

FREE

APRIL 2010

# the Humm

ARTS, ENTERTAINMENT & IDEAS



April Events 26 & 27



Mudds' High School Reunion 14



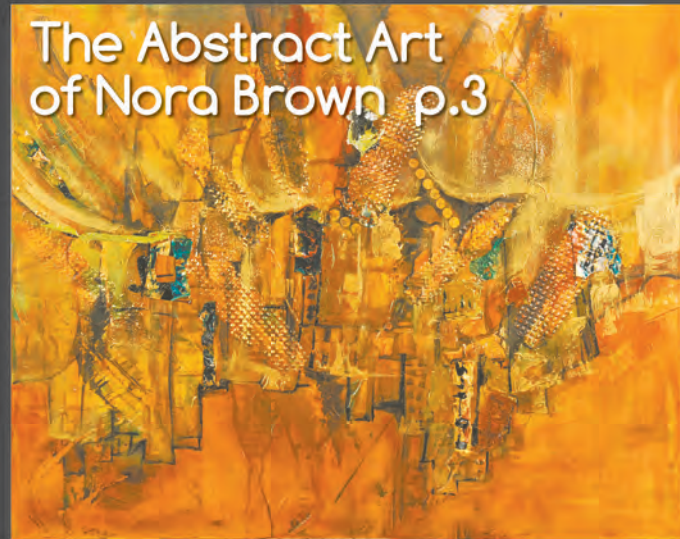
Orion's RENT 20



April is Poetry Month 30



The Abstract Art of Nora Brown p.3



## Blinded by the Light?!

We have 15 years experience selling and installing quality window coverings.



### Valley DESIGN CO.

22 Lake Avenue East, Carleton Place

## 257-1197

**ARTBEAT**

by Bill Buttle



"We are NOT amused!!!"

**Humble Thought**

*He plants trees  
to benefit another generation.*

— Caecilius Statius (220 BC–168 BC)

*Arbour Day is not like other holidays.  
Each of those reposes on the past,  
while Arbour Day proposes for the future.*

— Julius Sterling Morton (1832–1902)

**Valley Players and Fans Support Food Bank**

The Valley Players of Almonte would like to thank everyone who was involved with "The Almonte Radio Show" at the Old Town Hall in Almonte on February 26–28. In keeping with the theme of the play, which took place during the depression era of the 1930s, we chose to sponsor the Lanark County Food Bank.

The response from our patrons was incredible. Not only did they bring food items, but with the donations received during our dress rehearsal and the proceeds from our 50/50 draw, we were able to make a \$1000 donation to the food bank on their behalf. The Valley Players were delighted to present a cheque to Nadine Kennedy, Executive Director of the Lanark county Food Bank on March 23.

— Peter Meyer, president of the Valley Players of Almonte



**Who's Reading theHumm**

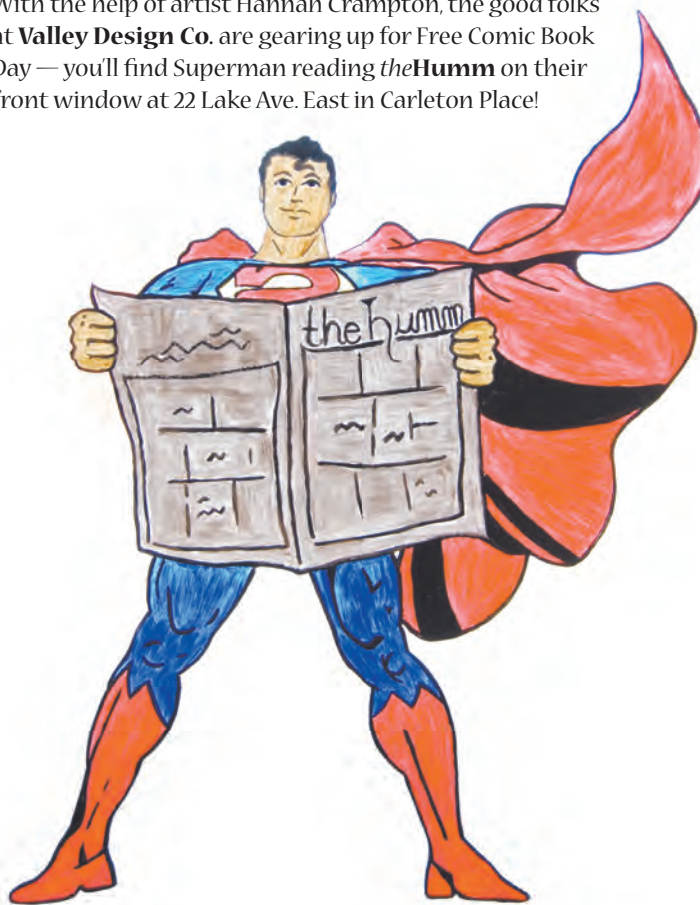


**Celia Bartello** from Corkery Woods writes:

*While away in Eastern Europe from mid-May to the first week in June, my husband Tom and I visited the Schonbrunn Palace in Vienna and took a picture of us holding the May 08 issue of theHumm. The Palace was the summer residence of the Habsburg Kings and Queens. As you can see, theHumm continues to get around like the travelling Gnome.*

Thanks for thinking of us, Celia and Tom!

With the help of artist Hannah Crampton, the good folks at **Valley Design Co.** are gearing up for Free Comic Book Day — you'll find Superman reading theHumm on their front window at 22 Lake Ave. East in Carleton Place!



**Free Comic Book Day  
in Carleton Place!**

Here's a fun new event: Free Comic Book Day! Join the Carleton Place BIA and The Heroes Lounge on May 1, from 11AM–2PM, for a day that celebrates comics, art, and literacy. Meet superheroes and collect free comic books. It all starts at The Heroes Lounge, located at 152 Bridge Street in Carleton Place, where you can get your bag, mission card and other surprise goodies. You will then travel through the downtown, visiting the following businesses: Brush Strokes, Chez Rose, Good Food Company, Nancy's Impres-

sions Ladies Fashions, The Blossom Shop, Valley Design, Bubblebees, Carleton Place Winery, CP Cinemas, Graham Shoes, and Read's Book Shop.

Free Comic Book Day is expected to draw hundreds of people to downtown Carleton Place for the day. Children and adults can meet some of their favorite superheroes on the streets. Make it a family event! Dress as your favorite superhero, bring your camera and take pictures, enjoy lunch. For more details contact <cmcormond@carletonplace.ca> or <store@heroeslounge.com>.



PO Box 1391  
Almonte ON K0A 1A0  
Phone: (613) 256-5081

**Editor:**

Kris Riendeau  
editor@thehummm.com

**Layout and Design:**

Rob Riendeau  
rob@thehummm.com

**Advertising and Promotions:**

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

**Assistant Editor:**

Rona Fraser  
rona@thehummm.com

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

**Submissions**

may be submitted by email or on disk.

**Deadline**

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

**Subscriptions**

cost \$30 for 1 year (12 issues). Send a cheque with your name and address to:  
theHumm  
PO Box 1391  
Almonte ON K0A 1A0.

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

All writing, artwork, and photographs published in theHumm are copyright to the author, or to theHumm in the case where no author is specified. Reprinting any content without permission violates copyright and is prohibited (and despicable!).

**Thanks this month to:**

the creators, cast and crew of the Almonte Radio Show for an unforgettable fun experience; and to Sally and Robert for hosting us in Tucson (and Rona for holding down the fort in Almonte)!

# Nora Brown — Super Mario on Acrylics

On a cold February afternoon, Nora Brown's colour-drenched canvases bring as much warmth to a bleak winter day as the cheerful fireplace glowing in The Gilded Corner art and picture framing shop in Smiths Falls. Brown's vivid acrylic works feature prominently in the gallery space of owner Amy Blair's

by Sally Hansen

inviting shop at 7 Russell Street West, when we drop in to capture our Trading Card photo of this month's featured artist.

It is easy to see why Brown's paintings "fly off the walls as fast as I can put them up," according to Blair. The large, bold paintings are executed in deep, vibrant earth tones. Many of the abstracts are deliciously textured; they kindle warm emotions and evoke pleasurable thoughts.



About twelve years ago at the Shawville Fair in Québec, Brown fell in love with a painting of an old orange tractor rusting in the snow. In typical Nora fashion, her reaction was, "I can do that!" She signed up for watercolour classes at St. Lawrence College and began to paint. Today she is

a member of the Rideau Lakes Artists Association in Westport, she teaches art classes, and she is one of the top selling artists at The Gilded Corner.

## Mario on Acrylics

Brown's favourite quote is by racing car driver Mario Andretti: "If things seem under control, you are not going fast enough." Gifted with an abundance of energy, she channels her exuberant vitality into productive activities. "I come out of the gate running," she laughingly describes herself, and her family agrees. Her daughter has been known to complain about her mother's early morning enthusiasm; the sound of a roto-tiller at dawn can certainly disrupt a teenager's sleep.

So most mornings Nora grabs an early cup of coffee and heads into her studio at her beautifully renovated home on the edge of

recently by St. Lawrence College teacher Marg Grothier's energetic approach to painting in acrylics. Nora finds her new medium very compatible with her creative style. "I try to let my personality show in my work. With acrylics I can create chaos and work quickly to establish form, balance and structure." Her use of intense, warm colour and bold simulated and actual textures further expresses her happy, excited, optimistic personality.

There is no doubt that the discipline of eleven years of studying and working in watercolours and coloured pencils enables her to paint rapidly and spontaneously with such success. She confesses to working occasionally in coloured pencil to slow herself down and concentrate on structure. Her drawing skills are evident in all her representational pieces, and her more recent forays into abstract works reveal a wonderful talent for composition. If you can judge personality from a canvas, Brown merits exploration as a closer acquaintance.

Her high energy level also translates into community participation. Nora helped organize a *Colour the Canal* art exhibit and sale during the 175<sup>th</sup> anniversary of the Rideau Canal. During March break she teaches a children's art workshop at The Gilded Corner with owner Amy Blair. She has volunteered as an art teacher at the local school, and taught watercolour classes to beginners for two years.

Very much a pragmatist, she offers some "lessons learned" for new artists: (1) don't waste money on manicures; (2) don't try to paint what sells — it will stunt your development; (3) discipline yourself by dedicating time each day to paint; (4) reinvent yourself constantly — try new methods, explore, challenge yourself; and (5) set goals and work towards them.



Following her own advice, in five years Nora Brown would like to be teaching art on cruise ships, be published in an art magazine, and have completed her Certificate of Fine Arts. My guess is that she will achieve all three of these goals.

On July 10 and 11, Brown will be participating in the 13<sup>th</sup> annual Perth Art on the Lawn Show and Sale, one of the most popular shows of the area's summer season. What started as a small group of friends of Joy McLennan displaying their art has grown as a tribute to her memory and as a contribution to the Perth Great War Memorial Hospital Foundation. This year over thirty members of the Rideau Lakes Artists' Association will present artwork portraying many local landscapes, sparkling florals, and imagination unleashed in watercolour, acrylic, oil, pastel and pencil, as well as pottery, quilting, iron works and wood carvings. The show will be open from 10AM-5PM both days. Mark your calendars now to enjoy the festive atmosphere at 3054 Rideau Ferry Road in Perth. For more information visit <www.rideaulakesartists.com> or call 928-3041.

Don't wait for summer to drop in at The

Gilded Corner (7 Russell Street West, Smiths Falls, 284-2524) to bask in the warmth of Nora Brown's brilliant abstract acrylics. Her spontaneous outpourings of creativity reveal an indefatigable joie de vivre guaranteed to revive your flagging spirits on the very toughest of days. Nora can be reached at 283-7824, by email at <gandn1@bell.net>, or by visiting <www.norabrown.ca>.



**EMPTY BOWLS 2010**

The Annual Empty Bowls Fundraiser at Foodsmiths will be held Saturday, April 17th, 2010, from 11am to 2pm. This year the event will support Feed the Children Haiti Meal Program. Foodsmiths will serve a delicious Caribbean Stew!

www.emptybowls.ca  
www.foodsmiths.com

**40th Anniversary Earth Day April 22, 2010**

Visit Foodsmiths for Earth Day specials, product demos and draws - April 15th to 29th

**FOODSMITHS PLANS AHEAD FOR WILSON STREET UPGRADES**

Construction on Wilson Street from Highway #7 to Foster Street is expected to begin April through to November. Traffic detours will be set-up and Wilson Street will be reduced to one lane running southeast from Highway #7. Foodsmiths has developed an access map to help customers find the most convenient method of entering and exiting the store. A copy of the map is located on our website at [www.foodsmiths.com](http://www.foodsmiths.com).

Your Local & Organic Choice Since 1976

**STORE HOURS**

Mon-Tues	8:00 - 6:00
Wed-Thurs	8:00 - 8:00
Friday	8:00 - 9:00
Saturday	8:00 - 6:00
Sunday	9:00 - 5:00

**106 Wilson St. West**  
Perth, Ontario  
**613.267.5409**  
**1-877-FOODIES**  
(1.877.366.3437)  
[www.foodsmiths.com](http://www.foodsmiths.com)

### Artist Trading Card

**WHO** Nora Brown  
**WHAT** Painter  
**WHERE** Home studio, Big Rideau Lake, 283-7824, <gandnl@bell.net>, <www.norabrown.ca>; The Gilded Corner, 7 Russell St. W., Smiths Falls, 284-2524  
**WHEN** July 10 & 11, 10AM-5PM; 13<sup>th</sup> Annual Art on the Lawn Sale, 3054 Rideau Ferry Road, Perth, <www.rideaulakesartists.com>, 928-3041  
**WHY** "Each canvas is a new expression of my personality."

Need 'em... need 'em... got 'em...  
 Clip and save the Artist Trading Card!


**3 DAY COURSES**  
**ON "HOW TO BUILD" A CEDAR STRIP BOAT**

June 12, 19 & 26      July 12, 13 & 14  
 August 9, 10 & 11



For more info:  
**Kirk's Kanoes** [www.kirskanoes.com](http://www.kirskanoes.com)  
[kanoeguy@hotmail.com](mailto:kanoeguy@hotmail.com)

**Red Trillium Studio Tour**



**8th & 9th May 2010**  
**10AM-5PM**  
**33 Artists and Gardens**  
**in 12 locations**  
**throughout the lovely**  
**countryside of West Carleton**  
**• 15 minutes from Kanata**

Check out our website for maps, a copy of our brochure and information about our artists.

[www.redtrilliumst.com](http://www.redtrilliumst.com)  
**613-839-2793**

**Fulton's PANCAKE HOUSE & SUGAR BUSH**  
**CORPORATE TEAMBUILDING**  
**GROUP TOURS**

**SPRING SEASON**  
 Open Daily until April 25  
 9AM-5PM

- Apr 2-5 *Easter Weekend* all 4 days
- Apr 10, 2PM *Recipe & Photo Contest*  
 Judging sponsored by **EMC**
- Apr 18, 10AM-2PM *Annual Fundraiser*  
 Firetrucks, clowns, games, crafts
- Apr 21-23 *Seniors Fun* - Music 11AM-2PM
- Apr 24, 10AM-4PM *Spring Spree at the Sugar Bush*  
 Maple spa sampling, Jamie's Imported Silver Jewellery, Jennifer's Special Occasion Cakes
- Apr 25 *Spring Closing Day*  
 2-for-1 Pancake Meal

Near Pakenham  
[www.fultons.ca](http://www.fultons.ca) [info@fultons.ca](mailto:info@fultons.ca) (613) 256-3867

# Feeding the Children

The annual Empty Bowls Fundraiser at Foodsmiths will be held Saturday, April 17, from 11AM-2PM. This year the event will support the "Free the Children & Feed the Children" of Haiti Meal Program.

While education is the main focus of Free The Children's programming, they also strive to ensure that any barriers preventing students from attending school are broken down. One of the main factors affecting children's attendance at school is lack of food. If children are malnourished, underweight or ill as a result of insufficient nutrients, they do not have the energy or concentration required for school.

In the aftermath of the Haiti earthquakes, food security is one of the community's most pressing concerns. With loss of livelihoods and insufficient local production, many community members are left unable to provide food for their families.

Foodsmiths and Empty Bowls will support this program at the



From left, Sheridan students Allison Summers and Lana Filippone, and Perth potters Anne Chambers, Jackie Seaton and Rita Redner created hand-made Empty Bowls. They were fired over the winter by Jackie and will be available for donations at the Empty Bowls events in April (**Foodsmiths** on April 17, the **Festival of the Maples** on April 24, and **Riverguild Fine Crafts** in Perth year-round).

2010 Empty Bowls Fundraiser. Customers can purchase their hand-crafted pottery bowl for a \$20 donation and fill it with a hearty Caribbean Stew. Proceeds from the sale of all bowls will go toward this program, as well as to local programs administered by Perth & District

Foodbank, YAK Youth Centre and Food for Thought Breakfast and Snack programs in Lanark County Schools.

Foodsmiths is located at 106 Wilson Street West in Perth. For more information please call 1-877-366-3437 or visit <[www.foodsmiths.com](http://www.foodsmiths.com)>.

## A Big Day in Perth!

Spring is here, and there is a lot happening in Perth to celebrate the new season.

Saturday, April 24 marks the peak day of the 34<sup>th</sup> annual Festival of the Maples! The grand finale to the month-long maple celebration begins with a pancake breakfast put on by the Jaycees at the Legion from 7-11AM. After that, you'll want to head back downtown to enjoy the maple awards, live musical entertainment, displays of maple syrup production, the petting zoo, and sample some delicious maple and taffy products. Details are available at 267-3200 or <[www.perthchamber.com](http://www.perthchamber.com)>.

Also making a special appearance at the Festival are local

authors David Mulholland and Ralph Willsey. Mulholland is the author of *Duel* and *McNab*, both acclaimed novels of historical fiction; and Willsey is the author and photographer of *This Fair Town: Perth in Photographs*, a wonderful coffee table book that "celebrates the visual pleasures of Eastern Ontario's resort landmark as Perth takes its place in the 21<sup>st</sup> century."

Ahem... I hope to have a booth nearby, where I will be signing and selling copies of my first novel, *The Nothing Waltz*. ("Compellingly written," says the Woodstock Sentinel-Review, "*The Nothing Waltz* is both comical and moving, reminding us that often the best way to face

our darkest moments is with a smile on our lips.") Please drop by and say hello!

Don't forget to stop in at Riverguild (51 Gore St. E.), which is hosting the Empty Bowls fundraiser for local food programs. Make a donation for the hand-crafted stoneware bowl filled with gourmet soup by local chefs. Eat the soup and keep the bowl! For more information visit <[www.emptybowls.ca](http://www.emptybowls.ca)>.

And while you're at it, skip on down to the Perth Museum for the Pioneer Maple Festival. There you will find demonstrations of pioneer cooking, rope making, tinsmithing and more. Fun and fascination for all ages!  
 — John Pigeau

THANK YOU TO OUR SLAM SERIES  
 2010 SPONSORS:

**LIVE POETS SOCIETY**  
 PRESENTING  
**SLAM SERIES 2010**

- Friday, April 2<sup>nd</sup> The Factory Grind Perth  
 1 Sherbrooke St.
- Monday, May 17<sup>th</sup> CP Cinemas Carleton Place  
 17 Albert St.
- Friday, June 4<sup>th</sup> The Factory Grind Perth  
 1 Sherbrooke St.

Just Spit It Out!  
 All Shows @ 6:30 \$5 @ the door

Visit LiPS on Facebook  
 or email [lanarklips@hotmail.com](mailto:lanarklips@hotmail.com)

# Fiddler's Friends Showcase Concert

If you are a fan of rollicking good, old time Ottawa Valley or Celtic music, then Almonte's Old Town Hall is the place to be on Sunday, May 2 from 1–4PM.

The Fiddler's Friends concert features performances by recent Danny O'Connell Award recipients — young fiddlers nominated by the Ottawa Traditional Fiddling and Folk Art Society, the Irish Society of the National Capital Region, or the Renfrew County Fiddlers Association. These talented young musicians, some of them dancers as well, bring the vigour, vitality, poise and expertise that one would normally expect only from seasoned veterans.

As a counterpoint to the youthful award winners, the event will also feature mature groups with proven audience appeal. The Barley Shakers and The Monday Night Fiddlers are fiddle aficionados with a wide range of experience and depth of commitment and they bring to life old favourites and innovative arrangements alike.

Traditions will be honoured with the stylings of Ontario and Québec contest finalists, step and fiddle judges, respected recording artists, and teachers. Scottish, Irish, French Canadian and other European influences on the traditional music of the Ottawa Valley will be in evidence throughout the afternoon. A highlight of the showcase is sure to be the performance of respected and multi-talented musician and instructor Denis Lanctot.

When you have performers such as Kyle Felhaber, Ellen Daly, Elly Wedge, Amy Felhaber, Terri-Lynn Mahusky, John Mitchell, Alexis MacIsaac, Matt Pepin, Tom Brennan and Fusion, and add to that delectable light refreshments from Jason and Julie Moffatt of Foodies Fine Foods, you are sure to have a good time.

Tickets are \$15 each and available at Couples' Corner and The Miller's Tale (256-9090).

Proceeds support traditional fiddling via the Community Foundation of Ottawa. Details of the Danny O'Connell Memorial Award may be obtained at 236-1616 or <www.cfo-fco.ca>. This event is sponsored by ScotiaMcLeod/Colleen O'Connell-Campbell, CFP, CIM, CDEFA Wealth Advisor. For general information about this event please call 256-3786.

# Food, Wine, Friends & Fun!

The Lanark County Therapeutic Riding Program is celebrating their 24<sup>th</sup> anniversary and hosting their 3<sup>rd</sup> annual *For a Taste of the Valley: Food and Wine Gala*, on Monday, May 3. You will be treated to your choice of fine food from many of the area's best restaurants and caterers, as well as local and imported beer and fine wine.

Last year's Gala was a huge success, with over two hundred people sampling the culinary delights of top chefs from the Ottawa Valley. The food is complemented by wine and beer, served to you by experts who can explain the different selections and help you to choose. Gala goers purchase \$1 coupons, and each vendor will price their samples between \$1 and \$4, so that you have the opportunity to try many different appetizers, main courses and desserts.

Between the main course and dessert, you can place bids 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 original paintings and photographs, gift certificates for hotels and bed & breakfasts, pottery, stained glass, and many other items.



The 3<sup>rd</sup> annual *For a Taste of the Valley Food and Wine Gala* fundraiser for Therapeutic Riding will take place on Monday, May 3 at the Almonte Civitan Hall

The Riding Program is in its 24<sup>th</sup> year of providing beneficial therapy, rehabilitation and recreation, where horses are the helping partners! The riding season is about to begin, and organizers are looking for volunteers to assist with lessons. The spring session starts in mid-April. Lessons take place in Almonte at Huntingford Farm on Dwyer Hill Road and at Cedar Rock Farm in Perth. A volunteer training clinic will be held on Tuesday, April 12, at 6PM,

at Cedar Rock Farm on Rathwell Road in Perth.

*For a Taste of the Valley* runs from 6–9:30PM, at Almonte's Civitan Hall. Tickets are \$10 each or \$50 for a table of six and are available at The Miller's Tale in Almonte, Shadowfax in Perth, or at 103 Judson Street in Carleton Place. Come out with your friends and treat yourself to a delicious evening. For more information, call 257-7121, ext. 236, or see <www.therapeuticriding.ca>.

“We open the door and the world comes to us!”



Pat and Frank Vetter have owned their lovely home on the bank of the Mississippi River in Almonte for over four decades. After raising their family, working and volunteering in the community for years, they decided to “retire” together and open **Menzie's House Bed & Breakfast**. For the past 17 years, the Veters have happily hosted guests from across Canada and the world.

With their love for and extensive knowledge of this area, Pat and Frank are superb ambassadors for Mississippi Mills. Their Menzie's House motto is “come as a guest and leave as a friend,” and their designated heritage home with its exquisitely appointed rooms is as gracious as its owners. You'll find photos and details at [www.menzieshouse.com](http://www.menzieshouse.com).

Pat Vetter was a founding member of the original Mississippi Mills Chamber of Commerce, but had stepped back from the organization in the last few years. Recently she began attending the popular Chamber Mixers, and was “amazed by all the energy in the room — and especially by all the dynamic young women who have opened businesses downtown.” When one shop owner heard that Pat would be hosting a group of women for an upcoming “girls' weekend in Almonte,” she decided to coordinate a free gift basket from downtown merchants — and Pat says that's just one example of the cooperation that is typical of the town and the Chamber.



**Pat & Frank Vetter — Mississippi Mills Chamber member since 1994**



Visit us: [www.mississippimills.com](http://www.mississippimills.com)



Meet us:

**April 28 – Mixer**

Drew Gilmour, CEO of **Development Works** ([www.developmentworks.ca](http://www.developmentworks.ca)) on running an international business from Mississippi Mills 6PM Barley Mow

**Go Green: Plant a Tree!**

The Chamber's annual tree sale offers shade, flowering fruit, and large trees at great prices.

**Order by April 16 at:** [www.mississippimills.com](http://www.mississippimills.com).

Join us:

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

# The Month of Maying

## A Musical Bouquet in Perth

What do you get when you artfully place two choirs, several talented instrumental soloists and an assortment of ensembles within the musical “vase” of St. Paul’s United Church in Perth? A “Musical Bouquet” of course! *Now is the Month of Maying* is the annual spring musical offering by the folks at St. Paul’s, joined by their musical colleagues in the St. James Anglican Church Senior Choir. Concertgoers were treated to a performance of the Brahms “German Requiem” last spring, and this year’s concert promises to be every bit as enjoyable.

“Now is the Month of Maying” references the Thomas Morley madrigal that will be sung by the combined choirs in a set of three madrigals that will also include works by Gibbons and Wilbye. The

choirs will celebrate the anniversaries of two composers with anthems by Samuel Sebastian Wesley (1810–1876) and the beautiful *Adagio* by Samuel Barber (1910–1981), a choral transcription of his *Adagio for Strings* on the text of the *Agnus Dei*.

The magnificent pipe/digital organ at St. Paul’s will accompany two fine instrumentalists. Richard Hoenich, formerly Principal Bassoonist with the Montreal Symphony Orchestra, will perform some Mozart with St. Paul’s Director of Music Brad Mills. Local alto saxophonist Steve Clark will play *Dance of the Blessed Spirits* by Gluck.

Several other musicians and ensembles affiliated with St. Paul’s will be on the program. The Spirit Band will lend a more contemporary dash of colour to the bouquet with *River* by Pattison and *The Greatest of These* by well-known sacred composer Linnea Good. The St. Paul’s Handbell Choir will ring forth some spirituals and American folk melodies and classical guitarist Conlan Flynn will play his arrangement of *Nature Boy*.

The concert is Sunday, May 2, 7:30PM, at St. Paul’s United Church in Perth. Tickets are \$10 each or \$20 for a family, available at the door.



Peter Woodwork rehearses the choir at St. James Anglican Church in Perth in preparation for the annual spring concert, which will also feature the choir of St. Paul’s United Church and guest musicians

# Music’s Saving Grace

I’ll never forget the first time I ever heard of a little known group (at the time) called The Dixie Chicks. Dennis Franz of NYPD Blue fame played Earl in one of their videos (one well versed in the use of dark comedy), which saw Wanda and Mary Ann put an end to domestic violence in a seriously final way. While it was a dramatization meant for entertainment purposes, the song and video also served to shine a pretty bright light on the issue of abuse.

We often hear the media and critics focus on all the violent, woman-hating songs out there (unfortunately yes, there are too many of these to even begin to list). But the flip side is that there are just as many powerful songs and artists out there who use music as a tool to work towards ending violence against women and abuse in all its forms.

In fact, a lot of musicians have used music as a way to bring attention to issues we are often uncomfortable talking about. From Pearl Jam to Shania Twain, from Tina Turner and Aerosmith to Christina Aguilera and Stevie Wonder, many a musical superstar has taken on the task of sharing a message about the negative consequences of abuse.

For some musicians, it’s even been a therapeutic way of dealing with their own abuse. The difficult and often painful task

of leaving and recovering from an abusive relationship can be eased somewhat by expressing yourself through music. Whether you’re singing along or composing your own lyrics, relating to your feelings through song can be very powerful.

There is a long list of hits and hidden gems that work wonders for helping you to not feel alone if you’re dealing with issues of abuse and domestic violence. Visit <[www.aswaterspassingby.org/abuseyrics.html](http://www.aswaterspassingby.org/abuseyrics.html)> (the home page for this site is actually loaded with effective resources for dealing with all aspects of abuse) or try <[creativefolk.com/abusesongs.html](http://creativefolk.com/abusesongs.html)> as a starting point. Let’s not forget that you can also try your hand at writing your own songs!

Some of these songs are incredibly powerful and can trigger emotional distress if you are struggling to cope with a difficult situation. Lanark County Interval House provides extensive support for children, youth and women. All the services are free and confidential, and you do not need to be a resident of the shelter to access the services. LCIH also provides shelter and support for women and their children who have experienced physical, sexual, emotional, or financial abuse. Call 257-5960 or 1-800-267-7946 24-hours a day for any of our services.

—Sarah Bingham

# High School Reunion



*A Mudds Original Musical*

Spring 2010 at Carleton Place Town Hall

Friday April 23, curtain time 7:30

Saturday April 24, curtain times 2:00 & 7:30

Friday April 30, curtain time 7:30

Saturday May 1, curtain time 7:30

Doors open a half hour before curtain time for all shows

**Ticket prices:**

\$20.00 for all evening shows, \$15.00 for April 24th Matinee

For more info about the show call 613-253-1571 • [www.mississippimudds.ca](http://www.mississippimudds.ca)

Tickets available starting March 12th at: Information Centre, Gallery and Gift Shop  
132 Coleman Street (Old RR Station)

Mon - Fri 9 am to 5 pm • Sat & Sun 11 am to 4 pm • Phone: 613-257-2031  
[www.artscarletonplace.com](http://www.artscarletonplace.com)

**This adult-themed musical is graded A+ for entertainment!**



The Mississippi Mudds • Spring 2010



## Year round fun on Dalhousie Lake!

Walkout bungalow with hardwood floors and open concept design perfect for family entertaining. Superb shoreline is clear for swimming and deep enough to moor your boat at the 40 foot dock.

For more information on waterfront living please visit [www.waterviews.ca](http://www.waterviews.ca).

To view our full selection of listings please visit [www.kellysuccess.com](http://www.kellysuccess.com).



Jennifer Kelly

SALES REPRESENTATIVE

Sutton

Premier Realty (2008), Ltd.,  
Brokerage

(613)254-6580

Patrick Kelly

SALES REPRESENTATIVE

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

## CP Environmental Fair

The Carleton Place Environmental Advisory Committee (CPEAC) is holding its second annual Environmental Fair on April 24 from 9AM-3PM. The



Bring your old paint, used compact fluorescent bulbs, batteries and electronic components to the CP Environmental Fair!

event will be held at the Carleton Place arena and will feature local businesses, community groups and service providers that have something "green" to offer the residents of Carleton Place and the surrounding area. Do a little green shopping, find out why eco-friendly cleaners are so important, or grab a fair trade organic coffee and listen to the Worm Lady explain the importance of composting! The Carleton Place Urban Forest River Corridor Committee (CPUFRCC) will be there to answer your tree questions and provide information on important local topics, including the Emerald Ash Borer. Buy a ticket and enter to win a backyard cedar composter or a rain barrel. More than twenty vendors will be there to serve you.

Following the success of last year's event, the CPEAC decided to expand, and so enlisted the

help of the local RONA store. In addition to the upstairs arena location, this year's fair will include a tented area outside where people can bring items to recycle, take a look at a hybrid vehicle from Carleton Ford, and see what the Transit Committee has been up to. RONA will be providing the opportunity for residents to bring in their old paint, which will be turned into new paint. They will also accept used batteries and compact fluorescent light bulbs, both of which contain mercury and other heavy metals, and should therefore not be placed in the garbage. Twenty-Two Electronics Recycling Inc. will also be accepting old electronic components, including computers, printers, TVs and fax machines. It should be a great opportunity for people to do a little spring cleaning — the green way!

## Climate Change Expert to Speak in Perth

Gary Nielsen, one of the leading experts on climate change, will be in Perth on Thursday, April 15 to speak about the possible impact of climate change on the trees and forests of eastern Ontario. He will talk about the role of natural systems in mitigating the effects of change, and what woodlot owners can do themselves.

The Community Stewardship Council of Lanark County and the Eastern Ontario Certified Forest Owners have invited Mr. Nielsen to town because climate is of continuing importance to

everyone, and the impact of climatic variation may be crucial for some people such as maple syrup producers and others who make their living from the forest.

Gary is Climate Change Project Coordinator for the Ontario Ministry of Natural Resources and will be speaking at the Perth & District Indoor Swimming Pool meeting room at Wilson Street and Sunset Boulevard at 6:30PM on Thursday, April 15.

He graduated as a forester from University of New Brun-

wick, then took several years to travel, working in forestry and generally exploring the world, until finally settling in eastern Ontario to work in forest management and stewardship.

Gary and his wife Cathy own a two hundred-acre woodlot on Charleston Lake and have dabbled in forest businesses such as Christmas trees, maple syrup, and shiitake mushrooms. Gary is a birder, a hunter, and an avid telemark skier.

All are welcome to Gary's presentation. Admission is free.

## Carleton Place Farmers' Market 2010 Events

The Carleton Place Farmers' Market is proud to announce its Special Events Calendar for 2010. "Diane Sheets, our Events Coordinator, did an excellent job last year and we're happy that she has continued in this position in 2010," says Scott Dunlop, President of the Farmers' Market. This year's events include the first Gigantic Garage Sale (May 15), the Grand Opening (June 19), the Strawberry Festival (July 17), the Corn Festival (August 21), the 2<sup>nd</sup> annual Chili Cook-Off (September 11), and the Harvest Festival (October 2).

"We are currently looking for businesses or homeowners that would like to participate in the Gigantic Garage Sale on May 15. Proceeds from this event will be split between supporting farmers' market activities and a donation to the Carleton Place and District Hospital," added Scott. "In addition to monthly events, we are hoping to attract new vendors as well as provide local musicians with a venue. As we did last year, we will provide a location for community groups to promote their programs and activities free of charge at the farmers' market." For more information about the Farmers' Market, please contact Diane Sheets at 256-6117 or Scott Dunlop at 253-3561.

We want you to go  
jump in the lake!

(or river...)

Bring in this ad  
to receive  
**10% OFF**  
any canoe or  
kayak book  
in the store.



Valid until April 30, 2010

### NATURE LOVER'S BOOKSHOP

62 George St, Lanark • 259-5654  
natureloversbookshop@bellnet.ca  
www.natureloversbookshop.ca

WEST CARLETON  
**Arts**  
SOCIETY

## Call to Artists & Artisans

Expressions of Art 2010 Exhibition & Sale  
October 8, 9 & 10 at Carp Agricultural Hall,  
to reserve your place now, contact  
[www.WestCarletonArtsSociety.ca/events](http://www.WestCarletonArtsSociety.ca/events)

---

## "COCKTAIL OF ART" MINI-CONFERENCE

June 12 \$40 lunch included  
Carp Memorial Hall  
in the centre of the Village of Carp  
Register: [www.WestCarletonArtsSociety.ca](http://www.WestCarletonArtsSociety.ca)

## Curiosities

Antiques & Collectibles  
Old tools, textiles, cameras,  
books, military memorabilia,  
china and glass

---

### Easter Treat!

20% off  
Bunnykins  
April 1-15

30 Mill St., Almonte  
256-7943  
[www.curiosities.ca](http://www.curiosities.ca)

CERTIFIED FAIR TRADE ORGANIC COFFEE

9A HOUSTON DRIVE • ALMONTE • 256-5960  
M-F 7AM-6PM • SAT 8AM-5PM • SUN 9AM-4PM

Bring in this coupon to receive

## Free 12oz Coffee

with the purchase of any sized coffee

Thank you for supporting Fairly Trade Locally Roasted Coffee  
Offer valid until May 31, 2010

**BLUES ON THE RIDEAU**  
**THE COVE INN WESTPORT, ON**

**APRIL 23 & 24**  
 NIGHT STANDS  
**HARMONICA SHAH**  
 WITH THE KING OF T.O. BLUES GUITAR  
**JACK DE KEYZER**  
 PROCEEDS TO WESTPORT IN BLOOM &  
 HABITAT FOR HUMANITY

**BUFFET DINNER & SHOW \$55**  
 ADVANCE RESERVATIONS REQUIRED (613) 273-3636  
 Well-priced accommodations at The COVE & nearby B&B's  
 VISIT [www.choosetheblues.ca](http://www.choosetheblues.ca) FOR FULL INFO ON THE SERIES

**FINGER STYLE GUITAR LESSONS**

- Alternating bass "Travis-style" picking (Jazz, Rock, Folk)
- Traditional classical
- Contemporary classical focusing on extended techniques

Through an understanding of "body mechanics" you will learn the correct use and relaxation of the hands.

Whether you are a beginner or advanced player searching for that elusive technique, I can help you achieve your goals.

Ernest Liptak 613-466-0624 cell 613-264-9496

**Artistic Allsorts**  
*A delicious taste of colour!*

February 6th through April 25th

**Escape the Monochrome of Winter!**

31 Main Street, Westport Thurs. to Sun. 12 - 4:30  
[www.galleryonmain.ca](http://www.galleryonmain.ca) gallery on main

**The Almonte Potters Guild**

**New classes for all ages starting first week of April**

- Gift certificates available for Mother's Day
- We host special events and birthday parties

Contact us at 613-256-5556  
 95 Bridge Street, Almonte  
[www.almontepottersguild.com](http://www.almontepottersguild.com)

*Willow and Thorn*

Janice Aiken

**Tarot Course — May 1, 10-4**

Gift Certificates Available 613-256-6243

# Net Zero House Tour

Fresh off their successful Geo-thermal Workshop, the Art of Being Green Projects (AORG) team brings you yet another opportunity to learn about energy savings initiatives. On Saturday, April 17, AORG will be hosting a bus tour to a Net Zero House under construction in Hudson, Québec.

Thanks to a partnership with Chris Weissflog from EcoGen Energy Inc., AORG has been able to arrange a guided tour of this amazing project with Sevag Pogharian, the designer from Montréal ZERO responsible for the design of this house. Bus pick-up and drop-off locations have been arranged in both Perth and Carleton Place, and time to explore the shops of the Hudson community has been included in the day's agenda. There is also the opportunity to visit Hudson's Spring Art Show. The cost of the day-long trip, including round-trip bus transportation, guided tour of the Net Zero house and snacks onboard the bus is just \$50 per person. There are a number of interesting restaurants for you to choose from in Hudson, or feel free to pack your own litter-less lunch.

## The Net Zero House

Canada Mortgage and Housing Corporation (CMHC) announced in February 2007 the twelve winners of its nationwide, competitive, demonstration initiative named "Equilibrium". During 2008 and 2009, these twelve projects proceeded into the construction and demonstration stages. The Alstonvale Net Zero House (ANZH), a grid-tied, single-family, detached house, located in Hudson, Québec, is one of these twelve demonstration projects.

The merits of the design proposals submitted to the Equilibrium initiative were measured on the basis of how well they achieve: 1) net zero energy consumption,

2) a healthy indoor environment, 3) reduced resource consumption, 4) reduced deleterious impacts on the environment, 5) affordability to the target market, and 6) repeatability throughout Canada.

residential housing in Québec. Rather than simply adding energy-efficient features to a conventional design, the Alstonvale Net Zero House incorporates considerations for the environment, for the building site and



The folks at Art of Being Green Projects invite you to tour a Net Zero House under construction in Hudson, Québec. The tour takes place on April 17, and includes pick-up points in Perth and Carleton Place.

The ANZH strives towards net zero energy lifestyle by achieving the target of:

- a net zero energy house whereby the house generates all the energy required for the household's domestic needs;
- net zero energy transportation whereby the house generates all the energy required for the household's local transportation needs; and
- net zero energy food whereby the house integrates home-scale agriculture in order to displace the industrial food system and enhance a household's food energy balance.

The goal of the Montréal ZERO team is nothing less than changing the way builders and developers approach the design, construction and marketing of

for the efficient use of resources by the occupants into every stage of the design and construction process.

## Reservation Required

Space is limited for this bus tour to the Net Zero House Tour and pre-reservation and pre-payment are required. The bus will leave from the parking lot in front of Mark's Work Wearhouse in Perth at 8AM and will make another pick up from the parking lot at Staples Business Depot in Carleton Place at 8:30AM. The bus will return to Carleton Place at 4:30PM and to Perth at 5PM. To reserve your space on this one-of-a-kind trip, contact Judy Fisk at 278-0816 or <jefi@sympatico.ca>.

**Jane Thelwell**  
 exhibition

We've moved just around the corner from our current location to 7 Spring Street!

*Artemisia*  
 GALLERY, GIFTS & ART SERVICES  
 7 Spring Street, Westport ON,  
 (613) 273-8775  
[www.artemisiaartgallery.com](http://www.artemisiaartgallery.com)

Jane has been displaying her very popular tableware at the Artemisia Gallery since 2008. This exhibit introduces her sculptures.

**April 3 - 30**

Meet Jane on Saturday, April 24, 1:00 - 4:00 p.m.



Flavour of the Month

# Titia Posthuma — the Biodynamic Woman

The only person that I know whose life might at times have remotely resembled that of a pioneer has got to be Titia Posthuma — my neighbour, and friend, and farmer extraordinaire. For many involved in organic agriculture in this part of eastern Ontario

By Susie Osler

(if not all of Ontario), her reputation for an unwavering commitment to her principles and vision precedes her. Over the past thirty years or so, she has managed to carve out a home for plants, animals, and herself within her two hundred acres of bush, sandy soil and swamp. To say this woman is capable might be an understatement. She has had a hand in building everything on her property literally “from the ground up”: laneway (a corduroy road over a swamp), log house, barn, fences, garden... and on. Where the more faint of heart would have laughed at the idea of creating a productive, income-generating farm from this parcel of land, Titia saw the untapped potential for it to blossom into something much more than it was when she purchased it in 1981. Laying the necessary foundation within which such a transformation can continue to occur has become, as she describes it, her “life’s work”.

Born in Holland, Titia moved to a suburban home in New York State with her parents at an early age. Her dad grew flowers and her mom grew the family’s vegetables in the back yard. At the tender age of six she was already reading Rodale’s magazine *Organic Gardening and Farming* and she was given her own corner of the garden, to start a garden of her own.

At twenty — some years later and, ironically, having just finished the Urban Studies program at the University of Toronto — Titia rented a homestead in southwestern Ontario and “had a chance to finally reacquire herself with the joys of gardening and raising animals.” She spent a few years there trying her hand at being as self-sufficient as possible — growing and preserving her food, raising animals, making her own clothes, etc., but it was not until a decade or so later, inspired by a friend who had a maple syrup business, that she really entertained the possibility of farming commercially. By then she had bought her land in Lanark County, moved her animals there from southwestern Ontario, and was busy juggling a job, a twice-daily commute to the land to do chores, and the (not so insignificant) task of setting up the basic infrastructure for a farm and home (i.e. access roads, barn, house) with her partner at the time. In 1998 — seventeen years later — she moved into the house.

The first garden at Ravensfield consisted of three two hundred-foot long rows of potatoes. It has grown to its present one-acre size (thirty six raised beds) that supports a diverse array of vegetables and herbs. Animals are also an integral component in the complete cycling of nutrients on the farm. Heritage breeds of chickens, pigs, goats, draft horses, a dog and cats all contribute in their own specific ways. Titia’s commitment to sustainable, organic agriculture, the practical application of its principles, combined with deep insights into the complex web of interdependent relationships that make up her farm’s specific physical and energetic “ecology” has led her to embrace biodynamic farming methods, and her farm has become Demeter Certified in recent years. She started selling her produce at the Kingston market twenty years ago at the age of thirty three, and in the years since has garnered a reputation amongst her numerous and dedicated customers as a producer of top quality organic produce and meat. She has also increasingly assumed the role of teacher, educator and mentor — transferring her life’s experience, skills, study and observation about what “truly sustainable agriculture is” to young farmers, her apprentices, and others interested in organic agriculture.

## Biodynamic Agriculture

To accurately describe the complex principles and nuances of biodynamic agriculture is beyond the scope of this article. On a very basic level, the Society for Biodynamic Farming and Gardening in Ontario states on its website, “Biodynamic agriculture focuses on enhancing the life processes of nature... Each BD farm develops its own identity based on the relationships between the animals that provide fertility for the soil, the fields that provide food for animals and people, the plant life, the meadows, the orchards, the forests and the wetlands, giving space for birds, insects and other wildlife. These interrelations support a healthy farm capable of producing quality, health-giving products... In essence, the farmer becomes the conductor of an orchestra, working with nature, recognizing weaknesses in the farm and working to strengthen the whole farm organism.” Rather than setting the goal of obtaining a certain yield from the land, the goal becomes setting up the conditions that support bio-diversity and a web of healthy, interrelated and holistic cycles. Once this develops, the yields the farm can sustain follow naturally. To start learning more about biodynamics, a couple of useful starting points include the Society’s website <[www.biodynamics.on.ca](http://www.biodynamics.on.ca)> and the book *Secrets of the Soil* by Peter Thompkins and Christopher Bird.



Ravensfield

Titia Posthuma

## Who She Is

Titia Posthuma  
Ravensfield, 1688 Old Brooke Rd.  
RR2 Maberly, ON K0H 2B0, 268-2248

## What She Offers

Demeter Certified organic vegetables, CSA boxes to Perth and Kingston area (2 sizes, 20 weeks), organic pork and goat meat (by piece or freezer orders, order now), organic eggs (heritage varieties at farm gate); *Introduction to Biodynamic Farming*: 10-session course over the course of a year.

## Where She Sells

Farm gate, Kingston Market (May 1–Nov 1), Foodsmiths and Sunflower Bakery (Perth)

## Jerusalem Artichoke Soup

Try this very subtle and satisfying soup with this season’s Jerusalem artichokes.

- Scrub (don’t peel) artichokes.
- Put desired amount of artichokes into a pot and fill with water up to ¾ the height of the artichokes.
- Boil until soft.
- Puree water and artichokes.
- Add salt and pepper to taste, milk (or cream) and stock to thin to soup consistency.
- Add one accent flavour — cheddar and a touch of beer, or fried mushrooms, or fried onions.

Talking with Titia always has a way of stretching my understanding of the world I inhabit and always leaves me with meaty tidbits of insight to ponder and digest. Summarizing her approach to life and farming, she recently quoted Eng-

lish philosopher and scientist Francis Bacon: “Let the mind be enlarged to the grandeur of the mysteries, and not the mysteries contract to the narrowness of the mind”. Live with an open and expansive mind! I could not agree more.

**Rock-n-Horse Farm CSA**  
A partnership from our fields to your table.

We have a limited number of harvest shares available for this year’s season (early June to late October).

Seasonal vegetables	Herbs	Flowers
Lamb, chicken, pork	Eggs	Maple syrup

Pesticide and herbicide-free!  
Door-to-door delivery  
in Mississippi Mills and Carleton Place

For more information:  
613-256-6117  
[am.sheets@hotmail.com](mailto:am.sheets@hotmail.com)

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

# 2010 Fundraiser at Fulton's

Partnering with the Mississippi Mills Fire Department Station 1 & 2, the Almonte & Pakenham District Civitan Clubs and Margaret Dennis of MAGnificent Meetings & Events (her daughter was the recipient from last year's fundraiser), Fulton's will be hosting their annual fundraiser on Sunday, April 18 from 10AM-2PM at Fulton's Pancake House & Sugar Bush. We invite everyone — businesses, media, neighbours, family & friends — to come join us for a fun-filled day! Fulton's will be open as usual from 9AM-4PM.

This year, we are thrilled to be able to assist a local family and their eight year-old daughter Sydney. Sydney is a happy and caring little girl who has never let her disability define her. Although she has faced many challenges in her short life, she would be the last person to bring this up if asked to describe herself. Smart, vibrant, happy and content, Sydney would speak of the immense love she has for mom and dad and for her big sister Gillian, and her little brother Riley. She would tell you how lucky she is to have many friends that are like family to her. The challenge Sydney is now facing is major back surgery due to scoliosis. This is a secondary condition to her neuromuscular neuropathy that causes her to need an electric wheelchair for distance and busy times at school (like recess) and a walker to aide in the classroom and to navigate

the hallways. She is fortunate to have wonderful support from teachers and E.A.s at R.Tait McKenzie Public School, where she has attended since JK. The family feels so lucky to live in such a caring and supportive community. Sydney is very excited for this wonderful event, which makes a difficult time just a little bit easier and lets her get down to the more pressing matters just like every other little girl, like: "What am I going to wear?"

## The Fundraiser

Any and all support and/or donations to the fundraiser & silent auction are welcome at any time! The fundraiser will include a silent auction, glass/sugar/balloon blowers, fiddlers & step-dancers, clowns, face-painting, crafts, horse-drawn wagon rides and the opportunity to meet with local volunteer firemen and climb their aerial ladder. Previous fundraisers have raised as much as \$8,700!

Money raised at the fundraiser goes directly to the family to help with medical equipment/expenses, travel, meals and/or parking costs. This year, 10% of the money raised will also go to the Mississippi Mills Fire Department Volunteer Firefighters as a thank you for all of their support with our fundraiser over the years.

We look forward to seeing you there!  
— Shirley & Scott Deugo, Fulton's Pancake House & Sugar Bush

# The Art of Shiatsu

Can an ancient Japanese art form offer healing touch to weary minds and bodies in our modern world? This is the question I have been pursuing during my year in Lanark County writing a book on shiatsu.

For me, after twenty years of training and practice, there is no doubt that it is an art, not medicine as we know it. The better known Japanese arts include Tea Ceremony, archery, flower arranging, calligraphy and martial arts. Shiatsu shares the same spirit and aesthetic. In each, the purpose is to find the infinite in the moment, the dynamic in the static and the authentic self between and behind the armoured, constructed self we all learn to wear.

The model of health that shiatsu espouses is one of acceptance; it views sickness as a part of ourselves that we need to heed. It acknowledges western medicine as useful but offers a much bigger picture that invites us to expand into all aspects of ourselves and our lives in order to find our ease and unique expression in life. It's a model that is slowly gaining ground in some areas of therapy and, when taken on board, is a truly alternative approach, more spiritual and mental than physical.

My training in shiatsu started back in London, UK, in 1991, and I met my Japanese teacher, Akinobu Kishi in 1998. His lineage as the greatest living teacher of the art is unassailable despite, and perhaps also because of, his lack of interest in fitting into the expected structures and roles. But the anxious awe in which he is held only fuelled my curiosity. As soon as I met Kishi, I knew he was different from

all the shiatsu teachers I'd met before. His English wasn't great but, even silent, his presence filled the room. When he picked up my hand at the start of my first treatment, I knew that this was what I'd been looking for.

I'd had quite a lot of shiatsu treatments by then and I enjoyed them. But this was different. He was more formal and professional than I'd experienced before, even with the top teachers, and his touch was also more precise and fluid than any other. But, within that formality, it was so very human, so safe and tailored to my particular needs that I felt more "met" and accepted and aware of my own capacity for self-healing than I ever had before. The countless accounts I've heard from other people over the years testifies to this being the common experience. Since then, I've worked with him a great deal, travelling to Japan with him on several occasions, most recently in January 2010, and learning more about this quintessentially Japanese art every year.

Writing the book has been a journey in itself. The subject doesn't lend itself to being easily pinned down. However, the swiftness with which it has been picked up for publication and the interest that people have shown in it has been a pleasant surprise. I'm teaching an introductory workshop on the first weekend in May in Fallbrook, near Balderson. I'll be offering a few basic principles of diagnosis and healing touch. Anyone is welcome. For further information and bookings please contact Alice Whieldon at <alwhieldon@gmail.com> or call 267-5167.

— Alice Whieldon

The Lanark County  
Therapeutic Riding Program  
Invites you to

*"For a Taste of the Valley:  
Food & Wine Gala"*

**Monday, May 3 6-9:30PM  
at the Almonte Civitan Hall**

Bring your appetite and sample  
a wide variety of culinary delights  
complemented by sumptuous spirits

Featuring a Silent Auction  
with over 100 amazing gift certificates for  
hotels, B&Bs and restaurants, works of art  
and merchandise.

Tickets are available for \$10 each or  
\$50 for a table of 6 at:  
The Miller's Tale in Almonte,  
Shadowfax in Perth or  
103 Judson Street, Carleton Place

For information call 613-257-7121, ext. #236  
or visit: [www.therapeuticriding.ca](http://www.therapeuticriding.ca)



## Mike's Tax Tip

You can claim an amount of \$5,000.00 for the purchase of a home made after January 27, 2009. The home has to qualify, and the closing has to be after this date. You or your spouse can not have owned and lived in another home within the last five years (including the year of purchase).

Let us help you with:

- monthly bookkeeping
- payroll preparation and remittances
- GST/PST reporting
- T1 and T2 tax returns
- financial statements for all purposes
- many other related financial services




Mike Doyle Shelley Munro

Accounting for Small and Large Business  
Income Tax Services

(613) 256-9987 [mike@mdoyle.ca](mailto:mike@mdoyle.ca)  
[www.mdoyle.ca](http://www.mdoyle.ca)

# Humm Bits:

## Middleville's Maplelicious Pancake Breakfast

The Middleville Community Centre will once again be hosting a flipping good time this year! The annual Middleville Maplelicious Pancake Breakfast will be held on Saturday, April 3. Breakfast will be dished out from 7AM until 11AM. Fresh pancakes — made from scratch, no less — complete with sausage, secret recipe homemade beans, newly bottled local maple syrup, and fruit juice, with unlimited refills on coffee and tea, will be available for only \$8. And children ten and under are served free!

Middleville's Maplelicious is held for the benefit of the public; all proceeds from this event go to benefit the Community Centre. Visitors this year will enjoy newly refurbished washrooms, along with improvements to the kitchen.

Bring family and friends and a hearty appetite to the village of Middleville, located in the beautiful Lanark Highlands.

## Quilt and Linen Show and Sale

St. Andrew's United Church in Pakenham has a history of volunteers lending their time and talents to support the on-going work of the church in the community. One of their long-standing traditions is having a group of dedicated quilters create beautiful bed coverings in the Quilters' Corner. In recognition of their work, as well as that of other area quilters, a show and sale of quilts and linens will be held on Saturday, April 10, from 10AM-4PM. Church quilters will be demonstrating their craft throughout the day. The Pakenham chapter of Victoria's Quilts, who provide hand-made quilts to people with cancer, will also be on hand to display some of their creations. From antique to modern, from wall hangings to full size, every quilt is a work of art. Linens from bygone days will also be showcased, with some pieces, as well as a few quilts, being available for sale. Admission to the show is \$6. After viewing the display, relax and enjoy light refreshments for an additional \$4. And while in Pakenham, don't forget to visit the 19<sup>th</sup> Annual Home Show.

## Health & Wellness at Holy Name

A Health and Wellness Day, sponsored by Almonte's Catholic Women's League is being held at Holy Name of Mary School on April 17. Doors open at 9AM. There are various information stations to visit and a full program of speakers for the day, covering topics such as cancer awareness, stress, menopause, childhood obesity, personal support workers, The Cancer Society's *7 Steps to Health*, wills, depression and mental health. The day will conclude with an "Ask the Doctors" question and answer forum, with several local doctors covering various areas of expertise and taking questions from the audience. Donations at the door are being accepted to fund local charities. A light lunch will be available. There will be gift bags and draws for door prizes. It promises to be an informative and relaxing day for all who attend!

## Spring Into Fashion at Drummond School

Drummond Central School is hosting a fashion show on Monday, May 3 at 7PM, in the gymnasium. The DCS School Council is pleased to present *Spring Into Fashion!*, with fashions kindly provided by The Real Wool Shop in Carleton Place, The Runway in Balderson, and Sprigs 'n' Tots in Perth. The latest looks for children, men and women will be modelled by our fabulous in-house fashionistas. Refreshments will be served and door prizes awarded to some lucky participants. Child care is also available.

Admission is \$10 for adults; \$5 for children 12 and under. All proceeds from this event will go to benefit the school. Last spring's show was a great deal of fun, and this year's promises to be even bigger and better! For more information or to reserve a seat, please contact Wanda Sheil at 264-8627 or <wandaandbrad@hotmail.com>. Drummond School is located 20 minutes west of Carleton Place at 1469 Drummond School Road (off Highway 7).

## Cocktail of Art Mini-Conference

On Saturday, June 12, from 9AM-4:30PM, you are invited to attend a conference at Carp Memorial Hall, in the centre of the Village of Carp. Topics include: Online Selling, with John Toft; Play with Golden Acrylics Products; Passive Income on the Web, with Cheryl Poulin and Frank Farrell; The Business of Art, with Cristian Aluas; and *The Artist's Way* Creativity Workshop Intro, with Louise Lalande. The cost of the day is \$40, lunch included. Please register at <www.WestCarletonArtsSociety.ca> by May 1 to assure your spot.

# A Musical Trip Down Memory Lane

*I can remember playing a dance down on the island; there were seven of us and we got paid fifty cents apiece. And you not only played for the dance — you were there in the afternoon, you cleared all the desks out of the school and, nine times out of ten, you had to take out the old pot-bellied stove that was all covered in soot. That was all included for the fifty cents...*

— Ed Carbonell

If the above vignette makes you feel nostalgic for the good old days of live music, be sure to make your way to the Ferguson Falls Hall from 1-4PM on Saturday, April 17. There you'll have the opportunity to hear some great old-tyme tunes performed by a variety of local musicians, see photos of hundreds of others, and listen to some fascinating tales of making music in the good old days. Five binders full of photos of fiddlers, step dancers, guitar players, callers and "others" will be officially turned over to Archives Lanark by photographer and musician Ed Carbonell, who has spent the past fifty years photographing the music scene in and around Lanark County.

Ed is well known in Ottawa Valley old-tyme music circles for both his playing and his sense of humour. He plays bass, fiddle, guitar and mandolin (and more), and often hands out business cards with his motto "The older I get, the better I used to be." He grew up down East (at one time delivering milk to Don Messer's household) and worked as a reporter for years in the Maritimes, where he honed his skills as a photographer. Af-

ter settling in this area, he began taking candid shots of musicians playing venues such as dance halls, church socials and kitchen parties. His collection now spans several generations, and is a veritable who's who of area talent.

Now well into his seventies and lacking immediate family in the area, Ed began looking for ways to preserve his collection. His goal was to preserve it in a format that will allow future

operating this facility under the umbrella of the Lanark County Genealogical Society have a special interest in preserving rural history, this seemed like a natural fit. Ed agreed to turn hundreds of his photos over to the archives.

Volunteer Ruth Bowes has spent hours cataloging the collection and identifying some of the fiddlers, callers and other musicians. However, there are still some unidentified musicians, so it is hoped that visitors can fill in the blanks on April 17.

Marilyn Snedden, a volunteer with Archives Lanark, describes Ed's collection as "part of the social history of the rural community," and hopes it can become a living archive to which people can add as new performers come on the scene.

Come on out and enjoy an afternoon of live music, refreshments, and a chance to reminisce with Ed and others who enjoy good music played from the heart. Some W. I. Tweedsmuir Histories, which also document much of our rural social history, will be on display as well. Admission will

be by a donation at the door.

After April 17, the collection will be available at Archives Lanark (1920 Concession 7 Drummond, the former Township Office near Drummond Centre) where winter hours are the first and third Friday and the second and fourth Saturday, from 10AM to 3PM (after June 1, every Friday and Saturday).

— Kris Riendeau



Enjoy live music, hear some great stories, and view hundreds of photos of Ottawa Valley musicians taken over the years by Ed Carbonell (above). His photos will be donated to Archives Lanark in a ceremony on April 17 at the Ferguson Falls Hall.

# Out In That Deep Blue Sea

*Out in that Deep Blue Sea*, a short film produced by former Perth resident Dan Montgomery, will screen as part of **Film Night International** at Smiths Falls Premier Cinemas on April 22 at 7PM. The short film was recently selected as one of Canada's Top Ten Shorts of 2009 and has screened at numerous international film festivals. Montgomery's previous film, *Princess Margaret Blvd.*, screened last

year at Film Night International and has since gone on to garner a Genie Award nomination for Best Live Action Short Drama. Montgomery will be present at the screening for a Q&A following the feature film presentation, Ramin Bahrani's *Goodbye Solo*.

*Out in That Deep Blue Sea* follows a real estate agent who encounters a slump late in his career. Exhibiting questionable behaviour, he struggles to find balance

between his personal relationships and professional obligations. The film features a breakthrough performance by Peter Bavis. In one of his first on-screen performances, Bavis commits himself to a naturalistic, emotionally frayed portrait of work-related malaise. Blending improvisation, subtlety and brief moments of humour, what emerges is an honest rendering of middle-aged, malcontent behaviour.

# On Art, Architecture and Passion

## An Open-Ended, Rambling, Fascinating Conversation with Patrick Arbour and Stephen Brathwaite

Humm columnist Euphemia Lark had to go off galavanting this month, but her plan was to chat with Almonte developer and public artist Stephen Brathwaite and executive business coach and idea guy Patrick Arbour. I agreed to step in, but get-

by Kris Riendeau

ting them to respond to structured questions proved to be beyond my limited abilities. I could have re-worked the following article to make it conform more to a regular interview style, but then I wouldn't have as much room for their voices, and they have a lot to say (!). The main topic was how the architecture and the built environment of a heritage downtown inform both the business and artistic community.

**Patrick Arbour** is an executive business coach who started out as a copywriter creating jingles and ads — an idea generator whose ideas help generate business, as well as create an understanding of the marriage of art and business. He teaches the process of combining passion, vision, ideas and art into business. He has also owned a restaurant, an antiques shop, and several other ventures over his years in Mississippi Mills.

**Stephen Brathwaite** is a former wannabe back-to-the-lander, and a nepotistic puppeteer who earned enough money to be a dilettante artist. Currently, he describes himself as a wannabe architect / engineer / developer having fun revitalizing the old heritage buildings in Almonte. He still creates public art, and has been involved with the Victoria Woollen Mill, the Thoburn Mill, The Groundz, "Baker Bob's Complex", and the Old Post Office, among others.

**Stephen Brathwaite:** Gord Pike (developer of the Heritage Court complex at 14 Mill Street) recently made a pitch to Council on a proposal for stimulus, and out of that came a list of all of the tools that Council can use to assist with downtown revitalization. One of which is Gord's proposal that if a private property owner is going to invest \$100,000 or more, which is clearly going to generate commercial taxes (thus giving the Town an improved tax base), the Town kick in 5% at the time of the development for related improvements on public property. That might be lighting in front of the store, a wheelchair-accessible ramp... basically a small contribution that says "here's why you ought to locate downtown."

One of the Councillors called it a grant, but it's not — it's a rebate on taxes that the Town is about to get in perpetuity. It's about synergies between people — that's what happens in a healthy downtown!

**Patrick Arbour:** Speaking of synergy, I've seen, heard and been involved in more conversations in the past four months than over the last four years with people saying "how can I help revitalize the downtown core?"

**S.B.:** And that was the spirit with which Council was approached the other night. Public-private partnerships — how do we collaborate? The downtown does not want to be hurt by highway commercial, nor do we want highway commercial to be hurt by us. It's a collective business community, and we're just trying to figure out what some people can do that others can't do as easily. But heritage downtown is in fact the identifiable uniqueness of the community.

**Humm:** So let's talk aesthetics then. Stephen, you have been working hard to preserve the heritage look with most of your projects, and now Patrick you're involved with a building at the bottom of the street that has not traditionally been one of the most glorious things to look at...

**P.A.:** Not at all. The end building was heritage, but the one beside it was probably in-fill. It's a one-storey that was originally a grocery store, and its transformation is likely going to be Gord Pike's legacy. What we're trying to establish there is to increase the number of stores that are available. The Heritage Court is essentially going to be a mall that will accommodate a number of different-sized businesses. It's going to have a "streetscape" through the middle with a skylight effect, so you'll feel like you're still on the main street. And with the new windows on the side of the end building, it opens up the sight lines to include the Heritage Mall as well.

**S.B.:** For me, aesthetics are critical. They send a visual message about integrity, progressiveness, valuing the historical streetscape and architecture. They speak of creativity, wit and uniqueness... all those kinds of things that are different from box stores where we know we can go get a bargain because they've got a million widgets. We all need a bargain sometimes and we go there, but for the unique items or the boutique items, or for art itself, you don't want to buy that in a box store.

Our old post office is an example of the federal government at the turn of the 19<sup>th</sup> century wanting to send a visual message through its aesthetics about the significance of the central government in a new federation. It is clearly an architect's effort, through design, to tell the voting public that it was worth gambling on Canada as a nation.

By the same token, our new post office, which is just a little carbuncle on the street, sent the

pick let me take you downtown. So we're in this beautiful downtown along the Mississippi River, but we drive down Mill Street and all the stores are boarded up. Now we're going to go back and see which house you want to live in...

You may not shop here, and you may not feel you need some of the things that are here, but I think you want this downtown here. They won't make this again — that's my real story — they don't build like this any

**S.B.:** But turn that around and make it about business — this particular space that we're sitting in became easy to rent when it was beautifully restored; whereas prior to that it was ugly and nobody really wanted to be here. By revitalizing, preserving and showing off what had been done with care a hundred years ago, and at the same time adding WiFi, contemporary infrastructure and H-VAC, people come on board.

**Humm:** The restorations preserve character. This town is full of character (and characters), and that's such a big part of what draws both residents and visitors into the downtown. It seems highly unlikely that you'd find characters in boxes, just like you wouldn't find artists in boxes.

**P.A.:** You can't live in them. I was once offered an incredible job in Portland, Oregon, with a great salary, but I saw the offices and I didn't take the job. I couldn't have survived, or been creative there — there were no windows, I would have been in a cubicle... And it is about humans at the end of the day. It isn't about square footage — that's warehousing. In a heritage downtown we all feel good about being here. The character of the surroundings influences the character of the people.

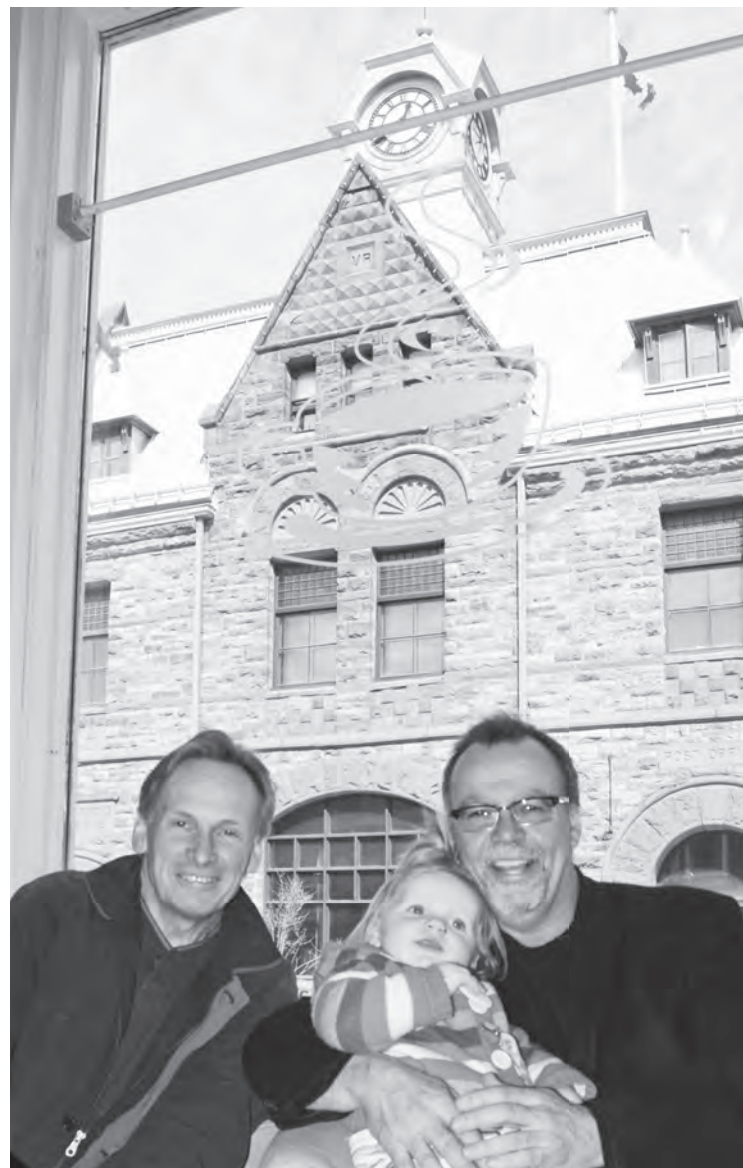
**S.B.:** You start seeing visual clues that suggest that you might like to be here, you arrive and start to meet the people who are already here — wow, aren't they fun and interesting, I'd like to interact with them — and basically it creates an accelerating curve of activity and creativity.

**P.A.:** The surroundings accentuate the consideration factor. People come downtown and think "I *would* consider doing that," whereas somewhere else they might not consider it at all. As a result, we're really seeing upward movement in Almonte's downtown right now.

**Humm:** The people who are attracted to opening businesses here because of the aesthetic and the built environment are coming with a certain spirit...

**P.A.:** And a certain understanding of what they can achieve — it isn't all about the bottom line. Of course they want to make a living, but it's also about lifestyle.

**Note:** If this article has you curious about what you can find in downtown Almonte, check out <redalmonthe.com>, <heritagecourt.biz>, or <DowntownAlmonte.ca>. Better yet, come for a visit and see for yourself!



Stephen Brathwaite (left) and Patrick Arbour (with granddaughter Clementine) met recently at The Groundz on Almonte's Mill Street to discuss how the character of a heritage downtown attracts characters with passion and creativity

visual message through its very frugal and miserly aesthetics, that the central government was being careful with your tax dollars. That was a conscious decision implemented through design.

**P.A.:** When I talk to people about investing in and being part of our downtown, I tell them it's not so much about the return on the dollar, it's about what you accomplish, and what kind of town you want to live in. I tell the outrageous story: you come to town to buy a home and see the lovely houses on Elgin Street and Union Street and all over, but before you decide which house you want to

more, and we have to preserve it. It doesn't have to be preserved in a museum-type way — it should be preserved with activity. The word "heritage" tends to imply that it's sleepy and there isn't commerce going on, but there can be strong commerce going on. The downtown is a facility — it's walls and ceilings — we are just fortunate to have the fabulous architecture that goes with it. Someone with passion picks a building here rather than a box. It isn't all about the bottom line. Isn't it nice when you can do business and also enjoy it.

The 2<sup>nd</sup> Annual  
**Spirit**  
of the  
**Garden!**



**A Garden Show to take you out of Winter into Spring!**

Exhibits 🌿 Speakers 🌿 Refreshments  
Meditation 🌿 Garden sales


**Artistic expressions... and so much more!**

**Entry Fee: \$10 (adult), \$5 (child or student)**


Information: 613 256-1355  
auch@bellnet.ca  
www.almonteunited.com

**Sat., Apr. 10 10AM-4PM**  
**Almonte United Church • 106 Elgin Street**

**MISSISSIPPI MILLS BICYCLE MONTH**



**JUNE 2010**  
**mmbicyclemonth.ca**



## The Best Dance Ever

On Saturday, April 17, at 8PM in Farrell Hall, The Canadian Federation of University Women (CFUW) Perth & District will be partnering with The Stewart Park Festival (SPF) to present "The Best Dance Ever" (as well as the Best Auction Ever).

The Perth community and beyond is invited to celebrate with friends and family and dance to the superb 60s and 70s rhythm and blues band, The Priorities. And the auction promises many exciting surprises you won't want to do without.

The partnering of two of Perth's most vibrant, hard working, and fun loving organizations is a phenomenon that reflects the sharing of goodwill in this community. Both groups are celebrating anniversaries — CFUW's fortieth and SPF's twentieth — representing many years of camaraderie, hard work and dedication, which has made this corner of the world such a wonderful place. Diana Bracegirdle, Chair of the dance committee, describes some of the benefits of collaborating on this event: "I think that two groups working together provides an opportunity for getting to know people in my community whom I wouldn't necessarily have ever met. I'm always astounded to meet someone in Perth who has been living here for several years and I'm shocked to realize that I've never laid eyes on them! What a wonderful way to mix it up, and have fun doing it."

Proceeds will go to The Sahabagita Project, helping women in Nepal, and The Stewart Park Festival, one of Perth's landmark events, providing a free annual music festival. Tickets will be available at Oxford Linens (7 Gore St.) and Home Furniture (18 Gore St.) in Perth. Tables of eight can be reserved.

Come with your family and friends and enjoy the music and the excitement. When The Priorities are cookin' they really heat things up!



Diana Bracegirdle, CFUW member and Chair of the Dance Committee and Doug Barr, Co-Chair of the Stewart Park Fundraising Committee have joined forces for a fundraising dance on April 17 in Perth

## 2<sup>nd</sup> Annual Bicycle Month Ready to Roll

Where do you start with a bicycle month? Art, of course! With little more than an idea and a painting of a friendly two-wheel cruiser, the first Mississippi Mills Bicycle Month set off last June on a month-long journey. The artwork, by Almonte artist Rosemary Leach, graced a Bicycle Month poster that positively commanded attention and heralded Bicycle Month's philosophy: it's fun, accessible and creative.

Before long, twenty-four community groups, schools and businesses had jumped on board this vehicle of community empowerment. Bicycle Month is a platform for artists, business people, students, seniors, politicians, athletes, mechanics, naturalists, parishioners, health practitioners, and environmentalists — everyone! — to share their talents.

And share they did. TYPS offered film nights and a bike swap, the United Church shared a bike tune-up clinic and fundraising ride to Parliament Hill, R. Tait McKenzie School and the Health Unit held a community bike rodeo, bike shops offered free tune ups, the Mississippi Mills Residents Association arranged a lecture on the history of cycling in Canada, naturalists guided the Birders on Bicycle ride, The Miller's Tale sponsored a bicycle short story contest, and on and on.

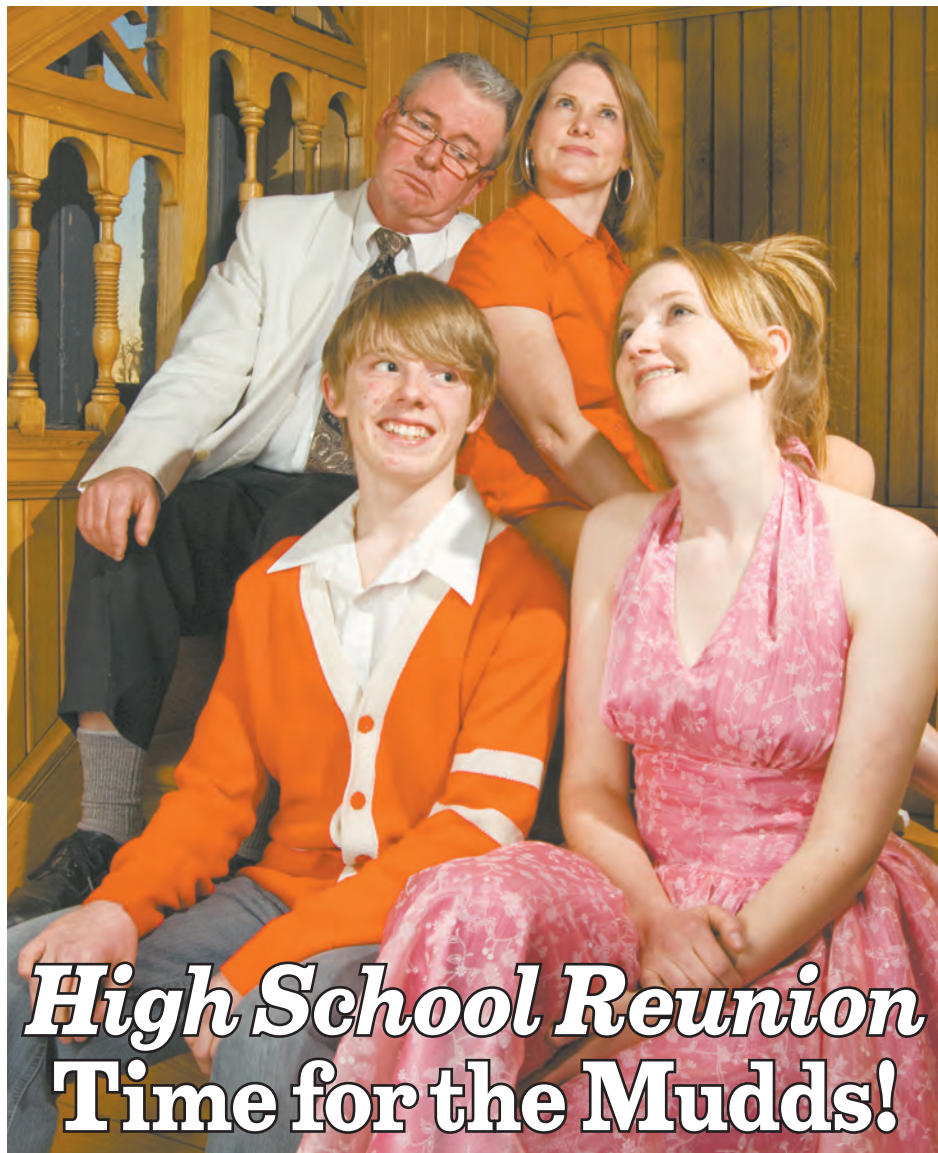
But enough about last year. All these events and more are in the works for Bicycle Month 2010.

Once again, Bicycle Month organizers selected a compelling image to stir the imagination and turn thoughts to riding. The bright and bold poster (created by Rick Herrera and Ryan Lotecki of Almonte's Slungshot design studio) features the metal folk art of Haitian artist Jhonson Buisson. Each piece of Jhonson's work is carefully cut and hammered in re"ycled" metal. This piece started as the lid of a 45-gallon oil drum and finished as a whimsical look at family cycling.

Families will be front and centre at Bicycle Month's opening celebration on Mill Street Friday, June 4. Activities start with a bike rodeo, where OPP officers will guide young cyclists through a course teaching the rules of the road. Stick around for bicycle decorating, dads on trikes, a slow-bicycle race, unicycle demos, a barbeque and music.

Watch *theHummm* or check <www.mmbicyclemonth.ca> for more news about Bicycle Month 2010. It is a great way to promote your community group or business. Email <bicyclemonth@gmail.com> by April 15 to have your bicycle-inspired event included in this year's program. Become a Facebook fan!

— Jeff Mills and Ruth-Ann MacKinnon



## High School Reunion Time for the Mudds!

Melissa McIntosh spends a lot of time planning for prom night these days. By day, the Carleton Place High School grade 12 student is on this year's prom committee. And on Sunday afternoons and Wednesday evenings she can be found at the Carleton Place town hall, excitedly planning a fictional prom, circa the 1950s or 60s. McIntosh plays the teenage Dianna in Act One of the Mississippi Mudds' new musical *High School Reunion*, opening on April 23.

Flash the story forward 20 years or so and we find an adult Dianna, played by Leigh Gibson, in real life a graduate of CPHS and now working in two family-focused administrative positions in Carleton Place. In her role as the adult Dianna, she is nervously and reluctantly planning to attend that *High School Reunion*.

Supported by an accomplished chorus, McIntosh and Gibson are two of the twelve principle characters portraying three couples: Donna and Billy Ray who finally find true love, Dianna and Bob who realize that memories are best left as memories, and Dwayne and Sue who fall in love again. Twelve actors for six roles? Those figures only make sense when you know that each character is portrayed by two actors: one as the teenaged version and one as the adult. Writer/director Jeannie Bright has found a fresh and intriguing way to offer us a cast of all ages for a show that will appeal to anyone over the age of fourteen or so.

Act I introduces the three main couples and the teenage memories triggered as they contemplate the big reunion. We see them relive the planning and attending of their senior prom. Numbers like *Bobby's Girl*, *Donna*, *Little Town Flirt*, *At The Hop*, *Summertime Blues* and *School Days* tell of teenage loves, dreams, gossip and friendships.

In Act II, we learn how the intervening years have shaped those youthful expectations, attitudes and relationships. All the characters have moved on, often in surprising ways, but when they meet again it is to revive friendship, love and camaraderie, with such songs as *Son of a Preacher Man*, *La Bamba*, *A White Sports Coat* and *Save the Last Dance for Me*.

Gibson and McIntosh agree that the clever and amusing script will strike a chord with many in the audience. They think anyone who has ever been a senior in high school will recognize personality types — maybe even themselves — in the story's principal characters. But for the cast members in Jeannie Bright's newest musical review (she also brought us *Canaanun Eh* and *Comrades In Arms*), the best thing about all this is the great songs.

This new musical follows a fine Mudds tradition, with its excellent full-chorus renditions of popular songs. This time the music is laced together with a light-hearted story, bound to revive memories, that also manages to touch gently on some social issues. With all that wonderful music from the 50s and 60s it is sure to put a smile on your face and a song in your heart.

Tickets for *High School Reunion*, a Mudds original musical, are on sale at Arts Carleton Place Gallery and Information Centre, 132 Coleman Street (the Old Railway Station). The Centre is open Monday to Friday, 9AM to 5PM, and Saturday and Sunday, 11AM to 4PM, or call 257-2031 for tickets. All shows take place at the Carleton Place Town Hall, with \$20 evening show tickets and \$15 matinee tickets. Show times are April 23, 24, 30 and May 1 at 8PM, and April 24 at 2PM.

Visit [www.mississippimudds.ca](http://www.mississippimudds.ca) for more information on this and other productions.

— Judith Scott

Order by April 16th: [www.mississippimills.com](http://www.mississippimills.com)

## Go Green: Plant a Tree!

Shade, flowering, fruit and large trees!

Nursery grown, root and branch pruned, excellent quality



The best time to plant a tree was 20 years ago. The second best time is NOW!  
(Ancient Proverb)

Trees priced from \$35 to \$70. All trees include fertilizer, mulch, compost and planting seminar!

Deadline for tree orders is April 16th. Pick up your trees April 24th at 3131 Old Perth Road (back of municipal building) between 9AM and NOON!

All tree sale proceeds to the Mississippi Mills Chamber of Commerce.



How to order trees: Download order form from [www.mississippimills.com](http://www.mississippimills.com). Or mail your order and cheque to Mississippi Mills Chamber of Commerce, PO BOX 1244, Almonte, K0A 1A0.



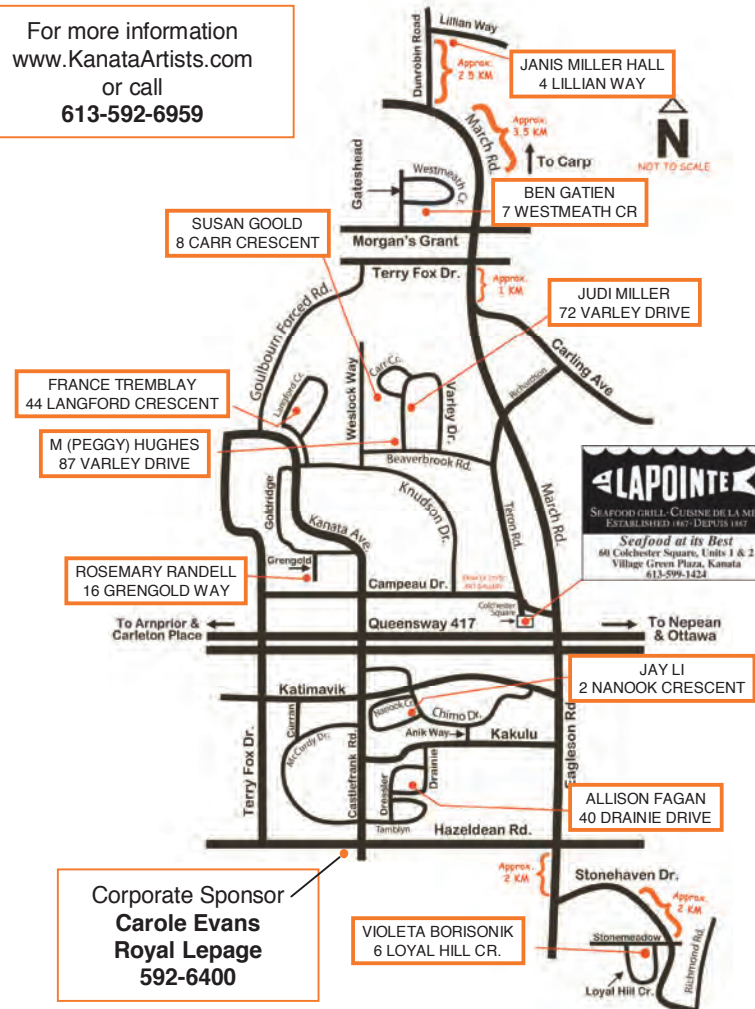
Pick up your trees April 24th

3131 Old Perth Road (Municipal Building)

## Kanata Artists Studio Tour

Free Admission. Friday April 30 5 pm-9 pm  
Saturday May 1, Sunday May 2 10 am-5 pm

For more information  
[www.KanataArtists.com](http://www.KanataArtists.com)  
or call  
613-592-6959



OTTAWA VALLEY MUSIC FESTIVAL  
PRESENTS  
**FOR THE BEAUTY OF THE EARTH**  
Paul Winter's *missa gaia* (earth mass)  
and other works celebrating the earth



SUNDAY APRIL 25 @ 3:00  
GRACE LUTHERAN CHURCH  
EGANVILLE

Adults \$20/Students \$10  
Free for children 12 & under  
Tickets available at the door or contact  
613 649-2429  
info@valleyfestival.ca  
www.valleyfestival.ca

OTTAWA valley  
MUSIC FESTIVAL

April is  
**NATIONAL POETRY MONTH!**

**BROOKE VALLEY  
SPRING TOUR**

**Victoria Day Weekend**  
May 22 - 24, 2010  
10 AM to 5 PM

Fine Furniture & Turnings  
Cedar Strip Boats  
Jewelry  
Pottery  
Soap  
Batik  
Weaving  
Paintings  
Photography  
Rustic Furniture



www.brookevalleyspringtour.ca  
\* Free Admission \*  
New Artists Beautiful Music Great Food

# Treeing Mississippi Mills: Clean and Green

There's evidence of rebirth everywhere this month, from our churches to our backyards. It's a wondrous time to anticipate the garden's glory, but a little early to dig new beds or to uncover protected plants. So, what is a nature lover to do?

Imagine — and think trees! Walk about your neighbourhood, where life is stirring from tree-sheltered nests and bare but budding branches. Enjoy the fresh green of emerging Tamarack needles. In your yard or park, imagine planting a giant burr oak to shade your children — and their children! Perhaps weeping pussy willows to soften the creek bed, or majestic Eastern white pines gently separating your property from the next?

Literature and film provide wonderful inspiration. Check out odes to trees at the library or bookstore: *For the Love of Trees*, for example, describes 92 tree species that flourish at Ottawa's Central Experimental Farm and should do pretty darn well here, too. Or read Lucy

Larcom's (1826–1893) famous He-who-plants-a-tree-Plants-a-hope poem in its entirety.

On film, enjoy portrayals of what just one person can do in

They provide a focal point in any garden or community, inviting respite under their limbs and exclamations of nature's glory.

Now is *always* time to think trees. As you take stock of your early spring yard, ponder the possibilities. Could I incorporate a tree or shrub where there is nothing but, well, nothing of interest now? Or that failing yellow birch — if I plant its replacement now, the newcomer will have time to grow before the giant must be felled.

To encourage residents to preserve and enhance our tree population, the Town of Mississippi Mills' Beautification Subcommittee is reinstating Arbour Day during Pitch-In Week, April 19 to 25. Visit our display at *Spirit of the Garden!* in Almonte (April 10)

or the Pakenham Home Show (April 9 to 11) to learn more about treeing Mississippi Mills, tree care, and to order trees from the Mississippi Mills Chamber of Commerce. For further information, visit <www.mississippimills.ca>.

— Fay Devlin



## Jonah in the Church

Get swallowed up into the belly of a whale at Stittsville United Church! On the first weekend of May, the story of Jonah comes to life in an energetic musical theatre performance entitled *Second Chances*. The entire family will be captivated by under-the-sea creatures, mermaids, waves, sailors, a city of sin, and the belly of a whale. Choose any of three free performances. The first is a dessert theatre show on Saturday, May 1, at 7:30PM, with two more shows to follow on Sunday, May 2, at 10AM and 3PM.

Stittsville United Church has filled the church to capacity for several years running with their spirited annual productions.

Audiences have come to expect a high-quality and energetic performance, and *Second Chances* promises to deliver. The stage crew is in the midst of transforming the church into such scenes as a city of sin and a belly of a whale, under the enthusiastic direction of Ruth Richardson, Artistic Director. Black lights, rich fabrics and bright paints will enrich the stage effect.

Doll Creelman has begun rehearsing with the cast of *Second Chances* for another rousing performance. As Musical Director and Minister of Music, Doll is credited with elevating the musical reputation of Stittsville

United Church. Doll is excited to be working once again with such talented and fun creative people in Stittsville and knows that this year's musical will be an inspiration to all involved.

Stittsville United Church strives to nurture and build community with this musical while inspiring creativity. Richardson is gratified to see how this event brings so many people of all ages together, working toward a common goal. The congregation looks forward to welcoming all visitors to the musical and to meet the cast and crew. A free will donation is optional. For further information, please contact 836-4962.

... have a **REAL** estate experience

... have a **Mississippi Mills** experience



**List and sell with us in 2010** and as an **added bonus** receive a home staging consultation.

Staging reduces market time and **increases** value.  
Call today!

**Bob Volks\***  
**Louise Beckinsale\***

**CALL TODAY** 613-623-2358 Direct • 613-236-5959 Office  
bobandlou@bobandlou.com

Lanark County Therapeutic Riding Program fundraiser  
Bring your appetite and sample a wide variety of culinary delights at  
*For a Taste of the Valley: Food & Wine Gala*  
Monday, May 3, 6–9:30pm  
at the Almonte Civitan Hall.  
Tickets: \$10 each or \$50 table of 6  
from *The Miller's Tale* in Almonte, Shadowfax in Perth or 103 Judson St. in Carleton Place.  
Call us today 613-623-2358 to be featured in the upcoming months with our ad

**KELLER WILLIAMS**  
OTTAWA REALTY LTD.  
BROKERAGE, INDEPENDENTLY OWNED AND OPERATED

Don proves  
**Size DOES Matter!**  
 His new renovations have resulted in  
 a 25% increase in display space.  
**Don's Meat Market**  
 126 Mill Street, Almonte 256-6801

**FIRST Class** 256-5610  
**UNISEX SALON**  
 "Great hair happens in our Salon!"  
 www.firstclass-unisexsalon.ca

The Canadian Federation of University Women Perth & District  
 and Stewart Park Festival presents  
**The Best Dance Ever**  
**& The Best Auction Ever**  
**Dance to THE PRIORITIES** Call 613 264 1025  
**Sat., April 17, 2010** for information.  
**Farrell Hall, Perth** Proceeds to The Stewart  
 Park Festival and the  
**Tickets \$25** Sahabagita Project —  
 at Oxford Linens, 7 Gore St. helping women in Nepal.  
 and Home Furniture, 18 Gore St.  
**60's 70's R & B Funk**

Pick up *theHum* in Perth at the  
**GROUNDWAVES**

**Orion Theatre Company**  
 proudly presents  
**RENT**  
*No day but today*  
 Book, Music and Lyrics by Jonathon Larson  
 Produced with permission from Music Theatre International  
**April 22, 23, 24, 29, 30, May 1 at 8:00 pm**  
**April 25 and May 2 at 2:00 pm**  
 Myriad Centre for the Arts  
 (Old Perth Shoe Factory, Sherbrooke St., Perth)  
**Tickets: \$25.00 (taxes included) or \$15.00 for opening night (Apr. 22)**  
 Limited reserved seating available by phoning (613) 267-9610 with credit card  
 Parental advisory: This production contains strong language and mature themes - not recommended for children

# Toronto All-Star Big Band

There's just one show left in this year's Perth Performing Arts Committee (PPAC) season, but it's a perfect way to swing into spring!

One of the most exciting bands around, the **Toronto All-Star Big Band** revives the spirit, style and sound of 1930s and 40s — that golden age of the big bands. Armed with brilliant programming, slick choreography and witty cultural nostalgia, this vibrant cast of awesome young talent has earned its position at the top of the list of presenters throughout Ontario and in the U.S. The 17-piece orchestra of talented young musicians will be joined by the swinging 5-voice Serenaders, combining timeless tunes and first-class musician-



ship to capture the vintage soul of the likes of Benny Goodman, Tommy Dorsey, and Glenn Miller. Catch this nostalgic tribute, described by the Welland Tribune as "...a dazzling display of consummate professionalism,

amazing talent, and infectious energy," on Friday, April 16. The show starts at 8PM in the PDCI auditorium at 13 Victoria Street in Perth. Tickets are available from TicketMaster at 755-1111 or <www.ticketmaster.ca>.

# Pipes and Strings

The Tay Valley Community Choir has a reputation for concerts that create a warm, comfortable, country community atmosphere. This year's concert, *Pipes and Strings*, promises to be no exception.

On arriving at the Maberly Hall parking lot on April 24, you will be welcomed by the sound of bagpipes. During the concert, the choir will show off their vocal pipes with an eclectic program of spirituals, barbershop, pop, and African songs. The grand finale will be a wonderful Broadway medley of Lerner and Lowe songs from *Camelot* and *My Fair Lady*.

Interspersed throughout the evening will be a variety of guest artists. Pipes include bagpiper Ron Bruce, the voices of the Alto Ego's, and flautist Beryl Stott. String guests will be David Lintamen (guitar and vocal), the Carleton Place String Quartet, and choir-director-on-sabbat-



The Tay Valley Community Choir presents their spring concert, entitled *Pipes and Strings*, on April 24 at the Maberly Hall

ical Nicola Oddy, who will be accompanied by Celtic harpist Grace Armstrong.

*Pipes and Strings* will be presented on April 24 at 7PM at the Maberly Hall. It promises to be a

delightful musical evening. Refreshments following the concert will offer an opportunity to mingle with neighbours, other music lovers, and performers. Admission is by donation at the door.

Creators of Unique Spaces

**KIWI LANDSCAPES**

613 264-0400 WWW.KIWILANDSCAPES.CA PERTH



# Voices for Africa

## Eats, Auction and Funky Gospel Music

The Mississippi Grannies and the Likulezi Community Care Project are jointly hosting *Voices for Africa: Eats, Auction and Funky Gospel Music* on Saturday, May 8 at the Almonte United Church Social Hall, 106 Elgin Street in Almonte. Funds raised will support families in Africa affected by HIV and AIDS, especially grandmothers caring for orphaned children.

You won't be able to sit still during this upbeat event featuring gospel music sensation *Voices of Praise*. The style of this diverse Ottawa-based group ranges from funky rhythm & blues with a new urban attitude, to soulful a cappella and reggae/calypso beats. They say their rich and diverse background — Caribbean, West Indian, African, Canadian — inspires their music and message.

The event opens at 6PM, with an unusual African-themed silent auction items including two Adirondack chairs, painted by local artists Maureen Dagg and Chandler Swain. At 7PM, the Almonte United Church Folk Choir

will warm us up with some world music, before *Voices of Praise* takes the stage for the rest of the evening. During intermission, you will have one last chance to bid on auction items while refreshments, including African Bush Tea, are served.

All proceeds will be shared equally between two organizations: the Malawi-based Likulezi Project (through Africa Aware) and the Stephen Lewis Foundation (through the Mississippi Grannies). The nineteen active members of the Mississippi Grannies comprise one of 240 Canadian granny groups affiliated with the Stephen Lewis Foundation. They raise funds specifically for grandmothers in Africa who care for children orphaned by the HIV epidemic. For the last four years, our local granny group has been raising funds through bake sales, perennial plant sales, cookies, handmade cards and tote bags. For more information, see <stephenlewisfoundation.org/grandmothers.htm>.

The Likulezi Project is a grass-roots community development organization in Phalombe, Malawi. Started in 1992, this group initially provided HIV/AIDS education to the community and palliative home care to those dying of AIDS. Since then, the Project has expanded to help provide drinking water wells, food supplements and orphan adoption, now with an added focus on developing employment opportunities and eco-tourism. The Almonte United Church has been involved in this project for over ten years. For more information on Likulezi Community Care Project, see <almonteunited.com/documents/LikuleziProject.htm> and <africaaware-likulezi.org>.

Pick up your concert tickets at Baker Bob's (Little Bridge Street, Almonte) and the Almonte United Church office (open 9AM-12PM, Monday to Friday): \$25 for adults and \$20 for students 18 and under.

— Lesley Todd



The Ottawa-based gospel group *Voices of Praise* play the *Voices for Africa* fundraiser on May 8 in Almonte.

MILLED / HANDCRAFTED  
**LOG HOMES**  
*Yes You Can!*

KEALEY & TACKABERRY  
LOG HOMES LTD.

ILBA

613-227-HOME

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

Pick up *theHumm* in Westport at the  
**THE TANGLED GARDEN**

**READ'S BOOK SHOP**  
YOUR COMMUNITY BOOKSTORE

**SPRING CLEANING SALE**

**Apr 8-10**  
**Discounts**  
1 – 15%  
2 – 20%  
+3 – 25%  
In stock titles only

Shop and relax in our café

Great selection of specially priced books

130 Lansdowne Ave  
Carleton Place, ON  
(613) 257-READ(7323)  
[www.readsbookshop.com](http://www.readsbookshop.com)

**almonte condominiums**

Urban meets rural in lifestyle,  
contemporary meets historic in design.

A booming mill town at the turn of the last century, Almonte is currently experiencing a contemporary revival as a vibrant and authentic neighborhood on the waterfalls of the Mississippi River.

Walk along the river to a favourite restaurant or coffee shop.  
Or stroll along the main street and pick up your supplies for tonight's dinner.

**All within steps of home.**

the **VICTORIA WOOLEN MILL**

**AVAILABLE NOW**  
residential  
and commercial  
CONDOMINIUMS

**COMMERCIAL UNITS**  
are being purchased as investments  
and as future residential suites

Only 3 residential units remain available at the Thoburn Mill!

Visit us at [almontecondos.com](http://almontecondos.com) or call 613 256 9306 to arrange a visit.

almonte heritage redevelopment group • [www.redalmonte.com](http://www.redalmonte.com)

*The Perfect Getaway!*

Beautiful Setting on Mill Pond

Lake Views

Ensuite Spa Tub Rooms

Open All Year

**The Roberts House**  
BED & BREAKFAST

18 Main Street • Westport Ontario  
613-273-8181 • [www.therobertshouse.com](http://www.therobertshouse.com)

# From “Will you?” to “I do”.

Planning a wedding from start to finish isn't always sunshine and roses. There are a lot of different elements required to create your perfect day.

Consider this your wedding directory.

From where to buy the ring to where to have your guests spend the weekend - and everything in between - the answers to simplifying your wedding planning process are right here. In your own backyard.



**1** Unique Engagement & Wedding Rings  
Kehla Design - 88 Queen Street  
613.256.7997  
www.kehladesign.com

**2** Wedding Stationery & Guides  
Robin's Paper Thin - 76 Mill Street  
613.256.2273

**3** Engagement & Wedding Photography  
jemmTale Photography  
613.256.8764  
www.jemmtale.com

**4** Spiritual Counseling for Couple  
White Light - 237 Christian St  
613.256.0216  
www.lillywhite.ca



**6** Catering  
Foodies Fine Foods - 34 Mill Street  
613.256.6500  
www.foodiesfinefoods.ca

**7** Bridal Jewelry & Tiaras  
Nordic Star - 66 Mill Street  
613.256.2732  
www.nordicstar.ca

**8** Vintage Wedding Dresses & Bridal Wear  
Vintage Wear/Ware - 63 Mill Street  
613.292.4360  
www.vintagewear.ca

**9** Wedding Floral & Gifts  
Keepsakes - 102 Mill Street  
613.256.1594  
www.keepsakesgiftshop.com



Sharon's Beauty Care  
&  
Lauri Peltier RMT



**12** Attendant Gifts  
Appleton Gift & Basket - 65 Mill Street  
613.256.9377  
www.appletongiftbaskets.com

**13** Flower Girl Dresses & Boy's Tuxes  
Kentfield Kids - 65 Mill Street  
613.256.5500  
www.kentfieldkids.com

**14** Pre-Wedding Pampering & Esthetic Services  
Sharon's Beauty Care - 453 Ottawa Street  
613.256.5200

**15** Rehearsal Dinner & Reception  
Heirloom Cafe - 7 Mill Street  
613.256.9653  
www.heirloomcafe.ca

Everything you need to plan your perfect wedding day.  
Find it all...right here in Almonte.



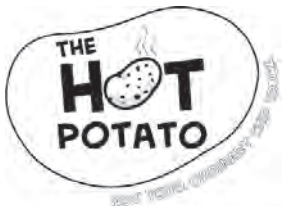
**Menzie's House 1850  
Bed & Breakfast**  
5 Wedding Guest Accomodations  
Menzie's House - 80 Queen Street  
613.256.2055  
www.menzieshouse.com

**BLACKBIRD**

10 Gift Registry & Reception Decor  
Blackbird - 79 Mill Street  
613.256.9669  
www.blackbirdshop.ca



11 Gift Registry  
Sisters - 83 Mill Street  
613.256.1515  
www.sistersinalmonte.com



16 Late Night Reception Snack  
The Hot Potato - Traveling Chip Truck  
613.371.8201 or 613.371.3448  
thehotpotato@bell.net



17 Booking the Honeymoon  
Global Expeditions - 72 Mill Street  
613.256.4057  
www.globalexpeditions.ca

# Orion Aims High With *RENT*

Looking for a high quality theatrical experience this spring? Look no further.

Perth's Orion Theatre Company is staging its spring production of Jonathan Larson's Pulitzer-prize winning Broadway musical, *RENT*, from April 22 to May 2 at the Myriad Centre for the Arts.

The Myriad Centre is a relatively new arts establishment, lo-

by John Pigeau

cated in the historic Old Perth Shoe Factory building. The theatre provides an intimate, comfortable setting for live performances and boasts 88 fixed, cushioned theatre seats as well as wheelchair accessibility.

The landmark Broadway musical, arguably the most controversial and celebrated musical of the 1990s, is being produced by the husband and wife team of Peter Dixon and Heidi Stepanek. Heidi is also the Musical and Artistic Director for the production.

Peter and Heidi started the Orion Theatre Company in 2002 with a clear vision. "Our goal was — and still is! — to present cutting edge small cast musicals," Heidi explains, "and give amateur actors, singers, musicians and technicians an opportunity to work in a professional-calibre environment. We have carved out our own niche in the community over the years and have garnered an excellent reputation for producing diverse shows in unique venues. We've mount-

ed productions at PDCI, Code's Mill on the Park, and the sanctuary of St James' Church in Perth, as well as in our own intimate Myriad Centre for the Arts."

Over the years, Orion has produced topnotch shows in Perth to stellar reviews from critics and enthusiastic audiences alike. Past productions include *The Rocky Horror Show*, *The Fantasticks*, *Cabaret*, *Guys and Dolls*, *Evita*, *Godspell*, *Cats*, *The Producers*, *Grease* and *Into The Woods*.

"*RENT* will be our eleventh production," says Heidi. "We have a fabulously talented cast and orchestra — some of whom are professionals, and others talented amateurs, several of whom have graduated from prestigious music and theatre college and university programs. We are also showcasing some new up-and-coming talents who will certainly be contenders for future Broadway stages! We have a 22-member cast and a 5-piece band."

Heidi herself has an impressive résumé, which includes a Bachelor of Music degree from Queen's University, a year of study at the prestigious Royal Scottish Academy of Music and Drama, a Master of Arts degree from Memorial University in Newfoundland, and two years of a Ph. D. in Ethnomusicology at York University.

She has worked as a stage manager for the Canadian Opera Company, and at the Banff Centre for the Arts, as well as acting in, directing, stage managing and "Jill-of-all-trading," as she puts it, in literally hundreds of productions in Toronto, Kingston, Newfoundland, Glasgow, and — most im-

portantly, she emphasizes — Perth. Heidi says bringing *RENT* to the stage has been fun but also an interesting challenge. "It is, by definition, a rock opera — which means that it is through-composed — all music — with virtually no dialogue between the musical numbers. The themes are incredibly powerful, and touchier issues are dealt with in positive and affirming ways.



*RENT* runs at the Myriad Centre in Perth from April 22 to May 2

purpose arts and business facility. We are stripping down the layers of our renovations to reveal the original factory brick walls, massive wooden pillars and fittings, to situate us in New York's gritty East Village — the audience will be surrounded by living history while being immersed in the music and culture of the bohemian artists of Larson's brilliant show."

Heidi had long wanted to develop a multi-arts facility in Perth, and she and her husband have worked tirelessly in recent years to do exactly that: developing the Myriad Centre for the Arts into a first-rate arts-based business. The centre includes both the Orion Theatre Company and the award-winning Perth Academy of Musical Theatre, which has offered a variety of year-round and summer programs for students of all ages over the past decade.

Performance dates for *RENT* are: April 22, 23, 24, 29, 30, and May 1 at 8PM; April 25 and May 2 at 2PM. Tickets are now on sale, and can be purchased by calling 267-9610 with a credit card number, or by visiting the Myriad Centre website at <www.myriadcentre.com>.

— John Pigeau is a novelist and freelance writer who lives and writes in Perth. His debut novel, *The Nothing Waltz*, can be found at fine bookshops in the Valley or by e-mailing <jpigeau@hotmail.com>.

Get your garden and yard in shape for summer!

Ottawa is Blooming

presented by: Home Hardware

11TH ANNUAL KANATA GARDEN & LANDSCAPE SHOW

April 23-25 • Kanata Recreation Complex

Fri 12-8 • Sat 10-5 • Sun 10-4

100 Walter Baker Place at the corner of Terry Fox Drive and Hazeldean Road

- Come see the some of the area's best nurseries, landscapers and artisans
- Ontario Horticultural Society District 2 Flower Competition
- Plenty of free parking

Meet "Canadian Garden Guru" Mark Cullen

Visit [www.ottawaisblooming.com](http://www.ottawaisblooming.com) and sign up for the newsletter for a chance to win a free garden consultation with Mark Cullen!

\$7 (\$5 for Seniors & Students)

Visit [www.ottawaisblooming.com](http://www.ottawaisblooming.com) for details

April 30<sup>th</sup> to May 8<sup>th</sup>, 2010

Join 5 Ottawa-Area Bead Shops for some Fun Days of Beads, Beads, Beads!

Bead Bop

A celebration of Beads!

Demonstrations, Surprises and Awesome Prizes

For more information & to purchase a special passport entitling you to discounts please visit: [www.beadbop.ca](http://www.beadbop.ca)

Participating Bead Stores:

- Rideau Art & Beads...
- ODIE'S BEADS
- Dragon's Lair
- McBead Creations
- Canada Beading Supply

# Valley Festival Celebrates The Beauty of the Earth

The Ottawa Valley Music Festival begins its annual concert season on Sunday, April 25, in Eganville, with *For the Beauty of the Earth*, a choral celebration of the natural wonder of the planet. The concert will feature Paul Winter's *Missa Gaia* (Earth Mass), a unique choral piece that incorporates the sounds of nature (including whale songs and wolf calls!), as well as a suite of music by J. Rutter. Artistic Director Mervin Fick will once again conduct the Valley Festival Chorus and guest baritone Bryan Estabrooks.



This is the first of four concerts of the Festival's 2010 season, bringing classical and contemporary choral splendour to the Ottawa Valley. Upcoming performances include *Gospel Too* in Cobden, *A Night in Vienna* in Arnprior, and *Holy Broadway* in Almonte.

Join the Ottawa Valley Music Festival as they launch their 2010 season on April 25 in Eganville with a concert featuring Paul Winter's *Missa Gaia*

Tickets for each concert are \$20 for adults, \$10 for students, and free for children twelve and under. For more information, call 649-2429 or visit <www.valleyfestival.ca> or the new Ottawa Valley Music Festival page on Facebook.

## Sharing Culture and Building Bridges

Area children from ages five through thirteen will have the opportunity to participate in a series of upcoming special programs designed to introduce them to the wonders of Chinese culture.

In April, there will be a series of four Sunday afternoon programs (April 11, 18, 25 and May 2) offered from 1-4PM in the Rideau Canal Museum. Participants will be divided into two age groups: five to eight and nine to thirteen. The programs will include speaking Mandarin in simple sentences, writing Chinese characters, and arts and crafts instruction, as well as offering participants the opportunity

to hear stories of the different dynasties in Chinese history.

These programs are action-oriented and full of fun activities, and the instructors are experienced in children's programming. They were previously involved with the very successful Chinese Language and Cultural Immersion Camp for Children in Brockville this past summer. Janice Ling is the proprietor of the Artmakers Studio in Port Elmsley and has vast experience in recreational programs, as well as in arts and culture. Mingshan Gu has taught for over ten years in China and holds a Canadian Education Degree from Lakehead University, as

well as an Early Childhood Diploma from St. Lawrence College.

These programs are a collaborative effort of the Chinese and Canadian Heritage Cultural Association, the Rideau Canal Museum, and Smiths Falls Public Library, with the support of Ontario Ministry of Citizenship and Immigration.

The cost of each session is \$12 per child. Bursaries are available. To apply for a bursary, your child should write a short letter stating why they want to attend and how the bursary will help them achieve their goal. To register, call the Smiths Falls Library at 283-2911.

homeGROWN

landscaping for edible environments



Consulting + Education about edible gardens  
Planning + Design to meet your needs  
Installation + Follow Up for success

Susie Osler

613.268.2024. susieosler@mac.com



We're Listening

New products have been arriving weekly by customer request.

Now available:

Naka Products

Liquid Coral Calcium

Sprouting Seeds & Supplies

More Gluten Free Products

Local Bread, Syrup & Honey

Experience the Difference

107 Bridge Street, Carleton Place, ON, K7C 2V4  
phone/fax:613-257-5986 email:info@granary.ca

Open Mon, Tues, Wed & Fri 9-6 Thurs 9-8, Sat 9-5

Look and feel 5-15 years younger!



Dr. Michaela Cadeau,  
Doctor of Chiropractic

Facial Rejuvenation Acupuncture  
(Non-Surgical Face Lift) with Dr. Michaela Cadeau

Based on ancient principles of Chinese medicine, Cosmetic Acupuncture reduces the signs of aging by revitalizing the skin. This safe and non-surgical procedure increases circulation and stimulates collagen production, rejuvenating facial tissue. This gives the skin more tightness and elasticity, and helps to reduce sagging or puffy skin and wrinkles. There is no risk involved with this procedure, no downtime from work, and no side effects.

Call by April 30 for your free consultation.

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

Bring out your inner beauty

Hands on Healing  
125 Bridge Street, Almonte, 613-256-0222  
handsonhealing@on.aibn.com

ALMONTE  
NATURAL  
FOODS  
IS 100%  
BEHIND THIS  
PROJECT!

Actually we're behind it and a little to the right. We're located in the back corner at 12 Mill Street in the Heritage Mall and we're very excited about the new Heritage Court. Come and visit us and be part of a new beginning in the old town. Almonte Natural Foods 613-256-1833



Be Fit  
Stay Healthy  
Go Green



## Kanata Artists Studio Tour

You are invited to the 19<sup>th</sup> annual **Kanata Artists Studio Tour**, from April 30 to May 2. Ten Kanata artists are opening their homes to the public, at no charge, so that visitors can meet the artists in their working environment and may purchase original works of fine art in various media. The artists on the tour are: Violeta Borisonik, Allison Fagan, Susan Goold, M. (Peggy) Hughes, Jay Li, Judi Miller, Janis Miller-Hall, Benoit Gatien, Rosemary Randell, and France Tremblay.

You can visit their website at <[www.kanataartists.com](http://www.kanataartists.com)> and then take the tour! Artists' studios will be open Friday evening (5–9PM) and all day Saturday and Sunday (10AM–5PM).

Brochures and maps of the studio locations are available from the artists, The Kanata Civic Art Gallery, and the Beaverbrook and Hazeldean branches of the Ottawa Public Library. The map can also be downloaded from the above website.

## Westport Wonders Pain-Free Poetry

When I was growing up, I was all about baseball, football and, of course, girls. Never in my wildest imagination did I ever believe I would one day be talking about art, artists, music... and least of all poetry.

I still like baseball and football, but playing either

by *Steve Scanlon*

game hurts now. I don't like pain. Girls have turned into women and I'm not allowed to look anymore; it's that whole marriage thing, and... I don't like pain. I am, however, fairly proud that I get to call a number of artists, musicians and poets my friends — pain-free. Poetry itself is absolutely painless — I'm all for it. I don't know any baseball or football players — go figure. Who would have thought those many years ago that this is where my life would lead. I'm fairly certain my future downtime was supposed to comprise solely of cold beer, a big bag of Cheetos, a large couch and a remote control. Just goes to show, you never can tell.

I can tell you that, no matter how much of a poetry lover you are, there are two events coming up in April (National Poetry Month) that you should mark on your calendar. I also know that,

according to G.K. Chesterton, "Poets have been mysteriously silent on the subject of cheese" and that, during these events, the words "from Nantucket..." will not be mentioned. Just so you know.

With April being National Poetry Month, it is only fitting that The Cove Country Inn launches the month by hosting Poetry Night, with John Brantingham (Los Angeles, California), T. Anders Carson (Portland), Jacqueline Larson (Toronto), Bob MacKenzie (Kingston), Audrey

The following afternoon, April 3 at 2PM, John Brantingham, Jacqueline Larson, T. Anders Carson and Audrey Ogilvie will be reading again, at the North Crosby Hall, at the Poetry & Pastries poetry reading. Not only will you be hearing the poetry of these established, published poets, but you will also have the opportunity to hear the poems of our future poets. Local students have been invited to participate in a poetry contest and the top poets will share their creations during the afternoon. The cost of this fundraising event

I also know that, according to G.K. Chesterton, "Poets have been mysteriously silent on the subject of cheese" and that, during these events, the words "from Nantucket..." will not be mentioned. Just so you know.

Ogilvie (Westport's own) and Sarah Tsiang (Kingston). These are some of poetry's heavy hitters — if poets can be called "heavy hitters". It may sound like an oxymoron, but these poets fit the bill. You can see them all at The Cove on the evening of Friday, April 2, beginning at 7:30PM, for the staggering price of free! Nada! Nothing! The ever-popular String Tease will provide musical entertainment for the evening.

is \$5, including refreshments. The North Crosby Hall is just outside Westport, off Highway 10, at the 8<sup>th</sup> Concession.

Hats off to T. Anders Carson and his group of dedicated poets and friends for organizing these events year after year.

— *Steve Scanlon lives, works and writes in the delightful village of Westport, and invites you to drop in for a visit at Stillwater Books & Treasures at 31 Main St.*

It's All About **COMMUNITY**

**For the 'downsizers' amongst us...**

Hyde Park Canada is actively building a strong legacy of village-based communities in the retirement housing market with new sites, apartments, suites, and even hassle-free income-property opportunities with steady, monthly returns. So...what's *not* to love?

Visit us at [www.hydeparkrichmond.com](http://www.hydeparkrichmond.com) and click on the category of your choice.

**Hyde Park Jamieson Mills, Almonte**  
Thirty 1-, 2-, and 2- bedrooms-with-a-den units, starting at \$168,500. Call Karina Witten at 613-686-1222, extension 113.

**Hyde Park Richmond**  
Thirty-five 1- and 2-bedroom apartments, starting at \$145,500 and retirement suites starting at \$161,500. Call Grace Geertsema at 613-686-1222, extension 105.

**Income Property**  
Buy a *fraction of* or a *whole suite*. We look after the tenant search, maintenance AND taxes. Call Ken Lantier at 613-686-1222, extension 107.

# Our Past Is Looming!

For its 25<sup>th</sup> anniversary, the Mississippi Valley Textile Museum (MVTM) is publishing a book called *Our Past is Looming: Stories from Almonte's Textile History*. The title uses the motto of the Museum and contains a number of stories about Almonte's industrial past. Several authors, including the Heritage Award Winners Gerry Wheatley and Herb Pragnell, as well as the late John Dunn, contributed their stories. Former mill workers Stan Morton and Albert Lotan tell of their experiences working in the mill. Matthew Ayling, one of the former summer students at the museum, prepared a report as to why the textile industry collapsed in Almonte with the introductions of synthetics in the early 50s.

Herb Pragnell is both the editor and one of the authors. He and Jack Falt have been working on this book for the last couple of years.

In the 19<sup>th</sup> century, the Mississippi River Valley was the leading centre for textile manufacturing in the county. Almonte was the major industrial centre for the area, employing half the population of three thousand.

A key ingredient to any story is a compelling individual, and in

this story it is James Rosamond. Although not the first to own a mill in Almonte, he was a key figure in the saga of the textile industry here. An Irish immigrant to Canada early in the 19<sup>th</sup> century, he settled first in Carleton Place, where he became a successful miller and pioneered the factory system in the area.



Realizing that the sixty-foot plus falls at Almonte would provide more power for a mill operation, he moved to that town. In 1857 he began his first endeavour by building the Victoria Textile Mill.

James and his sons Bennett and William expanded the Victoria Mill, and in 1867 opened the No. 1 Rosamond Woolen Mill on Coleman Island in Almonte. This became known as a model mill which, at its peak, employed

more than six hundred workers. Other mills followed and took advantage of the water power from the several waterfalls at the site until the late 19<sup>th</sup> century, before steam and electrical power came into use. Because of its large woolen goods production, Almonte was known locally as Canada's "Manchester". It's a remarkable story of human endeavour and industrial development in a rural setting far from the usual major markets for textile products.

The book launch is scheduled to be held at the MVTM when the renovated Wool Room Exhibition Hall is officially opened on April 8, at 7PM. Major renovations, including insulation and new lighting, have transformed the former wool storage area into a magnificent space.

An open invitation is extended to the general public to this event. For more information please call the Museum at 256-3754 ext. 15.

Copies of *Our Past is Looming* will be available for sale after the launch date at the Museum Gift Shop and at The Miller's Tale bookstore in Almonte. All revenues from the sale of the book will be given to the MVTM Development Fund.

# Wheels on the Mississippi

Carleton Place's Wheels on the Mississippi show will provide both residents and visitors a weekend filled with opportunities to view motorcycle displays (Saturday, June 26) and a car show (Sunday, June 27). The combined event is expected to increase tourism all weekend long.

The Carleton Place BIA and the Carleton Place Lions Club

are working in partnership to bring the first annual **Wheels on the Mississippi Motorcycle Show** on Saturday, June 26, from 9AM-3PM. Bridge Street, one of the main downtown streets, will be closed to vehicular traffic beginning at 8AM. Motorcycle related vendors are being invited to set up shop on the showcase route, along with the local downtown merchants.

If you are proud of your bike and want to show it off, are a vendor that loves to support the motorcycle crowd, or simply enjoy looking at the best in beautiful bikes and cars, this is the weekend to visit Carleton Place.

For more information contact Cathie McOrmond at 257-8049, <cmcormond@carletonplace.ca> or Dave Spears at 257-4874 or <dtspears@yahoo.com>.

**art & class**  
STUDIO \* BOUTIQUE  
Grand opening April 24<sup>th</sup>  
**53 Gore St., Perth**  
calendar of art classes  
coming next month

**Fiddler's Friends**  
A Traditional Fiddle Awards Showcase Concert  
Proceeds to Support  
Danny O'Connell Memorial Fund  
administered by  
The Community Foundation of Ottawa

Featuring  
Recent Award Recipients:  
Amy Felhaber, Ellen Daly and Elly Wedge  
Musical Friends:  
Matt Pepin, Terri-Lynn Mahusky, Kyle Felhaber,  
Alexis MacIsaac, Tom Brennan, Fusion,  
The Monday Night Fiddlers, The Barley Shakers

Special Guest Performance:  
Denis Lanctot

Sunday, May 2, 2010  
1-4pm  
Old Town Hall  
Almonte, ON

Info: 613 256 3786  
Line-up Subject to Change

Tickets \$15  
-The Miller's Tale 613 256 9090  
-Couples Corner  
-At The Door

Proud Sponsor  
Colleen O'Connell-Campbell CFP, CIM, CDFA  
Wealth Advisor  
**ScotiaMcLeod**

**FOODIES**  
FINE FOODS & GOURMET IDEAS

**THE COVE COUNTRY INN**  
*Four Seasons Resort*  
WEDDINGS • CONFERENCES  
DOCKING • LIVE ENTERTAINMENT  
DINING • ACCOMMODATION  
WESTPORT-ON-THE-RIDEAU  
613-273-3636 • 1-888-COVEINN  
www.coveinn.com

Apr. 2 • 2<sup>nd</sup> Annual Poetry Night, Free Admission, 7:30PM  
Apr. 4 • Easter Brunch 11-2PM & Easter Dinner 5-8PM  
Apr. 14 • Westport Spring Fashion Show, \$20 12-2PM  
Apr. 23 & 24 • Blues on the Rideau  
Harmonica Shah with Jack de Keyzer \$55, 7-11PM  
Apr. 3, 10, 17 • Ben San Pedro (piano) with singer Terry Cowan  
Apr. 16 & 30 • Cuban Guitarist Mario Franco & Son 6-9PM

**Harwig Heritage**

**Carpentry**

Neil Harwig 613-256-4798  
cell: 613-715-3802  
www.harwigheritagecarpentry.ca

**IF YOUR OFFICE WAS HERE, PEOPLE WOULD LOOK UP TO YOU!**

They would have to actually, it's on our second floor. It is a beautiful, brand new, 1,058 sq. ft. office space with a view second to none. Second floor, second to none, does this not sound like a place you should look at.

Thinking Office?  
Call Gord Pike at 613-720-0456

Heritage Court, a new beginning in the old town.  
14 Mill Street, Almonte www.heritagecourt.biz

**homesol**  
building solutions  
health • comfort • sustainability

**Energy design and certified green building specialists**

www.homesol.ca 1-877-278-0467

Pottery by Jackie Seaton

riverguild fine crafts  
51 Gore St., East, Perth • 267-5237

Interested in **Bargello?**  
We've got books and supplies to get you started.

Textile Traditions of Almonte  
87 Mill Street • 256-3907

Art of Being Green Projects presents  
**Mayday Chili and Dessert Cook Off**  
FUNDRAISER, DINNER, DANCE AND SILENT AUCTION  
**Saturday May 1, 2010**  
Middleville Fairgrounds in the Agricultural Hall  
(4189 Wolf Grove Road, Middleville)  
**Music by Corkery Road**  
(and others to be announced)

Doors Open at 5pm      ADMISSION: \$20 or \$5 for 10 & under  
Tickets are limited to 200 people — purchase yours in advance!  
For information, tickets or to register your food contest entry:  
Beth at 613-267-5340 or email green@artofbeinggreen.ca or  
Bobby at 613-256-9424

# Shedding (Shielded) Light on Dark Sky Preservation

Anyone who has experienced the wonder of an inky black sky loaded with stars on a chilly winter night can appreciate why it's a good thing to have less light directed skyward. As part of its conservation education program, Mississippi Valley Conservation (MVC) is working with the Royal Astronomical Society of Canada (RASC) Ottawa and the municipality of Mississippi Mills to provide educational support for the municipality's illumination by-law.

Night Sky Conservation (NSC) is an innovative education program driven by the conviction that the most effective method of reducing light pollution is to educate the public about the wonders of the night sky, in order to demonstrate what will be lost if light pollution is allowed to continue unabated.

The Mill of Kintail Conservation Area is home to the Fred Lossing Observatory (FLO), maintained and operated by RASC. It was built by the scientific community with high-quality optics from the National Research Council of Canada. Thanks to the continued preservation of the night sky at the Mill of Kintail, the local dark skies have permitted the visual discovery of five comets, making FLO the only observatory in Canada to do this. This connection to the observatory and

the conservation education programs already offered at the site makes the Mill of Kintail the ideal place to provide in-depth night sky education.



These youngsters await nightfall to view the wonders of the sky at a stargazing party at the Mill of Kintail.

Coordinated by Michael Earl, accomplished astronomer and night sky enthusiast, the Night Sky Conservation program provides an appreciation and understanding of astronomy and the effects of unnecessary lighting on people, plants and animals. The program also offers solu-

tions to light pollution through hands-on spring and fall astronomy courses, outreach materials and free stargazing parties hosted by experienced astronomers using powerful telescopes. For more information about the astronomy courses, stargazing parties and other night sky related topics visit <www.castor2.ca/nsc>.

Good Neighbour Lighting — shielded outdoor lighting and/or the application of motion sensors to avoid lighting up the dark sky unnecessarily — is another component of the NSC program. The Good Neighbor Lighting initiative is supported by a display at the Town of Mississippi Mills office and an informative brochure that provides property owners with information regarding the need for good neighbor lighting, as well as listing which suppliers carry the products that support the initiative. You can pick up a brochure at the Mississippi Mills municipal offices or visit their website <www.mississippimills.ca>, or the Mississippi Valley Conservation website <www.mvc.on.ca>.

For more information about the Mississippi Mills illumination by-law, contact the municipal offices at 1-888-779-8666 or 256-2064, visit the website, or write to 3131 Old Perth Road, Almonte, Ontario K0A 1A0.

**Jewellery**      **Clothing**

Home accents with a funky flare!

Compact Discs

Gifts from around the globe

**SHADOWFAX**

(613) 267-6817  
67 Foster St., Perth  
Open 362 days a year

WELCOME to Jamieson Mills!

Karina Witten (left), Sales Representative for Hyde Park Canada congratulates Lee Foley, a resident of Almonte, for being the first to purchase a unit (two-bedroom) at **Jamieson Mills**. Lee is presented with a gift basket that was put together by Cynthia Stewart, owner of **Appleton Gift & Basket**.

The 30-apartment complex will be located at 100 Jamieson St. in Almonte. To speak with Karina about the Jamieson Mills development, call 613-686-1222 extension 113. [www.hydeparkrichmond.com](http://www.hydeparkrichmond.com)

\*Sold as a Life Lease — a recognized legal product used worldwide — it incorporates similar communal-living concepts as a condo, although its value as an asset actually **outperforms** other real estate.



# Naked Among the Textiles

The irony of presenting an exhibition of nude photography at the Mississippi Valley Textile Museum didn't hit me until relatively recently. It was the light and space that attracted me when, about a year ago, I was in the museum for a show and it occurred to me that this would be a great setting to hold our next *Naked in the House* challenge. I approached Michael Rikley-Lancaster, the curator of the MVTM, about the possibility of using the museum both as the setting for *Naked in the House* and also as the gallery space to display the results. He was very enthusiastic.

Now, before your imagination gets carried away, *Naked in the House* is an exercise to test the skills of the photographer when confronted with photographing a nude model they haven't met before, in an environment that is

unfamiliar, with only thirty minutes to explore the setting and decide where and how to shoot only thirty-six frames. First, a call goes out to the Photography Matters group for people interested in participating in the next NITH shoot. We can accommodate up to eight photographers to fill one day of shooting. The names are then picked from a hat to determine at what time of the day their half hour will begin. We also encourage members to help document the day, i.e. photograph the photographers photographing the model. November the 21, 2009, was the day of the shoot — the photographers and documenters were informed of the location one day in advance.

This is the sixth *Naked in the House* to be staged. Previous venues ranged from the Old Town Hall to a farm house and barn.

Susan Fisher, Bev Relfe, Bruce MacDougall, Peter Wright, Will Swanson, Alan Mirabelli and Tineke Kuiper were the photographers, with Hagen Hohn, Kathleen Teahen, Pat Kavanagh and Dale Dunning documenting the day. Emily Olding was our intrepid and stoic model. The shoot took place before the recent installation of insulation and it was chilly, as evidenced in Pat Kavanagh's photo of Susan Fisher wearing her overcoat while photographing the model. The day was a success and I would like to invite you to join us Sunday, April 11, from 2-4PM, to see the fruits of our labour at the Mississippi Valley Textile Museum, a building whose raison d'être was to clothe the naked body. The MVTM can be found at 3 Rosamond Street East in Almonte, 256-3754, <mvmt@magma.ca>. —Dale Dunning



photo: Pat Kavanagh

## 11<sup>th</sup> Annual Carleton Place BIA Pitch-In

The Carleton Place BIA knows the citizens of the town are rock solid in their belief that they can make an environmental difference in their community. The Carleton Place BIA, an organization committed to supporting downtown Carleton Place, is stretching their wings and will again organize the community-wide clean up campaign. Pitch-In Canada runs the week of April 19-25.

Last year, event participation reached an all-time high of 1,879 people who cleaned, swept, polished windows, and made our community look beautiful. The BIA anticipates the 2010 clean up will again bring an astounding number of people together for this very worthwhile activity. The BIA is looking forward to seeing churches, schools, service and sporting groups and citizens of our community out picking up litter. Your commitment makes a difference to all of us. For more information on how you can participate in this worthwhile event, contact the BIA Pitch-In Program at <cmcormond@carletonplace.ca> or <www.downtowncarletonplace.com>.

Act now to reserve a table at our 3<sup>rd</sup> annual  
**Giant Yard Sale – May 1, 10AM-4PM**  
Come and Sell, or Browse, Buy and Eat!



Email George at [herbs@magma.ca](mailto:herbs@magma.ca)  
to book your table (\$10 each)

3840 OLD ALMONTE ROAD  
613-256-0228

[WWW.HERBGARDEN.ON.CA](http://WWW.HERBGARDEN.ON.CA)



**Janice Aiken**  
Registered Massage Therapist

**22 Years experience**

Specializing in:  
Treatment-Oriented  
Massage  
&  
Myofascial Release

1598 Ramsay Conc. 1  
10 minutes west of Almonte

**613-256-6243**

**C**  
COLLABORATIVE  
PRACTICE

Resolving  
Disputes  
Respectfully

**Elizabeth Swarbrick**  
Lawyer  
Mediator  
Collaborative Practitioner

83 Little Bridge St.  
Almonte  
**613-256-9811**  
[www.familyfocusedlaw.com](http://www.familyfocusedlaw.com)



**Stillwater**  
BOOKS & TREASURES

**We've Moved!**  
(again)  
to 31 Main St.  
(still in Westport,  
can't wait to see you there!)



31 Main Street in Westport  
613-273-2727  
[www.stillwaterbookstore.com](http://www.stillwaterbookstore.com)

PERTH  
PERFORMING  
ARTS COMMITTEE



**Toronto All-Star Big Band**  
Friday, April 16, 8PM  
Perth and District Collegiate Institute  
13 Victoria St., Perth

Tickets available from  
Jo's Clothes Consignment Boutique,  
39 Foster St. 613-264-2898 (cash only)  
or [ticketmaster](http://ticketmaster) (613) 755-1111 [www.ticketmaster.ca](http://www.ticketmaster.ca)

Sponsors: Lake 88.1, C.I.B.C Wood Gundy – Moe Johnson,  
Coutts & Company, Foodsmiths,  
North Lanark Veterinary Services, Maximilian Dining Lounge,  
Kelly's Flowers and Fine Things, Lionel Pauzé/Piano Man,  
Camp Otterdale, Jo's Clothes

# Claiming Column

*Now is the Month of Maying*, Perth, May 2  
**For a Taste of the Valley**, Almonte, May 3  
**Lily Frost**, Burnstown, May 5  
**Voices of Africa**, Almonte, May 8  
**Trevor Alguire**, Burnstown, May 8  
**Red Trillium Tour**, West Carleton, May 8 & 9  
**Art in the Attic**, Almonte, May 14–16  
**BOTR Concert**, Westport, May 14–15  
**The Mousetrap**, Perth, May 20–22, 28–29  
**Brooke Valley Spring Tour**, May 22–24  
**Good Times Party**, Westport, Jun 5  
**Ottawa Valley Youth Talent Show**, Carleton Place, Jun 12  
**BOTR Concert**, Westport, Jun 19  
**Beatlejuice in the Barn**, Lanark, Jun 19  
**Art on the Lawn**, Perth, Jul 10–11

## Visual Arts

**Arnprior Traditional Rug Hooking**, Apr 7, 6:30-9PM. Free. Info: kat153@yahoo.com. Arnprior Public Library  
**Vernissage**, Apr 9, 7-9PM. Danuta Sawicki, acrylic on canvas. Brush Strokes, 129 Bridge Street, Carleton Place, 253-8088  
**Quilt & Linen Show and Sale**, Apr 10, 10AM-4PM. Displays, demos. \$6. Refreshments \$4. St. Andrew's Church, Pakenham  
**Naked in the House**, Apr 11, 2-4PM. Work by 8 photographers. Mississippi Valley Textile Museum, Almonte, 256-3754  
**Almonte Quilters Guild**, Apr 19, 7-9PM. Demo night. Almonte Civitan Hall  
**Photography Matters Meeting**, Apr 21, 7-9PM. Info at kbthomp@295.ca. Waterside Retirement Community, CP  
**Lanark County Quilters Guild**, Apr 27, 6:30-8:30PM. Speaker: Pamela Griffin. Guests \$3. 267-3178. Perth Lions Hall  
**Lanark County Knitting Guild**, Apr 27, 7-9PM. Guests \$3. Almonte United Church  
**Arnprior Quilters' Guild**, Apr 28, 6:30-8:30PM. \$20/yr membership or \$5 entry. Christian Education Centre, Arnprior  
**Kanata Artists Studio Tour**, Apr 30, 5PM-9PM. Fri (5-9), Sat/Sun (10-5). www.kanataartists.com. No entry fee.

## Literature

**Slam Series 2010**, Apr 2, 6:30-9:30PM. Compete, open mic or listen & watch. \$5 at the door (free for performers). The Factory Grind, 1 Sherbrooke St. Perth  
**Poetry Night**, Apr 2, 7:30PM-9:30PM. Free admission. Music by String Tease. The Cove, 2 Bedford St. Westport  
**Poetry & Pastries**, Apr 3, 2-4PM. Refreshments. \$5. North Crosby Hall off Hwy 10, at 8th Concession, Westport  
**Book Launch: Our Past is Looming**, Apr 8, 7PM. Stories from Almonte's Textile History. Mississippi Valley Textile Museum 3 Rosamond St. E. Almonte, 256-3754  
**Vine Rhymes**, Apr 10, 1:30-3:30PM. Area songwriters & poets. Fundraiser for Chimo School. Courtyard Café, Smiths Falls  
**Spoken Word Plot**, Apr 11, 6-8PM. Nadine Thornhill & Jessica Ruano, plus open mic. \$5 at the door; free for performers. The Downstairs Pub at JR's, Almonte  
**Adrianna Steele-Card**, Apr 24, 10:30AM-12:30PM. Signs copies of *Sandy's Incredible Shrinking Footprint*. Read's Book Shop, Carleton Place, 257-READ  
**Poetry Workshop/Reading**, Apr 29, 7PM. With poets from Black Moss Press. Read's Book Shop, Carleton Place, 257-READ  
**Free Comic Book Day**, May 1, 11AM-2PM. Start at Heroes Lounge, visit other shops. Dress as your favorite superhero. Info: store@heroeslounge.com. 152 Bridge St. & downtown Carleton Place

Monday	Tuesday	Wednesday	Thursday
<p>The Almonte Library <b>Corridor Gallery</b> presents mixed media by Rivka Waas            The Mississippi Mills <b>Chambers Gallery</b> presents textile art by Catharina Breedyk Law  <b>Brush Strokes</b> presents acrylics on canvas by Danuta Sawicki &lt;www.brushstrokesart.ca&gt;  <b>Baker Bob's Gallery</b> in Almonte presents paintings by Phyllis Moore  <b>Gallery Perth</b> presents local art &lt;www.galleryperth.com&gt;  <b>Artemisia</b> presents works by Jane Thelwell, 7 Spring St. Westport, &lt;www.artemisiaartgallery.com&gt;  <b>The Philip Wood Gallery</b> presents <i>Times Eight – Fois Huit</i>, beginning April 25 at 7 Mill St. Almonte</p>			<p><b>Peter Brown Jazz Duo</b>, St. James Gate  <b>Whiskey Mike</b>, The Stone House  <b>Terry Tufts</b>, The Barley Mow</p>
5	<p><b>Green Drinks</b>, Perth  <b>Mississippi Blues Jam</b>, Thirsty Moose</p>	<p><b>Arnprior Traditional Rug Hooking</b>  <b>CP Celtic Jam</b>, Ballygiblin's  <b>Ric Denis with The Mississippi Jug Stompers</b>, Heirloom Café</p>	<p><b>Andy J. Forest w Monkey Junk</b>, Neat Coffee Shop  <b>Book Launch: Our Past is Looming</b>, Almonte  <b>Whiskey Mike</b>, The Stone House  <b>Peter Brown Jazz Duo</b>, St. James Gate  <b>Terry Tufts</b>, The Barley Mow</p>
12	<p><b>Mayan Code Study Group</b>, Almonte  <b>Art of Being Green AGM</b>, Middleville</p>	<p><b>Women's Business Group</b>, CP  <b>The Fugitives</b>, Carleton Place  <b>Lightfoot Guitar Workshop</b>, Almonte</p>	<p><b>Westport Spring Fashion Show</b>, Westport  <b>CP Celtic Jam</b>, Ballygiblin's</p> <p><b>Climate Change Talk</b>, Perth  <b>Peter Brown Jazz Duo</b>, St. James Gate  <b>Whiskey Mike</b>, The Stone House  <b>Terry Tufts</b>, The Barley Mow</p>
19	<p><b>Oh My God</b>, Almonte  <b>Almonte Quilters Guild</b>, Almonte</p>	<p><b>White Light/Black Rain</b>, Carp</p>	<p><b>Photography Matters Meeting</b>, CP  <b>CP Celtic Jam</b>, Ballygiblin's  <b>Angele Desjardin</b>, Heirloom Café  <b>Valdy</b>, Perth</p> <p><b>Whiskey Mike</b>, The Stone House  <b>Peter Brown Jazz Duo</b>, St. James Gate  <b>Earth Day Movies</b>, Almonte  <b>Film Night International</b>, Smiths Falls  <b>Terry Tufts</b>, The Barley Mow  <b>RENT</b>, Perth  <b>Veronica's Room</b>, Merrickville</p>
26	<p><b>Ladies' Night</b>, Perth  <b>Almonte Horticultural Meeting</b></p>	<p><b>Lanark County Quilters Guild</b>, Perth  <b>Scott Woods Band</b>, Almonte  <b>Lanark County Knitting Guild</b>, Almonte</p>	<p><b>Poetry Workshop/Reading</b>, CP  <b>Whiskey Mike</b>, The Stone House  <b>Peter Brown Jazz Duo</b>, St. James Gate  <b>Peter Pan</b>, Perth  <b>Joseph and the Amazing Technicolor Dreamcoat</b>, Almonte  <b>Terry Tufts</b>, The Barley Mow  <b>RENT</b>, Perth</p>

## Kids

**Children's Classes in Chinese Culture**, Apr. 11, 18, 25 & May 2. \$12 each, register at 283-2911. Rideau Canal Museum, 34 Beckwith St. S. Smiths Falls  
**Kids Clean-Up Day**, Apr 24, 9AM-12PM. Join Fairy Lilly & Silly U the Clown to clean up Almonte. Meet outside Baker Bob's  
**Youth Auditions**, Apr 25, 1-4PM. For Ottawa Valley Youth Talent Show (June 12). Info: srcmusiclessons@bellnet.ca, 256-3435. Carleton Place Legion, 177 George St.  
**Peter Pan**, Apr 29 & 30, 7PM. Presented by grade 4 to 8 students. Tickets at the door only. The Stewart School, Perth

## Theatre

**The Righteous Tithe**, April 16 & 17, 8PM. \$18 in adv. (Book Nook, Shadowfax), \$20 at door. Info: 267-7469, www.perthentertainmentnow.net. Studio Theatre, Perth

**Grievous Angel - The Legend of Gram Parsons**, Apr. 17, 8PM. \$25 from The Miller's Tale or at door. Almonte Old Town Hall  
**Oh My God**, Apr 19, 7PM. Peter Rodger's film followed by open discussion. \$10. 237 Christian St. Almonte, 256-0216  
**White Light/Black Rain**, Apr. 20. 6PM museum tour, 7PM movie. Reserve at edu-programs@diefenbunker.ca or 839-0007. The Diefenbunker, Carp  
**Earth Day Movies**, Apr 22, 7PM. *The Man Who Planted Trees* & *Taking Root: The Vision of Mangari Maathai*. Almonte Old Town Hall  
**Film Night International**, Apr 22, 7PM. *Out in that Deep Blue Sea* & *Goodbye Solo*. \$10. Premier Cinemas, Smiths Falls  
**RENT**, Apr 22-24, 29-May 1 at 8PM, Apr 25 & May 2 at 2PM. \$25 (opening night \$15), from 267-9610 or www.myriadcentre.com. Myriad Centre, Perth  
**Veronica's Room**, Apr 22, 23, 24, at 8PM; Apr 25 at 2PM. www.merrickvilletheatre.org. Merrickville Community Centre

**High School Reunion, The Musical**, Apr 23, 24, 30 & May 1 at 7:30PM (\$20). Apr 24 at 2PM (\$15). Tickets from 132 Coleman St. Info at 253-1571 or www.mississippimudds.ca. Carleton Place Town Hall  
**Grand Opening Gala**, Apr 24, 7-11PM. Black tie fundraiser for new theatre. Info & tickets (\$100) at 283-0676. Smiths Falls Station Theatre, 63 Victoria Ave.  
**Joseph and the Amazing Technicolor Dreamcoat**, Apr 29, 7:30PM. \$12 from ADHS Office, Baker Bob's, Equator Coffee Roasters. Info: 256-1470. Almonte and District High School  
**Second Chances**, May 1 at 7:30PM (dessert theatre show), May 2, at 10AM & 3PM. Story of Jonah & the whale. Donations welcome. 836-4962. Stittsville United Church

**Corkery Road CD Launch Party**, Apr 10, 7PM-12AM. No cover. www.corkeryroad.ca. Naismith Pub, Almonte  
**Almonte Contra Dance**, Apr 11, 2-4PM. Beginners at 1:30PM. 256-2689, www.almontecontra.ca. Almonte Old Town Hall  
**The Fugitives**, Apr 13, 7-9PM. Multi-instrumentalists, songwriters & poets. \$10 from 452-0054. Carleton Place Cinemas  
**Lightfoot Guitar Workshop**, Apr 13, 7:30PM. With Terry Tufts. \$25. Register at 256-7464. Miss Mills Musicworks, Almonte  
**Toronto All Star Big Band**, Apr 16, 8PM. \$35 from www.ticketmaster.ca, 755-1111. PDCI Auditorium, 13 Victoria St. Perth  
**Old Tyme Music**, Apr 17, 1-4PM. Old-tyme tunes & tales, Ed Carbonell's photos of local performers. Ferguson Falls Hall  
**The Best Dance Ever**, Apr 17, 8PM-12AM. With The Priorities. Auction. Tickets at Oxford Linens & Home Furniture in Perth. Farrell Hall, 186 Gore St. E. Perth

## Music

**Peggy White**, Apr 3, 8PM. *Falling* CD release party. \$15 at MMMusicworks, The Groundz or the door. Almonte Old Town Hall

# APRIL 2010

## Friday

## Saturday

## Sunday

<p><b>Slam Series 2010</b>, Perth  <b>Live Music</b>, The Stone House  <b>Poetry Night</b>, Westport  <b>Open Mic</b>, The Downstairs Pub</p>	<p><b>Maplelicious Pancake Breakfast</b>, Lanark  <b>Easter Market</b>, Carp  <b>Poetry &amp; Pastries</b>, Westport  <b>Ben San Pedro</b>, The Cove  <b>Peggy White</b>, Almonte  <b>Live At The Gate</b>, St. James Gate  <b>Brock Zeman</b>, The Downstairs Pub</p>	<p><b>APEX Jazz Band</b>, The Royal Oak  <b>Semi-Acoustic Jam</b>, The Stone House  <b>Sunday Sessions</b>, Ballygiblin's</p>
<p><b>Pakenham Home Show</b>  <b>Jazz at the Swan</b>, The Swan at Carp  <b>Live Music</b>, The Stone House  <b>Vernissage</b>, Carleton Place  <b>Open Mic</b>, The Downstairs Pub</p>	<p><b>Pakenham Home Show</b>  <b>LAWS Craft Show &amp; Bazaar</b>, Smiths Falls  <b>Spirit of the Garden!</b>, Almonte  <b>Quilt &amp; Linen Show and Sale</b>, Pakenham  <b>Talk: Cleansing</b>, Carp  <b>Vine Rhymes</b>, Smiths Falls  <b>Ben San Pedro</b>, The Cove  <b>Corkery Road CD Launch</b>, Naismith Pub  <b>Live At The Gate</b>, St. James Gate  <b>Brothers Chaffey</b>, The Downstairs Pub</p>	<p><b>Pakenham Home Show</b>  <b>Valley Singles Club</b>, Almonte  <b>Children's Chinese Culture</b>, Smiths Falls  <b>Almonte Contra Dance</b>, Old Town Hall  <b>Naked in the House</b>, Almonte  <b>Magnolia Rhythm Kings</b>, The Royal Oak  <b>Andy J. Forest w/ Monkey Junk</b>, Neat  <b>Semi-Acoustic Jam</b>, The Stone House  <b>Spoken Word Plot</b>, Almonte  <b>Sunday Sessions</b>, Ballygiblin's  <b>Alex Cuba</b>, Neat</p>
<p><b>Mario Franco &amp; Son</b>, The Cove  <b>Live Music</b>, The Stone House  <b>Almonte Lecture Series</b>, Almonte  <b>Toronto All Star Big Band</b>, Perth  <b>The Righteous Tithe</b>, Perth  <b>Open Mic</b>, The Downstairs Pub</p>	<p><b>Bus Trip to Net Zero House Tour</b>  <b>Health &amp; Wellness Day</b>, Almonte  <b>Middleville Scrapmania</b>, Lanark  <b>1<sup>st</sup> Annual Eco-Fair</b>, Merrickville  <b>Empty Bowls Fundraiser</b>, Perth  <b>Old Tyme Music &amp; Archives</b>, Ferguson Falls  <b>Ben San Pedro</b>, The Cove  <b>The Best Dance Ever</b>, Farrell Hall  <b>Live At The Gate</b>, St. James Gate  <b>The Righteous Tithe</b>, Perth  <b>Kick</b>, The Downstairs Pub</p>	<p><b>Fulton's Fundraiser</b>, Pakenham  <b>Children's Chinese Culture</b>, Smiths Falls  <b>Traditional Song Circle</b>, Barley Mow  <b>APEX Jazz Band</b>, The Royal Oak  <b>Semi-Acoustic Jam</b>, The Stone House  <b>Sunday Sessions</b>, Ballygiblin's</p>
<p><b>Blues on the Rideau</b>, The Cove  <b>Jazz at the Swan</b>, The Swan at Carp  <b>Live Music</b>, The Stone House  <b>Maberly Quarterly Contra Dance</b>, Maberly  <b>RENT</b>, Perth  <b>High School Reunion, The Musical</b>, CP  <b>Veronica's Room</b>, Merrickville  <b>Open Mic</b>, The Downstairs Pub</p>	<p><b>Festival of the Maples</b>, Perth  <b>Environmental Fair</b>, Carleton Place  <b>Kids Clean-Up Day</b>, Almonte  <b>Adrianna Steele-Card</b>, Carleton Place  <b>High School Reunion, The Musical</b>, CP  <b>Blues on the Rideau</b>, The Cove  <b>Pipes &amp; Strings</b>, Maberly Hall  <b>Grand Opening Gala</b>, Smiths Falls  <b>Almonte in Concert</b>, Almonte  <b>Music On McLean Concert</b>, Perth  <b>Live At The Gate</b>, St. James Gate  <b>Veronica's Room</b>, Merrickville  <b>High School Reunion, The Musical</b>, CP  <b>RENT</b>, Perth  <b>Little Rock</b>, The Downstairs Pub</p>	<p><b>Children's Chinese Culture</b>, Smiths Falls  <b>Youth Auditions</b>, Carleton Place  <b>Veronica's Room</b>, Merrickville  <b>RENT</b>, Perth  <b>For The Beauty of the Earth</b>, Eganville  <b>Magnolia Rhythm Kings</b>, The Royal Oak  <b>Semi-Acoustic Jam</b>, The Stone House  <b>Sunday Sessions</b>, Ballygiblin's</p>
<p><b>Breakfast With Soul</b>, Almonte  <b>Kanata Artists Studio Tour</b>  <b>Mario Franco &amp; Son</b>, The Cove  <b>Live Music</b>, The Stone House  <b>Peter Pan</b>, Perth  <b>Joseph and the Amazing Technicolor Dreamcoat</b>, Almonte  <b>High School Reunion, The Musical</b>, CP  <b>RENT</b>, Perth  <b>Open Mic</b>, The Downstairs Pub</p>	<p><b>Community Yard Sale</b>, Almonte  <b>Kanata Artists Studio Tour</b>  <b>Annual Open House</b>, Carp  <b>Free Comic Book Day</b>, Carleton Place  <b>Songwriting w/ Ian Tamblyn</b>, Almonte  <b>Silver Creek</b>, Neat Coffee Shop  <b>Ben San Pedro</b>, The Cove  <b>Second Chances</b>, Stittsville  <b>Joseph and the Technicolor Dreamcoat</b>, Almonte  <b>Live At The Gate</b>, St. James Gate  <b>High School Reunion, The Musical</b>, CP  <b>RENT</b>, Perth  <b>Live Music at JR's</b>, The Downstairs Pub</p>	<p><b>Second Chances</b>, Stittsville  <b>Kanata Artists Studio Tour</b>  <b>Children's Chinese Culture</b>, Smiths Falls  <b>Fiddler's Friends</b>, Old Town Hall  <b>RENT</b>, Perth  <b>Joseph and the Amazing Technicolor Dreamcoat</b>, Almonte  <b>APEX Jazz Band</b>, The Royal Oak  <b>Second Chances</b>, Stittsville  <b>Semi-Acoustic Jam</b>, The Stone House  <b>Sunday Sessions</b>, Ballygiblin's</p>

**Traditional Song Circle**, Apr 18, 2-4PM. Come to sing or enjoy. Info at 256-7840. Barley Mow Pub, Almonte  
**Valdy**, Apr 21, 8PM. \$21.50 in advance from Shadowfax or \$25 at the door. Studio Theatre, Perth  
**Blues on the Rideau**, Apr 23 & 24, 7PM. Harmonica Shah w/ Jack deKeyzer & Band. \$55 dinner & show. www.choosetheblues.ca. The Cove, Westport, 273-3636  
**Maberly Quarterly - Contra Dance**, Apr 23, 7:30-11PM. w/Sheesham & Lotus. \$10 at door. 264-1993. Maberly Hall  
**Pipes & Strings**, Apr 24, 7PM. Tay Valley Community Choir & friends. By donation. Maberly Hall  
**Almonte in Concert**, Apr 24, 8PM. April in Paris. \$27 adult, \$14 student from Millers Tale or 253-3353. Almonte Old Town Hall  
**Music On McLean House Concert**, Apr 24, 8PM. With Andrew Smith. tenants@sympatico.ca or 267-7902. Perth

**For The Beauty of the Earth**, Apr 25, 3PM. Info: 649-2429, www.valleyfestival.ca. \$20; \$10 students; free for 12 & under. Grace Lutheran Church, Eganville  
**Scott Woods Band**, Apr 27, 7PM. \$20 adults, \$10 children, from Levi's Home Hardware or 256-2593. Almonte Civitan Hall  
**Songwriting w/ Ian Tamblyn**, May 1, 2-3:30PM. \$25. Register at 256-7464. Mississippi Mills Musicworks, Almonte  
**Fiddler's Friends**, May 2, 1PM. \$15 at Couples' Corner & The Miller's Tale. Info: 256-3786. Almonte Old Town Hall  
**Jazz at the Swan** (The Swan at Carp, Fall-down Lane, 839-7926) 7-10PM. Apr 9, 23  
**St. James Gate** (111 Bridge St., Carleton Place, 257-7530): Peter Brown Jazz Thur. (7-10PM), Live at the Gate Sat. (8-10PM). No cover.  
 Apr 3 Derek Favreau  
 Apr 10 Stephen MacDonald  
 Apr 17 Rachele Behrens  
 Apr 24 Cindy Doire

**The Downstairs Pub** at JR's (385 Ottawa St., Almonte, 256-2031) Fri. 9PM-no cover, Sat. live music at 9PM-\$4 cover.  
 Apr 2 Open Mic with Billy Armstrong  
 Apr 3 Brock Zeman  
 Apr 9 Open Mic with Kyle Spinks  
 Apr 10 Brothers Chaffey  
 Apr 16 Open Mic with Billy Armstrong  
 Apr 17 Kick  
 Apr 23 Open Mic with Kyle Spinks  
 Apr 24 Little Rock  
 Apr 30 Open Mic with Billy Armstrong  
**The Royal Oak** (329 March Rd. Kanata, 591-3895): jazz Sun. (3-6PM), no cover.  
 Apr 4, 18 APEX Jazz Band  
 Apr 11, 25 Magnolia Rhythm Kings  
**The Stone House Bar & Grill** (3740 Carp Rd., Carp, 839-1091), Whiskey Mike Thur. (7-11PM), Live Music Fri. (7-11PM); semi-acoustic jam Sun. (5-10PM).  
**The Cove** (2 Bedford St., Westport, 273-3636); Apr 3, 10, 17 Ben San Pedro w Terry Cowan  
 Apr 16, 30 Mario Franco & Son

**The Barley Mow** (79 Little Bridge St., Almonte, 256-5669): Terry Tufts Thur. (8-11PM).  
**Ballygiblin's Restaurant & Pub** (151 Bridge Street, Carleton Place, 253-7400):  
**CP Celtic Jam** Wed. (7:30-10PM), davidh@rogers.com, no cover; Peter Brown, Roger Plant & Friends Sun. (8-11PM)  
**Neat Coffee Shop** (1715 Calabogie Rd., Burnstown, 433-3205) call for prices & times  
 Apr 8, 11 Andy J. Forest w Monkey Junk  
 Apr 11 Alex Cuba  
 Apr 24 JW-Jones  
**Heirloom Café** (7 Mill St., Almonte, 256-9653): Live Music Wed. (8-11PM).  
 Apr. 7 Ric Denis w Mississippi Jug Stompers  
 Apr. 21 Angele Desjardins and band

**Community Maplelicious Pancake Breakfast**, Apr 3, 7-11AM. With baked beans, local maple syrup & coffee. \$8, children 10 & under free. Middleville Community Centre

**Easter Market**, Apr 3, 8AM-2PM. at the Carp Farmers' Market. Carp Fair Grounds  
**Green Drinks**, Apr 6, 5:30-7:30PM. www.green Drinks.org. The Crown Pub, 71 Foster St. Perth 267-4500  
**Pakenham Home Show**, Fri Apr 9, 6-9PM. Sat 9AM-8PM, Sun 10AM-4PM. 60+ exhibits, prizes, music. \$3. 256-1077 or www.mississippimills.ca. Stewart Community Centre and Pakenham Public School, Pakenham  
**LAWS Craft Show & Bazaar**, Apr 10, 9AM-2PM. Lanark Animal Welfare Society fundraiser. Info: 275-2501, lbell7@sympatico.ca. Smiths Falls Legion  
**Spirit of the Garden!**, Apr 10, 10AM-4PM. \$10 adults, \$5 youth. Info: 256-1934, Almonte United Church, 106 Elgin St.  
**Talk: Cleansing**, Apr 10, 1PM. Katherine Willow, ND. Healing House tour. www.ecowellness.com. 2386 Thomas Dolan Pkwy, Carp  
**Valley Singles Club**, Apr 11, 12:30-2:30PM. Singles brunch, all welcome. Register at 256-8117. JR's Restaurant, Almonte  
**Mayan Code Study Group**, Apr 12, 8:30-10:30AM. www.lillywhite.ca. 237 Christian St. Almonte, 256-0216  
**Art of Being Green AGM**, Apr 12, 7PM. 256-9424, <green@artofbeinggreen.ca>. Middleville Community Centre  
**Women's Business Group**, Apr 13, 7:30-8:30AM. www.wbgroup.ca. Carleton Heritage Inn, 7 Bridge St. Carleton Place  
**Westport Spring Fashion Show**, Apr 14, 12-2PM. \$20 incl lunch, dessert, donation to the Children's Wish Foundation. The Cove, 2 Bedford St. Westport  
**Climate Change Talk**, Apr 15, 6:30PM. Impact of climate change on forests of eastern ON. Free. Perth Swimming Pool meeting room, Wilson St./Sunset Blvd.  
**Almonte Lecture Series**, Apr 16, 7:30PM. 'Waste Management Alternatives' w/ Paul van Geel. Free. Almonte United Church  
**Bus Trip to Net Zero House Tour**, Apr 17, 8AM-5PM. To Hudson, QC. \$50 incl bus, tour, snacks. Reserve at 278-0816, jefi@sympatico.ca. Stops in Perth & CP.  
**Health & Wellness Day**, Apr 17, 9AM-4PM. Speakers and info on health topics. Q&A w doctors. Donations accepted. Holy Name of Mary School, 110 Paterson St. Almonte  
**Middleville Scrapmania**, Apr 17, 9AM-9PM. Demos, displays, door prizes, grab bags, supper. \$40. Register at 259-2151, karin@moose.ca. Middleville Community Centre  
**1st Annual Eco-Fair**, Apr 17, 10AM-4PM. Vendors, exhibitors, presentations. Free admission. Merrickville Community Centre  
**Empty Bowls Fundraiser**, Apr 17, 11AM-2PM. \$20 donation for a hand-crafted bowl with stew. Supports the children of Haiti & local programs. Foodsmiths, Perth  
**Fulton's Fundraiser**, Apr 18, 10AM-2PM. Silent auction, clowns, face-painting, horse-drawn wagon rides. www.fultons.ca. Fulton's Pancake House, Pakenham, 256-3867  
**Clean and Green Mississippi Mills**, Apr 19-25: Pitch In & Arbour Week. Info at 256-1077. Mississippi Mills  
**Festival of the Maples**, Apr 24, 8:30AM-4PM. Maple products & taffy, music, petting zoo, used books (for LAWS). Info: 267-3200 or www.perthchamber.com. Perth  
**Environmental Fair**, Apr 24, 9AM-3PM. Local businesses, service providers & community groups. Free. Kids' activities. Carleton Place Arena, 75 Neelin St.  
**Ladies' Night**, Apr 26, 6:30-9PM. Donation to food bank. Code's Mill Inn, Perth  
**Almonte Horticultural Meeting**, Apr 26, 7:30-9:30PM. Non-members \$2. Cornerstone Community Church, Almonte, 256-4995  
**The Great Fire of 1870**, Apr 28, 7:30PM. Historic talk presented by Terry Currie. North Lanark Regional Museum, 647 River Rd. Appleton 257-8503  
**Breakfast With Soul**, Apr 30, 8-9AM. Open discussion facilitated by Lilly White. \$5, register at 256-0216. White Light, Almonte

# Asleep At The Wheel

We've all experienced that feeling: the sudden realization that you are getting off the highway with no memory of the last few minutes or more. You could have merged, changed lanes, all while completely on autopilot. How is that even possible?! Were you possessed by the soul of someone who wanted "just... one... more... drive...?" Abduct-

by Rona Fraser

ed by aliens? Hypnotized?! You tell yourself that your senses were so very acutely focused on driving — careful, conscientious driver that you are — that the rest of your brain simply shut down. Interesting theory, but your mind was more likely busy with other things. Multi-tasking again.

Perhaps you were deciding what to make for supper and whether it necessitated a grocery stop, replaying an earlier discussion (inserting insightful comments you *should* have said), or maybe running through various ways to confront your friend regarding her serious chocolate addiction (it's not an addiction, it's a "relationship"). Many of us

**E**ven writing this, now, I am completely in my head. But after writing "ENJOYING THE MOMENT", well, I had to stop and think. It was in AllCaps, after all, and everybody knows you cannot ignore things written in AllCaps.

have even had the experience of being so deep in thought that we have missed our exit or bus stop. Hell, I have even driven by my own street, after living on it for four years! Yes, that did make me worry, but I think a particularly good song was playing at the time... perhaps I was focused on harmonizing?

Another way we drive mindlessly is when we offer a friend a lift and then find ourselves automatically driving to our own house. We are so easily distracted!

Anyways, my point is that on the road of life we often have a similar experience, suddenly waking up to wonder how we got here and often not sure that "here" is where we really ought to be.

## Apr 1: Check cal. up-to-date

Our lives are so busy these days that our minds are constantly sorting through the past and planning the future — they never stop! We are so active, with work, sports, hobbies, family, friends, doctors' appointments. We have agendas and Microsoft Outlook and Blackberrys

and sticker-coded family activity wall calendars. Well OK, I myself only have Outlook, but I have my personal colour-coded Outlook calendar on my laptop and my code-numbered/colour-coded work calendar for my boss (yes, I have issues).

## 10PM: Mtg w/husband (home)

I see two problems with our efficient scheduling. Well, at least two. One is that most people only enter those appointments that occur at a specific time (obviously). What about the tasks that we need to get done, but can be fit into our schedule "at any time": cleaning our homes, reading the magazine we subscribe to but never sit down with, hemming that pair of pants we bought last winter, sorting through our "to file" pile... These tasks may not make it to our schedule until right before visitors are coming or someone asks to borrow the magazine, but our lives would likely feel more comfortable (less stressful) if we found time for them.

The second and perhaps more insidious result of our efficient scheduling is that what should be our most important "task"

usually does not appear in our daily planners at all. I mean, some people might argue that this task is the reason we were put on this earth... and yet we often find ourselves with little or no time for it. Even when our partners suggest it, on the spur of the moment, we will often be too busy or too tired to want to do it. Sometimes we even seem to forget *how* to do it!! No, not *that*... though some people don't make much room for that in their day either... I'm talking about ENJOYING THE MOMENT.

## 9AM: Take deep breath

I don't know about you, but I am often so preoccupied with preparing for the future that I forget to simply enjoy the present moment. Even writing this, now, I am completely in my head. But after writing "enjoying the moment", well, I had to stop and think. It was in AllCaps, after all, and everybody knows you cannot ignore things written in AllCaps. So I stop and look at my surroundings. It is a beautiful, peaceful morning. The sun is shining through my kitchen win-

dow onto my comfy couch, my cat has gone back to bed (hence the "peace"), it is a lazy Sunday which I have actually managed to keep commitment-free (OK, it is Valentine's Day and I am single — still... cup half-full, ya know...), and I am enjoying sharing my thoughts with you. Life is good. Suddenly my body takes a deep breath and I realize that, wonder of wonders, I have just relaxed a little... content with my surroundings and my day and my life.

## But it isn't in my daytimer!?

OK, so how do we enjoy the moment? This may seem obvious to some and not to others. Hmm. Better do what I usually do when faced with an important or deep or medical or inconsequential question: Google it. As usual, the world wide web presented some helpful information.

Lionel Ketchian, founder of The Happiness Club <www.happinessclub.com>, quotes an old Chinese proverb: "Life itself cannot give you joy unless you really will it. Life just gives you time and space — it's up to you to fill it." Now, much as I do *not* think this sounds like an actual Chinese proverb (especially as it rhymes in English), it *does* make sense. When we come into this world, we are given life, a body, some hope, and time stretching out in front of us. Whether we live a joy-filled life or one of misery all depends on how we exist in the present moment. Lionel may sound a bit goofy (and repetitive), but I *do* like the point he makes. "Take a moment to be in the moment. The next moment is waiting for you to enjoy. Only when you enjoy this moment will you know why it is called the PRESENT. Enjoy your PRESENT, it contains JOY." So stop for a second and look around you. You are having a GREAT moment right this second! After all, you are reading *theHumm!*

## 4PM: Smell roses

Lionel was Google's top suggestion. Number two led to the 43 Things website <www.43things.com>. If you've not yet visited it, it is well worth a look (or perhaps don't bother and I will tell you about it another time). One of the "Things" that Maya Solyh set as a goal was "enjoy the moment", and one of the realizations that helped her reach her goal was this: "I only can do one thing at once, so I might as well do it with full effort, intention and attention, and fully experience that thing I am doing. It is so simple. Just be

with what is. Not with what will, should, could, must."

Out of all the stress-reduction methods I have tried, enjoying the moment is the easiest and most effective one I have ever experienced. I still forget about it for often long periods of time. Then I will stop and look around, actually noticing my surroundings and paying attention to how my body feels, how my mind feels... and I will feel

my shoulders soften, my body seeming to sigh with relief. It is as if, after struggling constantly to move upstream (or simply to keep from being swept downstream), it realizes that it is OK to just float... there is no need to struggle... all is as it should be... all is fine.

— Comments welcome at <rona@thehummm.com> ...if you find time in your schedule.

## Art of Being Green Projects

presents

# Alstonvale Net Zero House Tour

A guided visit and tour of this environmentally friendly **Net Zero House**. This demonstration house was built and designed by Team Montreal Zero that specializes in building custom-designed homes that are as energy-efficient as they are marketable and affordable. The team is led by Sevag Pogharian Design and Sevag will be our guide to this milestone in the Canadian home building landscape.

## Saturday, April 17

Leave your car at home and join your friends for a bus tour to Hudson, Quebec to view the Alstonvale Net Zero house as it nears completion.

### Schedule:

- Bus Pick Up in Perth at 8AM
- Bus Pick Up in Carleton Place at 8:30AM
- Guided House Tour from 11–12:30PM
- Lunch on your own from 12:30PM to 2:30PM with time to visit the shops in the community
- Return to Carleton Place at 4:30PM
- Return to Perth at 5PM

**\$50.00 per person (includes GST)**

To Reserve your space on the bus, contact Judy Fisk at 613-278-0816 or jefi@sympatico.ca

# MARTIAL ARTS

## Almonte Taekwon-Do SPRING SPECIAL!!

3-Month Beginner Course!  
In the Korean Martial Art of Taekwon-Do



**\$89\***

(FREE uniform included)

Classes for Children, Teens, Adults & Families

\*(Special Offer expires April 20/2010)

Applies to first 20 new students only

Contact us for more information

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

613-256-6197

# Grievous Angel: The Legend of Gram Parsons

*Grievous Angel: The Legend of Gram Parsons* is a theatrical concert about the original cosmic cowboy, who lived fast, died young and left a charred corpse. The creative force behind some of the most important recordings of the late 60s and early 70s, Parsons pioneered country rock with The Byrds' *Sweetheart of the Rodeo*, schooled the Rolling Stones in American roots music, created The Flying Burrito Brothers and recorded two classic solo albums, *GP* and *Grievous Angel*, with his musical protégé, Emmylou Harris.

He never had a hit record and never became a star in his lifetime, but Parsons is today hailed as a patron saint of alt-country and Americana. His influence is acknowledged by artists as disparate as Keith Richards, Elvis Costello, Steve Earle, Norah Jones, Beck, Tom Petty, Ryan Adams, Wilco, Lucinda Williams, Dwight Yoakam, REM and the Black Crowes. In 2004, Rolling Stone ranked him #87 on their list of the 100 Most Influential Artists of All Time. Gram has been the subject of five biographies, four tribute albums and a documentary film, *Fallen Angel*.

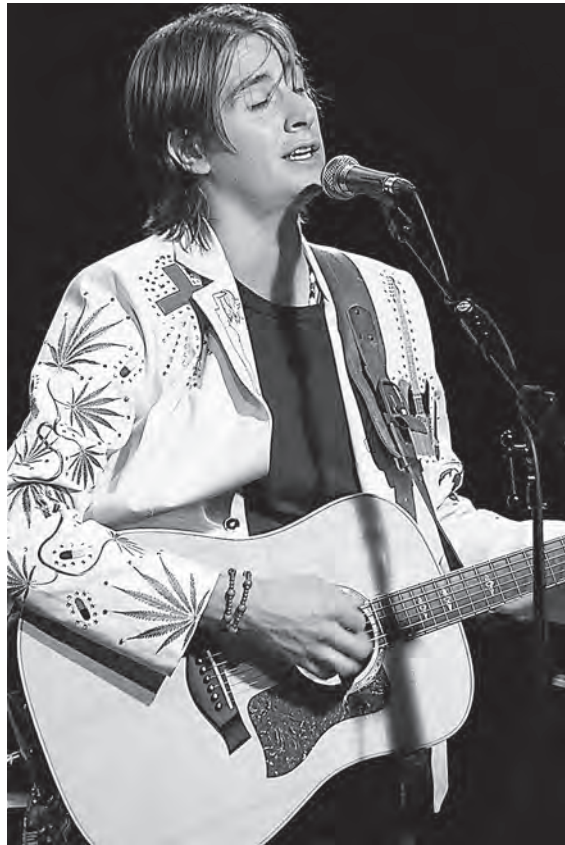
Parsons was born into a southern gothic tragedy straight out of Tennessee Williams — his family owned 18,000 acres of Florida orange groves, and they had all the infidelity, addiction, self-destruction and insanity money could buy. His father, "Coon Dog" Connor, committed suicide when Gram was twelve years old. His mother drank herself to death five years later. Gram's stepfather, Bob Parsons, had his younger sister Avis committed to a mental institution. She was later killed in a boat crash. Bob died of cirrhosis of the liver.

As for Gram, his extraordinary talent, great looks, charisma and heartbreaking voice ultimately took a back seat to a morbid compulsion to go out, like his hero Hank Williams, in a haze of glory. On Sept. 19, 1973, in a cheap motel on the edge of the Mojave Desert, Parsons overdosed on morphine and tequila. He was 26. But in death, his tale took another bizarre turn when his road manager, Phil Kaufman, stole his body

from the Los Angeles airport, took it to the desert and burned it. A rock legend was born.

*Grievous Angel: The Legend of Gram Parsons*, stars Anders Drerup as Gram and Kelly Prescott as Emmylou Harris. Featured musicians include Al Bragg, Chris Breitner, Darwin Demers and Tom Martel, with music by Gram Parsons, the Rolling Stones, Hank Williams, the Louvin Brothers, Chris Hillman, Chris Etheridge, Merle Haggard, Bob Dylan, Dan Penn, Elvis Presley, Ric Grech and Bob Buchanan.

The show was inspired by Michael Bate's March 1973 interview with the doomed singer in Boston. It was Parsons' last recorded conversation. The theatrical concert is produced and directed by Michael Bate, and comes to the Almonte Old Town Hall on Saturday, April 17 at 8PM.



## Almonte's Own Emmylou

As noted above, the part of Emmylou Harris is played by Almonte native Kelly Prescott. Her career has recently kicked into high gear with the release of *Prescott*, the debut album by Kelly and her brother Kaylen, which resulted in solid airplay, an appearance at Ottawa's Bluesfest, and shows across Canada. Kelly and Anders Drerup have performed at the Ottawa Bluesfest, the NAC fourth stage and The Blacksheep, and plans are underway to take *Grievous Angel* even further, so be sure to grab your tickets for this performance!

Kelly was kind enough to answer a few questions about her role in *Grievous Angel*.

**theHumm: How did you become involved with this project?**

Kelly Prescott: Kaylen and I had our CD release in Ottawa, and Michael Bate was in the crowd. I remember my Dad saying something along the lines of "No pressure, but you might want to put on a really good show tonight, Kelly." Ha. No pressure indeed. After the show Michael asked me to come by and try singing a few tunes with Anders (his way of saying "audition", I suppose). I think the first song we tried was *Love Hurts*, and that was all it took.

**It must be both a challenge and a thrill to play an icon like Emmylou Harris. How did you prepare for the part?**

It's been such an incredible challenge. Emmylou has been one of my biggest influences, so I was flattered just to be considered for the part. She is one-of-a-kind, so it's tough to try to emulate her. I'm trying to stay as true as I can to who I think Emmylou is, and hopefully that is coming across the way I want it to.

**Tell me a bit about the other musicians who are involved.**

These guys are solid. Working with them really keeps me on my toes. I've learned more songs this past year than I ever thought possible. Anders Drerup (Gram Parsons) is such a phenomenal talent — singing with him has kind of brought me to a whole new level. I'm so used to singing with

family, so this has been a really interesting challenge for me. Every show the vocals get tighter, and following him gets a little easier. We've grown so much together just in the last year, so if this continues it will be interesting to see what it sounds like a few years down the road.

**Michael Bate certainly seems to have a passion for telling this story. How has his personal connection to Gram Parsons influenced this show?**

Michael's love for Gram and his music has kind of rubbed off on all of us. This isn't just a quick idea he came up with one day, thinking: "Oh hey, yeah Gram's good, this might be fun." He's had this project in the back



Don't miss this "theatrical concert" about Gram Parsons, featuring Almonte's Kelly Prescott (above) as Emmylou Harris and Anders Drerup (left) as Parsons. They have already performed *Grievous Angel* at the NAC 4<sup>th</sup> Stage, and will bring it to the Almonte Old Town Hall on April 17.

of his head for a long time, and I think that comes across in the script. The fact that Michael is so passionate makes us all want to work a little harder and strive to put on the best show we can. It's pretty amazing to work with someone who has such a clear vision of what he wants.

Tickets to the April 17 performance of *Grievous Angel* at the Almonte Old Town Hall are \$25, and are available at The Miller's Tale (256-9090) or at the door. Visit the show's website, <legendofgramparsons.com> for more information.

*Knitting Yarns & Patterns*  
*Groceries ~ Giftware*  
*Village Treats ~ Local Cheeses*

**613-257-2296**  
 8981 Flewellyn Road - Ashton Ont.  
[www.theashtonstore.ca](http://www.theashtonstore.ca)

*Fresh Coffee - Muffins - Sandwiches - Snacks - Ice Cream - Drinks*

## For Sale

Well established boutique in downtown Almonte. Ready for new owner, as original owner is relocating soon. Please call (613) 256-0035, 304-3598, or 256-0981 and ask for Victoria.

**DESIGN BY DESTINATION**

**The Herb Garden & Savoury Pursuits**  
 once again present the popular  
**Mother's Day Herbal Brunch**  
 on Sunday, May 9

**A sell-out for 6 years!**  
**Don't be disappointed this year - book now!**

3840 OLD ALMONTE ROAD  
 613-256-0228  
[WWW.HERBGARDEN.ON.CA](http://WWW.HERBGARDEN.ON.CA)

## Riverstones Gallery

Burnstown

### watercolour classes

with Karen Phillips Curran

613 432-8081  
[karen@riverstones.ca](mailto:karen@riverstones.ca)

# Oh My God — The Movie

In every corner of the world, there is one question that can never be definitively answered, yet stirs up equal parts passion, curiosity, self-reflection and often wild imagination: "What is God?" Hay House is proud to announce the release of their response in the form of an award-winning film by Peter Rodger, *Oh My God*.

Rodger explores this profound, age-old query in his provocative nonfiction feature film. Frustrated with religious turmoil, fanaticism, and fundamentalism, he set out on a global quest to understand why the concept of God has become politicized.

The result is a stunningly beautiful piece of work that focuses on inviting faces and

personalities who are a touching reminder of the melting pot that we call humanity... and the mystery that we have given many names. The film features interviews with such familiar names as Hugh Jackman, Seal, Ringo Starr, Sir Bob Geldof, HRH Princess Michael of Kent, David Copperfield, Dr. John F. Demartini, Jack Thompson, and more. A significant portion of any proceeds generated by this film will be donated to world charities.

This movie will be screened in Almonte at White Light Retreat (237 Christian St., at the corner of Almonte St.) on Monday, April 19 at 7PM, followed by an open discussion. The cost is \$10, and all are welcome to attend.

## Volunteer Hospice Visiting Service

Wanted: caring volunteers to offer companionship and support to people living with life-threatening illnesses, the dying and the bereaved.

Hospice palliative care volunteers are needed in the Perth, Lanark, Smiths Falls, Carleton Place and Almonte areas and throughout Lanark County. The Volunteer Hospice Visiting Service is a program offered by Community Home Support Lanark County. It is a community outreach service in which trained volunteers provide companionship and practical support to persons living with a life threatening illness, the dying and the bereaved. Opportuni-

ties for volunteers include home and hospital visiting; overnight sitting; grief and bereavement support; fundraising; education; and, in the future, volunteering at a weekly day hospice program.

The experience of volunteering with Hospice is both rewarding and challenging. All volunteers must successfully complete a free 36-hour training program. If you are interested in hospice palliative care and have a few hours a week to spare, please consider joining our program.

To register or obtain further information, please contact Rebecca Bowie at 267-6400, ext. 28 or at <rebeccab@chslc.ca>.



*White Light*  
AROUND THE WORLD AND THROUGHOUT TIME, ONE QUESTION ENDURES.

1 FILMMAKER.  
23 COUNTRIES.  
1 QUESTION: WHAT IS GOD?

**Monday  
April 19**  
7-10PM  
open discussion  
9-10PM

**\$10.00**

**OHMY  
GOD**  
A FILM BY PETER RODGER

237 Christian St., Almonte

Pageful of Poetry

## Shout It Out Loud

April is National Poetry Month. If you are in Lanark County this month and looking for poetry, you won't have to look very hard. Maybe your child will be taking a slam poetry class in Pakenham. Or perhaps you'll be rocking out to The Fugitives, a spoken word/music crossover project in

by Danielle Grégoire

Carleton Place. You could get up on the mic at the Spoken Word Plot or enjoy themed poetic introductions at *Spirit of the Garden* in Almonte. If you're in Perth, you may even be on stage, slamming at the Factory Grind. When you're in the Ottawa Valley, poetry is everywhere, and April is the month to celebrate that.

On Friday, April 2, at 6:30PM, head down to the Factory Grind in Perth to participate in the poetry series that has everyone slamming. The **Lanark County Live Poets Society** (LiPS) is looking for adventurous souls to take the stage and compete for a spot on the team that will represent Lanark County at the Canadian Festival of Spoken Word, to be held in Ottawa this October. \$5 for audience members and free for performing poets.

On Saturday, April 10, if you have a love of gardening and words, you'll want to check out **Spirit of the Garden!** to get great green thumb advice and be exposed to related poetic tidbits. If the spirit moves you, head down to the Almonte United Church between 10AM and 4PM. Admission is \$10 for adults; \$5 for youth.

On Sunday, April 11 at 6PM, catch Nadine Thornhill and Jessica Ruano at the **Spoken Word Plot**, held at JR's Downstairs Pub in Almonte. Both feisty and thoughtful, these poetesses bring their personal stories to the stage with an adorkable elegance and a hint of mischief. Nadine Thornhill is an award winning playwright (*The Wedding Night* and *Oreo*) and actor. By day, she is the program co-ordinator for Planned Parenthood's Insight Theatre. She was the feature poet at Voices of Venus this past January, and she writes the sex-advice column "Dirty Laundry" for *Apartment 613*. Jessica Ruano is a writer of press releases, newspaper articles, brochures, romantic emails, academic papers, and — occa-

sionally — of short stories and poetry. She was the feature poet at Voices of Venus in July 2009, then at the Newstalgica Series in October. She also has a soft spot for haiku. If you know someone who has been aching to take to the stage, bring them. The open mic theme for this month's show is "the beginning of your poetry". Poets are encouraged to bring old and new pieces that represent the evolution of their writing style. Tickets are \$5 at the door and free for performers.

On Tuesday, April 13, **The Fugitives** will be visiting a school near you and then bringing their exceptional talents to the stage at Carleton Place's CP Cinemas

it's over. Get advance tickets for only \$10 before they sell out by contacting Ernie at 452-0054.

As you might be able to tell, April is a month dear to my heart. It is the month I begin my poetry workshops, which are funded by the Young Awards initiative, and I will be exposing every child at the Pakenham Elementary School to slam poetry, and hoping to inspire a love of words at every level. For me, poetry is a way to share what you love, what irks you, or what interests you, with the world. It helps us connect with one another. Poetry is more than similes, rhyme, alliteration and structure. It is the voice inside of us and it is the world around us. I love that Lanark County is a place where poetry shines. Maybe I'll see you out, and don't be afraid to get up and speak your mind, if that's what you've been wanting. All the artists who have come through to perform on our stages have commented on how supportive and friendly we are out here. April is waiting for you, and your poetry. If you have a poetic or literary event happening and want to be a part of Pageful of Poetry, contact <danielle.gregoire@hotmail.com>.



On April 13, **The Fugitives** will bring their exceptional talents to the CP Cinemas at 7PM. A group of multi-instrumentalists, songwriters, poets and novelists, they've won individual accolades as diverse as the Canadian SLAM poetry championship, CBC poet laureate, and a place in the Peak Performance songwriting series.

At 7PM, The Fugitives combine the talents of Vancouver artists Adrian Glynn, Barbara Adler, Brendan McLeod, and Steve Charles. A group of multi-instrumentalists, songwriters, poets and novelists, each with their own burgeoning solo career, they've won individual accolades as diverse as the Canadian SLAM poetry championship, CBC poet laureate, and a place in the Peak Performance songwriting series. But their primary focus lies in banding together to integrate their sensibilities into a dynamic mix of modern folk. They are something you have to see live to understand. They'll have you shouting and stomping, and craving more poetry once

### Poetry Month Double Header at Read's

In honour of Poetry Month, Read's Book Shop (130 Lansdowne Avenue, Carleton Place) will host two poetry events on the evening of Thursday, April 29. Black Moss Press publisher and poet Marty Gervais and a gang of Black Moss poets will host a "blue pencil writing workshop" from 7:30-8:30. Interested participants may pre-register at Read's (257-7323) for an hour of one-on-one feedback on poems that have long sat in the dresser drawer or back seat of the car. Now's the time to approach a published poet in the cozy upstairs workroom of Read's Book Shop. A round-robin of poetry readings (8:30-9:30) downstairs will feature Marty Gervais, John B. Lee, Marilyn Gear Pilling, Roger Bell, Bruce Meyer, Mary Ann Mulhern and Betsy Struthers, joined by Ottawa poets Susan McMaster, Ronnie R. Brown and Terry Ann Carter. Poetry books may be purchased at this free event.

# Restructuring the Art of Being Green

For the past six years, the Art of Being Green Festival has been an important and relevant summer event in Eastern Ontario. Originally conceived as a new summer event to enhance tourism visits to Lanark Highlands, the event has grown in popularity and in the past several years has attracted exhibitors, speakers and visitors from across Ontario. An economic impact study conducted in 2009 by Enigma Research concluded that the festival generated a Gross Domestic Product (GDP) of almost \$49,000 in Lanark County, with spending in the community by festival visitors of \$98,363.

In order to ensure the long term sustainability of the Art of Being Green Festival, and with the agreement of the

municipality, the organizing committee undertook the process of incorporation in late 2008. The organization received incorporated status as the **Art of Being Green Projects** in August of last year. The Art of Being Green Projects is a stand-alone, not-for-profit corporation run by volunteers. The corporation will operate year-round with a variety of environmental and energy-focused workshops and other activities as well as the well-known summer festival. They have applied for charitable status and are awaiting the completion of that process.

Major restructuring procedures are now underway. The development of a long-term plan as well as operating policies and procedures has taken a priority

role over the past nine months. These planning procedures, as well as fundraising, need to take priority within volunteer efforts at the present time. As a result, the Art of Being Green volunteer planning committee has made the difficult decision not to hold the regular July weekend festival in 2010. Instead, they are in the midst of planning an end-of-summer event on August 27 and 28, which will include a component called "Fiddling at the Fairgrounds", as well as an al fresco 100-mile lunch, family entertainment and environmental activities. Watch [www.artofbeinggreen.ca](http://www.artofbeinggreen.ca) and the media for more details of this event in the weeks to come.

In the meantime, organizers continue to hold workshops and smaller projects throughout the year, and a calendar of events is available on the website. The full Art of Being Green summer festival will return in July 2011 at the Middleville Fairgrounds as a stronger, fully sustainable event, and looks forward to welcoming back all partners, visitors, and exhibitors at that time.

The Art of Being Green Projects appreciates all the support and enthusiasm shown by various participants over the past six years. With this new phase of operation, they plan to provide ongoing year-round opportunities to promote environmental initiatives and sustainable practices with all of their partners. If anyone has ideas for workshops, events, or partnering opportunities for consideration by the Art of Being Green Projects,



please contact them at [green@artofbeinggreen.ca](mailto:green@artofbeinggreen.ca).

## AOBG AGM

The first annual general meeting for Art of Being Green Projects will be held on Monday, April 12, at 7PM at the Middleville Community Centre on Wolf Grove Road, and is open to the general public. The agenda includes a review of the corporation's activities for the past year, the presentation of By-Law Number 1, a financial report, and the election of the Board of Directors for the coming year. Anyone wishing to become a member with voting rights at the AGM can do so by signing in at the meeting. Members must be eighteen years or over and must be present to exercise a vote.

For further information, please contact Interim President, Roberta (Bobby) Clarke at [green@artofbeinggreen.ca](mailto:green@artofbeinggreen.ca) or 256-9424.

## Youth Got Talent!

The Ottawa Valley Talent Foundation (a not-for-profit organization) presents the 1<sup>st</sup> annual **Ottawa Valley Youth Talent Show** at Lambs Down Park Festival, in Carleton Place on Saturday, June 12. Contestants must be 18 years of age or under as of August 2, 2010. The competition is open to amateur acts only! The top three winners in each category will be awarded prizes. Categories include music, dance & variety (other arts). The Foundation has held three audition dates so far, and all have been a huge success.

### Last-Chance Auditions

The last audition date is scheduled for Sunday, April 25 at the Royal Canadian Legion in Carleton Place, 177 George St., from 1-4PM. If you or your business would like to donate any prizes or gift certificates, we will include you in our sponsor list, post your name or logo on our website & thank you continuously through out the show. For more information, to register or to donate prizes, please contact Lisa at [srcmusiclessons@bellnet.ca](mailto:srcmusiclessons@bellnet.ca) or 256-3435.

**GRIEVOUS ANGEL**  
THE LEGEND OF GRAM PARSONS

Starring Kelly Prescott as Emmylou Harris  
and Anders Drerup as Gram Parsons

**Saturday, April 17<sup>th</sup> 8PM**  
**Almonte Old Town Hall**

Tickets: \$25 at the door or in advance from  
The Miller's Tale in Almonte, 613-256-9090

A presentation by Hickory Wind Productions  
[www.legendofgramparsons.com](http://www.legendofgramparsons.com)

**VOICES FOR AFRICA**

PRESENTING  
**VOICES OF PRAISE**  
Ottawa's funky gospel music sensation!

**Saturday**  
**May 8**

**Silent Auction at 6PM**  
**Performance at 7PM**

**Almonte United Church • 106 Elgin St.**

**Tickets: \$25**  
or \$20 for 18 and under  
Available at  
Baker Bob's in Almonte  
or by calling 256-1355

For information contact  
AUC Office 256-1355 or  
Gaye Bennett 256-1122

Proceeds donated equally to





# Theatre News Abounds

A fairly active theatre month in our area kicks off on April 16 and 17 at 8PM, when the **New Ottawa Repertory Theatre** brings a taut political drama by the Ottawa award-winning playwright Doug Phillips to the stage of Perth's Studio Theatre. *Righteous Tithe* tells the tale of what was supposed to be a dream vacation, but turns into

by Ian Doig

a nightmare, when a couple is stopped at the US border and caught up in a political game, unsure if they are the threat or the threatened. Advance tickets are \$18 at Shadowfax and The Book Nook, or \$20 at the door.

To say the least, the weekend of the 22<sup>nd</sup> to 25<sup>th</sup> is going to be a busy one in our area! It starts off with **Theatre Night in Merrickville's** spring production: Ira Levin's classic gothic mystery thriller, *Veronica's Room*. Into this room is thrust young Susan, who finds herself trapped in a world where the line between fantasy and reality is blurred. Her innocent attempts to help an elderly couple and a dying woman turn into a nightmare of unexpected twists and turns. This is a wonderful piece of theatre that will have you sitting on the edge of your seat for the entire evening. You are invited to enter

*Veronica's Room* on April 22, 23, 24, at 8PM or on April 25 at 2PM at the Merrickville Community Centre. For further information please call 269-3424 or visit <[www.merrickvilletheatre.org](http://www.merrickvilletheatre.org)>.

Also opening on the 22<sup>nd</sup>, and continuing on April 23, 24, 29, 30 and May 1 at 8PM, and on April 25 and May 2 at 2PM, is the **Orion Theatre Company's** production of Jonathon Larson's Pulitzer Prize winning musical *RENT*. The venue is the Myriad Centre for the Arts (in the Old Perth Shoe Factory, 1 Sherbrooke Street, Perth). Tickets are \$25 (taxes included) or \$15 for opening night. There is limited reserved seating, so please phone ahead (267-9610) with a credit card. Patrons are advised that the production contains strong language and mature themes, and is not recommended for children.

On the same weekend, **The Mississippi Mudds** come to the stage with another of their patented original musical reviews. This time it is *High School Reunion, The Musical*, written by Jeannie Bright and featuring songs from the 50s and 60s. Show dates are April 23, 24, 30 and May 1 at the Carleton Place Town Hall. Call Don (253-1571) for more information, or visit or call the Information Centre, Gallery and Gift Shop at the Old CPR Station in Carleton Place (257-2031).

And now for a very special event indeed: **The Smiths Falls Community Theatre** is pleased to announce the Grand Opening Gala at their brand new Smiths Falls Station Theatre at 63 Victoria Avenue (corner of Daniel Street)! Festivities are scheduled for Saturday, April 24, from 7-11PM. The evening will be a black tie event with hors d'oeuvres, wine or beer, and entertainment. Tickets for the evening are \$100, with a tax receipt available for part of the cost. For tickets, please call Karen at 283-0676. Congratulations to the SFCT — it has been a long, hard grind. Well done!

Grade 4 to 8 students of **The Stewart School** in Perth are presenting a production of the Broadway musical *Peter Pan*, adapted from the much-loved children's story by Sir James M. Barrie. Performances will be on Thursday and Friday, April 29 and 30, at 7PM, in the Stewart School gymnasium/auditorium, 7 Sunset Boulevard, Perth. Tickets are available at the door only.

Then, as a heads-up for the merry month of May, Dame Agatha Christie's classic murder mystery *The Mousetrap* comes to the **Studio Theatre** in Perth. Show dates are May 20, 21, 22, 28, 29 at 8PM and May 23, 30 at 2PM. More about this next month, but call 267-SHOW or visit <[perthentertainmentnow.net](http://perthentertainmentnow.net)> for more information.

## Falling for Peggy White

The CD Release concert for *Falling*, the latest musical creation from Peggy White, will take place on April 3 at 8PM in the Almonte Old Town Hall.

In her new CD, Peggy lays her heart out on the table with songs that reflect both her memories and her future. Working with producer and engineer Ken Friesen, Peggy takes you on a journey through her musical roots, and into her own unique style. *Falling* features the heart-felt memories of being alone in *This Lonely Town* (with Bruce Cockburn adding his vocal touch), the harsh realities of love on *Beautiful to Me* and the up-tempo joy of caring that *Still the One* reaches out with (with the vocal support of Terry Tufts).

Peggy's musical roots reflect growing up in a small town in the Ottawa Valley, where she remembers her mother and father belting out country tunes, creating the love of music that Peggy and her four siblings carry to this day. With songs that still point towards the simmering roots of her country style, Peggy's song-writing today reflects her growth

as an artist, and builds on her debut solo CD *Fair is Fair*, where listeners fell in love with both the beautiful tones of her voice and her songs.

Join Peggy and Ken Friesen, along with musical friends, as they take you through the "live" sounds of *Falling* in the beautiful acoustic setting of the Almonte Old Town Hall. This CD Release concert will

allow you to share in the warmth of Peggy's voice, along with her music and repartee — an evening not to be missed!

Tickets are \$15, and available at The Groundz Café or Mississippi Mills Musicworks in Almonte, Art Mad in Stittsville or at the door. For more information, email <[info@peggywhite.ca](mailto:info@peggywhite.ca)> or visit <[www.peggywhite.ca](http://www.peggywhite.ca)>.



\$10 off  
facials  
the month  
of April

REJUVENATING TREATMENTS FOR BODY & SOUL

**carmelized**

168 Victoria St., Almonte On.  
(613)256-7797  
By Appointment Only

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

GIFT CERTIFICATES AVAILABLE

**MONTHLY OPEN HOUSE & FREE TALK:**  
**Sat, April 10<sup>th</sup>, 1-3pm**  
**How to Cleanse**  
with Katherine Willow, ND

Tour our Healing House and see how our hosts provide holistic residential health care.

2386 Thomas Dolan Pkwy  
(at Carp Road)  
613-839-1198  
[www.ecowellness.com](http://www.ecowellness.com)

**The Gilded Corner**  
Custom Picture Framing

ART SUPPLIES ♦ POTTERY  
JEWELRY SUPPLIES ♦ LOCAL ART

**Trollbead Trunk Party**  
April 23 from 5 to 8PM and  
April 24 from 9AM to 3PM

**Spring Art Classes**

- Portrait Painting Simplified** with Helen Benda  
April 10, 9:30-3:30 • Beginners  
April 11, 9:30-3:30 • Advanced
- Pencil Crayon Class** with Teresa Kelly  
April 17, 9-4 • Beginners welcome
- Golden Acrylic Lecture Demo** with Frances Ferdinands  
May 1, 2-4 • Artists of all levels
- Golden Visiting Artist Workshop** with Frances Ferdinands  
May 2, 10-3 • Advanced Painters

Please inquire within **The Gilded Corner**  
7 Russell St. W. (Davidson Court), Smiths Falls  
or call 613-284-2524

**WE HAVE SQUARE FEET!**

over 10,000 of them actually

- 9 retail shops from 524 to 3,223 sq. ft. • From \$12 sq. ft.
- Lots and lots of parking • Early occupancy BONUS
- On-going marketing program • Security • 60' Skylight • MORE!

**Thinking Retail?**  
Call Gord Pike at 613-720-0456

Heritage Court, a new beginning in the old town.  
14 Mill Street, Almonte [www.heritagecourt.biz](http://www.heritagecourt.biz)

# ADHS Presents *Joseph*

A father gives a gift to his son — and subsequently the siblings are filled to the brim with jealousy. Seem like a familiar scenario around the Christmas season? It may just be — but throw in scorching hot desert surroundings, brutal lies, Egyptian pharaohs and supernatural powers, and it becomes something beyond the ordinary — it becomes amazing.

*Joseph and the Amazing Technicolor Dreamcoat*, a rock-opera based on the bible story, is being put on by a talented cast and crew at Almonte and

District High School. A truly unique production, *Joseph* was first presented in the late 1960s and subsequently found itself in various theatrical and Broadway adaptations, as well as a beloved motion picture by the creators of the famed *Jesus Christ Superstar*. Filled with memorable musical numbers and captivating plot twists, *Joseph* has enchanted families for decades.

The musical is told from the point of view of the narrator, impeccably played by both Tao-Lynn Hipwell and Lauren Handforth. The focus is on the turbulent life

of young Joseph, played by the talented Claire Hunter. After his father presents him with a remarkable technicolor coat, Joseph finds himself alienated from his twelve brothers who are fueled by an intense jealousy of their father's favouritism for his second-youngest child. Joseph is soon the subject of a malicious set-up devised by his brothers, and ends up in the harsh environment of the slave trade. Through the use of his supernatural gift and a series of coincidental events, Joseph finds himself at the pinnacle of power, and his brothers' fates lie trembling in his hands.

Join Joseph on his incredible journey on Thursday April 29, Friday April 30, and Saturday May 1 at 7:30PM, and Sunday May 2 at 2PM, at Almonte and District High School.

Tickets are \$12 each and are available at the Almonte and District High School Main Office, as well as at Baker Bob's and Equator Coffee Roasters. For more information, call 256-1470.

Additionally, Almonte and District High School's production of *Joseph and the Amazing Technicolor Dreamcoat* marks the first time in the school's history that they will be participating in the Critics and Awards Program, known as The Cappies. So come out and support our young stars!

— Celia Zamorano is a grade 12 student at ADHS



Students from the Almonte & District High School drama & musical theatre club are busy preparing for their spring production of *Joseph and the Amazing Technicolour Dreamcoat*. Some of the band members are pictured above, and the cast is on the poster at right. The show runs from April 29 to May 2.

## Local Author Brings New Play to Perth

Doug Phillips lives with his wife and daughter in Jasper, Ontario. By day, he is a professional contractor. At night, he sheds his workman's garb to become a highly talented Ottawa actor/playwright.

Phillips burst onto the theatre scene just over five years ago when he played "Old Joe" in Theatre Night in Merrickville's production of *A Christmas Carol*. He subsequently played four major roles with TNIM, including the lead role in *The Rainmaker*, before moving on to act, direct and write for New Ottawa Repertory Theatre (NORT). His writing career has been no less meteoric. A novice writer, he won four awards between 2004 and 2006 in the Valley Writers' Guild annual prose competitions. Then, in 2006, he placed fourth in the Ottawa Little Theatre Playwriting Competition with his one-act play *Naan Bread*. That year, *Naan Bread* went on to win another award at the Eastern Ontario Drama League Festival. It

has since been adapted and performed as a full-length play that has been highly acclaimed by the East Indian cultural community in Ottawa. Now *The Righteous Tithe*, the second of Phillip's full-length plays, is receiving equally favourable notice. Ottawa Theatre Critic Alvina Ruprecht called the author "an extremely engaged and excellent actor and playwright." In her review of his current play, she explains, "Doug Phillips knows how to create a story, develop character, and keep us in suspense."

*The Righteous Tithe*, which will be presented at the Studio Theatre in Perth this April, is a tense drama of suspense and intrigue that makes one think twice before attempting to cross the Canada/US border. David and Cyrese Simpson are looking forward to their annual vacation in a time-share property down south, but what seems at first to be a random customs inspection rapidly becomes a harrowing ordeal. Held under the United

States Patriot Act, the couple is caught in a political chess game, unsure as to whether they are the threat or being threatened.

Directed by Paul Dervis, *The Righteous Tithe* features an accomplished cast including Phillips himself as David Simpson, and noted actor Sean Tucker as Agent Goldstein, who turns the couple's lives into a terrifying ordeal. Tucker will be recognized by many for his film roles, notably in *Confessions of a Dangerous Mind*, *Bethune*, and *Guy X*. He has appeared with such renowned actors as Donald Sutherland, Jason Biggs and George Clooney.

*The Righteous Tithe* runs April 16 and 17 at 8PM at Perth's Studio Theatre. Tickets are \$18 in advance or \$20 at the door. For further information, call the theatre office at 267-SHOW (7469) or visit <perthentertainmentnow.net>. The Studio Theatre is located at 63 Gore Street East, overlooking the Tay Basin in Perth.

## THANK YOU

for saying you saw  
their ad in *theHumm!*

### Treat Your Mother to Something Savoury!

Once again, we are partnering with the Herb Garden to present the popular *Mother's Day Herbal Brunch* on **Sunday, May 9**. The three sittings sell out quickly, so book early by calling 613-256-0228.

And don't forget to come see us when the **Carp Farmers' Market** re-opens for the season on **May 8**.



*Savoury Pursuits*  
14 Industrial Drive  
Unit 3  
Almonte  
Catering • Bakery 256-7058

## UNIQUE STYLING IS JUST A SHORT CUT AWAY!

We're located right by the parking entrance at 4 Mill Street, in the Heritage Mall, and we're very excited about the new Heritage Court. Come and visit us and be part of a new beginning in the old town. **Unique Styling, 4 Mill Street, Almonte 613-256-0516**

Bring the  
whole  
family!



# Scott Woods "By Request"

Looking for an uplifting spring-time evening out? Why not plan to attend the Scott Woods show coming up on April 27 in Almonte. The Scott Woods Band, featuring old-time country and fiddle music, will take to the stage at 7PM at the Civitan Hall, 500 Almonte Street. Proceeds from the event will go towards the work of the Almonte Presbyterian Church.

This fast paced two-hour concert will skillfully combine old-time fiddling with country gospel songs, perennial favourites, and a generous helping of humour. The man with the flying

fingers and magic bow, fiddling sensation Scott Woods, has performed to enthusiastic crowds throughout Canada, the US and even Holland.

Entitled *By Request*, the April show is great family entertainment, built around the most requested tunes from his audiences coast to coast. Trick fiddling and inspirational stories are just part of what you can expect. Woods has several recordings to his credit, which will be available at the concert.

There are lots of things to watch for when Scott Woods takes to the stage. His keen sense

of timing and sharp wit will keep you on your toes. And speaking of toes, just try to keep them still as he plays those old-time tunes. Scott is backed up by his own four-piece show band. Together, they stir up a storm of good music to lift your heart and feed your soul.

Tickets, at a cost of \$20 for adults and \$10 for children, are available from the Almonte Presbyterian Church, Levi's Home Hardware or by calling 256-2593 or 256-3756.

For more information on Scott and his music, check out <www.scottwoods.ca>.



The Scott Woods Band, featuring old-time country and fiddle music, will take to the stage on April 17 at the Almonte Civitan Hall. Proceeds from the event will go towards the work of the Almonte Presbyterian Church. The show will combine old-time fiddling with country gospel songs, perennial favourites, and a generous helping of humour.

## Who are "They"?

The Reever Report

A while back I was part of a dedicated group brainstorming for a solution to a major problem. One of the participants had said little, but towards the end opined that, "what you should do is..." At the word "you" I lost it! This person had been invited to participate, had listened to everything, had enjoyed the

by Glenda Jones

coffee and donuts, and then had conveniently subtracted himself from the group after he'd offered up his one idea that the rest of us were to now put into action while he strolled away from any responsibility.

Hold on there a second! We are in this together — there is no *you* here — there is only "WE"! Two heads are better than one. No man is an island. All for one and one for all. There's no "U" in team. (That one is mine.) Yes, one idea can be the starting point for any solution, but unless the team is willing to go to work on it, nothing is going to transpire. The person who demands that *you* do something is missing the opportunity to see his idea come to fruition. Perhaps he is frightened of failure, and feels that if he remains at a distance he will not have to take any responsibility. Perhaps he wants to fall back on the ubiquitous "I'm too busy" phrase to take himself out of the picture. Would you like to bet that when the project goes forth

and succeeds, he'll claim the original idea as his, though?

Now, on to *they*. The most useless verb tense in the English language is the past conditional: "should have, could have, would have." But didn't. It is poor *they* that often have to tolerate this verb tense, as in "What they should have done was..." It is obvious if they had only asked the right person, whatever befell the project could have — there it is again — been avoided. And if *they* had come for help, would that person have sent them to *you* or gotten involved himself? The only saving grace here is that at least poor *they* are acting together, while *you* is out on a limb by himself. These verbs are useless catch phrases that end up as whining excuses. They make me cross! The user thereof is quite ready to offer post-advice, but not willing to jump in and help when it is needed. It's so easy to be an armchair critic when work needs to be done!

*They* are the easy ones to blame for any misfortune. They are definitely not like us. Why, just look at them — they're not part of our crowd at all. (They might be too young, too old, too anything; just not like us.) What could they possibly know about what we are trying to accomplish? How could they possibly think they would be part of a solution? But make no mistake — they would give anything to be *us*. *They* must be very tired of being the scapegoat when things

go wrong. How often we blame them for not seeing things our way, or for not supporting our efforts. Maybe the problem is not theirs, but ours, for not listening to their ideas and incorporating them into our grand schemes. We must not be so egotistical as to think we are the sole harbingers of good ideas.

It would be wisdom at its best to extend a warm invitation to *them* to become part of *us*. That's the point of real progress of a co-operative nature. Only when the entire community begins to pull together are we going to see big things happen.

So here's the challenge. In a couple of months there is going to be a fundraising campaign for our community centre. Notice the operative word there: community. We have to put aside all the differences we might harbour about ice times, hall usage, tax dollars etc., and agree that we need this facility for the betterment of all of us. It is unproductive to note how *they* should have been saving all along for this big project. No one is interested in what *you* should do. What is important is how *we* can make this happen with the whole community working together. There could be some opportunities for real community spirit to arise here and I can't help feeling that, when the project is complete, we will be able to feel real ownership of a facility we can all use. *They* might even throw a good party for us!

### CORKERY ROAD

Traditional Irish, Scottish and Newfoundland Music



CD Release Party

April 10

7PM until close

with Musical Guests:

- Irish Connection
- Naismith's Thursday Night Celtic Jammers

Door Prizes

THE ORIGINAL

## Naismith

SPORTS PUB

411 Ottawa St., Almonte

Pick up *theHumm* in Almonte at MISSISSIPPI MILLS MUSICWORKS

Interesting things coming MMMup this April...

The Art of Songwriting with Ian Tamblyn Sat, May 1st 2:00 pm

A Light on Lightfoot: Tunes & Tales with Terry Tufts Tues, Apr 13 7:30 pm

Computer Recording Fundamentals Mon, beginning Apr 12 7 - 10 pm, a 5 week course

613 256-SING [www.mmmusicworks.ca](http://www.mmmusicworks.ca) 613 256-PLAY



Brought to you by



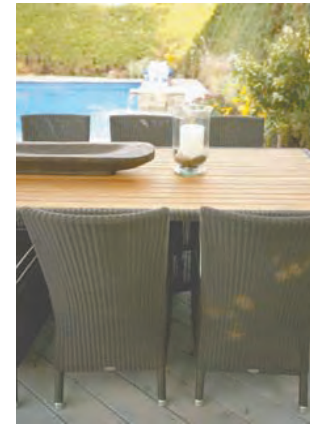
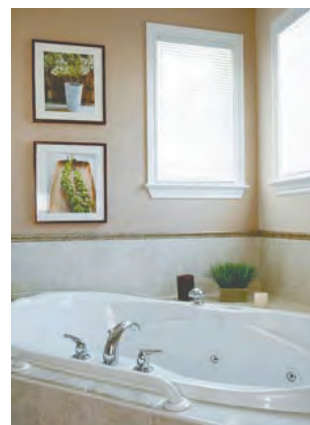
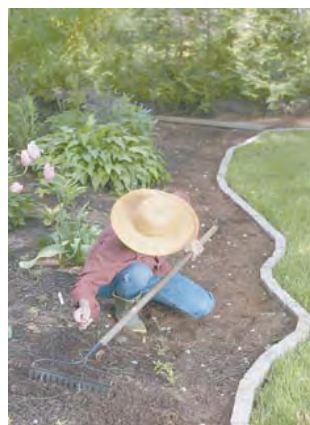
Mississippi  
Mills



the

# Pakenham Home Show

## April 9, 10, 11, 2010



### Stewart Community Centre and Pakenham Public School

FRIDAY 6 P.M. - 9 P.M.

SATURDAY 9 A.M. - 8 P.M.

SUNDAY 10 A.M. - 4 P.M.

Your one stop opportunity to find specific products and services relating to:

**WINDOWS AND DOORS**  
**HEATING AND COOLING**  
**FURNISHINGS**  
**LANDSCAPING**  
**POOLS AND SPAS**  
**DESIGN AND DECOR**  
and so much more!

#### Special thanks to our Contributors:

**Scheel Furniture & Appliance** Graham Street - Pakenham - 613.624.5383

**Almonte Country Depot** County Road 29 - Almonte - 613.256.1633

**Mahon Pools** Drummond Street - Perth - 613.264.9948

**Cobra Pools** Dufferin Street - Perth - 613.267.7591

**Almonte Home Furniture** - Ottawa Street - Almonte - 613.256.4663

#### Entertainment

**Friday April 9, 2010**

O' Tyme Round & Square Dance

8:00 p.m. to 1:00 a.m.

Sponsor: Pakenham Square Dance Club

Admission: \$8.00/person

**Saturday April 10, 2010**

Jamie McMunn & McMunn Music

special guest Johnny Spinks

1:00 p.m. to 7:00 p.m.

Admission: \$3.00

**Sunday April 11, 2010**

Jamie McMunn & McMunn Music

special guests Judi Moffatt and Barry Munro

2:00 p.m. to 6:00 p.m.

Admission: \$3.00

For more information please call 613.256.1077 or visit [www.mississippimills.ca](http://www.mississippimills.ca)