

MARCH 2018

the Hummm

free

Arts,
Entertainment
& Ideas

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March Events

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Tiny House Festival

p.12



Bugs Be Gone?

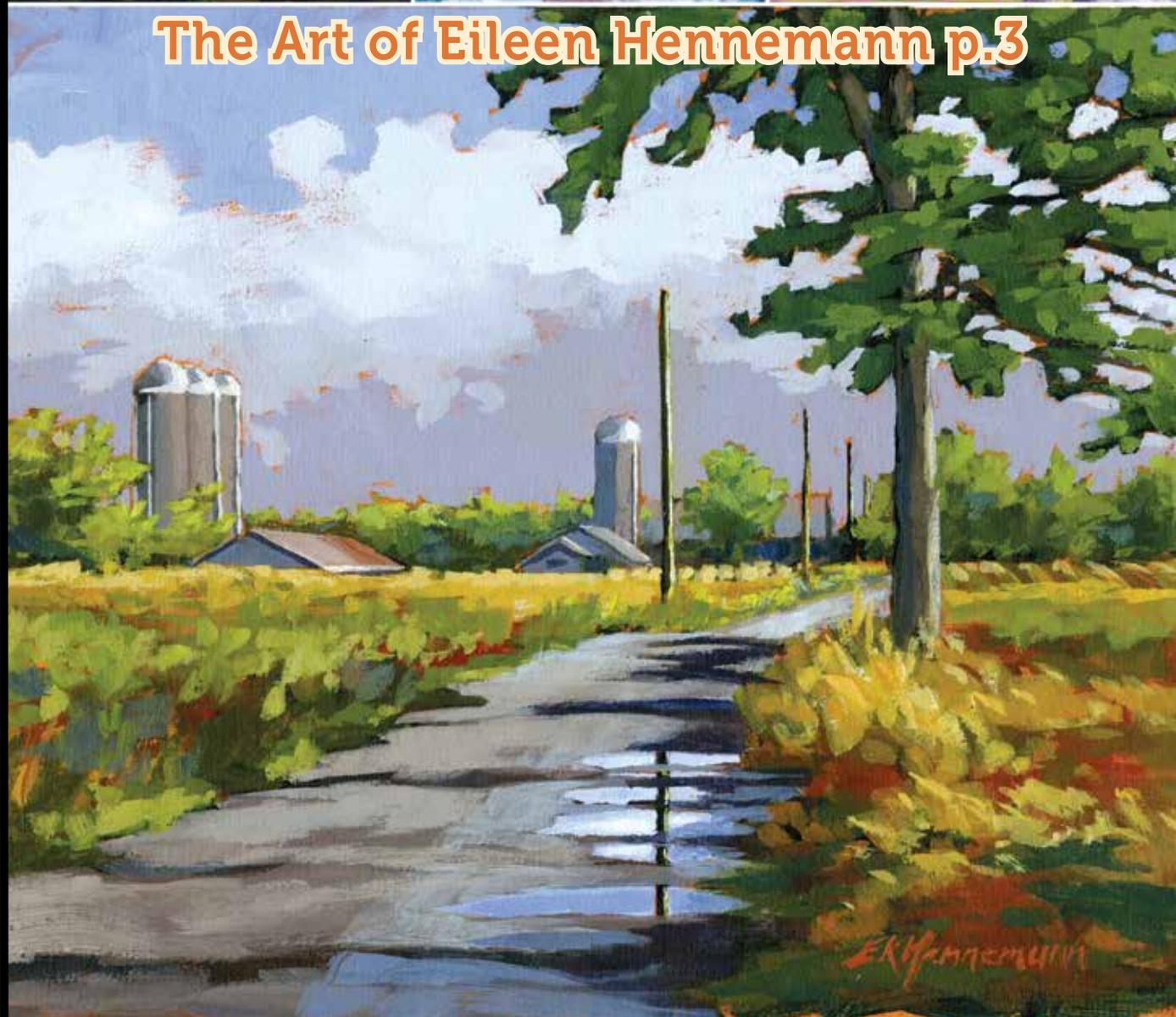
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Maple Time!



The Art of Eileen Hennemann p.3



March is for Maple!

With the first stirrings of Spring in the air, there's no better way to get a taste of Lanark County than by visiting a local sugar bush or maple event. And if you happen to get sweet on the area, just give me a call!

Pat's Picks Fulton's Pancake House & Sugar Bush <fultons.ca>
for March: Temple's Sugar Bush <templessugarbush.ca>
Maple Run Studio Tour <mapleruntour.com>
Maple Weekend <mapleweekend.ca>

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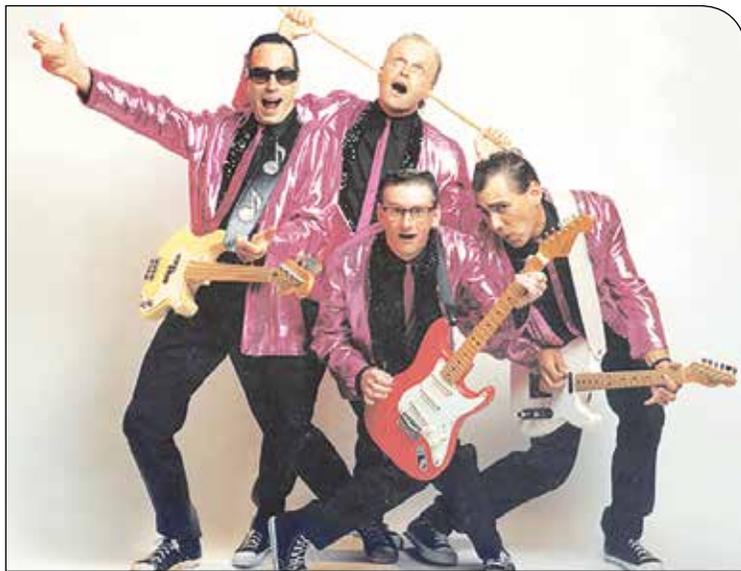
www.kellysuccess.com



"The new gallery downtown wants three of your paintings...
...seems a lot of birds are flying into their windows!"



Back in early 2016, Lynn Chambers (pictured at right) wrote: "I was lucky enough to join Margaret Ferraro's art retreat in Tuscany in October/November 2015. Barb Dickson (left) and I spent our last day in Rome. We took these pics in St. Peter's Square at the Vatican, then left our copy of theHumm for someone else to find!"



Dine, Dance and Golf for AGH

Eddy and the Stingrays are back! On Saturday, April 7, they will play a dinner-dance at the Almonte Civitan Hall, proceeds from which will help bring a CT scanner to the Almonte General Hospital.

The event includes a diner-style supper, spotlight dances, Unposed Studio photos, draws and more. Tickets (\$45 per person, or \$280 for a table of eight) are now available at RBC — Almonte, The Daily Scoop and Blackbird Gift Shop, or from the Almonte General Hospital — Fairview Manor Foundation at <almontehospitalfoundation.com>, <cpiche@agh-fvm.com> or 256-2500 x2296. Get your tickets early to avoid disappointment, and come out and party for a great cause!

And although summer is still a way off, registration is already open for the annual Almonte Hospital Golf Classic, which takes place on Friday, June 8. This fabulous fundraiser also welcomes sponsors, so please contact Carolyn Piche at <cpiche@agh-fvm.com> or 256-2500 x2296 to find out more. Visit <almontehospitalfoundation.com/new-events> for details about these and other upcoming events.

Open Doors: Building Resilience in Youth

Open Doors for Lanark Children and Youth is pleased to welcome guest speaker Dr. Michael Ungar to Perth and District Collegiate Institute on March 26 from 6–8PM to present **I Still Love You: Nine Things Kids Need from their Parents, Caregivers, and Schools to Build Resilience.**

This presentation is a story-filled event for parents, caregivers and educators that outlines practical strategies to help young people of all ages heal. Based on material from his new book, his clinical practice and his own research, Michael will share what families and schools have taught him about the power of unconditional love. This inspiring presentation will help you understand the importance of the everyday heroics that change children's lives.

Dr. Ungar is the founder and Director of the Resilience Research Centre and Canada Research Chair in Child, Family and Community Resilience at Dalhousie University in Halifax. He is the former Chair of the Nova Scotia Mental Health and Addictions Strategy and an executive board member of the American Family Therapy Academy. He has authored 14 books that have been translated into five languages, as well as more than 150 scientific papers. Dr. Ungar has adapted findings from his research and lessons learned from his clinical practice into best-selling works including: *The Social Ecology of Resilience*, *Too Safe for Their Own Good: How Risk and Responsibility Help Teens Thrive*, and *I Still Love You: Nine Things Troubled Kids Need from their Parents*. You can find his blog, *Nurturing Resilience*, on the *Psychology Today* website.

Open Doors for Lanark Children and Youth is pleased to offer this speaker series free to the public. They encourage participants to help them support the mental and physical health of children and youth in our communities by bringing a non-perishable food item to be donated to the Lanark County Food Bank.

PDCI is located at 13 Victoria Street in Perth. For more information about the event please contact <admincp@opendoors.on.ca>.

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, Calabogie, White Lake and Ottawa. Our mandate is to connect and promote people and events in the small towns and rural communities of the Ottawa Valley — where the arts flourish and entertaining characters run amok!

Submissions

By email or on disk.

Content Deadline:

20th of the month prior to publication

Advertising Deadline:

22nd of the month prior to publication

Subscriptions

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

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Thanks this month to:

Diane Smithson, for being such a competent, conscientious and caring CAO for the municipality of Mississippi Mills — they will certainly miss her guidance. We wish her all the best at her new position in Carleton Place.

MERA (McDonalds Corners/Elphin Recreation and Arts)

MERA is an arts & recreation facility located in the 1860s schoolhouse in McDonalds Corners. It is a volunteer-based group of artists and community members who are active in various areas like knitting, pottery, fibre arts, painting, music, dance, quilting, etc. New members are always welcome.

Volunteers are the heart of MERA. Without them our programming committee, which looks after workshops and other activities, could not happen, nor our monthly family dinners, our "Around MERA on a Dinner Plate" dinners and many other activities. We welcome volunteers for all our events and we are open to new ideas. Following our 20th anniversary



last year, we now have a stone labyrinth at the front of the school house. Volunteer gardeners are always welcome.

Our focus for 2018 is to involve families in our local communities with events such as monthly dinners with an arts-related programs.

There are also regular workshops and art exhibitions. During winter months, The Steady Way Café runs on Saturdays with good coffee, good lunches, and good conversation. The summer brings the Farmers' Market each Saturday with delicious wood-fired pizzas, as well as the Kids Art Camp in July.

Volunteers are at the centre of the success of MERA, and we welcome newcomers to join us. Please contact us at <meraschoolhouse@gmail.com> or visit <meraschoolhouse.org>.

— Trina Conboy

Eileen Hennemann — Every Picture Tells a Story

Stories are the impetus for artist Eileen Hennemann's engaging portrayals of the rural beauty that uplifts and inspires her as she roams her "little corner of Ontario" near her home in Almonte. A story is the connection she needs to create her vivid and joyful acrylic landscapes and still-lives, and her whimsical portrayals of her favourite farm animals.

by Sally Hansen

Hennemann's imagination imbues her landscapes and her portraits of animals with a palpable sense of action — of life happening. Who just drove down the street welcoming the sun breaking through the spring clouds? What in the world put that bemused expression on that goat's face? Hennemann conveys a sense of curiosity and wonder in her art. Her underpaintings are more than "the first layer in a painting, indicating the design and main areas of light and shade" (as defined at dictionary.com). They are the emotional underpinnings of the stories she paints.



Those stories do more than inspire her. Hennemann treasures the connections she makes through her paintings. She tells me, "I've made many new friends who have contacted me and shared emotional memories triggered by seeing one of my paintings and reading its story. That touches me deeply."

Foreword

Hennemann's own story started in Montreal after her parents emigrated from Germany. She decided to become an artist in public school when teachers chose her to paint the seasonal decorations on the classroom windows. After graduating from high school at the age of 15 (she skipped Grade 6), she hung out with a motorcycle gang, worked at a variety of jobs, and taught herself to paint in oils by copying paintings from art books. She sold many of them. She has always painted her own greeting cards.

At the age of 23 she spent four months backpacking across Europe with an older friend — an experience that whetted a lifetime appetite for travel, languages and adventure. On her return she worked as a bartender for a year — another opportunity to listen to people's stories. Then her appetite for art drove her to sign up for a three-year course in advertising design at the Academy of Art. She worked as a Telex operator at Siemens and created and sold faux stained glass pieces to support herself.

Ready for a change, in 1983 Eileen decided to move to Ottawa. On the basis of her artistically handwritten application letter, she got a job as a production artist at Hewson Bridge and Smith, a top advertising marketing agency at the time. It was there that she met her husband, Allan Stanley, who just happens to have deep family roots in Almonte. After years as a production manager with the firm, she moved to the Mensour Agency as a talent agent, working with actors in film and television, and voices for commercials and animations.

The couple moved to Almonte in 1991, and in 1994 Hennemann became an owner/partner with Gord Pike of the Naismith Sports Pub. As she laughingly puts it, "I met most of Almonte. If I don't remember your name, I will likely remember what you drink." I bet she remembers your stories too.

In 1997 Eileen joined Allan in his graphic design company, and together they created their ongoing Visual Branding and Consultation firm, Hennemann Stanley Design. She loves her job: "I'm surrounded by design and creativity daily... every client is different and brings something new to learn." She also describes Allan as the "pivotal force" in her painting journey. "He has an amazing creative eye, and sees quickly if something's 'not right.' He truly is my biggest supporter and I rely on him wholeheartedly."

Another Chapter

"Fast, Loose & Bold" was the title of the workshop Hennemann considers the "watershed moment that set me on the artistic path I'm on." In March of 2015 she participated in Patti Mollica's "intense and amazing" painting with acrylics workshop in Syracuse. After three days of learning new techniques and how to use new tools, she realized that she had permission to make mistakes. More importantly, she discovered you don't have to paint what you see; you can paint what you **feel** you see!

Since then her fine art has become a stronger focus in her life. She has attended other workshops afield and locally, taken online courses, and she continues to learn and experiment. A year ago she was chosen to be the "Artist in Residence" for a week on Porphyry Island on Lake Superior near Thunder Bay. Sponsored by CLLS (Canadian Lighthouses of



THE HUMM

ARTIST TRADING CARD

Lake Superior), one of her paintings was donated for a fundraising auction. This past September she was invited by The Millstone, a volunteer-run online newspaper for the Mississippi Mills area, to post one of her paintings online. She agreed happily, with the condition that they also publish the story that informed the painting. Since then she has posted six paintings and their companion stories as a regular feature at <millstonenews.com>.

Dénoûement

After many requests to exhibit her works, last fall Hennemann decided to capitalize on her career experience in promotional design and invited nine other area painters to join her in a show. On Easter weekend (March 31 and April 1 from 10AM to 6PM) **The Ten Collective** will exhibit their diverse works (acrylics, oils, watercolour and mixed media in an exhilarating variety of styles) at the Mississippi Valley Textile Museum in Almonte. Built in 1867, the Museum is one of two National Historic Sites of Canada located in Almonte.

The Ten Collective artists are Amelia Ah You, Jill Halliday, Eileen Hennemann, Rosemary Leach, Marina Malvada, Katherine McNenly, Kaija Savinainen Mountain, Jennifer Noxon, Lily Swain and Nancy Young, seven of whom have now been featured in theHumm. The show is open to the public free of charge, so this is a marvelous opportunity to combine the visual delights of fine art with the exploration of one of the area's finest historic museums and mill towns. Much more information is available on their well-designed website at <thetencollective.com>.

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WHO Eileen Hennemann

· THE HUMM ·

WHAT Painter

WHERE <ekhennemann.com>, <dailypaintworks.com/artists/eileen-hennemann-6220/artwork>, <eileenhennemannartist@gmail.com>, FB, Home studio in Almonte by appointment

WHEN March 31 & April 1, Two-Day Show by The Ten Collective, <thetencollective.com> at Mississippi Valley Textile Museum, 3 Rosamond Street East, Almonte, 256-3754

WHY "I love the journey, process, discovery and story of each painting; and — painting makes me happy."

· ARTIST · TRADING · CARD ·

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Wander. Experience. Indulge...

At the Pakenham Maple Run Tour

This is the mantra of the 16th annual **Pakenham Maple Run Tour**, which takes place on April 7 and 8 from 10AM to 5PM.

The Maple Run Tour is a "sweet" reason to *Wander* up to Pakenham, just a short drive from Ottawa via Hwy 417 or from Carleton Place on Hwy 29. *Experience* inspiring art, craft, food and heritage locations. Meet the creative artists and find out what feeds their passion. *Indulge* your taste buds in locally produced fudge, solar roasted coffee and craft beer. It's also the perfect time to enjoy Lanark County's maple syrup season <mapleweekend.ca> with a visit to Fulton's Pancake House and Sugar Bush <fultons.ca>. Stop off at local restaurants and bakeries, many of which will have maple-inspired food items for this annual spring celebration.

The tour website <mapleruntour.com> gives a detailed description of all 29 participants, 9 tour venues, food stops, demonstrations and special events, as well as a map with locations taking you through Pakenham and the surrounding area. Brochures with tour information can be picked up at the Pakenham General Store (right in the heart of the village), or at any tour stop displaying the green maple leaf logo.



Find everything from funky birdhouses to fashionable jewellery (as well as great local food, beer and coffee) on the Maple Run Tour!

There are returning favourites as well as several new artists on this year's tour, working in a variety of media including canvas, pottery, paper, glass and wood. Photography and fine jewellery will brighten up your home and spring outfit. Pewterware, metalwork, unique birdhouses, sculptures and miniature quilts will embellish your interior and exterior décor. Find haute couture clothing to add to your spring wardrobe. Treat your body and soul with luscious soaps and scented candles, and tempt your palate with flavoured honeys, jams and sweet breads, solar roasted coffee, craft beer and a gourmet food truck.

An award-winning children's author as well as glassblowing demonstrations and other glass art forms add to the excitement of the Maple Run Tour. Include a visit to St. Peter's Celestine's Church (there will be a guided tour on Saturday at 1:30, donations appreciated). Take photos at the only surviving 5-span stone bridge, which at this time of year will have a spectacular vista of the river's spring run-off. And check out the Pakenham General Store; housed in an impressive stone building, it is the longest continuously running general store in North America (in operation since the 1840s!). Details can be found at <mapleruntour.com> or find them on Facebook for updates and more.



DALE DUNNING & JIM HAKE

MASKS & IDENTITY



Dale Dunning, "Bound", bronze, 28 x 17 x 8 inches, 2018

a duo exhibition
March 2 - April 8, 2018

Vernissage/Meet the Artists:
Saturday March 10, 3pm-6pm



34 Mill St, Almonte ON
sivarulrasa.com
613.256.8033



Jim Hake, "Player", LP's and mixed media, 49 x 36 x 6 inches, 2013

Pubbing for St. Paddy's

It's going to be a musical March! St. Patrick's Day lands on a Saturday this year, so local pubs are awash with live music parties (and presumably green beer). Here a few highlights.

Riverthieves

The core members of Eastern Ontario's Riverthieves have been playing music together since the early 2000s, first as the house band at the Royal Oak on the Canal and then in scores of other bars and pubs from Renfrew to Trenton. Eventually, as the

by Rob Riendeau

band started playing more festivals and small halls, the Riverthieves began presenting their own original songs. In 2009, the band recorded a very memorable show at the Almonte Old Town Hall before a sold-out audience. This recording was released as their first album, *Bandit Queen*, the following year.

After that release, the Riverthieves went into hibernation for half a decade as the two serving military members of the band, Finley Mulally and Devon Matsalla, completed back-to-back Afghanistan tours and Devon also deployed to Haiti before being posted to Valcartier, Québec. The band was not reunited until the fall of 2015 when Devon was posted back to Ottawa. The boys dedicated themselves to a second album, composing and arranging through 2016, and recording between January and March 2017. The result is the Riverthieves' first studio album, *Soldier*, which consists entirely of original tracks exploring the Canadian military experience, past and present. It soberly considers the cost of service, celebrates the joie de vivre of the soldiering culture, and pays special tribute to family, home, loss and (of course) hockey.

Right around St. Paddy's day, you have two chances to catch this Celt/Folk ensemble. On Friday, March 16, they will be playing an Irish-themed show at the John St. Pub in Arnprior. On Saturday, March 17, don your green and head to the Valley Food & Drink Co. in Calabogie to catch the band and enjoy the Irish-inspired menu and drinks (reservations are recommended for this one).

Post-St. Paddy's, the band will spend a few weeks rehearsing for a series of album release shows, one of which is confirmed for the Almonte Old Town Hall on May 20. Visit <riverthieves.com> for more show dates in Ottawa and beyond.

Steve Stacey and the Stump Splitters

I think everyone would agree that spending St. Patrick's Day with a real-life lanky leprechaun would be a good time. Well, if you are out Perth-way on the 17th, you have the luck of the Irish on your side. Steve Stacey and the Stump Splitters (or rather, the Stump Splitter, as only Pat Robillard will be joining Steve on stage) will be holding court at O'Reilly's Ale House.



Steve Stacey and the Stump Splitters (sans two Stump Splitters) play St. Patrick's Day at O'Reilly's Ale House in Perth

Steve Stacey is a low-key force of nature. His natural, quirky, low-slung-guitar, country charm is immediately infectious. His songs about lost love, cars, drinking, and whatever springs to mind keep the audience engaged, entertained and slightly bewildered. Backed by the very talented Pat Robillard who displays great speed, tone and fun inventiveness in his guitar work, this show should be a real treat.

While you are at the show, you should probably pick up both of Steve's CDs of original material: *Sounded Good at the Time* and *Tall Tales, Fibs and Outright Lies*. Of *Outright Lies*, Exclaim magazine had this to say: "Steve Stacey and company have carjacked Buck Owens, rear-ended John Prine and made off with (at least) a vat of homemade whiskey to create this set of infectious masterpieces." Find out more about Steve Stacey at <facebook.com/StumpSplitter>.

The Somerset Combo

There are thirty other days in March and many of them also feature excellent live music events. For example, March 9 and March 21 both have gigs by The Somerset Combo in them. For those not familiar, The Somerset Combo is Ric Denis on guitar and Tony Stuart on clarinet playing a variety of jazz standards and jazzy interpretations of popular songs by acts such as The Beatles and Stevie Wonder. The combination of clarinet and guitar is unusual and it works incredibly well. The tunes are groovy and warm and serve as an excellent accompaniment to an evening out with friends. Both Ric and Tony are consummate performers who effortlessly conjure the atmosphere of a cool Parisian café.

You can regularly catch The Somerset Combo every other Friday night at Chesswood in Carleton Place. This month, due to a scheduling conflict, they will only be playing one Friday: March 9. And, on March 21, Ric and Tony will play their first gig at Options Jazz Lounge in Brookstreet Hotel in Kanata. Head to <somersetcombo.wixsite.com/jazz> for all their gig updates.

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Get Ready to Diefen-Book It!

Join a Training Program, Be Ready by May 5!

The 22nd annual Diefenbooker Race will take place on Saturday May 5, and welcomes runners, walkers and cyclists of all ages. Funds raised support organizations in West Carleton that promote literacy, or encourage physical activity or personal wellness. The Diefenbooker promotes community fun as well as serious racing. There are events for all ages, including: 5K and 10K running races; a 5K walk; 5K, 18K and 33K cycle tours; a 1K running race for ages 12 and under; and "Loonie Loop" short races for ages 2 to 6.

One of the highlights of the running and walking courses is a trip through the blast tunnel of the "Diefenbunker", Canada's Cold War Museum. Cyclists travel fully paved routes through rural West Carleton Township (some roads are temporarily closed to vehicular traffic). The youth events are held at the Fairgrounds in Carp. All routes are well marked.

Earlybird Registration

Earlybird pricing for online registration <diefenbookerclassic.ncf.ca> is in effect until March 24. In-person registration is scheduled for Saturday, April 14 at the Carp Library Branch from 10AM to noon. Please note that family rate registration is only available on this Saturday, in person. It is not available online.

Walk or Run Training Programs

If you've been thinking about trying to improve your health or fitness level, why not join the free Walking program or Learn to Run group in Carp? These programs are FREE with a 5K run or walk registration, and are a great way to incorporate walking or running into your life! Find details at <diefenbookerclassic.ncf.ca>, or email <diefenbooker@gmail.com>.

Choral Evensong at St. James in Perth

St. James Anglican Church in Perth invites you to Choral Evensong on Sunday, March 18. The Liturgical Choir will be in the gallery at the back of the church between 3:45 and 4PM when the service starts. They will be singing excerpts by two 17th century composers — the *Agnus Dei* by Thomas Morley and excerpts from the Book of Common Prayer *Litany* by Henry Loosemore. The gallery was originally designed to allow occupants of the next-door jail to attend services, and there was no access except by ladder. Fortunately, stairs were installed during the last century.

The service begins at 4PM and includes hymns, psalms and prayer. "We'll use the Anglican Chant versions of the Evening Canticles from the Psalter," says St. James' Musical Director Peter Woodwark. "The anthem is *Sheep May Safely Graze* by J. S. Bach". After the service, Assistant Musical Director Val Leavitt will play some of her favourite music as a postlude.

St. James' Anglican Church is on the corner of Drummond and Harvey Streets in Perth. For more information, contact the church office at 267-1163 or check the website <stjamesperth.ca>. All are welcome to this deeply spiritual service.

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March 2018

Signs of Spring

It's the end of February, it's raining and grey, and the ice on our driveway is only mitigated by the shovels of sand we threw down there a week ago. The dogs are sinking to their bellies in wet snow, the squirrels are looking sappy and bedraggled, but ah, spring is in the air!

by Glenda Jones

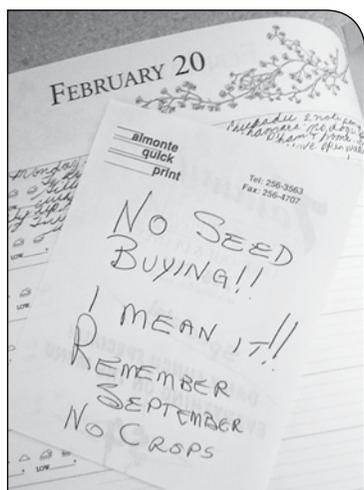
I lay little store in the Groundhog Day business, since if you do the math, you can tell spring will definitely be arriving a month and a half after the day that poor rodent sees his shadow. However, it's fun to hear the pronouncements regarding the arrival of our favourite time of year.

There are other signs that are way more fun though. I giggle when I see the Country Depot sign, "Time to Order your Chicks." When I mentioned this to the clerk, she wasn't at all amused. I didn't even try to explain. However, I could imagine a country guy hitching up his jeans and announcing to the little woman that her time was up and he was getting a whole bunch of new chicks to replace her. That's a dated idiom right up there with "gal," but I'm dated too, so I enjoy my giggle.

The second sign that gives me pause when I'm out and about is: "Drive according to road conditions." What exactly are these conditions? Can a person be ticketed for not recognizing conditions, whatever they are? "Ma'am, this is a Level 2 condition day. You're going to need remedial work on recognizing conditions, and be a little more mindful of the condition. Your fine will be a Level 2 fine." That sign is right up there with "Reduce Speed," a useful admonition as we're crawling along the 417

at less than 20km an hour stuck behind some huge salt spraying eighteen-wheeler hauling engine parts. The sign should say "Drive with a ten-gallon container of windshield washer!" "Bridge slippery when frozen." DUH! Never would have guessed that one, would you? Maybe all these signs could be reworded to say simply "Stop driving like an idiot. Use common sense, and turn on your headlights." Some signs of spring make me downright cantankerous.

When everything is a monotone black and white, anything red will catch my eye, including the big sign for the "blood doner" clinic.* What's a "doner"? He got it done? He needs to do it? That sign drove me nuts! However, it got my attention, albeit negatively.



Then there was the sign for the ukulele workshop, evoking images of beaches and piña colodas, surely reminiscent of summer and sunshine, and better things to come.

There are some signs of spring that leap out in technicolour, and I have to steel myself to ignore them. Somewhere around Valentine's Day, the display of seeds is front and centre at the grocery store. Every year I succumb to its siren call, buying "just one package of basil... no, two, and better have

those lettuce seeds too... and there's a new type of cucumber. I'll start these indoors and by spring they'll be ready to plant out." Stupid, stupid woman! It's just not going to happen, but I'm drawn to that display like a magnet. Any time I have tried this exercise, it's resulted in a pile of dirt, gangly seedlings, and absolutely pathetic results. In fact, I now have this admonition in my garden journal: "No Seed Buying, I mean it! Remember September, no crops!!" I also have one saying: "You're not to buy bedding plants. All right, you can get six tomatoes and four peppers, and nothing more!" I wrote both these notes, so I wouldn't go crazy when the seeds arrive and the green houses open. As if that has stopped me before...

Here's a sure spring sign: the potatoes start sprouting in the dark basement as soon as we pass December 22. The geraniums are hanging dried out in total darkness, but they are starting to exhibit little greenish leaves, practically begging me to pot them up and show them a little respect. Again, this will entail a lot of soil, too many containers, and every windowsill brimming with struggling plants. I'm ignoring them until April, and if they pull through to then, I'll start to treat them nicely. I've got tiny shoots coming on the canna lilies as well, making me know they feel the season changes as sure as we do.

The chickadees are calling their two-note song again, something we haven't heard since the fall, and the nuthatches too are chirping. Amongst the gold finches are purple finches and juncos that opted for our harsh winter instead of migrating. The morning walk to the mailbox is a joy. Keep it up, little birds, and spring will be here before we know it.

*Glenda is relieved to report that by press time the sign was changed to "Blood Donor Clinic."

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Music at MERA presents
Spring Concert Series

Clan Hannigan
Steafan Hannigan and Saskia Tomkins with their three children bring the music of Ireland and the UK to their appearances in Canada and around the world!

Sunday, March 11, 2:00 pm

Brian MacMillan
talented singer-songwriter, producer, and multi-instrumentalist. His uplifting music is a blend of Folk, Reggae, World and Pop.

Annie Sumi
"wins you over before she finishes her first song: her natural and beautiful voice, smart lyrical ballads and excellent guitar skills make you realize she was born to do this."

Sunday, March 25, 2pm
Sunday, April 8, 2pm

MERA Schoolhouse, McDonald's Corners

Tickets: 3-concert Series \$60 ~ Single concert Advance \$22 (discount for MERA Members)
Tickets Please 11 Gore St E, Perth - online at www.ticketsplease.ca or by phone at 613-485-6434.



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Pancake Breakfast
Sunday, March 25, 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 Fortune Farms' maple syrup, ham or sausages, baked beans or blueberry sauce, juice, Equator coffee and tea.

Gluten-free option available.

MMPL SEED LIBRARY WORKSHOP 2018
VEGGIE GARDEN SUCCESS: FROM THE GROUND UP!

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with Master Gardeners David Hinks & Gerda Franssen

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10AM-NOON

Followed by the 2018 Opening of the Seed Library at 12:30

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Maple Time is Here Again!

Do you remember (when you were much younger) that when springtime came it was time for rubber boots and sloshing in the puddles? Maybe if you lived in town you made a visit to the local sugar bush. Of course if you lived on the farm you didn't visit — you had to help! Spring and the sugar bush were made for kids. Who cared if you got snow in your boots or you got wet from spilling the maple sap you were gathering? You could go to the sugar shanty and sit by the big evaporator and get warm and dry. And someone would make some taffy-on-the-snow or maple sugar, and life would be wonderful.

I remember those times as if they happened yesterday. I grew up on a family farm and in those days almost every farm had a sugar bush. Maple syrup and sugar were an essential part of the family food. My mother used maple syrup or sugar in place of white sugar for baking, unless she was cooking for

a community event and wanted to make an impression with her pies and cakes. I thought the maple flavour was best, but the townspeople looked down on this country staple. Fortunately those times have passed and maple syrup baking is now considered a delicacy.

Some of the dark syrup that was made from the last run of sap was set aside to make maple vinegar. We had two large wooden barrels that were used for vinegar. It takes several months for vinegar to mature, and so one barrel was used for current needs and the second to age next year's supply. Maple vinegar is brownish in colour with a distinctive maple flavour. It was made in large quantities, particularly in Quebec, and sold door-to-door along with maple syrup from traveling wagons. Wooden measuring containers were used to handle the vinegar because of its acidic properties. My grandfather made these measures at his water-powered cooperage mill in Leeds County and sold them in Montreal. We now make maple vinegar in the traditional manner at our sugar camp.

We are fortunate that maple trees grow well in this area. The sugar maples growing on the rocky sandy soil of Lanark County produce sweet sap that makes very flavourful syrup. In 1991 we transplanted about 600 maple saplings to an old hayfield in the hope that the mature trees would eventually add to our sugar bush. Most of the saplings grew and now we have a beautiful grove of young maples. Not yet big enough to tap, but soon. We included some black maples, a close cousin of the sugar maple. The black



Maple season is the perfect time for treats like taffy on snow



maple has very dense foliage and derives its name from the fact that no daylight shows through the canopy. Because of the dense foliage their sap is usually sweeter than sap from the sugar maple, and the trees are prized by syrup makers. There are black maples in the Almonte area — they are best identified by their leaf shape, which has one less point than the sugar maple leaf.

It's time to visit your favourite sugar bush for a taste of fresh maple syrup and taffy or maybe some delicious maple fudge. In the meantime, here's a poem to tempt your tastebuds:

Have you seen the maple tree,
in its golden majesty?
In the spring it's full of sap,
standing there for you to tap.
Maple syrup and maple taffy,
maple fudge and maple candy
For a taste sublime,
it's a wonderful time.

— Ray Fortune can usually be found at
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<fortunefarms.ca> at this time of year...

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Noon - 2PM

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New this year: "Taster's choice"
3 soups with your ticket (smaller portions)
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Clan Hannigan (above) kicks off the Spring Concert Series at MERA on March 11

MERA Spring Concerts

Music at MERA's 2018 Spring Concert Series begins with a show at 2PM on Sunday, March 11, featuring one of Canada's most talented musical families.

Clan Hannigan <facebook.com/clanhannigan> is an intergenerational family band based out of Baltimore, Ontario that takes traditional Irish music and blends it with elements of jazz, pop, and other folk traditions, to create a unique high energy sonic soundscape.

Steafan Hannigan and Saskia Tomkins have been mainstays on the traditional Irish and world music scenes for the last thirty-plus years, working with acts like Uriah Heep, Loreena McKennitt, Oliver Schroer, Julian Lloyd Weber, Björk, Depeche Mode, Martin Carthy, Sin É, LinnTilla, the Afro Celt Sound System, the Chieftains and countless others. Since they moved to Canada in 2007 they have started collaborating with their three children Oisin, Eile and Ayisha, and thus Clan Hannigan was born.

Then at 2PM on Sunday, March 25, **Brian MacMillan** <brianmacmillanmusic.com> performs at MERA. Brian is one of Canada's finest young musicians. An extremely talented singer-songwriter, multi-instrumentalist, and producer, Brian's uplifting music is a blend of all of his favourite styles:

folk, reggae, world and pop music. Equally at ease and captivating as a solo performer or with his trio, Brian aims to connect and convey his genuine love of making and sharing music.

Brian released two critically acclaimed solo albums; *Gone To See The Morning* in 2001 and *Let The Darkness Go* in 2007. He has since been across Canada six times, gathering a solid fan-base along the way. He continues to be supported by the CBC and many national college radio stations. He has just released his third album, *Shine*. The Ontario Council of Folk Festivals recognized his songwriting in 2005 by awarding him the Colleen Peterson Award for a song he wrote with Juno nominee Lori Cullen. Brian was also a guest performer on all three of the Barenaked Ladies' Caribbean cruises, sharing the stage with The Ladies, Great Big Sea, Sarah Harmer and Guster.

The third concert in the series, featuring **Annie Sumi** <anniesumi.com>, takes place on Sunday, April 8 at 2PM. Series tickets for all three concerts are \$60 (\$55 for MERA members). Single tickets for the individual concerts are \$22. They are available at Tickets Please in Perth, 485-6434 or <ticketsplease.ca>.





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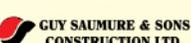
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When history closed the Mill doors, this beautiful building sat vacant for many years until the vision and dream of a few locals brought it back to life – as they lovingly converted the Mill into residential and commercial units, now just steps from restaurants, shops and galleries on the main street of Almonte.



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Humm Bits

Perth Library & EarlyON Lanark Launch StoryWalk Project

Not your average walk in the park! An exciting new project called a StoryWalk is being brought to you by the Perth & District Union Public Library and CROW/EarlyON Lanark County, in partnership with the Town of Perth.

A StoryWalk is a fun and original way for families to enjoy reading and the outdoors at the same time. It combines exercise and reading to improve health and literacy in the whole family. The pages of a storybook will be posted on a path through Stewart Park in Perth, inviting you to follow the story as you walk. Join the Perth Union Library and CROW Lanark at 10AM on Saturday, March 3 in Stewart Park as we launch our StoryWalk with *Bear Snores On* by Karma Wilson, followed by a tea party at the library.

The StoryWalk Project was created by Anne Ferguson of Montpelier, Vermont, and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.

Pancake Breakfast at Union Hall

Once again, the folks at Union Hall are celebrating the coming of spring with a Pancake Breakfast. This year's event takes place on Sunday, March 25, with food being served from 8AM until noon.

Diners will enjoy pancakes, sausages, beans or blueberries, with lashings of butter and Fortune Farms maple syrup, accompanied by fruit juice, Equator coffee or tea. The cost of this springtime treat is a modest \$7, or \$9 for the larger appetite. Kids 10 and under eat for \$5.

Union Hall, located west of Almonte at the corner of Wolf Grove and Tatlock Roads, has served the public for over 160 years. It is owned and maintained by the local community, with some financial assistance from the Municipality of Mississippi Mills. This year, visitors will be greeted by an outdoor mural featuring the ladies of the Women's Institute, courtesy of artist Laurel Cook. This annual fundraiser is organized by the hall committee for the benefit of the public at large and all are welcome. Reservations are not necessary.

Union Hall is an 8km drive west of Almonte through scenic maple bush along Wolf Grove Road. After breakfast, visitors can take a closer look at maple syrup production by visiting local operators west of the hall.

— Les Humphreys

Arts CP Call for Artists

The annual Arts Carleton Place Spring Art Show & Sale will take place on Saturday, May 5 and Sunday, May 6 at the Carleton Place Canoe Club. There are 35 spaces available to be assigned on a first-come, first-served basis. The entry fee is \$65 to \$125 — two types of grid sizes are available, with four-foot deep kiosks available for larger pieces.

The registration deadline is March 15, and considered complete when payment is received in full. Membership in Arts Carleton Place is \$20 (required). Further details and forms are available at <artscarletonplace.com>. If you have any questions, please contact Suzanne at <smdeschenes1951@gmail.com>.

Spring into Art Conference and Luncheon

The West Carleton Arts Society presents their Spring into Art 2018 Conference and Luncheon, taking place on Saturday, April 14 at Trinity Presbyterian Church (1817 Richardson Side Road in Carp). Five speakers are included in this year's program, which runs from 8:45AM to 4:15PM. The cost is \$60 before March 15, or \$75 after March 15. Find more details and registration information at <westcarletonartssociety.ca>.

Mississippi Mills Public Library Travelogue

On Thursday, April 5, join Ray Parchelo for a walking tour through Cornwall, the Yorkshire Dales and the Lakes of England. His travelogue begins at 7PM in the Almonte Branch Meeting Room, and admission is free.

You can also check out the website <missmillslibrary.com/travelogue-series> for more information on upcoming talks. For more information, or if you would like to share your stories as part of the series, please contact K. Pillsworth at 624-5306.



Photo courtesy of Cpl Andrew Wesley, Canadian Army Public Affairs, © 2015 DND-MDN Canada.

Governor General's Foot Guards Band Returns to Perth

The Governor General's Foot Guards Band will be returning for the third year to St. Paul's United Church in Perth, playing on Sunday March 25 at 2PM.

The 30-piece concert band is part of the most senior reserve infantry regiment in Canada, dating back to its formation in 1872. Based at Cartier Square Drill Hall in downtown Ottawa, they share a close connection to the Governor General and provide music for many ceremonies in the Ottawa area, including the annual nationally televised Remembrance Day ceremony held at the War Memorial.

The band's full dress uniform with scarlet tunic and bearskin hat is immediately recognizable. Many of the musicians in the ensemble play in the Ceremonial Guard band, which supports the changing of the guard ceremony on Parliament Hill during the summer months.

The program for this concert will take you back to the silver screen movie *de Gadfly* with music written by Shostakovich (*Spanish Dance*), lively scores from American composer and orchestrator

for film Rossano Galante (*The Last Centaur*), and up to the present with music from the family movie *Moana* that is sure to please the little ones.

Audience members will have the chance to hear dramatic and powerful music from Manuel Panella's opera *El Gato Montes — The Wildcat*, touching music by Philip Sparke inspired by the North-Eastern Japan 2011 earthquake (*The Sun Will Rise Again*), Australian music by Percy Aldridge Grainger (*The Gum-Suckers' March*), rhythmical folk dance music by Etienne Crausaz (*Balkan Dance*), as well as popular music by none other than English rock band Led Zeppelin.

Admission to the concert is free, but donations will be accepted at the door to defray the costs of advertising. Everyone is invited to warm up a late March Sunday afternoon with the exciting sounds of brass, woodwind and percussion, in the intimate and acoustically pleasant sanctuary of St. Paul's United Church, located at 25 Gore Street West in Perth <stpaulsperth.ca>.

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Celebrate Syrup on Maple Weekend!

Spring is on its way, and so is the annual Maple Weekend! The Lanark & District Maple Syrup Producers' Association (LDMSPA) invites visitors to join them April 7 and 8 to celebrate a new season of producing the ultimate Canadian sweetener, delicious maple syrup.

LDMSPA President Harold Walker explains that the purpose of Maple Weekend is to celebrate both local maple syrup production and the advent of spring. Throughout this free, two-day event, visitors can learn more about Canada's maple heritage, and how maple syrup is produced, from tree to table.



Celebrate all things maple (like these delicious maple butter tarts from Temple's) on the weekend of April 7 and 8

"We're looking forward to welcoming visitors, especially families with children, to pass on the love for maple syrup to a whole new generation," Walker says. "This is a Canadian tradition, and in Ontario it's part of who we are."

2018 marks the event's fourth year in Ontario. In 2017, Maple Weekend was nominated as a provincial tourism event of the year, and with good reason — this sweet event offers visitors the perfect opportunity to celebrate everything spring has to offer in Ontario, including the production of fresh

sweet maple syrup, maple taffy, and other maple treats.

This event is perfect for the whole family, and visitors won't need to travel far to find a participating sugar bush. Maple Weekend runs at participating sugar bushes across Ontario, and in Lanark & District, 16 producers will be participating in the event in Almonte, Pakenham, Frankville, Elgin, Athens, Perth, Brockville, Mallorytown, Clayton, McDonalds Corners and Lanark.

Visitors are invited to visit a participating sugar bush between 10AM and 4PM on April 7 and 8 and take part in different activities and specials offered by each independent producer. Activities will vary depending on location, but will include things like pancake breakfasts, trail adventures, sugar-making demonstrations, taffy on snow, wagon rides and more!

"Anyone interested in visiting a sugar bush this spring should plan their visit around Maple Weekend," Walker adds. "Whether you're watching sap boil over an open fire or run through high-tech processing equipment, seeing maple syrup being made is something that's hard to forget."

For even more maple experiences, visitors are invited to attend Lanark & District's annual tapping out party on March 3 at Horton Homestead Farm in Lansdowne. The tapping out party will kickstart March as maple month with a traditional tapping of the first maple tree of the season. Fun for all ages will include trail tours, snowshoe demonstrations, maple vendors and more.

A full list of Maple Weekend participants from the Lanark & District region, along with specials on offer at each location, is available at <mapleweekend.ca>. An interactive map makes it easy to find a participating sugar bush across the province.

Maple Weekend Sweet Ontario

PURE MAPLE SYRUP



April 7-8, 2018

This spring come taste our **Sweet** offerings from maple producers in Lanark, Leeds and Grenville, and Frontenac. Many will be offering free samples of fresh syrup as well as:

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- pancake breakfasts
- sugarbush trails
- sugar making demonstrations
- taffy on snow
- horse-drawn sleigh rides and more

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Speaking Volumes

Changes at the Lanark Library

These are interesting times at the Lanark Highlands Public Library. The almost all-new staff now have their feet under them and are coming up with all sorts of ways to make the library an even more interesting and vibrant place for everyone than it already was.

by David Rowe

The most noticeable changes so far are at the front entrance. Gone are the book sale shelves and boxes, moved to the area near the elevator. In their place we have created a "cozy corner" with an electric fireplace, comfortable seating, magazines and free coffee, for people to relax and get in some quiet reading.

Over the next few months we plan to acquire new library cards in order to make better use of the capacities of library systems. To improve access for children we

intend to separate the children's non-fiction books from the adult collection, and to begin the process of relabelling parts of the collection for better clarity.

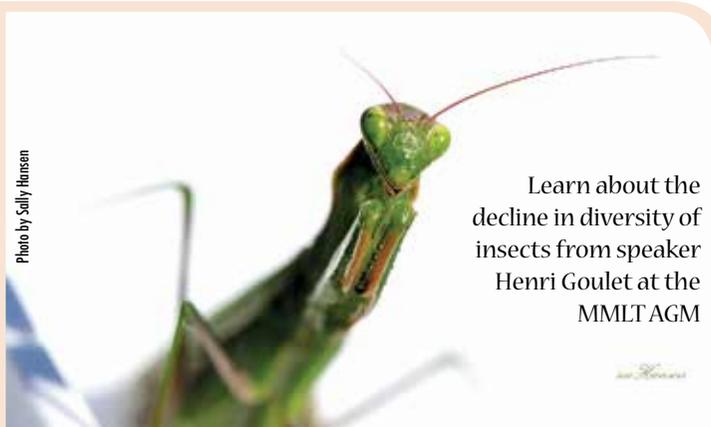
We are also developing more services for our users. Keep your eyes peeled in the next few months for notices about book clubs, art displays, author readings and topical speakers.

In the very near future we will be having several March Break programs for students, including Sharing Circles for kids 6 and up, as well as a leather working program.

So please follow our progress via our website <lanarklibrary.ca> or our Facebook page at Lanark Highlands Public Library. You can find out more the old-fashioned way by coming in to see us at 75 George Street in Lanark, or by calling 259-3968 for more information.

— David Rowe is the CEO of the Lanark Highlands Public Library

Photo by Sally Hansen



Learn about the decline in diversity of insects from speaker Henri Goulet at the MMLT AGM

Land Trust AGM March 29

On Thursday, March 29, the Mississippi Madawaska Land Trust (MMLT) will hold its Annual General Meeting at the Mississippi Valley Conservation Centre in Carleton Place, beginning at 6:30PM. It's always an opportunity to get together with like-minded friends and listen to a great speaker, as well as conduct the Land Trust's legislated business.

This year the MMLT is fortunate to have Henri Goulet as their keynote speaker. Dr. Goulet is a retired entomologist who worked for Agriculture and Agri-Food Canada for 33 years and continues on as Honorary Research Associate. Decline in the Diversity of Insects is the topic of Dr. Goulet's talk, and his presentation will include an array of stunning photographs.

While most Ontario residents would not be sorry to see fewer mosquitoes, those particular pests seem to have escaped the decline. However, there is some concern about the overall decline in diversity of insects. Almost 40% of agricultural products are pollinated by insects other than bees. The decline in flying insects is also thought to be a cause of the decline in insect-eating birds.

According to Dr. Goulet, it has become clear that there is a direct relationship between the diversity decline and the use of herbicides in corn and soybean crops in the Ottawa and Montreal region. Corn and soybeans are relatively new crops introduced respectively in the early 1970s and mid-1980s.

MMLT is currently celebrating its 15th anniversary. It has legally protected 2,538 acres (1,027 hectares) of ecologically significant lands in eastern Ontario. While faithful to its core land conservation mission, MMLT also encourages public use of these wilderness properties for the documented physical, mental, educational, and spiritual benefits arising out of nature experiences.

The Mississippi Valley Conservation Centre is located at 10970 Hwy 7 in Carleton Place. Doors will open at 6PM to allow some time to share refreshments with friends before the meeting begins at 6:30. Admission is free for MMLT members, and the presentation is \$10 for non-members. For more information, please visit <mmlt.ca>.

A Birder's Eye View

Enticing Purple Martins

With Christmas bird counts behind us, spring is just around the corner. Already we're hearing the spring calls of black-capped chickadees, nuthatches, northern cardinals and others. As mentioned last month, it's a great time to start planning your garden that is designed for wildlife. Incorporating nesting boxes into those gardens is another great idea. In fact, just at dusk the other night, Louise and I went out to walk around the

North America is 100 percent dependent on human-provided nesting sites. Yes, all of them.

So what can we do? We can add a nesting box to a yard, which will help provide that very valuable habitat. It is a bit of a process to successfully attract and keep purple martins, but many people find this learning curve and activity very satisfying. I have several customers who work diligently each spring creating the best possible circumstances to attract these lovely migratory song birds. For details, check out my YouTube video on our Gilligallou Bird channel.

by Bob Volks

yard, and as we approached one of our nesting boxes that will accommodate a variety of species (eastern bluebirds, chickadees, downy woodpeckers and so on), we flushed a black-capped chickadee who was obviously going to use it to overnight. I'm not sure who jumped the most — me or the chickadee!

Incorporating nesting boxes and platforms, as well as meadow grasses and shrubs for ground nesters, into your yard can go a long way to mitigate some of the effects of habitat loss. Boxes of all shapes and sizes are available — for owls, wood ducks, and even nesting cups for barn swallows. Stop by the shop if you would like to discuss nesting boxes or place an order — we're happy to help.

As most nature enthusiasts well understand, our passion for birding and habitat creation runs deep — no sooner do we finish setting up for one season than the preparation begins for the following season. While winter birding is a wonderful activity, the spring migration is enjoyed by many as it brings new species, new beginnings and new birds.

With that in mind, we wanted to touch on one particular species that, quite frankly, is in a bit of trouble. Dazzling through the sky performing acrobatic displays is typically where you will first witness a purple martin. These cavity-nesting birds are bound to existing nesting sites such as old woodpecker hollows and other natural cavities and crevices. To many, locating existing nesting sites may seem like a relatively simple task, and to the populations in the western regions of North America, it is usually the case.

On the other hand, those birds that reside east of the Rocky Mountains are not so autonomous. In fact, the entire eastern race of purple martins in

Purple Martin Houses

There are a number of products on the market today specifically designed to help these birds, and custom-designed houses are one of the best ways to do so. One such product that we have proudly carried for a number of years is the M12K Purple Martin House. Likely the best purple martin house on the market, this 12-room nesting box includes a roof perch, guard rails that surround the house, swing-out doors, winter hole caps, mounting bracket and dri-nest sub-floors. Another feature is that this package also comes equipped with life-like decoys and a vocalization CD, which raise the comfort level of scouting martins looking for nesting sites in the spring.

To complement this house, we also carry the optional telescopic mounting pole. This pole comes in three sections and can easily be set to between 5 and 14 feet for convenient access to the house. If you would like to start your preparations to attract purple martins to your yard we would love to help!

Mealworm

Purple martins love insects, so providing them with some high-quality mealworm will also help attract them to your yard as the scouts survey areas in search of spring nesting sites. Our mealworm products are naturally dried and are high in protein, fat and potassium to give these high-flying birds the energy they need to survive, breed and nest. In addition to purple martins, mealworm also does a great job of attracting over-wintering robins, bluebirds and other bug-eating birds that arrive in spring.

— Bob Volks can often be found at Gilligallou Bird, Inc. in Almonte's Heritage Court <gilligalloubird.com>.



Photo by Ruth Dick

40 Years Ago...

When I first made the pattern for a high collar shirt I didn't know about the rules.

All I really knew is that I wanted a shirt for women that would allow them to go without a jacket in a meeting and still feel confident, to wear a shirt with a pair of jeans and not feel like it came stolen from the other side of the closet, a garment that stood on its own — strong and happy — like its owner.

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Spring Forward in Perth!

A taxi driver once asked me what my favourite day of the year was, and I was happy and quick to answer. "Ah, that's easy," I told him. "It's not my birthday and it's not Christmas. It's the day the clocks spring forward. More daylight — to me that spells happiness."

by John Pigeau

The taxi driver furrowed his brows and nodded. "I totally get that," he said. "That's a good day." It was a moment.

This year that magical day is March 11. So, essentially, prepare to rejoice. I will be. And while March might be the sloppiest of months, March 20 is, officially and blissfully, the first day of spring — the most happy-inducing season of all. Arguably, I should say. But you'll get no argument from me: hands down, spring is, to me, the bee's knees and the cat's pajamas and the bullfrog's beard all rolled into one.

With gardens thawing, temperatures slowly rising, and spring indeed on the horizon, the Perth Farmers' Market will host its annual **Seedy Sunday** event on Sunday, March 4 at the Civitan Hall. This day is a Green Thumb's dream, and includes free workshops, informative talks and a seed swap table. The talks are generally big crowd-pleasers, so please get there early to ensure you get a seat. Experts

from the Lanark County Master Gardeners and the Perth & District Horticultural Society will be on hand to share their expertise, as well as representatives from the Perth Community Allotment Gardens and The Table Community Food Centre. Lunch and snacks will be available throughout the day. Seedy Sunday runs from 10AM to 3PM. For further information please contact Perth Farmers' Market president Sarah MacKenzie at 284-0578 or visit the Farmers' Market page on Facebook.



Don't miss Perth's Seedy Sunday event on March 4

Film Night International will be screening two top-notch movies in March at the Full Circle Theatre. On Wednesday, March 7, you can see *C'est La Vie*, a comedy about a hectic wedding party held in a 17th-century French palace. I have not seen that film but I've certainly seen *Lady Bird*, the movie playing on March 21, and without hesitation I can say it is an extraordinary and inspiring piece of art, written

and directed by the ultra-talented Greta Gerwig. Tickets at the door, if available, are \$10. Matinées begin at 2PM, with evening shows at 7PM. After expenses, all proceeds from Film Night International's presentations are donated to the Perth Public Library. If you need more information or would like to be added to the FiNI mailing list, please email <filmnightperth@gmail.com>.

I would be remiss not to mention **Earth Hour**, and so here I am, mentioning it. This year it takes place on Saturday, March 24, when millions of people around the world basically turn out the lights and unplug for an hour — between 8:30 and 9:30PM. The idea is to remind folks to reduce their carbon footprint. Light the candles and play board games with your family, or snuggle up with your cat and read a book. Maybe have some friends over for an unplugged music night. Remember how simple things can be without the use of electricity. That's why I love Earth Hour. Frankly, I wish there was an Earth Hour every month — nay, every week. At any rate, you can visit <earthhour.org> to learn much more about this global movement.

The **Studio Theatre** continues its **Movie Nights** series on Friday, March 16 with a screening of the latest version of the classic *Murder on the Orient Express*. This one stars Kenneth Branagh (who also

directed the film), Johnny Depp, Michelle Pfeiffer, Penelope Cruz, Judi Dench, Daisy Ridley, Willem Dafoe, Josh Gad and Derek Jacobi. For ticket information, please call 267-7469. Show time is 7:30PM.

Another sure sign of spring in Perth is the annual **Easter Egg Hunt** in beautiful Stewart Park. This year's hunt, organized by Perth Tourism, takes place rain or shine on Saturday, March 31 at 11AM on the nose. Children are encouraged to bring their own baskets (and children 8 years and under must be accompanied by an adult) to collect eggs in the park,

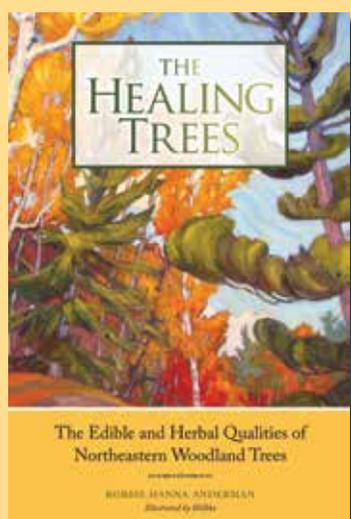
after which they can exchange them for a treat from the Easter Bunny. Every child receives a treat, and the little ones can also get their photos taken with the Easter Bunny. For more information, please call Karen Rennie at 267-1947.

Oh, yes. I'm sure there are lots of folks who don't need this reminder, but just in case: **St. Patrick's Day** — which is, by the way, an official holiday in Newfoundland and Labrador — is Saturday, March 17.

If Irish whiskey makes you frisky, enjoy!

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Who Ya Gonna Call?

Don't know kohlrabi from rutabaga? Celeriac from lovage or okra? A quick consult with Dr. Google or Prof. Wikipedia may give you some useful general information. But a word of caution! When it comes to growing food stuffs, some of that information may be less than totally helpful. When it comes to questions such as when to plant my okra seeds or what is causing my squash plants to shrivel and die, local knowledge and information is critical.

by David Hinks

A complaint I have heard from owners of garden centres is about those folks that come into their store with a long list of plants they are looking for. Gleaned from a glossy gardening magazine or the internet, most of the plants are not available locally — nor would they survive our winter temperatures. As with self-diagnosing medical conditions using information gleaned from the internet, a bit of knowledge is no substitute for an experienced diagnostician.

So, who ya gonna call? May I recommend your friendly local Master Gardener for free, unbiased and objective gardening advice?

Lanark County Master Gardeners and Ottawa-Carleton Master Gardeners are two of about thirty Master Gardener chapters in Ontario. They are under the umbrella of Master Gardeners of Ontario Inc., which is an organization dedicated to providing horticultural information to the public. It began in 1985 as a program of the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) and is now an independent non-profit charitable organization. The Master Gardener concept was originally created in Washington State (USA) in 1972 and has spread to many jurisdictions since then.

Master Gardeners (MGs) in the Province of Ontario are experienced gardeners who have studied horticulture extensively and continue to upgrade their skills through technical training. With this training and continuing education, MGs provide expert horticultural advice to the general public. They are very often specialized in their area of knowledge and experience; for example, many are very knowledgeable about perennial flowers, whereas my expertise is largely with vegetable gardening. One of the strengths of the groups is the ability to draw on the expertise of fellow MGs.

Experienced gardeners are recruited locally, often from Horticultural Societies. After an orientation session, candidates take an eligibility test, and then register for online courses from the University of Guelph or Dalhousie University (formerly the Nova Scotia Agricultural College). For very experienced gardeners, an exemption examination is another option. Becoming a Master Gardener does not give one an accreditation that one can post after one's name like a University degree — rather, it signifies that one is an active member of a Master Gardener Chapter who is committed to ongoing education and a specified minimum number of annual volunteer hours serving the public.

Participants provide horticultural information to the public, at no charge, via garden clinics (many at Farmers' Markets), telephone, letters, displays, workshops, television, radio, and newspaper articles. MGs are often asked to be speakers at monthly meeting of Horticultural Societies — they have the choice of keeping the speaking fee or donating it to the group.

Ottawa Master Gardeners offer an email helpline and note that they are "glad to find answers to your gardening questions". They can be reached at <mgoc_helpline@yahoo.ca>.

I have been a Master Gardener for over fifteen years — most of that with the Ottawa group before my switch last year to the Lanark County group. I have found it incredibly rewarding — lots of opportunities to learn, to serve the public and to connect with like-minded gardeners. I have found a lot of flexibility and support for taking on new projects, for which I am very grateful.

With a life-long passion for gardening and deep concern over issues of food insecurity in our society, I spent much of last spring and summer trying out different approaches to spreading the knowledge of gardening and of growing our own food. This is, of course, in addition to the regular ongoing MG advice clinics at local Farmers' Markets and special events such as Seedy Saturday. My focus was on Almonte and Carleton Place and included youth centre gardens, community gardens, the food bank garden, retirement homes and group homes. The response was extremely variable (gardeners being a rather unruly lot), but in general the reaction was very welcoming. The real reward for me was seeing new gardeners experience the thrill of harvesting



When there's something strange in your neighbourhood community garden, call a Master Gardener!

and eating a vegetable that they have grown through their own effort.

Visit <lanarkmg.blogspot.ca>, <mgottawa.ca> or <MGOI.ca> if you are interested in obtaining more information about becoming a Master Gardener.

There are many other sources of gardening knowledge out there. Horticultural Societies and other gardening groups have many very experienced gardeners. Some have websites; others connect through Facebook pages. Locally, gardeners are posting questions and answers on the Facebook page of the Master Gardeners of Ottawa-Carleton and the page of Almonte and Carleton Place Gardeners.

On the internet, the OMAFRA website <omafra.gov.on.ca> is one of my main go-to sites — I find it is really good on horticultural information, but its recommendations are often more appropriate for commercial growers. Many university websites are also great sources of information. I go to sites that have information germane to our local conditions, such as the University of Guelph or the University of Minnesota.

Fibre Fling 7 Textile Art Show & Sale

Out of the Box Fibre Artists and the Kitchissippi United Church invite you to a show and sale of fibre and mixed media art on April 6 and 7 in the church hall. Running on Friday from 10AM to 8PM and Saturday from 10AM to 5PM, the show will include a wide range of fibre artists, many of whom belong to area guilds. Admission is \$5, and high tea will be available on Saturday for an additional \$10. Light refreshments are available throughout the show.

At last year's show, 44 artists exhibited artworks such as art quilts, mixed media, framed works, felting, wearables, embroidery, dolls, beadwork, paper compositions and more. The depth, quality, and originality of the work is truly inspiring!

As well, an extensive sales area gives visitors an opportunity to purchase a variety of unique items including small framed artwork, wearables such as scarves, hats, and bags, jewellery, cards, handmade books, and an array of felting, stitchery, knitting and crochet and mixed media pieces.

A delicious high tea will be served on Saturday, April 9 by volunteers from Kitchissippi United Church. Over the last six years, this partnership



Stittsville artist Juanita Sauve is just one of many Ottawa Valley textile artists who will be exhibiting at this year's Fibre Fling on April 6 and 7

has raised close to \$20,000 for the Stephen Lewis Foundations <stephenlewisfoundation.org>.

For more details about the Fibre Fling show and sale, please contact Lorraine at <lorraine.lacroix613@gmail.com> or visit <out-of-the-box.org>. Kitchissippi United Church is located at 630 Island Park Drive in Ottawa.

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A Simply Soup-er Fundraiser!

MVTM's Soup for Thought on Mar. 24

The Textile Museum's tastiest fundraising event is back and better than ever. On Saturday, March 24, the Mississippi Valley Textile Museum will host its sell-out favourite **Soup for Thought** fundraiser. You'll be able to buy a fabulous bowl, handmade by the artists at the Almonte Potters Guild, fill it with delicious soup from restaurants in Almonte and Carleton Place, add a roll, coffee and dessert (supplied by the Friends of the Museum) and enjoy a meal with friends or family.

There are a few changes this year. There is only one sitting, from noon to 2PM. Organizers are also introducing what they call "taster's choice." That means that you can try smaller servings of three different delicious soups. Some of the restaurants that have already promised soups are the Heirloom Café, St. James Gate, Café Postino and Black Tartan. Doors will open at 11:45AM, and there's no need to worry about getting the "best bowls" as there will be a terrific selection throughout the event.

Seating is limited, and tickets can only be purchased in advance, so don't wait! They are available at the Museum (Visa payment accepted by phone) and at Baker Bob's (cash only). Adults are \$25 and children aged 3-12 are \$10 (no pottery bowl); children under 3 are free. No tickets will be sold at the door.



At Soup for Thought, \$25 gets you a beautiful handmade bowl, and up to three different soups to fill it with!

The Mississippi Valley Textile Museum is located in Almonte at 3 Rosamond Street East. For more information please call 256-3754. They're looking forward to welcoming you for lunch on March 24!

Seed Library Launch & Workshops for Spring

This mild weather is really starting to stir up thoughts of spring, and with it, images of seeds, sprouts, and all kinds of green delights for your garden.

And, of course, the opening day of the MMPL Seed Library! To kick off the 2018 season, and to launch the Seed Library for its 4th year, you are invited to the first free workshop of the season: **Veggie Garden Success: From the Ground Up!**

On Saturday, March 24, from 10AM to noon at the Almonte Library, Master Gardeners David Hinks and Gerda Franssen will discuss tips and techniques for the backyard gardener, from soil to seed to seedling. Drawing on years of experience, these local gurus will provide a wealth of information for all gardeners (from beginners to well-seasoned). You don't want to miss these superstars of the local gardening community! Limited seating is available, so please register by emailing <kkiddey@mississippimills.ca>.

Following that workshop, the Seed Library Launch takes place at 12:30. If you aren't a member yet, there will be seed library volunteers on hand to sign you up. It's absolutely free to become a member, but organizers ask that you try to share some seed with the seed-saving community, if at all possible. They would like to send a

huge thank you to all members who have donated seed over the past fall and winter. They are still receiving seeds, and the Seed Squad has been busy stuffing them into packages for the launch. If you are interested in helping out on launch day, please email <kkiddey@mississippimills.ca>.

More Upcoming Workshops

On Saturday, April 21, knowledgeable herbalist and wild food forager Amber Westfall presents **Spring Tonics and Revitalizing Weeds: The Healing Plants of Spring**. Amber will explore the tradition of working with the wild plants of spring to support and increase feelings of health and vitality after a long, cold winter.

Then on Saturday, May 19, find out **All the Buzz about Attracting Pollinators to Your Garden!** Everyone seems interested in pollinators these days, and Sandy Garland will be speaking about her experience with native plants and pollinators at Ottawa's Fletcher Wildlife Garden. The workshop will be followed by a walk around the library garden looking for early pollinators.

These workshops run from 10AM to noon at the Almonte Library. Please register by emailing <kkiddey@mississippimills.ca>.

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Hanging Around the Valley

Masks & Identity

From March 2 to April 8, Sivarulasa Gallery is pleased to present *Masks & Identity*, an intriguing duo exhibition featuring works by sculptors Dale Dunning (Almonte) and Jim Hake (Toronto). Working with the human head and face as central motifs, and with a remarkable mastery of technique over a variety of media, each artist explores themes of identity and self.

by Miss Cellaneous

Dale Dunning's sculptures have been honed over four decades of creativity. His



"Friend Project 1" by sculptor Jim Hake

newest sculpture, "Bound", a brilliant work in polished bronze, is at once familiar and enigmatic. His *Casse-tête* series of works allude to both mind-bending puzzles as well as a literal fragmentation of one's head. His masks in bronze, aluminum, and steel are meticulously executed, each employing the same generic, genderless head form that leaves it to the viewer to decipher their hidden meanings.

Jim Hake's work is rooted in personal narrative. "Friend Project 1" and "1984" reflect on identity, personal relations and social media, employing photographic images applied to cast porcelain forms, evoking the domestic collections of china of his childhood. His *Groove* series, inspired by the music of his youth, includes the works "Player", "Ronette", and "Jackson" — sculptures modeled with hundreds of vinyl shards alluding to the social incongruities of his youth in the racially divided Baltimore of the 1970s. His ceramic maquettes, often modelled after people in his life, are studies or prototypes for larger works.

Everyone is invited to the vernissage/meet the artists reception on Saturday March 10, from 3–6PM. For more information, visit <sivarulasa.com>. The gallery is located at 34 Mill Street in Almonte.

Through Our Eyes — Art Show at MERA

Highland artists Greta McDonald, Deb Shea and Molly Forsythe join together to reflect the world as they see it in this exhibit

running in Dean Hall at MERA Schoolhouse during the month of March. A vernissage will take place on March 10 from 1–4PM, and the show will be on display until the end of the month.

Greta McDonald is known for her paintings of birds and animals in colourful surroundings, injected with elements of fantasy and bright patterns. Deb Shea paints from a place of serenity, depicting landscapes from around Lanark Highlands and other environments, while reflecting her emotional connection to the pieces she executes. Molly Forsythe follows her true folk artist heart by creating clay relief tiles that are reflections of life in Lanark Highlands and Cape Breton.

MERA is located at 974 Concession 9A in McDonalds Corners. For directions and more details, please visit <meraschoolhouse.org>.

The Return of a Pottery Favourite

Local lovers of pottery will no doubt recognize the distinctive work of Darlene Keffer — and be very happy to learn that it's once again available in this area!

Darlene once owned the wonderful Keffer Gallery in Almonte, where she sold the work of local artists and craftspeople.



General Fine Craft in Almonte is pleased to announce that they now carry pottery by Darlene Keffer

Her own pottery was extremely popular, known for its bright and masterful decoration. Years later people still revere its functionality and cheerfulness. They are indeed some of the favourite pots found in Lanark County kitchen collections.

Darlene has since settled and set up a pottery in New Brunswick. General Fine Craft (63 Mill Street, Almonte) is pleased to have a selection of her work now and for the foreseeable future. Her latest designs are pleasantly familiar, yet fresh and vibrant with new shapes, colours and patterns.

Whether Keffer pottery is familiar or completely new to you, drop in to see for yourself this lively and functional ware. It will brighten your day! Find details at <generalfinecraft.com>.












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Big Music in Almonte

Folkus presents Big Little Lions

These days, who couldn't use a shot of hope? The unfettered optimism of **Big Little Lions** (even when they're being serious), is just what we need. Poppy, bright, and delightful, Big Little Lions bring us beautiful harmonies and hummable melodies. The group features Helen Austin and Paul Otten; they work long distance (she's in BC, he's in Ohio), but sound like they're always side-by-side. They're currently touring in support of their fourth album, *Alive and Well*, released on February 23. Like their previous album, *Just Keep Moving*, it is beautifully crafted, balancing a range of instruments (guitar, banjo, violin, and keys, along with whistles, handclaps, accordion, and harmonica) in support of their voices and lyrics.

This is modern folk music — artists these days are as likely to get noticed through song placements as through touring. Big Little Lions songs have been featured on TV, including MTV's *Catfish*, ABC's *The Vineyard*, NBC's *The Night Shift*, and CBS's *Elementary*, as well as in movie trailers and a ton of commercials at home and abroad, including Microsoft, Ikea and Dawn dish soap. Their songs were featured on CBC's *The Vinyl Café*, as well as *Q*, the *CBC Top 20*, and *Radio 2 Drive*. Big Little Lions have won a number of prestigious international songwriting competitions, as well as a Canadian Folk Music Award and Helen Austin's 2014 Juno Award.

Our opener for this show will be **Outside I'm a Giant**, a talented trio from the Gatineau side



On March 24, Folkus presents Big Little Lions (above) with opening act Outside I'm a Giant

of the Valley. They released their first full-length recording, *Point Comfort*, at the Black Sheep Inn last fall. Their folky sound is anchored by deep baritone voice of lead singer-songwriter Jérémi Pierre Caron, multiple instruments in the hands of Samuelle Desjardins, and the haunting pedal steel of Pascal Desgagné.

Folkus shows take place at the Almonte Old Town Hall, in the fabulous Ron Caron Auditorium. For our evening shows, doors open at 7:30PM and seating is first-come, first-served. Folkus offers a cash bar with local beer, wine, and non-alcoholic beverages. Details and tickets can be found at <folkusalmonite.com>; you can find hard-copy tickets at Mill Street Books. Send questions to <hello@folkusalmonite.com>, and find out more about this month's performers at <biglittlelions.com> and <outsideimagiant.com>.

— Sandy Irvin

Save the Date for Local Colours!

On Saturday, April 28, the Local Colours Art Group will be showing fine art at McMartin House in Perth from 9AM to 4PM. Join them at Perth's Festival of the Maples and view their new and exciting pieces of fine art. Enjoy some maple-inspired treats while you browse.

The group includes several new artists exhibiting a wide variety of media, including acrylic pours, high-intensity resins, abstractions and more.



This fine portrait was created by Local Colours artist Barbara Jordan during a recent Richard Hutton workshop on Highland Cattle

Big Music for Little People

Folkus Family Matinée

As a special treat for families, Folkus will be offering a 45-minute, family-friendly afternoon show featuring Big Little Lions, at 3PM on March 24 at the Almonte Old Town Hall. The music will be much the same, but the beverages will be kid-appropriate, and dancing is definitely encouraged, as are clapping, singing along, and twirling.

Before Big Little Lions, singer Helen Austin had an award-winning career as a children's songwriter (including a 2014 Juno Award for *Colour It* as well as a Canadian Folk Music Award plus a number of international songwriting awards). Big Little Lions' cheerful songs can entertain kids without driving parents crazy. Admission is \$15 per person, or \$50 per family. Children under three are free. Tickets for this show will be available online at <folkusalmonite.com> and at the door.

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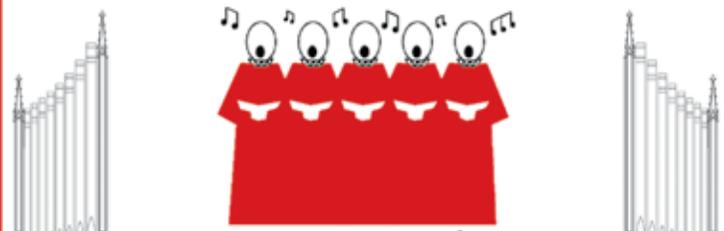
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 MVTM Vernissage, Almonte, Apr 7
 AGH Dinner/Dance, Almonte, Apr 7
 Spring into Art Conference, Carp, Apr 14
 BOTR: Boogie Patrol, Westport, Apr 20
 The Liverpool 4, Perth, Apr 20
 The Taming, Perth, Apr 20-28
 Almonte in Concert, Apr 21
 Tiny House & Green Home Festival, Perth, Apr 21
 Arbour Week, Miss Mills, Apr 22-28
 Butterflies are Free, SF, Apr 27-May 6
 Folkus: Kevin Closs, Almonte, Apr 28
 Diefenbooker Race, Carp, May 5
 Cheerfully Made Spring Market, Almonte, May 5-6
 Arts CP Show & Sale, May 5-6
 Home & Living Expo, SF, May 5-6

Literature

Authors Exposed: Truth About Publishing, Mar 2, 6:30PM Meet & Greet, 7PM Panel. 5 local authors. CP Library

Visual Arts

MERA AGM, Mar 4, 2-4PM. McDonalds Corners. meraschoolhouse.org

Meet the Artists: Dale Dunning, Jim Hake, Mar 10, 3-6PM. Sivarulrasa Gallery, Almonte. 293-2492, sivarulrasa.com

Spinning & Weaving in Upper Canada, Mar 10, 2-5PM. w/ Ellen Good. Textile Museum, Almonte. 256-3754, mvtm.ca

Vernissage: Greta McDonald/Deb Shea/Molly Forsythe, Mar 10, 1-4PM. McDonalds Corners. meraschoolhouse.org

Almonte & Area Artists' Assoc, Mar 12, 7:30-9PM. Almonte Library. 256-5863, 4a-artists.ca. Free

Paint Crocuses for Aiden, Mar 16, 6:30-9PM. Fundraiser for child w/ tumour. Hillside Church, Almonte. janet.beath@sympatico.ca. \$40

Almonte Quilters' Guild, Mar 19, 7-9PM. Almonte Civitan Hall. almontequiltersguild@gmail.com

10 Collective Art Exhibit, Mar 31, Apr 1, 10AM-6PM. 10 artists. 1 weekend only. Textile Museum, Almonte. mvtm.ca. Free

Theatre

Film: TBD, Mar 14 & 28, 1:30PM. Almonte Library. 256-1037, missmilllibrary.com. Free

LiPS Competitive Poetry Slam, Mar 16, 7-9PM. Coutts Coffee, 57 Gore St E., Perth. \$5 (performers free)

Murder on the Orient Express, Mar 16, 7:30PM. Studio Theatre, 63 Gore St. E., Perth. 267-7469, studiotheatreperth.com. \$10

Rag Bag Cabaret, Mar 29, 6:30-10:30PM. 6:30PM cocktails, 8PM show. Comedy, burlesque, magic, music. Tix: Grand Hotel, eventbrite.ca. The Grand Hotel, CP. \$40; \$35 adv; \$69 show+meal

Lanark Laughs, Mar 30, 8:30-10PM. Stand-up comedy. Waterfront Gastropub, CP. facebook.com/LanarkLaughs/

Rumours, Mar 1-3 at 7:30PM; Mar 4 at 2PM. Neil Simon farce. Station Theatre, SF. 283-0300. \$20/\$10

Film Night International presents **C'est la vie** Mar 7, 2 & 7PM (Full Circle Theatre, Perth); Mar 8, 2 & 7PM (Station Theatre, SF). **Lady Bird** Mar 21, 2 & 7PM (Perth); Mar 22, 2 & 7PM (SF). filmnightinternational.blogspot.ca. \$10

The Darkest Hour, Mar 16, 17, 7PM. Film. Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$10/\$5

WHAT'S ON IN

Monday

Tuesday

Wednesday

Thursday

<ul style="list-style-type: none"> CP & Beckwith Heritage Museum presents <i>Underwear and Unmentionables</i> <cpbheritagemuseum.com> Diefenbunker presents CANEX 1977 canteen Fairview Manor Lobby presents "The Musings of Five" photographers General Fine Craft, Art & Design features Eiko Maeda, Andrea Mueller & Eric Young <generalfinecraft.com> [from Mar 27] MERA Schoolhouse presents highland artists Greta McDonald, Deb Shea & Molly Forsythe <meraschoolhouse.org> MVTM presents <i>Portrait of a Mill Worker</i> <mvtm.ca> [to Mar 17] Sivarulrasa Studio & Gallery presents <i>Masks & Identity</i>, Dale Dunning & Jim Hake <sivarulrasa.com> The Mississippi Mills Chambers Gallery presents Maria Moldovan's acrylics/ceramics The Almonte Library Corridor Gallery presents fabric artists Sharon Collins & Joanne Zorzi 	<ul style="list-style-type: none"> Bridge Club, Amprior Carp Celtic Jam, Carp Masonic Lodge CPHC Seniors 50+ Exercise Class, Bolingbroke Euchre, Maberly Hackberry Men's Shed, Carleton Place Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Watoto African Children's Choir, Perth Olde Time Bingo, CP Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Jimmy Tri-Tone Band, Barley Mow Rumours, Smiths Falls The Little Mermaid, Jr., CP Karaoke, Waterfront Gastropub Musicians Circle, Bolingbroke Open Jam, The 2 Grands Open Mic, Alice's Village Cafe Wooden Sky, Neat Coffee Shop Bridge Club, Amprior
<ul style="list-style-type: none"> March Break at Fulton's, Pakenham Almonte & Area Artists' Assoc, Almonte Bridge Club, Amprior Carp Celtic Jam, Carp Masonic Lodge CPHC Seniors 50+ Exercise Class, Bolingbroke Euchre, Maberly Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> March Break at Fulton's, Pakenham Hackberry Men's Shed, CP Olde Time Bingo, Carleton Place Perth Hort: Rock Gardening, Perth Bridge Club, Smiths Falls W. Carleton Garden: Lawn Care Panel, Carp Women's Business Group Breakfast, CP 	<ul style="list-style-type: none"> March Break at Fulton's, Pakenham Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic w/Shawn McCullough, The Cove Bridge Club, Almonte Film: TBD, Almonte 	<ul style="list-style-type: none"> International Women's Day, everywhere! C'est la vie, Smiths Falls Karaoke, Waterfront Gastropub Musicians Circle, Bolingbroke Open Mic, Alice's Village Cafe Taylor Angus/Logan Brown, The 2 Grands Toastmasters, CP Bridge Club, Amprior
<ul style="list-style-type: none"> Almonte Quilters' Guild, Almonte Bridge Club, Amprior Carp Celtic Jam, Carp Masonic Lodge CPHC Seniors 50+ Exercise Class, Bolingbroke Euchre, Maberly Hackberry Men's Shed, Carleton Place Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> The Barley Shakers, Carp Olde Time Bingo, Carleton Place Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Lady Bird, Perth Somerset Combo, Brookstreet Hotel Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic w/Shawn McCullough, The Cove Pakenham Hort Soc: Vegetables, Pakenham Bridge Club, Almonte 	<ul style="list-style-type: none"> March Break at Fulton's, Pakenham Carmanah, Neat Coffee Shop Jazz w/Peter Brown Trio, Slackoni's Karaoke, Waterfront Gastropub Musicians Circle, Bolingbroke Open Jam, The 2 Grands Open Mic, Alice's Village Cafe Bridge Club, Amprior
<ul style="list-style-type: none"> Almonte Hort: Shrubs, Almonte Building Resilience in Youth, SF Bridge Club, Amprior Carp Celtic Jam, Carp Masonic Lodge CPHC Seniors 50+ Exercise Class, Bolingbroke Euchre, Maberly Parkinson's Support Group, Perth, Almonte Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Hackberry Men's Shed, CP Olde Time Bingo, Carleton Place Bridge Club, Smiths Falls Square Dance Open House, Beckwith 	<ul style="list-style-type: none"> Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic Night, Neat Coffee Shop Open Mic w/Shawn McCullough, The Cove Bridge Club, Almonte Film: TBD, Almonte 	<ul style="list-style-type: none"> Lady Bird, Smiths Falls Murder Mystery, The 2 Grands Musicians Circle, Bolingbroke Open Mic, Alice's Village Cafe Toastmasters, CP Bridge Club, Amprior Karaoke, Waterfront Gastropub
<ul style="list-style-type: none"> Almonte Hort: Shrubs, Almonte Building Resilience in Youth, SF Bridge Club, Amprior Carp Celtic Jam, Carp Masonic Lodge CPHC Seniors 50+ Exercise Class, Bolingbroke Euchre, Maberly Parkinson's Support Group, Perth, Almonte Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Hackberry Men's Shed, CP Olde Time Bingo, Carleton Place Bridge Club, Smiths Falls Square Dance Open House, Beckwith 	<ul style="list-style-type: none"> Open Celtic Jam, Naismith Pub Open Jam, Waterfront Gastropub Open Mic Night, Neat Coffee Shop Open Mic w/Shawn McCullough, The Cove Bridge Club, Almonte Film: TBD, Almonte 	<ul style="list-style-type: none"> Rag Bag Cabaret, CP MLLT AGM & Insect Talk, CP Musicians Circle, Bolingbroke Open Mic, Alice's Village Cafe Parkinson's Support Group, SF Bridge Club, Amprior Karaoke, Waterfront Gastropub

Youth

The Little Mermaid, Jr., Mar 1-2 (7PM), Mar 3-4 (2PM). Youth cast. Mississippi Mudds. Carleton Place Town Hall. 253-3000, mississippimudds.ca. \$10 (\$5 Mar 1)

StoryWalk, Mar 3, 10AM. Story along path; tea party. Stewart Park, Herriott St., Perth.

Easter Egg Hunt, Mar 31, 11AM. Bring basket. Under 9s bring adult. Stewart Park, Herriott St., Perth. 267-1947

Music

Musicians Circle, Thursdays, 7PM. All genres, no audience. ABC Hall, Bolingbroke. 273-9005, abchall.ca. \$5

Poetic Justice Band, Mar 2, 10PM. Lee Hotel, 72 Daniel St., Smiths Falls

Kanata Choral Society Concert, Mar 3, 3PM. St. Paul's Anglican Church, Kanata. 592-1991, kanatachoralsociety.ca

Solo Jazz Piano, Mar 4, 7-11PM. Peter Brown. Options Jazz Lounge at Brookstreet, 525 Legget Dr., Kanata. No cover

Watoto African Children's Choir, Mar 6, 7PM. Glad Tidings Pentecostal Church, Perth. 267-3295. Free

Somerset Combo, Mar 9, 7-10PM (Chesswood, CP, 492-4377; Mar 21, 7-11PM (Options Lounge, Brookstreet Hotel, Kanata, 271-1800).

MERA Music Series: **Clan Hannigan**, Mar 11, 2PM; **Brian MacMillan**, Mar 25, 2PM. \$22, \$60 series of 3. Tix: Ticketsplease.ca. MERA Schoolhouse, McDonalds Corners. 485-6434, ticketsplease.ca

BOTR: Sean Pinchin Band, Mar 16, 7PM. The Cove, Westport. 1-888-COVE-INN, bluesontherideau.ca. \$65 dinner/show

AIc: Saguenay & Lafayette String Quartets, Mar 17, 7:30PM. Tix: almonteinconcert.com, Mill St Bks. Almonte Old Town Hall. \$35/\$15; series available

St. Patrick's Dance, Mar 17, 8PM-12AM. Stewart Community Centre, Pakenham. 256-1077, mississippimills.ca. \$15

Choral Evensong, Mar 18, 3:45PM. St. James Anglican Church, Perth. 267-1163, stjamesperth.ca

The Barley Shakers, Mar 20, 7:30PM. Light refreshments. Freewill donations. Carp Memorial Hall. 256-4209, huntleyhistory.ca

Michael Costello, Mar 23, 8PM. Piano classics & contemporary. Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$20

Folkus: Big Little Lions, Mar 24, 8PM. \$30 at Mill St Books, folkusalmonte.com, door. Almonte Old Town Hall. 256-9090

Prior Sports Bar 25th, Mar 24, 7PM. w/ Vicki Brittle. St. John's Parish Hall, 295 Albert St., Amprior. \$30. vickibrittle.com

Governor General's Foot Guards Band, Mar 25, 2PM. 30-piece concert band. St. Paul's United Church, Perth. stpaulsperth.ca. Freewill offering

Listening Room Series: David Leask, Mar 25, 7PM. Celtic/folk. Perth Restaurant, 23 Gore St. W., Perth. 267-7902. \$20

SRO Big Band Tea Dance, Mar 25, 1-4PM. Almonte Old Town Hall. 563-7044, sroteadances.org. \$14; \$25 couple (cash)

Trad Song Pub Session, Mar 25, 2-4PM. Join in. Anyone can lead. The Barley Mow, Almonte. 355-5552, dpbaril@gmail.com

The Cove (Westport, 273-3636) Wed Open Mic w/Shawn McCullough, 6:30-9:30PM Mar 2 Tribute to Carole King/James Taylor, 7-11PM, buffet+show, \$50

Mar 3 Head Over Heels, 6-9PM Mar 9 Tom Watson, 6-9PM Mar 10 Tony Silvestri Band w/Tom Savage, 7-11PM, buffet+show, \$45

Mar 17 St. Pat's w/Turpin's Trail, 6-10PM, \$10 Mar 18 St. Pat's Hangover Party, 12-3PM Mar 24 WAC Kitchen Party, 1-4PM, \$10 Mar 30 Nolan Hubbard, 6-9PM

MARCH 2018

Friday

Saturday

Sunday

<p>Authors Exposed: Truth About Publishing, CP</p> <p>The Little Mermaid, Jr., CP</p> <p>Rumours, Smiths Falls</p> <p>Mississippi Blues Society Jam, Waterfront Gastropub</p> <p>Poetic Justice Band, Smiths Falls</p> <p>Scottish Country Dancing, Perth</p> <p>Shred Kelly, Neat Coffee Shop</p> <p>Tribute: Carole King/James Taylor, The Cove</p> <p>World Day of Prayer, Almonte</p> <p>All Request Piano w/Guitar, The 2 Grands</p> <p>Bridge Club, Amprior</p>	<p>Rumours, Smiths Falls</p> <p>StoryWalk, Perth</p> <p>The Little Mermaid, Jr., CP</p> <p>40 Plus Singles Dinner/Dance, Smiths Falls</p> <p>Al Tambay Duo, Waterfront Gastropub</p> <p>All Request Piano Show, The 2 Grands</p> <p>The Shimmy Kings, Bridges Bar & Grill</p> <p>Head over Heels, The Cove</p> <p>John Dorsch, Golden Arrow</p> <p>Kanata Choral Society Concert, Kanata</p> <p>Lanark Co. Genealogical Meeting, CP</p> <p>March Meltdown, Beckwith</p> <p>Comedy Night, Neat Coffee Shop</p>	<p>The Little Mermaid, Jr., CP</p> <p>Rumours, Smiths Falls</p> <p>Seedy Sunday, Perth</p> <p>Blues w/Redneck Limousine, Waterfront Gastropub</p> <p>Magnolia Rhythm Kings, The Royal Oak</p> <p>MERA AGM, McDonalds Corners</p> <p>Open Mic w/Kelly Sloan, Ashton Pub</p> <p>Solo Jazz Piano, Kanata</p> <p>Women's Health & Wellness Show, Perth</p>
<p>Somerset Combo, Carleton Place</p> <p>Dom Fricot, Neat Coffee Shop</p> <p>Dueling Pianos, The 2 Grands</p> <p>Scottish Country Dancing, Perth</p> <p>Smitty, O'Reilly's Pub</p> <p>Steve Barrette Trio, The Swan at Carp</p> <p>Tom Watson, The Cove</p> <p>Bridge Club, Amprior</p>	<p>Meet the Artists: Dale Dunning, Jim Hake, Almonte</p> <p>Parkinson's Bonspiel, Carleton Place</p> <p>Spinning & Weaving in Upper Canada, Almonte</p> <p>Tony Silvestri Band w/Tom Savage, The Cove</p> <p>Vernissage: Greta McDonald/Deb Shea/Molly Forsythe, MERA</p> <p>Al Tambay Duo, Waterfront Gastropub</p> <p>All Request Piano Show, The 2 Grands</p> <p>The NightCrawlers, Juke Joint Soul Kitchen</p>	<p>APEX Jazz Band, The Royal Oak</p> <p>Blues w/Redneck Limousine, Waterfront Gastropub</p> <p>Clan Hannigan, McDonalds Corners</p> <p>Jazz w/Peter Brown Trio, Slackoni's</p> <p>Open Mic w/Kelly Sloan, Ashton Pub</p>
<p>BOTR: Sean Pinchin Band, Westport</p> <p>Paint Crocuses for Aiden, Almonte</p> <p>Joey Landreth w/Johnson Crook, Neat Coffee Shop</p> <p>LiPS Competitive Poetry Slam, Perth</p> <p>March Break at Fultons, Pakenham</p> <p>Murder on the Orient Express, Perth</p> <p>Scottish Country Dancing, Perth</p> <p>Stephen Fisher, O'Reilly's Pub</p> <p>The Darkest Hour, Smiths Falls</p> <p>Riverthieves, John Street Pub</p> <p>Bridge Club, Amprior</p>	<p>AiC: Saguenay & Lafayette String Quartets, Almonte</p> <p>Al Tambay Duo, Waterfront Gastropub</p> <p>Kelly Sloan & Friends, Ashton Pub</p> <p>Poetic Justice Band, Golden Arrow</p> <p>George Turcotte, O'Reilly's Pub</p> <p>Steve Stacey, O'Reilly's Pub</p> <p>Skye Wallace, Neat Coffee Shop</p> <p>St. Paddy's w/Riverthieves, Valley Food & Drink Co.</p> <p>St. Paddy's w/Turpin's Trail, The Cove</p> <p>St. Patrick's Dance, Pakenham</p> <p>The Darkest Hour, Smiths Falls</p>	<p>Choral Evensong, Perth</p> <p>Magnolia Rhythm Kings, The Royal Oak</p> <p>Open Mic w/Kelly Sloan, Ashton Pub</p> <p>St. Paddy's Hangover Party, The Cove</p> <p>Blues w/Redneck Limousine, Waterfront Gastropub</p>
<p>Michael Costello, Smiths Falls</p> <p>Ruben and the Dark, Neat Coffee Shop</p> <p>Scottish Country Dancing, Perth</p> <p>Steve Barrette Trio, The Swan at Carp</p> <p>Jono Townsend, John Street Pub</p> <p>All Request Piano Show, The 2 Grands</p> <p>Chronic Pain Mgmt, Almonte</p> <p>Bridge Club, Amprior</p>	<p>Folkus: Big Little Lions, Almonte</p> <p>MMLT Terrarium Workshop, Almonte</p> <p>MMPL Seed Library Opening, Almonte</p> <p>MVTM Soup for Thought Fundraiser, Almonte</p> <p>Spring Tea, Bazaar & Bake Sale, Ashton</p> <p>WAC Celtic Kitchen Party, The Cove</p> <p>Workshop: Veggie Garden Success, Almonte</p> <p>Al Tambay Duo, Waterfront Gastropub</p> <p>Vicki Brittle, Amprior</p> <p>Billy Joel Tribute & Piano Show, The 2 Grands</p>	<p>Governor General's Foot Guards Band, Perth</p> <p>APEX Jazz Band, The Royal Oak</p> <p>Blues w/Redneck Limousine, Waterfront Gastropub</p> <p>Brian MacMillan, McDonalds Corners</p> <p>David Leask, Perth</p> <p>Open Mic w/Kelly Sloan, Ashton Pub</p> <p>Pancake Breakfast, Mississippi Mills</p> <p>SRO Big Band Tea Dance, Almonte</p> <p>Trad Song Pub Session, Almonte</p>
<p>Lanark Laughs, Carleton Place</p> <p>David Gogo Band, Neat Coffee Shop</p> <p>Nolan Hubbard, The Cove</p> <p>River City Junction, O'Reilly's Pub</p> <p>Vicki Brittle & Chris McNally, John Street Pub</p> <p>Scottish Country Dancing, Perth</p> <p>Bridge Club, Amprior</p>	<p>10 Collective Art Exhibit, Almonte</p> <p>Al Tambay Duo, Waterfront Gastropub</p> <p>Easter Egg Hunt, Perth</p> <p>The Slambovia Circus of Dreams, Neat Coffee Shop</p>	<p>10 Collective Art Exhibit, Almonte</p> <p>Blues w/Redneck Limousine, Waterfront Gastropub</p> <p>Magnolia Rhythm Kings, The Royal Oak</p> <p>Open Mic w/Kelly Sloan, Ashton Pub</p>

Valley Food and Drink Co. (Calabogie, 752-2676x311):
 Mar 17 St. Pat's w/Riverthieves, 8PM, \$10

The Swan at Carp (Carp, 839-7926):
 Mar 9, 23 Steve Barrette Trio, jazz, 7-10PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM
 Mar 4, 18 Magnolia Rhythm Kings
 Mar 11, 25 APEX Jazz Band

Naismith Pub (Almonte, 256-6336):
 Wed (excl Mar 7) Celtic Jam, 7:30-10PM

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

Ashton Pub (Ashton, 257-4423): Sun Open Mic w/Kelly Sloan, 2-5PM
 Mar 17 St. Pat's w/Kelly Sloan & Friends, 12-6PM

Golden Arrow Pub (Perth, 267-4500):
 Mar 3 John Dorsch, 9PM
 Mar 17 Poetic Justice Band, 9PM

Slackoni's (Perth, 326-0380):
 Mar 11 Jazz Night w/Peter Brown Trio, 5:30-8:30PM
 Mar 15 Jazz w/Peter Brown Trio, 6-9PM

Bridges Bar and Grill (Pakenham, 624-5939): Mar 3 The Shimmy Kings, 6-10PM

O'Reilly's Ale House (Perth, 267-7994):
 Mar 9 Smitty, 8:45PM
 Mar 16 Stephen Fisher, 8:45PM
 Mar 17 George Turcotte, 1PM
 Mar 17 Steve Stacey, 8PM
 Mar 23 Jono Townsend, 8:45PM
 Mar 30 River City Junction, 8:45PM

Alice's Village Café (Carp, 470-2233):
 Open Mic Thurs, 7-10PM

The Waterfront Gastropub (CP, 257-5755): Wed Open Jam 9PM, Thurs Karaoke 9PM, Sat Al Tambay Duo 3PM, Sun Blues w/Redneck Limousine 3-6PM
 Mar 2 Mississippi Blues Society Jam, 8:30PM

Juke Joint Soul Kitchen (Carp, 470-8888): Mar 10 The NightCrawlers 8PM

John St. Pub (Amprior, 623-8149): 9:45PM
 Mar 16 Riverthieves, \$6
 Mar 30 Vicki Brittle & Chris McNally, \$4

The 2 Grands (Amprior, 558-5050): 7PM
 Mar 1, 15 Open Jam
 Mar 2 All Request Piano & Guitar
 Mar 3, 10, 16, 23, 24 All Request Piano
 Mar 8 Taylor Angus/Logan Brown & Appreciation Night (Dr, nurse, police, fire, military)
 Mar 9 Dueling Pianos
 Mar 22 Murder Mystery

Neat Coffee Shop (Burnstown, 433-9960): 8PM
 Mar 1 Wooden Sky, \$25
 Mar 2 Shred Kelly, \$20
 Mar 3 Neat Comedy Night, \$25
 Mar 9 Dom Fricot, \$20
 Mar 15 Carmanah, \$25
 Mar 16 Joey Landreth, Johnson Crook, \$25
 Mar 17 Skye Wallace, \$20
 Mar 23 Ruben and the Dark, \$30

Mar 28 Open Mic Night
 Mar 30 David Gogo Band, \$35
 Mar 31 Slambovia Circus of Dreams, \$30

Community

Bridge Club, Mon-Thu-Fri 12:30PM. 447-7526. priorbridgeclub.ca

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

4-Hand Euchre, Mon 12PM. Lunch first. ABC Hall, Bolingbroke. 279-1106, \$6

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

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

Scottish Country Dancing, Fridays, 9:15AM. McMartin House, Perth. 264-2767

Hackberry Men's Shed: Mar 5, 19, 7PM. Shed opposite 98 Donald St., CP, free; Mar 13, 27, 7:30AM, breakfast, Gourmet Restaurant, CP, \$10

March Break at Fultons, Mar 12-16, 10AM-2PM. Sleigh rides, maple, more. Fultons, 399 Sugar Bush Rd., Pakenham. 256-3867

CPHC Seniors 50+ Exercise Class, Mondays, 9:30AM. ABC Hall, Bolingbroke. 273-9244, abchall.ca. Free

World Day of Prayer, Mar 2, 2PM. St. Paul's Anglican Church, Almonte. stpaulsalmonte@gmail.com

40 Plus Singles Dinner/Dance, Mar 3, 7PM. DJ. Exclusive to singles. SF Civitan Hall. 285-5557. \$15 (\$10 dance only)

Lanark Co. Genealogical Mtg, Mar 3, 1:30PM. Old S. Sherbrooke. Beckwith Mun. Complex, CP. lcginfo34@gmail.com. Free

March Meltdown, Mar 3. 8:30-10 Pancakes (Brunton Hall), 10:30-2 family activities (Beckwith Park); Chili Cook Off. 257-1539

Seedy Sunday, Mar 4, 10AM-3PM. Seeds, vendors, workshops. Perth Civitan Hall, perthfarmersmarket.ca

Women's Health & Wellness Show, Mar 4, 9AM-4PM. Funds to LCIH. Talks, booths. Perth Parkside Inn. eventbrite.com

CP Hort: Flower Designs, Mar 7, 7PM. Zion-Memorial Church, CP. 257-4101, cphorticulture@gmail.com, \$3/\$10 annual

Toastmasters, Mar 8 & 22, 7-8:30PM. River-view Snrs' Residence, CP. 250-9282

Parkinson's Bonspiel, Mar 10. 2x8 ends, lunch, prizes. Fundraiser. CP Curling Club. curl.ka@outlook.com, \$240/team

Perth Hort: Rock Gardening, Mar 13, 7-9PM. St. Paul's United Church, Perth. 267-2421, perthhortsociety.com. \$5 guests

W. Carleton Garden: Lawn Care Panel, Mar 13, 7:30PM. Carp Memorial Hall. wgcg.ca. \$5 for non-members

Women's Business Group Breakfast, Mar 13, 8AM. Networking meeting. RSVP at womensbusinessgroup@gmail.com. The Gourmet Restaurant, CP. 250-9282

Pakenham Hort Soc: Vegetables, Mar 21, 7:30-9PM. David Hinks. Seed exchange. St. Andrew's, Pakenham. 256-4768, \$10

Almonte Lectures: Chronic Pain Mgmt, Mar 23, 7:30PM. Almonte United Church. almontelecures.net. Free

MMLT Terrarium Workshop, Mar 24, 2-4PM. w/ Jamie Roy, \$45 includes all materials. Almonte United Church. 256-4087

MVTM Soup for Thought Fundraiser, Mar 24, 12PM-2PM. Soup/handmade bowl. Tix: MVTM, Baker Bob's. Textile Museum, Almonte. 256-3754, mvtm.ca. \$25

Spring Tea, Bazaar & Bake Sale, Mar 24, 11AM-1PM. Ashton United Church. 256-3462. Lunch \$10; \$5 for 5-12 yrs

Workshop: Veggie Garden Success, Mar 24, 10AM-12PM. David Hinks & Gerda Franssen. Register 256-1037. Almonte Library. kkiddey@mississippimills.ca. Free

MMPL Seed Library Opening, Mar 24, 12:30PM. Almonte Library. 256-1037, kkiddey@mississippimills.ca

Pancake Breakfast, Mar 25, 8AM-12PM, w/ sausages/ham, beans/blueberries. GF avail. Union Hall, Mississippi Mills. \$9 large, \$7 small, \$5 kids 10 & under

Almonte Hort: Shrubs, Mar 26, 7:30PM. Speakers from Rideau Woodland Ramble. Cornerstone Community Church, Almonte. 256-5594, \$2 (first time=\$0)

Building Resilience in Youth, Mar 26, 6-8PM. 9 Things Kids Need to Build Resilience. Smiths Falls Collegiate Institute. admincp@opendoors.on.ca. Free

Parkinson's Support Group, Almonte: Mar 26, 2PM, Mills Community Support, 256-0509. Perth: Mar 26, 1PM, Community Home Support, 267-6400. Smiths Falls: Mar 29, 1:30PM, SFCHC, 1-800-565-3000x3425. Free

Square Dance Open House, Mar 27, 7:30PM. Brunton Community Hall, 1702 9th Line, Beckwith.

MMLT AGM & Insect Talk, Mar 29, 6:30PM, Talk at 7PM: Decline in the Diversity of Insects. Mississippi Valley Conservation, 10970 Highway 7, Carleton Place. 253-2722, mmlt.ca/events. \$10 non-members

The Healing Trees

The Healing Trees: The Edible and Herbal Qualities of Northeastern Woodland Trees is the first book by Robbie Anderman of Morninglory Farm, located near Killaloe and Wilno. It arose from the author's deep-felt desire to leave behind his childhood addiction to allergy shots and pills upon arriving as a "back-to-the-land settler" in the Upper Ottawa Valley in 1969.

Living on an off-grid hilly and rocky old Polish farm, Robbie sought remedies for his health challenges in local herbs. Then came winter, when all the herbs of the field were covered with a blanket of snow. He turned his attention to the trees, yet he didn't know their qualities and had to do research to learn what was safe to use. Thus began a 38-year-long research project, which has culminated with *The Healing Trees* becoming available from Burnstown Publishing House.

It is an easy-to-read, illustrated and informative book that shares the edible and healing qualities of over thirty local tree varieties, including their leaves/needles, bark, roots, flowers (male and female), and even their sap. The practical everyday uses of each tree for their wood and craft potential is also covered, as is which local fauna seek each one out as food.

The Healing Trees is dedicated "to the Trees who gave their Lives and Bones that this book might be printed and researched; who have kept their vibrant qualities and medicines alive and available even when humans mostly ignored their presence; and who also give us oxygen to

breathe, food to eat, medicine for healing, wood for heat and shelter, and friendship in our lives on Earth."

Golden Lake herbalist Steven Martyn (of the Sacred Gardener and the Algonquin Tea Company) wrote the Foreword, pointing out that "Tree medicine is what the Earth is offering us in the seasons where there is no herbaceous growth."

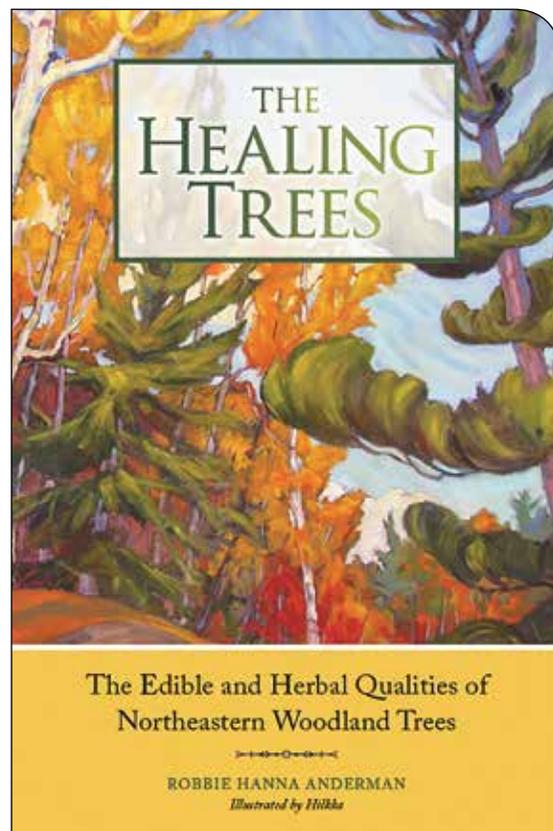
Robbie's stories in the Preface tell about the roots of the book and give fair warning that this book is not a "prescriber" for what ails you; rather it is a pointer towards further interactions, co-operation with, and appreciation for the trees who are our neighbours. "Cautions Amid the Trees" in chapter two gives clear warnings that some care is necessary in particular cases when seeking food and herbal qualities from local trees.

The "Main Tree Trunk" fills the body of the book with over thirty local tree varieties, including their names, descriptions, and outlines of their many uses through the centuries. Each tree is also beautifully presented with its own line drawings of leaves/needles, profiles and flowers by Killaloe area artist Hillka.

Later chapters include some of Robbie's personal experiences with the trees. There is also an introduction to "Herbalism and Herbal Methods", followed by information about "Harvesting and Storing Tree Parts" for food and herbal medicine in a way that is safest for the trees and for humans, plus one on "Edibles from Trees by the Season".

A very useful chapter entitled "Forestry First Aid" is presented "for those who cannot easily get to a doctor or a pharmacy while living in or venturing into the forest." It outlines common health challenges encountered by canoeists, hikers, loggers, skiers, and those who are simply living in cottages or cabins in the woods, and presents which trees offer aid in each case. One is then referred to the Main Tree Trunk for details of how to use them safely.

Similarly, "Guide to Tree Uses and Properties" lists over 400 uses and properties that have been ascribed



Robbie Anderman's first book has just been released by Burnstown Publishing

to specific local trees through the years. Readers can then refer back to the "Main Tree Trunk" chapter.

An extensive Bibliography including book and website sources of tree information, as well as other relevant links, concludes *The Healing Trees*.

Local author and documentary-maker Diana Beresford-Kroeger (*Call of the Forest — the Forgotten Wisdom of Trees*) has said "*The Healing Trees* is a little household gem for the northeastern woodlands of Canada and the United States. It will be valued for the knowledge within its pages and will entice the reader to look much more closely at the natural world around us."

The Healing Trees is available through <BurnstownPublishing.com> and in some local stores.



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UPCOMING EVENTS
Check Website or Facebook for further details on events

Sunday, April 1
Three Course
Easter Ham Dinner
Daily Soup or Salad, Ham Plate with all the fixings, Potatoes, Julienne Vegetables, Slice of Seasonal Pie, Coffee or Tea \$26 plus tax

March 12th to 18th
Great Kids Menu under \$10
EVERY TUESDAY after 4 p.m.
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Check out our website www.handsonhealing.ca for the Dr. Oz video on facial acupuncture

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welcome@handsonhealing.ca

Ontario's First (& Finest) Tiny House Festival

There's something about tiny houses that really appeals. Maybe the compact space makes us feel snug and secure — or it could be about the affordability. With interest rates on the increase and housing prices sky-rocketing, who wouldn't embrace a movement that makes home-ownership a viable option for low income families?

To get a handle on what tiny house living entails and learn about the latest sustainable housing trends, be sure to attend the **Century 21 Perth Tiny House & Green Home Festival** on April 21 at the Perth Campus of Algonquin College. There will be tiny houses to tour, three concurrent speaker sessions (Green Living, Social Housing and New Technologies), and exhibitors promoting their related products and services. In keeping with a festive atmosphere, there will also be a kids' activity area, food options and music.

The festival is being organized by *The 2 Marys Inc.*, a Perth-based event production company that is also bringing you the 9th annual **Perth's World Record Kilt Run** on June 23. The 2 Marys gratefully acknowledge the financial support of Century 21 Explorer Realty Inc. based in Smiths Falls, title sponsor of the event, and The Perth Planing Mill, DuPont Tyvek and Guy Saumure & Sons for additional sponsorship contributions.

A popular topic being addressed in the Green Living series is municipal planning: how to work with local council to get permission to live in a tiny



Taking place on April 21, the Perth Tiny House & Green Home Festival will include tours, talks, exhibitors, music, food and even a kids' activity area

house. There have been some success stories we can learn from! There will also be talks on maximizing the use of small space, tips on building small, and an entertaining tale about a tinker's nomadic life in a Gypsy caravan. In the Social Housing series there will be talks on co-housing initiatives, tiny house communities, and tiny houses as a solution to homelessness or social housing.

Among the New Technologies speakers will be Chris Magwood, who built the first off-grid, straw bale home in Ontario and is currently co-founder and director of the Endeavour Centre for Innovative Building and Living, co-editor of the Sustainable Building Essentials series and author of several books including *Making Better Buildings*. Other speakers will include Ross Elliott, co-owner of HomeSol Building Solutions, who will address energy conservation design, and Kris Bailey of Dwellings, a company that designs and builds houses using new eco-friendly technologies.

Anyone within driving distance of Perth, Ontario (an hour west of Ottawa, north of Kingston) who would like to bring a tiny house to this event or be a speaker, exhibitor or volunteer should please contact *The 2 Marys Inc.* at 264-2934 or email <info@the2marys-events.com>. For additional information, see <the2marys-events.com> .

Tickets to the event are on sale now at <ticketsplease.ca/Marys.html>. Ticket prices go up on April 1, so don't delay!

ANNUAL GENERAL MEETING
Thursday, March 29th 6:30 p.m.
Mississippi Valley Conservation Centre
10970 Highway #7, Carleton Place

The Decline in Diversity of Insects
Presentation by Henri Goulet,
Honorary Research Associate, Agriculture Canada

Public is invited to join us for the presentation after 7:00 p.m.
Entrance fee: \$10 (members free)

More info at 613-253-2722 or mmlt.ca/events

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2018 FUNDRAISING EVENTS

Eddy and the Stingrays

APRIL 7, 2018
ALMONTE CIVITAN HALL
DOORS OPEN 6:30PM
Tickets: \$45

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Friday, June 8, 2018
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 613-256-2500 ext. 2296 cpiche@agh-fvm.com
 Calendar of Events: www.almonte-hospital-foundation.com

COMING SOON
 Sat., Aug. 11 **Paddles & Puppets**
 Sat., Sept. 8 **The Mississippi River Run & Walk**

TEN ARTISTS ONE EXHIBIT

COLLECTIVE

See paintings by ten renowned Canadian artists

The show will feature work in a variety of styles, created in acrylic, oil, watercolour and mixed media

Saturday, March 31 & Sunday, April 1
 10:00 a.m. to 6:00 p.m.
Free admission to show and museum both days

Mississippi Valley Textile Museum
 3 Rosamond St. E., Almonte, Ontario | mvtm.ca

Nancy **Young** | Lily **Swain** | Rosemary **Leach**
 Jennifer **Noxon** | Kaija **Savinainen Mountain**
 Marina **Malvada** | Eileen **Hennemann**
 Jill **Halliday** | Katherine **McNenly** | Amelia **Ah You**

TheTenCollective.com

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Terrarium Workshop

The Mississippi Madawaska Land Trust (MMLT) will be hosting a Terrarium Workshop at the Almonte United Church Hall on March 24 from 2–4PM.

The workshop was originally planned to be part of the Byrne Big Creek Campaign, but the wonderful public response to that campaign has made other MMLT projects a higher priority. So the funds raised by the workshop will instead be devoted to the much needed repairs to the barn roof at the MMLT's property at High Lonesome. Without these repairs, the structural integrity of the barn would soon be threatened.

And what a great workshop it will be! Jamie Roy, the multi-talented owner of Acanthus Floral & Botanicals at 14 Mill Street in Almonte, will be leading the session. He will be donating his valuable time and will also be supplying all the materials required, so the registration fee of \$45 covers everything.

Come out to learn more about the Land Trust, socialize with friends, enjoy some coffee, tea and goodies, and take home a beautiful terrarium, made by you!

The organizers of the event, Chris Baburek and Sue Cressy, are very pleased to be involved in an MMLT initiative that will be of interest to the local horticultural community. "There is an obvious fit between



Jamie Roy of Acanthus will lead a workshop on terrariums on March 24, with proceeds going to MMLT

the interests of horticulturalists and those involved in preserving and protecting the natural environment," says Sue. "Both believe in the healing power of nature and its importance to individuals and to our community"

To register online, please go to <mmlt.ca/event/terrarium-workshop>. Space is limited so please register early. For more information, please contact Chris Baburek at 256-4087. The Almonte United Church is located at 106 Elgin Street, and more information about MMLT can be found at <mmlt.ca>.

Floral Designs in CP

At the March 7 meeting of the Carleton Place Horticultural Society, vice-president Linda Bartlett, an Ontario Horticultural Association certified flower show judge, will give a demonstration on the types of floral designs that will be featured at the organization's spring, summer and fall flower shows. If you are interested in floral design and need inspiration, this demonstration is for you. You need not be a member to attend this meeting — a visitor's fee of \$3 is all that's required for an informative and fun evening. Door prizes and refreshments are complimentary.

Each month the group features an expert speaker on gardening. Topics include growing vegetables and flowers, pollinating plants, pruning and more — everything for

the novice to keen gardener. The yearbook gives members information on the speakers for the year as well as other events. The month of May brings the annual Plant Sale, which is held at the Victoria School Garden. Members volunteer to pot up donated plants at a local residence, which is a good chance to socialize while getting to know more about perennials.

Meetings are held on the first Wednesday of the month, from March to June and September to December, at the Zion Memorial United Church Hall, located at 37 Franklin Street in Carleton Place. Membership is \$10 per year; visitors \$3 per visit. See their Facebook page for more information or visit <cphorticulture.ca>.

Rock Gardens

Are your ornamental gardens becoming smaller as the years pass? Or are you just beginning new gardens and don't know what to plant in the Perth area? Do you simply need fresh ideas for enhancing the appearance of your ornamental beds? Join the Perth & District Horticultural Society (PDHS) on March 13 to learn from a local expert how to garden with unique plants that tolerate our tough summers and winters.

Judy Wall, owner and operator of Rock Wall Gardens for the past 17 years, is an expert who trained in horticulture through Guelph University and is a Master Gardener with the Lanark County group. She is a Past President of the prestigious Ottawa Rock Garden Society and a member of several international alpine societies. Judy has a passion for alpines and rockeries and experimenting with unique plants. She loves to

learn how to germinate, propagate and grow plants in our area, and she loves to share her knowledge with others.

Judy will include unique shrubs and small trees along with perennials for rock gardens in her presentation. She will also discuss hypertufa planting as another example of a clever way to garden in a small space.

To learn more, attend the PDHS meeting at St Paul's United Church, 25 Gore Street West, Perth. Please use the D'Arcy Street side entrance to access the basement meeting room; doors open at 6:30 and the meeting begins at 7PM. Membership is only \$15 a year—which includes an award-winning yearbook, monthly meetings and newsletters, several garden visits during the summer months and discounts at many local nurseries. Guests may attend meetings for a fee of \$5. All are welcome.

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Bringing in the Sunshine

West Ottawa Ladies Choir Spring Concert

The warm air of spring will bring forth the tulips, and blossom buds will swell and bloom. At the same time, musical airs will warm your heart with songs that bring back moments in time. On Saturday, April 28, the West Ottawa Ladies Chorus will present a concert with a program that is sure to appeal to all ages. "Musical Memories" promises an evening that ranges from nostalgic tunes to show tunes to classical to jazz. Special memories in your life will spring to the fore as the chorus sings songs that bring alive moments in time. As the audience listens and wanders down memory lane, they will be rewarded by the excellent blend of voices. This is an evening not to be missed.

Under the direction of Robert Dueck and accompanied by Peter Brown, most selections are delivered in four-part harmony. The variety of rhythms and moods is what makes this evening one that needs to go on your calendar. Don't miss *I'm Looking*

Over a Four-Leaf Clover (written in 1927), as well as hits from the '40s such as *Boogie Woogie Bugle Boy*, *Java Jive* and *Chattanooga Choo Choo*. Then experience selections from well-loved musicals, like *Edelweiss* from *The Sound of Music*, *Razzle Dazzle* from *Chicago* and *Can't Help Lovin' Dat Man* from *Show Boat*. Close your eyes and revel in Gershwin's *The Man I Love* or tap your foot to the McGuire Sisters' '50s hit *Sugartime*. It will all be there.

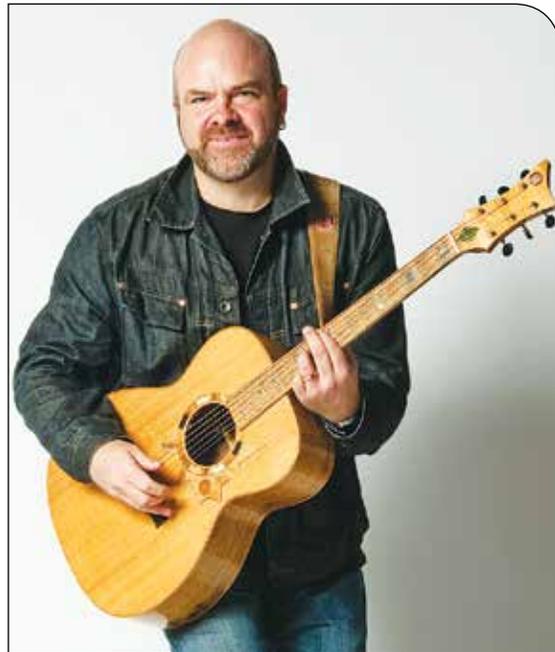
Come prepared to bid on special gift baskets, all with a spring theme. Tickets are \$15 in advance and \$20 at the door (children under 12 are free), and are available at Dragon's Lair Beads in Almonte, Gaia Java in Stittsville, Graham's Shoes in Carleton Place, Kanata Barbershop, Kanata Cleaners, and The Scottish and Irish Store in Bells Corners. Tickets are also available online at <westottawaladieschorus.ca>. The concert begins at 7PM at St. Paul's Anglican Church, 20 Young Road in Kanata.

David Leask's Celtic Folk Supports Seniors

When you hear his brogue you recognize his Scottish roots right away, and if you're like me, you just want to listen a wee bit more. The Listening Room Series welcomes David Leask, who will perform his special blend of Celtic folk, to the Perth Tea Room on Sunday, March 25 at 7PM.

I've heard Leask several times and noticed how he captivates any audience he plays to. Utilizing loop and effect pedals, his guitar work always seems to augment stories being told. You'll see why he's won so many songwriting awards, and enjoy his stellar stories. I would agree with this quote from the *Toronto Star*: "Leask brings to his music a compellingly honest baring of the soul." Come hear for yourself!

A portion of the proceeds from this show will go to the Perth Enrichment Program — a wonderful, not-for-profit day program for seniors that my mom thoroughly enjoys. Dinner reservations, which guarantee your tickets to the show, can be made by calling the Perth Tea Room at 267-3170. For "Show Only" tickets, call Sue at 267-7902 to arrange payment. I look forward to seeing you there enjoying such wonderful talent, all while supporting a good cause. — *Steve Tennant*



Catch David Leask in concert on March 25 as part of the Listening Room Series at the Perth Tea Room. A portion of the proceeds from this show will go to the Perth Enrichment Program for seniors.



The members of The Ten Collective are: (back l-r) Marina Malvada, Lily Swain, Nancy Young, Jennifer Noxon; (front l-r) Eileen Hennemann, Rosemary Leach, Katherine McNenly, Jill Halliday, Kaija Savinainen Mountain (missing: Amelia Ah You)

The Ten Collective 2-Day Exhibit of Paintings in Almonte

Ten Mississippi Mills painters — The Ten Collective — are mounting the first group exhibit of their work at a two-day show at the Mississippi Valley Textile Museum in Almonte on March 31 and April 1.

The art show will feature paintings in a variety of styles including acrylic, oil and mixed media. "A few months ago, ten Mississippi Mills painters got together to talk about having a show in 2018," explains member Eileen Hennemann. "We became very excited about the potential of sharing our work with each other's networks and about mounting an exhibit in a heritage location — the Mississippi Valley Textile Museum. It is a perfect venue for a group of our size."

To learn more about the artists and the show, please visit <thetencollective.com>. The show runs from 10AM to 6PM each day, and the Mississippi Valley Textile Museum is located at 3 Rosamond Street in Almonte <mvtm.ca>. As a special incentive, admission to both the Museum and the show is free on March 31 and April 1.

7th annual Fibre Fling Show and Sale! Creative Art by Out of the Box Fibre Artists

April 6 – Friday 10AM to 8PM
April 7 – Saturday 10AM to 5PM
Delicious High Tea Saturday

Fundraiser for the Stephen Lewis Foundation
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www.out-of-the-box.org



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- Every Wed. **Wings 'n Tunes** with **Shawn McCullough** (Country/Guitar), 6:30-9:30
- Every Thu. **Fajitas Night!** Margarita Specials 5-8 \$20
- Fri. Mar.2 **You've Got A Friend:** A Musical Tribute to **Carole King** and **James Taylor** feat. **Miss Emily** (Classic Folk/Rock, Kingston) 7-11, Buffet & Show \$50 + hst
- Sat. Mar.3 **Head Over Heels** (Folk/Jazz/Blues, Gananoque) 6-9
- Fri. Mar.9 **Tom Watson** (Rock/Irish/East Coast, Perth) 6-9
- Sat. Mar.10 **Tony Silvestri Band** feat. **Tom Savage** (Classic Rock, Kingston) 7-11 Buffet & Show \$45 + hst
- Fri. Mar.16 **Blues on the Rideau** with **Sean Pinchin Band** (Kitchener) 7-11, Buffet + Show \$65 + hst
- Fri. Mar.17 **St. Paddy's** with **Turpin's Trail** 6-10, \$10
- Sun. Mar.18 **St. Paddy's Hangover Party** with **Shawn McCullough** 12-3
- Fri. Mar.23 **Chinese Buffet** 5:30-9 \$25 + hst
- Sat. Mar.24 **W.A.C. Celtic Kitchen Party** with **The Fiddleheads** (Irish/East Coast, Belleville) 1-4, \$10
- Fri. Mar.30 **Nolan Hubbard** (Young Solo Phenom, Acoustic Pop/Rock, Gananoque) 6-9

Spring 2018 Night Sky Astronomy Course

What:
Night Sky astronomy courses help to foster an appreciation of the night sky and an understanding of dark sky conservation.

WHEN:
Friday April 6, 2018 at 7:45 pm. Subsequent 4 sessions will be determined according to weather and group consensus.

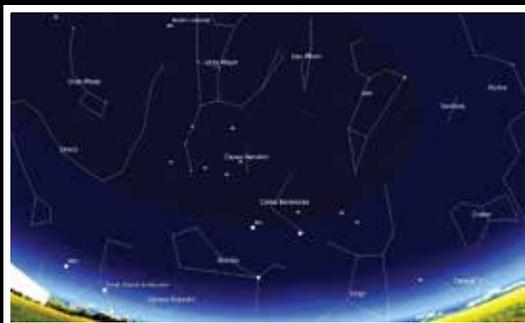
WHERE:
Mill of Kintail Conservation Area
2854 Ramsay Concession 8, Mississippi Mills.

COST:
Donations are encouraged. All proceeds are used to fund Night Sky programming.

REGISTER:
Registration will occur on Friday, April 6, 2018. Attendance is mandatory for this session. Following sessions are available on a drop-in basis.

For more information please contact:
Sarah O'Grady, MVCA Education Coordinator
613-256-3610 x 1 or 613-253-0006 x 239
sogrady@mvc.on.ca
www.mvc.on.ca

Learn constellations. Observe planets, stars, stellar systems, galaxies and more!



PARTNER ORGANIZATIONS:
Ottawa Astronomy Friends

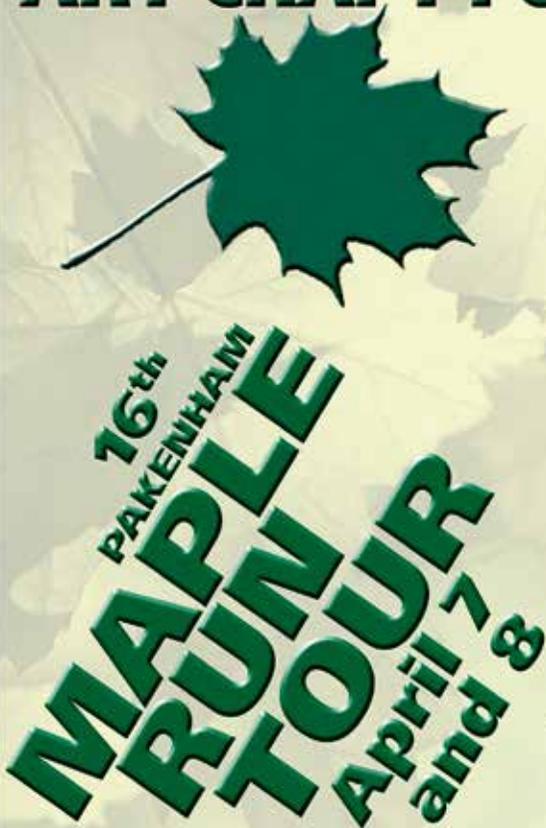
Royal Astronomical Society of Canada (Ottawa Centre)
The Millstone - A Mississippi Mills Community Newspaper



Maple Season Events

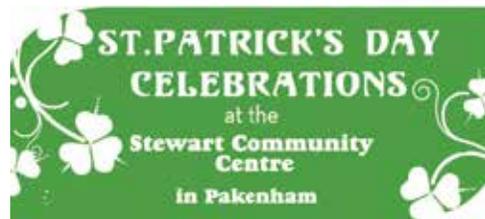
ART-CRAFT-FOOD-HERITAGE

in Mississippi Mills



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), and Pakenham General Store.

Visit www.mapleruntour.com and follow us on Facebook for artists' updates.



March 17, 2018, 8pm-midnight

Celebrate St. Paddy's Day in style! Featuring live music by Guy Jamieson and Upper Valley Country. Light lunch served. www.mississippimills.ca

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