

AUGUST 2025

the Humm

Arts,
Entertainment
& Ideas

free

p.24 & 25



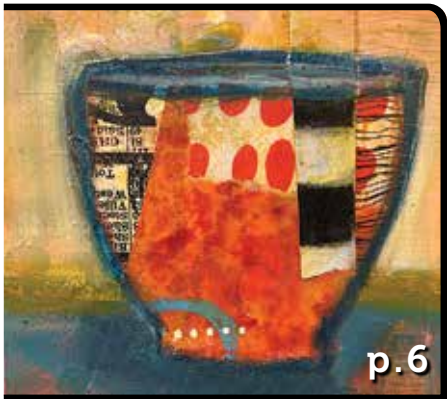
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Dear Editor,

I always look forward to theHumm each month, and the July issue, with a whole 32 pages of arts, entertainment, ideas and community news, is extra welcome. What engages me most are the stories about people and groups who are doing something for the common good, whether it be hiking for hospice, fostering appreciation of the trees and of nature itself, or highlighting the opportunities for enriching our children's lives with art, music, sports and relationships with the natural world.

What I find especially meaningful in this issue are the two thoughtful pieces: *The Stories We Tell* by you, the editor, and *Who Cares About Birds?* by Susan Brandum of Climate Network Lanark. These spoke to me because of their willingness to go deeper, to recognize and address the reality of today's world and ask existential questions.

In *The Stories We Tell*, you state that "We make sense of our world and ourselves through language and stories" and go on to say that "... the stories we hear and tell can affect more than our moods — they can influence our behaviour, the behaviour of others, and our collective future."

Both you and Susan Brandum recognize, in your articles, the mental and emotional stress of dealing with the bad news — war, violence, greed, and the harm we are doing to the environment.

As someone who often feels despondent these days about the state of the world and of the planet, I recognize the wisdom of your advice to seek out and tell ourselves and each other the "good news stories." For me, good news is about people contributing to the common good, and in a paper like theHumm, it is easy to find inspiration and a lift to the spirits in stories of how we build community, foster beauty, health and well-being, and care for the earth and each other.

Susan also encourages us to seek out the stories that give us hope, stories of the wonders of nature and of "the amazing capacity of humans to unite and work to protect our beautiful planet and its fragile ecosystems." At the same time, she cautions us to be wary of the huge amount of misinformation generated by the fossil fuel industry with the intention of preventing or delaying serious action on climate change. Misinformation of this sort attempts to portray the industry's activi-

Who's Reading theHumm



John, Paul, George and Ringo... and Ron with his Humm! **Ron Thornbury** visited Liverpool, England, in May 2024, and sent in this great photo of him by the statue of the Fab Four down at the harbour on the Mersey River. Thanks, Ron!

ties as positive steps toward a better future, when reputable, fact-based research tells us it is not.

Addressing the issue of what we can do, how we can carry on trying to make a better world, how we can be positive in the face of social and environmental threats is a courageous act. The good news is that there are many people out there doing what they can, in small ways or in heroic deeds and commitments. Stories like these give us hope for a better world. Thank you for lifting our spirits.

— Louise McDiarmid, Perth



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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 Merrickville. 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!

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By email to editor@thehummm.com

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Subscribe to Hummail and stay up-to-date!

Do you know about our weekly e-newsletter called "Hummail"? We use it to further promote independent local performers, creators, businesses and community initiatives. It's also a great reminder of what's coming up on the weekend, in case someone has stolen your copy of theHumm...

So far we have sent out over 250 editions of Hummail, and we have over 2000 subscribers.

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Aug

Workshops & Creative Classes
presented by
CP Gallery, Carleton Place

August

2 & 3

B-Movie Weekend
Classic sci-fi on the big screen
Studio Theatre Perth

August

9

Noreen's Night of Nonsense
Puppet cabaret in honour of Noreen Young
Almonte Old Town Hall

August

16

Riverfront Artscape
presented by
Carleton Place Gallery

August

23

Folk in the Forest
Fundraising concert
Appleton

Sept

4

LH Express Acoustic
Art house music series
Carleton Place Gallery

Sept

6 & 7

Fibrefest
A celebration of the fibre arts
Mississippi Valley Textile Museum

Sept

14

The Music of What Happens
Stories of the Irish hero Finn MacCool
Maberly

Sept

17

Cashing in on Cycle Tourism 2.0
Forum for business, government & citizens
Almonte Old Town Hall

Aug

2

Small Rib Basket Workshop
with Michael Peterson
Mississippi Valley Textile Museum

August

5

High Times at the Heart Institute
presented by Stone Fence Theatre
Rankin Culture Centre, Pembroke

August

9

The Last Ice Age
Shifting Landscapes Film Series
Wildwood Farm, Tay Valley

August

16

Almonte Town & Home Tour
presented by Westview Projects
Town of Almonte

Sept

2-12

Fibrefest Workshops
Small group instruction
Almonte

Sept

5

Flavours of India Dinner
with live music
Stonefields Estate

Sept

8 & 9

Crystal Journey
Sonic concert with David Hickey
Union Hall, Almonte

Sept

14

Penguin Lessons
presented by
Mississippi Mills Film Society

Sept

18-28

You Can't Take It With You
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Studio Theatre Perth

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Russ Allen — One Good Turn...

... deserves another, and woodturner Russ Allen is mesmerized by the surprising symmetry he is able to extract from nature's seemingly random shapes. This talented artisan uses his lathe to explore the endless possibilities of merging wooden objects with a wide range of human-made materials to create objets d'art.

by Sally Hansen

His results are both beautiful and fascinating. One candlestick appears to be chips of wood snuggled together in a dusky gray sea; another presents as a translucent cobalt blue base with lovely wood fragments floating in it. Yet another contains strips of woods of various hues, interspersed with — what? Yes, they really are slices of coloured pencils suspended in black resin. The resulting concoction is perfectly turned into a classically shaped, one-of-a-kind candlestick.

Allen's bowls defy written description. The only way to appropriately visualize them is to see them in person, or see a high-definition photograph of them. Suffice it to say that your intrepid Humm arts reporter was highly tempted to snag one before its introduction to you, our readers, on Labour Day Weekend during the Sundance Artisan Show in Maberly. Only ethical constraints, coupled with the fact that I should be well into my downsizing phase, prevented me from doing so.

A lathe is an impressive tool in the hands of an artist with verve, imagination, and an uncanny ability to visualize in three (or more) dimensions. Russ Allen loves to recycle. His artistic imagination, combined with his skill at the lathe, enable him to transform heirlooms and unwanted items into fascinating art pieces. In one piece, an intricate pattern in a stunning wooden bowl features oblong slices of dysfunctional bamboo ski poles. Another piece contains slices of a much-used and beloved canoe that was no longer sea-worthy.

This ability to include segments of beloved wooden objects inspires Allen to create bespoke pieces that deliver huge emotional and sentimental value to their owners. One commission resulted in a trio of candlesticks that each included wood from one of three

felled juniper trees that a son had loved ever since they had been planted over thirty years before. His customers' delight is a real motivator and his favourite reward. He particularly looks forward to creating unique pieces that honour treasured heirlooms by presenting them in a new form.

A significant attribute of his woodturning that makes it possible to create valued bespoke pieces is his ability to match favourite colours through his use of resins. The cobalt blue in the photo of the candlestick on the cover could be rendered in any colour that looks perfect in your dining room or bedroom (viewing it online offers a truer representation).

What Goes Around...

The son of an Air Force pilot, Russ was born in Trenton (Quinte West) and developed an early appreciation for the sleek designs and well-engineered

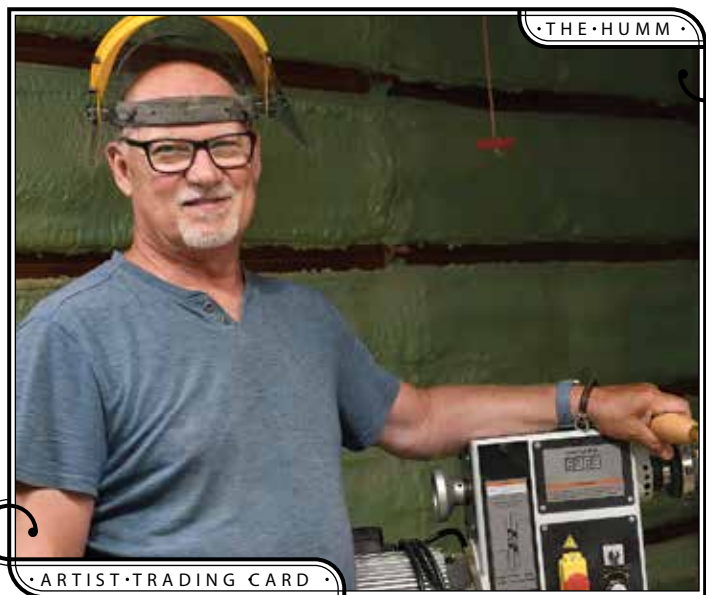


equipment his dad was working with. Today it seems prophetic that by the age of fourteen, Russ was working on a lathe helping a local craftsman make candlesticks.

When he was sixteen his dad's career took them to Ottawa, and Russ attended Algonquin College to study architectural engineering technology. In his job as an architectural draftsman for the National Museums of Canada, he worked on the Canadian Museum for Contemporary Photography. In 1986 he moved to Toronto where he worked for a company that designed and built large corporate storefronts and interiors for companies like Canadian Tire Corp.

The recession in 1992 resulted in Allen starting his own Glen Valley Furniture Restoration company in Georgetown (Halton Hills) west of Toronto. His company was also responsible for the restoration of courthouses, churches and other landmark buildings. For the next thirty years he worked long hours, hiring helpers as needed. It was hard work — he moved pianos, absorbed noxious chemicals, and breathed in harmful toxins despite wearing helmets, goggles and a respirator in sweltering weather.

He figures that probably contributed to the alarming heart attack he survived three months after his retirement just over a year ago. Allen has only high praise for the life-saving medical care available in the Perth area. He was home alone when it happened, and



he will be forever grateful for the combined promptness and expertise he received at every step of his rescue and recovery.

...Comes Around

Discovering his passion for woodturning has been a life-changing experience for him. He tells me, "... it mesmerizes me; it's almost an out-of-body feeling. The shape evolves, and I just go with the flow." His enthusiasm is heartwarming: "Since I started this, I see everything in a different way. I have a lifetime of experience to interpret into art." He has always loved to recycle, and being able to repurpose someone's treasured heirloom into a beautiful new keepsake gives him a great deal of pleasure.

Russ readily admits to enjoying another facet of his retirement. Growing up on the banks of the Credit River, he developed a lifelong love of fishing, and today his home and workshop are just steps away from Otty Lake, south of Perth. The bugs are bad, but the living is easy.

Labour Day Weekend is Your Chance!

The upcoming Sundance Artisan Show in Maberly is Russ Allen's first appearance in a commercial show. One of the biggest rewards he experiences is to plan and execute a bespoke piece with a customer. He tells me, "It is such a joy to see the delight in peoples' faces when they see the happy, colourful result." When you see the beautifully conceived and executed results of this artisan's passion for creating amazing wooden objets d'art, it may just inspire you to sign up for a bespoke item yourself. Or you may decide to buy one of the pieces he has created from his lifetime of experience. Details are on the reverse of his Artist Trading Card at the top of this page.

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WHO Russ Allen

WHAT Wood Turning

WHERE To discuss a commission, contact
< russ.allen59@gmail.com >

WHEN Sundance Artisan Show, Labour Day Weekend,
Aug. 30 & 31 from 10-5, Sept. 1 from 10-2,
126 Maberly-Elphin Rd., Maberly;
< sundancestudio.ca >

Why "I love the surprising symmetry I am able to
extract from nature's seemingly random shapes."

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Plan to explore Almonte's fine homes, gardens and businesses on August 16

Indulge Your Curiosity at the Almonte Town & Home Tour

What are your plans for Saturday, August 16? Why not spend the day walking around the Friendly Town and getting inspiration for your home décor on the Almonte Town & Home Tour, presented by Westview Projects! For \$40, you can indulge your curiosity and tour 7 beautiful Almonte homes, 1 oasis of a garden and 4 unique businesses, and directly support 2 local charities: the Almonte General Hospital Fairview Manor Foundation and the Mississippi Valley Textile Museum.

Historic Pinehurst and New Burnside Manors will be on the tour, along with a Victorian home, two beautiful downtown condos, a restored 1870s home with 1950s additions, a late-Victorian stone farmhouse, and a garden almost 20 years in the making. You don't want to miss out on these fantastic homes!

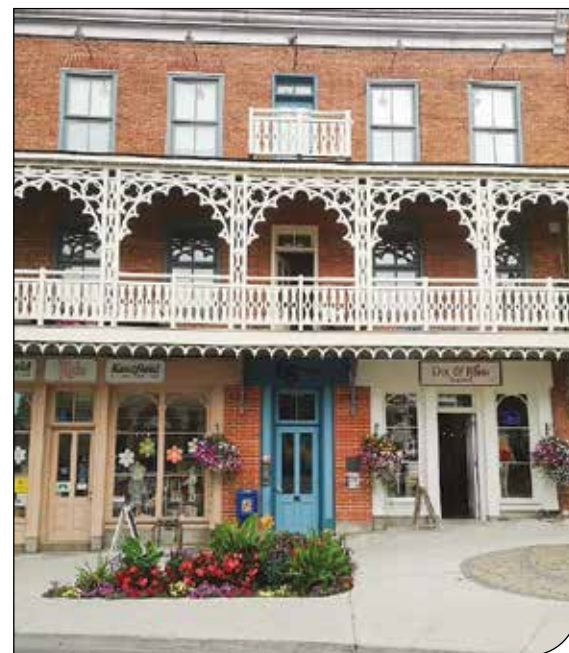
"We're so excited to be part of this wonderful community tradition once again," says Vaia Dimas, Executive Director of the Almonte General Hospital Fairview Manor Foundation. "The Town & Home Tour is such a unique way to celebrate Almonte's charm, creativity and generosity. Not only does it showcase the incredible character of our town, it also helps raise funds that directly support exceptional healthcare close to home as well as preserve the history and stories of the local mill workers and labourers. Can't wait to see you in the Friendly Town!"

If that isn't enough to get you excited, your ticket also includes tours and tastings at Vodka, tours at Hummingbird and the Mill of Kintail, as well as tea and tours at Orchard View by the Mississippi. Destination Almonte will be hosting a Saturday Summer Market on August 16 as well, fundraising for both the AGH-FVM Foundation and the Mississippi Valley Textile Museum, and The Sterling will boost their fundraising efforts with an additional \$1000 donation! It's going to be an amazing celebration of this gorgeous town, amazing local businesses, and its stunning homes.

"We're thrilled to be partnering with the AGH-FVM Foundation again to bring this event to the community," says Michael Rikley-Lancaster, Executive Director/Curator of the Mississippi Valley Textile Museum. "It's such an engaging and fun event to put together, and we're grateful for the support from local homeowners and businesses. Local history, modern and historic architecture, and stunning interior design all come together on this tour, and I know it will be a real treat for visitors."

Tickets are \$40 each. This tour has sold out quickly in previous years, so get your tickets early! With seven fantastic homes, new locations, and tours of local businesses, you won't want to miss out.

Thank you to our presenting partner, Westview Projects, and our Town & Home Partner, Joanne Beaton — Sales Representative. Get your tickets today at TicketsPlease.ca!



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40th North Lanark Highland Games

Local Legend Neil Lowry to Hang Up His Hammer

The skirl of the pipes will carry extra significance this year as the North Lanark Highland Games celebrates its landmark 40th anniversary on Saturday, August 23. And while the traditional Highland spectacle promises its usual array of thrilling competitions and cultural displays, this year's event will also mark a bittersweet moment for local sports fans as the talented athlete Neil Lowry announces his retirement from the Open Professional Men's Heavyweight athletics.

For years, Lowry has been a familiar and formidable figure on the Highland Games circuit, representing Almonte with pride and distinction. A master of the caber toss, hammer throw and sheaf toss, Lowry has consistently impressed crowds with his strength, skill and humorous antics. This 40th anniversary of the North Lanark Highland Games will be his final competitive appearance, making it a must-see for anyone who has followed his impressive career.



Almonte's Neil Lowry (pictured at left) will be retiring from the Open Professional Men's Heavyweight athletics at this year's North Lanark Highland Games, which take place on August 23

"It feels fitting to finish in my hometown," Lowry explains. "The North Lanark Highland Games have always held a special place. I can't think of a better way to say goodbye to the open competitive athletics than in front of my home crowd on such a special anniversary. I started my open professional career here, and it's the best way to finish this chapter in my life."

Beyond the emotional farewell to Lowry, the Games will be brimming with traditional Highland entertainment. Spectators can expect the graceful artistry of the Highland Dance competitions, showcasing the talent and dedication of dancers of all ages. The powerful spectacle of the massed bands will also return, as pipe bands unite to fill the arena with their stirring melodies and impressive formations.

The heavyweight athletics will, of course, remain a central draw, with competitors battling it out in a range of strength-based events. Alongside the professionals, the Games will also feature competitions for women's and amateur athletics, highlighting the breadth of talent within the Highland community.

Organisers are pulling out all the stops to make this 40th anniversary a truly memorable occasion, with a range of family-friendly activities planned throughout the day. In a welcome move for families, entry will be free for all children aged 11 and under, making it an accessible and enjoyable day out for everyone. For more details, please visit <almontehighlandgames.com>.

So come along to the North Lanark Highland Games on August 23 to witness the thrilling competitions, soak up the vibrant atmosphere, and bid farewell to a local sporting hero. It's set to be a 40th anniversary celebration to remember!

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The inaugural Riverfront Artscape will take place along the Mississippi River on August 16, featuring works by Giedre Abromaitis (above), Jennifer Prevost (below), and others

Riverfront Artscape

A New Outdoor Fine Art Show in Carleton Place

The Carleton Place Gallery is thrilled to announce the first-ever Riverfront Artscape, an exciting outdoor fine art event taking place on Saturday, August 16 along the picturesque river walkway beside the gallery at 210 Bridge Street in downtown Carleton Place.

This brand-new summer arts celebration will feature 32 juried fine artists and artisans, plein air painters and caricature sketchers, showcasing one-of-a-kind gallery-quality artwork that is both collectible and affordable. Unlike craft fairs, Riverfront Artscape focuses exclusively on fine art — from painting and sculpture to textile and mixed media works.

“I am so excited to bring something fresh and inspiring to the Carleton Place community,” says Ginny Fobert, owner of the Carleton Place Gallery. “This event is not only a celebration of creativity, but also a way to engage with art in a beautiful riverside setting.”



Guests can enjoy live music throughout the day from the beloved Almonte Song Circle, adding a vibrant soundtrack to the scenic experience. Local food vendors, including The Blue Spoon Atelier and El Patcho’s Tacos, will be on-site to serve up delicious eats. The gallery will be open throughout the day, offering an indoor complement to the outdoor show. Visitors are encouraged to visit the Carleton Place Gallery during the event to view an extended collection of artwork by talented artists from across the Ottawa region, as well as their special guest exhibition. “We hope to make Riverfront Artscape an

annual summer tradition and are looking to grow our offerings by expanding our current seasonal events, offering a platform for artists and a cultural experience for residents and visitors alike,” adds Ginny.


Come for the art, stay for the music, and make a day of it in downtown Carleton Place! For more information, visit cpgallery.ca, call 253-2080, or email carletonplacegallery@gmail.com.




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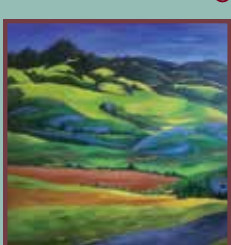
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Blueberry Tea at Union Hall

Bring your family and friends to Union Hall’s annual Blueberry Tea, scheduled for Sunday, August 24 from 2–4PM. New to the community? Bring your family and get to know your neighbours! Enjoy a freshly baked blueberry dessert along with a cold drink, hot cup of tea or freshly brewed Equator coffee.

Union Hall has been a community gathering place since its construction by local farm families in 1857. Throughout the years it has been a venue for family celebrations, meetings, and cultural and commercial activities, as well as community events such as the annual Blueberry Tea.

Today, with the support of Mississippi Mills, The Hub/Rebound and private donors, dedicated volunteers continue to preserve and maintain this historic landmark that has touched the lives of so many. Come for a visit and check out the latest improvements!

There is no charge for the Blueberry Tea, but donations are always welcome and greatly appreciated. Make it a date for Sunday, August 24, 2–4PM at Union Hall, 1984 Wolf Grove Road (at the corner of Tatlock Road).

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Folk in the Forest

A Music Event You Won't Want to Miss!

On Saturday August 23, head over to the picturesque village of Appleton to enjoy an outdoor music festival featuring an amazing lineup of talented and entertaining folk musicians.

Folk in the Forest will feature the dynamic singer-songwriter Lynne Hanson, legendary troubadour Melwood Cutlery, the lively Franco-Ontarian music of Monette, haunting harmonies of Libby & Cal, the engaging ballads of Alex Sinclair, talented young folk singer Leah Holtom, and the lovely ballads of francophone singer-songwriter Kristine St-Pierre.

This event is a fundraiser for the Community Ascent Network, a Canadian registered charity that was founded by local resident Simon Cretien. All proceeds go to support youth education in the remote Indigenous village of Piñán, Ecuador.

To date, forty-nine students have graduated in Piñán since Community Ascent Network built a high school there. This has opened opportunities for students in post-secondary technical certification programs and university programs, and many others who have been able to locate living-wage jobs or training only available for those with high school certifications.



This year's Folk in the Forest event features live music by Lynne Hanson, Melwood Cutlery (below), and many others on August 23

Improvements are still needed in the school infrastructure, and to provide up-to-date educational tools. Revenues from ticket sales to this event will support these improvements. You can learn more about this project at <communityascent.com> Simon will be at the festival this year and will give a brief update on his recent visit to Piñán.

The festival will take place from 2–8PM in a shaded forested locale in Appleton, near Carleton Place. Bring your lawn chairs and enjoy the lively music of these talented musicians in a lovely and intimate setting.

Local food vendors will be selling meals and snacks throughout the event. Sarah's Kitchen will offer a variety of sandwiches, wraps and home baking, and Perth's Indian Flavors will be offering delicious vegetarian and vegan selections. Beverages, including a selection of non-alcoholic ales from the popular Perth Brewery, will also be available for sale.

Tickets are \$50 and can be ordered through Tickets Please (TicketsPlease.ca, 485–6434). Space is very limited and tickets are selling quickly, so don't be disappointed — get yours soon. This is a great opportunity for folk music fans to have fun while contributing to a worthwhile cause!

For more information visit the Folk in the Forest Facebook page, or contact Adrian Baker at <appletonstudio@gmail.com> or Robert Cretien at <robert.cretien@gmail.com>.

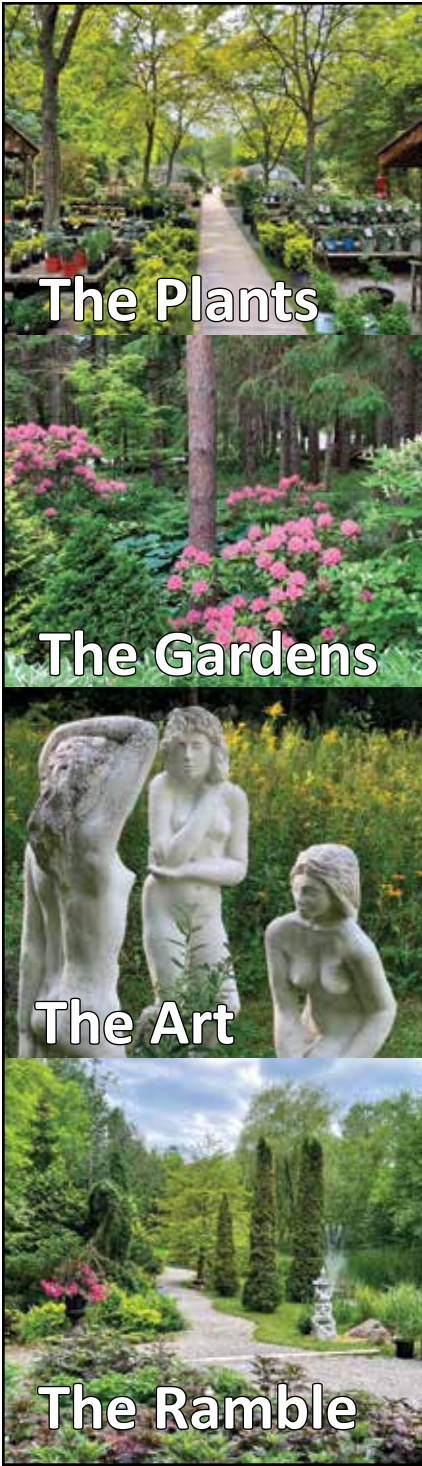
Ontario Youth Choir to Play Perth

The Ontario Youth Choir will visit Perth on their Ontario tour, presenting a concert on Saturday, August 16 at noon at St. Paul's United Church (25 Gore St. W).

The Ontario Youth Choir is formed each summer after youth between the ages of 16 and 23 from across Ontario audition for this elite group. They rehearse for ten days, preparing a concert of high quality for a mini tour in Ontario. Jamie Loback of Capital Chamber

Choir (Ottawa) is the 2025 guest conductor and this year, for the first time ever, Perth is included in their tour. Their concert this year is entitled *Peace, Nature and Our Time*. Let's fill the hall in a great welcome!

For more information about the Ontario Youth Choir, visit <choirontario.org/ontario-youth-choir>. Tickets are available at <zeffy.com/en-CA/ticketing/2025-ontario-youth-choir-perth>.



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Humm Bits

Celebration of the Century Returns to Smiths Falls

Old Home Week 2025, a celebration held only every 25 years, is set to take place from August 2–9. It all started in 1925 with an invitation to past residents to come home for a week of festivities and reunions. It was repeated in 1950, 1976, and 2000. This much anticipated event is set to be the biggest and most exciting one yet.

This festival is not about old homes! There will be a vibrant opening parade, a popular nightshirt parade, a one-of-a-kind drone show with local narrators, Riverbank Musicfest in the historical Victory homes neighbourhood, a Wellnessfest day, a Floatfest on the Rideau Canal, and a farewell outdoor concert to say goodbye for another 25 years. The community will host dances, sporting events, and enlightening tours of local historical sights. Also, vendors will highlight their talents and wares at many of the events throughout the week. The Old Home Week committee encourages all to share the news with friends and family in the hopes that we can provide everyone with an unforgettable experience! With the support of our incredible community partners, we'll spend 8 days reconnecting with one another and welcoming new friends as they discover Smiths Falls for the very first time.

"This proud town event is a true homage to our citizens — past, present and future — as well as a heartfelt tribute to our rich history," says committee co-chair Christa Dales-Donnelly. The 8-day event will be filled with unforgettable experiences for both young and old." For further information, including a full schedule of events, visit <oldhomeweek.com> or follow them at <facebook.com/ohw2025>.

Arts Carleton Place Call to Artists Coming Soon!

Artists and artisans — watch for an Arts CP Call to Artists, which will be posted on August 15 at <artscarletonplace.com>!

Grove Roves: Free Guided Tours in Gillies Grove

Have you wanted to travel back in time? Been curious about what it was like 100 years, 1000 years, or 10,000 years ago? Join a free guided tour to learn about Gillies Grove old-growth forest in Arnprior — a dynamic landscape that has been shaped by glaciers and rivers, and enjoyed and preserved by communities. Access a diverse and ancient forest on level paths at a gentle pace. You will have opportunities to observe nature, exercise your senses, and learn some delightful details. Hear local stories and share yours too.

Free monthly tours are organized by Save the Grove Again <savethegroveagain.com>, and the August tour takes place on Saturday, August 16 at 9AM (this will be an accessible event).

Meet at the Ottawa Street entrance to Gillies Grove Nature Reserve, located at 151 Ottawa Street in Arnprior. For more information, email <savethegroveagain@gmail.com>.

Perth Museum Celebrates 100 Years of History, Heritage, and Heart

Step back in time and celebrate a century of storytelling as the award-winning Perth Museum marks its 100th anniversary. On Saturday, August 23 from 12-5PM, the community is invited to join in a special celebration of the Museum's centennial. This free family-friendly event will feature live music, heritage demonstrations, crafts, food, behind-the-scenes tours, and more.

Located in the heart of downtown at 11 Gore Street East, Perth Museum is housed in the elegant Matheson House, a National Historic Site built in 1840 for the Honourable Roderick Matheson, a prominent merchant and senator in Canada's first parliament.

"Perth Museum has been part of the fabric of our community for 100 years," says Kathryn Jamieson, Manager of Tourism and Culture. "It's more than a building; it's where we keep our shared history alive. We're excited to honour that legacy with a celebration that brings people together."

The festivities begin with opening remarks in the Museum courtyard, followed by performances from local musicians Bridget O'Flaherty and Kristina Skeries. Guests can watch the outdoor bake oven in action, try their hand at various crafts, take a behind-the-scenes tour of the archives and collection storage areas, and explore the restored period rooms, including the parlour, dining room and kitchen.

The centennial celebrations won't end there. New experiential programs will be unveiled in the coming months, offering even more opportunities to engage with the people, places, and stories that have shaped Perth over the past century.

Whether you're a long-time supporter or are discovering the Museum for the first time, this is the perfect moment to connect with Perth's past and help shape its future. To learn more, please visit <Perth.ca/Museum> or follow @PerthMuseum on social media.

Quilts in a Small Town

On Friday, September 26 and Saturday, September 27, the Almonte Quilters Guild is presenting a quilt show featuring exhibits, demonstrations, vendors and more! It will take place from 10AM to 4PM each day at the Almonte Civitan Community Hall, located at 500 Almonte Street. Admission is \$10, and children under 12 get in for free. For more details, please visit <almontequiltersguild.ca>.



The Human Rights will play The Cove Inn at the MUSICwestport Patio Kick-Off Party on August 15

Friendlyness at The Cove

By Seamus Cowan

Bob Marley's music is beloved around the world for its positivity and groove. When I first heard the roots reggae sound of The Human Rights, I knew we had to bring them to The Cove. Now, we're thrilled to host them for the MUSICwestport Patio Kick-Off Party on Friday, August 15, 6–9PM, with dinner available from 5–8PM. In advance of that, I caught up with band member Friendlyness.

Seamus Cowan: Reggae has such a positive message and unique sound. What first inspired you to dive into the genre?

Friendlyness: I discovered ska and reggae when I was about 12, thanks to an older friend who introduced me to The Specials and the Two-Tone movement in the UK. Trips to Kensington Market exposed me to Stranger Cole and Rannie Bop's record stores, and I started attending downtown ska dances. Hearing Black Uhuru's *Darkness* was a turning point — I realized reggae was cooler than ska!

I've played in bands since high school, starting with Jah Youth and later joining Revelation, Culture Shock, The Hit Squad, Raggadeath, and Truths and Rights 2.0. After Truths and Rights ended in 2007, I traveled to Ethiopia and England, then formed The Human Rights with Eric Woolston, Tyler, Graham, and Bernie.

Your energy on stage with Tréson is amazing. How does the band stay so tight?

It's all about the collective strength of the group. Eric Woolston, our drummer, is the driving force, and everyone brings something unique to the table. There's no ego — just love for the music.

Congrats on winning Group of the Year at the Reggae North Awards! What does that recognition mean to you?

We were thrilled! It's so important to honour the pioneers who built this scene. I've been part of Toronto's reggae community since the late '80s, but the generation before me laid the foundation we all stand on.

Gordie Johnson of Big Sugar produced one of your records. What's next for you?

Gordie produced our 2016 album, *The Human Rights*. Since then, we released *Reggae Strong* (2021) and are now finishing a new album that showcases the creativity of the whole band — songs written by Tyler (bass), Dave (keys), Eric (drums), and Lauren (sax). We're excited to share it with everyone later this year.

Don't miss The Human Rights at The Cove on August 15! Come for the reggae rhythms, stay for the good vibes. Find out more at <coveinn.com> and call 273-3636 for reservations.



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A Conversation with Tim Wynne-Jones

Some of the loveliest stories can be found in the Children's section of a bookshop. Tim Wynne-Jones' latest book, *King of the Dump*, is one of them.

Children often learn by doing, by experiencing things for themselves — and so it is in this story, on a day when Teddy and his father are driving to the dump. They have recycling bins in the back of their truck, and Teddy sits in the backseat with a favourite old toy, a ride-on dog with wheels.

by John Pigeau

"Can't we keep him?" Teddy asks his dad.
"You're too big now, Teddy," says his father. "You've grown so tall."

The dump is a loud, busy place. Teddy, who's sad to be parting with his favourite toy, takes it all in: bins brimming with recyclables to be sorted, scrap paper blowing all about, a garbage compacting roaring, forklifts and bulldozers moving garbage into piles that stretch as far as the eye can see.

"Got to make it small as can be," Teddy's dad explains. "Because there's soooo much!"

As Teddy watches all the action with his father, he learns how recycling works. He even lends a hand. Then the two are off to the "As Is" store, where Teddy

Teddy learns about recycling in this book, but he also learns it's okay to let go of something you no longer need — and that that something might in fact bring joy to someone else.

Wynne-Jones knows this feeling can be true for adults as well.

Asked if an experience from his childhood inspired him to write this story, he shared a poignant, more-recent story from his own life, of a night he and his wife, the writer Amanda West-Lewis, got some bad news.

"I remember Amanda and I were in Stratford, with really good tickets for a play that night, when we got a call that my mother had fallen and was going into surgery in Kingston. We had to leave right away, and I was filled with all manner of anger and frustration and, no doubt, fear. Which is when we decided to find someone to give our tickets to. There was a line-up waiting to buy sandwiches for lunch at a shop down by the river and we saw a young couple who looked perfect. As it turned out they were on their honeymoon. They didn't have tickets for that night's show, and we were able to give them ours. Their surprised and happy smiles really helped to assuage our own sorrow."

"That would be the perfect example of a personal experience that might have compelled this story," he explained, "except that I didn't think of it until you asked me the question just now. Still, I think one takes in such experiences and, subconsciously, they are always there — an active ingredient in one's life."

Teddy's story is not Tim's story, no, but the multi award-winning author says he has a certain affinity for the dump near the town of Perth, where he and Amanda live.

"We're lucky to have a dump we can visit because I have to admit I love it," he says. "I like cleaning up and sorting things and putting everything in its place. But yes, you can find extraordinary things. Friends of mine have copped a perfectly good canoe, a Hammond organ, cross-country skis, etcetera. And there's always lots and lots of books!"

Before the book begins, in fact, Wynne-Jones thanks the folks at that dump "who keep the three Rs rolling!"

"The people at the Tay Valley Garbage and Recycling Centre are really helpful and, generally speaking, a good bunch," he says. "There is a friendly atmosphere there. People chatting and visiting. I swear, they could put up a coffee shop there and, apart from the parking problem, it would be

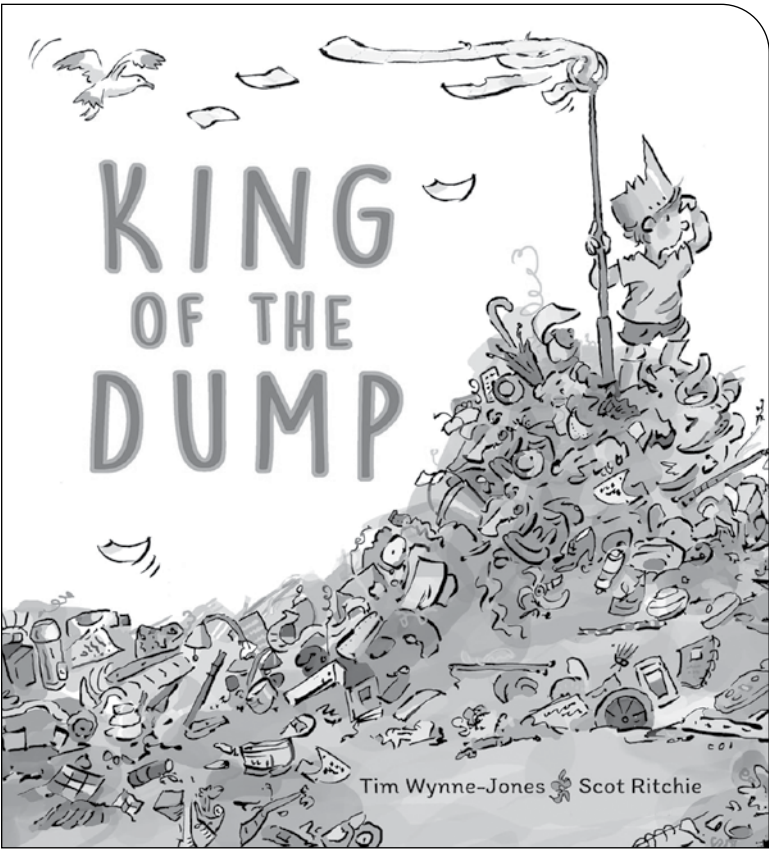
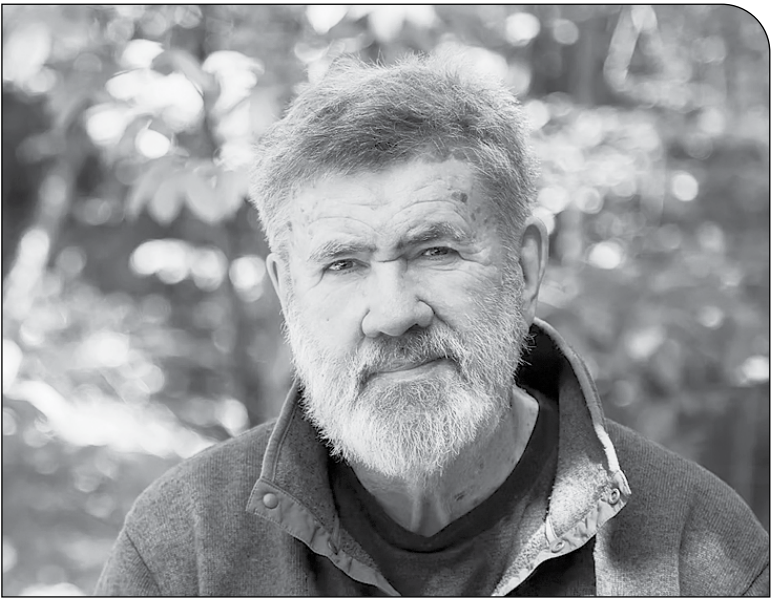
a roaring success!"

King of the Dump is vividly and charmingly illustrated by Scot Richie, an award-winning illustrator and author with more than seventy books to his credit. Wynne-Jones's publisher, Groundwood Books, allowed him to choose the book's illustrator, and Scot Richie's work appealed to him most for this particular project.

"We'd never met — he lives in Vancouver — but I immediately liked his sense of humour and invention and the liveliness of his drawing. The writing and illustration of a picture book, if it involves more than one artist, is kind of like a marriage," says Wynne-Jones, the author of more than 35 books and two-time winner of the Governor General's Award. "Nobody should be ordering anyone around. The writer says what they want to say in their words and has to leave the artist lots of room to say what they like in their drawings. Neither should be subservient to the other."

The end result of the words and illustrations in *King of the Dump* is an enchanting, enlightening, and tender triumph!

King of the Dump will be in bookstores everywhere on August 5. On Saturday, August 30 The Book Nook in Perth will host the author from 12:30–2:30pm for a special launch and book signing — you can find more information at <thebooknookperth.com>.



Perth author Tim Wynne-Jones' latest children's book comes out this month, and he will be launching it at The Book Nook on August 30

is to donate the ride-on dog he's been so very fond of. The kind lady who works there can see that Teddy is struggling to let it go.

This would be, as is said, the teachable moment. When valuable lessons might be learned. Master storyteller that he is, Wynne-Jones handles this wonderfully, with a delicate, genuine touch.

Writing a children's book, he says, is "a balancing act."

"The story comes first," he explains, "by which I mean a narrative with rising action, a beginning, middle, and end, featuring a protagonist faced with a dilemma: a story that has, at its heart, a conflict and, hopefully, a satisfying resolution. In *King of the Dump*, Teddy has a hard truth to wrestle with! A book with otherwise interesting information and an important lesson to teach will probably fall flat unless the young reader can truly relate to the protagonist's plight, feel empathy for what they're going through and then delight in the successful end to the story."

Is there a successful end of the story for Teddy in the "As Is" shop? I won't spoil the details for you, but yes, there certainly is — a sweet, tender, rewarding resolution that leaves Teddy feeling, indeed, like the "King of the Dump," as his father proclaims him before they drive off.



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A Weekend of Magic

The Killaloe Craft Fair is just around the corner and once again boasts an amazing lineup. With its affordable ticket prices, food and craft vendors, workshops and kids’ activities, there’s something for everyone at a price that keeps it accessible to families. To top it off, the festival site is beautiful and has hiking trails, potable water and plenty of camping. Organized by volunteers, this not-for-profit event is all heart and community spirit. Come on up the Valley from August 8–10 and join in the funky fun!

Main Stage Lineup

This year’s festival features a terrific variety of musicians and DJs, including:

- K-man and the 45s (Montreal). Where ska meets rock and roll... One of Canada’s best known and loved ska bands, their relentless touring and hyperactive live shows keep turning heads. Expect a fun, high energy set that packs the dancefloor from these guys.
- Wassibi Collective (BC). Established in the Okanagan in the year 2000, these world-beat enthusiasts are reuniting for a small run of exclusive 25th anniversary performances. Don’t miss your chance to see them!
- Bear Witness (Ottawa). With this three-time JUNO award winner and founding member of The Halluci Nation and A Tribe Called Red, you can count on a diverse and thought-provoking DJ set.



You’ll find amazing live music, craft vendors, kids’ activities and lots more at the Killaloe Craft Fair from August 8–10

- Suzie Vinnick (Niagara). Suzie is a three-time JUNO nominee and has won twelve Maple Blues Awards, two Canadian Folk Music Awards and a 2024 ECMA with her project *A’Court, Spiegel and Vinnick*. She has also twice won the International Songwriting Competition — Blues Category. Besides performing on the main stage, Suzie will be hosting a workshop.
- Tell It To Sweeney (London). This high-energy, fun and fresh take on today’s dance music mixed in with that retro nostalgia will leave you begging for more. This nine-piece live band is filled with a passion to entertain crowds of all ages.

For more information and tickets, please visit <KillaloeFair.ca>.

Valley Youth Sing Again!

By Helen Rutledge
Think left and think right and think low and think high. Oh, the thinks you can think up if only you try! — Dr. Seuss

We can’t be sure, but maybe Dr. Seuss was thinking about children and the joy of singing when he spoke about thinking low and high. The Valley Youth Singers think of fun, teamwork and music education all rolled into wonderful experiences for kids! Valley Youth Singers, a choir for Perth and area children, was

launched in September of 2024. Conducted by Alana Clifffen and accompanied by Val Leavitt, the choir has had a wonderful first year and is now preparing for their next term starting in September.

Valley Youth Singers operates from two locations, so families may choose to register their children for Perth or Lanark. We have grown, so VYs will be divided into three groups: a “Da Capo” choir for children ages 6 to 8, an “Allegro” choir for ages 9 to 13, and an “Animato” choir for children ages 7 to 13 in Lanark. The choirs will come together for a dress rehearsal and concert in December at St. James Anglican Church in Perth.

A Meet and Greet for new choristers only will be held on Saturday, September 6 at 1PM in Perth. To confirm a time slot for the Meet and Greet or if you have any questions, please email the choir at <valleyyouthsingers@gmail.com>. Registration information for current VY singers will be sent by email in August.

The cost to join Valley Youth Singers is \$125 per term, and bursaries are available to families who would benefit from financial assistance.



Reconciliation Through Art is Back!

Join us for three days of Indigenous art, music, ceremony, food, and teachings to mark the National Day for Truth and Reconciliation.

Sept. 28, 2-5 PM
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Almonte United Church Sanctuary — by cash donation

Sept. 29, 7-10:30 PM
Our Voices in Song
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Sept. 30, 8 AM - 5 PM, All Day!
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Mississippi Valley Textile Museum — by cash donation
Workshops: Register via Website
Street parking only

Visit ReconciliationThroughArt.ca for full details.

“Whisper Words of Wisdom, Let it Be”

The iconic song by the Beatles conveys a message that I like to bring to the garden. The whispering tone is a gentle nudge to stay calm, let go, and trust that things will sort themselves out in time.

by David Hinks

What is your gardening style? Everything under control, or a bit more of a laissez-faire approach? These days the internet is full of all kinds of advice on how to grow your vegetables, either to maximize the quality or quantity of your produce. Cut off the male flowers on your zucchini. Remove the suckers on your tomatoes and cut off the bottom leaves. Thin out your carrots and beets. Pick your tomatoes while they are still green. Prune off the lower leaves of pepper plants and pinch off the tips of the main stem (I’m not sure what is left!).

Many of these dictates tire me out as they are very labour-intensive. Perhaps I am just a lazy gardener. I console myself with the thought that maybe our plants are quite happy without an inordinate amount of human interference.

The question of removing suckers from tomatoes may instigate a spirited debate. Many people believe that suckers (the branches that develop where the leaves join the main stem) should be removed so the plant puts more energy into the fruit on the main stem and that lower leaves should be removed to help



prevent blight. Generally, I do not sucker or prune my tomatoes. I believe that the key to healthy plants is to spread mulch under the plants and use a cage to support each tomato. The mulch helps provide consistent moisture and the cage keeps the fruit off the ground.

A compromise that seems to me to have merit is to adopt a differing strategy for determinate tomatoes such as paste tomatoes as opposed to indeterminate tomatoes such as beefsteak. I just let the determinate tomatoes be, whereas the beefsteak tomatoes respond well to staking and taking the suckers off.

It is now August! How did that happen? It’s still not too late to plant many vegetables, but at this time of year it can get tricky. Seeds of short season vegetables such as beans and zucchini can be planted now with some expectation of success.

Beans may reach maturity in as few as 50 days from seed, beets a few days longer, and zucchini a similar period. If they are planted by August 1 in warm moist soil they should germinate and grow very quickly to maturity unless there is an early frost.

For plants that are frost tolerant and that prefer cooler growing conditions such as lettuce, radish, carrots, bok choy, arugula and spinach the growing season may well extend to the end of October — a whole three months of growing time left. Mid-August is probably the best opportunity to plant — they will grow very well as the days get shorter and cooler in the fall. The trick is to get them to germinate in warm soil. Frequent watering or covering the row with a board or bag may be necessary to encourage them to germinate in hot dry weather.

August is a great month to celebrate garlic. Locally, most gardeners harvest their

garlic when the bottom three leaves are dead — usually towards the end of July. The bulbs should not be left in the ground much longer as they can split their skins and then will not store well. Garlic is fantastic freshly pulled from the soil, but if you want to store it longer it must be properly cured. In the case of garlic as well as onions, allow them to air dry in a sheltered well-ventilated place for two or three weeks. This allows the skin to dry and harden, thus protecting the inner flesh from outer contaminants.

Garlic Nirvana

Indian Creek Orchard Gardens in Pakenham <indiancreekorchard.ca> is a very happy place for garlic lovers. Proprietors Scott and Marisa are hosting the fifth edition of Garlic Nirvana on August 10 from 9AM to 2PM at 919 Sugar Bush Road in Mississippi Mills. There will be 11 varieties available for purchase for culinary use or as seed for planting in the fall. Taste testing is a popular activity in the morning. All their varieties, both raw and roasted, are available for side-by-side comparisons. In the afternoon, the garlic guru holds a question-and-answer session.

If you want your fill of local garlic, I highly recommend the Carp Garlic Festival at the Carp Fairgrounds. It returns this year on August 16 (8AM to 3PM) and 17 (10AM to 3PM), and features include a garlic tasting tent and chef demonstrations on Sunday.

Sadly, the Perth Lions Club Garlic Festival, another popular garlic event, announced in



Marisa (above) and Scott from Indian Creek Orchard Gardens are preparing for Garlic Nirvana 2025!

February that it was hanging up its skates after a run of 25 years, citing feasibility issues.

A great reason to buy garlic locally is the enormous diversity available — I have encountered about 60 varieties ranging from very mild to very hot. Very little of this diversity finds its way into the commercial food system. Many of the regular vendors at other Farmers’ Markets such as Almonte, Perth and Carleton Place will also have lots of local garlic available.

If you buy garlic with the intention of planting it in the fall, it needs to be kept in a shaded cool place with good air circulation until it is time to plant it. Buy from a local producer if you intend to plant it — you know that it was produced locally and is suited for local conditions. Garlic that is sold in supermarkets or gift shops may have been imported from China and may not be hardy in the Canadian climate — many of the imported soft-neck varieties are popular as they are easy to braid. The locally-grown stiff-necked varieties do not braid easily but are incredibly hardy. Happy eating!

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See Nature Differently!

Come to MMLT's Festival of the Wild Child

Submitted by the Mississippi Madawaska Land Trust
Saturday, August 23 is going to be a look, touch, and learn day at High Lonesome Nature Reserve near Pakenham. It's the annual Festival of the Wild Child, hosted by the Mississippi Madawaska Land Trust (MMLT). For all event details including an activity list, map, and information on Wild Child t-shirts, you can check our Events page at <mmlt.ca/events>.

This year's theme is "See Nature Differently", and we will have botanists, artists, researchers and naturalists who will help us look at nature through their eyes and encourage children of all ages to explore and enjoy the world around us.

"As parents, we might see nature as one big picture — forests, fields, birds, animals," explains Ashleigh, a parent of two. "We don't always notice the little things. But Mylie and Drew see nature differently. They'll run outside in their pajamas if they see a butterfly. They can be walking along the sidewalk and stop to watch a trail of ants carrying a piece of leaf. They peer into puddles looking for water bugs or even tadpoles. They make up stories about the creatures they see in the clouds. Mylie loves trees — touching the bark and watching the way the branches and leaves move in the wind. Drew brings home rocks and sticks and stray feathers, and they can spend hours making imaginary bugs and animals. They love to mimic the birds they hear in the yard, and even the squirrels and chipmunks in our neighbourhood have names!"

If your children are anything like Mylie and Drew, bring them to the 2025 Festival of the Wild Child. Maybe there's a young scientist at your house who dreams of becoming a botanist! Our experts will show you butterflies in the meadow, frogs in the stream, songbirds in the trees and beavers in the pond. And if you look carefully, you just might see fairies in the woods!

Join us for a fun, hands-on day of looking and learning on some of the 8km of trails winding through this



Come to High Lonesome Nature Reserve on August 23 and you'll find botanists, artists, naturalists and maybe even fairies participating in the Festival of the Wild Child!

beautiful nature reserve. This year's Festival of the Wild Child takes place on Saturday, August 23 (rain date Sunday, August 24) from 10AM to 4PM at High Lonesome Nature Reserve, 867 Carbine Rd near Pakenham. MMLT would like to thank the municipality of Mississippi Mills for sponsoring this year's event.

Register at <mmlt.ca/events> or in-person on event day. This family activity is only \$10 per adult, and children and youth under 16 are free. Free parking is available on-site, and food and cold drinks will be for sale. Please leave your pets at home — the wildlife will thank you!

Auditions for the Puppets Up! Chautauqua

By Kris Riendeau
Want to sing? Want to dance? Want to pour seltzer down your puppet's pants? If you've got an act — or an idea for an act — and are looking for a place to perform it, Puppets Up! wants YOU to audition! We're seeking everything from musicians to poets, actors to jugglers, comedians to puppeteers (and everything in-between) to perform at our modern-day variety show.

The Puppets Up! Chautauqua will take place on Saturday, November 15 with matinée and evening performances at the Almonte Old Town Hall. Tickets will be available soon from Tickets Please.

Pick me! Pick me!

Auditions will be held on Sunday, September 14 from 1-4PM and Monday, September 15 from 7-9PM in



the conference room of the Almonte Library. Acts can be up to 7 minutes in length, and they don't have to be completely polished by the audition date — you just need to demonstrate that you've got something good going on. You can register for a 15-minute audition slot through this link: <volunteersignup.org/B3BFH>.

If you would like more information, or want to perform but can't

make the audition date, please contact producer Jane Torrance at <chair@puppetsup.com>.

Performers must be available for a run-through on the evening of Friday, November 14 as well as for both shows on the Saturday. A few additional rehearsals may be added.

Come out, strut your stuff, and help raise funds for the 2026 International Puppet Festival!

Peace, Nature, & Our Time

Jamie Loback, Conductor
Aude Urbancic, Collaborative Pianist

St. Paul's United Church
Perth, August 16, 12pm



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28 Years of Good Food and Fine Company

Twenty-seven years ago, Petra Graber of The Good Food Co. pre-paid for ads in the first three issues of theHumm, helping us get our inaugural issue into wonderful local shops and restaurants like hers. As she prepares to start the next course of her life, we thought an “exit interview” would be fun!

by Kris Riendeau

theHumm: You once said to us, in the context of not having enough time to garden, “theHumm is your garden.” We’ve quoted that ever since. I feel like the Good Food Company has been your garden for 28 years. How has it changed over the years and seasons? Did it go where you thought it would?

Petra Graber: Nothing in my life has gone the way I thought it would go... it’s been a wander. When I opened this place, the plan was take-home food and catering. But the space I ended up in had too much room, so I threw in some tables. I started thinking like a customer — there wasn’t anywhere in town with cappuccinos or brunch, so I added those. Then it turned into dinner service, blackboard menus, mussels, fresh fish, Saturday night music... not at all what I had planned!

After ten years of lunches, weekend brunches and dinners, my body started breaking down. I was 37 and dreaming about starting over with just breakfast and lunch, maybe on the East Coast. Then one morning I woke up and thought, “Why don’t I just do that here?” So I did. It shocked my staff and customers, but it was about my own survival. And that was a niche market — there wasn’t really anyone focusing on breakfast downtown at that time.

And that shift — trying to anticipate market changes in Carleton Place, not Ottawa, and trying to work around what I and my staff could realistically manage — happened a few times.

That brings me to my next question—how important is staff?

Oh, incredibly important. I wouldn’t have made it past the first week without good staff. Originally, I thought I could do most of it myself — young and foolish! But once it became a full-service restaurant, I needed to hire and manage servers and had never even done that job myself.

It took me a long time to realize the most important staff in a restaurant are front-of-house. More important than the food! That was a hard lesson. I learned to hire for personality. Some customers didn’t like how some of my staff dressed or carried themselves, but I cared about kindness and work ethic.

I think over the years about 150 people have worked for me — some for over a decade, some just for a couple of months. But working with them has been one of the most rewarding parts of my business.

And the customers?

Oh, the customers. I’m not that interested in tourists — you can’t build a relationship with someone you’ll never see again. But my regulars? They’ve become neighbours. Some literally are. They’re like extended family. That’s been a huge, unexpected joy.

After 28 years, do you have a message for the people who have supported you?

It’s been a privilege. Truly. I think this feels like being a parent and letting go — it’s hard, stressful, joyful, and bittersweet. But I’m ready for the next stage of my life. That doesn’t mean it’s easy to leave. Still, I’m looking forward to something new.

Do you hope someone takes over the space?

I’m not selling the business, but I’d love for someone to create something new in this space. It’s beautiful — an old pharmacy with character. I hope they don’t gut it. I’ve tried to blend the new elements with the old. But it needs to be their own thing, not mine.

Do you know what’s next for you?

I’m taking time to figure that out. I know I don’t want to cook professionally anymore. The food industry is too stressful, physically and mentally. I want to enjoy food again — sit at someone else’s table, have wine and good conversations, go hiking, canoeing, read, draw... just live.

What are you looking forward to not having to think about?

Sales. Revenue. As a small business owner, income is never consistent. It’s so stressful — especially with staff depending on you. Sometimes I kept people on and paid them out of my own savings.

Yikes. OK, what are the good things you’re looking forward to?

Less stress — mental and physical. Standing all day is exhausting. I want to use that energy for other things. This place has been a creative and physical outlet for 28 years, but I need to find that outside of work now. I want to get back to reading, hiking, hosting dinner parties, visiting friends. Just *being present*. I want to be a customer again!

When is your last day?

August 16th — that’s the 28th anniversary of opening. I won’t do sales that day. No menu. Just food, drink, and hopefully a lovely gathering. People should use their gift cards before then!



After 28 years, owner Petra Graber is hanging up her apron. We’ll miss her and her good food!

One last idea — would you consider sharing recipes with theHumm after you close?

I’d love that! I’d need to scale the recipes down from restaurant quantities, but yes, I’d be happy to share them. I’ve even thought about a little cookbook with photos and menus.

You’re a very creative person, and not just culinarily speaking. Will you go back to drawing or painting?

I hope so! I used to do a lot of pen and ink, mostly architectural. But I want to do colour now... whatever that ends up being. I’ve no idea what I’m doing — but I want to try.

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rideau lakes artists’ association

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Watershed Discovery Day — Attractions for All Ages

By the Friends of the Tay Watershed

Please join the Friends of the Tay Watershed for our 24th annual Watershed Discovery Day for the community on Saturday, August 16 from 8AM to 1PM at the Perth Farmers’ Market at the Crystal Palace. You’ll find a morning of information and interactive displays for adults, as well as interesting and fun activities for children.

Expert organizations have answers to your water questions and updates on current water-related issues in the region, with informative and interactive displays. These include Rideau Valley Conservation Authority, Watersheds Canada, Federation of Ontario Cottagers’ Association, Climate Network Lanark, Plenty Canada, Real, Our Turtles, Ottawa Riverkeeper, and our association.

Learn about the programs in place to manage and protect our home water supplies, manage our watershed water bodies and related resources (including wildlife), assist in caring for waterfront properties — and receive updates on current environmental issues in our community. This year’s event will provide information on the crucial role that wetlands and natural environmental systems play in flood and drought control, maintenance of surface and well water, and animal and plant habitat, as well as challenges to them from extreme weather, development pressures and changes in watershed infrastructure.

Children are invited to learn from the Paddling Puppeteer, participate in Perth Library’s Story Hour,



Fascinated kids look through a microscope at benthic invertebrates, i.e. water critters, at the Rideau Valley Conservation Authority table

and enjoy our “Fishpond”, a board game display, and the interactive Wetland.

Renew your membership and have a chance to win a \$50 gift certificate to Perth’s Maximilian Restaurant. Come and relax with your Friends of the Tay Watershed!

With thanks to our partners, the Perth Farmers’ Market, the Town of Perth, and Rideau Valley Conservation Authority. While you’re there, please shop and support our local farmers, growers, bakers and craftspeople. For more information, please visit <taywatershed.ca> or call 264–0094.

Expressions of Art

By Kat McClure and Stephanie Moscrip

West Carleton Arts Society’s signature show Expressions of Art takes place in September this year at the Agricultural Hall in the Carp Fairground. The show runs from 8AM to 4PM on Saturday, September 6 and from 10AM to 4PM on Sunday the 7th.

Our very talented artists, all from the city of Ottawa and the Ottawa Valley, work in various media — oil, acrylic, watercolour, textiles, sculpture and photography. Displayed at 27 booths, their artworks are an eclectic mix of many genres.


WCAS supports our local young artists with a bursary to the West Carleton High School Arts Program. Each year this money goes to a student chosen by the art teacher who has done outstanding work in the program. Students from West Carleton High School also volunteer their time to help out at the show.

We welcome everyone to come and spend time chatting with the artists, enjoy their wonderful artworks, enjoy a coffee and snack, and possibly win a door prize donated by our artists.

For more information and a preview of some of the artwork, please visit <westcarletonartsociety.ca/expressions-of-art>.



Above, *Anticipation* by Margaret Chwialkowska



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Discover the Heart of the Valley: Historic Downtown Renfrew

Nestled in the heart of the Ottawa Valley, Historic Downtown Renfrew is more than just a place — it's a feeling. With its charming heritage buildings, locally owned shops, and strong sense of community, it offers a perfect blend of historic charm and small-town hospitality.

Walking through Downtown Renfrew feels like stepping back in time — but with all the energy and creativity of today. The storefronts along Raglan, Plaunt, and Argyle Streets house a vibrant mix of boutiques, cafes, salons, studios, professional services, and even one-of-a-kind experiences you won't find anywhere else. Whether you're shopping for unique gifts, getting a fresh cut, enjoying a farm-to-table lunch, or exploring local art, there's always something to discover.

More than a commercial hub, Downtown Renfrew is a gathering place — where neighbours greet each other by name, business owners remember your order, and community events bring people together year-round. Seasonal markets, live music, ribbon cuttings, parades, and public art displays breathe life into the streets and reflect the spirit of connection that defines this town.

At the heart of it all is a passionate group of local entrepreneurs and residents who believe in building a stronger, more welcoming Renfrew — one that celebrates its heritage while looking boldly to the future.

A welcoming and vibrant atmosphere, where individuals can immerse themselves in the authentic charm and distinctive offerings of our town. We strive to ensure that every aspect of Downtown Renfrew exudes excellence and quality, leaving a lasting impression on

all who explore our diverse range of shops, restaurants, cultural events, and recreational opportunities.

Downtown Renfrew is a thriving and dynamic community hub that provides a truly exceptional and enriching experience for residents and visitors alike.

Just a short stroll from the heart of Downtown Renfrew, you can explore the Historic Swinging Bridge and step back in time at the McDougall Mill Museum. Afterward, soak in the scenery with a picnic in beautiful O'Brien Park or unwind on one of our welcoming downtown patios — the perfect way to experience the charm of Renfrew.

Whether you're visiting for a day or are a longtime local, Downtown Renfrew invites you to slow down, explore, and feel at home. Because here, community isn't just a word — it's a way of life.



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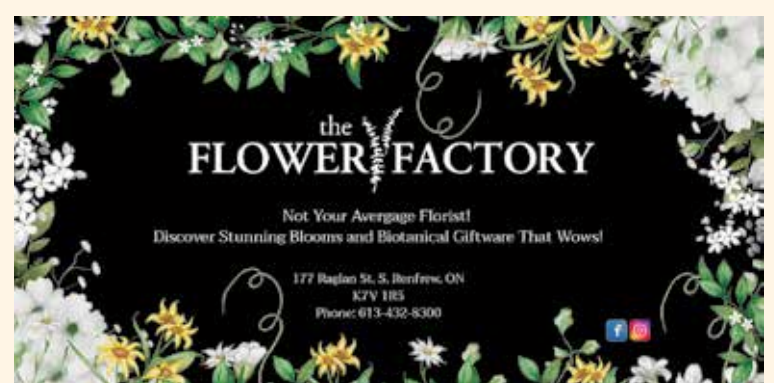


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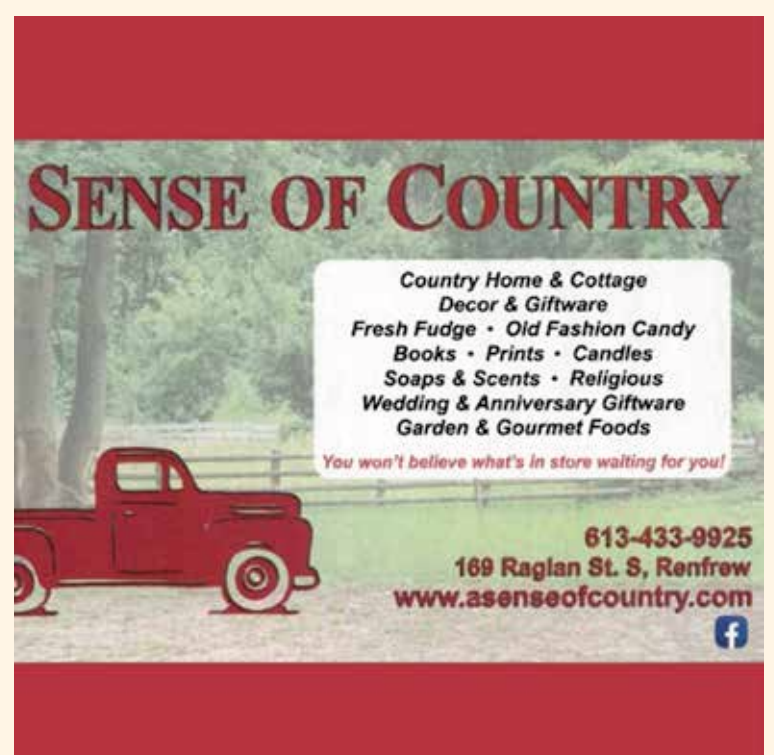
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David Hickey brings his Crystal Journey sonic concert to Union Hall on Sept. 8 & 9

A Crystal Journey

By David Hickey

Imagine doing something for 20-plus years and still loving it. Well, it's been 22 years for Crystal Journey, and I'm still going. There have been peaks and valleys, of course, but after 1,600 shows, 15,000+ hours and hundreds of thousands of kilometers, I still love performing. 20 years ago, I was pretty much the only person in Canada doing sound concerts and probably the only one traveling across the country from coast to coast. My first shows in Ottawa were gathering over 300 people, and right across the country people were fascinated with this new type of music.

I have never called myself a sound healer or "master." Those are pretty strong titles to use, and I never wanted to pressure myself with that title. Crystal Journey performs "concerts," and I let the music work; it's magic. I love when people share their experiences with me, and many have expressed how much the music means to them. That's definitely something I can handle.

My first concerts were certainly interesting, and I will confess it was a bit unnerving. I had crystal bowls on tables; chimes and other noise makers scattered all across the table. I now imagine myself roller skating up and down, banging on everything. But people loved it, and no matter what I did, they wanted more. It was a pretty cool way to make people happy, and I took the task seriously. Little did I know that I would still be doing this after 20 years. I had no blueprint, and everything I was doing was on the fly.

I started off with about 15-20 crystal bowls, and it wasn't until I visited Cortes Island in BC that I was first introduced to the Paiste gongs. I thought the bowls were powerful; man, was I blown away, literally. I had a session with a very special man, and when it was done I knew I had to add these incredible instruments to the lineup. Upon returning home from the tour, I immediately contacted the manufacturer in California. I explained how much I was on the road and that I could actually be a traveling showroom for them, and could they provide me with an artist contract? I can't remember exactly how they put it, but it was heartbreaking — they said no. They had no idea who I was, and to their credit, I wasn't really known in the industry. So needless to say, my first gong purchase had to be out of pocket. I tried a few more times to secure some sort of deal with Paiste, but my efforts proved futile.

My first gongs were Venus, Symphonic, and Mars. Upon their arrival and hearing them in my own setting, I knew I had to add more as soon as possible. One day, shortly after that, I received an email from Yamaha Canada. At first glance, I took it to be an advertisement. To my absolute astonishment, it was an invitation to receive whatever

gongs I wanted from Paiste. Yamaha is their supplier in Canada. It took a while for this to sink in, and of course I thought it was a joke and didn't take it seriously. I forwarded the email to my manager, and he confirmed that this was indeed an offer of a lifetime.

We took some time to respond and wanted to be delicate in our wishes. Of course, the reality was that I wanted everything in the pot. I responded with "I'll take one of everything," and on my birthday, December 6, 2005, they all arrived at a music store in Toronto. I invited three of my closest friends, and off we went to pick up the treasure. You can't imagine how incredible this was and how it elevated the music to a whole new level. It took some time to decide which gongs would make it into the lineup. There was no way I could set up, tear down, and perform with 30 gongs each night and still have time to make the next show. This was in addition to still having over 20 crystal bowls and a few other instruments in the set.

In 2008, we decided to have a month-long tour, full moon to full moon, with all 30 gongs. It was called "Journey Through the Solar System." The tour ended with a show at the prestigious Glenn Gould Theatre in Toronto. To my amazement the show sold out, and 340 people were treated to an incredible night of sonic vibration. This show, I believe, was the one that put Crystal Journey in the big leagues. To be on that stage that night is an honour I'll never forget. A year later, I performed with the Winnipeg Chamber Orchestra.

From those moments onward, the music continued to evolve and enter spaces I didn't know existed. I have come to experience that some people don't like when you change, and being an artist takes that to a whole other level. Some expressed their disappointment in having more gongs added and crystal bowls taken away, and when I added a vibraphone, Persian santors and harmonica, I know I lost some fans but gained many more who appreciated the musical advancement. In the spirit of Bob Dylan going electric and not looking behind, I truly believe Crystal Journey is a sonic sound journey like no other on the planet.

I look forward to many more years of evolving musically and personally, and I hope you can be a part of the magic this September in Almonte and at many other Ontario venues. Ottawa and area have always been great supporters of Crystal Journey, and I look forward to meeting each and every one of you.

For information on Crystal Journey concert dates and venues, please visit <crystaljourney.ca> or <facebook.com/crystaljourney>. Tickets to the Union Hall shows on September 8 and 9 are available from <TicketsPlease.ca> or 485-6434.

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Don't Miss Noreen's Night of Nonsense!

An Adult Puppet Cabaret on August 9

Join Puppet's Up! International Puppet Festival on August 9 for a one-night-only cabaret performance in honour of Noreen Young.

While 2025 is not a festival year (the festival now has a biennial format, so all of the magic will return in August of 2026), the Puppets Up! organizers wanted to bring together the puppeteers, who have long admired Noreen Young, in a joyful reunion.

Jenny Sheffield, Artistic Director of Puppets Up! says that "Noreen loved the cabaret, and all the hilarious nonsense that went on both in front of and behind the curtains. By bringing together willing puppeteers (they are all, incredibly, donating their time) we can provide a venue for their personal creativity, as well as give a final recognition of Noreen in Puppets Up! style."

"The naughtier the better" was always Noreen's instruction to the puppeteers, and the cabaret promises to be a raucous, uncensored, adult-only evening.

The evening will feature hosts Stephen Brathwaite and Allan Martin along with special puppet friends and guests including (but not limited to) favourite performers like Joshua Holden, Nick di Gaetano, Peter Schaefer (Tanglewood), Matt Ficner, Frank Meshkuleit, Ann Powell (Puppetmongers), Joey Graff and Emily Neufeld (Department of Creative Disobedience), Ingrid Hansen (SNAFU), Adam Francis Proulx, Puzzle Theatre, Ben Durocher, and Frogtown Mountain Puppeteers.

"In true Noreen style, we will all have some fun and also raise some funds," explains Jane Torrance, Chair of Puppets Up! Proceeds from the sale of tickets will go to the Noreen Young Award for the



A fundraiser for the new Noreen Young Award for the Arts as well as next year's Puppets Up! Festival, Noreen's Night of Nonsense will feature favourites like Joshua Holden (above), Frank Meshkuleit, Ben Durocher, Frogtown Mountain and more

Arts and the 2026 Puppets Up! International Puppet Festival.

Tickets are priced at \$100 (which includes all taxes, fees, and a bit of swag) and are available at <Tickets-Please.ca>. Doors of the Ron Caron Theatre at the Almonte Old Town Hall will open at 6:30PM with a cash bar available, and the cabaret fun will start at 7:30. Grab your tickets today!

Family Fun at the Pakenham Horse Show

Do you ride, drive, show or love to watch horses? If so, the Pakenham Horse Show is for you! This exciting equestrian event was part of the Pakenham Fair and is now a standalone show. It has been in existence for more than 160 years and is supported by many local sponsors and volunteers.

Saturday, August 16 should be on your "do not miss" list of summer events. There are classes for all ages: English and Western riding, miniature horse driving, obstacle trail, and the ever-popular costume class in addition to a wide variety of others.

It all takes place at the Pakenham Community Park, outside the Stewart Community Centre. The show begins at 9AM and is free for all spectators, so bring the whole family! The entry fee for riders is \$20 for the day or \$5 per class and must be entered no later than Thursday, August 14. Late entries will be required to pay an additional \$10. Please email Cindy Schlievert-Warland or Susan Garrioch at

<pakenhamha@gmail.com> for registration and enquiries. You can also find more details on the Pakenham Horse Show Facebook page.





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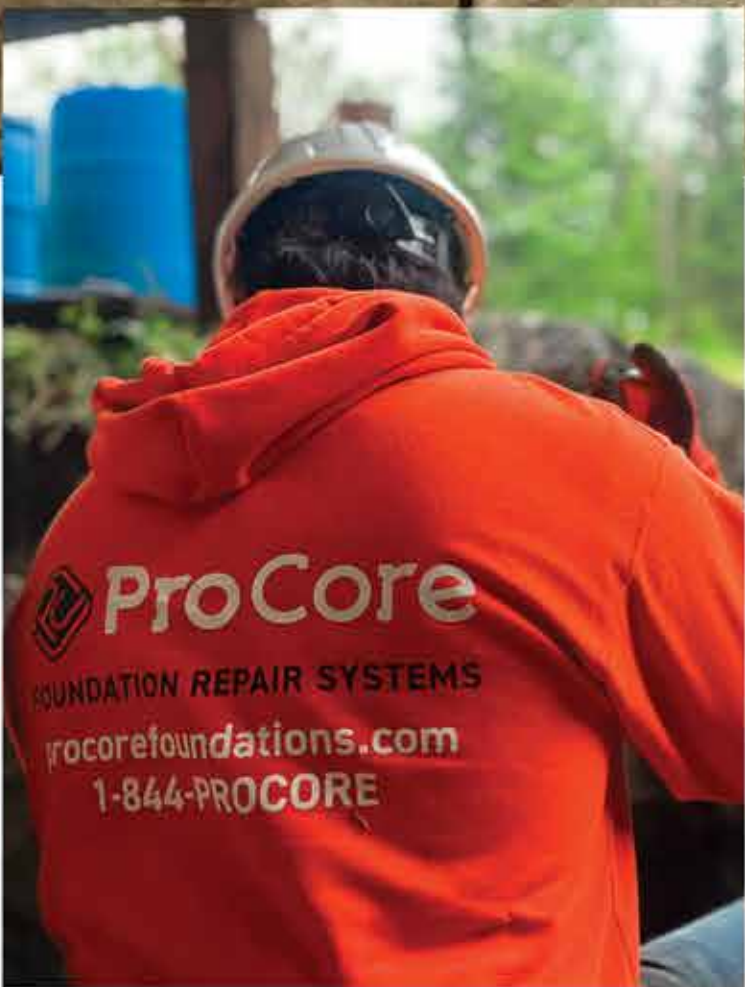


Carleton Place
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Saturday, August 16
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Paint the Summer Returns to Westport!

Submitted by the Rideau Lakes Artists' Association
Have you visited Westport in the summer? It's a charming waterfront destination with one-of-a-kind shops and excellent restaurants. It's also a mecca for artists and creators of all kinds. On the subject of art, the Rideau Lakes Artists' Association (RLAA) is bringing its popular show and sale, Paint the Summer, back to the WTC Communications Centre on August 23 and 24.

Building on the success of previous years, our 2025 show will feature nearly 50 talented artists including Brian Bailey, Leane Bailey, Kristi Bird, Ina Black, Margaret Brackley, Mary Chaikowsky, Jackie Coldrey, Jewel Dennison, Chris Dickson, Caroline Evans, Kim Fournier, Fred Fowler, Susan Gibson, David Gilmore, Jessica Godin, Sj Headford, Carolyn Huff-Winters, Elizabeth Jackson, Deborah Jodoin, Barbara Jordan, Lois Klatt, Donna Larocque, Armelle Leblanc, Susan Leslie, Cait Maloney, Margaret Martin, Bonnie McLean, Donna McPhail, Aileen Merriam, Olga Nienhuys, Nancy Pearce, Doris Power, Pat Purdy, Beatrice Rickenbaker, Barb Rielly, Sherry-Lynn Rogers, Linda Rush, Shaun Seaman, Barb Sohn,



At this year's Paint the Summer art show and sale you'll find works by Susan Gibson (above), Barbara Jordan (at left), and many others

Linda Svarckopf, Denise Tipton, Ron Veh, Judith Versavel, Kay Wallace, Susan Walters, Jennifer White, Laurel Wilson, and Sarah Young-Fowler. Artists will be on hand to greet guests, answer questions and share their work.

We also welcome this year's generous show sponsor, Julia Scotland, Broker with Coldwell Banker Settlement Realty.

Paint the Summer 2025 happens on Saturday, August 23 and Sunday, August 24 and runs from 10AM to 4PM daily at the WTC Communications Centre (Westport arena), 37 Spring Street (at Concession) in Westport, Ontario. Parking and admission are free, and Paint the Summer supports the Westport Food Bank.

For more information on RLAA, visit <rideau-lakesartists.com> and be sure to follow our popular show campaign on Facebook (rideaulakesartists) or Instagram (rideaulakesartistsassoc).



CAMMAC Choral Concert in Arnprior

The CAMMAC Ottawa Valley chorus will perform their annual choir concert in St. John Chrysostom Church in Arnprior on Sunday, September 7 at 3PM.

CAMMAC (Canadian Amateur Musicians / Musiciens Amateurs du Canada), draws choristers for a summer choir from up and down the Ottawa Valley, including Westmeath, Pembroke, Cobden, Almonte, Pakenham, Carleton Place, Arnprior, Renfrew, Braeside and Sand Point, as well as Ottawa-Gatineau.

The organization is delighted to welcome once again Artistic Director Lisa Webber. Lisa is a mainstay in the cultural arts scene, founder of the Arnprior Community Choir and Two Rivers Musical Productions, with a very active voice studio in Arnprior.

The main piece, *Magnificat* by JS Bach, one of the greatest choral works ever written, will be accompanied by a full professional orchestra. The choir will be joined by four highly talented professional soloists with local connections: Kathleen Radke, soprano; Danielle Vaillancourt, alto; Philip Klaassen, tenor; and Mark Wilkinson, bass.

The second part of the program, on the theme of "Reverie", begins with the tender phrases of an exquisite piece written for the funeral of HM the Queen Mother. This theme continues with a lullaby by Arnesen, an ode to joy by Gjeilo, and the soothing



The CAMMAC Ottawa Valley chorus will perform their annual choir concert in Arnprior on September 7

Psalm 23 by Goodall, better known as the tune from *The Vicar of Dibley*.

Talented and versatile keyboardist Ian Guenette, Music Director and organist at St. James Anglican Church in Carleton Place, will play solos on both the organ and grand piano. The concert will end with a glorious hymn for our Ottawa Valley harvest season by Canadian composer Healey Willan, accompanied by the orchestra and trumpet descant!

Doors open at 2:30PM. Tickets are available in advance from White Pine Books in Arnprior (cash only) or at the door. Adults are \$30, students \$10, children 12 and under are free.

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Memoirs Recount Tensions, Life Choices

By Sally Smith

Hazel eyes, a mass of hazel hair draped over her shoulder in a thick braid... a cherubic face. This is Rebekah Smith.

Four of us met her in Perth at Hourglass Café. She handed us each a pile of paper, names stuck on them, and then settled in to get to know us.

This was the beginning; we had another five weeks. The purpose? To write a memoir.

Each week she gave us a further bundle of paper which included our homework, and at the next class she asked for questions or comments about our week's work. Our homework was to write 3,000 words per week so by the end of week six we'd have 18,000 words.

Whew!

That was our job; hers was to guide and encourage.

Rebekah is a Perth girl through and through — she went to Stewart School and then to PDCI before heading off to Summit Pacific College in British Columbia; she studied counselling there, became credentialed as a minister, worked in addictions for a while, then back to Perth as a children's youth pastor at Glad Tidings Church.

After that she took a break and worked at a kids' camp — "silly shenanigans every day, but my heart needed silly shenanigans then."

This, she realized, was what she wanted — a bit of a break from her other pursuits. As luck would have it, an email from a friend in Kingston mentioned she needed someone to stay with her teenage daughters as she was being deployed for eight months with the military.

Rebekah jumped at the chance. But she needed a "day" job, too. Another friend told

her his church was looking for a youth and children's pastor; so, having a day job and a night job, that's where she stayed for some time, eventually heading back to Perth.

All this time she was writing kids' books. "I have five published, the sixth is coming this summer — a book called *Precious to Me*."

She learned how to self-publish, took on editing jobs, and for four or five years has had steady editing jobs.

This year she wanted more. She wanted to help other people do the same.

Hence memoir writing. "I love getting to know peoples' stories, bringing their history to the surface, helping them interact with their own tale. I think there's value in linking and coming to terms with your story, knowing how it's shaped you. There's value in going through it and reflecting on it."

"Every story's worth telling," she adds with certainty... and a grin.

Someday she'll tell her own; she hasn't yet but it's there, waiting. She has a wealth of material to work from. Through the years she's kept journals; she has somewhere in the range of 60 she confesses... and she's only 35!

She plans to give the memoir writing course again, but she's going to up the game by adding a storytelling course, too — "maybe eight weeks," she says, "using archetypal stories to explore your own life."

"You know... as we grow in life, we grow through all of the archetypes — maiden, hero, queen, king, crone and mage." She adds that there are patterns in our lives, and people often get stuck; this is where we need stories and narratives to help push us through.

"At the end of the course," she says, thinking ahead, "if everyone submitted



Rebekah Smith (far right) is sharing her love of memoir writing by giving courses. Her latest took place at Hourglass Café in Perth.

their favourite, we could print an anthology, have a party and read!"

But before we even get to the party, there has to be a beginning with a first draft. "First drafts aren't polished," she explains. And there are pitfalls, like, "thinking you need to write everything down, be perfect in remembering."

"There is grace in admitting mis-remembering, or admitting there may be things you don't want to put in," she adds.

But what is it about memoirs, in particular, that draws her? "A memoir shows how the author has transformed somehow

— changed or grown, or both — one person becomes another. It's the internal journey."

She adds that an effective memoir brings the reader close to the tensions and choices in the author's life, walks the reader through their growth, their reflection.

She grins again. "Someday I'll write one..."

Write Your Story!

To get in touch with Rebekah about her upcoming courses, visit her website at <rksmith.ca> or contact her at <rksmith-books@gmail.com>.

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The Giant's Garden

A Full-Length Canadian Musical at Station Theatre

If you have ever wished for a Summer that never ends, then the Giant's Garden is where you would like to be! *The Giant's Garden* is a heartwarming story, beautifully written and composed by celebrated Torontonians Peter Fenton and Scott White. So many talented young people auditioned for the show that director Lynda Daniluk found she needed to create two casts to properly showcase these young performers (ages 6 to 17), and so she also added an eighth performance! Throughout the summer they are learning brand new music, dance steps and of course their lines. On top of that, a team of parents are exhibiting their creative talents in costumes, props, set dressing and more. The show opens on August 15 and all that will remain is for you to come out and enjoy! See below for all the information you need to get tickets for this wonderful fully Canadian production.

Since the Giant (Ryan Mills, Kaylan Looby) left the garden in Summer's (Isabella MacDonald, Isabella Flinn) charge seven years ago, she banished her sister

Winter (Ava Legault, Anita Garvin) so Summer has reigned supreme. During this time many children have found a safe home in the Garden protected by Summer, Bird (Edison Thompson, Chloe Bingham) and Flower (Adèle Laferrière, Sidonie Lecomte). One day their tranquil routine life is interrupted by Oscar (Brysyn MacFarlane, Azalea Gray) and while at first Constance (Élise Laferrière, Emma McIlvenna), who is kind of a leader of the children, tries to oust him, he ultimately gets to stay and ends up making quite a difference in the future of the Garden when the Giant returns and Winter decides it's time to take over again!

The show runs for eight performances over two weekends, with 7:30PM performances on August 15, 16, 21 and 22. 2PM matinée performances will be on August 16, 17, 23 and 24. The Station Theatre now offers seating selection when you order online at <smithsfallstheatre.com> (even if you have season vouchers — just use the voucher code in your order).



Summer and Winter battle for control of the Garden, while Giant is locked in the Tower! Above: Anita Garvin, Bella Flinn, Lucie Laferrière, Brysyn MacFarlane, Bryson Brown, Kaylan Looby and Clara Laferrière.

Orders can also be made at Special Greetings, 8 Russell Street East in Smiths Falls, Monday through Saturday from 9AM to 5PM. You can also call the store at 283-2244. Adult tickets are \$24, student tickets are \$10. The full season of plays has something for everyone, so visit the website to find out about all that is coming up at The Station Theatre.

Fall Fiesta

A Fun Camp for Baby Boomers from Sept. 1-5

Fall Fiesta is a four-day September holiday at Red Pine Camp on Golden Lake, a 15-minute drive from Eganville. Now in its 13th year, it has become an annual holiday for approximately 80 adult campers, many of whom return every year.

Evening program highlights are a wine and cheese reception, live music, musical bingo, and progressive euchre. Throughout the week there are daily acrylic painting lessons, pickleball clinics, rug hooking, crafts, guest speakers, and the use of kayaks and paddle boards on the waterfront. There is something for everyone at Fall Fiesta and campers can participate in as much or as little as they like.

Registration can be your choice of days or the full event. Fall Fiesta is an all-inclusive holiday that includes a private



"Fall Fiesta" offers a fabulous four-day holiday for baby boomers on the shore of beautiful Golden Lake



cabin, all meals, evening programming and use of the waterfront. A few activities such as crafts and pickleball coaching have a modest supplemental cost. Meals are served buffet style and cater to all dietary requirements. Accommodation is in rustic cabins and washrooms are communal. The cost for the full event is \$550 tax included, and there is also an off-site rate if you live nearby and prefer returning home to sleep.

For more information and to register, please visit <fallfiesta.weebly.com>. The coordinator can be reached through the contact/registration tab on the website or by email at <catherine_a_loudon@hotmail.com>./.

Festival of the Wild Child

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I'm Doing It!

At Art in the Attic, I bought a tiny jewel of a painting by local artist Henry Hamilton. I hoped it would inspire me to paint. However, I knew I couldn't turn out anything so perfect, so just enjoyed its beauty but left my paints in the drawer.

I noodle about on YouTube watching art tutorials, one in particular. On July 1 the artist threw down the gauntlet: a one-month painting challenge, a new technique every day, a Facebook group where we could share our work, and even some live chat sessions. The

by Glenda Jones

best part was these mini-sessions were to be done in less than half an hour. Surely I could commit to something this easy!



Our tutor suggested paints, brushes and a sketchbook, but didn't tell us what we were going to learn. Seeing my new paint set was like the first day of school, full of possibilities and promise. I couldn't wait to get started. Anyway, it was too hot to be outside.

Day 1, I spread out my supplies and opened the sketchbook, pristine and white, hoping I wouldn't make a total botch of it. What do you know: it was an easy project, a plain colour wash, and I threw caution to the wind and used a colour I'd never used before. What fun! I'd have done several more, but I was sticking to the plan of a half-hour.

Day 2, we painted with every colour in the new paint set, all 36, more than I've ever had before, and no messy tubes with impossible tops. My painting corner

was already expanding, as was my determination to see this challenge progress. Learning something new can be hard, especially when I am short on patience — I know, that's a bad thing! Watercolour demands patience: dabble, wait for it to dry, watch the hummingbirds, come back and do some more, wait again. "Just relax, why don't you!" I figured I was going to learn a lot more than simply the painting techniques.

I thought I'd skip the weekend tutorials, but then realized I'd be behind the rest of the group, so stuck to the plan. By Day 6 the Facebook group was up, and I was confident enough to post one of my efforts, not that it's brilliant, just that it's proof I'm actually following the plan. It's all about the discipline to check in daily and accomplish this creative task completely for my own pleasure; no expectations, no recriminations, and no destroying the evidence that I did it.

"A hundred years ago" when I was a half-decent runner, I trained every day because I knew if I didn't I was letting myself down the next time I was on a start line. It was the getting-to-Carnegie-Hall thing: practice, practice. How easy it is to set a goal; how easy it is to throw it away when the going gets tough! However, if we can get over the first couple of hurdles, the goal is one step closer.

So on I go with this painting challenge. I have painted a respectable water scene, trees that look like trees, and what do you know: flowers that are fun. They're not like any garden flowers I grow, but they're thriving in my imagination. The best part is I didn't look at a photo of a flower and slavishly try to replicate it. I let the paint flow, and there they are. Lesson here too: sometimes it's a good thing to let life roll over us and see where it takes us. Maybe instead of housework we should eat ice cream sitting in the park. Today we took a road trip off the beaten path through forests and farmland we had never explored. We just let the car take us.

I'm more than half-way through the month now and am looking back with some amazement that I've actually been painting every day for 19 days so far, not missing even one, and loving what is happening to my work. Yes, there's actually some improvement.

I'm not looking for perfection — far from that — just something different than what I would usually be painting. I am astonished that I can dredge up ideas from my imagination without relying on photos.

And yes, I'm learning that watching paint dry can be exciting, knowing it's only the first step along the way. I keep my crossword handy and fill in a few blanks while I wait. There'll be many times in life when I'll have to wait, and now I'll be better at it thanks to waiting for paint to dry.

On July 31 I'll have a sketchbook of possibilities, the proof that if I stick to this plan I might improve while having a grand time making colourful art for my own pleasure, and who better to entertain than myself? Thank you, Henry, for nudging me into this project.

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Almonte Fair, Sep 5-7
Fibrefest, Almonte, Sep 6-7
Crystal Journey, Almonte, Sep 8-9
Perth Night Market, Sep 13
Cycle Tourism 2.0, Almonte, Sep 17
You Can't Take it With You, Perth, Sep 18-28
Quilts in a Small Town, Almonte, Sep 26-27
Fleetwood Mac Mania, Perth, Sep 27
Merrickville Arts Guild Studio Tour, Sep 27-28
Reconciliation Through Art, Almonte, Sep 28-30
Indigenous Music Concert, Almonte, Sep 29
Madawaska Valley Studio Tour, Oct 4-5
ADHS 150 Celebration, Almonte, Oct 11
Christmas in the Valley Artisan Show, Almonte, Nov 1-2
Itty Bitty Artisan & Art Show, Carleton Place, Nov 8-9

Festivals

Killaloe Craft and Community Fair, Aug 8, 2PM. Art, music and community. 2789 Mountain View Rd, Killaloe. Starting at \$30 Friday (Youth/Seniors) to \$80 weekend pass (General Admission). killaloefair.ca
Trainfest, Aug 9, 10AM-4PM. Vintage caboose rides, interactive railway exhibits, and mini-train rides. Railway Museum of Eastern Ontario, Smiths Falls. rmeo.org
North Lanark Highland Games, Aug 23, 8AM-6PM. Bagpipers, highland dancers, heavy events, children's games, massed bands, & a beer tent! NLAS Almonte Agricultural Hall & Fairgrounds. \$15 in advance, \$18 through eventBrite.ca. \$20 at the gate. almontehighlandgames.com
Perth Fair, Aug 29, 12-9PM & Aug 30-31, 9AM-9PM. Competitions, rides, food, vendors & entertainment. Perth Fairgrounds. perthfair.com

Literature

Curveballs Book Tour, Aug 2, 2PM. Gail Taylor, songwriter, author, keynote speaker & Beverley Wolfe, actor, musician, playwright. Spark Books & Curios, Perth. RSVP gailtaylor@gailtaylorlormusic.com
Book Signing with Kristin Carter-Groulx, Aug 7, 11AM-1PM. Come meet Kristin Carter-Groulx, pick up a signed copy of her wonderful books, & enjoy live music by Jules, who will be playing guitar throughout the event. Jazzy's Brewhaus, Perth. jazzysbrewhaus.com
Book Club, Aug 25, 7PM. New members welcome, email millstreetbooks@gmail.com to join. Mill Street Books, Almonte. Free. millstreetbooks.com
Silent Book Club, Aug 27, 6PM. Please RSVP at sbcperth.ticketleap.com. Space is limited. Bridge Masters Brewing Company, Perth.

Monday	Tuesday	Wednesday	Thursday
Smiths Falls Old Home Week 2025 presents a week of festivities and reunions [Aug 2-9] <oldhomeweek.com> The Almonte & Area Artists Association is collaborating with the Mill of Kintail who are hosting their annual art show in the Museum <almonteaartists.ca> General Fine Craft presents new works by Paulus Tjiang (blown glass), Andrea Vuletin (mishima porcelain), and Robert Pauly, (quilts) <generalfinecraft.com> Mississippi Valley Textile Museum presents <i>Susan Warner Keene: Paper / Practice</i> and Alexia-Leana Kokozaki's <i>here are some flowers to remember me by</i> [from Aug 9] <mvtm.ca> Sivarulrasa Gallery presents <i>Bloom</i> by Barbara Gamble, Sarah Anderson and Peter Wood; <i>Mary Pfaff: A Little More</i> <sivarulrasa.com> The Arts CP Art Hub presents the group show <i>Shooting Stars</i> , featuring 37 artists <artscarletonplace.com> The Corridor Gallery of the Almonte Library presents art by Vanessa Coplan [from Aug 10]			
4 Summer Plein Air Sessions, Arnprior Smiths Falls Old Home Week Birds of a Feather, The Cove	5 High Times at the Heart Institute, Pembroke Smiths Falls Old Home Week Eric Uren & Meghan Balogh, The Cove	6 Bike Night on Beckwith, Smiths Falls Wings 'n Tunes, The Cove Saved by the Bell: Hillcrest Cemetery Tour, Smiths Falls Smiths Falls Old Home Week Smiths Falls Got Talent, Smiths Falls	7 Almonte Fair Homecraft Exhibitor's Workshop Movies Under the Stars, Smiths Falls Book Signing, Perth Songwriters Showcase, Merrickville Smiths Falls Old Home Week Book Signing with Kristin Carter-Groulx, Perth Original Thursdays - Ben Rowland, The Cove
11 Summer Plein Air Sessions, Arnprior Gerald McGrath, The Cove	12 Eric Uren & Meghan Balogh, The Cove	13 Rideau Lakes Sewers & Quilters, Portland Flower Show & Wild Flower Photography, Pakenham Wings 'n Tunes, The Cove	14 Original Thursdays - Tom Savage, The Cove Carleton Place Toastmasters
18 Summer Plein Air Sessions, Arnprior Gerald McGrath, The Cove	19 Karaoke for a Cause, The Cove	20 Butterfly Release, Perth Wings 'n Tunes, The Cove	21 The Giant's Garden, Smiths Falls End of Summer Party, Perth The Tritones, Snow Road Station Original Thursdays - Brownman Electryc, The Cove
25 Book Club, Almonte Summer Plein Air Sessions, Arnprior Book Club, Almonte Gerald McGrath, The Cove	26 Eric Uren & Meghan Balogh, The Cove	27 Wings 'n Tunes, The Cove Silent Book Club, Perth	28 Original Thursdays - Graham Nicholas, The Cove Carleton Place Toastmasters

Local Food

Garlic Nirvana, Aug 10, 9AM-1PM. Tastings; growers lecture; 10 varieties of garlic available as seed or for culinary use. Indian Creek Orchard Gardens, Pakenham. Free. indiancreekorchard.ca
Blueberry Tea at Union Hall, Aug 24, 2-4PM. Homemade blueberry dessert and drinks Union Hall, Almonte. donations welcome

Visual Arts

Summer Plein Air Sessions, every Monday 10AM-12PM. Hosted by the Arnprior Library and the Arnprior Art Loft. Robert Simpson Park. Free. arnpriorlibrary.ca
Carleton Place Riverfront Artscape, Aug 16, 10:30AM-5PM. Art and music at the river walkway. CP Gallery. Free. cpgallery.ca
Paint the Summer Art Show & Sale, Aug 23 & 24, 10AM-4PM. Westport Community Centre. rideaulakesartists.com
Sundance Artisan Show, Aug 30, 31 (10AM-5PM) & Sep 1 (10AM-2PM). 40 artists along the Fall River in Maberly. Free. sundancestudio.ca

Theatre

Outerbridge Magic - Mysteries of the Keyhole House, every Saturday at 2PM. A show filled with magic and illusions that will amaze and thrill audiences of all ages. The Pews, Merrickville. outerbridgemagic.com
B-Movie Weekend, Aug 2 & 3. Plan 9 from Outer Space (Aug 2, 7PM), Forbidden Planet (Aug 3, 2PM), and The Day The Earth Stood Still (Aug 3, 4:15PM). Studio Theatre Perth. \$12 per person, \$22 per day, \$30 for the weekend pass from TicketsPlease.ca
High Times at the Heart Institute, Aug 5, 7PM. A musical comedy tribute to Canada's health care system inspired by Ish Theilheimer's own experience as a patient at the University of Ottawa Heart Institute. Rankin Culture and Recreation Centre, Pembroke. \$45; \$15 Youth at TicketsPlease.ca
Saved by the Bell: Hillcrest Cemetery Tour, Aug 6, 7PM. Step into the world of history and superstition. Smiths Falls. \$15 per person. smithsfalls.ca/heritagehouse
Movies Under the Stars, Aug 7, 7PM. Centennial Park, Smiths Falls. smithsfalls.ca/heritagehouse

Downtown Smiths Falls Ghost Walk, Aug 8, 7PM. Meet at Town Hall. \$15 per person. smithsfalls.ca/heritagehouse
The Last Ice Age, Aug 9, 2PM. Part of the Shifting Landscapes film series. Wildwood Farm, Maberly. \$15 from TicketsPlease.ca
Noreen's Night of Nonsense Cabaret, Aug 9, 7:30PM. Puppet's Up! Cabaret in honour of Noreen Young. Almonte Old Town Hall. \$100 from TicketsPlease.ca
The Giant's Garden, Aug 15, 16, 21 & 22 at 7:30PM, Aug 16, 17, 23 & 24 at 2PM. Station Theatre, Smiths Falls. Adult \$24, Student \$10. Tickets available at Special Greetings or smithsfallstheatre.com

Youth

Smiths Falls Got Talent, Aug 6, 5:30-9:30PM. Old Home Week youth variety show. The Station Theatre, Smiths Falls. Free. smiths-fallstheatre.com
Dino Day, Aug 16, 10AM. Dinosaur themed activities, crafts, and more. North Lanark Regional Museum, Appleton. \$10/child. northlanarkregionalmuseum.com
King of the Dump Book Launch, Aug 30, 12:30PM. Launch and signing with Tim Wynne-Jones. The Book Nook, Perth. thebooknookperth.com

Music

Spencer Scharf, Aug 2, 1-2:30PM. Live music. Smiths Falls Town Square Bandstand. free. facebook.com/DowntownSmithsFalls
Chords for Change, Aug 2, 6:30PM. Hosted by Landon Bedor in partnership with YAK. Perth Civitan Club. \$30. info@yakyouth.ca.
Live Music with Celestia, Aug 2, 12PM. A Bunch of Whimsy, Carleton Place. abunchofwhimsy.com
First Thursdays - Songwriters Showcase, Aug 7, 7:30PM. Brock Zeman and Keith Glass The Pews, Merrickville. \$20 in advance, \$25 at the door. thepews.ca
trxtrs, Aug 15, 7-9PM. Live Music. Jazzy's Brewhaus, Perth. jazzysbrewhaus.com
Ecotay Barn Dance, Aug 15, 7PM. Music and dancing with The Marley Hill Band. Ecotay Perth. ecotay.ca
Ontario Youth Choir, Aug 16, 12PM. Peace, Nature, & Our Time St. Paul's United Church, Perth. \$35 Adults, \$20 Students, \$10 Children
MUSICwestport, Aug 16. By-donation concerts at multiple locations. westportartsouncil.com/musicwestport
Tom Watson, Aug 16, 1PM. Smiths Falls Town Square Bandstand. downtownsmithsfalls.ca

Friday	Saturday	Sunday
<div>1</div> <div><div></div><div>Retro Kings, The Cove</div></div>	<div>2</div> <div><div></div><div>Outerbridge Magic - <i>Mysteries of the Keyhole House</i>, Merrickville</div><div></div><div>B-Movie Weekend, Perth</div><div></div><div>Curveballs Book Tour, Perth</div><div></div><div>Smiths Falls Old Home Week</div><div></div><div>Saturday Summer Markets, Carleton Place</div><div></div><div>Spencer Scharf, Smiths Falls</div><div></div><div>Chords for Change, Perth</div><div></div><div>Celestia, Carleton Place</div><div></div><div>Michael & Ingrid, Westport Brewing Co.</div><div></div><div>Doug Van Der Horden, The Cove</div><div></div><div>Long Weekend Party featuring TheOtherKrow, CC's on the Rideau</div></div>	<div>3</div> <div><div></div><div>B-Movie Weekend, Perth</div><div></div><div>Smiths Falls Old Home Week</div><div></div><div>Evan Carlson, Westport Brewing Co.</div><div></div><div>Timothy Loten, CC's on the Rideau</div><div></div><div>Head Over Heels, The Cove</div></div>
<div>8</div> <div><div></div><div>Killaloe Craft and Community Fair</div><div></div><div>Jeff Callery, The Cove</div><div></div><div>Downtown Smiths Falls Ghost Walk</div><div></div><div>Smiths Falls Old Home Week</div></div>	<div>9</div> <div><div></div><div>Killaloe Craft and Community Fair</div><div></div><div>Noreen's Night of Nonsense Cabaret, Almonte</div><div></div><div>The Last Ice Age, Maberly</div><div></div><div>Trainfest, Smiths Falls</div><div></div><div>Summer Social Smiths Falls</div><div></div><div>Special Olympics Soccer Tournament, Perth</div><div></div><div>Naismith 3-on-3 Basketball Tournament, Almonte</div><div></div><div>Saturday Summer Markets, Carleton Place</div><div></div><div>Amanda Keeley, The Cove</div><div></div><div>Outerbridge Magic - <i>Mysteries of the Keyhole House</i>, Merrickville</div><div></div><div>Smiths Falls Old Home Week</div><div></div><div>Spencer Scharf, Westport Brewing Co.</div><div></div><div>Matt Dickson, CC's on the Rideau</div><div></div><div>Mountain Head, Neat Coffee Shop</div></div>	<div>10</div> <div><div></div><div>Killaloe Craft and Community Fair</div><div></div><div>Garlic Nirvana, Pakenham</div><div></div><div>Trainfest, Smiths Falls</div><div></div><div>Head Over Heels, The Cove</div><div></div><div>The Weekend Special Duo, CC's on the Rideau</div></div>
<div>15</div> <div><div></div><div>MUSICWestport Kick-off with The Human Rights, The Cove</div><div></div><div>The Giant's Garden, Smiths Falls</div><div></div><div>trxts, Perth</div><div></div><div>Colin Linden, Neat Coffee Shop</div><div></div><div>EcoTay Barn Dance, Perth</div><div></div><div>Dallas Alexander, CC's on the Rideau</div><div></div><div>CNIB Guide Dog Open House, Carleton Place</div></div>	<div>16</div> <div><div></div><div>Destination Almonte SaturDAY Market</div><div></div><div>Watershed Discovery Day, Perth</div><div></div><div>Pakenham Horse Show</div><div></div><div>Grove Rove, Arnprior</div><div></div><div>Saturday Summer Markets, Carleton Place</div><div></div><div>Ontario Youth Choir, Perth</div><div></div><div>MUSICWestport, Westport</div><div></div><div>Generator Party, The Cove</div><div></div><div>Tom Watson, Smiths Falls</div><div></div><div>Outerbridge Magic - <i>Mysteries of the Keyhole House</i>, Merrickville</div><div></div><div>The Giant's Garden, Smiths Falls</div><div></div><div>Almonte Town & Home Tour, Almonte</div><div></div><div>Spencer Scharf, Westport Brewing Co.</div><div></div><div>Riverfront Artscape, Carleton Place</div><div></div><div>Dino Day, Appleton</div></div>	<div>17</div> <div><div></div><div>Neil Graham Memorial Car Show, Perth</div><div></div><div>Evan Carlson, Westport Brewing Co.</div><div></div><div>Head Over Heels, The Cove</div><div></div><div>The Giant's Garden, Smiths Falls</div><div></div><div>The Perth Citizen's Band, Perth</div><div></div><div>Cattail Creek, Perth</div><div></div><div>Rosewood, CC's on the Rideau</div></div>
<div>22</div> <div><div></div><div>The Giant's Garden, Smiths Falls</div><div></div><div>Menno Versteeg, Neat Coffee Shop</div><div></div><div>Matt Dickson, The Cove</div></div>	<div>23</div> <div><div></div><div>Saturday Summer Markets, Carleton Place</div><div></div><div>Classix, The Cove</div><div></div><div>Folk in the Forest, Appleton</div><div></div><div>The Giant's Garden, Smiths Falls</div><div></div><div>Paint the Summer, Westport</div><div></div><div>North Lanark Highland Games, Almonte</div><div></div><div>Outerbridge Magic - <i>Mysteries of the Keyhole House</i>, Merrickville</div><div></div><div>Festival of the Wild Child, Pakenham</div><div></div><div>Jonathan Jones, Westport Brewing Co.</div><div></div><div>Perth Museum's 100th Anniversary</div></div>	<div>24</div> <div><div></div><div>Paint the Summer, Westport</div><div></div><div>The Giant's Garden, Smiths Falls</div><div></div><div>Blueberry Tea, Union Hall</div><div></div><div>Head Over Heels, The Cove</div><div></div><div>Luke Quattrocchi, CC's on the Rideau</div></div>
<div>29</div> <div><div></div><div>Perth Fair, Perth</div><div></div><div>No Principals, The Cove</div></div>	<div>30</div> <div><div></div><div>Sundance Artisan Show, Maberly</div><div></div><div>King of the Dump Book Launch, Perth</div><div></div><div>Secondhand Stories Open House, Perth</div><div></div><div>Saturday Summer Markets, Carleton Place</div><div></div><div>Chris Murphy, The Cove</div><div></div><div>Al Lerman, CC's on the Rideau</div><div></div><div>Celestia & Paradolia, Carleton Place</div><div></div><div>Outskirts, Merrickville</div><div></div><div>umberlune, Smiths Falls</div><div></div><div>Merrickville Antique Show</div><div></div><div>Outerbridge Magic - <i>Mysteries of the Keyhole House</i>, Merrickville</div><div></div><div>Perth Fair, Perth</div><div></div><div>John VW, Westport Brewing Co.</div><div></div><div>Anders Derup, Neat Coffee Shop</div></div>	<div>31</div> <div><div></div><div>Sundance Artisan Show, Maberly</div><div></div><div>Perth Fair, Perth</div><div></div><div>Evan Carlson, Westport Brewing Co.</div><div></div><div>Head Over Heels, The Cove</div></div>

Cattail Creek, Aug 17, 2–4PM. Live Music. Jazzy's Brewhaus, Perth. [jazzysbrewhaus.com](#)

Perth Citizens' Band Summer Concert, Aug 17, 2PM. Crystal Palace, Perth. [perthband.ca](#)

The Tritones, Aug 21, 7PM. Jazz quartet. Snow Road Community Centre, Snow Road Station. \$15. [snowroadcommunitycentre.com](#)

Folk in the Forest, Aug 23, 2PM. Outdoor music festival in support of Community Ascent's education project in Piñán, Ecuador! Appleton. \$50 (plus fees) from [TicketsPlease.ca](#)

Outskirts, Aug 30, 8PM. Celebrating the music of Blue Rodeo. The Pews, Merrickville. \$35 in advance, \$45 at the door. [thepews.ca](#)

umberlune, Aug 30, 1PM. Smiths Falls Town Square Bandstand. [downtownsmithsfalls.ca](#)

Live Music with Celestia & Paradolia, Aug 30, 12PM. A Bunch of Whimsy, Carleton Place. [abunchofwhimsy.com](#)

Pub Listings

The Cove (Westport, 273-3636): 5–8PM unless noted; Mon Gerald McGrath; Tue Eric Uren & Meghan Balogh; Wed Wings 'n Tunes w/ Shawn McCullough (5:30–8:30); Sun Head Over Heels

Aug 1 Retro Kings

Aug 2 Doug Van Der Horden

Aug 4 Birds of a Feather

Aug 7 Original Thursdays - Ben Rowland, 8PM

Aug 8 Jeff Callery

Aug 9 Amanda Keeley Trio

Aug 14 Original Thursdays - Tom Savage, 8PM

Aug 15 MUSICWestport Kick Off with The Human Rights, 6–9PM, \$50

Aug 16 MUSICWestport + after party w/ Generator Party

Aug 19 Karaoke for a Cause, 7–10PM

Aug 21 Original Thursdays - Brownman Electryc Trio, 8PM

Aug 22 Matt Dickson

Aug 23 Classix

Aug 28 Original Thursdays - Graham Nicholas, 8PM

Aug 29 No Principals

Aug 30 Chris Murphy

Westport Brewing Co. (Westport, 273-2739): Tunes on Tap, 2–4PM

Aug 2 Michael & Ingrid

Aug 3 Evan Carlson

Aug 9 Spencer Scharf

Aug 17 Evan Carlson

Aug 23 Jonathan Jones

Aug 31 Evan Carlson

CC's on the Rideau (Rideau Ferry, 267-6060)

Aug 2 Long Weekend Party featuring TheOtherKrow, 8PM, \$10

Aug 3 Timothy Loten, 2PM

Aug 9 Matt Dickson, 7PM

Aug 10 The Weekend Special Duo, 2PM

Aug 15 Dallas Alexander, 6:30PM, \$10

Aug 17 Rosewood, 2PM

Aug 24 Luke Quattrocchi, 2PM

Aug 30 Al Lerman, 7PM

Neat Coffee Shop (Burnstown, 433-9960)

Aug 9 Mountain Head, \$30

Aug 15 Colin Linden, \$50

Aug 22 Menno Versteeg, \$45

Aug 30 Anders Derup, \$30

Community

Saturday Summer Markets, Saturdays, 9AM. Meet our Vendors! Weather Dependent. A Bunch of Whimsy, Carleton Place. [abunchofwhimsy.com](#)

Bike Night on Beckwith, Aug 6, 5PM. Live music and entertainment. Beckwith St., Smiths Falls. Free Admission. [downtownsmithsfalls.ca](#)

Almonte Fair Homecraft Exhibitor's Workshop, Aug 7, 7PM. Judges explain standards for various divisions. Almonte Agricultural Hall, Almonte. Free, Register at [almontefair.weebly.com](#) by August 4

Summer Social, Aug 9, 11AM–4PM. Live music, vendor market, entertainment and family-friendly activities. Downtown Smiths Falls. Free. [downtownsmithsfalls.ca](#)

Naismith 3-on-3 Basketball Tournament, Aug 9. [naismithbasketball.ca](#)

Special Olympics Soccer Tournament, Aug 9. Conlon Farm, Perth

End of Summer Party!, Aug 21, 2–3PM. Celebrate the end to another fun summer program! Perth Library Gardens. [info@perthunionlibrary.ca](#)

Rideau Lakes Sewers and Quilters, Aug 13, 9AM. Sew quilts for those in need. Portland United Church, Portland. [jpick@kingston.net](#)

Carleton Place Toastmasters Club, Aug 14 & 28, 7PM. Improve your public speaking and leadership skills. Waterside Retirement Community, Carleton Place. [carletonplace.toastmastersclubs.org](#)

CNIB Guide Dogs Canine Campus Open House, Aug 15, 10AM. Behind-the-scenes tour. 9643 McCuan Rd, Carleton Place. [volunteer.guidedogs@cnib.ca](#)

Watershed Discovery Day, Aug 16, 8AM. presented by Friends of the Tay Watershed. Perth Farmers' Market.

Pakenham Horse Show, Aug 16, 9AM. Classes for all ages. Free for spectators. Pakenham Community Park, Pakenham. [pakenhamha@gmail.com](#)

Grove Roves, Aug 16, 9AM. Accessible guided tour in Gillies Grove old growth forest. Meet at 151 Ottawa St, Arnprior. [savethegroveagain.com](#)

Destination Almonte SaturDAY Market, Aug 16, 10AM. Summer pop-up vendor market raising funds for AGH-FVM and the Textile Museum Downtown Almonte. [destinationalmonte.com/events](#)

Neil Graham Memorial Car Show, Aug 17, 9AM. Bbq, music, door prizes, 50/50 draw and tons of cool cars. Civitan Club of Perth. Free. [civitanclubofperth.com](#)

Butterfly Release at Stewart Park, Aug 20, 5PM. To register contact Sam at 613-267-6400 or [samf@chslc.ca](#)

Secondhand Stories 2nd Annual Open House, Aug 30. Meet our flock and to learn about our work. Secondhand Stories, Perth. \$10. [secondhandstories.ca](#)

Smiths Falls Old Home Week, Aug 2–9, 9AM. Parade, reunions, loads of events. Free. [oldhomeweek.com](#)

Flower Show & Wild Flower Photography, Aug 13, 7PM. By the Pakenham Horticultural Society. St. Andrew's United Church, Pakenham. [gardenontario.org/society-listing/entry/51](#)

Almonte Town & Home Tour, Aug 16, 10AM–5PM. A tour featuring unique homes and businesses. Mississippi Valley Textile Museum, Almonte. \$40, available at [ticketsplease.ca](#)

Festival of the Wild Child, Aug 23, 10AM–4PM. Storybook Tent, Magical Fairies, and Pond Life — along with some exciting new activities in the works. High Lonesome Nature Reserve, Pakenham. Free registration, donations welcome. [mmlt.ca](#)

Perth Museum's 100th Anniversary, Aug 23, Noon–5PM. Perth Museum. [perth.ca/museum](#)

Merrickville Antique Show, Aug 30, 10AM. Merrickville Fairgrounds. \$8 entry (under 12 free). [antique-shows.ca](#)

Getting to the Flax of the Matter!

By Heather Phaneuf

Thirty thousand years ago in present day Georgia, we know that wild flax was spun and dyed. Plutarch of ancient Greece tells us that priests of Isis clothed themselves in robes of linen because of its purity. A condom made from fine linen was found in King Tutankhamun's tomb — for disease prevention, if you must know. Stories can lead in so many directions, and here it leads to the Cavadelo Flax Garden in Pakenham where two women, Debra Bertrand and Louise Delorme, share the story of flax — from seed to fibre.

"We met while dragon boating years ago," says Debra, "and found not just friendship, but eventually an interest in linen — and all the steps to create it." In fact, I first encountered Debra at the 2024 Fibrefest in Almonte, an annual event put on by the Mississippi Valley Textile Museum to showcase all the warps and wefts of fibre and craft. She had the most interesting business card attached to a small vial of seed. I was intrigued and determined to learn more about the blue flowered "very useful" plant, *islinum usitatissimum*.

Like any great story, drama plays a part in this one — a pandemic that allowed time for nurturing an idea and for intense research. Discovering that linen threads came from the flax plant at the 2019 Ottawa Valley Weavers and Spinners Guild exhibition, Debra and Louise germinated a dream of producing their very own linen to weave.

I first visited the field on a grey day in early June and got a sense of some of the folk who share the dream. Weeding one field was Veronique, a new weaver originally from the Saguenay, keen on learning all aspects of this natural fibre, adamant

that: "... we need others to carry this tradition onwards." In another is Barb, another weaver with a hands-on commitment to past traditions both in the garden and elsewhere as an historical re-enactor: "I've been a redcoat and learned how to fire a musket which I did — just once." Hmmm. Fibre folk are an interesting mix of skills and curiosity indeed.

Cavadelo wants you to have fun with flax and to learn more about this historic and zero-waste fibre while doing it. Hand-processing was fundamental and that meant finding the perfect tools — enter the Arnprior Men's Shed. Working from circa-1800 drawings found online, they fashioned a ripple, a flax brake, a scutching board and knife, along with three hackles. Yes, it's both a specialized means of production and a new vocabulary.

When seeds have germinated and grown, the stalks are pulled up and spread on the ground, or in snow, or in pools of water — a process known as retting, in which micro-organisms begin a natural process to separate the valued fibre from the stem. Rippling removes the seed heads. In time and once dried thoroughly, hackling, or threshing the fibre takes place.

This is also a story of connections beyond the Pakenham fields into a growing network of folk and organizations all passionate about flax. Seeds are sourced from diverse regions, including the Netherlands. Long road trips east mean working with TapRoot Fibre of Nova Scotia for flax processing, and with the Flaxmobile, intent on educating about flax as an alternative to fossil-fuel based fibres. A growing interest in local natural fibres has also meant collaborations with Wave Fibre Mill and other small and



Debra Bertrand and Louise Delorme are on a mission to share the fun of flax — from seed to fibre — at their Cavadelo Flax Garden in Pakenham

medium flax growers in Ontario entertaining the idea of a flax processing plant. Who knows how far a dream can take you.

They have learned so much and grown as gardeners. "Now I really want to focus on teaching about flax, to share what we've learned," says Louise, "it's always been a goal to guarantee that this knowledge is not lost for future generations."

As I left the garden that June day, I was invited to stroke a long golden skein of flax — it's over a hundred years old, from a dowry chest that had been stored in an attic in Austria. The fibre is strong and retains the beauty of passing on a gift that will have

a long life — a story that continues with the Cavadelo Flax Garden.

Intrigued? Well, consider that you can rent a small garden to plant and grow your own flax! In addition, there are scheduled processing demonstrations at the garden, and Harvest Days will happen in late August or early September. Debra and Louise will also return to Fibrefest in Almonte on September 6 and 7 <mvtm.ca/whats-on/fibrefest>.

Check them out online at <cavadelo-flaxgarden.godaddysites.com>, email <cavadeloflaxgarden@gmail.com>, or look for The Cavadelo Flax Garden on Facebook.



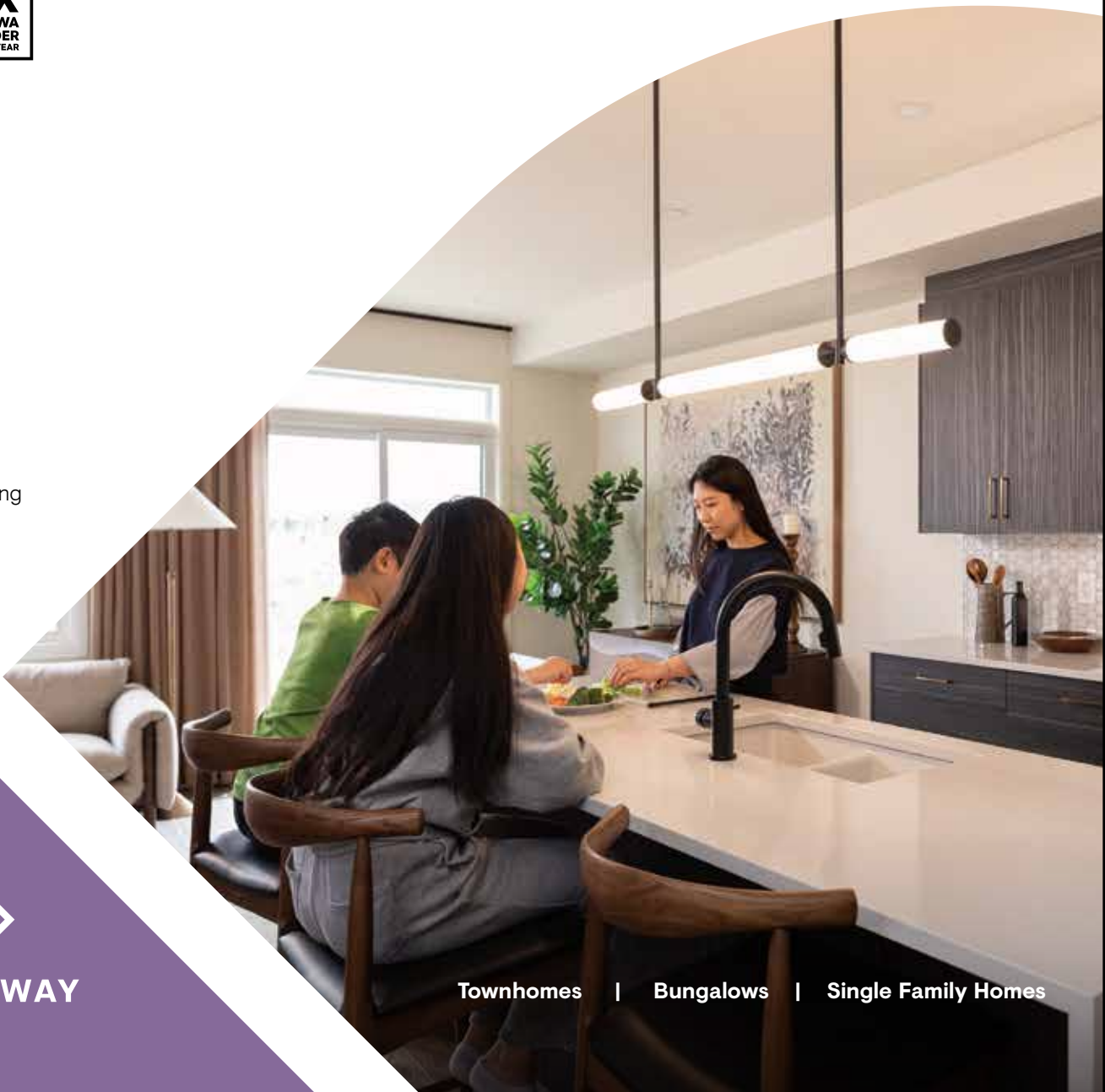
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The Man Who Planted Trees

Exhibition “Glow” at the Canadian Museum of Nature

Every tree we plant is a testament to our faith in the future. — Jean Giono, *The Man Who Planted Trees*.

Summer is a wonderful time to experience the benefits of nature. It’s a time when trees, with their leafy splendour, take centre stage for many.

A new exhibition at the Canadian Museum of Nature offers a great way to deepen your appreciation of the importance of trees, as well the power of even one person to make a difference in environmental stewardship. And it’s all presented through a unique multimedia and immersive experience.

The Man Who Planted Trees: An Immersive Tale, on until October 13, takes visitors through a lone shepherd’s journey as he reforests a barren valley in the French Alps. Scientific content about the essential role of trees in the cycle of life anchor this thought-provoking story.

The exhibition is itself a world-premiere, drawing inspiration from French author Jean Giono’s 1953 tale *The Man Who Planted Trees*. His story was later adapted for Radio-Canada’s 1988 Oscar-winning animated short, which was directed by illustrator Frédéric Back, with narration by noted actors Christopher Plummer in English, and Philippe Noiret in French.

The narrative thread of the exhibition is based on Back’s film, with added scientific information and activations, as well as interactive multimedia elements. To achieve this engaging mix, the Canadian Museum of Nature partnered with Supply + Demand, an award-winning multimedia creative studio in Montreal.

Audio-guide headsets lead visitors along the animated journey, which takes about 25 minutes. The experience is synchronized to visuals from the film and the science content, with sounds and effects bringing the story to life. Follow along as the narrator of the tale first meets the shepherd Elzéard Bouffier near the ruins of an abandoned village where trees had been cleared from the landscape. By the end of the story, the oaks that the shepherd had patiently planted, one acorn at a time, have flourished and restored life to the villages and the land.

Trees, guardians of biodiversity, figure prominently as the heroes of this tale. Visitors hear about seed

dispersal and how a forest is a rich community of plants, animals, fungi and millions of microorganisms, all connected in complex ways. A peek through portholes, for example, reveals the complex interactions happening underground, such as the close bond between tree roots and fungi.

The journey ends with a magical moment, which some visitors have likened to something out of *Lord of the Rings*. Using hand motion and body movements, a 4.6 metre interactive “tree” responds as the trunk and leaves light up.

Ottawa Valley Connection

Complementing the immersive experience are six panels with stories of individuals and groups who are planting and conserving trees. One presents Ottawa Valley cattle farmer Bob Dobson, who has planted 40,000 trees on his land. These have brought water back to his farm and helped to reduce soil erosion and provide shelter for animals.

Another panel introduces botanist, medical biochemist and author Diana Beresford-Kroeger from Merrickville. She combines science and ancestral knowledge to protect forests through her books, presentations, and experience planting thousands of trees with her husband.

While at the museum, you can see the original Oscar-winning film in the museum’s Theatre, remastered in 4k splendour. And on weekends and Thursday evenings, a science interpreter will be in the Mammal Gallery for hands-on activities about local forest biodiversity, which supplements the presentation of *Symbiosis*, an art installation led by artist cj fleury and presented in partnership with Eco Echo (Outaouais Environmental Campus).

The Canadian Museum of Nature is located at 240 McLeod Street in Ottawa. *The Man Who Planted Trees: An Immersive Tale* is included with general admission. Until September 1, thanks to the Canada Strong Pass program, youth 17 and under are free, with 18 to 24-year-olds get a 50% discount. It’s recommended that you reserve timed tickets at <nature.ca> to see this special exhibition.



A colourful multimedia experience immerses you in the importance of trees in a new exhibition at the Canadian Museum of Nature. Two Ottawa Valley icons are also featured! Photo by House of Common Studio.

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Calling All Puppets Up! Volunteers

By the Puppets Up! Volunteer Committee

If you’ve volunteered and been part of the magic and mayhem of Puppets Up!, we thank you! Yes, you!

In fact, we really, really want to celebrate your contributions and share the best of stories — no matter how, or when, you volunteered. By stepping up to share your skills and enthusiasm you made this great grassroots community event an incredible success.

You’re invited to join us after dinner on Wednesday, September 24 from 7-9PM at the Mississippi Valley Textile Museum (3 Rosamond St in Almonte).

Enjoy a very special evening marking your involvement in a great community festival, explore the museum, and enjoy some sweet treats and a cash bar. There’ll be time to swap memories of being a Puppets Up! volunteer, to remember the special folk who got the ball rolling, and maybe, just maybe, to hear from a puppet or two who have an apparent fondness for door prizes!

You know what’s next — grab that calendar, save the date, RSVP by email to <volunteers@puppetsup.com>, and let the fun begin!


ALMONTE TOWN & HOME TOUR


Presented by
Westview Projects

Saturday, August 16, 2025
10am - 5pm

 Scan this QR code to get your tickets for this unique tour today!

In support of the Almonte General Hospital - Fairview Manor Foundation & Mississippi Valley Textile Museum.



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Sundance: 40 Artists Along a Riverbank

Artisan Show on Labour Day Weekend

Celebrating its 19th year, the Sundance Artisan Show is an outdoor art show featuring 40 artists in a beautiful plein air setting in Maberly. Peppercorn across two acres of forest, field, and riverfront will be a diverse group of artisans specializing in various art forms: pottery, wood, metal, stained glass, soaps, fibre, jewellery, clothing, blown glass, and many more. The artists have been working hard over the year, and are again ready to present to you their wonderful creations. The setting is ideal for relaxing while shopping for the perfect gift for that special someone. Feel free to grab a chair and enjoy sitting by the beautiful Fall River adorned with old mill ruins.

You're in for a treat this year — literally! This year's event will be catered by celebrated local chef Tim Cota from Tichborne. His prestigious red-seal certification praises his culinary prowess, so visitors can expect tasty homemade treats.

As always, parking and entrance are free (although donations are welcome). The event



Enjoy art along the Fall River at the Sundance Artisan Show. The image above is by Jolanda Noble of Glass Addict

takes place over all three days of the Labour Day long weekend (August 30 & 31, and September 1) at 126 Maberly Elphin Road in Maberly (at the intersection of Hwy 7 and County Rd 36). On Saturday and Sunday it runs from 10AM to 5PM; on Monday from 10AM to 2PM. Further details can be found at <sundancestudio.ca>.

Destination Almonte Steps Up

A Summer Market with a Mission

When community spirit meets creative fundraising, beautiful things happen. That's exactly what's unfolding as Destination Almonte announces their special summer vendor market to raise additional funds for the upcoming Almonte Town & Home Tour.

Best known for their seasonal street markets, the Destination Almonte Association (DA) is made up of many local businesses and shop owners who come together to ensure that Almonte is both a wonderful tourist destination and a place to enjoy as a local.

The Almonte Town & Home Tour, a beloved biennial tradition, supports two vital community pillars: the Almonte General Hospital Fairview Manor Foundation and the Mississippi Valley Textile Museum. These institutions serve as cornerstones of our community's health and cultural heritage, making them deserving recipients of our collective support.

This year, on Saturday, August 16, visitors and residents alike will have the opportunity to shop with purpose at Destination Almonte's bonus summer vendor market at Kirkland Park (along the RiverWalk behind the post office). The pop-up event promises to be more than just another shopping experience; it's a community gathering where every vendor and DA member contributes to the Town & Home Tour fundraiser.

"We believe in the power of community coming together, of collaboration above competition," explains Destination Almonte President Micheline Dumont. "By hosting this special market we're not only supporting our local hospital and museum — we are also providing a platform for more local artisans and businesses to showcase their talents."

The fundraising efforts have received an incredible boost from The Sterling, a wonderful local restaurant and member of DA, which has graciously offered an additional \$1,000 donation to support the cause. This generous contribution exemplifies the col-

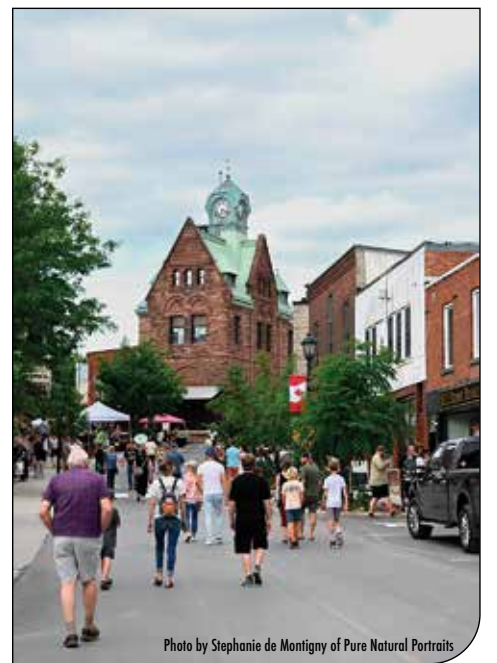


Photo by Stephanie de Montigny of Pure Natural Portraits

Destination Almonte's Summer Saturday Market on August 16 will raise funds for great local causes

laborative spirit that makes Almonte such a special place to live and work.

The special Summer Saturday Market will feature an array of local and local-ish vendors offering everything from handcrafted goods and artisanal foods to unique treasures and seasonal favourites. It's the perfect opportunity to find one-of-a-kind items while supporting a cause that benefits the community.

Whether you're browsing the summer vendor market on August 16 at Kirkland Park, participating in the Almonte Town & Home Tour or spreading the good word, DA appreciates your help.

For more information about the pop-up summer market, a list of participating vendors, and details about how you can get involved, visit Destination Almonte at <destinationalmonte.com/events> or contact them at <info@destinationalmonte.com>.

Reconciliation Through Art 2025

After the resounding success of last year's launch, Reconciliation Through Art is returning to Almonte! This dynamic three-day event runs from Sunday, September 28 to Tuesday, September 30, in commemoration of the National Day for Truth and Reconciliation.

Join us from 2-5PM on Sunday, September 28 for a screening and discussion of the film *Inendi*. While Covid swept through Canada and the world, filmmaker Sarain Fox (Batchewana First Nation) captured raw, powerful stories from her Auntie, Mary Belle, a survivor of Ontario's Spanish Residential School for Girls. The screening takes place at the Almonte United Church sanctuary, with entry by cash donation.

The evening of Monday, September 29 brings **Our Voices in Song**. From 7-10:30PM we will have a stunning musical lineup: Ottawa's Aurora Jade and band will get us rolling, followed by Tyendinaga's Jennifer E. Brant. Kevin Schofield, the Tennessee Cree, will knock your socks off, followed by the famous Amanda Rheume and band! Cash-only refreshments will be available between sets. Tickets are just \$25 at <TicketsPlease.ca>. Almonte's Old Town Hall opens at 6:30PM and the show starts at 7PM. We expect a sell-out show; get your tickets early!

From 8-9AM on Tuesday, September 30, come out for a **Water Walk and Offering to the Water** ceremony. Join us at the Almonte Old Town Hall for a short walk along the river down to Metcalfe Geoheritage Park for the ceremony.

Tuesday also brings an **Indigenous Art Show, Food and Teachings** to the Mississippi Valley Textile

Museum from 10AM to 5PM. The lower gallery will be bursting with gorgeous displays of visual arts, jewellery, carvings, fashions, quilts, beadwork, quilts, moccasins, orange T's and ceremonial tools & botanicals. Each artist donates to our raffle table where you can win a treasure for a fraction of its value! Please bring cash for the raffle and your entry donation. Street parking only.

Upstairs in the Millworker's Learning Centre, attend a Teaching on Jingle Dress Dancing, Ontario Métis history, Inuit Drum Dancing and the history of the Algonquin People and their current Land Claim. Learn to do Métis Jigging to the strains of an accomplished Métis fiddler, and hear stories from Residential School Survivors. Workshop sign-ups are through <TicketsPlease.ca>, and entry is by cash donation.

Are you a foodie? Behind the Museum, the Frybread Queen returns with delicious Indigenous soups, stews and handhelds. The aroma alone will fill your belly and your soul.

Reconciliation Through Art is supported by many Almonte organizations and businesses. A caring team of volunteers brings it all to life, including billeting the participating Indigenous musicians, elders, artists, filmmakers and storytellers. Major funding for Reconciliation is provided by the Métis Nation of Ontario Cultural Commission, and the Catholic Church's Truth and Reconciliation Fund.

Want to get involved — to billet, donate or volunteer with our rockin' team? Find lots of information at <ReconciliationThroughArt.ca>!



Patti Belanger, one of the artists who was at Reconciliation Through Art last year, will participate again this year.

Summer Exhibits at the Textile Museum

The Mississippi Valley Textile Museum (MVTM) will be displaying two new exhibits from August 9 to September 27. All are welcome to attend the vernissage on Saturday, August 9 from 1-4PM, with artists Susan Warner Keene and Alexia-Leana Kokozaki.

Susan Warner Keene: Paper / Practice presents work from throughout the Toronto artist's 30-year exploration of the papermaking process as an expressive form. She has been intrigued by the ways that the paper membrane can suggest the body with its skin-like qualities, yet also recall the role of paper in recording thought. Using plant fibres and water as her primary materials, Keene's intention is to produce objects that embody both concept and process, and to stimulate an imaginative connection and response. The work in the exhibition reflects recurring themes of communication, material presence, and the intersection of the two.

Also on display will be *here are some flowers to remember me by*, a multimedia textile exhibit by Canadian-Cypriot artist Alexia-Leana Kokozaki. The works centre on a documented performance in Nicosia, the divided capital of Cyprus, where she left hand-sewn flowers in places her grandfather once worked. This body of work reflects on the unfulfilled

connection between the artist and her grandfather, and draws its imagery from the Cypriot landscape shaped by enduring decades of political conflict.

Both exhibits explore the ways through which we process our experiences. Whether the scars are physical or mental, old or new, they all leave their mark on our bodies and memories. Keene's and Kokozaki's individual approaches serve to showcase the beauty and creativity these experiences can shape.



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Making the Invisible Visible: The Art and Energy of Aili Kurtis

By Kim Lulashnyk of Stone Manor Studios

When I first sat down with Aili Kurtis, I expected to talk about landscapes. Aili's landscapes are large and luminous, with colour as a main character. Her cleverly constructed compositions draw the viewer into a sense of space that is expansive and familiar, yet quietly elusive. I find them compelling, and so do many others, as her work consistently sells out in galleries. Perhaps the appeal of her work lies not only in those bold compositions and energetic colours but in something less visible: a search for what Aili calls "the abstract within the real."

I'm beginning to understand that her paintings, though filled with trees, earth, and sky, aren't simple landscapes at all. They are invitations to look deeper, to sense what lies beneath the surface, what Aili describes as a substructure of energy, patterns, and vibration. An unseen world that shapes the one we think we know.



Aili's work is the product of both study and experience. After training at the Ontario College of Art and earning a degree in art education in Montreal, she taught high school briefly before shifting her focus to adult education in Ottawa. She also had a career in tech and graphic design, and found time along the way to study philosophy and religion. "I realized my art couldn't just be about copying nature. It had to be about something deeper," she told me.

Her landscapes became less about recording what she saw and more about expressing what she sensed. "Everything is ultimately energy, patterns, and vibration," she explains. "It's only because our brain organizes this information that we experience what we call 'reality.' Reality itself is a mental construct. Through my paintings, I'm trying to represent that feeling."

This philosophy of perception, as Aili explains, is rooted in the work of Kant, Helmholtz, and quantum physics, which inform her process in part. She speaks of the mind's scaffolding; the internal structures we build to make sense of sensory input. "Colour isn't in the world; it's in your brain," she says. "Light hits the eye, electrical impulses go to the brain, and your mind builds a reality around that. What we perceive is just what allows us to survive, not the 'truth.'"

Her paintings, then, are not about finding truth, but about expressing experience. "A ray of light on the floor is fascinating to me, not because it means anything, but simply because it is. I love being the witness."

Aili's earliest influences were close to home. Childhood afternoons spent paging through art books with her father sparked a fascination with form, colour, and visual storytelling that shaped her creative life. Later, classical artists laid her foundations, but it was Van Gogh who changed her understanding of what painting could be. "The rhythm in his skies, the freedom in his colours. I realized colour could be arbitrary. You could use it loosely. It didn't need to follow realism as long as the tonal value held."

The Group of Seven, especially Tom Thomson, also left their mark, along with the structural explorations of Cézanne and Picasso. "I loved how they broke things down into shapes and forms. It wasn't about reproducing. It was about understanding structure."

Her own palette evolved into something distinctive, anchored in complementary colours that heighten and intensify each other. Her compositions are designed to draw the viewer into a contemplative world — not depictions of place, but expressions of presence.

This approach carries into her teaching. Aili encourages students to explore both intentional and non-intentional creation. "I often have them work on two canvases. One where they can splash and play, and one where they focus more deliberately," she explains. At a recent workshop at Stone Manor Studios, she asked participants to paint on black canvases using dots, inspired by mapping techniques, to help them think in terms of patterns rather than representation. "I wanted them to move outside their bodies, to stop seeing in the usual way."

At that solstice retreat, Aili invited participants to witness light rather than chase outcomes. Leaves traced against sunlight, the sounds of birds, the



Painter Aili Kurtis shares her thoughts on "an unseen world that shapes the one we think we know" with Kim Lulashnyk, owner of Stone Manor Studios in Newboro

rustle of wind: each sensory moment became a starting point for creative exploration. "I wanted them to understand that art isn't about reproducing something. It's about connecting with the light within you."

For Aili, painting is both presence and process. "Artists work in a kind of liminal space," she says. "Between the inner world and the outer one. We move back and forth, bringing something intangible into physical form. What we create are not just images; they're experiences."

Her inspiration comes as much from nature as from philosophy. Visits to Foley Mountain and Frontenac Park, the fluttering of leaves, sunlight on water, and the ever-shifting patterns of the natural world all feed her vision. When asked what keeps her painting after all these years, her answer is simple: "Sometimes it's just one good little section of a painting, a small area that works. That moment leads me to the next painting."

When asked what's next, Aili smiles. "I'll keep painting. Why wouldn't I? This is who I am. There's no such thing as retirement when you're an artist. It's not something you do; it's something you are. I'd rather be painting than doing almost anything else. Quiet, steady, just me and the work. That's enough."

For Aili Kurtis, painting isn't about creating a perfect landscape. It is about making an experience visible. It is about revealing what cannot easily be named but can be felt. Each time I stand before one of her paintings, I find myself looking at the world a little differently, seeing light and pattern where I might not have before. And for those fortunate enough to study with her, learning from Aili is not just about technique; it's about cultivating a deeper understanding of art. It is about learning how to observe with presence and curiosity, and how to translate the invisible into form.

Aili will be giving another workshop in the spring of 2026 at Stone Manor Studios — please visit <stonemanorstudios.ca> or email <create@stonemanorstudios.ca> for details.

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What Really Counts

A Film by Kent Martin

By Mike Nickerson

What Really Counts is a visually stimulating film about enabling people and governments to look beyond monetary accounts and consider other conditions that affect the health and wellbeing of people and the environment we depend on.

Based on Ron Colman's 2021 book *What Really Counts; The Case for a Sustainable and Equitable Economy*, this feature-length film presents the impressive efforts that have gone into opening society's eyes to the spectrum of circumstances that affect our world today.

Ron Colman has spent decades working on better ways to measure well-being.

"Indicators are powerful," he says. "What we count and what we measure reflects our values as a society and literally determines what makes it onto the policy agenda of governments. As we proceed in this new millennium, these indicators tell us whether we are making progress, whether we are leaving the world a better place for our children, and what we need to change."

What we count and what we measure reflects our values as a society and literally determines what makes it onto the policy agenda of governments

At present, looking primarily at Gross Domestic Product (GDP) when making decisions risks serious unintended consequences. While GDP, the sum of all money spent, has its place, it mixes up positive expenditures like housing and education with regrettable expenditures like cleaning up natural disasters and murder scenes. A billion dollars spent making war isn't as good for society as it would be if spent on education and tools.

Ron Colman was inspired by the October 1995 article in the *Atlantic Monthly* titled *If the GDP Is Up, Why Is America Down?* He and a team of volunteers in Nova Scotia proceeded to develop ways to measure the state of forests, water and air quality, volunteer time, income distribution, population health, the cost of crime, and other factors that affect wellbeing. Their reports showed how those things were changing over time

and were used extensively to raise awareness of the issues.

After years of working on the Genuine Progress Index (GPI) for Atlantic Canada, Ron was asked by the Prime Minister of Bhutan to help develop ways to measure the health of their natural environment and the wellbeing of the people. The measures developed provided substantive information to back up Bhutan's indicator of Gross National Happiness.

Later, when called on to help with a GPI project in New Zealand, Ron found that the basic premise was already understood, in part because the indigenous Maori have always seen social, economic, cultural, and environmental phenomena as indivisible aspects of living.

This work and other GPI efforts culminated in 2012 with a high-level meeting at the United Nations in New York where over 800 participants, including the UN Secretary-General and top political, economic, and civic leaders including Nobel laureates, met to propose a new global economic paradigm

based on measures of progress that focus on the wellbeing of people and ecosystems.

It was exciting to think that the world might accept a sustainability-based economic paradigm and collect updated information on

issues of concern! The mood, as the conference proceeded, was enthusiastic. Participants could feel the possibility of the world opening its eyes to, and acting on, the full spectrum of conditions that affect wellbeing.

What became of these efforts? Watch *What Really Counts* to find out, and to refine your sense of how our societies can focus clearly enough on important issues to deal with them. Then, share the possibility with someone else.

We need to get this sorted out. There is much to do.

You can find the trailer at <vimeo.com/833395099>, and the film itself at <vimeo.com/875998215>.

— To hear more from Mike Nickerson, visit <sustainwellbeing.net> or email <sustain5@web.ca> to subscribe to his newsletter.



The Mississippi Squares are starting their season off with two free sessions!

Forty Years of Dancing

Mississippi Squares will begin celebrating its 40th year as a square dance club in Carleton Place this September. A lot has changed in forty years, but the fun, friendship and community outreach fostered within the club remains constant.

Brian Crawford has been the caller for the club for the last 26 of those years, and his humour and expertise are the cornerstone of the club's significance in the Eastern Ontario dance scene. He makes all feel welcome and keeps everyone moving — whether they are in their twenties or their eighties.

As this new season approaches, Mississippi Squares invites you to embrace the joy of square dancing and join them at the new Brunton Community Hall located at 2022 Park Lane, Carleton Place, starting on Tuesday, September 16 from 7:30–9:30. You don't need a partner to enjoy the evening, dress is casual, and this introductory evening and the following Tuesday (September 23) will be free so you can discover the physical, social and mental health benefits of dance.

For more information, please call Betty at 852–3496 or visit <mississippisquares.ca>.

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