

# the Hummm

free

Arts,  
Entertainment  
& Ideas

p.26 & 27



September's Events



p.28-33

Classes, Courses & Lessons



p.22

Richard Gill's Fall Show



p.35

Perth's Wildfire BBQ



## The Art of Monica Viola p.3



## Get Creative This Fall!

Back-to-school also means back to classes, courses and lessons! Express your creativity, improve your physical fitness, or learn a new skill. This issue is full of great local suggestions, and if you end up needing space for a home studio or conservatory, just give me a call!

**Pat's Picks** Glass classes at Current Works of Glass <[currentworksofglass.com](http://currentworksofglass.com)>  
**for September:** Art classes with Adrian Baker <[adrianbakerart.com](http://adrianbakerart.com)>  
Metal Forming workshops with David Ivens <[davidivens.ca](http://davidivens.ca)>  
Art classes for all ages at JB Arts <[jbartarts.ca](http://jbartarts.ca)>

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

Readers Write

## RE: One Hour, Peak Summer

A reader sent in this lovely note in response to columnist Susie Osler's article in the August issue of theHumm:

Hi Susie — what a joy it is to see and feel the feelings of another as myself, who sees, hears, smells, etc., the so often unseen and/or ignored beauties of a landscape! My own has developed into such an "unkempt" garden, with much ignoring over the years, the back especially, and the daily inspiration I have from it is so precious in this seemingly chaotic world we inhabit nowadays. I hope other readers will realize how so much more valuable Nature's assets are to us all. I live in Almonte, and if you're passing by some time, take a look at the meadow outside the cedar hedge. Very little care, and it changes every year!

Regards, Allan Goddard

# The Great Veggie Grow-Off

## Let's Keep a Great Idea Growing!

For five years in a row, the gardeners of Mississippi Mills have risen to the Great Veggie Grow-off challenge to win the coveted GVG cup. Preliminary tallies for the nine participating towns show Mississippi Mills to be in a slim lead in this sixth year. However, the pounds donated so far are just half as much as at the same point in previous years. I hope that doesn't mean people are losing interest!

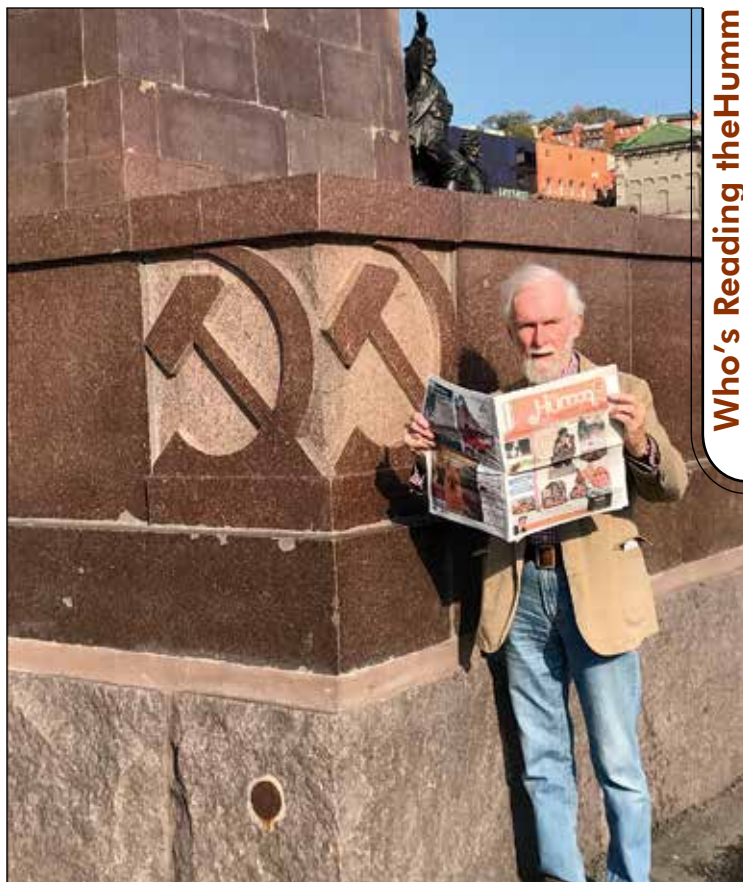
The crew at the Neighbourhood Tomato launched the GVG in 2014 to encourage local growers big and small to contribute their surplus veggies to their local food bank. The group operates community gardens such as the one in Augusta Street Park in Almonte and on Townline Road in Carleton Place.

The GVG is also a friendly competition among the eight member towns of Lanark County and Smiths Falls. The program runs from May 1 to the Thanksgiving weekend. Mississippi Mills has won the competition every year.

We need the Great Veggie Grow-off to provide healthy, fresh food for people faced with food insecurity. When budgets get tight, food quality may be sacrificed. Lanark's four food banks do a great job helping people get enough to eat. The Great Veggie Grow-off adds highly nutritional, fresh food to the weekly food basket in the summer and fall. I hope the low tallies so far in 2019 just reflect the slow start to the growing season and not a lack of interest.

Fresh food not only feeds people well, it has encouraged food bank clients to start growing their own, according to Karen Lomas-Wood of the Hunger Stop. "How thrilled our clients are to have fresh produce. They also enjoy growing their own at community plots. We gave out about 500 tomato seedlings to our clients this year."

When I was mayor, I championed this cause and happily posed for pictures with the trophy each year. While winning is fun, the main



Who's Reading theHumm

In late 2017 **Nic Maennling** wrote: "Another travel photo for your database! I belong to an international technical committee that meets twice a year somewhere on the planet. This time it was in Vladivostok in the Russian Federation. It is in the far eastern part of Russia on the same latitude as Sapporo, Japan, and only 50km from North Korea."

Thanks very much Nic!

goal is to gather as much home-grown food as possible for the county's four food banks. So this year I took on the role of ambassador-at-large for the GVG to continue promoting this worthwhile program.

On August 7, I spoke to County Council and encouraged the leaders of the other towns to do their best to promote the GVG locally and try to kick Mississippi Mills out of top spot (it won't be easy).

I urged the mayors and deputy mayors to make it easy for people to donate by designating central public buildings as drop-off spots. For example, in Almonte, people can place donations in coolers inside the front door of the library. Volunteers take the food to the Hunger Stop in Carleton Place.

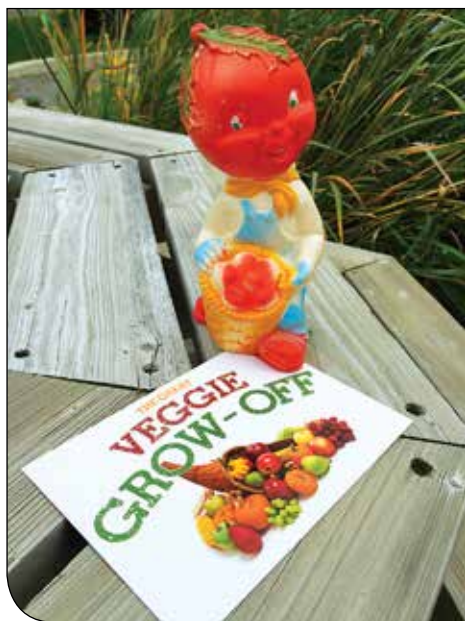
Every gardener has some surplus. I believe the GVG can collect much more fresh food if more gardeners know about both the program and where to donate. In its best year (2016) the GVG collected over five tons — almost five times as much as the first year. Last year came close to that mark. There is still plenty of time for us to set a new record!

People can take garden and orchard produce directly to the four participating food banks during operating hours (just tell them where you live to get added to the correct GVG tally). They are:

- Community Food Bank, 93 Russell St. E., Smiths Falls, 283-6695
- The Table, 190 Gore St. E., Perth, 267-6428
- The Hunger Stop, 5 Allan St., Carleton Place, 257-8546
- Lanark Highlands Food Panty, 19 Clarence St., Lanark Village, 259-3285

Lastly, when you plan next year's garden, help guarantee a surplus by adding an extra plot for beans or potatoes, another row of carrots, or a couple additional zucchini plants!

— *Shaun McLaughlin*



Be a tomato-head — contribute your extra garden goodness to the Great Veggie Grow-Off!

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

### Submissions

By email or on disk.

### Content Deadline:

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### Thumm's up this month to:

**Carolyn Gerbac** <gerbaclaw.ca> for not only helping us with the sale of our house, but also offering to share her office space with us! You can now find theHumm at **77A Little Bridge Street** in Almonte (far too close to Baker Bob's... mmm... cinnamon buns).

# Monica Viola – The Sweet Music of Creativity

The idea of a solo artist gallery is one of those challenging concepts that requires a very special combination of ingredients to produce a gourmet feast instead of an overdose of variations on the same theme.

by Sally Hansen

At MonSky Creations Gallery, located in the heart of Merrickville's blooming arts enclave, Monica Viola succeeds in serving up a delicious banquet of originality. Her eclectic art works are constantly displayed and refreshed as she continues her unfinished symphony of endless creativity.

The first and biggest surprise when you enter this one-woman showcase is the range of talent she displays. The vibrant colours of her fused glass pieces contrast beautifully with the more muted tones of her ceramics and clay works. Her wall pieces and a wide variety of unique decorative objects combine media in a delightful and always original manner.



The main ingredients behind this captivating medley of objets d'art are Monica's unfettered imagination combined with her mastery of a wide range of challenging techniques. She stirs a wonderful mix of emotional tones into her intriguing, sometimes phantasmagorical subject matter. If you are looking for something whimsical, delightful, fanciful, surprising, thought-provoking... you will love browsing among concoctions like her Mad Hatter tea pot set, and should probably urge a friend to join you the next time you drop in to check out her constantly updated creations.

For those with more conventional tastes, Viola's fused glass pieces are simply stunning, and many of her functional pieces such as bowls, dishes, vases, wall planters and other accessories will complement any décor. A lovely three-minute YouTube video <youtube.com/watch?v=aEiLXtUp3uk> truthfully

states: "Sometimes her work is elegant, simple and functional, very imaginative."

It goes on to mention that she also creates pieces that are surreal, whimsical or magical. This too is not fake news. Her candle holders sport a full menagerie of critters, and the art on her plates and platters ranges from humorous to beautiful to Gothic. Who would have imagined an angel casserole or a fat cat pottery candle holder? It really is hard to believe that everything in the gallery is the result of one artist's constant flow of creativity.

## A Landscape Artist

Her explanation is simple. Monica says her drawings and paintings and the derivative clay and glass objects based on them is how she explores her emotions and inner feelings; they are expressions of her "interior landscapes." She loves the unexpected connections she makes with people through her art.

She was born in Santiago de Chile, and studied Art at the Universidad de Chile, Facultad de Bellas Artes, graduating in 1983 as an Artificer specializing in Metalwork. Just when her parents decided to emigrate to Vancouver, she won a scholarship to study ceramics in Ecuador. Six years later, just as her parents decided to return to Chile, her brother sent her a ticket to visit him in Vancouver. She met her husband, Gary Viola, almost immediately, and that was it.

Like many female artists, Viola put her own career on hold while raising the couple's two boys. In 1999 she took a pottery class in Vancouver and fell in love with clay and functional pottery. Once a year she held a big show in their home, and she participated in group pottery shows. On their 25<sup>th</sup> wedding anniversary they travelled to Italy to celebrate, and the experience triggered an epiphany. "I saw art everywhere, and I suddenly burst into tears. I realized I had to do what I always wanted to do. I had my talent, but I hadn't ever had a chance to really do what I knew I could do."

As soon as they got home the couple started looking for a property near Gary's aging parents in Brockville. They knew they wanted to live in Merrickville to be part of the thriving arts community they had visited so many times, but they ended up buying a rural property in Lyn where Monica now has two kilns (clay and glass) in her garage. Gary commutes to Merrickville daily to man the MonSky Creations Gallery. He is as good at what he does as she is, and he thrives on the interaction with customers. After many demanding years as a motion picture camera



operator, he has a skill set that is ideal for displaying, promoting and selling Monica's diverse art works. It is a great arrangement. She is "free to create and do my own things. Now I can play all day long while my husband works!"

In 2012 Viola added glass fusing to her artistic repertoire. Always fond of drawing and painting, she has worked as a goldsmith, as a potter and clay artist, and now has expanded her artistic vocabulary with another language to further her abilities to explore her interior landscapes. She credits her Chilean cultural inheritance with her urge to imbue her pieces with a playful quality, and her mastery of many diverse and challenging media allows her to give free range to her imagination and continuing artistic growth.

Understandably, her work attracts attention. In 2017 she was invited to exhibit in the Florence Biennale, an international exhibition of contemporary art that happens every two years in Florence, Italy. The work of over 400 artists from over 70 countries was displayed, and Monica Viola was one of only twelve Canadians tapped for prestigious exhibition in this city of the arts. Each July she participates in the Fantasy in the Forest Art Show south of Westport; she is represented at the O'Connor Gallery in Gananoque, the Perivale Gallery on Manitoulin Island, and she has just been invited to appear in a joint exhibit at St. Lawrence College in Brockville.

On September 28 & 29 and October 5 & 6, Viola's MonSky Creations Gallery will be Stop 10 of the Merrickville Artists' Guild **MAG Autumn Studio Tour & Sale**. It's a beautiful time of the year for a drive in the country, and a great chance to meet and see the art of over thirty area artists at 21 different stops within a ten-mile radius of Merrickville. I highly recommend Stop 10 for your viewing pleasure and your chance to meet Monica and Gary. Check the back of her Artist Trading Card above for more particulars.



Gayle Kells, "Ancient Symbols", inks on paper, 12" x 12"

## REVERIE

a duo exhibition  
Aug 23 - Oct 6, 2019



34 Mill St, Almonte ON  
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613.256.8033



Catherine Gutsche, "All Dressed Up", oil and wax on panel, 14" x 14"

GAYLE  
KELLS

&

CATHERINE  
GUTSCHE

Vernissage/  
Meet the Artists  
Saturday Sept 7  
3pm-6pm

WHO Monica Viola  
 WHAT Pottery, Ceramics and Glass Artist  
 WHERE MonSky Creations Gallery, 108 St. Lawrence St., Merrickville; <monskycreations.com>, <facebook.com/MonSkyCreationsGallery>, <instagram.com/monskycreations>; O'Connor Gallery, 130 King Street East, Gananoque  
 WHEN Sept. 28-29, Oct. 5-6, MAG (Merrickville Artists' Guild) Autumn Studio Tour & Sale, <mag-artists.ca/studio-tour>, at MonSky Creations Gallery  
 WHY "Art is how I connect with people."

THE HUMM

ARTIST TRADING CARD

Need 'em... need 'em... got 'em...  
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 All the cool kids do it!

# A Friendly Festival of the Fibre Arts!

Come out to the friendly town of Almonte on September 7 and 8 for the Mississippi Valley Textile Museum's 24<sup>th</sup> annual Fibrefest. Now at two locations (the Almonte Community Centre and the Textile Museum), admission is \$6 per day, which gets you access to both sites. Local guilds will demonstrate spinning, knitting, weaving, rug hooking, lacemaking, smocking and quilting. Vendors include spinners, weavers and fibre artists from across the province, as well as quilt shops and alpaca farms.

This year several hands-on workshops, lectures, storytelling, and a trunk show will be taking place in conjunction with Fibrefest. This is your chance to roll up your sleeves and get felting, weaving or hooking with talented fibre artists and vendors. Workshops run from Thursday through to Sunday (September 5-8) at both the museum and the community centre, and registration fees include free admission to the festival. Advance registration is required and some workshops may need you to



Hands-on workshops, lectures, demonstrations, exhibits, delicious food, and felted lambs (above) in a bingo spinner — how are **you** going to get your fibre?

bring some of your own supplies, so do check out the website and sign up early to avoid disappointment!

During the two-day festival, Almonte's North Market will offer their artistic tea room services featuring homemade goodies, beverages and sandwiches at very reasonable prices. For the first time this year the Dairy Distillery of Almonte (makers of Vodkow) will be working with North Market to offer samples of their products. At the museum, explore the permanent history exhibit *Fabric of a Small Town*, which interprets how a piece of wool fibre becomes a piece of finished cloth and includes industrial machines used throughout the process. Also on display this year is the featured exhibit *Those of Us Still Living*, works by Jim Arendt. Jim is an artist who works in denim to create images that explore the lives of working people.

For additional information, or to register for workshops, please visit <almontefibrefest.ca>.



**Glory to God!**  
 St. James the Apostle Anglican Church  
 12 Harvey St. Perth 613-267-1163 stjamesperth.ca  
 Choral Evensong: Sunday, September 22, 4:00 pm

With Guest Organist: Andrew Graham  
 Prelude music begins at 3:45 pm

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Vernissage preview evening  
 with live music by Kate Weekes & James Stephens, refreshments, cash bar  
 Friday October 11<sup>th</sup> from 7-9pm  
 Saturday October 12<sup>th</sup> from 8am-4pm  
 Sunday October 13<sup>th</sup> from 10am-4pm  
 Carp Agricultural Hall, 3790 Carp Road

[www.WestCarletonArtsSociety.ca](http://www.WestCarletonArtsSociety.ca)

# Fantastic Line-up for 15<sup>th</sup> Blues on the Rideau Season

Starting in September, Blues On The Rideau (BOTR) returns to the Cove Inn in Westport for their fifteenth fabulous season. This dinner-and-show series is recognized as one of the premier blues series in Canada, and also raises much-needed funds for great causes. This year brings another all-star cast, and as in previous years every show is a fundraiser for a different local charity. The series has raised over \$74,000 to date, and the goal for this year is to add another \$6,000 to that impressive total.

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

The ticket price has gone up slightly for 2019/20 (the first increase in five years) — from \$65 to \$70 per person (plus HST) — but that still makes it one of the best entertainment values in the country! Reservations are required and it is wise to book well in advance, especially if you want to stay overnight. Rooms at The Cove and nearby accommodations frequently sell out for BOTR nights. You can contact The Cove at 273–3636 or <info@coveinn.com>.

## So Who's Playing?

So glad you asked! Kicking things off on September 13 is Hamilton's **Harrison Kennedy & Band**. Arguably Canada's best soul/blues male vocalist, Harrison has won Juno and Maple Blues awards, as well as the Grand Prix du Disque for Blues from l'Académie Charles Cros (France). This former member of the famed Motown band Chairmen of the Board will start the season off in style.

Then on October 11 and 12, BOTR favourites **The Hogtown Allstars** bring their fabulous big-time blues, soul and R&B to town. This band features six members from two of Canada's most famous blues bands — Downchild and Fathead.

Nominated for six Maple Blues and one Juno award in 2019, Toronto's **Samantha Martin & Delta Sugar** are sure to sell well on November 15 and 16, so grab your tickets to this one early! They are known for their great soul blues with dynamic harmonies, and they brought the house down at their debut at BOTR last year.

On December 13, you won't want to miss Canada's famed blues/funk/rock supergroup **MonkeyJunk**. To date these boys have won two Junos, twenty-one Maple Blues, two Canadian Indies and an American Blues Music Award!

The series continues in 2020 with the popular **Jack de Keyzer Band** (January 17 and 18), the **Bill Durst Band** (February 21), the **David Gogo Band** (March 20), **Miss Emily & Band** (April 17), and



The amazing Harrison Kennedy (above) and his band kick off this year's Blues on the Rideau season at The Cove in Westport

**David Vest & Band** (May 8). You'll hear more about these award-winning purveyors of blues in the January issue of theHumm, but in the meantime you can visit <bluesontherideau.ca> for details about all of the performers and links to their music. But don't forget to reserve your tickets early to avoid disappointment!

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**"At the Old Stone Mill NHS" "At the Delta Fair Grounds"**  
From 9 a.m. to 4 p.m. From 9:30 a.m. to 4 p.m.  
Tours of the Mill Craft Vendors - Main Exhibit Hall  
Friends of the Mill Baking/Preserves Car Show - 10 a.m. to 2 p.m.  
Bread Baking Contest at 11 a.m. Entertainment by Texas Tuxedo  
Flour & Bread Sales Food Vendor & Hot Dog BBQ  
Harvest Centrepiece Contest Harvest Dance at 9 p.m.  
Mill Gift Shop Music by DJ  
Run of the Mill Fiddlers  
Grinding Demo at 1 p.m.  
Blacksmith Demo all day

**"At the Old Town Hall"**  
Public Washrooms  
Hot Dogs for starting at 11 a.m.  
Small Used Book Sale  
Book Launch  
Kids Fun 9:30 a.m. to 4 p.m.  
Harvest Supper starting at 5 p.m.  
Poetry Readings starting at 7 p.m.

**"Lower Beverley Lake Park"**  
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**"Come to Delta - Celebrate the Harvest & Culture Days Ontario"**  
Sponsored by the Delta & Area Community Enhancement Committee  
For more info visit DO Delta at [www.deltaontario.com](http://www.deltaontario.com) or call 613-928-2902

**"Delta United Church"**  
Harvest Breakfast 8 to 10 a.m.

**"St. Pauls Community Centre"**  
Open House & Refreshments

**"Delta Fire Hall Museum"**  
on Millcreek Dr.

**"Branch 207 Delta Legion"**  
Octoberfest Sausages  
Licensed Refreshments

**"Farmers/Producers Market"**  
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**CULTURE  
DAYS**

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*Joanne Beaton*



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in Pakenham**

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Over the last 10 months it has been lovingly renewed and restored, incorporating both the original charm of the pine floors, wooden staircase and window transoms, with modern conveniences such as tiled showers & soaker tub, large eat-in kitchen, and main-floor laundry. It features all new insulation, drywall, wiring, plumbing, furnace, septic system, windows and vinyl siding. Minutes from Almonte, with easy access to the 417 and commute to Ottawa. Book your showing now for this charming country property!



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# Dedicated to You

## Jill Barber's Tour Comes to the Station Theatre

Canada's sweetheart Jill Barber heads out on tour this fall with her *Dedicated to You* tour, a special series of concerts composed of dedications from her fans to their loved ones. The three-time Juno nominated singer-songwriter will open the floor to requests and dedications of her most-loved songs through her website, where fans can share the stories and memories associated with her music.

Jill's critically acclaimed repertoire spans a transformative spectrum from folk to vocal jazz and pop, and includes songs in both French and English. Following up her 2018 album *Metaphora*, which featured the #1 hit song *Girl's Gotta Do*, her breakthrough jazz album *Chances* earned a Gold certification for 40,000 copies sold in Canada. Jill's work has earned her awards such as the Sirius XM Jazz Artist of the Year and the East Coast Music Award for Album of the Year, as well as scores of fans including Blue Rodeo, Ron Sexsmith, and Kris Kristofferson (who called Jill "a real songwriter, and a damn good songwriter"). Her evocative and timeless songs have been featured in film and TV, scoring shows such as *Orange is the New Black*, *The L Word* and *Heartland*, as well as powering a global advertising campaign for Chrysler with the track *Never Quit Loving You*. An unforgettable and enchanting performer, Jill has headlined iconic venues such as Toronto's Massey Hall and Roy Thompson Hall, Ottawa's National Arts Centre, Vancouver's Vogue Theatre and Tokyo's Blue Note and Cotton Club. The *Dedicated to You* tour will be an intimate and personal showcase of Jill's best-loved music. You can find the link at [smithsfallstheatre.com/music](http://smithsfallstheatre.com/music) to send your message to a loved one. What a great



Songstress extraordinaire Jill Barber will play an intimate concert in Smiths Falls on September 11

experience in our lovely, intimate space to share your love of music and of each other!

The show starts at 8PM on Wednesday, September 11. Tickets will be on sale at Special Greetings (8 Russell Street in Smiths Falls — cash only) and can be picked up a half-hour before the start of the show at the box office at 53 Victoria Avenue (subject to availability). Online and telephone orders are available too. Tickets are \$35. For more details, call the Station Theatre at 283-0300 or visit [smithsfallstheatre.com](http://smithsfallstheatre.com).

# The Bells of St. Paul's

As the cooler winds of autumn begin to tease the leaves of Lanark County, our minds turn to the things that will warm our hearts through the next changing of the seasons. To acknowledge this transition, the Perth Farmers' Market will once again host the Bells of Saint Paul's under the direction of Ann McMahan. Their performance will take place in the Crystal Palace of the Tay Basin on Saturday morning, September 28, beginning at 10AM.

Selections to be played by this 14-piece ensemble, referred to as a "handbell choir", will include a medley of tunes by George Gershwin as well as favourites such as *Over the Rainbow*, *Raindrops Keep Falling on My Head*, *Down by the Riverside* and *You Raise Me Up*.

This concert by the handbell choir will kick off a season that will last until May 2020 and will include weekly practices on Tuesday afternoons, a couple of Sunday morning services at St. Paul's, a concert in Arden in early December, and concerts at Lanark Lodge and Carolina Court to herald the Christmas season.

If you are finding the advent of autumn foreboding, meander down to the market, stimulate your mind, stir your emotions and warm your hearts with the beautiful ethereal sounds of the handbells, complemented by a full set of chimes in this relaxing setting. You are guaranteed to leave with a sense of awe, as there is no other sound in the world quite like it. See you there!

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# A Week at Curious & Kind

## Workshops, Open Mics, Performances and More!

How is it September already?! I know we are all feeling it, the end of summer, back-to-school feelings. This year I am greeting the fall with elation, because this year I go into the autumn with a very exciting new thing in my life.

After writing my very first business plan (for an arts venue in the shape of a cup) at the tender age of sixteen a whole twenty-four years ago (I'm proud of the math and having made it to the delicious age of 40!), I finally have my very own venue. In Almonte! The plan has changed a little in twenty years and now it is a performance space, crafting place, workshop room, podcasting studio, soap pouring lab, community centre for kind and curious happenings with a focus on spoken word art forms like comedy, storytelling, poetry, literary readings, lectures, talks and thoughtful discourse.

As of September, Curious & Kind will be open daily from 11AM to 3PM on weekdays so you can drop by for a chat, sit on the couch and look out onto the river, or read a book. Come draw something, or craft at a table by yourself, with a friend or your children. Come learn how to pour soap and take a bar home for you or someone you like! Check out our fabulous mural of the first woman to ever go up in a hot air balloon in Canada (it happened in Almonte 140 years ago!). I want to hear your dreams for the space.



Almonte's awesome new venue is gearing up for a fall full of performances, workshops and community creativity. Owner Danielle Grégoire would love to hear your suggestions too!

I also started this business so I can continue to spend quality time with my children. Hence the hours. I can drop them off at school and pick them up to play and hear about their days then head back in the evening to run events for the town.

What would a typical week at Curious & Kind look like? Good question! I've never been great at typical, but there will nearly always be something happening!

**Mondays** will be reserved for workshops, and in September there will be a drop-in storytelling workshop every Monday from 7-8:30PM. \$10 suggested donation, and all ages are welcome.

Every **Tuesday** from 6:30-9PM there is a creative process night called Message in a Bottle where you can come bring something you're working on, be it writing, knitting, drawing, photography, poetry or

wool carding. Come together with your peers and get to know them, head off to work on your creative project and come back to share your progress at the end of the night. It helps keep us accountable, and also it builds community in flux where everyone is welcome, and we are inspired by each other.

**Wednesday** we will be closed because there are some special rehearsals going on (and it means I get the night off — which is so important for a healthy life/work balance!).

**Thursdays** we will be doing longer term workshops. Stand-up comedy, podcasting, storytelling, poetry or anything you might be really into and want to learn more about. These 8-week workshops will end in a performance or showcase of some kind so you can share what you've been doing with your friends. Come down and sign up for our regular emails to find out about upcoming workshops or to suggest one of your own!

Every **Friday** is an open mic. September's themes are Home / Taking Chances and the kind of open mic changes weekly. The first Friday is storytelling, the second is comedy, the third is poetry, and the fourth Friday will be an acoustic open mic, so you can sing a capella or bring your ukulele, perform a story or poem, or talk about something you're excited about. Fridays are for coming to show off what you love!

On **Saturday** there will be some sort of event in the evening. Or a wedding. Or a lecture. Or a movie. Some improv. A puppet show. A board game night. If you have an idea for a Saturday come and tell me. I want this to be the kind of place that we build together. On September 28 we actually have CR Avery coming to play at a short poetry open mic with special guests Elaine Marilyse and Dimorphic

**Sundays** in September we will likely be closed, because of ye olde work/life balance, but if you'd like to rent the space to host something we can figure it out. Except for the second Sunday of every month, because we have an in-house sketch group, Adventure in Your Ear,

doing a serial podcast from 7-9PM which is open to folks ages 18+ because some of the themes are hilarious but aren't necessarily appropriate for children.

Wow. You are right. That is a full week, every week. I'm going to figure out a groove and eventually there will be non-alcoholic drinks, and snacks, and crafts for you to purchase. All that will grow as Curious & Kind finds its place here in Almonte, Mississippi Mills and the Valley.

This is my dream — to build a rural centre for the arts that celebrates community — and I hope you'll be a part of building it with me.

For more information, or to buy tickets for the events check out <curiousandkind.ca> or like Curious & Kind Inc. on Facebook.

With curiosity and kindness,  
— Danielle K.L. Grégoire

## DISCOVER NATURE through your camera lens

Saturday, 14 September 2019

9:30AM



A photographic adventure at High Lonesome Nature Reserve  
867 Carbine Rd., Pakenham  
with landscape and nature photographer Simon Lunn MSc

Advance Tickets:  
mmlt.ca/events  
\$25 non-members  
\$20 for MMLT Members

Space is limited for this event, so register early!

## FALL COLOURS HIKE at Blueberry Mountain

Sunday, 6 October 2019

10AM



Advance Tickets:  
mmlt.ca/events  
\$15 non-members  
\$10 for MMLT Members

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## DISCOVER LOVELY LICHENS at cliffLAND

Sunday, 6 October 2019

11AM



Advance Tickets:  
mmlt.ca/events  
\$25 non-members  
\$20 for MMLT Members

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# Homespun Wit and Wisdom at the Heart of *Ed's Garage* at the Studio Theatre

Anyone who's ever heard a farmer's daughter joke knows that the cultural differences between the country and the city are fertile ground for humour. When *rural* rubs up against *urban*, friendly gibes seem to sprout like snap peas in springtime.

That's where the play *Ed's Garage* begins. But at its heart, this smart, good-natured comedy about rural life is as thought-provoking as it is laughter-inducing.

Opening on September 19 at the Studio Theatre, *Ed's Garage* is part of the beloved *Wingfield Farm* series created by Canadian humorist and playwright Dan Needles. In this installment we meet Ed Hargreaves, a retired farmer-turned-mechanic who still considers himself a farmer, for tax purposes at least. Ed has a gift for helping people solve their troubles, using what he calls "garage therapy" — the transformative power of common sense and an honest job well done. In Ed's world, there's no problem that can't be talked out or tinkered away in the course of an oil change or a carburetor adjustment.

This "change your oil, change your outlook" attitude has served Ed well for years. But suddenly there's a newcomer in his part of the world: Cassandra, a big city psychotherapist with honest-to-God credentials, has set up practice in the cottage next door. When Ed inadvertently steals one of her patients, the stage is set for a comic clash between the country and the city, and

the obvious differences between Ed's and Cassandra's therapeutic techniques.

Award-winning theatre director and educator Carolee Mason was attracted to the play by its wonderful heart and humour, and its underlying message. "Ed's Garage is about folk wisdom in a stressful and changing world," explains Carolee. "The garage is a place of calm and simplicity where, as Ed asserts, 'We fix things. And people.' Country folk will relate to Ed's insights, while city dwellers will discover a new way of looking at themselves. Both will find meaning beyond the stereotypes."

A centrepiece of the show is Ed's dissertation on the invention of the round hay bale, which he declares was the beginning of the end for the family farm. His perspectives on life are funny, sure, but they're also wonderfully insightful. As Carolee says, "there are aspects of the play that will stay with you for their truth, sincerity and simple brilliance."

*Ed's Garage* stars local favourites Rob Glas (as Ed) along with Justin Lackey, Brent Maguire, and Natasha Lackey. Carolee Mason (with permission of her friend Dan Needles) has added on-stage characters who would otherwise be disembodied off-stage voices. She calls them "The Mechanicals", and they visually enhance the story and the humour. These actors are David Wright, Martin Treffers, Joanna McAuley Treffers, Scott Somerville, Susan Bamber and Jeremy Dutton.



Photo by Len Modderman

*Ed's Garage* in rehearsal: Ed (Rob Glas) scrutinizes Peter's (Brent Maguire) referral from the judge for anger management counselling. Written by *Wingfield Farm* creator Dan Needles, it opens at the Studio Theatre in Perth on September 19.

The production team includes technical director/lighting operator Geoff Mason, production associate Jeremy Dutton, costumer Hinda Goldberg and producer Jane Stott. Original music is by Jack Hurd.

*Ed's Garage* runs at the Studio Theatre on September 19, 20, 21, 26, 27 and 28 at 7:30PM, and on September 22 and 29 at 2PM. Advance tickets are \$24 at Tickets Please (485-6434, ticketsplease.ca) and at the Studio Theatre box office on show

nights, subject to availability. Students with ID pay just \$10 at the door. Save \$5 on opening night. Visit <studiotheatreperth.com> for details about the entire upcoming season, season passes, and Movie Nights.

Don't miss the heart and wisdom of *Ed's Garage* at the Studio Theatre. As the play says: "If you've got problems..." (or you're looking for great entertainment) "...go talk to Ed!"

— Paul Joyce



SUNDAY, SEPTEMBER 15  
AT 3:00PM  
**JEREMY FISHER**  
Balderson United Church



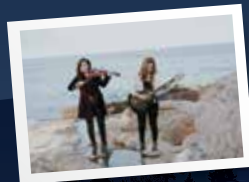
SUNDAY, SEPTEMBER 22  
AT 3:00PM  
**GORDIE MACKEEMAN  
& HIS RHYTHM BOYS**  
Maberly Community Hall  
with Blues Skies Fiddle Orchestra



FRIDAY, SEPTEMBER 20  
AT 7:30PM  
**HARRY MANX**  
Merrickville United Church



THURSDAY, SEPTEMBER 26  
AT 7:30PM  
**THE WEATHER STATION**  
Almonte Old Town Hall



SATURDAY, SEPTEMBER 21  
AT 7:30PM  
**CASSIE & MAGGIE**  
Spencerville United Church



SUNDAY, SEPTEMBER 29  
AT 3:00PM  
**CRAIG CARDIFF**  
Tatlock Community Hall



SATURDAY, SEPTEMBER 21  
AT 7:30PM  
**HARRY MANX**  
St. Andrew's United Church  
Pakenham

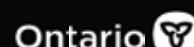
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# Death by Design

## Mystery and Humour Come to The Station Theatre

The nights are getting shorter, the leaves will start to change soon, and that can mean only one thing: it's time for the annual murder mystery at The Station Theatre! This year's show is *Death by Design* by Rob Urbinati. It's part murder mystery, part farce, part love story, and all entertaining! Samuel French asks and answers the question: "What happens when you mix the brilliant wit of Noël Coward with the intricate plotting of Agatha Christie? Set during a weekend in an English country manor in 1932, *Death by Design* is a delightful and mysterious 'mash-up' of two of the greatest English writers of all time."

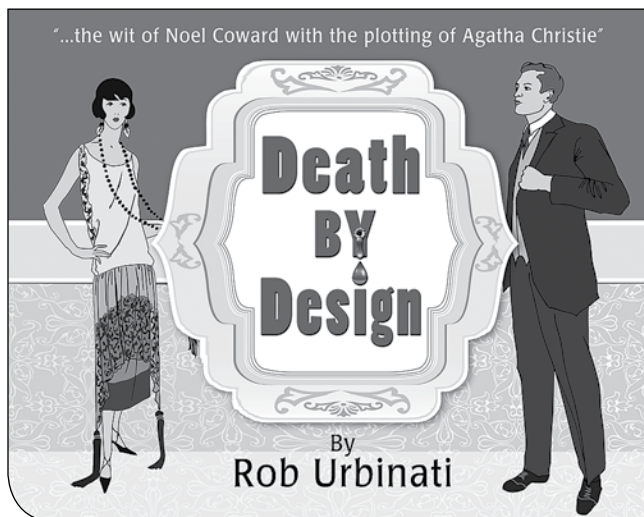
Director Katharine Coleman has pulled together some of her favourite actors to entertain you in this witty and comical mystery story. This show has a little bit of everything, including a bit of slapstick, but with a houseful of suspects you will be wondering until the very end who actually did it. Every character has a logical reason (if only to themselves) for wanting to see the victim die. The truth will come out, but only after each one is accused of the deed. Having directed mysteries for the theatre for the past several years, Katharine is excited to see this one come to life. As always, she likes to include humour in them, as that is what her audiences call for. She looks forward to the costumes that will be set in the '30s (put together by Carell Allen), and there's a pretty cool lighting

effect at the end of Act 1 that she's excited to create with the help of Tim Bisailon. And the set, created by Bill Hamilton and Tony MacNeill, will lead you right into the land of *Death by Design*.

The action takes place in the country home of theatre playwright Edward Bennett (Mike Adams) and his somewhat talented actress wife Sorel (Katharine Coleman). Having received a less-than-stellar review for their latest play they retreat from town to lick their wounds, only to find themselves interrupting a quiet weekend planned by their longsuffering help. Jack (Noel White), the chauffeur, sees himself quite the ladies' man, while Bridgit (Sue Reno), the maid, fancies herself as quite a clever amateur detective. Once they arrive, the Bennetts seem to draw numerous oddball characters into their home. Stuffly parliamentarian Walter Pearce (Hugh McCulloch) arrives as an invited (though mistaken) guest of Sorel. Fiery radical Eric (Rich Croteau) arrives seeking Edward. Bohemian artiste Victoria (Nicki Hayes) comes to comfort her friend. And Alice (Jessica Weedmark) arrives uninvited and unexpected. Too many details about the plot would risk ruining the "mystery" aspect of the play, but rest assured that it will be a very enjoyable and clever ride to the end.

The show runs on Friday and Saturday, September 27 & 28, at 7:30PM, with a 2PM matinée on Sunday, September 29. The second weekend runs Thursday through Saturday, October 3-5, at 7:30PM and finishes up with a 2PM matinée on Sunday, October 6. Tickets are \$20 for adults, \$10 for students, and can be purchased with cash at Special Greetings (8 Russell Street in Smiths Falls), online or by phone (283-0300) with credit card. If tickets are still available, they can be purchased 30 minutes before showtime at the door with cash.

Also in September, don't miss the third concert of the Station Theatre's music series — Jill Barber brings her cross-Canada "Dedicated to You" tour to town on Wednesday, September 11 at 8PM. For more details about these and other shows, please visit <smithsfallstheatre.com>.



*Death by Design* runs from September 27 to October 6



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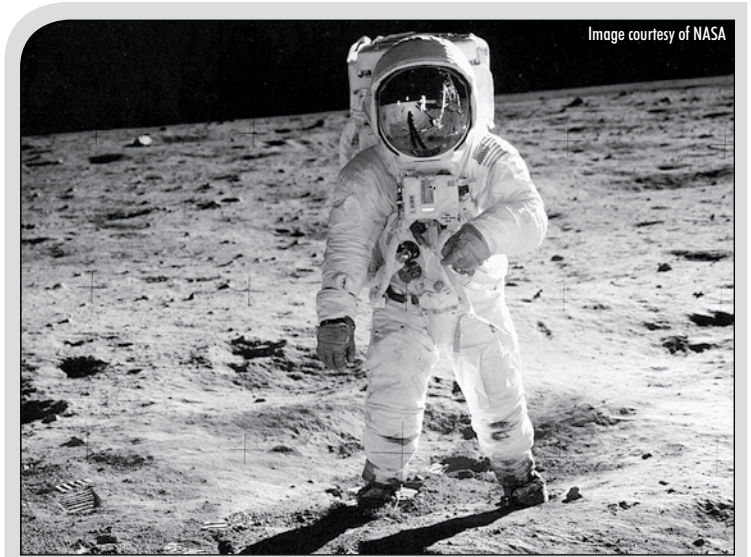
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## Quest for the Moon

In the year that would bring an end to the 1960s, events unfolded that would forever change many aspects of our society. An outdoor music festival would attract 400,000 visitors to a dairy farm in upstate New York. A young Massachusetts Senator would plunge his car off a bridge in Chappaquiddick, resulting in the death of a 28-year-old woman and thereby destroying any aspirations he might have had to one day become President. Half-a-million Americans would march on Washington to protest the war in Vietnam. The Beatles would release *Abbey Road*, their final album.

For many, however, 1969 will be most remembered as the year that the first of our kind set foot on another world. On July 20 of that year, Neil Armstrong would take his "one small step" onto the dusty surface of the Moon's Sea of Tranquility and into history.

On Tuesday, September 10 at 6:30PM, the Perth Public Library will host a special event looking back at this epic saga. The same event will take place at the Almonte Public Library on Tuesday, September 17 at 6:30PM. Amateur astronomer Frank Hitchens will offer a fascinating multimedia presentation entitled "Apollo 11: The Quest for the Moon." It tells the story of the people and events that made possible what is arguably the greatest achievement in science and engineering in the history of humanity. Come and enjoy a fascinating admission-free evening at either the Perth or Almonte Public libraries.



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and more	Andrew Mahon, bass

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**Sunday, December 1, 2019 • 7:30 PM**  
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## Almonte's First Yoga Festival!

The inaugural Almonte Yoga Festival will take place on Saturday, October 5 at the historic Old Town Hall. Participants will experience movement, music, meditation and a market. Enjoy four unique and accessible classes, led by sought-after teachers from Ottawa, the Valley and beyond. Experience a crystal sound bath ceremony led by the incredible Megan Marie Gates. Engage in wellness services such as Reiki in a peaceful setting. Explore a variety of topics from expert wellness speakers.

Yoga, by definition, means "to unite". Join us on October 5 in the charming town of Almonte for a day of practice, peace and purpose.

Tickets are now on sale at <almonteyogafestival.com>, with the early bird rate of \$50 available until September 5. For more information, please contact <almonteyogafestival@gmail.com>.

## Humm Bits

### Fifteen-Year-Old Jam

The weekly **Carp Celtic Jam** will celebrate its 15<sup>th</sup> anniversary on September 16. To help celebrate the years of great music and camaraderie, they invite former alumni, as well as present players, to come back and renew old friendships. The Jam has grown from a few players to over twenty most nights. Doors open at 6:30PM at the Masonic Lodge at 3704 Carp Road in Carp.

### Light Up the Labyrinth

Come help "Light up the Labyrinth" from 6:30-9PM on Friday, September 13, when the warm glow of more than 500 luminaries will flicker along the path of Carleton Place's Community Labyrinth while musician Kerron Lamb plays the spiral didgeridoo and guitar.

To make this event more collaborative, organizers are asking participants to gather at 6:30PM to prepare and place luminaries for a 7:30PM candlelit walk. Christine Hume, Chairperson for the Labyrinth Committee, explains: "As a very small committee we need many hands to help us light up this spectacular display. The dismantling at the end of the walk is a big job and extra help is very welcome then as well!"

The labyrinth is located at the corner of George and Baines Streets beside the Carleton Place & Beckwith Heritage Museum, 267 Edmund Street in Carleton Place.

For more information or if you would like to help prepare the luminaries, please contact Christine Hume at 859-2136.

### International Paddling Film Festival

Plan to attend the 14<sup>th</sup> annual World Paddling Film Festival — an international film tour presenting a selection of the world's best paddling films, including kayaking, SUP and canoeing. It takes place at the Almonte Old Town Hall on Sunday, October 27 starting at 3PM.

This celebration of adventure is a fundraiser for the Almonte Riverwalk Project, which will extend the scenic trails near the Mississippi River. "We are so lucky to have a river in our town, and I know that these films will appeal to many in our community and beyond," says organizer Mary Lumsden of Mill Street Books. Co-sponsor Lisa Labonte of Vamos Outdoors feels that this is a great event for her customers: "we expect to attract paddlers and outdoor enthusiasts alike for a fun afternoon." Tiffany MacLaren, Community Economic & Cultural Coordinator for Mississippi Mills, is also providing assistance.

The Paddling Film Festival World Tour is produced by Rapid Media. Tickets (\$15 for adults; \$5 children under 15) will be on sale in mid-September. For further information, please contact Mill Street Books at 256-9090.

# Doors Open CP 2019

## Guided Tours, Displays and More!

Come on in! The Ontario Heritage Trust has invited communities across the province to open the doors, gates and courtyards of their unique and most fascinating cultural sites so we can see inside. Satisfy your curiosity and get behind normally closed doors to experience intriguing interiors, where you will be inspired by rare and exceptional materials, craftsmanship and design. From historical houses to modern marvels of construction, Doors Open Ontario has something for everyone!

Carleton Place is excited to once again be participating in the Doors Open phenomenon on Saturday, September 21. It was 200 years ago that the Moore family first arrived from Ireland to what is now Carleton Place to put down roots. Soon after, they were opening their door to shelter fellow settlers. We are thrilled to be continuing in this tradition of Doors Open.

This year we've got 18 different sites that will be opening their doors to the public, all free of charge! This is a great opportunity for residents to play tourist in their own town, and one more reason for visitors to come and discover what the town of Carleton Place has to offer as we celebrate 200 years as a community.

Organized by the Municipal Heritage Committee, the event is coming together with the assistance of the Ontario Heritage Trust, The Carleton Place and Beckwith Heritage Museum and Downtown Carleton Place.

Some of the highlights of this year's Doors Open event include:

- Free wagon rides between sites with host Linda Seccaspina's commentary
- Tours of the wool grading facility at the Canadian Cooperative Woolgrowers
- Guided tours of the Carleton Place Town Hall, taking you backstage in the historical auditorium where you can stand on one of Canada's few remaining raked stages
- Tours of the SamBat baseball bat factory
- Antique quilt displays at the Baptist Church and St. James Anglican Church
- Behind-the-scenes tours at the Carleton Place and Beckwith Heritage Museum



This photo of 107 Bridge Street in Carleton Place (currently home to The Granary) was taken in 1898

- The Old Federal Building (Post Office) open to the public for the first time in many years
- St. Mary's Catholic School inviting you to celebrate their 60<sup>th</sup> anniversary

Beyond exploring the buildings, you're also invited to partake in a Bicentennial Victorian tea with fancy finger foods at St. James Church Hall (free!), a Bicentennial Antique Show and Sale (also at St. James Church Hall), and beverages on the patio at both Boulton House and Braumeister Brewing Company.

For more information and a complete list of participating sites, please visit <doorsopenontario.on.ca/en/carleton-place>. If you are interested in helping out as a volunteer, please call Jennifer at 253-7013 or email <cpbmuseum@outlook.com>.

Everyone is invited to participate in this celebration of our community's heritage. Don't miss this unique opportunity to explore the sometimes hidden and always interesting places and spaces — all free of charge.

— Jennifer Miller

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# Great Music for a Green Party

## Stephen Kotze Fundraiser a Star-Studded Affair!

Mark your calendars and save the date — Saturday, October 5 at 7PM at the Perth Civitan Club — for a must see (and hear!) musical event. The evening will feature some of Canada's best-known and critically acclaimed musicians, who just happen to live in the Lanark-Frontenac-Kingston riding and support Stephen Kotze as federal Green Party Candidate!

Performing in this stellar show will be Juno nominee James Keelaghan, multiple Juno award-winner Jenny Whiteley, Juno nominee Joey Wright, indie folk darling Evening Hymns, Tripod (Lanark's newest sensation featuring Terry Tufts, Kathryn

Briggs and daughter Beth Tufts), local legend Doug Barr, songstress extraordinaire Christine Graves, and some very special super-secret guests.

Enjoy a silent auction featuring the work of many local artists. There will be a cash bar and yummy refreshments included with your admission! Plus you can look forward to hearing some inspiring words from Stephen.

Come out for a great evening and support a great candidate. Ticket are \$40 from Tickets Please, in person at the Visitor's Centre in Perth, 11 Gore St. E., by phone at 485-6434 or online at <ticketsplease.ca>. Authorized by Official Agent for Stephen Kotze.



Jenny Whiteley and Joey Wright (above) will be joining James Keelaghan, Evening Hymns, Tripod (Terry & Beth Tufts and Kathryn Briggs), Doug Barr, Christine Graves and other special guests for a fundraiser for Green Party candidate Stephen Kotze on October 5

theHum Interview

## Green Talk with Stephen Kotze

In my life's work in the visual arts, especially as it relates to creative, healthy communities, the environment is never far from the centre of what I (and many artists) find most relevant. I joined Pollution Probe in 1969 when I was still in high school (when the big issue was acid rain), and then supported Green-

by Chandler Swain

peace as it brought issue after issue to our attention through the years, and I have remained an activist ever since. Recently, information coming from the world's leading scientists has shown us the reality of our climate crisis, and I have wondered how to help make a difference. Enter my decades-long affiliation with the Green Party. Like many I have often voted strategically, but this time around it's clear that the Greens have such an important part to play in helping direct policy to ensure the future on our one and only planetary home, so I am committed to helping our excellent candidate for the Green Party win in this riding. I thought that asking Stephen Kotze a few questions about the Greens would be useful. You can also read up on their "Mission Possible" 20 Point Plan at <greenparty.ca>.

**Chandler Swain: I understand that you entered the race for the Green Party nomination close to the last minute, and that you do not have a history in party politics. What prompted you to run for the Green Party in this election?**

Stephen Kotze: My decision stemmed from a frustration, shared with many others, about the way that politics is conducted. I think we need more "ordinary" people in Parliament to represent us, and fewer career politicians. I have a lot of real life and business experience to bring to the table. I'm not

running to further my career or life ambitions; I'm doing this as an act of service to the people of this riding. We are in a climate crisis and the mainstream parties are simply not rising to the challenge. I think the Green Party provides a fresh vision and an action plan, and will deliver. Most importantly, I know that the Green Party can win in this riding and I was moved to lead the work needed to make it happen.

**What do you feel is the most important message the Green Party has for voters in this time of climate crisis?**

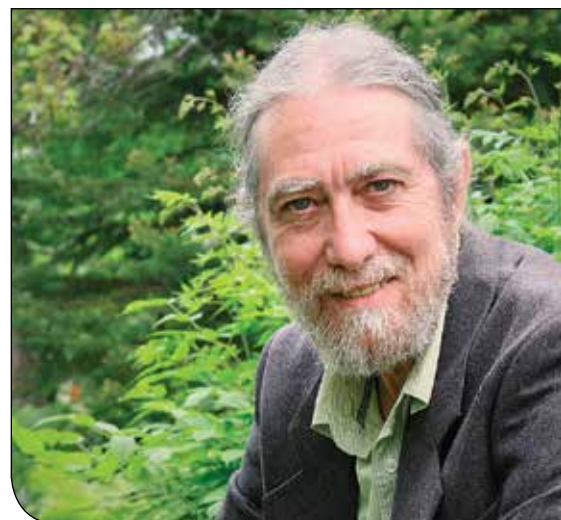
What is happening in the world is an emergency and we need to act accordingly. We must be willing to work together, across party lines, as our forebears did when faced with the emergency of World War II. We need to put political differences aside and get down to doing the work that is needed to turn our current situation around. The Green Party's 20-point "Mission Possible" climate action plan is comprehensive, practical, and achievable <greenparty.ca/en/mission-possible>.

**How do you respond to the criticism that the Green Party is essentially a one-issue party?**

Anyone who has listened to Elizabeth May, the federal Green Party leader, understands that the party is anything but a one-issue party. The Green Party has developed well-thought-out policies that address the full range of issues facing Canadians. High on the list is a solid financial management and job creation program — doing more to keep jobs in Canada and building our capacity to compete in a rapidly changing world — and safeguarding and enhancing our social programs that are so important to people on fixed incomes and to our quality of life.

**Why do you think the Green Party can win in Lanark-Frontenac-Kingston?**

I've lived here for 35 years and I know that there are a lot of people in this area who are supportive of the Green Party, or lean in that direction, but who have voted "strategically" for the NDP or Liberals, or don't vote at all because they think that their vote won't have an impact. I want to encourage these people, this time around, to vote Green. In addition, I think that if rural conservatives listen to what we have to say, they may see that the Green Party addresses their concerns more accurately than the current Conservative party; today's Conservative Party of Canada is not the same as the Progressive Conservatives of yesteryear. If we rally these votes, along with the general increase in support for the Green Party across the country, I think we have a serious chance of winning here. Many people lack awareness of what the Green Party stands for and what it has to offer. I'm trying to change that.



Canadian Federation of University Women Perth & District Annual Fundraiser

### Heritage Perth Christmas House Tour

Save the Date: 7 & 8 December, 2019



This beautiful loft bungalow, on the meandering Tay River, really bridges the present and the past. Built on a lot that has been owned by the family for 101 years, using stone reclaimed from a nearby old barn and silo, and featuring local antique furniture and décor, this home really honours the past. However, it includes all the modern amenities, such as a ground source heat pump, custom kitchen, beautiful bathrooms and radiant heating in the garage floors. A wide porch provides a lovely place to sit and enjoy the beautiful surroundings.

### Carp Farmers' Market

#### Upcoming Market Days

- Sept. 7 Alpaca Days
- Sept. 14 Market Day
- Sept. 21 KIDS' CLUB
- Sept. 28 Closed for Carp Fair
- Oct. 5 Harvest Celebration
- Oct. 12 Pie Contest
- Oct. 19 Chili Cook-Off
- Oct. 26 Halloween Market



Saturdays 8AM to 1PM  
Carp Fairgrounds

# Mississippi Mudds: A New Season of Live Theatre in Carleton Place

Walk along Mill Street from the Town Hall towards Beckwith Street, glance to the right and you can't miss it — an amazing mural completed three years ago by artist Shaun McInnis. It is colourful, entertaining, artistically clever and thoroughly engaging, just like the theatre group it is honouring! It is a perfect tribute to the Mississippi Mudds of Carleton Place — your local community theatre group. And just across the street is the auditorium of our historic Town Hall, where you can go to see amazing live theatre. Mudds members of all ages have been hard at work over the summer, planning and auditioning for a new season — our 46<sup>th</sup>! You can be sure there will be something for everyone.

Our first show opens mid-November with an innovative original musical theatre



show for the whole family. **CP 200+ Time To Remember** will help to wrap up the town's year-long 200<sup>th</sup> birthday celebration. What can you expect? An original musical review written by long-time Mudds members Catherine Clark and Jennifer Pfitzer. The show begins with a young boy fleeing some bullies. Looking for a place to hide, he accidentally stumbles into the local museum archive. Inside this magical place every item, scroll and record — when touched — brings history to life. Here he is befriended by the museum curator, a historian and a trapper. They encourage the boy to learn — from our past and present — how the threads of love, time, death, sacrifice and community weave together to create a beautiful tapestry. In doing so the boy also learns to find his courage and face his foes. He discovers that many amazing things can happen in a small town. The show features a colourful cast of historical characters from Carleton Place. You can expect a wide range of musical choices, from Irving Berlin to the Pogues, Stephen Foster to K'naan, and much more. Expect magical sets and lighting. Expect to be blown away! Mark your calendars for November 14, 15 (evenings) and 16 (matinée) and 20, 21, 22 (evenings) and 23 (matinée).

Once you start marking your 2020 calendar, make sure you reserve February 21 through March 1 for our fantastic Mudds

Youth presentation of **Frozen Jr.** In case you are not familiar with the story line for *Frozen*, this is how it goes. When their kingdom becomes trapped in perpetual winter, fearless Anna joins forces with mountaineer Kristoff and his reindeer sidekick to find Anna's sister, Snow Queen Elsa, and break her icy spell. Although their epic journey leads them to encounters with mystical trolls, a comedic snowman, harsh conditions and magic at every turn, Anna and Kristoff bravely push onward in a race to save their kingdom from winter's cold grip. With wonderful music and lyrics by Kristen Anderson-Lopez and Robert Lopez (which many children have engraved on their hearts), as well as magical sets, costumes, and the talent and enthusiasm that our young performers are known for, this is bound to be a family pleaser.

We round out our season with the blockbuster musical **Mamma Mia!** This one runs April 24 through May 2, 2020. Maybe you have seen the movie, but just a reminder of the storyline. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited twenty years



The Mudds' upcoming season includes a tribute to Carleton Place's 200<sup>th</sup> anniversary (above), Disney's *Frozen, Jr.*, and *Mamma Mia*

ago. The storytelling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show.

Tickets for all our shows will be available soon at <ticketsplease.ca/TheMudds.html>, by email at <tickets@ticketsplease.ca> or by phone at 485-6434. Information and details about this entire colourful, clever, entertaining and engaging season of live theatre are in the new Mudds season brochure (available soon at many local businesses) or by visiting <mississippimudds.ca>.

— Judith Scott



Get back-to-school-ready in downtown Carleton Place!  
 Visit our lovely shops, salons, services and thrift stores.  
 PLUS, soak up the rest of summer by experiencing our beautiful downtown like a tourist — dine, shop, stay!

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# Crown & Pumpkin: Community Creative

The ever-popular Crown and Pumpkin Tour will be returning for the 23<sup>rd</sup> time this Thanksgiving weekend: October 12, 13 and 14 from 10AM to 5PM daily in the Clayton and Almonte areas. Widely known as one of the most artistically diverse tours in Eastern Ontario, this year's tour features fine art, fine craft, fine food and drink at more than 16 stops with over 60 participants.

Stops are selected not only because they are unique locations unto themselves but also because they are on an easy driving route to minimize travel time (not that one should be concerned about time spent driving our breathtakingly scenic roads in autumn...). Stops are in convenient groupings such as Hummingbird, HFT and Dairy Distillery; historic downtown Almonte; Union Hall area; the village of Clayton; and the "beyond Clayton" grouping. The tour is also bicycle-friendly, and large purchases can be delivered within a 70km radius.

Stops have also been curated by placing appropriate guest creatives (yes, that is the word now) at each location to produce a theme and experience for visitors by tantalizing as many senses as possible. Union Hall, built in 1857, features works in traditional styles that might have been seen there 150 years ago. The Dairy Distillery, with its copper vats, will feature artists who use metallics and metal. Our "Family Cabin in the Woods" features members of two creative families at an amazing log home, and so forth.

We have also included several lunch stops with tasty offerings from local food creatives such as Jessica's Syrian Food, Heart and Soul Café, the Jolly Hog, and the Mississippi Mills Youth Centre's artisan pizza at the community wood-fired brick oven (on Saturday).



## Come See the Birds!

Each year, tens of thousands of birds migrate through our area. In the fall, hundreds of them stop to rest and feed at the Almonte Lagoons (behind the wastewater treatment plant on Wolf Grove Road near Almonte). For fifteen years, birders from all over the province have visited this prime location, making it a favourite birdwatching hotspot. To enhance the viewing experience, the Mississippi Valley Field Naturalists maintain a woodland trail leading to an observation tower and a bird-viewing shelter overlooking the lagoon.

On four consecutive Wednesdays in September, the Field Naturalists invite you to walk in and view the multitude of birds. Expert birders with spotting scopes will be at the shelter to talk about the birds and to



This year's tour features works by Saskia Praamsma, Robert Pauly, and many others

We have also added two new and different experiences this year. At Fluid Coffee, Tara Hope and guests will be giving musical performances from 11AM to 2PM featuring Church of Trees and other musical creatives. We have put together a History Corner at the Clayton General Store (which has been in continuous operation for over 175 years) in what is believed to be the oldest building in Clayton. It includes an "Historical Book Nook" with different local authors signing their historical books from 1-3PM each day. See Claudia Smith on Saturday, Peter Usher on Sunday and Rosemary Sarsfield on Monday, and then visit local historical points of interest such as the Cenotaph, the Clayton Mills monument and other points, all within walking distance.

Crown and Pumpkin has evolved over the years and there are several artists (Barbara Mullally, Robert Pauly, Karen Riches, Kaija Savinainen, and Sietze and Saskia Praamsma) who have participated in the tour since its inception and whose works have also evolved in new and exciting ways over those same years. Our words for participants have also changed over the years, from artists and artisans, creators, makers and now creatives. Perhaps a community of creatives on a tour such as Crown and Pumpkin becomes a large "Creative" (sounds like something from *Star Trek!*). So come on out and experience our Creative on the Thanksgiving weekend! Find details and directions at <crownpumpkin.com>.

— Laurel Cook

provide the opportunity to learn the identity of the different species present. The first open house will take place on Wednesday, September 4 between 3PM and 5PM. Visitors are encouraged to bring binoculars (and a spotting scope if you have one). The next three open houses will take place on the following three Wednesdays, September 11, 18, and 25, all from 3-5PM.

To get to the Viewing Shelter from Almonte, take Wolf Grove Road (County Rd. 16) towards Middleville. Drive 2km and turn north onto Ramsay Conc. 8 at the Auld Kirk church. Drive approximately 100m to the trailhead. The trail entrance is on Ramsay Conc. 8 across the road from the cemetery. A small yellow sign marks the entrance. For more details, visit <mvfn.ca>.

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- Braumeister Brewing Company
- Canadian Co-operative Wool Growers
- Carleton Place & Beckwith Heritage Museum
- Carleton Place Baptist Church
- Carleton Place OPP
- Carleton Place Town Hall
- The Moore House
- Ocean Wave Fire Company
- The Old Post Office
- Royal Canadian Legion Branch 192
- Sam Bat - The Original Maple Bat Company
- St. James Anglican Church
- St. Mary's Catholic Church
- St. Mary's Catholic School
- The Granary Apartments
- The Grand Hotel
- Zion-Memorial United Church

**FREE ADMISSION TO ALL SITES!**

**September 21, 10AM-4PM**

For more information, visit:  
[www.doorsopenontario.on.ca/en/carleton-place](http://www.doorsopenontario.on.ca/en/carleton-place)

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Hanging Around the Valley

# Time to "Fall" in Love...

## REVERIE in Almonte

From August 23 to October 6, Almonte's Sivarulrasa Gallery is pleased to present REVERIE, a duo show featuring ethereal, dreamlike works by Ottawa-based artists Gayle Kells and Catherine Gutsche.

Gayle Kells uses a variety of media to examine issues relating to identity and environment. Her ink drawings incorporate rhythmic and repetitive patterning reminiscent of tapestry, lace work, crochet and other needlework techniques. These pensive draw-



See art by Trina Conboy as well as David and Patti Jo Wilson at MERA this month

by Miss Cellaneous

ings evolve organically and, ultimately, offer a meditation on the beauty and mystery of the natural world. Her largest work in the show, *The Long Journey*, over 14-feet long, is the result of many months of focused drawing. The work is an homage by the artist to the history of women's needlework. She notes, "the many tedious hours spent creating this drawing mirror the time and energy expended by many, mostly women, working with embroidery, needlework and other textiles in factories and in the home."



*Golden Traces* by Gayle Kells is one of several drawings featured at Sivarulrasa Gallery

Catherine Gutsche creates intricate non-representational compositions, often alluding to forms in nature but highly abstracted. The two largest paintings in this show, *Spring Flurry* and *Lake Waves Breaking*, were completed by the artist during her recent artist residency on Toronto Island. "I allowed myself to respond to my environment, taking daily walks to the southern beach," she notes. Her paintings are largely process-driven, using a variety of tools in the studio including brushes, palette knives, skewer sticks, tree branches and even metal spikes to sometimes gouge the surface she is working on. She works with acrylics as well as oils combined with cold wax.

Everyone is invited to the vernissage/artists reception on Saturday, September 7 from 3–6PM. The gallery is located at 34 Mill Street Almonte, and you can find more information at [sivarulrasa.com](http://sivarulrasa.com).

## Another Side of Us – Art at MERA

On Saturday, September 7, the vernissage for the latest art exhibition at MERA will be held at 2PM. *Another Side of Us* features the work of MERA's administrator Trina Conboy and the organization's maintenance team of David and Patti Jo Wilson.

Trina Conboy has been creating pottery for ten years. Starting out as a thrower on the wheel, her work has branched out from functional to the more artistic side and now includes hand building. In need of a change in her work, she took up sketching and painting, initially to apply the skill to clay, but she now works on canvas as well. Her lifelong passion, however, is photography. "I wasn't born with a camera in my hand, but it wasn't long after that that I started to take pictures of everything and anything," she explains. Samples of all of these media will be featured at the month-long exhibition. Some pieces will be for sale, and others are just to share — for your viewing pleasure.

A lifetime resident of McDonalds Corners, Dave Wilson has only been away for four years when he attended Sheridan College, studying art fundamentals, illustration advertising and book arts. Graduating in 1991, Dave came back home and ended up employed by Lindsay Duncan and Sons Sawmill/Farm for 18 years. Along the way he married Patti-Jo Williams and they had three kids. Dave started working at MERA in 2011 and continues to do freelance artwork, in particular airbrushing. Dave's t-shirt art is inspired by his love of comics. He enjoys various media including coloured pencils, markers, acrylics and watercolour. Dave continues to paint and draw when time and sleep allow, and just lately designed the logo for Lanark's upcoming 200<sup>th</sup> celebration.

Patti-Jo Wilson is a lifelong resident of the area who even married the boy next door. Her craft work started over twenty years ago with simple plastic tree ornaments and wreath decorations. PJ now works with intricate wire, crystals and gemstones. At the moment she is making trees of life — both as wearable pendants and in larger formats. She is part of the local farmers' market and sits on the board of directors for both MERA and the McDonalds Corners Agricultural Society.

MERA is located at 974 Concession 9A in McDonalds Corners. For details about this show and other events, please visit [meraschoolhouse.org](http://meraschoolhouse.org) or email [meraschoolhouse@gmail.com](mailto:meraschoolhouse@gmail.com).

## Japanese Art Tour Showcases Works by Five Prominent Artists

The Go-Somewhere! Japanese Art Tour is a series of exhibitions and events showcasing the works of five female Japanese artists. The featured artists work in different media and have their own unique styles, and for all of them, this tour marks their North American debut.

Go-Somewhere! offers a unique opportunity for Canadians to see a diverse collection of art from halfway around the world, while also highlighting the 90<sup>th</sup> anniversary of diplomatic relations between Canada and Japan. The tour is making a stop in Almonte at the Mississippi Valley Textile Museum, and admission is free on September 28. The exhibit continues from September 29 to October 12 (when admission is \$7). For complete details, please visit [gosomewhere.ca](http://gosomewhere.ca). The Textile Museum is located at 3 Rosamond Street East in Almonte [mvtm.ca](http://mvtm.ca).

Mississippi Mills River Run Walk

For **Womens Health** and Obstetrics Unit

**SATURDAY Sept. 7 2019**

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3 km Walk Timed Event  
5 km, 10 km Run Timed Event  
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# ... with the Autumn Art Scene!

## Autumn Gold in Perth

As the summer slowly fades, the time comes to welcome a new season — and a new art show in the Strévé Design Studio Boutique Gallery in Perth. *Autumn Gold* is a solo show for Ottawa artist Hawa Kaba, who works in the popular form of multi-media collage.

Hawa Kaba is a professional artist who has previously exhibited in fine art shows in New York, Michigan, Ghana, Miami, Montreal and Toronto. Closer to home she has exhibited in numerous galleries in Ottawa and at the National War Museum. Her work is also in the public collection of the City of Ottawa.

Born in Sierra Leone, Hawa spent her childhood in many West African countries including the Ivory Coast and Guinea, where she became fluent in Mandingo, English and French. She moved to the U.S. when she was eighteen and subsequently to Canada where she has remained for almost twenty years. Ottawa is where Hawa developed her passion for painting.



Strévé Design in Perth celebrates the change of the seasons with a show called *Autumn Gold*

Hawa uses art to express her inner sense of being an African woman, using mixed-media and the visual language of western art. She incorporates design elements that she learned when dyeing textiles with her older sister, as well as the suggestions of forms that she observed in locally-produced sculptures and masks from her village. These elements are interwoven with layers of texture, a rich variety of collage materials, acrylic paint, modelling gels, and sometimes mementos and images that hold special meaning.

Many of Hawa's paintings are pictorial metaphors — visual poetry. Her artwork comes from an inner spring that delights in the patchwork interplay of colours, shapes, textures and symbols.

The show runs from September 5–30, and you can meet this talented artist on Sunday, September 15 from 2–4PM in the gallery at 64 Gore Street in Perth.

This will be an inspiring show for creators and collectors alike! For more information, please visit <strevedesign.com>

## Art Along the Back Roads

September is an exciting month for the artists of North Frontenac Township, as they prepare for the sixth annual North Frontenac Back Roads Studio Tour. This year it will be held on the weekend of September 28 and 29, from 10AM to 4PM each day. This popular tour covers the whole of North Frontenac Township, with the participation this year of 21 artists exhibiting in a dozen different studios. Most of the artists whose art has been enjoyed in the past will be returning to the tour with new works.

Although the tour is quite spread out, there are three clusters of studios that are easily visited together. One cluster north of Sharbot Lake features the popular Back Forty Artisan Cheese, Silent Valley Alpaca, and two fibre artists. Nearer the Cloyne end of the tour are several painters, a photographer and a stained glass artist. More centrally, quite a number of



This year's North Frontenac Back Roads Studio Tour takes place on September 28 & 29, and features works by Cathy Owen (above) and twenty other artists

studios are clustered in the Ardoch/Plevna area, where a wide variety of art forms can be appreciated. Works from most of the exhibiting artists can also be seen at The Free Spirit. This art gallery is located in Plevna and is open year-round with a lovely variety of work by local artists and artisans.

One reason for the popularity of the tour is the spectacular landscape in the North Frontenac area, with its numerous lakes tucked between picturesque hills. The last weekend in September is typically the best one for fall colours!

Visit <northfrontenacbackroadstudiotour.com> to find a map for the tour as well as more information about participating artists. There is food available at a number of restaurants in Plevna, Sharbot Lake, Northbrook and Cloyne, as well as at several of the studio locations. Washroom facilities are quite numerous, and are indicated on the downloadable map.

The artists of North Frontenac are excited about the opportunity to meet you and to show their work — perhaps even to sell you a gift item or a treat for yourself. They look forward to seeing you on the last weekend in September.

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**Information:**  
[www.meraschoolhouse.org](http://www.meraschoolhouse.org)



These music series are generously supported by Paul and Sue Martin

# Fall Funny Business...

Comedian Rachelle Elie has had a very busy summer! She brought her first stand-up comedy hour to the Ottawa Fringe Festival and to the prestigious Zoofest/OFF-Just for Laughs Festival in Montreal. And after doing stand-up comedy for the last ten years she headlined for the first time at Canada's national stand-up club — Yuk Yuk's in Ottawa. This September (the 20<sup>th</sup> and 21<sup>st</sup>) she is excited to be hosting two fabulous evenings of comedy in Carleton Place and Almonte.

Before moving to the Almonte area, Rachelle had been producing Toronto's longest-running variety show, *The Rag Bag Cabaret*, and it was thrilling for her to realize that she can bring her high-quality shows to her new community. This year *Rag Bag* was picked up by Zoofest /OFF-JFL in Montreal and the Ottawa Busker Festival. Past shows have featured performers such as Mike MacDonald, Jessica Holmes and Samantha Bee, to name a few.

Last year Rachelle started producing *The Rash Comedy Bash*: an evening of stand-up comedy. This new show is inspired by her blossoming stand-up career and the creation of the Canadian Association of Stand-Up Comedians, whose goal is to elevate stand-up comedy to a recognized art form in Canada. Rachelle hosts the shows and is thrilled to bring high-quality stand-up comedy to local communities and expose audiences to exceptional Canadian talent.

For her September shows, Rachelle presents comedic rock-star headliner Scott Faulconbridge. Scott has delighted international audiences with his masterful timing, quirky storytelling and quick improvisational wit. His stories, jokes and emotional outbursts and have been heard on *The Debaters*, *Laugh Out Loud*, and *Day 6* on CBC. He has written for CBC's *Still Standing* and on numerous televised



Rachelle Elie will share the stage with Scott Faulconbridge in *The Rash Comedy Bash* — coming to Carleton Place and Almonte in September

comedy specials including CTV's *Comedy Now*, CBC's *Comics*, the Winnipeg Comedy Festival, the Halifax Comedy Festival, and the internationally-acclaimed Just for Laughs Festival. Scott can be heard regularly on Sirius XM and has numerous televised specials including NBC's *Last Comic Standing*. Bill Brownstein of the *Montreal Gazette* says Scott is: "among the best comedians on the continent." Every night will also include a surprise opening comedy act.

The *Rash Comedy Bash* takes place on Friday, September 20 at the Carleton Place Arena and Saturday, September 21 at the lovely Almonte Old Town Hall. A cash bar opens at 7PM, when fabulous songstress Sherri Harding takes the stage. Sherri has performed for the Canadian Armed Forces in Bosnia, Italy and Dubai. Her vast repertoire ranges includes rock, jazz, rhythm & blues and country. Win a door prize from 8008 Lingerie or Joe's Italian Kitchen in Almonte or from Burns Jewellers in CP. The comedy starts at 8PM. These shows sell out, so get your tickets early! Part of the proceeds will support Lanark County Interval House and the Canadian Association of Stand-Up Comedians.

Tickets are \$30 on Eventbrite or at Mill Street Books (Almonte), Apple Cheeks and Burns Jewellers (CP). Snoozers pay \$40 at the door. Find out more about Rachelle at <crowningmonkey.com>.



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# MMLT's Exciting Fall Nature Events

## Discovering Nature, Hiking at Blueberry Mountain, and Liking Lovely Lichens!

It's been an exciting, nature event-filled spring and summer at Mississippi Madawaska Land Trust (MMLT) properties — but we're not done yet! Three more "Discover the Wild" wilderness series events are scheduled for early fall.

### On September 14, everyone is invited to **Discover Nature Through Your Camera Lens — A Photographic Adventure.**

Is it time to tune up your photographic eye and re-invigorate your passion for photography? Do you want to learn how to capture images of nature from intriguing perspectives? Are you interested in discovering various tips and techniques to prepare you for your next photographic adventure? Or maybe you want to learn how to master some of the important basics, such as lighting, that will make your photos special.

If so, join Simon Lunn, biologist and nature photographer, for a half-day photo-

graphic journey. A small group of 15 participants will walk along a trail or two, beside a pond, and through the woodlands and old fields of High Lonesome Nature Reserve seeking photographic opportunities along the way. From mushrooms to colourful foliage, let's see what we can discover.

Participation for this event is very limited so please register early to avoid disappointment. It takes place on Saturday, September 14 from 9:30AM to noon at High Lonesome Nature Reserve in Pakenham, with parking on-site. The cost is \$20 for MMLT members, \$25 for non-members.

Then on October 6 there are two events taking place at cliffLAND. One of the best places in Lanark County to witness a panoramic view of fall colours is from the top of this gorgeous property, so plan to come out for the annual **Fall Hike at Blueberry Mountain**. Come and hike at your own pace the gently rising trail and enjoy one of the seven wonders of Lanark County. The Fall Colours Walk has been a popular MMLT tradition now for ten years, and we thank the Clifford family for sharing their wonderful property with the public.



This year's fall hike up Blueberry Mountain at cliffLAND takes place on Sunday, October 6

On-site registration begins at 10AM and the cost is \$10 for MMLT members and \$15 for non-members. Children 18 and under are free. Children under 12 and over 80(!) will be awarded certificates for making the climb. Coffee, cookies and conversation await you on your return. This event is generously supported by Brokerlink.

Also on October 6, nature guide, research scientist and lichenologist Dr. Troy McMullin will lead the **Discover Lovely Lichens** event on Blueberry Mountain at cliffLAND. Come walk with him while exploring the forest, stream beds and rocks... to the top of Blueberry Mountain.

There are some 20,000 species of lichens in the world. Did you know that they cover

about 6% of the Earth's land surface? Lichens occur all across Canada and some live inside solid rock, growing among the grains!

Lichens manufacture a host of chemicals that probably serve to reduce attacks by predators. They are food for snails, voles, squirrels and snub-nosed monkeys (not known to be inhabiting Blueberry Mountain!). They are also an important source of food for caribou in the winter. Lichens are particularly sensitive to air pollution and they have been used to monitor air quality since 1859.

Join us on October 6 to learn more about the lichens around you from Dr. McMullin. The tour begins at 11AM at the waterfall on Blueberry Mountain trail and concludes at approximately 3PM. Don't forget to bring a lunch because we'll take a break at the Blueberry Mountain lookout, allowing you to enjoy the spectacular fall view. Admission for this event is limited to 25 participants so please register early to avoid disappointment.

The cost is \$20 for MMLT members, \$25 for non-members.

For full event details, directions or registration for one or more of these events, please visit <mmlt.ca/events>, call 253-2722, or email <admin@mmlt.ca>.

— Carolyn Piche





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# Resilient Almonte — Up for an Award!

Quick: what do these five downtown Almonte buildings all have in common: the Victoria Mill, the Thoburn Mill, the Old Post Office, 65 Mill Street and 78 Mill Street?

If you knew that they were all buildings that have been renovated over the last 26 years by the Almonte Heritage Redevelopment Group, allow yourself a smug smile. What you might also know, if you have been reading the *Millstone* recently, is that these five buildings have been shortlisted for a national heritage award.

More specifically, the National Trust for Canada has shortlisted these Five Almonte Buildings for the 2019 Ecclesiastical Insurance Cornerstone Award for Resilient Places.



But who is the National Trust for Canada or Ecclesiastical Insurance? And what does it mean for a place to be resilient? And who the heck is the Almonte Heritage Redevelopment Group?

First off, the Almonte Heritage Redevelopment Group is an informal grouping of five corporations that have redeveloped, among other projects, the Five Almonte Buildings. Created by Stephen Brathwaite and Greg Smith out of an initial need to find good studio space in Almonte, the following steadfast investors and partners have provided the funding to make the remarkable work of the Almonte Heritage Redevelopment Group possible: Johannes Hill, Inez Kettles, Mark Lefebvre, Bob McKay, Jeff Mills, John Pattison, Al Potvin, Dick & Lorraine Veenstra, and Vicki Veenstra. And of course, there are numerous angel investors from the local community who have kept the faith in these projects through difficult times.

For its part, the National Trust for Canada is Canada's preeminent advocacy group for our historic environment. It was established as an independent organization in 1973 by the federal government to informally influence heritage property over which it does not have direct authority. After receiving this initial seed money, the National Trust for Canada has since relied on charitable contributions of money,

resources and time from organizations and individuals impassioned about our built heritage.

The National Trust Awards honour contributions to community, identity, and sense of place. They highlight projects that are transformative, communities that are inspiring, and historic places that are resilient — whether they are landscapes, structures, complexes, districts, communities, towns or cities. The awards are open to anyone who is bringing historic places to life in ways that benefit people and communities. Most importantly for Almonte, the awards recognize projects and places that are getting local or regional attention but deserve recognition on the national stage. They are great historic places that more Canadians need to know about.

Sponsoring the Cornerstone Awards is Ecclesiastical Insurance, a specialist insurance provider that works to protect and preserve Canada's distinct communities, cultures, and history. They were initially founded the United Kingdom in 1887 to mitigate the impact of church fires, but then expanded their services to other disasters and places not easily covered by mainstream insurance companies, including retirement homes, education facilities, and charities and non-profit organizations. In Canada since 1972, they have a fundamental goal of advising and protecting those who enrich the lives of others.

Their sponsorship of the awards at the National Trust for Canada means that Ecclesiastical Insurance can help bring national attention to exemplary projects like the Five Almonte Buildings.

The categories of the awards have changed over the years to reflect changing heritage priorities. This year they are for Transformative Projects, which have recently creatively renewed or transformed historic places, and Resilient Places, which illustrate extraordinary resilience, significance, and benefit to a community over ten years or more.

Resilient Places, the category in which the Five Almonte Buildings has been shortlisted, is reflective of the fact that the heritage community, like most others, is deeply concerned about environmental sustainability. Resilience is a key concept for anyone trying to practice conservation, whether it is of water, resources, land, or the built environment. Heritage redevelopment is the ultimate form of architectural reuse, and the idea that the greenest brick is the one that is already in a wall is a cliché that is worth repeating.

In the case of Almonte, there is a resilience not only in the buildings, with their lively mix of heritage and contemporary elements, but also in the community

## Indigenous Culture Day at the Perth Museum

On Saturday, September 7 from 1–4PM we are pleased to introduce First Nation cultures through stories and songs at the Perth Museum to anyone with an open heart. The event is free and open to all ages, genders, or spiritual beliefs. This will be an introduction to our traditional songs and their teachings, and with the help of drums and rattles we will bring our connection to the heartbeat of Mother Earth. Fresh bannock, blueberry sauce, and cedar tea will be available for all to enjoy. We will also have two workshops to create your own dreamcatcher

— there is no cost and all materials are included; register with <tourism@perth.ca>. Miigwech for your interest.

This event is presented by the Lanark Drum Circle, the Perth Museum and the Lanark County Neighbours for Truth and Reconciliation. For more information call Kathryn Jamieson at 267-1947, visit <lanarkcountyneighbours.ca>, find "Indigenous Culture Day" on Facebook, or look up the Town of Perth Events Calendar.

— Francine Desjardins, with Sarah Nelson

that continues to believe in the value of heritage. The Almonte Heritage Redevelopment Group and its investors and supporters have certainly had to be tirelessly resilient in their efforts to adhere to a vision of Almonte as a lively, beautiful place in which more and more people want to live, work, play and invest.

Clearly, the National Trust for Canada believed that the Five Almonte Buildings demonstrate enough resilience to shortlist them; we'll see later this month whether they were impressed enough to recognize them with an award. (Let's just hope the members of the selection committee like basketball!)

— David J. Stephenson is a retired federal policy guy who now divides his time between life on the Mississippi in Almonte and roughing it in the bush on two acres near Pakenham

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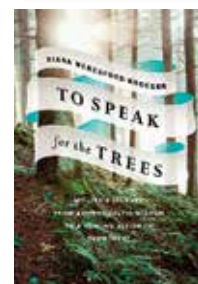
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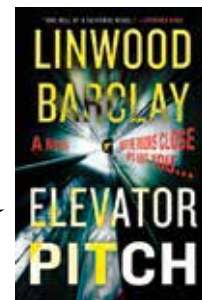


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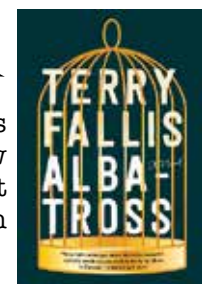


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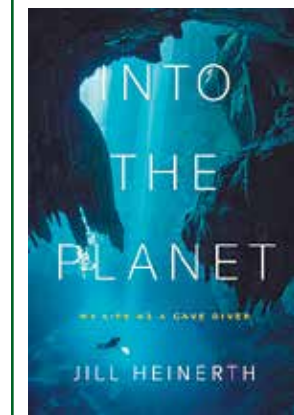
Terry's looking forward to this thriller



### Meet the Author

This local author is one of the most celebrated cave divers in the world. *Into the Planet* shares a riveting account of her experiences.

**Sunday, Sept. 22, 1:30PM at the Almonte Library!**  
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# A Musically Busy Autumn at MERA

Music lovers, here's the line-up for both the folk and the classical concerts at the MERA Schoolhouse this fall.

We have endeavoured to find some new exciting musical talent, and to bring back some audience favourites. We encourage you to support Music at MERA as much as you can, since we do not receive grants to offer the program. It is all up to you, our faithful music lovers. You can help by encouraging or bringing a friend or two. Once they experience the quality of the musical talent and the intimacy of our space, we think they will be hooked too. Our folk/blues/roots offerings include:

- JW-Jones on Sunday, September 29 at 2PM. This Juno Award nominee and *Billboard Magazine* Top 10 selling artist comes to us straight from the 2019 Ottawa Blues Festival.
- Wendell Ferguson and Katherine Wheatley (Wendell and Wheat) on Sunday, October 20 at 2PM. This charming duo will sweep you away with his humour and



Tim Booth brings his jazz trio to MERA on November 3

playing (7-time Guitar Player of the Year) and her sweet voice and passionate lyrics.

- Valdy on Thursday, November 14 at 7PM (please note the day and time). What can you say about a 50-plus year veteran of the Canadian folk scene? Valdy puts on one of the most dynamic one-person shows you can imagine.

And the Blue Jeans Classical series features:

- Paul Marleyn on cello and Frederic Lacroix on piano, on Sunday, September 8 at 2PM. Back by popular demand, this talented internationally known duo will inspire you with their awesome playing and choice of repertoire.
- The Tim Booth Jazz Trio on Sunday, November 3 at 2PM. For over thirty years, Tim and fellow musicians have brought their popular, readily accessible jazz offerings to everyone from beginner listeners to jazz aficionados. A new sound for MERA's music lovers.
- Trio Corventano on Sunday, December 8 at 2PM. This is the same talented group of young professional musicians who won everyone's hearts when they performed at MERA last year.

There will also be a special Drumming Circle on Sunday, September 29 from 10–11:30AM, featuring master drummer and educator Will Laurin. This hands-on all-ages event is for people with no drumming experience or those with some, with drums provided.

Tickets for all of these events are now available from <ticketsplease.ca> or by telephone at 485-6434. MERA is located at 974 Concession 9A Dalhousie in McDonalds Corners. Visit us at <meraschoolhouse.org> or email <meraschoolhouse@gmail.com>.

— Tom Shoebidge

## AOG Gallery Open House

The AOG Gallery in Frankville, Ontario, will be open during Culture Days on from 10AM to 4PM on Saturday, September 28 and Sunday, September 29. This private art collection will be open to the public, and will feature portraits by artist Sarah Lacy, whose work is pictured at right.

For more information, visit <aogallery.ca>.



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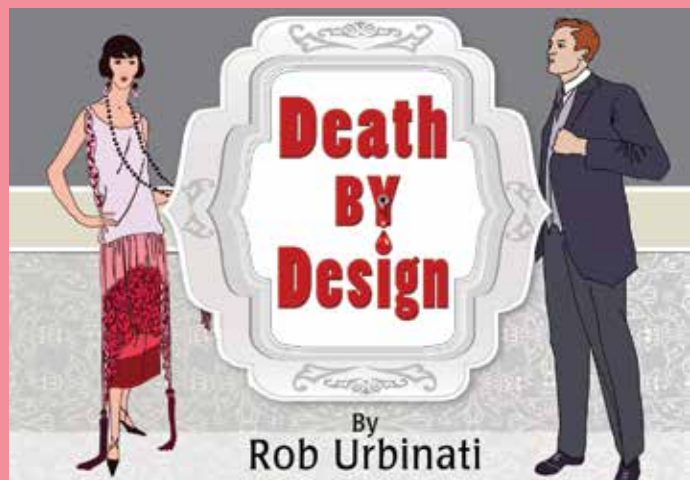
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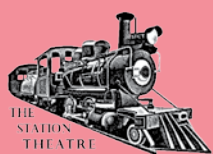
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# Coffee Contemplations

The Bigger Picture

*"Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up."*

—Anne Lamott

I've been told that I have too many coffee mugs. Some folks have gone so far as to suggest that if I culled the cupboard of the cup clutter, keeping only the mugs that are aesthetically pleasing and/or are regularly

by Angie Arendt

used, my life would somehow feel simpler, lighter... happier, even. I'm sure these people mean well... but they are wrong. Oh-so-wrong.

This morning, like pretty much every other morning, I put on the coffee and carefully selected a mug to start the day. On some mornings it's the one with the big "A" on the side that gets the nod, other times it is the one with the "P". There are days that the mug crafted by a local artist catches my eye, and sometimes the chipped and stained diner mug from long ago and far away is what I need to sit in my hand for a bit.

Today it's a blue and white mug from Starbucks in San Antonio; not a reminder of vacations past on this sunny summer morning but a connection to Texas right now, El Paso in particular. If there was a cup in the cupboard from Ohio or California I'd grab those, too, and double-fist it... but there's not. So I don't. The souvenir mug from the San Antonio airport will have to suffice. It's prayer time.

A few thousand years ago, someone eloquently spoke and later wrote in the book of Ecclesiastes that "For everything there is a season... and a time and purpose for every matter under heaven. A time to be born and a time to die; a time to weep and a time to laugh; a time to mourn and a time to dance; a time to keep silent and a time to speak... for everything there is a season, and a time and purpose for every matter under heaven."

I figure that this snippet has withstood the test of time because somewhere deep in our souls (or maybe just our DNA or shared memory) we know it's true... we are born, we die, and in between that first breath in and the last breath out there are all kinds of highs and lows which, if we pay attention, will shape our lives into things of beauty and wonder that make an imprint for Good.

So I do what I can to pay attention, including sitting for a bit in the morning. It's a ritual of connection.

Like most rituals, this one includes ordinary items that take on sacred significance. For generations, people have used candles, stones, water, food and art as ways to connect with God, Good, Life, or The Bigger Picture. For me, it's a coffee mug.

When that "A" mug sits in my hand, I think of my daughter (she gave me the mug for my birthday) and what it means to be family, and even about my own life, too. The "P" mug is its twin and conjures up "Peter" and "Partner" and "Puppies" and "Possibilities". The mug from the local artist brings images of community: the new one we live in now, the ones we have come from, and what it means to belong. And the mug from the diner? That one always reminds me of the sacredness of the simple things: eggs, a good story, and yes... coffee.

Today it is a stained, chipped, well-worn souvenir San Antonio mug in my hand bringing to mind (and heart) all of the people running on fumes in Texas and Ohio and California and oh-so-many other places in these days-after-the-terrorist-attacks. Those folks are likely drinking coffee right now, too — sucking it out of paper cups and travel mugs, caffeinating up so that they can keep hugging and holding, standing up and speaking out, cleaning up, telling stories, organizing, raising money, marching in the streets — doing whatever they can with whatever they have to be and bring hope into their grief-filled, heartbroken corners of the world, likely not aware that their actions ripple all the way up to Canada on this mid-August morning to a big stone house in a little town that sits on the other Mississippi River. That connection has me wondering how I might do the same in my neck of the woods...

After the contemplative connection and a few more sips in silence, it's time to wrap it up. So I close with a prayer of sorts — more like a comma in an on-going conversation with God, Good, Life and The Big Picture that I'll pick up again tomorrow morning with a fresh pot of coffee and another mug in hand: "Thanks. For food, for life, for do-overs, for the people who love me and who I get to love... and for coffee, too. If you could help me do what I can to pay all of this forward today, I'd really appreciate it..." And the day goes on, full of possibilities to make an imprint for Good. May it be so.

— Angie Arendt is the Director of Big Stone House: a Center for Courageous Living <bigstonehouse.ca>

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# Expressions of Art

## Local Artists Add Colour to Thanksgiving Weekend

Thirty-one local artists have been selected to participate in this year's Expressions of Art Show and Sale hosted by the West Carleton Arts Society. This show, which has been celebrated annually for more than 25 years, will be held on Thanksgiving weekend (October 11–13) at the Carp Agricultural Hall.

"We have a wonderful cross-section of art in our show this year," says Anne Heather Moore, chair of the event. "Our artists represent a variety of media

— from oil, acrylic and watercolour to photography, textiles, glass and mosaics. It is a great representation of local and regional art, with styles that appeal to everyone."

The vernissage, or opening reception, will be held on Friday, October 11, and will feature musical guests Kate Weekes and James Stephens. Refreshments will be served and there will be a cash bar. Ottawa mayor Jim Watson and local councilor Eli El-Chantiry are planning to attend.

Attendance and parking are free, and the venue is wheelchair accessible. The show runs on Friday from 7–9PM, on Saturday from 8AM to 4PM, and on Sunday from 10AM to 4PM.

Established in 1988, the West Carleton Arts Society (WCAS) is an active, non-profit volunteer organization of vibrant, talented visual artists and fine crafts people. Its dynamic program includes monthly ARTiculate Fireside artist chats, an annual Spring Into Art Conference, the fall Expressions of Art show and the \$100 & Under Christmas sale. Member benefits include opportunities to show work at several local venues and to engage with other regional artists. For more information, please visit <westcarletonartsociety.ca>.



You'll find works by Heather Lovat-Fraser (this one's called *Summer Joy!*) and many other artists at Expressions of Art

# Beyond Politics

## How Government Works — an Evening Course

Learning in Almonte and Almonte Lectures are pleased to announce a new evening course that will be a great primer on local government. Whether you are a regular council meeting attendee, are considering running for office, or are simply a taxpayer who wants to know where the buck stops, this course is for you!

Five lectures beginning on Wednesday, September 18 will focus on diverse topics pertaining to municipal affairs. The series will feature Diane Smithson (CEO in Carleton Place) and Cindy Halcrow (former Mississippi Mills clerk) speaking on "who does what" — the responsibilities of various levels of government from provincial to county and municipality, and how those services are delivered. Forbes Symon, Director of Development and Protective Services in Perth, will discuss the process of town planning — the formulation and implementation of developments. Mr. Symon will also present a lecture on the roles of councillors, staff, committees and consultants — where they meld, and where they diverge. Trisa McConkey, Treasurer for Carleton Place, will discuss financial planning and budgets — how they are set and monitored.

Finally, there will be a panel discussion by a small group of councillors, past and present, on the effect that this position has on them personally. This will be a moderated discussion about the choice to run for office, the importance of a policy statement, the monetary cost, the toll it takes on family, and the after-effects of winning and losing an election.

This course has been months in the making, and the organizers are confident it will increase the public's knowledge of municipal procedures. The curriculum will steer away from politics entirely, providing the opportunity to learn what goes on behind the scenes away from the media coverage and council table.

The five lectures will take place on consecutive Wednesday evenings, September 18 to October 16, from 7–9PM at the Almonte Public Library. Registration is limited and on a first-come first-served basis, with the registration fee of \$65 payable in cheque or cash at the first lecture. To register, please contact <cmapsimon@gmail.com>. For more information on this or other Learning in Almonte courses, please visit <learninginalmonte.com>.

— Glenda Jones

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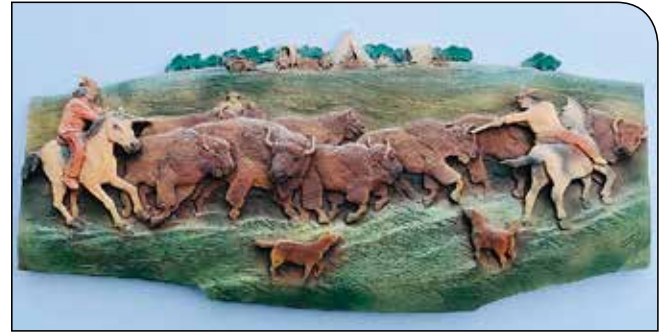
# Fragments of Canada's History

## Richard Gill's Annual Show at Bittersweet Gallery

"Whether you like history or not, there's no denying the impact it leaves on us."  
— Henry David Thoreau

What historical or past events do you think of when pondering what has shaped the Canada we know today? For artist and sculptor Richard Gill, history varies and fascinates — from tragic to victorious, the well-known to the lesser. It compels him to shape it, and in his own fashion, helps cultures to thrive. Richard is currently preparing for his annual show at Bittersweet Gallery in Burnstown, entitled *Fragments of Canada's History*. The show will feature clay relief representations of events such as the first encounter of the Vikings landing in Newfoundland, the unveiling of the Avro Arrow (which Richard's own father worked on), the Metis buffalo hunt, the sinking of the Edmund Fitzgerald, the arrival of immigrants on Pier 21, the Klondike gold rush, the Winnipeg General Strike of 1919, the Charter of Rights and Freedom, Juno Beach and the Vimy Memorial, as well as characters like Louis Riel, the hippies in Yorkville, and the Rolling Stones at the El Mocambo.

In no particular chronological order, Richard has narrated and interpreted the above fragments



Opening on September 28, Richard Gill's fall show features iconic moments and characters from Canada's past

of Canada's past, to name a mere few. The show comprises fifty pieces shaped first in his mind, then formed in the hands of this seasoned sculptor whose chosen and instinctive material is the resilient and permanent medium of kiln-fired clay in relief.

*Fragments of Canada's History* marks Richard's 47<sup>th</sup> annual fall show. It opens Saturday, September 28 and continues to October 14 in his studio at Bittersweet Gallery in Burnstown <[burnstown.ca/bittersweet](http://burnstown.ca/bittersweet)>. His ongoing work and those of over fifty Canadian artists can be seen year-round. The gallery is open daily from 11AM to 5PM.

# Small Halls Brings Big Music to Little Places

The Ontario Festival of Small Halls is embarking on a musical wanderluster's dream schedule this month — bringing stunningly creative forces in Canadian music to intimate settings close to home from September 12 to 29. The Festival will be shaking up small stages for the sixth consecutive year, offering extraordinary chemistry and charm throughout three weeks of musical bliss in places like Almonte, Balderson, Tatlock, Pakenham and more.

Musical mavericks, trusty veterans and awe-inspiring newcomers combine for an eclectic schedule that defies notions of what a rural music festival can accomplish. When groundbreaker LeE HARVeY OsMOND and fiddling feet-flying powerhouse Leahy share the same festival, you know it's a line-up like no other. This year also sees Justin Rutledge, Union Duke, Madison Violet and roots music giant Harry Manx meeting past festival favourites like the Devin

Cuddy Band, Harrow Fair, Tomato Tomato, and the uncompromising energy of Gordie MacKeeman and His Rhythm Boys.

"This celebration of incredible live music all takes place in cherished buildings with history and heart — making for unforgettable musical adventures, surrounded by community," says Kelly Symes, General Manager of the Festival. Think stained glass windows, vaulted ceilings, brilliant back stories and even a former barn!

But it doesn't stop there. This year, the Ontario Festival of Small Halls further expands its palette-pleasing celebrations of local chefs by putting on six one-of-a-kind country feasts in unique locations throughout Ottawa's countryside, called **The Chef's Table**. In partnership with Ottawa Tourism and Thyme & Again, The Chef's Table events are curated by renowned Ottawa chefs using locally-sourced ingredients. To sweeten the pot further, a lively Small Halls concert takes place following the feast featuring musical performances by some of the region's most celebrated artists! There are four more Chef's Table events taking place throughout the festival in September, so keep your ear to the ground.

To further drive home that down-home experience, hall hosts are planning a slate of community events in conjunction with each fall festival show. From wine tastings to markets ripe with local produce and even savoury barbecue dinners al fresco, the host halls are throwing open their doors to make this year's performances at the Festival of Small Halls even more memorable.

For tickets or more details, please call 402-1425 or visit <[ontariosmallhalls.com](http://ontariosmallhalls.com)>. Many shows are sold out already, so purchase tickets soon! Stay in touch by connecting on Facebook @FestivalofSmallHallsOntario; on Twitter @smallhallsfest, or via Instagram @smallhallsfest.



LeE HARVeY OsMOND (aka Tom Wilson) is just one of many fine acts found on this year's Festival of Small Halls roster

# Run for AGH, Dive Into the Planet...

Here's some great news from the good folks at the Almonte General Hospital: their sixth annual **Mississippi Mills River Run / Walk** (MMRRW) is taking place on Saturday, September 7 and already 192 participants have registered!

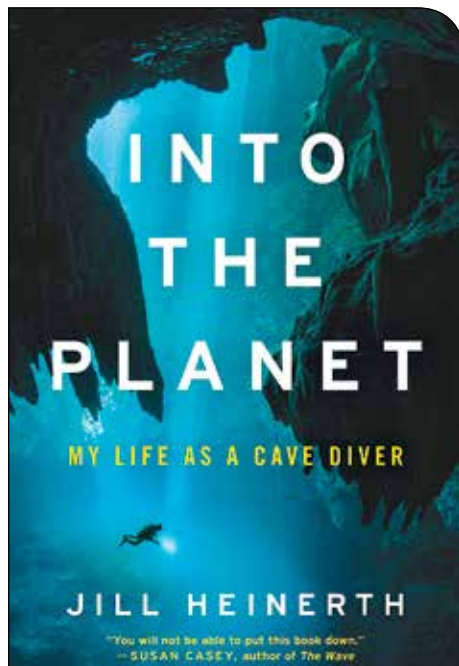
by Miss Mills

Individuals, teams and families are all coming out for this great cause — supporting quality health care close to home. AGH FVM Foundation Vice Chair Julie Munro says: “Our goal is helping our Obstetrics Unit and supporting Women’s Health by putting the best medical tools in the hands of our incredible doctors and staff. The financial success of this event means replacement and new equipment in those two key areas.” Thanks to generous support from local partners, all funds collected in pledges go directly to support the purchase of diagnostic equipment for women’s health and the hospital’s ever-expanding obstetrics unit. Another great way to participate is to shop the online auction at [almontehospitalfoundation.com](http://almontehospitalfoundation.com) between now and September 7.

The MMRRW features three different distances: 3km timed run, 3km recreational, 5km timed run or walk, and 10km timed run or walk. Pre- and post-walk/run events include warm-up, musical entertainment, breakfast served by the Almonte Civitan, massages, recovery food, and children’s activities like face painting and more.

As well as registration, which only costs \$35 in advance, individuals and teams are encouraged to collect donations. Pledge incentives include gift certificates for Wilderness Tours, Patrice’s Independent Grocer and Shoppers Drug Mart, and the highest individual fundraiser and fundraising team will win prizes including suite tickets to see comedian Sebastian Maniscalco.

Last year more than 305 walkers and runners took to the streets in support of the event, which begins and ends behind



Mill Street Books welcomes author and cave diver extraordinaire Jill Heinerth to the Almonte Library on September 22

the Hospital and Fairview Manor at 95 Spring St. The first group leaves at 8:30AM and it all wraps up by noon. Let’s beat last year’s numbers! Find more information at [almontehospitalfoundation.com](http://almontehospitalfoundation.com).

That same weekend you can visit **Almonte Fibrefest** — see page 4 of this issue for all of the details.

Then on Wednesday, September 11, you can bring the whole family down to the Almonte Community Centre to sign up for fantastic fall classes and workshops at **Mississippi Mills at a Glance**. This one-stop sign-up shop runs from 7–9PM, and for more information you can call 256-1077.

On Sunday, September 22, the owners of Mill Street Books invite you to come out to the Almonte Library at 1:30PM to meet Jill Heinerth, author of *Into the Planet — My Life as a Cave Diver*. Jill is a Canadian cave diver, underwater explorer, writer, photographer, and filmmaker. She is a veteran of over thirty years of filming, photography, and exploration on projects in submerged caves around the world. She has made TV series, consulted on movies, written several books and is a frequent corporate keynote speaker. Jill is the first Explorer in Residence for the Royal Canadian Geographical Society, a Fellow of the Explorers Club and member of the inaugural class of the Women Divers Hall of Fame.

Not impressed enough yet? Well, director James Cameron (of *Avatar* and *Titanic* fame) says: “More people have been to the moon than to the places that Jill Heinerth has explored deep inside our watery planet. A world-class technical diver and filmmaker, Jill’s extraordinary path from under Antarctic icebergs to tropical blue holes is proof that real life is far more exciting than fiction.”

So far, the only thing I’m having trouble believing is that I only have to go as far as the Almonte Library to hear Jill speak — turns out that’s because she lives in Carleton Place! You can find out more at [intotheplanet.com](http://intotheplanet.com), but I recommend calling 256-9090 to reserve your seats right away...



This bronze bas relief of R. Tait McKenzie will be installed on Almonte’s Old Town Hall and unveiled September 14. Initiated by Blair Paul and Stephen Brathwaite, it is sculpted by Russell Baron, cast by Dale Dunning, orchestrated by the Mississippi Valley Conservation Authority and funded privately. Thanks to all who helped!

MERRICKVILLE ARTISTS’ GUILD

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# Be Here with Tim Nast

## Pianist and Composer Tours Ottawa Valley

Accomplished pianist and composer Tim Nast is set to release his new album on October 4, and will be hitting the road from October 4 to November 16 for his fall tour across the Ottawa Valley. Tim will be also showcasing eight singles from his new album, *Here*, on social media @timcnast. This campaign aims to give audiences an insight into the melodic tunes found on his album.

With an album design featuring an ancient cave painting, *Here* focuses on acknowledging our time and life on planet Earth. Comprised of twelve original solo piano songs, the album celebrates the simple fact that we are here — on this planet, in our bodies, in this moment. The song *Passengers* tells of how we are all passengers on this planet as we move through our lives and through space. The album and song acknowledge our busy lifestyle and how we need to step back and savour life's journey.

Growing up on the west coast of Vancouver Island, Tim's musical styling was honed through his classical and jazz influencers and the tranquil setting found along the west coast. Tim defines his musical stylings as "freestyle piano," encompassing the sounds of classical, folk and jazz music. Tim wants to take his listeners on a journey through a musical landscape by evoking a feeling of escaping the busy lives individuals lead. "Music is the conductor on the melodic journey through this album," he explains. "It is the vehicle people use when looking for meaning in their life."

Tim's fall tour will feature intimate performances that create a bubble of time for his audience. Tim wants individuals to leave the show feeling self-aware and in the moment. Aside from performing his songs,



Tim Nast will be playing shows in Almonte, Pakenham, Maberly, Tatlock and Smiths Falls, among other nearby destinations

he will be doing his form of improvisation for the audience. He will end each show by composing a new song with the audience present, as a way to connect with them and build raw and authentic material. After every show the song will be uploaded to his website and Tim will give the audience free access to the song they created together.

The weekly pre-release of eight singles will be highlighted through Tim's social media pages to build momentum for his new album, and engage with his audience on this musical journey. A gifted pianist and composer with a natural affinity for the audience, he looks forward to sharing his music with people around the world and connecting with them in an authentic way. Follow Tim Nast on Facebook, Instagram, Twitter and YouTube to join him on his melodic journey and upcoming tour dates. Tickets are available in advance for \$20 at [timnast.com/tour](http://timnast.com/tour), and at the door for \$25.

# North Lanark Seniors' Expo

## Information, Services and Opportunities

The famous author Herman Melville once said: "To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living." In an effort to aid in the journey toward older age, organizers of the North Lanark Seniors' Expo are excited to offer their ninth annual event. Building on past successes, this event promises to deliver the kind of information that seniors, their families and caregivers seek. Taking place on Thursday, September 5 at the Almonte Community Centre, the Seniors' Expo offers a one-stop showcase of goods and services available in North Lanark. The theme this year is "Building Healthier Communities for Seniors."

Last year over 80 exhibitors saw approximately 800 attendees come through. Consider coming an hour early to attend the popular "Navigating the Health Care System" presentation from 9-11:30AM in the curling club lounge. Health care professionals will discuss topics such as home care, hospice, transitioning home from hospital, long-term care, and services such as physiotherapy. If you have questions about your health care services as the government announces changes, this is the place to ask them.

The expo exhibits open at 10AM and run to 3PM. Come for the ribbon cutting opening and hear *O Canada* sung by the resident's choir from presenting sponsor Orchard View by the Mississippi. Take a ride on the Triobike Taxi. Exhibitors range from travel agents to health care providers; from recreational pursuits to services tailored to help you remain safely in your home. Food will be available for purchase during lunchtime.

This expo is part of Mills Community Support's commitment to building an age-friendly North Lanark. The Older Adult Centres' Association of Ontario (OACAO) has again provided financial support to help bring this event to North Lanark. Their help means non-profit organizations serving seniors can receive a free booth to promote their services. This year the Senior's Expo is going green with the help of the Ontario Clean Water Agency. They will bring their public water bottle filling station, and organizers will offer up free reusable water bottles for visitors. The expo is made possible thanks to many generous sponsors, the great volunteer organizers, and those who help out that day.

For more information, please contact Jeff Mills at [jmills@themills.on.ca](mailto:jmills@themills.on.ca) or <256-1031>.



This year's Seniors' Expo takes place on Sept. 5



# From Summer to September...

Summer is winding down. There's a bit of a chill in the air in the evening, dew on the grass in the morning. It's a crisp time of year, all cool breezes and comfy sweaters. But the mosquitoes are mostly gone, and the tourists too; the kids off to school with new shoes and new hopes. Down at the **Perth Farmers' Market**, every basket is spilling over with

by John Pigeau

the summer's sweet-smelling harvest — and what better way to spend a brisk September Saturday morning in the pretty ol' town than filling up on the freshest of fruit and garden greens, savoury pastries hot from the oven, and maybe a sweet and creamy melt-in-your-mouth maple pie.

Sarah MacKenzie, President of the Perth Farmers Market and a vendor with Hollyhock Grange, says: "September is the absolute height of vegetable season in Ontario and Perth is no exception. Almost every common veggie you can think of, as well as some that might be new to you, are ripe and have absorbed all of the heat from the summer to make sweet and flavourful food. That abundance means that jams, pickles and fermented foods are being created by farmers and producers too! The Market is also full of fun activities in September — including our Tomato Taste-Off and Chili Cook-Off — which both highlight an end-of-summer-favourite: the tomato."

September sure can be sweet.



You'll find a cornucopia of fall produce — as well as delightful crafts — at the Perth Farmers' Market

If you're in the mood to enjoy a feel-good romantic comedy on the big screen, you'll be happy to know that **New in Town**, starring Renée Zellweger and Harry Connick Jr., will be screening at the Studio Theatre on September 6. Tickets are \$10 at the door, or \$12 in advance at Tickets Please (ticketsplease.ca, or 485-6434). A nifty bit of trivia: parts of the film were shot in Selkirk and Winnipeg, Manitoba.

Or perhaps you'd care for a walk? It's a good time of year for it, and there's a good reason too. The 3<sup>rd</sup> annual Lanark North Leeds **Parkinson Super-Walk** takes place at Perth's Conlon Farm Recreation Complex on Saturday, September 7.

The SuperWalk is Parkinson Canada's largest fundraising event. Last year's local event raised almost \$39,000, surpassing organizers' expectations. There were over 100 participants, and the event is clearly gaining momentum locally. While raising money is important, organizers have said that building awareness of the need for improved access to medical and support services is even more important.

Each September, about 10,000 people in eighty communities across the country organize and take part in SuperWalks. Proceeds raised are used to fund

research, increase services and support advocacy efforts on behalf of people with Parkinson's Disease. Since 1990, walkers have raised more than \$38 million to support a better life today for Canadians living with Parkinson's.

There will be food, music, and children's activities at this year's walk at Conlon Farm. There will be a 2km and a 3km walking loop, and both will be wheelchair- and stroller-friendly. Participants are asked to bring their own water bottle. If you have not yet registered you can register in-person on walk day, or you can register online, where you can also make a donation: at <donate.parkinson.ca>. Registration is at 9:30AM, and the walk begins, rain or shine, at 10:30AM.

To learn more about this fun and inspirational day, you can contact Pat Evans at 272-3383. You can also visit <donate.parkinson.ca> to volunteer, download a pledge sheet, learn more about Parkinson's Disease, and read personal stories about just a few of the everyday heroes who live with this disease, including Pat Evans, who lives in the area and is one of the main organizers of the Lanark North Leeds walk in Perth.

Pat was named 2018's Superwalk National Hero by Parkinson Canada. She has created a new support group with the support of Parkinson Canada, and worked to establish exercise programs in the area. There is a three-minute video clip featuring Pat on the website, so you can see and hear a bit about her inspirational story, and how she believes the Super-Walk is an important community-building experience. You might just be moved to take part in the walk, to volunteer, or donate, or show up at Conlon Farm on Saturday the 7 to cheer on all the walkers.

In that same spirit, the annual **Terry Fox Run** will take place on Sunday, September 15, starting out at Conlon Farm. This is a non-competitive run with participants celebrating Terry's legacy and raising money for cancer research in Terry's name, while keeping alive his dream of finding a cure for cancer.

Registration starts at 8:45AM on run day, with the starting time slated for 10:30AM. Route distances include a 2.5-kilometre route, a five-kilometre and 10-kilometre walk/run. Participants can cycle or rollerblade, roll in a wheelchair, and push a stroller if they like. Dogs are welcome, too, but must be on a leash. The routes are accessible for all.

There will be a tasty barbecue following the run, and water stations set up during it. The day's festivities also include a silent auction, face painting, a bouncy castle, and door prizes. For much more information about the run, please visit <terryfox.org> and click on "Terry Fox Run" to find the Perth site. You can also register to fundraise, download a pledge sheet, form or join a team of participants, or make a donation to the Terry Fox Foundation.

Neatly rounding out the month's events are **Culture Days at the Perth Museum**, the weekend of September 27-29. There is some really neat stuff happening here, including the chance to make your own butter while watching tea biscuits being made in an outdoor bake oven — and then you get to enjoy a freshly made biscuit slathered in butter you've made yourself!

Author Hélène Jasmin will be there signing copies of her new book, *Book of Days: A Journey with Elsie*, and will also be showing some of Elsie Redford's personal items. Textile artists will be demonstrating their skills, and, in partnership, Perth Museum and Perth & District Hall of Fame are working to bring Perth's athletes to the Museum walls. The Museum will be open from 10AM to 4PM on Friday, and from 10AM to 6PM on Saturday and Sunday that weekend. Admission for all of this is absolutely free.

Happy last days of summer, everyone!

## Sept. Pub Listings

**The Cove** (Westport, 273-3636): Wed Open Mic w/Shawn McCullough, 7-10PM; Sun Head over Heels on the Patio, 12:30-3:30PM

Sep 1 John Wilberforce, 5:30-8:30PM  
Sep 2 Head over Heels on the Patio, 12:30-3:30PM

Sep 5, 12 Jazz w/Spencer Evans Trio, 8-10PM, \$5

Sep 6 Henry Norwood & Shawn McCullough, 8-11PM

Sep 7 David Allen James, 5:30-8:30PM

Sep 14 Terry Tufts, 5:30-8:30PM

Sep 19, 26 Jazz w/Spencer Evans Solo, 8-10PM

Sep 20 Rob Moir, 5:30-8:30PM

Sep 21 Dave Balfour & Jamie Campbell, 5:30-8:30PM

Sep 27 Head over Heels w/The Blue Monday Band, 7-11PM, buffet+show \$50

Sep 28 Mario Franco, 6-9PM

**Almonte Lobby Bar** @Riverside Inn (Almonte, 461-2745): Tue Music Trivia, 8PM

Sep 1 Jazz w/The Brindled Cats, 7-10PM

**Juke Joint Soul Kitchen** (Carp, 470-8888): 7PM

Sep 7 Alain Tambay

Sep 14 Ron Mills

Sep 21 Steve Stacey

Sep 28 Me & Him

**Cheshire Cat** (Carp, 831-2183):

Sep 3 Zach Martin, 6:30-8:30PM

Sep 5 Brock Zeman, 6:30-8:30PM

**Fiddleheads** (Perth, 267-1304): 8PM, Thu

Open Mic w/Kevin Choffe

Sep 6 Ramblin' Valley Band

Sep 13 Loaded SixString

Sep 20 Dave McGrath

Sep 27 Henry Norwood

**Ashton Pub** (Ashton, 257-4423): Sun (excl Sep 1) Open Mic, 2-5PM

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

**Golden Arrow Pub** (Perth, 267-4500):

9PM, Wed Karaoke

Sep 6 Logan Brown

Sep 13 Matt Dickson

Sep 14 Jimmy Tri-Tone Band

Sep 20 The Brockolees

Sep 21 Exposure Exposure

Sep 27 Ted Lalonde

Sep 28 Nolan Hubbard

**Neat Coffee Shop** (Burnstown, 433-9960): 8PM

Sep 5 Ben Caplan, \$40

Sep 6 Neat Comedy Night, \$25

Sep 11 Leeroy Stagger, \$30

Sep 13 Jill Barber, \$55

Sep 20 Roman Clarke, \$20

Sep 25, 26 Ashley MacIsaac, \$70

Sep 27 Ken Yates, \$22.50

Sep 29 David Myles, \$40

**O'Reilly's Ale House** (Perth, 267-7994): Tues Brock Zeman, 8:30PM

Sep 6 The Godfrey's, 8:45PM

Sep 13 David McGrath, 8:30PM

Sep 14 Shawn McCullough, 8:30PM

Sep 20 Stephen Mark Fisher, 8:45PM

Sep 27 Tom Watson, 8:45PM

**Ridge Rock Brewing Co.** (Carp, 470-2337):

Sep 7 TJ Morrison, 8PM

Sep 8 Terry Tufts, 2PM

Sep 13 Zach Martin, 8PM

Sep 15 Wilson Delcourt, 2PM

Sep 22 Black Suit Devil, 2PM

**The Royal Oak** (Kanata, 591-3895): jazz

on Sun, 2-5PM

Sep 1, 15, 29 Magnolia Rhythm Kings

Sep 8, 22 APEX Jazz Band

**The Swan at Carp** (Carp, 839-7926):

Sep 13, 27 Steve Barrette Trio, jazz,

7-10PM

**Waterfront Gastropub** (CP, 257-5755): Sun Blues w/Redneck Limousine

3-6PM

Sep 6 Mississippi Blues Society Jam,

8:30PM

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Time: 11 am to 3pm

Email: info@downtowncarletonplace.com

Madawaska Studio Tour, Oct 4-6  
 Music for the Green Party, Perth, Oct 5  
 Almonte Yoga Festival, Oct 5  
 Turpin's Trail, Carleton Place, Oct 5  
 MAG Artists Tour, Merrickville, Oct 5-6  
 Fall Colours Hike, Blueberry Mtn, Oct 6  
 Expressions of Art, Carp, Oct 11-13  
 Hogtown Allstars, Westport, Oct 11-12  
 Admirable Crichton, Perth, Oct 11-27  
 Crown & Pumpkin, Miss Mills, Oct 12-14  
 Perth Autumn Studio Tour, Oct 12-14  
 Pumpkinfest, CP, Oct 19  
 Fine as Binder Twine, Beckwith, Oct 27  
 Paddling Film Festival, Almonte, Oct 27  
 Christmas in the Valley Artisan Show, Almonte, Nov 2-3  
 Cheerfully Made, Almonte, Nov 2-3  
 Itty Bitty Art Show, CP, Nov 2-3  
 EODL 1-Act Festival, Perth, Nov 8-10  
 Theresa Thomason & Paul Sullivan, Perth, Nov 9  
 Valdy, McD Crnrs, Nov 14  
 CP200+, Carleton Place, Nov 14-23  
 BOTR, Westport, Nov 15-16  
 Pakenham Country Christmas, Nov 30  
 Algonquin Ensemble, Almonte, Dec 1  
 Perth Xmas House Tour, Dec 7-8  
 How the Grinch Stole Miss Mills' Christmas, Almonte, Dec 12-15

## Festivals

**Perth Fair**, Aug 30-Sep 2. perthfair.com. \$10-12, ages 7-12 \$5; midway extra  
**Fibrefest**, Sep 7 (10AM-5PM), Sep 8 (10AM-4PM). Fibre art vendors, workshops. Textile Museum & Almonte Arena. mvtm.ca. \$6/day  
**Lanark County Harvest Festival**, Sep 8, 11AM-4PM. Beckwith Park. lanarkcounty-tourism.com/harvestfestival/  
**Delta Harvest Festival**, Sep 28, 9AM-4PM. tours, food, vendors. deltaontario.com

## Visual Arts

**Sundance Artisan Show**, Aug 31-Sep 1 (10-5), Sep 2 (10-4). Fall River Restaurant, Maberly. sundancestudio.ca  
**Message in a Bottle**, Tue, 6:30-9PM. Bring a creative project & share progress. Curious & Kind, Almonte. curiousandkind.ca  
**Almonte Quilters' Guild Quilt Show**, Sep 7 (9AM-5PM), 8 (9AM-4PM). Vendors, tea, scissor sharpening. Almonte Civitan Hall. almontequiltersguild.blogspot.com. \$5  
**Meet Artists: Gayle Kells & Catherine Gutsche**, Sep 7, 3-6PM. Sivarulrasa Gallery, Almonte. sivarulrasa.com  
**Vernissage: Trina Conboy, David Wilson, Patti Jo Wilson**, Sep 7, 2PM, MERA Schoolhouse. meraschoolhouse.org  
**Nature Photography Workshop**, Sep 14, 9:30AM-12:30PM. w/Simon Lunn. High Lonesome Reserve. mmlt.ca. \$25/\$20  
**Makers Rendezvous**, Sep 14, 8:30AM-5PM. Builders, artisan, craftspeople. Workshops, demos, displays. Soho's, Westport. Free  
**Meet the Artist: Hawa Kaba**, Sep 15, 2-4PM. Strévé Design, 64 Gore St., Perth. strevedesign.com  
**Almonte Quilters' Guild**, Sep 16, 7PM. Monthly mtg. All welcome. Almonte Civitan Hall. almontequiltersguild@gmail.com  
**Lanark County Quilters Guild**, Sep 24, 7-9PM. Guild stash sale. Lions Hall, Perth. lanarkcountyquiltersguild.com. \$5 guests  
**Vernissage: Ctr for Creative Living**, Sep 26, 7-9PM. Fairview Manor, Almonte.  
**Merrickville Artists' Guild Studio Tour**, Sep 28-29, Oct 5-6. 10AM-5PM. Merrickville. mag-artists.ca  
**North Frontenac Back Roads Studio Tour**, Sep 28-29, 10AM-4PM. northfrontenacbackroadsstudiotour.com

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> <li>🎵 <b>Carp Celtic Jam</b>, Masonic Lodge</li> <li>🎵 <b>Hackberry Men's Shed</b>, CP</li> <li>🎵 <b>Head over Heels (Patio)</b>, The Cove</li> <li>🌟 <b>Perth Fair</b></li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> <li>🎵 <b>Storytelling Workshop</b>, Almonte</li> <li>🎨 <b>Sundance Artisan Show</b>, Maberly</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Brock Zeman</b>, O'Reilly's Pub</li> <li>🎵 <b>Deathtrap</b>, Perth</li> <li>🎵 <b>Message in a Bottle</b>, Almonte</li> <li>🎵 <b>Music Trivia</b>, Almonte Lobby Bar</li> <li>🎵 <b>Olde Time Bingo</b>, CP</li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> <li>🎵 <b>Zach Martin</b>, Cheshire Cat Pub</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Almonte Duplicate Bridge Club</b></li> <li>🎵 <b>Car Toot Bingo</b>, Almonte</li> <li>🎵 <b>CP Hort: Hosta la Vista</b>, CP</li> <li>🎵 <b>Deathtrap</b>, Perth</li> <li>🎵 <b>Karaoke</b>, Golden Arrow</li> <li>🎵 <b>MVFN Birding Open House</b>, Almonte</li> <li>🎵 <b>Open Mic w/Shawn McCullough</b>, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Ben Caplan</b>, Neat Coffee Shop</li> <li>🎵 <b>Brock Zeman</b>, Cheshire Cat Pub</li> <li>🎵 <b>Deathtrap</b>, Perth</li> <li>🎵 <b>Jazz w/Spencer Evans</b>, The Cove</li> <li>🎵 <b>Naismith Men's Shed</b>, Almonte</li> <li>🎵 <b>Open Mic w/Kevin Choffe</b>, Fiddleheads</li> <li>🎵 <b>Ottawa Senators Hometown Tour</b>, Perth</li> <li>🎵 <b>Seniors' Expo</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Cancer Support Group</b>, Almonte</li> <li>🎵 <b>Carp Celtic Jam</b>, Masonic Lodge</li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> <li>🎵 <b>Storytelling Workshop</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Apollo 11: The Quest for the Moon</b>, Perth</li> <li>🎵 <b>Brock Zeman</b>, O'Reilly's Pub</li> <li>🎵 <b>Hackberry Men's Shed</b>, CP</li> <li>🎵 <b>Message in a Bottle</b>, Almonte</li> <li>🎵 <b>Music Trivia</b>, Almonte Lobby Bar</li> <li>🎵 <b>Olde Time Bingo</b>, CP</li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> <li>🎵 <b>Square Dancing Open House</b>, Beckwith</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Almonte Duplicate Bridge Club</b></li> <li>🎵 <b>Cookbook Book Club</b>, CP</li> <li>🎵 <b>Jill Barber</b>, Smiths Falls</li> <li>🎵 <b>Karaoke</b>, Golden Arrow</li> <li>🎵 <b>Leeroy Stagger</b>, Neat Coffee Shop</li> <li>🎵 <b>Meditation &amp; Associated Processes</b>, Perth</li> <li>🎵 <b>Mississippi Mills At A Glance</b>, Almonte</li> <li>🎵 <b>MVFN Birding Open House</b>, Almonte</li> <li>🎵 <b>Open Mic w/Shawn McCullough</b>, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>CP Curling Registration</b>, CP</li> <li>🎵 <b>Jazz w/Spencer Evans</b>, The Cove</li> <li>🎵 <b>Naismith Men's Shed</b>, Almonte</li> <li>🎵 <b>Open Mic w/Kevin Choffe</b>, Fiddleheads</li> <li>🎵 <b>Toastmasters</b>, CP</li> </ul>
<ul style="list-style-type: none"> <li>🎨 <b>Almonte Quilters' Guild</b></li> <li>🎵 <b>Cancer Support Group</b>, Almonte</li> <li>🎵 <b>Carp Celtic Jam</b>, Masonic Lodge</li> <li>🎵 <b>Hackberry Men's Shed</b>, CP</li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> <li>🎵 <b>Storytelling Workshop</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Apollo 11: The Quest for the Moon</b>, Almonte</li> <li>🎵 <b>Brock Zeman</b>, O'Reilly's Pub</li> <li>🎵 <b>CP Curling Registration</b>, CP</li> <li>🎵 <b>Message in a Bottle</b>, Almonte</li> <li>🎵 <b>Music Trivia</b>, Almonte Lobby Bar</li> <li>🎵 <b>Olde Time Bingo</b>, CP</li> <li>🎵 <b>Com. Home Support Info</b>, Perth</li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> <li>🎵 <b>Square Dancing Open House</b>, Beckwith</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Almonte Duplicate Bridge Club</b></li> <li>🎵 <b>Karaoke</b>, Golden Arrow</li> <li>🎵 <b>MVFN Birding Open House</b>, Almonte</li> <li>🎵 <b>Open Mic w/Shawn McCullough</b>, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Almonte Curling Registration</b></li> <li>🎵 <b>Ed's Garage</b>, Perth</li> <li>🎵 <b>Jazz w/Spencer Evans</b>, The Cove</li> <li>🎵 <b>Naismith Men's Shed</b>, Almonte</li> <li>🎵 <b>Open Mic w/Kevin Choffe</b>, Fiddleheads</li> <li>🎵 <b>Perth Breast Cancer Support</b></li> <li>🎵 <b>Take Back the Night</b>, CP</li> <li>🎵 <b>Ryan McMahon</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Almonte Hort: Dried Flowers</b></li> <li>🎵 <b>Cancer Support Group</b>, Almonte</li> <li>🎵 <b>Carp Celtic Jam</b>, Masonic Lodge</li> <li>🎵 <b>DIY Make &amp; Take Craft Night</b>, CP</li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> <li>🎵 <b>Storytelling Workshop</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Brock Zeman</b>, O'Reilly's Pub</li> <li>🎵 <b>Hackberry Men's Shed</b>, CP</li> <li>🎨 <b>Lanark County Quilters Guild</b>, Perth</li> <li>🎵 <b>Message in a Bottle</b>, Almonte</li> <li>🎵 <b>Music Trivia</b>, Almonte Lobby Bar</li> <li>🎵 <b>Olde Time Bingo</b>, CP</li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Almonte Duplicate Bridge Club</b></li> <li>🎵 <b>Ashley MacIsaac</b>, Neat Coffee Shop</li> <li>🎵 <b>Karaoke</b>, Golden Arrow</li> <li>🎵 <b>Meditation &amp; Associated Processes</b>, Perth</li> <li>🎵 <b>MVFN Birding Open House</b>, Almonte</li> <li>🎵 <b>Open Mic w/Shawn McCullough</b>, The Cove</li> <li>🎵 <b>Woman at War</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Ashley MacIsaac</b>, Neat Coffee Shop</li> <li>🎵 <b>Ed's Garage</b>, Perth</li> <li>🎵 <b>The Weather Station</b>, Almonte Old Town Hall</li> <li>🎵 <b>Jazz w/Spencer Evans</b>, The Cove</li> <li>🎵 <b>Naismith Men's Shed</b>, Almonte</li> <li>🎵 <b>Open Mic w/Kevin Choffe</b>, Fiddleheads</li> <li>🎵 <b>Perth Hist Soc: Perth's 1<sup>st</sup> Bldg</b></li> <li>🎵 <b>Toastmasters</b>, CP</li> <li>🎨 <b>Vernissage: Ctr for Creative Living</b>, Almonte</li> <li>🎵 <b>Woman at War</b>, Smiths Falls</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Cancer Support Group</b>, Almonte</li> <li>🎵 <b>Carp Celtic Jam</b>, Masonic Lodge</li> <li>🎵 <b>Hackberry Men's Shed</b>, CP</li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> <li>🎵 <b>Storytelling Workshop</b>, Almonte</li> <li>🎵 <b>Wellness Workshop: Light</b>, CP</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Brock Zeman</b>, O'Reilly's Pub</li> <li>🎵 <b>Music Trivia</b>, Almonte Lobby Bar</li> <li>🎵 <b>Olde Time Bingo</b>, CP</li> <li>🎵 <b>Smiths Falls Duplicate Bridge Club</b></li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Almonte Duplicate Bridge Club</b></li> <li>🎵 <b>CP Hort: Q&amp;A &amp; Fall Show</b>, CP</li> <li>🎵 <b>Open Mic w/Shawn McCullough</b>, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Death by Design</b>, Smiths Falls</li> <li>🎵 <b>Naismith Men's Shed</b>, Almonte</li> <li>🎵 <b>Open Mic w/Kevin Choffe</b>, Fiddleheads</li> </ul>

**Richard Gill Fall Show Vernissage**, Sep 28, 2-8PM. Show til Oct 14, 11-5. Bittersweet Gallery, Burnstown. burnstown.ca/bittersweet

## Theatre

**Storytelling Workshop**, Mon, 7-8:30PM. Drop in, all ages. Curious & Kind, Almonte. \$10 sugg. donation. curiousandkind.ca  
**Open Mic** Fri, 7-9PM: Storytelling Sep 6; Comedy Sep 13; Poetry Sep 20. Curious & Kind, Almonte. curiousandkind.ca  
**Deathtrap** Wed, Sat 8PM; Tues-Sun 2PM. St. James Anglican Church, Perth. classictheatre.ca. \$30; under 30 \$21; \$4 fee  
**New in Town**, Sep 6, 7PM. Studio Theatre, Perth. ticketsplease.ca. \$10 (\$12 adv)  
**Adventure In Your Ear LIVE!**, Sep 8, 7-9PM, Curious & Kind, Almonte. curiousandkind.ca. \$10  
**Ed's Garage**, Sep 19-21, 26-28, 7:30PM; Sep 22 & 29, 2PM. Studio Theatre, Perth. studiotheatreperth.com. \$24, \$10 student

**The Rash Comedy Bash** w/Scott Faulconbridge, Rachele Elie. Sep 20, 8PM, CP Arena; Sep 21, 8PM, Almonte Old Town Hall. crowningmonkey.com. \$40; \$30 adv  
**Woman at War** Sep 25, 2 & 7PM (Full Circle Theatre, Perth); Sep 26, 2 & 7PM (Station Theatre, SF). filmnightinternational.blogspot.ca. \$12  
**Lanark Laughs**, Sep 27, 8:30-10PM, Waterfront Gastropub, Carleton Place  
**Death by Design**, Sep 27-28, Oct 3-5, 7:30PM; Sep 29, Oct 6, 2PM. Mystery farce. Station Theatre, SF. smithsfallstheatre.com

## Music

**Cindy Thompson**, Sep 7, 7-9PM. Master fiddler. Museum fundraiser. Middleville Fairgrounds. cindythompson.ca/. \$25  
**Marleyn & Lacroix**, Sep 8, 2-4PM. Cello/piano. MERA Schoolhouse, McDonalds Corners. meraschoolhouse.org. \$27.50  
**Singer Songwriter Circle**, Sep 8, 1PM. MIMusicworks, Almonte. mmmusicworks.com

**Jill Barber**, Sep 11, 8PM. Station Theatre, Smiths Falls. smithsfallstheatre.com. \$35  
**Harrison Kennedy & Band**, Sep 13, 7-11PM. Blues on the Rideau. The Cove, Westport. bluesontherideau.ca. \$70 buffet/show  
**Fauré's Requiem & Other Celestial Music**, Sep 15, 3PM. St. John Chrysostom, Arnprior. \$25; student \$10; under 13 free  
**Pipes & Drums**, Sep 15, 2PM. Fundraiser for Almonte Legion Pipe Band. Music, ceremony, BBQ. Carleton Place Legion. By donation  
**Ryan McMahon**, Sep 19, 7-9PM. Singer/songwriter. Equator Café, Almonte. \$20  
**Festival of Small Halls**. ontariosmallhalls.com  
 Sep 15 **Jeremy Fisher**, Balderson  
 Sep 20 **Harry Manx**, Merrickville  
 Sep 21 **Cassie & Maggie**, Spencerville  
 Sep 21 **Harry Manx**, Pakenham,  
 Sep 22 **Gordie MacKeeman & His Rhythm Boys**, Maberly  
 Sep 26 **Weather Station**, Almonte  
 Sep 29 **Craig Cardiff**, Tatlock Hall

**Dance with DLUX Band**, Sep 21, 8PM, Ag Fair fundraiser. Cash bar. McDonalds Corners Ag. Hall. \$15 at the door  
**Choral Evensong**, Sep 22, 3:45PM, Organist Andrew Graham. St. James the Apostle Anglican Church, Perth. stjamesperth.ca  
**Trad Song Pub Session**, Sep 22, 2-4PM, Join in. Anyone can lead. The Barley Mow, Almonte. www.shantyman.ca/almonte-trad-songs  
**Acoustic Open Mic**, Sep 27, 7-9PM. Curious & Kind, Almonte. curiousandkind.ca  
**C.R. Avery w/Elaine Marilyse & Dimorphic**, Sep 28, 7-9PM, Musician & wordsmith; poets. Curious & Kind, Almonte. curiousandkind.ca. \$25; \$20 adv.  
**The Bells of St. Paul's**, Sep 28, 10AM, Handbell choir. Crystal Palace, Perth. stpaulsperth.ca  
**JW-Jones**, Sep 29, 2PM, New & old blues. MERA Schoolhouse, McDonalds Corners. meraschoolhouse.org. \$27.50

## Pub Crawling p.25

# SEPTEMBER 2019

## Friday

## Saturday

## Sunday

<p><b>Deathtrap</b>, Perth</p> <p><b>Henry Norwood &amp; Shawn McCullough</b>, The Cove</p> <p><b>Logan Brown</b>, Golden Arrow</p> <p><b>Mississippi Blues Society Open Jam</b>, Waterfront</p> <p><b>Neat Comedy Night</b>, Neat Coffee Shop</p> <p><b>New in Town</b>, Perth</p> <p><b>Ramblin' Valley Band</b>, Fiddleheads</p> <p><b>Storytelling Open Mic: Home</b>, Almonte</p> <p><b>The Godfrey's</b>, O'Reilly's Pub</p> <p><b>Used Book Sale</b>, Carp</p>	<p><b>Fibrefest</b>, Almonte</p> <p><b>Indigenous Culture Day</b>, Perth</p> <p><b>Deathtrap</b>, Perth</p> <p><b>Art at Calabogie Mkt</b>, Carp</p> <p><b>Carp Farmers' Market Alpaca Day</b>, Carp</p> <p><b>Alain Tambay</b>, Juke Joint Soul Kitchen</p> <p><b>Almonte Quilters' Guild Quilt Show</b>, Almonte</p> <p><b>Cindy Thompson</b>, Middleville</p> <p><b>David Allen James</b>, The Cove</p> <p><b>Giant Neighbourhood Garage Sale</b>, Pakenham</p> <p><b>Meet the Artists: Kells &amp; Gutsche</b>, Almonte</p> <p><b>Mississippi Mills River Run &amp; Walk</b>, Almonte</p> <p><b>Mudds Jr. Auditions: Frozen Jr.</b>, CP</p> <p><b>Parkinson SuperWalk Lanark North Leeds</b>, Perth</p> <p><b>Teddy Bear Picnic &amp; Bake Sale</b>, Appleton</p> <p><b>Vernissage</b>, McDonalds Corners</p>	<p><b>Adventure In Your Ear LIVE!</b>, Almonte</p> <p><b>Almonte Quilters' Guild Quilt Show</b>, Almonte</p> <p><b>APEX Jazz Band</b>, The Royal Oak</p> <p><b>Ashton Open Mic</b>, Ashton Pub</p> <p><b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</p> <p><b>Deathtrap</b>, Perth</p> <p><b>Fibrefest</b>, Almonte</p> <p><b>Harvest Church Supper</b>, Beckwith</p> <p><b>Head over Heels (Patio)</b>, The Cove</p> <p><b>Lanark County Harvest Festival</b>, Beckwith</p> <p><b>Marleyn &amp; Lacroix</b>, McDonalds Corners</p> <p><b>Singer Songwriter Circle</b>, Almonte</p> <p><b>Sitting on Sundays</b>, Almonte</p> <p><b>Terry Tufts</b>, Ridge Rock Brewing Co.</p>
<p><b>Harrison Kennedy &amp; Band</b>, Westport</p> <p><b>Comedy Open Mic</b>, Almonte</p> <p><b>David McGrath</b>, O'Reilly's Pub</p> <p><b>Jill Barber</b>, Neat Coffee Shop</p> <p><b>Light Up the Labyrinth</b>, CP</p> <p><b>Loaded SixString</b>, Fiddleheads</p> <p><b>Matt Dickson</b>, Golden Arrow</p> <p><b>Scottish Country Dancing</b>, Perth</p> <p><b>Steve Barrette Trio</b>, The Swan at Carp</p> <p><b>Zach Martin</b>, Ridge Rock Brewing Co.</p>	<p><b>Doors Open Carleton Place</b>, Carleton Place</p> <p><b>Jimmy Tri-Tone Band</b>, Golden Arrow</p> <p><b>LAWs Garage Sale</b>, Smiths Falls</p> <p><b>Makers Rendezvous</b>, Westport</p> <p><b>Nature Photography Workshop</b>, Pakenham</p> <p><b>RCMP Musical Ride</b>, CP</p> <p><b>Ron Mills</b>, Juke Joint Soul Kitchen</p> <p><b>Senior Day at Calabogie Mkt</b>, Calabogie</p> <p><b>Shawn McCullough</b>, O'Reilly's Pub</p> <p><b>Terry Tufts</b>, The Cove</p> <p><b>Toy &amp; Collectible Show &amp; Sale</b>, Almonte</p>	<p><b>Apple Pie Fest &amp; Classic Car Show</b>, Appleton</p> <p><b>Ashton Open Mic</b>, Ashton Pub</p> <p><b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</p> <p><b>Fauré's Requiem &amp; Other Celestial Music</b>, Arnprior</p> <p><b>Jeremy Fisher</b>, Balderson United Church</p> <p><b>Head over Heels (Patio)</b>, The Cove</p> <p><b>Magnolia Rhythm Kings</b>, The Royal Oak</p> <p><b>Pipes &amp; Drums</b>, CP</p> <p><b>Sitting on Sundays</b>, Almonte</p> <p><b>Terry Fox Run</b>, Perth</p> <p><b>Wilson Delcourt</b>, Ridge Rock Brewing Co.</p> <p><b>Meet Artist Hawa Kaba</b>, Perth</p>
<p><b>Dave McGrath</b>, Fiddleheads</p> <p><b>Ed's Garage</b>, Perth</p> <p><b>Harry Manx</b>, Merrickville United Church</p> <p><b>Poetry Open Mic</b>, Almonte</p> <p><b>Rob Moir</b>, The Cove</p> <p><b>Roman Clarke</b>, Neat Coffee Shop</p> <p><b>Scottish Country Dancing</b>, Perth</p> <p><b>Stephen Mark Fisher</b>, O'Reilly's Pub</p> <p><b>The Brockolees</b>, Golden Arrow</p> <p><b>The Rash Comedy Bash</b>, CP</p>	<p><b>Black Tie Bingo</b>, Almonte</p> <p><b>Ed's Garage</b>, Perth</p> <p><b>Doors Open Carleton Place</b>, Carleton Place</p> <p><b>Almonte Curling Registration</b>, Almonte</p> <p><b>CP Curling Registration</b>, CP</p> <p><b>Dance with DLUX Band</b>, McD Cmrns</p> <p><b>Dave Balfour &amp; Jamie Campbell</b>, The Cove</p> <p><b>Carp Farmers' Market Kids' Club</b>, Carp</p> <p><b>Exposure Exposure</b>, Golden Arrow</p> <p><b>Cassie &amp; Maggie</b>, Spencerville United Church</p> <p><b>Harry Manx</b>, St. Andrew's United Church</p> <p><b>Pakenham Youth Group</b>, Pakenham</p> <p><b>Steve Stacey</b>, Juke Joint Soul Kitchen</p> <p><b>The Rash Comedy Bash</b>, Almonte</p>	<p><b>APEX Jazz Band</b>, The Royal Oak</p> <p><b>Ashton Open Mic</b>, Ashton Pub</p> <p><b>Black Suit Devil</b>, Ridge Rock Brewing Co.</p> <p><b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</p> <p><b>Choral Evensong</b>, Perth</p> <p><b>Ed's Garage</b>, Perth</p> <p><b>Gordie MacKeeman &amp; His Rhythm Boys</b>, Maberly Hall</p> <p><b>Head over Heels (Patio)</b>, The Cove</p> <p><b>Meet the Author: Jill Heinerth</b>, Almonte</p> <p><b>Sitting on Sundays</b>, Almonte</p> <p><b>Trad Song Pub Session</b>, Almonte</p>
<p><b>Acoustic Open Mic</b>, Almonte</p> <p><b>Almonte Lectures: Finding Your Funny</b>, Almonte</p> <p><b>Breakfast with Soul</b>, Almonte</p> <p><b>Culture Days</b>, Perth</p> <p><b>Death by Design</b>, Smiths Falls</p> <p><b>Ed's Garage</b>, Perth</p> <p><b>Head over Heels w/Blue Monday Band</b>, The Cove</p> <p><b>Henry Norwood</b>, Fiddleheads</p> <p><b>Ken Yates</b>, Neat Coffee Shop</p> <p><b>Lanark Laughs</b>, CP</p> <p><b>Pioneering Spirit Day Camp</b>, Appleton</p> <p><b>Scottish Country Dancing</b>, Perth</p> <p><b>Steve Barrette Trio</b>, The Swan at Carp</p> <p><b>Ted Lalonde</b>, Golden Arrow</p> <p><b>Tom Watson</b>, O'Reilly's Pub</p>	<p><b>Brett Pearson Run for Your Life</b>, CP</p> <p><b>C.R. Avery w/Elaine Marlyse &amp; Dimorphic</b>, Almonte</p> <p><b>Culture Days</b>, Perth</p> <p><b>Death by Design</b>, Smiths Falls</p> <p><b>Delta Harvest Festival</b>, Delta</p> <p><b>Ed's Garage</b>, Perth</p> <p><b>End-of-Market Celebration</b>, Calabogie</p> <p><b>Grand Opening: Brazilian Jiu-Jitsu</b>, Perth</p> <p><b>Mario Franco</b>, The Cove</p> <p><b>Me &amp; Him</b>, Juke Joint Soul Kitchen</p> <p><b>Merrickville Artists' Guild Studio Tour</b>, Merrickville</p> <p><b>Nolan Hubbard</b>, Golden Arrow</p> <p><b>North Frontenac Back Roads Studio Tour</b>, North Frontenac</p> <p><b>Richard Gill Fall Show Vernissage</b>, Burnstown</p> <p><b>The Bells of St. Paul's</b>, Perth</p>	<p><b>2nd Annual KatieBear Bingo</b>, Arnprior</p> <p><b>Ashton Open Mic</b>, Ashton Pub</p> <p><b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</p> <p><b>Culture Days</b>, Perth</p> <p><b>David Myles</b>, Neat Coffee Shop</p> <p><b>Death by Design</b>, Smiths Falls</p> <p><b>Ed's Garage</b>, Perth</p> <p><b>Craig Cardiff</b>, Tatlock Community Hall</p> <p><b>Head over Heels (Patio)</b>, The Cove</p> <p><b>JW-Jones</b>, McDonalds Corners</p> <p><b>Magnolia Rhythm Kings</b>, The Royal Oak</p> <p><b>Merrickville Artists' Guild Studio Tour</b>, Merrickville</p> <p><b>North Frontenac Back Roads Studio Tour</b>, North Frontenac</p> <p><b>Sitting on Sundays</b>, Almonte</p> <p><b>Vendemmia Open House</b>, Almonte</p>

**Apollo 11: The Quest for the Moon**, Talk by Frank Hitchens. Sep 10, 6:30PM, Perth Library; Sep 17, 6:30PM, Almonte Library. Free

**Meditation & Associated Processes**: Sep 11, 25, 1:30-3PM, Perth Library. 225-4675, by donation

**Mississippi Mills At A Glance**, Sep 11, 7PM-9PM, Activity info & registration for kids, snrs, adults. Almonte Community Centre. 256-1077.

**Toastmasters**, Sep 12 & 26, 7-8:30PM. Guests free. Riverview Snrs' Residence, 204 Lake Ave., CP. RSVP 250-9282

**CP Curling Registration**, Sep 12, 7-9PM; Sep 17 2-4PM, 7-9PM; Sep 21, 8-11AM. Adults. 120 Patterson Cr., CP. cpcurling.ca

**Scottish Country Dancing**, Fri (from Sep 13), 9:30AM. All levels. McMartin House, Perth. 264-2767

**Light Up the Labyrinth**, Sep 13, 6:30PM prep luminaries; 7:30PM walk. CP Community Labyrinth.

**Doors Open Smiths Falls**, Sep 14, 10AM-3PM. Visit for free. smithsfalls.ca

**LAWs Garage Sale**, Sep 14, 8AM-1PM, Lanark Animal Welfare Society. LAWs, Smiths Falls.

**RCMP Musical Ride**, Sep 14, 2PM, Mounties on horseback. Carleton Place High School. cpbheritagemuseum.com. Free

**Toy & Collectible Show & Sale**, Sep 14, 9AM-2PM, UnitedWay/Almonte Civitan Hall. unitedwaylanarkcounty.ca. \$10

**Terry Fox Run**, Sep 15, 8:45AM, Walk, run, wheel, or ride. 2.5, 5 or 10kms. Conlon Farm Recreational Complex. terryfox.org

**Apple Pie Fest & Classic Car Show**, Sep 15, 2-4PM, Appleton. northlanarkregionalmuseum.com. \$10

**Community Home Support Info Session**, Sep 17, 7-8:30PM. Volunteer opportunities. The Factory, 40 Sunset Blvd., Perth. 267-6400 x28

**Almonte Curling Registration**, Sep 19 7-9PM; Sep 21, 9AM-12PM. New & former curlers. almonte.ovca.com

**Perth Breast Cancer Support Group**, Sep 19, 7-9PM. Monthly mtg. Perth Family Health Centre.

**Take Back the Night**, Sep 19, 6:30PM, March at 7PM. All welcome. Carleton Place Town Hall.

**Black Tie Bingo**, Sep 21, 7PM, 10 games to play. Cash bar. OrchardView. orchardview-mississippi.ca. \$5 entry; \$1/card

**Doors Open Carleton Place**, Sep 21, 10AM-4PM, 18 properties. Visit for free. doorsopenontario.on.ca/en/carleton-place.

**Almonte Hort: Dried Flowers**, Sep 23, 7:30PM, Speaker: Sylvia Van Oort. Cornerstone Community Church, Almonte. 256-1071. \$2 (first time=\$0)

**Perth Hist Soc: Perth's 1st Bldg**, Sep 26, 7:30PM, Monthly mtg. Perth Legion. perthhs.org. \$2

**Almonte Lectures: Finding Your Funny**, Sep 27, 7:30PM, Rachele Elie. Almonte United Church. almontelecures.net. free; donations accepted

**Breakfast with Soul**, Sep 27, 8-10AM, Spiritual discussions. Breakfast potluck. Curious & Kind, Almonte. Donation to C&K

**Culture Days**, Sep 27 10AM-4PM, Sep 28-29 10AM-6PM. Make butter, book signing, more. Perth Museum.

**Pioneering Spirit Day Camp**, Sep 27, , Ages 5-10. North Lanark Regional Museum. northlanarkregionalmuseum.com. \$30

**Brett Pearson Run for Your Life**, Sep 28, 9AM-2PM, Walk/Run 5K. CP Town Square. cpdrugstrategy.com.

**Grand Opening: Brazilian Jiu-Jitsu**, Sep 28, 10AM-1PM, Free lessons, food, more. Perkins Bldg., Perth. perthbjj.com

**2nd Annual KatieBear Bingo**, Sep 29, 11AM-4PM, Fundraiser. Arnprior Legion.

**Vendemmia Open House**, Sep 29, 1-4PM, Wine/food sampling, music. OrchardView, Almonte. orchardviewmississippi.ca.

**CP Hort: Q&A & Fall Flower/Veg Show**, Oct 2, 7PM. Zion-Memorial United Church, Carleton Place. facebook.com/carletonplaceanddistricthorticulturalsociety. \$3 entry; \$10 annual

**Square Dancing Open House**, Sep 10 & 17, 7:30-9:30PM. Singles/couples welcome. Brunton Hall. mississippisquares.ca. Free

**Ottawa Senators Hometown Tour**, Sep 5, 4PM & 7PM. Cdn Tire, Perth. nhl.com/senators/community/hometown-tour.

**Seniors' Expo**, Sep 5, 10AM-3PM, Info for seniors, their families & caregivers. Almonte Community Centre. themills.on.ca. Free

**Mississippi Mills River Walk & Run**, Sep 7, 7:30AM-12PM, Almonte Fairgrounds. almontehospitalfoundation.com. \$30-45

**Giant Neighbourhood Garage Sale**, Sep 7, 8AM-1PM. Pakenham Golf Course Neighbourhood, 624-5593.

**Parkinson SuperWalk**, Sep 7, 9:30AM, donate. parkinson.ca/lanarknorthleeds.ca Conlon Farm Recreational Complex.

**Indigenous Culture Day**, Sep 7, 1-4PM, Traditional songs, food. Perth Museum. lanarkcountyneighbours.ca. Free

**Harvest Church Supper**, Sep 8, 4-6PM, Stews, pies. Beckwith Recreational Complex. ticketsplease.ca. \$12

**Square Dancing Open House**, Sep 10 & 17, 7:30-9:30PM. Singles/couples welcome. Brunton Hall. mississippisquares.ca. Free

**Bittersweet Gallery** presents Richard Gill's annual show [from Sep 28] <burnstown.ca/bittersweet>

**Fairview Manor Lobby** presents The Contemplative Photography Group of the Centre for Creative Living's Spring: New Beginnings

**MERA Schoolhouse** presents works by Trina Conboy, David Wilson, Patti Jo Wilson <meraschoolhouse.org>

**Mississippi Valley Textile Museum** presents Jim Arendt's images [to Sep 14] & Go-Somewhere! Japanese Art Tour [from Sep 28] <mvtm.ca>

**N. Lanark Regional Museum** presents Out of the Box artefacts <apletonmuseum@hotmail.com>

**Sivarulrasa Gallery** presents "Reverie": Gayle Kells & Catherine Gutsche <sivarulrasa.com>

**Strévé Design Studio** presents Hawa Kaba's paintings [Sep 5-30] <strevedesign.com>

## Literature

**Used Book Sale**, Sep 6, 12-8PM; Sep 7, 8AM-1PM. \$1-\$3. Proceeds to W. Carleton Food Access Ctr. Carp Fairgrounds

**Meet the Author: Jill Heinerth**, Sep 22, 1:30PM, Cave diver. *Into the Planet*. Almonte Library. millstreetbooks.com

## Youth

**Mudds Jr. Auditions: Frozen Jr.**, Sep 7, 10AM-2PM, Ages 8-18. Sing "Do You Want to Build a Snowman". Carleton Place Arena, mississippimudds.ca

**Pakenham Youth Group**, Sep 7, 10AM-2PM, 1st & 3rd Sat. Movies, games, pizza, crafts. Ages 9-16. Pakenham Library. 257-9772. Free

**Teddy Bear Picnic & Bake Sale**, Sep 7, 11AM-2PM, Appleton. apletonmuseum@hotmail.com. \$3

## Local Food

**Calabogie Mkt**, Saturdays, 9AM-1PM. Sep 7 Art w/artists, photographers; Sep 14 Seniors' Day; Sep 28 End-of-Market Celebrations, Harvest fest. Calabogie Community Centre. calabogiemarket.ca

**Carp Farmers' Market**, Saturdays, 8AM-1pm. Sep 7 Alpaca Day; Sep 21 Kids' Club

## Community

**Cancer Support Group**, Mon (excl 2nd) 10-11AM. Patients & survivors. Almonte Library. 726-8040. Free

**SF Bridge Club**, Mon 7PM, Tue 1PM. 256-4747. SF Legion

**Olde Time Bingo**, Tue 7PM. Held by CP Civitans in CP Arena upper hall

**Birding Open House**, Wed 3-5PM. Almonte Lagoons, across from Auld Kirk Cemetery. mvfn.ca

**Almonte Bridge Club**, Wed 7PM. 256-4747. Almonte Legion

**Sitting on Sundays**, Sun (excl Sep 1), 10AM. Meditation, mindfulness. Big Stone House, Almonte. bigstonehouse.ca. By donation

**Hackberry Men's Shed**: Sep 2, 16, 30, 7PM, meeting. Shed opposite 98 Donald St., CP; Sep 10, 24, 7:30AM, breakfast, Gourmet Restaurant, CP. 461-0013. Mtgs Carleton Place Library, 257-2702, free:

**Cookbook Book Club**, Sep 11, 6PM

**DIY Make & Take Craft Night**, Sep 23, 6:30PM

**Wellness Workshop: Light**, Sep 30, 6PM

**Car Toot Bingo**, Sep 4, 7PM, 18+ to play. \$10/night. Almonte Fairgrounds. almontefair.ca. \$10 for the night

**CP Hort: Hosta la Vista**, Sep 4, 7PM, Zion-Memorial United Church, CP.

**Naismith Men's Shed**: Sep 5, 19, 8AM, breakfast, Mamma's Place, Almonte; Sep 12, 26, 9AM, meeting, Mill of Kintail gatehouse. 461-0013. Mtgs free

**Ottawa Senators Hometown Tour**, Sep 5, 4PM & 7PM. Cdn Tire, Perth. nhl.com/senators/community/hometown-tour.

**Seniors' Expo**, Sep 5, 10AM-3PM, Info for seniors, their families & caregivers. Almonte Community Centre. themills.on.ca. Free

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Speaking Volumes

# Libraries + Children = Learning

Public Libraries have been busy this summer providing children with fun activities that prepare them for the new school year. Enhancing children's literacy is a primary goal for local libraries when planning their services. Children's librarians are experts at getting kids excited about reading. By helping the child discover books and authors that will engage their imagination about the world, your local children's librarian can help guide your child through the often dif-

by Karen Schecter, Librarian

ficult task of selecting a book that appeals to them. Programs offered at your local library include fun activities where your child can be introduced to new topics, learn a new skill or meet local experts. Sharing the excitement of these programs with other children is a very important as it reinforces the idea that learning a new skill is something of which to be proud.

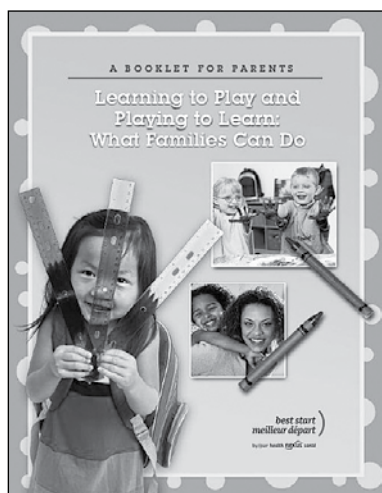
The TD Summer Reading is an important part of each library's summer program. It is an annual program aimed at keeping children reading throughout the summer months and making regular visits to their library. Each year more than 2000 libraries take part with almost 700,000 children participating across Canada, collectively reading over 1.2 million books each year. Children are given stickers, bookmarks and other incentives after they have completed a certain number of books. What a great way to show children that reading can be fun!

Throughout the year, our libraries also offer B-bytimes and Preschool Storytimes that introduce young children to books, songs, finger-play and games. These programs allow parents and caregivers the opportunity to meet other parents, learn new stories and songs, and share literacy activities with their children. In short, it starts their children on the road to lifelong learning and a love of reading.

Most of the libraries run tutoring sessions to help children with their reading skills during the summer months, and a few of them offer tutoring throughout the year. This reflects the importance that communities place on providing our children with the support they need to be their best. Local organizations and businesses have stepped forward to help fund these programs. Thank you!

In addition, local libraries lend passes that allow free access for families to many of the museums in Ottawa and the Aquatarium in Brockville. Museums of today engage children through hands-on exhibits, allowing kids to learn at their own pace and explore subjects that spark their curiosity. Children who are curious about the world are willing and better able to learn new things when they go to school.

Why is children's literacy so important? A research study published by the Canadian Council on Learning (2008) found that, without intervention, 47 percent of adult Canadians will have difficulty using written material by 2031. This will have a great impact on the productivity of our nation. Numerous studies have shown that literacy levels and income are strongly linked. Every parent wants to give their children the opportunity to succeed in life, and the ability to read is one of the most important tools you can give. This is why public libraries place such a great emphasis on children's literacy and serving their community. It is for the



children.

For more information about literacy and children, check out these links:

- Learning to Play and Playing to Learn: Getting Ready for School <beststart.org/resources/hlthy\_chld\_dev/pdf/school\_readiness\_english\_fnl.pdf>
- ABC Life Literacy Canada: "What are the effects of low literacy?" <abclifeliteracy.ca/sites/default/files/Effects.pdf>

— Karen Schecter is the CEO of the Smiths Falls Public Library

# Knees Up, Mr. & Mrs. Brown!

Some of us are beyond the youthful exuberance demonstrated at local gyms with equipment resembling a torture chamber and sweating young people in spandex pedalling stationary bikes to the nowhere land of vigour and fitness. Older and wiser, we know there is an easier path to keeping ourselves healthy, one that involves a good workout without the need for fancy pants and Gatorade.

Imagine entrusting your body to a fully-trained fitness instructor whose credentials are tailored to special senior needs, enjoying familiar fun music, and maybe even staying for lunch after the exercise session, all at a price that will leave change in your pocket.

The Mills Corporation, that wonderful all-things-to-all-people organization, has created a series of exercise programs to fit busy time schedules and specific needs. Three times a week, from September 16 through June, participants are invited to increase their **Strength and Balance**. The exercise regime is only as rigorous as you want it to be, from basic cardio to light weights and stretching exercises. The most fun is cardio/brain work, when the instructor will challenge everyone to move feet, arms, and body, all at one time. A full hour of music, laughter, and movement leaves everyone energized and wanting more. All you need to bring is enthusiasm. The Mills supplies the rest! These classes take place on Mondays from 1–2PM at 375 Country Street, Almonte (the Stan Mills Lounge); Wednesdays from 2–3PM at the Almonte Civitan Hall (Wolf Grove Road); and Thursdays from 1–2PM at the Carembeck Community Centre (CP).

If you're not into marching and gum chewing, you will enjoy **Fit as a Fiddle**. What could be easier than sitting to do your exercises? It's still a challenge and a good workout, just not so hard on the knees. After an hour, you can then pull up that chair and enjoy a light lunch. Social time along with exercises: that's a programme everyone can handle! This class is on Fridays from 10:30–11:30AM at 375 Country Street (Stan Mills Lounge), with lunch (\$5) to follow if desired.

A 12-week **Falls Prevention** class offers participants an exercise and information session with material to take away. This is of particular interest to people with mobility problems who need help to remain in their homes. Check with the Mills for schedule.

About that change in your pocket: these programs are pay-as-you-go, \$5 per session, payable when you arrive. You do need to register with the Mills and sign the usual waiver form, so call 256-4700, or simply show up at any location. We'll be glad to see you; you'll be glad you came!

— Glenda Jones

## Stand-up Bass for Sale

This 3/4-scale double bass has served me very well for almost 20 years in many musical settings but now she needs a new home. Email rob@thehummm.com for info or to come try it out.

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**Almonte Lectures**  
**Rachelle Elie**  
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7:30 pm Friday, 27 September, 2019  
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Visit [almontelectures.net](http://almontelectures.net) for the series schedule

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# CLASSES COURSES LESSONS CLASSES COURSES LESSONS

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

## Move with Melissa

As a classically trained dancer in jazz, tap, ballet and musical theatre, Melissa Cornacchia of **Melissa Moves** (recently rebranded from Lanark In Motion) has always felt there was much more to dance than performance. "Not only is dance and movement a great way to build community, encourage creativity and connection," she says, "it also enhances health and wellbeing, no matter your age or abilities."

For the past couple of years, the McDonalds Corners resident has been creating a buzz and a name for herself in Lanark County by offering movement and dance classes to everyone from children to seniors, and, more recently, those with Parkinson's or dementia. She explains: "If you're alive and in a body,



Photo by Susan Fisher

Melissa Cornacchia is offering dance and movement classes for a variety of ages and abilities

you are a dancer and mover, no matter how big or small the movements and whether you are standing, sitting or lying on the floor. Once our busy minds get over what we *think* we should look like when we move, then our bodies can really enjoy themselves!"

Thanks to Melissa, the Lanark County dance community is growing, and followers want more! Besides having led classes in Almonte and Perth over the past two years, Melissa is part of the drop-in MERA Dance Collective that meets every other Thursday, September through June. She also has organized 5Rhythms (a global conscious movement practice) workshops in Carleton Place and Ottawa with facilitators from Montreal, Toronto and the UK. This August Melissa and Rosemary Kotze co-facilitated the second successful Expressive Dance and Arts Camp at MERA for 6- to 10-year-olds. Coral Sproule, whose stepson attended, said: "He thrived in this camp... it is a great creative incubator for young artists and dancers and just a lot of fun for all."

The next 5Rhythms workshop in Ottawa produced by Melissa will be Live Wire, from October 4–6, led by Lorca Simons (UK) and Lynne Adams from Montreal. You can try a free demo class by joining Melissa at the North Lanark Seniors' Expo on September 5 from 10AM to 3PM at the Almonte Community Centre (2PM demo), and by visiting her at the Parkinson's SuperWalk at Conlon Farm in Perth on September 7.

This eclectic mover welcomes invitations and queries from groups and individuals of all sorts. To check out what classes and programs are coming up, or to send a query, contact 416-559-2676 or <melissamovesinfo@gmail.com>, or visit <melissamoves.net>. Her schedule is ever-evolving.

## Play Bridge!

Jeopardy Champion James Holzhauer started playing bridge as a teenager. Now he wants to be a world-class bridge player. "What?," you say, "I thought bridge was an old folk's game!"

The game of bridge is mysterious to many. Some folks state that it is too complicated to learn. Yet every day there are thousands playing the game — either at home, online or at a bridge club. For those players, the game is a challenge that varies every time the cards are picked up. The basic principles of the game are well defined and rely on the premise that the high card wins. Yes, there is a strategy... well to be fair, there are strategies. These are ever-evolving, and in fact there are radical differences between the strategies used in the 1940s, in the 1960s, and today. This means that as a player you are always learning, improving and honing your skills.

The actor Omar Sharif once said: "Many games provide fun, but bridge grips you. It exercises your mind. Your mind can rust, you know, but bridge prevents the rust from forming." For many players, the game is a passion. Each hand is a different challenge that requires the correct technique to achieve a winning result. Concentration becomes a key element. Thinking about what is for supper while playing a hand is not recommended.

As stated earlier, the game has changed over the years, so as a player you must learn and adapt to the new strategies. Have you ever played a hand and at the end thought that you should have done better but don't know how? Do you think you have good "card sense" but other players are doing better than you? If this is the case, then it is time to improve your technique in playing the hand.

A one-day seminar is being offered on the subject entitled "Play of the Bridge Hand". The objective of the seminar is to highlight various strategies and methods to achieve the most tricks in a hand. The seminar is for all bridge players, regardless of skill level. The day's schedule will include lessons, practice rounds, lunch and an afternoon of bridge. By the end of the day you will have learned new techniques for playing, met new friends and enjoyed a day of bridge.

The seminar will take place on Wednesday, September 18 at the Almonte United Church (106 Elgin Street in Almonte). It starts at 9:15AM and will end at approximately 3PM. The cost is \$15 and includes lunch. To register for this seminar, please contact Suzanne Kennedy at <frigadig@yahoo.ca> or 256-2131.

— Kim Curran

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## Brazilian Jiu-Jitsu

### Coming to the Perkins Building This September

Perth Brazilian Jiu-Jitsu (Perth BJJ) opened last year, but come September will be moving to a bigger and better space in the Perkins Building. Located at 2 Wilson Street, the building was recently purchased by Katie Ireton and Mark Fendley. "We can't wait to be in our new space. It's going to be perfect for what we need," says Dave Feiner, coach and owner of Perth BJJ. "We are looking to bring a new level of professionalism to martial arts and to Perth."

Perth BJJ has programs for the whole family, offering empowering kids' programs for ages 4-12 as well as an adult program. "It doesn't matter how old you are or what shape you are in, Jiu-Jitsu is for everyone" says Feiner. "Jiu-jitsu is all about using leverage and technique to overcome brute strength." Brazilian Jiu-Jitsu is renowned for having realistic application for self-defense, especially for smaller or weaker people.



Perth Brazilian Jiu-Jitsu will be holding a Grand Opening on September 28 at their new location in the Perkins Building, where they will be offering classes for ages 4 and up

### Kids Love It

Children learn self-defense and grappling skills, which lead to gaining confidence and getting in shape. "My daughter absolutely loves the class," says Moranda Johnson, whose daughter trains in the kids' program. "The self-defense and teamwork training is invaluable."

As well as skills training, there are also self-improvement requirements that must be met to be eligible to test for belts. "This is one of the most important parts of our kids' program," explains Feiner. "We want to ensure that we are helping improve children's minds too, not just getting them in shape."

One of the new programs being added this fall is for 4-5 year-olds. The half-hour class will focus on movement and having fun, all wrapped up in some Jiu-Jitsu techniques. "We've had many people asking us if we have classes for their younger children," says Feiner. "We can't wait to show the young kids the joy of learning Jiu-Jitsu."

### Being Part of a Team

The adult program has both men and women training in a safe environment. Learning self-defense and getting in better shape is great, but what really draws in students is the camaraderie that is found. "We have a great team," says Feiner. "We aren't like some gyms

that only want tough guys to go out and win competitions. We prefer having the average person who just wants to better themselves physically and mentally." That being said, some of the Perth BJJ students have successfully competed in local tournaments.

"We are in the Carlos Machado association," adds Feiner, "so that means that we are really close to the source of Jiu-Jitsu knowledge." Coach Dave has trained many times with 8<sup>th</sup>-degree black belt Master Carlos Machado, one of the first BJJ pioneers, who came to America in 1990. Perth BJJ is also part of the K2 Martial Arts family, which has multiple schools in Ottawa. Coach Dave's instructors, the owners of K2, are both black belts under Carlos Machado.

### Grand Opening

Perth BJJ is having a grand opening on Saturday, September 28 from 10AM to 1PM. There will be an official ribbon-cutting ceremony, food vendors, free lessons and more. It promises to be a fun time for current students and soon-to-be students.

For more information, visit <perthbjj.com> or email <perthbjj@gmail.com>.

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# Friday Nights Just Got A Lot Better!

Mississippi Mills has always been a source of brilliant speakers who modestly hide their talents under the radar. However, Almonte Lecture series organizer Warren Thorngate has persuaded many to share their considerable knowledge. This year's series is no different, ranging in topics from comedy to electron microscopes. On the final Friday of most months from September to April, the Almonte lectures are presented to entertain and educate.

Entertainment will be the crux of September's lecture by local comedian and cabaret host Rachelle Elie. Rachelle, who honed her comedy skills at Fringe and Comedy festivals, has written and performed her own material, earning her national nominations and spots on Just For Laughs in 2018. Her lecture will delve into the nature of humour, with many personal anecdotes along the way.

Everyone cocoons as fall approaches, so learning how to foster age-friendly communities will be appropriate. Psychologist Louise Plouffe has had extensive experience developing policies for age-friendly communities, from a UN perspective as well as in the city of Ottawa. She has in-depth knowledge of how this idea has become a focus for urban planning globally, and likely will have suggestions for our own community's further exploration.

In November, Publisher Edith Cody-Rice and Editor Brent Eades, the two driving forces behind the *Millstone News*, the very successful source of

all things local, will share their experiences starting the online publication and identifying its importance in the news coverage of our area. Edith Cody-Rice and Brent Eades are both on the Michener Awards Foundation, and have considerable journalistic backgrounds working at the federal government level.



Brent Eades and Edith Cody-Rice from *The Millstone News* will give the November Almonte Lecture

January is time for a virtual walk in the park with Gerry Lee, a long-time Parks Canada systems planner who has worked with Wildlife Service as well as in parks planning. Gerry was instrumental in the development of the National Parks programs. His interests still lie with wildlife habitat as he manages his own property in rural Pakenham.

It won't be navel-gazing but we will be looking at things close-up in February when microbiologist Jeff Fraser discusses electron microscopes. This lecture is

sure to provide some unique illustrations. Bring your brain to this lecture and learn something about Transmission Electron Microscopy and Focused Ion Beams. What better words to toss out at the next dinner party?

Favourite lecturer Paul Marland will be back in March for an exciting look at the last Tsar of Russia. This story never ceases to engage historians, and Paul will have new ideas to share. Paul's insights into history — the anecdotes often overlooked, the questions left dangling — always make his lectures exciting and informative. As a retired high school teacher, Paul knows how to grab our attention and make his lectures come alive.

The final (April) lecture of the series will feature Ross Lambert, a veritable Renaissance man whose career has taken him from the navy to a hobby farm in Elgin, Ontario. Ross has had an interest in the story of Norman Bethune, Canadian doctor and political revolutionary, whose contributions are recognized more in China and Spain than in Canada. It's time his accomplishments were more fully recognized on his home turf.

These lectures are an integral part of the extended education the organizers have established for the pleasure of our community. High school students in particular would find these lectures a valuable steppingstone to higher learning, not only for the information but the networking they can provide. The lectures are held at the United Church Community Centre on Elgin Street, Almonte. They start at 7:30, and usually last an hour and a half, with Q&A sessions following. The best part is that these lectures are absolutely free, although a donation basket is strategically placed at the entrance. Everyone — and we mean *everyone* — will be heartily welcomed. All the lectures are outlined more fully at <almontelectures.net>, with biographical notes on the presenters. Watch the Millstone and theHumm for updates on the current monthly offering.

— Glenda Jones

Music Matters

## The Art of Practicing

I have been teaching high school for a long time, and have been a musician even longer. For musicians, practicing is absolutely essential in order to improve, but how to practice is something that must be learned just like any other skill. It is something that I still have to work on. I'm going to share some tips that have worked for me, and offer suggestions for those of you with children in music lessons.

by Tony Stuart

When I was in university, practicing was easy because there was always motivation. I wanted to improve and was immersed in an environment of excellence and achievement, surrounded by many fabulous musicians. For four years I feel like I lived in a practice room, and was never at a loss for what to work on. Now, as a professional player, there is always the next gig to get ready for. However, the time between gigs provides a different challenge.

The key to consistent practicing is to get rid of distractions. That has become increasingly difficult in a world where we have Facebook, Instagram, YouTube, Netflix and a whole host of other diversions, and I've caught myself "falling down the rabbit hole" and wasting time. I often hear students complain that they have no time, but they spend hours every evening on social media. There is a difference between being busy and being productive. Below are a few suggestions that have worked for me.

### Plan and Prepare

One of my favourite expressions is: "failing to prepare is preparing to fail". Have a plan for your session, and write it down. I structure a practice session so that I spend some time warming up, work on some technique (scales and patterns), work on new

material, and then finish with something fun that you simply enjoy playing.

### Keep Practice Sessions Shorter

I try to keep practice sessions under a half-hour, and will sometimes use a timer. It is really important to focus intently for a short period of time, and then take a break to allow your brain time to process what you have been working on.

### Keep a Schedule

Put your practice session on the calendar, and don't allow yourself to do anything else during that time. Many people do this for workouts, and a practice session really is a type of workout, so this is a good strategy to follow.

It is important as parents that you recognize that once the initial excitement of learning a new instrument has worn off, most kids won't want to practice. This is normal. Schedule short blocks of time where your child is expected to be playing their instrument, but keep those blocks short. As they progress further in lessons and in school, they will have concerts and playing exams to prepare for, so motivation won't be as much of a problem.

One of the buzzwords in today's society is "mindfulness". I think that I am more mindful about my own playing than I was twenty-five or thirty years ago. Back then I was able to spend hours every day in a practice room. Now, I don't always have that luxury. I believe that for most of us, approaching practice sessions with purpose, keeping our focus for short periods of time, developing routines, and taking some time to play purely for enjoyment are the keys to steady self-improvement.

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

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# The Montessori Learning Garden

## New Program Opens in Almonte this Fall

I've always loved the company of children. Children think with a different kind of mindset than adults do. Their curiosity is still intact. They are willing to try new things. Children blend play and work. In 1998 I began working at the Ottawa Montessori School as a substitute teacher. This was my first exposure to the Montessori Method. I was delighted to observe rooms full of small children working peacefully and independently, and to see that the children in Grade 6 still managed to maintain that sense of curiosity and that blending of play with work.

I have never looked back.

Since then I've earned two Montessori teaching degrees (one at the preschool level and the other to teach elementary children). I have also been blessed with the opportunity to work with several different Montessori schools, including with a program in Katmandu, Nepal. In every program I have seen how the children easily master academic work and still manage to keep a passion for learning.

Now I am opening a program that I hope will, over the next few years, expand into a full-blown Montessori school. This year we are only accepting six children who are toilet-trained and older. In addition to full school days we will be open for morning-only programs and extended days if the parents need after-school care.

### How does Montessori Work?

We follow the child. We watch their interests and give them activities that link to what they love to do. Children learn by doing.

We give the children the freedom to choose their own activities. Every day the teachers come to the children and give short, one-on-one, hands-on



Adriane Armour will be opening a Montessori program in Almonte this fall

lessons. Many of the lessons are games or puzzles. A typical Montessori classroom has hundreds of activities that have been used all around the globe. They were designed to attract young children and to lead the child to discover concepts that they will find useful all of their lives. The children play with these materials until they are satisfied. And then (a favourite with parents), they put them away.

### Why Montessori?

Montessori is world-renowned for its academics, but Practical Life is the core to Montessori success. Even the youngest child wants to explore the way the world around them works. We let them use real tools, sized down, and do real work that adults do. On the first

day the children begin with dishes, sponges, and cloths and work their way into weaving, carpentry, gardening and making artwork. Because children really want to understand the world around them, they put great effort and concentration into mastering the use of these tools.

### Why an Outdoor Classroom?

I think children need to be outside. The indoor classroom has all the essential Montessori materials, but children need to have the freedom to move in and out. They need to be able to relax into the change of seasons, to feel the wind and the weather, and to observe the way living things constantly change and grow. The original Montessori schools all had gardens.

### Why Almonte?

Almonte is a small enough community that we can walk to the library and go on many field trips on foot. Our location is right beside Gemmill Park, which has significant walking trails that will give the children the opportunity for in-depth nature studies. There are woods, a meadow, and a stream all within minutes of our facility. Gemmill Park also has a GREAT tobogganing hill.

Please come and visit! Visit <montessorilearninggarden.ca> or call 256-0111.

— Adriane Armour

## Almonte Potters Guild



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Workshops • Children's Parties • Special Events

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7:00 to 9:00PM

Wednesday, September 11th, 2019

Almonte Community Centre

182 Bridge St.

For more information call 613-256-1077



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# A Square Dancing Tale

If you believe in “what goes around comes around” (in a good way), you need look no further than Brian Crawford.

A square dance caller for more than twenty years, Brian certainly gets around. He has been all over Eastern Ontario and to points beyond, but his home club is right here in Lanark County. Born in Perth, Brian has been calling for the Mississippi Squares since 1999, guiding Basic and Mainstream dancers on Tuesdays and the more experienced Plus dancers on Fridays. During dancing season (September to April), you’ll find him at Brunton Hall in Blacks Corners (just south of Carleton Place) on Tuesday and Friday evenings. The next season begins with two open houses for anyone who would like to give square dancing a try at no cost: September 10 and 17 at 7:30PM.



Amy and Brian Crawford (who is a caller for the Mississippi Squares) invite you to try Square Dancing at a free open house in September!

Brian and his then girlfriend, Amy, started dancing with the Mississippi Squares in 1991. Three years later they were married. They had met at the arena in Perth, where Brian worked for the town’s recreation department. In classic Canadian tradition, Brian soon found himself making the rounds as a Zamboni driver. But it wasn’t hockey that was in Brian’s future. Amy was from a musical family and it wasn’t too long after they met that she got him onto the dance floor, making the rounds as square dancers. And they’ve been there ever since.

In square dancing, the participants form groups of eight (known as squares), and they follow the instructions of the caller. Responding to these calls, the dancers perform a series of moves that end up

making a pattern designed by the caller, and in step with upbeat music.

“We were a little taken aback by the traditional clothing (it’s not like that today), but the people were so friendly and the caller was both fun and funny,” recalls Brian. “I was interested and surprised by it all. I was also intrigued by the culture and how organized it was. There was an entire network, with many clubs in small towns as well as in cities. They met weekly and held big dances that attracted hundreds, even thousands, of dancers.”

Brian and Amy served on the local club’s executive in those early years, but they also acted as “angels” — temporary partners for single dancers. This is something that all experienced dancers do at some point, which means you don’t have to be part of a couple to make square dancing a regular pastime.

In 1995, Brian started learning how to be a caller, taking an introductory course with John Charman, and over the following two years he received ongoing tutoring from then Mississippi Squares caller Mel Wilkerson. John currently calls for the Meri Squares in Ottawa and Mel has since moved to Australia and is calling there.

In 1998, Brian and another local caller, Geoff Clarke, started the Town and Kountry Kickers in Stittsville. Geoff took over as full-time caller for the Kickers in 1999 and Brian started calling for the Mississippi Squares. Over the years, Brian also called for the Dynamite Tays in Perth, the Bytown Squares and Shadowcasters in Ottawa, and the Swinging Saints in Brockville.

“In the early 2000s I was calling five nights a week, but work commitments made that unsustainable after a while,” says Brian. By day, Brian is regional manager for Benson Auto Parts in Carleton Place; he has been in the industry for more than thirty years. “We now do lots of guest calling, but the Mississippi Squares are now our only permanent gig.” Brian has also been invited to square dance conventions across Canada and “literally hundreds of other dances.”

“Our club is very honoured to have Brian call for us,” says Mississippi Squares co-president Vince Guthro. “His skills in calling tips are amazing. He uses humour to make everyone feel at ease, he shows us new moves and says things like ‘easy peezy, lemon squeezy’ or ‘smooth like store-bought pudding.’ We are blessed to have Brian and Amy as part of our square dance family.”

Enthusiasm, camaraderie and sense of community are alive and well with the Mississippi Squares. Making the rounds as a square dancer could be in your future too! Come on out on September 10 and 17 and give it a whirl.

— Ben Bennett

## Art Lessons with Cathy Blake

### Mixed Media Workshop

8 weeks, Mondays 1:30–4PM, Sept. 23–Nov. 18 (not Oct. 14), \$240  
Exploration of various methods of working in mixed media, collage, textured build-ups of surfaces, photo elements in collage and transfers, etc.



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**MONDAYS**  
Drop-in  
Storytelling  
Workshops  
7-8:30PM

**TUESDAYS**  
Message in a Bottle  
Process Nights  
Bring a creative  
project to work on  
6:30-9PM

**FRIDAYS**  
Sept. 6  
Storytelling  
Open  
Mic  
7-9PM

Sept. 13  
Comedy  
Open  
Mic  
7-9PM

Sept. 20  
Poetry  
Open  
Mic  
7-9PM

Sept. 27  
Acoustic  
Open  
Mic  
7-9PM

**SUNDAY SEPTEMBER 8** 7-9PM  
Adventure In Your Ear LIVE! (\$10)

**SATURDAY SEPTEMBER 28** 7-9PM  
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 - Friday: 12-5pm  
 - Saturday:  
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# Delta Harvest Festival

Located at the south end of the Township of Rideau Lakes, the village of Delta is a bustling little community. Just a short drive from several larger centres, Delta will take you back to a simpler time, surrounded by rich natural heritage. With Upper Beverley Lake flowing through the Mill to the Mill Creek and then onto Lower Beverley Lake, the village is a popular tourist destination and a summer retreat for many. It boasts the Old Stone Mill National Historic Site and Lower Beverley Lake Township Park, along with many heritage homes — some built during the mid-1800s — that help to maintain its quaint beauty. A walking tour and cycling brochure can be picked up at the Old Stone Mill.



The Old Stone Mill in Delta, Ontario, is a National Historic Site showcasing milling technology and 1800s industrial heritage. The mill was built in 1810 and is one of the finest examples of early industrial architecture in the region. It's one of several sites featured at the Delta Harvest Festival on September 28.

Delta's Jubilee Business Block is going through a major renovation and restoration, and right across the street plans are underway for a Waterfront Development Project that includes better docking and will be accessible to all. With "Hamlet Vitality" on the top of the Township's Strategic Plan, this area will give a real sense of place to the village. Residents are very proud to be part of the process and of all that this community can accomplish.

The village hosts several major events throughout the year, with the help of many volunteers. April brought the 52<sup>nd</sup> Delta Maple Syrup Festival, July celebrated the 189<sup>th</sup> Delta Fair, and September 28 brings the 5<sup>th</sup> **Delta Harvest Festival** — a perfect day to visit the village! This community event starts with a harvest breakfast at Delta United Church at 8AM, then features events at several venues in town. At the Old Stone Mill you can purchase flour, breads, baking and preserves. There will also be blacksmith

and grinding demos, a bread baking contest, and live music by Run of the Mill Fiddlers. Over at the Delta Fairgrounds there will be craft and food vendors, a car show, entertainment and a harvest dance at 9PM. You can tour the Delta Firehall Museum and visit the Old Town Hall, where you'll find a BBQ, book launch and used book sale, fun kids' activities from 9:30AM to 4PM, and a Harvest Supper. For more details and directions, visit <deltamill.org> or call 928-2584.

Then on Fridays and Saturdays from November 29 to December 21, Delta will host their 15<sup>th</sup> annual Celebrating the Season, where thousands of lights are strung throughout the village and in Lower Beverley Lake Park — a sight to behold!

For more information about these and other events, please visit <deltaontario.com>. Come for a visit, and stay for a while!

# Evensong at St. James

September sees the return of monthly Choral Evensong to St. James the Apostle Anglican Church in Perth. This popular fall and winter series begins on Sunday, September 22 with guest organist Andrew Graham who will play a prelude at 3:45PM. The service of Evening Prayer, from the Book of Common Prayer, starts at 4PM and includes bible readings, prayers and a homily, interspersed with psalms, hymns and canticles sung to music — chosen from a repertoire of sacred music spanning the past 1400 years.

St. James welcomes new members to the Liturgical Choir — see the ad on page 31 of this issue, listing all the benefits of joining this eclectic and tuneful group!

The next Choral Evensong is on Sunday, October 27 at 4PM with the Cranmer Singers of Ottawa, under the direction of Frances Macdonnell, returning to St. James where they will join the Liturgical Choir.

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

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Every Sun.	<b>Head Over Heels</b> on the patio (Blues/Folk, Gananoque) 12:30-3:30
Sun. Sept. 1	<b>John Wilberforce</b> (Folk/Rock, Kemptonville) 5:30-8:30
Mon. Sept. 2	<b>Head Over Heels</b> on the patio (Acoustic Blues/Folk/Roots, Gananoque) 12:30-3:30
Fri. Sept. 6	<b>Henry Norwood &amp; Shawn McCullough</b> (Country, Westport) 8-11
Sat. Sept. 7	<b>David Allen James</b> (Folk/Rock, Picton) 5:30-8:30
Fri. Sept. 13	Blues on the Rideau with <b>Harrison Kennedy Band</b> (Soul/Blues, Hamilton) 7-11, Buffet, Show + Charity \$70 + HST
Sat. Sept. 14	<b>Terry Tufts</b> (Acoustic Folk/Fingerstyle Guitar Master) 5:30-8:30
Fri. Sept. 20	<b>Rob Moir</b> (Folk/Rock, Toronto) 5:30-8:30
Sat. Sept. 21	<b>Dave Balfour &amp; Jamie Campbell</b> (Folk/Rock, Westport/Rideau Ferry) 5:30-8:30
Fri. Sept. 27	<b>Head Over Heels</b> with <b>The Blue Monday Band</b> (Blues/Jazz/Rock, Gananoque/Kingston) 7-11, Buffet + Show \$50 + HST
Sat. Sept. 28	<b>Mario Franco</b> (Cuban Guitar, Kingston) 6-9

# A Whole Lot More than Blowing Smoke

According to the US National Park Service, nearly 85% of wildland fires are caused by humans. According to Weetabix, 100% of restaurants are caused by humans. "Wildfire" in Perth is a restaurant. It is caused by Regan Lee and his partner Erik Kafriksen, who started out just wanting to have a food truck. Lifers in the food business tend to have high performance standards and strong drive, and so they drove off on a road trip to

by Sebastian Weetabix

research a type of cuisine generally known as Barbecue, aka BBQ, aka 'cue. It is possible that samples were eaten along the way. Wildfire the restaurant started in Perth with a fifty-foot trailer and May-October operations, but has now gone year-round with indoor dining and a seasonal patio (and a good thing too, since the desire for BBQ knows nothing of seasons).

But wait, isn't BBQ just a way of cooking meat with the heat rising from below, versus grilling which applies heat from above? Technically yes but strike the "just". True BBQ is more than a culinary style. It is the unofficial religion of much of the Southern USA complete with sectarian schisms, high priests (Mike Mills and Skip Steele), fierce rivalries and apostasy.



BBQ has festivals, contests, and rituals — to be a member of the priesthood requires dedication, study of arcane arts such as smoking, mastery of rubs and sauces, and knowledge of elaborate paraphernalia. The result is ecumenical and delicious if done right. Of course, the definition of right is somewhat contentious. In the high church of BBQ, the only mortal sin is to fail to do justice to the hog.

According to Erik, BBQ requires four key ingredients: meat, a "rub", smoke and sauce. True but not sufficient — it also requires specialized equipment to combine them under carefully controlled conditions

with sufficient time for magical transformations to take place. Real BBQ is the antithesis of fast food and its preparation requires dedication, skill and patience. The "pit master", as he or she is called, may still on occasion cook over an open fire pit, but more commonly a wood smoke generator is part of an elaborate cooking device that manages exposure of the (chosen and suitably anointed) meat to precisely controlled heat and wood smoke from specific wood. It does matter! Hickory, mesquite, pecan and cherry all generate distinct flavours, and at Wildfire, local cherry wood is a key part of the recipe.

Starting with a solid culinary skill base helps. Both Erik and Regan have that element down cold and so the road trip to the heart of US BBQ provided a wealth of information on rubs (no, not a wealth of rubs) and sauces. Nuances and execution are what separates the pros from the dilettantes and, per a sign on the famous 17<sup>th</sup> Street Grill in Memphis, "Obsessive is a word the lazy use to describe the dedicated". Go read their signs for further insight into BBQ culture, and remember that Wildfire is heir to this great tradition. In fact, Erik and Regan have had the benefit of informed observation of many establishments and some nuances of execution learned from the "Top Guns" of the BBQ world. Three days with the legendary Mike Mills and a travel trade with Skip Steele (St. Louis) have given Wildfire some know-how that is unique. And if you are wondering what more can be done with baked beans, try Wildfire's — but be careful. Religious revelation is strong stuff, and you may be at risk for developing addictive behavior. Weetabix incautiously sampled these beans, consumed more, and then — heedless of the inevitable consequences — embarked on an automobile journey. Weetabix does not use iOS and fortunately clement weather allowed windows to be opened.

Meat is unavoidably the key to BBQ, and despite significant efforts to develop vegetarian or vegan BBQ, this is fundamentally a lost cause. Flavour is a complex puzzle with many pieces and the physical and chemical interactions on the way to BBQ offer many pathways to delicious. The common elements are obvious and with only a modicum of skill a talented amateur can produce a visual facsimile of true BBQ — maybe even with acceptable flavour and texture. However, without knowledge of the transformation process and a very substantial investment in time, results do not stand up to the challenge of the real thing.

The pig provides meats which offer endless possibilities for combining culinary wizardry to create great gastronomic experiences. Pork is the foundation



Weetabix is wild about Wildfire BBQ and Smokehouse in Perth!

of BBQ and a roasted pig is often presented whole for feasts. There is a certain atavistic pleasure in confronting a whole animal post its BBQ experience, and the crackling is truly a unique pleasure. Cuts of beef run a distant second, with the exception of brisket that has sufficient fat to retain succulent texture after the long cooking times that are essential for flavour development. Chicken is, by breeding, fast food, and the meat does not have sufficient fat to support long residence time in the cooker; it is, however, a popular choice. Treated with skill and respect it makes a credible product. All three are combined in Wildfire's Sample Plate, with pork making two appearances by popular demand — pulled pork and ribs — plus brisket and a quarter chicken. Weetabix recommends throwing caution to the winds and adding a double order of the BBQ'd beans. The coleslaw is good but the beans are superb. Non-BBQ menu items are good too — notably wood-fired pizzas and a tempting selection of desserts. Wildfire also offers a good selection of craft beers that can be sampled or quaffed. For those tempted to "try it at home", both rub and sauce can be purchased to go.

Certainly a facsimile of BBQ is better than no BBQ. But the unique combination of skill, ingredients and a process carried to conclusion in the large stainless steel device carrying the imprint "Olehickorypits.com" is the real deal. Erik and Regan have brought it to Perth, so get over there to Memphis North, y'all.

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REFRESHMENTS

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## Doors Open IN SMITHS FALLS

Sat, Sept. 14, 2019 10am-3pm

# Almonte in Concert

5 Soundsational Concerts for our 40th Season

The Ron Caron Auditorium of the Almonte Old Town Hall will be alive once again with outstanding performances for the 2019/2020 season of Almonte in Concert. This is a unique opportunity to hear some of Canada's distinguished artists and ensembles presenting inspired repertoire in an intimate, acoustically stellar concert hall.

- The Missing Pages** | Saturday, October 26 | 7:30pm  
A Chamber Musical by Tom Allen
- Home for the Holidays** | Saturday, December 21 | 7:30pm  
Mireille Asselin | soprano • Yehonatan Berick | violin • Frédéric Lacroix | piano
- Inspired by Virtuosos** | Sunday, January 26 | 2:00pm  
Jasper Wood | violin • David Riley | piano
- Percussive Encounter** | Saturday, March 7 | 7:30pm  
Anne-Julie Caron | marimba • Akiko Tominaga | piano
- Beyond Borders** | Saturday, April 18 | 7:30pm  
Ladom Ensemble

Purchase Tickets Online	Tickets	Adult	Student
<a href="http://almonteinconcert.com">almonteinconcert.com</a>	Full Series of 5 Concerts	\$140	\$63
	Mini Series of 3 Concerts	\$96	\$38
	Single Concert	\$35	\$15

Full details & tickets available at [almonteinconcert.com](http://almonteinconcert.com)

- COLLEGIATE COURT - 2 Gould St.
- GALLIPEAU CENTRE - 361 Queen St.
- HERITAGE HOUSE MUSEUM - 11 Old Sly's Rd.
- RIDEAU CANAL GATE SHOP - 49 Centre Street
- RAILWAY MUSEUM - 90 William St. W.
- SMITHS FALLS PUBLIC LIBRARY - 81 Beckwith St. N.
- SMITHS FALLS TOWN HALL - 77 Beckwith St. N.
- ST. FRANCIS MASONIC LODGE - 46 Russell St. W.
- THE STATION THEATRE - 53 Victoria Ave.
- TRINITY UNITED CHURCH - 41 Market St. N.
- TWEED VISITOR CENTRE - 1 Hershey Dr.
- WOOD MAUSOLEUM - 301 Hwy. 29



**SMITHS FALLS**

RISE AT THE FALLS

[www.smithsfalls.ca](http://www.smithsfalls.ca)