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IN GREY-BRUCE

FREE

MOSAIC

SEPTEMBER 2013
VOL. 21 NO. 3

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PROFILE:

Hive and Hoe Country Store, Kincardine

by Sandra J. Howe

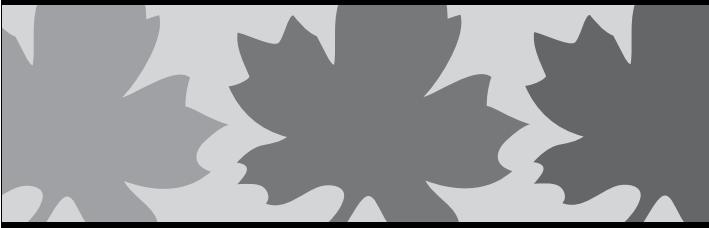


Hive and Hoe focuses on local foods, arts and crafts, honey, preserves, and beeswax products. The Andersons grow much of their own fruit and vegetables for sale, and for production of their jams and jellies. Their strawberries were great and blackberries are coming on nicely. They also make lovely, phosphate-free soaps, and fragrant candles and have retail space available for several local artisans, too. Gail greets customers personally and the store has a feeling of community about it.

Lazy J Ranch Honey Products, also run by the Andersons, manages 1200 beehives in Bruce and Grey. They are among the 10 largest honey producers in Ontario and specialize in clover, wildflower, alfalfa and some buckwheat honey. Since bees are vital to maximum pollination in a wide variety of field, garden and orchard crops, they are also able to provide hives to other food producers. This helps support our local food systems, and security.

Our honeybees, honey producers and local food production are under extreme threat from pesticides and industrial farming methods. Now is a great time to source food close to home and support producers engaged in sustainable practices. Visit Hive and Hoe at 678 Kincardine Avenue, Kincardine or at www.anderkin.ca. Also see www.foodlinkgreybruce.com. **M**

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Grey County's Secret Garden

by Lynda Scarrow

Tucked away just 30 or so minutes south of Owen Sound is a gardener's hidden jewel. Owned by Katherine Taylor, daughter Sarah and her partner Brian Robin, Grange Hollow Gardens and Nursery sells some of the healthiest plants I have ever seen. Prices are great and they carry a good range of stock. They specialize in unusual plants you just can't find at other greenhouses. I recently fell in love with their miniature mock orange and a beautiful pale purple thistle that does not spread like wildfire.

Visitors to Grange Hollow are greeted by their uber-friendly black lab, May, who likes to carry a fluffy stuffed toy when she comes up to say hi. The Hollow itself is also delightful, with its traditional red brick farmhouse built in 1875 and its extensive and varied mature gardens planted over the past 40 years. It is well worth a drive down some of Grey County's most scenic backroads just to see the beautiful landscaping and pick up some new flowers and bushes for fall planting.

Sarah and Brian can also be found selling plants out of the back of their white panel van at the Keady market each Tuesday morning, the Owen Sound Farmers' Market on Saturdays and the market in Lion's Head. To visit Grange Hollow, see <http://grangehollow.ca> for the address and a detailed map plus additional information including news about their latest unique offerings. **M**



Katherine stands beside the gardens in front of her 1875 farmhouse with her black lab May and May's favourite stuffed bunny.

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MOSAIC

Arts, Entertainment & Lifestyle

September 2013

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MOSAIC

A composition created by inlaying various sizes of like pieces so as to form one picture.

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Copies of MOSAIC are delivered free of charge to the general public at specific drop-off stops in Grey and Bruce from Tobermory in the North, Kincardine in the West, Mount Forest in the South to Collingwood in the East and many places outside of this area.

We welcome your letters and suggestions as your opinions are important to us and help us better understand what you desire to see and read in MOSAIC.

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From My Desk

by Maryann Thomas

After 35 years in the book business, you'd think the excitement of the Fall Season would have worn off. Not so! While others rush to get their new pencil crayons with unbroken leads and shiny new duds, I am looking for the best of the fall harvest of books. Traditionally, the best of the books are released now to ensure their placement on the shelves for the all-important Christmas gift giving. And, to those of you who want to burst my bubble by reminding me of the incursion of e-books and online shopping, I say there's nothing so exciting as walking into a bricks-and-mortar shop overflowing with words-on-paper books. Ahhh, the beauteous delights of being presented with actual books to admire, covet, share and even take home for further pleasures. Does it get much better?

I am very excited to be hosting three remarkable authors launching three wonderful new, remarkably diverse books at The Ginger Press this month. On Friday September 6, Zoë Kessler will read from *ADHD According to Zoë: The Real Deal on Relationships, Finding Your Focus & Finding Your Keys*. Zoë was diagnosed with ADHD at 47 and, in this engaging memoir, she shares her personal experiences of living with it, on her own terms.

On Thursday September 17, Rob Rolfe will read from his new collection of poetry, *Beyond Mudtown* with poems about this area and beyond. Special guest Larry Jensen will join us for this evening. And on Friday September 27, Robert McGill will be here to read from his new novel *Once We Had a Country*. Born in Wiarton, Robert's first novel, *The Mysteries* was named one of the top five Canadian fiction books by *Quill & Quire*.

All the readings start at 7:00 pm. Everyone is welcome; no charge. These three events provide a wonderful informal opportunity to learn all about writing and getting published from those who are doing it. And there will be books!

Maryann

Owen Sound Little Theatre Announces Poet Laureate Competition

The call is out! Local poets can now apply for the position of Owen Sound Poet Laureate. The selection committee will be looking for someone from Grey-Bruce who has a substantial body of work and a history of advocacy for poetry. "We want someone who's a good writer but we're also looking for a kind of ambassador," said Liz Zetlin, chair of the selection committee. She was Owen Sound's first Poet Laureate. "My experience as Poet Laureate was very energizing," said Zetlin. "It was like having a license to share poetry – in restaurants, living rooms and even street corners."

The Poet Laureate Program was started under the auspices of the Owen Sound & North Grey Union Public Library and ran from 2007 to 2012, also honouring poets Kristan Anderson and Kateri Akiwenzie-Damm. It is now hosted and sponsored by the Owen Sound Little Theatre. Long-time supporter of the arts Frank Dabbs, the author from Annan, is a major sponsor.

"Owen Sound Little Theatre is delighted to add Poet Laureate to its repertoire," said OSLT President, Bill Murphy. "Offering a home at the Roxy Theatre to the Owen Sound Poet Laureate and his or her poetry performances is a perfect fit for OSLT, assisting the continued growth of the vibrant arts community of Grey-Bruce."

The successful poet who is hired for the part-time job (a minimum of 12 hours a month) will serve a two-year term from October 1, 2013 to September 30, 2015. The Poet Laureate will write poetry about the area, perform publicly and work with local poets and writers. One of the first public events for the Poet Laureate will be to perform at the Roxy Theatre's 100th anniversary party on October 19. The Poet Laureate's mandate also includes the creation of a legacy project that will be unique to the individual. Applications for the position must be received by 4:00 p.m. on Friday September 20, 2013. For all of the details visit <http://roxytheatre.ca/poet-laureate-program>. 

UPDATE: Owen Sound Artists' Co-operative

by Morag Budgeon.....



This past summer we successfully presented our Next Generation Artists for two months in the Legacy Gallery, helped The Tom with their exciting mural project at the Roxy (the Legacy Gallery will host an exhibition documenting this endeavor in October) and provided a spot for visitors and locals to purchase beautiful handmade craft and art. Our Guest Artist this month is Bonnie Perry, bringing her "Woolies in the Country" into the city. Bonnie creates needle felted fibre art.

As part of the Canadian Spirit Festival, we will be taking part in the festivities at Kelso Beach September 21 and 22. We will also feature a juried show in the Legacy Gallery on the theme of "One With The North." Artists from across Ontario were encouraged to submit work for this annual show, juried by Robert Alton, Exhibitions Co-ordinator from The Tom and acclaimed

jeweller and metal artist Sandra Noble-Goss. The Co-op is very proud to be able to provide these exciting opportunities for artists and visual stimulation for our customers!

Our members are often stretching their boundaries within their art form, and none more than Virginia Smith who is always expanding her horizons with courses and challenging herself with exhibitions and new work. Virginia's popular signature work is "inspired...in glass." Each piece is meticulously formed with lampworked, kiln fused and laminated glass. Virginia loves making glass practical as well as fun and this is obvious with her lines of jewellery, functional art and sculpture. She sees art miniaturized and makes each piece with intent to bring wonder and beauty to the world. Currently, Virginia is majoring at OCADU in installation art which she has been practicing for the last 30 years. Recently, she had

a one person show at the Tom Thomson Art Gallery in Owen Sound entitled "A Life, portrait of a girl." Glass has been Virginia's bread and butter allowing her the freedom to do installations and raise a family. Autism is a major topic of her art and life as well as the environment and a keen interest in recycling materials. Virginia says, "when you are an artist, your life revolves around art and art revolves around your life." ■



Lampworked Snowballs by Virginia Smith



Children's Theatre and Writing Contest *The Case of the Twelve Dancing Princesses*

Oct 19, 2013 • 1 pm • Victoria Jubilee Hall • Walkerton
Every morning the shoes under the princesses' beds are wet...where do they go at night!?

Writing Contest for students: "Disappearing Acts"
See details in this issue of Mosaic

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PROFILE: Harvest Moon

by Neil Baldwin

Pulling into the parking lot at Harvest Moon Organic Bakery, five minutes north of Ferndale, I turn off the motor and pause to organize my thoughts before interviewing its owners. Those thoughts are soon distracted by luscious smells of baking and sounds of easygoing staff banter—punctuated by uproarious laughter—coming from the kitchen. The laughter belongs to Christina Chladny who, with her partner Graham Thomas, moved to this property from the Northwest Territories 17 years ago.

Their bakery has become a fixture on The Peninsula known for its breads and baking, both sweet and savoury. It is popular year-round with locals who value wholesome, organic ingredients, and with vacationers it has become a mandatory stop along the way for popular favourites including butter tarts, pastries and pizza. I think of it like the Grey-Bruce antithesis of Weber's BBQ a traditional stop for the Muskoka-bound crowd over the other side of Georgian Bay.

In some ways, the big move from NWT was a return home for Christina and Graham who are both Ontario natives, growing up in Pickering and going on to study Architectural Technology (Graham) and Wildlife Biology (Christina). They returned with a five-year plan to do something with environmental integrity, which allowed them to connect with the earth and celebrate the seasons. This 25-acre piece of The Bruce suited those goals well. They tried several endeavours over the years, including a B&B, crafts made with on-site materials, and a small-scale CSA. But the bakery has been the most enduring, as have the rhubarb pies! Graham reckons they have been the longest-running product even before it was a bakery. He recalls, in the early days, putting a sign out by Highway 6 saying simply "Rhubarb and more!"

As you might guess, being a baker is not the life for one who likes to laze about mornings. On bakery days, they are up at 5:00 am and the first round of goods are coming out of the oven by 7. I ask what they do during long hours spent in the kitchen. Sing? Joke? Talk current events? Listen to

music? "All of the above," says Graham, allowing that some of his favourite working music is German techno or Brit-pop. "People come in expecting a hippie vibe with folk music playing but that's pretty rare. And our summer staff and WWOOFers (Willing Workers on Organic Farms) often get us on to new genres."

WWOOFers are a world-wide network of people who travel and stay on farms in exchange for their labour. While the CSA days have wrapped up, Harvest Moon still maintains a farm plot to grow a wide variety of vegetables and fruits. Some of these ingredients, such as the herbs in today's lavender and wild blueberry danishes, go into their bakery products. Other ingredients, particularly fruits, come from local farmers. Christina and Graham use as much local, and as much organic, ingredients as possible. Flour stone-ground from Manitoulin wheat has been a recent find they are very happy with.

Why is organic so important? They answer simultaneously that it is about the environment. Further, says Graham, organic-and-local allows them and their customers to bypass the enormous agribusiness machine which seems so ubiquitous these days. Christina adds that organic-and-local means better taste and better quality—in baking, as in other foods.

Their food is clearly valued. They estimate that 90% of what comes out of the oven is sold within 24 hours. My personal favourite is the cheese and onion pastie. It is such a treat to get a vegetarian version of this classic to enjoy the "traditional" way with HP sauce or chutney. The secret to a great pastie (pronounced past-ee) is the pastry itself, and Harvest Moon's is consistently spot-on. Lately, Graham tells me, they've been working on the Spanish version of stuffed savouries, empanadas, which have their own special pastry and a ritual, specialized method of sealing it together. Other ideas on the go? Christina says they are making more gluten-free options though, she laughs, they don't always promote it as



such. "Some people think gluten-free means not-as-good, but you would be surprised." I can vouch for the truth of this, at least as far as Harvest Moon goes, and leave it to you to guess what might be gluten free.

In the off-season the bakery is open fewer days. Graham has time to volunteer with programs at BPDS, which their 12-year-old son attends. Beyond operating an organic bakery, Christina and Graham put their values into action, involving themselves in the local environmental film-fest and the transition town movement. They have also powered their home and ovens with Bullfrog renewable energy ever since it became available to residential customers.

They chose the name for their business to blend the idea of reaping what you sow: Harvest—with the notion of cycles and seasonality—Moon. The bakery component of the business began 11 years ago and has continued, explains Christina, as a way of connecting people and to, "add beauty to the sum total of the earth's balance sheet when there is so much negative happening around us." I ask if they believe food can carry an energy beyond the physical nutrient and caloric type. Graham quotes one of their British WWOOFers who said it is, "bristling with life force." Next time you are heading up or down from Tobermory, stop in to enjoy real food made by authentic people with a wonderful spirit. **M**



Opens its 10th anniversary season with a Poetry Series!

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Bruce Botanical Food Gardens

Grey-Bruce Adventours: Ripley, ON

by Sandra J. Howe

There are lots of amazing things to see and do in Ripley. It was founded in 1852 by a group of families immigrating together from the Isle of Lewis, Scotland during the Highland Clearances. I recently spent a morning cycling there and enjoyed the trails and town immensely. The **Lewis Trail** and **Apple Rail Trail** both have fascinating signage describing colourful local history. The Lewis Trail ends at the old cemetery where many of the original settlers' tombstones now stand. The trails can be accessed in the town's SE corner, near **Bruce Botanical Food Gardens** (www.bbforg.org). Developing as a major agri-tourism site focusing on food security and sustainable agriculture, a walk through these lovely and tasty gardens may spark your interest in edible landscapes!

September 27-29 features the **150th Ripley Fall Fair** (www.ripleyfair.ca), a fun and lively community tradition with

events for the whole family. Don't miss the shadow puppet show, great music and dancing, super frog contest, 4-H competitions, midway, parade and lots more. The theme this year is "Footprints in Time," and a visit to Ripley offers ample opportunity to celebrate both past and future. Walking downtown, I noticed that vegetables were growing in street planters. This focus on healthy food, and wise resource use speaks to me of wonderful forward-thinking. Well done!

Lewis Park displays some fine chainsaw carvings—my favourite is the Scottish piper. A fun splash pad, playground and picnic area make a great family outing. If you are ready to get creative, **Susan Nichol Clay and Glass** offers excellent pottery and fused glass workshops. Susan also sells her own beautiful work and that of several other local painters, potters, and artisans. Ready to



Chainsaw carving

eat? **Farmers' Diner** offers delicious home-cooked, locavore meals and **Ripley Variety** has tasty, fresh-baked goods made onsite. Finish with ice cream at either eatery and watch for Sammy Sprinkles on the Huron-Kinloss **Ice Cream Trail** (www.icecreamtrail.ca).

Grey-Bruce Adventours (howesandraj@gmail.com) offers guided adventures throughout our delightful area. Whether you travel on foot, by car, bike, or paddle, I wish you oodles of fun adventouring in Grey-Bruce.

BACH TO THE FUTURE

by Nigel Baines

You won't want to miss the SweetWater Music Festival's 10th Anniversary Season, September 20-22 in Owen Sound and Leith. "Intrepid" and "genre bending" are the words used by the Globe and National Post to describe our Artistic Director, Mark Fewer whose musical offering this year spans three centuries: the complete Brandenburg Concerti of JS Bach; a newly commissioned 7th Brandenburg Concerto by Rob Carli; and chamber works of Mozart, Haydn, Schulhoff, Dvorak and Ryan. There will also be a special musical tribute to Django Reinhardt and Stephane Grappelli.

Special guest artists include some of North America's foremost classical and jazz musicians, including Roman Borys, James Campbell, Denise Djokic, Annalee Patipatanakoon, David and Phillip Ying, Mark Fewer and the Gypsy-jazz group Van Django.

Don't miss this exciting weekend of music that is as much fun for musicians as it is for audiences. More information and tickets at sweetwatermusic.ca or (519) 371-2833. **▀**

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Wild for the Arts Festival

by Jodi Jerome

Imagine rowing across the Atlantic Ocean. That is what this year's Writer-In-Residence for the 10th annual Wild for the Arts Festival, Charlie Wilkins, did in 2011. Wilkins will be available on September 21 and 22 at MacGregor Point Provincial Park to talk about his journey, which is the basis for his new book, *Little Ship of Fools*. This was not the first adventure Charlie Wilkins has embarked upon; he will also talk about his adventures, his writing and his books.

The Wild for the Arts Festival is an annual, free admission opportunity to see and talk with artists of all mediums. On the stage, musicians will entertain visitors throughout the two days. During Saturday and Sunday, artists, photographers, writers, sculptors and artisans will demonstrate and sell their art in the Campsite Studio Tour and Sale. There will be an Artist's Adventure Trail with activities for young and old, Creative Craft drop-in for the kids, storytelling, a photo scavenger hunt, trail theatre, yummy food from local vendors and nonprofit groups and workshops for those who sign up through the Southampton Art School before the Festival. On Saturday from 7-9 pm, after a delicious chicken BBQ, the Campfire Stage will rock with local blues/jazz sensation, Mid Town Cross, followed by an open mic session with local comedians, storytellers and musicians.

To get more information, check out www.friendsofmacgregor.org, call 519-389-6232, or drop by MacGregor Provincial Park, outside Port Elgin on the beautiful shores of Lake Huron. Tickets for the Saturday night BBQ and registration for the sketching and painting workshops must purchased before September 10. **M**

PRATIE OATEN

september 29
12 - 5 p.m.

- ✗ Sample "Pratie Oaten" and local foods
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Great Women of Science

Judy Beth Armstrong

"Great Women of Science" will be the topic of BALL's (Bluewater Association for Lifelong Learning's) first series of talks this season, beginning Thursday September 5. All 6 lectures will be presented by Doug Cunningham, a retired science and outdoor education teacher. This series will highlight the fascinating lives and scientific discoveries made by women scientists such as Marie Curie, Rosalind Franklin, Barbara McClintock, Jocelyn Bell, Rachel Carson and Fabiola Gianotti. Advance registration is recommended. Full details on all four series of lectures may be found in the new brochure, available at libraries and other gathering places throughout Grey-Bruce, and on the recently re-designed website: www.bluewaterlearns.com. **M**

Yoga and Mindful Communication

by Harriet Nixon

Certified Yoga Teacher Harriet Nixon and psychotherapist Sally Johnson of Wiarton are pleased to announce a Yoga and Mindful Communication workshop on Saturday, September 21 from 10:00 am till 2:00 pm at the St. Paul's Presbyterian Church hall, 553 Gould Street in Wiarton. The cost is \$45 and includes a Vegetarian Harvest Lunch.

Harriet Nixon is a Certified Yoga Teacher and Reiki Master. Sally Johnson is a psychotherapist and counsellor specializing in working with difficult emotions. Both Harriet and Sally belong to Heron Croft Sangha and Shambala meditation group. This experiential workshop promises to be a fun way to celebrate yoga, mindfulness and the fall equinox. To secure a spot, contact Harriet Nixon at 519-534-0426 or harrietnixon@bmts.com or www.wiartonyoga.com. **M**

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NEW BOOK:

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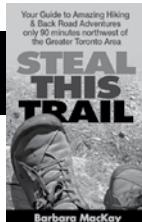
by Barbara MacKay

Steal this Trail: Your Guide to Amazing Hiking & Back Road Adventures is a little book of big adventures. This new digital book is all about exploring some amazing, some near magical places in south Grey County. This is a region of secret, rushing waterfalls of rare and delicate orchids, of giant elms trees, of tiny 1,000-year-old white cedars and of forest floors carpeted with wild flowers and ferns.

South Grey County may be the best kept secret in Ontario. This neighbourhood is considered so special that its geological backbone – the Niagara Escarpment – has been designated by the United Nations Educational, Scientific and Cultural Organization, as a unique environment and named a world biosphere reserve.

These adventures are designed for walkers/hikers and cyclists of all ages to enjoy without needing any special equipment or training and most are absolutely free! These amazing adventures are all self-guided. They include public trails, provincial lands, conservation areas, county forests – and the granddaddy of all hiking trails the Bruce Trail – the world's longest and oldest foot path. The level of difficulty for each adventure and whether it is suitable for young children or for winter adventures is indicated in "at a glance information" at the start of each chapter.

Author Barbara MacKay hikes, skis, bikes and snowshoes these trails every season. She grew up on weekends and holidays in Grey County and every day is still an adventure! Download your book on Amazon.ca or visit theFlesherton.ca for a quick link. The digital book is only \$2.99 and will be your treasure for south Grey County for many seasons to come. **ℳ**



Believe It When You See It!

by Christine Forand

If you're a young writer or poet, it's time to sharpen your pencils, dust off your notebook, take a fresh page and get writing! The South Grey Bruce Youth Literacy Council (SGBYLC) invites young people to enter a poem or one-page short story about "Disappearing Acts." This juried writing contest links with *The Case of the Twelve Dancing Princesses*, the upcoming theatre performance presented by the Little Red Theatre at the beautiful Victoria Jubilee Hall in Walkerton on October 19 at 1 pm. Audiences will remember Little Red Theatre's wonderful "elfish" presentation last year as part of the Words Aloud 10 Spoken Word & Storytelling Festival. This year's performance promises to be just as delightful, and we want young Grey and Bruce writers to get in on the act!

A new feature of this year's SGBYLC 6th Annual Writing Contest for Youth will be a French category. Twelve great prizes will be awarded all together: one each in Poetry and Short Story categories for Youth in Grades 1 to 3, Grades 4 to 6 and Grades 7 to 8 in either French or English. Some of the winning writers will be invited to present their work at *The Case of the Twelve Dancing Princesses*. The winning entries will also be posted on the Words Aloud and SGBYLC websites and printed in local media.

Here's what you have to do: Submit a poem or short story (minimum 10pt. font, maximum one page in length) and send to the "Disappearing Acts" Writing Contest at info@sgbyouthliteracy.org. Deadline is October 1. Please make sure that your name, age, school and contact information is clearly marked with your entry. You may also mail your "Disappearing Acts" entry with your contact information on a separate page and postmarked by October 1, 2013 to The South Grey Bruce Youth Literacy Council, 467 10th Street, Suite 303, Hanover, ON N4N 1R3. Call (519) 364-0008 for more information. **ℳ**

BALL presents: GREAT WOMEN IN SCIENCE

A fascinating series highlighting the lives and scientific discoveries made by a remarkable group of scientists who succeeded, despite gender based institutional and professional discrimination, lack of resources and a dearth of female role models; presented by Doug Cunningham, retired teacher and amateur astronomer who loves the scientific narrative and the idea that the Universe is composed not only of atoms and energy, but also of stories.



September 5: Marie Curie

The first scientist to be awarded two Nobel prizes (Physics and Chemistry), Marie Curie researched radioactivity and discovered Polonium and Radium.

September 12: Rosalind Franklin

The discovery of DNA was made possible by the experimental skill and scientific insight of X-Ray crystallographer Rosalind Franklin.

September 19: Barbara McClintock

Working with the corn plant, Barbara McClintock discovered genetic transposition and jumping genes: genes need not be arranged like beads on a necklace; they can move around and turn ON or OFF during a cell's development.

September 26: Jocelyn Bell

Jocelyn Bell helped build a 4-acre radio telescope to search for variations in the signals from Quasars; she discovered "scruff" rotating with the stars.

October 3: Rachel Carson

Rachel Carson blew the whistle on the harmful, lethal and lasting environmental effects of DDT use.

October 10: Fabiola Gianotti

Physicist Fabiola Gianotti led a team of 3000 scientists in the discovery of a sub-atomic particle called the Higgs Boson.

10:00 am to noon at the Bayshore Community Centre in Owen Sound.

Registration (\$40+ \$10/membership) online or at the door

SPECIAL LECTURE: 10:00 am Monday September 30 at the Bayshore Community Centre, Owen Sound

Wrongful Convictions with James Lockyer

Criminal lawyer and lecturer James Lockyer has represented 20+ people who have been convicted of crimes they did not commit. He is a founding director of the Association in Defence of the Wrongly Convicted, and has been involved in several high profile cases including David Milgaard and Steven Truscott. He will tell their stories and describe the lessons we can learn from them.

Tickets: BALL members \$10; non-members \$15 at the door.



For more information, contact:

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Information & Inspiration for the Inquisitive Mind

The first recorded Irish presence in Canada dates from 1536, when Irish fishermen from Cork travelled to Newfoundland but, from 1830 to 1850, Irish peasants came to Canada in vast numbers to escape the famine that swept Ireland; in fact some 60% of all immigrants to Canada were Irish. Year after year, the potato crop failed in Ireland. Unable to pay the rent, families were evicted from their homes and by the time the "Irish clearance" was over, over a million people had died of disease and starvation. Survivors were forced to emigrate, in overcrowded and unsanitary ships known as "coffin ships." Unlike other large ethnic groups to immigrate to North America, the majority of the Irish in Canada settled in rural areas like Grey County, rather than the cities.

Celebrate Irish heritage at the *4th annual Pratie Oaten Irish Festival*. The festival will be held on September 29, from 12 noon to 5 pm in Moreston Heritage Village. The potatoes are dug and it's time to boil up a pot of "lumpers" to make a batch of everyone's favourite, *pratie oaten*, our Irish potato oatcakes. *Pratie* (pronounced PRAY-tee) is an Irish word meaning "potato," while *oaten* means "oats". *Pratie oaten* is an Irish-style food made by combining the two staple ingredients. Samples of *pratie oaten* will be available in the Log Cabin throughout the day's festivities. Traditional music will be playing throughout as visitors step back in time in the 1850s Log Cabin, the 1880s Log House and the 1920s village, including the Good Cheer Bandstand, Farm House, Barn, SS#1 Derby Schoolhouse, George Rice Blacksmith Shop and Bluewater Garage. Hear stories of days gone by from costumed interpreters and watch demonstrations of period activities, such as Irish bobbin-lace-making and the making of "Celtic twists" forged by the smithies. There will also be a vendors' area and special children's activities.

The exhibit, *Legacy of the Grand River* tells the collective stories along the Grand River from pre-contact through to present day, with a particular focus on the War of 1812 time period 1812-1814. The river enjoys both a long natural history as well as an extensive cultural history that begins with the end of the last ice age. This is a story of the Grand River, including

its geology, its history prior to the arrival of Europeans in the 1600s, as well as the significance of the region to the American Revolutionary Wars, the War of 1812 and the Industrial Revolution. This exhibit is on display from September 5 to September 30.

Members of the Bluewater Astronomical Society are hosting the final *Public Night Sky Viewing* of the year on September 6 at dusk. Join experts for some heavenly views under one of the last truly dark sky locations in Ontario. This free event held outside on the grounds of Grey Roots is weather dependent and will only take place if the sky is mostly clear.

The *Grey County Warden's Golf Tournament* is September 13 at Legacy Ridge, with a shotgun start at 1 pm. The Tournament will be in "scramble format" and costs \$135 per player (plus HST - tax receipts for a portion of the total available) which includes 18 holes of golf, cart and buffet dinner. Prizes, auctions and contests will be held on course throughout the day. All monies raised from this event support Moreston Heritage Village at Grey Roots. To register or to find out more about sponsorship, please contact the Grey Roots for more information.

The *160th Sydenham Agricultural Fair*, perhaps the oldest school-based Canadian fall fair, is held at Grey Roots Museum & Archives on September 26 from 10 am to 3 pm. Organized by volunteers from the Sydenham Agricultural Society, the fair gives over 500 students a chance to show off their talents: some have raised farm animals to show at the fair, while others have made crafts or baked goods, and still others will display the fruits (or vegetables) of their labour in garden club displays. Students will attend opening ceremonies on September 26 at 10 am and present their projects throughout the day. Displays will remain up Friday, September 27 and Saturday, September 28 until 3 pm.

Grey Roots combines Museum, Archives, and Tourism services under one roof and is located at 102599 Grey Road 18, just west of Inglis Falls and a few minutes south of Owen Sound, in the Municipality of Georgian Bluffs. For information on any of the programs or services at Grey Roots, please refer to our website at www.greyroots.com or call (519)376-3690 or toll free 1-877-GREY ROOTS.

CULTIVATING PRESENCE

Cultivating Presence: A Weekend Of Mindful Drumming, Photography and Meditation will take place in the Beaver Valley in Grey Highlands, northeast of Flesherton on Saturday October 19 (10:00-5:00) and Sunday October 20 (10:00-4:00). The workshop will explore an empirically validated model of therapeutic presence; how group drumming can increase vitality and social connectedness; music as meditation and music as medicinal; mindful photography as a tool for attention regulation; and the neurophysiology of mindfulness practice and therapeutic presence. Included will be Take Home Tools for cultivating presence; drums and rhythm instruments; lunches on both days; and access to the expansive beauty, waterfalls and trails of the retreat location, Scenic

Sounds in the Beaver Valley

Facilitators include **Dr Shari Geller**, a clinical psychologist, author and developer of the Therapeutic Rhythm and Mindfulness (TRM) program and **Dr M. Lee Freedman**, a psychiatrist, photographer, and mindfulness teacher with 30 years experience in private practice who has discovered the healing potential of photography with its opportunities for personal and spiritual growth, enriched interpersonal connectedness and self-expression and enhanced attention regulation.

Registration is \$345 (\$295 if registered and paid by September 28). For more information contact www.mindfuldrummingandphotography.eventbrite.ca or (416) 780-1791x228 (Dr Geller). 

THE ROXY REPORT

by Aly Boltman

There comes a time when autumn asks,
“What have you been doing all summer?”

WE'RE all for FALL at THE ROXY THEATRE



Calendar Girls Auditions

September 5 and 7, 2013

Pin these dates on *your* calendar! Come be part of an amazing group of local talent portraying an inspiring true story. Extraordinary women from an ordinary Women's Institute spark a global phenomenon by posing for a charity calendar, revealing more than they'd ever intended. For more information, visit the NEWS section of www.roxytheatre.ca or call the box office for details. Scripts available for loan.

HATS OFF TRIBUTE SERIES!

The History of Rock 'n Soul by Pauly & The Goodfellas!

September 12, 2013

Take the time capsule back to the most memorable music and styles of the 50's, 60's and 70's with this interactive full-band live show with memorable antics and choreography featuring Sha Na Na, Jersey Boys, The Temptations, Motown hits, The Village People, K.C. & The Sunshine Band and more!

Roy Orbison: Shades of Yesterday

September 26, 2013

Bernie Jessome and the Memphis Cats band celebrate the life and music of legendary Roy Orbison, featuring all the classic tunes spanning The Big O's entire career, from Sun Records days to 60's chart-toppers and even 80's Travelling Wilburys hits. Miss this one and you will be Crying too.



REPLAY: The Beatles

October 10, 2013

Relive Beatlemania with the aura and magnetism of The Beatles with REPLAY as they recreate the ultimate illusion and the goose bumps. Add Live pudlian accents, stage tricks, authentic costumes and instruments, and REPLAY will bring back the real thing! REPLAY it!



The Soundlings Comedy/Improvisation Troupe

Learn to play well with others! Tap into your intuitively funny nature! This 10 week, Tuesday night workshop

will introduce you to the fundamental concepts and exercises used by The Second City and Theatresports. Beginners and advanced levels welcome. Visit the NEWS section of www.roxytheatre.ca for more info. Classes run from October 1 - December 3, 2013. Director Enio Mascherin.

Bloodshot Bill + The Handcuffs and Cousin Harley

Part one of the three in the **Thirsty Thursday Rockabilly Saloon Series**. Salute your inner hillbilly and crack a cold one at the Rockabilly Saloon, featuring hours of amped-up, high octane roots music guaranteed to gratify carefree cowpokes, roots rockers and hipsters alike. This series showcases the best acts from Hogtown and beyond with boundary-breaking musical mayhem.

Jane Siberry and Marc Jordan

October 18, 2013

Juno award-winning, singer/songwriter Marc Jordan (*Rhythm of My Heart*) celebrates his 13th album with songstress Jane Siberry (*Mimi on the Beach*, *One More Colour*, *Calling All Angels*). This memorable evening features these internationally acclaimed artists sharing the stage with their band, their songs and their stories. Performing new material and favourites, this unique, collaborative performance is not to be missed!



“I'm so glad I live in a world where there are Octobers.”

Lucy Maud Montgomery, *Anne of Green Gables*

The Roxy's 100th Anniversary Party!

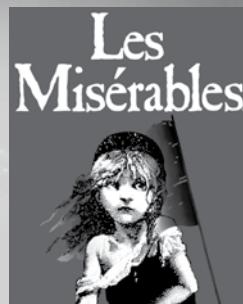
October 19, 2013

Celebrate the 100th anniversary of The Roxy! Enjoy multi-generational musical fusion with jazz vocalist John Alcorn and daughter, chanteuse Coco Love Alcorn, plus The Silent Film Ensemble, The Georgian Bay Concert Choir, Lookup Theatre, Les Misérables cast and others. Party like it's 1913! Dress in your Edwardian best!

Les Misérables

November 6-9, 13-16, 20-23, 2013

Directed by Pat O'Connor, musical direction by Don Buchanan. OSLT presents *Les Misérables*, the story of Jean Valjean, who breaks parole after serving 19 years for stealing a loaf of bread for his starving niece. His story and that of the vengeful policeman who pursues him, is interwoven with Valjean's adoption of an orphaned child. Against the backdrop of the people's revolution, it is a tale of the soul's capacity to transcend unimaginable human suffering.



The Frantics

December 6, 2013

Famous for their CBC radio show *Frantic Times* and their 4 on the Floor TV series, The Frantics are also happily responsible for the creation of Mr. Canoe-head — Canada's aluminum-headed crime fighter, Bill from Bala and Marvin the Mole, as well as their classic Her First Period and Boot to the Head skits. Their particular brand of insanity is best served live!

Hobson's Choice Auditions

December 9 and 10, 2013

Love period pieces? How about Victorian costumes and sets? Biting wit? Audition for Hobson's Choice, a cheeky Victorian suffragette comedy you won't soon forget! Info available after October 1st in the NEWS section of our website at www.roxy-theatre.ca

Joe Sealy & Alana Bridgewater

December 14, 2013

Juno award-winning jazz giant Joe Sealy and band join Alana Bridgewater (Killer Queen – We Will Rock You) for one of Canada's foremost jazz, gospel and blues performances with seasonal favourites and songs from the Africville Suite. A special co-production fundraiser for The Emancipation Festival.

CHILDREN'S PROGRAMMING FOR SCHOOLS, CHILDCARE CENTRES & FAMILIES

Buzz Cuivres

November 26, 2013 at 9:45 am & 12:30 pm

An odyssey through the history of music presented by a buzzing 5-piece brass ensemble *en français*.

The Very Hungry Caterpillar & Other Eric Carle Stories

December 6, 2013 at 9:45 am and 12:30 pm

The Mermaid Theatre of Nova Scotia's award-winning puppetry retelling of some of the most beloved children's stories of all time.

Discounted packages are still available for OSLT playbill, The Roxy Series and The Rockabilly Saloon Series. Fall into great savings at The Roxy!

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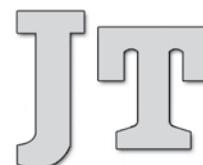
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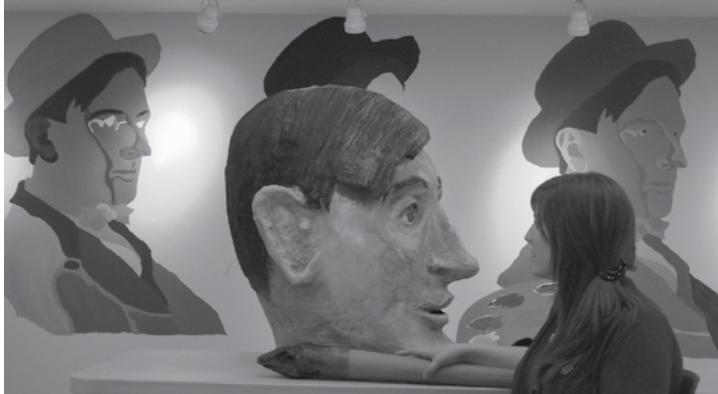
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Shalana Bryans, Giant Tom Head and the Mural

GIANT TOM HEAD ON THE BRIDGE

story/photo Ted Shaw

It is quite large. The head sculpture of painter Tom Thomson. Its size would be about that of an extra over-size large beach ball. Made of papier mache, it is hollow and was easily lifted and placed on a table in the Arts Room of the Tom Thomson Art Gallery. Fondly known as Giant Tom Head, it is a theatrical prop, designed to rest over a performer's head. On Monday July 8th it played a leading role in the company of the Mayor of this City of Owen Sound, Deb Haswell, in a stellar performance on the former 9th Street Bridge to proclaim that: "this bridge, from this day forth shall be known to one and all, as the Tom Thomson Bridge." And the new name, with a small profile and photo of the painter, was unveiled on a western balustrade of the bridge. It was the anniversary of the day when it seems that Thomson was last observed, 96 years ago at Canoe Lake in the Park of Algonquin.

Giant Tom Head was costumed wearing a tartan shirt deemed to be typical of the artist's wardrobe. A walloping big whopper of an artist's paint brush, with a painterly daubed palette, rounded off this ensemble. The riotous colourful profusion of pink and purple summer flowers and long grasses on the parapets of the bridge trembled in the excitement of the moment providing a superb backdrop for this celebration of the painter and bridge.

A day or so later, a work in process was to be seen downstairs in the Arts Room of the Gallery where Giant Tom Head was resting from his performance. On a white wall, art student Shalana Bryans was creating a mural of profiles that portray Thomson. **ℳ**

TIME PIECES WANTED

by Anne Duke Judd

The Leaf—Bruce and Grey's unique literary journal—wants time pieces for the fall issue # 33. Writers can send poetry (up to 30 lines in any format) or prose to arrive in September 2013. Prose pieces can include fiction (up to 2000 words), author profiles (500 words), book reviews (300-350 words), or memoir (up to 2000 words) on the theme TIME. All manuscripts must arrive by Canada Post to The Leaf, Box 2259, Port Elgin, Ontario N0H 2C0. Published contributors receive a modest payment plus two copies of the issue on release. The Leaf appears twice yearly from The Brucedale Press, providing words from the Queen's Bush and Bruce Peninsula. Sample back issues are available to writers at \$5.00 each. Current issues sell for \$8.00 or a yearly subscription is \$12 to addresses in Canada. To help spread the words and the opportunities, The Brucedale Press donates a copy of each issue to the library of all secondary schools in Grey and Bruce. Readers can support area writers by subscribing, sponsoring subscriptions to public libraries or seniors' centres, or by sponsoring an issue. For complete details, visit www.brucedalepress.ca/html/The-Leaf-twice-yearly-journal.htm or info@brucedalepress.ca. **ℳ**

NEW BOOK:

STOWAWAY IN THE WHITE HURRICANE

BY BARBARA AGGERHOLM



In this novel for tween and teen readers set during the Great Storm of November 1913, thirteen-year-old Lucy Clark hates her nickname Lucy Landlubber. Defying her bullies and her fears, she hides aboard the Great Lakes freighter J. S. McConnell, where her father is wheelsman. When they leave Cleveland, Ohio, on Friday, November 7, 1913, loaded with coal and other goods for ports on the Ontario coast, no one knows they will be caught in the vicious storm remembered a hundred years later as the White Hurricane. Lucy and other survivors are taken to hospital in Kincardine, where a young reporter helps re-unite her family.

Barbara Aggerholm has drawn on accounts of the historic storm and her own experience as a newspaper reporter to create a tale of high drama and heroism. She is also the author of The Phantom Piper in the Brucedale Backpacker series for young readers. Cover art created by Phil McDonald. Available from local independent bookshops (\$15). **ℳ**

Happening at The Mill Dam

On Sunday, September 22 at 7pm, at the Sydenham River Mill Dam in Owen Sound, the **Tom Thomson Gallery** and **Words Aloud** are holding a "happening." As the salmon run upstream, **Liz Zetlin** will read river-inspired poems, biologist **Lloyd Mohr** will share his scientific knowledge and the **OSSIA Choir** members will perform songs honouring the river. This Canadian Spirit Festival event celebrates our watershed and the global events **100 Thousand Poets for Change** and the **UN Year of Water Cooperation**. **ℳ**



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Three Remarkable Authors

Zoë Kessler, author of *ADHD According to Zoë*:

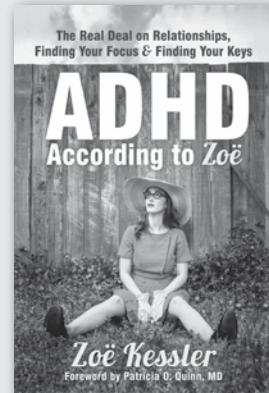
The Real Deal on Relationships, Finding Your Focus & Finding Your Keys

In this frank memoir, Zoë tracks her personal experiences of Attention Deficit Hyperactive Disorder before and since her diagnosis at age 47. Enhanced with honest advice for dealing with symptoms, the most recent ADHD research and a complete bibliography, *ADHD According to Zoë* is essential reading whether you share Zoë's diagnosis of ADHD, care about someone who does or simply love a great story. We are honoured to host the launch party for *ADHD According to Zoë*. There will be cake!

Reserve autographed copies of *ADHD According to Zoë* (\$19.95) at 376-4233 if you are unable to attend.

An Evening with Zoë Kessler: 7:00 pm Friday September 6

.....



Rob Rolfe, author of *Beyond Mudtown*

Mudtown was a working-class neighbourhood wedged between the once busy docks, factories and the escarpment in Owen Sound; it was regularly inundated with mud during spring rains. *Beyond Mudtown*, Rob's third collection of poetry, is an imagined visit into past and present-day Mudtown, the Bruce (Saugeen Peninsula and places beyond). Singer-songwriter Larry Jensen will join us for this event!

Reserve autographed copies of *Beyond Mudtown* (\$18.00) at 376-4233 if you are unable to attend.

An Evening with Rob Rolfe: 7:00 pm, Thursday September 19

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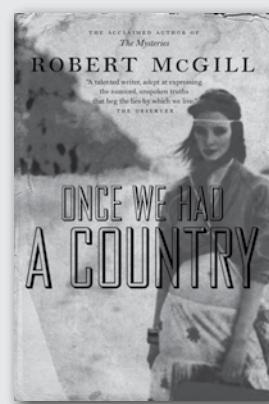


Robert McGill, author of *Once We Had a Country*

In the summer of 1972, a young woman leaves the United States to settle with her boyfriend on a cherry farm in Canada with the hope of creating a commune. He goes back; she stays. *Once We Had a Country* is a novel which considers the legacy of the Vietnam War on Canada and re-imagines an era we thought we knew. Born and raised in Wiarton, Robert McGill now lives and teaches in Toronto.

Reserve autographed copies of *Once We Had a Country* at 376-4233 if you are unable to attend.

An Evening with Robert McGill: 7:00 pm Friday September 27



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At the DURHAM ART GALLERY by Ilse Gassinger

Intersecting Abilities: Looking at Art and Disability Differently



Throughout September, artists working in a variety of media will be visiting, performing and exhibiting in Durham. The 2013 Common Pulse Art Festival is creating this opportunity to examine and celebrate excellence at the intersection between art and ability. Hosted by the Durham Art Gallery and organized in collaboration with OCAD University, the festival will allow viewers to see and understand the differences that are experienced by people with atypical bodies, senses and ways of being in the world. The organizers feel that these differences are vital and important in an inclusive society and present all of us with insights into the complex condition of being human.

Common Pulse was initiated by Ilse Gassinger, Executive Director of the Durham Art Gallery and Geoffrey Shea, who teaches at OCAD University. According to Shea, "There are a lot of artists creating great work that doesn't make it into mainstream gallery exhibitions because of social and physical barriers. Disability doesn't have to be seen as heroic or pitiable, any more than race or gender does."

The festival begins on Saturday, September 7 at 2:00 with the opening of two exhibitions at the Durham Art Gallery. In *Real or Perceived* artist Grahame Lynch will present a sculptural installation that addresses seeing, from the perspective of someone with diminishing eyesight. David Bobier will be showing works from his ongoing series entitled *Allegory of the Senses* that reflect his experience as the hearing parent of two deaf children.

At the same time, *Altered Images*, an exhibition of photo-based works from around the world, will be unveiled on the outside walls of the Gallery. Featuring Ilsun Maeng, Kurt Weston, Laura Swanson, Gwynneth VanLaven, Bruce Hall, Rahshia Linendoll-Sawyer, Matej Peljan and Gus Cummins, the images create a narrative that breaks down established notions of "being normal." These exhibitions run until November 3.

Four artists-in-residence will spend September creating new artworks and connecting with the community through artist talks, collaborations and workshops. Kazumi Tsuruoka is a singer with cerebral palsy who will produce a new performance together with area musicians. Emily Cook will make handmade paper objects that appeal as much to our sense of touch as to our sense of vision. Tom Leonhardt will be working on video projections that reflect the changes he has observed in his own brain's functioning as the result of a stroke. Jes Sachse will create work that features her own body to challenge stereotypes about physical beauty.

Throughout September there will also be several workshops and artist talks that will give the public an opportunity to interact with the artists and better understand their process. On Saturday, September 7 at 3pm, David Bobier will introduce the EmotiChair, a seat that delivers music-like compositions directly through the skin and nerve endings on the listener's back. Visitors will be able to experience a public demonstration of this unique perceptual instrument.

Informal talks with the resident artists will be held on September 12 and 19. These will include a dinner at Rowan Moon Bistro followed by a visual presentation at the Durham Art Gallery. Children's events are being organized, including a comic making workshop with the authors of the online comic *Cripz*: Jeff Preston and Clara Madrenas. *Cripz* revolves around experiences Jeff has encountered travelling through life in a wheelchair.

The festival will culminate on the weekend of September 27-29 with film screenings, performances, lectures and further exhibition openings featuring the resident artists as well as an online exhibition created in collaboration with the Canadian Journal of Disability Studies (University of Waterloo). Full program details can be found at www.commonpulse.ca.

The Common Pulse Festival is showcasing artists and their work on their own terms: to contextualize their practice in ways that are meaningful to them and illuminating for the viewers. The festival promotes changing attitudes about disability and creativity. It provides an opportunity to appreciate and celebrate the powerful contributions of individuals who have different experiences and different perspectives on society, life and art. Disability gives us unique voices and diverse perspectives, the very core of what we expect art to bring to our lives.

Durham Art Gallery Hours: Tues to Fri from 10 to 5, Sat, Sun & Holidays from 1 to 4, and Thursday evenings from 7 to 8. Located at 251 George Street East, Durham. Contact (519) 369-3692 or info@durhamart.on.ca, www.durhamart.on.ca, www.commonpulse.ca.



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PROFILE:

NEMESIS GROUP SERVICES

Bonita Johnson deMatteis and Rebekkah Adams established The Nemesis Group to heal, educate and advocate for societal change by elevating the status of women and children. Bonita is a Certified Family Mediator who has worked for the past 20 years as a crisis and sexual assault counsellor. Rebekkah is an Expressive Arts Therapist specializing in sexual trauma for over 25 years. Their work combines art, drama, movement, music, sculpture and other forms of creative expression with traditional 'talk' therapy; they believe art and play allow for greater expression, action and healing within the therapeutic process. Expressive Art and Play Therapy is very effective for children or adults with issues of abuse (physical, sexual, emotional); post traumatic stress disorder; separation and divorce; grief, illness and dying; self-esteem; eating disorders; bullying; incest; and rape.

The Nemesis Group counselling space is a comfortable safe environment for individuals and small groups to explore feelings and events. They also offer workshops and training throughout the region. Particularly at this time of year, Nemesis provides a successful alternative when thinking about the new school year and the adjustments children and young women go through. For more information, see www.nemesisgroupservices.com. ☐

Pine River Watershed Initiative Network (PRWIN)

by Elizabeth Simpson

PRWIN is an environmental not-for-profit organization with charitable status located in Ripley. The network began in 2000 as a coffee-table group of individuals who were concerned about the water quality in the Pine River Watershed. This lead to applying for funding to complete environmental initiatives which contribute to the group's vision of "Clean water and a healthy ecosystem in the Pine River Watershed." To date, PRWIN has planted over 200,000 trees, installed nine kilometres of exclusion fencing, constructed four cattle crossings, excavated three wetlands and completed a pilot berm and storm water retention pond project. Future projects will focus on returning water storage to the landscape in an effort to filter out nutrients and sediments before they reach water bodies. In addition, PRWIN has a strong education and outreach component which involves working with local schools, 4H clubs and service groups to promote environmental and agricultural stewardship. Every year, PRWIN hosts a tree planting day with local 4H clubs and participates in events such as the Ripley Fall Fair to promote their activities in the community. PRWIN is also in the process of completing an outdoor education facility which will feature a wetland and walking trails to accommodate field trips from schools and other interested stakeholders.

By encouraging landowner involvement and active stewardship, PRWIN has become leader in watershed restoration. For more information on PRWIN projects please contact the office at 519-395-5538 or at pineriverwin@yahoo.ca or visit the website at pineriverwatershed.ca. ☐

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From the Front Burner

by Paul Thomas

How many of us have experienced the “going down the road” thrum of a chapter in our lives? It can give context to the combinations of ideas we stew over at any given time. Recently I had the opportunity to drive the Trans Canada between Ontario and Cape Breton Island...and back again in the space of 3½ days. Talk about a road trip. Time to reorganize, prioritize and generally hit the refresh button of a huge chunk of my life. The purpose of the trek was to pick up our son now studying at the Canadian Coast Guard College in Sydney, Nova Scotia. It was fabulous to visit the college and soak up Jacob’s new world. Home for around 150 students, faculty and support staff, the campus is an architectural gem of cedar-shake-sided, east-coast flavoured buildings with lots of open spaces and of course waterfront splendour. As a parent it is surely one of the best experiences to witness when an offspring is clearly engaged in the right thing at the right time. The light of the information and experience that he or she is gaining is met with the light of their own spiritual connectedness linking their present moment to a greater cause beyond. Light Upon Light. It’s a beautiful thing.

So along the way I am constantly taking in all that this great country has to offer. The caveat here is that of course much of the Trans Canada is void of cultural landscape detail. Kilometers will pass where the view from the window is the same ubiquitous tree lined divided highway. That is where one can really have a field day of mindful wanderings. Expose yourself to this kind of drive for long and you can enter the danger zone of being exposed to a barrage of questioning like: How is my life? Am I on the right track? What have I done with the last 30 years? What else is left to tackle? How do all the bits fit together? How are all the significant connections doing in my life? I found myself pushing the delete button a few times too many.

In essence, Toto, there really is no place like home. The comfort of a familiar place anchors us, defines us and helps us to cultivate the roots that build community. Often we need to “get out of Dodge” to be able to better see our place and our lives in it. Spending a couple of days in the confines of a smallish vehicle looking straight ahead can lead to new ideas on...you name it. Listening to the voice of youth offers hope. I’m in love with life again. I’m so glad I live and work where I do. This region, this place, continues to reveal opportunities for all kinds of expression. We need to honour this diversity and cultivate its development. That’s what makes us strong. I love when pieces of cultural expression come together. Music, food, commerce, spirit, nature, nurture...and more, are in constant motion...we’re not done by any means; the journey is what keeps us vital. Thank you for this place we call home. Thank you for our local colour. After almost 25 years on the front burner, I’m beginning to savour this taste of home.

“The comfort of a familiar place anchors us”...I love that. The comfort of familiar food anchors us too. “Coming home” is a cook’s



best friend. It’s time to cook up the old family favourites. Comfort food reminds us of all the good times past and the hope for good times future. It’s the elixir that binds.

Meatloaf and Sweet Potato Pie

2 lbs. lean and local ground beef
1 large-ish cooking onion, diced
2 cloves of garlic, minced
1 celery heart, chopped (3-4 stalks of the leafy centers)
2 eggs, beaten
1½ cups tomato (canned chunks with puree is fine)
generous splash of worcestershire sauce
a small hit of heat (hot sauce, cayenne pepper or a bit of chopped hot pepper)
1 Tbs. dried oregano
1 Tbs. dried basil
¼ cup chopped fresh parsley (I prefer Italian flat leaf)
1 Tbs. Dijon mustard
salt and pepper to taste
1½ cups gluten free potato starch

Make sure your pan is ready before you dig your hands into this mix. I use a 10" straight-sided spring form, lined with saran wrap. Then mix all ingredients together in a large bowl. Once thoroughly combined, transfer to pan. Smooth the mix in and around the edges of the pan. Bake in 350 degree oven for 45 minutes to 1 hour (check for doneness). Because your “pie” is only up to 2" thick, baking time is shorter than for a loaf. Once out of the oven, transfer to a rack to let any excess fat drain. There, that’s the pie. Now for the next layer. Mix up some fresh tomato salsa. You’ll want about 2 cups. Into your chopped fresh tomato, add some salt and pepper, fresh herbs such as parsley, basil, and chives. You can drain some the liquid but not too much...it soaks into the meatloaf and adds moisture. For the top layer, peel, chop and boil 2 large sweet potatoes. Mash and add some salt and pepper and a dash of curry. Have fun sculpting this on top of the pie, over the tomato layer. Chopped fresh parsley on top will finish it off nicely. A logistical note: prep the tomato layer and sweet potato layer first. Keep the potato warm in a covered dish in the oven. Having them ready when the pie is done will enable you to serve it right away. Accompany this dish with any number of September market fresh vegetables: corn, broccoli, cauliflower and a bountiful garden salad. Talk about anchoring a taste of home comfort.

I love the renewal feeling I get in September. It’s a return to establishing rhythm in our lives. Take on new projects, set some new goals. Take stock of all the bounty of the season. It just doesn’t get much better. *Eet smakelijk!*

Paul Thomas is co-owner of MarketSide Food Shop and Cafe in downtown Owen Sound.

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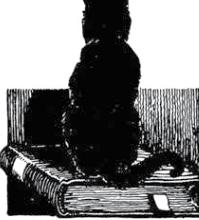
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SPOKEN WORD CONTINUES IN GREY/BRUCE

by Terry Burns

The Words Aloud Festival's Local Voices: Performance Three is the final event in a poetry series that has celebrated the work of poets from across Grey and Bruce Counties over the last few months. **Liz Zetlin** (Owen Sound), **Rob Rolfe** (Owen Sound), **Cathy Hird** (Walter's Falls), **Danuta Valleau** (Kemble), **Terry Burns** (Chatsworth), **Daniel Kolos** (Durham), **Skyler Radojkovic** (Chesley), **Kathryn Edgecombe** (Hanover), and MCs **Hazel Lyder** and **Sue Seguin** have been delighted to share their spoken words with two appreciative audiences in Owen Sound and Durham.

Local Voices: Performance Three takes place in the lovely village of Flesherton, on September 26 at 7:30 pm at the Bicycle Café, which is both the venue and the sponsor for this event, which features these poets:

Lynn Wyvill lives and writes from her home near Markdale. Her poetry and prose build within the world around her, the air and the land, the life in the trees and grasses, the walks upon the trails and the dirt under her nails as she gardens. She is a retired teacher and graduate of the Creative Arts Programme at Humber College. She has four published works, *A Mother's Letters*, *Wild Clematis*, *A Firm Foundation* and *Agnes Annis: Mother and Missionary* (Brucedale Press).

A tireless writer and performer of poetic and prose works, **Richard-Yves Sitoski** is originally from Ottawa and has a background in Classical scholarship. He has lived in Owen Sound since 2010, during which time he has divided his energies between lyric poetry and spoken word. His poems have appeared in *blue skies*, *Eclectica* and *MOSAIC*, and he has published art reviews, academic book reviews, and numerous pieces of occasional verse. He is active in the Mad Pride movement and in several social justice initiatives.

Judy Lowry is an artist and writer who produced a chapbook

in 2004 called *The Last Nine*, and who published her first book of poetry, *Exile No More* (Ginger Press) in 2008. She finds poetry a bit more elusive than visual work and is still mystified by its comings and goings, yet writing poetry has been a constant companion since her teens. She says, "There is no better exhilaration than performing at a reading." She is presently working on a new poetry manuscript with the working title *Doer's Dream*. Judy lives somewhere in the countryside between Dornoch, Holland Centre and Williamsford.

Also performing at Local Voices: Performance Three will be Chesley poet, photographer, maker of handcrafted books and retired teacher **Ruth Mittelholtz**, and Grey/Bruce newcomer **Dawn Williams**. Please join us at the Bicycle Café for an evening that is sure to entertain and inspire. Admission is free, but donations are welcome. Also watch www.wordsaloud.ca, for information about the forthcoming Words Aloud Spoken Word and Storytelling Festival (November 1-3 in Durham). ☀



Autumn Hours

Thurs. to Sun.—10-4 p.m.

www.visitgreyhighlands.ca

Speaker Series: Sept. 18 @ 7 p.m.
AT THE SOUTH GREY MUSEUM

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the library

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Giles Blunt – September 18, 2013 7:00 p.m.

Author of "Forty Words of Sorrow" and "The Delicate Storm" and winner of the Crime Writers of Canada Arthur Ellis Award.

Rob Carrick- October 1, 2013 7:00 p.m.

One of Canada's highly respected financial experts, author of "How not to move back in with your parents" and columnist for the Globe and Mail.

Carol and John Christie – October 22, 2013 7:00 p.m.

Local author of "Property: the true story of a polygamous church wife" who was recently interviewed about her story on CTV's W5.

Tickets are \$5, limited and available for pick-up at the
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WHAT'S ON AT THE TOM

There's always something going on at the TOM! by Leanne Wright

TOM

TOM THOMSON
ART GALLERY

ON VIEW

Until September 8

Tom Benner: The Call of the Wild

Keith Campbell: Journey through the Past

Jon Sasaki: More Still than Still

September 15, 2012 – January 5, 2013

Opening September 15 at 2pm Artist Talk: Ann Beam at 1pm

Ann Beam: In the Engine Room

Features recent large-scale work on recycled corrugated cardboard using materials drawn from her natural surroundings on Manitoulin Island where she lives and works.

Community Curators Select VI

Community Curators features work from our Permanent Collection selected by members of the public.

Carl Schaefer: The Sensitive Interpreter

Watercolours inspired by the farm environment of his native Grey County.

Canadian Spirit: The Tom Thomson Experience

Ongoing in the Thomson Gallery

CANADIAN SPIRIT 2013: One with the North

CANADIAN SPIRIT FESTIVAL

September 21-22 at Kelso Beach

Come down and celebrate this area's rich cultural diversity! Saturday night features a performance by Polaris Prize shortlisted act *A Tribe Called Red* and *The Darcys*. Also: The Artists' Alley – workshops, exhibition and sale of work by artists and craftspeople (including programming from our partners Saugeen First Nation); a fun and educational Children's Area curated by Elephant Thoughts; fresh and delicious food from local food vendors; and on-site installations and mural projects. Sunday is Family Day and entry is FREE! Tickets are available from www.ticketscene.ca. **The Canadian Spirit Festival** is currently seeking local artists, entertainers, chefs, food vendors volunteers and sponsors. Please contact Matt Standen at the TOM 519-376-1932 or mstanden@tomthomson.org.

Sweetwater Music Festival Saturday September 21 at the TOM from 11am

This year the **Canadian Spirit Festival** is partnering with **The Sweetwater Music Festival** with a *live jazz performance* by the VanDjango quartet from Vancouver celebrating the music of jazz violinist Stephane Grapelli and jazz guitarist Django Rheinhardt which begins at 2pm in the North Gallery. There will also be an exhibition of work by luthiers (who practice the art and science of string instrument making) in the TOM's Community Studio from 11am until 2pm.

at the Owen Sound Artists' Co-op: **One with the North Exhibition**

September 10-28 in the Legacy Gallery

A juried exhibition of work by Ontario artists exploring the essence of Canada.

at the Grey Roots: **Tom Thomson: The Beginnings of an Icon** July 01, 2012 - September 27

at the Historic Leith Church, Leith: **Fiddle Jam** September 10, Tuesday, 7:00 pm Cost: \$5

PROGRAMMES AND EVENTS

Make Art September 15 1 -3 pm

The TOM invites families into the studio for an afternoon of art-making and fun with a free hands-on activity. There is no pre-registration required and everyone is welcome.

Saturday Studio Saturday mornings 10 am to noon October 19 to November 23 Ages 6+ \$75 for 6 sessions or \$15 drop-in fee

Sign up now for our FALL weekend studio for kids. Gallery instructor Trevor Pfeffer leads the group through 6 fun-filled projects exploring different media and techniques.

Figure Drawing 1-3 pm Sunday afternoons September 29 Cost: \$12 (+HST), High school students \$5 (+HST)

The Gallery offers non-instructional figure drawing sessions to encourage the traditional of drawing and painting the human form. Bring your own supplies; no oil paint. Studio doors close at 1 pm. Friends and Supporters of the TOM receive 10% off all studio programmes.

Gallery Night at the Movies

In conjunction with TIFF Film Circuit and Galaxy Cinemas, the Gallery is pleased to present the 18th season of our movie series, bringing the best of Canadian, foreign and independent film to the region. Contact the TOM for pass and ticket sales.

September 9 at 2:00, 4:30 & 7:15 pm

UNFINISHED SONG: The joyful and heartwarming *Unfinished Song* brings together two icons of British cinema, Vanessa Redgrave and Terence Stamp, as well as a new generation of talent represented by the always impressive Gemma Arterton.

September 30 at 2:00, 4:30 & 7:15 pm

THE HUNT: Mads Mikkelsen stars in one of the year's defining films from Danish director Thomas Vinterberg. Directed with consummate skill and driven by exceptional performances from a stellar cast, *The Hunt* is one of the most troubling and powerful cinematic experiences of the year.

In the Gallery Gift Shop: Ann Beam, a multimedia artist will have works available for sale including original etchings, ceramics and reproduction prints coinciding with her main gallery exhibition *The Engine Room* from September 15 to January 5 2014.

artefacts: The TOM and Owen Sound Museums have launched our JOINT weekly enewsletter, artefacts. Everyone on both mailing lists will automatically receive it; if you would like to sign up for it, email Matt at the Gallery mstanden@tomthomson.org

TOM website: We are launching our new look and website this month! Check our facebook and twitter pages for details.

THE TOM NEEDS YOU!

VOLUNTEER REFERRAL CAMPAIGN

The TOM is actively recruiting volunteers for the Gallery. If interested in becoming involved, please contact the Volunteer & Membership Coordinator, Suzanne Watson, at 519-376-1932 x 226 or at swatson@tomthomson.org.

For more information call 519-376-1932 or check our website: www.tomthomson.org Follow us on facebook and twitter.

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THE 2013 AUTUMN LEAVES STUDIO TOUR

by Tanya Zaryski

One of the fondest memories of my childhood is of visiting the lake and exploring the water's edge. I always went home with a collection of shells, feathers, pebbles and bits of beach glass. I've carried that urge to collect intriguing things and explore new places into adulthood. One of my favourite ways of fulfilling this is by spending a weekend on a studio tour. I love poring over the maps, selecting locations and anticipating what I might discover. By visiting artists and makers in their working spaces, we are able to experience, for a moment, the place where an artist creates. We begin to understand the work that they make.

2013 marks the 20th annual Saugeen Autumn Leaves Studio Tour, a free, self-guided tour that always runs the weekend before Thanksgiving. This October 4, 5 and 6, the public is invited to step into the fabulous and varied studios, gardens and living spaces of 24 of the area's most skilled craftspeople and artists. You can expect to see a variety of materials and styles in evidence. There are potters, metalworkers, glassblowers, and photographers; textile artists, woodworkers, jewelers, creators of food and painters. Most

host studios also feature a selection of guest artists.

Here are a couple of suggestions to start your journey: **Peggy Moore of Branching Out** (Studio H) has a spacious studio located north of Markdale which showcases the wooden chairs and baskets she carefully puts together from twigs, large branches and other natural materials she collects and prepares. During this year's Autumn Leaves Studio Tour Peggy will be demonstrating; perhaps she will have a twig chair in progress, or be working at the spinning wheel to create handspun yarn for her woven and hand knit wearables, or be weaving baskets.

Another fantastic stop on this year's tour is **Richard Mund Pottery** (Studio W). A stately red brick house greets you at this Neustadt location, where Richard has transformed the basement level to a welcoming studio and gallery space. Starting with malleable clay, Richard creates simple and functional forms decorated with elegant, colourful designs inspired by traditional majolica pottery. It's easy to see how he draws inspiration from the gardens surrounding the studio and the view out the back door which sprawls down an embankment and out into the country-

side.

Whether you head out (as I do) with that child-like desire to collect something lovely, or have the explorer's bug to search out some preciously unknown studio on an untraveled road, the Autumn Leaves Studio Tour provides that opportunity. Look for a brochure or online at www.autumnleavesstudiotour.ca or call 1-888-445-4312 for more information. Enjoy the tour! 

Part of the process - a chair in the making from Branching Out (Studio H).

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Artist Talk at 1pm
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Canadian Spirit Festival
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