

the Hummm

free

Arts,
Entertainment
& Ideas



p.2

August's Events



p.5

Be a Wild Child!



p.8

Parents' Guide to Wellness



p.14

Lanark County Letters



The Art of Colleen Gray p.3



Delicious Dining in the Valley

With this part of the province moving into Stage 3, many of our wonderful restaurants are reopening for indoor as well as patio dining. I recommend checking them out — and if it gives you a "taste" for the area, just give me a call!

Black Tartan Kitchen in Carleton Place <blacktartankitchen.com>

The Cove Country Inn in Westport <coveinn.com>

Bistro 54 in Perth <bistro54.ca>

Joe's Italian Kitchen in Almonte <joesitaliankitchen.ca>

Patrick Kelly
SALES REPRESENTATIVE

Sutton

Premier Realty (2008), Ltd.,
Brokerage

(613)254-6580

www.kellysuccess.com

Dear folks of Mississippi Mills,

As you may have heard, one of our neighbours, Denise, has been the target of racist harassment. On Saturday, July 18 we walked with her to show our support.

A few of my friends and I were thinking we could build upon that. I know how important it is to see ongoing tangible support and I would like to put out a call for hand-written notes of support for Denise and her family. There is nothing quite like reading that you are valued, appreciated and loved in someone's own script. I would like to gather a box full of handwritten letters, emails, and notes for Denise and her family and bring it to them.

I will also be making them a box of hand-poured soap as a gesture of kindness. I would like to put together this box as an ongoing effort through to the end of August.

Our friend Emily Arbour agreed to help too! Feel free to drop off your letters and gestures of kindness to: Cheerfully Made, 72 Mill Street, Almonte, ON. Their hours are 10AM to 4PM, Monday through Saturday.

Or you can send it to the Curious & Kind post office box at: Denise Doiley-LaVictoire & family, c/o Curious & Kind, Box 1240, Almonte, ON, K0A1A0.

Or send an email to <curiousandkindalmonte@gmail.com> with the subject: Support for Denise.

Thank you in advance, and it was wonderful to see so many people out on Saturday at the walk that Jacob Greene and Jeff Mills organized with Denise and her family.

Your walking, honking in support, and being there made a huge difference. If you couldn't make it then, writing a message of support is another way to stand up and let Denise and her family know that they are supported and valued members of our community.

If you are looking to do even more to help, my friend Sarah Reside has written a great article with some more information and resources on how to be an ally, and actively anti-racist in your every day (see page 15 of this issue). She had also included a letter here that you might use as a guide for your notes of support if you need one.

Much love,
— Danielle Grégoire

Dear Doiley-LaVictoire Family,

I was saddened and outraged when I heard what your family has been experiencing here in Almonte. I must admit that I was not adequately aware of the racism in our town. For that ignorance, I'm sorry. Your family has every right to feel safe and welcome here. We often pride ourselves on being *The Friendly Town*, but we have failed.

You shouldn't have to speak out; we should already be doing a better job of teaching our children to prevent the cycle of apathy and racism. However, I thank you for doing so, because I believe this wake-up call can spark lasting action. I know I'm committed to being anti-racist, learning about my own internal biases, and helping my loved ones do the same.

I'm ready to have uncomfortable conversations with my family and friends. I will call out and educate those who say or do something racist. I will accept being called out with grace and learn from my missteps. My comfort does not outweigh your rights.

I believe this community can learn. I'm committed to making that happen. You deserve to feel safe here. You deserve to feel loved here.

With much love,
— Sarah Reside

No Almonte Lectures

Sadly, we are cancelling Almonte Lectures for the 2020-21 season. We had a great line-up planned, but due to the pandemic, its uncertainties and restrictions, we have to cancel. Our lecture venue, the United Church Hall, has been closed until further notice, but even if the venue were to open it would be difficult, perhaps impossible, to conform to social-distancing and mask-wearing regulations. Most importantly, the health of our audience is a primary concern. Our presenters have graciously agreed to come back when we are able to gather again. Hopefully by next year there will be solutions we can all live with.

— Warren Thorngate and Mel Turner

Humble Thought

**I raise up my voice —
not so that I can shout
but so that those without a voice can be heard.**

— Malala Yousafzai



Here's an oldie (but a goodie!). Our friend Sean Isaacs (owner of Almonte's Alliance Coin & Banknote) recently found and sent in this 2013 shot of him and his children, Jordan & Fenton, in the remote Byzantine caves of Cappadocia, Turkey. Better late than never!

PO Box 1391
Almonte ON K0A 1A0
Phone: (613) 256-5081

Editor:

Kris Riendeau
editor@thehummm.com

Layout and Design:

Rob Riendeau
rob@thehummm.com

Advertising/Promotions:

Kris Riendeau: (613) 256-5081
kris@thehummm.com

Calendar Submissions:

Rona Fraser
calendar@thehummm.com

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:

20th of the month prior to publication

Advertising Deadline:

22nd of the month prior to publication

Subscriptions

cost \$40 (includes HST) for one year (12 issues). Send a cheque with your name and address to: theHumm PO Box 1391 Almonte ON K0A 1A0

Opinions and information published in theHumm in letters, press releases, or individual columns do not necessarily reflect the opinion of this newspaper.

All writing, artwork, and photographs published in theHumm are copyright to the author, or to theHumm in the case where no author is specified. Reprinting any content without permission violates copyright and is prohibited. No dairies were harmed, nor diaries used, in the production of this month's issue.

Thumm's up this month to:

all of our area's food producers, for weathering one of the toughest seasons we can recall. Please get out there and support your local farmers' markets and growers!

August Events

Virtual and in-real-life!

Music

The Cove (Westport, 273-3636): on the patio, weather permitting, 5-8PM unless noted; Wed Rack 'n Tunes w/Shawn McCullough; Sun Head over Heels, 12:30-3:30PM
Aug 1 No Principals feat. D. Balfour & J. Campbell
Aug 2 Benni Vander plays Elton John
Aug 6 Steve Marriner of Monkeyjunk. \$45 dinner/show. Reserve.
Aug 7 David James Allen
Aug 8 Sin & Swoon
Aug 13, 20 Spencer Evans solo
Aug 14 Lonesome Ace Stringband
Aug 15 Young Petty Stones, 5-9PM, dinner/show. Reserve. \$tba
Aug 21 Jay Smith
Aug 22 Chris Murphy
Aug 27, 28 Miss Emily Band, 5-9PM, dinner/show. Reserve. \$tba
Aug 29 John Wilberforce
Bowie's (Smiths Falls): Wed Trivia Night, 8PM; Thu Open Stage, 8PM; Sun Bluegrass Lunch 12PM
Jul 31 Eddie Sayers Live, 10PM
Calabogie Brewing Co. (Calabogie, 752-2739): Fri Vocals for Locals, 5:30-8:30PM
Golden Arrow Pub (Perth, 267-4500): 8PM
Jul 31, Aug 21 John Dorsch
Aug 1, 14 Matt Dickson
Aug 7, 15 Joel Brown
Aug 8 Ted Lalonde
Aug 22 Shawn McCullough
Aug 28 Danielle Hewitt
The Waterfront Gastropub (CP, 257-5755): Wed/Sat The Peter Principle 5-8PM, weather permitting; Blues w/Redneck Limousine Sun 3-6PM, Tue/Fri 5-8PM
Westport Brewing Co. (Westport, 273-2739): Harbour Beer Garden (weather permitting), 2-4PM
Aug 1 Chris Murphy
Aug 2 Scott Owen
Aug 8, 22 Mike Cochrane
Aug 15, 29 Jon VW

Visual Art

Strévé Design Studio & Boutique presents handweaving by Weavers Unlimited. <strevedesign.com>
Whitehouse Perennials presents Bloomfest Garden Art Show & Sale, to Aug 3. <whitehouseperennials.com>
Sivarulasa Gallery presents Michael Pittman's paintings, inspired by Nfld. <sivarulasa.com>
Kanata Civic Art Gallery presents virtual sale/exhibit *Scenic Route*. <kanatagallery.ca>
Bittersweet Gallery presents Richard Gill's 2020 outdoor art show *Scotland in the Yard*, with guest artist Jack Stekelenburg, Aug 22 to Sept 6. 432-5254, burnstown.ca/bittersweet

Community

Toastmasters Online, Aug 13 & 27, 7-8:30PM. Guests free. RSVP Jennifer.d.hoy@gmail.com or 250-9282
AGH Online Auction, Aug 21 8AM to Aug 29 8PM. Fundraiser for Almonte General Hospital / Fairview Manor. almontehospitalfoundation.com
AGH Evening at Home Gala, Aug 27, 6PM. Fundraiser for Almonte General Hospital / Fairview Manor. Food, entertainment by Brown/Prescott & Friends, prizes. \$150 (\$75 tax receipt). almontehospitalfoundation.com

Festivals

Virtual MidSummer Herbfest, July 26-Aug 9. Healthy living vendors, demos, music and kids' activities. midsummerherbfest.ca
Festival of the Wild Child, Aug 29, 10AM-4PM. Nature scavenger hunts for families & social bubbles. High Lonesome Nature Reserve, Pakenham. mmlt.ca/events

Claiming Column

Almonte Virtual Fibrefest, Sep 11-13
AGH Run/Walk for Women's Health - Virtual, Sep 12-13
Soup for Thought, Almonte, Oct 3
Perth Autumn Virtual Studio Tour, online, Oct 10-12

Colleen Gray — Indigenous Artist, Strong Woman, Good Human

In June of 2019, Colleen Gray received the Governor General's Sovereign Medal for Volunteers "for her role in supporting art exploration through access to art supplies and creative art programs in Canadian remote Indigenous schools through the Art for Aid Project". Gray is the founder and indefatigable driving force of the project that: "...works to support Canadian First Nations, Inuit

by Sally Hansen

and Métis art education programs through access to quality art supplies, awareness and fundraising efforts. We work to connect Indigenous youth to art and knowledge of their culture. We seek to accomplish this by ensuring art supplies are in remote schools and communities."

Gray funds her project through the sales of her own striking contemporary Indigenous art augmented by greatly appreciated donations. She pours every cent of her sales into the operating costs of collecting and distributing donated art supplies to Indigenous communities across Canada. Her story is fascinating; so is her art.

Born in Petawawa, she had an unconventional upbringing, and describes herself as being very good at bridging needs. Her experience includes trapping, grave digging, working for a yard maintenance company, many years of administrative work, and finally being an office manager for a Jewish Family Services non-profit organization in Ottawa. Only after she met her husband, Fred Goodchild, however, did her "ring of insecurity" evaporate. Her lovely tribute to this number-one fan who gave her confidence to become a charity entrepreneur is not original, but it is poetic: "I could not do this without his wind beneath my wings."

Colleen's ancestry on her mother's side comes from the Acadian people in New Brunswick, and from Irish folks across the big pond. She remembers vividly that it used to be shameful to be Native in Canada, but she had heard a rumour that her mother spoke Acadian. The rest of the family denied it, but one day she discovered her ancestry through an uncle talking about filling his freezer with moose meat outside of hunting season. When she questioned him, he pulled out his Indian Status Card and informed her he could hunt whenever he liked. She is fiercely, gratefully, and generously proud of her heritage.

Gray's artworks are testaments to her passion for sharing Native values and wisdom. Her Indigenous-themed art on display for sale at <artforaid-shop.ca> is beautiful, inspirational and profoundly moving. On her website she notes that she strives to

be the "visual voice of an ancient time." To further achieve that goal, she includes stories gleaned from First Nation wisdom keepers, ceremonial people, Elders, and other resources. For her 40th birthday her husband arranged for her to meet with Algonquin spiritual leader Grandfather William Commanda; he couldn't have found a better gift. Gray has wholeheartedly embraced the causes for which Commanda's achievements earned him an appointment to the Order of Canada — promoting intercultural understanding and raising awareness of the traditions and legacies of Canada's Aboriginal people. Colleen also shares his dedication to the protection of the environment.

It was during the Attawapiskat housing crisis in 2011, as she watched Chief Theresa Spence fasting to bring attention to her band's deplorable situation, that Colleen's urge to help coalesced. She noticed that in every news broadcast there were kids watching TV in the background. This is a synopsis of what she told



me: "I wondered what they had access to. I had never done any research into how these kids lived in these communities. As an artist what I wondered was, do they have any access to art? What can I do to bring more positive energy to these kids? The arts always get cut first — minimal supplies. Art is so healing and so powerful; it can break boredom and isolation. When you are an artist you always have something to fall back on, but it takes access to tools. I used my social media network to reach out to friends and other artists in Lanark County and Ottawa and told them I would really like to send art supplies to Attawapiskat. In just two weeks I had a basement full of supplies. I believe people really want to help; they just don't know how."

Her life is now brimming with purpose — and work. Her Art for Aid Project continues to thrive and creates countless opportunities for Colleen to extend her reach into remote Indigenous communities. She had always enjoyed creating art, but her successes with providing "new and gently used art supplies" to kids who could not otherwise explore their artistic talents have given her a whole new sense of purpose. She discovered ground mineral watercolour paints at an art fair and then bought some Yupo synthetic



paper for her pen-and-ink and marker drawings. When she accidentally discovered that the petroleum-based Yupo paper was ideally suited to her new watercolour paints, she conjectures that "The Creator must surely love irony."

The originals of her works are now available for sale in addition to all her archival prints, art cards, inspired posters, and unique "Influenced Birthday Cards." Based on traditional Indigenous Medicine Wheel myths (comparable to other cultures' zodiac signs), the influenced cards offer recipients a new take on their equivalent "spirit animals" or astrological signs.

No Rest for the Dedicated

Despite COVID-19, Colleen is right in the middle of a back-to-school Art Supply Collection Drive running until August 19. With the help of some fabulous volunteers, her home is festooned with tarps to facilitate spreading donations out in the sun and spraying and wiping all materials to guard against transmission. If you are able to contribute "new and/or gently used art supplies", please email <artforaid2013@gmail.com> for a drop-off location address. Donations to fund costs of operations are gratefully received at host charity I Love First Peoples <ilfp.ca> and official tax receipts are issued for monetary donations of \$20 or more.

Space constraints prevent me from writing about Colleen Gray's remarkable experience in providing "wash your hands" posters in 23 different Indigenous languages as her submission to a United Nations COVID undertaking, but a link from this article on <thehummm.com> will reveal the amazing saga. I highly recommend you check out <artforaid.ca> to fully appreciate the magnitude of her endeavors on behalf of Indigenous peoples, mother earth and all her inhabitants. I hope she writes a memoir.

Gold is at record-high prices!

Turn that old necklace into a candlelit dinner for two, or enjoy a weekend at the beach with that gold coin you never look at.

Beware of Travelling Roadshows and "Metal Recyclers"!

I have been paying consistently high prices for all gold & silver coins, bars and jewellery since 1988. At Alliance Coin & Banknote, you deal personally with the owner, and I treat each and every transaction with courtesy, discretion and expertise that can only come from more than two decades in the coin and precious-metal business.

Alliance Coin & Banknote
88 Mill Street, Almonte
Open by appointment only
613-256-6785
www.alliancecoin.com

Sean Isaacs
Numismatist

Member: Canadian Association of Numismatic Dealers

Outstanding craftsmanship by Canadian artists

General fine craft

63 Mill St., Almonte ON

Visit by appointment or shop online:
www.generalfinecraft.com

BRUCE COCHRANE
wood-fired ceramics

ERIC YOUNG
cutting/serving boards

WHO Colleen Gray

THE HUMM

WHAT Indigenous Artist, Founder of the Art for Aid Project

WHERE <artforaid.ca>, 252-2621; Original paintings at ARTPrior Gallery, 12 Elgin St., Arnprior, and Galerie d'art Riverside in Wakefield, Quebec <galerieriverside.com>

WHEN Next Art Supply Collection Drive July 29–Aug 19, <artforaid.ca/home>

WHY "I create my art to support equal opportunity art exploration for Indigenous youth through the Art for Aid Project."

ARTIST TRADING CARD

Need 'em... need 'em... got 'em...
Clip and save the Artist Trading Card
All the cool kids do it!



As if

RUNNING
A BUSINESS
DURING COVID
WASN'T
TOUGH ENOUGH

Now theHumm
is back with
ridiculous deadlines!

126 MILL ST., ALMONTE * 256-6801

Speaking Volumes

Libraries Reopen!

At long last, public libraries are reopening their doors to the public! Here at the **Lanark Highlands Public Library** we are offering computer usage, book browsing/checkout, TD Summer Reading Club and our Interlibrary Loan service. Over the next several months we will slowly reintroduce additional services and extend our hours of operation. Please always check online at <lanarklibrary.ca> for our current hours of operation.

by Amanda Robinson

The health and safety of our patrons and staff continues to be our priority and measures including physical distancing, enhanced cleaning protocols, hand sanitizer and Plexiglas barriers will be in place. As mandated by the Leeds, Grenville & Lanark District Health Unit, facial coverings/masks must be worn inside enclosed public spaces that are openly accessible to the public. All library materials continue to be quarantined for 72 hours upon return.

While we were closed to the public we took the opportunity to reorganize the library. We moved our fiction to the main area, relabeled several of our collections to make it easier for you to find your favourite books, and also took the opportunity to do a deep cleaning.

While programming is limited at the moment, we are still offering our TD Summer Reading Program. We have weekly draws at the Lanark Pizzeria, Fitz Chip Truck and Pretty Goods. The more books the kids read, the more chances they have to win one of the weekly prizes. We also have great prizes lined up for the end of the summer. It isn't mandatory to participate in the online portion of the program, but kids can join the online TD Summer Reading club as well. They can read whatever they'd like throughout the summer and earn virtual badges, vote in the Battle of the Books, post reviews, write stories, read and write jokes, participate in weekly trivia, watch author/illustrator readings and workshops, and more. Please visit our website or contact us to register.

To help mitigate revenue loss during COVID we have an ongoing fundraising initiative that might be of interest. We are selling hand-sewn masks for \$10 in adult, youth and children's sizes. The masks are double layered and made of 100% cotton with latex-free elastic. All proceeds go to the Library.

Despite being closed we have continued to add new titles to our collection geared towards all ages. Interested in the Canada Reads competition currently underway? The library has a copy of each of the books being defended. The five chosen books

include memoirs, realistic fiction, sci-fi and fantasy, and tell a diverse range of Canadian stories.

We look forward to seeing everyone in this next stage of service. Take care and keep healthy.

Follow our Facebook page at Lanark Highlands Public Library for up-to-date news or visit us at 75 George Street, 2nd floor in Lanark. You can also contact us at 259-3068 or <general@lanarklibrary.ca>. — Amanda Robinson is the CEO at Lanark Highlands Public Library

Other Area Libraries:

The **Arnprior Public Library** will re-open for browsing, computer usage and printing by appointment beginning Tuesday, August 4. All visitors will be asked to schedule an appointment online <arnpriorlibrary.ca> or by calling 623-2279. Curbside service will be continuing and families who have registered for the TD Summer Reading Club Book / Activity Bundles will continue to follow the same schedule as set up in July. Further details are available on our website.

The **Carleton Place Library** is open Monday and Tuesday from 10:30AM to 8PM, and Wednesday and Thursday from 10:30AM to 5:30PM. Patrons can browse materials and use public computers and Wifi. Curbside pickup will continue, and patrons of all ages are encouraged to take part in our Summer Reading programs. Find out more at <carletonplacelibrary.ca>.

The **Mississippi Mills Public Libraries'** open hours have been adjusted to accommodate new service levels. To start, they will be hosting Seniors Time in Almonte and Pakenham — a time when only seniors and vulnerable residents will have access to the library. Contact-free pick-up service will also continue. For Almonte hours and information call 256-1037 or visit <almontelib@missmillslibrary.com>; for Pakenham call 624-5306 or visit <pakenhamlib@missmillslibrary.com>.

The **Perth & District Library** will be bringing back limited services for patrons including accessing computers, borrowing materials, and picking up reserves; programming and room booking remain unavailable at this time. Bring your library card and a bag for your new materials and return any items in the outdoor book drop prior to entering the building. Contact 267-1224 or <perthunionlibrary.ca>.

The **Smiths Falls Public Library** will reopen for public access using regular scheduled hours of Monday to Thursday from 1-8PM, Friday from 10AM to 5PM, and Saturday from 10AM to 4:30PM. In-library programming will not resume at this time, however virtual programming will continue to be made available to library users. Call 283-2911 or visit <smithsfallslibrary.ca>.



PICNIC Smiths Falls

EACH BOX CONTAINS:



- 2 Main Dishes
- 2 Side Dishes
- 2 Desserts
- 2 Drinks
- Tourism Information
- Map of ideal picnic locations
- Free gift from the Town of Smiths Falls

Free Gift

for participating businesses:

WWW.SMITHSFALLS.CA/EXPERIENCE



TOWNOFSMITHSFALLS



EXPERIENCESMITHSFALLS

MMLT Festival of the Wild Child

Special Scavenger Hunt Edition for 2020!

This year, the Festival of the Wild Child will see a change in activities that will focus on your safety while encouraging you and your children to fall in love with creative outdoor learning and play. Come out on Saturday, August 29 for a day of woodland fun — a fantastic opportunity for families and “social bubbles” to participate in nature-inspired scavenger hunts.

This event is offered by the Mississippi Madawaska Land Trust (MMLT) and will provide thematic scavenger hunts along wooded trails and by ponds to learn, explore and engage with the natural world. Six unique hunts have been developed on different trails — you can do one or all six!

The Wild Child Scavenger Hunt event will take place at High Lonesome Nature Reserve in the Pakenham Hills on August 29 from 10AM to 4PM (rain date is August 30). Pre-registration (required) begins on August 1 at mmlt.ca/events. Check the website for the most up-to-date information including the call on the rain date.

This festival is free for children under 18 years. Wild Child adults are requested to pay \$10 for admission and donations will be welcome. Please leave your pets at home for this event.

MMLT is a local charity dedicated to preserving wild lands and is committed to providing events like this that engage the community with the wonders of nature in a wilderness-like setting

High Lonesome is located at 867 Carbine Road in Pakenham. Take County Road 29 to Pakenham Village, turn on Waba Road and continue west for 2.9km. Turn left on Barr Side Road. After 1.6 km, take the first left at Carbine Road and drive 3km to 867 Carbine Road.

Be a Wild Child. It's in your Nature!



This year's Festival of the Wild Child at High Lonesome Nature Reserve offers outdoor scavenger hunts that families and “social bubbles” can safely engage in!

AGH Run/Walk for Women's Health – Virtual Version

Walkers and runners of all ages and abilities are invited to participate in this year's virtual Run for AGH, sponsored by Almonte's Shoppers Drug Mart and taking place from Saturday, September 12 at 6AM to Sunday the 13th at 6PM. In order to ensure everyone's safety, participants can complete their run or walk anytime during the weekend, choosing either one of the mapped-out routes or using their own planned route.

Known for six years as the Mississippi Mills River Walk and Run, this late-summer annual fundraiser has raised over \$170,000 for new and replacement equipment at the Hospital. Funds raised from this year's event will again support the birthing unit and women's health programs at the Almonte General Hospital.



“There are so many reasons to support our local hospital and manor this year,” explains Julie Munro, Chair of this year's organizing committee. “Families that have had their children at the Hospital are asked to come out and support the event as a show of gratitude that we have this great facility. Everyone who counts on quality health care close to home should also come out and show their appreciation too.”

Participants will choose from one of three distances: 3km Family Fun (walk or run, untimed); 3km Walk or Run (timed); 5km Walk or Run (timed); 10km Walk or Run (timed)

As well as registration, which only costs \$40 in advance, individuals and teams are encouraged to collect pledges from family and friends in support of the Hospital. With every \$25 collected, participants will receive a ballot to go in a draw for one of the three exciting prizes. Both individuals and teams are also eligible to win prizes for the most pledges collected.

Participants, family and friends can also lend support by visiting the event's official online auction, which opens August 29 at 8AM and closes September 13 at 6PM.

Have fun while supporting the hospital! Reach out to your COVID bubble, family friends and colleagues and join in the 7th AGH Run for Women's Health. Closing ceremonies will be broadcast live on Facebook @AGHFVM on September 13 beginning at 7PM.

For more information and to register, please visit almontehospitalfoundation.com/our-events/runforwomenshealth.

Lovely Pastels for Summer Days

Kehla
Jewellery Design
88 Queen Street, Almonte 613-256-7997
www.kehladesign.com

Family Pastimes Cooperative Games

river guild fine crafts
Learn as you play. Play as you learn!
51 Gore St. East, Perth • 267-5237

Thank You!

to our town and customers with big hearts! We are truly touched by the overwhelming support of our community.

We are proud to live in and continue to operate in Almonte.



BIG SUMMER SALE NOW ON!



VAMOS
OUTDOORS

14 Mill Street, Almonte
613.461.2000
open 7 days a week
OR SHOP ONLINE
VAMOSOUTDOORS.CA

Bouffage

A Beautiful Box of Fabulous Food

Here's why more people should bring us food: when it happened recently it was absolutely phenomenal! Anna Lianga, co-founder of the brand new venture **Bouffage** <bouffage.ca> contacted us to introduce her business and to inquire if we might like to be on the receiving end of the delivery of a gourmet meal. Not being completely daft, we said "um, yes, absolutely!"

And so in the middle of July we were the lucky recipients of The Love Box: Taco Edition. Inside the box were several eco-friendly individually wrapped packets and boxes and a sheet of instructions for reheating and assembling. For those familiar with meal delivery services like Blue Apron or Hello Fresh, this is not that. Everything in the box was cooked and prepared, and spoke to the personal care and attention that went into putting it together. And, unlike delivery from your favourite restaurant, it was all separate so that the meat (or tofu if you went that way) and tortillas could be reheated and the slaw could be quickly tossed in its box before it was all assembled into tacos.

Did I mention that everything was absolutely delicious? The portions were truly generous — there was enough to fill ten small tacos, with a bit of pulled pork carnitas, slaw with avocado dressing, and roasted corn, bean and cilantro salsa left over (for about ten minutes, and then that was gone too!). The carnitas were very flavourful but not overwhelming. I tend to worry about dishes being under- or over-salted, and/or under- or over-spiced — but these were perfectly balanced. The red bean pesto was so good! The individual portions of Mexican double chocolate mousse — delivered in two small mason jars — were, unsurprisingly, excellent as well.

Bouffage delivers every Thursday to Almonte, Carleton Place, Perth and Ottawa. Check their website for catering options as well. And you don't just have to order for yourself — consider gifting a Love Box to someone special!

— Rob Riendeau



Scotland in the Yard

Richard Gill's 2020 Show, with Guest Artist Jack Stekelenburg

Since 1972, Burnstown sculptor Richard Gill has conceived and created a thematic body of work for his annual show every fall. When the pandemic hit, he and his wife Cheryl Babineau (the owner of Bittersweet Gallery) decided that the show must go on.

Since it is much safer to gather outdoors and since Richard's work is weather-worthy, they are making good use of the gallery grounds to enable a safe environment for patrons to view the works in person while maintaining social distance.

The inspiration for Gill's Scottish theme comes from many sources. Richard holds a fascination and curiosity with human settlements, history, immigration, the roots of our country and the connections we all have inherent in our DNA. The Burnstown artist resides in a former tavern built by Scots in the 1800s and frequented by the Laird of MacNab — it was here that the settlers eventually conspired to oust the notorious laird from the township, thus ending feudalism in North America.

So Scotland has been on his radar for some time, and an opportunity emerged to travel there last fall. He visited the Highlands of Perthshire where Robert Burns penned *The Birks of Aber-*

feldy, Killin (home of the Clan MacNab), Dunkeld, Crieff, the glorious gardens of Drummond Castle, Eilean Donan, Blair, Stirling, and Menzies.

The sojourn continued to distilleries of fine whiskeys and on to Glasgow. Additional works are inspired from earlier travels with his son to the Royal Mile and Edinburgh Castle. Pipes and drums, highland dancers, and iconic cattle all emerge from the sculptor's hand, given form and dimension in sculpted clay wall plaques.

Invited special guest metal artist Jack Stekelenburg joins Richard in the yard with his forged expressions and abstract metal sculptures. Although he creates pieces that are representational, he often creates art as an unconscious, unscripted, wordless act of emotional expression. The gallery hosted a successful solo show for Jack two years ago and is delighted to have him back.

The interior of the gallery will also be open to patrons in limited



Richard Gill's annual show will be an outdoor art event this year — from August 22 to September 6 in Burnstown

numbers. While masks are mandatory indoors, kilts are not. *Scotland in the Yard* and *Steel* by Stekelenburg opens on the grounds at Burnstown's Bittersweet Gallery on August 22 and continues to September 6, from 11AM to 5PM daily. The gallery is currently open Wednesday through Sunday from 11AM to 5PM and also by appointment. Find directions and more details at <burnstown.ca/bittersweet>.



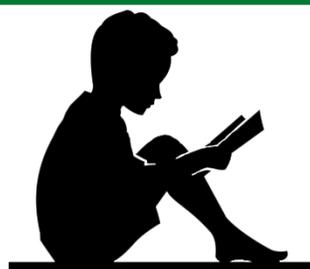
The girls are back!
Ladies...it's time to wear a bra again!

• BRAS • PANTIES • SHAPEWEAR • AND MORE!
Monday – Saturday 10-4, or by appointment
14 MILL ST., ALMONTE • 613-883-8008

Follow us on @8008lingerie

Kathy's mask courtesy wendelinaramptondesign.ca

8008Lingerie.com



**Books
give us
someplace
to go
when
we have to
stay home**

**MILL
STREET
BOOKS**

52 Mill Street, Almonte

613-256-9090

/millstreetbooks

www.millstreetbooks.com



**THE
GOOD
FOOD
CO.**

Established 1997

Hot Breakfast +
Lunch Menus

Fair-Trade Coffee +
Espresso

Take-Home
Supper Items

Indoor & Patio Dining

**Check out
our new website
goodfoodcompany.ca!**

Wednesday to Sunday
8AM to 4PM

Closed Monday+Tuesday

31 Bridge Street
Carleton Place
(613) 257-7284

/TheGoodFoodCo1997

/thegf.co

Empty Bowls are Back!

Looking for a way to support local food security programs, and get something beautiful and useful as well? Come to the Riverguild Fine Crafts at 51 Gore Street East in Perth and get an Empty Bowl or two.

Empty Bowls Perth is part of an international grassroots effort to fight hunger in our communities. For those new to Empty Bowls, the basic premise is simple: potters create handcrafted bowls. Usually the community is invited to enjoy a meal of soup and bread at the Festival of the Maples in Perth in exchange for a cash donation of \$25. Donors keep their bowl as a reminder of all the empty bowls in

the world, and that food is not just a commodity but a basic right. This year, our 19th, is so very different. Bowls are only available at the Riverguild Fine Crafts while supplies last.

We would like to thank Foodsmiths for their ongoing support. In April, the bowls are usually available at Foodsmiths, and Empty Bowls Perth is the recipient of their Bring Your Own Bag program. Because of the COVID pandemic, we were unable to have the bowls at Foodsmiths this year. Even though customers were not permitted to use their own bags in April, Foodsmiths still supported Empty Bowls Perth with a generous donation.

And thank you to Fiddleheads Bar & Grill who always donate a pot of soup to Empty Bowls for the Festival of Maples. This spring they donated \$2 from the sale of every bowl of their takeout soup instead.

Donations support The Table Community Food Centre, YAK Youth Services, Food for Thought: Lanark County school nutrition program, and the Lanark Highlands Food Pantry, as well as the Guatemala Stove Project.

For more information about Empty Bowls Perth, please visit <emptybowls.ca> or <facebook.com/emptybowls.ca>. We hope to see you next April at the Festival of the Maples in Perth!

— Hinda Goldberg



Empty Bowls are now available at Riverguild in Perth

MidSummer Herbfest – Virtual Edition

From Sunday, July 26 to August 9, join right from the comfort of home to take part in the 25th annual Mid-Summer Herbfest — a virtual celebration of healthy living and initiatives. You'll find demonstrations, music, kids' crafts and activities, as well as all your favourite vendors — with links to see and shop their swag! This year's Herb of the Year is Brambles (also called Rubus) — a variety of your favourite yummy berries.

Because the event is virtual, from July 26 to August 9 everyone is encouraged to email your own personal or family video and/or photos to <midsummerherbfest@gmail.com> with the theme of "Growth from a Distance" to enter a draw for great prizes. Tell (and show) what you're doing to stay safe as you enjoy summer weather, growing, and creating healthy initiatives at a distance. It will be a virtual festival to remember!



Visit <midsummerherbfest.ca> for events and details. See you next year back at Waba Cottage & Gardens in beautiful White Lake, Ontario!



Time to open doors and windows wide, Connect to nature and step outside...

gardening's **good for heart and mind.** plant love. grow hope.

Be safe. Be kind.



142 Pick Rd, Carleton Place, ON
613.253.3467 • reidgardens.ca

Find us on Facebook/Reid Gardens

We are Open
Monday–Saturday
8AM–5PM



We have what you need for your next DIY interlocking stone project!

You're invited to *Virtual Home*

Gala

2020

Thurs, Aug 27, 2020

TICKET TICKET

Gold Ticket

EVENT

\$150/ticket

\$75 Charitable receipt

BMO Dinner Partner:
Heirloom Cafe & North Market Cafe

(can be picked up at the Octagon Room or delivered to a local door)

EMOND HARNDEN
LAW FIRM

presents Music video created for this event

Bean **GOONEY CONSTRUCTION**

SHOPPERS DRUG MART



Almonte General Hospital • Fairview Manor
Foundation

- ✓ Entertainment video by Brown/Prescott & friends
- ✓ Online auction, prizes,
- ✓ Update from Hospital President

Support quality health care close to home during this unprecedented time.

For more information contact: Louise Beckinsale
613-256-2514 ext 2296 lbeckinsale@agh-fvm.com

Delicious & Fun

ways to support your hospital



AGH Run for Women's Health



Almonte General Hospital Run for Women's Health

Virtual Sept 12-13 2020

Run/Walk



REGISTER as an individual or team!

Events:

- 3 km Run Timed
- 3 km Walk Timed
- 5 km, 10 km Run Timed
- 5 km, 10 km Walk Timed
- 3 km Family Fun

WIN

for pledges collected!

FUNDRAISE WALK/RUN VOLUNTEER

Your Run Your Route

Using your smart phone and RunKeeper App

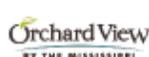
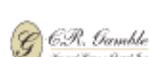
Register at:
<https://almontehospitalfoundation.com/our-events/runforwomenshealth/>

Presenting Partner

Registration Partner



SHOPPERS DRUG MART


A COVID-19 Parents' Guide to Wellness

OR How to Keep your Sanity until "Back to School"... Whenever that Is

I don't know how all of you parents are holding up, but my anxiety has gotten to the level of needing to quit coffee. I LOVE coffee, and have never had to experience JOMO (as Craig and Amber at Equator Coffee Roasters call it) — the *Joy of Missing Out* — aka decaf. But I've let myself get so worked up about the implications of this pandemic on families that I've had to temporarily give up my caffeine fix and find my JOMO.

by Sarah Kerr

I've also always been pretty a spontaneous gal. But after 20 weeks of homeschooling (well, it's now more like *no-schooling*) I'm craving a plan — any plan — as we wait, and wait, for information on what "back to school" is going to look like for our kids. And let's be honest — there is no easy answer. I mean, one easy answer is: let's talk about school before bars, yes?!

But really, the conversations parents are having are heavy. Moms in our community have lost their jobs as their employers re-open yet they have no childcare, taking us back to 1990 in terms of equality in the work force (according to RBC). Others have had to close their home businesses to protect their senior parents or vulnerable kids who they care for. Parents are being informed that they are losing supports for their special needs kids this fall, making it impossible to send them back to school at all. Parents who are teachers are trying to predict how to line up multiple school schedules of alternating days or weeks for them and their kids. One mom is considering setting up an impromptu outdoor school for the kids in her neighbourhood. All of which, everyone has said, "is fine".

And yes, it's all fine, and some families are even finding cool and creative alternatives and making it work. I'm astounded by the resiliency of the families in our community, holding it all together with a smile

and a rainbow walkway. But I worry about what happens when relationships can't hold up under all the stress. When single moms end up without access to income and credit. I worry that family courts might close again, and strained relationships leave kids unable to see a parent, as many experienced this spring. This doesn't seem "fine". We do need policymakers to acknowledge that parents, particularly moms, are starting to crack under the COVID weight. I mean we've had the "stay at home parent" and "working parent" roles, but now we have "working parent who has the same work responsibilities but also has to look after kids all day" and expect that to just continue? No, no, no...

If reading this is tweaking your own anxiety or making you scream into your pillow (because you can't wake the napping toddler), then I want you to know that there are so many of us who appreciate what you're going through. Your mental and physical health matter too. And there are so many amazing people in our community who want to help. Below are a few simple sanity suggestions which we're calling the *COVID Parents' Guide to Wellness* (or *How to Keep Your Sanity*) while we await the verdict of back to school.

And as much as we have been stressing the importance of calling our elders and senior neighbours, which we should continue to do, please also consider offering to watch any kids that you're bubbled with for an hour, a morning, or a whole day if you can find the time. We've all heard it takes a village. And right now the village is shut down.

Need to talk to a professional? Mental health resources:

- Lanark County — Mental Health Pandemic Helpline 1-833-283-9979
- Renfrew County — Mental Health Crisis Line (ages 16+) 1-866-996-0991



The photo credit here goes to kid/photographer Soaren. Thanks also to his mom, Avalyne Diotte, for sharing this amazing moment with us!

- Reach out to your local church — most offer free or subsidized counselling
- Book a Grief Counselling session by phone — grief is so much more than death. Losing a job or expectations of how life was going to play out is grief. Barbara Carroll <barbaracarroll493@gmail.com> is my recommendation for easy chats by phone

Need a Wellness Check? Healing and Wellness Centres:

- Carp Ridge EcoWellness Centre, Carp — offers health retreats, naturopath and more
- Aruma: A Place for Health & Happiness, Lanark — offers health treatments, counselling and stand up paddleboard yoga on the lake
- Hands on Healing, Almonte — offers chiropractic, massage and acupuncture

Need to move your body? Try distanced yoga or hit the gym & pool:

- Surya Daya, Almonte — "Yoga under the oak" (5-6PM on August 5, 12, 26, and September 2)
- Hamsa Yoga, Carleton Place — re-opens August 4 and is hosting yoga in the park
- Yoga & Tea Studio, Carp — online classes Mon-Fri at 9AM
- Perth & District Indoor Pool — reduced capacity, but you can book a lane swim or class online
- Heritage Community Fitness & Rehabilitation Center, Carleton Place — now open again, and offering FREE Fresh Air Fitness classes on Saturdays throughout August
- Ultimate Fitness Gyms, Arnprior & Renfrew — now open

Need some silence? Meditation and spa treatments:

- Check out "Sitting on Sundays: A Virtual Practice" at Big Stone House, Almonte
- Book a treatment at Mahogany Salon and Spa, Carleton Place
- Take a road-trip to Chelsea Quebec for a day of rest at Nordik Nature Spa

Need kid-free time with a partner or friend? Book a neighbour or bubbled friend to watch the kids so you can:

- Go for a coffee date at your favourite local spot
- Visit Kin Vineyards for a tour — I recommend Friday from 3-8PM when they have a food truck on-site for distanced dates in the winery
- Check out Cartwright Springs Brewery, Pakenham — open every day except Monday. Book a time for group tastings and check out Smiley's Smokehouse on-site.

How are You Coping?

Community Groups Seek Resident Feedback with COVID Community Check-In Survey

Lanark Country residents: how have you been doing since the pandemic arrived?

That's the main question behind a survey that's been launched on behalf of nearly two dozen community service agencies from across Lanark County in an effort to gain insight and identify gaps when it comes to community services and programming.



The Table Community Food Centre, North Lanark Community Health Centre, and the Lanark County Situation Table are conducting the survey on behalf of an informal group of community service agencies that are working to ensure the community is well supported going forward with the pandemic.

"We'd like to know how you are doing, how to improve ongoing services, identify anything that might be missing, and hear about helpful community initiatives that may have flown under our radar," explains Ramsey Hart, Executive Director with the Table Community Food Centre.

The survey touches on topics such as employment, mental health, financial well-being and food accessibility.

Hart adds that the groups hope to collect 400 survey responses in order to gain a solid understanding of the community needs and possibly build future programs and services to address what's in those responses.

"Once we collect the survey data, we'll look to identify gaps and needs within the community,"

he explains, adding that they want all residents to respond to the survey.

"This survey isn't only for community members who have used community service agencies in the past," says Hart. "It's open to the public and we want responses from across the community landscape."

Hart adds that they're also seeking to hear about good news stories coming from the past five months. "We want to feature how our community members have demonstrated resiliency and ensure we hear those stories as well."

Lanark County Warden Brian Campbell says public engagement is necessary to gain a solid understanding to the community's needs.

"Whenever we ask our residents to help out, they always step up," says Campbell. "This request for more insight is no exception. We need our community members to take the 15 minutes to complete the survey so we can best support each person moving forward."

As a further incentive to complete the survey, residents who wish to include their name and contact details when completing the survey will automatically be entered into a draw for one of four \$100 grocery cards.

This survey is confidential and no personal information will be included with the report. All survey data and contacts will be deleted once the organizing

We need our community members to take the 15 minutes to complete the survey so we can best support each person moving forward.

groups complete the survey report. They will not use the survey information to add responders to a distribution list.

To complete the survey, visit <surveymonkey.com/r/X226GYM> or visit <thetablecfc.org> and find the survey link on the homepage.

ALMONTE ACADEMY OF DANCE

Summer Dance Camp

****3 WEEKS ONLY****

Dates: August 10th-14th
August 17th-21st
August 24th-28th

Time: 8:00am-4:00pm
Price: \$200/week
[HST included]

SPACE IS LIMITED! BOOK NOW TO RESERVE YOUR SPOT
ALMONTEDANCE@LIVE.COM

****SCREENING CHECK LISTS, 6X6 SQUARES FOR PHYSICAL DISTANCING AND MORE! INQUIRE ABOUT OUR SAFETY PROTOCOLS****

THE COVE COUNTRY INN

ACCOMMODATION DAY SPA DINING ENTERTAINMENT
DOCKAGE WEDDINGS

Westport on the Rideau 613-273-3636 • www.coveinn.com

Every Wed **Rack 'n Tunes** 5-8 (Acoustic Country/Rock)

Every Sun **Head Over Heels** 12:30-3:30 (Acoustic Folk/Rock/Blues/Jazz)

Sat. Aug. 1 **No Principals** feat. **Dave Balfour + Jamie Campbell** (Acoustic Folk/Rock, Westport) 5-8

Sun. Aug. 2 **Benni Vander Plays Elton John** (Miss Emily's Keyboardist!, Picton) 5-8

Thu. Aug. 6 **Steve Marriner** of MonkeyJunk (Original Blues/Rock, Ottawa) 5-8, Dinner + Show, \$45 + HST + Gratuity, Reservations Only. ***Show Almost Sold Out***

Fri. Aug. 7 **David James Allen** (Original Acoustic Folk/Blues, Picton) 5-8

Sat. Aug. 8 **Sin & Swoon** (Original Acoustic Roots/Folk Duo, Montreal) 5-8

Thu. Aug. 13 **Spencer Evans** (Pianist/Singer, Plays Everything, Kingston) 5-8

Fri. Aug. 14 **Lonesome Ace Stringband** feat. **John Showman** of New Country Rehab & **Chris Coole** of Foggy Hogtown Boys

Sat. Aug. 15 **Young Petty Stones** 5-9 Dinner + Outdoor Show

Thu. Aug. 20 **Spencer Evans** (Pianist/Singer, Plays Everything, Kingston) 5-8

Fri. Aug. 21 **Jay Smith** (Formerly **"Smitty Kingston"**, Country/Rock, Kingston) 5-8

Sat. Aug. 22 **Chris Murphy** (of **Turpin's Trail**, East Coast/Folk, Perth Road Village) 5-8

Thu. Aug. 27 & Fri. Aug. 28 **Miss Emily Band** 5-9 Dinner + Outdoor Show

Sat. Aug. 29 **John Wilberforce** (Folk/Rock, Kemptville) 5-8

Pick up *theHumm* in Ottawa at the **BYTOWNE CINEMA**

Joanne Beaton

Let me Tell Your Home's Story

Dedication! Dedication! Dedication!

Typically with real estate agents, one hears the phrase "Location! Location! Location!" With Joanne, substitute "Dedication" and you have the persona of one very capable, very knowledgeable, very trustworthy and warm individual. As a home seller, Joanne is ready to come in and critically appraise what needs to be done to stage the home for it to be at its best. If one follows her astute recommendations, one will have an MLS insert to be proud of. She uses a professional team of photographers and their product showcases the home beautifully.

Joanne always has time to quell fears or anxiety that one may encounter while selling or looking for a home. She maintains an element of calm, quiet reassurance and amazingly, a good sense of humour. Her response time as well is commendable. She is a delight to work with.

Once the offer to purchase is accepted, Joanne's interest does not stop. She will check in to see whether any assistance is required as one goes forward. She has been known to pick up and deliver mail from the buyer to the seller a year and a half after the property has changed hands. Not only is that Almonte, but that is Joanne Beaton!

— Lynn M.

Tracy Arnett Realty Sales Representative
613.407.4309
joannebeaton@tracyarnett.com

ARNETT

Speaking Volumes: A Chat With Ben Seaman from Riverwood Acoustics

Ben Seaman is the Co-founder and CEO of Riverwood Acoustics in Renfrew <riverwoodacoustics.com>. We contacted him to find out how the pandemic has affected his relatively new business, and why he is so passionate about the #BuyLocal movement.

by Kris Riendeau

theHumm: Your business is built on a fascinating premise: dredging up century-old wood that ended up on the bottom of the Ottawa River during logging drives, and turning it into high-end speakers. How on earth did you ever come up with that idea, and why does old wood make for good audio?

Ben Seaman: Our family moved to the Ottawa River ten years ago and every spring these amazing centuries-old logs would wash up on the shore. This area was built on the timber industry in the 1800s, and millions of logs floated down the river from around the 1820s to the 1990s. This premium historic timber is sought after by woodworkers, furniture makers and even musical instrument creators worldwide. The grain pattern and density of this wood is what sets it apart from today's modern growth wood. This timber grew in climates more conducive to a slow growth cycle, causing a 25% more dense annular ring without knots or imperfections.

My background for the last 20+ years is electronics design engineering in the audio, aerospace and telecom space. I previously worked at a contract engineering firm that designed speakers for major US loudspeaker companies and have always had a passion for audio design. One day, I was discussing this idea of starting a speaker company with a good friend of mine (Scott Rathwell) who happens to be a mechanical design engineer whose passion is woodworking.

The next thing we knew we were hitting the ground running, designing our first product: the Hudson. We were absolutely delighted by the listening results of the Riverwood cabinet prototypes. This increased our passion to continuously push the company forward to now selling all across North America, with our sights set on European expansion.

How has the pandemic affected your business, and what steps are you taking to "stay afloat"? (pardon the pun...)

Luckily our business model has always been direct to the consumer, so our Shopify ecommerce platform was already established. The biggest issue the pandemic has created for us is the cancellations of shows (home, cottage and audio) where we can showcase our speakers and drive future sales and build relationships. Our product is demo-based — once people see, touch and hear it they are blown away by the sound quality of such a small speaker. In order to try and stay ahead of the competition we are increasing our online presence via target advertising, and as always we have our free shipping and 30-day return policy. This helps people have a risk-free purchase to ensure they are happy with the style/sound.



Ben Seaman and Scott Rathwell of Riverwood Acoustics have found a fascinating new use for century-old wood

In your blog you mention that you grew up in Calabogie but then spent several years in Toronto and Ottawa. How did your time in the bigger cities affect your perspective on rural life in the Ottawa Valley?

Growing up in Calabogie was the best childhood anyone could ask for. I would spend all summer fishing and swimming, and go skiing in the winter. Being connected to nature and the outdoors is what really has always made me happy in life. When you go away for school from a small town to a big city like Toronto, you feel a bit overwhelmed and excited. The funny thing is I found myself coming home almost every couple of weeks, as rural life is a part of my DNA. Who doesn't like a swim on a hot summer day followed by a campfire? After living in bigger cities, I knew I wanted to return back to the Ottawa Valley and find a forever home. We lucked

out and found a great spot on the Ottawa River where now we can give our children the same happy rural childhood that I had. Talk about a full circle of happiness.

One of your recent posts was entitled "Is COVID-19 going to destroy our small business ecosystem?". Please tell me why it's not going to do that, and why it's more important than ever for people to develop informed local buying practices.

This blog post was to stimulate people's mindset on the importance of buying local. Far too often our consumer mindset is pushed into buying the cheapest product available, but this isn't always the best practice. Often these products are not as high quality and will ultimately become a disposable purchase. Buying local will typically provide local jobs, reduce your environmental footprint, create community support such as charities, and ensure legacy for future generations of companies. I remember when I was a kid there was way more manufacturing in the Ottawa Valley that would create high-paying jobs plus spin-off supporting jobs. The COVID shutdown impacted small businesses more than anyone as Walmart and Amazon flourished. Many of these companies will unfortunately not make it, while others, with the support of the government, will hopefully make it back to a full sales cycle. The best thing we can do as consumers is to buy local from a small business to help them during this difficult time.

A big reason for starting Riverwood Acoustics was to regenerate engineering and manufacturing back into the local area.

What are you personally most concerned about at this time?

For me, I am concerned about all my small business owner friends during this difficult time. Many of these companies have had all their safety savings eroded and are just starting to slowly bring back revenues. There is no guidance for the timeline to return to normal sales again so it can be challenging to balance the books and keep the lights on. With every business that shuts its doors there will be a delay cycle before new ones open again and we get more stability in the marketplace.

What are you optimistic about in terms of what happens to rural small-medium businesses and communities during and after the pandemic?

The Ottawa Valley is poised for growth after this pandemic. We are always improving our fibre broadband internet infrastructure and offer much more affordable housing than major cities. A standard house here is probably 25% of the price of a house in downtown Toronto. The pandemic for rural folks wasn't that bad as we had plenty of greenspace in our backyard. The shift of office environment to remote working style will continue to cause a migration to rural Canada. It starts with rural leaders stepping up and providing an ecosystem for growing these rural communities for today's modern business. Renfrew County has done a great job in providing new initiatives for small businesses through the Futures Development program. We actually won the RC100K in 2018, a multi-stage *Dragons' Den* style start-up competition that helped us start Riverwood Acoustics into full production.



judy joannou
CLASSIC STYLE
with a TWIST

We make FASHION an ARTFORM

Come in and see what's NEW
SUMMER SALE
FALL ARRIVALS

83 MILL STREET ALMONTE

www.judyjoannoudesigns.ca
judyjoannoudesigns

EQUATOR

SUNDAY BRUNCH
10AM - 3PM

EGGS BENEDICT

YOUR CHOICE OF:

- Bacon
- Prosciutto
- Roasted mushroom
- Avocado

\$9.50 | SERVED WITH HOLLANDAISE AND HOMEFRIES
EQUATOR COFFEE | 451 OTTAWA ST. ALMONTE

The Blue Happiness Jacket

Back in March when my winter jacket was grey and grotty, I gave in to spring fever and luxuriated in the rainbow that is Judy Joanou's shop on Mill Street in Almonte. Racks of alluring summer wear in greens, pinks, and swirls of oceanic and floral designs, sang of a season in the sun. I pictured drinks on the patio, swanning through flower gardens, summer hats, and anything but slushy side-walks and grey skies. Every piece conjured the coming months of summer.

by Glenda Jones

It was a true "dreaming in technicolour moment" when I found the perfect jacket. (Okay, we've been down this road before, and you know that finding this perfect jacket is something I've done many times. Judy knows when she sees me coming that a sale is likely!) It was every shade of blue and yellow, just the style I love, but alas, a size that didn't fit. I felt a pang of regret as I walked away without it, blithely declaring it wasn't meant to be. I thought about that jacket several times through the spring, thinking that even though there was nowhere to go, I loved it, maybe even needed it.

Imagine my delight when a few weeks ago, Judy called to say she had my jacket. It couldn't have come at a better time. Sure, the weather is too warm for my beautiful jacket now, but that'll change. Sure, I have nowhere to wear it, but that'll change too. In fact, I may make an occasion simply as an excuse to don it.

In the meantime, Blue Happiness is hanging at the front of the closet where I see it every morning, and I choose to make the day a Blue Happiness Day. That one piece of clothing makes me smile, and that's a good start. If I go out to the garden and find the deer have once again denuded my hostas, I don't rail and whine, but instead remember the beauty of the doe standing stock-still beside the pond this morning. When the dogs dig holes half way to China right where I walk, I don't take them to task, but instead think of the fun they had seeing how far into the dirt they could shove their noses.

The garden has succumbed to draught, curled up its leaves and declined my attempts to lure flowers out of the mayhem. What Diva hasn't destroyed in her quest to catch snakes, the weeds have overtaken, so now I'm looking to the hollyhocks (gorgeous



draught-resistant babies!) and the trumpet vine to satisfy my flower fix.

The Blue Happiness jacket gives me incentive to make plans. We don't need to sit here doing same old, same old when Jabulani Winery is offering a taste of Tuscany right at our doorstep <jabulani.ca>, Smiths Falls has picnics in the park <smithsfalls.ca/experience>, and various locks along the Rideau offer entertainment galore watching "the other half" drift through the canal in boats worth more than our house. We mentally pack up Blue Happiness and take a day trip.

You can all be happy that I found this jacket, because otherwise I'd have been sporting a pair of tights in a gaudy peacock print fit only for exercise class. They fit the bill for something exotic, but mostly for the laugh factor. Sometimes an item leaps off the rack for no other reason than to get a giggle.

However, my Blue Happiness jacket is definitely a keeper for many reasons. It came along when I needed a lift, and it has delivered in spades.

Almonte
Antiques & Collectibles

A Multi Vendor Antique Market
Now re-opened 7 days a week! 10AM-5PM

26 Mill Street, Almonte, ON KOA 1A0
613-256-1512 VISIT US ON FACEBOOK

Pick up theHumm in Almonte at THE HERITAGE COURT

GOLDEN ARROW PUB & EATERY

New Menus • Newly Renovated
Live Music Friday & Saturday nights

Our Courtyard Patio is now open!

Wed. Nights 2-for-1 Fish & Chips
Caesar Sundays
Greek Night, Saturday, Sep. 5
4 courses starting at \$19.99 Take-out or Eat-in
Reservations at 613 267 4500

GOLDENARROWPUB.COM 613-267-4500
71 FOSTER STREET, PERTH

We're reopening and celebrating with a set list (menu) featuring some of our greatest hits:

BLACK TARTAN KITCHEN
THE COMEBACK TOUR

4 COURSE EARLY SHOW
7 COURSE LATE SHOW

Open Thu - Fri - Sat for Dinner Only
132 Bridge St. Carleton Place, ON
(613) 492-0860
www.blacktartankitchen.com

Relax! Experience the calming effects of

Facial Rejuvenation Acupuncture

Dr. Michaela Cadeau
Doctor of Chiropractic

This safe and non-surgical procedure increases circulation and stimulates collagen production, rejuvenating facial tissue. This gives the skin more tightness and elasticity, and helps to reduce sagging or puffy skin and wrinkles. There is no risk involved with this procedure, no downtime from work, and no side effects. A research study published in the International Journal of Clinical Acupuncture reported that, in a clinical trial of 300 people who received facial acupuncture, 90% saw marked results after one course of treatment.

Call by August 31 for your free consultation.

Reduce Double Chin • Eliminate Puffy Eyes
Tighten Pores • Eliminate Fine Lines
Raise Drooping Eyelids • Reduce Frown Lines

Check out our website www.handsonhealing.ca for the Dr. Oz video on facial acupuncture

Hands on Healing
125 Bridge Street, Almonte, 613-256-0222
welcome@handsonhealing.ca

Seamus Cowan and The Cove Inn: Saving the Live Music Scene

Seamus Cowan is the second generation of Cowans to run The Cove Inn in beautiful Westport, Ontario <coveinn.com>. We contacted him to find out how he has been able to almost single-handedly repopulate theHumm's music calendar listings.

theHumm: First of all, how have you and the Cove been faring since COVID hit?

Seamus Cowan: It has been an engaging, all-consuming time. Home with family was wonderful, although admittedly challenging at times as anyone in my shoes can attest to! Our hotel rooms were available for rent under essential business status but nothing else except takeout was doable. Takeout happened one day per week for a month with huge success, allowing us to pay some bills. Thanks to some selfless help from several staff, we were able to increase takeout. It worked, but it wasn't until June that things really started to happen for us again by being completely open on the patio (although with limited capacity). Honestly, places like ours have been very lucky because of our size. I wouldn't always say that! Now that summer is here, it's all relatively busy again with us being open daily from 11:30AM to 8PM and with solo/small act music five to six days per week.

When you first contacted us with your open-air music events for July we thought you were jumping the gun, but you had in fact worked closely with your local Health Unit to create conditions under which live music could safely resume. Can you tell us a bit about that process and the results?

Yes, and this was and frankly continues to be somewhat confusing to all of us including the health unit. It's uncharted waters for us all. Legislation is constantly being introduced and amended. Some of it can be interpreted in different ways. I felt so passionately about the statement about not allowing dancing and singing on patios that I made an appeal to our Leeds Grenville Lanark Health Unit inspector. As a result we have singing musicians back on our patio stage, distanced twelve feet from the diners with a cordoned-off area around them. Everyone is staying away from the stage and performer with this setup, and the projection of the performer's voice doesn't threaten anyone.

Why was it so important for you to advocate for live music?

My family has been in this business for over thirty years now. We have built our business with live

entertainment being one of the main parts of what we do — along with food, drink and accommodation in the restaurant and hotel. It's become a symbiotic relationship. I'm a musician as well. Without music in the equation, my role wouldn't be the same here. I wouldn't even be here. And I don't know if The Cove would be here. Over the last twelve years, since I have been back from Montreal, our music scene has grown to attract some of Canada's great acts as well as some incredible international talent. We need venues to support live music, and listeners are a huge part of that. It's quite simple. Facebook Live was great with our Thursday open mic and Sunday Wings 'n Quarantunes, but we all know that playing live music in front of an audience is the only way.

As Ontario progresses into Stage 3, what kinds of support would be helpful to The Cove — either from institutions like arts funders and health units or from your patrons and the community?

We mainly operate because we provide person-to-person service in hospitality. We need to continue that way and cannot take any shortcuts. Having the government help our industry with a wage subsidy will be a temporary relief. But our biggest support will come from our loyal and new customers visiting us for what we offer. Until we are allowed to have more people gather in groups outdoors and until we are allowed to have indoor dine-in service, we will have to plow through summer and continue to think creatively. We definitely have some ideas on what we might be able to do into the cooler months. Perhaps our business model will change. Biggest thing right now? Support your local businesses, no matter what. We need you!

What are you personally most concerned about at this time?

It's not so much a business issue, but it has ripple effects. We need to hope that our children will be able to get back to school. Many families are feeling the same. We love our kids, but we need to work to provide! There have been some announcements about options but it's all going to be tricky.

What are you optimistic about in terms of what happens to live music and tourism during and after the pandemic?

I'm optimistic about a lot of things with respect to live music to be honest! For example:

- Creativity. New ideas in the industry like drive-in shows. Maybe it's not the only way, but amalgam-



Brock Zeman plays the socially-distanced patio at The Cove Country Inn in Westport

ating with the classic concert-goer experience will might change the way it's done. Paid online concerts can reach a huge new audience and be intimate in a different way.

- Connectivity. Broadcasting live shows from our patio has been a great way for artists to showcase themselves and the venue, and to make some extra income.
- Exposure. I have heard so many artists talking about reaching new fans through social media. I've also heard so many fans taking about hearing new artists through friends online. It's incredibly powerful, this sense of cross-pollination.
- Technology. We are starting to look at our video and audio capabilities through online platforms now. It will be exciting to see what comes of new high-definition picture resolution and improved audio and split screens! There really is so much opportunity. At the end of it all though, it's all about people coming out to see live music in a venue, no matter what size or location. That's the simple formula that people have clearly been starved for, as they are back out in droves to hear it.

In general tourism terms, we are going to see changes in volume for the next while. We are OK now and getting through with the help of some good summer tourism, but it's all relative. Thankfully people are starting to call and look even further ahead to Christmas. This is all encouraging. Stay tuned, however. We hope to see you all at The Cove soon. Come visit!



Sorry, no courses this fall or winter!

We have decided to cancel the whole season because certainty is better than not knowing and we don't want our lecturers to make preparations for nothing. Hopefully by next year there will be solutions we can all live with.

Meanwhile, stay safe and enjoy the summer!

Glenda Jones
Marny McCook
Mel Turner



Doggy Daycare
& PET SPA

Playtime +
Socialization +
Lots of walks =
Tired, happy dogs!

At Poochie Girl
6 Mill Street
Almonte

poochiegirl6624@gmail.com

613.256.6624

ONLINE DRAMA CAMPS!

Ages 4-18
July 6-August 21

ottawachildrenstheatre.net

Lanark County Letters

An Interview with Sarah Reside

theHumm has been reaching out to members of our Ottawa Valley community to ask how they are finding ways to use their gifts and skills in these challenging times. Sarah Reside is a young woman who grew up in Almonte and is now the administrator of the Facebook group “Lanark County Letters”. We contacted her to find out about this new initiative in active democracy.

theHumm: Can you describe how the group works for readers who may not be familiar with it?

Sarah Reside: “Lanark County Letters” is a group on Facebook for people who are looking to find and share resources to write letters to local government officials. You can search for the group on Facebook and ask to join. Once I’ve added you to the group, you’ll find posts with different tags (resources, templates, and contacts) that you can filter to find what you’re looking for.

So far, a few people have shared letters they’ve written to officials about police brutality in Canada and municipal funding. Everyone is encouraged to take those letters, make them their own, and share any kind of response they get with the group.

What led you to create the group? Have you encountered similar initiatives elsewhere?

A friend of mine shared a letter they wrote on Facebook, encouraging people to use it to write their own and fight for change. My friend and I had a conversation

about how to crowdsource such letters to make it easier for people to act on their impulses and not get overwhelmed. Thus, Lanark County Letters was born. It was really their idea; I just took on the practical task of setting the group up.

There are many similar efforts around the internet. Often the campaigns you see are focused on a particular instance of a larger problem. For example, there’s a website called International Civil Liberties Monitoring Group that creates pre-written letters you can send straight from their website that ask different leaders to take action on civil liberty violations abroad.

What factors contributed to your personal interest in grassroots democratic action?

I’ve always wanted to be a part of change that fights against oppression, but so much of the time it feels really overwhelming. It’s hard to know where to start, and, when everything is terrible and you’re just one person, it’s too much. I’ve been really fortunate to have role models in my life who’ve shown me that working together and facilitating steps for change are how we can have lasting effects.

Are there any specific issues that you would like to see the group address?

The group was created originally to write to officials about the systemic racism we see here in Canada. However, I’m hoping that we can also address the mental health



Sarah Reside is the founder and administrator of the Facebook group “Lanark County Letters” — a new active democracy initiative

issues our most vulnerable populations face here in Mississippi Mills.

How can people join the group?

You can search for the group on Facebook and ask to join. Once I’ve added you to the group, you’ll find posts with different tags (resources, templates, and contacts) that you can filter to find what you’re looking for.

What are you personally concerned about at this time?

I’m personally concerned with sustaining the motivation to act. There are so many factors that have coincided to force people to see what’s been happening in the world,

and it’s great that something good has come out of the pandemic, but I’m worried that this kind of momentum won’t be sustainable as things get back to “normal.” I’m worried about it in myself, as well as others, which is why I hope the people in this group can help keep each other motivated.

What are your hopes or goals for the group?

I hope more people share templates and stories about the responses they get! Maybe we’ll be able to coordinate a meetup sometime in the future. I’d love to be able to share the same space with everyone and learn about everyone’s concerns and efforts.

Summer is here!

IS THIS A GOOD TIME TO LOOK AT YOUR COMPANY BRANDING?

STUNNING AND EFFECTIVE WEBSITES,
GORGEOUS AND COMPELLING LOGOS,
DAZZLING AND DELIGHTFUL PRINT MATERIALS — ALL WAITING FOR YOU!

sumackloft
sumackloft.ca
256-0378

Schedule a free call with Auni or Dagne today!

foilmedia
foilmedia.ca
256-5855

COVID Community Check-in

a survey for Lanark County residents

The Table Community Food Centre and its partners are conducting a Survey to determine how Lanark County residents are coping with the pandemic.

Visit the thetablecfc.org to complete the survey or pick up a paper copy at The Table, 190 Gore St E. Perth or at the North Lanark Community Health Centre in Lanark Village.

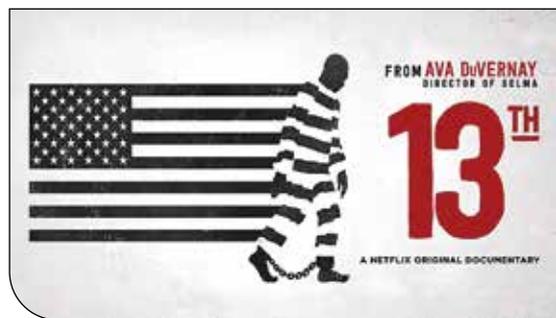
Ally Is a Verb

On Saturday, July 18, approximately 700 people attended a walk in Almonte to support a resident who was experiencing racism and share messages of love and anti-racism. There was a huge turnout and so much love! It was really inspiring to see, but this is just the beginning. Here are some suggestions and resources for white folks to explore how to be an ally:

Being an ally is a practice, one action after another that becomes a pattern of allyship. Because the system was built for white people by our ancestors, we are often blind to the domino effect that it has in the lives of Black, Indigenous, People of Colour (BIPOC). Good news though! As Seattle activist (and all-round amazing human) Ijeoma Oluo tweeted, "The beauty of anti-racism is that you don't have to pretend to be free of racism to be anti-racist. Anti-racism is the commitment to fight racism wherever you find it, including yourself."

Being kind and loving is a wonderful start, and I think so many of us have that going for us. But it's time we step up for our BIPOC community members.

How? you ask. Oh, I'm so glad you did. Below you will find a collection of resources I've compiled with information and advice on how to ally. It starts from within and radiates out.



Educate Yourself

As an example, did you know that before the War on Drugs, the rate of drug use in the US was actually much lower than it is today? Do you know why it began and how that's linked to race? Here are some incredibly useful resources that explore this and other race-related issues. Many of them are available at the public library, either in print or as an ebook/audiobook through OverDrive.

Non-Fiction Books

- *So You Want to Talk About Race?* by Ijeoma Oluo
- *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander
- *White Fragility* by Robin DiAngelo
- *How to Be Anti-Racist* by Ibram X. Kendi
- *Me and White Supremacy: How to Recognise Your Privilege* by Layla Saad
- *The Skin We're In* by Desmond Cole (Canadian)
- *I've Been Meaning to Tell You* by David Chariandy (Canadian)
- *Shame on Me* by Tessa McWatt (Canadian)

Fiction Books

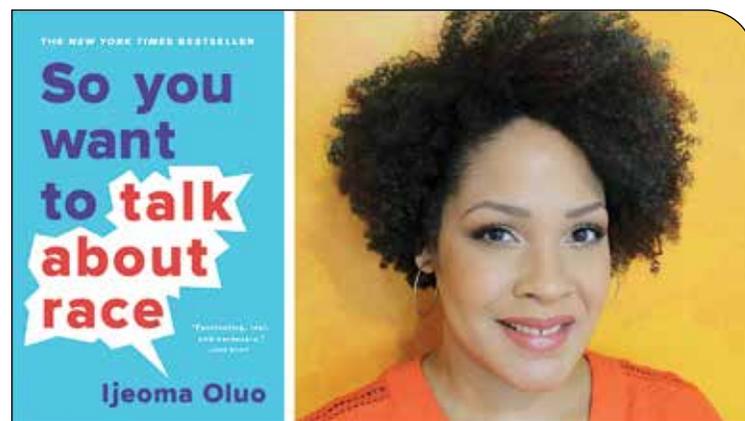
- *Such a Fun Age* by Kiley Reid
- *The Vanishing Half* by Brit Bennett
- *The Water Dancer* by Ta-Nehisi
- *Homegoing* by Yaa Gyasi

Children's Books

- *Your Name Is a Song* by Jamilah Thomkins-Bigelow
- *We Are Water Protectors* by Carole Lindstrom
- *Saturday* by Oge Mora
- *A Girl Like Me* by Angela Johnson

Movies/Documentaries

- *13th* (Netflix)
- *Dear White People* (Netflix)



- *Uncomfortable Conversations with a Black Man* (Facebook, YouTube)
- *The Hate U Give* (Crave)
- *When They See Us* (Netflix)
- *Just Mercy* (Hoopla)

Speak Up & Act

Don't forget that it's exhausting for our BIPOC friends to call out racism over and over and over again. And, honestly, it's our job as white people to have those hard conversations with people. Some other things you can do are below!

- Buy from Black-owned Businesses
- Donate to organizations that work for racial equality
- Share content posted by Black creators
- Vote for leaders that you think can make a change

You can also find some great resources online from the following Instagram creators: @wastefreemarie, @gisellebuchanan, @ohhappydani, @thefannypacktherapist.

— Sarah Reside

CABINCREATIONS.CA
LIVE EDGE CHERRY,
BUTTERNUT
AND CEDAR
MAKE YOUR OWN TABLE,
BENCH, OR PLANTER
CONTACT GEORGE FISHER
AT 613-278-2637
OR VISIT CABINCREATIONS.CA

SUPPORT LOCAL
Put your money
where your home is.
www.mississippimills.ca
#MississippiMillsStrong

swarbrick law
BARRISTERS + SOLICITORS
Need Answers
To Your Questions?
Just Ask.
Family Separation/Divorce
Mediation
Wills & Estates
83 Little Bridge St.
Almonte
613-256-9811
www.swarbricklaw.ca

Nothing says summer like
Berries!



Now Open 7 Days a Week!



Hummingbird Chocolate Maker
 Visit our shop in Almonte at 9 Houston Drive
Mon - Sat 10am-5pm & Sunday 11am-5pm
hummingbirdchocolate.com | 613-801-0357

**FOOTWEAR
 SHOULD
 ALWAYS
 BE
 FUN**



14 MILL STREET

ALMONTE

bittersweet
 FINE CRAFT & ART

presents

Richard Gill

2020 Annual Show

SCOTLAND

in the Yard
 in sculpted clay reliefs



&



STEEL

by invited guest
 metal artist

Jack Stekelenburg

In the yard from August 22 to September 6

5 Leckie Lane, Burnstown

613 432 5254
burnstown.ca/bittersweet

AUTHENTIC

For over 40 years Foodsmiths has developed relationships with hundreds of **Local Producers**. We carry a huge range of locally sourced products that are selected with *quality, freshness, flavour & purity in mind*.

CRAFTED

Our local producers are entrepreneurs who have a passion for their products and work *incredibly hard* to bring their craft to you!

LOCAL

We give our customers the satisfaction of knowing they are buying locally, supporting their community, and getting a great product at a good price.

BUY LOCAL! SUPPORT LOCAL!



106 WILSON ST. W. PERTH, ON 613.267.5409
foodsmiths.com