

SEPTEMBER 2015

the Hummm

free

Arts,
Entertainment
& Ideas



p.30 & 31

September's Events

CLASSES

COURSES

LESSONS

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Alpaca Farm Days



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Fall Art Events



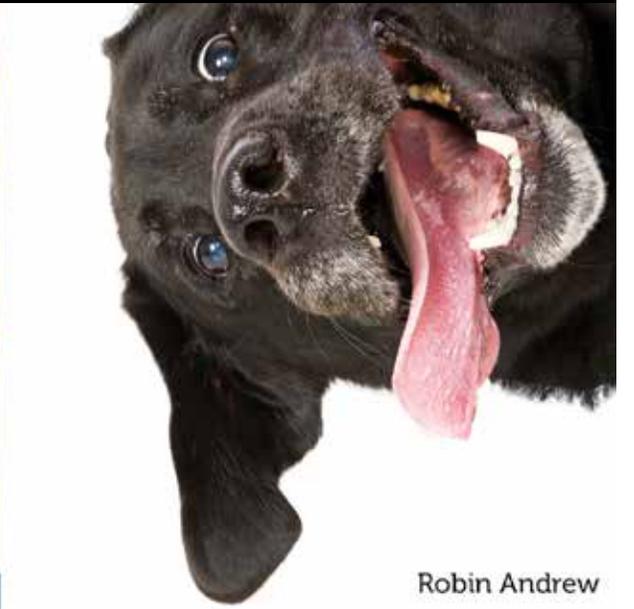
Bill Young



Bill Pratt



Dale Dunning



Robin Andrew

The Art of Siz p.3



Rod Trider

September is

Grand Re-Opening Month!



Check us out on the web, Facebook and Twitter for new and exciting changes and weekly deals coming to Valley Paint this month!

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"There goes the neighbourhood!"

This Month – in Print & Online

Wow — we thought the summer months were full of events in the Ottawa Valley, but September is kind of kicking some serious cultural assets into high gear. This month's issue is maxed out at 40 pages, and there's not a column inch to spare!

Literature lovers are going to be enthralled by line-up at the Perth Chapter of the Ottawa International Writers Festival (see the article on page 6 and the ad on the back page) and the Kingston Writersfest (page 19). There are two books by local authors being launched this month, so also check out page 27 to find out more. Perth Library's new CEO, Erika Heesen, reminds us on page 38 that you can check out much more than books at your local library, and you can see her top picks for books about libraries at <theHumm.com/September2015>.

There's so much going on in the visual arts that we couldn't fit everything into our "Hanging Around the Valley" column on pages 20 and 21. To be sure you don't miss any of the shows and tours leading up to and including the Thanksgiving weekend, also see pages 25, 35, and of course our calendar of events on pages 30 and 31.

There are also several events of interest to nature lovers this month. The first Mississippi Valley Field Naturalists' talk of the season will help you take a 'peep' at the Wild Bird Care Centre (page 23), and then the Mississippi Madawaska Land Trust invites you join author/photographer Michael Runtz at the beaver pond at High Lonesome Nature Reserve (page 28). You can get pruning tips from Ed Lawrence (page 15), find out about the Fall Nature Walk on Blueberry Hill (page 36), and so much more.

If movies are your thing, may we suggest checking out pages 8 and 9, where you'll find the latest offerings at the Station Theatre in Smiths Falls (Kubrick classics, anyone?), the September "Movie on the Mississippi", and our new film reviewer's top picks of 2015 (so far). If you're going to watch any of them at home, consider grabbing some take-out food and supporting one of your local restaurants.

Then there are all the musical, theatrical, and community offerings... guess you'll just have to read every page of this issue!



Back in early 2013, **Deidre Hierlihy** wrote: "This is a picture I took of **Kate Davis**, a member of the Ottawa/Gatineau Printmakers Connective. She is reading the Humm outside Union de escritores y artistas de Cuba in Holguin. Kate is one of five printmakers from the Ottawa area who went to Cuba in January to hang an exhibit of prints for Semana de la cultura, Jan 14-19. The show, "Mi pais es...invierno", (My country is winter) was inspired by the French Canadian folk song by Gilles Vigneault. It includes 40 hand-pulled prints by 25 area artists. After U.N.E.A.C., the show will travel through the eastern part of Cuba. Sadly, we will not travel for the duration of the winter, and are all back home now.

What's Your Take on Perseverance?

Do you agree with optimist Thomas Foxwell Buxton that:

"With ordinary talent and extraordinary perseverance, all things are attainable"

Or do you resonate with the more pragmatic opinion of Mr. Gingrich:

"Perseverance is the hard work you do after you get tired of doing the hard work you already did."

Perhaps, like Bauvard M.C. Humphreys, you are tempted to make a sow's ear out of a silk purse:

"I don't believe in failure. I'm perseverant - I believe in failing."

Whatever your take, you'll find two considered opinions in the "Classes, Courses, Lessons" section of this issue — one from dance student Katie Smith (page 13), and the other from music teacher Tony Stuart (page 16). Happy reading!

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Everyone who remembers to use their travel mugs and re-usable bags. It all helps!

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5iz Going “Madly Off in All Directions”

The diverse and superb results of five photographic eyes behind multiple lenses are on display this month at Almonte’s Mississippi Valley Textile Museum. Robin Andrew, Dale Dunning, Bill Pratt, Rod Trider and Bill Young present an intriguing display of their photographic art. Appropriately titled “Madly Off in all Directions,” the result is a testimony to their extraordinary imagination, individuality, ingenuity, inspiration and intuition. The show is an eye-opener to anyone interested in the potential of digital photography.

by Sally Hansen

Challenging Comfort Zones

For the past five years the members of the 5iz Photographic Collective have shared, discussed and critiqued each others’ images, expanding horizons and pushing the boundaries of their comfort zones.

Bill Pratt travels the globe to capture stunning images of wildlife and landscape. Pratt is well known to Valley audiences for his audio-visual presentations of our vast Canadian natural world that has formed him and is responsible for many of the national characteristics for which Canadians are known.

Back in 1990, as a civil engineer with Parks Canada, he logged 4500 miles in an RV to produce a slide presentation on Canada’s historical sites. Since we featured him in December of 2004, Pratt has extended his photographic reach to shoot in Ireland, China, El Salvador and Antarctica, traveling recently to the far north (Svalbard) with fellow 5iz member Bill Young. While Pratt has expanded his geographic and artistic horizons, and converted from film to digital technology, Canada remains his primary passion and his focus. He continues to pursue his mission of reminding us of the greatness of our country, to fuel our desire to keep it and our values and principles intact.

Like all of the 5iz members, he is committed to continuous improvement and growth as a photographic artist. The knowledgeable critiques, and the continuous exposure to different ways of seeing and creating images coax him out of his comfort zone.

On his website, **Bill Young’s** gallery offers a spectacular collection of images from around the world. From Svalbard to South Africa, from the ruins of Greece to the modern architecture of Dubai, from frosty Ottawa to the heat of Sossusvlei in Namibia, his subject matter is as eclectic as his locations. A leisurely scroll through his “Favourites” and his recent works quickly substantiates the inclusion of this Kanata-based photographer as a member of the otherwise Valley-based 5iz collective.

Always visually oriented, Young finds photography the perfect medium for expressing himself, seeking to tell a story with each photo. He values

workshops, believing that sharing and comparing techniques and perspectives is endlessly inspiring. A long-time member of the RA Photo Club in Ottawa, Young initiated the club’s feedback group in 2002, and was co-winner of the Photographer of the Year award in 2007. He is also a member of the Canadian Association for Photographic Art (CAPA), and contributed an article on fine art printing to their Canadian Camera Magazine.

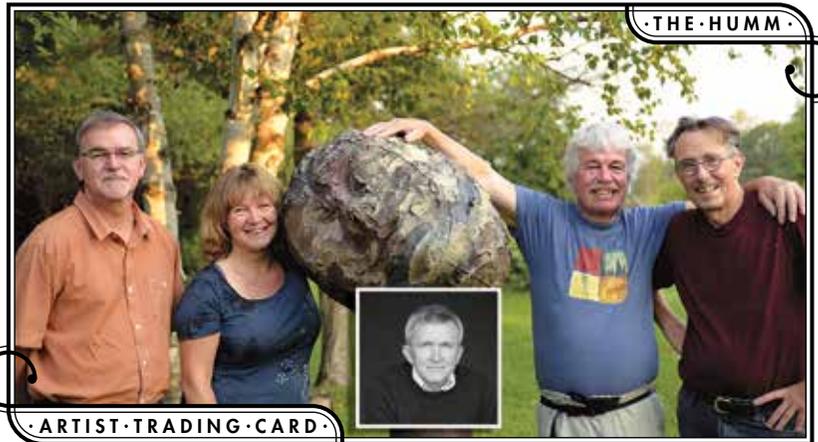
Studio photographer **Robin Andrew** stays closer to home geographically, but constantly explores and invents techniques to lure the most natural portraits from even the most reluctant subjects — little boys who can’t be reasoned with, and daddies who hate to have their pictures taken. Clients can assemble in her large and creatively equipped country studio near Carleton Place and discover her uncanny ability to convert a notoriously stressful occasion into fun. Since we featured her in January of 2007, she continues to redefine “studio.” She and her crew will also bring her *unposed* studio to your event as well as to your office.

It’s not just the props and the toys that enable Robin to capture genuinely happy and totally relaxed expressions on subjects ranging in age from three months to 85 years old. It’s her totally disarming personality, her ingenuity, her patience, her technique and her ability to create opportunity. Any photographer who generates a waiting list of candidates to pose nude for successive editions of the “Nudes of Mississippi Mills” fundraising calendars has a gift for connecting with people.

In 2010, Ottawa Metro readers recommended Robin’s *unposed* as one of the “Top 5 Photographers in the Ottawa region,” and the Ottawa Business Journal featured *unposed* as a 2015 market leader. Although she works hard to make her photographic subjects at ease, she strives to push the limits of her own comfort zone, welcoming the inspiration and the challenge provided by her 5iz participation. Check her website for examples of the creative, fun, full of energy photos she elicits from private and business clients alike.

Rod Trider is a photographic-based multi-media artist, master digital printer, national and international photographic competition judge, teacher and presenter. Committed to finding an original creative slant in every photographic opportunity, he experiments with new techniques of processing, printing and presentation so that each work stands out. This includes working with metal, glass and transfers to wood, as well as using epoxy resin.

Rod exhibits extensively in art galleries, art shows and public spaces across North America, and has works in collections around the world.



He has curated or co-curated over twenty art exhibits, and teaches and presents at photo clubs, regional conferences and at SPAO – School of the Photographic Arts Ottawa. He is an international photographic competition judge, teaches judging for CAPA and the Greater Toronto Council of Camera Clubs, and currently is Vice President of CAPA. At 5iz he too benefits from the feedback and creativity of the others.

Last but definitely not least is **Dale Dunning**, with his infallibly unique take on every subject. Anyone familiar with Dale’s highly prized sculptures expects to invest some effort in discerning even a portion of the possible interpretations of his pieces. Since his appearance in our May 2000 issue, his artistic repute has continued its steady rise; he just learned that one of his bronze sculptures has been purchased by a designer in NYC for a client in the world-famous Dakota Apartment Building.

Dale became interested in photography as he experimented with documenting and publicising his sculptural art. When asked for an adjective that starts with the letter ‘i’ to describe the 5iz, he immediately offered “Inscrutable.” Dunning’s *Nature Morte* photographic series comes close. It took quite a while before the underlying subject matter revealed itself to me. Many photographers cite the biggest advantage of embracing the addiction as enhancing their ability to see things. Dunning elevates the skill to new dimensions. He shows us new things by camouflaging and hiding things that are right in front of our eyes. Characteristically, possible interpretations of his new art images are abundant, and indeterminate. Whether you like puzzles or abstract art, *Nature Morte* is unusually intriguing.

Madly Off in All Directions

The 5iz Photographic Collective are displaying their disparate but equally rewarding approaches to art photography from September 17–27 at the Mississippi Valley Textile Museum at 3 Rosamond Street East in Almonte. There will be a public vernissage on Wednesday, September 16, from 7–9PM. On Friday, Sept. 18, from 7:30–10PM you can enjoy “An Evening of Visual Splendor.” Bill Pratt, Bill Young and Dale Dunning will present six audio-visual shows, with the entire ticket price of \$25 to be donated to the Museum. The doors open at 7PM, so you can browse the full exhibit, settle in for two and a half hours of exceptional photographic art and discussion, and support a very worthy heritage institution.

You’re in for a treat when you browse the websites of these very talented 5iz (addresses on the back of their Trading Card and links at thehummm.com/September2015).

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WHO 5iz Photographic Collective

THE HUMM

Robin Andrew <unposed.com>, Dale Dunning <daledunning.net>, Bill Pratt <billprattphoto.com>, Rod Trider <rtrider@advancedimages.ca, website under development>, Bill Young <byoungphoto.com>

WHAT Five art photographers dedicated to continuous improvement

WHEN "Madly Off in All Directions," Sept. 16-27 at the Mississippi Valley Textile Museum, Almonte; Vernissage Wed. Sept. 16, 7-9PM; "An Evening of Visual Splendor," Fri., Sept. 18, 7:30-10PM, 6 AV shows as a fundraiser for MVTM, <mvtm.ca>, 256-3754

ARTIST TRADING CARD

Fibrefest Marks 20 Years

Mark the weekend of September 12 and 13 on your calendars because you won't want to miss the Mississippi Valley Textile Museum's 20th annual Fibrefest. At two locations — the Museum and the Almonte Arena — visitors will find demonstrations, vendors, and exhibits presenting a full two-day festival of fibre arts! Local guilds will demonstrate spinning, knitting, weaving, rug hooking, lacemaking, smocking and quilting.

Many guilds will be rising to the challenge of exhibiting special works celebrating twenty years of Fibrefest. 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 include a large number of vintage clothing and jewellery dealers, allowing patrons to enjoy and purchase a huge variety of vintage fashions in one location.

The Friends of the Mississippi Valley Textile Museum will offer their popular tea room services, featuring homemade goodies, beverages and sandwiches at very reasonable prices.

While visiting the Museum, explore 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.



This year's two-day festival of fibre arts takes place in Almonte on September 12 and 13. Don't miss the 20th annual Fibrefest!

Featured Artist

The Ottawa Valley Guild of Stitchery will present a special exhibit of amazing cross-stitched works by artist James Cripwell. Cripwell and his wife Jill discovered counted cross-stitch while he was on assignment in The Hague, and filled their walls with scenes and themes from Holland and Europe. Upon retirement, they naturally took up stitching. Being a scientist, Jim attacked the problem of patterns and colours. Unsatisfied with simple patterns created by others, he created his own designs using scanned pictures and pattern-making software. His outstanding work was well-known across the country and this exhibit is not to be missed.

Don't miss the Lamb Race!

At 4PM on September 13, 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.

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 to Fibrefest is \$5 per day, which includes access to all sites. For more details, call the Museum at 256-3754 or visit <mvtm.ca>. See you there!

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Alpaca Bag and You Start the Car...

If a day in the country does a body good, then this year's **National Alpaca Farm Days** are just what the doctor ordered! Three area farms are excited to throw open their barn doors on September 26 and 27 — 10AM 'til 4PM daily — to share their alpaca lifestyle with visitors. From Cumberland to Braeside to Ompah, there's a destination for everyone. Wilhaven Ridge Alpacas, Ballintotas Alpacas, and Silent Valley Alpaca are all gearing up for a busy "open-farm" weekend.

Although never measured, it's hypothesized that interacting with alpacas can lower blood pressure, promote calm, and lead to lots of smiles. These members of the camelid family, relatives of the llama, are raised for their amazing fleece. Called "fibre of the gods" in native Peru, alpaca is as soft as cashmere, warmer than wool, and less likely to trigger allergies. The fibre from these animals can be transformed into a multitude of products including socks, mittens, scarves, sweaters and duvets. Visitors will be amazed at the variety of items area farms produce.

Of course, fibre enthusiasts will already know that nothing feels better in the hand than raw alpaca fleece, rovings and yarn. With a resurgence of interest in natural materials, consumers are embracing alpaca. Sourced directly from area farms, it presents an eco-friendly, sustainable alternative that consumers can feel good about buying. Add to that the fact that, according to the Yarn Council of America, people from all walks of life are discovering the health benefits of the fibre arts, including stress relief and improved mood, and the benefits are overwhelming.



Explore everything alpaca at this year's **National Alpaca Farm Days**, taking place on September 26 and 27 at three farms in the area

So if you're looking for a fall weekend outing with scenic vistas, exotic animals, friendly farm hosts and stunning hand-crafted artisan products, National Alpaca Farm Days is just the prescription! Visit all three farms online and "Like" them on Facebook for updates and directions, or plug them right into your GPS: Silent Valley Alpaca at 1120 Donaldson Rd., Ompah; Ballintotas Alpacas at 78 Braeloch Road, Braeside; and Wilhaven Ridge Alpacas at 1620 Wilhaven Drive, Cumberland. See you on the farm!

SchoolBOX Presents La Fiesta Latina Numero Diez!

It's time again to break out your dancing shoes and get ready for some fast and furious footwork as we celebrate **SchoolBOX's 10th Latin Fiesta** event in Almonte. Ronald Chavarria, Director of Operations in Nicaragua, will be joining Almonte's SchoolBOX community for the party at the Almonte Civitan Club on Saturday, October 3. The event will be sponsored by Equator Coffee and Bark Productions Inc. As in previous years, it promises to be a lively night of salsa fun and an incredible opportunity to reunite with the SchoolBOX community. Come out to learn how the "friendly town" is literally "Making Education Possible" for thousands of children by combatting poverty in Nicaragua, one of the poorest countries in the Americas. With the aid of volunteers from across the USA and Canada, SchoolBOX has just completed its 70th classroom in Nicaragua.

SchoolBOX <schoolbox.ca> is a registered Canadian charity that helps children in Central America go to school. SchoolBOX partners with communities to build schools, establish mini-libraries, and 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, SchoolBOX has provided 16,674 educational packages to students and teachers in 89 communities across Nicaragua. By empowering communities with the gift of education, SchoolBOX is making a difference that will last for generations.

Once again, this year's event will feature the red-hot jazz Latin fusion tunes of **Azucar Jam** <azucarjam.com>. At 7:30 a dance demo and les-



Come out to a Latin Fiesta on October 3 in Almonte, and help celebrate SchoolBOX's many successes! Pictured above are just a few of the many volunteers and Nicaraguan students who have benefited from this Canadian charitable organization.

sons will be offered, before we go hip-to-hip with some salsa dancing at 8PM. A silent auction table will be filled with tempting local and Central American items. The live auction will offer the opportunity to win three amazing prizes, which will include the works of two Almonte artists and a week's stay at a home in Costa Rica.

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

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OIWF's Perth Chapter — Write On, Perth!

A Canadian literary icon is coming to Perth in October. No, it's not Alice Munro or Margaret Atwood, but it is someone who has worked very closely with both over the years.

Douglas Gibson, who has edited or published some of Canada's most important, celebrated and talented authors, will be reading in Perth in early October as a part of the Ottawa International Writers Festival (OIWF) 2nd annual Perth Chapter. Gibson will be sharing stories from his latest book *Across Canada by Story*, an insightful, exuberant and often hilarious recounting of his experiences with authors such as Munro and Atwood, as well as Wayne Johnston, Robertson Davies, Mavis Gallant and W.O. Mitchell, to name but a few. The book also includes stories born from his literary adventure across Canada, from "coast to coast to coast," as he puts it, while touring his first memoir, *Stories About Storytellers*.

"If you go around with your eyes and ears open, you see and hear amazing things," he says. Touring his first book — which he adapted into a funny and popular one-man show — Gibson eventually performed almost 100 times in theatres, at festivals, on barstools, and in small town



This year, the Perth Chapter of the Ottawa International Writers Festival features Canadian publisher and author Douglas Gibson, among many other literary stars

bookshops across the country, in all ten provinces. He enjoyed every minute of it, he says, accumulating more and more stories the more people he met and spoke with. "Stories are everywhere," Gibson notes, and he loves to harvest them and share them. One reason is because he's not "performing." "I don't have to take on the role of Hamlet," he explains. "I'm me. It makes storytelling that much easier and enjoyable."

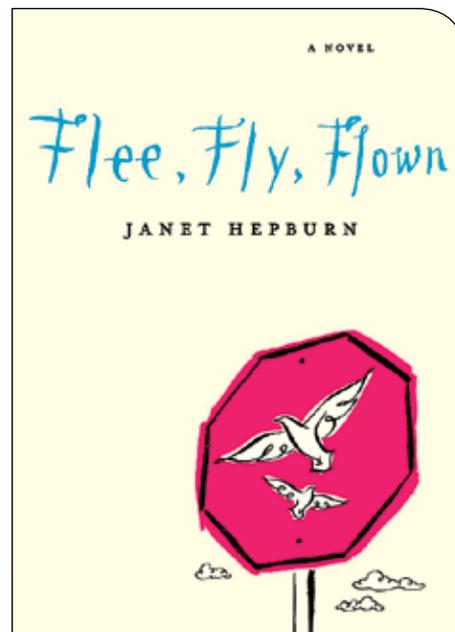
From his rich work history alone, and the prodigiously talented writers he's worked alongside and befriended, he has a great many stories to tell.

Born in Scotland, Gibson came to Canada in 1967 and worked as a junior editor at Doubleday Canada in Toronto. He would go on to work in Canadian publishing for more than forty years, as the publisher at MacMillan of Canada from 1979 to 1986, then as the publisher at McLelland & Stewart from 1988 to 2004. In 1986, he headed up Douglas Gibson Books, Canada's first editorial imprint. He has won many prestigious publishing awards, and after publishing thousands of books and editing well over a hundred — by a dazzling list of major authors — he decided to write a book of his own, the aforementioned *Stories About Storytellers*. The book was published by ECW Press in 2011, its chapters devoted to the authors whose work he edited, including Hugh MacLennan, Alistair MacLeod, Morley Callaghan, Pierre Trudeau, Peter C. Newman, Val Ross, and Peter Gzowski. Of his friend and colleague, Alistair MacLeod said: "No one has done more for Canadian literature than this man, Douglas Gibson."

Alice Munro wrote the forward for the book. Of *Stories About Storytellers*, she writes: "Here is my prize read for those interested in writers, books, Canada, life, and all that kind of thing."

In Perth, Gibson will be sharing stories from *Across Canada by Story*, which he calls "a celebration of the book world across the country." In his second book, Gibson brings new stories about Davies, Mitchell, MacLeod, and Munro, and adds lively portraits of Atwood, Al Purdy, Guy Vanderhaeghe, Margaret Laurence, Mi-

chael Ondaatje, Linwood Barclay, and many, many others. As he did with his first, Gibson has adapted this book into a one-man show. He says he is very much looking forward to his visit to Perth where he will be pulling triple duty, reading on Friday at the Crystal Palace, hosting "Crime Night" on Saturday featuring crime fiction writers Peggy Blair, Maureen Jennings, and Rick Mofina, and giving a writing workshop with Jennings on Sunday morning.



When Neil Wilson, the founder of the Ottawa International Writers Festival, asked Gibson to read in Perth, Gibson leapt at the chance. "I told Neil I can do lots of other things, too," Gibson says (in the background during our phone conversation, Jane, Douglas's wife, was at this point, and much to her husband's amusement, playfully calling out, "Questionable! Questionable!"). "I can MC, interview an author, do seminars," Gibson continued. "I'm happy to do it. Make use of me, if you're going to invite me."

Wilson was happy to take Gibson up on his offer. "I consider this a coup," he says. "We're *thrilled* to have Douglas Gibson leading the 2nd Perth Chapter of the Festival."

"Supporting writers is our passion," he adds enthusiastically. "It's a dream to come to communities like Perth, to get to

know the people and know their issues. We encourage everyone in Perth to dive in and come to the table."

It was important to Wilson and all at the OIWF that this weekend of literary events be called the "Perth Chapter," he says, "because these events are driven by the Town of Perth, and any proceeds stay in Perth to use for ongoing programming and growth." BIA Coordinator Kari Clarke and Perth Heritage Tourism Manger Karen Rennie are the feet on the ground in Perth, Wilson notes, along with Backbeat Books and Music owners Dan and Christine Chu, who are the official booksellers for the festival.

The 2nd annual Perth Chapter of the OIWF takes place from October 2 to 4. There are other events as well as those previously mentioned, including "A Book Fair" on the Saturday morning at the Perth Farmer's Market, featuring about a dozen self-published authors from the region. "Then at 11:30AM," says Wilson, "we have an event we're calling 'Growing and Cooking with Super Foods' with Rob Firing and Lorraine Johnson. Firing has written a book called *Everyday Squash Cookbook* and Johnson wrote the book *City Farmer: Adventures in City Food Growing*." The two authors will lead a cooking demonstration.

"We are also very excited to be hosting local author Andy Fisher," Wilson says, "who is a world class ecopsychologist." Fisher, author of *Radical Ecopsychology*, will be giving a talk on 2PM on Saturday.

Fisher's talk will be followed at 4PM with the Perth Writers Guild announcing the winners of the Perth Chapter writing competition. After that, Janet Hepburn, the winner of the One Book, One Community competition, will read from her book *Flee, Fly, Flown*. Erica Heesen, Chief Librarian at the Perth & District Union Public Library, will host the event.

This great chapter of the festival kicks off the evening of Friday, October 2 at the Crystal Palace with stories by Douglas Gibson. To borrow a line from Alice Munro, "For those interested in writers, books, Canada, life, and all that kind of thing," well, you won't want to miss this.

— John Pigeau



S.M.art gallery and studio
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Acoustic Songwriter Summit at The Cove

With the assistance of Cove manager and musical director Seamus Cowan, musicians Kevin Head and Vanessa Burnett are bringing four wonderful and very diverse singer-songwriters together for **Between the Lines — a Canadian Songwriter Summit** at The Cove Country Inn in Westport on September 19.

Kevin and Vanessa have a standing gig at the Cove (as Head over Heels), and during their gigs they strive to highlight and perform the music of songwriters they love. This time, they wanted to give people an opportunity to hear those songs performed by the writers themselves. As Vanessa says, "it's a rare and truly special treat to hear a song done as the writer originally intended it — before all the 'production' happens and it hits the radio or CD."

This year's event features some Canadian musical heavy hitters, along with the return of Dean McTaggart, who participated last year. Vanessa explains: "of the three, Dean is probably the least recognizable by name, though his songs are the *most* recognizable as they have been played on top-20 commercial radio for the last thirty years." Other participants include award-winning singer-songwriter Lynn Miles, former Prairie Oyster frontman Russell deCarle, and host Kevin Head.

Don't miss the opportunity to hear these four amazing songwriters, and to sample the fabulous food at The Cove, all in one evening! The event runs from 7-11PM and includes a buffet dinner and the



Between the Lines — a Canadian Songwriter Summit features Lynn Miles (above) Dean McTaggart, Russell deCarle and Kevin Head. Catch them all at The Cove in Westport on September 19.

show for only \$50. Reservations are recommended, so call 1-888-COVE-INN or visit <coveinn.com> for more details.

Zombie Walk for ~~BRAINS~~ I Mean Good Causes!!

Let's make this Thanksgiving a time to give back. Bring the whole family to the Almonte Arena on October 10, and join in the fun at the Almonte (2km) Zombie Walk for Hunger.

Participants must bring a non-perishable food item, which will be donated to the Lanark County Food Bank. The \$10 registration fee will be split between Soi Dog Foundation and Country Cat Sanctuary. This walk will help both people and animals.



Zombie it up in Almonte on October 10 for a couple of great causes... You know you want to! (thanks so much to Will and June for the pic!)

Registration will take place from 10-10:45AM, and the walk will begin at 11AM.

There will be registration/waiver and pledge sheets available at Levi Home Hardware (at the paint desk) and also via email. Anyone who has collected pledges of \$50 or more will have the registration fee waived. Anyone under the age of 12 must be accompanied by an adult, and all entries must sign the legal waiver. Anyone under 18 must have a parent/guardian's signature on the waiver.

Register early, as Alliance Coin & Banknote — the Official Bankers of the Apocalypse — will give a Zombuck coin to the first one hundred registrants.

There will be prizes awarded to the person who collects the most money in pledges, a special prize for the best male, female, child and zombie family (chosen by other participants), plus several other door prizes. For those who may not want to dress up, why not come out and walk with some new undead friends? Feel free to stop by with food donations on the day of the walk. For more information, please contact Heather at <hgadbois@sympatico.ca> or 256-9298.

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TOUR

Kubrick Classics, Tales and Tunes

The Smiths Falls Station Theatre opens its **Movie Nights** 2015–16 season with two classic Stanley Kubrick films on Friday, September 18 and Saturday, September 19. The opening night film, *2001—A Space Odyssey*, was the run-away winner chosen by patrons in a recent poll. This 1968 classic will be followed on Saturday by a rare screening of Kubrick's famous *The Shining* (1980), a personal favourite of Robert Fontaine, CBC's "All In A Day" film critic, who selected the film for your enjoyment. As a bonus, Robert will be in attendance to introduce *The Shining* and host a Q & A session to complete the evening. Folks who listen to his show know they are in for a very entertaining evening.

When *The Shining* was first seen by critics, most expected a standard fright fest based on a Steven King bestseller; what they got was a highly original film starring Jack Nicholson and Shelley Duval that has sparked speculation and discussion ever since. It ranks as one the "must see" classics, a thrill for veteran filmgoers to see again and an opportunity for new generations of viewers to appreciate what all the buzz has been about.

2001: A Space Odyssey, produced and directed by Kubrick (the famous science fiction writer Arthur C. Clarke co-wrote the screenplay), follows a voyage to Jupiter with a smart computer called HAL, after the discovery of a mysterious black monolith affecting human evolution. Years ahead of its time, the film has been universally cited for its scientifically accurate depiction of space flight and its pioneering special effects. It is regarded by filmgoers and critics alike as one of the best movies of all time.

To help kick off its new film season, the Station Theatre will be offering a free **Reward Card** at the ticket wicket. When presented at the time of purchase, the Reward Card will be stamped by the ticket seller. There is no expiration date, and when seven stamps are accumulated for seven purchased tickets, the next film is free. As a special bonus, patrons attending both Kubrick films will get a third Reward Card bonus stamp free — a great start towards a free movie later on.

Tickets for the Kubrick Classics are \$10 for adults, \$5 for students (with ID), sold for cash only at the door. The movies start at 7:30PM; the Station Theatre is located at 53 Victoria Avenue.

On Saturday, September 26, the audience is in for another great treat with the return of live music to the stage of the Station Theatre. The NorthWinds Brass Quintet has teamed up with the Ottawa StoryTellers to present a delightful evening of music along with stories from the pen of the great Canadian humourist Stephen Leacock. They call the show **Tales and Tunes**.



The **Smiths Falls Station Theatre's** new season gets underway this month with two Kubrick films and a night of Tales and Tunes

Started in the 1990s, the popular quintet has evolved into a cohesive group of musicians that delight in playing venues around the area. Martin Bender, Corey Rempel, Al Ridgway, Dean Tronsgard and Rick Rangno all perform on the brass. Patrons will remember Rick Rangno for his stellar

work on the flugelhorn when the Robert Fontaine Quartet performed in Smiths Falls in the spring.

The StoryTellers began by organizing story swaps on an open stage; the tradition has continued to the present day. For this performance, storytellers Gail Anglin and Tom Lips will be recounting the wittiest and most profound of Leacock's thoughts, drawing from his vast repertoire of books and essays.

Tales and Tunes is a one-night-stand on September 26, with the show starting at 8PM. Tickets are \$25, including a complimentary refreshment; there will be a cash wine bar before and after the show. Call the Station Theatre at 283-0300 for details and to order by credit card. Tickets may be purchased for cash at Special Greetings, 8 Russell Street East, online at <smithsfallstheatre.com> (Paypal/Visa/Mastercard), and at the door for cash only (subject to availability, a half-hour before the performance).

Movies on the Mississippi

Hub Hospice Palliative Care is pleased to announce that their film series, Movies on the Mississippi, is returning for 2015–16! Working again with the Toronto International Film Festival (TIFF), they will be presenting a world-class film at the Mississippi Valley Textile Museum on the second-last Sunday afternoon of each month from September 2015 to April 2016.

"We were pleased with the welcome Movies on the Mississippi received from the community last season, and we're excited to bring TIFF back to town," says Christine Bois, Chair of the Board of Hub Hospice Palliative Care.

On September 20, the first film is *I'll See You in My Dreams*. Premiering at the 2015 Sundance Film Festival, this is a funny, touching, and romantic comedy-drama that follows a retired schoolteacher

(Blythe Danner) as she discovers new friendships, adventures and heartaches.

Tickets (\$12) are available at Baker Bob's and Pêches & Poivre in Almonte, or at the door. In addition to selling tickets for specific films, there is also a voucher option so that you can give the gift of a movie ticket with the flexibility of choosing the film, space permitting.

Movies on the Mississippi gratefully acknowledges their partnership with Film Circuit, presented by TIFF, and its sponsors and supporters, in support of Hub Hospice Palliative Care. For more information about Film Circuit and to view a full list of their supporters, please visit <tiff.net/filmcircuit>.

For more information about Movies on the Mississippi or about Hub Hospice Palliative Care, please visit <hubhospice.com>.

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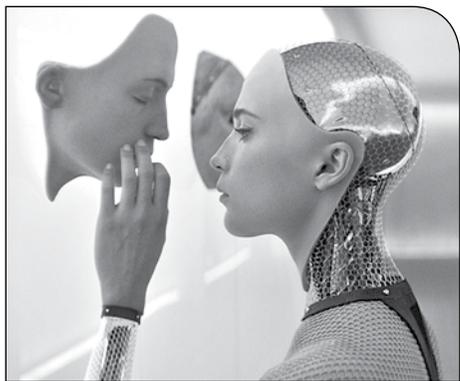



The Best Films of 2015 (So Far...)

As Oscar season approaches and the big films begin their campaigns, we should always look back and see what the year has given us so far. Admittedly, 70% of the year's best films get released between September and December, but there are always some independent gems and sleepers that fly under the radar or simply never gain any momentum, yet deserve just as much recogni-

by Matt Roche

tion. Looking back on the films of 2015 (so far), I've chosen the three I think are the most impressive. All of these films deserve serious Oscar consideration, even though the Academy does have a penchant for habitually ignoring strong, artistic works.



Ex Machina

Ex Machina is writer Alex Garland's (*The Beach*, *Sunshine*, *28 Days Later*) directorial debut. And what a debut! Garland has made a spellbinding, impeccably realized film. A film of pure science fiction.

A young techie named Caleb (Domhnall Gleeson) wins a company lottery and is quickly whisked off to a luxurious, isolated compound belonging to genius scientist Nathan (Oscar Issac). Nathan has chosen Caleb to perform a series of tests on an advanced artificial intelligence robot that he has created, to see if the A.I., Ava (Alice Vikander), has the capacity for self-awareness. This theme is not uncommon in sci-fi — and is even touched upon in this year's *Chappie*, as well — but what makes *Ex Machina* different is the subtle and fascinating way it develops. The tests Caleb performs with Ava are filmed in a series of engrossing inquiries and conversations, with both trying to figure each other out. These scenes slowly prove to us that not only is Ava capable of self-awareness, it/she is probably already self-aware.

With little help from Nathan, who drinks heavily and whose buddy-buddy approach toward him borders on maliciousness, Caleb's vision becomes clouded, as does the viewer's. We are never sure who is manipulating whom, if indeed manipulation is involved.

Though Gleeson and Vikander are both excellent here, it's Oscar Issac who stands out, proving to us again that he is one of the most talented and dynamic actors working today (*Inside Llewyn Davis*, anyone?). But this is a seriously impressive first film for Garland. Is it an abstract retelling of Frankenstein? A cautionary tale about meddling with the divine? We nev-

er leave Nathan's labyrinthine compound with its claustrophobic atmosphere and low ceilings; we're stuck there with them. And, like the literary mechanism from which the title takes its name, it doesn't need definition or explanation.



It Follows

With *It Follows*, writer/director David Robert Mitchell has created a truly elegant horror film. His minimalist approach to his material allows the haunting visuals and unbearable tension to rise to a visceral, metaphysical level. Not only is the film an homage to the genre, it is also a highly original and horrifying film that will no doubt become a classic itself.

The plot is so simple it's brilliant. It essentially begs the question, what if the D in STD stood for "Demon"? Indeed, once you "catch" this demon or entity, or whatever it is (it's never explained fully), it takes the form of any human being and begins its slow march after you; endlessly, tirelessly meandering its way after you. It will never stop. The only temporary cure is to pass this curse on to another person via intercourse.

When you step back and look at it, the plot sounds ridiculous. You get afflicted with a demon from sex and the only way to get rid of it is more sex? Sounds more like a pornographic film plot than a horror film. Yet *It Follows* is anything but ridiculous, pornographic or gimmicky. It's an intelligent film, remarkably accomplished and packing a punch no films of late have been able to (save for *The Babadook* and *The Conjuring*). What sets *It Follows* apart is the artistry behind it. The stunning, grotesque visuals and dark hues, the creepy synth score harkening back to the 1970s, and an impressive cast of newcomers elevates this film to something more effective and realistic and terrifying than anything I've seen in a long time.

Be warned: this is not a date night flick. Unless you're into that sort of thing.

Trainwreck

In *Trainwreck*, the latest film directed by comedy titan Judd Apatow, the incomparable Amy Schumer (one of the few bright lights on the comedy horizon) takes over the traditional and ubiquitous male role in this genre.

We follow Amy (also the character's name, as the film is semi-autobiographical) as she navigates the waters of the dating world with a cynical eye. Having been informed at a tender age by her philandering father (in a hilarious opening sequence) that "monogamy is not realistic", Amy takes the advice to heart and becomes an independent, strong-willed

woman — but one who believes that love or any sort of lasting relationship with someone is not only implausible but also impractical and ultimately pointless. This is developed in a series of scenes that are as insightful and funny as they are refreshing. It is rare for a film to humanize its characters so.

Amy spends her days working at a magazine that specializes in articles like "You're Not Gay, She's Just Boring", and juggles one-night stands like she's on a fact-finding mission (which also results in two of the funniest sex scenes ever put on film). Her work eventually leads her to meet a guy (the continuously impressive Bill Hader) for whom she actually feels something, and she subsequently has an identity crisis. With little help from friends and family, and an overly protective LeBron James, Amy has trouble coming to terms. It is all handled with humour and verve in front of and behind the lens.

The directing and the large supporting cast all deliver, but it's Amy Schumer who is the undisputed star of the film. In her film debut, Schumer is rather impressive. Her screenplay (also her first) deals with the pitfalls of relationships with wit, and the insecurities we all secretly deal with



Matt Roche's top movie choices for 2015 (so far) include *Ex Machina*, *It Follows* and *Trainwreck*. His "bottom of the barrel" picks will be in an upcoming issue...

are brought to the surface unashamedly. Schumer more than deserves a Best Original Screenplay nomination for her work here. *Trainwreck* could have been another formulaic, typically low-brow comedy of the genre, but is instead a brave, intelligent and hysterical film.

Director-producer Apatow's unobtrusive direction perfectly complements Schumer's script and presence. It's as if he simply set the camera in front of the actors and just sat back, like us, and watched the magic unfold.

Others to Watch For

Other great films released this year worth seeking out include: *Slow West*, *Mad Max: Fury Road*, *While We're Young*, *Chappie*, *Manglehorn*, *Welcome to Me*, and *Going Clear: Scientology and the Prison of Belief*.

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The Valley Men to Perform in Pakenham

St. Andrew's United Church in Pakenham is pleased to welcome The Valley Men, performing a special concert in celebration of the church's 175th anniversary. The Valley Men is an amateur male choir of about two dozen members from the Ottawa area. Each fall since 1994 they have gone on tour, performing mostly in small rural towns throughout the Maritimes, Quebec and Ontario. They perform a varied repertoire of traditional songs, hymns, anthems and novelty numbers. They sing because they enjoy it; raising funds for local charities is a pleasant spin-off. Do come and be entertained by this talented group. The concert will be held on Thursday, September 17 at 7:30PM, and there will be a freewill offering at the door.

St. Andrew's is also hosting its famous annual **Fish Fry** the previous Saturday, September 12 from 4:30-7PM. See all the details on their website at <standrewsunitedpakenham.org>.

CPDMH Diamond Anniversary Gala

Elvis, James Dean, the Mickey Mouse Club, the new Ford Thunderbird, Salk's polio vaccine and the microwave oven. A lot happened in 1955, including the official opening of Carleton Place & District Memorial Hospital (CPDMH). Six decades later, it's time to celebrate with the CPDMH Diamond Anniversary Gala!

The 1955 era Dinner and Dance will take place on Thursday, September 17 at Stonefields Heritage Farm on 9th Line in Beckwith. Enjoy a scrumptious sit-down dinner followed by musical entertainment by Eddy & The Stingrays, along with a silent auction. Tickets are \$60 each or you can purchase a table of eight for \$460.

Proceeds from the event will go toward the purchase of CPDMH's new digital x-ray machine. This leading-edge technology captures images digitally to send to providers within minutes. It also has an adjustable table height to better accommodate patients with various injuries.

For tickets, please stop by the CPDMH Foundation office, call 257-2200 x856, or email <foundation@carletonplacehosp.com>.

Walk Your Paws for LAWS

The 2015 Walk Your Paws for LAWS event will take place on Saturday, September 19, in the park at the Carleton Place Arena (75 Neelin Street). Registration starts at 9AM.

This is the biggest fundraising event planned for LAWS this year and they invite everyone to participate! Your participation and donations provide proper care, food and lots of attention for the animals in need at LAWS, while they wait to find their new adoptive homes.

There's more to do than just walk! Visit the LAWS booth and have a tasty lunch at the BBQ (being run by Carleton Place's Mayor Louis Antonakos), get your face painted, enjoy music provided by Jack FM, learn about water therapy from Canine Water Wellness, indulge your dog in a bath and/or nail trim from Purrdy Paws, meet other local rescues, and place a bid at the silent auction table. Don't forget your bandana from Waggs 'n Whiskers once you have completed your pledged walk! Download your pledge form at <lanarkanimals.ca/event>. From all the paws at LAWS, thank you!

Save the Date: Perth Christmas House Tour

Put it on your calendar, and ask your friends to do the same. The tenth annual CFUW Heritage Perth Christmas House Tour is scheduled for December 5 and 6.

Eight unique homes will be featured on the tour; some historic and some modern, but all lovely. They will have been transformed for the holiday season by gifted local decorators and florists, and will be sure to inspire your own decorating. Plan to spend the day in Perth, as local restaurants, as well as St. James Anglican Church, will offer specially priced lunches to ticket holders during the tour. Keep an eye out for House Tour bookmarks for more details.

Proceeds provide educational awards to deserving and needy women and young girls in their pursuit of advanced education, as well as supporting literacy and other educational initiatives in area schools and libraries. Since the tour began, over \$175,000 has been distributed in Lanark County.

The Canadian Federation of University Women is a voluntary non-profit organization committed to the improvement of the status of women, human rights and to the promotion of education.

Turn History Into Song!

Stewart Park Festival Songwriting Competition

The year 2016 marks the bicentennial of the founding of the Perth Military Settlement, and Stewart Park Festival is looking for an original song to recognize and celebrate this important milestone.

The Rideau Military Settlements, including the Town of Perth, were born out of a concern for the defense of Upper Canada from invasion by the United States. The War of 1812 had revealed the vulnerability of the settlement located along the St. Lawrence River between Montreal and Kingston.

By 1816, the British Government had commenced a program of government-sponsored military settlement and assisted-immigration that offered land and support, along with transportation, to families and discharged soldiers willing to take up a new

life in this isolated part of Upper Canada.

Within a few years, the British Government had brought in thousands of immigrant families from Scotland and Ireland and beyond. Meanwhile the Town of Perth was established to direct people to the interior where the once unpopulated area soon began to ring with the clearing of land and the construction of houses and roads.

The 200th anniversary is intended to mark the arrival of these first settlers and War of 1812 veterans to the area, and to celebrate the long history of their presence in the settlement communities of Perth, Drummond/North Elmsley, Beckwith and Tay Valley.

Over the decades, the area has had its full share of fascinating characters, including the Rever-

end Bell and the Canadian Kings of Repertoire, the Marks family, as well as historical highlights such as Canada's last fatal duel and the making of the mammoth cheese for the 1893 World's Fair.

What better way to recognize and honour such a historical legacy than through the gift of song? Songwriters are encouraged to pick a personality or an event from within the settlement and set its story to music. Help make history come alive.

Cash prizes will be awarded for the top three songs, with the top six to be included on a commemorative CD. The top entrant will also have the opportunity to perform on the main stage at the 2016 Festival. Deadline for entries is midnight December 31, 2015.

More information and an official entry form can be found at <stewartparkfestival.com>.

Come Sing With Us!

Do you love to sing — in the shower, in the car, with others? If your answer is yes, why not join the **Tay Valley Community Choir!** An eclectic repertoire, lovely four-part harmonies and cozy country concerts distinguish this ensemble. No audition is required, only a love of music. New choir members are always welcomed into this warm friendly community of singers. The choir practices Mondays from 6:00 to 7:30PM, alternating between the Maberly Hall and Lanark Lodge.

Well-known Perth musician Rebecca Worden returns as director. Rebecca brings enthusiasm, her favourite arrangements and a sense of fun to the choir. The choir is delighted to have highly



The Tay Valley Community Choir invites you to sing with them!

recommended accompanist Yu Kwei Chan with them this session.

To join, register at the Tay Valley Township office or at <tayvalleytwpc.ca>. Early bird registration (before September 8) is \$40 per term or \$75 for the year.

After September 8, fees are \$50.

The fall session begins Monday, September 14 at 6PM at the Maberly Hall. For further information contact Rebecca Worden at 264-1458.

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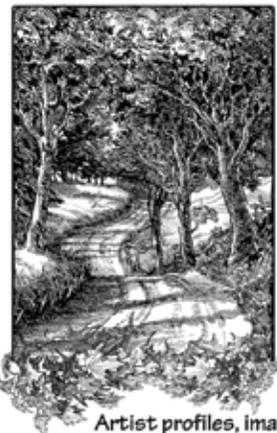
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Climate, Strawberries and Imagination

Climate change is on all our minds. I often feel overwhelmed, frustrated and depressed by the enormity of the issue, the dire consequences of our changing climate and the lack of action. In my work with GreenLearning Canada — a national energy education organization — teachers report that students express these same feelings and that this is the single largest barrier to teaching climate change.

But for the first time in a long time, I feel there is hope, there is good news — we are experiencing a real shift in all sectors coupled with innovation in education that is engaging young people in understanding this complex issue and in creating change. One such program that I've had the privilege of being involved with is GreenLearning's "Climate Change Where I Live".

Climate Change Where I Live provides students with the resources and structure to investigate climate change — where they live — be it their watershed or their community. Students access local data, reports and information, and connect with experts (such as the general manager of a conservation authority or city

staff responsible for sustainable development) to examine the impacts and the mitigation and adaptation measures required to address these impacts. They work alongside those whose "day-job" it is to understand and tackle climate change. And most importantly, they are engaged in taking action.

A "Decarbonized" Future

The key inspiration that led to the development of this program came from Dr. David Pearson, a leading climate change expert. A few years ago, I attended a summer institute of teachers where Dr. Pearson presented the science behind our changing climate and, in doing so, painted a bleak picture of the future. I think most in the room felt down. And then he said the most amazing thing — he challenged the room of 75 teachers to teach imagination, saying it was the most important thing we could teach. "Yes, help them understand the problem, but excite them to imagine and shape a sustainable future."

Berries and Climate Change

The Climate Change Where I Live program was implemented by a

Grade 10 Science teacher at Notre Dame High School in Carleton Place. His students conducted an inquiry into climate change in the Mississippi Watershed, reviewing local data and reports made available by the Mississippi Valley Conservation Authority and by talking with the General Manager of the Authority. They then split into groups to dig deeper into a particular facet of climate change in the watershed. One student whose family owns and operates a commercial berry farm chose agriculture. Armed with his understanding of climate projections for the next 50 years, he conducted additional research to develop a climate action plan for the family farm — the kinds of berries and agricultural practices better suited to the predicted extremes of a changing climate.

Engaging Youth

While Climate Change Where I Live is in its infancy, it is striking a chord with teachers, school boards and community partners and engaging students. GreenLearning is working with a teacher from Upper Canada District School Board to develop a new course on Environment and Resource Management that integrates climate change throughout. We are working with the Mississippi Valley and Quinte conservation authorities to develop a climate education program that would begin with field studies at the Mill of Kintail. The Hastings Prince Edward District School Board has developed a student inquiry into climate change and maple syrup pro-



Mill of Kintail, Drought of 2012 — climate change will result in more frequent extreme weather events in the watershed

duction that enables students to work with producers to examine the issues and the solutions. This fall, students from across Canada will prepare to make their voices heard at the UN Climate Change Conference in Paris in December; working collaboratively online and through videoconferences, they will research and prepare student videos and white papers that student delegates will take to the conference.

Transforming Hope

A real shift is occurring in classrooms and in the world outside the classroom such that we may well look back on 2015 as the watershed year in terms of action on climate change — the aggressive climate action plans of Canada's three largest provinces, the Pope's

recent Encyclical, the June meetings of the G7 and the concept of decarbonization, and the July Climate Summit of the Americas. No question that there is a long way to go — for example, Ontario's goal of reducing greenhouse gas emissions to 80 per cent below 1990 levels by 2050 — but it all feels different. I do feel hopeful. At the July Climate Summit, Al Gore spoke of hope. Climate Change Where I Live puts flesh on the bones of hope, giving youth the tools to participate in and create real change.

If you'd like to know more about this program, please contact me at 256-1487.

— Gordon Harrison, Director of Climate Change Where I Live
<greenlearning.ca>

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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!

So You Think You Can Act... Casting Call & Auditions

The Ghosts of Mississippi Mills is a docudrama now in production by Almonte filmmakers Robert and Sharon Newton. The film will feature several re-enactments of local ghostly manifestations. The Newtons are currently looking for several actors to play the parts of some of the ghosts and of some of the people who had interactions with them.

Many of the roles are very brief with little or no on-camera dialogue, but a couple of them are more comprehensive. Some will be shot on-site at the Mill of Kintail and the Mississippi Valley Textile Museum, and several will be shot in front of a green screen. To see if you would fit the profile for any of these roles, please visit newtonfilms.ca or find the links at theHumm.com/September2015.

The Newtons add: "please note that, while the finished film will have a high level of cinematic quality and some neat effects, this is a very small-budget, independent production. Unfortunately this means that these will be unpaid roles. However, in appreciation of your participation you will receive a free copy of the film on your choice of DVD or Blu-ray, and of course your name will be in the credits. And who knows, it may be your gateway to Hollywood. Realistically though, it will be a lot of fun

and you'll be able to brag that you've starred in a movie! We are working to a very tight deadline, so please don't hesitate if you're interested. Call 256-2483 or email robnewton@bell.net to arrange for your audition."

The **Prior Players** will be holding open auditions on September 11, 12, and 13 at the Arnprior Library. They are seeking two men and two women to represent characters aged 40 and older. The play is *Don't Say Goodbye, I'm Not Leaving* by Roger Karshner, and will be performed in November. Auditions take place at 7PM on the 11th, and at 1PM on the 12th and 13th. They are also seeking people interested in support roles behind the scenes. For additional information, please call 623-5585.

The **Mississippi Mudds Youth** will be holding auditions for their production of *Beauty and the Beast* on Saturday, September 12, from 10AM-1PM at St. Mary's Church Hall, 28 Hawthorne Ave. in Carleton Place. Youth ages 9-18 are invited to come out and audition for a part. Parents are invited to stay from 10-10:15 for information and a Q&A. Participation costs for this program for successful candidates will be \$150.

For more details, visit mississippimudds.ca or email lindabeiglee@hotmail.com.

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For the Love of Dance: A Student's Perspective

My name is Katie Smith and I'm a dancer. My mom took me to my first dance class when I was four years old and I've been dancing ever since. I have been dancing at The Almonte Academy of Dance for the past 14 years and on the competitive team for 12 of those years. I've taken lessons in skating and swimming, joined soccer teams and loved them all, but dance soon became my entire focus. Although choreography has always come easily to me, I was not always the best at technique. When I started out I was kind of pigeon-toed and a little chubby, but I have always loved to perform and was putting on dance shows at every opportunity with my sisters and cousins. The Almonte Academy of

might want to give up, to quit, but at these times you have to remind yourself to keep going and that it will all be worth it in the end.

Discipline: At the studio you are required to dress a certain way, have your hair in a proper bun, arrive on time and be ready for class, and dancers rehearse the same choreography over and over because they want to achieve perfection. This kind of routine teaches the dance student how to apply discipline in all other aspects of their lives. It's important to develop a thick skin as choreographers can be harsh; they can yell at you to push yourselves harder. They can make you cry, but it's because they care and see potential in you and know that you can do it. You will thank them later in life, you will learn how to handle criticism, and you will push yourself further than you thought possible. The power you receive when you know someone believes in you is the best feeling.

Teamwork: The best part of being a dancer for me is the team. From the youngest member up I've made some of the best lifelong friends I will ever have. When you grow up with your team members, helping each other not only in class but with everyday problems, you become a family. You encourage each other, you believe in each other, you comfort each other and you celebrate together.

I auditioned at both Ryerson and York Universities in Toronto for entrance into their dance programs and was lucky enough to be accepted at both. I have decided to attend York University and will be moving to Toronto this September. It will be my first time living away from home and, as much as I will miss my family, I will miss my dance family just as much. Not seeing my teammates at the barre in class will be hard, but I know they are there for me whenever I need them.

The Almonte Academy of Dance has given me everything I need to move forward: dedication, perseverance, discipline, and teamwork. I know I will have dance as a part of my life, in whichever way that may be. I have made lifelong friends with dancers, teachers, choreographers and dance moms. These people have become my second family — they've supported me, believed in me and, most importantly, loved me for who I am. I will forever be grateful to have them in my life.

— Katie Smith



Katie Smith has been dancing at the Almonte Academy of Dance for 14 years, and has a thing or two to say about discipline and stick-to-it-iveness!

Dance gave me the training and skills to be able to have a successful competitive dance career. Since I began, the studio has been my second home. Through all the classes, recitals, costumes, hair-spray, injuries and friends I have learned so much about myself and had lessons that will serve me throughout my life.

Dedication: you cannot be a dancer without this. You have to attend every class and practice if you want to improve your skills. Dance is an all-year-round sport; there really is no "off-season". You dance 12 months of the year and you need to be completely devoted to that time commitment.

Perseverance: the life of a dancer is not an easy one. Your body is being asked to go into positions that are not natural, to re-train your muscles and limbs to move in ways they are not used to. You

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Something For Everyone at the Almonte Lectures

No excuses! This is the year everyone will gladly get off their couches on a Friday night, and troop into the Almonte United Church hall for what will be a stellar series of lectures to enlighten and enliven dinner conversations all winter long.

Warren Thorngate, the new chair of the lecture series, has enlisted seven diverse speakers whose backgrounds range from horticulture to naturopathy.

The series will kick off on September 25 with a lecture by naturopath Dr. Graham Beaton, who will explore the contributing factors of memory challenges in debilitating conditions such as Alzheimer's disease. He will also offer ways to improve mental functioning — who among us doesn't need that? Interestingly, the series will wind up on April 30 with Erin Cressman's presentation on the complexity of the brain in controlling muscle movement.

Between these two lectures are a variety of subjects to whet your intellectual appetite. For instance, Christopher Prince's exploration of the storage of knowledge from ancient times to the all-pervasive Google will give you a new appreciation of our library systems throughout history. In the depths of winter, a good story never goes amiss, especially when it involves a recent historical discovery: the disinterment of the bones of Richard III. Paul Marchand will deliver the dirt on the murders-most-foul in the House of Tudor!

Local landscaper Allan Goddard won't be talking about how to start your early plants, but instead will delve into the topic of career conflicts in the

area of landscape development. "Mother Nature meets Man" might be a summary of this lecture, one that few of us think about when we are busy bending the landscape to our own desires. Staying with the earth theme, Ken Torrance will investigate the phenomenon of clay and erosion.

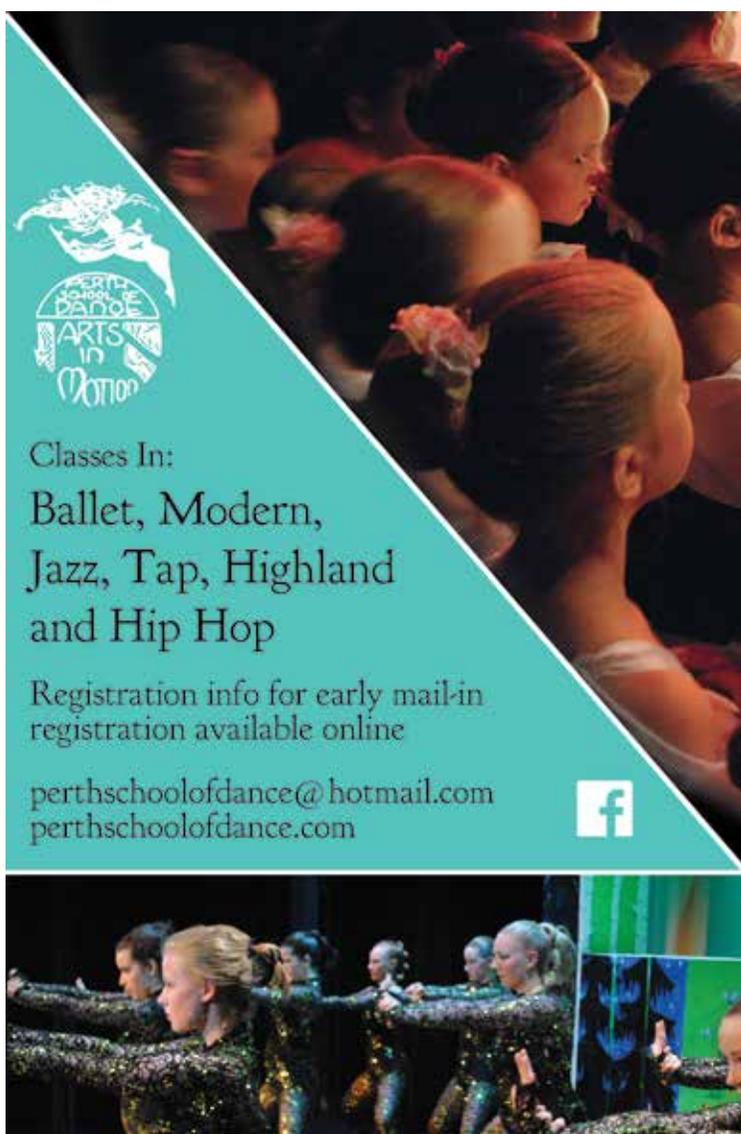
A highlight of the lecture series will occur on February 26, the anniversary of the first lecture given by Don Wiles in 2008. At that time Don spoke about the construction of the materials that make up works of art and archaeology. He always felt he left the topic half-done, so this lecture will be on the deterioration of those same materials. Fortunately for all the attendees of the lecture series, we see no deterioration in Don and his ability to instruct and entertain! This lecture will no doubt be a sell-out.

No reservations are needed, just the desire to spend a stimulating evening with friends and neighbours!

The seven-lecture series is the best way to spend a Friday evening. All talks are in the Almonte United Church hall, beginning at 7:30PM. Although the lectures are free, a donation is appreciated. The series runs the last Friday in the months of September, October, January, February and April, plus the first Friday in December and April. No reservations are needed, just the desire to spend a stimulating evening with similarly inclined friends and neighbours.

Watch for more information each month in theHumm, and check out the new website: almontelectures.net

— Glenda Jones




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Prune Like a Pro with Ed!

He's alternatively referred to as a gardening guru, plant doctor, potting-shed pastor and the Wayne Gretzky of gardening. Now he's coming to Carp on September 8, courtesy of the West Carleton Garden Club.

For thirty years, Ed Lawrence was the horticultural head honcho at Rideau Hall and five other official residences, including the prime minister's. And for an astonishing thirty-three years and counting, he has genially dispensed gardening wisdom to callers every Monday on CBC Radio's Ontario Today.

It's his love of sharing what has been a lifelong passion that keeps him going, even though, at 64, he is starting to wonder about retiring.

"I've sort of been working in one way or another since I was twelve years old, so maybe it's time to take a break," he said recently over the phone from his home near Almonte.

Instead, making the time to putter in his gardens offers him some balance. "It's important to me; it sustains me a lot," he adds.

Besides, he loves the give and take and sharing of information that invariably comes out when he visits garden clubs. He may not have all the answers, but you can be sure someone in the crowd will.

"That's really the joy of it, just being the catalyst to put people together."

His talk at the West Carleton Garden Club will focus on a favourite topic — pruning practices and techniques, although there will also be plenty of time for any other questions in the audience.

"People are afraid to prune things because they're not sure what to do," he says. He agrees with his friend Trevor Cole, who was the curator at the Dominion Arboretum and who has said the

best time to prune is when you've got the pruners in your hand.

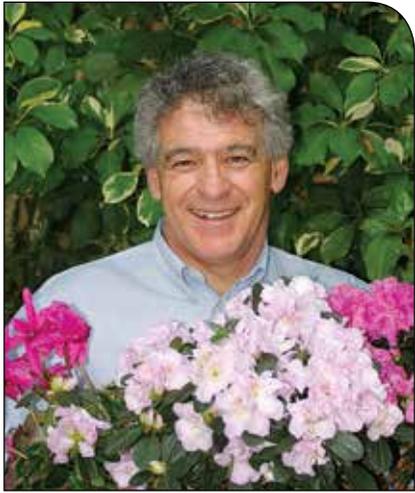
"I used to think, 'What a smartass,' but it's true. If you've got the pruners and you see something that needs to be done, it's better that you do it than to leave it and not get back to it." But, he adds, there are rules of thumb. And showing his sense of humour he quips, "first, don't cut your thumb." (Yes, he's speaking from experience.)

Although a Toronto native, the Ottawa Valley has long been home and he currently lives with his wife, Tove, on about an acre, where they are gradually turning what used to be an "awful lot of lawn to cut" into more and more gardens. "It's just soft curves and a flow of material that leads your eye around... and breaks up the space so that it's just comfortable to be in."

Some of his favourite plants at home? "I have a great fondness for hostas," he admits, plus ligularia, astilbe, heuchera (coral bells). Then there are native plants. "The natives are really the favourites because, dammit, they're tough." He grows trillium, tiarella (foamflower) and coneflowers, among others.

Lawrence will have signed copies of his book for sale at the event (\$20, cash only). Entitled *Gardening Grief & Glory*, in it he dispenses answers to hundreds of the most-asked questions from his radio listeners in one handy reference guide, while also setting out a month-by-month guide to plant care.

The talk and Q&A takes place on Tuesday, September 8 at 7PM (doors open at 6:30PM) at the Carp Agricultural Hall on the grounds of the Carp Fairgrounds, 3790 Carp Rd. Admission is \$5 for members of the West Carleton Garden Club and \$10 for non-members (cash only). There is free parking on the grounds and refreshments will be served. For details, visit <wcgc.ca>.



Gardening guru Ed Lawrence will speak in Carp on September 8

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 Graham Beaton
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 Christopher Prince
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For information: almontelectures.net

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Learning in Almonte

Two new series start in mid-October:

A History of Beethoven by Carl Widstrand
 Music, biography and historical context
 (starts Tuesday, October 13)

World War I Writers by Michael Gnarowski
 WWI's effect on the literary sensibility of the modern age
 (starts Thursday, October 15)

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

To register contact Don Wiles at 613-256-4376
 or don.wiles@carleton.ca

Music Matters

A Little Push Once in a While Never Hurts

While I certainly listen to a lot of music (as I get older, I've become a big fan of CBC Radio), one of my guilty pleasures is listening to sports talk radio when I'm driving. I've always found that sports and the arts have quite a few things in common.

by Tony Stuart

A few weeks ago one of the commentators, who is a former professional basketball player, recounted a story of how he came home from practice one day to find that his two boys had received trophies from a martial arts competition that they had participated in. To his astonishment, the trophies were awarded for fourth and fifth place finishes. As a competitive athlete he viewed this as unacceptable. He made his boys return the trophies, and then explained to them that, although he was proud of them for placing fourth and fifth, their accomplishments didn't warrant trophies. This led to a long discussion about how our society seems to be backing away from competition at all levels. There was a controversy in Ottawa a few years ago when one of the soccer associations had implemented a rule that teams would lose by default if they beat their opponents by more than five goals.

As I mentioned above, I think that there are many parallels between sports and music. For one, both of them require a lot of dedicated practice in order to achieve success. While I don't think that pushing kids too hard is a great idea, I do think that once in a while as parents (and teachers), we have to be benevolent dictators and encourage our kids to reach higher.

One trend that seems to be prevalent right now is something that I call the "buffet" approach to experiences. In other words, young people try a little bit of this and a little bit of that, but are allowed to drop an activity at the first sign of any challenge or difficulty. They will take piano lessons for a few weeks and then drop out because they don't like it, after having done the same thing with hockey because the drills were too hard. They go from activity to activity, sampling each one, without hav-

ing truly taken the time to immerse themselves and work hard to overcome obstacles.

Here's the thing: being good at something takes work. This applies to any endeavour, and I'm a little concerned that our society seems to be preaching the opposite message. For those parents who are putting their children in music lessons, please be aware that it is completely normal for most kids not to want to practice an instrument regularly after the honeymoon period is over. That initial excitement gives way to the realization that some hard work is going to be required. It doesn't take a genius to figure out that, when faced with a choice between practicing or going on Instagram, most teenagers will opt for the latter. A gentle nudge from you once in a while can keep them on track, and provide a valuable life lesson in the process. Instead of just allowing them to drop out at the first sign of a challenge, encourage them to stick at it for a while longer. They say that it takes six weeks for something to become habit-forming, so be patient, and encourage them to stick with whatever they have chosen to do.

In my own teaching practice, I see this all the time. In June I received a wonderful letter from a former student who told me that she had thought about dropping band back in grade 10 due to a busy schedule, but stuck with it because I had encouraged her. She then proceeded to tell me how much that little push meant to her, as being in band became central to her high school experience, and provided her with so much enjoyment. I keep that letter close by as a reminder of why my job is so great, especially if I am having a bad day. We have an obligation to encourage our students to be better, and to reach higher.

If we eliminate any sort of competition from our society, and allow our young people to quit after the first signs of hardship, I think we are doing them a profound disservice. I am grateful to my parents, teachers and coaches who pushed me in my youth, and for those who continue to push me as an adult. Having the opportunity to face a challenge and successfully work to get through it provides a lesson that will last a lifetime.

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

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Two Decades of “Be Your Best”

Almonte-based Jennifer Laale first started teaching performance arts classes twenty years ago. Over the years, she has added new facets to her business and helped several generations of youth and adults build their confidence and skill set through improv, team-building exercises, and more. theHumm caught up with Jennifer as she was preparing to kick off her 21st fall season.

theHumm: When and why did you start your business?

Jennifer Laale: I started Be Your Best Confidence Building Performing Arts School in 1995. I had a dream to create a safe, supportive environment where all young people could affordably practice the performing arts while building their confidence and developing life skills. I was aware from personal experience that fear can hold us back from going after our goals and dreams, from being our best selves... and that the greatest personal growth happens when we transform fear into power and confidence. My intention was to create such a place for small-town kids, where they could practice the skills to be their best.

What are the biggest changes you have seen over the last twenty years in your business?

There has been constant change, and as an entrepreneur you need to be extremely adaptable and innovative. The biggest change business-wise is the internet and Facebook. I used to call every student and parent, and walk around putting up posters, and now I email, message and post. Al-

though I love my technology, I miss talking to all my students on the phone, as it allowed for deeper connections and a greater building of rapport and trust outside the classroom. As someone who teaches communication skills, I see the dilemmas we have created with all this technology, and yet I get to stay connected with twenty years' worth of students who share with me their life successes and how what they learned in my classes contributed to those successes, and well, that is a gift.

What was the biggest surprise to you over the years?

The power of improv to build interpersonal skills. I introduced a youth and an adult improv class when “Whose Line Is It Anyway” became popular. The parents of my students and my adult students themselves started to share with me how the improv ideas, rules and skills developed in class were transferable, applicable and extremely beneficial in all areas of their lives. They started to ask me to develop workshops for their work places. I said yes, and that is how my business has transformed beyond the performing arts school to team-building facilitation and staff development and training — all using improv or action learning as the foundation.

Why is improv so powerful?

Many people think of it in terms of acting, and it is an incredible acting tool for developing performance skills. What people may not know is how much improv skills are being incorporated and sought after in the business and corporate world.

Creative, innovative companies like Google and Groupon look for improv experience on résumés, and top tier universities like Stanford, UCLA, Duke and MIT are teaching it in their MBA programs. Why? Because it is a simple yet powerful tool to increase creativity, communication, innovation, teamwork and leadership. Through interactive activities, improv encourages people to experiment and practice — in a positive, safe and supportive environment — the skills needed to build team confidence and trust, to gain listening, perception and acceptance skills, and to let go of inhibitions and stress.

What do you feel is your most important work to date?

My most important work to date was developed from the team building I was doing in the public and private sector. I recognized that adults were dealing with a lot of the same issues in the work place as students in schools. I wanted to introduce positive ideas and practice strong interpersonal skills with students and teachers to create healthier school environments with the goal that it would translate into high performance team environments when those same students entered the work place. So I created the Be Your Best school workshops for teachers and students with a focus on bullying prevention, character building, mental health, leadership and communication.

What's the most important message you hope people take away from their time spent with you?



Jennifer Laale has been running her “Be Your Best” performing arts school for 20 years this fall!

First, develop a growth mindset. Never stop growing, learning and improving. If you practice, persevere and have patience you will progress at whatever you choose to do.

Second, everyone matters — so find the time everyday to “make your partners look and feel good”. This is the improv motto, it is my personal motto, and it is my hope that it will become their motto.

Third, let your light shine, because as you learn to let your light shine, you open up a whole realm of possibilities for yourself and for all those around you. You become an invitation to everyone to Be Your Best, and you become a beacon to light their way.

For more information on the September 2015 Be Your Best Performing Arts School, school workshops, or any of the other services Jennifer provides, please contact her at 256-8228 or <jennifer@beyourbest.ca>, or visit <beyourbest.ca>.

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”

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Once Upon a Railway Line

With Lanark County currently studying the possible purchase of the decommissioned CP Rail line that runs through Almonte, we thought you might be interested in a little of the history of the station that once stood here. For many years, the railway was the major source of transportation and communication linking the country. In Almonte, it not only served passengers but was vital to the textile industry that grew the town. The trains were important to the town, and the CPR train station built in 1902 was an important and recognizable feature of the local landscape.

Industry in Almonte started to decline after the Second World War, and textile mills started to close. Trains for shipping weren't that important anymore, although passenger service was still running. By 1978, passenger service wasn't profitable enough and it stopped. CPR wanted to get rid of the train station in Almonte, as the upkeep on the building was becoming prohibitive. This was not the only train station they wanted to demolish. Both CN and CPR were no longer interested in the passenger rail business at this point, and both companies moved to demolish as many small rural stations as they could.

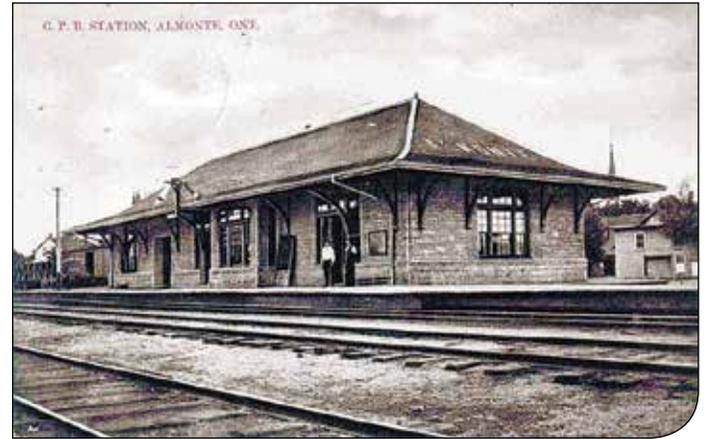
For some people in Almonte, the impending destruction of the train station was not something they wanted to let happen. The station had been part of the architectural heritage of the community for 75 years and, if it wasn't going to be hosting any more trains, it could still serve as a building with some other purpose.

A local businessman, Brian Meloche, purchased rights to the building in May of 1978 from CPR with the intention, and contractual obligation, of moving the station to a new location by December 1. When he was unable to raise the funds needed to move it (over \$50,000 in 1978 money), the CPR abruptly took back ownership on October 17. At the beginning of November, in response to these events, another local initiative was started to try to save the station. A meeting was planned by concerned locals, and representatives were invited from groups such as Heritage Canada and the Ministry of Transportation and Communication. This meeting never actually happened though, as a Stittsville company, contracted by CPR, showed up that same morning and demolished the building. Local organizers of the meeting were surprised as they had no idea there were plans to demolish the building that day, but it was now too late to do anything.

This sort of thing was happening all over the country at this time. Some initiatives did succeed

in saving their local train station. In Smiths Falls, the "Save Our Station" committee established to preserve a 1912 CN station, gradually evolved into the Smiths Falls Railway Museum Corporation, and the building is now a museum. In Carleton Place, the station was designated a Heritage Site in 1991 and remains standing. The station in Carleton Place, like many other stations, is now protected under the Heritage Railway Stations Protection Act.

This Act exists because of events much like those that occurred in Almonte, though they happened a few years too late to save the Almonte station. The West Toronto Junction station owned by CPR was the subject of protracted negotiations



This photo of the former C.P.R. Station in Almonte is in Michael Dunn's collection, and it was Jack and Ivonne Hayes who provided him with the original postcard

between CPR, who wanted to demolish it, and the City of Toronto. There was major opposition to demolishing the station, from both residents and city officials. CPR tired of the negotiations and just demolished the station in November of 1982. They did it quickly, in the predawn hours, so that many of the people fighting to keep the station were surprised to wake up one morning and find that it was gone. Unlike the Almonte station, this destruction made national headlines and eventually led to the Heritage Railway Stations Protection Act being passed in 1985. This act permits Parks Canada to designate railway stations as being of heritage value so that any proposed changes or demolitions must be reviewed by them.

In Almonte the landscape of the town was changed when the old station disappeared. There is a library where the station once stood and the train tracks were removed last year. Maybe someday soon there will be a hiking trail along the train line and people can pause to reflect on the vanishing traces of the past.

— Matthew Farmer, on behalf of the Mississippi Mills Heritage Committee

Lanark County Connections
 Memories Among the Maples

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FREE ESTIMATES

Kingston WritersFest — Joie de livres!

For me, all these years later, one thing remains a wondrous, steadfast truth: a great book can turn a dreary day into a magnificent one. In fact, a great book can change your life.

Last year, I was disappointed I couldn't make it to the **Kingston WritersFest** (KWF), for health reasons. I wanted to thank Miriam Toews for writing *All My Puny Sorrows*, a book that helped me through an exceedingly dark time in my life, showed me some light, passed me a rope of connection.

But as a writer, former bookseller and voracious reader currently living in Kingston, I'm immensely thankful the KWF offers me, and so many others, the chance to hear and meet some of our favourite authors, and indeed some of the most talented writers in the world. The best thing about a literary festival in your hometown is that, essentially, the authors are coming to you.

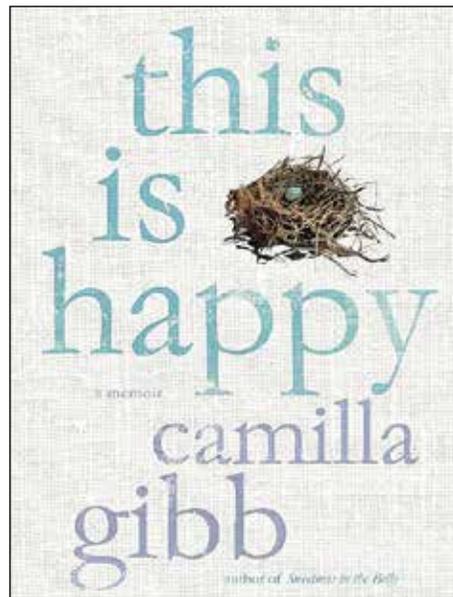
This year, the festival's eighth now, I'm particularly looking forward to hearing Camilla Gibb read from her latest book, the profoundly moving and courageous memoir *This is Happy*. In it she writes, "We come to know ourselves through stories... Stories are how we make sense of our lives." Halfway through the book, I'm already deeply touched by its aching honesty about grief and depression; about feeling adrift, alone, and displaced in a world full of families.

I asked Camilla Gibb about *This is Happy*, readers' reactions so far, and

about connections between authors and readers. "What I find very moving," she writes by email, "is when readers make connections between their own experiences and what is represented in or by the work and share that with me either publicly or privately. I think we read memoir in order to understand something about human experiences and we find company there, recognizing aspects of our own lives in the lives of others."

Her thoughts on story, as well, fit neatly with the KWF's tagline for the year: "Explore the Written Word." From September 23 to 27, the Festival will do that once again in welcoming sixty authors from across the country and around the world. There is a diverse line-up, featuring literary fiction heavy hitters from Lawrence Hill, Nino Ricci, and Jane Urquhart, to Elizabeth Hay, Helen Humphreys, Paula McLain, Patrick deWitt, and Anakana Schofield. Phenomenal poets are also on the bill, including Lorna Crozier, Priscilla Uppal (dubbed "Canada's coolest poet" by *Time Out London*), Lesley Battler and, one of the wittiest men in Canada, Bill Richardson.

Local writers are well represented, too, either in conversation or in one of the Festival's master classes. Carolyn Smart (*Careen*), Lindy Mechefske (*Sir John's Table: The Culinary Life and Times of Canada's First Prime Minister*), and Wanda Praamsma (*a thin line between*), among others, will be introducing new works of poetry, non-fiction, and fiction, respectively.



Camilla Gibb joins about a gazillion other authors at this year's Kingston Writersfest, from Sept. 23-27

Joie de livres!, meanwhile, celebrates Canada's other official language with events, readings and conversations featuring Francophone authors Jocelyne Saucier, Daniel Marchildon, Roch Carrier, and Emilie Leduc, as well as multilingual author and musician Tomson Highway.

The KWF promises events (readings, workshops, performances, dinners) for readers of every age and taste, and they certainly deliver. Food lovers, for instance, will delight in hearing Jamie Kennedy, one of Canada's most celebrated chefs, talk

about his food and his story. You can also feast on delicious meals featured in *JK: The Jamie Kennedy Cookbook*, while Jamie talks about his life's work. How's that for a treat! And if you miss Jamie's event, you can take in a talk by Michael Smith, Food Network host and author of the new cookbook *Make Ahead Meals: Over 100 Easy Time-saving Recipes*.

There are lots of workshops for would-be writers as well, on writing poetry and fiction, and discussions for first-timers who would like to get published. There are events specifically focused on writing short fiction, short stories, poetry for grownups, as well as events for children and teenagers. Others explore our history and culture, as well as some of the most pressing issues of our time: climate change and the dismissal of whistler-blowers, the silencing of the media, censorship and the muzzling of scientists.

The **Saturday Night Speakeasy** is always a Festival highlight. Bill Richardson will play host to a slew of fabulous authors — Paula McLain, Lorna Crozier, Ulrikka Gernes, Greg Hollingshead, Nino Ricci, among them. There is a cash bar and enchanting jazz featuring Kingston's Trio Without Words.

I'm fortunate to have the KWF program next to me. For a complete list of events as well as the full roster of authors, you can visit <kingstonwritersfest.ca>. Buy tickets by phone at 530-2050, or from their website. — *John Pigeau*

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Hanging Around the Valley

Autumn Art Abounds...

A Celebration of Fibre at MERA

The Mera Schoolhouse in McDonalds Corners presents **Falling for Colour: A Celebration in Fibre!** This exhibit and sale of parsimonious mats and primitive hand-hooked rugs features fibre artists Donna Sproule and Judy Bedell, and runs on Saturdays throughout September from 9AM to 1PM (coinciding with the Farmers' Market). Meet the artists on Saturday, September 5, as they demonstrate primitive rug hooking in picturesque Lanark County — your fall foliage destination — and experience a fabulous fibre feast for your eyes.

by Miss Cellaneous

Why be a hooker? Donna Sproule writes: "I was welcomed into this joyful craft when I lived in Amherst, Nova Scotia over a decade ago. The East Coast primitive style of my mentor Deanne Fitzpatrick "hooked" me with its economical playfulness and lack of rules. The fibre friends I have collected since then have kept me warm through many of life's loops and unravellings! I hope to carry on this age-old tradition until my hands won't pull loops through backing anymore. I live in rural Perth, exhibit across Canada, and teach rug hooking whenever there is a need."



Find cheerful hooked rungs by Donna Sproule and Judy Bedell at MERA

Judy Bedell adds: "Six pulls of one wool strip and I fell in love with primitive rug hooking! Rug hooking is an exciting way to create rare, useful and inspirational treasures out of glorious rubbish. The connection to the past, knowing these hooked rugs once protected families from our blistering cold winters, keeps my imaginings of rags to rugs going on."

The McDonalds Corners Farmers' Market offers fresh local produce, fair trade coffee, tasty treats and even pizza from the outdoor wood-fired oven. For more information about the artists, visit parsimoniousmats.weebly.com, and find directions to the Schoolhouse at meraschoolhouse.org.

Discover North Gower and Kars!

The North Gower/Kars Discovery Tour on September 12 and 13 opens the door to many talented artisans and artists in that region. Noted among them is Barb Desroches. Stepping into Stop 13, her charming and eclectic Kars home, you will enter the loveliest of art galleries. Every inch of her expansive downstairs is covered with Barb's extraordinary work.

Barb paints in watercolours and in acrylics. She does it all — flowers, buildings, landscapes — some from her travels in France, Italy and Portugal. Although her subject matter is varied, what pulls it all together into a recognizable style is her flair for colour and composition.

She paints what she sees, but uses her creativity to add and subtract until her painting's composition has balance, becoming much more than the original inspiration. That is probably why Barb can



Works by Barb Desroches will be on this year's Discovery Tour, on September 12 and 13

create portraits, but does not enjoy doing so. "You can change a window or two and it is still the building, but it is those minor variations that make up a person's likeness. The process is too intense; I guess portrait painting doesn't allow me enough creativity."

Lately, Barb says she seems to be painting landscapes or cityscapes with laundry blowing in the wind. When asked about it, she laughs one of her distinctive, hearty laughs and says "maybe that reflects the fact that I am a very practical person!"

Over the years, Barb has taken many local art classes and workshops, including most of what St. Lawrence College has to offer. She has earned more than enough credits for her degree but, being Barb, she elected to shun the required art history and theory courses because they weren't practical enough to appeal to her.

She has been exhibiting and selling her work since the mid-1990s. She sells well, but that is not what keeps her going. "I enjoy painting," she says. "When it is no longer a joy, I will stop."

Barb is at stop number 13 on the **Discovery Tour**, taking place on September 12 and 13 from 10AM to 5PM. She shares the stop with stained glass artist Marcelle Magill, who has exhibited for a number of years with Barb. Marcelle's stained glass works are beautiful and sturdy; her designs are elegant and bold. She offers table lamps, panels and decorative wall hangings at very reasonable prices.

Also at stop 13 is pastel and water media artist Rosalie Todd. Rosalie paints landscapes but, at heart, she is a portrait artist who loves to work people into her landscapes.

This year's Discovery Tour has 34 participants at 15 stops, all within an 8km radius of North Gower, just 30 minutes southwest of downtown Ottawa. Admission is free.

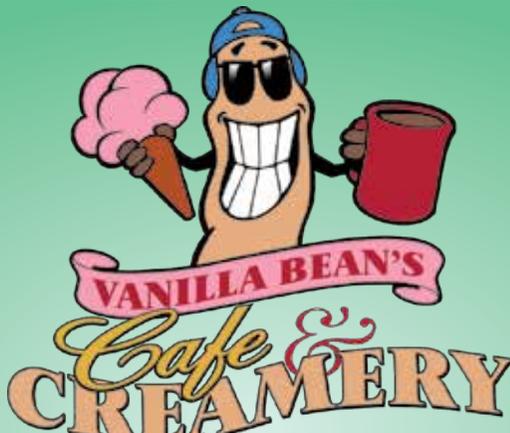
Some of the artists and artisans will be demonstrating their work. Visitors have a chance to win a gift certificate redeemable at the stop of their choice. For information and a brochure, please visit discovery-tour.ca.

Magic of the Wood Kiln

The quest for great pieces, transformed by the hard-to-master fiery dragon that is a wood kiln, is a big part of the magic that draws ceramic artists to this intense and ancient process.

From September 1-27, General Fine Craft in Almonte will be exhibiting the work of six of the best wood-fire potters working in Canada today: Anne Creskey (Farellton, QC), Tony Clennell (Aylmer, ON, mentor to most wood firers in Canada and retired Sheridan College School of Craft Professor), Marcelina Salazar (Chatsworth, ON), Raymond Warren (Maniwaki, QC), and local potters Jen Drysdale (Carp, ON) and Mike Doxey (Portland, ON).

Since the pots from wood kilns have a quiet, simple aesthetic, they often get overlooked — except by those who understand what has gone into



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Light Up the Labyrinth!

Let's "Light up the Labyrinth" together, from 6:30-9PM on Friday, September 11. That evening the warm glow of more than 600 candlelit luminaries will flicker along the path of Carleton Place's Community Labyrinth. The labyrinth is located at the corner of George and Baines Streets, beside the Carleton Place & Beckwith Heritage Museum at 267 Edmund Street in Carleton Place.

To make this event more collaborative, organizers are asking participants to gather at 6:30PM to prepare and place luminaries for a 7:30PM candlelit walk.

Debbly Lytle, Chairperson for the Labyrinth Committee, explains: "We are a very small committee and really need some extra hands to make this event happen. Join us at 6:30 to help assemble and place the luminaries, then everyone will have a chance to be part of lighting up the labyrinth at 7:30 before the walk begins. If you have a BBQ lighter, bring it along, and if people are able to stay and 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, glow sticks or flashlights and join the evening walk. And they are fortunate to once again have live guitar and didgeridoo music by local musician Kerron Lamb.

The candlelit labyrinth walks have become a popular fall event, as individuals and families from across the region bring along their festive lanterns, and enjoy an evening walk. "Children love this particular night-time event. It's a chance to bring along one of their own lantern creations," says Julia



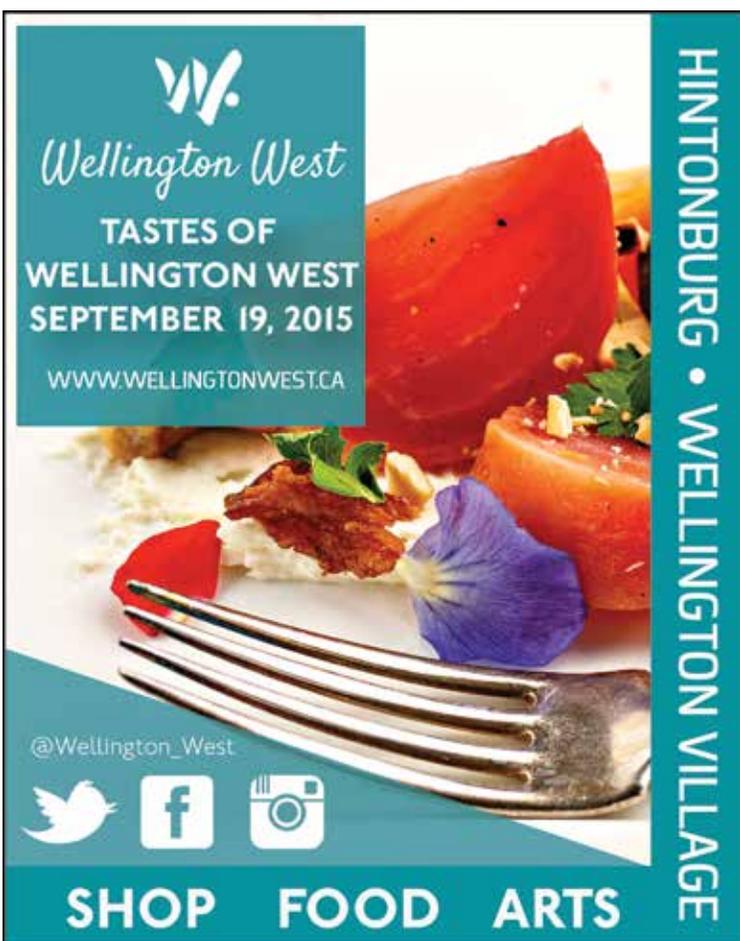
Come out and enjoy a candlelit walk at the CP Community Labyrinth on September 11

Heathcote, a volunteer labyrinth keeper. To add to the after-dark fun, Carleton Place jugglers Michael and Kayla McNeely will be doing a "glow in the dark" juggling demonstration.

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.

For more information or if you would like to help prepare the luminaries, please contact Debbly Lytle at 257-1014 or via Facebook (CarletonPlaceCommunityLabyrinth).



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SHOP FOOD ARTS



Fashion Show to Support Carleton Place Hospital

Just in time for fall sweater weather, The Green Counter Boutique will be hosting its annual Fall/Winter Fashion Show on Saturday, September 12, from 2-4PM.

The show will take place inside the boutique, which is located at 18 Mill Street in Carleton Place. Customers will enjoy an exclusive 20% discount on new arrivals at the event, and a percentage of the sales will be donated to the Carleton Place Hospital Auxiliary. The Green Counter carries wonderful clothing lines by Cut Loose, Part Two and Lisa Todd, jewellery by Montreal's Anne-Marie Chagnon, and many other great finds. They have also created a very funky and inviting space in which to display their unique collection of clothing and accessories for trendy women. Best of all, admission is free! Please call 492-0677 to reserve your spot.



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Norm Foster at His Versatile Best

Norm Foster, Canada's most-produced playwright, is probably best known for his portfolio of breezy comedies. It's easy to forget that he's just as adept at pulling our heartstrings as he is at tweaking our funny bones.

Foster's *Kiss The Moon, Kiss The Sun*, which opens at the Studio Theatre on September 17, is a fine example of his versatility as a playwright, and proof, too, that a touching dramatic tale can be told with an occasional smile.

Kiss The Moon, Kiss The Sun is the poignant story of a bond that grows between two special people wrestling with very human problems. Robert is a mentally challenged 35-year-old man, and Holly is the young woman he encounters by chance at a bus stop, pregnant and alone. Their connection forms the heart of the play, but Norm Foster has a canny way of layering his very accessible stories with tiers of meaning and relevance to our own lives.

The title *Kiss The Moon, Kiss The Sun*, we learn, comes from a piece of framed needlepoint that graced Robert's bedroom wall when he was a child. "Before this glorious life is done, I shall kiss the moon and kiss the sun." As his mother, Claire, says, "it's about trying to get the most out of life, but Robert and I have a different mean-

ing for it: I'm the moon that watches over him at night, and he's the sun who brightens up my days." Ultimately, this is a story about relationships born of hardship, of people finding the nerve to take responsibility, and persevering against the odds.

Director Barb Guthrie has assembled an extraordinary cast to bring this wonderful piece of writing to life. They include stage veterans Lucas Tennant as Robert Castle, Grace Main as Robert's mother Claire, and Kingston's Hal Potter as Simon Garvey, along with talented relative newcomers Gina Tremaine as Holly, and Roberta Peets as Dr. Andrews.

"I feel blessed to have been able to work with this group of actors, with so many years of stage experience between them," Ms. Guthrie says. "It's very gratifying to watch fine actors grow into their characters, knowing they're fulfilling the promise of a great play."

Kiss The Moon, Kiss The Sun premieres at the Studio Theatre on Thursday, September 17 and continues on September 18, 19, 25 and 26 at 8PM, and on the 20 and 27 at 2PM. Tickets are \$22 at The Book Nook (cash only) at 60 Gore Street E., and at Shadowfax (67 Foster St., 267-6817, shadowfax.on.ca) and Tickets Please (485-6434, ticketsplease.ca), where

a convenience fee applies. Tickets are \$24 at the door, and \$10 for students with ID. Attend opening night and get \$5 off the ticket price!

As pregnant Holly says when trying to decide whether or not she should stay with her new friend Robert: "Sometimes leaving just isn't the right thing to do. Sometimes you just have to roll up your sleeves and stick with it." The right thing to do is buy a ticket to this great show, and let it take you on its unforgettable, emotional ride. For details please visit <studiotheatreperth.com>.

— by Paul Joyce



Roberta Peets, Gina Tremaine, Grace Main, and Lucas Tennant star in Norm Foster's *Kiss The Moon, Kiss The Sun* at the Studio Theatre

Take a Peep at the MVFN Nature Talks

On Thursday September 17, the **Mississippi Valley Field Naturalists** begin a new season of natural history talks — this year's theme is "Naturally Special Places". Speaker Patty McLaughlin, biologist with the Ottawa Valley Wild Bird Care Centre will present "Sparrows, Warblers, and Hawks, Oh My! Taking a 'Peep' at the Wild Bird Care Centre." McLaughlin, recipient of the 2013 Elizabeth Le Geyt Award in recognition of outstanding contribution to public awareness and care for wild birds, is also known to many as the inspirational leader of the MVFN Young Naturalists.

The Wild Bird Care Centre cares for 2300 wild birds annually. Come and learn about the history of this "naturally special place", as well as details of daily operations

and stories of some of the most difficult, yet memorable avian patients: the raptors! "You may think it's a thrill to spot one (of these birds of prey) in the wild and catch a glimpse of its power and speed," says Patty, "but I will tell you what it is like to work with them up close... their typical personalities, tricks we use to keep them comfortable while in captivity, some very neat facts about raptors, as well as miraculous recoveries — I have lots to share!"

The presentation begins at 7:30PM at the Almonte United Church, at 106 Elgin Street. A \$5 fee applies for non-members. For further details about MVFN's 2015/16 natural history lecture series, visit <mvfn.ca> or contact Gretta Bradley at <glbradley@icloud.com>.

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Pazab Family Farm — Paradise in a Paddock

There is a farm on Upper Dwyer Hill Road, between March and Old Almonte Roads, that I've watched evolve over a few years. First it was a bare horse paddock and home to one horse. In an ensuing year, a beautiful log-end stable was added. I took a second look every time I drove by.

However, a couple of years ago, the horse was gone, and the farm seemed to be deserted. The paddock turned to weed. All that was left was the little stable; testament to a farmer's ingenuity. There it sat, neglected.

Last year there was renewed exciting activity in the paddock. A large brightly striped cow sculpture stood in the middle. Was it an art piece or a new addition to a scarecrow family? Although I rarely saw anyone in the paddock, I did notice mounds of greenery, pumpkins or squash luxuriously sprawling across the paddock that looked rich with old manure. At one point a striped pig took up residence on the fence, a companion for the cow. Something was definitely afoot in the old paddock.

Fast forward to this summer, when the paddock has become the most unique garden project I've ever encountered. Loads of rich soil were piled into berms along the fence, great square beds were created under canopies of pole teepees, hills of soil in tidy rows took up part of the centre field, fruit trees appeared, along with supports for vegetables. The cow was gone, but the pig remained.

And then things began to grow! The canopies were soon covered with ten feet of beans, the tomatoes threatened to grow out onto the roadway, and the squash were intending to cover the entire paddock. Beets about



Preston and Agata Zaborowski and their family have created an oasis of food and art at their farm on Upper Dwyer Hill Road

two feet tall, chard, carrots, zucchini, were all thriving.

However what caught my interest most was the corn, not in a row or a clump, but rather growing like "palm trees", each set of stalks supporting climbing beans, and each surrounded by massive squash plants.

Farmer Preston Zaborowski and his family were happy to share their story with me. Mr. Zaborowski learned this system of growing produce from his years spent in the Mojave Desert with the Hopi Indians who have used the Three Sisters method for centuries. The corn in the centre supports the beans that put nutrients back into the earth. The squash at the base preserves the moisture in the earth, while keeping the vermin from destroying the crop.

Mr. Zaborowski and his wife Agata, both renowned artists in their own right, have made the Pazab Family Farm an oasis and a work of art. Not only are they

and their children producing organic vegetables too numerous to mention, but they also have farm fresh free range eggs, meat rabbits, and pigs. The farm is open for business Tuesday to Friday from 11-6, and Saturday from 8-6.

The Pazab Family Farm is located at 1162 Upper Dwyer Hill Road — watch for the "OPEN" sign hanging beneath the striped pig! The produce is spectacular, the eggs are rich, and if you're lucky there might be baking for sale too.

Here's the bonus: both Preston and Agata have their art works on display — what a treasure to take home as a souvenir of the garden! In the meantime, you can check out <pazab.com> to see images of their work.

Drive in slowly, watch for the chickens and the children, and linger in what has to be the most charming and productive horse paddock I've seen in a long time! — Glenda Jones

Clean up the yard, brighten the porch, plant some spring bling!

It's that time of year again folks. They days are getting short, the air is getting crisp, and the gardens are settling down for a long winter's nap.

There's only a small window of opportunity left to add new items to the garden and plan for next year. Clean up the yard, plant some bulbs, and set the scene for fall with pumpkins, cornstalks and colourful hardy mums.

We are OPEN!
Mon-Sat 8am - 5pm
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Traditions of Yesterday, Heirlooms of Tomorrow

Early settlers in Lanark County brought their crafts and skills from Europe, adapting them to the harsh climate and rugged landscape of their new country. They had to clear land, build houses, start to raise crops and livestock, fence their fields and feed and clothe their families. They adapted their skills and tools to their new life and built a community in the Tay Valley that in 2016 will be celebrating its 200th anniversary.

Today, more recent settlers and descendants of these original immigrants have preserved, developed and resurrected many of the skills and crafts of their ancestors, using them to create works of art that will become the heirlooms of tomorrow. Many of these craftspeople can be visited during the **Perth Autumn Studio Tour** over the Thanksgiving weekend at the homes, farms and studios where they live and work. At some studios there will be demonstrations of crafts where traditional skills and equipment are used to create modern artifacts and works of art.

The first studio of the tour highlights a new participant, **Mark Garvock**, who will be demonstrating the art of blacksmithing, a skill essential in pioneer times not only to shoe the working horses, but to repair farm equipment and household items. Mark has developed blacksmithing to create both useful and functional pieces for the house and garden. At the same location, Dunn Sohn, one of several woodworkers and furniture makers on the tour, has restored beautiful old machinery to create his signature rocking chairs, turned bowls and cutting boards. Using local and imported woods, Dunn and the other woodworkers have refined the traditional rugged utilitarian furniture to fit the modern home and aesthetic.

Scott Dobson uses wood in a more traditional way, building cedar rail fences in many of the myriad styles the early settlers developed. From necessity, they worked using the materials at hand, designing styles to suit the land and their needs. Scott has taken these skills to the level of an art, with great precision, attention to detail and respect for his materials. These qualities can also be seen in the stone sculptures of **John Schweighardt**. Lanark County is famous for its rocks, which have been put to use in fences and the many stone houses in the area. John "listens" to the stones he finds to unlock their history as he develops his sculptures. Aware of their history, and using old skills brought to the area by many of the Scottish settlers, he opens up the stones to a new life and appreciation.



Printmaker Franc van Oort is one of many fine artists participating in this year's **Perth Autumn Studio Tour** on the Thanksgiving weekend

The Scottish settlers brought with them not only the skills needed to create beautiful buildings, but also to make beautiful clothing and household artifacts. They brought the tradition of itinerant weavers, usually men, travelling from farm to farm in the spring, using the yarn spun by the farm women (over winter) to weave clothing, blankets and coverlets. Today the variety of yarns includes far more than the wool and linen of pioneer times, though the technique of weaving has not changed. **Heather Sherratt** uses many of the newer fibres, such as bamboo, as well as traditional silk and wool, in her woven garments. **Zoë Lianga** has taken the tradition of felting woolen garments to a new level of fibre art with her wearable and household items made from felted wool, alpaca and silk.

The landscape and traditions of Lanark County can be seen in many of the craftspeople's work — from oil and watercolour paintings, photographs and prints to the colours in the textile arts and the glaze of potters. Another old skill that is demonstrated on the tour is the printmaking of **Franc van Oort**, who uses the traditional European techniques of etched copper plates for his rural Lanark landscapes.

The Perth Autumn Studio Tour — October 10 to 12, 10AM to 5PM — is an opportunity for visitors to see how the early traditions of rural Eastern Ontario are being not only preserved, but taken to new artistic heights and levels of creativity. The artisans welcome visitors to enjoy the history and natural beauty of the area and to share in its growth as a centre for traditional and contemporary arts. For more information, please visit <perthstudiotour.com> or call Riverguild Fine Crafts at 267-5237.

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 good news
 about butter
 from
 someone
 who knows
 better...**

Helen Bishop MacDonald is an author who holds a Master's degree in Nutrition and has worked as a nutritionist for the Calgary Flames and the '88 Olympics, a nutrition columnist for *Canadian Living* magazine, and a lecturer at several Canadian universities.

Helen Bishop MacDonald's 5th book on nutrition is now available at chapters.indigo.ca, amazon.ca and at **Mill Street Books** in Almonte.

Much Ado (and to do!) In Miss Mills

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, September 9 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.

by Miss Mills, Puppet Reporter

September 12 — A Doozy of a Day

Although pretty much every day in Mississippi Mills is chock full of exciting and interesting things to do, one particular day this month is so full of wonderfulness that it could be a week. I'm looking at you, September 12. First, we have the opening day of the Mississippi Valley Textile Museum's 20th annual **Fibrefest**. Read the article on page 4 of this issue for a rundown on all of the fibre-y goodness that will be on offer.

You will definitely need some sustenance to fuel your way through all of the events on the 12th. Fortunately, there's an event for that too! The much-anticipated 3rd annual **Harvest Food & Drink Show** takes place on Saturday, September 12 at the Almonte Agricultural Hall from 1 to 6PM. Sponsored by Dandelion Foods and Hello Yellow, this year's event is shaping up to be the best yet, featuring approxi-



Carp's newset (and only) winery, KIN Vineyards, is just one of the surprising food finds you will discover at this year's Harvest Food & Drink Show taking place at the Almonte Agricultural Hall on September 12.

mately forty of the areas best local wine, beer, beverage and food producers. "I think I'm most excited about discovering we have wineries so close to home," says show organizer Emily Arbour. "People may be surprised to see what this area has to offer in the way of food and drink. I know I was!"

Having organized the Handmade Harvest Craft Show since 2010, Arbour added Harvest Food and Drink to her event line-up only three years ago. Continued support from the community and local foodie businesses is what has kept her inspired to grow this event. And with a line-up of sellers like this year's, it's apparent her efforts are paying off. Those who attend can expect to sample, enjoy and, in most cases, purchase the goods of local producers such as KIN Vineyards (Carp), Cartwright Springs Brewery (Pakenham), Equator Coffee and Hummingbird Chocolate (Almonte), as well several from Ottawa including The Unrefined Olive, Michael's Dolce, A Taste of Africa, Bacchanalle, Oat & Mill, Split Tree Cocktail and many more.

Tickets are \$20 in advance or \$25 at the door, but you don't want to risk missing out on this super delicious event so get your tickets early from Hello Yellow on Mill Street or online at <handmadeharvest/foodanddrink>.

Then on the evening of the 12th, the 25-member **Ottawa Summer String Orchestra** will present a concert at the Old Town Hall in Almonte at 7:30. This is the second season for this burgeoning group of excellent musicians conducted by Donnie Deacon from the NAC Orchestra, and their second visit to the Almonte Old Town Hall. This year, flute soloist Aura Giles will perform CPE Bach's *Concerto for Flute in D minor*, and harpist Kristina Slodki will join the orchestra in a performance of Elgar's

Sopiri. Also on the program will be Mendelssohn's *String Symphony #10*, Handel's *Concerto Grosso* in Bb Major, Op.6 #7, *Badinerie* by J.S. Bach and a new piece titled *Summer Songs* by Randy Demmon. Tickets are \$25 from the Almonte Old Town Hall and Mill Street Books. For more information, please contact <tmaclaren@mississippimills.ca>.

Other Great Days Too!

On September 19, an exhibit entitled *Inward* opens at Sivarulrasa Studio & Gallery in Almonte. Curated by Sanjeev Sivarulrasa, this duo exhibition brings together two oil painters — Mary Wong from Toronto and Tami Galili Ellis from Ottawa — who explore the rich, sublime potential of oils with introspection, intensity and candour. There will be a vernissage where the public can meet the artists on Sunday, September 27 from 2–4PM.

All month long (well, from the 1st to the 27th), General Fine Craft in Almonte will be exhibiting the work of six of the best wood-fire potters working in Canada today. Read more about the *Magic of the Wood Kiln* exhibit on page 20 of this issue.

And speaking of this issue, you can also find several other super September events, such as the first **Almonte Lecture** of the season (on page 14), the first **Movie on the Mississippi** (page 8), the upcoming **SchoolBox Latin Fiesta** (page 5) and a concert by the **Valley Men** in Pakenham (page 10). Details about the **Seniors Expo**, taking place on September 10, can be found on page 29, and information about the **Mississippi Valley Field Naturalists'** September talk is on page 23. For more about October's **Crown & Pumpkin Studio Tour**, take a gander at page 24. I think we've got the area pretty well covered!

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in
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Sprouting Chefs at the Table's After School Program

On Thursday, September 17, The Table Community Food Centre in Perth will welcome a new group of children to participate in their After School Program. Children who participate will go through a curriculum that includes cooking, gardening, nutrition, and learning where our food comes from and how it gets to our tables. Children get to learn a valuable set of skills, and become excited about helping in the kitchen. They also come away with new friends and positive changes in their relationships with

food. The children also get to participate in special workshops and outdoor fitness activities.

This program is offered free of charge to children aged 8–12. Registration has already begun, and spaces often fill quickly, so call to sign up now. The program runs at The Table, 190 Gore St. East, on Tuesdays and Thursdays from 3–5:30PM. This session will run until December. For more information and to register your children please contact Coral Sproule, After School Program and Community Gardens Coordinator at The Table, at 267–6428 x6 or <coral@thetablecfc.org>.

2nd Annual Run for AGH

The **Mississippi Mills River Run** is back for its second year and is only one month away. Now is the time to register and start collecting pledges to support the Almonte General Hospital obstetrical unit!

The October 17 event, which begins at 8:30AM at the Almonte Fairgrounds, features 3K, 5K and 10K timed walks/runs. It will also feature live music and local food, and medals and other prizes will be awarded. All proceeds will support the purchase of medical equipment for the AGH obstetrical unit to support the health and wellness of new mothers and their babies.

Available sponsorship opportunities include Gold, Silver and Bronze levels, Recovery Station Sponsor, T-Shirt Sponsor, Water Station Sponsor, Sign Sponsor and Gift Sponsor. Exhibitor space is also available.

"We are very pleased with the support we have received so far from the community," says Karen Smith, AGH-FVM board member. "We encourage

local businesses to enter teams, and we would love individuals who want to run or walk to register for the event today. Even if you don't want to follow a route, come out to cheer people on or join the volunteering team to help support this great event."

For details about the event, to register online or to make a donation, visit <aeglevents.com>. Register your team or as an individual by September 10 and save! Registration and pledge forms are also available from the Foundation Office at 75 Spring Street in Almonte. Sponsorship information is available from Karen Smith at 798-3807 or <k_pike22@hotmail.com>.

The organizer of the Mississippi Mills River Run, Aegle Events, is an events management company based in Wakefield, Quebec. Its mission is to create and support challenging and safe sporting events for all ages and inspire people to live a healthy lifestyle. Aegle Events raises funds for local and global charities with mandates that target the health and wellbeing of youth.

Book Launch: Lanark County Connections

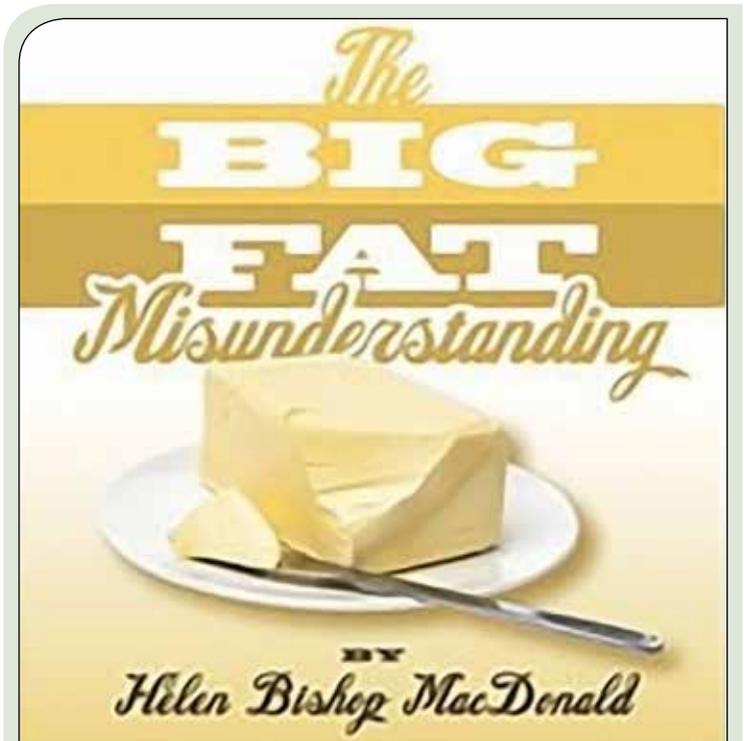
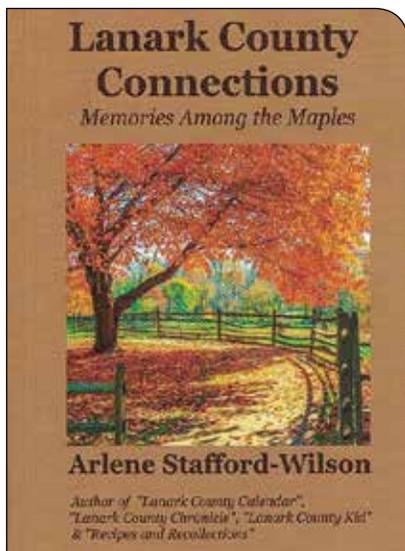
In her latest collection of short stories, author Arlene Stafford-Wilson remains loyal to the past; faithfully reconstructing the rural Ontario of her childhood. She has crafted these stories, set in Lanark County in the 1960s and '70s, with attention to detail, so that people and places, lost and gone in the real world, remain alive on the pages.

Lanark County Connections — Memories among the Maples invites the reader to step back in time to enjoy some carefree summer evenings at an old-style country dance hall on the Rideau Lakes, known as Antler Lodge. Perth is the setting for another story, in which the reader is transported back to an elegant mansion in the 1960s, where the secrets and scandals of its wealthy inhabitants are revealed. Also in this collection, the author shares an eerie encounter on Gore Street with a restless spirit who walks the halls of its childhood home. In one of the more light-hearted

tales, the author takes the reader on a laid-back bus tour, set in the 1970s, as it weaves its way through Drummond, Ramsay, Darling and Dalhousie townships, on Lanark County's back roads, meeting some delightful local characters, and visiting some lesser-known scenic gems.

The lives of ordinary people sing out from these historical stories, which take place over two decades of closely observed regional life. As in her previous books, the author weaves the names of local people throughout the stories, and includes each name in an index at the back. You may even find your own name there!

The book launch will take place on Saturday, September 26, from noon until 3PM at The Book Nook at 60 Gore Street E. in Perth. Meet the author and have your copy signed. All are welcome. For information, or to reserve your copy, call 267-2350.



Is Butter Better?

There's a lot being said and written about nutrition these days, and it can be hard to know what to believe. When author Helen Bishop MacDonald dropped a copy of her latest book off at Humm headquarters, I first took a look at her bio — and was immediately impressed. In addition to holding a Masters in nutrition, she has worked as a nutritionist for the Calgary Flames and the '88 Olympics; as a nutrition columnist for *Canadian Living* Magazine, and as a lecturer and Assistant Professor at several Canadian universities. She published her first piece of research on nutrition in 1965, and has clearly been very active in the field ever since.

In *The Big Fat Misunderstanding*, MacDonald leads us through many decades and several hundred studies (the references for Chapter Two alone span five pages), yet her writing is neither dry nor abstruse. Rather, her wry sense of humour and sardonic evaluation of popular opinion keep the book very accessible. Best of all, she encourages us to eat butter!

If you're looking for an even assessment that examines both sides of the "good fat, bad fat" issues, you won't find it here. MacDonald unapologetically advises her readers to "Think of it as a courtroom where the prosecution has already made its case; now it's the turn of the defence." In my humble opinion, butter is quite lucky to be represented by this deeply researched and well-written publication, available at Mill Street Books in Almonte or at <amazon.ca>.

— Kris Riendeau



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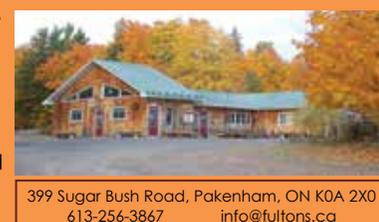
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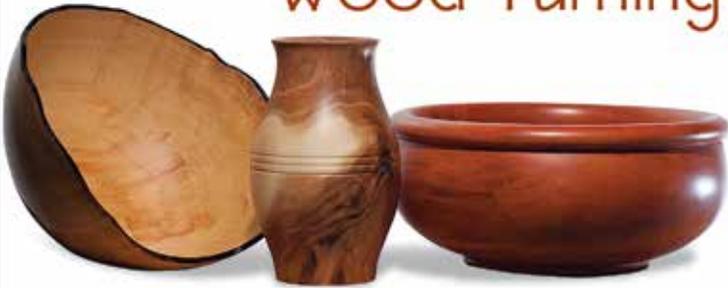
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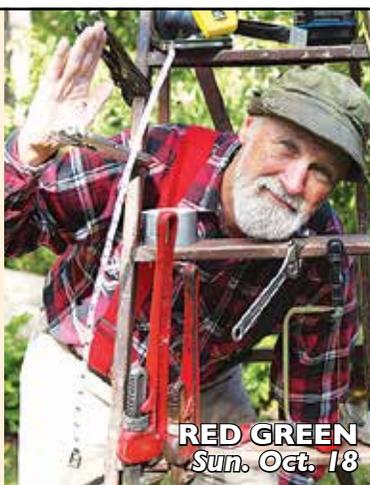
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Richard Gill's Fall Show
The Masters as Muse: From Rembrandt to Rodin

Culture can mean many things: it can be your language, your food, your religion, your fashion, your music, your art, your muse. Every fall as summer leaves behind a last hurrah of blazing colour, we embark on journeys and adventures to drink in every last drop of warmth and visual stimulation. Studio tours abound, as it's a time when artists often open their doors and let us in to their creative realms. Curious by nature we enter, often in awe and wonder. What if we were able to embark on a studio tour of masters gone by?

Lately, Burnstown artist and sculptor Richard Gill's muse has been a relentless fascination with

art history — the lives of the masters, anecdotes and interesting tidbits of their place in time and history, how we imagine their spaces, the inner workings of their creative minds, their muses, obsessions, passions, vices and turmoil, and their impact on world events and society.

Now in his 70th year, our own local modern-day master of sculpted clay-relief remarks that this work is perhaps his most challenging to date, and he opens his own studio once again to invite us on a visual journey revealing the masters' creative spaces. Think of it as a studio tour of the masters. Imagine Cézanne, Matisse, Modigliani, Warhol, Kahlo, Monet, Renoir, Calder, Carr, Thompson, Pollock, Toulouse-Lautrec, Brancusi, Goya... Van Gogh painting a starry night... Degas in the balcony aroused by the beauty of his muse the dancers...

This show and sale marks Gill's 44th at his studio at Bittersweet Gallery in Burnstown. It opens on October 3 with a vernissage from 2–8PM (including a talk by the artist at 3PM and 7PM), and runs until October 12. The gallery is open daily from 11AM to 5PM. For more information, contact Cheryl or Richard at 432-5254 or preview works at the gallery website: <burnstown.ca/bittersweet>.



Burnstown sculptor Richard Gill takes inspiration from the masters for his 2015 fall show, opening on October 3

In the Beaver Pond with Michael Runtz

To celebrate the recent publication of Michael Runtz's long-awaited book on beavers, Mississippi Madawaska Land Trust (MMLT) invites you to the beaver pond at High Lonesome Nature Reserve on Saturday, September 19 where Michael will do a show-and-tell about this Canadian icon and its habitat. Could there be a better venue for one of his engaging presentations, with frogs croaking, bees buzzing, birds chirping, and meanwhile the winds blowing gently through the tall pines and rippling the surface of the pond? Will the resident beavers make a guest appearance?

Following an introduction on the beavers and their role in the ecosystem, Runtz will lead us around the pond as he shares his passion and knowledge of this special part of the natural world that he has been observing and studying for thirty years. This special event will likely reveal some curious secrets about beaver behaviours.

If you are not already a collector of the previous colourful and substantive Runtz books, by the end of the morning you may be sorely tempted to obtain a copy of his *Dam Builders: The Natural History of Beavers and Their Ponds*. Having haunted beaver ponds through most of his life, the author's photographs and depictions illuminate, with insight and authority, this remarkable animal and its effects on biodiversity. This will be a great opportunity to buy a signed copy for yourself or as a gift for a fellow nature-lover.

The MMLT acquired High Lonesome Nature Reserve in 2012 through a generous donation from the family of Barry (Sam) Spicer. There is an 8km

network of trails that wind through the property, taking you through all types of habitat and providing wonderful opportunities for wildlife observation and photography. To date, MMLT has conserved over 2400 acres of ecological sensitive lands in eastern Ontario. In addition to its mandate to protect these significant properties in perpetuity, the Land Trust is committed to providing regular opportunities for people of all ages to experience the wilderness first hand.

Registration for this event starts at 9:30AM on Saturday, September 19 and the presentation begins at 10. The admission fee is a \$10 donation to the MMLT. To reach High Lonesome, take County Road 29 to Pakenham Village and turn onto Waba Road. Continue west for 2.9km, turn left on Barr Side Road and travel for 1.6km. Take the first left at Carbine Road and drive 4km to 867 Carbine Road and you have arrived! For further information and a map, visit <mmlt.ca/events>.



Author, photographer and naturalist Michael Runtz will speak about beavers on September 19



Seniors Expo!

According to the Public Health Agency of Canada, "In an age-friendly community, the policies, services and structures related to the physical and social environment are designed to help seniors age actively. In other words, the community is set up to help seniors live safely, enjoy good health, and stay involved."

Mills Community Support, with its wide range of services for seniors, recreational programs and opportunities to volunteer, aligns perfectly with the ideals of an age-friendly Lanark. Each year they work with the Almonte Baptist Church, Lanark Alzheimer's Society, CARP Lanark and a crew of community volunteers to produce an expo that showcases over 75 exhibitors offering goods, services and helpful information for regional seniors, their families and caregivers, while also illustrating the great capabilities of our seniors. This year's expo at Almonte's Community Centre falls on Thursday, September 10, and to better accommodate working family members, takes place between 1 and 8PM.

Not only does Mills Community Support bring information to people through the expo — they also engage with people to find out what is important to them. After all, persons over the age of 65 make up more than a quarter of our local population. With a fall election imminent, federal candidates have a standing invitation to join the expo and engage in meaningful conversation with participations. What does an age-friendly community look like to you? Come see how your thoughts align with those seeking federal office in our riding. These conversations may just help you decide where you will cast your ballot!

The organizers look forward to seeing you at the North Lanark Seniors' Expo in September. Every year there is a wonderful range of exhibitors, from health services to recreational and volunteer opportunities, for older adults. It's not to be missed!

To learn more about the good work of Mills Community Support, visit <themills.on.ca>. Find out more about the age-friendly community movement happening across the world at <theHummm.com/August2015>.

Interesting in being an exhibitor at the North Lanark Seniors' Expo? Contact Jan Watson at <jwatson@themills.on.ca> for an application. A few exhibitor booths are still available.

A Fall Season of Music at St. James in Perth

The fall season of Choral Evensong begins at 4PM on Sunday, September 20, at St. James the Apostle Anglican Church in Perth, with guest musicians Debora Wilcox and Helen Mogford providing the prelude and postlude. The St. James Liturgical Choir, in addition to leading the congregational hymns, will sing the *Magnificat* and a psalm sung to Anglican Chant, and an anthem.

St. James has a long musical tradition going back to 1836, when the Lieutenant Governor of Upper Canada designated the parish as a Crown Rectory, with a Royal Charter which allows the choir to wear red choir robes — which they still do. In those days, Evensong from the *Book of Common Prayer* would have been sung every Sunday, and two years ago it was reintroduced monthly during the fall and winter. The congregation is growing as more and more people are discovering — or rediscovering — the beauty of this contemplative and spiritual service, whose music draws from a rich choral tradition. St.

James looks forward to continuing this tradition with a new Rector, formerly Dean of St. Alban's Cathedral in Prince Albert, Saskatchewan. The Reverend Ken Davis says "I am pleased to hear of the wonderful tradition of special evensongs at St. James, and am looking forward to singing all the offices."

The prelude and postlude will include *Mélo die-Élégie* by Massenet, a Handel sonata, Fauré's *Sicilienne* and a romance by Schumann. Both Debora and Helen have loved and studied music since childhood. Deb took piano lessons and sang with school choirs in Ottawa, has a degree in Keyboard Education and a B.Ed., and taught music in local elementary schools. She now plays in the St. Paul's Bell Choir and teaches private piano lessons. Helen began music lessons on the recorder, moving to the flute at the age of eleven. At York University, she studied flute, later studying with Robert Cram. She has taught the flute and played at occasional weddings. These days, Helen enjoys playing both the

treble and tenor viola da gamba with small consorts of viols.

There will be several evening services leading up to Christmas. The next Choral Evensong takes place on October 18 with The Cranmer Singers of Ottawa, led by Frances Macdonnell, and on November 15, The St. James Four will be providing the music before and after the service. On Sunday, November 29 at 4PM, the 20th annual Advent Procession with Carols will include the St. James Junior Choir and the Tay River Brass Quartet, and on Sunday, December 20, at 7PM, the 33rd annual Service of Nine Lessons and Carols with the Combined Choirs of St. James and St. Paul's United Church in Perth, is also not to be missed.

We encourage you to visit us to worship. St. James' Church is located on the corner of Drummond and Harvey Streets. 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 <stjamesperth.ca>.

— Hilary Barrett

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Oct - Non-GMO Month

Oct. 19 - Eco-Nutrition with RHN Laura Kissman

Oct TBD - First Foods & Breastfeeding support with RN Nancy Thurston

Nov. TBD - Lil' Sprouts Make Your own Christmas Gift Workshop

Nov. 30 - Lil Sprout Grant Applications Due.

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Festival of the Senses, Calabogie, Oct 2-3
 The Juliet Singers, CP, Oct 3
 Schoolbox Latin Fiesta, Almonte, Oct 3
 Vernissage: Richard Gill, Burnstown, Oct 3
 Stone Fence Theatre, Oct 3, 16, 17, 24, Nov 1, 6, 7
 Merrickville Studio Tour, Oct 3-4
 Calabogie Artfest, Oct 3-4
 Writers Festival, Perth, Oct 3-5
 Nature Walk, Blueberry Mountain, Oct 4
 Expressions of Art, Carp, Oct 9-11
 Crown & Pumpkin Studio Tour, Mississippi Mills, Oct 10-12
 Fall Colours Studio Tour, Westport, Oct 10-12
 Perth Autumn Studio Tour, Oct 10-12
 Merrickville Jazz Fest, Oct 15-18
 Sadie Flynn Comes to Big Oak, Smiths Falls, Oct 15-25
 Local Foods Harvest Dinner, SF, Oct 17
 Red Green, Perth, Oct 18
 LCIH Women's Fair, CP, Nov 7
 Valley Artisan Show, Almonte, Nov 8-9
 Itty Bitty Art Show & Sale, CP, Nov 28
 Puss In Boots, Smiths Falls, Dec 3-13
 Santa Claus Parade, Perth, Dec 5
 Nick of Time Artisan Show, Perth, Dec 5
 Heritage Perth Christmas House Tour, Dec 5-6
 Nathaniel Dett Chorale, Perth, Dec 11
 The Stairwell Carollers, CP, Dec 12
 Kintail Country Christmas, Almonte, Dec 15

Festivals



Perth Fair, Sep 4 (12-11 PM), 5 (9AM-9PM), 6 (9AM-9PM), 7 (9AM-4PM). Demolition Derby, midway, displays, food, more., Perth Fairgrounds. \$10-12, 7-12 \$2-4; +midway
Renfrew Fair, Sep 9-13. Demo Derby, cattle, midway, more. Renfrew Armouries.
Dragon Boat Festival, Sep 12, 46+ teams., Riverside Park, CP, fall400.com
Fibrefest, Sep 12-13. Fibre art demos/vendors & exhibits, at Textile Museum & Almonte Arena. \$5/day
Middleville Agricultural Fair, Sep 19, 10AM, Farmers/artisans market, kids activities, livestock, music. Fairgrounds. \$5
Carp Fair, Sept 24 (6PM-12AM), 25 (9AM-1AM), 26 (8:30AM-1AM), 27 (8:30AM-). Midway, petting zoo, music. Carp Fairgrounds
Neat in the Woods, Sep 25-27. The Sadies, Blackie/Rodeo Kings, Silver Creek, Matt Anderson, The Trews, Ben Caplan, MonkeyJunk. Arrogant Worms host. Burnstown
McDonalds Corners Fall Fair, Sep 26, 9AM-7PM. Competitions, cattle, ponies, petting zoo, more. Ag. Hall, McD Crnrs

Visual Arts



Meet the Artists: Rug Hooking, Sep 5, 9AM-1PM. Donna Sproule/Judy Bedell demo, MERA, McDonalds Corners
Sundance Studio Tour, Sep 5-6 (10-5), Sep 7 (10-4). Over 35 artisans. Fall River Restaurant, Maberly. sundancestudio.ca
North Gower/Kars Discovery Tour, Sep 12-13, 10AM-5PM, discovery-tour.ca
Opening: 6 Wood-Fire Potters, Sep 13, 1-4PM. General Fine Craft, Almonte
Vernissage: Siz, Sep 16, 7-9PM. Photographers. Textile Museum, Almonte
An Evening of Visual Splendor, Sep 18, 7PM. Bill Pratt, Bill Young, Dale Dunning. Tix: Baker Bob's. Textile Museum, Almonte. \$25
Meet the Artist: Fred Fowler, Sep 18, 6:30PM. Fall River Restaurant, Maberly
Pull Up A Chair with WCAS, Sep 19, 11AM-2PM. The Hive, Carp

Monday	Tuesday	Wednesday	Thursday
31 Carp Celtic Jam, Carp Masonic Lodge	Brock Zeman & Blair Hogan, O'Reilly's Derek Olive, The Cove Green Drinks, Perth Labyrinth Walk, CP Macnamara Field Naturalists' Club, Arnprior	Acoustic Stage w/DB, O'Reilly's Book Launch: Sharon Johnston, Almonte CP Horticultural Society Mtg/Potluck, CP Craft and Chat Drop In, Lanark Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Shawn McCullough, The Cove	Emily Fennell w/Jazz Night, The Cove Karaoke, Waterfront Gastropub Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow Open Mic w/Jimmy Tri-Tone Band, Love That Barr Ramblin' Valley Band, The Barley Mow
7 Carp Celtic Jam, Carp Masonic Lodge George Reynolds, Golden Arrow Perth Fair, Perth Sundance Studio Tour, Maberly	Brock Zeman & Blair Hogan, O'Reilly's Ed Lawrence: Pruning, Carp Labyrinth Walk, CP	Acoustic Stage w/DB, O'Reilly's Karaoke, Golden Arrow Mississippi Mills At A Glance, Almonte Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Renfrew Fair, Renfrew Shawn McCullough, The Cove	Death Café, Perth Jazz Night w/S.E. Trio, The Cove Karaoke, Waterfront Gastropub Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow Open Mic w/Jimmy Tri-Tone Band, Love That Barr Ramblin' Valley Band, Barley Mow Renfrew Fair, Renfrew Seniors' Expo, Almonte The Barra MacNeils, Smiths Falls
14 Carp Celtic Jam, Carp Masonic Lodge Flee, Fly, Flown Discussion, CP	Brock Zeman & Blair Hogan, O'Reilly's Labyrinth Walk, CP Square Dance Open House, Beckwith	Acoustic Stage w/DB, O'Reilly's Connection To The Past, CP Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Shawn McCullough, The Cove Vernissage: Siz, Almonte	CPDMH Anniv Gala, Beckwith Flee, Fly, Flown Discussion, Perth FoSH, Elgin, Smiths Falls Jazz Night w/S.E. Trio, The Cove Kiss The Moon, Kiss The Sun, Perth Musicians' Circle, Bolingbroke MVFN: Wild Bird Care, Almonte Open Mic, Alice's Cafe, Love That Barr PDHS: The Story of Perth, Perth Ramblin' Valley Band, Barley Mow S. Martin/Delta Sugar, Gldn Arrow The Valley Men, Pakenham
21 Almonte & Area Artists' Assoc Mtg, Almonte Almonte Quilters' Guild, Almonte Bereavement Support Group, Almonte Carp Celtic Jam, Carp Masonic Lodge	Brock Zeman & Blair Hogan, O'Reilly's Council of Cdns - Chapter Start-up, Almonte Labyrinth Walk, CP Lanark Co. Quilters Guild, Perth Memoir Writing, Lanark Square Dance Open House & Chili, Beckwith Pancake Lunch, Pakenham	Acoustic Stage w/DB, O'Reilly's Arnprior Quilters' Guild, Arnprior Book Club: And Then There Were None, Almonte Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Shawn McCullough, The Cove	Born Ruffians, Neat Coffee Shop Carp Fair, Carp Elsa & Fred/Waking Ned Devine, Perth FoSH: Fortunate Ones, Lyndhurst FoSH: Strumbellas w/Danny Albert, Almonte Jazz Night w/S.E. Trio, The Cove Learning to Drive, Smiths Falls Musicians' Circle, Bolingbroke Open Mic, Alice's Cafe, Golden Arrow Open Mic w/JTTB, Love That Barr Ramblin' Valley Band, Barley Mow Take Back the Night, CP
28 Almonte Hort. Soc., Almonte Carp Celtic Jam, Carp Masonic Lodge	Brock Zeman & Blair Hogan, O'Reilly's Labyrinth Walk, CP	Acoustic Stage w/DB, O'Reilly's Karaoke, Golden Arrow Learning to Drive, Perth Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Pancake Lunch, Pakenham Sean McCann, Sharbot Lake Inn Shawn McCullough, The Cove	Karaoke, Waterfront Gastropub Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Ramblin' Valley Band, Barley Mow

Almonte & Area Artists' Mtg, Sep 21, 7:30PM. w/S. Sivarulrasa. Almonte Library
Almonte Quilters' Guild, Sep 21, 7-9PM. Monthly mtg. Almonte Civitan. 257-8444
Lanark County Quilters Guild, Sep 22, 7PM. Lions Hall, Perth Fairgrounds, \$3
Arnprior Quilters' Guild, Sep 23, 7-9PM. Christian Ed'n Ctr; Arnprior
Gallery Opening, Sep 26, 2-8PM. S.M. Art Studio, 50 Bennett, CP. sarahmoffat.com
Merrickville Artists' Guild Studio Tour, Sep 27-28. 10AM-6PM. mag-artists.ca
North Frontenac Back Rds Studio Tour, Sep 26-27, 10AM-4PM. See website
Workshop: Facebook for Artists, Sep 26, 1-4:30PM. CP Library, jim Moran@sympatico.ca, arts.carletonplace.com. \$35
Meet the Artists: Mary Wong/Tami Galili Ellis, Sep 27, 2-4PM. Oil painters. Sivarulrasa Gallery, Almonte. 293-2492

Theatre



Kiss The Moon, Kiss The Sun, Sep 17, 18, 19, 25, 26 at 8PM; Sep 20, 27 at 2PM. Studio Theatre, Perth. \$24; \$22 in adv
 Kubrick Classics, 7:30PM: Sep 18, **2001-A Space Odyssey**. Sep 19, **The Shining** (w/R. Fontaine). Station Theatre, SF. \$10/\$5
I'll See You in My Dreams, Sep 20, 2:30PM. Film presented by Hub Hospice. At Textile Museum, Almonte. 256-1909, hubhospice.com. \$12
Elsa & Fred/Waking Ned Devine, Sep 24, 2PM. Double feature, Perth Library
 Film Night Int'l: **Learning to Drive**, Sep 24, 7PM (Station Theatre, SF); Sep 30, 2PM/7PM (Full Circle Theatre, Perth) \$10; pass \$40
Here Comes the Train! The Ottawa Valley Railway Story, Sep 26, 6PM. Musical, w/ or w/o supper. Eganville Arena. 1-800-310-1004, stonefence.ca

Youth



The Sound of Music, Sep 4-5; 7PM. Academy for Musical Theatre. Full Circle Theatre, Perth. ticketsplease.ca. \$12
Kids' Book Signing, Sep 12, 10AM-3PM. Cathryn Morgan, GrrrOuch, Pain is Like a Grouchy Bear. Mill St Books, Alm. 256-9090

Literature



Book Launch: Sharon Johnston, Sep 2, 7PM. Author *Matrons & Madams* (& wife of GG). Register: 256-9090. Alm Library
Tea with Mary Cook, Sep 12, 2:30PM. St. Andrew's Presbyterian, Perth. \$20
Flee, Fly, Flown Book Discussion, Sep 14, 6:30-8:30PM, CP Library. Sep 17, 6:30PM, Perth Lib. Sep 27, 1PM, SFalls Library
Memoir Writing w/Susan Berlin, Sep 22, 1-3PM., Lanark Learning Centre. 259-2207, grahamanne56@bell.net

Local Food



Book Club: And Then There Were None, Sep 23, 7PM. Discuss A. Christie mystery. Mill St Books, Almonte. 256-9090
Book Launch, Sep 26, 12-3PM. Arlene Stafford-Wilson: *Lanark County Connections*, Book Nook, Perth
Book Club, Sep 27, 2-4PM, Lanark Learning Centre. grahamanne56@bell.net
Harvest Food & Drink Show, Sep 12, 1-6PM. 40 food/drink producers. 19+ Alm Ag Hall. handmadeharvest.com. \$25/\$20
Lanark County Harvest Festival, Sep 13, 11AM-4PM. Local producers, seminars w/**Church Supper**, 4-6:30PM, \$12. Beckwith Park, harvestfestival.ca
Pie-Making Contest, Sep 19, 8:30AM-12:30PM. Market Square, CP. cpfm.ca
Tree Walk, Sep 19, 9:30AM, ID, firewood. Conlon Farm, Perth. 267-9557. \$10

SEPTEMBER 2015

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Live Music, Waterfront Gastropub Perth Fair, Perth Steve Barrette Trio, The Swan at Carp Strung Out To Dry, The Cove The Sound of Music, Perth Tom Watson, Golden Arrow Trivia Night, Calabogie 	<ul style="list-style-type: none"> Acoustic Saturdays, Waterfront Gastropub DanahKae, Valley Food & Drink Co. Head over Heels, The Cove Live Music, Golden Arrow Meet the Artists: Rug Hooking, McDonalds Corners Perth Fair, Perth Sign Me Up!, CP Sundance Studio Tour, Maberly The Sound of Music, Perth 	<ul style="list-style-type: none"> Jazz Brunch, Fiddleheads Head over Heels, The Cove Jeff Code & Silver Wings, Westport Jimmy Tri-Tone Band, Golden Arrow Magnolia Rhythm Kings, The Royal Oak Perth Fair, Perth Sundance Studio Tour, Maberly Sunday Blues, Waterfront Gastropub
<ul style="list-style-type: none"> Honky Tonk Gal, Perth Jimmy Tri-Tone Band, Waterfront Gastropub Light Up the Labyrinth, CP North Sea Gas, Sharbot Lake Inn Renfrew Fair, Renfrew Riq Turner unplugged, Golden Arrow Tribute to Walter Norwood, The Cove Trivia Night, Calabogie 	<ul style="list-style-type: none"> Dragon Boat Festival, CP Fibrefest, Almonte Fish Fry, Pakenham Tea w/Mary Cook, Perth Acoustic Saturdays, Waterfront Gastropub Facelift - Alice in Chains tribute, John St. Pub Fall/Winter Fashion Show, CP Harvest Food & Drink Show, Almonte Head over Heels, The Cove Kids' Book Signing, Almonte Discovery Tour, North Gower/Kars Ottawa Summer String Ensemble, Almonte Silent/Live Auction, Bolingbroke Pig Roast, Almonte Renfrew Fair, Renfrew Sounds Sweet, Golden Arrow Terry Fox Run, Perth 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Clever Mess Jazz Club, The Barley Mow Fibrefest, Almonte Harvest Church Supper, Beckwith Head over Heels, The Cove Lanark County Harvest Festival, Beckwith Discovery Tour, North Gower/Kars Open Mic with Kelly Sloan, Ashton Pub Opening: 6 Wood-Fire Potters, Almonte Renfrew Fair, Renfrew Sunday Blues, Waterfront Gastropub Valley Singles Lunch, Eganville
<ul style="list-style-type: none"> An Evening of Visual Splendor, Almonte FoSH: Gordie MacKeeman, Elgin Kiss The Moon, Kiss The Sun, Perth Kubrick Classics: 2001 - A Space Odyssey, S. Falls Live Music, Waterfront Gastropub Meet the Artist: Fred Fowler, Maberly Riq Turner unplugged, Golden Arrow Scottish Country Dancing, Perth Shawn McCullough, The Cove Steve Barrette Trio, The Swan at Carp Trivia Night, Calabogie 	<ul style="list-style-type: none"> Brea Lawrenson, Golden Arrow Craft Beer Festival, SF FoSH, Pembroke, McD Cmrs Acoustic Saturdays, Waterfront Gastropub Cdn Songwriter Summit, The Cove Daybreak, Valley Food & Drink Co. Jamboree/Dance/Dinner, Bolingbroke Kiss The Moon, Kiss The Sun, Perth Kubrick Classics: The Shining, Smiths Falls Michael Runtz Walk & Talk: Beavers, Pakenham Pull Up A Chair with WCAS, Carp SidePipe & The Rhetorics, John St. Pub Walk your Paws for LAWS, CP Tree Walk, Perth Middleville Fair Pie-Making, CP 	<ul style="list-style-type: none"> Annual Roast Beef Dinner, Franktown Choral Evensong, Perth Jazz Brunch, Fiddleheads FoSH: The East Pointers, Maberly Head over Heels (patio), The Cove I'll See You in My Dreams, Almonte Open Mic with Kelly Sloan, Ashton Pub Kiss The Moon, Kiss The Sun, Perth Magnolia Rhythm Kings, The Royal Oak Sunday Blues, Waterfront Gastropub
<ul style="list-style-type: none"> Almonte Lectures: Alzheimer's BOTR: Danny Brooks, Westport Breakfast with Soul, Almonte Carp Fair, Carp FoSH: Fortunate Ones, Mississippi Mills FoSH: The Strumbellas, Delta Jimmy Tri-Tone Band, Love That Barr Kiss The Moon, Kiss The Sun, Perth Neat in the Woods, Burnstown Riq Turner unplugged, Golden Arrow Scottish Country Dancing, Perth Trivia Night, Calabogie 	<ul style="list-style-type: none"> Annual Fall Supper, Munster Book Launch, Perth MM Cultural Summit, Almonte Alpaca Farm Days Neat in the Woods, Burnstown Bahoo & the Brat, Valley Food & Drink Co. Here Comes the Train!, Eganville Kiss The Moon, Kiss The Sun, Perth McDonalds Corners Fall Fair, McD Cmrs Artists' Guild Studio Tour, Merrickville Back Roads Studio Tour, N Frontenac Rumours - Fleetwood Mac tribute, John St. Pub Workshop: Facebook for Artists, CP Gallery Opens, CP Ryan Cook, O'Reilly's Carp Fair, Carp Tales and Tunes, SF Pearson Run, CP 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Book Club, Lanark Meet Artists, Almonte Flee, Fly, Flown Discussion, Smiths Falls FoSH, Bolingbroke, Lyndhurst Head over Heels, The Cove Open Mic with Kelly Sloan, Ashton Pub Kiss The Moon, Kiss The Sun, Perth Neat in the Woods, Burnstown Artists' Guild Studio Tour, Merrickville Back Roads Studio Tour, N Frontenac Sunday Blues, Waterfront Gastropub The NightCrawlers, Generations Inn Carp Fair, Carp Alpaca Farm Days OVMF: Requiem, Arnprior

- The Diefenbunker presents "Geometries & Auralities of Survival" by Jesse Stewart
- Fairview Manor Lobby presents Peter Wright's photographs "Tranquility - Lanark"
- Fall River Restaurant presents Fred Fowler's oil paintings <fallriverrestaurant.ca>
- FIELDWORK presents outdoor art <fieldworkproject.com>
- General Fine Craft features 6 wood-fire potters <generalfinecraft.com> [Sep 1-27]
- Heritage House Museum presents display of Lustreware <smithsfalls.ca/heritagehouse>
- MERA Schoolhouse presents hand-hooked mats/rugs of Donna Sproule & Judy Bedell [Saturdays]
- MVTM presents photography Bill Pratt, Bill Young, Dale Dunning, Rod Trider, Robin Andrew <mvtm.ca> [Sep 16-27]
- Sivarulasa Studio & Gallery presents Mary Wong & Tami Galili Ellis' oils <sivarulasa.com> [Sep 19-25]
- The Mississippi Mills Chambers Gallery presents Clement Hoeck's pottery & Hyesuk Kim's textile art
- The Almonte Library Corridor Gallery presents Garrie Bea Joyce's mixed media

Music



Musicians' Circle, Thursdays, 7PM. Musicians only. ABC Hall, 273-9005. \$5

Jeff Code & Silver Wings, Sep 6, 2-6PM. Westport Legion. \$10

The Barra MacNeils, Sep 10, 7PM. Gal-lipeau Centre, SF. 1-888-655-9090. \$30

Honky Tonk Gal, Sep 11, 8PM. Amberely Beatty as Loretta Lynn w/Butcher Holler Boys. Studio Theatre, Perth. 267-7469. \$30

Festival of Small Halls: 7:30PM unless noted.

Sep 12 **Corb Lund w/Rueben deGroot**, Seeley's Bay Hall, \$35; Sep 17, 18 **Gordie MacKeeman** at Chaffey's Lock Hall, \$22; Sep 17 **East Pointers w/Gordon Pipe Band** at The Ivy on William, SF, \$20; Sep 19 **Corb Lund w/Kelly Prescott**, Pembroke Festival Hall, \$35; Sep 19 **Gordie MacKeeman w/Long Sault Trio** at McD Cmrs Ag Hall, \$22; Sep 20, 4PM, **East Pointers**

w/Unspoken Rests, Maberly Hall, \$22; Sep 24 **Strumbellas w/Danny Albert**, Almonte Old Town Hall, \$25; Sep 24 **Fortunate Ones w/Rifle & Writer**, St. Luke's Hall, Lyndhurst, \$22; Sep 25 **Fortunate Ones w/Noisy Locomotive**, Union Hall, Clayton, \$22; Sep 25 **Strumbellas**, Delta Old Town Hall, \$25; Sep 26 **Beolach w/Donohue Enright**, Westmeath Rec Ctr, \$22; Sep 26 **Good Lovelies w/Pat Moore & Maple Hill**, Spencerville Mill, \$22; Sep 27, 3PM, **Beolach w/Jessica Wedden**, ABC Hall, \$22; Sep 27, 3PM, **Good Lovelies w/Ali McCormick**, Morton Hall, \$22. thefestivalofsmallhalls.com

Ottawa Summer String Ensemble, Sep 12, 7:30PM. Tickets: Mill St Books. Alm Old Town Hall. \$25

Silent/Live Auction, Sep 12, 7PM. Appetizers too. ABC Hall, Bolingbroke

The Valley Men, Sep 17, 7:30PM. Trad songs, hymns, anthems, novelty. St. Andrew's United, Pakenham. freewill offering

Jamboree/Dance/Dinner, Sep 19, 2PM. Waltzes, sq dancing. 5:30PM chicken dinner. ABC Hall, Bolingbroke

Choral Evensong, Sep 20, 4PM. Prelude/postlude by D. Wilcox & H. Mogford. St. James the Apostle, Perth. 267-1163

BOTR: Danny Brooks w/Lil' Miss Debi & Memphis Brothers, Sep 25, 7-11PM. The Cove, Westport. bluesonther-idea.ca. \$65+tx dinner/show

Tales and Tunes, Sep 26, 8PM. North-Winds Brass Quintet & Ottawa Story Tellers: music w/Stephen Leacock stories. Station Theatre, Smiths Falls. 283-0300, \$25

OVMF: Mozart's Requiem, Sep 27, 3PM. Full chorus, soloists & orchestra. b.St. John Chrysostom, Arnprior. \$25/\$10/\$5

Community



Green Drinks, Sep 1, 5:30PM. Informal mtg of env'tal folk., Golden Arrow, Perth. GreenDrinks.org

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

Macnamara Field Naturalists' Club, Sep 1, 7:30PM. Monthly mtg. Arnprior Curling Club. mfnc.ca. \$5, students free

CP Horticultural Soc. Mtg/Potluck, Sep 2, 6PM. Making Daylily Babies. St. Andrew's Presbyterian, cphorticulture.ca. \$3

Craft and Chat Drop In, Sep 2, 23, 1-3PM. Lanark Learning Centre. 259-2207, grahamanne56@bell.net

Trivia Night, Fridays, 8PM. Valley Food & Drink Co., Calabogie. 752-2676x311, info@valleyfoodanddrinkco.ca

Sign Me Up!, Sep 5, 8:30AM-12:30PM. Local clubs. Market Square, Beckwith St/Lake Ave, CP. 257-1976

Ed Lawrence: Pruning, Sep 8, 7PM. Talk at West Carleton Garden Club. Carp Fairgrounds, 3790 Carp Rd. wgcg.ca. \$10 cash

Mississippi Mills At A Glance, Sep 9, 7-9PM. Activity info/reg'n; kids, snrs, adults. Almonte Community Ctr. 256-1077

Death Cafe, Sep 10, 6:30PM. Discuss death. Perth Library, 30 Herriott St., Perth

Seniors' Expo, Sep 10, 1-8PM. Info for people 50+ & caregivers. Almonte Community Ctr. 256-1031x39, themills.on.ca

Light Up the Labyrinth, Sep 11, 6:30PM prep luminaries; 7:30PM walk. CP Community Labyrinth. 257-1014

Terry Fox Run, Sep 12, 9AM. Walk/run/ride 5/10K. Conlon Farm, Perth. 267-3788

Fashion Show, Sep 12, 2-4PM. 10% of sales donated to CP Hosp. Aux. Green Counter Boutique, CP. 492-0677

Fish Fry, Sep 12, 4:30-7PM. Mundell's surf & turf. St. Andrew's United. \$15, \$7 ages 6-12. standrewsunitedpakenham.org

Pig Roast, Sep 12, 5PM. Music by Rainwater Whiskey. Almonte Legion. 256-2142. \$15

Valley Singles Lunch, Sep 13, 1PM. All welcome. Dixie Lee, Eganville. 622-5693

Modern Square Dance Open House, Sep 15, 7:30PM: Free lessons. Sep 22 6:30PM: lessons/chili. Mississippi Squares. Brunton Hall, Beckwith. 595-1322

Connection To The Past, Sep 16, 2-3:30PM. Show and tell w/museum curator Jennifer Irwin., CP Public Library

CPDMH Diamond Anniversary Gala, Sep 17, 5:30-11PM. Tickets at CPDMH. Stonefields, Beckwith. 257-2200x856. \$60

MVFN: Wild Bird Care Centre Talk, Sep 17, 7:30PM. Speaker: Patty McLaughlin., Almonte United Church, mvfn.ca. \$5

Perth Historical Soc: The Story of Perth, Sep 17, 7:30PM. Perth Legion. 264-8362, \$2

Walk your Paws for LAWS, Sep 19, 9AM. Support LAWS. lanarkanimals.ca/event

Michael Runtz Walk: Beavers, Sep 19, 9:30AM. High Lonesome, Pakenham. \$10

Craft Beer Festival, Sep 19, 12-7PM. brewers, food, music. 19+. Railway Museum, SF. 283-5696, rmeo.org. \$20, \$15 adv.

Annual Roast Beef Dinner, Sep 20, 4-7PM. Take-out avail., Centennial Hall, Franktown. 283-3789. \$17, ages 6-12 \$8

Bereavement Support Group, Sep 21, 10:30AM-12PM. Hub Hospice group led by B. Carroll. St. Paul's Anglican, Almonte. Free

Council of Cdns - Chapter Start-up, Sep 22, 7-8:30PM. Mark Calzavara from Toronto CoC. Almonte United Church

Pancake Lunch, Sep 22, 30, 10AM-3PM. w/ maple beans, sausages & fall colours. Ful-ton, Pakenham. 256-3867, fultons.ca

Take Back the Night, Sep 24, 6PM. March at 6:45. All people welcome. CP Town Hall. 257-3469x63

Almonte Lectures: Alzheimer's, Sep 25, 7:30PM. Naturopath Graham Beaton, Almonte United. almontelecures.net

Breakfast with Soul, Sep 25, 8-10AM, L. White's, 43 Johanna, Almonte. 292-3292

Annual Fall Supper, Sep 26, 4:30-7PM. Full roast beef dinner. Munster United, waiveglenn@gmail.com. \$17, ages 5-12 \$6

Mississippi Mills Cultural Summit, Sep 26, 9AM-4PM. Almonte Old Town Hall, exploremississippimills.ca

Brett Pearson Run for Your Life, Sep 26, 9AM-1PM. Run/Walk 5K, CP Town Hall. 257-8049, cpdrugstrategy.com

National Alpaca Farm Days, Sep 26-27, 10AM-4PM. At Ballintotas Alpacas (Braeside), Silent Valley Alpaca (Ompah)

Almonte & Dist. Horticultural Soc., Sep 28, 7:30PM. Monthly mtg. Cornerstone Community Church, Almonte

Sept. Pub Crawling

Fiddleheads (Perth, 267-1304):
Sundays Clay Young Jazz Brunch,
12-3PM

Sep 6 Tim Roberts, Clay Young
Sep 20 Scott Poll; Clay Young

Golden Arrow Pub (Perth, 267-4500): 9PM. Wed Karaoke, Thurs
Open Mic

Sep 4 Tom Watson
Sep 5 Live music (TBA)

Sep 6 Jimmy Tri-Tone Band
Sep 7 George Reynolds 2-5PM

Sep 11, 18, 25 Riq Turner unplugged
Sep 12 Sounds Sweet

Sep 17 Samantha Martin & Delta Sugar
Sep 19, 26 Brea Lawrenson

The Cove (Westport, 273-3636):
Wed Shawn McCullough 7-10PM;
Thurs Jazz w/Spencer Evans 9-11PM,
\$5; Sun Head Over Heels (patio)
12:30-3:30PM

Sep 1 Derek Olive & The Blue Dot
Music Cycling Tour, 7-9pm

Sep 3 Emily Fennell/Jazz Night, 9-11pm
Sep 4 Strung Out To Dry, 5:30-8:30pm

Sep 5, 12 Head Over Heels, 5:30-8:30
Sep 11 Tribute to Walter Norwood,
7-10pm, \$10

Sep 18 Shawn McCullough, 5:30-8:30
Sep 19 Songwriter Summit, 7-11, \$50

The Swan at Carp (Carp, 839-7926): 7-10PM, no cover

Sep 4, 18 Steve Barrette Trio, jazz

The Royal Oak (Kanata, 591-3895):
jazz on Sun, no cover, 2-5PM

Sep 6, 20 Magnolia Rhythm Kings
Sep 13, 27 APEX Jazz Band

Neat Coffee Shop (Burnstown, 433-3205): 8PM

Sep 24 Born Ruffians, \$30

Naismith Pub (Almonte, 256-6336): Wed Open Celtic Jam,
7:30-10PM

The Barley Mow (Almonte, 256-5669): Thursdays Ramblin' Valley
Band, 8PM

Sep 13 Clever Mess Jazz Club 2-5PM

Carp Masonic Lodge: Mon Carp
Celtic Jam, 7-9PM

Ashton Pub (Ashton, 257-4423):
Sundays Open Mic w/Kelly Sloan,
2-5PM (starting Sep. 13)

O'Reilly's Pub (Perth, 267-7994):
Tues Brock Zeman & Blair Hogan
8:30PM; Wed Acoustic Stage w/Dave
Balfour 8PM

Sep 26 Ryan Cook, 9PM

Love That Barr (Pakenham, 624-2000): Thursdays Open Mic w/
Jimmy Tri-Tone Band, 8PM

Sep 25 The Jimmy Tri-Tone Band, 9PM

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

John St. Pub (Arnprior, 623-8149):
\$10

Sep 12 Facelift (Alice in Chains
tribute), 9PM, \$10

Sep 19 SidePipe & The Rhetorics,
9PM, \$6

Sep 26 Rumours - Fleetwood Mac
tribute, 9PM, \$10

Generations Inn (CP, 253-5253):
Sep 27 The NightCrawlers acoustic
blues, 6-9PM, no cover

The Waterfront Gastropub
(CP, 257-5755): Wed Open Jam 9PM;
Thurs Karaoke 9PM; Fri Live Music
9PM; Acoustic Sat 3-6PM & 9PM; Sun
Blues 3-6PM

Sep 11 Jimmy Tri-Tone Band, 9PM

Sharbot Lake Inn (279-2198):
Sep 11 North Sea Gas (Scottish
folk), \$50 w/dinner

Sep 30, Séan McCann, \$70 w/dinner

Valley Food and Drink Co. (613-752-2676x311): Thurs Karaoke 8PM;
Sep 5 DanahKae, 8PM, \$5

Sep 12 Live Music, 8PM

Sep 19 Daybreak, 8PM, \$10

Sep 26 Bahoo & the Brat, 8PM, \$5

Musical Musings

Loving the Local Music

After helping pack up the Stewart Park Festival for another year, it sure was lovely to be able to get together and spend some relaxing time with my family and slowly re-energize, just in time to go to another successful Blue Skies Music Festival. In doing so, I also reminisced about some of those special moments that seem to happen each year during Stewart Park Festival.

Having already spent five days in and around the park helping set up, it's always a memorable time hearing the music finally start, on stage, Friday afternoon. The Youth

by Steve Tennant

Showcase proved that we are in good hands musically, as all acts performed with skill and musicality, and shone with the sheer joy of playing on stage in their own town. With this, the festival became multi-generational, as two of the youths (Isaac Matthews and Wednesday Parnell) had previously watched their parents play on stage in years gone by.

Seventeen years young, local country star Henry Norwood showed us why he earned the right to open for Rhonda Vincent at the Havelock Country Jamboree earlier this year in a multi-appearance playdown elimination contest. His professional performance and obvious enjoyment was gratifying for all who have watched and encouraged his growth. Hearing Kelly Prescott is always a treat, but hearing her sing along with her parents, Tracey Brown and Randall Prescott, always touches me. Again, Lanark's youth proudly strutting their stuff.

Having seen the line-up months ago, I can admit now, I was worried about My Son The Hurricane — a 14-piece band with eight horns — performing in the glass room known as the Crystal Palace, because I find the sound bounces around in there. Luckily, through much championing by festival chair John McKenty, sound baffles (designed by Jon Van Wingerden) were installed there permanently and, as a result, the sound was truly wonderful. What a relief! This also opens up that space to far more potential use for musical events in the future, thanks to John and the Town of Perth.

It was nice to get caught up with locally-raised James McKenty, up on stage backing Peterborough's wonderful Melissa Payne. His band The Spades have called it quits, so lately he's been performing magic in a different way, as a recording engineer in the studio, working with Melissa and Juno-nominated Cuff the Duke, and recording and mixing Blue Rodeo's latest release *In Our Nature*. He's also been working with one of my favourite musicians — Gary Louris of the Jayhawks — on Gary's own solo projects. He's lovin' twistin' the knobs, and says he gets to stay off the road and enjoy his family more, while still playing with incredible performers from all over.

I'd been encouraging a country music component to our festival and finally had it realized this year by the Sunday Afternoon Country Jamboree, ably hosted by Wade Foster in the Crystal Palace. It proved to be a hit, being well attended and likely to continue next year. It was so nice to see Neville Wells back, as well as Carleton Place's Brea Lawrenson who is currently getting rave reviews and lots of airplay nationally for the single *Canadian Pearl*, from her new album *Brealieve*. She's played Bluesfest, Navan Fair, Lombardy Fair, Westport Music Festival, will play the 170th Perth Fair this month, and has again been nominated to perform a Showcase at the Canadian Country Music Awards in Halifax in September. Way to go, Brea!

Here is my #1 highlight though for this year. As I manoeuvred in front of the stage between the dancers to take some pics of Delta Sugar on Sunday afternoon, a dancing couple grabbed my arm, pulled me over and said "Thank You". I nodded and said, "Thanks, but it's really a community effort," to which they replied, "No — thank *you*!! Nine years ago *today* we met, dancing right here!" Now, isn't that what makes it all worth it? It is for me...



The Trews will be playing the **Neat in the Woods Festival** at the end of September, along with The Sadies, Blackie & The Rodeo Kings, Matt Anderson, Monkeyjunk, and more great acts!

Steve's Picks: Upcoming Events

Friday, September 11: **North Sea Gas** — a favourite Scottish folk band who "make waves" wherever they play their three-part harmonies — plays Sharbot Lake Country Inn. Call Sandra at 279-2198 for reservations.

Thursday, September 17, 9PM, no cover: **Samantha Martin & Delta Sugar**, whose wonderful gospel style was a crowd pleaser at SPF as well as Blue Skies this year, are coming back to play in Perth at the Golden Arrow. It would be great to get people out to support this event, so mark it on your calendar and we'll see you there!

The Festival of Small Halls is bringing music to rural halls throughout eastern Ontario in September. Tickets are currently on sale at <thefestivalofsmallhalls.com> and some shows are already sold out. There are numerous shows happening across the Perth/Lanark Highlands area, including Maberly, Bolingbroke, Clayton, Almonte, Smiths Falls and more, that readers would be interested in. Some great talent coming, with local talent opening! See their website for more details.

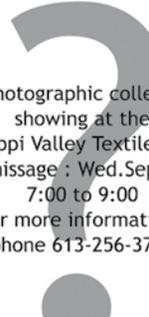
September 25-27: **Neat in the Woods Festival**, put on by Burnstown's Neat Café with great bands playing (The Sadies, Blackie & The Rodeo Kings, Silver Creek, Matt Anderson, The Trews, Ben Caplan & the Casual Smokers, Monkeyjunk) and the Arrogant Worms as hosts. Go to <neatinthewoods.com> for details.

Wednesday, September 30: **Séan McCann** (of Great Big Sea fame) plays the Sharbot Lake Country Inn. Call Sandra at 279-2198 for reservations, and support live music everywhere!



Also in September is the Festival of Small Halls, presenting great groups like The Strumbellas at venues throughout the Valley!

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Vernissage : Wed. Sept. 16
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Tea with Mary Cook

On Saturday, September 12, renowned Ottawa Valley storyteller, author and journalist Mary Cook will be the guest speaker at a special English Afternoon Tea at St. Andrews Presbyterian Church, Perth.

Mary, winner of seven ACTRA Awards, author of a dozen best-selling books, and on CBC radio for 48 years, will bring her unique memories "of a more gentle time in our history — the Depression!"

In constant demand as a voice of the Ottawa Valley, Carleton Place resident Mary Cook has accepted the invitation to return to Perth on behalf of the "Friends of Queen's/Perth Anniversaries" committee to aid in their efforts to raise funds for many commemorative activities in 2016.

Queen's University celebrates its 175th anniversary in 2016/17, with Perth and area townships marking their 200th anniversary in 2016. The link between the two communities is prominent 19th century politician, merchant and Presbyterian layman, Perthite William Morris. Morris is credited with being the leading force behind the creation of Queen's College in 1842 and was its first chair of the Board of Trustees.

The Friends committee has spent the last year developing collaborative programs through the Queen's 175th anniversary committee and with many departments at Queen's. Already arranged are musical exchanges, a Speakers series and a Sports day. The biggest project involves the design, construction and placement of two plaques to honour Morris' role in both Queen's history and Perth's.

The English Afternoon Tea will be prepared and served by the ladies of St. Andrews Presbyterian Church and volunteers with the Friends committee. Refreshments will be provided mostly from generous contributions from popular area businesses: Coutts and Company, Sunflower Bakery, Crossroads Tearoom, Grandma's Lunch Box, Country Kitchen, Delicious Baking, and Purest, with their gluten-free products. Music will be provided by Wits End, an Ottawa Valley trio well known for their traditional Irish and Scottish jigs, reels and waltzes.

Reserved tickets are available for \$20 at the above named establishments, and \$22 at the door. On September 12, doors will open at 2PM with Mary speaking at 2:30PM, followed by the Tea. For further information, you can reach the Friends of Queen's/Perth Anniversaries Committee at <morris200@outlook.com>.

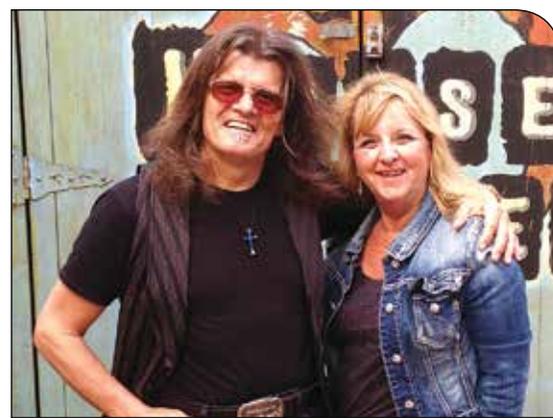
New Season of Blues on the Rideau!

Blues On The Rideau — the dinner and show fundraiser series that has been running at The Cove Country Inn in Westport for the past ten years and is now recognized as one of the premier blues series in Canada — is pleased to announce their 2015/16 line-up. The shows start in September and run once a month through to May (December excluded). This year brings another all-star cast of some of Canada's best blues bands, with a mix of popular returnees and a couple of bands that have never played BOTR before. As in previous years, every show is a fundraiser for a different local charity. To date, the series has raised over \$55,000, and the goal for this season is another \$5000.

All BOTR shows run from 7 to 11PM and include a delicious full-course buffet dinner served by the Cove's friendly staff. The venue is small, intimate and relaxed. After dinner you get to see (and dance to!) world-class bands up close and personal — the way the blues are best enjoyed. There are door prize giveaways at every show as well as two grand prizes drawn at the end of the season.

The price for each dinner and show is only \$65 (plus tax). Advance reservations are required and it is wise to book well in advance, especially if you want to stay overnight. Rooms at The Cove and nearby accommodations frequently sell out for BOTR nights. You can contact The Cove at 273-3636 or <info@coveinn.com>.

Note that there has been a small increase of \$5 in the price this year — the first in five years — to help cover cost increases. There is also a new reservation policy in place this year — a credit card number is required with the reservation (although the card is not charged until the night of the show). Cancellations or changes in the reservation can be made up to a week prior to the event without penalty.



Danny Brooks and Lil' Miss Debi open this year's Blues on the Rideau series at The Cove

So Who's Playing?

So glad you asked! Kicking things right into high gear on September 25 are the fabulous **Danny Brooks with Lil' Miss Debi & The Memphis Brothers**. Born and raised in Toronto but now a resident of Llano, Texas, singer/songwriter/guitarist/harp player Danny Brooks combines the best of Texas and Mississippi Soul Blues. This multiple Juno and Maple Blues Award nominee will be backed by his wife Debi and some of the best players in Toronto. Proceeds from this show go to Westport in Bloom.

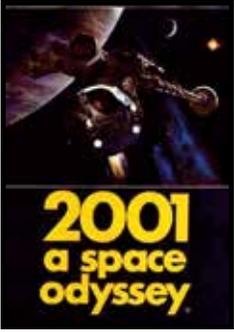
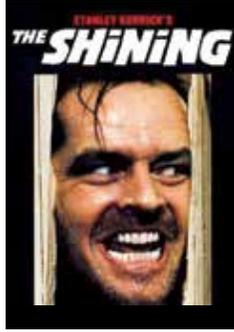
The rest of the season proceeds with **David Vest & The Willing Victims** on October 23, perennial favourites (and usually sold-out) **Rick Fines & Suzie Vinnick** on November 20, the **Steve Strongman Band** on January 22 and 23, the **Jack de Keyzer Band** on February 19, the **Angel Forrest Band** on March 25, the **Ria Reece Band** on April 22, and, last but definitely not least, the **Harrison Kennedy Band** on May 13. For details about all of the performers and links to their music, visit <bluesontherideau.ca>, and don't forget to check future issues of theHumm for updates! This year, BOTR appreciates the sponsorship of Dan Aykroyd Wines, Perth Brewery, 101.9 DAWG FM and Lake 88.1.

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www.smithsfallstheatre.com

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Friday Sept. 18th Saturday Sept. 19th

Special Guest CBC Film Critic *Robert Fontaine* will have a Q&A session after the viewing of *The Shining*

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@ 8PM
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Cash Wine Bar
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www.WestCarletonArtsSociety.ca

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St. James Anglican Church

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Saturday, October 3 7:30 p.m. The Juliet Singers <i>A female trio featuring Elise Letourneau performing Carol King's "Tapestry" Album</i>	Saturday, December 12 7:30 p.m. The Stairwell Carollers <i>An a cappella Ottawa Choir</i>	Saturday, February 20 7:30 p.m. Ottawa Cape Breton Session <i>Music of Cape Breton Island</i>
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Ticket package for all 3 concerts \$50.00 or \$20 each
Available at the church office Monday to Friday 9 AM to 1 PM

St James Anglican Church
225 Edmund Street, Carleton Place, ON K7C 3E7
(613)257-3178
www.stjamescarletonplace.org

Words From Westport

Meet Delvalle!

Westport's talented and very competent ceramic artist, Delvalle, comes to us from a quite varied background. After beginning to work in clay in 1983, Delvalle quit her day job and went to Waterloo University for a degree in Fine Art. She then found herself working in the theatre arts, in the props department of the Stratford Shakespearean Festival and as the head of their costume decorating department, while continuing to make pottery during the summers.

by Georgia Ferrell

Delvalle continued to work in both pottery and the theatre arts after moving to the United States. There, she worked intensely with the Native Americans of Oregon, teaching arts and doing residencies at their schools.

After some years in the US, Delvalle returned to Kingston, Ontario, where she opened a gallery for artists. Delvalle's Art Corner was home to 19 artists who worked in various media. But today, the Art Corner lives at Centre Street in Westport! Delvalle continues to work in pottery, and also teaches and demonstrates her techniques here in her new studio home. She and her partner David completely renovated a lovely home and Delvalle is delighted with her studio that looks out over the Westport Pond.

Delvalle is now exploring new avenues in her clay work and has done some magnificent sculptural work. Several pieces were on display at the first annual "Art by the Lake/Westport" visual arts show, founded and organized by Delvalle and David on behalf of the Westport Arts Council. A resounding success, it was evident that Delvalle had spent part of her career in theatre and design.

Delvalle has also worked with special needs students, in particular a young lad who was autistic and deaf. She recounts both the difficulties and the joyous rewards of this work.



Ceramic artist Delvalle recently opened **Delvalle's Art Corner** on Centre Street in Westport, and is becoming an integral part of the village's art scene

Delvalle participates in several shows in the area, notably at Chaffey's Lock and at Music Westport, where she showed her stuff at the potter's wheel. You can see her work in October here in Westport at the **Fall Colours Studio Tour** <westportstudiotour.com>, or contact her regarding lessons and classes at her home studio at <Delvalle@kingston.net>.

For Delvalle, finding and maintaining the fine balance between sculptural art pottery and functional work helps to keep her going. In her own words, "you are never satisfied and keep on producing, pushing the medium as far as you can, and then some."

Festival of the Senses 2015 The Rhythm of the Ottawa Valley on Oct 2 & 3

After taking a year off, Calabogie's Festival of the Senses is back — re-imagined and reinvigorated!

Mark October 2 and 3 on your calendar as a time to visit Calabogie, specifically the region of the new Valley Food and Drink Co., and take in some of the great events that will aim to wake your spirit with their rhythms.

The Rhythm of the Valley will be much more than simply a music show — prepare yourself for a festive two days filled with music... irresistible rhythms that will touch all of your senses, invigorating your spirit and even inspiring you to dance or sing.

Experience the traditional rhythms of our Ottawa Valley cultural builders — English, French, Irish, Scottish, Polish, Indigenous and more — by participating or just by listening. Join a drum circle, learn to step dance, or just relax and let the energy feed your soul.

In addition to your sense of rhythm, there will be plenty to stir your senses of taste and smell as well. A unique culinary event will highlight food inspired by Ottawa Valley traditions, and there will be some great recipe contests in this weekend of tasting, learning and discovery.

Last but not least, to indulge your visual senses — in addition to the natural beauty of the surroundings — there will be a variety of local artists and artisans presenting their creations. Be creative

and participate in a group music/installation composition surrounding parts of Calabogie Lake!

Concerts and other events will be taking place at various venues in Calabogie on Friday, October 2 and Saturday, October 3. A schedule and more details can be found at <festivalofthesenses.ca> or <thevalleyfoodanddrinkco.ca>.



Calabogie Artfest, Oct. 3 & 4

Kim Lepine's *Majestic Landing* is just one of the many fine works of art you'll find at this year's Calabogie Artfest, taking place on October 3 and 4 from 10AM-4PM at the Calabogie Community Centre.

Find out more by calling 433-2083 or visiting <calabogiearts.wordpress.com>.

Merrickville Artists Guild Goes Face First in 2015

For over thirty years, the Merrickville Artists' Guild's annual autumn studio tour has given thousands of art lovers a peek into our creative worlds. But a once-a-year event does not satisfy the artistic appetites of makers or collectors. And everyone holds a studio tour these days.

This realization prompted an extraordinary idea within the Guild. "We need to REIMAGINE ourselves. After all, MAG (as the Merrickville Artists' Guild is affectionately known) isn't just a studio tour. We are a talented group of passionate people! We are MAG Artists." To an artist, we were in total agreement — and this in itself was an epiphany!

About Face

As only artists can, we embraced this change with eager enthusiasm. Armed with fresh energy (and tasty muffins), brainstorming sessions brought creative ideas pouring forth. It's not what we are, but who we are. Freed from the idea of being "an event," we are now celebrating the unique, creative individuals we are... what each of us brings to our community and beyond through our shared passion of art.

Here's Looking at You

So you will find us greeting you face to face on our new website and brochures, our advertisements, Facebook page and engaging new flags. This September, we'll be highly visible and recognizable in and around our lovely Merrickville community. Put a face to the name and really get to know us.

Love What You Buy

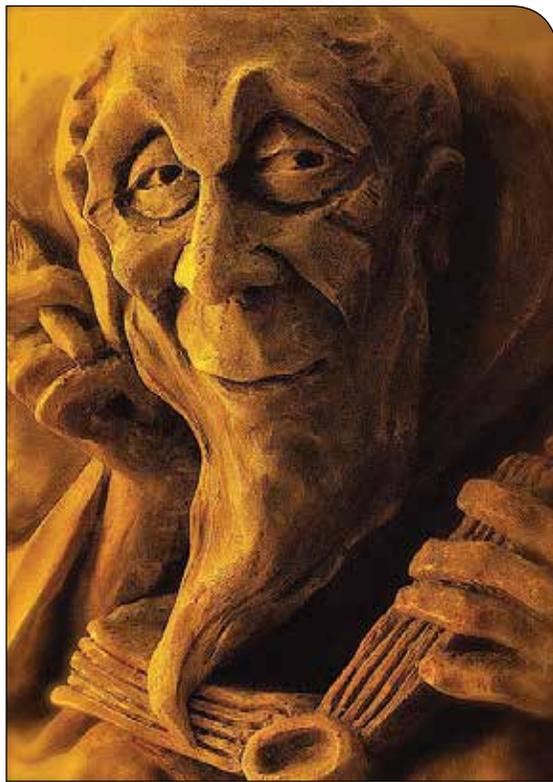
Of course we do have beautiful things to offer you — our livelihood is our art. Not a job, but something we do because we are passionate about it. We are creators. We hope to make this world a more beautiful place and we get such a thrill connecting with you in a very human way through our chosen medium of expression.

We know how it feels to have that special handmade piece speak to us. To take it home and love it even more. To feel the pleasure of knowing the person who made this beautiful work and the story behind it each time we look at it, drink from it or wear it. We too collect each other's work and tell our friends about it. Buy it, love it, show and tell.

Not Just Pretty Faces

Each MAG Artist is an entrepreneur. We make and sell beautiful things, teach classes, give talks, hold creative events... including our beloved studio tour.

This year we honour potter Linda Hynes, and painter Pieter Doef, on the covers of our newly designed tour brochures. These two wonderful MAG Artists helped to create the Guild over thirty years



Works by Douglas MacDonald (above) and Monica Viola (below) can be found on this year's Merrickville Artists' Guild Studio Tour

ago, and they continue to inspire all of us with their unwavering passion for living a creative life.

We are also thrilled to welcome three new brilliant MAG Artists: Angelina Wrona, painter; Vanda Stanley, potter; and Monica Viola, potter and glass artist.

Michael Gray, glass artist and our freshest face of the MAG Artists (you'll just love the 'stache) is on the tour this year along with Holly Dean, painter; Larry Thompson, artist and printer; Linda Feige, sand-casted signs; Graham Thomas, painter; Martin Green, painter; Sue Boswell, potter; Jim Weller, painter; Robin Baker, artist and printmaker; Mike Venables, photographer; and Molly Quayle, quilter.

Our outstanding guest artists include Jamie Brick, fantasy artist; Herman Ruhland, abstract artist; Douglas MacDonald, cast stone sculpture; Deb Alexander, artist; Heather Snow, artist; and Laura Starkey, painter and designer.

MAG Artist and painter David Dunn is inspired by the award-winning gardens of his Rideau Woodland Ramble. He hosted a MAG Artists event earlier this year and we look forward to more.

Celebrating change this year is MAG Artist Claudette Hart, who is now a fibre artist and is holding a tour within a tour with all her guest artists!

So this year, on the weekends of September 26–27 and October 3–4, come out and visit MAG Artists in their studios. It's free, self-guided and brochures are available online, in Merrickville stores, and in venues across Eastern Ontario.

Here's to the next thirty years! You will be seeing a lot more of us...

The 2015 Merrickville Artists' Guild Studio Tour takes place on September 26 and 27, and October 3 and 4, from 10AM to 6PM. Find out more at <mag-artists.ca>.

— submitted by MAG Artists



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www.generalfinecraft.com

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September 12
Ron Caron Auditorium
Almonte Old Town Hall

Tickets \$25 available at
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For more information contact
tmaclaren@mississippimills.ca

The 25 member Ottawa Summer Strings Orchestra will present a concert in Almonte on September 12th at 7:30 p.m. Flute soloist Aura Giles will perform CPE Bach's "Concerto for Flute in D minor" and Harpist Kristina Slocki will join the orchestra in a performance of Elgar's "Sopiri". This is the second season for this burgeoning group of excellent musicians conducted by Donnie Deacon from the NAC Orchestra.

The group's inaugural season included an enjoyable and well received concert at the Town Hall last September. Also on the program will be Mendelssohn's String Symphony #10, Hancel's Concerto Grosso in Bb Major, Op.6 #7, Bacinerie by J.S. Bach and a new piece titled Summer Songs by Randy Demmon.

Breathing a little sigh of relief
now that the kids are back in school?



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Tea with
Mary Cook



2016 marks
 Queen's
 University's 175th
 and Perth's 200th
 Anniversaries

Saturday,
 September 12,
 2015

St. Andrew's Presbyterian Church Hall,
 1 Drummond St. W., Perth
 Admission is at 2:00PM. Presentation is at 2:30PM.
 Followed by English Afternoon Tea

The Sunflower
 Bake Shop

Your \$20 advance ticket
 available at any of our six contributing sponsors
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Grandma's
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Music provided by Wits End, an Ottawa
 Valley Trio playing traditional Scottish and
 Irish jigs, reels and waltzes.

Crossroads
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Organized by Friends of
 Queen's/Perth Anniversaries

PUREST

CALLING ALL SONGWRITERS!



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Cash prizes plus
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 Help us celebrate
 our 200th Anniversary.

For details and entry form, visit:
www.stewartparkfestival.com



Find your Autumn Thrill on Blueberry Hill

Bring a picnic lunch, bring your family and enjoy the sense of renewal that comes from the annual **Fall Colours Nature Walk** to the top of Blueberry Mountain, hosted by the Mississippi Madawaska Land Trust (MMLT).

Nature seems to respond to our deep need for beauty. It's as if the outer layer of green, relaxing, healing colours has been dropped to reveal what has always been there, but hidden from the naked eye. Take this opportunity to rejoice in the explosion of riotous colours that splendidly display the beauty that no artist can match.

During this annual nature walk, owner Howard Clifford often provides a dramatization of the life of well-renowned conservationists such as John Muir or Grey Owl. For this occasion however, Howard will draw on his rich professional background in mental health and child development. He will provide researched evidence and stories from his own personal experiences that have convinced him that exposure to nature is by far the best means to enhance our wellbeing, as well as the best gift that parents can give to their children. In so doing, Howard will debunk many of the myths that have held back this generation of parents from reaping the unfathomable riches that nature has in store for those who partake.

This spectacular 1250-acre wilderness property, now known as cliffLAND, was the first to be placed under protection by the MMLT in 2009. The Land Trust has now conserved over 2400 acres within the Mississippi River and Lower Madawaska River watersheds. This event is a fundraiser to help the MMLT fulfill its responsibilities to care for its protected properties forever: admission is a \$10 donation.



This year's Fall Colours Nature Walk will take place on Sunday, October 4 on Blueberry Hill at CliffLAND near Flower Station

The annual Fall Colours Nature Walk takes place on Sunday, October 4. Registration starts at 10AM and the hike starts at 10:30 sharp. It takes about 45 minutes to climb Blueberry Mountain, but it's a fairly easy walk with only a brief climb near the top. You can enjoy the spectacular view while you eat your lunch, and dessert will be served following the hike. Special certificates will be given to hikers under 12 or over 80 years of age.

CliffLAND is located at 502 Hills of Peace Road, near Flower Station in Lanark Highlands. Drive north of Lanark on Highway 511 to Brightside. Turn left on to the French Line Road. Drive towards Flower Station and watch for the right turn when you get to Joe's Lake. Just before you reach Flower Station, turn right on to Hills of Peace Road. For more information, please contact Howard or Jean Clifford at 259-3412.

Barra MacNeils Land at the Gallipeau Centre

Steeped in the musical traditions of Cape Breton, the Barra MacNeils are set to take the stage at the Gallipeau Centre Theatre on Thursday, September 10, for a one-night-only concert starting at 7PM.

"They're going to be playing a wide range of music, and they're in a position as heritage artists to pick material from the span of their careers — that means plenty of high energy instrumentals and both Gaelic and English material," says Andre Bourgeois, the band's manager for the past ten years.

Certainly the MacNeil family band takes pride in their heritage — both as descendants of a proud Scots heritage, and as Canadians from Sydney Mines, Cape Breton.

"The name Barra comes from the island of Barra which was the MacNeil ancestral home," explains Stewart MacNeil, one of the lead vocalists and multi-instrumentalists in the band. According to Stewart, the family came to Canada in the 1800s, which coincided with the mass migration of the island's inhabitants after the 40th MacNeil Clan Chief sold the island to a British Colonel, who went on to expel most of the inhabitants.

"We've been to the island, but I'd like to go back again," Stewart adds.

The Isle of Barra was re-purchased by the 45th MacNeil Clan Chief in 1937. In 2003, ownership was passed to the Scottish Government,

but it can be restored to the inhabitants at their request. The language of the island is still Scots Gaelic, and it's a language that Stewart MacNeil is actively studying.

"My grandparents were fluent speakers; I chip away at it, but now I go to immersion days. It's certainly a passion of mine. It's a wonderful language, that's still alive. The numbers are small but there actually is an active Gaelic culture," he explains.

So when the MacNeils perform Gaelic songs they do so with an honesty and connection that resonates with their audiences. And while their music is rooted in the Celtic tradition, Stewart says it has their own original Canadian stamp on it.

A tight family group and a band that has endured through almost three decades, the Barra MacNeils are masters of their craft who have weathered major changes in the music industry by staying true to their east coast roots.

"We've managed to fare through it, stay alive and do what we love doing," Stewart says.

Tickets for the Gallipeau Centre concert are \$30, with tax included and free parking. There is a canteen and a cash bar on the premises that are open before and during the show. For more information or to purchase tickets, call the box office at 205-1493 or purchase tickets online through the <gallipeaucentretheatre.com> or directly from <ticketpro.ca>. The Gallipeau Centre Theatre is located at 361 Queen Street in Smiths Falls.

The Gardener's Ten Commandments

(Break Them at Your Peril!)

Now that summer is drawing to a close, it's time we reflect on our garden, and through our inestimable experience establish the ground rules that will guide our decisions for next year.

by Glenda Jones

We have sinned mightily at one time or another: we've lusted after every new variety of daylily we've seen; we've been slothful regarding that quack grass that invades the patio; we've been green-eyed over landscaping on garden tours. It's time to forgive ourselves and vow to improve. Here's how that's going to happen.

1. Thou shalt have no other concerns except making thine own little patch of summer an oasis in which to relax. Thou shalt take photos in the early dewy morning light when the green is shining, when the poppies are glowing, and when the gold finches are flitting on the feeder. Thou shalt appreciate even the weeds that produce a sweet flower: the dandelion, the milkweed, the goldenrod.

2. Thou shalt not make of thyself a fool by trying to grow plants unsuitable to thine oasis — no Zone 8 shrubbery meant for the tropics when we live in Zone 3. Further, thou shalt desist from being jealous of others when they succeed in growing those plants! Thou shalt admire, congratulate, and honour their ingenuity, and only then canst thou ask for cuttings!

3. Thou shalt not take the name of gardening in vain even when thou ist in actual pain from being on thy knees all day doing menial tasks that likely will be repeated tomorrow — like weeding the driveway, for instance. Further, thou shalt not use foul language against any tools that rise up to smite thee — when the rake gets stepped on, when the shovel blade breaks, when thine nails are encrusted from said weeding.

4. Thou shalt bless the weather, whatever it is, daily. When it rains, be thankful for not having to haul hoses; when it is sunny, be thankful for a day when the

Thou shalt neither plant nor propagate invasive plants, especially next to thy neighbour's fence...

tomatoes will ripen. Thou shalt wear sunscreen and an unattractive hat, rubber boots and garden gloves to show that thou ist a serious gardener.

5. Thou shalt not covet thy neighbour's garden, his fancy Lee Valley gardening cart, his cedar garden shed, nor his garden art, nor his wife who spends hours pulling weeds, nor his hammock, nor anything of his property. No one can guess another's obsessions. However, thou shalt perhaps ply the neighbour with good drink and victuals in the hopes that he will share his compost secrets.

6. Thou shalt honour Mother Nature and Father Gardening Guru. Thou shalt not try to

bend thy landscape to ridiculous shapes not compliant with the land thou hast been given. Thou shalt seek advice from experts at established nurseries and follow their direction. Thou shalt always take thine pocketbook to nurseries, and never leave empty handed — for only by supporting our favourites will we be able to feed our gardening addiction.

7. Thou shalt not take the short route to garden management with nasty sprays that sicken thy wildlife and stink up thy neighbourhood. [Ed: this will be waived for the eradication of poison ivy!] Thou shalt neither plant nor propagate invasive plants, especially next to

thy neighbour's fence. Thou shalt be diligent in preventing creeping Charlie, periwinkle, or goutweed from going under said fence.

8. Thou shalt open thy garden to all and sundry who wish to see it. Thou shalt be humble about thy successes and not make excuses for thy failures.

9. Thou shalt not share plants thou detesteth just to get rid of them. But thou shalt gladly share thy favourites in the hope that they will bring joy to another gardener.

10. Thou shalt remember the Sabbath to keep it exclusively for enjoying the Eden thou has created, for on that day it is necessary to rest and relax and marvel at what thou has wrest from the earth in many forms. Whatever thou has made, Lord knows it is wonderful!



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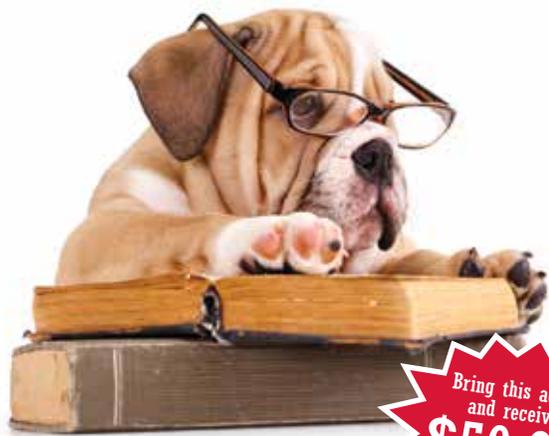
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Speaking Volumes

I Got it at the Library!

We recently had a young man come into the Perth Union Library and donate a book. His name is Max, and the book was one he had written himself about Max and his mom visiting the library. Max borrows the "epic" *Captain Underpants* novel and takes it home to read (to see the full book, check out our Facebook page at facebook.com/perthlibrary).

How do you remember seeing the library as a child? To me, the library was a magical place that let me read as many

by Erika Heesen, Librarian

books as I wanted, and escape into another world. But the library is so much more than that. We create a link to information — either in books, or on the internet. We help you find that information. We provide a space for you to visit us and enjoy learning.

With that in mind, in this issue of Speaking Volumes I'd like to tell you all about things you can borrow at the library — besides books!

Audiobooks

Are you a commuter? Generally a busy person? Maybe an audiobook is for you! We have CDs and digital audiobooks available for download. You can listen to your books while driving, doing chores — the possibilities are endless.

Board Games

Are you a board game aficionado? Get your fix and borrow a board game from the Renfrew Library.

eBooks & eReaders

The digital revolution is here! While eBooks aren't everyone's choice of reading medium, we lend those too. Here at the Perth Union Library, you can also borrow a pre-stocked eReader with titles from your favourite genre. We have mysteries, romance, bestsellers, science fiction & fantasy, award-winning literature and non-fiction.

Newspapers & Magazines

Want to read the latest national and local news? Drop by for a relaxing read, and borrow older magazines to take home! We have the *Globe and Mail*, *The Economist*, *O Magazine*, and more!

Museum Passes

We love to connect people to new learning experiences — so your local libraries are very happy about our Museum Pass partnerships. A range of passes are available from your local library, including the Canadian Museum of Nature, Canada Agriculture and Food Museum, Canada Aviation and Space Museum and the National Gallery of Canada.

Art with a Past at REAL

The REAL Deal Reuse Store in Smiths Falls is offering an opportunity for area enthusiasts to share their repurposing ideas. Come see how local crafters and artisans are upcycling used materials into unique creations at the "Art with a Past" exhibit on October 2 and 3. Some of the creators will be on hand on the Friday and Saturday to show how their repurposing projects come to life. Be inspired to create your own recycled projects — maybe even as a Christmas gift.

Exhibition space is free (but limited) for artists, crafters and anyone with a creative streak. We know from conversations with store customers that people are taking all kinds of used materials,

Movies, TV & Videogames

Want to see the latest Oscar-bait? Episodes of your favourite TV show? Check your library — we lend DVDs too. And if you want to let your inner child play — we lend videogames for Wii and Xbox at Perth Union Library and Renfrew Public Library.

MAPsacks

At the Perth Union Library, we've partnered with Rideau Lakes and Brockville Public Libraries to provide MAPsacks — six nature-themed backpacks that aim to encourage families to get outside, get moving and explore our beautiful part of Ontario. They can be borrowed for a week, and are filled with books, activities, treasure boxes and Rideau Valley Conservation Area passes.



Online Databases

Ok, ok. You can't technically "borrow" these. But the library's online databases (or eResources or online resources) connect you with information at the library or at home! You can research your family tree on <ancestry.ca>, find your next read with Novelist, and learn a language with Mango Languages.

Seeds!

The Lanark County Grows Seed Lending Library (located at the Perth and Mississippi Mills Libraries) has been open since 2013. At the seed library, you can get free seeds and information about how to grow your own vegetables, flowers and herbs. In the fall, learn how to save seeds properly, bring a few back to us, and watch this library flourish along with community knowledge about fresh and local food.

Your local library is a fun-filled and fascinating place. We have books — but we have many other ways to get the information you need. Come for a visit!

— Erika Heesen is the new CEO at the Perth & District Union Public Library. She has previously worked for SD&G County Library and Leeds and the Thousand Islands Public Library. Erika is also currently volunteering with the 2015 International Plowing Match and with Librarians Without Borders <librarianswithoutborders.org>. She is very happy to be in the Perth area, and when not working at the library, loves to hike, swim, and of course read!

See More Online!

Visit <theHumm.com/September2015> to see Erika's picks for books that explore the library.

from fabrics to broken china, from game pieces to hardware, and turning them into interesting, new creations. If you would like to display a few of your recycled projects, please contact Carol Richardson at <crmosaic@gmail.com> by September 25. Be sure to let Carol know if you would be willing to volunteer two hours during the exhibit to explain how you made your projects.

The exhibit will be free to the public, from 10AM until 4PM both days, in the front room of the REAL Deal Reuse Store at 85 William Street West in Smiths Falls. Check for updates on REAL's website <REALaction.ca> or on the REAL Deal Facebook page.

www.thehummm.com

September 2015

The Best of Weather and Cheer in Perth

In her poem *September*, Helen Hunt Jackson wrote:

*"By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer."*

I love those lines. If I wrote a poem about September, it would be about the smell of a freshly sharpened pencil, my coziest jeans and most comfortable sweater; the sweet

by John Pigeau

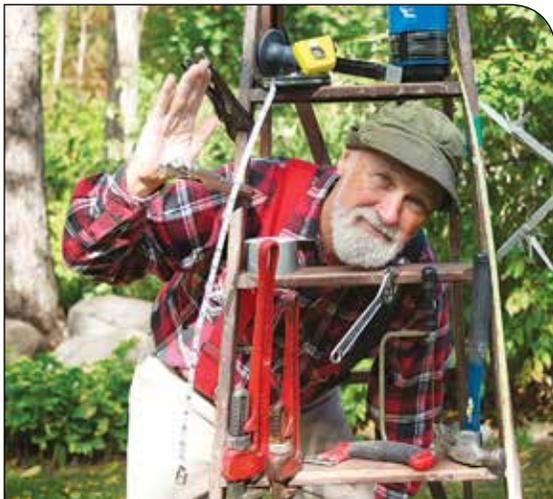
crack of a baseball connecting with a wooden bat, the white speck of the ball arching high, high, high into a crisp blue cloudless sky — and my mother's kindly voice, sing-songy from our back porch, calling that it was time to come in now.

For a lot of folks in Perth, when September comes to mind so does the **Perth Fair**: the mid-way, cotton candy, all the horses, cows and goats on display, the demolition derby, local late night music, and the high revolving colours of the Ferris wheel in spin. It's a tradition that started in 1845, when the population of Perth was less than 1500, and continues today — 170 years later.

This year the Perth Fair runs the weekend of September 4–7, and, as always, there is a whole lot to see, do, hear, touch and taste. Special events include an antique tractor pull, cowboy obstacle race, demolition derby, horse pull, lawn mower races, lawn tractor show, pet show, truck pull, ranch challenge, western games, and zucchini races. On Friday night there will be a kick-off parade and, later on, fabulous live music on the Grandstand Stage featuring Ridin' Shotgun at 7:30, followed by Brea Lawrenson at 9:30PM. On Sunday, young local fiddler Jessica Wedden takes the Grandstand Stage at 6PM, followed by Arlene Quinn, with the Lucky B's capping off the night. Make sure to check out the horse and cattle shows, too — the miniature horses are adorable! — as well as the steer and lamb auction. You can visit <perthfair.com> to see the full line-up of activities, including many, many things for the kids to do, as well as admission prices and such. Enjoy! And please, never ever forget the Fudge Hut. That's where the love is.



Fans of old country will be delighted to know a fabulous tribute show to the "first lady of country music", Loretta Lynn, is coming to the Studio Theatre on Friday, September 11. **Honky Tonk Gal** features talented singer, actress and world-class entertainer Amberely Beatty as Loretta Lynn. For years, Beatty has been filling theatres and wowing American and Canadian audiences alike performing the songs of Patsy Cline. Now, in what has been described as a "mesmerizing" tribute, Beatty is showcasing the most popular and best loved



From Red Green (the real deal) and Loretta Lynn (in tribute form) to the Fair and the Terry Fox Run, there's lots going on in Perth this fall!

songs of Loretta Lynn, spanning six decades of the singer's work. Backing Beatty are The Butcher Holler Boys, a five-piece band featuring guitar, bass, drums, piano and pedal steel. Lead guitarist Fred Lewis will join Beatty on many of the duets Loretta Lynn recorded with Conway Twitty. Tickets are \$30 from the Studio Theatre box office or by calling 267-7469. The show starts at 8PM.

It's been a long time now since Terry Fox set off to run across Canada on his Marathon of Hope. Thirty-five years, in fact. Terry began his journey on April 12, 1980 in St John's, Newfoundland, and had to end it just outside of Thunder Bay, on September 1st of that year. But his legacy endures, as does his message of hope. To date, \$650 million has been raised worldwide for cancer research on Terry's name.

The Perth **Terry Fox Run** takes place this year on Saturday, September 12. Anyone wanting to participate — you can walk, run, wheel, or ride 5 or 10km — can register at Conlon Farm between 8:45 and 10:15AM on the morning of the run. If you'd like to know more about obtaining pledge packages or about the race itself, which starts at 10:30AM, you can contact the good folks at Finnegan Insurance (49 Gore Street East) at 267-3788. After the race there will be a celebration including a BBQ, face painting, door prizes and a silent auction. It is hard to imagine a better reason to lace up those running shoes.

It's also hard to imagine a month without live theatre in Perth. Don't worry — the **Studio Theatre** has you covered for September. They will be staging *Kiss the Moon, Kiss the Sun*, a combination of comedy and drama in a story about friendship and perseverance. Written by Norm Foster, directed by Barb Guthrie, performances run from September 17 to the 27th at the Studio Theatre. Tickets are \$24 and available at Tickets Please online <ticketsplease.ca> or by calling 485-6434.

Now this next show won't be coming to town until October, but I think I'd better mention it now as, with great confidence, I believe it will quickly sell out. What's the big deal? **Red Green** is coming to town, that's what! The man who can fix anything with duct tape will be performing his aptly named one-man show *How To Do Everything* at the Mason Theatre on October 18. Some people know Red Green as one of the planet's handiest men from his hugely popular TV show, others from his books such as *Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions)*. However you know him, Red is now out to show there is no limit to his specialized knowledge and advice. Tickets for this PPAC production are \$59. Reserve them early from Tickets Please. Showtime is 7PM.

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Every Sunday **Head Over Heels on the Patio** (Vocal/Guitar Duo) 12:30-3:30
Tue Sep. 1 **Derek Olive & The Blue Dot Music Cycling Tour** (Folk), 7-9
Thu Sep. 3 **Emily Fennell** (Soul Singer, Kingston) with Jazz Night, 9-11
Fri Sep. 4 **Strung Out to Dry** (Folk/Bluegrass, Kingston), 5:30-8:30
Sat Sep. 5 **Head Over Heels** (Vocal/Guitar Duo, Gananoque) 5:30-8:30
Fri Sep. 11 **A Musical Tribute to Walter Norwood** with **Henry Norwood, Shawn McCullough & Friends** (Country, Perth/Vestport), 7-10, \$10
Sat Sep. 12 **Head Over Heels** (Vocal/Guitar Duo, Gananoque), 5:30-8:30
Fri Sep. 18 **Shawn McCullough** (Country/Guitar), 5:30-8:30
Sat Sep. 19 **Between the Lines** Canadian Songwriter Summit with Kevin Head, Russell DeCarle, Dean McTaggart & Lynn Miles, 7-11, buffet & show \$50
Fri Sep. 25 Blues on the Rideau with **Danny Brooks & Lil' Miss Debi** with The Memphis Brothers (Texas/Toronto), 7-11, buffet & show \$65

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Friday, October 2, 7 PM

Across Canada by Story with Douglas Gibson - Crystal Palace ,
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Saturday, October 3, 9 AM to 1 PM

Perth Chapter Book Fair - Farmers Market Crystal Palace, A Free Event

Saturday, October 3 11:30 AM

Growing and Cooking with Super Foods With Lorraine Johnson and Rob Firing -
Farmers Market, A Free Event

Saturday, October 3, 2 PM

Andy Fisher will talk about ecopsychology, a critical transformation of
psychology that ties the human mind to the living world, - Crystal Palace, A
Free Event

Saturday, October 3, 4 PM

Perth Writers Guild announces writing competition winners, followed by One
Book, One Community with Janet Hepburn, Free Events

Saturday 7 PM Crime Writing Night

with Peggy Blair, Rick Mofina and Maureen Jennings,- Crystal Palace,
\$20, \$15 for students and seniors

Sunday October 4, 10:30 AM to 12 :30 PM

Writing Workshops with Douglas Gibson "Working With an Editor" - Perth
Museum/Matheson House and Maureen Jennings "Getting In Touch With Your
Authentic Voice" Perth and District Union Public Library, \$35

Space for these two workshops is limited so register early.

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