

MAY 2011

the Hummer

free

Arts,
Entertainment
& Ideas



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May's Events



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Putting a SPIN on It



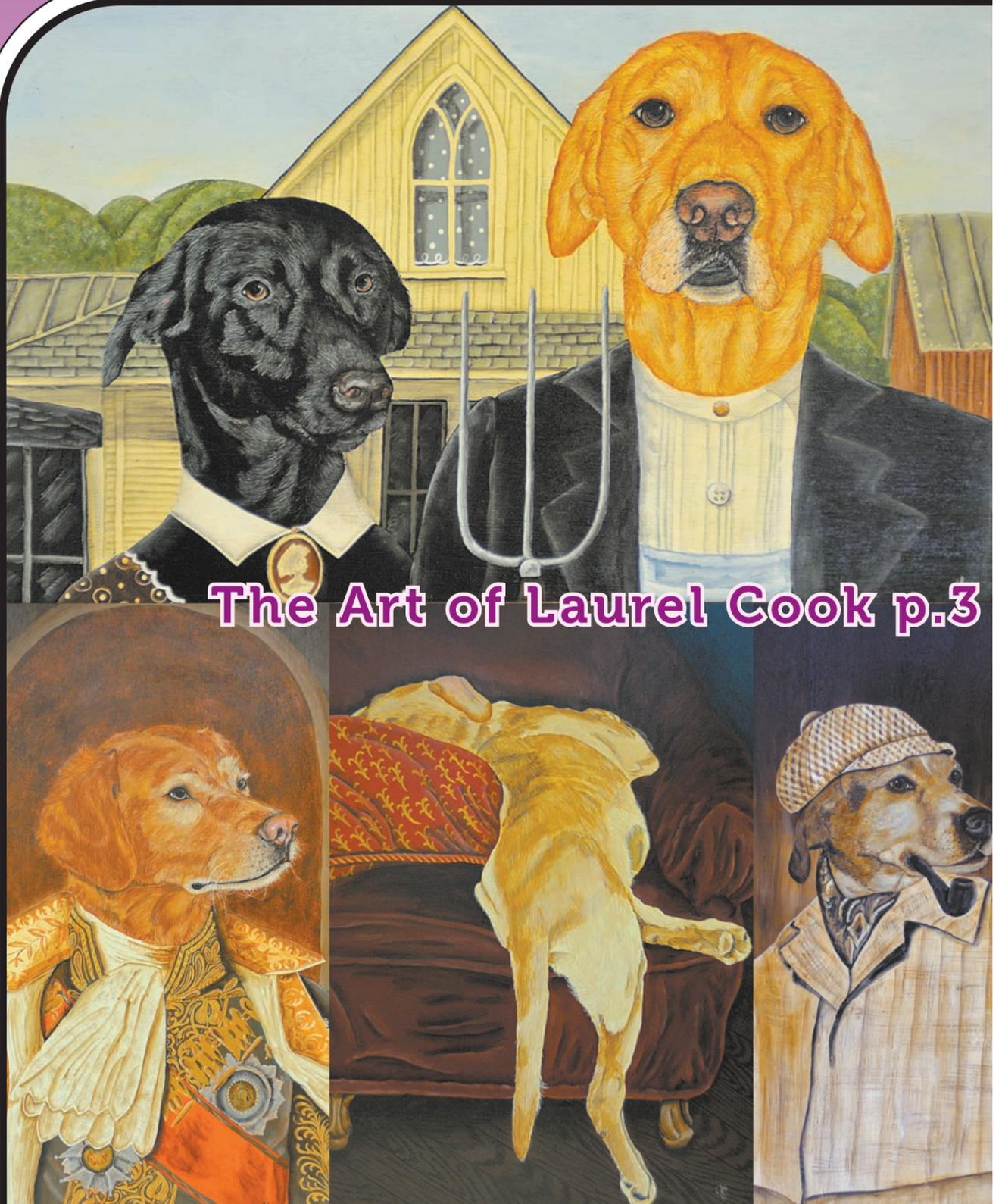
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To Market, To Market



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ARTBEAT

by Bill Buttle



"... and this deluxe model comes with an 8-year-old kid to show you how to run it!"

Readers Write

Dear Editor,

A group of Mississippi Mills residents did a "walkabout" in Almonte, looking at ways to enhance the town for the *Communities in Bloom* program. We found an astonishing number of poop and scoop bags, containing the appropriate contents but lying about in inappropriate places. So I wrote this poem, hoping to inspire dog owners to follow through with the Poop and Scoop ideal.

— Fern Martin

When you scoop the poop and bag it
Job's not over, no sirree
There's a place you got to put it
And it's not up in a tree

The river's not the place for it
And neither is a hedge
Nor by the neighbour's wooden fence
Nor underneath a ledge

No~ you've got to find a garbage can
Or take it home with you
There carefully undo the bag
And flush it down the loo

So when walking your Irish Setter
Well, I don't want to be a nag
But the town would look much better
If you just take home that bag!

Who's Reading the Humm



Who's Reading the Humm

theHumm really got around in 2009!

(above) Elizabeth Sampson writes: Here's a photo of the **de Pater family** reading theHumm on a houseboat in old Amsterdam. We're having a great vacation!

(below): **Marianne Lods** of Lanark Village reads the April edition of theHumm at a sidewalk café on Vaci Utca in the middle of Budapest, Hungary on May 1, 2009.

(below left): Jim Mountain writes: Our daughter **Liisa Mountain** took this photo while visiting ancient Celtic standing stones in the highlands of Scotland. She's been there since January working as an intern at an architectural firm, and has been saving her copy of theHumm until the appropriate moment and place.



*The greatest gift of the garden
is the restoration of the five senses.*

— Hanna Rion



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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, Lanark, 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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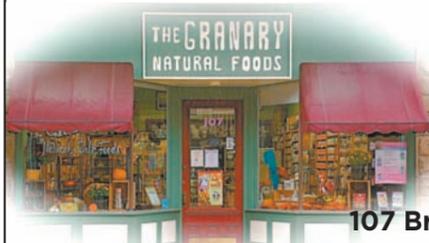
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Thanks this month to:

Maestro Stan Clark, whose talent and generosity were an inspiration to our family, to his geographical community, and to the wider musical community of Ottawa and area. His was "a life well-lived" indeed.

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Laurel Cook — Capturing Dog Moments

What struck me driving up the lane to Culandubh Kennels in Clayton was the absolute absence of barking. I could see beautiful Labrador Retrievers bounding about on the fenced grounds, but even when I got out of the car, not a single dog barked.

My mission was to interview Laurel Cook, dog portrait painter extraordinaire. Her acrylic paintings are as lively and cap-

by Sally Hansen

tivating as her handsome, lovable subjects. What I discovered is that the degree to which she captures their personalities is a mirror reflection of the degree to which her most recent life revolves around dogs.

With her husband, Ross McLaughlin, Laurel breeds, nurtures and trains gorgeous Fox Red, Black and Chocolate Labrador Retrievers. The couple also offer a boarding service at their carefully designed facilities at 355 Bowland Rd. in Clayton (near Union Hall at Wolf Grove and Tatlock Roads). Culandubh is a Gaelic word (pronounced cool-ann-doo) that means "little dark dog."

The Proof is in the Paintings

Laurel's irresistible portraits of the Labs she raises perfectly portray the key to her success both as a painter and as a dog breeder. She knows and loves her dogs. Ross and Laurel work together on the three essential aspects of raising a great dog — genetics, nutrition and training. But from the moment of their birth until they are eight weeks old, Laurel micro-manages all aspects of their development. Since her retirement from the Canadian Air Force in 2003, she has worked constantly to hone her skills as a breeder and young puppy trainer. She is an adherent of the "Super Dog Program" developed by the U.S. Military to improve the performance of dogs used for military purposes. Based on early neurological stimulation, the program gives puppies a "head-start" on brain development.

A few years before her retirement she also started working on her art. She explored different media and styles through a wide variety of courses, and eventually earned a Creative Arts Certificate from Algonquin College. Perhaps the best artistic advice she ever received came from a "Wee Beasties and Gargoyles" course she took in 2001 at the Mississippi Mills Summer School of the Arts. Sculpting instructor and puppeteer Matt Ficner told her to "start with something you know!" so Laurel created a Labrador Retriever gargoyle that would definitely be snapped up as garden art if she put them on the market. She

credits a multi-media course taught by wonderful artist Mary Pfaff of Carleton Place with the inspiration for her "personality portraits" of her dogs. "There are just some dog moments that should be captured in paint," she explains.

The Evidence is Everywhere

A walk through the house provides overwhelming evidence of this creative artist's prodigious capabilities. Laurel has just completed the conversion of an upstairs hallway into a new gallery for her dog portraits. She experimented with various off-the-shelf products and developed a technique for creating faux textured stone wall tiles. Guests are treated to their choice of five different colour-themed rooms, with window treatments, pillow cushions, lamps and other touches all conceived and executed by Laurel. She has painted portraits of dogs and other favourite animals on furniture, stools, walls, and countless other objects. The house probably contains in excess of a hundred carousel horses and models, restored and sometimes refashioned into new pieces by Laurel. "I love colour!" she exclaims superfluously.



Downstairs, the living room coffee table sports a wrought iron hunting dog emerging through the glass top with a duck tenderly secured in its mouth. No, Laurel did not make it. She did, however, defy gravity and an aching neck to create a faux tin ceiling throughout much of the large main floor. She credits the knowledgeable folks at Valley Design with her success in applying paint over textured wallpaper to achieve a very realistic result. Nor can you tell the difference between the real interior brick walls and the faux brick walls she has created.

Eat the Elephant One Bite at a Time

This energetic woman tackles her house the way she tackles life — fearlessly, creatively, and with



determination and humour. At the age of seventeen she applied to join the Canadian Air Force because a guy in her high school math class suggested she wouldn't be accepted. She was working as a cook at a summer camp near Kenora, ON, when she received her instructions to apply to the University of Manitoba Engineering Program as part of her officer training program. She became the second woman to be promoted to the rank of Lieutenant Colonel in her trade of military communications electronics, and she did it as a single parent until she hooked up with Ross who was a Major in the Army infantry.

Laurel bought their first Lab in 1988 when Ross was serving in Cypress. The experiment was a life-changing success; today Ross is a Qualified Judge for Canadian Kennel Club Hunt Tests and an expert obedience, gun dog and hunt test trainer. Together the couple have successfully titled numerous dogs including one of the first five Labradors in Canada to receive the title of CKC Grand Master Hunter. Laurel is achieving wide recognition as an exceptional trainer of young puppies. Their goal is to "breed the best working retrievers in the world!" I'd bet on it.

Art in the Attic Too

From May 6 to 8 you'll get a chance to enjoy Laurel Cook's perceptive, humorous and loving portraits of her magnificent Labrador Retrievers at the annual Art in the Attic exhibit in the Almonte Old Town Hall at 14 Bridge St. Don't miss the wine and cheese reception at the grand opening at 7PM on Friday, May 6. The show is presented by the Almonte and Area Artists Association, and as director of the show this year, Laurel is delighted that works by high school artists will be included. Another aspect of Laurel's artistic versatility also will be on display through her intarsia collaboration with Bruce Gilchrist. Laurel's drawing expertise combines with Gilchrist's mastery of this demanding scroll saw wood inlay technique that resembles marquetry to produce dramatic original works of art that are surprisingly affordable.

To learn more about all aspects of Laurel's and Ross's Culandubh Kennels, visit their informative website at <www.foxredlabs.ca>. The site includes photos of Laurel's artistic renderings of her own favourite subjects, as well as commissioned pet portraits she has painted for others. You can contact her at <kennel@magma.ca>, or by phone at 256-5863.

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WHO Laurel Cook
WHAT Painter, dog portraits, Lab breeder, trainer and boarder
WHERE Culandubh Kennels, 355 Bowland Rd., Clayton, <kennel@magma.ca>, 256-5863, <www.foxredlabs.ca>
WHEN May 6-8, Art in the Attic, 14 Bridge St., Almonte, Wine & Cheese reception Friday, May 6 at 7PM
WHY "There are just some dog moments that should be captured in paint."

ARTIST TRADING CARD

Studio Theatre Presents Award-Winning Play

In 2006, it won the Pulitzer Prize for drama, a Tony award for acting, and numerous nominations for other awards, including best play. In 2010, it was adapted to motion picture and featured at the Toronto International Film Festival, and in 2011 Nicole Kidman, who played one of the lead roles, was nominated as best actress. The play, *Rabbit Hole*, has been described as "a bittersweet drama about finding hope in the lowest moments of our lives and the paths we take to return to the light of day."

Rabbit Hole, chosen by veteran director Jeremy Dutton, is the last play of the Studio Theatre Production's season, most certainly ending it with a bang, not a whimper.

It is a celebration of the indestructibility of the human spirit. It is the story of Howie and Becca Corbett, a normal middle-class family that is coping with one of the greatest tragedies that can befall any parent — the death of their four-year-old son, Danny.

A sad story? Yes, but veteran director Jeremy Dutton believes it is a great story that many will understand. "You don't have to have lost a child to a dreadful accident to be able to empathize with the people who have," he says.

"Any artistic piece that allows us to more deeply understand the human condition is powerful, moving and important art. The play is written in a matter-of-fact manner so that we again see ourselves trying to get through this vale of tears with a slight sense of humour. The funny scenes and the realization that we all react the same way the family on stage is reacting, forces us to come to terms with who we are. We are not forced to laugh at the situation... just the way the people are dealing with it. Without this sense of humour, our lives — and this play — would prove unbearable."

Rabbit Hole is a sensitively and deftly written play, demanding a cast who appreciate the delicate handling of what could be a heavy melodrama. Jeremy has assembled such a cast.

Julie Henry brings years of experience plus a deep maternal understanding to the role of Becca, a woman who has plumbed the depths of despair and is trying to carry on a normal life.

Garry Welsh's powerful and deep presentation of the grieving Howie arises from much past co-

medic experience and the understanding that the comedy of life springs essentially from tragedy.

Susan Bamber brings a variety of experience to the role of Izzy, Becca's ne'er-do-well sister, taking the audience from the hilarious, wild antics of one scene to touching and compassionate times with her sister and brother-in-law.

Cynthia Bates is the girls' deeply caring, if somewhat scattered, mother. The power of this role is wielded deftly by Cynthia as her character explains a similar torment she went through some years earlier when her 30-year-old son died.

Lucas Tennant is a familiar face to local audiences, bringing a sympathetic and compassionate mien to the part of Jason, the lad who had the misfortune to be driving down the street when Danny ran out in front of him. His efforts to win some measure of forgiveness from Becca are deeply felt and touching, as only Lucas can make them.

Rabbit Hole is a far cry from the "death-in-the-family-themed movies and TV shows that leave one either wrung out or deeply depressed. Our major challenge in preparing this show," says

Jeremy "is to be careful not to make the funny stuff too flippant and not to make the sad stuff too maudlin. The laughter and tears must come as we realize that all the characters are struggling to maintain an even keel in the sea of life. Our audiences will be refreshed by the honesty of both the drama and the comedy. This is not pretend... it is real. The human spirit is celebrated in *Rabbit Hole*."

Rabbit Hole opens Thursday, May 26, at 8PM and continues to run May 27, 28, June 3 and 4 at 8PM, and May 29 and June 5 at 2PM, in the Studio Theatre. Tickets are \$18 in advance and \$20 at the door and are available at The Bookworm and The Book Nook in Perth. Student tickets are \$10, available with ID at the door only. For credit card purchases, call Tickets Please at 485-6434 or order online at <www.ticketsplease.ca> (a convenience fee applies). For further information, call the Studio Theatre box office at 267-7469 and leave a message, or visit <www.studiotheatreperth.com>.

Studio Theatre is located at 63 Gore Street East in Perth.



Jeremy Dutton directs a stellar cast in *Rabbit Hole*, opening on May 26

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The Theatre Scene

Halfway to Heaven, the new original musical by the **Mississippi Mudds**, is presented on stage at the Carleton Place Town Hall on April 29 and 30 and May 6 and 7 at 8PM, with a Sunday matinée at 2PM on May 1. The story starts with Edward waking up in heaven without his memory. His guardian angel, Sabio, makes him an apprentice angel, and brings him to help with one of his charges. With Sabio's help, Edward becomes human again for a short time, learns something about his past, and rediscovers

by Ian Doig

lost love. Look forward to hearing time-honoured songs like *All You Need is Love*, *Stairway to Heaven*, *I'll Be There*, *Bohemian Rhapsody*, *Africa*, *Magic*, *All By Myself*, *Drift Away*, *Stand in the Rain*, *Ordinary Day* and *Gone Gone Gone*. Tickets are \$20 from Arts Carleton Place, 132 Coleman Street, or call 257-2031, visit <www.artscarletonplace.com> or <www.mississippimudds.ca>.

In the field of young people's theatre, the **Perth Academy of Musical Theatre** is presenting *West Side Story* on May 12, 13 and 14 at 7:30PM at the Myriad Centre for the Arts at 1 Sherbrooke St. in Perth. Owner Heidi Stepanek has an enviable record of finding and developing remarkable young musical performers, and she tells me that this show features some incredible young talents! Tickets are \$10 for reserved seating; call 267-9610 to book.

If you're superstitious, why not spend the evening of Friday May 13 safely in Smiths Falls' Station Theatre enjoying **2Women Productions'** presentation of Dan Yashinsky's *Talking You In — A Life Watch*, accompanied by musician Brian Katz? Dan is one of Canada's most revered story-tellers, and here he

tells the tale of his early beginnings as a raconteur, into which he weaves a folk tale and then a recounting of the birth of his second son. As his son lay unconscious in a neo-natal intensive care unit, Dan told stories to him to "talk him home". The show is being presented again the following evening, May 14, in Perth's Studio Theatre. Tickets are \$18 in advance or \$20 at the door, from Tickets Please in Perth (485-6434) or, in the case of the Station Theatre presentation, at Spotlight on the Rideau (284-4141).

Then it's back to the Station again from May 26-28, as **Smiths Falls and District Collegiate Institute** come to the stage with their first musical in a decade — *High School Rhapsody — '80s Style!* For those who loved 1980s movies such as *The Breakfast Club* and tunes by the likes of Cyndi Lauper and Michael Jackson, SFDCI is offering a chance for a flashback. Tickets for this original musical are \$15 for the evening shows on May 27 and 28 at 7PM, and \$10 for the matinée on May 28 at 2PM.

Now here's a big one for anyone in the area who wants to get involved with good old Broadway-style musical theatre: the **Perth Community Choir**, who have been doing their classic Broadway or G&S musicals every November for thirty years, will be having their annual general meeting on Wednesday, May 25 at 7PM at the PDCI Library, 13 Victoria Street in Perth. Highlights of the 30th anniversary fall 2011 show, *Anything Goes*, will be presented, and audition dates will be announced. Historically the annual PCC show has featured casts drawn from our entire area, which is one of the things that makes it one of the biggest theatrical draws in the area, so c'mon out — here's your chance for a role in their 30th anniversary show!



Prior Players Set the Stage for Neil Simon's *The Odd Couple*

In anticipation of the celebration of the Prior Players 20th anniversary, the cast and crew of this year's spring production are busily preparing for opening night. Prior Players have chosen a repeat performance of Neil Simon's 1965 Broadway play, *The Odd Couple*. In this classic comedy, two mismatched roommates struggle to get along. Felix Ungar, a neurotic neat-freak newswriter, is thrown out by his wife and moves in with his best friend Oscar Madison, a messy sportswriter. The antics peak when they invite the Pigeon sisters, two English gals who live in their building, down for dinner.

The cast includes six men and two women: Dave Anthony (Oscar Madison), Marcel Girard (Felix Ungar), Charlotte Leitch (Gwendolyn Pigeon), Debbie Reid (Cecily Pigeon), Chris Tonkin (Speed), Don Lacasse (Vinnie), Ritch Peters (Murray) and Mark Reid (Roy).

Performances are on May 6, 7 and 13 at 7:30PM, with a matinée on Saturday, May 14 at 2PM. The stage is set at the Christian Education Centre at 257 John Street in Arnprior.

Tickets are available at the door or may be purchased in advance at Hair Zone or Arnprior Bulk Foods. For more information call Prior Players at 623-5585 or email <priorplayers@gmail.com>.

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This sad story is repeated hundreds of times during the spring and summer birthing season. It leaves thousands of baby animals to die a slow and painful death and homeowners taking action without realizing the very inhumane outcome for the animals.

You see, female animals come closer to our properties each spring, seeking out covered shelter in eaves, chimneys, garden sheds and under steps as a safe spot to have their young, away from predators, when their newborn babies are most vulnerable. Those leaf nests or dreys that squirrels occupy high up in trees, for example, would offer little protection against the elements or predators while the trees are still bare.

Every year people unwittingly barricade an animal's access to find it frantically chewing to get back in to its young, or having trapped and relocated an adult mother, to find the abandoned babies having fallen between the walls, requiring expensive dry-



Every year people take wildlife problems into their own hands and regret it. Thousands of baby animals are orphaned when people trap and relocate a nursing mother, block her access to an attic, or remove her babies. For information about humane and inexpensive solutions for all wildlife problems, visit <www.wildlifeinfo.ca>.

Even if the young are rescued, the homeowner is left most often with orphans to be euthanized, causing a lot of emotional distress for the family. Even those companies that say they offer a humane service can give you no guarantee they won't end up creating orphans.

If you see a wild animal around your property at this time of the year, you can safely assume it is a female with babies nearby. So please do not barricade her access or trap and relocate her.

Remember, it is a very *temporary* situation. Once the babies are weaned, the family will move back to a more natural area.

Research all your options before taking any action. An ounce of prevention is worth a pound of cure when it comes to wildlife concerns. Take advantage of the free and experienced advice at <www.wildlifeinfo.ca> (Ottawa-Carleton Wildlife Centre) and keep this website handy for all your wildlife questions throughout the year.

Union Hall AGM & Plant Swap with Ed Lawrence

Union Hall is hosting its Annual General Meeting on Thursday, May 26 at 7PM. The hall, which has been serving the local community for over 150 years, relies on volunteers to support its operations, which include hall rentals and community functions from March through November.

Besides the formal business of annual reports and election of officers, the meeting will feature a talk by a guest speaker. The guest speaker this year is well-known gardener and broadcaster Ed Lawrence, and his topic will be "Pruning Tips". After his talk, Ed will be available to answer questions from the floor, and as always, he will be his very entertaining self.

Union Hall is located at Tatlock and Wolf Grove Roads, serving both Mississippi Mills and the surrounding community, and all are welcome. Bring a plant and join in the swap that takes place at the end of the evening!

"Just be you!" That's our mantra

Meditation 101 (6:30pm, Sun May 1)

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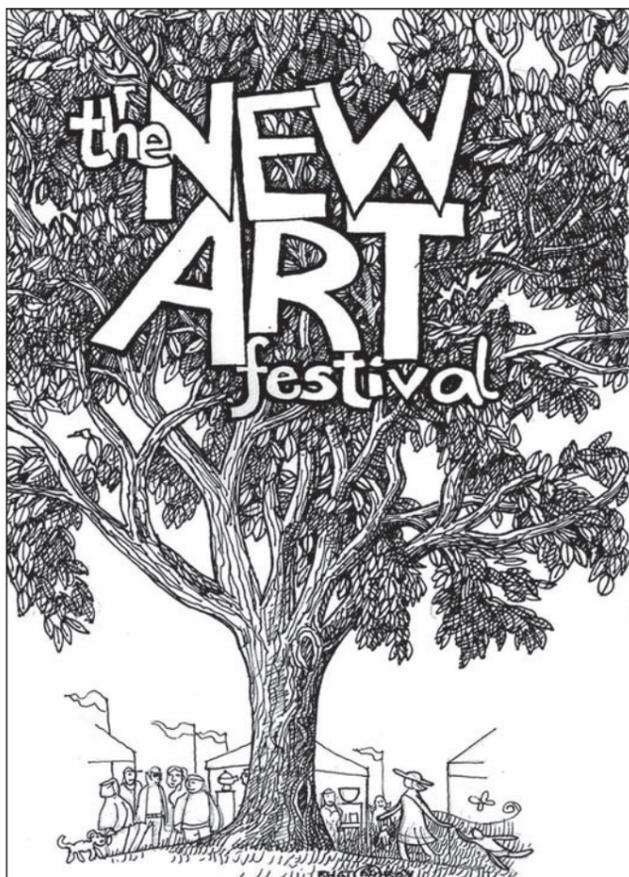
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A Regional Museum of National Importance

This is the first in a series of articles about museums within theHummm's coverage area, written by curators or long-standing volunteers. We hope they will inspire readers to explore our regional heritage!

My name is Michael Rikley-Lancaster and I am executive director/curator of the Mississippi Valley Textile Museum (MVTM) in Almonte. I would like to tell you a little bit about the museum, hoping that it will give you a better appreciation of this important national treasure right here in our area.

We are located in Mississippi Mills, in the former office and warehouse of the Rosamond Woolen Mill, which is a national historic site. The museum serves residents of Lanark County by mounting exhibits on the history of the county's textile industry, hosting special events and art exhibitions, organizing workshops — including ones for kids — and putting on Fibrefest, one of Almonte's successful annual festivals, which draws thousands of visitors. We are a busy place throughout the year, blessed with a committed group of volunteers; in particular, the Friends of the Museum.

The MVTM captures an integral part of Canada's social, economic and cultural heritage. During the period of industrialization in Eastern Ontario, the communities of the Mississippi Valley relied to a great extent on textile mills for employment and economic growth. So many mills were spread along the rivers of the valley that the region became known as the "Manchester of Canada." And we are here mainly to preserve that heritage by collecting, preserving, researching, exhibiting and interpreting artifacts, natural history specimens, and archival material.

I could talk at some length about all of the activities we are currently engaged in, but I would like to focus on one exhibit in particular. It is called "Fabric of a Small Town". This will be the centrepiece display of the museum, showcasing the history of textile manufacturing. A collection of industrial textile machines, some of which were used in the Rosamond Mill, will be on display to give visitors a visual appreciation of the kinds of machinery and equipment the millworkers had to use. Explanatory banners and panels will walk the visitor through the process of making textiles, "from sheep to shawl." An audio component will provide a sense of the clatter and noise inside a textile mill. As well, we have some smaller-scale working machines that can be used for demonstration purposes.

In many ways, this exhibit marks the culmination of twenty-six years of the museum's life. Over the years, the building has had to be renovated, artifacts collected and catalogued, research conducted on the textile industry in the area, and funds raised, to name but a few of the tasks. This permanent exhibit, which opens on May 26, is a long-awaited event for all of those local people — and there are too many for me to begin to name — who have been so committed to creating this museum.

This particular exhibit, which will be housed on the re-designed and renovated second floor of the museum, would not have been possible without the assistance of the Algonquin College Applied Museum Studies program. Many students have participated in the design and construction of the exhibition, providing them with a terrific learning experience before launching their careers as museum professionals.

Better than me going on and talking about my passion and commitment to this wonderful museum, why don't you plan to come by one day and see for yourself? If possible, plan to attend the Thursday, May 26 opening (if you would like to attend, please RSVP by phone or email), which will be an event in itself. Phil Jenkins — author, Ottawa Citizen columnist, and singer/songwriter — will be our special guest speaker and performer. We are also planning other activities for that evening, so keep your eyes open for the posters that will be going up around town. The museum, located at 3 Rosamond Street in Almonte, is open from 10AM to 4PM, Tuesday to Saturday. If you would like more information on the museum, feel free to call us at 256-3754 or email us at <info@mvtm.ca>.

Looking for another way to support the MVTM and be entertained? Buy your Classic Theatre Festival tickets at the MVTM to see *The Fourposter* by Jan de Hartog on August 24, and you'll be doing just that. *The Fourposter* chronicles a couple — through 35 years of marriage, from a nervous wedding night through to child birth and parenting, mid-life crisis, and the final realities of aging — and is both a tender and at times hysterically funny masterpiece. It will be shown at The Mason Theatre in Perth. If you would like tickets, please contact us.

The museum, located at 3 Rosamond Street in Almonte, is open from 10AM to 4PM, Tuesday to Saturday. For more information please call 256-3754 or email us at <info@mvtm.ca>.

— Michael Rikley-Lancaster



Pictured above is a bobbin winder, on display at the Mississippi Valley Textile Museum in Almonte

What's up at the Museums?

Other area museums have special events planned or are opening for the season in May. For complete details and directions, please visit <www.lanarkcountymuseums.ca>.

- **Heritage House Museum** is open daily from 10:30AM-4:30PM.
- **Perth Museum** is open year-round, Monday to Friday from 10AM-5PM, and weekends 1-5PM.
- **R. Tait McKenzie & Dr. James Naismith Museums** at the Mill of Kintail open May 1, daily from 10:30AM-4:30PM.
- **Railway Museum** opens May 14, from 10AM-4PM daily.
- **Rideau Canal Museum** opens May 21, from 10AM to 4:30PM daily.
- **Lanark & District Museum** opens May 21 with a tea at 1PM.
- **Middleville & District Museum** opens May 22, from 1-4PM, with a tea social.
- **North Lanark Regional Museum** opens May 22 with "Memories of Appleton".
- **Carleton Place & Beckwith Heritage Museum** opens May 27 with a reception at 7PM.



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Bicycle Month's Silver Chain Challenge

Your mother always said breakfast was the most important meal of the day, and Mississippi Mills Mayor John Levi agrees. On Tuesday, May 24, from 8 to 9AM outside the Almonte Old Town Hall, Mayor Levi invites you to a free breakfast of cereal, fruit and Equator coffee. To add to the party atmosphere, the Ramsay Women's Institute will be on hand with their pedal-powered smoothie maker.

This event is the official launch of the 2011 Silver Chain Challenge for Lanark County. The purpose of the challenge is to encourage bike ridership throughout the county during Mississippi Mills Bicycle Month in June. At the end of the month, one deserving community will be awarded the Silver Chain to proudly display for the year. Come support your community as Mayor Levi issues a friendly challenge to the Lanark mayors and reeves.

Participation in the Silver Chain Challenge is easy. Register your name and community on the Bicycle Month website <www.mmbicyclemonth.ca>

and log your cycling kilometres throughout June (personal information will not show on the website). The challenge is open to all ages, with bonus points awarded to helmet wearers, children under 16, adults over 65, and riders who choose their bikes over their cars.

The Leeds Grenville & Lanark District Health Unit is promoting the challenge within Lanark County schools. Public health nurse Danielle Shewfelt says the program sends a positive message. "We are providing information and resources to teachers and administrators to help them explore how to make their school more bicycle-friendly and how to promote the challenge within the classroom and at home. We know our students are not active enough. This challenge is a great way to encourage students to be more active, and have fun doing it."

Last year Mississippi Mills won the title as the most cycling-spirited community, with fifty registered riders cycling a total of 12,328 kilometres.



Healthy competition: log your cycling kilometres throughout the month of June at <www.mmbicyclemonth.ca>!

Mayor John Levi is very confident that Mississippi Mills residents will rise to the challenge and retain the Silver Chain in 2011. "We look forward to the challenge of all others, but our motto is: We will not be defeated!"

Every participant and every kilometre counts. Seniors, families, churches and community groups are tuning up their bikes. During June, choose your bike and log your effort for those short jaunts to the store, the library, or the park. You will be helping the environment, yourself, and your community. Happy riding!

Music Matters

"Making Music Makes You Smarter"

This is one of my favourite statements, because it is so well supported by evidence concerning the benefits of music education for our children. I mentioned in last month's column that I was going to be talking about some of the astonishing discoveries that have been made in recent years concerning music's effects on brain development.

by Tony Stuart

It turns out that from the time babies are in the womb, they are "hard-wired" to be able to listen to and recognize musical patterns. They also learn to recognize the sound of their mother's voice. Studies have shown that different types of musical sounds and patterns elicit unique responses in babies, and that they demonstrate emotional reactions to these different sounds.

For young children, there is a wealth of evidence demonstrating that regardless of socio-economic factors, students who receive musical instruction perform better on standardized testing in mathematics and language. It's no wonder that so many pre-school and elementary school teachers incorporate music into nearly every aspect of their teaching. Children are able to retain a lot more information when it is connected to music. There are new theories emerging that music actually was instrumental (no pun intended) to the development of language in early humans.

I remember attending a series of workshops on this very topic a few years ago. In simple terms, brain development is all about establishing connections between things called neurons. All scientific language aside, do you want to hazard a guess as to which activities have been shown to establish and grow these connections? Researchers have found that reading and writing are good at this, but music is even better. Singing and playing an instrument simply use more areas of the brain all at once, which we're now able to see, thanks to the wonders of science.

Establishing these connections within the brain is just as important during the teenage years, as the brain undergoes tremendous development during this time. Of course, this is also the time when we see cuts to music programs in schools, because subjects like music are seen by some as "frills". Despite the evidence linking musical studies to increases in literacy scores (incidentally, literacy is one of the big buzz words in education today), cuts happen in the form of reduced funding and reduced timetabling. It is a shortsighted approach to education, but that's a topic for another day.

Music also has tremendous benefits for adults. Music therapy is a relatively new discipline, but is being increasingly used to help seniors with dementia and Alzheimer's. One fascinating development has shown that Alzheimer's patients who may not even be able to recognize family members are able to remember songs, and even associate those songs with events from their past. Music therapy is also widely used to help deal with memory loss caused by trauma. We're even starting to see music therapists in our schools, working with special needs students.

I'm going to wrap things up with the results of a comprehensive study done in the United States. I bring up this study at parent information evenings at school, just because it really demonstrates everything that I've discussed here. A large survey of medical schools was completed, looking at the group of students who had the highest acceptance rates. Music majors had by far the highest rate of acceptance, nearly twenty percent higher than biochemistry majors. It was a surprising result, to say the least!

Hopefully you were able to celebrate Music Monday, or at least take some of it in, either on television or in other media. We're now into spring concert season, and that's what I'll be discussing next time. Making music does make you smarter, and it is also a lot of fun!

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

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MVFN Takes a Walk on the Wild Side

Take a walk on the wild side with the Mississippi Valley Field Naturalists (MVFN) at their Spring Gathering 2011, which will take place on Thursday, May 19 at the Almonte Civitan Community Hall. All are invited to enjoy a delicious banquet and keynote presentation entitled "Natural Faces of Wild Mississippi Places" by internationally recognized ecologist and Lanark County resident Dr. Paul Keddy.

Dr. Keddy is well qualified to speak about the "wilder" features of our area that make it a unique and special place to live. He will speak on behalf of a natural world he is very passionate about: "Wild places are essential for the survival of other living beings, as well as for us. I will give you a tour of some of our wild places in Lanark County, and introduce a few of the special, wild species that live there. Driving along the highway, it is easy to forget that a forest or wetland over the next hill may have wild species that are every bit as amazing as those found in Africa or South America. The wilder parts of our county still harbour important wildlife species. Since these species don't speak English, don't come to meetings and don't vote, it is easy for them to be overlooked. One of my tasks at this spring celebration is to talk on their behalf. I will have to be their representative."

"The most important thing we can do for these species is to protect their homes, or speaking more

precisely, their habitats. Cities, subdivisions, farmland and clear cuts are not places where most wild species can live. Among the remarkable species of Lanark County, a few of my personal favorites are the gray ratsnake, Blanding's turtle, black-throated blue warbler, fishers, and gray tree frog. And let's not forget the plants — some of these special plants include hackberry, walking fern, ginseng and Ram's-head Lady-slipper. None of these will survive for future generations without the wild places in which they live. Although I will be emphasizing the importance of wild places for wild species, we should remember that it is not only wild species that need wild places. People do too. We have a deep need for wildness. We too need wild places, even if we sometimes have difficulty explaining why."

When Dr. Keddy was younger he spent many hours canoeing on the Mississippi River and hiking in the surrounding forests. He is probably best known locally for his book *Earth, Water, Fire: An Ecological Profile of Lanark County*. Now in its second printing as a revised edition, this book is an easy-to-digest, delightful and informative sail through the surprising natural history and recent geological history of this area. "In my lifetime many of the places I once loved have been turned into subdivisions or carelessly logged. Species that I used to see are missing, or there are only a few individuals remaining where they were once abundant. We forget so soon. For example, people have already forgotten that Passenger Pigeons, now extinct, are recorded as having nested in Beckwith Township. Today species including chorus frogs, musk turtles, Blanding's turtles and even eels are in decline. Even populations of bullfrogs and snapping turtles, which were once abundant along the Mississippi, are far less common. Our challenge is to identify the causes of the declines and reverse them. The key in nearly all cases is to maintain the habitat that the species need."

"It is not all bad news though. The county now has a scientifically justifiable and officially recognized list of significant wetlands and natural areas. The latter are called Areas of Natural Scientific Interest (ANSIs). I will show where these areas are in Lanark

County and talk about a few of the biggest, including the Innisville Wetland Complex at the west end of Mississippi Lake and the Lanark Highlands Spillway Forest in the north part of the county. Some species are also recovering from past harm inflicted on them. Ospreys and bald eagles, for example, are now more common, since we took the step of banning DDT. Fishers and wolves, which are important wild predators, are recovering from near extermination. Areas like the Burnt Lands Alvar and the Purdon Orchid Bog are now officially protected."

MVFN invites you to take a walk on the wild side and celebrate spring with others who care about wild places. Come to Spring Gathering 2011 on Thursday, May 19 at the Almonte Civitan Community Hall, 500 Almonte St. (just west of Highway 29). A reception beginning at 6PM will be followed by a banquet and Dr. Keddy's presentation. Tickets (\$30) are available at Read's Book Shop (130 Lansdowne Ave. in Carleton Place), Nature Lover's Bookshop (62 George St. in Lanark) and Mill Street Books (52 Mill St. in Almonte). For further information, please contact MVFN's program chair Cathy Keddy at 257-3089.



Internationally recognized ecologist Dr. Paul Keddy (guest speaker at MVFN's Spring Gathering 2011 banquet) and a wild grouse — outdoors at Keddy's home near Carleton Place. Photo courtesy Cathy Keddy.

Lanark Grannies' Lunch and Plant Sale

The Lanark County Grannies will once again be helping the Lianga family with their wonderful luncheon during the **Brooke Valley Spring Studio Tour**. Lunch will be served daily from 11AM to 3PM at 576 Brooke Valley Road during the tour, which takes place annually on Victoria Day weekend. The dates this year are May 21 to 23. For tour information, please visit <www.brookevalleyspringtour.ca> or call 267-5918.

The Liangas are both wonderful chefs and have recently returned from Egypt and Turkey where they attended cooking classes. Each year they turn their beautiful country home into an intimate café where they serve the public a wide range of local and ethnic food and drink. This has become a wonderful highlight of the Brooke Valley Spring Tour, which also includes free chamber music concerts each day, excellent artisans, and this year — since many of the Lanark County Grannies are accomplished gardeners — a plant sale. New plants will be brought

in each day, with a good selection of hardy perennials and some annuals. The plant sale will be set up in the parking lot, conveniently located near the luncheon, the concert and several studios.

Proceeds from these events will go to support the work of the Stephen Lewis Foundation, which carefully funds grassroots projects in sub-Saharan Africa that focus on supporting the millions of African grandmothers now raising their grandchildren orphaned by AIDS. This pandemic has wiped out almost an entire generation of the most vital and educated people on this already suffering continent. The grandmothers, often old, ill, and impoverished, now shoulder the added burden of providing for their grandchildren. Any help that we can give them is a benefit to us and to them.

Come out and enjoy a wonderful day in the country. The tour is compact, the setting beautiful, and there are many opportunities to give a gift to yourself and to others.

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Flavour of the Month

A Bloomin' Business!

There was indeed a remedy for this April's doldrums. After weeks of relentless grey, cold, wet weather, I visited Sylvia Van Oort's farm outside of Perth and basked for a while in the warmth, and the smell of green growing inside one of her greenhouses. It is

by Susie Osler

hard not to feel some positive vibes coming off flats and flats of seedlings on their way to becoming gorgeous bouquets, containers, bedding plants, perennials and edibles for the garden. One can already sense the potential of this life that is merely a few weeks old. It is impossible not to feel hopeful!

Sylvia Van Oort is a passionate person and a passionate gardener. Growing up on Canada's west coast and in Holland, where her family roots lie, seems to have planted the "green thumb gene" firmly in her DNA. Her love of flowers, her knack for growing things, combined with her artistic flare, a love of colour and texture and importantly, the recognition of the positive effects of beauty in our

lives, have all led her to develop a very successful business. She now grows hundreds of varieties of cut flowers, potted herbs, bedding plants, perennials and edibles that are sold at the Perth Farmers' Market (where she has been for 18 years), at her farm, at Foodsmiths in Perth, and by custom order.

Much to my surprise, Sylvia had not always planned to be a farmer/gardener. While living in Holland as a teenager, she studied fashion design and worked for several years in the industry. One day, she explained, she was sewing a silk wedding dress for someone, and found her hands, rough from gardening, catching on the material. That was a turning point for her. Clearly a choice needed to be made between her passions, and she chose plants. Lucky for us! She eventually moved with her husband Franc Van Oort (a well known printmaker) and two children, from Europe to Canada, settling within a few years on their farm in the Perth area.

She now manages about an acre of flowers, four small greenhouses and a few helpers (including her daughter and oc-

asionally her grandson Henry, who are pictured here). It would be easy to imagine that Sylvia is just a laid-back, friendly flower farmer, given her sociable, extroverted demeanor, but behind this is also a hardworking, organized, and discerning personality. She goes with what works for her, choosing to increase the scale of the business organically and in areas that interest her, not according to latest inventions or fads. I loved her low-tech "computer" — a recipe box full of cards for everything she plants — records for time of seeding, transplant, harvest, etc. and reflections at the end of the season. Simple, inexpensive, lacking in pretension, and it works.

Sylvia seems to have the rare talent of combining and embodying hard work and joy. She is demanding of her workers but also nurturing and generous. "We laugh a lot," she says. And since there are so many facets to the work that must be done through the season, she tries "to build on the strengths and interests of my workers". Some are more interested and naturally inclined to work physically, while others may have a great eye for floral arrangement.

One of Sylvia's greatest joys is lying in the field in summer between rows of flowers, and she shares the pleasure of being amongst the flowers with many of her clients — including brides-to-be who she encourages to visit the farm to walk around and actually see where and how their wedding flowers grow. Seeing their eyes light up with joy brings her great pleasure!

What some may not know is that everything she sells is grown on her farm. Challenging the belief that we need to import cut flowers from all over the world in order to create beautiful arrangements actually inspired her to start offering entirely locally grown floral services. Even in the fall there is something to offer — dried flower and seasonal arrangements for wreaths and table centres.

Her exquisite floral arrangements could well be Sylvia's sig-



Flowers by Sylvia

Who She Is

Sylvia Van Oort
2172 Upper 4th Concession, Bathurst Twp
267-7365

What She Offers

Bedding plants, container plants, herbs, vegetable plants, perennials, fresh and dried cut flowers, dried flower products (wreaths, baskets), floral services (weddings, special events).

Where She Sells

Farmgate: Open House May 7 & 8. Weekdays May and June from 9-5. Closed Sunday. By appointment: custom floral services. Perth farmers market Saturday. Foodsmiths (cut flowers).

nature work. She strives to offer something beautiful to suit everyone's pocket book, and many customers come to market and to the farm to pick out a bouquet each week. That being said, cut flowers are not the extent of her business. She has always grown edibles for herself and to sell, and the current

But I am hard pressed to think of anyone else whose life and personality seems so aligned with the sun. Her mane of blond hair and radiant smile remind me of the sun. She follows its cycles "like a plant" — daily, waking up in the morning with the sun (5AM or so for much of the summer) and

For any farmer, sun is central to growing healthy plants. But I am hard pressed to think of anyone else whose life and personality seems so aligned with the sun.

surge in demand and interest in growing one's own food has led her to ramp up the edible end of the business. She will sell thousands of tomatoes, herbs, and all sorts of veggie transplants by the end of June. If you are new to gardening, or simply need a head start on the season, her transplants are ready to pop into your veggie patch or container garden.

For any farmer, sun is central to growing healthy plants.

working until dark; and seasonally — she and Franc put their respective "gardens" to bed for the winter and travel (her other passion) to warmer, sunnier climes to rest and rejuvenate for much of the winter. She, like her plants, and perhaps like all of us, depends on it to bloom and flourish.

Visit her farm for her Open House (on May 7 and 8, from 9-5 each day) or the Perth Farmers Market on May 7.

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Mozart's Coronation Mass

On Sunday, June 5, the beautiful St. Pius Church in Osceola will be the very special setting for a concert featuring Mozart's *Coronation Mass* as well as some rediscovered masterpieces by the Salzburg genius. Presented by the Ottawa Valley Music Festival, the concert will feature original instrumentation, thus placing the music in its proper historical setting.

The *Coronation Mass* was composed in Salzburg in 1779 after Mozart had returned destitute from an ill-fated job-hunting trip to Paris. In need of money and to please his father, the composer took up a position with the Archbishop of Salzburg, for which the Archbishop wrote that Mozart was expected to "unbegrudgingly and with great diligence discharge his duties both in the cathedral and at court and in the chapel house, and as occasion presents, to provide the court and church with new compositions of his own crea-

tion." The *Coronation Mass* was one of the first pieces that he wrote. It is generally known as the *Coronation Mass* because it was performed during the crowning of Leopold II and Francis I in Prague. Mozart was very popular in Prague, as *The Marriage of Figaro* had been a huge success there.

The chorus and orchestra, under the baton of Mervin Fick, will be joined by guest soloists Verena Von Stritzky and Francine Morency (sopranos), Michael Downie (bass), and Brian MacIntosh (tenor).

Also on the programme are *Divertimenti*, other sacred choral settings, and an *Epistle Sonata* by Mozart. The *Epistle Sonatas* were only discovered in 1940!

Tickets are \$20 for adults, \$10 for students, free for children under 12. For more information call Lesley at 754-5217 or visit the website at <www.valleyfestival.ca>.



My Fair Lady Highlights High School Talent

Perth's St. John Catholic High School is buzzing with excitement this time of year in anticipation of their upcoming musical production. The 1956 Broadway hit *My Fair Lady* has been occupying many students' minds for the last few months, as they have been rehearsing hard for their fast-approaching performances.

Cast and crew have been holding rehearsals twice a week, working tirelessly to bring the witty, extraordinary play to life. "Rehearsals are going well and we are making great progress. It is going to be a very inclusive show highlighting a lot of the high school students, teachers, and even grade 7 and 8 students' talents here at St. John's. There is a job for everyone!" exclaims grade 11 student Alex Hodgins, who is playing the role of Henry Higgins. Other extremely talented high school students making up the cast include Emma Houlahan as naïve Eliza Doolittle, Vincent Scattolon as Colonel Pickering and Daniel Brown playing Alfred P. Doolittle.

This musical is not only bringing together actors, but a large number of the St. John's community such as musicians, tech crew, and many students who are helping with scene changes involved in this exciting production. "It is a good, multi-generational show — one that everyone can enjoy!" says co-producer Sharon Scattolon.

Performances will be at St. John Catholic High School in Perth on May 12 to 14 at 7PM, and Sunday, May 15, at 2PM. Tickets can be purchased at the high school any day of the week and at Shadowfax in Perth for \$12 per adult, and \$10 for seniors and students under twelve.

This is one musical you won't want to miss, and St. John's is anxious to share its outstanding talent with the surrounding communities!

— Jenna Sweeney is a student from St. John Catholic High School in Perth.

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A Musical PotPourri for Japan

We've all been touched by the crushing disaster that has struck Japan. In response, a group of local professional musicians are presenting a concert to raise funds for disaster relief and recovery operations.

The triple calamity that hit Japan on March 11 was its most devastating since World War II. The magnitude 9.0 earthquake, the tsunami it generated, and the radiation from the damaged Fukushima Daiichi nuclear power plant are considered the most costly of all natural disasters to date. The country continues to be rocked by strong aftershocks, some of which have caused further fatalities. Tens of thousands of people have lost their homes and beloved family members, and the rebuilding of their lives is overwhelming.

The concert will take place on Friday, May 6, and features Barbara Bolte on oboe, Tony Stuart on clarinet, and Richard Hoenich on bassoon. Joining these wind players will be pianists Brad Mills and Valerie Leavitt, no strangers to the musical scene in Perth. Also, several young vocalists will make their musical debuts. There will be something for every musical taste — from the Baroque to the Beatles.

Admission is by free-will donation, and proceeds will go to the Red Cross. Refreshments will be served so please come, meet the performers and support this community event. The concert begins at 7:30PM at St. James Anglican Church, 12 Harvey St. in Perth. For further information, please call 264-1131.



KyoTokyo Collection for the Children of Japan

Saje Wisdom will be hosting an event to raise money for relief efforts in the wake of Japan's tsunami and earthquake. The KyoTokyo Collection for Children of Japan will be held on Monday, May 16, from 3 to 9PM at 318 Wilson Street in Appleton.

Guests will experience first-hand the newest KyoTokyo Collection from Shu Uemura Art of Hair with stylists returned from L.A. Appointments can be booked during the day for salon services and, in addition, guests may choose from the following spa services: 15-minute reiki sessions, Eastern reflexology sessions, massage, Balinese pedicure experience, express manicures or Shu Uemura Karaa hair

ceremony. All proceeds from the day's services and auction items will be donated to Save the Children in Japan.

Refreshments will be provided and silent auctions will be held throughout the day, including an original painting created by local artist Leah Hicks (pictured above).

Guests may reserve now as space is limited, or simply drop by to make a donation and bid on silent auction items. Donations can also be made directly through www.savethechildren.ca; search "KyoTokyo Collection for children of Japan".

For further information or to book an appointment, call 257-2224 or email sajewisdom@gmail.com.

Downtown Carleton Place Has a Story to Tell!

For over five years, Michelle Bedel has been helping people preserve their treasured art and memorabilia at **Surrounding Memories**. She offers full custom picture framing services (including shadow boxes and needlework), and also features work by several talented local artists in her gallery. You'll find plenty of original art and art prints to decorate your home as well as a wide variety of gift items including pottery, purses, spa products and bees wax candles. Michelle looks forward to working with you to create unique pieces for your home! Surrounding Memories is open Tue.-Fri. from 11-4 and Sat. from 11-5.



SURROUNDING MEMORIES

77 Bridge Street • 613-257-1301 • www.surroundingmemories.ca

In business since July 2010, Heather McDougall is definitely one of the new movers and shakers on Bridge Street. In fact, her **Spice Wellness Systems** offer clients the opportunity to move and shake themselves! Whole Body Vibration (WBV) machines use low-speed, low-amplitude vibrations to generate health benefits, and Heather finds that most people feel a difference after just one ten-minute session. As the first WBV outlet in Ontario, she has had a tremendously warm reception in Carleton Place. Open Mon.-Fri. from 9-6 (with a lunch break from 2-3) and Sat. from 9-1, Heather offers three free trial sessions to new clients!



Heather McDougall



110 Bridge Street • 613-257-7739 • www.spicewellness.net

Striking a balance between new and consignment, **Wisteria** offers a relaxed and inspiring shopping experience. You'll find top quality women's clothing and home décor items on consignment, as well as unique home décor and gift items plus a large selection of new quilts. Accessorize your Wisteria outfit with a new stylish handbag and bling it up with some jewellery. Join them for their 5th Anniversary Celebration from Tuesday May 9 to Saturday May 14 and enjoy 20% off all new items!



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There's so much to do downtown! For a complete listing of Downtown Carleton Place businesses, please visit:

www.downtowncarletonplace.com

For more information contact: cmcormond@carletonplace.ca or 613-257-8049

Art is Springing Up All Over!

Handmade Harvest

Don't miss the spring edition of Almonte's tremendously successful Handmade Harvest Craft Show — coming to the Agricultural Hall at the Almonte Fairgrounds for one day only on Saturday, May 7. Just in time for Mother's Day, you'll find delightful offerings from more than fifty talented crafters, including jewellery, accessories, body care, toys, art, home décor, fashions, and yummy treats to eat! Parking is free and admission is only \$2 (which enters you in a draw for more loot), and doors open from 10AM to 5PM.

by Miss Cellaneous

May 7 is a great day to plan a day-trip to Almonte, because in addition to the Handmade Harvest show you can also take in the annual "Art in the Attic" show by members of the Almonte & Area Artists Association, which takes place nearby at the Almonte Old Town Hall. And don't miss the grand opening of Peace of Mind & Friends gallery downtown at the newly-renovated Heritage Court, where you'll find gorgeous works by Dave and Adrianna Card (and friends). So much art — all within walking distance in Almonte!



Photographic Creations

Photographic creations expressing warmth and passion, and revealing a natural artistic ability, are what you discover when you view Tammy Jordan's work. She has a way of capturing and enhancing

the most colourful and complimentary angles of any photographic situation. Her artistic style is a result of growing up in the natural settings of Vancouver Island, British Columbia, and is influenced by such artists as Robert Bateman, Bill Maximick and the Group of Seven.

While her photography is of predominately natural settings and landscapes, Tammy also has a growing portfolio of portrait-style work. She has worked with models and in non-commercial settings as well and enjoys the opportunity to extend her range of photographic experiences. A collection of Tammy's photographs can be seen at Baker Bob's Gallery in beautiful downtown Almonte throughout the month of May.



Works by artists like Meredith Kucey-Jones (above) and Bill Neddow (right) will be featured on this year's Red Trillium Studio Tour

Red Trillium Studio Tour

On May 7 and 8, from 10AM to 5PM, come out to see thirty-four artists and gardens in ten studios and locations in the rural setting of West Carleton.

On display will be paintings in oil, acrylic, water-colour, and pencil crayon, as well as bookbinding, drawing, pottery, stained glass, woodwork, fabric art, Santa dolls, quilts, glass blowing, metal work, photography, sculpture, carving and jewellery. There are also several wonderful and very different gardens to be enjoyed. The Master Gardeners will be on hand to dispense free advice and they have a large number of great plants for sale.

On Saturday only, in the Masonic Hall on Carp Road, the tour is pleased to have the workAbles

Group (a group of handicapped adults) back again, serving a light tea, with other goodies for sale. Please come out and support them. You can also find great food and drinks at one of the many pubs and restaurants in the area.

Brochures and maps are available at many locations throughout the area. Admission is free, and information is available at <www.redtrilliumst.com> or from Catharine at 839-2793.



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10 am - 5 pm
Discover the work of 23 artisans offered at 6 studios.
Visit our website
artatwork.ca/westport_studiotours

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Perth
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Rabbit Hole
by David Lindsay-Abaire
Directed by Jeremy Dutton

Studio Theatre Perth
63 Gore St. E (Overlooking the Tay Basin)
Tickets \$18 in advance
\$20 at the door
(Students with ID \$10 at the door)
**May 26, 27, 28,
June 3 & 4 at 8PM**
**May 29 and
June 5 at 2PM**
Available at The Bookworm,
The Book Nook or
Ticket Please* 613-485-6434
* a convenience fee applies
Not recommended for children
Visit studiotheatreperth.com for details
Presented by special arrangement with Dramatists Play Service Inc., New York

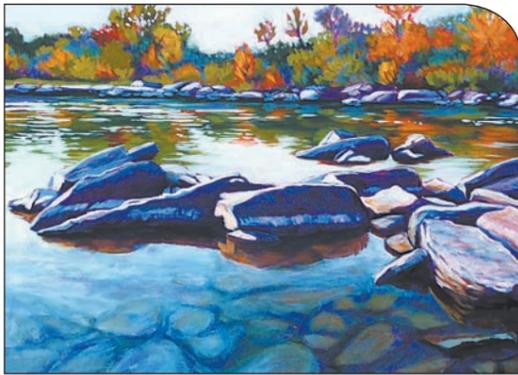
Brooke Valley Spring Tour

It is time once again for the Brooke Valley Spring Tour, which runs over the Victoria Day weekend, May 21 to 23. Over the past five years this tour has evolved in interesting directions. Recent additions have included delicious lunches served by John and Shirley Lianga in their home and gardens, with the proceeds going to the Stephen Lewis Foundation via the Lanark County Grannies. In addition, performer, conductor, and educator Richard Hoenich now hosts free chamber music recitals along with local musicians. These concerts are within walking distance of Dawn King's studio with her rustic garden furnishings and Rita Redner's studio showing her salt-fired pottery.

This year the evolution continues with the addition of a number of new and exciting artists as well as two new studios. Joining us at her studio on the Old Brooke Road is Catherine Orfald, with her naturally inspired oil-on-canvas paintings. She welcomes guests Diane Woodman and Bonnie Jehu and their handmade soaps, as well as Deidre Hierlihy showing her fascinating and unique linocuts.

The second new studio this year belongs to MERA award winning potter Anne Chambers, with her guest, mixed media artist Ruth Secunda.

Also new to the tour is Barb Sohn, noted landscape painter, who will be featured at Rita Redner's studio. Joining Dunn Sohn at his woodworking studio for the first time are Robert Pauly and Barbara Mullally of Moondance Gallery with their quirky jewellery and unique hats. Sohn's studio will also feature two returning guests, weaver Heather Sherratt and landscape photographer Jane Cass.



At this year's Brooke Valley Spring Tour you'll find works by Barb Sohn (above), Anne Chambers (below right) and Brent Kirkham (below left), among many others

Also returning to the tour is Dean Spence with his distinctive Adirondack-style furniture and accessories. Dean is a guest at the studio of Brent Kirkham, whose one-of-a-kind custom cedar strip boats are truly "Art on the Water".

Less than one hour from Ottawa and Kingston, located ten minutes west of historic Perth, this unique tour is a great way to spend a day in the country. Good food, beautiful music, a wide variety of outstanding artists, and admission to all studios is free.

For more information on studio locations, directions, lunch and concert times, or to view artists' work, go to <www.brookevalleyspringtour.ca> or call 267-5918. Watch for the brochures distributed throughout Eastern Ontario.



Neil Simon's
The Odd Couple

When? May 6, 7 and 13 at 7:30PM
 May 14 at 2:00PM

Where? Christian Education Centre
 257 John St. N., Arnprior

How Much? \$12 at the door or from
 Hair Zone 613-622-7676
 104 Elgin St. Arnprior Bulk Foods 613-623-8772
 115 John St. N.

Who? For more information call 613-623-5585
 or email priorplayers@gmail.com

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 May 28th as Bittersweet celebrates over a decade serving the Ottawa Valley.

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Town and Country House Tour

The Almonte General Hospital / Fairview Manor Foundation is organizing a tour of six notable homes in the Almonte area. This "Town and Country House Tour" takes place on Saturday, June 11 from 10AM to 4PM, with tea being served at the Old Fairview Manor in Almonte from 11AM to 3PM. Tickets to this fun-



draising events are \$30, and are available from Appleton Gift & Basket, Blackbird, the Royal Bank, and the Almonte General Hospital Foundation Office (75 Spring Street) in Almonte, and the Royal Bank in Pakenham.

The homes featured on the tour are a mix of superbly preserved older buildings and renovated gems. Lovers of heritage homes will appreciate the Georgian house with a traditional central hall plan that retains many of its original features including wide plank floors, a large stone fireplace in the kitchen, and an attached carriage house with three beautiful stone

arches that is considered one of only two known examples in Canada. Other highlights include a handsome stone home with beautiful views of the Mississippi River, and the Naismith House (pictured at left), which was built by Robert Young in 1855 using gray limestone that was taken from the property. The latter was the childhood home of Dr. James Naismith, the inventor of basketball.

Tour participants are sure to be captivated by a small but stunning condominium overlooking the Mississippi River in the heart of downtown Almonte. With its high ceilings, expansive windows, and creative use of every "nook and cranny", it is a perfect example of how enlightened renovation has transformed a functional industrial area into an artistic and inviting living space.

From historic original features to recently renovated kitchens, you are sure to find something to inspire you in each home on the tour. Tickets can also be purchased by calling the Hospital Foundation office at 256-2514 x 2296 (from 8AM to noon), or online at <www.almontegeneral.com>. Please make cheques payable to the AGH Fundraising Committee.

MERA Presents Two Top Songwriters

The next concert in the Music At MERA concert series will feature two of North America's best country/folk singer-songwriters in a rare and very special two-for-one collaboration. North Carolina's Jonathan Byrd and Toronto's Corin Raymond will share the stage in McDonald's Corners on Friday, May 6, in what is sure to be one of the most memorable concerts of the year.

Corin Raymond is best known as the front-man and lead singer of the Undesirables, an in-demand duo that has performed locally at the Blue Skies Music Festival and a number of house concert venues. His most recent solo CD, *There Will Always Be A Small Time*, has been critically acclaimed by fans and fellow musicians alike. Mike Regenstreif, in *Sing Out* magazine, called it "an album I can recommend with little hesitation, an album I expect to put on years from now and still enjoy. The killer song, though, is *There will Always be a Small Time*, a near-perfect piece of songwriting that captures the essence of why musicians are compelled to play music, of why songwriters are compelled to write songs, of why they're compelled to play their music and perform their songs for whoever's wanting

or willing to listen, and of why they make records to sell from the stage. It's a song that celebrates the human connections that are possible when real musicians play real music for real people without any kind of corporate filters."

That song, along with another on the same CD, was a collaboration written by Raymond and his friend Jonathan Byrd, a singer-songwriter based in North Carolina. Byrd is best known for his narrative tales of love, life, and death in America — songs not so much about the common man as they are about misfits and outcasts. His 2008 CD, *The Law and the Lonesome*, also features a couple of collaborations with Corin Raymond (including the album's title track), proving that, for the two songwriters, the whole is greater than the sum of its parts — a synergy they intend to bring to the stage at the MERA schoolhouse.

Jonathan Byrd and Corin Raymond will appear at MERA Schoolhouse in McDonald's Corners on Friday, May 6, at 8PM. Admission is \$20 and tickets are available at Shadowfax in Perth and at Fall River Espresso in Maberly (cash only). For more information or to reserve tickets, phone 268-2376 or email <shakeyacres@hotmail.com>.



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As Lilly herself feels that every home needs an altar — it alters the energy of our sacred space — she carries Root candles, as well as select crystals.

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As the Handmade Harvest girls say, the White Lilly's clothing has a "comfort-meets-style-meets-yoga-retreat-meets-going-out-for-a-glass-of-vino-on-the-way-home-from-a-run-to-the-grocery-store-before-it-closes vibe going for it."

[Handmade Harvest craft show is May 7.]



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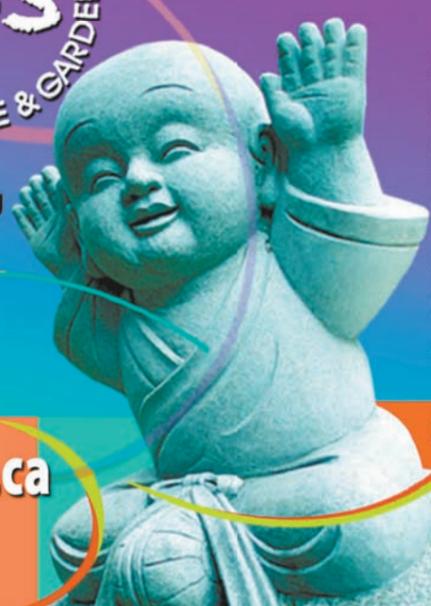
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SPIN — A Story of Bicycle Love

This year, the organizers of Mississippi Mills Bicycle Month <mmbicyclemonth.ca> are offering up a very special treat. On Saturday, June 4 at 8PM, Toronto performer Evalyn Parry is bringing her magnificent multi-media show *Spin* to the Almonte Old Town Hall. Through a series of songs played live on a vintage bicycle, *Spin* recounts a theatrical cycle of stories about bikes, women and liberation. Inspired by the incredible true tale of Annie Londonderry, the first woman

by Kris Riendeau

to ride around the world on a bicycle in 1894, *Spin* blends theatre, music and technology in a unique tribute to the bicycle as muse, musical instrument and agent of social change. Evalyn was kind enough to speak with theHumm about the piece.

theHumm: Creating a full-length multi-media performance that features songs, stories, and a vintage bicycle as a musical instrument seems like a lot of work. Why did you not settle with writing letters to Toronto city council asking them to include more bike lanes?

Evalyn Parry: The piece actually began a fair bit more simply than it wound up. I thought I was setting up to write a cycle of songs and poems that would fit together and explore both the literal idea of bicycles and why I love my bike, and also explore the notion of “spin” as it relate to how we are sold things and how we buy things — the way things get marketed to us. I’m a wordsmith — I love to play with language and words and double meanings, and this word really inspired me on both counts. That’s where the initial inspiration came from. Certainly I’ve written my share of letters asking for bike lanes, but this is something more long-form — the songs

are more related to each other, with more cohesion and more of a through-line. So as it grew and as I researched and became really enthralled with the material, I found out about the history of the bike and particularly how it impacted the women’s emancipation movement in the 1890s, and that became a big part of the show. That information was both super-interesting and felt incredibly relevant to our contemporary moment. The 1890s were the golden age of the bike, before the car came into popular culture, when the bike literally paved the way for the automobile industry. So it expanded beyond what my initial inspiration was, and it did turn into a project that was three years in the making.

I get the feeling that *Spin* is extremely multi-layered. It features the bicycle in numerous roles: method of personal transportation, musical instrument, and agent of political change. It also features the artist in several roles: performer, activist, question poser... How does creating a piece like this enhance your artistic life, or just your life in general?

Writing it was a fantastic artistic challenge. I began with the image of the wheel and all the spokes of the wheel, and how together the spokes build something stronger and more capable than the sum of its parts. They not connected directly, but they are connected by association and they do

We could replace road rage with bicycle love!

a job together by holding the shape. As an artist I found that image really compelling. On the one hand I wanted to make sense and be coherent and communicate a lot of ideas, but at the same time I wanted to leave room for the audience to make their own associations and connections without having to spell them all out. I found that a very exciting and challenging endeavour.

I found that I grew a lot as a writer, along with my artistic team. Its also a very exciting show for all of us to perform — it’s non-stop for an hour and twenty minutes with no break — we’re onstage and engaged with each twist and turn of how one song changes to the next, how we’re relating to the images behind us... the transitions become as important as the material. For Brad Hart, who plays the bike, it was really exciting. We have collaborated musically for years, he’s been the drummer in my band, but creating this was like learning a new musical instrument. It started as kind of a gimmicky idea, but it really has



Evalyn Parry brings her musical, multi-media, multi-layered exploration of the bicycle to the Almonte Old Town Hall on June 4 as part of Mississippi Mills Bicycle Month

become an amazing electro-acoustic instrument. We amplify the bike with two contact microphones, and those are fed through some pedals and a sound board so that different parts of the sound can all be controlled by Brad. It’s pretty amazing what sounds get made!

In an interview with Xtra Magazine, you mention having a deep psychic connection with your bicycle. Clearly many others feel similarly, as evidenced by the fantastic reception *Spin* is enjoying. Why do you think people feel so strongly about bikes?

A bike becomes an extension of your body and works with you to make you more mobile than you are naturally... there’s a grace and speed and lightness, and you’re an active passenger... you move the machine and it moves you — it’s very collaborative. It’s also a machine that hasn’t really been improved on in terms of basic design since the early days.

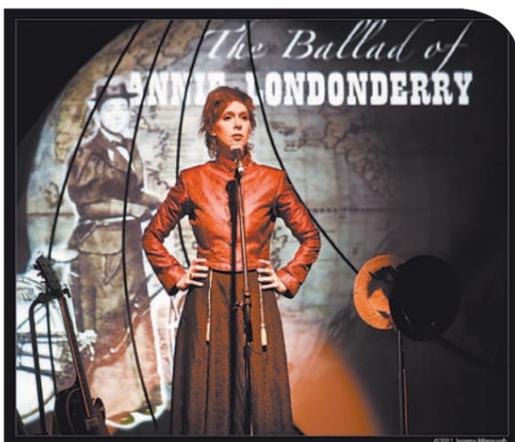
Reading about the history of women and cycling, it sounds like the advent of the “Safety” bicycle led to everything from an increase in personal mobility to sweeping changes in fashion, female athleticism and ultimately emancipation. What sweeping changes would you like to see from a cycling renaissance in this era?

The most obvious one has to do with the balance of cars and bikes, especially in urban settings. We are moving towards a more urban society and with such dense population in contemporary cities, in order to embrace neighbourhoods and allow people to get what they need close to home, to carry a little extra and travel a little faster than on foot, the bike is the perfect mode of transportation. It would be so exciting to have bike traffic outweigh car traffic. The beautiful thing about the bike is that it’s not only better for the environment — you’re also outside, not enclosed by your protective little car-pod — you’re on a human scale because you’re less indestructible and have to pay more attention to where you are in relation to those around you. There are also health and fitness benefits. And it may be connected to all of these things, but there’s also a “mood thing” with everyone I know who rides a bike — there’s love for the bike, for the activity of cycling and for how it makes you feel. I can just imagine that if there were more people engaged that way it would be a great thing in the city — we could replace road rage with bicycle love.

Having you bring *Spin* to the Almonte Old Town Hall is a real feather in the cap of the Mississippi Mills Bicycle Month organizers. How do you feel about being part of a rural community’s month-long celebration of all things two-wheeled?

It’s amazing. I feel it’s so important and connected to my work to speak to people on a grass roots level. I think a lot of my passions and concerns meet the most wonderful reception in settings where people are doing things in small communities that might not have the easy access that we enjoy in big cities. I love performing in small communities, and I was thrilled to be invited to perform in Almonte. It’s great for an artist to feel that people are hungry for what you are offering.

Tickets to this not-to-be-missed performance are \$20 in advance (and \$25 after May 28) from Appleton Gift & Basket (65 Mill Street in Almonte, 256-9377). For information about other Mississippi Mills Bicycle Month events, please visit <mmbicyclemonth.ca>.





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Our Mother’s Day Menu will Feature:



Appetizers:
Butternut Squash” Zuppa”(soup) w/Roasted Garlic & a dollop of yogurt...\$5.50
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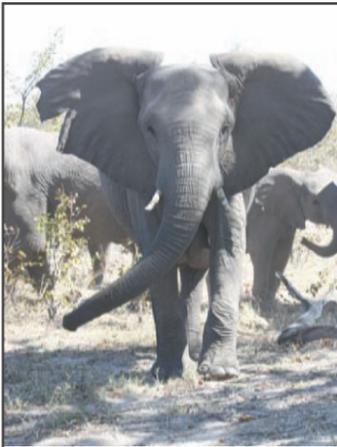
Main Courses:
Filet of Salmon Broiled & served w/Mango Tapenade, Potato & Vegetable...\$16.95
Roast Turkey w/Stuffing served w/Garlic Mashed Potato & Gravy w/Vegetable...\$15.95
Large Ravioli stuffed w/Ricotta & Spinach served w/Fresh Tomato & Basil...\$15.95
Omelet w/Spinach, Zucchini & Tomato w/Goat Cheese served w/Fresh Bread...\$14.95

Dolci Casalinga (homemade):
Sicilian Cannoli...\$5.25
Tiramisu...\$5.25
Torta alle Mela (apple cake)...\$5.25
Tartufo Gelato...\$6.25

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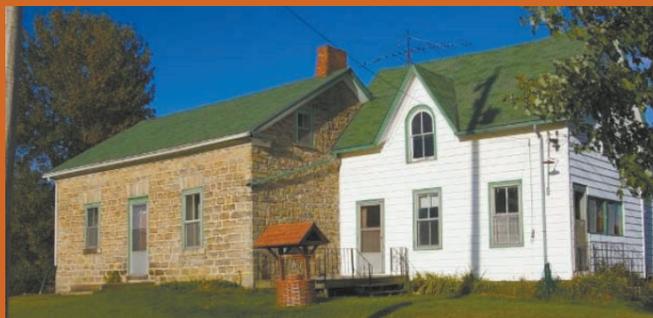
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Primal Alchemy at Burnstown's Bittersweet

Bittersweet gallery in Burnstown is celebrating their tenth anniversary with a special show entitled Primal Alchemy. Set for the weekend of May 28 and 29, the show will feature works by a number of owner Cheryl Babineau's favourite artists, and will set the scene for another fabulous season at Bittersweet.

Cheryl explains the genesis of this intriguing show: "the concept for Primal Alchemy came out of a longstanding relationship with a Montreal designer whose work continues to astound me. Anne Marie Chagnon is one of the most prolific creators of contemporary and sophisticated jewellery that I have come across in over a decade. As she celebrates fifteen years of design, I thought it appropriate to feature her work, at the same time as I celebrate my own past decade in business with a birthday party of sorts."

Chagnon's latest collection, entitled QOR, features her trademark sculpted pewter pieces with the addition of some 22k gold plating. "Influenced by my most recent stay in South America, QOR offers a new warmth and vibration that I hope will inspire you as much as it did me in creating it," Chagnon explains.

Cheryl's plans for Primal Alchemy include an incredible selection of Chagnon's work (the largest in the Ottawa Valley), along with the jewellery of several other noted designers. The gallery will be bursting with new works of painters like Jerome Coulas and Kathy Haycock, and ceramists Jocelyne St Denis, Yukari Hazama, Christiane Paquin, Carol Mose, Diane Sullivan, and Cathy Reeves. Collectors of blown glass may still find works by the late Clark Guettel, along with Burnstown glass artist Bettina Baum.

Along with the evocative works of NAC set painter Karen Phillips Curran (her monumental watercolours can also be seen at Neat Coffee Shop across the road), Bittersweet is delighted to introduce an artist from the Burnstown /Goshen area by the name of Johannes Veenstra. His



Celebrating the tenth anniversary of opening Bittersweet Gallery in Burnstown, owner Cheryl Babineau explains that: "Each time I sell a work of art it's a rush, because I feel that in my own way I have played a small part in helping Canadian artists to continue creating their life-enriching works."

pastel still-life paintings are skillfully rendered in the tradition of Dutch masters of the 17th century.

In the spirit of the primal theme, temporary henna tattoos will be offered by artists as well as a party favour of limited edition custom take-away Bittersweet butterfly tattoos. A golden elixir is in the works as is a special birthday cake served up by a special guest chef.

So be sure to plan a trip to Burnstown on the weekend of May 28 and 29! In the meantime, Bittersweet is open on weekends, by chance and by appointment, and will soon be open daily from 11AM to 5PM (call 432-5254 or visit www.burnstown.ca for details or directions). And be sure to check out Burnstown's other gems like the Artist's Cove Gallery, Somethin' Special Gifts and Blackbird Café, or catch a concert at Neat Coffee House.



Bracelet by Anne Marie Chagnon



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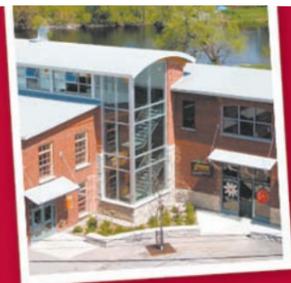
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Arts and Culture Alive in Smiths Falls

Hear Ye! Hear Ye!

The Town of Smiths Falls now has its own official arts and culture council. The Smiths Falls and District Arts and Culture Council (SFDACC) is a recently incorporated, not-for-profit, arms-length body from the Town of Smiths Falls, created to support the arts and culture in Smiths Falls and area. The council's goals are:

by Joffre Ducharme

1. Encourage access to arts and culture.
2. Provide financial and in-kind support to artists, organizations and cultural facilities.
3. Facilitate and promote a broad range of arts and cultural programs and events.
4. Work with all levels of government, public and private organizations and community stakeholders.

The Council became a reality as a result of last summer's successful community consultation process which saw four task forces study the future of our town. The Arts and Culture Task Force, under the tutelage of our town council and the leadership of Louis Tremblay, local artist and town employee, laid the groundwork which resulted in a successful grant application to Valley Heartland, ensuring financial support for the initiative.

Local volunteers are presently being appointed to the fifteen seats on the SFDACC Board of Directors. With pride, we can announce that Zoe Ashby has already been named as a member of the Board. Zoe brings with her a wealth of experience from her position as creative director for the Council for the Arts in Ottawa, where she worked for ten years.

Zoe moved to Smiths Falls last summer and is excited to help promote the arts, and artists, in the area. She is excited that Smiths Falls offers artists the opportunity to have a place to live and have available studio space and, because it has the train, it is possible to commute into Ottawa. "I'm talking the town up all the time when I'm in Ottawa," she enthuses.

To offer your services or request more information, contact Leisa Purdon-Bell, Tourism Coordinator, Town of Smiths Falls, at 283-4124 x 1150 or <lbell@smithsfalls.ca>.

Now it so happens that this same grant from Valley Heartland yielded another major town project: designating Smiths Falls as a **Center for Photographic Excellence**.

The concept for the Center of Excellence consists of using existing space in public areas and local businesses to display artwork from the Smiths

Falls region. To get things started, the Comfort Inn has offered the use of their main hallway for this project. Initially, the exhibition will feature the work of Crombie McNeil, who is partnering with the town in a leadership role in this venture. McNeil is an award-winning photographer based in Ottawa. His career has spanned many years and his work has captured powerful scenes from Parliament Hill to points overseas. Beyond the McNeil display, the Center for Photographic Excellence will invite photographers in the broader community to submit their unique work for consideration as part of on-going exhibitions and programs.

Spearheaded by Bob Cheetham, the Town's Director of Economic Development, the Center aims to promote and expose the incredible talent of local photographers, as well as the many unique photographic opportunities which our area has to offer at the Heart of Rideau Canal, a UNESCO World Heritage Site since 2007. To further support this initiative, the Town's Economic Development department will add \$2,500 from their budget to see the project through. See <centerofphotographicexcellence.com>.

Last month, I elaborated on the diversification of the programming at the Station Theatre as a broader spectrum of our artistic community finds their place on our local stage. A prime example is this month's presentation of *High School Rhapsody — '80s Style*, produced and performed by students from the **Smiths Falls District Collegiate Institute** under the musical direction of music teacher Kristine MacLaren. This is the first musical theatre offering at the Station Theatre, and a unique opportunity for our high school thespians to strut their stuff in a formal theatre environment. The show will feature popular '80s clothing and hairstyles, as well as boppin' '80s tunes such as *Girls Just Want to Have Fun*, *Beat It*, *Walking on Sunshine* and *Bohemian Rhapsody*. The story focuses on a "city slicker" named Chad who comes to the small town of Jones Falls and, through his actions, encourages his fellow classmates to reflect on their lives and relationships.

Tickets are available at Spotlight on the Rideau in Smiths Falls or by contacting Kristine MacLaren at SFDCI at 283-0288 x 2442. Tickets are \$15 for the evening shows on May 27 and 28 at 7PM, and \$10 for the matinée on May 28 at 2PM.

Well, it sure is shaping up to be a sensational spring and summer season for arts, culture and entertainment in Smiths Falls. Check out theHumm Calendar for more fun events. See you at the Falls!



This photograph was taken from the Beckwith Street bridge and is an example of the scenery awaiting photographers in downtown Smiths Falls.

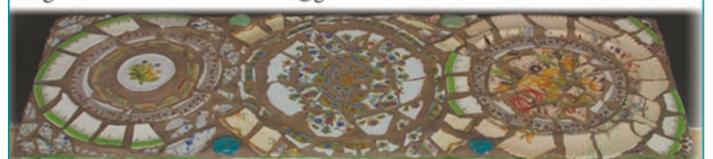
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Gobsmacked!

Gobsmacked — what a great word. And so appropriate to describe the feeling after seeing the **Good Lovelies** play in Kingston recently. Now, because this show was in Kingston this isn't strictly a story about Westport, but there was another couple from Westport at the show, so I figure there were only 696.5 Westportians missing — and that's how my mind justifies writing about them. That and the

by Steve Scanlon

fact that I cannot, in good conscience, not tell you about them. If you haven't experienced their music you are missing out. I hate to see you miss out. I really do. Why? Because I care.

I can't really put a name to their music — it's a little bluegrass, a little folk, a little forties jazz, a little pop, and some country thrown in for good measure, but at the end of the day what counts is that it's really, really good. What appeals to me most is their inherent ability to harmonize — it is truly a magical combination of voices that just fit.

lawn. It's beautiful and is a great sign that spring is sprung. Sooner that you can say "rain rain go away..." the crocuses will be gone and the dandelions will be here. This is a good thing when it includes dandelion wine or the three-day celebration of spring that is Westport's **Dandelion Gardens Studio Tour**.

The studio tour brings you six studios hosting twenty-three artists and artisans in various disciplines. The great thing about a studio tour like the Dandelion Tour is, not only do you get to see and buy some great works of art, but you get to travel around this marvelous part of God's country. You get to soak up the sights (and hopefully the sun) and meet the folks who host the event and the artists that participate in the event — the people who build, mould, paint, sew and create. People like Cindy Laneville and her Stained Glass Mosaics and sculptor Rudolph Welz, or the recycled metal sculptures of Dog Bite Steel. You'll get to see everything from handmade jewellery and one-of-a-kind apparel to pottery and hooked rugs. This tour falls squarely in the "something for everybody" category and,



All the glorious works of art above are by artists participating in this year's Dandelion Gardens Studio Tour

Their newest CD, *Let it Rain*, has it all: from the title song, which makes rainy days seem brighter, to the quirky *Kiss Me in the Kitchen* which, well, it just makes you want to dance (as my lovely and talented wife can attest to as we dance to this song — in the kitchen, with two wee ones joining in — we even kiss — don't tell). They even make Toronto (you know, the centre of the universe) sound like home with the song *Backyard*, and their cover of Kevin Brerton's (k-os) *Crabucket* takes the Canadian rapper's song and morphs it into a swing classic complete with snapping fingers and bass groove... (also kitchen-danceable if you take care not to knock into the table full of glassware... just sayin').

The Good Lovelies are: Caroline Brooks, Kerrie Ough and Sue Pasmore. Check them out at <www.goodlovelies.com>. I'd hate to see you miss out.

Speaking of missing out, you should see our front yard. My lovely and talented wife loves to get her hands dirty and every year she and the kids plant even more crocuses. Most people — you know, the normal ones — will plant them in the flowerbed, but not my wife, no, no, no. We have crocuses (croci?) sprouting all over the front

of course, it's a heck of a way to spend a day... or three. The tour runs from May 21 to May 23, from 10AM 'til 5PM.

May 21 is also the opening day of the **Westport Farmers' Market** at 43 Bedford Street. The market features an abundance of fresh, local produce along with the work of local artisans, and is open every Saturday from May 21 to October 8 from 9AM to 1PM. This year, for the first time, the Farmers' Market will also be open every Wednesday from 1PM to 4PM. You know what they say, "If you've eaten today, thank a farmer" — at the Westport Farmers' Market you can do it in person while supporting your local community and of course buying fresh, seasonal, local food and handmade products.

So, May 21, go to the Westport Farmers' Market, fill the car with good stuff, tour the countryside, and visit all of the six studios on the Dandelion Studio Tour (it may take three days to take them all in). Then, make your way home, pour yourself a glass of wine and put your culinary skills to the test with your fresh local produce while you admire your new piece of art and think of all the great people you met... oh, and dance in the kitchen.

Spring Into Mississippi Mills!

With the onset of great weather in May, now is the time to enjoy the fantastic shops, restaurants and sights that Mississippi Mills has to offer. With the established destinations and the opening of several new unique retail concepts and galleries in the town you will find that you can spend an entire day walking and sightseeing. Here's a suggestion for a memorable spring day:

Start your morning off with a walk through the **Mill of Kintail** to energize you for the rest of the day. Next stop would be **Palms in Almonte** for a coffee and snack to re-fuel. Take a good hour or two to visit all of the shops and galleries along Mill Street; however, don't forget to wander off the beaten track to find some of the other hidden treasures including the spectacular architecture. Visit one of the many culinary destinations for a delicious and healthy lunch, then stroll down the riverwalk to the waterfront park below the falls to complete your tour of the town.

It is not time to go home yet! A picturesque drive through the surrounding area will offer great rewards. Drive to **Blakeney** to visit the roaring rapids, and then on to **Pakenham** for an ice cream at the famous **Scoops**. While there, stop in at the newly opened **Don's Meat Market** location for the best cuts in the area. You can now leave with a good sample of the culture of this wonderful community. Leave Pakenham by crossing the Mississippi over the historic 5-span stone bridge. We guarantee you will be back in no time for another great day.



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Walking the Art Walk in Almonte

First off, I'd like to thank everyone who braved the rather nasty weather to help out on Pitch-In Day. Between pitching in and taking part in the Arbour Week activities, I've really enjoyed helping to "spruce" up the community. Getting involved in activities like those really helps a newcomer branch

by Miss Mills

out and put down roots. (OK, I'll stop now. Better to leave you pine-ing for more).

This month, I thought I'd explore my new community of Mississippi Mills a bit more. Since puppets can't drive, I decided to start with a walk around downtown Almonte and try to familiarize myself with some of the arts

destinations. Trouble is, there are approximately a zillion, with new ones springing up like crocuses through the late-April snow. So here's a whirlwind tour, beginning at the bottom of Mill Street...

Almonte "regulars" will have noticed the stunning transformation that has taken place over the past while at Gord Pike's **Heritage Court** at 14 Mill Street, but if you haven't visited lately it's a great place to start. The **Village Idiot Gallery** is currently featuring a display of paintings by Almonte artist Rosemary Leach, along with their wonderful selection of home décor, antiques, jewellery and generally funky stuff. Opening in late April next to the gallery is **The White Lilly**, which will feature clothing and jewellery "to awaken the goddess in you"! Gord himself is hard at work preparing the Mill Street Crêpe Co., which is slated to open later in the spring.

But there's even more good news for local art lovers. Well known artists Dave Card and Adrianna Steele-Card are opening **Peace of Mind Creations and Friends** — a showcase of fine Canadian art and craft. After years of bringing Dave's characteristic wood carvings and Adrianna's paper and found object collages to studio tours and art shows throughout the country, the Cards have decided to create

a year-round display space — and I'm so glad they have chosen Almonte's Heritage Court as their location! Adrianna explains that the proximity to Ottawa and the appeal of Almonte as a day-trip destination both contributed to their decision. They also have strong artistic ties to the town, and hope to find support for this venture now that more people are choosing to shop closer to home and support local small businesses. They also appreciate the tremendous effort Gord Pike is making to create a positive atmosphere and a place that both residents and visitors will be attracted to.

In addition to displaying their own art, they also plan to showcase a variety of work in a wide range of prices by other artists. Their gallery also includes a work space for Adrianna, and both of the Cards hope that the beautiful displays will encourage people to commission original work. They will be open as of May 1, but everyone is invited to a formal opening on May 7 from 10AM to 5PM. Dave and Adrianna as well as some of the other participating artists will be on hand, with live music and refreshments provided.

There are several other great reasons to visit downtown Almonte on May 7, and all of them are within walking distance of Heritage Court! Up at the Town

Almonte to get some guidance! The **Almonte Potters Guild** offers classes and studio space year-round, but they kick into high gear as summer approaches. Their new brochure outlines a variety of summer camps, classes and group sessions for all ages (they will even host birthday or group parties for kids or adults). Their summer camps for kids feature pottery taught by Saskia Praamsma, art with Linda Hamilton, and even lunchtime yoga with Tamara Reasin from the Yoga Station. I wonder if they have puppet camps... For more information, drop in at 95 Bridge Street, call them at 256-5556, or visit <almontepottersguild.com>.

For my last stop on this whirlwind artistic tour, I dropped in to see Jeff Banks at his new shop, **JB Arts** (at 64 Mill Street). It's so new, in fact, that it isn't even open yet, but Jeff is already signing people of all ages up for a phenomenal looking list of arts classes! Jeff may be new to this area, but he certainly has a long artistic history. He started teaching it at age 16 in an art summer camp, went off to study at Sheridan College, apprenticed at a mould making studio called Industrial Art Space, and finally opened his own art school in Oakville. Jeff explains:

"Three years and over 5000 students later, JB Arts was voted the best art school by readers of the local paper. In a strange turn of events, my long time girlfriend Helen got her dream job in Kanata, and I made the hard decision to close and move to Ottawa. Helen and I fell in love with Almonte and the building on Mill Street and started making trips every weekend. We bought the building and have spent the last year re-painting and renovating, getting the building ready to be an art school."

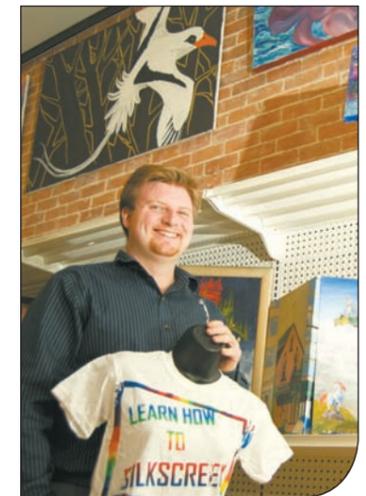
Jeff is now busy preparing for his opening on June 3. Through-



Miss Mills started her arty tour of Almonte with a visit to Peace of Mind Creations and Friends (above), took a quick spin on the wheel at the Almonte Potters Guild, and then investigated the new JB Arts (below right).

out the summer he will be teaching summer camps in the day and classes in the evening. Students will be able to do activities like drawing, painting, clay sculpture and cartooning, as well as mixed media programs like mosaics, silk-screening T-shirts, and much more. Conveniently, his shop will be open to drop-ins or students wanting half days or full days, or even week-long programs. He will also be open most weekends for birthday parties and special bookings. To find out more and register, you can contact Jeff at 220-3005 or <jbarts.ca>. Beginning on June 3, drop by for a brochure and check out his gallery space!

For now, this is your intrepid puppet reporter signing off for another art-filled month.



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(above) Joni Seligman takes a break to read theHumm while her husband Jackie Seaton and Mayan mason Juan Hernandez-Cochojil continue work on a stove in the community of Chirinox, Totonicapan, Guatemala.

Guatemala Stove Project AGM

The Guatemala Stove Project is holding their annual general meeting on Sunday, June 5, from 3 to 5PM at the Factory Grind, 1 Sherbrooke Street East in Perth. The meeting will consist of the election of the board of directors and presentation of the annual financial report.

This year's AGM also features grade eight students from Glen Tay Public School, who will share their prize-winning presentation about a sustainable nutrition

program for the Guatemalan village of Panimaquim in the Western Highlands. Recently they were awarded top marks and \$1000 for the Venture Education Innovation Challenge from the Upper Canada District School Board. Their excitement is palpable. Please attend to learn about their initiative and also to hear about the memorable highlights of the February 2011 volunteer stove building trip to Guatemala.

I Scream, You Scream!

The time is upon us. We've been denied since last fall, and now we are about to be indulged once again. No, not spring weather, although it is definitely a treat; I'm talking about ICE CREAM SEASON!!

Today's the day we are going to load the dogs in the car and head to Scoops in Pakenham for our first cones of the season. Now, our

hiked up about a million stairs, assured all the way that the journey would be worth it. And it was. The choices were unbelievable: pomegranate, lemon, coffee, chocolate ginger, and so many more. We each chose five flavours, and they were deftly piled on the cone to resemble a flower. I don't remember the cost; who cared when it was so beautifully presented? And oh, the texture and the flavour did not disappoint.

by Glenda Jones

In fact, every day after that, we used that as our benchmark for gelato. We've had gelato here, but no, it's just not the same. I tell you, all the tourist stops in Italy paled in comparison to the wonders of true Italian gelato.

dear departed Belle knew as we crossed the bridge what was in store, and she would be out of the car in a flash and standing on the little kids' stool, waiting for her doggie cone. We fed it to her on a spoon, but she often would bypass the spoon and go directly for the whole shebang in one gulp — and then want ours into the bargain. Who knew ice cream was such a big doggie treat?

Do you remember when ice cream came in bricks? I guess they were pint sized, sort of like a pound of butter. We would never eat the whole thing in one sitting. We'd cut it in four, eat two, and then an hour or so later go back for the other two. It would have been gluttonous to eat it all at once, right? The freezer on our old refrigerator wouldn't keep stuff very long — well, that's my excuse and I'm sticking to it! We're a little more hip-conscious now than to eat that quantity in one sitting. (A moment on the lip is a pound on the hip!)

There is a ritual attached to our ice cream purchases. We have to peruse the flavours, even though we are pretty sure of our choices. Alan is the authority on maple walnut; I want a good strawberry. We never choose chocolate when the dogs are with us, since it's rumoured to be bad for dogs to eat chocolate anything. When we are by ourselves though, we go for the chocolate, and don't tell.

We rarely buy ice cream in the winter, even when Mr. President comes out with exotic flavours to tempt us through the long haul 'til spring. It doesn't seem sensible to be eating frozen treats when it is minus thirty outside. We settle for a dollop of yogurt on fruit and long for the "brain freeze" brought on by the first lick of spring ice cream.

We want fresh ice cream, so we stick to the maxim not to eat anything where we buy our gas. We also don't get ice cream at the back of some store that has it stuck in a cooler next to the video rentals. It has to be an ice cream store, or a proper country general store with little chairs and tables where you can sit and savour. We particularly like outdoor stands with umbrellas and benches. That way the dogs are satisfied, and we don't have a car coated in ice cream.

I know some people who simply do not like ice cream. They endure the usual question: "How can you not like ice cream??" And every time have to go through the explanation, that no, they aren't allergic; no, there isn't some flavour that could tempt them; no, they will not have frozen yogurt. While the rest of us devour our cones, the poor non-eater becomes a conversation

We want good quality and we want a fair price. Ice cream sellers shouldn't advertise their goods as \$1.75 plus tax. Make it a round figure! I'm not leaving the change as a tip! "In my day, ice cream cones were a

Do you remember when ice cream came in bricks? We would never eat the whole thing in one sitting. We'd cut it in four, eat two, and then an hour or so later go back for the other two. It would have been gluttonous to eat it all at once, right?

nickel or a dime." Well, that's not going to come our way again, but a round amount would be helpful. Also, when the total for two cones tops six dollars, we'll be thinking twice about stopping.

The best ice cream I've ever tasted came from a hand-cranked bucket. It was made with *real* cream, *real* strawberries, and a custard of fresh eggs and vanilla bean seeds. It took a long time to crank that ice cream out, and we all had to take turns. I'm sad to tell you we devoured it in a half hour. But oh my, it was velvet on the palate as it slid down. I can see the delicate pink scoop flecked with vanilla to this day!

Exactly four years ago today we were touring Italy and stopping every afternoon at some out-of-the-way gelato shop that our kids had discovered. One day we

piece, and we hold a pity party about such a rare and unthinkable affliction. Sometimes it's easier to simply feign an allergy and be done with it.

As the season progresses, I'm intending on reporting on the best ice cream in the valley. If you have a favourite haunt, please let us know. We will happily drive a country mile to get our ice cream fix. Scoops in Pakenham is close, there is a marvelous stall in the Carp Market (with gelato, I might add!), and Waterfall Ice Cream in Almonte is a must-visit. There could be no finer venue to savour spring than beside the mighty Mississippi with an ice cream cone clutched in your fist.

Mmmmm, I can taste it right now, and here comes Alan all ready to go. Come on, dogs, let's celebrate spring!

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Dillabough On Stage At Ernie's

"Valley Troubadour" Lyle Dillabough will be making an encore solo performance "On Stage At Ernie's" (above the Carleton Place Cinemas) on Saturday May 7.

Earlier this year Dillabough played a low-key performance at this same venue for some of his friends and invited guests. It turned out to be a very special night, one that owner Ernie Rowe



Lyle Dillabough with partner Jess Ryan

described as "magical, almost like a spiritual experience."

So Rowe and Dillabough have decided to do it again, and invite the public this time. On Stage At Ernie's is a special venue in itself — one that Dillabough describes as a "performer's paradise". Located in an old church, the feel and acoustics are incredible. Several shows have been staged there in recent months, including Yuk Yuk's comedy shows as well as concerts. The room is now licensed and the seating consists of both row seating and tables.

2010 was a big year for Dillabough — one that saw him tour the country doing TV, radio and live performances. His appearances on several TV shows can now be seen on YouTube. One of his videos was sent to legendary singer/songwriter Willie Nelson and the two men have kept in touch ever since. Nelson

forwarded the video to Canadian icon Gordon Lightfoot, but Dillabough says he has not heard from him yet.

Doors have opened a bit recently for Dillabough in both New York and Nashville as a songwriter, but he isn't getting too excited yet. "There's a lot that has to happen for it all to work out," he says. "But still, it's nice to at least get the opportunity."

One particular song, *The Most Beautiful Thing* (that he wrote with his partner, artist and poet Jess Ryan), has been receiving high praise from media and industry types alike. Dillabough has also been undergoing a new treatment for diabetes and says he is feeling better than he has in years.

Tickets for the show are \$10 and can be picked up in advance at Carleton Place Cinemas. They will also be available at the door. Showtime is 8PM.

WCAS Presents The Artists' Path

The West Carleton Arts Society (WCAS) will be holding their annual mini-conference on June 4. This year's conference is titled The Artists' Path.

"We are very fortunate to have so many artists working in such diverse media in our community," explains Wendy Fraser, conference organizer. "But it does make developing a program for our annual conference a little challenging. We are very pleased to offer guest speakers that will be able to provide something for everyone."

This year's conference includes several guest speakers. Wendy Feldberg (award winning fibre and mixed media artist) will guide a discussion on inspiration and creating a composition, and will also show how she applies these practices in her own work. Margit Hideg (artist and creativity educator) will share creative ways to sell art. She will explain the process of looking for new

ideas and non-traditional venues to showcase and sell work. Patrick Gordon (proprietor of Patrick Gordon Framing) will show different types of framing options for all types of art work, and will explain alternatives to traditional framing presentations.

There will also be a presentation by City of Ottawa staff on public art opportunities, including direct purchase opportunities as well as juried competitions. A Gallery Panel features an open discussion with a number of different gallery owners discussing their individual submission processes and artist evaluations. They will explain what they look for when representing an artist and the types of work they showcase.

"We invite all artists to come and get inspired and learn creative ways to display and sell your art. Our goal is to give you the information that will make you

more successful in your work," Wendy Fraser adds.

The WCAS Mini Conference takes place on Saturday, June 4 from 9AM to 4:30PM at the Carp Memorial Hall (at the corner of Carp Road and Donald B. Munro Drive). Lunch is provided and the cost is only \$40 per artist. Space is limited so register early. The deadline for registration is May 15.

The WCAS is an organization through which members may develop their abilities and interests in the visual arts. The WCAS strives to foster the growth of the visual arts in the west area of Ottawa and the surrounding regions. They are pleased to support emerging as well as established artists.

For further information, visit <www.westcarletonartsociety.ca> or contact Wendy Fraser by email at <wfraser@sympatico.ca> or by phone at 293-7497.

Craig Cardiff in Concert

He has been called the Che or Kerouac of "indie" music, a songwriter's songwriter, and, according to Gordon Lightfoot, is simply "a songwriter who needs to be heard." A workhorse who has self-produced eleven albums, he is ceaselessly touring his brand of sardonic sincerity and polished awkwardness across North America, and on May 6 the Myriad Centre for the Arts is pleased to present Craig Cardiff for an intimate evening.

Cardiff's performances are a mix of story and song, building landscapes of sound using live digital loops, bringing the room to a hush with edgy, beautiful and sometimes melancholy songs — one breaks your heart and the next one puts it back together. He writes songs about the human condition — being barefoot, being full of cancer, pouring yourself out, being worth love, being the kite that gets caught on the power-lines, being a geek, driving out February... songs about you. Songs that need to be sung.

Cardiff is at his best when he takes the most heart-breaking of subjects and somehow finds hope through thoughtful turns of phrase. *Smallest Wingless*, for example, tells the story of new parents who aren't parents for nearly long enough. It's crushing, but when Cardiff reminds us about the fine line between love and sadness, it seems almost optimistic.

Craig has played with and opened for some of the best artists around, including Sarah Harmer, Kathleen Edwards, Blue Rodeo, Gordon Downie (Tragically Hip), Hawksley Workman, Sarah Slean, Skydiggers, 54-40 and more. His outstanding 11th CD release *Goodnight (Go Home)* reminds us that often the very best in art and culture can be found well outside the glass walls of the highly corporate entertainment industry.

"I think that the best shows are the ones where the lights are low, the music weaves in and out and the people forget where the audience begins and the performer ends," says Cardiff. The intimacy and exceptional performing facilities of this venue provide the perfect environment in which to experience his magic.

Craig Cardiff performs at the Myriad Centre for the Arts, located in the Old Perth Shoe Building on Sherbrooke Street in Perth at 9PM on May 6. Tickets are \$22 for reserved seating, available through Tickets Please, at Jo's Clothes, 39 Foster Street in Perth. For more information, or to purchase advance tickets, call 485-6434, or visit <www.ticketsplease.ca>.

Land Wanted

5, 10, 15 (or more) acres of light industrial land roughly in the Carleton Place, Almonte, Ashton area or land that could be zoned as such. Also another plot of land for one residential home. Will consider farm land. 613-253-0955. cainaco@bellnet.ca

Office Admin/Dicta-Typist

Strong emphasis on typing & organizational skills. P/T possibly leading to F/T. Job description available upon request. Carleton Place / Kanata area
Fax: 613-253-3492 e-mail: cainaco@bellnet.ca

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26 Mill St. Almonte 613-256-1511
www.lachapelleantiques.com

The Perth Community Choir is holding their AGM
May 25, 2011, 7PM
at the P.D.C.I. Library, 13 Victoria St., Perth

Highlights for the fall production of "Anything Goes" will be presented. Audition dates will be announced at the meeting.

For information contact: perthcommunitychoir@gmail.com

amy butler New fabrics arriving at Textile Traditions. Cottons, Home Dec and Laminate.

More Patterns and Yarn from **(CABIN FEVER)** Including The Baby J Jacket and Cotton Tweed DK

Textile Traditions of Almonte

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For full details on this month's events, as well as listings for upcoming months, please visit www.thehummm.com

WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
2 Poetry Slam, Carleton Place	3 Open Mic, The Barley Mow	4 Global Forest, Almonte Toastmasters Club, Smiths Falls	Friends of the Perth Farmers' Market, Perth Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow The MOMologues, Burnstown
9 Almonte Coin Club, Almonte For a Taste of the Valley, Almonte	10 David Hickey, Almonte Mayan Code Study Group, Almonte Open Mic, The Barley Mow	11 All For Your Delight, Constance Bay Kanata Art Club, Kanata Pints 'n Purls, Ashton Toastmasters Club, Smiths Falls	12 All For Your Delight, Constance Bay Winter in Wartime, Smiths Falls Joe Kubek & B'Nois King, Perth Melwood Cutlery, McDonalds Corners My Fair Lady, Perth Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow West Side Story, Perth
16 Almonte Quilters' Guild, Almonte Green Liquid Refreshments, Smiths Falls KyoTokyo Collection for Children of Japan, Appleton	17 Films & Discussion: Economics, Perth Open Mic, The Barley Mow	18 Toastmasters Club, Smiths Falls	19 Flippin' Art Night, Carleton Place MVFN Spring Gathering, Almonte Open Celtic Jam, Naismith Pub Peter Brown with Lucas Haneman, St. James Gate Terry Tufts, The Barley Mow Poetry & Potluck, Almonte
23 Brooke Valley Spring Tour, Brooke Valley Complimentary Tea, Almonte May-Hawk Furniture Sale, Merrickville Dandelion Gardens Studio Tour, Westport	24 Lanark County Knitting Guild, Almonte Lanark County Quilters Guild, Perth Mayor's Breakfast-Silver Chain Challenge, Almonte Open Mic, The Barley Mow	25 Arnprior & District Quilters' Guild Toastmasters Club, Smiths Falls Westport Museum Fashion Show	26 AGM, Ed Lawrence & Plant Swap, Union Hall The First Grader, Smiths Falls Jazz w/Spencer Evans Trio, The Cove MVTM Exhibit Opening, Almonte Open Celtic Jam, Naismith Pub Rabbit Hole, Perth Terry Tufts, The Barley Mow
30 Almonte Horticultural Society Meeting	31 Open Mic, The Barley Mow	1 Toastmasters Club, Smiths Falls	2 Terry Tufts, The Barley Mow

Visual Arts

Art in the Attic, May 6 (7-9PM), May 7 (10AM-7PM), May 8 (10AM-4PM). Almonte Old Town Hall, www.4a-artists.ca.

Vernissage, May 6, 6:30PM-8PM. The New Generation (15-25 yrs of age). Art Mad, 1300 Stittsville Main St, Stittsville.

Peace of Mind Creations & Friends Grand Opening, May 7, 11AM-5PM. 14 Mill St. Almonte. 461-7662.

Handmade Harvest Craft Show, May 7, 10AM-5PM. Almonte Agricultural Hall, [\\$2](http://www.handmadeharvest.com)

Red Trillium Studio & Garden Tour, May 7 & 8, 10AM-5PM. www.redtrilliumst.com, West Carleton area.

Kanata Art Club, May 11, 7PM. Kanata Art Club Studio, 1030 Riddell Dr., Kanata. 599-4959

Pints 'n Purls, May 11, 6-9PM. Knitting group, Old Mill Pub, Ashton. 257-2296

Vernissage, May 13, 7-9PM. Featuring Donna Baskin & Deborah Guthrie. Brush Strokes, 129 Bridge St., Carleton Place.

Vernissage, May 15, 1-3PM. Photography at the Philip K. Wood Gallery, Victoria Woollen Mill, Almonte. 256-6133.

Almonte Quilters' Guild Meeting, May 16, 7-9PM, Almonte Civitan Hall

Flippin' Art Night, May 19, 5PM. Ballygiblin's, 151 Bridge Street, Carleton Place. www.artscarletonplace.com. Free

May-Hawk Furniture Sale, May 20-23, 9AM-5PM. Original designs from reclaimed materials. Rusty Nail Design, 106 Colborne St. W., Merrickville. 430-0135

Brooke Valley Spring Tour, May 21-23, 10AM-5PM. www.brookevalleyspringtour.ca

Westport Dandelion Gardens Studio Tour, May 21-23, 10AM-5PM. www.artatwork.ca/westport_studiotours.

Lanark County Knitting Guild, May 24, 7-9PM. Almonte United Church. Guests \$3.

Lanark County Quilters Guild, May 24, 7PM. Perth Lions Hall, 283-9944

Arnprior & District Quilters' Guild, May 25, 7-9PM. Christian Education Centre, Arnprior. \$5 or \$20/yr membership.

MVTM Exhibit Opening, May 26, 7PM. Fabric of a Small Town with Phil Jenkins. Mississippi Valley Textile Museum, Almonte.

Bittersweet Gallery Open House, May 28, 11AM-5PM. 10th Anniversary. 5 Leckie Lane, Burnstown. www.burnstown.ca

Theatre

The MOMologues, May 5, 7, 8 (8PM); May 7, 8 (2PM). Neat Coffee Shop, Burnstown. 433-3205, [\\$15](http://www.neatfood.com)

Halfway to Heaven, May 6, 7 (8PM); May 1 (2PM). Mudds musical. Tickets at Arts Carleton Place, 257-2031. CP Town Hall, Carleton Place. [\\$20](http://mississippimudds.ca)

The Odd Couple, May 6, 7 & 13 (7:30PM), 14 (2PM). Prior Players. Tickets at Hair Zone, Arnprior Bulk Foods, or door, Christian Education Centre, Arnprior: 623-5585

All For Your Delight musical, May 11-14, 8PM. Tickets at 832-1070, Constance Bay Community Centre, www.ruralroot.org.

Film Night International **Winter in Wartime**, May 12, 7PM; **The First Grader**, May 26, 7PM. Premier Cinemas, Smiths Falls. [\\$10](http://filmmightinternational.blogspot.com)

My Fair Lady, May 12-14 7PM, May 15 2PM. Tickets at the school or Shadowfax. St. John Catholic High School, Perth. \$12 adult, \$10 seniors/under 12s

PAMT presents **West Side Story**, May 12-14, 7PM. Tickets from 267-9610. Myriad Centre, Perth. [\\$10](http://www.myriadcentre.ca)

Talking You In - A Life Watch, May 13, 7:30PM at The Station Theatre, Smiths Falls; May 14 7:30PM at the Perth Studio Theatre; May 21 at 7:30PM at Carleton Place Cinemas. \$20 at door; \$18 in adv. from Tickets Please (www.ticketsplease.ca, 485-6434).

MVTM Movie Night, May 14, 7PM. *Triangle Shirt Fire*. Mississippi Valley Textile Museum, Almonte. 256-3754, curator@mvtm.ca

Films & Discussion: Economics, May 17, 6:30PM. Short films hosted by Transition Perth. Algonquin College, Perth. 267-9949, www.transitionperth.ca

Perth Community Choir AGM, May 25, 7PM. In the PDCI Library, Perth. All welcome. perthcommunitychoir@gmail.com

Rabbit Hole, May 26-28, Jun 3-4 8PM; May 29 & Jun 5 2PM. \$18 in adv. (www.ticketsplease.ca, 485-6434), \$20 at door. Students \$10

at door. Tickets Please. Studio Theatre, Perth. studiotheatreperth.com.

High School Rhapsody - '80s Style, May 27&28 (7PM, \$15); May 28 (2PM, \$10). Tickets at Spotlight on the Rideau. The Station Theatre, Smiths Falls.

Spiritual Cinema Circle, May 29, 2PM. Films for the heart & soul. Myriad Centre, Perth.

Literature

Poetry Slam, May 2, 7-9PM. LiPS monthly slam. CP Cinemas, 17 Albert St., Carleton Place. Info: \$5; free for performers.

1st Edition Reading Series, May 6, 5:30PM. The Factory Grind, 1 Sherbrooke Street, Perth. [\\$5](mailto:jpigeau@hotmail.com)

Book Launch, May 7, 1-3PM. Nancy Lee Amos' *Isabella & the Healing Faeries*. The Book Nook, 56 Gore St. E., Perth.

Storytelling, May 15, 2PM. Bagpipes & Beavertails. Perth Museum, 267-1947. \$5

Poetry & Potluck, May 19, 6-9pm. With Barbara Adler. \$10 adults, \$5 students. Almonte United Church. danielle.gregoire@hotmail.com
"Let's Get Mental", May 20. Open mic & music with LiPS for mental health issues. The Factory Grind, Perth. \$5 at the door.

Music

A Musical Potpourri for Japan, May 6, 7:30PM. Pieces from Baroque to the Beatles. Free will donation, refreshments. St. James Anglican Church, Perth. 264-1131

Craig Cardiff, May 6, 9PM. Singer/songwriter. Myriad Centre for the Arts, Perth. 485-6434, [\\$22](http://www.ticketsplease.ca)

Lyle Dillabough, May 7, 8PM. On Stage at Ernie's, 17 Albert St., Carleton Place. \$10

Joe Kubek & B'Nois King, May 12, 8PM. Tickets at 485-6434/www.ticketsplease.ca. Studio Theatre, Perth. \$29.50

Melwood Cutlery, May 12, 8PM. Tickets at Shadowfax in adv. \$18, at door \$20. 278-0689. MERA, McDonalds Corners.

Sarah Harmer & Joey Wright, May 13, 8PM. Tickets at Riverguild in Perth. Studio Theatre, 63 Gore St. E., Perth. \$25

Country Gospel Evening, May 15, 7PM. Light refreshments, freewill offering for church repairs. Westport United Church

Mud Boys, May 20. Rob Roy's Pub & Restaurant, 32 Beckwith St. S., Smiths Falls.

Neville Wells & Bytown Bluegrass, May 20, 8PM. Tickets at door or from Tickets Please! 485-6434. Studio Theatre, Perth. \$20

Treasa Leveseur Band, May 20, 7PM. Blues on the Rideau. The Cove, Westport. [\\$55+tx buffet & show](http://www.choosetheblues.ca)

Student Coffee House, May 22, 7PM. Proceeds go to Stewart Park Festival., Myriad Centre, Perth. 264-2748, \$5

Bach's Mass in B Minor, May 29, 7:30PM. With choirs of St. Paul's United & St. James Anglican. St Paul's United Church, Perth.

May 2011

MAY 2011

Friday

Saturday

Sunday

<ul style="list-style-type: none"> 1st Edition Reading Series, Perth A Musical Potpourri for Japan, Perth Amnesty International Dinner, Almonte Art in the Attic, Almonte Craig Cardiff, Perth Halfway to Heaven, Carleton Place Kevin Head, The Cove Open Stage, The Downstairs Pub Steve Barrette Trio, The Swan at Carp The Odd Couple, Amprior The Wailin Jennys, Neat Coffee Shop Vernissage, Stittsville 	<ul style="list-style-type: none"> Art in the Attic, Almonte Edwardian Tea, Smiths Falls Book Launch, Perth Indoor Garage Sale, CP Handmade Harvest Craft Show, Almonte Peace of Mind Creations Opening, Almonte Herringbone, The Downstairs Pub Lyle Dillabough, Carleton Place Red Trillium Studio Tour, West Carleton The Magnolia Rhythm Boys, Tilly's Smokehouse The MOMologues, Burnstown World Labyrinth Day, CP Brea Lawrenson, St. James Gate 	<ul style="list-style-type: none"> Art in the Attic, Almonte Live Jazz, Fiddleheads Magnolia Rhythm Kings, The Royal Oak Red Trillium Studio Tour, West Carleton The MOMologues, Burnstown
<ul style="list-style-type: none"> All For Your Delight, Constance Bay Monkeyjunk, Neat Coffee Shop My Fair Lady, Perth Open Stage, The Downstairs Pub Sarah Harmer & Joey Wright, Perth Talking You In - A Life Watch, Smiths Falls The Odd Couple, Amprior Vernissage, Carleton Place West Side Story, Perth 	<ul style="list-style-type: none"> My Fair Lady, Perth All For Your Delight, Constance Bay CP Farmers' Market - Garage Sale, CP Garden & Plant Sales, Almonte, Carleton Place Talking You In - A Life Watch, Perth Herb Garden Workshop, Almonte Kevin Head, The Cove Monkeyjunk, Neat Coffee Shop MVTM Movie Night, Almonte Open House/Free Talk, Carp Open Stage, The Downstairs Pub Peter Brown & Lucas Haneman, Tilly's Smokehouse The Odd Couple, Amprior 	<ul style="list-style-type: none"> Antique Tin Toy Evaluation Day, Smiths Falls APEX Jazz Band, The Royal Oak Country Gospel Evening, Westport My Fair Lady, Perth Storytelling, Perth Yuko's Plant Sale, Carleton Place Vernissage, Almonte
<ul style="list-style-type: none"> May-Hawk Furniture Sale, Merrickville Mud Boys, Rob Roy's Pub Neville Wells & Bytown Bluegrass, Perth Open Stage, The Downstairs Pub Steve Barrette Trio, The Swan at Carp Treasa Levasseur Band, The Cove "Let's Get Mental", Perth 	<ul style="list-style-type: none"> Axe 2 Grind, The Downstairs Pub Brooke Valley Spring Tour, Brooke Valley May-Hawk Furniture Sale, Merrickville Talking You In - A Life Watch, CP Plant Sale, Westport Plant Sale, Perth Pulse Mondiale, Tilly's Smokehouse Scotch Tasting, Smiths Falls The Diplomats, St. James Gate Dandelion Gardens Studio Tour, Westport Yuko's Plant Sale, Carleton Place 	<ul style="list-style-type: none"> Do Dirty Laundry Tour, The Cove Brooke Valley Spring Tour, Brooke Valley Live Jazz, Fiddleheads Magnolia Rhythm Kings, The Royal Oak May-Hawk Furniture Sale, Merrickville Student Coffee House, Perth Dandelion Gardens Studio Tour, Westport Yuko's Plant Sale, Carleton Place
<ul style="list-style-type: none"> Breakfast with Soul, Almonte High School Rhapsody - '80s Style, Smiths Falls Medieval Feast - Dinner Theatre, Smiths Falls Open Stage, The Downstairs Pub Rabbit Hole, Perth 	<ul style="list-style-type: none"> Bittersweet Open House, Burnstown Cameron O'Connor, Neat Coffee Shop Fanatical Jack, The Downstairs Pub Lilac Festival, Franktown High School Rhapsody - '80s Style, Smiths Falls Life in Transition Meditation Day, Carp Rabbit Hole, Perth Ric Denis, St. James Gate Sandy Faux Trio, Tilly's Smokehouse 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Bach's Mass in B Minor, Perth Christ Church Cathedral Girls' Choir, Amprior Liam Magee, The Cove Rabbit Hole, Perth Spiritual Cinema Circle, Perth Talk on Bach's Mass in B Minor, Perth
<ul style="list-style-type: none"> Art Mad presents The New Generation (15-25 yrs of age) <www.artmad.ca> Baker Bob's Gallery presents Tammy Jordan's photographs MVTM presents Fabric of a Small Town & A Common Exploration <www.mvtm.ca> Heritage House Museum presents "A Kid At Heart" <smithsfalls.ca/heritagehouse> Palms Coffee Shop (Almonte) presents paintings by Margaret Ferraro and textiles by Caitlin Barrie <palmsonline.ca> Philip K. Wood Gallery (Almonte) presents photography by Marc-André Cossette, Lorraine Fernando, Lindsay Graham and Katie Lévesque from May 15 Brushstrokes presents Donna Baskin & Deborah Guthrie <www.brushstrokesart.ca> The Almonte Library presents Dawn Burnham, pottery; The Chamber Gallery presents Monika Seidenbusch, acrylics Gallery Perth presents Legacy Art Show <www.galleryperth.com> Perth Museum presents "Robert Tait McKenzie - Modern Renaissance Man" fieldwork presents land art exploration <fieldwork.blogsome.com> 		

Christ Church Cathedral Ottawa Girls' Choir, May 29, 4PM. Emmanuel Anglican Church, Amprior. Free will offering

Talk on Bach's Mass in b Minor, May 29, 11AM. With noted writer, editor & musician David Barber. St Paul's United, Perth.

The Swan at Carp (Falldown Lane Carp, 839-7926) 7-10PM.
May 6, 20 Steve Barrette Trio

The Downstairs Pub (385 Ottawa St., Almonte, 256-2031) Karaoke Thurs, 9PM; Fri Open Stage, 9PM; Sat live music, 9PM
May 6, 20 Whiskey Mike
May 7 Herringbone, no cover
May 13, 27 Billy Armstrong
May 14 Billy Armstrong, no cover
May 21 Axe 2 Grind, \$4
May 28 Fanatical Jack, \$4

St. James Gate (111 Bridge St., Carleton Place, 257-7530): Live at the Gate (8:30-11pm), no cover
May 7 Brea Lawrenson

May 19 Peter Brown & Lucas Haneman
May 21 The Diplomats
May 28 Ric Denis

Fiddleheads (Code's Mill, Perth, 267-1304), jazz with Clay Young & friends, 12-3PM.
May 8 With Priscilla Wright, Sol Gunner
May 22 With Dave Renaud

The Royal Oak (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover.
May 1, 15, 29 APEX Jazz Band, 2-5PM
May 8, 22 Magnolia Rhythm Kings, 3-6PM

The Cove (2 Bedford St., Westport, 273-3636).
May 6, 14 Kevin Head, 6-9PM
May 7 Shawn McCullough 7-11PM, \$30
May 22 Allen & Alexander Do Dirty Laundry Tour, 8-11PM
May 26 Spencer Evans Trio, 8-11PM
May 29 Liam Magee, 6-9PM

The Barley Mow (79 Little Bridge St., Almonte, 256-5669): Open Mike w/ Jumpin' Jimmy Leroux Tues (7PM); Terry

Tufts Thurs (8-11PM).
Neat Coffee Shop (1715 Calabogie Rd., Burnstown, 433-3205): 8PM
May 6 The Wailin Jennys
May 13-14 Monkeyjunk
May 28 Cameron O'Connor

Naismith Pub (411 Ottawa St., Almonte, 256-6336): Open Celtic Jam Thurs, no charge (7:30-10PM).

Tilly's Smokehouse (Hwy 7, Carleton Place, 257-1700): Live music Sat (8-11PM), Open Stage w/Brock Zeman Thurs (9PM)
May 7 The Magnolia Rhythm Boys
May 14 Peter Brown w Lucas Haneman
May 21 Pulse Mondiale
May 28 Sandy Faux Trio

Community
Global Forest: Its Impact on the Health & Wealth of the Planet, May 4, 7:30PM. Almonte Old Town Hall, 14 Bridge St.

Smiths Falls Toastmasters Club, Wednesdays, 7PM. Courtyard Cafe, Smiths Falls. Info: robrodine@hotmail.com

Friends of the Perth Farmers' Market, May 5, 5:30PM. Info meeting. RSVP at 264-0162. The Factory Grind, Perth.

Amnesty International Dinner, May 6, 6:30PM featuring the cuisine of Egypt. Tickets from 256-2785. Almonte United Church, 106 Elgin St.

Astro Day, May 7, 2-11PM. Giant free viewing session through telescopes. www.sf-aag.org., Lower Reach Park, Smiths Falls.

Edwardian Tea, May 7, 1-4PM. Railway Museum of Eastern Ontario, Smiths Falls. Info: www.rmeo.org. \$15

Giant Community Indoor Garage Sale, May 7. Carleton Place Curling Club, 120 Patterson Cr. Info: 253-5505

World Labyrinth Day, May 7, 1PM. Community Labyrinth, CP & Beckwith Heritage Museum, Carleton Place. 257-1014

Almonte Coin Club, May 9, 7PM. All welcome. Show and tell. Alliance Coin & Banknote, 88 Mill St., Almonte.

For a Taste of the Valley, May 9, 6-9:30PM. Food & wine gala. \$10 ea (\$50 table for 6) at Mill Street Books, Shadowfax, or 103 Judson St. in CP. Almonte Civitan Hall, www.therapeuticriding.ca.

David Hickey, May 10, 7:30-10:30PM. Gongs, singing bowls, \$20 at door. Bring a blanket to lie on. Almonte United Church

Mayan Code Study Group, May 10, 5:30PM. Heirloom Café, 7 Mill Street, Almonte. Info: lillywhiteangels@sympatico.ca

CP Farmers' Market Garage Sale, May 14, 8AM-Noon. Cdn Co-op Wool Growers, Carleton Place. 253-3561

Garden Sale, May 14. Rent a table for \$10. 256-2385, lucy.brown@on.aibn.com. Almonte United Church

Herb Garden Workshop, May 14, 3PM. The Herb Garden, 3840 Old Almonte Rd., Almonte. www.herbgarden.on.ca. Free.

Open House/Free Talk, May 14, 1-3PM. Allergies & seasonal health issues. Carp Ridge EcoWellness Centre, 2386 Thomas Dolan Pkwy. www.ecowellness.com.

Plant Sale, May 14, 9AM. Almonte & District Hort. Society. Almonte Public Library

Yuko's Plant Sale, May 14-15, 21-22, 8AM-2PM. Heirloom tomato & perennial sale. 202 Arkan Rd. Carleton Place. www.yuko.ca.

Antique Tin Toy Evaluation Day, May 15, Noon-4:30PM. Heritage House Museum, Smiths Falls. 283-6311

Green Liquid Refreshments, May 16, 7PM. Green conversation sponsored by Rideau Environmental Action League. Coffee Culture, 2 Russell St. E., Smiths Falls.

KyoTokyo Collection for Children of Japan, May 16, 3-9PM. Proceeds from services & silent auction to Save the Children in Japan. Book at 257-2224, sajewisdom@gmail.com. Saje Spa, Appleton.

MVFN Spring Gathering, May 19, 6PM. Tickets at Mill St. Books, Nature Lover's Bookshop, Read's Book Shop. Almonte Civitan Hall. 257-3089, \$30

Plant Sale, May 21, 8:30-11:30AM. Donations welcome. Westport Library, 273-3223

Plant Sale, May 21, 8-11AM. Perth Horticulture Society fundraiser. Stewart Public School, Perth. perthhortsociety.com.

Scotch Tasting with Food Pairing, May 21, 6PM. Kilt & Castle Pub, Smiths Falls. 283-6114, www.kiltandcastle.com.

Complimentary Tea, May 23, 2-4PM. The Herb Garden, Almonte.

Mayor's Breakfast - Silver Chain Challenge, May 24, 8-9AM. Free cereal, fruit & Equator coffee. Almonte Old Town Hall, www.mmbicyclemonth.ca.

Westport Museum Fashion Show, May 25, Noon-2PM. \$20 incl quiche, tea/coffee, dessert. The Cove, Westport.

Union Hall AGM, Ed Lawrence & Plant Swap, May 26, 7PM. Pruning Tips & questions. Union Hall, Wolf Grove Rd.

Breakfast with Soul, May 27, 8-10AM. The White Lilly, 14 Mill St., Heritage Court, Almonte. www.lillywhite.ca. Free

Medieval Feast Dinner Theatre, May 27. Royal Canadian Legion, Smiths Falls. 285-0823, tashat@cogeco.ca. \$30; \$50 couple

Franktown Lilac Festival, May 28, 8AM-7PM. Pancake breakfast, lunch/bake sale, BBQ, music, craft market, children's activities. Centennial Hall, Franktown. 257-1539

Life in Transition May Meditation Day, May 28, 10AM-3PM. \$40. pot luck lunch. RSVP. Carp Ridge EcoWellness Centre. 839-1198, www.ecowellness.com.

Almonte & District Horticultural Society Meeting, May 30, 7:30PM. \$2 visitor's fee, \$10 membership. Cornerstone Community Church, Almonte. 256-5155

Humm Bits

Sing and Celebrate

On Sunday, May 1 at 7:30PM the Arnprior Community Choir presents "Sing and Celebrate — 20th Anniversary Concert". Held at St. Peter Celestine Church in Pakenham, the choir will perform *Come Ye Sons of Art* by Henry Purcell. The evening features the choir, a chamber orchestra, soloists and a guest conductor. Almonte and area musicians Andrea deBoer, Steve Smith, David Sale and three young string players from the studio of Suzanne Snelling will join the choir for this concert. Come and enjoy classical music in this beautiful heritage church while supporting the community choir. Tickets are \$15 for adults and seniors, \$10 for children twelve and under, and are available at the Arnprior Book Shop or from choir members. For further information, call 623-7293.

Christ Church Cathedral Girls' Choir comes to Arnprior

The Christ Church Cathedral Ottawa Girls' Choir — Canada's only all-girl cathedral choir — will present a one-hour free will offering concert at 4PM on Sunday, May 29, as part of Emmanuel Anglican Church's 150th Anniversary Celebrations.

Drawing from their diverse repertoire which ranges from the profoundly sacred and traditional to more light-hearted contemporary pieces, the choir will sing a variety of works by composers such as Bob Chilcott and John Rutter, as well as recent compositions by their director, Timothy Piper.

Don't miss this opportunity to hear the Christ Church Cathedral Girls' Choir, who recently received invitations to sing at Westminster Abbey and Canterbury Cathedral in August of 2012! This promises to be a delightful and uplifting concert that will be enjoyed by all. A free will offering would be appreciated.

Dance For Dads

The Carleton Place Daycare is hosting a benefit dance in memory of Ed Roberts. Ed was a daycare parent who passed away from cancer, leaving behind his young family. Dance for Dads is taking place on Saturday, June 4, from 8PM-1AM at the Carleton Place Arena. There will be live music and door prizes, and I.D. is required. All of the proceeds from the night's event will be going to a trust fund set up for Ed's two young sons. Tickets are \$5 each and can be purchased at the Carleton Place Daycare on 3 Francis Street or by calling 253-0597 x221.

LCIH Fundraiser at The Herb Garden

Children who live in abusive situations are detrimentally impacted alongside Mom. In other words, children of abused women are negatively affected when they witness, hear, live in the aftermath of, or are aware of, violence directed towards their mothers.

On Saturday June 18, The Herb Garden will host a benefit in support of Lanark County Interval House's Child and Outreach Program. This program is one-of-a-kind in Lanark County. It offers support expressly for children exposed to woman abuse and gender-based violence.

The evening begins with bar service and delicious appetizers created by Savoury Pursuits Catering of Almonte. The highlight will be the "Food and Wine Pairing", presented by Dustin Therrien of the Cheshire Cat Pub. It will feature five local wines paired with five food courses. The pairing will take place in the gorgeous Century Barn. Other activities involve unique products for sale in the Bergamot Barn, including beautiful sterling silver jewellery presented by Silver Desire and spa products by the innovative company Undressed. The Herb Garden's gourmet gift shop will also be donating a portion of sales. To round out the evening, there will be a silent auction and a 50/50 draw.

Tickets for this amazing event are just \$100 per person. They can be purchased by contacting George and Gerry at the Herb Garden at 256-0228. Come and enjoy this wonderful evening and contribute to a community organization that deserves our support.

Stop & Smell the Chocolate

Spring: Where Reality Meets Dreams

The weather is *finally* showing some promise of warmth and we are finally able to let ourselves believe that winter may actually be over. What a relief!

I mean, let's face it. Once we wish each other

by Rona Fraser

a happy New Year, a lot of us are feeling ready for winter to end. By February we've had enough of the cold and snow and sludge and bad driving conditions to last us a lifetime. By March we are contemplating (and often taking) trips south, to give us some respite from the misery. And by April, we reduce our wrapping up in the morning, even if it is still just as cold, because dammit, the snow is gone and we want! Spring! Here! Now!!

I know that personally, I am itching to rid myself of the dreaded socks and boots in favour of sandals. I've already worn them a few times, in that warm spell we had... it was perhaps a tad premature, but at least it wasn't snowing.

And all this time we make our plans. Our plans keep us warm. We dream of all the things we will do once the snow is gone.

So now it's May. Homeowners can finally get out in their yards to pick up the garbage that has blown in (thank you very much, litter bugs), and pooper scoop (my sympathies to you dog owners), and take down the Christmas lights (I'm getting there!), and clear out the dead plants... And then there may be some spring pruning (you can prune in spring, right?). And then you prepare the garden for planting. And then the fun part: shopping for seeds and plants! Oh, the lush garden you shall have! And then planting and watering... and eventually mowing the lawn...

But wait. Here's a question: Where will we find the time to do all of these additional outdoor activities? The reality of our daily lives is that most of us have schedules filled with "important things to do", be they work, volunteering, family commitments, chores...

I mean, sure, in spring we save some time by dressing in fewer layers, and there's no snow to shovel... but seriously, where are we going to get the time to follow through with all of our grand plans?

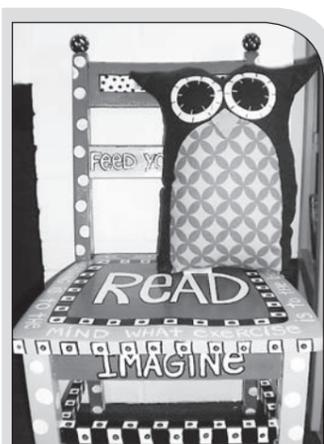
And that's where our dreams meet reality. This happens to me every year and yet I never learn. I so want the lush garden full of

fresh fruits and vegetables! And the naturally cared-for lawn. And the well-groomed front garden. But our other commitments do not suddenly lessen, so seriously — where do we find the time?

Well, I guess the only place I can think of to get this much needed time is from television viewing. Luckily, as the weather gets warmer, TV execs realize that we want to be out there having fun, so all the shows we get addicted to throughout the winter go into repeats or on hiatus. So our TV watching gets reduced to the times when we come in after a hot afternoon or evening of working outside, grab a cold drink, and put up our feet for some well-deserved R and R. Ooo — "R 'n' R" — that makes me want to go watch some M*A*S*H reruns... they go for R 'n' R in Tokyo... Well, it's still too early to plant, right?

And as for those of you who eschew the lure of the television all year long, well, I simply don't know where you will find any extra time... I *knew* watching TV was a good thing!

Happy gardening, everyone!



Where are the Postcards from Perth?

Fear not! Our intrepid Perth columnist, John Pigeau, has merely taken a month off from writing to set up his new venture: Backbeat — your source for books, music and more in beautiful downtown Perth.

Opening in early May at 6 Wilson Street W., Backbeat will be a home-base for John as he continues to cover Perth events and organizations, and to mastermind his successful 1st Edition Reading Series. Drop in to see John and give him the low-down on area happenings!

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Plug that Hole!

Sometimes I wake up in the morning and alarm greets me when I look at my belly and realize that once again there's a Gaping Belly Hole in it, and it's not my belly button. The Belly Hole grows bigger the longer I leave it. Ouch. In this type of life-threatening situation it is

by Innit Yummyinmytummy

important to find the right type of food plug rather than any old food plug. A badly plugged Belly Hole can make things much, much worse.

Recently I've found that an Innit-inspired food plug has done the trick and made the rest of the day bearable once again. To wit: yesterday I was crawling across the kitchen floor moaning in agony, my tiny throbbing brain trying to magic up a gorgeous spread at the utterance of the word Abra-Kebabra — it didn't work, not a single skewer appeared. So I dragged myself to my feet and cooled my sweating brow in the freezer for a minute and there discovered some tilapia fillets I'd frozen a week or so before. It was 11AM and time to murder a fishy meal! I cancelled the emergency 1-866-Need-Nosh-Now speed-dial which I'd had at the ready and began throwing the day's food plug together with various bits and bobs.

Now as every pre-schooler knows, there are 8,476,221.78 variations on cooked, savoury "breakfasts" the world over, but I have to say that southeast Asian ones are my mostest favourite. Be it a Thai coconut fish curry, a bowl of Pho noodles or a Nasi Goreng, there is something very special about eating something that delicious at the beginning of the day. It

also means the Belly Hole will not reappear until supper time. So, out of the freezer came a shivering tilapia fillet, muttering restively about how bloody cold it was and what an abysmal host I was. To shut it up, I drowned it under ice cold water for 15 to 20 minutes, during which it also thawed to a cookable state. Drowning fish in water — what next?! What follows is my eyewitness account of what happened in between the time of the drowning and the onset of ingestion:

A **leek** was taken — the vegetable variety, not the relieving variety. The root end of it was cut away. The green part was held tightly and cut lengthways from where the white meets the green. It was then turned 90° and the M.O. was repeated. The cross-cut leek was well rinsed under running water and then chopped. **2 cloves of garlic, 1 red birds-eye chili, 1 inch of ginger** and a **5-inch stick of lemongrass** were finely massacred to the tune of *Welcome to the Machine*. **Vegetable oil** was added to a wok with the leeks, which were sautéed gently over low-medium heat. **8 to 10 dried Kaffir lime leaves or 4 fresh ones or ¾ to 1 tablespoon of lime zest** were added to the leeks along with the garlic, chili, ginger and lemongrass. The frying continued unabated. A large recalcitrant **tomato** had its stalk ripped out and was finely diced before being added to the pan. The heat was turned up a couple of notches until the screaming tomato began to simmer down. **½ cup of vegetable stock** was added with the **juice of ½ of a lime** and reduced slightly. A handful of washed, sliced **oyster mushrooms and/or regular mushrooms** was invited to the festival and sweated down. Some lonely **baby Bok Choy** was cut up, rinsed and thrown to the lions in the wok where it got along just fine with its playmates. Some **large basil leaves** were ripped to shreds and fed to the same fate as the Bok Choy. A **teaspoon of Thai fish sauce** (Nam Pla) was added, along with another **½ cup of veggie stock** and **½ to 1 teaspoon of brown sugar**. Then the cauldron was swirled around a few times, anticlockwise and then clockwise, to balance the universe. The **tilapia** drownee was laid atop this wonderful witch's brew and an Alcatraz lid covered the lot to prevent ingredient-escape. "Bubble, bubble, toil and plug my freakin' Belly Hole" was chanted and the whole concoction steamed away on low heat for about 12 to 15 minutes, until the din within subsided and the potion was edible. During this time, **some basmati rice** was cooked elsewhere on the premises (witness thinks it might have been in a rice cooker).

The tilapia was placed atop the basmati rice along with the delectable sauce and ingestion commenced and continued until the Belly Hole was well and truly plugged. All the victims wrote thank you letters from the afterlife saying that not only could they be reached at any local supermarket or health food store, but also, that they'd thoroughly enjoyed their terminal holiday and were exceedingly glad they'd helped to plug a Hole in need.

Love me or hate me please send me feedback at <parched@wordthirst.com>. To laugh and/or cry more read my other stuff here: <wordthirst.com>.



Aaahhh... a tilapia-filled belly hole!

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Poetry, Potlucks & Politics

Every day I take out a piece of paper and think, "Today I will write a poem." The Capital Slam Semi-finals are happening on May 7, and I'm one of twelve competitors. Thing is, I have never been good at being creative under pressure. The more I want to write, the less I'm able.

by Danielle Grégoire

With all that life brings, sometimes it's hard to take a little time for ourselves, to do something we really love to do. We set our priorities thinking we know what's best; that we'll catch up on that creative time later. My challenge to you and myself, for May, is to spend a couple hours of week doing something that is creatively challenging. Write a poem, a story, build a birdhouse, paint a picture, take a photograph, sculpt, make a meal from scratch; re-engage with your talents. Find time to do what you love. I have three months until my second child is born and I'm going to try. I'm also going to get myself to a few poetry events that I really want to see, and this time I'm going to participate. Spring is here, and I'm not staying inside anymore!

For you, a list of poetry-related events, in and around the Valley, in May:

May 2: Head to your nearest polling station and make an informed choice. Vote. Then head to the Slam at the CP Cinemas in Carleton Place, which will be the last chance to qualify for the LiPS

Slam poetry finals that take place in June. Bring some poetry and open mic, or slam your work competitively. The show features Ottawa poet OpenSecret, who just won the Vancouver International Slam Poetry Championships in April. He's a talented writer and performer at the top of his game. He is absolutely mesmerizing in his ability to captivate an audience. Doors open at 6:30PM, show starts at 7PM. \$5, and free for those performing.

May 19: It's been awhile since food and poetry have been on the menu in Almonte. If you're missing the vibe of the Poetry and Potluck show, there will be one more before I take a temporary leave from planning shows, this one featuring Barbara Adler and Braveheart. Barbara Adler (I've taken the description directly from her website because she is funnier than I am) doesn't faze easily. In her nine years of touring, she has told stories, performed poetry, and played her accordion all over North America and Europe, in every conceivable variation of bar, night club, high school, coffee shop, theatre, folk festival, hockey rink, living room, and converted art gallery-slash-church-slash-tattoo-parlour. Either Barbara is a seriously good sport (yes), or she's figured out a couple of the fundamentals. Quick-witted, warm-hearted, and charmingly adventurous, Barbara Adler travels well. She is coming here on tour, and is helping The Spoken Word Plot with a fundraiser for Engineers Without Borders.

Bring a dish for the potluck. The evening runs from 6-9PM at the Almonte United Church. \$10 for adults, \$5 for students and children. Feel free to bring some poetry for the open mic!

May 20: LiPS (The Live Poets Society) in Perth are bring attention to mental health with musical act Brushfyre for their "Let's Get Mental" evening at the Factory Grind. Hosted by Tammy Mackenzie, and \$5.00 at the door. The food is delicious, and the company wonderfully raucous. There will be an open mic, so bring something to perform, or just go to listen.

Any poetry tips in the valley? Contact me at <danielle.gregoire@hotmail.com>.



Barbara Adler plays the May 19 Poetry & Potluck in Almonte

Storytelling at the Perth Museum

Beaver hats and bagpipes! Amazing (and sometimes true) stories and songs from new Scotland will be told by award-winning author and storyteller Deborah Dunleavy on Sunday May 15 at 2PM at the Perth Museum. Join the Museum as they continue to collect stories of our past!

"When the Scots came to Canada, whether it was by way of the Hudson Bay Company or because they had been forced from their land, they brought with them their kilts and their bagpipes, their stories and their songs, and their fierce determination and grit," Deborah explains.

Deborah pays tribute to the Scottish settlers with haunting ballads from Nova Scotia and humorous lumberjack songs from Ontario and Quebec. She weaves in true accounts of the brave men and women who left the homeland in search of love and adventure. And she spins delightful folk tales that came over on the hearts and the lips of Scottish ancestors. From Cape Breton to Hudson Bay with stops in Lanark and Glengarry Counties, this is a musical and storytelling journey well worth taking in. Tickets are \$5 each and can be reserved by calling the Perth Museum at 267-1947.

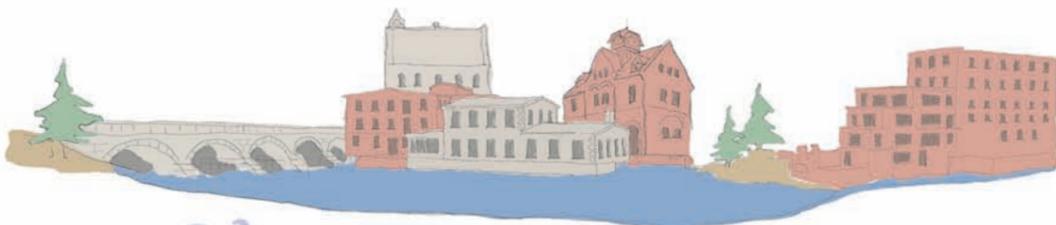
"People are the greatest assets of any organization"



As someone who has lived in rural Ottawa and the surrounding area and provided insurance services for almost thirty years, **Eldon Gaw** knows people. In fact, his family roots extend over four decades in the Almonte & Pakenham area, so when **Oegema, Nicholson & Associates** asked if he wanted to serve this region he jumped at the chance. As Account Manager, Eldon offers complete insurance services including personal auto, home / condo, farms, and commercial services to contractors, restaurants and retail. He enjoys doing business in small towns and rural areas because, as he puts it, "the people make it a totally welcoming experience". He is quick to name Lynn McKinley, the office manager, as the greatest possible asset to the Oegema presence and his success here in Almonte.

Being a member of the Chamber of Commerce has been part of Eldon's business strategy since he joined Oegema, Nicholson in 1998, but he is especially enthusiastic about the current atmosphere of support and collaboration. "I have never seen such interest, growth and activity as in the last three years," he says. Eldon has been helping the Chamber with their membership over the past few months, and has found it to be exceptionally diverse — from small, independent artists and business owners to large organizations like the Almonte General Hospital. He feels that this diversity strengthens each individual member by providing easy access to experience, know-how, assistance and mentorship, which then leads to a stronger business community overall. Because, as he notes, "any organization is only as strong as its people!"

Oegema Nicholson — Mississippi Mills Chamber member since 1998



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Wednesday, June 15

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Spring in the Bee Yard

One of the rewards of bee keeping is that it brings one in close touch with the seasons and their unique unfolding month by month thorough out the year. Each season requires different tasks, and brings particular challenges and satisfactions. While my personal favorite is the honey harvest in early August, spring is the next best. Waiting for that first warm day when it's safe to open the hives and take a look inside, to discover how the bees have overwintered. There's excitement and anticipation, much like preparing and planting a garden, looking forward to a whole new year with the bees.

I must admit I'm always anxious for my bees each winter, with all the additional stressors to hives life now. I usually put my ear to the hive a few times a month all winter long, hoping to hear that reassuring humm... letting me know that at least for now, all is well.

This past winter I choose to experiment with putting my bees in the garage to offer additional weather protection. That seemed to work quite well, but required vigilance to keep close track of spring's arrival and to bring them back outdoors before it really hit. Bees flying around in the building doing their "cleansing flight" was something I definitely wanted to avoid!

So out they came in early March to be installed in the bee yard on the hill. As the weather improved, the boxes were opened to take stock of each hive. While it is still too cold to do a thorough check, you can get a good sense of the strength of each hive. Removing and cleaning the bottom boards and bottom boxes is the next job — bees have a tendency to move up in the hive boxes as the winter goes on, and many bees do die over the winter, clogging the bottom entrance.

In early spring it's particularly important to make sure each hive has enough honey stores for the coming weeks, before any new pollen or nectar flow begins. I remember a very sad, hard, lesson in an early year of learning about beekeeping: a very strong hive that I thought had enough food died out for lack of supplies, just before the first nectar came on. There is no worse feeling than visiting a teaming, vibrant hive one day, to return a few days later to find it deathly still.

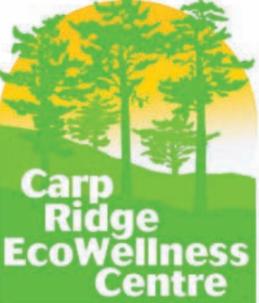
Finding the beginnings of a new brood means the hive is off to a good start. I feed the bees — a honey and water syrup, honey saved from last year's harvest — to encourage brood production and give the hive a jump start to the season. Extra care in the early spring puts the hive in good order. Then we wait for the rain and warmth of spring to bring the trees and bushes to blossom, providing nectar and pollen for the foraging bees and honey making. Now August is just around the corner, and I can almost taste it!

If you are interested in finding out more about bees and beekeeping, I will be giving a lecture and slide presentation entitled "What the Bees Know" on May 14 in Ottawa South, from 6–8PM, as well as a two-day course on June 18 and 19 at Hollyhock Farm in Lanark County. For details, please visit <www.madelinedietrich.com>.

— Madeline Dietrich M.A. is a Lanark County hobby beekeeper, and teaches a course called "What the Bees Know — Lessons for the Beehive on Stewardship, Community and Presence."



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Upcoming Events

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Come to the Market!

On Saturday May 7, the Perth Farmers' Market will be opening for its nineteenth season at the Tay Basin in front of the Crystal Palace in downtown Perth. This year promises exciting special events, such as a Strawberry Social on the weekend of the Kilt Run, a fundraiser for the Women's Institute, and the return of the long-standing chili cookoff for the food bank. There will be music at the market, animal day, Fathers' Day Kids Fish and many more fun events, in addition to the main feature: the market. There you'll find wonderful, fresh, locally grown produce and meat, as well as home baking and specialty items such as honey, maple syrup, handmade soaps and other herbal preparations.

On opening weekend, from 8AM to 1PM Sylvia's Plants will be giving away one free plant to every mother, and Sweet Meadow Farms will be offering their delicious crêpes of fresh asparagus with Mor-nay sauce, or ice cream with maple syrup. Phyllis will be cooking up her fabulous homemade sausages and back bacon on a bun, in addition to her many wonderful baked treats. These are just a few examples of the wonderful food that will be available, as well as fresh salad mix and other veggies from farmers with greenhouse facilities. There will also be a selection of locally grown annuals and perennials to start off the gardening season.

The 2011 season is going to be bigger than ever, with several new vendors joining the growing market. A couple of young

women are making food on the spot for you to eat in or take home, including baked beans and breakfast egg muffins. A local jeweller makes funky and interesting pieces out of items she finds and repurposes. As well, there will be a new vendor selling frozen meat from their farm.

Did you know that the Perth Farmers' Market was one of the first to embrace the local movement way back in 1992? Since the opening, all products sold at the market must be made by local vendors and there is absolutely no reselling. So save your carbon and buy everything from in-season produce to baking, meats and gift items, all from true local producers.

This year the Friends of the Perth Farmers' Market will be helping out again on Saturday mornings at the market, from Mothers' Day until Thanksgiving. The farmers are busy growing, harvesting and selling their produce, so the Friends help with things such as the lucky draw basket, having an information table at the market, and helping with special events. It's a lot of fun and is one way to help support local food and local farmers. If you are interested in finding out more and possible joining the Friends, please come for coffee and a get together at The Factory Grind, on the corner of North and Sherbrooke Street in the Old Perth Shoe Factory, on May 5 at 5:30PM. Call Madeline Dietrich at 264-0162 to RSVP.

See you at the Market on May 7!

To Market, To Market... Local Opening Dates & Locations

To the best of our knowledge, and with assistance from various websites and inside sources, the information below should help you locate some great farmers' markets just in time for asparagus season! Happy local eating...

Almonte: Opens May 14 at the Almonte Public Library, runs Saturdays from 8:45AM-12PM, <www.almontefarmersmarket.ca> .

Carleton Place: Opens May 14 with a community garage sale, at the Cdn Co-op Wool Growers, 142 Franktown Rd, runs Saturdays from 8AM-12PM, <www.cpfm.ca>.

Carp: Opens May 7 at the Carp Fairgrounds, runs Saturdays from 8AM-1PM, <www.carpfarmersmarket.com>.

McDonalds Corners: Opens May 21 at the MERA Schoolhouse, Concession 9 Dalhousie, runs Saturdays from 9AM-1PM.

Perth: Opens May 7 at the Tay Basin, between Drummond & Gore Streets, runs Saturdays from 8AM-1PM, <www.perthfarmersmarket.ca>.

Smiths Falls: Opens May 14 at the RCAF parking lot, 44 Abbott St., runs Saturdays from 8AM-1PM, <www.smithsfallfarmersmarket.com>.

Westport: Opens May 21 at 43 Bedford St., runs Saturdays from 9AM-1PM and Wednesdays from 1-4PM, <www.westportfarmersmarket.ca>.



A happy customer enjoys the bounty at the Carp Farmers' Market

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— William Wordsworth, from *The Daffodils*

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Sarah Harmer at the Perth Studio Theatre

Sarah Harmer is coming to The Studio Theatre in Perth at 8PM on May 13 for an intimate solo show. Having spent the past year touring in support of her Juno-nominated album *oh little fire*, Sarah is once again playing this special show in Perth to raise funds for the Brooke Valley School.

In the years after touring her last studio release, the Polarix Prize-nominated *I'm a Mountain*, Sarah set music aside to focus on environmental campaigns, helping to shepherd PERL (Protecting Escarpment Rural Land). This volunteer organization was founded to stop LaFarge from opening a massive quarry on top of the Niagara Escarpment's Mount Nemo in Burlington, ON. PERL is currently in the midst of a joint board hearing alongside

government agencies, which are also opposing the proposal.

In the past few years Sarah has recorded with artists such as Neko Case, Howie Beck, and Great Lake Swimmers. For this special Perth show she is excited to have Juno-nominated musician Joey Wright opening the show and joining her for a few songs.

Tickets for this show are \$25 and available at Riverguild Fine Crafts, 51 Gore St. E. in Perth, 267-5237.

Brooke Valley School is an alternative rural private school in operation for over thirty years, offering local families an opportunity to have their children go to an art-based small school serving grades one through eight. No public funding means the school has to charge tuition

and fundraise for its operational budget. Benefits like this help keep the school accessible to members of the community.



"Where is the Love?"

Lanark County high school students are participating in an ongoing initiative to learn about dating violence, sexual violence and healthy relationships and to raise awareness amongst their peers. "Where is the Love?" is being run by Lanark County Interval House, and project liaison person Sarah Bingham reports: "The students will tell you, these are not just adult problems."

Youth are at the highest risk of experiencing dating violence and sexual assault. According to Stats Canada, one in four Canadian women will be sexually assaulted in her lifetime, and of these, half will be under the age of sixteen.

Students are motivated to change those disturbing statistics. They are arming themselves with knowledge through "Where

is the Love?" in-class workshops, by attending the twice-yearly conferences, and by transforming that knowledge into action.

Wednesday, May 11 is the date for the spring "Where is the Love?" youth-led conference at which students will be showcasing all of the creative ways they have engaged their peers to raise awareness and prevent violence. Our area teens have really taken matters into their own hands. From posters, movies, coffee houses and a wide range of dynamic activities, they've proven they're willing to put in the hard work to end dating violence.

Michael Kaufman, co-founder of the internationally recognized White Ribbon Campaign, will be the keynote speaker of the day. His focus is the power of an

idea, and how one person really can change the world. Certainly an empowering message for students to hear.

Any Lanark County student attending high school is welcome to come and see what all the excitement is about. Registration is free and available through every school guidance office, and transportation is provided.

The "Where is the Love?" project is in its second year of a three-year mandate. It is endorsed by both the Upper Canada District School Board and the Catholic District School Board of Eastern Ontario and is funded by Status of Women Canada. For more information you can visit Where is the Love? Lanark County on Facebook, or <www.lcih.org>.



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May 6, 14 • Singer/songwriter Kevin Head, 6-9PM
May 7 • Shawn McCullough Acoustic Songwriter Circle, \$30, 7-11PM
May 8 • Mother's Day Brunch Buffet 10-2PM and Dinner Special 5-8PM
May 20 • Blues on the Rideau with Treasa Levasseur Band, \$55, 7-11PM
May 22 • Allen & Alexander Do Dirty Laundry Tour, 8-11PM
May 25 • 50th Anniversary Westport Museum Fashion Show, \$20, 12-2PM
May 26 • Jazz Night Party Spencer Evans Trio with special guest Emily Fennell, 8-11PM
May 29 • Irish Folk Singer Liam Magee, 6-9PM

Harwig Heritage



Carpentry

Neil Harwig 613-256-4798
cell: 613-715-3802
www.harwigheritagecarpentry.ca

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The Art of Summer Festivals



June, Mississippi Mills

30 days of bicycle-inspired events for riders of all ages and abilities: guided rides, art exhibit, tune-up clinic, bicycle films, and more! www.mmbicyclemonth.ca



Celtfest

July 8-10, Almonte



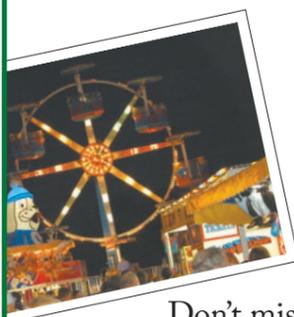
Three days and nights celebrating the Valley's Celtic roots, culminating in music, song and dance in Gemmill Park on July 9 & 10. Admission by donation. www.almonteceltfest.com

ALMONTE FAIR



July 15-17, Almonte

Don't miss the 153rd Fair, featuring Wayne Rostad, demolition derby, midway, livestock & homecraft, and great family entertainment. www.almontefair.com



International Puppet Festival

August 6 & 7, Almonte



Ten terrific puppet troupes from Canada and the world perform in tent theatres, while on the street you'll find musicians, clowns and a puppet parade! www.puppetsup.ca



Naismith 3 on 3 Basketball Festival

August 6, Almonte

The largest 3 on 3 tournament in Eastern Ontario welcomes elementary and high school as well as ladies' and men's teams. Register online or come watch the fun! www.naismithmuseum.com



28th NORTH LANARK HIGHLAND GAMES

August 20, Almonte

Join in celebrating Scottish culture and the heritage of the Ottawa Valley with pipe bands, dancers and athletes. www.almontehighlandgames.com



A festival of the needle arts! FIBREFEST

September 10 & 11, Almonte

A two-day festival of the Fibre Arts! \$5 admission includes demonstrations, vendors, performances, quilt exhibit and textile appraisal fair.

www.textilemuseum.mississippimills.com



For more information, please call 613-256-3881, or visit www.mississippimills.ca