

MAY 2013

the Hummer

free

Arts,
Entertainment
& Ideas



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Fundraising Concert



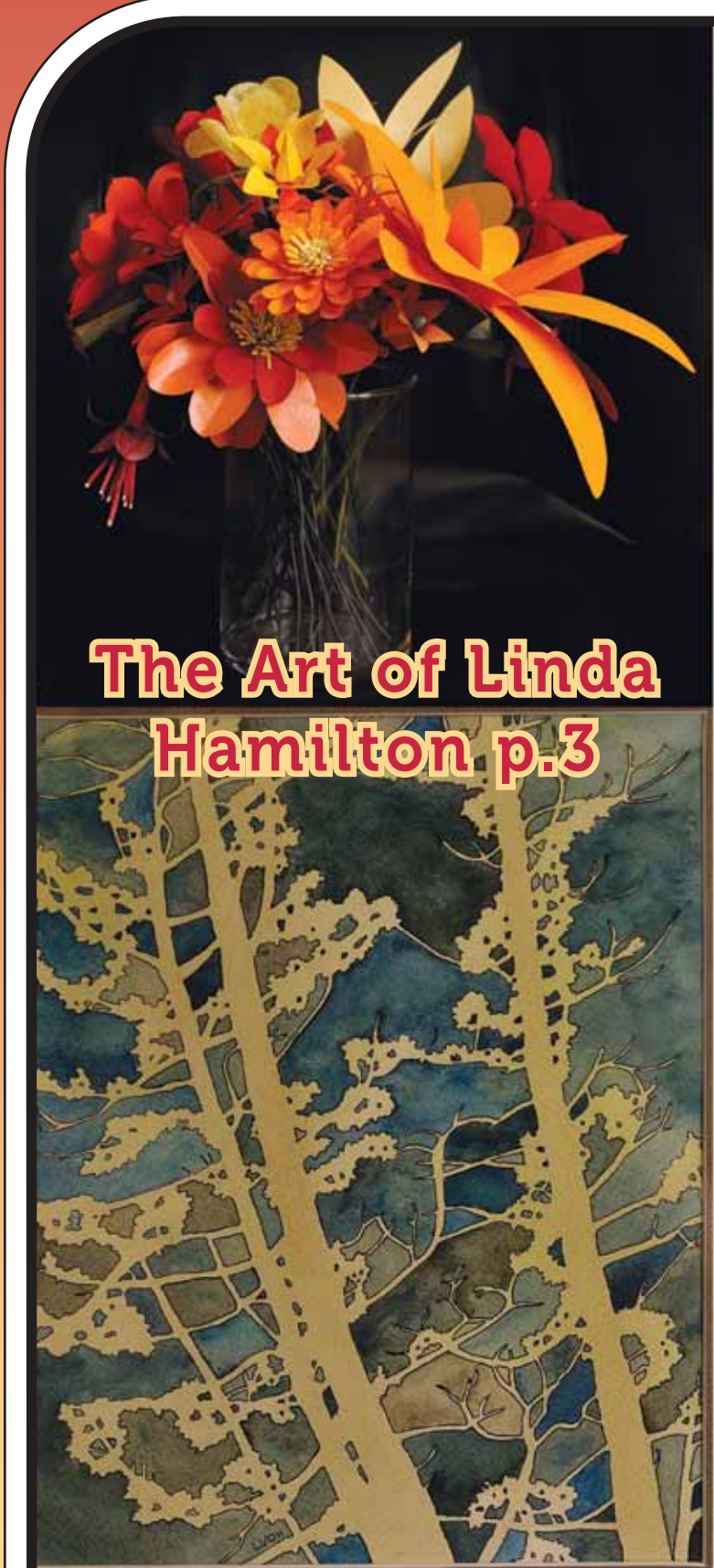
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LVOH



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Readers Write

Dear Kris,

I want to thank you for printing the article and the photo of the three murals (page 33 of the April 2013 issue). It has been a blessing, as we already have over \$1000 of the \$3000 needed in our bank account. I'm sorry I'm slow in thanking you, but I've been busy lobbying people and sending thank you cards and receipts to our generous donors. It is amazing how many people read the article and realized that the murals really do need refurbishing.

I pick up *theHumm* every month and don't move until I've read it from cover to cover. It is full of fun information about what goes on in this beautiful town of Almonte and surrounding area. I send a copy to my sister-in-law in Ottawa; she is very interested in what goes on here. She and her family just recently moved down here from Northern Ontario.

You and Rob are doing a super job on this newspaper. Keep up the great work!

Sincerely, Mary-Lou Labrie

Editor's Note:

It's not too late to make a donation towards the refurbishing of the Almonte Seniors Murals — Just give Mary-Lou Labrie a call at 256-5069 or visit a store on Mill Street that has the murals' sign displayed in the window!

Dear Editor,

Just a note to say how much I enjoy reading *theHumm*. Over the years you have been very good to the Mississippi Mudds — a group of which I've been a member for a long time.

Thank you so much for all you do!

Sincerely, Laurel Dawn Tye (Proud Principal of York St. Castle)



Who's Reading theHumm

JoAnne Keays from Smiths Falls writes: My husband Rod and I were in New Orleans for our tenth wedding anniversary on Jan. 27th, 2011. I had brought along a copy of the *Humm* to read on the plane. So for fun he took a picture of me in front of General Andrew Jackson's statue in Jackson Square, which dates back to 1721. We had a wonderful anniversary honeymoon in the French quarter. Would highly recommend it for anyone's Top 10 places to visit before you die. The food was awesome and Bourbon Street a blast.

Thanks for taking theHumm on your travels!

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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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By email or on disk.

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Linda Hamilton – Exhibitionist Wallflowers

Who knew? My quest for a witty title to promote Linda Hamilton's upcoming May exhibit of delicious floral art on the walls of the Almonte branch of the Mississippi Mills Library yielded yet another opportunity for a pun*. Not only that, I discovered that wallflowers are actually flowers!

by Sally Hansen

Wikipedia informs that "Erysimum (wallflower) is a genus of flowering plants in the botanical family Brassicaceae, that includes about 180 species, both popular garden plants and many wild forms." They are ancient and enjoy enduring popularity around the world for their fragrance and range of colour.

Almonte visual artist Linda Hamilton eats, breathes, draws, paints, arranges, cultivates and thoroughly enjoys flowering and other plants. This passion is her muse and informs much of her art, from finely wrought pen and ink botanical line drawings to spectacular, cheerful, over-sized floral wall sculptures. She also creates wonderful paper flowers and arranges them into beautiful bouquets for every occasion. In a climate like ours, it's really easy to justify an investment in a gorgeous floral bouquet that remains cheerful and vivid for a long, long time.

Although Hamilton prefers to create realistic rather than abstract art, she loves to experiment with structure and texture and negative space. Recently she has begun to create paintings in pen and ink and watercolour that feature cut-outs. In a beautiful capture of a morning glory vine, she has layered elements of her original painting in a collage to achieve a three-dimensional sculptural effect. By cutting out the vines in the foreground and mounting them on a second layer painted with shadows, the vines appear to float above the background, casting additional shadows that change as the light in the room changes.

In another painting, inspired by a photo taken at sunset in Spain, Linda contrasted the mono-



chromatic silhouettes of interleaved grasses with negative spaces hued in many subtle shades ranging from pinks to greens. The lovely and slightly abstract effect is suggestive of a stained glass window.

For a more formal note, her black and white pen botanical drawings of subjects like rhubarb leaves and jasmine flowers reveal her love of detail and her intimate knowledge of her subjects.

Nature Plus Nurture

It took me a moment to recognize the significance of Hamilton's "LVOH" signature on her works, until I recalled that she is the daughter of Franc and Sylvia van Oort. Franc's reputation as a su-



perb artist and printmaker is widely known, but I hadn't known that Linda's mother has her own website too. At <sylviasplantplace.ca> you will discover where Linda developed her love of plants and flowers, as a helper in her mother's acres of annual and perennial flowers and food plants. Linda has been caring for and arranging fresh and dried flowers for a decade. During university Linda also worked at historic museums and still enjoys working at the Billings Estate in Ottawa.

Linda van Oort was born in Holland and moved with her parents to Brooke Valley, near Perth, when she was six years old. She completed a degree in Visual Arts at York University, where she met Sam Hamilton who was studying design (see our April 2012 issue). When the couple started thinking about starting a family, they acquired their current home in Almonte. They both consid-



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er themselves very lucky to be part of this friendly and arts-loving community.

Linda especially appreciates the supportive environment in which she was raised. She is the first artist I have interviewed who has confided that her family would have been concerned if she had not wanted to be an artist. Her father's father was an artist, and she counts a political cartoonist and an opera singer among her forebears. With her roots firmly planted in art and flowers, her artistry truly stems from a fortuitous conjunction of nature and nurture.

When the couple decided to share parenting duties six years ago with the birth of their son Henry, both Linda and Sam made major adjustments to their art careers. In Linda's case, she began scaling down the size of her projects, putting concerns such as safety of materials and "interruptibility" at the top of her priorities. She started creating small flowers out of paper and in 2009 she launched her presence on the Etsy online crafts marketplace. From <etsy.com/shop/lvohamilton> you can view her various "Shop Sections" and enjoy images of her original watercolour paintings and drawings as well as her paper flowers. She conducts paper flower workshops at The Hive in Carp <thehiveincarp.com> and by invitation to groups of five or more participants.

It will be interesting to see in what new directions Linda's artistic instincts will lead her when her daughter Hazel enters a full-day program at school in the fall. LVOH's recent blending of drawing, painting, cut-outs and paper sculpture is proving to be a very auspicious experiment, perhaps evidence for the adage that you should follow your heart to succeed.

Exhibitionist Wallflowers

No matter how long it takes spring to reach the Valley this year, you can enjoy a floral feast starting May 7. Linda Hamilton's beautiful wall art will be on exhibit in the Corridor Gallery at the Almonte Public Library at 155 High Street (256-1037). On May 4 from 10AM to 4PM she is participating in the Handmade Harvest Craft Show at the Almonte Ag Hall. She is represented at the wonderful new General Fine Craft, Art and Design shop at 63 Mill Street in Almonte, and at Riverguild Fine Crafts at 51 Gore Street East in Perth. This fall she will participate for the fourth time in the Thanksgiving weekend Crown and Pumpkin Studio Tour.

Contact Linda at 256-7238 or by email at <lvohamilton@gmail.com> to schedule a visit to her Home Studio at 117 Main Street East in Almonte. Better yet, don't be a wallflower — make one!

*thesaurus.com lists "sally" as a synonym for "pun".



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WHO Linda Hamilton
WHAT Visual Artist
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WHEN May 4, 10AM-4PM, Handmade Harvest Craft Show at the Almonte Ag Hall; May 7 to June 3, Corridor Gallery at the Almonte Public Library, 155 High St. (256-1037)
WHY "I love to make things — art, flowers, cheese, baked goods..."

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Singing from the Same Song Sheet

When three generations of one family have met their spouses during choir practice, you can rightly suppose they have music ingrained in their genes. For Almonte residents Priscilla and John Beddoes, choirs have been an integral part of their lives since they were young. John, in particular, has remained an active participant in choirs since he began singing in the boys' choir of his Anglican church in England at the ripe age of six. Priscilla came a little later to appreciate music, when her mother insisted she accompany her boarding school classmates on the three-mile walk to the local Anglican Church. Her first job was to pump the organ — not an easy task, as a break in concentration would send the organ's tone plummeting.

When the Beddoes were living in the west end of Ottawa in the early 1960s, they were singing in the St. Matthew's Church Choir. Director Gerald Wheeler was looking for a tenor for his new choir, the Cantata Singers, and John was invited to join. As Priscilla relates it: "If they wanted a good tenor, they had to accept a mediocre soprano." Her words, not mine! I believe she was an excellent singer, as they were both members of that prestigious choir, first under director Gerald Wheeler, and then Brian Law, from the inception of the choir in 1964 until they left Ottawa in 1972. Their son Jonathan was beginning voice training and was soon taken under Mr. Law's wing as well. At one time, both Jonathan and his father were singing together in the St. Matthew's Church Choir, and also sang together in the Cantata Singers. On their return to Ottawa, they continued to sing at St. Matthew's.

John, an engineer by profession, was able to continue his love of choral music as a member of the Pro Coro choir, an arduous task when most of the members were professional musicians. John managed to juggle his two careers, even after they returned to Ottawa, by planning his holidays or business trips around the performances in the west. He always marvelled that no one enquired as to his absences either from work or from the choir. Few people were aware of his engineering background, or for that matter his singing background.



Ottawa's Cantata Singers will perform in Almonte on May 25, as a special addition to the Almonte in Concert series

John and Priscilla belong to a madrigal choir made up of like-minded friends who get together to this day. There is more reminiscing than singing now, but they all treasure those afternoons spent singing their favourites, a blend of voices only close friends can create.

Although Priscilla's time is taken up with their mini-farm: sheep and new lambs, donkeys, geese, two active dogs, chickens, homing pigeons and doves, John still finds time to sing with a community choir under director Cheryl Woods. It's a true thing that singing from the same song sheet has been a central theme for the Beddoes, and they are both looking forward to the **Cantata Singers of Ottawa's** return engagement in Almonte on May 25, as a special extra concert put on by Almonte in Concert. It's an opportunity to connect with some of the original members and renew friendships that have endured for many years. You too can enjoy this concert. Tickets are \$25 (\$10 for students), available at Mill Street Books in Almonte, Remembrance Gift Shop in Carleton Place, Tickets Please in Perth, or online through <almonteinconcert.ca> (with a service fee).

— Glenda Jones

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Three Shows and a Call to Artists

Three Artists and a Yard Sale

Take three women newly retired from their life-long engagement in education, mix in three different artistic orientations, and you end up with a terrific show and sale! Lynn Carss' background in physical education/active living has translated into a passion

by Miss Cellaneous

for photographing wildlife, particularly in the Mont Tremblant area, where she and her family have a summer home. Catherine Arbour's career as a primary school teacher has translated into the creation of whimsical mixed-media collages that are bright and cheerful. And Leslie Williamson's addiction to cross-stitch has resulted in an over-abundance of framed pieces all over her house. Together the three are delighted to offer their wares in support of Almonte United Church, and to be twinning their Art Show and Sale with the marvelous



Wall hanging by Catherine Arbour

Mississippi Mermaids Relay for Life team, who will be offering a Yard Sale on the grounds of the Almonte United Church, in support of Canadian Cancer Society on Saturday, May 25 from 8:30AM-5PM.

Call to Amateur and Professional Artists

The Mill Street Gallery of Contemporary Art is seeking works for two upcoming exhibitions that will take place during the summer months in downtown Almonte. The MSGCA is a space dedicated to group exhibitions featuring a wide range of media and abilities. It aims to expose interesting and unique artwork to both residents and visitors. Moving into its second year located above the Heirloom Café Bistro in the heart of Almonte, the gallery is constantly seeking new artists to showcase. Please join in on the experience!

"All Almonte" is an exhibition dedicated to exemplifying this beloved town. The show will feature images based not only on the physical area but also on its spirit and atmosphere, and works inspired by this Valley village. Organizers are asking artists to submit up to five works that may include, but are not restricted to: paint, photo (and Instagram!), sculpture, text, and textile.

Submissions for "All Almonte" are due Monday, May 20. Successful artists will be notified by May 22. The exhibition will run from June 4 to 30, with an opening reception on June 7.

"Fueled By Food" will run from July 9 through September 29 at the MSGCA. This playful and delicious exhibition is about our culture's love of food! From growing to harvesting, from preparing to the dinner table, the show will feature all avenues of food-related artwork. Show us

your favourite chef or your most loved kitchen tools! Submit up to three pieces of artwork in paint, sculpture, photo, textile, or any other forms you use to express the food in your life. But please, no perishable items... All works must be submitted by June 17, and successful artists will be notified by June 24. A very tasty opening reception will be held on July 12.

Please send JPGs of your work to <amandalynnsey@live.com>. Include the title, your name, medium, and price of the work. Please include the title of the exhibition in the Subject line of your email. Good luck!

The Tale of an Historic Almonte Family

Almonte has had many important families in its history who contributed to the town that we know and love today. One of those important families is the Rosamonds.

The story begins with Irish immigrant James Rosamond, who built his first woollen mill in Almonte in the 1850s. It continues with his sons, Bennett and William, who oversaw the construction of one of the largest woollen mills in Canada and brought the railway to town. Then on to Alex Rosamond, who tragically died in the trenches in France during the First World War, and Archie Rosamond, an aspiring actor who reluctantly gave up the stage to run the business through the 1920s and the Depression.

The Rosamonds: A Woven Family Legacy will revisit what made this family so important, with a special history exhibit commemorating their contributions to the industrial mills of Almonte. The exhibit will also interpret the social impact this family had on the town and its citizens.

Housed in the former offices and warehouse of the Rosamond Mill, the Mississippi Valley Textile Museum presents The Rosamonds: A Woven Family Legacy exhibition from May 14 to July 20, with a vernissage on Saturday, May 18, from 2-4PM.



Combinations, Crinolines and Clotheslines

Beginning on June 4, Almonte artist Jill McCubbin will present a show of her paintings that reveal unfamiliar artifacts and re-imagine nearly forgotten stories of an Ottawa Valley mill town. Aply, the show will take place at the No.1 Rosamond Woollen Mill in Almonte (aka the Mississippi Valley Textile Museum, located at 3 Rosamond Street East). There will be a vernissage on Thursday, June 6, from 7-9PM, and the exhibit will continue until August 3.

Museum hours are Tuesday through Saturday, from 10AM to 4PM. For more information, phone 256-3754, visit <mvtm.ca> or visit the artist's website at <jillmccubbin.com>.

Please note, though, that a very strict 1860 dress code will be enforced. Ladies in hoopskirts will be barred entry. Gents (or otherwise) found licking bobbins will be removed...

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A Man On A Musical Mission

Regular Humm readers may have found themselves becoming more and more impressed with the calibre of musical talent playing in Carleton Place over the past several years. As a regular Humm editor I know I have been impressed, so I decided it was high time to chat with the man who has been “instrumental” in bringing many of the performers to town.

Lyle Dillabough is well known to many in the Ottawa Valley music scene, and has been a long-time friend to *theHumm*. It turns out there probably couldn't be a better time to write about him, because 2013 is already looking like a banner year for Lyle. In late February, for instance, CP Mayor Wendy LeBlanc presented him with the Queen Elizabeth II Diamond Jubilee Medal as a way to honour his significant contributions and achievements to the community. At the same time, members of the Carleton Place In Concert “Up Close & Personal” committee and several friends also presented him with a brand new Sigma guitar as a token of their appreciation. Shortly after Canadian icon Stompin' Tom Connors died in March, Lyle was featured in a CBC tribute piece that highlighted Connors' connection to the former Mississippi Hotel (now the Greystone Hotel in Carleton Place). In early April, Lyle helped bring another talented duo (this time Lynn Miles and Keith Glass) to town as part of the Up Close & Personal concert series. Now he is hard at work creating “Stompin' Tom's Canada Weekend” in Carleton Place on May 11 and 12 (more details to follow, so keep on reading). Not a bad start to the year!

However, it turns out that the back-stories to these significant events are every bit as compelling as the highlights. Born in Bancroft and raised in Tweed and then Greely, Lyle began working as a professional musician in 1977. He played through the late '70s, “back when there was a good music scene in Ottawa and West Quebec,” but by the time he moved to Lanark County in 1981, he was so frustrated by trying to make a living that way that he gave up playing for a while. As he puts it, he “got a day job, went fishing, and had a nice little reprieve for a few years.” During that time he also got married and became a father.

Serendipity and Service

Several difficult years followed, but the amazing thing about Lyle is that he would rather see them as a learning opportunity than indulge in any kind of self-pity. I found it rather incredible that he could start with: “I had some hard years, became addicted to prescription pills, overdosed and woke up in jail and separated”, and then conclude: “I think that the self-destructive part of my life was training for what I was meant to do.”

In 1998, Lyle moved to Almonte and began rebuilding his life, primarily through service to others and to the community at large. He took a pastoral care course through the Almonte United Church and began doing some outreach and working with the Community Living Association. He visited people in hospital and eventually began providing palliative care as well. During those years he did begin writing songs and working on records again, but at the same time he says “I felt that my primary goal was to get better, and I found that the best way to do that was by giving back to others.”

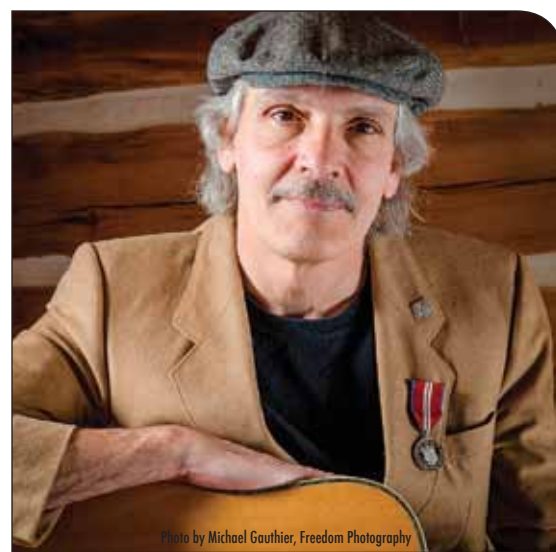
Somewhere along the way, Lyle also discovered his talent for promoting music in general, and the Valley music scene in particular. Many opportunities to do so came about through a curious mix of serendipity and coincidence that can probably best be described as “Lyle-style”. Chance meetings, phone calls and letters have all played a role in Lyle's life, and he often relies on what he calls the “power of faith” to guide his decisions. For example, it was Lyle who wrote to Stompin' Tom back in December of 1989 to ask him to help save the Mississippi Hotel, where Connors had often played and had written his song *Mufferaw Joe*. Although Connors was in the midst of a reclusive period, he did make a public plea to “save the grand ole lady”, who now goes by the name of the Greystone Hotel. And because of that connection, it seemed fitting to Lyle to hold the first “Up Close & Personal” concert at that very venue back in 2006, featuring Ray Materick. Materick was one of Lyle's favourite singer/songwriters, and so was an obvious choice for that concert. True to form, through a series of happy circumstances, Lyle was able to play with Materick at that concert and again when he brought him back to play the CP Town Hall in 2009, and Materick ended up producing one of Lyle's records.

Along the way, Lyle has undertaken a number of initiatives to promote the Valley music scene. For a while he did a stint on CHIP FM in Fort-Coulange telling “Valley Tales”, and later was asked to write a local music column for the Carleton Place Weekender. For all these (and probably many more) reasons, Lyle is widely known as “The Ottawa Valley Troubadour”.

Up Close & Personal

The Up Close and Personal series took a bold step in 2011 when Lyle decided that the time was right to bring Murray McLauchlan to town. He felt that the town was big enough and full of enough Canadian music-lovers to support a show of that calibre. To ensure that he could make it work, Lyle called Lori Cavanagh on a hunch, and she offered to back the show. In the end, ticket sales were so good that Murray ended up playing two nights. Since then the series has featured Garnet Rogers, Valdy, and most recently Lynn Miles and Keith Glass.

Lyle is now poised to make another bold move with his upcoming Salute to Stompin' Tom. Just before press time, he informed me that Mayor Wendy LeBlanc has declared May 11 and 12 to be “Stompin' Tom's Canada Weekend in Carleton Place”, and that it will feature a showcase celebrating the late singer's strong connection to the community and indeed to all things Canadian. There will be two concerts at the historic Carleton Place Town Hall Auditorium (on Saturday at 8PM and Sunday at 2PM), as well as a “mini-fest” around the town. The concerts will be hosted by the Ottawa Valley Troubadour himself, along with Hall of Fame member Freddy Dixon & Friends, “Valley Darling” Darlene Thibault & Smokey Rose, and sensational newcomer and CBC Searchlight finalist Henry Norwood. There will also be a free photo exhibit all weekend long at the Moore House (located across from the Town Hall),



Lyle Dillabough — the Ottawa Valley Troubadour himself — will be celebrating “Stompin' Tom's Canada Weekend” on May 11 & 12

and samplings of “Mufferaw Stew” provided by local restaurants. Lyle explains that “it's all meant to be in good fun, as a way to honour Stompin' Tom's final directive in which he stated that he was passing the torch and now it's up to others to continue promoting Canada and its people.”

Lyle himself is currently contemplating a move back to the Belleville area (again, on a hunch), so it may soon be time for him to pass on the torch of promoting Valley music. Lyle — if you go, you will certainly leave some big shoes to fill.

— Kris Riendeau

Celebrating Cultural Contributions

With the annual Young Awards Gala taking place on May 25, it seemed high time to shine the spotlight on this year's award winners. The Young Awards Foundation is very proud to present the 2013 Cultural Achievement Award to Pakenham clothing artist Paddy Mann, and to present the Cultural Volunteerism Award to the dynamic duo of Alan and Glenda Jones. Local writer Sandy Irvin interviewed them all, and had the unenviable task of condensing three lifetimes of achievements and contributions into one article. Tickets to the Young Awards Gala, which will celebrate these fine community members and at the same time raise much-needed funds for dynamic arts initiatives in the schools of Mississippi Mills, are available for \$75 from Foodies Fine Foods or Mill Street Books in Almonte.

Paddy Mann: Living the Dream

An afternoon in Paddy Mann's studio is like stepping into a spa. The atmosphere is not rarefied, but it is serene. While there may be something of the swan about it — all quiet on the surface while frantically paddling underneath — the results are lovely. Nestled in the back streets of Pakenham, Mann's studio is housed in a nineteenth-century stone cottage. It is at the heart of a family compound — Mann's home is next door in a converted pool-hall; her daughter's home is tucked in back along the river; her mother's former home is next door. Graced by simple, Japanese-influenced gardens and mature trees, the setting is inspiring.

Walking into the studio, natural light falls from tall windows onto bolts of exquisite fabric. Mann's palette is not paint, but cloth. Colour is important, but anything without a good "hand" — that is not lovely to touch — is not present.



Examples of her work grace the showroom, though many mannequins and a few samples are currently on loan to the Mississippi Valley Textile Museum. All the clothing is produced in-house, crafted by a team of artisans who are, Mann notes, gifted in their own right. As she says, she is capable of doing all the work to produce her designs, but there are efficiencies of scale, and each team member contributes a skill. Mann is measured and calm, always soft-spoken — no frantic movie-style fashion drama here.

Reflecting back on her career, Mann points to instances where she could have gone "the big-city route", producing fast fashion in an urban environment, or worse, sending designs to a sweatshop. But she stresses that, though she won big awards, though she is the only Canadian designer who is also a member of the Royal Canadian Academy of Arts; she chose making a life over making a living, and setting up a couture business in a small village is a key part of that. By keeping her business manageable, she is able to have good relationships with her team, her clients, and her family. Everything is run on a human, and humane, scale — everything is produced in-house, even knits.

Her clients, she says, love beautifully made clothes. "They're great people," she adds. "Some of them save up for a year to buy themselves something special." Some are regulars, visiting or having Mann travel to them, while others come in with a vision or a commission. Some of her favourite works have involved reworking older pieces or working with heirloom fabric. Not only does she love working with vintage textiles, but "it takes many gallons of water to produce a yard of fabric," she clarifies, adding that she hates waste, and loves the sense of making something new out of something special.

When asked about being recognized by the Young Awards, Mann is modest. She says the recognition is important, that it's "... special to be honoured by my community... the creative community in Missis-

issippi Mills... people work well together and support each other." In a time when few appreciate how much work goes into a fine garment, when people cannot place a value on clothing except by the price tag, it's especially meaningful.

Al & Glenda Jones: Dive Right In

Al and Glenda Jones have their fingers in a lot of pies. It's not that they're greedy; it's just that they're involved in a lot of activities. From the Valley Players to crazy fundraising skits to Sage Age Theatre, they're onstage or backstage a lot of the time. That would be plenty for many couples. But Glenda and Al are also involved in a host of charities and community groups around town — from the Rotary Club to the Mississippi Valley Textile Museum, to LACAC, Heritage & Town Hall Auditorium committees, the Mills, Almonte in Concert, Puppets Up!, and The Hub.

And while they're not afraid to get their hands dirty, they also take on the hard work of leadership positions in their favourite causes, serving on boards, acting as treasurer, chair, president. This kind of leadership is not about glamour; rather, it is about stepping up to take responsibility when they see a need. This level of community involvement is all the more remarkable when you realize that Glenda and Al don't actually live in Almonte or Mississippi Mills. Their house is over the border in Ottawa, but their hearts are in Almonte, they say.

Talking to them together, they are warm and comfortable, picking up on each other's thoughts without stepping on each other's sentences. Having lived in various places, from Victoria to Halifax, as well as in Ottawa, they say the best way to get to know people is to dive right in and get involved. It's a pattern they established early, even while raising three children and juggling careers and busy, busy lives. When they "retired" to the area in 1994, they did the same again, and they're busier than ever. Like a lot of successful couples, Al and Glenda balance team work with knowing when to give each other space. Each has their own causes, but they join forces where it makes sense or when interest takes them there.

Glenda's concern on the day I spoke with her is The Hub. It is a hive of activity, and right in the



Alan and Glenda Jones (above) are the winners of this year's Cultural Volunteerism Award, and Paddy Mann (at left) receives the Cultural Achievement Award. They will all be honoured at the annual Young Awards Gala in Almonte on May 25.

centre of it, working her weekly Wednesday shift, turning from customer to colleague, exclaiming over a find, helping a child find a treasure, turning briefly to this reporter, is Glenda Jones, Hub President. Glenda is usually at the centre of a whirlwind, juggling a series of social causes and commitments, from dog-training, to literacy, to theatre, to her latest concern — the community's need for palliative care. She is passionate on the subject, and The Hub is leading a drive to create a "hospice without walls" <hubhospice.com>.

Al Jones is quieter in person than his wife. He is a rare bird; he can balance comedic acting with the exacting discipline of accountancy. His skills have served him in good stead in a career that took him across Canada, but they have served his community even more. Al has served on more than a handful of boards, has presided more than once, and often just steps in where he sees a need. Many know him as a quiet, dry-witted guy — but he's also the first to put on a goofy outfit if a script demands it.

Between them, there are few lives they don't touch in Mississippi Mills. And we are the richer for it.

— Sandy Irvin

INCIDENT AT SHAKEY ACRES PRESENTS...

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McDonald's Corners
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online at www.ticketsplease.ca or by phone at 613-485-6434



Presentation on Vietnam & Laos At Union Hall AGM

In 2010, Ottawa cyclist Paul Young took part in a bicycle tour through Vietnam and Laos, two of the poorest countries in Southeast Asia. The tour began in Hanoi and continued over the mountains, into Laos and on to the Thai border. Paul took some stunning photos of this region, showing the rich topography and the people's way of life. A presentation of these photos will be shown at Union Hall, in connection with this year's Annual General Meeting.

Everyone is welcome to attend this free presentation on Thursday, May 30, beginning at 7PM. The Annual General Meeting, where community members can review the past year's activities and have input on plans for the future, begins at 8PM. Light refreshments will be served.

Union Hall is an 8km drive west of Almonte, at 1984 Wolf Grove Road (corner of Tatlock Road). It was constructed in 1857 and has been used continuously since that time. The hall can be rented at a very reasonable fee for family or community events, as well as for commercial purposes. The hall is owned and maintained by local volunteers, with support from the Town of Mississippi Mills.

Going Concern Coffee/Bake Shop in Arnprior

Looking for dynamic, creative individual(s) to buy an existing business located in a downtown Arnprior building which also houses other successful retail businesses.

Please contact thebookshop@magma.ca

You are cordially *Invited* to a ceremony and reception in celebration of the naming of

THE RON CARON AUDITORIUM

in Almonte Old Town Hall.

Friday, May 10, 2013, 5:30 to 7:00 p.m.
Almonte Old Town Hall, 14 Bridge St.
RSVP: by May 6th Bonnie Hawkins
613-256-1077 bhawkins@mississippimills.ca

Small Town. Big Ideas.

What make small towns so great? The people. What makes small town people great? Again, the people.

I've lived in a small town since I was eleven years old. (*In my defense, I did leave at one point, but that's really neither here nor there. Just tossed that tidbit in for street cred.*) I embarked on my first entrepreneurial endeavor at thirteen. I made crummy beaded earrings and sold them at the Stittsville Flea Market (*back when the Stittsville Flea Market was the place to be on a Sunday afternoon*). At first it was exciting. Making my own money, my own decisions. But the novelty waned. The market for poorly made beaded earrings was quickly saturated, and sitting in a lawn chair on a slab of pavement peddling my wares became a lonely way to spend an afternoon. I learned pretty early on that being an entrepreneur can be a little like living on an island. Sure, you get to make all your own decisions. But without someone to share in the triumphs and failures, someone to push you to do more, do better, it can be a pretty lonely place to live.

Fast-forward twenty years and here I am, back in a small town, still entrepreneurial as always and wanting more than ever to be part of a community of individuals who encourage each other's greatness. And success.

Having owned my own small retail shop for nearly five years, however, I discovered that despite wanting to share with other business owners, I felt a need to protect my ideas for fear of losing

them to the competition. They lived so close after all. Next door even! But in this new culture of online (*over*)sharing, Facebook, Twitter and the like, how (*oh how?*) could I use those media properly without letting my competitors know what I was up to? It was practically UNpossible.



So what does one do when one wants to put oneself out there, but is afraid one's counterparts will see? Simple. One becomes one with sharing.

That's the concept behind Small Town Thinking. A group formed by two small town-raised entrepreneurs (*Dan Fallak and me*) that invites business owners and creative people together to share and accept feedback in the interest of growing their businesses. Inspired by similar "Creative Exchange" groups in larger city centres, Dan and I decided it was high time we got everyone around these here parts together for a big group talk.

Our first CreativEx meet up was in February at Equator Coffee Roasters in Almonte. A group of about twelve (*now nearing 30*) brought their business-related questions and tossed them into a group brainstorm. We discussed,

and collectively answered a range of questions from "Do I *need* to use Facebook for my business?" to "How do I motivate my employees without just paying them more?" and "My store's front entrance isn't as inviting as I'd like it to be. Any suggestions?" to "Where do you get your printed projects done?"

The evening was a great success, and beyond helping each other find insight and answers, we also left as advocates for one another's businesses and projects. The word was out. We were exposed and it felt good. Really good. Healthy even.

Encouraged by the feedback we received, Dan and I have begun expanding Small Town Thinking to include events that promote tourism and projects that build upon small town pride.

Since we're rooted in Almonte, we're starting here with Dine & Dash (a progressive dinner that showcases three local restaurants) and Almontees (an online t-shirt shop that will help us raise funds we can put back into local business improvement projects). Our ultimate dream would be to see our initiatives shared by other towns. We encourage anyone interested to reach out to us and come see what goes down in a CreativEx meeting. If it's the people that make small towns great (*and it is*), then the more the merrier. Meetings take place at various locations once a month and are completely free to attend.

All of our projects can be read about online at smalltownthinking.com, or you can find us on Facebook.

— Emily Arbour

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Submissions due back before September 1st.

\$200 CASH PRIZE

THE HUB
118 Mill Street, Almonte
613-256-5225
www.thehubalmonte.com
facebook.com/TheHubAlmonte

There Is Something About Mary...

Don't Miss Her May 11 Spoken Word Event

Calling poets of all ages who are seeking positive reinforcement and creative inspiration: on May 11, Mary Pinkoski, an award-winning spoken word poet from Edmonton, will lead a poetry writing workshop from 1–2:30PM at the Perth Library at 30 Herriott Street. This is a tremendous chance to learn from one of the best poets in Canada today, especially at the bargain basement price of only \$5.

Having seen her perform many times now, I need to tell you all “there is something about Mary”... and you don't want to miss this chance to work with her. A storyteller at heart, Mary's writing is vibrant, visceral, and one of a kind. She takes you on a poetic journey through her eyes of discovery and wonder, expressing life's nuances in heart-achingly poignant imagery, based in her own experiences. But if you don't want to take just my word for it, you should know that Mary has presented her unique style of spoken word to acclaim throughout North America, including during a Tedx presentation in Edmonton in 2012; at the 2013 Canadian Individual Poetry Slam in Vancouver (where she was the top placing woman, coming in third overall), and currently as a nominee for the 2013 Emerging Artist Award (Mayor's Celebration of the Arts, Edmonton).

Mary has also led numerous workshops on spoken word poetry, including many that focus on working with youth. The list goes on, but if you need further evidence, I suggest you check out the videos *Momentum* and *Ignite* (search “Mary Pinkoski TEDx” at youtube.com). Lanark County is lucky to be getting this phenomenal poet here to offer this fantastic opportunity.

This hard-to-believe deal is being brought to you through the support of the Perth and District Union Library, who is sponsoring and hosting the event in collaboration with the Lanark County Live Poets Society (LiPS). This workshop is the first in what LiPS is hoping will be an ongoing new initiative, in which they team up with other organizations and agencies, to help spread the excitement and energy of spoken word poetry, through special poetic and artistic events in Lanark County.

There is only room for twenty people in the workshop, and you must sign-up to participate, so get on the list before it's full! Registration for the workshop is through the Perth Library at 267–1224. If you want to contact LiPS please email us at <lanarklips@hotmail.com> or find us on Facebook.

— Beth Schilling, LiPS



Don't Dress For Dinner!

The **Prior Players** of Arnprior are pleased to announce that rehearsals for their upcoming spring production are well under way! The Players will be presenting Marc Camoletti's adult comedy *Don't Dress For Dinner* at the Christian Educational Centre (CEC), 257 John Street North in Arnprior. Show dates are May 3, 4, 10, and 11 at 8PM, and tickets are \$15 or two for \$25.

Bernard (Alan Rowsom) has been busy planning to introduce his chic mistress Suzanne (Lynn Grinstead) to his best friend Robert (Marcel Girard) during the special birthday celebration he has organized for her on the weekend. With a cook (Amanda Lee) coming to prepare dinner, everything will be perfect. That is, until his wife Jaqueline (Angela Yach) hears

that Robert is coming and decides not to visit her mother, but to stay home instead. Now, frantic to throw his mistress at his best friend, Bernard thinks everything is under control. How wrong could he be? With hilarious twists and turns along the way, a menacing husband (Ed Murphy), and accusations being thrown in every direction, you will be laughing from opening line to curtain call!

Advance tickets are available now at Arnprior Bulk Foods at 115 John Street (cash or Interac please). Reserve your seats by calling 623–5585. Tickets are also available at the CEC door prior to show time on any performance night. For more information, please call 623–5585 or email <priorplayers@gmail.com>.

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Humm Bits

May at The Herb Garden

Spring is finally here, and you can celebrate by visiting The Herb Garden — their opening day is Saturday, May 4. And then on May 12, they are offering their delicious annual Mother's Day Brunch, but with a new twist. This year they are partnering with The Mixing Bowl caterers in Stittsville and will serve brunch "family-style" to avoid line-ups. Diners will be treated to a wonderful array of baked goods, salads, mains and desserts. Reservations are recommended; please call 256-0228 for more details.

Guatemala Stove Project AGM

In the spirit of international cooperation, please consider attending this year's Guatemala Stove Project AGM. It will feature a presentation by Liz Ballantyne-Jackson on the wonderful work of AM-MID, one of the Guatemalan partner organizations working with the Mamm people of Distrito San Marcos in Northern Guatemala. Also, meet four young volunteers who were honoured this year with the OCIC Global Changemaker Award. Finally, Tom Clarke and Paul Hauraney will talk to you about people needing medical attention, who have been helped by the GSP over the past several years.

Please come out to the GSP's Annual General Meeting on Sunday, June 23, from 1-3PM at Baker's Bean in Perth (1 Sherbrooke Street East), to hear about these exciting initiatives and to share the highlights of this year's stove-building trip to Guatemala.

May Events from Mill Street Books

Expect mystery, mayhem and mirth at the joint readings of *The Whisper of Legends* by **Barbara Fradkin** and *The Christie Curse* — a book collector mystery by **Victoria Abbott**. This ninth book in the series finds Inspector Green on the wild Nahanni River in search of his missing daughter. And in a tricky plot twist, Victoria Abbott turns out to be Victoria Maffini and Mary Jane Maffini. Enjoy an evening of entertainment, refreshments, and schmoozing arranged by Mill Street Books and held at Palms (78 Mill St. in Almonte) on May 23 beginning at 7:30PM.

Jan Andrews has been sharing stories for years with listeners of all ages. Her newest young adult novel, *The Silent Summer of Kyle McGinley*, is about a boy who has given up on speaking because he feels no one ever listens.

Jan plans to read from her book, tell a few stories and answer your questions about what it is like to be an author, where she finds her characters, and if she has ever suffered from stage fright. Come and meet Jan at TYPS youth centre on Thursday, May 9 at 5PM for a relaxed presentation. There will be treats!

Quilt Raffle at the Textile Museum

Help beautify the Mississippi Valley Textile Museum by purchasing your ticket to win a fabulous quilt.

The Almonte Crazy Quilters have donated a stunning, hand-quilted, 59-inch by 85-inch quilt to support the MVTM's participation in this year's Communities in Bloom program. Mississippi Mills is once again going to be part of this Canada-wide program that celebrates communities where residents work together to enhance the natural beauty of their area and foster pride in their community. The Museum plans to contribute with planters and flowers at its front and rear entrances, as well as new exterior lighting.

Composed of a large center block surrounded by fourteen smaller blocks, the quilt features native birds, from hummingbirds to cardinals to herons, set on an earth-toned background. You can see the quilt and purchase tickets at the MVTM during operating hours, from Tuesday to Saturday, 10AM to 4PM. Tickets are one for \$5 and three for \$10. The draw will take place on September 21.

Help In Dealing with Mental Illness

Strengthening Families Together is a free six-week course that is being offered again this spring to family and friends of people with a serious mental illness. This program offers information on understanding mental illness, the mental health system, schizophrenia, mood disorders, treatment options, compassion fatigue, coping as a family, and self-care.

The information has great value and is presented in a non-judgmental and supportive atmosphere. Confidentiality is requested to allow for open sharing. Family members, friends, teachers and health care providers are very welcome. The course will be held on six consecutive Tuesday evenings: May 14 to June 18, in Carleton Place at 50 Bennett Street, Unit 3, from 7-9PM. To register please call Lanark County Mental Health at 283-2170.



Minnesota Midget, Monkey Ass, and Bloody Butcher... Oh My!

Attention area gardeners! Locavores and foodies, pay particular attention! On the weekends of May 11-12 and May 18-19, you have a very special chance to grab some very special heirloom tomatoes, vegetables and perennials at Yuko Horiuchi's 12th annual plant sale. For well over a decade, Yuko has been cultivating and saving seeds from a mind-blowingly large selection of organically raised, open-pollinated plants selected for our climate, and each spring she invites the public into her garden in Carleton Place to purchase the fruits (and vegetables) of her labour.

On this year's menu are several varieties of cherry tomatoes, medium-sized tomatoes (including the aforementioned Bloody Butcher) and large tomatoes (I can only imagine what the Monkey Ass variety resembles), as well as cucumbers, eggplants, peppers (sweet and hot), squash, fruits (including the Minnesota Midget melon), herbs, flowers and vines. If her hens are forthcoming, there will even be fresh eggs for sale!

Parking is limited at her home at 202 Arklan Road (in behind the Shopper's Drug Mart in Carleton Place), but there is more parking on nearby Lake Avenue East. The sale runs both weekends from 8AM to 2PM, but savvy shoppers know to arrive early on in the process to get the best selection. Yuko appreciates donations of 600-750mL yogurt containers and lids for next year's tomato seedlings! For more information, email <yuko@yuko.ca> or visit <yuko.ca>.

The Little Leaf Pile That Grew

It all started eighteen years ago when Al Potvin moved into a new home at 38 Carss Street in Almonte. The property had a very large lot but it was bereft of trees. Al put an ad in the local paper (not *theHumm*, because it wasn't born yet) asking for leaves to be dropped off at his property. In the first season, he received three hundred bags of leaves. Composting them let him give the small trees he was planting a head start in the heavy clay soil.

Over the years, the popularity of the leaf pile grew, and now Al receives between six and seven thousand bags each year. By November the leaves cover an area the size of a medium city lot to a depth of about one metre. Over the winter the decay process begins, and in about eighteen months the compost is all screened and ready.

About five years after undertaking this endeavour, Al realized what he had unleashed and could

not stop the flow of leaves — by then he already had too much compost for his own use. He continues to produce it, and now asks for a donation of \$2 for a blue box full or \$50 for a cubic yard. The best part is that all of the proceeds go to the Almonte General Hospital / Fairview Manor Foundation to purchase needed medical equipment for the community. The donations now average between two and three thousand dollars per year.

Al points out that when you donate money to purchase compost you are essentially getting your own leaves back — but in all seriousness you are using a truly renewable resource, keeping the money in the community, and helping the AGH/FVM at the same time.

You'll find both the leaf pile and the compost bin on Carss Street (just south of Union Street) in Almonte. For more details, you can call Al at 256-2602.

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Flavour of the Month

Permaculture Passion

When was the last time you carefully considered a tree? It is truly a beautiful creation. Well, actually it's more like a miracle — one that we often overlook. Initially, to the virgin observer, it may seem to be just a pleasant form occupying some space in a yard, field or forest; but linger awhile in the company of this tree

by Susie Osler

and its subtler, more complex and perhaps powerful attributes reveal themselves. Leaves provide shade at the hottest time of the year — to you and your home, as well as to the ground beneath it and the creatures within the soil. Photosynthesis transforms carbon dioxide into sugar the tree uses, and expels “waste” oxygen, contributing to the air we breathe. Roots hold soil in place, helping to prevent erosion, and cycle water up from the soil, to leaves, to air, creating pockets of humidity. Leaves, fruits, flowers and nuts provide nourishment for birds, insects, animals and us. Branches and bark (even of dying trees) provide nesting and roosting habitat for all sorts of critters, and potentially wood for us or soil nutrients through decay. The whole tree impacts the wellbeing of the other beings around it, and their wellbeing impacts the tree in turn. And so it goes... Connections become unearthed like underground webs of mycelium.

Permaculture is a design system that can be broadly applied to physical systems (farms, gardens, cities) and to social systems (organizational flows, business models, school curricula) anywhere. It draws from multiple

disciplines and careful observation of natural systems, skilfully weaving together complementary components to develop synergetic systems for our lives and communities.

Fundamental principles include multiple functionality (i.e. components of the design have more than one purpose), appropriately scaled actions (i.e. determine what the smallest changes are to impart the greatest benefit), extended timeframes (look at nature's timeline — things evolve slowly), supporting synergetic relationships, maximizing diversity, working with rather than against what you already have, creating abundance, minimizing waste, and cycling excess back into the system. It can become an insightful, holistic process of shaping one's own life and the social and ecological environments we are part of, and it has the potential to deepen the alignment of personal ethics with practice and action.

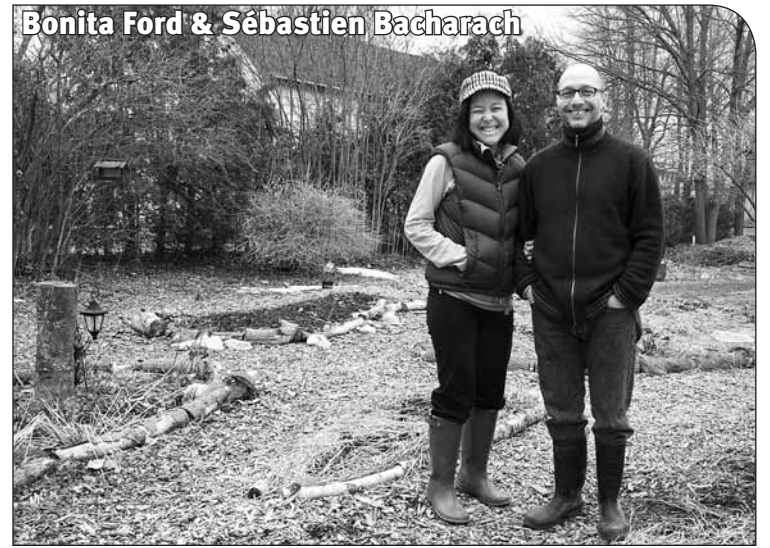
The term “permaculture” — think permanent (truly sustainable) plus (agri)culture — was coined by Australian Bill Mollison in the late '70s. The movement originally held favour with back-to-the-landers and had a land-centred focus. Since then it has spread around the globe and is now permeating the minds and imaginations of people beyond eco-conscious gardeners, farmers and homesteaders. Its holistic and fully engaged approach to design is now being applied to individuals, interpersonal relationships, organizations, businesses, and even entire communities.

Two individuals passionate about applying permaculture practices to their life, work and community are Bonita Ford and

Sébastien Bacharach. They migrated independently (from Ontario and France respectively) to San Francisco in 2001, where they each became actively engaged in the community gardening and ecological networks in the Bay area. In 2005 they met, aligned forces, and spent a couple of years thereafter doing work exchanges on farms in France, Ontario and Quebec. While WWOOFing on a farm near Merrickville, Perth emerged as a potential place to put some roots down. Its active and growing local food scene, alternate health practitioners, thriving cultural community, and good measure of community engagement resonated with them. They settled into the community, bought a house a few years ago, and are in the midst of creatively and thoughtfully configuring their spaces and lives here, using permaculture principles. You can view their incredible garden during the Perth veggie garden tour on July 27.

Building Perma-community

In the past few years they have taught numerous (sold out) permaculture workshops to groups in the area and in Ottawa. Bonita was instrumental in organizing a second regional Permaculture Convergence this past March, which was a huge success. This fall they will lead a third Permaculture Design Course in Ottawa — an 84-hour intensive course completed over three weekends. Two other workshops are being offered in Perth this month: Loving Earth and Building Soil (May 4), and Ecological Design & Gardening: Intro to Permaculture (May 25-26). Bonita's interest in personal journeys and healing can sometimes be found woven into the fabric of her workshops. She often integrates elements from Reiki, nonviolent communication, and shamanism, as well as Earth- and body-centred practices into the mix.



Who They Are

Bonita Ford and Sébastien Bacharach, Perth, ON, 267-1926
<eco-logicalsolutions.com>, <info@eonpermaculture.ca>
<transitionperth.ca> (Transition Perth)
<eonpermaculture.ca> (Permaculture Institute for Eastern ON)

What They Offer

- Permaculture workshops, various dates in May/September
- Workshops and facilitation in the areas of ecological education, personal and social change, communication, body and movement
- Cooperative Coaching for small businesses, organizations or individuals
- Website design

Much of Sébastien's inspiration comes from witnessing and/or enabling the emergence of innovative community-initiated projects (e.g. seed libraries, repair cafés, community gardens). Building thriving community is at the core of his work and may be what inspired Bonita and him to start a chapter of Transition Town in Perth. The Transition Movement deserves an article unto itself, but suffice it to say it uses permaculture strategies to help communities transition from systems based on a fossil fuel economy to something more sustainable, through community engagement and capacity building. See <transitionperth.ca> for more information.

Due largely to their efforts, vision and great generosity of spirit, an understanding of permaculture and opportunities for learning about it are increasingly available in the region. The great

response in Eastern Ontario to their work, and a connection made with Douglas Barnes, a passionate permaculturist living in the Tweed area, has recently led to their joint founding of The Permaculture Institute of Eastern Ontario. Check out the PIEO website for lots more information about permaculture <eonpermaculture.ca> and to keep abreast of numerous events happening in the area.

When Bonita and Sébastien chose to settle in Perth they noted a “gap” — the absence of permaculture education in the area. They hoped it could become an opportunity for them to contribute their skills and passion to the community. The response to permaculture has been terrific and their vision is unfolding. It appears that Perth is now well on the way to becoming a permaculture hub for Eastern Ontario.

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All proceeds to
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New Ferry Road Market

This May, a new outdoor market will open on the historic Pinto Valley Ranch land on Ferry Road. Ferry Road Market will be uniquely positioned at the intersection of Galletta Side Road and Ferry Road, where many folks head down to catch the Quyon Ferry.

This new initiative is being spearheaded by two families who have recently come together to land-share a 98-acre parcel (now called Down to Earth Farms) that

has not been farmed in many years. Bridie McDonald is one of the new owners of Down to Earth Farms, but is not new to the area — her family has owned and operated Pinto Valley Ranch since her grandfather started it over fifty years ago. Bridie explains that: “the market idea was sparked by our desire to have a new and exciting venue. We want to get to know our community, be surrounded by like-minded

folks, and provide an avenue for others to sell their products as well. Our hope for the market is to have a fun, family-oriented environment that is filled with eclectic vendors.”

The market will be open from 8AM to noon every Sunday starting on the May long weekend and continuing until October 6. For more information or to become a vendor, please email <ferryroadmarket@gmail.com>.

Bucket List Items at Heritage Mica Days

Have you ever wanted to venture underground to an abandoned mica mine with your hard hat and lantern? Perhaps you get excited about a nighttime walk in the woods led by characters from over one hundred years ago? Or maybe listening to music and stories while touring a restored heritage site is more to your liking? The 2013 Heritage Mica Days, hosted by the Friends of Murphys Point Park, has it all.

The Silver Queen Mine was one of thirty-five active mica mines operating in the former Township of North Burgess in the early 1900s. Operated on a small scale, with twenty-eight men at its peak, the mine produced mostly small sheets of amber mica, up to eight inches in size, to be used as an insulator in the electrical industry (in toasters, for example) or as windows in woodstoves and lanterns. All sizes of mica crystals, including flakes and even ground mica, were packed into barrels and sent by ore wagon to loading docks on Hogg Bay, where they were loaded onto barges and sent down the Rideau Canal to trimming factories.

Today you can revisit the Silver Queen Mine, located within the boundaries of Murphys Point Provincial Park.

The planning committee of Heritage Mica Days has developed a diverse range of mine experiences for you to enjoy this summer. Every Sunday, from June 30 to September 1, there will be Open House events. From 10AM until 1PM on Sundays you can participate in a **self-guided tour** of the mine, including visits to the restored ore wagon and the miners' bunkhouse. Costumed interpreters will be on hand to



Mark your calendars now for a summer full of events at Heritage Mica Days (photo courtesy of Ontario Parks)

tell the stories of the mine and answer your questions.

"On several occasions throughout the season, there will be additional activities and experiences at the miners' bunkhouse or along the Silver Queen Mine trail," said event coordinator Beth Peterkin. "A hot dog roast, music by local band Hwy 511, displays of heritage trades and crafts, and opportunities to try out some heritage games will form some of the Silver Queen Mine Open House tours." Visit the festival website at <heritagemicadays.ca> for a full schedule of events dates and times, along with ticketing and park entry information.

For a different type of mine experience, consider participating in one of the popular **Spirit Walks**. Scheduled on Saturday evenings, July 27 and August 24, you will be part of a guided tour and theatrical presentation along the Silver Queen Mine trail. As you move down the trail, meeting characters from the past, your way will be lit

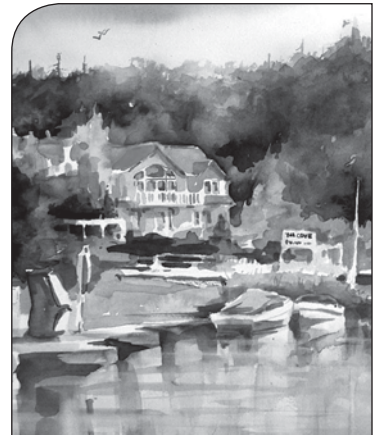
by the glow of mica lanterns, creating a magical experience for all ages. Advance tickets are recommended at a cost of \$20 per carload for non-campers, which includes your vehicle entry permit. For those with a current Ontario Parks camping permit, the cost is just \$2 per person. Tickets are available to purchase on the festival website.

Heritage Mica Days takes place at Murphys Point Provincial Park, located about twenty minutes southwest of Perth and easily accessed by County Road 21 (Elm Grove Road). Driving directions and information about all Heritage Mica Days events are available on the website. Heritage Mica Days is a program of the Friends of Murphys Point Park, a registered non-profit charity that formed in 1995. It works in cooperation with Ontario Parks and is one of dozens of Friends organizations throughout the province. For additional information about Heritage Mica Days, call 267-5340 or visit <heritagemicadays.ca>.

Words From Westport

Extravaganzas and More!

The GristMill Gallery will be presenting "A Gentle Path", a show of plein air works by **Nicole McGrath** in celebration of the Frontenac Arch Biosphere. The show will run from May 4 to June 8. These sensitive, energetic and colourful works are a



The Grist Mill, detail by Stephen Rothwell

by Georgia Ferrell

genuine expression of Nicole's love of the land surrounding her home in the Biosphere. For more information, call 273-9299 or email <gristmillarts@gmail.com>.

Regular **Life Drawing** sessions will begin at the GristMill studios on Tuesday, May 7, from 9:30AM to 12:30PM. For further information and to register, please email <dianeblackstudio@gmail.com>.

Westport folks are excited to announce the **Extravaganza Garage/Yard Sale** Event of the Season! Come on down to Westport on June 1, from 9AM til it's gone! There'll be lots of fantastic stuff to choose from, and bargains galore. Don't miss it! For further information and details, email <wgse2013@gmail.com>, call 273-8775 (Artemisia) or 328-0501 (Meg).

Not only will you go home with some great treasures, you will help with our donations to

CPHCare, to assist with all their wonderful services to our area, and Westport in Bloom, to help our super volunteers keep our town beautiful.

Along with a month-long solo show at Artemisia Art Gallery, Stephen Rothwell will be instructing intermediate to advanced watercolourists at a two-day **workshop** at the Grist Mill Gallery, June 6 and 7, from 10AM to 4PM. If you are a beginner and would like to learn to paint in watercolours, please send your contact information to <artemisia@kingston.net>. If there is enough interest, a beginner watercolour class can be arranged for the near future.

Foley Mountain Conservation Area is gearing up for a great season in 2013. Their Annual General Meeting will be held on Wednesday, May 15, at Silversides Outdoor Learning Centre, at Foley Mountain. At 6PM there will be a GPS demonstration; the meeting will follow at 7PM. All are welcome, and refreshments will follow the meeting.



Photo by Georgia Ferrell

Enjoy a great show *and* help a Haitian orphanage!

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A Young Take On *Hamlet*

This May, fifteen young local members of the Valley Players Youth Theatre will be performing Shakespeare's *Hamlet* at the Almonte Civitan Hall. Director Mark Piper talks about the challenge of bringing a new production of *Hamlet* to the stage.

Hamlet speaks to each of us as an individual. *Hamlet* is conflicted — not wanting to be a hero, but aware of his responsibilities as a prince, he curses the fact that he was born in this time, and that he will have to sacrifice the life he enjoys and the woman he loves in order to do what he must. Claudius, the villain, is tormented by the evil he has done in the service of his lust for power and his desire for his brother's wife. He begs God for forgiveness, but knows it is in vain, because he cannot master his desires.

The parts are a challenge to even the most experienced actor. Of his role as *Hamlet* in the 1990 film version, Mel Gibson said, "It was like being thrown into the ring with Mike Tyson." Most of the great actors of their day have been drawn to the role: Sarah Bernhardt, John Gielgud, Lawrence Olivier, Kenneth Branagh and, more recently, David Tennant, who played the role for a BBC production (with Patrick Stewart as Claudius!). Every new generation of actors wants to test itself — in this particular play — against the one that came before.

Each actor cannot help but bring something of themselves to their character. In our production, Hayley Fortier plays *Hamlet*, broadening her range from previous Shakespearean outings in which she has played the Porter in *Macbeth* and Antonio in *Much Ado About Nothing*. She brings a perspective that emphasizes the Dane's thoughtful, introspective side, while losing none of the character's passion or wry humour. Claudius is interpreted by Katie Irvine, who played the affable Leonato in *Much Ado About Nothing*, and has gone deep within herself to create the picture of a tortured soul that could kill his brother out of envy, but at the



(l-r) Hayley Fortier (*Hamlet*), director Mark Piper, and Katie Irvine (Claudius) invite you to see *Hamlet* through new eyes!

same time struggle to shelter his wife from any sorrow.

The play juxtaposes the many contradictions of the human condition. *Hamlet* has superstition and religion, politicians and actors, reason and passion, castles and graveyards. Brother betrays brother, but at the same time friends face death together. A young woman chafes at the restrictions placed upon her by her father, but goes mad after his death. There is a vindictive struggle among royalty over the possession of a crown, but there is also simple but wise humour from a gravedigger. And Shakespeare also puts a play within the play itself, allowing the audience to see itself reflected on the stage.

Every director, in conjunction with the cast and the crew, creates their own individual *Hamlet*. As a director, I start with the text. In preparation for the production, I read the play again and again, and try to find the core of each character, and how that character's wants and fears govern their interactions with every other character in the play. Those interactions — which flow from the director's and actors' interpretations of their parts — produce a narrative that draws the audience in, and makes them care both about the outcome of the play, and also the journey that the characters have taken. "The play's the thing wherein I'll catch the conscience of the king."

Shakespeare is universal. The stories resonate across the ages, and are accessible to every audience. Although most of us associate *Hamlet* with the grand Shakespearean stage, the play has been performed in the Noh style of theater in Japan, the Parsi folk theatre tradition in India (with songs added to the text), and in film was set in contemporary Manhattan with *Hamlet* as a film student, and Claudius the CEO of the Denmark Corporation. And, Disney based *The Lion King* on *Hamlet*!

Hamlet is woven into our language. Quotes from the play are part of our everyday language: "neither a borrower nor a lender be," "to thine own self be true," "brevity is the soul of wit," "there is nothing either good or bad, but thinking makes it so," and "what a piece of work is a man" all come from the play. And then, of course, there is, "to be or not to be..."

Hamlet runs May 24 at 8PM, May 25 at 2PM and 8PM, and May 26 at 2PM, at the Almonte Civitan Hall (500 Almonte Street). While the play is suitable for most audiences, younger children may be frightened by the staged violence, swordfights, and ghost/occult sound effects and makeup. Tickets are \$10 from Mill Street Books, 52 Mill Street in Almonte (256-9090). For more information, see <valleyplayers.ca>.

— Mark Piper

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Disclaimer: Please consult your swim coach, yard duty officer and volunteer firefighter before heeding any of the following advice. Got a question? Email <misswrite@thehummm.com>.

Dear Miss Write,

At what age does it become inappropriate to bring my daughter into the men's change room at the public swimming pool?

— *Pondering Poolside*

by Emily Arbour

Dear Pondering Poolside,

I'm assuming you're a man, because if not, it is inappropriate right now, so let me just get that out of the way first. Moving on. Most swimming pools have Family Rooms with larger stalls, but failing the availability of one, I think that if your daughter is under five years old or so, it would be perfectly fine to take her into the men's room. What's the worst she could see really? A penis! An old penis? (Can I even say penis in *theHummm*?) If I were you, I would peek my head into the change room, let whoever is in there know that a little girl is entering, and then usher her to a stall to change. (Whatever you do, don't run though. That's like Rule #1 at the pool. That lifeguard will cut you.)

After five years of age, if you feel that the men's room is simply too busy to be

discreet, I think it would be totally appropriate to either ask an on-hand mom to volunteer to take her into the Ladies' or to have her go in alone and wait at the door for her to return.

Just keep swimming...

Dear Miss Write,

I was at a meeting recently and I was really frustrated by the lack of an agenda or getting any consensus on some decisions. People simply nattered about a bunch of different topics related to the event but there was no real desire to make decisions or be efficient with anyone's time. My question is this. Although agendas, minutes, motions and "I second that" is rather formal, is there a way to create a happy medium between "girls get together to plan an event and have a good laugh" and "Robert's Rules of Order"? I'm a busy girl with a busy schedule and I don't have time to listen to someone drone on about boyfriend troubles when I just want to get the job done and get gone.

— *Sincerely, Volunteer Woes*

Dear VW,

Thank you for volunteering. I don't want to, so I'm glad someone's doing the dirty work. I have an idea. How about the next time you attend this group, you start by saying you have somewhere you really need to be in an hour, and that you realize you're probably not the only one, and might everyone consider adding a little structure to the group and sticking with an agenda that would

allow the night to roll smoothly. Agendas are a must. I make one every morning just to keep myself on task. (Otherwise it'd be all Miss Write, Facebook, snack, Facebook, boyfriend troubles, nap, Facebook and nothing would get done.) I agree "seconding that" is a bit formal, but it works for making final decisions, so why don't you just change the language ("Everyone agree?" perhaps) and start implementing it on the sneak. Someone's got to head the meeting. Since you want it to run smoothly (and since you're so good at volunteering), I nominate you. Everyone agree? Good.

Dear Miss Write,

What do I say when my eight-year-old asks me why people keep hurting other people? I try to keep him away from stories like the recent bombing in Boston and school shootings etc., as much as possible, but it's everywhere.

— *Concerned Mom*

Dear Mom,

If there's one thing I've learned in my short stint as a parent, it's that (despite vast evidence to the contrary) kids aren't dummies. If your son is asking you about these events, I believe he's ready to talk about them. Frankly, I think it's wonderful that he's brought the topic up so you can manage his feelings and he's not huddled in his room coming to his own conclusions about why these things happen. That said, I don't think kids need to know everything. We

can't protect them from everything but, as parents, I do think we need to provide a little shelter from the ugliness of people. All in good time. I would reply to him very simply and honestly and say something like "Well honey, there are some not-so-nice people in the world who make bad choices and end up hurting people. But, thankfully, these kinds of things don't happen very often. That's why they attract so much attention on the news."

Let him know there are 7 billion people in the world, and that this is only a small group of them. The rest of us are kind, vegetable-eating, bed-making citizens.

If he asks you again, I would reiterate your earlier statement and address any additional questions with the same gentle approach. I would answer his questions as soon as he asks them. What I mean by that is, I wouldn't go as far as to sit him down and pull a "let's talk about your feelings" at a later date. In my opinion, that only adds gravity to the situation and might make him feel that it's something more serious than he thought.

Now give that kid a hug from me.
— *Emily Arbour is a freelance writer (among other things) who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking your little brother why sharing is so important. Only difference is he doesn't have a column in this fine publication.*



Meet us:

Upcoming Mixer:

Thursday, May 16, 6PM

Special Location:

**Love That Barr
in Pakenham**

"This community represents exactly what I strive for in my work: warmth, compassion and kindness!"

After becoming a professional make-up artist 10 years ago, Maxine Brown immediately launched her own company: **Make-up by Maxine**. Since that time, she has trained in massage, pedicure, manicure, and advanced hair cutting. Five years ago, she took her business one step further and opened a spa. All of this progress is driven by Maxine's desire to offer a warm, intimate setting and create a different kind of spa experience. "One thing that I enjoy is how clients will be walking past my window, recognize a client, and in they come to join us. I serve coffee, tea, hot chocolate and treats. My spa has become a place for friends to meet."

Along with her employee, esthetician Whitney Godin, Maxine offers pedicures, manicures, facials, waxing, massage, make-overs and make-up lessons (for all ages). Make-up By Maxine has its own line of cosmetics and skin care, and carries jewellery and handbags. Gift certificates are also always available.

Maxine values her membership in the Mississippi Mills Chamber of Commerce for many reasons: "You are exposed to amazing business owners, and networking brings business through your door. I have also made many friends through the organization. And I have often found that I have learned something from a speaker at the monthly Mixers that allowed me to make better choices with my own company."

In celebration of Mother's Day, Maxine is offering pedicures and manicures for \$20 each for the whole month of May! Make-Up By Maxine is located at 12 Mill Street, Unit 6 in Almonte, 613-461-0057, and on the web at www.makeupbymaxine.com.



Make-Up By Maxine — Mississippi Mills Chamber member since 2008

Join us:

To become a member of the Mississippi Mills Chamber of Commerce please email your request to manager@mississippimills.com. Members who attend our monthly MIXERS are eligible to win a business profile like this one!



Visit us: www.mississippimills.com

Fond of Folk? Sweet on Swing?

Perth's Got You Covered this Spring

I didn't wear socks with my Vans today. That's one sure sign of spring. Another is the abundance of excellent musical events happening in Perth, and this year is no exception.

by John Pigeau

Fond of the Foxtrot? Sweet on Swing? Well, on May 4 at 7PM in Perth's Civitan Hall, thanks to the good folks at the Classical Theatre Festival, you can **Swing Into Spring!** The much-loved 16-piece big band Standing Room Only will be playing upbeat tunes from the 1920s to the 1960s, and Bob and Evelyn Abell, formerly of Arts in Motion, will be offering ballroom and swing dancing lessons.

Organized by the Classic Theatre Festival, the evening will also feature a range of silent auction items, including tickets to the Stratford and Shaw Festivals, the Upper Canada Playhouse, Thousand Islands Playhouse, St. Lawrence Shakespeare Festival, among many other items.

Organizers are using the event as their official spring launch to the Festival's summer season, which will feature Leslie Stevens' *The Marriage-Go-Round*, and Neil Simon's *The Star-Spangled Girl*. This year the CTF will take place at a new venue: the Full Circle Theatre at 26 Craig Street (next to Last Duel Park). Their season runs from July 12 to September 1.

Tickets to the Swing into Spring event are \$25, and are available from Tickets Please at 39 Foster Street in Perth (485-6434, ticketsplease.ca).

Ever been to a Kitchen Party? I haven't, but I believe a Yee-Hah! is in order for this one: Also on May 4 (but at the Studio Theatre this time), the **Songs from the Valley** series presents "Strings and Things" featuring Smokey Rose & Friends (Darlene Thibault, Lee Hodgkinson, Ed Ashton). Other performers include some local favourites for a foot-stompin' great time: Brad Scott, Henry Norwood, Harry Adrain, Judi Moffatt, and Barry Munroe.

Showtime is 8PM and tickets are \$25 and available from Tickets Please or cash only at the door. I do not believe you need to bring any kitchen gadgets or small appliances.

Looking for even more fun when it comes to music? **Andrew McDougall** has you covered.

Andrew brings his fun and energetic musical and storytelling talents to Perth's Full Circle Theatre on May 31. Known for his humour and great energy, Andrew will be belting out his latest tunes *The Peaches and the Lemons and the Citrus and the Melons* and *Loved by Me*, as well as other upbeat, toe-tapping numbers from his debut CD *Freshly Squeezed*.

Accompanying Andrew for the night dubbed "Still A Child At Heart" is vocalist Cait Morton and singer/songwriter Kirk Armstrong.

If Andrew's name rings a bell, it should — the energetic performer from Carleton Place has acted in a number of musicals in Perth over the last few years. "A few recent favourite roles," he says, "include Roger in *Grease*, Moonface Martin in *Anything Goes* and Malcolm in *The Full Monty*."

When it comes to music, Andrew says, "I tend to write songs with a comedic, quirky tone, which is a direct reflection of my personality. I enjoy writing and performing songs that are inspired by the experiences and people in my life."



Catch The Commuters at Perth's Pride Celebration on June 1

What can audiences expect from his show? "A lot of fun!" he says. "In addition to singing, I'll be sharing stories from my life that have inspired me to sing. I am thrilled that two fantastic local performers, Kirk Armstrong and Cait Morton, will be performing with me. Singing with friends makes for an energetic sound and lots of fun harmonies."

"Kirk Armstrong is an amazing singer-songwriter and recording artist in his own right," Andrew says. "I recorded *Freshly Squeezed* at his studio in Carleton Place. Cait is a friend with an extremely beautiful voice. In addition to singing with me, both Kirk and Cait will be showcased with their own numbers throughout the show. It's going to be fun!"

Tickets for *Still A Child At Heart* featuring Andrew McDougall are \$10 for adults and \$5 for children, and are available at Tickets Please. Andrew's debut CD will be for sale, and all the fun starts at 7:30PM!

There will be even more music on June 1 at this year's **Pride Celebration in Perth**, featuring a performance by The Commuters — a five-piece rock/disco/funk band whose infectious energy and groove will fill any dance floor. More details are to come, but the day will begin with a display at the Perth Farmers' Market, followed by a talk in the afternoon by Calvin Neufeld. In the evening at the Perth Legion, a dance featuring The Commuters will wrap up the celebrations. Tickets are \$10 in advance (\$15 at the door), \$5 for under 18, and free for kids under 12. Advance tickets are available through PayPal at <lgbltanark.com>.

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or call Charlie - 613-831-6208

All This Fun in One Short Summer?!?

"Sunny day... sweepin' the... clouds away. On my way... to where the air is sweet... Can you tell me how to get, how to get to..." Mississippi Mills! The sun is finally shining with some regularity (must be getting enough fibre!) and your favourite puppet is feeling like summer is just around the corner. (What? No, not Big Bird — me!)

Not to belittle spring, but summer in Mississippi Mills is so jam-packed with things to do, places to go and people to see that I really think we need to plan early and plan hard! Sure, most of the activities are annual festivals, so they should already be on our radar, but summer always seems to pass by quicker than the Coyote with an ACME rocket strapped to his back!

by Miss Mills, Intrepid Puppet Reporter

That's where your old pal and intrepid puppet reporter Miss Mills comes in, helping you plan your summer now! So, you go get your wall calendar, your iPhone, your daytimer, your Post-It Notes, or whatever it takes to plan your schedule, and I'll wait here...

Ok, turn to June and write in big letters, across the entire month: **Bicycle Month!** I don't want to overwhelm you... but if you go to <mmbm.ca> you will see that there are events on 23 days of the month! But don't worry — that is simply to ensure there is something for all ages and skills, whether you're a casual tourist, a commuter, a racer, a bike polo player, or simply an if-I-bike-to-get-ice-cream-it's-calorie-free justifier. We will have more details for you in June, of course, but we want you to be ready! And of course as you bike to work (school, church, chip wagon...) you will want to log your kms into the Silver Chain Challenge, so we can show that Mississippi Mills is the most bike-tastic town around!

In April, flocks of Canada Geese stop at the Almonte Fairgrounds to frolic a bit. In June, it's the Volkswagen aficionados, as **Busfusion** returns June 6–9 <busfusion.com>. I highly recommend dropping in to welcome them to the neighbourhood and check out their buses.

After all that cycling, you will want some relaxation. So start off July by hanging out with your friends, enjoying the Town of Mississippi Mills' **Canada Day** festivities. One of the benefits of living in an area that includes two towns? Two Canada Day celebrations: Pakenham (June 30) and Almonte (July 1).

On July 5, 6 and 7, the festival season really gets going, with the beloved **Almonte Celtfest** coming to town <almonteceltfest.com>.

Talented musicians of all ages play outdoors and in: area pubs on the Friday night, workshops at the Old Town Hall Saturday morning, church on Sunday morning, and in our beautiful natural amphitheatre, Gemmill Park, on Saturday (2–10PM) and Sunday (12–6PM).

A couple of weeks later, from July 19–21, it's time for the **Almonte Fair** <almontefair.ca>! This is an event you should really plan for NOW. Whether you need to tune up your antique tractor, mount your best photos to win a prize, or perfect your baked beans recipe for the cook-off — better start soon! Don't do like I do and realize the week before that you'd meant to make a doll to submit! Perhaps if I just sit myself down and be very still... Hmm...

After the fair comes **Herbfest** (July 28) out at the Herb Garden <herbfest.ca>. Environmental items, natural products, yummy food, educational talks, short massages, funky clothing... all outdoors! It's a great place to wander and bump into friends.

And then... FINALLY! Yes, I know I'm biased, but August 10–11 sees the return of my favourite summer event of all: **Puppets Up! International Puppet Festival** <puppetsup.ca>. This year the



theme is "family reunion". Well, it's ALWAYS a family reunion for me! It is so great to take in the new puppet shows, relive some of the old ones, see the flash and fun of the parades, and just enjoy a little smile therapy, as downtown Almonte is teeming with happy faces, young and old.

The very next weekend (August 17) is the **Pakenham Fall Fair**. Breakfast, bake sale, horse show, fair exhibits, crafts, horticulture, kids' activities... maybe a quick stop at Scoops, ya know, while we're in the area... (Mmm... Scoops. I hear they've already opened, but I haven't made it there yet. A definite oversight.)

It is sad to see the end of August, but when you celebrate it with kilts and bagpipes and snacks?! I always enjoy the **North Lanark Highland Games**, this



Photo by Bob Acton

From Bicycle Month to Celtfest, from Puppets Up! to the Pakenham Fair, Mississippi Mills has it all going on this summer!

year on August 24 <almontehighlandgames.com>. And no, not just because I am short and men are in kilts and I get to see who the REAL Scots are...

Ok, so we've got the summer all planned. While you are waiting for it to start, here are some upcoming events in May:

If you have ever attended an event in Almonte, chances are you've benefitted from the lighting expertise of super-volunteer Ron Caron. And if you've enjoyed the sound of the town clock chiming, then you can thank him as well (for getting it going and for winding it every week). It's time for the town to give him a bit of a thank you, and they're doing it in a very fitting way. Everyone is cordially invited to a ceremony and reception in celebration of the naming of **The Ron Caron Auditorium** in Almonte's Old Town Hall on Friday, May 10, from 5:30–7PM. If possible, RSVP to Bonnie Hawkins by May 6 at 256–1077x21 or <bhawkins@mississippimills.ca>.

May 18 sees the re-opening of the **Almonte Farmers' Market**, in the library parking lot <almontefarmersmarket.ca>. Visit them Saturdays, 8:30AM to 12:30PM. New this year will be kitchen knife sharpening and the Horticulture Society, on opening day and on the third Saturday of following months.

Help support arts education for our youngsters, celebrate the work of Paddy Mann and Al and Glenda Jones, and have a fun elegant musical night out on May 25, at the **Young Awards Gala** <youngawards.ca>. The \$75 ticket gets you a delicious dinner and dessert, an evening packed with entertainment, fun and dancing, and of course the warm fuzzy feeling we get from helping a great cause!

On the very same night, if you are not attending the Gala, then you can always check out the Cantata Singers of Ottawa, presented by **Almonte in Concert** <almonteinconcert.com> — we wouldn't want you to simply stay home, ya know!

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Balladeer Troubadour Comes to MERA

Aengus Finnan, acknowledged as one of the best of Canada's new breed of songwriting troubadours, will make a rare appearance at MERA Schoolhouse on Sunday, May 12, at 2PM. The Dorner-Sullivan family is promoting the concert under the aegis of their "Incident at Shakey Acres" brand, though the event will be held at MERA.

"It's such a great space for music," says Danny Sullivan, "and Aengus is one of my personal favourite singer-songwriters. There are so many great music fans in this area, and I wanted them to get a chance to see him perform." Aengus has only performed rarely in recent years, concentrating his energy instead on founding the Shelter Valley Folk Festival in Grafton (near Cobourg), then taking an administrative position with the Ontario Arts Council.

"I think of Aengus as the iconic balladeer of his generation," Danny continues. "A new Stan Rogers or Gordon Lightfoot. We've seen a lot of our great musical talents and personalities passing on over the last little while — Stompin' Tom, Rita MacNeil, Tam Kearney and others. If you're wondering where the new generation of talented performers is, to me it begins with Aengus Finnan. His songs tell the great stories of the ordinary people of this country — both past and present. And his voice and melodies are the kind that get under your skin and live there, from the first time you hear them."

Aengus's 1999 independent debut CD *Fool's Gold* drew critical praise and included his much requested love song *Lately* (featuring the backing vocals of Juno Award winner Jeny Whiteley), while his 2002 sopho-

more release *North Wind* garnered even more acclaim and showcased his touring band and friends, Trevor Mills and David Rogers, as well as Serena Ryder on backing vocals. From this album, his original songs *Rolling Home* and *O'Shaughnessy's Lament* were awarded the prestigious New Folk Songwriter's Award at the Kerrville Folk Festival in Texas.

For his artistic and humanitarian work in Canada, Aengus was awarded the "Medal in Honour of The Golden Jubilee of Her Majesty Queen Elizabeth II", and has been twice nominated for the Premier's Award for Excellence in the Arts.

His concert at MERA Schoolhouse in McDonald's Corners will begin at 2PM on May 12. Tickets are \$20 and available from Tickets Please at 39 Foster Street in Perth, online at <ticketsplease.ca>, or by phone at 485-6434. For more information or to reserve tickets, phone 268-2376 or email <shakeyacres@hotmail.com>.



Catch Aengus Finnan in concert on May 12

Bicycle Month 2013

Mississippi Mills Bicycle Month (MMBM) is returning again for 2013. After an impossibly long winter, they are back on their bikes and organizing themselves for their fifth year!

MMBM is excited to announce local artist Chandler Swain's *Emancipation* as the signature art piece for 2013.

The art piece is a ceramic plate, personally created for Bicycle Month. The plate depicts an early twentieth-century woman

cycling over the hills of Lanark County. This customized piece is a perfect design to portray the goals of bicycle month, because it encourages anyone to get on a bicycle. Cycling doesn't have to be about spandex and carbon-fibre frames, it can be about practicality, inclusiveness, and egalitarianism, while also being a fun way to travel from place to place. The plate will be incorporated into MMBM's promotional material, which will be highly visible throughout June in Mississippi Mills and at Bicycle Month events!

Join in this June, the fifth anniversary, for a month of bicycle-themed art, culture, tours of the countryside, and of course, fun!

Also, be sure to check out General Fine Craft Art and Design Gallery in June (63 Mill Street in Almonte) to see other versions of the Bicycle Month plate and a bicycle art-related show. Have any ideas for community-oriented events during bicycle month? Feel free to contact them through their website at <mmbm.ca> or by email at <bicyclemonth@gmail.com>.



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OVMF Series Opens with Prism Ensemble Concert in Renfrew on May 26

The Ottawa Valley Music Festival begins its twentieth season of bringing blissful classical music to the Valley on Sunday, May 26, with an intimate performance by renowned Gatineau chamber group The Prism Ensemble.

Under the direction of the new artistic director Peter Morris, the Valley Festival is excited about what will be its most varied season to date. The May concert will feature music for oboe, English horn, bassoon and strings, including compositions by Vivaldi, Mozart and Vaughan Williams, as well as lesser-known pieces by Alan Hovhannes, Francois Devienne and Bernhard Crusell.

The concert takes place at Trinity St. Andrew's United Church in Renfrew on Sunday, May 26, 3PM. Tickets cost \$20 for adults, \$10 for students. Children twelve and under will be admitted free.

For tickets or more information about the Ottawa Valley Music Festival, please call Mary at 649-2429 or Johannes at 433-9457, email <tickets@valleyfestival.ca> or visit <valleyfestival.ca>. You can also Like them on Facebook!

Five Fresh Offerings in the Field

The grass is getting greener at FIELDWORK these days. Buds are bursting. The ground has softened, and all sorts of birds are migrating back to the field, scouting about for some new digs after their long winter sojourns south. Soon they will also be watching with curiosity as five new artists migrate to the site from various parts of Canada to spend time exploring, observing, creating and installing, in preparation for the opening of the 2013 season.

On Saturday, May 18 from 2-4PM, you are invited to join in the spring revelry at the opening of FIELDWORK's sixth season of presenting imaginative art in and around a roadside field. Meet the artists and hear what they have to say about their creative process during a brief introduction to their work at 2:30PM.

The artists presenting work this year are a diverse lot. Winnipeg-based inter-media artist Leah Decter will spend a week on an extended "performance" investigating the relationship and similarities between beaver and human colonization. Remnants of the performance will remain on site and documentation of her

project will be contributed to the FIELDWORK website. Curious visitors are welcome to stop by while she is working to see what she's up to from May 6 to 10.

Saskatchewan's Laura Hale will fly in to spend ten days using materials found on site to create one of her ephemeral environmental landworks. Her work is always about reflection and response to the environment, and it will be interesting to see how the site inspires her.

For those among us with ears to the ground, you'll want to check out Lanark County resident Sheila Macdonald's interactive "eardrum". Intended as part auditorium and part messaging system to the underground, it invites us all to consider the sonic culture of the soil — and to have a bit of fun!

For the creatures looking to move up in the world, Ute Riccius' suburban nests may be the dream homes they are looking for. Her

foam "mobile homes" comment on the suburban sprawl, packaged houses, and artificial perception of choice she witnesses on her home turf of Ottawa.

FIELDWORK Collective member Erin Robertson (from Wakefield) will also be stretching her creative wings in the fifth new spot on the site. Work by several previous FIELDWORK artists will also be continuing through this season. There will be lots to explore.

Spring is a time for rejuvenation and renewal. For the Collective, it also coincides with the development of a refreshing new identity (check out our ad to have a look!).

FIELDWORK is free and open to the public all the time, throughout the year. For more information about the project, visit <fieldworkproject.com>. The Collective extends heartfelt gratitude to the Ontario Arts Council for supporting the project's sixth year.



Let's Build a PLAYGROUND at Queen Elizabeth School

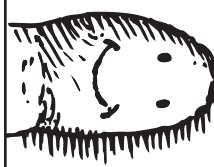


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Friday, May 31st, 2013 Temple's Sugar Camp Restaurant
8pm 1700 Ferguson Falls Rd. Ferguson Falls

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From the Bee Yard

What the Bees Know About Stewardship, Presence and Community

Today we hear a lot about the significance of honey bees as pollinators. In this function, they are vitally important. But I invite you to consider the value of the bees, not just for their usefulness to us, but in how they enrich our lives. I have worked with bees for twelve years as a beekeeper, and as a student of the healing medicine of bees. The more I learn about the life of the hive, the more I understand just how diminished the world would be without them. Three words capture the lessons: stewardship, presence and community.

Stewardship: to be in service, and to be responsible to a greater cause. It calls into question one's attitude to ownership. The bees know that resources belong to everyone. Working with a hive, I know

these bees aren't "mine". The bees are an entity unto themselves. I am in service to them, as each bee in the hive, including the queen bee, is in service to the wellbeing of that hive.

Presence. To work with bees, one must become compatible with them. They require a calm, attentive, quiet and steady stance. When you observe hive activity, you will notice bees are busy, but never hurried.

Community. There is a phenomenon called the "hive mind" — the bees in a hive are attuned to what is required for the wellbeing of the hive. Activities and focus shift, determined by the weather and evolving season. Bees communicate this information through scent and intricate dance movements!

To learn more about hive life, there will be a one-day workshop on June 15 — **What the Bees Know** — at New Life Retreat Centre in Lanark. For details visit <madlinedietrich.com>.

— *Madeline Dietrich is a Lanark County hobby beekeeper, and a student of the healing power of bees. She is also an Integrative Psychotherapist and draws on our connection with nature as part of her therapeutic tool box. She will facilitate the workshop.*



Meet Mom at the Market in May!

On Saturday, May 11, at 8AM sharp, the **Carp Farmers' Market** will open for its 2013 season — just in time for Mother's Day. And, following the tradition of past years, the first hundred moms will be welcomed with a gift of handcrafted goat's milk soap in honour of their special day.

Despite a winter that seemed in no hurry to leave, shoppers can expect to find the usual range of high quality local produce, with some seasonal flourishes.

You'll find cheese, baked goods and preserves, dressings and dips, assorted local meats (beef, lamb, pork, elk, chicken, bison), fresh micro greens, garlic, the spring's first asparagus (Mother Nature permitting), and a wide range of fall root vegetables, through to the products of local craftsmen showing off their pottery, woodworking, artistic, photographic, quilting and sewing skills.

And maple syrup! What would spring be without it? Conditions for this year's harvest were pretty well perfect, resulting in exceptionally high-quality syrup — just right for topping off that special Mother's Day dessert!

With every year that passes, the market grows — and this year is no exception. Vendors offering cold-pressed sunflower oil, hemp cookies, fudge and a new jewellery and pottery booth have joined the market's regulars.

President Bob Dawson emphasises that, while new vendors are always welcome, "we have to be certain that their products meet our standards. Every producer has to be juried in by the market's board to ensure that only the best of local is showcased at the market. You could say that if the market had a signature it would be 'quality'."

Regular season hours are 8AM to 1PM. With an extensive food court catering to every taste, and lots of free parking, the Carp Farmers' Market is open for business and ready to welcome old friends and new, rain or shine.

To keep up-to-date, Like them on Facebook (look for the Carp Farmers' Market page, as opposed to place) or follow them on Twitter at #Carp_Market.



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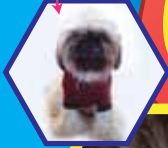
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Brooke Valley Talent

The area known as Brooke Valley was resettled in the late '60s by young people seeking a quiet back-to-the-land lifestyle in which to live and raise their children. Trendsetters without knowing it, they grew their own local organic food and lived simply. Learning from the farmers living around them, they reduced, re-used and recycled long before it became popular.

Over the ensuing years, most residents of this area made their living as artists, carpenters and teachers. They have contributed to many dramatic, artistic, literary and musical events in Perth and the surrounding area.

When these folks needed something they did not have, they created it. When parents wanted a family-centered, co-operative school with a strong emphasis on creativity, they formed Brooke Valley School. This school has been successfully running for over thirty-five years. Employment sometimes being hard to find, the local artists opened a cooperative art gallery for their wares, the Riverguild Fine Crafts, an excellent store located on Gore Street in Perth, also in existence for thirty-five years. Later, the Perth Autumn Studio Tour was launched to showcase the work of local artists, on display in their own studios. The Brooke Valley Spring Tour followed this long line and got underway in 2007.

The Brooke Valley Spring Tour is now in its 7th year. It features many wonderful artists whose work is gathered in two main locations, just three kilometres from each other. Tour-goers can enjoy free chamber music concerts twice daily at Studio 2, partake of delicious desserts and beverages at Studio 3, and buy locally-grown annuals and perennials sold by the parents of Brooke Valley School, also at Studio 3. A map and detailed descriptions of the artists' work can be found at <brookevalleyspringtour.ca>, but for the readers' benefit, here is a brief taste of what can be experienced.

At the home and studio of potter Rita Redner, Studio 1, Rita will have her beautiful and functional stoneware pottery. Familiar guests are Barb Mullally and Robert Pauly. Barbara's passion for the creative process is evident in her work. It reflects her love for jewellery design and fabrication, and her enjoyment in solving technical challenges. Robert is best known for his fanciful cocktail hats, decorated with feathers and handmade silk flowers. He also makes art quilts that explore the use of colour. New this year at Studio 1 is Diane Falvey of Stony Brae Farm with her tasty

homemade preserves, jams and jellies, made from fresh in-season ingredients grown on her farm or locally sourced. Her tasty products are non-certified organic and contain no additives or preservatives.

Studio 2 is the location of the Chamber Music Concerts. Led by bassoonist and conductor Richard Hoenich, the concerts are free of charge and will be held twice daily, at 1:30 and 3PM. They offer an array of chamber music selections by a diverse group of musicians, and will vary each day. Parking is available down the hill from the studio.

Artists, food and plants are featured in Studio 3. This is the home and studio of Anne Chambers, who produces functional pottery for everyday use and special occasions, glazed in colours reflecting her rural environment. Guests include September Scribailo with her encaustic paintings — natural beeswax, damar resin, and pigments. Anais Fritzlan returns this spring with her pleasing and practical purses and bags. A new addition is Susanne Leduc, a jeweller working in the newest jewellery metal, niobium — a lightweight, modestly-priced alternative to gold, that can be coloured, for people with metal sensitivities.

Studio 3 is also the location of the plant sale, a great place to buy your bedding plants while supporting Brooke Valley School at the same time. Desserts and beverages provided by Anna Lianga will be served in a café-style setting on a delightful screened-in porch. Her tasty offerings include gluten-free and vegan options, and there will be organic coffees and teas available.

Altogether, this tour is a wonderful outing for the day. It takes place on the Victoria Day weekend (May 18–20) from 10AM to 5PM each day. Please note that not all studios accept credit/debit cards. If you have any questions, please call 267-8759 or visit <brookevalleyspringtour.ca>.



Find pottery by Anne Chambers (above) and encaustic paintings by September Scribailo (at top) on the Brooke Valley Tour

The Carp Farmers' Market

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The market will be open from 8AM until 1PM from **Saturday May 11th to Saturday October 26th**.

We are open rain or shine, free admission, free parking and wheelchair accessible.

Please visit our website, carpfarmersmarket.com for a full list of vendors, calendar of events, directions and much more.

Find us on
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Playground Fundraiser with James and Jenny

The Playground Committee of Queen Elizabeth Public School in Perth is thrilled to announce a fundraising concert featuring Juno Award-winning musicians James Keelaghan and Jenny Whiteley, to benefit the purchase of a new playground for the school.

The concert takes place on Friday, May 31, starting at 8PM, in the spectacular timber-framed building at Temple's Sugar Camp in Fer-

guson Falls. Temple's is just thirty minutes from Scotiabank Place and fifteen minutes from Perth.

Tickets are \$75 each (you get a \$50 tax receipt) and include hors d'oeuvres and a cash bar. Tickets can be purchased at Queen Elizabeth School (cash or cheque only), 80 Wilson Street in Perth. For those outside of Perth, call 267-2702 to purchase tickets for pick-up at the concert.

Jenny Whiteley has been described as having "one of the sweetest voices in Canadian alt-country and she's got two Juno awards to prove it." (*Metro News*, 2010). James Keelaghan is "known for his lilting baritone voice, his driving rhythm guitar, and a keen sense of scene and narrative, [whose] music bridges traditional folk music with Canadiana." (*Wikipedia*)

"This is a unique opportunity to see two great local artists in a spectacular venue," says event organizer Jordan Kennie. "James and Jenny are committed to helping us ensure our kids have a place to play."

Queen Elizabeth School is a growing school in Perth. Next fall, enrolment is projected to top 400 children — up from under 200 in 2009. The school's parent council is raising \$35,000 to ensure all kids have a playground to play on at recess. Last year a multilevel outdoor classroom with recycled local stumps was added for free play and imagination. With the money raised from this concert, donations and grants, phase two will include a dry-stone river bed with plants to attract butterflies, and a new play structure. This combination of natural playground and unique structure will be a first for Perth.



James Keelaghan and Jenny Whiteley join forces to play a fundraiser to build a playground for Perth's Queen Elizabeth Public School. You'll find them at Temple's Sugar Camp on Friday, May 31.



Adrianna Steele-Card
July 31 1963–April 16 2013

Died after a relatively long battle with cancer.

She leaves behind loving husband Dave, who will cherish her always and never leave her side.

Father Mike, stepfather Emmanuel, stepmother Joyce and siblings Noah, Micah, Elliot, Miranda and Jillian will miss her deeply forever.

She was an accomplished artist, author and illustrator, whose positive, beautiful work will stand the test of time.

Adrianna was a larger than life, rare person who always thought of others first, especially children.

Her caring spirit made this earth a better place and she will be missed.



There will be a **Celebration of Life** ceremony held at the Almonte Old Town Hall, Tuesday May 21 from 2–6PM.

There will be an open microphone and sound system, and it is important to say what's on your mind or sing a song while Adrianna is listening.

Stage fright or tear fright is not an option.

There will be food and drink.



Adrianna's favourite charities were Feed the Children Canada, World Wildlife Federation and cancer research.



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2013 DOWNTOWN SPECIAL EVENTS

May 4th

BIA Free Comic Book Day

May 25th

Wine'd Around Downtown

June 15th

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August 3rd

BIA Bridge Street Bazaar

September 28th

Brett Pearson Run for your Life walk/run

October 26th

BIA Maskeraid Halloween Parade

November 30th

BIA Santa Claus Parade "Toy's Alive"

May-September

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May-October

Farmers Market Saturdays



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Town Singers Swing Back to Big Band Era

The Carleton Place Town Singers will be singing some of your favourite standards at concerts on June 9 and 11. We are finally ready to try two concerts because there are so many people wanting to attend.

Jazz includes many kinds of music — big band, swing, Latin jazz, blues, and soul, for example. My parents danced many miles to most of the songs we will be singing. With no technological toys back in the day, dances and music were the main sources of entertainment. The composers we will be singing include Cole Porter, Irving Berlin, Hoagy Carmichael, Bert Kaempfert, and Johnny Mercer. Our accompanist, Peter Brown, has also written and arranged a song for the choir.

When I was searching iTunes for versions of the songs, I was surprised to see how many artists have sung these standards over the decades. My favourite version of *Stardust* is by Willie Nelson, recorded in the '80s. Peter Brown's favourite version is by Louis Armstrong, recorded in the '30s. Nat King Cole, Ella Fitzgerald, Frank Sinatra, Ray Charles and Tony Bennett are all iconic jazz singers. Harry Connick, Jr. and Michael Bublé are very successful jazz singers today, proving that the genre is alive and well and has had an influence on many other types of music.

The Town Singers are very fortunate to have a healthy number of male vocalists, and this gives great depth to our songs. We are also fortunate to have a number of excellent soloists. They will be adding a wonderful dimension to a number of songs. Once again Tom Kemp will be playing drums for us, and we are adding a bass player in keeping with the jazz theme.

After having young singers involved in our Christmas concert, a number of parents and youth asked Kristine MacLaren to start a junior choir. Kids Town Singers (KTS) started on Monday, April 8, from 6–8PM at St. Andrew's Presbyterian Church in Carleton Place. It will continue weekly until June 24, the night of their first concert. Contact <ktchoir@gmail.com> for more information. The KTS will only have a spring session.

If you are interested in joining the Town Singers for the September–December session, contact <ivydraper@hotmail.com>. In the meantime, we will be presenting two concerts: on Sunday, June 9, and Tuesday, June 11, both at 7PM at St. Andrew's Presbyterian Church in Carleton Place. Tickets cost \$10 and are available from Brush Strokes at 129 Bridge Street, from Dawn at Collins Barrow at 52 Lansdowne Avenue, or by calling Nick at 257–4100. Look for our poster around town!

— Susan Burke



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Quilt Raffle for Perth Community Living

On February 26, the Lanark County Quilters' Guild made their annual gift of a quilt to a local charity for raffling. This year the winning organisation is the Perth Community Living Association. Tickets for the king-sized Japanese-themed quilt will be on sale through the organisation for the next few months, with the draw to

be held at St. John Catholic High School on August 11, the final day of the Guild's Quilts on the Tay festival.

Pictured above are Tania Burns (facilitator), Jackie Barr (Perth Community Living Association) and Anna Cornel (outreach coordinator of the Lanark County Quilters' Guild).



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ARTS &
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TOUR**

**SATURDAY
July 6 2013
10am - 4pm
(Raindate July 7)**

**Tickets
\$25.00 each**

Tickets on sale May 18

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Burritts Rapids
Rideau Woodland Ramble
www.rideauwoodlandramble.com

Perth
Hillside Gardens
www.hillsidegardens.ca

Smiths Falls
Gemmells Garden Centre
www.gemmellsgardencentre.com

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May 2013

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Two Great Granny Events

Great Granny Garage Sale Returns to Perth this Spring

The Lanark County Grannies are very pleased to be holding their Great Granny Garage Sale once again this spring, in Perth on Saturday and Sunday, May 25 and May 26. All proceeds from this mega weekend garage sale will be donated to the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign in support of African grandmothers turning the tide of AIDS in Africa.

The sale will be held at 108 Georgina Street (in Sheridan Estates, just off of Hwy 511, north of Hwy 7), from 8AM to 2PM, rain or shine! Come out and spend time with the Lanark County Grannies and shop, shop, shop for great bargains and special hidden treasures. The Grannies will have something for everyone — gently used books, CDs, VHS tapes, DVDs, antiques, collectibles, furniture, children's items, costume jewellery, and much, much more! Enjoy delicious homemade Granny goodies from the Bake Sale table. There will be cookies, squares, loaves, cakes and more. Browse and find that perfect perennial plant for your garden from the Plant Sale table. The perennials are local and hearty, from Granny gardens, and have been lovingly split and potted for you.

The Lanark County Grannies thank the people of Lanark County for their ongoing support and look forward to seeing everyone for a beautiful May weekend!

Mississippi Grannies Stride to Turn the Tide

Come out and walk with the Mississippi Grannies on Saturday, June 8, in the national Stride to Turn the Tide event. Registration will start at Almonte's Old Town Hall, 14 Bridge Street, at 9AM and the historic walk will start there at 10AM.

This short guided walk will feature Almonte's historic downtown and its 19th century buildings, which were developed to support a thriving textile industry. The pace will be slow; children are welcome. The walk will go ahead, rain or shine. A silent auction table with items of interest will be at the registration site.

This fundraising event is intended to build awareness about HIV and the AIDS pandemic in Africa and to support African grandmothers and

the children in their care. All funds raised by the Mississippi Grannies will go to the Stephen Lewis Foundation and, from there, directly to grassroots projects in Africa. There are now more than 240 granny groups across Canada, all inspired and touched by the strength and tenacity of grandmothers in Africa.

Stride to Turn the Tide, now a national event, started in 2010 when a group of Canadian grandmothers decided to organize walks to show support for their African counterparts. Carole Holmes, Stride co-chair explains: "We stride with our sisters across Canada, in solidarity with our sisters in Africa. They walk every day out of necessity — to collect water and firewood, to make sure their grandchildren are delivered safely to school, to access healthcare at far away clinics, and as home-based care workers who deliver succour and hope to so many living with HIV and AIDS."

If you cannot participate in the walk, you can make a donation to the Grandmothers to Grandmothers Campaign, by sponsoring one of the Mississippi Grannies or you donating online at <grandmotherscampaign.org/events/national-events/stride-to-turn-the-tide>. The Stephen Lewis Foundation will issue tax receipts for donations of \$20 or more. Every donation, no matter how large or small, is appreciated.

For additional information about the walk, please contact Joan Robinson at 256-5995.

Grandmothers to Grandmothers

The Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign seeks to build solidarity, raise awareness and mobilize support in Canada for Africa's grandmothers. Since 2006, some 240 groups of Canadian grandmothers have taken up the call to action. To date, the campaign has raised more than \$13.5 million for African grandmothers and the children in their care. SLF has directed these funds to community-level organizations in fifteen Sub-Saharan African countries that provide grandmothers with much needed support, such as nutritious food, adequate housing and bedding, school fees and supplies for their grandchildren, grief counselling, support groups, and HIV awareness training. To learn more about these organizations please visit <stephenlewisfoundation.org>.

Meet The Authors

Author
Jan Andrews
at TYPS, 65 Mill St.
May 9th at 5PM

Cathy Morgan, author of *Grrrouch!*
an award-winning picture book
which describes dealing with
physical and emotional pain
May 25th from 10-3PM
at Mill Street Books

Book launch for **George Reilly**
author of *Finding Our Way*.
May 11th from 1-3PM
at Mill Street Books

Barbara Fradkin and **Victoria Abbot**
May 23rd at 7:30PM at Palms, 78 Mill St.

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Hey Stuart! Here's what you should know about Almonte...

Enter our writing contest for a chance to win **2 tickets to the Vinyl Café** in Almonte on July 13. Entry forms available with every purchase over \$25. Contest runs May 15-June 5.

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Bittersweet Presents the Allure of AliA

2nd Annual Event for Ovarian Cancer Canada

For the second year in a row, Bittersweet Gallery in Burnstown will showcase the popular designs of Montreal jeweller Anne Marie Chagnon as a fundraiser for Ovarian Cancer Canada. The event will feature a spring trunk show of Chagnon's latest collection, entitled AliA, including some exclusive limited edition designs. Bittersweet has represented the artist since the gallery opened back in 2000, and boasts the largest collection of the jeweller's work outside of Quebec. Chagnon's approach is quite remarkable in that every year she designs a completely new and dynamic collection that always evokes her distinctive style.

At last year's event, gallery owner Cheryl Babineau created candles made by filling empty eggshells with soy and beeswax. The luminous eggs were so well-received that they will again be given as an exclusive gift for those who donate, sponsor or purchase at the event. The egg represents a symbol of fertility, hope, love and the fragility of life.

The "Allure of AliA" marks the second event hosted by the gallery in support of Ovarian Cancer Canada and the Ovarian Cancer Canada Walk of Hope, to help raise awareness of the foundation's goals and objectives. Burnstown resident Denyse Campeau, National Director of Development for Ovarian Cancer Canada, as well as National Capital Region Walk of Hope co-chair Lynn Griffiths, will be on hand to answer questions and raise awareness of the foundation's goals and objectives.

In the spirit of the event, chef Gunnar Guckes of Grassy Bay Getaway in Calabogie will create delectable gourmet hors d'oeuvres for the occasion. There will also be a draw to win an ex-



Cheryl Babineau (left), owner of Bittersweet Gallery in Burnstown, and Denyse Campeau, National Director of Development for Ovarian Cancer Canada, invite you see the latest collection by jeweller Anne Marie Chagnon on June 8

quisite Chagnon piece. The event will also showcase many new works of Bittersweet's stable of artists and introduce several exciting new ones.

Ovarian Cancer Canada

With vague symptoms and no early detection test, ovarian cancer is Canada's most fatal women's cancer. Of the 2,600 women diagnosed with ovarian cancer each year in Canada, 70% will not survive five years. Tragically, it takes the lives of too many of our mothers, sisters and daughters each year, devastating families in its wake. A recent survey of Canadian researchers in the field of ovarian cancer concluded that \$10 million is needed to make significant strides towards a reliable early screening test, improved treatments, and enhancing the quality of life for women living with this disease. Yet a recent study by Charity Intelligence Canada shows that only 2.1% of Canadian donations for cancer are directed at ovarian cancer. Research is the only means to overcoming ovarian cancer, but we also need to continue supporting women living with the disease, and their families, as well as providing education and awareness, for the general public and health care professionals. Unlike so many other causes, the work of Ovarian Cancer Canada is not duplicated by any other group — their work to overcome ovarian cancer and the attention they are now giving to the other gynecological cancers, is unique in Canada.

As another way to support the Walk of Hope, Cheryl Babineau plans to form a team for mini 2.5 and 5k walks, on September 8, that incorporate the labyrinth that is cut into the

lawn at Bittersweet. The rural setting and meditative pattern of the labyrinth will provide a unique and intimate environment for such a walk. She invites interested walkers to join her team or create a team of their own to raise awareness and fundraise by registering to walking the Labyrinth on Leckie Lane. With enough interest or sponsors, the mini-walk could evolve to become the Burnstown/Ottawa-Valley Region Ovarian Cancer Canada Walk of Hope. If you are interested, contact Cheryl by email at <bittersweetartandcraft@gmail.com>.

As incentives to participate in the 2.5/5-km walks, all participants will have their names entered in a draw to win door prizes donated by gallery artists and members of the community. Sculptor Richard Gill will also donate a relief sculpture for the participant who raises the most funds. The walk will take place on Sunday, September 8, coinciding with the National Capital Walk of Hope in Ottawa. To register go to <ovariancanada.org> where more details will appear as plans evolve or visit <burnstown.ca/bittersweet/events>.

In the meantime, The Allure of AliA opens at Bittersweet Fine Craft and Art on June 8, from 11AM to 5PM. The labyrinth will also be open to visitors to explore as a walking site. Less than one hour west of Ottawa en route to Calabogie, Burnstown boasts two fine eateries — the Blackbird Café and Neat Café (which is also a superb live music venue) — as well as the village's notable shops: Artists Cove Gallery, Somethin' Special Gifts and Knutz Ice cream. For more details, call 432-5254 (day) or 433-9990.



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Yoga & Tea Studio Turns 5 with Crystal Bowl Concert

Set back from the road is a quaint Zen-like building, surrounded by fields and tall trees. Many area residents have come to call this place their peaceful sanctuary, a place to exercise their body and mind, and to leave with a sense of renewed spirit and vitality. There must be something to this ancient practice of yoga, and sharing a cup of tea after class, since Yoga & Tea Studio is celebrating five years of offering their services in the Village of Carp.

"People are starting to understand that being healthy is not just about cardio or strength training anymore, but that there is a component of being mentally healthy as well," comments owner Nina Navjit Kaur. "Mental health has been getting the spotlight these days, and both yoga and meditation are known to help how we deal with stress. Let's face it, life isn't going to get any slower, so we need these kinds of tools to help us not just survive, but *thrive*, in our ever-changing world!"

At the Open House on May 25, you can learn more about the over twenty classes offered, and other options such as private sessions, birthday parties, team-building events, and teacher training programs. You can even try some yoga yourself, as classes will be offered throughout the Open House.

"The biggest misconception that people have when they think of yoga is that it is slow-moving and just about flexibility. Then they come to a class and realize, 'Wow! What a complete workout for the body and mind — I don't feel wiped out, I feel alive!'" shares Navjit Kaur. "It's also important to find the right class for your body-type and stage of life."

So whether you are already a Yoga & Tea student, or know nothing about yoga, come on out to the Open House to try a class, enjoy some cake and refreshments, and take in an evening Crystal Bowl Concert with Jeremy Sills. All events are free, but donations are welcome — the funds raised will go to the local food bank. There will also be a silent auction, with items donated by the studio and other local businesses. Space is limited to the classes and concert, so on-line reservations are recommended. For the complete schedule of the day's events, visit <yogaandtea.com> or call 304-6320.

Dance, Sing, Laugh with Celtfest

Almonte Celtfest is hosting a fundraiser that will be well disguised as a fun and energetic **Contra Dance**. The ceilidh celebration "Dance, Sing, Laugh" will be held at the Almonte Civitan Hall on June 8, starting at 7:30PM. The cost is a reasonable \$10 per person.

Celtfest is a major summer event in Almonte, and each year the committee brings amazing musicians, singers, storytellers and dancers to perform on a large covered stage in the natural outdoor amphitheatre of beautiful Gemmill Park. Now in its 17th year, Celtfest offers a weekend of free entertainment featuring Celtic music and dance, including songs and music from the Ottawa Valley. Although the weekend is a free concert, donations by the public are encouraged at the gate.

In an effort to keep the concert free of charge, The Almonte Celtfest Society will be holding a fundraiser contra dance. What is "contra", you ask? Contra dancing is a form of community or folk dancing, where you progress up and down the hall in long lines, dancing with different sets of couples, repeating a sequence of moves guided by a "caller", and ending with your original partner. Contra dancing doesn't require fancy footwork — all you need is to be able to walk briskly forward in time with the strong and lively beat.

Think you can't dance? Sounds too complicated? No problem. All dances will be demonstrated on the floor — from simple circles to squares and contra patterns. A caller leads the dances and will teach each dance before it is actually done to the music. This will give everyone an idea of what to expect, so the movements can be easily executed.

Our caller, Pippa Hall, hails from rural Kars. Pippa brings a warm spirit of welcome and good times to her calling, with experience that covers more than twenty years in small communities such as Saranac Lake (NY) and Derby Line (VT), as well as larger cities such as Ottawa, Montreal and Saskatoon.

Music will be provided by **The Adequates**, a group of talented local session musicians who are all associated with Celtfest. The Adequates have played for many contra dances in the area, including ones in Almonte and Perth.

Between dances, as people rest up for the next set, they will be entertained by **Sounds Sweet**, a talented duo based in Carleton Place. For years, they have been performing their Irish, Scottish and Celtic songs in the Ottawa area. They are known for their "sweet" vocal styles, harmonies and skillful guitar instrumentations. While their repertoire focuses on traditional and contemporary folk and Celtic music styles, don't be surprised if you hear a song from another genre!

The master of ceremonies for the evening will be Almonte raconteur **Eric Pottle**, whose stories are guaranteed to leave you laughing. There will be a cash bar and a silent auction featuring dozens of items donated by local businesses.

So come out for a relaxed but energizing evening of family dancing, music and lots of fun at the Almonte Celtfest Ceilidh Fundraiser. All ages are welcome and beginners are especially encouraged! Dress comfortably (you will get warm!) and bring a pair of indoor shoes (avoid those with sticky soles and high heels). At a contra dance, people from many walks of life come together to dance and socialize.

About Almonte Celtfest

Almonte Celtfest is made possible by the financial and in-kind support of over seventy area businesses and organizations, the Town of Mississippi Mills, Ottawa and Ottawa Valley media, the Department of Canadian Heritage, and all those who come through the gates and leave a donation. In 2012, over one hundred volunteers generously gave their time and energy to ensure that the event ran smoothly and safely. At this year's event there will be a major raffle, with the first prize being a trip for two anywhere Westjet flies!

The Almonte Celtfest Society takes pride in the fact that theirs is the longest-running festival in the area and that, despite the current economic climate, they have managed to keep it a free family event. Your support will continue to make that happen!

The Almonte Celtfest main event will be Saturday, July 6 and Sunday, July 7. For more information, visit <almonteceltfest.com> or contact <almonteceltfest@hotmail.com>.

Youth Art Contest for Lanark County

Lanark County Interval House (LCIH) is excited to announce it is hosting an Art Contest for all Lanark County Youth. LCIH hosts a popular web-based youth violence prevention project called **Truth for Rural Youth** (aka TRY) that is sponsoring the contest. Local youth are encouraged to visit the TRY website at <trylanarkcounty.com>, check out the various topics covered, and then create some kind of artwork that relates to one or more of those topics.

Topics include abuse, teen dating violence, healthy relationships, gender roles, activism and so much more. TRY is asking for any videos, music, written pieces or visual art that Lanark County youth create themselves. Project staff is able to support any youth who might need supplies, such as paints, video cameras and anything else they may need to participate in the contest.

Project coordinator Sarah Bingham notes, "We really want to give our youth a safe way to express the truth about their experiences with these issues. Creating art as a way of expressing yourself is such a powerful tool to validate your own beliefs, feel-

ings and experiences. We're so excited to see what gets created because we've already seen so many amazing things being done by young people in our area. By allowing their peers to share and see that artwork, it helps kids realize they are not alone in their experiences."

Entries must be submitted by 11:59PM on Sunday, May 26. There will be a public Awards Showcase at Carambeck Community Centre in Carleton Place on May 31 to display all of the entries and award three iPad minis. Each of the three categories (Video/Music, Written, and Visual Arts) will have a draw to award an iPad mini to one of the entries.

Local youth can submit as many different entries as they like, and there is no fee or cost involved. All entries will be posted on the TRY website as well as on the TRY Facebook page and YouTube channel, in addition to the public showcase.

For more information please visit <trylanarkcounty.com>, email <stuff@trylanarkcounty.com> or call 257-3469x28.

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Super Sale at First Baptist

Perth's First Baptist Church, at 17 D'Arcy Street, is having a Super Sale on May 18, from 9AM to 1PM, in the yard and the basement. It will also feature a silent auction!

This will be an exciting event for the members of FBC, as it the first time in many years that they have held a fundraiser. As caretakers of an historical building set in the midst of beautiful Perth, all the monies raised will be used to maintain their 125-year-old building.

There will be a variety of goods at the Super Sale, including books, DVDs, household goods, plants, sporting goods, and tools. The silent auction will entice you with such treasures as art, furniture, photographs, and a 12" DeWalt radial-arm saw on a rolling stand.

Perth First Baptist Church History

The first meeting-house on this site was built during the year 1841. Twenty-one members of the Drummond and Beckwith Baptist Churches joined with four from Perth to form the charter membership. The first service was held on October 31, 1842.

Improvements were made over the years as the congregation grew. In 1851 a tower was added, and in 1874 the tuning fork was replaced with an organ. By the early 1880s, talk of a bigger church was heard and the April 28, 1888 issue of the Perth Courier reported: "After standing since 1841 the Baptist Church building has this week been torn down." The cornerstone for the new building was laid in June of that year.

All church business was run by the men of the church. Women at that time were considered to be immature and illogical. Females were left with "the keeping of the meeting house in a decent state of cleanliness." In 1855, women were allowed to attend a covenant meeting but were not allowed to speak, but by 1891 they were permitted to make financial motions.

Lighting was primitive until the 1920s, when the St. Andrew's Presbyterian congregation presented the FBC with new wiring and incandescent lights. The Presbyterians had worshipped in the First Baptist Church for over a year when fire destroyed their church at the corner of Drummond and Craig Streets.

Growth took place after the Second World War. There had been no basement in the church, other than the furnace room. The Baptist youth, with the enthusiasm so prevalent in the young, proposed that they would excavate the basement, and then the Church would finish it. The enthusiasm was catching. At long last, a proper place for church dinners and meetings. The Rev. J. Bee gave leadership to the young people, loading wheelbarrows with earth, trundling them outside via a ramp, through an enlarged window. It is interesting that several of these "young people" are still members of the First Baptist.

First Baptist Church remains a place of worship after 171 years. They look forward to many more years of continuous worship under the leadership of Rev. Juliet Schimpf. "A church in the heart of Perth with a heart for Perth."

FaeryFest Brings Festive Magic to Perth

Creative hearts and minds are buzzing in anticipation of the 3rd annual FaeryFest, a well-loved and growing community event, taking place on Sunday, June 2 at the Perth Civitan building and outdoor grounds. The event has blossomed with each year, now hosting over 52 vendors at a gathering that celebrates all things faery-like: nature, healing, magic and play.

"FaeryFest gives people of all ages a place to play, dress up and have fun," says event organizer Cheryl Sinfield. "Faeries remind us not to take life so seriously!"

And this year's festival offers so many ways to let loose. Families with children can picnic outside or buy a homemade lunch and explore. From kids' storytelling to live bands, to healing sessions and pagan handcrafts — FaeryFest is heaven for both the young and the young at heart.

"It gives people a sense that they can come and show their true colours," says Sinfield, smiling. "No one will think you crazy for turning up in costume!"

Sinfield began FaeryFest in 2011, encouraged by a friend who recognized her passion for faeries. With just thirteen vendors, the event was held at the Lotus Wings healing centre in Perth, and quickly outgrew the venue. Sinfield graduated from Queen's University with a degree in Fine Arts. She crafts and sells faery houses, faery doors and mystical creatures made from natural and random materials. She also runs a successful business as "The Cleaning

Faery" — cleaning your house with a magical touch.

In folklore, faeries are considered the guardians of nature and animals: sparkly-winged, merry little creatures who remind us of the beauty to be found in all things. Although rooted in nature-based traditions, the cele-

light and intrigue. Faeries inspire the "other-worldly", represented by healers, psychics and card readers at the festival. "The atmosphere is incredibly uplifting," says Monika Walker, a young woman who attended last year. "There are so many skilled practitioners and treats for body, mind and soul — you can't help but feel inspired to explore the magic!" Reiki, reflexology, massage and tarot readings are a few of this year's attractions.

Buskers and musical performance also feature in the festival this year, along with a host of children's events. Last year's popular Faery Boat will reappear, in addition to a storytelling tent, kids' crafts, henna, face painting and glitter tattoos. Adults and children alike can visit the Faery Temple, a life-sized faery house to rest in and experience what life is like from the faery side.

Sinfield, a gracious festival host, shares her passion: "When I show someone a faery house I've made and they see that the door really opens and smile — 'It's magic!' — that for me is the essence of what FaeryFest is about."

FaeryFest will be held on Sunday, June 2, from 10AM to 4PM at the Perth Civitan, 6787 County Road 43 in Perth. Suggested admission to the festival is \$2 for adults and \$1 for kids; all admission goes to the Lanark Animal Welfare Society (LAWS). For more information, visit the FaeryFest 2013 Facebook page (for a full list of vendors), or contact Cheryl Sinfield at 283-9877 or <faeriecece@hotmail.com>.



Winged or not... everyone is welcome at FaeryFest on June 2 in Perth!

bration of faeries is non-religious and open to all who wish to honour nature and goodwill.

"And there seem to be many of us!" Sinfield herself is moved by the response to the festival last year. "I couldn't believe how busy it was all day — the parking lot was full! People came from Toronto, from Montreal, from all over — specifically to attend FaeryFest." Last year's festival experienced an inflow of hundreds of visitors.

There is no surprise here, as creators of FaeryFest are known for offering an experience to de-



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Claiming Column

Mississippi Mills Bicycle Month, June
 Pride Celebration, Perth, Jun 1
 Antique Show, Westport, Jun 1-2
 FaeryFest, Perth, Jun 2
 Busfusion, Almonte, Jun 6-9
 Proof, Perth, Jun 6-16
 Contra Dance, Almonte, Jun 8
 Raintree, Almonte, Jun 8
 Stride to Turn the Tide, Almonte, Jun 8
 WALK your PAWS for LAWS, CP, Jun 9
 Doors Open Smiths Falls, Jun 9
 Lambs Down Park Festival, CP, Jun 15
 Silver Creek, Burnstown, Jun 28
 Cantores Celestes Choir, Perth, Jun 29
 Celtfest, Almonte, Jul 6-7
 Blooming Arts & Garden Tour, Carleton Place, Jul 6
 Art in the Barn, Lombardy, Jul 13-14
 Almonte Fair, Jul 19-21
 Stewart Park Festival, Perth, Jul 19-21
 Herbfest, Almonte, Jul 28
 Puppets Up!, Almonte, Aug 10-11
 Highland Games, Almonte, Aug 24

Visual Arts

Open Studio - Living Stones, May 4 & 5, 10AM-5PM. John Schweighardt Studio, Lanark. livingstonesculptures.ca.
Almonte & Area Artists' Assoc Mtg, May 6, 7:30PM. Almonte Library, 4a-artists.ca. Free
Red Trillium Studio Tour, May 11 & 12, 10AM-5PM. W. Carleton. redtrilliumst.com.
Westport Artists' Group, May 14, 8AM. Grist Mill Artist Retreat, Westport.
Flippin' Art Night, May 16, 5-7PM. Phyllis Moore, Mike Clark. Ballygiblin's, CP. 257-2031, artscarletonplace.com. Free
Brooke Valley Spring Tour, May 18-20, 10AM-5PM. brookevalleyspringtour.ca. Brooke Valley. 267-8759
Fieldwork 2013 Exhibition Opening, May 18, 2-4PM. Outdoor art. 2501 Old Brooke Rd., Maberly. 268-2024
Vernissage, May 18, 2-4PM. The Rosamonds: A Woven Family Legacy. Mississippi Valley Textile Museum, Almonte. mvtn.ca.
Meet the Artist, May 19, 2-5PM. Mimi Cabri, ceramics. General Fine Craft, Almonte.
Almonte Quilters' Guild, May 20, 7-9PM. AGM. Almonte Civitan Hall. 256-5858
Art Show & Yard Sale, May 25, 8:30AM-5PM. Lynn Carss, Catherine Arbour, Leslie Williamson. Almonte United Church
Art Show Opening, May 25 & 26, 11AM-5PM. Stephen Rothwell. Artemisia, Westport. 273-8775, artemisia@kingston.net
Lanark County Quilters Guild, May 28, 7PM. Guests: \$3. Perth Lions Hall, 264-9232

Youth

Meet the Author, May 9, 5PM. Jan Andrews (*The Silent Summer of Kyle McGinley*). TYPS Youth Centre, Almonte. 256-9090
Meet the Author, May 25, 10AM-3PM. Cathryn Morgan (*Grrrrrrrr! Pain is Like a Grumpy Bear*). Mill Street Books, Almonte.

Theatre

Nunsense II: The Second Coming, May 2-4, 8PM. Mudds. Tickets at CP Chamber. CP Town Hall. 257-1976. \$20
Don't Dress For Dinner, May 3, 4, 10, 11, 8PM. Prior Players. Tickets at Arnprior Bulk Foods. Christian Education Centre, Arnprior. 623-5585. \$15; \$25 for 2
 O'Brien Theatre Film Group: **A Royal Affair** (May 5, 6); **Searching for Sugar Man** (May 12, 13); **A Late Quartet** (May 19, 20); **The Angels' Share** (May 26, 27). Sundays

WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<p>30</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 The Impossible, Arnprior</p>	<p>31</p> <p>🎵 Brock Zeman, O'Reilly's</p>	<p>1</p> <p>🎵 LCGenealogical Society, Smiths Falls 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Jam w/Dave Balfour, O'Reilly's 🎵 Open Stage, John St. Pub 🎵 Stephen Fearing, Neat Coffee Shop</p>	<p>2</p> <p>🎵 Acoustic Open Jam, Alice's Café 🎵 Ali McCormick, O'Reilly's 📖 Giant Book Sale, Almonte 🎵 Nunsense II, Carleton Place 🎵 Open Mic, Love That Barr 🎵 Rod - The Tribute, Smiths Falls</p>
<p>3</p> <p>🎵 A Royal Affair, Arnprior 📖 Almonte & Area Artists' Mtg, Almonte 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 For a Taste of the County, Almonte 🎵 John Gorka, Perth 🎵 Why Are People Hungry?, Perth</p>	<p>4</p> <p>🎵 Brock Zeman, O'Reilly's 🎵 O'Donovan & McNally, The Cove 🎵 Green Drinks, Perth 🎵 Meditation of Light, Almonte 🎵 The Drowsy Chaperone, Constance Bay</p>	<p>5</p> <p>🎵 Adult Bereavement Group, Perth 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Jam w/Dave Balfour, O'Reilly's 🎵 The Drowsy Chaperone, Constance Bay</p>	<p>6</p> <p>🎵 Acoustic Open Jam, Alice's Café 🎵 Ali McCormick, O'Reilly's 🎵 Bully, Almonte 🎵 Hypnosis/Comedy Show, Arnprior 🎵 Jazz at Bally's, Ballygiblin's 🎵 Meet the Author, Almonte 🎵 Open Mic, Love That Barr 🎵 The Drowsy Chaperone, Constance Bay 🎵 The Stigma of Mental Illness, CP</p>
<p>13</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 PFLAG Meeting, Carleton Place 🎵 Searching for Sugar Man, Arnprior</p>	<p>14</p> <p>🎵 Brock Zeman, O'Reilly's 🎵 Meditation of Light, Almonte 🎵 West Carleton Garden Club, Carp 📖 Westport Artists' Group, Westport</p>	<p>15</p> <p>🎵 Foley Mountain AGM, Westport 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Jam w/Dave Balfour, O'Reilly's</p>	<p>16</p> <p>🎵 50+ Recreational Expo, Lanark 🎵 Acoustic Open Jam, Alice's Café 🎵 Ali McCormick, O'Reilly's 🎵 Blues Jam Night, John St. Pub 📖 Flippin' Art Night, Carleton Place 🎵 Spencer Evans Trio, The Cove 🎵 MVFN Spring Gathering, Almonte 🎵 Open Mic, Love That Barr</p>
<p>20</p> <p>🎵 A Late Quartet, Arnprior 📖 Almonte Quilters' Guild, Almonte 📖 Brooke Valley Spring Tour, Brooke Valley 🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>21</p> <p>🎵 Brock Zeman, O'Reilly's 🎵 Meditation of Light, Almonte</p>	<p>22</p> <p>🎵 Open Celtic Jam, Naismith Pub 🎵 Open Jam w/Dave Balfour, O'Reilly's</p>	<p>23</p> <p>🎵 Acoustic Open Jam, Alice's Café 🎵 Ali McCormick, O'Reilly's 🎵 Spencer Evans Trio, The Cove 🎵 MonkeyJunk CD Release, Neat 📖 Mystery Authors' Night, Almonte 🎵 Open Mic, Love That Barr</p>
<p>27</p> <p>🎵 Almonte Horticultural Soc., Almonte 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 The Angels' Share, Arnprior</p>	<p>28</p> <p>🎵 Brock Zeman, O'Reilly's 📖 Lanark County Quilters, Perth 🎵 Meditation of Light, Almonte</p>	<p>29</p> <p>🎵 Adult Bereavement Group, CP 🎵 Neat SoundCheck, Neat Coffee Shop 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Jam w/Dave Balfour, O'Reilly's</p>	<p>30</p> <p>🎵 Acoustic Open Jam, Alice's Café 🎵 Ali McCormick, O'Reilly's 🎵 Spencer Evans Trio, The Cove 🎵 Open Mic, Love That Barr 🎵 Rock Around: The Musical, SF 🎵 Union Hall AGM, Almonte</p>

Youth

1:30PM, Mondays 7:30PM. O'Brien Theatre, Arnprior. \$10 or multipass.
Sage Age Theatre, May 5, 2PM. Improv. Proceeds to Dental Issues Group. Newboro Community Hall. 273-3546. \$10
The Drowsy Chaperone, May 7-11, 8PM; May 11, 1PM. Rural Root Theatre. \$12/\$15 Constance Bay Com. Centre. 832-1070
Fraser Frase Hypnosis/Comedy Show, May 9, 8PM. John St. Pub, Arnprior. 623-8149, \$20 adv; \$25 at door
Hamlet, May 24, 25 (8PM); May 25-26 (2PM). Valley Players Youth Theatre. Almonte Civitan Hall, 256-9090, valleyplayers.ca. \$10
Live At The Met: Rigoletto, May 25, 1PM. O'Brien Theatre, Arnprior. 622-7682,
Spiritual Cinema Circle, May 26, 2PM. McMartin House, Perth. 267-4819, fp@superaje.com. opt. donation
Rock Around: The Musical, May 30, 31 (7PM); Jun 1 (2 & 7PM). SFDCI production. The Station Theatre, Smiths Falls. 283-0288x2323. \$15/\$10/\$5

Theatre

Freud's Last Session, May 31, 8PM. 9th Hour Theatre Company. W. Ottawa Community Church, Carp. 839-7528. \$15/\$10

Literature

Giant Book Sale, May 2 & 3, 4-7PM. For music program. Naismith Public School, 260 King Street, Almonte. 256-3773
Meet the Author, May 11, 1-3PM, Mill Street Books, Almonte, 256-9090. May 25, 12:30-3PM, Read's Book Shop, CP. George Reilly - *Finding Our Way*.
Poetry Writing Workshop, May 11, 1-2:30PM. W/Mary Pinkoski, Perth Library, 267-1224, lanarklips@hotmail.com. \$5
LIPS Spoken Word Slam, May 17, 7PM. Signup 6:30pm. The Thirsty Moose, CP. lanarklips@hotmail.com. \$5
Mystery Authors' Night, May 23, 7:30PM. Barbara Fradkin, Victoria Abbott Palms Coffee Shop, Almonte. 256-9090

Music

Rod - The Tribute, May 2, 8PM. The Station Theatre, 53 Victoria Ave. Smiths Falls.
Ian Tamblin, May 3, 7:30PM-10PM. ABC Hall, Bolingbroke. 273-8718, \$10
Goulbourn Jubilee Singers, May 4, 7:30PM. Glen Cairn United Church, Kanata. 838-6078, gjsingers.com. \$15/\$10
Kelly Sloan & Ryan Cook, May 4, 8PM. Cedar Hill School House Pakenham. \$20
Smokey Rose & Friends, May 4, 8PM. Songs From The Valley. Studio Theatre, Perth. 485-6434, studiotheatreperth.com. \$25
Swing Into Spring, May 4, 7PM. W/Standing Room Only, dance lessons, silent auction. Perth Civitan Hall, 485-6434. \$25
Aboriginal Hand Drumming Circle, May 5 & 26, 1:30-4PM. Moore House, 170 Bridge St., CP, lanarkdrum@gmail.com.
Fiddler's Friends Concert, May 5, 1PM. \$15 at MMMusicworks, Mill Street Books. Almonte Old Town Hall, 256-3786

Jam-a-thon, May 5, 1:30-6PM. Fundraiser for Blue Skies Fiddle Orchestra. Maberly Community Hall, 273-3986
John Gorka, May 6, 8PM. Singer-songwriter., St Paul's United Church, 25 Gore St. W., Perth. \$30; \$25 at Shadowfax
Sultans of String, May 10, 8PM. GSP fundraiser. Adv tickets (\$2 off) at Shadowfax, St Paul's United Church, Perth. \$22/\$17
Community Potluck/Music Jam, May 11, 5-10PM. ABC Hall, Bolingbroke. 273-2571, \$5 (\$10 family) + potluck dish
Stompin' Tom Tribute, May 11 (8PM), May 12 (2PM). Lyle Dillabough, Freddy Dixon & more. CP Town Hall
White Lake Acoustic Jam, May 11, 7-10PM. White Lake Fire Hall, 256-5439, wlol.ca/home/hot-licks-acoustic-jam. \$5
Aengus Finnan, May 12, 2PM. MERA Schoolhouse, McDonalds Corners. 268-2376, shakeyacres@hotmail.com. \$20

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Astronomy Night, Almonte Ian Tamblin, Bolingbroke Don't Dress For Dinner, Arnprior Giant Book Sale, Almonte Relay-For-Life Fundraiser, Almonte Mubarak Farah & Band, John St. Pub Nunsense II, Carleton Place Home & Living Show, Smiths Falls Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> Freecycle Day, CP Pavlo, Neat Don't Dress For Dinner, Arnprior Driving Wheel, John St. Pub Goulbourn Jubilee Singers, Kanata Handmade Harvest Craft Show, Almonte Head over Heels, The Cove Kelly Sloan & Ryan Cook, Pakenham Smokey Rose & Friends, Perth Open Studio - Living Stones, Lanark Home & Living Show, Smiths Falls Spencer Scharf, Our Place in the 'Prior World Labyrinth Day Walk, CP 	<ul style="list-style-type: none"> A Royal Affair, Arnprior Aboriginal Hand Drumming Circle, CP Flea Market Opens, Almonte Fiddler's Friends Concert, Almonte Hike For Hospice, Perth Hike For Hub Hospice, Almonte Jam-a-thon, Maberly Magnolia Rhythm Kings, The Royal Oak Open Mic w/Kelly Sloan, Ashton Pub Open Studio - Living Stones, Lanark Sage Age Theatre, Newboro Home & Living Show, Smiths Falls Valley Singles Lunch, Portage du Fort
<ul style="list-style-type: none"> Astronomy Night, Almonte Brent & Brodi, John St. Pub Don't Dress For Dinner, Arnprior Auditorium Naming Ceremony, Almonte Sultans of String, Perth The Drowsy Chaperone, Constance Bay 	<ul style="list-style-type: none"> Carp Farmers' Market & Railway Museum open Declan O'Donovan, Neat Coffee Shop Don't Dress For Dinner, Arnprior Garden Of Weeds, John St. Pub Head over Heels, The Cove Meet the Author, Almonte Plant Sales, Almonte, CP Poetry Writing Workshop, Perth Red Trillium Studio Tour, West Carleton Stompin' Tom Tribute, CP The Drowsy Chaperone, Constance Bay Walk for Wildlife, Lanark Acoustic Jam, White Lake 	<ul style="list-style-type: none"> Aengus Finnan, McDonalds Corners APEX Jazz Band, The Royal Oak Jazz Brunch, Fiddleheads Bar & Grill Kathryn Briggs on Piano, Almonte Open Mic w/Kelly Sloan, Ashton Pub Railway Museum Opening, SF Red Trillium Studio Tour, West Carleton Rick Leben, Our Place in the 'Prior Searching for Sugar Man, Arnprior Stompin' Tom Tribute, CP Traditional Song Session, Almonte Yuko's Plant Sale, Carleton Place
<ul style="list-style-type: none"> Astronomy Night, Almonte Fiddlers' Night/Dinner, Almonte LIPS Spoken Word Slam, CP Robin Bank\$ Band, Westport Steve Barrette Trio, Swan at Carp 	<ul style="list-style-type: none"> Vernissage, Almonte Farmers' Market Opens, Almonte & CP Brooke Valley Spring Tour, Brooke Valley Church Sale & Silent Auction, Perth CP & Beckwith Heritage Museum Opens, CP Fieldwork Exhibition Opening, Maberly Head over Heels, The Cove Jazz House Concert, Almonte Mill of Kintail Open, Almonte N. Lanark Museum Opens, Appleton Plant Sales, Perth, Carleton Place Tyler Kealey, Neat Coffee Shop Johnny Spinks, Almonte 	<ul style="list-style-type: none"> A Late Quartet, Arnprior Brooke Valley Spring Tour, Brooke Valley Head over Heels, The Cove Meet the Artist, Almonte Magnolia Rhythm Kings, Royal Oak Open Mic w/Kelly Sloan, Ashton Pub Small World Project, Neat Coffee Yuko's Plant Sale, Carleton Place
<ul style="list-style-type: none"> Astronomy Night, Almonte Brothers Chaffey Band, John St. Pub Christina Martin & Dale Murray, The Cove Hamlet, Almonte MonkeyJunk CD Release, Neat 	<ul style="list-style-type: none"> Art Show & Yard Sale, Almonte Art Show Opening, Westport Cantata Singers of Ottawa, Almonte Gordie Tentrees & Brock Zeman, Neat Great Granny Garage Sale, Perth Hamlet, Almonte Head over Heels, The Cove Live At The Met: Rigoletto, Arnprior Meet the Author, Almonte Meet the Author, Carleton Place Yoga/Crystal Bowls, Carp Patrick Lehman, Smiths Falls Young Awards Gala, Almonte 	<ul style="list-style-type: none"> 2 Cellos, Neat Coffee Shop Aboriginal Hand Drumming Circle, CP APEX Jazz Band, The Royal Oak Art Show Opening, Westport Great Granny Garage Sale, Perth Hamlet, Almonte Jazz Brunch, Fiddleheads Bar & Grill Open Mic w/Kelly Sloan, Ashton Pub Spiritual Cinema Circle, Perth The Angels' Share, Arnprior The Prism Ensemble, Renfrew
<ul style="list-style-type: none"> Andrew McDougall, Perth Astronomy Night, Almonte Freud's Last Session, Carp James Keelaghan/Jenny Whiteley Concert, Lanark Rock Around: The Musical, SF Steve Barrette Trio, The Swan at Carp Debenham Brothers, John St. Pub Low Mileage Band, Our Place in the 'Prior 	<ul style="list-style-type: none"> Artemisia Gallery presents Stephen Rothwell's watercolours <artemisia@kingston.net> [May 25-] Equator Coffee Roasters presents [OLD: Diana Kline's oils involving vintage photos] <equator.ca> FIELDWORK presents new installations <fieldworkproject.com> Fairview Manor Foyer presents Grade 3-6 student work "In the Spirit of Norval Morrisseau" Gallery Perth at Code's Mill presents "Spring into Art" <galleryperth.com> [to May 30] GristMill Gallery presents plein air works by Nicole McGrath <gristmillarts@gmail.com> Kanata Civic Art Gallery presents students [to May 11], Anything But Flowers [May 15-] MVTM presents The Rosamonds: A Woven Family Legacy exhibition [May 14-Jul 20] <mvtm.ca> Palms Coffee Shop presents artist/painter Tim Yearington, potter Richard Skrobecki <palmsonline.ca> Pakenham Public Library presents ILona Monahan The Mississippi Mills Chambers Gallery presents Synthesis II, textile artists The Almonte Library Corridor Gallery presents Linda Hamilton, pen & ink/watercolour 	

Lanark County Genealogical Society, May 1, 7:30PM. Heritage House Museum, 11 Old Sly's Road, Smiths Falls. \$2

Astronomy Night, Fridays, 7:45PM-10PM, Star gazing at Mill of Kintail, Almonte. 256-3610x1, sogrady@mvc.on.ca.

Karaoke Relay-For-Life Fundraiser, May 3, 8-11PM. JR's Restaurant, Almonte. 298-5498. \$10

Smiths Falls Home & Living Show, May 3 (5-9), 4 (10-10), 5 (10-4). 70+ vendors. Smiths Falls Com. Centre, 284-2664

Carleton Place Freecycle Day, May 4, 9AM-1PM. Carambeck Community Centre, CP. 253-8952, Saraheliza3@yahoo.ca. \$4

Handmade Harvest Craft Show, May 4, 10AM-4PM. Almonte Ag Hall. handmade-harvest.com. \$2 (under 16 free)

World Labyrinth Day Walk, May 4, 1PM. Labyrinth, CP & Beckwith Heritage Museum, CP. 257-1014

Hike For Hospice, May 5, Noon. For Lanark Co's Hospice Palliative Care services. Crystal Palace, Perth. 267-6400, chpca.net/hike

Hike For Hub Hospice, May 5, 2-4PM. 2K or 5K trails. For Hub Hospice. Mill of Kintail, Almonte. hubhospice.com

Valley Singles Lunch, May 5, 1PM. 256-8117 or 432-7622. Chez Sonia's, Portage du Fort.

For a Taste of the County, May 6, 6-9:30PM. Food, wine & beer tasting gala. \$10 at Mill St Books, Shadowfax. Almonte Civitan Hall, therapeuticriding.ca.

Why Are People Hungry? May 6, 7PM. Sen. Hugh Segal on income disparity & poverty. PDCI, Perth. Free

Green Drinks, May 7, 5:30PM. Informal meeting of environmental folk. O'Reilly's, Perth. Perthgreendrinks@gmail.com

Meditation of Light, Tuesdays, 7-8:30PM. Mill of Kintail, Almonte. 256-9373. \$15

Adult Bereavement Groups, May 8, (1-3PM, Lanark Lodge, Perth); May 29 (1:30-3:30PM, Waterside Park, CP). 267-6400. Free. rebeccab@chsl.ca

Bully, May 9, 7PM. Film, discussion facilitated by Open Doors. Almonte Old Town Hall, thebullyproject.com. Free

The Stigma of Mental Illness, May 9, 7PM. Dr Heather Stuart, Mental Health and Anti-Stigma Chair. CPTown Hall, 284-0462

Ron Caron Auditorium Naming Ceremony, May 10, 5:30PM-7PM. Almonte Old Town Hall, 256-1077

Walk for Wildlife, May 11, 10:30AM. 1 to 3km trails. Baird Trail, 1024 Herron Mills Rd, Lanark. 264-1196, ssamila@storm.ca, Free

PFLAG Carleton Place, May 13, 7-8:30PM. w/LGBT youth drop-in. Zion-Memorial United Church, CP. 859-0100.

Foley Mountain AGM, May 15, 6PM. GPS demo. Silversides Outdoor Learning Ctr., Foley Mountain Cons. Area, Westport

50+ Recreational Expo, May 16, 10AM-2PM. \$5 lunch w/music. Active Seniors Coalition. Lanark Civitan Club, 492-0291. Free

Church Sale & Silent Auction, May 18, 9AM-1PM. Books, DVDs, household goods, plants, etc. First Baptist Church, Perth

Great Granny Garage Sale, May 25 & 26, 8AM-2PM. For Grandmothers to Grandmothers Campaign. 108 Georgina St., Perth

Open House - Yoga/Crystal Bowls, May 25. Free classes, cake, evening crystal bowl concert. Yoga & Tea, Carp. 304-6320

Union Hall AGM, May 30, 7PM. Union Hall AGM, Talk re bicycle tour of Vietnam, Laos. 1984 Wolf Grove Rd., Almonte.

Visit www.thehummm.com for details on opening dates of museums and farmers' markets, plant sales and horticultural events (sorry — we couldn't fit them all in!)

Kathryn Briggs on Piano, May 12, 4-7PM. For Mother's Day! Cafe Postino, Almonte. 256-6098, cafe-postino.com.

Traditional Song Session, May 12, 2-4PM. The Barley Mow, Almonte. 482-1437, dpbaril@gmail.com

Fiddlers' Night/Dinner, May 17, 6PM. Fundraising dinner, music & dancing. Almonte Civitan Hall, \$12

Robin Bank\$ Band, May 17, 7-11PM. Blues on the Rideau. The Cove, Westport. 1-888-COVE-INN, \$60+tx dinner/show

Jazz House Concert, May 18, 8PM. Maria Hawkins & Steve Groves, Almonte, jazzn.ca. \$20

Cantata Singers of Ottawa, May 25, 8PM. \$25/\$10 at 256-4554 or at the door. Almonte Old Town Hall. almonteinconcert.com.

Patrick Lehman, May 25. The Station Theatre, 53 Victoria Ave. Smiths Falls. patricklehmanmusic.com

The Prism Ensemble, May 26, 3PM. Valley Music Festival. Trinity-St. Andrew's, Renfrew. 649-2429, valleyfestival.ca. \$20/\$10

Andrew McDougall, May 31, 7:30PM. w/ Kirk Armstrong. Full Circle Theatre, Perth. 485-6434, ticketsplease.ca. \$10; \$5 kids

James Keelaghan/Jenny Whiteley Concert, May 31, 8PM. Fundraiser for Queen Elizabeth Public School. Temple's Sugar Bush, Lanark. 267-2702. \$75

The Swan at Carp (Carp, 839-7926): jazz May 3, 17, 31 Steve Barrette Trio, 7-10pm

Downstairs Pub (Almonte, 256-2031): May 18 Johnny Spinks, 9pm

Fiddleheads (Perth, 267-1304): 12-3pm May 12, 26 Jazz Brunch w/Clay Young

The Royal Oak (Kanata, 591-3895): jazz on Sun, no cover May 5, 19 Magnolia Rhythm Kings, 3-6pm May 12, 26 APEX Jazz Band, 2-5pm

Ballygiblin's (CP, 253-7400): jazz, no cover May 9 Brown, Paterson & Robb, 6-9pm

The Cove (Westport, 273-3636): Sat Head over Heels (vocal/guitar duo), 6-9pm

May 7 D. O'Donovan & R. McNally, 7-10pm

May 16, 23, 30 Spencer Evans Trio, 9-11pm

May 19 Head over Heels, 12:30-3:30pm

May 24 C. Martin & D. Murray, 7-10pm

Neat Coffee Shop (Burnstown, 433-3205): 8pm

May 1 Stephen Fearing, \$25

May 4 Pavlo, \$46

May 11 Declan O'Donovan, \$15

May 18 Tyler Kealey, \$15

May 19 Small World Project, \$25

May 23, 24 MonkeyJunk CD Release, \$30

May 25 G. Tentrees & B. Zeman, \$15

May 26 2 Cellos (w/drummer), \$52.50

May 29 SoundCheck open mic

The Naismith Pub (Almonte, 256-6336): Celtic Jam Wed, no charge (7:30-10pm)

Carp Masonic Lodge: Celtic Jam, \$3/\$25 for 3 mos, all levels, Mon (7-9pm).

Ashton Pub (Ashton): Sun Open Mic w/ Kelly Sloan, 2-5pm

O'Reilly's (Perth, 267-7994): 8:30pm. Brock Zeman Tues, Open Jam w/Dave Balfour Wed, Ali McCormick Thurs

Love That Barr (Pakenham, 624-2000): Thurs Open Mic (8pm)

Alice's Village Café (Carp, 470-2233): Thurs Acoustic Open Jam w/Curtis Chaffey (7pm)

The John St. Pub (Arnprior, 623-8149): May 1 Open Stage, 8pm, no cover

May 3 Mubarak Farah & Band, 9pm, \$5

May 4 Driving Wheel, 9pm, \$5

May 10 Brent & Brodi, 9pm, no cover

May 11 Garden of Weeds, 9pm, \$5

May 16 Blues Jam Night, 8pm, no cover

May 24 Brothers Chaffey, 9pm, \$7

May 31 The Debenham Brothers, 9pm, \$5

Our Place in the 'Prior (Arnprior, 622-7763): May 4 Spencer Scharf

May 12 Mother's Day w/Rick Leben

May 31 Low Mileage Band



Ray Billiard (left) and exchange students Charles Wang and Herman Liao at a rehearsal of *Rock Around: The Musical* by SFDCI

The Fabulous Fifties Hit Smiths Falls This Month

Students at Smiths Falls District Collegiate Institute are putting the final touches on their show *Rock Around: The Musical*, set to begin at The Station Theatre in Smiths Falls at the end of May.

"We are keeping with our home-grown approach," said vice-principal Nancy Keech. Once a drama teacher at SFDCI, Keech is well aware of the cost of purchasing a musical script. "The SFDCI musical I wrote two years ago (*High School Rhapsody*) was set in the '80s and was well received by students and audience alike. We thought we would try a different decade this time. Why mess with success?" Keech began writing the script for *Rock Around* in June of 2012, after auditions were held. "It was great knowing who we had in our cast and trying to write parts for each one of their talents," admitted Keech. With choreographer and fellow drama teacher Anita Mitra and music teacher Kristine MacLaren, Keech calls the production group "a dream team".

The plot includes TV Bandstand star Ricky Dark (Tanner Flinn), being sent by the show's producers back to his small hometown of Timbuck Falls to search for new talent. As the town prepares for this important arrival, the audience learns that Ricky Dark has left his mark on the lives of many Timbuck Falls citizens, including his jilted fiancée and local waitress Diana (Megan Hare), and his brother Tony (Clifford Glas). Large cast dance numbers include *Rock Around the Clock* and *At the Hop*. Other songs include: *Wake up Little Susie*, *Sh-boom* and *Mister Sandman*. The group is overjoyed to have well-known pianist Peter Brown as accompanist.

The group will hold two matinee performances at Station Theatre for elementary feeder schools on May 29 and 30. There will be four performances open to the community: May 30, 31 and June 1 at 7PM, and a matinee performance on June 1 at 2PM. Tickets are \$15 for adults, \$10 for seniors/students and \$5 for children (under age 14). Please contact Heather Campbell at SFDCI at 283-0288x2323 for more information.

SUPER SALE

First Baptist Church

17 D'Arcy Street, Perth

May 18, 9:00 am - 1:00 pm

Bake Table
Books/DVD's
Household Goods
Perennials/Plants
Sporting Goods
Tools

Silent Auction

Art Work
Furniture
Photos
12" De Watt Radial Arm Saw on Rolling Stand

theHumm Review

Finding Our Way

George Reilly's *Finding Our Way: From the Past to the Present in Personal Growth*

If you've ever visited a psychotherapist or other counsellor, you might know the experience of seeing a fellow patient in the waiting room and the glance that occurs on such a meeting.

by Jacob Berkowitz

In my experience, it's a glance of recognition — one between two people who, whether awkwardly or at peace with it, see in the other something more than is usually revealed. Simply by our presence in that waiting room, we expose deeper layers of ourselves, ones that we usually keep hidden, protected.

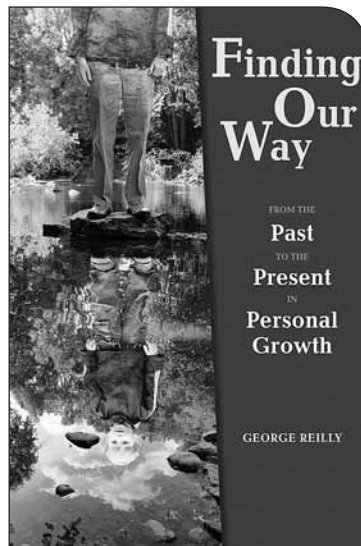
I thought of this moment while reading George Reilly's heartening and deeply enlightening book *Finding Our Way*, a distillation of his more than four decades as both a psychotherapist and (as is due course for therapists) as a person exploring the circuitous path of his own way.

While reading, I imagined how Reilly might see one of the hundreds of patients who walked through his door — not with the waiting room glance, but with the familiar, warm, empathetic look of someone greeting another soul, in all that soul's complexity.

Finding Our Way reveals Reilly as a seer. While most of us live lives that are a mixture of illusion, self-delusion and avoidance, *Finding Our Way* embraces the messiness of the human journey with a loving, caring eye. As a seer, Reilly's writing bridges worlds of otherwise disparate experience — our childhood and adult selves, the body and the feelings — helping us to bring them into awareness as parts of our own whole.

Central to his approach is Reilly's understanding of the nature of depression. What many counsellors (and most physicians) treat as pathology, the author identifies as possibility; indeed, the very beacon that lights the way to meaning in our lives.

Through listening to and guiding clients who were depressed, suicidal, alcoholic, and/or dealing with past and present sexual and physical abuse, Reilly



Meet author George Reilly on May 11 at 1PM at Mill Street Books in Almonte

has come to see depression not as a primarily neurochemical disorder, but as the natural outcome of earlier psychological survival techniques.

We repress — often as children — overwhelmingly painful situations, whose memory we later suppress. The result is a well of subconscious pain that we carry sloshing around within us, until it gradually draws us down into depression.

For Reilly, the moment of depression isn't the problem, but rather the opportunity. Depression emerges when the mind and body are prepared to, or forced to, face submerged pains.

The pain is the path to wholeness.

This is clearly a contrarian view to the pop-culture depiction of depression that offers pills to numb pain, or childish wish fulfillment approaches of positive thinking; both of which simply represent further repression or avoidance.

Through his therapeutic practice, Reilly describes how he came to see a four-part process to moving out of the stuck-ness of depression or anxiety: awareness, acceptance, containment, and self-expression. These aren't offered in a quick fix, self-help format, but rather they emerge as part of Reilly's often-conversational and engaging account of his own intellectual and professional development as a therapist.

In this way we share the author's journey, including his moments of insight, which are often related to wonderful wordplay. He succinctly captures the nature of shame in telling the story of a reverie in which he saw the word in two parts: "sh-" as in the finger-to-the-lips hush sound, and "-âme" French for "soul" — shame as literally a silencing of the soul.

Throughout, Reilly's tone is remarkable for its humility and the empathy with which he recounts and addresses his own learning and growth, and that of the individuals whose stories he relates.

Upon finishing *Finding Our Way* I was left with a sense of peace which, on reflection, I realized was the book's great gift. In sharing his professional story and perspective, Reilly the seer helps us empathetically see ourselves for who we are — finding our way, with the good fortune to have George Reilly along with us on the journey.

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Raintree Returns with *Terra Firma*

Those who enjoy eclectic world beat music combined with an image and light show will be eagerly anticipating the return of the Raintree project this June. Their newest creation, *Terra Firma: Songs of Earth and Sky*, will be performed at the Almonte Old Town Hall on Saturday, June 8, at 7:30PM. An evening with Raintree is much more than watching talented musicians playing songs on stage — it's a musical adventure. Expectations for "normal" rock-folk song structures are best left at the door. The music is a warm earthy blend of world folk music drawing on Celtic/African/Latin rhythms as well as classical elements, smoothly synergized and delivered.

Ian Douglas and Steve Reside, the creative forces behind the show, promise brand new material along with cinematic visuals. The show follows on from their *Map to Nowhere* show, a sonic and visual feast that played to a sold-out town hall last March. "This year we're going to 'amp' up the theatrical element," says Ian. "We want to inspire people, stretch them ... take them on a journey and stamp their passport."

Ian and Steve, who both live in Almonte, form the core of the band and co-write the material. They founded Raintree in 1994 and, fueled by similar musical visions, began mounting local shows the following year. In the 1990s they presented *Celebration*, followed by *Secret Light*, and later *Alchemy* in both 1998 and 2000. In each production they pushed the boundaries by adding variety through visual effects, dancers, and other artists. Cinematic elements projected on screen have been included last year and this.

It's another Raintree signature to name each show, choosing words that resonate with the music and evoke a sense of mystery, energy, and imagination. *Terra Firma* connects strongly to earthy tones and moods and puts one in mind, perhaps, of those old explorer maps of the world. Imagine a tree, firmly rooted in the ground, swaying in the wind, reshaped by the elements and the world around it... a metaphor for a rhythmic drum and bass foundation, above which ethereal voices, violin and piano shimmer.



On stage with Ian and Steve will be the same musicians as last year: Brad Basnett on bass (another local resident who has become the third full-time member of the band), Julie Larocque contributing her sweet

and otherworldly soprano, Ken Harper on drums and bodhran, and Greg Brown on violin and accordion. The latter are both well known in the Ottawa folk music scene, lending their talents to various projects and recordings as well as teaching.

Steve, who considers himself primarily a vocalist, grew up singing in a choir and listening to the Beatles and Bruce Cockburn. His adventurous spirit has always taken him to new places that extend well beyond the attic studio where they create and rehearse. Ian, having a classical piano background, composes on the keyboard and counts among his musical influences names like Peter Gabriel, Pat Metheny, and David Sylvian, with a nod to '70s progressive rock such as Pink Floyd and the like. In truth, both are talented multi-instrumentalists, able to play guitar, keyboards and percussion, as well as sing. Nicely blended male and female voices — Steve and Julie particularly — are a key ingredient to the Raintree chemistry. "We have the right mix of people to perform our music," says Ian.

The Old Town Hall is an ideal venue for such events, with its warm décor steeped in history and tradition. The hall has both good acoustics and good lighting, and a spacious stage that's well suited to their visual requirements. Plus, says Ian with a grin, they get to play the stunning in-house Steinway grand piano for the evening. Although, as they joke, they have to draw straws to decide which of them gets to play it. Something not left to chance is the sound production. They are fortunate to count as a personal friend Ken Friesen, the professional sound engineer who did the audio at last year's show and will be on hand again for *Terra Firma*. Ken has done live mixing for acts ranging from the NAC Orchestra to Bruce Cockburn, Max Webster to Holly Cole, and also has numerous studio, television, and radio sound credits on his résumé.

The band is excited about the new material they've been working on, which will be augmented by some from last year's show, as well as their 2006 CD *Songs of Eden*. They promise a few covers as



Ian Douglas (above) and Steve Reside (left) bring their Raintree ensemble to Almonte on June 8

well. Last year they delighted the audience with a lighthearted version of *Walking on the Moon* by The Police. "We crave variety," says Steve, "and we agonize over set lists!" This translates to: they have high standards and they want everything to be just right.

Preparing a show of this magnitude and complexity in one's spare time takes a tremendous amount of commitment and energy. Once you've gone to all that work, wouldn't additional performances make sense? Could the show be taken on the road? Ian says they are considering additional shows, as long as the venue lends itself to the visual and cinematic requirements of their show. Musical hot spots such as the Perth Studio Theatre, the NAC 4th Stage, or possibly Neat Café in Burnstown come to mind. Later this year the band hopes to return to the studio to make another recording. As if they are not busy enough — Ian and Steve are both members of another local band, The Ragged Flowers, which has reformed after a few years on hiatus. These folks have creative energy to burn, which is good news for the rest of us.

At the moment though, *Terra Firma* is a one-off, so don't miss it. Tickets, \$22, are available through their website at <raintreemusic.com>. The band history and timeline can also be found on Facebook, where, you can "Like" them should you be so inclined. The better alternative is to actually like them live in concert.

— Rick Scholes

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Tue. May 7 **Declan O'Donovan & Ryan McNally**, Roots from Whitehorse, 7-10

Fri. May 10 **Thai Night**, Table d'hôte Series, 4 course meal, 2 seatings 6 & 7:30, \$35, Reservations suggested

Sun. May 12 **Mother's Day Brunch Buffet**, 10am-1pm, Reservations suggested

Thu. May 16, 23 & 30 The return of **Jazz Night** with Spencer Evans Trio, 9-11

Fri. May 17 Blues on the Rideau with **Robin Banks Band**, \$60/person Buffet and Show, 7-11, Reservations only

Sun. May 19 **Head Over Heels**, Vocal Guitar Duo on the Patio!, 12:30-3:30

Fri. May 24 **Christina Martin & Dale Murray**, Folk duo, Nova Scotia, 7-10

Colouring and Costuming the Classics of Broadway

Some people walk through life with what can only be described as a special eye. They perceive everything about the visual elements, from colour and style to the appropriateness of a shirt's fit or the shape of a moustache. Inevitably, they wind up in a profession where attention to that kind of detail contributes to the overall success of a project, whether it be the staging of a house or the production of a play.

For Almonte's Renate Seiler, it's those skills that she will be bringing to her first gig with the **Classic Theatre Festival**, the Perth-based professional company that produces classic hits from the golden age of Broadway and the London Stage. Seiler is looking forward to working as the costume designer, alongside the rest of the artistic team, for the two summer productions of Neil Simon's comedy *The Star-Spangled Girl* and Leslie Stevens' marital mayhem farce, *The Marriage-Go-Round*.

While audiences often appreciate the clothing worn by actors, most do not realize the amount of research and discussion that goes into the costuming. As someone who studied history and drama in university (and who also specializes in languages), Seiler brings her range of talents (as well as a considerable costume wardrobe) to discussions with artistic producer and director Laurel Smith. How each character will appear as it develops, from hair stylings to costume changes, is all taken into consideration.

For Seiler, costume design is an exciting undertaking that comes naturally. When she was a young girl, she could not afford to buy clothes for her dolls, so she had to make her own. It's an intuitive talent that has led to a lifetime of design work for a number of local community theatres, as well as work as a home stager, professional organizer and colour consultant.

Her kids had attended Perth & District Collegiate Institute during an era when the drama program, under director Carolee Mason, won wide recognition for the quality of its student productions. Seiler contributed seven years of work to the program as the head of wardrobe, costume advisor and costume designer. Seiler designed the costumes for the inaugural production of the new Smiths Falls Station Theatre (a production of Norm Foster's *Jasper Station*), as well as the Perth world premiere of *Open House: The Opera*.



Renate Seiler will be creating costumes for this year's Classic Theatre Festival plays

When she reads a play and begins thinking about design, she never watches the movie version, as she does not wish to rehash what has already been done. Following research, she develops a costume plot, and then pulls selections from her extensive costume wardrobe. Seiler also enjoys the exploration of character development through colour.

"Say a basic colour for the character is purple, so she may start off in a mauve colour and, as her character comes into her own or reaches that point where she is truly herself, her costume colours change as they become darker and more purple." She also plays with the idea of how characters influence each other,

and enjoys the use of "visual puns" connected to a character's speech or the play's title.

While actors are ultimately responsible for engaging the audience, not everyone appreciates the behind-the-scenes work of the director, the designers, and the stage manager, all of whom work together to create a seamless experience. Seiler acknowledges that much of her work is subliminal, contributing to the authenticity of a production through visual effects.

Seiler, whose extensive résumé includes curator for the Victoria School Museum in Carleton Place, also has a degree in languages, which has come in handy when she's been called on to assist as a language coach with productions at the National Theatre School in Montreal and Canadian Stage Company in Toronto.

If shoppers see someone taking a large number of interesting looking costumes out of a Value Village store this summer, they might be forgiven for thinking it is Seiler, who is never one to miss an opportunity to add to her costume collection. She recalls one such purchase while working on *My Fair Lady*, when she found fourteen ball gowns that turned out to be the perfect fit for the women in the beloved musical.

"I love the creativity of costume design, the use of colour, the interpretation of the play, and the historic research with each play" she says, noting that this summer's audiences may remember well the way they dressed in 1958 and 1966, the two periods in which the Classic Theatre Festival's plays are set.

Tickets for the CTF are on sale now; the Early Bird Special allows purchasers to enjoy savings now and then choose their dates closer to summer. They also offer a Season Pass and a variety of Get-away Packages. For more information, see classictheatre.ca or call 1-877-283-1283.

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The Smiths Falls Detached Lockstation and Railway Bridge (photo by Simon Lunn)

Smiths Falls Sites Open Their Doors

Have you walked through the Smiths Falls location of the Perth & Smiths Falls District Hospital since the most recent renovations took place? Or viewed the blueprints and the “newly” renovated entrances for the condo apartments at the Gallipeau Centre? Or toured the Council Chamber of the Smiths Falls Town Hall with its horseshoe-shaped layout?

On Sunday, June 9, you will have the opportunity to visit these facilities and more, as nineteen sites in the area open their doors to the public at no charge, as part of Doors Open Smiths Falls 2013.

Doors Open (La Journée Portes Ouvertes) originated in France in 1984, with the concept soon spreading to neighbouring countries like the Netherlands, the Republic of Ireland, Belgium and Scotland. The first Doors Open event in North America took place in Toronto in 2000. Two years later, Doors Open Ontario was launched by the Ontario Heritage Trust. In 2013, Smiths Falls will be among 55 communities across the province hosting a Doors Open event from April to October. This is the 11th year the town has participated in the program.

Taking place from 10AM to 4PM (hours may differ at some locations), the free event will focus on the Doors Open Ontario provincial theme: Cultural Expressions. Visitors will experience live theatre, see local artists display their work, listen to music, enjoy roaming bagpipes, and much more.

New sites and activities added to the lineup include the renovated Perth and Smiths Falls District Hospital; the Council Chamber at Town Hall — town councillors will be present, and antique fire trucks and the new T-Rex fire truck will be on display in front of the Town Hall; and local artists along Russell Street, between the Rideau Winery and Davidson's Courtyard, as Russell Street Village presents “Art Journey”. Montague Agricultural Museum, with its collection of 18th and 19th century food and agricultural ar-

tifacts and a special exhibition of 19th century farm photographs, will also be part of Doors Open.

Other new partners welcomed this year are the REAL Deal Reuse Store and Environment Centre and the Smiths Falls Local Immigration Partnership (LIP) Project.

“We are absolutely delighted to welcome new community partners for Doors Open Smiths Falls 2013,” says Lynne Clifford-Ward, coordinator of the event and the Town of Smiths Falls’ Cultural Planner.

Along with the new locations there are many familiar sites on the program, such as Heritage House Museum, the Railway Museum of Eastern Ontario, and the Smiths Falls Carnegie Public Library. Others include The Station Theatre, Gallipeau Centre and Hart Laundry Services, Parks Canada Gate Shop where the enormous Rideau Canal Lock gates are made, Masonic Lodge, Trinity United Church, Westminster Presbyterian Church, JACK FM, and Hillcrest Cemetery.

Trails Open will launch the day with a guided two-hour walk, which begins at 10AM at the Railway Museum. The Municipal Heritage Committee will offer a twilight walk at 7PM, which will focus on “The Industrial Heritage of Smiths Falls”.

The 2012 event attracted more than 2,000 visitors to the 17 sites featured, and Clifford-Ward is hoping for a similar turnout this year.

“The Committee is working hard to create another memorable Doors Open on June 9,” she states. “Interesting sites, great music and performers, demonstrations, guided walks — it will be a great full day. All free! Come out, explore, enjoy and be a tourist in your own town. We are sure you will be glad you did!”

Mark your calendar June 9 for a great day in Smiths Falls — we will welcome you with our “Doors Open”! For more information on Doors Open Smiths Falls 2013, visit doorsopenontario.on.ca, or call Lynne Clifford-Ward at 283-4124x1150.

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Don't Let Back Pain Ruin Your Golf Game!

Golf is considered a relatively gentle sport accessible to all ages, but if you have ever golfed 18 holes and ended up with back pain, you are not alone.

A golf swing can impart rotational and compressive forces of up to eight times your body weight on the lower back. If your body is not properly conditioned and strengthened it is likely to succumb to injury. Injury occurs at the weakest link; this is most commonly the back, shoulders, wrists or feet.

So how can you ensure a pain free golf season? Here are a few tips:

1. Prepare now! Get conditioned; start walking. Did you know that you can walk up to 7km during a single golf game? Then add 20lbs for your golf bag!
2. Stretch! A golf swing requires flexibility, especially in the shoulders, hips and mid back. Limitations in these joints can lead to poor mechanics and pain.
3. Resistance Train. Balanced muscle groups may improve accuracy and yardage.
4. Always warm up and cool down. Proper pre-game techniques involve more than just a few static stretches.
5. Stay hydrated during your game. Alcohol does not count. Sorry.
6. Use a wheeled cart for heavier clubs. Push, don't pull your 'pull cart'!
7. Take care of your feet. Did you know that they make orthotics especially for golfers? Fatigued feet can affect your game.

Golf is a fantastic game, but players shouldn't underestimate the potential for injuries that every golf swing can bring. Get prepared.



Dr. Jennifer Fergusson
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www.handsonehealing.ca

MVFN Spring Banquet: Celebrating 25 years!

The Mississippi Valley Field Naturalists (MVFN), born in the spring of 1988, will celebrate their 25th anniversary at their fourth annual banquet: Spring Gathering 2013. The keynote presentation, titled "Looking Back and Looking Ahead: Nurturing Our National Nature," will be given by Éric Hébert-Daly, the National Executive Director of the Canadian Parks and Wilderness Society.

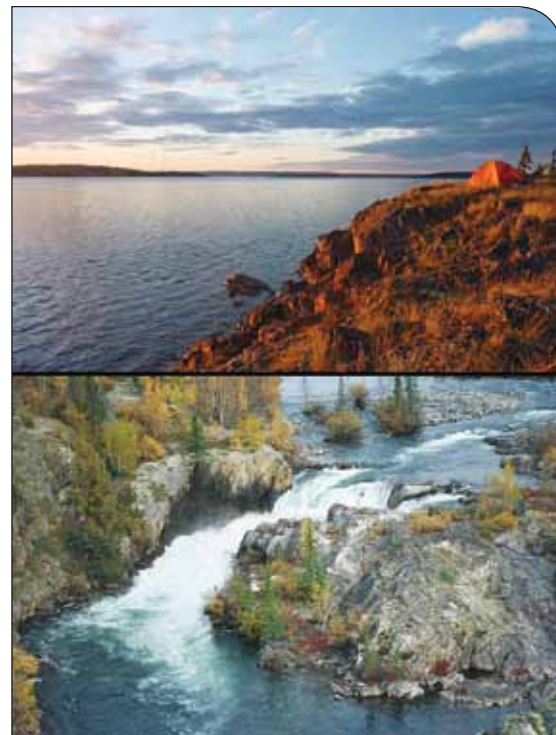
Regardless of the nature of our passion, it seems that we often fail to fully appreciate one accomplishment before moving on to the next task, and we seldom reflect sufficiently upon the path of past successes. This is an opportunity to celebrate our spectacular national, provincial and territorial parks, and to reflect on the protection of these natural treasures.

Looking back... who were the people, what were the events, and which places stand out in our history of natural heritage conservation? Take our national parks, for example. Our first national park, Banff, was created in 1885, when tourism and commercialization were its key mandates. It was not until the National Parks Act of 1930 that our parks became places of preservation. Further, 2013 marks the 25th anniversary of the adoption of ecological integrity as the guiding principle for managing our national parks. These are but a few of the many milestones in our 128-year national park history. What other landmark events can you recall?

Looking ahead to 2038 — the next 25 years — how should we proceed to nurture our national nature? Which elements of our natural heritage most need our attention? What have we learned about nurturing it over the last quarter-century? There has been a major shift in our understanding of best practices for shaping our natural legacy, as Éric will describe. How do we fit into this picture?

MVFN invites you to Spring Gathering 2013, to look back and look ahead along the path of nature conservation, while enjoying a showcase of gorgeous samples of Canada's natural beauty — places that most of us will know through photographs alone.

The Spring Gathering will take place on Thursday, May 16, at the Almonte Civitan Hall, 500 Almonte Street (just west of Highway 29) in, you guessed it,



The stunning landscape of proposed Thaydene Nene National Park—over 33,000 km² of boreal and tundra landscape located around and beyond the shores of the East Arm of Great Slave Lake, Northwest Territories. The Canadian Parks and Wilderness Society is working to build the public support necessary to permanently protect it, through a partnership between the Lutsel Ke Dene First Nation and Parks Canada (photos courtesy Clara Hughes, top; David Murray, bottom).

Almonte. The reception will begin at 6PM, and at 6:45 the banquet will take place, followed by the presentation. Tickets (\$30), which must be purchased by May 10, will be available in Almonte at Gilligallou Bird, in Carleton Place at Read's Book Shop, in Lanark at Lanark Living Realty, and in Perth at The Office. Please contact MVFN's Brenda Boyd at 256-2706 for ticket information.

— Cathy Keddy, MVFN Program Chair

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Or call 613.283.4124 x 1184



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Take a Walk on the Wild Side

Join the Canadian Wildlife Federation (CWF) and the Rideau Trail Association (RTA) at the Baird Trail on Saturday, May 11, for the annual **Walk for Wildlife**. Registration starts at 10:30AM and the walk will be underway by 11AM. The Baird Trail, a scenic woodland area, is approximately 20km north of Perth at 1024 Heron Mills Road (Lanark County Road 8). There is no registration fee to participate.

The walk will be guided by a professional naturalist or guide, through woodlands and a beaver meadow, on a well-marked trail. The pace will be slow. The route is appropriate for most age groups, as there are different loops, from one to three kilometres in length. Children are welcome, so come out with the family and enjoy the beauty of nature, but please leave your dog at home — if we are lucky we may catch some glimpses of wildlife.

Please wear appropriate footwear (such as hiking shoes or runners) and protective clothing. You should also bring some drinking water, a snack or lunch, bug spray, sun protection and/or rain gear.

You may also wish to bring your camera and binoculars. The walk will go ahead, rain or shine.

The CWF Walk for Wildlife encourages all Canadians to get outside and explore the beauty of the wildlife and natural spaces in their own region. Participants can add the number of kilometres they walk to the national tally by logging them online at <WalkforWildlife.ca>. The goal is to log 15,000 (or more) kilometres across the country, creating national awareness about Canadian habitats and the wildlife that calls them home. CWF will be counting kilometres until May 22, the International Day for Biological Diversity. People unable to join the walk on May 11 can still be a part of the Walk for Wildlife by hiking on a nature trail, strolling through a park or par-

ticipating in any number of other outdoor activities that will allow them to connect with native animals, plants and habitats.

“By encouraging people to get acquainted with some of the iconic species and scenic places that exist right across the country, we want to inspire Canadians to an even greater commitment to wildlife and habitat conservation,” explains Wade Luzny, CWF’s CEO and Executive Vice-President. “We want to leave a lasting legacy, not only for wildlife but also for our children.”



Photo by Pat Batchelor

RTA Wednesday Walkers crossing the beaver pond meadow on the Baird Trail in March 2013. Come and see what the view looks like in May!

In addition to creating awareness about wildlife and habitat conservation, there are many other benefits to participating in the Walk for Wildlife. For example, walking is part of a healthy lifestyle and participating in this Walk will help you get some exercise while enjoying the nature that surrounds you. You may also gain a new appreciation for the natural spaces in Lanark County, or if you have not yet visited the Baird Trail, you can venture into a new area. And getting together in the great outdoors is a wonderful way to reconnect with family and friends or to meet people with similar interests.

For additional information, please contact RTA member, Susan Samila at 264-1196 or <ssamila@storm.ca>.

— Mary Robinson, RTA member

Tasty Fundraiser for Therapeutic Riding

Monday, May 6, is the date of the 7th annual Food, Beer and Wine Gala — **For a Taste of the County** — at the Almonte Civitan, starting at 6PM. There is an incredible line-up of food and beer providers this year, including: The Good Food Company, Café Postino, Ballygiblin’s, Foodies Fine Foods, Fulton’s, the Heirloom Café, Slakonis, Don’s Meat Market, Beau’s Beer, The Valley BBQ and Constellation Wines. This yearly fundraiser will once again feature an extensive silent auction, with all proceeds going directly to the Therapeutic Riding Program.

The Riding Program is a non-profit charitable organization that does not receive any ongoing government funding, and is supported mostly by fundraising events and activities. They are excited to be celebrating

their 27th year of offering riding as therapy for more than 148 riders, with physical and/or developmental disabilities, from all over the Ottawa Valley. This would not be possible without the wonderful community support for their fundraising events.

Please plan to attend this great event and help support the riders. Details about this and other events can be found at <therapeuticriding.ca>. You can also “Like” them on Facebook at The Lanark County Therapeutic Riding Program!

Tickets are \$10 and are on sale in Carleton Place at Lanark Community Programs, Valley BBQ and Read’s Book Store. They are also available in Perth at Shadowfax and at Mill Street Books in Almonte. For details and reservations, call 257-7121 x238.

— Amy Booth

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Does local history interest you? Have you been to the Silver Queen Mine?

We are looking for festival volunteers from teens to seniors to assist with our programs this summer. Volunteer shifts are available on weekends from June until October at Heritage Mica Days at Murphys Point Provincial Park. Full training is provided.

Benefits include:

- Guided tour of the Silver Queen Mine
- Volunteer t-shirt
- Complimentary full day pass to the park on the day of your volunteer work
- Opportunity to wear heritage clothing as a costumed interpreter on some occasions
- Meet new people and learn new skills



Volunteer training will be held on Saturday June 15 and includes a free BBQ lunch for all volunteers. Please contact Beth for further information about volunteer opportunities at eventsmurphys@ripnet.com or 613-267-5340.

Website: www.heritagemicadays.ca

Email: eventsmurphys@ripnet.com

Phone: 613-267-5340





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Available online (almonteinconcert.com) and at:
Mill Street Books - 52 Mill Street, Almonte
Remembrance Gift Shop - 141 Bridge Street, Carleton Place
Tickets Please (at Jo's Clothes) - 39 Foster Street, Perth

VALLEY PLAYERS

Youth Theatre Presents:

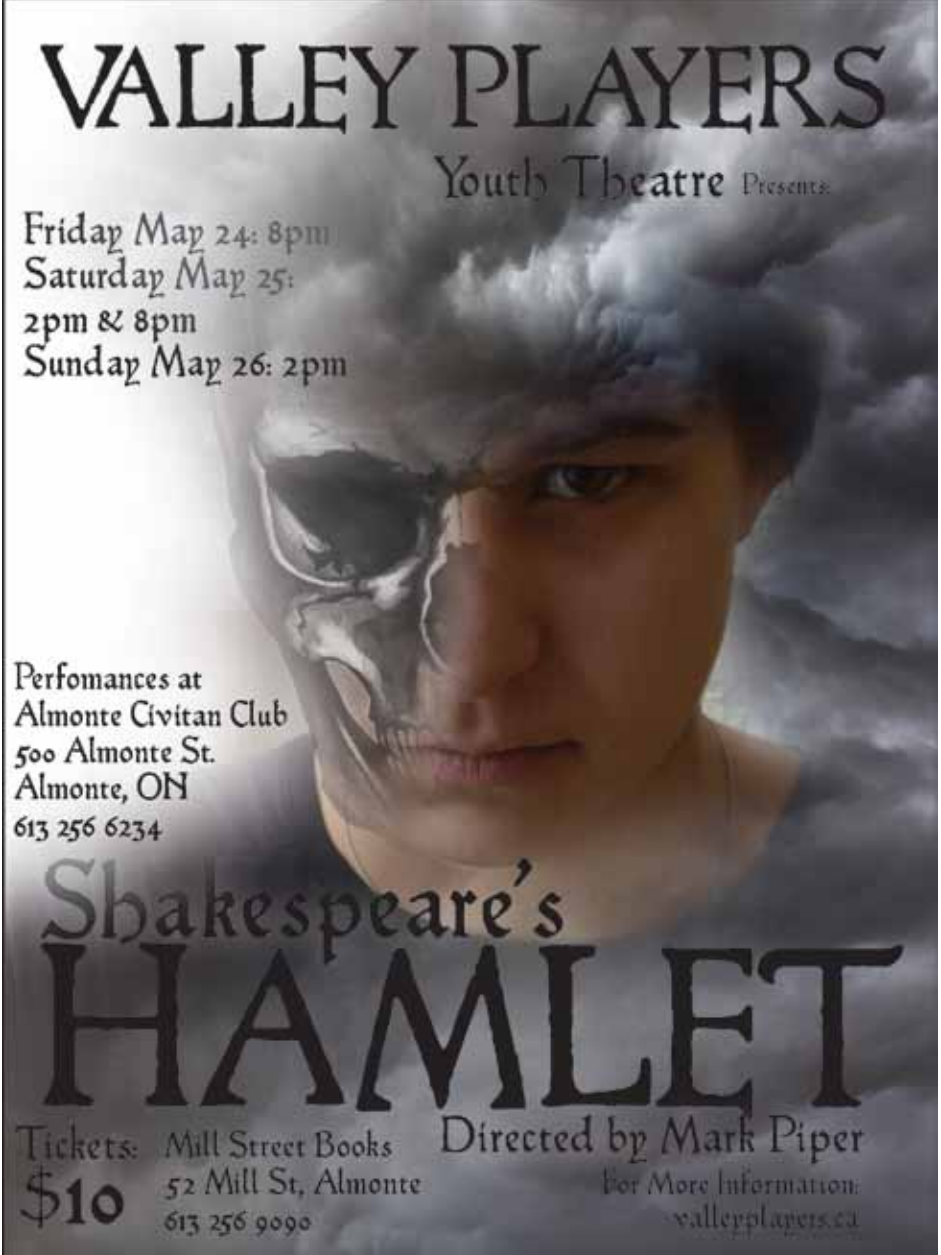
Friday May 24: 8pm
Saturday May 25:
2pm & 8pm
Sunday May 26: 2pm

Performances at
Almonte Civitan Club
500 Almonte St.
Almonte, ON
613 256 6234

Shakespeare's HAMLET

Tickets: \$10
Mill Street Books
52 Mill St, Almonte
613 256 9090

Directed by Mark Piper
For More Information:
valleyplayers.ca



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