

APRIL 2019

# the Hummer

free

Arts,  
Entertainment  
& Ideas

p.30 & 31



April's Events

p.20-22



Creative Summer Camps

p.14,25,33,34,35



A Chorus of Choir Concerts

p.18



Almonte Lobby Bar

The Art of Lily Swain p.3



## April Ales (and Brewery Tales)

Art is awesome and maple is marvelous, but I'm happy to report that the Ottawa Valley is also home to a growing number of very fine local breweries. If such av-ale-ability entices you to the area, just give me a call!

**Pat's Picks** Ashton Brewing Company's **Amber Ale** <ashtonbrewingcompany.com>  
**for April:** Cartwright Springs Brewery's **Pakenham Bitter** <csbeer.ca>  
Crooked Mile's **Highland Hillwalker Scottish Export** <crookedmile.ca>  
Perth Brewery's **Bonfire Black Lager** <perthbrewery.ca>  
Stalwart Brewing Co.'s **Thriller Chocolate Porter** <stalwartbrewing.ca>



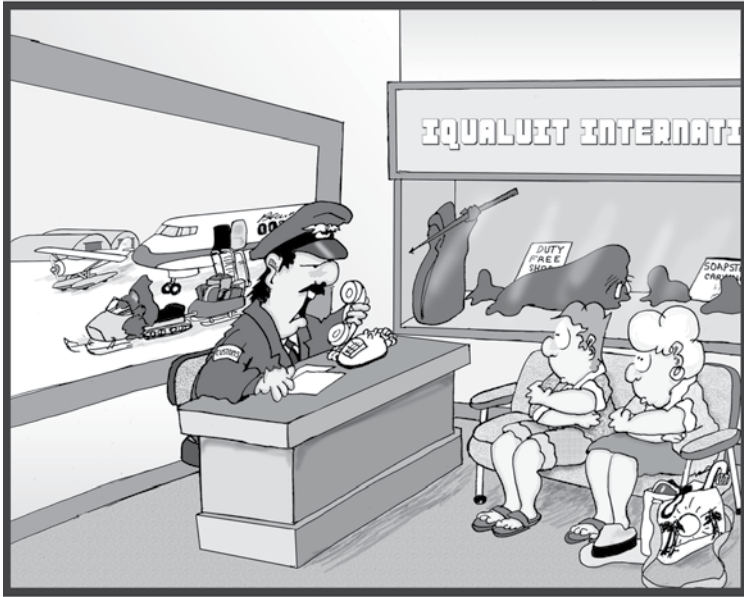
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“Well, this is a bit of switch, folks! — Your bags have all arrived safely in Havana!”

**Correction**

The “Art and About” column in our March issue contained an error in the website for the Mississippi Valley Textile Museum. Their website is <mvtm.ca>.

Humble Thoughts

If your dream only includes you,  
**IT'S TOO SMALL.**  
— Ava DuVernay

When we mistakenly give our gifts believing we are doing so only out of service to another person, we discard one of the most beautiful and essential ideas about gifts — the reciprocity within the gift means that both the giver and the receiver benefit. The receiver gets the gift that is given, and the giver receives the healing and a conscious awareness of the increased ability that results each time the gift is given.

— Bruce Anderson (see article p23)



Who's Dorking theHummm

(above) Since it's April, we thought it an appropriate time to run this lovely “Who's Dorking theHummm” photo that was sent in a while back by a mysterious (terribly mysterious) reader.

(below) Back in 2017, Pam Harris (who was at that time the Chief Librarian at the Mississippi Mills Public Library) wrote: My daughter and I are travelling in Vietnam — not for long enough! But we got a shot of me reading theHummm at a Japanese Bridge in the old quarter of Hoi An. Enjoy!



The two most important days  
in your life  
are the day you are born  
and the day you find out why.  
— Mark Twain



119 Bridge Street, PO Box 1391  
Almonte ON K0A 1A0  
Phone: (613) 256-5081

**Editor:**  
Kris Riendeau  
editor@thehummm.com

**Layout and Design:**  
Rob Riendeau  
rob@thehummm.com

**Advertising/Promotions:**  
Kris Riendeau: (613) 256-5081  
kris@thehummm.com

**Calendar Submissions:**  
Rona Fraser  
calendar@thehummm.com

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.

**Content Deadline:**  
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**Thumm's up this month to:**  
John Souter, for his tireless volunteering on behalf of the North Lanark Highland Games, the Royal Canadian Legion Branch 240, and many other community initiatives. Our deepest condolences to Mary Lou and to the Souter family and friends.

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# Lily Swain — The Artist Flourishes Not Far From the Tree

One encounter with the striking mixed-media piece Lily Swain created for the recently-opened North Market Café in Almonte firmly establishes her as a noteworthy addition to the area's art scene. Titled *Medicine of Great Horned Owl*, her collage is an eye-catching centerpiece of the establishment's bright, open space designed to provide a relaxed atmosphere. The Café's owners invited Swain to create a piece for their new venture, and the artist describes the challenge thus:

by Sally Hansen

"I love working on a large scale and I enjoy the challenge of working within fixed parameters... I planned this mixed-media piece to be a site-specific work, taking into account the large size of the room, the seventeen-foot ceilings, the history of the building and the owners of the business. I intended this piece to be interactive, whereby the viewer is initially confronted with the direct gaze of a six-foot-tall Great Horned Owl keeping watch, protecting the space. When the viewer engages with the piece at a closer distance, they are drawn into a world of texture, pattern, colour and paper collage. These elements are carefully layered to evoke the feeling of time as elastic, an ever-shifting continuum where past, present and future coexist.

Darkness fills the sky as Great Horned Owl sits perched overlooking a cosmic landscape where past, present and future merge. This piece speaks to us across time and speaks to us of the loss of our natural world. I invite the viewer to see the universal reality of the world as ubiquitous and timeless, demanding to be seen and heard. This is the power of Great Horned Owl — she comes to us as a sign of change and new cycles. She represents darkness and light, connected to both the physical and spirit world. *Medicine of Great Horned Owl* shows us how to face our fears and reminds us of our strength, courage and personal wisdom."

## The Overstory\*

Art is Lily Swain's life, her organic way of being, it defines who she is. She has grown up surrounded and nurtured by an inclusive and supportive local artist community. It began at birth. Her mother is sculptor Chandler Swain, a renowned potter and well-known pillar of the region's arts world. An aspiring artist since she can remember, Lily decided to see the world from a different perspective after finishing high school. She graduated from the BFA Program

at the Emily Carr University of Art and Design in Vancouver, and spent several years travelling and experiencing the wider world with her future husband, D'Arcy Brady. Along the way she garnered a degree in Art Education from York University, and worked for Student Services at Seneca College.

Swain's training at the Emily Carr University had left her feeling frustrated and blocked, due to an (for her) overly conceptual approach. She wanted to learn how to paint, and her classes focused on critical thinking, marketing and writing artist's statements. It took her years to deconstruct — to become vulnerable and authentic and discover her genuine artistic voice. She returned home to Almonte five-and-a-half years ago to get married, and she and D'Arcy "continue to discover that Almonte is what we were looking for."



Since her return Lily has blossomed into an almost full-time artist. Her first show in 2013 at General Fine Craft in Almonte, appropriately entitled *Renewal*, restored her confidence and confirmed she was on the right artistic path, embracing mixed-media techniques. Her website states: "This



method gives her the freedom to experiment and incorporate her love of painting, drawing and collage into a single piece. Her work is inspired by themes of personal and cultural identity, Canadian history, forms found in nature and by the beauty of the countryside where she lives and works."

Swain cites influential artist Robert Rauschenberg (the Guggenheim and Tate Museums have exhibited major retrospectives of his ground-breaking art) as a major influence in her choice of collage as the medium that "allows her to express both intuitive and analytical thought, exploring ideas of memory, dreams, loss, growth and renewal." She incorporates drawings, paintings, photographs and other materials in her works, using a mindful, contemplative approach that she considers a part of her meditation practice. She is "inspired by objects from the natural world for their simple yet extraordinary features. Feathers, foliage and bones are exceptional examples of nature's most beautiful and complex creations."

Based on a brief bit of internet research, I suspect she also follows Rauschenberg's Seven Rules of Art (1 - Learn from everything and anything; 2 - Collaborate, share and be generous; 3 - Use your body. See where things take you; 4 - Use what inspires you; 5 - Break the boundaries. If it doesn't exist, invent it; 6 - Make a difference in your world, and ultimately, Rule 7 - Break the rules).

Swain claims she has produced more art work in the last five years than she had in the previous twenty, while producing and caring for two wonderful sons, and renovating their Almonte home. She tells me that "motherhood informs my creative process — the busier I get, the more focused I get." Again, she cites the remarkable support she enjoys from her husband, her family, and the entire local arts community. Last year when Lily was already a stay-at-home mom and four months pregnant with her second son, Almonte artist Eileen Hennemann invited her to join **The Ten Collective** — a group of ten Canadian artists featuring diverse backgrounds and styles of painting. All of Swain's works sold at their first show a year ago, and she is totally focused on completing her contributions to The Ten Collective's Second Annual Show taking place on April 6 and 7 at Almonte's Mississippi Valley Textile Museum. The Museum is a National Historic Site of Canada, and a wonderful venue for an art show. Details appear on the back of her Artist Trading Card, and Lily Swain is in the company of a terrific and eclectic group of local artists.

\* *The Overstory* is the title of a 2018 New York Times best-selling novel, also short-listed for the Man Booker Prize, by Richard Powers. Powers and Swain share a strong commitment to advocate for the informed conservation of our natural world through their respective art forms.



## JEREMY PRICE

Vernissage/Meet the Artist:  
Saturday April 6, 3pm-6pm

### Gallery Hours

Wednesday .. 11am-7pm  
Thursday ..... 11am-7pm  
Friday ..... 11am-7pm  
Saturday ..... 11am-7pm  
Sunday ..... 11am-4pm

Mon-Tues: by appointment

THINGS I DON'T KNOW HOW TO DO  
MARCH 29 - MAY 12, 2019



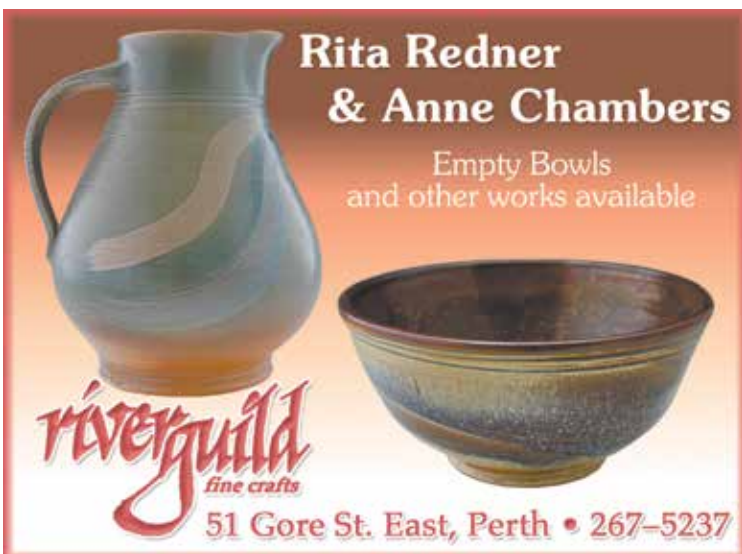
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613.256.8033

WHO Lily Swain  
 WHAT Mixed Media Collage  
 WHERE <lilyswain.com>, <thetencollective.com>, <lilyswain@gmail.com>, 854-0025  
 WHEN April 6-7, The Ten Collective, Mississippi Valley Textile Museum, 3 Rosamond St E, Almonte, <thetencollective.com>  
 WHY "Making art is how I interpret my experience as a human being, and how I communicate my ideas with the world."

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# Celebrating Empty Bowls Perth

Come listen to some wonderful music and support Empty Bowls Perth on Saturday, April 13 at 2PM at Code's Mill Atrium in Perth. **Jazz n' Tonic** is a double choir event. Tonic (led by Nicola Oddy of Perth) and Martello Alley Cats (MAC) of Kingston (led by Stephanie Lind of Queen's University) are joining together for a second time, raising money for organizations in their communities. Enjoy the jazz, the folksongs and songs from around the world, and donate to Empty Bowls Perth when they pass the hat.

For 18 years Empty Bowls has been supporting local food security programs by selling handcrafted bowls donated by local potters. The Perth-based project was founded by potter Jackie Seaton. Jackie, who died in 2013, was a tireless advocate for food security in our community, and this spring The Table Community Food Centre will honour Jackie's contribution with the dedication of the Empty Bowls garden and the installation of a handmade bench crafted by Jackie's good friend David Ambrose.

Every spring since 2002, many in our community look forward to seeing, purchasing and filling Empty Bowls. Empty Bowls Perth is part of an international grassroots effort to fight hunger in our communities, and unfortunately there are still many children, youth, adults and seniors who do not have enough to eat.



April is Empty Bowls time in Perth!

For those new to Empty Bowls, the basic premise is simple: potters create handcrafted bowls. The community is invited to enjoy a meal of soup and bread in exchange for a cash donation of \$25. Donors keep their bowl as a reminder of all the empty bowls in the world, and that food is not just a commodity but a basic right.

We hope to see you at the **Festival of the Maples** on Saturday, April 27 from 10AM to 4PM. The Empty Bowls booth will be set up outside Riverguild Fine Crafts (51 Gore Street East). Purchase a bowl and fill it with delicious soup or chili donated by Perth restaurants, along with artisanal bread donated by Barnabe's. If it's too early for soup when you stop by, enjoy a complimentary coffee from Coutts & Company.

As in past years, the beautiful hand-made bowls will be available at Foodsmiths in Perth in April, and are also available year-round at the Riverguild Fine Crafts while supplies last.

Donations support The Table Community Food Centre, YAK Youth Services, Food for Thought: Lanark County school nutrition program and the Lanark Highlands Food Pantry, as well as the Guatemala Stove Project. For more details, visit <emptybowls.ca> or find them on Facebook.

— Hinda Goldberg



2019 Empty Bowls Perth Production Team (l-r): Molly Forsythe, Joanne Pickett, Joni Seligman, Susie Osler, Anne Chambers, Rita Redner. Missing are Jean Dunning and Hinda Goldberg.



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# Announcing Group Encore!

## Supporting World-Class Music in Perth

*Music brings so much to our lives and is an integral part of who we are. Group Encore! is a new opportunity to make it possible for world-class musicians to be seen and heard in the Perth area. We are really looking forward to experiencing, together with others on May 25, great musicians we have not heard live before.*  
 — Murray and Karen Hunt, Group Encore backers

I have a dream: to organize, over the next few years and for the benefit of appreciative audiences from across our region, a series of concerts in Perth that feature some superb singers and musicians that I have long adored. These are artists with world-class skill, who have performed extensively internationally, and who have collaborated with those of similar stature to render some of the most exquisitely beautiful music one might hope to enjoy.

This dream is now unfolding, with a first concert to take place on Saturday, May 25 at 7:30PM in the beautifully renovated sanctuary at St. Paul's United Church in Perth. This concert will spotlight the multi-Grammy Award-winning cellist Eugene Friesen, from Vermont, and former child prodigy and internationally acclaimed pianist Joel Martin, from New York. The concert will open with local talent — the splendid Lanark Offbeats jazz ensemble. Following intermission, Beth Misener, a fine young cellist from Perth, will give a guest appearance, with Brad Mills accompanying on piano. (See the concert ad on page 23 of this issue for details, and look for an in-depth story about the concert in the May Humm.)

Concerts of this calibre are being made possible thanks to the new Group Encore! This group is a circle of financial “backers” pooling funds to help cover concert costs such as performance fees, venue rental and marketing. The idea is to spread the cost-risk of any event across many shoulders. And with every ticket sold to the general public, a proportionate reduction is made in a given backer's contribution.

Importantly, at or above the break-even point for a concert, the backers of Group Encore! are refunded their full contribution — less the value of any ticket(s) they have retained for their own use. Should the concert make money, the surplus will go toward supporting the next concert.



The first concert being presented by Perth's new Group Encore takes place on Saturday, May 25 at the recently renovated St. Paul's United Church. It will feature the multi-Grammy Award-winning cellist Eugene Friesen (above) and multi-Grammy Award-winning guitarist, composer and music producer Will Ackerman. Sensational gospel & jazz singer Theresa Thomason (left) will play a future concert.

As of this writing, twenty individuals and couples have joined Group Encore! The inaugural backers are Sue Bamber and Scott Somerville, Barbara Bolte, Judy Buehler, Mary Lou Carroll and myself, Doug and Mary Forde, John Gill, Barb Guthrie, Tim Holmes, Madge Jeffery, Ann Hawthorne, Terri Henderson, Murray and Karen Hunt, Tom Kemp, Reid and Christine Kilburn, Ann McMahon, John Melowsky, Brad Mills, Barb Mingie, Janice Reid, and Jim and Kathy Wells.

To join Group Encore! or to learn more about this concert funding model, please contact me at 314-7755 or <rainershinetvt@gmail.com>. To purchase tickets for the Eugene Friesen & Joel Martin concert on May 25, please go to <ticketsplease.ca/Encore>. I look forward to seeing you there!

— Rob Rainer is a member of the Lanark Offbeats, Men of the Tay, and Westport's Some Kind of Choir.



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# The Curious Incident of the Dog in the Night-Time

The curtains part, the scene is set, and fifteen-year-old Christopher looms over the motionless body of... Wellington. His neighbour's previously lively poodle. Slain with a garden fork that is still protruding from his side. Is your attention seized? Your curiosity kindled? Lucky for you, this is only the opening scene.

What ensues during this curious night-time incident is a canine murder investigation that parallels no other. Christopher, our teenage narrator, is incomprehensibly intelligent in the subjects of math and science. He can reel off the capital of every country in the world and recite prime numbers up to 7,057. However, due to a mild form of autism, he is unable to interpret basic human emotions or participate in essential day-to-day interactions. This makes for not only a curious incident, but also a peculiar perspective to carry us through the ebbs and flows of the scrutiny that follows this absurd crime. A plot that appears fairly forthright from the surface soon becomes increasingly bewildering as undisclosed romantic affairs are exposed, deceptions are unmasked, and fears are confronted. This play not only demands a first-class performance from its actors, it also relies heavily on the stimulating special effects being produced by its sound, lighting and backstage crew. Together, what they create is a production that goes beyond the script — it's a true theatrical experience. It is an authentic adventure that tackles relatable sentiments such as grief, the struggle for independence, and the disorder of life, through an extraordinary lens that most of us have never experienced before.

*The Curious Incident of the Dog in the Night-Time* was originally published as a novel by Mark Haddon in 2003. Since then, it has swept the literary scene with great success, and garnered over 17 prestigious prizes. The stage production was written by playwright Simon Stephens and saw its première nine years later in 2012. Following in the footsteps of the critically-acclaimed novel, the theatrical version



Perry Santry flies through the air (with a little help from his fellow cast members) in a rehearsal for *The Strange Incident of the Dog in the Night-Time* at Almonte & District High School. Performances will take place from May 2-5 at the Almonte Old Town Hall.

proved no less successful and went on to win seven Olivier Awards, five Tony Awards (including Best Play), and perpetual praise from audiences all over the world, including celebrities such as Tom Hiddleston, Whoopi Goldberg and Maisie Williams.

How could this production possibly get any better? You don't have to travel all the way to London to see it! The Almonte & District High School Drama Club has chosen to perform *The Curious Incident of the Dog in the Night-Time* at the Almonte Old Town Hall as this year's production. Directed by teacher Jennifer Sheffield, this sensational show will whirl you away into a world of wonder, and excite your emotions into dancing up onto the stage, tuning in with those of the characters. If you have enjoyed the theatrical offerings of ADHS in the past (including last year's *The 39 Steps*, which won the Cappies Award for best play!), this is not the time to miss out.

Performances will be held at 7:30PM on May 2, 3 and 4, and at 2PM on May 5. Tickets are \$15 and available at Baker Bob's, or online at <onstagedirect.com>. Tickets can be reserved by calling the school at 256-1470.

— Pippa Norman is a student at Almonte & District High School



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# An Amazing Start to April!

There's so much going on in Mississippi Mills on the weekend of April 6 and 7 that I'm going to devote almost this whole column to it. But the rest of the month is elsewhere in this issue!

## The Phantom of the Hubera

You can get a jump-start on the amazing weekend of amazement by catching a performance of *The Phantom of the Hubera* on Thursday, April 4 or Friday, April 5 at 7:30PM. And then because it's so good (and since you'll be sticking around for all the other fun stuff), you can see it again on April 6 (at either 2PM or 7:30PM) and April 7 (at 2PM)!

by Miss Mills

I know what you're thinking: why would you go and see a show twice in an already busy weekend? Well I've got several great reasons for you. First, because tickets are only \$15, and the show only runs about an hour-and-a-half (including a delicious bake sale at intermission). Secondly, because there are two casts of lead characters, and you won't want to miss either group. Most importantly, this show is a fundraiser for the amazing entity known as The Hub — which over its 45 years in Almonte has donated over a million dollars to over a hundred good causes in and around this area (funds from this show will help them complete the renovations to their lovely building on Mill Street). ALSO most importantly, this show is going to make you laugh out loud and feel really good about the positive power of community.

Fern Martin, who wrote the show and stars as one of the Fairy Goddess Mothers, promises that: "the audience will get an eye-full of exquisite costumes, an ear-full of delightful music, a belly-full of laughs (and, if they bring some cash, a belly-full of tasty treats), and a heart-full feeling of generosity as they support The Hub!" Tickets are available at Mill Street Books or at the door (as long as it's not sold out!).

## The Ten Collective

After a wildly successful inaugural show in 2018, the artists of The Ten Collective are returning to the Mississippi Valley Textile Museum on April 6 and 7. Their second annual show will display all new work, with select paintings available for purchase. The show will feature artwork in a variety of styles including acrylic, oil, watercolour and mixed media, with no two artists alike.

The show will be held at the museum, located at 3 Rosamond St. E. in Almonte, from 10AM to 6PM both days. Admission and parking are free.

The Ten Collective artists are Amelia Ah You, Eleanor Doran, Jill Halliday, Eileen Hennemann, Rosemary Leach, Marina May Raike, Katherine McNenly, Kaija Savinainen Mountain, Jennifer Noxon and Lily Swain. To learn more about them and the show, visit <thetencollective.com>.



Cinderella (Helen Antebi) tells Prince Charming (Stevie Silver) to "shoe" in a scene from *The Phantom of the Hubera*, a fundraiser for The Hub

## Pakenham Maple Run Tour

Enjoy spectacular spring landscapes while experiencing the art, fine craft and delicious food and drink of 33 exceptional artists, artisans and producers on this self-guided tour on April 6 and 7 from 10AM to 5PM. The tour wanders through scenic, historic Pakenham village and area to ten fascinating stops. Brochures are available online, at Fulton's, the Pakenham General Store, throughout the village and at any tour stop. The website <mapleruntour.com> has lots of information.

In conjunction with the Maple Run Tour, take part in the rare opportunity to view the spectacular "Lanark Wonder" that is the **St. Peter Celestine Church** <stpetercelestine.ca> at 139 Renfrew Street in Pakenham. View its impressive architecture and ecclesiastical artwork on a guided tour each day at 1:30PM. Donations are greatly appreciated.

## Art Exhibit/Fundraiser at the MVTM

On Sunday, April 7 from 1–4PM, everyone is invited to a vernissage of works by artist Ruby Ewen <rubyewen.ca> at the Mississippi Valley Textile Museum. The exhibition of works, created from 2004 to 2006 during and following trips to the Canadian Rockies, will run until April 20, and the artist is making a 50% donation of all sales from this show to Hub Hospice Palliative Care. Please visit <hubhospice.com> for more information and to preview the artwork, which includes a wide range of sizes and prices. The museum's hours are Tuesday to Friday from 10AM to 4PM, Saturday from 12–4PM, closed on Sunday and Monday <mvtm.ca>.

## Maple Weekend in Mississippi Mills

In case you were looking for one *more* reason to visit Almonte and Pakenham, April 6 and 7 is also Maple Weekend <mapleweekend.ca>. Wonderful area producers like Fulton's Pancake House and Fortune Farms Maple Sugar Bush will be hosting special activities, so come out for some delicious maple treats!

## Pathways at the Textile Museum

From April 13 to June 15, artist Tania Love will exhibit a site-specific installation at the Mississippi Valley Textile Museum, including multiple kozo paper panels that evoke a body of water as well as river patterns and topographical references. This exhibition contemplates the museum's setting and historical use as a textile mill along the river as well as the reshaping of the land through its development.

Tania's work draws attention to the precious natural resource of flowing water that was instrumental in powering industrial growth, mills and textile dyeing, and opens a platform to reflect on our contemporary relationship with water. On the second-floor gallery of the museum she will present works created with plant-based inks and dyes. The relationship between the works in the two galleries will highlight aspects of colour history from the natural to synthetic as well as the intersection between the natural and industrial.

Everyone is invited to meet the artist at a vernissage on Saturday, April 13 from 2–4PM. Find more details at <mvtm.ca>.

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Local author, Professor Noel McDermott has lived and taught in the eastern arctic for thirty five years. His new novels tell the stories of Kiviuiq, one of the most important characters in Inuit mythology.

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# Join the pARTy!

**Arts Carleton Place's 5<sup>th</sup> Annual Spring Fine Art Show and Sale**

Come celebrate the 200<sup>th</sup> anniversary of the Town of Carleton Place by attending the fifth annual Arts Carleton Place Spring Fine Art Show & Sale on the weekend of May 4 and 5 from 10AM to 4:30PM (both days).

Thirty-four local artists will showcase their juried work at the historic Carleton Place Canoe Club, located at 179 John Street. Participating artists have covered a wide range — both in terms of subjects and media. You are in for a unique treat with paintings of some of the most beautiful places in Canada (and other intriguing subjects), each given its own special twist. Other artists will present jewellery made from stones from around the world or fused glass made just around the corner. A local potter has created beautifully decorative pieces. If you are looking for a special gift, or are wanting to add to your own collection, visit the show and pick up a one-of-a-kind piece of local art! The show will feature original works in oil, watercolour, acrylic, pâte de verre glasswork, photography, origami, jewellery, pottery and textiles.

Bring a friend and come spend some time in this beautiful setting along the Mississippi River, while supporting the arts at the same time. To help celebrate the town's bicentennial, 34 artists, some from as far away as Gatineau, Manotick, Portland and Braeside, have accepted the invitation to show their works. A portion of sales, as well as voluntary (at the door) donations, support the annual Arts CP Bursary Awards. Arts Carleton Place (ACP) presents \$2,000 in bursaries to local high school graduates wishing to pursue their education in one of the many fields of art.



*Celebration* by Heather Assaf (above), and *Growing Old Together* by Gilly Marston (below)

**New and Exciting this Year!**

To help kick off the Spring Fine Art Show and Sale, there will be a Coffee House held on Friday, May 3 from 6:30–9PM. Come and meet the artists and be among the first to view and purchase their artwork while enjoying some refreshments and goodies. Tickets are free — but limited — and can only be obtained by visiting Surrounding Memories at 77 Bridge Street in Carleton Place (open Tuesday to Saturday, 11AM to 4:30PM). Only 100 tickets are available for this soirée, so there's a limit of two tickets per person.

Also new this year, there will be live music provided by ACP's own Peter Brown on Saturday, May 4 from 1–3:30PM. Stroll through the booths delighting in jazz tunes played on the keyboard by this well-known artist.

Come meet ACP board members to discuss what the organization does to promote art in the community. A big thank you is given to the Town of Carleton Place for its ongoing support of the show.

Admission is free, with plenty of free parking. See you there! Visit the artists' gallery at <artscarleton-place.com> to learn more about the participating artists.



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# Boxing for Parkinson's — A Real Winner

Kim Ducharme, who leads a boxing class three times a week in the basement of Westminster Presbyterian Church in Smiths Falls, says there's a misconception about boxing. "People often think of it as just a beat-down. But we work on balance, strength, and endurance — boxing is the fun part." She grins, and adds that punching things can be very therapeutic.

The ten individuals who make up the group are not buff 20-year-olds; they're a group of people with Parkinson's disease, plus some seniors. Ducharme says that more and more studies show that exercise helps Parkinson's. "It improves strength, balance, flexibility and speed," she says, ticking off all the reasons why boxing is such a good work-out.

The class is run on a circuit basis so there's lots of vigorous activity with an initial warm-up and then a cool-down and stretching. Ducharme doesn't skimp with the exercises she expects her class to do, and she expects everyone to do everything. There are modifications and progressions with each exercise. "We can find a way to do it," she says firmly.



Pat Evans "gloves up" for a great boxing workout

So what do they do? Jumping-jacks, balance ball, shadow boxing and gentle sparring, planks, squats and burpees (everyone's favourite). Then there's work on "the Bobs". "Bob" is the head and torso of a man perched on a stand, and Bob takes a good deal of abuse during a class. Ducharme describes the Bob-work as "full extension of arms, a rotation, follow the punch all the way out, a follow-through and then a pull-back."

The classes are fast and the boxers are constantly moving. "They have to think about where they're going and what they're doing," Ducharme explains that boxing is equally good for seniors. It keeps them flexible, working on balance and "all those things that deteriorate as we get older."

"Use it or lose it," she adds.

Before class, boxers wrap their hands. The wraps are long, narrow pieces of cotton that support the wrist, protect the knuckles and absorb sweat. Gloves are pulled over the wraps. At Ducharme's class gloves are supplied, and when a new member joins they get free wraps. Other necessities for the class are good shoes, a yoga mat and water.

Cliff Kerr says the classes really help. If he misses a few days he notices his activity level at home drops. Ducharme adds that between Monday and Friday she sees a difference in her boxers. If their weekends have been inactive they are "tight" on Monday, but by the time Friday rolls around, after three sessions of boxing, "I see them opening up." One of the symptoms of Parkinson's is that everything becomes smaller — movements, voices, hand-writing — so Ducharme is delighted on Fridays when she sees bigger, wider movements, and hears louder voices. She recounts that one of her boxers was reticent about joining but now admits to being able to do things he couldn't do before.

Ducharme works through **Boxing 4 Health**, an Ottawa-based program started by Christine Seaby. Ducharme became certified seven years ago as a seniors' instructor, and since then has taken many workshops and courses.

Her goal is to get more people out. "The boxers here are passionate about coming," she says, adding that it's fun to watch people's surprise when you tell them you box. She extends the invitation — "Come and try a

class and see if you like it." She says there's a budget for every program and level and there's no reason to feel intimidated. Volunteers help out at each class.

Classes are on Mondays and Wednesdays at 11:30AM, and Fridays at 9:30AM in the basement of Westminster Presbyterian Church, located at 11 Church Street West in Smiths Falls. For more information, call Boxing 4 Health at 277-3601, or visit <boxing4health.com>.

— Sally Smith



Award recipient Tessa Bangs will perform in Almonte on April 14

## Fiddler's Friends

The tradition continues... Fiddler's Friends will be back with the sweet sounds of bow and string pouring out the windows of the Almonte Old Town Hall on Sunday, April 14. In its 15<sup>th</sup> year, this traditional fiddle awards showcase concert is a must-attend event, marking the beginning of Spring for avid old-time Ottawa Valley and Celtic music fans.

Doors open at 12:30PM with The Barley Shakers on stage, and an opening ceremonial welcome follows at 1PM. The O'Connell Family is eternally grateful to the devoted support of all the musicians who donate their talent for the event every year. This year's line-up includes award recipients Tessa Bangs, Kyle Burghout, Alexander George and Anthony Vial, as well as the Fiddler's Friends — Kyle Felhaver, Matt Pepin, and Terri-Lynn Mahusky accompanied by John Mitchell on piano. Special guests will be fiddler Alexis Mac-Isaac and Celtic guitarist Ernie Fraser. (Please note: the line-up is subject to change.)

Profits from Fiddler's Friends support the Danny O'Connell Memorial Fund, administered by the Community Foundation of Ottawa. The fund was established in 2004 after the tragic loss of Danny O'Connell, a young fiddler. The award celebrates and honours his musical talent by awarding a monetary gift to a fiddler under the age of 25. Recipients are nominated by three local organizations in the traditional fiddle community — the Renfrew County Fiddlers, the Irish Society of the National Capital, and the Ottawa Traditional Fiddle & Folk Art Society.

Tickets to this terrific event are only \$15, available by phone or in person at Mill Street Books (256-9090), in person at Couple's Corners and Mississippi Musicworks, or at the door. For more information call 256-3786 or find them on Facebook @FiddlersFriends.

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# Humm Bits

## Cancer Support Group in Almonte

There's now a free drop-in support group in Almonte for people going through cancer treatments and for cancer survivors. Come to the Almonte Library (at 155 High Street) on Mondays from 10–11AM for coffee, tea and friendly conversation with people who have been on a similar journey. There will be no group on Easter Monday (April 22) or on May 20. For more information, please contact Jane Coyle at 726–8040.

## Empowering Self and Others to Create Positive Change

How can we live with a sense of hope and purpose? The last of this series will explore different aspects of living in this challenging world. How can we create true happiness for ourselves, for others and positively impact our environment? Please join our free, all-ages discussion and presentation on Nichiren Buddhism on April 7 from 3–4:30PM at the Carleton Place Library (side door). For more details please visit <sgicanada.org> or call 232–1100. No solicitations.

## Stewart Park Festival: Top 100 Festival & Event in Ontario

The Stewart Park Festival in Perth has once again been recognized by Festivals & Events Ontario (FEO) as one of the Province's top events. The festival is an event of the Downtown Heritage Perth BIA.

The award recognizes the many hours, resources and talent a community devotes towards successfully organizing and executing some of the best festivals and events in Ontario. The Top 100 recipients represent those events that have excelled within the industry during the previous year.

This year's Stewart Park Festival takes place from July 19–21 and will feature music on four stages, an artisan and food market, a licensed patio, workshops, a wine bar, children's activities and performers, a pancake breakfast, as well as after-hour performances in the evening. For up-to-date information, please visit <stewartparkfestival.com>.

## 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.

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## Music Matters

# All I Really Need to Know I Learned in Band

According to Robert Fulghum, in his book *All I Really Need to Know I Learned in Kindergarten*, many of life's most important lessons are taught in the Kindergarten classroom. I think that some of these same lessons can also be learned in the band room. Here are a few that stand out for me:

by Tony Stuart

### Play Fair

Being a musician involves learning when you are required to lead and when you are required to follow. Be respectful in rehearsal, and listen to your conductor. Let others have their moment in the sun, and provide support instead of sabotaging their efforts. Celebrate the success of someone in your section who is promoted or given an opportunity to solo.

### Put Things Back Where You Found Them and Clean Up Your Own Mess

If you are a student and you are reading this, please put your instrument and equipment away. It is not your teacher's job to do this for you. Professional musicians know the importance of respecting the rehearsal and gig spaces, and of being careful with borrowed equipment. You never know when you are going to need to call in a favour, and having a reputation as someone who takes care of things certainly helps.

### Don't Take Things That Aren't Yours

It is amazing how often this happens. For students, learning not to touch other instruments besides their own is an important lesson. It helps teach the value of respecting boundaries, which is certainly a crucial life skill.

### Live a Balanced Life

Learn some and eat some and draw some and paint some and sing and dance and play and work some every day. This is something that our school system could learn. We require students to take only one Physical Education credit and one Arts credit in order

to graduate high school, and we call that a "balanced" education. This to me is really sad. Band class offers tools that set students up for success not just in school, but in life as well. Having the opportunity to play every day is incredibly valuable.

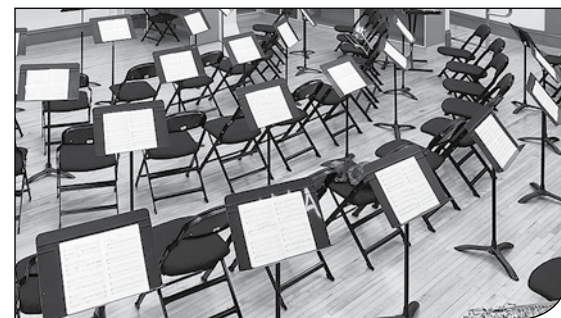
### Be Aware of Wonder

Remember the little seed in the styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that. Learning to play an instrument is a wondrous thing. Taking that skill and doing it with other people while making music is miraculous. It has all sorts of wonderful effects on our mood, our thinking, our ability to make decisions and our ability to relate with people. Every time we play together we are growing our roots and growing outwards at the same time.

Robert Fulghum writes: "Think what a better world it would be if we all — the whole world — had cookies and milk about three o'clock every afternoon and then lay down with our blankies for a nap. Or if all governments had as a basic policy to always put things back where they found them and to clean up their own mess."

Being in band encourages students to work together, to exercise self-control, to follow directions, to listen, and to create something new every day. I hope it continues to be an important part of the high school experience for our students. It continues to be a source of joy and inspiration for me as I move along my journey.

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



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# Wild Oak

As spring transforms winter into a gurgling trickle of melt water, everything speaks of change, transformation, cycles and new beginnings. The energy of the earth is rising. Sap water is pulsing up through the muscles of trees bringing life to limb tips. What for months has been frozen, reticent, still and silent is at last softening.

Spring is usually a hopeful season. Yet, a deep sense of unsettlement has been worming its way into my psyche of late. The rollercoaster of a winter we are emerging from, conjoined with the increasing awareness of the traumatic upheaval we are in the midst of, is difficult to deny, and with it comes the pressing question of resilience. How are we — *all beings* — to cope with climate change?

by Susie Osler

On a recent snowshoe just before the spring equinox, I was out exploring a favorite ridge — a north-south axis that bisects the farm and runs down the wilds beyond to meet Christie Lake. This high, rocky terrain exerts a mysterious magnetic pull on me. I *love* walking it and exploring its varied topography, its lean open spaces and proximity to the sky. White oaks (*Quercus alba*) seem also to retreat to its high, xeric zones, which seems fitting given their ancient associations as conduits between the underworld and heaven — as literal and figurative “lightning rods”. I set out to meet the old white oaks growing along the lean edges of the ridge. Somewhere in my body it felt strangely like tracing an arboreal thread back to my ancestral lands.

Numerous impressive matriarchs quietly greeted me on my way, each encircled by generations of offspring. I circumambulated their expansive trunks one by one — humbled as always by their tremendously potent presence — and crooned my admiration to each. But my enthusiasm began to sink into concerned curiosity as, one after another, these large old trees revealed rotting cavernous hollows at their bases, and long, vertical fissures in their trunks. As mighty as they were, these trees could not yet have reached even *half* their potential age and were showing signs of affliction.

Change happens. I know it. But like a stiff old oak, we humans also struggle to adapt to change. I know I do at least. Questions I’d rather not ponder are now impossible to ignore and apparently even more impossible to answer definitively. How are winters such as this last one, with its monthly if not



weekly freeze-thaw cycles, going to affect our trees (not to mention the plethora of other changes and challenges)? Resulting frost cracks, bud losses and other stresses are making trees more susceptible to pathogens, and — inevitably — reducing life spans. How will the old grandfathers and grandmothers fare? And how will the generations of offspring be able to adapt to new vulnerabilities? Will they? I fear the things that I love, that have seemed so certain, so constant, are dying. Is this my elegy?

*What are you saying to us Olde Ones? Are we listening? What will rise from your ashes?*

It seems counter-intuitive for my imagination to have been captured by White Oak at this turning of the seasons. Shouldn’t the blushing willows, or the emergent verdant mosses have cast a spell on me? Shouldn’t I have been drawn into the glamour of life? Apparently not. Mysteriously, it was the wild white oaks, a lineage of crone-like sentries rooted in rock — at least for a little while longer — that summoned my attentions this month.

For more portraits and information on plants featured in this column, follow the Pine Oak & Yarrow Instagram page <instagram.com/pineoakyarrow>.

Ghost-barked and craggy-fingered  
your apparition  
echoes along ridges and  
bone stone ribs

tethered  
to old.

*Kildare, Duir, Āc*  
*Ancestral incantations in my ear.*

And here  
now  
who are you to  
this body  
of coyote tones and raven croaks?

Will your stiff stretching limbs  
and matriarch’s mass —  
unwavering and gnarled by aeon’s weight —  
survive the jagged times?

Or will you yield to more fluid forms?

*Wild Oak*  
*For you how do I sing?*

Kildare: Irish *Cill Dara*, meaning “church of the oak”  
Duir: from the Sanskrit *Dwr* meaning “door”.  
Āc: Old English meaning “oak”

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Note: in order to vote at the Annual General Meeting of the MVTM you need to renew your membership or become a member by May 3, 2019. (A membership form is available at www.mvtm.ca).

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## Ragged CHUTES

Sparkling in the sun, no movement is detected.  
Full of life, the lake water sits still in apparent stasis.

Even stagnant in backwaters and swamp  
it provides for cattails and dogwood to grow.  
Nonetheless the water secretly moves if unseen  
by the eye and even unnoticed by the lake itself.

Only the bottom grasses indicate direction.

But their wave goes unnoticed.

Now the mass is moving here,  
perilously pulling everything with it.

The surface moves, slowly boiling it disguises  
the current below.

The slowly rolling yet still flat surface of the water  
is maintained right to the precipice edge.

Rapids and waterfalls suddenly empty the lake.

The lake grows a tongue and a voice,

And waters do not exit quietly.

Crashing over and through changed elevation  
and jagged rocks, the lake changes form.

Contorting and writhing in pain as it is thrown  
and torn, twisting into foaming spitting curlers  
and haystacks.

Nothing lives here.

But inevitably the pounded water is released.

Fighting through the teeth of tearing stone  
it returns to calm in pools.

Water is washed in this way.

Eddies spin with debris and dirty organic froth.

Looking downstream this lake is gone  
and other rapids will form hidden by boulders  
around unseen corners.

Until a new lake is created, calm,  
moving and sparkling in the sun.

— Chris Hawthorne

# C is for Cookie... and Compassion

For all kinds of reasons, the grief bubbled up in me that day in a big way. It was the kind of grief that has you speaking gibberish nonsense, sobbing like a tired toddler who has been told “no” one too many times, and looking like you just finished up a deep meditation: moving at ¼ speed and staring at the world through stony-glazed eyes.

My default response to grief, my own or anyone else’s, is to bake something: tuna casserole, apple pie, Texas sheet cake (or, as I’ve started calling it since moving to Canada: “buttermilk brownies”)... anything, really. On that day, it was cookies — dozens and dozens and dozens of cookies. I really wanted to hand-deliver the baked goods to the Des Moines, Iowa police department; however, the 1700+ kilometers between us made a warm cookie delivery highly unlikely... so I did the next best thing: I took the cookies fresh from the oven to the police department a mile down the road along with a “thanks for being you and doing what you do” kind of note.

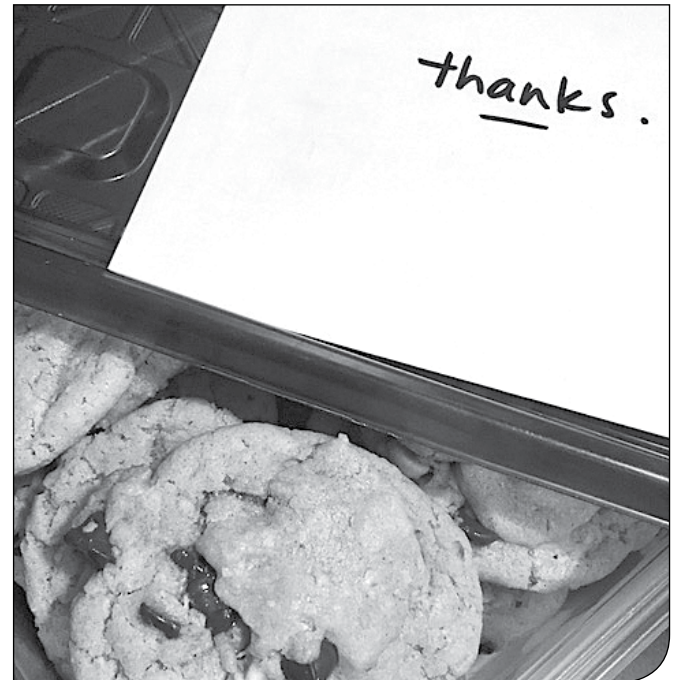
The bulletproof vested police sergeant seated behind the plexiglass partition in the entryway looked slightly confused when I walked through the front door. With my announcement that I had brought cookies for everyone, her confusion quickly turned to concern: she smiled, but didn’t blink as her right hand slowly moved under the desk in search of a button that would alert her colleagues in the back that something was afoot. My zealous enthusiasm immediately turned into mortification: I knew in a flash that this glazed-eyed, flour-coated, mascara-streaked stranger (me) who had wandered into the police department off the street announcing “Cookies for everyone!” was exactly the kind of scenario that she had been warned of in her academy days... and with that realization, I felt my cheeks begin to flush. Oh, good: on top of everything else, I was getting splotchy. I do that when I get nervous. I also have a tendency to break into tears when stressed, which is exactly what happened next. Instead of fighting it, though, I simply let the words and the tears tumble out fast and furious:

“My name is Angie and I live just down the street. I moved here from Des Moines, Iowa a few years ago and last night two police officers were gunned down there for no apparent reason — they were just sitting in their patrol cars watching traffic go by when someone came up and shot them in the head, one and then the other. That might be normal in some places but that kind of thing just doesn’t happen in Iowa: we are the kind of people who leave our front doors unlocked and the keys in the car. We wave at people when they drive by and we talk to people on the street whether we know them or not — friendly isn’t what we do, it is who we are. Right now I am really, really, really sad for those officers and their families and for my people back in Iowa. And I’m

oh-so-grateful for all of you and every single thing you do every day to make this world a better place without knowing what kind of crazy might come your way. I just wanted to do something with all of this sad to bring a little good into the world today... so I baked y’all some cookies.”

At least, that’s what I think I said. What actually came out of my mouth may very well have been gibberish. It was that kind of day.

In any case, when I stopped talking — or rather, when the words stopped spilling out of me — I saw



that the officer had both of her hands on top of the desk again and her eyes were filled with tears too. I held the Tupperware container full of cookies out to her, adding: “There’s a thank-you card here, too, that more articulately conveys what I think I just said. I included my name, address, and phone number so you can check me out. This is legit. I promise.”

With that, she laughed, wiped a tear off her cheek, stepped around her protective screen and took the cookies out of my hand, saying: “You know, this may very well be the weirdest and most beautiful thing that has ever happened here. Thank you.”

That night, a bunch of police officers sat at their desks and in their patrol cars filling their bellies with fresh-baked chocolate chip peanut butter oatmeal cookies, telling the highly unlikely yet absolutely true tale of how those cookies made their way into the precinct and holding tight their broken-hearted colleagues in Iowa... and the world became a little lighter and a lot smaller.

— Reverend Angie Arendt is a native Iowan and Director, Mentor and Educator at Big Stone House <bigstonehouse.ca> in Almonte: a place where people learn and practice the art of sacred living, making the world a little lighter and a lot smaller in everyday, ordinary ways.

*Mike Doyle*  
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As the party continues, Thomas (Rich Croteau, centre) looks on, horrified, as Fay (Nicki Hayes), invisible to the others, plans to pour flowers on an unsuspecting guest (Shannon McLellan) in the Station Theatre's production of *The Faery's Kiss*

# The Faery's Kiss Will Make You a Believer

Spring has finally arrived! With it will come all of the fantastic and unbelievable beauty of new buds, leaves, growth — and faeries! At least it will at the Station Theatre in Smiths Falls. Their next play, opening at the end of April is a fantastic “faery tale” with a lot of comedy and a bit of romance mixed in. *The Faery's Kiss* was written by Bill Breuer when he was living in Chamcook, NB, overlooking Minister Island. It's a play filled with mystery, magic, intrigue, plot twists, romance and comedy. It was written to provide the same enchantment and charm of the stage shows and movies of the 1950s and 1960s that still have lasting appeal with today's audiences.

Director Mandi Reed was in the play's very first production in New Brunswick ten years ago and was directed by the author. She played the titular role of Fay, the modern faery, who appears as a very attractive young woman. Having that background and that intimate knowledge of the play allows her to mount it with respect to the author, while putting her own signature on the show. It also gives her the inside scoop on how all the secrets and tricks are done!

*The Faery's Kiss* has a strong theme based in Celtic faery lore. There are many colourful characters interwoven into the story and a good number of people who are more than they might first appear. The story is as follows: when Thomas (Rich Croteau) searches for his family roots, he discovers that he's inherited a small manor house on a hill in the scenic countryside that is rumored by the townsfolk to be haunted. Upon taking possession of the house he finds that it is inhabited not by ghosts but by a woman who claims to be a real faery! Fay (Nicki Hayes) is not the

pixie or sprite of storybooks — she is a powerful, mischievous and sexy woman who does not want him there — at first. She is actively protecting a secret that others are trying to steal. Other characters include the housekeeper (Sue Reno) who has worked for the family for many years, the village doctor (Tim Bisailon), a deceitful lawyer (Noel White) and his partner in crime (Shannon McLellan) who are after the estate, as well as two busybodies (Sue Newport and Carell Allen) who are keen to see the house and the new arrival to the village. Add a couple of party guests (Taylor Gilligan and Ming Leonard) and you have a story with many plot twists, as well as a surprising and unforgettable ending.

The show runs on Friday and Saturday, April 26 and 27 at 7:30PM with a matinee show on Sunday, April 28 at 2PM. The second weekend runs from Thursday to Saturday, May 2–4 at 7:30PM and finishes up with a matinee on Sunday, May 5 at 2PM. Tickets are \$20 for adults, \$10 for students, and can be purchased with cash at Special Greetings (8 Russell Street in Smiths Falls), online or by phone (283-0300) with credit card. If tickets are still available, they can be purchased a half-hour before showtime, at the door, with cash. For more information please visit <smithsfallstheatre.com>.

Also in April, don't miss the Theatre's second-last movie weekend of the season. The April movie will be *Green Book* starring Viggo Mortensen and Mahershala Ali. It will be shown on Friday and Saturday, April 12 and 13, at 7PM. Tickets are general admission and can be purchased the night of the show. The box office opens at 6PM.



## PRIECĪGAS LIELDIENAS! HAPPY EASTER! JOYEUSE PÂQUES!

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How to Dye Easter Eggs Latvian style.  
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Golf REGISTRATION NOW OPEN AT  
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click ON JUNE 7 TO REGISTER

# Antiques and Collectibles Show

The Cavanagh Family Marketplace invites friends, neighbours and history buffs alike to the second annual Antiques and Collectibles Show. Taking place at Carambeck Community Centre on April 6 from 10AM to 3PM, this event is free to attend and is perfect for the history lover, the amateur collector, professional dealer and distinguished shopper. Donations will be accepted for the Carleton Place and Beckwith Heritage Museum at the door. There will be a canteen on site (cash only) featuring delicious pulled pork grilled cheese, as well as dozens of unique vendors and displays to browse and explore. From 10AM to noon bring your treasures for a live appraisal by Kent Mayhew (Elizabeth Antique Appraisals) for \$7/item.

Make a full day out of your visit by adding a trip to the annual **Carleton Place Spring Home Show** at the Carleton Place arena with two levels of displays, vendors, live music, demos and tons of great door prizes! There's plenty more to explore in Carleton Place's lively downtown core and your trip is sure to be a fun-filled day of shopping, dining and enjoying small town hospitality. Contact <arizaconsulting1@gmail.com> for more information, or find Cavanagh Family Marketplace on Facebook for vendor highlights, contests and more.

# Vintage Clothing Sale in CP

On April 26, 27 and 28, the Carleton Place & Beckwith Heritage Museum is all about vintage fashion and fun! They are hosting their 5<sup>th</sup> annual Vintage Clothing Sale, and everyone is invited to join local clothing and textile collector Vicki Racey for a fun, funky shopping experience. As always, there will be lots of men's, women's and children's vintage clothing to choose from, as well as hats, lingerie, accessories and jewellery. This year, Vicki is also bringing in her collection of vintage linens and some fun household collectibles.

If you've been before, you know you are in for a treat. If you've never been — don't miss this event! Doors open Friday, April 26 at 10AM sharp. The sale runs all weekend, from 10AM to 4PM each day, and admission is only \$2. The Museum is located at 267 Edmund Street in Carleton Place, and you can find more details at <cpbheritagemuseum.com>.



The Lanark Offbeats (above) and the West Ottawa Ladies Chorus will present a joint concert on May 5 at St. James Anglican Church in Carleton Place

# Exquisite Swing and Folk Music

The human voice, it has been said, has potentially more emotional power than any other sound we can hear. If so, this may explain why beautiful melody and harmony, either *a cappella* or backed with skillful instrumentation, stimulates intensely pleasurable feeling.

Lovers of great music will savour such sensation on May 5 when, at 3PM, the Lanark Offbeats and the West Ottawa Ladies Chorus again team up for a joint concert at St. James Anglican Church in Carleton Place (225 Edmond Street). The Offbeats, a 20-voice choir (soprano, alto, tenor, bass) and 4-piece band ensemble, will treat listeners to classic swing music of the 1920s-'50s. The Ladies Chorus, a 35-40 voice choir backed by acclaimed pianist Peter Brown, will showcase classic folk tunes from around the world.

"We have a fabulous group of singers, all of whom auditioned before acceptance into our troupe," says Margo Smith (founder, director and keyboardist of the Offbeats). "We rehearse weekly and polish our songs through performances at seniors' residences in Carleton Place, Perth, Smiths Falls, and Ottawa. The songs we offer are by some of the greatest composers of popular music in the first half of the 20<sup>th</sup> century. These are tunes that have stood the test of time, they are fondly remembered by those who grew up in that era, and they are beloved by people of all ages."

"As director of the West Ottawa Ladies Chorus," says Robert Dueck, "I derive joy from the enthusiasm and commitment of our singers, all of whom audition for inclusion. Particularly rewarding is how the choir's capabilities have developed over the years, testifying to the effort everyone invests in the music. We revel in sharing our repertoire with residents of retirement homes in Almonte, Carleton Place and Ottawa, and we so look forward to sharing with the broader community the folk songs we've selected for this May 5<sup>th</sup> concert. Each song tells a story, be it of life's virtues and foibles, of desire or loss, of adventure or of something else. We all love stories, and what better way to hear them but through beautiful song?"

The concert will also feature a Lanark Offbeats instrumental (and dance celebration) of Cole Porter's *I've Got You Under My Skin*, and a piano solo of Oscar Peterson's *Laurentide Waltz* performed by Peter Brown.

Tickets for the joint concert on May 5, at \$20 at the door or \$15 in advance, are available for purchase (cash only) at Baker Bob's in Almonte (75 Little Bridge Street), Graham's Shoes in Carleton Place (139 Bridge Street), and Mark's Cobbler Shop in Perth (98 Gore Street East). For more information please contact Rob Rainer at 314-7755 or <rainershinetvt@gmail.com>.



## FINE ART SHOW & SALE



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

**CARLETON PLACE CANOE CLUB**  
179 John Street - Carleton Place



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# We Will Rock You

## It's Not Just a Title – It's a PROMISE!

*"I had a dream, when I was young, a dream of sweet illusion. A glimpse of hope and unity and visions of one sweet union..." (One Vision, Queen 1986).*

From the moment I stepped out of the Dominion Theatre in London on May 9, 2014 (after seeing the show for the 7<sup>th</sup> time!), just days before they closed the doors for good, I knew I wanted *We Will Rock You* to be my directorial debut. Here I am — almost five years later (and not so patient in the waiting), watching a stellar cast along with a full complement of a rock band perform some of the best-known songs Queen produced in their 21 years with Freddie Mercury. Over the show's 12-year run in London, some characters had name changes to keep up with musical trends or icons; scripts were updated and even a few of the songs were switched to keep it fresh. I've done the same — getting the cast to choose their own "Bohemian" names and identifying some of Canada's great musical icons to carry on that legacy.

This has been my dream for a long time; to bring *WWRV* to Carleton Place. My tribute to the greatest showman this world has ever known and to the band I grew up listening to; my salute to a show like no other. Now the Mississippi Mudds are in full-swing rehearsing for *We Will Rock You* — their enthusiasm and dedication to bringing this show to life is palpable. You can almost feel Freddie there with us, strutting around the cast as they sing; almost hear his cries of "aaay-oh" as he encourages everyone to join in. As a life-long fan, I am enjoying every single second.

Even at auditions, the excitement was tangible; every slot was filled over the whole day, and several video auditions were sent in due to prior commit-

ments. As we have seen so many times in different shows around the Lanark County area, the talent of these people in the cast, in the band and backstage is awe-inspiring — and oh boy are they going to "*Blow Your Mind...*" We have our veterans from Carleton Place and Almonte, including a few Mudds Youth members who recently were in the fantastic *Lion King Jr.*, new members from Smith Falls, Perth and Ottawa, and our lead guitarist comes all the way from Kemptville, all because of Queen.

"Are you ready for some entertainment? Are you ready for a show? Gonna rock you gonna roll you, Get you dancing in the aisles..." (*Let Me Entertain You*; Queen 1978).

The show itself has everything a good story needs. It's set in the future with a hero and his sidekick along with a group of freedom fighters who are fighting against Killer Queen — an evil ruler with some very dubious morals who runs the new dystopian world with an iron fist surrounded by her entourage of spies and law enforcement. It is she alone who decides what the population eats or drinks, what they watch, the music they listen to; and she alone who has banned all live performances, preferring soulless manufactured music. Add to that a crazy historian/librarian and a guy who calls himself Britney Spears, sprinkle in Queen songs every few minutes and what do you get? "*A Kind of Magic*!"

But I don't want to give all our secrets away! You will have to come and see the show; immerse yourself in the story as it unfolds, stomp your feet and clap your hands, be a Bohemian and come dressed as your favourite music icon or "*Play The Game*" and obey the will of Killer Queen... Oh and *We Will Rock You!*



From dream to reality — the Mississippi Mudds are bringing a take-no-prisoners staging of *We Will Rock You* to the Carleton Place Town Hall in late April & early May. Above, Amy Bourne as Killer Queen poses with her minions. You WON'T want to miss this one!

Performances are being held at the Carleton Place Town Hall on Friday, April 26 and Saturday the 27<sup>th</sup> at 7:30PM; on Sunday, April 28 at 2PM; and on Friday May 3 and Saturday the 4<sup>th</sup> at 7:30PM. Tickets are available from TicketsPlease (ticketsplease.ca, 485-6434). Prices are \$22 for all evening performances, with a special price of \$17 for the Sunday matinée.

— Kaz Lapointe is the director of *We Will Rock You*

## SPRING INTO CARLETON PLACE FOR YOUR CHANCE TO WIN!

• **Entire Month of April** •

Shop at 3 retail businesses and dine at 3 restaurants to win 1 of 3 prizes:

**1<sup>ST</sup> PRIZE — DATE NIGHT DOWNTOWN**  
1 night stay at the Grand Hotel plus \$250 BIA Bucks

**2<sup>ND</sup> PRIZE — CHEERS TO LOCAL BEERS!**  
Brewers Pack and swag, plus \$200 BIA Bucks

**3<sup>RD</sup> PRIZE — THANK YOU FOR SUPPORTING LOCAL**  
\$100 BIA Bucks

Contest starts April 1 and ends April 30. Downtown ballots can be found at any participating business. Visit us online to learn more. Must be 19 or older to win.

### UPCOMING EVENTS

**SUPERHERO SATURDAY • MAY 4**

**LAMBS DOWN PARK FESTIVAL • JUNE 15**

**BRIDGE STREET SUMMERFEST • AUG 3**

Now accepting vendors for Lambs Down Park Festival and Bridge Street Summer Fest

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# Tree Cheers! April 22–27 is Arbour Week in Mississippi Mills

Those who attended Diana Beresford-Kroeger's presentation of *Call of the Forest* during last year's Arbour Week will remember her focus and key message: "trees play a critical role in sustaining all life on earth."

As a recognized author, medical biochemist and botanist, her work often puts her in the position of working at an international level. However, she chose to end her riveting talk at the Almonte Old Town Hall with some simple yet highly impor-

tant advice that we all can follow: "Plant a tree. Right here where you live. Do it now; do it next year and every year after that. That is your best way to contribute."

Our goal in Mississippi Mills for Arbour Week 2019 is to take her words to heart and get planting — in our parks, common spaces and backyards. To that end, we have organized several events that are all free and open to everyone.

In Mississippi Mills we have wonderful parks and public spaces. On Wednesday, April 24 at 7:30PM, Mississippi Mills' Recreations Manager Calvin Murphy will speak and take questions from the audience. He will be followed by Kelly Stiles, a biologist with the Mississippi Valley Conservation Authority who will focus on the Almonte Beach.

Then on Saturday, April 27 from 10AM–noon, arborist Allan Goddard will lead a workshop called "Trees — more than meets the eye". In this all-ages workshop you'll get a closer look at trees: pick up some bark or a piece of wood, use your senses to see, smell, touch, and maybe even taste. Go from table to table, and have fun!

Arborists Allan Goddard and Ed Lawrence will also host tree talks and walks. These one-hour walks are goldmines of information for those wishing to make a wise investment by planting the right

trees for their yard. Check the ad on page 36 for more details about these.

On Friday, April 26, Elise Perron will lead a walk through Bridge Garden in Pakenham, sharing her knowledge of historical portage routes, fossils and trees that make up this iconic landmark in Mississippi Mills. Meet at 7PM at the Five Span Bridge Park to join this walk.

During Arbour Week you will also have a chance to find out about The MM Tree

Committee's new initiative, "Friends of the Parks". Our parks and public spaces need "friends" — people who live close and by and use the park.

During Arbour Week there will also be opportunities for you to ask questions, sign up for a "Friends of the Park" group and bring your ideas to the table for your favourite park or the one nearest you. For more details, please visit <mississippimills.ca>.

— Julie Yeaman



*Overlapping Fall Beach Leaves in Sunlight,*  
by Neil Carleton

## Join Local Earth Day and Climate Action Events!

Following the lead of the extraordinary young Swedish climate campaigner Greta Thunberg (pronounced Tune-berry), the world is responding. On Friday, March 15 there was a Global Strike for the Climate to tell all politicians, including local politicians, that they must take action on the climate crisis. Well-attended local actions were held in Smiths Falls and Perth.

On Tuesday, April 16 there will be an **Earth Day/Climate Action Rally** in front of the Old Town Hall in Almonte from 12–1PM. On April 22 (Easter Monday) the 4<sup>th</sup> annual **P'Earth Day Parade** will start from the bandshell behind Perth Town Hall at 4PM. Bring your signs, colourful umbrellas and good humour to these events.

On Friday, May 3 there will be a Canada-wide **Student Strike for Climate**. Local students can participate without actually leaving school. They can sign up online as a private rather than public event and call it a demonstration rather than a strike. The event can be in a school cafeteria or classroom. Photos can be shared on social media. On Facebook, search for "Fridays for Future Canada" for more information. For local actions join "CALL" — Citizens Call for Climate Action in Lanark County and Smiths Falls on Facebook. Call Anita at 267–0881 or Susan at 285–7945 for details.

**Mississippi Mills loves Volunteers**

APRIL 7<sup>TH</sup> TO 13<sup>TH</sup>, 2019 IS VOLUNTEER WEEK IN MISSISSIPPI MILLS

**MISSISSIPPI MILLS VOLUNTEER APPRECIATION NIGHT**  
Thursday April 11<sup>th</sup> 5:00PM  
Almonte Civitan Club

Calling all volunteers, their benefactors, and community members

An open invitation to celebrate Mississippi Mills VOLUNTEERS

Light reception, cash bar  
Almonte Civitan Club  
500 Almonte Street, Almonte

HUG Your Kids, Pet Your dog, Get out for a Walk but MOST Importantly thank a Volunteer!






**JOIN US THIS April 21-27 PITCH-IN**

Watch the Mississippi Mills Facebook page for dates and times of organized community clean-up days!

**Help Miss Mills Clean Up Mississippi Mills!**  
PITCH-IN BAGS ARE AVAILABLE AT:  
Nicholson's Sundries, Pakenham; Clayton General Store; Appleton Museum & Mailboxes; Baker Bob's; & the Recreation & Culture office in Almonte's Old Town Hall.

**HELPFUL TIPS:** Bring rakes, shovels & brooms.  
Kids bring an adult. Always wear gloves.  
Use caution around parked cars, in driveways, & along roads. PITCH-IN bags can be left out on your regular garbage pick-up day (without a sticker) until Mid-May.

For more information please call 613-256-1077






# Ready for a Bike Ride!

The final throes of this winter are just about to break upon us, and that gets me thinking about spring and my best friends, PinkBike and FatBike. These little treasures are the joy of my existence. I ride them as soon as my body can handle the chill and as late in the season as the snow's absence will allow me. I am by no means a "cyclist." They are more serious/fast/athletic than I am. I cycle for the fun and joy of it. It'll keep me excited about living in Mississippi Mills long into my old age.

Having broken my wrist last year, I've been on the trainer in my rubble-walled basement, trying to work my endurance back to an hour. It takes me an hour to ride to Pakenham for an ice cream, curd cheese or just a sun and water soak at the falls. It takes an hour and a bit for a good tour of the backroads by Carleton Place, the loopy hill-after-hill of the 4<sup>th</sup> Concession! I ride to the Mill of Kintail for a restorative rest in the trees, and to Blakeney for a dip in the river and to see the giant open-mouthed fish amongst the rocks in the falls, trying to catch their mini-me lunches.

My favourite ride is to visit my mom in Carleton Place via Concession 8; I stop by the cemetery and bring greetings to the unnamed baby buried there, and then hit Dairy Queen on my bike home, to support my impending fatigue. I love early mornings when I can bike to Baker Bob's for a croissant and

tie up my bike with my tatty red ribbon — I feel safe here and so do my bikes.

I am so appreciative of the wide, paved sides of Martin Street North. I love that I can speed along knowing I am secure in my lane and welcome to be there by the community planners. In fact, biking this area is one of the reasons I moved here! Thank goodness for Bill the Bike Boy from the Almonte Bicycle Works; he's been so supportive and is really good at keeping secret the birthday bike purchases that my husband and I occasionally indulge in.

I have riding plans for this year too — the backside of Mount Pakenham is calling me, as is the Dominion Springs Road — I must see and feel this famous old creek that called people from Ottawa in the late 1800s to come out by train to "take its waters". I'm hoping that some day soon the west side of Mississippi Mills gets some wide edges too, so I can bike-explore more of that wonderful museum in Middleville and find out just where those roads go to, and who will offer me water and a chat.

Cycling is the most intimate way for me to see all of this gorgeous land and the heritage we have here. So I welcome this changing weather. Come sun — warm up my backroads, the heavenly new Rail Trail, and whatever's left of the pavement on the roads. I'm ready for a bike ride!

— Pamela Steele

# Supporting Environmental Leaders of the Future

Spring is the time for the Mississippi Valley Field Naturalists (MVFN) to award the annual Cliff Bennett Nature Bursary Awards to the environmental leaders of tomorrow!

The Mississippi Valley Field Naturalists are seeking graduating high school students who want to "make a difference" in meeting the environmental challenges of the future. The Cliff Bennett Nature Bursary is offered annually to assist graduating high school students who will pursue post-secondary studies in a field related to the natural environment. One or more bursaries of \$1,000 will be awarded this year to deserving students from our area.

The Bursary is named for Cliff Bennett, a founding member of the MVFN. It was established in 2007 by Cliff's many friends on his 75<sup>th</sup> birthday, to honour his life-long contribution to nature education with a legacy. To date, \$15,700 has been awarded to twenty students graduating from high schools in Almonte, Carleton Place, Perth and Dunrobin, who have gone on to studies at colleges and universities across the country.

To be eligible, a student must be graduating from a high school in Lanark or West Carleton (or must confirm individual or family MVFN membership) and be accepted into a 2019-20 college or university program related to nature and the environment. As well as academic achievement, the Committee will consider an applicant's involvement in issues related to the natural environment. Previous recipients have actively promoted environmental awareness through school projects and volunteering.

Past winners of the Cliff Bennett Nature Bursary Award have pursued post-secondary studies in ecosystem management, environmental engineering and zoology. Others have followed their passion in environmental stewardship by studying fish and wildlife management or biotechnology. "I am honoured and pleased that the Bursary helps encourage young people to seek training that will help them to become tomorrow's environmental leaders," says Cliff



Sophie Anderson is congratulated by MVFN founder Cliff Bennett. Sophie and Shaily Walker received Cliff Bennett 2018 Nature Bursary Awards, Shaily to study Ecosystem Management at Fleming College in Lindsay, ON, and Sophie to study Biology at Ottawa University.

Bennett. "I consider it an investment in the future of our shared natural environment".

Application forms are available from the student service offices at area high schools, or online at <mvfn.ca>. The deadline for applications is Wednesday, May 1, 2019.

For further information, students may contact Michael Macpherson, Chair of the Cliff Bennett Nature Bursary Awards Committee, at 256-3043 or <naturebursary@gmail.com>.



This year's Porchfest de Mississippi Mills will take place on June 8

# PorchFest 2019 Call for Participants

In case you missed it last year, the PorchFest de Mississippi Mills took place on twelve porches around Almonte and consisted of a variety of bands performing to the delight of massive, mobile crowds reminiscent of Woodstock. The event was part of Bicycle Month and was made possible through gracious donations of porch space, musical talent and sponsor support. This formula resulted in an afternoon to be remembered.

This year we will try to repeat the magical formula on Saturday, June 8 with a few enhancements. In order to make the day a true celebration of porches around Mississippi Mills, we are inviting the public to submit porch-oriented events such as art shows, magic performances, craft and bake sales in addition to musical talent. Head over to <mmporchfest.com> to submit your idea. The sky and public safety with zero budget are the only limits.

The submission deadline is May 15<sup>th</sup>. We're looking forward to your ideas and another fabulous PorchFest!

— Kirk DesRosier



## VENDORS WANTED

Join us for a blend of local flavours and flares along the banks of the Clyde River!



Sunday's 9am • 1pm  
June 2 • September 29

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# Almonte Lobby Bar: A Little Valentine

Merriam Webster gives as a second definition of a valentine: “something such as a movie or a piece of writing expressing uncritical praise or affection: tribute”. Following, dear readers, is a valentine to a Valley establishment that serves food and drink.

But first, an explanation. Weetabix’s policy is not to write criticism — if we do not like an establishment we simply do not write about it. The converse is not the case, since there are fine establishments purveying food and drink that we have not yet visited. Readers are invited to suggest topics for our attention, as even with diligent attention, the extensive

by Sebastian Weetabix

territory of theHumm and constant flux of events makes coverage a continuing challenge. Not all ventures fulfil their initial promise and the only constant is change. A good thing too, or Weetabix would be out of a job.

Fortunately the Editor of this fine publication has a refined palate and an appreciation of our need for information (guidance?). She is also good company. To those suspicious folk who might make accusations of conflict of interest, we point out that editorial meetings need not be dull, and combining work with pleasure is much more likely to



enhance productivity than confining oneself to unremitting drudgery and inferior food. Besides, we were accompanied by our spouses and celebrating the Editor’s birthday. In response to the question “Where would you like to go to celebrate?” the unhesitating response was “The Almonte Lobby Bar” and so, to the valentine.

“A couple of high school sweethearts” is how Angie Little describes her Valentine partnership with Chef Hunter Little. Really, they met in high school, and really, they share a dream that has come

to fairy-tale fruition in what Hunter describes as a passion project — a thirty-seat dining room in an Almonte waterfront setting with its own herb garden (less evident when we visited in winter). Weetabix regrets sounding sappy, but you can literally feel the love and recognize that sometimes it is possible to “have it all” — a balance between work, lifestyle and the realization of a professional dream.

Both Hunter and Angie are lifers in the food service industry. Starting young, they have pursued the traditional route of training and apprenticeship — she to mixology and managing the “front”, and he to the stove as a qualified chef with some serious apprenticeships, including a stint at the legendary DNA in Montreal. Within the industry they have both taken lessons from some outstanding teachers. Now they are putting their own stamp on both their establishment and its food and beverage offerings.

If one is of the persuasion that a meal could or should start with a cocktail, or perhaps even that a cocktail might be enjoyed as a stand-alone, the Bar in Lobby Bar merits careful attention. Angie is a talented and skilled mixologist who trained under the legendary Matt Millard. She possesses a remarkable combination of native talent and honed skills that enables her to produce both subtle and satisfying flavour combinations. “Best ever” was the testimonial afforded to her South Side, and her repertoire is extensive. Some caution is advised since it is easy to lose track while being seduced into further sampling, and Almonte has a limited supply of taxis! On the other hand, further exploration of the possibilities of the term “cocktail” is definitely required.

The term, incidentally, has obscure origins but was in common use by the middle of the 19<sup>th</sup> century to describe an alcoholic mixture of sugar, water, bitters (herbal extracts), liquor, and whatever else may have been at hand. Claims of quasi-medicinal virtue were often made for such concoctions, but gradually cocktails evolved to their current form — alcoholic blends of flavours presented to stimulate both taste and visual senses. There are standard mixed drinks such as a Manhattan, a Martini or a Daiquiri, but the repertoire of a talented mixologist goes far beyond standard offerings and even these can be elevated to the sublime by someone with knowledge, talent and a practiced understanding of how ingredients can interact. Angie can transform a drink order into an adventure to a realm of sensory delights, and Weetabix recommends a guided tour. The Bar also offers a short but well-chosen selection of wines and local craft beers.



Owners Angie and Hunter Little are making their dreams come true (and Weetabix’s palate happy) at their Almonte Lobby Bar inside the Almonte Riverside Inn

But wait — we came to dine, and dine we did — very well indeed as we entered the realm of Hunter who works both the stove and the floor, which is to say you have the opportunity to get to know your chef as well. His descriptions are free of menu-speak and his comments are helpful towards making your food choices. Presentation is via small plates, but even so the generous variety makes choices necessary as a complete sampling is not practical. The tasting menu solves the problem of how to make sure everybody at the table gets to try everything, and is strongly recommended. The presentation is well paced and avoids the one identified risk of small plates, which is that a congenial dining experience could turn toward jealous arguments about who got the last forkful of... And do not neglect the potatoes! Culinary authorities like Jacques Pepin and Gordon Ramsay use the ability to cook eggs as the shibboleth for at-stove skill, but they have not experienced Hunter’s potatoes! There is a difference between competence and brilliance, and a simple dish brilliantly executed delivers a truly transcendent experience — to say nothing of motivating overindulgence. Now that the point comes up, perhaps small plates are a safety measure.

So, overall, the Almonte Lobby Bar within the Almonte Riverside Inn at 81 Queen Street serves up superb food and drink in a comfortable and congenial setting with friendly service — really like an outstanding dinner party — which is what we enjoyed. Angie and Hunter have brought their dream to reality and the only surprise is that one can (still) get a table. Almonte’s “best kept secret” was, but Weetabix hereby reveals that it is worth a journey. And for those interested, Tuesday night is “Trivia and Tapas” night hosted by Julian Smith (aka Señor Trivialmonte). If it is the first Sunday of the month, you can catch The Brindled Cats (a jazz duo) live from 7–9PM.

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## Guitars Alive Quartet Ensemble Returns to Arnprior to Release their Second CD

Two years ago, the Guitars Alive Quartet received a standing ovation at their debut concert in Arnprior at Grace St. Andrews United Church. They love Ottawa Valley audiences and have decided to release their newest recording in Arnprior first, returning to the same venue on Saturday, April 27 and beginning their show at 7:30PM.

Arnprior resident Philip Candelaria is a retired college music teacher and concert soloist. He has performed in many countries around the globe and still keeps active with the GAQ and teaching guitar at the University of Ottawa. Philip provides the Latin guitar solos for the group. Gary DiSalle also has family roots here in the Ottawa Valley, and loves to visit the area. Gary provides electric guitar leads and percussion touches. Paul Dunn doubles on acoustic guitar and dobro, adding his solos to the mix as well as providing the rhythm guitar parts. Tom Linklater holds the whole thing down on electric as well as acoustic bass.

This rather unique combination of different kinds of guitars makes for a fascinating mix of musical styles. The GAQ performs original music, blues, ragtime, folk, and their speciality: unique arrangements of Latin tunes. As Kerrene Tilson (Artistic Director for Manitoulin island's Café in the Woods) put it: "The Guitars Alive Quartet captivated the audience from their opening number to their final bow. The edge-of-your-seat performance, which blended an exciting fusion of Latin and blues, was riveting, joyful and passionate. It doesn't get technically and emotionally any better than this. A magical and unforgettable musical journey."

Please come out and join the GAQ on their next journey here in the Valley. Advance tickets are \$20 and are available now at the Arnprior Book Shop (located at 152 John Street North in Arnprior). Tickets at the door will be \$25. Signed CDs will be on sale at the concert for \$15 (\$5 off the regular price). More information is available at <guitarsalivequartet.com>.

## Fibre Fling!

Out of the Box Fibre Artists and the Kitchissippi United Church invite you to a show and sale of fibre and mixed media art on Friday and Saturday, April 6 and 7 in the church hall. The group's membership included a wide range of fibre artists, many of whom belong to area guilds as well. At last year's show, 44 artists exhibited artworks such as art quilts, mixed media, framed works, felting, wearables, embroidery, dolls, beadwork, paper compositions and more. The depth, quality, and originality of the work is truly inspiring!

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

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

partnership of art and tea has raised close to \$20,000 for the Stephen Lewis Foundations. Since 2003, the Stephen Lewis Foundation has worked with community-level organizations to provide care and support to women, orphaned children, grandmothers and people living in the fifteen African countries hardest hit by the global HIV & AIDS pandemic. The Foundation's work is supported by over 100,000 Canadians through individual donations, tribute gifts. Also, through the "Grandmothers to Grandmothers" Campaign, over 240 Canadian Grandmother Groups provide African grandmothers with food, health care, and essential needs for their grandchildren.

Kitchissippi United Church is located at 630 Island Park Drive in Ottawa. The show runs from 10AM to 8PM on Friday and from 10AM to 5PM on Saturday. Admission is \$5, and high tea is available on Saturday for an additional \$10. For more details about this show and sale, please visit <out-of-the-box.org>.

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As the new owners of Musicworks we would like to thank the community of Mississippi Mills for all their support, encouragement and patronage in our first year of business  
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# Humm Fun Feature of the Month —

Summer is on its way, and to help both kids and parents make the most of it, we offer theHumm's annual round-up of summer camp options in the area.

From creating art to exploring nature, from paddling to performing, you're sure to find something of interest on the next three pages.

Happy camping!

## Wildlife Watchers Day Camp



Outdoor adventure awaits at the Mill of Kintail! Campers ages 6-11 explore insects, wildlife, plants, habitats & aquatic life through hands-on activities, games, arts & crafts, stories & more!

Register Online: [www.mvc.on.ca](http://www.mvc.on.ca)

Fee: \$185/week

For more information contact:

Sarah O'Grady  
sogrady@mvc.on.ca  
613-253-0006



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## Almonte Potters Guild



### Summer Drop-in Classes

Morning drop-in classes for children through July & August  
Adult family members welcome • Evening adult classes

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

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## Perth Outfitters

Summer Day Camp ★★★★★  
Register at [perthoutfitters.com](http://perthoutfitters.com) 613-772-1122

## Camp Lau-Ren (Overnight Camp, Deep River)

Camp Lau-Ren is a children's summer residential camp. Located 10km west of Deep River, on the Ottawa River, the camp offers six-night co-ed camps for children aged 8-15, an all-girls camp, and a two-night camp for ages 6-7. Accredited by the Ontario Camps Association and the United Church of Canada, the camp has been in operation since 1952. Campers enjoy canoeing, swimming, crafts, and campfires, have lots of fun, and make life-long friends and memories. At the 8<sup>th</sup> annual free Open House (Saturday, June 15 from 11AM-2PM) you can tour the site, see a camper's cabin, experience a campfire, skits, songs, crafts, free BBQ and s'mores. See you there! More information at [camplau-ren.com](http://camplau-ren.com).

## The Academy for Musical Theatre (Perth, Ottawa)

Founded in 1998, the award-winning Academy for Musical Theatre provides high-quality instruction in music, acting, dance, stage combat, and various aspects of technical theatre to youths of all ages, culminating in the performance of a full-scale Broadway musical. The Academy is a very special and unique community of non-judgmental and spirited individuals with positive attitudes, devoted to providing a fun and safe environment to experiment artistically without fear of negative feedback. Our primary mandate is to build confidence. We are excited to offer programs in both Ottawa (at the epic Gladstone Theatre!) and Perth (at the gorgeous Code's Mill on the Park!), with an exciting slate of workshops this summer including: Disney's *Frozen*, *Matilda - The Musical*, *The Wizard of Oz*, *RENT* and *Beatlemania*. Because everyone deserves a little time in the spotlight! Info: 706-2287 or [musictheatre.ca](http://musictheatre.ca).



## Maple Key Day Camp (Perth)

Now in its 11<sup>th</sup> season, Maple Key is a unique camp community that strives to help the next generation to become more confident and socially aware. By providing campers with a choice as a key component of their program, MKDC helps campers "build their own" camp experience and practice healthy independence. MKDC is owned and operated by a certified and experienced elementary teacher, and offers a range of both traditional activities and specialty programming — including cookouts and special overnights. Introduce your child to a family-oriented, bully-free culture, wrapped in a beautiful natural setting. This is summer camp the way nature intended. Contact Kristen at 900-7374 or visit [maplekeydaycamp.com](http://maplekeydaycamp.com).

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## MAPLE KEY DAY CAMP

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## PERTH OUTFITTERS Summer Day Camp

Over 100 canoes, kayaks, stand-up paddle-boards and CORCLs, the coolest mini-golf course ever, a 400m trail through the woods for pedal go-karts and kick-bikes, plus a gazillion other fun activities, all rolled into one stellar summer camp! 5 acres, waterfront, right in town! Kids receive daily instruction in paddling and putting skills; out on the water every day, either paddling upstream under the fountains or paddling downstream discovering nature. Friday culminates with a canoe trip through Beveridges Locks followed by parents' show and tell; you get to try! Ages 7–12, Monday–Friday, 9AM–4PM; before/after care available. 5-star reputation. Register online at <perthoutfitters.com> or 772–1122.

## ALMONTE POTTERS GUILD

During July and August, the Potters Guild is offering drop-in classes in the morning for children of all ages. Adult family members are welcome to participate also! There are also classes for adults two times a week. For more information, please visit <almontepottersguild.com> or call 256–5556.



Nine-year-old Drew's first time away from home was at Junior Co-Ed last summer. There was no family around, but he felt safe and there was always lots to do. Drew said he liked to start his day in the dining hall with waffles and bacon for breakfast. He learned about archery for the first time and enjoyed art activities in the craft hall. Beach time was something to look forward to, even though the water was a bit cold some days. One of the best parts of the day was tuck time. Drew says he really enjoyed a game where the campers had to find all of the counsellors: "kind of like hide and seek". After a busy day and campfire, he would head back to Calvin-Routliffe cabin for bed with his new friends. He said the mattress was a little too hard for his liking, but it won't keep him from returning to Camp Lau-Ren in 2019. Drew hopes to see some friends he made last summer and to make some new ones too!

— Bruce Patterson

## WILDLIFE WATCHERS Day Camp (Almonte)

Children ages 6–11 can spend their summer vacation outdoors and active at the beautiful Mill of Kintail Conservation Area in Mississippi Mills! Developed by experienced outdoor educators, Wildlife Watchers Day Camp provides campers with the opportunity to explore the variety of habitats, wildlife, insects, aquatic life and plants living at the Mill of Kintail through various hands-on activities, games, arts and crafts and more. Registration for camp opens in March and sells out quickly! To register, visit <mvc.on.ca>. For more information please contact Sarah O'Grady, Mississippi Valley Conservation Authority Education Coordinator at <sogrady@mvc.on.ca> or 253–0006 x239.



## Camp Lau-Ren

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Ages 6 – 16 years

Canoeing, Archery, Swimming,  
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Saturday, June 15<sup>th</sup> – 11:00 am – 2:00 pm  
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Deep River (Laurentian Hills), ON K0J 1P0



[www.camplau-ren.com](http://www.camplau-ren.com)



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The Wizard of Oz  
RENT

Beatlemania  
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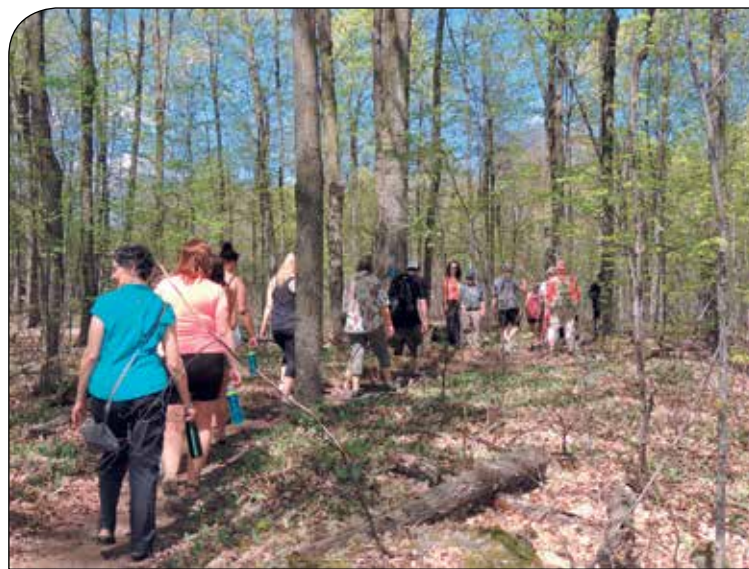
# Summer Camps

## Fashion / Sewing Camp (Almonte)

Fashionistas would love to learn to use a pattern, cut out fabric, follow instructions, use a sewing machine, iron and in the process complete a garment of their choice. Marg Lee of "Sew Much Fun" in Almonte will again be sharing her love of sewing and making sure her students have fun Monday to Thursday, 9AM–3PM. The cost is \$250 which includes all snacks, patterns and materials. A \$50 non-refundable deposit secures a spot for your student. This camp is for boys and girls aged 10 and up and finishes up with a fashion show for parents on Thursday at 2PM. The enrolment is limited to four students per week and there will be two camps. For further information contact <marglee@teksavvy.com>.

## MERA ARTS Camp (McDonalds Corners)

Are you looking for a summer camp experience where your child can explore their inner creativity? MERA <meraschoolhouse.org> is holding its 17<sup>th</sup> Arts Camp in McDonalds Corners, on July 15–19 for ages 5 to 9 and July 22–26 for ages 10 to 14. The instructors are a very experienced and well-qualified mother/daughter team. There will be many opportunities for exploration in clay, papier mâché, paint, and found materials from nature, with plenty of outdoor activities. Participants will also examine the works of famous artists while discovering their individual styles. The camp hours are from 9AM–3PM each day. Please contact MERA for more information: <meraschoolhouse@gmail.com>.



## It's Time to Dig Out Your Hiking Boots!

Think spring. Think hiking. Think Hub Hospice Palliative Care. Combine the three, and you have the Hike for Hub Hospice Palliative Care! This seventh annual event takes place at the Mill of Kintail on Sunday, May 5.

Canadian Hospice Palliative Care Association (CHPCA), the national association that provides leadership in hospice palliative and end-of-life care in Canada, organizes this event. While our hike is one of many taking place all across Canada, all of the funds raised in Mississippi Mills stay right here in our own community, explains Tony O'Neill, who leads the team that organizes the local event. Much-needed funds are raised every year for the important work being done to help people experience the end-of-life care they wish for.

Your local organization, Hub Hospice Palliative Care (HHPC), is a not-for-profit registered Canadian charity funded through donations and targeted fundraising initiatives. We are a "Hospice without walls." We provide compassionate in-home support for adult clients and their families who have received a life-threatening or terminal diagnosis. Services are provided in the North Lanark area by a trained volunteer, in a confidential, respectful and client-centered manner under the supervision of a registered nurse.

### Come Hike With Us!

This year's event is on Sunday, May 5, with registration taking place from 12:30–2PM and the hike from 1:30–3:30PM.

"I love the setting. It's a beautiful place for people to get away from it all and immerse themselves in nature," explains Board Chair Jane Henderson. "The walk is a time for reflection, and often people hike in memory of a family member or friend."

The hike begins at the historic Mill of Kintail, crosses a wooden bridge over the Indian River and links to a series of woodland trails of varying lengths. Dogs on leashes are welcome! There are a variety of trails so you can enjoy a short loop or a longer trail. Registration will take place at the Mill of Kintail gatehouse. The kickoff will be at the inner parking lot.

This is an event for all ages. Other activities include a small petting zoo for the children to enjoy, a BBQ, a silent auction and gift basket of prizes for participants.

Visit <chpca.convio.net/HubHospicePalliativeCare> to make a secure online donation, to register as a solo hiker or a team, and to see our campaign progress in real time.

Want to collect pledges the traditional way? Our 2019 Hike for Hospice Pledge Form is available on our website. Visit <hubhospice.com> for information or to request the support of a visiting volunteer.

— Wendy Rampton

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APRIL

27

7:00 p.m.

PATHWAYS

Works by Tania Love

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2 to 4PM

Show runs from  
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The Blue Skies Community Fiddle Orchestra  
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## JAM-A-THON

Saturday May 4, 12–5PM

### Maberly Hall

Fiddles, guitars, cello, viola, mandolin, penny whistles  
are all welcome to join in the fun.  
Drop in and join the jam circle  
anytime during the day.  
Pie auction starts at 2PM.

Proceeds to support the Fiddle Orchestra's ongoing programs.  
For details or to obtain a sponsor sheet contact  
cindy.fiddlemusic.mccall@gmail.com or 613–278–2448

# Building a Gift-Sharing Culture in Lanark County

*When we mistakenly give our gifts believing we are doing so only out of service to another person, we discard one of the most beautiful and essential ideas about gifts — the reciprocity within the gift means that both the giver and the receiver benefit. The receiver gets the gift that is given, and the giver receives the healing and a conscious awareness of the increased ability that results each time the gift is given.*

— Bruce Anderson

Building strong communities and strong neighbourhoods in Lanark County and beyond can mean many things to different people. To some it's about business development; for others a strong social network makes a strong community; others feel art, culture, and history are really important; and some value respect and conservation

of the environment. The beauty, the "sweet spot," is that we all have a gift to contribute, every single one of us. Every single one of us has a core gift to share. No matter your age, education, your perceived station or ability, you have a core gift to share and it's going to take all of us sharing our gifts to create the world we want. You are giving your gift and may not even realize it. You cannot *not* give your gift. It's your purpose and passion in life.

Mills Community Support, along with partners United Way of Lanark County, youth centres in Lanark and Lanark's Plan B, are bringing facilitator Bruce Anderson of the Core Gift Institute to Lanark County for two Core Gift workshops. These partners are interested in building strong communities in Lanark by helping people discover their core gift and by building a "gift economy" culture here in the county. Yes, lots of people discovering their core gifts and sharing them! These workshops are all about learning about the gifts we all bring, sharing those gifts, and helping others discover theirs. The two workshops are as follows:

#### 4 Ways to Know Your Gifts

This one-day training session takes place on Tuesday, April 16 from 9AM to 4PM at the Almonte Old Town Hall. It offers general knowledge, cultural

context, practical applications, and gift identification methods. The cost is \$100 (or \$80 for those taking both training sessions), and includes lunch.

#### Core Gift Master Facilitator Training

This in-depth training is scheduled for April 17 and 18 in a country location in rural Pakenham. It delves a lot deeper into a person's primary gift and offers significant training in using the Core Gift Discovery facilitation process with others. Included in this two day training are pre-session articles about gifts, continental breakfast and lunch both days, all course materials in electronic format, review/feedback on the three Core Gift Discovery interviews required for certification, an individual check-out telephone call upon completion of certification requirements as well as ongoing email support for questions, a certificate and access to the Facilitator Resource Bank with more than forty templates and tools to use with the Core Gift Discovery process. The Master Facilitator Training is open to anyone but may be of particular interest to business and life coaches, leadership consultants,



Mills Community Support is helping to bring Bruce Anderson to the area to give two Core Gift workshops in April

**Y**our gifts rest deep in your bones — yet when you give them, they become a visible and actionable oath demonstrating over and over again your faith in the thread of life you are woven into.

— Bruce Anderson,  
*Walking Your Gifted Path*

therapists and counselors, substance abuse professionals, youth program staff, school guidance counsellors, older person program staff, organizational and culture change initiatives, faith leaders, community organizing initiatives and community developers. The cost for this two-day session is \$800, and enrollment is limited.

For more information or to register for either workshop, please contact Jeff Mills at <jmills@themills.on.ca> or 256-103 x263.  
— Jeff Mills



In cooperation with



and



present this season's final Almonte Lecture:

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**Elaine Keillor**  
*Professor Emerita, Music Department, Carleton University*

**Canadian women: Musical pioneers**  
*A lecture/recital about Canadian women's achievements in musical composition and performance*

**Friday, 26 April 2019**  
**7:30 PM**

**Ron Caron Auditorium, Old Town Hall, Almonte**

*Admission is free but donations gratefully accepted at the door*

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**Saturday May 25, 2019 7:30 pm**  
**St. Paul's United Church**  
25 Gore Street West, Perth

**Opening with the Lanark Offbeats**  
**and featuring local cellist, Beth Misener!**

Tickets \$28 via Tickets Please, 613-485-6434 & ticketsplease.ca

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in Your Own  
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**Round up some pledges,  
tie up your hiking boots, and  
Hike for Hospice  
Palliative Care**

**May 5, 2019**  
**On-site registration 12:30 to 2:00 p.m.**  
**Hike 1:30 p.m. to 3:30 p.m.**

**Mill of Kintail Conservation Area**  
**2854 Ramsay Concession 8, Mississippi Mills**

**Register at [www.HubHospice.com](http://www.HubHospice.com)**



A Canada-wide initiative to raise funds for hospice care.  
All funds stay in our own community.

# Let's Bring on Spring!

## Floral Fusion Exhibit at Strévé Design

*Floral Fusion* is the new exhibit “springing” up at Strévé Design + Gallery in Perth <strevedesign.com>. The exhibit, which demonstrates the fusion of fashion and art through florals, runs from April 1 to June 15.

Owner Cheryl Straby explains that: “as a clothing designer I have always found inspiration in nature and most specifically flowers. Over fifteen artists will be exhibiting in the gallery and in the main floor boutique alongside my silk, suede and leather floral decorative clothing and accessories.”

Artisan jewellery designers Eleanor Martin and Barbara Mullally have been working on new floral designs in bead work and in sterling silver. The beautiful watercolour paintings of Claire Jacobs will hang beside the stunning acrylic and oil canvas works of Linda Banfalvi, Linda Rush, Margaret Martin, Judy Hollinger, Pat Purdy and Caroline Evans.

Flowers have been intricately painted onto furniture by Donna McPhail. Textile artists Wendo Van Essen, Jenn Raby,



Floral Fusion will feature works by Claire Jacobs (above), Cheryl Straby (left) and several other artists

Debbie Rubin, Beth Van Wyngaarden and Meredith Filshie have created tulips and sunflowers from such traditional techniques as needle felting, quilting, batik, embroidery and beading. To top off the show, floral designer Sherri Linseman will create a living piece of art!

Strévé Design + Gallery is located at 64 Gore St East in Perth. Come out on Sunday, April 14 from 1–3PM to meet the artists and see a fashion show! Then on Saturday, April 27, in conjunction with the Festival of the Maples, there will be a “Maple Paint In” from 11AM to 4PM — come and watch artists paint live in the gallery.

So bring on Spring, and come be inspired at Strévé Design + Gallery!



# Celebrate National Poetry Month in CP

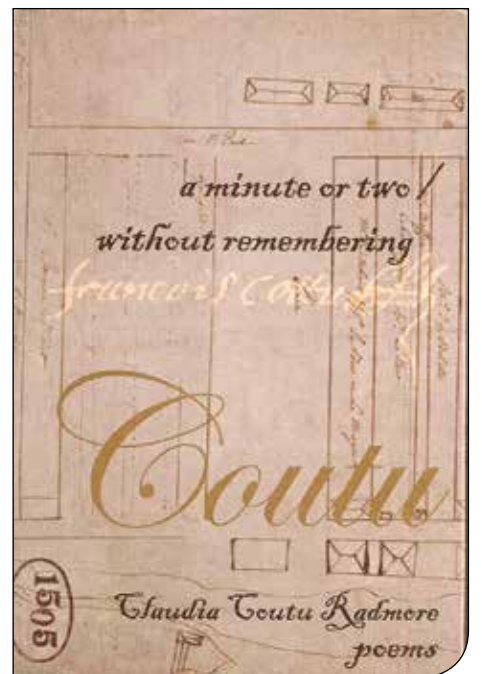
On Friday, April 26, the Carleton Place Public Library will be celebrating National Poetry Month with “Celebrate Nature with Poetry” — an intimate evening of poetry featuring five talented Ottawa Valley poets reading original work.

“We are fortunate to have so much poetic talent here in the Ottawa Valley,” says Library CEO Meriah Caswell. “This is going to be a wonderful evening.”

The five poets — Dean Steadman, Claudia Radmore, Carol A. Stephen, Danielle Gregoire and Cliff Bird — are all accomplished writers, each with published materials and speaking events under their belts. “Some of these poets have presented here at the library before, to sold-out audiences,” adds Caswell. “Each has their own unique voice, their own distinct style of verse. If you are a fan of the arts, you won’t want to miss this.”

Tickets are \$5 and may be purchased at the library in advance or on the night of the event. Light refreshments will be

served. For more information, please visit <carletonplacelibrary.ca>.




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and the  
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**May 4**

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# Music, Music, Music!

Three major musical experiences are on tap in Almonte for April: **Almonte in Concert** will present the Cheng2 Duo, **Learning in Almonte** will offer Ian Douglas's "Sound & Soul" course, and **Almonte Lectures** will sponsor a truly unique lecture and recital by Canadian musicologist and pianist Elaine Keillor. Her lecture will round out the Almonte Lectures season, and is a collaborative effort of all three organizations.

Elaine Keillor is a concert pianist of international renown, having performed in Europe and North America in recitals and with orchestras. Her work extends to research as well as performance, including comprehensive research into Canadian music and connections to indigenous culture.

Due in large measure to her own early success as a musician, Ms Keillor has always had a great interest in Canadian composers, and in particular female composers. She was the first woman to receive a doctoral degree in musicology from the University of Toronto, and the first woman to receive a Canadian Women's Mentor Award in Arts and Culture. She is a Distinguished Research Professor Emerita at Carleton University, and continues to teach and write.

On Friday, April 26 at 7:30PM at the Almonte Old Town Hall, Professor Keillor will present her lecture "Canadian Women: Musical Pioneers" with her own piano accompaniment. This will be a unique opportunity to hear one of Canada's foremost musicologists and pianists in the perfect setting — with the glorious Steinway piano as well.

This lecture will provide not only a musical experience but an historical one too. It is rare that we get the opportunity to hear a comprehensive lecture on such a little-known subject, accompanied by the intimate playing of the lecturer herself.



Almonte in Concert, Almonte Lectures and Learning in Almonte will present a very special event featuring musicologist Elaine Keillor

Like all Almonte Lectures, this one is supported by generous donations only. No registration is required, just a lively interest in learning about our own musical culture. You can find more information at <almontelectures.net>.

— Glenda Jones

## Songs for a Better World Goulbourn Jubilee Singers' Spring Concert

Everyone is invited to join the Goulbourn Jubilee Singers, the Teens and the Junior Jubilee Singers for an uplifting concert of international *Songs for a Better World*.

This year's special guests are the Autorickshaw Band <autorickshaw.ca>, winners of the 2018 Canadian Folk Music award for World Music Group of the Year, and nominees for the 2018 JUNO award for World Music Album of the Year.

The concert takes place at Trinity Presbyterian Church (located at 1817 Richardson Side Road in

Carp) on Saturday, May 11 at 7PM, and again on Sunday, May 12 at 2PM.

Tickets are \$20 for adults, \$15 for seniors and students, and \$10 for youths aged 12–18. Children under 12 are free. Tickets can be purchased from any member of the choir, or through the website at <gjsingers.com/contact-us>.

The Goulbourn Jubilee Singers gratefully acknowledges the financial support of the City of Ottawa.

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*Ham Dinner*  
Daily Soup or Festive Salad  
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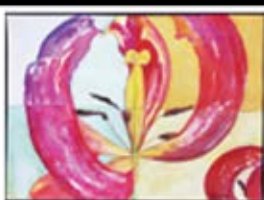


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## Spring Art Lessons with Cathy Blake

**Watercolour, intermediate level**  
Limited palettes, value patterns, textures, how to paint water, and if the weather permits, an outside painting session. Plan to paint at home, also.

**Mondays** Apr. 29 for 6 weeks, 1:30-4, \$165



### Introductory Drawing

Contour drawing, proportions, shading, parallel perspective, and textures. Paper, pencil and black marker pens needed. Expect some home practice!

**Thursdays** May 2 for 6 weeks, \$165

Class locations in Almonte

Info: 613-853-1674 or [catherine.blake7@gmail.com](mailto:catherine.blake7@gmail.com)

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# Blue Skies Community Fiddle Orchestra Jam-a-thon Fundraiser

One of the Blue Skies Fiddle Orchestra's major fundraising events planned for 2019 is the 8<sup>th</sup> annual Jam-a-thon. Each year this event has grown as more and more folks come to enjoy the toe-tapping music and laughter. On Saturday, May 4 the Maberly Hall will be filled with fiddlers as well as guitar, mandolin, penny whistle, viola, cello players and the like. Players can drop in to the music circle anytime during the day from noon to 5PM. Participants of all ages may bring tunes for all in the circle to play (or sing). Folks are welcome to sing along or just to watch. Admission is free.

At 2PM there will be a massive pie auction, with the proceeds going to support the Fiddle Orchestra's ongoing programs. Refreshments will be available for players throughout the day.

Support the orchestra by sponsoring an orchestra member or by getting your own sponsors. Players obtain sponsors, collect the funds and bring them to the Maberly Hall on Saturday, May 4. For further information or to obtain a sponsor sheet, please contact Cindy at [cindy.fiddlemusic.mccall@gmail.com](mailto:cindy.fiddlemusic.mccall@gmail.com) or 278-2448.

— Cindy McCall

# Art, Fashion, Cookies & Juice at Carriageway!

Carriageway Studios is an artist-run event space in downtown Almonte that houses six working artist studios and a juice company. Yes, we have drinkable art! Here are some upcoming events you might enjoy.

From 10AM to 4PM on April 27 and May 11, painter Mary Pfaff will be running workshops in our event space. There are still some spaces available. Contact Mary at [marypfaffartist@gmail.com](mailto:marypfaffartist@gmail.com) for details.

On April 6 from 10AM to 2PM, our two resident textile gurus Marie-France Gosselin (L'atelier Weaving Studio Tissage) and Christine Turnbull (Turn weft and Spin too) are hosting *From sheep to shawl!*, an event that showcases and demonstrates the best equipment available to process wool. There will be carding, spinning and weaving demonstrations to feature the products available and they've invited some very special guests to



You'll find juice, cookies, art and textiles (by Christine Turnbull, above, and Marie-France Gosselin, at left) at Carriageway's Open Studio on Saturday, April 20



participate. Find L'atelier Weaving Studio Tissage on Facebook for more information.

Finally, on Easter Saturday (April 20), Carriageway Studios is hosting an Open Studio day. All our resident artists will be there, plus some special guests. Megan Duffield from Duffield Design [duffielddesign.ca](http://duffielddesign.ca) is returning with her beautiful sustainable fashion designs. Jennifer Ryder-Jones, a well-known local artist, will join us with her clay and multimedia pieces. Finally, we welcome Angela's Cookie Jar [angelascookiejar.com](http://angelascookiejar.com). Angela bakes and decorates fun and delicious cookies. Follow Carriageway Studios on Facebook for more details.

Art, fashion, cookies and juice — what more could you want? It's going to be a blast, so mark your calendar and we'll see you there!

— Clare Carty

# 29<sup>th</sup> Annual Art in the Attic

## Celebrating Art in the Community

Almonte's popular Art in the Attic (AITA) show and sale will return for the 29<sup>th</sup> time on Mother's Day weekend at the historic Almonte Old Town Hall, located at 14 Bridge Street. The long-standing success of this show is due to the high quality, extensive variety, and affordability of the works exhibited by members of the Almonte and Area Artists Association (AAAA). They are a diverse group — some have travelled and exhibited internationally, some are retirees pursuing their passions, some have fulltime work and family commitments and find that art is their haven, and some are young adults just starting out in the art world. Yet all love to come together to participate in this friendly welcoming atmosphere and show their wonderful creations. Come and enjoy them on Friday, May 10 from 7–9PM, Saturday the 11<sup>th</sup> from 10AM to 7PM, and Sunday the 12<sup>th</sup> from 10AM to 4PM.

The mandate of AAAA is to encourage artists of all ages and experiences to continue to improve their artistic skills and to provide affordable venues in which to display their work. Many members use the AITA venue to try out new techniques and to stretch the boundaries of their creativity. Keeping true to their vision, the organization has included an art display by the preschooler group Rugrat Rembrandts, whose uninhibited artwork will quickly bring a smile to your face. There will be an exhibit by the very talented Notre Dame High School art students of Sarah Jaynes, whose fresh and exciting work will amaze you. In addition, there will be a joyful art display by the Lanark County Support Services Art Program, which provides opportunities for individuals to explore and learn about art. This group encourages and empowers individuals to create and express themselves independently, which may even lead to an undiscovered talent, a new coping skill or



Find paintings by Laurel Cook (above), photography by Laurette Lafleur (below), and works by many other artists at this year's Art in the Attic

a hidden passion. AITA is truly a multigenerational art show celebrating art in the community.

AAAA also strongly feels that art is an integral part of every community, and so for the last several years the artists have come together to create a group art project that is given back to the town. Previous projects include a 26-foot-long streetscape of Mill Street that is now mounted in the cafeteria corridor in the Almonte General Hospital, the recreation of the 40-foot-long Almonte Farmers' Market mural that is mounted at the edge of the parking lot behind Mill Street, and a 32-panel buckyball depicting the textile mills in the Mississippi River Valley that is now mounted in the Mississippi Valley Textile Museum. These group projects are unveiled at AITA each year.

This year, AAAA has undertaken their largest and most complex project to date, which will take them more than one year to complete. However, there will be a sneak peek of this project at Art in the Attic.

And finally, each year, the intrepid team from theHumm comes to the opening of the show and selects their favourite piece by each artist. So come on out and see how your choice measures up against the Humm Selection! For more information, please visit <almonteartintheattic.wordpress.com> or find the event on Facebook.



## Jeremy Price at Sivarulrasa

From March 29 to May 12, Sivarulrasa Gallery <sivarulrasa.com> is pleased to present *Things I Don't Know How to Do*, a solo exhibition of new paintings by Montreal-based artist Jeremy Price.

In this new body of work, Jeremy explores themes of restlessness and his "inability to relax". The works are introspective and self-reflective, using the artist's familiar neighbourhoods in Montreal as a backdrop. "I am terrible at many things," he notes. "Sitting still when I feel there are things that should be done is definitely one of them. These paintings reflect the discomfort I have when faced with what to do with myself when not distracted with something."

The works depict quiet evening streetscapes near the artist's home and studio in Montreal, scenes from a vacation spot in the woods, and images that focus on time spent reading a book or drinking coffee. Three of the works superimpose a central figure — the artist's close friend, a relative, and himself — onto the urban landscape, creating an uneasy tension between private leisure and the middle of a city street. Working with oils as his chosen medium, the paintings are richly nuanced, conveying both mood and the sensitivity of the artist to the people and places he observes.

Jeremy Price was born and raised in London, Ontario. Upon graduating from the Bealart Vocational Art School, he attended the University of British Columbia and the Vancouver Film School. In 2008, he moved to Montreal where he has lived since. Montreal continues to serve as the major inspiration for his paintings. Everyone is invited to the vernissage/artist reception on Saturday, April 6 from 3–6PM at 34 Mill Street in Almonte.



## MESSAGE OF "HOPE" TOUR



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are still with you!

ALMONTE • Old Town Hall • Apr. 8, 6:30-8PM

ARNPRIOR • Masonic Hall • Apr. 30, 6:30-8PM

BROCKVILLE • Brockville Convention Centre • May 13, 6:30-8PM

CARLETON PLACE • Grand Hotel • May 26, 2-3:30PM

SMITHS FALLS • Community Centre • May 28, 6:30-8PM  
Upstairs Room

**Admission: \$20 • Payable at the door**

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# The Role of Conservation Authorities

What springs to your mind when someone mentions Conservation Authorities? Control of water flows to prevent flooding? Protection of marshes and wetlands? Control over what I can do with my land?

Over the last few months I have been involved in the creation of a local men's group called the Naismith Men's Shed — it has been a tremendous success and we now have close to forty members and are up to our necks in sawdust building things for community organizations (but more about that next

by David Hinks

month). In the search for a home we cast covetous eyes on the buildings at the Mill of Kintail. The search for permission to use the facilities led us to the Mississippi Valley Conservation Authority (MVCA). It struck me as a bit odd that this local historical site (and one of the seven wonders of Lanark County) would be owned by a Conservation Authority, so I decided to do a bit of sleuthing.

First I looked for a little background on these beasts. Where did they come from and what are their roles? Just as I suspected, the Conservation Authorities are mandated to manage watersheds, but I was a bit surprised to learn that their mandates are much broader.

Ontario has 36 Conservation Authorities, which are community-based watershed management agencies, mandated to ensure the conservation, restoration and responsible management of Ontario's water, land and natural habitats through programs that balance human, environmental and economic needs.

The 1946 Conservation Authorities Act provides the means by which municipalities within a common watershed can petition the Province

of Ontario to form a conservation authority for that watershed to undertake programs of natural resource management.

Conservation authorities are mandated to develop programs to further the conservation, restoration, development and management of Ontario's natural resources. What I didn't realize is that they may also carry out other programs that serve municipal interests, such as nature education, land conservation and management, research and recreation programs that contribute to the quality of life in communities throughout the province. It appears that they often take on community-type projects that are not a good fit anywhere else. These roles vary significantly because these are determined by local municipalities.

Each conservation authority is governed by a board of directors made up of representatives from its member municipalities. The number of representatives each municipality can have is determined by the Conservation Authorities Act based on its population within the watershed.

Board members act on behalf of the municipalities they represent. Conservation authorities are administered by a General Manager or Chief Administrative Officer who reports to the Board. In many cases conservation authorities are big enough to hire specialized staff, such as biologists, which may not be feasible for the smaller municipalities.

Conservation authorities may have programs to protect local ecosystems. Some of their activities may include:

- Water resource management — they carry out research and activities to manage Ontario's water resources on a watershed basis, maintain secure supplies of clean water, and contribute to municipal planning processes.
- Stewardship — they collectively own about 146,000 hectares of land in Ontario. They also may work with landowners to plant trees or make other environmental improvements to private property, such as helping farmers improve drainage systems.
- Recreation — they own over 400 conservation areas for public use, with 8,400 campsites and almost 2,500 kilometres of trails.
- Science, data collection and monitoring — they may collect a variety of information about their watersheds, including data about water quality, land use and types of lands (e.g. amount of wetlands and forest cover).
- Education — they deliver educational outreach through school programs, at conservation authority facilities, and through participation at local events and festivals.



Landowners or developers may need permits from a conservation authority, similar to a building permit, to do work such as constructing buildings or placing fill near wetlands.

Conservation authorities also do flood forecasting and warning, flood and erosion control, ice management and drought programs, and contribute to municipal land use planning. They are generally low-key players locally — that is until we have a rapid melt and flooding is a possibility or unless we want to build a structure near a wetland.

Locally we are very fortunate that the MVCA has taken under its wing some of the attractions that we hold near and dear in Lanark County:

## The Mill of Kintail

This is a 68-hectare property about six kilometres north-west of Almonte. The site contains multiple buildings, including a stone farmhouse and associated accessory buildings, the Cloister and Education Centre, an historic gristmill (now the Museum), public seasonal washrooms, an internal road network and parking facilities, a series of all-season hiking/skiing/snowshoeing trails, and a playground.

Trails are open year-round, in all weather, seven days a week from dawn to dusk. The Museum is open from Victoria Day weekend to Thanksgiving weekend. The Mill is also home to Tea on the Lawn served by Ramsay Women's Institute. Tea is served during July and August every Wednesday and Saturday from 2–4PM. The new season begins on July 3, 2019.

## Purdon Conservation Area

Located near McDonalds Corners, Purdon is home to a colony of 16,000 showy lady's slipper orchids that are in full bloom for three weeks beginning in mid-June. From Victoria Day weekend to Thanksgiving, Purdon Conservation Area is open from dawn to dusk, seven days a week.

## Morris Island Conservation Area

Located along the Ottawa River near the community of Fitzroy Harbour, this 47-hectare site consists of forested woodlands and wetlands. It is open to the public year-round.

For more information about the Mississippi Valley Conservation Authority, visit <mvca.on.ca>.



**Mississippi Valley Field Naturalists**  
 \$1,000 nature bursary awards for students

**Cliff Bennett NATURE BURSARY AWARDS**

Applications due May 1, 2019

This award program is for local students applying to post-secondary programs in an environment or nature-related field.

Details and forms at [mvfn.ca](http://mvfn.ca)


See what else MVFN is up to this Spring!

**April Early Morning Bird Walks**  
Wednesdays at 6AM

**Annual Spring Gathering**  
April 16

**AGM & Members' Night**  
May 16

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Every Wed. **Wings 'n Tunes** with **Shawn McCullough** (Country/Guitar), 6:30–9:30  
 Thu. Apr. 4 **Piemonte Wine Dinner: Wine & Food Of Northwestern Italy** 6–9, \$80 + HST  
 5 Course Dinner with Wine Pairings.

Fri. Apr. 5 **Benni Vander** (Classic Rock Keyboards!) 6–9  
 Sat. Apr. 6 W.A.C. Fundraiser **East Coast Kitchen Party** with music by **Kingston Ceili Band**, Silent Auction & 50/50 Draw! 1–4, \$10 + Kids Free

Sat. Apr. 6 **Halfcocked & Lonesome** (Honkytonk "Prime Time Country" Band, Ottawa) 7–10, \$10  
 Fri. Apr. 12 **Brea Lawrenson & Shawn McCullough** (Acoustic Country, CP/Westport) 7–10, \$10  
 Sat. Apr. 13 **Al Lerman** (JUNO Award Winning Acoustic Blues, Havelock) 6–9  
 Fri. Apr. 19 Blues on the Rideau with **Rick Fines & Suzie Vinnick Band** (Peterborough/Niagara), 7–11, Buffet, Show, \$65 + HST

Sat. Apr. 20 **Tim Moxam** (Indie Folk/Country, Toronto) 6–9  
 Fri. Apr. 26 **Jazz Night** with **Spencer Evans Trio** 8:30–11  
 Sat. Apr. 27 **Chris Murphy** of Turpin's Trail (Solo Acoustic Celtic/Folk, Perth Road Village) 6–10

# The Excitement Never Stops!

It's hard to say what ticked me off the most: if it was the washing machine's noisy excursion across the back hall during the spin cycle or the Gordian knot of clothes when I hauled one long line of jeans, shirts and towels out of the machine. Whatever made my patience snap came on me suddenly, and I knew that darn machine was headed for laundry heaven — or hell, in its case. Years of cursing it had to come to an end and I lost it completely.

by Glenda Jones

The search began with the usual trip to three hardware stores, never a good plan, because to get to appliances we trundled through lighting fixtures, cabinetry, flooring and lord knows what, fuelling my head with all manner of HGTV projects. Is it any wonder Alan heads off in another direction? I looked at all the washing machines, even taking my jacket off to see if I could fit it in the various models. It always boils down to two: the one you want and



the one you can afford. But then, good fortune shone when a friend suggested Keyesbury Appliances. Local and friendly, they had the very machine I wanted/could afford, not only at the best price, but also delivered two days later. It made me forget all about the looming projects in the glitzy hardware stores, just to have that old machine out of my life and this shiny new one installed.

How exciting is this? I gathered up every item I could find except the cat and dogs and ran that machine half the day. I was giddy with anticipation as I took out each load and lugged it to the clothes line. When the line was filled I loaded up the dryer. I knew what Alan was thinking: happy wife, happy life. If that's all it takes to keep her from thinking of house renovations, go for it! The next day I went after the winter jackets — too soon I know, but I washed those too. Same result: just too much excitement!

## Local Greens Prepare to Choose Federal Candidate

The Lanark-Frontenac-Kingston Green Party of Canada Electoral District Association is excited to announce that three area residents are seeking the nomination to become the Green candidate in the upcoming federal election, expected to take place in October of this year.

The nomination meeting will take place at McMartin House in Perth on Wednesday, April 10. Doors open at 6:30PM; the meeting is in the upstairs room and starts at 7PM sharp.

The candidate nominees are Douglas Barr, Kelvin Hodges and Stephen Kotze. Doug Barr, a resident

of Tay Valley Township, is a professional musician and advocate of sustainable living. Kelvin Hodges, a resident of Perth, owns and runs a solar panel installation business. Steve Kotze, a resident of Lanark Highlands, is an accountant specializing in small businesses and non-profit organizations.

Only current members of the Green Party of Canada who are present at the meeting can vote, but everyone is welcome to attend. For more information contact Anita Payne De Gaia at 267-0881 or <payanita@gmail.com>.

However, the fun didn't end there. Before the week was out, our dentist convinced us we needed electric toothbrushes. Now, if you've never used one of these, you are in for a mouth buzz like hummingbirds picking your teeth. The first time I turned it on, I sprayed toothpaste half-way across the bathroom. Don't turn it on until it's in your mouth!! It provides two minutes of extreme cleaning that'll start your day with a wake-up call like no other. I will admit the first morning was a little jarring and I'm sure it wouldn't be the best thing after a night of partying, but we're into the routine now, and it's all right. How pathetic would it sound if I said I look forward to brushing my teeth?

Not satisfied with a washing machine and a toothbrush, we went all out and sprung for a real luxury. Wait for it... a new potato peeler! The old one, likely a shower gift from 54 years ago, simply broke in my hand. Some things just don't last well. Being left-handed, I have trouble peeling things at the best of times, but oh my, this new peeler could shave a shaggy beard. It was so good that I peeled a dozen potatoes just for the fun of using it. We're eating vegetables in every conceivable fashion, just so I can peel stuff.

Are you now thinking I need to get a life? I wasn't done yet. I found the ultimate in new fashion: elastic shoe laces with little clips instead of ties. They even come in reflective nifty colours to match my runners. I found very classy rubber boots as well, but I think I will have to stick with the old black calf-high numbers that keep my feet dry but make my socks slip down. No use going all stylish for the benefit of the dogs' fashion sense.

I've maxed out the excitement factor for this month and am exhausted from the experience. I guess we really do need spring so I can turn my attention to garden soil or new clippers or a sharper shovel. Our activities right now are limited to making troughs in the ice to get the water off the driveway, or gathering up the dogs' unmentionables, or better yet doing our taxes — a project that we both loathe, not because of the difficulty, but rather the copious reading and ever-present fear of making some egregious error that will stall the whole process.

While the rest of the world is off in Florida or France, we content ourselves with all this merriment at home. Whether we're making what marketers call distress purchases (things you buy because you have to have them) or simply indulging in things like new shoe laces, it's like the old song says: little things mean a lot. We need to save our energy for the big exciting times that are sure to be coming along at some point, like the day the postman arrives with our lottery winnings. Look up, way up, because that'll be the day you'll see the flying pigs!

## April Pub Listings

**The Cove** (Westport, 273-3636): Wed Open Mic w/Shawn McCullough, 6:30-9:30pm  
Apr 5 Benni Vander, 6-9pm  
Apr 6 WAC Kitchen Party w/Kingston Ceili Band, 1-4pm, \$10, kids free  
Apr 6 Halfcocked & Lonesome, 7-10pm, \$10  
Apr 12 Brea Lawrenson & Shawn McCullough, 7-10pm, \$10  
Apr 13 Al Lerman, 6-9pm  
Apr 20 Tim Moxam, 6-9pm  
Apr 26 Jazz Night w/Spencer Evans Trio, 8:30-11pm  
Apr 27 Chris Murphy of Turpin's Trail, 6-10pm  
**The Swan at Carp** (Carp, 839-7926): Apr 26 Steve Barrette Trio, jazz, 7-10PM  
**Juke Joint Soul Kitchen** (Carp, 470-8888): 7PM  
Apr 6 Joe McDonald & the Walkin' Hawks  
Apr 13 Cargo Cult  
Apr 26 Missy Knott  
Apr 27 Koko & Co  
**The Royal Oak** (Kanata, 591-3895): jazz on Sun, 2-5PM  
Apr 7, 21 APEX Jazz Band  
Apr 14, 28 Magnolia Rhythm Kings  
**Naismith Pub** (Almonte, 256-6336): Wed (not Apr 3) Celtic Jam, 7:30-10PM  
**Carp Masonic Lodge**: Mon Carp Celtic Jam, 7-9PM  
**Ashton Pub** (Ashton, 257-4423): Sun Open Mic, 2-5PM  
**Ridge Rock Brewing Co.** (Carp, 470-2337):  
Apr 12 The Keystings, 8PM  
Apr 19 Mitch Desilets, 8PM  
Apr 20 Chris Strang, 7:30PM

**Cheshire Cat** (Carp, 831-2183): Tue Jonathan Chandler, 6:30-8pm; Sat Live Music 8:30-11pm  
Apr 6 The Ghost Town Cryer  
Apr 13 Steve Stacey & Pat Robillard  
Apr 20 Kelly Sloan  
Apr 27 Me & Him  
**Almonte Lobby Bar** @Riverside Inn (Almonte, 461-2745):  
Tue Music Trivia, 8PM  
Apr 7 Jazz w/The Brindled Cats, 7-10PM  
**Bridges Bar and Grill** (Pakenham, 624-5939):  
Apr 13 Blues Series w/Peter Brown, 6-10PM  
**O'Reilly's Ale House** (Perth, 267-7994):  
Tues Brock Zeman, 8:30PM  
Apr 5 Riley Donnelly, 8:30pm  
Apr 12 Tom Watson, 8:45pm  
Apr 13 Joseph McDonald, 8:45pm  
Apr 19 Stephen Mark Fisher, 8:45pm  
Apr 26 Jono Townsend, 8:45pm  
**The Waterfront Gastropub** (Carp, 257-5755): Wed Open Jam 9PM, Sun Blues w/Redneck Limousine 3-6PM  
Apr 5 Mississippi Blues Society Jam, 8:30PM  
Apr 6 Bob Pepin 9PM  
**Lumbertown Ale House** (Arnprior, 623-8885): 8:30PM, no cover  
Apr 6 Ty Hall  
Apr 13 Jon Forbes  
Apr 20 Spencer Scharf  
Apr 27 Skyler Radmore  
**CC's on the Rideau** (Rideau Ferry, 267-6060):  
Apr 6 Peter Brown, 5-8PM  
Apr 13 John VV, 8-11PM  
Apr 20 The Celtic Kitchen Party, 8-11PM, \$5

**Tranquil Weaver**  
Lessons • Yarn • Supplies  
Classes Tues and Thurs 9-5 and Wed 6:30-9:30  
tranquilweaver.ca  
119 Peacock Crescent, Almonte 613-858-2647

**CFW Renfrew & District**  
**BOOK SALE**  
Renfrew Collegiate Institute  
MacNeil Gymnasium  
184 Bonnechere St. S., Renfrew  
**Friday, April 26**  
4PM-9PM  
**Saturday, April 27**  
9AM-12 NOON  
Proceeds used for scholarships for area high school students

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# Claiming Column

Jam-A-Thon, Maberly, May 4  
 Superhero Saturday, CP, May 4  
 Goulbourn Male Chorus, Kanata, May 4  
 Living Stones, Lanark, May 4  
 Arts CP Show/Sale, May 4-5  
 Home & Living Expo, SF, May 4-5  
 Hike for Hub Hospice, Almonte, May 5  
 Lanark Offbeats & WOLC, CP, May 5  
 Jazz at the Manor, Perth, May 9  
 Art in the Attic, Almonte, May 10-12  
 Trees without Borders, Almonte, May 10  
 Goulbourn Singers, Carp, May 11-12

# Festivals

**Festival of the Maples**, Apr 27, Pancake Breakfast (8-11 AM, Perth Legion). Downtown Perth. festivalofthemaples.com.

# Literature

**Meet Author Noel McDermott**, Apr 23, 7PM. Inuit mythology. Almonte Library  
**Perth Library Wine & Cheese**, Apr 25, 6:30-8:30PM, Fundraiser. Perth Library. \$25  
**Book Sale**, Apr 26 (4-9PM), Apr 27 (9AM-noon). Funds local scholarships. MacNeil Gym. CFJW. Renfrew Collegiate Institute.  
**Celebrate Nature with Poetry**, Apr 26, 6:30PM, 5 poets read orig. work. Carleton Place Library, carletonplacelibrary.ca. \$5  
**Poetry Blitz**, Apr 27, time TBA, Mill Street Books, Almonte. 256-9090

# Local Food

**Maple Weekend**, Apr 6-7, 10AM-4PM. Local maple producers host special events. Lanark Co. and beyond., mapleweekend.ca.  
**Tea & Chocolate: Exploring Flavours**, Apr 13, 5:15PM, Espirita Tea. Ludwig Chocolate. Perth Pie Co. & Artizen Kombucha.  
**Two Rivers Market**, Apr 27, 10AM-2PM, Farm fresh products & specialty items. Galipeau Centre, Smiths Falls.

# Visual Arts

**Maple Run Studio Tour**, Apr 6-7, 10AM-5PM. Pakenham area. mapleruntour.com  
**Meet the Artist: Jeremy Price**, Apr 6, 3-6PM, "Things I Don't Know How To Do". Sivarulrasa Gallery, Almonte. sivarulrasa.com  
**Spring Into Art Conference & Lunch**, Apr 6, 8:45AM-4:15PM, W. Carleton Arts Soc. Carp. westcarletonartssociety.ca  
**Ten Collective Art Exhibit**, Apr 6-7, 10AM-6PM, 10 artists. Mississippi Valley Textile Museum, Almonte., mvtm.ca. Free  
**Vernissage: Ruby Ewen**, Apr 7, 1-4PM, 50% of sales to Hub Hospice. Mississippi Valley Textile Museum, Almonte., hubhospice.com  
**Vernissage: Tania Love**, Apr 13, 2-4PM, "Pathways" installation. Mississippi Valley Textile Museum, Almonte. mvtm.ca  
**Floral Fusion**, Apr 14, 1-3PM, 15+ artists & Fashion Show. Strévé Design, Perth. 267-0230  
**Almonte Quilters' Guild**, Apr 15, 7-9PM, Monthly mtg. All welcome. Almonte Civitan Hall, almontequiltersguild@gmail.com  
**Dye Easter Eggs**, Apr 20, Latvian-style. Peches & Poivre, Almonte. 256-5764  
**Open House**, Apr 20, 10AM-5PM, Resident artists & guests. Carriageway Studios, Almonte, facebook/carriagewaystudios  
**Lanark Co. Camera Club Mtg**, Apr 23, 7-9PM. Rm 104. Algonquin College, Perth  
**Lanark County Quilters Guild**, Apr 23, 7-9PM, Lions Hall, Perth Fairgrounds, lanarkcountyquiltersguild.com. \$5 guests  
**Meet the Artist: Charles Spratt**, Apr 25, 7-9PM, Paintings of beautiful places. Fairview Manor, Almonte  
**Arnprior & District Quilters' Guild Show**, Apr 27 10AM-5PM, Apr 28 10AM-4PM. Nick Smith Centre, Arnprior. \$7

# WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> <li><b>Cancer Support Group</b>, Almonte</li> <li><b>Carp Celtic Jam</b> Masonic Lodge</li> <li><b>Get the Facts on Radon</b>, Perth</li> <li><b>Hackberry Men's Shed</b>, Carleton Place</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Brock Zeman</b>, O'Reilly's Pub</li> <li><b>CP Bridge</b>, Carleton Place</li> <li><b>Jonathan Chandler</b>, Cheshire Cat Pub</li> <li><b>Music Trivia</b>, Almonte Lobby Bar</li> <li><b>Olde Time Bingo</b>, Carleton Place</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> <li><b>Soup'in'Dippity Lunch</b>, Carp</li> </ul>	<ul style="list-style-type: none"> <li><b>Almonte Duplicate Bridge Club</b></li> <li><b>CP Hort: Homegrown Hydroponics</b>, Carleton Place</li> <li><b>Early Morning Birding</b>, Almonte</li> <li><b>Open Jam</b>, Waterfront Gastropub</li> <li><b>Open Mic w/Shawn McCullough</b>, The Cove Country Inn</li> <li><b>Toonie Talks for Seniors: The Wheel of Wellness</b>, Arnprior</li> </ul>	<ul style="list-style-type: none"> <li><b>Hamish</b>, Perth</li> <li><b>Naismith Men's Shed</b>, Almonte</li> <li><b>Naismith Men's Shed Drop-In</b>, Almonte</li> <li><b>Phantom of the Hubera</b>, Almonte</li> <li><b>Travelogue: S. Africa</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li><b>Cancer Support Group</b>, Almonte</li> <li><b>Carp Celtic Jam</b> Masonic Lodge</li> <li><b>How Love Continues: Recognizing the Afterlife</b>, Almonte</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Brock Zeman</b>, O'Reilly's Pub</li> <li><b>CP Bridge</b>, Carleton Place</li> <li><b>Easter Community Potluck Dinner</b>, McDonalds Corners</li> <li><b>Hackberry Men's Shed</b>, CP</li> <li><b>Jonathan Chandler</b>, Cheshire Cat Pub</li> <li><b>Music Trivia</b>, Almonte Lobby Bar</li> <li><b>Olde Time Bingo</b>, Carleton Place</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> <li><b>Women's Business Group Lunch</b>, CP</li> </ul>	<ul style="list-style-type: none"> <li><b>Almonte Duplicate Bridge Club</b></li> <li><b>Cookbook Book Club</b>, Carleton Place</li> <li><b>Early Morning Birding</b>, Lanark Highlands</li> <li><b>Green Party Nominations</b>, Perth</li> <li><b>Meditation &amp; Assoc. Processes</b>, Perth</li> <li><b>Open Celtic Jam</b>, Naismith Pub</li> <li><b>Open Jam</b>, Waterfront Gastropub</li> <li><b>Open Mic w/Shawn McCullough</b>, The Cove Country Inn</li> <li><b>Sir</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li><b>Feeling Good: Colours, Clothes &amp; Comfort</b>, Pakenham</li> <li><b>Volunteer Appreciation</b>, Almonte</li> <li><b>Naismith Men's Shed</b>, Almonte</li> <li><b>Sir</b>, Smiths Falls</li> <li><b>Toastmasters</b>, CP</li> </ul>
<ul style="list-style-type: none"> <li><b>Cancer Support Group</b>, Almonte</li> <li><b>Almonte Quilters' Guild</b></li> <li><b>Carp Celtic Jam</b> Masonic Lodge</li> <li><b>Hackberry Men's Shed</b>, Carleton Place</li> <li><b>Lanark Community Dinner</b>, Lanark</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> <li><b>Songwriter Circle</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li><b>Brock Zeman</b>, O'Reilly's Pub</li> <li><b>CP Bridge</b>, Carleton Place</li> <li><b>Earth Day/Climate Action Rally</b>, Almonte</li> <li><b>Jonathan Chandler</b>, Cheshire Cat Pub</li> <li><b>Ketogenic Diet: Panacea or Fad?</b>, Carleton Place</li> <li><b>Music Trivia</b>, Almonte Lobby Bar</li> <li><b>Olde Time Bingo</b>, Carleton Place</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> <li><b>Soup'in'Dippity Lunch</b>, Carp</li> </ul>	<ul style="list-style-type: none"> <li><b>Almonte Duplicate Bridge Club</b></li> <li><b>Early Morning Birding</b>, nr Clayton</li> <li><b>Nat't Cdn Film Day: The Gardener</b>, Almonte</li> <li><b>Open Celtic Jam</b>, Naismith Pub</li> <li><b>Open Jam</b>, Waterfront Gastropub</li> <li><b>Open Mic w/Shawn McCullough</b>, The Cove Country Inn</li> <li><b>Pakenham Hort: Kitchen Gardens</b>, Pakenham</li> <li><b>The Strangest Dream</b>, Smiths Falls</li> </ul>	<p style="font-size: 48pt; text-align: center;">18</p> <ul style="list-style-type: none"> <li><b>Naismith Men's Shed</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li><b>Almonte Hort: Perennials</b></li> <li><b>Carp Celtic Jam</b> Masonic Lodge</li> <li><b>DIY Craft Club</b>, Carleton Place</li> <li><b>Easter at Fulton's</b>, Pakenham</li> <li><b>Earth Day Parade</b>, Perth</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> <li><b>Tree Walking Talk</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li><b>Meet Noel McDermott</b>, Almonte</li> <li><b>Brock Zeman</b>, O'Reilly's Pub</li> <li><b>CP Bridge</b>, Carleton Place</li> <li><b>Hackberry Men's Shed</b>, CP</li> <li><b>Jonathan Chandler</b>, Cheshire Cat Pub</li> <li><b>Lanark Co. Camera Club Mtg</b>, Perth</li> <li><b>Lanark County Quilters Guild</b>, Perth</li> <li><b>Music Trivia</b>, Almonte Lobby Bar</li> <li><b>NFB Film Club</b>, Carleton Place</li> <li><b>Olde Time Bingo</b>, Carleton Place</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Almonte Duplicate Bridge Club</b></li> <li><b>Early Morning Birding</b>, Carleton Place</li> <li><b>Mademoiselle de Jonquières</b>, Perth</li> <li><b>Meditation &amp; Assoc. Processes</b>, Perth</li> <li><b>Open Celtic Jam</b>, Naismith Pub</li> <li><b>Open Jam</b>, Waterfront Gastropub</li> <li><b>Open Mic w/Shawn McCullough</b>, The Cove</li> <li><b>The Strangest Dream</b>, Almonte</li> <li><b>Tree Talk</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li><b>Community Meal</b>, Almonte</li> <li><b>Generals Die in Bed</b>, Perth</li> <li><b>Mademoiselle de Jonquières</b>, SF</li> <li><b>Meet the Artist: C. Spratt</b>, Almonte</li> <li><b>Naismith Men's Shed</b>, Almonte</li> <li><b>Perth Library Wine &amp; Cheese</b></li> <li><b>The Strangest Dream</b>, Perth</li> <li><b>Toastmasters</b>, CP</li> <li><b>Tree Walking Talk</b>, Almonte</li> <li><b>Workshop: Investing 101</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li><b>Cancer Support Group</b>, Almonte</li> <li><b>Carp Celtic Jam</b> Masonic Lodge</li> <li><b>Hackberry Men's Shed</b>, Carleton Place</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Brock Zeman</b>, O'Reilly's Pub</li> <li><b>CP Bridge</b>, Carleton Place</li> <li><b>How Love Continues</b>, Arnprior</li> <li><b>Jonathan Chandler</b>, Cheshire Cat Pub</li> <li><b>Music Trivia</b>, Almonte Lobby Bar</li> <li><b>Olde Time Bingo</b>, Carleton Place</li> <li><b>Smiths Falls Duplicate Bridge Club</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Almonte Duplicate Bridge Club</b></li> <li><b>CP Hort: Native Ferns &amp; Flower Show</b>, Carleton Place</li> <li><b>Open Jam</b>, Waterfront Gastropub</li> <li><b>Open Mic w/Shawn McCullough</b>, The Cove Country Inn</li> </ul>	<ul style="list-style-type: none"> <li><b>Curious Incident of the Dog in the Night-time</b>, Almonte</li> <li><b>Generals Die in Bed</b>, Perth</li> <li><b>The Faery's Kiss</b>, Smiths Falls</li> </ul>

**Local Colours Art Exhibit**, Apr 27, 9AM-5PM, Meet artists; sample maple treats. McMartin House, Perth  
**Maple Paint In**, Apr 27, 11AM-4PM, Artists painting. Strévé Design, Perth. 267-0230

## Theatre

**Phantom of the Hubera**, Apr 4-6, 7:30PM; Apr 6-7, 2PM. Fundraiser for The Hub. \$15: Mill St. Books. Almonte Old Town Hall  
**Hamish**, Apr 4-6, 12-13 at 7:30PM; Apr 7, 14 at 2PM. Heartwarming comedy. Studio Theatre, Perth. Tix: ticketsplease.ca. \$24  
 Classic Films, 1:30PM. Pakenham Library, free.  
 Apr 5 **The Greatest Show on Earth**, Apr 12 **My Fair Lady**.  
 Film Night International presents: **Sir**, Apr 10, 2 & 7PM (Full Circle Theatre, Perth); Apr 11, 2 & 7PM (Station Theatre, SF).  
**Mademoiselle de Jonquières**, Apr 24, 2 & 7PM (Perth); Apr 25, 2 & 7PM (SF). filmnightinternational.blogspot.ca. \$10

**Green Book**, Apr 12-13, 7PM. Film. Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$10, \$5 students  
**Nat't Cdn Film Day: The Gardener**, Apr 17, 1:30PM, Doc: Cabot Garden. Almonte Library, 256-1037. Free  
**Generals Die in Bed**, Apr 25-27, May 2-4 at 8PM and Apr 28, May 5 at 2PM. Full Circle Theatre, Perth. 267-1884  
**The Faery's Kiss**, Apr 26-27, May 2-4 at 7:30PM; Apr 28, May 5 at 2PM. Station Theatre, SF. 283-0300. \$20/\$10  
**We Will Rock You**, Apr 26-27, May 3-4 at 7:30PM; Apr 28 at 2PM. CP Town Hall. ticketsplease.ca, \$22/\$17 matinée  
**A Star is Born**, Apr 26, 7:30PM, Film. Lady Gaga version. Studio Theatre, Perth. ticketsplease.ca. \$12 adv (\$10 door)  
**Lanark Laughs**, Apr 26, 8:30-10PM, Stand-up comedy. Waterfront Gastropub, Carleton Place., facebook.com/LanarkLaughs/.

**Lanark LiPS Poetry Slam**, Apr 26, 6:30-8:30PM, competition. YAK Youth Services, Perth. \$5 (performers free)

## Youth

**Pakenham Youth Group**, Apr 6 & 20, 10AM-2PM, Movies, games, pizza, crafts. Ages 9-16. Pakenham Library, 257-9772. Free  
**The Strangest Dream: A Play on Body Image & Esteem**, Apr 17, 4:30PM, Smiths Falls Arena; Apr 24, 5PM, Miss. Mills Youth Centre; Apr 25, 6:30PM, Perth Legion; Apr 26, 6PM, Lanark Highlands Youth Centre. Listen Up youth theatre. info@classictheatre.ca.  
**Easter Egg Hunt**, Apr 20, 11AM, Bring basket. Under 9s bring adult. Stewart Park, Perth. perth.ca.  
**Tree Planting w/Beckwith Youth Cttee**, Apr 20, 11AM, Beckwith Park, 257-1539.

## Music Pub Listings p29

**Watoto Children's Choir**, Apr 5, 6:30PM, From Uganda. Cavalry Pentacostal Church, Carleton Place. Free  
**Corbin Raymond: Storytelling & Music**, Apr 6, 7:30PM, Arnprior Library, arnpriorlibrary.ca. \$20  
**Rob Lutes**, Apr 6, 7:30PM, Big Stone House, Almonte, bigstonehouse.ca. \$30  
**Rob Lutes Songwriting/Storytelling Workshop**, Apr 6, 1-4PM, "Singing & Saying the Blues". Big Stone House, Almonte, bigstonehouse.ca.  
**Songwriter Circle**, Apr 7 1PM, Apr 15 6:30PM. David Keeble. Mississippi Mills Musicworks, Almonte. mmmusicworks.com.  
**AiC: Piano & Cello Duo**, Apr 13, 7:30PM, Almonte in Concert. Almonte Old Town Hall, almonteinconcert.com. \$35/\$15



# Hug a Librarian This Month!

To be brutally honest, there are days that I feel like giving up. I have worked in public libraries for over twenty years. There have been countless changes to program and service delivery; countless “re-inventions” to ensure that public libraries continue to serve the needs of the community. As part of mar-

by Kelly Thompson

keting we have tables at health fairs (“Bibliotherapy”, anyone?), newcomer evenings, and anywhere else that we can in order to get the word out about what we do. The problem

with this? Every single time we are out and about someone always feels the need to randomly walk up to our table just to tell us: “That’s lovely, but I don’t read”. Sigh...

If I am in a particularly energetic, happy place, I will gleefully try to dissuade them from this narrow viewpoint about libraries and explain all that we offer even if reading is not at the top of your list. Sometimes this approach works, sometimes not, but try I will! Other days I turn to one of my team members to pick up the gauntlet. That team member who hasn’t explained hundreds of times that, yes, I do have a degree to work in a library and no, I have not read every book lining the shelves, but do consider myself an avid reader.

Please don’t misunderstand. I still love what I do. I love coming into this building every day and trying my best to provide people with the resources they need and the answers they’re looking for. I still love to discuss books and find a new program or service that brings people together. I love that I have chosen a career that is never stagnant or boring. What I want to know is, how to shout it from the rooftops? How to let people know that even if reading isn’t your thing, we are still happy to see you walk through the doors. Libraries exist because they *are* a place for everyone. The library is a place you can go if, for example, you:

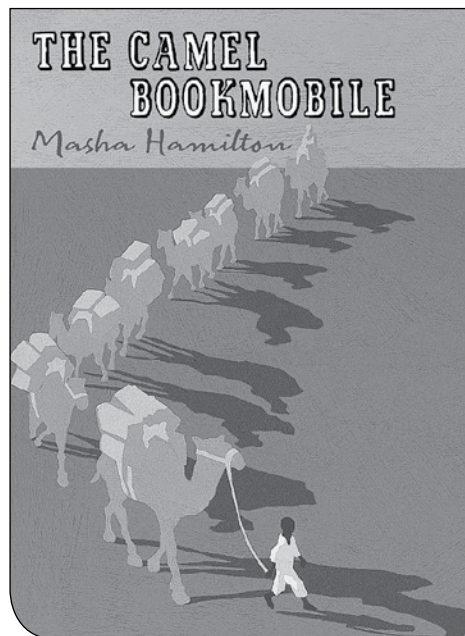
- Fall on hard times
- Need to find local resources
- Want to grab a movie
- Want to read to a child

- Wish to learn something new for little or no cost
- Need to research a medical diagnosis for more information
- Are lonely and just want to be around some people
- Pretty much anything else you can imagine!

Hopefully, if you already use your library, you can start spreading the word for us. We need your help. Badly. If you haven’t set foot in a library in a long time, maybe, just maybe, I’ve convinced you to give it another try?

## Books About Libraries

- *The Library Book* by Susan Orlean
  - *The Camel Bookmobile* by Masha Hamilton
  - *I Work at a Public Library* by Gina Sheridan
  - *Running the Books: The Adventures of an Accidental Prison Librarian* by Avi Steinberg
  - *Improbable Libraries: A Visual Journey to the World’s Most Unusual Libraries* by Alex Johnson
- Kelly Thompson is the Chief Librarian/CEO of the Renfrew Public Library



## Help shape the future of Almonte General Hospital

Almonte General Hospital is accepting applications for a position on the Board of Directors, beginning June 2019.

AGH’s Board provides leadership and strategic direction to the organization’s three divisions – Almonte General Hospital, Fairview Manor and Lanark County Paramedic Service – while overseeing key aspects of performance. To complement existing skills on the Board, a legal or healthcare professional (e.g. nursing, pharmacy, physiotherapy) or government relations background is desirable. Previous experience as a member of a board or in a senior leadership role is an asset.

Board members must be at least 18 years of age and must live or work within the area served by the Hospital. Members of the Professional staff, employees and their spouses, children, parents or siblings (or the spouse of any child, parent or sibling) are not eligible to serve unless permitted by a majority vote of the Board of Directors.

The Nominating Committee will interview potential candidates and make a recommendation to the Board of Directors for approval.

Application forms are available at [www.agh-fvm.com](http://www.agh-fvm.com) or through the office of the President & CEO at 613-256- 2514 ext 2220.

The deadline for applications is **Sunday, April 7, 2019**. We thank all applicants for their interest in serving AGH. Only those selected for interview will be contacted.

## Parkinson’s Awareness Month

Around the globe, April is Parkinson’s Awareness Month. Even before April has begun, the municipal councils of Smiths Falls, Perth and Westport have all officially recognized the need to increase awareness of this progressive neurological disease. And the reason for the importance of this is evident. Parkinson’s is growing as fast as Alzheimer’s

Disease and dementia. Some have even referred to it as a pandemic. While it is associated with aging, Parkinson’s Disease affects individuals of all ages and ethnic groups. While tremor is recognized, there are other lesser-known symptoms that are very common, such as loss of smell or vision, acting out of dreams, depression and anxiety.

But Parkinson’s is not the end of the road. There is evidence that with early diagnosis, positive attitude, education, treatment and exercise, people can continue to live well. In fact, experts have concluded that exercise can play a key role with symptom management and, some believe, disease progression.

In Lanark North Leeds, diagnosis of Parkinson’s at all, let alone at an early stage in the disease, seems to be a somewhat elusive goal. One reason could be due to the absence of neurologists specializing in movement disorders. Parkinson’s is a complex disease, and it has been found that outcomes are improved if the person does see a movement disorder specialist. The stigma associated with having a neurological disease could also be a factor, as well as misconceptions about the possibility of losing jobs or driver’s licenses.

But there is help and hope. Parkinson Canada, the national voice of people with Parkinson’s, offers support groups, education and advocacy, and contributes to research aimed at finding a cure.

The end of April is also the time when registration opens for the 2019 Parkinson Canada SuperWalk, which takes place in Perth on Saturday, September 7. For more information about that event, please visit [parkinsonsuperwalk.ca](http://parkinsonsuperwalk.ca).



# Time to Maple it Up in Perth

You know, you rarely hear anyone say, “Spring is here. Bummer.” No, you’re far more apt to walk outside, having shucked off your bear costume, and see your neighbours in tears, hugging or high-fiving one another, and saying, “We made it. Oh my, we made it,” like people who just endured terrifyingly turbulent air travel. So, yeah — Happy Spring, everybody! The chip trucks are open, and sweet, sweet things are happening in Perth throughout the month of April.

by John Pigeau

There’s a play opening at the Studio Theatre on April 4 that sounds rather charming. It’s called *Hamish*, and the poster says it’s “a heart-warming family comedy with a ghostly twist.” It’s an enchanting love story, too: Kelli books a trip for her overworked husband and herself at her husband’s ancestors’ former homestead in Scotland. They get there — it’s haunted. Matters get worse when a rival clan wants the homestead. Wife, husband, and ghost aim to set matters right. You can catch a performance on April 4, 5, 6, 12 or 13 at 7:30PM; or on the 7<sup>th</sup> or 14<sup>th</sup> at 2PM. Opening night tickets are \$19. For all other performances they are \$24 and available at Tickets Please — 11 Gore Street East in Perth, 485-6434, <ticketsplease.ca>. Get them early, folks. *Hamish* sounds like a crowd-pleasing winner.

The Lanark and District Maple Producers Association is bringing all the sweetness on April 6 and 7 for the 5<sup>th</sup> annual **Maple Weekend** in the county. Everyone is invited to their local sugar bush from 10AM to 4PM to maple it up and explore how maple products are produced from tree to table, to sample products, and to take part in the weekend’s fun, informative, and scrumptious activities. For a full list of participating maple syrup producers in the area, please visit <mapleweekend.ca> and click on “Lanark and District Sugarbushes.” (In Perth, Coutts County Flavours and Oliver’s Mapleworks are taking part, as are Jameswood Maple and Temple’s Sugarbush in Lanark. But please see the full list.) There you’ll find



Photo by David Zimmerly

Say Messi-ah! The combined choirs of St. Pauls and St. James’ Churches and Friends in rehearsal for the April 28<sup>th</sup> performance of *Handel’s Messiah*, under the direction of Brad Mills at St. Paul’s United Church in Perth. At publication time the concert is nearly sold out.

details about the weekend’s events at each specific venue. Activities range from sugar bush adventures and nature trail walks to delicious pancake breakfasts, sugar making demonstrations, taffy-on-snow tasting, wagon rides, horse-drawn sleigh rides and much more. There will be samples and lots of maple products for sale. You might want to bring a doggy bag — these pancake breakfasts sound absolutely delectable — and your backpack too.

Oh, the little ones will be in for a fun morning on April 20 as Perth Tourism presents the annual **Easter Egg Hunt** in pretty Stewart Park. The hunt starts at 11AM sharp, so the wee ones under eight best get a good restful night’s sleep the night before. The Easter Bunny will be there and kids can get their picture taken with him. Bring your baskets, kids. Everyone gets a treat. As my Gramps would have said: “Happy hunting, you little hot dogs.”

Now, this won’t be happening for a while, but we’ve just received some exciting news from the organizers of the **Perth Kilt Run**. This year’s Kilt Run, the 10<sup>th</sup> annual, will take place on August 17, and you can get all the details at their new website: <freedom-festperth.com>. As of March 20, 1,001 people had registered for the run, meaning that there will be more than one thousand entries in each of the ten years of the event. That’s quite a feat (no pun intended). Registration will remain open until June 21, but the sooner you register, the less you pay. This year’s race course is all new and is said to be the “best yet.” Finally, the Kilt Run is now one part of a new festival called “Freedom Fest!” It runs on August 17 and 18, and will feature Juno award winning artists at a welcoming concert — free to the public — in Stewart Park. Exciting news, indeed!

On April 26, if you didn’t get the chance to see this film on the big screen, you’ll want to see *A Star Is Born* at the Studio Theatre. It’s playing at 7:30PM as part of the theatre’s Movie Nights series. Tickets are \$12, and Lady Gaga gives an extraordinary performance — Oscar-worthy indeed.

Now it’s my personal theory that, sure, it’s officially Spring, but in Perth, well, it’s not truly Spring until the **Festival of the Maples** rolls around. This year’s festival, hosted by the Perth & District Chamber of Commerce, takes place on the old downtown streets of our beloved, pretty little town on Saturday, April 27 — when everyone, including about 20,000 visitors, gets together for one last maple-season celebration. And it’s always a grand one, featuring a kick-off pancake breakfast at the Perth Legion, live music, a midway, pony rides, a petting zoo, classic antique car display, over 170 craft and artisan vendors, and of course a gathering of local maple producers serving up their season’s finest and most delicious maple products. Many of our wonderful downtown shops will have special sales on to celebrate the day. Parents

may wish to know that this year the Kids’ Area in the Basin will be hosted by the Perth Fire Dawgs. The festival runs from 9AM to 4PM. For much more information, please visit the Festival of the Maples’

new website at <festivalofthemaples.com>. Have fun — and maple it up, folks.

While you’re nearby sampling some delicious maple treats, you may wish to drop in at McMartin House as the **Local Colours Fine Art Group** will be there hosting their third annual Art Show & Sale that Saturday as well. Chat with the artists, enjoy the work, and maybe one of their works will catch your eye. The show runs from 9AM to 5PM.

Then on April 28 the combined choirs of St. Paul’s and St. James churches (and friends!) will perform *Handel’s Messiah* at St. Paul’s United Church. This beloved work should sound magnificent in the newly renovated and acoustically beautiful sanctuary/performance space at St. Paul’s. Brad Mills, Director of Music at St. Paul’s, will conduct the 85-voice choir, 16 professional musicians and four soloists in this once-only performance. Only a few tickets remain. They are \$30 and available at the church office or from Tickets Please — in person at 11 Gore

Street East, by phone at 485-6434, or online at <ticketsplease.ca>. Visit <stpaulsperth.ca> for more information. The concert starts at 7PM.



The Perth Kilt Run has a new date — August 17 — but you can still register now!

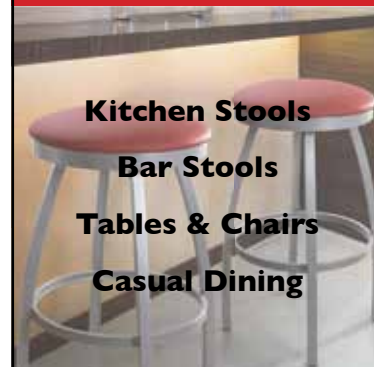
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Catch the Goulbourn Male Chorus in concert on Saturday, May 4

## Paying Tribute to the Singer/Songwriters

The Goulbourn Male Chorus is hard at work preparing for its Spring Concert 2019, which will be a tribute to singer/songwriters. Choral arrangements of traditional as well as popular songs, under the direction of Scott Auchinleck, will be sung with the rich harmonies for which the GMC has become recognised.

The songs cover all genres, and some are among the most popular songs ever. This chorus goes to great lengths to find interesting choral arrangements for their pieces, and when they are unable to do that, some of the talented members will create an arrangement that suits the chorus.

Among the songwriters featured are Billy Joel, James Taylor, Leonard Cohen, Lennon and McCartney, Gordon Lightfoot, Rita MacNeil, Stan Rogers, Elton John and more. The Gordon Lightfoot number will be the well-loved *Canadian Railroad Trilogy*, arranged by former GMC Music Director Byron Hermann.

The concert will once again be held at the lovely Trinity Presbyterian Church on Richardson Side Road in Kanata, on Saturday, May 4 at 7PM. Tickets are still only \$15 and are available from members, online at <a href="http://goulbournmalechorus.com">goulbournmalechorus.com</a>, and from Brown's Independent Grocer in Stittsville.

# Poetry Blitz in Almonte

Mill Street Books invites you to celebrate Poetry Month on April 27 when local poets will read and recite their works in a poetry blitz. Almonte resident Danielle Gregoire will lead this event. Danielle is a spoken word poet, former director of the Capital Poetry Collective, former member of LiPS (Lanark County Live Poets Society), and owner of Curious & Kind.

This idea was prompted by discussions with local poet Claire Sylvan whose book *Turnings* has just been reprinted and is now available in the store.

Claire's poems offer windows into the beauty and power of nature, human foibles, and much more. She always looks for the kernel of truth and strength as she creates poems from the ordinary and the unusual. Anything can be fair game for a poet's pen, and Claire draws inspiration from it all.

A wide range of readers have recognized their own inner yearnings and delights among these poems, with their quirky fearless language and universal themes.

Since publishing this book, Claire has been asked, "Why write poetry?" Poetry represents a lot of work to whittle these few sentences down to the core, the essence of each piece. One answer came last year in an email from a woman who reported that her husband had had a stroke and was unable to read or to tolerate being read to. The woman found a copy of *Turnings* on a friend's table; she took it to her husband and he eventually was able to hear and then read these poems.

Claire was born within earshot of the North Atlantic in Cornwall, England, where stone monuments of ancient indigenous cultures are still appreciated and tended. Mysteriously, she has a deep affinity for water, rocks, wild winds and sacred places on the Earth. In her early years, Claire's parents moved the family frequently; Claire solved the problem of living with constant upheaval by always finding a place of natural beauty, a tree, a stream, a refuge in

whichever town her parents moved to. That yearning for the safety and beauty of the natural world has informed her work ever since. Always, writing has been a dependable companion, a way to make sense of a world that can at times be confusing.

Louise Diamond, author of *The Peace Book*, has this to say about Claire's work: "Claire Sylvan, in this stunning poetry collection, has managed to build bridges both sturdy and ephemeral — between the natural world and the inner world, between the intimate and the universal, and between the mundane and the mystical."

Claire Sylvan has made a lifetime of writing and now she has brought her talents to Almonte. In addition to working on her writing and being Granny to many, Claire has found time to mentor the writing circle at the Centre for Creative Living at St. Paul's Anglican Church, to work on reconciliation activities with the Mississippi Mills All My Relations group, and to engage in her love of quilting. As a member of the Almonte Crazy Quilters and other organizations, Claire has found kindred spirits and beauty makers.

Details about the Poetry Blitz were still being finalized at press time, so please contact Mill Street Books at 256-9090 for more details.

### Wonder

Beauty dumbfounds me. I am left  
With only the shell of silence  
As the snow curls over the roof edge  
Like an ocean wave,  
windswept to shore.

In that falling moment  
when it lifts and turns  
I am swept into its spiral grace,  
Turned in inexpressible gratitude.

— Claire Sylvan, from *Turnings*

## Meet Kiviug — and a Local Author!

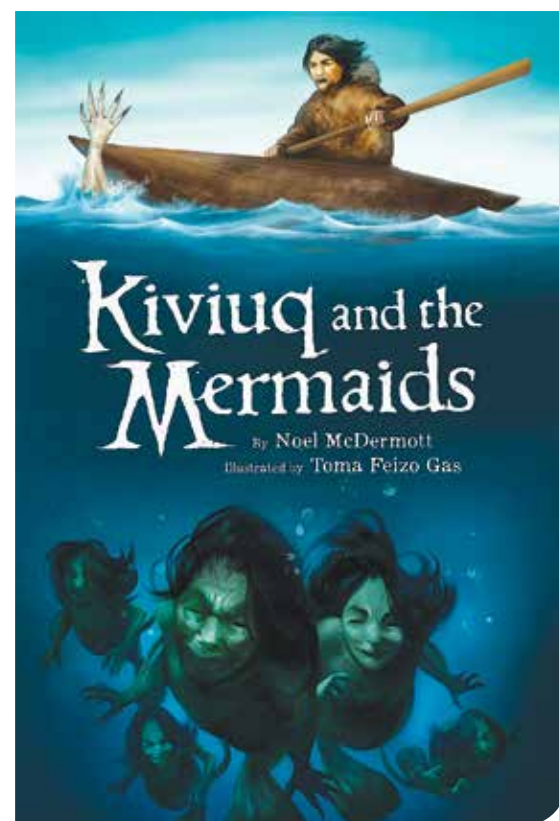
Professor Noel McDermott lived and taught in the eastern arctic for thirty-five years. Recently he has written two traditional stories about Kiviug, one of the most important characters in Inuit mythology.

In one of his most heart-pounding adventures, *Kiviug and the Mermaids*, Kiviug encounters a group of frightening mermaids. With only his qayaq to keep him out of their clutches, Kiviug must think fast to defeat these angry creatures of the deep! *Kiviug and the Bee Woman* was published in January. Readers will be fascinated by the contemporary renditions of traditional tales.

These books are published by Inhabit Media, an Inuit-owned company located in Iqaluit, Nunavut, whose aim is to preserve stories of Inuit and Northern Canada. The books have been published in English and Inuktitut.

Everyone is invited to meet local author Noel McDermott at the Almonte Public Library on Tuesday, April 23 at 7PM. While traditionally his books are for youth, Noel's lecture will encompass his extensive knowledge of Inuit history as well as his books, and will appeal to adults too. Noel's wife Kate will bring along some artifacts from their time living in Northern Canada.

Seating for this event is open and space is limited. For further information, contact Mill Street Books at 256-9090.



Author Noel McDermott will be at the Almonte Public Library on April 23

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# Therapeutic Riding Returns to Almonte

## We're Back – And We're Looking for Volunteers!

The Lanark County Therapeutic Riding Program offers specialized riding lessons to children and adults with physical and/or developmental disabilities throughout Lanark County. The program is in its 34<sup>th</sup> year of providing this beneficial therapy, rehabilitation and recreation where horses are the helping partners! The spring riding season is just beginning, and the program is looking for volunteers to assist with the riding lessons in Almonte at Fox Hollow Farm on the Appleton Side Road.

If you are interested in being with enthusiastic riders, out in the fresh air and ready for a little exercise, come out and see what it is all about at a lesson that is in progress. If you would like more information or wish to register as a volunteer, please contact us.

The volunteer meet-and-greet, training and orientation for 2019 is scheduled for Thursday, April 25 from 5–8PM at Fox Hollow Farm. No experience with horses is necessary. You will be shown how to side-walk beside the rider using different support holds and offering encouragement and direction. For people

who have had experience with horses, techniques for leading a horse with a disabled rider on board will be explained. Safety is the main concern for all who are involved in the riding program, so it is important that volunteers learn how to be comfortable around the horses, which comes with time and experience. If you are interested, volunteers are also given the opportunity to learn how to groom the horses and tack up to prepare the horses for the lesson.

The lessons run in the mornings and after school during the week. This is a wonderful chance to learn some new skills and be involved in a therapy and recreation that provides physical benefits as well as social, emotional and psychological gains. Typically, each volunteer contributes three hours on a set day each week.

Details about this and other events can be found at <therapeuticriding.ca>, or by calling Amy at 257–7121 x3238. We invite you to like us on Facebook @The Lanark County Therapeutic Riding Program!  
— Amy Booth



The Lanark County Therapeutic Riding Program will hold their 2019 volunteer orientation on April 25 at Fox Hollow Farm near Almonte

## West Ottawa Ladies Chorus Sings Folk Songs

A musical journey from Australia, through the British Isles, with a Czech-Slovak stop on the way to Canada and the United States will be the theme of the West Ottawa Ladies Chorus Spring concert this year. On Saturday, April 27, the Chorus will bring its 40-voice four-part harmony to St. Paul's Anglican Church in Kanata. It will be supplemented by the rich sounds of the Ottawa Police Chorus as they perform in a guest appearance.

The great thing about folk music is that it tells stories. So audiences will hear the sad tale of the *Housekeeper's Tragedy*, and follow *Sweet Betsy from*

*Pike* as she swims the wild rivers and crosses the mountains on the way to California. Then there's the beautiful story of lost love in the Irish ballad *Carrick Fergus* and an arrangement of *Danny Boy* that will touch your heart.

The Czech-Slovak song about a slow-moving river will flow over you with peace and calm, but Ontario's humorous *Black Fly* song is a rollicking reminder of what it's like up north in the summer.

The West Ottawa Ladies Chorus is also excited to have the Ottawa Police Chorus as their special guests for this concert. This 4-part group of men and women will perform some of their favourite songs in full uniform. The Police Chorus was formed in 1972 and has performed for many audiences since then.

The West Ottawa Ladies Chorus has been directed by Robert Dueck since 2012 and is accompanied by Lanark-based jazz pianist Peter Brown. Robert will be leaving the Chorus in 2020 for the West Coast, and the search is on for a new director. Applications can be sent to <WOLC.applications@gmail.com>.

Tickets for this concert are \$15 in advance, \$20 at the door and also online. Children under 12 are free. Information about ticket purchase is available on the website at <westottawaladieschorus.ca>.  
— Barbara Bottriel



On Saturday, April 27, the West Ottawa Ladies Chorus will take you on a musical journey!




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Learn about the MM Tree Committee's "Friends of the Park" initiative

**DON'T MISS EVENTS!**

**Tree Talk Wednesday April 24 7:30PM** : Almonte Old Town Hall  
 Calvin Murphy, Recreation Manager, Mississippi Mills  
 Kelly Stiles, Biologist, Mississippi Valley Conservation Authority

**Walking Talks Monday April 22, 4 PM - Shipman Dr., and Thursday April 25- 7 PM 246 Mitcheson St.**  
 Hour long walks with arborists Allan Goddard & Ed Lawrence offering goldmines of information!

**Tree Walk Friday April 26 7:00PM** Walk with Elise Perron through the Bridge Garden in Pakenham, learn about historical portage routes, fossils and trees that make up this iconic landmark.

**Tree Workshop Saturday April 27 10:00AM** Almonte Old Town Hall  
 Arborist Allan Goddard "Trees- More than meets the eye"

...and that's not all visit [www.exploremississippimills.ca](http://www.exploremississippimills.ca) for more!

# Celebrating Children and Creative Arts

The Ottawa Children's Festival exists to surround young people with excellence in performing arts that excites their instinctive creativity and boundless imaginations, and encourages individual expression. Taking place from May 8–12, this year's festival will celebrate the world's finest performing arts for young audiences and their families.

The line-up of the 34<sup>th</sup> festival consists of highly acclaimed Canadian and international productions from across the globe.

*They Called Her Vivaldi* (from Ireland) is the story of a girl named Cecilia Maria, called "Vivaldi" by many for her musical gifts, and her father Edward M. Haberdasher who makes her a hat which she calls Capello. Through the eyes and ears of this gifted young girl, the audience goes on an adventure to discover the gifts and talents hidden within the town of Triste.

Denmark's *Fly* is a poetic journey into a circus universe with strange characters, big emotions and captivating puppet imagery.

In Germany's *Kaschtanka*, a young dog loses her master and cannot find her way back home. George, a circus clown and trainer, discovers Kaschtanka on the street and takes her to become a member of his unusual circus troupe. Together with a goose, a cat, and a pig, they live a life of adventure, thrill and fame. After George passes, Kaschtanka becomes restless to find another owner, and to her surprise she notices her former master in the audience... Immerse yourself in this world of circus that includes live music, real actors and incredible tricks.

With puppetry and animation, the story of *A MANO* is brought to life with only clay and fingers. Young or old, this amazing show from Spain will captivate your interest. Countless lessons on the value of friendship, love and sympathy guide us to the most important things in life. Let this little terracotta adventure take you by the hand and lead you on a journey to a unique little world!

Andy Cannon, Scotland's beloved performer for young audiences, brings Shakespeare to Ottawa with *Is This a Dagger? The Story of Macbeth*. In this one-man show with a compact set and original music, Cannon provides plenty of entertainment as he transforms from one character to the next. This compelling and critically acclaimed adaptation makes understanding



Join Almonte's puppet "Miss Mills" and her team of Puppet Professors as they guide you to build your very own finger puppet at this year's Ottawa Children's Festival, taking place from May 8–12

and appreciating Shakespearean literature fun and easy for all.

*Paper Planet*, a beautiful, gentle installation from Australia, is filled with strange tall cardboard trees, paper leaves, boulders, birds and creatures. The artists aid children with their creations and explore the intersection between play and performance in this evolving world, accompanied by a live soundscape that transports everyone deeper and deeper into this fantastical shared creation.

*Les Parfaits Inconnus* from Quebec is an adventure through the circus arts where comedy, acrobatics, imbalance and juggling come together to the rhythm of live music. Seven crazy characters carry the audience through a rock 'n roll performance for an hour of delirium!

The main festival site is located outdoors at LeBreton Flats Park where you'll find lots of activities on-site to keep the kids entertained. Participants include Cirque du Soleil, Altitude Gym, Miss Mills' Puppet Workshop, Kromatik face painting, Archery Games, Salsa Kids, Pedalheads, Let's Talk Science, Zorbs, Little Ray's Reptiles, Spring-free Trampolines, Tim Holmes, Orbital Talent with their "Alice in Funderland Tea Party", and much more to discover!

For the second year in a row, Nature Canada will be celebrating World Migratory Bird Day at the Festival on Saturday, May 9.

Buy your tickets, pack a picnic (or visit one of the food vendors), and spend a magical day at the Ottawa Children's Festival (group rates are also available). Please visit [ottawachildrens-festival.ca](http://ottawachildrens-festival.ca) for more details and to purchase tickets.



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# The Bookworm

A love of books and book collecting is the key to the Gateley family's involvement with a secondhand bookstore in Perth called the Bookworm. Barb Gateley would often pass this bookstore on her way to work and would drop in. She loved the store and when the opportunity arose, she purchased it. She completely gave her energy to growing it, moving it to larger locations as it grew, organizing books in a very systematic way. Barb's daughter Tina grew up collecting books, lugging them along as she moved in her young adult years from Montreal to Victoria to Calgary. In May 2011, her parents were ready to pass the torch to Tina. She had moved to Perth, bought a home, and was happy to take over the business. Tina had been helping her mother in the store and knew the business very well. Almost eight years have passed since that decision to take over and Tina continues to love being her own boss and having the freedom and responsibility to make improvements.

The store is spacious and clean. The storefront window is always attractively decorated, highlighting current bestsellers or timely period books that draw people inside. There are three rooms that are well lit, welcoming and organized in a way that patrons can easily find books to suit their interests. A back office leads to another room, filled floor-to-ceiling with custom-made wooden boxes containing books. Each of these identical stacked boxes has an identifying label corresponding to the genre of books inside. These are extra books which will come out when there is room for that genre.

According to Tina, the books are donated by patrons who frequent the store. Some patrons are locals, some are summer cottage folks and some are tourists coming through Perth. There

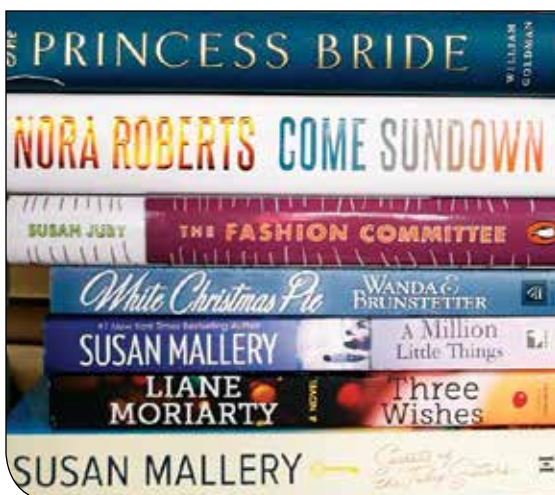
is a credit system in which books brought to the store by patrons have the book's value recorded and used as a credit when the person wishes to purchase another book. This system helps to keep books out of our landfills and to give book lovers a discount on their next purchase. Tina clarified that the books have to be in fairly good condition.

The Bookworm carries CDs and DVDs as well as books. This bookstore has something for everyone — all ages and interests. Patrons will find a great selection of U.K. mystery writers, current bestsellers, world history and current events, romance, true crime, nature and art, how-to-books for carpentry, woodworking, watercolour and drawing, sheet music and music bios, young adult literature and children's books, classics, cookbooks, gardening, self-help, diet and exercise, religion and spirituality, tarot cards and new age, Canadian fiction, history, politics and biographies, science fiction and fantasy, manga and graphic novels, westerns and many many more. These gently-used books are sold at a very reasonable price. There is even a shelf of \$1.00 books!

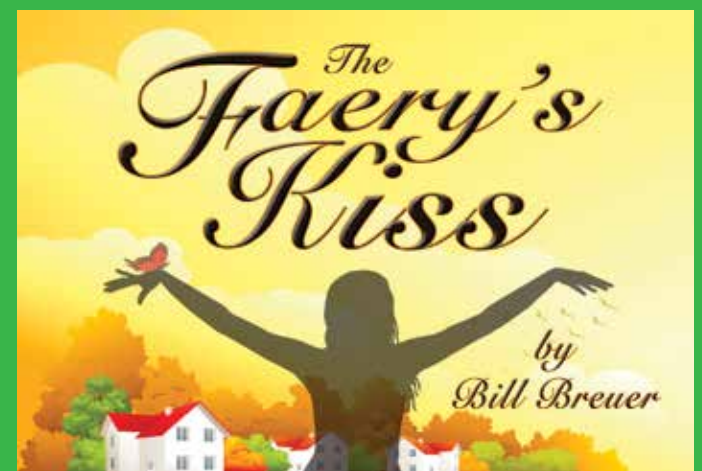
Tina recounts a story of a woman who contacted her desperately in search of a particular book related to local history. The woman had accidentally thrown out a copy of this book, belonging to her husband. She was hoping to replace it as a Christmas gift and asked Tina if she could order it. The woman was surprised and delighted to learn there was a copy of this book on Bookworm's shelf. Tina was delighted too! The book was just in time for Christmas. If a book, CD or DVD is not in stock, Bookworm can order it in.

The Bookworm has a healthy relationship with other Perth bookstores. There is a triangle in Perth in which book lovers circulate between the Book Nook (Gore Street), the Bookworm (Foster Street) and Backbeat (Wilson Street). Booklovers are delighted with the multiple choices. And all beginning with the letter "B".

The final word about the Bookworm goes to Tina's father. In January of 2019, Tina's father was working on replacing the store's entire flooring. This is definitely a labour of love; just another instance of the family's commitment to creating and maintaining an attractive and delightful bookstore of gently read books. It is worth checking out. The Bookworm is located at 76 Foster Street, right next door to the Red Fox Restaurant and Tavern in Perth. Find out more at <bookwormperth.com>. — Martina Flanagan



The Smiths Falls Community Theatre Presents



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Directed by Mandi Reed

April 26, 27 & May 2, 3, 4 at 7:30 pm  
Sunday Matinees Apr 28 & May 5 at 2:00 pm

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Tickets available at:

- Special Greetings, 8 Russell St. E., Smiths Falls (cash only)
- smithsfallstheatre.com (Paypal/Visa/Mastercard)
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A Traditional Fiddle Awards Showcase Concert

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MUSICAL FRIENDS:

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Terri-Lynn Mahusky, Kyle Felhaver  
Monday Night Fiddlers

SPECIAL GUEST PERFORMANCES:

Ernie Fraser  
Alexis MacIsaac

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# The Strangest Dream

## A Play about Body Image and Self-Esteem

The annual Listen Up youth theatre troupe will once again tour Lanark County and Smiths Falls youth centres and schools in April with a new play about body image called *The Strangest Dream*.

The fifth installment of the annual event — whose previous productions have focused on depression and anxiety, the effects of teen suicide on a community, youth homelessness, and sexual harassment and assault — features returning troupe members Felix Evangelho, Ryan Kreissler and Lu Williams, along with newcomer Isaac Sinfeld. Written by Laurel Smith based on research and conversations with young people and in consultation with the Hopewell Centre — Eastern Ontario's only clinic dedicated to working with those dealing with eating disorders — the show is being staged at a time when teenagers especially face a barrage of images in print and electronically that make them question their self-worth and can lead to harmful behaviours.

"In addition to all the expectations we place on young people, the social pressure to conform to looking a certain way can have devastating impacts," explains Smith. "While this is certainly not a new thing — we know eating disorders have been with us for a long time — it is magnified by the 24/7 access we now have to a bombardment of visual images and voices that get into our heads and tell us to look and act and feel a certain way."

The Listen Up project has served as an inspiration for inter-generational dialogue over the past four years, with parents and adult community members taking part in post-show feedback discussions with teenagers.

"It has opened the eyes of a lot of people who aren't always as well connected to what is happening in the world of young people as they could be," says Smith, who notes that young people in rural eastern Ontario face many challenges, not least of which are long waiting lists for a number of services to meet the needs of the teen population. "Through theatre, we tell stories that we hope will provoke the kind of discussion needed to hear what young people's lives are really like, and hopefully to generate the kinds of changes they need to live healthy lives."

### Upcoming Performances

The play tours throughout Lanark County on the following dates: April 17 at 4:30PM at WAK (Smiths Falls Community Arena, 71 Cornelia St. W.); April 24 at 5PM at the Mississippi Mills Youth Centre (134 Main St. E., Almonte); April 25 at 6:30PM at the Perth Royal Canadian Legion, (26 Beckwith St. E., Perth); and April 26 at 6PM at the Lanark Highlands Youth Centre (61 Princess St., Village of Lanark). For further information, please contact 264-8088 or <info@classictheatre.ca>.



Photo by Jean-Denis Labelle

Felix Evangelho and Ryan Kreissler, seen in last year's Listen Up play on sexual assault, return for the 2019 project *The Strangest Dream*, focused on body image and self-esteem

# MMLT's 2019 Discover the Wild Series

The Mississippi Madawaska Land Trust (MMLT) is pleased to announce that it will again host a series of outdoor events at its properties this year. The line-up for 2019 includes six events at four locations. The number of participants will be capped for some events, so be sure to register early. For a complete list of events and their dates, go to <mmlt.ca> and click on "Discover the Wild Series".

The first event of the season, **Discover Henry David Thoreau**, is sponsored by Hummingbird Chocolate Maker in Almonte. It will take place at Blueberry Mountain on Sunday, May 5 beginning at 10AM. In addition to the spectacular view from the mountain top, participants will be treated to a special presentation by the renowned philosopher and naturalist from the 1800s, Henry David Thoreau, who held a deeply-felt conviction that "in wilderness is the preservation of the world." Thoreau's writings were an inspiration to Mahatma Gandhi and Martin Luther King Jr. His message of how to live so you will not discover at the end of your life that you hadn't lived at all has never been more relevant than today. Register online early for this re-enactment at <mmlt.ca>.

Other Discover the Wild Events include **Discover Birds & Their Friends & Foes** on June 23 at High Lonesome Nature Reserve and **Discover Wildflowers** on July 14 at the Poole Family Nature Sanctuary near Carleton Place.

For the first time MMLT will be offering a discount to their members. The fee for each event for non-members will be \$15 whereas members pay only \$10. A \$5 discount will be available to event participants applying for membership on-site on the day of each event.

The Mission of MMLT is to protect and preserve wild areas in our beautiful corner of Canada.



Howard Clifford stands atop Blueberry Mountain — the site of the upcoming "Discover Henry David Thoreau" event. Come out on May 5 to learn more about the renowned naturalist, and to enjoy the spectacular scenery!

It does this by acquiring and stewarding special properties and working with land owners to help protect their land for future generations. MMLT also creates opportunities for people to engage with nature in order to foster support for the conservation of wild places.

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# More Than a Martial Art

## How Taekwon-Do Can be Beneficial for Kids

Taekwon-do is widely recognized as one of the most popular forms of martial arts. What isn't as well known is that Taekwon-do's potential benefits (physical, mental and emotional) extend beyond simply learning a form of self-defence — especially for children.

"We want to give our students lasting confidence and encourage them to reach beyond themselves to help others," says Mr. Joel Denis, Owner of The Edge Taekwon-Do Academy Almonte. "By teaching the art of Taekwon-Do, we enhance students' physical and mental well-being and contribute to their future success."

Through the tenets of courtesy, integrity, perseverance, self-control and indomitable spirit, children learn discipline, respect and focus. What's more, children who train in Taekwon-Do often experience a boost in self-confidence and may see improvements in their marks at school, as they apply the self-discipline and concentration skills they learn through their training to their school work and study habits.

"Our children's program is focused on two key pillars: goal setting and achieving results in all areas of the student's life," says Mr. Franco Veraldi, Head Instructor. "We don't just talk about these principles. We strive to implement them in our teaching and encourage students to apply them both inside and outside of class."

Veraldi stresses that Taekwon-Do can benefit everyone. The school offers classes for children, youth and adults. The social and self-regulation aspects of what children learn in class can be particularly helpful to children on the autism spectrum or coping with ADHD or other unique needs.

Undeniably, with its intense patterns, techniques and sparring, Taekwon-Do has physical benefits for children. This is all the more important given the fact that only 35% of 5- to 17-year-olds are achieving the recommended activity levels for their age group, according to the 2018 ParticipACTION Report Card on Physical Activity for Children and Youth.

In addition to improving their overall cardiovascular fitness, children new to Taekwon-Do see improvements in their gross motor skills, balance, coordination and flexibility. It is also an excellent cross-training option for already active children who participate in other sports such as hockey and soccer, particularly in regard to improved strength and focus.

Taekwon-Do offers mental and emotional benefits to children as well. In a world where children engage



Anya and Sasha St. Denis celebrate their success with coach Franco Veraldi at an international tournament in Markham, Ontario

in more sedentary and solitary online behaviours and fewer in-person social interactions, Taekwon-Do brings children together with an emphasis on fitness, fun and community.

"Each of our students trains and progresses at their own pace but we are a team — as close as a family," says Veraldi.

With no set intake period, The Edge Taekwon-Do Academy Almonte allows children to sign up and join in year-round. They also offer a generous free trial of two months of unlimited training plus a T-shirt to train in. This gives students and families the chance to see if it's a good fit for their interest and schedule. Plus, recognizing that it can be hard for families to fit fitness, fun and family time into their busy days, The Edge encourages training as a family to experience the physical, social and technical benefits of Taekwon-Do together with the ones you love.

Fun, challenging, full of variety, and boasting a wealth of physical, mental and emotional benefits, Taekwon-Do might just become your child's (or your entire family's) next favourite activity.

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