rhythm Kings, The Royal Oak 🎵 Open Mic w/Kelly Sloan, Ashton Pub 🎵 StringTease, The Cove
<ul style="list-style-type: none"> 🎵 Almonte Lectures: Beer, Almonte 🎵 Kids' Book Signing, Ashton 🎵 Kristine St-Pierre, Gaia Java 🎵 Scottish Country Dancing, Perth 🎵 Shawn McCullough, The Cove 🎵 Terry Tufts & Kathryn Briggs, Golden Arrow 🎵 Tribute to Patsy Cline, Gallipeau Centre 	<ul style="list-style-type: none"> 🎵 Alpaca Farm Days, Ompah 🎵 Arnprior & Beyond Arts Discovery Tour 🎵 Ballintotas Alpacas Open House, Braeside 🎵 Beginner Blues Harp Workshop, Almonte 🎵 Brea Lawrenson, Golden Arrow 🎵 Canada Wild Photos/Music, Almonte 🎵 Creative Arts Fair, Smiths Falls 🎵 Head over Heels, The Cove 🎵 Hub's Glitz Gala, Almonte 🎵 Merrickville Artists' Guild Studio Tour 	<ul style="list-style-type: none"> 🎵 Alpaca Farm Days, Ompah 🎵 APEX Jazz Band, The Royal Oak 🎵 Clay Young Duo, Fiddleheads 🎵 Arnprior & Beyond Arts Discovery Tour 🎵 Ballintotas Alpacas Open House, Braeside 🎵 Head over Heels, The Cove 🎵 Merrickville Artists' Guild Studio Tour 🎵 Open Mic w/Kelly Sloan, Ashton Pub 🎵 Valley Festival, Arnprior 🎵 Spiritual Cinema Circle, Perth 🎵 The NightCrawlers, Generations Inn
<ul style="list-style-type: none"> 🎵 FIELDWORK presents outdoor art <fieldworkproject.com> 🎵 Fairview Manor Foyer presents paintings of Amelia Ah You 🎵 General Fine Craft, Art & Design presents contemporary art from Manitoba <generalfinecraft.com> 🎵 Kanata Civic Art Gallery presents Shades of Grey group show <kanatagallery.ca> 🎵 MVTM presents Reiko Sudo + Nuno — textiles from Japan <mvmtm.ca> 🎵 Ottawa West Arts Assoc Gallery presents "It's a Wonderful Life" <owaa.ca> from Sep 6 🎵 Palms Coffee Shop presents works by Jill McCubbin <palmsonline.ca> 🎵 Railway Museum presents Whistle Stop Dentist — Life on the Dental Car 🎵 The Mississippi Mills Chambers Gallery presents Marie Rakos' mixed media/abstracts 🎵 The Almonte Library Corridor Gallery presents Soul Play (Textile Artists) 		

Lanark Co. Genealogical Soc., Sep. 6, 1:30PM. Recording Memories of Lanark Ancestral Homes Project. Archives Lanark, Perth. 866-2029. Free

Mundells Fish Fry, Sep. 6, 4:30-7PM. St. Andrew's United Church, Pakenham. 256-8190. \$15, \$7 under 12

Wellness Day for Interval House, Sep. 6, 10AM-3:30PM. Pampering, readings, classes. Angels Roost Studio & Spa, CP. LCIH.com

Valley Singles Lunch, Sep. 7, 1PM. Finnigan's Road House, Renfrew. 623-6698.

Lanark County Harvest Festival, Sep. 7, 11AM-4PM. Local producers, artisans, food seminars. Harvest Supper 4-6:30 (\$12 tickets please.ca). Beckwith Park, 1-888-452-6275, harvestfestival.ca

Ovarian Cancer Walk of Hope, Sep. 7, 9AM. Bittersweet Gallery, Burnstown. 1-877-413-7970, ovariancancerwalkofhope.ca

Adult Bereavement Groups, Sep 10 (1-3PM, Lanark Lodge, Perth); Sep 24 (1-3PM, Alzheimer's Society, Smiths Falls). 267-6400, rebeccac@chslc.ca. Free

Lanark County Interval House AGM, Sep. 10, 6PM. Railway Museum of E. ON., 90 William St. W., Smiths Falls. LCIH.com

Mississippi Mills At A Glance, Sep. 10, 7-9PM. Activity info & registration for all ages. Almonte Community Centre, 256-1077

Big Bro Big Sis Dine-Out Day, Sep. 11, Dine at a participating restaurant in Almonte, CP, Perth, SF. 283-0570

Senior's Expo, Sep. 11, 9AM-3PM. Info for people 50+ & caregivers. Almonte Community Centre, 256-1031 x39. Free

Light Up the Labyrinth, Sep. 12, 6PM. CP & Beckwith Heritage Museum, CP. 257-1014, carletonplacecommunitylabyrinth.blogspot.com

Harvest Food & Drink Show, Sep. 13, 1-6PM. 19 yrs+. Tickets at Hello Yellow. Almonte Ag Hall. \$30 (incl 10 sample tickets)

Seniors Fraud Protection Seminar, Sep. 16, 1PM. OPP talks re identity theft, tel/ internet scams. Maberly Community Hall

Alzheimer's Fundraiser, Sep. 18, 5PM. Ambush, catered food, lawn games. Stonefields, Beckwith. 858-9590. \$115/\$165

Dog 101, Sep. 18, 6-8PM. Perth Library. 283-9308, lanarkanimals.ca. Free (by donation)

Scottish Country Dancing, Sep. 19, 9:30AM. Fridays. All levels welcome., Mc-Martin House, Perth. 264-2787

Creativity in Nature, Sep. 20, 10AM-3PM. Carp Ridge EcoWellness Centre, Carp. 839-1198x305, ecowellness.com

LAWs Bake Sale, Sep. 20, 8AM-11AM. Fundraiser. Carambeck Com. Centre, CP. 283-9308, lanarkanimals.ca

Millworkers' Reunion, Sep. 20, 2-4PM. Mississippi Valley Textile Museum, 3 Rosamond St. E., Almonte. mvmtm.ca

Pig Roast, Sep. 20, 5PM. Music by Brea Lawrenson. Almonte Legion, 256-2142. \$10 from Legion

Take Back The Night, Sep. 25, 6PM. Raise awareness re violence against women/ children. CPTown Hall, LCIH.com

Almonte Lectures, Sep. 26, 7:30PM. Beer & the Brewing Industry. Almonte United Church, almontelectures.ncf.ca. Free

Alpaca Farm Days, Sep. 27-28, 10AM-4PM. Open house, Silent Valley Alpaca Ranch, Ompah. 479-0307, silentvalleyalpaca.ca

Ballintotas Alpacas Open House, Sep. 27-28, 10AM-5PM. Fibre arts demos. Ballintotas Alpacas, Braeside. ballintotasalpacas.com

Creative Arts Fair, Sep. 27, 10AM-3PM. Smiths Falls Community Health Ctr. smiths-fallsarts@gmail.com

Hub's Glitz Gala, Sep. 27, 7-10PM. \$15 at Hub. Supports Hub Hospice & Youth Camps. Almonte Civic Hall. 256-5225

CP & District Horticultural Society, Oct. 1, 7PM. Talk re the harvest & mini-flower show. St. Andrew's Church, CP. cphorticulture.ca

The Swan at Carp (Carp, 839-7926):
Sep 5, 19 Steve Barrette Trio, jazz, 7-10PM, no cover

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

The Cove (Westport, 273-3636): Wed Shawn McCullough 7-10PM, Thurs Jazz w/Spencer Evans Trio 9-11PM, Fri (x19) Shawn McCullough 6-9PM
Sep 6, 27 Head Over Heels, 6-9PM
Sep 7, 14, 28 Head Over Heels, 12:30-3:30PM
Sep 13 John Wilberforce, 5:30-8:30PM
Sep 19 Cdn Songwriter Summit: Rick Fines, Kevin Head, Dean McTaggart, Terry Tufts, \$50 buffet + show
Sep 21 StringTease, 12:30-3:30PM

Ballygiblin's (CP, 253-7400), jazz, no cover
Sep 4 Peter Brown, Don Paterson, Dave Arthur, Glenn Robb, 6-9PM

Neat Coffee Shop (Burnstown, 433-3205): 8PM
Sep 5 Rik Emmett w/Dave Dunlop, \$52.50
Sep 9 Paper Lions, \$22
Sep 12 Fearing & White, \$30
Sep 16 The Wooden Sky, \$25
Sep 19 Pharis and Jason Romero, \$25

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, 257-4423): Sundays Open Mic w/Kelly Sloan, 2-5PM

O'Reilly's Pub (Perth, 267-7994): 8:30pm. Tuesdays Brock Zeman & Blair Hogan, Wednesdays Open Jam w/Dave Balfour

Alice's Village Café (Carp, 470-2233): Open mic Thursdays, 7:30PM

Fiddleheads (Perth, 267-1304): Sunday Jazz Brunch, 12-3pm.
Sep 14, 28 Clay Young Duo.

Gaia Java (Stittsville, 836-5469): Live music
Fridays, 7-9PM, no cover
Sep 5 Acacia Lyra
Sep 12 Jaan Kolk
Sep 19 Greg Kelly
Sep 26 Kristine St-Pierre

Golden Arrow Pub (Perth, 267-4500): 9PM
Sep 4, 18 Open Mic w/Stephen Staines
Sep 5 The Brockolees
Sep 6 TBA
Sep 11, 25 Open Mic w/Matt Dickson
Sep 12 Texas Tuxedo
Sep 13 George Reynolds
Sep 19, 20 Lonesome Sky
Sep 26 Terry Tufts/Kathryn Briggs
Sep 27 Brea Lawrenson

Gallipeau Centre Theatre (Smiths Falls, 284-9916):
Sep 20 Celebrate The Platters, 7PM, \$39.50
Sep 26 Patsy Cline tribute, 7:30PM, \$29.50

Generations Inn (Carleton Place, 253-5253): no cover
Sep 28 The NightCrawlers, 6-9PM

Community

Green Drinks, Sep. 2, 5:30PM. Informal meeting of environmental folk., Around the Corner, Perth. GreenDrinks.org.

Labyrinth Walk, Tuesdays, 9-10AM. Labyrinth keeper on site. CP & Beckwith Heritage Museum, CP. 257-1014. Free

CP & District Horticultural Society, Sep. 3, 7PM. Talk: Japanese-inspired gdns. St. Andrew's Church, CP. cphorticulture.ca

Lanark Immigration Community Forums, Brainstorming sessions, 6-7PM. Sep 5 Arnprior Masonic Hall; Sep 17 CP Arena; Sep 19 Renfrew Rec Ctr Gym; Sep 24 Lanark Civitan; Sep 25 Perth Library; Oct 2 Almonte Old Town Hall. lanarkcountywelcomesyou.com

Mississippi Mills River Run, Sep. 6, 8:30AM. Register aegleevnts.com. Almonte Fairgrounds

Planning September

Summer's done, and I didn't do half the stuff I planned. Monday to Friday got in the way, leaving me only Saturday and Sunday to fill with leisure. By then I was regrouping for the next week, and suddenly it was August, the extravaganza of Puppets Up! was upon us, and lo and behold, I feel like that little green guy on TV, wailing, "It's over!"

by Glenda Jones

Already the posters are lauding all the activities for September and even October — yikes, that's months away, isn't it? We have to mark off weekends far away... long before we can even think of what we'll be up to at that time. I'm supposed to map out the various dog agility trials I want to attend from here to Christmas or my entry might be refused. I need to see which concerts fall on what nights, if there are lectures we should be attending, what volunteer activities will need my attention. It's all too much when Labour Day is still two weeks away.

So here's what I intend to do. I'm going to book off one full day in early September to make a plan of attack for the fall. Of course, I'll start by crossing off every Wednesday afternoon — Hub day — wouldn't miss that for love nor money! Then I'll book off Tuesdays to dedicate to agility stuff — dogs don't recognize days off. Friday nights are often lecture evenings, so those better go too. Monday will be Sage Age in the morning (too much fun to pass up), and there'll be performances on Thursdays, no doubt. We've got a lot of woodcutting to accomplish, so I think Friday is a good day to do that, at least until November. Right now, Thursdays are looking fairly free, so maybe we should call that "date day," and reserve that for meeting friends or going to a movie. Add in three

committee meetings a month, and there we go: my time is organized.

So where's the time for painting, writing, reading, and the ubiquitous knitting? I tell myself I'll have a bunch of time between the "have-tos" to do the "want-tos". But just when will I be disciplined enough to do that? Do I really think I'll haul out the paints and set it all up for an hour when I can lose myself in a jigsaw puzzle for the same time? If the activity is at hand, I would have a much better chance of accomplishing it. That's why my knitting lives near the TV. I multi-task — not always successfully, as is witnessed by the number of times I tear an item out and start again.

I suppose I'm kidding myself that a plan will ever be a reality, since life is what happens while you're making plans of any sort. For instance, if we'd had an actual plan, we'd have missed discovering a new winery a half hour from the house. If we'd had a real plan, we wouldn't have dropped everything and picnicked at Pinhey's Point. A real plan would have left no time for dinner and dominoes, or trips to the greenhouse, or lunch at a friend's cottage.

Perhaps it's better to simply tumble out of bed on Monday, and see where the week will take us, noting of course the activities to which we've long ago committed. Maybe, however, we should be careful in those commitments, that we don't fall into the old trap of believing any activity will only take a half hour. It's better to give ourselves fully to one or two things, and let the other things just be sidebars to the week. Maybe then we'd find that elusive hour or two to tackle the "want-tos."

I know the real problem for a lot of us is using that teensy word "NO", because it means we're cutting ourselves out of personal contacts and entertaining activities, but honestly, would it hurt if once or twice we did it? Wouldn't some other enthusiastic soul step up to take our place? Likely, but having

Let's Light Up the Labyrinth!

On Friday, September 12, the warm glow of more than 600 candlelit luminaries will flicker along the path of Carleton Place's **Community Labyrinth** for this year's Light Up the Labyrinth. You can find it at the corner of George and Baines Streets, beside the Carleton Place & Beckwith Heritage Museum (267 Edmund Street).

In a departure from other evening labyrinth walks, organizers are asking participants to gather at 6PM to prepare and place luminaries for a 7PM candlelit walk.

Debby Lytle, chairperson for the Labyrinth Committee, explains: "This year, we thought we'd change it up a bit. We are a very small committee and really need some extra hands to make this event happen. Join us at 6PM to help assemble and place the luminaries, then everyone will have a chance to be part of lighting up the labyrinth at 7PM before the walk begins. If you have a BBQ lighter, bring it along, and if people are able to assist with the dismantling of the luminaries at the end of the night, that would be a great help as well!"

The Labyrinth Committee of Carleton Place invites you to bring out your lanterns and join the evening walk. As in other years, participants are encouraged to bring along their glow-sticks, lanterns or flashlights. This year, we are fortunate to have live music with local musician Kerron Lamb.

These candlelit walks have become a popular fall event, as individuals and families from across the region bring along their festive lanterns, and enjoy



Help light up the labyrinth in CP on September 12


a walk in the crisp autumn air. "Children love this particular nighttime event. It's a chance to bring along one of their own lantern creations," says Julia Heathcote, a volunteer. To add to the after-dark fun for children, glow-in-the-dark face painting will also be available.

For those who wish to relax and watch the candlelight, garden benches and a wheelchair-accessible contemplation ring encircle the labyrinth. If you would like to sit for a while and take in the candlelight glow, bring along a lawn chair too. 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. Labyrinth Park is always accessible, and on Tuesday of every week until the end of September, there is a volunteer labyrinth-keeper onsite. For more information, or if you would like to help prepare the luminaries, please contact Debby at 257-1014. For more details, check out Carleton Place Community Labyrinth on Facebook.

been on the asking end when volunteers are being sought, I know how painful it is to hear the NO word.

There is no solution for this conundrum of time management. I think I'll go back to my old "plan", which entails scribbling on the calendar, and being vigilant never to include more than two activities in one day. Then each Sunday night, I'll see how frenetic the coming week is going to be, and vow the following week will be different. My only hope might be to watch less TV, and use some of that evening time for creative pursuits. That's if I haven't done more than two things in the day. If so, then it'll be hot-tub time, knitting a few more rows, and hoping I don't fall asleep before the next commercial!

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KANATA CIVIC ART GALLERY

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Local Immigration Partnership

Next Steps for Our Communities

The Local Immigration Partnership (LIP) is an Ontario-wide initiative whose purpose is to strengthen the role of communities across the province in integrating and serving the newcomer population. The primary focus of the first three years of the project was to create positive settlement outcomes for newcomers. The LIP model also offers an opportunity for the communities it serves to consider and apply effective attraction and retention efforts, while local economies experience low population growth due to a lack of recent immigration when compared to other regions who have successfully settled contemporary newcomer populations.

The best practices for addressing the looming skilled labour shortage point to positive change in the way Canada conducts its immigration practices. One of those changes identified by our government was for communities to focus on welcoming newcomers and assisting with social integration. The upcoming skilled labour scarcity is seemingly not as immediate in this region yet, but is increasingly becoming an issue as the baby boomer workers and entrepreneurs move into retirement. Therefore, in order to foster increased population and economic growth in the region, an emphasis on community development is required.

In order to focus on a welcoming communities approach, LIP is currently calling on local players to bring forward any ideas they may have that LIP could support in the future, through a series

of community forums they are hosting across the region in September. The goal is to have a wide variety of interest groups come forward with plans on how they could modify or create new programming that demonstrates their existing welcoming nature. LIP wants those residents who are naturally good neighbours and who express a welcoming tone regularly to be the highlights of this pilot project. Everyone is welcome.

As the pilot develops over time, our communities will begin to see a celebration of culture and ethnicity being increasingly publicized and attended. LIP plans to demonstrate the highly attractive nature of our communities by showcasing these strengths and connecting new residents with local champions. The LIP partners would like to cordially invite all interested parties to attend their interactive, fun and dynamic forum being held in your community. More information about the events, the project and the partners can be found at <renfrewcountywelcomesyou.com>.

LIP is delighted to offer the community the opportunity to lead this initiative through their existing talents, interests, gifts and welcoming nature. Together, along with creative ideas and organized support, collective success is possible and can include every person in every community. LIP strives to celebrate and employ every community's assets and strengths — they hope you can join them in their efforts.

Calling All Millworkers!

The Mississippi Valley Textile Museum is hosting its third annual **Millworkers' Reunion** on Saturday, September 20, from 2–4PM. The museum invites all former workers from textile mills in Appleton, Almonte, Carleton Place and Perth, or their representatives, to come out and enjoy a pleasant time meeting former acquaintances and sharing memories. The Barley Shakers band will entertain with toe-tapping Celtic and Valley tunes, and delicious refreshments will be served.

This will also be a great opportunity to see the stunning textiles from Japan in the exhibition *Reiko Sudo + NLINO*, currently showing in the MVTM's gallery.

We also invite you to bring along a favourite family recipe from your millworking days that can be added to the MVTM's new "Heritage Cookbook". Come out and spin a few yarns with us!



The Mississippi Valley Textile Museum hosts its third annual Millworkers' Reunion on September 20





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LIGHT UP THE LABYRINTH

FRIDAY September 12th, 2014, 6:00 - 9:00 pm



Gather at 6 pm to prepare and place luminaries on the labyrinth

photo by Robert McDonald

Carleton Place Community Labyrinth

Corner of George & Baines Streets, Carleton Place

Bring your Glowsticks, Lanterns, or Flashlights!

"Glow in the Dark" Face Painting

Live Guitar with Local Musician Kerron Lamb

Sponsored by The Labyrinth Committee & Carleton Place in Bloom

For more information contact: Debby 613-257-1014

blog: <carletonplacecommunitylabyrinth.blogspot.com>

facebook: <http://www.facebook.com/carletonplacecommunitylabyrinth>



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Brenda Beatie



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Oh Deer...

Disclaimer: please consult your imaginary friend before heeding any of the following advice. Got a question? Send Miss Write an email at <misswrite@thehummm.com>.

Dear Miss Write,

Ontario highways have signs warning drivers of "increased risk (of deer collisions) when flashing". Why don't they just leave the lights off for safety?

— Sebastian Weetabix

Dear Bastiamin,

Can I call you Bastiamin? That's what my cousin used to call his imaginary friend and I always thought it was just the cutest mispronunciation of Sebastian ever. But I digress.

by Emily Arbour

This, my friend, is a very excellent question. Why don't they leave the lights off?! What a tremendous waste of tax dollars! Imagine the electrical cost the province incurs each time these lights are set to flash mode. Let alone the cost of installing them in the first place. Anyone with half a brain (you, namely) can see that the answer is simply to leave nature well enough alone. Brilliant, my good man. I'm calling someone. Better yet, you call them. They'll listen to you.

Dear Miss Write,

Recently someone posted something negative (on Facebook) about the service they received at the restaurant I work at. Instantly their post was filled with terrible comments, and I couldn't help but feel defensive, since the situation they spoke of wasn't far off one I had recently had with a customer. Were they talking about me? Will these comments hurt the business? Is there anything my restaurant can do to deal with social media slander in a positive way?

— Socially Slighted

Dear SS,

Social media platforms like Facebook are a great way for businesses to grow their client reach, but they are also a notorious breeding ground for negativity. People loooooove to complain, justified or not, and Facebook is an easy way for them to be "heard" in perhaps the most passive aggressive way possible. But don't fret. Facebook is also so full of content that, unless this one has serious legs, it

will quickly become part of the noise and all will be soon forgotten. That's not to say your restaurant shouldn't face this music. In fact, I recommend they do. Companies who respond calmly and professionally to negative (and positive!) comments are the ones who, I feel, are using social media to the greatest advantage. No person or business is perfect, and by admitting mistakes and addressing issues in a public forum, your company has an opportunity to defend itself and change opinions. By responding to your customers on social media, your business automatically becomes less of a faceless corporation, and more of a human being. You become accessible, and accessibility breeds loyalty. These comments will not hurt your business if they are responded to in a professional way.

Dear Miss Write,

When are we going to the barbecue? I know you said 6 o'clock. Is it 6 o'clock yet? Is it almost 6 o'clock? I think the little hand is on the six now. Look. Can you look? Mooom? Is it 6? Griffin wants to know if it's 6 too.

— Clementine

Companies who respond calmly and professionally to negative (and positive!) comments are the ones who, I feel, are using social media to the greatest advantage.

Dear Clementine,

We will go to the barbecue as soon as I am done writing this one last piece. It is not 6 o'clock yet. The little hand has to be exactly on the six, and the big hand needs to be exactly on the twelve. The more questions you ask me, the slower that clock is going to move. Have you ever watched a pot boil? I mean really watched one? I didn't think so. Because if you watch a pot boil, it won't. Same goes for clocks. Now go play with your brother until I come get you, and tell that little beast that even when it is finally 6 o'clock, we still can't leave until he's wearing pants.

— Emily Arbour is a freelance writer, mother, and shop owner who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking Sebastian Weetabix what new cereal you should try. Only difference is he doesn't have a column in this fine publication.

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Miss Write's Super Swag Goody Grab

OK kids — go drink a double latté, fire up your social medium of choice, and get in on the great give-away action. Miss Write is getting serious this month, and to prove it, she's putting her money where her mouth is by offering

two tickets to the Etsy: Made in Canada show

taking place at the Bell Sensplex on Saturday, September 27. That's where you can join Miss Write, Handmade Harvest, and 200 local Etsy sellers as they gather for a nationwide handmade love-fest. Wanna get in for free?

Visit <www.thehum.com> and send Miss Write a question!

Check back in next month for a new give-away. We'll have tickets to local concerts, plays, shows and lots more!



Enjoy a little piece of paradise for only \$219,900.

This idyllic location is only five minutes drive from Carleton Place and twenty minutes from Kanata. The cute cottage has been recently renovated and offers three bedrooms, bathroom, open concept kitchen, wood stove heat, and a deck to watch the local wildlife in complete privacy. This two acre lot runs along a private bend in the river with a shallow clean rock bottom making this a perfect spot for children or kayakers to play. Please call for more details about easily converting the cottage to a year-round home.



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Words From Westport

Where Has the Summer Gone?

As I sit here trying to write some great information to send your way, it just blows my mind that it is again time for Words from Westport. Where did the time go? Is it because I am getting older? NO, that cannot be so... although everyone says that — even the young folks I talk with these days are saying the same thing.

by Georgia Ferrell

Despite the rain, which thankfully delayed coming until mid-afternoon, MUSICwestport was a huge success. The bands kept the town a-hoppin' and great music was enjoyed by all. Many artisans had their work on display along Spring Street, and were happy with the day's rewards.

Some news from the art community here: the 25th annual **Fall Colours Studio Tour** is scheduled for Thanksgiving weekend, and many artists are working very hard to prepare their studios and display their work. We hope to see you here! Some of the studios you will be able to visit include The Enchanted Forest Studio (where great photography, fine clothing, paintings, pottery and sculpture will be wonderful eye candy), Papillon Press (showcasing letterpress printing and illustration), and Gristmill Studio (featuring the art of Diane Black and guests). The new Centre for Creative Learning is a great addition to the tour, as is Laviolette Studio of Fine Woodworking. Stay tuned for more information as Thanksgiving gets closer, and in the meantime check out <westportstudiotour.com>.



Thanksgiving weekend's Fall Colours Studio Tour will include works by Mary Lou Devine (above), Brian Mantrop (left) and many other artists

And if literature is your artistic medium of choice, mark October 4 on your calendar! The Westport Arts Council's 7th annual **Writers Reading** event will feature award winning writers Terry Fallis, Charlotte Gray, Ian Hamilton, and Diane Schoemperlen. The readings take place from 1-5:30PM in the Westport United Church at the corner of Church and Spring Streets. Tickets are available in several Westport locations, and further information can be had at <westportartscouncil.com>.

Westport is also gearing up for the fall elections. As a brand new Canadian, I am especially keen to learn all I can about municipal politics — I sort of feel like I am living in high school civics class. As a long-time resident, however, I am looking forward to hearing candidates' views on current and future happenings in my newly adopted town, and voting (since I now can do it legally!) for those I believe can do the best job.

Finally, a very BIG thanks to all those who participated in the fundraising events for Marsha Thake (Lace Up 4 Marsha).

OTTAWA SUMMER STRING ENSEMBLE

Conducted by Donnie Deacon



A new and vibrant string orchestra will present a concert conducted by the talented and affable Donnie Deacon. The group will perform Grieg's Holberg Suite, Elgar's Serenade for Strings, Holst's St. Paul's Suite, Vivaldi's Concerto Grosso in D minor and local composer Randy Demmon's vignette, Country Dance at the Mt. Ida Hall. Under Deacon's tutelage this fine group of string players offerings promise to be varied, accessible, spirited and entertaining.

Tickets are \$25 and are available in person at Almonte Old Town Hall, 14 Bridge St. Almonte, ON (Cash only) or by credit card through Mill Street Books, 52 Mill St. Almonte, 613-256-9090.

A portion of proceeds from this event will support Mississippi Mills Cultural Plan initiatives and recommendations.

Saturday, September 20th at 7:30 PM
Almonte Old Town Hall
14 Bridge, Almonte, Ontario



Active Transportation Benefits Tourism & Health

The influence of local people-powered advocates like Jeff Mills, Bob Woods, Jordan Smith and others will soon pay off as Active Transportation comes to Mississippi Mills.

According to Transport Canada, “active transportation” refers to all human-powered forms of transportation, in particular walking and cycling. It includes the use of mobility aids such as wheelchairs, and can also encompass other human-powered devices such as in-line skating, skateboarding, cross-country skiing, canoeing and kayaking.

With just one dedicated bike lane, Mississippi Mills lags behind other municipalities in the province, and Ontario is far behind Quebec. If all goes well, a pending Active Transportation study and the abandoned rail line through our town will help us catch up.

Current Status

In late May, Jeff Mills, representing Mississippi Mills Bicycle Month and Mills Community Support, partnered with Danielle Shewfelt from the Leeds, Lanark and Grenville District Health Unit, and Tiffany MacLaren from the Town of Mississippi Mills, to organize and host the Eastern Ontario Active Transportation Summit at the Almonte Old Town Hall. This rural-focused event was a fact-filled two days of great lectures and workshops. Speakers explained their successes elsewhere and helped show the way forward.

In June, Mississippi Mills awarded Dillon Consulting the contract to create a transportation master plan. It will take into account our transportation needs for the next twenty years. The plan must also address active transportation which, according to



Ontario Ministry of Transportation guidelines, includes “sidewalks, on-road bicycle lanes and routes, multi-use pathways, bike parking, effective signage, and pedestrian crossings, as well as human-scaled and pedestrian-oriented development patterns.”

We are behind many regions and municipalities in Ontario. Thankfully, the annual Mississippi Mills Bicycle Month event, co-chaired by Jeff Mills and Bob Woods, has raised the awareness of how much cycling adds to health and enjoyment (my favorite bicycle month event is Birders on Bikes, organized by Bob Volks and Louise Beckinsale of Gilligallou Bird store in Almonte).

Lanark County is now adding paved shoulders to many county roads to accommodate cyclists. The Mississippi Mills public works department intends to “harden” part of the road shoulder when they pave or repave a rural road, provided a wide enough gravel margin already exists. Look for the first such upgrade when the Town renews part of the Cedar Hill Sideroad in Pakenham this summer.

This year, Mississippi Mills Bicycle Month released a bilingual cycling map with funding help from the Town’s Community and Economic Development Committee. Local mapmaker John Donaldson did the mapping, and Lise Ladouceur of Pêches et Poivre translated the text. The Lanark County Tourism Association is in the beginning



Designed along an old railroad between Boisdés-Filion and Mont-Laurier, Le P’tit Train du Nord (above) is now a 232km tourist and recreational trail. Shaun McLaughlin feels that this area has a similar opportunity to develop the recently vacated CP rail line (below left).

phase of developing a county-wide cycling map for release in 2015.

Also last year, Jordan Smith and other hardy mountain bikers completed a single-track cycling and ski trail from Almonte to the Mill of Kintail across private land. It is the first leg of a hoped-for off-road trail network.

Future Plans

Two counties, Lanark and Renfrew, plus the Township of Papineau-Cameron, are negotiating with Canadian Pacific to purchase the abandoned rail bed that runs from Smith Falls to Mattawa. The intent is to make a trail.

Once the CP rail line is in public hands, Mississippi Mills must work with other towns that share the route, especially Carleton Place and Beckwith, on a joint rail-trail plan that complements our economies and lifestyle aspirations.

The existing rail trail that runs from Ottawa to Carleton Place could extend through Mississippi Mills into Renfrew. From that county, a bridge connection across the Ottawa River could link our trail to the 5000 kilometres of bike trails in Quebec. That link could put our local tourism industry in the direct path of multi-day cycling tours — a growing part of the vacation industry.

Also, the gorgeous Mississippi River bisects our town. Thanks mostly to topography, the river corridor is largely free of visible homes and cottages. I believe the Town should promote the river as a tourism destination for paddlers, birders and naturalists, using Almonte and Pakenham as river destinations. Adding docks at key locations and erecting portage signs will help increase use of this priceless tourism asset.

Inside the limits of Almonte — from the Snedden Casey ball diamond on the south to Carss Street in the north — I would like to see the rail bed become an in-town active transportation corridor. It should be paved to make it easily accessible by people with mobility challenges, including those who use motorized wheelchairs. Such a people-focussed highway would provide direct access from The Mills’ seniors’ apartments on Country Street to the library, Almonte Old Town Hall and Mill Street.

The rail bed within Almonte must be limited to active transportation users — people do not want ATVs and snowmobiles buzzing through urban neighbourhoods. The same prohibition can be extended to Pakenham village if residents ask for it.

Challenges

We need to ensure that the rail bed in rural Mississippi Mills can safely support all users. Navigation rules on water give non-motorized craft the right-of-way over motorized craft. We need a similar ar-

angement for the rail bed. Cyclists should not have to move aside for ATVs. Skiers should not have to step outside of set tracks for snowmobiles.

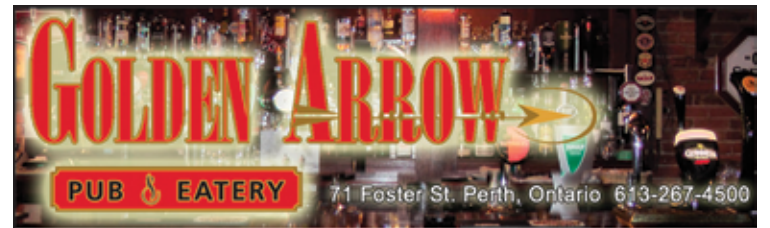
Snowmobilers already have far more dedicated trail access than skiers. Lanark County offers hundreds kilometres of snow trails. With recent regulatory changes in Lanark County and Mississippi Mills, quads can now travel on the shoulders of non-urban roads. So, motor sports are already well accommodated.

To stay informed on the progress with the trail, look up Ottawa Valley Rail Trail on Facebook.

Benefits

Small investments that cater to cyclists and paddlers will bring tourism dividends to Mississippi Mills. Cycling and walking are fundamental to healthy and sustainable communities. Active transportation is a winner for our economy and complements our lifestyle ambitions.

— Shaun McLaughlin



Open mic every Thursday night
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Monday Dart league starting October 6th

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	6	TBA
	12	Texas Tuxedo
	13	George Reynolds
	19	Lonesome Sky
	20	Lonesome Sky
	26	Terry Tufts & Kathryn Briggs
27	Brea Lawrenson	

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Fairies, Shoes and Mattresses in Mudds 2014-15 Line-Up

It's that time of year again! Time to get out your calendar and mark the dates for the **Mississippi Mudds'** upcoming theatre productions. From enchanting classic tales to well-loved magical musicals, you won't want to miss the shenanigans and musical entertainment by this Carleton Place-based theatre group.

The Mudds' 41st season kicks off with a classic Shakespearean comedy. Twenty young actors between 12 and 17 (with four tiny fairies between 8 and 11) will present *A Midsummer Night's Dream*, in the round. It's all about the perils of young love amid the pranks of magical spirits. Directed by Mark Piper and produced by Wendy Jewell, show dates are October 17 and 18 at 7:30PM, and October 18 and 19 at 2PM. Tickets are \$10 each.

Next up, just in time for the Christmas season, is a traditional family show: *Cinderella*. However, this show includes modern songs, clowns, an irascible monarch and Dobbin the horse! Directed by Judith and Tony Scott, produced by Kim Balazzi, with music direction by Tony Stuart, it is sure to be a hit with all ages. Show dates are November 28 and 29, and December 5 and 6 at 7:30PM, with matinées at 2PM on November 30 and December 6. Tickets are \$20 evenings; \$15 matinées.

Follow your nose, or perhaps your red slippers, down the famous yellow brick road in February for *The Wizard of Oz Young Performers' Edition!* With familiar songs from the MGM classic movie, and plenty of wonderful and wicked characters, join Dorothy, Toto and her new friends on her travels to find the Wizard and hopefully a way home. Show dates are February 20, 26 and 27 at 7PM, and February 21, 22 and 28 at 2PM. Tickets are \$10 for all performances.

And, finally, the spring production brings the fairy tale *Once Upon a Mattress*. If you thought you knew the story of *The Princess and the Pea*, you may be in for a walloping surprise! With hilarious and romantic songs, this is a rollicking spin on classic royal courtship and comeuppance. Show times are at 7:30PM on April 24, 25 and 30, as well as May 1 and 2. There will be a 2PM matinée on April 26. Tickets are \$22 for all performances.

All shows take place at the Carleton Place Town Hall, at 175 Bridge Street. Tickets are available at Read's Book Shop, 135 Bridge Street (257-7323). For more details on all these shows, please visit <mississippimudds.ca>.

The Challenge of Shakespeare

Twenty young local actors in the Mississippi Mudds Youth Theatre have decided to take on the supernatural this year. This October, the young players will bring Shakespeare's *A Midsummer Night's Dream* to the Carleton Place Town Hall.

A perennial favourite, *Dream* tells the well-loved story of spirits in the forest playing tricks on the



The Mississippi Mudds have a stellar season planned for 2014-15, starting with a Youth Troupe production of *A Midsummer Night's Dream*

mortals that get lost there. The trickster sprite Puck — a staple character of early English folklore — bewitches the impulsive teenage lovers, making them fall in love with the wrong people, and then turns the foolish actor Nick Bottom into a donkey, and makes the beautiful queen of the spirits fall in love with him. Only by the intervention of the king of the spirits is everything set to right in the end. There is magic, music, and uproarious comedy — all served up with Shakespeare's soaring poetry and philosophical observations about the true nature of love.

"I'm very proud of this young Shakespearean troupe; they've never shrunk from a challenge," says director Mark Piper. "Over the past four years, we've done *Macbeth*, *Much Ado About Nothing*, *Hamlet*, and *Othello*. As a consequence, I am lucky enough to have a core of very experienced young performers who are quite familiar with the medium. So I was able to go with a larger cast this time, and we have a strong cache of new recruits, including — as the little fairies in the forest — a few very brave pre-teenagers, who have taken to these small Shakespearean roles as if it were the most natural thing in the world."

"The cast has to balance school, responsibilities at home, and all their other commitments, while at the same time learning their characters and keeping up with rehearsals. But they do it. And there we are, two times per week, practicing our lines, working on our timing, and hitting our marks. And at every rehearsal the actors warm up with that famous monologue — from another play — that begins: 'To be or not to be...' I hear from their parents that they come to the Saturday morning breakfast table with that speech on their tongues; I'm not sure whether any of the parents are ever going to forgive me for that!"

Certainly, watching these young people get ready to bring the Bard to life, one can't deny that there must be at least a little magic in the air. Watch for *A Midsummer Night's Dream*, presented by the Mississippi Mudds Youth Theatre, coming to the Carleton Place Town Hall in the third week of October.

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Perth & District Union Public Library
30 Herriott St, Perth

October 2
Almonte Old Town Hall
14 Bridge Street, Almonte

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Sun. Sep 7, 14 & 28 **Head Over Heels** on the Patio, 12:30-3:30
Sat. Sep 13 **John Wilberforce** (Guitar/Vocals), 5:30-8:30
Fri. Sep 19, **Between the Lines** Canadian Songwriter Summit with Rick Fines,
Kevin Head, Dean McTaggart & Terry Tufts, \$50 Buffet & Show
Sun. Sep 21 **StringTease** (Gypsy/Folk), 12:30-3:30

KEWT: Briggs/Tufts New Album & Show

It's new. It's a long time coming. It's the combined musical efforts of Kathryn Briggs and Terry Tufts. It's KEWT! (And that requires some explanation... Kathryn Elizabeth William Terence... an acronym discovered by Mr. Tufts, who thought it had some marketing merit.)

On Friday, September 12, at the Almonte Old Town Hall, you're invited to a **live recording performance** of a new album entitled *Mother Lode* — a collaborative effort of instrumental works by Kathryn Briggs and Terry Tufts. Tufts and Briggs have been married for sixteen years now and during that time they have played numerous shows together and toured across Canada but, until now, they have never recorded a full album together. Almonte's own Ken Friesen will be at the helm, mixing sound, and John Geggie joins the project on bass.

The show on September 12 sees the doors of the Almonte Old Town Hall (14 Bridge Street) open at 7:30PM, with the show starting at 8. Master of ceremonies for the evening is singer/songwriter Nathan Sloniowski. Tickets are \$20 in advance (until September 11) or \$25 at the door. For folks who don't want the fun to stop, a ticketed post-show, **private reception** at Foodies Fine Foods, 34 Mill Street (minutes away from the concert venue) fol-



Kathryn Briggs and Terry Tufts invite you to a special live recording performance in Almonte on September 12

lows, from 10PM to midnight. Reception tickets are \$25 and include a pre-order CD or a KEWT t-shirt, as well as canapés and more music! A cash bar will be available. Please note: this is a *separate* ticket from the show, so please indicate to the folks at Mill Street Books if you want to attend the show *and* the reception, and they'll make sure you get tickets for both. Reception tickets are only available in advance. All tickets can be purchased at Mill Street Books, 52 Mill Street in Almonte (256-9090). For more information, please email <kathrynbriggsmusic@gmail.com>.

“A Seriously Fun Affair!”

Alzheimer's FUNdraiser on September 18

Battling the serious effects of Alzheimer's, both on those afflicted and on their loved ones, is no fun. Event planner Ian Garland and his 94-year-old mother Betty are coping with Betty's seven-year fight with Alzheimer's by organizing a fundraiser called “A Seriously Fun Affair!” on September 18 at Stonefields near Carleton Place. They hope an entertaining, “country chic” event, with hilarious yet poignant moments, will be the magic pill to tackle and share their Alzheimer's struggle, and contribute proceeds to alleviating challenges experienced by so many in Eastern Ontario.

Betty and Ian were greatly assisted by recently winning a \$20,000+ Charity Event Giveaway offered by Stonefields Event Destination and six key

partners, based on sharing family experiences with Alzheimer's <stonefieldsheritagefarm.com>. Betty has adapted and still enjoys her time with others. Everyone around her cherishes moments when her mood is lively, upbeat, and reminiscent of when Alzheimer's did not get in the way.

This team wants people to be serious about Alzheimer's Society charity support, yet have a blast at this Fundraiser featuring Canada's rockin' band Ambush, comedic and dance routines, three renowned regional caterers, back 40 lawn games, even a “Serious or Fun” wishing well!

Formore details, please visit <wilson-young.com> and link to “A Seriously Fun Affair!”, call Ian at 858-9590, or email <ian@wilson-young.com>.

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Thanksgiving Dinner Theatre!

Heritage Mica Days is excited to once again present their Thanksgiving Dinner Theatre at Murphys Point Provincial Park. This annual one-of-a-kind event held on Saturday, October 11, has become a guest favourite, so tickets sell out quickly.

Imagine yourself as part of an intimate group of 24 people, following a trail to the Silver Queen Mine in the company of character actors. The script of *Dave Lally Cooks a Turkey* tells of the adventures of the Lally family, original homesteaders in the Murphys Point area, with a lot of truth and a whole lot of whimsy. Your adventure

starts at the Lally Homestead area at 6PM and unrolls in a series of theatre/storytelling vignettes along the Silver Queen Mine trail, and underground into the mine. Your evening is topped off when you enter the miners' bunkhouse for a full hot dinner at the trestle tables, while itinerant musicians ply their trade. "Cookie" even permits dancing on this occasion!

Tickets are \$75 per person and must be purchased in advance (price includes all gratuities and vehicle entry fees). Purchase four tickets at one time for a special price of \$255 (a 15% savings). Tickets are available securely online at <heritagemicadays.ca> or by calling 267-5340. Note that it is about a 2km return trip walk from the parking area to the mine site. The Silver Queen Mine Trail is not a barrier-free trail. Dogs are not permitted at this event due to health regulations surrounding the food service. This is a licensed event and mostly suited to adults.

Heritage Mica Days takes place at Murphys Point Provincial Park, located about 20 minutes southwest of Perth and easily accessed by County Road 21 (Elm Grove Road). Driving directions and information about all Heritage Mica Days events are available at <heritagemicadays.ca> or by calling Beth at 267-5340. Heritage Mica Days is a program of the Friends of Murphys Point Park, a registered non-profit charity that formed in 1995. It works in cooperation with Ontario Parks and is one of dozens of Friends organizations throughout the province. Funding support is provided by the Ministry of Tourism, Tay Valley Township and local partners.



Heritage Mica Days is gearing up for another Thanksgiving Dinner Theatre this year. (above) Guests enjoying the dinner theatre in the bunkhouse in 2013.

Expressions of Art

Mark your calendars now — the West Carleton Arts Society's annual Fall Show and Sale, **Expressions of Art**, is coming soon! The weekend before Thanksgiving weekend, thirty-four inspired local fine artists will display their work in the Agricultural Hall on the Carp Fairgrounds.

The Arts Society is excited to announce that Ottawa Mayor Jim Watson and West Carleton-March councillor Eli El-Chantiry will jointly open the show on Friday evening. The opening reception will be on Friday, October 3, from 7-9PM. After the opening remarks, Ottawa musician Spencer Scharf will entertain us with his varied musical interpretations of songs we all know and love. Everyone in the community is invited to come and meet Mr. Watson and Mr. El-Chantiry, enjoy Spencer's music, share a nibble from the desserts and beverage table, and look at the wonderful art on display.

This year, the theme for the always popular Viewer's Choice display is

"The Selfie". Be sure to vote for your favourite interpretation for a chance to win dinner for two at the Greystone Grill in Constance Bay.

Expressions of Art will be open October 3 from 7-9PM, October 4 from 8AM to 4PM, and, October 5 from 10AM to 4PM. Everyone is invited.



Works by Olaf Krassnitzky (above) and many others will be on display at Expressions of Art on October 3, 4 and 5

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