

MARCH 2014

the Hummm

free

Arts,
Entertainment
& Ideas

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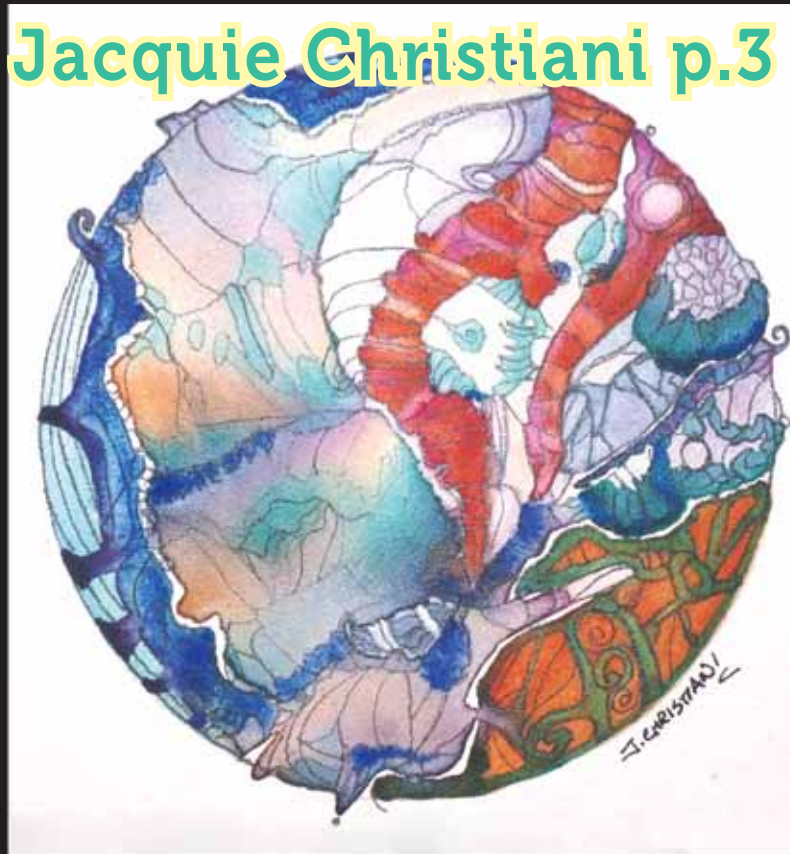


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Love, Deception and Golf



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This painting by Doris McCarthy, entitled *Mill at Almonte*, is being offered for sale by a gallery owner in Elora, Ontario

Readers Write

An Open Letter to Art Lovers in Mississippi Mills

I am the owner of Hands To Work, a gallery selling antiques, art and books on the Grand River in Elora, home of another famous Ontario mill.

At one time, I was also the owner of the largest collection of the work of Doris McCarthy (according to Doris herself). One of the items that remains in my possession is *Mill at Almonte*, an oil on panel painted on December 28, 1974.

From time to time, I offer for sale items from my collection. I'm contacting you to discover whether your institution would be interested in purchasing this McCarthy oil. If not, I would appreciate any suggestions from you as to other local individuals or organizations that might have an interest.

I knew Doris from the late 1970s until her passing in 2010 at the age of 100. One of the articles in the splendid retrospective volume of her work published by the McMichael Canadian Collection is by me, as was her obituary in the Upper Canadian antiques publication.

When I sell a McCarthy, I follow the pricing schedule of Wynick-Tuck Gallery, her primary dealers. By arrangement with Doris and WT, I sold her work through my own gallery while she was living, so I feel it's only right that I should follow the pricing they established between them. Therefore, I'm asking \$17,500 for *Mill at Almonte*.

This oil on panel is the only painting of a scene in Almonte by Doris that I have ever seen (and I'm more familiar with her oeuvre than anyone besides WT and Doris herself). But Doris had more of a connection to Almonte than just painting there. I can't remember the name of the gallery, but she told me years ago that she had someone showing her work in Almonte in the 1970s and '80s (as I recall).

I look forward to hearing from you, via e-mail or telephone (519-846-5353).

I've been in Almonte a few times myself, and remember it as exquisite, with its many magnificent and lovingly preserved stone buildings, dramatic river, and beautiful homes and gardens. No wonder Doris found it worth painting.

— Olga Domjan, Hands to Work Gallery, Elora

Who's Reading theHumm



From Sochi with Love...

(above) Not only Canadian athletes got to go to Sochi last month. Almonte-based recording engineer **Ken Friesen** was also there to make sure that everyone sounded their best. Many thanks to Ken for bringing theHumm along!

(below) Back in the fall of 2011, **Art Solomonian** sent in this travel shot. He writes: "**Lea-Anne** and I recently visited Scotland and looked up "The Call", located in Edinburgh's Prince's Gardens. The Call is the brother statue to The Volunteer (located at the Almonte Cenotaph), both of which were created by Almonte's native son, R. Tait McKenzie."



Humble Thought

It is amazing
what you can accomplish if you do not care
who gets the credit.

— Harry S. Truman

Aquamarine Once believed to be a mermaid's treasure, they are now the birthstone for March.

ring: sterling, 18k gold, aquamarine: \$450
dangles: 14k gold and aquamarine: \$950

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

119 Bridge Street, PO Box 1391
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theHumm is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, Smiths Falls, Burnstown, White Lake, Renfrew, 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.

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Thanks this month to:

Anne Kinsman, for 36 years of deep and enduring friendship. She and her wonderful family (parents Lee and Bill, and brother Bruce) expanded my horizons and enhanced my life. I will miss her greatly.

Jacquie Christiani – Circling in on Creativity

With watercolour and pencil, Jacquie Christiani creates circular paintings that are both meditative and celebratory. For the viewer, each scrutiny reveals another layer of meaning, another suggestion of images that can be interpreted in countless ways. Each observer wonders if others recognize

by Sally Hansen

the same forms that he or she does, or whether they detect different images within the small, lovely, intricate representations of Christiani's physical and metaphysical worlds.

Nature is her primary inspiration. She tells me, "Walking in nature awakens a memory or connection that I am inspired to share... Colours and impressions of nature form in my head as I experience the outdoors."

Her watercolour medium is her companion inspiration. As the pigments flow with the water onto the paper, other shapes and images emerge. Jacquie works with pencil over the dried applications of watercolour to highlight the subtleties revealed by the spontaneity of her fluid process.

For people who are uncomfortable with or even dislike abstract art, I encourage you to let Christiani's gentle, soothing paintings help you expand your artistic horizons. With a marvelous colour aesthetic, she offers an alluring invitation to pause and contemplate the complexity, the uncertainty and the promise of the universe she creates within each circle.

What Goes Round

Like many of the artists theHumm has featured over the past fourteen years, Christiani experimented with different modes of creativity before discovering her artistic voice. She always loved to paint and draw, and began taking art classes in Edmonton. Her brother Robert is an artist and art



therapist in Manitoba, helping people rediscover their own creative process, and very supportive of Jacquie's talents. Interested in exploring the spiritual and philosophical issues that confront us as humans, she eventually became intrigued by the images of the mandalas she encountered in her readings.

In Hindu and Buddhist art, a mandala is a circular design that symbolizes the universe, representing wholeness; a "cosmic diagram that reminds us of our relation to the infinite, the world that extends both beyond and within our bodies and minds." (See mandalaproject.org.) Swiss psychoanalyst Carl Jung is credited with introducing mandalas into modern Western thought as a symbol representing the effort to reunify the self.



For Jacquie, the Jungian claim that creating mandalas helps stabilize, integrate, and re-order inner life isn't the only benefit. It transformed her art. The simple act of freeing herself from the inhibiting rigidity of a rectangular boundary inspired visual images and led her on a meditative journey of personal, as well as artistic, growth.

Strictly speaking, Christiani's paintings are not mandalas; they are paintings loosely confined within a circular shape. The other influence that reshaped her paintings is her love of drumming, and the wonderful drum designs she has seen.

Born in Chatham, Ontario, Jacquie grew up in a rural area of Kingston, and then attended the University of Guelph, where she earned a degree in Consumer Studies. After graduation she hopped on a train and went to Edmonton with \$100 in her pocket. She found a job as a customer service representative with AGT (now Telus), and took full advantage of their in-house training to become a computer programmer. She eventually took a job in Ottawa with Stentor, where she worked in business analysis and system requirements for twelve years.



ARTIST · TRADING · CARD ·

Christiani currently is employed with Canadian Blood Services as a business systems analyst working on Canada's national registry that helps match people in need of a kidney with living donors. The Living Donor Paired Exchange involves pairs of people — for example, a husband and wife, or two friends — in which one person needs a kidney and another wants to donate but isn't a compatible match. The computer program looks for opportunities to exchange donors with other incompatible pairs in the registry. It's a truly life-saving program whose real heroes are the individuals who donate a kidney without asking for one in return — healthy adults can remain healthy living with one kidney. To learn more, go to organsandtissues.ca.

In her spare time Jacquie takes care of a large tract of land near Pakenham with the help of her three dogs and two cats. A true animal lover, she became a certified Tellington TTouch Practitioner for Companion Animals in 2003, and has recently become a Camelidynamics Senior Consultant. The two practices are complementary methods for raising and training animals. They are based on respectful touch and movement exercises designed to "establish a deeper rapport between humans and animals through increased understanding and more effective communication." Camelidynamics incorporates the Tellington TTouch principles and techniques, developed by Linda Tellington Jones, and applies them to training and handling llamas and alpacas. For more information, visit ttouch.com and camelidynamics.com.

Jacquie offers private and small-group TTouch sessions. Based on my observation of her relationships with her dogs, you might consider contacting her if you want to teach your animal(s) more appropriate behaviours.

During the 12th annual **Pakenham Maple Run Studio Tour** on March 29 and 30; you can drop in at her home studio (Studio 6 at 489 Barr Side Rd.) where she is hosting Joanne Desarmia of Jo Bling Creations and John Chamney's wood-turned creations.

She is looking forward to participating in the **Creativity Blitz** taking place at High Lonesome Nature Reserve on Saturday, May 3 and 4. You're invited to discover your own creativity in the natural beauty of this 200-acre property protected by the Mississippi Madawaska Land Trust Conservancy mmltc.ca. Bring your own supplies, musical instruments, poetry book, journal, paints and your imagination! Jacquie's heart-felt advice to all is "Let your imagination soar, come explore your own creative side!"

We have some great images of Jacquie Christiani's beautiful circular paintings on theHumm's renewed website thehummm.com, and her contact details are on the back of her Artist Trading Card. Have fun exploring the convenient links on our site!

**Foodsmiths 10th Annual
EMPTY BOWLS FUNDRAISER**

EMPTY BOWLS

Saturday, April 5th
11am - 2pm

fill
your
bowl

Purchase a locally handcrafted
pottery bowl for \$20, fill it with
Red Lentil Curry and help
support local sustainable
food programs in our
community.

Foodsmiths
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Mon-Thurs 8am-8pm Sat 8am-6pm
Friday 8am-9pm Sun 9am-6pm

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of food store**

WHO Jacquie Christiani

WHAT Watercolour Artist

WHERE Home studio at 489 Barr Side Rd., Pakenham, 624-5530, <jacquie.christiani@bell.net>

WHEN March 29 & 30, 12th annual Pakenham Maple Run Studio Tour, Studio 6 at 489 Barr Side Rd. <mapleruntour.ca>

WHY "Walking in nature awakens a memory or connection that I am inspired to share."

THE HUMM

ARTIST TRADING CARD

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



Follow the Iris to Carleton Place Horticulture Meeting

The Carleton Place & District Horticultural Society recently commissioned The PickleDish, an eclectic quilting shop on Bridge Street in Carleton Place, to produce a new banner for their Society. It is a tradition to display the banner at meetings and events. The new banner has a cheerful yellow background with a purple iris — the Society's emblem — in the centre. "I am sure the members will be delighted with it," commented Doreen Harris (Director) to Cheryl Waters of the PickleDish, who presented the banner to Ronette Vines, Citizen of the Year 2012, on a very cold day in January. The Society's meetings start up again on March 5, with a visit from Lanark Master Gardeners who will answer your gardening questions. Come on out — new members are always welcome!

See the Community listings in theHumm's calendar for meeting dates, or visit <cphorticulture.ca> for more information on the Society.



Hours of Operation
Thurs. Noon-8PM • Fri. Noon-8PM • Sat. 9AM-9PM
Sun. 9AM-8PM • Mon. Noon-8PM

Words From Westport

Breakfasting With the Arts in Westport

I am happy to announce that two "relatively-new-to-us" artists in Westport will be the presenters at the March **Breakfast with the Arts**. Chantal and Joel of Papillon Press will host the event on March 29, at their studio on Spring Street. Here are some words from Chantal about their work:

by Georgia Ferrell

"Papillon Press is a fine letterpress stationery studio specializing in illustrated stationery, including greeting cards, wedding invitations, business stationery and more. We are a husband and wife team, Joel Kimmel and Chantal Bennett, who are both trained illustrators and recent transplants to Westport. Chantal runs Papillon Press from day to day, illustrating for the collection and doing all of the letterpress printing. Joel works as a freelance illustrator for publications such as *ESPN*, *Playboy*, *Men's Health*, etc. and contributes his illustrations to Papillon Press. Our letterpress work has been featured in *Country Living*, *The National Post*, *Design*Sponge* and more."

Our last Breakfast featured a wonderful presentation by Aili Kurtis, an artist who paints with pastels. Aili has had an illustrious career, including developing illustrations for Corel Draw and other Corel products, winning a number of pastel competitions for her work, and showing her work in Perth as well as Westport and other galleries.

Even though winter — and particularly this cold and snowy one — is a tough sell for our rural community, the arts are alive and well. We invite you to our Breakfast with the Arts, Westport Style, on the last Saturday of every month. We



Illustrators Joel Kimmel (whose work is pictured above) and Chantal Bennett recently opened Papillon Press in Westport. They will be speaking at Breakfast With the Arts — Westport Style, on Saturday, March 29

have a potluck breakfast at 8AM and the presentation starts at 9AM. We finish usually around 10AM so that we all can return to and open our businesses on time.

That's it for March — more to come next month!

Has this long winter left you hungry for green?



WHO: You + Bloomfield Farm

WHAT: Local, organically-grown greens

WHERE: Weekly pick-up at Dandelion Foods in Almonte

WHEN: 12 Thursdays, beginning March 27th

WHY: Invest in your health and the health of our community!

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613.601.1465

space is limited!



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These Bowls Are Definitely Half-Full

10th Annual Empty Bowls Fundraiser

What could be better than delicious red lentil curry served up in a beautiful, hand-made ceramic bowl? Nothing... except knowing the cost goes to supporting a truly worthwhile cause!

Mark Saturday, April 5, on your calendar and bring your appetite to Foodsmiths' 10th annual **Empty Bowls** Fundraiser, held from 11AM to 2PM at the store at 106 Wilson Street West in Perth.

Foodsmiths has partnered with Empty Bowls since 2004, holding the fundraiser on-site, and coming up with recipes that highlight healthy, nutritious food. With the generous support of suppliers, and the help of the staff, a delicious meal is created to fill locally-handcrafted and unique ceramic bowls, which are set up in the store throughout the month of March prior to the event, and can be purchased for \$20. All proceeds go to local sustainable food programs: The Table Community Food Centre, YAK Youth Centre, and Food for Thought Breakfast and Snack programs in Lanark County Schools.

As well, Empty Bowls is the recipient of the April BYOB (Bring Your Own Bag) — a charity bag donation program developed by Foodsmiths to encourage the re-use of grocery bags and to provide a source of funds for charitable organizations in the community. For every bag a customer re-uses, ten cents goes to Empty Bowls during the month of April.

This year will also highlight a new initiative: the **Many Hands Meet and Greet**. This part of the event is intended to give people a behind-the-scenes glimpse of the enormous volunteer effort and the "many hands" that work

together to make Empty Bowls an ongoing success. Invitees include Food for Thought, The Table Community Food Centre, YAK, Guatemala Stove Project, Joni Seligman, the MERA Potters, the Riverguild Potters, and Frontier College, all of whom will be on hand to talk with the public about Empty Bowls.

The success of Empty Bowls Perth has undoubtedly been due to the skill and dedication of project founder Jackie Seaton. He laid a strong foundation for Empty Bowls Perth, and had the foresight to construct a template so others could continue his legacy. Since his death in October 2013, many supporters have asked if Empty Bowls will continue to be available for purchase in Perth, and Foodsmiths is honoured to help carry on the tradition in a community that strongly and invariably supports the issues of hunger in the community.



MERA potters Rosemary Kotze (front) and Jean Dunning shape clay into beautiful bowls that will be used for the 10th annual Empty Bowls Fundraiser at Foodsmiths

Healthy Living Festival Seeks 2014 Ambassador

The Healthy Living Festival committee is on the lookout for the 2014 "Healthy Living Ambassador", to be honoured at the opening ceremonies of the festival on Saturday, June 21, in Smiths Falls.

The Ambassador will be the individual who best promotes a healthy lifestyle within their community. Last year's winner, Corey Turnbull, was an excellent example of someone who works diligently to promote healthy living concepts in the Lanark County region.

Interested individuals can nominate themselves or someone else by submitting a maximum of 500 words to the Smiths Falls Downtown Business Association (DBA) outlining the ways in which the candidate promotes a healthy lifestyle within their community. The deadline is 4PM on May 1, and nominations can be emailed to <dba@smithsfalls.ca> or mailed/dropped off at the DBA office at

77 Beckwith Street North, Smiths Falls, ON, K7A 2B2. Please note on the envelope "Attention: DBA Healthy Living Ambassador." Nominations over the 500-word limit will not be considered.

This year's event will once again feature a free, family-friendly, outdoor celebration of everything concerning healthy living, including exercise, healthy foods, vitamins, supplements and spirituality. Activities at the festival will be geared towards providing visitors with the opportunity to explore various types of healthy living activities in a stress-free, fun environment.

Businesses interested in obtaining more information about becoming a vendor or obtaining a vendor's application can visit the DBA website at <downtownsmithsfalls.ca>, the festival website at <healthysmithsfalls.ca>, or simply email <dba@smithsfalls.ca>.

The Town & Chamber of Commerce of Mississippi Mills present

Branching Out

A tree talk and forest forum with tree-note speaker

Ed Lawrence

Tuesday, March 18, 7–9PM
Almonte Old Town Hall

- Free admission, all welcome
- Q & A with a panel of tree experts
- Mini trade fair with garden and landscape professionals
- Opportunity to buy trees and rain barrels

Buy a big tree

- Visit www.mississippimills.com/trees for a catalog of beautiful, nursery-grown trees: flowering, shade, and fruit.
- Order **online** or by calling Kathryn at 256-7886
- Pick up your trees (and rain barrels) on **April 26** at the Mississippi Mills municipal office



This year's lovely art was generously donated by Sarah Moffat.
www.sarahmoffat.com

Buy a little tree

The Beautification Committee is selling 3 & 4 year old seedlings:

Fraser Fir, Colorado Blue Spruce, White Spruce, and Eastern White Cedar seedlings are \$3.

White Pine seedlings are \$4.

Call Bonnie at 256-1077 x 21 by April 18 to order.

Buy a rain barrel

The Neighbourhood Tomato Community Gardens Project is selling 220 litre rain barrels for \$55.

Visit www.rainbarrel.ca/tomato or contact Deanna at 256-7535.



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The Lion Roars at Studio Theatre

"You'll never be able to build that set on our stage." "But who have we got to play the lead?" "It will be almost impossible to costume that."

These are just some of the countless problems that must be addressed when a theatre company decides on its playbill for the season. But Kathie Reid has had her heart set on directing *The Lion in Winter* since last year, and this year her wish has been granted.

Beginning on April 3, Studio Theatre will undertake the challenge of mounting this classic Broadway drama about Henry II, Eleanor of Aquitaine, Richard I and his brother John. The story revolves around the English court at Christmas during the twelfth century, and demands multiple lavish set and costume changes, not to mention seven accomplished actors.

The first thing Kathie did was to round up not the cast, but an experienced crew who, for this blockbuster play, are just as crucial — a crew that was not afraid to take on the challenges it presents.

The first challenge: the set.

How does one fit nine different scenes portraying a lavish English court onto the small stage at Studio Theatre? It was one thing to do it on Broadway, where sets could be changed in a twinkling and budgets allowed for opulent décor. Community theatres do not have such resources. But by re-using or redesigning existing set components, and by keeping parts of the set mobile and lightweight, set designer Earl Sonnenburg has created a castle that can be restructured and redressed in a matter of minutes. Lightweight cardboard rolls become pillars, moveable sections become adjustable walls, and second-hand stores, junk shops, and attics supply period décor. A crew of builders and painters, headed by Bruce Raby, then go to work creating another world on this small stage.

But while the set is coming together, a backstage crew is also busy. Costumes are a monumental challenge. Multiple changes are required and each must be researched and designed. Patricia Parry, assisted by Marie Amyot, and Julia Egener, have taken on this assignment, and they hope to borrow many pieces from the other larger theatre companies in the area who have done period plays. This of course necessitates numerous trips to Ottawa or Kingston.

Properties, or set décor, also require careful design and organization, as each candle, each curtain, each picture must contribute to the overall setting while being appropriate to the time. And each room needs a different décor that must change

with the scene. Marg Wilkinson, who is property manager as well as assisting with costumes, is already considering the problems. "The Act II scene changes from the bedroom to the cellar will have to be particularly quick and on the mark!" she notes.

Then, each scene must have lighting to suit its mood and intent, and a small theatre company does not have the kind of complex lighting system that a professional theatre has. As Yogi Sepp, the lighting designer, points out, "the lighting design must attempt to create a variety of different looks, using the limited resources of our small theatre — only thirteen lights to play with."

Once the set is built, the costumes and props are gathered, and the actors take their places on stage, a crew of people must change and redecorate it as well as assist with costume changes. Says stage manager Roberta Peets, "the challenge for this show will be orchestrating the nine set changes so they will be smooth and quick and not distract from the show. We will want to make them part of the entertainment in themselves. 'Traffic control' backstage may be an issue with seven cast members and at least four stage crew in a relatively confined space."

And now it is time for the actors.

The Lion in Winter, more than most other plays, demands powerful actors, and Kathie has found them. Playing the part of the shrewd Henry II, who must deal with three ambitious sons, is well-known actor David Bird. As king, he favours younger son John (Lucas Tennant), but Janet Rice, who plays the stately Eleanor of Aquitaine, favours the older son Richard (Scott Duncan). Complicating the situation we have Geoffrey, a middle brother (played by Mark Daley), Phillip II, the young king of France (Julian Rice-Laprisse), and Alais, his half-sister (Mary Ann Majoury). Alais is engaged to Richard, but he has little interest in women of any rank. A powerful cast to portray a powerful family.

This is a must-see play, filled with colour, drama and humour. It opens April 3 at 8PM and runs April 4, 5, 11 and 12 at 8PM, and April 6 and 13 at 2PM. Tickets are \$20 in advance at The Book Nook (267-2350) and \$22 at the door or through Tickets Please in Perth. Phone or credit card orders can be made through Tickets Please (485-6434 or ticketsplease.ca). There is a student rate of \$10 (with ID) at the door. For further information, call the Studio Theatre box office at 267-7469 or visit <studiotheatreperth.com>.

— Joan Sonnenburg

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Dessert, Tea and Coffee

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(Children under 15 are free)

Portion of ticket price will be tax receipted.

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WHEN:
Friday Evenings April 4, 11, 14 (lunar eclipse), 25 and May 2
7:45 until 10 + PM (you may continue observing after 10)

WHERE:
Mill of Kintail Conservation Area
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COST:
Donations Welcome

REGISTER:
Contact Sarah O'Grady sogrady@mvc.on.ca or 613-256-3610 ext. 1
Drop-ins Welcome

PARTNER ORGANIZATIONS:
Ottawa Astronomy Friends
The Millstone News
Royal Astronomical Society of Canada

OBSERVE

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Mississippi Valley
Conservation Authority

Night Sky Conservation astronomy courses instill an appreciation of the night sky, helping students recognize the importance of light pollution abatement to conserve our night sky environment.
Read more online at mvc.on.ca

Flavour of the Month

The Giving Harvest

It's a glorious, balmy, 0 degree day today, and outside my window the trees are bending and swaying — being animated and stretched by today's gusty wind. As I write from a cozy corner in my home, I remember that I owe much of my comfort to trees. From them, my house and barn have been constructed. I also owe to them the luxury of retreating from this winter's biting cold

by Susie Osler

into a warm home — which is of course heated with their bodies. I am grateful for their many gifts.

Another less sacrificial gift that some trees have to offer will be highlighted this year by a new project starting up in Perth. Giving Harvest is a project spearheaded by Donna Silver, who moved to Perth from Ottawa only last year. It is inspired by a number of similar projects that have sprung up in North American cities and towns in the last decade — all of which aim to start making use of the abundant and unharvested fruit trees in our communities.

How many times have you come across a tree laden with fruit that is dropping to the ground and rotting, and thought "if only I'd brought a ladder along with me on my walk today..." (well maybe even just a

bag...). In the era of easy access to cheap food from far away, we seem to have collectively lost the skills, the will, or the inspiration, to harvest the free food that literally drops from the trees in our own area!

Wild and domesticated fruit trees have been harvested for centuries. It is only in recent decades that the value we give to such trees, in private and civic landscapes, has seemed to focus more on blossom beauty than on food value. In fact, today, fallen fruits are often considered simply a big nuisance, as we clean them up from yards and sidewalk surfaces.

Giving Harvest may help to change some perspectives. Last fall, Donna Silver plugged the idea of starting a "community orchard" at the Let's Talk Resilience gathering (organized by Transition Perth — see note about Transition below). The orchard she envisions, however, is not a neat grid of fruit trees growing in tidy rows, but rather the latent and largely unnoticed fruit trees already present in yards and along the streets of Perth.

How it works: people will gather this spring to walk around town and talk to residents about the project. If anyone has a tree in their yard that they would like to add to the "orchard", they will call Donna.

And so a mapping process begins, of the trees offered to the community orchard. The trees involved can be growing either in civic or private spaces. Additional trees can be added on an ongoing basis to the map, as individuals present more trees to the project, and as new trees are planted in vacant or other appropriate spaces (like



The Giving Harvest initiative plans to harvest untended fruit and nut trees on private and public property, and distribute it to organizations in the area that are working towards food security

(schools, or where ash trees once were). Come harvest time the fruit is picked by brigades of volunteers and divided — approximately half to a community food centre (perhaps the Table, in this case), a quarter to the volunteer pickers, and a quarter to the owners (if it's a tree in a backyard, for instance).

A great advantage for participating tree owners is that their trees will also get a free pruning. Everyone truly wins.

It's easy to imagine a number of positive outcomes and possibilities stemming from this initial vision: schools and kids becoming involved, canning and preserving workshops at community kitchens, harvest parties, tree planting parties, and a heightened public understanding of the merits of fruit trees and the bounty they offer beyond beauty. Workshops at the Perth Farmers' Market and a tree sale in late summer are events Donna hopes to organize for this year, in addition to a map and harvest sessions. For a taste of a similar, already established project, check out Hidden Harvest <hiddenharvest.ca> — an Ottawa-based project that has been an inspiration to Donna.

One of the underlying assumptions of the Transition movement is that we can

choose to act from a position of abundance and generosity, rather than dearth and competition; sharing our gifts freely with each other benefits communities rather than individuals. Combining her skills in project start-up and management, with her creative vision (she's an artist as well) and a passion for trees, Donna Silver is providing an example of this philosophy in action. Over the winter, she's developed a plan for getting the project off the ground, and she is seeking various kinds of support from institutions such as RBC, the Table, Perth Community Foundation and the Town of Perth. This spring she'll be seeking out people who are eager to contribute skills, ideas, labour, and spirit to the project.

Sound like a great idea? That's because it is! And it sounds like a fun and compelling activity to participate in to boot. Want to know more or to volunteer? Have a tree in your yard you would like to add to the orchard? Want to contribute "seed money" for the project? Contact Donna at <donnasilver@mac.com> to know more and also to be added to the Giving Harvest email list.

One of the underlying assumptions of the Transition movement is that we can choose to act from a position of abundance and generosity rather than dearth and competition.

Transition Towns

For those unfamiliar with the Transition Town movement... Transition Towns have sprung up around the globe in recent years, bringing a positive, proactive approach to navigating the economic and environmental challenges facing us. The aim of the Transition movement is to build resilient communities and individuals through positive, locally-appropriate, community-driven initiatives. Giving Harvest is one of many of these types of initiatives in Perth (check out <transitionperth.ca> for information on more of them).

March Break Camp at the RMEO

From March 10 to 14, The Railway Museum of Eastern Ontario in Smiths Falls will host a March Break Camp for Junior Engineers (ages 4–6, from 9:30–11AM) and Senior Station Masters (ages 7–11, from 1–3PM).

New for this year's March Break, they have expanded their program-



ming to include four and five-year-olds! Enjoy a week full of themed half-day programs that include activities perfectly suited to your child's age.

The cost per child is \$12 per program per day, or \$55 for the week. For more information or to register, visit <rmeo.org> or call 283-5696.

2013 Tax Tip

If neither you nor your spouse have claimed a charitable donation after 2007, you may be eligible for an additional charitable donation credit in 2013.

Accounting for Small and Large Business Income Tax Services

Mike Doyle

(613) 256-9987

Shelley Munro

mike@www.mdoyle.ca

Humm Bits

International Women's Day

On Thursday, March 6, Lanark County Interval House (LCIH) invites you to join them in celebrating International Women's Day at the Rideau Canal Museum (34 Beckwith Street in Smiths Falls). They will be showing the film *Made In Dagenham* — a dramatization of the 1968 strike at the Ford Dagenham car plant, when female workers walked out in protest against sexual discrimination. This is a funny, touching and inspirational story of how ordinary women advanced the cause of women's rights around the world. Refreshments and mingling begin at 5:45PM, with all proceeds from the coffee and dessert bar going to support the services of LCIH. The film starts at 6:15PM. For information, please contact Brianne at 257-3469 x63.

Why Should We Care about Energy East?

This proposed TransCanada pipeline will pass through our area, under the Mississippi and Rideau Rivers. Come learn more about the environmental effects, the approvals process, and the pipeline's place in Canada's future. Rideau Environmental Action League (REAL) is hosting an information session on Wednesday, March 12, at the Smiths Falls Station Theatre. Three speakers will share their insights, and a question period will follow. Doors open at 6:30PM, there will be videos shown for half an hour, then speakers at 7PM. There is free admission, but donations are welcome. Contact Margot at 269-4282 or see <REALaction.ca> for further information.

Pancakes at Union Hall

Each spring, a Pancake Breakfast is held at Union Hall, in the heart of maple syrup country. This year, homemade breakfasts consisting of pancakes, sausages or ham, beans or blueberries, and lashings of butter and Fortune Farms syrup, will be served from 8AM until noon on Sunday, March 30. Fruit juice, Equator coffee and tea will also be on hand. The price for this feast remains \$6 (for the regular size) or \$8 (for the larger appetite). Gluten-free pancakes are available on request. Be sure to bring family and friends. And you know that visitors from the city or from outside the region never fail to enjoy rural hospitality.

Union Hall, located at the corner of Wolf Grove and Tatlock Roads, 8km west of Almonte, was constructed in 1857 and has been used continuously since that time. The hall is owned by the community and maintained by volunteers, with support from the Town of Mississippi Mills. The hall can be rented for family or community events, at a very reasonable rate, and even for commercial purposes. To enquire about renting the hall, call 256-2277.

Spring B.E.S.T: Bridge Euchre Scrabble Tourney

Spend a fun Sunday afternoon playing social Bridge, Euchre or Scrabble. Come on your own, with a partner, or buy a table for four so you can choose your competition! Your ticket includes a nice hot lunch of homemade soup or chili, desserts, refreshments, door prizes and game prizes. Before the game, do some shopping for Easter surprises for children, hostess gifts and Mother's Day presents.

This fun event is a fundraiser for the Likulezi Community Care Project in Malawi, Africa. It takes place on Sunday, March 30, at the Almonte United Church Social Hall (106 Elgin Street). Doors open noon for lunch, and tournaments start at 1:30PM. Advanced tickets are \$15 (available at Almonte United Church, Baker Bob's, or by calling 256-2738), and tickets at the door will be \$17.

AGM at Textile Museum

The Annual General Meeting of the Mississippi Valley Textile Museum will take place at the museum on Thursday, March 27, at 7PM. The MVTM's revised By-laws and Statement of Purpose will be presented for approval. Copies are available at the museum for those wishing to review them before the meeting.

This year's guest speaker will be textile artist Laura Fauquier, who has recently opened the Lola Dot Studio on Almonte's Mill Street. In this new studio and boutique, Laura works at her loom and sells her woven wares, as well as products from other area artisans.

Human Library Project

The Human Library Project is coming to Lanark County in early May! Be sure to check the April Humm for details about this exciting event, where you "check-out" a person instead of a book at your local library. Presented by the Libraries of Lanark County in association with the United Way Lanark County, each library will host sessions where you will have the opportunity to Check out a book - Discover a Life! There is no cost for this event - it is open to everyone!

Biochar: Back to the Future

Do you remember the 1985 film *Back to the Future*? That's the one where Michael J. Fox played Marty McFly. I still remember the scene where Marty and the crazy professor, Doc Brown, have run out of fuel for their souped-up DeLorean sports-car-turned-time-machine. They're stopped in some suburban neighbourhood in the middle of the night and they simply help themselves to garbage from someone's trashcan at the side of the road. Garbage into fuel!

Sure, that was science fiction; but the idea of turning garbage into fuel stuck with me... and with a lot of other people too, I bet. Wouldn't that be great — if we really could turn waste materials into fuel? Well, with the biochar process, we can!

Biochar is charcoal — yes, charcoal — the carbon-rich material made from heating wood or other plant material ("biomass") in an oxygen-deprived atmosphere. But to be called biochar, the charcoal must be produced from waste biomass; and it must be made specifically for mixing into soil. As a soil additive, biochar offers numerous potential benefits: it can increase the capacity for the soil to hold water and nutrients, enhance crop yields, and capture/store carbon for the long term (decades to centuries).

Biochar is also "Back to the Past," in the sense that it is not really a new idea. Before the time of European contact, the Amazonian Indians had a highly developed agricultural system that, over time, created a rich, long-lasting, black soil that is still in evidence today near the sites of their ancient cities. This soil, called "terra preta", greatly contrasted with the surrounding tropical soils of the Amazon basin, which have always been nutrient-poor, due to leaching by the near-constant rainfall.

Modern methods of making biochar involve a heating process called "pyrolysis". By controlling the temperature of this process, a portion of the energy in the biomass can be turned into either a fuel (as a liquid, a gas, or some of both).

So, the biochar process can yield four benefits: clean disposal of biomass waste from agriculture and forest industries; increased productivity and water-retention properties of soil; decreasing the amount of carbon in the atmosphere by capturing it for long periods of time; and providing energy as fuel.

Producing biochar is something that can be done on a small scale and with only modest financial resources, making it a realistic climate action that could be undertaken right here in Eastern Ontario — by local townships, sawmills, or even by individual farms. Perhaps someday the outdoor wood-burning furnaces that we see in the countryside will be re-designed to produce biochar as well as heat — and with a lot less smoke than the current ones!

The excitement of biochar is in the fact that it provides relatively simple opportunities for anyone and everyone to get involved in a positive environmental action — in our own gardens and in our own

communities. It means we each have yet another way to contribute and make a genuine difference to our environment, and we can do it right now — without having to wait for governments to agree on what we should be doing to address climate change.

A biochar program would not be much different from the earlier recycling (blue box) programs that have become so routine that we hardly give them a second thought. Only in this case, people could participate at both ends of the process: taking farm or yard waste to the nearest biochar processing plant, and using the biochar output on their farms or gardens. In short, we would get triple benefits: waste material would be cleared away; a valuable additive would be produced for our local farms and gardens; and the atmosphere would benefit from the carbon that has been locked away in the soil. As a bonus, the processing plant would create local employment and might even pay for itself with the synthetic fuel produced.

Here in Eastern Ontario, we are predominately a forest and farming economy, and thus we have lots of "waste" biomass to deal with. Turning this stuff into biochar and renewable energy is a lot more environmentally responsible than just burning it in the open air — in fields or backyards. Indeed, open-air burning represents a total loss of a valuable natural resource — a resource that can, at the least, be composted. Burning is unnecessary even today — the smoke is disrespectful to neighbours, and the carbon dioxide released simply adds another nail to our climate-change coffin. Why would we do this to ourselves, when biochar processing could make it totally unnecessary?

Am I talking science fiction, like *Back to the Future*? Don't take it just from me. Several eminent researchers have written about biochar and have given the concept a strong endorsement, including Al Gore (*Our Choice*), James Lovelock (*The Vanishing Face of Gaia*) and Chris Goodall (*Ten Technologies to Save the Planet*); plus Australians Dr. Paul Taylor (*The Biochar Revolution*) and Dr. Tim Flannery (*The Weather Makers*). In fact, Flannery was so bold as to say: "Biochar may represent the single most important initiative for humanity's environmental and agricultural future."

Given the need to find more responsible ways for all of us to live on this planet, and considering the above endorsements for the biochar process, the local Green Party Constituency Association (Lanark-Frontenac-Lennox & Addington) is offering an opportunity for everyone to learn more about biochar. Please join us for our spaghetti dinner and information evening on Saturday, March 22 at Maberly Hall (172 Maberly Elphin Road). Doors open at 6PM. Our speaker will be Lloyd Helferty, President of Biochar Ontario and a member of the Advisory Committee of the International Biochar Initiative.

— Submitted by Peter J. Nelson

Pancake Breakfast
Sunday, March 30 8AM-NOON
at Union Hall
1984 Wolf Grove Road,
corner of Tatlock Road,
Mississippi Mills

Join neighbours and friends to celebrate the coming of spring. Enjoy buttered pancakes with local maple syrup, bacon or sausages, beans or blueberries, juice, coffee and tea.

Gluten-free option available.

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Catching Up Slowing Down with Mike Nickerson

Mike Nickerson was last featured in theHumm in March of 2009, after the release of his book *Life, Money & Illusion: Living on Earth as if we want to stay*. The “Life” in the title refers to the biological processes by which living things maintain themselves over time; “Money” to the current economic ideology that states that as long as

by Kris Riendeau

the volume of money changing hands increases, all will be well. “Illusion” refers to the fact that these two perspectives are directly opposed in terms of how they would solve current problems, and therefore one of them must be mistaken.

Since then, Mike has spent a good deal of time touring, encouraging people to consider the choice between the “life” approach and the “money” approach. He finds that interest in the subject matter continues to grow. His plan for the next several years is to stay closer to his home in the highlands of Lanark County, and try to put his vision of how we might live a generation from now, into practice. In the words of Mahatma Gandhi, he intends to be the change that he wishes to see in the world.

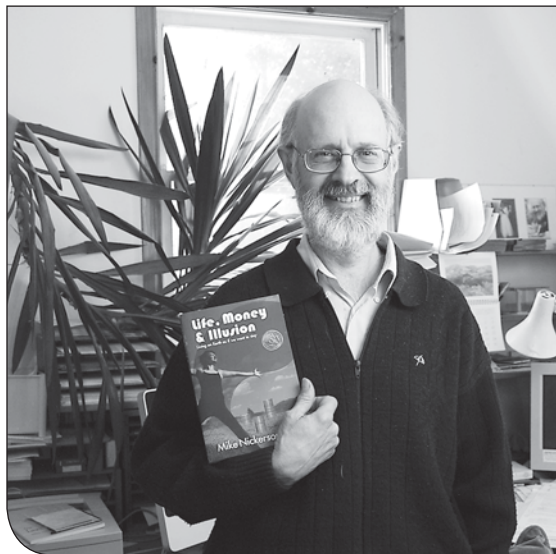
In order to give that change a physical hub, one of Mike’s first goals is to build a minimum energy building that will be used as a gathering place where people can come and learn more about the principles and practices of what he refers to as an “eco-village”. This project is in its early days, and at this point Mike is interested in hearing from people who might want to be in on the planning from the ground up. As outlined on the Transition Perth website <transitionperth.ca>, the Lanark Eco-Village project ultimately aims to “build a domestic ecosystem capable of providing its residents with a comfortable dwelling and a perpetual food supply, without an ongoing need for fossil fuels.” The settlement will be dedicated to helping others to do the same.

The motivating force behind his book, the Eco-Village project, and pretty well everything else Mike engages in, is a desire to move our species towards long-term well-being. Fortunately, he is a prolific and clear writer, and if you are at all intrigued by this limited glimpse into his world, I highly recommend checking out his website at <sustainwellbeing.net>. There you’ll find not only food for thought, but also great online resources, including a free eleven-part mini-course entitled *Shifting Society’s Goals*.

From the Ground Up

Mike encourages a relatively easy (and delicious) way to move towards both sustainability and well-being: engage in the local food movement. “We need to take responsibility for the next generations — in their lifetimes; food supplies might not be available as they are now, and we need to ensure that all the nutrients people need are available for our children and grandchildren,” he explains. Fortunately, locally produced food delivers better nutrition and taste, because it does not have to be optimized for transportation and shelf life.

Along with some friends, Mike has been tending a 9000sq.ft. garden for the past two summers. Last year, their planning started to reflect the goal of how they might actually cover their food needs for the year. Among other approaches, that has meant broadening the palate’s palette of greens to include everything from spring’s nettles and lambs-quarters right through to chard and kale in the late fall. He has also been experimenting with drying



greens in a solar dryer and adding them to sauces and soups through the winter. When I spoke with him in January, he was still eating fresh kale direct from the garden.

Meeting all or at least more of our own nutritional needs this way may seem like an ambitious goal, but Mike is optimistic that hyper-local food production could actually become the norm again, as it was a few generations ago. He explains: “in cold climates, it has long been the custom to build homes with a heating system. A home without such a system would be seen as incomplete. I’m suspecting, as transport fuels become expensive in the years to come, that a home built without a food supply will be considered incomplete. Such domestic ecosystems can be built for individual homes, for villages, or perhaps even cities. All would benefit from secure local food production.”

Shifting Our Goals

Mike is also optimistic that “we could have a well-fed, comfortably-housed, educated and healthy population on ten percent of our current resource consumption and waste.” In order to do so, however, he understands that we first need to shift society’s goals. As it’s been a while since I read his book, he was kind enough to walk me through a mini-course on how that could be achieved. First of all, we need to design and build “stuff” to be durable rather than to become obsolete. Secondly, we must reclaim the value that past generations used to allocate to durable objects (and as Mike succinctly puts it, “if the economy can’t handle that, then we need to fix the economy”). Finally, we need to learn as a society to seek satisfaction in living, not in “stuff”.

Slow Down and Enjoy...

Mike’s tough message seems to be that things on planet Earth are getting pretty dire, so we’re really going to have to learn how to slow down and enjoy ourselves. We must take pleasure from experiences rather than acquisitions, and appreciate activities like making music, food and art on our own and together in our communities.

To someone like me, who lives on a dirt road close to a small and vibrant community, that sounds fairly achievable (and heck, kinda fun!). But I do understand that I am not exactly representative of Canadian society, over 80% of which lives in an urban setting. And in fact Mike is adamant that “integration with the natural world” is key to this societal shift. A political shift is also required, given that currently “the way to get elected is to promise the inheritance of your grandchildren to your constituents today”.

Can we really work to achieve these ambitious-sounding goals? Mike turns the question around and asks: “is it proper, now that our biggest problems result from our size, to have growth as a goal?”

...And Get Involved

The best way to tackle this shifting of societal goals is to get together with other enthusiastic folks. If you’re interested in the “planning stages” of the Eco-Village project, please contact Mike via his website at <sustainwellbeing.net>. If you’re more keen on jumping right in to the “doing” stages of working on food system issues, you are encouraged to connect with Donna Silver of **The Giving Harvest** — a Perth-based initiative that will be harvesting untended fruit and nut trees on private and public property, and distributing that harvest to organizations in the area that are working towards food security, with a percentage distributed to the harvesters and the property owners. Plans also include selling young fruit trees later in the season in order to expand the edible fruits available locally. Volunteers are most welcome, and can contact Donna at <donnasilver@mac.com>.

Another way to jump into the local food fray is to explore **food-coreLGL** — a partnership of people and organizations from the food, farming and community sectors in Leeds, Grenville and Lanark. The group includes growers, producers and local governments, as well as those working in poverty reduction, health, and emergency food supply. foodcoreLGL is currently creating a Food Charter as a guide for action on behalf of individuals, communities, and those involved in food and farming. For more information about that organization, visit <foodcoregl.ca>.

Adults \$20
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Learning in Almonte

A new series starting on Thursday, March 27

Stratford’s Shakespeare
by Dr. Ian Cameron

Focusing on plays to be presented at the 2014 Stratford Festival: *King Lear*, *King John*, *A Midsummer Night’s Dream*, and *Antony and Cleopatra*, as well as Noel Coward’s *Hay Fever* and Brecht’s *Mother Courage*.

These courses are six weeks in length.
Each comprises one two-hour lecture every week,
from 1:30-3:30 in the Almonte Public Library Classroom.

No final exam, but lots of discussion time! \$75 per course.

To register contact Don Wiles at 256-4376 or
don_wiles@carleton.ca

Backseat Bill and the Case of the Mysterious Ingredient

Disclaimer: Please consult your interior design, baking and automotive experts before heeding any of the following advice. Got a question? Email Miss Write at <misswrite@thehummm.com>.

Dear Miss Write,

I am a 60-year-old man who has recently begun to date again. My question is... am I required to clean the inside of my car for

by Emily Arbour

a date? It's our third get-together. I see my options are a) rent a new model car (spic and span), b) have my car fully detailed (by a friend — I hate cleaning cars), c) ask my date to please not look in the backseat (and only clean the front seat), or d) only date blind women. Please help (my date is tomorrow night).

— Backseat Bill

Dear Bill,

I fear you will not receive this in time for your date, but I'll hope that it went well in spite of your slobbish tendencies, and that you'll put this advice into play for date number four. You *have* to clean your car. If this woman sees your vehicle is a sty, she's going to assume your home is probably the same (it is, isn't it?) and your chances of her ever selecting *you* as a cohabitant will be diminished. Unless you're really, really special. And even then. Ain't nobody special enough to convince me to clean up after them until death do us part. That's my advice. Clean your car. Failing that, a, b and d are your only options, friend. Every smart girl checks the backseat. Especially when asked not to.

Dear Miss Write,

Valley Design Co. is an independent paint store in a big box neighbourhood. Although many prefer the department store shopping experience, our customers come to us for knowledge and advice. We provide two experienced staff on the floor at all times, hence our level of service is *valuable*. A customer was overheard at a local paint counter (big box retailer) saying to a lady who was having colour issues: "You should do what I do. I went to Valley Design Company to get help choosing my colours, tiles, and counter. Then I came here." Any suggestions? This practice is becoming a problem.

— Paul Sorfleet

Dear Paul,

I feel you, friend. If I overhear one more person utter the words "I could make that" in my shop I might blow a blood vessel in my left temple. I'm reading a really great book right now called *The Book of Business Awesome* by Scott Stratten. One of the very first points Stratten makes is about how much more important it is for businesses to focus on customer retention than on customer acquisition. When we nurture the existing relationships we have (a bird in the hand and all that), we gain client loyalty, we open ourselves up to word of mouth (best advertising ever!), and we attract new clients (we make more money).

I think the answer here is education. You need to (constantly) remind your customers what makes shopping at VDC a valuable experience. I'm going to go ahead and take a wild guess that, as a smaller business, customer service is one of your biggest added values. In fact, I know it is. So how do we communicate that your service is valuable in a way that might justify a marginally higher price point? I'm not sure what your cur-

rent incentive programs are, but I can think of a few ideas off the top that might keep business in-house. Do you have a good referral program for example? Do you offer painting workshops, or provide clients with tips and tricks to doing the job right? I know that you keep a history of paint colours for every client so that twenty years from now when they need a touch-up of the same colour, you're able to call it up for them. That's awesome. Do you tell people you do that? If I were you, I'd sit down with my bad self and make a list of all those little things I'm already doing that make me different/better/more awesome than the big box shops. I'm sure it's quite a list. Let's blow it up and let people know about it. (Maybe even in next month's Humm ad).

Dear Miss Write,

What's with all the weird recipes circulating right now? Does someone make money for calling cake mix or pudding an ingredient?

— Baffled Baker

Dear BB,

I would say your hunch is right on the money. Social Media Marketing is a real profession these days. Duncan Hines, Jello and the like are most definitely tracking your online searches and targeting you as a potential customer. If you Googled "easy dessert recipes" (or something along those lines) or "liked" a recipe on Facebook at any point in your online history, there is an excellent chance that your information got added to a database. Three years ago when I had my son, I found myself searching things like "how to get my baby to sleep" and "best diapers for boys" and I am forever being creeped right out by how "they" seem to know exactly what I need for each age and stage. Just this week I got an email coupon for Pull Ups. I nearly pooped my pants.

— Emily Arbour is a freelance writer, mother, and shop owner who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking Bill how to get coffee out of the cup holder in his console. Only difference is he doesn't have a column in this fine publication.



"Blue Light on the Creek" by Edwina Wood

Gallery Perth and Perth Picture Framing is For Sale
The owner is retiring.

Artists featured until April 28 include Linda Bergeron-Baril, Bonnie Brooks, Aili Kurtis, Suzette MacSkimming, Doug Mainse, John Mlacak, Monika Seidenbusch, John Schweighardt, Wayne Williams, Edwina Wood, Cristina Del Sol, Sally Chupick, Lorraine English, Diane Black, Nat Capitanio, John Alexander Day, Carole Malcolm, Dirk Mietzker, Jim Weller, Donna Lynd, Krista Cameron, Connie Strang, Karen Whyte, Margaret Ferraro, David Osborne, David Zimmerly, David Sentesy, David Armstrong, Larry Bracegirdle, Joyce Devlin, Garnet Hazard, Greg Robinson, Richard Charlebois and Marc Brzustowski.

Gallery PERTH Code's Mill, 17 Wilson Street East, Perth
613-264-8338 galleryperth.com

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Campfire Fun, 10AM-2PM: March 2, 9, 16 & 23
Maple Run Studio Tour: March 29 & 30
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Pine-ing for Tree Planting Time?

Ed Lawrence is Tree-note Speaker at Tree Talk and Forest Forum on March 18

Near the end of a long cold winter like this past one, people (and puppets) sure do find themselves beech-ing about the weather and pine-ing for spring. Well, the Town and Chamber of Commerce of Mississippi Mills are partnering up

by Miss Mills, Puppet Reporter

to organize **Branching Out — a Tree Talk and Forest Forum**, featuring our very own **Ed Lawrence** as tree-note speaker!

On Tuesday, March 18, come on out to the Almonte Old Town Hall at 7PM to find out all you need to know about planting new trees and tending to existing ones. Want to know what species will best suit your space, how to dig safely on your property, or how to prune and care for your foliage? You'll hear from Ed, and then have a chance to ask questions of a panel of arboreal experts.

Ready to jump in and buy a tree? The Chamber will be there with access to their tree sale site, where you'll find a wide variety of large (6'-8') fruit, shade and flower trees. Want to plant a whole lot of smaller trees? The Town's Beautification Committee will have several species of seedlings for sale. Looking for an environmentally sound way to keep your trees and garden watered? The Neighbourhood Tomato Community Gardens Project will also be there, selling 220-litre rain barrels for only \$55.

And if you're still looking for other ways to "spruce" up your property for spring, you're in luck! The Branching Out event will also feature a mini trade fair with information and displays from local landscapers, horticulturists and garden services. Best of all, the event is free of charge, so mark your calendar for March 18!

If you are unable to make that date, you can purchase large trees from the Chamber by visiting mississippimills.com/trees or calling Kathryn at 256-7886 until April 24. Call Bonnie at 256-1077 x21 by April 18 to order seedlings, and visit rainbarrel.ca/tomato or call Deanna at 256-7535 to place your order for rain barrels. All trees and barrels will be available for pick-up from the Mississippi Mills municipal office on Saturday, April 26. For more information about Branching Out (or to reserve a spot at the trade show if you are a garden-related business in Mississippi Mills), please call Bonnie at 256-1077 x21.

More About Maple

As March is the height of maple season in Lanark County, the month wouldn't be complete without a visit to one of our local sugar bushes. In Mississippi Mills, Fortune Farms fortunefarms.ca is open from 10-5 daily with walking trails, both modern and traditional syrup-making techniques, taffy-on-the-snow, and appearances by The Kettle Boys and The Shanty Men.

Fulton's Pancake House fultons.ca is also open daily, from 9-4 throughout the season, offering fun outdoor activities for all ages. New at Fulton's this year are campfire visits from Chad Clifford of Blueberry Mountain. Chad brings a wealth of wilderness knowledge (bushcrafting and survival skills, animal tracking and more!), and will be demonstrating sap boiling around the fire in a cast pot, birchbark craft, primitive fire starting, and the shaving horse (a combination of vice and workbench with a foot-operated clamp). Chad will be on-site on March 2, 9, 16 and 23 from 10AM-2PM.

Upcoming Events

Here are a few things coming up later in the spring that you won't want to miss. On March 22, try out some delicious soup made by local chefs at the annual **Soup for Thought** fundraiser for the Mississippi Valley Textile Museum. Sittings are at 11:30AM and 1:30PM at the Museum, and the \$20 admission lets you keep your beautiful handmade bowl (generously donated by the Almonte Potters' Guild). The event will also include a wonderful silent auction. For information, visit mvtm.ca or call 256-3754.



Tree art by Sarah Moffat

Then on April 4-6, you can help give your home a new lease on life by attending the **Pakenham Home Show**. With over 60 exhibitors, you're sure to find that special something — or someone — for your home, cottage or garden needs. As always, music features prominently, so plan to add in an Ol' Tyme Round and Square Dance on Friday, or catch the Douglas Connection on Saturday and Sunday. For more information, call 256-1077.

Last but not least, Saturday, May 10, is the date of this year's **Young Awards Foundation Gala** — the fabulous annual event that raises funds for dynamic arts initiatives in the schools of Mississippi Mills.

But you need to remember the date of April 15 as well, because that's the deadline for buying your early bird tickets (\$75 each or \$600 for a table of eight). After that, tickets are \$85 each (and tables are no longer available). Since 2010, the Foundation has awarded over \$50,000 to local schools, and this is your chance to help contribute to next year's projects! Tickets are available online at youngawards.ca, by emailing pmansfield@bell.net, or from Foodies Fine Foods or Mill Street Books in Almonte.

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Stratford's Shakespeare

Lovers of both Shakespeare and the Stratford Festival will welcome Professor Ian Cameron's return to the **Learning in Almonte** program. This spring, he will focus on plays to be presented in Stratford in the 2014 season. In his six-lecture series, he will discuss *King Lear*, *King John*, *A Midsummer Night's Dream* and *Antony and Cleopatra* — one play each week. In addition,

he will analyse two further Stratford plays: Noel Coward's *Hay Fever* and Brecht's *Mother Courage and Her Children*.

This non-credit course will take place on Thursdays from 1:30–3:30PM, starting on March 27, and will be held in the Almonte Library classroom. The cost will be \$75 per person for the entire course, which includes thought-provoking discussions but no ex-

ams. Registration is by email to <don_wiles@carleton.ca>.

Dr. Ian Cameron has been a Professor in the English Department at Carleton University since 1967. He has been primarily interested in Shakespeare and other playwrights of that time. He has given several Learning in Almonte courses involving other Shakespeare plays.

A Valley Death Café

A what?! A Death Café is not so much a place but rather an event. Participants gather over cake and beverages and have a conversation about death with an amazing quality of dialogue.

The first Death Café was offered by Jon Underwood in 2011 in the UK. Since then, the concept has spread throughout Europe, the USA, Australia and Canada, with over 562 being held since its inception. Underwood based his model on the work of Bernard Crettaz, a Swiss sociologist who maintains that talking about death leads to authenticity.

And how does the Death Café unfold? Well, after being wel-

comed by the host, the group itself leads the discussion with participants bringing their own insights, ponderings and points of view. Some may come with an experience of death that has impacted their views; others may want to discuss how death has taught them to live. Participants are asked to treat each person's input with respect and confidentiality. This is not a debate forum but a place of respectful sharing where people are welcome to discuss the topics they wish. For example, some discussions have considered living memorials, green funerals, planning your funeral, bucket lists, what

happens after death, and more. Underwood says: "When people sit down to talk about death, the pretense kind of falls away, and people talk very openly and authentically, and they say things in front of strangers which are really profound and beautiful..."

A study by the charity Dying Matters found that more than seventy percent of us are uncomfortable talking about death, and that less than a third of us have spoken to family members about this. Underwood explains: "We just want to create an environment where talking about death is natural and comfortable."

It is important to note that a Death Café is not a bereavement/grief support resource. There is also nothing being sold and no particular philosophy or religion being promoted. This is non-denominational and non-profit.

The Valley Death Café will be held on Sunday, March 23, from 2–4PM at the Brunton Community Hall, Blacks Corners, at the corner of 9th Line and Hwy 15, just south of Carleton Place. Patti Koeslag, a Life-Cycle Celebrant, will be hosting the event. There is no cost (a small donation towards minimal expenses is appreciated). Visit <deathcafe.com> to register or call Patti at 253–3099.



Check out the Valley's first Death Café on March 23



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Boxcar Boys Bring Eclecticism to MERA

The next concert in MERA's Sunday Schoolhouse Concert Series brings a refreshing new mix of Klezmer, jazz, folk and gypsy music — performed on traditional New Orleans instruments — to the MERA Schoolhouse in McDonald's Corners. The Boxcar Boys bring their lively and entrancing mix of sounds and styles to MERA on Sunday, March 30, at 2PM.

The Boxcar Boys deliver a veritable gumbo of musical styles, performed with a good-time New Orleans spirit. The band is bigger than the sum of its parts, with the combined forces of clarinetist and tunesmith John David Williams (Jaron Freeman-Fox and the Opposite of Everything, The Roofhoppers), jazz master Karl Silveira on trombone (The Lemon Bucket Orchestra), violin whiz Laura C. Bates (Trent Severn, Del Bel), soulful accordionist Ronen Segall, and Juno nominee Rob Teehan on sousaphone (Heavyweights Brass Band, Saidah Baba Talibah).

With their first album *Don't Be Blue* they caught the ears of critics across the country, placing on the *Ejazznews* list of Best Canadian Jazz of 2011, receiving 3.5/4 stars in the *Toronto Star*, and praised in *Wholenote* and *Canadian Folk Music* magazines.

Their new album *Rye Whiskey* further explores their unique instrumentation as they delve deeper into both the jazz and folk

genres. These fifteen live-off-the-floor studio tracks showcase the band's raw acoustic sound and lively performances. Their ability to effortlessly switch from gritty sprawling blues into a tight western swing number or an emotive tango is demonstrated in compositions by all band members. *Rye Whiskey* also features charming vocal renditions of folk classics *Sam Hall*, *Rye Whiskey*, and *Freight Train*, a joyous instrumental performance of *You Are My Sunshine*, and a sentimental lullaby written by composer Joe Ernewein. The band is joined by bluegrass mandolin virtuoso Adrian Gross (Slocan Ramblers) on several tracks. *Rye Whiskey* captures The Boxcar Boys at their finest, musicians with appreciation for old jazz and folk music, who have honed a sound that is undoubtedly their own.

The Boxcar Boys have performed at The Beaches Jazz Festival, The TD Jazz Festival, the Scotiabank Marathon, Scotiabank Buskerfest, Blissfest Festival (Harbor Springs, Michigan), Rogers Tennis Cup 2012, Northern Lights Festival (Sudbury), Blue Skies Festival (Clarendon), and Savour Stratford (Stratford). Wherever they appear, the critical acclaim is unanimous. Paul Swoger-Ruston from *Canadian Folk Music* enthuses: "While each member of the band is a virtuoso in his or her own right, it is the groove, dedication to the tunes, group synergy, and a keen sense of humour that sets them apart from many other bands."

The Boxcar Boys appear at MERA Schoolhouse in McDonald's Corners on Sunday, March 30, at 2PM. Advance tickets are \$22 (including service charges) and are available from Tickets Please at 39 Foster Street in Perth (Jo's Clothes), by phone at 485-6434 or online at <ticketsplease.ca>. Tickets can be reserved at Tickets Please and held for pick-up at the door.



Catch the Boxcar Boys in concert at MERA on Sunday, March 30

Organists Gather in Perth for Concert

Regular concertgoers have probably had the opportunity to attend a recital by an organist at some point in their lives, but how many times have they had a chance to hear several organists in one program? That opportunity is coming up on Sunday, March 30, at 3PM at St. Paul's United Church in Perth, when members of the Kingston Centre of the **Royal Canadian College of Organists (RCCO)** gather for their annual Members' Recital.

The RCCO, founded in 1909, is a national association of organists and church musicians in Canada, whose aim is to promote a high standard of organ playing, choral directing, church music and composition.

Brad Mills, Director of Music at St. Paul's, is a member of the Kingston Centre of the RCCO and is hosting the event. "I'm really looking forward to having my musi-

cian friends and acquaintances play the St. Paul's organ — it's one of the finest instruments between Ottawa and Kingston. It's a 1939 Casavant that was enlarged and rebuilt in 1981, shortly after I arrived at the church," he explains.

Dr. David Cameron — Mills' former teacher at Queen's and a consultant on the 1981 rebuild of the organ — will be one of the performers. He and Fran Harkness will be performing a movement from Cameron's *Sonata for Organ, Four Hands*.

Pianists in the area are encouraged to attend. The RCCO Kingston (and Ottawa) Centre administers a program of scholarships to offer beginner organists of all ages a series of lessons with a qualified professional. For information about the concert, please contact Brad Mills at 267-5967 or <millham@sympatico.ca>.

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Who's Coming on the Hike?

Hey kids — are you looking for something fun to do on your March Break? Why not bring your parents, grandparents, aunts and uncles out for an afternoon adventure? The Rideau Trail Association is organizing a family hike at the **Perth Wildlife Reserve** on Saturday, March 15, at 1PM. We'll explore the trails and end up with hot chocolate and cookies in the cabin.

The pace will be slow and the 3km route will be appropriate for children of most age groups. Please leave your four-legged friends at home though, as dogs are not permitted in the Reserve. The walk will go ahead, rain, snow or sunshine, so please wear appropriate footwear and protective clothing. You may also want to bring some drinking water and a snack.

The Perth Wildlife Reserve, part of the Tay Valley Marsh, is located at 100 Wildlife Road, just east of the juncture of Wildlife Road and Rideau Ferry Road. There is no cost for the walk, but there will be a parking fee of \$6 per vehicle.

Hope to see you out and exploring nature with some experienced hikers. For additional information, please contact Dorothy Hudson at 283-0332.

The Mystery of Maple

It was a dark and stormy night. The clouds had been building in the west during the afternoon and finally the rain arrived at dusk, along with a light fog; altogether a very unpleasant evening. And the sap was running. Hard! After all my years of tapping trees and making syrup, I am still surprised by things that happen in the sugar bush. Evidently the low atmospheric pressure accompanying the storm had stimulated the sap to flow.

There is considerable pressure inside the tree in the spring, which forces the sap to the tips of branches and, of course, to drip out of any break in the bark, such as a tap hole. Just why the rainy evening with a temperature just above zero Celsius triggered a sap flow is a bit of a mystery. If the rainy, foggy weather continues, the sap can run nonstop for twenty-four hours or more.

Usually a cold night is needed to create a vacuum in the tree, to pull fresh sap from the roots. The sun the next day warms the tree, creating a pressure inside the tree that forces the sap to flow out of the tap hole. Whatever the situation, the syrup maker must be ready — even if it means working all night to keep up with the sap, it must be done.

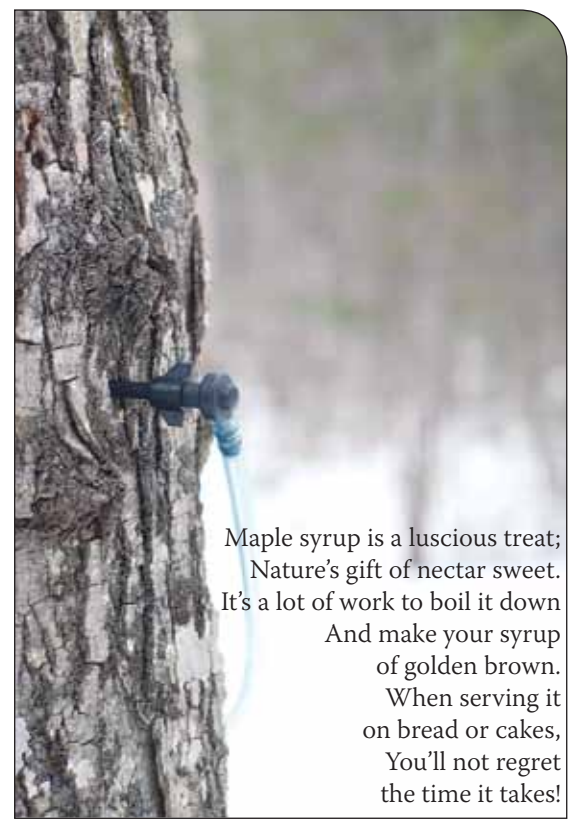
There are advantages to stormy, cool weather: the sap stays fresh, the evaporator boils well due to the low pressure, and the syrup is usually of excellent quality. The disadvantage is that gathering the sap from the buckets can be a very wet experience. Also, when the humidity is so high, the steam builds up in the sugar shack and condenses on metal surfaces. Sometimes, if there is a metal roof, it starts to drip, making it very uncomfortable for the syrup maker. With modern tubing systems and steam hoods on evaporators, these are no longer problems. Provided that you are not exhausted from working all day ahead of time, making syrup late at night is an enjoyable experience. The usual hustle and bustle at the sugar house is stilled and it's just you, the evaporator, and the golden syrup flowing from the pan.

We are often asked about the different colours and flavours of syrup. The flavour is due in part to the composition of the soil in the sugar bush. Rocky sandy soils, such as those found in Lanark County, seem to produce a particularly good maple flavour. The colour in syrup is produced during the boiling process. Early in the season, the sugar in the sap

is nearly all sucrose. As the season progresses and the weather warms, the percentages of glucose and fructose increase. Sucrose and glucose are stable at the boiling point of syrup, but fructose is unstable at this temperature, and some will turn to caramel. This gives syrup its amber colour and adds to the flavour. Late season sap has more fructose, so the syrup is darker, and has a stronger flavour, which some people prefer. Fortunately, it's not necessary to know all of this science to make maple syrup. The process is forgiving and self-regulating, so most syrup — even that made in backyard systems — is very good.

Every year in the sugar bush is different. Last year was an excellent year for syrup-making, possibly due to the dry summer of 2012. This past summer we had ample moisture, which was good for the trees. Only time will tell about the quality and quantity of this spring's syrup. If we removed all the mystery from making maple syrup, it would still be done, but would not be nearly so rewarding.

— Ray Fortune, Fortune Farms



Maple syrup is a luscious treat; Nature's gift of nectar sweet. It's a lot of work to boil it down and make your syrup of golden brown. When serving it on bread or cakes, You'll not regret the time it takes!


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Sweet As Maple Syrup

Sweet Alibi & Dusty Drifters at Folkus

It is almost spring, and in this part of the world our thoughts turn to sweet things like maple syrup, canoodling, and music. Folkus will close out a sweet season on March 22 with Winnipeg's own Sweet Alibi and Ottawa's Dusty Drifters. Regular patrons know that there are two things the Almonte Old Town Hall loves — strings and vocal harmonies — and this time we'll have a little of each, sweet as maple syrup.

There must something special in the water in Winnipeg — or maybe it's those long winters — but the bands from this town are always really tight. **Sweet Alibi**, who graced the Cedar Hill Schoolhouse this past August, are no exception. An all-female trio, they are Jess Rae Ayre, Michelle Anderson and Amber Quesnel. The ladies share songwriting and arranging duties and their tastes are diverse, ranging from old-school R&B to Appalachian crooners; they have added a soulful pop overlay with their most recent album, entitled *We've Got to...* Regardless of genre, throughout their work, the fundamentals of great singing, harmony and songwriting remain key. The band has been getting plenty of airplay on CBC Radio, charting nationally with their single *I'll Wait*. We were lucky they caught the ear of our artistic director, Amanda Sears, on their way up, because we're sure they're on to bigger things.

The **Dusty Drifters** are well known throughout the Ottawa Valley, and have anchored many an evening of bluegrass. A five-piece band featuring Paul Roberto on guitar, Gilles Leclerc on mandolin, John Steele on banjo, Stuart Rutherford on dobro, and Michael Ball on fiddle, they bring a full, warm sound to the stage. They are guys who like to play fast; they say their music is good for campouts, swimming holes, festivals, and late late nights. Their tight playing and sweet harmonies are sure to set you humming.

Call for Submissions

Folkus wants to hear from you! We do try to bring you the next big thing, but sometimes you know it before we do. We want to bring in the talent you're dying to share with the rest of us. If your brother's sister-in-law's cousin has the best band ever, we'd like to know about it. We'll be passing out a paper survey at the next show, and will also provide a link at <folkusalmonte.com>.

Folkus concerts are a rare chance to see bands up close and hear them as they're meant to be heard. All shows are on Saturday evenings at the Almonte Old Town Hall. Show time is 8PM; doors open at 7:30. You can get your tickets online or at Mill Street Books in Almonte and Compact Music in the Glebe. Individual concert tickets are \$30 per show (\$15 for students). But our February show sold out the week before — there are no guarantees the day of the show — so get your tickets early! Ticket updates are posted to our Facebook page <facebook.com/folkusalmonte> and twitter feed <@folkusalmonte>.

— Sandy Irvin



Sweet Alibi (above) share a double bill at the Folkus concert on March 22

March Into the Museum

The Heritage House Museum in Smiths Falls is offering a week full of fun half-day workshops for kids over the March Break.

On Monday, March 10, at **Once in a Minion**, kids aged 6–12 will craft their very own Minions to take home with them, and will be invited to laugh the afternoon away with a special screening of the movie *Despicable Me!* On Tuesday afternoon, participants can take part in an interactive **Family Tree Workshop** with local historian and author Jennifer DeBruin. All ages are welcome to participate, and parents or guardians are encouraged to work with their kids in this family-friendly event. Information on the Lanark County Genealogical Society will also be available!

Members of the Smiths Falls Curling and Squash Club will make a special appearance on Wednesday morning for **It's in the House!** — a Little Rocks curling workshop. Participants will get a special tour of the Museum's new curling exhib-

it, learn the history of curling, and make their very own curling souvenirs to take home. They will even get swept off their sheets next door at the Smiths Falls Curling and Squash Club with the chance to try curling themselves!

On Thursday, **Set the Bar for Healthy Living** with Jan Turner from Yoga For Balance. Jan will lead all ages in a healthy fun-filled afternoon with an introduction to yoga, homemade soap, lotion and bath-bomb making. Each participant will take home their own homemade items! Back by popular demand, the lovely ladies of Tammy's Nails will be stopping by on Friday for **Nail Art Salon** — an afternoon of fun and fabulous nail polishing techniques. Bring out your inner artistic diva with the many fun nail designs!

For more information and prices or to register for any of these programs, please call 283–6311. Heritage House Museum is located at 11 Old Sly's Road in Smiths Falls.



PRESENTS

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**Young Awards
Foundation**

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A Musical Month of March

With the winter Olympics played out, the February Blues a puddle in the rear-view, and a sunshiny spring tantalizingly on the horizon, welcome to the musical month of March. To quote *The Cable Guy's* Chip Douglas: "It's gonna be a good one!"

One thing Perthites do well to celebrate their own. They will do that in fine fashion on March 2, when old-soul, country crooner **Henry Norwood** plays the

by John Pigeau

Perth Restaurant. Henry, who is now 15, was a quarter-finalist in last year's CBC Searchlight Contest and a semi-finalist in the prestigious International Songwriting Competition out of Nashville for his song *Another Bottle Another Day*. This immensely talented young country singer-songwriter will be performing with CBC Search Contest winners **Sherman Downey and the Ambiguous Case**. "They played the Stewart Park Festival a couple of years ago and were a big hit," Henry writes of his set-mates on his Facebook artist's page. "These guys are a great Newfoundland folk/pop/Celtic mix that is a lot of fun to listen to... Come on out and get your Newf on."

Doors open at 2:15 and the show starts at 3PM, but I am going to highly recommend you get there early and enjoy a slice of — IMO, as the kids text — Perth's most

delicious pizza. This is an all-ages event too, so bring the whole family. For tickets (only \$20) and more information, contact Sue Tennant at 267-7902.

Just down the street, two nights later, you can catch **Sean and Miriam Keyes** at O'Reilly's Ale House. This Perth duo is a treat to hear. I am fearlessly predicting a packed house for these local favourites, so do yourself a favour and get there early, get a good seat, grab a cold pint and an order of — IMO — Perth's tastiest potato skins.

Carleton Place's **Brea Lawrenson**, another tremendously talented country singer/songwriter, takes the stage at O'Reilly's the following Tuesday (March 4). This show is not to be missed. Brea's musical travels have taken her far and wide — across Canada, to the UK, with frequent stops in Nashville to write and record. She's worked with some of the best in the business too, including The Family Brown's Barry Brown, Juno award-winner Keith Glass of Prairie Oyster, and world-class producer Stu Epps (Elton John, Led Zeppelin).

Brea is currently at work on her first full-length album, which will be produced and recorded in Nashville. Two songs from that CD — *Honey* and *With You Whiskey* — are now in rotation on many country radio stations in Canada and overseas. Brea has also thoughtfully dedicated the video of her song *If I'm Not Here Tomorrow* (you can see it on YouTube) to all military men and women. The video has aired over the Military Network

and on Majik 100's *Top 20 Countdown* TV broadcast. Brea was recently asked to perform the song on Parliament Hill at The Run for the Military Families.

Another of Brea's songs — *Black And Purple*, co-written with long-time friend and singer/songwriter Braiden Turner — was taken on by the Canadian Red Cross as the official anthem for their anti-bullying program, RespectED. Brea and Braiden received a National Citation for their advocacy work, and both became National Spokespersons for the RespectED program. Every year they tour Canada, performing in elementary schools, high schools and universities, educating kids, teens and adults about the importance of bully prevention. A wonderful musician with a huge heart, Brea's newest radio single is *Bottom of the Bottle*.

He's not exactly a country singer, but Canadian-born **Lorne Elliot** is many other things, and one of them is monumentally talented. Elliot, a popular humourist, storyteller, musician and playwright, visits Perth on Friday, March 21, for a special Perth Performing Arts Committee (PPAC) show at the Mason Theatre in PDCI. Elliott is well known for his work on CBC's weekly radio series *Madly Off in All Directions*, which ran for eleven years. His shows are uplifting, slightly mad, and charmingly entertaining. Showtime is 7:30PM. Tickets are \$30. Seating is reserved. Call Tickets Please at 485-6434 or buy your tickets online at <ticketsplease.ca>. And get them early!



PPAC brings the hilarious Lorne Elliot to Perth on March 21

Another PPAC production doesn't take place until April, but the unique musical act deserves the early mention. When **Quartango** comes to town on April 11, they will be touring their eighth studio album, *Encuentro*. This eclectic band is comprised of four highly accomplished musicians, whose music evokes deep emotions and sheds new light on the music of the tango, with elegance, sensuality, virtuosity, musicality, and humour. The band aspires to make a close connection with their audience, their vast repertoire characterized by refined musical arrangements. Their music explores Astor Piazzolla's tango nuevo, while hinting of jazz, the classics and Celtic music as well.

Showtime is 7:30PM at the Mason Theatre on Friday, April 11. Tickets are \$30, again through Tickets Please. Seating is reserved.

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For adults - class limited to 10
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- July 19 & 20 Making Patterned Foam Puppets** with Vicki Veenstra (at Vicki's studio near Pakenham)
For adults - class limited to 8
- April 26 Make a Puppet Show in a Day** with Rag & Bone Puppet Theatre
For kids 6 - 11
- June 7 Performing Puppets for TV or Youtube** with Trish Leeper
For adults - class limited to 10
- July 12 Sculpey Rod Puppets** with Jeff Banks
For kids 6 - 12 - class limited to 12
- July 19 Funny Foam Puppets for Kids** with Jeff Banks & Noreen Young
For kids over 8 limited to 15 in class

in the JB Arts studio at 64 Mills St. in Almonte to register call 613-220-3005 or visit bookwhen.com/jbarts

Artistic Signs of Spring

The Maple Run Studio Tour Celebrates Spring

The first signs of spring are beginning to appear, as the birds return, sap begins to rub in Lanark maple trees, and the **Maple Run Studio Tour** gears up for its 12th season. Shake off the winter doldrums and take a scenic drive on Saturday, March 29, or Sunday the 30th (10AM to 5PM), to indulge in sweet maple products and meet local craftspeople and fine artists on this popular self-guided studio tour. The tour

by Miss Cellaneous

will take you in and around picturesque Pakenham, the village that is home to North America's only surviving 5-span stone bridge.

Tour stops include Fulton's Pancake House and Sugar Bush, as well as studios featuring glass blowing, paintings (in oil, acrylic and watercolour), fine woodworking, photography, jewellery, pottery, miniature quilting, woven garments, and many more arts and crafts for you to discover. You will find artwork and crafts for yourself, your home, the garden, or for gifts. Enjoy seeing artists working in their studios and also visit the cluster groups in various locations in and around the historic village of Pakenham. No need to pack a lunch — there are several stops along the way that serve light meals and tasty treats. Don't forget to pick up a passport at your first stop and then have it stamped at tour stops, so that you're eligible to win one of three artist's baskets. If you get your passport stamped at all nine studios, your name is entered twice, for an extra chance to win!



Glass artist Chris Van Zanten will be participating in this year's Maple Run Studio Tour

Maps, with detailed tour stop descriptions, can be picked up at Fulton's Sugar Bush, any tour stop along the way (look for the green maple leaf sign), and the Pakenham General Store. You can also find the tour map at <mapleruntour.ca>, along with destination and artist descriptions, or phone 624-2062 for information. To be really up-to-date, follow them on Facebook!

Spring Into Art Conference

The annual Spring into Art conference is being hosted by the West Carleton Arts Society on Saturday, April 12, from 8:45AM to 4:15PM, at the Carp Memorial Hall. This event is popular with both artists and art lovers. Five speakers will educate and inspire on topics ranging from personal award-winning artistic journeys, to the formation of not-for-profit art organizations, to effective use of social media for art promotion and branding. A catered lunch is included in your \$70 fee. Registration is open and information is available at <westcarletonartsociety.ca/art-conference.html>.

Call to Artists

On July 12 and 13, at Haramis Park (O'Brien Blvd. in Renfrew), the Renfrew Art Guild will hold their third annual **Art in the Park**, a celebration of fine arts and fine crafts in the heart of the Ottawa Valley. They are looking for new artists to join them. Deadline for entry is April 1, and there is a juried process for new applicants. Applications are available at <renfrewartguild.com>.

For more information, see online or contact Frank Harper at 433-3208.

Call for Artists and Artisans

The **Crown and Pumpkin Studio Tour** invites artists and those practising fine crafts to join its 18th anniversary tour. The tour will take place on Thanksgiving weekend, October 11 to 13, in Mississippi Mills. Organizers want to expand the tour's range of offerings, and are particularly interested in fresh and innovative three-dimensional work. Does this sound like your practice? If "yes", they want to see your creations! Applicants are asked to submit at least five examples of recent work, and to include a brief biography and artist statement. Work is judged on originality of expression and concept, and quality of execution; new types of work will receive particular consideration. Deadline for submissions is May 15. Send application, including electronic images of work, to <barbara.mullally@gmail.com>. For information call 256-3647.

Indulge in sweet maple products and meet local craftspeople and fine artists in the historic village of Pakenham and surrounding area. Maps and detailed tour destination descriptions can be picked up at **Fulton's Sugar Bush**, any tour stop along the way (look for the green maple leaf sign), **Pakenham General Store**, visit www.mapleruntour.ca or call **613-624-2062** and follow us on Facebook for artists' updates.

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Gryphon Trio
James Campbell – clarinet

Saturday, April 12, 2014 8:00 p.m.

The effects of war are catastrophic but even during the darkest moments in history, the power of music is able to transcend human suffering. Now in its 20th year, the internationally-renowned Gryphon Trio is joined by virtuoso clarinetist James Campbell to perform two masterworks of the chamber music repertoire – Maurice Ravel's Piano Trio and Olivier Messiaen's *Quatuor pour la fin du temps* – composed because of war but for very different reasons.

Tickets available by mail or online at almonteinconcert.com.
Inquiries: 613-256-4554 or tickets@almonteinconcert.com

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Menopausal Woman of the Corn

Bagging the Bacon

Most Canadian children go through a traditional rite of spring as soon as they can say the word "maple". Each year in the month of March they are either led by their parents or endure some godforsaken field trip, to a sugar shack in the middle of the woods. There, one of the culinary miracles of Canada takes place, and they are introduced to maple syrup and something called "sugar on snow".

My father used to delight in making the sugary concoction for us every year, using the very snow that the cats had peed on. Years

As I looked at the Denny's menu, I noticed that they were proud sponsors of AARP. For us folks north of the border, AARP is an American organization leading positive social change and delivering value to people age 50 and over. I found that quite strange, due to the vein-clogging menu Denny's serves. We hear that the "medical system" is overloaded, and as I looked at their new "Hamburger Plate" with endless pancakes, I had to wonder about the whole darn thing. Did they create this new "Baconalia" menu to get rid of the overflowing senior population like myself?

Not really caring, I took my life in my hands and ordered the Pepper Bacon and Egg Slam and topped it off with the Maple Bacon Ice Cream Sundae. I secretly thought that my body might not make it to dessert and they might have to Medivac me out of there. But I succeeded, and the sundae was presented with a large spoon and loads of napkins.

by Linda Seccaspina

have passed, and spring now also usually means that the Tim Horton's Maple Double Dip Doughnut will be in "full-bloom" and Canadians rejoice!

Last year it was with great delight that I noted the American restaurant chain Denny's offering up their new "heart attack on a plate" menu of bountiful bacon meals with a hint of maple called "Baconalia". Their sacred festival of bacon offered something called "The Maple Bacon Ice Cream Sundae" and I was gung ho to try it.

The savory/sweet mix was wonderful — and as I waddled to the car, I thought of how much each "hit" of maple reminded me of my childhood. Knowing that I would have to write about my food journey at length, I was glad I remembered the words of Winston Churchill, and that eating words would not give me indigestion... but I could not vouch for what was now moving down into my colon.



Have you been to the **White Lilly**? If not, you have until March 15 to find out what the buzz was all about these last 3 years. The White Lilly is the **ONLY** store in North America to sell **Goddess on the Go** eco-friendly, easy-to-wear, easy-to-care-for ladies' fashions... so far! Now it's time to bring **Goddess on the Go**... on the go, as we take

these fabulous fashions across North America to other retailers. Don't worry though — we won't be Go-ing too far! Make an appointment with me in my design studio or place an order through lillywhite.ca or lillywhiteangels@sympatico.ca.

Until March 15, come in for our **BLOW OUT, SHOUT OUT, CARRY OUT** sale.

THANK YOU to all who have supported the White Lilly. We have valued your loyalty and, most of all, your friendship. A special thank you to Gord Pike, Rona Fraser, theHumm, Kathie Donovan, Leanne Cusack and more friends at CTV. And to the beautiful souls I've had the pleasure of working with on a daily basis: Diana, Valerie, Suzanne and Maureen.

Time for me to embark on new adventures — there are books to publish, shops to travel to, workshops to facilitate, and grandchildren to spoil.

With deep gratitude, *Lilly*

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Unrequited Love, Deception and Golf!

Love and mounting misunderstandings between two young people. Unrequited love. Lies and deception. The angst of golf, the thrill of competition, the triumph of virtue over deception. Sex and the promise of sex. And fast-paced dialogue and action. All of these are hallmarks of the classic English farce of the 1930s and '40s.

The Fox on the Fairway is a fast-moving script from Ken Ludwig, one of the best playwrights in modern theatre. This adult play features lightning-quick dialogue, twisty plot lines, mistaken identities, deceptions, physical action, and zany characters. It explores all of these elements in a fun, fresh way and holds the audience captive throughout each scene.

In *Fox*, a golf tournament between rival clubs provides the backdrop against which frictions, lies, deceptions, and intersecting love affairs play out. Although the game of golf lies at the heart of the story, rest assured that you need not have an interest in or even the slightest knowledge of the technical aspects of the sport to enjoy the plot as it unfolds in the country club and on the fairway.

Fox presents six rich archetypal characters. The string of misunderstandings between them gives rise to mounting tensions, all of which are played out in a hilarious storyline dotted with twists, turns and surprises, not to mention a good many entrances and exits on the part of the characters.

There is Louise, the ingénue — young, volatile and emotional — who is madly in love with Justin, a nervous protégé and mama's boy who is also young, volatile and emotional. He is also an awesome golfer. Bingham, the protagonist and Justin's mentor, is middle-aged, tense and grumpy. He is not madly in love with his wife, and in fact is secretly in love with... but let's not divulge any more details for fear of giving away too much of the plot.

The character of Dickie is a scheming, conniving villain who has very bad taste in sweaters. To complicate matters, we have Pamela, a strong,

sexy middle-aged woman with a unique secret birthmark, who was previously married to one of the characters and is secretly is in love with... *oops!* Pamela doesn't mind a strong drink and is not afraid of strong language. Finally, there is Muriel, a middle-aged, bitter dowager with all the charm of an old battle-axe. She loves her antique shop and has a vested interest in a mysterious Chinese vase, which features prominently in one of the scenes.

The Fox on the Fairway is a great tribute to classic theatrical farce. Director Brian McManus had a lead role in another classic Ludwig farce, *Lend Me a Tenor*, twice in the 1990s, and he is eager to celebrate the 25th anniversary of *Tenor* with this recent hit. *Fox* follows on the heels of the award-winning parody of farce, *Noises Off*, which was



Those madcap Mudds are gearing up to present *The Fox on the Fairway*, opening on March 28

presented two years ago in the Carleton Place Town Hall. Like *Noises Off*, *Fox* has found a stage in Carleton Place and is sure to keep the audience enthralled and laughing until the very end.

The Mississippi Mudds will present *The Fox on the Fairway* at the Carleton Place Town Hall, 175 Bridge Street, on March 28 and 29 and April 4 and 5 at 8PM, and on March 30 at 2PM. Tickets, \$20, will be available at the Carleton Place Chamber of Commerce (132 Coleman Street, 257-1976). For more information, please visit <mississippimudds.ca>.

— By Lise Corbett



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Let's Spend the Night Together Benefit Dance for Brooke Valley School

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BVS is an alternative, rural, private school. Its doors have been open for over thirty years, serving grades one through eight. Without public funding, the school needs to charge tuition and fundraise for its operational budget. This can be challenging with a school population of 12 to 14 students a year.


Last year, **The Dead Flowers — A Tribute to The Rolling Stones** (Terry Tufts, Kathryn Briggs, Ken Workman, Sean Burke and Don Kenny) held a benefit show at Maberly Hall. The room was full of energy, happy faces and dancers spanning the ages

of 5 to 75. The event was a great success — one that everyone thought bore repeating!

On Saturday, March 29, at Maberly Hall (172 Elphin Maberly Road, just north of Hwy. 7), Brooke Valley School and The Dead Flowers will come together again for a not-to-be-missed night of fun and community spirit. Doors open at 6:30PM with opening acts of young local talents, and the show/dancing will start at 7:30PM. There will be door prizes, a silent auction and specialty non-alcoholic drinks, and all can celebrate the spring sap run with many maple treats (sweet and savoury). Tickets are \$20 for adults (sliding scale available at \$10), \$5 for students, and kids under 14 are free. Tickets may be purchased at the Riverguild (51 Gore Street East in Perth) or at the door. Questions? Call Erin at 812-3425.

For further information about Brooke Valley School or to make a donation, please visit <brookevalleyschool.ca>.

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"Spring into Art II"

Spring 2014 Art Conference & Luncheon
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Sat. Apr. 12 from 8:45 to 4:15 - lunch included

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Deadline for all registrations April 1

Carp Memorial Hall
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www.WestCarletonArtsSociety.ca for speaker details
and the registration form on the website

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Don't forget "Expressions of Art"
October 3, 4 & 5 at the Carp AG Hall.
(NOT on Thanksgiving weekend this year.)

Stop & Smell the Chocolate

Now and Then... Why Not Always?

I write this on the last day of the Olympics — the day the Canadian men's hockey team won gold. I enjoyed watching the game, warm in the knowledge that folks all over Canada were doing the exact same thing. I love that cozy feeling of camaraderie — knowing that people of varied ages and circumstances are sharing the same experience. Like when we all got teary as BJ Hun-

by Rona Fraser

nucutt's chopper lifted off from M*A*S*H to reveal the “Goodbye” Hawkeye had written with rocks (sniff), or when we tuned in to find out who shot JR, or when we all smiled as Ross opened the door to see Rachel had gotten off the plane.

It's not just TV. I had the same feeling at a Depeche Mode concert, when I saw that the entire audience, teens to forty-somethings, was mirroring the lead singer's air punches during *Personal Jesus* (“reach out and touch [punch] faith [punch]”).

It's not simply that we were doing the same thing at the same time — we were feeling similar emotions. Our differences are forgotten when we sing along with pure rhythmic enjoyment at a concert, or watch an early hockey game with a combination of hope, anxiety and excitement (and fatigue).

Ok, yes, not *everyone* feels the same way. There's always the odd person thinking “Olympics are a waste of money” or “That's not fair to the amateur athletes” or “Sport sporty McSporterson — who cares?!” but even some of *those* folks probably get caught up in the patriotic excitement.

If we can come together to cheer on our athletes, and join our voices (and fist pumps) in song... can we do more? I mean, if we share one of these experiences/feelings... perhaps there are more. If we drew a giant Venn diagram (those overlapping

circles with common elements in the overlap) of the entire population of the earth, we would see we have much in common. I, for instance, could be in circles such as: Office Workers, Chocolate Lovers, Depeche Mode Fans, People Who Think Thai Peanut Sauce Goes Well With Everything, Vegetarians Who Returned to Meat Because of Bacon... And perhaps now YOU are in the circle of People Wondering What Rona's Point Is. Stay with me... We'll get there. If you think about it, you would probably find that you are in at least one circle with every single person on the planet. Kinda freaky, eh? And hey, add the circles Bacon Lovers, Sunny Day Lovers and Water Lovers, and you could include most of the animal kingdom as well!

We have so many things in common, even with people we've never met, who live lives we don't understand. Maybe if we kept this in mind, we could all get along better. Maybe if we brought kids up to realize that they have a lot in common with others, instead of focusing on differences, we wouldn't have the amount of loneliness and bullies. Even simply teaching kids that everyone feels, at some point, like they don't know what they are doing (ok, it's *often*, for some of us), would help them worry less about looking stupid. I mean, even if you confine a geek, a jock, a stoner, a popular kid and a freak to one room for a day, they'll find they have things in common — just ask John Hughes!

So when you look at other people, and see their different skin colour or religion or gender or income level or age or clothes... remember the things you have in common too. They are just like you, in at least one way, so cut them some slack and give them a smile. It will make you both feel like you belong, which will do your hearts good.

I leave you with a quote from Depeche Mode, who said it best: “People are people so why should it be — you and I should get along so awfully?”

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March 2014

The Man Hug

When I first met the lovely and talented, she was a hugger. It was one of the first things that drew me to her (pardon the pun) and one of the many reasons we married. She still loves to hug. I think it's her Montreal upbringing (not her fault). She would rather hug a person than simply say hello or goodbye, especially goodbye. A goodbye indicates that a greeting has taken place, presumably followed by a conversation during which, she assumes, she would have gotten to know you well enough to adjourn the meeting with

by Steve Scanlon

a hug. This hug-concluded conversation could take all of thirty-seven seconds... It's what I lovingly refer to as "Shauna logic" (which is unique to my wife who, coincidentally, is named Shauna). If you meet again sometime in the future, it is again assumed that one could dispense with the formal "hey, how ya doin'?" greeting, and jump right into hugging. I don't believe I've ever seen her shake somebody's hand; she doesn't have it in her. Now these are not amateur hugs, they are full on, come-to-mama, you-mean-something-to-me hugs. They are chock-full of love, respect and friendship. She may hug a lot, but she doesn't hug lightly — she means every one of them.

On the other side of the coin, I was brought up in an era when men were taught to show as little emotion as possible. Hugging was something you did with old Aunt Gertrude after mentally preparing yourself all day, and then holding your breath against the smell of her perfume (which would last on your clothes all day anyway, so the attempt to steel yourself was futile). This was an era, in my house, when a hug for Mom was followed by a handshake for Dad. Now, however, I think hugs are contagious. Have you ever been walking down the street and you see somebody yawn and all of a sudden you feel the urge to yawn as well? I want to yawn right now just thinking about somebody

walking down the street yawning... are you yawning? Please don't yawn; you'll start an epidemic. Hugs are kinda like that — you see one person hugging and you want in on the action (with the exception of old Aunt Gertrude).

There are so many varieties of hugs. The timid "we'll just touch cheeks not body" hug. The full on "I am going to share my perfume with you, Auntie-style" hug. The "hug and kiss on both cheeks" French hug. The "hug and reach for the ass cheeks" (typically reserved for people in relationships and/or the perverted). The "I don't really want to hug, turn your head away" type hug that my kids are crazy good at. And of course the "Man Hug".

Now the man hug is relatively new to me and it takes some coordination to get it just right (and getting in wrong is not an option). A man hug as defined by the Urban Dictionary (and if you can't trust the Urban Dictionary, who can you trust) is as follows: "A handshake that transitions into a hug-like, semi-embrace that lasts no more than one second and may be accompanied by a firm slap on the back. An acceptable way for one guy to show appreciation for another male friend." Now this I can appreciate — a hug with rules and instructions. Being a man, I usually ignore instructions until I have completely screwed up the thing I was instructed to build. I especially ignore IKEA instructions and I especially love disassembling IKEA furniture and reassembling it using said instructions complete with little stick dude and ten thousand loose screws and an Allen key that I manage to lose after every screw. Am I the only one who always has leftover screws? Do you think they do that on purpose? But I digress...

With a man hug I am leaving nothing to chance. I found the following instruction online and added a few of my own rules:

1. Begin with a traditional firm handshake (easy peasy, done it a zillion times).
2. Keeping your hand clasped with your buddy in the form of a firm handshake, wrap your left arm around

the shoulder of your friend. Remember to maintain the handshake at all times.

3. Slap your friend's back two times. The slap is essential, the number of slaps is negotiable, but somehow two times seems to work (and the hitting somehow excuses the contact of a hug... ironic).
4. Quick-release, step back to a comfortable position, and immediately make eye contact. The eye contact says "Yes, I am comfortable with my manhood despite that fact that we just hugged."

For the faint of heart, there are instruction videos online... seriously... instruction videos for hugging. I live in a very strange

new world. The unwritten rule: Do not instigate a man hug unless you intend to follow through. There is nothing worse than a man hug gone bad. Awkward.

Here's the thing about hugging in general: it makes people feel important. If I get a hug from somebody I know for a fact that they care. If I give somebody a hug, they know I care about them. The lovely and talented has it right (don't tell her I said so, it'll go right to her head) — hugging is a good thing, it establishes a bond. There should be an international day of the Hug. Sometime not too close to St. Patrick's Day though... that would just get messy.

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Claiming Column

The Lion in Winter, Perth, Apr 3-6, 11-13
Pakenham Home Show, Apr 4-6
Fox on the Fairway, CP, Apr 4-5
Empty Bowls, Perth, Apr 5
Intl TableTop Day, Almonte, Apr 5
Quartango (PPAC), Perth, Apr 11
MonkeyJunk, Arnprior, Apr 11
Gryphon Trio (AiC), Apr 12
Hogtown Allstars (BOTR), Westport, Apr 18
Handmade Harvest, Almonte, May 3
Hike for Hospice, Miss Mills, May 4
David Rotundo Band (BOTR), May 9-10
Art in the Attic, Almonte, May 9-11
Young Awards, Almonte, May 10
Deliciously Disorderly Dinner Show, Perth, May 10
Little Women — The Musical, Perth, May 22-25, May 30-Jun 1
Mississippi Mills Bicycle Month, June
Busfusion, Almonte, Jun 5-8
Cantores Celestes Choir, Perth, Jun 7
Doors Open Smiths Falls, Jun 8
Celtfest, Almonte, Jul 4-6
Art in the Park, Renfrew, Jul 12-13
Stewart Park Festival, Perth, Jul 18-20
Herbfest, Almonte, Jul 27
Puppets Up!, Almonte, Aug 9-10
Highland Games, Almonte, Aug 23
Harvest Food & Drink Show, Almonte, Sep 13
Fibrefest, Almonte, Sep 13-14

Visual Arts

Vernissage, Mar 7, 7-9PM. Brush Strokes students. Brush Strokes, CP. 253-8088, brushstrokesart.ca
Meet the Artist, Mar 8, 3-5PM. Uta Riccius "Plastik". General Fine Craft, Almonte. generalfinecraft.com
Open House, Mar 8-9, 10AM-4PM. Sarah Moffat's colourful art. OldeAlmonte Flour Mill, Almonte. sarahmoffat.com
Almonte & Area Artists' Assoc Mtg, Mar 10, 7:30PM. Almonte Library. 256-5863, 4a-artists.ca
Almonte Quilters' Guild, Mar 17, 7PM. Guest: Beth Cameron. Almonte Civitan Hall. 257-8444, mshurben@gmail.com
Flippin' Art Night, Mar 20, 5-7PM. Jo-ann Zorzi & Mario Cerroni.Arts CP.Ballygiblin's, CP. 253-7400. Free
Lanark County Quilters Guild, Mar 25, 7PM. Guests from Limestone Quilters, Kingston. Perth Lions Hall, 264-9232
MVTM AGM, Mar 27, 7PM. Guest: weaver Laura Fauquier of Lola Dot Studio. Textile Museum, Almonte. 256-3754
Breakfast with the Arts, Westport Style, Mar 29, 8AM breakfast, speaker 9AM. Papillon Press, Westport. 273-8775
Maple Run Studio Tour, Mar 29-30, 10AM-5PM. Self-guided tour in and around Pakenham. 624-2062, mapleruntour.ca

Youth

Mudds Youth Troupe present **Willy Wonka Jr.**, Feb. 28, 7PM; Mar 1, 2PM. Tickets at CP Chamber Visitor Ctr. Carleton Place Town Hall. 257-1976, mississippimudds.ca. \$10
 PAMT presents **The Best of Broadway**, Mar 14, 7PM. Young stars sing & dance. Full Circle Theatre, Perth. ticketsplease.ca. \$10
OSFK: Drumhand, Mar 30, 2PM. reverbnation.com/drumhandmusic. Almonte High School. onstageforkids.com. \$10

WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> Brush Strokes presents art students' words <brushstrokesart.ca> Fairview Manor Foyer presents Stephanie Huckabone's mixed media General Fine Craft, Art & Design presents Uta Riccius "Plastik" <generalfinecraft.com> (from Mar 4) Heritage House Museum presents Curling History in the Ottawa Valley <smithsfalls.ca/heritagehouse> MVTM presents Fabric of a Small Town, Transformations: Taking Felt in New Directions <mvmtm.ca> (to Mar 15) Ottawa West Arts Assoc Gallery (Goulbourn Rec Complex) presents "The Awakening" <owaa.ca> Palms Coffee Shop presents Nona Argue's linocut prints, photographer Shawn DeSalvo <palmsonline.ca> The Mississippi Mills Chambers Gallery presents Irene Emig's collage/acrylic/origami The Almonte Library Corridor Gallery presents Jan Gilbert's acrylic-representational art 	<ul style="list-style-type: none"> MERA Schoolhouse presents Beth Girdler's art and photography Kanata Civic Art Gallery presents Cityscapes <kanatagallery.ca> 		
<p>3</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge Inside Llewyn Davis, Arnprior 	<p>4</p> <ul style="list-style-type: none"> Arlene Quinn, CP Terrace Brea Lawrenson, O'Reilly's Pub Green Drinks, Perth Open Mic Night, The Downstairs Pub 	<p>5</p> <ul style="list-style-type: none"> CP Horticultural Society, CP Open Celtic Jam, Naismith Pub Shawn McCullough, The Cove The Attack, Perth 	<p>6</p> <ul style="list-style-type: none"> Int'l Women's Day Film, Smiths Falls Jazz at Bally's, Ballygiblin's Musicians' Circle, Bolingbroke Open Mic, Golden Arrow The Attack, Smiths Falls
<p>10</p> <ul style="list-style-type: none"> Almonte & Area Artists' Assoc Mtg, Almonte Carp Celtic Jam, Carp Masonic Lodge 	<p>11</p> <ul style="list-style-type: none"> Charles and Heidi, CP Terrace Open Mic Night, The Downstairs Pub West Carleton Garden Club, Carp 	<p>12</p> <ul style="list-style-type: none"> Adult Bereavement Group, Perth Effects of Proposed Pipeline, Smiths Falls Open Celtic Jam, Naismith Pub Shawn McCullough, The Cove 	<p>13</p> <ul style="list-style-type: none"> Musicians' Circle, Bolingbroke Open Mic w/Matt Dickson, Golden Arrow
<p>17</p> <ul style="list-style-type: none"> Almonte Quilters' Guild, Almonte Carp Celtic Jam, Carp Masonic Lodge Kelly Sloan, Ashton Pub St. Paddy's Day w/Crooked Wood, The Cove St. Patrick's Day Party, CP St. Patrick's Day Party, Golden Arrow 	<p>18</p> <ul style="list-style-type: none"> Branching Out Tree Talk, Almonte Mystery Entertainer, CP Terrace Open Mic Night, The Downstairs Pub 	<p>19</p> <ul style="list-style-type: none"> Open Celtic Jam, Naismith Pub Shawn McCullough, The Cove 	<p>20</p> <ul style="list-style-type: none"> Flippin' Art Night, Carleton Place Musicians' Circle, Bolingbroke Poetry Night, Perth Spring Fling Party, CP
<p>27</p> <ul style="list-style-type: none"> Almonte & District Horticultural Soc., Almonte Carp Celtic Jam, Carp Masonic Lodge 	<p>28</p> <ul style="list-style-type: none"> John & Barb, CP Terrace Lanark Cty Quilters Guild, Perth Open Mic Night, The Downstairs Pub The Backsliders & Heather Gray, Gaia Java 	<p>29</p> <ul style="list-style-type: none"> Adult Bereavement Group, Perth All is Lost, Perth Neat Soundcheck, Neat Café Open Celtic Jam, Naismith Pub Shawn McCullough, The Cove 	<p>30</p> <ul style="list-style-type: none"> All is Lost, Smiths Falls Lunch at Allen's, Neat Café Musicians' Circle, Bolingbroke MVTM AGM, Almonte Open Mic w/Matt Dickson, Golden Arrow
<p>31</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge 			

Theatre

The Station Theatre presents **Gravity**, Feb, 28 & Mar 1, 7:30PM; **Nebraska**, Mar 21 & 22, 7:30PM. Smiths Falls. smithsfallstheatre.com, 283-0300. \$10; \$5 students w/ID
Tristan and Iseult, Feb. 28, 7:30PM. w/ Stephanie Bénéteau. \$18 adv at ticketsplease.ca. Arnprior Library, 256-0353, 2wp.ca. \$20
Raise the Woof Comedy Show, Mar 1, 8PM. Fundraiser for Valley Animal Rescue. Tickets at PetValu Renfrew. Best Western Renfrew. woofraise.com. \$20
Inside Llewyn Davis, Mar 2 at 1PM, Mar 3 at 7:30PM. O'Brien Theatre, Arnprior. 622-7682, obrientheatre.com. \$10
 FINI presents **The Attack**, Mar 5, 2&7PM (Full Circle Theatre, Perth); Mar 6, 7PM (Station Theatre, SF); **All is Lost**, Mar 26, 2&7PM (Full Circle Theatre, Perth); Mar 27, 7PM (Station Theatre, SF). filmnightperth@gmail.com, \$10

Int'l Women's Day Film, Mar 6, 5:45PM. *Made In Dagenham*, coffee, dessert. Rideau Canal Museum, SF. 257-3469x63.
 Mississippi Mudds present **The Fox on the Fairway**, Mar 28-29, Apr 4-5 8PM; Mar 30 2PM. CP Town Hall. 257-1976, mississippimudds.ca. \$20
Live At The Met: Rusalka, Mar 29, 1PM. O'Brien Theatre, Arnprior. 623-4007, obrientheatre.com. \$22
Spiritual Cinema Circle, Mar 30, 2PM. McMartin House, Perth. 267-4819, fp@superaje.com. \$2 donation

Literature

LIPS Poetry Slam/Open Mic, Mar 7, 7PM. Doors open/signup 6:30PM. Thirsty Moose, CP. lanarklips@hotmail.com. \$5
Vine Rhymes, Mar 15, 7-9PM. Songwriters, poets & storytellers perform. Coffee Culture, Smiths Falls. Free

Poetry Night, Mar 20, 9PM. Golden Arrow, Perth. 267-4500, goldenarrowpub.com

Music

Gallipeau Centre presents **Abba-mania & Night Fever** (Mar 1, 7PM); **When Irish Eyes are Smiling** (Mar 16, 7PM); **Only The Lonely** (Mar 22, 7PM). Smiths Falls. 205-1493, gallipeautheatre.com. \$29.50
Fiddlin' Fiesta, Mar 2, 2-4:30PM. Will & Emma Mar, ch Terri-Lynn Mahusky & more. St. John Chrysostom Hall, Arnprior. \$10
Henry Norwood & Friends, Mar 2, 3PM. 15-yr-old country crooner & friends. Perth Restaurant, Perth. 267-7902. \$20
Musicians' Circle, Thursdays, 7PM. Musicians only - all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall
Bolingbroke Café: Lost for Words, Mar 7, 8-10PM. Folk & gospel. ABC Hall, Bolingbroke. 273-8718, \$10

AiC: The Great War, Mar 8, 8PM. Piano. \$30, \$15 students; at 256-4554, almonteinconcert.com, or door. Almonte Old Town Hall
White Lake Acoustic Jam, Mar 8, 7-10PM. White Lake Fire Hall, Burnstown Rd. wlol.ca/home/hot-licks-acoustic-jam. Free
BOTR: JW Jones, Mar 14, 7PM. The Cove, Westport. 1-888-COVE-INN, choosetheblues.ca. \$60+tx dinner & show (reserve)
St. Patrick's Dinner Dance, Mar 15, 7PM. Family Irish dinner, ceilidh. Tickets at Computer Plus. Perth Civitan Hall. \$25
Music for Elephants, Mar 16, 2PM. Tracy & Lucas, w/Brock McNamee. Fundraiser for trip to Thai animal rescue., Studio Theatre, Perth. 485-6434, ticketsplease.ca. \$20/\$10
Warm Up To St. Patrick, Mar 16, 1PM. W The Valley Rovers. Irish Stew, desserts. Almonte Civitan Hall, 256-3677, \$15
Fiddlers Dinner/Dance, Mar 21, 6PM. Home-style dinner/dessert. Almonte Civitan Hall. \$15; free if you fiddle

MARCH 2014

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Country Jam, Lakepark 1887 Lodge Gravity, Smiths Falls Neil Young Tribute Show, John St. Pub The Respectables, Golden Arrow Tristan and Iseult, Amprior Willy Wonka Jr., Carleton Place 	<ul style="list-style-type: none"> Abba-mania & Night Fever, Smiths Falls Ambush Dinner Party, Lakepark 1887 Lodge Cupping 101, Almonte Gravity, Smiths Falls Head over Heels, The Cove Jazz Night w/Peter Brown, Golden Arrow Lanark Co. Genealogical Soc., Perth March Meltdown, Beckwith Raise the Woof Comedy Show, Renfrew Tristan and Iseult, Perth Willy Wonka Jr., Carleton Place 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Bob Burtch Bluegrass Band, The Cove Campfire Tales & Marshmallow Roast, Pakenham Fiddlin' Fiesta, Amprior Henry Norwood & Friends, Perth Inside Llewyn Davis, Amprior Open Mic w/Kelly Sloan, Ashton Pub Seedy Sunday, Pembroke Seedy Sunday, Perth Valley Singles Lunch, Almonte
<ul style="list-style-type: none"> Bolingbroke Café: Lost for Words, Bolingbroke Caitlin Morton & Kurtis Armstrong, Gaia Java Int'l Women's Day Potluck, Lanark LiPS Poetry Slam/Open Mic, Carleton Place Steve Barrette Trio, The Swan at Carp The Grand Slambovians, Neat Café The Matts, Golden Arrow Vernissage, Carleton Place 	<ul style="list-style-type: none"> Almonte in Concert: The Great War, Almonte Head over Heels, The Cove Meet the Artist, Almonte Open House, Almonte The Matts, Golden Arrow White Lake Acoustic Jam, White Lake 	<ul style="list-style-type: none"> Campfire Tales & Marshmallow Roast, Pakenham Magnolia Rhythm Kings, The Royal Oak Open House, Almonte Open Mic w/Kelly Sloan, Ashton Pub The Working Class, Calabogie Peaks Resort
<ul style="list-style-type: none"> BOTR: JW Jones, Westport Dan Tarof's Guitar Class Recital, Gaia Java Jamie Cameron, Golden Arrow The Best of Broadway, Perth 	<ul style="list-style-type: none"> Breakfast at the Legion, Almonte Family Hike, Perth Rockin' Horse, Golden Arrow Shawn McCullough Band, The Cove St. Patrick's Dinner Dance, Perth Straight Up w/Steve VanVeit, Valley BBQ Vine Rhymes, Smiths Falls 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Beckwith Heritage Speakers' Series, Beckwith Campfire Tales & Marshmallow Roast, Pakenham Music for Elephants, Perth Open Mic w/Kelly Sloan, Ashton Pub Warm Up To St. Patrick, Almonte When Irish Eyes are Smiling, Smiths Falls
<ul style="list-style-type: none"> Almonte Lectures, Almonte Fiddlers Dinner/Dance, Almonte Jazz Night w/Spencer Evans Trio, The Cove Jon Brooks, Neat Café Nebraska, Smiths Falls PPAC: Lorne Elliott, Perth Steve Barrette Trio, The Swan at Carp Terry Tufts Trio, Golden Arrow The Crumble Quartet, Gaia Java 	<ul style="list-style-type: none"> Don Ross, Neat Café Folkus: Dusty Drifters/Sweet Alibi, Almonte Green Party Dinner/Biochar Talk, Maberly Luncheon, Bake Sale & Bazaar, Ashton MVTM Soup for Thought Fundraiser, Almonte Nebraska, Smiths Falls Only The Lonely, Smiths Falls Tritones, Golden Arrow 	<ul style="list-style-type: none"> Campfire Tales & Marshmallow Roast, Pakenham Death Café, Beckwith Magnolia Rhythm Kings, The Royal Oak NightCrawlers Acoustic Blues, Carleton Place Open Mic w/Kelly Sloan, Ashton Pub Traditional Song Session, Almonte
<ul style="list-style-type: none"> Alex Cuba, Neat Café Basement Ramblers, Golden Arrow Fox on the Fairway, Carleton Place Goulbourn Male Chorus, Gaia Java Head over Heels, The Cove 	<ul style="list-style-type: none"> Breakfast with the Arts, Westport Alpaca 101, Ompah Fox on the Fairway, Carleton Place Live At The Met: Rusalka, Amprior Lucky B's, Golden Arrow Maple Run Studio Tour, Pakenham The Dead Flowers, Maberly 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Bridge Euchre Scrabble Tourney, Almonte Fox on the Fairway, Carleton Place Maple Run Studio Tour, Pakenham On Stage For Kids: Drumhand, Almonte Open Mic w/Kelly Sloan, Ashton Pub Pancake Breakfast, Almonte Royal Cdn. College of Organists Recital, Perth Spiritual Cinema Circle, Perth SRO Big Band Tea Dance, Almonte The Boxcar Boys, McDonalds Corners

Carleton Place Terrace Snr Living (CP, 253-7360): Live music, 7PM
 Mar 4 Arlene Quinn
 Mar 11 Charles and Heidi
 Mar 18 Mystery Entertainer
 Mar 25 John and Barb

Community

Lanark Co. Genealogical Soc., Mar 1, 1:30PM. Genealogical trivia. Archives Lanark, Perth. 866-2029. Free

March Meltdown, Mar 1, 8:30AM-2PM. Pancakes at Brunton Hall, sleigh rides, etc. Beckwith Park. 257-1539

Cupping 101, Mar 1, 10AM-Noon. Discover freshness, proper brewing, cupping. Equator Café, Almonte. 256-5960, equator.ca

Campfire Tales & Marshmallow Roast, Mar 2, 9, 16, 23. Naturalist Cliff Bennett & outdoorsman Chad Clifford, Fultons, Pakenham. fultons.ca

Seedy Sunday, Mar 2, 10AM-3PM. Gardening talks, local lunch, seed swap. Fellowes High School, Pembroke. 628-1836. Free

Seedy Sunday, Mar 2, 10AM-3PM. Seeds, workshops, vendors. Perth Legion, 284-0578, sarah@hollyhockgrange.ca. Free

Valley Singles Lunch, Mar 2, 1PM. JR's Restaurant, Almonte. 623-6698

Green Drinks, Mar 4, 5:30PM. Around the Corner, Perth. GreenDrinks.org. Free

CP Horticultural Society, Mar 5, 7PM. St. Andrew's Presbyterian Church, CP. cphorticulture.ca. Visitors \$3

Int'l Women's Day Potluck, Mar 7, Noon-2PM. Lunch, discussion. Community Health Centre, Lanark. 1-866-762-0496.

West Carleton Garden Club, Mar 11, 7:30-9PM. w/ Phil Tuba. Carp Memorial Hall, wcgardenclub@gmail.com. \$5

Adult Bereavement Group, Mar 12 (1-3PM, Lanark Lodge, Perth); Mar 26 (1:30-3:30PM, Waterside, CP). 267-6400, rebeccab@chslc.ca. Free. 267-6400

Effects of Proposed Pipeline, Mar 12, 6:30PM. Info session by REAL. The Station Theatre, SF. 269-4282, REALaction.ca. Free

Breakfast at the Legion, Mar 15, 8-10:30AM. \$5 donation. Almonte Legion

Family Hike, Mar 15, 1PM. 3km slow walk. Rain or shine. Perth Wildlife Reserve, 100 Wildlife Rd. 283-0332. Free walk; \$6/car

Beckwith Heritage Speakers' Series, Mar 16, 2PM. Heritage of Beckwith Fire Dept. Beckwith Fire Dept., 1654 9th Line, 257-1539

St. Patrick's Day Party (Mar 17, 2PM); **Spring Fling Party** (Mar 20, 2PM). All welcome (especially seniors). CP Terrace, 253-7360. Free

Branching Out with Ed Lawrence, Mar 18, 7PM. Tree talk, Q&A, mini trade show. Almonte Old Town Hall. 256-1077. Free

Almonte Lectures, Mar 21, 7:30PM. Hugh Hope: Cold Tolerance of Plants & Seeds. Almonte United Church. Free - donations

Green Party Dinner/Biochar Talk, Mar 22, 6PM. w/Pres of Biochar ON. Maberly Community Hall, \$25

Luncheon, Bake Sale & Bazaar, Mar 22, 11AM-1PM. Salad plate, rolls, desserts, tea/coffee. Ashton United Church. \$9/\$4

Soup for Thought, Mar 22, 11:30AM-3PM. Soup & bowl, \$20. Tickets at Baker Bob's or MVTM. Textile Museum, Almonte. mvmtm.ca

Death Café, Mar 23, 2-4PM. Have a conversation about death. Brunton Community Hall, 253-3099, deathcafe.com. Free

Alpaca 101, Mar 29. Hands-on course. Silentlyalpaca.ca. 1120 Donaldson Rd. Ompah. 479-0307

Almonte Hort Soc., Mar 24, 7:30PM. Cornerstone Com. Church, Almonte. gardenontario.org/site.php/almonte

Bridge Euchre Scrabble Tourney, Mar 30, Noon. Hot lunch, games, shopping. Tickets at Baker Bob's, church. Almonte United Church, 256-2738. \$17; \$15 adv

Pancake Breakfast, Mar 30, 8AM-Noon. GF avail. Union Hall, Almonte. 256-5995. \$6/\$8

PPAC: Lorne Elliott, Mar 21, 7:30PM. ticketsplease.ca, 485-6434. PDCI auditorium, Perth

Folkus: Dusty Drifters/Sweet Alibi, Mar 22, 8PM. Almonte Old Town Hall. 256-9090, folkusalmonte.com. \$30

NightCrawlers Acoustic Blues, Mar 23, 6-9PM. Generations Inn, CP. 253-5253, generationsinnhouse.ca. No cover

Traditional Song Session, Mar 23, 2-4PM. Join in trad songs w/choruses. The Barley Mow, Almonte. 355-5552,

The Dead Flowers, Mar 29, 6:30PM. Rolling Stone tribute, Brooke Valley School fundraiser. Maberly Community Hall. 812-3425. \$20; \$5 students; under 14 free

Royal Cdn. College of Organists Recital, Mar 30, 3PM. St Paul's United Church, Perth. 267-5967, millham@sympatico.ca

SRO Big Band Tea Dance, Mar 30, 1-4PM. 15-pc Big Band. Almonte Old Town Hall. 563-7044, sroteadances.org. \$14/ \$25

The Boxcar Boys, Mar 30, 2PM. MERA Schoolhouse, McDonalds Corners. 485-6434, ticketsplease.ca. \$22

The Swan at Carp (Carp, 839-7926): Mar 7, 21 Steve Barrette Trio, jazz, 7-10PM, no cover

The Downstairs Pub (Almonte, 256-2031): Tues Open Mic w/Jumpin' Jimmy, 7:30PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, no cover
 Mar 2, 16, 30 APEX Jazz Band, 2-5PM
 Mar 9, 23 Magnolia Rhythm Kings, 3-6PM

The Cove (Westport, 273-3636): Wed Shawn McCullough, 6-9PM, no cover
 Mar 1, 8, 28 Head over Heels, 6-9PM
 Mar 2 Bob Burtch Bluegrass, 1-4PM, \$10
 Mar 15 Shawn McCullough Band, 8-11PM
 Mar 17 Crooked Wood, 6-9PM, \$10
 Mar 21 Jazz Night, 8-11PM

The Naismith Pub (Almonte, 256-6336): Celtic Jam Wed, no charge (7:30-10PM)

Ballygiblin's (CP, 253-7400), jazz, no cover
 Mar 6 Peter Brown, Dave Arthur, Glenn Robb & guests 6-9PM

Neat Coffee (Burnstown, 433-3205): 8PM
 Mar 7 The Grand Slambovians, \$30
 Mar 21 Jon Brooks, \$20
 Mar 22 Don Ross, \$25
 Mar 26 Soundcheck, free
 Mar 27 Lunch at Allen's, \$65
 Mar 28 Alex Cuba, \$40

Carp Masonic Lodge: Carp Celtic Jam, \$3/\$25 for 3 mos, all levels, Mon (7-9PM)

Valley BBQ (CP, 257-1700):
 Mar 15 Straight Up w/Steve Van Veit

Ashton Pub (Ashton): Sundays Open Mic w/Kelly Sloan, 2-5PM
 Mar 17 St. Pat's Day w/Kelly Sloan, 12-5PM

O'Reilly's Pub (Perth, 267-7994):
 Mar 4 Sean and Miriam Keyes
 Mar 11 Brea Lawrenson

Gaia Java (Stittsville, 836-5469): Live music Fridays, 7-9PM, no cover

Mar 7 Caitlin Morton & Kurtis Armstrong
 Mar 14 Dan Tarof's guitar class recital
 Mar 21 The Crumble Quartet
 Mar 25 The Backsliders & Heather Gray
 Mar 28 The Goulbourn Male Chorus

Golden Arrow Pub (Perth, 267-4500): 9PM
 Mar 1 Jazz Night w/Peter Brown & guest
 Mar 6 Open Mic
 Mar 7, 8 The Matts
 Mar 13, 27 Open Mic w/Matt Dickson
 Mar 14 Jamie Cameron
 Mar 15 Rockin' Horse
 Mar 17 St. Patrick's Day Party
 Mar 21 Terry Tufts Trio
 Mar 22 Tritones
 Mar 28 Basement Ramblers
 Mar 29 Lucky B's

Lakepark 1887 Lodge (Carleton Place, 591-9990): Country Jam Fridays 8PM
 Mar 1 Ambush Dinner Party, \$45, 6PM

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Music Matters

The Improbability of Music

As musicians, we often take for granted that the connections — between body, mind, heart and soul — which are required to make music, will all just function properly, because we have spent many hours practicing, attempting to get as close to perfection as we are able.

by Tony Stuart

But what happens when one of those connections isn't working the way it should? Our brains are miraculous things. Even when presented with seemingly insurmountable obstacles, our brains can find ways to make the impossible seem normal.

I have always been fascinated by Beethoven. When I think of Beethoven, an image of him with his fist raised against the forces of darkness, eternally locked in struggle, always comes to mind. He was a man who was considered to be the greatest composer of his generation, and yet he gradually lost all of his hearing. In fact, timeless works such as his Ninth Symphony were composed when he was completely deaf.

This deafness affected him to the point where thoughts of suicide entered his mind. In 1802, in the town of Heiligenstadt (now part of Vienna), Beethoven wrote a poignant letter addressed to his brothers, in which he despaired over the onset of deafness. He kept this letter with his private papers, and it was discovered upon his death in 1827. The document is known as the Heiligenstadt Testament, and the text is incredibly moving. Despite the fears and concerns expressed in the letter, Beethoven went on to become one of the immortals of western music. Somehow, he was able to overcome this debilitating setback.

In our own times, there are some fascinating examples of overcoming adversity. I recently ran across a story about a South Korean concert pianist named Hee Ah Lee. Ms Lee was born in 1985 with severe birth defects. Each of her hands only has two fingers, and on her left hand, one of the fingers is without bones. When she was a small child she had to have both legs amputated below the knee.

Ms Lee stands about three feet tall, and her knees have become like feet. That Ms Lee can walk at all is a small miracle.

When she was seven years old, her mother started teaching her to play the piano, in an effort to strengthen her "hands". At that time, she was unable to even hold a pencil. This turned out to be a watershed moment for her. In her own words, "as time went by, the piano became my source of inspiration and my best friend." She spent countless hours at the piano, and is now able to play works that many able-bodied pianists find difficult. For example, in interviews she has revealed that there is a passage in Chopin's notoriously difficult *Fantaisie-Improvisation* that she had to work on for five years.

In order for Lee to be able to play the piano, a special set of pedals needed to be constructed that would reach up to her knees. With only two fingers on each hand, the sustain pedal needs to be used on every note when she plays. When I read about the story, I went online to watch performances, and made sure that I researched using reliable sources, because I wanted to make sure that this wasn't a hoax of some sort. Rest assured, this is no hoax. Ms Lee's brain has managed to help her overcome her physical deformities, and has allowed her to become a very talented and successful musician. Watching her at the piano is a revelation, and gives further credence to the idea of mind over matter.

Scientists are discovering that the human brain seems to be "hard-wired" to make music, and the above are just two examples of this. In past columns, I've discussed how Alzheimer's patients who don't recognize their own families have been able to recall the words to a song that they heard decades ago.

Beethoven said it best: "Music is the one incorporeal entrance into the higher world of knowledge which comprehends mankind but which mankind cannot comprehend."

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

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Scott Woods Comes to Clayton

Renowned Canadian Fiddler Scott Woods and his band will soon be in this area to deliver an authentic live tribute to *Don Messer's Jubilee* — one of the most well-loved TV shows in Canadian history. The people of St. George's Anglican Church and the Village of Clayton are excited to bring the popular concert to their village for the first time.

Scott Woods Old Time Jubilee reunites Cape Breton tenor Tommy Leadbeater (as Charlie Chamberlain) with fiddle champion Scott Woods (as Don Messer) and features the velvet vocals of Lynda Lewis (as Marg Osborne) in a two-hour masterful performance honouring the days when Don Messer and his islanders ruled the airwaves. The fast-paced, uplifting show delights audiences of all ages with old-time fiddle music, sensational step-dancing, trick fiddling, family humour and more.

Scott Woods is a multiple Canadian Open and Canadian Grand Master Fiddle Champion. He is known affectionately throughout Canada as "The Flippin' Fiddler" — a nickname earned as a result of a running somersault he does while playing his fiddle without missing a beat. The Scott Woods Band travels across Canada each year, performing up to 150 concerts, almost all of which help to support churches, charities and other community groups.

Scott Woods Old Time Jubilee will take place at the Clayton Community Hall (147 Linn Bower

Lane) on Friday, April 11, at 7PM. Proceeds will help to support the good works of St. George's Anglican Church in Clayton.

Tickets are \$25 for adults, \$10 for kids (ages 6 to 12), and kids 5 and under get in free. Tickets can be purchased at the Clayton General Store, Nicholson's Sundries (Pakenham), SRC Music (Carleton Place), Baker Bob's (Almonte), Peebles Lotto (Arnprior), Mill Music (Renfrew), or by calling Kathy and Ray at 256-9010.



Catch fiddler Scott Woods in concert at the Clayton Community Centre on April 11

Voices Raised in Song to Help Make a Difference

All are invited to a benefit concert in support of the Lanark County Food Bank at 3PM on Sunday, April 6, at the St. Mary's Catholic Church in Carleton Place (28 Hawthorne Avenue). A freewill offering will be collected, and non-perishable donations gratefully accepted. All attendees will have the chance to win door prizes throughout the concert.

Entertainment will be provided by the West Ottawa Ladies Chorus, whose participants hail from all over our area — from Fitzroy Harbour to North Gower, from Kanata to Carleton Place. The

thirty-voice ladies' chorus performs traditional ladies' choral arrangements, from a wide variety of genres, under the direction of Robert Dueck, with Bonnie MacDiarmid as accompanist. The concert will also include audience sing-a-long numbers, such as *The Happy Wanderer*, *In the Good Old Summertime*, *Land of the Silver Birch*, and others. We welcome your attendance, which will also make a difference to food bank recipients during this upcoming Easter season. Email <LadiesChorus@bell.net> for more information.



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The Reeve Report

My Olympic Moments

After a cornucopia of sports that make us all couch potatoes by comparison, we are returning to our normal lives. It won't be long before we'll have forgotten: the names of the winners, who fell in the short track skating, the colour of the Russian hockey team, the closing ceremonies. We will move past the vacuous interviews, the scandals, the expense. In actual fact, we know very little about our athletes, and we cannot hope to

chimney and we all end up walking in a grey fuzz for a few hours. Technique is everything for this sport, and my inspiration is that when the smoke alarm goes off, the dogs go nuts! Keeping dogs from barking wins valuable points in this event. A roaring fire signifies a win, again the opportunity to high five no one but myself, and I am triumphant!

Judged events always are the most stressful events. Knitting is one of those where I can only control my own performance, and can't control my competitors or the judging. I do my personal best, but I have to tell you it can all come unravelled at the most inopportune times. Right in the middle of the performance, just when I have half the sweater knit, I discover I didn't cast on enough stitches, and there it is, folks: the medal has eluded me once again. I'm a snivelling mess in the kiss and cry area, when the judges give me a technical difficulty score that disappoints my coach and myself, and a "failure to execute the prime elements" score that leaves me having to apologize to all and sundry, and declare that once again, I'll have to start over to improve my performance. If I'm lucky, the yarn will stand one more attempt, or perhaps it too will become an afghan instead of a sweater. Not one to take defeat lightly, I truly will double my efforts for the next round in this challenging event. Ah, the money I've spent, the time I've put in, all to see it unravel so unfairly.

by Glenda Jones

comprehend the effort they expend simply getting to the starting gate. Having been up close and personal with some of these exceptional young people, I can tell you that their sacrifice is phenomenal!

These two weeks have put me in Olympic mode of my own. Personal triumphs in many events are giving me a fist-pumping moment every couple of days. For instance, I competed in the team canine cross-country ski event every day for the whole two weeks. This involved two forty-minute sessions daily, with three dogs — one who stayed solidly between my skis the whole time, one who ran ahead, and one who dawdled. Fast sprints were alternated with quick stops to investigate leaves or to pick up a stick. Quick downhill had to be negotiated around furry bodies; uphill involved Herculean efforts not to fall on one or the other of them. So every time I came home, not having fallen once, not having run into a dog — or worse yet, doggy doo on the trail — I would shout "YES!", throw my arms in the air, and collapse at the finish line. Jian Ghomeshi hasn't come by to do an interview yet, but I know it's because he's recuperating from Sochi. He'll want to know my inspiration (to lose the four pounds I found at Christmas), my mentors (the dogs who insist on two walks daily), and my training regime (just do it!).

I only managed a second place finish in the individual snow shovel competition. Alan has been pretty powerful in that event lately, and I defer to his superiority and will try to learn technique from him for the next time. In the team shovelling we did fairly well though, winning gold only a split second ahead of the road plow so that he got to do the heavy stuff at the end of the driveway while we, exhausted athletes that we were, leaned on our shovels and panted. We can't do one of those "high 85s" you see on the pizza commercial. Wouldn't that be complete foolishness at our age?

The indoor event at which I'm excelling this year is fire building in the woodstove. Not once have I had a "smoke out" when the smoke refuses to go up the

My final event for these two weeks has been the most difficult. I have had to train diligently, consult my coach, make numerous false starts, and finally I have had success: I've learned to programme our PVR! This is a timed sport where multi-tasking is essential. First it involves being able to toggle the buttons to "type" in the search for a title. Then there is selection of the episode of the programme, channel, time, number of episodes to record — many elements taking strategy and finesse to complete. That is only half the event, and already I'm exhausted. The finale comes when I get a spare half-hour in which to watch one of those episodes, and only then, when I press PVR and find the aforementioned chosen episode and programme and see it in its entirety can I say I have actually won! And YES, I've done it! I've won the gold medal in PVR recording!! Sing along: "I am the champion, I am the champion!"

My Olympic weeks are complete, and I'm ever so thankful to the Canadian public for all the support they have given me: my coaches, my family, my dog groomer, my hairdresser, and anyone else who has helped me along the way to achieving my Olympic dreams. It has been more than I ever imagined it would be. I hope I have made you all proud.

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Were You There?

The North Lanark Historical Society (NLHS) wants to know if you were there on December 27, 1942, when a speeding troop train, travelling from Renfrew to Ottawa, sliced through the last three cars of a local train that was loading passengers at the station in Almonte.

Perhaps you or someone you know:

- lost a loved one in the ensuing crash, one of the worst train disasters in Canadian history;
- survived that accident which took the lives of 36 soldiers and civilians;

- gave aid or shelter to the more than 118 injured whose lives were changed forever by the crash;
- witnessed the accident or its aftermath;
- narrowly escaped being on that train;
- reported the story for radio or newspaper; or
- recall a story told to you by someone who experienced any of the above.

The NLHS, based in Appleton, is gathering information to create the most comprehensive book to date on this event, which is remembered locally as "The Almonte Train Wreck". They need your story! Please contact Curator Sarah Chisholm at 257-8503, or Ed and Doreen Wilson at 256-2866.



Help Meghan Volunteer In Thailand!

Meghan Noonan is a twenty-year-old student from Perth who is currently in her second year of Wildlife Biology and Conservation at the University of Guelph. Her goal is to become a wildlife veterinarian, and to that end she is planning to travel to Thailand with Animal Experience International for four weeks in May, to volunteer at both an Elephant Rescue Centre and a Wildlife Rehabilitation Centre. Meghan has been diligently raising money to cover the \$4800 cost of her trip by making and selling jewellery and holding bake sales, and she is now planning a benefit concert — called "Music for Elephants" — to help reach her goal.

Music for Elephants will take place on Sunday, March 16, at 2PM at Studio Theatre in Perth,

and will feature the musical duo Tracy and Lucas, with special guest Brock McNamee. Tracy and Lucas are a new musical group in the Ottawa Valley. Formally the lead singer of the all-female group "etc.", Tracy Noonan decided it was time to branch out on her own in late 2013. Lucas Tennant, a veteran of the theatre and a quietly talented guitar player, agreed to join her on this adventure. Playing covers from a wide variety of indie artists, their sound is folksy, fun and relaxed.

This fundraiser offers a fun afternoon of music from both Tracy and Lucas, and Perth musician extraordinaire Brock McNamee. It's a great show for all ages, and there will be games and prizes for youngsters. Parents will even have a chance to see their



Help Meghan Noonan volunteer with animals in Thailand by attending a concert on March 16

child become an unofficial band member and join in the spotlight! Tickets are \$20 for adults and \$10 for students (kids ten and under get in free), and are available from Tickets Please at 485-6434 or <ticketsplease.ca>.



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 Wed. Mar. 5, 12, 19, 26 Wings & Tunes with **Shawn McCullough**, 6-9
 Fri. Mar. 7 **Keith's Galaxy Hop Ale Tasting** 5:30-7:30
 Fri. Mar. 14 **Blues on the Rideau** presents **JW Jones Band**. \$60 Dinner and Show, 7-11. Reservations only.
 Sat. Mar. 15, **Shawn McCullough** (Classic Rock & Country), 8-11
 Mon. Mar. 17 **St. Paddy's Day** with **Crooked Wood**. Irish music, food & drinks. Prizes. 6-9, \$10 show
 Fri. Mar. 21, Jazz night with **Spencer Evans Trio**, 8-11, reservations only

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