

MAY 2022

# the Humour

free

Arts,  
Entertainment  
& Ideas

p.24 & 25



May's Events

p.4



Perth Film Festival

p.10



Art in the Attic

p.31



Indigenous Art Show



The Art of Patrick John Mills p.3



**May is all about Mother's Day**

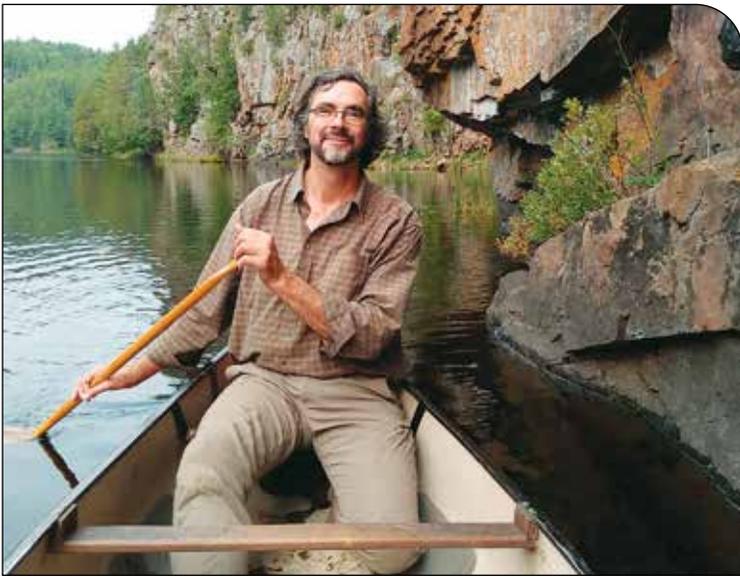
Take your ultra special mum out for brunch, buy her some flowers or a handmade gift, and if you really want to do something special, move out of her basement! I'd be happy to help you find your ideal first home.

**Pat's Picks for May:** \$100 gift certificate (for only \$80) from **8008 Lingerie** <8008lingerie.com>  
 Brunch at **The Cove Country Inn** <coveinn.com>  
 Beautiful cut flowers from **The Floral Boutique** <thefloralboutique.ca>  
 Handmade crafts from **Riverguild Fine Crafts** <riverguild.com>

**Patrick Kelly**  
SALES REPRESENTATIVE

**exp**<sup>TM</sup>  
REALTY  
BROKERAGE

C: 613.286.8444  
O: 866.530.7737  
[www.kellysuccess.com](http://www.kellysuccess.com)



### In Memoriam – Michael Robert Neelin

Michael Robert Neelin, who was the profiled artist in the March 2022 issue of theHumm, died late in the afternoon of April 12, 2022. His family saw him off on his final paddle, looking out across the lake and sharing stories of their many canoeing adventures together. Michael will be terribly missed by his wife Lyndal and his daughters Elisabeth (Jonathan), Rebekah, Genevieve (Cameron), and Gwendolyn (Andre), and by his granddaughters Nora and Margot Robinson and Iris Goddard. He is also grieved by his parents Jim and Betty Neelin, his brothers David (Kerry) and Peter (Kim), his sister Lisa (EJ), his mother and brothers-in-law, and a wide circle of family and friends.

His family is very grateful for the excellent care Michael received, first from the Ottawa Cancer Center, and, in his final weeks, from Champlain Region Home and Community Health Services. Their support made it possible for Michael to remain at home, surrounded by the people he loved in the beautiful home that he built.

Michael's friends and family will gather to celebrate his life with a house concert (date and venue yet to be decided). In the meantime, his family are doing their best to acknowledge the many loving messages they have already received. As a tribute to Michael they would ask you to contribute directly to a campership fund at Gracefield Camping and Conference Centre, or to the Mississippi Madawaska Land Trust.

Humble Thought

Physician Chris Ballas, more commonly known under his pen name The Last Psychiatrist, on the goal of adulthood:

“The goal of adulthood is to let go of the other possible existences and to make the best of the one. A successful adult is one who understands that it doesn't matter which life you ultimately pick, only that you live it well.”



237 Borden Road  
Mississippi Mills ON K7C 3P1  
Phone: (613) 256-5081

#### Editor:

Kris Riendeau  
editor@thehummm.com

#### Layout and Design:

Rob Riendeau  
rob@thehummm.com

#### Advertising/Promotions:

Kris Riendeau: (613) 256-5081  
kris@thehummm.com

#### Calendar Submissions:

Rona Fraser  
calendar@thehummm.com

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

#### Submissions

By email or on disk.

#### Content Deadline:

20<sup>th</sup> of the month prior to publication

#### Advertising Deadline:

22<sup>nd</sup> of the month prior to publication

#### Subscriptions

cost \$40 (includes HST) for one year (12 issues). Send a cheque with your name and address to: theHumm: 237 Borden Road Mississippi Mills ON K7C 3P1

Opinions and information published in theHumm in letters, press releases, or individual columns do not necessarily reflect the opinion of this newspaper.

All writing, artwork, and photographs published in theHumm are copyright to the author, or to theHumm in the case where no author is specified. Reprinting any content without permission violates copyright and is prohibited. If you enjoy something, let us know and we'll pass it on to the author or artist though!

#### Thumm's up this month to:

Margo Willmot, the financial advisor who helped us put our money to good use through Socially Responsible Investments. She retired recently after decades of conscientiously caring for her clients AND for the environment, and we wish her all the best!



Who's Reading theHumm

Back in September of 2019, **Angela Quinlan** and **Doug Rothwell** of Carp visited Dawson City, Yukon to participate in the Klondike relay race, and took their copy of theHumm along for the ride!

**TICKETS**  
**PLEASE**

TICKETS ON SALE NOW AT  
**TICKETSPLEASE.CA**



**Concert for Ukraine**  
at the Almonte Old Town Hall  
May 1



**Neon Eagle**  
at MERA Schoolhouse  
Mike Eckert, Aaron Davis & Joey Wright  
May 8



**Sherlock Holmes & The Hound of the Basketballs**  
at the Almonte Old Town Hall  
May 12-14



**Perth Short Film Festival**  
at Full Circle Theatre, Perth  
May 13 & 14



**Countries Shaped Like Stars**  
at St. Paul's, Almonte  
May 14



**Queen Flash**  
at Farrell Hall in Perth  
Tribute to Queen  
May 14



**This Year, Next Year**  
by Studio Theatre Perth  
May 26-June 5



**Rag Bag Cabaret**  
at the Almonte Old Town Hall  
May 27



**Springtime at Lammermoor**  
in Rural Lanark Highlands  
Classical music & silent auction  
May 29



**Tragedy Ann & The Pairs**  
at The Almonte Old Town Hall  
Presented by Folkus  
June 4



**Rock & Roll Never Forgets**  
at Farrell Hall in Perth  
Bob Seger Tribute  
June 11



**Art in the Garden**  
at Kiwi Gardens  
June 17-19

**SELLING TICKETS?**  
Concerts · Plays · Festivals

**WE CAN HELP!**  
Setup · Support · Promotion

# Patrick John Mills — An Artist to Look Up To

For starters, he's six-foot-three. He paints huge, mesmerizing abstracts. He's incredibly intense and passionate about art and life and helping people. He's all in. Patrick John Mills is a force of nature.

by Sally Hansen

And that's when he's in the middle of his fourth round of chemotherapy to hold his CLL (Chronic lymphocytic leukemia) at bay. His life is much too compelling and challenging and rewarding to loosen his grip on it. He actually describes having cancer as a gift — it has “prolonged my waltz with death. It is a fundamental, beautiful inspiration that is so raw, so intense, so conducive to me being who I am.” His unflinching embrace of a verdict that could completely incapacitate has the opposite effect. “As difficult as it is, I love it. I have to train myself to have control over what I think about — what I marinate my mind in...” His response is very much in tune with his musical tastes: “I love listening to intense music — the rage, the full-on freedom of artists like Kurt Cobain.” Mills occupies a headspace when he's painting that he characterizes as “improvisation, freedom, I'm the exponential king of liberation, of movement...”

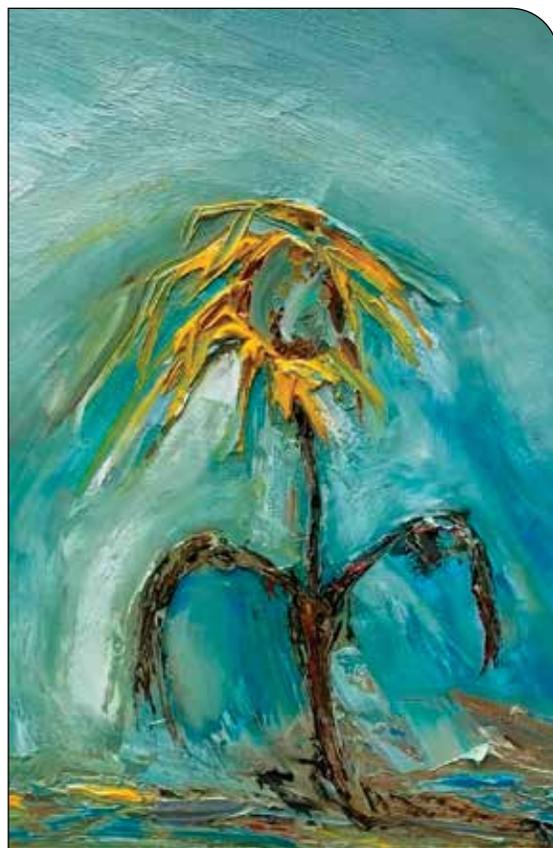
Patrick paints like he lives. His poem expresses it very well:

*I am a starving artist  
I am starving for understanding  
I am starving for truth  
I am starving for acceptance  
Searching for Freedom  
Dreaming in colour  
A little boy dressed up as a clown  
Releases a handful of balloons  
Into the sky  
And walks across the street*

His exuberant abstracts are magnificent manifestations of his intense experience of life. In someone else's hands his exorbitant use of paint could be a disaster, but, as usual, he pulls it off. In his painting videos that he shares on Facebook you see how



painting for thirty years, often for 18 hours at a time, has enabled him to master the impasto techniques of modern artists like Willem de Kooning. Patrick pays homage to the artists who inspire him, calling them his friends, the ghosts inside his head, the creatures that roam around his studio with him. His unrestrained impasto works that are modeled on the riveting sculptural gestures of Alberto Giacometti even succeed in intensifying the sculptor's depiction of everyday humans simply struggling to survive.



Mills enthusiastically and successfully explores both the colour field (think Mark Rothko) and the action painting versions (e.g., de Kooning) of the Abstract Expressionist Movement. He remembers his first encounter with the works of artists like Francis Bacon and Picasso when he arrived at Concordia University in Montreal at the age of 18. He describes it as an epiphany; “I had never seen a line used so perfectly, with such authority — it tattooed my soul.”

At Concordia Mills first studied civil engineering to please his father, but then completed a degree in Early Childhood Studies. He considers both a waste of time for him, but his introduction to painting by a fellow student proved to be the passion he was seeking. He also garnered some impressive poetry awards. After moving to the U.K. with his first wife, he became an overnight artistic success through



incessant work and extremely fortuitous contacts and word-of-mouth marketing. After a systematic assessment of where to pursue a career as an artist in Canada, the couple purchased a home in the artsy Hintonburg area of west Ottawa, where property was much more affordable than in B.C. where Patrick was raised.

Over many years Patrick experienced repeated rejection by traditional art galleries. Galleries exist to sell art; “difficult” subjects and unconventional painting styles are much more challenging to sell than comfortable Canadian landscapes and pretty florals. One look at Patrick's sole sunflower painting (I absolutely love it!) vividly illustrates the gap. Patrick's painting is existential. It isn't always easy to survive as a sunflower...

Patrick John Mills, however, is an indefatigable survivor. After alienating some of his more conservative Hintonburg neighbours by repeatedly plastering the area with brilliant but provocative handbills, it became very clear that he was no longer welcome. While travelling in Europe, Patrick had met a painter who had created an art ecosystem — a combination of galleries and workshops and events and shops that could be self-supporting. It became his quest, and led to his purchase of a large corner of commercial real estate at 11 Bridge Street in Renfrew. The site of a former foundry, the four existing dilapidated buildings were sitting on contaminated fill that had to be removed. The work has been much more extensive and expensive than expected, and Renfrew has not embraced the project with the kind of fervor that Mills had hoped for and expected. But he is not about to give up.

The Art Factory is an amazing concept and a hugely worthwhile conversion of a polluted site into a true economic success and touristic feature. The former 10,382 square foot industrial factory is on its way to becoming an Art Gallery, Art Studio, Art Supply store and gift shop; Phases 1 and 2 are completed, Phase 3 is still under construction. Upon completion, Art Factory will be the largest independently owned (non-government, non-grant funded) Art Centre in all of Canada.

Mills' heart is as big as the rest of him. He is constantly investing huge amounts of personal energy and capital into his project to create an asset for the community and a gift to fellow artists. Working with like-minded volunteers and supporters, his LIVE-LOVE-ART dream continues to expand and provide much needed and appreciated services to under-served members of the community. He comes up with an endless progression of activities that promote mental health, creativity and having fun. He is well on his way to turning a toxic eyesore into an amazing arts centre for the Town of Renfrew. And his paintings are spectacular. Some people take. Patrick John Mills gives. We wish him spectacular success in his outsized endeavours to be an unstoppable force for the power of life, art, and love.



SUSAN TOOKE

*State of the World*

An installation of paintings and sound  
April 13 - May 20, 2022



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

**WHO** Patrick John Mills  
**WHAT** Painter, Poet, Arts Benefactor  
**WHERE** Art Factory, 11 Bridge St., Renfrew;  
 <liveloveartfactory@gmail.com>, 299-1873  
 <facebook.com/patrick.j.mills.7>  
**WHEN** Art Factory is open Wednesday through Saturday  
 from 10AM to 5PM  
**WHY** "Why do birds sing?"

ARTIST TRADING CARD

Need 'em... need 'em... got 'em...  
 Clip and save the Artist Trading Card  
 All the cool kids do it!

*Emerald birthstone for May*

**Kehla**  
 Jewellery Design

88 Queen Street, Almonte 613-256-7997  
 www.kehladesign.com

**general**  
 FINE CRAFT

*Pysanky for  
 Ukraine Appeal*

**LAUREN BLAKEY**  
 sculpted ceramic tile, 10 x 10"

*Outstanding craftsmanship by Canadian artists*  
 open Thursdays to Sundays or shop online

63 Mill St., Almonte ON  
**www.generalfinecraft.com**

# Perth's First Annual Short Film Festival

By John Fenik

When you work with people in a creative way, you are blessed. It doesn't matter if you are cooking or playing music, if you are writing or making a film, or, for that matter, building a sandcastle on a beach. The bottom line is when kindred spirits come together, wonderful things happen. When you collaborate with others, the best of artistic energy is harnessed and the results are spectacular. Lifelong friendships are forged and future possibilities are endless.

As I write and make films, I have met and collaborated with some incredible people. Unfortunately, much of the work that is created by both seasoned and emerging independent film makers goes unnoticed. These films are often stored in a hard drive or in a cloud somewhere, destined to be a footnote in time.

Hence the genesis of the Perth Short Film Festival. I wanted to showcase the talent of local, independent film makers.

The films screened are not "Hollywood sausage factory perfection" but, in my humble opinion, that is what makes them great. These films are not made with astronomical budgets. These films are made with care, love and deep affection.

I invite everyone to come out to the first annual Perth Short Film Festival. It will take place at the Full Circle Theatre on May 13 at 7PM, and on May 14 at 2PM and 7PM. Tickets are \$12 (fees included), and are available from Tickets Please (TicketsPlease.ca or 485-6434). All profits from this festival will be donated to the Perth and District Union Library.

## Films and Synopses

- *The Devil Dances in Empty Pockets*, by Kirk Knapp (running time 4:16). Trapped and at the end of his rope, Chad's conscience tries to convince him to call off a robbery.



John Fenik is proud to present the inaugural Perth Short Film Festival on May 13 and 14

- *The Audition*, by John Fenik (running time 10:45). Zoe wanted to be a star. She knew she would make it. Only one thing stood in her way.
- *The Wilds*, by Elizabeth Emond Stevenson (running time 3:27). A group of women joyfully dance on Aboriginal lands.
- *Five Minutes*, by Meelad Moaphi (running time 7:00). A young woman struggles with her infidelity.
- *Winston*, by Andrew Marleau (running time 17:00). A man is transformed into something he is not. The end result is hilarious.
- *The Truth*, by Rodrigues A. Williams (running time 5:00). In the middle of a trial an accused man and his lawyer have a heart to heart.
- *Premium Pornography*, by Simon Ruscinski. A young man is caught doing something he shouldn't be doing at school. Expelled from school, he is on a quest to prove he is worthy to return to the hallowed halls of education.

The Mississippi Madawaska Land Trust Board of Directors is pleased to announce the appointment of MMLT's first Executive Director:

**Carolyn Piche**

Carolyn joined MMLT as its 'part-time' administrator in 2019. She has been instrumental in building capacity and raising the funds required to sustain the continuing growth of the organization. Carolyn brings a wealth of experience to MMLT in working in the not-for-profit sector and a desire to apply her skills and energy to furthering its mission.

Congratulations Carolyn, we look forward to working with you in your new role.



Mississippi Madawaska Land Trust  
 Preserving the land • Protecting the future

www.mmlt.ca

613-253-2722

cpiche@mmlt.ca

# Return of the Rag Bag Cabaret!

Rachelle Elie is a world-travelling, award-winning comedian who now calls Almonte home. After a pandemically-induced hiatus, she is ready to bring her raunchy and hilarious Rag Bag Cabaret back to the Old Town Hall on Friday, May 27, this time with an eye towards raising funds for the newly formed group "Mississippi Mills for Ukraine". Tickets are on sale now from Tickets Please (TicketsPlease.ca or 485-6434). We caught up with her to find out more about the show and its goals.

**theHumm: If someone were to reach into your Rag Bag, what type of acts might they pull out?**

Rachelle Elie: I always like to include a variety of acts and I'm very excited to have confirmed some fabulous artists who have never performed in Almonte, including Ottawa drag artist Ruby Foxglove, superb musician Mike Evin, and burlesque goddess Koston Kreme. I'm still finalizing the line-up, but as folks who have attended Rag Bag Cabarets know our show always includes comedy, music, burlesque and some surprises too!

**This show starts at 8PM, but doors open at 7. Besides getting a good seat, what are some other reasons for people to show up early?**

I'm thrilled to announce that my good friend and amazing crooner Johnny Vegas will be back in Almonte entertaining us pre-show, from 7-8PM. Coming early means you can grab a drink, get a good seat, and listen to Johnny sing!

**We hear you've invited Humm Team Productions to partner with you on this venture. Why would you want to work with those hacks?**

Ha — I love those hacks! As my dear friends at theHumm know firsthand, the pandemic was really tough on arts producers. It became almost impossible to produce shows, let alone cover costs. My focus over the last two years shifted to virtual performance, which was very lucrative but lacked any community feeling. Now that things are re-opening, my French comedy career has taken off and I am working mostly in Quebec. That said, I live eight minutes from Almonte, and the Cabarets were always a way for me to connect with my local community. I've really missed it. I was walking around town and now, as the restrictions lessen and everyone seems to want/need to laugh, I feel inspired to do a Cabaret. It was clear though that this time I didn't want to do it alone. It was an isolating two years and I'm really excited to collaborate with others. I want this Rag Bag Cabaret to be more of a community production, so it felt perfect to partner with the fabulous Humm Team and see what they would be inspired to bring to the Cabaret.

**Past Cabarets have raised money for great causes like Lanark County Interval House, and this one is focusing on aid for families from the Ukraine. Why is it important for you to mix laughter with philanthropy?**

My husband used to donate part of his University loans to charities, and that social responsibility really marked me. When I started these Cabarets in 1996 in Toronto we had just started dating, and I was inspired by him to share a part of my show profits with charitable organizations. I try to be responsible that way and there are so many great causes out there. The war in Ukraine has been so heartbreaking to watch, and the Humm Team and I felt inspired to show support for the "Mississippi Mills for Ukraine" group.

**How did you first get started in comedy, and what's kept you going over the past two tough years?**

I have always been obsessed with making people laugh. I got a B.A. in Drama at Bishop's University, then graduated from Studio 58 with an acting degree, only to realize I was a clown! I never imagined I would be a professional comedian, but comedy found me. I was a model, dancer and actress, but making people laugh is what I do best. Stand-up comedy is a very challenging art form, and I think if you have the ability to do it well, you must! Especially as a woman, I felt early on an obligation to get my voice out there so other women can feel represented.

The last two years were tough on me as a producer, but as a comedian it was a gift. I really felt like people needed to laugh more than ever and my job as a comedian became a service. So many businesses

wanted comedy for their staff and I was proud to master online corporate clean comedy. When we did open up I threw myself into French comedy and am thrilled to be getting so many wonderful opportunities in Quebec. I also felt the last two years forced me to be more present for my family and step out of my natural workaholicism. I never used to take the time to watch TV and it was super fun to commit to TV shows with my hubby.

I am so excited to bring my Cabaret back to Almonte and I look forward to sharing laughter and art with Almonte audiences again. Come to the Cabaret, my friends!

## About MM4Ukraine

Mississippi Mills for Ukraine is a small group of concerned citizens with experience in refugee settlement and community organizing who formed to support and fundraise to bring displaced Ukrainians to Mississippi Mills. They are currently working with several Ukrainians in Europe who have fled Ukraine and need a safe haven during the upheaval in their homeland. For updates about their activities, please check out Mississippi Mills for Ukraine on Facebook, where you will find news and a form to fill in outlining anything you might be able to offer to Ukrainians coming to town. For more information, you can also email <mm4ukraine@gmail.com>.



Comedian Rachelle Elie (above) and Humm Team Productions are bringing a Rag Bag Cabaret to Almonte on May 27 as a fundraiser for Ukraine

# Treat Your Feet!

BIRKENSTOCK

OluKai

KEEN

On  
Run on clouds.

VAMOS  
OUTDOORS

14 Mill Street, Almonte  
**613.461.2000**  
open 7 days a week

Blundstone patagonia Deigital.

8008 LINGERIE

Mother's Day Special

\$100 Gift Certificate for \$80

Call or visit our online shop.

www.8008lingerie.com

613-883-8008

Follow us on @8008lingerie

# ALMONTE CELT FEST

July 2 & 3, 2022

AlmonteCeltfest.com

f @AlmonteCeltfest

46<sup>th</sup> Tour  
June 2022

# Red Trillium Studio Tour

Saturday & Sunday  
June 4 & 5  
10AM-5PM

Visit some of  
West Carleton's best artists  
and craftspeople  
in their studios

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



Pick up *theHumm* in Smiths Falls at  
**THE PICKLED PIG**

## Joanne Beaton



**537 Stanley Brothers, Almonte**

Perfect starter home for a young family –  
3 beds, 2.5 baths, finished family room,  
fenced yard for kids & Fido.  
NOT HOLDING OFFERS! \$629,900.



Let me Tell Your Home's Story



**158 Fairbairn Brothers, Almonte**

Downsizers paradise – bungalow,  
3 bed, 2.5 bath with main floor laundry,  
fenced yard. Move-in ready.  
Holding offers on May 2, 2022.



Tracy Arnett Realty Sales Representative  
613.407.4309  
[joannebeaton@tracyarnett.com](mailto:joannebeaton@tracyarnett.com)



The cast of Theatre Night in Merrickville's *Drinking Habits*, playing from May 5-8. Proceeds of the Saturday night performance will be donated to help Ukraine.

# TNIM Presents *Drinking Habits*

by Andrea Howard

Are you ready for a good laugh?! As May dawns, why not treat yourself to a Theatre Night in Merrickville! TNIM's first spring production in two years will be a knee-slapper — sure to be the tonic we all need. *Drinking Habits*, by Tom Smith, runs May 5-8, Thursday, Friday and Saturday evenings at 7:30PM and Sunday at 2PM.

The setting is the convent of the Sisters of Perpetual Sewing, where life seems idyllic but pickings are slim. Unbeknownst to the abstemious Mother Superior, two of her Sisters and the Groundskeeper have been secretly making and selling wine in order to keep the convent's doors open. Everything is tickety-boo until a couple of snoopy reporters, who also happen to be ex-fiancées, infiltrate in search of a good story, disguised as a nun and a priest. Their arrival coincides with that of an unexpected novitiate. The sudden appearance of all of these clerical newcomers spurs paranoia throughout the convent: have spies been sent from Rome to shut them down?! Let the farce begin! Bring on mistaken identities, accusations, wine and secrets spilled, romances run wild and generalized chaos, as everyone tries to preserve their dignity and keep the convent afloat.

In recent years, seasoned TNIM director Timothy Molloy has regaled local audiences with his Farndale Avenue farces and, most recently, *Kitchen Witches*.

You can be sure that his Sisters of Perpetual Sewing will also leave you in stitches: Vicki Graham as Mother Superior; Sheila Cook as Sister Augusta; Janet Leppard as Sister Philomena; Hedy Sorour as Sister Mary Catherine, with Keith Stanton as Father Chenille. Barry Patrick plays George the Groundskeeper; Heather Steele and Ian Bell are Sally and Paul, the two reporters. *Drinking Habits* is produced by TNIM President Helen Steenburgh, by special arrangement with Playscripts, Inc.

Humm readers may not be aware that Theatre Night in Merrickville has been entertaining Eastern Ontario audiences for nearly five decades, producing award-winning comedies, dramas, and the occasional musical. Twice a year, dozens of volunteers transform the local Community Centre into a 150-seat theatre, an easy stroll from the heart of Merrickville. This little theatre group is also a registered charity, mandated to support local initiatives and community improvements, since 1975.

*Drinking Habits* will play at the Merrickville Community Centre, 106 Read Street, from Thursday, May 5 through Sunday, May 8. Tickets are \$15 and can be purchased online at [merrickvilletheatre.org](http://merrickvilletheatre.org) or at the door. Current Covid protocols for public events will apply. Please address enquiries to Helen at 902-990-0170. Proceeds of the Saturday night performance will be donated to help Ukraine.

Time to open doors and windows wide,  
Connect to nature and step outside...

gardening's  
**good for  
heart and  
mind.**

plant love.  
grow hope.

**Be safe.  
Be kind.**

With Covid-19 protocols in place,  
we welcome you to come shop safely. Find us on Facebook/Reid Gardens

Hanging Baskets, Custom Containers or visit our Gift Shop. Now open and the shelves are stocked with great gift ideas and inspiration for the garden enthusiast.



142 Pick Rd, Carleton Place  
613.253.3467  
[reidgardens.ca](http://reidgardens.ca)

*We are Open*



**CAMPER**

**ESPRIT**

**MIZ MOOZ**  
NEW YORK CITY



**bueno**

## Inner Eye

my friend collects horses on the beach  
drifts of sea wood, salt-bleached  
marine debris, tidewrack  
and puts them in a sack

as she walks  
she hears them talk  
above the weight of crashing waves  
rolling out timber graves

wood, exposed to briny forces  
bearing out new life in horses  
shaped by shipworm, floating bane  
back and hoof, muzzle and mane

fanciful delights  
sinewy, smooth and light  
profoundly deep creations  
of mysterious originations

I have a friend who lives by the sea  
she sees shapes that have yet to be  
fashioned from ocean lore  
washed up on shore

by Bernadette van Duyvendyk  
(for Anne Louise)

# Catch the Blues Boss at The Cove Inn

Due to a change in Kenny "Blues Boss" Wayne's touring schedule, he will now only be doing a single Blues on the Rideau (BOTR) show at The Cove Inn in Westport on Friday, May 13, instead of the two-night stand that was originally planned. That means you should grab your tickets right away, because it's sure to sell out! Reserve your spot for this awesome dinner and show by calling 273-3636. Tickets are \$80 plus tax, and proceeds will support both the Rideau Waterway Land Trust and the Friends of Foley Mountain.

Kenny's 2006 album *Let it Loose* won the Juno for Blues album of the year, and he himself has won the Maple Blues Award for piano player of the year a whopping seven times (and been nominated about a dozen other times). In 2017 he was inducted into the Boogie Woogie Piano Hall of Fame. He and his awesome band will be travelling all the way from British Columbia for this show!

If you can't be there in person, BOTR will be broadcasting Kenny's show live that night on their YouTube channel in high quality HD video and audio, in front of the great live audience in the funky, intimate atmosphere of The Cove. There is no charge to view the broadcast, but there will be a PayPal button on the page and donations will go directly to the



Kenny "Blues Boss" Wayne is now playing only one BOTR show in Westport, so get your tickets soon!

artists. Performers truly appreciate your support, especially after the past two tough years.

For more information about this and other BOTR shows, please visit <bluesontherideau.ca>.

# Choral Evensong Returns to St. James

By Hilary Barrett

Choral Evensong had become a tradition at St. James Anglican Church in Perth, with a loyal congregation, but we have not been able to hold the service for two years due to Covid. Finally, our church is fully open for worship, and to celebrate Easter, Spring, and a resumption of a less restrictive life, we are offering a festive Choral Evensong on Sunday, May 15, starting with a prelude at 3:45PM. The prelude and postlude will be played by Andrew Graham.

This traditional service is peaceful and reflective and includes bible readings, prayers and a homily, interspersed with psalms, hymns and canticles sung to music. "This Evensong will be a simple service," says Peter Woodward, St. James' Musical Director. "There will be a psalm, and the chants

for the *Magnificat* and *Nunc Dimittis* will be well-known, especially to those who regularly attended Evensong many years ago. The music will be led by the Liturgical Choir, but the congregation can sing along too. We are once again able to open and close the service with a procession that includes the choir. The hymns will be selected from the favourites in our collective memories."

Masks are required. There will be lots of room so attendees can seat themselves at a comfortable distance from other worshippers. St. James' Anglican Church is on the corner of Drummond and Harvey Streets in Perth. For more information, contact the church office at 267-1163 or check the website <stjamesperth.ca>. All are welcome to this deeply spiritual service.

# Humm Bits

## Music Fundraiser for Stir It Up Collective

Stir It Up Collective (SIUC) is a nonprofit organization that aims to support Lanark County women recovering from sexual exploitation through somatic healing, skills development and employment readiness programming.

Come together at Equator Coffee Roasters on Friday, May 6 at 6:30PM to raise funds for SIUC while enjoying local talent, including musicians and poets. Drinks and snacks will be available for purchase from the Equator team, with part of the sales being donated to SIUC.

The organization's specially branded bags of whole bean Equator coffee will be sold at the event for \$20.

Tickets are available from <eventbrite.ca> — look for Stir It Up Collective. For more information about the Collective, please visit <stiritupcollective.ca>.

## REAL Rain Barrels

Get ready for the garden season with a REAL rain barrel fundraiser on Saturday, May 14 from 10AM to 2PM at the REAL Deal store, located at 85 William St. W. in Smiths Falls. Pre-order a rain barrel online at <rainbarrel.ca/realdeal> for pick up that day. Basic barrels are \$60, with proceeds to REAL's monarch garden. Purchase an Earth Machine composter for \$50 and receive a \$10 voucher to the REAL Deal.

Trinity United Church members will also be selling mushroom compost. Butterfly-themed items and a limited quantity of seeds from last year's monarch garden will be for sale as well. Please bring cash! See more online at <REALaction.ca>, call Barb at 283-9966, or email <info@REALaction.ca>.

## Yoga in Nature Summer Retreat

From Friday, July 15 to Sunday, July 17, Carp Ridge EcoWellness Centre is hosting a Yoga in Nature Summer Retreat. Come indulge in delicious vegetarian food, healing workshops, music, yoga and nature... treat yourself to a revitalizing weekend! Register at <ecowellness.com/retreats> or call 839-1198 for more details.

ALMONTE & DISTRICT  
HORTICULTURAL SOCIETY

## PLANT SALE

**Saturday, May 14**  
9AM to 11AM  
In the Almonte Library  
parking lot

**CONTAINERS & BOOKS**  
**PERENNIALS**  
**ANNUALS**  
**HERBS**

Please join us at our  
monthly meeting —  
May 23 via Zoom.

Guest speaker,  
Mary Ann Van Berlo:  
Creating a  
Pollinator Garden

Email for link:  
achsmallbox@gmail.com  
www.gardenontario.org/site.php/almonte

## St. James Anglican Church, Franktown Is Celebrating 200 Years!

And we have planned several activities & events  
to commemorate this milestone:

- ✿ A 200<sup>th</sup> Anniversary Cookbook books are available for \$15
- ✿ Queen-size Quilt Raffle created by the late Mrs. Joyce Ford
- ✿ Hymn Sing Sunday, May 1, 2PM, everyone is welcome
- ✿ Annual Franktown Lilac Festival May 28  
We will have information & tickets available about our Cookbook, Quilt raffle and Bridal Fashion Show.
- ✿ Dry Stone Wall Workshop May 28 & 29  
Restoration on Church fence
- ✿ Luncheon & Bridal Fashion Show June 25  
Featuring "Brides of St. James and Friends."  
Tickets are \$10.
- ✿ St. James 200<sup>th</sup> Anniversary Service September 11, 2PM  
With our Primate The Most Rev. Linda Nicolls and our Bishop The Right Rev. Shane Parker. Everyone is welcome.

128 Church Street Franktown, Ontario  
613-283-3789

# Welcoming Families Fleeing War

Since my last Little Humm article this winter, the world took a nasty turn when Putin marched his troops into Ukraine and began bombing across the country. It's been a difficult topic to bridge with my kids, but one that I believe really boils down to the basics of why we teach our kids that there is no place for bullying and violence in this world. After the initial shock and overwhelm of watching news headlines getting worse by the day, some members of our community started to take action — which has fuelled an enormous swell of local generosity and hope.

by Sarah Kerr

My daughter and I went to a meeting at St. James Anglican Church in Carleton Place in April to hear Mary Mokrushyna and her partner Zack Nethery talk about their new non-profit, **Ukrainian Diaspora Support Canada**, to assist Ukrainian families displaced by war and welcome them into safe homes across the Valley and the country.

By scanning the room at the info session, it was certainly evident that the vast majority of hosts who have signed up are in their early 60s or older, but I know there are lots of young families who want to help beyond sending money. In light of this, I wanted to share some of the tips from the info night with more tangible ways of how you can get involved with your kids and families:

**Friendship & Community** — Talk to your kids about new students arriving to our community! Explain that families from Syria, Afghanistan and Ukraine are moving into our communities and schools, and about how exciting it would be to make friends with them. Explain that the kids might not

speak English fluently or at all, but that there are opportunities to help them feel welcome, safe and included. Encourage them to learn some words of welcome and include them in games or after school activities in your neighborhood. The same goes for us big kids — as uncomfortable as it may feel to bridge language and culture divides, we can be role models for kids by inviting new families to local events, BBQs or for a playdate at the park!

**Offer Drives or Share Transportation** — Mary and her group are keeping a list of folks in our communities who can help with drives and transportation to appointments and job interviews. Some of the seniors who have space in their homes to host don't actually love to drive after dark or into the city. If you have an extra vehicle you can offer that, or you can offer "taxi service" rides on evenings/weekends and take the kids on drives with new families!

**Buy Food & Make Freezer Meals** — Food is always a great way to welcome newcomers! You can make meals to drop off with host families or invite families over once a week to share the burden on host families and make new friends. As Mary said at the info night, you will be blessed when they return the favour, as Ukrainian cuisine is delicious!

**Gift Cards for Pharmacy, Clothes, Groceries or Gas** — When you're doing your weekly shopping, consider throwing in an extra gift card to your favourite grocer, pharmacy or gas station. These can be gifted to host families and are useful for families trying to get started on their own. As they said at the info session, many of these families are blowing through their life savings just trying to get to safety. Every little bit to help them get back on their feet in Canada will be so appreciated!

**Jobs and Skills** — If you have a company that can offer a job or skills training, this would be very welcome! The Ukrainian Support Network is keeping a list of job offers and opportunities and they will be able to help match families with local employers. Because most of the families coming are granted working visas as opposed to refugee status, they are looking to start working as soon as they can!

And of course, if you have space in your home, you can **sign up to host an incoming family**. The host commitment is a minimum of 90 days of safe, adequate housing, food and rides.

As Mr Rogers' famous quote goes: "When I was boy and I would see scary things in the news, my mother would say 'look for the helpers.' You will always find people helping." So thanks, Mary and Zack, for leading the helpers. Check out their new local non-profit at to learn more and get involved — search for Ukrainian Diaspora Support Canada on Facebook.



Zack Nethery (left), Mary Mokrushyna (right), and the first landed sponsor their group brought in from Ukraine. Another family sponsored by Ukrainian Diaspora Support Canada is pictured below.



**BLUES ON THE RIDEAU**  
THE COVE INN • WESTPORT ONTARIO

ONE NIGHT ONLY • May 13  
**KENNY "BLUES BOSS" WAYNE**  
DINNER & SHOW \$80 +HST  
FUNDRAISER  
ADVANCE RESERVATIONS REQUIRED  
613-273-3636  
www.BluesOnTheRideau.ca

WATCH SHOWS LIVE ON THE BLUES ON THE RIDEAU YouTube CHANNEL 8:30-11 PM ET

**Spring Makers' Market**  
Saturday, May 21, 9AM- 2PM  
37 Spring St., Westport

Stained Glass • Beeswax Candles  
Handmade Cards • Pottery • Photographic Prints  
Jewelry • Food Items • Handcrafted Clothing  
and much more!

BBQ with proceeds going to the Westport Public Library

**Tower of Babel**  
By Michael Morin...

...A gay love story set in 1930s Berlin...

inkshares.com/books/tower-of-babel

**Help us build on a long tradition of making great music**  
St. Andrew's United Church in Pakenham is looking for a Director of Music/Pianist

The Director is responsible for working with the Minister to set music for services, managing the senior choir, organizing one or two concerts a year; and occasionally working with the Sunday school children. We sing and make music 47 weeks per year and are open to job sharing.

Remuneration is informed by the Royal Canadian College of Organists (RCCO) 2022 Table of Recommended Salaries, which is tied to education, credentials and experience.

See complete details including how to apply, interview times and job description at:  
[www.standrewsunitedpakenham.org/search-for-director-of-music.html](http://www.standrewsunitedpakenham.org/search-for-director-of-music.html)

Please submit your résumé, contact information for three references, and your availability for an interview to: [st.andrewsmusicdirectorsearch@gmail.com](mailto:st.andrewsmusicdirectorsearch@gmail.com) no later than Tuesday, May 24, 2022.

the **QUEENS**  
crafters and antique market

**70+ Vendors!** including  
**Jan Whitney's Vintage** – dishes and furniture  
**Les Tre'sors d' Edmond** – Christine Chapleau's vintage furniture, crafts and upcycle  
**Glory Days Marketplace** – Cheryl Jackson's mid-century and vintage

142 Bridge Street, Carleton Place  
f /thequeenscraftmarket 613-253-5333

# Riverfront APARTMENTS

Opening Fall 2022 - Already 1/3 Leased!



## Pop Up Open House

Saturday, May 7th from 10am - 2pm

Join us to learn more about the stunning Riverfront Apartments in Almonte opening later this year.

- » Each unit includes six deluxe, energy efficient appliances
  - » Large outdoor terraces and balconies
  - » Spectacular views of the Mississippi River
  - » 1 & 2 bedroom units available
- » Utilities, underground parking, storage, WiFi, all included!
- » Adjacent to stunning waterfront walking/biking paths



Register at [www.riverfrontapartments.ca](http://www.riverfrontapartments.ca)  
For more information email [rentals@riverfrontstates.ca](mailto:rentals@riverfrontstates.ca) or call 343-996-6219



The Art in the Attic Show & Sale returns to the Almonte Old Town Hall on May 7 & 8, featuring works by Don Bruner (above), Anita Schlarb (below), and many others

## Art in the Attic — Close to Home

By Laurel Cook

The Art in the Attic (AITA) Show and Sale returns for the 32<sup>nd</sup> time on Saturday, May 7 from 10AM to 5PM and Sunday, May 8 from 10AM to 4PM at Almonte Old Town Hall. Admission is free.

Over the last three decades, AITA has showcased the wonderful works of local artists. Artists come and go, and the show is ever-evolving with fresh talent. Yet the constant that has held fast over the years is the quality and originality of the work.

Other than the first two years, the show has been held in the Ron Caron Auditorium in the Old Town Hall. This historic and premier venue with its soaring ceiling of hand-hewn Douglas Fir beams sets the tone. The classic art boards and full overhead lighting highlights the exhibits and makes it worthwhile just to visit and take in the view.

This year, artists have been asked to select a piece, pieces, or even their entire collection that illustrate what the theme “Close to Home” has meant to them. For the past two years we have stayed close

to our homes, and that has influenced our creativity. Each artist’s interpretation is different. For instance, Ilona began creating felt art with the wool from her five alpacas. Karen, a paper artist, took up paddleboarding and has created works of wildlife she has seen and even a piece featuring a woman on a paddleboard. Laurel moved to a new location where there are numerous barn quilts, and began painting outdoor art featuring farm animals photobombing the quilts. For Nadine, her vast stash of bright and colorful materials has been her “happy place” to create her textile art. Richard’s loving portrait of his wife says it all. Others have been painting local landscapes and photographing local wildlife and scenery. You can see the story of the past few years in each artist’s work.

Be sure to mark the dates on your calendar. We look forward to seeing you there! Find more details at [almonteartintheattic.wordpress.com](http://almonteartintheattic.wordpress.com) or by searching for “Almonte art in the attic” on Facebook.



# 7 Things to Know About Puppet Shows

By Susan Macaulay

Folks in Mississippi Mills, and Almonte in particular, are excited about the resurrection of the Puppets Up! festival this summer from August 12–14. We're delighted to be offering tickets through Tickets Please <TicketsPlease.ca> at "early blue jay prices". Everyone who has been to a puppet show knows how much fun they are. They're colourful, comical, and kids of all ages love them.

To add to your enjoyment, here are some interesting facts about puppets, puppeteers and puppet shows:

**1** We normally think of puppet shows being for kids. But some shows are created specifically for adult audiences. *Sherlock Holmes and the Hound of the Basketballs*, which is playing from May 12–15 at the Almonte Old Town Hall is a perfect example — it's funny, irreverent, full of innuendo and definitely for adults only. The **Ronnie Burkett Show**, which will be held the evening of Friday, August 12, also at the Almonte Old Town Hall, is likewise for mature audiences. Burkett is an internationally recognized puppeteer and seats for the show will be limited. This show is not to be missed!

**2** Puppeteers tend to be multi-talented and multi-skilled. For example, many make their own puppets, and in any given show may perform several different characters using several different puppets, each with its own personality and distinctive voice. For example, nine puppeteers handling 26 different puppets will perform *the*

*Hound of the Basketballs* (also not to be missed!). Several of the Hound puppeteers will perform four separate roles. This requires considerable acting ability.

**3** Puppeteering demands masses of coordination and dexterity. Performing with a "rodded" hand puppet uses at least two hands, sometimes three! The puppet's head and mouth (and eyes if they move too) are usually operated with the puppeteer's dominant hand. Two rods, each attached to one of the puppet's arms, wings, hands or whatever, are manipulated with the puppeteer's other hand to create gestures. In other words, both of the puppet's appendages (whatever they may be) are operated with the puppeteer's non-dominant hand. For particularly tricky tasks, a second puppeteer might help by operating one of the puppet's appendages.

**4** Puppeteering is also physically challenging. Puppeteers must be fit, flexible and strong — especially in the arm and shoulder that hold a hand puppet up in the air. Almonte's own master puppeteer, Noreen Young, uses latex to create her beautiful puppet characters. They are stunning, and about the same weight as "regular" puppets despite the material they're made of. Still, one must be strong to hold them up. Try this: grab a three-pound weight in your dominant hand, sit down in a chair, hold the weight above your head with your arm bent at a ninety-degree angle, and see how long it takes before your shoulder starts to ache. By the way, the term "puppets up!", for which

Almonte's festival is named, is the director's command to performers when it's time to start a scene.

**5** Puppet shows are "up close and personal" behind the scenes. Imagine you are watching a puppet show in which you see the puppets, but not the puppeteers. Each puppet is performed by a different puppeteer, each of whom is bigger and bulkier than their puppet. Can you guess how close the puppeteers must be below the scene when the puppets above are side-by-side? Hint: it tends to be very cozy.

**6** Ever wonder how hand puppets magically walk, hop, skip, stroll or dance behind a four-foot-high set from one part or side of a scene to another? Easy. They don't. Their puppeteers "carry" them on their arms while rolling on stools — sturdy wooden cubes with wheels on the bottom. The puppeteers sit on the cubes and, using their feet to propel themselves, roll forward or backward or spin around as need be. It can be a bit like bumper cars at the fair when three or four performers and their puppets are acting out a scene. Much choreography and diligence are required! And here's another interesting tidbit: each puppeteer



Three of nine puppeteers (l-r Teddy Dong, Bob Stutt and Allan Martin) hold three of the 26 puppets from *Sherlock Holmes and the Hound of the Basketballs*, opening May 12

has his or her own stool, because the stools are various heights.

**7** The amount there is to learn about puppets, puppeteering and puppet shows is virtually endless. If you find all of this as fascinating as we do, then you must join us at Puppets Up! 2022 from August 12–14. All kinds of experiential activities will be on offer — shows and workshops, parades and puppets, puppets, puppets everywhere of course. Get your tickets for *Sherlock Holmes and the Hound of the Basketballs*, and your early blue jay tickets for Puppets Up! 2022 from Tickets Please (TicketsPlease.ca or 485-6434).

**SHERLOCK HOLMES & THE HOUND OF THE BASKETBALLS**

adult content

Almonte Old Town Hall

May 12-14  
7:30 PM

May 15  
2 PM

Tickets:  
\$30  
(plus fees and HST)

[ticketsplease.ca](http://ticketsplease.ca)

Puppets Up!

Sponsored by:

Baker Bob's

SPORT SYSTEMS  
BUILDING A BETTER GAME

CLELAND JARDINE  
ENGINEERING LTD

the Humm

8008 LINERIE

**FRIDAY, MAY 27**

**RAG BAG CABARET**

COME GIVE YOUR INNER CHILD THE SPANKING IT DESERVES!

COMEDY!  
DRAG!  
BURLESQUE!  
MUSIC!  
AND MORE!

☆ Fancy dress attire encouraged ☆

TIX \$30 IN ADVANCE  
(NOOZERS/ PAY \$40 AT THE DOOR)

Hosted by comedian **RACHELLE ELIE** AND SPECIAL GUESTS!

ALMONTE OLD TOWN HALL  
14 BRIDGE ST - ALMONTE, ON  
TICKETS AND INFO AT [TICKETSPLEASE.CA](http://TICKETSPLEASE.CA)

CASH BAR AT 7PM  
SHOWTIME 8PM

A PORTION OF OUR PROCEEDS WILL GO TO MISSISSIPPI MILLS FOR UKRAINE

the Humm

© RASHELIE

# Vintage Market Trunk Sale at MERA

The McDonalds Corners Farmers' Market returns to MERA this summer! On the opening day (Saturday, May 21), MERA is also hosting a Vintage Market Trunk Sale. Vintage Marketplace vendors will be selling from 9AM to 1PM. Lovers of unique, collectible treasures will enjoy hunting for something new. Come dressed in your best vintage costume for the chance to win a prize!



MERA (McDonald's Corners & Elphin Recreation & Arts) is a space in Lanark Highlands committed to connecting community members through the arts. Patrons can spend the morning perusing vendors and enjoying the charming rural atmosphere.

If you are interested in being a vendor, please contact the MERA administrator at <meraschoolhouse@gmail.com>. Vendors can register for this event for a fee of \$10. The deadline for applying is May 9.

By shopping at the Farmers' Market and MERA's Vintage Market Trunk Sale, you are helping to support your local arts and recreation facility to have music events, workshops, community dinners and much more. For more information, please visit <meraschoolhouse.com>.



On May 29, Sheila Jaffe (above) will join Carlisle Beresford to play a concert to raise money for sponsoring two young Afghan families to our community

## Classical Concert for Refugee Resettlement

On May 29, enjoy an intimate Sunday afternoon concert of classical music at Lamermoor in rural Lanark Highlands. Bring a folding chair and a picnic lunch to enjoy before the concert and listen to the music of Beethoven, Brahms and more, in a beautiful outdoor setting. The event begins at noon, rain or shine.

A magnificent 19<sup>th</sup> century barn will feature a silent auction of donated works by the area's finest artists and craftsmen.

Toronto musicians Sheila Jaffe (violin and viola) and Carlisle Beresford (piano)

will play Beethoven's Violin Sonata *The Spring* and Brahms' Viola Sonata Opus 120, among other pieces. The concert will take place from 2-3PM, and the silent auction of artworks opens at noon.

All proceeds will go to the Community Alliance for Refugee Resettlement (CARR), <thecarr2.ca>, sponsoring two young Afghan families to our community. A limited number of tickets at \$50 each are available at Tickets Please — visit <ticketsplease.ca> or call 485-6434. The exact address of the venue will be sent with the ticket.

## Summer Fun that's Good for Your CV

By Bruce Patterson

Camp Lau-Ren is facing a staffing crisis. Executive Director Joanne Hartnett said that the summer overnight camp has never had such difficulty in getting applications for summer positions. After being closed for two years, Executive Directors Ron and Joanne Hartnett opened applications for summer positions in early January. There has been advertising in local newspapers, on social media, and information sent to churches about available jobs, but some positions remain unfilled. The non-profit children's summer camp of the United Church of Canada needs applicants for the positions of cooks and lifeguard.

"Lifeguard applicants need to be at least sixteen years of age," explains Ron Hartnett, "we can't open without cooks and lifeguards." Joanne Hartnett adds that experience as a cook or lifeguard really stands out on a résumé, and that working at a summer



Camp Lau-Ren is seeking cooks and lifeguards for this summer's camp sessions

camp "would be a summer to remember". Anyone interested in the positions of cook or lifeguard is encouraged to contact the Hartnetts at <hartnett@sympatico.ca>, or to apply online at <camplau-ren.com> by looking under "job postings".

Camp Lau-Ren is located 10km west of Deep River on the shores of the Ottawa River, and is accredited by the Ontario Camps Association.

## QUEEN FLASH

CANADA'S PREMIER TRIBUTE TO

QUEEN

ADVANCE  
TICKETS  
\$34

AT THE  
DOOR  
\$39

SATURDAY, MAY 14, 2022

---

ROCK & ROLL  
NEVER  
FORGETS

CANADA'S  
Bob Segel

TRIBUTE SHOW!

ADVANCE  
TICKETS  
\$34

AT THE  
DOOR  
\$39

SATURDAY, JUNE 11, 2022

DOORS  
at 7PM

FARRELL HALL

186 Gore St Perth, On

TICKETS AVAILABLE FROM

TICKETS  
Please

ticketsplease.ca  
613-485-6434

SHOW  
at 8PM

19+  
Event

Cash  
Bar

CHLE FM RADIO

FOR MORE INFO:  
www.dreamrock.ca

ENTERTAINMENT

# Farmers' Markets: Open for the Season!

As you walk away from the farmers' market with your canvas bags filled with fresh local produce, plants, organic meats and assorted other delicious goodies, you just can't help feeling good. 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. 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. Growers at the market are proud of what they sell, and their primary goal is to produce food that tastes great and is full of nutrients, instead of stuff that needs to survive a trip across an ocean and most of a country in a shipping container.

For those reasons and many more, 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!

## Carleton Place

Everyone is invited to the Carleton Place Farmers' Market — at the Market Square on the corner of Lake Avenue and Beckwith Street — each Saturday morning from 8:30AM to 12:30PM, beginning on May 7. Besides purchasing fresh seasonal produce, baked goods (with gluten-free options), prepared meals and homemade crafts for yourself or as gifts, you can feel good about supporting local growers and producers. Come on out and cultivate a relationship with your local producers! Supporting the Carleton Place Farmers' Market will make you part of a special place that is creating community. Find us on Facebook or Instagram, or check out <cpfarmersmarket.wordpress.com> for current info.

## Almonte

Opening Day for the Almonte Farmers' Market will be May 21 this year. They are open from 8:30AM to 12:30PM in the parking lot of the Almonte Library. They are looking forward to operating at full capacity, with some new faces, and including hot breakfast once again.

You will find all sorts of organically grown produce and flowers, plus organically raised pork and beef. There will be local honey and maple syrup, delicious preserves, sourdough breads and other baked goods, as well as Back 40 sheep's cheese! You'll also find top-notch natural body care vendors, herbal remedies, beautiful women's clothing, macramé and wood work.

The Market offers sharpening services for your dull knives, scissors and tools, and the Master Gardeners will be there every other week to answer your gardening questions. This is a handy little market with lots to offer, so why not make them a regular part of your Saturday morning routine? Find more information at <almontefarmersmarket.com>.

## Perth

Located on the Tay Basin outside the Crystal Palace, the market is open Saturdays — rain or shine — from 8AM to 1PM, from May 7 right through to Thanksgiving weekend. The Perth Market has numerous vendors selling amazingly fresh produce, local meats, preserves, ready-to-eat food, honey and syrup, as well as handmade crafts of all kinds. Live music, a waterside café, kids' crafts and activities are available throughout the season. For detailed information, visit the market's website at <perthfarmersmarket.ca> or like them on Facebook and Instagram for updates!

## Calabogie

The Calabogie Summer Market returns this year, every Saturday from June 4 to September 3 from 9AM to 1PM. This summer's market will include a monthly storytime, yoga classes, themed weeks, live music, and games with prizes. They will also have 35+ local and guest vendors every week, and charity partners for fundraising and special events! Some returning favorites include Long Lane Farms, The OverCaffeinated Seamstress, Starbright Curios, Pats Baby Corner, B Please Dog Treats and Gear, and Jenneth and Bee. Follow Calabogie Market on Facebook for the latest information or email the new Market Manager, Stacie Ross, at <CalabogieMarket2021@Outlook.com> for vendor or partnership information.

## McDonalds Corners

The McDonalds Corners Farmers' Market opens for the season on May 21 and runs until October 8, each Saturday from 9AM to 1PM. Visitors can enjoy artisan pizza from the outdoor wood-fired oven and relax with a coffee and pastries in the beautiful setting at the café while listening to live music. Fresh fruit and vegetables, meats and baking are available, along with plants and original art and handcrafts. For more information, please email <mcdonaldscornersfarmersmarket@hotmail.com>, call 278-2739, or find them on Facebook.

## Carp

The Carp Farmers' Market takes place on Saturdays from 8AM to 1PM at the Carp Fairgrounds (3790 Carp Rd). The 2022 season runs from the beginning of May to the end of October. Complementing the primary produce and meat producers, the market also features bakers and other prepared-food vendors, as well as a range of hand-made craft products of the highest quality. The Carp Farmers' Market is proud to be a producer-only market, which means that all the vendors make, bake or grow what they sell! All of them also live within 100km of Carp — it doesn't get much more local than that!



CARLETON PLACE,  
**Farmers' Market**

WE MAKE...WE BAKE...WE GROW

A photograph of a market stall displaying various items including breads, pastries, and fresh produce like tomatoes and leafy greens.

**SATURDAYS 8:30AM-12:30PM**  
at the corner of Lake Ave. & Beckwith St.

**WE HAVE SOMETHING FOR EVERYONE!**  
BAKED GOODS, FRUITS, VEGETABLES,  
SPECIALTY ITEMS, MEATS, JAMS, JELLIES, HONEY,  
TAKE-OUT ITEMS AND MORE...

**COME AND JOIN US AT THE MARKET!**  
Check out our website: [cpfarmersmarket.wordpress.com](http://cpfarmersmarket.wordpress.com),  
Facebook and Instagram for special announcements & what's in season

The logo for Almonte Farmers Market, featuring a sun and the text "ALMONTE FARMERS MARKET EST. 1990".

**ALMONTE FARMERS MARKET**

A photograph of several fresh red radishes with green leaves.

**OPENS MAY 21**  
**SATURDAYS**  
from **8:30 AM**  
to **12:30 PM**

**155 HIGH ST. ALMONTE**  
(the library parking lot)

visit [almontefarmersmarket.com](http://almontefarmersmarket.com) for details

# How to Choose a Good(?) Wine

First off: no judgement, no criticism. It's been a long two years, and we've done what we could to get through it in one piece. This has been an acceptable strategy, and has provided some solace in dark times, like when the sky opened and it snowed like a Christmas globe gone rogue.

by Glenda Jones

We have an afternoon interlude called "4s", an hour's opportunity to sit together and chat over the day's activities without dogs nagging to go outside or the phone ringing. We put on our favourite music and let supper simmer on the stove while we have a glass of wine and the best of cheese from Pêches & Poivre. We frequently invite friends to share this peaceful time, so we need to be mindful that our comestibles are company-worthy.

The cheese portion of the repast is no problem. We belong to the Cheese Club, a monthly gift to ourselves with a delectable selection of cheese, crackers and chutney from Pêches & Poivre in Almonte. It even comes with wine suggestions, and here's where we get into serious choice.

It's a good idea to pick up a *Food & Drink* magazine at the LCBO so you can peruse the vast catalogue of wine, and see how debonair and sophisticated you might look drinking the best of the best. However, we both know there's another route to go.

Several factors need to be taken into consideration when selecting your beverage of choice. First off, you need to be mindful of the price break. Don't be looking at those vintage numbers with the gold labels and the high price tags. I can vouch that they go down just as fast as the less expensive bottle. We all know wine goes to vinegar faster than you can say Jack Robinson, so it's best to share it. If you're particularly devious, you can buy one fancy bottle, keep the bottle and decant the less expensive stuff to make a good impression. But who's looking? There are lots of good wines under \$12.

A visit to the wine shop is an adventure not to be rushed. First scan the shelves for creative names. Acceptable wineries have classy families that for generations have been producing their wines. Sometimes they'll get a new young marketer who'll up the game with a good pun: "Cone Sur" for example. "Ha ha, we'll try that one." Or they'll go for something like Graffiti, Castello de Diablo, Pedrera. Sounds exclusive, must be good. Don't pick something that sounds girly if you're doing a dinner party: Girls Night Out, Passion, Barefoot, for example. They're hard to pour with any degree of aplomb. Also, because you and Wayne Gretzky have a love of hockey, it's no assumption that he knows wine. Kim Crawford, Gretzky, Akroyd: hmm, a little pretentious. Try the next aisle.

Now, you need your glasses to be a label reader. Look discerning when you're selecting. Hold the bottle gently, and look at

the picture. Is it colourful? Does it match your décor? If it's particularly artistic then perhaps it's good. Theme-wise, you could go for the labels with nature: kangaroos, birds, butterflies, or kayaks even, suggesting that your purchase will be climatically correct. Presently, bicycles — especially animals riding bicycles — are showing up. If you met a sheep riding a barrel on top of a bike, wouldn't that mean you'd likely had too much of that variety? If you're a dog lover, you can go for Black Lab Red. No Black Lab would buy rosé, would they? Don't get that. Kangaroos, mules, zebras, cats: take your pick, depending on your mood of the day.

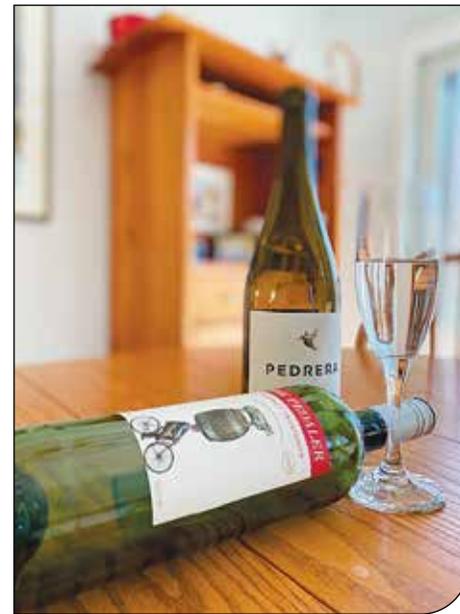
You should turn the bottle over and read the bump on the back, the "terroir" for instance. Really, dirt's dirt, and will we be able to tell the difference? However, there's creative writing there that can tickle your fancy or suggest a menu. At least give the appearance that you "prefer wines from the Spanish terroir over the Chilean terroir". As if!

Once you've made your choice, you can second-guess yourself by peeking in other shoppers' carts. Or being ever-so-curious, ask others what they prefer. The cashier told me they don't sample every bottle, but do have their own favourites that they'll suggest. You can make it sound as if you hardly ever buy wine, but hey, they know — they see the same people there regularly.

Every once in a while it's good to surprise your taste buds with a new brand. However, you need a magnifying glass to read the teensy shelf label to be sure you're

not picking up something that's rot-your-teeth sweet, or puckering dry. Look at the "on sale" shelves. You likely will find some good thing you didn't expect, and will get it at a good price. The downside is if you really like it, and next week it's too expensive, you might be tempted to up your price point.

Here's a real treat: buy a good prosecco for a sunny spring day when you have dragged the furniture to the patio. Fill the glass with sparkly bubbles, and put your feet up where your toes are in the sun. Pretend winter is far behind us and this will be the summer of al fresco dining with no mosquitoes, and savour the celebration of the season. "Here's to you!"



## MARLENE SPRUYT

LANARK-FRONTENAC-KINGSTON

### 2022 CANDIDATE



Marlene and Mike Schreiner's Green Team are Fighting For:

Mental Health Is Health

#ClimateActionNow

Building Livable & Affordable Communities

**If elected to represent LFK at Queen's Park Marlene will work to build communities that are**

**AFFORDABLE** Including improved access to housing, universal basic income, incentives for energy upgrades to homes and electric vehicles.

**HEALTHY** Maintain publicly funded health care including expanded access to mental health supports and pharmacare. Improve conditions in Long Term Care Homes, fair wages for all health care workers.

**CONNECTED** With better access to cell signal and high speed internet for homes and businesses. Supports for local community engagement activities (trails, museums, cultural events).

**PROTECTED** From the impacts of climate change through disaster planning and support for effects of extreme weather events. Providing incentives to support the **transition** to a prosperous low carbon economy.

**ACCESSIBLE** Identify and remove physical and systemic barriers so every citizen, regardless of race, gender, orientation, ethnicity, age, health status or disability has access to the services they need to thrive.

Donate

Volunteer

Order A Sign

Campaign Office

88 Gore. St E Perth

[ifkgreenparty.com](http://ifkgreenparty.com)



Authorized by the CFO of Lanark-Frontenac-Kingston Constituency Association

# This Year, Next Year at Studio Theatre

The year is 1944. The place is Bournemouth, England. The context is World War II. The play is *This Year, Next Year*, by Norah Harding. The company is Studio Theatre Perth. Those are the facts, but there's so much more to this delightful period dramedy.

"For a while I worked with a woman who was a War Bride and her stories intrigued me, which is probably why this story drew me. I fell in love with the play because it was real, it's a true story, it's the author's story and when I read it, it felt like a real family," explains director Norma Cummings.

The play follows the lives of three sisters and their ailing mother living in Bournemouth in the final months of World War II. Norah Harding herself was born in Bournemouth and married a member of the Canadian Army stationed there. She came to Canada as a War Bride in 1946 on the Île de France. Most of the events in the play are factual accounts of her experiences at the time her future husband asked her to marry him back in 1944.

In Studio Theatre Perth's production of the play, Marilyn Nicholas-Dahan plays Maggie, the mother, and it's clear that she's taking the responsibility very seriously. "I'm doing some research on the era, and the area in England where the play takes place. It's going to be an interesting journey to get the Bournemouth accent right — always a nice challenge," she says.

Period plays are always fun for both actors and audience members, but they also present challenges as cast and crew pull out all the stops to recreate a time that has long passed.

"Some of the period challenges include dance lessons for the girls so they can learn to do the Jitterbug, and of course we are researching hairstyles and sourcing war-time clothing and a silk parachute, among other details," says Cummings.

The biographical nature of the play gives it an authenticity that Cummings is determined to preserve, choosing to stick close to the original stage direction knowing that Harding was very much involved with the first production of the play.

While the subject is serious, people's lives are filled with every emotion, and in this play one character in particular provides a good dose of comic relief. Girlie is married to Maggie's brother Harry, and while she means well, she's missing a filter or two.



Studio Theatre Perth is delighted to present *This Year, Next Year* by Norah Harding. In this scene, Sheilah (the middle sister), with the help of her younger sister Norah, is trying to convince their older sister Ivy to adopt a more modern hair style, but Ivy is not impressed. From left are Janice Reid as Ivy, Gabrielle Gauthier as Sheilah and Mary Ann McKiver as Norah. The play opens on May 26.

"Girlie is a hoot, she's loud and obnoxious and there's not an ounce of finesse in her entire body," says Joanna McCauley Treffers, who is thoroughly enjoying bringing Girlie to life.

This production will without a doubt leave audiences laughing, crying and gasping. It is an exquisite, funny, poignant portrait of a close-knit family.

"I think audience members will learn how people had to make do and put up with things like rationing, and how people made the best of a terrible situation — going to dances and staying connected with their community. They will be treated to the characters' personal attitudes as told from the perspective of someone who was there and lived it," says Cummings.

The play opens on Thursday, May 26 and runs May 27, June 2, 3 and 4 at 7:30PM. Out of respect for the Perth Night Market, Studio Theatre Perth will be performing the play at 2PM on Saturday, May 28 as well as on Sunday, May 29 and Sunday, June 5.

All performances will be held at Studio Theatre Perth on Gore Street. Tickets are \$24 and can be purchased at Tickets Please (TicketsPlease.ca or 485-6434). Tickets are also available at the door. For more information, visit <studiotheatreperth.com>.

*This Year, Next Year* is sponsored by Mariposa Design in Perth <mariposadesign.ca>, who are so excited about this play that they're also donating a window display for the production.



## Create Your Own Metal Sculpture

One day workshops at Walden Three Studio

Book a workshop with abstract metal sculptor

**Jack Stekelenburg**

and create your very own metal sculpture using various metal objects of your choice.

1415 Whitton Road, Renfrew • 613-312-1374

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

Pick up *theHumm* in Perth at  
**SPARK BOOKS & CURIOS**



MAY 13 AT 7 PM  
& MAY 14 AT 2 PM AND 7 PM

PLAYING  
AT THE  
FULL CIRCLE  
THEATER

26 CRAIG ST,  
PERTH, ON  
K7H 1X9

TICKETS AVAILABLE AT  
TICKETSPLEASE.CA



SPECIALTY COOKWARE | KITCHEN GADGETS | UNIQUE GOURMET ITEMS | GIFT BASKETS



**NEW IN STORE**  
STORAGE BASKETS,  
TOTES,  
COSMETIC BAGS  
AND MUCH MORE!

613-256-5764  
89 Mill St. Almonte



# DOWNTOWN CARLETON PLACE IS

**D**owntown Carleton Place is transforming this summer! Our downtown will remain **OPEN FOR BUSINESS** throughout the entire revitalization project. We humbly ask for your support and patience as we embark on this historic project to ensure our beloved downtown remains the best place to shop, dine and play in Carleton Place! Please visit and visit us often — as always, we appreciate all your encouragement & support. See you downtown!



**FRESKA**  
cafe eatery

**GASTRO STYLE  
BREAKFAST AND LUNCH  
MENU ITEMS WITH LOTS  
OF FOCUS ON FLAVORS.  
SIGNATURE FISH TACOS  
AND CHICKEN &  
WAFFLES A MUST TRY.**

151 BRIDGE STREET  
FRESKA.CA

**APPLE CHEEKS**  
NEW & CONSIGNED

**NEW AND CONSIGNED CHILDREN'S CLOTHING,  
MATERNITY WEAR, TOYS, BOOKS AND MORE**

53 BRIDGE STREET • 613-451-2769  
FIND US ON FACEBOOK

ELEGANCE SPA

**LOOK GOOD - FEEL GREAT  
VASCULYSE • ELECTROLYSIS • DAY SPA**

3 ALBERT STREET • 613-253-3113  
INFO@ELEGANCESPA.CA

**BARBER SHOP**  
EST. 2000

**SPECIALISTS IN TRADITIONAL BARBERING METHODS**

38 BRIDGE STREET  
@THEBARBERSHOPCP ON FACEBOOK  
@THEBARBERSHOP\_CP ON INTSAGRAM

**IDEAL PROTEIN**  
INDEPENDENT, AUTHORIZED  
WEIGHT LOSS CENTER

**COACHING YOU THROUGH A JOURNEY  
TO A HEALTHIER LIFE**

176 BRIDGE STREET • 613-314-7787  
@EMPOWERMEWEIGHTLOSS ON FACEBOOK

**WHATEVER**  
CUSTOM  
PRINTS AND GIFTS

**CUSTOM APPAREL AND GIFTS  
WITH AN IMPRESSIVE LEAD TIME**

119 BRIDGE STREET  
WHATEVERCUSTOM.COM

# OPEN FOR BUSINESS!

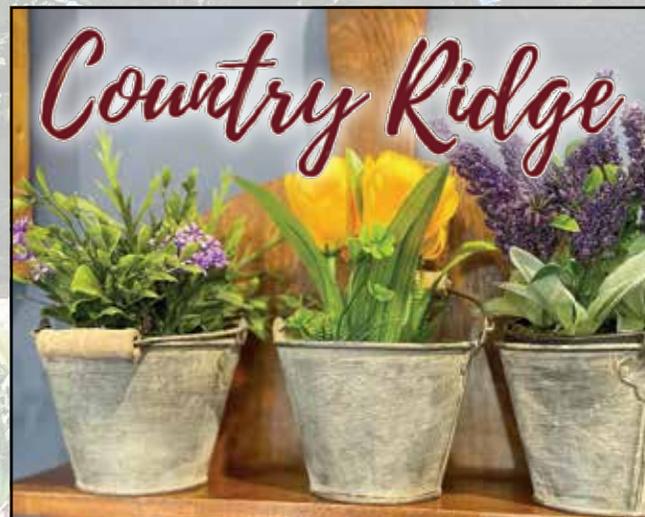


**GRANARY**  
BULK & NATURAL FOODS  
EST. 1978

**YOUR LOCAL REFILL STORE  
FOR HEALTH, NATURALLY.**

107 BRIDGE STREET  
GRANARY.CA

*Country Ridge*



**RUSTIC HOME DÉCOR AND FURNISHINGS**

43 BRIDGE STREET • 613-492-3300  
FIND US ON FACEBOOK

**black tartan**



**CREATIVE CASUAL  
FINE DINING  
CELEBRATING  
LOCAL PRODUCTS**

132 BRIDGE STREET  
WWW.BLACKTARTANKITCHEN.CA

**FEEL GOOD AND LOOK YOUR BEST  
WITH A PROFESSIONAL HAIRCUT**



126 BRIDGE STREET  
613-253-0110  
BOOK ONLINE FROM  
GOOGLE, FACEBOOK  
OR INSTAGRAM

**the  
Urban  
Barber**



**THE  
Good Food  
Co.**

**CAFÉ  
CATERING KITCHEN  
GOURMET FOOD STORE**

31 BRIDGE STREET  
GOODFOODCOMPANY.CA

**The  
FLORAL  
BOUTIQUE**



**CUSTOM FLORAL DESIGNS  
& UNIQUE PLANTS AND GIFTS**

113 BRIDGE STREET • 613-253-2424  
WWW.THEFLORALBOUTIQUE.CA

**As Good As  
New**

**Great Quality for a Great Cause**  
In Support of Lanark County Interval House



33 BRIDGE STREET, 613-257-7074  
WWW.LCIH.ORG  
FIND US ON FACEBOOK AND INSTAGRAM  
@ASGOODASNEWTTHRIFTSTORE

**Carousel**



**A SHABBY CHIC  
CHILDREN'S  
BOUTIQUE**

149 BRIDGE STREET  
CAROUSELCP.CA

**Natural** pet foods



**4400 SQ FEET OF FABULOUS PET PRODUCTS,  
INCLUDING MANY CANADIAN & LOCAL BRANDS!**

61 BRIDGE STREET  
613-253-7387 & TOLL FREE 1-844-264-7387

# Paintings and Jewellery and Textiles...

## Chagnon at Bittersweet

The Anne-Marie Chagnon Spring/Summer 2022 collection celebrates the beauty of a raw and delicate contradiction, a fusion of textures and materials that includes an array of symbols to create a cryptogram, to explore, interpret and ignite our imagination.

An anomaly turned beacon of the collection evolved from what was originally considered a failed

endeavor, a technical defect of a three-dimensional printing error; a happy accident that reminds us that beauty is everywhere — be open to it. A joyful parade of colourful glass echoes prism-shaped metal in gold and pewter linked, layered, and interconnected with pearls and/or agate.

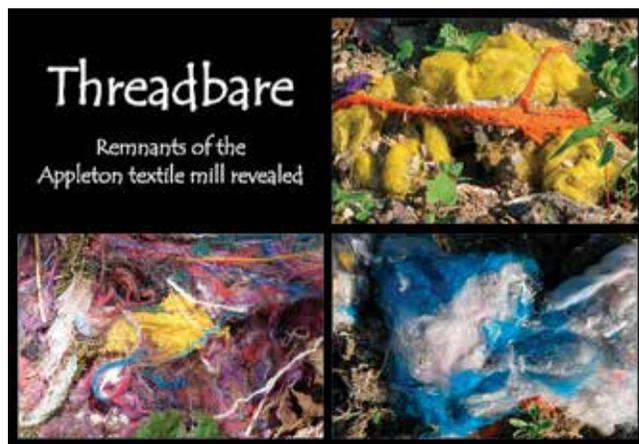
The collection offers the option to express ourselves with multiple possibilities to adapt pieces to suit the mood and style of those who wear it.

This Montreal jewellery designer has been a mainstay at Bittersweet Gallery in Burnstown among for more than 20 years. The gallery's May hours are Thursday to Sunday from 11AM to 5PM and also by appointment at other times. Come and explore the 2022 Chagnon collection, as well as works by over fifty other Canadian fine craft artists. Find more information and directions at <[burnstown.ca/bittersweet](http://burnstown.ca/bittersweet)>.

textures of the fabrics. The exhibit also includes a colourful fleece jacket and many fabric samples from the permanent collection of the Mississippi Valley Textile Museum.

The intent of this exhibit is to draw attention to the persistence of synthetic textiles in the environment. This is especially relevant in this era of fast fashion. There are two types of images in the exhibit: the enlargements expose the stark beauty of the fabrics while the multiple small photos attest to the quantity and variety of textiles that were on the site. Titles include "Knitter litter", "Moss and chaos" and "Orange grunge".

The first textile mill in Appleton, Ontario was built on an island in the middle of the Mississippi River in the mid-1800s. Ruins of the old mill remain. A second textile mill was built nearby and it produced colourful synthetic knits and fleece. This was the last operational textile mill in Mississippi Mills. For the last several years of operation, the owners of the second mill faced financial, operational, legal and environmental difficulties. The mill buildings and much of the contents were abandoned when operations ceased in the mid-1980s. Over the next thirty years there were fires, a major oil leak and a breach of the dye containment lagoons



into the Mississippi River wetland. These changes were documented in the exhibit at the Mississippi Valley Textile Museum in 2010. Over the last few years, the property has undergone extensive remediation in preparation for a proposed housing development.

The exhibit was curated by the Corridor Gallery's curator, Ingrid Kadoke. The artifacts were selected by Michael Rikley-Lancaster of the Textile Museum. Greeting cards of selected images from the exhibit are being sold by the Friends of Mississippi Mills Public Library at the Almonte branch. The framed prints are available for sale and 100% of net proceeds will be donated to the Friends of Mississippi Mills Public Library and the Mississippi Valley Textile Museum. The exhibit runs until mid-May. See the virtual exhibit at <[sites.google.com/site/unravelledexhibit](http://sites.google.com/site/unravelledexhibit)>.

by Miss Cellaneous



Bittersweet Gallery in Burnstown is thrilled to present the 2022 collection by jewellery designer Anne-Marie Chagnon

## Threadbare in Almonte

*Threadbare: Remnants of the Appleton textile mill revealed* is an exhibit at the Corridor Gallery of the Mississippi Mills Public Library. It includes photographs by Alison Ball of the synthetic textiles that remained on the Appleton textile mill site after it was abandoned. Even though the materials were buried or exposed for several decades, they retained much of their integrity. The images show the brilliant colours and varied

THE BBQ IS CALLING

SEED TO SAUSAGE  
SHARBOT LAKE, ONTARIO HANDCRAFTED ARTISAN MEATS

you're going to LOVE LOCAL food!

your Local, Canadian, Natural, Health Food Store and so much more!

106 WILSON ST. W. PERTH, ON 613.267.5409 [foodsmiths.com](http://foodsmiths.com)

**HOMETOWN EXPERTS WITH A WORLD OF EXPERIENCE®**

**LAURA KELLER**  
REAL ESTATE TEAM

**RE/MAX**  
AFFILIATES REALTY LTD. BROKERAGE  
INDEPENDENTLY OWNED AND OPERATED

ALEX FEDORCHUK,  
SALES REPRESENTATIVE

ALEX@LAURAKELLER.CA  
(613) 790-5723  
515 MCNEELY AVE UNIT 1A, CARLETON PLACE ON K7C 0A8

# ..Oh My! Arts Spring Back in the Valley

## Visible Mending in Perth

Opening on May 2 at The Loft Gallery in Perth's Strévé Design, *Visible Mending* is a solo exhibition of artist Karen Goetzinger's gestural abstraction paintings that expressively capture frequently overlooked, modest moments that illuminate our humanity and our longing to connect.

Finding beauty in imperfection is a supposition quickly gaining momentum. It manifests itself in a renewed interest in *kintsugi*, the ancient Japanese art of repairing broken ceramic and porcelain objects with gold, the densely layered and stitched patchwork called *boro*, and the desire to mend contemporary clothing rather than throwing it away and buying new. All are methods of visible mending, with simple tools, that intentionally highlight imperfections.

We too bear signs of visible mending. It is often the simple, seemingly inconsequential things of life that can become a gradual healing balm: the first day of spring that gives hope for the future, the recognition of the swaying adaptability of the willow, the random words or acts of kindness from a stranger. The mending can be slow, yet with increasing visible restoration to the attentive eye, resolute resilience can be found in what may at first seem insignificant.

This collection of emotive large-scale paintings includes unstretched pieces, hanging in the manner of weavings or tapestries. These paintings consist of canvases that have been pieced together,

with hand stitching, from smaller pieces of canvas, thereby creating a symbolic correlation to the mending of textiles. They reinforce the proposition of visible mending and further support the idea of the beauty found in "imperfection."

Strévé Design is located at 64 Gore Street E. in Perth. Find more details at <strevedesign.com>.



## Hey Artists and Artisans!

The second annual **Mississippi Mills Art Romp** will take place on Thanksgiving Weekend, October 8 and 9, 2022. This event brings together the artists from the Maple Run and Crown and Pumpkin Tours, as well as Art in the Attic. The tour will include group venues in Cedar Hill, Clayton and Almonte. The fee is a modest \$100 for the two-day event. There is still room for more creative folk, and they are invited to apply. For information, and to apply, please call 256-3647 or email <barbara.mullally@gmail.com>. The 2021 event was a lot of fun, and this year promises to be even better with more activities and possibly even music. Join in to celebrate the arts in our community!



Sivarulrasa Gallery presents an installation of paintings & sound by Susan Tooke

## Susan Tooke: State of the World

Until May 20, Sivarulrasa Gallery is pleased to present *Susan Tooke: State of the World*, an installation of paintings and sound by Nova Scotia-based artist Susan Tooke that explores contemporary issues relating to the environment and world affairs.

The artist has associated each of the three large paintings, *Revelations*, *Into Oblivion*, and *Battle for Earth*, with an abstracted field recording. The installation can be experienced in-person during regular Gallery hours, Tuesdays to Saturdays from 11AM to 5PM, and Sundays from 11AM to 4PM. For in-gallery viewers, the sound recording can be accessed by scanning on your smartphone a QR code placed adjacent to each of the three paintings.

Based in Port Royal, Nova Scotia, Susan Tooke's recent work focuses on woodlands and wilderness areas on Canada's East Coast. Painting is the foundation of her studio practice, which also includes multi-media work in sound, video and animation. She has received several awards, including the Established Artist Recognition Award in 2015 from the Province of Nova Scotia. Her work has been exhibited in solo and group shows in Canada and the United States.

Sivarulrasa Gallery is located at 34 Mill Street, and virtually at <sivarulrasa.com>.

# SPRING SAVINGS

**SMART SOLUTIONS**  
by **LORNA VANDERHAEGHE**  
Leader in Women's Health

**20% OFF**

**PLUS,**  
get \$10 off with the purchase of 2 Smart Solutions products

---

**20% OFF**

**PURE LAB VITAMINS**  
Ottawa-based natural health products on full product line

Valid May 1 to May 31

**Eat Well, Live Well. Choose Local.**  
451 Ottawa Street, Almonte  
256-4545

www.dandelionfoods.ca  
dandelionfoods

# Honey

# Lavender

*A flavour match in a small batch!*

HUMMINGBIRD  
CHOCOLATE MAKER

*Visit us at our New Location:*  
**476 Ottawa Street, Almonte, ON**  
(right next to the Home Hardware)  
HUMMINGBIRDCHOCLATE.COM | 613-801-0357

# Rubies in the Sky

Ask any birder in Eastern Ontario: the month of May is synonymous with anticipation. Even though spring has sprung — robins and Eastern bluebirds are already nesting — May is when the songbirds come back after spending the winter in Central and South

my birding journal vary between May 2 and May 14. Given that hummingbirds return to the same spot every year, make sure to put out your nectar feeders in early May; otherwise your regular visitors will have to look elsewhere for nourishment and may not come back to your yard. After their long migration, they need nectar and cannot survive more than a few hours without it.

They are nicknamed “flying jewels” and for good reasons: their back is shimmering emerald or olive green highlighted with flecks of gold. Males have an iridescent red throat which looks dark when it’s not in good light; but viewed at the correct angle that throat patch lights up like a ruby!

They tend to gravitate towards red or orange tube-shaped flowers, but in my garden they are also attracted by fuchsia and hosta blooms. I have also observed hummingbirds catching insects in the air.

Hummingbirds use their forked tongues to feed. The outer edges curve inward, creating two tubes running side by side. The tiny forks at the tip spring open to gather nectar from flowers. They repeat this high-speed lapping 15 to 20 times per second. They use the same method at nectar feeders.

To make nectar for your tiny feathered friends, simply mix one part sugar with four parts water that has been boiled and cooled. No need to add red food coloring — that’s a birding myth. Change the water every few days, more often at the height of summer — when the weather is hot, the sugar water can ferment and become toxic.



Photos by Lise Balthazar

Ruby-throated hummingbirds are extremely fast flyers but they can also stop on a dime, hover in mid-air, go up and down, and even fly backwards with exquisite control. The perfect example of this mastery of flight is the courtship display: while the female sits on a branch, the male launches himself in the air, as high as 50 feet. Then, he takes a vertiginous U-shaped dive at dizzying speed, only to turn around and fly up again; this pendulum flight is a sight to behold!

Females are in charge of building the nest out of thistle or dandelion down held

together with spider silk — it measures about 2 inches across and 1 inch deep. The female lays 1 to 3 eggs and can have two broods in a season.

Male hummingbirds usually have several mates. A pair is together only long enough for courtship and mating; a matter of a few weeks. Then the male is off on his own and may begin migration as early as the beginning of August. Females stay a little longer, until mid-September.

Same as the songbirds, those flying jewels are with us for a short while. Hang a nectar feeder and enjoy the show!



**DREW CUMPSON**  
LANARK—FRONTENAC—KINGSTON

**Drew Cumpson is your NDP candidate.**

Drew Cumpson is an advocate for people living with disabilities and he works to help businesses become accessible. Cumpson believes it’s time that all people in the community, including people with disabilities, get the representation they need. Cumpson was raised in Central and South Frontenac

**Imagine a government that chooses you:**

- Investing in health care and schools
- Overhauling home care and long-term care
- Making it easier to afford the home your family deserves
- Fighting the climate crisis with a bold and realistic plan

Authorized by the CFO for the Lanark-Frontenac-Kingston NDP

**NDP** NDP  
**ANDREA**  
HORWATH

[drewcumpson.ontariondp.ca](http://drewcumpson.ontariondp.ca)  
[drew.cumpson@ontariondp.ca](mailto:drew.cumpson@ontariondp.ca)  
PO Box 28, Carleton Place, ON K7C 3P3



St. James Anglican Church is celebrating their 200<sup>th</sup> anniversary with numerous special events. Visit them at this year's Franktown Lilac Festival on May 28!

# Franktown Church Celebrates 200 Years

St. James Anglican Church, the little stone church in the Lilac Capital of Ontario, has welcomed parishioners, visitors and friends to worship on a weekly basis since the doors opened 200 years ago. History tells us the cornerstone was laid in 1822. Prior to that, in "1923 permission was granted to use the King's store for a Place of Divine Worship, as it was more suitable than the tavern, where church services were being held". Upon its completion in 1827, the capacity of the church was said to be 250-350, including seating in the gallery.

A handsome "dry stone wall" rests in front of the church property. This particular wall, believed to have been built around the same time as the church, is admired by heritage stonemasons for its persistence despite the absence of mortar or a foundation. Behind the church sit the wonderful historic carriage house/church sheds, which were repaired in 2005. They are used every Christmas season for the Outdoor Lessons & Carols, during the Lilac Festival in May, and for seasonal outdoor activities for Beckwith Brownies and Guides. This little stone church stands as a memorial to the hardy pioneers who built it 200 years ago. Weekly Sunday services are at 9AM, and everyone is welcome to attend.

St. James has planned several activities and events to celebrate this milestone, including:

- A 200<sup>th</sup> Anniversary Cookbook – available for \$15.
- A Queen-size Quilt Raffle – quilted by the late Mrs. Joyce Ford, draw to be held on September 11.
- A Hymn Sing on Sunday, May 1 at 2PM. Everyone is welcome for an afternoon of singing old and favorite hymns. There will be a free-will offering and refreshments during the afternoon.

- At the annual Franktown Lilac Festival on May 28 there will be information and tickets available for the Cookbook, Quilt raffle and Bridal Fashion Show.
- A Restoration Workshop on the church fence by Dry Stone Wall Canada on May 28 and 29.
- A Luncheon & Bridal Fashion show on June 25 featuring "Brides of St. James and Friends". This event will be held at Brunton Hall in Blacks Corners with lunch at noon, followed by the Fashion Show. Tickets are \$10.
- A St. James 200<sup>th</sup> Anniversary Service on September 11 at 2PM with our Primate The Most Rev. Linda Nicolls and our Bishop The Right Rev. Shane Parker. Everyone is welcome to attend the service and the reception following in Carriage House/Church Sheds.

## About Franktown and the Lilac Festival

The quaint hamlet of Franktown (on Highway 15, north of Smith Falls) in Beckwith Township plays host each year to a festival that celebrates an explosion of fragrant colour! This year's Franktown Lilac Festival takes place on May 28 in the heart of the hamlet, with many activities at Centennial Hall, 152 Church Street. Start things off with a hearty pancake breakfast, then take part in the children's bike parade, followed by an afternoon of music. Enjoy a wagon ride to see the sights. Franktown was established in 1818-19 as the site of a supply store between Richmond and Perth, and has a rich history with many examples of compelling eastern Ontario architecture along its famous Lilac Lane. Admission to the Lilac Festival is free.



Vacation rental, 2-bedroom self-contained apartment  
Almonterental.ca

*Journey Through the*  
**DUMOINE RIVER**

SATURDAY, MAY 14, 2022, 12 - 3 P.M.  
33373 HIGHWAY 17, DEEP RIVER

Celebrate Valley Artisans' 35th Anniversary with a fundraising art event for the Canadian Parks and Wilderness Society - Ottawa Valley chapter

- Free entry
- Free lunch
- Family-friendly

Event hosted in partnership by: **CPAWS** Ontario's HIGHLANDS  
CANADIAN PARKS AND WILDERNESS SOCIETY OTTAWA VALLEY CHAPTER

Event supported by: **Valley Artisans' co-op**

Pick up *theHumm* in Carleton Place at **THE QUEENS CRAFTERS**

**Theatre Night in Merrickville presents**

# Drinking Habits

by Tom Smith

Tickets: **\$15** each  
Online and at the door  
[www.merrickvilletheatre.org](http://www.merrickvilletheatre.org)

More Info:  
Helen at **902-990-0170**

**May 5, 6 & 7 2022**  
at 7:30PM  
**Sunday May 8 at 2PM**

Merrickville Community Theatre  
106 Read Street, Merrickville

Produced by special arrangement with Playscripts, Inc. ([www.playscripts.com](http://www.playscripts.com))

April 30, 2022 - July 2, 2022

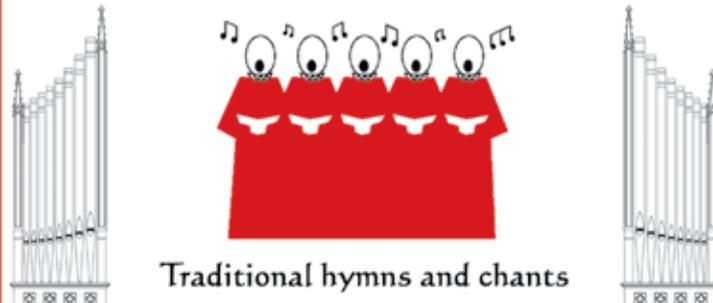
## COLOUR with a U

a juried exhibition of art quilts created by Canadian SAQA members

Vernissage: April 30, 2-4pm  
*Restrictions may apply*

Mississippi Valley Textile Museum  
3 Rosamond Street East Almonte ON K0A 1A0  
p: 613.256.3754 w: mvtm.ca

**Glory to God!**  
 St. James the Apostle Anglican Church  
 12 Harvey St. Perth 613-267-1163 stjamesperth.ca  
**Choral Evensong: Sunday, May 15, 3:45 pm**



Traditional hymns and chants

**Spark**  
 BOOKS & CURIOS  
 FOR THE CURIOUS MIND

Formerly The Bookworm

**NEW & USED BOOKS · INNOVATIVE MODEL KITS  
 TRAIN SETS AND UNIQUE CURIOSITIES**

Featuring an eclectic variety of works for all ages and interests, including graphic novels, Indigenous fiction, cutting-edge adult, young adult and children's works.

76 FOSTER ST, PERTH  
 (613) 466-0555  
**SPARKPERTH.CA**

Pick up *theHumm* in Carleton Place at  
**REID GARDENS**

STUDIO THEATRE PRODUCTIONS PRESENTS

**THIS YEAR,  
 NEXT YEAR**  
 by Norah Harding  
 Directed by Norma Cummings



"A heartwarming story of a mother and her three daughters during the last months of WWII"

Proudly Sponsored by  Please see our article in this edition or go to [www.studiotheatreperth.com](http://www.studiotheatreperth.com)

Produced by special arrangement with PLAYWRIGHTS GUILD OF CANADA

The Studio Theatre  
[studiotheatreperth.com](http://studiotheatreperth.com)

63 Gore St. East  
 Heritage Perth, Ontario

Planting the Seed

# A Right Time to Plant

Winter is finally in the rear-view mirror, and keen gardeners are chomping at the bit waiting for garden soil to dry out so that planting can begin in earnest.

Of course, hard-core gardeners (you know who you are) have been at it for months now. Seedlings have been started under lights beginning in February with onions and leeks, followed by peppers and brassicas (such as broccoli, cauliflower and cabbage) in mid-March and tomatoes in early April. Please,

by David Hinks

please tell me that you were able to wait to start your tomato seedlings as I strongly recommended in my February column.

Some fortunate gardeners have been planting cold-tolerant greens, such as spinach, radishes, lettuce and arugula since mid-March in hoop houses, cold frames, tunnels, row covers and raised boxes. For those with large hoop houses (basically an unheated green-house), some veggies such as spinach and certain lettuces over-winter and are producing abundantly by the end of March.

However, the conventional wisdom for many folks is that the whole family gets out and the whole garden is planted on the May long weekend. But for the serious veggie gardener, Victoria Day is not sacred (except maybe for a few Royalists).

The Victoria Day rule for planting the garden in this part of the continent is an important one for heat-loving and frost-sensitive plants such as peppers, eggplant, basil, pumpkins, melons and cucumbers. However, there are many vegetables that can be planted in the garden much, much earlier. Frost-hardy vegetables such as lettuce, onions, peas and spinach can be planted outdoors as soon as the ground can be worked, often the first week of April in our area. Semi-frost-hardy vegetables such as beets, carrots, chard and potatoes are best planted in late April or early May as they germinate slowly in cold soil. These veggies are tough and take frost or a late snowstorm in their stride.

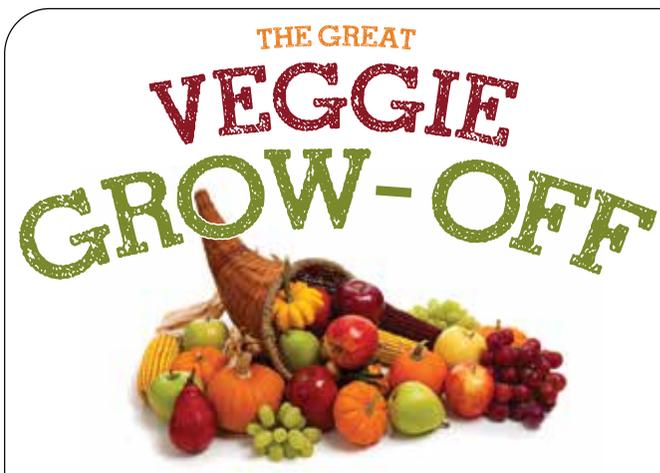
An early start is essential for plants that do not tolerate heat. Our spring can be incredibly short, with snow still on the ground at the end of April and 30-degree temperatures by late May. Some plants such as peas, broccoli, cabbage and turnip grow quickly in cool temperatures and practically stop growing in the heat of the summer. Lettuce and spinach will "bolt" — that is, produce flowers — when temperatures climb above 20°C, resulting in bitter unpalatable leaves.

Key for early planting is soil that is not wet and soggy. Raised beds and well drained soil assist an early start by warming up much faster. In order to determine if soil is workable, take a handful and squeeze — if it stays together in a ball, it is still too wet, if it crumbles it is ready. Time to get out and get planting!

Rigid adherence to a specific date may not be wise. Mother Nature can be capricious — I suggest a careful study of the Weather Network for clues as to what she may be up to. One thing I have learned is that forecasting more than two days out is sketchy at best.

While there are rules, charts, and no end of recommendations for planting, there is nothing wrong with a bit of experimentation. But I would suggest not putting all of your tomatoes (or peppers) in one basket. I may plant a few tomatoes two or three weeks before Victoria Day, but I mitigate my risks by planting the main crop when it is warmer.

While May 24 seems like a safe bet, last year parts of our region saw killing temperatures for three nights after May 24. Our food bank community garden in Carleton Place had about 100 pepper plants turned to mush, but luckily we received some very generous donations to replace them! Potatoes that were about a foot high were frozen to the ground but bounced back quite quickly.



## The Great Veggie Grow-Off

When planning the veggie garden, many gardeners like to plant an extra row for their friends, family and neighbours. And competitive gardeners plant extra to support their municipality in the Great Veggie Grow-Off (GVGO), which has been a feature of the local gardening scene for the last eight years. This is a friendly challenge to determine which Lanark County municipality can donate the greatest weight of fresh produce to local food banks.

All four food banks (Carleton Place, Lanark Village, Perth and Smiths Falls) accept donations of freshly grown produce. They weigh and record the community of origin of locally grown donations of food from May 1 until the final weigh-in at Thanksgiving. Bragging rights go to the community that donates the greatest amount of locally grown food. The last few years have seen a tight race with Mississippi Mills taking the title in 2021 and Drummond North-Elmsley in the previous two years.

Ed Lawrence, CBC Radio gardening celebrity, is a big fan of the GVGO, having been associated with it since it started in 2014. Ed is "gobsmacked" that generous gardeners have donated 111,436 pounds (over 56 tons) of fresh produce to local food banks!

OTTAWA GUILD OF POTTERS

Vente de printemps Spring Sale

6 au 8 mai 2022

Parc Lansdowne  
 Édifice de l'horticulture

Vendredi de 15h à 21h  
 Samedi de 10h à 18h  
 Dimanche de 10h à 17h

May 6 to 8, 2022

Lansdowne Park  
 Horticulture Building

Friday - 3pm-9pm  
 Saturday - 10am-6pm  
 Sunday - 10am-5pm

Largest Pottery Sale in Ottawa  
 Featuring The Annual Exhibition

# Perth Night Market Returns This Spring

Perth Tourism is pleased to announce the return of the Perth Night Market, taking place on Saturday, May 28 from 5PM onwards.

Following the success of the inaugural Night Market last September, this free event returns to the streets of downtown Perth. A number of streets will be closed to vehicles, and many shops and restaurants will be open late, giving attendees the opportunity to explore the unique offerings housed in beautiful heritage buildings. Several locations outside the downtown core will be open late as well, encouraging visitors to experience all the intriguing corners of Perth.

The evening will also feature a variety of entertainment, including musicians, a balloon artist, fire show, magician, luxury car show and more. A plethora of artisans and vendors — hailing from Lanark County, the Ottawa Valley and beyond — can be found on the streets, highlighting the talent that can be found in our own backyard.

Street closures will allow guests to move freely and provide ample space for physical distancing. New for this year is a shuttle service, running from several parking lots on the outskirts of Perth to the event.

Experience the magic of Perth's streets at night. Visit [perth.ca/nightmarket](http://perth.ca/nightmarket) for more information and to stay-up-to-date on details.

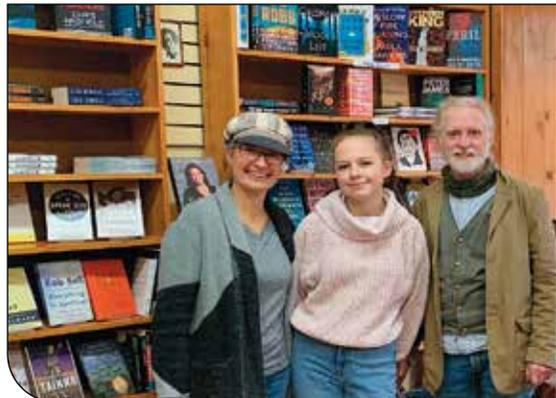


The Perth Night Market takes place on Saturday, May 28

# Writers' PRIDE in Perth

## An Evening Showcase of 2SLGBTQ+ Authors

June is PRIDE month, and the local organizing committees have come together to coordinate a dynamic selection of events — including a street party in Smiths Falls, The Mississippi Mills Rainbow Revue: A variety show of queer shenanigans in Almonte, and a PRIDE Parade and Dance in Perth.



Heidi, Skye and Peter, owners of Spark Books & Curios, are sponsoring Writers' PRIDE in Perth on June 8

For the first time this year they are offering a writers' evening on Wednesday, June 8 at the Crystal Palace in Perth, beginning at 6:30PM. Everyone is invited to join in this celebration of a variety of queer voices from the local and regional literary arts community. This is a free event at which authors will read from their work and provide opportunities for interaction and book signings.

Organizers will also be inviting other writers from the area's queer community to come and introduce themselves to the public in an atmosphere of inspiring conversation and fun. There will be opportunities to buy books from the authors, and from a selection of queer literature provided by Spark Books & Curios, who are sponsoring this event.

Writer's PRIDE is one of many events that celebrate, affirm and acknowledge the contributions of the 2SLGBTQ+ community. For more information about this and other Lanark County Wide PRIDE events, please visit [facebook.com/LanarkCountyWidePride](https://facebook.com/LanarkCountyWidePride).



**SHROOMYZ**  
are a GREAT WAY  
TO ADD a FANCIFUL  
TOUCH OF COLOUR TO  
YOUR HOME OR GARDEN



102 Mill Street, Almonte

613-256-5523

[f/dragonflyboutique24](https://facebook.com/dragonflyboutique24)

*Almonte*  
*Antiques & Collectibles*  
A Multi Vendor Antique Market  
Visit us on Facebook!

26 Mill Street, Almonte, ON K0A 1A0  
613-256-1512

**Power Up Your Life**  
tools for intuitive living  
**Breakfast with Soul**

Our guest for Breakfast with Soul for the month of May is Andrew Harvey. British author, religious scholar and teacher of mystic traditions, known primarily for his popular nonfiction books on spiritual or mystical themes, beginning with his 1983 *A Journey in Ladakh*.

He is the author of over 30 books. He was the subject of the 1993 BBC documentary "The Making of a Modern Mystic" and is the founder of the Sacred Activism movement.

**Andrew Harvey will discuss his latest book**  
*Engoldenment: A Year with Kabir*  
May 15 from 9-11AM  
Zoom Link: [us02web.zoom.us/j/9732086439](https://us02web.zoom.us/j/9732086439)  
Email [powerupyourlife@gmail.com](mailto:powerupyourlife@gmail.com) for more information  
[www.lillywhite.ca](http://www.lillywhite.ca)

Pick up *theHumm* in Burnstown at  
**BITTERSWEET GALLERY**



**black tartan kitchen**  
132 Bridge St. Carleton Place, ON  
(613) 492-0860  
[www.blacktartankitchen.com](http://www.blacktartankitchen.com)

# Claiming Column

Lanark County PRIDE, June  
 Calabogie Farmers Mkt opens, Jun 4  
 Folkus: The Pairs/Tragedy Ann, Almonte, Jun 4  
 Red Trillium Studio Tour, W. Carleton, Jun 4-5  
 Writers' PRIDE, Perth, Jun 8  
 BusFusion, Almonte, June 9-12  
 Canada's Bob Seger Show, Perth, Jun 11  
 Art in the Garden, Perth, Jun 17-19  
 Busking for Survivors of Residential Schools, Almonte, Jun 18  
 Art Works! Perth Art Tour, Jun 24-26  
 Strawberry Fest, CP, Jul 2  
 Bridal Fashion Show, Franktown, Jun 25  
 Almonte Celtfest, Jul 2-3  
 Stewart Park Festival, Perth, Jul 15-17  
 Almonte Fair, Jul 15-17  
 Yoga in Nature Summer Retreat, Carp, Jul 15-17  
 The Lone Rider, Perth, Jul 28-Aug 7  
 MidSummer Herbfest, Waba, Jul 24  
 Puppets Up!, Almonte, Aug 13-14  
 Corn/Applefest, CP, Aug 13  
 North Lanark Highland Games, Almonte, Aug 27  
 Leading Ladies, Perth, Sep 8-18  
 Harvest Fest, CP, Sep 17  
 Mississippi Mills Art Romp, Oct 8 & 9  
 The Attic & Whistler's Mother, Perth, Oct 13-23  
 Sketchy Santa - Take Two, Almonte, Nov. 12-19  
 Scrooge - The Musical, Perth, Nov 24-Dec 11

# Festivals

**Festival of the Maples**, Apr 30, 9AM-4PM. Vendors, activities, maple producers, food, entertainment, children's area. Downtown Perth. perthchamber.com  
**Franktown Lilac Festival**, May 28, Pancake breakfast, a kids' bike parade, music, wagon rides, Lilac Lane. Centennial Hall, Franktown. twp.beckwith.on.ca

# Theatre

**Halfway There**, Apr 28-30, 7:30PM; May 1, 2PM. Norm Foster play directed by Linda Pipher & Lynda Daniluk. Tix: Smithsfalls-theatre.com The Station Theatre, Smiths Falls. \$20; \$10 students w/ID.  
**Drinking Habits**, May 5-7, 7:30PM; May 8, 2PM. \$15 online or at the door. Merrickville Community Centre. 902-990-0170  
**Auditions: The Lone Rider**, May 10 and 12, 7PM. 4 female, 4 male, narrator, foley artist, 4 set wranglers. Dir: Brent McLaren. Perf. Jul 27-Aug 8. Studio Theatre Perth. studiotheatreperth.com  
**Sherlock Holmes & the Hound of the Basketballs**, May 12-14, 7:30PM; May 15, 2PM. \$30 at TicketsPlease.ca. Adult-only puppet version, fundraiser for Puppets Up. Almonte Old Town Hall  
**Perth Short Film Festival**, May 13, 7PM; May 14, 2PM & 7PM. Full Circle Theatre, Perth. \$12 from TicketsPlease. Fundraiser for the Perth Library  
**This Year, Next Year**, May 26-27, Jun 2-4, 7:30PM; May 28, 29, Jun 5, 2PM. Heart-warming tale of a mom & 3 daughters during WWII. Tix: TicketsPlease. Studio Theatre Perth  
**Rag Bag Cabaret**, May 27, 7PM cash bar; 8PM show. Comedy, drag, burlesque, music & more, hosted by Rachele Elie. Almonte Old Town Hall. \$40; \$30 in adv. from TicketsPlease.ca

# WHAT'S ON IN

Monday Tuesday Wednesday Thursday

**Bittersweet Gallery** presents Anne-Marie Chagnon's jewellery <burnstown.ca/bittersweet>  
**Mississippi Valley Textile Museum** presents *Colour with a U* <mvtm.ca>  
**Sivarulasa Gallery** presents Michael Pittman's *Other Islands* [to May 6], Susan Tooke's *State of the World* [to May 20] <sivarulasa.com>  
**Strévé Design Studio & Boutique** presents Karen Goetzinger's gestural abstraction paintings <strevedesign.com> [from May 2]  
**The Almonte Library Corridor Gallery** presents Alison Ball's *Threadbare: Remnants of the Appleton Textile Mill Revealed* [to May 15] & Brenda Beattie's pen & ink sketches [from May 16]  
**Out Of The Box** artists' local textile & mixed-media creations <fibre-fling.ca> [to May 8]  
**Weekends in Perth** bring many events <perth.ca/weekendsinperth>

<p>2</p> <p>🎵 <b>Carp Celtic Jam</b>, Carp                  🎵 <b>Hackberry Workshop</b>, Carleton Place</p>	<p>3</p> <p>🎵 <b>Hackberry Men's Shed Zoom</b>                  🎵 <b>Naismith Men's Shed Workshop</b>, Appleton                  🎵 <b>SF Bridge Club</b>, Smiths Falls                  🎵 <b>Music Trivia</b>, Almonte</p>	<p>4</p> <p>🎵 <b>Wings 'n Tunes &amp; Open Mic w/Shawn McCullough &amp; Friends</b>, The Cove                  🎵 <b>Karaoke</b>, Golden Arrow                  🎵 <b>Meditate with Ruth</b>, Zoom                  🎵 <b>Almonte Bridge Club</b>, Almonte                  🎵 <b>CP&amp;D Horticultural: Climate Chg</b>, Carleton Place                  🎵 <b>Trivia Night</b>, Bowie's</p>	<p>5</p> <p>🎵 <b>Climate Lectures: Role of Individuals</b>, Almonte                  🎵 <b>Meet the Author: Jonathon Reid</b>, Almonte                  🎵 <b>Drinking Habits</b>, Merrickville                  🎵 <b>Open Stage</b>, Bowie's                  🎵 <b>Naismith Men's Shed Breakfast</b>, Carleton Place                  🎵 <b>Hackberry Men's Shed Mtg</b>, Carleton Place                  🎵 <b>No Borders Wine Dinner + Talk + Music</b>, The Cove</p>
<p>6</p> <p>🎵 <b>Carp Celtic Jam</b>, Carp                  🎵 <b>Hackberry Workshop</b>, Carleton Place</p>	<p>7</p> <p>🎵 <b>Travelogue: Tanzania</b>, Almonte                  🎵 <b>Auditions: The Lone Rider</b>, Perth                  🎵 <b>Hackberry Men's Shed Zoom</b>                  🎵 <b>Hackberry Men's Shed Breakfast</b>, Carleton Place                  🎵 <b>Naismith Men's Shed Workshop</b>, Appleton                  🎵 <b>SF Bridge Club</b>, Smiths Falls                  🎵 <b>Music Trivia</b>, Almonte</p>	<p>8</p> <p>🎵 <b>Meditate with Ruth</b>, Zoom                  🎵 <b>Almonte Bridge Club</b>, Almonte                  🎵 <b>Trivia Night</b>, Bowie's                  🎵 <b>Wings 'n Tunes &amp; Open Mic w/Shawn McCullough &amp; Friends</b>, The Cove                  🎵 <b>Karaoke</b>, Golden Arrow</p>	<p>9</p> <p>🎵 <b>Sherlock Holmes &amp; the Hound of the Basketballs</b>, Almonte                  🎵 <b>Naismith Men's Shed Breakfast</b>, Carleton Place                  🎵 <b>Hackberry Men's Shed Mtg</b>, Carleton Place                  🎵 <b>Auditions: The Lone Rider</b>, Perth                  🎵 <b>Kent Nicholson</b>, The Cove                  🎵 <b>Open Stage</b>, Bowie's</p>
<p>10</p> <p>🎵 <b>Carp Celtic Jam</b>, Carp                  🎵 <b>Teagan McLaren</b>, The Cove                  🎵 <b>Hackberry Workshop</b>, Carleton Place</p>	<p>11</p> <p>🎵 <b>Hackberry Men's Shed Zoom</b>                  🎵 <b>Naismith Men's Shed Workshop</b>, Appleton                  🎵 <b>SF Bridge Club</b>, Smiths Falls                  🎵 <b>Music Trivia</b>, Almonte                  🎵 <b>Sue Prosser</b>, The Cove</p>	<p>12</p> <p>🎵 <b>Wings 'n Tunes &amp; Open Mic w/Shawn McCullough &amp; Friends</b>, The Cove                  🎵 <b>Karaoke</b>, Golden Arrow                  🎵 <b>Meditate with Ruth</b>, Zoom                  🎵 <b>Almonte Bridge Club</b>, Almonte                  🎵 <b>Trivia Night</b>, Bowie's</p>	<p>13</p> <p>🎵 <b>Open Stage</b>, Bowie's                  🎵 <b>Jazz Night w/Spencer Evans Trio</b>, The Cove                  🎵 <b>Naismith Men's Shed Breakfast</b>, Carleton Place                  🎵 <b>Hackberry Men's Shed Mtg</b>, Carleton Place</p>
<p>14</p> <p>🎵 <b>Almonte Hort. Soc: Pollinator Gdn</b>                  🎵 <b>The Co-conspirators</b>, The Cove                  🎵 <b>Hackberry Workshop</b>, CP                  🎵 <b>Carp Celtic Jam</b>, Carp                  🎵 <b>Middleville Museum opening weekend</b></p>	<p>15</p> <p>🎵 <b>Lanark Co. Quilters' Guild Mtg</b>                  🎵 <b>Lanark Co. Camera Club Mtg</b>                  🎵 <b>Men's Sheds</b>                  🎵 <b>SF Bridge Club</b>, Smiths Falls                  🎵 <b>Music Trivia</b>, Almonte                  🎵 <b>Eric Uren</b>, The Cove</p>	<p>16</p> <p>🎵 <b>Karaoke</b>, Golden Arrow                  🎵 <b>Meditate with Ruth</b>, Zoom                  🎵 <b>Almonte Bridge Club</b>, Almonte                  🎵 <b>Trivia Night</b>, Bowie's                  🎵 <b>Rack 'n Tunes &amp; Open Mic w/Shawn McCullough &amp; Friends</b>, The Cove</p>	<p>17</p> <p>🎵 <b>This Year, Next Year</b>, Perth                  🎵 <b>Naismith Men's Shed Breakfast</b>, Carleton Place                  🎵 <b>Hackberry Men's Shed Mtg</b>, Carleton Place                  🎵 <b>Open Stage</b>, Bowie's                  🎵 <b>Greg Ball</b>, The Cove</p>
<p>18</p> <p>🎵 <b>Carp Celtic Jam</b>, Carp                  🎵 <b>Matt Dickson</b>, The Cove                  🎵 <b>Hackberry Workshop</b>, CP</p>	<p>19</p> <p>🎵 <b>Men's Sheds</b>                  🎵 <b>Music Trivia</b>, Almonte                  🎵 <b>Eric Uren</b>, The Cove                  🎵 <b>SF Bridge Club</b>, Smiths Falls</p>	<p>20</p> <p>🎵 <b>Perth Farmers' Market</b>, opens May 7, 8AM-1PM, every Saturday. Crystal Palace, Perth. perthfarmersmarket.ca                  🎵 <b>Almonte Farmers' Market</b>, opens May 21, 8:30AM-12:30PM every Saturday. Almonte Library. almontefarmersmarket.com                  🎵 <b>McDonalds Crnrs Farmers Mkt</b>, opens May 21, 9AM-1PM every Saturday. McDonalds Corners. 613-278-2739</p>	<p>21</p> <p>🎵 <b>TicketsPlease.ca</b>. Puppets Up fundraiser. St. Paul's Anglican Church, Almonte</p>

# Visual Arts

**Lanark County Quilters' Guild Mtg**, May 24, 7-9PM. Guest speaker/trunk show. via Zoom. lanarkcountyquilters@gmail.com for link. Visitors: \$5  
**Vernissage: Colour with a U (Quilts)**, Apr 30, 2-4PM. Juried exhibition of 35 art quilts. Mississippi Valley Textile Museum, Almonte. mvtm.ca  
**Arts CP Fine Art Show & Sale**, Apr 30-May 1, 10AM-4:30PM. Carleton Place Arena. arts.carletonplace.com  
**Art in the Attic**, May 7 (10AM-5PM) & 8 (10AM-4PM). Almonte & Areas Artists' Association show & sale. Almonte Old Town Hall  
**Indigenous Arts and Craft Show**, May 7, 10AM-4PM. Free admission (donations for Art for Aid). Zion-Memorial United Church, Carleton Place. artforaid.ca  
**Journey the Dumoine River**, May 14, 12-3PM. Fundraising art event for CPAVVS.

# Literature

Free entry, free lunch, family-friendly! Valley Artisans' Co-op, Deep River  
**Lanark Co. Camera Club Meeting**, May 24, 7-9PM. presidentoflccameraclub@gmail.com. lccameraclub.com  
**Meet the Author: Jonathon Reid**, May 5, 7PM. Biography: *The Captain was a Doctor - The Long War and Uneasy Peace of POW John Reid*. Register: 256-9090. Almonte Public Library. millstreetbooks.com  
**Book Signing: Amanda West Lewis**, May 8, 2PM. *These are not the Words*. The Book Nook, Perth. thebooknookperth.com

# Local Food

**Carp Farmers' Market**, opens May 7, 8AM-1PM, every Saturday. Carp Ag Hall  
**Carleton Place Farmers' Market**, opens May 7, 8:30AM-12:30PM every Saturday. Market Square Pavilion, Carleton Place. cfarmersmarket.wordpress.com

# Youth

**Children's Creative Table**, April 30, 10AM-12PM. Supplies are left out for your child to create with. Lanark Highlands Library, lanarklibrary.ca  
**YA Author Signing: Jade Armstrong**, Apr 29, 2-5PM. Naismith grad turned non-binary cartoonist. *Scout is Not a Band Kid* is about making your dream come true. Mill Street Books, Almonte. millstreetbooks.com  
**Countries Shaped Like Stars**, May 14, 11AM & 3PM. Ages 6+. 45-min. \$12.50 from

# Music

**Carp Celtic Jam**, Mondays, 7-9PM. Carp Masonic Lodge. \$3; \$20 for 3 mos  
**Music Trivia**, Tuesdays, 8PM. The Barley Mow, Almonte. barleymow.com  
**Folkus: Ian Sherwood w/Evangeline Gentle**, Apr 30, 8PM. Tickets at TicketsPlease.ca. Almonte Old Town Hall. \$30 in person; \$20 live stream. folkusalmonte.com  
**Concert for Ukraine**, May 1, 4-6PM. Mississippi Mills for Ukraine present The Ewashko Singers & more. \$30 from TicketsPlease.ca. Almonte Old Town Hall  
**Music & Stir It Up Fundraiser**, May 6, 6:30PM. Music, poetry, food, drink at fundraiser for the Stir It Up Collective, helping women recover from sex trafficking. \$20. EventBrite. Equator Coffee Roasters, Almonte. stiritupcollective.ca

## Friday

## Saturday

## Sunday

<p>🎵 Ted Lalonde, Golden Arrow 🎵 Halfway There, Smiths Falls 🎵 YA Author Signing: Jade Armstrong, Almonte 🎵 Young Petty Stones Dinner+Show, The Cove</p>	<p>📖 <b>INDEPENDENT BOOKSTORE DAY</b> 🎵 Children's Creative Table, Lanark Village 🎵 Halfway There, Smiths Falls 🎵 Young Petty Stones Dinner+Show, The Cove 🌳 Festival of the Maples, Perth 🖼️ Arts CP Fine Art Show &amp; Sale, Carleton Place 🖼️ Vernissage: Colour with a U (Quilts), Almonte 🎵 Paul Reddick, Neat Coffee Shop 🎵 Folkus: Ian Sherwood w/Evangeline Gentle, Almonte 🎵 Brock Zeman, Golden Arrow 🎵 Al Tambay, Waterfront Gastropub</p>	<p>🎵 Eric Uren, The Cove 🎵 Redneck Limousine, Waterfront Gastropub 🎵 Halfway There, Smiths Falls 🖼️ Arts CP Fine Art Show &amp; Sale, Carleton Place 🎵 Concert for Ukraine, Almonte 🎵 Comedy Night feat. Bobby Knauff, Bowie's 🎵 Mazda Miata car cruise, Calabogie Brewing Co.</p>
<p>🍷 Drinking Habits, Merrickville 🎵 Brea Lawrenson &amp; Shawn McCullough, The Cove 🎵 Music &amp; Stir It Up Fundraiser, Almonte 🎵 Etoile Noire, Almonte 🎵 Maeley, Bowie's 🎵 Joel Brown, Golden Arrow</p>	<p>🌾 Farmers' Markets, Carp, Perth, CP 🎵 Beltane Celebration &amp; Artisan Market, Carp 🍷 Drinking Habits, Merrickville 🎵 Etoile Noire, Almonte 🎵 Cheerfully Made Spring Market, Almonte 🖼️ Art in the Attic, Almonte 🖼️ Indigenous Arts and Craft Show, Carleton Place 🎵 Deborah Lynn, Westport Brewing Co. 🎵 East Coast Experience Dinner+Show, The Cove 🎵 Saturday Night Jazz w/the Beeched Wailers, Bowie's 🎵 Al Tambay, Waterfront Gastropub 🎵 Danielle Hewitt, Golden Arrow</p>	<p>👩 <b>MOTHER'S DAY</b> 🖼️ Art in the Attic, Almonte 🎵 Cheerfully Made Spring Market, Almonte 📖 Book Signing: Amanda West Lewis, Perth 🎵 Neon Eagle Trio, McDonalds Corners 🍷 Drinking Habits, Merrickville 🎵 Eric Uren, The Cove 🎵 Redneck Limousine, Waterfront Gastropub</p>
<p>🎵 Sherlock Holmes &amp; the Hound of the Basketballs, Almonte 🎵 BOTR: Kenny "Blues Boss" Wayne, The Cove 🎵 Perth Short Film Festival, Perth 🎵 Martyn Joseph, McDonalds Corners 🎵 Gypsy Muse, Bowie's 🎵 Matt Dickson, Golden Arrow</p>	<p>🌾 Farmers' Markets, Carp, Perth, CP 🎵 Sherlock Holmes Hound of the Basketballs, Almonte 🎵 Perth Short Film Festival, Perth 🎵 Almonte Hort Plant Sale, Almonte 🌳 REAL Garden Fundraiser, Smiths Falls 🍷 Foraging Class, Carp 🎵 Countries Shaped Like Stars, Almonte 🎵 Journey the Dumoine River, Deep River 🎵 Henry Norwood, Westport Brewing Co. 🎵 Tenderloin Spring Dinner, Carleton Place 🎵 Al Tambay, Waterfront Gastropub 🎵 Saturday Night Jazz w/the Beeched Wailers, Bowie's 🎵 Queen Flash, Perth 🎵 Redneck Limousine, Kanata 🎵 Cabin Fever, Golden Arrow 🎵 Eric Uren, The Cove</p>	<p>🍷 Breakfast with Soul, Zoom 🎵 Sherlock Holmes &amp; the Hound of the Basketballs, Almonte 🎵 Choral Evensong, Perth 🎵 Jim Bryson, Bowie's 🎵 Eric Uren, The Cove 🎵 Redneck Limousine, Waterfront Gastropub</p>
<p>🎵 Mikhail Laxton, Bowie's 🎵 Joel Brown, Golden Arrow 🎵 Eric Uren, The Cove</p>	<p>🌾 Farmers' Markets, Almonte, Carp, CP, Perth, McDonalds Corners 🎵 Vintage Market Trunk Sale, McDonalds Corners 🎵 Saturday Night Jazz w/the Beeched Wailers, Bowie's 🎵 Spring Makers' Market, Westport 🖼️ Middleville &amp; District Museum opening wkend, Middleville 🎵 Jon V W, Westport Brewing Co. 🎵 John Wilberforce, The Cove 🎵 Al Tambay, Waterfront Gastropub</p>	<p>🖼️ Middleville &amp; District Museum opening wkend, Middleville 🎵 Head Over Heels, The Cove 🎵 Redneck Limousine, Waterfront Gastropub</p>
<p>🎵 Rag Bag Cabaret, Almonte 🎵 George Turcotte, Bowie's 🎵 Shawn McCullough, Golden Arrow 🎵 This Year, Next Year, Perth 🎵 Carole King/James Taylor Tribute Dinner+Show, The Cove</p>	<p>🌾 Farmers' Markets, Almonte, Carp, CP, Perth, McDonalds Corners 🌳 Franktown Lilac Festival, Franktown 🎵 Perth Night Market, Perth 🎵 This Year, Next Year, Perth 🎵 Carole King/James Taylor Tribute Dinner+Show, The Cove 🎵 Scott Owen, Westport Brewing Co. 🎵 John Dorsch, Perth 🎵 Jim Bryson, Perth 🎵 Redneck Limousine, Amprior 🎵 Al Tambay, Waterfront Gastropub 🎵 Saturday Night Jazz w/the Beeched Wailers, Bowie's</p>	<p>🎵 Springtime at Lammermoor, Rural Lanark Highlands 🎵 This Year, Next Year, Perth 🎵 Redneck Limousine, Waterfront Gastropub 🎵 Head Over Heels, The Cove</p>

**Etoile Noire**, May 6 & 7, 6:30PM. Reserve: text 878-7011 or puravidafoodtruck@hotmail.com. \$15 music only; \$35 incl charcuterie, dessert, beer; \$65 for 2. Almonte Coffee House. 878-7011

**Neon Eagle Trio**, May 8, 2PM. Joey Wright, Aaron Davis, Mike Eckert. \$25: TicketsPlease.ca. MERA, McDonalds Corners

**Blues on the Rideau**: Kenny "Blues Boss" Wayne, May 13, 7-11PM. Cdn Blues legend. The Cove, Westport. bluesontherideau.ca. \$80 full-course meal+show

**Queen Flash**, May 14, 8PM. Canada's premier Queen tribute act. Farrell Hall, Perth. \$34/\$39 from TicketsPlease.ca

**Redneck Limousine**, May 14, 9PM-12AM. Moose Maguire's, Kanata

**Choral Evensong**, May 15, 3:45PM. Trad. hymns & chants. St. James the Apostle Anglican Church, Perth. stjamesperth.ca

**Jim Bryson**, May 28, 7:30PM. \$32: perthunionlibrary.ca/library-after-dark. Perth Library. 267-1224

**Redneck Limousine**, May 28, 8:30-11:30PM. Uptown Resto Bar, Amprior. uptown-restobar.com

**John Dorsch**, May 28, 5-7PM. Stewart Park, Perth

**Springtime at Lammermoor**, May 29, 2-3PM. Violin/viola & piano. Beethoven & Brahms. Bring chair, picnic lunch (open 12PM). Fundraiser to sponsor 2 Afghan families. \$50, TicketsPlease.ca. Rural Lanark Highlands

## Pub Listings

**The Cove** (Westport, 273-3636): 5-8PM unless noted; Tues Eric Uren (from May 24); Wed Wings (to May 18)/Rack (from May 25) & Open Mic w/Shawn McCullough & Friends, 5:30-8:30PM; Sun Eric Uren (to May 15)/Head over Heels (from May 22). Apr 29 Young Petty Stones Dinner+Show, 7-11PM, \$80  
May 5 No Borders Wine Dinner + Talk + Music, 6-9PM, \$100

May 6 Brea Lawrenson & Shawn McCullough, 6-9PM, \$10  
May 7 East Coast Experience Dinner+Show, 6-10PM, \$70  
May 12 Kent Nicholson  
May 16 Teagan McLaren  
May 17 Sue Prosser,  
May 19 Jazz Night w/Spencer Evans Trio, 6-9PM, \$10  
May 20 Eric Uren  
May 21 John Wilberforce  
May 23 The Co-conspirators  
May 26 Greg Ball  
May 27 Carole King/James Taylor Tribute Dinner+Show, 7-11PM, \$80  
May 30 Matt Dickson  
**Golden Arrow Pub** (Perth, 267-4500): 9PM, Wed Karaoke  
May 6, 20 Joel Brown  
May 7 Danielle Hewitt  
May 13 Matt Dickson  
May 14 Cabin Fever  
May 27 Shawn McCullough

**Neat Coffee Shop** (Burnstown, 433-9960): 8PM.  
Apr 30 Paul Reddick, 8PM, 30  
**Westport Brewing Co.** (Westport, 273-2739): 2-4PM  
May 7 Deborah Lynn  
May 14 Henry Norwood  
May 21 Jon V W  
May 28 Scott Owen  
**Bowie's** (Smiths Falls): Wed Where is my Mind Trivia, 8-10PM; Thu Open Stage, 8PM; Fri original live music 8:30 & 11:30PM; Saturday Jazz w/the Beeched Wailers, 8-11PM  
May 1 Comedy Night feat. Bobby Knauff, 7:30PM, \$15; tables of 4 \$55, of 6-8 \$95  
May 6 Maeley  
May 13 Gypsy Muse  
May 15 Jim Bryson, 8PM, \$25 adv.  
May 20 Mikhail Laxton  
May 27 George Turcotte  
**The Waterfront Gastropub** (CP, 257-5755): Sat Al Tambay, 3-6PM & 9PM-12AM; Sun Redneck Limousine, 3-6PM

## Community

**Naismith Men's Shed** (naismithmensshed.ca): Tue, 9AM, Workshop, 174 Wilson St., Appleton; Thu, 9AM, Breakfast (\$12+), Gourmet Restaurant, CP; Fri, 10AM, Zoom chat, nicolasdfry@gmail.com for link

**Hackberry Men's Shed**: Mon-Fri, Workshop open, 10AM coffee, across from 98 Donald St., CP; Tue, 7PM, Zoom chat. rkamm@connectwell.ca for link; Thurs, 7PM, meet for coffee/chat, 134 Stonewater Bay, CP; May 10, 24, 7:30AM, breakfast (\$12+), Gourmet Restaurant, CP.

**SF Bridge Club**, Tuesdays, 1PM. Smiths Falls Legion. 256-4747

**Meditate with Ruth**, Wednesdays, 8-9AM. Zoom link at meditatewithruth.com via

**Almonte Bridge Club**, Wednesdays, 1PM. Almonte Legion. 256-4747

**CP&D Horticultural: Climate Chg**, May 4, 7PM. Rebecca Last: how gdnrs can help. Zion-Memorial United Church, Carleton Place. \$5 or \$15/yr. cphorticulture.ca

**Climate Lectures: Role of Individuals**, May 5, 7-8:30PM. Almonte Library, free, register online or 256-1037

**Beltane Celebration & Artisan Market**, May 7, 11AM-4PM. Carp Ridge EcoWellness Centre. @ninthwavearts

**Cheerfully Made Spring Market**, May 7-8, 10AM-5PM. More than 100 makers. Almonte Community Centre/Arena. Admission \$5; under 14s free

**Travelogue: Tanzania**, May 10, 7PM w/Dan Pearlman & Jane Ellens. Maasai on a motorcycle. Almonte Branch. Free. Register online missmillslibrary.com

**REAL Garden Fundraiser**, May 14, 10AM-2PM. For monarch gdn. Pre-order rainbarrel for pick-up rainbarrel.ca/realdeal. REAL Deal, Smiths Falls. REALaction.ca

**Tenderloin Spring Dinner**, May 14. Take-out pork tenderloin, cherry cheesecake. Pick-up time: 850-1024. Zion-Memorial United Church, CP. \$20 zion-memorial.ca

**Almonte Hort Plant Sale**, May 14, 9-11AM. Veg & annual seedlings, herbs, perennials, books, pots. Almonte Library. adhsmailbox@gmail.com

**Foraging Class**, May 14, 10AM-1PM. \$75; \$40 youth; kids under 13 free. Carp Ridge EcoWellness Centre. ecowellness.com

**Breakfast with Soul**, May 15, 9-11AM w/author & spiritual scholar Andrew Harvey. via Zoom, contact 292-3292 for link. Free.

**Spring Makers' Market**, May 21, 9AM-2PM. Stained glass, beeswax, pottery, photography, jewelry, food, clothing. BBQ. Westport Community Centre

**Middleville & District Museum opening**, May 21-23, 12-4PM, incl: May 22 Royal Jubilee Tea, May 23 Pandemic-themed Time Capsule (bring items for to include). \$5. middlevillemuseum.org

**Vintage Market Trunk Sale**, May 21, 9AM-1PM. Collectible treasures. Wear vintage costume for chance of prize! MERA, McDonalds Corners. meraschoolhouse.org

**Almonte Horticultural: Pollinator Gdn**, May 23, 7:30PM. Mary Ann Van Berlo. adhsmailbox@gmail.com for membership (\$10) & Zoom link

**Perth Night Market**, May 28, 5PM-late. Discover what Perth has to offer. Downtown Perth. perth.ca/nightmarket

# Cattails and Bog Water

When Beaus Brewery from Vankleek Hill started making its popular natural beer in 2006 with, as they describe it, “an honest consideration for the environment using locally sourced ingredients”, it caught on like crazy. The one ingredient that got my attention was something they commissioned a local forager to source for them from area wetlands: bog myrtle. Here’s a quote from their website <beaus.ca>: “Beau’s Bog Water gruit is brewed with hand-harvested organic bog myrtle (a deciduous shrub native to Northern Ontario and Québec). The bog myrtle contributes a sweet aroma, slight bitterness, and herbal, spicy notes suggestive of a digestif.”

by Chandler Swain

Imagine that! What a great concept: could local organic wild produce get any more interesting? The awareness around the value of our precious wetlands was thus firmly stamped on my imagination.

Of all the many qualities of wetlands, the most remarkable is that they are a powerhouse of Greenhouse Gas sequestration. These GHGs are what we hear so much about these days in the fight for a livable planet. Lanark County is rich in these important wetland zones. Wetlands can provide billions of dollars’ worth of carbon sequestration — about 2–5 times that of forests. How about that? We’ve already got our sophisti-

cated Carbon Capture Technology up and running and working seamlessly.

This issue is one of the “Nature Based Climate Solutions” for which Climate Network Lanark <climatenetworklanark.ca> has a working group. Lanark County is also home to one of the world’s top researchers on wetlands. Dr. Paul Keddy from Carleton Place is recognized for his life’s work on raising awareness of these precious ecosystems. His website <drpaulkeddy.com> is a goldmine of information on the ecology of Lanark County, including the specific *Thirty natural areas for protection: The Green Gems of Lanark County*. Dr. Keddy’s work on preserving our wetlands hasn’t been a top-of-mind issue on the list of climate challenges we face. However, it is vital. There they sit. No need to do anything except become aware of their immense value to us, stop taking them out for development, roads and housing, and preserve what’s left of them. In southern Ontario there has been about a 70% wetland loss since 1800! Lanark County is the one region in the whole of southern Ontario that still has substantial wetlands — all the more reason we have a special responsibility to keep them.

Here in our rural county, we need to stop thinking that the climate crisis heavy lifting needs to be left to more urban and industrial areas. Relative to this one critical topic, we can turn to the work of Dr. Keddy to understand the immense value of wetlands and make sure we protect what’s left of these formerly abundant marshes, bogs, swamps and fens in Lanark County.

One way we seem to sit up and pay attention to the value of natural resources is of course in understanding their monetary value. Well, what if they were worth billions of dollars? Here’s a comparable cost for creating, in effect, an artificial wetland — a human-made carbon sink — carbon capture systems: In the latest federal budget, the refundable investment tax credit for businesses will cover 50% of the cost of equipment to capture CO<sub>2</sub> beginning in 2022, and is expected to cost the federal government \$2.6 billion in the first five years of the program — reaching up to \$8.6 billion by 2030. An additional credit of 37.5% would cover equipment for transportation, storage and use of carbon dioxide emissions (these figures are from *The Financial Post*).

On the other hand, instead of it costing billions to build carbon capture technology, protecting wetlands saves us money.



A rare Blandings turtle suns itself in a wetland.

Photo by Dr. Paul Keddy

There are comprehensive and impressive dollar amounts about this in information gathered by an Ontario Conservation organization called The Land Between <thelandbetween.ca>.

Here’s an example we in Eastern Ontario can relate to: Flooding damages cost Canadian insurance companies more than \$750 million a year. Spring flooding in Ontario during 2019 cost Ontario insurance companies \$74 million. When wetlands are removed, all the water they control moves elsewhere.

“Flooding is considered the most significant natural hazard in Ontario in terms of death, damage and civil disruption, and is the costliest type of natural disaster in Canada in terms of property damage.” (Government of Ontario, 2020)

It’s critical that we understand the value of wetlands. According to the National Capital Region in Ottawa–Gatineau, wetlands provide wildlife and biodiversity habitat that is valued at \$21,461/ha/year. Wetlands are also a refuge where wildlife can survive in unfavourable conditions. They retain moisture in the face of drought. The list goes on.

Keeping in mind that the government can play a constructive role in creating laws to protect the environment, Climate Network Lanark is urging everyone to ask candidates in our riding what they are going to do about the urgent climate issues we face. The current provincial government removed the capacity to certify wetlands, so that local governments can’t act on their responsibility to protect local wetlands. Who will make them a priority? Wetlands are under threat and are being lost faster than other ecosystems.

Which of our candidates will go to bat to make sure our rural natural heritage flourishes in the face of population increase and suburban sprawl?

## Mississippi Mills Community Awards

The Municipality is seeking nominations for the all new 2022 Mississippi Mills Community Awards. These awards were developed to recognize and honour individuals for their contribution to life in the Municipality. Council recognizes that outstanding efforts, actions and achievements of these individuals significantly and positively impact the social, cultural or civic life of Mississippi Mills and its residents.

Categories include Outstanding Senior Citizen, Exceptional Volunteer, Inspiring Youth, Community Builder, and Key to the Municipality. Any person or organization can nominate an individual by completing the appropriate nomination form on the Municipality’s website <mississippimills.ca> and

sending the signed form to the address or email address found there. Eligibility information can also be found online.

For consideration, all 2022 nominations shall be received by noon on May 9. The nomination form must be accompanied by two supporting letters, detailing the recent or ongoing activities or contributions of the nominee in the Municipality of Mississippi Mills. These activities should demonstrate community involvement in addition to any specific activity or contribution.

Further information and nomination forms may be obtained by calling 256-1077 x22 or emailing <tmaclaren@mississippimills.ca>.

**THE GOOD FOOD Co.**  
Established 1997  
**Café**  
**Gourmet Food Store**  
**Our alley patio is open for business!**  
Breakfast + Lunch Menus  
From-Scratch Desserts  
Take-Home Freezer Meals  
Fair-Trade Espresso + Tea  
Local Wine, Beer, Spirits  
**Tues to Sun – 8AM to 4PM**  
Closed Monday

31 Bridge Street  
Carleton Place  
(613) 257-7284

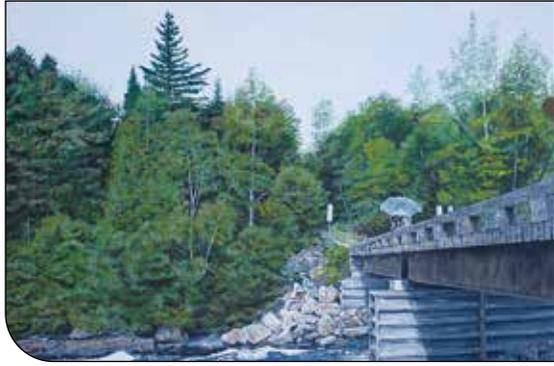
[f /TheGoodFoodCo1997](#)  
[i /thegf.co](#)

**BRIO** 12  
Stacking Clown  
BRIO 12  
Light Up Fairy  
BRIO 12  
Magnetic Train  
BRIO 12  
Magnetic Blocks  
BRIO 12  
BumbleBee

**The Book Nook & Other Treasures**  
Books • Arts & Crafts • Games • Puzzles • & More  
[www.thebooknookperth.com](http://www.thebooknookperth.com)  
60 Gore St., East, Perth 613-267-2350  
Like us on [f](#) [i](#)

# Journey Through the Dumoine

Join the Canadian Parks and Wilderness Society and the Valley Artisans' Co-op Gallery on Saturday, May 14 from 12–3PM to discover the wonders of the Dumoine River through art. Together, they are hosting a fundraiser with innovative art pieces, great



Three painters at the Dumoine was painted by Catherine Orfald at a prior fundraiser for the river

food, and captivating speakers for an unforgettable experience in Deep River.

Proceeds will go towards their conservation efforts of the Dumoine River for future generations of animals and people alike. Connect with your community, art and nature on May 14.

This event is being organized because Southwestern Quebec is home to some of the last remaining large and intact watersheds in the Ottawa Valley. In the words of the organizers: "our vision for this region is bold and inspiring. We want to establish an interconnected network of protected areas centered around the Dumoine watershed. This will help protect the species at risk living in the area, form a connection between forests within the Ottawa Valley and the northern Boreal forest, boost local eco-tourism and promote a thriving natural landscape for our future generations to enjoy. And we want to take this journey with you."

Journey Through the Dumoine will take place on May 14 at the Valley Artisans' Co-op Gallery, located at 33373 Highway 17 in Deep River. The event will include artist demonstrations and music by singer/songwriter Marc Audet.

## Red Trillium Spring Studio and Garden Tour

The Red Trillium Studio Tour returns on the weekend of June 4 and 5, spotlighting the studios of West Carleton's talented artists/artisans as well as some beautiful gardens. You can meet local craftspeople in their studios on this very popular self-guided studio tour taking place in the countryside between Carp and the Ottawa River. Just twenty minutes beyond Kanata you will find studios featuring paintings, photography, jewellery, pottery, glass art, woodturning, handweaving, women's clothes and fine art textiles.

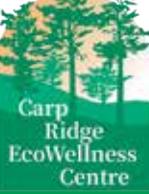
There will also be a few gardens on display during the Tour. Judith Hughes' garden, called "Wychwood", is located at 4715 Stonecrest Road. Jeffrey Sugarman will also have his garden open at 3445 Torwood Drive, where he is also selling paintings.

Visit [redtrilliumst.com](http://redtrilliumst.com) to download a map and for detailed information about craftspeople found at each studio, or find the tour on Facebook. Several local restaurants will be open



Find works by Karl Kischel (above) and many other artists and craftspeople on the Red Trillium Studio Tour

during the tour, so make a day of it and stop in at The Cheshire Cat, Alice's Café, the Heart and Soul Café, Ridge Rock Brewing Company or The Bay Café!



### Carp Ridge EcoWellness Centre

#### Yoga in Nature Summer Retreat

Friday, July 15th to Sunday, July 17th, 2022

Delicious vegetarian food, healing workshops, music, yoga and nature...treat yourself to a revitalizing weekend!

To register: [www.ecowellness.com/retreats](http://www.ecowellness.com/retreats)

For more info: (613) 839-1198



### the plaid COW

Sewing Quality Accessories for You & Your Home!



Located in the Perkins Building at the corner of Wilson & Foster Streets in Perth

[f theplaidcow](https://www.facebook.com/theplaidcow)
[@ the\\_plaid\\_cow](https://www.instagram.com/the_plaid_cow)
[theplaidcow.ca](http://theplaidcow.ca)

## Revitalize your look this Spring!!

### Facial Rejuvenation Acupuncture



Dr. Michaela Cadeau, Doctor of Chiropractic

This safe and non-surgical procedure increases circulation and stimulates collagen production, rejuvenating facial tissue. This gives the skin more tightness and elasticity, and helps to reduce sagging or puffy skin and wrinkles. There is no risk involved with this procedure, no downtime from work, and no side effects. A research study published in the International Journal of Clinical Acupuncture reported that, in a clinical trial of 300 people who received facial acupuncture, 90% saw marked results after one course of treatment.

Call by May 31 for your free consultation.

Reduce Double Chin • Eliminate Puffy Eyes  
Tighten Pores • Eliminate Fine Lines  
Raise Drooping Eyelids • Reduce Frown Lines

Check out our website [www.thrivealmonte.com](http://www.thrivealmonte.com) for the Dr. Oz video on facial acupuncture



125 Bridge Street, Almonte  
613-256-0222  
[thrivealmonte.com](http://thrivealmonte.com)



### EMERGE

IN PRISMS OF METAL & COLOUR  
FLUID, LINKED OR LAYERED  
WITH THE  
2022 SPRING/SUMMER  
COLLECTION  
OF ANNE - MARIE CHAGNON

Now at

## bittersweet

FINE CRAFT & ART

Now Open  
Thursday to Sunday  
11 to 5  
and by appointment

5 Leckie Lane • Burnstown  
**613.432.5254**  
[burnstown.ca/bittersweet](http://burnstown.ca/bittersweet)



THE COVE INN  
WESTPORT

ACCOMMODATION - MUSIC - PATIO - DINING - WEDDINGS  
Westport-on-the-Rideau | 613-273-3636 | www.coveinn.com

Every Wed Until May 18 **Wings 'n Tunes + Open Mic** with **Shawn McCullough & Friends** (Country/Rock, Westport) 5:30-8:30  
 Every Sun Until May 15 **Eric Uren** (Folk/Rock, Westport) 5-8  
 Thu May 5 **No Borders Wine Dinner:** A Taste Of The Old + New World. Music By Eric Uren. 6-9 \$100 + HST + Gratuity 5-course Wine + Food Tasting  
 Fri May 6 **Brea Lawrenson + Shawn McCullough** (Country Duo) 6-9 \$10  
 Sat May 7 **East Coast Experience** (Ottawa) 6-10 \$70 + HST Dinner + Show  
 Thu May 12 **Kent Nicholson** (Member of The Rain Kings/Light of Day, Kingston) 5-8  
 Fri May 13 **Blues On The Rideau** with **Kenny "Blues Boss" Wayne** (Boogie Woogie Piano, Juno + Maple Blues Award) 7-11 \$80 + HST Dinner + Show  
 Sat May 14 **Eric Uren** (Folk/Rock, Westport) 6-9  
 Mon May 16 **Teagan McLaren** (Country/Folk, Kingston) 5-8  
 Tue May 17 **Sue Prosser** (Folk/Rock/Blues, Kingston) 5-8  
 Thu May 19 **Jazz Night** with **Spencer Evans Trio** 6-9 \$10  
 Fri May 20 **Eric Uren** (Folk/Rock, Westport) 5-8  
 Sat May 21 **John Wilberforce** (Country/Folk/Rock, Kemptville) 5-8  
 Every Sunday from May 22 **Head Over Heels** (Blues/Folk/Jazz, Gananoque) 5-8  
 Mon May 23 **The Co-Conspirators** (Folk, Montreal) 5-8  
 Every Tuesday from May 24 **Eric Uren** (Folk/Rock, Westport) 5-8  
 Every Wed from May 25 **Rack 'n Tunes + Open Mic** with **Shawn McCullough & Friends** (Country/Rock, Westport) 5:30-8:30  
 Thu May 26 **Greg Ball** (Indie Rock, Kingston) 5-8  
 Fri May 27+ **You've Got A Friend:** A Musical Tribute To Carole King + James Taylor  
 Sat May 28 **Feat. Miss Emily** (Kingston) 7-11 \$80 + HST Dinner + Show  
 Mon May 30 **Matt Dickson** (Classic Rock Party! Perth) 5-8

Pick up the Humm in Almonte at  
**THE DAILY SCOOP**

## COUNTER TOPS

All tops cut and/or fabricated at our location



**BUY DIRECT**  
**COUNTER TOPS**  
KITCHEN • VANITY • OFFICE

• COUNTER TOP INSTALLATION AVAILABLE •

6 STOCK COLOURS



Ottawa Valley Home Improvement Centre is a laminate cutting station.  
Drop in and see our showroom.

## Custom Cabinetry from our Family to Yours



**Custom Cabinets  
Design Services  
Installation  
Competitive Prices**

OTTAWA VALLEY HOME  
IMPROVEMENT  
CENTRE INC.

www.ovhickitchens.com

6557 Highway 43, Perth, ON | 613-264-2856

28

the Humm

Bookin' It

# Dad Bod: An Interview with author Cian Cruise

Have you ever watched a movie or a TV show, seen a dad portrayed and thought, *Hey, now that guy is everything a father should be; how lovely?* Or perhaps the opposite thought has occurred to you: *Okay... in no way, shape or form should that dude be a father figure to anyone, ever, not even in a galaxy far far away.*

by John Pigeau

Proud new dad and accomplished author Cian Cruise breaks down this sort of thinking in his new book *Dad Bod*, which is a smart, humorous, and philosophical collection of essays about father figures in popular culture.

Since he is a new dad, I had to ask Cian what character from pop culture he most identifies with. Frankly, his answer, in its thoughtfulness and complexity, blew me away.

"I think I have to go with John McClane in the original *Die Hard*," Cian said. "Bruce Willis gave us the first vulnerable, human-sized action hero. Desperate, unspooling from the pressure, talking to himself, yanking glass out of his bleeding feet — that's what being a new dad is all about. (Metaphorically speaking.) A new dad has to deal with so many overwhelming surprises in real time that he has to improvise with whatever's on hand. That's McClane to a tee. Heck, he doesn't even have any shoes!"

And right there, in those words, you pretty much get the idea that *Dad Bod* is going to be an enormously interesting and insightful read. And funny, too.

Can characters from video games, films and television shows really teach us something about being a father? Cian certainly thinks so, and his reasoning is compelling.

"I absolutely believe that these characters can teach us something about being a father," he says, "but seldom at face value. They aren't handbooks for parenting, but rather conglomerations of distilled lived experience. To extract meaningful lessons from these plastic Hollywood creations you need to do a bit of work digging beneath the surface, comparing and contrasting archetypes, and building a framework of your own interpretation. When you start to connect those dots, dads from pop culture offer so much raw material for thinking about identity, masculinity, and what it means to be a father."

In *Dad Bod*, Cian Cruise does that digging for you. I read some advanced praise that noted Cian extracted fatherly advice from *First Blood*. I absolutely *had* to ask him to kindly explain that to our readers, and so he did, fascinatingly:

"For those who don't know, *First Blood* is the first Rambo movie. From a bird's-eye view it tells the story of a single conflict based on miscommunication that blows up, way, way out of proportion between two individuals who cannot give an inch, cannot reconcile, and cannot let go. Everyone who's ever been head-to-head with a toddler will immediately recognize this dynamic.

"If you face a toddler straight on, whether with clear reason or direct authority, they will not budge. They will dig in, deeper and deeper, until you have

a screaming, crying, emotional explosion on your hands. It's the exact same narrative arc in *First Blood*, which, despite being a nail-biting action thriller, also has some great advice for defusing this type of conflict: connect then redirect."

It might not surprise you to learn that Cian has a degree in film studies and philosophy. He's also a freelance writer whose work has appeared in *Hazlitt*, *McSweeney's*, *Playboy*, *Vulture*, *Maisonneuve*, and *Little Brother Magazine*.

Now, one of my favourite TV shows growing up was *Little House on the Prairie*. My sister and I just loved it! And it occurs to me now, thinking about the subject matter of *Dad Bod*, that Charles Ingalls — played by the instantly-likeable Michael Landon — seemed to me the model father: gentle yet firm, wise, kind, compassionate, and the ultimate teacher of good life lessons.

Cian's idea of the ideal dad in pop culture came to me as a complete surprise — a very pleasant surprise.

"To me, the ideal dad is Bandit from the Australian cartoon *Bluey*," he says, "hands down. It's not even a competition. Bandit is the ideal modern father: an equal participant in childcare and domestic tasks, an intelligent man willing to play the fool, and a constant enabler of his children's emotional, physical, and mental development through imaginative play. He puts his kids first without sacrificing the lessons they need to learn, and even though he is *constantly* exhausted, Bandit makes active, engaged parenting look like the most fun you'll ever have. I cannot say enough good things about *Bluey*."

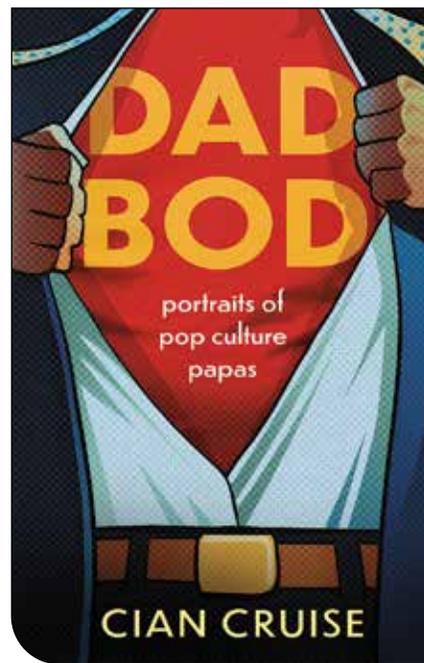
It's difficult to disagree with reasoning that clever and thoughtful, isn't it? I thought so. Now I'm also really looking forward to reading *Dad Bod*, which is now available to pre-order and will be in bookshops — indie shops or your favourite chain stores, and online as well — on June 7, in plenty of time for Father's Day. The book is published by the wonderful Dundurn Press.

Cian will be launching the book on June 15 at 7PM at the Almonte Coffee House, in partnership with Mill Street Books. For more details or book info, you can follow Cian on social media — on Twitter @CianCruise or on Instagram @cian.cruise.

Cian and his wife moved to Almonte just over a year ago, by the by. They didn't want to grow old in Toronto, he says, and for them Almonte checked off all the right boxes: closer to family, access to nature, access to the culture and diversity of a larger city, a place with a good bookstore, an identity of its own, and a certain measure of whimsy.

"That list led straight to Almonte," Cian says. "We drove here on the tail end of a February blizzard just over a year ago to check it out and completely fell in love with the town, the people we chatted with, and the gestalt of the place. We love it here."

The Ottawa Valley is replete with artistic talent, including many great writers. And now it would seem we can add another name to that list. Make sure to check out Cian Cruise's *Dad Bod* when it hits bookstore shelves in just over a month. It truly sounds like a fun and fascinating book — one that would make a great gift as well.



www.thehummm.com

May 2022

# Material World on the Mississippi

## A New Permanent History Exhibit at the Mississippi Valley Textile Museum

By Michael Rikley-Lancaster

The pandemic left an unusual opportunity for the Mississippi Valley Textile Museum (MVTM) to revamp its displays on the second floor and shine light on some truths often missed by history.

The new *Material World on the Mississippi* exhibit tells the story of the textile industry in Ontario's Mississippi River Valley. Historically, MVTM had portrayed the textile industry from a linear perspective. However, in recent years, the Museum has aimed to take an inclusive and multivocal approach to history, focusing on the day-to-day stories of the millworkers. Situating the lives of millworkers within the development of industry and community along the Mississippi River, the Museum is striving to make broader social, cultural, political and environmental connections.

The exhibit features the steps of industrial textile mill processing, as well as mill worker memories featured through video, voice and text. It also showcases uncovered hidden truths about the effects the industry had on the people and the land.

As the museum works to assemble a picture of the rise and fall of the textile industry along the Mississippi River, bits and pieces have been found suggesting that some millworkers belonged to diverse communities. In recognition of the millworkers whose various identities have become invisible on the historical record, the Museum has chosen to contextualize the exhibit by highlighting the history of minority communities in Canada. By intertwining the histories of the textile industry and minority communities, the Museum is endeavoring



The new *Material World on the Mississippi* exhibit at the Textile Museum tells the story of the textile industry in Ontario's Mississippi River Valley

to challenge notions about who belongs in textiles, industry and history, and to meaningfully enter a conversation about invisible identities on the historical record.

When the exhibit re-opens, visitors are asked to be aware that the exhibit does not express the entire history of the textile industry in the Mississippi River Valley; rather, that its knowledge is partial and developing and that the exhibit will continue to evolve as more information comes to light. This is not history being re-written, but is one that endeavors to share truths as they are uncovered.

— Michael Rikley-Lancaster is the Executive Director/ Curator at the Textile Museum

## Arts CP Jewellery Workshop

On Saturday, June 4, come on out to the Carleton Place Library from 1–4PM for a workshop on wire wrapping and jewellery. Relax and learn some introductory wire wrapping and jewellery design skills while creating a stone pendant that is uniquely you! Everything you need will be supplied.

Enrolment is limited, so please register in advance at the Arts Carleton Place website <artscarletonplace.com/workshops>. This workshop is suitable for participants 18 years and older, and the cost is \$60 per participant.

Arts Carleton Place is committed to empowering artists and area residents through the arts. They organize two art show per year, publish an "Artsy Happenings" e-newsletter, and administer a student bursary program that offers a \$500 bursary each year to a student at both Carleton Place High School and Notre Dame Catholic High School.





**Stephanie Mols**  
Realtor®  
613.812.5510  
Stephanie.Mols@C21.ca www.stephanie-mols.c21.ca

**21 CENTURY 21**  
Explorer Realty Inc.  
Stephanie Mols is a member of the Real Estate Council of Ontario (RECO)

**COTTAGE ON LITTLE SILVER LAKE**




Classic summer cottage on the lake. Lounge on the dock and then jump into 17' deep, weed-free waters for a swim. Shallow shoreline for kids. Well-maintained cottage has laminate floors thru-out. New 2021 kitchen counters and all new plumbing. New 2021 Bunkie. Setting is half acre of mature trees. Hi-speed. 8 mins to Maberly and 25 mins to Perth. \$569,900. MLS 1283967

**6 ACRES OVERLOOKING CALABOGIE LAKE**




**SOLD**

On a hill looking west over picturesque Calabogie Lake, 6 private acres with glorious sunsets. Land has mature maples and pines. For your new home, cleared building sites and new gravel driveway. Walk to K&P Trail, or Calabogie golf course. Just 10 mins down the road is Village of Calabogie with swimming beaches, boat launch and great restaurants. Listed for \$374,900





...going the *EXTRA* mile to deliver exquisite service!





Almonte | Carleton Place | Perth | Smiths Falls | Mississippi Mills | Arnprior | Lanark Highlands | Ottawa and The Valley | Eastern Ontario

# Hello Spring!

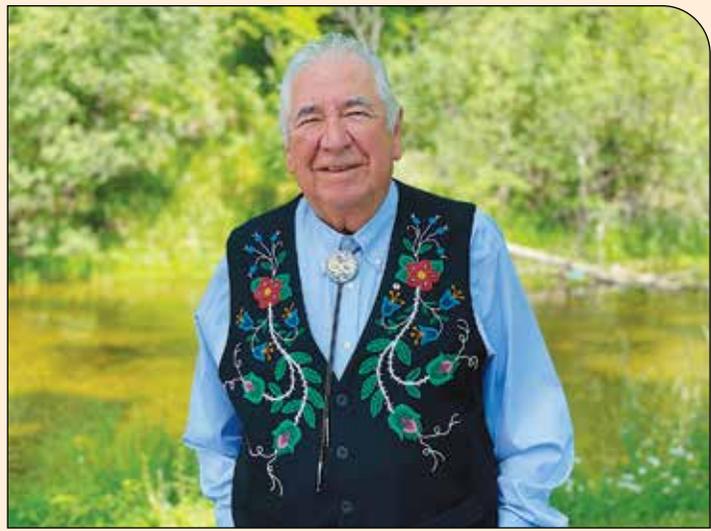
Now is a great time to improve your branding.

Website, logo, print or marketing... We're here!

**sumackloft**  
sumackloft.ca  
256-0378

Schedule a free call with Auni or Dagne today!

**foilmedia**  
foilmedia.ca  
256-5855



Tony Belcourt (above) will be bringing musicians together on June 18 to raise funds for Indian Residential School Survivors

## Buskers for Survivors, Revisited

Building on the success of last year's Busking for Survivors, Métis leader/activist/elder Tony Belcourt will again bring together Indigenous and non-Indigenous buskers, singer/songwriters and recording artists to raise funds for Indian Residential School Survivors. Featuring Kevinn Schofield — The Tennessee Cree, dynamic Fiddleground, blues guitarist extraordinaire Shane Anthony, Aspects and his young singing sensation daughter Ilya Rose, and political folk recording artist Christophe Elie, the performance will take place at the Almonte United Church Sanctuary on Saturday, June 18 from 7–10PM.

This event is sponsored by Mississippi Mills All My Relations, and you can find more information on their Facebook page. Tickets will be available soon from Tickets Please (TicketsPlease.ca or 485-6434).

# Resilient — Ransom Project

Almonte songwriter Keith Sheldrick is set to release his first full-length original album in his senior years, reflecting on a life's work towards resilience and strength. *Resilient — Ransom Project* is quite remarkable, having been recorded by Ottawa Valley and Toronto talent. It will be coming to all streaming platforms on April 29. Here's what Keith has to say about the project:

"Most of us experience many trials and adversity throughout our lives. Some more so than others. Although not always shown on the outside, there are many internal scars most people never see.

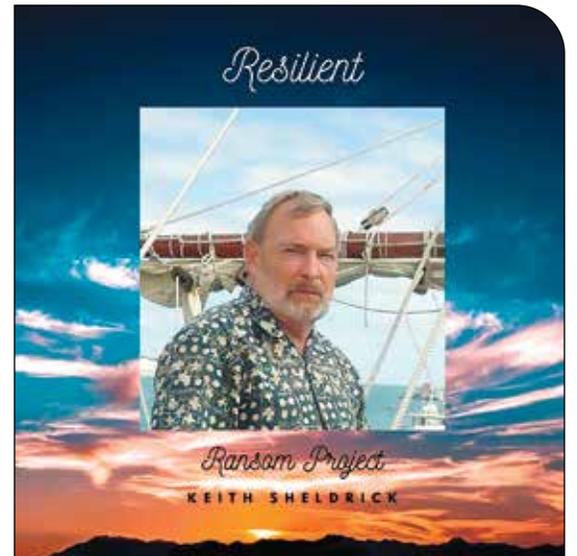
"I am simply a songwriter telling of the struggles in life that I have endured and yet survived to become the person I am today. Through the words of these songs, I hope to connect with those who have gone through similar 'stormy weather' and reassure them they are not alone.

"Many believe that you have to go through the bad times to appreciate the good times. I now enjoy every day with close family and friends, and I look forward to tomorrow.

"These stories transcend generations, cultures, genders and religions. It is about the human spirit and its resilience to rise above adversity inflicted upon them through no fault of their own. The key to being resilient to what life throws at you is through kindness, dignity, and respect of others.

"Although I wrote the original lyrics, the final version heard in this album is a result of collaboration with two of the most amazingly talented people: my mentor and friend Danah-Lee Krieger (vocalist, pianist) and Jon Park-Wheeler (guitarist). I am eternally grateful for their professional insight and musical direction in the production of this album. A special thank you also goes to Ken Friesen of Audio Studios for Mixing, Noah Mintz of Lacquer Channel Mastering, Matt Babineau (drummer), and Jeremie Tessier (vocal assistant).

"My songs reflect my personal history with loss and tragedy. When I was a teenager, my good friend was killed on the roadside as we were walking to town. I escaped injury but the aftermath of such a



Almonte's Keith Sheldrick is releasing his first full-length album on April 29

horrific experience stayed with me. I was left with guilt and had to contend with many negative reactions from the community. I buried my feelings deep inside. I guess this was a survival instinct. At times I felt all alone. Other times I blocked others out. I was becoming someone I never wanted to be. Many people helped me to turn things around. I met a woman who had survived a concentration camp, who was extraordinarily helpful and kind.

"I finally realised that, with the support of close family and friends, I had the power to overcome these adversities and begin to live a normal life — not just on the outside. I made the conscious effort to try to be kind to people I meet.

"This is why I want to share with others who have gone through their own 'stormy weather'. I think the answer has to be in the kindness we show each other. There is no tragedy there.

"All the collaborations and recordings were done remotely during the pandemic. This shows how technology has come a long way in order to unify through music, even at a distance."

## Become a Home Child Care Provider

### Contracting your services to CROW:

- ◆ No administrative fees
- ◆ Work from your own home
- ◆ Care for up to six children
- ◆ Set your own hours
- ◆ Access to equipment lending
- ◆ Support from a Home Visitor
- ◆ Access to possible grants & subsidies



"I like the support, whether it be equipment, emotional support, or reliability of payment. I have nothing but great things to say about CROW."

## Apply Now!

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



4 Ross St., Smiths Falls, ON K7A 4L5  
613-283-0095 • 1-800-267-9252  
Text 613-285-5383 • [hccinfo@crowlanark.com](mailto:hccinfo@crowlanark.com)

# May is Museum Month in Lanark County

After thirty years as the Lanark County Museum Network (LCMN), the 11 member organizations have formalized, expanded and incorporated as **Lanark County Arts & Heritage (LCAH)**. In an effort to become more inclusive and supportive to the arts and culture community, LCAH will provide opportunities for support and collaboration to not only museums and archives but also arts organizations, historical societies and more.

A special promotional video explaining the history of the present partners has been posted on LCAH's Facebook page in celebration of May is Museum Month. Please take the time to visit the museums of the area this May, all of whom are open for the summer as of the Victoria Day long weekend. Many have been closed throughout the pandemic and are excited to welcome the community and tourists on-site and digitally, once again. LCAH is currently comprised of: Archives Lanark, Carleton Place & Beckwith Heritage Museum, Hall of Remembrance Military Museum, Smiths Falls Herit-

age House Museum, Lanark & District Museum, Middleville & District Museum, Mill of Kintail Museums: R. Tait MacKenzie Memorial Museum & Dr. James Naismith Museum, Mississippi Valley Textile Museum, North Lanark Regional Museum and Perth Museum.

Celebrated annually since 2000, May is Museum Month / Mai, Mois des Musées is a program of the Ontario Museum Association and celebrated by Ontario's 700+ museums, galleries and heritage sites. May is Museum Month coincides with International Museum Day on May 18, a worldwide initiative of the International Council of Museums to highlight the importance of the role of museums in creating meaningful experiences for peoples of all origins and backgrounds. Museums, galleries and heritage sites help create distinct and vibrant places to live, work, visit and invest!

To learn more about the museums of Lanark County, please visit Lanark County Arts & Heritage on Facebook.

# Indigenous Arts & Crafts Show on May 7

Zion-Memorial United Church, located at 37 Franklin Street in Carleton Place, is delighted to be hosting an Indigenous Arts and Crafts Show on Saturday, May 7 from 10AM to 4PM. The day will begin at 9AM with a smudging ceremony, and there will be several drumming circles help throughout the day. Food will also be available.

Organizers anticipate that this show will become an annual event with all of the featured artists and artisans coming from the Ottawa Valley or Eastern Ontario. They will be displaying and selling a wide variety of distinctive artistic creations of various modalities. You can expect to find leather and beadwork, jewellery and paintings. There is no admission charge for the event, but all the proceeds will go to Art for Aid <artforaid.ca> and to the artisan vendors. The Art for Aid charity was started by one of the featured artists, Colleen Gray, well known for her stunning paintings. This established program works to support Canadian First Nations, Inuit and Metis art and cultural education programs through access to quality program supplies, awareness and fundraising efforts.

Two other participating artists are Manikot Thompson and Marg Boyle. Manikot Thompson lived and worked in Coral Harbour, formerly the Northwest Territories and now Nunavut. She is a former government minister for both governments — before and after the change to Nunavut — who moved to Carleton Place several years ago. She is a teacher, consultant, and avid seamstress. Manikot collects roadkill and uses them to make traditional Inuit crafts, clothing and leatherworks, and also teaches Inuit culture and skills in her home.

Marg Boyle is a retired teacher (grades K-12) who has lectured at three universities. She is a professional artist, craftsperson, drummer, traditional dancer, writer, vintage shop owner and workshop provider. She is Métis, and her ancestors are Migmag, Abenaki, European, and African. Her artistic media include painting, printing, sculpting, beading, quilt work, ribbon skirts and drum making.

Come and have an enjoyable and unique experience at Zion-Memorial on Saturday May 7!

For more information, please contact Helen Larson at <larsonh@bell.net>.



Artist Colleen Gray will be exhibiting her gorgeous works at the Indigenous Arts and Crafts Show on May 7, and donations at the door will go to Art for Aid — the charitable organization she spearheads

## Library After Dark Returns with Jim Bryson

Library After Dark returns to the Perth & District Library on Saturday, May 28 with a night of music with acclaimed Canadian singer-songwriter Jim Bryson.

Library After Dark is a special fundraising concert series held at the Perth & District Library that offers a chance for people who love music to see top-notch artists in an uncommon space.

Jim Bryson is a Canadian songwriter, singer and record maker. He has released six critically acclaimed solo recordings, the most recent being 2018's *Tired of Waiting*. Jim's latest unintentional project is a series of \$30 singles/releases he calls the *Survival Tactics Series*, meant as an offset to the Spotify/streaming world we now live in.

In recent years, Jim has been recording and producing records for artists from all over the map in the Fixed Hinge Studio he built in 2014. Most recently notable is the August 2021 release of Kathleen Edward's *Total Freedom*, which he co-produced with Kathleen and Nashville resident Ian Fitchuk. Jim lives with his partner and children in his old family homestead in Stittsville.

Doors open at 7PM and music starts at 7:30, so there is plenty of time to grab a bite at your favourite downtown restaurant and explore Perth's Night



Jim Bryson plays the Perth Library on May 28

Market before or after the show. You can also enjoy a beverage from the cash bar at the library during the show.

Tickets are \$32 and available for purchase online at <perthunionlibrary.ca/library-after-dark> in advance, or at the door.

## GOLDEN ARROW PUB & EATERY

**Courtyard Patio is now open!**

**2-for-1 Fish & Chips** Wednesdays

**2-for-1 Ribs** Thursdays

**2-for-1 Schnitzel** Fridays

Live music Friday & Saturday nights

KARAOKE Wednesday nights

\$9 lunch specials

613-267-4500
GOLDENARROWPUB.COM
71 FOSTER ST., PERTH

# These work.

#168 Work & Safety Rubber Toe Cap Black \$229.95

People tell us that our Blundstone CSA boot is the lightest work boot they've ever worn. Pretty incredible when you consider that these rugged boots are more durable than most heavy clunkers.

All-day comfort even on concrete.

Pull-on, kick-off, no-lace safety.

These work overtime.

Open 7 days a week!

14 Mill Street, Almonte, Ontario

613-461-2000 | vamosoutdoors.ca

Tragedy Ann & The Pairs

In-Person and Streaming

Saturday June 4 8:00

Almonte Old Town Hall

Doors open at 7:15

details at [folkusalmonite.com](http://folkusalmonite.com)

thank you...  
Canada

# PERTH NIGHT MARKET

PERTH.CA/NIGHTMARKET

SATURDAY, MAY 28, 2022  
5:00 PM UNTIL LATE  
PERTH, ONTARIO



## Announcing the Alliance "Friday the 13<sup>th</sup>" Sale!

Our spring auction sale of 500 interesting and diverse lots of **Coins, Banknotes, Medals & Tokens** To be conducted live at our "Alliance Coin Auctions" site on iCollector. Starting at 5PM on Friday, May 13.

### Two Ways to Participate!

- Bid in advance of the live sale, either directly through icollector or by submitting bids to us at Alliance Coin & Banknote
- During the live sale, through the icollector platform

Printed catalogues available instore from May 1<sup>st</sup>

**A Rare Presented Hudson's Bay Company Medal in Gold**

**A lovely "Princess Elizabeth" Twenty Dollar note of 1935**

**A Wonderful Double-Struck English Half Penny of 1771, Contemporary Counterfeit**

**A Choice American 1891-CC Five Dollar Gold from Carson City**

**A 1948 Silver Dollar with obverse Graffiti**

**A Scarce 1954 "No Shoulder Fold" One Cent**

**An Imposing Toronto Prison Key, c.1930-1940's**



**Alliance Coin & Banknote**  
88 Mill St., Almonte 613-256-6785 / 613-558-2895  
www.alliancecoin.com Sean@alliancecoin.com

*"Where the World's Coins are Bought & Sold"*