

... Parsimonious Mats!

Up In Flames in Kanata

The Kanata Civic Art Gallery's new show *Up In Flames* challenges the member artists to produce works in the palette yellow through red. The show will be on display from September 3 through October 6 with free admission and free parking at the Mlacak Centre, 2500 Campeau Dr. in Kanata. Gallery hours are Wed-Fri from 1-8PM, Saturday from 10-5 and Sunday from 1-4. In addition, one wall of the gallery is dedicated to a member artist: Lydia Tambay from September 3-21 and Doug Cosbie from September 24 to October 12. For more information please call 580-2424 x 33341, or visit <www.kanatagallery.ca>.



Sisters of the Parsimonious Mats

An exhibition and sale of hand-hooked primitive rugs is scheduled for Saturday, September 27 from 10AM-4PM at the MERA Schoolhouse in McDonald's Corners. Make MERA, located just northwest of Perth in picturesque Lanark County, your fall leaves tour destination and enjoy a fabulous fibre feast for the eyes and tummy! Meet the artists as they demonstrate primitive rug hooking, and enjoy hearty nourishing refreshments available in the tea room. For more information, visit <www.parsimoniousmats.com> or call Donna Sproule at 237-7581.

Discovery Tour in North Gower/Kars

There are open art studios, garden tours and artisan shows, but rarely can you visit them all in one area, on one weekend. The Discovery Tour in North Gower/

Kars offers all of this on September 13 and 14, from 10 to 5. This year's tour features 18 participants at 12 stops, all within an 8km radius of North Gower, just

30 minutes southwest of downtown Ottawa. Admission is free, door prizes are featured, and at one stop refreshments including a hot lunch and bakery goods will be sold. Brochures with maps can be found at <www.northgower.ca>. For more information please contact Ann Gruchy at <anngruchy@yahoo.ca> or 489-3748.



Ann Gruchy's "moka java light"

Stittsville Photographer at Ravensara

Michael Van der Tol, a Stittsville photographer who was recently chosen as one of Photolife Magazine's Emerging Photographers of 2008, will have an exhibition of his work on display at Ravensara gallery in Ottawa. Ravensara is located at 1200F Wellington Street, and gallery hours are Mon-Fri from 10-5:30, Saturday from 10-5 and Sunday from noon-4. For more information call 761-9941 or visit <www.ravensara.ca>.

the Riverstones Gallery
 open Wednesday to Sunday 12-5pm
 or by chance or appointment
 613 432-8081
 riverstonesgallery@gmail.com
 Fall watercolour classes
 Monday afternoon or evening

Christine M. Dixon Registered Massage Therapist

15th Anniversary Open House Sept. 14, 1-4PM

Refreshments, Door Prizes
A gift for every guest!

176 Lake Ave. W., Carleton Place
 (just east of CP High School)
 613-257-3632 cdixonrmt@acanac.net



Pick up *theHumm* in Burnstown at
NEAT COFFEE

Red Maple Buddhist Sangha Fall Program

DATE	EVENT	DETAILS
SEP 27	3 rd Saturday Event	Theme: "Mountains and Rivers"
OCT 17	Red Maple 3-Day Pilgrimage	Six 8-km reflective walks along the K&P Trail.
OCT 25	Peaceful Mind : Day Program	A full-day mixed program to strengthen personal mindfulness.
NOV 15	3 rd Saturday Event	Theme: "Family Remembrance"
NOV 22	"Entering the Dharma Path" Workshop	Half-day intro to Buddhist teaching, practice and living.
DEC 13	3 rd Saturday Event	Theme: "Reflections 2008".

Red Maple, a non-sectarian, lay Buddhist community, has offered introductory teaching and practice sessions since 2004.

We hold traditional dharma practice 8.00 am, Saturdays* at Akashaloka, RR 6, Renfrew

Our Weekly Schedule

SAT. 8.00 am	PRACTICE
1st	Beginner's Meditation and Silent Country Walk
2nd/5th	Beginner's Meditation
3rd	Intermediate: Sitting/Chanting/Walking/Dharma Talk + our Monthly Breakfast Gathering
4th	Beginner's Meditation and Dharma Study
EVERY THRS 7.00 pm	"peaceful mind" ~ secular mindfulness drop-in

Details on all these activities at 613-433-9405 or ray@realperson.com
 Visit our new website for news and information - www.realperson.com

* the weekly schedule may change, contact us for up-to-date details

~ Red Maple Buddhist Sangha ~ Open Up and Serve ~

THE MEXICAN EMPORIUM
www.mexicanemporium.com
 109 Bridge Street, Carleton Place
 613.492.0207

¡Have a Seat!
 Gorgeous handmade & handpainted benches and wooden furniture directly from the artisans of Mexico