

MARCH 2020

the Hummm

free

Arts,
Entertainment
& Ideas



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Patrick Kelly
SALES REPRESENTATIVE

Getting to know... Almonte!

One of the best ways to get a feel for a community is to spend a day — and evening — exploring the area. Below are some suggestions for getting to know the friendly town of Almonte. If you decide you want to become a local, just give me a call!

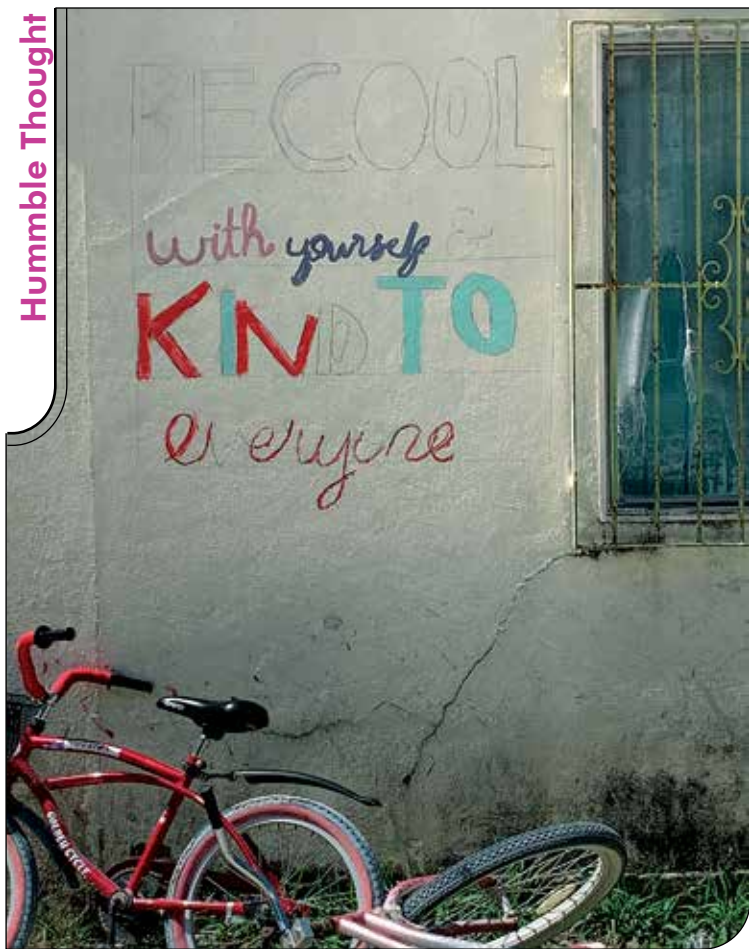
Grab some locally-roasted java at **Equator Coffee**, check out the eclectic shops on Mill Street like **doree's habit**, nab a sinful cinnamon bun from **Baker Bob's**, hike the lovely scenery at the **Mill of Kintail**, and dine at the divine **Heirloom Café**. Have a great day!

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Dear Editor:

I read, with interest, the article posted by Randy Hillier on his website last week entitled “Ending the Indian Act, Blockades, and Hypocrisy”. Since the issue of the standoff on Wet’suwet’en territory and the related actions across the country have understandably galvanized the media’s attention for the past few weeks, I thought it important to respond to the comments of one of our elected officials. There are some things I agree with in his article, and some things I do not.

I could talk about his contention that “My ancestors and the history of Canada demonstrates beyond any doubt that consensus, not conquest, was the relationship between the European settlers and the native Canadians.” Or about other statements he made. But the thing that intrigued me most is that Mr. Hillier was one of the founders of the Lanark Landowners Association, and subsequently the Ontario Landowners Association, who championed the rights of property owners and whose motto was “Back off Government”.

So here we have a situation where the landowners, the Wet’suwet’en (a name that he, for some reason, does not even mention in his article), are demanding that the RCMP leave their unceded territory, and they are protesting against a pipeline, which they do not want to cross their land. As a Landowner, one may reasonably wonder what problem he can possibly have with that? Or does he think that they should be forced, against their will, to bow to the needs and demands of government and big business?

I recall Mr. Hillier and other Landowners using various tactics, including disrupting traffic and holding peaceful rallies on Parliament Hill, to get the attention of the public and politicians on issues that were important to them. Do other people not have the same rights to have their voices heard? Or is that only if Mr. Hillier agrees with their viewpoint?

Sincerely,
Stephen Kotze



In 2019, Louise Ross wrote: “I would like to share a photo that was taken of me, while in Prague, in April. I was in front of the famous castle entrance and I was there, visiting, for the very first time. It was a Bucket List destination and I am so very happy I was able to see so much of Prague while I was there. This is just one of over 1500 photos that I took while in Prague, and I hope you can add this to your next edition.” Thank you for taking theHumm on your travels, Louise!



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theHumm is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, Smiths Falls, Burnstown, White Lake, 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!

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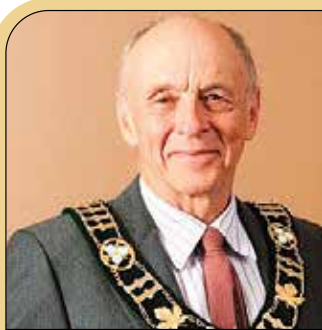
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Thumm’s up this month to:
Julie Hunter (now Beaulieu) and Calvin Beaulieu for getting hitched! Congratulations to two wonderful (and wickedly talented) people — we wish you all the best!

**In Memoriam
Shaun McLaughlin**

**Former Mayor of
Mississippi Mills**



In his “County Curmudgeon” column that ran in the December 2002 issue of theHumm, Shaun McLaughlin wrote: “Fight the good fight’ is a phrase that says so much in a few words. To the Curmudgeon

it means you fight for an ideal even when you know you may lose, because, by not fighting, you stand to lose more.”

To me, Shaun McLaughlin was an idealist, a fighter, a friend and a curmudgeon — someone who stepped up and gave his best in pursuit or defense of what he believed to be important, and who let people know when he thought they should do the same. For several years he contributed a regular (and feisty) column to theHumm that took both residents and local politicians to task on a variety of issues. From 2010 to 2014, he served a term as a Ramsay councillor, and then from 2014 to 2018 as Mayor of Mississippi Mills — stepping up and personally fighting the good fight on the front lines.

Shaun did not write for theHumm during his terms in office, but he began contributing again in late 2018 when he became the ambassador of the Great Veggie Grow Off — a program that encourages people to contribute fresh produce to local food banks. As councillor, Mayor and friend, he was always tremendously supportive of both theHumm and the local arts and culture scene.

In mid-February, while vacationing abroad, Shaun McLaughlin passed away suddenly and unexpectedly. I am among the many residents of Mississippi Mills to be shocked and extremely saddened by his death, and I extend my deepest condolences to his family and close friends. His passing leaves us bereft, but his legacy leaves us inspired.

Everyone is invited to celebrate Shaun’s life at a gathering at the Almonte Old Town Hall on Sunday, March 15 from 11AM to 2PM.
— Kris Riendeau

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The Magical Imagination of Mária Moldován

The mere mention of Transylvania anywhere in the Anglosphere immediately conjures up the occult adventures of Dracula. Having never met anyone from Transylvania before, your intrepid arts reporter was both mesmerized and intimidated by my utter lack of knowledge of the background of this month's featured artist from Arnprior.

by Sally Hansen

Mária Moldován's astonishing art is as unfamiliar as her background — and just as fascinating. This accomplished and multi-talented artist weaves her magical imagination throughout her paintings, her sculptures and her children's book illustrations. Her flights of fancy lift my spirit and invite me to climb on board. Immersing myself in her phantasmagorical world, I realize it's like reading fantasy literature — best enjoyed with a willing suspension of disbelief.

Mária's creatures and characters and objects populate a world of striking originality, unhampered by convention or probability. Birds and fish and people and buildings and feet and plants occupy the same territory. It is up to the viewer to invent her own story for each work of art. It is also rewarding to just "feast your eyes" and wonder what in (or out of) the world inspired each piece. When I can't resist asking, Mária replies: "Everyone asks me, 'Where do the images come from?'; it's like asking me 'Why are you breathing?'"



Her work is breathtakingly original, and superbly executed. She is inspired by Chagall and Gauguin, both of whom broke with tradition to follow their own muses. Otherworldly, supernatural touches in her paintings and sculptures remind me of Chagall's works. Like his, Moldován's works resonate with a deep, intrinsic appreciation of music and culture. Like Gauguin, she believes that the input of memory, imagination and emotion results in more meaningful forms. Somehow she channels childlike innocence

while weaving intricate images into enigmatic works that invite endless contemplation.

When I comment on her frequent application of feet to normally inanimate objects in her paintings and on her sculptures, she confides that it is a holdover from her youth. "When you are a child you believe in animism — children think everything is alive." Moldován's art is deliciously, wondrously childlike and alive.

The Journey

Her big dilemma was deciding which art form she would embrace. Mária grew up in a household replete with art and music and saturated with artistic sensibility. Her mother was a poet, "giving us so much beauty and joy — she read *The Little Prince* to us when I was four." Her father also instilled in her his love for music, for books and culture; he used to drive to Budapest to buy her David Attenborough's nature books. Mária originally wanted to be a field scientist, but there was no guide in her universe, no one to model a career after. The same was true of her innate passion for dance; she simply had no recipe for how to pursue a career as a dancer, and she couldn't imagine how to earn a living as a poet.

According to Moldován, Romania "is hugely art-friendly." There is great support for the arts, and while attending the High School of Arts in her hometown of Sfântu Gheorghe, she would frequently work at her studies and painting from 7AM to 6PM. After four years of painting, she fell in love with ceramic art

at the University of Arts and Design in Cluj-Napoca, where she met and then married her husband and kindred spirit, George.

Mária's family is Hungarian from the Transylvania region of Romania. George's father is Romanian, as is his surname. As a child Mária was happily oblivious to ethnic politics, but describes her adulthood as "growing up in the dark box of communism — in an 'I want to escape' mentality where everyone dreamt of

opening up the door and ending the struggle to make ends meet." George's hometown was Târgu Mures. Since the fall of the communist regime in December 1989, the city has been an important cultural and political center for the Hungarian minority in Transylvania. In March of 1990 it became the site of bloody clashes between the Romanian and Hungarian ethnic groups.

Eventually Mária and George emigrated to Ontario in 2013 with their two-year-old son Mátyás



and their nine-year-old dachshund to seek a better life. The transition was difficult, and they returned to Romania for another year so their parents could get to know their grandson. In 2015 the family came back to Ottawa and Mária applied at the Ottawa School of Art where she soon became a ceramics teacher. After falling in love with Almonte during the Puppets Up Festival, the couple started looking for a home in the Valley and found a house in Arnprior that enables Mária to pursue all three of her artistic loves. In one end of the second floor she paints; in the middle she creates her unique handbuilt ceramic art, and on the other end she has a high-tech workshop in which she creates her delightfully whimsical illustrations for children's books published in Romania and Hungary. Mátyás is also learning how to create illustrations on the computer when he isn't studying one of his three languages or playing his guitar.

April 4 and 5: The Ten Collective

Mária Moldován is delighted to participate as the invited guest of The Ten Collective in their third annual show. "Art is solitary; mostly I work in isolation. I'm excited to be part of a painting event. I understand myself better through conversation and feedback with other artists and viewers. It is fascinating to hear what people read out of my art and to learn what it makes them feel." The all-painting event will be held in the historic Mississippi Valley Textile Museum, located in the annex of the former Rosamond Woolen Company in Almonte constructed in 1867. Details are available at <thetencollective.com>, and on the back of Mária's Trading Card above.

Another way to experience Moldován's refreshing approach to creating whimsical art is to sign up for her weekly handbuilding ceramics class on Thursdays from March 5–26 at Hintonburg Pottery in Ottawa <hintonburgpottery.ca>. You will learn the basic handbuilding techniques (coiling, pinching and slab-building), as well as surface decoration to adorn your vases or other functional pieces. Alternatively, register at the Ottawa School of Art for her weekly Wednesdays course "High Relief Sculptural Ceramics" to create a high relief sculptural wall hanging. It runs from May 5 to June 17. Release your inner child!



CAROL BAJEN-GAHM OUTPORTS



Carol Bajen-Gahm, "Torbay Bight #5" (diptych), 6x8 and 8x24 inches, 2020

Vernissage/Meet the Artist: Saturday March 21, 3pm-6pm

A solo exhibition of new works from Newfoundland

March 18 - April 24, 2020



34 Mill St, Almonte ON
info@sivarulrasa.com
sivarulrasa.com
613.256.8033

WHO Mária Moldován
WHAT Painter, Sculptor, Illustrator, Ceramics Instructor
WHERE General Fine Craft, Almonte; L. A. Pai Gallery, Ottawa; Home studio in Arnprior by appointment <moldovanmaria.com>, 600-5643 <moldarya@yahoo.com>
WHEN April 4-5, 10AM-5PM, The Ten Collective Third Annual Show, Mississippi Valley Textile Museum, Almonte, <thetencollective.com>
WHY "All I want is to do something that I'm passionate about, so I'll never want to retire!"

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The Little Humm

Maple Marches into the Valley!

March! I can't believe it! We've made it through the darkness and are heading to the light — with longer days and spring just around the corner. I find March is a favourite month of mine, not just because it's my birthday month, but it's also Nowruz (Persian New Year on spring equinox) marking a new year, a fresh start, spring!

by Sarah Kerr

I love planning March with kids because it's full of maple goodness; there's still snow but lots of sunshine to get the sap running. The beginning of the agricultural season. I'm sure you have your own spring traditions, but for those new or old to the Valley, it's nice to remember all of the fun family activities to try in our own backyard.

Here's a quick DIY "Maple March Break" planner for you and your littles:

Plan your sugar bush visit! Our tradition is to visit Shirley Fulton-Deugo at **Fulton's Pancake House** in Pakenham on the first weekend. Our girls love to dance a jig to the live fiddle music, pet the horses on the sleigh ride and see how sap is boiled down into syrup on the outdoor fire (on special event days). Check out <fultons.ca> or



"Maple, please!" You don't have to be a kid to enjoy maple season in the Ottawa Valley, but Sarah Kerr (our newest contributor!) offers some terrific suggestions focused on younger folks...

call ahead to confirm what's on at the farm. They also have 400 acres to explore on foot or on snowshoes, with a children's scavenger hunt through the woods. We certainly never leave without a maple taffy on snow!

Hit up your local book shop or library for **maple books!** *Curious George Makes Maple Syrup* and *Maple Moon* are a couple of our favourites — it's a great way for kids to snuggle in and learn about the process from tree to table. Many local libraries have drop-in storytimes on Fridays at 10:30.

Mount Pakenham has fun themed days all week, so it's a fun time to try out skiing or snowboarding. Did you know that lift tickets for kids 5 and under are only \$8? Tuesday the 17th is St. Patrick's Day so there are activities planned and everyone wears green! On Sunday the 15th there's a special live music "après ski" from 2:30-5:30 in the chalet, and their tubing hill is open all weekend!

— Sarah Kerr is a Valley girl passionate about lots of things, especially her family and community, and spreading love and books (and the love of good books) all around. She commutes to Treaty 3 and Nicaragua for work, but you'll find her writing in a coffee shop around the friendly town or dancing in her friends' barn, usually with a kid or two in tow. This is her little column.

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The Ten Collective

Third Annual Exhibit of Paintings

In April 2018, ten Mississippi Mills artists held their first show, expecting 500 people to visit. By the end of the two-day exhibit, more than 1,200 had attended the show and visited the town. In 2019 attendance increased to 1,600. Visitors came from Mississippi Mills, Ottawa, Montreal, Quebec City and Toronto. The artists were overwhelmed and sold many of their paintings. It was also very busy weekend for the local restaurants and stores.

"The overwhelming success of the last two shows and the demand for our work convinced us to mount a third exhibit this year," explains The Ten Collective founder Eileen Hennemann. "We are very excited about sharing our work with each other's networks and about holding the exhibit once again in a National Historic Site of Canada, the Mississippi Valley Textile Museum in Almonte." The show will be held at the museum, located at 3 Rosamond St. E. in Almonte, on Saturday, April 4 and Sunday, April 5 from 10AM to 5PM both days. Admission and parking are free.

The Ten Collective artists are Amelia Ah You, Jill Halliday, Eileen Hennemann, Rosemary Leach, Marina May Raïke, Katherine McNenly, Kaija Savinainen Mountain and Lily Swain, along with two special guest artists, Charles Spratt and Mária Moldován.



Kaija Savinainen Mountain (above) and Eileen Hennemann (left) will both be exhibiting on April 4 and 5 with The Ten Collective

This third annual show will display all new work, with select paintings available for purchase. It will feature a variety of styles in acrylic, oil, watercolour and mixed media, with no two artists alike. Visitors can enjoy the show and a day visiting the area, stopping to enjoy a coffee or lunch, browsing through unique and interesting stores and seeing some of the natural sites that abound. New visitors to the museum can experience the history of the woolen industry in the Mississippi River Valley, and also get information about the exhibits and educational events held at the museum throughout the year.

Almonte's HFT Donuts is supplying their famous donuts each morning, and tastings of Cartwright Springs beer and Dairy Distillery's Vodkova vodka will be offered mid-afternoon. Several other sponsors, including Fulton's Pancake House & Sugar Bush, are also involved in the cross-promotion of this event and will be profiled during the weekend. Hennemann Stanley Design developed the trademark, branding, marketing material and promotion.

Cheque, cash or e-transfer is preferred when purchasing The Ten Collective paintings, however some artists use Square. Purchased paintings can be picked up between 4-5PM on Sunday unless other arrangements have been made with the artist.

To learn more about the artists, view their galleries and read their personal blog posts, please visit <thetencollective.com>. Follow The Ten Collective on Instagram and Facebook.

The Smiths Falls Community Theatre presents

Sam Kirmayer Sextet

A jazz concert that'll have you wanting more



"A Monster musician with an incredible tone."
— CBC Music

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\$35

"Sam's dexterity, his love for the richness of jazz and his sheer joy at making music are all over this, his first CD ... a great introduction to Sam's solid sense of swing ... get ready to groove!" — Katie Malloch (former host of CBC's Jazz Beat and Tonic)



Saturday, March 28, 2020 @ 8pm



Tickets available at:
• Special Greetings, 8 Russell St. E., Smiths Falls (cash only)
• smithsfallstheatre.com (Paypal/Visa/Mastercard)
• By Phone - 613-283-0300 (Visa/Mastercard)
• At the Door (if available) - 1/2 hour before performance (cash only)
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Humm Bits

SRO Tea Dance

The well-known big band Standing Room Only is staging its popular monthly Sunday afternoon tea dance for ballroom and swing dancers on March 22. The dance will be held at the Almonte Old Town Hall from 1–4PM (doors open at 12:30). Admission is \$14 per person or \$25 per couple, cash only, reservations are not required.

This event will feature French Canadian vocalist Lisette Potvin. Lisette has participated in many shows, her latest being Canada Fest in Fort Lauderdale this past winter. She sings in multiple languages and styles, has recorded a CD, and has a repertoire that includes songs she has written. Her many years of experience and her alto voice will contribute to an enjoyable Sunday afternoon. For more information, visit <srobignband.weebly.com>.

Free Community Outreach Speaker Series

Pakenham Civitan, St. Andrew's United, St. Mark's Anglican and St. Peter Celestine Catholic churches are partnering to bring a free speaker series to the village. Come out and hear great speakers talk about things of importance to you and your family. All events in the speaker series are held at St. Andrew's United Church in Pakenham beginning at 7PM.

On March 25, learn all about 911 and First Responders when Lorraine Downey presents **First Responders — Always There for You**. Lorraine will share her experience as a country girl turned big city Paramedic and how it relates to her community in Pakenham. Lorraine's talk will also include insights about how to take care of yourself so you don't have to call 911, when First Responders strongly encourage you to call 911, what to do if you must call 911, and much more.

On April 29, Nurse Practitioner Erin O'Shaughnessy will present **Cannabis 101 — How Can Medical Cannabis Benefit You?**, and then on May 27 local Travel Advisor Emma Moxley will present **Planning a Trip — Here's Everything You Need to Know**. Keep an eye on future issues of theHumm for more details.

Choral Evensong at St. James

St. James Anglican Church in Perth invites you to Choral Evensong on Sunday, March 15 in the afternoon. "The Liturgical Choir will be in the gallery at the back of the church at 3:45PM to sing the prelude — Healey Willan's music for the *Tenebrae of Maundy Thursday*, plus the well-loved *God So Loved the World* by Sir John Stainer," says Peter Woodwark, St. James' Director of Music. "This month we will again be inviting the congregation to participate in much of the service, which begins at 4PM and will be familiar to Anglicans who attended evening services in their youth."

Everyone is encouraged to join in, not only in the hymns but also in the the Preces, Responses and Canticles, including *The Magnificat* (Luke 1: 46-55, the song Mary sang rejoicing that she would give birth to the Son of God), and the *Te Deum* (Luke 2: 29-33), the *Song of Simeon*, who praised God that he had lived to see the Messiah. A woman who attended last month's Evensong said: "I was delighted to have been able to sing again, with enthusiasm, the Anglican music of my youth".

This will be the last Choral Evensong until the fall, but there will be a service on Maundy Thursday, April 9 at 7:30PM. For more information, contact the church office at 267-1163 or check <stjamesperth.ca>. All are welcome to these deeply spiritual services.

Old as Dirt but Worth a Fortune

This is a phrase you might hear on the Antiques Roadshow. But how did the appraiser get the value? Is the item really worthy of sale or is it simply a sentimental bijou? On March 27, the **Almonte Lectures** series is pleased to introduce local antique appraiser Janet Carlile who will take us behind the scenes for the true stories of antique appraisals, sales, auctions and more. Ms. Carlile has extensive experience — she holds degrees in Canadian History and Modern Social History and has worked at the Victoria and Albert Museum in England. She has valued a wide variety of antiques over the past thirty years, and her lecture will no doubt shed valuable light on shows like the Antiques Roadshow, in addition to our own propensity to think everything we own is valuable.

The lecture is not an opportunity to have items appraised, but rather an in-depth discussion of the appraisal business. It takes place on Friday, March 27 at 7:30PM in the Almonte United Church Community Hall. For sure, this lecture will be worth that proverbial fortune — but for the audience it will be free (although donations are most welcome at the door)! Find out more at <almontelectures.net>.

Youth Homelessness in Lanark County

In 2020, youth homelessness continues to be a difficult and complex problem across Canada. In Lanark County youth homelessness is often invisible but is nevertheless very real. Many youth are couch surfing — staying with friends for a while. Others are sleeping outside, under bridges, in parks and abandoned sheds and buildings where they are out of sight. Young people in the small towns of Lanark County are not sleeping on street corners because they don't want to be associated with the stigma of being homeless. This "hidden homelessness" is out of sight and therefore out of the minds of many.

On March 16, CFUW Perth & District will host a public information evening about Youth Homelessness in Lanark County. The guest presenter will be Terrilee Kelford, Board Chair of Cornerstone Landing,

a community-based non-profit charitable organization that provides assistance to youth aged 16-24 who are currently experiencing, or are at risk of experiencing, homelessness in

Ms. Kelford will give a brief talk about youth homelessness, outlining the unique situation in Lanark, raising awareness of the issues and suggesting strategies and solutions. She will be



Everyone is invited to a public information meeting on youth homelessness on March 16 at the Perth Legion

accompanied by her colleague Elle Halladay who will participate in an interactive presentation to explain the roles of the various agencies and services in Lanark County intended to help youth. This will be followed by a question and answer session.

Please attend on Monday, March 16 at the Perth Legion, located at 26 Beckwith St. E. Doors open at 6:30

for a 7PM start. Donations of cash, gift cards or new, unused hygiene products will be collected for Cornerstone Landing's youth clients. — Submitted by Maureen Running and Nancy Chevrier, Social Justice Committee, CFUW Perth and District

Lanark County. Cornerstone Landing is working to prevent, reduce and ultimately end youth homelessness in Lanark County. Every year the organization supports between 75-85 youth by providing direct financial or other support.

Pancake Breakfast at Union Hall

The folks at Union Hall are once again celebrating the coming of spring with a Pancake Breakfast. On Sunday, March 29, food is being served from 8AM until noon. Diners will enjoy pancakes, ham or sausages, beans or blueberries, with lashings of butter and maple syrup (courtesy of Fortune Farms), accompanied by fruit juice,

Equator coffee or tea. The cost of this springtime treat is modest — \$8, or \$10 for the larger appetite. Kids ten and under eat for \$5.

This annual fundraiser is organized for the benefit of the public at large and all are welcome. Reservations are not necessary. After breakfast, visitors can take a closer look at maple

syrup production by visiting facilities in the area.


Union Hall is situated at 1984 Wolf Grove Road at the corner of Tatlock Road, an 8km drive west of Almonte through scenic maple bush. The Hall has been a community hub owned and maintained by residents since 1857, with financial support from Mississippi Mills.


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**MMPL SEED LIBRARY
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Greening your Garden
Saturday March 14, 10–Noon
Low-impact, environmentally-friendly ways to garden in your own backyard or back forty with local grower **Sarah Lickley**

Growing Healthy Vegetables Organically
Saturday March 28, 10–Noon
From seed to seedling to transplant, tips & techniques for the home gardener with local Master Gardeners **David Hinks** and **Gerda Franssen**

MMPL Seed Library Opening
Saturday March 28, 12:30
Join us for this year's grand opening of the MMPL Seed Library. Find some amazing vegetable, flower, and herb seeds, grown and shared by community members, and packed by volunteers from Miss Mills & beyond!!

No Dig Gardening: Benefits for You & the Planet
Saturday April 18, 10–Noon
Save your back and save the planet! How to apply no-dig methods in your vegetable garden with local farmer Alberto Suarez-Esteban

Register at the desk or call 613-256-1037
kkiddey@mississippimills.ca

Onion Paper and Ashes

The following was written on *Fat Tuesday* right before heading out the door to *down my weight in pancakes...*

We were standing next to our lockers waiting for the bell to ring before heading into Typing I for an hour of *the quick brown fox jumped over the lazy dog*, hoping that today would be the day we would hit the elusive

by Angie Arendt

60-words-per-minute goal — a feat that would let us upgrade from the clunky manual starter typewriters to the coveted IBM Selectrics for the rest of the semester. I was out of onion paper and begging some off of Lisa when I saw a glob of dirt smeared on her forehead.

"You've got something on your face..." I whispered quietly, not wanting to embarrass her. How in the world she got out of the house without seeing that blob of black between her eyebrows was beyond me.

"What?" she said as she reached into her stash to retrieve a packet of paper for me. Lisa always had extra everything in her locker: #2 pencils, reams of loose leaf paper, correction tape and Liquid Paper, mittens, Jolly Ranchers, lip balm. Her predisposition for organization and preparedness saved my butt (and the butts of so many others) on many an occasion throughout our high school career.

"You've got something there. On your forehead." I reached over to wipe it off for her because that's what friends are for: to pull the toilet paper off your shoe, let you know when your fly is open or you've got lipstick on your teeth, to share school supplies

and to wipe the crap off of your face when you've left the house without glancing in the mirror — which is clearly what had happened at Lisa's house that morning. "Let me get it for you..."

That's when I learned about Ash Wednesday. I knew all about Fat Tuesday. Well, that's not quite true; I didn't know about beads and boobs and Mardi Gras yet. But I did know that one Tuesday a year was set aside as an "all the pancakes you can eat" kind of day — one of my favourite days of the year.

I don't remember what she actually said while we stood there in front of our lockers with onion paper in hand, but I do know that I discovered that morning that the dirt streaked across Lisa's forehead was more than a "Catholic thing" (as my grandmother would later describe it, clucking her Protestant tongue in disapproval as she did so). It was a reminder that life is too precious and short to take for granted. That smudge between my friend's eyebrows was a symbol of gratitude and grace, life and love, not just for her but me that day too — a symbol I needed more than I knew then and one that I need more than I care to admit now.

So thanks Lisa, wherever you are, for saving my butt with your onion paper and oh-so-much-more on that snowy, grey February morning all those years ago. I hope that when I'm out and about tomorrow, full-to-the-gills from all the pancakes and sausage I'll be eating tonight, somebody will notice that I've got something smeared across my forehead and I can pay the gratitude and grace thing forward. I'll be thinking of you...

— Angie Arendt is the Director at Big Stone House: a Center for Courageous Living <bigstonehouse.ca>

More Music at MERA

With two appearances at MERA last year, you would think that we would give James Keelaghan a rest for a while. That's what we thought too, until we got a last-minute chance to host him and Jez Lowe on Sunday, March 15 starting at 2PM. This is a wonderful opportunity to catch two exceptional musician storytellers in an intimate setting.

A great many of you will already be acquainted with James Keelaghan and his musical catalogue. James' intense and thoughtful songs reveal a deep passion for history and our world, but always focus on the stories from an individual's perspective. James forges his pieces with brilliantly defined craftsmanship and a monogrammed artistic vision, making him one of the most distinctive and readily identifiable voices of the international singer-songwriter community.

Jez Lowe is from County Durham in North East England and has been a much admired and

respected singer-songwriter in the UK folk music scene for several decades. In addition to a busy solo career, Jez heads up the Bad Pennies, and also has several other projects and collaborations on the go, including involvement with the BBC, novels and musical theatre. Like James, his songs are stories about people and their place in the world, told with a keen eye, sometimes poignant, sometimes with gentle humour, and always superbly crafted and performed.

Tickets are available at TicketsPlease in Perth. You can purchase them in person at 11 Gore St. E. or visit <ticketsplease.ca>.

MERA is located at 974 Conc 9 A in McDonalds Corners. For more information, please visit <meraschoolhouse.org>.

— Trina Conboy

Kanata Choral Society

An Afternoon of Music & Fun

Once a year, members of the Kanata Choral Society present an event that is filled with light music to entertain not only an adult audience but also the younger generation. The title of this year's concert is *Disney Dazzle*, and it will feature well-known tunes from Disney movies.

One of the kids' favourite song from previous years will be performed again: *I'm A Train* by Albert Hammond and Mike Hazelwood, made famous by the King's Singers. Also on the roster is a favourite of the adults — Rossini's *The Barber of Seville Overture*, also by the King's Singers. For a preview go to YouTube and see for yourself!

Last year's concert featured the McLeish Five as musical guests — a group of talented siblings from the Ottawa Valley who sing and compose their own

music. This year they will be back by popular demand, but minus one member.

The MC is Mike McCormick, a musician, composer, guitarist and one of the founding members of The Arrogant Worms. Mike is well known in the area, and those who know him will realize that this is going to be an afternoon full of laughter and fun.

The performance will be held at St. Paul's Anglican Church (20 Young Road in Kanata) at 3PM on Saturday, March 7. There will be a reception after the concert with treats and take-home toys for the kids. Tickets will be available at the door or online at <kanatachoralsociety.ca>. Admission is \$18 in advance or \$20 at the door for adults, \$15 for seniors, and \$10 for students 13 and over. Children 12 and under are admitted free of charge.

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\$10


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Kanata North Concert Series
A Rough Start: Tales of Lower Town
Sunday, March 22, 3PM

Explore Ottawa's Celtic roots...
Relive Bytown's rough history
in song, story, & instrumentals –
with author Darren Jerome
& musicians Graham Lindsey & Vocata

St. John's Anglican Church
325 Sandhill, in Kanata
613-592-4747



Pick up *theHumm* in Almonte at
BAKER BOB'S


Stephen Fearing

in concert at the
Arnprior Public Library
Celebrating 125 Years

Fearing is a gifted storyteller
and true musical nomad with
the ability to enthrall audiences
of all sizes.

Friday May 1, 8PM
Doors open at 7:30

Tickets: \$25 available at the library or at
www.arnpriorlibrary.ca



Pancake Breakfast
Sunday, March 29, 8AM-NOON

at Union Hall
1984 Wolf Grove Road,
corner of Tatlock Road,
Mississippi Mills

Join neighbours and
friends to celebrate
the coming of spring.
Enjoy buttered
pancakes with
Fortune Farms'
maple syrup, ham or
sausages, baked beans
or blueberry sauce,
juice, Equator coffee
and tea.

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Joanne Beaton

Let me Tell Your Home's Story

4840 Panmure Road —
A couple looking for a new homestead found their dream property near Pakenham & Almonte and set about building a custom-designed home. Skilled tradespeople were hired to build this one-of-a-kind home — from the welcoming tiled foyer to the custom kitchen featuring a South African honed granite countertop. The kitchen flows into an open living area featuring an oversized window that brings the outdoors in, a wood-burning fireplace, and radiant-heat flooring throughout the main level and basement. The main floor master bedroom & ensuite keep the second floor available for kids or guests, with large bright bedrooms and an open loft area big enough for an office or craft room. The home has a walk-out finished basement that includes a recreation room, an office/den/bedroom, and a utility room to yearn for, with a “wood butler” for hauling wood to the main floor fireplace.

The 3-season room with a flagstone tiled floor (each stone hand-cut from the property) overlooks the private fenced-in backyard, and is the perfect room to enjoy a cup of coffee or glass of wine. The sounds of nature surround the home — from birds in the morning to the call of the coyotes in the dark.

The couple has retired and decided it was time to move on to a smaller home. The end of the story sees this home filled with lots of love and laughter, as you enjoy the next chapter of your life in this beautiful country home!

Features:

- 3 plus 1 bedroom, 2 1/2 bath
- Oversized heated, insulated workshop
- 21 acres with trails and trees
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MVTM: New Fibre and Textile Art Award!

The Mississippi Valley Textile Museum (MVTM) is proud to launch the first **KDS Fibre and Textile Art Award** to recognize excellence in fibre and textile art. It's been created as a showcase of the most current and versatile approaches to fibre as a medium. In order to profile the breadth of the craft, not one, but three award categories are in place to celebrate the work of emerging and established women artists aged fifty and over.

The contest is open to all Canadian female artists over fifty who have produced artwork in the last two years with fibre or textile as the principle element. Each entry should include up to three images along with a brief description of each artwork and a one-page CV. All submissions will be juried by a committee.



Selected artists will be awarded in one of three categories: established artists (\$3000), mid-career artists (\$1500), and emerging artists (\$500). Winners will be notified by summer of 2020. And as if winning wasn't enough, an awards gala will be held later in the year along with an opportunity to have their work on display at the museum in the near future.

MVTM curator Michael Rikley-Lancaster enthuses: “What an honour to launch this award as

part of both the 35th anniversary of the museum and the 25th year of Fibrefest. And what a double honour to do so because a private donor wanted to establish, and fund, an award to empower female artists. It's a great way to give back to the textile arts community and to show the support for the type of art and craft that is so fundamental to all that has made the museum the dynamic place it is today. All of us — staff, volunteers, artists — are grateful for this gift and challenge.”

Are you ready to take the plunge? The entry fee is \$40 and you have until Friday, March 20, 2020 to send in an application. Just go to <mvmtm.ca> for more details and make the magic happen!

The Mississippi Valley Textile Museum is located in the annex of the former Rosamond Woolen Company in Almonte, Ontario. Constructed in 1867, this National Historic Site of Canada features a blend of the old and new, all related to the history of the Mississippi Valley and the textile industry. Visit, become a donor, become a volunteer — our history is your history!

For more information please contact the curator, Michael Rikley-Lancaster, at 256-3754 or <curator@mvmtm.ca>.

A Rough Start: Tales of Lower Town

On Sunday, March 22, the Kanata North Concert Series presents an afternoon of stories and song, venturing back to a time when a shiner meant more than a black eye and Ottawa was the toughest lumber town in North America.

Several years ago, author Darren Jerome set out in search of local stories to get a sense of what it was like during Ottawa's earliest years; he discovered how little remains of the anonymous people, mostly recent immigrants, who were among the town's first inhabitants. He wrote a collection of short stories focusing on the lives and challenges of the labourers and their families at a time when the Rideau Canal was first built. His first novel, *Lower Town*, set in the period

following the construction of the Canal, takes on the oft-misunderstood Shiner War from the perspective of ordinary people living in an extraordinary time. It describes the rough start for those whose future generations have become a significant part of the rich cultural fabric that is Ottawa-Gatineau.

A Rough Start: Tales of Lower Town takes place at 3PM on March 22 at St. John's Anglican Church, located at 325 Sandhill Road in Kanata. Darren Jerome will read from his novel, and multi-instrumentalist and composer Graham Lindsey, along with women's vocal trio Vocata, will fill the air with instrumental and vocal music. Admission is by donation at the door — please call 592-4747 for details.

judy joannou
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Deep Roots Food Hub

Carp-area physician Dr. Barry Bruce is a tireless advocate for local food production and healthy living. At the recent Seedy Saturday event in Almonte he engaged passersby at the very professional display promoting the Deep Roots Food Hub and their newly constructed vegetable storage facility near Shirley's Bay in west Ottawa.

by David Hinks

Dr. Bruce is passionate in his criticism of our modern food industry. For example, he points out how we grow healthy oats here, export them to a processing factory and then import them back here as a highly processed breakfast cereal. Above all he believes that proper nutrition is a prime determinant of health, and wants to improve the food system through educational programs and by linking production, storage and distribution within local communities.

Dr. Bruce had a very distinguished career that included a major role in the establishment of the Carp Medical Clinic and a six-year stint as the Chief of Staff of the Queensway-Carleton Hospital. He is certainly not prepared to rest on his laurels. Dr. Bruce walks the talk! He, along with many other volunteers, has spent hundreds of hours constructing the new vegetable storage facility.

The root "cellar" has been formed by using a common steel industrial building structure

— basically an above-ground Quonset hut. To achieve conditions needed for root crop storage, an eight-inch layer of fireproof and waterproof foam insulation was sprayed onto the inside of the steel walls. The root cellar is off-grid, is solar powered, and uses micro-computers to remotely monitor temperature and humidity conditions and to control fans and dampers for air movement. The design provides more accurate control of temperature and humidity than is possible in a traditional root cellar — testing to date shows that this will result in vegetables that will last longer and be of higher quality. The food storage chamber is about 600 square feet, which is will store up to 60,000 pounds of produce. Storage of root crops and other vegetables seems pretty simple; that is, until you start examining the needs of particular vegetables. For example, carrots, beets and parsnips prefer 2–5°C with a relative humidity of 90–95%; potatoes and apples like the same temperature but a lower relative humidity of 80–90%; onions and garlic like the same temperature but 60–70% humidity; squash and pumpkin like the 60–70% humidity but prefer warmer temperatures of 10–15°C. The Deep Roots facility is currently being tested with rutabagas and carrots — after three-and-a-half months there appear to be no signs of deterioration.

The Deep Roots Food Hub is a grassroots non-profit organization, created in 2016, with an objective of creating a secure, sustainable food system in West Carleton. Board Chair Judi Varga-Toth states that

"the Deep Roots Food Hub was created to revitalize our local food economy".

West Carleton has been declared a "food desert" — food insecurity is higher than other areas because there are no major fresh food retailers within West Carleton. Deep Roots aims to empower West Carleton residents to grow, store, distribute, prepare and preserve healthy food.

The group received a huge boost in 2016 when it was awarded a \$125,000 grant from the Community Foundation of Ottawa. Additional funding was received in 2017 — \$48,500 from Ontario's Greenbelt Fund and \$25,000 from the City of Ottawa.

Deep Roots Food Hub is focussing on three main activities. The first is the creation of the community root cellar where local small-scale farmers can secure space to store their crops. The second is making more locally grown healthy food available through West Carleton retail stores and restaurants, and through the expansion of the Good Food Box, a non-profit program that offers affordably priced fruits and vegetables. Thirdly, they are holding workshops on topics such as cooking, nutrition, food gardening, canning and preserving, and home root cellaring.

Go to <deeprrootsfoodhub.ca> for more on the group's history and current activities, or visit their Facebook page.



The Deep Roots Food Hub recently constructed this vegetable storage facility near Shirley's Bay

The food hub concept has been established in the U.S. for decades but has only recently taken root in Canada. Food hubs help small farmers with access to appropriately sized distribution and processing infrastructure (abattoirs, processing facilities, small-scale trucking) that allow them access to larger markets. They provide small farmers a means of entry into markets they would otherwise have great difficulty accessing. Each food hub is unique, as it responds to the producers and needs specific to its region. In general, all food hubs strive to promote production growth, support farmers, make local food accessible to larger markets and stimulate economic growth.

We are very fortunate to have another Food Hub in our area. The **Two Rivers Food Hub** is located in the Gallipeau Centre in Smiths Falls. It is a not-for-profit social enterprise with a mandate to support the small- and medium-sized farm community around the two rivers that run through Lanark and Leeds-Grenville Counties. Find out more about them at <tworiversfoodhub.com>.

COLLECTIVE

Meet the ten Canadian artists exhibiting a selection of paintings, created in a variety of styles and mediums.



TheTenCollective.com
FAQs | Galleries | Blog

The third annual show is once again being held at the Mississippi Valley Textile Museum, a Canadian National Historic site, 3 Rosamond St. E, Almonte, Ontario

Saturday, April 4 & Sunday, April 5, 2020

10:00am to 5:00pm

Free admission & parking

TEN ARTISTS
ONE EXHIBIT | NEW PAINTINGS

Lily **Swain** | Charles **Spratt** | Kaija **Savinainen Mountain**
Marina May **Raike** | Maria **Moldovan** | Katherine **McNenly**
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AGH FVM Foundation 75 Spring St. info Louise 613-256-2514 ext 2296




MMLT "Tick Talk" and AGM

On Wednesday, March 25, the Mississippi Madawaska Land Trust (MMLT) invites everyone to attend "Keeping pace with the risk and spread of tick-borne diseases in Ontario and Quebec" — a presentation by Kirsten Crandall.

As temperatures warm, tick-borne diseases (e.g., Lyme disease, anaplasmosis, babesiosis, Rocky Mountain spotted fever and Powassan virus) are predicted to spread further into Canada due to the northward movement of the mammal and bird hosts transporting infected ticks. Over the past decade, the number of reported cases of tick-borne diseases in Canada has increased exponentially, with many cases occurring in Ontario and Quebec. In the future, tick-borne diseases will become an even greater public health problem in Canada. How are infectious diseases transmitted by ticks? Why are mammals a big part of the problem? How can we protect ourselves when we are out in nature? These questions and more will be discussed using the current research findings on tick-borne disease in Canada and the interprovincial comparison that is being conducted as part of Kirsten's Ph.D. research.

Kirsten Crandall is a Joint Ph.D. candidate at McGill University and the University of Ottawa. After hearing from numerous people negatively affected by tick-borne diseases, she became interested in what factors might be driving the increased number of cases of infectious disease. Her main research interest focuses on the connections between tick and mammal abundance and diversity with disease risk and climate



Don't miss a timely talk about ticks by Ph.D. candidate Kirsten Crandall on March 25. The talk will follow the MMLT Annual General Meeting.

change at a large spatial scale in Ontario and Quebec. She integrates a wide variety of methods such as specimen-based museum work, field surveys, field experiments and modelling, to disentangle this complex disease system.

Ms. Crandall's presentation will take place on Wednesday, March 25 starting at 7:30PM at the Mississippi Valley Conservation Authority Building at 10970 Hwy 7 in Carleton Place. There will be a \$10 entrance fee for the general public; attendance is at no charge for MMLT members.

The talk will follow the MMLT's Annual General Meeting which will start at 6:30PM. There will be a half-hour intermission for refreshments at 7PM.

Stand-Up and Take Notice!

I always enjoy going through the Humm monthly. While looking for a winter adventure, I came across an article promoting stand-up comedy. I jumped at the chance, and for the last four weeks, seven strangers have gathered to learn how to pursue the noblest of endeavours... how to make people laugh. Facilitated by Danielle K.L. Gregoire (who in the past has run comedy rooms in Seattle), we have put aside our inhibitions and embraced improvisation and the art of humorous storytelling. Two of the evenings were enhanced by the performances of professional comics Jim McNally and Jennifer Whiteford. Following their sets, they would open the floor to Q&As and share tips on how to engage an audience, and help us steer clear of pitfalls and pratfalls. Armed and now slightly dangerous, we have prepared our own schticks and look forward

to entertaining folks during an evening of comedy. Come check us out, as well as a professional comedian who'll be closing out the night!

On Saturday, March 21 at 7PM (doors open at 6:30), for a mere \$10, come to **Curious & Kind** at 12B Mill Street in Almonte (in the Heritage Mall) to support your local comics and enjoy a few laughs. Come early, check out the town and grab some food, coffee or a beverage at one of the wonderful local spots before-hand! Tickets are available at <curiousandkind.ca>.

— Article submitted by Vicki Graham, stand-up comic wannabe. Vicki lives in Merrickville and is active in her local theatre group. A retired Bank Manager and breast cancer survivor (two things you don't associate with humour), she has crafted her personal journey into a humorous experience.

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

"SOUP FOR THOUGHT"



A Luncheon Fundraiser
Saturday March 28, 2020
12PM - 2PM

Enjoy gourmet soup from the best restaurants in Almonte and the Valley and take home the beautiful handmade stoneware bowl it was served in, made by members of the Almonte Potter's Guild.

Adults \$30
Children 3-12 years \$10 (soup, but no bowl)

Advance tickets from MVTM or Baker Bob's (cash only)
Credit card orders also accepted at 613-256-3754
or the museum's website: mvtm.ca

Book your tickets now, this event always sells out!





Maple Tale: A Brief History of Fortune Farms

Once again the maple syrup season is here. After a wet dreary January it's great to look forward to Spring and the taste of fresh maple syrup.

This will be the 47th year of making maple syrup at Fortune Farms. But it all started, in the Fortune family, about 1835 when Francis Fortune, my great grandfather, homesteaded in Leeds County. There is a record in the 1851 census of 60 pounds of maple sugar being made on his farm in that year. By 1861 that had increased to 600 pounds. In those days maple syrup was stored as blocks of sugar and reconstituted as syrup by melting in warm water. I suspect when no one was looking the children went into the pantry to chip off a piece of maple sugar for a delicious treat. My grandfather and father also made maple sugar and maple syrup. With the help of our children, we began making syrup in 1969 as a hobby and then in 1973 as a business here at Fortune Farms.

Our grandchildren are the sixth generation of our family to make maple syrup. That's a span of about 170 years. We hope that in spite of global warming our great-grandchildren will also experience the thrill of making maple syrup.

You may recall that I wrote a poem for theHumm about Mr. Blake making maple syrup in the traditional manner with buckets and a boiling kettle. This is a poem about the more modern method now in use at Fortune Farms:



— Ray Fortune

The snow was gently falling
as we headed to the bush.
It's warmer in the forecast,
so it's tapping with a rush.

Now tapping is a chore:
each tree must have its tap
connected to its pipeline
to collect the flowing sap.

Snowshoes are mighty handy
when deep snow is on the ground,
but they're not so good in bushes
when you have to turn around!

There is a lot of equipment
that has to work just right,
when things don't go as planned
means working half the night.

Finally it's over!
The trees are all tapped in.
The equipment all is humming
and we're ready to begin.

To make our syrup the modern way
we flick a switch or two
and watch the golden nectar
come flowing out to you.

The taste of fresh-made syrup,
that flavour can't be beat,
s'worth all the fuss and bother
to get that special treat.

When all the syrup's in the can
we've still got much to do.
There's all the washing up
and cleaning through and through.

We've toiled away for hours
and our energy is spent.
We've had a bumper season,
but I'm awfully glad it's "went"!

Meet Federal Green Party Candidate in Carleton Place

To take on the climate emergency, we need to inspire voters and volunteers to join us, the Green Party first responders. What are the best ways for us to work hard and work smart together?

Please join 2019 Green Party of Canada candidate David Merner in Carleton Place on Thursday, March 12 from 7–9PM at the Good Food Company for a short, inspiring talk, followed by questions and answers. Bring friends! The Good Food Company is located at 31 Bridge Street.

For more details on David's run for the leadership of the Green Party of Canada, please go to < davidmerner.com >.

— Barb Purdy



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Perth Autumn Studio Tour

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Join us for our 28th Perth Autumn Studio Tour
Thanksgiving Weekend in 2020!

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Emerging and Established (see application for details).

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Eddy's got a new pair of shoes! Don't miss the annual AGH-FM Dance with Eddy and the Stingrays on April 25.

Dance for Your Health!

On Saturday, April 25 Eddy and the Stingrays return to the Almonte Civitan Club for the annual Spring Dance in support of Almonte General Hospital – Fairview Manor Foundation. Swing to the classic tunes of the '50s, '60s, '70s and more. Doors open at 5:30 for a full evening of dining, dancing, draws, a silent auction and fun photos. Proceeds from this popular dinner-dance will help bring a CT scanner to the Hospital. Tickets are \$50 per person and can be purchased from the Foundation at 75 Spring Street in Almonte or at almontehospitalfoundation.com/our-events/spring-dance. You can also email lbeckinsale@agh-fvm.com or call 256-2514 x2296. Get your tickets early to avoid disappointment, and come out and party for a great cause!

Gold Discovered in Lanark County!

When you live a peaceful and tranquil life amongst the natural beauty and maple trees that capture the essence of the Lanark County countryside, the seasons serenade you with the renewal, growth, maturity and mortality that defines the circle of life.

When Spring graciously makes its appearance and awakens the local inhabitants — especially the plants, animals and trees — it is the undeniable sights, sounds and scents that hint at longer and warmer days ahead.

In Lanark County, the onset of warmer days coaxes the flow of one of Mother Nature's most extraordinary gifts. In a matter of weeks, the sap that is collected from the thousands of tapped maple trees is masterfully boiled and transformed into the liquid gold that gives Lanark County its identity as the "Maple Syrup Capital of Ontario".

With generations of family-owned sugar bushes dotting the landscape, countless memories have been made by parents and their little ones visiting their favourite sugar shack, year after year. Any child growing up in Lanark County who has been witness to pure maple syrup rolling down a golden stack of buttermilk pancakes will no doubt say that maple is their favourite sweet treat!

The first weekend in April is **Maple Weekend** in Ontario mapleweekend.ca. This is the time when



The Maple Run Studio Tour features art by Barbora Balaban (above) and Judy McGrath (below) among others, as well as local food, coffee, beer and Lanark County gold (aka maple!)

the historic village of Pakenham shakes off the winter blues, celebrates the running of the sap, and is host to the Pakenham **Maple Run Tour** on April 4 and 5 mapleruntour.com.

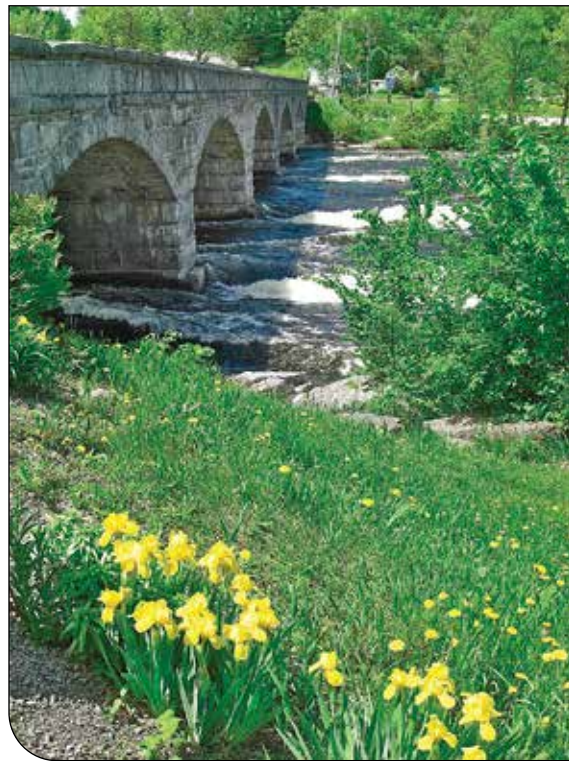
Riding the coattails of Spring, the Maple Run Tour is as vibrant as the season. It brings together the works of seasoned artists, artisans and craftspeople whose shared spirit of self-expression is perfectly blended and showcased within the walls of unique shops, heritage buildings and working studios, as well as a historic general store, one-room schoolhouse, serene retreat house, public library, craft brewery and cider house.

You can feel Pakenham and the surrounding countryside buzzing as residents and adventurous visitors explore the local shops and artist tour stops. Will it be the friendly conversations with crafters and shopkeepers, an artist's perspective fuelling the fire of the creative process, or tasty fare from the artisan food visionaries and master beverage producers that you will find most unique and refreshing?

Whether building upon your personal collection, selecting the perfect gift or livening up your pantry, travelling the Tour route is pure nourishment for the soul. As your day winds down, remember that the local shops are brimming with locally produced maple syrup and maple products. There has never been a better time to celebrate Maple Weekend by bringing home Mother Nature's finest gifts of the season — Lanark County liquid gold!

The Pakenham Maple Run Tour and the village of Pakenham look forward to seeing you on April 4 and April 5, from 10AM until 5PM. Follow the tour on Facebook and Instagram [@mapleruntour](https://www.instagram.com/mapleruntour) or visit mapleruntour.com.

— Jill Carty



Renovated Grist Mill has 136' on Upper Rideau Lake, part of Rideau Canal. The 7,100sf Mill is popular AirB&B with 8 bedrooms, 7 bathrooms, 2 kitchens, 2 Great Rooms, art gallery and yoga studio. Lake views from every room. Amazing courtyard stonewall. Potential for adding pub, restaurant and spa. Westport. \$998,000 MLS 1179079

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- Thursdays: Perth

Join us for Afternoon Playgroup

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- Thursdays: Almonte, Carleton Place

Afternoon Discussion Groups (friendly conversations, answers to questions and much more)

- 2nd Wednesday: Smiths Falls
- 3rd Wednesday: Perth
- 2nd Thursday: Lanark
- 3rd Thursday: Carleton Place
- 4th Thursday: Almonte



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Welcome Spring with some Upbeat Jazz!

The Station Theatre is proud to welcome the Sam Kirmayer Sextet for the first concert of their 2020 music series. Based in Montreal, Sam is a guitarist and composer who has recorded two albums: *Opening Statement* (2017) and *High and Low* (2018). The latter was named best of the year for 2018 by Quebec's main jazz blog, <sortiesjazznights.com>. Check him and his sound out at <samkirmayer.com>.

Sam started playing guitar at the tender age of seven, when he begged his parents to buy him one after seeing John Lee Hooker play in the movie *The Blues Brothers*. What started with a beat-up classical

he really started to understand and fully appreciate this form of music and to feel confident performing it. A few musicians that he considers role models are Bud Powell, Dexter Gordon, Billie Holliday, Paul Chambers and Thelonius Monk. Peter Bernstein is also a big influence on him.

Sam is already making a name for himself, having been named one of CBC Music's picks for the "35 Best Canadian Jazz Musicians Under 35". Kirmayer's new project sees him stepping out as composer and arranger with a program of new original works for a sextet comprised of young New Yorkers and Montreal heavyweights. Accompanying Sam on this tour will be Sean Fyfe on piano, Alec Walkington on upright bass, Ben Zweig on drums, Al McLean on tenor sax and Muhammed Abdul Al-Khabyr on trombone. With reviews describing his music as "no pretence or posturing, only musical sincerity" (*Jazz Guitar Life*) and "never overstated and always expressed with good taste" (*All About Jazz*), it's clear that Sam has an amazing handle on this type of music and his passion for it shines through.

The Sam Kirmayer Sextet promises an upbeat and vibrant performance that will put a swing in your step as we leap into spring. The show starts at 8PM on Saturday, March 28. Tickets are \$35 and will



The Sam Kirmayer Sextet will jazz things up at the Station Theatre on March 28

guitar purchased at a yard sale for \$3 soon graduated to an electric guitar purchased at another garage sale, and there was no turning back. Although a fan of jazz music, Sam didn't really learn about jazz guitar until he was in college. He had formed some rock bands in high school and had been writing and composing music, but it wasn't until his tutelage in the jazz program at Vanier College and later at McGill that

be on sale at Special Greetings, 8 Russell Street in Smiths Falls (cash only). They can be picked up a half-hour before the start of show at the box office at 53 Victoria Avenue. Online and telephone orders are available too. And don't miss the Theatre's March movie, *Bombshell*, on the 20th and 21st. For more info call the Station Theatre at 283-0300 or visit <smithsfallstheatre.com>.

ADHS Presents *Noises Off*

Come see Almonte and District High School's latest play, and don't forget the sardines! This year ADHS will be performing *Noises Off*, which was written by Michael Frayn in 1982. It was during a theatrical performance in 1970 that Frayn was watching from the wings and thought that it would be more fun to see the chaos that was going on backstage rather than the acting that was occurring. *Noises Off* is a play-within-a-play that breaks down the fourth wall so many times, by the end of the show it is no longer there.

The show consists of three acts. The first is set during the technical rehearsal, in which all the actors barely know their lines, and most think it is the dress rehearsal. Act two is set during a matinée one month into their production, and what we see is your average backstage experience: a lover's quarrel, a love triangle and some fighting using a fire axe. During act three we see another performance filled with mayhem as they reach the end of their ten-week production run. Everything is falling apart around them as the cast are at each other's throats, the props are missing or broken, and the set is close to falling apart. The actors are determined to get through these last few days so they power through the wreck of a show, but eventually the plot is entirely forgotten and they must ad-lib to try and save their show.

The ADHS Drama Club is known for their comedies and intense award-winning performances. In the past two years they have racked up numerous nominations and several awards at the annual Canada's Capital Cappies Gala for shows like *The 39 Steps* and *The Curious Incident of the Dog in the Night-Time*. The group works itself to the bone to try and give the community a wonderful performance every year and gain the recognition of the Cappies. They spend almost every night after school rehearsing and preparing for the most difficult shows they can choose from, upping the intensity each year. The props, costume and set departments spend months planning and meeting to try and give the show the extra details it needs to immerse the audience in the world of the characters.

Noises Off is a wild and chaotic piece, making it a refreshing night of comedy, action and drama for all. The shows will take place on April 3, 4, 8, 9 and 10 at 7:30PM and on April 5 at 2PM at the Almonte Old Town Hall. Tickets will be on sale for \$15 at Baker Bob's, the Almonte and District High School main office and online at <onstagedirect.com>. Come enjoy a fun night of laughs... and don't forget the sardines!

— Elizabeth Golding is a grade 12 student at ADHS

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Speaking Volumes

Finding (You) the Perfect Book

Libraries and bookstores offer a special service that online retailers cannot mimic: connecting people to the perfect book. In the book world, this connection is called "readers' advisory service". Online retailers like Amazon attempt to provide this service, but quality readers' advisory is best done face-to-face. Fortunately, in our community the local independent bookstore, Mill Street Books, is an amazing source for great reading inspiration. Check out Mary's List 2020 at <millstreetbooks.com> to get a taste of what you will encounter when you visit.

by Christine Row

To provide good quality readers' advisory service, staff must interpret what people would like to read and have many potential titles to suggest. In order to build a list of suggestions, staff members need to read, read, and ask people about what they are reading. As this is the Speaking Volumes column, I thought it would be a good place to share what Mississippi Mills Public Library staff members are reading and suggesting. Here we go!

I am currently reading *The Song of Achilles* by Madeline Miller. This is an imaginative, behind-the-scenes take on the Trojan War. I would not typically read this type of book, but it was Jill's Staff Pick, which she discovered from Sarah. See! This is how things work among staff.

I also enjoyed *Ask Again, Yes* by Mary Beth Keane. This is a story about two families surviving after a shared tragedy. This book covers love, loss, mental illness and addiction. It sounds heavy but it manages to be a page-turner.

Margo Hay-Goodings has just finished reading and highly recommends *The Baztan Trilogy* by Deloros Redondo. Translated from Spanish, this series set in the Basque Pyrenees of Navarra, Spain has become the most successful crime series to ever come out of that country. The series is full of wonderful characters, exotic mysterious surroundings and excellent plotlines, and it is absolutely unputdownable.

Monica Blackburn recommends *The Birder* murder mystery series by Steve Burrows, an award-winning Canadian author living in Oshawa. The series follows Canadian Dominic Jejeune's career as a newly appointed chief inspector in Norfolk, England. His love of birding (shared by the author) leads to clues and his deductive skills lead to solutions. Lovers of Elly Griffiths, Louise Penny and P.D. James will enjoy this series because of the well-crafted mysteries, characters and sense of place.

Jill McCubbin suggests we read *Gilead* and *Home*, both by Marilynne Robinson. Jill explains: "She is marvellous and has won numerous awards. *Gilead* is 'the intimate tale of three generations from the Civil War to the twentieth century: a story about fathers and sons and the spiritual battles that still rage at America's heart' (Goodreads). *Home* is the same story but completely different — told from the perspective of a daughter, who lives down the street in the same town of Gilead."

For non-fiction titles, Jill suggests *From Here to Eternity* by Caitlin Marie Doughty, who is a 30-something mortician, author, blogger and YouTube personality known for advocating death acceptance and the reform of Western funeral industry practices. The book is a series of travel writing pieces. Caitlin traveled to international locations with culturally significant and incredibly interesting death and mourning practices.

Jill also picks *On Tyranny: Twenty Lessons from the Twentieth Century* by Timothy Snyder. A good synopsis from *The Guardian* newspaper: "The Yale historian's important book argues that we must learn from the horrors of the past if we want to protect our democracy. A short very important book full of ideas and information everyone should be considering in 2020."

Unsheltered by Barbara Kingsolver is Berta Madrigal Abaroa's choice. Berta explains: "winner of both the LibraryReads Favorites and Booklist Editors' Choice in 2018, and described by *Novelist* as 'a timely novel that interweaves past and present to explore the human capacity for resiliency and compassion in times of great upheaval,' this is a great read for our times."

Berta goes on to say: "if you don't have too much time but still want a quality read, check out the short story collection *Immigrant City: Stories* by David Bezmozgis. You will find Canadian immigrant experiences told from a personal, sometimes surprising and humorous point of view."

For the past two years, Berta has been conducting a Mississippi Mills Reads poll. Library patrons submit a list of their favourite reads for the year and the

results are tallied and posted online <missmillslibrary.com/mississippi-mills-reads-2019>. Following are the top picks for Mississippi Mills Reads 2019, with book descriptions by *Novelist Plus*:

A Better Man by Louise Penny: "Searching for a missing woman amid a catastrophic flood and blistering social media attacks, a demoted Armand Gamache bonds with the victim's distraught father, who contemplates a murder of his own."

Ready to Come About by Sue Williams: "Sue Williams sets sail for the North Atlantic with her husband after her sons have become adults."

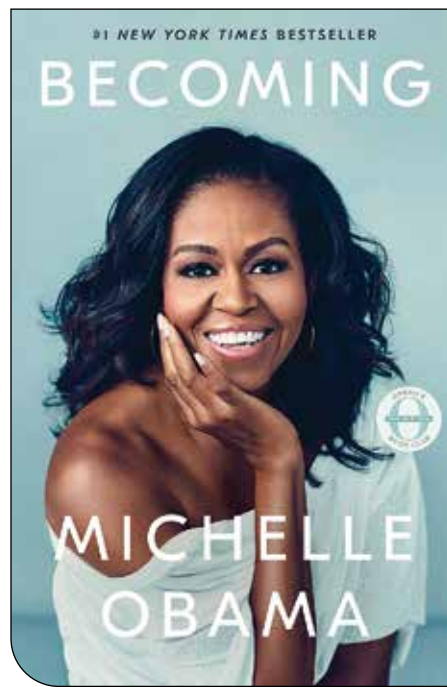
The Library Book by Susan Orlean: "The author reopens the unsolved mystery of the most catastrophic library fire in American history, and delivers a dazzling love letter to a beloved institution: our libraries."

Becoming by Michelle Obama: "An intimate memoir by the former First Lady chronicles the experiences that have shaped her remarkable life, from her childhood on the South Side of Chicago through her setbacks and achievements in the White House."

Where the Crawdads Sing by Delia Owens: "Viewed with suspicion in the aftermath of a tragedy, a beautiful hermit who has survived for years in a marsh becomes targeted by unthinkable forces."

I hope these suggestions inspire some quality couch time and many trips to the library and your local bookstore.

— Christine Row is the Chief Librarian/CEO of the Mississippi Mills Public Library





Local farmer Alberto Suarez-Esteban (shown above in his brassica patch) is just one of several speakers keen to help you go green at the Almonte Library!

Garden Workshops

The Almonte Library is offering several Saturday morning workshops to help you green up your garden this spring. The first one takes place on March 14 from 10AM to noon, when local grower Sarah Lickley will speak about low-impact environmentally friendly ways to garden in your own backyard or back forty.

Then on March 28, local Master Gardeners David Hinks and Gerda Franssen will provide tips and techniques for the home gardener on growing healthy vegetables organically from seed to seedling to transplant. That takes place from 10AM to noon, and will be followed at 12:30 by the grand

opening of this year's **MMPL Seed Library**. Find some amazing vegetable, flower and herb seeds, grown and shared by community members, and packed by volunteers from Mississippi Mills and beyond!

Finally, on April 18 from 10AM to noon local farmer Alberto Suarez-Esteban will speak about the benefits of no-dig gardening. He will help you save your back and save the planet by applying non-cultivation methods in your vegetable garden.

These workshops are all free, but please register at the library desk or by emailing <kkiddey@mississippimills.ca> or calling 256-1037.

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Birding – Not Just for Birders!

Birding (or birdwatching) is one of the fastest growing hobbies in North America, with one in five adults participating. It is both a science and a hobby that gives participants an excuse to travel, and when they travel they add money to local economies. Because birdwatching is one of the fastest-growing pastimes in North America, maintaining birdwatching facilities in Mississippi Mills makes perfect economic sense.

Michel Gauthier, a member of the Mississippi Valley Field Naturalists, estimates that birders visiting the Almonte Lagoons contributed almost \$24,000 to Almonte's economy in 2019. He used the visitor log from the bird viewing shelters at the Almonte Lagoons to calculate the number of visitors who drove 40km or more to the shelter. This estimate, combined with a Government of Ontario Tourism Regional Economic Impact Model, was the basis of his study.

Birdwatchers come to Mississippi Mills in all seasons. In early winter, they observe waterfowl in the ice-free patches of the river in Almonte, Blakeney and Pakenham. In January and February they look for snowy owls and other raptors along Appleton Sideroad, a seasonal hotspot for birds of prey. In spring and fall they search for migrating warblers at the Mill of Kintail, on the Almonte River Trail, and just about anywhere else they can safely park their cars.

One of their most cherished destinations is the Almonte Lagoons. This complex includes a trail through a small woodlot into the Al Potvin observation tower that overlooks the north end of the lagoon. From there a trail runs 150m east to the Mike McPhail Bird Viewing Shelter that overlooks the east side of the lagoon. This complex is all on Municipal property opposite the Auld Kirk Cemetery.

When anyone spots a rare bird, birdwatchers drive hundreds of miles to see it. This kind of stampede has happened at the Almonte Lagoons on two occasions in recent memory: one for a cave swallow and



Birders come from far and wide, and contribute significantly to local economies

another for a yellow-headed blackbird. There were no rarities spotted during the period of this study so the results reflect normal levels of traffic at the site.

This study clearly links birdwatching and an appreciation of nature to the economic life of Mississippi Mills. Going forward, the Al Potvin Tower, the woodland trail leading to it, and the Mike McPhail Bird Viewing Shelter will not only provide benefits to birdwatchers and nature lovers, but also generate economic returns in Mississippi Mills, in Lanark County, and in Ontario. The full report is available on the MVFN website <mvfn.ca>.

March MVFN Events

The Mississippi Valley Field Naturalists are presenting two events in March. On the 19th, they will hold a nature talk entitled **From Source to Tap: Thinking Differently About Water** at the Almonte United Church (106 Elgin Street), with doors opening at 7PM. Then on March 21, they are organizing a day trip to **Presqu'île Provincial Park** for the annual water fowl migration. Find more details at <mvfn.ca>.

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Learning in Almonte Inspires Author

Sometimes all it takes is encouragement and validation to get creative juices flowing. For Pat McLaughlin, newly published poet, taking a Learning in Almonte course on creative writing with Phil Jenkins gave her the incentive to gather her poems into a meaningful collection on aging entitled *Aging: The Best Alternative*.

Pat had taken online poetry workshops and had attended a writing group at the Ottawa library, but it was the push by Jenkins that led her to believe her work was worthy of publishing. Jenkins had vetted some of her work, and she was open to his suggestions. However, the process is not for the faint of heart! There was still a long way to go before the book was ready for presentation. Pat formatted all the poems to reflect their message, one per page. She needed to arrange chapters to give the collection continuity and she needed to edit every line for errors or omissions, a difficult task for any author.



Pat McLaughlin was inspired to publish a book of her poems after taking Phil Jenkins' "Learning in Almonte" course on writing

Once her writing was assembled, Pat set about creating a full work of art: she chose the touching photo of her in-laws on a beach for the cover, selected the paper quality, the print size, the colour and title, and then went about finding a printer. Coba Studio in Merrickville was her first choice, and the work they turned out is indeed very fitting. They were even able to offer the book, called a chapbook because of its size, with a choice of cover colour: red or white.

Self-publishing is an onerous task. As exciting as it is to see the finished product, less exciting is the work of selling the books. Pat had a formal book launch in December, and then set about arranging opportunities to present her work in a variety of venues. She conducted a poetry workshop at Chartwell Retirement residence, at which she read her own work, and then led the group in creating Haiku poetry themselves. She has shared her poems with other seniors, who can identify with her sentiments. So enthused are her audiences that her book is now into its second printing!

Pat's poetry runs the gamut from funny to frustrated and resigned. It is obvious she is embracing the aging process gracefully, and understands the senior point of view without dwelling on the negative. To her, age is a number, not a life sentence!

Aging: The Best Alternative is available directly from Pat at <pamclaughlin600@gmail.com>. If you are a senior, love a senior, or are going to be a senior, this book of poetry will keep you amused and give you pause for thought. (Choose the red cover — it's snappy!)

— Glenda Jones & Pat McLaughlin

An aside from Glenda Jones: Another incredible success that came from Learning in Almonte's writing course was Rob Riendeau's stellar Christmas story, *Who Stole Christmas from Mississippi Mills?* This full dramatic production with actors, puppets, original music, dazzling costumes, and much more reflected the true spirit of Christmas in our community. Congratulations to Rob as well as Pat for conceiving and producing their work for the rest of us to enjoy.

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Claiming Column

Noises Off, Almonte, Apr 3-10
Maple Run Tour, Pakenham, Apr 4-5
Maple Weekend, Apr 4-5
The Ten Collective, Almonte, Apr 4-5
BOTR: Miss Emily, Westport, Apr 17
AiC: Beyond Borders, Almonte, Apr 18
Tempting Providence, Perth, Apr 23-May 3
Mamma Mia, CP, Apr 24-May 2
The Fantasticks, SF, Apr 24-May 3
AGH Spring Dance, Almonte, Apr 25
Folkus, Almonte, Apr 25
Steve Poltz, Perth, Apr 28
Paul Halley, Perth, May 1
Stephen Fearing, Arnprior, May 1
Arts CP Fine Art Show & Sale, May 2-3
Home & Living Expo, SF, May 2-3
Art in the Attic, Almonte, May 8-10
BOTR: David Vest, Westport, May 8
Mother's Tea, Appleton, May 10
Lanark Offbeats, CP, May 15
Stanton Lanier, Elgin, May 23
Stanton Lanier, Carleton Place, May 24
This Year Next Year, Perth, May 28-Jun 7
Cantata Singers of Ottawa, Perth, May 31

Visual Arts

Vernissage: Owens & VanAmeyden, Mar 14, 2-4PM. Heritage Habitats. Mississippi Valley Textile Museum, Almonte. mvtm.ca.
Almonte Quilters' Guild, Mar 16, 6:30-9PM. Speaker: Marie-Claire Charette. Almonte Civitan Hall, Almonte. Guests \$5
Meet the Artist: Carol Bajen-Gahm, Mar 21, 3-6PM. "Outports". Sivarulrasa Gallery, Almonte. sivarulrasa.com.
Lanark Co. Camera Club Mtg, Mar 24, 7-9PM. Algonquin College, Perth.
Lanark County Quilters Guild, Mar 24, 7-9PM. Lions Hall, Perth. lanarkcountyquiltersguild.com. \$5 guests

Theatre

Audition: Great Kooshog Lake Hollis McCauley Fishing Derby, Mar 1 & 4, 7PM. Rural Root Theatre. NorthWind Ctr, Constance Bay. ruralroot.org/Kooshog
Marion Bridge, Mar 5-7, 7:30PM; Mar 8, 2PM. Studio Theatre, Perth. studiotheatreperth.com. \$24 (\$19 Feb 27)
Auditions: This Year, Next Year, Mar 9 & 11, 7PM. 5 females, 1 male. Studio Theatre, Perth. studiotheatreperth.com.
The Last Ocean, Mar 14, 6:30PM. Shift Happens documentary series. Studio Theatre, Perth. ticketsplease.ca. \$17 (\$12 student)
Knives Out, Mar 20, 7PM. Film. Studio Theatre, Perth. 267-7469, ticketsplease.ca. \$10 (\$12 adv)
Bombshell, Mar 20, 21, 7PM. Film. Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$10, \$5 stud
An Evening of Comedy, Mar 21, 6:30PM. Curious & Kind, Almonte. curiousandkind.ca. \$10
Clowning Workshop for Performers, Mar 22, 10AM-2PM. Curious & Kind, Almonte. curiousandkind.ca. \$50-75
Film Night International presents *By the Grace of God*: Mar 25, 2 & 7PM (Full Circle Theatre, Perth); Mar 26, 2 & 7PM (Station Theatre, SF). filmnightinternational.blogspot.ca. \$12
Lanark Laughs, Mar 27, 8:30-10PM. Stand-up comedy. Waterfront Gastropub, Carleton Place. facebook.com/LanarkLaughs/

WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> Cancer Support Group, Almonte Carp Celtic Jam, Masonic Lodge Hackberry Men's Shed, Carleton Place Open Mic w/Bill Martin, Juke Joint Soul Kitchen Smiths Falls Duplicate Bridge Club Trivia Night, Cheshire Cat Pub 	<ul style="list-style-type: none"> Music Trivia, Almonte Lobby Bar Olde Time Bingo, Carleton Place Smiths Falls Duplicate Bridge Club Zach Martin, Cheshire Cat Pub 	<ul style="list-style-type: none"> Almonte Duplicate Bridge Club Auditions: Great Kooshog Lake Hollis McCauley Fishing Derby, Constance Bay CP Hort: Recovery from Permaculture, Carleton Place Hootenanny, Almonte Karaoke, Golden Arrow Open Jam, Waterfront Gastropub Rockin' Trivia, Brew Revolution Where Is My Mind Trivia Night, Bowie's 	<ul style="list-style-type: none"> Karaoke, Waterfront Gastropub Marion Bridge, Perth Naismith Men's Shed, Almonte Open Mic w/Kevin Choffe, Fiddleheads Bar & Grill Open Stage, Bowie's
<ul style="list-style-type: none"> Auditions: This Year, Next Year, Perth Cancer Support Group, Almonte Carp Celtic Jam, Masonic Lodge Open Mic w/Bill Martin, Juke Joint Soul Kitchen Smiths Falls Duplicate Bridge Club Trivia Night, Cheshire Cat Pub 	<ul style="list-style-type: none"> Bluesday Night: River Blues Band, Brew Revolution Brock Zeman, O'Reilly's Pub Hackberry Men's Shed, Carleton Place Music Trivia, Almonte Lobby Bar Olde Time Bingo, Carleton Place Perth Hort: Horticulturalists & Lyme Disease Smiths Falls Duplicate Bridge Club 	<ul style="list-style-type: none"> Almonte Duplicate Bridge Club Auditions: This Year, Next Year, Perth Karaoke, Golden Arrow Open Jam, Waterfront Gastropub Where Is My Mind Trivia Night, Bowie's 	<ul style="list-style-type: none"> Karaoke, Waterfront Gastropub Meet David Merner (Green Party), Carleton Place Naismith Men's Shed, Almonte Open Mic w/Kevin Choffe, Fiddleheads Bar & Grill Open Stage, Bowie's Toastmasters, Carleton Place
<ul style="list-style-type: none"> Almonte Quilters' Guild Carp Celtic Jam, Masonic Lodge Hackberry Men's Shed, Carleton Place Open Mic w/Bill Martin, Juke Joint Soul Kitchen Smiths Falls Duplicate Bridge Club Trivia Night, Cheshire Cat Pub Youth Homelessness in Lanark County, Perth 	<ul style="list-style-type: none"> Barley Shakers, Carp Brent Dickie, Ridge Rock Brewing Co. Eastbound of Bytown, O'Reilly's Pub George Turcotte, O'Reilly's Pub Matt Dickson, Golden Arrow Music Trivia, Almonte Lobby Bar Olde Time Bingo, Carleton Place Pretty Ugly, Golden Arrow Smiths Falls Duplicate Bridge Club St. Paddy's w/Turpin's Trail, The Cove The Stoutmen, Brew Revolution Tom Watson, O'Reilly's Pub 	<ul style="list-style-type: none"> Almonte Duplicate Bridge Club Karaoke, Golden Arrow Open Jam, Waterfront Gastropub Pakenham Gardeners: Ferns, Pakenham Rockin' Trivia, Brew Revolution Travelogue: American South, Almonte Where Is My Mind Trivia Night, Bowie's 	<ul style="list-style-type: none"> Karaoke, Waterfront Gastropub MVFN Talk: Water, Almonte Naismith Men's Shed, Almonte Open Mic w/Kevin Choffe, Fiddleheads Bar & Grill Open Stage, Bowie's Perth Breast Cancer Support Group
<ul style="list-style-type: none"> Almonte Hort: No-Dig Gardening Cancer Support Group, Almonte Carp Celtic Jam, Masonic Lodge Open Mic w/Bill Martin, Juke Joint Soul Kitchen Smiths Falls Duplicate Bridge Club Trivia Night, Cheshire Cat Pub 	<ul style="list-style-type: none"> Brock Zeman, O'Reilly's Pub Hackberry Men's Shed, Carleton Place Lanark Co. Camera Club Mtg, Perth Lanark County Quilters Guild, Perth Music Trivia, Almonte Lobby Bar Olde Time Bingo, Carleton Place Smiths Falls Duplicate Bridge Club Square Dancing Open House, Beckwith 	<ul style="list-style-type: none"> Almonte Duplicate Bridge Club By the Grace of God, Perth Karaoke, Golden Arrow MMLT AGM & Tick Talk, Carleton Place Open Jam, Waterfront Gastropub Speaker Series: First Responders, Pakenham Where Is My Mind Trivia Night, Bowie's 	<ul style="list-style-type: none"> By the Grace of God, Smiths Falls Karaoke, Waterfront Gastropub Naismith Men's Shed, Almonte Open Mic w/Kevin Choffe, Fiddleheads Bar & Grill Open Stage, Bowie's Toastmasters, Carleton Place
<ul style="list-style-type: none"> Cancer Support Group, Almonte Carp Celtic Jam, Masonic Lodge Hackberry Men's Shed, Carleton Place Open Mic w/Bill Martin, Juke Joint Soul Kitchen Smiths Falls Duplicate Bridge Club Trivia Night, Cheshire Cat Pub 	<ul style="list-style-type: none"> Brock Zeman, O'Reilly's Pub Music Trivia, Almonte Lobby Bar Olde Time Bingo, Carleton Place Smiths Falls Duplicate Bridge Club Travel: Ireland & Scotland, Pakenham 	<ul style="list-style-type: none"> Almonte Duplicate Bridge Club CP Hort: Lost Lanark Legacy Fruit Trees, Carleton Place Karaoke, Golden Arrow Open Jam, Waterfront Gastropub Rockin' Trivia, Brew Revolution Where Is My Mind Trivia Night, Bowie's 	<ul style="list-style-type: none"> Karaoke, Waterfront Gastropub Naismith Men's Shed, Almonte Open Mic w/Kevin Choffe, Fiddleheads Bar & Grill Open Stage, Bowie's

Music

Hootenanny, Mar 4, 4-6PM. All ages. Food incl. Bring instruments. Stan Mills Centre, Almonte. www.facebook.com/Care-bridgeCommunitySupport/
AiC: Percussive Encounter, Mar 7, 7:30PM. Almonte in Concert. almonteinconcert.com. Almonte Old Town Hall. \$35/\$15
Elvis Tribute, Mar 7, 8PM. Matt Cage. Gallipeau Centre, Smiths Falls. 284-9916, gallipeaucentretheatre.com. \$39.50
Kanata Choral Society: Disney, Mar 7, 3PM. St. Paul's Anglican Church, Kanata. 592-1991, kanatachoralsociety.ca. \$18
Jamboree & Shepherd's Pie Dinner, Mar 8. McDonalds Corners Ag. Hall. 259-5043. \$15; musicians \$5; kids \$7
Maberly Quarterly Dance: Balfolk, Mar 14, 7:30-11:30PM. Maberly Hall. \$12
Choral Evensong, Mar 15, 3:45PM. St. James the Apostle Anglican Church, Perth. 267-1163, stjamesperth.ca.

James Keelaghan & Jez Lowe, Mar 15, 2-4:30PM. MERA Schoolhouse, McDonalds Corners. ticketsplease.ca. \$27.50 adv.
Barley Shakers, Mar 17, 7:30-9PM. St. Patrick's Day music. Carp Memorial Hall. 470-0060. Donations welcome
BOTR: David Gogo Band, Mar 20, 7-11PM. Blues on the Rideau. The Cove, Westport. bluesontherideau.ca. \$70
Evening Coffee House, Mar 20, 7-9PM. St. Paul's Anglican Church, Almonte. Free. Donations to Food Bank accepted
A Rough Start: Tales of Lower Town, Mar 22, 3PM. St. John's Anglican Church, Kanata North. 592-4747, parishhofmarch.ca.
SRO Big Band Tea Dance, Mar 22, 1-4PM. Almonte Old Town Hall. sroteadances.org. \$14; \$25 couple (cash only)
Trad Song Pub Session, Mar 22, 2-4PM. Barley Mow, Almonte. 355-5552, www.shantyman.ca/almonte-trad-songs.
Folkus: Ian Sherwood w/ Evangeline Gentle, Mar 28, 8PM. folkusalmonte.com, door. Almonte Old Town Hall.

Led Zeppelin Tribute, Mar 28, 8PM. Gallipeau Centre, Smiths Falls. 284-9916, gallipeaucentretheatre.com. \$39.50
Sam Kirmayer Sextet, Mar 28, 8PM. smiths-falls-theatre.com, 613-283-0300. Station Theatre, Smiths Falls. \$35
Almonte Lobby Bar @Riverside Inn (Almonte, 461-2745): Tue Music Trivia, 8PM
Ashton Pub (Ashton, 257-4423): Sun Open Mic, 2-5PM
Mar 17 Kelly Sloan & Friends, 12-6PM
Bowie's (Smiths Falls): Wed Trivia Night, 8-11PM; Thu Open Stage, 8-11PM; Sat Funk & Soul Playlist, 9PM; Bluegrass Lunch 12-2PM
Mar 15 Keith Glass Band, 8-11PM, \$20
Mar 21 Tony Lee R-Rated Hypnotist, \$50
Fiddleheads (Perth, 267-1304): 8PM. Thu Open Mic w/Kevin Choffe
Mar 6 Logan Brown
Mar 13 Henry Norwood
Mar 20 Chris Strang
Mar 27 Shawn McCullough

Brew Revolution (Stittsville, 877-2121): Sun Open Mic w/George Turcotte, 2-5PM
Mar 4, 18, Apr 1 Rockin' Trivia, 7-9PM
Mar 7 Spencer Scharf, 7:30PM
Mar 10 River Blues Band, 7PM
Mar 13 Gamut, 7PM
Mar 17 The Stoutmen, 6-9PM
Calabogie Brewing Co. (Calabogie, 752-2739): Fri Vocals for Locals, 5:30PM
Cheshire Cat (Carp, 831-2183): Mon Trivia, 8-10PM
Mar 3 Zach Martin, 6:30-8PM
Mar 7 Jeff Rogers, 8:30-10:30PM
Golden Arrow Pub (Perth, 267-4500): 9PM, Wed Karaoke
Mar 6 Shawn McCullough
Mar 13 John Dorsch, acoustic
Mar 14 Danielle Hewitt
Mar 17 Matt Dickson, 3-7PM
Mar 20 Matt Dickson
Mar 21 Eric Widzinski
Mar 28 Speak Easy

MARCH 2020

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Alexandra Sullivan ft. Seth Allison, Ridge Rock Brewing Bif Naked, Neat Coffee Shop John Wilberforce, The Cove Logan Brown, Fiddleheads Bar & Grill Marion Bridge, Perth Mississippi Blues Jam, Waterfront Gastropub Open Mic w/Danah-Lee, Mount Pakenham Shawn McCullough, Golden Arrow Steve Barrette Trio, The Swan at Carp Steve Stacey & Stump Splitters, O'Reilly's Pub Vocals for Locals, Calabogie Brewing Co. 	<ul style="list-style-type: none"> AiC: Percussive Encounter, Almonte Bif Naked, Neat Coffee Shop Blues & Rock w/Al Tambay, Waterfront Gastropub Elvis Tribute, Smiths Falls Funk & Soul Playlist, Bowie's Jeff Rogers, Cheshire Cat Pub John Mathieu, Ridge Rock Brewing Co. Kanata Choral Society: Disney, Kanata Lanark Co. Genealogical Mtg, Beckwith Marion Bridge, Perth WAC Kitchen Party & Sean Pinchin, The Cove Spencer Scharf, Brew Revolution Tyree Lush & Dana Arrowsmith, Juke Joint Soul Kitchen Winter Community Caf�, McDonalds Corners Workshop: Intro to Tai Chi & Qigong, Perth 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Apr�s-Ski: Dale Yuke, Mount Pakenham Ashton Open Mic, Ashton Pub Bluegrass Lunch, Bowie's Blues w/Redneck Limousine, Waterfront Gastropub International Women's Day, Perth Irish Presentation, Smiths Falls Jamboree & Shepherd's Pie Dinner, McD Corners Marion Bridge, Perth Open Mic w/George Turcotte, Brew Revolution Open Mic w/Shawn McCullough, The Cove Seedy Sunday, Perth
<ul style="list-style-type: none"> Brock Zeman, The Cove Gamut, Brew Revolution Henry Norwood, Fiddleheads Bar & Grill John Dorsch, Golden Arrow Jordan Dubeau, Mount Pakenham Mitch Desilets, Ridge Rock Brewing Co. Villages, Neat Coffee Shop Vocals for Locals, Calabogie Brewing Co. 	<ul style="list-style-type: none"> Blues & Rock w/Al Tambay, Waterfront Gastropub Danielle Hewitt, Golden Arrow Funk & Soul Playlist, Bowie's Jack Pine, O'Reilly's Pub Jon & Roy, Neat Coffee Shop Maberly Quarterly Dance: Balfolk!, Maberly Nelson Colt, Juke Joint Soul Kitchen Sam Wilson, The Cove The Last Ocean, Perth Vernissage: Owens & VanAmeijden, Almonte Winter Community Caf�, McDonalds Corners Workshop: Greening your Garden, Almonte 	<ul style="list-style-type: none"> Apr�s-Ski: Live Music, Mount Pakenham Ashton Open Mic, Ashton Pub Bluegrass Lunch, Bowie's Blues w/Redneck Limousine, Waterfront Gastropub Choral Evensong, Perth James Keelaghan & Jez Lowe, McDonalds Corners Magnolia Rhythm Kings, The Royal Oak Open House & Live Music, Almonte Open Mic w/George Turcotte, Brew Revolution Open Mic w/Shawn McCullough, The Cove Sitting on Sundays, Almonte Songwriter Series: Keith Glass Band, Bowie's
<ul style="list-style-type: none"> Ben Cooper, Ridge Rock Brewing Co. Bombshell, Smiths Falls BOTR: David Gogo Band, Westport Chris Strang, Fiddleheads Bar & Grill Evening Coffee House, Almonte George Turcotte, O'Reilly's Pub Knives Out, Perth Matt Dickson, Golden Arrow Neat Comedy Night, Neat Coffee Shop Open Mic w/Sky Papousek, Mount Pakenham Steve Barrette Trio, The Swan at Carp Vocals for Locals, Calabogie Brewing Co. 	<ul style="list-style-type: none"> An Evening of Comedy, Almonte Blues & Rock w/Al Tambay, Waterfront Gastropub Bombshell, Smiths Falls Eric Widzinski, Golden Arrow Funk & Soul Playlist, Bowie's Head over Heels w/Zak Colbert, The Cove Lanark County Revival, Juke Joint Soul Kitchen Meet the Artist: Carol Bajen-Gahm, Almonte Shawn McCullough, O'Reilly's Pub Tom Savage, Ridge Rock Brewing Co. Tony D Band, Neat Coffee Shop Tony Lee R-Rated Hypnotist, Bowie's Winter Community Caf�, McDonalds Corners 	<ul style="list-style-type: none"> A Rough Start: Tales of Lower Town, Kanata North APEX Jazz Band, The Royal Oak Ashton Open Mic, Ashton Pub Bluegrass Lunch, Bowie's Blues w/Redneck Limousine, Waterfront Gastropub Clowning Workshop for Performers, Almonte Community Potluck, Almonte Open Mic w/George Turcotte, Brew Revolution Open Mic w/Shawn McCullough, The Cove Sitting on Sundays, Almonte SRO Big Band Tea Dance, Almonte Trad Song Pub Session, Almonte
<ul style="list-style-type: none"> Almonte Lectures: End of Road for Antiques? Lanark Laughs, Carleton Place Shawn McCullough, Fiddleheads Bar & Grill Tom Watson, O'Reilly's Pub Vocals for Locals, Calabogie Brewing Co. Wilson Delcourt, Ridge Rock Brewing Co. Young Petty Stones, The Cove 	<ul style="list-style-type: none"> Blues & Rock w/Al Tambay, Waterfront Gastropub Folkus: Ian Sherwood w/ Evangeline Gentle, Almonte Funk & Soul Playlist, Bowie's Jeff Callery, The Cove Led Zeppelin Tribute, Smiths Falls MMPL Seed Library Opening, Almonte MVTM Soup for Thought Fundraiser, Almonte Sam Kirmayer Sextet, Smiths Falls Sharon, Randi & Friends, Burnstown Speak Easy, Golden Arrow Steve Stacey, Juke Joint Soul Kitchen Winter Community Caf�, McDonalds Corners Workshop: Growing Vegetables Organically, Almonte 	<ul style="list-style-type: none"> Ashton Open Mic, Ashton Pub Bluegrass Lunch, Bowie's Blues w/Redneck Limousine, Waterfront Gastropub Magnolia Rhythm Kings, The Royal Oak Open Mic w/George Turcotte, Brew Revolution Open Mic w/Shawn McCullough, The Cove Pancake Breakfast, Mississippi Mills Potluck Supper & Dance, Ferguson's Falls Sitting on Sundays, Almonte

- CP & Beckwith Heritage Museum presents *Men in Kilts* <cpbheritagemuseum.com> [to Mar 21]
- Fairview Manor Lobby presents Rosemary Leach's paintings
- Mississippi Valley Textile Museum presents Ginger Owens & Vicki VanAmeijden's *Heritage Habitats* <mvtm.ca> [to Mar 14]
- Sivarulrasa Gallery presents Eric Walker [to Mar 13], Carol Bajen-Gahm [from Mar 18] <sivarulrasa.com>
- Str v  Design Studio & Boutique presents *Faraway Places* <strevdesign.com> [to Mar 15]
- The Almonte Library Corridor Gallery presents Michael Sproule's landscapes

The Cove (Westport, 273-3636): Sun Open Mic w/Shawn McCullough, 1-4PM
 Mar 6 John Wilberforce, 6-9PM
 Mar 7 WAC Kitchen Party, 1-4PM
 Mar 7 Sean Pinchin, 7-10PM, \$10
 Mar 13 Brock Zeman, 6-9PM
 Mar 14 Sam Wilson, 7-10PM
 Mar 17 St. Paddy's, 6-10PM, \$15
 Mar 21 Head over Heels, 6-9PM
 Mar 27 Young Petty Stones, 7-11PM, \$55
 Mar 28 Jeff Callery, 7-11PM

Mount Pakenham (624-5290): Fri Socials, 6-9PM; Sun Apr s-Ski, 2:30-5:30PM
 Mar 1 Spencer Scharf
 Mar 6 Open Mic w/Danah-Lee
 Mar 8 Dale Yuke
 Mar 13 Jordan Dubeau
 Mar 20 Open Mic w/Sky Papousek

The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM
 Mar 1, 15, 29 Magnolia Rhythm Kings
 Mar 8, 22 APEX Jazz Band

Ridge Rock Brewing Co. (Carp, 470-2337): 8PM.
 Mar 1 Open Mic w/Jillian Kerr, 2-4PM
 Mar 6 Alexandra Sullivan ft. Seth Allison
 Mar 7 John Mathieu
 Mar 13 Mitch Desilets
 Mar 17 Brent Dickie, 7-10PM
 Mar 20 Ben Cooper
 Mar 21 Tom Savage
 Mar 27 Wilson Delcourt

Neat Coffee Shop (Burnstown, 433-9960): 8PM
 Mar 6, 7 Bif Naked, \$66.50
 Mar 13 Villages, \$15
 Mar 14 Jon & Roy, \$25
 Mar 20 Neat Comedy Night, \$25
 Mar 21 Tony D Band, \$30
 Mar 28 Sharon, Randi & Friends, \$35, 2PM

The Swan at Carp (Carp, 839-7926):
 Mar 6, 20 Steve Barrette Trio, 7-10PM

Juke Joint Soul Kitchen (Carp, 470-8888): 7PM. Mon Open Mic w/Bill Martin
 Mar 7 Tyree Lush & Dana Arrowsmith
 Mar 14 Nelson Colt
 Mar 21 Lanark County Revival
 Mar 28 Steve Stacey

O'Reilly's Ale House (Perth, 267-7994):
 Mar 6 Steve Stacey & the Stump Splitters, 8:45PM
 Mar 10, 24, 31 Brock Zeman, 9PM
 Mar 14 Jack Pine, 8:30PM
 Mar 17 Eastbound of Bytown, 12-3
 Mar 17 George Turcotte, 4-7PM
 Mar 17 Tom Watson, 8PM
 Mar 20 George Turcotte, 8:30PM
 Mar 21 Shawn McCullough, 8:45PM
 Mar 27 Tom Watson, 8:45PM

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

Community

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

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

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

Winter Community Caf , Sat 10AM-2PM. MERA Schoolhouse, McDs Corners, thewintercommunitycafe@gmail.com

Hackberry Men's Shed: Mar 2, 16, 30, 7PM, meeting, Workshop opposite 98 Donald St., CP; Mar 10, 24, 7:30AM, breakfast, Gourmet Restaurant, CP. 461-0013. \$1/yr

Naismith Men's Shed: Mar 5, 19, 8AM, breakfast, Superior Restaurant, Almonte; Mar 12, 26, 9AM, meeting, Mill of Kintail gatehouse. 461-0013. \$1/yr

CP Hort: Recovery from Permaculture, Mar 4, 7PM. Speaker: Scott Sigurdson. Zion-Memorial United Church, Carleton Place. \$3 entry; \$10 annual

Workshop: Intro to Tai Chi & Qigong, Mar 7, 2-4PM. Yoga Connection, Perth. 416-554-1912. \$10

Lanark Co. Genealogical Mtg, Mar 7, 1:30PM. Topic: George Keyes' boot/shoe store (CP). Brunton Hall, Beckwith. Free

International Women's Day, Mar 8.

Irish Presentation, Mar 8, 1PM. Blair Kerr. Heritage House Museum, Smiths Falls. heritagehouse@smithsfalls.ca. \$10

Seedy Sunday, Mar 8, 10AM-3PM. Seeds, vendors, workshops. Perth Civitan Hall, 284-0578, perthfarmersmarket.ca.

Cancer Support Group, Mon 10-11AM (excl. Mar 16). Patients & survivors. Almonte Library. 726-8040. Free

Perth Hort: Horticulturalists & Lyme Disease, Mar 10, 7-9PM. St. Paul's United Church. 253-5690, perthhortsociety.com.

Toastmasters, Mar 12 & 26, 7-8:30PM. Guests free. Riverview Snrs' Residence, 204 Lake Ave., CP. RSVP 250-9282

Meet David Merner (Green Party), Mar 12, 7-9PM. Short talk; Q&A. Good Food Co. Carleton Place. davidmerner.com.

Workshop: Greening your Garden, Mar 14, 10AM-12PM. Sarah Lickley. Sign-up: 256-1037. Almonte Library. 256-1037.

Sitting on Sundays, Mar 15, 22, 29, 10AM. Meditation, mindfulness. Big Stone House, Almonte. bigstonehouse.ca. By donation

Open House & Live Music, Mar 15, 2-4PM. Robin Averil. OrchardView, Almonte. 963-5000, orchardviewmississippi.ca.

Youth Homelessness in Lanark County, Mar 16, 7PM. Speaker: Terrilee Kelford, Cornerstone Landing. Perth Legion. Donations (\$, gift cards, hygiene prods)

Pakenham Gardeners: Ferns, Mar 18, 7:30PM. Lis Allison of Pine Ridge. St. Andrew's United Church, Pakenham. 256-4768.

Travelogue: American South, Mar 18, 7PM. Finn O'Brien. Almonte Library. 624-5306, missmilllibrary.com.

MVFN Talk: Water, Mar 19, 7:30PM. Almonte United Church. mvfn.ca.

Perth Breast Cancer Support Group, Mar 19, 7-9PM. Monthly mtg. Perth Family Health Centre. 812-4474.

Community Potluck, Mar 22, 5PM. Bring dish, make friends. Curious & Kind, Almonte. curiousandkind.ca.

Almonte Hort: No-Dig Gardening, Mar 23, 7:30PM. Speaker: Melanie McKenzie. Cornerstone Community Church, Almonte. 256-1071. \$2 (first time=\$0)

Square Dancing Open House, Mar 24, 7:30-9:30PM. Brunton Hall, Beckwith. mississippisquares.ca. Free

MMLT AGM & Tick Talk, Mar 25, 6:30PM. Public: 7:30PM. Mississippi Valley Conservation Centre, Carleton Place. 253-2722, mmlt.ca/events. \$10 non-members

Speaker Series: First Responders, Mar 25, 7PM. Paramedic Lorraine Downey. St. Andrew's United Church, Pakenham.

Almonte Lectures: End of Road for Antiques?, Mar 27, 7:30PM. Janet Carille. Almonte United Church. almontelec- tures.net. free; donations accepted

MMPL Seed Library Opening, Mar 28, 12:30PM. Veg. flower, herb seeds. Almonte Library. 256-1037. Free

MVTM Soup for Thought Fundraiser, Mar 28, 12-2PM. Soup/handmade bowl. Mississippi Valley Textile Museum, Almonte. 256-3754, mvtm.ca. \$30

Workshop: Growing Vegetables Organically, Mar 28, 10AM-12PM. Master Gdnrs D. Hinks, G. Franssen. Register: 256-1037. Almonte Library. 256-1037. Free

Pancake Breakfast, Mar 29, 8AM-12PM. Union Hall, Mississippi Mills. \$10 large, \$8 small, \$5 kids 10&under

Potluck Supper & Dance, Mar 29, 5PM. Memory Lane Band. Ferguson's Falls Community Hall. Donations welcome

Travel: Ireland & Scotland, Mar 31, 7PM. Travel advisor Emma Moxley. Pakenham Library. 864-5734.

CP Hort: Lost Lanark Legacy Fruit Trees, Apr 1, 7PM. Speaker: Jennifer Ferris. Zion-Memorial United Church, Carleton Place. \$3 entry; \$10 annual

Glory to God!
 St. James the Apostle Anglican Church
 12 Harvey St. Perth 613-267-1163 stjamesperth.ca
 Choral Evensong: Sunday, March 15, 4 pm



Choral Music of Lent
 Prelude music from the gallery
 begins at 3:45 pm

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Soup or Caesar Salad,
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 or Dumplings
 A slice of Apple Streusel Pie
 (Dine in only from 4 to 8 p.m.) **\$45 for 2** Plus tax.

Musical Entertainment by Ian and Chris
 March 13 and 27th

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Tuesday to Thursday, 11:30 p.m. to 8 p.m.
 Friday & Saturday, 11:30 p.m. to 9 p.m.
 Sunday, 4 p.m. to 8 p.m.

Mississippi Madawaska Land Trust
 Preserving the land • Protecting the future

ANNUAL GENERAL MEETING
 Wednesday, March 25, 2020 at 6:30 p.m.
 The Mississippi Valley Conservation Authority Building
 10970 Highway 7, Carleton Place, ON.

Presentation Open to the Public: 7:30 p.m.
**Keeping Pace with the Risk & Spread
 of Tick-borne Diseases**
 in Ontario & Quebec

Presented by: Kirsten Crandall
 Ph.D. Cotutelle candidate, Department of Biology (Dr. V. Millien and Dr. J. Kerr labs)
 McGill University & University of Ottawa

Entrance Fee: \$10 Members: Free
 Additional info at: 613-253-2722 or mmlt.ca/events

Opinion Ate It...

Einstein's Restaurants (or, the Valley eats at Valley Eats!)

There are times to stay put and what you want will come to you, and there are times to go out into the world and find such a thing for yourself. — Lemony Snicket

The word restaurant derives from soups sold "to go" in marketplaces. As we know them, restaurants date to the time of the French revolution. Today the term restaurant

by Sebastian Weetabix

covers a very wide range of establishments, but is generally understood to be a place that offers prepared food and a place in which to enjoy or, in the case of fast food, ingest it. But things are changing in the world of retail. According to Einstein's theory of relativity it should not matter if the patrons come to the restaurant or the restaurant comes to the patrons. However, economics are where the rubber, the food and the road meet.

In providing a place to consume his or her wares, a restaurateur incurs costs and needs staff to provide related services (order processing, delivery and clean-up). The profitability of a "full service" restaurant is highly dependent on both labour costs explicitly, and less obviously on its ability to maintain consistent service delivery. Reliable and competent staff is a critical success factor and in a small establishment presents significant challenges. Running a good kitchen is not the same as running the "front of house", and most kitchens can produce more meals than can be accommodated by seating. Food trucks and catering kitchens both "build to order", and take-away is a simple solution that works well with some obvious limitations.

Many conventional restaurants offer take-out or take-away menus, but a real challenge is presentation. Burgers, curries, soups, etc. are all available, offering the convenience of advance preparation needing only plating and clean-up if taken home or better yet delivered. What could be better? In some cases, not much.

However, packaging is costly and recycling does not offset the cost, at least with today's options. In some respects, pre-made frozen foods offer solutions but there are multiple barriers to be overcome if presentation and economics are to be dealt with. There is also the significant issue of the "last mile", which is the term used to describe the problem of economically getting goods from a transportation hub to the final delivery destination. Amazon has disrupted the entire retail sector by demonstrating that there is no need to actually set foot in a retail establishment.

Pizza has a long-established practice of order-to-eat and delivery. Of course it helps that pizza (even good pizza) is flat and therefore stackable with good "finish-to-eat" lifetime. Bad pizza is not quite the equal of the US Army's MRE (Meal, Ready-to-Eat) rations, but it can withstand an extraordinarily long delivery time while retaining its essential badness.

Both good and bad pizza benefit from reheating and this, of course, brings us to an essential point about order-to-eat, which is that it can work for A) pick up and take wherever, B) home delivery, and C) eat at the restaurant without having to wait — a sort of just-in-time feeding event that seeks to avoid the hazards of unscripted conversations arising from long wait times while the staff reworks the order somebody just dropped.

The unprecedented growth of Amazon at the expense of traditional retail shopping is driven by the quest for convenience as well as the increasing number of differentiated options. In retail food there are similar drivers, starting with the decline of home cooking (which is, let's face it, not always good cooking). For many consumers home delivery offers socialization benefits as well as the convenience of not needing to "fetch", but courier delivery on a single trip basis is expensive and inconvenient to arrange.



Craving St. James Gate's wings but don't want to go out? **Valley Eats** (aka "The Best Local Food Delivery App") is currently serving Pembroke/Petawawa and Carleton Place/Almonte, and will soon add Arnprior, Smiths Falls and Perth!

Taxis and ride-share services are not geared to the economics of single food delivery trips. Enter Valley Eats. A look at their website <valleyeats.ca> is recommended, since it is clear that some thought has gone into both sides of the underlying transaction. This is a service organization that provides value to the merchant AND the customer while taking advantage of scale and scheduling to aggregate deliveries and thus achieve win-win economics. Founder Ryan Schmidt has a background in retail, and he teamed up with a friend and software developer, Dan Renaud. Valley Eats addresses several specific problems in the food sector. Increasingly, restaurateurs are confronted by the conflicting demands of their customers who want the convenience of order-to-eat plus delivery. In less than a year Valley Eats has developed a system which is friendly and effective at *both* ends (provider and customer), while managing to operate profitably. Valley Eats now has about fifty drivers and services restaurants and their customers in a territory stretching from Pembroke to Carleton Place. Their business model opens possibilities for future growth both for their service and their client base. It will be interesting to see how they influence the development of the local food scene.

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Don't Say That!

Old Nellie has been in the barn all winter and she's getting spring fever, so it's time to saddle up the old girl and get on my high horse for a trot around the countryside. Riding can be a pain in the butt for those of us who don't get out often enough, so this saddle will likely bring out all the complaints I've been storing up for the past couple of months.

by Glenda Jones

If I hear the phrase "the vast majority" one more time, I think I'll have to assign the perpetrators to a statistics course. The majority is an amount more than half. Just go with that; no adjectives required. The adjective "vast" isn't needed at all! As an aside, journalists are taught that adjectives muddy the waters of good reporting, and further tend to indicate a bias on the part of the reporter. Remember the old *Dragnet* series? Joe Friday used to say, "Just the facts, Ma'am", and that's all I want too. If it's the "vast majority", I want to know if it's 52% or 98%. "Vastness" makes me think the perpetrator has scoured the land east west south and north to come up with every known opinion he can garner.

Are there burrs on this saddle? I'm in pain here! "Unfortunately" I can't get off this horse until the ride is over. "Unfortunately" has become the catch phrase for customer service people when they don't want to give you that little perk you know you should have. "Unfortunately" actually means, "Nope, not this time. I can't be bothered getting you the service you deserve. Waayyy too much trouble for little me!" Rules are meant to be broken if it is what a customer needs, especially a customer of a certain age, when the service person is knee-high to the proverbial grasshopper! I am noting of late that a sweet little old lady smile, and the little addition of "Well, unfortunately I will be going somewhere else" has gotten me a long way. Surprisingly fast changes come about then, especially when I add that of course I'll be posting this unfortunate service on social media. Don't mess with the old ladies!

We're heading into elections, and a plethora of inane phrases. Interviewers are working diligently to educate the public. Imagine their pride when one of their questions gets this accolade: "That's a very good question." Have you ever heard the host reply, "Why, thank you. I spent hours formulating that in the fervent hope that you might give me a straight answer instead of evaluating my ability to be a journalist"? We recognize that the politician has to

get his brain in gear before answering with the stock phrases they store for such occasions.

Here he goes: "Obviously, that issue is of the utmost importance to us, and we're working hard to resolve it." First off, "obviously" denotes a condescending attitude towards an audience assumed to be naïve and uninformed. Secondly, if every issue is of the utmost importance, how are they prioritized? Surely not every issue is on the top of the heap. And thirdly, the ubiquitous "we are working hard". I wonder if employees only work hard when they are bashed over the head with a big issue. Do they slack off most times? Do they now have to do without coffee breaks and maybe work overtime? Are they on a deadline to solve an issue? No. None of that; they simply are putting in the nine to five, passing the load to the next fellow, and wiping their brows when the politicians come by the desk. It's a ruse, this working very hard, and the solutions will only take a couple of years... at which time they might have to work hard again. Want to see hard work? Follow a farmer for a few days; or watch the mother of toddlers.

Yikes, Nellie, not so fast here, old girl!

Agencies in our midst are formulating plans for the improvement of everything from sidewalk cleaning to youth addiction by touting phrases that sound like "looking at infrastructure through the seniority/gender non-specific familial lens" (which means it's seniors and parents with strollers who use the sidewalks), or "family-oriented open dialogue relating to societal peer groups and authority figures" (which means they're going to have kids, parents, school teachers and the police in a room together). Just the facts, Ma'am!

Don't obfuscate every issue with complicated language that hinders the conveyance of ideas. If you don't know, just say so; if you do, then tell it like it is. Don't snow us with cotton wool phrases that have no relevance to the answers. Don't hammer us with trite slogans you repeat like some demented parrot on a perch.

Okay, we're back at the barn. Time to get off this horse and walk her around 'til we're both calm again. Is it any wonder she doesn't like to see me heading her way?

The sun is shining here in the paddock, and there are geese overhead. So here are some things I do hope you'll say. Say "I love you" more often than you do now. Say "thank you" even for a tiny thing. Say "Yes" more often than "No". And for sure say "I'll try" way more often than "I can't".



Marg Graff & SchoolBOX North

Almonte's hometown charity, SchoolBOX, is celebrating the ETFO social justice award-winning teacher Marg Graff for her service and dedication in helping us create Indigenous Learning Centres for kids on reserves in Northern Ontario.

Friends of Marg know that she is dedicated to many things — her boys and bake shop, goats and donkey, her Sunday school, and theatre productions. But we're thrilled that her lifetime passion for education and literature continues into her "retirement" as she volunteers hundreds of hours to help SchoolBOX source and order incredible Indigenous literature based on community and council requests and needs.

Marg also traveled, on her own penny, to Winnipeg and northern Ontario to help install the first phase of the Niisaachewan Anishinaabe Learning Centre in November 2019. SchoolBOX helped to renovate an unused bay of the Fire Hall in this northern reserve to transform the space into a library and distance education school for the kids and community. Marg recently returned to Niisaachewan to help SchoolBOX staff and community members install the new children's library and celebrate at the community's first learning centre open house on Feb 12, 2020!

To support this project or to learn more about SchoolBOX North, please visit schoolbox.ca/north or email sarah@schoolbox.ca. — Sarah Kerr

Movies, Music, and Irish Roots

It's March, so by the time you're reading this it's either spring or spring is *just* around the corner. That, I submit to you, is as great a cause for celebration as St. Patrick's Day. This month, luckily, you can celebrate both! March is cool that way.

It seems to me that to most folks who aren't Irish, St. Patrick's Day has always been, well, just a really fun night to go to the pub and celebrate good cheer and maybe hoist

by John Pigeau

a Guinness or two with friends. But it turns out there's far more to St. Patrick's Day than green milkshakes and dancing leprechauns and the luck of the Irish — in fact, St. Patrick's Day has a storied and intriguing past.

Curious to learn more? Join Blair Kerr at the Smiths Fall Heritage House Museum on March 8 for a presentation called **All in Good Craic?** in which she traces the history of St. Patrick's Day in Ireland and uncovers what it reveals (or doesn't) about broader Irish beliefs, identity, and group power dynamics.

Kerr, who is originally from Smiths Falls and is a cultural specialist with a B.A. in Folklore and Religious Studies from Memorial University in Newfoundland and an M.A. in Popular Culture Studies from Brock University, will discuss St. Patrick's Day's from its origin as a religious feast day to its transformation into a celebration of

Irish nationalism and ancestry. You may even learn a bit of Irish Gaelic along the way.

"Our area is rich in Irish ancestry," explains Leisa Bell, Museum Administrator, "and we are truly excited to learn a little more about Irish culture and St. Patrick's Day from someone as knowledgeable as Blair." The talk begins at 1PM and the cost is \$10, which includes a complimentary Guinness or an Irish Coffee.

Luck of the Irish or not, there will be a whole lot more cultural activity at the Heritage House Museum in March. As part of their March break activities, there will be a **St. Patrick's Day Children's Program** on Tuesday, March 17 with crafts and games, including a scavenger hunt for gold coins, leprechaun slime, some rainbow relay events and more. "We love hosting March Break events for the kids. This year we have a little adventure and a little luck planned for this St. Patrick's Day themed program," says Bell.

The day's activities run from 9AM to 3PM and are for children aged 6–12. The cost is \$20 per child. Kids should dress for the fickle mid-March weather, as some of the activities may take place outside, and everyone is asked to bring a packed lunch, although an afternoon snack will be provided. You need to pre-register for this event by contacting the Museum at 283-6311 or <heritagehouse@smithsfalls.ca>. They also respond to messages sent via their Facebook page.

The Museum is gearing up for those of you with children, as they've planned "**Warm Victorian Winter Welcome**" chock

full of March break activities, to keep all those young hearts and minds happy and busy during the week off. Give them a call for more details.

Movies are best watched on the big screen, don't you think? And if you haven't seen the film *Bombshell* on the big screen, you'll have the chance on March 20 and 21 at Movie Night at the Station Theatre. The Smiths Fall Community Theatre presents the film, starring Charlize Theron, Nicole Kidman and Margot Robbie. Directed by Jay Roach, *Bombshell* is based on the accounts of women at Fox News who set out to expose CEO Roger Ailes for sexual harassment. By all (or most) accounts it's a hard-hitting, timely, powerful film with brilliant performances from its deeply talented cast. Andrea Dorfman's *Flawed* — a charming little film about very big ideas — will play before the feature film. Tickets are \$10 for adults and \$5 for students, payable by cash at the door, and the box office opens at 6PM. Get there early and enjoy the show!

Another powerful film comes to Smiths Falls on March 26, as Film Night International presents *By the Grace of God* at the Station Theatre. Directed by François Ozon, *By the Grace of God* stars Melvil Poupaud, Denis Ménochet and Swann Arlaud as three survivors of a Catholic priest's abuse who, as adults, set out to expose the sexual abuse hidden by the Catholic Church. The film is French with English subtitles. There is a 2PM matinée and an evening screening at 7PM. Single tickets, if available, will go on sale at



The Heritage House Museum is the place to bring kids for St. Patrick's Day!

the box office ten minutes before screening time. They are \$12, with all profits being donated to the Smiths Falls Public Library. If you're interested in season passes for Film Night International, please call the Smiths Falls Library at 283-2911.

There will be what sounds like a truly exceptional concert happening at the Station Theatre on March 28, when the Smiths Falls Community Theatre kicks off its 2020 music series with a show by the **Sam Kirmayer Sextet**. You can find more details on page 13 of this issue, but I can assure you that jazz lovers won't want to miss it!

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Art News Around the Valley

Fibre Fling Show & Sale

Out-of-the-Box Fibre Artists will be celebrating their annual Fibre Fling Show and Sale on April 3 and 4. This event will showcase over 200 original artworks from more than forty fibre artists. Their one-of-a-kind pieces range from art quilts and wearables (scarves, hats, jackets, etc.) to appliqué, embroidery and bead works. These demonstrate a wide range of textile techniques including both traditional (such as knitting and crocheting) and contemporary applications (such as felting, free motion/thread painting and mixed media).

by Miss Cellaneous

Fibre Fling will take place at the Kitchissippi United Church (630 Island Park Drive in Ottawa) on Friday, April 3 from 10AM to 8PM and Saturday, April 4 from 10AM to 5PM. Admission is \$5, and a portion of the proceeds will go to the Stephen Lewis Foundation. For more information, visit <out-of-the-box.org>.

Call for Artists: Perth Autumn Studio Tour

Located about twenty kilometres from picturesque Perth, the Perth Autumn Studio Tour showcases one of Eastern Ontario's finest selections of contemporary fine arts and crafts during the Thanksgiving long weekend. The tour attracts new attendees every year and many who come back annually. "A much looked forward to Thanksgiving tradition for our family... year after year."

Each year, tour organizers encourage artists from the region to display their work as guests in members' studios. There are now two categories: Emerging artists and Established artists (see the application for more details).

New applicants are juried with attention to quality of work, suitability to available space, and variety. For the tour's 28th year in 2020, artists/artisans are invited to submit their portfolio for jurying by the March 31st deadline. The application and instructions for applying to the tour can be found at <perthstudio-tour.com>, or for more information call 267-8759.

Art News from Sivarulrasa Gallery

From March 18 to April 24, Sivarulrasa Gallery (34 Mill St, Almonte) is pleased to present *Outports*, a solo exhibition of new paintings by Newfoundland-based artist Carol Bajen-Gahm. In Newfoundland, the word "outport" originally referred to an isolated coastal community that could only be reached by boat, but today most are accessible by road and, rather than harvesting cod, depend on summer tourism for their existence. Loss of population due to the collapse of the fishery has caused some villages to be abandoned, while others survive with fewer than one hundred souls; some, however, have grown due to their proximity to St. John's. Artist Carol Bajen-Gahm will be coming to Almonte from Torbay, Newfoundland for the Vernissage/Opening Reception on Saturday, March 21 from 3-6PM. Everyone is invited to the opening! For more information and available works, please visit <sivarulrasa.com>.

Sivarulrasa Gallery is also delighted to launch the **START Program**, which provides both individuals and business clients with easy options to enjoy original Canadian art using affordable monthly payments. The program combines the gallery's existing zero-interest twelve-month installment plan with new lease-to-own options, which can bring the monthly lease cost down to as low as 3% per month of the retail price of the work. If you own a business, leasing art for your space is a great way to enhance the prestige of your brand, and the monthly lease costs can be tax deductible as a business expense — creating a win-win for both artists and businesses! For more information, please call the gallery at 256-8033 or email <info@sivarulrasa.com>.



Seedy Sunday in Perth

Believe it or not, spring is just around the corner — and the Perth Farmers' Market would like to help you get ready. Maple sap will be flowing, the snow will melt, and it will soon be time to start your seeds for the 2020 growing season! On Sunday, March 8 from 10AM to 3PM the Perth Farmers' Market will host its annual "Seedy Sunday" at the Civitan Club on Hwy 43 in Perth. Some of the highlights are a swap table (bring seeds you don't need and take ones you want), book and magazine swap, gardening and sustainability presentations, and everything is free! Donations are accepted at the swap tables to help with the costs of this event.

The main focus of Seedy Sunday is the opportunity to buy from local producers — purchasing seeds from regional growers assures that they are acclimatized to our growing conditions, as well as being open-pollinated and heritage varieties of seeds. Why does this matter? Many of the seeds being sold by some companies cannot be saved by the grower to produce the same plant, meaning that we become reliant on only a few varieties to feed us. As well, many of these plants are grown for commercial reasons (such as tomatoes with thick skins for shipping), which are unimportant

to the home gardener. The payoff in heritage seeds is a diversity of taste and colour not found at the grocery store.

Organizers are excited to let you know about three workshops that will run during the event. At 11AM Bonita Ford of the Eastern Ontario Permaculture Institute will give a talk on "Simple Strategies for Soil Building", at 12PM Naomi deVillie will talk about "Creating Gardens for Bees, Beneficial Insects and Pollinators", and at 1PM Anne Noall of Nature's Cupboard will present a Small Scale Beekeeping Workshop complete with a hive. All presentations are free in the workshop room at the Civitan. Find a full list of vendors and the workshop schedule at <perthfarmersmarket.ca> or "Like" them on Facebook.

After a long cold winter, celebrate the approach of spring with seeds! There is nothing like planting and growing your own vegetables and flowers to chase the blues away. The Perth Farmers' Market is dedicated to preserving our farming heritage and sustainable agriculture, and they hope that this Seedy Sunday will get you excited about it too! They look forward to seeing you there, and at the upcoming market season: Saturdays from 8AM to 1PM at the Crystal Palace beginning on May 9.

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Fri. Mar. 13 **Brock Zeman** (Original Folk/Rock/Blues, Lanark) 6-9
Sat. Mar. 14 **Sam Wilson** (Country, Godfrey) 7-10
Tue. Mar. 17 **St. Paddy's with Turpin's Trail** (Celtic Folk, Kingston) 6-10, \$15
Fri. Mar. 20 **Blues On The Rideau** presents **David Gogo Band** (Nanaimo) 7-11, \$70 + HST Buffet, Show & Charity
Sat. Mar. 21 **Head Over Heels** (Folk/Blues/Jazz) with **Zak Colbert** on bass for "Miss V's 50th Birthday!" 6-9
Fri. Mar. 27 **Young Petty Stones** (Tribute to Neil Young, Tom Petty & The Rolling Stones) 7-11, \$55 + HST Buffet & Show
Sat. Mar. 28 **Jeff Callery** (Folk/Rock, Brockville) 7-11

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Sat May 2, 2020	2:00 pm
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