

MAY 2019

# the Hummm

free

Arts,  
Entertainment  
& Ideas

The Art of Steve Hower p.3



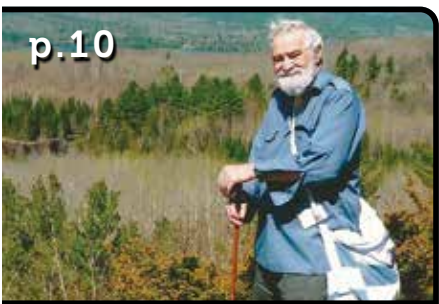
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May's Events



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Fabulous Farmers Markets



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Discovering Thoreau



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A Meditation on Mosses



Patrick Kelly  
SALES REPRESENTATIVE

## May is all about Mother's Day

Take your ultra special mum out for brunch, buy her some flowers or a handmade gift, and if you really want to do something special, move out of her basement! I'd be happy to help you find your ideal first home.

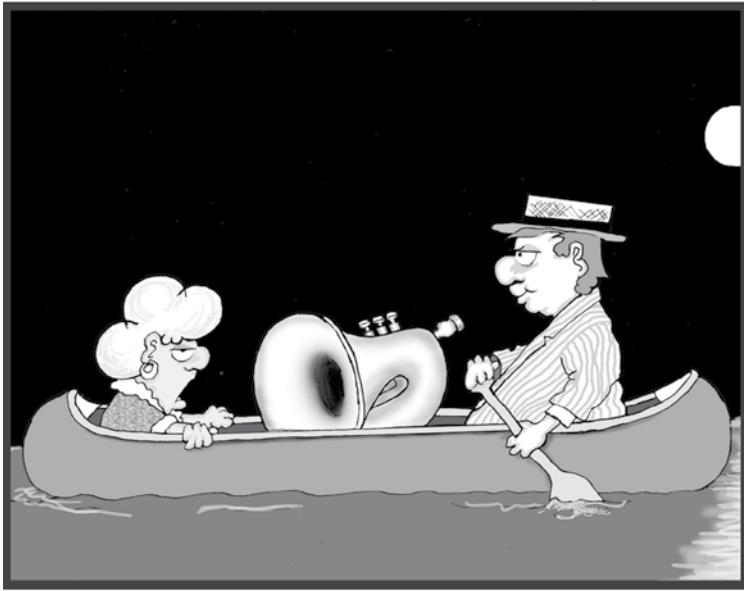
**Pat's Picks** Mother's Day brunch at **The Herb Garden** <herbgarden.on.ca>  
**for May:** Gifts at the **Cheerfully Made** craft show <markets.cheerfullymade.com>  
Dinner at **The Heirloom Café and Bistro** <heirloomcafe.ca>  
Flowers from **Acanthus** <acanthusfloral.ca>

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"This had better be good!"

## First Annual Perth Yard Sale Bonanza for YAK

Here's a double-whammy opportunity to demonstrate support for Perth's exceptional youth and to sell your awesome goodies too. On Saturday, May 18, why not join your neighbours in a community-wide yard sale! Folks will be coming from far and wide to buy your items, and we hope you will support Perth's very own YAK Youth Services as well. The Community Yard Sale will take place from 8AM-3PM, rain or shine.

Please consider donating 10% (or more) of your yard sale proceeds to YAK, or putting out a collection jar at your table on May 18. Then you will feel terrific and so will we! Money raised will go towards summer day trips for our youth.

YAK Youth Services is a local non-profit organization relying on donations and generous volunteer support from folks like you. We offer young people aged 10 to 18 a wide range of activities and programs. Without donations, this would not be possible. YAK is located at 1 Sherbrooke Street E. and is open Monday to Friday from 2-7PM.

For more information about YAK or the Yard Sale, visit our Facebook page @YakYouthServices, or call 267-8381. You can donate anytime by visiting <canadahelps.org> then looking for YAK Youth Services. — Susan Fisher



Who's Reading theHummm

Back in 2017, **Michalea Koster** (above) posed with theHummm in front of the Koffler Heuriger (Gasthaus) in the area of Rüppurr, part of the city of Karlsruhe, Germany. We like the way her hair matches the colour on the masthead!

## Communications for Dementia: "Finding Your Way"

On Wednesday, May 29, the School of Support presents "Finding Your Way" — a talk by Robin Hull from the Alzheimer Society of Lanark, Leeds, Grenville. This presentation will help people understand what dementia is and recognize its associated risks. It will give tips on how to communicate with someone with dementia and provide the tools to help them live safely in their community. And it can help us learn to interact with a person with dementia who may be lost.

The talk will take place from 1-2:30PM at Orchard View by the Mississippi, located at 219 Paterson Street in Almonte. Admission is free, but please RSVP to Julie at <ovmmarketing@ovlc.com> or 963-5000.

### Correction

In the article on page 5 of the April issue of theHummm ("Announcing Group Encore!"), the caption under Eugene Friesen's photo contained an error. The concert on May 25 in Perth will in fact feature multi-Grammy Award-winning cellist Eugene Friesen, and former child prodigy and internationally acclaimed pianist Joel Martin. For more details about the show, see page 16 of this issue.



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theHummm is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, Smiths Falls, Burnstown, White Lake, Balderson, and Ottawa. Our mandate is to connect and promote people and events in the small towns and rural communities of the Ottawa Valley — where the arts flourish and entertaining characters run amok!

### Submissions

By email or on disk.

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### Thumm's up this month to:

**The Table Community Food Centre** in Perth for dedicating a beautiful cedar bench and garden area to the memory and legacy of potter **Jackie Seaton** and the continuing work of **Empty Bowls**. The dedication will take place on May 9 at 2PM at 190 Gore St. E. in Perth.

Volunteering in the Valley

## Almonte Celtfest

The 23<sup>rd</sup> annual Almonte Celtfest is looking for volunteers! Celtfest is a weekend-long event of Celtic entertainment in the heart of Almonte, taking place this year from July 5-7. We promote Ottawa Valley's music and dance heritage, attracting performers from both near and far (check out this year's lineup!), in a family-friendly and accessible way. Celtfest relies on committed and enthusiastic volunteers to keep our great event running smoothly, and there is something to suit everyone. Can you help out for a few hours? Or make it your weekend plan! Timing, duration and types of volunteer tasks are varied and include site set-up & tear-down, greeting our guests at the gates, managing the merchandise tent or parking lots, and face painting & games at the Little Celts tent. Not available to help out in July? We also have events and fundraisers year-round, such as parades and a curling bonspiel, which would benefit from volunteer hands!

New and returning volunteers are most welcome. Whether you help out as a family activity, for your high school volunteer hours, or to support our wonderful community and Celtic music, we appreciate your time and dedication! You can contact us by email at <volunteerceltfest@hotmail.com>, via Facebook, or by calling 566-7067.



Opening hours (from April 1<sup>st</sup>)

- Wednesday: 12-5pm
- Thursday: 12-5pm
- Friday: 12-5pm
- Saturday: 12-5pm
- Sunday: 12-5pm
- Monday/Tuesday: Closed.



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## Almonte Potters Guild



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www.almontepottersguild.com

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# Steve Hewer — Sketching with Fire

Pyrographer Steve Hewer describes his intricate, lusciously detailed woodburning art as “sketching with fire.” With his eclectic portfolio that ranges from wildlife to his architectural renditions of the Peace Tower Clock and favourite landmarks of Europe, this recent addition to our local arts community illustrates the richness of an ancient but little-practiced medium.

by Sally Hansen

According to Wikipedia: “Pyrography or pyrograving is the art of decorating wood or other materials with burn marks resulting from the controlled application of a heated object such as a poker... The term means ‘writing with fire’, from the Greek *pur* (fire) and *graphos* (writing)... The art form has been practiced by a number of cultures including the Egyptians and some African tribes since the dawn of recorded history.”

Using a variety of modern wood burning nibs heated to different temperatures, Hewer has trained himself to capture the nuances of textures as varied as hummingbird feathers and architectural features. Working from his own photography and that of friends and colleagues, he starts by sketching each picture in pencil on a wooden “canvas” that he has prepared, usually of hand-selected poplar or sugar maple wood. Using six nibs, multiple heat settings, and different speeds and angles, Steve creates images that he characterizes as pictures, because to him the term “paintings” doesn’t seem the right designation for artworks that contain no paint. His colour palette is a subdued sepia resulting from his exquisitely executed burn marks, and the result is intriguingly effective. His works demonstrate that in the hands of a true artist, pyrography with its shades of brown



can be as stunning as the best black and white photography with its shades of gray.

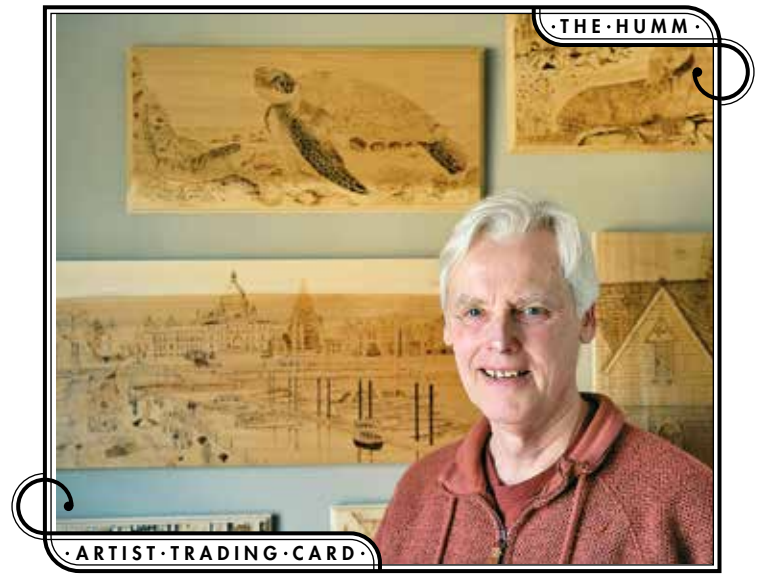
The medium and the artist are a perfect fit. Hewer is meticulous; he loves detail, and he loves creating works that grow on you. When you step closer, you’ll find surprising and even whimsical features scattered throughout his pictures. Ancient stone walls have cracks and old stairs are crooked; each blade of grass has a seed head; roof tiles and bricks are painstakingly detailed. His penchant for architectural integrity is lovingly evidenced in his striking portrait of Tower Bridge in London. He uses mathematical precision in rendering the correct perspective of complex structures.

## Hewing to Eschew External Constraints

Hewer’s sudden foray into the art world after a fifty-year career in IT (Information Technology/computing) is a wake-up call to anyone dreading or anxious about retirement. Steve viewed the end of a long road as the start of an open highway. The idea of doing what he wanted to do without imposed constraints was exhilarating. He had left school at the age of sixteen in London, England, and married his teenage sweetheart, Val. In 1980 Steve was recruited by the Hudson Bay Co. to work in IT in its Toronto office. The couple made a courageous and life-altering decision to move to Canada to pursue a better life. They were the first in both families to emigrate, and they knew no one in their new homeland.

Both agree that it was by far the best thing they ever did. As Steve put it, “it taught us not to worry about where we are; just how we are.” They started a family, and in the ensuing years Steve held over thirty different positions on a wide variety of demanding and deadline-driven projects. Budgetary and time constraints resulted in his eventual realization that he had spent half a century “discouraging creativity — automating rigid processes and procedures.” He was ready for freedom.

He had always loved wood (although he claims his name had nothing to do with it). So he tried making furniture and then woodworking, but constant sneezing contributed to his realization that neither was the answer to his search for an activity he would be passionate about. His eureka moment occurred less than two years ago when a friend gave him an inexpensive woodburning kit to make signs. The moment he realized he could “paint” on wood, his life changed.



He immediately convinced Val that he “couldn’t live” without the best tools. They invested in a full set of Razortip tools, saws, router, easels, rotating easel, sanders and “graphite eradicators”, better known as erasers, and Steve got to work. One of the first lessons he learned was not to scratch his head. Working with metal nibs at temperatures up to 1000°F and changing nibs every minute or so to achieve different effects can result in very warm fingers. He carefully selects the wood he uses and prepares his “canvasses” himself. On the rare occasion when

a piece does not turn out to his satisfaction, he sands the canvas smooth and starts over.

Only seven months later he sold four pictures at his first art show and received a commission. The man is an unassuming perfectionist, and he has developed an approach that perfectly suits his personality. He sections his wooden canvas into a grid and burns a section at a time so as not to be overwhelmed by a large piece. He explains, “I compartmentalize. On my large locomotive piece I burned one wheel at a time, so I could do the best wheel ever, and not be distracted by complexity or an imposed timetable.” His approach yields superb results, and his works just keep getting bigger and better and more complex.

## Redwood Mouse

Hewer enjoys his role in this quiet part of the art world. He discovered a non-competitive corner where he can be “redwoodmouse.com”, likening himself to a little mouse gazing up in awe at the towering forest of trained and professional artists who still intimidate him. He is rapidly proving himself worthy of joining their ranks, with two shows this month —

the **Arts Carleton Place Fine Art Show and Sale** on May 4 and 5, and the **Almonte and Area Artists Association Art in the Attic Art Show and Sale** from May 8–10. His work is also on display and for sale at Under Pressure Coffee House in Carleton Place. Coordinates are on the back of his Artist Trading Card at the top of this page, and at <thehummm.com>. He especially appreciates being invited to contribute a pyrographic panel to AAAA’s future 2020 artistic gift to the Town of Almonte — stay tuned!



George Horan, “Cliffs near Spillars Point”, oil on canvas, 24” x 48”



Barbara Gamble, “Gatineau Forest”, oil and wax on canvas, 60” x 83”

We are delighted to bring together artists from Newfoundland, Alberta, and Ontario!

Vernissage/Meet the Artists:  
Saturday May 25, 3pm-6pm

### Gallery Hours

Wednesday.. 11am-7pm  
Thursday..... 11am-7pm  
Friday..... 11am-7pm  
Saturday..... 11am-7pm  
Sunday..... 11am-4pm  
Mon-Tues: by appointment

**CANADIANA**  
MAY 17 - JUNE 30, 2019

Deborah Arnold  
George Horan

Barbara Gamble  
Karen Haines



34 Mill St, Almonte ON  
info@sivarulrasa.com

sivarulrasa.com  
613.256.8033

WHO Steve Hewer

· THE HUMM ·

WHAT Pyrographer (Woodburned Art)

WHERE <redwoodmouse.com>, home studio south of Carleton Place, by appointment, 407-3270, <redwoodmouse@gmail.com>; **Under Pressure Coffee House**, 37 Lansdowne Ave., CP

WHEN May 4-5, 10AM-4:30PM, **Arts Carleton Place Fine Art Show & Sale**, CP Canoe Club, <artscarletonplace.com>; May 10-12, **Art in the Attic Show and Sale**, Almonte Old Town Hall, <almontearintheattic.wordpress.com>

WHY "I create my art because it excites me to bring new life into pictures and memories using wood as my canvas."

· ARTIST TRADING CARD ·

# It's a Rash Comedy Bash!

Rag Bag Cabaret star and award-winning comedian Rachele Elie is hosting another fabulous comedy event — and this time it's a whole weekend of comedy! You can catch the hilarious Rash Comedy Bash on Thursday, May 16 at the Carleton Place Arena (upstairs); Friday, May 17 at the Gallipeau Centre Ballroom in Smiths Falls; and Saturday, May 18 at the lovely Almonte Old Town Hall.

Rachele has been seen on Just For Laughs 42, Sirius XM, Boston's Women In Comedy Festival, the HubCap Comedy Festival, the CrackUp Comedy Festival, and the Arctic Comedy Festival in Iqaluit. For this May long weekend she presents hilarious headliner Derek Seguin — one of the hottest comics in Canada! Derek won Sirius XM's Top Comic and has performed on Just For Laughs, Global TV, CBC's *The Debaters*, Sirius XM Canada Laughs, the Winnipeg Comedy Festival, the Halifax Comedy Festival, HBO, Just For Laughs 42, and Yuk Yuk's Comedy Clubs all over Canada.

The cash bar opens at 7PM before each show, so come for pre-show cocktails and enjoy live music by Mike MacDonald's kid brother and fabulous crooner Johnny Vegas. Enjoy Johnny's wide range of material from the '50s to the '80s — including Rat Pack standards, old time rock and roll, pop and even disco.



The Valley's favourite funny woman (Rachele Elie, not above) is bringing fellow comedian Derek Seguin (you guessed it — above) on a three-show tour over the May long weekend!

The comedy starts at 8PM, and this show will be live and uncensored — so leave the kids at home! Rachele explains that: "working with Derek is like a spontaneous trip to Montreal. Things will get wild, you will go places you didn't know existed, and the next day you'll drive home with the worst hangover ever but smiling the whole way!" And Derek retorts: "Rachele is a hardworking firestorm of funny. She's a rare breed in this or any business. Seriously; a 6-foot-tall blond Haitian woman!! Are you kidding? There has to have been a comedy prophecy about this or something!"

Tickets are \$30 in advance from Eventbrite.ca (as well as Apple Cheeks Consignment in Carleton Place, Special Greetings in Smiths Falls and Mill Street Books in Almonte), and snoozers pay \$40 at the door.

A portion of the proceeds will be donated to Lanark County Interval House and the Canadian Association of Stand Up Comedians. You may even win a door prize from 8008 Lingerie! For more information about these and upcoming shows, visit <crowningmonkey.com> or Rash Comedy Bash on Facebook.



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

### Stand-up Bass for Sale

3/4-scale double bass with K&K Bass Master Rockabilly pickup system. This bass has served me very well for almost 20 years in many musical settings but now she needs a new home. Email rob@thehummm.com for info or to come try it out.

*Joanne Beaton*





**Waterfront Home on the fringe of Arnprior!**  
Welcome to 20 Goodwin Lane. Once a cottage, this property has been lovingly renovated and modified and is now a two-storey home, with a full basement, on the shores of the Ottawa River. The living room features a wall of windows overlooking the river, providing an everchanging view throughout the seasons! It was once home to a home-based business, with a garage converted to a shop, so provides the opportunity for a very short commute to work. With easy access to the highway, this home has served the same owners for more than 30 years as they commuted to and from the city, so it can work for you too! The spacious eat-in kitchen will be filled with great smells and good food as you cook and entertain here, but the best room in the house is the living room with its feature gas stone fireplace — this is where you will spend all your evenings and cold winter days. Minutes to the town of Arnprior, close to restaurants and shopping, walking trails & medical facilities — this is a perfect home for someone looking for peace and quiet at the end of their day.

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# Horizons: Celebrating Landscapes

Bridget O'Flaherty and Michelle Shook have shared a common journey. After time away from their art to care for families, they have both returned to make it their full-time careers. Michelle, a native of Brooke Valley, is now living in Toronto. She and local fibre artist Bridget O'Flaherty have known each other for almost thirty years. They share a passion for the environment and many of their inspirations come from exposure to the rural settings of Perth.



Textile artist Bridget O'Flaherty and painter Michelle Shook are holding a group show on May 18 and 19 in Brooke Valley

They have joined up to showcase their work this spring. Both artists explore the intricacies of rural landscapes in water, trees and flowers that are so readily seen in the Lanark County area. Using their respective media of oil painting and fibre arts, Michelle and Bridget demonstrate the parallels of their artistic endeavours.

Michelle explores the art of creating compositions that are based loosely on amalgamations of photographs she has taken. She looks further than the photo, taking liberties with colour and placement of her subject matter to portray an emotion and tell a story. Her overall goal in this series is to take the viewer into a place of peace and beauty while encouraging curiosity about the subject. Whether it is a landscape, birds flying, arranged flowers or a series of birches or pears, she gives an elusive personality to her subject that is open for interpretation. Trees as bodies, flirtatious pears, soulful birds, cheeky flowers.

Bridget portrays nature with her delicate fibre art. She uses the sewing machine to "paint" the minute details of her work with thread. Using local wool and dyes with plant-based colours on her fabric gives an organic look and feel to her work. She celebrates local flora and fauna, often focusing on endangered species.

Michelle is a Toronto-based oil painter who exhibits her art in solo and group shows, studio tours and juried art shows internationally. She does both private and public painting commissions and her work is featured in several public spaces, including Toronto's Mount Sinai Hospital and the Toronto Hydro building. She has taken her love of teaching and working in the community to do "art as therapy" workshops for people with special needs, psychiatric survivors, women in crisis and dialysis patients.



Bridget is best known for her stunning large landscapes created with thread. An award-winning artist with over twenty-five years' experience in the fibre art world, her work is showcased in national galleries, and she teaches and lectures internationally.

Come see this stunning exhibit of landscapes and nature on May 18 and 19 from 10AM to 4PM at the studio of Bridget O'Flaherty, located at 867 Brooke Valley Road near Perth. For more details about this exhibition and to see samples of their work, please visit <micelleshook.com> and <threadpaintedart.com>, and follow @micelleshookpainter and @ecothreadart.

## Red Trillium Studio & Garden Tour

The Red Trillium Studio Tour returns on June 1 and 2, spotlighting the studios of West Carleton's talented artists/artisans as well as some beautiful gardens. You can meet local craftspeople in their studios on this very popular self-guided studio tour taking place around Carp, Dunrobin and Kinburn areas. Just twenty minutes beyond Kanata into the countryside you will find studios featuring paintings, photography, pottery, blown glass, woodturning, handweaving, women's clothes and fine art textiles, as well as Kin Vineyards.

New to this tour is Marlene Othmer with stained art glass that merges the traditional with the unexpected, Carolyn Barnett with colourful knit and felted garments, and author Randall Denley who will be featuring the latest title in his Kris Redner Mystery series. The ladies' group at the heritage St. Mary's Church will again be offering tasty lunch choices, and the Heart and Soul Café welcomes visitors for delicious breakfasts and lunches. Visit <redtrilliumst.com> to download a brochure and map and obtain detailed information about craftspeople at each studio, or find the tour on Facebook.



You'll find beautiful stained glass art by Marlene Othmer on this year's Red Trillium Tour

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## Spring Hike at Blueberry Mountain

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Sunday, May 5<sup>th</sup>

10:00 a.m.

Tickets @ [mmlt.ca/events](http://mmlt.ca/events)

\$15 non-members \$10 for Members



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# Humm Bits

## Celebrate the Classics with the Arnprior Choir

The Arnprior Community Choir will be performing their spring concert entitled "Celebrating the Classics" on Saturday, May 4 at 7:30PM. The choir will take you on a musical journey through the European churches of England, Italy and Germany; onto the stages of France and Italy; across the Atlantic to the roots of Southern Gospel; and finally home to Canada where your journey will end with a spectacular arrangement of Rita MacNeil's *Home I'll Be*.

It is a wonderful program of classical, gospel and popular music anchored by two main choral works: Pachelbel's *Nun danket alle Gott* and Haydn's *Missa Brevis in F*. The concert soloists are Emily and Molly Helferty, two young performers currently studying music at Queen's University. Catherine Helferty is the concert accompanist. They are all sisters from an incredibly musical family, and this will be a musical reunion for the talented siblings! The Arnprior Community Choir's director, Lisa Webber, will also be singing several trios with Emily and Molly. Also featured is a string ensemble and concert pianist Sylvia Etch-very playing the Three Preludes by Gershwin. What a line-up!

If you love live music of all genres this is a concert not to be missed. Tickets are \$18 in advance (from the Arnprior Book Shop) or \$20 at the door, or \$10 for children twelve and under. Come out and support young talented musicians and travel the world through music. Find more details at <arnpriorcommunitychoir.com>.

## The Life of Pearls: "Into the Beautiful Blue"

St. Andrew's United in Pakenham welcomes The Life of Pearls with their warm and breezy concert "Into the Beautiful Blue" on Saturday, May 4 at 7PM.

Featuring the lush vocals of Shann Bailey and the original songs of Timothy Trieste from the group's adult contemporary album, the concert features a five-piece band comprised of some of Ottawa and Toronto's most accomplished musicians.

Styles include singer-songwriter, adult pop and jazz, and the concert also aspires to be a real stage show with a series of narrations that tie the songs together, featuring short stories written for the stage from Trieste's forthcoming book. The poetic songs and stories weave together the big themes of existence: love, loss, our purpose in nature and the greater universe, and the personal experiences we all share in making our way through life.

Visit <thelifeofpearls.ca> for more information and to purchase tickets (\$20).

## Perth Band Presents "At the Movies"

The Perth Citizens' Band, Canada's longest continuous town band, is preparing for its annual spring concert entitled "At the Movies". It will include a selection of music featured in a variety of movies from the 1960s and '70s, such as *Mary Poppins*, *Oliver*, *Fiddler on the Roof* and *Grease*. The band will also perform other well-known songs from western and space movies as well as selections from James Bond movies, and songs for audiences of all ages. The concert will also feature several tunes performed by Event Horizon — a wind quartet made up of local musicians.

The concert will be held on Sunday, May 5 starting at 2PM at the Perth Legion Hall, located at 26 Beckwith Street East in Perth. Admission at the door is \$10 per person (\$5 for students) and includes light refreshments. For more information visit <perthband.ca> or call conductor Brian Tackaberry at 256-4221.

## Growing Fruit the Earth-Friendly Way

On Tuesday, May 14, join the Perth & District Horticultural Society at their May meeting for a presentation on growing fruit by Paul Dehler and Carol Gudz of Bastard County Fruit Farm. This meeting will also feature the first horticultural show for the 2019 growing season where members bring in blooms, sprays, houseplants, and designs for display. Consult <perthhortsociety.com> to get a list and description of classes for specimens and design. There will also be bags of organic "rose" fertilizer for sale at a special member's price, so remember to bring cash.

Spring is here, so please come out to learn about gardening in a way that supports Mother Nature. The group meets at St Paul's United Church, located at 25 Gore Street West in Perth. Please use the D'Arcy Street side doors which open at 6:30PM; the meeting begins at 7PM. PDHS membership is \$15 a year and guests are welcome for \$5 a visit.

# And the Band Plays On...

The Carleton Place and District Community Band will present their annual spring concert on Saturday, June 1 at 7:30PM in the Carleton Place Town Hall Auditorium. It is a very special concert this year — celebrating the band's 25<sup>th</sup> anniversary.

Band Director Gary Payne has put together a program that reflects on the band's past and looks forward to the future. Numbers will include old standbys like the march *Our Director*, which was played by the band in its early days when there were only twelve members. And there will be new selections, including *Dancing in the Rain* and a specialty saxophone number called *Root Beer Rag*.

Speaking of saxophones, guest artists for the concert are the Notre Dame Saxophone Quartet, a

group of talented young instrumentalists showcasing the future of music in our community. Also, providing music before the concert begins will be the local group GASM. And there is even a rumour that royalty might attend!

The band has grown in number in the last year or so to its present size of over thirty musicians. The Carleton Place Town Hall is a great location to showcase its music. The band invites you to share the evening. The cost is \$10 at the door, including some snacks at intermission.

The band appreciates the support of the Town of Carleton Place in presenting this concert. For more information, contact Louise at <louise.link@rogers.com> or 298-3953.

Speaking Volumes

## Mourning the Inter-Library Loan Service

As most people have likely already heard, the Provincial Government has made severe cuts to funding in many areas — including to the Southern Ontario Library Service. One of the ways this will affect our library patrons is through the inter-library loan service. That's right. This valuable service for rural communities has been stopped in its tracks. Libraries will no longer be able to seek out wanted titles for their patrons.

by Nicole Shaw

There was quick action from the public following this news, including a petition on change.org which, at the time I'm writing this, is over 5,000 signatures strong. If you haven't yet signed it, please go to change.org and search for the SOLS petition and let your opposition to these cuts be heard.

Libraries continue to operate in the face of these changes, including our little "gem of Lanark" library here in Lanark Village. We will continue to offer great services to our patrons, which we strive to improve upon all the time.

We are working hard to offer a wide variety of programming as well. We will continue to have our monthly book club, but it will change into an "Author Book Club" and we are happy to announce the addition of a Cook Book Book Club that will begin in May.

We also have two speakers lined up in May. The first will be Dr. John Frank who will be dazzling us with a photographic presentation from his recent trip to the Serengeti, called *Birds & Animals of the Serengeti*, on May 2 from 4-5PM. Our local poet (and postmaster) Anders Carson will be serenading us on May 25 with his internationally renowned poetry. We hope you can join us for this!

We will be continuing with our ongoing activities like Family Game night, Lego Saturday, countless craft activities and our puzzle swap! And did you know that we have a huge selection of books on our "For Sale" shelves? We are selling books to raise money for all of our programming, so come in, have a coffee and browse the shelves.

We hope to see you soon at our little library in Lanark Village.

— Nicole Shaw is a Library Assistant at the Lanark Highlands Public Library



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Garden Sale & Presentation  
"Trees Without Borders"  
by Allan Goddard

Friday, May 10  
6:30 to 9PM

Almonte United Church Social Hall  
106 Elgin Street, Almonte

Admission: Donation at the door  
Plants, garden items, silent auction  
and refreshments

Fundraiser for the Likulezi Project,  
Malawi, Africa

More Information: 613-256-2738

# Film Night International

## Buy a Pass to Help the Popular Film Series Survive

Sixteen years, 200-plus films, and multiple rounds of applause at the end of each screening — this in a nutshell is what Film Night International (FiNI) has brought to Lanark County. In other words, the best the film industry has to offer.

Unfortunately, the audience numbers have been dwindling recently. Blame whatever you like — Netflix, Crave, bad weather, hockey season — the fact remains that in order to keep going, FiNI Perth, for example, needs to sell at least 120 passes for the upcoming fall season by the end of June or it will have to fold.

“We are at a critical moment in the history of this long-standing program,” explains Faye Cunningham, FiNI’s founder. “We’d like to keep it going as a fundraiser for the Perth and Smiths Falls libraries and as a way to bring wonderful international films to our communities, but profits are dropping each year because of the decline in the sale of passes.”

Currently, the Perth organization is down about \$1,000 in projected revenue. “Bills have to be paid each week regardless of how many audience members show up,” adds Cunningham.

For the past sixteen years all money after expenses has gone to both the local libraries for a wide variety of items and services outside their regular operating budgets.

FiNI has decided to undertake some drastic measures to reduce the series’ expenses. “We will be cutting back to one film per month,” says Cunningham. “This is a remarkable reduction from our normal bi-monthly screenings, but it had to be done.”

Until the end of June, passes for the upcoming season’s seven films will be on sale for \$70 at both the libraries. On the remaining screening days they will be available at the Station Theatre in Smiths Falls and the Full Circle Theatre in Perth. Check <filmnightinternational.blogspot.com> for upcoming film dates.

“This is important,” stresses Cunningham. “Unless we are able to sell our minimum goal of 120 passes in the next two months we will not be offering a film series next year. So if you value our film series and want to keep it going, we ask you to please buy a season’s pass and encourage your friends to do so as well.”

Until the end of May, films will continue to be screened on Wednesdays at 2 and 7PM at the Full Circle Theatre on Craig Street in Perth and on Thursdays at 2 and 7 at the Station Theatre on Victoria Avenue in Smiths Falls. Because audiences cannot switch between venues, Cunningham reminds everyone to come early to ensure getting a seat.

If you have any questions, email FiNi at <filmnightperth@gmail.com>.



In May, FiNI will be showing two films from France: *Mademoiselle de Jonquières* on May 8 in Perth and May 9 in Smiths Falls, and *Two is a Family* (above) on May 22 in Perth and May 23 in Smiths Falls. Get tickets — and passes for next season — at <filmnightinternational.blogspot.com>.

# Food Bank BOGO Dinner

## Event Blossoms into an English Garden Party

The Lanark County Food Bank — The Hunger Stop’s annual Community BOGO (Buy One Give One) Dinner will take place on Sunday, May 26, and with this year’s English Garden Party theme it promises to blossom with top hats and fascinators.

The event has grown so popular it has moved to a bigger venue — the upstairs hall of the Carleton Place Arena. Doors open at 5PM with hors d’oeuvres (courtesy of Bruce Osborne at More than Enough Financial Fitness) and dinner will be served at 5:30PM.

Ian Carswell from Black Tartan Kitchen and Rob Carpenter (aka the Beckwith Butcher) are back creating a mouth-watering dinner. Maurine Adair from the Beckwith Kitchen will cap the night with sweets.

Tickets at \$30 each or a table of 8 for \$220 can be purchased the Granary Bulk and Natural Foods, the Beckwith Butcher or the Lanark County Food Bank — The Hunger Stop. Find out more at <lanarkcountyfoodbank.ca>.

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Sunday, May 26  
and Tuesday, May 28  
at 7pm

Tickets are \$12  
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# Catch the Vibe at Bittersweet Gallery

Bittersweet Gallery has showcased the works of jewellery designer Anne-Marie Chagnon since 2001 when the gallery owners first discovered her at a show in Montreal where her designs clearly stood out among others. Every year for more than a decade owner Cheryl Babineau and her husband (artist Richard Gill) have celebrated Chagnon's latest collection with a trunk show and spring open house that benefits ovarian cancer research by donating a portion of the proceeds from the popular event. Funds raised go directly to Dr. Barbara Vanderhyden and her research team at the University of Ottawa.

This year's event takes place on Saturday, June 8 from 11AM to 5PM. Light refreshments will be served and there will be door prizes of jewellery, art and sculpture.

## The Art

Anne-Marie Chagnon is a perceptive designer, inspired by all that surrounds her interactions with humanity and nature. Emotionally intelligent, she is influenced by a woman's style, posture, gesture or the way her hair falls on the shoulders. With every collection a certain fascination emerges — ideas surface as she sketches, draws and paints, brainstorming creative options to outline a course that defines her. The dominant designs take shape through countless hours of wax sculpting. She plays with and juggles the pieces, surrounded by her creative team, to form the final designs that will be included in the collection.

With her 2019 collection "Vibration," Anne-Marie has opted for a cocktail of powerful pigments that exude both intensity and softness. Colourful terrazzo and cracked retro patterns combine, soft touches of watercolour and candy-hued pieces embrace oblong satin pearls, while the raw materials, pewter, gold, bronze, resin and glass, break the straight lines with finesse.

Vibration plunges us into a world of colourful and eclectic pieces where rounded shapes unite with straight lines. It invites us to immerse in a symphony of colours, shapes and textures. Vibration is a tribute to all women who proudly display their colors!

## The Research

Dr. Vanderhyden is modest. She is, in fact, an internationally recognized ovarian biologist. She joined a fledgling group of cancer researchers at the University of Ottawa in 1991. Four years later, the building that now houses the Ottawa Hospital Cancer Centre was constructed and she was named its endowed chair in 2000.

Even the Governor General has noticed. In April 2014, Vanderhyden received the Caring Canadian Award for dedicated volunteerism including volunteer leadership positions she holds with Ovarian Cancer Canada that include raising awareness by meeting with women who are struggling with their diagnosis of ovarian cancer.

Dr. Vanderhyden speaks excitedly about researchers collaborating. And she is keen about her work in developing a new generation of scientists. "The research always comes first. It has to. That's my job and that's where I need to have the greatest impact. Anything I can do on the side," she says, "is gravy." "What we do is not separate from the patients, what we do is for the patients," adds Dr. Vanderhyden, noting that testing new treatments is paramount in ovarian cancer. Her most recent publication describes a new treatment for the rarest and most deadly type of ovarian cancer. "If even one woman is cured of her cancer because of a new treatment that we discover, then it's all worth it."



Find the latest creations by Anne-Marie Chagnon and help raise funds for ovarian cancer research at Bittersweet Gallery in Burnstown on June 8

Come out and catch the vibe! Celebrate the remarkable and focused work of two women — artist and scientist — and their teams, while supporting a good cause! In the meantime, those who are interested can make donations to this cause online at [alumni.uottawa.ca/ovarian-cancer-research](http://alumni.uottawa.ca/ovarian-cancer-research).

# Trees Without Borders

## Plant Sale and Talk with Allan Goddard

On the evening of Friday, May 10, local landscaper and designer Allan Goddard will share beautiful images of trees from his work and travels around the world. He'll speak about the diversity, benefits and special features of some of them and take questions about both international and local trees.

Allan started Almonte Landscape Services back in 1989 with a wealth of academic and practical experience in horticulture, natural sciences and landscape design. He has created English country gardens, woodland trails, ponds, streams, waterfall,s and gardens of wonder at museums.

This event will take place at the Almonte United Church Social Hall (at 106 Elgin Street), where doors will open at 6:30PM with refreshments, a

silent auction and a sale of plants, garden items and Mother's Day goodies. Visit vendor tables and chat with a Master Gardener from Almonte Horticultural Society. Talk begins at about 7PM with a glimpse of a Moringa tree greenhouse initiative and community care programs in Malawi, East Africa, followed by the featured guest speaker and more time to peruse items for sale. Entrance is by donation, and charitable receipts are available for donations of \$20 or more. All proceeds from the evening go to the small grassroots Likulezi Project. Call 256-2738 to become a vendor or donate plants and garden items!

The Likulezi team consists of an unpaid advisor, thirteen hardworking local staff and over three hundred local unpaid volunteers. They have developed many community programs as needs arose, including a tree nursery to produce tea from the immune-boosting leaves of indigenous neem trees. Neem is the top request for support from those living with HIV/AIDS in the Phalombe region of Malawi. Other initiatives include grain storage for emergencies like the current one due to flooding, an interactive HIV/AIDS education program, home-based care, orphan support, clean water and sanitation systems, literacy and leadership training, capacity building and vocational training. For more information please visit [africaaware.net](http://africaaware.net). Many thanks to all of the silent auction donors to date: Rock Wall Gardens, Acanthus, Pat Wolfe Logbuilding School, Darling Wood Farm, Vamos, Equator Coffee and Pamelart textile artwork.



Bid on textile art by Pamela Allen at the Trees Without Borders silent auction!



## FINE ART SHOW & SALE



Sat. May 4<sup>th</sup> & Sun. May 5<sup>th</sup>  
 10:00 AM – 4:30 PM

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[www.artscarletonplace.com](http://www.artscarletonplace.com)

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The Town Singers rehearse for their upcoming spring concert in Carleton Place

# 5k Ride Helps LCIH Break the Cycle!

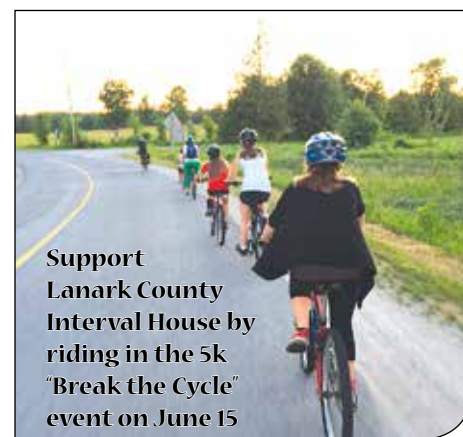
Lanark County Interval House (LCIH) has been providing services to women and children in the area for forty years. Many of their crucial programs do not qualify for government funding and require ongoing donations and support. To help increase awareness and raise much-needed funds, LCIH will be hosting a fun, family-friendly bicycle event called **Break the Cycle** on Saturday, June 15 from 1–4:30PM. It will be held in conjunction with Mississippi Mills Bicycle Month <mmbm.ca>, with support from that organization.

Break the Cycle is a 5k family-friendly cycling event departing from (and returning to) the Almonte Library parking lot. Participants will cycle along the beautiful Ottawa Valley Railway Trail, and a small circuit will be available at the starting area for little ones to use their tricycles. 100% of the funds raised from this day will support Lanark County Interval House and Community Support. The cost is \$35 for individuals, \$60 for two or more, and \$100 for teams of five. Advanced registration is required and available online only at <lcih.org>, and participants are invited to print off pledge forms and get sponsored to ride.

The marvelous Friendship Oven will be fired up that day, so delicious wood-fired pizza and beverages will be available for a modest price (and if you arrive before 12:30 you can enjoy the Almonte Farmers'

Market as well). Registered riders will be entered to win a wonderful prize package from Kunststadt Sports in Kanata. There will be also resting stations, first-aid on hand, a bicycle tune-up area, face painting, popcorn, balloons and more!

Great community events like this one always benefit from community support, so if you are interested in supporting Lanark County Interval House as a day-of volunteer or sponsor of this event, please contact Cathie at <fundraising@lcih.com>. Lanark County Interval House is grateful to all of our event sponsors: the Almonte Bicycle Club, the Municipality of Mississippi Mills, Kunststadt Sports, Pizzeria Unlimited in Almonte, Lanark County Crime Stoppers and Lanark County OPP. For more details, please visit <lcih.org>.



Support Lanark County Interval House by riding in the 5k "Break the Cycle" event on June 15

## Curtains Up on the Town Singers

The Town Singers of Carleton Place are giving their regards to Broadway this spring by performing hit songs from stage and screen.

This year's spring concert features well-known classic songs such as *I Dreamed A Dream* from the hit Broadway musical *Les Misérables*, and *I Feel Pretty* from the well-loved movie and Broadway show *West Side Story*. This concert also revisits some fond childhood memories with a couple of Disney medleys and keeps up the fun with other cheerful pieces that some may recognize and to which others are sure to enjoy being introduced.

The Town Singers are a four-part choral group that started in 2007 with only a dozen singers. Now their numbers have grown

to over sixty devoted singers following the musical direction of the talented Paul Norris with the remarkable Peter Brown accompanying.

This is a great event for the whole family, so mark your calendars! There will be two performances: Sunday, May 26 and Tuesday, May 28, both at 7PM at All Nations Church, located at 39 Bridge Street in Carleton Place.

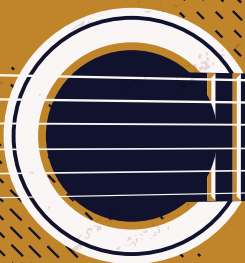
Tickets are \$12 each, but all children under the age of 12 are free, so bring the whole family! Tickets can be purchased from Carousel (at their new location at 149 Bridge Street) or the Floral Boutique (77 Bridge Street), from any choir member or at the door. The Town Singers invite you to come and share their love of music from the stage and screen!

# LAMBS DOWN PARK FESTIVAL

Saturday, June 15, 9 am - 3 pm

Canadian Co-operative Wool Growers - 142 Franktown Rd. & Carleton Junction Park

Celebrate Carleton Place's 200<sup>th</sup> birthday at Lambs Down Park Festival! Learn about the community's history at the Mobile Museum. Then shop for great products from The Real Wool Shop and CCWG Livestock Store! Horse-drawn wagon rides, a Crafter Market, live music by Huntley Slim and the Suburban Cowboys, and much more.



[www.downtowncarletonplace.com](http://www.downtowncarletonplace.com)



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**Live Musicians!**

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# Discovering Henry David Thoreau

May 5<sup>th</sup> is the date for the annual spring hike to the top of Blueberry Mountain, one of the Seven Wonders of Lanark County. The event is organized by the Mississippi Madawaska Land Trust (MMLT) and hosted by Howard Clifford and his family, owners of the property.

Howard Clifford will welcome hikers at the scenic lookout on top of the mountain as Henry David Thoreau, the great 19<sup>th</sup>-century naturalist and philosopher. Drawing on Thoreau's journals and publications, Clifford will give a brief presentation that the father of nature conservation might have given were he alive today.

According to Clifford, Thoreau was one of the earliest champions of the world of nature. When Thoreau wrote *In Wildness is the Preservation of the World*, he helped to shape the thinking of modern-day environmentalists. To Thoreau, treating the environment with respect was a matter of economic efficiency and a moral imperative. He believed that to live a good life we must keep the wild intact.

Thoreau's writings on social justice and civil disobedience were an inspiration to Gandhi and Martin Luther King. His insights on finding contentment by knowing what you *don't* need rather than always wanting more are even more relevant in today's consumer society than they were 180 years ago.

This event, called "Discover Henry David Thoreau", is generously supported by Hummingbird Chocolate Makers. It is part of MMLT's annual "Discover" series of guided field visits on its properties. The organization is requesting a contribution of \$10 from MMLT members for this fundraising event (\$15 for non-members). Memberships will be available at a \$5 discount at the registration table on site on Sunday, May 5 starting at 10AM. Participants can pre-register online and find more information about the event at [mmlt.ca/events](http://mmlt.ca/events).



On May 5, Howard Clifford will welcome hikers at Blueberry Mountain in the persona of Henry David Thoreau

MMLT is a local charity that helps landowners protect and preserve their wilderness properties. There are eight properties comprising over 2600 acres within the water catchment area of the Mississippi and Madawaska rivers that are protected by MMLT. For more information on the organization and its work, please visit [mmlt.ca](http://mmlt.ca).

**Opening Weekend**  
June 1 & 2  
10AM to 4PM

Portage du Fort, Quebec

Unveiling of Historic Plaques  
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[artistesdelariviere.blogspot.ca](http://artistesdelariviere.blogspot.ca)

# May — a Mother of a Month in Perth!

May is the month we all stop talking about the weather, it seems to me, and we just get out and enjoy it — the warm sunshine and pastel blue skies, the fresh, fragrant breezes and all the pretty sunsets on lengthening evenings. It's such a sweet, beautiful, and hopeful month, isn't it? No wonder we celebrate mothers in May.

by John Pigeau

Speaking of which: It makes me happy to give even a brief mention of the fourth annual **Mother of a Dinner** happening on May 4 at the Good Shepherd Hall at St. James Anglican church. This is truly a wonderful event benefitting the Guatemala Stove Project — which in turn benefits Mayan women (many of them mothers) and their families — tickets and more details are available online at <guatemalastoveproject.org>. For good reason, this event tends to sell out quickly.

I'm rather hoping Sunday, May 5 will dawn all clear skies and sunshine, because that's the day that Lanark County's Hospice Palliative Care services get a big boost from a whole bunch of good-hearted folks who take part in the annual **Hike for Hospice**. This year marks the 12<sup>th</sup> annual Hike, which raises money and awareness for Hospice Palliative Care Services in Lanark County — with all funds raised staying in the community. You can register online at <chslc.ca> or drop in at the Perth office at 40 Sunset Blvd. to pick up a pledge package. There will be a pancake breakfast (by donation) at 9AM at the Perth Legion on Beckwith Street, then a "huge" silent auction, followed by the 2km fun walk or run starting at noon. You can run or walk solo or as part of a team, which sounds like fun too. For more information, please call Susan Wrightsell or John Baarda at 267-6400. Oh, and please note the hike will go off rain or shine. For all involved, I'm just hoping for sunshine.

On May 7, Michael's Table will host their 2<sup>nd</sup> annual **Mother's Day Dinner and Fashion Show** in support of the Alzheimer Society. There are three delicious dinner options (chicken Kiev, maple chipotle salmon, or vegetarian cacciatore), and clothes will be available to purchase after the fashion show. Treat your mom or the special lady in your life! Tickets are \$30. The doors open at 5PM, the dinner is at 5:30, and the fashion show will follow. For tickets, please call the restaurant at 267-0008 or stop in at 110 Gore Street East.

Now here's a question you don't hear enough: "Hey, does your mom like jazz?" But if your answer to that question is, "Why yes, she does," then you and your mom will be thrilled to know that the Perth Manor will be hosting a jazz night on May 9<sup>th</sup>. The **Jillian McKenna Project** will provide delightful music for the evening. Tickets are \$35, which includes table seating for the show and hors d'oeuvres, and there will

be a cash bar. Seating is limited, so please consider getting your tickets early; they're available in advance in person or by calling the Perth Manor at 264-0050. To everyone attending — including all the jazz-lovin' mothers out there — enjoy!

**Mother's Day** is Sunday, May 12 (you're welcome), and you can celebrate Mom at the **Mother's Day Pop Up** at the Crystal Palace, which will feature local artisans' and crafters' wares, bakers' goodies and much, much more. The Pop Up ups and pops from 12-3PM.

Ooh, the Perth Lioness Club is busy-busy. Planning, that is, because on Thursday, May 16 they'll play host to a chic and delightful event called **An Evening In Paris**, featuring all the latest styles and trends from Fashion Envy. This fashionable affair takes place at the Perth Lions Hall, with a social from 6-7PM, followed by a fashion show from 7-9PM. Light refreshments will



Keith Glass (right) brings his band to Perth for a show on June 1

be available, and all proceeds will go to the GWM Hospital Foundation. Tickets are \$25 and available by calling 264-2604.

Now for something entirely new and booze-y: Top Shelf Distillers will host the first annual **Ontario Moonshine Festival!** They'll be hosting a gathering of Ontario Moonshine distilleries at their own location (at 14 Warren Crescent) on Saturday, May 25. The celebration includes a whole bunch of 'shine to taste, live music, food vendors, and a fun lineup of activities and entertainment. Admission is free, and of course there will be a cash bar. Perth's newest festival runs from 12-8PM. You can find more specifics about the festival at Top Shelf's website: <topshelfdistillers.com>.

All the Nick Hornby fans out there take note: **Juliet, Naked**, a film adaptation of Hornby's cool, gentle, sad, hilarious book, will be playing at the Studio Theatre on May 24 at 7:30PM. The movie stars Rose Byrne and Ethan Hawke. Tickets are \$12. Pssst... read the book, too. It's brilliant!

And a bit of an advance here — the **Keith Glass Band** is playing the Full Circle Theatre on June 1. Keith is a founding member of Prairie Oyster, and his new band is said to really rock, so you'd best get tickets early for this one. They are \$20 in advance, and also available at Tickets Please (11 Gore Street East), online at <ticketsplease.ca>, or by calling 485-6434.

Have a great month, and Happy Mother's Day to my mom and to all the kind, generous, lovely, thoughtful, Humm-reading moms out there. Enjoy your day!

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## Icon Workshop (Therese of Lisieux)

Facilitated by Suzanne Massie & Michelle Reis-Amores

### June 2nd - 7th, 2019

**SAINT THERESE OF LISIEUX**

*"With a soundless voice the icons teach those who behold them"*

Saint Basil the Great

Focused on St. Therese of Lisieux, participants will engage in the Christian sacred art form of iconography. Suitable for all levels of painting experience from none to professional. Materials & tools: gessoed boards, paints & brushes, gold leaf, photos & line drawings, etc., are supplied.

Cost: Single \$740 (room & meals); Commuter \$500 (meals)  
Register: 613-623-4242 ext 21 or info@galileecentre.com

# Fabulous Farmers' Markets in Our Area

As you walk away from the farmers' market with your canvas bags filled with fresh local produce, plants, organic meats and assorted other delicious goodies, you just can't help feeling good. Supporting small-scale market farms means voting with your dollars for the option that is easier on the planet than large, mono-crop industrial farms. Having to plan the trip to the market means planning meals, which is a great way to reduce both wasted food and extra trips to the grocery store. Growers at the market are proud of what they sell, and their primary goal is to produce food that tastes great and is full of nutrients, instead of stuff that needs to survive a trip across an ocean and most of a country in a shipping container.

For all those reasons and many more, we put out a call to all of the Farmers' Markets in our catchment area. Here's what they have to say about the start of the season!

## Almonte

This is going to be an exciting year at the Almonte Farmers' Market! We are happy to introduce a number of new faces to the team including Little Mississippi Juice Co. with their fresh juices and popsicles, The Farmers' Brunch, and vegetables from March Meadows. Our Farm CSA will be bringing lamb and Welsh Hill Farm will have grass-fed beef. As always, you will find Patrick's Scottish Fare, organic vegetables, bedding and potted plants, fresh flowers, organic pastured pork, rustic bread and other baked delights, Back 40 Artisan Cheese, beautiful and functional pottery and woodworking, honey and maple syrup —



plus you can visit Tony to order pastured chicken and turkey! Plan to come for breakfast or lunch, enjoy the music, bring your knives for sharpening and your bags (or buy one of our new collectable AFM canvas bags for only \$15!) and support your local farmers' market!

**ALMONTE FARMER'S MARKET 2019**  
**OPENS MAY 18**  
**8:30 - 12:30**  
 155 HIGH ST. ALMONTE (the library parking lot)

**FARMERS' MARKET**  
**PERTH**

Open May 11 to October 12, 2019  
 At the Crystal Palace on the Tay Basin  
 in beautiful, downtown Perth.  
[www.perthfarmersmarket.ca](http://www.perthfarmersmarket.ca)

## Aruma (Lanark)

Join us on Sundays at the Aruma Artisan & Farmers' Market in Lanark, located at 2104 Pine Grove Road, on 13 acres along the banks of the Clyde River. Our mission is to bring Sundays back to a day of rest and a time to reconnect with community. The Market opens on Sunday, June 2 and runs until Sunday, September 29 from 9AM to 1PM (except for August 18, when the annual Roots on the Clyde music festival takes place). Market-goers can enjoy a blend of local flavours and flairs, live music and a peaceful setting. Make Sunday a day to refuel your soul, be grateful for your blessings, and enjoy your family and friends. For more information or to apply to be a vendor please contact <haley@aruma.ca>, call 259-3000, or visit <aruma.ca>. Hope to see you there!

## Calabogie Summer Market

The FUN market! Open on Saturdays from 9AM to 1PM from June 1 to September 28 at the Calabogie Community Centre, the Calabogie Summer Market is a not-for-profit market highlighting local farmers and growers, artisans, makers and bakers. June 1 is our Market Opening and Plant Sale featuring a talk by Rosemary Taylor, author and educator, on timing planting with solar, lunar and planetary rhythms. There will also be a kids' seed planting workshop as well as 35+ vendors including carnivorous plants, heirloom vegetables, succulents, a wide array of perennials, gardening books from Earth Haven Learning Centre, seed bombs, local produce, wood-fired bread, cheese, fudge, metal sculptures, pottery, quilts, home décor, wood products, painters, healing crystals, jewellery, weaving, felting and more. For more information and a full list of our special festival days and weekly vendors, see <calabogiemarket.ca>.



## Carleton Place

Everyone is invited to the Carleton Place Farmers' Market — at the Market Square on the corner of Lake Avenue and Beckwith Street — each Saturday morning from 8:30AM to 12:30PM, beginning on May 11. Besides purchasing fresh seasonal produce, baked goods (with gluten-free options), prepared meals and homemade crafts for yourself or as gifts, you can feel good about supporting local growers and producers. Our market is very much a community gathering place where it's fun to meet your friends and catch up on the past week while purchasing fresh produce and munching on a snack. Come on out and cultivate a relationship with your local producers! Supporting the Carleton Place Farmers' Market will make you part of a special place that is creating community.

Find us on Facebook or check out <cpfarmersmarket.wordpress.com> for more details.

## Carp

The Carp Farmers' Market takes place on Saturdays from 8AM to 1PM at the Carp Fairgrounds. Our 2019 season runs from May 11 through to October 26. Complementing the primary produce and meat producers, the market also features bakers and other prepared-food vendors, as well as a range of handmade craft products of the highest quality. The Carp Farmers' Market is proud to be a producer-only market, which means that all of the vendors make, bake or grow what they sell! Remember to take time for breakfast or lunch, as the international food court has something delicious for everyone. Drop by for opening day on May 11 and make it a habit through the summer and fall. Don't miss the highly popular Garlic Festival on the weekend of August 10 and 11. For more details, visit <carpfarmersmarket.ca>.

## McDonald's Corners

The McDonald's Corners Farmers' Market opens for the season on May 18 and runs until October 12, each Saturday from 9AM to 1PM. Visitors can enjoy artisan pizza from the outdoor wood-fired oven and relax with a coffee and pastries in the beautiful setting at the café while listening to live musicians. Fresh fruit and vegetables, meats and baking are available, along with plants and original art and handcrafts. For more information, please email <mcdonaldscornersfarmersmarket@hotmail.com>, call 278-2739, or find us on Facebook.

## Perth

Located on the Tay Basin at the Crystal Palace, the market is open Saturdays — rain or shine — from 8AM to 1PM, from May 11 right through to Thanksgiving weekend. Over forty vendors will be selling fresh local veggies, plants and flowers, frozen meat, honeys and syrups, handmade crafts and fine art. Enjoy delicious prepared food while you listen to local live music and relax at the café by the water. Special events highlighting gardening, crafts and food are on offer every Saturday as well as a Family Fun area for the young and young at heart. For detailed information, visit <perthfarmersmarket.ca> or like us on Facebook and Instagram!



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# The Ladies' Foursome is a Comic Hole-in-One

Golf professional Lee Trevino once said: "If you're caught on a golf course during a lightning storm, hold up a 1-iron. Not even God can hit a 1-iron." And when legendary comedian Bob Hope was asked about his golf game he quipped: "I play in the low 70s. If it gets any warmer than that, I don't go out..."

Golf is one of those games that some love, some hate, and some simply don't understand. But with its quirky culture and orange-pant/pink-shirt eccentricities, golf has proved to be a comic hole-in-one for Canada's favourite playwright, Norm Foster.

Foster's play *The Ladies' Foursome* opens at Studio Theatre, Perth on May 30, just in time to tee up your funny bone for golf season. A sequel to his wildly popular male version of the play (*The Foursome*), *The Ladies' Foursome* follows four women — three of whom have played together every week for years — as they play 18 holes. Early on we discover that death has recently stepped in, like a mid-game storm cloud, to darken the fairways of their weekly ritual: Catherine, their friend and fourth member of the golfing group, has died. At the funeral, the three survivors meet Dory, a long-time friend of Catherine's from another facet of her life. Longing to keep the weekly games going in their deceased friend's honour, the three invite Dory to join them as a fourth, and the rest is, as you'd expect from Norm Foster, hilarity mixed with the occasional tug of a heartstring. Over the course of the game (we see the women actually tee up 18 times, on 18 different holes) the four ladies discover the real score about each other's lives and loves: from Dory they learn secrets about their lost friend, and Dory, too, sees a new side of her relationship with Catherine. The play is classic Norm Foster, in a setting that suits his humour to a tee.

Director Jeremy Dutton and Assistant Director Grey Masson agree this is a show everyone will love, whether you play the game or not. "Foster is in his element. It's a show with humour, heart, and zingers galore," says Dutton. "Just kick back and enjoy." Grey Masson adds: "If men want to know what women say about them in private, especially on a golf course, here it is!"

*The Ladies' Foursome* stars four accomplished actors: Annie West, Pattie Greer, Tracy Noonan and Loretta Di Eugenio (a studio Theatre newcomer with a Master's degree in theatre). The show opens at the



Photo by Bonnie Joyce

*The Ladies' Foursome* in rehearsal: Loretta Di Eugenio, Pattie Greer (standing in back), Annie West (centre), and Tracy Noonan (holding club) star in Norm Foster's comedy *The Ladies' Foursome*, opening on May 30 at the Studio Theatre

Studio Theatre on Thursday, May 30 for seven performances: May 30, 31, June 1, 7 and 8 at 7:30PM, and June 2 and 8 at 2PM. Please note: there is no matinee on Sunday, June 9; instead, there is a matinee on Saturday the 8<sup>th</sup>. Advance tickets are \$24 at Tickets Please (485-6434; ticketsplease.ca) and at the Studio Theatre box office on show nights. Students with ID pay just \$10 at the door, subject to availability. Save \$5 on opening night.

Jack Benny once said: "Give me fresh air, a beautiful partner and a nice round of golf... and you can keep the fresh air and the round of golf." Don't miss four lovely ladies as they go for the green in the comedy *The Ladies' Foursome*, under the Studio Theatre's new and vastly improved stage lights! Visit <studiotheatreperth.com> for details.

— Paul Joyce

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# An Alternative Approach to Health

## Holistic Nutrition in Almonte

In a world of fad diets and new remedies, how do we know what is real and what to trust? I was in a constant battle trying to figure out what to believe and what to disregard. I wondered, should I rub coconut oil all over my body in hopes of becoming a new and better person? Do I ingest every vitamin under the sun? As ridiculous as that sounds, there truly is so much convoluted information out there that it is very difficult to make sense of it all.

I spent many years in the culinary field dealing with my own personal health issues and looking for a way to combine my extensive knowledge of food with my curiosity and quest for better overall health and wellbeing. My lengthy search for a logical, down-to-earth and sustainable solution came to a happy end when I found Holistic Nutrition.

For me, Holistic Nutrition is an all-encompassing approach to wellness as it does not look at isolated symptoms but rather at the whole package: mind, body and soul. I believe this is essential and key to addressing the root cause of imbalances rather than the traditional approach of healing only one isolated part. It is a way to enhance not only your approach to dealing with food, but more importantly a way to heal the mind, body and soul. Unlike strict traditional approaches that look at food, exercise and diets, Holistic Nutrition looks not only at those elements but also at how they relate to emotions and



Nayeer Salem's personal journey and experience as a chef led her to establish a Holistic Nutrition practice in Almonte

emotional release. Holistic Nutrition looks at the whole individual rather than a specific issue alone. This allows the client to get to the root cause of their health and dietary-related issues so that they may feel the benefits of a healthier and happier lifestyle.

Holistic Nutrition also has the added advantage that each and every person is provided a plan that is specifically customized to them and they are treated as exactly as they are — a unique and individual person.

In my personal practice at Grove Wellness I also chose to include spiritual modalities to add another layer of healing. My culinary experience in some of Ottawa's best restaurants, my professional training as a chef and my professional training as a Holistic Nutritionist combined with my training in energy healing modalities allow me to provide my clients with a customized and all-encompassing approach to wellness. Through meal plans specifically pinpointing and targeting the client's dietary needs, as well as the option to add spiritual modalities such as Reiki and Crystal Energy Healing to the healing process, the client is empowered to heal all aspects of the issue that may be impairing their life.

Most importantly, Holistic Nutrition is not a fad diet but rather a path to a healthier lifestyle. I want to instill the notion in my clients that Holistic Nutrition is about a healthier and happier you where you are at peace with every aspect of your body.

— Nayeer Salem is the owner of Grove Wellness in Almonte <[grovewellnessgroup.com](http://grovewellnessgroup.com)>.



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# Taste of the County 2019!

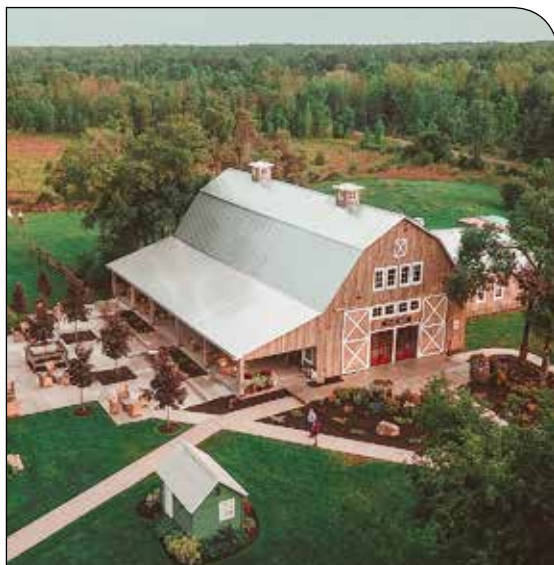
The Lanark County Therapeutic Riding Program would like to invite everyone to our 14<sup>th</sup> annual "For a Taste of the County" Food, Beer and Wine Gala, taking place on June 3 at the beautiful Stonefields estate in Beckwith.

As well as tasting some exceptional local cuisine and great wine, this event boasts one of the largest silent auctions in the county — featuring over one hundred fabulous and creative items such as artwork, jewellery, gift certificates, wine, tools, horse paraphernalia, household items, collectables and other fun items — all up for grabs that evening. Additionally, there will be a door prize draw for one lucky guest to go home with a great wine gift basket.

The 2019 event will once again be hosted at Stonefields' incredible state-of-the-art event barn, which includes a beautiful outdoor terrace. Stonefields is an event destination located at 1985 9<sup>th</sup> Line in Beckwith. This historic property boasts an old stone farmhouse, country gardens, log cabins and rustic barns, plus acres and acres of rolling farmland. It is an absolutely perfect venue for our Gala and guests love the location.

This food and wine tasting event is immensely popular and we are expecting another sold-out crowd, so get your tickets early! In addition to the \$20 entry fee, gala goes purchase \$1 coupons and each vendor will price their tasters so that you have the opportunity to sample many different appetizers, main courses, desserts, beer and wine.

The Therapeutic Riding Program is celebrating 34 years of providing therapeutic horseback riding lessons in Lanark County. All of our funds are raised through grants, fundraising activities, donations and the generosity of the world's best volunteers! All of



The fun and delicious local food, beer and wine gala fundraiser for Lanark County Therapeutic Riding takes place on June 3 at Stonefields (above)

the money raised at the gala goes right back into the program. Come and share a toast with us at this wonderful event!

For a Taste of the County runs from 6–9PM on Monday, June 3. Tickets are \$20 each (available at Baker Bob's in Almonte, Lanark Community Programs in Carleton Place, or by reserving in advance over the phone). Come out with your friends to celebrate spring and treat yourself to a delicious evening for a really great cause. For more information or to hold tickets at the door, call 257-7121 x3238 or <info@therapeuticriding.ca>.

— Amy Booth

## Do You Hear the People Sing?

Yes, that is the title of one of the songs in *Les Misérables* by Claude-Michel Schönberg, and it can be heard on Saturday, May 11 when the Kanata Choral Society will present the evolution of Musical Theatre from the Baroque Oratorio period to the current Broadway scene.

This concert will take the audience through the ages with musical selections by Bach, Mozart, Handel, Wagner and Verdi, right through to the works of Andrew Lloyd Webber, Schönberg, Rodgers and Hammerstein and other favourites.

Choral selections from *Les Misérables*, arranged by Mac Huff, will be presented by the choir with soloists. Cameron Hunter will sing a solo from *Hamilton* while Tracy McMillan Ahern and Mike McCormick will sing a duet from *Guys and Dolls*. Scott Auchinleck is the musical director and Eliana Kurilov de Castro is the accompanist.

The concert takes place at St. Paul's Anglican Church, located at 20 Young Road in Kanata, begin-



The Kanata Choral Society will present their spring concert on Saturday, May 11

ning at 7:30PM. Tickets are \$20 for adults \$20 (\$18 in advance), \$15 for seniors, and \$10 for students 13 and up. For tickets and information, please visit <kanatachoralsociety.ca> or phone 592-1991.

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# PADDLE FOR AGH

### AUGUST 10, 2019

It's time to get your crew of salty dogs together to plan your vessel for the great annual raft race, **Saturday, August 10** on the Mississippi River in support of the Almonte General Hospital.

Hope to see you on the high seas!

For information about this fundraising event, please email [rafttraceagh@gmail.com](mailto:rafttraceagh@gmail.com). To register your raft, please visit [almontehospitalfoundation.com/our-events/summer-paddle/](http://almontehospitalfoundation.com/our-events/summer-paddle/)

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*Jazzical is the explosive union of classical composition and jazz innovation ignited with a fresh spirit all its own. Jazzical captures the dynamic force of multiple cultures and influences, unleashing a kinetic energy that breaks down boundaries and yields whole new worlds of musical expression. <jazzical.com>*

On Saturday, May 25 at 7:30PM in the beautifully renovated sanctuary at St. Paul's United Church in Perth, music lovers have the unique opportunity to see, hear and savour the musical form known as Jazzical. Performing will be two world-class musicians: multi-Grammy Award-winning cellist Eugene Friesen, and former child prodigy and internationally acclaimed pianist Joel Martin. In keeping with the Jazzical theme and to also showcase talent from our region, the splendid Lanark Offbeats jazz ensemble will open the evening, and the concert will also feature a talented young cellist from Perth, Beth Misener, with accompaniment on piano by Brad Mills, Music Director at St. Paul's.

Originally from California and a resident of Vermont, Eugene Friesen <eugenefriesenmusic.com> is a four-decade member of the great world music troupe the Paul Winter Consort, with whom he has recorded more than thirty CDs. He has recorded and/or performed worldwide with numerous music legends (e.g. Dave Brubeck, Toots Thielemans), is an artist-in-residence at the massive Cathedral of St. John the Divine in Manhattan, and is a faculty member at the renowned Berklee School of Music in Boston. Friesen has taught cello and improvisation throughout the United States as well as in Asia, Europe, Egypt and South America, and his popular program for young audiences, CelloMan, helps introduce children to music.

Hailing from New York, Joel Martin <jazzical.com> is the founder of Jazzical, and in 1985 was the youngest pianist ever and the first African-American to perform in the prestigious Van Cliburn International Piano Competition. He has performed internation-



Pianist Joel Martin (above) and cellist Eugene Friesen will play the inaugural "Group Encore" concert in Perth on May 25

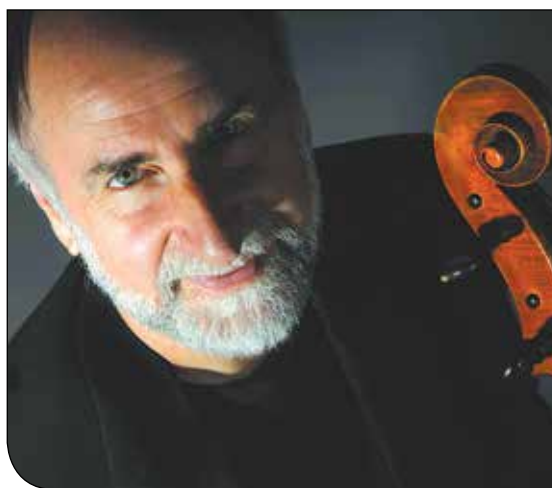
ally and with a tremendous diversity of artists, from Brazilian jazz masters to top gospel singers and the great American soprano Kathleen Battle. He has recorded nine CDs in the Jazzical vein, including a 2018 release (*A Perfect Sunday*) with Eugene Friesen, and a tribute to Ella Fitzgerald (*Intimate Ella*) with globally renowned jazz vocalist Sharon Clark.

Self-described as "brothers from different mothers," Friesen and Martin offer "an intimate, joyful, and emotional musical conversation that is both original and authentic." In concert, they are "energetic, free-wheeling, and improvisational while also showcasing the respect for musical tradition that each has mastered." As Friesen says, "having loved the blend of cello and piano from the classical repertoire, it's a great joy to play in this grouping but with the approach of jazz — not discussing much about the form or arrangement but instead following our ears and instincts as we work our way through a piece."

The concert on May 25 is the first in a series of concerts I aim to bring to our region of Eastern Ontario. Each concert will feature one or more world-class musicians and singers I have long adored, and I am confident that music lovers who have not heard these artists before will adore them too. Concerts of this calibre are being made possible thanks to the new Group Encore! — a circle of financial "backers" pooling funds to help cover concert costs (see page 5 of the April issue of theHumm for details on Group Encore!).

To purchase tickets for the May 25 Friesen-Martin concert, call Tickets Please (485-6434) or purchase online at <ticketsplease.ca/Encore>. For more information about the concert or about Group Encore!, please contact me at 314-7755 or <rainershinettvt@gmail.com>.

— Rob Rainer sings with the Lanark Offbeats, *Men of the Tay*, and *Westport's Some Kind of Choir*, and is also on *Tay Valley Township Council*



**LAMBS DOWN PARK FESTIVAL**

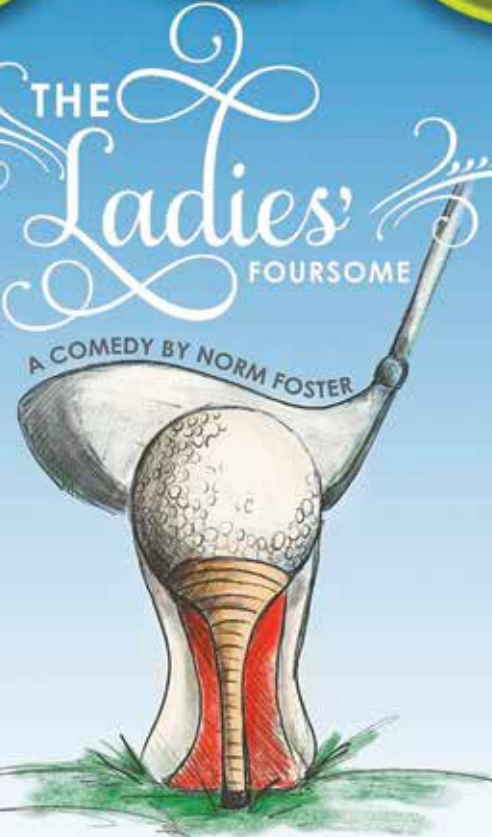
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# Did Your Mother Come from Ireland?

Find out at the Middleville Museum on Sunday, May 19, when we celebrate the Irish heritage of Lanark Township (now part of the Lanark Highlands).

The museum opens for the 2019 season on Friday, May 17. On Sunday, May 19, our Opening Tea will feature the music and food of Ireland. A genealogist will be on hand to help with your family searches and you may meet descendants of some of the original Irish settlers who arrived in the early 1800s.

At that time, the British government instituted special land settlement programs relating to the economic development and defense of Upper Canada following the war of 1812–14.

Although it is well known that many of the first European settlers to the area came from Scotland, many Irish families came at the same time, seeking a new life and prosperity. Only the most enduring made the trip over the rocky terrain from Perth to Lanark Township, bringing with them skills in weaving, carpentry, blacksmithing and shoemaking. Over the next several years hundreds more followed, including those fleeing the potato famine in the late 1840s.

Almost two hundred years later, Irish settlers have become part of the history of the Lanark Highlands. Area towns and roads bear their names, as do your friends and neighbours.


Please join us at the Middleville Museum on May 19 to pay tribute to these hardy souls who came before us. If your family has Irish roots in Lanark Township, please share your stories and mementos at the Tea. Any volunteer will be happy to assist you.

Located in an 1861 two-storey stone schoolhouse and two large additions, the museum is home to an extensive collection of local artifacts and genealogical records, and is open from 11AM to 3PM Friday to Sunday and holiday Mondays from Victoria Day weekend through to Thanksgiving (or by appointment). There is no entrance fee for the Tea, but a donation toward our upcoming construction project will benefit everyone, both volunteers and visitors. Regular admission is \$5 (kids 12 and under are free), and the museum is wheelchair accessible.

Find us at 2130 Lanark Concession 6D in Middleville. Call 259-5462 or visit <middlevillemuseum.blogspot.com> for more information.

— Catherine Kelly





## Lanark County MUSEUMS NETWORK

Illuminating the Past,  
Brightening the Future

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Mill of Kintail Conservation Area

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Carleton Place and Beckwith Museum

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## ALMONTE CELTFEST

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For more info find us at  
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@almonteceltfest

# Claiming Column

Mississippi Mills Bicycle Month, June  
 Busfusion, Almonte, Jun 6-9  
 AGH Golf Classic, Ashton, Jun 7  
 Stairwell Carollers, Almonte, Jun 8  
 Anne-Marie Chagnon, Burnstown, Jun 8  
 Lambs Down Park Festival, CP, Jun 15  
 Art Works! Perth Tour, Jun 21-23  
 SPF Kick-Off to Summer, Perth, Jun 22  
 Almonte Celtfest, Jul 5-7  
 Paint the Summer, Perth, Jul 13-14  
 Stewart Park Festival, Perth, Jul 19-21  
 Almonte Fair, Jul 19-21

## Festivals

**Franktown Lilac Festival**, May 25, 8-10:30  
 breakfast, 10-4 activities, 4-7 ham/beans.  
 Centennial Hall, Franktown. 257-1539, twp.  
 beckwith.on.ca  
**Ontario Moonshine Festival**, May 25,  
 12-8PM. Distilleries, food, live music & more.  
 Top Shelf Distillers, 14 Warren Cr., Perth.  
 topshelfdistillers.com. Free

## Local Food

**Carp Farmers' Market Opens**, May  
 11, 8AM-1PM. Veg, meat, baking, crafts, food.  
 Carp Fairgrounds, 3790 Carp Rd., Carp.,  
 carpfarmersmarket.ca  
**CP Farmers' Market Opens**, May 11,  
 8:30AM-12:30PM. Produce, baked goods (incl  
 GF), meals, crafts. Market Square, Beckwith  
 St/Lake Ave, Carleton Place., cpfarmersmar-  
 ket.wordpress.com.  
**Perth Farmers' Market Opens**, May  
 11, 8AM-1PM. Crystal Palace, 63 Gore St. E.,  
 Perth. perthfarmersmarket.ca  
**Almonte Farmers' Market Opens**,  
 May 18, 8:30AM-12:30PM. Almonte Library,  
 almontefarmersmarket.com  
**McD Corners Farmers' Market Opens**,  
 May 18, 9AM-1PM. MERA Schoolhouse, Mc-  
 Donalds Corners. 278-2739  
**Calabogie Summer Market Opens**, Jun  
 1, 9AM-1PM. Calabogie Community Centre.  
 calabogiemarket.ca  
**Aruma Artisan & Farmers' Market  
 Opens**, Jun 2, 9AM-1PM. Aruma, 2104 Pine  
 Grove Rd. Lanark. 259-3000, aruma.ca

## Visual Arts

**Arts CP Art Show & Sale**, May 4-5,  
 10AM-4:30PM. 34 local artists. CP Canoe  
 Club, Carleton Place. artscarletonplace.com  
**Spring Sale: Living Stones**, May 4, 10AM-4PM.  
 John Schweighardt Studio, 1787 3rd Conc.  
 Dalhousie, Lanark. livingstonessculptures.ca  
**Lunch & Learn: Icons: Images of the  
 Divine**, May 5, 11:45AM-2PM. Suzanne Massie  
 Manchewsky: iconography. Galilee Centre,  
 Arnprior. 623-4242 x21, \$17  
**Art in the Attic**, May 10 (7-9), 11 (10-7),  
 12 (10-4). Art show & sale. Almonte Old  
 Town Hall, almonteartintheattic.wordpress.  
 com. Free  
**Knitting/Weaving Yarn Sale**, May 15,  
 9AM-2PM. Tranquil Weaver, 119 Peacock Cr.,  
 Almonte. 858-2647, tranquilweaver.ca  
**Vernissage: Potters Guild**, May 17, 6PM.  
 Miniatures. 95 Bridge St., Almonte. 256-5556,  
 almontepottersguild.com  
**Horizons Art Show**, May 18-19, 10AM-5PM.  
 Bridget O'Flaherty & Michelle Shooke.  
 867 Brooke Valley Rd., Perth., threadpaint-  
 edart.com  
**Almonte Quilters' Guild**, May 20, 7-9PM.  
 Almonte Civitan Hall, almontequiltersguild@  
 gmail.com  
**Meet the Artists**, May 25, 3-6PM. *Canadiana*  
 Sivarulrasa Gallery, Almonte. 256-8033,  
 sivarulrasa.com  
**Lanark Co. Camera Club Mtg**, May 28,  
 7-9PM. All skill levels. Rm 104. Algonquin  
 College, 7 Craig St., Perth

# WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<p><b>Almonte Potters:</b> A Small Exhibition of Miniatures &lt;almontepottersguild.com&gt;  <b>Fairview Manor Lobby:</b> Charles Spratt's paintings  <b>Mississippi Valley Textile Museum:</b> presents Tania Love (to Jun 15) &amp;                      Out of the Box artists' <i>Summer Fibrations</i> (from Jun 22) &lt;mvmt.ca&gt;  <b>Sivarulrasa Gallery:</b> <i>Things I Don't Know How To Do w/ Jeremy Price</i> (to May 12)                      &amp; <i>Canadiana</i> (from May 17) &lt;sivarulrasa.com&gt;  <b>Strévé Design Studio &amp; Boutique:</b> <i>Floral Fusion</i>  <b>Mississippi Mills Chambers Gallery:</b> Sarah Jaynes  <b>Almonte Library Corridor Gallery:</b> Caroline Huff-Winters</p>	<p><b>Auditions: Salt Water Moon</b>, Perth                      Brock Zeman, O'Reilly's Pub                      CP Bridge, Carleton Place                      Hackberry Men's Shed, CP                      Jonathan Chandler, Cheshire Cat                      Mother's Day Dinner/Fashion Show, Perth                      Music Trivia, Almonte Lobby Bar                      Olde Time Bingo, Carleton Place                      Smiths Falls Bridge Club                      Soup'in'dipity Lunch, Carp</p>	<p><b>Almonte Duplicate Bridge Club</b>  <b>Native Ferns &amp; Flower Show</b>, CP                      Karaoke, Golden Arrow                      Open Jam, Waterfront Gastropub                      Open Mic w/Shawn McCullough,                      The Cove                      Talk: Rose Mary Sarsfield, Appleton</p>	<p>6-hand Euchre, Carp                      Craig Cardiff, Neat Coffee Shop                      Curious Incident of the Dog in the                      Night-time, Almonte                      Generals Die in Bed, Perth                      Musicians Circle, Bolingbroke                      Naismith Men's Shed, Almonte                      Open Mic w/Kevin Choffe,                      Fiddleheads                      The Faery's Kiss, Smiths Falls</p>
<p><b>Cancer Support Group</b>, Almonte                      Carp Celtic Jam, Masonic Lodge                      Smiths Falls Duplicate Bridge Club</p>	<p><b>Auditions: Salt Water Moon</b>, Perth                      Brock Zeman, O'Reilly's Pub                      CP Bridge, Carleton Place                      Hackberry Men's Shed, CP                      Jonathan Chandler, Cheshire Cat                      Mother's Day Dinner/Fashion Show, Perth                      Music Trivia, Almonte Lobby Bar                      Olde Time Bingo, Carleton Place                      Smiths Falls Bridge Club                      Soup'in'dipity Lunch, Carp</p>	<p><b>Almonte Duplicate Bridge Club</b>  <b>Cookbook Book Club</b>, Carleton Place                      Karaoke, Golden Arrow                      Mademoiselle de Jonquières, Perth                      Open Celtic Jam, Naismith Pub                      Open Jam, Waterfront Gastropub                      Open Mic w/Shawn McCullough,                      The Cove</p>	<p>6-hand Euchre, Carp                      A Visit from the Dewey Divas,                      Almonte                      Auditions: Salt Water Moon, Perth                      Jazz at the Manor: Jillian                      McKenna Project, Perth                      Mademoiselle de Jonquières, SF                      Musicians Circle, Bolingbroke                      Naismith Men's Shed, Almonte                      Open Mic w/Kevin Choffe,                      Fiddleheads                      Steven Page, Neat Coffee Shop                      Toastmasters, CP</p>
<p><b>Cancer Support Group</b>, Almonte                      Carp Celtic Jam, Masonic Lodge                      Cathy Hutch, The Cove Country Inn                      Hackberry Men's Shed, CP                      Smiths Falls Bridge Club</p>	<p><b>Brock Zeman</b>, O'Reilly's Pub                      Bridge, Carleton Place, Smiths Falls                      Jonathan Chandler, Cheshire Cat Pub                      Local Roots Genealogy Wkshp, CP                      Mamma Mia!, Perth                      'History of the Blues', The Cove                      Mother's Day Community Potluck,                      McDonalds Corners                      Music Trivia, Almonte Lobby Bar                      Olde Time Bingo, Carleton Place                      Perth Hort: Growing Fruit                      Women's Business Group Bkfst, CP</p>	<p><b>Almonte Duplicate Bridge Club</b>                      Karaoke, Golden Arrow                      Knitting/Weaving Yarn Sale,                      Almonte                      Open Celtic Jam, Naismith Pub                      Open Jam, Waterfront Gastropub                      Open Mic w/Shawn McCullough,                      The Cove                      Vermiculture &amp; Flower Show,                      Pakenham</p>	<p>The Rash Comedy Bash, CP                      An Evening in Paris for GWMHF,                      Perth                      Musicians Circle, Bolingbroke                      Naismith Men's Shed, Almonte                      Open Mic w/Kevin Choffe,                      Fiddleheads</p>
<p><b>Almonte Quilters' Guild</b>                      Carp Celtic Jam, Masonic Lodge                      Smiths Falls Bridge Club</p>	<p><b>Brock Zeman</b>, O'Reilly's Pub                      CP Bridge, Carleton Place                      Hackberry Men's Shed, CP                      Jonathan Chandler, Cheshire Cat Pub                      Music Trivia, Almonte Lobby Bar                      NFB Film Club, Carleton Place                      Olde Time Bingo, Carleton Place                      Smiths Falls Bridge Club                      Soup'in'dipity Lunch, Carp</p>	<p><b>Two is a Family</b>, Perth  <b>Almonte Duplicate Bridge Club</b>                      Karaoke, Golden Arrow                      Open Celtic Jam, Naismith Pub                      Open Jam, Waterfront Gastropub                      Open Mic w/Shawn McCullough,                      The Cove</p>	<p>Piper &amp; Carson, The Barley Mow                      Two is a Family, Smiths Falls                      6-hand Euchre, Carp                      Cannabis Info Session, Almonte                      Jazz w/Spencer Evans, The Cove                      Musicians Circle, Bolingbroke                      Naismith Men's Shed, Almonte                      Open Mic w/Kevin Choffe,                      Fiddleheads                      Toastmasters, CP</p>
<p><b>Almonte Hort: Wildflowers &amp;                      Flower Show</b>  <b>Cancer Support Group</b>, Almonte  <b>Carp Celtic Jam</b>, Masonic Lodge  <b>DIY Craft Club</b>, Carleton Place  <b>Hackberry Men's Shed</b>, CP  <b>Smiths Falls Bridge Club</b></p>	<p><b>The Town Singers</b>, Carleton Place  <b>Brock Zeman</b>, O'Reilly's Pub  <b>Recognizing the Afterlife</b>, SF  <b>Jonathan Chandler</b>, Cheshire Cat  <b>LC Camera Club Mtg</b>, Perth  <b>LC Quilters Guild</b>, Perth  <b>Music Trivia</b>, Almonte Lobby Bar  <b>Olde Time Bingo</b>, Carleton Place  <b>Smiths Falls Bridge Club</b>  <b>CP Bridge</b>, Carleton Place</p>	<p><b>Almonte Duplicate Bridge Club</b>                      Karaoke, Golden Arrow                      Living Safely in the Community,                      Almonte                      Open Celtic Jam, Naismith Pub                      Open Jam, Waterfront Gastropub                      Open Mic w/Shawn McCullough,                      The Cove                      Spring Detoxification w/Alkalinity,                      Carleton Place</p>	<p><b>The Ladies' Foursome</b>, Perth  <b>Union Hall AGM</b>, Mississippi Mills                      6-hand Euchre, Carp                      Cannabis Info Session, Almonte                      Jeff Rogers, Cheshire Cat Pub                      Musicians Circle, Bolingbroke                      Open Mic w/Kevin Choffe,                      Fiddleheads Bar &amp; Grill</p>

**Lanark County Quilters Guild**, May  
 28, 7-9PM. Lions Hall, Perth Fairgrounds.  
 lanarkcountyquiltersguild.com. \$5 guests  
**Red Trillium Studio & Garden Tour**,  
 Jun 1-2, 10AM-5PM. West Carleton area,  
 redtrilliumst.com. Free

## Theatre

**Generals Die in Bed**, May 2-4 at 8PM and  
 Apr 28, May 5 at 2PM. BarnDoor Prod'ns.  
 Full Circle Theatre, Perth. 267-1884.  
**The Faery's Kiss**, May 2-4 at 7:30PM; May 5 at  
 2PM. Station Theatre, SF. smithsfallstheatre.  
 com, 283-0300. \$20/\$10  
**We Will Rock You**, May 3-4 at 7:30PM; CP  
 Town Hall. ca. ticketsplease.ca, \$22  
**Curious Incident of the Dog in the  
 Night-time**, May 2-4 at 7:30PM; May 5  
 at 2PM. Tix: Baker Bob's, onstagedirect.  
 com/ADHS. Almonte Old Town Hall. \$15  
 Auditions: Salt Water Moon, May 7 & 9, 7PM. Perth.  
 studiotheatreperth.com

Film Night International presents **Made-  
 moiselle de Jonquières**, May 8, 2 &  
 7PM (Full Circle, Perth); May 9 2 & 7PM  
 (Station Theatre, SF). **Two Is a Family**,  
 May 22, 2 & 7PM (Perth); May 23, 2 & 7PM  
 (SF). filmnightinternational.blogspot.ca. \$10  
**The Rash Comedy Bash**, May 16 (CP  
 Arena); May 17 (Gallipeau Ctr, SF); May 18  
 (Almonte Old Town Hall), 8PM, w/Derek  
 Seguin, Rachelle Elie. Tix: eventbrite.ca.  
 crowningmonkey.com. \$40; \$30 adv  
**Juliet, Naked**, May 24, 7:30PM. Studio Theatre,  
 Perth. 267-7469, ticketsplease.ca. \$12  
**Vice**, May 24-25, 7PM. Station Theatre, SF.  
 283-0300, smithsfallstheatre.com. \$10/\$5  
**Lanark LiPS Poetry Slam**, May 24, 6:30-  
 8:30PM. YAK, 1 Sherbrooke St. E. Perth. \$5  
 (performers free)  
**The Ladies' Foursome**, May 30-31, Jun 1,  
 7 & 8 at 7:30PM; Jun 2 & 8 at 2PM. Studio  
 Theatre, Perth. ticketsplease.ca. \$24

**Lanark Laughs**, May 31, 8:30-10PM. Stand-  
 up comedy. Waterfront Gastropub, CP.  
 facebook.com/LanarkLaughs/  
**Youth**  
**Pakenham Youth Group**, 1st & 3rd Sat.  
 10AM-2PM. Ages 9-16. Pakenham Library,  
 257-9772. Free  
**Mamma Mia!**, May 14, 7:30PM. Studio Theatre,  
 Perth. musictheatre.ca. \$15  
**Music**  
**Musicians Circle**, Thursdays, 7PM. All genres,  
 no audience. ABC Hall, Bolingbroke. 273-  
 9005, abchall.ca. \$5  
**Coffee House Open Mic**, May 3, 6-8:30PM.  
 Equator, 451 Ottawa St., Almonte. 256-7529,  
 mmmusicworks.com  
**Arnprior Community Choir Concert**,  
 May 4, 7:30PM. Grace St-Andrews, Arnprior.  
 \$20; \$18 (Arnprior Book Shop)

**Blue Skies Fiddle Orchestra Jam-  
 a-thon**, May 4, 12-5PM. Maberly Hall.  
 278-2448. By donation  
**Goulbourn Male Chorus**, May 4, 7PM. Tix:  
 Brown's YIG. Trinity Presbyterian Church,  
 Carp., goulbournmalechorus.com. \$15  
**Piper & Carson / Moonfruits Concert**,  
 May 4, 8PM. TBA, Antrim. 343-262-1156,  
 tritonescarlett@gmail.com, \$15  
**The Life of Pearls**, May 4, 7-9PM. 5-piece  
 band. St. Andrew's United Church, Pak-  
 enham. 796-8989, thelifeofpearls.ca. \$20  
**Lanark Offbeats & West Ott Ladies  
 Chorus**, May 5, 3PM. Tix: Baker Bob's,  
 Graham's Shoes, Mark's Cobbler. St. James  
 Church, CP. \$15  
**Perth Citizens' Band**, May 5, 2PM. Perth  
 Legion. 256-4221, perthband.ca. \$10/\$5  
**Songwriters Circle**, May 5, 1PM. Mississippi  
 Mills Musicworks, 453 Ottawa St., Almonte.  
 256-7529, mmmusicworks.com

## Friday

## Saturday

## Sunday

<ul style="list-style-type: none"> <li>☞ <b>Coffee House Open Mic</b>, Almonte</li> <li>☞ <b>Craig Cardiff</b>, Neat Coffee Shop</li> <li>☞ <b>Curious Incident</b>, Almonte</li> <li>☞ <b>David McGrath</b>, O'Reilly's Pub</li> <li>☞ <b>We Will Rock You</b>, CP</li> <li>☞ <b>Generals Die in Bed</b>, Perth</li> <li>☞ <b>Loaded SixString</b>, Fiddleheads Bar &amp; Grill</li> <li>☞ <b>Mississippi Blues Society Jam</b>, Waterfront Gastropub</li> <li>☞ <b>New To You Sale</b>, Perth</li> <li>☞ <b>Reconciliation Movie Night: Reel Injun</b>, Almonte</li> <li>☞ <b>Shawn McCullough</b>, Golden Arrow</li> <li>☞ <b>Student Strike for Climate</b></li> <li>☞ <b>The Faery's Kiss</b>, Smiths Falls</li> <li>☞ <b>Tom Watson</b>, The Cove Country Inn</li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>Arts CP Art Show &amp; Sale</b>, Carleton Place</li> <li>☞ <b>Big Stone House Drop-in</b>, Almonte</li> <li>☞ <b>Blue Skies Fiddle Orchestra Jam-a-thon</b>, Maberly</li> <li>☞ <b>Curious Incident</b>, Almonte</li> <li>☞ <b>Home/Living Expo</b>, SF</li> <li>☞ <b>The Faery's Kiss</b>, SF</li> <li>☞ <b>The Life of Pearls</b>, Pakenham</li> <li>☞ <b>Mother of a Dinner</b>, Perth</li> <li>☞ <b>Labyrinth Walk</b>, CP</li> <li>☞ <b>Spring Sale: Living Stones</b>, Lanark</li> <li>☞ <b>Goulbourn Male Chorus</b>, Carp</li> <li>☞ <b>John Wilberforce</b>, The Cove</li> <li>☞ <b>Piper &amp; Carson / Moonfruits Concert</b>, Antrim</li> <li>☞ <b>Super Hero Sat/Free Comic Book Day</b>, CP</li> <li>☞ <b>Tyree Lush, Dana Arrowsmith</b>, Juke Joint Soul Kitchen</li> <li>☞ <b>Arnprior Community Choir Concert</b></li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>Arts CP Art Show &amp; Sale</b>, Carleton Place</li> <li>☞ <b>Blueberry Mtn Nature Walk</b>, Lanark</li> <li>☞ <b>The Faery's Kiss</b>, SF</li> <li>☞ <b>APEX Jazz Band</b>, Royal Oak</li> <li>☞ <b>Curious Incident</b>, Almonte</li> <li>☞ <b>Generals Die in Bed</b>, Perth</li> <li>☞ <b>Hike For Hospice</b>, Almonte, Perth</li> <li>☞ <b>Home &amp; Living Expo</b>, Smiths Falls</li> <li>☞ <b>Lanark Offbeats &amp; West Ott Ladies Chorus</b>, CP</li> <li>☞ <b>Icons: Images of the Divine</b>, Arnprior</li> <li>☞ <b>Perth Citizens' Band</b></li> <li>☞ <b>Songwriters Circle</b>, Almonte</li> <li>☞ <b>The Brindled Cats</b>, Almonte Lobby Bar</li> <li>☞ <b>Ashton Open Mic</b>, Ashton Pub</li> <li>☞ <b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</li> </ul>
<ul style="list-style-type: none"> <li>☞ <b>Art in the Attic</b>, Almonte</li> <li>☞ <b>Trees Without Borders</b>, Almonte</li> <li>☞ <b>BOTR: Murray Kinsley &amp; Wicked Grin</b>, Westport</li> <li>☞ <b>Fiddling Around w/Scott Woods Band</b>, CP</li> <li>☞ <b>Harlequin Gold</b>, Neat Coffee Shop</li> <li>☞ <b>Morgan Rider</b>, Fiddleheads Bar &amp; Grill</li> <li>☞ <b>Shawn McCullough</b>, O'Reilly's Pub</li> <li>☞ <b>Steve Barrette Trio</b>, The Swan at Carp</li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>Art in the Attic</b>, Almonte</li> <li>☞ <b>Kanata Choral Society Concert</b>, Kanata</li> <li>☞ <b>Farmers' Market Opens</b>, CP, Carp, Perth</li> <li>☞ <b>Bridges Blues Series</b>, Bridges Bar &amp; Grill</li> <li>☞ <b>Celebrating Mothers Tea</b>, Appleton</li> <li>☞ <b>Goulbourn Jubilee Singers</b>, Carp</li> <li>☞ <b>Jock River Paddle</b>, Beckwith</li> <li>☞ <b>Rae Palmer</b>, Juke Joint Soul Kitchen</li> <li>☞ <b>Riley &amp; Riley</b>, The Cove Country Inn</li> <li>☞ <b>Valdy</b>, Neat Coffee Shop</li> <li>☞ <b>Vicki Brittle</b>, Lumbertown Ale House</li> <li>☞ <b>ABCtoZ Yard Sale/Artisan Showcase</b>, Bolingbroke</li> <li>☞ <b>Almonte Hort Plant Sale</b></li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>* Mother's Day *</b></li> <li>☞ <b>Art in the Attic</b>, Almonte</li> <li>☞ <b>Mother's Day Brunch</b>, Almonte</li> <li>☞ <b>Ashton Open Mic</b>, Ashton Pub</li> <li>☞ <b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</li> <li>☞ <b>Goulbourn Jubilee Singers</b>, Carp</li> <li>☞ <b>Magnolia Rhythm Kings</b>, The Royal Oak</li> </ul>
<ul style="list-style-type: none"> <li>☞ <b>The Rash Comedy Bash</b>, Smiths Falls</li> <li>☞ <b>Vernissage: Potters Guild</b>, Almonte</li> <li>☞ <b>Danny Michel</b>, Neat Coffee Shop</li> <li>☞ <b>David James Allen</b>, The Cove Country Inn</li> <li>☞ <b>Logan Brown</b>, Fiddleheads Bar &amp; Grill</li> <li>☞ <b>Opening Tea</b>, Middleville</li> <li>☞ <b>Stephen Mark Fisher</b>, O'Reilly's Pub</li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>Farmers' Market Opens</b>, Almonte, McDonalds Cmrs</li> <li>☞ <b>Horizons Art Show: Landscapes</b>, Perth</li> <li>☞ <b>The Rash Comedy Bash</b>, Almonte</li> <li>☞ <b>Perth Yard Sale Bonanza for YAK</b></li> <li>☞ <b>Logan Brown &amp; Taylor Angus</b>, The Cove</li> <li>☞ <b>Mill of Kintail Museum Opens</b>, Almonte</li> <li>☞ <b>Pakenham Gardeners Plant Sale</b>, Pakenham</li> <li>☞ <b>Pakenham Youth Group</b>, Pakenham</li> <li>☞ <b>Skylar Radmore</b>, Lumbertown Ale House</li> <li>☞ <b>Steve Groves Trio</b>, Juke Joint Soul Kitchen</li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>Horizons Art Show: Landscapes</b>, Perth</li> <li>☞ <b>Ghetto Xpress</b>, The Cove Country Inn</li> <li>☞ <b>Head over Heels (Patio)</b>, The Cove</li> <li>☞ <b>APEX Jazz Band</b>, The Royal Oak</li> <li>☞ <b>Ashton Open Mic</b>, Ashton Pub</li> <li>☞ <b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</li> </ul>
<ul style="list-style-type: none"> <li>☞ <b>Jeff Callery</b>, The Cove Country Inn</li> <li>☞ <b>Juliet, Naked</b>, Perth</li> <li>☞ <b>Vice</b>, Smiths Falls</li> <li>☞ <b>Lanark LIPS Poetry Slam</b>, Perth</li> <li>☞ <b>Derick Martin</b>, O'Reilly's Pub</li> <li>☞ <b>Les Stroud</b>, Neat Coffee Shop</li> <li>☞ <b>Steve Barrette Trio</b>, The Swan at Carp</li> <li>☞ <b>Tom Watson</b>, Fiddleheads Bar &amp; Grill</li> <li>☞ <b>Yard Sale</b>, Ashton</li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>Group Encore: Cello &amp; Piano</b>, Perth</li> <li>☞ <b>Meet the Artists</b>, Almonte</li> <li>☞ <b>CP Hort Plant Sale</b>, Carleton Place</li> <li>☞ <b>Franktown Lilac Festival</b>, Franktown</li> <li>☞ <b>Joseph McDonald</b>, O'Reilly's Pub</li> <li>☞ <b>Keystings</b>, Cheshire Cat Pub</li> <li>☞ <b>Me &amp; Him</b>, Juke Joint Soul Kitchen</li> <li>☞ <b>MVTM AGM</b>, Almonte</li> <li>☞ <b>Ontario Moonshine Festival</b>, Perth</li> <li>☞ <b>Sam Wilson</b>, The Cove Country Inn</li> <li>☞ <b>Tom Watson</b>, CC's on the Rideau</li> <li>☞ <b>Vice</b>, Smiths Falls</li> <li>☞ <b>Yard Sale</b>, Ashton</li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>The Town Singers</b>, Carleton Place</li> <li>☞ <b>Food Bank Community BOGO Dinner</b>, CP</li> <li>☞ <b>Head over Heels (Patio)</b>, The Cove Country Inn</li> <li>☞ <b>How Love Continues: Recognizing the Afterlife</b>, CP</li> <li>☞ <b>Magnolia Rhythm Kings</b>, The Royal Oak</li> <li>☞ <b>Trad Song Pub Session</b>, Almonte</li> <li>☞ <b>Building a Herbal Medicine Chest</b>, Almonte</li> <li>☞ <b>Ashton Open Mic</b>, Ashton Pub</li> <li>☞ <b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</li> </ul>
<ul style="list-style-type: none"> <li>☞ <b>The Ladies' Foursome</b>, Perth</li> <li>☞ <b>FOTA Fundraiser w/80s Enuff</b>, The Cove</li> <li>☞ <b>Ken Workman &amp; Blair Hogan</b>, O'Reilly's Pub</li> <li>☞ <b>Lanark Laughs</b>, Carleton Place</li> <li>☞ <b>Shawn McCullough</b>, Fiddleheads Bar &amp; Grill</li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>Bicycle Month Street Party/Potluck</b>, Almonte</li> <li>☞ <b>Red Trillium Studio/Garden Tour</b>, W. Carleton</li> <li>☞ <b>Calabogie Summer Market Opens</b>, Calabogie</li> <li>☞ <b>The Ladies' Foursome</b>, Perth</li> <li>☞ <b>Carleton Place Band: 25 Years</b>, CP</li> <li>☞ <b>Keith Glass Band</b>, Perth</li> <li>☞ <b>Kelly Sloan</b>, Cheshire Cat Pub</li> <li>☞ <b>Pakenham Youth Group</b>, Pakenham</li> <li>☞ <b>Bob Pepin</b>, Waterfront Gastropub</li> </ul>	<ul style="list-style-type: none"> <li>☞ <b>Red Trillium Studio/Garden Tour</b>, W. Carleton</li> <li>☞ <b>Aruma Artisan &amp; Farmers' Market Opens</b>, Lanark</li> <li>☞ <b>The Ladies' Foursome</b>, Perth</li> <li>☞ <b>Big Stone House Drop-in</b>, Almonte</li> <li>☞ <b>Head over Heels (Patio)</b>, The Cove Country Inn</li> <li>☞ <b>The Brindled Cats</b>, Almonte Lobby Bar</li> <li>☞ <b>APEX Jazz Band</b>, The Royal Oak</li> <li>☞ <b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</li> <li>☞ <b>Ashton Open Mic</b>, Ashton Pub</li> </ul>

**Jazz at the Manor: Jillian McKenna Project**, May 9, 7:30PM. Perth Manor, Perth. 264-0050, perthmanor.com. \$35

**BOTR: Murray Kinsley & Wicked Grin**, May 10, 7-11PM. The Cove, Westport. bluesontherideau.ca. \$65

**Fiddling Around w/Scott Woods Band**, May 10, 7PM. CP Arena. 256-9010, scottwoods.ca. \$30; 12 and under \$15

**Goulbourn Jubilee Singers**, May 11, 7PM; May 12, 2PM. Trinity Presbyterian Church, Carp. gjsingers.com/contact-us. \$20, 15, 10

**Kanata Choral Society Concert**, May 11, 7:30PM. St. Paul's Anglican, Kanata. 592-1991, kanatachoralsociety.ca. \$20

**Group Encore: Cello & Piano**, May 25, 7:30PM. Eugene Friesen & Joel Martin. St. Paul's Church, Perth. ticketsplease.ca. \$28

**The Town Singers**, May 26 & 28, 7PM. Tix: Floral Boutique, Carousel. All Nations Church, 39 Bridge St., Carleton Place. \$12

**Trad Song Pub Session**, May 26, 2-4PM. The Barley Mow, Almonte. 355-5552

**CP Band: 25 Years**, Jun 1, 7:30PM. Carleton Place Town Hall. 721-8661. \$10

**Keith Glass Band**, Jun 1, 8PM. Rock 'n' roll. Full Circle Theatre, Perth. 485-6434, ticketsplease.ca. \$25; \$20 adv

**Pub Listings p.20 Community**

**Cancer Support Group**, Mon (excl May 20) 11AM. Patients & survivors. Almonte Library. 726-8040. Free

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

**CP Bridge**, Tue 1-4PM. CP Legion, \$5

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

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

**6-hand Euchre**, Thurs 7PM (not the 16th). St. James Anglican, Carp. 839-3455, \$5

**Soup'in'Dipity Lunch**, May 7, 21, 11:30AM-1PM. St. Paul's United, Carp.

**How Love Continues: Recognizing the Afterlife**, May 26, 2-3:30PM, Grand Hotel, CP; May 28, 6:30-8PM, SF Comm Ctr. Inspirational talk by Eleanor Glenn. \$20

**Toastmasters**, May 9 & 23, 7-8:30PM. Guests free. Riverview Snrs' Residence, 204 Lake Ave., CP. 250-9282

Almonte Library, register: 256-1037, free:

**Sharpen Garden Tools**, May 4, 11AM-12PM

**Dewey Divas**, May 9, 1:30-3PM

**Cannabis Info Session**, May 23, 1-2:30PM; May 30, 6:30-8PM

Carleton Place Library, 257-2702, free:

**Cookbook Book Club**, May 8, 6PM

**Genealogy Workshop**, May 14, 2:30PM

**NFB Film Club**, May 21, 2PM

**DIY Craft Club**, May 27, 6:30PM

**Spring Detoxification**, May 29, 6PM

**CP Hort: Native Ferns & Flower Show**, May 1, 7PM. Speaker: Lis Allison. Zion-Memorial Church, CP. 257-4101, \$3 entry

**Talk: Rose Mary Sarsfield**, May 1, 7PM. Clayton tales. N. Lanark Regional Museum, Appleton. 257-8503. By donation

**New To You Sale**, May 3, 2-7PM. St. James Church, Perth. 267-3734

**Reconciliation Movie Night: Reel Injun**, May 3, 7PM. St. Paul's Church, Almonte. mmallyrelations.ca. By donation

**Student Strike for Climate**, May 3, 9AM-3PM. Online or live. Everywhere. 267-0881

**Big Stone House Drop-in**, May 4, 5-6:30PM; Jun 2, 10AM-11:30AM. 218 Strathburn, Almonte. bigstonehouse.ca

**Connection: Relationships & the Enneagram**, May 4, 9AM-5PM. Big Stone House, Almonte. bigstonehouse.ca

**Home & Living Expo**, May 4 & 5, 10AM-4PM. 70+ vendors. Settlers Ridge Centre, SF. smithsfallshomelivingexpo.com

**Lanark Co. Genealogical Mtg**, May 4, 1:30PM. Talk: Arlene Stafford-Wilson. Brunton Com. Hall, Beckwith. Free

**Mother of a Dinner**, May 4, 6PM. Guatemala Stove Project fundraiser. St. James Church, Perth. \$60 (table of 8 \$400)

**Super Hero/Free Comic Book Day**, May 4, 10AM-2PM. Music, BBQ. Downtown CP. downtowncarletonplace.com

**Turkey & Ham Supper**, May 4, 4-7PM. Ashton United Church, \$15, 6-12 yrs \$8

**Labyrinth Day Walk**, May 4, 1PM. CP & Beckwith Heritage Museum, CP. 859-2136

**Blueberry Mtn Nature Walk**, May 5, 10AM-2PM. Guided hike. MMLT. Blueberry Mountain, Lanark. 253-2722. \$15/\$10

**Hike For Hospice**, May 5, 12-2PM, 2km run/walk for Palliative Care. Perth. 267-6400, chslc.ca/hike

**Hike For Hub Hospice**, May 5, Register 12:30-2PM. Hike 1:30-3:30PM. Mill of Kintail, Almonte. hubhospice.com

**Mother's Day Dinner/Fashion Show**, May 7, 5PM. For Alzheimer Society. Michael's Table, Perth. 267-0008. \$30

**Trees Without Borders**, May 10, 6:30-8:30PM. Talk, auction. Almonte United Church. 256-0394. By donation

**ABCtoZ Yard Sale**, May 11, 9AM-4PM. ABC Hall, Bolingbroke. 273-8834, abchall.ca

**Almonte Hort Plant Sale**, May 11, 9AM-12PM. Almonte Library, 256-1071

**Jock River Paddle**, May 11, 10AM. 9th Line Beckwith to Ashton Pub. 257-1539, bectp@twp.beckwith.on.ca. \$20/paddler

**Celebrating Mothers Tea**, May 11, 2-4PM. N. Lanark Regional Museum, Appleton. 257-8503. \$5

**Mother's Day Brunch**, May 12, 10:30AM & 2PM. Music; Black Tartan brunch. Tix: Eventbrite.ca. The Herb Garden, Almonte. \$60

**Mother's Day Community Potluck**, May 14, 5-7PM. MERA Schoolhouse, 974 9th Concession A, McDonalds Corners

**Perth Hort: Growing Fruit the Earth-Friendly Way**, May 14, 7-9PM. St. Paul's Church, Perth. perthhortsociety.com

**Women's Business Group Breakfast**, May 14, 8AM. RSVP on Facebook. The Gourmet Restaurant, CP. 250-9282

**Pakenham Gardeners: Vermiculture & Flower Show**, May 15, 7PM. St. Andrew's Church, Pakenham. 256-2014

**An Evening in Paris for GWMHF**, May 16, 6-9PM. GWM Hospital fundraiser. Tix: 264-2604. Perth Lions Hall, \$25

**Opening Tea**, May 17, 11AM-3PM. Middleville Museum. 259-5462

**Pakenham Plant Sale**, May 18, 8AM-12PM. Five Span Feed & Seed, Pakenham

**Mill of Kintail Museum Opens**, May 18. R.2854 Concession 8, Almonte. 256-3610x2, mvc.on.ca. \$6/vehicle

**Perth Yard Sale Bonanza**, May 18, 8AM-3PM. Perth-wide. YAK fundraiser

**Yard Sale**, May 24, 4-8PM, May 25 8AM-12PM. Ashton United Church

**CP Hort Plant Sale**, May 25, 8:30AM-11:30AM. CP & Beckwith Heritage Museum, CP. cphorticulture@gmail.com

**MVTM AGM**, May 25, 2PM. Miss. Valley Textile Museum, Almonte. 256-3754, mvmtm.ca

**Food Bank BOGO Dinner**, May 26, 5PM. CP Arena. lanarkcountyfoodbank.ca. \$30; 8 for \$220

**Workshop: Building a Herbal Medicine Chest**, May 26, 2PM. The Herb Garden, Almonte. herbgarden.on.ca. \$50

**Almonte Hort: Wildflowers & Flower Show**, May 27, 7:30PM. Cornerstone Com. Church, Almonte. 256-1071. \$2

**Finding Your Way**, May 29, 12:30PM. Talk by Alzheimer Society. Orchard View, 219 Patterson St., Almonte. 963-5000

**Union Hall AGM**, May 30, 7PM. Talk: E. ON cheese factories. Union Hall, Mississippi Mills. 256-2277, camponi@storm.ca. Free

**Bicycle Month Street Party/Potluck**, Jun 1, 5PM. Dine 6PM. Bring dish/cutlery. Downtown Almonte, mmbm.ca

# Art and About in Almonte

## Canadiana at Sivarulrasa Gallery

From May 17 to June 30, Almonte's Sivarulrasa Gallery is pleased to present *Canadiana*, a group exhibition featuring paintings and sculpture inspired by our country's immense landscape. The gallery is delighted to bring together artists from Newfoundland, Alberta, and Ontario. Sculptor Deborah Arnold (Almonte) and painters Barbara Gamble (Ottawa), George Horan (Newfoundland) and Karen Haines (Alberta) will all be in attendance at the vernissage on Saturday May 25 from 3-6PM. Everyone is invited — come out and meet the artists!

Some of the key works featured in the show include *Oracle* by Deborah Arnold (a large sculpture in serpentine, glass and steel), *Gatineau Forest* (an immersive 60" x 83" oil and wax painting by Barbara Gamble), several paintings on canvas and linen by artist George Horan (inspired by the Newfoundland landscape), and several plein-air oil paintings on board by Alberta-based artist Karen Haines.

This show runs from May 17 to June 30, and the gallery is located at 34 Mill Street in Almonte. For more information, please visit <sivarulrasa.com>.



*Gold Piles* by Alberta-based artist Karen Haines will be featured at Sivarulrasa Gallery



Wall tile by René Deschamps

## Art in the Attic May 10-12

Don't miss the Art in the Attic show and sale, taking place at the Almonte Old Town Hall over Mother's Day weekend (Friday 7-9PM, Saturday 10-7, Sunday 10-4). Check out this month's profiled artist or visit <almontearintheattic.wordpress.com> for details.

## A Small Exhibition of Miniatures

The studio potters of the Almonte Potters Guild are holding an exhibition of miniature works in clay from May 1 to June 30. There will be a vernissage on May 17 at 6PM, so drop in and meet the artists! Find out more at <almontepottersguild.com>.



**The West Ottawa Ladies Chorus Seeks a New Music Director**

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**Sunday, May 12**  
**Treat Mom to a Delicious Brunch!**  
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## May Pub Listings

<p><b>The Cove</b> (Westport, 273-3636): May 1, 8, 15 Open Mic, 6:30-9:30PM May 19, 26 Head over Heels, 12:30-3:30PM May 22, 29 Open Mic, 7-10PM May 3 Tom Watson, 6-9PM May 4 John Wilberforce, 6-9PM May 11 Riley &amp; Riley, 6-9PM May 13 Cathy Hutch, 6-9PM May 14 Morgan Davis, 6-8PM May 17 David James Allen, 6-9PM May 18 Logan Brown/Taylor Angus, 6-9PM May 19 Ghetto Xpress, 7-10PM, \$15 May 23 Jazz w/Spencer Evans, 7-10PM May 24 Jeff Callery, 6-9PM May 25 Sam Wilson, 6-9PM May 31 FOTA Fundraiser w/80s Enuff!, 6-11PM, \$60</p> <p><b>Almonte Lobby Bar</b> (Almonte, 461-2745): Tue Music Trivia, 8PM May 5 Jazz w/The Brindled Cats, 7-10PM</p> <p><b>Ashton Pub</b> (Ashton, 257-4423): Sun Open Mic, 2-5PM</p> <p><b>The Barley Mow</b> (Almonte, 256-5669): May 23 Piper &amp; Carson, 8PM</p> <p><b>Bridges Bar &amp; Grill</b> (Pakenham, 624-5939): May 11 Blues w/Al G Wood, 6-10PM</p> <p><b>Carp Masonic Lodge:</b> Mon Carp Celtic Jam, 7-9PM</p>	<p><b>CC's on the Rideau</b> (Rideau Ferry, 267-6060): May 25 Tom Watson, 5-8PM</p> <p><b>Cheshire Cat</b> (Carp, 831-2183): Tue Jonathan Chandler, 6:30-8PM May 25 Keystings, 8:30PM May 30 Jeff Rogers, 7-9PM Jun 1 Kelly Sloan, 8:30PM</p> <p><b>Fiddleheads</b> (Perth, 267-1304): 8PM. Thu Open Mic w/Kevin Choffe May 3 Loaded SixString May 10 Morgan Rider May 17 Logan Brown May 24 Tom Watson May 31 Shawn McCullough</p> <p><b>Golden Arrow Pub</b> (Perth, 267-4500): 9PM, Wed Karaoke May 3 Shawn McCullough May 4 Ted Lalonde</p> <p><b>Juke Joint Kitchen</b> (Carp, 470-8888): 7PM. May 4 Tyree Lush &amp; Dana Arrowsmith May 11 Rae Palmer May 18 Steve Groves Trio May 25 Me &amp; Him</p> <p><b>Lumbertown Ale House</b> (Arnprior, 623-8885): 8:30PM, no cover May 4 Chris Strang May 11 Vicki Brittle May 18 Skyler Radmore</p>	<p><b>Naismith Pub</b> (Almonte, 256-6336): Wed (not May 1) Open Celtic Jam, 7:30-10PM</p> <p><b>Neat Coffee Shop</b> (Burnstown, 433-9960): 8PM May 2, 3 Craig Cardiff, \$20 May 4 Land of Talk, \$40 May 9 Steven Page, \$69 May 10 Harlequin Gold, \$18.50 May 11 Valdy, \$37.50 May 17 Danny Michel, \$35 May 24 Les Stroud, \$45</p> <p><b>O'Reilly's Ale House</b> (Perth, 267-7994): Tues Brock Zeman, 8:30PM May 3 David McGrath, 8:30PM May 10 Shawn McCullough, 8:30PM May 17 Stephen Mark Fisher, 8:45PM May 24 Derick Martin, 8:30PM May 25 Joseph McDonald, 8:45PM May 31 Workman &amp; Hogan, 8:45PM</p> <p><b>The Royal Oak</b> (Kanata, 591-3895): jazz on Sun, 2-5PM May 5, 19 APEX Jazz Band May 12, 26 Magnolia Rhythm Kings</p> <p><b>The Swan at Carp</b> (Carp, 839-7926): May 10, 24 Steve Barrette Trio, jazz, 7-10PM</p> <p><b>The Waterfront Gastropub</b> (CP, 257-5755): Wed Open Jam 9PM, Sun Blues w/Redneck Limousine 3-6PM May 3 Mississippi Blues Jam, 8:30PM</p>
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Every Wed. **Wings 'n Tunes** with **Shawn McCullough** (Country/Guitar), 6:30-9:30  
Fri. May 3 **Tom Watson** (Folk/Rock/Celtic, Perth) 6-9  
Sat. May 4 **John Wilberforce** (Rock/Folk, Kemptonville) 6-9  
Fri. May 10 Blues on the Rideau with **Murray Kingsley's Wicked Grin** (Ottawa) 7-11 Buffet, Show + Charity \$65 + HST, Reservations Only  
Sat. May 11 **Riley & Riley** (Acoustic Blues, Kingston) 6-9  
**Mother's Day** Celebrate your mother! Brunch, Lunch and Dinner!  
Mon. May 13 **Cathy Hutch** (Folk/Country, Fredericton, NB!)  
Tue. May 14 **Morgan Davis** "History of the Blues" (Master of Acoustic Blues!) 6-8, Free!  
Fri. May 17 **David James Allen** (Roots Folk/Blues, Toronto) 6-9  
Sat. May 18 **Logan Brown & Taylor Angus** (Acoustic Soul, Perth) 6-9  
Sun. May 19 **Ghetto Xpress** (Funk/Soul, Kingston) 7-10 \$15  
Thu. May 23 **Jazz Night** Returns with **Spencer Evans** Solo (All Styles, Kingston) 7-10, Free  
Fri. May 24 **Jeff Callery** (Rock/Country, Brockville) 6-9  
Sat. May 25 **Sam Wilson** (Country, Godfrey) 6-9  
Fri. May 31 **Fota Fundraiser** with 80s ENUFF!!! 6-11, \$60 + HST



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- Willow Basketry
- Felt Making

# Learn About Local Cheese Factories at Union Hall

At their Annual General Meeting on May 30, Union Hall will host a presentation by local historian Claudia Smith, who will share her knowledge of cheese factories that operated in Lanark County and throughout Eastern Ontario during the 19<sup>th</sup> and early 20<sup>th</sup> centuries.

Claudia's research draws on primary sources as well as oral accounts gleaned over the years, including



information from Cliff Bennett, a local octogenarian who worked as a young lad at the Rosedale Cheese Factory at Union Hall in the early 1940s. Attendees at last fall's potluck supper and talent show at the hall were treated to Cliff's remembrances about his time there. There was an earlier cheese factory at Union Hall, which is depicted in a photograph showing farmers delivering their milk in horse-drawn wagons. A mural based on this photograph, and another mural adorning the exterior of the hall, were produced by local artist Laurel Cook.

Everyone is welcome to attend the AGM at Union Hall, located at 1984 Wolf Grove Road at Tatlock Road, on Thursday, May 30. Claudia's presentation begins at 7PM and will be followed by light refreshments. The business portion of the meeting, where community members can learn about the past year's



Union Hall today (above), and the original Rosedale Cheese Factory (at left). Find out about both at the Union Hall AGM on May 30.

accomplishments and participate in decisions about plans for the coming year, will start at 8PM.

Built in 1857, Union Hall is owned and maintained by the local community with support from the Municipality of Mississippi Mills.

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Music Matters

# Thinking Critically About Education

With all of the rhetoric being tossed about by both sides in the current debate on education in Ontario, I felt compelled to offer a few thoughts from a music education perspective. It doesn't hurt that I am now a "wily old veteran", having been in this game for nearly a quarter of a century.

by Tony Stuart

I think it is important to remember that both the government and the teachers' unions have an agenda, and that the truth lies somewhere in the middle. One of the problems with living in the era of social media is that it becomes more difficult to find the truth amid the fearmongering being propagated by special interest groups.

Personally, I'm not a fan of the "no cuts to education" posters being shared on various platforms. As a slogan it is simplistic, and I'm not convinced that people can articulate what exactly they are opposed to. I think that every organization needs to be able to look at itself critically and assess what it is doing well and what needs to change. We shouldn't be afraid as an education system to look at ourselves in the mirror. We do some things very well, but we certainly aren't perfect. I'm not sure why the educational system seems so afraid to look at what we are doing and admit that some things haven't worked.

As a musician, this critical self-examination is an important part of my craft. After every gig I reflect on what went well and what I can improve on, and every musician that I work with goes through the same thought process. It is impossible to move forward without doing this. I can't imagine playing the same set list for every show despite clear evidence that some songs may not be working.

Do I want to see cuts to arts education? Of course not. However, I think that arts teachers have a responsibility to demonstrate why their programs are important through their efforts with their students. At the end of the day, genuine high achievement that is earned by students will shine through and speak for itself.

When this column is printed, our school's Music Department will have just finished performing the annual spring concert. Anyone in attendance at this show will have no doubts about the value of what these students are learning, and the effects it has on shaping them as they transition into adulthood. I am very fortunate to have terrific high school classes this semester, and these students have worked very hard to sound the way that they do. I'd like to think that this work ethic will carry over into other areas of their lives.

One of our aims in education is to teach students to think critically, detect bias, and check the validity of sources. Let's do the same thing in the current debate. I've felt for a number of years that our problems in education aren't with students, but with the adults who make decisions. Here's an example: why do we start high school classes at 8:15 in the morning, despite mounds of evidence that this is not a good idea? Here's another one: why are we so tied to the semester system? A student who takes Math in semester one in Grade Nine and in semester two in Grade 10 has a huge gap to deal with.

I am hoping that cooler heads will prevail in the current climate. As I mentioned before, it is important to remember that both sides have an agenda, and somewhere in the middle lies the truth. Our kids are important, and we owe it to them to find that truth and move forward.

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

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# A Plethora of Weeds

I had been counting the days until the snow would go, and now that it has, I realize my dream of the perfect garden is once again on hold. I foolishly believed that under that frozen blanket, not one thing was flourishing, that all the weeds were dying. I'm here to tell you that's not what happened. So here's the rundown on what was occurring while I wasn't watching.

Periwinkle, that dastardly shiny green invasive business whose only redemption is sweet blue flowers for a few weeks, has spread its tentacles everywhere. It's covering paths, flowerbeds, and what passes for lawn. Even on the boulevard where the gravel was unceremoniously deposited by the snowplow, the

by Glenda Jones

periwinkle is thriving. It's crawling through long grass; it's flowing over the rock garden. And every time I lift some leaves to see if the daffodils are growing, there it is again! It's great fun to pull out as it comes away in long strands, but if one tiny root is left it'll take hold and grow. Don't dump it on the compost pile — it loves that; don't leave it in a black plastic bag — it'll grow out through the tiniest hole; don't leave it for the garbage men — it would likely grow right over their truck. Whatever you do, do not put it in the local plant sale and call it ground cover! You will be off everyone's Christmas card list immediately. I relegate it to the burning barrel.

Where the periwinkle doesn't grow, the rock sedum does. It's a nasty little green weed that stays low to the ground, has yellow flowers in the summer, and is impossible to kill. It comes apart in your fingers as you try to pull it out, leaving its spawn to take root over an even wider area. Lawn succumbs to its might, and now that it's everywhere I look, I have succumbed as well. I reef it out when I can, but truth be told, if it were all gone there'd be little green in a few parts of the yard! Again, do not pawn this off on unwitting newbie gardeners.

The third villain is just beginning to appear: the bladderwort, with its delicate pink bulbous flowers and nasty long roots that go down to the water table mark. These weeds fit themselves close to the stems of my good stuff, the lilies and rose bushes, right where they know I can't get the shovel in far enough to remove them. Just at the point of getting one root out, it'll break off, and I can hear that plant laughing, because now two are going to sprout.

I could go on about moss everywhere, but I'm rather fond of it, except when it has invaded a flowerbed. To many it might be a weed; to me it's green and we don't have to mow it. I can remove it in chunks and be fairly sure it won't come back. Also, I can deposit the remnants in the woods from whence it came and not worry that I'm creating havoc for old Ma Nature.

Alan is death to dandelions, having already found a couple in close to the foundation. He's got a weeder tool that makes fast work of them and can spend an hour digging and bagging. This is an exercise in futility, because we know they're coming back. One floating flower head can make a pasture of dandelions.

Here's a conundrum for you. Why is it that grass will grow in the flower beds, but not on the lawn area? All winter I was envisioning pristine flower beds devoid of weeds, and now find that clumps of grass have wiggled their way into the centre of the perennials, leaving me no alternative than to dig out the whole mess, divide to conquer, and get rid of the grass. Since the frost is still in the ground, I guess that'll have to wait a day or two.

My gardening consists of walking around the yard several times a day, counting the daffodils coming up — hundreds in many different forms — checking on the new beds I rearranged, and praying that when I planted the alliums, I didn't dig out the bleeding heart that I really love. That's happened before. My garden will never be as beautiful as White House Perennials, although I bring home a lot of their offerings as I strive to achieve some sort of order out of my chaos.

What the garden gives me is an excuse to be outside every day with a shovel in my hand and the wheelbarrow in tow. I feel like the general of an army as I go out daily to do battle with one weed or another, knowing it's an eternal struggle just to keep one step ahead of the weeds. The best way to view this hodgepodge of plants is to stand way back and sort of squint. Then you will see the colour, but not the weeds.

If you want to see our daffodils in the middle of May, drive up Carroll Side Road. If you catch me with dirty knees and a shovel, I'll show you the back yard, our gorgeous woods, and take you on a walk to see trilliums and a stupendous bank of lilacs. The garden can wait; the weeds will always be there.

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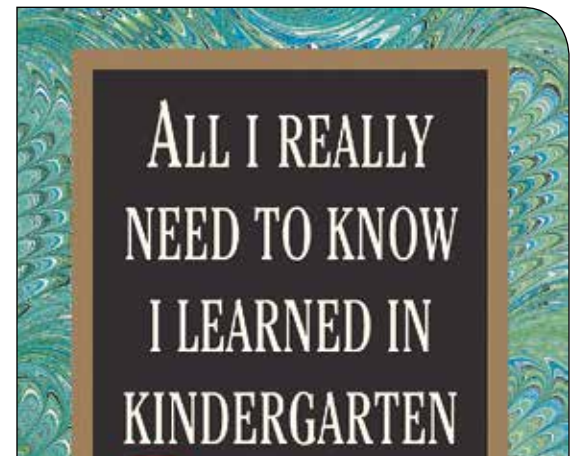
## Thank You, Robert Fulghum

Long before Thomas Keating, Thomas Merton or Pema Chodron started cluttering up my bookshelves, Robert Fulghum introduced me to the art and practice of mindfulness. Thankfully, he didn't name it as such — back in those days I wasn't yet ready for things as wild, weird and out there as "mindfulness," "meditation," "sacred living" or "contemplative practice." That kind of thing was for folks who took spirituality stuff seriously — and that was NOT me. I so loved the way Mr. Fulghum saw ordinary life through a sacred lens though. I believed him when he said that if people would simply apply what they had learned in kindergarten (i.e.: "share everything, play fair, say you're sorry, take a nap, be aware of wonder, and LOOK") we would all be a whole lot healthier and happier. So I kept reading...

His "kindergarten musings" tapped into something that I didn't yet have language for. In the years that followed I devoured everything Mr. Fulghum wrote, an eager student wanting to learn how to see the world the way he saw it. *Words I Wish I Wrote* was my textbook for accessible philosophy and theology. The snippets of wisdom found on those pages from Bob Dylan, Bull Durham, Annie Dillard and others started me on a lifelong scavenger hunt, looking for wisdom in the everyday, ordinary songs and stories of life. And *From Beginning to End: the Rituals of Our Lives* was the instruction manual I would turn to again and again in the years to come, its pages quickly becoming torn and dog-eared, covered in yellow highlighter marks and notes in the margins as I began my own career as ritual-maker and noticer of the ordinary sacred. It turns out I was one of "those people" who took spirituality stuff seriously after all.

It has been more than thirty years since I first read *All I Needed to Know I Learned in Kindergarten*, and yet this quote from that book is one of only a few things worthy of a place on the wall above my desk:

"Without realizing it, we fill important places in each other's lives. It's that way with the guy at the corner grocery, the mechanic at the local garage, the family doctor, teachers, neighbors, co-workers.



Good people who are always "there," who can be relied upon in small, important ways. People who teach us, bless us, encourage us, support us, uplift us in the daily-ness of life. We never tell them. I don't know why, but we don't. And of course, we fill that role ourselves. There are those who depend on us, watch us, learn from us, take from us. And we never know. You may never have proof of your importance, but you are more important than you think. There are always those who couldn't do without you. The rub is that you don't always know who."

You might not realize the difference you make in the world, but you do. And you might not always say "thanks" to the people who make a difference to you... but it's not too late to start. Give it a try. I'll go first:

Dear Mr. Fulghum: you have no idea how much you have messed up my life in the very best possible ways these past 30+ years. The ordinary stuff really is the sacred stuff of life, eh? Thanks for pointing that out. I owe you. Big. I'll keep doing what I can to pay it forward. Yours truly, Angie.

— Angie Arendt is Director, Mentor, and Educator at Big Stone House in Almonte. You are invited to drop in for a coffee and learn more about Big Stone House and the art of sacred living and leading on Saturday, May 4 from 5-6:30PM or Sunday, June 2 from 10-11:30AM.

# A Meditation on Mosses

*Mosses and other small beings issue an invitation to dwell for a time right at the limits of ordinary perception. All it requires of us is attentiveness. Look in a certain way and a whole new world can be revealed.*

— Robin Wall Kimmerer, *Gathering Moss: A Natural and Cultural History of Mosses*

## Green

It's been a drawn-out spring and I've grown weary of white. My body is restless. I've emerged from hibernation and am hungry for a serious shot of vitality. In the pause this week between the snow's unhurried departure and the imminent wild eruption

Peering into microscopic moss worlds has the ability to undo habitual modes of perception, to stretch our imaginations into new territory, and to invite wonder. Magnified, moss worlds become as wild, magical and animate as any forest from the oldest fairytale. It is an interesting practice (and something that perhaps children excel at more than adults) to imagine oneself as a bug and getting lost in a dark, dense moss forest! What would lead you in? Why might you leave? What would you discover? What would the forest offer you? What would you offer to it?



Grey-green lichen crusts across the flat mottled surfaces of the rock in slowly expanding, concentric rosettes. Tufts and spreads of at least four types of mosses occupy miniature swales like forests surrounding a watershed. I have spent the last hour dribbling water from my thermos onto a clump of moss and watching its tiny furls come back to life — greening, swelling and stretching up. An hour or so from now they will have contracted back once again — desiccated by wind and sun, and dormant until the next rain, mist or a thermos of water is bestowed on them by a giant.

## Small (and Slow, and Old) is Beautiful

Moss is believed to be the first green plant to have adapted to land, a mere 350 million years ago. It seems reasonable to expect that some wisdom would come with such an ancient ancestral lineage! Through my eyes, much about the mosses I encounter here points to patience, humility and interconnectedness. Patience in a willingness to sit tight through long periods of dormancy (during winter's deep freeze and summer's droughts) waiting for life-supporting conditions to arise again (i.e. moisture); humility, in slowly and quietly getting on with the business of doing life's work without flash or fanfare; and

wisdom, in knowing and playing its unique role in the ecological web with confidence.

Moss colonies inhabit places where other plants would not survive — shallow acidic soils, tree trunks, roofs, cracks and bare rock surfaces to name but a few. Once established, their seemingly minute and slow lives have important ecological functions such as capturing, filtering and sequestering volumes of water (which also increases humidity); providing dark, moist, seed beds which supports germination and the growth of seedlings; and also slowing down wind and water flow which helps to reduce soil erosion. Mosses also contribute to soil accretion by capturing dust and other particulates from the air, which, over time, generate a layer of material suitable for the germination of more complex plants. These are just a few of the beautiful, small moss-gestures that quietly happen under our noses each day.

## Praise

On Earth Day we cleaned out our five nesting boxes — making way for the arrival of this year's avian tenants. Each year I find myself expectant as we open up each box. Invariably within their cavities we find the remnants of last year's nests, and signs of bird lives lived. Nothing softens my heart quite like witnessing a tiny cup woven and lined with moss and downy feathers atop an assemblage of delicate twigs. This window into the secret life of birds feels so privileged, so intimate... so worthy of praise. And in that moment I become aware of the threads that connect us all — stone, water, dust, seed, sun, moss, bird, me, you. It is so simple really, yet it is something we humans so habitually overlook in our rapid-fire, grand-gestured lives. And so, here and now, I resolve to slow down, pay attention and give praise to the quiet and small. For more portraits of moss and other plants featured in this column, visit @pineoakyarrow on Instagram.

by Susie Osler

of greens we are poised to behold, my attention has unexpectedly been drawn downward to the emergent earth and the microscopic universes of mosses.

After a long period of dormancy, the snowmelt and recent rains have re-energized moss colonies once again. As I walk through the woods, my body orients itself time and again to various pulses of greens painting the landscape — unconsciously moving my attention towards life, like a diviner's rod orients itself to water. In the midst of still browns and greys, Green is seeping its way back into the land in luminous and lively punctuations — on stone piles, the porch steps, the house foundation, the sand pit, tree bases, rotten logs and stumps, twigs, fences and rock faces. Everywhere I look. No other colour is as welcoming to me right now as this fresh green — the colour of spring, new life, energy, chlorophyll, and also, interestingly, the heart chakra. Mosses themselves — the first plants of the season to positively glow green — illumine with an aura of health and vitality that provides a balm for winter-withered souls. It strikes me that moss' mission this month has been to quietly but firmly reassure me that renewal is nigh.

## Seeing

There is a stone in front of my feet at my sit spot that I have begun to believe I could spend the rest of my lifetime looking at. It is no more expansive than the seat of a chair, yet its surface is a universe unto its own. I have spent a lot of time looking down at this rock, then getting down on hands and knees with a loupe (a sort of magnifying glass) to investigate the overlooked universe down there that is quietly going about living. The closer I come to it, and the longer I spend with it, the more there is to see and wonder about.

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