

SEPTEMBER 2016

the Hummm

free

Arts,
Entertainment
& Ideas

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September's Events

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Alpaca Farm Days

CLASSES

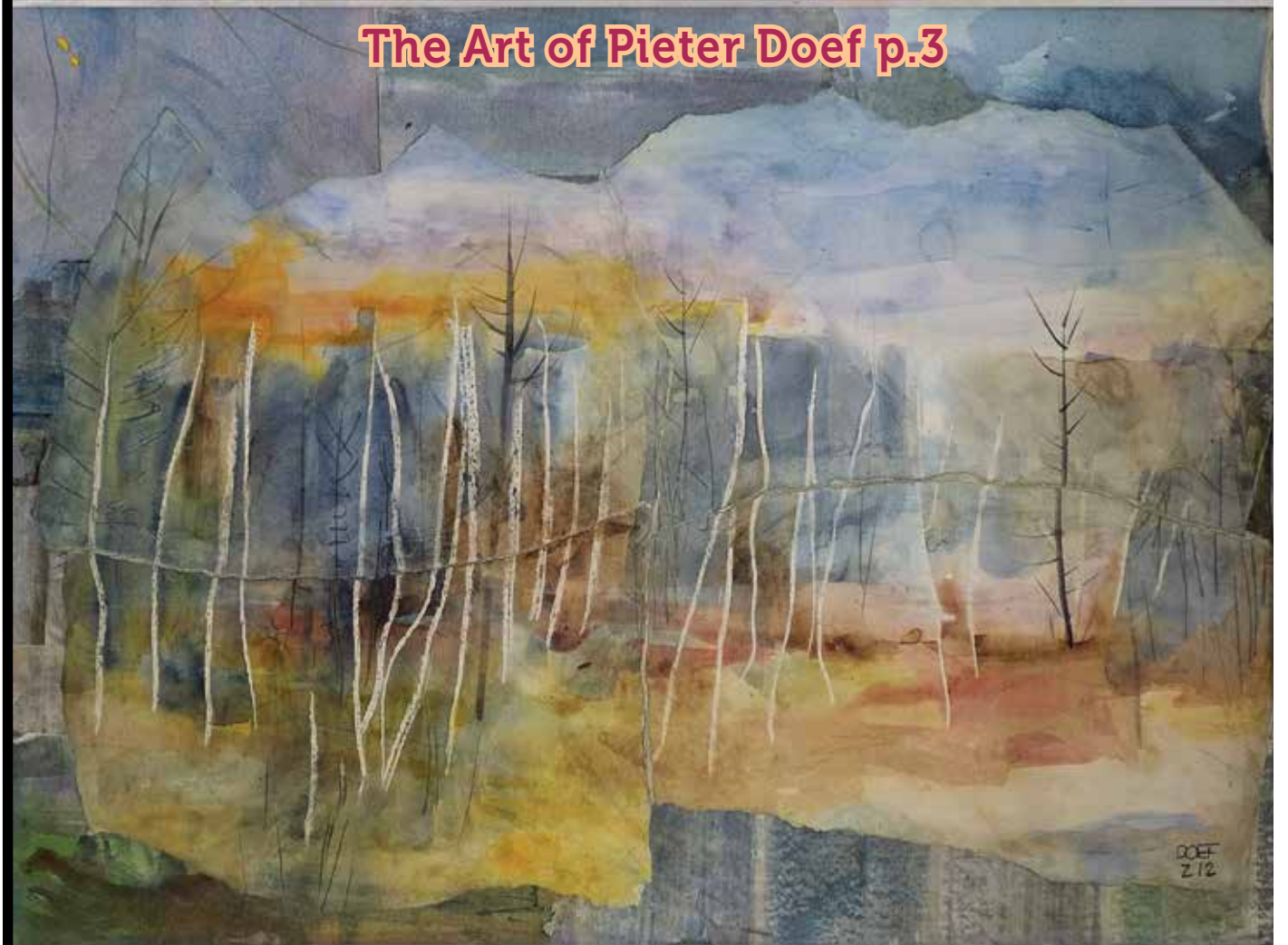
COURSES

LESSONS

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A Taste of the Valley

Between harvest time at farmers' markets and the burgeoning local food scene, September is one of the most delicious months to visit the Ottawa Valley. And if you happen to develop a taste for the area, I can help you find the perfect place to call home!

Pat's Picks for September: Lanark County Harvest Festival • harvestfestival.ca
Almonte Food + Drink Show • markets.cheerfullymade.com
Lanark Local Flavour • lanarklocalflavour.ca

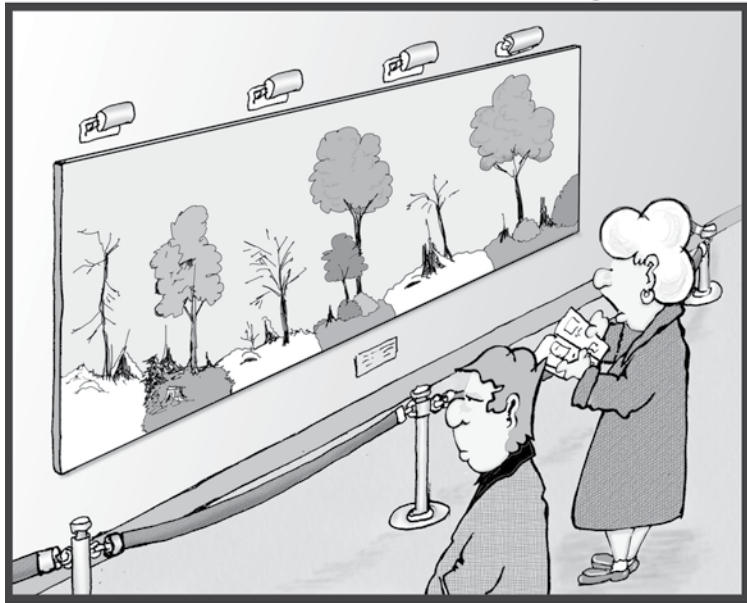
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"...This massive work is reputed to have taken the artist several years to complete!"

Readers Write

Correction - Last Train to CP

Dear Humm people,
In your August issue you have an article entitled "Marvelous Murals in Carleton Place". It states that the last train to Carleton Place took place on January 8, 1960. Well this info is out by just shy of 30 years. The last train to Carleton Place from Ottawa was #1 on Sunday, January 14, 1990. The last train on the Carleton Place subdivision was #2 which left Carleton Place at 0020, 15 January, and arrived Bells Junction at 0050, 15 January 1990.

Enjoy your paper very much.
— Tony Humphrey, Smiths Falls



Who's Reading the Humm

Back in early 2014, **Eugene and Janet Fytche** wrote: "On a recent trip to Jamaica, we had occasion to visit the SOS Children's Village located at Barrett Town, Montego Bay. This Village accommodates approximately eighty children in eleven houses. SOS Children's Villages is a private, non-profit, non-political and non-denominational welfare organization. There are two SOS Children's Villages in Jamaica. Each Village is equipped with Family Houses, Youth Facilities, Schools and accommodations for staff. The goal of the SOS Children's Villages is to offer orphaned and abandoned children a permanent home and to prepare them for an independent life. Every child is given a Mother and thus someone to turn to at all times. Boys and girls of various ages grow up together as brothers and sisters. Every SOS family of eight children has a house of its own. The Village Community gives the children cultural roots and a feeling of belonging. The activities of SOS Children's Villages are funded mainly through private donations."

Humble Thought

The image of the ideal body has been distorted and altered to an unbearable degree within the media and increasingly on social media. The creation of #fitspo and the pornification of the athletic female body is increasingly problematic as the focus on athletic pursuits have shifted away from the sheer joy of movement and towards likes and shares and followers.

— from the blog of Erica Wiebe, reigning Olympic champion in women's 75 kg freestyle wrestling



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

Submissions
By email or on disk.

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Thanks this month to:
Everyone who runs for and serves in public office in small towns. From where we sit, it seems like a whole lot of meetings and commitments for not a lot of pay, and then there's the complaining... Thanks for stepping up!

2016
WESTPORT AREA
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Child Haven International
presents a Fundraiser at
St. Pauls United Church, Perth
25 Gore Street W
Friday, September 16, 2016
5-9PM

Meet Bonnie and Fred Cappuccino
Founders of 9 children's homes
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Enjoy a delicious Indian dinner; shop at the Bazaar Table,
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Tickets: \$25 Adults, \$15 children under 10
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or contact Liisa 613-268-2137 or Sally 613-446-0678

Pieter Doef — In the Service of Art and Humanity

Fifteen years ago, theHumm was pleased and privileged to feature artist and sculptor Pieter Doef as our profiled artist in April 2001. The headline read “Pieter Doef — A Life-long Art of Giving.” I was tempted to use the same title for this update; Doef’s artistic productivity and humanitarian generosity remain unabated as he reaches his 89th birthday.

by Sally Hansen

Again this year the indefatigable artist is donating artworks to raise money for Child Haven International, the charity that has so influenced his art and his life since 1986. When he retired that year he travelled to India with a former colleague, fell in love with the beauty and vibrant colours of the country, and embarked on a new artistic path.

Doef believes that there is a path picked out for you if you have the courage to take the opportunities that come your way. An exhibit of his paintings based on his first trip to India was held at Ottawa City Hall, and as karma would have it, Doef met Bonnie and Fred Cappuccino, founders and directors of Child Haven International. When he learned about the four Child Haven homes that then cared for approximately 450 children in India and Nepal, he decided he wanted to help.

Today Child Haven operates nine homes for destitute children, located in India, Bangladesh, Nepal, Tibet in China, and Lhasa. Their website at <childhaven.ca> describes their ongoing assistance to “children and women in developing countries, who are in need of food, education, health care, shelter and clothing, emotional and moral support.” The organization is also involved in environmentally-friendly projects, family planning, literacy and soya milk production as a cottage industry for groups of women.

Since then, Doef has contributed approximately \$75,000 in support of Child Haven’s programs. For years he has donated two-thirds of commercial sales of his vivid, moving portraits of Indian life, allocating the remaining third for the supplies he needs to continue his unbroken stream of generosity. This year he has contributed twelve matted pastel drawings and one framed painting to be auctioned off at the Perth Child Haven annual fundraising event that will be held on September 16 at St. Paul’s United Church at 25 Gore St. W. The evening offers a vegetarian Indian dinner and items for sale, so it is a particularly

beneficial opportunity to experience a small sample of Pieter’s eclectic art.

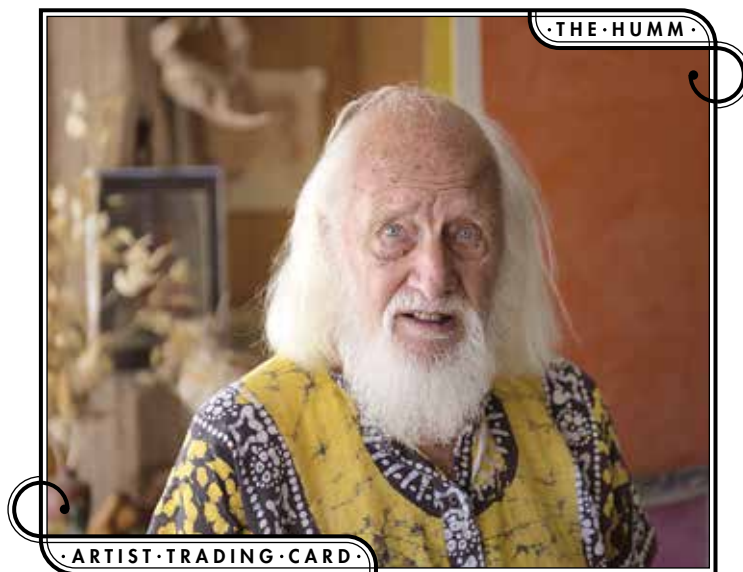
His paintings across the years reflect his wide-ranging interests, spanning cultures, locations and subjects. Art is to Pieter as work is to workaholics. He continues to indulge his endless curiosity, experimenting with media and techniques. After creating more than 400 cement sculptures over the past decades, many of which are on display at his country home near Merrickville, he has moved on to work with less weighty materials. It took me a moment to identify the snakeskin he has incorporated into several canvases. He creates collages by painting on wonderful “shoji” paper made from boiled mulberry tree bark, ripping them into pieces and then reassembling them into new and fascinating creations. When his wife, Wilhelmina, requested a painting of sunflowers one Sunday morning, he had a fabulous acrylic work hanging in their kitchen by the time she returned from church.



After 65 years of marriage, Wilhelmina’s death last year has strengthened the close bond Pieter shares with his daughter, Maria, who has created her own Shangri-La with her husband on an adjacent property. Like her father, she is a teacher, an artist, a gardener, and a lover of nature. Pieter is very glad that she is also an excellent cook.

An Art for Giving

At the end of WWII, Pieter met Wilhelmina, his pen pal while he was serving in Java as a (previously untrained) medic in the Dutch Marines. They fell in love, and immigrated to Canada in 1950 when they discovered they couldn’t get married because



ARTIST · TRADING · CARD ·

of a housing shortage in Holland. Thanks to a Canadian immigration officer in Brockville, they found themselves in Merrickville where Pieter was needed as a labourer on a mink farm. Nine months later he was bottling Coca Cola, and in 1955 he started as a caretaker at the Rideau Regional Centre for residents with developmental disabilities.

Pieter intuitively recognized the therapeutic qualities of art, and gradually convinced the institution to let him serve as (previously untrained) art therapist for the next thirty-one years until his retirement in 1986. He read books and took courses, and found ways to incorporate his students’ artistic efforts into murals, collages and backdrops for theatrical presentations. Their pleasure in their accomplishments was his reward.

In 2012 the Rideau Community Health Services honoured Pieter for his outstanding contribution to the community for over 55 years, and noted: “There are few artists who have shared their gift as generously as Pieter, and our citizens and communities continue to benefit from these gifts.” They cited examples of Doef’s contributions — his career in art therapy at the Rideau Regional Centre, art classes in local communities, his works on public display in Smiths Falls (Centennial Park) and Perth, and as a founding member of the Merrickville Artists Guild. He also loans artworks to the Merrickville District Community Health Centre, providing “warmth and an important bright spot for all to share.”

An Art for Living

Pieter is an ardent advocate of living according to the teachings of anthroposophy, defined by its founder, Rudolf Steiner as “a path of knowledge aiming to guide the spiritual element in the human being to the spiritual in the universe.” Steiner proposed what he termed a “fundamental law” of social life: “The well-being of a community of people working together will be the greater, the less the individual claims for himself the proceeds of his work, i.e. the more of these proceeds he makes over to his fellow-workers, the more his own needs are satisfied, not out of his own work but out of the work done by others.” The more I researched this human-oriented spiritual philosophy (I recommend waldorfanswers.com), the more I grew to understand and respect Pieter Doef’s embrace of its theories. Actions speak louder than words, and Doef’s life is a striking affirmation of his beliefs.

Art aficionados are welcome to browse through the many studios at his home, and he has works on display at the Grotto Artworks in Merrickville, so check out his Artist Trading Card for particulars. He and his art are well worth meeting.

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WHO Pieter Doef

· THE HUMM ·

WHAT Painter and Sculptor, Humanitarian

WHERE Home studios at 698 McCrear Road, Merrickville, 269-4967, <info@doefstudios.com>; the grotto artworks, 110 Main Street E., Merrickville, <thegrottoartworks.com/pieter-doen.html>

WHEN Sept. 16, 5-9PM, artworks donated to fundraiser for Child Haven International, St. Paul's United Church, 25 Gore St. W., Perth; <childhaven.ca>; Sept. 24-25, Oct. 1-2, Merrickville Artists Guild Studio Tour, <mag-artists.ca>

WHY "I try to portray the inner qualities and secrets of being. I am always searching."

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Fibrefest Marks 21 Years

Mark the weekend of September 10 and 11 on your calendars because you won't want to miss the Mississippi Valley Textile Museum's 21st annual Fibrefest. At two locations — the Museum and the Almonte Arena — visitors will find demonstrations, vendors, and exhibits, for a full two-day festival of fibre arts! Local guilds will demonstrate spinning, knitting, weaving, rug hooking, lacemaking, smocking and quilting. Vendors include spinners, weavers, and fibre artists from across the province, as well as quilt shops and alpaca farms.

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.

Featured Artists Grace Noël & Diane Lemire

Grace Noël is the surface pattern designer behind her company Creatively Graceful. After recently earning a diploma in Interior Decorating from Algonquin College, she is transitioning from Ottawa to Almonte. Her hand-drawn designs are best described as "whimsical". They are largely inspired by nature and vintage items, and are layered with detail. She loves to convey a story through her art. Grace offers a custom design service, and her designs are currently available for sale as fabric, wallpaper, and giftwrap, through her shop on Spoonflower. She has also designed a collection of quilting fabrics for Moda Fabrics, called "With Glowing Hearts", in celebration of Canada's upcoming 150th anniversary.

Diane Lemire draws inspiration from the world around her to create mixed-media sculptures, textile art, and paintings that subtly evoke a sense of memory, time, and place. For the past fifteen years she has been discovering and experimenting with the numerous techniques of felting, allowing herself to be seduced by this ancient craft of working with raw wool, incessantly exploring the fusion of natural fibres with recycled materials. PARADOX is a show about embracing the bittersweet truth of nurturing, expressed through installation, sculpture and artwork. What challenges transpire when you are



Find demos, vendors, featured artists and racing lambs all at this year's Fibrefest, on September 10 and 11 in Almonte

one of twelve or fourteen children? Or, on the other hand, if you are the hardworking mother?

In her unique style, Diane will be honouring a period of time when women gave birth to many children. Being one of 11 children herself, she will share her memories and stories based on her perspective of nurturing. Storytelling is central to each and every piece in the gallery. Her mother's left-behind materials are part of the core of this work. Beautiful patterned and printed textiles, her mother's clothes, and discarded found objects of no great importance... like a chameleon they undergo a transformation, becoming part of a narrative of the senses: emotion and tactile beauty welcome everyone who wishes to enter this journey.

Don't miss the Lamb Race!

At 4PM on September 11, 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 is \$5 per day, which includes access to all sites. For more details, visit <mvmtm.ca> or call 256-3754.



Deborah Arnold, "Eclipse", Utah alabaster on steel armature

DEBORAH ARNOLD

WITNESS

a solo exhibition
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Vernissage/Meet the Artist:
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Deborah Arnold, "Radiance", Carrara marble on steel base

Walk These Ways with MMLT!

This fall, the Mississippi Madawaska Land Trust (MMLT) offers two great opportunities to get out and enjoy nature walks in beautiful Lanark County.

Walk on the Wild Side with Michael Runtz

If walking in the woods isn't something that you would ordinarily enjoy doing on your own, then there couldn't be a better opportunity than following the lead of Michael Runtz. You'll have that opportunity on Sunday, September 18, at **High Lonesome Nature Reserve** near Pakenham.

Michael Runtz has a real talent for making nature more accessible to just about anyone, from the avid naturalist to the person who can't tell a groundhog from a badger. Laced with humour, Michael's dynamic storytelling style can turn a simple walk in the woods into an amazing adventure in the wild. His enthusiastic style has won him numerous teaching awards and record enrolments at Carleton University, where he teaches Natural History. He has published eleven books, adorned with the stunning photographs from his adventures.

High Lonesome Nature Reserve has been a favourite spot of Michael's for years, before it was donated to the MMLT in 2012. This 200-acre property lies within a wetland complex, which is rich habitat for a variety of wildlife. It has 8km of trails that wind around ponds and meadows and through different types of forest. New interpretive signage is being installed this summer.

To date, MMLT has legally protected over 2,400 acres of sensitive lands in eastern Ontario. It is somewhat unique among land trusts in that its mandate goes beyond the conservation of these special properties. MMLT believes that nature experiences provide numerous benefits that contribute to our physical, emotional and spiritual health. Year-round opportunities are provided on three of its five properties for hiking, trail running, snowshoeing and cross-country skiing.

Registration for Walk on the Wild Side is at 9:30AM on September 18. The walk starts at 10AM. A donation of \$10 per person is requested. High Lonesome Nature Reserve is located at 867 Carbine Road in the Pakenham Hills. To reach it, 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>.

Fall Colours Hike to Blueberry Mountain

This annual fundraising event, sponsored by the MMLT, is a favourite for people of all ages. What better place to view the glorious autumn colours and share a picnic with family and friends than on the top of Blueberry Mountain? Local botanist David White puts it this way: "The panoramic view from the hilltop is unmatched in the County."

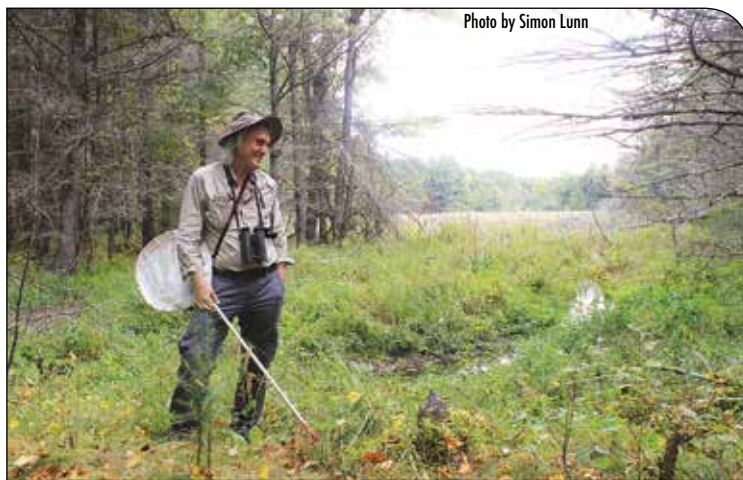


Photo by Simon Lunn

Everyone is invited to walk on the wild side with Michael Runtz (above) on September 8, and then hike up Blueberry Mountain on October 2

This engaging nature experience fits in nicely with MMLT's new Wild Child initiative. Research tells us that many of our children are disconnected from the natural world. The digital age brings many advantages and opens up countless doors, but no matter how captivating and addictive it may be, the screen can never touch the depth of our souls or cultivate what it means to be fully human, as does immersing ourselves in nature. When children discover nature they come to love it and soon become advocates for the natural world. This not only applies to children but to the wild child in all of us. It's a win-win situation.

The Fall Colours Hike will take place on Sunday, October 2, with registration beginning at 10AM. The hike starts at 10:30. A donation of \$10 per person is requested, and children 12 and under are free. Howard Clifford, as the legendary John Muir, will be stationed at the waterfall to share stories with children and to chat with adults who wish to drop by either on the way up or on the way down from the mountain. The hike to the top is a gradual, 45-minute climb with one short, steep rise to reach the lookout.

Why not pack a picnic to enjoy at the peak? Desserts will be served after the walk. Children under 12 will be awarded certificates for making the climb. There's also an 80 Plus Club for any octogenarians wanting a challenge. It's a great experience for all generations!

Blueberry Mountain is located at 502 Hills of Peace Rd. near Flower Station in Lanark Highlands. To get there, 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.

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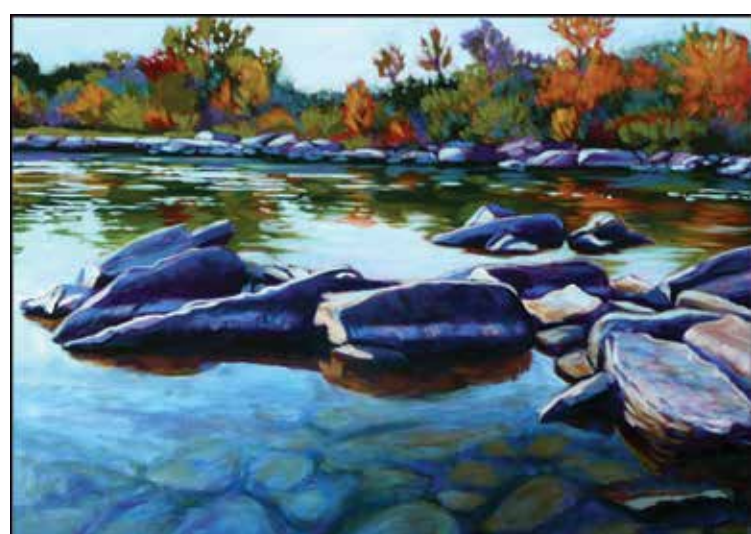
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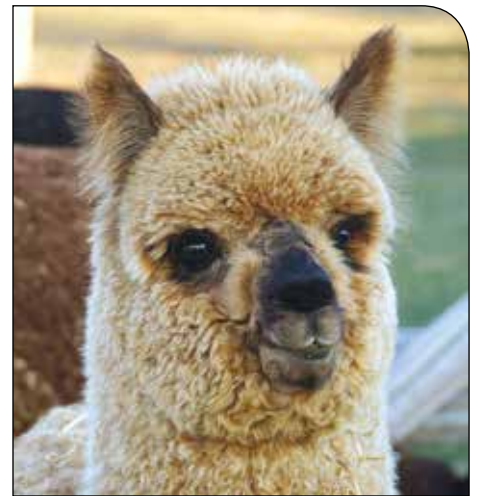
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Humming, Orgling and Pronking...

10 Things You Probably Didn't Know About Alpacas and Their Fibre

Aside from being cute, these relatives of the camel are popping up on modern day farms across the country. Sometimes called the "green sheep", they were domesticated about 6000 years ago, and continue to intrigue and surprise us. Test yourself on the fun facts below and see how many you knew.

1. Alpacas hum, even if they do know the words! Although they appear to enjoy music in the barn, that's not the reason they hum. Alpacas hum to communicate their curiosity, uncertainty, or distress. Mothers will produce a distinct type of hum after giving birth, and "talk" regularly to their new cria (baby) to promote bonding. Alpacas also use an alarm call when they spot something unusual, and males orgle (sing) to their partners at breeding time.
2. Alpacas are neat-freaks (at least when it comes to their bathroom habits). They use communal dung piles — all making a deposit in the same spot (which makes clean-up a breeze). They also like to play "follow the leader" when it comes to wash-room breaks — when one goes, there's a line-up and everyone waits their turn.
3. Alpacas don't like spitting either! While they usually only spit at other alpacas over space or food, even *they* think it's a nasty experience. After an alpaca has been spitting, it will develop "sour mouth" and will have to air-out its mouth by letting it hang open for a while.
4. Along with the haircut (spring shearing), alpacas get pedicures too. Since alpacas have soft pads instead of hooves, they require toenail clipping sessions to snip off anything not worn down in the pasture. With no upper front teeth, an alpaca 'clips' grass instead of pulling it out of the ground. This combination of padded feet and gentle grass "cutting" means alpacas are pasture-friendly.
5. Alpacas give new meaning to "chew your food". They chew their cud in a figure-8 motion and, if you watch closely, you can actually see it move up and down their long necks. They are modified ruminants with three stomachs instead of four. Food ferments for about *sixty hours* in the first stomach before moving on, and alpacas ruminate about eight hours a day!
6. Alpacas are all about the heat, but not the fire. While the hollow core of the alpaca fibre makes it many times warmer than wool, alpaca fibre meets US standards to be classed as a fire-resistant fibre for use in clothing and furnishings. That's one reason why alpaca duvets are so popular.
7. Alpacas respond to a simple and inexpensive pregnancy test. About four days after breeding, the female alpaca "knows" she is pregnant. When the male is re-introduced to her, she spits at him and runs away. She will do this for the next eleven-plus months while she carries the cria.
8. Alpaca really is a "dry" fleece. It has no lanolin — the greasy lubricant in sheep wool that requires intense chemical scouring. (This lack of lanolin and lack of scales on the fibres is often credited for the hypo-allergenic label given to alpaca.) But what really makes alpaca "dry" is that it is virtually waterproof when felted; as knitwear, it can absorb between 20%-50% of its own weight in moisture while keeping the wearer comfortable.
9. It's all about the "beans", according to gardeners. Because of the alpaca's efficient digestive system, weed seeds don't make it through to the waste. Alpaca beans (feces) have low odour and ideal levels of nitrogen and potassium that won't burn plants, even when applied fresh. Bean connoisseurs swear by alpaca "tea" (for the garden).
10. Alpacas dance when they are happy. Well, maybe it's not dancing, but this graceful all-four-feet-off-the-ground bouncing, called pronking, is always associated with happiness: a member of the herd returning from an off-site event, crias enjoying a new pasture, or the celebration of a sunset after a perfect day. If you've seen joyful alpacas pronking you'll agree — they're celebrating and, yes, maybe even dancing!



Come to Alpaca Farm Days on September 24 and 25, and you might even see crias (like Samson above) pronking!

There's so much to learn about these fascinating creatures that are making a name for themselves in the fashion industry, in crafting communities, and with families looking for unique, green farming opportunities. Visit one of the area farms opening their barn doors on September 24 and 25 for this year's **National Alpaca Farm Days**: Ballintotas Alpacas <ballintotasalpacas.com>, Silent Valley Alpaca <silentvalleyalpaca.ca>, and Wilhaven Ridge Alpacas <wilhavenridgealpacas.ca>. You're sure to find out more interesting facts about alpacas! — Shannon Rouleau

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Almonte in Concert Returns for New Season

Almonte in Concert's 2016-17 season features an outstanding roster of Canadian and international artists in performances that promise to be exciting and diverse. We are exceedingly fortunate to have the opportunity to offer such wonderful listening experiences in the intimate and acoustically superb Ron Caron Auditorium at Almonte Old Town Hall.

The season opens on October 15 with two of the most visible, multifaceted, and sought-after artists on the Canadian music scene, who lead brilliant careers as soloists but also play together under the captivating name of **Piano Chameleons**. Matt Herskowitz and John Roney — along with their special guest, jazz legend **Oliver Jones** — perform on two grand pianos and improvise in a jazz style on well-known works from the classical repertoire. Their interpretations take into account the traditions of both classical and jazz music, but that injection of jazz improvisation means they never perform the same way twice! The programme is also a preview of the contents of their first CD, scheduled for release later this month. Oliver Jones, who is known to derive his inspiration from audience vibes, is delightfully unpredictable, both as a soloist and with Piano Chameleons.



Almonte in Concert is back with a terrific 2016-17 line-up that includes the Piano Chameleons, the Ewashko Singers, and the Montreal Guitar Trio (above), who will be joined by Debashish Bhattacharya on Indian slide guitar

Just in time for the holiday season, the **Ewashko Singers** — led by Laurence Ewashko, tenor Jean-Philippe Fortier-Lazure, and pianist Aude Urbancic — will treat you to a stirring and heartwarming selection of Christmas repertoire. Audiences will also have the opportunity to add their voice to traditional sing-along carols. Founded in 1992 with the mandate of performing in a live broadcast marking the 50th anniversary year of Radio Canada International, the Ewashko Singers are widely recognized as one of the most versatile vocal ensembles on the concert stage today. Laurence Ewashko himself has been a central

figure in promoting quality and appreciation of vocal music in the National Capital Region for more than 25 years. In great demand as a choral clinician and vocal coach, he is also a former conductor of the renowned Vienna Boys' Choir.

What better way to heat up a cold January day than to enjoy a concert by the dazzling, dynamic duo of virtuoso clarinetist **Kornel Wolak** and Juno-nominated pianist and composer **Chris Donnelly**? They will perform a remarkable blend of revered classical works, such as a movement from Mozart's *Clarinet Concerto in A Major*, and jazz standards that include Gershwin's famous *Rhapsody in Blue* and Oscar Peterson's classic *Hymn to Freedom*. With their peerless stage presence and profound passion for music and performing, they will delight you with an afternoon full of surprises.

We are pleased to welcome back the critically acclaimed, globe-trotting **Montreal Guitar Trio**, also known as MG3, whose last appearance in our series in 2007 was met with great enthusiasm and a sold out house. When it comes to music, MG3 enjoy being eclectic. After all, it was their passion to explore different genres, styles, and approaches that brought them together more than fifteen years ago, and that passion continues to inspire them in creating their highly diverse repertory, as is well illustrated on their six CD releases. Although all three members hail from a rock background, they trained as classical guitarists at the Université de Montréal. For their concert in Almonte, they team up with the pioneer and master of the Indian slide guitar, **Debashish Bhattacharya**.

The Almonte in Concert season concludes with cellist **Paul Marleyn** and pianist **Mauro Bertoli**, well-established artists on the international scene, both as soloists and together. They present an entrancing programme with a fascinating theme: music associated with the four contrasting elements as defined by Plato — earth, air, fire, and water! The concert features works by Chopin, Schumann, Brahms, Glazunov, Saint-Saëns, Respighi, and Piazzolla. As a member of Trio Hochelaga, Paul Marleyn closed our 2011-12 season, a memorable occasion for him as he inaugurated the gorgeous, rare Italian cello made in Milan in 1770 by Pietro Landolfi, an instrument he subsequently made the decision of purchasing.

Tickets are available now by visiting <almonteinconcert.com>... Hurry to get yours and join us for a compelling musical adventure!
— *Maureen Nevins, Artistic Director*

Choral Evensong in Perth

You are invited to Choral Evensong at St. James the Apostle Anglican Church in Perth on Sunday, September 25 at 4PM. The service follows Evening Prayer in the *Book of Common Prayer*, which is noted for its contemplative and spiritual language, and has inspired composers through the ages to create beautiful music. All are welcome!

The St. James Liturgical Choir, under the direction of Peter Woodwark, leads the singing, which includes a psalm, the *Magnificat* and *Nunc Dimittis* sung to Anglican Chant, and an anthem. The congregation will join in singing some familiar evening hymns, and Beth Misener on the cello and Val Leavitt on the piano will provide a musical prelude and postlude to the service.

Choral Evensong now takes place at 4PM on the fourth Sunday of the month. On Sunday, October 23, the Cranmer Singers from Ottawa, under the direction of Frances Macdonnell, F.R.C.O., are returning to St. James where they will join the Liturgical Choir in what is sure to be a memorable and inspiring service. On Sunday, November 27, also at 4PM, the Advent Procession with Carols will take place — a very different sort of carol service which anticipates the joyful season of Christmas.

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

September 2016

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First Annual "tapastree" Fundraising Event

Just in time for National Seniors Day and the International Day of Older Persons, Mills Community Support is delighted to invite everyone to attend tapastree — a wonderful weave of local food, drink, music, theatre, art and community! Taking place on Saturday, October 1 at the Almonte Old Town Hall, tapastree is both a celebration and a fundraiser, with proceeds going to enhance seniors' programs and services.

Entertainment for the evening will feature accomplished pianist Kathryn Briggs and award-winning singer/songwriter and finger-style guitarist Terry Tufts. Well-known individually and well-respected as musicians, together Kathryn and Terry present their own special weave of musical artistry, humour, wit and melody — perfect for this musical tapestry! The stage will also be graced by young singer-songwriter Sarah Milligan with a solo performance, as well as the wit and wisdom of the 25-years-young sketch comedy troupe Sage Age Theatre, who will entertain with their improv theatre by seniors, about seniors and for everyone.

Well-known local broadcaster and host of her own news and local affairs show, Carol Anne Meehan from 1310News will be Master of Ceremonies. Carol Anne is best known for her 22 years co-hosting the CJOH and CTV six o'clock news broadcast. A native of Pembroke, Carol Anne remains committed to local Ottawa and Valley news and community building through charitable events.



Terry Tufts and Kathryn Briggs will be joined by other local entertainers at the tapastree fundraiser on October 1 — a wonderful weave of local food, drink, music, theatre, art and community!

tapastree takes place on October 1, from 6 to 9:30PM at the Almonte Old Town Hall. Tickets are \$50 per person, and there are only 150 available. Hurry to get yours at one of the three community ticket locations: Baker Bob's and Mill Street Books in Almonte, and at the Carleton Place Visitor & Information Centre in Carleton Place. Tickets can also be purchased at the North Lanark Seniors' Expo on Thursday, September 8 from 12 to 6PM at the Almonte Community Centre. Stop by the tapastree table for more details, to buy tickets, and pick up your free bookmark.

Mills Community Support — and Partners

For over forty years, Mills Community Support programs and services have been helping seniors in Carleton Place, Beckwith, Mississippi Mills, and Lanark Highlands live full lives. MCS works with organizations, groups, families and individuals to help create communities that welcome, honour and celebrate elders as vital contributing members of those communities. As Karen Milligan, Chair of the Board for Mills Community Support says: "We believe the quality of life in a community is linked to how it views aging and how it cares for its elders. That's why we put so much heart into our programs and services for seniors."

Orchard View by the Mississippi has taken a leadership role as presenting sponsor for tapastree. Joe Princiotta and the Orchard View family are key partners for Mills Community Support. As Joe commented, "Orchard View by the Mississippi is pleased to be partnering with the Mills Community Support in the journey to provide quality seniors' services in our community. We are excited to be able to share the gifts of talent and resources that each of our residents, our team and our home has to offer, to build a strong and supportive community within Mississippi Mills."

Support from other community partners has been strong. Core community sponsorships to date include Bean Chevrolet in Carleton Place, Carleton Place Terrace and Canadian Hydro Components.

Smiths Falls Hits Hole in One with Team Henderson

On Friday, September 9, the Town of Smiths Falls is hosting a celebration to welcome their hometown golf pro — Brooke Henderson — back from the 2016 Olympics in Rio de Janeiro and to acknowledge the hard work and achievements of pro golf sisters Brooke and Brittany Henderson. The red-and-white-themed celebrations will take place at Centennial Park, located on Confederation Drive in Smiths Falls. The Town of Smiths Falls is encouraging fans to wear red and white to support Team Henderson!

Mayor Shawn Pankow, along with Town staff, welcomes everyone to join in the festivities. "Brooke is a dynamic young woman and incredible ambassador for the town," Mayor Pankow stated, "and the accomplishments of Team Henderson are cause for celebration."

The celebration will get under way at 11AM with live entertainment, and is scheduled to conclude at 2PM. In the event of heavy rain prior to or during the actual celebration ceremony, festivities will be moved to the Smiths Falls Memorial Community Centre.



www.thehummm.com

September 2016

Ottawa Valley Country Music Hall of Fame

2016 Inductees Include Gord Barnes, The Countrymen, Clarence Bowes & Jim Hickey

Mac Beattie was the very first musician inducted into the Ottawa Valley Country Music Hall of Fame, in 1981, and the organization is set to celebrate its 35th anniversary by welcoming four new members at its annual awards show and induction ceremonies in late September.

In addition to recognizing the lifetime contributions of Gord Barnes, Clarence Bowes, The Countrymen and the late Jim Hickey, the Hall of Fame promises country music fans an evening of some of the best entertainers the Ottawa Valley has to offer.

"We're excited about our 35th anniversary show and we can promise you a great evening of entertainment as we induct our 2016 Hall of Fame members," says Jim Long, OVCMHOF president. "We will be recognizing their many achievements and contributions that have furthered country music in our community."

The event will take place at Centrepointe Theatre in Nepean on Sunday, September 25.

2016 Inductees

Gord Barnes grew up in a country music home and, at age ten, fell in love with playing guitar and performing. By the time he was fifteen he was playing venues across the Ottawa Valley with his stepfather, Art Simpson. It was in 1988 that Gord Barnes and Laredo was formed, and they toured all over Eastern Ontario and Western Quebec. Gord released a self-titled CD in 1991 and another in 2014. He plans to

record a third CD very soon. Through the years he has shared the stage with artists including Stonewall Jackson, Little Jimmy Dickens, Moe Bandy, Tommy Cash and Marty Haggard.

The Countrymen are celebrating their 55th year together in 2016, having formed in June of 1961. The original members included singer Glenn Toner, Kent Smith on guitar, Bob Johnston on drums and fiddler Al Roach. Al Brisco then joined the band a few weeks later and they began to play the Matawatchan Dance Hall every Saturday night. The band then toured the bar circuit in West Quebec and made a name for themselves as great entertainers. A number of very talented musicians have been part of the band through the years, including several OVCMHOF members. The Countrymen have also helped raise money for a number of local charities through the years.

Clarence Bowes knew from the time he was a young lad that country music would play a role in his life. He fell in love with the sounds of Don Messer and Eddy Arnold coming from his radio, and further cemented his passion by watching local bands such as The Happy Wanderers and Mac Beattie. Clarence still loves that type of music and plays it to this day. He now plays lead and rhythm guitar with his four sons, The Bowes Brothers. They tour the Valley far and wide

and Clarence takes an enormous amount of pride in their success. Before joining his sons in 2000, Clarence was a member of Jim White and the Country Pals, mainstays at

Prior to the contest, Jim was a competitive fiddler himself and travelled the region with the Art Jamieson Band, sharing his joy of music with the people of the Ottawa Valley. Jim also composed the fiddle tune *The Willow Tree Hornpipe*, which was recorded by the late Graham Townsend and others.

Great Evening Planned

In addition to the induction ceremonies, some of the Valley's most talented entertainers will take to the stage throughout the evening. The line-up also includes: Mike O'Reilly, Freddy Dixon, Bruce Golden, John Henry Lacasse, Gail Gavan, Barry & Tracey Brown, Tim Hermitte, Louis Schryer, Pauline Brown & Friends, Nancy & Phil Denault, Arlene Quinn, Eddie & the Stingrays, Stephane Coulombe, Braedon Vincent, Buddy McCann, Rae Palmer, the Debenham Brothers, Lorne Daley, and Marty McTiernan.

The evening will be co-hosted by Valley Heritage Radio's Jason Marshall and Christa Pare.

The show begins at 7PM, and tickets are \$40 per person. You can purchase them online at <centrepointetheatres.com> or by calling 580-2700.

For more information on the Ottawa Valley Country Music Hall of Fame, visit <ottawacountrymusicof.org>.



Clarence Bowes is one of the talented musicians being inducted this year at a ceremony on September 25

the Perth Legion every Saturday night for a decade. He vows he will continue to keep playing music as long as folks enjoy it.

The late **Jim Hickey** was a long-time musician who translated his love of fiddle music into one of the premier contests in the country. He was a co-founder of the Pembroke Old Time Fiddling and Step Dancing Contest, which recently celebrated its 41st year. Jim's reputation and gentlemanly ways became synonymous with the Labour Day weekend event.

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Humm Bits

Light Up the CP Community Labyrinth

On Friday, September 9, the warm glow of more than 600 candlelit luminaries will flicker along the path of Carleton Place's Community Labyrinth for this year's Light up the Labyrinth event. Local musician Kerron Lamb will once again provide entertainment.

To make this event even more collaborative, organizers are asking participants to gather at 6:30PM to prepare and place luminaries for a 7:30 candlelit walk. These walks have become a popular fall event, as individuals and families from across the region come to enjoy an evening at the labyrinth. Children and the young at heart can be part of this festive walk by carrying a lantern, wearing their glow-in-the-dark-apparel, glow necklaces, glow sticks, and more. Be creative! Parents should be cautioned that the luminaries are real flames and to please consider clothing and lantern choices carefully.

For those who wish to relax and watch the candlelight, garden benches and a wheelchair-accessible contemplation ring encircle the labyrinth. Feel free to 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. It is located at the corner of George and Baines Streets, beside the Carleton Place & Beckwith Heritage Museum, at 267 Edmund Street in Carleton Place. For more information, or if you would like to help prepare the luminaries, please contact Debby Lytle at 257-1014 or <carletonplacecommunitylabyrinth.blogspot.com>.

CP Community Band Concert

The Carleton Place and District Community Band has a new Director — Gary Payne — and the band will be presenting its first indoor concert under Gary's direction on October 1 at the Carleton Place Town Hall. Entitled "Movie and Broadway Hits", the concert will feature vocal soloists and special guests Event Horizon. Concert time is 7:30PM, and tickets are \$10 at the door or with cash at the Green Counter Boutique, 18 Mill Street in Carleton Place.

Memorial Hymn Sing in Clayton

As part of their 115th anniversary celebrations, St. George's Anglican Church in Clayton is planning a Memorial Hymn Sing for Sunday, October 2. Lloyd Wilson on fiddle, Tom Gardiner on stand-up bass and Bernie Costello on piano (a well-known trio from years gone by — not quite as old as the church!) will provide a musical prelude beginning at 10:30AM. A selection of a dozen favorite old hymns has been chosen for the Hymn Sing service, which will begin at 11AM. Those who wish to dedicate one of the hymns in memory of someone may do so by contacting Cathy Cochran at 256-1029 or <catherineac48@hotmail.com> by September 16. Cathy can also provide you with the list of hymns and any other information. The trio will entertain again following the hymn sing, and a light lunch will be available. Everyone is welcome to come and enjoy the wonderful acoustics and music in this beautiful country church.

Find Your Creative Self at the Library!

"Find Your Creative Self" is a free, six-week-long creativity series at the Carleton Place Public Library, designed to help anyone who is feeling creatively challenged. The course ran in early spring and was very popular, so organizers are hoping to catch the people who were not able to register when the list filled up. This session runs on Tuesdays from 1 to 2PM, beginning on September 20. Registration is required and spaces will fill up fast, so please call 257-2702 to reserve your spot.

Scottish Country Dance Group

The Perth and District Scottish Country Dance Group invites those who have a love of dancing and a sense of rhythm to join in a fun and entertaining form of exercise for both the body and the brain. Their experienced dancers, Simone Crabb of Perth and Tony French of Maberly, lead participants through the various dances — lively jigs and reels, as well as slower strathspeys. The 2016-17 season starts on September 23.

Newcomers, couples or singles, men or women, regardless of the level of dancing ability, are welcome. They meet Friday mornings at 9:30AM for two hours at McMarrin House, 125 Gore Street East in Perth, in the upstairs boardroom. All that is required are soft, flexible shoes or dance slippers, plus payment of the annual McMarrin House/Perth and District Senior Craft Fellowship membership fee.

For more information, contact Simone Crabb at 264-2767.

OVMF Presents Classicism Par Excellence

The Ottawa Valley Music Festival's final concert of the 2016 season takes place in Pembroke on Sunday, September 18, when they present a programme of Haydn and William Boyce.

Classicism Par Excellence will feature the OVMF Chorus as well as guests Danielle Vaillancourt, Jessica Belanger, Kathleen Radke, Kevin Myers, and Jean-Sebastien Kennedy.

Mezzo-soprano Danielle Vaillancourt studied in Toronto and Montreal, where she was awarded the prestigious Prix avec Distinction for her outstanding Masters recital. As well as performances in Canada, the Renfrew native has performed in Greece at the Maria Callas Grand Prix Opera Competition in Athens, and has sung the title role in Ravel's *L'Enfant et les Sortilèges*.

Soprano Kathleen Radke is one of the brightest new stars on the Canadian opera scene, and no stranger to the Ottawa Valley Music Festival. Originally from Renfrew, Radke studied at Wilfrid Laurier and McMaster, and was a member of the Festival Choir of the European Music Festival, performing in Stuttgart, Bonn, Athens and Berlin.

Soprano Jessica Belanger is a graduate of the Schulich School of Music at McGill University, where she studied voice performance with tenor Stefano Algeri. After going on to complete her Education degree at Nipissing University, Jessica began her career as an Elementary Music Specialist and currently teaches in Renfrew. Since 2009, she has held the position of Director of the Renfrew Children's/Youth Chorus and, from 2009 to 2013, was a Professional Chorister with the Ottawa Choral Society, where she enjoyed frequent performance opportunities with both the NAC and Ottawa Symphony Orchestras.

Tenor Kevin Myers performed with the Ottawa Valley Music Festival twice in 2015, and is delighted to be returning. The Deep River native studied at McGill and has performed nationally and internationally, including a tour of China as a laureate



Mezzo-soprano Danielle Vaillancourt is one of the featured guests at the Ottawa Valley Music Festival's concert on September 18 in Pembroke

of Jeunes Ambassadors Lyriques. He is currently performing with the Calgary Opera as part of its Emerging Artist program.

Baritone Jean-Sébastien Kennedy has performed with the Ottawa Bach Choir, the Opera de Montreal, the NAC Orchestra, Pellegrini Opera, and Opera Lyra Ottawa, and he made his Carnegie Hall debut in 2011.

Classicism Par Excellence takes place at 3PM on Sunday, September 18 at Zion Evangelical Lutheran Church, 454 Miller St. in Pembroke. Tickets cost \$25 for adults, \$10 for young adults (under 30), \$5 for students, and are free for children twelve and under. For more information and to book tickets, please visit <ottawavalleymusicfestival.ca>, email <info@ottawavalleymusicfestival.ca> or call 649-2429.

Music in the Village
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Kingston Writersfest 2016

Every year since its inception in 2009, the Kingston WritersFest has brought a wealth of top-notch literary talent to Canada's first capital. This year, they may have outdone themselves.

To say that Artistic Director Barbara Bell is excited about this year's roster of visiting authors may be a slight understatement.

"Are you kidding? I am over the moon!" she said via email. "We have invited Emma [Donoghue] numerous times, and this is the first time it's worked out, schedule-wise, for her to accept. She is so gracious and lovely, and her new book is wonderful, if you'll pardon the pun!"

Donoghue, the bestselling Irish-Canadian author of eight previous novels including *Frog Music* and the phenomenally successful *Room*, has just released her latest novel: *The Wonder*. She will be sharing the stage with Pulitzer Prize winner Annie Proulx at the Festival's International Marquee at the Grand Theatre's Regina Rosen Auditorium on September 29 at 8PM. The night's discussion is meant to be "a relaxed, living-room style conversation." Master interviewer Eric Friesen will host.

"And we hardly dreamed Annie Proulx would say yes to our invitation, and were just thrilled when she accepted," said Bell. "Her new novel *Barkskins* is a tour-de force. They are eager to share the stage with one another, and I know the conversation is going to be once-in-a-lifetime!"

The International Marquee is always a Festival highlight, but Bell says there are many events to be enthusiastic about.

"Our last event of the Festival, the Robertson Davies Lecture, will be delivered by the wonderful David Mitchell," she said, "and I'm really looking forward to that, too."

"The (Re)visions Indigenous fiction event with Tracey Lindberg, Gail Anderson-Dargatz

and Cherie Dimaline is going to provide a literary context for the indigenous issues that are in the forefront of the media right now," she added. "Jane and Anna McGarrigle sharing the stage with Sarah Harmer on Friday night will be a big treat, and the Big Idea 'A Good Death' on Saturday evening, featuring a panel of experts on the legalities and ethics of end-of-life issues and moderated by Carol Off, will be a hard-hitter."



Emma Donoghue is one of many fine authors participating in the Kingston Writersfest this year

Bell is particular pleased to welcome a long list of authors, most of whom will be appearing at the Kingston WritersFest for the first time. "Gosh, so many!" she said. "I'm thrilled to welcome Madeleine Thien, Gail Bowen, Robert Bateman, Lisa Moore, Sandra Martin, Ross King, Ian Brown, Peter Behrens, Eleanor Wachtel, the list goes on. These writers are all 'best in class.'"

Part of the Festival's popularity with readers and visiting authors is its intimate, interactive, and inclusive atmosphere, something Bell says Festival organizers "absolutely" strive for.

"We are aware that part of the charm of the Festival is the intimate location, as well as the relaxed atmosphere," Bell said. "Visiting authors feel relaxed here, and can give their best to an audience that

is warm and appreciative. We do strive to keep that whole dynamic central to what is happening at the Festival. It is what I consider our gift to the community, this positive, communal literary experience. It makes for some very memorable moments for everyone."

The Saturday Night Speak-Easy is often a Festival highlight for many; a night of celebration when lots of memorable moments are made.

"The SpeakEasy is super fun," Bell said. "A cabaret-style event, with low lighting, cash bar, and the improvisational jazz soundscape of our own band, Trio Without Words, who punctuate and support readings by eight Festival authors, with an emotional, dramatic, or humorous live soundtrack. With Bill Richardson hosting, you never quite know what to expect, except lots of laughs, and a great time!"

Another important aspect of the Festival is the many workshops it offers. "Our Writers Studio master classes this year are being taught by some of the very best writers and teachers of creative writing working in Canada today, and a writer at any stage of development is sure to benefit enormously from the small-class atmosphere and the access to the instructor," Bell said.

"Story is the only real magic left in the world," is the online tagline to this year's Kingston WritersFest, a quote from author Cherie Dimaline. The Festival, which aims to capture that magic, runs from September 28 to October 2, with the great majority of events held at the Holiday Inn on Kingston's beautiful waterfront.

For full details and to purchase tickets, please visit their comprehensive website at <kingstonwritersfest.ca>. If you would prefer to contact a friendly staff member, call 767-0513.

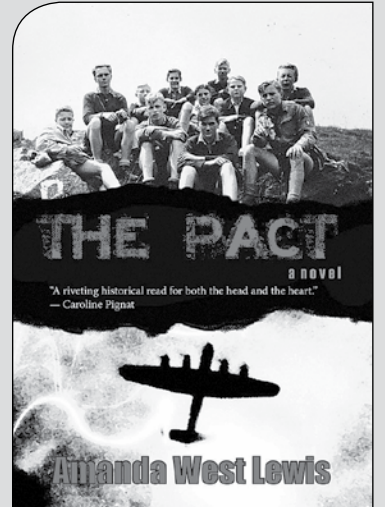
— John Pigeau

Two Launches at the Book Nook

The Book Nook in Perth is looking forward to two local launches in September!

On Saturday, September 10 from 1 to 3PM, author **Amanda West Lewis** will read from and sign copies of her book *The Pact*, with coffee, tea and snacks being provided by Coutts Coffee. Inspired by a true story and told from a perspective not often given a voice, *The Pact* follows one boy as he navigates growing up in Nazi Germany.

The initial inspiration came from a conversation Lewis had with her neighbour, peace activist Hans Sinn, fifteen years ago: "We were sitting together by a lake, watching our children play in the water. The children were singing songs and playing games — the kinds of things kids learn at camp. My husband (writer Tim Wynne-Jones) innocently asked Hans if he had ever gone to camp. Hans replied, with a sad smile, 'Yes. Hitler Youth camp.'"



However, it wasn't until after returning from Mainz, Germany, in 2012, that Lewis spent many hours talking with Hans, and her fictional story began to take shape.

The Pact begins in May 1939, when Peter Gruber is ten years old and living in Hamburg, Germany, with his mother. It is only through his own resourcefulness that he is able to keep them both from complete poverty. Then, with the outbreak of war, his entire life changes.

The Pact takes place in a rapidly changing and tumultuous climate, where people are influenced by the inundation of propaganda and controlled by a climate of fear. Peter faces further radicalization as he and many others are recruited into the Hitler Youth. These themes continue to hold particular relevance today, as they dominate current events around the world, and remain at the forefront of the collective consciousness.

As Peter is confronted with the difficult decisions he must make, readers too are challenged to question the importance of belonging, and the damaging power of exclusion.

Then on Saturday, September 24 from noon to 4PM, **Arlene Stafford Wilson** launches the latest in her Lanark County series of books that have been best sellers at the Book Nook for years. Apparently the author only had plans for the first one, but her fans kept demanding more, and her latest is entitled *Lanark County Classics: A Treasury of Tales from Another Time*.

The Book Nook is located at 60 Gore Street in Perth — drop in or give them a call at 267-2350.

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A Salon of the Masters

Richard Gill's Annual Fall Show

"Salon", from the French word meaning a livingroom or parlour, denotes a conversational gathering. Traditionally this was a select group of intellectuals, artists or politicians who met under the roof of an inspiring host with the intention of amusing one another, refining their taste and increasing their knowledge of current affairs and the arts.

Numerous female patrons of the arts have presided over salons in France and England since the 17th century. The American novelist and playwright Gertrude Stein (1874-1946) was known for her salon at 27 rue de Fleurus in Paris, where Picasso, Matisse and other creative people would meet to discuss art, literature, politics and, no doubt, themselves.

The term also refers to art exhibitions. The Paris Salon was originally an officially sanctioned exhibit of recent works by juried members of the Royal Academy of painting and sculpture.

Many of the artists who were accepted into the salons of Paris have now found their way to a present day salon of sorts; gathered together by the insatiable, creative mind and hands of sculptor Richard Gill. Gill's concept of a salon of these masters in his own Burnstown studio brings to life what he has deeply researched and imagined as the creative realm of artists of renown who transformed the face of modern art.

In Richard's salon, Chagall, Klimt, Rivera and Vermeer keep company with Matisse, Picasso, Da Vinci, Rembrandt, Dali and Turner, right along Renoir, Michelangelo, O'Keeffe, and the outrageous and lesser-known Egon Schiele and Tamara de Lempika. Andy Warhol is seen in his "Silver Factory" studio with Bob Dylan, and who knew that he also painted Mick Jagger?

With evocative imagery, Richard has created a visual spectacle of over fifty sculptural works that



You'll find the masters "hanging" out at sculptor Richard Gill's annual fall show, opening on October 1 in Burnstown

portray each artist in scenes that include their paintings in miniature intricate detail; skillfully achieving the illusion of greater depth through Gill's unique technique and understanding of sculpting in relief.

Entering his 71st year, this salon and sale marks Gill's 44th annual show, revealing that he is indeed a present day master in his own right, with a unique interpretation in the medium of sculpted clay in relief. Thus far he feels that this body of work constitutes his finest.

As Richard transforms his studio to salon, he invites us to a gathering to mingle among the masters' intimate domain at Bittersweet Gallery in Burnstown. *A Salon of the Masters* is a sequel to his 2015 show, *The Masters as Muse*. It opens on October 1 with Vernissage from 2 to 8PM. Richard will give a brief talk on the works at 3PM and again at 7PM. The show continues daily from 11AM to 5PM until October 10. For more information, visit <burnstown.ca/bittersweet>.

Granary's Lil' Sprouts Program Returns

Last fall The Granary in Carleton Place launched its first ever Lil' Sprouts Grant Program. The idea was a simple one: to help a local organization connect kids with food. Interested community groups and schools were encouraged to submit an application detailing their plan, and last year's successful applicant was Caldwell Public School in Carleton Place.

An enthusiastic group of parents, teachers and students used the \$500 grant to start a new school gardening program. Three guest speakers were brought in to talk to the students about the importance of bees, the benefit of proper garden layout, and the importance of eating fresh food. By all accounts these presentations were fun-filled sessions that both engaged and excited the students involved. The gardening club also purchased supplies in order to plant vegetables both at the school and to take home to grow. It was exciting to hear that this program is expected to expand and grow in the future at Caldwell, with permanent raised garden beds being installed in the year to come.



It is because of the growing interest and success at Caldwell that The Granary is once again offering a \$500 Lil' Sprouts grant to any local community group or school that is interested in stepping up to help connect kids with the growth, preparation and decision making involved in eating healthy foods. This program is open to all community groups and schools in the Carleton Place, Beckwith and Mississippi Mills area — for all ages of children. For full details including eligibility, criteria, project ideas and deadlines, go to <granary.ca> and look for Lil' Sprouts. The full application form is also available from the website or at The Granary, located at 107 Bridge Street in Carleton Place.

Help connect your kids to food with more Lil'Sprout ideas, recipes and tips by signing up for the Health-E newsletter at <granary.ca>, on Facebook @Granary-Naturals or by becoming a loyalty customer at The Granary store. The Granary is your local retailer for natural health, open in downtown Carleton Place seven days a week or online anytime at <granary.ca>.

Help connect your kids to food with more Lil'Sprout ideas, recipes and tips by signing up for the Health-E newsletter at <granary.ca>, on Facebook @Granary-Naturals or by becoming a loyalty customer at The Granary store. The Granary is your local retailer for natural health, open in downtown Carleton Place seven days a week or online anytime at <granary.ca>.

Fibre, Food & Drink in Mississippi Mills

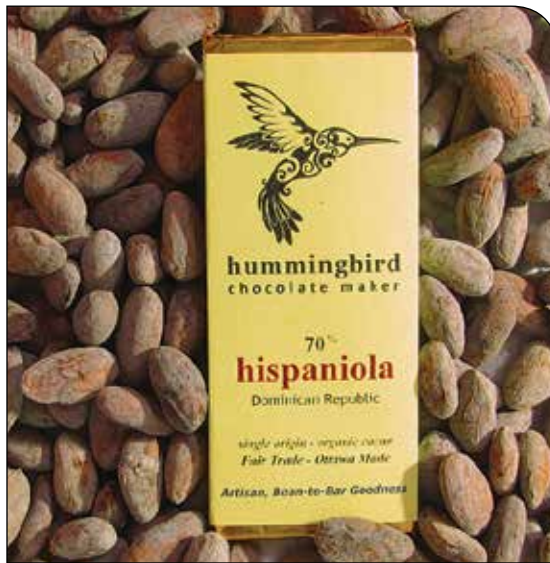
Well, I certainly hope everyone soaked up all the sun there was to be had in August! Fortunately, as the days grow shorter, there is no shortage of terrific events to keep you entertained, educated and amused.

And 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 10. For one thing, it is the opening day of the Mississippi Valley Textile Museum's 21st annual **Fibrefest**. Read the article on page 4 for a rundown on all of the fibre-y goodness that will be on offer.

by Miss Mills, Puppet Reporter

But the very same day, the much-anticipated 4th annual **Almonte Food & Drink Show** takes place from 1 to 6PM at the Almonte Agricultural Hall. Presented by Cheerfully Made Goods + Markets, Dandelion Foods and Edible Ottawa, this year's event is shaping up to be the best yet with several new vendors in the mix. Featuring many of the area's best local wine, beer, beverage and food producers, it will be a great way to develop a taste for the area! This is the last food and drink event that Cheerfully Made's Emily Arbour will be organizing, so don't miss your chance to attend.

To liven things up, this year's show will feature live music by Judge a Book, as well as a demo stage where guests can get a closer introduction to a few of the sellers. You'll find everything from wine, beer and kombucha to toffee, olive oils, maple syrups, and baked and catered goods. Regular Humm readers will want to check out the Great British Pasty & Pie Co., Whitewater Brewing Company, Hummingbird Chocolate Makers, Agapé Gardens and the Ginger Café, all of whom have been featured in past issues. Because beer and wine will be available, it is a 19+ licensed event. 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 Cheerfully Made on Mill Street, Dandelion Foods on Ottawa Street, or via EventBrite at <cheerfullymade.com>.



Hummingbird Chocolate — makers of the award-winning Hispaniola bar (among many others) will be at this year's **Almonte Food & Drink Show** on September 10 at the Agricultural Hall

To keep yourself — and your kids — busy throughout the year, you can traipse off to the Almonte Community Centre to find out about all of the great classes, clubs and organizations you can join for the fall semester. **Mississippi Mills At A Glance** takes place on Wednesday, September 14 from 7 to 9PM. 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 at this popular annual event.

Then on September 22, the Municipality of Mississippi Mills is organizing another gathering — to which

past, present and future local business people, their employees, co-workers and neighbours are all enthusiastically invited! Hosted by the Community Economic and Development Committee, the **Mississippi Mills Quarterly Business Breakfast** asks the happy question "How do we celebrate and manage our successes?" It takes place at the Almonte Civitan Hall with coffee served at 7AM and breakfast at 7:30. The cost is \$10 at the door, but to give the Civitans enough warning please register by September 14 by calling 256-1077 or emailing <tmaclaren@mississippimills.ca>.

And there's no need to vote on whether to attend the first **Almonte Lecture** of the season, although the title of their September 30 lecture by Ted Legg is "Changing the way we vote. Are we ready?" All lectures start at 7:30PM at the Almonte United Church and admission is free (but donations are gratefully accepted).

Coming Up Soon

Here are a few dates to keep in mind for October and beyond. The annual **Crown & Pumpkin Studio Tour** (which is bicycle-friendly this year — see page 15 for details) takes place over the Thanksgiving Weekend. There's a brand new fundraiser called **tapastree** happening on October 1 (page 8 will explain what species of tree that is), and **Almonte in Concert**'s new season starts on October 15 with a performance by the Piano Chameleons (see page 7 to find out what species the performers really are!).

And a head's up for fans of the annual **SchoolBox Latin Fiesta** (which usually takes place in early October) — that event is being moved to November 12 this year, so stay tuned for details in future issues. Stay busy — and happy — in the meantime!



Pfaff and Cormier in General

An exhibition featuring the work of Leta Cormier and Mary Pfaff runs from August 16 to October 2 at General Fine Craft in Almonte.

Leta Cormier (North Gower) has passionately worked through ideas of ceramic functionality and design over a career spanning nearly four decades. She has developed a signature flare for statement pieces: bold geometric forms with subtly built-up texture and glazes. Her work has a strength that comes from years of thoughtful studio work, an innate understanding of the medium of clay and from her own vibrant personality. For this show, Cormier explores vase forms based on several themes. She says, "within a thematic context, the relationships of idea, form, texture, and surface intrigue me to explore many variations".

The paintings and drawings of Mary Pfaff (Carleton Place) explore life's experiences, the mysterious beauty of nature and free expression. They are quietly powerful things that can dazzle your senses and fill you with emotion. For this exhibition, Mary presents medium to large-scale canvases, framed drawings and a selection of prints.

Pfaff approaches her work with determined energy, guided by instinct and intuition. The results are symphonic in their orchestration of light and dark, colour, texture, line and form. She uses layers of various media (acrylic paint and medium, graphite, charcoal, water-soluble pencils, wax and oil paints) to create fully realized, emotive abstract compositions.

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

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Competition: Local & International

Watching the Olympics last month, I got thinking about the positive and negative aspects of competition.

Some people have a competitive nature. I am not one of those people... well, except in grade 11 music class. How intent I was on beating my friend (and crush) Ewan when we were marked on our saxophone playing. There is no way he was better than I! I mean, *come on!*

And then there is arguing; a competition to be right. I admit, this is something I enjoy. But there

by Rona Fraser

is calmly trying to get someone to understand your perspective (with the hope they will eventually “see the light” and agree), and then there is using all the ammunition you have (even insults) to beat them down.

When we are competing with someone — for a medal, for a presidency, for being right — it is easy to dig our heels in, pull out all the stops and do or say whatever needs to be done or said to win. Focussing on the fight, we can lose sight of the big picture, not realizing what we have lost along the way.

Take the various doping scandals that come with each Olympics these days. The athletes likely started out wanting to be the best, on their own steam, but when you have spent so much time and effort striving for something, and you will perhaps only derive financial reward by being top three on the

planet, and people are whispering in your ear that these “medicines/vitamins” will simply help you be a faster, stronger you...

Some would argue that the Olympics are already unfair, without the drugs, due to the differing levels of each country’s funding; it’s easier to train when you aren’t worried about your rent and dinner, and having high-tech gear and a good coach helps.

The men’s relay results were an interesting reveal to me of the importance of medalling. The Canadian team had broken our national record and placed fourth, yet appeared quite despondent in their post-race interview. Minutes later the US team was disqualified, so the Canadians moved to third. Seeing them interviewed as the now bronze-medal winners was incredible: they were all smiles and relief. Their performance, their speed... nothing had changed... but they were now bronze medal winners. I didn’t understand the change of mood, until a friend mentioned winning a medal likely gets you more funding from both your country and commercial sponsors. Competition can be complicated.

Some of my favourite moments of the Olympics were when we saw that competition didn’t have to be cutthroat. After runner Nikki Hamblin fell in the 5000m heats, causing Abbey D’Agostino to trip, Abbey stopped to help Nikki up and encouraged her to finish the race. Maybe there is a camaraderie between competitors — an understanding and empathy. They’ve been through a lot of the same experiences and struggles, and although they want to do their

best, and want to win, they want to win on *their* merits, not on the misfortune of others.

A CBC commentator said, after the 200m race, Bolt “comes to this event with a completely different attitude... It isn’t the big confrontation anymore. This is embracing your talent, your skills, your abilities, to show the rest of the world.”

This is how I see competition between local businesses in our small towns. No new shop or restaurant opens here with the intent of crushing competitors; not if they’re smart anyway. If people come to town to visit this one shop, they will likely discover (or re-discover) yours as well; anything that encourages people to go near your place is a good thing, no?

And with that I welcome a new — well, *renewed* — restaurant to the field of great local restaurants! After a LOT of hard work and planning, three months after closing Café 7 West, Laurie Anne Brennan has re-opened as **NOAL Pantry & Local Food Eatery** at 5 Main St. E. in Smiths Falls.

Laurie doesn’t use the term “local food eatery” lightly. Actually, NOAL stands for Natural, Organic, Artisan and Local food. Her delicacies are made with fresh ingredients, with a focus on local suppliers.

Your meal may include Highland Organics garlic (from Lombardy), Valley Cutters beef (SF) and Rideau Pine Farms veggies (North Gower). Or how about some Rosecamp Farms eggs (Perth) and grain-free peameal bacon (Quinn’s Meats, Yarker), with some Back 40 cheese (Mississippi Station). Perhaps you fancy Seed to Sausage

charcuterie, or a local veg salad dressed with Kricklewood sunflower oil (Franktown), Barkley’s vinegar (Morrisburg), and Perth Pepper & Pestle’s mustard? NOAL’s main supplier is the Two Rivers Food Hub; as “a connection point for buyers and sellers of local foods”, they are a match made in heaven.

Why eat at a chain restaurant when you can support a local restaurant

that supports local producers?! Let’s help Laurie and the other quality food purveyors in our lives to continue the healthy and supportive competition for our dollars, while enjoying a delicious meal.

Note for those with food issues: her kitchen is nut-free, she has a dedicated prep space for gluten-free dishes, and she offers vegan and vegetarian options.

Note for those with chocolate issues: NOAL Pantry does a heavenly, rich, creamy, decadent hot chocolate.



Brunch at the new NOAL Pantry in Smiths Falls

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Wander, Savour, Collect

The 2016 Crown and Pumpkin Studio Tour

The 20th Crown and Pumpkin Studio Tour will take place in the Almonte and Clayton areas on the Thanksgiving weekend (October 8–10) from 10AM to 5PM each day, with more studios and participating artists and artisans than ever before! There will be 19 studio stops with works from over 45 creators, including many favourites from previous years as well as new and exciting places and faces. For details, visit <crowndpumpkin.com>.

Embracing the spirit of the Economuseum Networks in Quebec, we have expanded to include more innovative and creative artisan products, such as Fluid Solar Roasted coffee, award-winning Hummingbird Chocolate, exceptional children's hats, gluten-free and vegan baking, maple syrup and more. Our array of artists has grown with the addition of a paper relief artist, new glass artists, fibre artists, and printmakers, on top of the already impressive line-up of painters, jewellers, photographers, heritage farmers, potters, and décor upcyclers, as well as a pewterer, soapmaker, weaver, animal portraitist, milliner, book illustrator, maker of natural skin products, and Korean paper crafter.

The studios themselves are unique and fun places to visit. Some of them will give you a glimpse into the creative environment of the artists who live and work there, with boats hanging from rafters, entranceways encrusted with beads and buttons, a "castle" gallery, and more. Some artists will be providing demonstrations of their artistry — including coffee cupping, glass bead working, tours of a chocolate-making facility, and even face painting! Most studios will have several guest artists



on location, in order to offer a varied selection of great talent, and all will be inviting and authentic experiences.

You are invited to wander from studio to studio, past historic buildings and spectacular fall scenery. Jim Bishop said "Autumn carries more gold in its pocket than all the other

seasons", and that is truly evident as you travel the rural road "tree tunnels", where it feels as though a gold and orange filter has been placed across your eyes. You need not drive the whole tour — the Almonte portion of the tour can be walked (park on a street or in free parking areas). In Clayton you can walk between stops 4, 8 and 9. The Crown and



Like the subject in the painting above (by Laurel Cook, who is on the tour), you are invited to wander, savour and collect (great stuff like the necklace by Kathryn Stevens at left) on this year's Crown & Pumpkin Studio Tour!

Pumpkin is also bicycle-friendly; artists will deliver purchases of larger items within a 70km radius.

We encourage you to savour the offerings of our artists and artisans in a delightfully non-retail environment, and we offer the opportunity to collect pieces of treasure that speak to you. And speaking of savouring, you can also enjoy a tasty lunch at Carriageway Studios (Studio 12), where you can relax and enjoy beverages, soup, cornbread and scones; at the Clayton General Store, where you can experience a traditional country general store with home baking, sandwiches, snacks and beverages (and a convenient ATM and gas bar); and at Fluid Coffee (Studio 5) where SweetCheeks Kitchen will offer vegan and gluten-free treats, pies and cakes for take-away.

Every year at this time, I am astounded by the beauty of this area and also by how many talented and creative people are in our community... and I give thanks. This is your opportunity to experience that feeling too! For more information, look for our brochures at popular locations, contact Barbara Mullally at 256-3647, or follow us on Facebook at Crown and Pumpkin Studio Tour.

— Laurel Cook



Ebony jewelwing by P. Donaldson

Take a Closer Look at Nature with the Field Naturalists

On Thursday, September 15, the Mississippi Valley Field Naturalists (MVFN) begin a new season of natural history talks — this year's theme is "Wild Creature Close-Ups". Be prepared to meet dragons and damsels as our series kicks off with speaker Colin Jones' presentation **Dragonflies and Damselflies of Ontario**. Our speaker co-wrote the excellent book: *Field Guide to the Dragonflies and Damselflies of Algonquin Provincial Park and the Surrounding Area* and is a regular at Algonquin Park insect counts.

As well as being a co-author of several other authoritative guides, Colin is an avid naturalist and expert in many areas, and currently Provincial Arthropod Zoologist (this includes insects!) with the Natural Heritage Information Centre of Ministry of Natural Resources and Forestry.

The presentation begins at 7:30PM at the Almonte United Church, 106 Elgin St. All are welcome, with a \$5 fee for non-members. For further details about MVFN and the 2016-2017 Natural History presentations, visit us at the Seniors Expo, Mississippi Mills At-a-Glance, or <mvfn.ca>, or contact Gretta Bradley at <glbradley@icloud.com>.

— Pauline Donaldson



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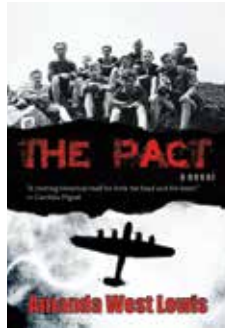
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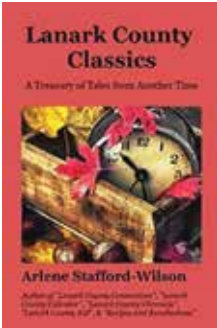
tuesday-wednesday 3-10 thursday-saturday 3-11
151 bridge st., carleton place 613.492.4377

Inspired by a true story and told from a perspective not often given a voice, *The Pact* by Amanda West Lewis follows one boy as he navigates growing up in Nazi Germany.

"Gripping, gritty, and tremendously poignant."



Book Launch
Saturday, Sept. 10
1-3PM



In Arlene Stafford-Wilson's *Lanark County Classics - A Treasury of Tales from Another Time* the reader will discover the stories of early Irish settler families and their personal experiences with Banshees, ghosts, and fairies while living in Lanark County.



Book Launch
Saturday, Sept. 24
Noon-4PM

The Book Nook & Other Treasures

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thebooknook@bellnet.ca

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Edge-of-Your-Seat Mystery Closes CTF

A body has shown up, and everyone on stage is a suspect. It's the starting point for *An Inspector Calls*, and what at first glance sounds like a familiar plot becomes, in the hands of legendary British playwright J.B. Priestley, a masterful work that has thrilled audiences for over seventy years.

An Inspector Calls plays at the Classic Theatre Festival (54 Beckwith Street East in Perth) until September 11, with a plot that has audiences trying to determine up to the very last line who is ultimately responsible for the death of a young woman.

Set in 1912, the play is a gripping study of an era that was about to come completely unravelled by events that continue to shape the modern world — from the loss of “an unsinkable ship” known as the Titanic, to the fiery cauldron that was the First World War.

As the show begins, two British families are celebrating a “family merger” of sorts when young Sheila Birling announces her engagement to the well-to-do Gerald Croft, whose family business brings not only great wealth and security, but also the possibility of a merger with her father’s company. As characters reflect on the inevitability of their



The Inspector (William Vickers) confronts the Birlings (Elana Post and Greg Campbell) about their role in the death of a young woman in *An Inspector Calls*, running to September 11 at the Classic Theatre Festival in Perth

continued success in what seems an impermeable bubble isolated from the world without, a knock comes at the door and the mysterious Inspector Goole arrives to ask some questions.

In the same way that many European societies came apart in 1912 and 1913, so it goes with this family, as Goole’s investigation begins to draw out very suspicious activities on the part of each and every character on stage. There will be times when even audience members will feel they could be called onto the stage for questioning or tapped on the shoulder to determine if they had any role in the death of the young woman.

An Inspector Calls is one of the most successful British plays of the 20th century, and has been the focus of a continuous National Theatre world tour since 1991, in addition to being remade as a 2016 BBC TV movie. Directed by Laurel Smith, the Classic Theatre Festival production features William Vickers (seen earlier this summer as the screenwriter Herb in Neil Simon’s comedy *I Ought to be in Pictures*) as the determined inspector.

The cast also features a fine collection of Canadian talents, including both CTF veterans and newcomers to Perth. They include Greg Campbell as the Birling family patriarch (after his star turns in *Dial M for Murder* and *Wait Until Dark*) and Elana Post as his wife (Post is an award-winning actor, director, and independent filmmaker from southern Ontario who began her career in the 1993 Stratford Festival production of *The Mikado*). Gerald Croft is played by the multi-talented Fraser Elsdon, who performs on stage and TV while working as a playwright as well.

Sheila is portrayed by Anna Burkholder, a highly skilled British-trained performer who played in *Timon of Athens* with the U.K. National Theatre. Younger son Eric is played by Perth-born and raised Sean Jacklin, a recent graduate of the George Brown Theatre School in Toronto. Sean appeared last year as the bedeviled telephone repairman in *Barefoot in the Park*, and this

season directed the two historic theatrical walking plays for the Festival (*River of Memory* and *A Taste of Perth*). Making her professional debut is another local talent, Breanna Critchley, who is playing the family maid, Edna.

The show also features the always-compelling costume design of Renate Seiler, with a perfectly eerie lighting design by Wesley McKenzie.

Tickets to *An Inspector Calls* are available at <classictheatre.ca> or 1-877-283-1283.

Glory be to Thee!

St. James the Apostle Anglican Church
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Choral Evensong: Sunday, September 25, 4 pm
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Doors Open North Grenville

Twenty-five diverse sites welcome you to North Grenville’s inaugural Doors Open on Saturday, September 24, from 10AM to 4PM (at most sites). Hear the stories, and experience the local natural, built and cultural heritage along the Rideau Heritage Route, a UNESCO World Heritage Site. This is a one-day, free, family-friendly event and North Grenville awaits you to come, explore and discover.

Some sites reflect the focus of medicine, science and innovation, such as Semex, a world class livestock genetic facility. Kemptville District Hospital will provide tours in spaces not usually open to the public, such as one of the operating rooms. A beautiful private home, the Simpson Residence, will be available to tour; it was formerly the first local hospital. “Human Books” at the North Grenville Public Library will also reflect this focus.

Alternatively, tap your feet to the music of Fiddlehead Soup, the Singin’ Seniors choir and the Ukeladies and Gentlemen. Be enthralled by a sword-fighting performance by the St. Lawrence Swordfighter Guild, and enjoy an open rehearsal of the Kemptville Players, all at the Urbandale Arts Centre.

Enjoy an artisanal market in the 1840 Burritt’s Rapids Community Hall and visit the quaint library in the former lock-keeper’s house. Get your walking shoes on and experience autumn on the beautiful trails in Ferguson Forest Centre, Limerick Forest, Rideau Woodland Ramble and the Tip-to-Tip Trail. Visit Parks Canada’s oTENTiks at Nicholson’s Locks, the new way to glam-camp!

Marvel at stained glass windows and take a guided tour of the cemetery at St. James Anglican Church.

See the beautiful interior and exterior renovations at Holy Cross Church. Reminisce while visiting a former one-room schoolhouse in Oxford Mills and enjoy tea served at a former Temperance Hall in Bishops Mills. At the North Grenville Archives, located in the former Town Hall and Fire Station, hear about an enterprising local farmer in the 19th century, Horton Row, who designed an improved spinning wheel.

See innovation at Lockwood’s, where an old silo has been converted into an office space, and clamber into big trucks and see the newest in truck repair at Tallman Truck Centre. Also check out the new eQuinelle Golf and Resident Club.

All this — and much, much more — comprises Doors Open North Grenville. No ticket is required. Refreshments and fundraising BBQs will be available along the way.

More than one hundred volunteers will be holding the doors open, waiting to welcome and entertain you in North Grenville on September 24. The event is an initiative of the Municipal Heritage Advisory Committee of North Grenville. For more information and list of sites, visit <doorsopenontario.on.ca/Events/North-Grenville.aspx>. The map/brochure is now available at all sites across the municipality as well as at kiosks, libraries, Parks Canada Rideau Canal and local businesses. Doors Open Ontario is a province-wide program of the Ontario Heritage Trust that has had over 6 million visitors in its 15-year existence.

For more information, contact Lynne Clifford-Ward, co-ordinator of Doors Open North Grenville, at 258-9860.



You, your employees, coworkers and neighbours are enthusiastically invited to join us at

MISSISSIPPI MILLS QUARTERLY BUSINESS BREAKFAST

Hosted by the MM Community Economic & Development Committee

Theme: How do we Celebrate & Manage our Successes?

WHO: M.M. past, present & future business people

WHEN: Sept. 22nd, 7AM Coffee, 7:30 Breakfast

WHERE: Almonte Civitan Hall, 500 Almonte St, Almonte,

WHAT: Meet fellow local business people, network, collaborate & learn

HOW MUCH: \$10 per person (to be collected at the door)

REGISTER: by Sept. 14th to maclaren@mississippimills.ca
OR 613-256-1077

The Grandmother of All Comedies...

Nick has just received a job offer in Seattle that he simply can't refuse. Trouble is, accepting it means he'll have to tell his grandparents he's moving away from New Jersey. And if you're Italian and Catholic, with grandparents like Nunzio, Emma, Frank and Aida, that's a big problem.

Première Thursday, September 22 at the Studio Theatre is Joe DiPietro's comedy *Over The River And Through The Woods*, a heartwarming story about family, faith, food, and other things that sound good but sometimes make life more than a little complicated.

In the minds of Nick's beloved (annoying) Italian grandparents, there is nothing more sacred than family. So for years Nick has dutifully attended Sunday dinner in an effort to atone for the sins of his parents, who had done the unthinkable and moved to Fort Lauderdale. *Over The River And Through The Woods* (in case you missed the connection, the next line is "to grandmother's house we go...") has everything a family comedy requires: big-hearted grandparents adrift in a new world, a thoroughly modern grandson they just don't understand, and the Grand Canyon of a generation gap that exists between them. When Nunzio and the others try to set Nick up with beautiful young Caitlin, to make him stay in the East, the cake is iced with all the ingredients of a comedy that every generation will appreciate.

"This play is both funny and heartwarming," says director Patricia Parry, a veteran of stage comedy. "It's about life, love, and learning to let go — a family show even kids will enjoy."

Another engaging aspect of the show is that it introduces audiences to several performers who are new to the Perth stage — Smiths Falls actors who are pleased to join the Studio Theatre's ever-expanding stable of talents. These include Rob Glas, David Wright, Sheila Jasiak, and Jenifer Jasiak, who take the stage with local favourite Norma Cummings and newcomer Connor Williamson (who plays Nick). Director Parry is thrilled to have so many new faces on her stage.



All in the family: (l to r) Connor Williamson (as Nick Cristano), Sheila Jasiak (Emma Cristano), Jennifer Jasiak (Caitlin O'Hara) and Rob Glas (Frank Gianelli) rehearse a scene from *Over The River And Through The Woods*, premiering at the Studio Theatre on September 22

"It can take time for a cast to grow into their roles," she says, "but right from the start I knew we had something special. It's been exciting to watch this cast, and this great show, come together."

Over The River And Through The Woods premieres at the Studio Theatre on Thursday, September 22, with performances on September 22, 23, 24, 30 and October 1 at 7:30PM, and 2PM matinées on September 25 and October 2. Tickets are \$22 (at the Book Nook, 60 Gore St. E., cash only) and \$22 plus convenience fee at Shadowfax (67 Foster St., 267-6817, shadowfax.on.ca) and Tickets Please (Matheson House Museum Visitor Centre, 11 Gore St. E., 485-6434, ticketsplease.ca), both of which accept in-store, phone, online and credit card purchases. Tickets are \$24 at the door, and \$10 at the door for students with ID. Attend opening night and save \$5!

Remember that Season Passes for the Studio Theatre's 2016-17 season of outstanding live theatre will be on sale until the end of September at the Studio Theatre box office on Saturday mornings from 10AM until noon, and at Shadowfax. Find out more about upcoming shows at <studiotheatreperth.com>.

Don't miss *Over The River And Through The Woods*, the grandmother of all comedies, at the Studio Theatre, 63 Gore St. E., adjacent to the Crystal Palace. You just might find yourself hugging your family a little bit tighter...

— Paul Joyce

Sept. Pub Listings

Valley Food and Drink Co. (Calabogie, 752-2676x311): Thurs Karaoke 8-11PM
 Sep 3 Brock Zeman, 8-11PM
 Sep 10 Music Trivia Night, 8-10PM
 Sep 11 Pierre Desmarais, 10AM-2PM
 Sep 17 The Telegrams, 8-11PM, \$10
 Sep 23 Peggy Williams, 8-11PM

The Cove (Westport, 273-3636): Wed Shawn McCullough 7-10PM, Thurs Jazz Night w/Spencer Evans Trio, 9-11PM, Sun Head over Heels, 12:30-3:30PM
 Sep 2 Dave Balfour, 5:30-8:30PM
 Sep 3 Jeff Callery, 5:30-8:30PM
 Sep 4 Chris Murphy, 5:30-8:30PM
 Sep 9 Urban Highlanders, 7-10PM, \$10
 Sep 10, 17, 24, 30 Head over Heels, 5:30-8:30PM
 Sep 16 John Wilberforce, 5:30-8:30PM
 Oct 2 Henry Norwood & Shawn McCullough, 1-4PM

Golden Arrow Pub (Perth, 267-4500): 9PM. Wed Karaoke. Thurs Open Mic
 Sep 2 The Ramblers
 Sep 3 Brockolees
 Sep 10, 24 Umberlune
 Sep 15 Matt Dickson
 Sep 16 Shawn McCullough
 Sep 23 Brea Lawrenson
 Sep 30 Riq Turner

The Swan at Carp (Carp, 839-7926): Sep 2, 16, 30 Steve Barrette Trio, jazz, 7-10PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM
 Sep 4, 18 Magnolia Rhythm Kings
 Sep 11, 25 APEX Jazz Band

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

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

Ashton Pub (Ashton, 257-4423): Sundays (as of Sep 11) Open Mic w/Kelly Sloan, 2-5PM

The Barley Mow (Almonte, 256-5669): Thurs 8PM Jimmy Tri-Tone Band

O'Reilly's Ale House (Perth, 267-7994): Tues Brock Zeman & Blair Hogan 8:30PM; Wed Acoustic Stage w/Dave Balfour 8PM, Fri Live music 9PM

Sep 9 Tom Watson
 Sep 23 Stephen Fisher
 Sep 30 River City Junction

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

Generations Inn (CP, 253-5253): 6-9PM
 Sep 25 The Night Crawlers acoustic blues

The Waterfront Gastropub (CP, 257-5755): Sun Blues w/ Redneck Limousine 3PM
 Sep 2 Mississippi Blues Society Jam, 8:30PM

M3 Eatery (Arnprior, 791-0992): 8PM
 Sep 23 Karaoke

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

Sep 14, 15 April Verch, Chaffey's Lock
 Sep 15 Breabach, Stonefields, Beckwith

Sep 16 Basia Bulat, Almonte Town Hall
 Sep 16 Darlingside, Seeley's Bay Hall

Sep 18, 3PM Breabach, Maberly Hall
 Sep 18, 3PM April Verch, Morton Hall

Sep 23 Elliott Brood, Nick Smith Hall
 Sep 25, 3PM Hat Fitz & Cara, Ecotay

Sep 29 Harrow Fair, Union Hall
 Sep 29 Sheesham & Lotus, SF

Sep 30 Jim Bryson, McDonald's Corners
 Oct 1 Downey & Byrne, Pakenham

Oct 2, 3PM Devin Cuddy, ABC Hall

Time to clean up the yard, plant bulbs for spring, Set out the pumpkins and add some fall bling!

Take advantage of End of Season Sales Colourful Mums, Fall Supplies & More

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Claiming Column

Expressions of Art, Carp, Oct 7-9
 Crown & Pumpkin Tour, Almonte/Clayton, Oct 8-10
 Fall Colours Studio Tour, Westport, Oct 8-10
 Perth Autumn Studio Tour, Oct 8-10
 Barb Sohn Art Open Studio, Perth, Oct 8-10
 Merrickville's Jazz Fest, Oct 13-16
 Calabogie Artfest, Oct 15-16
 BOTR: Laura Rain & The Caesars, Westport, Oct 21
 Sarah Jane Scouten, MERA, Oct 23
 Steve Poltz, Perth, Oct 25
 Almonte in Praise!, Oct 29
 An Evening of One-Act Plays, Perth, Nov 3-6
 Beer, Cheese & Chocolate-Tasting, MERA, Nov 4
 Cheerfully Made Holiday Market, Almonte, Nov 5-6
 Christmas in the Valley, Almonte, Nov 5,6
 SchoolBox Latin Fiesta, Almonte, Nov 12
 Karen Lovely Band, Westport, Nov 18

Festivals

Perth Fair, Sep 2-5. Perth Fairgrounds. 267-4104, perthfair.com. \$10-12, ages 7-12 \$2-4; midway extra
Fibrefest, Sep 10 (10-5), Sep 11 (10-4). Fibre art demos, vendors & exhibits. MVTM & Almonte Arena. 256-3754, mvmtm.ca. \$5/day
Middleville Agricultural Fair, Sep 17, 10AM, kids' fun, livestock. Middleville Fairgrounds, middlevillefair.ca. \$5, under 6 free

Visual Arts

Paint Night, Sep 1, 7PM. M3 Eatery, Arnprior. 791-0992, facebook.com/m3eatery
Sundance Studio Tour, Sep 3-4 (10-5), Sep 5 (10-2). 40 artisans. Fall River Restaurant, 21980 Hwy 7, Maberly, sundancestudio.ca
Paint Nite, Tuesdays, 7PM. Waterfront Gastropub, CP. 257-5755, \$45
Mural Walking Tour, Sep 8, 2PM. CP & Beckwith Heritage Museum, CP. 253-7013, cpbheritagemuseum.com
Vernissage: Deb Arnold, Sep 10, 3-6PM. Sivarulrasa Studio, Almonte. 293-2492, sivarulrasa.com. Free
4A Meeting, Sep 12, 7:30PM. Speaker: Randy Gill, 180 Forgeworks. Almonte Library. 256-5863, 4a-artists.ca
Vernissage: Blair T. Paul, Sep 15, 7-9PM. "Vignettes of Nature", acrylic paintings. Fairview Manor, Almonte
N. Gower/Kars Discovery Tour, 17-18, 10AM-5PM. 30+ artists at 14 stops. discovery-tour.ca
Heritage Conservation Workshop, Sep 21, 6PM-10PM. CP & Beckwith Heritage Museum, CP. 253-7013, cpbheritagemuseum.com
Merrickville Artists' Guild Studio Tour, Sep 24-25, Oct 1-2. 10AM-6PM. Self-guided tour. mag-artists.ca
N. Frontenac Back Roads Studio Tour, Sep 24-25, 10AM-4PM. northfrontenacbackroadsstudiotour.com
Palette Knife Workshop, Sep 24, 2-4PM. Create a painting w/acrylics. Thirsty Moose, CP. ashley.stufko@gmail.com. \$40 (\$35 Arts CP members)
Quilt Show, Oct 1, 10AM-3PM. Lunch \$6, 11-1:30. Zion-Memorial Church, CP. \$5 (12 & under free)
Richard Gill Fall Show Vernissage, Oct 1, 2-8PM, talks at 3 & 7PM. Show til Oct 10, 11-5. Bittersweet Gallery, Burnstown. 432-5254, burnstown.ca/bittersweet

WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> CP & Beckwith Heritage Museum presents photographer/painter Annie E. Duff <cpbheritagemuseum.com> Diefenbunker presents Anna Frian's "The Age of Atomic Anxiety" [from Sep 18] Fairview Manor Lobby presents Blair T. Paul's Vignettes of Nature FIELDWORK presents outdoor art installations <fieldworkproject.com> General Fine Craft, Art & Design features potter Leta Cormier & painter Mary Pfaff <generalfinecraft.com> MVTM presents Diane Lemire's mixed-media sculptures, textile art, paintings <mvmtm.ca> [to Sept 24] Sivarulrasa Studio & Gallery presents Deborah Arnold: Witness <sivarulrasa.com> The Mississippi Mills Chambers Gallery presents Karen Goetzing's fibre/acrylic art The Almonte Library Corridor Gallery presents Rod Trider's photography 	<ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge Perth Fair, Perth Duplicate Bridge Club, Smiths Falls Sundance Studio Tour, Maberly 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth, Bolingbroke Brock Zeman & Blair Hogan, O'Reilly's Pub Green Drinks, Perth Paint Nite, CP Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Acoustic Stage, O'Reilly's Pub Duplicate Bridge Club, Almonte An Inspector Calls, Perth CP Hort: Cacti, CP Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Shawn McCullough, The Cove
<ul style="list-style-type: none"> 4A Meeting, Almonte Carp Celtic Jam, Carp Masonic Lodge Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth, Bolingbroke Adult Bereavement Group, Perth Brock Zeman & Blair Hogan, O'Reilly's Pub Square Dance Open House, Beckwith Paint Nite, CP Perth Hort: High Line Urban Park, Perth Duplicate Bridge Club, Smiths Falls Womens' Business Group Lunch, Carleton Place 	<ul style="list-style-type: none"> Duplicate Bridge Club, Almonte FoSH: April Verch Band, Chaffey's Lock Karaoke, Golden Arrow Mississippi Mills At A Glance, Almonte Open Celtic Jam, Naismith Pub Shawn McCullough, The Cove 	<ul style="list-style-type: none"> FoSH: April Verch Band, Chaffey's Lock FoSH: Breabach, Stonefields Spencer Evans Trio, The Cove Jimmy Tri-Tone Band, Barley Mow Karaoke, Valley Food & Drink Co. Matt Dickson, Golden Arrow Musicians' Circle, Bolingbroke MVFN: Nature Talk, Almonte Open Mic, Alice's Village Cafe Perth Hist Soc: Tay Valley, Perth Vernissage: Blair T. Paul, Almonte
<ul style="list-style-type: none"> Canada in Space, CP Carp Celtic Jam, Carp Masonic Lodge Meditation Course Orientation Evg. Dunrobin Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth, Bolingbroke Brock Zeman & Blair Hogan, O'Reilly's Pub Square Dance Open House & Chili, Beckwith Paint Nite, CP Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Acoustic Stage, O'Reilly's Pub Duplicate Bridge Club, Almonte Book Talk: Nancy Dupuis, Appleton Heritage Conservation Workshop, Carleton Place Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Shawn McCullough, The Cove 	<ul style="list-style-type: none"> Introduction to Meditation, CP Spencer Evans Trio, The Cove Jimmy Tri-Tone Band, Barley Mow Karaoke, Valley Food & Drink Co. Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow Over The River And Through The Woods, Perth Toastmasters, CP
<ul style="list-style-type: none"> Almonte Horticultural Soc., Almonte Carp Celtic Jam, Carp Masonic Lodge Patrick's Family History Group Mtg, Arnprior Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth, Bolingbroke Adult Bereavement Group, Smiths Falls Brock Zeman & Blair Hogan, O'Reilly's Pub Fall Splendour Pancake Lunch, Pakenham Paint Nite, CP Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Acoustic Stage, O'Reilly's Pub Duplicate Bridge Club, Almonte Fall Splendour Pancake Lunch, Pakenham Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Shawn McCullough, The Cove Sing Street, Perth The Wooing of the Soul, Calabogie 	<ul style="list-style-type: none"> Fall Splendour Pancake Lunch, Pakenham FoSH: Harrow Fair, Union Hall; Sheesham & Lotus, SF Spencer Evans Trio, The Cove Jimmy Tri-Tone Band, The Barley Mow Karaoke, Valley Food & Drink Co. Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow Sing Street, Smiths Falls

Theatre

The Wooing of the Soul, Sep 28, 5:30PM dinner, 7PM play. Valley Food & Drink Co., Calabogie. 752-2676x311, thevalleyfoodanddrinkco.ca. \$30 dinner/show, \$10 show only
Lanark Laughs, Sep 30, 8-10PM. Stand-up comedy. Waterfront Gastropub, CP. facebook.com/LanarkLaughs
An Inspector Calls, Sep 1-11: Wed, Thurs, Sat 8PM; Wed-Sun 2PM. Classic Theatre Festival. St. James Church, Perth. 1-877-283-1283. \$30; under 30 \$21; \$4 fee
Audrey Hepburn Weekend, 7PM. Sep 16 Breakfast at Tiffany's, Sep 17 Funny Face. 283-0300, smithsfallstheatre.com. \$10
Over The River And Through The Woods, Sep 22, 23, 24, 30, Oct 1 7:30PM; Sep 25, Oct 2 2PM. Studio Theatre, Perth. <studiotheatreperth.com>. \$24/\$10

Sing Street Sep 28, 2 & 7PM (Full Circle Theatre, Perth); Sep 29, 7PM (Station Theatre, SF). filmnightinternational.blogspot.ca. \$10

Literature

Book Launches: Amanda West Lewis (Sep 10, 1-3PM. *The Pact*); **Arlene Stafford Wilson** (Sep 24, 12-4PM. *Lanark County Classics*). The Book Nook, Perth. 267-2350
Book Launch: Westport Writers Group, Sep 11, 3PM. *One Chocolate at a Time*, short stories/poems. The Cove, Westport
LiPS Poetry Slam/Open Mic, Sep 16, 7PM. Coutts Coffee, Code's Mill, Perth. lanarklips@hotmail.com. \$5 (performers free)
Book Talk: Nancy Dupuis, Sep 21, 7-9PM. *Begin Again*. N. Lanark Regional Museum, Appleton. 257-8503. By donation

Local Author Showcase, Sep 23, 7-9PM. N. Crosby Community Centre. library@rideau.net. By donation

Storywork: Telling Tales Rooted in the Land, Sep 24, 2PM. Storytellers at fieldwork, 2501 Old Brooke Rd., Maberly. \$20
Writers Reading, Sep 24, 1-5:30PM. Westport United Church. westportartscouncil.com. \$15; \$12
Tea & Book Readings: Peri McQuay, Sep 25, 2:30-4:30PM. Celebration of Foley Mtn. The Cove, Westport. 273-8268

Local Food

Almonte Food & Drink Show, Sep 10, 1-6PM. Wine, beer, and sweet & savoury goods. Ages 19+. Almonte Agricultural Hall. markets.cheerfullymade.com. \$25; \$20 adv
Pig Roast, Sep 10, 5PM. Music by The Whiskey Runners. Almonte Legion. 256-2142. \$15

Lanark County Harvest Festival, Sep 11, 11AM-4PM. Local producers, food seminars, kids activities. Beckwith Park. 1-888-452-6275, harvestfestival.ca

Fall Splendour Pancake Lunch, Sep 27-30, Oct 3-5, 10AM-3PM. Live music 11-2. Fultons Pancake House, Pakenham. 256-3867, fultons.ca

Youth

Peter Pan, Sep 2-3 7PM. Academy for Musical Theatre. At Full Circle Theatre, Perth. musictheatre.ca. \$12
Family Picnic, Sep 18, 11AM-1PM. Face painting, puppet show, kids' games. Splash Pad fundraiser. Generations Inn, CP. 257-1539. \$10
Book Launch: Natasha Peterson, Sep 24, 11AM-12PM. *Gayle the Goose Goes Global*. CP Library. 257-2702

SEPTEMBER 2016

Friday

Saturday

Sunday

<ul style="list-style-type: none"> 80s Night, John St. Pub An Inspector Calls, Perth Dave Balfour, The Cove Fish Fry, Pakenham Blues Society Open Jam, Waterfront Gastropub Perth Fair, Perth Peter Pan, Perth Steve Barrette Trio, The Swan at Carp The Ramblers, Golden Arrow 	<ul style="list-style-type: none"> An Inspector Calls, Perth Brock Zeman, Valley Food & Drink Co. Jeff Callery, The Cove Perth Fair, Perth Peter Pan, Perth Sundance Studio Tour, Maberly The Brockolees, Golden Arrow 	<ul style="list-style-type: none"> An Inspector Calls, Perth Blues w/Barry Buse, Waterfront Gastropub Chris Murphy, The Cove Head over Heels (Patio), The Cove Magnolia Rhythm Kings, The Royal Oak Perth Fair, Perth Sundance Studio Tour, Maberly
<ul style="list-style-type: none"> An Inspector Calls, Perth Light Up the Labyrinth, CP Brooke Henderson, Smiths Falls Tom Watson, O'Reilly's Pub Urban Highlanders, The Cove 	<ul style="list-style-type: none"> Almonte Food & Drink Show, Almonte 40 Plus Singles Dinner/Dance, Smiths Falls An Inspector Calls, Perth Ballistic Junior, John St. Pub Book Reading: Amanda West Lewis, Perth Family Fun Day, Smiths Falls Fibrefest, Almonte Head over Heels, The Cove Music in the Village, Ashton Music Trivia Night, Valley Food & Drink Co. Pig Roast, Almonte Umberlune, Golden Arrow Vernissage: Deb Arnold, Almonte 	<ul style="list-style-type: none"> An Inspector Calls, Perth APEX Jazz Band, The Royal Oak Blues w/Barry Buse, Waterfront Gastropub Westport Writers Group, Westport eRace Violence, Middleville Fibrefest, Almonte Harvest Festival Supper, Beckwith Head over Heels, The Cove Humane Society Walk 'n' Wash, Arnprior Lanark County Harvest Festival, Beckwith Open Mic w/Kelly Sloan, Ashton Pub Pierre Desmarais, Valley Food & Drink Co. Valley Singles Lunch, Sand Point
<ul style="list-style-type: none"> Breakfast at Tiffany's, Smiths Falls Child Haven Int'l Dinner Fundraiser, Perth FoSH: Basia Bulat, Almonte FoSH: Darlingside, Seeley's Bay John Wilberforce, The Cove LIPS Poetry Slam/Open Mic, Perth Shawn McCullough, Golden Arrow Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> Funny Face, Smiths Falls Head over Heels, The Cove Introduction to Android Devices, CP Middleville Agricultural Fair, Middleville N. Gower/Kars Discovery Tour RMEO Scotch Tasting, Smiths Falls The Telegrams, Valley Food & Drink Co. 	<ul style="list-style-type: none"> Annual Roast Beef Dinner, Franktown Apple Pie Fest & Classic Car Show, Appleton Blues w/Barry Buse, Waterfront Gastropub Discover Drummond Day Family Picnic, CP FoSH: April Verch Band, Morton; Breabach, Maberly Head over Heels, The Cove Jazz Night, Slackoni's Magnolia Rhythm Kings, The Royal Oak N. Gower/Kars Discovery Tour Open Mic w/Kelly Sloan, Ashton Pub OVMF: Classicism Par Excellence, Pembroke Walk: Michael Runtz, Pakenham
<ul style="list-style-type: none"> BOTR: Spencer MacKenzie, Westport Brea Lawrenson, Golden Arrow FoSH: Elliott BROOD, Arnprior; Hat Fitz & Cara, Delta Karaoke, M3 Eatery Peggy Williams, Valley Food & Drink Co. Local Author Showcase, N. Crosby OPP Chorus, Perth Over The River And Through The Woods, Perth Scottish Country Dancing, Perth Stephen Fisher, O'Reilly's Pub 	<ul style="list-style-type: none"> Book Launch: Arlene Stafford Wilson, Perth Doors Open Perth, Perth JazzNhouse: Anne Lewis Quartet, Pakenham Kids' Book Launch: Natasha Peterson, CP Merrickville Artists' Guild Studio Tour National Alpaca Farm Days, various N. Frontenac Back Roads Studio Tour Over The River And Through The Woods, Perth Palette Knife Workshop, CP Storywork: Tales Rooted in the Land, Maberly The Brett Pearson Run for Your Life, CP Umberlune, Golden Arrow Writers Reading, Westport 	<ul style="list-style-type: none"> Choral Evensong, Perth Trad Song, Almonte APEX Jazz Band, The Royal Oak Civitan Accessory Sale, Smiths Falls David Ross MacDonald, McDonalds Corners FoSH: Hat Fitz & Cara, ECOTAY Head over Heels, The Cove Merrickville Artists' Guild Studio Tour National Alpaca Farm Days, various N. Frontenac Back Roads Studio Tour Open Mic w/Kelly Sloan, Ashton Pub Over The River And Through The Woods, Perth Tea & Book Readings: Peri McQuay, Westport The NightCrawlers, Generations Inn
<ul style="list-style-type: none"> Changing the Way We Vote, Almonte Fall Splendour Pancake Lunch, Pakenham FoSH: Jim Bryson, McDonalds Corners Ag. Hall Head over Heels, The Cove Lanark Laughs, CP Over The River And Through The Woods, Perth Riq Turner, Golden Arrow River City Junction, O'Reilly's Pub Scottish Country Dancing, Perth Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> tapastree, Almonte CP & District Community Band, CP FoSH: Downey & Byrne, St. Andrew's United Church Genealogical Soc. Family Fun Day, CP Merrickville Artists' Guild Studio Tour Over The River And Through The Woods, Perth Quilt Show, CP Richard Gill Fall Show Vernissage, Burnstown Talk: ON's Electrical Future, Maberly 	<ul style="list-style-type: none"> Blues w/Barry Buse, Waterfront Gastropub Fall Colours Nature Walk, Lanark FoSH: Devin Cuddy Band, ABC Hall Henry Norwood & Shawn McCullough, The Cove Magnolia Rhythm Kings, The Royal Oak Memorial Hymn Sing, Clayton Merrickville Artists' Guild Studio Tour Open Mic w/Kelly Sloan, Ashton Pub Over The River And Through The Woods, Perth

Harvest Festival Church Supper, Sep 11, 4-6PM. Beckwith Rec Complex. 257-1539. \$12/\$6

Humane Society Walk 'n' Wash, Sep 11, 10AM-4PM. Robert Simpson Park, Arnprior. 623-0916, arnpriorhumaneociety.ca

Valley Singles Lunch, Sep 11, 1PM. Arnprior Golf Club, Sand Point. 622-5693

Adult Bereavement Groups, Sep 13 (1-3PM, Perth, 267-6400); Sep 27 (1-3PM, Smiths Falls, 283-6745). Free

Perth Hort: High Line Urban Park, Sep 13, 7PM. St Paul's Church, Perth. perth-hortsociety.com. \$3/\$10/yr

Womens' Business Group Lunch, Sep 13, 12PM. Symphony Snr Lvg, CP. \$15

Square Dance Open House, Sep 13, 20:30PM. 6:30PM chili supper on Sep 20. MississippiSquares.ca. Brunton Hall

Mississippi Mills At A Glance, Sep 14, 7-9PM. Activity info & registration. Almonte Com Centre. 256-1077

MVFN: Nature Talk, Sep 15, 7:30PM. Dragonflies & Damselflies of ON. Almonte United Church. mvfn.ca. \$5

Perth Hist Soc: Tay Valley, Sep 15, 7:30PM. Tay Valley Through 2 Centuries w/Susan Code. Perth Legion. perthhs.org

Child Haven Int'l Dinner Fundraiser, Sep 16, 5-9PM. St Paul's Church, Perth. 268-2137, childhaven.ca. \$25/\$15

RMEO Scotch Tasting, Sep 17, 6:30PM & 8:30PM seatings. RMEO, SF. rmeo.org

Lifelong Learning: Sep 17, 2PM, Introduction to Android Devices; Sep 19, 6:30PM, Canada in Space; Sep 22, 7PM, Introduction to Meditation. CP Library. 257-2702

Walk: Michael Runtz, Sep 18, Reg'n 9:30; walk 10AM. High Lonesome Nature Reserve, Pakenham. mmlt.ca. \$10

Roast Beef Dinner, Sep 18, 4-7PM. Centennial Hall, Franktown. 283-3789. \$17/\$8

Apple Pie Fest & Classic Car Show, Sep 18, 2-4PM. N. Lanark Museum, Appleton. 257-8503. \$12/\$10

Discover Drummond Day, Sep 18. Self-guided tour, evg ent't at Ferguson's Falls Hall. 2016.lanarkcountytourism.ca

Meditation Course Orientation Evg, Sep 19, 7-9PM. Willpower Meditation Centre, Dunrobin. willposerinstitute.com. Free

Scottish Country Dancing, Sep 23, 30:9:30AM. McMartin House, Perth. 264-2767

The Brett Pearson Run for Your Life, Sep 24, 9AM-1PM. 5km walk/run fundraiser. CP Town Hall. 257-8049, cpdrugstrategy.com

Doors Open Perth, Sep 24, 10AM-4PM. doorsopenontario.on.ca

National Alpaca Farm Days, Sep 24-25, 10AM-4PM. Open house at Ballintotas Alpacas (78 Braeloch Road, Braeside), Silent Valley Alpaca (1120 Donaldson Rd., Ompah), Wilhaven Ridge Alpacas (1620 Wilhaven Drive, Cumberland)

Civitan Accessory Sale, Sep 25, 12-4PM. SF Civitan Hall. 285-5557

Almonte Horticultural Soc., Sep 26, 7:30PM. Perennials for Fall. Cornerstone Com Church, Almonte

Patrick's Family History Group Mtg, Sep 26, 7PM. Arnprior Library. 623-0001. \$5/\$20

Almonte Lectures: Changing the Way We Vote, Sep 30, 7:30PM. Ted Legg. Almonte United Church. almontelectures.net

Genealogical Soc. Family Fun Day, Oct 1, 12:30-4PM. Authors Arlene Stafford Wilson & Linda Seccaspina. BBQ. Beckwith Council Chambers, CP. 267-3178. \$8

Talk: ON's Electrical Future, Oct 1, 7:30PM. Angela Bischoff, ON Clean Air Alliance. Nuclear+Coal or Renewables. Maberly Com Hall. \$25 sugg.

tapastree, Oct 1, 6-9:30PM. Local food, drink, music, theatre. Fundraiser for Mills Community Support. Almonte Old Town Hall. \$50

Fall Colours Nature Walk, Oct 2, 10AM. Blueberry Mountain, Lanark. 259-3412, mmlt.ca. \$10 donation (under 12 free)

Music



Musicians' Circle, Thursdays, 7PM. Musicians only -all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall

Whiskey Jack plays Stompin' Tom, Sep 8, 7PM. MC Charlie Kitts, w/The Valley Shantyman. Presented by Law & Orders. CPArena. 253-5046. \$25/\$20

Music in the Village, Sep 10, 7PM. Kelly Sloan, Nayana Bhatnagar, Patrick Loiselle. 16+. Ashton United Church. 257-1069. \$15

OVMF: Classicism Par Excellence, Sep 18, 3PM. Zion United Church, Pembroke. 754-5217, ottawavalleymusicfestival.ca. \$25/\$10/\$5

Spencer MacKenzie, Sep 23, 7PM. Blues on the Rideau. The Cove, Westport. 1-888-COVE-INN, bluesontherideau.ca. \$65+tx dinner & show

OPP Chorus (for Comm. Home Support), Sep 23, 7PM, \$10 at Shadowfax, CHS. St Paul's United Church, Perth

JazzNhouse: Anne Lewis Quartet, Sep 24, 8PM. \$25 at jazzn.ca. Pakenham

Choral Evensong, Sep 25, 4PM. W with cello/piano. St. James Church, Perth. 267-1163, stjamesperth.ca

David Ross MacDonald, Sep 25, 2PM. \$22 adv (\$24 ticketsplease.ca). MERA Schoolhouse, McDonalds Corners. 485-6434, shakeyacres@hotmail.com

Trad Song Session, Sep 25, 2-4PM. The Barley Mow, Almonte. 355-5552, shantyman.ca/TradSing

CP & District Community Band, Oct 1, 7:30PM. Movie & Broadway Hits". CP Town Hall. \$10

Memorial Hymn Sing, Oct 2, 10:30AM. Music & light lunch. St George's Church, Clayton. 256-1029, catherineac48@hotmail.com

Pub Crawling p.17

Community

Duplicate Bridge Club, Mondays 7PM, Tuesdays 1PM. 256-4747. SF Legion

4-Hand Euchre, Tuesdays, 1-4PM. No stairs. Perth Legion

4-Hand Euchre, Tuesdays, 7PM. ABC Hall, Bolingbroke. 279-1106

Duplicate Bridge Club, Wednesdays 7PM. 256-4747. Almonte Legion

Mahjong, Thursdays 1:30PM, ABC Hall, Bolingbroke, 273-2571. \$5

Fish Fry, Sep 2, 4:30-7PM. St. Andrew's Church, Pakenham. 256-8190. \$15/\$7

Green Drinks, Sep 6, 5:30PM. Golden Arrow, Perth. GreenDrinks.org

CP Hort: Cacti, Sep 7, 7PM. St. Andrew's Church, CP. cphorticulture.ca. \$3

Seniors' Expo, Sep 8, 12-6PM. Almonte Community Centre. 256-1031 x39, the-mills.on.ca. Free

Toastmasters, Sep 8, 22 7PM. Riverview Seniors Residence, CP

Light Up the Labyrinth, Sep 9, 6:30PM prep; 7:30PM walk. Com Labyrinth, CP & Beckwith Museum, CP. 257-1014

Olympian Brooke Henderson, Sep 9, 11AM-2PM. Welcome back party. Centennial Park, Smiths Falls

40 Plus Singles Dinner/Dance, Sep 10, 7PM, 8PM DJ dance. SF Civitan Hall. 285-5557. \$10

Family Fun Day, Sep 10, 11AM-6PM. Donations to Proj. Trauma Support. Gallipeau Centre, SF. 206-0482. Free

eRace Violence, Sep 11. Walk/run/cycle. Register online/on site. For Interval House. Middleville Museum. lch.org



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Postcards from Perth

Celebrate – It's a Duty!

I am writing this column in an apartment precisely three blocks from the K-Rock Centre in Kingston where, in two days, The Tragically Hip will perform their last concert. The mood in the city is celebratory and more than a little sad. That reminds me of the way you sometimes feel when you go to the county fair — happy to be amid the carnival sounds and the swirling colours, and the excitement of the midway in the cotton-candy air, bumping into and catching up with friends old and new, yet slightly sad because when the fair ends, well really, so does summer.

by John Pigeau

Yet, as Sarah Harmer told *Maclean's* magazine about The Hip's final show, "We can't forget to come together to celebrate the number of times The Tragically Hip helped bring us together and have our hearts moved. That is us honouring the life force, whatever that is. Celebrating is a duty."

Indeed, it is. And in that spirit, I offer up a month of celebratory and musical events taking place in Perth.

This year marks the 171st time good folks will gather to celebrate the **Perth Fair**. As always, it will focus on agriculture and entertainment, with plenty happening. You can enjoy the midway rides and food vendors, or take in some of the special events such as the demolition derby, the horse and cattle shows, and the antique tractor pull. There will be some wonderful live music at the Fairground's grandstand, and lots of children's entertainment too, including sheep shearing, zucchini races, and the Silly Sally magic show. Kids can watch the chickens, too, and even milk a cow — with agriculture awareness displays throughout the Entertainment/Agriculture Tent.

Presented by the Perth & District Agricultural Society, the Perth Fair runs from noon on Friday, September 2 at the Perth Fairgrounds to Monday, September 5. For ticket information and a full cal-

endar of events, please visit <perthfair.com>. You can also call Janice Massey at 267-4104.

You ever want to get fresh with a local farmer? Well, Lanark County will give you that chance as it celebrates the **Harvest Festival** at Beckwith Park on Sunday, September 11.

Four Beckwith Township churches are collaborating to serve up a delicious Harvest Church supper that will include traditional homemade stews — lamb, vegetable, beef, and gluten-free — as well as an assortment of homemade pies.

There will be entertainment too. Supper will be dished out after the Harvest Festival, which takes places that day from 11AM to 4PM. Tickets to this delightfully delicious event are \$12 and available at Tickets Please or by calling 1-888-452-6275. You can find more information at <harvestfestival.ca>.

There will be more celebrating on Sunday, September 18, as Lanark County hosts **Discover Drummond Day**, an afternoon self-guided tour and social event honouring the history and pride of the community. Folks are encouraged to enjoy visiting historically significant places in the area, including local farms and churches. Afterwards, at the Ferguson's Falls Hall, there will be a meal and an evening of entertainment for all to enjoy. For more information, please visit <2016.lanarkcountytourism.ca>.

September celebrations continue on Saturday, September 24, as the Town of Perth, in partnership with the Perth and District Chamber of Commerce, present **Doors Open Perth 2016**. This special one-day event, which also honours the 200th anniversary of the Perth Military Settlement, offers folks free admission to a variety of local heritage sites, including Artmaker Studio (5003 Highway 43, built in 1900), Inge-Va (66 Craig Street, built in 1823-4), Matheson House Museum National Historic Site (11 Gore Street, built in 1840), Perth Legion Hall of Remembrance Museum (26 Beckwith Street East), Perth Town Hall (80 Gore Street East, built in 1863), and the Upper Scotch Line School (513 Upper Scotch Line Road, built in 1856). These beautiful landmarks were handsomely built and are steeped in fascinating histories, making this day the perfect time to tour them and learn more about their origins and historical significance. All sites will be open from 10AM to 4PM.

I'm not sure if The Tragically Hip ever played in Perth (online searches haven't told me they did) but I know a lot of folks in the area, indeed nationwide, love their music and will, by the time we have gone to press, have enjoyed the band's final show — with admiration, gratitude, and likely some tears, too. So, thank you to The Tragically Hip. And farewell, guys.



Get fresh at the Harvest Festival on September 11



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Lots to See in Galleries and on Tours!

“Witness” in Almonte

From September 2 to October 9, Sivarulasa Gallery is proud to present a solo exhibition of new and recent sculptures by Almonte-based sculptor Deborah Arnold. Entitled “Witness”, it showcases Deborah’s newest works in Carrara marble, Italian alabaster, chlorite and other forms of stone. The exhibition features fifteen sculptures, including the central work of the show, a three-part monumental work entitled

by Miss Cellaneous

“Trilogy”, carved from Cappuccino Italian alabaster and mounted on a steel base.

“Stone has always been the starting point for my work,” says Deborah Arnold, “as a material it embodies strength and history while possessing an innate grace and power.” Everyone is welcome to attend the opening on Saturday, September 10 from 3 to 6PM. For more details, visit <sivarulasa.com>.



“Trilogy” by Deborah Arnold

Back Roads Studio Tour

The last weekend in September is traditionally a time when the fall colours north of Highway #7 are at their most vivid. Taking a car trip then through North Frontenac County, through the villages of Snow Road, Ompah, Plevna, Ardoch and Fernleigh, is an experience not to be missed. And it is the perfect time to take in the North Frontenac Back Roads Studio Tour. As well as vivid leaves and fantastically beautiful landscapes, with hills and lakes aplenty, the many artists and crafts people living in this unique area will be opening their studios to visitors on September 24 and 25.

There will be quite a variety of work to enjoy, and there is sure to be something of interest to everyone. In addition to painters and photographers, you can find lots of other very intriguing products and places. There are two furniture makers, four fibre artists, and a metal worker who makes “fire rings” as well as decorative metal hangings. Working with found hollow logs, one artist makes frames for paintings or photos. You can visit a new enterprise in the area where artisan cheeses are made in small batches exclusively from sheep’s milk, and an alpaca farm will continue to be a very popular stop, especially since last year’s visitors got to see two baby alpacas being born!

Full details and directions can be found at <northfrontenacbackroadstudiotour.com>. Mark September 24 or 25 on your calendars, for an interesting and beautiful “day in the countryside”.



Summer Breezes by MAG Artist Laura Starkey

MAG Studio Tour and Art Sale

The MAG (Merrickville Artists Guild) artists are MAGnificently happy to invite you to visit their studios on September 24–25 and October 1–2, from 10AM to 6PM. What could be better than a trip to historic Merrickville for a bite of lunch or an ice cream, and a visit to the studios of local artists? Check out <mag-artists.ca> for profiles of each artist, images of their art, and the map of the tour. Plan your visit to include as many studios as you can. Be assured your visit will be worthwhile.

Many of these artists are nationally or internationally known for their work. Art created by the MAG artists includes pottery, fabric art, letterpress, mixed media art, painting, sculpture, cold and hot glass, photography, collage, and cast metal. The artists have been busy all winter long in preparation for this tour and your visit to their studios.

During the two weekends before Thanksgiving, MAG artists are opening their studios to art lovers. Ask them about what made them choose their particular art and how they got where they are. In this way, the art comes full circle and you’ll take away something that was created with you — the art lover — in mind.

Everyone is part of the artistic endeavour and art enriches all our lives. Come for a visit to Merrickville. You’ll be richer for it! For further information, contact 656–2178 or see <mag-artists.ca>

New Date for Calabogie Artfest

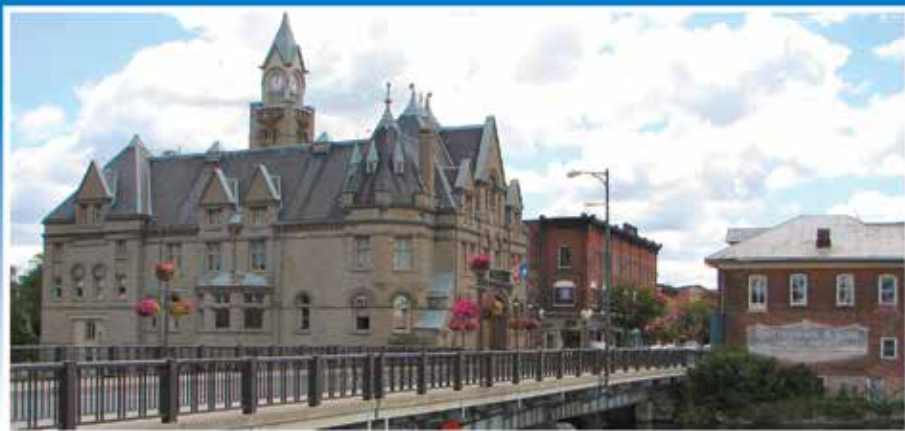
The annual Calabogie Artfest, which usually happens on the first weekend in October, is taking place on October 15 and 16 this year. It will still be held at the Calabogie Community Centre from 10AM to 4PM each day, and will feature a variety of media as well as a tearoom provided by the Valley Food & Drink Co. For more details, see the October issue of theHumm or visit <calabogiearts.wordpress.com>.

Call for Artists and Artisans

The **Maple Run Studio Tour** is a spring art event that takes place over the first weekend of April. This self-guided, mapped studio tour takes visitors in and around the pretty village and landscapes of Pakenham and area.

There are a few openings for new vendors to participate in the upcoming 2017 tour. For further information, please contact Kathryn at <stevens.kathryna@gmail.com> or 256–2830, or visit <mapleruntour.ca>.

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For more details, visit mmlt.ca/events

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Discover the Art of Véronique Stéfánica

The 2016 North Gower/Kars **Discovery Tour**, which takes place on September 17 and 18, 10AM to 5PM, showcases the work of more than thirty fantastic artists, at fourteen stops within an hour's drive of Ottawa. One of the artists on this year's tour is painter Véronique Stéfánica.

Behind a beautiful old house in the middle of the village of North Gower is a magnificent garden created and tended by owner Charles Stackhouse. Within this beautiful old house, there is an artist who is inspired by all of the beauty of nature which her husband Charles has brought to their world and which lies just beyond her studio window.

Véronique Stéfánica was born and raised in Chartres, France, where she studied for and obtained a degree in nursing. She never became a practicing nurse, but instead came to Canada for a visit and ended up attending the Richard Robinson School of Design, graduating in 1984. She met her husband in 1985 and has been here ever since. While Véronique has been painting since she was four years old, she has been a full-time artist for approximately twenty years.

Véronique paints in the naïf style, using fluid acrylics, watercolours and mixed media to achieve her results. According to Allarts Gallery <allartsgallery.com/naif>, "Naïf Art is conceived and produced by an artist with no specific academic preparation, and without the 'obligation' of having to use elaborate techniques and conventional thematic and chromatic approaches in the work they execute. Some critics claim that, contrasting with the *academics* who paint with their *brain*, the *naïve* paint only with their *soul*. This seems to be the true essence of Naïf Art, clearly the style of those who were born with the gift of being artists." This describes Véronique perfectly.

Véronique's work has evolved over the years, from scenes representative of her native country to more typical Canadian fare such as colourful winter scenes of pond hockey games, as well as Halloween themes, full of bright colours and engaging detail. While maintaining the naïf style, her current work still represents village life but has moved towards a more imaginary perspective. Her work is bolder and not as detailed, but it continues to be very brightly coloured.



Véronique Stéfánica is one of the artists participating in this year's North Gower/Kars Discovery Tour on September 17 and 18

Véronique has always been greatly influenced by her husband's garden, with its fishpond and the wildlife it attracts. She loves birds and flowers and these are often portrayed in her work, however hers are not typical wildlife paintings. Véronique's birds and flowers are inspired by what she sees in her "magic garden", but they are translated onto her canvas through the lens of her imagination.

Véronique loves to teach, especially children, and she spends much of her time doing just that. She teaches part-time at Kanata Montessori School and now at the new Montessori high school, Cedar Ridge College. She holds summer camps as well as art classes for children during the school year at her studio. Occasionally she offers adult workshops. Véronique also works with schools from the Ottawa region through MASC <masconline.ca>. She feels that she gains significantly from this experience. It is a two-way inspirational process with her students. She is continuously researching new art forms that she can pass on to her students. In return, her students demonstrate their eagerness and appreciation for art. Véronique finds it rewarding to see their progress and personal style developing.

You can find Véronique, her "magic garden" and her imaginative work at the Primrose Path Studio & Garden at Stop #6 on the Discovery Tour. For more information, please go to <discovery-tour.ca>.

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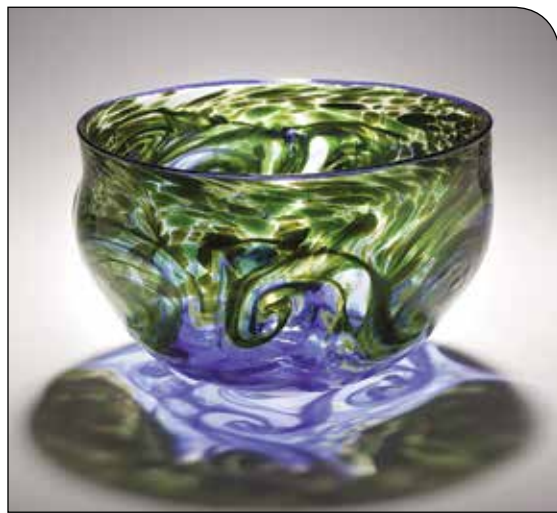
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Settlement & Return

Perth Autumn Studio Tour

The Tay Valley has a history of European settlement reaching back over two hundred years, which is being celebrated this year. Settlers came for many reasons, but mainly to escape hardship and start a new life with more possibilities. The area has seen cycles of settlement repeated many times over, with some settlers staying and raising families who remain in the area, some moving on to find work and other opportunities elsewhere, and others leaving and then returning to the area where they or their family were raised.



The artisans of the twenty-third **Perth Autumn Studio Tour** represent a microcosm of these settlement patterns. Some artisans have family ties going back five or six generations, some moved to the area in more recent waves of settlement, and others were born here, moved away, and then returned to live and work in the Valley.

In the late sixties and seventies, the Ottawa Valley saw people leaving the cities and looking for a slower pace of life in an area where property was affordable. Although paid work was scarce, it was possible to live comfortably by developing a variety of skills. The next generation tended to return to urban life for education and training, but many have gravitated back and are working with new and relearned skills.

As a fifth generation Tay Valley resident, Brent Kirkham epitomizes the first element in this settlement pattern. He moved away for several years and is now back living on the family property, and has developed his love for the water and canoes into a thriving business making and decorating cedar strip canoes and kayaks.

Another traditional worker in wood is Scott Dobson, who has honed the old skill of building cedar rail fences to an art form. Scott is one of a dwindling number of fence builders in Lanark County using the century-old styles of cedar rail fencing and local stone. Turning the traditional necessity of using local materials and practical styles into art, Scott also makes sculptural garden elements that blend history and local culture with free-spirited form, natural beauty and an eye for the unusual.

Dunn Sohn, a more recent settler in the Valley, also uses local wood and traditional styles in his unique custom-fit rocking chairs and turned bowls. Dunn even extends his love of old styles to the machinery he uses, having carefully restored lathes, saws and planes that were used for decades in other Valley workshops.

Also moving to the Valley and using traditional equipment and methods, Franc van Oort, originally from Holland, brought the skills he had learned in Europe to his views of the Canadian landscape, producing limited edition etchings and watercolours of the life and landscapes of the area. A newer resident of the Valley, also originally from Europe, Nat Capitanio, is increasingly using the local landscape in his art, bringing his new perspective on traditional subject matter.

You'll find works by artist Paulus Tjiang (above) and many others on this year's **Perth Autumn Studio Tour**, taking place over the Thanksgiving weekend

The Valley seems to draw people from all over the world and all walks of life, and while many of those born and raised in the Valley may leave, some feel the need to return to a familiar landscape and way of life. Choleena DiTullio returned to her family farm, where her father had moved to in the seventies, to develop her unique art form and restore the farm to its previous functions. Choleena has developed a style of mosaic using various papers (many handmade using natural plant fibres, dyes and leaves) and acrylic gloss to create the illusion of a typical ceramic tile mosaic that is deceptively light in weight.

Similarly, Anaïs Fritzlan grew up in the Brooke Valley learning how to sew from her mother, one of the many people who moved to the area in the seventies. Anaïs moved away but the draw of the lifestyle here brought her back to raise her family and develop her business. She designs and creates bags of all sorts, ranging from the extreme toughness of professional bike courier bags, to the sensual appeal of fine leather and silk purses, to the simple functionality of reusable grocery bags and mobile phone cases.

Perth Autumn Studio Tour artisans epitomize the history of the Tay Valley in many ways. People move to the area to find a more viable way of life, whether it is escaping hardship in the Europe of the nineteenth century or the cities of the twentieth and twenty-first. This year, to celebrate the history and people of the Valley, the two books — *At Home in Tay Valley* edited by Kay Rogers, and *Barns* by Claudia Smith — will be for sale at Studio 1, where Claudia may also be around for signing. The landscape and people encourage a spirit of entrepreneurship and creativity, whether artistic or practical. The 23rd Perth Autumn Studio Tour on Thanksgiving weekend — October 8 to 10, from 10AM to 5PM each day — showcases the work of people living and working in the area, coming from many places but finding satisfaction in the relative simplicity of Valley life.

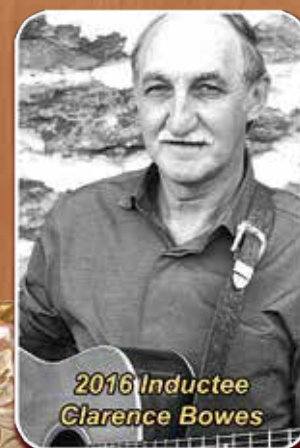
For more information, call Riverguild at 267-5237 or visit <perthstudiotour.com>.

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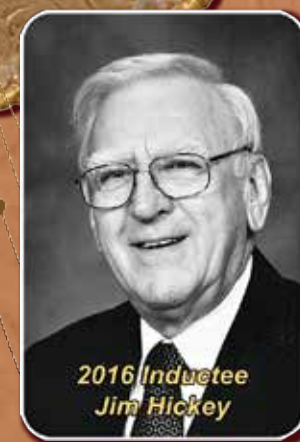
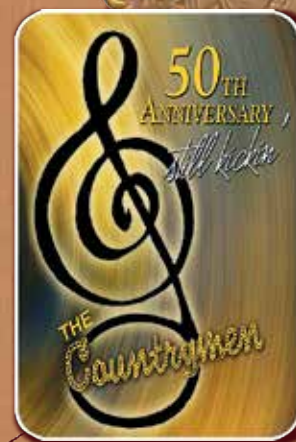
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David Ross MacDonald Returns to MERA

Australian singer-songwriter and fingerstyle guitarist David Ross MacDonald has a special relationship with Canada. MacDonald, who performs on Sunday, September 25 at MERA Schoolhouse in McDonald's Corners, spends a goodly amount of each year living in a trailer near Peterborough, and has toured extensively across Canada, charming audiences with his warm personality, his wit and his subtle but elegant songwriting.

MacDonald's natural appeal with Canadian audiences is even more pronounced in Eastern Ontario, where his appearances over the past five or six years have maintained something of a magical quality. This may date back to his three-song "tweener" set at the Blue Skies Music Festival in 2010, when he asked that the stage crew turn out the lights for his performance of *Waltzing Matilda*, telling the audience to lie back and look up at the stars while he played. A shooting star, witnessed by 2000 people in the same place at the same time produced an audible sense of awe in all of those who saw it.

Born to a jazz musician father, MacDonald returned to his musical roots after some years underground as a geologist, and now plies his trade not only as an internationally touring songwriter but also as a jazz-turned-folk/roots drummer for the acclaimed Australian group The Waifs. Having played with and opened for such luminaries as John Renbourn, Tony McMannus, Kelly Joe Phelps and Chris Smither, MacDonald constantly tours internationally, armed with his 1935 Gibson guitar and a carpet bag of songs that he illuminates in his own inimitably reserved yet intense, poetic style.

MacDonald has risen to the challenge presented by changes in the recording industry by making every copy of his most recent album, *Caravan*, a unique work of handmade art. He manually prints each copy of the CD covers on an old hand-operated letterpress from his own hand-cut artwork, and hand numbers each as a limited-edition print. These recordings can't be purchased in record stores, on Amazon or any other commercial site. MacDonald sells them at his live performances and through his own Pepper Tree Records online portal.

David Ross MacDonald's performance at MERA Schoolhouse in McDonald's Corners will take place on Sunday, September 25 at 2PM. Advance tickets are \$22 (\$20 for MERA members) and are available from Tickets Please in Perth, online at <ticketsplease.ca>, or by phone at 485-6434. For more information, contact Danny Sullivan at 268-2376 or <shakeyacres@hotmail.com>.



Music Matters

R.I.P. Pete Fountain

There have been some very high profile musicians who have left us over the past year, including David Bowie and Prince. However, on August 6 of this year, the jazz world lost a true gem, as clarinetist Pete Fountain finally succumbed to heart problems at the age of 86. As a clarinetist myself, Pete's

playing clarinet every night, and when I told him I was making scale — about \$125 a week — he said that was more than he made and I should play full time. I guess I was a professional from that point on."

Fountain went on the play in various jazz groups in the early 1950s, but he shot to prominence when a talent scout from *The Lawrence Welk Show* noticed him and invited him to relocate to Los Angeles and become a member of the orchestra. There is plenty of archival footage of Pete's solos with Welk's orchestra. Listening to him, what stands out is the large, woody sound that he was able to produce. His ability to "sing"

years. Despite having this regular gig in New Orleans, Fountain made his way back to Hollywood often, appearing on *The Tonight Show Starring Johnny Carson* fifty-six times. A quick search on YouTube will pull up many of these wonderful performances.

I frequently hear about his generosity, as he wouldn't hesitate to help promote other musicians by getting them up on stage, and would always take time to offer tips to aspiring clarinetists. He also had a sense of humour. Pete was a founding member of one of the best known marching groups that would parade in New Orleans on Mardi Gras day.

The original name of the group was the Half-Assed Walking Club. However, organizers requested that he change the name, which he did. From that point forward they were the Half-Fast Walking Club and Pete last played with them in February of 2016 at the age of 85.

When I listen to his recordings, I'm always struck by his tone. It was a big sound, more woody than most clarinetists due to a pretty unique mouth-piece and reed combination, but it somehow seemed to be a perfect fit for the type of music he was playing. He was such a fluid player, and made it look effortless, even into his eighties. As a student, one of the books that I enjoyed playing out of was a collection called *Play Clarinet Like Pete Fountain*. I still have that book, and I have a strong feeling that after finishing this article, I just may run through *Ja-Da*, *The Darktown Strutter's Ball* or *Tiger Rag*, just for old time's sake.

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

by Tony Stuart

passing was very sad news, but it also gives me a chance to celebrate the life of this wonderful man.

Pete was a fixture in his hometown of New Orleans. Throughout his life he was a regular performer at various venues, including his own club. While I have never met him or seen him perform live, I do have friends who have had this privilege. All of them say that Pete was known as much for his generosity as for his clarinet playing.

He suffered from respiratory problems as a child, and his doctor thought that learning to play a wind instrument would help him with his breathing. He settled on the clarinet, which was a good choice at the time, as the clarinet was a prominent instrument in the Dixieland and Creole music that was being played everywhere in New Orleans. He took private lessons, but also studied Benny Goodman recordings. By the time that he was in high school, Fountain was gigging on a regular basis in clubs on Bourbon Street. Reminiscing about making the decision to pursue a career in music, here's what he had to say:

"When I was a high school senior, my history teacher asked me why I didn't study more... I answered that I was too busy




through the horn was second to none, in my opinion. Pete stayed with the orchestra for two years, but left after a very jazzed up version of *Silver Bells* didn't sit well with Welk, who liked to keep his musical arrangements fairly conservative. In Pete's own words, he left because "champagne and bourbon don't mix."

In a way this was a blessing in disguise, as he returned to New Orleans and became a club owner (Pete Fountain's Jazz Club), where he played every week for many

his eighties. As a student, one of the books that I enjoyed playing out of was a collection called *Play Clarinet Like Pete Fountain*. I still have that book, and I have a strong feeling that after finishing this article, I just may run through *Ja-Da*, *The Darktown Strutter's Ball* or *Tiger Rag*, just for old time's sake.


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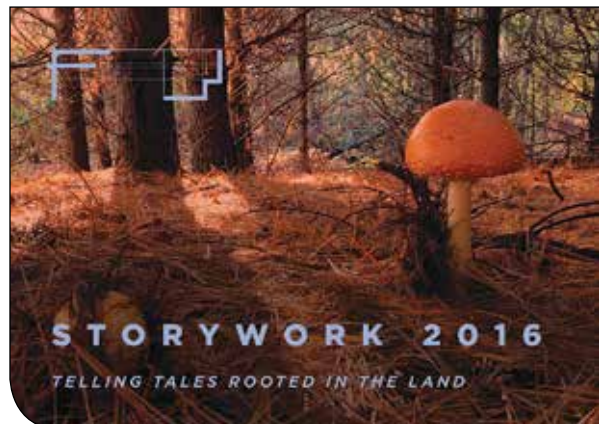
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Storywork: Telling Tales Rooted in the Land

In the words of a Siberian Elder: If you don't know the trees you may be lost in the forest, but if you don't know the stories you may be lost in life.

How long has it been since someone *told* you — not read, but *told* you — not just a good story but a great story, filled with adventures, transformations, compelling journeys and valiant people facing life's challenges with perseverance and imagination? For most adults, the answer to this question is “not for a very long time”. Now is your chance to change that. 2wp is offering you



a unique opportunity to rediscover that very particular experience of listening to, and indeed living in, some of the all-time great tales from traditional oral literature. *Storywork: Telling Tales Rooted in the Land* will be taking place on September 24, in partnership with Fieldwork and with support from the Ottawa International Writer's Festival (OIWF).

2wp is dedicated to producing high quality adult storytelling performances for audiences in Eastern Ontario. You may remember their series of productions that toured the area several years ago. Fieldwork, now in its ninth year, encourages creativity of all kinds, bringing the beauty and challenges of contemporary art to the local landscape with an annual exhibition of site-specific art installations.

Good chat, centring on a shared interest in landscape and its place in the development of both visual arts and storytelling, resulted in the two organizations planning an event together. This partnership has encouraged four professional storytellers to dig deep into some grand old tales to explore how they might connect to the history and the landscape that we live in. The result is a compelling performance in the intimate loft space of Fieldwork's old barn. Listeners will be carried back to a time when folk and fairy tales were integral to the fabric of cultural life. They will be reminded that, though these stories are increasingly sidelined and forgotten in the bustle of the contemporary world, they are deeply engaging and filled with insight, challenge and delight. The stories will explore, among other things, what the old laird McNab has to do with a hedgehurst, who Hansel and Gretel might really be, whether Rapunzel is more or less than her hair, and the cruelty of older brothers to the youngest.

2wp has assembled four skilled professional tellers, each with an abiding love for the traditional material and a belief that it is a grounding and inspiration for storytelling of all kinds. Marie Bilodeau and Daniel Kletke are new to 2wp, but Katherine Grier performed in *Dragon's Gold* and Marta Singh astounded audiences with *Landscapes of Silence*, her remarkable personal story of growing up under the infamous Argentinian dictatorship. All four tellers have told in a diversity of venues, including festivals, cafés, classrooms, museums and the National Arts Centre. Fieldwork is a new challenge.

Don't miss this event! Opportunities to experience the quiet strength and enchantment of folk and fairy tale are few and far between. *Storywork: Telling Tales Rooted in the Land* is geared towards adventurous listeners aged twelve and up, and takes place at 2PM on Saturday, September 24 at the Fieldwork loft <fieldworkproject.com>

Tickets are \$20 — for information and tickets in advance, go to <writersfestival.org/events>. Fieldwork and 2 women productions are grateful for the support of the Ottawa International Writers Festival, Ontario Arts Council, and Edith Gibault and Mark Briggs of National Bank. — Jennifer Cayley

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Matt About Movies

Movies to Fall For...

Our summer season is finally winding down. Those mega-blockbusters and frivolous flicks are ending their run, and fall Oscar season will kick into high gear soon enough. In the meantime, while we await those contenders, you should take a trip down to the Bytowne Cinema in Ottawa because this September they have a fantastic array of films, old and new, to pass the time.

Last year I raved about the absurdist, dystopian social commentary that is *The Lobster*. Why it is just now arriving to local theatres is

by Matt Roche

beyond me, but in any case it should not be missed. With a great cast (Colin Farrell, Rachel Weisz and Ben Whishaw are all in top form here) directed by the Greek surrealist filmmaker Yorgos Lanthimos (*Dogtooth*), *The Lobster* is unlike anything you will ever see. And it is a film that deserves to be seen. *The Lobster* will be playing at the Bytowne on September 13 and 14.

Last month I also raved about the latest addition to the Jane Austen canon, *Love & Friendship*, which is an uproarious, charming film of the likes they rarely make anymore. You can catch it in Ottawa on September 28, but Film Night International will also be screening it on November 23 in Perth and November 24 in Smiths Falls. Another recent release, the French film *Les Innocentes*, is definitely worth going to see, although it is a tough, unsentimental film about a series of pregnancies at a convent in Poland shortly after WWII. It is an unflinching look at the devastation inflicted in the aftermath of that horrid war. In the lead role, actress Lou de Laâge gives a powerful performance as the one woman who seems to care and is willing to aid those afflicted and haunted by the war. And a great supporting cast evens out this beautiful (the cinematography from Caroline Champetier is striking and painterly) albeit gloomy tale of love and loss. The director, Anne Fontaine, commands the entire screen with her obvious passion. It is by far her most assured and confident film to date. Some of her previous films, such as *The Girl from Monaco*, *Coco Before Chanel* and especially *Adoration*, all displayed a strong, singular voice, but it is with *Les Innocentes* that she has seemingly perfected her vision. It's another great film to seek out, but not one to easily swallow. You can catch it in Ottawa on September 9, 10 and 11.

On the opposite end of the spectrum, we have some classics of world cinema coming to the Bytowne. Two in particular should not be missed if given the chance. These happen to be two of my favourite films from two masters of the medium. The first is from legendary surrealist Luis Buñuel: *The Discreet Charm of the Bourgeoisie* (1972). The film is a brilliant satire on the deference and prejudice and hypocrisy of the upper class. A series of dinners are set out for an array of characters who never seem to be able to actually sit and have a meal, while Buñuel plays ingenious, inventive tricks on them and on the audience, luring them (and us) away from the decadence and majesty of the dinner and showing us the dark underbelly of our ways. A working-class gardener shows up and is greeted with disdain. When he proves himself to actually be a bishop of the clergy, he is suddenly greeted with warmth and reverence. But this bishop is not admirable and good, as such a symbol is often portrayed. Various telling dream sequences occur, as well as clever dream-within-dreams, all

played out for very specific and incisive reasons. But again, the true brilliance of the film is in the way Buñuel and writer Jean-Claude Carrière toy with the audience as well as the characters. For instance, at one point a fancy dinner setting proves to be part of a stage set on an actual theatre stage. It's clever moments like this that make *The Discreet Charm of the Bourgeoisie* one of the most daring and fascinating films ever created.

The second classic that deserves as much if not more recognition is the 1954 masterpiece *Seven Samurai*, from one of the great filmmakers of all time: Akira Kurosawa. Kurosawa's mark on film has been etched into solid stone. His films have influenced more filmmakers than you could possibly imagine. *Seven Samurai* has been remade and Americanized various times over the years. The western classic *The Magnificent Seven* (1960) with Steve McQueen, Yul Brynner and Charles Bronson is the American version of it (which is being remade yet again this year with Denzel Washington and Chris Pratt in lead roles). *The Guns of Navarone* (1961) and *The Dirty*



Matt Roche writes (and his editor agrees) that *The Lobster*, starring Colin Farrell and Rachel Weisz, is an absurdist, dystopian social commentary that deserves to be seen

Dozen (1967) are loosely based on it as well. And two other masterly films from Kurosawa — *Yojimbo* (1961) and *The Hidden Fortress* (1958) — were used (and abused, to some) by George Lucas for his space extravaganza *Star Wars* (1977). In almost every genre of film, the mark of Kurosawa can be found. Most reference *Rashomon* (1950) and *Ran* (1985) as his masterpieces, but I feel strongly that *Seven Samurai* is not only his masterpiece but also one of the finest films ever made.

In it, a group of bandits are terrorizing a small village in ancient Japan. The villagers, who usually look down at samurai with disdain and contempt, find the bandits even more contemptible and so enlist the remaining seven samurai to vanquish them. Why the samurai protect the villagers, who have never been nice to them, is a question of honour. Even though it seems they are all doomed and outnumbered by the rapacious bandits, the samurai stand stalwart and give their lives willingly for the greater good. They are more or less led by the rambunctious Kikuchiyo, played by Japanese thespian and Kurosawa staple Toshiro Mifune (one of the greatest actors of all time). And as we experience battle after battle, we are struck with a sharp sense of the clash between good and evil, of obdurate traditionalism and compassionate humanism. I don't want to give too much away in case this will be a first viewing for you, but all I can say is that *Seven Samurai* is one of the finest films ever made, a true classic, a real adventure and a work of art. Mark out some time on the evening of September 26 and go see this masterpiece of world cinema.

W-RI (GH) T-E for Reading

English is a funny language sometimes, and words can be used to enlighten, bemuse or even fool. I am not familiar enough with other languages, but this month I will introduce you to a group that is very wordy — in a marvelous way, of course!

by Georgia Ferrell

The Westport Writers Group is a long-standing albeit fluid group of folks who come together to share a passion for writing. This season's moderator, Audrey Olgvie, tells me that: "We meet once a month at our local library. Over time members have come and gone, depending on their continuing interest and/or the demands of their lives. I think most would agree that the core reason for belonging to a group of people who like to write is to improve one's own skills. Specific prompts, given at meetings, each one facilitated by one of us, cause us to write about individual things, all of which are eventually critiqued by everyone. We share information about books on writing — anything that's apt to prod our collective imagination. We agree that it's essential to have goals. Over the past year ours has been to put together a collection of our work, in a printed book that will be marketed and sold. All proceeds will go to the Westport Library."

Carol Lee Riley, a member of the group, related her thoughts

as well: "The last year has been enormously exciting putting together a book, an eclectic collection of short stories and poems." Titled *One Chocolate at a Time*, it has been published, and the launch will be held at The Cove Inn in Westport on September 11 at 3PM. The book will be available for purchase at Thakes, the library, and Radfords Optometry shop. Proceeds of all sales will go to the Westport Library.

Members of the group all love writing, whether to publish or to

flash fiction let the reader fill in with their own imagination how the story came to be, and I love the task of not wasting a single word in starting that process.

Audrey Olgvie: Within my memory, I have always felt compelled to write. There is really nothing I would rather do.

Nicole Pchajek: I write poetry because I find it cathartic. It is like sculpting with words. I write and rewrite, hone down and polish until I can finally leave it be. I often put my poems onto book marks. I read them often and feel a sense of accomplishment from those little bursts of obsession.

Susan Radford: I write to find answers to the thousands of questions in my head.

Isidora Spielmann: Sometimes I write to catch a flicker of the dragon whose wing spans the world.

Carol Lee Riley: Passion for the written word coincides with my obsession for the visual arts and together they are the core of my creativity.

Antony Powell: It seems that observation and empathy are part of it; and the need to express in a medium. It's like drawing tenderly in words and trying to catch the tender insides of the idea.

Aspiring writers looking for inspiration might want to check out the 9th annual **Writers Reading** at the Westport United Church on Saturday, September 24. This year's reading features critically-acclaimed and award-winning Canadian

writers Peter Behrens, Iain Reid, Andrew Westoll and Zoe Whittall. All four have new releases. Readings are scheduled for 1 to 5:30PM, with a half-time break for complimentary refreshments, book purchases and signing. (Books are provided courtesy of Novel Idea Bookstore in Kingston.) The audience is invited and encouraged to engage in an open Q&A with the writers. Tickets are \$15 general admission and \$12 seniors and students, available at Seasons of Westport at 17 Church Street (273-8792), The Cove Country Inn at 2 Bedford Street (273-3636), with PayPal at <westportartscouncil.com>, and at the door if available.



Members of the Westport Writers Group are excited about the launch of their new book on September 11

find a place for their thoughts to live. Below are some comments.

Cindy Dopson: I believe that every person has some amazing story in their life, but most of them never take time to tell it in any way. When I hear tidbits of these tales, I am inspired to make something out of them. The short story and especially



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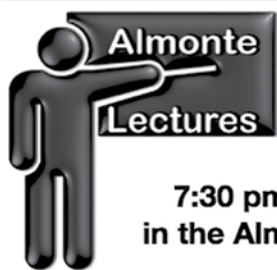
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This series brings together well-informed people, many from our own community, to discuss issues of general interest with the audience. Each lecture promises to provide an opportunity for enhanced learning and often sparks questions that lead to new discussions.

The committee is pleased to announce the lineup, beginning with Ted Legg who will present an overview of new election plans on September 30. On October 28, Colleen Lundy discusses the history of social work in Canada, and Randy Boswell will reconcile history in a digital age on November 25. In the depths of winter, on January 27, local agriculturalist Lana Reid will introduce the “A-maiz-ing Story of Corn” and the role of the Experimental Farm, exploring a whole new aspect of those cobs we all enjoy. Don Wiles, always a favourite, returns on February 24 to discuss the disposal of nuclear waste. His lecture

will be followed on March 31 by a hold-over from last year, when Paul Marland will give us the story of Richard III. On April 28, Audrey Giles will round out the series with the topic of boating accidents in the North; not something we think about often, but indeed a subject with serious implications regarding culture, gender and colonialism in the north, topics that are currently in the news.

The audience for these lectures is a diverse group, from young people to seniors, all of whom crave the in-depth information that these speakers can provide. Teenagers are discovering the possibilities of learning outside the classroom and away from their cellphones. It's an opportunity to delve into topics not normally headlined in the news, but relevant in so many ways. Between the expertise of the speakers and the knowledge of the audience, every evening is packed with invaluable entertainment and education.

And best of all: there is no cost to attend — only the little basket hoping you'll drop in a donation; no sign-up for the entire lecture series; and “no more teachers, no more books”! Just come along, join the “lecture groupies”, learn something new, and go away enriched!

Please check out almontelectures.net to see the lineup of speakers and to join the mailing list. You will be glad you did!

— Glenda Jones

Community Choirs

Stacy Horn wrote in *Time* magazine that: “When you sing, musical vibrations move through you, altering your physical and emotional landscape. Group singing, for those who have done it, is the most exhilarating and transformative of all. It takes something incredibly intimate, a sound that begins inside you, shares it with a roomful of people and it comes back as something even more thrilling: harmony.” For those of you seeking more exhilarating, transformative thrills in your life, we humbly offer up a few of the options in this area.

The Town Singers

This four-part choir based in Carleton Place will begin rehearsals for its fall season at 7PM on Tuesday, September 6. Rehearsals are held every Tuesday in the basement of St. Andrew's Church on Bridge Street (Beckwith Street entrance). New members are always welcome — no experience necessary! For more details, visit cptownsingers.com or find CPTownsingers on Facebook.

MERA Community Choir

McDonalds Corners/Elphin Recreation and Arts is pleased to announce the formation of a weekly Community Choir, running from September 21 until November 23. Almonte community choir director Jennifer Noxon will lead this weekly a capella choir on Wednesday mornings from 10:30 until noon. The cost is \$100 for the ten weeks.

Rhythm & Song is open to adults and teens, and offers a relaxed, supportive, and playful atmosphere for those who want to develop their singing voice, sense of rhythm, listening and harmony singing skills. Singers of all abilities are welcome, regardless of musical background or confidence level. There are no auditions or pressures to perform. Come and experience the fun and thrill of singing with others!

For more details or to register, contact Jennifer at 256-8809 or randalmonite@gmail.com or see jennifernoxon.com/choir. You can also register by contacting Marilyn at meraschoolhouse@bell.net.

Tay Valley Choir

If you want to have some fun, meet new friends and make beautiful music with others, then the Tay Valley Community Choir may be the group for you. The choir meets on Monday nights beginning on September 12, from 6 to 7:30PM, alternating between the Maberly Hall and Lanark Lodge.

To join the Tay Valley Community Choir, register at the Tay Valley Township office or at tayvalleytwp.ca. Registration is \$50 per session, however early bird registration (by September 6) is \$40 for the fall term or \$75 for the fall and spring term. For further information, contact Rebecca Worden at 264-1458.

West Ottawa Ladies Chorus

The West Ottawa Ladies Chorus (WOLC) mixes it up, singing selections from the classics, secular, popular, show tunes, jazz and swing. And they have fun doing it! Anyone who is not familiar with WOLC can check them out on Facebook or iTunes. Rehearsals are scheduled to start in mid-September and there are a few openings in each vocal range. Don't read music? Director Robert Dueck prepares each vocal part on MP3 to take away the fear and enable members to learn their parts at home. WOLC holds rehearsals twice weekly so members can choose which is more convenient or they can attend both.

A meet-and-greet will give prospective singers a chance to meet the director and some of the chorus members, and give them a chance to sample some of the repertoire. A gentle audition will confirm your voice range. For more information, email westottawaladieschorus@gmail.com.

On Children's Books

I should have known my then soon-to-be-husband was not the man for me when he caught me reading *The Phantom Tollbooth* by Norton Juster with illustrations by Jules Feiffer (if you haven't read it, do — it's a genius of imagination!). He asked, with his voice full of disdain and a twinge of embarrassment, "What are you reading THAT for?" It was my turn to be taken aback — "What do you mean?" — and then defensive — "Well, firstly it's my nephew's favourite book and I always

by Pam Harris, Librarian

read what my nieces and nephews recommend; and secondly, children's literature rocks!" He snorted and, well, let's just say we had an argument. Fortunately, I was able to turn his head on that one (and a few other things too!). I was able to show him some of the wonders and joys of reading children's books once our daughters were born. Meanwhile, though, something about his disdain bothered me — didn't everyone read and love children's literature? Didn't everyone with even the vaguest interest in reading, writing and art feel themselves magnetized — compelled without will — to children's books? To pick them up and run their fingers over the illustrations, feel their lips curl up with the play of words, the sheer magic of it? Surely my then soon-to-be-husband was some sort of odd duck anomaly? What I learned shocked and saddened me: that apparently most adults do not read children's literature once they have "grown up." Some make a joyful short-lived comeback when their own kids are born, but the reality is that most adults, it seems, do not read children's literature. Such missing out!

From board books and picture books right through to books for young adults, children's literature captures life's essence in a way that adult literature can't master; it is simple, clean, uncluttered and magical. Children's books are achingly beautiful. They can stop you dead in your tracks when you bang into centuries-old wisdom in a few simple words with exquisite illustrations stabbing the point home. Children's books are otherworldly: they wrap us safely within their jackets where we can explore painful truths, yet be safe from harm.

In our family — our whole extended family — we take turns reading aloud from our favourite childhood classics during holidays. When my dad was dying, we

gripped *Harry Potter* — escaping into that world of magic and coming to terms with our own individual battlegrounds of loss and reconciliation. Sometimes we read light-hearted tales that made us laugh or echoed our circumstances, such as *The Penderwicks*: a summer tale of four sisters, two rabbits and a very interesting boy, by Jeanne Birdsell. Sometimes we read to heal: when my niece was heartbroken beyond words, we dove right into *The Secret Garden*, a classic by Francis Hodgson Burnett. Struggling as my niece was with an anger and irrevocable hurt that threatened to consume her, she found solace in the oft-stated quote: "Two things cannot be in one place. Where you tend a rose, my lad, a thistle cannot grow". Such an elegant statement of intent. I can't say it turned my niece around by any means, but it set her on a conscious path about what to tend in her life.

There is no doubt — children's books take us to magical places, places where our spirits soar, places where we open our hearts and ourselves to the world. Places where we can cry and never be alone.

Pam's Picks

A few of my favourite children's books, in no particular order, are: *Press Here* by Herve Tullet, *Owl Babies* by Martin Waddell, *Catwings* by Ursula Le Guin, *My Father's Dragon* by Ruth Stiles Gannet, *Firewing* by Kenneth Oppel, *Poppy* by Avi, *Sylvester and the Magic Pebble* by William Steig, *Beautiful Warrior* by Emily Arnold McCully, *The Princess Bride* by William Goldman, and *Inkspell* by Cornelia Funke. And here's a link to the Time's "100 Best Children's Books of All Time:" <time.com/100-best-childrens-books>.

Coming Up

Join us for Season Two of the Lanark County Public Libraries' One Book, One Community event! Once again, the libraries in Smith Falls, Perth, Carleton Place and Mississippi Mills are joining hands to bring one book for all of us to read together and enjoy! This year's theme is immigration, an experience that is shared by many families. Voting for what our community book should be is taking place throughout August and early September; once a book is selected a variety of activities and related events will take place across Lanark County throughout October and November. Stay tuned! For additional information check out <onebooklanark.webs.com> or check in with your local library!

A Shout-Out to Great Teachers

Our Classes, Courses, Lessons section is always full of ads from many great teachers, artists and studios in the area, but this year we thought we would ask some students to weigh in too. We invited everyone who advertises in this section to submit a testimonial, and we are running them to help potential students gain a better understanding of the strengths and abilities of these local teachers.

Almonte Potters Guild

I stopped in at the Almonte Pottery Guild this past spring. Saskia, the manager, was there with a group taking lessons from her. Both Saskia and the group were welcoming, and I was invited to join the group the following Tuesday. I did and have been going to the studio for the entire summer. It is a great place for lessons, studio time and informal help. I loved the experience, friendly atmosphere and the variety of both hand building and wheel expertise offered there. — Pearl Simpson

Cathy Blake

Catherine has taught three series of classes at MERA over the last year and a half. The ones I can speak to best are the two that I took myself! Drawing for Beginners 1 & 2 were eye-openers for me. I will never say 'I can't draw' ever again. Catherine's friendly, helpful and competent teaching methods inspired confidence in every student in the class and we all came away feeling better about our abilities and ourselves daring to think we could be artists! — Marilyn Barnett

The Almonte Potters Guild



Classes for all ages starting the week of **September 26**

- Workshops for adults, teens & kids
- We host special events and parties

Register now at 613-256-5556

95 Bridge Street, Almonte
www.almontepottersguild.com

Learning in Almonte

Two new series start in mid-October:

History & Nature of Humour by Don Wiles
With cartoons, music, films and more
(starts Tuesday, October 18)

A Guided Tour of Italy by Carl Widstrand
Popes, Pizza, Pavarotti, Palaces and more
(starts Thursday, October 20)

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 don.wiles@carleton.ca

Almonte Curling Club

160 Bridge Street

Registration at the club
Thursday September 22, 7-9PM
Saturday September 24, 9-12PM



New and former curlers especially welcomed!

Ages 7 to 107

Little Rocks, Bantams, Adults and Seniors

◆ NEW ◆

Learn2Curl program

For more information call the club at (613) 256-4560 or visit: www.almonte.ovca.com



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A Birder's Eye View

Cutting Down on Bird-Window Collisions

Justine Kummer, a University of Alberta researcher, recently released a new study on how we can best avoid bird-window collisions, particularly in residential areas <ace-eco.org/vol10/iss2/art6>. Aside from predation from house cats, window collisions are the second largest human-caused killer of birds in Canada, but Kummer's research reveals there is very much we can do to change it.

by Bob Volks

Here in Canada, it is estimated that up to 42 million birds succumb to window collision deaths each year, and 90 percent of those deaths are believed to be caused by residential windows.

Using citizen science (the process of collecting and analyzing data in whole or in part, by amateur or non-professional scientists), Kummer was able to gather a plethora of useful data. The study was made up of 1,300 participants from Canada and around the world.

The basis of her study was to determine the effects of bird feeders and year-round feeding on birds, particularly where it intersects with window collisions.

"Backyard bird feeders create an important link between humans and nature," says Kummer. "Improving the relationship between the general public and nature can promote biodiversity and conservation. We are working to find successful ways to reduce bird-window collisions — beneficial not only for birds, but also for the millions of people who feed them."

As part of the study, trials took place across 55 windows at 43 different residences in the greater Edmonton area. Researchers also placed feeders in a variety of distances from windows and assessed the results in an attempt to determine if the proximity

of the feeder from the window made a difference in collision rates.

The study determined that collisions were nearly twice as common at homes that were equipped with feeders than those without, and that the distance the feeders had from each window had less impact on the number of collisions than factors such as season and amount of available vegetation.

Pulled from her study, Kummer has summed up the following five recommendations for homeowners to institute, in an effort to reduce the amount of bird-window collisions:

- Place feeders within one metre of windows — birds will still use the feeder but most can't build enough momentum to sustain serious injury if they hit the glass as they leave the feeder.
- Placing feeders more than 10 metres from a window will also reduce risk. At this distance, birds are more likely to recognize the reflected image as part of a house.
- Move houseplants and flowers away from windows, where they cannot be seen from outside. Birds will be less likely to mistake them for shelter or food.
- Apply window decals or hang strings of objects to break up reflections, make transparent windows more visible, and create a visual barrier.
- Use ultraviolet window decals or windows with a UV pattern built in. Birds have colour receptors in the eye that allow them to see the ultraviolet portion of the color spectrum. Research has shown that UV patterns are highly visible to birds, though almost imperceptible to humans and can reduce collisions dramatically.

I have produced a short video on our YouTube channel about these window decals, available at <youtube.com/gilligalloubird>.

— Bob Volks can often be found at Gilligallou Bird, Inc. in Almonte's Heritage Court <gilligalloubird.com>.

Free Meditation Course

The Willpower Institute is offering a free five month meditation course.

The course was developed by **Luangphor Viriyang Sirintharo**, a Master Teacher of Meditation with over 70 years of experience



Learn the simple and powerful meditation technique that:

- Decreases stress
- Promotes a happier, healthier lifestyle
- Improves physical, mental, and emotional well being

Orientation Evening

Monday September 19, 2016 from 7-9PM
Willpower Institute Meditation Centre
1815 Dunrobin Road, Dunrobin

For more info or to register, please visit
www.willpowerinstitute.com
or email: ottawa@willpowerinstitute.com

Almonte Academy of Dance



Registration for Fall Classes are ongoing

Fall 2016 1st Term (14 weeks)

Class length	Fees per term
30 minutes	\$169.50 + HST.
45 minutes	\$197.75 + HST.

Reg Fee. \$20

Bodysuit and Recital costume are additional

TUMBLING NEW DAY Monday Sept 26th 2016 for 10 weeks:

4:30-5:30 Beginners: \$110.00 + HST

5:30-7:00 Recreational & Advanced: \$165 + HST

almontedance@live.com 613-256-3683

New at the Festival of Small Halls...

At its core, the Ontario Festival of Small Halls is about celebrating community.

The Festival is set to start strumming this month, welcoming an inspiring combination of big names in music and local opening acts to treasured small halls across eastern Ontario from September 14 to October 2.

Along with seeing musicians such as Breabach with Change of Step and Anna Ludlow at Stonefields in Beckwith, Harrow Fair with Terry Tufts at Union Hall in Mississippi Mills, Sherman Downey and Matthew Byrne with Adam Puddington at St. Andrew's United in Pakenham, or the Devin Cuddy Band with Keegan Carr at the ABC Hall in Bolingbroke, the Festival of Small Halls is so pleased to announce community events surrounding several of the small halls shows.

The Festival encourages local hall boards, volunteers and organizations to team up and expand on the concert in an effort to further build community. From markets and dinners to community walks and a fine art and craft exhibition, the host halls are throwing open their doors to make these 2016 performances even more memorable.

"Building community is such an important component for the Festival of Small Halls," says manager Kelly Symes. "The Festival takes place in cherished local halls that residents and visitors hold near to their hearts — it's only fitting that the

exciting performances are augmented with traditional community events to further showcase these special spaces."

The shows in Delta, McDonald's Corners, Lyndhurst, Spencerville, Chaffey's Lock, Beckwith and Morton have events in the works. Reservations are required for most of the community events, so be sure to plan ahead!

Community dinners are planned in Chaffey's Lock at The Opinicon, Beckwith at Stonefields Heritage Farm (a family barbecue preceding the show), Delta at the Old Town Hall (a buffet dinner before the concert), Lyndhurst (at St. Luke's Anglican Church Hall) before the show at the Legion, and at the McDonald's Corners Agricultural Hall (with a scrumptious menu planned preceding its show)!

Furthermore, The Spencerville Mill is partnering with Zolas Restaurant for tapas before the show, while the matinée concert at the Morton Community Hall is accented by a community event at Wendy's Country Market just down the road.

Burrill's Rapids is planning a whole day of fun to close out the Festival of Small Halls, including outdoor fun for the family, an architectural walk with the Village Doyennes, a ceilidh after the show, food vendors, door prizes and even a fine art and craft exhibition and sale surrounding the matinée performance on October 2.

When community comes together — you know the company is going to be just as good as the food and fun atmosphere!

Aside from community events, there are also a few surprise additions to the musical line up! The Abrams will be performing with Darlingside and Miss Emily at the Seeley's Bay Community Hall on September 16 at 7:30PM. As fourth-generation musicians, The Abrams bring a brilliant vision to their music, which melds their musical roots with an attitude more in tune with the present.

More inspiration is coming from recently-confirmed Change of Step who will be performing three shows with Breabach at the Maberly Community Hall, in Maxville at St. James Catholic Church and at Stonefields in Beckwith! This dynamic dance company performs original choreography that is



The Abrams will play Seeley's Bay on September 16

rooted in Scottish tradition, yet shaped by modern influences.

See more information about community events and the schedule at <thefestivalof-smallhalls.com> or on social media.

Be Your Best

All these shy and timid kids would show up for her classes and suddenly be transformed into stand up comedians, or dancers and singers. Jennifer teaches drama which counts on the stage. But she also teaches self confidence which counts just about everywhere. — Jeff Semple, Global Television Newscaster

Jen was a person who had been there and done that, she spoke to us from experience and she understood our goals and dreams. For me she came just in time. Thank you Jennifer Laale. I hope everyone takes you up on what you have to offer.

— Josie Geuer, Josie in the City at Hot 89.9

It's that time of year again...

MISSISSIPPI MILLS AT A GLANCE

REGISTRATION/INFORMATION NIGHT

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

September 14th
7:00PM to 9:00PM

Almonte Community Centre
182 Bridge St.

PLEASE CALL 613-256-1077 TO RESERVE YOUR TABLE

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Two sessions per year: September to December / February to May.

REGISTER TODAY for our next session.

Students of Be Your Best come from...
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Success Skills Youth Workshops

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<ul style="list-style-type: none"> # Improve with Improv 8-11yrs # Stand T.A.L.L. 12-17yrs # Get A Job 101 12-17yrs # Confident Connections all ages 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> character/confidence/communication <input checked="" type="checkbox"/> leadership/growth & positive mindset <input checked="" type="checkbox"/> job interview and resume skills <input checked="" type="checkbox"/> presentation/rapport building skills

These are weekend workshops and are also available at schools. Contact for details.

Ongoing... Bullying Prevention School workshops, Presentation & Performance Coaching, Staff Development and Training, and Action Learning Team Building.

Whatever you do... **be your best**

For more information or to register contact Jennifer Laale
(613) 256-8228 info@beyourbest.ca

Art and Healing

Since 2007, art has been part of the healing environment of the wonderful Almonte General Hospital (AGH), as well as Fairview Manor (FVM), the attached long-term care facility. Shortly after the new Fairview Manor facility was built, the AGH Board began to display works by area artists in the new Manor's great hall, lounges, dining rooms, and corridors.

At the same time, the AIM (Art in the Manor) committee was formed and has been responsible ever since for collecting, displaying, and managing the donated artwork installed throughout Fairview Manor and later, in the hospital as well. The AGH/FVM Board, Foundation Board and AIM committee feel that original art creates a more home-like atmosphere, enhancing the living experience not only of residents and patients but of staff, volunteers and visitors as well. AIM also maintains a gallery space in the Manor lobby for area artists to display and sell works, running approximately six shows a year.

AIM is happy to receive donations of works of art. You can donate from your personal collection when downsizing, or please consider supporting your favourite artist by buying one of their pieces to donate. Designated monetary donations may be made to the AGH/FVM Foundation for the purpose of purchasing art. In either case, tax receipts may be available.

Works sought after include original paintings, original hand-pulled prints and photographs, signed limited edition reproductions and photographs, mixed media, textiles, sculpture (indoor/outdoor), and pieces of unique historical or local interest. Each

piece on display is identified with a wall-mounted label with information on the artist, title, medium, size, and donor, including a dedication if desired.

Many area residents have fond memories and family associations with the Manor and the hospital, and decide that they would like to leave a permanent acknowledgement. A perfect way to do this is through a donation to AIM.

A recent such donation was made by Blair T. Paul, an artist who has lived and worked in the area for many years. Paul, noting that he was born in the early 1950s in the old Almonte Hospital, donated five paintings, all landscapes of rural Lanark County, saying "I feel that my art work is serving a perfect purpose when it makes people who are not well feel happier."

The AIM collection currently consists of over 350 pieces, including paintings in many media, photographs, quilts and other textile art, multimedia works and sculptures. Works by local artists such as Madeleine Moir, Phyllis Moore, Alan Mirabelli, Amelia Ah You, Christopher Lea Dunning, Elizabeth Veninga, Adrian Baker, and Mary Brown, to name a few, are on display throughout the corridors and public areas of Almonte General Hospital and Fairview Manor — take a look next time you are there!

The current AIM committee members are Ian Baker, Cathy Blake, Elizabeth Dunning, Sue Hamilton, Betty McCubbin, and Rod Trider. AIM is always looking for new donations and for new members! Please direct any enquiries to Cathy Blake at 256-0108, or by email to <AIM@ArtintheManor.ca>.



AIM Committee accepting a donation of art. Left to right: Cathy Blake, Sue Hamilton, Blair T. Paul (artist), Al Roberts (AGH/FVM Foundation Managing Director), Elizabeth Dunning

Music Lessons for kids of all ages!

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Our 20 week Fall session begins September 8

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guitar * piano * vocal * violin * banjo * mandolin * fiddle * drums * ukulele * and more!

www.mmmusicworks.ca

Hypnosis for Creative Types

If you're like most people, you probably have a misunderstanding about what hypnosis is and the many ways it can help you. Others may have heard about the benefits of using hypnosis to stop smoking, lose weight or overcome a personal fear. Still, images of the controlling hypnotist and the helpless subject occupy the imaginations of even the most worldly and well-educated people — but we can only know what we think we know, am I right?

Hypnosis is best described in terms of brain wave states. As you read this article, you are in a waking, thinking state of consciousness known as the beta-state. However, at other times when you are driving your car, relaxing in front of the TV or reading a good book, you often enter a different brain wave pattern known as the alpha-state, where we are 200 times more suggestible... and also more creative.

It is helpful to think of hypnosis as a doorway to the mainframe of the computer that is your own mind. Using guided relaxation and imagery, people are able to change the way they look at things in ac-

cordance with their own desires and beliefs. Where creativity is concerned, hypnosis gives you access to the unconscious realm of dreams. It also helps you increase neural-synaptic connections so that ideas and inspiration come more easily and with greater frequency.

Other areas of interest include overcoming procrastination, building self-confidence and charging what you're worth — issues that are the bane of many artists and creative types. Greater self discipline, improved focus and concentration, learning new skills and a galvanizing a "can-do" attitude are at the core of most sessions. Do you find yourself making excuses as to why you can't make or sell your art? Hypnosis can quickly and easily help you break through that mental barrier. If it is within the mind's capacity, then hypnosis can help you in ways you probably haven't considered... yet.

— *Trevour Strudwick, CH, MNLP, can be found at The INSIGHT Studio, located at 163A Bridge Street in Carleton Place <InsightStudioCanada.com>*

Fall Art Classes with Adrian Baker, BFA

All levels: from adult beginners to experienced artists

Tuesdays or Wednesdays
8 weeks starting Oct. 4
New: Saturday workshops!

Professional guidance & instruction in a bright natural-light studio.

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Senior & Adult classes available in Almonte!

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Come and try a free class with us — we know you'll love it!

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www.facebook.com/MMMDance.SusanJack

Learning in Almonte
Learning in Almonte is a wonderful addition to the community, and we're fortunate to have this opportunity not only to learn something new but also to be able to socialize with like-minded colleagues. It's one more thing that makes Almonte such a great place to live!
— Ted Legg

Mississippi Mills Musicworks
When I moved to Almonte two years ago I was a struggling guitarist who had been stuck at the same plateau for years. I had tried many guitar teachers and types of instruction but could never get out of the rut. I have now been with MM Musicworks for just under two years and I am so impressed with their approach and can say I have long surpassed that old plateau. Thank you George and gang, I could not have done it without you.
— Hugh Neilson

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 eleven years and is now recognized as one of the premier blues series in Canada — is pleased to announce their 2016–17 line-up. The shows start in September and run once a month through to May (December excluded). This year brings another all-star cast, and as in previous years, every show is a fundraiser for a different local charity.

All BOTR shows run from 7 to 11PM and include a delicious full-course buffet dinner served by the Cove's friendly staff. After dinner you get to see (and dance to!) world-class bands up close and personal — the way the blues are best enjoyed. 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. You can contact The Cove at 273-3636 or <info@coveinn.com>.

The fall shows begin on September 23 when 17-year-old **Spencer MacKenzie** brings his band (all of whom are under 21) to show us how the young folks play the blues. Then on October 21, **Laura Rain** (who has been compared to an early Aretha Franklin) and **the Caesars** travel from Detroit to rock Westport. BOTR rounds out 2016 with another US-based



Prepare to have your socks knocked clean off when Laura Rain & the Caesars take to the stage at The Cove on October 21...

ensemble (and multiple Blues Music Award nominee)— the **Karen Lovely Band** from Oregon on November 18.

2017 shows include The 24th Street Wailers on January 20, The Hogtown All-stars on February 17, Danny Brooks with Lil' Miss Debi & The Memphis Brothers on March 24, and the Jerome Godboo Band on April 21. The season ends with the "king of the groove" himself when the Terry Gillespie Band takes to the stage on May 12.

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!



Telling Stories THAT ENGAGE YOUR IMAGINATION

Tickets on sale now!

Purchase online, by phone 613-530-2050, or visit the Grand Theatre Box Office.

The 6th Brett Pearson Run for Your Life

The Carleton Place Drug Strategy Committee is proud to announce that the 6th annual Brett Pearson Run for Your Life fundraiser will take place from 9AM to 1PM on Saturday, September 24, to raise awareness about the issues of suicide, mental health and substance abuse, with a 5km walk/run. This event is held in memory of Carleton Place student Brett Pearson, who lost his life to suicide when he was 16. Participants have the option of a 5km walk or 5km run. The starting point is at the Carleton Place Town Square. The event is sponsored by the Carleton Place Drug Strategy Committee and SunLife Financial. This is your chance to join friends and family to help raise funds for suicide awareness and mental health, as well as substance abuse/misuse prevention.

This year's event will be supporting citizens in our communities — the Canadian Armed Forces and First Responders (police, firefighters and paramedics). Guest speakers will be the Honourable Vernon White, Canadian Senator and former Ottawa Police Chief, and Kathie Donovan, former broadcaster from CTV's *Regional Contact* and author of *Inspiration in Action: A Woman's Guide to Happiness*.

On the day of the event, a parade will start at 10AM, and leading the way will be the Royal Canadian Legion Branch 192 Carleton Place. Walkers and runners are welcome to participate in the parade headed by Brett's mother Nicole and brother Dennis. The parade will travel down Bridge Street in Carleton Place and return to Town Square for the beginning of the walk/run. Entertainment will be provided by local performers.

Registration is being handled by Events.com. To register online, simply visit <cpdrugstrategy.com>, click on EVENTS, and then on "Brett Pearson Run 2016". The individual registration fee is \$25. However, participants are encouraged to sign up in teams, either as a family, school group, work colleagues, or any other grouping. The cost per person in a team is \$15, and there is no limit to the number of participants in a team. Pledge sheets can be printed from the website. Those unable to attend the walk/run but wishing to make a donation may do so by visiting any Scotiabank branch (Brett Pearson Run for Your Life a/c no. 50146-002-00592-18) or by mailing a cheque payable to Brett Pearson Memorial Run c/o The Town of Carleton Place, 175 Bridge St., Carleton Place, ON K7C 2V8.

Registration is also available on the day of the event at Town Square from 8:30AM to 10AM. Race kits, complete with lunch ticket, T-shirt, racing bib and more, will be available to everyone who registered online or on the morning of the event. Healthcare and volunteer organizations are invited to host display booths offering opportunities for the public to learn more about resources available for those at risk or in need. Volunteers are being sought to help out at the registration site and at the Mississippi River Walk Trail. Please visit <cpdrugstrategy.com> or find the event on Facebook for more details. Brett's mother Nicole Pearson is delighted to announce that this year's net proceeds will be donated to the Dave Smith Treatment Centre for Youth.



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The Reever Report

Our Olympics

Our big adventure of the summer is over, our trip to the national agility trials done, with two ribbons to our credit. It was truly a huge endeavour, not only for me and dear little Bonnie, but also for Alan, who got to sit in extreme heat for three days and watch dog after dog run the same course. Not unlike watching paint dry! He was a paragon of patience, schlepping tents, crates and chairs wherever they were needed. (It turns out that husbands who accompany agility wives are affectionately called "asses" — that's Agility Support Spouse!)



And the medal goes to... Glenda Jones and Bonnie earned two ribbons at the national agility trials!

by Glenda Jones

What concerned me more than the trial was how I was going to drive in Montreal, through the mazes of fast roads, with my incredibly bad sense of direction. Our son to the rescue: he provided us with a new, top-of-the-line cellphone, with so many gadgets that I needed the — wait for it! — 160-page manual to figure out how to set up the GPS. That little number was our saviour! Once I learned to trust the always calm voice, we were literally away to the races. Big achievement Number One!

So now I've joined the legion of cellphone users that I disparage so often. It's not going to be grafted to my hand, but I have to admit, it's fun learning what it'll do. For the first few days I was afraid of it: what if I went over the data limit; what if it overheated and melted; what if I accidentally sent a text — really up-to-date, eh? — and didn't check the spelling. Once I realized I could access the internet right there on the tiny screen, I felt I had achieved a landmark. Big achievement Number Two!

I had thought I was ready for this major trial, having put in the requisite practice time, which I'm sure has totalled more than the 10,000 hours we're admonished to garner. However, when push came to shove or, I should clarify, when heat hit the AstroTurf and the temperature soared well over 35°C, my confidence crumbled. What had seemed so easy only a week before was now monumental.

My determination kicked in, and saw us through the whole weekend, but it was a slog. Big achievement Number Three!

However, I wouldn't have missed it for the world. Simply being there was huge for me; an experience I may not ever have again. I learned a lot about myself and what I can achieve when I put my mind to it. Now let's just hope I can transfer all this knowledge to the next big challenge.

We always think of September as Happy New Year time. It's really the start of the year's adventures for nearly everyone from little people on their first school bus ride to seniors moving into new apartments. We all have to put on our big kids' pants, and dig into our supply of moxie, to make the most of the upcoming year. No use resting on laurels; much better to stride off to greater heights.

I'm not even to the planning stage yet, it still being too hot to think of anything except a cool drink, but it'll come. One thing I know for sure, there's something out there just waiting to tempt me. I'm up to the challenge now, with my Pollyanna desire to "give 'er a go" at something new. As long as I can fit it in around my doggy stuff, my writing, and that darn jigsaw puzzle addiction, I should have tons of time to get a new activity going!

The Best the Film World Has to Offer

Now in its 14th year, **Film Night International** continues to seek out and bring the best of the best in award-winning and festival favourites from across North America and around the world to local audiences.

"We screened our first film, *Bowling for Columbine*, in January 2003. Although we've grown over the years, to the point where we screen fourteen films each year between September and May, some things never change," says FINI organizer Faye Cunningham. "We are still a not-for-profit cultural organization and continue to donate our profits back into the public libraries in Perth and Smiths Falls."

The upcoming season includes the Irish film *Sing Street* on September 28 (Perth) and September 29 (Smiths Falls), *Rams* from Iceland on October 12 and 13, the UK film *The Man who Knew Infinity* on October 26 and 27, *THEEB* from the United Arab Emirates on November 9 and 10, and *Love & Friendship* on November 23 and 24.

Passes are on sale now at the Perth Library for Perth screenings and at the Smiths Falls Library for Smiths Falls screenings for \$40 for five films. Visit filmnightinternational.blogspot.com for full details and to watch trailers.

Tickets at the door are \$10 each. Screenings are at 2PM and 7PM at the Full Circle Theatre in Perth,



The 2016-17 Film Night International season gets underway this month in Perth and Smiths Falls. *Love & Friendship* (above) screens in November.

and at 7PM at the Station Theatre in Smiths Falls. Tickets are not interchangeable between screening times or venues for any of the films.

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

A Delicious Reason to Go to Dunrobin

If you do not live in Dunrobin or drive through it en route, it is an unlikely destination — although frequently mentioned in travel directions (as in “go through Dunrobin and...”). But we are pleased to report that there is a great reason to go to Dunrobin. The engagingly named **Heart and Soul Café** is that and more. Should you be a fan of the Monte Cristo sandwich, Dunrobin might even become a place of pilgrimage.

by Sebastian Weetabix

For those devoted to the pursuit of perfection in the subkingdom of fried sandwiches, the restaurant’s name itself is a clue; a Monte Cristo is not “health food”, despite its offering nourishment for the soul and enough cholesterol to provide a frisson of danger to the heart. Fugu eaters are said to enjoy a tingly reminder of their mortality at enormous cost and inconvenience (Weetabix considers fugu to be an over-rated dish and notes that the portions are too small). At the Heart and Soul, perfection in the form of a Monte Cristo sandwich can be enjoyed without the smoke or the expense of the cigar of the same name. Weetabix is compelled to point out that a Monte Cristo cigar can not, in conscience, be recommended for any reason (but it is a damn fine smoke!).

A sharp tug of the editorial leash returns us to the kingdom of sandwiches. Cookery offers endless possibilities of combining

ingredients and preparation techniques. When skillfully done, the whole is uniquely different from a simple sum of its parts. Nutrition may be enhanced too, but Weetabix cannot claim to be driven by considerations of nutritional balance here. A Monte Cristo is not an example of good nutrition so much as it is the zenith of sandwichdom’s approach to perfection via integration of flavour and presentation.

It is logically impossible to prove that anything is “the best”, but an experimental approach can be taken to optimization. Systematic exploration around a peak experience by varying the amount of cheese or the type of meat could support an effort to optimize a generic Monte Cristo. There are, after all, eight major variables, and so a serious exploration of Monte Cristo space calls for only 50,000 or so sandwiches to be made and sampled. Clearly this is a project for a dedicated experimentalist. A different approach recognizes that the problem is not a simple combinatorial exercise — rather it is a matter of taste. The Monte Cristo is not a sandwich for an aesthete. It is certainly not for those of the “less is more” persuasion, nor is it a sandwich for those in search of “light, refreshing or crisp”. Finger food for the avid dieter it is not.

What it *is* is a sublime blend of rich flavours that mount a full-on gustatory assault. It is a veritable panzer attack on your sandwich-appreciation apparatus. The Monte Cristo is not a subtle sandwich; although it is not without its delicate side — a bit of crustiness provides a light fried crunch to bites of gooey

chewy goodness. Served with a side of dark maple syrup, it can offer a kaleidoscope of sweet and savoury combinations. Lost in a thicket of mutually reinforcing gustatory memories, the forest is in danger of being lost amidst the trees — best to leave before being trapped by the copse.

Weetabix is pleased to report that the Monte Cristo is not the only fare on offer at the Heart and Soul Cafe and that several other menu items were sampled with uniformly pleasurable results. A confessional correction — change “sampled” to “devoured”, and note that portions are generous but Weetabix is dedicated.

Entering the Heart and Soul one passes through a small vestibule decorated with many awards that have been earned by Jim and Jodie Bowen for consistently providing outstanding quality and service to their customers. The premises are invitingly cozy and decorated with some interesting wall art. The atmosphere is informal and service is friendly and efficient. Jim runs the front and Jodie the kitchen. Some of her recipes are Canadian Traditional sourced from the Laura Secord cookbook, a rich mine of delectable offerings not censored by revisionist foodists of the anhedonic fringe. Her soups are souperb!

Operations are smooth and efficient — something that is reflected in the excellent



The Heart and Soul Café offers up a delectable Monte Cristo sandwich, among many other tantalizing reasons to visit downtown Dunrobin!

value proposition they offer their customers: good food at good prices. Jodie is a talented cook with a flair for desserts, and her signature carrot cake is not to be missed. Weetabix regrets that they do not stay open for dinner, but this is an excellent spot for lunch and they do a significant breakfast trade with an established and loyal clientele. Combining excellent ingredients with skill and flair, the Heart and Soul is a recommended destination for the discriminating gourmand. For those inclined to have a Monte Cristo, lean no further but you will be lean no more.

The Heart and Soul Café is located at 2741 Dunrobin Road. Visit them at <heartandsoulcafe.ca> or call 832-9942 for reservations.

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