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### ARTBEAT

by Bill Buttle



"Our neighbour seems convinced he's gonna save a whole lot of money with his electric car!"

### Hummble Thought

"The warnings about global warming have been extremely clear for a long time. We are facing a global climate crisis. It is deepening. We are entering a period of consequences."

— Al Gore, from his speech at the National Sierra Club Convention, Sept. 9, 2005

"I have not seen Al Gore's movie."

- Dick Cheney, ABC interview, Feb. 23, 2007



An intelligent and informed source of news for Mississippi Mills, Almonte, Pakenham, Ramsay and Carleton Place





This cultural celebration of our community features fabulous food, an extensive silent auction, and talented youth & adult performers. Proceeds fund dynamic arts initiatives in local schools.





Ottawa Valley Troubadour, Lyle Dillabough holds a copy of theHumm while standing alongside the harbour in St. John's, Newfoundland. He was there in 2010 appearing on local TV and radio shows as well as performing live at the fabled O'Reilly's Pub located on the world famous George Street Strip in downtown St. John's. These days, Lyle is getting ready to bring Garnet Rogers to Carleton Place – find out more on page four!

Hey LARP-ers! We received this great shot taken by Crombie McNeill <crombiemcneill.com> back in 2010, but we don't know the names of the people in it. If it's you, let us know!



The Studio Theatre & The Stewart Park Festival present **Songs from the Valley II** The third in the concert series featuring some of the Ottawa Valley's finest performers

> "Queen of Country" Arlene Quinn and quests





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

Submissions

By email or on disk.

#### Deadline

is the  $22^{nd}$  of the month prior to publication.

#### Subscriptions

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### Almonte Fairgrounds

Gala dinner tickets (\$65, cash or cheque only) available in Almonte from Mill Street Books and Foodies Fine Foods and in Pakenham from Don's Meat Market or from reside@sympatico.ca

Thanks to our Gala Sponsors: The White Lilly, Saje Wisdom salon.spa.wellness and Vamos Outdoors



### Thanks this month to:

Marcus Magdalena and sherpa Daniel (with the cool hair) for introducing *the*Humm to Renfrew. What a lovely town full of super people! And to Sally and Bender for an awe-inspiring trip to the Grand Canyon (watch out for those rattlers, Mom!).

### thehumm.com

# Art... and Sou

## Sam Hamilton – Do It, Sam! Do It!

Sam would patiently explain to Henry over empathized with a snail! and over again that you read books from the front to the back. You don't start in the **An Illustrative History** you to approach life with new eyes.

### by Sally Hansen

The second I met Henry I recognized his father's greatest asset. Sam retains the same joie de vivre and enthusiasm for play and discovery as his fouryear-old son. Empowered by new possibilities, Sam decided six months ago to pursue a creative goal he had been contemplating for a long time. He really wanted to illustrate a children's book. He large construction tools. He had also met a young proposed a collaborative effort to the Children's Librarian who was entrancing his young family every Friday during storytime at the Almonte Branch of name was Linda van Oort. Hamilton admits that the Mississippi Mills Public Library. Her response might have helped him get the job of designing and was an enthusiastic "Yes!" Monica Blackburn had wanted to write a children's book since she was six. featuring the fabulous etchings of Perth artist Franc

Having children changes things. When It is written for children between the ages of 2 and graphic designer Sam Hamilton first start- 6, but here's a hot tip — it's a perfect gift for granded reading books to his small son Henry, parents who are gardeners. For the first time ever, I

middle or the end, and you don't skip all When Sam Hamilton was nine years old, his dad around. Eventually it dawned on Sam that gave him a home computer. It was an Amiga Com-Henry was right. You could read a book modore, because it offered the best graphics capabilany way you wanted. So now they do. Sam ities. Sam was hooked. In grade three, he produced remembers the moment as seminal in his his first story by outputting a series of computerenjoyment of having children. They teach drawn images with subtitles to a tape monitor. He was completely mesmerized by the "juicy, tactile imagery" achieved by LucasArts in video games like Monkey Island, and he "couldn't believe how much you could convey with so few colours and just a few pixels." By the end of high school he was looking for a future that focused on graphics.

In 2004, Sam completed his Honours Bachelor of Design at York University/Sheridan College. It was a very computer-intensive program, and he emerged with proficiency in web design and the skills needed to land a job as graphic designer for a supplier of visual artist from Lanark County who had been born in Holland. Before he married her in 2004, her producing a highly recommended 172-page book The result is a wonderful little book about a snail van Oort, featured Humm artist in January 2001.



named Earl that is hitting the bookshelves right now. During April, Sam's delightful ink drawings for **I Had to Be Happy** *Do it Earl! Do it!* will be on display at the Almonte The couple moved to Almonte, bought a house and Library at 155 High Street. It is self-published and started a family. Henry now has an adorable little you can order it online at <upstreamdesign.com>. sister named Hazel. Being a parent is a huge influ-

an author and illustrator of children's books.



ence on Sam's life and work. I wish you could have seen the look on his face as he described how he photographed his little daughter's hand to guide him in an illustration for Do it Earl! Do it!, and his pride in his son's burgeoning creative artistic abilities is probably justified. For Sam, the chance to stimulate their imaginations and encourage their creativity through his own work is a dream come true.

After years of responsibility for designing and producing all of the marketing collateral for his industrial employer, Hamilton took the plunge in 2006 and became a freelance graphic designer. It was a matter of necessity. "I had to be happy," he explains. For him, that means having a wide variety of work to challenge his creativity. It also means being able to establish his own priorities in balancing the delicate trade-off between earning a living and retaining control over his artistic freedom and integrity.

It shouldn't be a problem. Hamilton loves to collaborate. His childlike enthusiasm and creativity are balanced by a rigorous work ethic and awesome talent and skills. He is quickly establishing himself as a creative resource in the community. Just take a look at <thehumm.com> to see how pleased we are with the look of our website, front cover look and logo he created for us!

A browse through his own fun and navigable website at <samhdesign.com> explains how and why he is successful in satisfying clients. As you stroll along Almonte's beautiful Riverwalk, you can enhance your enjoyment by admiring the five interpretive signs Hamilton designed and produced for the Town of Mississippi Mills. He also designed the graphics for Almonte's "Get It Here" program <get-it-here.ca>. The website, stationery package and postcard he designed for woodworker Carl Nigi are another good example of the integrated identity design services he offers to businesses. Most recently, he sketched the elusive Maplelope <maplelope.ca> — the mascot for this year's Mississippi Mills Chamber of Commerce tree sale.

His website portfolio is organized into four sections: Logos, Print, Web and Illustration. Each is fun to click through, but like Sam, "Illustration" is my favourite. As he explained it to me, "I love working in the real world, away from my computer." To create Earl, Sam sat in his own backyard garden and contemplated the microcosm that a snail inhabits. I can't wait to see what microcosm Sam Hamilton's fertile imagination will illustrate next for the child in all of us.

Indulge the child within and drop by the Almonte Public Library at 155 High Street from April 12 to May 10 to enjoy the display of Sam Hamilton's illustrations for Do it Earl! Do it!. After that, the images will be on display at the Pakenham Library. You can reach him at <sam@samhdesign.com> or by phone at 256-7238 to discuss a project. I'm trying to come up with an idea for a children's book myself!



**Foodsmiths 11th Annual Empty Bowls Fundraiser** 



From 11am to 2pm, Foodsmiths customers can purchase a beautitul locally hand-crafted pottery bowl for a \$20 donation and fill it with delicious Natural Bean Salad. Each year the Empty Bowls program distributes more than \$10,000 to local food distribution programs like the Perth & District Foodbank, YAK Youth Centre and the Food for Thought Breakfast and Snack programs in Lanark County Schools. Join us for good food, fun, friendship and fundraising!

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Mon-Thurs 8am-8pm Friday 8am-9pm Sat 8am-6pm & Sun 9am-6pm

www.foodsmiths.com

April 2012





#### Sam Hamilton

Graphic Designer and Illustrator WHAT

WHO

WHERE 117 Main St. E., Almonte; <samhdesign.com>; <sam@samhdesign.com>; 256–7238

THE·HUMM

- WHEN April 12 to May 10, Almonte Public Library, 155 High St.
- WHY "Illustration lets me create in the real world — I want to smell the rosemary."

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## **Garnet Rogers Gets Up Close & Personal**

He has been described by the *Boston Globe* as "one of the greatest performers of our time." He is tall in stature (six and a half feet) and tall in voice. On stage he becomes a presence unto himself. A composite musician plus so much more — he is Garnet Rogers.

On Friday, May 4, Garnet Rogers will appear "Up Close & Personal" at the St. Andrew's Presbyterian Church in Carleton Place. Showtime is 8рм.

This show is a joint presentation of the Carleton Place In Concert committee and Lyle Dillabough Productions. It is the second such presentation, following their highly successful début last October that featured two sold-out Murray McLauchlan shows.

"Garnet Rogers is capable of awe inspiring stuff - and that includes more than music," says the Kitchener-Waterloo Record. "Resolutely independent, Rogers has turned down offers from major record labels in order to do music his own way." And that is exactly what people will see and hear him do in Carleton Place.

The beautiful combination of Rogers and the amazing sanctuary that exists within St. Andrew's should prove to be an amazing experience in itself. Built for sound with excellent acoustics as well as elevated seating and terrific sightlines, this 175-year-old building is truly a gem of the Ottawa Valley. Roger's smooth, dark baritone and precise musicianship will reverberate impressively throughout this venue.

The younger brother of the late (and legendary) Stan Rogers, Garnet has been both blessed and cursed by his older sibling's legacy. The two worked together until Stan's tragic death in 1983. Since then Garnet has carried on and made his own way throughout the international folk music scene. Still, the shadow cast by Stan is long and dark, as the legend only seems to grow and get stronger over time.

Aside from his own tremendous personal loss, Garnet has and continues to deal with those inevitable and insistent comparisons of the two brothers. In short, Stan may be described as being more of an entertainer and Garnet as more of a musician, with both being excellent and prolific songwriters. edge that seems to possess him.

of albums and played nearly everywhere, it would mation or check out <lyledillabough.com>.



Don't miss your chance to catch Garnet Rogers when he plays St. Andrew's Church in Carleton Place on May 4

seem. In 1990 he appeared in Carleton Place as the headliner for the Ballygiblin Folk Festival, which was held at that time as part of the Town of Carleton Place's 100<sup>th</sup> birthday celebrations.

The Carleton Place In Concert committee is excited and pleased to bring Garnet back — he is just the kind of performer the organization is trying to attract and present as part of their Up Close & Personal concert series.

Tickets for the show are \$35 each (HST included) and can be obtained in Carleton Place at Temptations (117 Bridge Street) and SRC Music (124 Moore Street), and in Perth at Burns Jewellers (66 Foster Street). Garnet also requests that everyone bring Garnet can certainly entertain too, but he does it along a donation (non-perishable food item or cash) more with a kind of intense musical and personal for the Lanark County Food Bank, as part of his ongoing End Hunger campaign - something he Over the years, Garnet has produced dozens strongly believes in. Call 257-4970 for more infor-



thehumm.com

# Mudds Present a Comedic Gem

If you've ever wondered what happens backstage during a las, the director who stops and theatre production, then this is starts the rehearsals with his tythe play for you. Michael Frayn's rannical rants, while his philan-Noises Off! mimics the progression of preparing a real play and offstage and onstage) to further its actors for rehearsals (complete with on- and off-stage mishaps) and finally the actual performance (with its own slip-ups, ager, Lloyd's whipping post and usually unseen by the audience romantic interest. but leaving the cast twittering or exclaiming backstage).

three oranges or two lemons and a banana," sums up Dotty Otley.

The play opens with Dotty, played by Michelle Eno, stopping her monologue to come out of character and comment on what has just occurred, asking is the veteran actor whose hearthe director if she's doing it correctly. Thus the scene is set for the forthcoming show. It's a play within a play, with a touring company rehearsing and presenting a traditional farce. Eccentric characters find themselves in cliché situations, working within a very opens the show having worked ambitious two-level set.

Garry Lejeune, played by Adam Pelletier, starts off confused and becomes ever more unto themselves on this set, but so, as cast romances and misunderstandings unfold. Brooke harmed in this production! Ashton, played by Patti Lockhart, never seems to clue in, stay dressed, or cope with dropped lines and missed exits.

Gord Risch plays Lloyd Daldering causes outbursts (both add to the commotion. Mary Alexander is Poppy Norton-Taylor, the suffering stage man-

Robert Horne as Frederick Fellows tries to understand but "I open my mouth and I never never does, tries to help but know if it's going to come out never can, and gets spontaneous nosebleeds at the sight of violence and friction. Belinda Belair, played by Meredith Millman, is the savvy actress who likes to gossip and tries to save the show. Selsdon Mowbray (Tony Scott) ing loss and penchant for whisky have a detrimental effect on his timing. Shawn Millman plays the company stage manager and set constructor who is responsible for all that goes wrong and powerless to fix anything, and who for 48 hours without sleep.

And finally, the sardines. They seem to be a character please note — no sardines will be

The action heats up as romantic innuendos ensue, eyebrows raise, trousers appear 'round ancharacters, all while burglars la-



The intrepid Mississippi Mudds take on one of the funniest and most challenging to stage - comedies in the history of... well... funny comedies! Don't miss their production of Michael Frayn's Noises Off!, which opens at the Carleton Place Town Hall on April 27, complete with on-stage action, back-stage hilarity, and an impressive two-storey set.

ment over spilled silverware, and 5 at 8PM, with a matinée tickle your funny bone.

kles, sheets and bath mats enrobe the Carleton Place Town Hall calling 257–1976. on April 27 and 28 and May 4

> You are cordially invited to George and Martha's

banging doors, telephones creep- on Sunday, April 29 at 2PM. Giing across floors and, well, there's ant Tiger, Valley Design Co. and all manner of mayhem. Come Riverview Seniors' Residence and enjoy a raucous evening of are sponsoring this produccomedic entertainment sure to tion. Tickets may be purchased at the Carleton Place Chamber Noises Off! is directed by of Commerce/Arts Carleton Brian McManus and produced Place at 132 Coleman Street, by Joanne Samler and Don Lee. open 9AM to 5PM weekdays, and Performances will take place at 11AM to 4PM weekends, or by

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### **Join Friends on Earth Day Friends of Murphys Point Park AGM**

Point Park Annual General Meeting — that's what!

Join the Friends on Earth Day - Sunday, featuring special guest speaker Tim Wood. Tim is the Species at Risk Coordinator for the Leedsat Risk.

"We thought Earth Day would be a fitting occasion to bring old and new Friends together to talk about some of the great projects we do and to hear the area," said Beth Peterkin, Friends event coordinator.

The Friends of Murphys Point Park formed as a registered charity in 1995 and offers many and varied programs that are managed by a volunteer Board. Programming is developed and carried out by dedicated volunteers on a year-round basis, as they work to enhance the natural and cultural resources of Murphys Point Provincial Park, located just twenty minutes from downtown Perth.

and displays of Friends' programs and activities, a more information about the Friends, visit <friendbrief AGM, a draw and a dinner featuring a fabulous chili cook-off, all followed by Wood's presentation. Members and non-members are welcome or <friendsofmurphyspointpark@yahoo.ca>. to attend.

"The AGM will feature reports from the past year, as well as the election of directors for the coming year," explained president Stephanie Gray. "We do have a few positions to fill on the board, so anyone who is interested in learning more about being a director is encouraged to contact us. It is a rewarding and interesting volunteer role that benefits a beautiful park."

If your chili recipe is the best ever and you would like to enter the chili cook-off competi-

What do Earth Day, a chili cook-off and a business tion, please register in advance. Everyone attendmeeting have in common? The Friends of Murphys ing the AGM will have an opportunity to vote for the "best chili" and there are prizes for the winners.

After dining on chili, you can enjoy Tim Wood's April 22 — at McMartin House (125 Gore Street presentation. "Tim is an engaging and enthusias-East in Perth) starting at 4:30PM for this event, tic speaker and we look forward to welcoming him back to Perth," says Peterkin.

Wood worked for several years as a park nat-Grenville Stewardship Council, and will present uralist at Murphys Point and was also employed *Common Ground — Sharing the Earth with Species* for eight years as a park planner/manager for Credit Valley Conservation. His presentation will introduce people to species at risk themes in Ontario, discuss the natural history of specific species at risk in eastern Ontario, and look about some interesting programs being offered in into the factors contributing to the loss of biodiversity, as well as discussing things we all can do to help.

> To register your chili or reserve a ticket to attend this Earth Day event, please contact Beth Peterkin at 267-5340 or <eventsmurphys@ripnet.com>. Tickets are \$10 for members, \$15 for non-members and \$5 for children under 12. Tickets can be purchased at the door with advance notice.

"Your support will assist the Friends in continuing to provide high-quality programming," Gray The Earth Day event kicks off with a slide show adds. "We hope to see you there on April 22." For sofmurphyspoint.ca> or contact Stephanie Gray for details about becoming a director at 264–0447



Tim Wood, Species at Risk Coordinator for the Leeds-Grenville Stewardship Council, will speak in Perth on April 22

# A "Royal" Concert at St. Paul's in Perth

The choirs of St. Paul's United and sion players in the area who will be joining St. James Anglican churches are combin- us in several of the pieces, to add that extra ing to present a program of choral music element of pomp and ceremony." to celebrate the 60<sup>th</sup> anniversary of the ascension to the throne of Queen Eliza- to join the choirs for two pieces. The wellbeth II. The concert will take place on known hymn The Lord is My Shepherd Sunday, April 22, at 7:30PM in St. Paul's United Church in Perth. Concertgoers 1947, before she was Queen) for her wedwill be treated to music written not only ding, and was also sung last year at Prince for the coronation of Queen Elizabeth II, but for coronations of previous monarchs, that on Earth do Dwell, as arranged by as well as music performed at royal weddings and funerals. Hubert Parry's I Was *Glad* was composed for the coronation of King Edward VII, revised in 1911 for that in two numbers played by Brad Mills: of King George V, and then used one hun- *Pomp and Circumstance #1* by Elgar, and dred years later at the Westminster Abbey wedding of Prince William and Catherine Middleton last year. I Vow to Thee My Paul's Music Team member Barb Guthrie. *Country* by Holst was performed both at the wedding of Prince Charles and Diana of the anniversary and has provided us with in 1981, and at Diana's funeral in 1997.

"It's a wonderful opportunity to showcase some very stirring choral music writseveral great professional brass and percus- Perth.

Concertgoers will have an opportunity was requested by Princess Elizabeth (in William's wedding. The stirring All People Ralph Vaughan Williams, was sung at the coronation of Queen Elizabeth II in 1953. The fine organ at St. Paul's will be featured Crown Imperial.

"It will be a very festive event," says St. "Heritage Canada is promoting celebrations miniature flags and bookmarks, which we will be handing out to the audience."

Tickets for the concert are \$20 and are ten by some of the great composers," says available at Tickets Please at 39 Foster St. James organist Peter Woodwark. "We Street in Perth (tickets@ticketsplease.ca, are very lucky to have a dedicated core of 485–6434), and weekdays between 9AM singers in both our choirs," says Brad Mills, and 3PM at the St. Paul's United Church St. Paul's Director of Music. "We also have office located at 25 Gore Street West in

# **Season of Changes** for Valley Festival

Festival as it gets ready to present another America and has established a reputation wonderful and eclectic line-up of classical concerts across the valley this summer. in the world. They have performed at the They will present world-class musicians: a National Art Gallery, the Palais Montcalm string quartet in May, a guitar quartet in Series, the Glenn Gould Studio, on both June, an internationally renowned pianist English and French CBC, and with orin August, and a choral concert in Septem- chestras across the continent. ber that will introduce audiences to the festival's new artistic director.

The season begins on May 6 at 3PM as one of the most captivating and thrilling with the Madawaska String Quartet pianists of her generation — will perform <madawaskaquartet.com>, which will per- an exciting programme that will include form at Holy Trinity Anglican Church in Beethoven's Sonata in D Minor (a.k.a. The Pembroke. Since bursting onto the Canadian music scene in 2001 with a repertoire in C Sharp Minor, Chopin's Ballade No. 1 that leap-frogs across musical boundaries, in G minor, and a selection of Debussy's and hailed for their "astonishing talent" (Musicworks Magazine), the Madawaska Quartet performs pieces from the mainstream to performance art, from the film artistic director, Mervin Fick, the Festiscore to the avant-garde, and from the ba- val has been searching for a new musical roque to the present day. They have per- leader. In June, the new artistic director formed in many major international festi- will be announced and they will make vals, and were recently the first chamber their début with the Chorus on Septemgroup to perform at the Royal Conservato- ber 30 in Arnprior. ry's astonishing new Koerner Concert Hall. Following the concert, Anthony's Italian a geographical as well as musical tour by Grill in Pembroke (previously the Saffron designing your own four-pack. Purchase restaurant) is hosting a **Meet the Artist** four adult ticket for \$75 (no deadline), or dinner for \$40 per person. Please reserve get individual tickets for \$20, with stuat 735–1958 and tell them that you are at- dents at \$10 and no charge for children 12 tending that day's OVMF concert. Next stop for the Festival is June 17, when the **Canadian Guitar Quartet** val's season or to purchase tickets, contact performs in Eganville. The Quartet has 433-9457 or <tickets@valleyfestival.ca>.

Change is afoot at the Ottawa Valley Music toured extensively in North and South as being one of the finest guitar ensembles

> On August 19, in Almonte, Franco-British pianist Emilie Capulet - recognized Tempest), Chopin's Fantaisie-Impromptu Preludes and Estampes, among others. See <emiliecapulet.com> for more information.

Following the departure of its original

# 2011 Tax Tip

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#### PARTNER ORGANIZATIONS

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> Mississippi Valley Conservation

TO REGISTER Contact Sarah O'Grady, MVC Education Coordinator 613-256-3610 ext. 1 sogrady@mvc.on.ca

April 2012





### **Secret Selves** How Their Changes Changed Me — A Mother's Story

of Johnson's first-born child Julia, and of rather than the one he uses for himself. Kip, the young man Julia grew up to be. It's the five additional identities who began to emerge during Joey's teen years. Finally,

### by Simon Lever

it's the story of how two unique sons taught their mother some important lessons about her own identity as she rose to the challenge of raising them.

Jamie Johnson is a pseudonym for an author and businessperson from the Arnprior area. She uses the nom de plume, and has changed names in the book to protect her family's privacy, but wrote the memoir in hope of helping other families through difficult times. She also wanted to increase awareness about the unique identity issues her sons faced: transgender identity and transition, and Dissociative Identity Disorder (DID).



Copies of Secret Selves are available at local independent bookstores and from < secret selves.net >. The author will also be at Mill Street Books in Almonte on May 5.

As she explains on <secretselves.net>, the website for the book, "I wanted to educate. My kids don't talk much about what they went through. And I know that both of the conditions they faced are highly misunderstood. I am their voice."

ergy, and a parent very involved with her children's working towards understanding and acceptance of lives. "There's a reason why Will (Johnson's second their own unique challenges.

Jamie Johnson's memoir Secret Selves is re- Kip as her son, she tells him that it would be easier ally several people's stories. It is the story for everyone if he went by the name she suggests

It is Johnson's journey to accepting Kip's full the story of Joey, child number two, and identity that really helps us understand her transsexual son from a mother's perspective. She skillfully demonstrates the source of all her objections to Kip's gender: fear. Fear of what people will think and say, and a mother's fear for her child's safety and future happiness. "With Kip, I'd thought I'd be sheltering him from pain if we hid his change from our small town — wrong. I was causing extra pain by appearing to not accept him for who he was."

> Johnson's fears are real enough, but Secret Selves really begins to get interesting when she finds her way towards accepting Kip. In the book she quotes Emerson, saying, "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

> Johnson continues to take us through Joey and Kip's development, switching from one to the other in a loose chronological structure that manages to remain coherent through a rather complex family history.

> During the course of this wild ride, Johnson gives the reader a glimpse of a dark side of mental health treatment in this region as she supports one son through a diagnosis and treatment of DID and the other through the process of gender transition.

> Johnson describes how Kip starts his transition in 2005, first undergoing a kind of medical hazing ritual during which a collection of seemingly disinterested therapists ask pages of invasive questions and generally provide a rather hostile gatekeeping service to the medical aspects of gender transition: hormone therapy and sexual reassignment surgery.

> When Joey starts literally becoming his other identities during the course of their daily life, Johnson takes him to a series of therapists that fail to properly diagnose him, even as his identity episodes become progressively more disturbing.

> "I had become one of my antique quilts. At a glance I appeared to be in one piece, but here and there the stitching had let go, leaving my feelings to roam around into places they shouldn't." This is how Johnson describes the experience of talking to Joey's darker alter identities.

> Her story of Joey's journey to identity integration is gripping reading, and Johnson does an excellent job of describing the intricacies of interacting with the alters, and the search for the precipitating event: the unknown stressful incident that so frightened Joey that he created alternate personas to deal with it.

Secret Selves draws no conclusions about mental health systems in general; rather, Johnson sticks to her family's story and lets the reader draw their own conclusions. She focuses instead on the ways she finds to support Kip and Joey, the details that Johnson is evidently a woman of enormous en- will be of interest to other families and individuals



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husband) calls me 'the Fixer," she says in the book.

period of single parenthood and into her second marriage, Johnson is never the kind of mother that allows her kids to mope around. When there is a problem, she is determined to fix things for her kids, and does so in some pretty inventive and entertaining ways.

trouble accepting just how unique her children are. Street Books <millstreetbooks.com> in Almonte She flat-out denies Kip's transgender identity when on Saturday, May 5 from 1:30 to 3PM, just in time he first comes out to her, and once she does accept for Mother's Day!



Secret Selves is a very readable example of a Throughout the family's early years, through a typical mother's memoir, although the family it describes is anything but typical. Johnson succeeds in her goal of educating us about two fairly rare identity issues, and she does it in a way that makes this story easy for everyone to relate to.

You can find copies of Secret Selves at local independent bookstores near you, or at <secretselves. But she is also a parent who has considerable net>. The author will also be signing copies at Mill

thehumm.com

Check out our new selection of Cuisinart, ForLife, and Technivorm equipment - brewers, presses, grinders and more!! Ask our knowledgeable staff for assistance.

(And stay tuned for upcoming dates for courses in our cupping lab!)

#### **Equator Cafe Open Daily** 451 Ottawa St., Almonte 613-256-5960 - www.equator.ca

**A Real Mouthful About Local Food** 

the green page the gre

about eating it — though that's a good place to start rumi- people as a viable, realistic, and valued occupation. ally — bringing people together for meaningful and nating — but also about what significance food can have to community. The word "community", as it turns out, is derived from the Latin *communitas*: cum = with/together + munas,= gift (Oxford English Dictionary). I have begun to wonder how food can act as a central "gift" that brings people together.

Some obvious examples of this come quickly to mind. Food's role in them is so integral that it is easily taken for granted or even overlooked. On the most basic level, the daily act of preparing and sharing even the simplest meal brings with it a

#### **Connection to Growers**

This connection is broken as priority is given to export crops. Within a couple of generations, farms have moved from growing food largely for themselves and local markets, to producing for large urban areas and for international markets. Food is seen as a commodity, not as a human right and necessity. Farmers are anonymous.

#### by Susie Osler

the Month

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sense of communion and wellbeing. On a grander scale, think about the ritual events (weddings, funerals, religious holidays) that are accompanied by feasts. Food can be a catalyst for celebration and possibly even for change. Food, at its most basic level, is what sustains us. So why is it that, as a society, we give food so little consideration, expect that it should be available to us at ever-cheaper prices, and that someone else (the farmer) should be growing it (for us) for less than a living wage? In my mind, something is askew when priority is given to obtaining the latest Apple product over putting good food on the table (and into our bodies), and reverence is paid to movie stars and not to farmers. I want to live in a society where Rolling Stone Magazine features the people who actually do move stones...

Food grown, sold and consumed locally creates a web of connections that help to bind and support communities. These relationships help situate a person within a larger interdependent "organism" that goes *well* beyond the individual. These relationships can build trust, put a human story behind the food we consume, generate respect for (and pride in) the labour and expertise of growing food, and generate a subtle sense of responsibility for each other's well being. Furthermore, dollars spent within a community multiply tenfold, which can have significant positive ripple effects on a local economy.

#### **Urban Migration**

In 1931, 31% of the population lived on farms. In 2006, that number dropped to 2.2% and it continues to drop as credit becomes more difficult to access, crop insurance rates increase, energy and input costs rise, commodity prices rise and fall at the whim of speculators, and freak weather patterns increase due to climate change. Morale is low



#### **Cost of Food**

The percentage of household income spent on food has decreased from about 20% in 1961 to 9% in 2009. Cheap food, large volumes and variety are expected — though it is not truly "cheap" when the real costs of the industrial food system are considered. The deleterious effects of globalized agindustry on the environment and human health are real and are becoming increasingly apparent.

An agricultural production system dependent on cheap fossil fuels is unsustainable. Government policies and regulations that support large scale food production for export and speculation have been eroding our ability as a nation to feed ourselves with food grown close to home.

#### Local Efforts

It can seem very bleak at times when one questions how far down this road we really want to go before we are truly stuffed. We need farms, farmers, skills, agricultural land and ecological practices all adapted to our specific locales, and connected to and supported by our communities, if we want to have access to affordable food when we can no longer afford the costs of shipping it from the other side of the world. There *is,* however, much to feel hopeful about. Thanks to the efforts of many committed and passionate people, "local food" has become a household phrase over the last decade. This trend has resulted in an exciting grass-roots movement that has increased awareness, inspired deep thinking and discussion, developed vision, and resulted in action. Here in Lanark County, we are fortunate to have a number of committed people and organizations who are bringing imagination, vision, and energy to the task of building regional food security. I encourage you to check them out, and I

apologize that I can't list all of the organizations.

EcoPerth has been working for the last decade on developing awareness around the importance of local food systems to the health of our community — both now and moving forward in the face of climate change and peak oil. They have been instrumental in initiating the Lanark Local Flavour brand and website <lanarklocalflavour.ca>, coordinating skills development workshops for farmers, connecting farmers to consumers, and developing youth and school gardens around the county. They have

I've thought a lot about food over the last ten years. Not just and farming is no longer perceived by most young worked with other organizations locally and regionmeaty discussion about how to develop a regional food system that benefits everyone - consumers and producers alike. Interested in contributing to their activities? Contact Cheryl Nash at 268–2881. "Like" the Lanark Local Flavour facebook page to keep abreast of happenings around the county.

For the last eight years or so, **Slow Food Lanark County** has hosted events that celebrate local food traditions and producers, and build knowledge around food and food production. The aims of Slow Food are to promote growing practices that are "good, clean, and fair". Good, meaning a fresh and tasty seasonal diet that satisfies the senses and is part of our local culture. Clean pertains to food production and consumption that does not harm the environment, animal welfare or our health. Fair promotes accessible prices for consumers, and fair conditions and pay for small-scale producers. Look out for Slow Food Lanark County events (which are open to everyone and always include a fantastic shared meal) and consider becoming a member. Find information from Janet Duncan at <dunbrae@ sympatico.ca> or <slowfood.com>.

The Perth and District Food Bank moved last year to its upbeat new digs on Gore St. in Perth and has undergone a significant and exciting shift in services and programming in the last year. Complementing its revamped emergency food services are new programs in community gardening, skills development and advocacy, and a delicious hot meal program. Volunteers are welcome in many areas (including gardening), and meals are open to all. Find out more at <perthfoodbank.ca> or call 267 - 6428

So what will it take to build a healthy, decentralized food system? It clearly demands more than just eating a few salads bought from a farmers' market in the summer. According to Ben Hewitt's great book, The Town that Food Saved (which I highly recommend), it must offer economic viability to small-scale producers; it must be based on sunshine (our reliance on fossil fuels is unsustainable); it must feed locals; and it must be circular. When manure and other waste is cycled back into the system — and so is money — then seed pro-

ducers, composting operations, vegetable growers, and restaurants all operet FRES ate within a small area, building from and contributing to each other's success.

But it all starts with vision. As Tom Stearns says: "You have to have a bold vision. Once you have that bold vision, do not be shy about it. Shout it from the roof of

Maple syrup Lamb, chicken, pork Eggs Sleigh rides for hire (winter months) Pesticide and herbicide-free! For more information: 613-256-6117

am.sheets@hotmail.com www.rocknhorsefarm.ca



So start imagining,



**April 2012** 





# **Humm Bits**

### Fence Building Workshop

On Saturday, May 5, come to Maberly to learn how to build an unusual type of rail fence, known as a sheep fence or Indian fence - one of Scott Dobson's signature fences. Scott will be accompanied by Eugene Fitch — a local old-timer with stories to tell and a book on fences under his belt.

This is a hands-on workshop. Participants will be constructing a sheep fence at *fieldwork*, the home of some site-responsive, outdoor public art, located in a field near Maberly, at 2501 Old Brooke Road. Bring gloves, lunch, a camera and a fencing tool (if you have one, but it is not necessary).

Pay just \$30 for the day (10AM to 4PM). The workshop will run rain or shine, unless there is very bad weather. Attendance is limited and registration is necessary, so please call or email ahead to book a spot: Susie Osler, 268-2024, <susieosler@mac.com>.

### First Steps into Storytelling

Everybody loves a good story. On Sunday, April 15, from 10AM to 4PM, explore how to tell compelling stories at Jennifer Cayley's workshop at the MERA Schoolhouse.

Working with traditional folk material, participants will experience breathing the story in, rather than learning it — finding its images and creating a tale out of what those images call forth. As you progress, you will explore the process of taking your own words and trusting them to be sufficient — of uncovering the emotional connections that give the story life. Here it is: the chance to step into the storyteller's world.

Jennifer Cayley has been telling stories professionally for nearly two decades and is one of the founders of 2 women productions, which brings high calibre adult storytelling to Full Circle Theatre in Perth. Career highlights include performing at the Midsumma Festival in Melbourne (Australia) and Talk Story Festival in Hawaii, appearing in St. Louis at the Fringe of the Annual Conference of the National Storytelling Network, touring The Book of Spells to Wales and Ontario, making regular appearances at the Ottawa StoryTellers' National Arts Centre series, and collaborating with Jan Andrews (the other half of 2wp) to produce epic pieces.

Whether you want to tell traditional folk tales, present other literary material, or share the stories of your own life, working with ancient jewels of narrative will help you find the shape for whatever stories you want to bring into the world.

This workshop is \$35 for MERA members, \$50 for nonmembers. For further information, contact Jennifer Cayley at 256–0353 or <jcayley@magma.ca>. To register, contact 278–0388 or <meraschoolhouse@bell.net>.

#### **Discussing Dementia – Caregiver's Workshop**

Family members, friends and caregivers of loved ones with Alzheimer's Disease or related dementias are invited to attend a workshop on Wednesday, April 18, at the Civitan Hall in Almonte.

Caregivers are welcome to attend all or part of the day-long event. "We encourage people to attend for as long as their schedule allows," says Jammie Bannon, Public Education Coordinator at the Alzheimer's Society of Lanark County.

The workshop has been organized by the Alzheimer's Society of Lanark County and Mills Community Support, and is part of an ongoing movement towards an age-friendly Lanark County. Presenters will provide education and tips for people caring for loved ones with dementia, address the reality of caregiver burnout, and remind caregivers to look after themselves.

The Civitan doors will open at 8:30AM and presentations begin at 9:30AM with "What is Dementia?". "Caregiver Tips Part 1: Effective Communication Tips" follows at 10:15AM, after which there will be a break for lunch. Presentations continue with "Caregiver Tips Part 2: Safety", "Caregiver Compassion" and "Caregiver Tips from a Caregiver". The day wraps up at 2:30рм.

The presenters will be local experts: psychogeriatric resource consultant Deb Steele, Alzheimer Society of Lanark County public education coordinator Robin Hull, occupational therapist Kim Schryburt-Brown, ethics coordinator at Bruyere Continuing Care Patrick Marshall, and Jennifer Jilkes, author of *Living and Dying* with Dignity: a daughter's journey through long-term care. The cost of the event is \$5 per person and lunch will be provided. Please register prior to the event online at <themills.on.ca> or by calling Jan Watson (256-1031x39) or Karen Timmons (256-8581x33).

# If You Build It...

Disclaimer: Please consult your naturo- Dear Miss Write, advice. Got a question? Send Miss Write an email at <misswrite@thehumm.com>.

### Dear Miss Write,

BlackBerry. He keeps it in his hand or ent. Any advice? pants pocket every moment of every day and checks it at least every 5 to 10 minutes. Even on weekends. I don't mind if he needs **Dear Stuck**, casionally, but when he pulls it out at the dinner table I just want to smash it. Or him. Something will be smashed. Sincerely, BB Ballistic

### by Emily Arbour

### Dear BB,

I'm no divorce lawyer, but the stat on couples calling it quits over technology has got to be on the rise. It's ridiculous the way people use them! Even I am guilty of sneaking a peek at an inopportune time. And for what reason really? MUST I know what Facebook has to say about what my (ahem) "friend" Tanya's toddler ate for lunch? Um... no. I bet your husband, despite you telling him, has no idea how offensive he is with his device (well that doesn't sound right). He probably thinks he's being discreet and, like folks whose habit is biting their nails or touching their hair, he may not even realize how much he's doing it.

My solution for you is two-fold. Videotape him and then set some new ground rules. He needs to see his addiction for himself in order to realize it's a topic worthy of discussion. You could also make note on a piece of paper one evening of how many times he practices his "tick" in the span of an hour. Follow that little family movie night with a talk about how you can make this work for both of you.

Regardless of the addiction, cold turkey isn't always the best option for a solution that'll stick, so consider setting times when the phone is not to be used. Maybe it goes in a drawer during suppertime, or is turned off between the hours of 7PM and 7AM. Perhaps he could remove the alert settings so he doesn't feel the urge to look at it the second a hunk of spam arrives in his inbox.

Failing all of this, just go ahead and smash the thing. He's probably due for an upgrade anyway. Miss Write

path, marriage counsellor, barista and I'm a young professional in my mid-thirties and mom before heeding any of the following have been working in my career for more than ten years. I have a good job with benefits and lots of flexibility, but I just don't feel fulfilled. In an economy that's so uncertain, I think it would be irresponsible of me to leave, but I just can't help but imagine My husband is constantly staring at his myself happier doing something altogether differ-Stuck in a Rut

it for work, or checks the hockey scores oc- I don't know your financial situation, but my opinion? Life is way too short to be doing something you're not totally crazy about. I know money is important and, in some cases, it does buy happiness, in that it can alleviate things that cause unhappiness (debt stress, having to wear shoes that are two sizes too small, etc.), but in my experience, when you're doing something you're passionate about, the things you need to be happy and get by somehow present themselves.

> My dad has always been a great source of solid advice for me. He's a guy who has consistently followed his passion (regardless of how many times it's changed) and designed a career, and a life, based in good part on the old Field of Dreams adage: "If you build it, they will come." The most empowering perspective he's ever given me on finances is that, like any other obstacle you may be faced with in life, it can be broken down into bite-sized, manageable pieces. "Baby steps", if you will.

> Say you need to make \$35,000 a year to feel comfortable, contribute to your household, have a coffee every morning, and maybe buy a new outfit when the urge strikes. My dad would tell you "You can either go find one job that pays \$35,000 a year, two jobs that pay \$17,500 or seven that pay \$5,000." And what if you could do the seven in half the time it'd take you to do the one? Imagine all the time you'd have to do more of what you love ... and maybe even make more money doing it?! What I'm saying is that YOU are the only one putting limitations on your career. There are lots of people out there doing amazing things. Things that you would enjoy doing, if only you'd take the plunge and go for it.

Go for it.

*Emily Arbour is a freelance writer (among other* things) who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well getting dating tips from a hermit. Only difference is, he doesn't have a column in this fine publication.



Funny You Should Write..

— Sarah Byrne



If you are interested and would like to explore the possibilities further, please contact us.

Family and Children's Services of Lanark, Leeds and Grenville Valerie Johnston 613 264-9991 ext. 154

Toll free: 1-866-664-9991 www.fcsllg.ca







thehumm.com

# How do you support live music? Find a show. GO.

### Here's who's playing Burnstown.

April 1st; The Bright Lights Social Hour April 5th; The Deep Dark Woods April 19th; Jonas & the Massive Attraction April 21st; Quartetto Gelato April 26th; Skydiggers April 27th; The Once May 2nd; The Lost Fingers May 5th; Montreal Guitar Trio May 10th; Old Man Luedecke May 17th; Danny Michel May 19th; Patricia O'Callaghan May 24th/25th; The Sadies May 26th/27th; MonkeyJunk May 27th; Russell DeCarle May 31st-June 2nd; The Eclipse (Echo Echo Productions) June 15th; Amanda Rheaume Trio June 16th ; Carolyn Mark, Joey Wright June 30th ; Silver Creek

### www.neatfood.com

Someone's picture is missing! Email info@neatfood.com for a chance to win tickets to that show.



April 2012





SUNDAY APRIL 29TH ELISE LETOURNEAU DUO PIANO, FLUTE, GUITAR AND VOCALS

SUNDAY MAY 27TH GRACENOTES A JAZZ POP AND GOSPEL GROUP SAX, BASS, PIANO AND DRUMS

BOTH OF THESE GROUPS ARE AMAZINGLY TALENTED AND INSPIRING. YOU WILL NOT BE DISAPPOINTED

225 EDMUND ST., CARLETON PLACE Ат 4:30рм

GOOD WILL OFFERING

### SEWING WORKSHOP

A three Saturday morning workshop on how to make a simple stretch fabric dress/jumper/leggings/ never-want-to-take-it-off piece of clothing.

### April 14, 21 & 28 9AM - 12:30

cost: \$10 per hour or \$100 for all 3 sessions

We have enough sewing machines, but you are welcome to bring your own, especially if it needs some TLC! Max. 8 students for this workshop

### Almonte 613-256-5577



Ingrid Harris The Urban Planet 6007 Martin St. North

### Pick up theHumm in Renfrew at ARTSONG BOUTIQUE



www.janiceaikenrmt.ca 613-256-6243



# Art is in the Attic...

### Art in the Attic 2012

Around the Valley

Hanging

Spring has arrived a little earlier than usual and so too has the annual spring tradition of Almonte's Art in the Attic Show and Sale. The grand opening will be on Friday, April 27, from 7 to 9PM, and the rest of the show runs 10AM to 7PM on Saturday the 28<sup>th</sup> and 10AM to 4PM on Sunday the 29<sup>th</sup>.

The show features works by the Almonte and Area Artists' Association in many media on a great variety of subjects. Back by popular demand, the senior art students from Almonte & District High School

### by Miss Cellaneous

will once again showcase their work. You will be amazed at the raw talent of these budding artists. This year organizers have also invited special guest artists Christina Moore and Brad Henry, of the visit <4a-artists.ca>. Peoples of The Long House, to display their aboriginal art — a truly inspiring collection.

Another new tradition begins at this year's grand opening, when folks from *the*Humm will Humm Selection".

Art in the Attic has become known as the place to acquire fabulous original art at very affordable prices! And even if you just need to inhale some creativity, come on by... the local artists have so much to offer.

The Almonte and Area Artists' Association (4A's) is a group of local artists who like to get together to discuss art, and exchange ideas about art, on a regular basis. The 4A's encourage artists of all ages to grow and expand their knowledge and enjoyment of the visual arts. New members are always welcome! The group meets on the second Monday of every month at 7:30PM at the Almonte



This year's Art in the Attic event features works by Jeff Banks (above), ADHS students, and guest artists Christina Moore and Brad Henry (below)

Public Library, 155 High Street. (If the meeting date falls on a long weekend, then the group meets on the third Monday of the month.) For more information, contact Laurel Cook at 256-5863 or

### The Gifts of the North

The Gifts of the North travelling exhibit is a collection of eighteen masterfully created sculptures by Jaselect their favourite work by each artist: "The net Irene MacDonald-Hannan. This intriguing and unique exhibit will be proudly displayed at Heritage House Museum in Smiths Falls until April 27.

According to Ms. Hannan: "someone once said to me that everyone has a geographical home, a place on the planet that speaks to your soul that you are at home. Northwestern Ontario is that home of my family." Each figure represents a part of Canada that the artist feels is hidden — from the Aurora Borealis above Lake Superior, to the Kakabeka Falls along the Kaministiqua River. No matter how many times you look at the sculptures, you will always find something you missed the first time around, and you will find their personalities coming to life before your eyes.



Look for Our Signs!





thehumm.com

# and Almost Everywhere Else Too!

Come and experience Hannan's *Gifts of* **Invitation to a Salon** the North at Heritage House Museum in In olden days, artists, writers, poets and Smiths Falls. Each sculpture is made with other creative folks would frequent what love and precision — beading, stitching, a were known loosely as "salons". The idea mix of media and inspiration of colours, was to mingle with like-minded creative and materials that interpret a passion for types, discuss your projects, receive crilife and heritage of the north. The museum is open from 10:30AM to 4:30PM, Monday to Friday, and is located at 11 Old in some cases, the political scene. While Sly's Road in Smiths Falls. For more infor- I myself am not interested in the political mation about this exhibition, please visit side of these salons, I have always liked the <smithsfalls.ca/heritagehouse> or call idea of getting together and throwing out 283-6311.



Meet Boreal, one of the 18 figures now on display as part of Heritage House Museum's Gifts of the North exhibition

tiques, work on a small piece of art with other artists, and discuss the artistic and, ideas related to my chosen media, which are painting and writing.

I have a small studio in Balderson that is under renovation but will be ready soon. It will have a few tables and comfy chairs, good lighting, places to work quietly, and a small beverage area. I am not looking to make money from this idea, so any visitors are welcome to contribute to the small snack larder if they wish. If any area artists or writers are interested in joining me for a salon-type experience, please contact me through my blog at <baldersonstudio. blogspot.com> — Linda Turner

### Felt Better at MVTM

The Mississippi Valley Textile Museum in Almonte presents a two-day workshop with internationally renowned felt-maker Sue Pearl. Sue lives in London, England, and is an active member of the International Felt Makers Association <feltmakers.com>. She has just returned from three months in Australia where she and garden containers for sale.

taught workshops and met Australian felt makers. She is now planning her April and May sojourn in New York, Montreal and Ottawa, and her busy schedule includes a workshop in Almonte on April 28 and 29. Topics include making a creative piece of flat felt, making felt beads, designing and making a felt bag, and many more. For details about the schedule and fees, please visit <feltbetter.com>. To register, please email <curator@mvtm.ca> or contact Jennifer Ryder Jones at 256-8373.

#### **Red Trillium Studio & Garden Tour**

On May 12 and 13, from 10AM to 5PM, come out to see 33 artists in twelve studios and locations in beautiful West Carleton — and some lovely gardens too!

On display will be bookbinding, drawing, pottery, stained glass, woodwork, fabric art, Santa dolls, quilts, glass blowing, metal work, clothing, photography, sculpture, carving and jewellery, as well as paintings in oil, acrylic, watercolour from Catharine at 839–2793. and pencil crayon. Artists new to the tour include Richard Charlebois (marquetry), Art at the Station Jill Alexander (acrylics), Megan Duffield The second annual Art at the Station out-(women's clothing), Jeffery Sugarman (oil painting), Loretta Moore (hooked rugs and kits) and Randy Gill (hand-wrought lawn at the Old Train Station, 132 Coleiron works, including decorative and functional pieces).

There are also several wonderful and very different gardens to be enjoyed. The Master Gardeners will be on hand to dispense free advice, and there will be plants non-members for \$30. Registration closes



Chickadee by Richard Charlebois

On Saturday only, the workAbles Group will be serving refreshments in the Masonic Hall on Carp Road. You can also find great food and drinks at the many local pubs and restaurants.

Look for brochures and maps at many locations. Admission is free, and information is available at <redtrilliumst.com> or

door art market will be held on Saturday, June 16 from 10AM to 4PM outdoors on the man Street, in Carleton Place. Bring your tent, table and chairs, and show and/or demonstrate your work. Stall space is offered to Arts Carleton Place members for \$25 if received by May 26, and then to on June 10.



Swag bags to the first 50 shoppers. For vendor sneak peeks and show details, visit

www.handmadeharvest.com

April 2012





Cleaning out the Garage? Got old computer parts in the office? Not sure what to do with that old fridge, toaster cell phone or TV?

> Bring them to the 3rd Annual **Carleton Place Recycling Day**

> > Saturday April 28 from 9-3 in the Rona parking lot. 535 McNeely Ave., Carleton Place, ON

Due to the success of last years recycling day,





as we try to ensure that as many items as possible, specifically hazardous materials such as heavy metals and VOCs are properly recycled and diverted from local landfill sites.

Free disposal of old paint, batteries, compact fluorescent bulbs (CFBs) and general electronics including: computers, copiers, fax machines, speakers, telephones, video games, radios, cell phones, cameras, pagers, circuit boards, televisions and more.

For a small fee \$5 for clean small appliances including blenders, irons, kettles, toasters, air conditioners, \$10 for washers, dryers, freezers, fridges, ovens, stoves and more can also be recycled.



### Galas, Trees, Mississippi Millinç Videos & Fleas!

breath... (pant)... (pant)...

There's just so much to do in always cherish." this Town and, since I am the for Mississippi Mills (cute too)... I need to get around.

### by Miss Mills

Hamilton's house in Almonte where the Maplelope hangs out. The Maplelope, as you'll recall, is this year's official mascot for the **Mississippi Mills Chamber** profiled in *the*Humm's May issue. of Commerce Tree Sale and you can see him on all their posters around town. He's a shy guy — very odd looking in a kind of Dr. Seuss way — who likes to hide behind trees and nibble on maple keys. After I'd coaxed him out from behind an apple tree in Sam's backyard, the Maplelope asked me to remind everyone that all tree orders must be placed by Fri-CROSSING day, April 20 for pick-up on Saturday, April 28 at the municipal offices. He's very proud to represent the full catalogue of beautiful shade, fruit and flowering trees that are available.

You can shop for the trees online at <mississippimills.com/trees> or call Kathryn at 256–7464. "With the appearance of the Maplelope, plus our brand-new-thisyear online shop, sales started off with a bang! It has the tree committee really excited," explains Kathryn Briggs, who is also School Director of Mississippi Mills Musicworks.

Woods is this month's musical presenta-District High School. The plot by Steven Sondheim is quite novel and has interschool at 256-1740.

Mark your calendar for the annual Young Awards Gala, which will take place on Saturday, May 12 beginning at 6PM at the NLAS Agricultural Hall. It's a different time and a different place this year, but organizers promise better parking and warmer weather for formal attire. As you know, this is the Young Awards' principal fundraiser, and all proceeds go towards arts programs for students in our local schools: Naismith, R. Tait McKenzie, ADHS, Pakenham Public and Holy Name of Mary. Part of the Young Awards' mandate is to recognize and honour local residents for their involvement in the arts. This year's recipients are Ingrid Hamster Harris for artistic achievement and Jeff Mills for community arts volunteerism. When Ingrid was notified that she was to be the recipient of the Cultural Achievement Award for 2012, she was really thrilled. "As a costume designer, I feel my contribution to film, stage (36 productions in Toronto alone), television and the

Excuse me while I catch my National Gallery of Canada is now being recognized. This is an honour that I will

When Jeff was told that he was chosen hardworking and relentlessly as this year's Mississippi Mills Cultural Volcheerful Goodwill Ambassador unteer Award winner, he was speechless. "All I could think of was what an amazing town we live in and what an honour to be I've been over to artist Sam picked for such a prestigious award. No one ever volunteers alone. Volunteerism is the art of collaborative giving." Jeff Mills volunteers hours of his time to numerous initiatives, including Mississippi Mills Bicycle Month <mmbm.ca>, which takes place in June. Both Jeff and Ingrid will be

Hosts for the Young Awards Gala are Almonte's own Josie Geuer from Hot 89.9 radio and Jeff Semple from CBC Televi-

sion. Tickets are \$65 per person and can be purchased in Almonte at Mill Street Books and Foodies Fine Foods in Almonte, and at Don's Meat Market in Pakenham.

News flash! There's going to be a flea market at the NLAS Fair Grounds starting on May 6. The new Almonte Flea Market will be open every Sunday

until the end of October — except for the last Sunday in May when they hold the Tractor Pull, July 22 due to the Almonte Fair, and the weekend of the Highland Games in August. All vendors are welcome. To get in on the action, telephone Manager Hugh Roney at 327-4992 or email <info@almontefleamarket.com>.

Before I go, I have to ask - do you know that song Ghost Ship by Neverending White Lights featuring Hot Hot Heat? Sticking to the tree theme, *Into the* It's a catchy tune they play on the radio these days. Well, do yourself a favour and tion by the drama group at Almonte and find the music video on YouTube because you may just recognize some of the sites... It was filmed right here in Mississippi twined the stories of various familiar fairy Mills! How cool is that?! You'll recognize tales. Performance dates are April 27, 28 the Almonte Old Town Hall stage, the and 29, and \$15 tickets are available from falls, the snow-covered tracks behind the Equator Café, Baker Bob's or by calling the Thoburn Mill... and Ken Friesen's studio, but that's maybe not as recognizable unless you're a musician!

> Well, that's it for April. I'm off to get ready for May!! See you next month.

> > Miss Mills says "Don't forget about Pitch-In Day on April 14!"



with Jan Andrews, Jennifer Cayley and Katherine Grier

### April 27, 7:30 PM at Full Circle Theatre, Perth 26 Craig Street, Perth, ON - Tickets: \$18/advance; \$20 at the door

**Box office: Tickets Please, 39 Foster Street** (613) 485-6434; online www.ticketsplease.ca



Canada Council Conseil des Arts for the Arts du Canada

### for more info visit www.2wp.ca



### thehumm.com

# Handmade Harvest **Spring Craft Show May 5**

With three great craft shows under their (handmade) belts since the launch of Handmade Harvest in November of 2010, collaborators Emily Arbour and Colleen Hewitt say they're just getting started.

"Almonte will always be home to Handmade Harvest, but now that we've got our system for planning this thing down, we are looking to expand into Ottawa and beyond. The key will be finding the right location. We can't tout ourselves as something different and then go have a show in some hotel conference room. The building has to have a handmade vibe. It's got to be a place someone's grandfather built, or an old theatre or fire hall or something. And it has to hold a lot of people," explains co-founder Emily Arbour.

More than 1500 shoppers were in attendance at the holiday show in November of 2011. And Emily and Colleen (based on post-show surveys completed by vendors) calculate that more than \$40,000 was spent over the two-day event. That's a lot of handmade stuff!

"At least half of the people who attended our last show were from out of town. Many were visiting Almonte for the first time, and claimed they'd Harvest, carrying a variety of handmade goods be back. We had lots of feedback from downtown merchants who said they attributed fantastic sales weekends to our ability to bring the crowds. Baker Bob even came while we were cleaning up the place to give us a hug. That was the greatest compliment we could have received, because the last thing we have seemed passé, or limited to church basewant to do is take business away from local shops. We just want to share the love," says Colleen Hewitt.

In fact, Handmade Harvest is sponsored exclusively by local shops. Doree's Habit, a funky little the show's presenter, and J.B. Arts (64 Mill Street) and Smitten are supporting sponsors. Colleen is putting on a fun show. the owner of the latter.

Located at 14 Mill Street (in the newly renosomewhat of a storefront version of Handmade





from some of the show's most popular vendors, as well as hosting workshops formerly held by the girls at Blackbird (79 Mill Street).

After talking to these two, it would appear that the craft show (a concept that so recently might ments) isn't going anywhere.

Perhaps it's websites like Etsy and Pinterest that are behind the rise in craft fair street cred, and the reason for the success of Handmade Harvest. Or clothing and accessories shop at 65 Mill Street, is maybe Emily and Colleen just know what they're doing when it comes to signing great vendors and

As Emily puts it, "When you're doing something you're passionate about, it's pretty hard not to do it vated Heritage Court building), Smitten serves as well, not to mention promote it. We feel so lucky to be responsible for this amazing show. I mean it's not like we invented the craft fair concept. We know that. But for some reason our recipe for putting together a bang-up team of exhibitors works. So it's likely we'll just keep on doing it."

> Handmade Harvest Spring will be held at the Almonte Agricultural Hall on Saturday, May 5, from 10AM to 5PM. If you would like to become a vendor at a future show or stay abreast of upcoming Handmade Harvest workshops and show details, please visit <handmadeharvest.com>.

# **Free Bike Workshop** and Tree Tour

where you like with assurance that you can handle by riding often this biking season. minor bicycle breakdowns along the way?

In celebration of Earth Day, on Sunday, April 22

"I Want To Ride My Bicycle." Do you want to ride it in the celebration of Earth Day, and help the planet

Arbour Week (April 22 to April 28) is a perfect opportunity to learn about local noteworthy trees. lead a morning "tree ride". The ride starts at 9AM tour will last about two hours with interesting observations and stops along the way.



- Visit mississippimills.com/trees (4) for a catalog of beautiful, nurserygrown trees — flowering, shade, and fruit. You'll even find planting tips!
- Order by April 20 online or by calling Kathryn at 256-7464
- Pick-up your trees on April 28 at A the Mississippi Mills municipal office
- The first 50 orders get a free "I Planted A a Tree for the Maplelope" t-shirt!

### What's a Maplelope?!?

The Maplelope is the very adorable (and imaginary) mascot of the Mississippi Mills Chamber of Commerce Tree Sale. MAPLELOPE Like many wild critters, the Maplelope thrives in mixed forests! Unlike many wild critters, however, the Maplelope has a cool website (www.maplelope.ca), a Facebook page, and even a Twitter account. Try tweeting "I saw a Maplelope"...

Riding In Mississippi Mills (RIMM — the non- and a bike ride is a great way to discover them. On profit group that puts on Bicycle Month in June) Sunday, April 22, RIMM member Jeff Mills will has partnered with Almonte Bicycle Works to hold a free hands-on workshop and basic bicycle repairs at Palms (78 Mill Street in Almonte). This leisurely demonstration.

If you're not sure how to change and repair a flat tire, how to lube a chain or what tools to bring on a ride, then this hands-on workshop is for you. These simple skills will empower you to ride with Mills Bicycle Month offerings. June's events will inconfidence.

Drop in to Almonte Bicycle Works at 101 Bridge Street on Sunday, April 22 between 1 and 3PM. Join <mmbm.ca> often for updates.

### April 2012

The April 22<sup>nd</sup> bicycle workshop and the guided tree ride are just samplings of this year's Mississippi clude themed rides, prizes, movies, a rodeo, Grand Prix, polo tournament and much more. Check

thehumm.com



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# **Concert May 6**

Fans of traditional fiddle music are in for a treat on May 6, when a group of amazing performers presents a Sunday afternoon concert at the Almonte Old Town Hall.

Local groups The Barley Shakers and Monday Night Fiddlers share the magical acoustic venue with talented performers of various styles — Ottawa Valley, Cape Breton, Acadian and Celtic. Look for valley celebrities and teachers Kyle Felhaver and Terri Lynn Mahusky; Mattawa native, teacher and Celtic stylist Matt Pepin; former Riverdance soloist Alexis MacIsaac (pictured below); and eminent musical great Denis Lanctot.

These established fiddlers will be joined by showcase recipients of the Danny O'Connell Memorial Award, which is presented annually to a traditional fiddler under 25 years of age. These talented youngsters delight every audience and definitely uphold the healthy and robust fiddling tradition of the Ottawa Valley. Solo performances by Joe Gervais, Amy Felhaber, Elly Wedge and Ellen Daly will exemplify the diversity of youthful talent encouraged by the award. Recipients are nominated by three respected organizations with enduring records of interest in the musical tradition: The Renfrew County Fiddlers, The Irish Society of the National Capital Region, and the Ottawa Traditional Fiddling and Folk Art Society. The award thus encourages recognition of each organization's current youth members annually. House piano accompaniment is provided by John Mitchell, and dancing by assorted participants. The award is produced from capital generated by the O'Connell family and friends of traditional music, and is owned and administered by the Community Foundation of Ottawa <info@cfo-fco.ca> to insure that the award will continue in perpetuity.

Warning! There will be a high level of enthusiasm in the hall! Come and enjoy this exciting afternoon of family fun, great mu-



sic, and fine refreshments supplied by the folks from Foodies Fine Foods. Tickets (\$15) are available at Couples Corner, Mississippi Mills Musicworks, and by phone from Mill Street Books (256-9090), as well as at the door. For further information, call 256-3786.

# **Fiddler's Friends** Lynn Miles Plays "Songs From the Valley"

It feels like a homecoming.

On April 7, the second concert in Perth's Songs from the Valley series at the Studio Theatre will feature Lynn Miles, a perennial favourite with local audiences. And Perth holds a special place in Lynn's heart as well.

"I've played at the Stewart Park festival many times, so I'm very familiar with the town," says Lynn. "I've got some friends in Perth and the theatre is such a nice room — so I'm looking forward to that. And I love supporting the festival because I think it's really great. They've been very kind to me over the years."

The Songs from the Valley series is a collaboration between the Studio Theatre (a well-known concert and live theatre venue) and the Friends of the Stewart Park Festival (the people who bring Perth's much-loved annual outdoor music festival to town). The aim of the series is to present concerts that highlight local musicians with roots in the Ottawa Valley.

Although she has lived and worked in Los Angeles, Nashville and Austin, and is a nationally recognized singer-songwriter, Lynn Miles is an Ottawa native. Her latest release, Fall for Beauty, has been nominated for a Juno, and won her Songwriter of the Year at the Canadian Folk Music Awards as well as Album of the Year from the prestigious Canadian folk music magazine, Penguin Eggs. Add those accolades to the Juno she won for Unravel in 2005 and her multiple other Canadian Folk Music Awards, and you can see why Lynn is considered one of the most accomplished performers in Ca- ries features Arlene Quinn & Guests. Quinn nadian music.

Joining her on stage for this show will be sixtime Canadian Country Guitar Picker of the Year, Keith Glass. Lynn and Keith have been long-time musical collaborators and their dynamics on stage are perfectly synchronized. Anyone who has seen them perform live will also tell you that their between-song interactions are often worth the price For further details, visit <studiotheatreperth.com>. of admission on their own! This Songs From The The Studio Theatre is located at 63 Gore Street Valley concert will be an unforgettable event, and East, Perth. at just \$25 per ticket it is not to be missed.



Lynn Miles plays Perth's "Songs From the Valley" series on April 7

On May 12, the final concert in the sewas born and raised in rural Lanark County, and has shared stages across North America with the likes of Loretta Lynn, Lorrie Morgan, Blue Rodeo, Murray McLaughlin, Bill Anderson, Faron Young, Moe Bandy, and many more. Tickets for both shows are available at Tickets Please (39 Foster St., Perth, 485-6434, ticketsplease.ca). - Rob Riendeau



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### **New Adult Bereavement Support Group in CP**

Community Home Support — Lanark County is now expanding its Bereavement Program to better serve the needs of those in the eastern end of the County. Beginning at the end of April, they are offering a new Adult Bereavement Support Group in Carleton Place. This group is open to all adults who have experienced the death of someone significant in their lives. It offers a safe, confidential environment in which people can share their feelings and experiences with others who are also going through a major loss. It provides the kind of emotional and social support that allows people to move through their grief and begin to heal.

This new support group is informal and will be ongoing. It meets once a month and is facilitated by dedicated volunteers who have specialized training in grief, psychology and palliative care, and who have also experienced the loss of a loved one themselves. They bring a wealth of knowledge and experience, deep compassion and a loving concern. The group sessions will normally begin with a short video or guest speaker, followed by a structured discussion based on the presentation topic for the session. Those present are invited to share their experiences as they are able, or to simply benefit from the presence of others who are learning to live with their grief.

The new support group will meet at the Waterside Retirement Home at 105 McNeely Avenue in Carleton Place, which is offering the space to the Bereavement Support Group free of charge.

The first meeting will take place on Wednesday, April 25, from 1:30 to 3:30PM. Subsequent meetings will be held on the last Wednesday of every month at the same time and place. The groups will normally contain up to ten participants. There is no cost to attend the group sessions. Newcomers are always welcome and those who have attended a session may come to some or all of the subsequent sessions. There is no requirement to pre-register.

For more information, please contact one of the volunteer facilitators: Marilyn Fisher (257-2162, mefisher@primus.ca), Barbara Carroll (256–6646, barbaracarroll@rogers.com), or Corry Schutt (812–1562, cor\_schutt@hotmail.com). Or contact Rebecca at the Community Home Support office (267–6400, rebeccab@chslc.ca).

# Food, Wine, Friends, Fun!

tic Riding Program is celebrat- paintings and photographs, gift clinic will be held on Wednesday, ing the start of their 26<sup>th</sup> season certificates for hotels and B&Bs, and hosting their 5<sup>th</sup> annual **For** a Taste of the Valley: Food and Wine Gala, on Monday, May 7, from 6 to 9:30pm. You will be treated to your choice of fine rehabilitation and recreation, food from many of the area's best restaurants and caterers, as well as local and imported beers and fine wine.

The Gala will be held at Almonte's Civitan Hall on Wolf Grove Road. Last year was a sold-out success, with over 200 people sampling the culinary delights of the Ottawa Valley's best chefs. The food is complemented by wine and beer, served to you by experts who can help you choose by explaining the different selections. In addition to the \$10 entry, gala goers purchase \$1 coupons. Each vendor will price their offerings between \$1 and \$4 so that you have the opportunity to sample many different appetizers, main courses and desserts.

In between the mains and dessert, you can also bid in the silent auction. All of the items are donated by local artists, artisans, businesses and individuals, with the proceeds going to the riding program. The auction includes train tickets to Quebec City, Otpottery, stained glass, and many other items.

The Therapeutic Riding Program provides beneficial therapy, with horses as the helping partners, to over 135 riders in the Otabout to begin and we are looking for volunteers to assist with the riding lessons. The spring session starts in mid-April. Lessons take place in Almonte at Willaway Farm, and Cedar Rock Farm

The Lanark County Therapeu- tawa River boat tours, original in Perth. A volunteer training April 11, at 6рм at Cedar Rock Farm on Rathwell Road in Perth.

For a Taste of the Valley runs from 6 to 9:30pm. Tickets are \$10 each or \$50 for a table of six, and are available at Mill Street Books in Almonte, Shadowfax in Perth, or at 30 Bennett Street tawa Valley. The riding season is in Carleton Place. Come out with your friends to celebrate spring and treat yourself to a delicious evening. For more information call 257-7121x236 or <therapeuticriding.ca>. - Susan Cressy



Jim Moffat and Roger Weldon from The Valley BBQ will be two of the many fabulous chefs presenting their delicious wares at For a Taste of the Valley on Monday, May 7



# **A Special Year for Empty Bowls**

progress of the amazing annual Empty Bowls event in Perth. Since 2002, more than seven thousand handmade bowls have been exchanged for donations totaling money has provided sus-

### by Kris Riendeau

tainable funding to three local food security programs: Food For Thought (a school breakfast program), the YAK Youth Centre daily suppers, and the Perth and District Food Bank.

Over that time, I have had the privilege of getting to know Jackie ing the bowls this year? Seaton, the dynamic and talented potter at the helm of the initiative. This year's Empty Bowls event is right on track, with culminating activities at Foodsmiths on April 14 and at Riverguild Fine three weeks to glaze, fire and box Perth's Festival of the Maples on Crafts during the Festival of the Maples on April 28, at which a \$20 donation gets you a bowl and some delicious soup to go in it. However, because of a diagnosis in 2011, Jackie himself may not be on hand during this year's festivities. Fortunately, he was able more support and help than in to update us on Empty Bowls, his past years? own health, and his future plans for more raising of funds and diagnosed (along with 1200 other awareness.

turn their \$20 donation into \$40 at Empty Bowls this year?

Jackie Seaton: Scotiabank has a program of matching funds with community programs, but only if their branch staff is enthusiastic about it and actually does the work of running things on the day of the event. The staff at the less toxic drugs to hold the dis-Perth branch are bona fide emptybowlers, and for the second year refinement of autologous stem

For many years now, *the-* running have taken on the event take healthy stem cells from your Humm has followed the at the Festival of the Maples.

> Last year Empty Bowls passed on \$20,000 to meet the challenges of food security in our community. We couldn't have reached that level without their participation.

This year, any donations remore than \$130,000. This ceived before or on April 28 will be doubled by Scotiabank. You made out to Empty Bowls Perth can be mailed to "Empty Bowls, c/o J. Seaton, RR 7, Perth, ON K7H 3C9." For full disclosure about where the money goes and who administers it, just click on the "donations" link at <emptybowls.ca>.

Who assisted you with mak-

Five local potters came to the rescue of the program this year. erguild Fine Crafts, has become We all worked together at my studio over two days where we threw 500 bowls. It took another them up.

As the Empty Bowls website explains, you have been facing some fairly serious health problems leading up to this year's campaign. Do you find that you have received even tails.

At the end of the summer, I was Canadians in 2011) with multiple *the***Humm: How can people** myeloma. Myeloma is a rare blood cancer that will always be with me because there is no cure. Even a mere five years ago outcomes were generally in the two to fiveyear range. Today outcomes are commonly ten years or more.

Every year we see new trials worldwide, more effective and ease at bay and, best of all, the cell transplant. That's where they

own body, kill your bone marrow with chemotherapy, and then transplant your healthy stem cells with a simple half hour infusion. By some mysterious genetic miracle, like little salmon, they find their way back to where they came from and grow a new and cleaner bone marrow.

I'm booked for transplant in can't donate online, but cheques early April and will have to stay close to the Ottawa General for at least a month. That takes me out of the game as far as Empty Bowls is concerned, but yes, to answer your original question, volunteers have come out of the woodwork on their own initiative. Not only have I received help from the other potters, but my excellent friend and colleague Joe Hansgen, the manager at Rivmy surrogate on the ground and will make sure that Empty Bowls goes ahead for the 11<sup>th</sup> year at Saturday, April 28.

I should also mention that once again Foodsmiths will host their own Empty Bowls event on April 14 at their store in Perth. Check <foodsmiths.com> for de-

#### Have your health issues changed the way you feel about trying to provide assistance to others in any way?

It has, and of course it's made me more keen, not just in the food scene but in the Canadian Myeloma community as well. Last October was Myeloma Awareness month for 2011. We held a 5km walk that raised the profile of this disease from zero to a point where few people locally are unaware of its name and common symptoms. And we raised \$13,000 into the bargain! Not bad for a small town. For someone like me, whose life de-



With more than just a little help from his friends, potter Jackie Seaton is once again ready for the annual Empty Bowls fundraising events in Perth

pends on new research, it is both will work for them. In my case useful and gratifying.

This year we have a completely different kind of event planned for September 23. It's going to be novel and spectacular and fun — I promise. I can't really say much more about it at this point and I won't start actively working on it until I'm at least partially recovered from the transplant. But it will splash down soon enough.

I would like to add one more thing.

Like Woody Allen, I was hoping to achieve immortality not through my work but by not dying. However, anyone who has to face their mortality should really adopt an offensive strategy that

it meant cleaning my office and then carefully ordering my feelings, my thoughts, and my words.

I wrote down the most important things, not just about the disease but about my work and life as a potter, some educational stuff about myeloma, of course the milestones of my journey, accompanied by my faithful and loving companion and fulltime chemosabe Joni, and finally about the many things that continue to bring joy to our lives. It was originally meant for family and friends but it has grown quite a bit more public than that, so I do invite anyone interested to have a look at <updatejackieandjoni.wordpress.com>.







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Sat., Apr. 7 Jazz Night with Spencer Evans Trio, 9-11 Free, Life is Good Westport T-Shirt unveiling

Sat., Apr. 14 Angler Management, 8-11, Free Fri., Apr. 20 & Sat., Apr. 21 Blues on the Rideau presents David Rotundo with Julian Fauth and Enrico Crivellaro. \$60, 7–11PM Sat., Apr. 28 Shawn McCullough & Doubleback CD Release, 8-11



18

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# **CPEAC Wants Your Junk!**

If you're anything like me, by this time of year your garage and/or closets are starting to fill up with stuff. Empty (or almost empty) paint cans from the winter reno project, the blender that went belly-up after one too many smoothies, and some still useful stuff that the kids left behind in the now almostempty nest. Ahhh, junk. How do I get rid of thee?

Well, if (like me) you live anywhere near Carleton Place, you're in luck! The wonderful folks at CPEAC (the Carleton Place Environmental Advisory Committee) are at it again. This year, they are organizing not one but two events to help make your spring cleaning convenient *and* good for the environment.

First up is "Freecycle Weekend", scheduled for April 21 and 22. All Carleton Place residents are invited to put items out on the curb on the evening of Friday, April 20, with a big "FREE" sign attached. Please do ensure that the items are child-safe (secure any doors on freezers and the like). Over the course of the weekend, everyone (no matter where they're from) is welcome to come by, take a leisurely drive around town, and grab any free stuff that catches their fancy. It's like a giant, town-wide free (free!) garage sale! The only catch is that the Town doesn't pick anything up, so residents need to remove any of their stuff that hasn't been nabbed by Sunday night.

The following weekend, on Saturday, April 28 from 9AM to 3PM, everyone is invited to the RONA parking lot in Carleton Place (535 McNeely Avenue, near Highway 7) for the third annual **Recycle** environmental issues, so their long list of achieve-**Day**. By partnering with RONA and with Twenty- ments in that short a time is pretty darned impres-Twelve Electronics Recycling <tter.ca>, CPEAC sive. Dena Comley, a member since the group's has arranged it so that you can drop off a whole inception, explains that since council doesn't call whack of stuff that is usually difficult to recycle. on the committee all that often, they decided to RONA will take batteries (with the exception of car take on a more educational role, and to organize batteries) as well as paint — both dried and wet. events that would help bring attention to environ-Apparently they take the wet paint to a facility that mental matters. They organized major Environturns it into a recycled paint product, so it's even mental Fairs in 2009 and 2010, and have raised the getting re-used along the way! And Twenty-Twelve anti-idling issue with council (with hopes of having will recycle "anything with a cord" — from little signs posted at the arena, schools, and other public stuff like cell phones, printers, computers and small appliances, to the big boys like fridges and stoves. and sold over 320 barrels. Lately, they have been Usable items will be sorted and sent to charitable organizations, and the rest gets disassembled and recycled. Most items can be dropped off at no charge, but there is a \$5 fee for small appliances first year, the event saved seven tonnes of electronand the big ones will cost a modest \$10 each. Best of all, nothing goes to landfill! So, when asked by the Black Eyed Peas: "What you gon' do with all that junk? All that junk inside your trunk?", you trade and currently owns The Granary on Bridge can jauntily reply "Why, take it over to Carleton Street, credits the dynamic committee members Place, of course!"

#### The People Behind CPEAC

The Environmental Advisory Committee has only like those coming up in April. For more details, existed since 2008, when it was formed as a com- please visit <granary.ca>. mittee of council with the purpose of advising on -Kris Riendeau



The Carleton Place Environmental Advisory Committee invites you to the 3<sup>rd</sup> annual Recycle Day on Saturday, April 28. Last year's event diverted almost 28 tonnes of paint, batteries, appliances, and "things with cords" from landfill!

places). Last year, they organized a rain barrel sale working with the Town on the renewal of the garbage and recycling contract. CPEAC's Recycle Day turns three this year, and is growing steadily. In its ics from being sent to landfill, and last year that number increased to a whopping 28 tonnes!

Dena, who is an environmental technologist by and volunteers for CPEAC's successes. The committee itself is currently fully staffed, but they are always looking for volunteers to help with events



The Carleton Place Curling Club is hosting a GIANT INDOOR **COMMUNITY GARAGE SALE** May 12. Everyone welcome. To rent your table \$25. Contact Gord or Heather 613-257-5505 or hlebbs@gmail.com









This year's Mississippi Valley Field Naturalist birdhouse fundraiser is dedicated to the memory of Mike McPhail (left), who initiated the project several years ago.

### The 600<sup>th</sup> Bluebird House!

The **Mississippi Valley Field Naturalists** are pleased to announce the completion of their 600<sup>th</sup> bluebird house. They would like to thank all who have donated time and materials to make the MVFN bluebird house project so successful.

This year's crop of birdhouses is now available, just in time for spring. While called "bluebird houses", this amazing Peterson design will attract a variety of small birds including bluebirds, swallows, wrens and chickadees.

This year, the MVFN are dedicating the birdhouse fundraising event to the memory of Mike McPhail, who initiated this project. He was passionate about the establishment of safe, predictable habitat for the Eastern Bluebird. Both the bluebird and the Mississippi Valley Field Naturalists have benefited from his efforts.

These houses are all made from re-purposed wood and cost \$20 each. To order, please call Pip Winters at 256–7891 or Joyce Clinton at 257-4879.

### -iddler's Friends A Traditional Fiddle Awards Showcase Concert Proceeds to Support Danny O'Connell Memorial Fund

administered by The Community Foundation of Ottawa

20

Featuring **Recent Award Recipients: Ellen Daly and Elly Wedge** Amy Felhaber and Joseph Gervais **Musical Friends:** Matt Pepin, Terri-Lynn Mahusky, Kyle Felhaver, lexis Mac Isaac, Denis Lanctot, The Monday Night Fiddlers, **The Barley Shakers** 

**Oddities Final Concert** 

Join Oddities for their final reunion concert! You will hear an son Theatre at 7PM on April 29. eclectic repertoire of jazz, classical, original and pop music. Most of the music for this concert was selected by members of the choir as favourites from their eighteen seasons together. The choir will join forces with the Perth & District Collegiate Institute Vocal Ensemble and Concert Band, who will play an accompaniment of Mozart's beautiful Lacrimosa from his Mass in C Minor, arranged by Jack Hurd. Guest musician Ed Ashton (an original Oddities mainstay) and pianist Aidan Shenkman will join house guitarists Andy Cockburn and young local talent Tony LeDuc to keep them steady and true. Rebecca Worden will return to lead the group in a couple of favourites from her time as leader.

It all takes place in PDCI's Ma- Tom Lips, and the Nylons. They the door — and proceeds go to Empty Bowls, Perth.

**Oddities: A Short History** Oddities started as a folk choir conducted by Nicola Oddy at St. Paul's United Church in Perth in 1994, and expanded to become a community group with a life of its own. At that time there were no other community choirs in Perth that met on a weekly basis. In the fall of 2004, Nicola took a sabbatical from the choir and invited Jack Hurd to lead the group in her stead. He has led it jointly with Nicola ever since, writing and leading his wonderful arrangements and original compositions.

The choir has performed with Garnet Rogers, Ian Tamblyn, call Nicola Oddy at 264-0242.

commissioned an arrangement Admission is pay what you can at of a song by Ian Tamblyn, who then performed it with them. They've raised thousands of dollars for local charities, and have delighted in collaborating with local youth, as well as other local groups. They've performed at the Stewart Park Festival, sung for peace on Parliament Hill, entertained seniors in Perth and Ottawa long-term care homes, and have joined forces with many local groups to bring music to the community. This may be the last stanza for Oddities as it has existed for the past eighteen years, but the energy continues as Nicola and Jack find new outlets for their musical spirits. You never know what you'll see on the horizon! For details, please

Mississippi Squares **Celebrate 25 Years** 

The first permanent executive of leton Place promotional events, the Mississippi Squares Dance and support local charitable Club of Carleton Place came into organizations. They also host office on January 1, 1987. So you the largest annual one-evening know what that means. It's time for a silver anniversary party!

Over the course of these twenty-five years, the Club has welcomed approximately 700 people, teaching the basic program to over 300 "never danced before" dancers and helping others improve their skills. They currently dance on Tuesday and Friday evenings, with members hailing mainly from Lanark County, as well as part of Renfrew County and western Ottawa.

Mississippi Squares members keep active in the community as well as on the dance floor — they regularly entertain at local sen-

dance event in Eastern Ontario: the Halfway Dance.

A 25<sup>th</sup> anniversary seems too big for just one party, so on April 21 they will celebrate with both an afternoon reception and an evening square dance, in the gymnasium of the Notre Dame Catholic High School, at 157 Mc-Kenzie Street in Carleton Place.

All current and past members of the club, as well as their friends from other clubs, are invited to get together for talk, coffee, tea and anniversary cake at the afternoon reception, from 2 to 4рм. Club memorabilia will be on display and memories shared.

The evening square dance, from 7:30 to 9:30pm, is open to any and all, and admission is \$10 per person. The cost will be halved to \$5 each for past members of Mississippi Squares wearing their old membership badge, so better start looking for it now! Again, memorabilia will be displayed and coffee, tea and anniversary cake served.

Club callers Brian Crawford and Graham Ingram will lead the dancing. Past callers are also invited to participate.

The Squares are seeking your help leading up to their celebrations, and would greatly appreciate you passing on the word. For additional information contact Marilyn Sellers at 257-7188 or <m.sellers@sympatico.ca>, or visit <mississippisquares.ca>.



thehumm.com

# **ADHS Goes** Into the Woods

"When I first appear, I seem delirious, but story to life. Many hours have been put when explained, I'm nothing serious." Fa- in, in order to create a spectacular show. mous words from a mysterious man in a Anne Zvonar (playing the role of the bakstory of tragedy, comedy and love. Take er's wife) explains: "Our cast is really starta step back into your childhood, and wit- ing to reach its full potential and chemisness some of the best-known fairy tales of try. It will be a show to remember." all time collide — join Almonte and Dismusical Into the Woods.

Stephen Sondheim. It had its début in San Diego at the Old Globe Theatre in 1986, proceeding on to Broadway in 1987. The musical has been produced many times, has appeared as a television production,

and won several Tony Awards. The story tells the tales of Little Red Riding Hood, Jack and the Beanstalk, Rapunzel, Cinderella and many more, showing the audience how these classic fairy tales intertwine, surrounding a baker and his wife as they desperately attempt to start a family. Some unlikely twists take place, including a very dark change of events, for a show you will never forget.

The eerie interpretation is well under way — with a well-rehearsed cast and experienced tech crew, it's sure to be a crowd pleaser. Jennifer Sheffield, director of the play, is very excited for the production, as are many students at ADHS. Val Goodman (playing the role of Jack's mother) says: "I'm really looking forward to our unique production of Into the Woods. Our team is determined to have all of our hard work pay off with an exceptional display of talent." The students involved have been working hard for several weeks now to bring this enchanting

See Into the Woods on Friday April 27 at trict High School (ADHS) as they excite 7:30PM, on Saturday April 28 at 7:30PM, or us with their interpretation of the famous on Sunday April 29 at 2PM. Tickets can be purchased for \$15 and are available at Bak-Into the Woods is an extraordinary sto- er Bob's, Equator, the ADHS main office, ry written by James Lapine, with music by and by calling 256–1470. The cast invites you to join them for a scandalous journey into the woods that you will never forget.

- Rachel Van Woezik is a grade 11 student and lead Cappies critic for Almonte & District High School



Fairytale endings...? Almonte & District High School presents the musical Into the Woods on April 27, 28 and 29

### Who Killed the Rat Pack? **Murder Mystery & Golden Oldies Dance**

An enigmatic 1950s crooner sings of love and long stemmed roses, vintage LPs will and romance, but no amount of fame and dot the banquet tables, and an assortment fan adoration can prevent the cruel hand of fine snacks and treats will be available, of murder. Worse still, the body turns so wear your best 1950s outfit and enjoy up at the stunning Timber Run Golf and this nostalgic event. Country Club. The mystery can only be solved on May 4 when Eddie May Mys**teries** brings its nationally celebrated at \$50 — a joint fundraiser for the excelmystery theatre to Lanark for an evening lent work done by the Alzheimer Sociof intrigue, inspired by the best of film ety of Lanark County and the Classic noir and the private eye genre.

Who Killed the Rat Pack? will leave shows this season are set in the late 1950s audience members gasping as they seek and early 1960s). Among those in the Edto solve the deadly crime. Afterwards, a die May cast will be Zachary Counsil, a 1950s Golden Oldies Dance will follow, much-loved Ottawa actor who was part once a sense of relief returns to Timber of the Classic Theatre Festival's 2011 summer season as the mischievous warlock Run as the mystery is solved. In addition to the mystery and the Nicky in Bell, Book and Candle. dance, attendees will also be able to bid on Tickets to this unique fundraiser are a fantastic silent auction with a tremen- available from the Alzheimer Society of dous selection of getaway packages (in- Lanark County, 115 Christie Lake Road, cluding Stratford Festival, Shaw Festival or at Tickets Please, 39 Foster Street, both and Thousand Island Playhouse, among in Perth; by calling 1-800-511-1911; numerous others). Given the 1950s theme or through <ticketsplease.ca>. Timber of the evening, period-costumed "ciga- Run Golf and Country Club is located at rette girls" will be selling chocolate cigars 154 Caldwell Road near Lanark Village.

Starting at 7PM, the complete evening (which begins with cocktails) is a bargain Theatre Festival (whose two summer

### Celebrate in Mississippi Mills April 21 to 29

### **Tree Talks and Trails**

Saturday, April 21, 10<sub>AM</sub>, Appleton Led by Rob Cretien, with a focus on tree structure and biology. Meet at 280 Wilson St. (near the Golf Club)

Sunday, April 22, 2PM, Almonte

With Ron Ayling, Gemmill Park. Meet at the arena.

Tuesday, April 24, 10AM, Mill of Kintail trail

### With Brian Anderson

Wednesday, April 25, 10AM, Blakeney

Led by Cliff Bennett. Meet at the Fish and Game Park at the bridge. Thursday, April 26, 7PM, Almonte

With Julie Yeaman at Al Potvin's, 38 Carss St, the trail along the river. Friday, April 27, 6:30pm, Pakenham

Meet at 357 Ski Hill Rd., Joel Byrne will lead a moderate 1.5km hike up the trail to the lookout. If you need a drive meet at the Pakenham arena at 6:15.

#### Sunday, April 29, 2pm, Clayton

With Cliff Bennett, the NRC Bell Bush Lot, corner of Ramsay 3B and Clayton Rd.

### **Tree Talk and Bike Ride**

Sunday, April 22, 9AM

With Jeff Mills. Meet at The Palms, Almonte. Approx 2 hr leisurely ride.

### **Tree Champion Award** Saturday, April 21, 2pm

Fish and Game Park, Blakeney.

Bill Tuffin, winner of the 2012 Tree Champion award, will plant a tree.

### Film Night

Monday, April 23, 7PM, Clayton

Anglican Church hall. (Please bring a looney or a toonie to donate for hall rental).

The Man Who Planted Trees — an animated 25 minute

video - the inspiration for many who envision a world that treasures the value of trees.

Taking Root: The Vision of Wangari Maathi — a documentary about the first African woman to win the Nobel Peace prize and her courageous journey with the Green Belt Movement, resulting in the planting of over 40 million trees in Kenya.

### Tree talk, Slide Show, Artistree Wednesday, April 25, 7PM, Almonte Old Town Hall

Guest Speaker Brent Connelly, "The last good day in the lumber business was when Noah went on a buying spree to build his Ark." Author of three books including Holy Old Whistlin': Yarns about Algonquin Park Loggers

Neil Carleton presents his slide show Shady Characters: Trees of Renown in Mississippi Mills

Artistree — a small show of tree inspired art.

### Friday, April 27, 10AM

A Political Stand at the Mississippi Mills Municipal Office. The planting of heritage trees by past Reeves and Mayors and Mayor Levi – 12 in all.

### Saturday, April 28

Pick-up of Mississippi Mills Chamber of Commerce Tree Sale orders and Tree Transplants at the municipal office- 3 yr old transplants from Kings Creek Trees — Fraser Fir, Blue Spruce. To order the transplants please call Bonnie Hawkins, 256-1077.

Sponsored by the Mississippi Mills Beautification Committee with assistance from the Mississippi Valley Field Naturalists and the Mississippi Conservation Authority. For more information please call Nicole Guthrie, 256-1077, ext. 22

#### **Pitch-In** Saturday, April 14, 9AM–NOON

Pitch-In bags available at Nicholson's Sundries, Pakenham; Clayton General Store; community mailboxes in Appleton; Baker Bob's; and the Recreation and Culture office in Almonte's Old Town Hall.

### April 2012







Art COLLECTORS An annual ART SUBSCRIPTION service, every 3 months subscribers receive a work of art to keep. 4 works of art by 4 different artists, Curator selected.

www.art-delivered.ca



The Mississippi Valley Textile Museum wishes to thank these businesses for making the first annual

### "Soup for Thought"

fundraiser a HUGE success: Almonte Potters' Guild Café Postino Foodies Fine Foods Heirloom Café Bistro JR's Family Restaurant Mill Street Crêpe Company Prior Engagements Robin's Nest Tea Room Savoury Pursuits

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### Dragon's Gold A Sword Re-forged, A Ring Accursed

ful second season (audiences have doubled!) to a conclusion with a journey back to the time of the Vikings through ancient Norse saga. Jan Andrews and Jennifer Cayley, the "2 women", are joined by Katherine Grier for a performance of Dragon's Gold, the story of an accursed treasure and a golden ring that brings doom to all who possess it. This is a tale that may be centuries old, but is still very much alive in the contemporary world. It inspired Tolkien, its characters are still to be found in video games and other contemporary fantasies, and it was the basis of Wagner's extraordinary series of operas: The Ring Cycle.

Dragon's Gold will be performed on April 27 in Perth at the Full Circle Theatre. The show starts at 7:30PM, and tickets are \$18 in advance from Tickets Please <ticketsplease.ca> or \$20 at the door.

At this performance, audiences will enter an ancient world of wild and burning passions; feel

**2 women productions** brings its highly success- the mettle of a god-given, twice-forged sword; ride with Sigurd the Volsung as he faces the dragon Fafnir; wait with Brunhilde within her flame-ringed tower; know the pain of betrayal and the agony of lost love; and feel the fiery devastation wrought by anger and deeply human evil.

> "These stories are still alive today because the intense drama and extremity of emotion they portray have the power to touch us on so many levels, even though we would like to believe that this fierce and fate-filled world is not where we live now," explains Jennifer Cayley, one of the tellers.

> If the response to past 2 women productions is anything to go by, you are in for a treat. Here's an example from audience member Jim Bamber: "... people here are thirsty for this kind of intelligent, high-quality, moving and, I would say, 'real' work. People watch and, more importantly, listen spellbound. And, on two occasions, at the end of the story there has been a kind of collective gasp of

amazement."

Jan Andrews, Jennifer Cayley and Katherine Grier are storytellers with decades of performance experience in a variety of genres. They all have a particular love for offering audiences the wonders of the ancient epics and traditional folk tales. They have relished the challenge of bringing their combined skills and knowledge to Dragon's Gold.

2 women productions is dedicated to bringing the very best of adult storytelling to your community. While this is the last performance for this year's season, plans for next year are already underway. Watch the website <2wp.ca> for further details; check out dreams, schemes, thoughts, opinions and news of further happenings at <2wp.ca/jans-blog>.



Katherine Grier, Jan Andrews and Jennifer Cayley perform Dragon's Gold in Perth on April 27

### **Annual Youth Art Competition in CP**

Are you between the ages of 6 and 18? Do you ting entry forms to Arts Carleton Place is May 1. draw, take photos or write poetry? If you answered June 1 is the deadline for submitting work to the "yes" to these questions, then Arts Carleton Place Train Station, 132 Coleman Street. There will be has an event for you! This year, they will host the an announcement of winners and presentation of second annual youth art competition - Expressions of Carleton Place — in association with the June 16.

pants may be inspired by a building, a person, or the natural beauty of Carleton Place. What makes our town special? The competition is split into three age groups (6 to 10, 11 to 14, and 15 to 18 years old) and three categories (Visual Arts, Digital Photography, and Poetry).

prizes at the Lambs Down Festival on June 16.

Entry forms and the rules of the competition are BIA's fourth annual Lambs Down Park Festival on available from Arts Carleton Place, both in person at the train station or from <artscarletonplace.com>. All area youth are invited to submit a piece that Check out the Youth Art Competition page, found presses their vision of Carleton Place. Partici- in the "Our Programs" section, to locate the forms.

7:30 PM, Sunday, April 22, 2012 St Paul's United Church 25 Gore St. West, Perth, ON

Tickets \$ 20- available at St. Paul's Office or at TICKETS PLEASE: 39 Foster Street, Perth, K7H 1R8 Tel: 613 485 6434 www.ticketsplease.ca

ww.stpauls-uc-perth.org





to the top three entries in each age group and category.

The competition opens on April 1 (April Fool's Day, but no joke!), and the deadline for submit-

Start creating... They can't wait to see what it is about Carleton Place that inspires you!

For further information, please contact Carol Stephen at 257–7714 or <carolstephen2@aim.com>. Arts Carleton Place has a mandate to empower artists and area residents through the arts, and Prizes, provided by sponsors, will be awarded believe that this starts with engaging youth in the arts. They would like to thank Brush Strokes, Picture It Studio, Read's Book Shop, Tiny Town Cinemas, Elsie Campbell Studios and the BIA for their sponsorship and support.

thehumm.com

# Have Kitchen, Will **Party (in Westport)!**

town's annual music festival), the fourth of which is sure to catch your eye.

### by Steve Scanlon

annual Kitchen Party is once again being held at the Westport Branch of the Royal Canadian Legion. All to music, dancing and having a good time will go music, dance and have a good time — it's like making gold to buy gold... but different.

This year's Party features the likes of Shawn Mc-Cullough and Doubleback, The Rideau Vista Irish Dancers, Angler Management and The Cronies. One of the "annuals" mentioned above is the annual Chilifest chili cook-off held at Rideau Vista Public School every spring. This year's winner, Carolyn Avery, will be featuring her winning chili contribution for your consumption — well, not exactly the same chili, she's cooking up a new batch, fresh for you to enjoy (at a nominal charge), 'cause the original batch was gone seconds after it was introduced. Bring out the family, eat delicious chili, tap your toes, clap your hands, dance — you can even sing if you want to — nobody will mind, as a matter of fact it's encouraged. After all, it's a Kitchen Party!

The event is taking place on Saturday April 7, from 3 to 7PM, and tickets are available at The Cove Country Inn or at the door (Westport Legion) for \$10 per person. Two more points, then I'll leave the easy decision to attend to you: bottomless bowl (for the chili) and cash bar (to quench the thirst). 'Nuff said.

I'm writing this in March, outside, in the sunshine, in March, where it is very, very warm, in... March. Did I mention really very warm... in March? How happy am I? Spring has most definitely sprung and it's time to remind you of another annual. The annual Dandelion Gardens Studio Tour's threeday celebration of spring.

The Dandelion Tour is another Westport tradition, and it takes place May 19 to 21, from 10AM to 5PM. All of the studios are in and around the beauti-

Westport has a lot of annuals — the annual ful Westport area, where spring will be ready to re-Christmas parade, the annual Chilifest chili ceive you in all its glory. That, and you get to see (and cook-off, the annual Antique Show and buy) works by people like Loretta Moore (hooked Sale. One of my favourites (I have a lot of rugs), Debbie Gilmer and her pottery, and Cindy favourites) is the annual Kitchen Party. Laneville with her stained glass mosaics... and that's Hosted by the Westport Arts Council in just one studio! There are six more studios, with varsupport of MUSICWestport (our little ious artists showing various styles of art — any one

My (lovely and talented) wife and I like to hop in the car with the kiddies and find a dirt road we haven't travelled down yet and just go exploring, find our own adventures, and stop to take in the many sights of our neighborhood. The Westport funds raised from the Kitchen Party from listening area is a great place to simply tour around, ride, walk, drive or boat. Take that simple experience towards MUSICWestport, where you can listen to and add work from artists you get to meet and chat with — it's hard to resist. So, pack a lunch or, better yet, treat yourself to lunch (and dessert) at one of Westport's fine establishments and head out into the woods. It's worth it on so many levels.

### Westport is Growing (Trees)!

Once again, this spring, Westport in Bloom is offering a wide selection of top-quality deciduous trees and shrubs at bargain-basement prices. Maples, oaks, ash, flowering crabs, lilac and lots more are available now. Most are seven to eight feet tall and cost between \$45 and \$90, with the price including the tree, compost, fertilizer, planting instructions and all taxes.

Every penny earned goes into helping keep our village beautiful, but the sale is also a public service to encourage residents to start rebuilding Westport's tree canopy. Order by April 20 for April 28 pick-up, and call early for the best selection, since we expect to sell out! To order: pick up an order form in the lobby of the Westport Post Office, email <gailfay@hotmail.com>, call 273-8578, or Google "Westport in Bloom tree sale 2012".



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To learn how you can become the proud owner of this established, one-of-a-kind lifestyle emporium located in the heart of heritage Perth, please contact:





#### Claiming WHAT'S ON IN 🥎 Column Wednesday Thursday Monday Tuesday Garnet Rogers, Carleton Place, May 4 Murder Mystery, Lanark, May 4 Brush Strokes presents photographer Roy Whiddon (Apr 8-) <brushstrokesart.ca> Noises Off!, Carleton Place, May 4-5 Equator Coffee Roasters presents Kevin White's original inspirational photography Who's Afraid of Virginia Woolf? Perth, Baker Bob's Gallery presents Josh Hrkach with high-definition photos May 4-13 Heritage House Museum presents 18 sculptures of "Gifts of the North" <smithsfalls.ca/heritagehouse> Handmade Harvest Craft Show, Almonte, May 5 MVTM presents "Letters", featuring Nancy Cole's storytelling quilts (to Apr 14) <mvtm.ca> Fiddlers' Friends, Almonte, May 6 Palms Coffee Shop presents the photography of Charlie Ebbs & Richard Skrobecki's pottery <palmsonline.ca> Hike for Hospice, Perth, May 6 The Mississippi Mills Chamber Gallery presents Almonte Crazy Quilters Madawaska String Quartet, Pembroke, In the Almonte Library Corridor Gallery presents Monica Blackburn & Sam Hamilton May 6 The Kanata Civic Art Gallery presents "Fresh" and "Young at Art" <kanatagallery.ca> Handbell Concert, Perth, May 6 For a Taste of the County, Almonte, May 7 Home & Garden Show, Smiths Falls, May 11-12 Deep Dark Woods, Neat Coffee Shop Red Trillium Studio Tour, W. Carleton, Almonte 🗱 Lanark Cty Genealogical Soc, Almonte Den Celtic Jam, Naismith Pub Jazz at Bally's, Ballygiblin's May 12-13 Carp Celtic Jam, Car 🕸 Roast Beef Luncheon, Carleton Place Jazz Night, The Cove Working Smart in Furniture Making, Young Awards Gala, Almonte, May 12 Johnny Spinks, The Barley Mow Perth Rideau Lakes Chamber Orchestra, Kathryn Briggs on Piano, Cafe Postino Perth, May 12 Dandelion Gardens Studio Tour, Westport, May 19-21 Mississippi Mills Bicycle Month, June **CPHS Reunion**, Carleton Place, Jun 2 Naismith is Colourblind, Almonte, Jun 8-9 CP Community Band, CP, Jun 9 The Burntlanders, Fultons **Open Celtic Jam**, Naismith Pub Valley Voices Concert, Almonte, Jun 10 🔳 AAAA Mtg, Almonte Johnny Spinks, The Barley Mow 🕸 W. Carleton Garden Club Mtg, Carp Nolunteer for Therapeutic Riding Cdn Guitar Quartet, Eganville, Jun 17 Carp Celtic Jam, Carp Masonic Lodge Peter Brown on Piano, Cafe Postino Women's Business Group Mtg, CP Perth Art at the Station, Carleton Place, Jun 16 Lambs Down Festival, CP, Jun 16 Smiths Falls Art Journey, Jun 16–17 Celtfest, Almonte, Jul 6–8 Almonte Fair, Jul 20–22 Stewart Park Festival, Perth, Jul 20–22 Herbfest, Almonte, Jul 29 Canal Railway Festival, Smiths Falls, 🔳 ARTiculate, Carp Aug 10–12 Alzheimer's Workshop Johnny Spinks, The Barley Mow Basketball Festival, Almonte, Aug 11 Almonte Quilters' Guild, Almonte Almonte Jonas & the Massive Attraction, Neat Dance of Universal Peace, Renfrew La Cage Aux Folles, Perth Open Celtic Jam, Naismith Pub Carp Celtic Jam, Carp Masonic Lodge **Puppets Up!**, Almonte, Aug 11–12 The Burntlanders, Fultons Peter Brown on Piano, Cafe Postino Highland Games, Almonte, Aug 25 Visual Arts Vernissage, Mar. 31, 8-9:30PM. Pre-exhibit meet Arbour Week Film Night, Clayton & greet w/Kevin White & live music. Equa-Hort. Society Meeting, Almonte tor, 451 Ottawa St., Almonte. Carp Celtic Jam, Carp Working Smart in Furniture Making, Dr. Strangelove, Carp Apr. 4. Garrett Hack. I-866-704-7778., Johnny Spinks, The Barley Mow ▶ Neat SoundCheck, Neat Coffee Shop La Cage Aux Folles, Perth Knitting & Crocheting Guild, Almonte Rosewood Studio, Perth. 264-9900. Free • Open Celtic Jam, Naismith Pub Lanark County Quilters Guild, Perth Peter Brown on Piano, Cafe Postino Almonte & Area Artists' Assoc Mtg, Apr. Tree Talk & Trails, Blakeney Mind-Body Healing Talk, Carp The Affections of May, Merrickville 9, 7:30PM. Almonte Library, 4a-artists.ca. Tree Talk, Slides, Artistree, Almonte Tree Talk & Trails, Almonte Tree Talk & Trails, Almonte Vernissage, Apr. 13, 7-9PM. Photographer Roy Whiddon. Brush Strokes, 129 Bridge St., CP. Carp Celtic Jam, Carp 253-8088, brushstrokesart.ca. Almonte Ouilters' Guild, Apr. 16, 7-9PM. Trunk show by Catharina Breedyk-Law. Noises Off!, Apr 27, 28, May 4, 5 (8PM). Apr atre, Perth. studiotheatreperth.com. \$25 Almonte Civitan Hall, 256-5858 Literatur neatre ARTiculate, Apr. 18, 7PM. Richard Gill. West The Burntlanders, Apr. 10, 15, 18, 22, 11AM-29 (2PM). \$20 at Arts CP. Carleton Place Town Hall, 257-203 I, mississippimudds.ca Members free, guests \$5. St. Paul's United 12.30PM Live music in the restaurant Steel Magnolias, Mar 30, 31 (8PM); Apr 1 Poetry Slam, Apr. 20, 7PM. Morphy's Falls Pub, Church, Carp. westcarletonartssociety.ca Fultons 291, 6th Conc Rd, Pakenham. Carleton Place. lanarklips@hotmail.com. (2PM).Tickets at 485-3434/ticketsplease.ca. Lunch at Allen's, Apr. 13,8PM. Tickets Please. Lanark County Knitting & Crocheting outh Studio Theatre, Perth. studio theatreperth. \$5; free for performers.

lanarkknitting@gmail.com. Guests \$5 Lanark County Quilters Guild, Apr. 24, 7PM Guests welcome: \$3. Lions Hall Perth

Guild, Apr. 24, 7PM. St. Paul's, Almonte.

8PM. Apr15, 22, 29 2PM. Myriad Centre, Perth. \$25. 485-6434, ticketsplease.ca. StorytellingWorkshop,Apr. 15, 10AM-4PM. Register: 278-0388, meraschoolhouse@ bell.net. MERA Schoolhouse, McDonalds Corners. \$50 (\$35 members) The Affections of May, Apr 26-29.TNIM. Merrickville Community Ctr, Read & Main St.W. 269-2320, merrickvilletheatre.org. Dragon's Gold: A Sword Re-Forged, A Ring Accursed, Apr. 27, 7:30PM. Ticketsplease. ca. Full Circle Theatre, Perth. 2wp.ca. \$20 Into the Woods, Apr 27, 28 (7:30PM), 29 (2PM). \$15 at Baker Bob's, Equator, ADHS, 126

com. \$22; \$20 in adv., students \$10.

La Cage Aux Folles, Apr 13, 14, 19-21, 26-28 craft too. The Diefenbunker, Carp. 839-0007, events@diefenbunker.ca. Free w adm Easter Egg Hunt, Apr. 7 & 8, 10AM-2PM. Horse-drawn rides, face painting, snow taffy. Fultons Pancake House, Pakenham. BeckwithYouth Dance, Apr. 20, 6-9PM. Hawaiian theme. Brunton Com. Hall, Beckwith. 257-1539, twp.beckwith.on.ca. \$3 Bald Like Dad, Apr. 21, 3PM. \$12 at Tickets Please, 483-6434. Full Circle Theatre, 26 Craig St., Perth. Dr. Strangelove, Apr. 24, 6PM. Themed tour (6pm), film (7pm), discussion. Tour+movie \$15. Movie only \$8. Diefenbunker, Carp. 839-0007, administration@diefenbunker.ca.

Book Signing, Apr. 21, 10AM-2PM. Pam Colla-Easter Egg Hunt, Apr. 7, 11AM-4PM. Easter cott, culinary diva. Fultons Pancake House, #291, 6th Conc Rd, Pakenham.

PDCI, 13 Victoria St., Perth. perthpac.org. White Lake Acoustic Jam, Apr. 14, 7-10PM. White Lake Fire Hall, 142 Burnstown Rd. 256-5439. \$5 (members free)

Fairgrounds. 264-9232. Art in the Attic Art Show & Sale, Apr 27 (7-9), 28 (10-7), 29 (10-4). Almonte Old Town Hall. 256-5863, 4a-artists.ca. Free Vernissage, Apr. 28, 2-5PM. Spring show featuring many artists. Gallery Perth, Code's Mill, Perth.galleryperth.com.

### **Festivals**

Festival of the Maples, Apr. 28, 9AM-4PM. Maple products, live music, vendors. Crystal Palace, Perth. 1-888-319-3204.





thehumm.com

Poetry Reading - Pachyderm Poets, Apr. 21, 7PM. Backbeat, 6 Wilson St. W., Perth. 466-0663, jpigeau@hotmail.com. Free



Perth Citizens' Band Spring Concert, Apr. 1,2PM. Salute to the Diamond Jubilee. Perth Legion.perthband.ca.\$5;\$10 family Kitchen Party , Apr. 7, 3-7PM.Shawn Mc-Cullough & Doubleback, The Cronies. Westport Legion. \$10; cash bar. Lynn Miles, Apr. 7, 8PM. Songs From The Valley. w Keith Glass. Tickets Please! Studio The-

Almonte Traditional Sing, Apr. 15, 2-4PM. Barley Mow

Dance of Universal Peace, Apr. 17, 7-9PM. No experience needed. Trinity-St. Andrew's Church, Renfrew. 432-5583.

David Rotundo Band w/Julian Fauth, Apr. 20 & 21, 7PM. The Cove, Westport. I-888-COVE-INN, choose the blues.ca. \$60 Mississippi Squares Dance, Apr. 21, 7:30-9:30PM. \$10 (\$5 with old badge). Free Reception, Apr. 21, 2-4PM. Notre Dame Catholic HS, CP. mississippisquares.ca.

### APRIL 2012

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| Friday                                                                                                                                                                                                                                                                                                                                                                                                       | Saturda                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | ay Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <ul> <li>Breakfast with Soul, Almonte</li> <li>Cajun Queens' Tribute, Foodies</li> <li>Kitchen Party, The Barley Mow</li> <li>Live Blood Cell Analysis, Almonte</li> <li>Old Time Talent Night, Lanark</li> <li>Pakenham Home Show, Pakenham</li> <li>Polar Bears &amp; Penguins, Almonte</li> <li>Steel Magnolias, Perth</li> <li>The Bowes Brothers, Almonte</li> <li>Trevor Finlay, Valley BBQ</li> </ul> | <ul> <li>Al Wood &amp; The Woodsmen, Neat</li> <li>Breakfast with the Arts, Westport</li> <li>Food Sensitivity Testing, Almonte</li> <li>Pakenham Home Show, Pakenhan</li> <li>€ Steel Magnolias, Perth</li> <li>Vernissage, Almonte</li> </ul>                                                                                                                                                                                                                                                                                                                                                  | T Open Mic w/Kelly Sloan, Ashton Pub                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| ✓ Kitchen Party, The Barley Mow ✓ Steve Barrette Trio, The Swan at Carp                                                                                                                                                                                                                                                                                                                                      | <ul> <li>Carp Farmers' Easter Market, Carp Easter Egg Hunt, Carp</li> <li>Easter Egg Hunt, Fultons</li> <li>Jazz Night, The Cove</li> <li>Kitchen Party, Westport</li> <li>Lynn Miles, Perth</li> <li>Maplelicious Pancake Breakfast,</li> <li>On Common Ground, Harry McLes</li> </ul>                                                                                                                                                                                                                                                                                                          | <ul> <li>✓ Easter Egg Hunt, Fultons</li> <li>✓ Jazz Brunch, Fiddleheads</li> <li>✓ Magnolia Rhythm Kings, The Royal Oak</li> <li>✓ Open Mic w/Kelly Sloan, Ashton Pub</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <ul> <li>Astronomy Course, Almonte</li> <li>Home &amp; Fashion Show, Carleton Place</li> <li>Kitchen Party, The Barley Mow</li> <li>La Cage Aux Folles, Perth</li> <li>Lunch at Allen's, Perth</li> <li>Travel Adventure Presentation, Almonte</li> <li>Vernissage, Carleton Place</li> </ul>                                                                                                                | <ul> <li>Angler Management, The Cove</li> <li>Empty Bowls - Foodsmiths, Perth</li> <li>Home &amp; Fashion Show, Carleton</li> <li>La Cage Aux Folles, Perth</li> <li>Mom to Mom Sale, Almonte</li> <li>Terry Tufts, Harry McLean's Pub</li> <li>White Lake Acoustic Jam, White</li> </ul>                                                                                                                                                                                                                                                                                                        | Place <b>Home &amp; Fashion Show</b> , Carleton Place<br><b>Carleton Place</b><br><b>Carleton Pla</b> |
| <ul> <li>Almonte Lecture Series, Almonte</li> <li>Astronomy Course, Almonte</li> <li>Beckwith Youth Dance, Beckwith</li> <li>David Rotundo w/Julian Fauth, The Cove</li> <li>Kitchen Party, The Barley Mow</li> <li>La Cage Aux Folles, Perth</li> <li>Poetry Slam, Carleton Place</li> <li>Steve Barrette Trio, The Swan at Carp</li> <li>Terry Tufts - Rolling Stones, Foodies</li> </ul>                  | <ul> <li>Bald Like Dad, Perth</li> <li>Book Signing, Fultons</li> <li>Chicken &amp; Rib Night, Westport</li> <li>Danny Rembadi, Harry McLean's Pi</li> <li>David Rotundo w/Julian Fauth, Tr</li> <li>Freecycle Weekend, Carleton Place</li> <li>La Cage Aux Folles, Perth</li> <li>Mississippi Squares Dance, CP</li> <li>Pachyderm Poets, Perth</li> <li>Quartetto Gelato, Neat Coffee Shu</li> <li>Terry Tufts - Rolling Stones, Food</li> <li>Tree Talk &amp; Trails, Appleton</li> <li>Trio Hochelaga, Almonte</li> </ul>                                                                    | The Cove<br>The Co                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <ul> <li>Art in the Attic, Almonte</li> <li>Astronomy Course, Almonte</li> <li>Dragon's Gold, Perth</li> <li>Into the Woods, Almonte</li> <li>Kitchen Party, The Barley Mow</li> <li>La Cage Aux Folles, Perth</li> <li>Noises Off!, Carleton Place</li> <li>The Affections of May, Merrickville</li> <li>The Once, Neat Coffee Shop</li> <li>Tree Talk &amp; Trails, Pakenham</li> </ul>                    | <ul> <li>Art in the Attic, Almonte</li> <li>Art in the Attic, Almonte</li> <li>La Cage Aux Folles, Perth</li> <li>Breakfast with the Arts, Westport</li> <li>Carp Ridge Talk, Potluck &amp; Film,</li> <li>Doherty Bros., Harry McLean's Pub</li> <li>Fashion in the Forest, Goulbourn</li> <li>Festival of the Maples, Perth</li> <li>For the Love of Music, Maberly</li> <li>Roises Offl, Carleton Place</li> <li>Recycle Day, RONA, Carleton Place</li> <li>Shawn McCullough &amp; Doublebau</li> <li>The Affections of May, Merrickville</li> <li>Tom House &amp; Brock Zeman, CP</li> </ul> | A, Carp                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Concert. \$30 (\$15/st) at 253-3353, Mill<br>St. Books, door.Almonte Old Town Hall<br>A Musical Celebration of the Queen's<br>Diamond Jubilee, Apr. 22, 7:30PM.Tick-<br>ets Please & St Paul's. St Paul's United,<br>Perth. 485-6434, ticketsplease.ca. \$20<br>Fiddle-a-thon, Apr. 22, 1:30-7PM.Maberly<br>Community Hall, 172 Maberly Elphin Rd.                                                           | Apr 6, 20 Steve Barrette Trio 7-10pmnoHarry McLean's Pub (111 St. Lawrence St.,<br>Merrickville, 269-4223)TheApr 7 On Common GroundAprApr 14 Terry TuftsApr 21 Danny RembadiApr 28 Doherty Bros.Apr                                                                                                                                                                                                                                                                                                                                                                                              | <ul> <li>Naismith Pub (411 Ottawa St., Al-<br/>nonte, 256-6336): Open Celtic Jam Wed,<br/>o charge (7:30-10pm).</li> <li>Cove (2 Bedford St., Westport, 273-<br/>636):<br/>vpr 5 Spencer Evans Trio, 8-10pm.free<br/>vpr 7 Spencer Evans Trio, 8-10pm.free<br/>vpr 14Angler Management, 8-11pm.free<br/>vpr 28 Shawn McCullough &amp; Doubleback</li> <li>Carp Masonic Lodge (3704 Carp<br/>Carp): Carp Celtic Jam, \$3/\$25 for 3 in<br/>all levels, Mon (7-9pm).</li> <li>The Barley Mow (79 Little Bridge<br/>Almonte, 256-5669): Johnny Spinks TI<br/>(8pm), Live entertainment Fri (9pm)</li> <li>Café Postino (73 Mill St., Almonte): P<br/>an Thursdays, S120 9:20pm</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

&12:30PM. St. Andrew's Presbyterian Church, Carleton Place. 257-2200x323. Lanark County Genealogical Society, Apr. 4, 7:30PM. Video of locals reading letters from 1820s up.Almonte Library Carp Farmers' Easter Market, Apr. 7, 8AM-2PM.Carp Agri. Hall, 3790 Carp Rd. Maplelicious Pancake Breakfast, Apr. 7, 7-1 I AM. Middleville Community Ctr, 4203 Wolf Grove. 256-5474. \$8; under 10 free West Carleton Garden Club, Apr. 10, 7:30-9PM.Carp Memorial Hall, 3739 Carp Rd. \$5 for non-members. Women's Business Group Mtg, Apr. 10, 7:30AM. Buster's Bar and Grill, 515 McNeely Dr., Carleton Place. wbgroup.ca. Volunteer w/Therapeutic Riding, Apr. 11, 6PM. Cedar Rock Farm, 100 Rathwell Rd., Perth.257-7121x236, the rapeutic riding.ca. Astronomy Course, Apr 13,20,27, May 4, 11, 7:30-10PM. Mill of Kintail, Almonte. 256-3610x1, sogrady@mvc.on.ca. Home & Fashion Show, Apr. 13, 6PM-9PM.14 (9AM-6PM), 15 (10AM-4PM). \$3 (12+under free). CP Arena, 75 Neelin St. Sailing Adventure Presentation, Apr. 13, 6:30-9PM. Silent auction, dessert. \$10 / \$7 students) at Baker Bob's; \$12 door. For Likulezi Project. Almonte United Church Empty Bowls - Foodsmiths, Apr. 14, 11AM-2PM.Buy a hand-crafted bowl (\$20), fill with Bean Salad. 106 Wilson St.W., Perth. Mom to Mom Sale, Apr. 14, 9AM-IPM. For Coop Nursery School. Civitan Hall, 500 Almonte St. momsale@gmail.com, \$2 Dementia/Alzheimer's Workshop, Apr. 18,9AM-2:30PM. Register at themills.on.ca. Almonte Civitan, 256-1031x39.\$5 Almonte Lecture Series, Apr. 20, 7:30-9PM. How small animals freeze/recover. Almonte United Church. Free. Chicken & Rib Night, Apr. 21, 5:30-7:30PM. Fundraiser for Westport Library. Ticket at Library. Westport Legion, 273-3223. \$15 Freecycle Weekend, Apr 21-22. Carleton Place residents can put out items Fri night, with "FREE" sign, for anyone to pick up. Tree Talk & Trails, Apr. 21-29. Throughout Mississippi Mills. Call 256-1077. Free Bicycle Repair Workshop, Apr. 22, I-3PM. Almonte Bicycle Works, 101 Bridge St. Free Blueberry Mountain Walk, Apr. 22, 9:30AM. Clifford Property, Lanark. 259-3412, hclifford@xplornet.com.\$10 (\$20/family) Murphys Pt AGM/Chili Cook-Off, Apr. 22, 4:30PM. McMartin House, Perth. \$15, \$10 members, friendsofmurphyspoint.ca. Tree Talk & Bike Ride, Apr. 22, 9AM, Meet at Palms for a 2-hr ride. Palms Coffee Shop, 78 Mill St., Almonte. 256-1077. Free Almonte Hort. Society Meeting, Apr. 23, 7:30PM. Vertical Gardens. Cornerstone Community Church, Almonte. 257-7155. Arbour Week Film Night, Apr. 23, 7PM. St George's Anglican Church, Clayton. 256-1077. \$1-\$2 donation for hall. Carp Ridge Events. Apr 24 Mind-Body Healing talk (\$20), 7-8:30pm; Apr. 28 talk on cancer 1-3pm; potluck & film 3:30-7:30PM.Carp Ridge EcoWellness, 839-1198, ecowellness.com. at door. Tree Talk, Slide Show, Artistree, Apr. 25, 7PM. Almonte Old Town Hall, 14 Bridge St. 256-1077. Free

Breakfast with the Arts, Mar. 31, Apr. 28, 7:30AM. The Wordsmith, 22 Bedford

Valley Singles Lunch, Apr. 1, 12:30-2:30PM. Register at 256-8117 or 432-7622. East

Roast Beef Luncheon, Apr. 3, 11:30AM

St., Westport. 273-3222.

Side Mario's, Arnprior.

273-3986, cerlichman@yahoo.com. For the Love of Music, Apr. 28, 7:30PM.Tay Valley Community Choir concert, Maberly Hall, 172 Maberly Elphin Rd. By donation Tom House & Brock Zeman, Apr. 28, 8PM.RSVP, Findlay House, 207 High St., CP. findlayhouseconcerts@gmail.com. \$20. Jazz at St. James, Apr. 29, 4:30PM.Elise Letourneau Duo.St. James Anglican Church, Carleton Place. Good will offering. Oddities Farewell Concert, Apr. 29, 7PM. Admission by donation to Empty Bowls. PDCI 13 Victoria St., Perth. 264-0242. Apr 28 Donerty Bros. Ballygiblin's (151 Bridge Street, Carleton Place, 253-7400); 6-9pm.no cover Apr 5 Peter Brown, Don Paterson Neat Coffee Shop (1715 Calabogie Rd., Burnstown, 433–3205): 8pm Mar 31 Al Wood & the Woodsmen, \$13 Apr 1 The Bright Lights Social Hour, \$17 Apr 5, Deep Dark Woods, \$20 Apr 19 Jonas & Massive Attraction, \$25 Apr 21 Quartetto Gelato, \$51 Apr 25 SoundCheck with Mike (no cover) Apr 26 Skydiggers, \$30 Apr 27 The Once, \$25

CD Release, 8-11 pm.donation to charity Fiddleheads (Code's Mill, Perth, 267-1304) Apr 8, 22 Jazz brunch with Clay Young & guest, 12-3pm. The Royal Oak (329 March Rd. Kanata,

591-3895): jazz on Sun, no cover. Apr 1, 15, 29 APEX Jazz Band, 2-5pm Apr 8, 22 Magnolia Rhythm Kings, 3-6pm Foodies Fine Foods (34 Mill St., Almonte, 256-6500); dinner & show \$40, 6:30p, Mar 30 Tribute to Cajun Queens Apr 20, 21 Terry Tufts does The Stones on Thursdays, 5:30-8:30pm Apr 5 Kathryn Briggs Apr 12, 19, 26 Peter Brown

Community Pakenham Home Show, Mar 30–Apr 1. Stewart Community Ctr, Pakenham. 256-1077, mississippimills.ca. \$3 (12+) Slides/Talk: Polar Bears & Penguins, Mar. 30, 7PM. For Therapeutic Riding.Almonte United Church, therapeuticriding.ca. \$10

 Fashion in the Forest, Apr. 28, 7PM.doree's habit fashion show. St. Clare's Church, 4009 Dwyer Hill Rd., Ott. 256-8837. \$35
 CPEAC Recycle Day, Apr. 28, 9AM-3PM. Batteries, paint, electronics. Most free. \$5 small appl., \$10 big. RONA, Carleton Place

April 2012









# Watch Out For Seniors

tally opposed to it, but the more I think of it, the better the plan becomes. We are all aware that we haven't lived this long without collecting a lot of smarts along the way. We have a work ethic we learned at the knee of school teachers, with consequences for poor performance, and we are not averse to working hard for what we want. Heaven knows, we've done a ton of volunteer work for nothing greater than the reward of a job well done, so we'd be happy to have a few dollars to do a proper work day.

### by Glenda Jones

What sort of incentives would lure us seniors back into the work force? First off, we'd need a new wardrobe — many of us are women after all! And you men can't be going to a fancy job in those raggy old clothes you wear in the garden. I'm sure any employer who wanted us would give us an allowance for that. Also, the idea of "greying power" doesn't really appeal to me, so I think we should all troop into the hairdresser's to become non-greys. The work place itself would have to change too. We'd need better chairs at proper desks, and likely a second chair for the youngster who'd have to be at our beck and call for computer advice. We'd want proper cups and saucers in the lunchroom for tea time, and a young chef to make us nutritious snacks. Also, we'd want an office by a window that opens, and be not too high up in the building. Elevators over the fourth floor level make our ears pop. Furthermore, the bathrooms have to be close at hand, with proper towels — not those hand blower things that leave you to dry your hands on a scrappy bit of Kleenex you have in your pocket.

I think we'd also want better working hours. Right now we work at home, at our volunteer jobs, babysitting the grandchildren, and visiting our relatives. I guess we'd be able to squeeze in a few real work hours, say, from 11 to three each day, but that would be about it. We'd want decent holiday time too, since there is the garden to tend in the summer, and Christmas preparations to do in the winter. We likely could work in the early spring and fall, say, four months a year. Of course, since we're good at balancing our time, we can arrange to jobout from fatigue.

tensive knowledge gained in earlier career posi- plication any time soon!





I've gotten caught up in this idea of seniors tions, through our vibrant volunteer times, or just re-entering the work force. At first I was to- in general from living as long as we have. Could employers afford us? Of course they could. One only has to look at the exorbitant cost of higher education to realize young people will not be able to afford an education that prepares them for employment — something most of us gained through the School of Hard Knocks. Since we've been used to getting by with only a pension, they probably can get us for a good price too.

> But, young people, don't despair that there will be no jobs for you. Since we oldsters will be working, but not allowed to drive, we'll need you to deliver us to the work place. Don't expect us to take the bus, and stand for an hour. You can volunteer your time for that, since we used to do it for others when we were faithful volunteers. Since we will be working all day, it would be nice if you could arrange for a hot meal to be on our table when we get home. That would be the Meals on Wheels component. You'll need to pick up the slack at the hospital, the Hub, the school, the animal shelter, and a myriad of other places that can't function without free labour. We'd go, but "we're working full time now." I'm sure you'll understand when Granny stops making those ginger cookies you love, and when Thanksgiving dinner is pizza take-out.

> Lots of businesses will thrive due to seniors back in the work force: companies that make good orthotic shoes or good support hose for tired legs for instance. Cosmetic companies that defy aging, smart clothing manufactures, Apple and Blackberry with apps for failing eyes, and walkers with attitude for infirmed workers are only a few of the items we aging workers will require. House cleaning services and pet walking services probably will benefit. Banks for sure will be happy to see us depositing all our hard earnings. Cruise lines, on the other hand, will see sales dwindle. Likewise entertainment providers — can't be up too late when we need to be up to go to work!

It would be difficult to give up retirement, but the money might be tempting. However, here's the end of the story from last month. If you recall, I mentioned that I was lusting after a new vacuum cleaner, and had given a cursory glance at appliances. Well, my washing machine got wind of that, and promptly gushed transmission fluid and water everywhere. After only thirty years of faithful service, it is finished. It's pretty plain to see that all that share with other seniors so that none of us conks newfound wealth wouldn't be going to frivolities, but rather to mundane necessities. Not worth it if Pay will have to be commensurate with our ex- I can't have luxury. Don't be looking for my job ap-

# **Beautiful Bells**

Choir will celebrate its 20<sup>th</sup> anniversary forming for many groups in the surroundvenues over the years and those who have choir continues to delight audiences. heard them can attest to the beauty, harmony and heavenly sounds created by 39 brass bells and eleven players. Your next opportunity to hear them in concert will be at 7:30pm on May 6 at St. Paul's, 25 Gore Street West in Perth.

Mary Young was instrumental in bringing handbells to Perth. Many years ago, she lived in Thunder Bay, where her church had handbell choirs for youth and adults. As a mother of small children, she was unable to participate, but she promised herself that one day she would play in a handbell choir. Following a teaching career in North York, Mary and Bruce retired to Perth. She suggested that St. Paul's United Church apply for a New Horizons grant to purchase a set of bells. The Music Committee and official board of the church were very supportive. The first application was declined, but in 1992, their second application was accepted and the St. Paul's United Church Handbell Choir became a reality.

90% of the participants be seniors from move to a higher level of play and to host any denomination and that the group must give back to the community. If the choir were still in existence after five years, then bell ownership would transfer from New Horizons to St. Paul's. Fulfilling the man- Handbell Choir in concert. date was easily met as within six months

The St. Paul's United Church Handbell the group took their bells on the road, perthis year. The bell choir has played in many ing communities. Twenty years on, the

> The St. Paul's Handbell Choir plays three octaves of bells. Each of the eleven members has three or four bells to ring. The highest upper bell is quite small, being 6cm across, and the bells gradually increase in size to the largest lower bass bell, which is 17.5cm across. The ringers generally hold a bell in each hand but change bells to their adjacent sharp or flat as the music requires. The ringers follow the music and ring only when their note or notes appear. Several bells play at once as intricate harmonies weave around and through the melody. It requires concentration, teamwork and much practice to master the ringing techniques and to create beautiful music together.

Nine directors, including Mary Young, have wielded the baton over the years. Ann McMahon is the current director. The choir is now a mix of veterans and newer ringers. After several members attended a provincial handbell conference The New Horizons grant required that in Hamilton, the group was inspired to their own concert. Mark Sunday, May 6 on your calendar, as it is your opportunity to see and hear the captivating and vibrant sound of the St. Paul's United Church

- Marily Seitz



The St. Paul's Handbell Choir celebrates their 20th with a concert on May 6

### For the Love of Music

a friendly, comfortable, country atmosphere at their concerts. This year, the choir presents its annual spring concert, entitled "For the Love of Music", on Saturday, April 28, at 7:30PM at the Maberly Hall.

The warm harmonies and lovely song

The Tay Valley Community Choir has the St. Paul's United Church Handbell Choir a well-deserved reputation for creating (aka The Hummdingers) also return to wow the audience. Talented twelve year-old Perth musician Beth Misener will accompany the bell choir on her cello, then play several of her own pieces. Dayna Stone, a Tay Valley Youth Choir alumnus, starring in the North Frontenac Little Theatre production Valley Choir tenors. As part of the tradition at Tay Valley concert, which allows an opportunity to



SALON

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LMH



### New Custom Built Home in Perth: 25 Leslie Street

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choices, plus the cozy feeling of the hall, of Annie, will grace the Maberly stage singmake for a wonderful evening of music. ing several pieces from the play. Dayna will Under the direction of Ann McMahon also sing a duet with Daddy Warbucks, also and accompanist Grace Armstrong, choir known as Paddy O'Connor, one of the Tay members not only work hard at their weekly practices, but they enjoy each other's company and delight in the whole Choir concerts, refreshments follow the process of music making.

Special guests will add their own love of mingle with neighbours, other music lovmusic to this eclectic program. Beryl Stott ers and the performers. Admission is by returns to provide beautiful flute accompa- donation at the door. niment for the choir. Perennial favourites, - Marily Seitz

### April 2012



# **Building Hope with SchoolBOX**

her excited return from a ten-day experience this past February in Nicaragua with the SchoolBOX program <schoolbox.ca>.

What is SchoolBOX? SchoolBOX is a small Canadian non-profit that is "Mak-Tom Affleck gave two little girls notethe barrier to education was in Nicaragua, so when he returned to Almonte he began raising funds to help more poor children **schools?** Yes, some are, but many are not. get an education. Since then, thousands of educational packages have been given to students and teachers, and twenty-eight classrooms, washroom facilities and libraries have been built.

Why Nicaragua? Nicaragua, the second poorest country in the Americas (after Haiti), has survived revolutions, earthguakes and government corruption, all of which have impoverished many of its and for community celebrations. citizens

went to help build an earthquake-resistant of my food, transportation, accommodafour-room school and library, on the out- tion and many extras. skirts of the city of Leon.

Fern Martin answers some questions upon hoe, no compressor or jackhammer were progress for themselves and their country. available to assist in the task. However, Our presence seemed to give legitimacy SchoolBOX now owns a very handsome cement mixer. Appropriate tools are being purchased as the program progresses.

Wouldn't it be more helpful if the ing Education Possible" (their slogan) in Nicaraguans did this themselves? They Central America. It started in 2006 when are! That's the beauty of SchoolBOX. The program is now being run by highly dedibooks and pencils in Northern Nicaragua. cated and brilliant Nicaraguans. A team Their father was delighted, saying, "Now of six skilled Nicaraguan builders are in they can go to school." Tom saw how low charge of the construction. The neighbours pitch in as well.

> Aren't the children already in Often the school rooms are dark, musty and unsafe. Some classes take place in vacant lots or under a tree. This new school will transform the neighbourhood. The bright, well-ventilated rooms will not only be used as classrooms during the day, but the building will become a community centre — a place for meetings, for literacy programs for parents and grandparents,

What did it cost you? I paid my airfare What was your task? Twelve of us and prepaid \$1,150 (US) to cover the cost

Why not just send the money? **Did you actually build a school?** We SchoolBOX wants people from around the helped get one started. The school is to world to experience the program and to be completed in July. The men dug holes meet and work with the Nicaraguans who for footings, and the women wired rebar benefit. I can attest that this was a hugely (a new experience for me). I was very im- meaningful experience. Never have I witpressed with our men, working in the hot nessed such enthusiasm from students sun, digging, digging, ligging. No back- and parents who have been dreaming of

and status to their goal - as if Canadians thinking they are important and their dreams are important mean it must be true. I think the organizers wanted us to see how frugal and careful they are with the funds. Tom is a pretty smart fellow and he is hoping that we will assist him in his task of raising more funds.

Why isn't the Nicaraguan Government isn't doing this? The government funds a public school system but, as I said, it is a very poor country. SchoolBOX works closely with the government to ensure that it will fund the schools after they are open. This includes paying teachers' salaries and maintaining the school building.

Did you have any fun? Fun?! It was all fun. The children were delightful and funny, our crew had lots of jokers and we were treated so well. Lenin Mena, our Volunteer Coordinator, booked us into a comfortable hotel. He took us to different restaurants each night, to the local market, provided city tours, brought us to visit other schools built by SchoolBOX, and even to the beach on the Pacific Ocean. I did not expect such a high standard of care.

you do differently? There were two translators and two of our crew could speak Spanish, but if I went again I would make a better attempt at learning Spanish myself, so I could say more than "Hola, buenos dias, adios and gracias."



Any lasting impressons? Yes. Children caring for children — boys and girls cuddling their baby brothers and sisters. The wonderful smiles. Boys with creative gelled hair swirls and spikes. The emotional speech by a community leader, thanking Canada for its generosity. The very proud police officer. Delicious fresh fruit, magnificent trees. The visit to the very dreary local nursery school where we presented If you were to go again what would the delighted volunteer teacher with supplies — books, pencils, markers, drinking cups, and especially the whiteboard. Her joy and tears.

> To learn more about SchoolBOX check out <schoolbox.ca>. Also plan to attend the SchoolBOX Fiesta on September 28 in Almonte at the Agricultural Hall.







## Festivals, Folles, and **Pachyderm Poets...**

"Behold, my friends, the spring is come." I have sprung from hibernation. You? I hope so because, despite the talk of 2012 being the "doomsday" year, there's a lot to look forward to. Like sunshine and longer days and blossoming tulips... not to mention near tropical temperatures!

#### by John Pigeau

In Perth, we know it's spring when the **Festival** of the Maples rolls around. My wife refers to this fun and delicious festival in these terms: "Fudge hut! Fudge hut! Fudge hut!" Others think of it as a wonderful celebration of Lanark County's long history of producing world-class maple syrup.

This year, the 36<sup>th</sup> annual Festival of the Maples takes place throughout April, with the grand finale to the month-long celebration taking place on Saturday, April 28, from 9AM to 4PM, in downtown Perth. As always, there will be maple products and taffy for sale, displays of maple syrup production, maple awards, live musical entertainment, over on display and emergency services' safety demonstrations, as well as a midway, pony rides, petting zoo and other children's activities. For more information, contact the Perth & District Chamber of Commerce at 267–3200 or 1–888–319–3204.

the **Orion Theatre Company** in Perth. They are on the show, visit <myriadcentre.ca>. celebrating by staging La Cage aux Folles, the daring, entertaining, Tony Award-winning Broadway classic. An international comedy sensation based



It is April and, thus, I quote Sitting Bull: on the successful French stage play, La Cage aux Folles depicts the farcical chaos that results when a gay man attempts to pose as straight for the benefit of his son's future in-laws.

> In Orion Theatre Company's version, the fabulous couple of Albin/Zsa Zsa and Georges is played by Peter Dixon and Robert Del Grande, both wellknown veterans of Perth stages. The strong cast also includes Garry Welsh, Scott Somerville, Ann Hawthorne, Andrew MacDougall, Ian Jenner, and Gina Tremaine, to name only a few. Supporting the wonderful cast, Don MacKay will lead a stellar eight-piece orchestra, with Heidi Stepanek taking the reigns as artistic and musical director.

> Orion Theatre Company's founding collaborators, Peter Dixon and Heidi Stepanek, are excited to be celebrating ten years of musical theatre and twelve shows with La Cage aux Folles. With fantastic music and choreography, beautiful and exciting costumes (including original creations by the show's costuming team), and a highly talented team of actors, singers and musicians, they promise this is a show not to be missed.

Performances of La Cage aux Folles will take place one hundred craft and artisan vendors, classic cars at the Myriad Centre for the Arts, at 1 Sherbrooke Street East in Perth, on April 13, 14, 19, 20, 21, 26, 27 and 28 at 8PM, with matinées at 2PM on April 15, 22, and 29. Tickets are \$25 (including fees and taxes) and are available through Tickets Please (in Jo's Clothes at 39 Foster Street), by calling 485–6434, or This spring also marks the 10<sup>th</sup> anniversary of by visiting <ticketsplease.ca>. For more information

On the literary scene, in late April, a group of talented and passionate Ottawa-area poets will visit Backbeat Books & Music in Perth to launch their latest collection of poetry — a book called Sage. Five or six members of the group, known as the Pachyderm Poets, will read poems from their collection. Admission is free (though dropping a toonie in the "hat" would be appreciated) and refreshments will be served. The reading is at 7PM on April 21 at Backbeat, which is located at 6 Wilson Street West (next to the Perkins building).

The Pachyderm Poets group has an interesting back story. Early in 2002, three aspiring poets who had read Sylvia Adams' poetry chapbook Mondrian's Elephant asked Sylvia if she would teach and mentor them and a few others. (Sylvia is an awardwinning Ottawa novelist and poet whose publications include the novel This Weather of Hangmen, the award-winning poetry chapbook Mondrian's *Elephant,* and the poetry collection *Sleeping on the* Moon. Her work has been published in journals and anthologies in Canada and the United States, and she was the recipient of Arc Magazine's 2005 Diana Brebner Poetry Award.) There were six poets in the group that first year, meeting biweekly to study, write and discuss poetry. Since then, nineteen poets have at various times belonged to the group later known as the Pachyderm Poets. They have met, in Sylvia's words, "to renew their 'poetic licence' - to share, bond, hone skills and live for a while in the endlessly

### EERRARO ART WORKSHOPS

Acrylics – Thick and Creamy Monday Apr. 16–Wednesday Apr. 18

Pastel and the Figure: Voice through colour Monday May 14–Friday May 18

> Pastel: The Painting Medium A Study in Underpainting Monday May 28–Friday June 1

Life Drawing: The Long Pose A series of one day lifedraw workshops Monday Apr. 2, 23 and 30

#### Re-engage Your Identity in the Arts Saturday April 28 to register, or for more information: (613) 839-5241

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A look this bold can only come from Orion Theatre... Sure enough, they present La Cage aux Folles, opening at the Myriad Centre on April 13.

### April 2012

challenging, fascinating world of poetry."

Sage includes poems by fourteen Pachyderms: Sylvia Adams, Frances Boyle, Mary Lee Bragg, Elena Calvo, Marion Hamilton, Patricia Kirby, Louise McDiarmid, Nathalie Rainville, LM Rochefort, Sharon Thomson, Mary Trafford, Evelyn Voigt, Diana Rose Windle, and Lois A. Wraight. Several of these poets have work published in magazines and anthologies, and/or have their own chapbooks. The Pachyderms' first chapbook, *He(a)rd Instinct*, was published in 2005. Books will be available to purchase from the group at the launch.



# **Smiths Falls** arden show

Friday May 11, 5–9pm Saturday May 12, 10-6pm

### Smiths Falls Memorial Centre 71 Cornelia St. W.

80 vendors, many demonstrations plus sampling of beer, wine & food

Fundraiser for the Arena and **Murphy Complex** 

### Lots to see and do!

For more information call 613 284 2664





Howard Clifford (and his pet chihuahua Peppy) sit at the base of a huge ancient cedar on Blueberry Mountain

# **Find Your Thrill on Blueberry... Mountain**

CliffLAND is pleased to host the annual a great family outing and the view from Earth Day Nature Walk to Blueberry the mountaintop makes it a splendid pic-Mountain, a fundraising event for the nic venue. Mississippi Madawaska Land Trust Conservancy (MMLTC) on Sunday, April 22, entertainment centering on refreshments at 502 Hills of Peace Road in Flower Sta- and a dramatization of the life of inspiration. Registration is at 9:30AM and the tional naturalist John Muir. Because many walks start at 10Aм.

popular 45-minute hike to the top of scenic Blueberry Mountain, acclaimed as one of the Seven Wonders of Lanark County. The ily. Those who take out a membership in second option will end up on Blueberry MMLTC will not be charged for the walk. Mountain as well, but its half-hour longer This is a wonderful way for everyone to route includes a stop in an impressive old show support for the goals and objectives cedar grove, home to an ancient cedar of the MMLTC and their desire to prenamed "Grandfather Cedar" by a native serve beautiful and ecologically sensitive elder. Those who choose this walk will be tracts of wilderness for future generafirst off the mark at 10AM sharp.

It is suggested that hikers come pre- on to our children. pared for temperature changes by dressis recommended. Bring your lunch — it's <hclifford@xplornet.com>.

Following the hike there will be family have heard his story, some more than This year participants will be offered the once, this year's presentation will focus choice of two walks. The first is the very more on his adventurous side, involving some startling and hair-raising episodes.

The fee is \$10 a person or \$20 per famtions. What a wonderful legacy to pass

For further information, please coning in layers. Sturdy, waterproof footwear tact Howard Clifford at 259-3412 or

### **Spring Offerings** our Area

Thirty. Since both plays contain and fees) from Tickets Please. an element of secrecy, they are

by lan Doig Saturday night, starting at 5:30pm, for \$40. Sunday's performance is a 2PM matinée. Regular tickets (including balcony seating for a theatre-only Saturday night) are \$15

Kemptville Players Inc. will dates are April 13, 14, 19, 20, 21, 26, 27 and be presenting two one-act plays 28 at 8PM, with 2PM matinées on the 15<sup>th</sup>, in April: Trifles and Five to Five- 22<sup>nd</sup> and 29<sup>th</sup>. Tickets are \$19.50 (plus tax

Perth's Krista Graham is unveiling a calling the production Hidden new series of performances for children Secrets. Performances will be at at the Full Circle Theatre. The inaugural Leslie Hall on Clothier Street in show opens at 3PM on the 21st of April Kemptville on April 13 to 15. Fri- with Bald Like Dad. It sounds like an idea day and Saturday presentations whose time has come. Tickets are just \$12 are at 7:30PM, with a special din- and are available from Tickets Please (Fosner theatre option available on the ter Street in Perth), or at 483–6434.

> Theatre Night in Merrickville is bringing Norm Foster's wonderful romantic comedy The Affections of May to the stage of the Merrickville Community Centre. It is set in a small tourist town not unlike Merrickville, where May runs a struggling B&B. Director Margaret Shearman sees the play as a good example of why Foster is Canada's most popular playwright. Show dates are April 26 to 29. For more details, call 269-2320.

for adults and \$12 for seniors. This month the Orion Theatre Com**pany** is celebrating its 10<sup>th</sup> anniversary in heels and feather boas with the multi-

award winning "La Cage aux Folles." This tells the story of an unorthodox family and a notorious nightclub in St. Tropez. Show

There's lots happening around our area this month — c'mon out and enjoy! We'll see you at the show!

### thehumm.com

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News

Theatre

### **On the River of Dreams** When I think back to my teenage years, I re-

I guess I should provide a short disclaimer before this article starts. Three things led member certain albums, and those albums bring me to write this month's column. The first back a flood of memories. In many cases, artists was that I recently finished reading Steve would try to connect all of the songs on an album to Jobs' biography, the second was that I went tell a story. I still remember one of the first albums I on a road trip, and the third was my fortythird birthday. As I get older, I'm starting to est Hits, Volumes 1 and 2). I listened to that album see that there really are no such things as hundreds (maybe thousands) of times. I still have coincidences.

### by Tony Stuart

Steve Jobs, the iconic founder of Apple, almost single-handedly changed the way that we consume music, with the creation of the iPod and the iTunes ers today will have with their music twenty years store. In the last ten years, there has been a massive from now. shift from purchasing albums to purchasing individual songs.

## Art Delivered

"Art Acquisition"... sounds fancy, but it doesn't need to be. It simply means acquiring art for your collection. Your collection need not be huge. In fact, with an ART Delivered subscription, you are guaranteed that the art you acquire is small. Intimately-sized art can be quite exciting! Most Art Delivered canvases are gallery depth; they can therefore sit on a mantle in a standalone fashion or be hung in groups on a wall in a variety of configurations. They easily fit into tricky locations that are unsuitable for large works of art.

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the wings and I want to share these pieces with the public," says curator Catherine Gutsche.

Buying art from a bricks and mortar gallery an art subscription it's not scary, it's just plain fun. You get art every three months with no sales pressure. The art comes to you. And it's ready to hang.



ever bought with my own money (Billy Joel's Great-

a collection of vinyl in my Music Room at school,

even though it has been years since I had a working

record player. There is something about being able

to hold an album jacket in your hands that is lost

when you make the switch to listening to an mp3

player. I wonder what kind of connections teenag-

By now you've figured out that I'm a huge Billy

Joel fan. I listen to a lot of different types of music,

Buying art via the Art Delivered subscription service is a bit like tasting chocolate samples in a sweets boutique — you will get a tasty sampling of emerging artists' paintings throughout the year, resulting in a sweet collection of fine art. If Forrest Gump had been an artist he would have said ... "art is like a box of chocolates — you never know what you are going to get."

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but eventually all roads lead back to Billy. Now comes the road trip story! A few weeks ago I had to drive to Deep River to pick up my oldest son, who'd spent his March Break visiting his grandmother. As I usually do, I opened up the middle compartment in the car to see what CD I was going to play. My choice was the same one that I always use for that trip: Billy Joel's River of Dreams. I forget that I have that album in the car, and then it's a pleasant surprise when I pop it into the CD player.

This album was written when he was in his forties, and is very introspective about everything going on in his life at that time. As I listened to it on this trip it hit me: I'm now that guy! How on earth did I just turn forty-three, recently celebrate my twentieth anniversary, and have an eighteen-year-old about to go off to college? All of a sudden, many of those songs took on an entirely new meaning for me. The entire album made sense as a whole, instead of being just a collection of individual songs. If I had just purchased individual songs from iTunes, the experience would not have been the same. Maybe I'm just getting old, but I still think there is a place for albums in our digital world.

On a completely different note, I was fortunate enough to be able to attend the Hawksley Workman concert at the Almonte Old Town Hall in February. Amanda Sears, Ken Friesen, and everyone at Folkus should be congratulated for making that happen. For those of you who missed it, what a show! Hawksley Workman is a unique talent, and I would put his show right up there as one of the best live performances I've ever seen. In fact, I would say that his videos don't do him justice. His live show is spectacular, and everyone I talked to who was at the show felt the same way. It was one of those concerts where you didn't want it to end. The fact that he's Canadian makes it even more special!

Now that spring appears to be here, I hope you get a chance to take a drive with the windows down, and listen to your favourite album. Maybe you'll have a similar experience to what I did. Happy listening!

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



### **Carp Ridge Natural Health Clinic** Sat, April 28<sup>th</sup>

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