

MAY 2025

# the Humming

Arts,  
Entertainment  
& Ideas

free



p.24 & 25

May's Events



p.8

Songs for the Grove



p.13

Lanark Lit Festival of Writing



p.15

Notes for Nature II



The Art of Jennifer Ajersch 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:** Afternoon tea at **North Folk Café** <northfolkcafe.ca>  
A floral bouquet from **Garden Inspirations** Mother's Day Flower Market  
Handmade crafts from **Riverguild Fine Crafts** <riverguild.com>  
A custom puzzle from **The Occurrence** <theoccurrence.ca>

Patrick Kelly  
SALES REPRESENTATIVE



**INNOVATION**  
REALTY LTD  
BROKERAGE

C: 613.286.8444  
O: 613.755.2278  
[www.kellysuccess.com](http://www.kellysuccess.com)



# Art in the Garden

## JUNE 13-15

### A Celebration of Art, Nature & Community

Artfully Recycled  
Artified Living  
Chaka Chikodzi  
Chandler Swain  
Cherished Goods  
Chris Van Zanten Glass Artist  
Danny Perkins  
David Lydford  
Ellen Fraser  
Feathered Friends Studio  
Forest Boxes  
Lalaland Glass Studio  
L'art-Verre  
Leaf Relief  
Living Stones  
Logan's Stone Forge & Ironworks  
Mad Cap Hats  
Metally Twisted Art  
On the Rocks Whimsical Creations  
Rue Royale  
Rusted Development  
Rustic Builds  
Simply Devine  
Sticks and Stones  
Tuscany Concrete By Design  
Waring Works

Info at [TicketsPlease.ca](https://ticketsplease.ca)

**KIWI GARDENS**  
Growers of Fine Perennials

**kiwigardens.ca**

Friday & Saturday 9 ~ 5 / Sunday 10 ~ 4  
687 Harper Rd, Perth ON K7H 3C9



Who's Reading theHumm

Hey — look who was reading theHumm last month! Thanks to the **Michelle Foxton** team for inviting us to a meet and greet with **The Right Honourable Mark Carney**. Thanks also to everyone who ran for office and volunteered to work on campaigns in this last election — it's a lot of work! Finally, thank you to everyone who exercised your democratic right and voted.



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

**Editor:**  
Kris Riendeau  
[editor@thehummm.com](mailto:editor@thehummm.com)

**Layout and Design:**  
Rob Riendeau  
[rob@thehummm.com](mailto:rob@thehummm.com)

**Advertising/Promotions:**  
Kris Riendeau: (613) 256-5081  
[kris@thehummm.com](mailto:kris@thehummm.com)

**Calendar Submissions:**  
[calendar@thehummm.com](mailto: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 Merrickville. 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 (11 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!

**Subscribe to Hummail — it's Free!**

Do you know about our weekly e-newsletter called "Hummail"? We use it to further promote independent local performers, creators, businesses and community initiatives. It's also a great reminder of what's coming up on the weekend, in case someone has stolen your copy of theHumm...

So far we have sent out over 240 editions of Hummail, and we have over 2000 subscribers.

We would love it if you would subscribe too, and we promise not to share your email address with anyone. You can subscribe at <[thehummm.com](mailto:thehummm.com)>, or by emailing <[kris@thehummm.com](mailto:kris@thehummm.com)>.

# TICKETS ON SALE NOW AT

# TICKETSPLEASE.CA

**CP Gallery Workshops and Creative Classes**  
CP Gallery, Carleton Place  
Ongoing

**Groundhog Day — The Musical**  
presented by **The Mississippi Mudds**  
May 1-10

**Simply Skynyrd**  
Tom Petty tribute concert  
**Farrell Hall, Perth**  
May 3

**Favourite Oldies**  
Spring concert presented by **Goulbourn Male Chorus**  
May 4

**Northern Impressions**  
with Ron Williamson  
**Learning Again in Almonte**  
May 9

**Moms, Maple and Music**  
Mother's D'eh High Tea  
**Burritt's Rapids Community Hall**  
May 11

**There's a Place for Me Here**  
documentary film  
**Studio Theatre Perth**  
May 15

**Out of Sight, Out of Murder**  
presented by **Rural Root Theatre Co.**  
May 20-25

**delve: Amelinda Bérubé**  
Interviewed by Elysia Rourke  
**Equator Coffee Roasters, Almonte**  
May 22

**Songs for the Grove**  
Benefit concert  
**Emmanuel Anglican Church, Arnprior**  
May 24

**Kentucky**  
Album Release Party  
**Almonte Old Town Hall**  
May 25

**Bray & MacLean Trio**  
Art House Music Series  
**CP Gallery, Carleton Place**  
May 29

**Heart Broken**  
Tom Petty tribute  
**Farrell Hall, Perth**  
May 31

**Lanark Lit Festival**  
Courses and workshops  
**Almonte Readers and Writers**  
May-June

**Waiting for the Parade**  
presented by **Studio Theatre Perth**  
May 1-11

**The Fugitives**  
presented by **MERA Schoolhouse**  
May 4

**Mr. Pim Passes By**  
presented by **North Grenville Community Theatre**  
May 7, 9, 10, 11

**Other Hand Tarot**  
**Read It Yourself Workshops**  
starting May 9 and May 11

**Artsy Mending Workshop**  
with Anne Warburton  
**Mississippi Valley Textile Museum**  
May 14

**Georgette Fry & Friends**  
in concert  
**The Broom Factory, Kingston**  
May 18

**Cross Stitch 101 Workshop**  
with Geneviève Fularczuk  
**Mississippi Valley Textile Museum**  
May 21

**Diana Beresford-Kroeger**  
presented by **Rural Woodlands Ottawa**  
May 22

**Marleyn & Lacroix**  
presented by **MERA Schoolhouse**  
May 25

**A Spring Reverie**  
Spring concerts presented by **CP Town Singers**  
May 25 & 27

**French Provençale Dinner**  
with live music  
**Stonefields Estate**  
May 30

**Moonfruits**  
Live! at the Library concert series  
**Almonte Library**  
June 1

## SELLING TICKETS?

Concerts • Plays • Festivals

## WE CAN HELP!

Setup • Support • Promotion

2

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

May 2025



# Indefatigable Jennifer Ajersch

This month's featured Valley artist is the opposite of a couch potato. My thesaurus led me to the choice of "indefatigable" to describe her, because it listed three basic attributes: "Extremely persistent and untiring... Too powerful to be defeated or overcome... Full of life, spirit and energy." Jen approaches her newfound passion for painting with the same gusto that characterized her sports activities and her career prior to her retirement five years ago.

by Sally Hansen

The outcome is the same; she excels. Her recent exploration of painting with oils has resulted in a website gallery that displays 54 delectable paintings — with zero artworks currently available for purchase. Jen assures me that her new oil paintings will be on sale at her home studio in Dunrobin during the upcoming Red Trillium Spring Studio Tour. (As always, the artist's coordinates appear on the back of her Artist Trading Card at the top of this page).

The new medium provides the exact ingredients it takes to inspire her. Jen views painting with oils as a challenge, a learning opportunity, a puzzle to be solved. An intensive workshop with Katherine McNenly on mastering classical oil painting techniques convinced Jen that this medium was worth pursuing. She also credits a workshop with Sarah Sedwick for her rapid progress.

Creating small still life portraits of everyday objects enhances her powers of observation. She finds painting from life a much richer experience than painting from photos, particularly when it comes to nuances of colour and lighting. A gray shadow in a photograph does not evoke the variety and subtlety of hues she can explore when she experiments with the lighting on a plate of fruit or a Bialetti Moka pot. She also loves the fact that painting with oils "lessens the panic" of having to fight against the clock watching acrylic paints dry. She also appreciates that with oils "you get to see what you get", in that they don't dry darker than they appear when you apply them.



The challenge of recreating those nuanced hues with oil paints engages her problem-solving inclination, and to Jen, problem solving means growth. The David Grayson quote she shares is very revealing: "Happiness, I have discovered, is nearly often a rebound from hard work." She adds, "art is very fulfilling to me. It is a self-created puzzle, and if I haven't solved it, there's something to learn." There are also parallels with the engineering work she did. For her, both are very analytical, and she relishes the accomplishment of finding solutions to the compositional and other challenges she creates for herself.

Ajersch moved from Montreal to Ottawa in 1979, and joined her family of engineers by acquiring her degree in electrical engineering from the University of Toronto. During her second year of studies she worked full-time at Bell Northern Research, earning enough to pay for her education. The placement also resulted in a job designing power supplies upon graduation. Flu-



ently bilingual, she eventually morphed into technical marketing of power supplies to high-tech customers, and then worked for a semiconductor company. It was a very demanding career involving travel across Canada and the western U.S., leaving her with no time or mental energy to pursue her interest in art.

## Indefatigable

She did, however, find time to pursue her athletic interests. I noticed two impressive bicycles in the foyer of her home on the shore of the Ottawa River in Dunrobin, but I was totally unprepared to discover that Jen had qualified for and competed in the World Championship Half Ironman triathlon held at Mont Tremblant in 2014! Consisting of a 1.9 km swim, a 90 km bike race, and a 21.1 km run, she placed third in her age group in qualification trials in Syracuse in 2014, and second the previous year. The following quote from the Ironman website supports my "indefatigable" label: "It is a popular choice for athletes looking to push their limits and test their physical and mental strength." Both she and her partner, Keith Mahoney, qualify as indefatigable in my book; both have biked up formidable Tour de France routes. Keith has also qualified as the first Canadian to have completed the "Bicinglette" — a challenge on Mont Ventoux in France entailing six ascents/descents of the mountain in one day.

In addition to her exploration of oil paints as a new medium, two years ago Ajersch decided to explore trail running as an alternative to the thousands of kilometres she has covered doing road running. She discovered a "three-to-one joy ratio". She loves being in nature and running into opportunities like seeing three bears eating soybeans in a farmer's field near Luskville Falls in Gatineau Park. "Just for fun" two years ago, she ran the 435 kilometres of the official



Gatineau Park summer trails. Extremely persistent and untiring... She asks that I mention that she loves a good afternoon nap almost every day. No wonder...

## Full of Life, Spirit and Energy

Jen Ajersch's artistic goals for the future are to "get better at landscapes," and to "find a way to use my art as a voice in this world." She has begun experimenting with Tetra Pak intaglio prints, and just as she refused to be intimidated by oil paints, there is little doubt that she will continue to explore and pursue different media and ways of expressing herself.

## Red Trillium Studio Tour

There is a wonderful opportunity to meet this indefatigable artist on the weekend of May 31 and June 1 during the 2025 Spring Red Trillium Studio Tour. Jennifer Ajersch will be hosting two other artists in her home at Studio Location #1 at 2820 Barlow Crescent in Dunrobin <redtrilliumst.com>. In addition to Jennifer's captivating still life oil paintings and intaglio prints, you can enjoy copperwork and metalwork by Hazy DayZ Dragonflies, and woodturning by John Chamney. If you're very lucky, you might get a peek at the extraordinary wooden furniture and accessories her partner creates in his workshop while Jennifer creates in her studio. That's when they're not running or biking together...

**second annual**

# HIKE

**FOR HOSPICE**

**Sunday, May 25, 2025**

**Crystal Palace in Perth**

BBQ & Registration: 11:30 am   Hike: 1:00 pm

the hospice hub

connecting end of life care

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

**FREE Premium Delivery**  
\*within our free delivery zone

The Destination **UNDER MY ROOF** Furniture Store

**PROUDLY SHOWCASING CANADIAN FURNITURE**

GOOGLE RATING  
★★★★★

[www.undermyroof.ca](http://www.undermyroof.ca)  
Phone 613-623-6108

Vokes

KINGSDOWN

BERMEX

elran

DECOR-REST FURNITURE LTD.

AMISCO

TEMPUR-PEDIC

SUPERSTYLE FURNITURE LTD.

PALLISER

CD furniture



WHO

Jennifer Ajersch

WHAT

Oil Paintings and Intaglio Prints

WHERE

Jbajersch@gmail.com;  
<dailypaintworks.com/Artists/jennifer-ajersch-1523>; <instagram.com/jen\_ajersch>

WHEN

Sat., May 31 and Sun., June 1, 10AM to 4PM, Red Trillium Spring Studio Tour at Studio location #1, 2820 Barlow Cres, Dunrobin <redtrilliumst.com>

WHY

"I'm a visual person by nature — drawn to colour, shape and the subtleties of lighting; making art gives me a place to play around with that and find joy."

THE HUMM

ARTIST TRADING CARD

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

## Drywall & Renovations

Fully Insured  
Licensed Carpenter  
**Duncan Campbell**  
613-880-3788  
campbell.carpenter@gmail.com  
www.campbellrenovations.com

## Joanne Beaton

Welcome home to **157 Church Street** - a rare opportunity to own a home in this desirable neighbourhood. Built in 1870, this charming clapboard & brick home has been lovingly and meticulously restored, with a blend of modern elegance & sophisticated charm. The front porch provides a quiet place to watch the world go by. The home has a cheery living room & functional dining room, with hardwood floors. A farm-style kitchen is the heart of the home - painted pine floors, acacia wood countertops & stainless steel appliances. The sitting room off the kitchen overlooks the gardens with built-in bookshelves. The home features 3 bedrooms, 2 full baths, main-floor laundry and a functional basement area perfect for utilities AND storage, with room for a workshop, and a cedar closet for storage. The attached garage - large enough for one car, with plenty of gardening space as well. Lots of gardens and lovely secluded patio for summer afternoons.  
To arrange your private viewing, call Joanne.

**Need a Realtor in 2025?  
Let's Connect!**

**JOANNE BEATON**  
Sales Representative  
613.407.4309  
joanne@joannebeaton.ca

**exp**  
REALTY  
BROKERAGE

**Joanne Beaton**

# Art in the Attic

## A Kaleidoscope of Creativity on May 10 & 11

By Laurette Lafleur

In our 35<sup>th</sup> year, members of Almonte and Area Artists Association (4A) look to the endurance and beauty of coral reefs for inspiration. Just as the reefs have protected and nourished our ocean, our artists, over the years, have protected and inspired our sensitivity. Through the kaleidoscope of creativity, 4A members have withstood the test of time and changing sociological environments. They will showcase their work at the annual Art in the Attic Show and Sale on Mother's Day weekend on the top floor of the Old Town Hall in Almonte.

The Association welcomes all artists employing every type of media expression. We believe that one form of art can inspire another artist's work, creating a vibrant synergy. Paint, lenses, paper, kilns, needles and other tools help the artist to create all forms of art. It is the thoughts and insights of each artist that matter.

We want to share with you. We can tell you the story behind each of our works. Some tales are funny, some inspirational; all are unique. Walk with us through the process of creation. Learn what inspired. Get to know our goals. Share your feelings. All artists will be in attendance, and we look forward to meeting you.

What will you see? Wall art. Shelf art. Wearable art. Useable art. All are distinct expressions of talent. Some of our artists value realism; others push the boundaries of their imagination. For instance, one jeweller paints images on her jewellery and canvases, while another crochets gemstones into wearable art; sculptors translate culture into garden art, fused glass, pottery and wall hangings; a university professor of



Don't miss this year's Art in the Attic show and sale on Mother's Day weekend at the Almonte Old Town Hall. Shown here are works by Donna Mitchell (above) and Robert Reid (below)

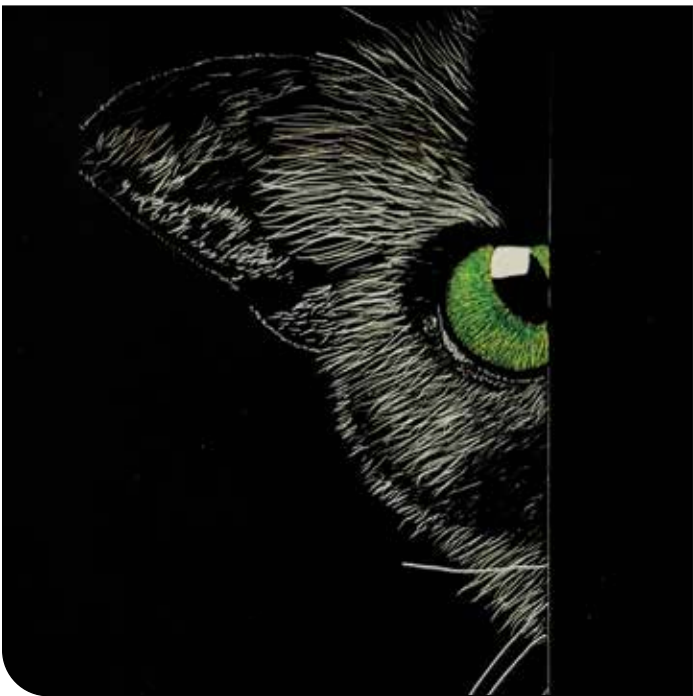
photography preserves the memory of youthful rock and roll stars; one artist presents her love of animals in outdoor painted quilts; fabric artists convey the joy of life into wall hangings, miniature quilts and wearables; painters convey their interpretations of nature and life using all types of media; photographers reveal what is unique beyond the lens; and our art mentors lead by example by showcasing their own gifts.

These are just a few of the artists that will be in attendance. There will be art cards to celebrate every occasion, and a range of prices to suit your budget. Walk away with artwork that will bring a smile and nourish you every time you see it. We appreciate your interest and support.

Art in the Attic is our annual showcase where each member presents their best endeavours. Every year we assist new and emerging artists to flourish. Come join their adventure.

The artists are friendly, their work professionally displayed. As a thank you, on both Saturday and Sunday there will be a draw for a \$50 gift certificate to apply to the purchase of any artwork that has captured your fancy. Hours of viewing are Saturday from 10-5 and Sunday from 10-4 on May 10 and 11. The Almonte Old Town Hall has an elevator located on the ground floor. We look forward to meeting you!

— Laurette M Lafleur is a photographic and literary artist, and the publicity coordinator for the Almonte & Area Artists Association



**Let the bees buzz,  
let the birds sing!  
Hello sunshine,  
Welcome Spring!**

From hanging baskets, trees and shrubs, to interlock and landscape supplies.

**We are your one stop garden shop!**

142 Pick Rd, Carleton Place • 613-253-3467 • ReidGardens.ca



# In Memory of Noreen Young, 1939–2025

By Kris Riendeau

I can't recall exactly when I first encountered Noreen Young, but I will never forget the experience of meeting her. Within a few minutes, she sussed out my penchant for volunteering and offered me the first of many opportunities to assist her in bringing something creative to the community. Even though she had decades of professional experience and I was just starting out in an amateur capacity, she made me feel like my contributions were welcome and important. Noreen has a real knack for identifying people's gifts and putting them to use, and she has mentored countless performers, puppeteers, and community enthusiasts like me.

One of the first opportunities she offered me was the chance to open for April Wine, The Joel Plaskett Emergency, and the Canadian rapper k-os. The catch was that I would be performing as a 15-foot-tall dancing puppet on an icy stage at Winterlude. Those giant ladies were a huge hit! And although they have since been decommissioned, I can still recall looking out from a panel in the skirt as I walked one of them in the annual Puppets Up parade, seeing the beaming faces of kids who were looking up at her tall and stately face. Noreen made puppeteers of many of us, and puppet-lovers of all of us.

One of the main ways in which she accomplished that was by bringing the Puppets Up! International Puppet Festival to Almonte from 2005–2016, and reviving it again in 2022 and 2024. Over the years, tens of thousands of people have enjoyed the festival that “Joyfully celebrates the art of puppetry”, and which has beckoned artists and audiences from around the world.

Jane Torrance, President of the Board of the Festival, writes that: “Noreen was a generous spirit with a joyful presence, and she had an unassuming gentleness that inspired people. We saw it reflected in children's faces when her puppets spoke to them; in audience members



Noreen Young, pictured here in her Artist Trading Card photo from when she was profiled in theHumm in 2004

when they realized that their idol, Gloria Gopher, was in front of them; in puppeteers when their mentor was in the audience; in the awestruck expressions from her fans; and in the absolute dedication of her peers and volunteers. We loved Noreen and she loved us right back. We mourn Noreen and we mourn Gloria.”

Mississippi Mills Mayor Christa Lowry recalls Noreen's longer legacy: “It is with sincere sadness that I learned of the passing of Noreen Young. Noreen was a national gem, but nowhere was she more beloved than here, in Mississippi Mills. A masterful puppet builder and renowned puppeteer for over 50 years, she became nationally known for the CBC children's show *Under the Umbrella Tree*. In 1995, Noreen was invested as a Member of the Order of Canada, an honour which recognizes outstanding achievement, dedication to the community and service to the nation. Noreen's legacy will live on through the Puppets Up! Festival, and we will remember her with a smile every time a puppet makes an appearance at a local event, or when walking by the bronze monument of Gloria Gopher, who she portrayed on *Under the Umbrella Tree*, that resides along the Alameda.”

Noreen was also a tremendous friend to theHumm. For years, she wrote a monthly column about artsy happenings in Almonte and area under the pseudonym “Euphemia Lark”. When Humm Team Productions mounted our first full-length musical in 2019, *Who Stole Christmas from Mississippi Mills*, Noreen gamely agreed to perform as a puppeteer. And when we put on a Zoom production during the pandemic to raise funds for local theatres that were struggling to pay their rent, Noreen volunteered, along with her brother Stephen Brathwaite, to emcee the night.

Noreen always led by example, practically knocking herself out to create and support initiatives that brought so much to our community. She was the first to convene a meeting to plan the next festival, Con, fundraising show — you name it. She was the last to go home after a crazy weekend of shows, workshops and panels. She brought her best to every endeavour, which brought out the best in the many people who volunteered and performed along with her.

We will miss you dearly, Noreen. If your legacy is measured by how many smiles you brought to people's faces, you are immortal. We'll see you, under the umbrella tree.



Noreen in 2023, holding her beloved puppet Gloria Gopher in front of a statue of Gloria that was installed along the Alameda in Almonte. *Under the Umbrella Tree* fans will note the presence of Gloria's friends Iggy Iguana (Bob Stutt) and Jacob Bluejay (Stephen Brathwaite)

1008  
PUZZLE

0.5% more than  
the other guy!

938  
MAY  
10<sup>th</sup>

Contest by WILLIAM BUCK  
CANADIAN MAGAZINE  
MAY, 1938

Who Will Lead the Conservatives?

VOLUME 89, No. 5

Oh, Canada!

100% Canadian made in Merrickville.  
Featuring Canadian artists  
and Canadian images.

We also make custom puzzles.

TheOccurrence

@TheOccurrence.ca Visit The Puzzle Factory:  
105 West Broadway St. Merrickville  
Hours: Tuesday ~ Saturday, 10 AM to 5 PM

HAPPY FEET!

BIRKENSTOCK

remonte<sup>®</sup>  
by ELLE

Olukai

VAMOS  
OUTDOORS

14 Mill Street, Almonte  
613.461.2000  
open 7 days a week

Blundstone Desigual.  
patagonia Kuhl

May 2025

www.thehummm.com

theHumm

5



**Mother's Day Flower Market  
and Potted Plant Sale**  
May 10<sup>th</sup> and 11<sup>th</sup>, 9–5  
101 Bridge Street, Almonte  
Elegant floral bouquets & over 1000 potted plants  
including rare & old-fashioned favourites.  
Bring a box for your plant babies and cash only please.  
**Garden Inspiration**  
*Locally grown organic flowers*

**CARLETON PLACE,  
Farmers'  
Market**  
**WE MAKE...WE BAKE...WE GROW**  
**Season Opens May 10!**



**Each Saturday from 8:30AM–12:30PM  
beginning mid May until Mid October  
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!**  
For more information and special events, visit us on  
Facebook, Instagram, or check out [cpfarmersmarket.wordpress.com](http://cpfarmersmarket.wordpress.com)

**ROWLAND LEATHER  
MERRICKVILLE**

**COME  
VISIT US!**

**HANDCRAFTED  
BAGS & GOODS  
THAT LAST A  
LIFETIME.**




**WE'RE OPEN EVERYDAY FROM  
10:30AM-4:30PM**

159 ST. LAWRENCE ST.  
MERRICKVILLE, ONTARIO

613.355.0736  
rowland leather  
rowlandleather.ca

# EcoFest Westport

## A Day of Inspiration, Action, and Fun for All Ages!

Plan a day in Westport and get inspired at EcoFest on Saturday, May 24. Activities take place from 10AM to 3PM at Lockwood Park and the WTC Communications Centre at 37 Spring Street. Brought to you by Better Together Circle, the festival is now in its third year and better than ever. EcoFest brings together advocates, artists, crafters, experts and business leaders who are making a difference in protecting our natural environment.

You'll find interesting speakers, info booths, exciting workshops, sustainable vendors, live music, barnyard animals and fun for the whole family. And that's not all!

### Listen and Learn

At the WTC Communications Centre, you'll discover interesting speakers who'll delve into topics you don't hear about every day. First up at 10AM, astronomer and dark sky advocate Robert Dick will speak about shoreline lighting. At 11AM Mireille LaPointe, Ardock First Nation grandmother and community helper, will discuss 2-Eyed Seeing. At noon, Britt and Alister of Berries and Bushcraft will talk about Dehydrating Your Harvest. At 1PM, Mike Banks will tell you all about Electric Vehicles. And at 2PM, nature therapy guide Claire Beach will speak on The Power of Eco Therapy.

### Make A Difference

Wander the information booths inside the WTC Communications Centre, where you'll find individuals, experts and organizations who are making a difference locally and contributing to global well-being. Find out how Watersheds Canada can help you protect the waterways, how Rideau Waterway Land Trust conserves local land, how Climate Network Lanark advocates for climate protections, and what Frontenac Arch Biosphere Network is up to. Want to know how to plant a pocket meadow, rewild your yard, build sustainably and even sequester carbon? This is the place to be!

### Performers & Sustainable Marketplace

The bandshell at Lockwood Park hosts poet Darien Smith at noon, followed at 1PM by the amazing percussive feet of the Rideau Canal Cloggers. 2PM brings lively folk, bluegrass, light classic rock, jazz and bossa

nova tunes brought to you by Rob Rainer and Mary Lou Carroll.

Feel good about buying from local artists and makers who produce upcycled leather creations, clothing, paintings, fibre art, soap, candles, native plants to attract pollinators, and other items you'll discover as you ramble through the sustainable marketplace. You might even be inspired to try your hand at the creative arts table — felting a dryer ball or adding your own imprint to a collective community handprint.

### Discover Westport

See Westport in a whole new light with a free green self-guided walking tour of the village — a learning activity everyone can enjoy. Take a photo of the map or a paper copy and you are on your way.

Head down to the harbour and join a free paddling excursion in a voyageur canoe, led by trained staff with Rideau Roundtable, leaders in eco-education. This is a great way to learn about the biodiversity and cultural history of the area as you paddle around the bay. Stay until dark for the Dark Sky Festival at Narrows Lock.

### Better Together Circle

EcoFest is organized by Better Together Circle, a small Westport-based grassroots volunteer group concerned about the climate emergency and a fair and just society. All activities at EcoFest are free thanks to the support of our local sponsors: Westport Lions, The Village of Westport, Westport Blooms, The Cove Inn, Life is Good, Peggy and Bob Thompson, and many friends and supporters.

In the words of celebrated ethologist and conservationist Jane Goodall, "What you do makes a difference, and you have to decide what kind of difference you want to make." At the local level, hundreds of people, organizations, businesses and youth groups are working on solutions to ensure a sustainable future for all living beings.

Come to EcoFest to learn more about living lightly on the earth and acting to help preserve our precious natural environment!

Be sure to check <[bettertogethercircle.org/events](http://bettertogethercircle.org/events)> and find them on Facebook and Instagram for the latest schedule of events.



Get inspired at EcoFest Westport on May 24!

**SHOP LOCAL  
BUY CANADIAN**



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

**PÊCHES & POIVRE**  
fine food, fun kitchen & artful dining ware

613-256-5764  
89 Mill St. Almonte





Come see an amazing new local documentary at Studio Theatre Perth on May 15. Admission is free, but donations to Cornerstone Landing will be gratefully accepted. Photo above by Lori Taylor.

# There's a Place for Me Here

## A Documentary by Queer Connection Lanark

On May 15 at 7PM, Queer Connection Lanark (QCL) is very proud to be presenting *Lanark County Voices... There's a Place for Me Here* — a documentary featuring thirteen incredible members of the 2SLGBTQIA+ community, offering a glimpse of what their lives are like in Lanark County. This documentary weaves their stories together into a vital archive of their insights, struggles and hopes for the future. You will hear how people have built a community; how, amidst many positive changes, the continued need for progress persists.

The documentary will be screened at Studio Theatre Perth. Admission is free, but people are asked to register at Tickets Please ([queerconnectionlanark.ticketsplease.ca](http://queerconnectionlanark.ticketsplease.ca), 485-6434). In lieu of an admission fee, please consider donating to Cornerstone Landing. Cash will be accepted at the door, or you can visit [cornerstonelanding.com](http://cornerstonelanding.com).

theHumm contacted QCL to find out more about this ambitious and important project.

**How did the idea for this documentary first come about, and why did you decide to use film as the medium for conveying this message?**

Queer Connection Lanark: The original concept was to create a forum that would enable service providers to hear directly from the 2SLGBTQIA+ community. We had hoped service providers would "see" us as a collective presence and therefore be more accountable to the community they serve and support. Unfortunately, there was a minimal uptake from both the agencies and the community.

This led us to ask more questions. What can we do to promote better understanding and visibility of the 2SLGBTQIA+ experience for local people and service organizations in Lanark County? Can we create an archive of experience, perspective and wisdom that others can access? From there, making an interview-style documentary seemed like the natural choice because of its versatility and longevity.

**How were the thirteen members of the community chosen? Was it challenging to find people who were willing to discuss their personal journeys in a format that will be shown publicly?**

The thirteen members of the community were individually approached to represent diversity within this community. When asked, no one hesitated.

**What does Queer Connection Lanark hope people will gain or learn from attending the screening?**

The screening serves two purposes. For those who are on their own journey, hearing perspectives and observations from those interviewed can provide a sense of support and community solidarity.

Second, we hope this documentary will nurture community with allies and the broader public — both in feeling and in action — by serving as an inspiration for greater acceptance and valuing diversity.

**Are there other ways or times that people can see the documentary if they are unable to attend this event?**

QCL will share clips on social media platforms, and we are currently looking into options for posting the documentary online as a permanent archive. There is also a possibility the documentary will be shown in theatres, at Pride events and social service agencies.

**Why is this event raising funds for Cornerstone Landing?**

This project was a labour of love, fueled by QCL's mission to increase the visibility of the 2SLGBTQIA+ community. We received funding from Perth Community Development Fund to host the premier event and wanted to pass on that support by encouraging attendees to donate to an incredible local organization currently experiencing a funding squeeze. To us, it seemed like a natural extension of the purpose of this film — to go out into the world and foster community. We are neighbours helping neighbours.

**How can people engage with Queer Connection Lanark if they are just hearing about the organization and would like to join or find out more?**

Please visit us at our website [queerconnectionlanark.ca](http://queerconnectionlanark.ca) or on our social media platforms. We are now hosting a growing Discord group, and we send out a newsletter to keep everyone informed of events, local issues and volunteer opportunities. We'd love to hear from you!



# Lanark Lit

## Festival of Writing



**Recovering Language when Words Fail Us**  
creative writing with Peter Winfield

May 10, 2025 ~ 2:00 to 4:00 p.m.  
Almonte Public Library



**Introduction to Oral Storytelling**  
a 4-week course with Jennifer Cayley

May 13, 20, 27, & June 3, 2025 ~ 4:30 to 6:30 p.m.  
Perth & District Public Library



**Exercising Daemons/Exorcising Demons**  
writing life & writing horror with Sean Moreland

May 24, 2025 ~ 1:00 to 3:00 p.m.  
Perth & District Public Library



**Local Lit OPEN MIC**

May 15, 2025 ~ 7:00 to 9:00 p.m.  
Ottawa Valley Coffee Almonte



**delve ~ In close conversation with**  
**Amelinda Bérubé, interviewed by Elysia Rourke**

May 22, 2025 ~ 6:30 to 8:00 p.m.  
Equator Coffee Almonte



**From Page to Stage ~ Writing for Theatre**  
a 4-week course with Rob Riendeau

June 3, 10, 17, 24, 2025 ~ 6:00 to 8:00 p.m. weekly  
Almonte Public Library



**Leaving Room for the Illustrator**  
in picture book writing, with Laura Piggott

June 7, 2025 ~ 1:00 to 3:00 p.m.  
Perth & District Public Library



**Writing Outside the Cage**  
A workshop with Marilyn Simonds

June 8, 2025 ~ 10:00 a.m. to 12:00 noon  
Almonte Public Library



**Telling the Stories of Our Lives**  
A workshop with Wayne Grady

June 8, 2025 ~ 1:00 to 3:00 p.m.  
Almonte Public Library



**Local Lit OPEN MIC**

June 26, 2025 ~ 7:00 to 9:00 p.m.  
Jazzy's Brewhaus - Perth



**delve ~ In close conversation with**  
**Amanda West Lewis & Tim Wynne-Jones**

June 19, 2025 ~ 6:30 to 8:00 p.m.  
Equator Coffee Almonte



**Local Lit OPEN MIC**

July 24, 2025 ~ 7:00 to 9:00 p.m.  
Jazzy's Brewhaus - Perth



[www.lanarklitfestival.org](http://www.lanarklitfestival.org)



# One-of-a-Kind

## En Plein Air Competition

Along the historic Rideau Canal from Old Slys Lock to the grounds of the Heritage House Museum, 11 Old Slys Road, Smiths Falls ON, K7A 3M3

**June 7, 2025**  
from 8am – 5pm

Registration Deadline June 1, 2025

For more information or to register,  
contact the Smiths Falls Heritage House Museum at  
613-283-6311 or [sfheritagehouse@gmail.com](mailto:sfheritagehouse@gmail.com)





# Songs for the Grove: A Concert for Conservation

## Valley Artists Amplify the Fight to Protect a Beloved Arnprior Forest

By Jess Hallam

Twenty-some years ago, Jen Noxon strolled into Gillies Grove for the first time — and found something.

“I was all alone in there, the warm breeze running through the trees,” she remembers. “It was a profound experience, like walking into a cathedral.”

With newfound inspiration, Noxon returned home to Almonte, did some research, picked up her guitar and wrote *Tall Pines*. The song eventually landed on an album by Frida’s Brow, a trio with whom Noxon was nominated for a Canadian Folk Music Award.

*Tall Pines* reflects Noxon’s love at first walk, sure, but like many of the best folk tunes, it veers into the political. At the time, a community group called Save the Grove had just won a long battle to protect the Arnprior woodland from residential development.

Once the vultures gathered  
To build a planner’s dream  
Saying, “Hey there’s money growing on those trees”  
But the people stood up in disbelief  
Saying, “Hey, they’re a living’ history  
Why don’t you know this is where the tall pines grow”  
— from “Tall Pines”, by Jen Noxon

### Still Strikes a Chord

A quarter-century later, Noxon, accompanied by Brendan Gawn, will perform *Tall Pines* to open a musical benefit in support of a very familiar environmental cause. You might say it’s something of a sequel to the story in its lyrics.

**Songs for the Grove** takes place on Saturday, May 24 at Emmanuel Anglican Church in Arnprior, a stone’s throw from the Grove, with doors opening at 7PM.

Noxon and Arnprior musician Philip Candelaria are co-hosting the evening, which features a mix of classical and folk performances. Artists from across the Valley will be donating their time to drum up support for the revived community effort, Save the Grove Again.

“Every musician we’ve contacted has been immediately on board, happy to share their talents and contribute to the cause,” says Candelaria, an internationally renowned classical guitarist. “The Grove is a special place, so it’s not been difficult to get people involved.”

### A Sound Barrier

The Save the Grove Again community assembled last year in response to Cavanagh Communities’ plans for a housing subdivision on the property connected to the eastern boundary of Gillies Grove.

Though the vast majority of the woodland is owned by the Nature Conservancy of Canada, some of the ancient forest spills into the land slated for development, along with new eastern white pine growth and environmentally protected waterfront.

“With only 2% of old-growth forests remaining in North America, we’re all becoming more and more aware of how precious this area is,” explains Candelaria. “We don’t want anything threatening the core by threatening the periphery.”

Their concern about the adjacent land relates to the ecotone — the most biodiverse zone of Gillies Grove — where the forest meets the meadow. This natural barrier not only protects the Grove from wind and harsh weather; it also plays important roles to do with rainwater disbursement, animal habitat and more.

The group would like to see the area remain a greenspace, as it has been open to the public with pathways and community gardens for decades.

Candelaria and his wife walk the area often. He agrees wholeheartedly with Noxon’s cathedral metaphor, adding: “Music in a cathedral can be a powerful experience. When you step into the Grove, there’s wondrous music there too: birdsong, leaves rustling and a quiet strength that reverberates.”

### Artists from Across the Valley

The venue for Songs for the Grove, a Gothic Revival-style church with high vaulted ceilings, should provide ideal acoustics for this local-ish lineup.

“We’ve got a nice variety of musicians with different styles,” adds Candelaria. “The audience will get everything from straight classical to what I do, which is Latin-flavoured classical, and a couple of different genres of folk.”



Jennifer Noxon (above) and Philip Candelaria (below) will be joined by other musical friends at a fundraiser for Save the Grove Again on May 24 in Arnprior

Arnprior’s folk storyteller Fred Dell’Amico with his four-string tenor guitar is set to perform, as well as cellist Patrick Klein, jazz guitarist Richard Fallows, and Three Corner Orchard.

“Three Corner Orchard is made up of Heather Adeney and Dave Meisenheimer — a husband and wife folk duo out of Carp,” says Noxon. “Heather’s an intriguing songwriter whose love for nature, trees and forests shines through her songs.”

### Tickets, Please

Tickets to Songs for the Grove are \$25 and available at two stores in Arnprior: White Pine Books and Green Bean Natural Foods. They can also be purchased at Tickets Please (TicketsPlease.ca, 485-6434).

Proceeds will go to Save the Grove Again to support the group’s outreach and education efforts, as well as hiring professionals to help them strategize and navigate municipal matters.

The group is also hosting their monthly STGA Community Coffeehouse at Café Tilda in Arnprior on Thursday, May 15 at 6:30PM. The two-hour event is about connecting neighbours, updating supporters on advocacy efforts, sharing ideas and friendly chit chat in an informal setting. For more information, please go to <savethegroveagain.com>.

# Friends of the Library Online Auction

## The Best of Mississippi Mills

By Barbara Carroll

The Friends of Mississippi Mills Library are holding our fourth annual online auction in 2025. This year we are calling it “The Best of Mississippi Mills” as it will feature wonderful local businesses, organizations and individuals. Last year our auction raised nearly \$7,000 to support Library programming, and we hope to top that this year.

The Best of Mississippi Mills auction will be presented in May and June. In May we are looking to businesses, organizations and individuals for donations of a gift certificate, a service or an experience. Those businesses and organizations who donated to the auction in the past are enthusiastic about doing it again this year. And why not? There is a benefit to them as well as to the Library. Donors get great exposure, including their logo and website link on the auction site, six weeks of free advertising, and free exposure on at least 12 local social media sites. Donors also play an active role in pulling the community together,

promoting a “Buy Local” movement, and showcasing all that Mississippi Mills has to offer. The exposure our auction site provides is not to be sneezed at. Once the auction goes public, participants visit the site often. Last year the site was visited just over 17,600 times. Lots of repeats to be sure, but repeated exposure works well!

If you have a business, run a local organization, or have a service to offer as an individual, please consider being a donor. Got a new business? This is a great opportunity to promote yourself. Got a skill you’d like to share with others? This is the place to do it. Part of an organization that provides opportunities for the community? Get the word out!

Whether you are a business owner or a passionate community member, we urge you to help make our 2025 auction a success. If you are interested in being one of our donors, or would like to make a donation to support library programming, please contact auction committee member Barbara Carroll at <friends@missmillslibrary.com>.

# BOOK LAUNCH

THE VIEW FROM COFFIN RIDGE  
**A CHILDHOOD EXHUMED**  
A MEMOIR  
GWEN LAMONT

Author Gwen Lamont

“One courageous woman’s memoir of overcoming violence and trauma that looks straight into the heart of darkness to find the light. I loved this book.”  
Maude Barlow  
Author and Activist

“Gwen’s story will shock and astound you. Immediately engaging, heartbreaking but hopeful. An absolute must read memoir.”  
Cea Sunrise Person  
Bestselling Author of North of Normal and Nearly Normal

**\$50 TICKET INCLUDES:**

- Signed Book
- Author Reading + Q&A
- Bottle of “Into the Light White” Wine
- One drink of your choice + nibbles

Published by: THE GINGER PRESS

• **FRIDAY, MAY 9**  
• **7 P.M.**  
• **ARNPRIOR CURLING CLUB**

For tickets and more information:  
**CoffinRidge.ca**      **GwenLamontAuthor.ca**

Buy your copy at

**152 John St. N. Arnprior**  
**whitepinebooks.ca**

8

the Humm

www.thehummm.com

May 2025



# Malak Karsh: Here There Be Connections!

By Heather Phaneuf

Don't you love the greening of the season and the promise of tulips? The rushing of the Mississippi River nudging the land where so many mills set our history? Local museums holding so much to discover? And do you know that one thread connecting them all is none other than Malak Karsh?

Malak Karsh, an Armenian Canadian photographer, was born in what was then the Ottoman Empire and immigrated to Canada in 1937, following his older brother who immigrated in 1924. He was known as Malak — a way to distinguish himself from his brother Yousuf, known as Karsh.

Their photographic professions moved in distinct directions. Malak became known for his impeccable capture of the natural and built environment of Canada, and yes, of tulips too. Yousuf distinguished himself with his photographic portraits. Who can forget when the Winston Churchill portrait by Yousuf Karsh, stolen from the Chateau Laurier, was reinstated in 2024?

My curiosity began when I spotted a photo online indicating a charming picture of the interior of the William Lyon General Store in Appleton taken by Malak. What followed was an enjoyable journey at the Mississippi Valley Textile Museum (MVTM) and the North Lanark Regional Museum.

My first foray was going through a box of Karsh photographs at the MVTM in Almonte and viewing

their digitized collection. Seeing community faces that helped to shape the economy and culture of the era was riveting. Curator Michael Rikley-Lancaster, also President of the board of the Ontario Museum Association, said: "... the individual and community stories are just as important as the larger histories." These stories are Canada's story: "We're all threads of history, woven into the Canadian tapestry — it only makes us stronger to discover the connections that we all share with the broader community."

My next adventure was to head to the North Lanark Regional Museum in Appleton. Said Anna Hall, Museum Coordinator: "We're proud to preserve the stories of Lanark County... and it's not widely known that Malak Karsh spent time here. Small counties all over the country hold little treasure troves of history and culture, and it's important that we take the time to connect with these histories." I sensed a common

thread — what we have done here, or are doing, is intimately connected to the progress of our nation.

There was a key reason to visit this particular museum — a photo album holding images of the Collie Woolen Mills in Appleton: the workers, the skills, the life played out here on the banks of the Mississippi River in the '40s. At that time, the Collie Woolen Mills were in full form and William Russell Lyons ran the General Store. Mere years later, fires caused the closing of the historic woolen mills that had been at the heart of the town since 1862. Today you see the ruins of the Collie Mills, and the General Store is rising in a new way after being decimated by fire years back.

Immersing himself in the area, Malak stayed with the Hutchinson family. In my hands was the thank-you gift he gave them — a copy of a photo album donated to the museum. Turning the pages I discovered so

many unexpected things — like how houses were built for mill workers by the Collie family; what work meant in a mill; and that lovely shot of Eleanor McMunn, the first and only dyer in Canada at the time. Connections to the greater story of our nation captured by Malak Karsh who preserved a slice of time for us.

Well known for his extensive photographs of Ottawa, the Parliament Buildings, the Rideau Canal and the National Capital Region, Malak



Photos of local places and characters by esteemed photographer Malak Karsh can be found at the Mississippi Valley Textile Museum and the North Lanark Regional Museum

also loved the tulips gifted from the Netherlands government for having sheltered Princess Juliana during WWII. That passion had Malak approach the city in 1952 about creating a Tulip Festival — it runs to this day every May.

For close to six decades Malak logged over one million images of Canada — a collection that may be the most comprehensive visual record of Canada in existence. Can you imagine that over 400,000 images alone are held in Library and Archives Canada and that some are accessible online through local museums in Mississippi Mills?

We are known by our stories. What Canada will you find at a local museum, eh?



## HERITAGE ACCOUNTING & TAX SERVICES

### Accounting the Heritage Way – Personal, Local, Reliable

At Heritage Accounting & Tax Services, community is at the heart of everything we do. Proudly serving Perth, Almonte, Carleton Place, Smiths Falls, and Eastern Ontario, we provide personalized, trusted accounting solutions right in your neighbourhood.

Our dedicated team provides:

- **Personal Tax Planning & Preparation**
- **Estates & Estate Planning**
- **Small Business Income Tax & Planning**
- **Corporate Income Tax & Planning**
- **Bookkeeping & Payroll**
- **Financial Statements**

We're the one-stop shop for all your financial needs, built around your unique goals and community values.

#### Almonte Office:

Suite 101, 56 Mill Street  
Box 643  
Almonte, ON  
K0A 1A0  
**613-256-3152**

#### Perth Office:

54A North St.  
Perth, ON  
K7H 2M7  
**613-267-6788**

*Feel confident and welcome, every step of the way.*

**heritageaccounting.haskinsfinancialgroup.com**







**OPENS MAY 17**  
**SATURDAYS 8:30 AM to 12:30 PM**  
**AT THE ALAMEDA**  
 visit [almontefarmersmarket.com](http://almontefarmersmarket.com)



**IDEAS** **Fun** **IMAGINATION** **PUZZLES** **BOOKS**

**Spark**

BOOKS & CURIOS  
FOR THE CURIOUS MIND

(613) 466-0555  
[spark.perth@gmail.com](mailto:spark.perth@gmail.com)  
[sparkperth.ca](http://sparkperth.ca)



**MOTHER'S DAY**  
*Afternoon Tea*

FRI SAT MAY  
 SUN 9, 10, 11

Join us for a special Afternoon Tea in Perth at North Folk Cafe: decadent pastries, scones, berry compote, mini tea sandwiches, clotted cream all made in house.

Reserve your spot online  
[www.northfolkcafe.ca](http://www.northfolkcafe.ca)  
 613-201-3139



Local singer/songwriter Kentucky (above) will be launching his solo album at a fundraising concert for the Mississippi Mills Youth Centre (below) on Sunday, May 25, along with musical guest Vicki Brittle

# A CD Launch for MMYC

*By Kentucky*  
 Dear reader, I am Kentucky — an acoustic rock singer/songwriter living and working right under your nose in Almonte, my adopted hometown and the backdrop for my songs, music videos, and first-ever solo album *Second Chance Music*, due out on May 25.

I knew when I was putting together my Ontario album preview tour that I needed to end it with a big bang in Almonte... so we booked the Old Town Hall for Sunday, May 25 at 3PM. I also knew that we needed the absolute best and brightest for miles around... so I asked Vicki Brittle to join the show, and thank goodness she said yes! I know how expensive everything is now, so kids 12 and under are free and we will have face painting and craft tables for the little ones. I also know first-hand how refreshing it can be to have a great coffee, beer, wine or a snack in the middle of a Sunday afternoon with your kids, so we are bringing Ottawa Valley Coffee Almonte to provide all of the above. Last of all, I knew I wanted the show to benefit the community as a thank-you to Almonte... so I called up my favourite place in town and asked if we could turn this last tour date into a benefit concert, with 100% of the proceeds benefitting the Mississippi Mills Youth Centre.

The Mississippi Mills Youth Centre, or MMYC, is Almonte's very own not-for-profit youth centre dedicated to supporting youth in the discovery of themselves and their community. This is critically important work. Children in our society spend a lot of time getting talked at, taught, herded and controlled by various forces far beyond their ability to change. Rarely are they asked simple, loving questions about the deepest parts of who they are, and then given space and adult support to explore their own answers in a safe and meaningful way. The MMYC does just that through their programs, events, fun classes, projects, community outreach, and by just providing a safe place for kids to spend some time. For those reasons, Vicki and OVC Almonte and I are putting our names behind them for this benefit concert, and we encourage you to do the same. There are also many other individuals and organizations throughout Almonte who continue to support the MMYC, including the Municipality itself, and we are only too happy to be joining their ongoing efforts.

I'd like to close by sharing something called "A Covenant for Child Honouring", which is a revolutionary mission statement created by none other than beloved childhood singer Raffi. The covenant states:

We find these joys to be self-evident:  
 That all children are created whole, endowed with innate intelligence, with dignity and wonder, worthy of respect. The embodiment of life, liberty and happiness, children are original blessings, here to learn their own song. Every boy and girl is entitled to love, to dream, and to belong to a loving "village". And to pursue a life of purpose. We affirm our duty to nourish and nurture the young, to honour their caring ideals as the heart of being human. To recognize the early years as the foundation of life, and to cherish the contribution of your children to human evolution. We commit ourselves to peaceful ways and vow to keep from harm or neglect these, our most vulnerable citizens.

To find out more about this show, please visit [mmyc.ca](http://mmyc.ca). Tickets to the show are available from Tickets Please (TicketsPlease.ca, 485-6434), or you can pick them up in person at Ottawa Valley Coffee Almonte or the MMYC.



- ✓ TREE REMOVAL
- ✓ PLANTING
- ✓ TRIMMING
- ✓ STUMP GRINDING
- ✓ STORM DAMAGE
- ✓ CABLING AND BRACING

**TMK**<sup>®</sup>  
**TREE & HEDGE**  
**613.229.4024**

**WWW.TMKTREEHEDGE.CA**



# The 55 Plus Expo

## Empowering Our Active Community to Age Well

By Carolyn Leslie

On Thursday, June 5, Home Hospice North Lanark (HHNL) and The Municipality of Mississippi Mills are proud to partner in hosting the 55 Plus Expo, bringing the 55+ community together at the John Levi Community Centre in Almonte from 10AM to 3PM. The Expo promises to be an exciting, informative and engaging event, offering attendees the opportunity to explore local resources, expert advice, and practical solutions designed to help them live life to the fullest, maintain their independence, and stay connected to their community.

At the heart of the Expo is a commitment to supporting active living at every stage of life. This is not your typical seniors' event — it's an opportunity for those 55 and older to explore how they can stay engaged, healthy and independent in their own homes and communities.

The Expo offers the following:

- Your Home — solutions for creating safe, comfortable and accessible living spaces, allowing attendees to age in place with confidence.
- Your Health — expert advice on maintaining an active lifestyle, staying physically and mentally healthy, and engaging in wellness practices that support vitality.
- Your Community — local resources and support networks that promote well-being and social connection.



(l-r) Mike Williams, Fire Chief, and Rob Madore, Fire Prevention Officer

### A Place for Connection and Discovery

Whether you're looking for information on staying active or seeking local services and products that support aging in place, the Expo will offer something for everyone. Expert speakers will provide practical advice, while exhibitors will showcase solutions that promote health and independence.

The 55 Plus Expo isn't just about products and services — it's about connecting with your community and learning how to live your best life. Attendees will have the chance to interact with local organizations that are committed to enhancing the lives of older adults, with plenty of resources to support those looking to stay active, engaged and independent.

### A Call to Action for Sponsors and Businesses

The 55 Plus Expo also presents a unique opportunity for local businesses and organizations to get involved and engage with this growing demographic. Sponsors can showcase their products and services to an audience that values health, wellness and community involvement. Supporting the Expo means aligning your brand with a movement that encourages healthy aging and empowers individuals to live life on their terms. Interested in being a sponsor? Contact Lisa Swant at <lswant@hhnl.ca> or call 343-324-3791.

Businesses are invited to become exhibitors at the 55 Plus Expo and connect directly with a vibrant, active and growing demographic! This is your opportunity to highlight products, services and resources that support healthy, independent living — right here in our community.

Space is limited! To learn more about becoming an exhibitor, contact Jan Watson at <chair@hhnl.ca> or call 791-7167.

### Join Us at the Expo

This event is free to attend, with no cost to participants, making it accessible to the entire community. Whether you're a resident of Almonte or surrounding areas, this is an opportunity you won't want to miss!

The 55 Plus Expo is more than just an event — it's a celebration of life at every age. It's a chance to learn, connect, and embrace a healthy, active lifestyle within the supportive community of Almonte and beyond. Mark your calendars!

The Carleton Place Town Singers present  
*A Spring Reverie*  
ZION MEMORIAL CHURCH  
39 BRIDGE STREET  
CARLETON PLACE  
Doors open at 6:30 PM

THE TOWN SINGERS  
TICKETS \$15.00  
Children 12 and under enter free from [ticketsplease.ca](https://ticketsplease.ca)  
Also available from  
The Granary 107 Bridge Street, CP  
Choir Members, and at the door (cash only)

7PM on both  
Sunday, May 25 & Tuesday, May 27  
DIRECTOR LAUREL TYE ACCOMPANIST IAN GUENETTE

ALMONTE CELTFEST  
PRESENTS

MUDMEN  
FRIDAY JULY 4  
GEMMILL PARK  
5PM GATES  
7PM SHOW  
EARLY BIRD TILL MAY 14 \$30  
GENERAL ADMISSION \$35  
KIDS UNDER 12 FREE  
EVENTS.FRONTDOOR.PLUS

SING A SEA SHANTY!  
WITH THE  
BYTOWN SEA  
SHANTY COLLECTIVE

ALMONTECELFEST.COM  
ALMONTECELFEST

FARMGATE  
CIDER

Music in the Cidery  
Angelique Francis  
June 14  
7pm

Sip on sparkling ciders and dance the night away to the jazzy, JUNO award winning music of Angelique Francis!

Get tickets at [farmgatecider.ca](https://farmgatecider.ca)

\$40

COMING UP  
Betty and the Bobs  
July 18

Photo credit: Angelique Francis

Art in the Park

JUNE 7 & 8  
10-5, rain or shine  
Central Park in the Glebe  
Celebrating our 33rd year!  
Over 170 artists Free admission  
Local food & entertainment

[artintheparkfestival.ca](https://artintheparkfestival.ca) Art in the Park Ottawa on FB and IG

Thank you to our sponsors!



# On Telling Tough Tales

Ofentimes, our most difficult stories are the ones we need to share.

Gwen Lamont, the author of *The View from Coffin Ridge: A Childhood Exhumed*, thinks so too. Lamont's book is a memoir in which she shares her childhood stories of trauma, abuse, and spousal violence. For many years, Lamont filed away these painful memories and moved forward with her life. When she was ready and better equipped to examine her past, she believed it wasn't just important to write about those traumatic experiences, it was necessary. And with great courage, she has.

by John Pigeau

"There had been so many things I had promised never to talk about, so many promises to keep, so much shame. I had essentially left the young girl I had been, and her story, behind," she explains. "Although it was important to write about that young girl, it was more than that: it was a compulsion, an imperative.

"I describe it as having left her in witness protection, under the protective gauze of forgetting, until I was ready and able to integrate her history into my current life. Once she was on the page I could see and understand my life with a clarity I had not, up until then, experienced."

That clarity has led Lamont to a better, freer life. So, too, has having this memoir published and the wonderful feedback she's received.

"The response and support for my book has been overwhelming," she says. "Over the course of my fourteen book launches, many women have said that me telling my story has given them permission to break their silence, overcome their shame, and tell their stories. Many say reading my book made them feel less alone and gave them hope in their own lives. This is more than I could have ever hoped for."

Thinking of Lamont's memoir reminded me of a quote by the Danish writer Isak Dinesen: "all sorrows can be borne if you put them into a story or tell a story about them." I asked Lamont if she felt that way about her own story and life.



"I believe Dinesen's quote is only partially true for me," she said, "I didn't write [this memoir] to relieve myself of sorrow. I wrote it so I could see and examine the nature of the sorrow I had suffered... I wrote my book to make sense of what had happened to me and to break the shackles of shame."

Michael Den Tandt, in a review of Lamont's book published in *The Owen Sounder*, took note. "That Gwen Lamont was able to come to terms with her early life is on its own remarkable," he wrote. "That she was then able to transform such abiding sorrow into brilliant diamond-hard prose is nothing short of astonishing."

Writing *The View from Coffin Ridge: A Childhood Exhumed* was a challenge for Lamont, but ultimately uncovering her story was a cathartic experience.

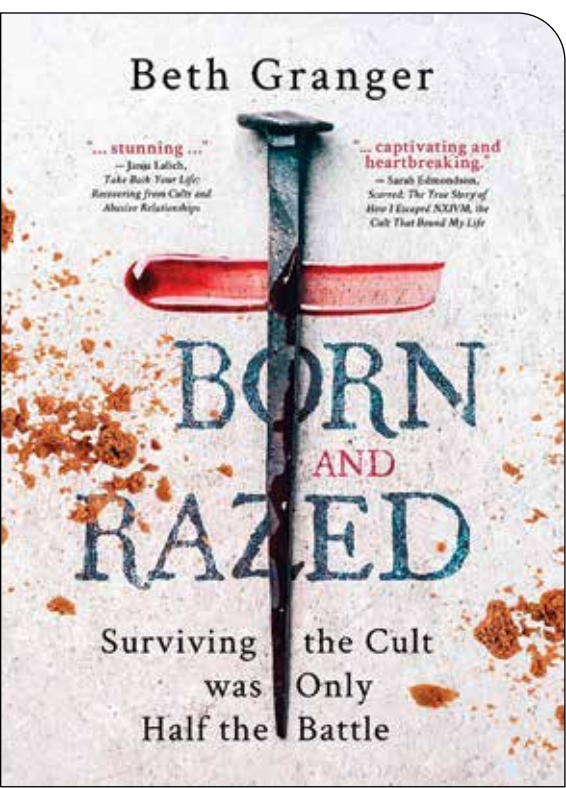
"My book took fourteen years to research and write, so there were some times that were more challenging than others," she explains. "The most emotionally challenging part was recognizing, for the first time, what my younger self had been through and then experiencing it for her. As an adult I needed to revisit the events and experience them for the truth of what they had been, not for what I had told myself they were.

"Catharsis for me was in the uncovering of my story, not necessarily in the writing of it. When I finished the book, the feeling I had was of acceptance of what my young life had been, and the integration between what had been and what is, and accepting both as my life."

Fittingly, Lamont's book opens with a quote by the poet Muriel Rukeyser: "The world is made up of stories not atoms. What would happen if one woman told the truth about her life? The whole world would split open."

"And that," says Lamont, "is exactly what happened to me in the most magnificent way."

Gwen Lamont will be reading from her compelling new memoir in Ottawa at the Metropolitan Brasseries on May 7 at 7PM, and at the Arnprior Curling Club on May 9 at 7PM. For tickets and information, please visit the author's website <GwenLamontAuthor.ca> or <CoffinRidge.ca>.



Author Beth Granger (below) will read from her book at the Almonte Library on May 20

Even though it was extremely difficult at times, Granger says it felt vital that she tell her story.

"Writing about my past began as a therapeutic exercise," she says. "But sometimes the process was excruciating. On days when it all felt too much for me, I wrote for other people. I wrote for everyone who was harmed in a cult-run boarding school, anyone who has been damaged by religious abuse, for those struggling to conquer an eating disorder... Most of all, I wrote to shine light on the fact that cults break people, sometimes irreparably."

Like Gwen Lamont, Granger has received a lot of support and positive feedback from readers since her book was published. That's been rewarding, she says.

"I spent four years in isolation hoping that my book would matter," Granger explains. "That it would be eye-opening, healing, or make an impact on readers. So now that I'm receiving feedback it's just the most incredible validation. I keep getting messages from strangers thanking me for my book. It really is a dream come true, and I cherish every single new connection."

And like Lamont, the process of writing such a personal story was a challenge for Granger, but it was also gratifying.

"The process was incredibly cathartic," she says. "In a nutshell, my trauma caught up with me after nearly two decades of trying to outrun it. I was compelled to face my past head on. Eventually, I tried writing about it... Every time I'd finished, the burden of my trauma felt a little lighter."

Two years later, Granger says, she had a first draft of the book.

"Day after day, I braced myself to keep going, knowing that if I wanted to recover completely, I'd better keep at it... writing my book was the most intense therapy I'd ever experienced."

Beth Granger will be reading from *Born and Razed* at the Almonte Branch of the Mississippi Mills Library on Tuesday, May 20 at 6:30PM. Copies — courtesy of Mill Street Books — will be available for purchase and signing at the event. Registration is required at <missmillslibrary.com>.



**Mill Street Books**

**Spring Literary Events**

**Tuesday May 13, 6:30PM**  
**An evening with Nita Prose**  
 Celebrating the launch of *The Maid's Secret*.  
 Registration is required.

**Tuesday May 20, 6:30PM**  
**Born and Razed**  
 In conversation with Beth Granger  
*Born and Razed* is a powerful memoir of survival, courage, and the long road to recovery. Beth's story offers both a cautionary tale and a beacon of hope.

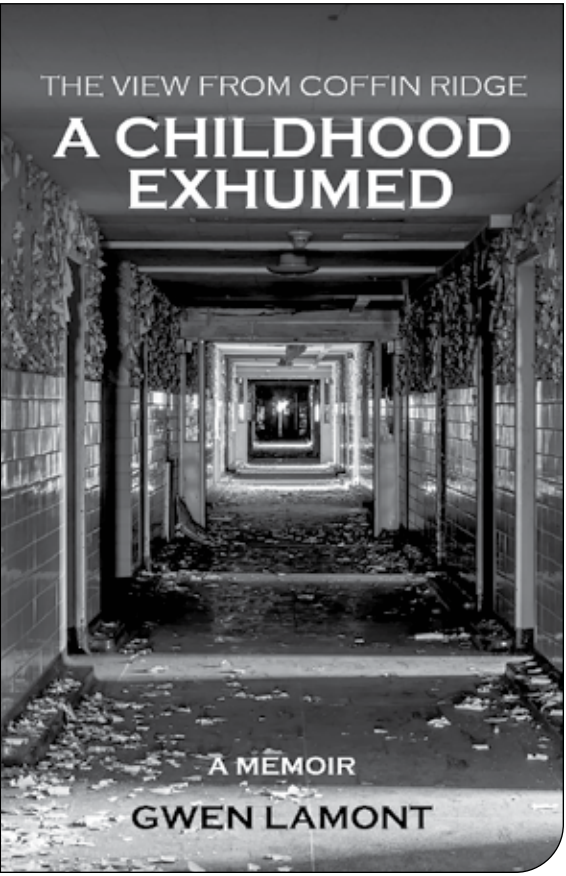
**Thursday June 5, 6:30PM**  
**The MindMappers**  
 Globe and Mail Journalist and Author Eric Andrew-Gee, discussing his new book which tells the riveting true story of the star-crossed friendship between two neuroscientists who mapped the brain, but lost each other.

All events take place at the Almonte Branch of the Mississippi Mills Public Library. To register visit [missmillslibrary.com](http://missmillslibrary.com). Books will be available for purchase and signing at the event.

**Mississippi Mills Public Library**

52 Mill St., Almonte 613-256-9090

[millstreetbooks@gmail.com](mailto:millstreetbooks@gmail.com)  
[millstreetbooks.com](http://millstreetbooks.com)



Author Gwen Lamont (at left) will read from her new memoir in Arnprior on May 9

## Born and Razed

Beth Granger has also written a difficult story that needed to be shared.

The result is the harrowing memoir, *Born and Razed*, a beautifully written, deeply personal account of the author's troubling and traumatic experiences as a student at Grenville Christian College. From the outside, the picturesque campus on the banks of the St. Lawrence River may have looked idyllic, but Granger's intimate, firsthand account takes us inside the school's walls, recounting a culture of religious zealotry, excessive control, and emotional abuse.



# The Lanark Lit Festival of Writing

## Events and Workshops Continue through May and June

by Jenn Snider Cruise & Jessie Carson

This May and June, the charming towns of Almonte and Perth continue to host the Lanark Lit Festival of Writing. Produced by Almonte Readers & Writers, this inaugural festival has invited both seasoned writers and those starting their creative journeys to gather, share skills, and spark new ideas. With a vibrant lineup of workshops, talks, and writing events, there's something for every literary enthusiast to enjoy.

Inspire, Connect, & Learn — that's what's at the heart of the Lanark Lit Festival. Throughout the next two months we invite you to engage with the wide variety of events on offer, selected to celebrate the region's literary talent, promote skills-sharing, and foster a deeper connection with the written word. Whether you're an emerging author, an experienced storyteller, or simply someone who loves to read and wants to learn more about how writers create, there are opportunities to get involved and find something that inspires you.

### May Events

Throughout May, be sure to take advantage of the unique opportunity to enter into communion with fantastic and accomplished guest artists and facilitators. May's Art of Writing Workshops cover everything from mental health awareness to storytelling, from memoir writing to cosmic horror; each class a new opportunity to dig deep and discover new depths in your work! Registration is required.

On May 10 at the Almonte Library, don't miss **Recovering Language When Words Fail Us**, a workshop led by Peter Winfield, a writer and veteran who knows firsthand how writing can help us heal. In recognition of Mental Health Awareness Month, Peter will guide participants through the process of digging deeper into their emotions, finding new language to describe life's most challenging moments.

Later in the month, on May 24, Sean Moreland will lead a workshop at the Perth Library titled **Exercising Daemons/Exorcising Demons — Writing Life and Writing Horror**. This unique session explores the intersection of horror fiction and autobiography, encouraging writers to confront their inner fears and desires in unconventional ways. It's the perfect workshop for those looking to add a touch of the otherworldly and eerie to their personal narratives.

For those interested in storytelling, Jennifer Cayley will host a 4-week **Introduction to Oral Storytelling** course beginning on May 13 at the Perth Library. This course, meeting once weekly until June 3, will focus on traditional folk and fairy tales, offering participants the chance to explore the ancient art of oral storytelling. Jennifer, a seasoned storyteller who has shared her craft around the world, will help participants connect deeply with the stories they tell.

On May 15, keep the good times going with another in ARW's ongoing series of **Local Lit Open Mic** nights, taking place at Ottawa Valley Coffee in Almonte. And finally, for fans of the supernatural, the festival offers a special **delve — In close conversation with writers** event on May 22 at Equator Coffee in Almonte. Join Amelinda Bérubé, author of haunting YA novels, and Elysia Rourke, local author and community organizer, as they explore the world of horror writing for young people. This intimate conversation will give insight into what it's like to write for teens

while navigating themes that captivate young readers. It's the perfect evening for book lovers looking for a behind-the-scenes look at how stories for youth come to life.

### Coming Soon in June

Looking ahead to June, the Lanark Lit Festival of Writing will wrap up with a line-up of impressive and talented local and visiting writers and workshop facilitators. June's Art of Writing Workshops focus on children's picture books, writing for the stage, how to create good characters in memoir, and shattering our limitations as we seek something that transcends and connects! Don't miss these amazing learning opportunities. Registration is required.

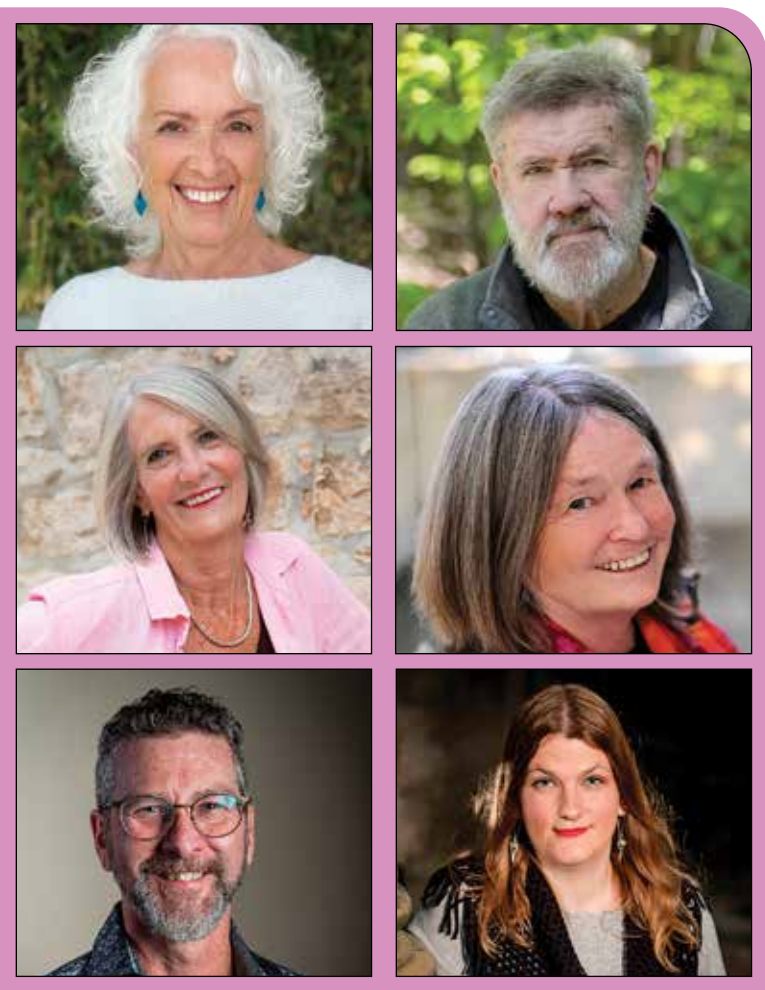
We count ourselves lucky to be in the midst of all these creative minds, which is one of the reasons we created Almonte Readers & Writers. Even though writing is often a solitary pursuit, accessing a network of literature lovers can connect us to new opportunities to improve our writing, read new and exciting work, and simply have support as we seek to pursue the craft.

Community at its best can help an individual develop their distinct voice as an artist. Someone who knows this better than most is Almonte's Rob Riendeau, who will be leading a 4-week course beginning June 3 titled **From Page to Stage — Writing for Theatre** at the Almonte Library. Coming from the perspective of local theatre, Rob has designed a playwriting course for writers of all levels who want to explore the craft of dramatic storytelling, from initial concept to polished script. This is a do-not-miss opportunity to learn from a local star, and have a good time too!

Children are the heart of any community, and we know that picture books are essential for kids as they learn about the world, develop their sense of wonder, and come to understand more about themselves in their early years. The blend of words and image in the classic picture book creates unique storytelling opportunities for writers. Learn all about this from Laura Piggott, a children's book author and illustrator from Carleton Place who will lead a workshop on June 7 at the Perth Library titled **Leaving Room for the Illustrator in Picture Book Writing**. Although picture books may seem simple, they are often one of the most complicated genres to write. Laura will help participants make every word count.

Visiting our local writing community from Kingston, on June 8 we are very pleased to welcome two celebrated writers teaching back-to-back workshops at the Almonte Library. Join internationally published author Marilyn Simonds for **Writing Outside the Cage**, an intensive workshop on how to shatter our assumptions and expose our bias, all so that we can break free of the cage of what we already know and be open to new influences. Later that same day, sit down with award-winning writer Wayne Grady for a memoir workshop titled **Telling the Stories of Our Lives**. With tips for creating effective dialogue, careful scene setting, and especially characterization, this workshop will guide those interested in memoir as they learn how to strike a delicate balance of detail and technique to bring the characters and their stories more vividly to life.

To round off the month, engage with writers who have been deeply involved in this community. On



Some of the authors who will participate in May and June include (clockwise from top left): Marilyn Simonds, Tim Wynne-Jones, Jennifer Cayley, Amelinda Bérubé, Rob Riendeau, and Amanda West Lewis,

June 19, Perth writers Amanda West Lewis and Tim Wynne-Jones will be sharing their experience and creative insights in a **delve — In close conversation with writers** event at Equator Coffee in Almonte. For fifty years, these two writers (and married couple) have navigated careers as artists while negotiating a life filled with children, books, music, theatre and art. We look forward to a dynamic conversation that involves it all: reading, writing, and the kitchen sink!

And finally, to celebrate the close of the festival, join us on June 26 and July 24 for **Local Lit Open Mic** nights under the summer sky at Jazzy's Brewhaus in Perth. The Open Mics are joyous events, appreciated by all. Bring your poems, and stories and presence for an inevitably fun night!

The Lanark Lit Festival is about learning and sharing, and celebrating the incredible literary talent right here in our community. With the support of local organizations — the Perth & District Public Library, Mill Street Books, the Mississippi Mills Public Library, and the Almonte Writers Guild — the festival is focused on bringing together a community of artists, writers and readers who all share a love for the written word. For full event details, information on festival funders, workshop registration and more, visit the Lanark Lit Festival website <lanarklitfestival.org.> Don't miss your chance to be a part of this exciting literary adventure!



**Miss Pringle's Mini-Skirt is going on tour!**

**Stone Fence Theatre hits the road with a tour of its 2024 hit**

**May 11 • Christian Education Centre, Arnprior**  
**June 1 • Almonte Old Town Hall**

The shows will be performed on Sunday afternoons at 2PM with preshow music by Jayson Bradshaw.

**Tickets and info from stonefence.ca or 1-866-310-1004**

Saturdays From Farm to Table

May 10 Oct 11

**Perth Farmers Market**


8 am 1 pm

Crystal Palace on the Tay Basin


 perthfarmersmarket.ca 



**From Palestrina to Rutter**  
 Palestrina, Passereau, Bach, Handel, Mozart, Gounod,  
 Lauridsen, Ešenvalds, Rutter and others  
**the Kanata Choral Society**  
 Scott Auchinleck, conductor  
**Saturday May 10, 2025 at 7:30PM**  
 St. Paul's Anglican Church,  
 20 Young Road, Kanata  
 Adults: \$25.00 (\$22.00 pre-sale), Seniors (65+) \$20.00  
 Students \$10.00, Children 12 and under Free



**Lanark Highlands  
Basketry Museum**



**Five Workshops.  
Five Materials.  
Five Techniques.**

Cedar. Spruce roots. Cattails/Rushes.  
Grapevine. Willow.


Discover local materials  
and how to use them  
with instructor Ankaret Dean  
and assistant Melissa Cornacchia.

June to November

Details and registration:  
[lanarkhighlandsbasketrymuseum.ca](http://lanarkhighlandsbasketrymuseum.ca)

U  
N  
-  
B  
E  
C  
O  
M  
I  
N  
G

JOIN US



**A Night of  
Poetry & Art**

Poet Dagne Forrest and artist Auni Milne  
share new work—readings from Dagne’s debut  
chapbook *Un / Becoming* and Auni’s painting  
series *Made Visible*, inspired by the poems.

**OTTAWA VALLEY COFFEE**  
**61 MILL STREET, ALMONTE**  
**Thursday, May 22**  
**6:00 - 8:00 p.m. | Free admission**



The Friends of the Mississippi Mills Public Library are bringing Moonfruits to play in the Almonte Library garden on June 1

# Moonfruits to Play in the Library Garden

Why did a gig at Blue Skies Music Festival end with a very slow bike ride through downtown McDonalds Corners and an Almonte rescue mission? Find out more on June 1 at the next Live @ the Library outdoor concert sponsored by the Friends of the Mississippi Mills Public Library. Plan to bring a lawn chair, settle in for an afternoon of beautiful harmonies and creative folk stylings, and hear the story of the electrified adventures of Moonfruits and their Slow Touring Pilot Project.

Moonfruits, 2024 Canadian Folk Music Award nominees (Emerging Act & Producers of the Year), is led by two masters of musical harmony, Alex Millaire and Kaitlin Milroy, presenting songs in both French and English. For this June performance, they will be joined by double-bassist Toby Meis.

The band's powerful lyrics and engaging storytelling have connected with audiences across Canada, the US, France, Belgium and Germany. Tales of growing up in a large, bilingual family, enjoying the pleasures of a simple life, or life at home in a small downtown apartment are often contrasted with songs highlighting their strong feelings about sustainable living and community involvement.

In *Seven Billion*, the sing-along refrain alludes to the oft-repeated slogan that “everyone does well when everyone does well”. As Heather Kitching writes in *Roots Music Canada*, “this song celebrates the power of the billions of people in the world who aren’t billionaires”.

The duo, partners in life and in song, offers up a rich musical chemistry. Kaitlin credits her background in choral music and vocal training to bringing strong harmonic sensibilities to the band. While studying classical guitar in university, Alex notes that he was the only guitar student who played in rock bands on the side. This was followed by a summer job on a steam train playing mostly folk and trad tunes. Alex creatively “braids” these musical influences together with his interesting compositions. It’s not surprising that folk singer Pete Seeger is one of the band’s musical heroes.

Moonfruits latest album, *Salt*, is a “wonderfully composed collection of harmony-laden songs that soothe you with intimacy while also bristling with urgency, as if time is running out” (*Ottawa Citizen*). You can check out more of their songs and videos at <moonfruits.ca>. Be sure to get your tickets early and expect to sing along. Tickets can be purchased through Tickets Please (TicketsPlease.ca, 485–6434). Showtime for this outdoor concert is 2:30PM. Please bring your own lawn chair. In case of inclement weather, the concert will be held indoors at the Almonte Library.

The Friends of the Mississippi Mills Public Library (FMMPL) is a fundraising group that works to support and promote the services of the Mississippi Mills Public Library. They are always looking for new, enthusiastic friends to help support their efforts. Please contact them at <friends@missmillslibrary.com>.

Represent yourself in family court  
...with help



At the Family Law Advisor,  
our lawyers provide  
targeted legal advice and coaching  
to people in Ontario like you who:

- want to self-represent in family court
- are smart, self-sufficient and want to save money
- have questions an experienced family lawyer can answer

Find out more at

 **FamilyLawAdvisor.ca**



# Singing for Songbirds and More

## Notes for Nature II Benefit Concert in Almonte

As we know, the living, breathing biological world in which we are so fortunate to dwell is also increasingly endangered. In this era of “The Sixth Extinction” (a mass extinction event), countless species are diminishing in their numbers — or vanishing altogether.

Pushing back, however, and striving for the long-term conservation of ecologically invaluable places are land trusts across Canada and elsewhere. These non-government organizations are building an incredible legacy — a portfolio and network of lands and waters to be protected in perpetuity from incompatible human activity.

In our region of eastern Ontario, the Mississippi Madawaska Land Trust (MMLT) is contributing to that legacy. Founded in 2003, the MMLT currently protects 3690 acres scattered throughout the Mississippi and Madawaska watersheds. Some of their 13 protected properties, including the popular Blueberry Mountain in Lanark Highlands and the High Lonesome Nature Reserve near Pakenham, are open to the public to enjoy.

A volunteer-driven charity supported by a small staff, the MMLT depends heavily on community support in striving to fulfill its mission — to legally protect and steward private lands which have eco-



On June 5, David Francey headlines a fabulous night of music in support of the Mississippi Madawaska Land Trust, an organization that protects and stewards land and fosters human engagement with wilderness

logical, biodiverse, aesthetic and cultural value, while also fostering engagement with wilderness. Such support is realized through memberships, donations, grant awards, merchandise sales and event ticket purchases.

In this spirit, and following a successful first staging in June 2024, the second Notes for Nature benefit concert will be held on Thursday, June 5 (World Environment Day) at 7PM at the Almonte Old Town Hall. Opening will be guitarists and singers Rob Rainer and David Ramsden, pianist and singer Mary Lou Carroll, bassist and singer Doug Barr, percussionist and singer Steve Kotze, and singer Rebecca Worden.

They will be followed and joined by members of the River Resonance vocal ensemble, led by founder/conductor Nicola Oddy. River Resonance performs a wide range of music including interpretations of well-known and beloved classics such as Gordon Lightfoot’s *Pussywillows*, *Cattails*, as well as novel, gorgeous choral arrangements of songs rarely performed in public.

Then, to cap off a night of memorable Earth-themed music, the acclaimed folk singer/songwriter David Francey will take the stage, along with guitarist and singer Chris Murphy. Francey is a four-time JUNO Award winner, including for his 2024 album, *The Breath Between* (Traditional Roots Album of the Year). The music will close with all performers joining in on the final songs of the night.

For more information on this special event, and to purchase tickets (\$25) for Notes for Nature II, please visit <mmlt.ca/event/notes-for-nature-II>.





OVER 20 ARTISTS & ARTISANS  
WILL BE SHOWING THEIR WORK

35<sup>th</sup> Annual Art Show & Sale

Mothers Day Weekend

Old Town Hall, Almonte



Elevator Accessible, Daily Door Prize

May 10-11 /25: Sat 10-5 & Sun 10-4

www.almonteareaartists.ca



Handcrafted Goods from Local Artisans

Affordable Vendor Spaces

Workshops & Special Events

Open 7 days a week, 10AM to 5PM

142 Bridge Street, Carleton Place [www.abunchofwhimsy.com](http://www.abunchofwhimsy.com)



Chef Burcu Gencer, PhD

Healthy, Tasty, and Easy

A boutique bakery and teaching kitchen specializing in **sourdough** and artisanal baked goods.

We use only **natural, unprocessed ingredients** to craft delicious, health-conscious treats.

Naturally fermented sourdough


Gluten-free & vegan options available

Tradition meets innovation

Now open in Carleton Place!

5 Allan Street      tel.:438-497-4621

Come taste the difference!



ACQUISTI LIFE

apparel | footwear | gifts




515 McNeely Ave., Carleton Place

www.acquistilife.ca

May 2025

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



15



# Taste of the County

## Delicious Fundraiser for Therapeutic Riding

by Amy Booth

The ConnectWell Therapeutic Riding Program would like to invite you to our “Taste of the County” Food, Beer and Wine Tasting Gala, taking place on Monday, June 2 from 6–9PM at the beautiful Stonefields Estate in Beckwith. Come out with your friends to celebrate spring and treat yourself to a delicious evening for a really great cause.

Some of this year’s exceptional local cuisine, local beer, cider and great wine will come from The Waterfront Gastropub, The Grand Hotel, Leatherworks Catering, Blackfly Beverage Co, the Trailside Canteen, Braumeister Brewery, Black Tartan Kitchen, and Stonefields Estate. Along with great food and wine, this event features an incredible silent auction with fabulous items like wine, gift certificates, great baskets, gardening items, equestrian accessories, curiosities, collectables and other great loot — all up for grabs.

The 2025 Taste of the County will once again be hosted in Stonefields’ elegant event barn with its beautiful outdoor terrace. Stonefields is an award-winning wedding venue located at 1985 9<sup>th</sup> Line in Beckwith. The historic estate features acres of rolling farmland and is a breathtaking setting for our Food and Wine Gala.

In addition to the \$25 entry fee, gala goers will purchase coupons, and each vendor will price their tasters so that you can sample many different appetizers, main courses, desserts, cider, beer and wine.

The Therapeutic Riding Program is celebrating 40 years of providing therapeutic riding lessons to physically and developmentally disabled persons right here in Lanark County. All the money raised at this event



Mark your calendar for Monday, June 2

goes right back into the program and helps us provide this great service to local folks in need. Our funding comes from grants, donations and fundraising activities like this one, as we receive no ongoing government support. We really hope you will consider joining us and supporting our incredible riders.

This event has been a sold-out success for the past several years, so please get your tickets early and come share a toast with us at this wonderful event!

Tickets are available on the ConnectWell website at <trgala2025.connectwell.ca> or by calling ConnectWell at 257–7121 x3200. You can also visit us on Facebook at ConnectWell Therapeutic Riding Program.

# Genealogy Society Marks 44 Years of Dedication

By Jayne Munro-Ouimet

Save the date for a special occasion on Saturday, May 3! The Lanark County Genealogical Society is excited to commemorate 44 incredible years of helping individuals connect with their heritage. Since its modest beginnings in 1981, this dynamic community has expanded to approximately 150 members, welcoming passionate individuals from our area and around the world. We are particularly eager to celebrate some of our founding members, whose steadfast dedication continues to motivate others in their quest to uncover family histories.

### Join Us for a Joyous Celebration

The festivities will occur at Union Hall, conveniently situated just west of Almonte at 1984 Wolf Grove Road, where it meets Tatlock Road. Doors open at noon for our Annual Meeting and Community Potluck, and we invite you to be part of it. Please bring your favourite dish to share, along with a friend who enjoys good food and engaging conversation, and a \$6 donation to help cover event costs. This gathering is more than just a meal — it’s a chance to rekindle friendships, meet new faces, and embrace the warm spirit that characterizes the Lanark County Genealogical Society.

### A Nostalgic Musical Experience

To enhance our celebration, we are thrilled to welcome Don White and the “Grateful We’re Not Dead,” who will treat us to delightful melodies, evoking a sense of

nostalgia. Many of us fondly remember Don and his talented family, who previously performed as the Mississippi River Boys. Their presence promises to enrich our celebration, creating the perfect atmosphere for reconnecting with old friends and sharing cherished stories.

### Engage with Our Community

This milestone celebration offers more than just food and music; it’s an excellent opportunity to engage with the community and share our collective genealogy journey. Whether you’re a seasoned genealogist or just beginning to explore your family history, this event welcomes everyone. Come ready to share stories, seek guidance, and learn from one another as we delve into the fascinating realm of ancestral exploration.

For questions or additional information about the event, please contact Jayne at 257–9482 or email <lsgspresident@gmail.com>. We are here to assist you and ensure you have all the information needed to join in this joyous occasion.

As we approach this significant milestone in the history of the Lanark County Genealogical Society, we look forward to creating lasting memories together. This celebration is a heartfelt homage to the dedication and passion of every member who has contributed to our growth over the past 44 years. Let’s unite, celebrate our accomplishments, and make this event truly unforgettable. We can’t wait to see you there! Let’s make this milestone celebration one for the ages!

*We put the*

# “STYLE”

*in Lifestyles*



**SPRING INTO LUXURY:**

**UP TO \$1,000 OFF PER MONTH ON SELECT LUXURY APARTMENTS!**

\*FOR A LIMITED TIME ONLY

240 GORE ST E., PERTH

INFO@LANARKLIFESTYLES.CA 613-898-6606 LANARKLIFESTYLES.CA

BOOK YOUR PERSONALIZED TOUR TODAY!





# May is Museum Month!

Since May 18 is International Museum Day, the museums of Ontario have designated May as “Museum Month” — a time to highlight and celebrate the contributions of these institutions to their communities. theHumm put a call out to the museums in our catchment area to find out what they have planned.

### Almonte

The Mississippi Valley Textile Museum <mvtm.ca> will be hosting a vernissage on May 3 from 1–4PM for an exhibition entitled *Gear* by Bettina Matzkuhn. In this body of work, Matzkuhn examines human presence in the backcountry by deconstructing old backpacks. She has sewn densely embroidered images of landscapes into these packs, in which the silk, cotton and linen contrast with the packs’ synthetic textiles. The packs are made from substances that damage the environment and do not biodegrade; however, their water-repellant qualities and sturdiness are valuable for human comfort and safety. In her work, Matzkuhn questions the role of outdoor gear in the consumption, promotion and diminishment of natural spaces. By incorporating landscapes into outdoor gear, Matzkuhn wonders what it would mean to “carry the land.”

On May 14 from 1–4PM the MVTM will host a workshop by Anne Warburton entitled *Artsy Mending*. Learn a variety of methods to revive your beloved torn or discoloured clothing and textiles and give them new life using fabric, stitch and more. As with the Japanese art of “Kintsugi,” this workshop will highlight the mend instead of trying to hide it, while keeping these old and damaged items out of landfills. Practice material will be provided, but participants are encouraged to bring a few items in need of repair.

Are you curious about the charming world of cross stitch? Whether you’re a complete beginner or looking to refresh your skills, a workshop with Geneviève Fajarczuk on Wednesday, May 21 from 10AM to 1PM is the perfect starting point. Connect with fellow crafters and share your passion for creativity. Come for a fun and creative journey!



### Carleton Place

On May 24 the Carleton Place and Beckwith Heritage Museum <cpbheritagemuseum.com> will unveil their latest exhibition: *Findlay Foundry: Moulding our Community*.

Findlay’s Limited of Carleton Place was once a household name across Canada. Operating in Carleton Place from 1860 to 1973, Findlay’s High Street foundry produced quality stoves, furnaces and cookware that remain in use worldwide to this day. Come and see the museum’s large collection of Findlay woodstoves, electric stoves, cookware and “smalls”, and discover how the Findlay foundry and Findlay family influenced the community.

Don’t miss the displays in the permanent exhibition gallery, and be sure to check out the new items in the gift shop. The on-site Victoria School Gardens and Community Labyrinth are the perfect spot for a picnic. The museum opens on May 24, and hours are Tuesday to Saturday 10–4 and Sundays 1–4, with a suggested admission of \$5.

### Middleville

The Middleville and District Museum <middleville-museum.org> will celebrate Museum Month by featuring two special displays.

The Opening Day Tea on Sunday, May 18 from 12–4PM will highlight aerial farm photographs from the area. The photos were taken from small planes, mostly during the 1950s. Pilots, many of whom had flown during the war, would fly over homesteads and capture an aerial photograph of the family farm. These photos would be offered for purchase to the farm



Visit your local museums during the month of May for exhibits, special events, workshops and more! Above, find out about the Findlay Foundry in Carleton Place; at left, the exhibit *Gear* is on at the Mississippi Valley Textile Museum

owners and were very proudly displayed on many parlour walls for all to see. Visitors are invited to bring along their own aerial farm photographs to share. The Museum hopes to record the rich agricultural history of the district through these pictures.

A new season-long exhibit debuting on opening day in May will showcase wedding dresses from the late 1880s to the 1950s. A variety of colours, fabrics and styles reveal the history of local fashion trends through the decades. The exhibit includes information about the bride and groom connected to the dresses, wedding photographs, and details of their special day. Learn about the seamstresses who were tasked with creating wedding dresses over the course of their sewing careers, and how a trousseau was prepared for a bride-to-be. Come and witness these spectacular relics lovingly preserved by families for generations.

### Mill of Kintail

The Mill of Kintail Museum <mvc.on.ca> will be opening for the season on the May long weekend, and will be open to the public seven days a week from 10AM to 4PM from May 17 to October 12.

The Mill of Kintail Museum is proud to unveil a new exhibit opening this season in celebration of the lifelong friendship and enduring legacy of national historic figures Dr. R. Tait McKenzie and Dr. James Naismith, “The Brothers of the Wind.”

Both these Almonte District High School alumni were forerunners in the development of physical education as a serious academic discipline, and made significant contributions to medical knowledge, leading the development of physical education, physical therapy and reconstructive surgery.

Dr. R. Tait McKenzie is renowned for his prolific study of human physiology through athletics, medicine and sculpture. His artistic works are known and used internationally as public monuments, awards and medals. The Mill of Kintail is the site of his former summer residence and studio, and is home to over 1,496 artefacts related to his life and work.

Dr. James Naismith is known around the world as the inventor of the sport of basketball, and also made great contributions to the field of athletics as an instructor, as a coach, and as director of physical education through the YMCA and the University of Kansas in the late 1800s. The Mill of Kintail Museum is proud to care for a collection of 220 artefacts from Naismith’s life and work.

The Mill of Kintail Museum is located in the former Woodside grist mill on the Indian River constructed in 1830 by John Baird, now part of the Mill of Kintail Conservation Area, a 62-hectare heritage property with 6 kilometres of trails winding amidst field, forest and the Indian River. The site boasts many picnicking areas and a large covered shelter adjacent to a playground and half basketball court.

Museum staff and volunteers invite you to visit The Mill of Kintail Museum this season and see the changes to the exhibits and giftshop.

LANARK COUNTY COMMUNITY JUSTICE  
FUNDRAISING DANCE  
WITH LIVE DANCE MUSIC BY  
**Three2GO BAND**  
TICKETS \$20 FROM  
TICKETSPLEASE.CA  
FRIDAY, JUNE 6, 7:30PM  
PERTH LEGION 244, 26 BECKWITH ST. E.  
A fundraiser for  
**Lanark County Community Justice**  
Building Stronger Relationships Through Restorative Practices

# Almonte Antiques & Collectibles

## A Multi Vendor Antique Market

### OPEN 7 DAYS A WEEK

#### 10AM to 5PM

26 Mill Street, Almonte  
613-256-1512

Visit us on Facebook!

# general

FINE CRAFT

outstanding Canadian  
craftsmanship since 2013

CHANDLER SWAIN

JANET KEEFFE

BARBARA MULLALLY

ALEXI HUNTER

JOHN WARD

Shop hours: Mon.- Sat., 11-5 / Sun. 11-4

63 Mill St., Almonte ON tel: 613-461-3463  
[www.generalfinecraft.com](http://www.generalfinecraft.com)



*Gift giving at its finest!*

Celebrating the love of art with unique functional and/or decorative Canadian art and craft for all occasions.

**NEW!** Leather Valet Tray • **NEW!** Hand Blown Glass Ring Holders  
Ceramic Trinket Dish • Architecturally Styled Rings • Fibre Art  
Pen & Ink Illustrations • Fused and Stained Glass • Copper Dragonflies  
Original Paintings & Art Cards • Copper Painted Jewelry • Wood Bowls  
Limited Edition Prints ... and more

Don't let another gift giving event pass you by without visiting

**The Gift Boutique**

348 Honeyborne St., Almonte  
613-921-6001 yharrington@explornet.ca  
f/thegiftboutiquealmonte  
Mon-Wed by appt | Thu 10-5 | Fri 10-5 | Sat 10-4



**Blue Spoon Atelier**

**Gut Health & Nourishment Workshop Series**

**Strengthen Your Gut, Strengthen Your Health Healthy, Tasty and Easy!**

Did you know your gut health affects everything from digestion and energy to immunity and mood? Join us for a series of immersive, hands-on workshops that show you how simple, natural foods can support your gut and transform your well-being.

**What you'll learn:**

- Foundations of Gut Health: Why It Matters
- Nourish the Gut with Broths, Ferments & Whole Foods
- Understanding Inflammation & What to Avoid
- Everyday Habits for a Thriving Microbiome

**Led by Burcu Gencer, PhD at Blue Spoon Atelier,** these workshops focus on practical ways to nourish yourself from the inside out, just real nourishment.

**Workshops begin June 3<sup>rd</sup>, 2025 (for 5 weeks on every Tuesday)**  
**Reserve your spot—limited space available!**

**Blue Spoon Atelier** 5 Allan St., Carleton Place 438-497-4621  
www.bluespoon.ca



**black tartan kitchen**

132 Bridge St. Carleton Place, ON  
(613) 492-0860  
www.blacktartankitchen.com




Will cynical weatherman Phil Connors (Will Richardson, centre, surrounded by the sunny smiles of Punxsutawney townsfolk) learn to not be such a wet blanket? Find out when the Mississippi MUDDS present *Groundhog Day* at the Carleton Place Town Hall!

# Groundhog Day — The Musical

## You'll Want to See it Over and Over Again!

The Mississippi MUDDS are bringing the amazing musical *Groundhog Day* to the Carleton Place Town Hall this May, with performances on May 1–3 and 8–10 at 7:30PM, and a special matinee on May 4 at 2PM. Tickets are now available at Tickets Please (TicketsPlease.ca, 485–6434). This exciting production promises to bring the charm, humour, and heart of the hit 1993 film starring Bill Murray to the stage in a delightful new way.

Based on the classic comedy film, *Groundhog Day* follows Phil Connors, a cynical big-city weatherman who finds himself trapped in the small town of Punxsutawney, PA, to report on the annual Groundhog Day festivities. What begins as a routine assignment quickly turns into a bizarre and frustrating experience as Phil discovers that he's doomed to relive the same day — February 2 — over and over again.

As Phil's frustration grows, he must confront his arrogance and cynical attitude while interacting with the relentlessly cheery townsfolk. But as the repetition continues, Phil is faced with a profound journey of self-discovery. Will he embrace the opportunity for change and growth, or remain stuck in his cycle of bitterness?

With music and lyrics by Tim Minchin and a book by Danny Rubin, *Groundhog Day — The Musical* made its world premiere at The Old Vic in London in the summer of 2016 and was nominated for eight Laurence Olivier Awards in 2017, winning for Best New Musical. It later opened on Broadway in 2017,

and was nominated for seven Tony Awards, including Best Musical.

This local production features a talented cast of performers from across Lanark and Ottawa, showcasing the area's incredible talent and passion for live theatre. The musical is full of catchy tunes, comedic moments and emotional depth, making it a must-see for theatre lovers and anyone who enjoys a feel-good story.

Will Richardson, who plays the demanding role of Phil Connors, has this to say: "the cast, musicians and crew are incredible. I trust each and every one of them with my life. Each performance feels like a trust fall into their waiting, supportive arms... and I realize how lucky I am to have them in my life. Community theatre is special in this way. Something rare and beautiful, that I cannot put to words."

When asked why this show is so important to him, Will adds: "this story brings me hope. It reminds us that we are the change we want to see in the world. Small acts of love and kindness can change the world and pull us from the depths of despair. A song can bring us hope, a line from a movie can stick in our minds and bring lasting change. I want everyone to feel the same joy I have felt being a small part of this amazing production."

Don't miss the chance to witness this incredible musical journey at the Carleton Place Town Hall. Get your tickets today and join the MUDDS for a night of fun, laughter, and inspiration!


**Rural Woodlands OTTAWA presents**

In conversation with the author  
**Diana Beresford-Kroeger**  
who will discuss protecting our forests, and her latest book *Our Green Heart*.

**Thursday, May 22, 7PM**  
Alfred Taylor Centre  
2300 Community Way  
North Gower

Tickets available at TicketsPlease.ca

For more information visit ruralwoodlands.org



**THE GOOD FOOD Co.**  
Established 1997  
**Café Gourmet Food Store**  
**It's patio season!**

Breakfast + Lunch Menus  
From-Scratch Desserts  
Take-Home Freezer Meals  
Fair-Trade Espresso + Tea  
Local Wine, Beer, Spirits

**Tues to Sat – 8AM to 5PM**  
**Sunday – 8AM to 3PM**  
**Closed Monday**

31 Bridge Street  
Carleton Place  
(613) 257-7284

f /TheGoodFoodCo1997  
i /thegf.co





# Peeking Behind the Curtain of *Waiting for the Parade*

By Jane Stott

*Waiting for the Parade* opens on May 1 at Studio Theatre in Perth. Less than a month before that date, on April 8 to be precise, director Carolee Mason was bustling about in the auditorium setting up some stools and tables on stage as the cast of five women climbed up the 16 steps from the Studio Theatre stage door to begin their first on-site rehearsal. That's not to say the ladies hadn't been working on their lines, songs and dance moves over several months — it's just that when another play is on stage you can't re-



In rehearsal for *Waiting for the Parade* are MaryAnn McKiver, Janice Reid, Lara Klymko, Courtney Mason and Lindsay Williams

hearse at the theatre itself. Carolee had said of this first rehearsal that it was a “geography” rehearsal, as it was the first time they were all together in the theatre and they would be spending their time mapping out the action, based on the location of set elements and lighting. And so began crunch time.

In under a month the play would be opening, and the building of the set itself, the bringing in of costumes and bins of period props, the painting, the lighting — to set the mood and highlight the actors — all had to come together. Crunch time — when the magic begins to happen. From the last production, *Holmes and Watson*, where the set was prison cells on a remote Scottish island, to a canteen in Calgary during WWII, a transformation had to occur. So on April 8, actors began to move about the stage as they walked through the play. The questions flew fast and furious — was there a video out there on how to do Victory Roll hair styling? Would I bring the pickles on stage, or would they already be on the set? What size towels did we need for the hair washing scene? Which side of the audience was the combo going to

be set up for our dance numbers? The director directed, and when necessary soothed and reassured. In her after-rehearsal notes to her cast Carolee wrote “From my perspective, having the staging roughly sorted out — and all that stool choreography — is a huge relief, in that we can now focus on scenes and building the transitions.” She also congratulated the cast on their work off-site in developing the characters and working on connecting the emotion and the breath of the text. “Keep making that your priority in those key solo scenes that are the heart of the play.”

I wanted to share all this fascinating behind the scenes preparation with you, dear audience, as I trust it will make you even more appreciative of what you will be treated to from May 1–11. *Waiting for the Parade* by John Murrell, set in Calgary, Alberta, will be a fascinating window into the hearts and lives of five very different women who waited for the war to be over. The woman, played by Lindsay Williams, Courtney Mason, Janice Reid, Lara Klymko and Mary Ann McKiver, have stories to tell and songs to be sung. Carolee notes that the music component of the play will stitch the scenes together, providing continuity and sustaining the emotional elements throughout the arc of the play. There will be a piano on stage, augmented by a combo — a trio of instrumentalists to the side of the stage in the auditorium itself. There will also be talk-backs with the audience and cast after the performances on Friday evenings, May 2 and 9, with surprise guests who will be extremely knowledgeable about Perth's military and social history.

May 8, 1945 was VE Day. Victory in Europe Day is celebrating its 80<sup>th</sup> anniversary during the run of this play. Plan to attend any number of the performances of this dramatization of a momentous time in history by purchasing tickets through Tickets Please (TicketsPlease.ca, 485–6434) or through the Studio Theatre box office. Evening performances at 7:30PM are on May 1 and 2, 8 and 9, with 2PM matinées on May 3 and 4, 10 and 11. Opening night tickets on May 1 are \$19 (\$5 off our regular ticket price of \$24) and patrons 30 and under pay only \$12 for any performance.

## From Palestrina to Rutter

The Kanata Choral Society will close their 38<sup>th</sup> season with a performance of choral music from the 15<sup>th</sup> to the 21<sup>st</sup> centuries. Although the subjects of early music text tend to be more of a sacred nature, in some of the early music the lyrics are more whimsical — even making fun of relationships and of everyday life, hope and memories.

We will hear the Renaissance polyphonic music of Palestrina before traveling through the centuries to Baroque and classical music by Bach and Mozart, and then to the contemporary music of John Rutter and Arvo Pärt, among others.

The conductor will be Scott Auchinleck, the choir's music director. The soloist is

Cameron Hunter, soprano, and piano accompaniment will be provided by Eliana Kurilov de Castro.

The concert takes place on Saturday, May 10 at 7:30PM at St. Paul's Anglican Church, located at

20 Young Road in Kanata. A reception will follow in the Rutter Hall. Tickets are available at the door or by visiting <kanatachoralsociety.ca>. Adults are \$22 in advance or \$25 at the door. Senior tickets are \$20, student tickets are \$10, and children under 13 get in for free.

For more information, please call 592–1991 or email <kanatachoralsociety@hotmail.com>.

**FREE Admission**  
Grab your spot at  
[queerconnectionlanark.ticketsplease.ca](http://queerconnectionlanark.ticketsplease.ca)

LANARK COUNTY VOICES  
**THERE'S A PLACE FOR ME HERE**  
A DOCUMENTARY FILM BY  
QUEER CONNECTION LANARK

WORLD PREMIERE & RECEPTION  
STUDIO THEATRE PERTH  
**MAY 15TH, 7PM**

FOR MORE INFO VISIT  
[QUEERCONNECTIONLANARK](http://QUEERCONNECTIONLANARK)  
ON ALL PLATFORMS  
PHOTO CREDIT: LORI TAYLOR







**Help Us Protect The Mississippi & Carp River Watersheds**





**50/50 RAFFLE**

<b>Early Bird #1</b> Aqua Fusion Kayak Package Valued at \$1,710 Draw Date: May 9, 2025 Deadline to buy: May 8	<b>Early Bird #2</b> Premium Indoor Storage Package Valued at \$2,500 Draw Date: May 16, 2025 Deadline to buy: May 15	<b>Early Bird #3</b> Nova Craft Canoe Package Valued at \$3,750 Draw Date: May 30, 2025 Deadline to buy: May 29
--	---	---

**Grand Prize**  
Draw Date: June 10, 2025 at 1:00 PM  
Deadline to buy tickets: June 10, 2025 at 10:59 AM

Lottery license #RAF1460037

[mvcf5050.ca](http://mvcf5050.ca)





# The Red Trillium Studio Tour

## It's Closer than You Think!

This year marks the 27<sup>th</sup> year of the Red Trillium Studio Tour. The spring edition is taking place on the weekend of May 31 and June 1, from 10AM to 4PM each day. And when we say it's just around the corner, we mean timing and location!

Just 10-15 minutes from Kanata, Stittsville and Arnprior — and only 35 minutes from downtown Ottawa and Carleton Place — this self-guided tour invites you to explore the vibrant artistic community in scenic West Carleton.

This spring's tour includes 12 studio stops, featuring 25 artists and fine craftspeople — a mix of returning favourites and new faces. Visitors will not only have the chance to meet the artists and explore their creative spaces, but also to purchase original, handcrafted

pieces. The tour offers a range of beautiful creations in a range of media.

Those with an appreciation of woodworking won't want to miss John Chamney's woodturning (Studio 1), the woodwork of Debbie and Bernie Derbach (Studio 3), Bonnie & Terry Procyshyn (Studio 4), Bob Christie's pyrography (Studio 6), Justin Richardson's woodwork and furniture (Studio 9), and the handmade creations of Timothy Booth (Studio 10).

The beauty of glass can be seen in the recycled glass garden art of Connie Burchell, who also does crochet (Studio 2), the stained glass of Marlene Othmer (Studio 5), the unique glass art and jewellery of Roxanne Ward and Sandra & Kevin Wilson (Studio 7), and the blown glass/metal work of Chris Van Zanten (Studio 10). Studio 7 also offers live demonstrations of glass blowing, always a tour favourite.

There are several painters and printmakers to visit, including Jen Ajersch's oil painting and intaglio printing (Studio 1), the abstract work of Therese Boisclair (Studio 5), the oil and acrylics of Cecilia Chan (Studio 8), Cheryl Beillard's painting, printmaking and drawing (Studio 10), and the work of Karl Kischel (Studio 11) and Vanessa McKeman (Studio 12).

The creative copper and metalwork of Hazy DayZ Dragonflies (Studio 1) is a must-see, as is the one-of-a-kind art jewellery of Vicki Jasperse (Studio 4), the



This spring's Red Trillium Studio Tour will feature photography by Jordan Walmsley (above), jewellery by glass blower Roxanne Ward (at left), and lots more!

unique filigree jewellery of Rain Kazymerschuk (Studio 5), and the fabric and mixed media sculpture of Jane Christie (Studio 6).

And certainly Teresa Wingar's intricate slip trailed pottery (Studio 10) and Cheryl Caswell's hand-built pottery pieces (Studio 8) should not be missed, nor should the nature-inspired photography of Anita Schlarb (Studio 2) and Jordan Walmsley (Studio 9).

And while the descriptions above provides a glimpse of what visitors will find on the spring tour, they can't fully capture the passion and dedication behind each creation. That experience comes from visiting the

artists in their own creative spaces — where you can learn about their processes, tools, and sources of inspiration.

Whether you are looking for a one-of-a-kind gift or special piece for your home, or you wish to simply enjoy the art and studios in a relaxed and welcoming setting, the Red Trillium Studio Tour has something for you.

To plan your outing and explore the full list of Spring 2025 artists, please visit <redtrilliumst.com>. There you can download the brochure and map, find accessibility details and discover local eateries to enjoy along the way.



## New Singles and Towns on sale

From 100' deep lots to flexible floorplans, small-town charm to urban convenience. Get more at home in Weaver's Way, Almonte. New homes now on sale from the \$500s. Built by Minto—helping families find their forever home for 70 years.

Sales Centre:  
380 Huntmar Drive, Kanata  
**MintoWeaversWay.com**



Bungalows | Single Family Homes | Townhomes

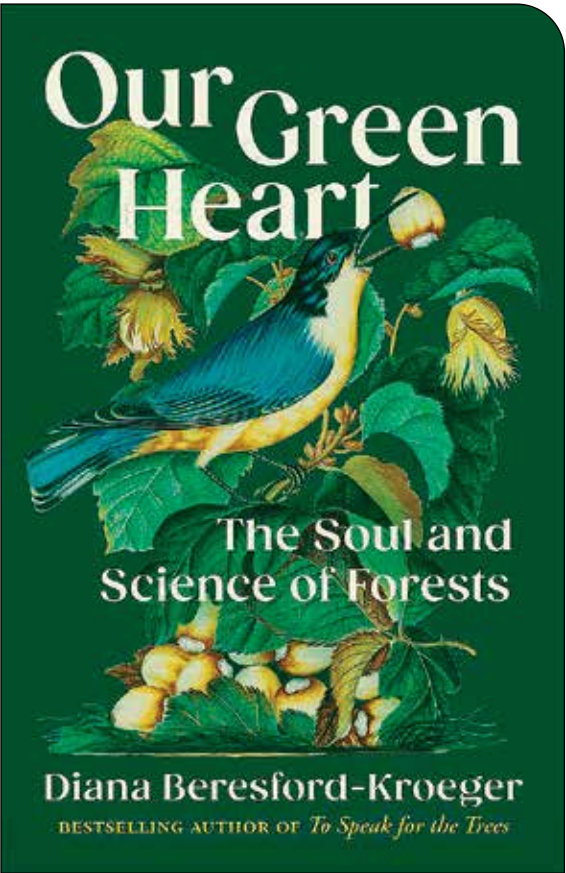


# Rural Woodlands Presents *Our Green Heart*

On May 22 at 7PM, come out for an evening of thought-provoking conversation as Diana Beresford-Kroeger, renowned author and botanist, discusses her latest book *Our Green Heart – The Soul and Science of Forests* and speaks to the importance of protecting our forests and collectively planting more. Presented by Rural Woodlands, the event takes place at the Alfred Taylor Centre in North Gower. Tickets are \$10 each or two for \$15 at Tickets Please (TicketsPlease.ca, 485-6434), and youth under 18 get in for free.

Rural Woodlands is a volunteer-run non-profit organization for people who care about the future of forests in rural eastern Ontario. The group began in the Ottawa area to support municipalities, landowners, farmers and community members who want to steward their woodlands with care, share knowledge, and take practical steps to protect forested areas. Woodlands are being lost at an alarming rate in rural areas, often without oversight or long-term planning. Many municipalities have limited tools to track this loss or encourage woodland retention — even though woodlands provide essential benefits for water, soil, wildlife, and climate resilience.

Rural Woodlands is just getting started, but the need is urgent. In addition to workshops and community events, the group is working on practical, land-based projects like partnerships for planting living snow fences — rows of native trees and shrubs along roads and fields that reduce snow drifting, improve road safety, and provide long-term environmental value. For example, after working with Councillor David Brown, the City of Ottawa councillors unanimously approved a Living Snow Fence pilot project on rural properties in June 2024. Once the applicant is approved, the Rideau Valley Conservation Authority will manage the planting and stewardship for five years. Landowners will be compensated for the acreage and incur no additional costs. Other municipalities



Rural Woodlands is organizing an evening with author and botanist Diana Beresford-Kroeger on May 22 in North Gower

are expressing an interest in similar projects. Visit the RVCA website <rvca.ca> and look for the stewardship and grants section.

Whether you're a landowner, nature lover, or just curious, there's room to get involved. Learn more at <ruralwoodlands.org> or find them on Facebook.

## Support Local Watersheds — and Win!

### Local Foundation Launches 50/50 Raffle to Support Watershed Conservation

The Mississippi Valley Conservation Foundation (MVCF) has launched a 50/50 Raffle to raise funds for conservation and education programs throughout the Carp River and Mississippi River watersheds.

From Mazinaw Lake and Sharbot Lake in the west to Almonte, Kanata and Stittsville in the east, MVCF supports vital projects that protect local ecosystems and connect communities with nature. Proceeds from the raffle will directly fund ongoing initiatives focused on habitat restoration, environmental education, and community stewardship.

Projects made possible through MVCF include:

- The installation of an osprey nesting tower at Carp River Conservation Area
- Boardwalk restoration at Purdon Conservation Area
- A new education program for school-aged children, delivered across the watersheds

In addition to the growing 50/50 cash prize, raffle participants will be entered to win one of three early-bird prizes including canoe and kayak packages (with paddles and life jackets), and one year of free indoor vehicle storage for recreational or other vehicles.

MVCF extends sincere thanks to Ottawa Valley Canoe & Kayak, Huntington Properties, and Paterson Group for generously supporting the raffle with these valuable prizes.

Early-bird draws will be held on May 9, May 16 and May 30. The Grand Prize Draw is scheduled for June 10. Tickets can be purchased at <mvcf5050.ca>.

By protecting natural areas, preserving clean water, and inspiring environmental stewardship, MVCF is helping ensure that future generations can experience the beauty and biodiversity of healthy, thriving rivers.

Together, we're not just conserving nature — we're honouring a legacy.



Mariposa design inc.

Join us!

Friday the 13<sup>th</sup> & Saturday the 14<sup>th</sup> of June to celebrate 13 years and our **NEW** location!

Follow our or ask in the shoppe for details.

Now located at 62 Gore Street East

**EcoFest** 3<sup>rd</sup> Annual

Saturday May 24, 2025

10:00 - 3:00 pm | Lockwood Park, 31 Spring St., Westport

Speakers Info Booths Farm Animals

Come Be Inspired!

Voyageur Canoe Rides Eco-Market Dark Sky Festival Narrows Lock

Live Entertainment at the Bandstand with Rob Rainer & Mary Lou Carroll

SCAN ME

www.BetterTogetherCircle.org

SPRING INTO SUMMER WITH THE FOODS YOU LOVE

FULL SERVICE DELI

STORE-MADE SALADS

LOCAL & CANADIAN MEAT

FRESH LOCAL PRODUCE

ECO FRIENDLY FILL STATION

HUNDREDS OF BULK ITEMS

IN STORE BAKERY & DAIRY SECTION

SPECIALTY & ALTERNATIVE

HUGE SELECTION OF CHEESE

WE ARE YOUR STORE FOR FRESH, LOCAL, ONTARIO, AND CANADIAN

FANTASTIC WEEKLY SALES FLYER ON OUR WEBSITE

THE GOOD FOOD STORE

FREE COFFEE SATURDAY & SUNDAY SIP N' SHOP

106 WILSON ST. W. PERTH, ON 613.267.5409 foodsmiths.com



# natural Factors FLYER SALE!

## HOT DEALS!

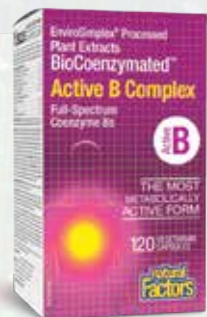


**16<sup>97</sup>**  
300 g powder

**24<sup>97</sup>**  
180 vcaps



**19<sup>97</sup>**  
120 capsules



**34<sup>97</sup>**  
120 vcaps



451 Ottawa Street, Almonte  
256-4545

[www.dandelionfoods.ca](http://www.dandelionfoods.ca)

[f](https://www.facebook.com/dandelionfoods) [i](https://www.instagram.com/dandelionfoods) dandelionfoods

**FLYER SALE ENDS MAY 31, 2025**



The cast of Rural Root's *Out of Sight, Out of Murder* (l-r): Shannon Clarke, Bob Christie, Charlene Gardner, Ron Gardner, Greg Chenette, Tyler Watt, Nicole Barber, Elizabeth Kile (missing from photo: Siobhan Oxley)

## *Out of Sight, Out of Murder*

### A Mystery-Comedy Full of Twists, Laughs, and a Little Magic

Get ready for a wild ride this spring as Rural Root Theatre brings you *Out of Sight, Out of Murder*, a clever and quirky murder comedy that's anything but ordinary. The show runs from Tuesday, May 20 to Sunday, May 25 at the Constance and Buckham's Bay Community Centre, and it's bound to keep audiences guessing and laughing all the way to the final scene.

Directed by Lee Powell, with support from assistant director Judi Bastable, this delightfully offbeat play follows Peter Knight, an author trying to write a murder story in a remote old mansion. But this isn't just any writing retreat — another writer was murdered in the very same house years ago. When a strange electrical storm hits, Peter's story takes a turn he didn't see coming: his fictional characters come to life.

The characters, each with their own vivid personality, include the trusty butler, a feisty character woman, a starry-eyed ingénue, a sly lawyer, and a perpetually pregnant serving girl, among others. Peter's peaceful writing retreat quickly turns into chaos. He loses control of his characters, and then someone turns up dead. The target? Peter himself.

As more murders follow, it becomes clear the killer is one of the characters, all of whom seem to know a little too much about murder. Can Peter figure out who the murderer is before he becomes the final chapter in his own story?

*Out of Sight, Out of Murder* features a great mix of Rural Root veterans and new talent. Five familiar actors are returning to the stage, joined by four newcomers who are bringing fresh energy and fun to the performance. Together, they breathe life into a story that's equal parts mystery, comedy, romance, and just a touch of cosmic magic.

Evening shows run Wednesday through Saturday at 7:30PM, with matinees on Saturday and Sunday at 2PM. And for an extra treat, there is a dinner option on Thursday and Friday nights at 6PM, catered by local Chef Kevin. It's the perfect way to make a night of it!

Tickets are available at [TicketsPlease.ca](https://www.ticketsplease.ca) or by calling 485-6434. Seats go fast, especially for dinner nights, so don't wait too long.

Come see what happens when a story gets out of the author's hands — and into the real world!

## *Living Below the Line*

### A Powerful Story of Poverty and Resilience

On Thursday, May 8 at 7PM, the Lanark Basic Income Network (LBIN) will host a special screening of *Living Below the Line* at the Station Theatre in Smiths Falls. This powerful and moving filmed production is based on the lives and stories of individuals living in poverty in the Waterloo region. Originally a play, this filmed version was co-created by Watercourse Theatre and fourteen individuals who shared their personal experiences with systemic poverty. The production tackles issues such as stigma, resilience and hope. It originally debuted live in June 2022, receiving an enthusiastic reception with nearly 1,000 attendees in the Kitchener-Waterloo area.

*Living Below the Line* challenges stereotypes about those living in poverty, using storytelling and innovative theatre to highlight the complexities of financial insecurity. The actors, who have lived these experiences, deliver an authentic and visceral portrayal of the struggles they face. After the screening, attendees will have the opportunity to participate in a live Zoom talk-back session with some of the co-creators, who will share

insights into the play's creation and answer audience questions. With its focus on poverty, resilience and systemic barriers, *Living Below the Line* gives voice to stories rarely heard.

LBIN, the event's host, is dedicated to raising awareness about the benefits of basic income. The organization advocates for a guaranteed basic income to ensure that everyone has the resources needed to meet their basic needs. Basic income is particularly relevant for those who, like the actors in this play, live below the poverty line — it offers a practical solution to breaking the cycle of poverty. Shawn Pankow, Mayor of Smiths Falls, will serve as emcee for the evening.

Admission is free, but donations are welcome. Net proceeds will be equally shared between Watercourse Theatre and the film's participants, as well as LBIN to support its ongoing advocacy efforts. Don't miss this opportunity to experience a unique and heartfelt portrayal of poverty, while engaging in an important conversation about change.

For more information about basic income and LBIN's advocacy work, please visit [lanarkbasicincome.ca](https://www.lanarkbasicincome.ca).

**Stephanie Mols**  
REALTOR®  
613.812.5510 [stephanie-mols@coldwellbanker.ca](mailto:stephanie-mols@coldwellbanker.ca)

2024 CB Canada Wide  
1st Quarter 2025  
2024 & 2023  
CB First Ottawa Realty

**COLDWELL BANKER**  
FIRST OTTAWA REALTY, BROKERAGE  
Independently Owned and Operated  
Office: 613.694.4400

**TRANQUIL ELEGANCE ON THE TAY RIVER IN PERTH**

On Tay River in Perth's desirable 'Mill On The Park', luxury 3bed, 2.5bath townhome rich in historical character. High 9' ceilings, deep sills & gas fireplace. Spa-like primary suite sanctuary has deck overlooking river. Beside Stewart Park. Walk to downtown. \$1,198,500 MLS X12068254

**PHENOMENAL HOME + WORKSHOP + STUDIO ON 5 ACRES**

**SOLD**

Ethereal landscape and harmony on 5 acres with superior custom 2013 home; timber frame garage-workshop and artist studio. Pond & waterfall flow from artesian drilled well. Whimsical Zen gardens. On township road, between Pakenham and Almonte. Listed for \$1,049,000

[f](https://www.facebook.com/goingtheextramile) ...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





This year's Hike for Hospice Hub takes place on May 25 in Perth. You can walk or pledge — or both!

# Hike for Hospice Hub!

By Margo Bell

The Hospice Hub is excited to announce that our application to the Canadian Revenue Agency has been approved and we are now a fully registered charity — the benefits of which include issuing official donation income tax receipts!

The past twelve months have been a very busy time for The Hospice Hub (THH) with day-to-day organizational tasks, programs and fundraising activities to allow us to run our ongoing programs which include the home support program, grief and bereavement programs, advanced care planning workshops, educational workshops and healthcare system navigation assistance. A Day Hospice program will begin over the summer with a day a week in both Perth and Smiths Falls.

We have gone out to the community with two large fundraising events — the inaugural Hike for Hospice in June of last year, and as recipients of the Perth Polar Bear Plunge this past January. In both instances we received overwhelming support from the community, for which we are humbled and very grateful. Nevertheless, we require funding on an ongoing basis to allow the delivery of our programs and services.

THH is basically a volunteer driven organization with a volunteer working Board and four employees. A part-time Nurse Coordinator (3 days/week) for our home support program does the initial assessment of clients and assists with system navigation. She is part of the client's medical team and oversees the well-trained volunteers who do the visits. A part-time administrative person (5 mornings/week) manages the ever-growing administrative duties. A full-time nurse coordinates and provides clinical oversight for the day hospice program, and supports the part-time Nurse Coordinator. And a part-time Executive Director (3 days/week) now oversees the daily operations, manages staff, builds community partnerships, and works with the board of directors to achieve our mission.

Along with the above-mentioned staff there are office expenses, insurance, technology, training costs, program costs, costs involved with fundraising — the list goes on... It is important to remember that there is no cost to the client or their family for our services. It is said that it takes a village to raise a child — we believe it also takes a village to allow all to die on their terms, with dignity, comfort and love, wherever they call home.

We will always need to fundraise for our services. When we achieve our goal of a hospice residence we will receive partial government funding based upon number of beds, but there is only very limited funding to run programs. Our programs and services fill a need that our community has clearly stated they want and require.

## Second Annual Hike for Hospice

We are about to embark on a third large fundraising event — The Second Annual Hike for Hospice — taking place on May 25 at the Crystal Palace in Perth. The Hike is an annual event for Hospice and Palliative Care organizations across the Country, spearheaded by the national organization Canadian Hospice Palliative Care Association.

The day will be a fun event beginning at 11:30AM with check-in and a free BBQ hot dog for participants. Registration is now open at <thehospicehub.ca/hike>. Hikers can choose a 1.5 or 5km route through Perth. Hike solo, with friends, or put together a team — get out for some healthy exercise and support hospice care in your community. If you are unable to hike, please consider pledging to support a hiker — their profiles can be found on our website.

For further information regarding our programs, upcoming events and services, and volunteer opportunities, please visit <thehospicehub.ca> or call the office at 627-0974.

— Margo Bell is a volunteer with The Hospice Hub

Valley Voices  
ALMONTE'S COMMUNITY CHOIR

Thank-you  
FOR THE  
MUSIC

A VALLEY VOICES CONCERT

SUNDAY,  
JUNE 8TH  
7:30 PM  
ALMONTE  
UNITED CHURCH

TICKETS ARE  
\$15.00  
AT BAKER BOB'S  
AND AT  
THE DOOR

Jewellery by  
**Stephen Clark**

*riverguild*  
fine crafts

51 Gore St. East, Perth • 267-5237  
www.riverguild.com f/riverguildfinecrafts

**Cat's  
Paradise**  
Spa & Boarding Retreat

## The Ultimate Kitty Getaway!

Visit us at  
f/CatsParadiseSpa or [www.catsparadise.ca](http://www.catsparadise.ca)

Cats have their own luxury rooms with soft beds, individual outdoor terrace, hammocks to lounge, a cozy fireplace, a HUGE kitty park, staff that cater to their every need, and of course some paparazzi to capture some candid shots for their paw'rents! We also offer a range of products purr-fect for your feline friends and amazing gifts for the pet lover!

659 John Kennedy Way, Almonte (613) 256-8833

Friends  
of Mississippi Mills  
Public Library

# Live! @ the Library

**MOONFRUITS**

**Sunday, June 1 2:30PM**

**Almonte Branch Garden,  
Mississippi Mills  
Public Library**

In case of rain or heat the  
concert will be in the  
Main Room

**Tickets: \$25**  
plus fees

**Tickets  
Please**  
ticketsplease.ca



Taste of the County, Beckwith, Jun 2  
55+ Expo, Almonte, Jun 5  
MMLT Notes for Nature 2, Almonte, Jun 5  
Three2Go Band, Perth, Jun 6  
AGH Run for Women's and Newborn Health, Almonte, June 7  
Valley Voices Concert, Almonte, June 8  
Art in the Garden, Perth, Jun 13-15  
Angelique Francis, Arnprior, Jun 14  
The Savannah Sipping Society, SE, June 20-29  
Perth Kilt Run, June 21  
TRiPOD, CP, Jun 26  
Celtfest, Almonte, Jul 4-6  
CFUW Home & Garden Tour, Perth, Jul 12  
Claytonfest, Clayton, Jul 19  
Town & Home Tour, Almonte, Aug 16

Festivals  
EarthFEST, May 3, 11AM-3PM. Workshops, talks, activities, live music, sustainable marketplace, food and more. Market Square Pavilion, Carleton Place. Free. 294-8255  
Franktown Lilac Festival, May 24, 8AM-4PM. Pancake breakfast, craft market, BBQ lunch & more. Centennial Hall, Franktown. Free. twp.beckwith.on.ca

Literature  
Book Signing with Danielle C. Baker, May 4, 11AM-4PM. A Bunch of Whimsy, Carleton Place. Free. abunchofwhimsy.com  
A Childhood Exhumed, May 9, 7PM. Book launch with author Gwen Lamont. Arnprior Curling Club. \$50. coffinridge.ca  
Author Visit with Michael Dupuis, May 10, 1PM. Winnipeg General Strike of 1919 Illustrated Presentation. Carleton Place Library. Free. carletonplacelibrary.ca  
Lanark Lit Festival Workshops: May 10, 2-4PM "Recovering Language when Words Fail Us" with Peter Winfield at the Almonte Library (\$40); May 24, 1-3PM "Exercising Daemons/Exorcising Demons" with Sean Moreland at the Perth Library (\$40). Register at TicketsPlease.ca  
An Evening with Nita Prose, May 13, 6:30PM. The Maid's Secret. Register at miss-millslibrary.com. Almonte Library. Free. millstreetbooks.com  
Sip & Smut, May 15, 6:30PM. No judgement night of spicy reads. Jazzy's Brewhaus, Perth. jazzysbrewhaus.com  
Lanark Lit Open Mic, May 15, 7-9PM. Read or hear what local poets and authors have to share. Ottawa Valley Coffee Almonte  
Born and Razed, May 20, 6:30PM. A powerful memoir of survival, courage, and the long road to recovery. Register at miss-millslibrary.com. Almonte Library. Free. millstreetbooks.com

Diana Beresford-Kroeger, May 22, 7PM. Discussing her book Our Green Heart: The Soul and Science of Forests. Alfred Taylor Centre, N. Gower. \$10 from TicketsPlease.ca, 485-6434  
Un/Becoming, May 22, 6-8PM. A night of poetry and art. Ottawa Valley Coffee Almonte. Free admission. ottawavalleycoffee.ca  
Delve — Author Conversation, May 22, 6:30-8PM. With Amelinda Bérubé. Equator Coffee Roasters, Almonte. pay what you can at TicketsPlease.ca. almontereader-sandwriters.org  
Book Club, May 26, 7PM. New members welcome, email millstreetbooks@gmail.com to join. Mill Street Books, Almonte.

Local Food  
The Blossom Banquet, May 8, 5PM. A feast of foraged flavours with cider pairings and live music. Farmgate Cider, Arnprior. \$130. farmgatecider.ca  
Perth Farmer's Market Opening Day, May 10, 8AM-1PM. Crystal Palace, Perth. perthfarmersmarket.ca  
Vodkow Distillery Market, May 11, 10AM-3PM. Dairy Distillery, Almonte. Free. dairydistillery.com  
Almonte Farmer's Market Opening Day, May 18, 8:30AM-12:30PM. Almonte Library. almontefarmersmarket.com

Monday	Tuesday	Wednesday	Thursday
<p><b>General Fine Craft</b> presents new works by Lily Swain (paintings), Diana Jackson (ceramics), and Annie McKenzie (jewellery) &lt;generalfinecraft.com&gt; <b>Mississippi Valley Textile Museum</b> presents <i>Gear</i>, works by Bettina Matzkuhn [from May 3]&lt;mvtm.ca&gt; <b>Sivarulrasa Gallery</b> presents <i>Landmarks</i> (Wendy Robertson and Jane Irwin), and <i>Louis Thériault: Repères</i> &lt;sivarulrasa.com&gt; <b>Carleton Place &amp; Beckwith Heritage Museum</b> presents <i>Findlay Foundry: Moulding Our Community</i> [from May 24] &lt;cpbheritagemuseum.com&gt;</p>			<p> <b>Harry Potter and the Cursed Child</b>, Almonte  <b>Jonas and Barry in the Home</b>, Smiths Falls  <b>Jenny's House of Joy</b>, Merrickville  <b>Waiting for the Parade</b>, Perth  <b>Groundhog Day</b>, Carleton Place  <b>Ron Leary</b>, The Cove  <b>Mississippi Mills Volunteer Appreciation Reception</b>, Almonte</p>
<p> <b>Teagan McLaren</b>, The Cove  <b>Red Dress Day Ceremony</b>, Perth</p>	<p> <b>Jen Calder</b>, The Cove</p>	<p> <b>Mr. Pim Passes By</b>, N. Grenville  <b>Spring Trails Walk</b>, Merrickville  <b>Wings 'n Tunes</b>, The Cove  <b>MFNC Monthly Meeting</b>, Arnprior  <b>Lanark County Camera Club Meeting</b>, Perth</p>	<p> <b>Groundhog Day</b>, Carleton Place  <b>Waiting for the Parade</b>, Perth  <b>Living Below the Line</b>, Smiths Falls  <b>The Blossom Banquet</b>, Arnprior  <b>MMLT Talk &amp; AGM</b>, Carleton Place  <b>Carleton Place Toastmasters Club</b>, Zoom  <b>Garrett Mason</b>, The Cove</p>
<p> <b>Teagan McLaren</b>, The Cove</p>	<p> <b>An Evening with Nita Prose</b>, Almonte</p>	<p> <b>Red Dirt Skinners</b>, Perth  <b>Wings 'n Tunes</b>, The Cove</p>	<p> <b>Lanark County Voices ... There is a Place for Me Here</b>, Perth  <b>Lanark Lit Open Mic</b>, Almonte  <b>Sip &amp; Smut</b>, Perth  <b>Emilie Steele</b>, The Cove</p>
<p> <b>Teagan McLaren</b>, The Cove</p>	<p> <b>Born and Razed</b>, Almonte Bay  <b>Out of Sight, Out of Murder</b>, Constance Bay  <b>Uren &amp; Balogh</b>, The Cove</p>	<p> <b>Out of Sight, Out of Murder</b>, Constance Bay  <b>Flower Show and Invasive Species</b>, Pakenham  <b>Wings 'n Tunes</b>, The Cove</p>	<p> <b>Un/Becoming</b>, Almonte  <b>Delve — Author Conversation</b>, Almonte  <b>In Conversation with Diana Beresford-Kroeger</b>, N. Gower  <b>Out of Sight, Out of Murder</b>, Constance Bay  <b>Social Swing Dance with Revival Swing</b>, Almonte  <b>Long Sault Trio</b>, Snow Road Station  <b>Old Man Luedecke</b>, The Cove</p>
<p> <b>Teagan McLaren</b>, The Cove  <b>Book Club</b>, Almonte  <b>Caitlin Hanford &amp; Gwen Swick</b>, Perth  <b>Gathering Sparks</b>, Perth  <b>Almonte &amp; District Horticultural Monthly Meeting</b>, Almonte</p>	<p> <b>A Spring Reverie</b>, Carleton Place  <b>Uren &amp; Balogh</b>, The Cove  <b>Lanark County Quilters' Guild Mtg</b>, Perth</p>	<p> <b>Wings 'n Tunes</b>, The Cove</p>	<p> <b>Bray and MacLean Trio</b>, Carleton Place</p>

Visual Arts  
Fine Art Exhibition, May 2, 3-8PM; May 3-4, 10AM-4:30PM. 2-venue fine art exhibit: Carleton Place Arena & Art Hub Gallery. artscarletonplace.com/art-shows. Free  
MVTM exhibit opening: *Gear*, May 3, 2-4PM. Vernissage of works by Bettina Matzkuhn that examine human presence in the back-country. Mississippi Valley Textile Museum, Almonte. mvtm.ca  
Meet the Artist, May 3, 2-4PM. 15 stunning acrylic canvases by Suzette MacSkimming. MERA Schoolhouse, McDonalds Corners. meraschoolhouse.org  
Lanark County Camera Club Meeting, May 7, 7PM. Improve your photographic skills. Algonquin College, Perth. Free. lccameraclub.com  
Art in the Attic, May 10 (10AM-5PM) & 11 (10AM-5PM). Almonte & Areas Artists' Association show & sale. Almonte Old Town Hall. facebook.com/AlmonteArtintheAttic  
Lanark County Quilters' Guild Mtg, May 27, 7-9PM. Network; show-and-tell; guest speaker and more. Perth Lions Club. lanarkcountyquiltersguild.com  
Red Trillium Studio Tour, May 31-Jun 1, 10AM-4PM. Many artists & studios in West Carleton. See redtrilliumst.com for map.

Theatre  
Harry Potter and the Cursed Child, May 1 & 2, 7:30PM; May 3, 2PM. A play by Jack Thorne. Almonte Old Town Hall. \$20 from onstageidirect.com  
Jonas and Barry in the Home, May 1-May 3, 7:30PM; May 4, 2PM. Comedy by Norm Foster. The Station Theatre, Smiths Falls. \$24 adults; \$10 students. smithsfallstheatre.com  
Jenny's House of Joy, May 1-3, 7:30PM; May 4, 2PM. By Norm Foster. Merrickville Community Centre. \$20. merrickvilletheatre.org  
Waiting for the Parade, May 1, 2, 8, 9 at 7:30PM & 3, 4, 10, 11 at 2PM. The events of WWII as experienced by five women. \$24, \$12 at TicketsPlease.ca, 485-6434. Studio Theatre Perth  
Groundhog Day, May 1-3 & 8-10, 7:30PM; May 4, 2PM. Musical presented by the Mississippi Mudds. Contains mature themes. \$25 plus fees at TicketsPlease.ca. CP Town Hall  
Mr. Pim Passes By, May 7, 9, 10 (7:30PM); May 11 (1PM). Play by A.A. Milne. Urbandale Theatre, N. Grenville Municipal Centre. TicketsPlease.ca, 485-6434  
Living Below the Line, May 8, 7PM. Powerful film about living in poverty. The Station Theatre, Smiths Falls. admission by donation. smithsfallstheatre.com

Companion, May 9-10, 7PM. Movie Weekend. Rated 14A. The Station Theatre, Smiths Falls. \$12 at door. smithsfallstheatre.com  
Old Jesse's Flask, May 9 & 10, 7:30PM. Original play by the Rideau Players with proceeds to local charities. Joshua Bates Centre, Athens. \$25. theatre.rideau.players@gmail.com  
Miss Pringle's Mini-Skirt, May 11 (Christian Education Centre, Arnprior) & Jun 1 (Almonte Old Town Hall), 2PM. A fond look back at the days of rural schoolhouses in the area. \$45; \$15 youth at TicketsPlease.ca  
Lanark County Voices ... There is a Place for Me Here, May 15, 7PM. Documentary by Queer Connection Lanark, followed by discussion. Free, register at TicketsPlease.ca, donations to Cornerstone Landing welcome. Studio Theatre Perth  
The Experience starring Mind Bender, May 17, 7:30PM. Magic, mind reading, family-friendly comedy. Studio Theatre Perth. \$33. studiotheatreperth.com  
Out of Sight, Out of Murder, May 20-23 (7:30PM), May 24-25 (2PM). Rural Root Theatre. Constance and Buckham's Bay Community Centre. TicketsPlease.ca, 485-6434

Youth  
Mother's Day Children's Crafts, May 10, 12-4PM. A Bunch of Whimsy, Carleton Place. Free. abunchofwhimsy.com

Music  
"Stories in Song", Arnprior Community Choir Spring Concert, May 2 & 3. Tickets at White Pine Books. Glad Tidings Church, Arnprior. \$20/\$10. 622-7844  
Symply Skynyrd, May 3, 8PM. Lynyrd Skynyrd tribute. Farrell Hall, Perth. \$35 in advance/\$40 at the door. TicketsPlease.ca  
Spring Concert, May 3, 2PM. Westport's Some Kind of Choir. Knox Presbyterian Church, McDonalds Corners. Free, donations welcome. westportartscouncil.com  
"Playing May Fourth with the Force" Spring Concert, May 4, 2-4PM. CP Community Band (45 musicians). Carambeck Community Centre, Carleton Place. \$15 / under 12 free. facebook.com/cpadcb  
"Favourite Oldies", May 4, 3PM. Concert by the Goulbourn Male Chorus. \$25/\$15 from TicketsPlease.ca. Trinity Presbyterian Church, Carp. goulbournmalechorus.com



## Sunday

<div>🎵 <i>Harry Potter and the Cursed Child</i>, Almonte</div> <div>🎵 <i>Jonas and Barry in the Home</i>, Smiths Falls</div> <div>🎵 <i>Jenny's House of Joy</i>, Merrickville</div> <div>🎵 <i>Waiting for the Parade</i>, Perth</div> <div>🎵 <i>Groundhog Day</i>, Carleton Place</div> <div>🖼️ <i>Fine Art Exhibition</i>, Carleton Place</div> <div>🎵 <i>Kentucky</i>, The Cove</div> <div>🎵 <i>Cait Porteous</i>, St. James Gate</div> <div>🎵 <i>My Son The Hurricane</i>, Neat Coffee Shop</div> <div>🎵 <i>"Stories in Song" Spring Concert</i>, Arnprior</div> <div>🎵 <i>Scottish Country Dancing</i>, Perth</div>	<div>🎵 <i>Groundhog Day</i>, CP</div> <div>🎵 <i>Meet the Hero</i>, Appleton</div> <div>🎵 <i>Heatwave</i>, The Cove</div> <div>🎵 <i>Jonas and Barry in the Home</i>, Smiths Falls</div> <div>🎵 <i>Harry Potter and the Cursed Child</i>, Almonte</div> <div>🎵 <i>Jenny's House of Joy</i>, Merrickville</div> <div>🎵 <i>Symply Skynyrd</i>, Perth</div> <div>🎵 <i>My Son The Hurricane</i>, Neat Coffee Shop</div> <div>🎵 <i>"Stories in Song" Spring Concert</i>, Arnprior</div> <div>🎵 <i>Celebration of Indigenous Culture</i>, Carleton Place</div> <div>🖼️ <i>Fine Art Exhibition</i>, Carleton Place</div> <div>🎵 <i>Lanark Genealogical Soc. AGM</i>, Almonte</div> <div>🎵 <i>Spring Concert</i>, McDonalds Corners</div> <div>🖼️ <i>MVTM exhibit opening: Gear</i>, Almonte</div> <div>🎵 <i>Meet the Artist</i>, McDonalds Corners</div>	<div>🎵 <i>Open Mic hosted by Brock Zeman</i>, The Barley Mow</div> <div>🎵 <i>Jonas and Barry in the Home</i>, Smiths Falls</div> <div>🖼️ <i>Fine Art Exhibition</i>, Carleton Place</div> <div>🎵 <i>Waiting for the Parade</i>, Perth</div> <div>🎵 <i>Arts, Crafts &amp; Treasures in the Dome</i>, Perth</div> <div>🎵 <i>Uren &amp; Balogh</i>, The Cove</div> <div>🎵 <i>Spring into Rideau</i>, Newboro</div> <div>📖 <i>Author Signing with Danielle C. Baker</i>, Carleton Place</div> <div>🎵 <i>The Fugitives</i>, McDonalds Corners</div> <div>🖼️ <i>Fibre Workshop</i>, Carleton Place</div> <div>🎵 <i>A Festival of Music</i>, Smiths Falls</div> <div>🎵 <i>"Playing May Fourth with the Force"</i>, Carleton Place</div> <div>🎵 <i>Jenny's House of Joy</i>, Merrickville</div> <div>🎵 <i>Groundhog Day</i>, Carleton Place</div> <div>🎵 <i>"Favourite Oldies"</i>, Carp</div>
<div>🎵 <i>Mr. Pim Passes By</i>, N. Grenville</div> <div>🎵 <i>Waiting for the Parade</i>, Perth</div> <div>🎵 <i>Groundhog Day</i>, Carleton Place</div> <div>📖 <i>A Childhood Exhumed</i>, Arnprior</div> <div>🎵 <i>Wild Nashville</i>, St. James Gate</div> <div>🎵 <i>Song-Along in Almonte</i>, Almonte</div> <div>🎵 <i>Companion</i>, Smiths Falls</div> <div>🎵 <i>Old Jesse's Flask</i>, Athens</div> <div>🎵 <i>Northern Impressions</i>, Almonte</div> <div>🎵 <i>Scottish Country Dancing</i>, Perth</div>	<div>🎵 <i>Groundhog Day</i>, CP</div> <div>🎵 <i>Waiting for the Parade</i>, Perth</div> <div>🎵 <i>Mr. Pim Passes By</i>, N. Grenville</div> <div>🎵 <i>Farmer's Market Opening Day</i>, Carleton Place, Perth</div> <div>🎵 <i>Spring Flowers Walk</i>, Mississippi Mills</div> <div>🖼️ <i>Art in the Attic</i>, Almonte</div> <div>🎵 <i>Mother's Day Children's Crafts</i>, Carleton Place</div> <div>📖 <i>Author Visit with Michael Dupuis</i>, Carleton Place</div> <div>📖 <i>Creative Writing Workshops</i>, Almonte &amp; Perth</div> <div>🎵 <i>Tom Watson</i>, Perth</div> <div>🎵 <i>Somerset Combo</i>, CC's on the Rideau</div> <div>🎵 <i>Cattail Creek</i>, Perth</div> <div>🎵 <i>From Palestrina to Rutter</i>, Kanata</div> <div>🎵 <i>Old Jesse's Flask</i>, Elgin</div> <div>🎵 <i>Bobby Bazini</i>, Neat Coffee Shop</div>	<div>🖼️ <i>Art in the Attic</i>, Almonte</div> <div>🎵 <i>Waiting for the Parade</i>, Perth</div> <div>🎵 <i>Miss Pringle's Mini-Skirt</i>, Arnprior</div> <div>🎵 <i>Mr. Pim Passes By</i>, N. Grenville</div> <div>🎵 <i>Mother's D'Eh High Tea</i>, Burrits Rapids</div> <div>🎵 <i>Uren &amp; Balogh</i>, The Cove</div> <div>🖼️ <i>Fibre Workshop</i>, Carleton Place</div> <div>🎵 <i>Vodkow Distillery Markets</i>, Almonte</div> <div>🎵 <i>Sunday Music Jamboree</i>, Perth</div> <div>🎵 <i>Ambre McLean &amp; D'ave Archer</i>, Smiths Falls</div> <div>🎵 <i>Open Mic hosted by Brock Zeman</i>, The Barley Mow</div>
<div>🎵 <i>Spencer Scharf</i>, St. James Gate</div> <div>🎵 <i>Leeroy Stagger</i>, Neat Coffee Shop</div>	<div>🎵 <i>Almonte Farmer's Market Opening Day</i></div> <div>🎵 <i>Perennial &amp; Vegetables Sale</i>, Almonte</div> <div>🎵 <i>A&amp;DHS Plant Sale</i>, Almonte</div> <div>🎵 <i>John VW</i>, Westport Brewing Co.</div> <div>🎵 <i>The Experience starring Mind Bender</i>, Perth</div> <div>🎵 <i>Starfire</i>, Elgin</div>	<div>🎵 <i>Open Mic hosted by Brock Zeman</i>, The Barley Mow</div> <div>🎵 <i>Opening Day Tea</i>, Middleville</div> <div>🎵 <i>Head Over Heels</i>, The Cove</div> <div>🎵 <i>Evan Carlson</i>, Westport Brewing Co.</div>
<div>🎵 <i>Out of Sight, Out of Murder</i>, Constance Bay</div> <div>🎵 <i>Jamie Douglas</i>, St. James Gate</div> <div>🎵 <i>Lee Aaron</i>, Neat Coffee Shop</div>	<div>🎵 <i>EcoFest Westport</i></div> <div>🎵 <i>Songs for the Grove</i>, Arnprior</div> <div>🎵 <i>Out of Sight, Out of Murder</i>, Constance Bay</div> <div>📖 <i>Creative Writing Workshop</i>, Almonte</div> <div>🎵 <i>Heartbroken</i>, Perth</div> <div>🎵 <i>Margaritaville Night</i>, The Cove</div> <div>🎵 <i>Spring Tea on the Lawn</i>, Appleton</div> <div>🌟 <i>Franktown Lilac Festival</i>, Franktown</div>	<div>🎵 <i>Hike for Hospice</i>, Perth</div> <div>🎵 <i>Kentucky &amp; Vicki Brittle</i>, Almonte</div> <div>🎵 <i>Chicken Pickin' with Shawn McCullough Band</i>, The Cove</div> <div>🎵 <i>Out of Sight, Out of Murder</i>, Constance Bay</div> <div>🖼️ <i>Fibre Workshop</i>, Carleton Place</div> <div>🎵 <i>Paul Marleyn and Frédéric Lacroix</i>, McDonalds Corners</div> <div>🎵 <i>A Spring Reverie</i>, Carleton Place</div> <div>🎵 <i>Old Man Luedecke</i>, Neat Coffee Shop</div> <div>🎵 <i>Open Mic hosted by Brock Zeman</i>, The Barley Mow</div>
<div>🎵 <i>Brock Zeman</i>, St. James Gate</div> <div>🎵 <i>Country Rocks!</i>, The Cove</div> <div>🎵 <i>Barstool Prophets</i>, Neat Coffee Shop</div>	<div>🖼️ <i>Red Trillium Studio Tour</i>, West Carleton</div> <div>🎵 <i>Paint Party/Zion-Memorial United Church Fundraiser</i>, Carleton Place</div> <div>🎵 <i>Hip of Beef Dinner and Barn Dance</i>, Smiths Falls</div> <div>🎵 <i>All Ages Show</i>, Carleton Place</div> <div>🎵 <i>Trivia Night for MMYC</i>, Almonte</div>	<div>🖼️ <i>Red Trillium Studio Tour</i>, West Carleton</div> <div>🎵 <i>Miss Pringle's Mini-Skirt</i>, Almonte</div> <div>🎵 <i>Moonfruits</i>, Almonte</div>

**A Festival of Music**, May 4, 1-3PM. Free event featuring singers and musicians. St. John Anglican Church, Smiths Falls. Free. 283-1261

**The Fugitives**, May 4, 12-3PM. Acoustic folk-roots group. MERA Schoolhouse, McDonalds Corners. \$30 from TicketsPlease.ca

**Song-Along in Almonte**, May 9, 7PM. Hear 14 local songwriters. Ottawa Valley Coffee Almonte. Free, donations welcome. ottawavalleycoffee.ca

**Cattail Creek**, May 10, 7-9PM. Original music. No cover, tips encouraged. Jazzy's Brewhaus, Perth. \$10 suggested. jazzys-brewhaus.com

**Tom Watson**, May 10, 2-4PM. Live music. Perth Brewery. perthbrewery.ca

**From Palestrina to Rutter**, May 10, 7:30PM. Kanata Choral Society. St. Paul's Anglican, Kanata. \$25 (\$22 in advance), seniors \$20, students \$10. kanatachoralsociety.ca

**Ambre McLean & D'ève Archer**, May 11, 3:30PM. A musical celebration of motherhood. The Station Theatre, Smiths Falls. \$25. smithsfallstheatre.com

**Sunday Music Jamboree**, May 11, 12-5PM. Perth Civitan Club. Dancing \$10, dinner \$20 per person. civitanclubofperth.com

**Red Dirt Skippers**, May 14, 7PM. Studio Theatre Perth. \$38. studiotheatreperth.com

**Starfire**, May 17, 8PM. Chaffey's Lock Community Hall, Elgin. \$25 from onstage.direct.com or \$30 at the door: chaffeyslock.ca

**Social Swing Dance with Revival Swing**, May 22, 7-9PM. Intro lesson, social dance. Hillside Presbyterian, Almonte. \$5 cash

**The Long Sault Trio**, May 22, 7PM. Snow Road Community Centre, Snow Road Station. \$15. snowroadcommunitycentre.com

**Songs for the Grove**, May 24, 7:30PM. Save the Grove Again presents an evening of live music. Emmanuel Anglican Church, Arnprior. \$25 from TicketsPlease.ca

**Benefit Concert featuring Kentucky & Vicki Brittle**, May 25, 3-5PM. Album release show. Almonte Old Town Hall. \$20 from TicketsPlease.ca, kids under 13 free.

**Paul Marleyn and Frédéric Lacroix**, May 25, 1:30PM. Two virtuoso musicians. MERA Schoolhouse, McDonalds Corners. \$30 from TicketsPlease.ca

**A Spring Reverie**, May 25 & 27, 7PM. CPTown Singers concert. Zion-Memorial Church, Carleton Place. \$15 from TicketsPlease.ca, 12 & under free

**Caitlin Hanford & Gwen Swick**, May 26, 7PM. Reservations required. Oakfield Rugby Park, Perth. \$30. 267-7902

**Gathering Sparks**, May 26, 7PM. Reserve at 267-7902. Oakfield Rugby Park, Perth. \$35

**Bray and MacLean Trio**, May 29, 7PM. Art House Music Series. CP Gallery. \$30 from TicketsPlease.ca

**Heartbroken**, May 31, 8PM. Tom Petty & Heartbreakers tribute. Farrell Hall, Perth. \$35 in advance/\$40 at the door. TicketsPlease.ca, 485-6434

**All Ages Show**, May 31, 6-10PM. All-ages show presented by Stage Riot. Carambeck Community Centre, CP.PWYC (\$10 Suggested), cash only.

**Moonfruits**, June 1, 2:30PM. Almonte Library garden. Folk music. \$25 from TicketsPlease.ca, 485-6434

## Pub Listings

**CC's on the Rideau** (Rideau Ferry, 267-6060)  
May 10 Somerset Combo, 6:30PM

**Neat Coffee Shop** (Burnstown, 433-9960): 8PM  
May 2 My Son The Hurricane, \$50  
May 10 Bobby Bazini, \$65  
May 16 Leeroy Stagger, \$30  
May 23 Lee Aaron, \$90  
May 25 Old Man Luedecke, \$35  
May 30 Barstool Prophets, \$65

**The Barley Mow** (Almonte, 256-5669):  
Tue Music Trivia, 8PM, Brock Zeman Open Mic, 2-4PM

**St. James Gate** (Carleton Place, stjames-gatecp.com): 7-10PM  
 May 2 Cait Porteous  
 May 9 Wild Nashville  
 May 16 Spencer Scharf  
 May 23 Jamie Douglas  
 May 30 Brock Zeman

**The Cove** (Westport, 273-3636): 5-8PM unless noted; Mon Teagan McLaren; Tue Eric Uren & Meghan Balogh (starting May 20); Wed Wings 'n Tunes w/Shawn McCullough; Sun Eric Uren & Meghan Balogh (until May 11) / Head Over Heels (starting May 18)  
 May 1 Ron Leary  
 May 2 Kentucky  
 May 3 Heatwave, \$80 (dinner and show)  
 May 6 Jen Calder  
 May 8 Garrett Mason, \$25  
 May 15 Emilie Steele  
 May 22 Old Man Luedecke, \$25  
 May 24 Margaritaville Night, \$80 (dinner and show)  
 May 25 Chicken Pickin' with Shawn McCullough Band, 1-4PM, \$10  
 May 30 Country Rocks! \$15

**Westport Brewing Co.** (Westport, 273-2739): Tunes on Tap, 2-4PM  
 May 17 John VW  
 May 18 Evan Carlson

**Mississippi Mills Volunteer Appreciation Reception**, May 1, 6:30–8PM. Volunteers, benefactors, community members welcome. Dessert buffet, cash bar. Almonte Civitan Club. mississippimills.ca

**Celebration of Indigenous Culture**, May 3, 10AM–3PM. Indigenous food and vendors, workshops, games, crafting table, drumming & more. Zion-Memorial Church, CP

**Enchanting Miracles**, May 3, 7PM. Psychic medium, intuitive healer; author: Code's Mill, Perth. \$20 advance; \$25 door. TracyOFla-hertyPsychicMedium.com

**Meet the Hero**, May 3, 11AM–2PM. Kids can meet with First Responders, check out vehicles, ask questions, and participate in fun crafts! Appleton Museum. Admission by donation. nlrnmuseum@gmail.com

**Lanark Genealogical Soc. Potluck Lunch & AGM**, May 3, 12PM. Commemorate 44 years of helping individuals connect with their heritage. Union Hall, Almonte. Bring a dish and \$6. lcgsresident@gmail.com

**Arts, Crafts & Treasures in the Dome**, May 4, 10AM–4PM. Unique jewellery, art, wood carvings, home décor; delicious treats and music! Little Rose Homestead, Perth

**Spring into Rideau**, May 4, 10AM–3PM. Spring Market featuring businesses, artisans, bakers and more. Newboro Community Hall

**Red Dress Day Ceremony**, May 5, 5:30PM. Healing Circle to honour missing and murdered Indigenous Women and Girls. Last Duel Park, Perth. lanarkcountynetneighbours.ca

**Spring Trails Walk**, May 7, 10AM–noon. 6k comfortable walk through Limerick Forest. Huckleberry Trail, Merrickville. Free. merrickvilledistricttrailsociety.org

**MFNC Monthly Meeting**, May 7, 7PM. Monthly meeting. Guest Speaker: Arnprior Curling Club. Non-members: \$5. mfnc.ca

**MMLT Talk & AGM**, May 8, 6PM. Guest speaker John Lounds, Nature Conservancy of Canada. Register: mmlt.ca/events. Mississippi Madawaska Land Trust, Carleton Place. Free. mmlt.ca

**Carleton Place Toastmasters Club**, May 8, 7PM. Improve public speaking and leadership skills. via Zoom, contact for link. Free. carletonplace.toastmastersclubs.org

**Northern Impressions**, May 9. An evening of stories and images told in two parts by Ron Williamson, educator and pioneer of outdoor education. Register at learningagain@almonte.ca. Almonte Library

**Spring Flowers Walk**, May 10, 9AM–12PM. Educational guided tour at Marble Woodlands discussing spring flowers, ephemerals, & shrubs. Marble Woodlands, Mississippi Mills. Free, donations welcome. mmlt.ca

**Mother's D'Eh High Tea**, May 11, 11AM & 1:30PM. Burrits Rapids Community Hall. \$56.50 from TicketsPlease.ca, 485-6434

**A&DHS Plant Sale**, May 17, 8:30–10:30AM. Behind the Almonte Library. adhsmailbox@gmail.com

**Perennial & Vegetables Sale**, May 17, 8AM–noon. Refreshments available. Cash only. Almonte United Church. almonteunited.com

**Opening Day Tea**, May 18, 12–4PM. A display of aerial farm photographs from the area. Middleville & District Museum. \$5. middlevillemuseum.org

**Flower Show and Invasive Species**, May 21, 7PM. Pakenham Horticultural Society. St. Andrew's United Church, Pakenham. gardenontario.org/society-listing/entry/51

**Spring Tea on the Lawn**, May 24, 11AM and 1:30PM. Appleton Museum. \$15. north-lanarkregionalmuseum.com

**EcoFest Westport**, May 24, 10AM–3PM. Workshops, speakers on environmental issues. Lockwood Park, Westport. Free. facebook.com/BetterTogetherCircle

**Hike for Hospice**, May 25, 10AM–4PM. Raising funds for hospice palliative care in the area. Crystal Palace, Perth. thehospicehub.ca

**Almonte & District Horticultural Monthly Meeting**, May 26, 7:30PM. Gardens and Mental Health. Cornerstone Community Church, Almonte. adhsmailbox@gmail.com

**Paint Party/Zion-Memorial Church Fundraiser**, May 31, 1PM. Cottage country step-by-step painting fun. Zion-Memorial Church, CP. \$40, all supplies provided. zion-memorial.ca

**Trivia Night for MMYC**, May 31, 7:30PM. Proceeds to the Mississippi Mills Youth Centre. Bring or join a team! \$20 from mmyc.ca/store. Almonte Old Town Hall

**Hip of Beef Dinner and Barn Dance**, May 31, 4:30PM. Music by The Derringers, 19+ event, silent and live auctions. Lombardy Fairgrounds, Smiths Falls. Dinner & dance \$35 (4:30PM), dance only \$20 (8PM)



**ConnectWell**  
Therapeutic Riding Program

# Taste of the County

Join us at the beautiful Stonefields Estate,  
sample some wonderful food and drinks  
and check out the HUGE silent auction —  
all for a wonderful cause!

**Ticket price: \$25**  
Reach out through Facebook or [trgala2025.connectwell.ca](https://trgala2025.connectwell.ca)

**STONEFIELDS**  
ESTATE

Monday, June 2<sup>nd</sup>, 2025  
1985 9<sup>th</sup> Line Beckwith, ON K7C 3P2  
6:00 - 9:00 PM

SCAN ME

# AGH RUN FOR WOMEN'S & NEWBORN HEALTH

**PRESENTED BY**  Carleton Place

**7 JUNE 2025**

**RUN OR WALK! FUNDRAISE! WIN PRIZES!**

**SCAN TO REGISTER!**

# Town Singers Present A Spring Reverie

By Janice Gartner

It's finally here! Spring, that is, but even more exciting it's The Town Singers' annual spring concert, A Spring Reverie! At 7PM on May 25 and 27 at Zion United Church in Carleton Place, a lovely evening of music and song will be presented by The Town Singers.

This wonderful choir started in 2007 when a group of friends got together to sing for fun. The Town Singers is now a four-part, approximately sixty-member choir. The choir is growing, developing and still having lots of fun. As a member, I am inspired, encouraged, sometimes challenged, but ultimately grateful for the songs we learn, develop and perform under the guidance of our fabulous director Laurel Tye and pianist Ian Guenette.

In our spring concert, cellist Rosalyn Heuer, flautist Lynne Simpson Morrison, and percussionist Terry Kirkpatrick will be featured. Come out and enjoy and engage in the

"reverie" where the renewal and the beauty of life are celebrated in song. Doors open at 6:30 for each performance, and tickets are available from Tickets Please ([TicketsPlease.ca](https://TicketsPlease.ca), 485-6434), at The Granary, or from choir members. Children 12 and under are admitted for free. Zion United Church is located at 37 Franklin Street in Carleton Place.

## Come Sing with Us!

We always encourage new members to join our non-auditioning choir. We have so much fun while creating beautiful music. We ask that members commit to attending weekly practices. All are welcome, you can try it out before you commit, and dues are \$45 per session and \$30 for students over 15. The next session starts on Tuesday, September 2 at 7PM at St. James Parish Hall, 225 Edmond Street in Carleton Place. You can also check us out on Facebook or at [cptownsingers.ca](https://cptownsingers.ca).



The ADHS Thunderstomp Committee is gearing up to raise funds for the AGH Run for Women's and Newborn Health on May 28

# ADHS Fundraises for the AGH Run

By Karissa Bianconi

On May 28, Almonte & District High School (ADHS) is switching things up from Relay for Life and introducing a new community fundraiser called Thunderstomp! It's all about coming together to support an important cause. This time, all the money we raise will go directly to the obstetrics and birth unit at the Almonte General Hospital. Thunderstomp will be an energetic way for students to give back to the community and support the hospital.

Last year's Relay for Life at Almonte & District High School was a huge success. Students came together with plenty of energy and enthusiasm, walking laps and raising over \$30,000 for cancer research. It was an inspiring event, highlighting the student body's strong sense of community and dedication to making a difference.

As a Grade 12 student and Thunderstomp co-chair, Jack Lockhart shared his thoughts on the change from Relay for Life to Thunderstomp. "I feel like it's a needed change for our school," he explains. "This event will hopefully form a stronger bond between the community and the student body." When asked what inspired him to start Thunderstomp, Jack explained: "I was inspired to start

it because I really wanted to give back to our community, our school, and the hospital."

Vaia Dimas, the Executive Director of the Almonte General Hospital Fairview Manor Foundation, highlighted the significance of their annual AGH Run for Women's and Newborn Health. "As Executive Director, I can attest to the pivotal role of this event. This marks the 12<sup>th</sup> year of the run, and it serves as a crucial avenue for supporting the Obstetrics unit. With over 300 births annually within our community, our priority is to ensure that medical staff and patients have access to the highest quality care and equipment... We are committed to continued growth and impact on this initiative." Vaia also expressed excitement about the involvement of ADHS with the run, stating: "We are absolutely ecstatic about the high school taking part in this event! Participating in these kinds of events teaches students about leadership and responsibility in helping take care of our community. We are proud to be partners together."

If you would like to donate to ADHS to support this important cause, please visit [aghfvfvmf.givecloud.co](https://aghfvfvmf.givecloud.co) and donate to the AlmonteDHS page, or reach out to a participating student for their team's fundraising page.



# Curated Finds Inspired for You

## The Real-Life Dream of Myrna, Sue & Arlene

By Sue Pitchforth

Just over a year and a half ago, we opened our door to an exciting, fun and unique space right in the heart of downtown Smiths Falls. We have been amazed at the wonderful welcome by the community and our customers!

The mainstays in our shoppe are pre-loved, curated, unique vintage and new-to-us treasures. Every time a customer comes in, they truly never know what they will find. It's like one big treasure hunt! And you get to take home your very own treasure. How fun!

### How Do We Do It?

We scour the Ottawa area and beyond for unique, curated finds and highlight them in beautifully styled vignettes. Our philosophy is — if we love a piece and have to have it, we know that our customers will feel the same way. We do all the legwork and bring all the treasures into one spot, providing you with abundant inspiration. Our customer service is second to none and we go above and beyond for each of our customers.

We pride ourselves on offering unique features including sustainable gift giving, customer loyalty cards, gift certificates, online Facebook purchasing, a customer wish book, in-store design consultations and personal shopping, progressive shopping days, special in-store only savings, a shop & dine program, and HST included in prices.

We are truly a wonderful community here at Curated Finds Inspired for You. A community of women and men of all ages who love the thrill of the hunt, cherished memories, and keeping things out of landfill.

### Pre-Loved is Re-Loved!

Our customer Kendra said it best: "What an adorable hidden gem! This store is anyone's dream to bring a little something new to your living space without breaking the bank. From throw pillows to those perfect seasonal décor items, this place truly leaves you in an



A trio of thrifty women are helping to keep treasures out of landfill at their shop in Smiths Falls

amazing mood. The vintage jewellery collection will have you going back in itself! Highly recommend this amazing little shop."

We would love to welcome you and help you find your pre-loved treasure! We invite you to pop into the shoppe, and also to follow us on Facebook and Instagram. You can reach us by phone at 371-5098, by email at <curatedfindinspiredforyou@gmail.com>, online at <curatedfinds.ca>, on Facebook or Instagram, and in-person at 13 William St. E. in Smiths Falls, where we're open Wednesday through Saturday from 11AM to 4PM.

# Guardian Angel Program

By Cheryl Moore

Over 500 dedicated healthcare professionals, support staff, and volunteers at the Almonte General Hospital, Fairview Manor, Ottawa Valley Family Health Team, and the Lanark County Paramedic Services touch the lives of others in this community through their work. Nothing is more precious to them than hearing the words "Thank You" from a patient, resident, family member or colleague who truly appreciates their efforts.

Almost every day, we hear a story about one of the incredible care team members who have gone above and beyond their regular job description. We cherish your stories and written notes of gratitude for the care, comfort and kindness provided by a member of our healthcare community. While our staff members are grateful for your words of thanks, you asked us for a way to offer special acknowledgement to those outstanding medical staff, caregivers, support staff, co-workers and volunteers. We listened and created the Guardian Angel Program.

The Guardian Angel Program offers you the opportunity to recognize that person who has touched your life in a significant way. Has a member of our team provided you or a loved one with extraordinary care? Perhaps someone from this campus of care deserves recognition for the extra efforts they make to keep our organization exceptional.

Many truly incredible Angels have been recognized through the years. Your stories are passionate and sincere and have included such words as: "You saved my life"; "I want you to know that you really make a difference"; "Your dedication, compassion, and kind-heartedness are unmatched in our paramedic



Nominate a local healthcare professional for the Guardian Angel Program!

service"; "I cannot say enough about these two angels. I recognize that this is part of their jobs, but the care and compassion they showed was outstanding"; "Our family wanted to make sure people know just how important these energetic and compassionate professionals are."

You can make a difference in someone's life by brightening their day in this easy way. Contact the Foundation office at 256-2500 x2610 or email Cheryl Moore at <chmoore@mrha.ca> and, with a small donation, nominate your own Guardian Angel.



64 Mill St, Almonte  
613-256-9198  
jbarts.ca

Drop in to discover more!

Summer Art Club (for kids and teens)

Art Classes (for all ages)

Art Supplies

Vintage/ Vintage Inspired Clothing, Accessories & Decor

ELECTRIC



CATWALK

56 Victoria St  
Carleton Place, K7C 2W4

Electriccatwalk@gmail.com

@ Electriccatwalk -   



DINE.STAY.REVEL.

Call 613-273-3636 or visit [www.coveinn.com](http://www.coveinn.com)

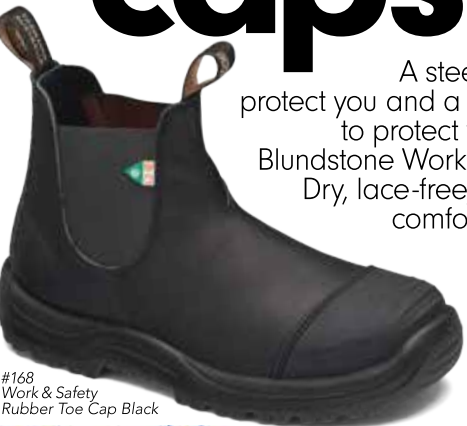


Thu. May. 8  
**GARRETT MASON**  
JUNO/Maple Blues Winning  
Psych/Roots/Blues, Nova Scotia




Thu. May. 22  
**OLD MAN LUEDECKE**  
JUNO Winning Folk  
Nova Scotia

# This caps it.




A steel toe to protect you and a rubber toe cap to protect your boots. Blundstone Work & Safety boots. Dry, lace-free, lightweight comfort and so safe they even protect themselves!



#168 Work & Safety Rubber Toe Cap Black

VAMOS OUTDOORS Clothing & Footwear

14 Mill Street  
Almonte, Ontario  
613 461 2000

Open 7 days a week  
Like us on Facebook 



TICKETS  
Please

YOUR SOURCE FOR  
EVENT TICKETS  
Concerts • Plays • Festivals  
TicketsPlease.ca

27th Year  
Spring 2025

Red Trillium  
Studio Tour

May 31 - June 1  
Sat/Sun 10am-4pm

Take our free self guided driving tour  
around West Carleton in Rural West  
Ottawa & visit the working Studios of  
Fine Artists and Craftspeople

WWW.REDTRILLIUMST.COM

STONE  
MANOR  
STUDIOS

Sit. Breathe. Begin.  
Creativity follows.

Art & Craft Workshops

WWW.STONEMANORSTUDIOS.CA  
11 NEW ST., NEWBORO, 613-851-2536

# Between Brush and Branch

## The Quiet Struggle of a Wildlife Artist

By Kimberly Lulashnyk  
While our era is shaped by fast-paced digital innovation and ever-changing artistic trends, the quiet, intentional work of wildlife artists can feel as though it belongs to another time. In a world where countless forces compete for our attention, artists like Kristi Bird encourage a slower, more mindful approach to art, one grounded in patience, presence, and a deep reverence for the natural world.

Kristi, an Ontario-based wildlife artist, has spent years capturing the landscapes and creatures of her surroundings with care and clarity. Her canvases are rich with light and detail: the vivid contrast of a red cardinal perched on a snowy branch, the soft morning mist curling around a loon on Rideau Lakes. Her work is not just a reflection of nature, it's an invitation to feel it.

"I want the light to feel alive," she says. "Like the painting is breathing a little."

And yet, for all their beauty, Kristi's paintings do not always find homes easily. "I've had my 15 Minutes," she says with a smile. "Now, where's the fame?"

### A High Bar for Realism

Wildlife art occupies a demanding corner of the art world. Buyers often expect either flawless realism or something so original that it breaks away from tradition altogether. For artists like Kristi, who strive to bring emotional resonance and technical excellence into harmony, that expectation can be difficult to meet.

"You're constantly measured against perfection," she explains. "Not just by other artists, but by memories, how someone recalls a bird at their feeder, or a sunset at the lake. You're not just painting an image. You're painting a feeling someone already believes they know."

Praise is generous, but it doesn't always translate to sales. "Sometimes I feel like I've got it right," she says. "And the piece just sits there."

You're competing with photography, nostalgia, memory, and modern design trends. Abstract and minimalist artworks often blend seamlessly into clean, contemporary interiors. Wildlife and landscape paintings, on the other hand, carry story, emotion, and a strong sense of place. Their richness can be a challenge for collectors trying to match a curated space, and that hesitation often leaves nature-inspired work on the sidelines.

### Why it Matters

Kristi hasn't come to her art easily. Her journey has been shaped by both grief and joy, and painting has become a personal act of healing. Through her careful attention to birds, trees and light, she finds a way back to the world, one scumbling brushstroke at a time.

Her connection to nature is more than aesthetic. It's emotional, restorative, and quietly political. "Pres-



Wildlife artist Kristi Bird (pictured below in a photo by Trevor Connell Photography) will be showing her work at the upcoming Rideau Lakes Studio Tour, and giving a workshop in the fall at Stone Manor Studios

ervation and education aren't abstract to me," she says. "They're how I deal with my own darkness and with the damage I see in the world."

In her studio, Kristi moves between large and small canvases, letting each subject dictate the scale. A butterfly may take centre stage on a small panel, or a wide, open lake might stretch across several feet of canvas. "It's hard to predict what people will connect with," she says, "so I trust what I love. I paint what I see, and what I think is worth seeing."

Each piece is built up in delicate layers of lightly applied acrylic paint that build up over a slow and meditative process which creates a sense of light from within. The technique is unique, and many students are interested to learn how she does it. Kristi's work draws you in and creates lasting impact.

At last year's Rideau Lakes Studio Tour — her most successful show to date — Kristi heard the same phrase again and again: "It's beautiful."

"That's what I'm painting toward," she reflects. "Not a trend, not what's fashionable — just a sense of beauty, whatever that means to someone. Nature is beautiful. And I'm in awe every time I take the time to really look at it."

Kristi recently led a two-day workshop at Stone Manor Studios as part of its Daffodil Days Celebration of Creativity series. With a focus on pollinators and spring blooms, participants were invited to slow down and look closely, mirroring Kristi's own process of observing the natural world. "It's in nature that creativity abounds," she says. "It's where we begin again."

In a world driven by speed and spectacle, wildlife art may seem quiet, almost outdated. But perhaps that quiet is exactly what we need. Kristi's paintings don't simply invite us to admire nature. They ask us to care about it. To see its beauty, its fragility, and our responsibility to it.

Her paintings aren't just images — they're quiet calls to protect what's vanishing. And to heal, both personally and collectively, by remembering our place within the living world.

"It doesn't need to shout," she says. "It just needs to be seen. I'm not chasing fame, I'm painting toward something that heals. For me, and maybe for someone else who needs it, too."

See Kristi Bird's work during the Rideau Lakes Studio Tour this Canada Day weekend, and join her again this fall for a special Fall Splendour workshop at Stone Manor Studios <stonemanorstudios.ca> in September.





# The Aging Gardener

"I've fallen and I can't get up." The plaintive call came from George, an older gent, who had an allotment plot next to me in an Ottawa community garden. Clearly his 1,200 square-foot garden had become too much for him to manage.

I have been a somewhat obsessive gardener for close to seven decades, starting at a young age under the tutelage of a watchful grandmother. While my interest is still strong, the body at times is not so willing. It is harder to get back up, three hours of heavy spading

I have friends who live in a rural area who have to contend with many critters and wanted to make gardening easier on the back and knees. They have three raised beds, one of which is enclosed to keep the critters out, and the others are open and are semi-protected with motion-sensor water jets. Tender delectables are protected — lettuce, beets, spinach, carrots and the like. They made a mistake with the first raised bed because a 6'4" person designed it and the 5'2" person cannot reach easily across the four-foot-deep bed. The raised beds are near the house so that tending and harvesting are easier.

There are many options for creating raised gardens. Some years ago I conducted an experiment with eight livestock water tanks. The steel tanks are about six feet in length, two feet in width and two feet in height. The tanks were placed on four-by-four-inch pieces of cedar so that they could be readily moved with a fork-lift. The drainage plug was removed so excess water can drain off. A few inches of crushed stone were spread in the bottom of the tanks and then covered with heavy-duty landscape fabric. The tanks were filled with a mixture of soil and composted manure. Many vegetables, particularly tomatoes and peppers, have done very well. The tanks are now going into their eighth season and look to be as good as new. Check them out at the Pakenham Library or at Five-Span Feed and Seed in Pakenham. Signs are affixed to the tanks to raise awareness of the Lanark County Food Bank.

The answer may well be a container, but there are a few things to consider. Bigger is generally better. Small containers dry out very quickly. The down-side of large containers is that they are very heavy. Some solutions are to fill the bottom half of the container with something much lighter, such as Styrofoam blocks. Wheels are also a good addition, as they might also allow you to move your plants to follow the sun.

Seed catalogues and garden centres have vegetables that are suited to smaller spaces. Tomatoes include Little Bing and Little Napoli, eggplants include Patio Baby and Fairy Tale, cucumbers include Salad Bush and Iznik. Many herbs, such as basil, produce smaller well-behaved plants. Caution must be taken if adding perennial plants or small shrubs. Select plants that are hardy for a colder zone than the one you live in.

I have found the website of the Canadian Organic Growers Ottawa-St. Lawrence-Outaouais Chapter to be a very useful source. Their Senior Organic Growers program at <sog@cog.ca> has a wealth of information about containers and raised gardens. They currently are helping about 100 gardeners in ten different programs in Ottawa, many of which feature raised beds.

is no longer in the cards, and aching muscles complain. Weekly coffee get-togethers with gentlemen of a similar vintage often result in a comparing of what tricks an aging body may have next in store.

I know many folks in their 70s and 80s who are having to rethink how they garden. Many are downsizing and giving up their back-yard garden. The only space their apartment or condo has to offer may be a small balcony or patio. Others are looking for a small plot at a friend's place or in a community garden. Many people with disabilities such as mobility issues also face similar concerns.

Gardening can be a whole lot easier if we raise it to another level. I'm thinking 18 to 24 inches off ground level in a raised box or container. Many community gardens offer at least some raised boxes. Some retirement homes have also made provision for raised garden beds.

**G**ardening can be a whole lot easier if we raise it to another level. I'm thinking 18 to 24 inches off ground level in a raised box or container.

Cost can be significant. A 10'x3' by 24 inches high box constructed of local rough-cut cedar lumber filled with triple mix will run several hundred dollars. Many raised boxes are built four feet wide, which provides more growing space, but are not that practical for folks in wheelchairs, for shorter folks, or for cases where both sides are not fully accessible.

Cost can be reduced by using other materials such as pressure-treated lumber or cement blocks. In both these cases there is some concern that harmful chemicals may leach into the soil. Plants do well in about a foot of soil, so the bottom half can be filled with brush, logs or other organic materials.



Raised planters like the ones pictured above can extend the careers of aging gardeners...



The Three2Go Band (above) will play a fundraising dance for Lanark County Community Justice on June 6

## Fundraising for Justice

This year, Lanark County Community Justice (LCCJ) celebrates their 25<sup>th</sup> anniversary of providing restorative justice services in Lanark County. If you, your child, or grandchild has never had to use their services, it's unlikely that you're familiar with the great work of this not-for-profit. Restorative justice forums, restorative practices training for families and educators, and the promotion of restorative practices in the community are its key programs.

LCCJ works closely with the Ontario Provincial Police, the Smiths Falls Police and the Crown to deliver court diversion programs for youth and adults. Services are confidential. Over 30 of its volunteers work with youth and adult offenders and their families, schools and the community. Restorative justice changes the trajectory of people's lives and helps bring healing to the community — all at significant lower cost than the traditional justice system. Training is offered specifically for parents, families and educators about how to apply restorative practices in the home and in the classroom. Funding is tight — and donations from individuals and community groups help LCCJ provide all these restorative justice services where they are needed in the county.

LCCJ Executive Director Joellen McHard is pleased to announce a few special events this year to recognize this quarter-century landmark.

To launch this celebratory year, the Perth Legion will host a '60s, '70s and '80s rockin' and rollin' dance featuring **Three2Go** on Friday, June 6 from 7:30–10PM. Bring your favourite dance partner, friends and family... and your dancing shoes. Tickets are \$20 and are available at Tickets Please (TicketsPlease.ca, 485–6434). Get yours soon as they are bound to sell out quickly!

Spring is here! Need a new **6' by 8' shed** for your patio furniture and gardening tools? There is still time to purchase a raffle ticket for a fabulous shed built by the Algonquin College class of 2024 either at <commjustice.org> or at the June 6 dance. Raffle tickets are \$20 each or 6 for \$100. The draw takes place at the end of June.

Come enjoy the music of great local singer/songwriters and help celebrate 25 years of dedicated service to the community at the **Restorative Justice Concert Series** this fall. More details will be unveiled soon!

Joellen is also pleased to invite you to a special event in recognition of Victims and Survivors of Crime Week (May 11–17). On Monday, May 12 (in Smiths Falls) and Tuesday, May 13 (in Perth), author and TedX speaker **Shannon Maroney** will speak in Smiths Falls and Perth about restorative justice and how advocacy can serve as a bridge to understanding and reconciliation in communities. Come to either event to learn more about restorative justice and the needs of victims/survivors of crime in the justice system. Everyone is welcome: professionals who work with victims/survivors of crime, parents and caregivers, students and educators, municipal representatives, justice service providers (police, legal, crown), and victim/survivor service providers, as well as victims and survivors of crime and those who have been impacted by crime. Tickets are free, please register at <commjustice.org>.

Come out to celebrate at the Perth Legion on June 6. Mike Irvin (guitar, vocals), Iqbal Umar (percussion, vocals), and Barry Armstrong (bass, vocals) of Three2Go will keep you dancing! Get a sneak peek at the band by finding Three2Go Band-Perth on Facebook, and get your tickets today at Tickets Please!

THE GRANARY BULK & NATURAL FOODS HAS ALWAYS BEEN

## YOUR LOCAL SOURCE FOR LOCAL

SHOP CANADIAN MADE

- ✓ Vitamins, Supplements & Functional Foods
- ✓ Natural Skin & Body Care, including zero waste options
- ✓ Specialty and Organic Groceries & Pantry Staples

See you at Earthfest May 3 at Market Square in CP. Shopping zero waste has never been easier.

Open 7 Days a Week in Downtown Carleton Place

## OUT OF SIGHT OUT OF MURDER

A Mystery Comedy By Fred Carmichael  
Directed by Lee Powell and Judi Bastable

**May 20th to May 25th**  
Tue & Wed – 7:30 pm  
Thu & Fri – 7:30 pm, with dinner option at 6 pm  
Sat & Sun Matinees – 2 pm

At the Constance and Buckham's Bay Community Centre - 262 Len Purcell Dr.

**Box office: TICKETS.PLEASE.CA OR 613-485-6434**



**Gear** by Bettina Matzkuhn  
May 3, 2025 - July 19, 2025  
www.mvtm.ca



Mississippi Valley Textile Museum

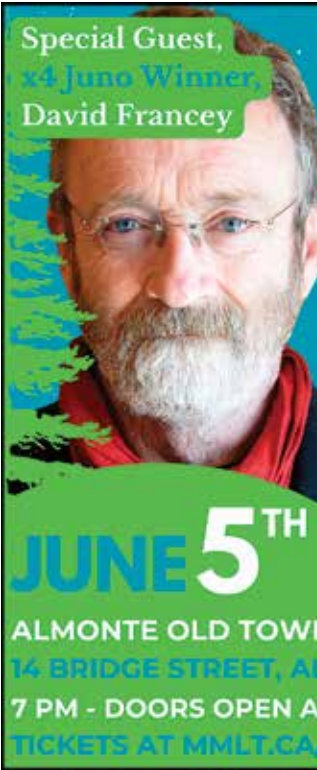
Special Guest,  
x4 Juno Winner,  
David Francey

**NOTES FOR NATURE II**

AN EVENING OF BEAUTIFUL  
EARTH-THEMED MUSIC ON  
WORLD ENVIRONMENT DAY  
IN SUPPORT OF THE  
MISSISSIPPI MADAWASKA  
LAND TRUST

**JUNE 5<sup>TH</sup>**

ALMONTE OLD TOWN HALL  
14 BRIDGE STREET, ALMONTE  
7 PM - DOORS OPEN AT 6:30 PM  
TICKETS AT [MMLT.CA/EVENTS](http://MMLT.CA/EVENTS)



Mississippi Madawaska Land Trust

**55+ Expo**

YOUR HOME   
YOUR HEALTH   
YOUR COMMUNITY 

June 5, 2025  
10-3 pm

**John Levi Community Centre**  
Almonte, ON

**FREE ADMISSION**

Practical solutions for living well,  
aging strong, and staying connected

Mississippi Mills 

**Friends of Mississippi Mills Public Library**

**ONLINE AUCTION**

**THE BEST OF MISSISSIPPI MILLS**

Auction site:  
[32auctions.com/FMMPL2025](http://32auctions.com/FMMPL2025)

Viewing: May 19 - June 8, 2025  
Bidding: June 9 - June 20, 2025



# The Adventures of an Unsuccessful but Optimistic Author

By Ken Scott

Most people have lived a full life of wins, losses, and everything in between. Nobody gets out alive!

All of us have at least one book in them.

This is a brief article about my journey in writing that book. I always promised myself I would write that book after I was accepted into a creative writing course at Ryerson University. Unfortunately, life intervened... that and the bank wanting payments on my student loan!

Three kids later, one high tech downsizing and 18 years with the City of Ottawa, and that book was finally completed and published. After retirement, I finally had the time to put my thoughts on paper. Writing, when you are maxed out, is almost impossible (when you are up to your ass in alligators, it's hard to realize the original goal was to drain the swamp!).

I hope that hearing about my story may help other writers. Stop reading now if you are writing to make money! Writing is a therapeutic journey of self-awareness — or perhaps a chance to pass some insight on to future generations — a form of immortality, if you are lucky.

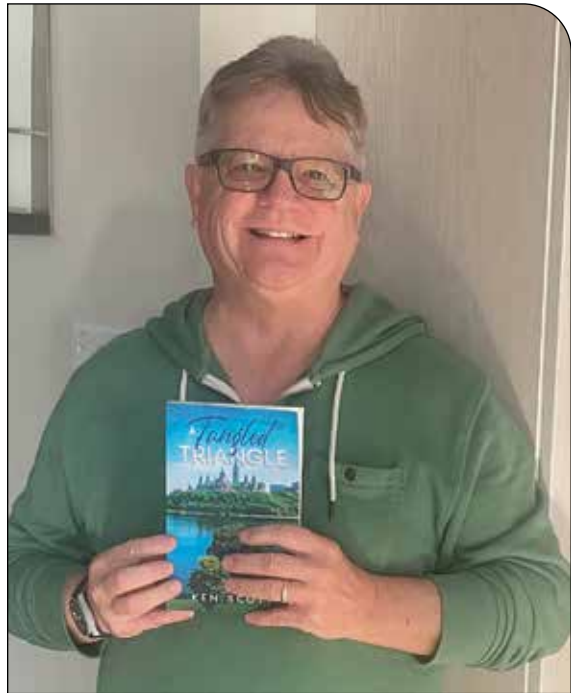
The biggest challenge is simply the discipline to start! I wrote three hours per day for six weeks for a total of 249 pages. Hemingway famously stated he stopped writing when he knew what was going to happen next. Great advice. I had the added advantage of bouncing the plot off my wife to determine if the story was believable, and she suggested a few of the characters and subplots.

It's much easier to write about what you know. Having been downsized by Nortel, I wrote about a corporate takeover and outsourcing work to China. I fictionalized a few issues I encountered in my management role during my career to add a realistic aspect to the text. I put in a love triangle with a former middle-aged manager that painted that role in a flattering manner. Living vicariously through my character, I guess.

A word on subliminal writing. Einstein was quoted as saying his brain often worked on solutions while he slept, and there's some scientific research that supports this. Often the best sub-plots presented themselves upon waking. There's some truth to "sleeping on the problem."

Editing was exhausting, even with the MS read-back function. A good editor is worth his or her weight in gold. It is particularly difficult to spot your own errors, as the mind often skips over the words, lost in the plot.

Marketing was even more exhausting! The biggest time-loss, in my opinion, was sending away for books about publishing on Amazon. Several books listing agents and publishing houses arrived and were gleefully received — almost like a treasure from an Indiana Jones movie! Hundreds of unsolicited chapters were



Ken Scott is author of *A Tangled Triangle* (Amazon), which sold one copy in India

sent to Canadian and US publishers, only to go into a black hole with no response, or being advised that they were only open to writers with an agent. Hard copies involved extensive copying and high postage costs, once again into the black hole.

Agents were harder to come by than a vegan-owned dairy farm! Some wanted fees to promote the book with no guarantee of any success. So my next step was self-publishing on Amazon, hard and soft copies in several countries; but covering the basic costs severely limited any profits. A great marketing strategy is to simply give the books away for free, hoping to generate a following.

This involved submitting a professionally edited and formatted manuscript with an eye-catching cover of Ottawa's parliament buildings. This took me to a resource I met online that worked to help with the logistics. They had the expertise and connections to do a great job.

X is full of book promoters, editors, graphic artists and ghost writers; but frankly, most are in it to make money and it is largely buyer-beware. Some are great and have an admirable record, but all the marketing in the world (unless endorsed by a celebrity) can't sell a book that is not well written, or if no-one is receptive to its message.

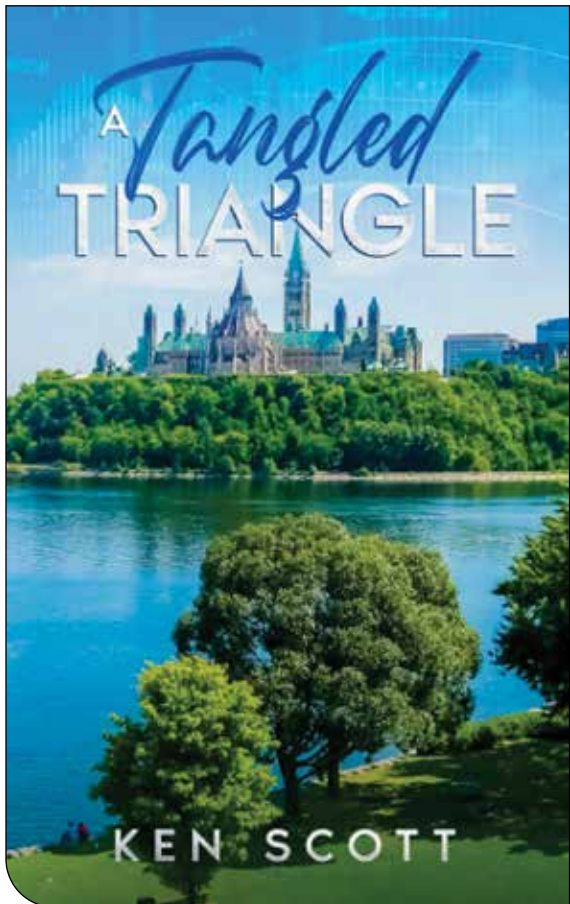
X has several authors, some very successful, who highlight their work regularly and, by subscribing, you are afforded a chance to interact with them. This will bring a flood of correspondence, offers, and, unfortunately, bots. The secret is not to get lost in this cyber-world. Uploading your book and following authors is a great way to get noticed.

Also, the modern generation seems to be into reality TV and gaming downloads, and the simple act of sitting down with a good book is a lost art. Maybe the return to dumb phones, as parts of society tune out, will help.

Finally I had a book, but no sales. Dropped off copies to the CBC and CTV Ottawa and requested interviews. As a former city manager, I thought it would make a great story from a human interest point of view, but to no avail. The final "hail Mary" pass went to Oprah (at 6/49 odds) to make her Book of the Month Club. I also dropped a copy off at the mayor's office in Perth, since I mentioned The Last Duel Park in the book. Ditto the Chateau Laurier and a few resorts in Mont Tremblant that had become part of the plot.

Family and friends brought about 50 copies and I bought 50 copies myself, putting them in all those roadside book libraries. Despite any signs of progress, a sequel is in the works. Most family members are already avoiding eye contact!

Bottom line: do it because you love it and it will make you a better person. That said, some of the most successful writers had endless rejections, but stuck with it and turned the tide. That Oprah Book of the Month Club may be one book away! Good luck!





# Not Again, You Silly Woman!

Our garden journal is stuffed with notes like when to call various services, plus a whole lot of comic strips that make me think we have writers lurking in the attic. Occasionally I will turn the page and find notes like this:

Don't buy seeds. I mean it!

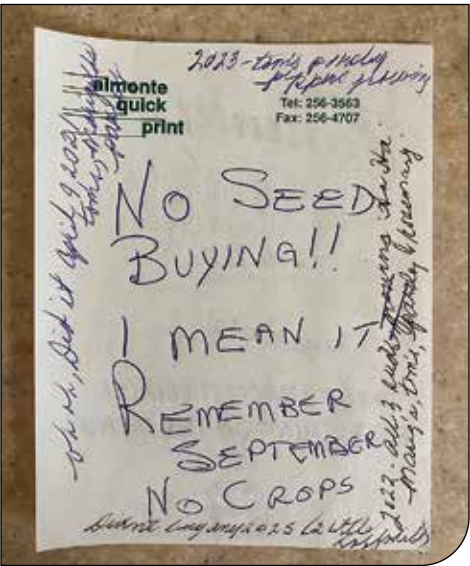
by Glenda Jones

If I flip the page quickly enough, I can get away without reading the note and then go on my merry way following the siren call of the seed displays. Packets of tomato and parsley seeds fell into my grocery cart. Cosmos are so pretty, and what about those zinnias? At the checkout I exclaimed in my inside voice, "Who put those things in there?" Tsk, tsk, didn't I read the note?

As soon as I got home I went into greenhouse mode. For a job that should be done outside, I chose instead the kitchen counter where I swore I wouldn't make a mess. I love those plastic spinach or salad containers with the fitted tops, perfect little starter trays. I've only saved about two dozen over the winter. What was I thinking?

There was starter mix, soil, newspapers, plastic containers, and the seed packets all laid out in careful order. Let the games begin! First off, the soil bag practically exploded when I tried to open it, so the mess was already accumulating. The fluffy mix needed a good soaking, and floated over the top of the container into the sink. Now the sink was a mess too. The newspaper so carefully spread on the counter was soggy already, and I hadn't even opened the seed packets. I needed to regroup and clean up before the actual planting.

When the warm damp soil settled in the containers, I got to work. The first container looked pretty good, nice neat little rows carved open with my pinky finger, and tiny tomato seeds nestled in an orderly fashion. They got a sprinkling of fresh soil on the top, and the lid was popped over them. Container two would be the parsley. Again, nice neat little rows like a garden fairy would make, and seeds carefully placed, a scattering per row so that when they came up I could see the individual plants. It never hurts to overplant, so a few more went in for good measure.



On to the flowers. Zinnias should be easy enough, decent sized seed that can be set out in dainty rows. I opened both the large and small flower packets (ahem, one is never enough) and then couldn't tell which was which so combined them. Are you ahead of me here? I foolishly thought I'd be able to tell the seeds apart, but no, they all look the same, so into the container they went. I

figured I could get at least 30 in there, leaving me with a few seeds left over, so those got poked in between the others. They're small, not a problem...

The cosmos container turned out to be disaster. I no sooner had the whole thing planted than the puppy jumped up to see what I was doing and turned the whole thing onto the floor! She added insult to injury by walking through it, chasing the broom and knocking the dustpan out of my hand. Choice words ensued! I may end up with cosmos growing in a corner. They won't be blooming where they were planted, that's for sure.

These containers look enticing, but where are they going to go? I've got every windowsill festooned with jars of geraniums rooting, and now I have to find a corner for these containers. I never should have started this nonsense.

Fast forward to the end of May when I'll be prying these little babies out of their trays

and into permanent places. I'll be crouching over them daily to make sure they're growing, and will emote when they become earwig fodder, which happens every year. That'll be me right behind you at the garden centre buying replacement plants. If even one or two of these zinnias grow, I'll be excited. I won't get many tomatoes either, and the parsley will be puny. I'll see my friend's garden thriving and will kick myself for once again ignoring common sense and believing I can grow things from seed.

It's spring, and making something grow is ingrained at this time of year when things are starting to emerge. I'll quickly flip the page, ignore the note and once again dream of that perfect garden, just like in the seed catalogues. It's in our nature to want to create something, and these little seeds will always be my downfall. I don't know why I even keep the darn note. I know what's going to happen.

## Almonte Farmers' Market

The Almonte Farmers' Market opens for the season on May 18. The market is located on the Alameda (along the Ottawa Valley Rail Trail) next to the Almonte library parking lot, from 8:30AM to 12:30PM on Saturday mornings.

This handy little producers' market offers hot breakfast and lunch, all kinds of baking, organically grown produce, pork, beef and lamb, plus Back 40 sheep's cheese, fresh flowers, preserves, maple syrup and honey. They have an array of locally made crafts, as well as products to care for body and soul. Bring your dull knives, tools and scissors to get expertly sharpened while you shop. And every third Saturday of the month is the famous basket draw! There is lots on offer at the Almonte Farmers' Market, so why not make shopping there part of your Saturday morning routine. For more information, please visit <almontefarmersmarket.com>.



## Alliance Coin & Banknote Inc.

### SELECTED TEASERS FROM OUR MAY 9TH O.N.A. STRATFORD CONVENTION SALE!

Now available on our iCollector auction page for advance bidding – scan this QR code for direct access!



Live sale broadcast on Friday May 9, beginning at 6:00PM



Lot #25 – British India Silver Rupee, full Obverse Brockage Error.



Lot #150 – An attractive 1947 Maple Leaf Dollar, ICCS MS-62.



Lot #237 – Bank of Nova Scotia \$5.00 1918, BCS Fine-12.



Lot #381 - British Ice Hockey Championship Medal, 1937. Awarded to team captain and Ottawa native Lou Bates.



Lot #54 – United States 1935 "Spanish Trail" Half Dollar, PCGS UNC Detail.



Lot #222 - Azad Hind National Bank of India, 1944 Note Group.



Lot #298 - A Very Scarce RCMP Civilian Long Service Medal.

Lot #318 - Dominion of Canada Rifle Association Gooding Medal in Gold. Awarded to the only double-recipient of the Queen's Medal in two different services.



## Alliance Coin & Banknote

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

Member: CAND, RCNA, ONA

88 Mill Street, Almonte ON K0A 1A0  
1-888-592-4141 / 613-256-6785  
sean@alliancecoin.com  
www.alliancecoin.com





# DENTISTRY @ *almonthe*



**We Look Forward to Serving You!**  
Eden, Melanie, Dr. Ghai, Courtney, Akshay, & Kelly

**WE OFFER DIRECT BILLING  
VALID CREDIT CARD REQUIRED**

**WISDOM TEETH REMOVAL**

**MOLAR ROOT CANALS**

**DENTAL IMPLANTS**

**FULL & PARTIAL DENTURES**



**CANADIAN DENTAL  
CARE PLAN  
ACCEPTED HERE**

**APPLY  
ONLINE**  
**Canada**  
CANADA.CA/DENTAL

451 Ottawa Street, Almonte  
Located Beside Equator Coffee

**613.667.2356**