

MAY 2014

the Hummm

free

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Entertainment
& Ideas

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Olympians Setting New Goals

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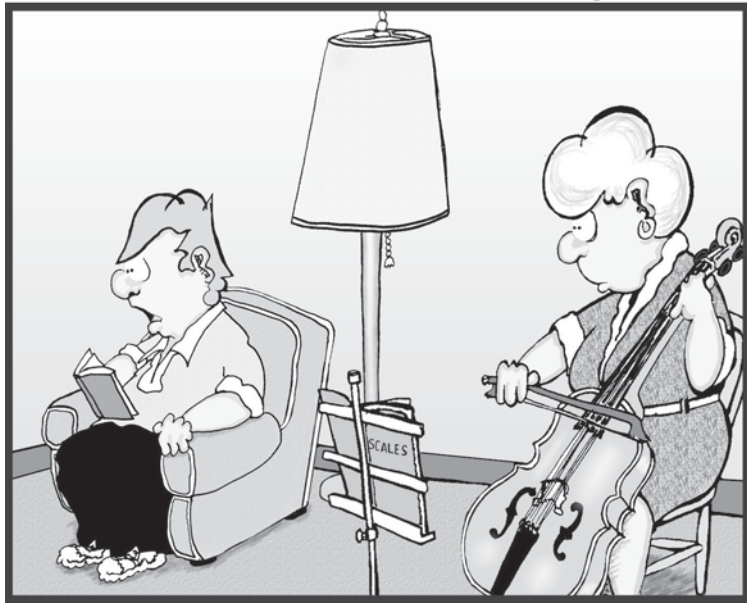
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"Well, I think doubling your practice time because I forgot your birthday is pretty damn childish!"

Readers Write

A Very Polite Rap

I was inspired by Steve Scanlon's April Humm column where he expressed concern over the erosion of good Canadian manners ("Magic Words", April 2014).

I think this is a rap — so snap your fingers and "get down".

So it's "Please" and "Thank you"
for you and I
and it's "Please" and "Thank you"
for the other guy.

With a smile on the side
and a helping hand
for a neighbour or a stranger
from another land.

"You're welcome" is nice
plus "How do you do?,"
"Excuse me please",
but I'm not quite through.

There's "Pardon me"
and, of course, "I'm sorry"
Maybe "Please forgive"
But that's another story.

A friendly look
with the salutation
Will maintain the expectation
of our nation's reputation.

— Fern Martin



Who's Reading the Humm

Back in late 2011, **Wendy Moenig** wrote: in this shot, **Joachim** is standing beside the bridge monkey (at the old bridge in Heidelberg, Germany). Legend has it that if you gaze into his mirror, you see yourself as you really are...

In 2012, **Liz Murphy** sent in the lovely photo below: "In January, I ventured with seven other girls on my soccer team on my first cruise, which included a stop in beautiful Costa Rica. I took theHumm with me on my shore excursion to Aviarios del Caribe, a 300-acre sloth rescue and rehabilitation sanctuary near Port Limon. We were able to see the baby sloths being fed and learn about their habitat. The sanctuary owners and volunteers who work there are dedicated to research, rescue and sloth education. It was a most informative excursion. P.S. I love The Humm and pick it up regularly at the Kanata Library."



Correction

In our April issue, we accidentally left the number "1" off the Facebook address for Avenir Design Studio in Almonte ("Designs on Almonte", April 2014). The correct address is <facebook.com/avenirdesigns1>.

See More Online!

To make it easier to transition from the tactile papery version of theHumm to the virtual screeny version, we are using these "See More Online" icons to indicate some of the special stuff that can only be found at <thehummm.com>. Anything that is indicated with that icon will be featured prominently on our home page (look for "May Online Exclusives" this month).

But Wait — There's More!

Dulcet descriptions aside, music tends to sound even better online than in print. For that reason, we promise to scour the interweb and find links to videos from the particular performers we are encouraging you to patronize. Plus, if you're interested in finding out more about one of our fascinating interviewees (seeing more of Strachan Leys Johnston's vibrant works of art, perhaps, or finding out when the next Aster Lane Edibles special event is taking place), the net is the place to be.

And Even More!

We'd like to hear from you, dear reader. Of course, you are welcome to compose a letter, poem or rap (like Fern "Gangsta" Martin did this month) and send it in to be published, but we welcome comments via the website as well. This month, we encourage you to compose a question for our illustrious advice-giver Miss Write. Click the "Ask Miss Write" button on the upper right-hand of any page, and your question can win a prize!



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

Submissions

By email or on disk.

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Thanks this month to:

Sally Hansen and Robert Bender for returning from the sunny south to resume their distribution "duty" in Ottawa. It's scary driving there! We appreciate you braving the mean streets to bring theHummm to our big city readers.

30th Tour
May 2014

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www.redtrilliumst.com

Strachan Leys Johnston: “Just Art — No Nonsense”

That is the enigmatic message that greets visitors on his website <strachanjohnston.com>, so it was with some curiosity, if not trepidation, that I walked up the sidewalk to Strachan Leys Johnston’s home studio out in the Carleton Place countryside.

by Sally Hansen

Au contraire! He met me with a big smile and a warm handshake, and ushered me inside to a veritable feast of lively, bold, sometimes surprising and even humorous canvases. His subject matter is eclectic, ranging from landscapes to farm animals to “selfies” to totally whimsical creations bordering on pop art.

Strachan’s landscapes readily confirm him as a member of the former “Group of Eight” painters from the region, whose works appeared three years in a row at Ottawa’s Cube Gallery. Their name consciously confounded aspects of the early 20th century NYC Ashcan arts movement connection to “The Eight” with Canada’s connection to our beloved “Group of Seven”. Several of Strachan’s paintings of scenes of Lanark County evoke comparisons with the



boldly, almost roughly painted works of the Canadian Group.

Like the Group of Seven, Strachan (pronounced Strawn) loves to paint en plein air. He remarks wryly: “The model is free.” He also mentions that he thoroughly enjoyed and was heavily influenced by his outdoor landscape painting classes with Robert Hyndman of the Ottawa School of Art. I’ve yet to meet a student of Hyndman who felt differently.

Johnston’s unfettered use of colour enlivens familiar material; a rabbit, a cow, an urban building — each takes on a new life under his hue-laden brushes. A browse through the images at the “Animalistic Tendencies” link on his website reveals the fresh approach he brings to his subjects. He attributes his strong sense of humour and love of novelty to his genes and his upbringing. He characterizes his father and his uncle as “very funny”, and his son has performed as a stand-up comic. As a kid growing up in Toronto in the ‘50s, Strachan helped out in his mother’s portrait studio, modeling and washing brushes.

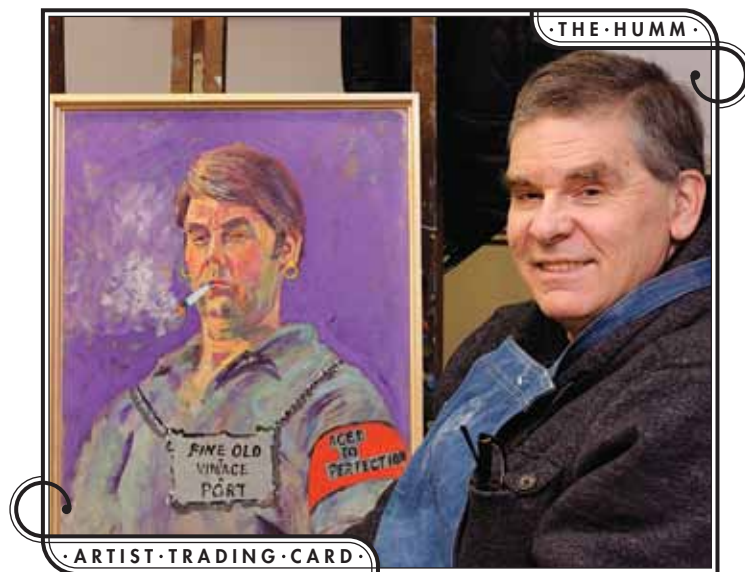
As a Member of the Board of Arts Carleton Place, Johnston is active in developing arts programs for grade schools and promoting the arts in the area. The group has provided scholarships for four students to pursue art studies. He also paints sets for the local Mississippi Mudds theatrical company.

He finds it especially gratifying that the Mayor of Carleton Place, Wendy LeBlanc, is an enthusiastic collector of his works. She told me that she owns at least eight of his works and added, “I love his bold colours and his ability to draw me into his paintings with a few strong brushstrokes.”

It occurs to me that that might be what he means when he states “Just art — no nonsense.” When I ran that by him, however, he clarified, “‘Just Art — No Nonsense’ means I have not made an effort to locate my art in a philosophical tradition or aesthetic era such as post-post-industrialism, because I believe art is ineffable and speaks for itself — no words needed.” Most art lovers would agree; we frequently see things in works that even the artist did not, and our emotional responses are coloured as much by our experiences as by the artists’ choices.

Balancing Act

The proverbial right side of his brain has always sought equal consideration. Strachan fondly remembers the pleasure of winning a coveted art award in Grade 7 or 8. While studying History and Economics at York University, he stretched time to fit in music classes. Later, in Paris, pursuing doc-



toral courses at the University of Toronto, an interview for a position with Canada’s Department of Foreign Affairs launched him on a thirty-year career in the Civil Service. The job took him to Senegal, the U.N. General Assembly in NYC, and eventually back to Ottawa with Canada’s Emergency Preparedness Critical Infrastructure Program.

Johnston describes his art as “emotionally fulfilling... You can lose your balance in life with an over-developed left side of your brain.” In 1990, he upped his pursuit of artistic fulfillment and began attending evening and weekend classes in oil, acrylic and watercolour painting at the Ottawa School of Art (OSA). He continued with landscape, figure drawing and portraiture classes, and he credits a pottery class with developing a greater appreciation for the third dimension in his art. He started exhibiting his works at OSA and then at various Ottawa bistros.

He and his wife both love the country and they lived in an old farmhouse in Ashton from 1980–1988. In 2000, the couple discovered a wonderful house outside of Carleton Place in a quiet, peaceful, dead-end location. It turned out that the house was built by their “marvelous next-door neighbour, Bill Truscott — a wonderful architect and builder.” Strachan loves living in this rural, agricultural environment, surrounded by farms and able to see cows and sheep from the corner of his property. Like the landscape, they pose for free.

When he retired in 2008, Johnston built his spacious studio next to his house and embraced art as his second career. He is candid about enjoying the artistic freedom that he earned through many hard years of work; not hampered by the necessity to earn a living from his art, he can afford to experiment and “play” without considering the economic implications. If the Mayor’s comments are any indication, that freedom results in striking works that appeal to people who value originality and verve.

Retirement is not always easy for individuals who have had long, successful careers. Strachan Johnston particularly values the social network and new friends he has developed within the Carleton Place artistic community and his involvement with Arts Carleton Place. His face lights up when he tells me, “Art brings balance to my life, and opens new horizons.”

See More Online!

Contact information and event details for Strachan Leys Johnston are on the back of his Artist Trading Card on the next page, with additional links to his social media at our convenient and thoroughly enjoyable website at <thehummm.com>.

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WHO Strachan Leys Johnston
WHAT Oil and Acrylic Paintings, Figure Drawings
WHERE Home Studio at 779 Ferguson Rd., Carleton Place, 257-8828, <strachanjohnston.com>, <strachan.johnston@gmail.com>; Generations Inn, Lake Shore Rd., Carleton Place
WHEN Throughout June at Brushstrokes Gallery, 129 Bridge St., Carleton Place (vernissage Friday the 13th, all welcome); Carleton Place Art Tour and Sale, date TBA
WHY "It brings balance to my life, and opens up new horizons."

·ARTIST·TRADING·CARD·

Amos Apparent

Ottawa's Amos the Transparent must be doing something right. Their third CD, *This Cold Escape*, was funded entirely by fans and friends through a successful campaign on the musical crowdfunding website Pledgemusic. Perhaps it is their habit of playing unforgettable shows and having a reputation for being one of the best live music acts in Ottawa. They have even received the nod from CBC radio host Jian Ghomeshi, who described them as "kinda like the Canadian Wilco."

And now you have the chance to see them without the need to make the long drive into Ottawa. On May 17, Amos the Transparent will be playing a show at the Herb Garden. And not just any old show — this event is a live filming of the band playing the material from the album for the first time in public. The video will be released as bonus content to the new album (and you will be in it — cross "appear in a concert video" off your bucket list!). You are encouraged to "dress to impress." There will be food (courtesy of Montana's Cookhouse Kanata)



Here's a very cool opportunity to appear in an Amos the Transparent music video, and raise money for CHEO, all at the same time!

and drinks (from Beau's Brewery) so a good time is practically guaranteed.

Doors open at 7:30, the show starts at 8:30. Tickets are available at <shop.amosthetransparent.com> and are limited. All proceeds will go to the CHEO Foundation.

Need 'em... need 'em... got 'em...
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OUTSTANDING ART IN ALMONTE

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Volunteer in Miss Mills!

The Town of Mississippi Mills and Mills Community Support invite you to a **Volunteer Fair** at the Almonte Old Town Hall on Wednesday, May 14, from 6–8PM. Whether you have a lot of time or just a little, love to be active or prefer to relax, want to work in a group or prefer one-on-one, there is bound to be a volunteer opportunity that strikes your fancy. Come out on May 14 and discover the best place to put your many skills to good use.

It is hard to image a town without volunteers — they have an enormous impact on the health and well-being of communities worldwide. They get things done! Just think of all the ways that volunteers make a difference in the day-to-day life of our community. They deliver critical services — from serving as volunteer fire fighters or participating in search and rescue, to delivering meals to homebound seniors, to manning the phone lines at domestic violence and sexual assault centres. They provide us with times for fun and play throughout the year, by organizing and running all kinds of fantastic festivals. They even help our Town run smoothly — many volunteers sit on subcommittees of council, assist with the home show and summer fairs, spend time keeping the town beautiful, or help out in other positive ways. Mills Community Support alone boasts over 200 volunteers who contribute by: helping seniors remain in and be a vital part of their community; by including persons with disabilities in community events; and many other inclusive initiatives, such as community gardens and organizing free concerts in the park.

Got some ideas of what you might like to do? Come to the Fair to find out more. Still not sure if



Photo by Cathy Blake

Find out how much fun volunteering can be at the Mississippi Mills Volunteer Fair on May 14

you want to volunteer? Here's a good passage from a United Way website on the benefits of volunteering: "Whether it is important to you to solve a community problem, advance a worthy cause or to develop as a person, volunteering offers many benefits in appreciation for the gift of your time and expertise."

Need volunteers?

If you are part of a community group that relies on volunteers, display tables at the Volunteer Fair are free and can be booked by contacting Bonnie Ostrom at 256-1077 or <bostrom@mississippimills.ca>. See you on May 14 at the Fair!

[See More Online!](#)

Check out theHumm's awesome and extensive directory of volunteer opportunities on our awesome and extensive website: <thehummm.com>!

MISSISSIPPI MILLS VOLUNTEER FAIR

May 14, 2014, 6:00 - 8:00 PM
 Almonte Old Town Hall

"We make a living by what we get, but we make a life by what we give". WINSTON CHURCHILL

Trent Severn Brings Canadiana to MERA in 3-Part Harmony

The second concert in Music at MERA's **Sunday Schoolhouse concert series**, on May 25 at 2PM at the MERA Schoolhouse in McDonald's Corners, will feature Trent Severn. Not the waterway system in Southern Ontario, but rather the Canadiana band whose songs are fueled by the folklore of Ontario and whose lyrics pay tribute to Canadian legends. Trent Severn is a trio of musical veterans from Stratford, Ontario, comprised of indie songster Emm Gryner, singer/songwriter Dayna Manning and violin whiz Laura C. Bates.

Trent Severn released their self-titled debut album just over a year ago, and since then they have garnered critical acclaim, sold out shows, and charted on national radio. They have appeared on CBC Radio's national arts program *Q*, and were featured as an act to look out for in *MacLean's Magazine*. On Canada Day 2013, they led the raising of the flag on Parliament Hill with their own three-part harmony rendition of *O Canada*, and backed up Canadian astronaut Chris Hadfield in his first earthly performance of David Bowie's *Space Oddity*.

Their debut was nominated in two categories for the CFMAs: New/Emerging Artist of the Year Award and Vocal Group of the Year. Their sophomore album is due out this year.

There is no lead singer in Trent Severn. There is no backup band. You'll hear a guitar or banjo (Manning), a bass and stomp box (Gryner), and a fiddle and floor percussion (Bates). Clad in flannel, they engage audiences with their three-part harmonies, honed musicianship and sincere storytelling. The sound of this band is true Canadiana, based in folk, roots and old country. Trent Severn is a seed that blooms to life on a Canadian stage, and like every modest Canadian, has achievable goals: to show a Canadian audience a really great time; to write songs that touch the hearts and tell the stories of our friends, neighbours and legends; to offer an album that sounds just like the concert; and, of course, to be kind and to enjoy a beer at the end of a long day.



Trent Severn (aka Emm Gryner, Dayna Manning and Laura C. Bates) play the MERA Schoolhouse on May 25

Here's what some tough critics have said: "Trent Severn has the potential to be a standing-ovation, crowd-pleasing staple at folk festivals for as long it chooses to be" — *Roots Music Canada*. "You girls are going to be a hit" — *Emm's Mom*.

Advance tickets for this May 25 show are \$22, available from Tickets Please at 39 Foster Street in Perth, by phone at 485-6434, or online at <ticketsplease.ca>. Tickets can be reserved at Tickets Please and held for pick-up at the door.

Heritage Mica Days

FRIENDS OF MURPHYS POINT PARK



Dress up and Volunteer — Heritage Mica Days needs you!

Are you looking for something fun to do this summer? Do you need volunteer hours for school?

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 14 and includes a free BBQ lunch for all volunteers. Please contact Beth for further information about volunteer opportunities at events@heritagemicadays.ca or 613-267-5340.





Website: www.heritagemicadays.ca
 Email: events@heritagemicadays.ca
 Phone: 613-267-5340






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Saturday June 14

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May 22, 23, 24, 30, 31 at 8pm
 May 24, 25, 31 and June 1 at 2pm

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justthink...

Finding the Capod'Astro Bar

Today's Marketing Tip: Find your competitive edge — the one your competition can't outperform, outflank, outclass, outshine, outlast, outsuds or outsizzle.

by Patrick Arbour

Back in the glorious days of the sixties' Creative Revolution (think *Mad Men*), a young copywriter (let's call him Bud) was supposed to write an ad for his agency's client, Aeolian Pianos. These were very expensive pianos and seemed to be the choice of many great musicians. But nobody could tell Bud why they were so good. He didn't know why they would be better than any other expensive grand piano, like Steinway or Baldwin. They must have had some secret ingredient that distinguished them from all the others. He asked to visit the factory.

After enduring the usual account executive derision for his need for information (they were busy doing what account executives do on *Mad Men* — smoking too much — and couldn't be bothered with irritating "creative"), he was sent off to St. Louis for a begrudged tour of the Aeolian Piano factory.

Despite spending two days at the plant, nobody seemed to be able to tell Bud the difference between Aeolian and the competition. When he was getting ready to leave to catch his flight, Bud asked his guide to wrack his brain one more time and think of any difference, however insignificant. The sales manager scratched his head and

said, "Well, our pianos *are* a little heavier; that's why they cost more to ship."

"Why is that?"

"Well, because of the capod'astro bar."

(Here it comes, at last!).

The man invited Bud to crawl under one of their pianos to look at a heavy, cast-iron bar strapped across the higher octave strings. He pointed out that it was there for the piano to keep its tune after the wood frame started to warp... in fifty years. Fifty years. And the only reason an Aeolian Piano was heavier than a Baldwin or a Steinway was this patented hunk of metal. Here was a little technological gizmo, completely invisible, that wouldn't even start working for half-a-century, but would let their pianos outlast any of their competition. Bud had found his secret ingredient.

Whether you are a retailer, a wholesaler, a charity, a volunteer, or the local business development group, I suggest that you go looking for your capod'astro bar...

This was the reason the director of the Metropolitan Opera said that the only thing they were taking with them from their old home to their new digs at Lincoln Center was their venerable Aeolian Grand Piano — with its fifty-year-old capod'astro bar.

So Bud started writing and created a legendary ad campaign around the capod'astro bar, this secret ingredient that made the Aeolian Grand the greatest piano in the world. Steinway and Baldwin would, of course, take issue.

The point isn't one about pianos, or which one's better. The point is that this story became well known among an entire gen-

eration of art directors and writers going to ad school in the seventies and eighties. And the phrase "capod'astro bar" stood for any unique selling proposition (USP) that a product or service had. It was the one quality that had to be teased out of the client, something they usually took for granted and often didn't even think was that big a deal. So whenever a creative team would be assigned a new client, they were trained to start looking for the "capod'astro bar."

Sadly, few people seem to have that discipline any more — or even curiosity about their products. They'll be happy just making vague assertions about quality, selection, value, and passion for excellence, and worry more about including keywords for search engines than whether the thing they're advertising has any special juice. It's good because we

say it is, okay? Now just buy it.

But today, I suggest to you that you go looking for your capod'astro bar. I don't care if you are a retailer, a wholesaler,

a charity, a volunteer, a BIA, a Chamber of Commerce or the local business development group.

I promise you it's there.

Take a look at what you're selling, offering, doing or even thinking in direct contrast to what others are.

Stop... look... listen... ask... consider... reconsider. If you do, you have a chance to get creative — and good — again. And maybe, just maybe, people might notice you, and dare I say it, prefer you. And when they search online, they might just search for your brand and not the commodity.

Did I say brand? That's next month's topic...

june is



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Much to Do and Celebrate in Miss Mills

It is May in Mississippi Mills, and you know what that means — time to get the spring/summer duds out from storage, shine up your smile, and start getting out and about! The month starts with a flurry of activity in Almonte, with the jazzy bluesy stylings of **Carlos del Junco and The Blues Mongrels** at

by Miss Mills

the Old Town Hall on the 2nd, so that you can line up bleary-eyed but happy for the **Handmade Harvest Craft Show** at the Almonte Fairgrounds on May 3 and 4 (9AM to 4PM). Then get out for some exercise and fresh air for a good cause. Hikers, families, and even dogs on leashes are welcome at the **Hike for Hub Hospice** at the Mill of Kintail, May 4, from 2–4PM. Download a pledge form at <hubhospice.com> or pick one up at The Hub; all of the money you raise goes directly to The Hub Hospice to provide hospice palliative care.

After a busy weekend like that, you will NOT feel like cooking supper. Good, because it's time for the annual **For a Taste of the County** gala on Monday, May 5, 6–9PM. Have you been before? It is fantastic! You buy a \$10 ticket (or just \$50 for a table of 6, available at Mill Street Books), and

then at the event you pay \$1–\$6 for each app, main, or dessert, from various chefs! Or if you want to skip the main courses and save yourself for dessert, who am I to judge? You will have a great time while helping kids and adults get therapy, rehabilitation and recreation through The Lanark County Therapeutic Riding Program <therapeuticriding.ca>. Talk about a guilt-free meal!

Woo-hoooo! Now we are out of our winter slump for sure... and we want more! Am I right?!

Well don't you worry friends, I am here for you, helping you make the most of May. Saturday, May 10 is the **Young Awards Gala** — the night that students, teachers, artists, community movers 'n' shakers, politicians, musicians, school officials and every possible combination of the above don their best duds and gather at the Almonte Ag Hall to celebrate our local Cultural Award winners and raise money to support arts initiatives in the schools.

The winner of the 2014 Cultural Achievement Award is head and shoulders above the rest — partially due to his hard work, and partially because he is so tall! **Michael Rikley-Lancaster** has accomplished one heck of a lot since starting at the Mississippi Valley Textile Museum in 2007, but perhaps some of his biggest accomplishments are: the development of their permanent exhibit *Fabric of a Small Town*; making the building itself a much more welcoming and useable space by getting it insulated, heated and air-conditioned; and increasing the museum's partnerships within Mississippi Mills and surrounding areas. Michael is also no stranger to the Town Council, as he is involved with several of the Town's committees (Heritage, Cultural

Advisory, Heritage Conservation District, and Cultural Planning).

One of his most exciting projects at the museum has been the Millworkers' Reunion. This began with oral histories by former millworkers — hearing the tales from the actual folks who were there makes the past come alive — and it led to a number of thrilling artifact donations to the museum, including paystubs, tools, photos and even water purifiers.

For more on the Mississippi Valley Textile Museum, including information on upcoming events and how to rent its multi-purpose space, see <mvtm.ca>.

The winner of the Young Awards' 2014 Cultural Volunteerism Award is none other than Pakenham's own **Mike Ryan** — community volunteer extraordinaire! Sure, you may think of him as simply a well-rounded musician. After all, from playing in the band Concession 12 back in the '70s/'80s, through many St. Patrick's Day Dances and Fiddle &

of the Pakenham & District Civitan Club (president and VP for several years — no, not at the same time), and was the lead organizer of the Frost Festival for many years (and continues to help with sound equipment, entertainment and, most vitally, advice).

In addition to all of his "official" volunteering, Mike Ryan is also known for the little things he does behind the scenes: bringing coffee to firefighters at the site of a local house burning down, soliciting food and assistance for a local family to help them through a time of tragedy, arranging for large tents outside a larger than normal funeral to accommodate church overflow.

He is certainly a great guy to know in a time of need, and very deserving of this award. I wonder if he will help with overflow at the Young Awards, as all of Pakenham will want to see him receive this award!

Now stop dabbing your eyes and get your calendar back out, you old softie, and back to the business of busyness in May. In keeping with the cultural theme of the Young Awards, May 9–11 is **Art in the Attic** at the Old Town Hall, hosting not only established local artists, but also up-and-comers as it once again welcomes art students from Almonte & District High School.

Speaking of up-and-comers, if any of you are feeling inspired by Mike Ryan and want to get involved in your community, or maybe you already are but want to change things up, the **Mississippi Mills Volunteer Fair** is



Mikes will be in the spotlight at this year's **Young Awards Gala** on May 10. Pakenham's Mike Ryan (above) receives this year's Mississippi Mills Cultural Volunteerism Award, while the Cultural Achievement Award goes to MVTM Curator Michael Rikley-Lancaster (below).



Step-Dancing Competitions, to a CD with his cousin Dave Ryan in 2010, to accompanying his dad, Bill Ryan, at seniors' events... if you spend any time listening to good local music, you're no doubt familiar with Mike. But did you know he is also a consummate volunteer and community organizer? He was involved in the Pakenham Recreation Committee, was instrumental in the start-up

Hall, hosting not only established local artists, but also up-and-comers as it once again welcomes art students from Almonte & District High School. Speaking of up-and-comers, if any of you are feeling inspired by Mike Ryan and want to get involved in your community, or maybe you already are but want to change things up, the **Mississippi Mills Volunteer Fair** is

May 14, 6–8PM, at the Old Town Hall. Call 256–1077 for deets.

And now for something completely different... some entertainment for both young and... not so young. **Rock and Roll Never Forgets**, a Bob Seger tribute band, will play at the Ag Hall on May 24 <rockandrollneverforgets.ca> — tickets are \$20 in advance, from JRs and Mississippi Mills Musicworks. Their previous show sold out quickly at JRs, so get your tickets ASAP! And for the young, **Jon the Cowguy** makes his triumphant return to Almonte May 29 at Naismith School for a playground fundraiser — whether you saw him at On Stage For Kids or just wish you had, the \$5 ticket (\$15 per family) is well worth it!

Well I think that's it for May. Oh! How about a nice heads' up for June? Tune up those bikes, folks, because June is Bicycle Month! Get ready for a bunch of great events to remind us how awesome it is to be out in the fresh air, getting around without polluting or buying gas! See page 14 for how to get involved with active transportation at the end of May.

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Fred Eaglesmith
He's a Good Dog Concert
Carleton Place Town Hall
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Thursday June 5, 2014, 8PM

Tickets: \$35;
\$40 at the door
Available online at
www.fredeaglesmith.com
or at Read's Book Store, Bridge St., CP.

Net Proceeds to Lanark Animal Welfare Society (LAWS)

May is Abuzz with Activities in Perth!

Something very special is happening in Perth on Tuesday, May 6 — and you can be a part of it.

Nineteen members of the Canadian Armed Forces **"Soldier On" Afghanistan Relay** will visit our lovely town, on their way to the May 9 National Day of Honour Parade on Parliament Hill in Ottawa. The CAF

soldiers and pay respect to the fallen. Seating is limited for the public ceremony at the Crystal Palace, so get there early to ensure a spot. After the 30-minute ceremony, the CAF members will be available to chat, to thank community members for their support, and to raise awareness of Soldier On program.

Created in 2006 by the CAF, the Soldier On program provides resources and opportunities for all ill and injured members to adjust to their "new normal" and adopt an active lifestyle. For further information about Solider On, please visit their Facebook page at Soldier On Afghanistan Relay. For more information on the event as it pertains to Perth, please call 267-1947.

Lots of wonderful things happen at the Crystal Palace. Have you ever noticed that? It's nice to have a hub on the beautiful Tay Basin where the whole community can meet.



by John Pigeau

members, all of whom were injured in the line of duty, will be relaying the last Canadian flag flown in Afghanistan.

The relay begins at CFB Trenton, and Mayor John Fenik says it is an honour to have the Soldier On members pay Perth a visit en route to our nation's capital. "The Soldier On Relay is a significant, national event and the Town of Perth and its partners are extremely pleased to participate and recognize the extreme sacrifices made by members of Canada's Armed Forces," says Mayor Fenik. "I strongly encourage all citizens of Perth and area to attend the ceremony in a show of support for our Canadian troops."

A ceremony for the soldiers, organized by the Town of Perth along with Perth's Branch 244 Royal Canadian Legion and the Lanark County Detachment of the OPP, will be held at the Crystal Palace at 6PM on May 6. The relay will arrive in Perth, via the Scotch Line and Gore Street, at approximately 5:45PM. Organizers are hoping the streets will be lined with people to welcome and show their support for our

On Sunday, May 4, those taking part in Lanark County's annual **Hike for Hospice** will begin their 2km hike at the Crystal Palace. Participants can register starting at noon. The walk itself begins at 1PM. There will be a barbeque, live music, and a silent auction, with all proceeds from the event benefitting Lanark County's Hospice Palliative Care Services. The hike, along with others held the same day across Canada, also serves "to raise

awareness of the many challenges faced by hospice palliative care and to promote the phenomenal work that all volunteers and professionals in the field perform daily."

More information can be found at <chpca.net/hike> or by calling 1-877-203-4636.

So why not take a hike through the old town and help raise money to support local hospice care? What better way to spend a Sunday afternoon this spring?!

Tay River Reflections will play host to another fun fundraiser for the Lanark County Hospice when they roll out the carpet for their **Reflections Spring Fashion Show**. The show takes place Friday, May 2, from 7-9PM at Tay River Reflections, which is located at 279 Canal Bank Road. Tickets are \$10 with fun spring fashions, entertainment and refreshments provided, and one-hundred percent of all ticket sales donated to Lanark County

Hospice palliative care services and programs. For more information, please visit <tayriver-reflections.com> or call 264-0888.

Is it just me, or does it seem like an ideal time for the Beach Boys to come to town? Well, the sad news is that, as far as I know, they are not, but

the brilliant news is that **Endless Summer**, a '60s surf music and Beach Boys tribute band, is coming to Perth, and that's cause for celebration. The award-winning band, hailed as "a sure cure for the winter blahs!", will be playing a show called "Surf's Up!" at the Studio Theatre on Saturday, May 3 at 8PM. Included in their repertoire are '60s classics such as *Surfin' USA*, *California Sun* and *Little Deuce Coupe*. Endless Summer looks and sounds like



From the Perth School of Dance and Arts in Motion's year-end recital (above) to the Studio Theatre's production of *Little Women — The Musical* (left), you'll find much to do in Perth this month!

the Beach Boys, too, evidently — and they nail those impossibly high vocal parts made famous by the Beach Boys, Jan & Dean, The Rivieras and other surf music icons of the '60s. Surf's Up! at the Studio Theatre on the first hoppin' Saturday in May, all you swingin' hepcats. Tickets are \$30 (including all taxes and fees) and are available at Shadowfax in Perth. Be square and wash your hair that night or call 267-6817 to reserve your tickets now!

Everyone knows there is always great live theatre to see in Perth. That's no exception in May, as the Studio Theatre presents **Little Women — A Musical**, based on the beloved novel by Louisa May Alcott, with lyrics by Mindi Dickstein and music by Jason Howland.

Directed by C. Lee Bates, this dazzling production runs from May 22 to June 1, with nighttime performances at 8PM and weekend matinées at 2PM. Please visit the Studio Theatre's website <studiotheatreperth.com> or call them at 267-7469 for more information about dates and times. Tickets are available at the Book Nook for \$20 (60 Gore Street

East) or Tickets Please for \$22 (39 Gore Street East, 485-6434, ticketsplease.ca). There is a special rate of \$10 for children under twelve. The Studio Theatre Perth is located at 63 Gore Street East on the Tay Basin... quite near the Crystal Palace.

You can see some of your friends, family and neighbours on stage May 22 to 24, as **The Perth School of Dance and Arts in Motion** stage *Mila & Roma Save Circus FantaZio*, a performance which caps off the students' efforts in dance this year. The story sounds magically whimsical: "Circus FantaZio is coming! None of the villagers expected this sort of circus, shadowed by a deep and dark sadness. Circus FantaZio is under a curse. The spell can only be broken by true love. Can Mila and Roma save the circus from the curse that transformed it from light to dark?" Find out for yourself! This special tenth anniversary production runs Thursday to Saturday at 7PM at PDCI's Mason Theatre. Shows have sold out in past years, so be sure to grab your tickets early. Tickets are \$17 and available at Tickets Please.

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Aster Lane Edibles

Warning: The following may contain information that has been found to induce obsessive interest in edible plants. Certain studies suggest that conducting activities such as edible landscaping and associating with people involved in such activities can severely curtail one's ability to watch TV series on HBO, play video games, converse about non-plant/food topics, and shop (other than for seeds, plants or tools).

by Susie Osler

There have been, for a very long time, two seemingly opposing objectives that have determined the function and aesthetic of a garden. On the one hand you find the “veggie patch” or kitchen garden — generally speaking, a vaguely puritanical space that bespeaks utility, efficiencies, calculation, humility and prudence. On the other hand there is the ornamental garden, where the (somewhat bourgeois?) priorities of beauty, pleasure, leisure and tasteful design trump other more practical concerns. Recently — as in, the last decade or so — a radical shift has been taking root in the minds, hearts and gardens of growers around the globe. We are witnessing the convergence of these two garden “pre-occupations” in something called edible landscaping.

Meet Telsing Andrews of Aster Lane Edibles — a

woman after my own heart. At 39 years of age, Telsing is undeniably passionate (dare I say obsessive?) about edible environments, and is inspiring people with her enthusiasm for growing and her robust knowledge of designing gardens with edibles that are tasty, beautiful and often perennial to boot.

Originally trained as a geologist, Telsing’s interest in plants began during a five-year stint living in England. Her pleasure in using fresh herbs in cooking led her to start growing plants for kitchen use. Her interest in “useful” plants quickly progressed into a passion for growing “edimentals” (edible + ornamental) — a term coined by guru Steven Barstow (see an interesting interview with him on Telsing’s blog).

One of the fundamental principles of edible landscaping is that

gardens can be equally bountiful in beauty and utility. In Ottawa, where Telsing and her family lived prior to moving to their farm, their transformation of a large lawn-dominant lot into an edible Eden was initially met with neighbourly skepticism. Over time however, neighbours began recognizing the merits (for example, in bags of ripe tomatoes given to them) of what Telsing was up to and started expressing interest. Food brings people together more than lawns, apparently.

Together with her husband José and their two (now three) kids, Telsing moved from Ottawa to a 26-acre farm near Kinburn in 2012. Now known as Aster Lane Edibles, the farm has a small, established orchard and a mature maple bush, courtesy of the previous owners. Contrary

to the common practice of clearing everything under and around fruit trees, Telsing has been under-planting the area around them with shade tolerant shrubs and herbaceous plants to begin creating a forest garden — another related garden philosophy/practice that is catching on like wildfire in progressive gardening circles. Amongst the trees are ever-expanding beds full of perennial edibles. Noticeably absent are straight orderly lines of soldier-like plantings. By June it will resemble a soft, meandering English garden, though planted with unusual combinations of shrubs, herbs, vegetables, flowers and foliage, perennials and annuals — all offering culinary contributions: varieties of allium flank sage and rhubarb, strawberries and thyme act as groundcover... It is a deliciously beautiful thing!

It is amazing to see what Telsing has managed to bring to life in a mere two years here. The gardens are still young but there is a wonderful sense of organic energy and promise to them — even in the drab but expectant cloak of early spring. A wide variety of unusual “edimental” seedlings is being propagated and will be for sale at the Carp Farmers Market as well as at the farm (see dates and plant list on her website). Telsing is continually testing out new seeds, sourced from networks she has plugged into around the world. Those that do well in her garden and display desirable traits are selected and collected to grow



Who They Are

Telsing Andrews of Aster Lane Edibles
3348 Hunt Line Rd., Kinburn, ON
804-0212 <asterlanedibles.ca> <ottawagardener@live.com>

What They Offer

They specialize in herbaceous edible plants for your garden; design and implementation of edible landscapes; garden consultation services (e.g. plant ID and inventory sessions, garden schedules, planting advice). Workshops include Kids in the Pumpkin Patch, Drawing as an Observational Aid. See website for full list and details.

Where They Sell

Carp Farmers Market (mid-May to June). Farm sales: Tuesday evenings and Saturdays other than market days. Special events.

Meatballs with Anise Hyssop

Minced garlic to taste
Finely chopped onion
Grass-fed, organic beef or other minced meat
A bit of flour
An egg
A bit of salt
Finely chopped anise hyssop
Red wine & tomato sauce

Mix all together (except wine & sauce) and form into meatballs. Brown the meatballs on all sides in a frying pan with olive oil on medium low. Add a splash of wine, let that cook up and add a can/jar of tomato sauce. Add salt to taste. Let the meatballs finish cooking in the sauce. Serve with your favorite grain, such as quinoa or rice.

on. After several generations of selection, a gardener can begin to really cultivate plants adapted to the specific ecologies of their own garden.

Demystifying the process of seed selection and collection is one of Telsing’s biggest goals — to enable cost savings to be sure, but also to help strengthen diversity in the genetic pool of seeds and to decentralize access to it. She plans to offer workshops later in the season on seed saving and other topics. In the meantime, some advice... Experiment! Try growing everything — even

if the accepted canon says it can't be done here. Hone your observation skills — notice where a plant “travels to” (i.e. where does it like to be?). Pay attention to the myriad relationships happening all the time in your garden.

Revel.



6 Edible Plants You Should Know About

Habitzia Tamnoides (aka “Habby”): a hardy, perennial, shade-tolerant vine that tastes like spinach.

Anise Hyssop “Golden Jubilee”: a “bee plant”. Useful in teas and mixed into salads; attractive golden leaf and pinkish flower.

Buckler Leaf Sorrel: a tidy, decorative sorrel (not as rangy as other varieties); great in the front of a border; heat tolerant; nice sour flavor.

Sweet Cicely: shade tolerant; entire plant is edible; immature green seeds taste like candy.

Onion (Allium Nutans): a very decorative perennial onion; pretty and delicious with a full-bodied onion flavour.

Perennial leek “Oeprei”: a bunching leek; a European vegetable; seeds from Scandinavia.

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Humm Bits

Why Aren't We Reaching for the Stars?

Sanjeev Sivarulasa, Ottawa-based visual artist and author, will be a guest speaker at the Mill of Kintail on May 9, talking about his new book *Vanishing Stars*. Sivarulasa contrasts his own experience in creating deep sky imagery under dark skies in Ontario and Quebec with the approach taken by NASA in creating Hubble's images. His talk will explore why we are cut off from the stars: is it because of light pollution, or because we no longer value a direct experience of nature?

Sanjeev will speak at the Mill of Kintail Visitor Centre on Friday, May 9, at 7:45PM. For more information about his work and the book, please visit <sanjeevsivarulasa.com>.

Pollyanna comes to Almonte

Pollyanna, one of literature's buried gems, has come to life in this funny, delightful performance written by Susan Pargman. Sure, Pollyanna is one of the best-known optimists of all time, but there's more to this little girl's story than simply being positive. See how she reacts to her domineering aunt and complaining townsfolk. Hey — you might learn some helpful tips for dealing with coworkers!

Take in the matinée performance on May 15 at 1PM (doors open 12:30), or the evening performance, that same day at 7PM (doors open 6:30). The play will be held at Cornerstone Community Church, 1728 Concession 11A in Almonte. If you have any questions, please email <pacedrama@gmail.com>. Admission is free, but donations will be accepted.

Pointing the Way to a Home-grown Café

The Pakenham area is rich with talent. Generations of step dancers, fiddlers, singers and other artists have been entertaining the community for years. In keeping with this tradition, St. Andrew's United Church in Pakenham is hosting a Home-grown Café of local talent on Thursday, May 22 at 7PM. Come out and enjoy this variety show of the best of our area entertainers. Light refreshments will be served and a variety of items will be available to bid on in the Silent Auction. Funds raised during the evening will go towards much-needed pointing repairs to our stonework. Tickets for the evening are \$10 for adults and \$5 for children and are available at Nicholson's and the Pakenham General Store. Call 256-3130 for further information.

St. Andrew's has been an integral part of the community for generations. Next year it will celebrate the 175th anniversary of the founding of the congregation. Help keep it in good condition while having a good time!

Food and Community Building at Union Hall AGM

Come to Union Hall on Thursday, May 29, to hear about the connection between growing food and building community. A speaker from the local organization "Neighbourhood Tomato" will be on hand to explain this concept and describe how it is being put into action in Mississippi Mills. The organization exists to support the growth of a vibrant local food network, to promote learning and skill sharing, and to celebrate and nurture the strengths, gifts and passions in our community.

Everyone is welcome to attend this free presentation, beginning at 7PM on May 29. The Union Hall 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 located 8km west of Almonte at 1984 Wolf Grove Road (corner of Tatlock Road). The hall is owned and maintained by local residents, with support from the Town of Mississippi Mills.

BusFusion 2014

BusFusion, an all-Volkswagen camping event now in its 14th year, is once again back at the North Lanark Fairgrounds in Almonte. It takes place from Thursday, June 5, to Sunday, June 8. Pre-registration for campers is open until May 18, and includes entry, a BusFusion 2014 T-shirt, a goody bag and one door-prize ticket. After May 18, registration is at the gate with no T-shirt. Camping charges are separate from registration. This event is also open to the public who wish to come and look around at no charge. Complete details and a list of the planned activities can be found at <busfusion.com>.

Fred Eaglesmith — He's A Good Dog!

On Thursday, June 5, eight years after playing there to a sold-out auditorium, the **Fred Eaglesmith Travelling Steam Show** will return to the Carleton Place Town Hall. The concert is supported by the Town of Carleton Place and is a fundraiser for the Lanark Animal Welfare Society (LAWS). They've named it the "He's a Good Dog" concert, after a song Fred wrote some years ago at the end of a special friend's life.

Eaglesmith is a veteran of the music industry and, at the same time, is about as far away from actually participating in today's music industry as one could be. Never operating within anyone's boundaries, he continues to set the standard for independent artists everywhere. While blazing his own often colourful path, he has avoided most of the traps and pitfalls of his peers. His career reads like a manual on how to succeed in music today, without trying to fit traditional business models.

Eaglesmith, a songwriter's songwriter, has a depth that is informed by miles of experience as a true road dog. Fred is not only the star of the show, but also the bus driver and chief mechanic while on tour, keeping the whole band on the road. Unlike many of today's artists, touring is not something he does some of the time, or only in support of a new record. Touring is his life, and The Fred Eaglesmith Travelling Steam Show is one of the last full-time travelling shows today. Their busy itinerary added up to over 270

days on the road last year, and saw Fred only returning home long enough to play a handful of local shows and to go into the studio to record a new album called *Tambourine*.

Today Fred touts himself as singing '70s and '80s rock and roll, but again the boundaries are porous. His Juno came for winning the Best Roots and Traditional Album for *Drive-In Movie*, recorded in 1996. He has over

ing Toby Keith, Alan Jackson and Miranda Lambert. His music has been featured in film and television scores, including those of *True Blood* and *Grimm*. Fred and his band have also performed as the musical guest on *Late Show with David Letterman*. This past year has also seen the launch of a highly successful musical theatre production entitled *Dear Johnny Deere* — inspired by and based on Fred's songs — that played the last couple of years at the Blyth Theatre, the Charlottetown Theatre and the Lighthouse Theatre in Port Dover.

Despite all of these accomplishments, you are more likely to see him playing to a couple of hundred fans in a small town community hall, rather than at a large capacity theatre or concert venue. Likewise, it is more probable to hear about his next show via a hand-stencilled roadside sign and to find Fred sleeping in his bus in a Walmart parking lot or local campground, rather than in a five-star hotel.

Tickets for the concert are \$35 in advance, available at Read's Book Shop, 135 Bridge Street in Carleton Place, and can also be purchased online at Fred's website <fredeaglesmith.com>. They will be \$40 at the door. Doors open at 7PM and the show starts at 8PM.

There are also plans afoot to have a pie auction during the concert, to support **Operation Smile**. For further information, call Ray at 257-5126 or email him at <relgersma@rogers.com>.



Catch the Fred Eaglesmith Travelling Steam Show in Carleton Place on June 5

twenty albums, and his songs have been recorded by varied artists — country and otherwise. He has played many folk festivals. Fred is Fred. And it's *his* music and lyrics.

Eaglesmith's songwriting has earned him multiple international awards, and his songs have been covered by some of the biggest names in Nashville, includ-

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Field Naturalists' Spring Banquet

The Mississippi Valley Field Naturalists (MVFN), founded in the spring of 1988, will hold their fifth annual Spring Gathering on Thursday, May 15. The evening will include a banquet and a keynote presentation entitled "Caterpillars Talk and Butterflies Listen", which will be given by Dr. Jayne Yack, acoustic ecologist at Carleton University.

Once thought to be both deaf and mute, we now know that caterpillars can talk and butterflies can listen. During their daily activities, these creatures communicate via a wide range of sounds and vibrations. Caterpillars send signals to defend territories or to startle predators. Butterflies eavesdrop on predators. Tap into the secret communication channels of the acoustic sensory world of insects and meet translator Dr. Yack.

MVFN's Spring Gathering will take place on May 15 at the Almonte Civitan Hall, 500 Almonte Street, just west of Highway 29. The reception will begin at 6PM when you can meet, share a drink, and chat with friends. The banquet commences at 6:45, followed by the featured presentation at approximately 8PM. Tickets are \$35 and must be purchased or reserved in advance by Friday, May 9. Tickets may be purchased in



Dr. Jayne Yack connects with a spectacular Blue Morpho butterfly.

Dr. Yack will speak at the MVFN Banquet on May 15

Almonte at Gilligallou Bird (14 Mill Street in Heritage Court, 461-7333); in Carleton Place at Read's Book Shop (135 Bridge Street, 257-7323); in Lanark at The New Runway (46 George Street, 259-5677); and in Perth at The Office (11 Wilson Street, 267-2172). Please contact MVFN's Brenda Boyd (bjboyd@rogers.com; 256-2706) for more information or to reserve your tickets for pick up at the venue.

Green Party Candidate

The U.N. Intergovernmental Panel on Climate Change has just released its most comprehensive report telling us climate change is a threat to food, security and humankind. No political party in Canada is even paying lip service to the need to reduce our greenhouse gas emissions other than the Green Party. The Green Party is determined to try and reduce the potential impacts of the nightmare scenarios outlined in this latest report and playing out throughout the world today. From epic droughts and flooding to massive storms, climate change is happening today on a catastrophic scale.

The Lanark-Frontenac-Lennox and Addington Green Party has selected its candidate for the next Provincial election. Cam Mather from Tamworth is a farmer and a publisher of books about sustainable living. He and his wife Michelle power their home and business off the electricity grid using solar and wind power.

Mather noted, "The summer of 2012 convinced me that I had to be more active in politics. It was the hottest summer on record. We experienced a brutal drought as did much of North America, and we saw historic wildfires in the southern U.S. Then Superstorm Sandy demonstrated the results of rising sea levels and hurricanes fueled by warm water, as New York and New Jersey suffered billions of dollars in damages."

Mather had a front row seat for the epic drought of 2012 as he tried to grow a weekly basket of vegetables for the members of his CSA (Community Shared Agriculture) group. "Climate change is accelerating and it is beginning to have an

extremely negative outcome. It's starting to affect our basic way of life with historic low water levels in some of the Great Lakes and crop losses for farmers," Mather said. "Even OMAFRA (the Ontario Ministry of Agriculture, Food and Rural Affairs) was advising maple syrup producers to cut back on tree tapping in 2013 because maple trees were stressed."

March of 2012 had two weeks of almost summer-like weather, which had a dramatic impact on maple syrup production. We then had a hot dry summer and a drought, so there simply wasn't the precipitation that the maple trees need. Mather suggests, "Can you imagine Lanark County and the surrounding area no longer being able to produce maple syrup? It's part of who we are and climate change is impacting that."

"The Green Party is the only party squarely focused on addressing an issue which is going to impact not just our children and grandchildren, but all of us — and now, not in some distant future. I believe voters in our community are ready to elect a government serious about addressing this issue before we reach a tipping point with the climate." Cam Mather can be reached at <cammather@gmail.com> or 539-2831.

See More Online!

To read a great interview with Cam about his book *The New Math on Climate Change* and for links to his blog, visit <thehummm.com>

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Historic Perth Comes Alive With Theatrical Walking Tour

This summer, visitors to Perth will be forgiven if they feel like they are occasionally walking into a time warp. Indeed, for five mornings a week, a theatrical guided historic walking tour will bring to life some of the unique characters and moments in the town's 198-year history.

Perth through the Ages is organized by the Classic Theatre Festival, whose Artistic Producer, Laurel Smith, is working with a talented troupe of up-and-coming young performers to bring the project to Perth visitors and local residents alike.

"There have been numerous tourism studies that show Lanark County has a great potential to animate its town cores, which not only provides a great tourism experience for tourists, but also supports the unique businesses that populate the downtown area," Smith says. "It will also be a cross-generational community project, because teenagers will be interviewing seniors to get a sense of what it was like in town 50 or 60 years ago. So re-creating a scene from the boys coming home after World War II, for example, will be made that much more real with the first-hand stories they'll be gathering."

The Classic Theatre Festival is working closely with Perth's Matheson House Museum, as well as renowned historic animator Susan Code, whose annual Halloween Ghost walks have contributed a great deal to preserving the offbeat and still often unknown parts of Perth and Lanark County history.

Apply Now!

Young Perth and area residents interested in applying for walking tour positions can submit their résumés to <info@classictheatre.ca> no later than May 9, with interviews to take place the following week. More information is available at <classictheatre.ca>.

Tour tickets can be reserved by calling 1-877-283-1283. *Perth through the Ages* will run Wednesdays through Sundays at 11AM from June 25-August 31, beginning at the Perth Museum.

Best. Birthday Gift. Ever.

2014 Cliff Bennett Nature Bursary

What makes a great 75th birthday present? You might guess a week-end getaway to a classy downtown hotel, concert tickets to your favourite centre of the arts, or perhaps a vintage bottle of red wine. If you are Cliff Bennett (naturalist, Scout leader, teacher and volunteer), the best birthday gift ever was the inception of the Cliff Bennett Bursary Fund at a party thrown by 130 of his closest friends. In early 2007, a small committee of the Mississippi Valley Field Naturalists decided to honour this founding member by inaugurating an annual scholarship to a deserving student with an interest in the outdoors. Seven years later, the fund has grown enough that two \$600 bursaries can now be offered.

The Cliff Bennett Nature Bursary is awarded to students who live within the Mississippi River watershed (Lanark Highlands, Mississippi Mills, West Carleton/March Ward, Carleton Place or Beckwith). Eligible students must be graduat-

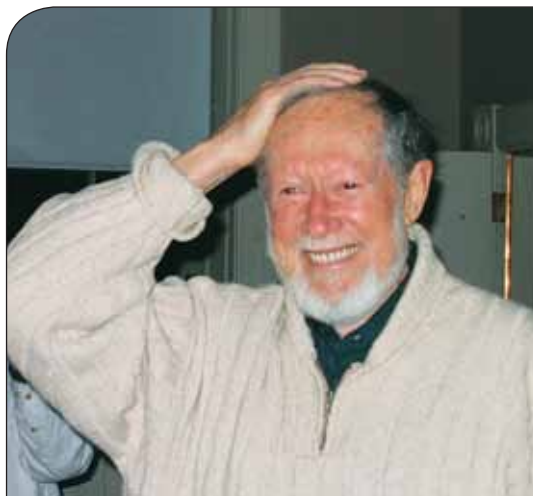
ing from secondary school and undertaking post-secondary studies in an aspect of nature or an environmental field. As well as academic achievement, the bursary selection committee considers an applicant's involvement

environmental stewardship by entering the Fish and Wildlife Technology program at Sir Sanford Fleming or study biotechnology at St. Lawrence College.

Application forms are available from student services departments in area schools, or can be downloaded at <mvfn.ca>. The deadline for applications is Friday, May 30.

Bennett says he is still "amazed" by his birthday gift and how it supports young people in their desire to conserve wildlife and protect nature. "There is an increasing demand today for professionals with an environmental background who can deal with the challenges of the future. The MVFN would like to play a small role in furthering these possibilities."

For further details, students can contact Mike Keffer of the Nature Bursary Fund at 256-8686 or send an email to <naturebursary@gmail.com>.



Applications are now being accepted for this year's Cliff Bennett bursary for students

in issues relating to the natural environment. A recent recipient has gone on to pursue a degree in marine biology at Dalhousie University, while another went into zoology at UBC. Some award winners follow their passion in

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Fundraiser for “Cowboy” Mike

Fortunately, the fire that took “Cowboy” Mike’s Cedar Hill home on January 19 didn’t harm anyone or any of his animals. Mike wasn’t home when the fire started and, thanks to an alert neighbour, the fire department responded quickly and did a great job. The fire was contained to the home and didn’t spread.

Many of Mike’s possessions survived the blaze but are smoke damaged and are now a write-off. There is no insurance to pay for rebuilding, and so a fundraiser is being held on June 6 at the Almonte Civitan Club to support this project. Mike is also selling part of his property to raise funds.

Cowboy Mike is well known in the horse community, as well as for his work with the Salvation Army and many of Ottawa’s shelters and community programs. He does a great deal of work with the homeless, the mentally ill and those who are battling addictions. He helps people get back on their feet and start new lives all the time. Many of the people that Mike has helped are not in a position to offer financial support, but they are coming forward with offers to help with labour and materials.

He is also famous for his dancing at locations throughout the Ottawa

Valley, and will no doubt be dancing up a storm at the fundraiser on June 6 at the Civitan Club. **Roadhouse** will be playing all of Mike’s favourite tunes, and a huge turnout is expected. His big heart has helped many people and now he needs your help.

For tickets or information, contact <HelpMikeRebuild@gmail.com> or phone 212-5190. Community donations and volunteers to help with the event are also welcome! Tickets are \$25 in advance, \$30 at the door.

WANTED
FRIENDS OF MIKE RICHARDS
TO ATTEND A FUNDRAISER TO HELP
MIKE REBUILD AFTER THE FIRE

June 6
DOORS OPEN: 8 PM
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Dancing, Food, Fun and Prizes

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Ready for a Crazy Good Time?

Crazy Dinner for the Studio Theatre

How the heck do you explain to people what a crazy dinner is?

“Well, you get a menu, see, and you can choose anything you want on the menu... but you don’t really know what you’ve chosen until it arrives. Understand?”

“Uh, not really...”

“You order things, but they may not always be what you thought they were.”

“OK — but is the food good?”

“It’s amazing.”

“Well, it sounds a little crazy...”

“Now you’re getting it!”

Perth’s Studio Theatre is in the entertainment business, so it’s a safe bet that a benefit for the theatre will be entertaining, too. On Saturday, May 10 the theatre hosts its **Crazy Dinner** at the Royal Canadian Legion hall, and it’s an event that’s guaranteed to put the fun in fundraiser.

Derek and Jean Cooke, two of the Studio Theatre’s long-time friends and supporters, have hosted crazy dinners literally all over the world. The one on May 10 at the Legion Hall will be a bigger, crazier version of the one they hosted three years ago, at their home near Perth.

“We’ve put on our fun dinners in many of the countries we’ve lived and worked in,” says Jean Cooke. “It’s a special way to bring people together, create new friends, and have a ton of fun at the same time.”

So how would Derek Cooke describe this unique evening?

“The Crazy Dinner is not a typical dinner experience. There are three courses of delicious, freshly prepared food, but that’s where the similarity to a normal dinner ends. Each course provides for humour and a delightful set of surprises. It really is a meal to remember!”

In addition to a scrumptious gastronomic adventure, there will be a cash bar, live entertainment, and great prizes, including a beautiful barbecue donated by Home Hardware, Stone Cellar gift certificates, and other fabulous gifts contributed by local businesses and private donors. Dress, of course, is casual.

So if you’re looking for a terrific way to have some fun and enjoy a great meal while helping the Studio Theatre, save this date: Saturday, May 10, at Perth’s Royal Canadian Legion Hall. Tickets are \$50 (with a \$25 tax receipt) and are available by calling Isabel at 326-0437. Like everything the Studio Theatre does, the dinner will be 100% run by volunteers, so all proceeds will go directly toward supporting the great work of our community theatre. The closing date for ticket sales is on or about May 3, so order today.

Visit <studiotheatreperth.com> for further details, and we’ll see you on May 10. You’d be crazy to miss the fun!

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Active Transportation Summit in Almonte

Bicycle Month, the month-long advocacy event that's all about creating healthy active communities, kicks off year 6 with the first annual **Eastern Ontario Active Transportation Summit** on May 29 and 30. Hosted at the Almonte Old Town Hall by a network of diverse partners including Bicycle Month, LGL District Health Unit, the Town of Mississippi Mills, Mills Community Support, Ontario By Bike, Share the Road, the Counties of Lanark and Renfrew, Healthy Communities Partnership, Renfrew County Physical Activities Network, and IWalk Canada, the summit will bring top-notch speakers from across the province to Eastern Ontario.

There is much to celebrate and much to learn about making our communities and businesses welcoming and desirable to cyclists and pedestrians.

Bicycle Month and the Town recently applied for Bicycle Friendly Community status and were awarded with "honourable mention" at Share the Road's annual Ontario Bike Summit in Toronto in April. Included in the Eastern Ontario summit festivities will be this year's Bicycle Month kick-off, a ribbon-cutting to open Almonte's new Perth Street bicycle lane, the awarding of the Warden's Plate to Lanark County for winning last year's Silver Chain Challenge with Renfrew County, and the issuing of this year's challenge. On a humorous note, mayors from across the region will compete in the 2014 Mayor's Slow Bicycle Race for the honour of being the slowest mayor; not an easy feat.

More seriously, provincial thought leaders will speak on topics as diverse as pedestrian- and bicycle-friendly com-

munities, being a bicycle-welcoming business, developing complete streets policies, the economics of a bicycle- and pedestrian-friendly community, the debunking of risk management myths, the economic benefits of rail trails and other topics. Filmmaker David Chernushenko will screen his film *Bike City, Great City*. Partners have created a great two-day program of interest to municipal councils, planning and public works staff, persons interested in public health, Chamber of Commerce members, cycle and pedestrian advocates and citizens at large.

"We're proud to be hosting the first annual EOAT Summit in Mississippi Mills. Healthy living and active transportation have been identified as important economic drivers in our Town Economic Development Strategic plan," says Tiffany MacLaren, MM Community Economic and Cultural Coordinator. "We look forward to this opportunity to showcase our amazing community. Thursday evening's taste of the town will have attendees exploring and experiencing local cuisine across Mississippi Mills. This event will not only shine a spotlight on initiatives we have been working towards — it will also create a collaborative spirit and encourage forward thinking and further focus in this important area."

To register, please visit healthyllg.org/active_transportation_summit.html. It's only \$50 for the two days, and that includes a \$10 voucher for a downtown restaurant on May 29. Registration is limited, so book early! You can register your spot online and then pay with a cheque to the Town of Mississippi Mills.

Downtown Carleton Place: Your Family Event Destination!

The Carleton Place BIA represents small business in the downtown and we are proud of the businesses that contribute to the local economy, provide employment, local produce and products and contribute to local events. The downtown businesses are the heartbeat of Carleton Place, keep them alive, shop locally!

2014 DOWNTOWN SPECIAL EVENTS

May 3, 2014

BIA Free Comic Book Day

June 14, 2014

BIA Lambs Down Park Festival

July – August, 2014

Music at the Market
(Alternating Tuesdays and Thursdays)

August 2, 2014

BIA Bridge Street Bazaar

May – September, 2014

CP Cruise Nights
(Every Wednesday evening)

May – October, 2014

Farmer's Market
(Every Saturday morning)



613-257-8049 / cmcormond@carletonplace.ca
www.downtowncarletonplace.com

20 Years of the CP Community Band

The Carleton Place and District Community Band is celebrating its 20th anniversary with a concert — **Celebrate Musical Memories** — on May 31 at 7:30PM at the Carleton Place Town Hall Auditorium.

The CP Band continues a long tradition of bands in Carleton Place that dates back to the Carleton Place Brass Band of the 1860s. The current incarnation of the band formed January 10, 1994, when, under the direction of Jack Peckett, the "Dirty Dozen" (as the founders were known) came together to play. The band has continued to grow under the direction of Graham Ingram, and currently boasts about thirty members, ranging from high school students to seniors, from Carleton Place and beyond. The CP Band can be heard at many community events, such as Canada Day, Remembrance Day, and the Santa Claus Parade, as well as annual spring and Christmas concerts.

The music for this concert was chosen by member vote — every member listed his or her top five pieces from the band's large repertoire, and the top vote-getters are what the audience will enjoy, along

with a few selections of historical note for the band. The music will range from classical to modern pop — everything from Gustav Holst and traditional folk songs to Broadway and pop favorites like the Beatles, Jersey Boys and ABBA.

Joining in the celebration will be local artists such as The Brass 5, Tony Stuart, and the CPHS Jazz Quartet. A reception catered by Leatherworks Catering will follow the concert, where memories of the band can be shared and anyone interested in joining can ask questions. Everyone is encouraged to come out to enjoy a great evening of music.

The CP and District Community Band is grateful to the Town of Carleton Place for its sponsorship towards making this concert happen, and is delighted to announce that Mayor Wendy LeBlanc will serve as Mistress of Ceremonies for the evening.

Tickets are \$10 per person, and are available at Brush Strokes (129 Bridge Street in Carleton Place), from band members, or at the door. For more information, contact Mike Peckett at 721-8661.

Creative New Faces in Carleton Place

Move over, Montreal — the coolest new fashion district is right here in the Valley! Clothing designers and purveyors of fine fibres can be found in West Carleton, Almonte, Perth and surrounding areas, and now Carleton Place has its own enclave of haute couture. TheHumm is delighted to introduce you to three relatively new faces that are adding to the terrific mix downtown.

C Style Fashions

Christine Armstrong is a fashionable lady who was drawn to open up shop in Carleton Place. Until recently a resident of East Ottawa, Christine remembers camping in CP as a child and exploring a thriving downtown shopping district. Looking for “more of a smalltown experience” for her own family, she recently moved to the area and decided to pursue her passion for alternative-to-mainstream fashions at the same time. She opened C Style Fashions at 163 Bridge Street last year, and has been turning heads with her distinctively dressed windows (and awesome pink hair) ever since.

Christine describes herself as “always having been the one who dressed differently”, and recalls shopping at Flash Cadillac back in the day (when Humm contributor Linda Seccaspina was running that iconic shop in downtown Ottawa — now how cool is that?). Lately, she has found it harder to locate “different” clothing without going online, and believes that finding clothes that you are comfortable in is a tactile experience best undertaken in person. She excels in sourcing eclectic clothing lines that have both a youth-appeal and a vintage flair, such as '40s and '50s styles, pin-up, punk, steampunk and goth fashions, accessories (including petticoats!) and footwear. She carries a wide range of fashions so that “your style can depend on your mood that day” and because she truly values self-expression, and she endeavours to carry sizes from XS to 4X to celebrate a variety of body types. Both her eye-catching offerings and her philosophy are attracting a devoted clientele, and she is definitely fulfilling her desire to “add to the eclectic mix on Bridge Street”!



The Dress Shop

Speaking of eclectic offerings on Bridge Street, just down the block from C Style is The Dress Shop, opened last October by a dynamic duo from Munster Hamlet. Olena Androschuk and Christina Babin met almost two years ago and decided to give their complementary talents a home in Carleton Place. Olena has a wealth of experience in the fashion industry, having studied it in the Ukraine for four years before moving to London (England) to work as a sample-maker for designers like Matthew Williamson and Bruce Oldfield. When she married a man from Kinburn (Ontario), she moved to the area and worked in Ottawa for designers Richard Robinson and Mu-

riel Dombret. She credits her exposure to Oldfield's wedding dresses for igniting her passion for designing gowns, and cites Dobret as a major inspiration as both a brilliant designer and business person.

One of Olena's best business decisions was to hire Christina to “run the shop”, thus freeing the



The newest contributors to the Valley's fashion scene are The Dress Shop (above), C Style Fashions (left), and Tamaranda Interiors (right) — all in downtown Carleton Place!

designer to do the work she loves best — making patterns and creating gorgeous pieces for her Dominica Maazur line (named for her grandmother, who introduced Olena to sewing at a young age). Christina's excellent eye for decorating and display is certainly in evidence in the shop, and the two women “have tons of fun together”, which brings a delightful energy to their business. The Dress Shop also carries lines by other Canadian designers (like hand-knit pieces by Olga Knits and fashionable yoga-wear by Ottawa's Studio D). Best of all, Olena is happy to take your measurements and custom-make any piece in her collection!

As for opening up shop in downtown Carleton Place, Christina and Olena are delighted with the warm welcome they have received, both from the business community and from customers. They are very happy to be adding to the growing mix of retail and restaurants that are attracting people to the area.

Tamaranda Interiors

Located in one of the funkier spaces in CP, you'd swear you were in a big city garment district when you step into the gorgeous space on McArthur Island occupied by Tamara Black. Tamara is an interior designer and certified interior decorator who has spent the past twelve years consulting on residential and small commercial design and décor. She still operates that business, but has recently added a special textile project to her résumé. As a result of working in the textile industry, she became aware of and disheartened by the amount of waste — especially the volume of textiles going to landfill in the form of sample books of unused but discontinued swatches. Her solution was to ask distributors to save their books, which she then dismantles (recycling both the cardboard and the plastic covers), sorting the fabric by colour weight and incorporat-

ing it into her own beautifully designed throw pillows.

This “pillow project” began as a sideline, but grew to the point where she needed more space both for her materials and for the seamstress who sews up all of her designs. Living in Kanata, Tamara found herself facing either a 25-minute drive into downtown Ottawa (where rent was pretty prohibitive) or the same commute to downtown Carleton Place. She has been so thrilled with her business's new home that she is planning to move there herself. For now, you can purchase her gorgeous pillows directly (check out Tamaranda Interiors on Facebook, and note that she takes commissions as well), or find her at the **Handmade Harvest Craft Show** in Almonte on Sunday, May 4 <handmadeharvest.com>. In the near future, Tamara is planning to launch the project on Etsy, and also to begin incorporating more salvage design and “upcycling” into her design business, so keep an eye peeled for more information about her creative endeavours!



The Green Counter

In the centre of Carleton Place's fashion district — between Bridge Street and McArthur Island at 18 Mill Street — is The Green Counter Boutique. They were written up in theHumm back in July of 2013, but back then they were known as Le Garage Boutique. Owner Brigitte Diogo is still bringing fabulous fashions into her funky space, so be sure to add the Green Counter to your route de couture!

— Kris Riendeau



MISSISSIPPI MADAWASKA
LAND TRUST CONSERVANCY

ANNUAL GENERAL MEETING

When: Thursday, May 22 6:30PM

Where: Almonte Civitan Club, 500 Almonte St.

Guest Speaker:
Ed Lawrence

**Native Plants and
Alternatives to Using Pesticides**

Public is invited to attend
Ed's presentation begins at 7:30PM

Info: 613-253-2722 or www.mmltc.ca

See More Online!

This article is just the tip of the iceberg (or should we say arugula) as far as information about local food is concerned. You'll find links to area Farmers' Markets and great resources like Lanark Local Flavour, profiles of food producers, and lots more at <thehummm.com>. There's good eating on that site!



ALMONTE FARMERS MARKET
 2014 Season Opens Saturday, May 17
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 ALMONTEFARMERSMARKET.CA

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Humm Fun Feature of the M

Virtue (Latin virtus; Greek ἀρετή) is moral excellence of a person. A virtue is a trait valued as being good. The conceptual opposite of virtue is vice.

As you walk away from the farmers' market with your canvas bags filled with fresh local corn, tomatoes, cucumbers, apples, carrots, potatoes, beets and more, you can't help feeling good... even though your arms are about to fall off from the weight. It's not just feeling good — it's feeling virtuous. What is it about buying food at a farmers' market that makes it a virtue?

Part of it is certainly the support for local farmers. Supporting small-scale, market farms means voting with your dollars for the option that is easier on the planet than large, mono-crop industrial farms. Part of the equation is also that the market is not convenient. Having to plan the trip to the market means planning meals, which is a great way to reduce both wasted food and extra trips to the grocery store. Another significant aspect is that you feel like you're doing something good for your health and the health of your family. Growers at the market are proud of what they sell and their main goal is to produce vegetables, fruits and meat that taste great and are full of nutrients, instead of stuff that needs to survive a trip across an ocean and most of a country in a shipping container.

It takes time and practice to undo all the conditioning that years of consumer advertising have wrought. "Fast, cheap and no messy clean-up" should make your spirits soar according to the ads on TV. Too bad it doesn't work on a gut level. Your gut and your spirit are happiest when they're full of fresh, local goodness.



This month, we put out a call to all of the Farmers' Markets in our catchment area. Here's what they have to say about the start of the season!

Almonte

The Almonte Farmers' Market opens on May 17 and welcomes a number of new vendors this year, including purveyors of delicious breakfasts, pork, dog treats and baby care products. Returning vendors bring a variety of produce, organic beef and lamb, gluten-free goodies, maple, perennials and herbs. This is the 24th year of the market (in this incarnation), and it takes place on Saturdays from 8:30AM-12:30PM in the parking lot of the Almonte Public Library. Look for special chef demos on the first Saturday of the month, and knife sharpening on the third Saturday of each month.

The market is looking for musicians and buskers this year, so please visit <almontefarmersmarket.ca> for more information.

McDonald's Corners

Opening for the season on Saturday, May 17, this unique market is located at the MERA Schoolhouse in McDonald's Corners in a friendly, relaxed, beautiful setting under the trees. Fresh local produce, plants, meats, maple syrup, honey, baking, garlic and preserves are available from vendors, along with original, handcrafted art, carvings, rustic furniture, jewellery, weaving, wool, and pottery. Friends meet at the market café for fair trade coffee, and to sample tasty treats from vendors. Pizza is served from the outdoor wood-fired oven.

The market is open on Saturdays from 9AM-1PM and runs from May 17 to October 11. For information, please contact 278-2739 or <mcdonaldscornersfarmersmarket@hotmail.com>.

Perth

The Perth market will be opening for its 22nd season on May 10. Located at the Tay Basin and Crystal Palace, the market is open Saturdays from 8AM to 1PM. There will be special opening day ceremonies to kick off this year's season, with music, giveaways, all your favourite vendors (and perhaps some new ones, too!), and much, much more. For detailed information, you can call 326-0465 or visit the market's informative website at <perthfarmersmarket.ca>.

There's So Much in Store for You!

Upcoming workshop on May 22:
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Month — Fabulous Farmers' Markets!



Carp

The long winter of our discontent is finally over, and the market season begins at Carp Fairgrounds on Saturdays from May 10 through October 25, from 8AM–1PM. The early season sees root vegetables from last fall and lots of spring greens. There will also be some greenhouse veggies like cucumbers. Don't forget that this is an ideal time to try the broad range of meat products, specifically spring lamb. But you'll also find pork, beef, elk and other prepared meat products. Although the maple syrup season got off to a slow start, the quality this year excels.

Complementing the primary producers, the market features bakers and other prepared food vendors, as well other a range of juried craft products of the highest quality. Remember to take time for break-

fast or lunch, as the food court will have just what you fancy. Drop by the opening on May 10, and make it a habit through the summer and fall!

Renfrew

The market is once again up and running starting Saturday, May 3, at the Renfrew Fairgrounds from 7AM until noon. There are new vendors and new products this year! Enjoy freshly-brewed fair trade coffee as you decide which jams and freshly baked goods to indulge in. Find your spring supply of fresh maple syrup and honey. In a few weeks, choose from the freshly picked asparagus, salad greens, rhubarb and potting plants. Locally-raised lamb and pork will also be available this year. Don't forget to check out the new craft vendors and homemade personal care products made from pure shea butter.

There is plenty of parking, with chairs available to rest and chat or snack. Once again the Rotary Club will serve breakfast (bacon on a bun) every second week as a fundraiser for their organization. For more information visit <renfrewfarmersmarket.com> or find them on Facebook.

Carleton Place

This year, the market opens on Mother's Day Weekend (May 10), and runs every Saturday until October 11 from 9AM–1PM. On the opening day, the first one hundred customers will receive a free plant! Their lovely new location (Market Square, at the corner of Beckwith and Lake Avenue) accommodates a number of vendors, as well as buskers and special events.

You'll find traditional produce, preserves and baked goods at the market, but be on the look-out for special treats such as smoked rainbow trout, daylilies, potted lavender, dog treats, and even ready-made frozen pizzas! For more information about vendors, busking opportunities and special events, please visit <cpfarmersmarket.wordpress.com>



Photos by SM Hansen and Rob Riendeau

Sharbot Lake

The Sharbot Lake Market begins Saturday, May 17, with its annual Plant Sale. Seeds, seedlings, and bulbs will be available, as well as the regular variety of farm-fresh produce, local crafts and other market products. The Summer Market runs on Saturdays from Victoria Day Weekend through Thanksgiving, from 9AM–1PM at the Sharbot Lake Beach. Please visit <sharbotlakefarmersmarket.ca> for more information.

Taste of Lanark Tour

This year, Lanark County Farmers' Markets present a "Taste of Lanark Tour" where area chefs and foodies will give food demonstrations at their local market. To date, participating chefs include Roger Weldon from Generations Inn, Dusty Pettes from Ballygibbins, Sheila Zieman from Bewitching Treats, and Canadian Hydra Culture (doing a demo on hydroponic plants).

These events will take place at the markets in Almonte (on June 7, July 5, Aug. 2 and Sept. 6), Carleton Place (on June 14, July 12, Aug. 9 and Sept. 13), McDonald's Corners (on June 21 and Aug. 16), and Perth (on June 28, July 26, Aug. 30 and Sept. 27).

The Carp Farmers' Market

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The market will be open from 8AM until 1PM from
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We are open rain or shine, free admission, free parking
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Please visit our website, carpfarmersmarket.com
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Next month's Humm fun
feature will focus on

Summer Camps

in our catchment area.

If you are running a
summer camp program
(and particularly if it has
artistic, cultural, literary or
musical aspects) please email

editor@thehum.com

by May 10 and we will try to
include you in our feature!

Renfrew
Farmers' Market

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Art in the Attic, the Studio, the Garden,

Amazing Affordable Art in Almonte

Viewing and buying art is a personal and emotional experience. There is no mathematical formula that explains why one person may be drawn to the powerful piece of a well-known artist whilst another is enthralled with a piece from an unknown. But that is not surprising; emotions are at the heart of the creative process. At the **Art in the Attic Show and Sale (AITA)**,



Art in the windows of downtown Almonte shops promotes Art in the Attic!

by Miss Cellaneous

May 9–11 at the Almonte Old Town Hall, two dozen artists from the Almonte and Area Artists Association (4A) will be putting their emotive creations on display along with special guest artist, sculptor Dale Dunning of the Lost and Foundry Studio. The talents of the ADHS art students will also be shown; perhaps there's a budding Picasso in their midst...

There will be photography, intarsia, textile art, and artwork in almost every medium, on a very wide range of subjects — surely there will be a piece that speaks to you! And at the grand opening on Friday evening, Humm staff will be selecting the pieces that speak to them.

AITA takes place on a rather "emotional" weekend — Mother's Day weekend. They will be paying homage to mothers by dedicating a special display to "Celebrating Mothers", so bring your mother out to the show!

You can even have a sneak preview of the artists' works. Since mid-April, many of the shops in downtown Almonte have been promoting the show by displaying in their windows a piece of art by a 4A member. These businesses will also be contributing to your "artful" experience throughout the weekend. Avenir Design Studio will be putting on a **fashion show** on the Saturday at 4PM. Several shops will also be offering discounts to show visitors; at the Old Town Hall you will receive a package with a map and promotions from participating stores. Right behind the Old Town Hall, step onto the Almonte Riverwalk, which takes you along the beautiful river all the way to the end of Mill Street, ending in a breathtaking lookout at the site of the old Victoria Woolen Mill. Follow the map route up Mill Street to experience the

unique shops and restaurants of this small town rich with history and charm.

Art in the Attic will be at the Almonte Old Town Hall (14 Bridge Street) on May 9 (7–9PM), May 10 (10AM–7PM) and May 11 (10AM–4PM).

Hidden Treasures in Smiths Falls

Do you want to treat yourself and your Mom? On Mother's Day weekend, the Smiths Falls and District Arts and Culture Council and over twenty artists of the Smiths Falls Art Journey are presenting Hidden Treasures at the Kinsmen Community Pavilion. Make it a family occasion and discover exceptional works by fine artists and artisans.

You'll find a wealth of local creativity, in the form of pottery, decoys, wood turning, photography, steampunk creations, carvings, jewellery, paintings and hand-crafted furniture. Participating artists and artisans include Tara Andersen Schepens, Cheryl Colford, Jackie Coldrey, Jane Conley, Don Crowder, Nicole Crowder, Frank Harvey, Leah Hicks, Pam Hills, Kathy Lavender, Sandy McRae, Helen Nicholson, Diane Provost, Alida Rutte, Jill Spear, Tracy Schruder, Tasha Thorpe, Kevin Valiquette, Dennis Webster, Randy Webster and Ralph Welz.

Meet these talented artists and their one-of-a-kind creations on May 10 and 11, from 10AM to 5PM, in the charming setting of the Kinsmen Pavilion in Lower Reach Park, beside the picturesque Rideau Canal in Smiths Falls.

For further information on the event, please visit <artjourneysmithsfalls.com>.

Red Trillium Studio & Garden Tour

On the weekend of May 10 and 11, you are invited to visit twenty-eight artists in ten studios and gardens in the lovely rural setting of West Carleton. This free, self-directed tour features a variety of media including paintings and drawings, pottery, glass, woodwork, fibre art, Santa dolls, toys, quilts, metal work, women's clothing, sculpture and jewellery.

Artists new to the tour include: Zoë Lianga, who combines luxury wools and recycled silks to create wearable art; Ann Dunlap, who creates whimsical and contemporary garden figures; and Jessica Brabant, who is inspired by fungi to create her sculptural yet functional ceramics. Also new this year are Mary Teasdale, who uses semi-precious stones and sterling silver in her stunning jewellery; Lynne Morin, an oil painter who uses vibrant colours to capture the Canadian landscape in contemporary forms; Brenda Beattie, who creates realistic drawings and paintings of landscapes and local scenes; and Susan Srivastava, who is inspired by a love of nature and exotic travels to create her paintings, drawings and prints.

Brochures and maps are available at many locations, as well as online at <redtrilliumst.com> or by calling Catharine at 839-2793. Studios are open from 10AM to 5PM each day, and a warm welcome awaits!

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Calling all Valley artists!

Popular community shopping centre in West Ottawa is seeking **an artist to open a studio** offering classes primarily to children.

If combining your love of art and working with children appeals, contact Krista Aselford, Burnford Realty at 613.726.8000.

Details

<http://goo.gl/4Lt70j>

and Even Out Standing in the Field!

Art at the Studio Theatre

The Perth Studio Theatre (63 Gore Street East) will be hosting an exhibition of the works of Balderson artist L. Turner. On display in May/June will be *The Grizzly Bear*, *Dark Horse* and new paintings such as *Eyes of the Tiger*, *Birds OnLine* and others. For more information, contact the theatre at <studiotheatreperth.com> or L. Turner at <duchessofbalderson.com>.



Works by Balderson artist L. Turner will be on display at Perth's Studio Theatre

Calling Artists & Craftspeople!

The West Carleton Arts Society is excited to announce its second summer art festival — **Art on the Grass** (formerly ART-stravaganza) — to be held on Saturday,

August 16, in the Village of Carp. Artists and craftspeople are invited to apply to this non-juried show and sale of fine art and original handmade crafts (created by the applicant).

This art festival is designed to engage visitors in all forms of art and craft. Visitors can expect to find the sounds of musicians, demonstrations by painters and craftspeople, activities for children, and some of the best artwork in the Ottawa region. Some artists will paint outdoors, en plein air, with prizes awarded at the end of the day.

Art on the Grass will be held outdoors at the Carp Fairgrounds, rain or shine, from 8AM to 4PM. For more information, visit <WestCarletonArtsSociety.ca>, or contact Lis Allison at <studio@pine-ridge.ca> or 832-2156.

At Work in the Field

Artists, not farmers, work in a small field just west of Perth in Brooke Valley. For the past six years, spring has brought a new crop of sculptural artworks to this field and its adjoining forest. FIELDWORK's 7th season opens with five new works of art on Saturday, May 24, from 2-4PM. Savour the unique experience of an art opening held in a field, discover art made on for the site, and hear what artists have to say (they will speak briefly about their work, starting at 2:30PM).

The majority of the new pieces for 2014 are the offspring of artistic collaborations. Toronto-based artists Carey Jernigan and John Haney are bringing *Ghost Barn* to the

field — an 8-foot-tall, translucent barn that provides an echo of architecture and lifestyles past. As night falls, the barn will begin to glow, ghostly and memorable.

Lisa Creskey, a ceramic artist from Chelsea, is collaborating with sculptor Marc Walters from Wakefield and Susie Osler (artist, writer and owner of the FIELDWORK field), to create *Whip-poor-will*, an interactive sculpture that sheds some light on an endangered bird that is nocturnal and rarely seen. The sculpture consists of three parts: a walk-in nest, a large mixed-media bird, and various objects within the nest, representing the life cycle and the food sources of the whip-poor-will.

Barbara Cuerdon and Karina Kraenzle, an artistic team from Ottawa, call their piece *Speaking Volumes*. "Our proposal is to return the quiet pleasures of the book back to the forest." Their structure, made of recycled books, will inhabit the edge of the forest and will probably give the term "pulp fiction" a layered, more complex meaning.

Michel Bachelet and Christine Juillard from Montreal are known as Zone Vert. Their installation *L'Age des Arbres* (The Age of Trees) explores the different stages in the lives of trees. The interplay between natural processes and human use of trees will be reflected in the diverse materials used by these artists.



Ghost Barn, by artists Carey Jernigan and John Haney, is just one of the pieces cropping up this spring at FIELDWORK

Geoff Wonnacott, an artist from Ottawa, introduces a large 12-foot high Gordian knot to the field. *The Knot*, constructed with drainage tile commonly used for water management, refers to Greek mythology and the challenges inherent in untying a knot of such complexity.

If you're not a regular art gallery aficionado, you might find that discovering art in nature is both fun and inspiring. FIELDWORK is located on Old Brooke Valley Road just south of Highway 7, fifteen minutes west of Perth, and is open to visitors free of charge, year-round.

For information and directions please visit <fieldworkproject.com> or find them on Facebook.

Here is a peak inside a few of our current listings.
Please book a showing to see more!



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Due to the unseasonably cold spring we have had, the pick-up day for the Mississippi Mills Chamber of Commerce's annual tree sale, as well as the Town's tree sale and The Neighbourhood Tomato's rain barrel sale has been postponed.

**The pick-up date is now
Thursday, May 15
from 3 to 7:30PM
at the Mississippi Mills
municipal office**

Orders for trees will still be accepted at
www.mississippimills.com/trees
or by calling Kathryn at 256-7886

Orders for rain barrels will still be accepted at
www.rainbarrel.ca/tomato
or by calling Deanna at 256-7535



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Breathe Easier This Spring

Well, we made it. Spring is finally here! And as Canadians we know there is nothing quite like that first day when you can finally turn off the heat and fling open the windows to allow the fresh air to banish winter's stale odours from your home, office or car.

Every year, filled with enthusiasm, we wash, wipe, polish and paint, dig and dust and generally fill our indoor and outdoor worlds with VOCs, dust, long dormant mold and, of course, pollen.

Allergy sufferers are keenly aware that spring air is filled with pollen and other particles that make noses run and eyes itchy and red. Pollen and dust we can see, but the air we breathe is also loaded with Volatile Organic Compound (VOC) particles that you won't find blanketing your dining room table but that are filling your lungs.

We don't often think about it, but our homes, offices and cars are full of banal items that off-gas VOCs: carpeting, furniture upholstery, vinyl flooring, composite wood, the paint on your walls, the cleaning products you use, the air freshener you spray, laundry detergent, fuel oil, gasoline, cosmetics, newspapers — even items that have been dry cleaned. Yup, you are surrounded by an army of nasties. In

fact, on a daily basis you come into contact with some 70,000 chemicals that are leaving their mark on your immune system.

By just going about our daily lives we are breathing in off-gassed chemicals like formaldehyde, acetone, benzene, ethylene glycol as well as many other VOCs. Long-term exposure to these chemicals has been proven to increase your risk of cancer, liver and/or kidney damage, as well as damage to your central nervous system.

How bad can our exposure be? A study conducted by the US Environmental Protection Agency about decade ago found that the exhaled breath of 355 New Jersey residents contained chloroform, trichloroethane, benzene, styrene, o-xylene, carbon tetrachloride, xylene, dichlorobenzene, ethyl benzene, trichloroethelene, and tetrachloroethelene. Now that's bad breath!

Limiting your exposure to these chemicals is key to your health, and there are a number of easy things you can do, particularly in your home.

- Don't store chemicals in your home, because even closed containers can leak
- Take your household hazardous waste to your local collection site

- When you are considering a new household purchase, consider purchasing a floor model, as it has already been allowed to off-gas in the store
- Purchase solid wood products with low emitting finishes
- Purchase low-VOC paint
- Don't use perfumed air fresheners
- Increase the ventilation in your home and bring in as much fresh air as possible
- Use fans to circulate the air
- Keep your temperature and humidity as low as is comfortable, as items produce more off-gassing in warm conditions
- Do renovations in the warmer seasons to allow for good ventilation (if possible renovations should be done in unoccupied spaces)

Ultimately, you can't control every environment, but you can control the air quality in your home sweet home. Your best defence is to limit the number of VOC-producing items in your home, increase the circulation of fresh air, and use an air purification unit that is designed specifically to remove harmful VOCs as it will also clean the air of pollen, mold and dust that may result from opening your home up to the outdoor air.

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FIELDWORK

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Middleville Museum Opens with Launch of New Book by Claudia Smith

If you've never been to the very special Middleville Museum, this year's schedule of events will give you all the reason you need to visit. (Of course, if you've been there in the past, you already know you should come again!)

The first of those events will be the **Opening Day Tea** on Sunday, May 18 (Victoria Day weekend), starting at 1PM. The Opening will also host the launch of Claudia Smith's new book — a collection of local stories — *and* the first showing of the Museum's 2014 log cabin raffle quilt.

Claudia and her husband moved to their farm near Almonte in 1980, and ever since then the history of Lanark County has been a passionate interest for her. As a teacher, Claudia encouraged a generation of children to respect the traditions and values of those who built our communities — as well as the history of the original inhabitants of the area. Since moving to the County, she has collected the stories of older residents, using their living memories to record the area's history. Through her four books she has given a voice to the people of Lanark County.

Since 1990, Claudia has also documented the colour of rural life in over 160 articles that appeared in the *Lanark Era*; now she's gathered many of those articles into a new book, which will be sold through the Museum (and elsewhere). Claudia will be at the book launch, and will sign your personal copy of *By Word of Mouth — Stories From Northern Lanark County*, starting at 1:30PM.

And when you visit, do admire the Log Cabin quilt that will be on display. It could be yours! Buy some raffle tickets; the winner will be drawn at the Middleville Fall Fair in September (but you don't have to be there to win).

The Middleville Museum is open Friday through Sunday (and Holiday Mondays) from Victoria Day through Thanksgiving, and is located at 2130 Concession Road 6D in Middleville. For more information, please call 259-5462 or 259-0229.



Come to the Middleville Museum on May 18 for an Opening Tea and the launch of Claudia Smith's new book *By Word of Mouth*

Calendar of Events

May 18: Opening Tea; Launch of Claudia Smith's book *By Word of Mouth*; display of the Museum's raffle quilt

June 22: Family History Day; check out the museum's local records, bring in your own family papers

July 5: Heritage Day (with the Agricultural Society); farm and industry at the fairgrounds, domestic exhibits and demos at the Museum

August 17: The Guns of August (beginning of WWI) featuring stories of local volunteers

September 16: Middleville Fall Fair (with the Agricultural Society); the best small, old-fashioned fair around

October 12: Apple Festival on Thanksgiving weekend; local apple varieties, cider, free apple recipes — bring your family apple recipes and we'll have an exchange!

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Looking forward to our 35th season in the fall!



Words From Westport

Spring in Westport

It looks like spring has finally sprung here in Westport! Tiny sprouts of daffodils can be seen, colourful crocuses open their purple and golden petals to the sun, flowering bushes are ready to burst into bloom. It is such a welcome sight after a long and cold winter. It is wonderful to see these tiny green sprouts of tulips — I can hardly wait until their colourful flowers appear.



Events, like flowers, are springing up in Westport this month!

by Georgia Ferrell

April's Breakfast with the Arts brought a visit to our new letterpress business, Papillon Press. What an amazing morning we had learning all about how letterpress works and seeing some of their work that is just beautiful. Thanks, Joel and Chantal, for a great event.

May's **Breakfast with the Arts** will be a fun and messy hands-on event as participants learn all about cement garden-art — from stepping stones to planters for your garden, starting small however! Artemisia will host this event, hopefully in the garden — where else? So let's keep our fingers crossed for a warm and sunny morning on May 31, when everyone is welcome to attend. Please RSVP at 273-8775, or call for more information.

To celebrate the season, The Cove Inn offers some great music events this month,

including **The Night is Young** (a tribute to Neil Young) on May 3 from 8-11PM. Seamus Cowan, Jason Kent, Eric Lawrence and Rob Radford will present this entertaining compendium of works by Neil Young. Old-time country and bluegrass will be featured there on May 4, from 1-4PM, with **James Ryce & Top Shelf**, and you can warm your tummy with a Southern Italian Wine dinner on May 15 (by reservation only).

Then there's a summer kick-off party on May 17 from 7-11PM, sponsored by the Westport Arts Council and featuring **The Keylites** (a soul sensation from Montreal). Filling the last spots for May are **Sunfields**, alt-country pop from Montreal on the 23rd, and an **Acoustic Songwriter's Circle** on the 30th. For more details, please contact The Cove at 273-3636.

Ramsay Women's Institute Update

Authors, antiques, exotic and contemporary textiles, Montebello, pedal-powered smoothies, and a new website were just some of the topics, activities and destinations of the Ramsay Women's Institute last year.

With over twenty members whose ages span five decades, the Ramsay WI has had a full, fun and productive year. Monthly guest speakers explored the art of antiques; the philosophy and process of fair trade coffee; the genesis through to completion of authoring, illustrating and publishing a children's book; and the exciting developments of the Hub Hospice. Members pedaled the quirky pedal-powered smoothie-maker in Pakenham's Canada Day parade and served up smoothies during Bicycle Month; held Tea on the Lawn at the Mill of Kintail; and provided refreshments during the popular Tea Dances at the Almonte Old Town Hall. Various local, national and international charities benefited from these fundraising activities. Potlucks, a mystery tour and an auction at Cedar Hill School rounded out the year.

An active community-minded group, the Ramsay WI continues to



attract new members of all ages and backgrounds, at a time when many Women's Institute branches have been forced to disband due to declining membership. Ramsay WI members meet once a month at members' homes, just as they have done since 1944. The topics, guest speakers and community projects may have changed since then, but the focus of personal growth, education and community involvement continues to be the driving force behind the organization.

To learn more about the Ramsay Women's Institute or their upcoming meetings, visit <ramsaiwi.ca> or email <ramsaiwi1944@gmail.com>. Whether you are new to town or just want to meet new people, you will receive a warm welcome from the members.

Saturday June 7, 2014

JazzNfusion

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On The Road Again

They say that New York is the city that never sleeps. While writing this, I am in New York City with 107 of my band members, so for the rest of this week, I'm sure that I'll feel like the music teacher who never sleeps.

by Tony Stuart

I've always been a supporter of taking band students on tour, and over the years our bands have been as far east as Halifax, as far south as Orlando, and places in between such as Boston, Washington, and Chicago.

When you mention that you are going on tour with a large group of high school students, quite often the reactions that you receive range from incredulous to something along the lines of "better you than me." However, being on tour is my favourite time of the year, despite the fact that you come home exhausted.

Maybe it is because I teach at a smaller, more rural school, but the first thing I always notice is that there is no sense of entitlement among students. They seem to genuinely appreciate the opportunity that they are being given. I think this has more to do with the fact that when you are in band, you have signed on for a full year commitment. Many, many hours of rehearsal and practice have to happen before the tour can take place. All of these hours spent together help build a sense of community.

When we tour, we always perform somewhere, whether it be at a festival, or for a public performance. In a city like New York, there is a very good chance that thousands of people will see and hear you play. In order to be ready to perform, students will have learned about teamwork, personal responsibility, attention to detail, and a host of other skills throughout the year. The pursuit

of excellence is at the centre of everything that we do.

Attending world-class performances is another important part of the tour experience. Some students living in Carleton Place and Almonte will have not had the opportunity to see and hear top-flight live music. Attending a concert by a major symphony orchestra such as the New York Philharmonic is eye-opening and inspirational. Watching live jazz reminds us of the absolute joy that comes with being on stage and performing, all without auto-tune and video editing. Watching on YouTube is not the same as being there in person!

For many students, band tours become one of the highlights of

their high school career. I teach many students who are perhaps not the strongest academically, but who work hard in rehearsals and love having the opportunity to perform. I feel like a week spent in New York City or any of the other destinations that we have visited provides a unique educational experience. It is never a bad thing to step away from school for a few days, especially after putting in a year's worth of hard work!

I think that my favourite part of the tour experience is the cohesiveness that it brings to my bands, as members who may not have ever talked before now spend five days together, and get to know each other. Yesterday

was our first day, and already I saw this starting to happen. By the end of the tour, the group is excited, inspired, and looking to conquer the world during their upcoming spring concert. I can't wait to conduct them in the middle of May.

We are off to perform a concert this afternoon here in New York City, so I will be signing off now. I'm looking forward to an exceptional tour, and a safe return with 107 happy, inspired, and tired students.

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

McDonald Descendants Donate Family Heirloom

Nearly two centuries after John McDonald and Ishbel MacLaine first came to Lanark County, their descendants are returning to the area to witness a very special donation. A cast-iron porridge pot brought from Mull, Scotland, that once graced their family table in Ramsay Township, has been handed down through generations of McDonald descendants, most recently to Mary Lennox and her husband Barrie. They are donating it to the North Lanark Regional Museum.

You are most cordially invited to attend this celebration on

Thursday, June 5, jointly sponsored by the Lanark County Genealogical Society, the North Lanark Regional Museum and Archives Lanark.

The event will feature a **bus tour** from the North Lanark Regional Museum in Appleton, and a **buffet lunch** at the Almonte United Church. There are 55 seats available on the bus, which will leave the Museum at 10:15AM and make brief stops at Blakeney, Bennie's Corners, the Mill of Kintail and Almonte, and return to the museum after lunch. The cost for the tour is \$20 per person. The

lunch can accommodate up to 100 people, and features brief talks and historical displays. It will be catered by The Leather Works and costs \$10.

Tickets for the full day (\$30), the bus tour (\$20) or the lunch (\$10) can be purchased in advance by mailing your cheque, payable to Lanark County Genealogical Society, to Lanark County Genealogical Society, c/o Frances Rathwell, Treasurer, 68 Beckwith St. E., Perth, ON, K7H 1C1 Attention: McDonald Event. More information on the event can be found at <facebook.com/LCGS1920>.



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Welcome Home!

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Visual Arts

Creativity Blitz, May 3-4; 9AM-3PM. High Lonesome Nature Reserve, Pakenham. 624-5530, mmltc.ca. Free

Open Studio - Living Stones, May 3-4, 10AM-4PM. John Schweighardt's stone sculptures. Lanark. livingstonesculptures.ca

Vernissage, May 4, 2-5PM. The Herb Garden, 3840 Old Almonte Rd. herbgarden.on.ca

Art in the Attic, May 9 (7-9), 10 (10-7) & 11 (10-4). Art show & sale. Almonte Old Town Hall. 4a-artists.ca. Free

Meet the Artists, May 9, 7-9PM. Blown glass vessels & sculpture installation. General Fine Craft, Almonte. generalfinecraft.com

Vernissage, May 9, 7-9PM. Mixed media artist Suzanne Warren Powell. Brush Strokes, CP. 253-8088, brushstrokesart.ca

Art Journey Show, May 10-11, 10AM-5PM. Kinsmen Pavilion, Lower Reach Park, Smiths Falls. artjourneysmithsfalls.com

Open House, May 10-11, 10AM-4PM. Sarah Moffat's colourful art. S.M. art studio, Olde Almonte Flour Mill, Almonte. sarahmoffat.com

Red Trillium Studio Tour, May 10-11, 10AM-5PM. West Carleton area. 839-2793, redtrilliumst.com. Free

Flippin' Art Night, May 15, 5-7PM. Leah Hicks & Chris Banfalvi. Ballygiblin's, CP. 253-7400, artscarletonplace.com. Free

Almonte Quilters' Guild, May 19, 7PM. Almonte Civitan Hall. 257-8444

ARTiculate fireside art talks, May 21, 7-9PM. St. Paul's United Church, Carp. west-carletonartsociety.ca/articulate.html. \$5

Fieldwork Exhibition Opening, May 24, 2-4PM. 5 new works of art. Talk at 2:30PM. 2501 Old Brooke Rd. Maberly. Free

Open House/Art Show, May 24, Noon-3PM. Arts CP show, Nightcrawlers perform, free BBQ. 135 Hooper St., CP. 257-2886

4A Mtg., May 26, 7:30PM. Almonte Public Library. 256-5863, 4a-artists.ca. Free

Lanark Cty Quilters Guild, May 27, 7PM. AGM. Perth Lions Hall, 264-9232

Arnprior Quilters' Guild, May 28, 7-9PM. Christian Ed. Centre, Arnprior

Breakfast with the Arts, May 31, 8AM breakfast, 9AM cement garden-art. Artemisia, Westport. 273-8775

Youth

Perth School of Dance and Arts in Motion, May 22-24, 7PM. End of year performance. PDCI, Perth. ticketsplease.ca. \$17

Mystery-Writing Workshop, May 23, 6PM. For ages 9-12. Mill Street Books, Almonte. 256-9090, millstreetbooks.com

Jon the Cowguy, May 29, 6:30PM. Playground fundraiser. Naismith Public School, Almonte. \$5 (family \$15)

Kids' Book Signing, May 31, 10AM-3PM. *GrrrOuch, Pain is Like a Grouchy Bear*. Read's Book Shop, Carleton Place

Theatre

God of Carnage, May 1-3 8PM; May 4 2PM. Full Circle Theatre, Perth. 267-1884, barndoor-productions.ca. \$22; \$20 adv. \$10 students

The Three Musketeers, May 1-3, 7:30PM. May 4, 2PM. The Station Theatre, Smiths Falls. 283-0300, smithsfallstheatre.com. \$20/\$10

Things My Mother Taught Me, May 1-3, May 8-9 7:30PM. Constance Bay Com Ctr; ruralroot.org/tmmtm. \$15/\$12

Romeo & Juliet, May 2-3, 7:30PM; May 4 2PM. \$10 at Baker Bob's & ADHS. Almonte & District High School, 256-1470

O'Brien Theatre Film Group presents **The Invisible Woman** (May 4 1PM, May 5 7:30PM), **The Great Beauty** (May 11 1PM, May 12 7:30PM), **The Lunchbox** (May 18 1PM, May 19 7:30PM), **Alan Partridge** (May 25 1PM, May 26 7:30PM). O'Brien Theatre, Arnprior: 622-7682, obrientheatre.com. \$10.

Street Entertainers - Auditions, May 6, 7PM. Performers wanted for Puppets Up! Almonte Old Town Hall. 256-1166

Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> Brush Strokes presents mixed media artist Suzanne Warren Powell. <brushstrokesart.ca> CP & Beckwith Heritage Museum presents Memories of an Innocent Summer, from May 17 <cpbheritagemuseum.com> FIELDWORK presents new works as of May 21 <fieldworkproject.com> Fairview Manor Foyer presents Stephanie Huckabone's acrylic & mixed media General Fine Craft, Art & Design presents Hot Worked (blown glass vessels & sculpture) <generalfinecraft.com> Kanata Civic Art Gallery presents Young at Art (to May 15) <kanatagallery.ca> MVTM presents 3 Weavers <mvtm.ca> Railway Museum presents Whistle Stop Dentist — Life on the Dental Car The Mississippi Mills Chambers Gallery presents Photography Matters The Almonte Library Corridor Gallery presents Almonte Crazy Quilters 	<ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge For a Taste of the County, Almonte The Invisible Woman, Arnprior 	<ul style="list-style-type: none"> Green Drinks, Perth Street Entertainers - Auditions, Almonte 	<ul style="list-style-type: none"> God of Carnage, Perth Hub Hospice AGM, Almonte Jazz at Bally's, Ballygiblin's Musicians' Circle, Bolingbroke Open Mic w/The Matts, Golden Arrow The Three Musketeers, Smiths Falls Things My Mother Taught Me, Constance Bay
<ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge The Great Beauty/La Grande Bellezza, Arnprior 	<p>Claiming Column</p> <p>MMBicycle Month, June</p> <p>Busfusion, Almonte, Jun 5-8</p> <p>Relay for Life, Almonte, Jun 6</p> <p>Fred Eaglesmith, CP, Jun 5</p> <p>Big Band Dance, CP, Jun 7</p> <p>Cantores Celestes, Perth, Jun 7</p> <p>Festival of Choirs, Eganville, Jun 7</p> <p>Doors Open Smiths Falls, Jun 8</p> <p>MonkeyJunk, Perth, Jun 14</p> <p>Westport Heritage Fest., Jun 14</p> <p>Lambs Down Park, CP, Jun 14</p> <p>Celtfest, Almonte, Jul 4-6</p> <p>Rideau Lakes Tour, Jul 4-6</p> <p>Art in the Park, Renfrew, Jul 12-13</p> <p>Stewart Park Fest. Perth, Jul 18-20</p> <p>Almonte Fair, Jul 19-21</p> <p>Herbfest, Almonte, Jul 27</p> <p>Bridge Street Bazaar, CP, Aug 2</p> <p>Puppets Up!, Almonte, Aug 9-10</p> <p>Art on the Grass, Carp, Aug 16</p> <p>Highland Games, Almonte, Aug 23</p> <p>Harvest Food Show, Almonte, Sep 13</p> <p>Fibrefest, Almonte, Sep 13-14</p> <p>Fall Fair, Middleville, Sep 16</p>	<ul style="list-style-type: none"> Book Signing, Arnprior CP Horticultural Society, CP Fashion Show, Carp Open Celtic Jam, Naismith Pub Red Skelton Tribute, Smiths Falls Shawn McCullough, The Cove 	<ul style="list-style-type: none"> Cdn Cold War Submarine Patrols, Carp Musicians' Circle, Bolingbroke Mystery Reader's Exchange Night, Almonte Open Mic w/Matt Dickson, Golden Arrow Things My Mother Taught Me, Constance Bay
<ul style="list-style-type: none"> Almonte Quilters' Guild, Almonte Carp Celtic Jam, Carp Masonic Lodge The Lunchbox, Arnprior 	<ul style="list-style-type: none"> Adult Bereavement Group, Perth Mississippi Mills Volunteer Fair, Almonte Open Celtic Jam, Naismith Pub 	<ul style="list-style-type: none"> ADHS Coffeehouse Fundraiser, Almonte Home-grown Café, Pakenham Little Women - The Musical, Perth MMLTC AGM/Ed Lawrence, Almonte Musicians' Circle, Bolingbroke Open Mic w/Matt Dickson, Golden Arrow Perth School of Dance/Arts in Motion, Perth 	
<ul style="list-style-type: none"> Alan Partridge, Arnprior 4A Meeting, Almonte Almonte Horticultural Soc., Almonte Carp Celtic Jam, Carp Masonic Lodge 	<ul style="list-style-type: none"> Lanark County Quilters Guild, Perth 	<ul style="list-style-type: none"> Adult Bereavement Group, CP Arnprior Quilters' Guild, Arnprior Neat Soundcheck, Neat Coffee Shop Open Celtic Jam, Naismith Pub Shawn McCullough, The Cove 	<ul style="list-style-type: none"> Active Transportation Summit, Almonte Jon the Cowguy, Almonte Morgan Davis, Golden Arrow Musicians' Circle, Bolingbroke Union Hall Talk & AGM, Almonte

Red Skelton Tribute, May 7, 7PM. Galipeau Centre, Smiths Falls. 205-1493, galipeautheatre.com. \$45; \$37.50 in adv

Peter Pan, May 9, 7PM. St. Paul's United Church, Perth. \$12 (ticketsplease.ca)

Pollyanna, May 15, 1PM & 7PM. Cornerstone Com Church, Almonte. pacedrama@gmail.com. Free; donations welcome

Little Women - The Musical, May 22- Jun 1. \$22 (TicketsPlease.ca). Studio Theatre, Perth. 267-7469, studiotheatreperth.com.

Spiritual Cinema Circle, May 25, 2PM. McMartin House, Perth. 267-4819, \$2

Live At The Met: Werther, May 31, 1PM. O'Brien Theatre, Arnprior: 623-4007, \$22

Literature

LIPS Poetry Slam/Open Mic, May 2, 7PM. Signup 6:30pm. The Thirsty Moose, CP. lanarklips@hotmail.com., \$5

Book Signing, May 3, 2:30-4:30PM. *Shadows in the Tree* author Jennifer DeBruin (Human Library). Smiths Falls Library,

Book Signing, May 3, Noon-2PM. *A Hundred Years on a Handshake*, Brian Hanington. Arnprior Book Shop

Book Signing, May 7, 10AM-3PM. Judith Campbell, *The Caregiver's Guide*. Galilee Centre, 398 John St. N., Arnprior.

Mystery Reader's Exchange Night, May 8, 7PM. Bring suggestions, book to trade. Mill Street Books, Almonte. 256-9090

Talk on Vanishing Stars, May 9, 7:45PM. Sanjeev Sivarulasa, visual artist & author. Mill of Kintail, Almonte. sanjeevsivarulasa.com.

Book Talk/Signing, May 17, 1:30-3PM. Mary Jane Maffini/Victoria Abbott. Mill Street Books, Almonte. 256-9090

Music

Musicians' Circle, Thursdays, 7PM. ABC Hall, Bolingbroke. 273-9005. \$5 for hall

Carlos del Junco, May 2, 8PM. carlosdeljunco.com. Almonte Old Town Hall. 256-9090, millstreetbooks.com. \$30

Beach Boys/Surf Music Tribute, May 3, 8PM. Tickets at Shadowfax. Studio Theatre, Perth. 267-6817. \$30

Celtfest Ceilidh Contra Dance, May 3, 7PM. Almonte Civitan Hall. almonteceltfest.com. \$10

Goulbourn Jubilee Singers, May 3 7:30PM & May 4 2PM. Glen Cairn United Church, Kanata. 825-3357, \$20; \$15 adv

Swing Into Spring, May 3, 7PM. Standing Room Only, dance lessons, silent auction. Perth Civitan Hall, ticketsplease.ca. \$25

Tracey Brown & Randall Prescott, May 3, 7:30PM, Union Hall, 1984 Wolf Grove Rd. Almonte. 256-5995. \$20

Handbell Concert, May 4, 7:30PM. The Bells of St. Paul's, w/guest musicians. St. Paul's United Church, Perth. Freewill

Jam-a-thon, May 4, Noon-7PM. Fundraiser for Blue Skies Community Fiddle Orchestra. Maberly Community Hall, 273-3986

Almonte in Praise!, May 9, 7:30PM. 7 Almonte churches sing. St. Paul's Anglican Church, Almonte. Free

BOTR: David Rotundo Band, May 9-10, 7PM. The Cove, Westport. 273-3636, choosetheblues.ca. \$60+tx dinner & show

Country Hoedown, May 10, 7PM. Square dancing. Music by Manson Family. St. Andrew's United Church, Lanark. \$10;

White Lake Acoustic Jam, May 10, 7-10PM. Fire Hall, White Lake. Free

Gospel Sing-Along, May 11, 7:30PM. St. Andrew's Presbyterian Church, Perth

The Glory of Brass and Voice, May 11, 7:30PM. \$20 at ticketsplease.ca. St. Paul's United Church, Perth. 264-0338

Free Comic Book Day, May 3, 11AM-2PM.

Carleton Place. 257-8049

Diefenbooker Classic, May 3, 7:30AM. Walk,

run, cycle; raise \$ for library. Carp Fairgrounds

Handmade Harvest Craft Show, May 3-4, 9AM-4PM. Almonte Ag. Hall. \$2

Home & Living Expo, May 3 (10-6), 4 (10-4). Smiths Falls Com Centre, 284-2664

Human Library Project, May 3-4. Almonte, Pakenham, CP, Lanark, Perth, SF Libraries. humanlibrarybooks.webs.com

LC Genealogical Soc. Talk, May 3, 1:30PM. Archives Lanark, Perth. 866-2029. Free

World Labyrinth Day Walk, May 3, 1PM. CP & Beckwith Museum. 257-1014

Just Say Yes! Bridal Show, May 4, 10AM-4PM. Tania's Dance Studio, Carleton Place. Free

Hike For Hospice, May 4, Noon. Crystal Palace, Perth. chpca.net/hike.

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

Valley Singles Lunch, May 4, 1PM. Jim's Restaurant, 54 Elgin St. W., Arnprior. 623-6698

For a Taste of the County, May 5, 6-9PM. Food/wine gala. \$10 (Mill St Books, Read's). Almonte Civitan Hall, therapeuticriding.ca

Green Drinks, May 6, 5:30PM. Around the Corner, Perth. GreenDrinks.org

CP Horticultural Society, May 7, 7PM. St. Andrew's Church, CP. cphorticulture.ca

Fashion Show, May 7, 7PM. Fundraiser. Designs by Judy Joannou. Dessert. St. Paul's United Church, Carp. 839-2155. \$15

Cdn Cold War Submarine Patrols, May 8, 7PM. Lecture. The Diefenbunker, Carp. 839-0007x227

CP Farmers' Market Opens, May 10, 9AM-1PM. Market Square, CP. 257-1976

Perth Farmers' Market Opens, May 10, 8AM-1PM. Crystal Palace, Perth. 326-0465

Plant Sale, May 10, 9AM-1PM. Almonte Hort. Society. Almonte Public Library

Nature Walk/Soundscape, May 11, 9:30AM. Blueberry Mountain, Lanark. 259-3412, mmltc.ca. \$10 (under 12 free)

Miss. Mills Volunteer Fair, May 14, 6-8PM. Almonte Old Town Hall, 256-1077

Adult Bereavement Groups: May 14 (1-3PM, Lanark Lodge, Perth); May 28 (1:30-3:30PM, Waterside, CP). 267-6400, rebeccab@chslc.ca. Free

Almonte Farmers' Market Opens, May 17, 8:30AM-12:30PM. Almonte Library

Breakfast at the Legion, May 17, 8-10:30AM. \$5 donation. Almonte Legion

CP & Beckwith Museum Opens, May 17, 10AM-4PM. Vintage cars, refreshments. 267 Edmund St., Carleton Place. 253-7013

Opening Tea/Book Launch, May 18, 1PM. Middleville Museum, Middleville. 259-5462

MMLTC AGM, May 22, 6:30PM. Ed Lawrence. Almonte Civitan Hall, 253-2722, mmltc.ca

Unplugged 4 SchoolBOX, May 23, 4PM. 30 hrs, no tech. Fundraiser. Pledge at school-box.ca/unplugged

Arnprior Humane Soc. Yard Sale, May 24, 9AM-3PM. 490 Didak Dr., Arnprior

Community Health Fest, May 24, 10AM-3PM. Carleton Place Arena, 257-2200x829

Franktown Lilac Festival, May 24, 8AM-7PM. Centennial Hall, Franktown. 257-1539

Plant & Bake Sale, May 24, 8:30AM-Noon. CP & Beckwith Museum. cphorticulture.ca

Almonte Hort. Soc., May 26, 7:30PM. Cornerstone Com. Church, Almonte. gardenontario.org/site.php/almonte

Union Hall Talk & AGM, May 29, 7PM talk, 8PM AGM. Union Hall, Almonte. 256-2277

Active Transportation Summit, May 29-30. Making towns ped/bike-friendly. Almonte Old Town Hall. healthylg.org

We can fit so much more detail on our online calendar! Please visit

www.thehummm.com

www.thehummm.com

Friday

Saturday

Sunday

Ali McCormick, Kemptville
Astronomy Night, Almonte
Carlos del Junco, Almonte
God of Carnage, Perth
Head over Heels, The Cove
LiPS Poetry Slam/Open Mic, Carleton Place
Reflections Spring Fashion Show, Perth
Romeo & Juliet, Almonte
Steve Barrette Trio, The Swan at Carp
Terry Tufts Trio, Golden Arrow
The Three Musketeers, Smiths Falls
Things My Mother Taught Me, Constance Bay

God of Carnage, Perth
Contra Dance, Almonte
Beach Boys Tribute, Perth
Retro Rockets, Golden Arrow
Creativity Blitz, Pakenham
Handmade Harvest, Almonte
Home & Living Expo, Smiths Falls
Human Library Project, Lanark County
Neil Young Tribute, The Cove
Tracey Brown & Randall Prescott, Almonte
World Labyrinth Day Walk, Carleton Place
Goulbourn Jubilee Singers, Kanata
Book Signing, Smiths Falls, Arnprior

Creativity Blitz, Pakenham
Romeo & Juliet, Almonte
James Ryce, The Cove
Handbell Concert, Perth
Open Studio, Lanark
Valley Singles Lunch, Arnprior
Handmade Harvest, Almonte
Hike For Hospice, Perth, Almonte
Home & Living Expo, Smiths Falls
Human Library Project, Lanark County
Magnolia Rhythm Kings, The Royal Oak
The Invisible Woman, Arnprior
Goulbourn Jubilee Singers, Kanata

Almonte in Praise!, Almonte
Art in the Attic, Almonte
BOTR: David Rotundo Band, Westport
GT & The Earthtones, Love That Barr
Meet the Artists, Almonte
Mike McCabe, Golden Arrow
Peter Pan, Perth
Talk on Vanishing Stars, Almonte
Things My Mother Taught Me, Constance Bay
Vernissage, Carleton Place

Art in the Attic, Almonte
Art Journey Art Show, Smiths Falls
BOTR: David Rotundo Band, Westport
Country Hoedown, Lanark
Farmers' Market Opens, Carleton Place
Lonesome Sky, Golden Arrow
Open House, Almonte
Perth Farmers' Market Opens, Perth
Plant Sale, Almonte
Red Trillium Studio Tour, West Carleton
Silver Creek w/Friends, Neat Coffee Shop
White Lake Acoustic Jam, White Lake

APEX Jazz Band, The Royal Oak
Carlos Morgado, Café Postino
Art in the Attic, Almonte
Art Journey Art Show, Smiths Falls
Nature Walk/Soundscape, Lanark
Clay Young Duo Jazz Brunch, Fiddleheads
Gospel Sing-Along, Perth
Open House, Almonte
Open Mic w/Kelly Sloan, Ashton Pub
Pavlo, Neat Coffee Shop
Red Trillium Studio Tour, West Carleton
The Glory of Brass and Voice, Perth
The Great Beauty/La Grande Bellezza, Arnprior

Ali McCormick, O'Reilly's Pub
Shawn McCullough, The Cove
Steve Barrette Trio, The Swan at Carp
Tritones, Golden Arrow

Farmers' Market Opens, Almonte
Amos the Transparent, Almonte
Book Talk/Signing, Almonte
Breakfast at the Legion, Almonte
CP & Beckwith Museum Opens, Carleton Place
Jazz House Concert, Almonte
Johnny Cash Tribute, Smiths Falls
MonkeyJunk, Neat Coffee Shop
Rockin' Horse, Golden Arrow
Westport Arts Council Fundraiser, The Cove

Head over Heels, The Cove
Magnolia Rhythm Kings, The Royal Oak
Marta Pacek, Golden Arrow
Open Mic w/Kelly Sloan, Ashton Pub
Opening Tea/Book Launch, Middleville
The Lunchbox, Arnprior

Ali McCormick, Renfrew
Jordan John, Neat Coffee Shop
Little Women - The Musical, Perth
Mystery-Writing Workshop, Almonte
Perth School of Dance/Arts in Motion, Perth
Sunfields, The Cove
Terry Tufts Duo, Golden Arrow
Unplugged 4 SchoolBOX, Almonte, CP

Bob Seger Tribute, Almonte
Community Health Fest, Carleton Place
Humane Society Yard Sale, Arnprior
Fieldwork Exhibition Opening, Maberly
Franktown Lilac Festival, Franktown
Ham & Bean Supper, Franktown
Little Women - The Musical, Perth
Open House/Art Show, Carleton Place
Perth School of Dance/Arts in Motion, Perth
Plant & Bake Sale, Carleton Place
The Matts, Golden Arrow

Alan Partridge, Arnprior
APEX Jazz Band, The Royal Oak
Clay Young Duo Jazz Brunch, Fiddleheads
Head over Heels, The Cove
Little Women - The Musical, Perth
NightCrawlers Acoustic Blues, Generations Inn
Open Mic w/Kelly Sloan, Ashton Pub
Spiritual Cinema Circle, Perth
Traditional Song Session, Almonte
Trent Severn, McDonalds Corners

Acoustic Songwriters' Circle, The Cove
Active Transportation Summit, Almonte
Devin Cuddy Band, Neat Coffee Shop
Little Women - The Musical, Perth
Shawn McCullough, Golden Arrow
Steve Barrette Trio, The Swan at Carp

Breakfast with the Arts, Westport
CP Community Band Concert, Carleton Place
Kids' Book Signing, Carleton Place
Little Women - The Musical, Perth
Live At The Met: Werther, Arnprior
Long Sault Trio, Golden Arrow
Maberly Quarterly Dance, Maberly
Matthew Barber, Neat Coffee Shop

Foley Mountain Playboys, The Cove
Little Women - The Musical, Perth
Lynne Hanson/Lynn Miles, Neat Coffee Shop
Magnolia Rhythm Kings, The Royal Oak

LC Mental Health Concert, May 15, 7:30PM. \$20 at Mill St Books, Lanark Moonshine Café. Almonte Old Town Hall

Amos the Transparent, May 17, 8:30PM. Proceeds to CHEO. The Herb Garden, Almonte. amosthetransparent.com. \$25

Jazz House Concert, May 17, 7:30PM. Patrick Smith Quartet., TBD. jazzn.ca. \$20

ADHS Coffeehouse Fundraiser, May 22, 7PM. Funds to students performing in Edinburgh. Almonte District High School

Home-grown Café, May 22, 7PM. Fundraiser for church stonework. St. Andrew's Church, Pakenham. 256-3130. \$10/\$5

Ali McCormick, May 23, 8:30PM. CD release. Rocky Mountain House Restaurant, Renfrew.

Bob Seger Tribute, May 24, 8PM. rockandrollneverforgets.ca. Almonte Ag Hall. \$20 in adv from JR's or Musicworks

Traditional Song Session, May 25, 2-4PM. The Barley Mow, Almonte. 355-5552

Trent Severn, May 25, 2PM. MERA Schoolhouse, McDonalds Corners. 485-6434, ticketsplease.ca. \$22

CP Community Band Concert, May 31, 7:30PM. Classical to pop favourites. CP Town Hall, 721-8661. \$10

Maberly Quarterly Dance, May 31, 7:30pm. Maberly Community Hall. 264-1993. \$10; kids under 16 are free

The Swan at Carp (Carp, 839-7926): May 2, 16, 30 Steve Barrette Trio, 7-10PM

Fiddleheads (Perth, 267-1304): May 11, 25 Clay Young Jazz Brunch, 12-3PM

The Royal Oak (Kanata, 591-3895): May 4, 18 Magnolia Rhythm Kings, 3-6PM

May 11, 25 APEX Jazz Band, 2-5PM

The Naismith Pub (Almonte, 256-6336): Open Celtic Jam Wed, (7:30-10PM)

Carp Masonic Lodge: Carp Celtic Jam Mon (7-9PM)

Café Postino: (Almonte, 256-6098): May 11 Carlos Morgado flamenco guitar

The Cove (Westport, 273-3636): Wed (except 14) Shawn McCullough 6-9PM

May 2 Head over Heels, 6-9PM, no cover

May 3 Neil Young tribute, 8-11PM

May 4 James Ryce & Tops Shelf, 1-4PM

May 17 The Keylites, 7-11PM Buffet/show

May 18, 25 Head over Heels, 12:30-3:30

May 23 Sunfields, 8-11PM

May 30 Songwriters' Circle, 8-11PM

Jun 1 Foley Mountain Playboys, 1-4PM

Golden Arrow (Perth, 267-4500): 9PM

May 1, 8, 15, 22 Open Mic

May 2, 23 Terry Tufts

May 3 Retro Rockets

May 9 Mike McCabe

May 10 Lonesome Sky

May 16 Tritones

May 17 Rockin' Horse

May 18 Marta Pacek

May 24 The Matts

May 29 Juno winner Morgan Davis

May 30 Shawn McCullough

May 31 Long Sault Trio

Ballygiblin's (CP, 253-7400): jazz, no cover

May 1 Brown, Paterson & friends 6-9PM

Neat Coffee (Burnstown, 433-3205): 8PM

May 10 Silver Creek w/Friends, \$20

May 11 Pavlo, \$35

May 17 MonkeyJunk, \$30

May 23 Jordan John, \$22

May 28 Soundcheck, free

May 30 Devin Cuddy Band, \$15

May 31 Matthew Barber, \$20

Jun 1 Lynn Miles & Lynne Hanson, \$25

Ashton Pub (Ashton, 257-4423): Sundays

Open Mic w/Kelly Sloan, 2-5PM

O'Reilly's Pub (Perth, 267-7994): 8:30PM

May 16 Ali McCormick

Love That Barr (Pakenham, 624-2000): May 9 GT & the Earthtones, 8PM

Gallipeau Centre Theatre (Smiths Falls, 284-9916): 7PM, \$29.50

May 17 Johnny Cash tribute w/Paul Anthony

Generations Inn (CP, 253-5253): May 25 The NightCrawlers, 6-9PM

Canadian Olympic Skiers Set New Goals

Olympians Use Off-Season to Build New School in Nicaragua

While most of us set New Year's goals to lose a couple of pounds or cut back on sugar, a group of Olympic cross-country skiers have set their sights a little higher this year. Perianne Jones, Emily Nishikawa and Mark Arendz competed for Canada this winter in the Sochi Olympics. Through setting personal bests and even winning a silver medal, this group of athletes made Canada proud. But the Olympic Games were just the beginning of their journey to inspire this year. These Olympians traded snow for sun and travelled to Nicaragua, the second poorest country in the Western hemisphere, to help build a new school for an impoverished rural community. They went with SchoolBOX, a national charity whose mission is to "Make Education Possible" for children.

One year ago, Perianne Jones contacted SchoolBOX director Sarah Kerr, a former high school classmate, to explain how she wanted to help build a school in Nicaragua and, as a result, **Skiers 4 SchoolBOX** was born. Both Jones and Kerr are from Almonte, a small town in eastern Ontario where SchoolBOX was founded. "I knew that this was something I wanted to do since hearing about SchoolBOX. I really couldn't have imagined the impact that SchoolBOX has had on so many families.

The community where we are working, Jardines de Apoyo, is extremely grateful for the opportunity to have a real school for their kids. They have been studying under tarps and makeshift huts for over fourteen years," said Jones, from the worksite in Nicaragua this week.

Working alongside parents, community members and even eager future students in the impoverished community of Jardines de Apoyo, just south of the capital city Managua, the Olympians dug foundations, carried blocks and helped mix cement, all in an effort to provide a real school for the hundreds of children in that community this year. "It has been a great week here with the kids," says Mark Arendz, silver medal winner, "It was just incredible to see the effect and the inspiration that we could give

sport and teaching athletes that by giving back they can in fact become better athletes. When asked why they decided to use their short off-season to "give back," Emily Nishikawa explained that: "being able to give back is huge. Sometimes I feel like skiing can be quite a selfish sport — we have to spend a lot of time just focusing on ourselves — so when I get an opportunity to give back, I take it. It feels good and it feels like I'm contributing to something important. It was really cool to see that spirit of coming together for something that is really needed. I would definitely encourage other people to take an opportunity like this to give back." Emily and her teammates have inspired athletes young and old across Canada this winter, and she is now having a global impact empowering kids to go to school in Nicaragua.

"I am pretty happy with everything we accomplished this week," reflects Perianne. "Hopefully it will inspire a few more kids to go to school after the whole project is done and we are gone."

SchoolBOX's team in Nicaragua was raving about how helpful it was to have their team down this April. "Having Perianne, Mark and Emily get behind SchoolBOX has been such a gift," adds Kerr. "It shows that when we work together to 'Make Education Possible,' we really can defeat poverty. It is extraordinary that these elite athletes are using their Olympic journey to give a voice to some of the world's poorest children. We are so proud of these amazing skiers."

Olympian Perianne Jones of **Skiers 4 SchoolBOX** with a friend in Nicaragua



To learn more and to contribute to the Skiers 4 SchoolBOX campaign, visit <schoolbox.ca/ski>.

SchoolBOX is a registered Canadian Charity with the mission of "Making Education Possible". Their community is comprised of thousands of individuals from different faiths and socioeconomic backgrounds. They are united in a love for the children they serve and the belief that education can defeat poverty. Their vision is to

see all children in school and finishing their primary education. To date, they have built more than fifty classrooms, dozens of washrooms and libraries. They support over 15,000 children in Nicaragua's poorest communities with school supplies annually. They have given out over 250,000 notebooks and half a million pencils, allowing children to access basic education. To learn more, please visit <schoolbox.ca>.

Unplugging 4 SchoolBOX

My name is Christena, and last year I went to Nicaragua with Amber and Craig Hall (owners of Equator Coffee), and was really moved by the things SchoolBOX was doing there <schoolbox.ca>. I noticed that the children in the communities we visited were full of happiness, with the minimal things that they had (poor school conditions, no tech gadgets, few toys, etc.). It was wonderful to see the smiles on their faces, as we worked and played with them. They jumped in to help with everything. We had some young volunteers with us, and as we were travelling, they were able to use their iPods to pass the time. While watching them play a game and thinking of ways to help SchoolBOX, I had an idea for a fundraiser!

If children can go thirty hours without food to support a cause, why can't they go thirty hours without electronic devices? From Friday, May 23 at 4PM, to Saturday, May 24 at 10PM, families in Almonte, Carleton Place and surrounding areas can raise money (by means of pledges) by going tech-free and participating in **Unplugged 4 SchoolBOX**.

Do you think you can go without technology for thirty hours? I know it's going to be a little tough for me, but I'm willing to try. Some local businesses will be holding events at their locations, and we will also have outdoor activities at the Riverside Park in Carleton Place on Saturday. Coffee-sack races, tag, story time, board game night, crafts, basketball and a BBQ are just some of the activities that will be available! There are five schools (possibly six) that are helping to promote this as well.

If you or your family can go tech-free for a weekend, then get the pledge form from <schoolbox.ca/unplugged> and join us in "Making Education Possible!"

I would like to thank the businesses that are participating with some great activities! So far the list includes Mill Street Books, Read's Book Shop, Mississippi Valley Textile Museum, Kentfield Kids, Hummingbird Chocolate, Equator Coffee Roasters, Carleton Place Library, Winsome and Whimsy Photography and Brush Strokes, and there may be more to come.

— Christena Holden

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ADHS Presents *Romeo and Juliet*

Romeo and Juliet is an age-old classic tale about two star-crossed lovers from feuding families. In the city of Verona, Juliet (Jillian Douglas) and Romeo (Callum LeRoy) fall in love at a party and tragedy follows. Amidst swordfights, banishment, deceit and suicide, the stage is full of talented students.

Written by William Shakespeare, *Romeo and Juliet* was first performed in 1594. Since then, it has captured the hearts of many, and the cast and crew of Almonte and District High School's production hopes to do the same. All of the students and staff involved have put in a lot of effort and are proud to show it off.



"It's my first high school play and it has been a great experience. I'm looking forward to many more," said Callum.

Not only is there a lot of talent on the stage — there is a lot behind the scenes as well. Mara Frew chose all of the costumes and even sewed the Nurse's (Shay Clancy) skirt herself. "It's really great to see everything coming together and I'm really excited to see all of my hard work up on the stage," said Mara. "We're all really excited to show off what we can



You'll find *Romeo and Juliet* in Almonte on May 2, 3 and 4

do — it's going to be great," Shay Clancy stated.

The show will be held in the Almonte and District High School gymnasium on May 2 and 3 at 7:30PM and May 4 at 2PM. Tickets cost \$10, and are available at Baker Bob's, the ADHS main office, or by calling 256-1470. Come out and support local students and their production!

— Emily Weber, ADHS student

Almonte in Praise! Voices Together in Song and Music

As the culmination of their 150th anniversary festivities, St. Paul's Anglican Church at 70 Clyde Street is hosting **Almonte in Praise!** at 7:30PM on Friday, May 9. Join in the celebration as voices from seven Almonte churches come together to sing a varied selection of uplifting music, ranging from the South African *Siyahamba* to Handel.

Almonte in Praise! gives everyone an opportunity to enjoy the talents of choirs, praise teams and individuals from the following churches: Holy Name of Mary Roman Catholic Church, Almonte United Church, Almonte Presbyterian Church, Almonte Reformed Presbyterian Church, Almonte Baptist Church, Cornerstone Community Church and St. Paul's Anglican Church.

Doretha L. Murphy, organist and choir director at St. Paul's, initiated the idea of bringing together the melodic voices of Almonte's churches for this celebration. She would like to see Almonte

in Praise! become an annual event, being held at a different church each year. While all age groups are currently participating, she envisions expanding the concept to include a group specifically for young singers and instrumentalists in future years.

Groups from several churches will sing a few of their own songs. Then, all participants will join in a massed choir to sing together. Two of the massed choir songs are arranged by local choir directors. *I Hear Your Song* is arranged by Ian Douglas, director of the folk choir at Almonte United Church. *Sing a New Song* is arranged by Doretha L. Murphy, in commemoration of the 150th anniversary of St. Paul's.

This all-inclusive event is free, but be sure to arrive early to get a seat. And spread the word around town, so all can appreciate the voices and music of Almonte in Praise!

— Jan Brazeau

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Concert for a Great Cause

Lanark County Mental Health presents Trevor Alguire and Rolf Klausener in concert at the Almonte Old Town Hall on May 15. Tickets are \$20, available in advance at Mill Street Books in Almonte, Lanark Moonshine Café in Carleton Place, and at both Lanark County Mental Health offices in Smiths Falls (88 Cornelia) and Carleton Place (5 Bates Drive).

I was driving east on Highway 7 recently on a thoroughly dreary day when the intensely catchy Grateful Dead song *Touch of Grey* came on the radio. It's upbeat, with a breezy melody and a Jerry Garcia guitar line that circles and darts through the air like a barn swallow. But the lyrics are darker, outlining some of the perplexities, predicaments and inevitable losses that arrive during the course of any life (rent in arrears, interpersonal conflicts, loss of livelihood, kids who have been failed by the education system, etc.). Fortunately, even as the verses paint an increasingly dire picture of the world, a defiant chorus is there to remind us that, come what may, "I will get by, I will survive."

Then, towards the end of the song, the band dives back into the chorus with increased gusto as the lyric shifts from a solitary *I* to a collective *we*: "We will get by, we will survive." I get gooseflesh every time I hear it. Because for me this expresses the power and mystery of music: to bring the isolated yet resilient individual into a wider community of mutual support and understanding. Despite the wind and rain outside, I cranked up the volume, rolled down the windows and let the music carry out over the surrounding fields — and dang did it ever feel good.

Music brings us together, helps us to recognize our own pain, love, joy and struggle in the songs of other people, and to feel somehow less alone (and perhaps even more alive) because of it. As the poet Robert Browning writes, when we hear music we feel our solitude "peopled at once". It allows us to share both the hurts and the hopes that are part and parcel of this whole *being a human* thing. In fact, researchers from McGill University have found that music influences our brain chemistry in surprising ways and can help to foster mental and physical health by enhancing mood, managing stress, boosting immunity and strengthening social bonds (see for example Chanda & Levitin, 2013).

As it turns out, this is also the power of peer support. By "peer support" I mean people with lived experience of mental health challenges coming together to help one another. Or, put another way, organized support provided by and for community members who have been affected by mental health issues. Peer support services are crucial

for fostering mental health and wellbeing in our communities. In fact, research indicates that peer support can reduce hospitalizations for mental health problems, decrease distress, increase access to social support, and improve overall quality of life for people experiencing mental health difficulties.

Given that music and peer support services both nourish and strengthen our communities, Lanark County Mental Health has decided to combine the two for one extra special night of music and celebration on May 15. Yep, you heard right. We're throwing a concert at the Almonte Old Town Hall to celebrate Mental Health Week and to raise funds for existing peer support services and music therapy-based social recreation programs in the area. The show will feature performances from Polaris Music Prize-nominated musician and gifted songwriter **Rolf Klausener** (of the indie band the Acorn), as well as country folk-rocker **Trevor Alguire**, and local favourites **The Ramblers** kicking things off.



Rolf Klausener (from the Ottawa indie band The Acorn) plays a fundraiser on May 15

With Alguire fresh off a European tour in support of his new record *Miles Away* and Klausener exploring a more stripped-down format for his gorgeous indie-folk tunes, it's bound to be a heck of a show. Social recreation coordinator, Matthew Fenton, describes the event as "a night of entertainment to remind us what music can bring into our lives and to support programs that make a real difference in our communities." It's also a great opportunity to check out these exceptional musicians in an intimate venue renowned for its rich acoustics. So come on out. Pull up a chair. Soak up the beautiful sounds. And help us ensure that as a community we'll not only survive, we'll flourish.

— Colin Vincent, MSW, RSW, is a Social Worker with Lanark County Mental Health and a music enthusiast who recently rediscovered the joys of playing drums in a rock band.





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 Thu. May 15, **Southern Italian Wine Dinner**, 5 course dinner with wine pairings, 6-9
 Sat. May 17, Westport Arts Council Fundraiser **Summer Kick Off Party** with **The Keylites** (Montreal, Soul), 7-11, Buffet & Show
 Fri. May 23 **Sunfields** (Montreal, Alt-Country Pop), 8-11
 Fri. May 30 **Acoustic Songwriters' Circle** with Cochrane, Cowan, Head & Lawrance, 8-11
 Sun. Jun. 1 Sunday Roots Matinee with **Foley Mountain Playboys** (Kingston, Bluegrass), 1-4

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Much Music at St. Paul's

The choirs of St. Paul's United and St. James Anglican churches in Perth are teaming up with a brass quintet and percussionist for their annual spring concert. **The Glory of Brass and Voice** is being presented at St. Paul's United Church on Sunday, May 11 at 7:30PM. The concert will feature an eclectic mix of brass, choir and organ repertoire, from the Baroque to the present day.

Choir directors Brad Mills (St. Paul's) and Peter Woodwark (St. James) have combined their choirs for many years in presenting an annual Service of Nine Lessons and Carols at St. James around Christmas, and a large-scale choral work in the spring at St. Paul's. In the past several years they have presented *Missa Gaia/Earth Mass* by Paul Halley and the *Mass in B Minor* by J.S. Bach.

This year's program takes a generally chronological look at the use of brass in organ and choral literature. The brass quintet includes three local musicians who were all former members of the Central Band of the Canadian Forces. They will be joined by two other brass players and percussionist Greg Upham-Mills, son of St. Paul's Director of Music, Brad Mills.

The program will begin with works by Giovanni Gabrieli and Heinrich Schutz from the 16th and 17th centuries. Gabrieli is known as a proponent of the Venetian polychoral style — a style utilizing spatially separate choirs singing in alternation. This method reached its peak in the 1580s and 1590s, when Gabrieli was the organist at the Basilica of San Marco in Venice. The Perth choirs will attempt to recreate this sound by placing the brass "choir" and combined vocal choir in separate locations in the sanctuary.

There will be three works from the Baroque era, including J.S. Bach's *Alleluia, O Praise the Lord Most Holy* and two works from Handel's *Water Music*, written at the request of King George I, who wanted a concert performed outdoors on the River Thames.

Twentieth century works include pieces by John Rutter, David Hurd and Aaron Copland. Copland's *Fanfare for the Common Man* will receive a fresh treatment in an original arrangement by local musician, composer and quintet member Mark Bailey. Michael Capon, organist at St. George's Cathedral in Kingston, has also provided several arrangements, including that of the thrilling final "Toccata" movement from Widor's *Symphony #5 for Organ*.

Audience members will have an opportunity to join the choirs, brass and percussion in singing two hymns — *Thine is the Glory*, a perennial Easter favourite, and *Sing Praise to God* the text of which encourages the singer to praise "all things that give sound".

Tickets, \$20, are available from Tickets Please at 39 Foster St. in Perth, 485-6434 <ticketsplease.ca>, and from the St. Paul's office at 25 Gore West. For more information see <stpauls-uc-perth.org>.



In rehearsal for The Glory of Brass and Voice, which takes place on May 11 in Perth

Cantores Celestes Returns to Perth

The fifty-voice Cantores Celestes women's choir from Toronto will be returning to Perth on Saturday, June 7, almost a year after they wowed Perth concertgoers with their "Ride the Chariot" concert.

The award-winning choir, which celebrates their 25th anniversary this month, was founded in 1989 by director Kelly Galbraith. They perform regularly in the greater Toronto area and have toured throughout southern Ontario and eastern Canada. They made their Lincoln Center debut in New York this past March in the Distinguished Concert Series. The choir has appeared on CBC Radio 1 and 2, recorded music for three films, and released six CDs. The concert, entitled "Untravelled Worlds", will take place at St. Paul's United Church, 25 Gore Street West in Perth, on Saturday, June 7 at 7:30PM. Tickets are \$20, and available through <ticketsplease.ca> or the church office (267-2973), Monday through Friday from 9AM to 3PM. For more information about the choir, go to <cantorescelestes.com> or the St Paul's website <stpauls-uc-perth.org>.

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Let Their Voices Be Heard

The Sounds of Spring on Blueberry Mountain

One of the first sounds that heralds the coming of spring is the evocative honking of Canada Geese returning from their long migration. Long before we spot their arrival in the classic V-shaped formation, we hear their instantly recognizable calls. There has been much study into the hidden meanings and purpose of all this honking, and indeed of many animal sounds. The study of the sounds of animals, as well as the positive and negative effects of sound in their environments, is called bioacoustics.



Point... shoot... listen! Experience the natural soundscape of Blueberry Mountain at the Spring Nature Walk on May 11

Bioacoustics is a relatively new branch of science that uses cutting-edge technology to record and analyze the sounds of wildlife. Thanks to a grant from the TD Friends of the Environment, the Mississippi Madawaska Land Trust Conservancy (MMLTC) has been able to purchase some of this equipment and software and to hire a bioacoustics technician to help launch a wildlife monitoring program on its protected properties.

In addition to the monitoring, the MMLTC has purchased equipment to enhance the sounds of nature for individual listening. The public will have an opportunity to experience some of these amazing sounds at this year's **Spring Nature Walk** on Blueberry Mountain, scheduled for Sunday, May 11. The theme for this event is "Let Their Voices Be Heard". Visitors will be offered a hands-on experience using the Soundscapes equipment and be introduced to this exciting way of relating to nature with Chad Clifford, bioacoustics technician. Howard Clifford will make a short presentation on the importance of listening to complement the nature experience. As Soundscapes pioneer Bernie Kraus has asserted, "a picture may be worth a thousand words, but a natural soundscape is worth a thousand pictures."

The Spring Nature Walk on Blueberry Mountain is an annual fundraiser for the MMLTC, which works to legally protect properties as nature reserves for future generations. This beautiful 1250-acre wilderness property, called cliffLAND after the Clifford family who placed it under protection with the land trust in 2009, had over 1000 visitors last year. Blueberry Mountain lies on the highest range in Lanark County and provides an incredible 180° vista from the lookout at its peak. It has even been named as one of the Seven Wonders of Lanark County.

Registration for the Spring Nature Walk begins at 9:30AM on May 11, and the Soundscaping opportunities and the guided hike up the mountain starts at 10AM sharp. A donation of \$10 per person (children under 12 are free) will go towards maintenance of MMLTC's protected properties. It takes about 45 minutes to reach the mountain top following a gentle slope, with only one short, steep climb at the top. Certificates are awarded those 80 and over and to children who make the trek. Blueberry Mountain boasts a large membership in its Kids Clubs and also has a growing membership in its 80 Plus Club. Refreshments will be served following the hike.

Cliffland is located at 502 Hills of Peace Road in Flower Station and a map with directions may be downloaded at the MMLTC website at <mmltc.ca>. For more information call the Clifford family at 259-3412.

Bioblitz at Keddy Nature Sanctuary

In late January, the MMLTC finalized its newest conservation easement agreement with Paul and Cathy Keddy on their beautiful 530-acre property located in the northeastern corner of Drummond-North Elmsley Township. The Keddys, both professional ecologists, first discovered this spectacular property back in the '70s, long before the area was designated a Provincially Significant Wetland Complex.

The MMLTC is delighted with the choice the Keddys made and knows it will have untold benefits for generations to come. Paul and Cathy have already compiled an initial inventory of species on their property, including several species at risk. To add to this list, the Lanark County Stewardship Council will be hosting a 24-hour Bioblitz at the Nature Sanctuary from Friday, June 6 to Saturday, June 7. Species experts from area naturalist clubs will be invited to assist with this event. Watch for more information coming soon at <mmltc.ca>.

[See More Online!](#)

To read Cathy Keddy's compelling account about their decision to legally protect their property forever, please visit <thehummm.com>.

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On Being a Lady

A Tribute to Mothers

There's discussion lately over the use of the word "lady". Is it demeaning, is it dismissive, or is it a compliment? You must know about the tea ladies, those valiant souls who always provide the tea, sandwiches and squares mothers used to make for the bridge ladies. There; I've said it again. Every church has a squadron of tea ladies without whom no func-

tion would be complete. In fact, to make squares adequate to garner an invitation to belong to that austere group should be considered the finest compliment.

My mother was a lady. And yes, she could make those little rolled asparagus sandwiches, and that marshmallow square, as well as a cup of tea that would delight anyone. And yes, she played bridge too. But that isn't how I know she was a lady.

by Glenda Jones

bridge table! She rarely raised her voice, and never said an epithet worse than "darn it all anyway". She was slow to anger, even when children were naughty, and could wither us by declaring, "Now, that wasn't a nice thing to do. I'm disappointed."

She had a wicked sense of humour and enjoyed a good joke, as long as it was clean. She couldn't remember a joke from breakfast to supper, except to tell us she'd heard it, and then she'd laugh all over again. Ha, ha! Must have been a riot.

Being raised in the fifties in a small community, we had a neighbourhood of mothers, all of whom were ladies. However, they were strong women: one a widow with three young children, one abused who stuck it out for the sake of the kids, one whose husband was a doctor who dragged home various patients from time to time. But those same brave souls were all ladies when you saw them together "dolloed up fit to kill", as they declared, on their way to the Christmas dance.

They presented a picture of coy behaviour as they lit their cigarettes and held them daintily in two gloved fingers, not really smoking, just holding, in an effort to look sophisticated. The drink of choice was a well-watered rye and water — never a beer or wine — although we lived in the heart of the Italian wine community in Trail, B.C. I don't think my mom ever had too much to drink, even when the laughter got loud on a Saturday night. That wouldn't have been ladylike, for sure!

Manners were a big factor in our house. We learned how to sit at a table properly (did you learn this rhyme: Mabel, Mabel, if you're able / Take your elbows off the table / This is not a horse's stable / but a respectable dining table!). When to talk, and when to chew — mouth closed please (none of us like see-food!). When company came we were admonished to sit up there like ladies and behave. Mom was the best lady we knew to teach us how to do all this.

To me, being called a lady is a compliment. In this age of equality, it often seems that some women are content, nay, proud to behave in less than polite ways. I'm astonished when I hear women using curse words, or when I see them reacting in a disrespectful manner in a display of bravado. Where is the decorum? Where is the common courtesy? What would our mothers think?

Being a woman is generic. Being a lady is earned. My mom earned it and passed that inheritance along to my sister and me. She was strong, honest, caring, loving, optimistic, and good-natured. She knew the value of making her time count, and she taught us that what is most important isn't the time you save but the time you spend doing the things you enjoy. She was one of the least selfish people I've ever known, volunteering for others till her dying day.

I have always thought if I could grow up to be a lady like my mom, I'd have achieved something rare. I'm trying — I'd hate to think I'd disappointed her at this ripe old age!



Glenda's Mom, sharing her Easter egg colouring talents with her granddaughter-in-law

Glenda's Mom, sharing her Easter egg colouring talents with her granddaughter-in-law

My mother was prairie-raised, the middle child in a large family that saw her two sisters enrol in professions while she stayed on the farm. She knew the value of hard work, and the delight in seeing her youngest brother grow up. She knew how to coax tuberose begonias to produce huge flowers, and she knew how to make new dresses out of old dresses. I can't recall her making a quilt, but she sure could knit, never for herself, but plenty for others. And not once did I ever hear her complain that she'd been hard done by.

In her younger days, I don't think Mom even owned pants or jeans. She had housedresses and good dresses, and the prettiest suits that were worn to church. She had a collection of hats for good occasions, and one awful old garden hat that embarrassed us. Her pale skin was prone to burning, so that thing was a necessity. She had a touch of vanity when it came to her beautiful curly hair, and would make sure she "looked like a lady" before she even took a run to the grocery store. She would change completely and put on her pearl earrings before she wrote the grocery list.

Mom stood up straight and carried herself with aplomb, and it seemed to me she always knew exactly the right thing to do and say. That included never gossiping — except with the bridge ladies, and what was said at the bridge table stayed at the



WANTED: The Mystery Gang

DEBBIE McNEILL
Leader of the
Mystery Reader's
Exchange Night
Thursday May 8
at 7pm
Participants
encouraged to share
recommendations &
bring a book to trade



MARY JANE MAFFINI
Ottawa Author of
3 mystery series
aka Victoria Abbott
Will talk about
her writing career
& sign copies
of her latest books
Saturday May 17
1:30-3:00



ROBYNNE EAGAN
Mystery
on Mill Street
Writing Workshop
for 9-12 year olds,
Friday May 23
at 6pm
To register email
christena.holden@gmail.com
Part of
Unplugged 4 SchoolBOX



[/millstreetbooks](#) www.millstreetbooks.com 52 Mill St., Almonte 613-256-9090

EASTERN ONTARIO ACTIVE TRANSPORTATION SUMMIT

May 29-30th

Almonte Old Town Hall, Mississippi Mills, Ontario

Register Online at: healthyllg.org

The Town of Mississippi Mills is proud to support

The Art of Summer Festivals



mississippi mills
**BICYCLE
MONTH**

June, Mississippi Mills

A month of bicycle-inspired events; join us for themed tours, films, polo, and an opening weekend grand prix. Prizes to be won and fun activities for all ages!

www.mmbm.ca



**Canada Day
Celebrations**



*June 30 in Pakenham,
July 1 in Almonte*

Live entertainment, activities for all ages and fantastic fireworks! New this year: Antique Car Show in downtown Almonte on July 1

www.exploremississippimills.ca

**Almonte
Celtfest**



July 4-6, Almonte

Three days and nights celebrating the Valley's Celtic roots, culminating in music, song and dance in Gemmill Park on July 5 & 6. Admission by donation.

www.almonteceltfest.com



July 19-21, Almonte

The 156th Fair has entertainment, midway, livestock shows and homecraft displays all weekend, and Demolition Derby Friday evening. This year's theme is "Sew it. Grow it. Show it." www.almontefair.ca



**International
Puppet Festival**

*August 9 & 10,
Almonte*



Come for our 10th Birthday Celebration! Puppet troupes perform in tent theatres, with musicians, clowns and a puppet parade on the street!

www.puppetsup.ca



Pakenham Fair

August 16, Pakenham

Animal, craft and horticultural shows, local food and fun for all ages!

This year's theme is "Dog Days of Summer."

www.exploremississippimills.ca



**31ST NORTH LANARK
HIGHLAND GAMES**

August 23, Almonte



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

www.almontehighlandgames.com



FIBREFEST

September 13 & 14, Almonte

A fabulous two-day festival of the Fibre Arts that includes demonstrations, vendors, performances, quilt exhibits and much more. www.mvtm.ca



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