

APRIL 2016

the Hummm

free

Arts,
Entertainment
& Ideas

The Art of Pat Purdy p.3



p.18 & 19

April's Events



p.7

Cool in Carleton Place



p.12-14

Creative Summer Camps



p.31

Empty Bowls in Perth



Valley PAINT & COATINGS



Like us on Facebook and follow us on Twitter
so you don't miss out on our upcoming **Spring Sales** on
Benjamin Moore, PPG, Dulux and Flood!



613-257-1197

22 Lake Avenue East, Carleton Place

www.valleydesignco.com



"Bet you've had enough dingbat experiences to fill a book!"



SURE ENOUGH!!!...
 ←
**COMING SOON TO A BOOKSTORE
 NEAR YOU!!!**

Editor's Note

Watch for a write-up about Bill Buttle's newest Artbeat book in our May issue. We can't wait!

Pakenham Horticultural Society too!

In Rona Fraser's listings of local horticultural societies in the article *Talk the Talk Before You Garden the Garden* (on page 16 of the March issue), she missed mentioning that the Pakenham Horticultural Society meets at St. Andrews United Church in Pakenham on the third Wednesday of most months at 7:30PM. On April 20, the guest speaker will be Olly Chuchryk of Charing House Gardens (Nepean), who will talk about "Dancing Dahlias".

Readers Write

This poem was sent in by a reader in anticipation of Arbour Week. To read more about that, see page 22!

The Sanctuary of Green Light

Light and shadow above, velvety touch of the moss
 The most beautiful scent, branches in the wind toss
 I am in your trunks, in your leaves, in your dreams
 When I am in trees, life has been blessed, it seems

In my sadness or in those moments very dark
 To stop my crying, you let me touch your bark
 Ready to give comfort, healing, enchantment
 Even when you suffer, there is no resentment
 With each falling body and chain saw sound
 I feel the same pain, so cruel, sharp and loud
 Our brother has died, and we have to stand by
 But he didn't have time to say to us Goodbye

Strong, gentle, ceaselessly giving
 Always and everything forgiving
 You are world's lungs and breath
 Sacred marriage of life and death

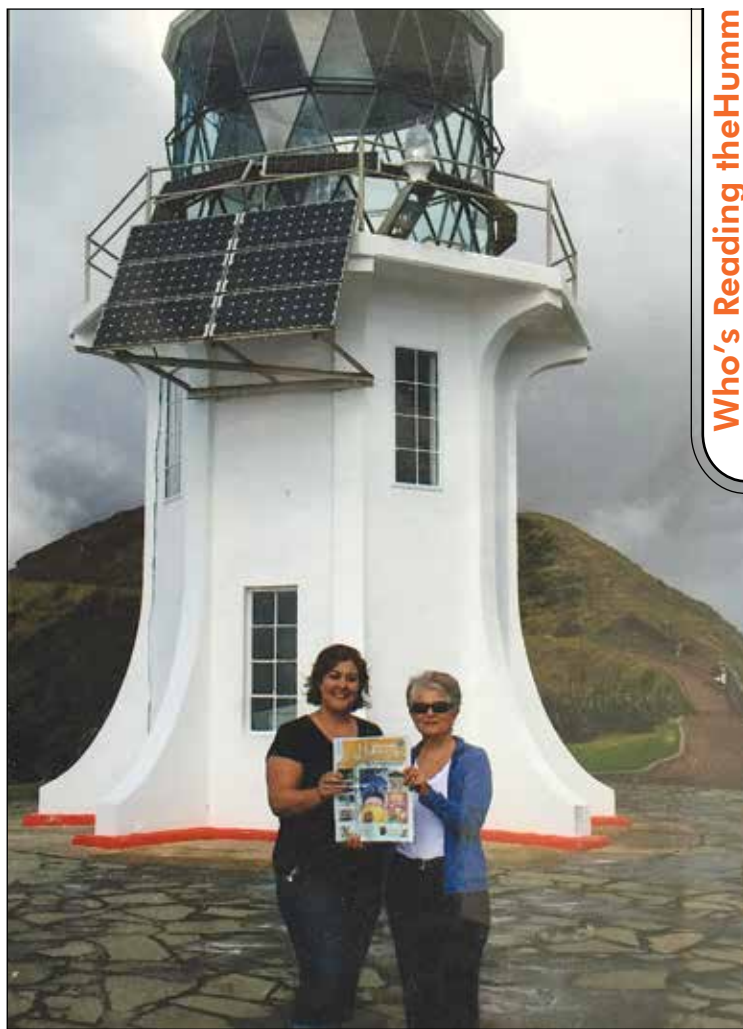
You listen to the storm's powerful rage
 You listen to those melodies of the rain
 None of your lives ever needs to change
 None of your moments was ever in vain

You are my home, my port of delight
 You are my ship, refuge of green light
 Peace of the stars, silence of the night
 Forest is the sanctuary of green light

Rooted so deeply into the ground
 With your arms touching the sky
 You give me the power to stand
 You give me the power to fly

Under your green covering
 My soul all around spreads
 My heart softly whispering:
 Thank you beloved friends

— Kamila Lastovka



In April, 2013, **Marietta Hildreth** (from Almonte) and her daughter **Allison** browsed theHumm at Cape Reinga, New Zealand, the northern-most tip of the country. Marietta wrote: "The lighthouse marks the spot where the South Pacific Ocean and Tasman Sea meet. The signpost on location read 'Vancouver 6059km'. A spectacular sight in a beautiful country!"

White Lake Campground Expansion Meeting

The proposed expansion of the White Lake Campground has raised major environmental concerns among area residents. The White Lake Preservation Project (WLPP), which represents more than 200 individuals, has taken the lead in proposing a compromise that would balance development and environmental protection.

The original development proposal for the Hayes Bay campground, which is located in a shallow isolated bay of White Lake, is to increase the number of trailer sites from 33 to between 150 and 200.

In light of the recent algae blooms, one of which was toxic, WLPP is recommending that the municipality live by its own by-laws as they were written to protect the lake. The developers, in contrast, want to amend these laws and replace the small, old, temporary trailers with much larger, permanent residential trailers. Their push to add upwards of 200 residential trailers — above the current allowance of 100 vacation trailers — has triggered the concern of residents who are worried about the health of the lake. The developer has also requested 150 boat slips, which would put an additional burden on the already challenged Environmental Protection Zone, which is also a Provincially Significant Wetland.

The meeting, scheduled for April 5, will provide an opportunity for the public to present their points of view. Residents are not suggesting that development be banned but rather that the developers scale it down so that the lake will not only provide family fun but also remain the wildlife habitat that it has come to be known for.

The Township has recommended that to be sure not to miss the start of the public meeting, interested parties should be there by 6PM. The public meeting will start immediately following the Council Meeting, which is at 6PM.

The meeting will take place at the Mississippi Mills Town Hall, 3131 Old Perth Road in Almonte. For additional information, email <wlppmail@gmail.com>.

— Submitted by the White Lake Preservation Project

*If you hear a voice within you say
 "you cannot paint"
 then by all means paint,
 and that voice will be silenced.*

— Vincent Van Gogh



119 Bridge Street, 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/Promotions:

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

Assistant Editor:

Rona Fraser
 rona@thehummm.com

Calendar Submissions:

calendar@thehummm.com

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

Submissions

By email or on disk.

Content Deadline:

20th of the month prior to publication

Advertising Deadline:

22nd of the month prior to publication

Subscriptions

cost \$40 (includes HST) for one year (12 issues). Send a cheque with your name and address to: theHumm 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:

Peter Ausland from Ottawa's *Parenting Times* magazine, for distributing copies of theHumm on his Ottawa racks for the past three months!

Pat Purdy — Purdy Is as Purdy Does

Known as Pat Betcher to her friends and neighbours, Perth artist Pat Purdy retains her maiden name as her artistic identity. As she puts it, “Art is in my blood — it’s a family thing.” She is the sister of Richard Purdy, an internationally recognized artist and art academic now living in Sainte-Agathe-des-Monts, QC, who has had many exhibitions in the U. S., Europe, Asia and Australia.

by Sally Hansen

The talent is shared, but the approach is wildly different. On Richard’s website he writes, “The history of my artistic practice has been the subversion of reality systems (ontological, epistemological or phenomenological) through the application of their distinctive reality demonstration protocols upon fictive material...” Pat’s approach is a lot more... well, let’s say approachable.

In her paintings, colour and line fuse to feast the eye, excite the imagination, and evoke an emotional response. Surprisingly, even her brightest and boldest pieces can have a soothing effect. Hers is art that you want to live with, not just experience. It talks to you; it doesn’t provoke.

Purdy Diversified

That Pat shares her brother’s predisposition for artistic exploration is evident in her body of work, although she expresses it in a more familiar manner. She loves to discover and investigate new media* and art supplies as they emerge, and she really enjoys being asked “how did you do that?” Her recent paintings, using alcohol-based inks on small tiles, have been extremely successful, both aesthetically and commercially. I particularly like *Rugged*, available on her commercial websites (see the back of



her Trading Card on the next page). Comments on the works displayed on her websites consistently include the following terms: inventive, dynamic, energizing yet calm, stunning and wow!

Other areas of her creative exploration include ongoing experimentation with encaustic and collage techniques. She has just added an impressionistic collage created with handmade paper, acrylic paint and ink on canvas titled *Into the Woods* to her web presence. It is another beautiful example of Pat Purdy’s creative versatility across media and styles.

Woven among her paintings on her online galleries are photographs that display her artist’s eye for capturing line and colour in striking ways. They also reveal her passions — nature, travel (especially in Italy) and animals (especially dogs). Some of her photographs have inspired paintings; all reflect Pat’s appreciation for the wonderful but endangered world we live in.



Sibling Revelry

Pat and Richard Purdy both take great delight in their art. It has never been a question of rivalry. Pat remembers being intimidated by her younger brother’s early successes — he started winning prizes for his art in Ottawa when he was thirteen years old. She is proud of the fact that he has supported himself throughout his life with his art.

Pat’s life followed a completely different trajectory. She married her Carleton University sweetheart, Robert Betcher, 44 years ago after attaining her B.A. in Geography. His job took them to Charlottetown, where Pat worked in the library at the University of P.E.I. When they moved to Winnipeg, Pat had to leave her horse behind. She became a confirmed dog lover after adopting a rescue dog, and regularly donates artworks to raise funds for animal rescue organizations.



Locally, Purdy donates 100% of the sales of her paintings on display at CC’s On the Rideau, located at 1030 Rideau Ferry Rd. in Rideau Ferry. The new restaurant, previously home to Shipwreck Restaurant, is owned and operated by Mel Young who runs Mel’s Farm, an all-animal rescue organization in Lanark County <melsfarm.ca>.

After thirty years as a library technician with a law firm, in 2002 Pat turned to her lifelong interest in art to cope with a confluence of personal events. At her husband’s suggestion she signed up for courses at the Winnipeg Forum Art Institute. Within two years she was doing shows with her mentor, Daniel Gregg, who became her friend. She remains grateful for Gregg’s encouragement and his advice to “believe in your art.” It also bolstered her confidence when her husband pointed out that “if an eye doctor buys four of your paintings, you must be doing something right.” Before long she was a juried member of the Manitoba Society of Artists, and she was featured in the *Winnipeg Free Press* in 2004.

Pat (Purdy) and Robert Betcher returned “home” in 2011 to be near family and the cottage on Mississippi Lake where Pat spent her childhood summers. Her art provided an introduction into the rich cultural life of the Perth area, and she soon began participating in local art shows. This year she will show her works at the upcoming 2nd annual Arts Carleton Place Spring Art Show & Sale on Saturday, May 28, from 10AM to 4PM at St. James Hall, 225 Edmund Street.

In addition to being a participating artist in the 6th annual Art in the Barn art show and sale at the Lombardy Fairgrounds from July 8–10, she is also chair of sponsorship of this popular event. It features more than fifty fine artists, and is one of the largest exhibitions of original art in Eastern Ontario.

The Purdy brother and sister share a passion for art, and each Purdy is as each Purdy does. Pat and Richard approach art from very different angles and they succeed in very different ways. It is fascinating to me to contemplate the range of creativity that these two siblings express. I am equally fascinated by the range of emotional response that any given work of art can elicit. Pat Purdy’s Trading Card and our links at <thehummm.com> will guide you to a rich and rewarding consideration of her online art.

* *The usual plural form of medium is media. However, with regard to art materials, the preferred form is usually mediums — except in the term “mixed media.” However, “mediums” also conjures up thoughts of persons claiming extraordinary communications abilities. Therefore, this publication has chosen “media” as its standard usage.*

Spread a little food love...
HOT SAUCES TO HEAT YOU

AUBREY D. REBEL. SIMPLY NATURAL GREEN OR RED ORGANIC SRIRACHA. CHOLULA HOT SAUCE. LINGHAM'S HOT SAUCE. THE FIRE YOU DESIRE!

**106 WILSON ST. W.
PERTH, ON
613.267.5409**

Mon-Thurs 8am-8pm
Friday 8am-9pm
Sat 9am-7pm
Sun 9am-7pm

**shop online
foodsmiths.com**

WHO Pat (Betcher) Purdy

· THE HUMM ·

WHAT Abstract Painter, Photographer

WHERE Perth Picture Framing Shop, 88 Gore St. E., <perthpictureframing.com>, <pixels.com/profiles/1-pat-purdy>, <patdirect@hotmail.com>, 267-3870; CC's On the Rideau (1030 Rideau Ferry Road)

WHEN May 28, 10AM-4PM, Arts Carleton Place Spring Art Show & Sale, St. James Hall, 225 Edmund St.; July 8-10, Art in the Barn, Lombardy Fairgrounds

WHY "Art is in my blood — it's a family thing. It helps me relax, make new friends, and it fulfills and calms my inner soul."

· ARTIST · TRADING · CARD ·

A Breath of Fresh Air: Slow Leaves & Jill Zmud

"Those who have not the warm, invigorating Chinook winds of this country, cannot well comprehend what a blessing they are. The icy clutch of winter is lessened, the earth throws off its winding sheet of snow. Humanity ventures forth to inhale the balmy spring-like air. Animated nature rejoices..." (*Calgary Herald*, circa 1900)

Folkus is bringing you Chinook-style warmth from the prairies for their final show this season. They can't promise spring will come any sooner, but there will be a warm welcome in the Almonte Old Town Hall when they feature Winnipeg import **Slow Leaves** on April 23. A solo project for singer-songwriter Grant Davidson, he brings a vibrant folk-pop sound to the stage with strong vocals and great hooks. A fluid guitarist and thoughtful lyricist, Davidson evokes a rainy night, back porch vibe; his work is wistful, elegiac, but without a trace of shoe-gazing. *Slow Leaves* could easily fit on a playlist between Great Lake Swimmers and JJ Cale. His work has gotten a lot of airplay on CBC Radio Two and campus radio since the release of 2014's *Beauty is So Common*, especially the single *Life of a Better Man*. Well-established on the Winnipeg scene, Davidson is starting to tour the country and build a national presence, occasionally joined by his producer (and stray Sheepdog) Rusty Matyas.

Opening the show will be a transplanted prairie lily, **Jill Zmud**. Her latest project, *Small Matters of Life and Death*, delves into family history, reworking songs left on tape by a long-gone uncle. The originals are reminiscent of early Kristofferson, but she makes the songs all her own. Zmud is blessed with a rich voice, plays a mean guitar (including her Uncle Ed's Telecaster), and will be bringing two of Ottawa's finest backup singers, Christine Mathenge and Jerusha Lewis, with her.



The April 23 Folkus concert features Slow Leaves (above, aka Winnipeg's Grant Davidson) with opening act Jill Zmud

Folkus has enjoyed a couple of full house shows this season, and are so grateful to their audience and sponsors for the support. Because of the strong advance sales, there will only be forty or so tickets on Eventbrite and about the same number at Mill Street Books. Get your tickets early to be sure you get in!

As always, Folkus shows happen at the Almonte Old Town Hall, in the fabulous Ron Caron Auditorium. Doors open at 7:30 for the 8PM show; seating is on a first-come, first-served basis. Beer by Whitewater Brewing Co., and other fine Ontario beverages are also available at our cash bar; please drink responsibly. Send any questions to <hello@folkusalmonte.com>; details and tickets at <folkusalmonte.com>.

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

Imagine...
a tasty selection of veggies
picked fresh each week!



www.saffirefarms.ca

Perth Campus cordially invites you.

Known as a great place to study, discover why so many students make the Perth Campus their destination for higher education.

OPEN HOUSE

Saturday April 9th, 2016 10AM-2PM
Algonquin College, Perth Campus

CELEBRATE
our HERITAGE

EMBRACE
your FUTURE

Ask us anything!
Professors, Program Coordinators, Support Staff, Students, and Campus Ambassadors will be **on-site** answering your questions.

"See why our small campus is such a big deal!"

Don't miss out, this Open House includes:

- Campus tours
- Look for student housing
- Information booths on all Perth Campus programs
- Complimentary light refreshments
- Photo op with *Thor*, the AC Mascot
- **Free parking** on Campus

See you*
April 9th
10AM-2PM

* "you" includes everybody, bring your family & friends!

ALGONQUIN COLLEGE | Perth Campus

7 Craig St. (Hwy 43)
Perth, ON K7H 1X7
613-267-2859
perth@algonquincollege.com

Deborah Arnold
Barbara Gamble
Susan Tooke
Mary Wong



Susan Tooke, "Autumn at Kejimikujik"



Mary Wong, "Floral 1"

BLOOM

April 22 - May 29, 2016

Four artists from Almonte, Ottawa, Toronto and Halifax explore the mystery and magic of nature

Vernissage/Meet the Artists:
Saturday April 23, 3pm-6pm

Special musical guests: "The Fine Tuners"
a delightful ensemble of young violinists!

SIVARULRASA GALLERY

83 Little Bridge St, Almonte
613.256.8033 www.sivarulrasa.com

It Takes a Scene to Raise a Musician

In the age of social media, it may seem that creating a community is easier than ever. However, talk to a musician about the difficulties of converting Facebook likes into bums in seats and you will quickly discover that it is not such an easy task. By contrast, active, “in-real-life” communities of music lovers, musicians, and venues have the power to create scenes that produce music that takes over the world. Liverpool’s Merseybeat produced a huge number of very popular bands in the 1960s, including a notable quartet of mop-tops, and the world would never have heard Nirvana or Pearl Jam without Seattle’s grunge clubs and fans in the ’90s.

by Rob Riendeau

Thriving music scenes are all unique but they do have elements in common: a few venues that care about and support music, and a group of musicians who are open to influencing and encouraging each other. One young artist who is benefitting from the burgeoning local scene is **Ali McCormick**. I had a chance to sit down with the “Lioness of Lanark” before her recent show at Love That Barr in Pakenham, to discuss the strong community of pubs, performers and fans that is helping her achieve her dreams.

Ali grew up in the Lanark Highlands on an off-grid farm. She was drawn to music at a young age, and with help and encouragement from her family she began writing songs (many, many songs!). Over the years, Ali has developed a musical style all her own. She captivates audiences with her unique voice and lyrics about life, love and rural Canadian living. She has played coffee houses, basements, attics, and



Ali McCormick at Love That Barr

campfires, but her favourite places to play are rural venues such as Love That Barr.

Love That Barr was one of the first places that ever booked Ali to perform, and she is not the first musician to tell me how important LTB’s role is in keeping the local music scene healthy. Randelle and James of the Jimmy Tri-Tone Band (also good friends of Ali’s) also praise Lindsay Love and all the staff at LTB for their caretaking role in the Lanark scene.

Ali is also fortunate to have Brock Zeman as both a mentor and a producer on her latest release, *Clean Water*. She could hardly ask for a better advisor.

In June, Ali will traverse the country on a tour to support her upcoming CD. She is looking forward to bringing her music to rural venues all the way out to Victoria and back. Until she heads out in June, you can catch this rising star at one of the many fine establishments that are so important in keeping local music alive. On April 29, she will be taking part in The Cove’s songwriters’ circle. The next night, she plays O’Reilly’s Ale House with Matt “Graven” McKechnie. In May, she is back at The Cove doing a show with Petunia and the Vipers on May 7 and then back at LTB on May 27. For details, visit <alimccormick.com>.

DIY CBG

Feel like adding your own melodic styling to the local music scene? But, what’s that? You don’t have an instrument? No worries, my friend — the good folks at **Mississippi Mills Musicworks** can help you create an instrument that is uniquely you. On April 30, Jeff Hullin of The Devil’s Due Cigar Box Guitar Company will lead a group of workshop participants through all the steps necessary to build their own cigar box guitar.

I was fortunate enough to get to participate in Jeff’s first-ever workshop for Musicworks and I was thrilled with the results. From getting to pick my own cigar box from the many colourful offerings Jeff provided to deciding on headstock shape and soundhole design, I really felt that this instrument was my own right from the beginning. By the end of the workshop, I had a delightfully playable and funky CBG that I could really take pride in.



Bluegrass Junction

Hailing from Carleton Place and Ottawa, Bluegrass Junction first formed in 1985 and performed in the area regularly until the very late ’90s. Recently, the group re-formed with three (almost) original members: Peter McGuire on banjo and vocals, Nancy McGuire on bass and vocals, and Marc Rochon on guitar and vocals. In their new configuration, this talented trio has added a fourth member: award-winning fiddler and Ottawa Valley Country Music Hall of Fame member Peter Dawson. It’s a truly impressive gathering of musical experience and ability all on one stage! Be sure to catch their show on May 7 at the New Queen’s Hotel in Carleton Place. Get there early — it’s a “matinée” performance from 6 to 8PM.

Spring has Sprung!

sandwich_

14 Mill Street, Almonte
613.461.2000
open 7 days a week

patagonia glerups dk
beautiful natural warm

hornytoad Deigual
MERRELL M

Reuse · Repurpose · Recycle

Rustic Remnants

Artisan & Consignment Shop

You are invited to Burnstown for a Spring Time Junket!

Thursday, April 28 — 4PM TO 8PM

Light refreshments & snacks served

★ Rustic ★ Antique ★ Vintage ★
★ Cottage Style ★ Treasures ★

www.RusticRemnants.com

1670 Burnstown Road, 613-432-5555
OPEN 10am-3:30pm

Monday, Wednesday, Saturday & Sunday
Accepting consignment items by appointment

MILL STREET CREPE COMPANY

Find us in “the Court”!

Mill Street Crepe Company is so much more than a great place to enjoy a delightful meal. Located in beautiful, air conditioned Heritage Court, we are among a wide variety of fantastic shops. All conveniently under one skylit roof.

Experience Mill Street Crepe Co, Heritage Court, and the many wonders of Almonte.

LUNCH Weekdays 11am-2:30pm
Weekends 10am-3pm
DINNER Thursday-Saturday
5pm to 8pm

14 MILL STREET · ALMONTE · 613-461-2737
MILLSTREETCREPECOMPANY.COM
FIND OUR MENU ONLINE • JOIN US ON FACEBOOK

Rediscover your inner child this spring when the Mississippi Mudds presents

Peter Pan



**“...the older ones
become glassy-eyed
and seldom speak,
but the little ones
still wonder.”**

J. M. Barrie

Based on the novel by J.M Barrie
Music by George Stiles and Lyrics by Anthony Drewe
Presented through special arrangement with Samuel French

Show Times

Evening performances start at 7:30 PM
Friday, April 22 • Saturday, April 23
Thursday, April 28
Friday, April 29 • Saturday, April 30

Matinee performances start at 2:00 PM
Sunday, April 24 • Saturday, April 30

Director Jeff Lee
Musical Director Adam Reid
www.mississippimudds.ca

Ticket Info

Evening performance tickets cost \$20.00
Matinees and the Thursday evening, April 28,
performance tickets cost \$15.00

Tickets may be purchased at the Hallmark Store
2-438 McNeely Avenue, Carleton Place
Telephone • 613-253-3000

Performances will take place at
the Historic Carleton Place Town Hall
Corner of Bridge and Mill Street, Carleton Place

Hike for Hospice 2016

A Fun Event for the Whole Family

Sunday, May 1 marks the fifth annual Hike for Hospice. As in previous years, the hike raises much-needed funding for Hub Hospice Palliative Care, allowing them to continue providing free in-home hospice visiting service to clients who are living with a life-limiting illness.

In part, this year's hike will look like previous ones. Why tinker with what has been so well developed by Gary Pollock and his committee over the past four years? Organizers are tremendously grateful to Gary and will be dedicating this year's hike to him in recognition of the wonderful groundwork he has done.

This year there is a new committee and, like all new committees, they felt the need to add their own touch. They have therefore created some add-ons designed to make this a fun event for the whole family — adults, children and dogs. Hikers can register as individuals and gather pledges as always. This year, for the first time, they are also encouraging people to form hiking teams of at least four people, so that members can work together to gather pledges, and in the hopes of fostering some friendly competition between teams. Dogs can also gather pledges. There will be prizes for the individual and the team collecting the most in pledges. There is even a prize for the dog that brings in the most pledge dollars. Don't laugh — Anglican Minister Pat Martin's dog Jack was the big winner last year!

There are also fun prizes this year. Hiking teams are required to find some creative way of identifying themselves

as members of the same team (outfits, wigs, face painting, whatever) with prizes for the most distinctively attired team. Women should wear wacky hats — there is a prize for the best one. Men come with dogs — there is a prize for the man with the biggest or the smallest dog. And these are just some of the prizes for adults. The most appealing dog will also be up for a prize, but no, hike judges can't be bought! Nor can they award the prize to their own dog.

Kids have prizes too. They should dress as royalty or superheroes, and rumour has it that participants will be hiking with a couple of real superheroes who will award prizes for the best costumes. In addition, items will be hidden on the trail and the youngster with the sharpest eyes will get a prize. The sharp eyes have to be child eyes though — adult eyes should stay on the trail.

Come and enjoy. Pick up pledge forms at the Hub in Almonte or at Bayshore Home Health in Carleton Place and get pledging! You can also register and collect pledges online at <chpca.convio.net/HubHospicePalliativeCare>. The goal is to raise \$12,000 — help make that a reality. The hike takes place at the Mill of Kintail on Sunday, May 1. Registration is at 11:30AM and you can warm up those hiking muscles by dancing to the music of the Ukelele Ladies. The Hike starts at 1PM with prizes and afternoon tea, coffee, and nibbles afterwards. See you there! For more information, visit <hubhospice.com> or call Barbara Carroll at 883-6646.

Trees for Hub Hospice

Add a beautiful shade, flowering or fruit tree to your landscape, and support a great cause at the same time.
Prices start at \$40. Order early for best selection!



Your new tree comes with fertilizer, compost and a planting seminar

Pick up your trees April 30, 2016
Mississippi Mills Municipal Office
3131 Old Perth Road

All funds raised will support

Hub Hospice
PALLIATIVE CARE in your community

To order, visit www.hubhospicetrees.com

An Animal Adventure

Rock the Arts is an Ottawa-based professional puppet company that tours year-round, and in April they will be bringing their handmade puppets to Arnprior! They will perform their "Animal Adventure" show at 11AM and 1:30PM on April 16 at the Carleton Reid Memorial Hall of Emmanuel Anglican Church, located at 287 Harrington Street. Come join the Creature Crew on a field trip to the zoo like no other. Find out how you can help the environment as the puppets come to life and make it a comical adventure to remember! Tickets are only \$7 per person, available at the door.

Rock the Arts have travelled across Canada and all the way to Sydney, Australia, where they performed and taught at after-school programs. They have appeared on YTV's Saturday morning *Crunch*, CTV's *Regional Contact* and Rogers Ottawa. The Rock the Arts puppets live in Creatureville, but humans are always welcome to join them in their imaginative world.

Sarah Argue is the creator of Rock the Arts and one of the hands behind the puppets. She has performed at NASA's Kennedy Space Centre, Six Flags in Los Angeles, and Branson, Missouri. She has also appeared at the George Theatre in New York City as well as the Galveston Texas Grand Opera House.

Like many other children, Sarah grew up watching and loving puppets, but her love and passion for the art of puppetry has driven her to make a career out of it. She now has over sixty handmade puppets living with her, and she never forgets any of their names. Sarah's university degree in Theatre Performing Arts and her puppeteer training with *Fraggle Rock's* Trish Leeper and *Under the Umbrella Tree's* Noreen Young have given her the skills to make her handmade puppets come alive and bring laughter wherever she goes.

You can read more about Creatureville at <rockthearts.ca> or their Facebook page, or take it from these two 5-year-old girls at a show in March. Girl 1: "Rock the Arts shows are really funny." Girl 2: "Oh good because funny jokes are my favourite kind of jokes."



Rock the Arts will perform "An Animal Adventure" in Arnprior on April 16

Peter Pan – A Musical Adventure On and Off Stage

Following the retirement of accompanist and arranger Peter Brown, the Mississippi Mudds were in search of someone to fill his big shoes for their upcoming production of *Peter Pan: A Musical Adventure*. A replacement was found in Perth native and musical theatre enthusiast Adam Reid.

by Cait Morton

“Growing up in Perth, I did a lot of musical theatre,” said Reid. “We are really lucky in Perth, and Carleton Place as well, that smaller towns have really vibrant amateur theatre opportunities.”

A regular in the Perth music scene, Reid was brought to the Mudds through his multitude of community connections, specifically with Laurel Tye, a long-time Mudds member, director, and musical director.

“When I knew that Peter was moving on and that we were going to be in need of an accompanist, I knew we would need somebody who would be able to read some pretty tough music,” said Tye, the conductor for *Peter Pan*. “I’d heard Adam play before and he just blew me away, he’s got such skill and technique.”

If anyone could suggest a new qualified accompanist, it was Tye. After many years working with Brown and other guest musicians, she knew how difficult a position it could be and what type of person would be perfect for the job.

“I worked with Adam in (the Perth Studio Theatre production of) *The Drowsy Chaperone* and sometimes he’d help me with the warm-ups, and they were so good,” said Tye. “I thought that if he could do vocal warm-ups as well as play challenging music, I had no qualms recommending him.”



Photo by Cait Morton

Although he’s new to the Mudds, Reid brings a wealth of experience and youthfulness to the group. “This is my first time being a music director for a show,” he explained. “I’ve sort of done the various things that the job entails in different contexts over the course of my degree at the University of Ottawa.”

Reid graduated with a Bachelor of Music in 2013, followed by a Bachelor of Education in 2014. After completing his degrees, he worked as the musical director within the pastoral charge shared by the Balderson and Lanark United churches, and currently he’s the music director at the Church of the Ascension in Ottawa as well as the lead guitarist for Perth-based band *Under the Covers*.

“I’ve played and accompanied singers and taught for the church,” said Reid. “So having to do that week to week, you’re always learning new music. You have to be able to lead them whether the music is new or familiar.”

Reid dubs *Peter Pan: A Musical Adventure* a “classic tale with a fresh twist”. This completely new version of the play — with all-new songs and dialogue — brings together the established Mudds adult company with its growing company of skilled young actors and singers. Mudds newcomer Lilly Gray stars as Peter Pan, facing off against Captain Hook, played by established Mudds character actor and singer Mark Piper.

The idea for this show came about when director Jeff Lee was unwinding after a past Mudds show and the movie *Hook* came on TV.

“As I watched it I thought it would be great to put it on stage,” said Lee, president of the Mississippi Mudds board of directors and first-time director. “I thought it was a good fit because of our strong youth right now, and *Pan* needs strong kids and adults to make it work.”

Mixing adults and kids together is no easy task, but Reid was confident heading into rehearsals. “I had been doing a lot of piano teaching with kids and did some work with the junior choir in Lanark,” he said, adding that the most difficult part in working with children and adults simultaneously is that their voice registers are completely different. “The regular vocal ranges don’t quite apply, since everyone is at a different stage of vocal development.”

Musical experience aside, Reid fit right in with the ever-welcoming Mississippi Mudds. He said that, being new, he might do things the Mudds



The Mississippi Mudds are preparing to bring *Peter Pan* to the stage in Carleton Place, starring Mark Piper as Hook and Lilly Gray as Pan (above). The Mudds also welcome newcomer Adam Reid (below, with Laurel Tye) as their new accompanist and arranger.

aren’t used to, but everyone has been open and communicative. Tye attributes that to his positive attitude and youthful energy.

“He’s very good personality-wise, which is important,” said Tye about Reid. “Somebody who understands voices, who can sing, play amazingly well and direct everybody at the same time, and keep them all happy? To get all that in one package is quite unique.”

Although the loss of Brown has been significant, Lee is optimistic about the impact of bringing in Reid.

“Peter was with the Mudds for over two decades and he has helped define the group’s personality,” explained Lee. “Adam has been great. He has a wonderful way with the kids to draw them out and help them with their singing, and he’s equally good with adults. His musical skills are amazing and I feel we’re lucky to have him for this show.”

Peter Pan: A Musical Adventure opens April 22 at the Carleton Place Town Hall and promises to be a swashbuckling, multi-sensory experience for the whole family, complete with “some thrilling action and warm fuzzies,” according to Reid.

Performances take place on April 22, 23, 28, 29, and 30 at 7:30PM, with matinee performances on Sunday, April 24, and Saturday, April 30, at 2PM. Tickets cost \$20 for evening performances, \$15 for matinees and the Thursday evening show, and are available at Hallmark, 438 McNeely Avenue in Carleton Place, 253–3000.

Tye is looking forward to the show and is sure the audience will enjoy being along for the adventure. “We’ve always had a devoted group of people who come to the Mudds and who love us,” she said. “I think they’re going to be very pleased with *Peter Pan*.”

 **Mississippi Valley Field Naturalists**

Annual General Meeting
Thursday, April 21st
7:30 pm
Almonte United Church, Social Hall
106 Elgin St., Almonte, ON

Board reports & elections
followed by
Members Night: Wildlife Journals
presentations by
Simon Lunn and Cliff Bennett.
Everyone welcome!
For information: 613-256-5013 or mvfn.ca

 the sacred gardener
seeding earth wisdom since 1989

WORKSHOPS ON

- » Herbal Medicine
- » Wild Edibles
- » Traditional Skills
- » Permaculture
- » Green Building
- » Fermented Foods

megan@thesacredgardener.ca
thesacredgardener.ca

MISSISSIPPI VALLEY **TEXTILE MUSEUM**
NATIONAL HISTORIC SITE

presents **A WORKER'S ALE**

April 23, 7pm
at **3 Rosamond St. E., Almonte**
with **FOOD PAIRINGS BY FODIES**
FINE FOODS & GOURMET IDEAS

plates and glassware donated by **PRIOR ENGAGEMENTS**

Tickets \$45 adults only

AVAILABLE AT THE MUSEUM and BAKER BOB'S

 CARTWRIGHT SPRINGS BREWERY

The Blue Skies Community Fiddle Orchestra
presents their annual fundraising
JAM-A-THON
Maberly Hall
Sunday April 23, 1–6PM
Fiddles, guitars, cello, viola, mandolin, penny whistles
are all welcome to join in the fun. Drop in and join the jam circle
anytime during the day.
Pie auction starts at 4:30.
To obtain a sponsor sheet contact cerlichman@yahoo.com or 613-273-3986.

The Silver Shingle
INDOOR | OUTDOOR SIGNAGE & CREATIVE IMAGERY
Unique, custom
black & white images on
photosensitive aluminum.
Ideal uses include
trail signs and plaques.
613.200.3667 | WWW.SILVERSHINGLE.COM

**Pick up theHumm in Almonte at
EQUATOR COFFEE**

A concert featuring the voices of the
**Goulbourn
Male Chorus**
Directed by Byron Hermann
May 1, 2016 at 2PM
Trinity Presbyterian Church
1817 Richardson Side Road, Kanata
Tickets \$15
Available in Stittsville at Gaia Java,
Brown's Independent Grocer,
at the door and online
www.goulbournmalechorus.com

SPRING FILMS **FILM NIGHT INTERNATIONAL**
THE BEST IN INDEPENDENT FILM SHOWN LOCALLY SINCE 2003

April 6 Perth	Brooklyn	April 7 Smiths Falls
April 20 Perth	Room	April 21 Smiths Falls
May 4 Perth	Coming Home	May 5 Smiths Falls
May 18 Perth	The Lady in the Van	May 19 Smiths Falls

Perth shows are at the Full Circle Theatre (26 Craig Street) at 2PM and 7PM
Smiths Falls shows are at the Station Theatre (53 Victoria Ave.) at 7PM
FILMNIIGHTINTERNATIONAL.BLOGSPOT.CA

Jekyll & Hyde at the Station Theatre

After a series of farces, mysteries and pantos, the Smiths Falls Station Theatre continues its 2016 play season with something completely different: a new and shocking version of Robert Louis Stevenson's classic tale of depravity, lust, love and horror, adapted in 2008 by the respected U.S. playwright and screenwriter Jeffrey Hatcher (*Mr. Holmes*).

With this production of *Dr. Jekyll and Mr. Hyde*, director Stephen McWade seeks to give audiences a taste of a newer style of theatre — a modern, expressionist piece that plays with the duality of human nature in a way that will keep audiences guessing. He promises a fast-paced drama with staging that employs dramatic lighting changes and a cast of six, with four members playing multiple roles. McWade is hoping to reach out to younger people with a style of presentation many will not have seen before, but which they will find highly entertaining. It is also an opportunity to expand the theatre's audience base while still appealing to their "core," and to provide younger actors with a new kind of stage experience.



Stephen brings over three decades of theatre acting, voice-acting, public speaking, radio, television and film to bear on his directorial debut in Smiths Falls. Although not new to the medium, having directed in theatre, radio and film, this is his first foray locally. Station Theatre patrons may remember his acting roles as Dolly Dumpling in the *Seven Dwarfs* panto, Cardinal Richelieu in *The Three Musketeers*, and Kind Old Gentleman in *The Railway Children*.

Four men and two women make up the cast. Richard Croteau, who has starred most recently in *Love from a Stranger* and *Fox on the Fairway*, plays the part of Dr. Henry Jekyll; Todd Daniluk, who most recently played a major role in *The Railway Children*, is Edward Hyde. Hyde #2 is portrayed by Brant Daniluk, Hyde #3 is Sam Saikley, and Heather Mitchell-Adams plays Hyde #4. Emily Starks rounds out the cast in the role of Elizabeth Jelkes, the unlikely love interest of Hyde, who cannot resist his attraction to her.

Evening performances of the play take place on April 8, 9, 14, 15 and 16 at 7:30PM. Sunday matinees are on April 10 and 17 at 2PM. Tickets are \$20 for adults; students (with ID) pay \$10. Group rates (at \$15 per person) are available for some performances. Call 283-0300 for ticket details (and for credit card purchases) or visit smithsfallstheatre.com. Cash-only tickets sales are at Special Greetings, 8 Russell St. E. in Smiths Falls, and at the door a half-hour before each performance. The Station Theatre is located at 53 Victoria Avenue, the site of the former CPR Railway Station.



The Station Theatre's production of *Dr. Jekyll and Mr. Hyde* features Richard Croteau (below left) as Jekyll, and Todd Daniluk (above) as Hyde

Spotlight on April 22 /23

The riveting, true story of *The Boston Globe's* investigation that rocked the city with its exposé of the clergy's cover-up of child abuse, comes to the screen of the Station Theatre on April 22 and 23. Winner in the 2016 Academy Award's Best Picture and Best Original Screenplay categories, *Spotlight* has been described by *The New York Times* as "a gripping detective story and a superlative newsroom drama." Directed by Tom McCarthy, the film features an all-star cast including Mark Ruffalo, Rachel McAdams, Michael Keaton, Liev Schreiber and John Slattery.

The Station Theatre provides patrons with excellent high-definition sound and picture in a comfortable 140-seat auditorium. Tickets, sold only at the door for cash, are \$10, \$5 for students. Screening time is 7:30PM, and the film is rated 14A.

200 years of Fiddling in Tay Valley Township

As part of the 200th anniversary celebrations of the founding of the Perth Military settlement, the Blue Skies Community Fiddle Orchestra will fill the Maberly Hall with the heritage sounds of fiddle music on Saturday, April 23, from 1 to 6PM. This fundraising "Jam-a-thon" supports the orchestra, which is affiliated with the Tay Valley recreation programs in recognition of the important place of fiddle music in our culture.

The fifty-member fiddle orchestra will play all afternoon and is inviting any local musicians to come and play with them.

It's not just for fiddlers — guitar, cello, viola, mandolin, penny whistle, dancers, listeners and anyone who appreciates homemade acoustic music is welcome to join in the fun. Players obtain sponsors, collect the funds, and bring them to the Maberly Hall on April 23. Participants can drop in and join the jam circle anytime during the day between 1PM and 6PM. Participants will have the opportunity to choose tunes (or songs) for the circle to play (or sing). Admission is by donation and refreshments will be available throughout the day. A pie auction

starts at 4:30PM and promises to be a highlight of the day!

The Jam-a-thon's aim is to provide a relaxed opportunity for local musicians to have fun as they play together while raising funds for the Blue Skies Community Fiddle Orchestra. The orchestra is supported by Blue Skies in the Community and keeps the community's musical heritage alive by making it affordable for anyone to learn to play the fiddle and join in the fun. To obtain a sponsor sheet, contact Wolfe at cerlichman@yahoo.com or call 273-3986.

www.thehummm.com

April 2016

Nashville Visits Perth

On Sunday, April 3 at 7PM, Nashville's **David Olney** will be playing at O'Reilly's Ale House in Perth, as part of their "Listenin' Series". The cost is only \$10, and there are no screens, no chatter, just music. The kitchen closes at 6PM, so book early if you'd like to order from their scrumptious menu.

by Steve Tennant

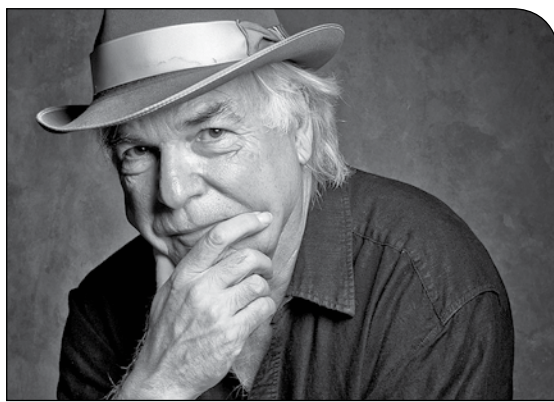
David Olney has recorded over twenty albums, and has had his songs recorded by Emmylou Harris, Linda Ronstadt, Johnny Cash, Steve Earle, Tim O'Brien and Del McCoury, to name but a few. I'd say that's pretty high praise for his songwriting abilities. One has only to remember Emmylou's haunting version of his song *Deeper Well* to be reminded of the quality lyrics this man can lay down.

David Olney was born in Rhode Island but headed to Nashville after a brief stint at university. His songwriting gained him jobs, but fame alluded him, which, in hindsight, he is glad of because "anonymity allowed me to follow my muse," he claims. He tells the story of playing at Nashville's Bluebird Cafe and being so "inspired" by the shallow, safe songs sung by the others on the bill that he went home and wrote *Titanic*, spinning a chilling, lusty love story, told from the iceberg's perspective.

He's known in "Music City" as "Nashville's answer to The Bard", in that he loves Shakespeare and has performed in a 2014 Nashville musical version of *As You Like It*, for which he wrote most of the music and played a role as well. He loves writing sonnets and says: "I appreciate good structure. In songs, melody and rhythm act as an editor, throwing out the extraneous stuff. Sonnets seem really close to that, to me."

David is coming north to record at Brock Zeman's Big Muddy Studio, so we've lucked into having him at O'Reilly's for this show. His songs range from funny to chilling, with lots of characters and colour in between. Hope to see you there.

I enjoyed the recent launch of the informative book *The Beatles in Canada - The Origins of Beatlemania* by Piers Hemmingsen. Who knew that, in fact, the first Beatles records in North America were pressed in Smiths Falls at the RCA pressing plant where Cornelia Court stands now? Kudos to Hemmingsen for his exhaustive research showing how The Beatles actually had their first North



Nashville performer and songwriter-par-excellence David Olney plays the Listenin' Series at O'Reilly's in Perth on April 3

American #1 hit *She Loves You* in Canada, months before they played on Ed Sullivan in the U.S.

The book is full of pictures and stories about rock and roll in Canada back then, interviews with folks behind the scene who made things happen (like the RCA plant employees), and tons of Beatles trivia as they made their mark here. It all adds up to thorough coverage, painting a colourful vista of the era.

At the launch, photographer Lynn Ball showed some of his famous pictures of his meetings with The Beatles. Trudy Medcalf was there to tell her tale of seeing The Beatles while in England visiting relatives, coming back to her home in Toronto and, at age 15, starting what would become the largest Beatles Fan Club in North America, gaining her a daily 30-minute radio show about The Beatles on CHUM radio during the Beatlemania craze. Smiths Falls resident Gary Comeau, guitarist for legendary group The Esquires and later a producer in Nashville, Toronto and New York, told a great story of visiting New York to buy a pedal steel guitar at Manny's Music. He called to say hello to his friends at one of the recording studios and was told to get there right away. He arrived to find Ringo Starr, George Harrison and John Lennon in the studio, choosing songs they hoped would be on a "Beatles return" album. While they were on the phone to entice Paul McCartney to join them, Gary ended up giving pedal steel lessons to the others, a memory he'll never forget. Chris Saumure, current owner of the RCA Plant building (Cornelia Court) also spoke, indicating his intention to develop a permanent display to memorialize the RCA Plant history. Thanks to Dennis Staples for arranging the event.

Pub Crawling: April Listings

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

Apr 1 Texas Tuxedo
Apr 2 Matt Dickson

The Cove (Westport, 273-3636): Wed

Shawn McCullough 6-9PM, Sat Head over Heels 6-9PM,

Apr 1 Rob Lutes, 7-10PM, \$10
Apr 3 Norwood & McCullough, 1-4PM

Apr 15 Jazz Night Fundraiser, 6-11PM, \$40
Apr 23 Fiddlefest fundraiser 1-4PM, \$10

Apr 23 John Wilberforce, 7-10PM
Apr 29 Songwriters Circle, 7-10PM, \$10

Apr 30 Pat Temple w/Spencer Evans, 7-10PM, \$10

The Swan at Carp (Carp, 839-7926):

Apr 1, 15, 29 Steve Barrette Trio, 7-10PM

The Royal Oak (Kanata, 591-3895): jazz

on Sun, 2-5PM
Apr 3, 17 Magnolia Rhythm Kings

Apr 10, 24 APEX Jazz Band

Naismith Pub (Almonte, 256-6336):

Wed Open Celtic Jam, 7:30-10PM

Carp Masonic Lodge: Mon Carp Celtic

Jam, 7-9PM

Ashton Pub (Ashton, 257-4423): Sun-

days Open Mic w/Kelly Sloan, 2-5PM

The Barley Mow (Almonte, 256-5669):

Apr 7, 21 George Turcotte & Band, 8PM
Apr 14, 28 Kitchen Party w/Jimmy Tri-

Tone Band, 8PM

O'Reilly's Pub (Perth, 267-7994): Tues

Brock Zeman & Blair Hogan 8:30PM; Wed

Acoustic Stage w/Dave Balfour 8PM, Fri

Live music 9PM
Apr 1 Smitty

Apr 3 David Olney (7PM)
Apr 15 Tom Watson

Apr 16 Under the Covers
Apr 22 Stephen Fisher

Apr 29 River City Junction
Apr 30 Ali McCormick & Matt McKechnie

Love That Barr (Pakenham, 624-2000):

Apr 1 Jimmy Tri-Tone Band, 9PM
Apr 7, 21 Kitchen Party w/Jimmy T-T 8PM

Apr 9 Love the Blues w/Ric Denis, 7-10PM

Alice's Village Café (Carp, 470-2233):

Open Mic Thursdays, 7:30PM

John St. Pub (Arnprior, 623-8149): 9:40PM

Apr 1 Foo Fighters tribute (play '97 album), \$7
Apr 16 The Glorious Sons, \$30 (\$25 adv)

Apr 22 Destroyer (KISS tribute), \$10 adv

Generations Inn (CP, 253-5253):

Apr 17 The NightCrawlers, 6-9PM

The Waterfront Gastropub (CP,

257-5755): Wed Open Mic w/Kevin

Ficzer 9PM; Thurs Karaoke w/Barry

Buse, 10 PM-2AM; Sun Blues w/Barry Buse

& Redneck Limousine 3-6PM
Apr 1 Mississippi Blues Society Open

Jam, 8:30PM
Apr 2 Jimmy Cochrane

Apr 8, 30 Jean Pinel
Apr 9 Shut Up & Trouble

Apr 15 Peter Newsom
Apr 16 Jazz at the Waterfront, 8PM

Apr 22 Blues & Co.
Apr 23 Live Acoustic Entertainment

Valley Food and Drink Co. (Calabogie,

752-2676x311): Thurs Karaoke 8PM
Apr 16 Bahoo, Brat & the Commander,

8PM, \$5
Apr 23 Music Trivia Night, 7:30PM

Apr 30 Theresa Doyle, 8PM, \$20

Queens Hotel (Carleton Place, 257-

7639) Apr 7 Jazz 6-9PM

Sharbot Lake Inn (279-2198):

Apr 9 Oh Susanna, \$55 dinner &/show

The Smiths Falls Station Theatre Presents

DR. JEKYLL AND
MR. HYDE

Adapted By Jeffrey Hatcher

Directed By S.G. McWade

Presented by special arrangement with Dramatists Play Services, Inc., New York

"This new and shocking version of Robert Louis Stevenson's classic tale of depravity, lust, love and horror will have you on the edge of your seat."

April 8, 9, 14, 15, 16 at 7:30 pm

Sunday Matinees Apr 10 & 17 at 2:00 pm

• Adult \$20 • Student (with ID) \$10

Group rates available for 15 or more for same performance - call for details



THE STATION THEATRE

Tickets available at:

• Special Greetings, 8 Russell St.E., Smiths Falls (cash only)

• smithsfallstheatre.com (Paypal/Visa/Mastercard)

• By Phone - 613-283-0300 (Visa/Mastercard)

• At the Door - 1/2 hour before performance (cash only)

53 Victoria Avenue Smiths Falls

MOVIE WEEKEND
April 22 & 23 @ 7:30

SPOTLIGHT
Adults \$10 Students \$5 Cash Only

Pick up theHumm in Perth at

O'REILLY'S ALE HOUSE



CARRIAGEWAY

studios

APRIL

event details on website

OPEN DRAWING

Wednesday nights 7-9

For the love of drawing with Chandler Swain

the ART of LETTER WRITING

Thursday April 7: 7-9

Take the time to pen a letter to someone you care about on beautiful hand-printed stationery.

with Dawn Walker

IMAGINEER'S SERIES No.2

IMPRESSION/EXPRESSION

Sunday April 24 10am-4pm

Talks/demos about Letterpress Printing and Text in Art plus, workshops on block printing and calligraphy

with Larry Thompson & Holly Dean

Pre-register: hello@carriagewaystudios.ca \$100

MAY

Creative painting and mixed media collage TBA

with Lily Swain

carriagewaystudios.ca



Humm Bits

World-Renowned Organist in Arnprior

World-renowned organist Maurice Clerc from Dijon, France, will be giving a recital at Grace St. Andrew's United Church, 269 John St. N. in Arnprior, on Wednesday, April 20 at 7:30PM. Tickets are \$20 and are available at the church, 623-3176, or at the door. He will be performing to inaugurate the completely re-voiced Casavant organ in the church.

Born in Lyon in 1946, Clerc is currently organist of the cathedral in Dijon, a post he has held for over forty years. He was also a professor to the Conservatory of Dijon and lecturer at the University. He has recorded a dozen CDs, including Bach and the German baroque masters, and is considered one of the world's specialists in French music. He has given 1200 recitals in some twenty countries, including 28 tours in North America, and has played such prestigious venues as Notre-Dame de Paris, New York's Saint Patrick's Cathedral, Melbourne's Saint-Paul's Cathedral, and Tokyo's N.H.K. auditorium.

Spring Workshops by Natural Wisdom

Andrea Usworth of Natural Wisdom has recently relocated her Naturopathic Services business to Lanark County, and is offering a series of workshops in April and early May.

On April 2, from 2-4PM, learn how to make your own lip balms, and leave with know-how and two lip balms (extra materials are also available). On April 7, from 7-9PM, a workshop on essential oils and their everyday practical applications will teach about safety, appropriate doses (for children and adults), infusions and more. To learn to cook with essential oils, there's another workshop from 7-9PM on April 26, and from 7-8:30PM on May 5 you can learn about bush cocktails (wild mushroom vodka, anyone?). All workshops are \$25 per person, and take place at 453 Ottawa Street, Unit 4 in Almonte (Harmony Way, in the Almonte Alzheimer's Society meeting place). Find out more about Andrea and her services at <naturalwisdom.ca>, or call 762-8832 to reserve your spot.

China with Monica Blackburn

On Thursday, April 7 at 7PM, Monica Blackburn will be speaking about her recent trip to China. As she explains, China was "the last place I thought I would ever go to, but because my youngest son moved there and stayed longer than planned, the trip was inevitable! My preferred way to travel is to fly by the seat of my pants, and I wasn't sure that would work in China. It was a surprise to me that it was possible, and even, for the most part, pretty easy!"

Monica visited sites in Beijing and Sichuan Province, including a panda breeding centre and a 72-foot-tall Buddha carved into a red sandstone cliff. She climbed a Buddhist mountain, spent hours enjoying the tea gardens of Chengdu, and "experienced a sensory overload — sights, sounds, smells. The food was an experience not to be missed!"

Come to the Library Travelogue series on April 7 to hear more — this event is free and takes place in the Almonte Branch Meeting Room. For more information, or if you would like to share your stories as part of the series, please contact K. Pillsworth at 624-5306.

Country Music Legend Neville Wells Plays Westport

Neville Wells was born in Newfoundland in 1940 and grew up in Ompah, just north of Sharbot Lake. His musical career began in the Ompah Dance Hall where, on Saturday nights, for \$2, he sang and played rhythm guitar, backed up the fiddler, and called the square dances.

A musical presence on the Ottawa Valley scene for many years, Neville has played in all of the country music establishments in the area and also travelled extensively. He has had several records that received considerable airplay across the country, placing high on *RPM* and *Country Music News* charts, most notably *If You Will See Me Through* and *Please Don't Mention Her Name*. He was inducted into the Ottawa Valley Country Music Hall of Fame and has been recognized by the Canadian Country association for his contribution to country music. This month he makes his first appearance at the Westport Legion on April 10, from 2 to 6PM, with a light luncheon. Come out and enjoy a great afternoon with proceeds going to the ways and means committee. For more information, call 273-7017.

Home, Fashion & More!

Carleton Place Spring Home & Fashion Show

Carleton Place will be buzzing from April 8 to 10 as the Town's Recreation and Culture Department presents the 5th annual Spring Home and Fashion Show.

Taking place at the CP Arena (75 Neelin Street), the event holds over 100 vendors on two levels. In addition, patrons can enjoy convenient amenities such as free parking, accessible washrooms, elevator access, and free wifi.

The exciting weekend kicks off on Friday, April 8, when the Home Show runs from 6 to 9PM, and admission provides access to the **Country Music Kick-Off Dance** featuring the Bowes Brothers in the Upper Hall from 8PM to midnight. This event provides vendors and patrons alike an opportunity to socialize and network while enjoying great entertainment.

Saturday, April 9, is a jam-packed day of seminars, shows and fun! Doors are open from 9AM to 6PM, and patrons are welcome to take part in a pancake breakfast hosted by Waterfall Catering for \$5 per person, a children's puppet show by Rock

the Arts from 10 to 11AM, a Geothermal Heating & Cooling seminar from 10 to 11AM, and a women & children's Fashion Show at 1PM.

Overflow parking and shuttling is available on Saturday at the Market Square Pavilion (7 Beckwith Street) with transportation provided by the Carleton Place Junior A Canadians. "We want to provide patrons with convenient parking that doesn't require a lot of walking," says co-organizer Jessica Smith. "We will pick you up right at Market Square, and drive you back when you are ready!"

Sunday, April 10, provides the final opportunity to browse this fantastic show with free face painting and balloon animals for the kids, as well as a door prize draw of a \$500 gift card to Mitchell's Independent Grocer, which will be drawn before doors close at 4PM.

Admission is \$5 for adults, and children under 12 get in free. For more information, please call 257-1704 or visit <carletonplace.ca>.

Cliff Bennett Nature Bursary

The Cliff Bennett Nature Bursary Awards Committee of the Mississippi Valley Field Naturalists (MVFN) is looking to support a young person who wants to make a difference in meeting the environmental challenges of the future. The Cliff Bennett Nature Bursary is offered annually by MVFN to assist a graduating high school student who will be pursuing post-secondary studies in a field related to the natural environment. One bursary of \$1000 will be awarded this year to a deserving student from the area.

The bursary is named for Cliff Bennett, a founding member of MVFN, and was established in 2007 by his many friends on the occasion of his 75th birthday, to honour his contributions with a lasting legacy. To date, \$8200 has been awarded to fifteen graduates from six high schools in Almonte, Carleton Place, Perth and Dunrobin who have pursued studies in twelve programs at three colleges and six universities across the country.

To be eligible for the bursary, a student must be graduating from a local high school with acceptance to

a college or university program related to nature and the environment. As well as academic achievement, the Committee will consider an applicant's involvement in issues related to the natural environment; previous recipients actively promoted environmental awareness through school projects and volunteering.

Post-secondary studies by bursary winners have included ecosystem management, environmental engineering, and zoology. Other recipients followed their passion in environmental stewardship by studying fish and wildlife management or biotechnology. "I am pleased that the bursary may encourage a young person today to become an environmental leader tomorrow," says Cliff Bennett. "I consider it an investment in our shared environmental future."

Application forms are available from the student service offices at area high schools, or at <mvfn.ca>. The deadline for applications is Monday, May 2. For further information, students may contact Mike Macpherson, Chair of the Cliff Bennett Nature Bursary Awards Committee, at 256-3043 or <naturebursary@gmail.com>.



WELCOME WAGON
SINCE 1930

If You Are...

- Moving
- Expecting a Baby
- Planning a Wedding
- Opening a New Business

Call
1-844-299-2466

We have
Gifts & Information
www.welcomewagon.ca

F I E L D W O R K 2 0 1 6
CREATIVE EXPLORATIONS ON THE LAND

EXHIBITION OPENING 5 new installations
SATURDAY, MAY 7. 2-4PM
continues all year

FRAMEWORK words on the land
SUNDAY, AUGUST 21. 3PM

STORYWORK telling tales rooted in the land
SATURDAY, SEPTEMBER 24. 2PM

ART | LAND | EXPLORATION

 ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario



fieldworkproject@gmail.com
www.fieldworkproject.com
facebook.com/fieldworkproject/events

Perth is Sounding Great!

We made it through another winter of arctic blasts and biting winds, and now it's time to toss off our toques and celebrate all the promising joys of spring! Thankfully, there's a lot to get out and see and do — and hear. In April, Perth is a-bustle with musical activity.

Melwood Cutlery, whom David Francey has called “the hippest songwriter around”, will be playing a Sunday afternoon show at the Perth Manor on April 10. For this special one-time concert, Melwood will be playing grand piano alongside **The Long Sault Trio**, featuring Linda Grenier, Dave Tilson and Victor Maltby, with **Dave Card** on percussion.

by John Pigeau

Melwood Cutlery is a Canadian roots performer who blends bluesy rock with country inspired music marked by “a beautiful voice and powerful songwriting,” according to the *Toronto Star*. Lynn Myles, Jane Sibbery and Stuart McLean have all also sung his praises.

Tickets are \$35, including hors d'oeuvres and refreshments, and are available in advance by calling Perth Manor at 264-0050. Please note that seating is limited. Showtime is at 2PM.

The **Toronto All-Star Big Band** will be performing on Friday, April 15 at 7:30PM at PDCI's Mason Theatre. Known for their brilliant programming and choreography, this cast of talented youngsters revive the spirit, style and sound from the golden age of big bands spanning the 1930s through the 1950s. Tickets are \$38.50 and available at Tickets Please at 39 Foster Street in Perth, online at <ticketsplease.ca>, or by phone at 485-6434.



All you children of the '90s, take heed: **Hervana** is coming to town. A seriously cool Nirvana cover band, that is, and they will be playing at the Studio Theatre on April 16. For two of the band's members, the show will be a sort of homecoming. Hervana's lead singer/guitarist Carly Beath (aka Skirt Cobain) is from Smiths Falls, while the band's bass player Erin



This month you can catch a show by the Nirvana cover band, Hervana, at the Studio Theatre, and Garnet Rogers drops in for a visit to MERA

Cousins (aka Miss Novoselic) hails from Almonte. As both young ladies began playing music in the Ottawa Valley, I'd expect a big crowd of friends and family cheering them on at this gig when they take the stage alongside bandmates Michelle Turingan (aka Pap Smear) and Adrian Pasen (aka Dave Grrrl). The Toronto-based band has enjoyed great success since it formed in 2014, winning over audiences at shows and festivals across Ontario and Quebec.

Hervana will be playing songs from one of Nirvana's best-loved albums, *Unplugged in New York*.

Adding to the fun, Hervana will also be unplugged for the show. Singer-songwriter Kate Weekes takes the stage as the special opening act. The doors open at 6:30PM and the show starts at 7:30PM. Tickets are \$15 in advance — available online at <hervanaperth.eventbrite.ca> — and \$20 at the door, and I would get them early, folks, because this should be a scorching show. Not to be missed.

The charismatic **Garnet Rogers** takes the stage at the MERA Schoolhouse on April 24 at 2PM. Rogers is known for his “smooth, dark baritone” (*Washington Post*), his powerful stage presence, and his incredible range. His songs, said the *Kitchener Waterloo-Record*, “give expression to the unspoken vocabulary of the heart.” Tickets for this extraordinary show are \$24 at Tickets Please.

BarnDoor Productions kicks off its spring season with *Under Milk Wood*, a play for voices by Dylan Thomas. The play — at once poetic, comic, tragic, and musical — is performed by a varying number of “voices” as they tell the story of a spring day in Llareggub, a small (fictional) town in Wales. Some consider *Under Milk Wood* to be the culmination of Thomas' life's work. Others believe it to be a masterpiece. But you can judge for yourself. The play opens on April 15 at the Full Circle Theatre and runs until the 24th. Tickets are \$20 (or \$22 at the door), and \$10 for students. For show times and to book seats please call BarnDoor Productions at 267-1884, or visit <barndoorproductions.ca>.

Surely the sweetest sign of spring's arrival in Perth is the scrumptious celebration that is the **Festival of the Maples**. This year marks the 40th anniversary of the festival, created by Mr. Vic Lemieux with the goal of bringing people out to celebrate after a long winter. Hosted by the Perth & District Chamber of Commerce, this delectable event also ballyhoos Lanark County as the maple syrup capital of Canada.

As always, Gore Street will be awash with vendors offering award-winning maple products, maple-themed demonstrations, and fascinating displays. There will also be a pancake breakfast, live music and entertainment, artisans, commercial vendors, free horse-drawn trolley rides, and plenty of kid's activities in the Tay Basin, including a petting zoo. Keep your dentist happy — come on out and enjoy some tasty wares. Cast your vote in the maple syrup contest. And never ever forget to visit the fudge hut. That's where the love is.

Also, please visit the good folks set up in front of Riverguild Fine Crafts and enjoy a delicious meal in a one-of-a-kind bowl made by a local artisan, as part of the **Empty Bowls** Perth 2016 project. Buy a meal, get a bowl — it's truly a wonderful project with one hundred percent of each meal's proceeds devoted to local hunger-fighting organizations.

The 40th annual Festival of the Maples takes place on April 30 from 9AM to 4PM. For more information on being a sponsor or a vendor at the festival, please contact Jennifer Perkin, the festival coordinator, at 267-3200 or at <welcome@perthchamber.com>.

Happy spring, everyone!

Heartsong Yoga Studio

“An Oasis of Energy, a Sanctuary of Calm”

Springtime YOGA Retreat: May 13-15, 2016
“Igniting the Presence of PEACE”

ART • YOGA • Meditation

Scrumptious FOOD • Nature • FUN!

A rejuvenating weekend of being strong, calm, peaceful and happy.

www.Harmonydawn.com

www.Heartsongyogapilates.ca

YOGA Teacher Training (RYT200)

Classical HATHA Sequencing: April 16-17, 2016

Chakra YOGA, Sadhana; Business of YOGA: May 6-7, 2016

Workshop:

YOGA for Beginners

April 30, 2016

Benefits • Alignment • Use of Props

• with **Ro Nwosu** •

Special Classes this month!

“Acoustic-Audio-YOGA-Adventures”

Practice to live music with **Scott Johnson** on Acoustic Guitar
Drop-In Visits Welcome!

239 Raglan St. S., Renfrew

613-433-7346

The
Millstone

An intelligent
and informed
source of news
for
Mississippi Mills

FREE

www.millstonenews.com

INTRODUCING THE

Rideau Lakes
Orchestra

Classical music; original sounds.

April 17, 2016 at 2 p.m.

St. James Anglican Church
(12 Harvey St., Perth)

With special guests:

The Men and Women of the Tay Choruses
Elise Heikkila (soloist)



Adults \$15
Students \$10
Available at
Tickets Please

Connect with the RLO
facebook.com/RLOrchestra
www.RLOrchestra.com

Humm Fun Feature of the Month —

Summer is on its way, and to help both kids and parents make the most of it, we offer the Humm's annual round-up of summer camp options in the area. From creating art to spying, from helping animals to performing, you're sure to find something of interest on the next three pages.

Happy camping!

Day Camps

JB Arts Summer Art Club (Almonte)

This program offers fantastic art projects, with different ones every day throughout the entire nine weeks! We start our day playing games, colouring and doodling from 8AM until everyone arrives. All our art projects start with a lesson and a demonstration, and then the kids get their chance to create. We do four different projects a day using different media each time (paint, clay, charcoal, plaster...), with snacks, lunch, and outdoor breaks in between. We usually save the messiest project for the end of the day — yay! Kids also get a chance to finish up earlier projects, play games or show each other their creations from the day. We are already excited for this year, and hope to see you soon. For details, call 220-3005 or visit <jbarts.ca>.



Cool projects at Maple Key Day Camp

The Almonte Potters Guild

Summer Camps for Kids

July 25-29 or August 8-12:
Pottery with Saskia Praamsma and Projects at the Textile Museum

August 15-19:
Pottery with Saskia Praamsma and Art with Cathy Blake

Summer Drop-in Pottery Classes for Children
Adult Classes

Contact us at 613-256-5556
95 Bridge Street, Almonte
www.almontepottersguild.com



Summer Spy Camp at the Diefenbunker (Carp)

Children aged 7 to 12 go undercover at the Diefenbunker and return home having mastered the skills of a real secret agent! As spies in training, they will learn the art of espionage, develop disguises for cover, make and break codes, create and use spy gadgets, go on scavenger hunts, and take part in many more fun activities. Your child will get a taste of what it's



Espionage at the Diefenbunker

like to be a spy, and will graduate as a Level One Spy upon completion. Each week has a different theme, so don't hesitate to sign up for more than one! All camps are \$225/child/week and include complimentary before and after care. To find out more, visit <diefenbunker.ca/spy-camp>, or contact us at 839-0007 or <education@diefenbunker.ca>.

Wildlife Watchers Summer Day Camps (Almonte)

Children aged 6-11 explore the natural environment at the beautiful Mill of Kintail Conservation Area. Space is limited and filling up quickly. For more information, contact Sarah O'Grady at <sogrady@mvc.on.ca> or 253-1756 x239. To register, visit <mvc.on.ca>.

Holistic Summer Camp (Carp)

This July, Carp Ridge EcoWellness Centre is offering a holistic camp for children aged 6-12. We will follow campers through 190 acres of woods on the Carp Ridge in search of wild food, herbs, beautiful rocks and rare species of animals. A campfire will be made to cook our findings along with local and organic produce that we prepare together. Afterwards there will be a quiet time for napping, reading, making crafts out of nature and playing music. Once refreshed, we play cooperative games and get wet in order to cool off the summer heat. By 4PM, we will have had our afternoon snack and be working on the final presentation for the parents at the end of each week. Our days end as they begin, with a calming meditation. Register by May 31 by calling 839-1198 or via <lori@ecowellness.com>.

Build Your CUSTOM SUMMER

at **Maple Key daycamp**

New themes and special events each week. The only camp in Lanark County that lets kids choose their own activities!

Choose from:

- nature
- high tech
- outdoor skills
- sports
- mixed media
- lego
- cooking
- woodworking
- dance
- music
- mad science
- martial arts
- leadership

& many more!



Fun on the Farm Summer Day Camp

Creative interaction with nature for children ages 7-12 years at Rock N' Horse Farm

Week 1 - July 11-15
Week 2 - July 25-29
Week 3 - August 8-12
Week 4 - August 22-25

For more information contact:
613-979-8754 * lickleysarah@gmail.com
or visit www.rocknhorsefarm.ca

SUMMER ART CLUB

MESSY FUN ALL SUMMER LONG!

DRAWING, GLAY, MIXED MEDIA, PAINTING, CRAFTS, & MESS!

64 MILL ST. PO BOX 1474 DOWNTOWN ALMONTE KOA 1A0

PHONE: (613) 220-3005 EMAIL: JEFF@JBARTS.CA

PLEASE VISIT WWW.JBARTS.CA FOR FULL DETAILS, NEWSLETTER SIGNUP OR A VIRTUAL TOUR!

Creative Summer Camps for Kids!

Fun on the Farm Summer Day Camp (Almonte)

Rock-N-Horse Farm is a 230-acre farm that includes cropland, forest, market gardens, a maple sugar bush, and a barn full of animals. Participants will learn hands-on to take care of animals, explore nature, be creative and harvest their own food. A variety of activities will engage youth with nature and farm life, making each week a unique experience. Contact Sarah at 979-8754 or <lickley.sarah@gmail.com> or visit <rocknhorsefarm.ca>.

Almonte Potters Guild (Almonte)

The Guild is partnering with local artist Cathy Blake and the Mississippi Valley Textile Museum to deliver camps in which kids can create pottery in the morning and either visual arts or textile projects in the afternoon. There are three different programs, for various ages, running in July and August, as well as drop-in morning classes during the weeks that the camps are not running, so call 256-5556 or visit <almontepottersguild.com> for more details. The camp cost is \$250 per week, which includes all supplies and materials.

Maple Key Day Camp (Perth)

Owned and operated by a certified teacher with a significant camp background, Maple Key was created to provide an authentic summer camp experience for campers aged 4-12, without having to stay overnight. Designed to meet the needs of families whether they attend for just one week or all eight, MKDC offers a summer-long program that never repeats. In addition to traditional activities such as sports, arts & crafts, mad science, music, nature, and water play, MKDC also provides specialty programming in a variety of skills such as woodworking, leadership, outdoor cooking, orienteering, performing arts, pottery and more. Introduce your child to a warm, bully-free culture, wrapped in a beautiful natural setting. This is summer camp the way nature intended. Contact Kristen at 464-2468 or visit <maplekeydaycamp.com>.



Fashion in action in Almonte!

Almonte Summer Fashion Camp for Youth (Almonte)

Costume designer Ingrid Harris and Marg Lee of Sew Much Fun will personally instruct this unique camp in Ingrid's studio. Only the weeks of July 25-28 or August 22-25 are available, so book soon. Camp hours are Mon-Thurs from 9AM-2PM with a Thursday afternoon

graduation fashion show, modelling the items made during class. The cost is \$230/week including snacks and all materials, for girls and boys aged 10 and up. Confirm your spot with a \$50 deposit. Book your spot with Ingrid at <ingridharris14@gmail.com> or 256-5577, or Marg at <marglee@teksavvy.com> or 256-3717.

Perth Outfitters Summer Day Camp (Perth)

In keeping with Perth Outfitters' reputation and five star rating, the fabulous 7-acre waterfront site includes certified canoe, kayak and SUP instruction, a world-class mini golf course, plus other fun camp activities. A perfect combination of nature, water, instruction, friendship, personal growth, summer fun and "having a blast". Ages 7-12. Find more details, links and registration at <perthoutfitters.com> or 772-1133.



Communing with nature at Carp Ridge Holistic Summer Camp

Wildlife Watchers Day Camp

Adventure awaits at the Mill of Kintail
Campers ages 6-11 explore insects, wildlife, plants, habitats & aquatics through games, activities, arts & crafts, songs, stories & more!

ONLY \$175 a week!

For more information contact:

Sarah O'Grady
sogrady@mvc.on.ca
613-253-1756 x 239

To register visit:
www.mvc.on.ca



SPY CAMP

Espionage, disguise, code making/breaking and more!



Diefenbunker
Musée canadien de la Guerre froide
Canada's Cold War Museum

diefenbunker.ca | 3929 Carp Road, Carp, ON | 613-839-0007

Camp Lau-Ren

A summer to remember!



Residential One Week
Camps
On the Ottawa River
10 km west of Deep River
Ages 6 - 16 years

Canoeing, Archery,
Swimming, Crafts,
Bible Study, Sports
and so much more!



www.camplau-ren.com

Creative Summer Camps for Kids!

The Academy for Musical Theatre (Perth, Ottawa)

This group provides high quality instruction in music, acting, dance and aspects of technical theatre to youth of all ages, culminating in the performance of a full-scale Broadway musical. The Academy is a special community of non-judgmental and spirited individuals with positive attitudes, devoted to providing a fun and safe environment in which to experiment artistically without fear of negative feedback. Their primary mandate is to build confidence. One-week and two-week programs are available this summer, including *Peter Pan*, *West Side Story*, *Alice in Wonderland*, and *Narnia: Prince Caspian*. For more information, visit <musictheatre.ca> or phone 706-2287.

Big Sky Ranch Camp (Kemptville)

This year, Big Sky Ranch Animal Sanctuary is again offering week-long camps during the month of July. Youth enjoy exploring the Ranch and participating in activities such as pony rides, being responsible for the care of an animal, arts and crafts, games, the Great Race and much more! For more details, visit <bigskyranch.ca>.

Residential Camps

Residential camps offer a more immersive experience and really allow kids to flourish and find their independence as they get older. Here are two great options in our area:



Making a lifetime of summer memories at Camp Lau-Ren



Getting creative at Long Bay Camp — Arts by the Lake

Camp Lau-Ren Residential Camp (Deep River)

This is a children's residential summer camp of the United Church of Canada, accredited by the Ontario Camps Association, that offers week-long co-ed camps for ages 6 to 16, as well as a girls' camp, a three-day Tadpole Camp for six and seven-year-olds, and a ten-day

Leaders-In-Training Camp. Camaraderie and friendship are built in the camper's cabin with counsellors, and this continues throughout the day at morning watch, at meals in the dining hall, and while eating tuck on the dining hall steps. A camper's day continues with Bible study, nature study, swimming, beach time, crafts, archery, canoeing, games in the field, doing dishes by hand, campfire, skits, bedtime snack and lots of active outdoor fun. Find out more at <camplau-ren.com>, and come to the Open House on Saturday, June 11 from 11AM-2PM for a tour, free BBQ, campfire, skits, s'mores and more.

Long Bay Camp — Arts by the Lake (Westport)

Long Bay Camp is a sleep-over summer arts camp for youth aged 9-16 that offers a variety of art, drama, music and dance workshops to choose from. Long Bay Camp also offers sports, swimming, campfires, canoeing and many camp games. Campers and staff hold their weekly performances in a unique barn space that is one of their favourite places to be. Long Bay's small capacity allows campers to feel at home while learning, growing and making new friends. Great food, great people and so much fun! Please visit <LongBayCamp.ca> for more details about all their fantastic workshops.

Carp Ridge EcoWellness Centre Holistic Summer Camp

Learn and grow on 190 acres of gorgeous wilderness – 20 minutes from Almonte!



Fun with New Friends



Rare Species



- Collaborative Games
- Nature Exploration
- Herbal Remedies
- Wild Food

Ages 6-12

Children are in groups of 5 with two leaders each. Local & Organic lunches and snacks included.



Gifts from Nature

Register: Lori@ecowellness.com or 613-839-1198

Learn More at: Ecowellness.com/events

Put Some Zip In Your Website This Spring!

DESIGN

ECOMMERCE
FORMS &
DATA
COLLECTION

DATABASE
DESIGN &
BUILDING

SEARCH
ENGINE
PERFORMANCE


sumackloft
sumackloft.ca
256-0378

Our first meeting is always free!
Call us today!


foilmedia™
foilmedia.ca
256-5855

Are Nature-Oriented Camps Still Relevant?

There are many different kinds of summer camps to be found in Ottawa and in the Valley. There are sports camps, computer camps, science camps, hockey camps, aqua fun, leadership camps and more. Are traditional summer camps located in nature still relevant? In 2012, Richard Louv wrote an article called *The Natural Gifts of Camp*, and he believes that families still value nature-oriented camps.

He points out that one reason kids don't go outside is parental fear, which is likely why parents will value summer camps more now and in the future. Summer camps can offer parents the reassurance that their children will be safe as they receive the gifts of nature. Camps such as Camp Lau-Ren are certified by the United Church of Canada and the Ontario Camps Association.

Children are plugged into some kind of electronic medium 5½ hours per day at home, more time than they spend doing anything else besides sleeping. Studies show that at camp, the time spent experiencing nature significantly reduces children's stress.

Nature-oriented camps also help care for the health of the earth. Many studies show that nature play in childhood is the chief determining factor in the environmental consciousness of adults.



These happy campers certainly think so!

Louv makes the point that nature-oriented camps benefit both children and the earth in general. Parents value traditional summer camps as well. Families can learn more about nature-oriented camps such as Camp Lau-Ren at an Open House. Lau-Ren's Open House is on Saturday, June 11 from 11AM to 2PM. Come for a tour, do some crafts, see a camper's cabin, climb "the Rock" and stay for a free BBQ, campfire, s'mores and more. You can find out more about it at <camp-lau-ren.com>.

— Bruce Patterson is the Secretary of the Camp Lau-Ren Board



Singing Our Hearts Out

Rhythm and Song Community Choir in Almonte

There are choir junkies out there. I have a friend who is so addicted to singing that she is in three different choirs in her community. And I can't say I blame her. There is something about singing in a group, together, that tickles the brain.

I like to think that singing together is one of the oldest things that makes us human. I picture our distant ancestors, huddled together around a fire, singing — to let the world know they're there; to let each other know they're a tribe. It's one of our earliest forms of communication, and still the most intimate.

Singing was used for centuries to keep groups together — sea shanties set the time for hauling, field songs set the pace for harvesting, and drinking songs set the pace for... you get the idea.

Now there are scientific studies that back me up. Choristers end up breathing together, as you can well imagine, but did you know their heartbeats can also synchronize? Singing (in the shower, karaoke) releases endorphins, giving you the same buzz as a good run, but singing together releases oxytocin, the bonding or love hormone. Not surprisingly, all this feel-good stuff circulating in the bloodstream reduces anxiety, lowers blood pressure, and reduces the presence of cortisol, the stress hormone. And studies also show that you don't have to be a good singer to benefit.

But you know, I sing in choir because it's fun. And that reason, in particular, is why I enjoy Jen-

nifer Noxon and the Rhythm and Song Community Choir so very much. Warm-ups dissolve into laughter. We catch each other's eyes and grin when the basses kick in, because it sounds so cool. And when it's all going well, we move together through the song, sharing our voices and our smiles.

Our intrepid choir leader Jennifer Noxon recently played a sold-out show for Folkus, was the vocal coach for *Trashdance! The Musical*, and is a trained community choir leader. She sings with us, leading by example, and laughs with us, too.

Rhythm and Song has no auditions, and no barriers. Members range in age from 13 to at least 63. Our level of talent varies; our enthusiasm does not. We learn our songs by ear, so there is no need to read music (lyrics sheets are supplied when things get tricky). We've moved from simple rounds to our first four-part harmony, but new members have been able to "step in" without too much confusion.

The choir is beginning its spring session, which is a great time to join. The choir has two practices a week: one in the daytime and one in the evening. Members can attend one or both. There is a fee (\$100–\$120, for 10–12 weeks) per session, and you also have the option of a try-it-out visit (\$10 per visit), but for continuity's sake, it's not a drop-in choir. You can find out more through contacting Jennifer at <randsalmon@gmail.com> or 256–8809.

— Sandy Irvin

for the discerning
Maple Lover
in your life ...
infused maple syrup

PÊCHES & POIVRE
fine food, fun kitchen & artful dining ware
89 Mill St. Almonte 613-256-5764

Pick up theHumm in Carleton Place at
ST. JAMES GATE

Personal Travel Consultant
Now Serving Mississippi Mills!

Travel by Emma

Let me help you plan your next vacation!

FAMILY VACATIONS **GROUP TRAVEL**
RETIREMENT TRAVEL

Direct: 613.864.5734 www.travelbyemma.com

Travel by Emma, TPI, 1131 Nottinghill Gate, Ste 203, Oakville ON L6M 1K5 905-896-6948
TICO Registration: 1576226

ALMONTE
IN CONCERT

Spirit and Spring

SATURDAY APRIL 30 AT 7:30PM
Join us as we celebrate the return of spring and...
the return of **Almonte in Concert** at the **ALMONTE OLD TOWN HALL**

JULIE NESRALLAH
CAROLINE LÉONARDELLI PARVANEH ESHGHI

TICKETS:
\$30 - Adult
\$15 - Student

AVAILABLE AT:
Mill Street Books,
Almonte 613-256-9090
& almonteinconcert.com

Mississippi Mills

Smiths Falls Home & Living expo

Saturday May 7 10-6PM
Sunday May 8 10-4PM

**New County Fair Mall
Location! Hwy 29 S**

70+ vendors, BBQ

Home Renovations • Home Decor • Landscaping
Energy Savings • Computers • Food • Skin Care
Real Estate Services • and much more!

Door Prizes • Basket Raffle

Mother's Day is May 8

**Moms get special treats and flowers
on Sunday!**

www.smithsfallshomelivingexpo.com



THE VALLEY Food & Drink Co.

YOUR OTTAWA VALLEY DESTINATION RESTAURANT

*Experience and Reconnect to the Tastes, Music,
Culture and Heritage of the Ottawa Valley*

Bahoo, Brat & the Commander

\$5 cover charge Saturday, April 16, 8PM

Music Trivia Night

Saturday, April 23, 7:30PM

ECMA Award Winner

Theresa Doyle

Tickets \$20 (avail. on Eventbrite or call) Saturday, April 30, 8PM

You be a Star... Karaoke with Scotty, Thursdays at 8PM

Fish & Chips Fridays — The Best in the Valley!

Afternoon Tea Thursdays 2-4PM

Your Place in the Valley

729 Mill Street, Calabogie (in Calabogie Lodge)

613-752-2676 x311 for tickets and reservations

info@thevalleyfoodanddrinkco.ca www.thevalleyfoodanddrinkco.ca

Ottawa Valley craft beers

the best ingredients from local farmers

A Walk in the Woods

Tired of winter and can't wait to get out and smell the fresh earth and hear the first sounds of spring? There couldn't be a better way to experience spring's emergence than a walk in the woods. Not only will you enjoy the advantages of being immersed in nature, but there are great benefits in walking itself. On Sunday, April 24, you'll have the opportunity to hear all about the benefits of walking from expert Dan Rubinstein and then you can take a stroll through the winding, scenic trails of High Lonesome Nature Reserve to enjoy those benefits first-hand.

Dan Rubinstein is the Ottawa author of the book *Born to Walk: The Transformative Power of a Pedestrian Act*. At a turning point in his life, Dan decided to combine his love of writing and his love of walking and turn it into a book. He travelled throughout Canada, the U.S. and the U.K. talking to countless people who see walking as transformative, with benefits that go far beyond simple transportation or recreation. Dan's talk will cover some of the latest research into the physical, emotional and spiritual benefits of walking. Learn more at borntowalk.org.

The Mississippi Madawaska Land Trust (MMLT) shares Dan's convictions and feels that nature itself offers similar benefits to humanity. If you combine nature and walking together you've found a very powerful tool to help transform your life. High Lonesome Nature Reserve is a 200-acre wilderness property in the Pakenham hills, within easy driving distance of Ottawa. The property was donated to the Land Trust by the family of Barry (Sam) Spicer in 2012 and has seen a growing number of visitors each year since. The 8 kilometres of trails wind through forests and wetlands, passing through a variety of



The Mississippi Madawaska Land Trust invites you to their High Lonesome property on April 24

rich habitats. Who knows what interesting wildlife you'll see along the way?

Registration for this event is at 9:30AM on April 24, rain or shine, with Dan's presentation starting at 10AM. Following the talk we'll set off on the trails, and it's probably wise to wear waterproof footwear this time of year. The admission fee is a \$10 donation to MMLT. To reach High Lonesome, take County Road 29 to Pakenham Village and turn onto Waba Road. Continue west for 2.9km, turn left on Barr Side Road and travel for 1.6km. Take the first left at Carbine Road and drive 4km to 867 Carbine Road and you have arrived! For further information and a map, visit mmlt.ca/events.

Time to Get Your Bike Out!

To steal a page from Prime Minister Justin Trudeau's playbook, here's to sunny days and sunny ways! Yes, here's to longer days and to long, sun-soaked bike rides with family and friends. And here's to sunny ways where local governments are seeing the benefit of safe streets designed for people and not just cars; where communities strive for a world where children can safely bike to school.

Whether it was a long, cold, bitter winter or not, we all love to see it end. Each April, if you haven't already, you put your bike in line at your local bike shop for a spring tune-up, and every spring you vow to do it earlier as the line grows longer each year! It's also the time when **Mississippi Mills Bicycle Month** gets down to firming up their program for the coming June. Upcoming bicycle-related events include: an Arbour Week (April 17-24) **Tree Bike Ride** with the Mississippi Mills Family Bicycle Club exploremississippimills.ca; the **Ontario Bike Summit** on April 19 and 20, where MM is up for a Bicycle-Friendly Community Award sharetheroad.ca;

and **Streetfight: New York's Urban Revolution Comes to Ottawa**, on April 27, where author and former Transportation Commissioner for NYC, Janette Sadik-Khan, will be in Ottawa to talk about how she re-imagined public spaces and helped transform the streets of New York (search for Ecology Ottawa on Facebook and find the event to reserve a free seat).

May 13 brings the third annual **Eastern Ontario Active Transportation Summit** in Kemptonville healthyllg.org/events.html.

June events include the month-long **Silver Chain Challenge** (pitting Lanark County against Renfrew, recording walks/bikes to see which is the most active), and a **Street Party** (giant potluck/open stage) in downtown Almonte on June 4. MMBM is also partnering with Causeway Work Centre to present a **Vintage Bicycle Show** on June 27, including a screening of the wonderful documentary *Marinoni - Fire in the Frame* marinonimovie.com. Watch for information at mmbm.ca.

— Jeff Mills

Listen Up, Lanark County!

Teen Play Addresses Suicide in Rural Towns

During the final two weeks of April, a new youth theatre troupe called Listen Up, Lanark County! will be touring Almonte/Mississippi Mills, Carleton Place, Smiths Falls and Perth. Staging a new hour-long play entitled *Jessie's Song*, it focuses on the ripple effects of teen suicide on a community.

Produced by Burning Passions Theatre, the project is a collaborative effort by a quartet of teenagers who have worked to develop the play, facilitated by the company's Artistic Producer Laurel Smith, who also helms the summertime Classic Theatre Festival in Perth. Also working with the troupe is Community Engagement Intern and recent Carleton University Bachelor of Social Work graduate, Gillian Scott.

"It's a great opportunity for young people to come together and, in an unfiltered way, express their most honest and heartfelt thoughts about the compelling challenges they face on a daily basis, obstacles which tend to be invisible to so many of us in the adult world," says Smith.

Listen Up, Lanark County! is in its second year following a successful 2015 launch, which played at the national Youth Centres Canada conference before hundreds of teenagers from across the country, and in Perth as well. The project was created to address uniquely rural challenges faced by teenagers, from the lack of transportation and youth homelessness to issues of gender fluidity, depression and anxiety, sexual assault, substance abuse, and self-harm.

Many of those challenges have been documented in reports by regional health units and in media coverage that reveals the significant risks faced by a younger demographic. A 2015 report by the Canadian Institute for Health Information found that, for young people aged 5 to 24, emergency hospitalization involving at least one overnight stay to address mental health crises had increased 37% in the last seven years, with the age group most affected being 15 to 17 years old.

The despair facing many teenagers is also reflected in statistics compiled by CHEO, which has found that 79% of children and youth assessed by crisis intervention workers in emergency had shown suicidal behavior, and over one-third had a suicide plan or had made an attempt.



Tara Kreissler (left) and Kaija Evangelho (featured in last year's *Listen Up!* production) will be joined by Garret Pipher and Ruby Davidson for a touring show addressing teen suicide. *Jessie's Song* plays throughout Lanark County in April.

"Despite this, there's still so much stigma and silence in talking about mental health issues," explains Smith, "and so this theatre piece is one more opportunity to have a serious discussion that is based on the real lived experiences of the young people in our own communities."

This year, troupe members include Perth's Kaija Evangelho and Tara Kreissler (veterans of the project's first year) and newcomers Garrett Pipher of Smiths Falls and Ruby Davidson of Tay Valley.

All performances will feature a talk-back session, resource materials for people needing assistance, and an on-site social service worker who can assist with anyone who may be triggered by the content. The show is supported by the Ontario Arts Council, the Perth & District Community Foundation, YAK Youth Services, Kiwanis Club of Perth-on-Tay, Lioness Club of Perth, First Baptist Church, Unifor, Basilian Human Development Fund, and the Crabtree Foundation.

All performances are free (donations will be gratefully accepted, but no one will be turned away for lack of funds). To see the performance schedule and for more information, visit <burningpassionstheatre.com> or call 264-8088.

The Herb Garden & The Mixing Bowl present
Mother's Day Herbal Brunch
 Sunday, May 8
 Family-style, multi-course sharing menu.
 See menu on our website.

\$55 per person
 Sittings at 10 and 12:30
 Book now to avoid disappointment!
 613-831-4447

3840 Old Almonte Road
 WWW.HERBGARDEN.ON.CA

General fine craft, art & design
April 5 – May 15
FEATURE EXHIBITION

ROB RAESIDE *blown glass*

ALEX TAVES *works on paper*

Opening/meet the artists: 63 Mill St., Almonte ON
Sunday April 10, 1-3pm www.generalfinecraft.com

Pick up theHumm in Ottawa at
THE TABLE RESTAURANT

L.G. LEE & SONS
 MERCHANDISE FOR THE HOME, GARDEN & WORKSHOP

There is such an eclectic array of products, you can browse for hours. From rakes to wrist watches, radios to thermometers, folding rulers to seamless pastry cutters, Canadian hatchets to organic seeds, there are too many items to list here. We invite you to come in and browse at your leisure.

- YARD & GARDEN PRODUCTS
- KITCHENWARE FOR COOKS & BAKERS
- TOOLS FOR WORKSHOP TINKERING
- GEAR & GADGETS GALORE
- GOOD BOOKS FOR QUIET DAYS
- TOYS, PUZZLES, MODELS & GAMES
- A PLETHORA OF OTHER FINE ITEMS

Free Delivery to L.G. Lee & Sons - If we don't have the Lee Valley Tools product in the store, you can order it and have it delivered here for pick-up. Contact us for information.

L.G. LEE & SONS, 36 MILL STREET, ALMONTE
 TELEPHONE: 613-256-0350 EXT 212
 A DIVISION OF LEE VALLEY TOOLS

SOLD The Sign You Want.
 The Agents You Need.

Harold McKay, broker Elinor Tanti, sales representative
 Almonte to Ottawa ... and everything in between. (613) 831-3110

KAPRISTO MOUNTAIN WOODCRAFT
 One of a kind furniture for cottage or country homes

Stop in at our booth during
 Perth's Festival of the Maples, April 30 and
 Kiwi Garden's Art in the Garden, June 18 & 19
 Meet the builder Dean Spence, winner of the
 2015 MERA Award of Excellence in Fine Arts & Crafts.
 Home studio visits year-round by appointment.

Preview our work at www.kmw.ca or [f /KapristoMtnWoodcraft](https://www.facebook.com/KapristoMtnWoodcraft)

Claiming Column

CP Beckwith Music Festival, May 2-6
 Scott Woods Fiddle Concert, CP, May 2
 Art in the Attic, Almonte, May 6-8
 Fieldwork Opening, Maberly, May 7
 Free Comic Book Day, Almonte, May 7
 Cheerfully Made Craft Show, Almonte, May 7-8
 Home & Living Expo, SF, May 7-8
 Nature Walk, Lanark, May 8
 Limestone String Trio, Perth, May 8
 Kelly Sloan, Almonte, May 13
 BOTR, Westport, May 13

Festivals



Festival of the Maples, Apr 30, 9am-4pm, Maple products/taffy, live music, kids' activities. Downtown Perth (Gore St). perthchamber.com

Visual Arts



Maple Run Studio Tour, Apr 2-3, 10AM-5PM. Self-guided studio tour around Pakenham. 623-5222, mapleruntour.ca
Vernissage: Maureen O'Brien, Apr 2, 2-4PM. Paintings. MERA Schoolhouse, McDonalds Corners. 278-0388
Paint Nite, Tuesdays, 7PM. No experience req'd. Waterfront Gastropub, CP. 257-5755
Open Drawing, Wednesdays, 7-9PM. Bring materials. Carriageway Studios, Almonte. 256-6522, carriagewaystudios.ca. \$10
Mississippi Wood Carvers Mtg, Apr 8 & 22, 1-4PM. Coffee, cookies & carving. Almonte Library, mwcarvers@gmail.com
Meet the Artists: Rob Raeside, Alex Taves, Apr 10, 1-3pm. General Fine Craft, Almonte. 461-3463, generalfinecraft.com
Almonte Quilters' Guild, Apr 18, 7-9PM. Almonte Civitan Hall. 257-8444, almontequiltersguild.com

Opening Reception: Bloom, Apr 23, 3-6PM. Meet artists, music. Sivarulrasa Gallery, Almonte. 293-2492, sivarulrasa.com. Free
Lanark County Quilters Guild, Apr 26, 7PM. Kathy Wylie trunk show. Lions Hall, Perth Fairgrounds, Perth. \$3 guests
Lanark Open Studios, Apr 30-May 1, 10AM-5PM. Nat Capitano's paintings (1523 Sheridan Rapids Rd. studiocapitano.ca). John Schweighardt's sculptures (1787 3rd Conc. Dalhousie. livingstonessculptures.ca)

Theatre



Self Help, Mar 31-Apr 2, Apr 8-9 at 8PM; Apr 3, 10 at 2PM. \$24; \$22 in adv at Book Nook, Shadowfax, Tickets Please. Studio Theatre, Perth. studiotheatreperth.com
 Film Night International presents **Brooklyn** Apr 6, 2 & 7PM (Full Circle, Perth); Apr 7, 7PM (Station Theatre, SF). **Room** Apr 20, 2 & 7PM (Perth); Apr 21, 7PM (SF). \$10. filmnightinternational.blogspot.ca
Mom's Gift, Apr 7-9, 7:30PM. Middleville Players. Tickets at Lanark Era, or 259-5692, jgibson@storm.ca. Trinity United, Middleville
Dr. Jekyll & Mr. Hyde, April 8-9, 14-16 at 7:30PM. April 10, 17 at 2PM. Station Theatre, Smiths Falls. 283-0300, smithsfallstheatre.com. \$20; \$10 students
Under Milk Wood, Apr 15-16, 21-23 at 8PM; Apr 17, 24 at 2PM. Full Circle Theatre, Perth. 267-1884, \$22/\$20/\$10
No Men Beyond this Point, Apr 17, 2:30PM. "Mockumentary" supports Hub Hospice. MVTM, Almonte. hubhospice.com. \$12
Lend Me A Tenor!, Apr 22, 23 at 7:30PM; Apr 24 at 2PM. Almonte & District High School, \$10
Peter Pan: A Musical Adventure, Apr 22-23, 28-30 at 7:30PM; Apr 24 & 30 at 2PM. Tix at Hallmark. CP Town Hall. 253-3000, mississippimudds.ca. \$20 evg, \$15 matinee
Spotlight, Apr 22 & 23 at 7:30PM. (film) Station Theatre, Smiths Falls. 283-0300, smithsfallstheatre.com. \$10 (cash)

WHAT'S ON IN

Monday

Tuesday

Wednesday

Thursday

Arnprior and District Museum presents Energy House (interactive exhibit) <arnpriormuseum.org>
Equator Coffee Roasters presents "Mississippi North" art by Sarah Jaynes <equator.ca>
Fairview Manor Lobby presents Cathy Blake's paintings & mixed media [changing Apr 11 to] Greta McDonald's *Feather, Flight, Song* paintings in acrylic
General Fine Craft, Art & Design features Rob Raeside's blown glass & Alex Taves' works on paper <generalfinecraft.com> [from Apr 5]
MVTM presents *Losing Dave: An Artist's Journey Through Loss* [to Apr 15]
North Lanark Regional Museum presents carvings of the Brydges family <appletonmuseum@hotmail.com>
Sivarulrasa Studio & Gallery presents Dale Dunning [to Apr 17], *Bloom* w/Deborah Arnold, Barbara Gamble, Susan Tooke, Mary Wong [from Apr 23] <sivarulrasa.com>
 The **Mississippi Mills Chambers Gallery** presents Amelia Ah You's mixed media & Cathy Walsh's acrylics
 The **Almonte Library Corridor Gallery** presents Nancy Young's acrylics/landscape
MERA presents Maureen O'Brien's paintings <meraschoolhouse.org>

<p>4</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth Brock Zeman & Blair Hogan, O'Reilly's Pub Green Drinks, Perth Paint Nite, Carleton Place Seniors' Music & Brunch, Pakenham Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Acoustic Stage w/Dave Balfour, O'Reilly's Pub Duplicate Bridge Club, Almonte Brooklyn, Perth CP Hort Mtg, CP MMLT AGM/Howard Clifford, Perth Open Celtic Jam, Naismith Pub Open Drawing, Almonte Open Mic, Waterfront Gastropub Seniors' Music & Brunch, Pakenham Shawn McCullough, The Cove 	<ul style="list-style-type: none"> Brooklyn, Smiths Falls George Turcotte & Band, Barley Mow Jazz at the Queen's, Queen's Hotel Karaoke, Valley Food & Drink Co. Karaoke, Waterfront Gastropub Kitchen Party, Love That Barr MMPL Travelogue: China, Almonte Mom's Gift, Middleville Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe The Art of Letter Writing, Almonte
<p>11</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth Adult Bereavement Group, Perth Brock Zeman & Blair Hogan, O'Reilly's Pub Paint Nite, Carleton Place Perth Hort: Garden Features, Perth Duplicate Bridge Club, Smiths Falls W. Carleton Garden Club, Carp 	<ul style="list-style-type: none"> Acoustic Stage w/Dave Balfour, O'Reilly's Pub Duplicate Bridge Club, Almonte Open Celtic Jam, Naismith Pub Open Drawing, Almonte Open Mic, Waterfront Gastropub Seniors' Music & Brunch, Pakenham Shawn McCullough, The Cove Volunteer Appreciation Night, Almonte 	<ul style="list-style-type: none"> An Evening w/Her Excellency, Sharon Johnston, CP Dr. Jekyll & Mr. Hyde, Smiths Falls Karaoke, Valley Food & Drink Co. Karaoke, Waterfront Gastropub Kitchen Party, The Barley Mow Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Seniors' Music & Brunch, Pakenham Toastmasters, CP Volunteer & Recreation Fair, Almonte
<p>18</p> <ul style="list-style-type: none"> Almonte Quilters' Guild, Almonte Bereavement Support Group, Almonte Carp Celtic Jam, Carp Masonic Lodge Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth Adult Bereavement Group, SF Brock Zeman & Blair Hogan, O'Reilly's Pub Paint Nite, Carleton Place Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Acoustic Stage, O'Reilly's Pub Duplicate Bridge Club, Almonte Open Celtic Jam, Naismith Pub Open Drawing, Almonte Open Mic, Waterfront Gastropub Organ Recital, Arnprior Pakenham Hort: Dahlias, Pakenham Room, Perth Shawn McCullough, The Cove 	<ul style="list-style-type: none"> George Turcotte & Band, Barley Mow Karaoke, Valley Food & Drink Co. Karaoke, Waterfront Gastropub Kitchen Party, Love That Barr Musicians' Circle, Bolingbroke MVFN: AGM, Almonte Open Mic, Alice's Village Cafe Room, Smiths Falls Under Milk Wood, Perth
<p>25</p> <ul style="list-style-type: none"> Almonte Hort: Exhibiting, Almonte Carp Celtic Jam, Carp Masonic Lodge Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth Adult Bereavement Group, SF Brock Zeman & Blair Hogan, O'Reilly's Pub Lanark County Quilters Guild, Perth Paint Nite, Carleton Place Duplicate Bridge Club, Smiths Falls 	<ul style="list-style-type: none"> Acoustic Stage w/Dave Balfour, O'Reilly's Pub Duplicate Bridge Club, Almonte Open Celtic Jam, Naismith Pub Open Drawing, Almonte Open Mic, Waterfront Gastropub Shawn McCullough, The Cove 	<ul style="list-style-type: none"> Karaoke, Valley Food & Drink Co. Karaoke, Waterfront Gastropub Kitchen Party, The Barley Mow Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Peter Pan: A Musical Adventure, Carleton Place Spring Time Junket, Burnstown Toastmasters, CP

Live at the Met: Turandot, Apr 23, 1PM. O'Brien Theatre, Renfrew. 432-0866, obrientheatre.com. \$22
Lanark Laughs, Apr 29, 8-10PM. Stand-up comedy. Waterfront Gastropub, CP. facebook.com/LanarkLaughs?fref=ts

Literature
An Evening w/Sharon Johnston, Apr 14, 7PM. Debut novel *Matrons and Madams*. Register: 257-2702. CP Library
Authors for Indies Day, Apr 30: **Liane Shaw** (3-5PM, launch of YA book at Mill Street Books, Almonte. 256-9090); **Sandra Bradley** (1-3PM, children's author at Backbeat, Perth). authorsforindies.com

Local Food
Maple Weekend, Apr 2-3, 10AM-4PM. Area maple producers host special events. mapleweekend.ca

Youth
Public Skating w/Batman & Elsa, Apr 10, 1-2PM. Beckwith Rec Complex, 257-1539, twp.beckwith.on.ca. \$2
Beckwith Youth Dance, Apr 15, 6-9PM. Black & White themed. Brunton Com. Hall, Beckwith. 257-1539, twp.beckwith.on.ca. \$3
Animal Adventure Puppet Show, Apr 16, 11AM & 1:30PM. Emmanuel Anglican Church, Arnprior. rockthearts.ca. \$7

Music
The Countrymen, Apr 1, 8PM-1AM. \$10 incl. Fri access to Pak. Home Show. Stewart Com Centre, Pakenham. 256-1077
Clayton Kitchen Party w/Gail Gavan, Apr 2, 8PM. \$20; \$15 in adv at Gen Store, Nicholson's, Baker Bob's. St George's Church, Clayton. 256-9010

JazzNhouse: Casati, Apr 2, 8PM. \$23;
Roddy Ellias Trio, Apr 30, 8PM. Carriageway Studios, Almonte. \$35. jazzn.ca
Seniors' Music & Brunch, Apr 5, 6, 13, 14, 11AM-1PM. Celtic Band, pancake lunch. Fultons, Pakenham. 256-3867, fultons.ca
Musicians' Circle, Thursdays, 7PM. Musicians only, all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall
Melwood Cutlery, Dave Card, Long Sault Trio, Apr 10, 2PM. Perth Manor, 23 Drummond St. W., Perth. 264-0050. \$35
Neville Wells, Apr 10, 2-6PM. Proceeds to ways & means committee. Westport Legion. 273-7017, roleyrish@gmail.com
PPAC: Toronto All-Star Big Band, Apr 15, 7:30PM. PDCI auditorium, 13 Victoria St., Perth. 485-6434, ticketsplease.ca
Spring Dance, Apr 16, 6:30PM. Eddy and the Stingrays, dinner, dancing. Almonte Civitan Hall. 256-2500x2296, \$35

Hervana Unplugged, Apr 16, 7:30-9:30PM. Tribute at Studio Theatre, Perth. hervanaband.com. \$20; \$15 adv.
Musical Variety Show Fundraiser, Apr 16, 2PM. For Renfrew Refugee Welcome Group. \$10 at Aikenhead's. Trinity-St. Andrew's Church, Renfrew
Tay Valley 200th: A Song Celebration, Apr 16, 7:30PM. Choir. Bring donation for The Table. Maberly Com Hall, \$10
Clearview Country Gospel Singers, Apr 17, 7PM. Proceeds to mission work. Glad Tidings Church, Perth. Freewill
Law & Orders Fundraiser w/Brea Lawrenson, Apr 17, 2-5PM. \$15 at SRC Music. Carleton Place Arena. 253-5046.
Perth Band: Sounds of the '60s, Apr 17, 2PM. Perth Citizens' Band. Perth Legion. 256-4221, perthband.ca. \$10; \$5 students
Rideau Lakes Orchestra, Apr 17, 2PM. W/ Men & Women of the Tay. St. James Church, Perth. ticketsplease.ca. \$15, \$10

Spring Migration

Migratory time is here! I love this time of year, when everything and everyone is coming alive after winter. As mentioned previously, our early nesters are well on their way with raising their young. Our very erratic winter, which saw many birds never leaving (that normally do), has started the spring migration early. From the tail end of March into early April, we're seeing the return of red-winged blackbirds, robins and lots of ducks. I keep an eye on the river here in Almonte, where often several species of waterfowl can be spotted right

On a recent excursion to the wilderness, I noted that the ruffed grouse's drumming has begun. Grouse are one of my favourite birds because they are very curious little critters. Many times over the years, while working in the bush cutting wood or doing various other tasks, it has not been uncommon to turn around and see a grouse very close by, looking at me as if to ask "What the heck are you guys doing?"

A few years ago, when we were reassembling an older building that we had torn down in Kingston and brought back to our camp to use as a screened porch for bug season, several of us worked all day accompanied by a male grouse which stayed within ten feet of us. If we got to close to him he would wander off, only to come right back to watch us work. We are fortunate to have lots of them around, as we have a healthy growth of red oak on our property, and grouse eat the acorns year-round. Maybe that's why they're so nutty? Fallen oak also make great drumming logs that echo the grouse's territorial and mating drumming sounds. They do this by beating their wings in such a way that the rush of air moving over their wings creates their wonderful sound. Interestingly, when a male grouse finds a good drumming log, it will use the same log over and over again and then gen-



Ruffed grouse are often easy to spot because of their curious natures

erations after it will also use the same log. I guess it's the old "if it ain't broke, don't fix it" approach.

Another sound I can't wait to hear is the endless call of the eastern whippoorwill. These nightjars are seldom seen and often heard, although habitat loss has not only shrunk their ranges but has also reduced their numbers. We are fortunate to have a healthy population returning to our property each year. The record for this vocal ground bird's song is over one thousand continuous "whippoorwills" in a row. Crazy!

So before the blackfly, deerfly and mosquito seasons start, it's definitely time to cycle, go birding, and get out the back door!

— Bob Volks can often be found at Gilligallou Bird, Inc. in Almonte's Heritage Court <gilligalloubird.com>.

by Bob Volks

in town: common goldeneyes, mergansers, buffleheads and more. Almonte's Riverwalk is a great place to start, and is one of the many things that make Almonte the interesting town it is. Soon you will see the flycatchers and hummingbirds, who normally arrive by mid-April and into May. More importantly though, it's wood warbler time, when these fantastic birds return in full breeding plumage to Ontario for our bugs and forests. A Warbler Wander is on the schedule!

Hike for Hospice Palliative Care

Come hike with us!

SUNDAY, MAY 1, 2016

Hospice palliative care helps to relieve suffering and improve end-of-life care for all Canadians.

HIKE FOR HOSPICE PALLIATIVE CARE IN MISSISSIPPI MILLS, CARLETON PLACE & NORTH LANARK

Dust off your hiking boots, round up some pledges, bring your family, friends and kids, and join Hub Hospice Palliative Care as we Hike for Hospice Palliative Care.

Sunday, May 1, 2016

Mill of Kintail Conservation Area
2854 Ramsay Concession 8, Mississippi Mills

Registration: 11:30 a.m. to 1:00 p.m.
Hike: 1:00 p.m. to 3:00 p.m.

The hike begins at the historic Mill of Kintail, crosses a wooden bridge over the Indian River and links to a series of woodland trails of varying lengths. Dogs on leashes are welcome!

Pledge Forms at www.hubhospice.com, the Hub, Almonte and Bayshore Home Health, Carleton Place Register or Donate Online at chpca.convio.net/HubHospicePalliativeCare

Hub Hospice PALLIATIVE CARE

Canadian Hospice Palliative Care Association
Association canadienne de soins palliatifs
www.chpca-acsp.org/hike

gsk #hike4hospice

NATIONAL HOSPICE PALLIATIVE CARE WEEK, MAY 1-7, 2016

THE COVE COUNTRY INN

ACCOMMODATION • DINING • ENTERTAINMENT
DAY SPA • DOCKAGE • WEDDINGS

Westport on the Rideau 613-273-3636 • www.coveinn.com

April Room Deals Sun-Thurs! Standard Room \$75, Jacuzzi Suite \$100 includes breakfast (HST extra)

Every Wednesday Wings 'n Tunes with **Shawn McCullough** (Country/Guitar) 6-9

Fri. Apr. 1 **Rob Lutes** (Blues, Montreal) 7-10, \$10

Sat. Apr. 2, 9, 16 **Head Over Heels** (Guitar/Vocal Duo, Gananoque) 6-9

Sun. Apr. 3 **Henry Norwood & Shawn McCullough** (Country, Perth/Westport) 1-4

Sun. Apr. 10 **Lions Club Mobility Van Brunch** 9AM-12:30PM, free will donations

Thu. Apr. 14 **Perth Brewery Beer Dinner** (4 course meal with 5 beer pairings) 6-9, \$60

Fri. Apr. 15 **Perth Stingrays Jazz Night Fundraiser** (Spencer Evans Trio) 6-11, \$40 Buffet & Show

Fri. Apr. 22 Blues on the Rideau with **Ria Reece Band** (Montreal) 7-11, \$65 Buffet & Show

Sat. Apr. 23 **Fiddle Fest** with **Turpin's Trail** (WAC Fundraiser) 1-4, \$10

Sat. Apr. 23 **John Wilberforce** (Rock, Kemptonville) 7-10

Fri. Apr. 29 **Songwriters Circle** with Seamus Cowan, Miss Emily, Ali McCormick & Tom Savage (Folk/Soul/Rock) 7-10, \$10

Sat. Apr. 30 **Pat Temple** (Western Swing/Rockabilly/Soul, Peterborough) with **Spencer Evans** (Piano/Clarinet) 7-10, \$10

BODY POETS

MASSAGE THERAPY
ALMONTE

Award-winning clinic with Almonte location!

Ellen Symons, RMT delivers focused and effective treatment with deep tissue, fascial, and relaxation techniques. Her Body Poets clinic in downtown Ottawa (10 RMTs, founded 2004) was voted Top Massage Therapist 2016*. Ellen is delighted to work both in Ottawa and in Almonte, where she lives.

Ellen Symons, RMT
Registered Massage Therapist

Saturday hours available

*Top Choice Awards

Call **613-222-0465** Or book online: www.bodypoets.com

359 Ottawa Street #3, Almonte (at Patterson - with Kim Narraway, RMT)

The Not-Too-Flaky-Pastry Pasty

As official Sherpa and sometime wheelman for theHumm's arts reporter, Weetabix is frequently called upon to undertake lengthy car journeys — not always at times that are convenient to his feeding schedule. And as anybody who has eaten on the move can attest, the multiple requirements of taste, convenience, and nutri-

by Sebastian Weetabix

tion are not easily met. Sandwiches — especially the more interesting varieties — have distressing tendencies to disintegrate or shed pieces. Frankenfood (trail bars or sports foods) is exactly that — it may provide the requisite number of calories and a calculated mix of carbohydrates, fats and proteins, but what can one say beyond “ugh.” Memory banks and the internet are searched for solutions. Lo, a traditional ethnic food is (re)discovered.

Almost all regions have some sort of “hand food” (the Wikipedia entry for “empanada” provides a list of nearly thirty variants and another thirty or so “similar dishes”). The basic idea is simple — take some sort of bread/dough, wrap it around some filling (savory or sweet), cook (bake/fry) and serve hot or cold, with or without condiments. Weetabix is overcome with insurmountable choices but realizes that there is another important requirement. A fastidious and tidy person

should not attempt to eat something that sheds shards of pastry into the vehicle, let alone something from which filling may escape and render one's garments suitable for use as an ingredient for soup!

This basic problem was solved with the creation of the pasty. The actual origins of the pasty (pronounced past-tee) are not documented, however the creation myth most commonly invoked involves Cornish tin miners. It should be noted that, like other creation stories, there are some disputes and that partisan debates can become heated — witness the clashes between advocates of Devon pasties and Cornish pasties, which culminated in the July 20, 2011, ruling by the European Commission that granted the name “Cornish pasty” Protected Geographical Status. A conforming Cornish pasty should be “shaped like a ‘D’ and crimped on one side, not on the top. Its ingredients should include beef, swede (known as turnip in Cornwall, and rutabaga in the Valley), potato and onion, with a light seasoning of salt and pepper, keeping a chunky texture. The pastry should be golden and retain its shape when cooked and cooled” <en.wikipedia.org/wiki/Pasty>.

The Great British Pasty & Pie Co.

A complete meal that could be carried easily and eaten from the hand... exactly right for the modern road warrior! Now pointed in the right direction, a few short steps bring us to Matt Grant and The Great

British Pasty and Pie Co., which has an excellent and informative website as well as a menu at <gbpastyandpie.ca>. Matt, a genial bloke with strong cultural roots in the pasty tradition, agreed to an interview just after returning from the 2016 World Pasty Championships (held in Cornwall of course), where he was named “World Pasty Ambassador” — a title appropriate to his role as pasty maker extraordinaire and pasty evangelist. He can currently be addressed as the Present Pasty Ambassador and, one supposes, next year will be “Past Pasty...”

We discussed pasties in his small but well-kitted commercial kitchen in Arnprior, where he develops new recipes and makes a steady and growing number of pasties for customers in Ottawa and surrounding communities. Pasties freeze well, and The Great British Pasty and Pie Co. sells all of its products wrapped and frozen. This is an important feature both for Matt (who can thus manage a diverse menu), and for his customers (who can buy these excellent products and keep them for use “as required”). A key component of the pasty is the pastry. Matt has refined his to meet the mechanical requirements (holding things together and not shedding flakes), while providing both good flavour and mouth feel. Hand crimping each one is hard work but pays



Matt Grant, owner of Arnprior's Great British Pasty & Pie Co., was just named “World Pasty Ambassador” at the 2016 World Pasty Championships in Cornwall!

off in the integrity of the seal, which is important for flavour development. A proper pasty requires that the filling cook within the pastry. High-quality ingredients, well integrated recipes and care in assembly — note the distinct layers! — all come together in Matt's products. Weetabix's on-site sampling was limited, but additional pasties were taken off-site for further research, and we can attest to their uniform high quality. Matt is justifiably proud of his results and is systematically and methodically planning the expansion of The Great British Pasty and Pie Co. In the meantime, visit <gbpastyandpie.ca> to order and arrange pick-up.

LISTEN UP, LANARK COUNTY!

presents a new play by and about rural young people

Jessie's Song

April Performance Times and Locations:
www.burningpassionstheatre.com
 Info: 613-264-8088 or burning@web.ca
 Admission by Donation

Logos: Burning Passion Theatre, UNIFOR, Ontario Arts Council / Conseil des Arts de l'Ontario, The Crabtree Foundation, YAK (The Little Centre That Does BIG Work), Basilian Human Development Fund.

Lakeside Bar & Grill AT CEDARCOVE RESORT

GRAND RE-OPENING
FRIDAY, APRIL 29, 2016

You've waited all winter and now we are ready. We have renovated our kitchen to serve you better. We offer new choices on our expanded menu, with exemplary service and the same incredible views.

Hours of Operation
 Thurs. Noon–8PM • Fri. Noon–9PM • Sat. 9AM–9PM
 Sun. 9AM–8PM • Mon. Noon–8PM

www.cedarcove.ca
 100 Cedarcove Rd., White Lake • 613-623-3133

Logos: Lakeside Bar & Grill, CedarCove Resort.

Feeling the Love in Mississippi Mills!

There's so much going on in Almonte and Pakenham over the next month-and-a-bit that it's going to be really hard to fit it all into one article. And I do hope you read my column last month, because that's where you can find out about the **Pakenham Home Show** on April 1-3 <exploremississippimills.ca>, the **Maple Weekend** on April 2 and 3 <mapleweekend.ca>, and the always popular **Maple Run Studio Tour** on April 2 and 3 <maplerunstudiotour.ca>. That's one busy weekend you don't want to miss!

by Miss Mills

Loving the Volunteers

To start the rest of the month off right, the Town itself is partnering with the Civitans to host a **Volunteer Appreciation Night** on Wednesday, April 13, beginning at 5PM at the Almonte Civitan Hall. It will be free for any and all Mississippi Mills volunteers, and there will be appetizers and a cash bar. Organizers are still working out the rest of the details, but they will soon be sending an open invitation to all community and festival groups to forward to their volunteers. If you volunteer in this area and would like to attend, they would love to have you!

And if you don't yet volunteer in the area but want to be able to attend next

year's appreciation night, well then have I got the event for you! The very next day, on Thursday the 14th, you are invited to a **Volunteer & Recreation Fair** organized by the Town and the Mills Community Support Corporation. Come out and learn about all the amazing local organizations that depend on volunteers, and sign up on-site or just collect information and take it home to think it over. Hours are from 12-2PM and again from 6-8PM at the Almonte Old Town Hall. For more information, visit <exploremississippimills.ca> or call 256-1077.

Tree Love

Shortly after that, there's a whole week in which you can show your love of some of the area's oldest and most established residents — trees! Taking place from April 18 to 24, **Arbour Week** is a time to celebrate and honour the trees in our lives. Think of the trees that nurture us — whether it's an oak in the backyard holding a treehouse in its limbs, or a sugar maple along a back road providing dramatic colour in the fall. The Mississippi Mills Tree Committee is offering several events during Arbour Week, where participants can join "Tree Walks and Talks" or attend a film featuring trees. Up-to-date details can be found at <exploremississippimills.ca> or by calling 256-1077.

One hands-on way to show your love for trees is to plant a new one, and fortunately the **Trees for Hub Hospice** sale is in full



ADHS Lends You a Tenor

The students of Almonte & District High School cordially invite you to their production of Ken Ludwig's *Lend Me A Tenor!* Performances are on April 22 and 23 at 7:30PM and on April 24 at 2PM, and tickets are \$10 each (available at the door). Pictured above (l-r) are Levi Albert, Adrian Shearman, Mack Franklin, Kaleigh Irvin, Callum LeRoy, Gillian Bentley and Kennedy Snaith (missing is Alison Carson).

swing! Order at <hubhospicetrees.com> by April 15 for pick-up on the 30th, and find out more in the article on the next page of this issue. Another great way is to help clean up the environment in general, which you can do with help from the Town during **Mississippi Mills Pitch-In** from April 11-16. Special bags are available at Nicholson's Sundries, the Clayton

General Store, the Appleton Museum, Baker Bob's, and the Info Centre at the Almonte Old Town Hall, and they can be left out for regular garbage pick-up (without a sticker) until April 29. On Saturday the 16th, from 9AM to noon, you can meet at Baker Bob's to join in a special downtown Almonte clean-up!

Mississippi Mills loves Volunteers

APRIL 10-16, 2016 IS NATIONAL VOLUNTEER WEEK IN CANADA

Volunteer Appreciation Night

Wednesday, April 13th
5:00 to 7:00PM
Almonte Civitan Club

Calling all volunteers, their benefactors,
and new community members

An open invitation to celebrate
Mississippi Mills VOLUNTEERS

Wine and cheese reception
Almonte Civitan Club
500 Almonte Street, Almonte

HUG Your Kids, Pet Your dog, Get out for a Walk
but MOST Importantly thank a Volunteer!

Hosted by:



Mississippi
Mills



ALMONTE CIVITAN CLUB

Volunteer & Recreation Fair

Thursday, April 14th
Almonte Old Town Hall

Come out and learn about all the
amazing organizations in Mississippi Mills
who depend on volunteers.

Sign-up on site or just
collect info and and think it over.

Show hours: Noon to 2:00PM 6:00 to 8:00PM

There is a group looking for someone
with just your talents!

Hosted by:



Mississippi
Mills

For more information: www.exploremississippimills.ca / 613-256-1077 / tmaclaren@mississippimills.ca

More in Mississippi Mills in May!

More amazing things are coming up in Almonte over Mother's Day weekend in May, so here's a sneak preview before your dance card fills up.

The annual **Art in the Attic** show will be filling the Almonte Old Town Hall with works by artists of all ages from May 6-8. There's a whole article on this one on page 31, so be sure to check that out!

Also on May 7 and 8, just down the street at the Agricultural Hall, you'll find the **Cheerfully Made Markets** craft show (formerly called Handmade Harvest). It runs from 10AM to 4PM each day, but you might want to get in line early because the first fifty people get a free swag bag (and they're always full of amazing stuff!). Parking is free, admission is \$2, and there will be more than fifty makers on site each day — with an entirely new crew on Sunday! For a closer look at the maker profiles, visit <cheerfullymade.com> and click on the Craft Markets link.

What a great way to spend the weekend with mom — enjoying the spring air, doing some seriously fantastic shopping for handmade crafts and art, and exploring the beautiful (and friendly) Almonte downtown.

That very same weekend, the Almonte Fair Board and Action & Video Toy Store are bringing **Free Comic Book Day** to Almonte! This event is in its 15th year internationally, and is a fantastic way to get kids excited about reading and comics. May 7 is the big day, starting at noon at the Almonte fairgrounds (free parking on site), and running until 4PM. People of all ages are welcome to dress up in their best superhero costumes. A scavenger hunt



Find clever cake toppers, campy candles and much more at the Cheerfully Made Markets craft show on May 7 and 8

will take place downtown, where families will go into participating stores to find their comics and colouring books and see what the shops have to offer. There will be meet and greets with comic book characters, some activities on the fairgrounds for the kids, and other surprises along the route. Any proceeds made from the activities on the fairgrounds will go towards the Ag Hall Reno Project.

Also on the fairgrounds that day will be a **Mother's Day Vendor Market** for last-minute shopping from direct sellers and crafters. For more information about these events, contact Cathy at 862-3750 or <jcgayton@hotmail.com>. The Fair Board is also planning a Zombie Dance for adults on May 6 at the fairground's Big Red Barn, so check out the May issue of theHumm for more details on that!

Hub Hospice Trees: Thinking Globally, Planting Locally

The news about global warming, climate change and pollution can be overwhelming, and we can be tempted to throw the covers over our head and say: "There's nothing I can do!" But there is one simple thing you can do to help the earth, and yourself, at the same time — plant a tree!

Even one tree on your property can contribute to making the world a better place. Trees reduce pollution by absorbing carbon dioxide, dangerous gases and particulates from the atmosphere, and also by replenishing oxygen. Trees reduce surface runoff from storm water and prevent soil erosion. They control climate by lessening the effects of the sun, rain and wind. Leaves absorb and filter sunlight, keeping things cool in summer.

On the home front, trees can provide shade and wind protection, reducing costs and saving energy by maintaining temperatures in your home. Trees provide privacy and beauty, and a healthy tree can add value to your home.

Trees can have value at a personal level too. They can protect you from UV rays of the sun, while at the same time creating a relaxing environment. Due to their long life, trees can be a living memorial or memorable gift.

Hub Hospice Palliative Care is proud to be continuing the traditional Mississippi Mills tree sale, started by the Chamber of Commerce almost twenty years ago. Since then more than 10,000 trees have been sold, contributing to our households, our communities and the environment. A selection of shade, flowering and fruit trees suitable for our area is now available at very reasonable prices. Check out our selection and place your order by visiting <hubhospicetrees.com> for pick up on April 30. Order early for best selection.

The best time to plant a tree was twenty years ago, but the next best time is today!

— Helen McIntosh

Arbour Week

April 18- 24, 2016
in Mississippi Mills

*Rekindle Your Love of Trees
Replant Our Local Forests and
Public/Private Spaces*

Free events across Mississippi Mills celebrating & educating on trees.

Join us for walks, talks, films and plantings. Visit www.exploremississippimills.ca or email tmaclaren@mississippimills.ca for specific event details.
613-256-1077



Trees for Hub Hospice

PALLIATIVE CARE

Add a beautiful shade, flowering or fruit tree to your landscape and support a great cause at the same time!

<http://hubhospicetrees.com/>
613-508-1200

Order before April 15th - Pick-up April 30th



JOIN US THIS April 11-16 PITCH-IN

9:00-Noon Saturday - Downtown Almonte Clean-up
(meet at Baker Bobs at 9am)

Help Miss Mills Clean Up Mississippi Mills!

PITCH-IN BAGS ARE AVAILABLE AT:
Nicholson's Sundries, Pakenham; Clayton General Store; Appleton Museum & Mailboxes; Baker Bob's; & the Recreation & Culture office in Almonte's Old Town Hall.

HELPFUL TIPS: Bring rakes, shovels & brooms.
Kids bring an adult. Always wear gloves.
Use **caution** around parked cars, in driveways, & along roads. **PITCH-IN** bags can be left out on your regular garbage pick-up day (without a sticker) until April 29th

For more information please call 613-256-1077




Art is in Bloom All Over the Area!

Two Studios – Two Days

John Schweighardt's biannual open studio event is taking place the weekend before Mother's Day, on April 30 and May 1. John will be displaying old and new work at his **Living Stones** studio, located just northwest of Lanark Village and 25 minutes west of Almonte, at 1787 3rd Concession Dalhousie in Lanark (259-2203). The outdoor sculpture garden in the pines, the water feature gardens, and the indoor studio space all feature the varied and beautiful stones that John has collected himself and carved into one-off objects of art. John's studio will be open both days from 10AM to 5PM, and more details can be found at <livingstonessculptures.ca>.

by Miss Cellaneous

Located just ten minutes from John's studio and open at the same time is **Studio Capitanio**, at 1523 Sheridan Rapids Road in Lanark (278-1230). Nat Capitanio officially opened his country studio last December, and he and his partner Lise will welcome you to experience firsthand his beautifully detailed exquisite nature paintings. If you haven't had the pleasure of knowing Nat's work, you can get a preview at <studiocapitanio.ca>. Nat was born in Cassino, Italy, and



On April 30 and May 1, visit the studios of painter Nat Capitanio (above) and stone sculptor John Schweighardt (right)

immigrated to Canada with his family when he was three years old. In his artistic bio, he writes: "I have always been fascinated with the beauty of nature; I strive to show the beauty of the world through my acrylic and oil paintings. In 2008, I moved to the Lanark Highlands region, which I find truly inspiring and where I have established my own studio."

A little further up the road, just outside McDonalds Corners at 1001 Highland Line, is **Wheeler's Maple**. Featuring a pancake house, a heritage maple museum, a huge chainsaw/logging display, a blacksmith shop and more, they are open all year from 9AM to 3PM. You can find directions and details at <wheelersmaple.com>.



Bloom – a Group Exhibition

Bloom: to come into, to flourish, to thrive... In the group show *Bloom*, Almonte's Sivarulrasa Gallery brings together four Canadian artists — Deborah Arnold (Almonte), Barbara Gamble (Ottawa), Susan Tooke (Halifax) and Mary Wong (Toronto) — to celebrate the energy and vitality of spring. Curated by Sanjeev Sivarulrasa, the exhibition presents Deborah Arnold's newest stone sculptures in Carrara marble, new oil paintings by Mary Wong from her florals series, and new paintings in oil, wax and acrylic by Barbara Gamble and Susan Tooke. Meet the artists at the opening reception on Saturday, April 23, from 3 to 6PM. A delightful ensemble of young violinists, The Fine Tuners, from the music school Ottawa Suzuki Strings, will perform to open the show. Admission is free and the show runs from April 22 until May 29. More details can be found at <sivarulrasa.com>.



Sivarulrasa Gallery's group exhibition *Bloom* features works by Susan Tooke and three others


Calls for Artists and Artisans

The second **Arts Carleton Place Spring Art Show & Sale** will take place on Saturday, May 28, from 10AM to 4PM at St. James Hall, 225 Edmund Street in Carleton Place. The entry fee for participants is \$55, with grids provided (8' wide by 4' deep booth). A limited number of outside spots are available for \$45 (you are responsible for your own booth). Membership in Arts Carleton Place is \$20 (required). The show features a central cash with 10% commission going to Arts Carleton Place. The registration deadline is May 1, and application forms can be found at <artscarletonplace.com>. For more information, contact Pauline Bean at <p-bean@hotmail.com>.

The 20th anniversary **Crown & Pumpkin Studio Tour** will take place on Thanksgiving weekend in Almonte, Clayton and the surrounding area. Organizers are particularly interested in fresh and innovative three-dimensional work. To apply, submit examples of recent work, and include a brief biography and artist's statement. Work is judged on originality of expression and concept, and quality of execution; new types of work will receive particular consideration. Send your application, including electronic images of work and a link to your website (if applicable) to <barbara.mullally@gmail.com> by May 15. For information, call 256-3647.



Organ Recital



Wednesday

April 20

7:30PM

Maurice Clerc

Dijon, France

Grace St. Andrew's United Church
269 John St. North, Arnprior, Ont.

Performing music by:
BACH, LANGLAIS, VIERNE, TOUREMIRE,
MOURET and MARCELLO
on the newly revoiced Casavant Organ

Concert Tickets are \$20 available online at Eventbrite.ca
or at the church (613) 623-3176 or at the door




Spring Open Studio

Saturday, April 30 and Sunday, May 1, 2016 — 10AM to 5PM

Come discover fine art in Lanark Highlands.

1523 Sheridan Rapids Road, Lanark studiocapitanio.ca nat@studiocapitanio.ca

The Art of Sarah Jaynes, and her Students

Artist and art teacher Sarah Jaynes has always loved the technical aspects of classical drawing and the spontaneity and colour of street art. Ironically, while throwing paint at one of her drawings to encourage a student to take risks, she combined her two loves for the first time. Her realistic charcoal drawings are now layered with bright colours of spray paint.

A home in Almonte a few blocks from the Mississippi River, a cabin on the river, and kids who love the outdoors, give Sarah ample opportunity to observe, sketch and photograph. Her current series of drawings explores the wildlife of beautiful Eastern Ontario. The paint is also deeply influenced by her surroundings. Local fauna is often used as stencils for the spray paint, as are the geometric shapes of everyday items that litter her life.

Sarah's "Mississippi North" series will be on display at **Equator Coffee Roasters** in Almonte throughout April, and will also be available at the **Cheerfully Made Markets** craft show (formerly called "Handmade Harvest") at the Almonte Agricultural Hall on the first day of the show, May 7 (the craft show runs from 10AM to 4PM on May 7 and 8). You can follow her creative stumbles on Instagram <@mississippinorth> and contact her at <mississippi_north@yahoo.com>.

More Exceptional Art

Sarah also teaches art full time at Notre Dame Catholic High School in Carleton Place, and in 2008 she founded *Without Exception: Exceptional Art from Beautiful Minds*. For several years she had students with Down Syndrome in her art class, and she was constantly amazed both at how they interpreted her instructions and at the beautiful artworks they produced. Sarah explains: "I am



Sarah Jaynes's "Mississippi North" series will be on display at Equator Coffee Roasters during April, and you can find art by both the teacher and her students at Cheerfully Made Markets in May!

used to beautiful student art, but I was not used to these unique minds. My program (which for the last eight years has been funded by the CDSBEO) is founded on the strong belief that we are all wonderfully made. That students with exceptionalities are exactly that: exceptional and *not* exceptions to the norm. That all minds are beautiful."

Art from the *Without Exception* program is currently adorning the walls at Perth's **Studio Theatre** (where it will hang until the end of April), and will also be available at the Cheerfully Made Markets craft show in Almonte (May 8). In September and October, it will be on display at the Mill of Kintail.

Creations by Sarah's Notre Dame students will also be featured in this year's **Art in the Attic** show coming up on May 6-8 at Almonte's Old Town Hall.

Paint Night for Therapeutic Riding

The Lanark County Therapeutic Riding Program is hosting their first "Paint Night" on Tuesday, April 26, at the Perth Restaurant (23 Gore Street in Perth). Come out and join artist extraordinaire Penny Harding as she teaches us all how to create a beautiful country landscape in about an hour. Paint night begins at 7PM and is open to everybody — absolutely no artistic talent whatsoever is required.

The evening is in support of a great cause, and 100% of funds raised will go directly to supporting local disabled riders. This is a great opportunity to grab some friends and let your creative juices flow. Come share some laughs, and perhaps a glass of wine as you learn step-by-step how to create your own masterpiece. Tickets are \$45 per person and are available by reservation only. Hurry — they're going fast. Get yours at 257-7121 x238 or <therapeuticriding.ca>.



Come out and have a great night painting in support of the Lanark County Therapeutic Riding Program on April 26. No experience needed!

WE CAN PRINT YOUR FAVOURITE PHOTOS



613-407-6395







Custom Digital Printing Services up to 44" Wide

Heritage Ct. / 14 Mill Street / Almonte ON / www.tonymihok.com

Making Realty Dreams a Reality



**Buying and Selling
in Almonte, Carleton Place
and surrounding areas**

Jenn MacDonald
Sales Representative

Cell: (613) 812-8807
Office: (613) 253-3175
jenn-macdonald@coldwellbanker.ca

**COLDWELL
BANKER**

COLDWELL BANKER
HERITAGE WAY REALTY, BROKERAGE*
57 Bridge Street, Carleton Place
*Independently Owned And Operated

livingstones

by John Schweighardt

open
studio

April 30-May 1 10:00-5:00


1787 3rd Con Dalhousie
Lanark.ON.K0G 1K0
613.259.2203

livingstonessculptures.ca



**Pick up theHumm in Arnprior at
SWEET & SASSY**

Studio Theatre Productions
presents



by Norm Foster

Directed by David Parry

A sensational, rollicking farce that
will have you rolling in aisles!

March 31, April 1, 2, 8 & 9 2016
at 8:00 pm
April 3 & 10 at 2:00 pm

See our article in this edition or visit
www.studiotheatreperth.com for details

The Studio Theatre
By the Tay Basin
63 Gore Street East, Perth

Nicholas Sparks 200

Nicholas Sparks arrived in the Ottawa area 200 years ago this summer. On **June 10, 11 and 12**, join descendants of his extended family and others to celebrate this Ottawa pioneer and honour the founders of Bytown at the Anglican cathedral.

For more information, program, cost, and registration form, go "**Nicholas Sparks Ottawa 200**" on Facebook. For questions contact Brian Hull at: sparks1816@gmail.com

Pick up *theHumm* in Burnstown at
BLACKBIRDS CAFE



Janice Aiken
Registered Massage Therapist

29 Years experience

Specializing in:
**Treatment-Oriented
Massage and
Myofascial Release**

1598 Ramsay Conc. 1
10 minutes west of Almonte

www.janiceaikenrmt.ca

613-256-6243

The Mississippi Valley Textile Museum

invites you to attend their

Annual General Meeting

Saturday, May 28, 2PM

at the Museum.

Special presentation by **Workers' History Museum**

Note: in order to vote at the Annual General Meeting of the MVTM you need to renew your membership or become a member by April 28, 2016. (A membership form is available at www.mvtm.ca).



613 256 3754
3 Rosamond St. East,
Almonte

Swarbrick Law

Need Answers
To Your Questions?
Just Ask.

Family Separation/Divorce
Mediation
Wills & Estates

83 Little Bridge St.
Almonte

613-256-9811

www.familyfocusedlaw.com

Matt About Movies

And So It Begins...

With spring (barely) upon us, we already have a wide variety of films to check out. Most are large, spectacle-oriented blockbusters, which tend to produce mixed results. Yet, as always, under the radar, a few cinematic treats are being discharged from the studios. And a few gems from last year's circuit are

and showcasing two powerful performances from Brie Larson (*Short Term 12*, *United States of Tara*) and nine-year-old Jacob Tremblay (his first film), *Room* leaves you with a certain amount of uncertainty and awe.

The film deals with the kidnapping of a woman. She is confined in a very small room with just enough room for a small bed, bath and kitchen sink. She is held captive and at some point during her six-year stay was impregnated. She has raised the child, who is now a feisty, inquisitive five-year-old. He starts to question things. He knows nothing but this room, no clue of the outside world. How would one even begin to explain something like this to a child? How does one even raise a child in such a situation? All this is handled so intelligently and so creatively by the entire cast and crew, and is so effective in its execution. Though the ending is essentially a relief, it's a bittersweet albeit poignant result. Powerful stuff. *Room* got four Oscar nominations this year, including Best Picture, and deserved every one. *Room* is a film not easily forgotten.

Another film that just got released, Terrence Malick's *Knight of Cups*, is more for the hardcore cinephiles. Anyone familiar with Malick's work will know what to expect: vivid, intoxicating visuals, swirling cameras and intense, exploratory close-ups. Malick is usually enamoured with nature, revelling in its infinite beauty. Here, he has chosen to revel in the unnatural: in the cold concrete and steel of L.A., of car parks and office spaces, of endless highways and overpasses. We journey through this landscape with Rick (Christian Bale), as he searches for meaning. We see this through the many people in his life. The film is cut into eight chapters,

each named for a tarot card. What this means is hard to decipher.

The film frequently quotes *The Pilgrim's Progress* by John Bunyan, heard in voice-overs from two legendary knights no less: one passed (Sir John Gielgud) and one present (Sir Ben Kingsley). Rick's journey does loosely follow Christian's trials and tribulations and search for salvation, but it's all so vague. That's typical of Malick, though. It's his visuals that entice and stun you and lead you along.

Indeed, *Knight of Cups* is a gorgeous film, shot by three-time Oscar winning cinematographer Emmanuel Lubezki (*Birdman*, *The Revenant*). And Malick is truly a cinematic poet. But *Knight of Cups* is no masterpiece, not like what he accomplished with *The Tree of Life* or *Badlands*. And this is mainly due to Bale's sullen performance. His acting is fine; it's the context that is uneven. All these people seem attracted and seduced by him, yet he never seems to show any emotion whatsoever. What do they all see in him? It's very hard to relate. Perhaps he's too busy pondering life's mysteries (lines such as "Where do we find reality? How do we get there? Out of the clouds of dust kicked up everywhere?" are heard in voice-over all too frequently while Bale looks soulfully out a window towards the horizon).

Either way, for a film fan, this is essential viewing. It's so visually arresting, you can forgive any shortcomings in the acting department. And as another added treat for my fellow film fans, Malick is slated to release a second feature this year, a film called *Weightless*. For such an infrequent filmmaker as Malick (he's only made seven films in 43 years), this will be a real treat.

And here we are just beginning the film season. I can't wait for more!

by Matt Roche

coming to our local theatres as well, and should not be missed. In particular, *Room*, starring Jacob Tremblay (fresh off his Canadian Screen Award for Best Actor) and Brie Larson (fresh off her Best Actress win at the Oscars), and *The Lady in the Van*, starring Maggie Smith. Both are playing this month at Smiths Falls' Station Theatre and the Full Circle Theatre in Perth. You can also catch *The Lady in the Van* this month at the O'Brien Theatre in Renfrew.

The Lady in the Van really is a wonderful, charming little film. And Maggie Smith gives yet another marvellous performance as, well, the lady in the van. Sharp, witty and spry as ever, Maggie Smith's eccentric homeless woman is a sight to behold. Directed by theatre veteran Nicholas Hytner, who also directed the original play on London's West End in 1999, the film meanders around its plot, but it doesn't really matter since the writing is so good and the performances so appealing. Watching Maggie Smith scream with delight as she's pushed down the street in a wheelchair will undoubtedly put a huge smile on your face, and is worth the admission price alone.

Room, on the other hand, is an emotionally exhausting film. Brilliantly orchestrated by director Lenny Abrahamson (half the film takes place in a tiny room)

**Almonte
ANTIQUE
MARKET**

26 Mill Street 613-256-1511

The
Millstone

An intelligent
and informed
source of news
for
Mississippi Mills

FREE

www.millstonenews.com

A Sprightly Bouquet of Spring Concerts

Tay Valley Choir's Spring Concert

Party on! From Aboriginal heritage to the struggles of immigrant settlers to the building of community, life in Tay Valley Township over the past 200 years will be commemorated on Saturday, April 16, by the Tay Valley Community Choir and special guests. **Tay Valley 200th: A Song Celebration** is the 40-member choir's spring concert, to be held at Maberly Hall at 7:30PM.

Choir director Rebecca Worden says there is music for everyone, touching on the rich history of Tay Valley Township over two centuries. "Drumming, Scottish and Irish ballads, Canadian waltzes, The Beatles, Simon and Garfunkel, and even a hint of music associated with James Bond — we will present a lyrical evocation of life in Tay Valley going back to 1816."

"And bring your noisemakers and streamers!" adds Worden. "Help us celebrate the joy of living here in beautiful Tay Valley!"

Special guests include Jane Cunningham on flute, and talented Sharbot Lake teenagers Natalie and Lukas Reynolds on fiddle and piano. The choir's new accompanist on piano is Mary Lou Carroll. As is usual at Tay Valley Choir concerts, there will be plenty of opportunity for the audience to sing along. This event is sponsored by the Tay Valley Township and Blue Skies in the Community. Admission is \$10 at the door. There will be time to chat with neighbours and musicians over refreshments at the end of the concert. Please bring a food item for The Table Community Food Centre.

The Sounds of the Sixties

The **Perth Citizens' Band**, Canada's longest continuous town band, will be holding its annual spring concert: *The Sounds of the Sixties*. The 1960s was a period of great change in musical styles, as fifties rock gave way to the California sound of groups such as the Beach Boys, as well as to the "British Invasion" of the Beatles and many other influential bands.

This concert will feature traditional orchestral works by composers such as Bert Kaempfert, mixed with new sounds from Herb Alpert & the Tijuana Brass. The local wind quartet Event Horizon will be joining the band to perform music from the Broadway Stage and movies including *Music Man*, *My Fair Lady*, and *Gypsy*. The band will also include music from familiar TV shows of the '60s such as *Hawaii Five-O*, and movie epics such as *Doctor Zhivago* and *The Great Escape*. The concert will be held on Sunday, April 17, starting at 2PM at the Perth Legion Hall, 26 Beckwith St. E. in Perth. Admission is \$10 per person and \$5 for students, and includes light refreshments. For more information, visit <perthband.ca> or call conductor Brian Tackaberry at 256-4221.

All Nature Sings and Swings

What springs forth as temperatures rise? Joyous music to welcome the season, as the **West Ottawa Ladies Chorus** celebrates the arrival of fresh starts in their concert titled "All Nature Sings and Swings". Under the direction of Robert Dueck, the harmonious voices of the chorus are bound to please the most discerning ear. Tender songs will give way to celebratory, and rousing to inspirational. Peter Brown, well known throughout the Ottawa Valley for his jazz, will accompany the voices and treat the audience to several renditions guaranteed to please.

Special guests will have the audience tapping their toes to classic swing-style rhythms performed by the Carleton Place Offbeats — a vocal swing ensemble under the direction of Margo Smith, along

with Gary King on guitar, Tom Kobolak on bass guitar and Tom Kemp on drums.

On April 30 at 7PM, St. Paul's Anglican Church (20 Young Road in Kanata) will be alive with joyous song celebrating the arrival of spring. This annual performance will lift spirits and put everyone in the mood to enjoy the season. In tune with the theme, a silent auction will feature garden items and special baked goods, along with other selections. Advanced tickets are \$15 (from Mark's Cobbler in Perth and Graham's Shoes in Carleton Place), with tickets at the door for \$20. Further ticket and concert information is available from <westottawaladieschorus@gmail.com>.



Many Ottawa Valley choirs and bands are gearing up for spring concerts, including the Goulbourn Male Chorus (above)

Goulbourn Male Chorus Spring Concert

The warm harmonies of the Goulbourn Male Chorus will be combined with lots of humour in their spring concert entitled "**From the Sublime to the Ridiculous**", to be performed at 2PM on Sunday, May 1, at Trinity Presbyterian Church on Richardson Side Road in Kanata. Over the last five years or so the GMC has built a reputation for delivering a wide variety of music, from spiritual to classical and from folk to contemporary, and this concert will be no exception. Pieces by Billy Joel, PDQ Bach, Lennon and McCartney, and Andrew Lloyd Webber will be featured, along with folk and spiritual numbers. An entertaining afternoon is guaranteed, and the proceeds will go back into the community through donations.

Members of the chorus come from throughout the Ottawa Valley, from towns such as Carleton Place, Calabogie, Almonte, Constance Bay, Stittsville, Kanata and Ottawa West. The chorus has built a regular following through its spring and Christmas concerts, as well as its sing-outs at seniors' homes and other events.

Tickets are \$15 (children under 12 are free), and are available at Gaia Java and Brown's Independent Grocer in Stittsville, from members, and online at <goulbournmalechorus.com>.

CP and Beckwith Music Festival

May 2 to 6 will see amateur musicians compete in the third annual Carleton Place and Beckwith Music Festival, which welcomes both amateur pianists and high school bands.

The Festival will be followed by a Gala Concert, where the top performances (as recommended by the adjudicator) are presented. The concert will be held on May 18 at 7PM in the Carleton Place Town Hall Auditorium.

The objective of the Festival is to give each student an upbeat and positive experience. With support from both municipal councils and also the Festival Association, the first two events were quite successful. Scholarship support from local businesses and personal donations are awarded to encourage and recognize the hard work of talented local music students.

For more information, please see <cpmusicsociety.com>. Tickets for the Gala Concert will be available at the door for \$10. Come on out and support the young local musicians — then when they hit the big time, you can say "I knew them when!"

New Date for Almonte in Praise

Mark your calendars and get ready for an enjoyable evening of music. This year's Almonte in Praise! will be held on Saturday, October 29, at 7:30PM at Holy Name of Mary Parish, 134 Bridge Street in Almonte. This popular event, celebrated by the combined churches of Almonte, is being moved from its regular date in May to the fall.

As in previous years, all Almonte church choirs, praise teams, or representative groups are invited to participate on their own. Back by popular demand will be the massed choir for all participants. Further information will be sent to area church choir directors and music leaders in the coming weeks.

5th annual
Fibre Fling Show and Sale!
Creative Art by Out of the Box Fibre Artists

April 8 – Friday 10AM to 8PM
April 9 – Saturday 10AM to 5PM
Delicious High Tea Saturday

Fundraiser for the Stephen Lewis Foundation
Admission \$5 • High Tea an additional \$10

Location: Kitchissippi United Church
630 Island Park Drive, Ottawa
Info: ritarottman@sympatico.ca or www.out-of-the-box.org

West Ottawa Ladies Chorus Spring Concert

ALL NATURE SINGS AND SWINGS
APRIL 30, 2016, 7PM

Music Director Robert Dueck	Accompanist Peter Brown
with Concert Guests	
Carleton Place Offbeats A Vocal Jazz Ensemble under the direction of Margo Smith	

St. Paul's Anglican Church, 20 Young Road, Kanata

Advanced tickets are \$15 and available at:
Marks' Cobbler Shop, 98 Gore St. East, Perth
Graham's Shoes, 139 Bridge Street, Carleton Place
Tickets at the door are \$20
For further information email: westottawaladieschorus@gmail.com



HEY THERE, I'M EARL.

Spring is finally here...
And so is Earl E. Bird!

Fruity, bright, and smooth,
this blend will put spring in
your step!

ALMONTE ROASTERY & CAFE • WESTBORO CAFE

LOCAL • HONEST • COFFEE • equator.ca

Humm Bits

NLHS Speaker Series: Claudia Smith

The North Lanark Historical Society is pleased to host local author Claudia Smith as part of their spring speaker series for 2016. Claudia is a retired elementary school teacher and the author of several books related to local history. Her presentation will be entitled “Barns and Silos – A Reflection of Changing Times,” based on her recent book published on the topic. It will focus on historic barns of Eastern Ontario, particularly in the Lanark County region, and her book will also be available for sale and signing. Light refreshments will follow her talk. The presentation will be held on Sunday, April 24, beginning at 2PM at the North Lanark Regional Museum, 647 River Road in Appleton. For more information, please contact the museum at 257-8503 or <appletonmuseum@hotmail.com>.

A Celebration of Song & Dance

On Saturday, April 16, come out and enjoy A Celebration of Song and Dance — Musical Variety Show, in support of the Renfrew Refugee Welcome Group. This wonderful show, featuring a wide assortment of local talent, starts at 2PM at Trinity St. Andrew's United Church on Plaunt St in Renfrew.

You won't want to miss the amazing performers that have volunteered their time for this event, including: Jessica Belanger, Marie Buscombe, Peggy Williams, David Campbell, Valley Harmonizers, Hannah, Delaney and Caroline Holley, Lawrence Mahusky, Terri-Lynn Mahusky, Michelle School of Dance (Pembroke), Christina Ouellet, Lisa Webber, Jame Hykach and Michael McCormick, Danielle Vailancourt, the Presbyterian Choir and Renfrew Children's/Youth Chorus. The MCs for this event will be Chris Kyte and Heather Sagmeister.

Tickets are \$10 and can be pre-purchased at Aikenhead's Drug Store on Raglan St. in Renfrew. Tickets will also be available at the door, but seating is limited. Proceeds will go the Renfrew Refugee Fund.

The Art of Making Herbal Teas

In a weekend workshop from April 29 to May 1, instructor Steven Martyn will teach you how he formed the Algonquin Tea Company herbal tea blends, as well as how you can harvest, dry, make, store and brew customized tea blends for your own personal taste and health needs. You will learn to reverently and sustainably harvest wild teas to create the blends (mostly various tree barks in April). While you will only use herbs from the area, the time of year will not limit the composition of your tea, as you will also have access to a great many dried herbs stored from last year's harvest. Many of these plants will be familiar to participants and at least a few will likely be new to even the most adventurous tea connoisseur.

The workshop takes place at The Sacred Gardener, 486 Trail Blazers Road in Golden Lake, and the fee of \$275 includes taxes, camping spot, six organically-grown and wild-infused meals, plus your personalized blend of herbal tea! To register or get further information, contact Megan at 625-1106 or <megan@thesacredgardener.ca>.

Humour, Sarcasm and Sentiment in Middleville

Mom is on a mission. She's just not exactly sure what it is. Whatever it is, though, it's important — because completing it will give Mom her wings, and let her get into Lutheran heaven.

That's right... Mom died eleven months ago.

Mom's Gift, the latest production of the Middleville Players, is an almost brand-new play. Written in 2014, the play by Phil Olson has won numerous awards for its humour, its twists, and even a few sentimental, touching moments.

The play begins with the never-seen Mrs. Norquist greeting Kat (Gena Gibson) — the older and more cynical daughter of Mom/Peggy (Carla Schonauer) and Dad/Jack (Lorne Dale). Brittany (Shayna Wark) is the younger and infinitely more airheaded daughter... or is she?

Kevin (Shawn Gibson) shows up, to the delight of Mrs. Norquist and the less-than-thrilled reaction from Kat. Trish (Kristy Gibson) adds more interest, especially for Kat, as she wonders why the former nurse has returned after Mom's death.

From Facebook to Donald Trump, the punchlines prove that this is a timely, and also very funny, play that will appeal to people of all ages. Performances of *Mom's Gift* run Thursday to Saturday, April 7 to 9, at Trinity United Church in Middleville, beginning at 7:30PM each evening.

Tickets are \$12 for adults, \$6 for children 12 and under, and are available at the Lanark Era office or by contacting <jgibson@storm.ca> or 259-5692.

Taste a New Brew at the Textile Museum

On April 23 at 7PM, “A Worker's Ale” returns to the Mississippi Valley Textile Museum. Once again, Cartwright Springs will be showcasing its new and original beers, locally brewed in Pakenham. With the wide variety of styles available, such as bitters, stouts, milds and old ales, it's no wonder that tasting real ales has become as sophisticated as tasting wine — and just as popular.

You don't have to be an expert. Tasting beer is just as enjoyable and satisfying as tasting wine. Just like wine, beers have their own unique characteristics and complexities based on the style, the ingredients and the recipe. You will soon find which brews please your taste buds.

And don't think that the dining table should be reserved for wine. Of course, beer can be enjoyed

on its own, but it is also exceptionally good with food. Learning to match different foods with different beers makes this evening extra enjoyable, and this year Foodies Fine Foods will be providing tasty fare to accompany each beer.

Throughout the evening, the Barley Shakers band will be providing toe-tapping music, and Sarah Robertson of Prior Engagements will be donating the plates and glassware.

Last year's ale tasting fundraiser was a quick sellout, so don't wait to get your tickets. The event is open to adults only. Tickets are \$45 purchased in advance or \$50 at the door. Tickets are available at the Museum and at Baker Bob's. The Textile Museum is located at 3 Rosamond St. E. in Almonte. For more information, please call 256-3754.

The Reever Report

The Joneses Enter the 21st Century

The February “discontents” reared their ugly head as I was struggling to read the fine print on the TV guide listing. The picture was the same size as our computer monitor, and I had to squint to see the details. It was like trying to read a postcard at thirty feet. The time had come for an upgrade in TV sets, maybe going all the way to a 32-inch screen.

by Glenda Jones

However, the mere thought of replacing the TV opened a Pandora's box. We would need a new built-in cabinet, we'd have to get rid of books, we'd have to reorganize our CDs and radio. It was already a “cha-ching” moment just thinking about it. But in true Glenda fashion, I barged ahead with my plan. February does this to me!

We found an excellent builder, a patient man who was prepared to put up with three dogs underfoot along with a woman who couldn't make up her mind. Alan was beginning to think this guy was a saint for taking us on at all. I, on the other hand, was energized with the notion of something new.

So we took ourselves to Best Buy to find the right TV. Right off the bat, we were in foreign lands wandering stunned through aisles of equipment I couldn't even identify. Mercifully, an experienced young man with Bluetooth and smart phone in hand took pity on us. (I couldn't help wondering if these young guys get a bonus when they serve seniors, or if we just give them stories for years.) He took over like a pro, didn't laugh at our inane questions, and found us a TV we thought looked huge — actually just 32”. I figured we should go “high tech” and get a Smart TV, although it won't get a workout in this house, us not being so Smart ourselves. Maybe, though, we *will* be in a few years. Good luck on that score!

Was our shopping done? Not by half. We now needed a sound bar, a woofer, a new DVD player, and maybe a wi-fi router. Yikes, who knew? By this time we'd amassed a fairly high stack of boxes, and we also needed this same young guy to come and install the whole thing. Of course, I'd pay for that service; that little phrase “plug and play” doesn't cut it with me.

We packed it all home, and laid it out for our builder to contemplate. There we were with a new

TV, the sound bar, the woofer, the DVD player, a hundred miles of hook-ups, three remotes, and three books of instructions, all of which I kept “just in case.” That man was a wizard. In a day, we had a lovely new built-in oak cabinet with space for all the components, plus the proliferation of stuff we had had in the old cabinet. Amazing! Indeed, it was coming together the way I knew it would.

In comes the Geek guy the next day, unfazed by the jumble of things he needed to wire up. There was nothing we could do but gawk in wonder as he plugged this into that, used his internet to find elusive code numbers, hooked the sound to the TV set, the DVD to the Express View box, and then, after an hour, spent what could have been the worst half hour of his life showing a senior how to use the remotes. We tried to look intelligent, but I'm sure he knew we were not going to touch even one button more than he'd shown us. I should have given the poor guy a gift certificate to the beer store for his trouble.

We could hardly wait to fire up the whole works, and watch our big new TV. What a treat! But wait a minute: the programming is all the same, only bigger. The ads are just as annoying, only bigger. So what we needed to do was tackle getting into the new Bell system of pick and pay channels. This is an exercise in futility especially if you, like us, have an old TV package you got on the ark. The agents at Ma Bell had led us to believe that after a free preview we'd be able to sign up for a particular channel. Not so: it's in a convenient — for them — package, none of which we want. If we want to get a special channel, we would have to give up our “grandfathered” plan, go with the new budget plan, and start adding packages that they have put together. No way are we doing that.

So here we are with our new Smart TV, looking at the same not-so-smart shows, and dithering about going the wi-fi route. Netflix flickers on the horizon, and everyone extolls its virtues, but I just know it's going to lead to a service call or three, more wires, and probably another remote. I hesitate to call our supplier to install it, just in case it turns out to be a disappointment. I think it would be judicious to simply live with what we have, and not try to be too Smart too soon. After all, February and March are now past, I'll be out in the garden before long, and the allure of the “discontents” will have been put soundly to bed until next year.

Introducing the Rideau Lakes Orchestra

A new ensemble is going to be making its debut at St. James Anglican Church in Perth on Sunday, April 17 at 2PM. The Rideau Lakes Orchestra is going to be offering an eclectic program of classical and quasi-classical music, with a little something to please every taste.

by Tony Stuart

The orchestra is the brainchild of Musical Director Mark Bailey, who also plays trumpet and flugelhorn with the ensemble. Mark is retired from the Central Band of the Canadian Armed Forces, and also held the title of Chief Arranger. Besides maintaining a career as a professional trumpet player, he is also a well-respected composer with many published compositions. The program on the 17th features Mark's arrangements, as well as an original concert overture. His skills as an arranger really bring this music to life in a new and interesting way.

When asked to describe the Rideau Lakes Orchestra, Mark puts it this way: "The group is made up of professional musicians from the Ottawa Valley area, including former members of the Central Band of the Canadian Armed Forces, as well as active and retired music teachers and freelance musicians. We are a mix of electric and acoustic instruments playing classical music, as well as soundtracks from Hollywood movies. All the music is specifically written for this unique ensemble."

Perhaps the most distinctive element of this orchestra is the fact that both acoustic and electric instruments are playing together. It starts with the conductor at the front. Next, the woodwind section features two flutes (who also double on piccolo), clarinet (doubling on soprano and tenor saxophones), and bass clarinet (doubling on baritone saxophone). The brass section is made up of two trumpet players, who also play flugelhorn, and two trombone players who double on euphonium and tuba. The "string" section is made up of three synthesizer players, and if you close your eyes, it is nearly impossible to tell that you are not listening to a full string section. The final piece of the puzzle is a two-person percussion section, playing everything from orchestra bells to timpani. I always enjoy watching percussion players, as they are quite often run off their feet switching from one instru-



ment to another in a very short time, and they really do provide the "icing on the cake" with all of the sounds they create.

This small lineup of musicians is also a real strength, since nearly all of us play two or more instruments during the show. From a personal perspective, playing in an ensemble where everyone's role is so clearly defined is also refreshing, as is the fact that these are all very nice, down-to-earth people. This is a group of solid professionals who are all there to create the best possible experience for the audience. I'm also happy to report that there is none of the behind-the-scenes drama that exists in many orchestras.

The inaugural program features a wide variety of music, including music by well-known composers Tchaikovsky, Copland and Prokofiev. There is also some film music, an original composition by Mark Bailey, and a special feature where the orchestra will be joined by the choirs of The Men and Women of the Tay under the direction of Shelley McLaren.

The Rideau Lakes Orchestra has also been confirmed as being in the lineup for the Stewart Park Festival on July 14, so audiences will have several chances to hear this unique ensemble over the next few months. As I mentioned above, I think that all of the pieces are there to create an experience that will offer something special for every member of the audience.

Tickets to the April 17 concert are \$15 (\$10 for students) and available at <ticketsplease.ca>.

Disclosure: I am a member of this orchestra. This article is written as an informational piece, and the proposal for the article came from my editor.
— Tony Stuart is the Music Director at Notre Dame Catholic High School in Carleton Place, and a freelance professional musician.

Ottawa Valley Music Festival Prepares for New Season

The Ottawa Valley Music Festival is gearing up for the 2016 season, and is busy preparing to wow audiences across the Valley with a repertoire of fantastic classical and choral music under the baton of Artistic Director Peter Morris.

The season begins with the third annual **Festival of the Choirs** on Sunday, June 5, 3PM at Grace Lutheran Church in Eganville. The OVMF Chorus will be joined by the Deep River Choral Group for an afternoon of Choral Delights, featuring glorious music by Arnold Schoenberg, Dorothy Fields, Cole Porter, George Gershwin and Latvian-Canadian composer Imant Raminsh.

Perhaps you would like to join the choir? Rehearsals for Festival of the Choirs begin on Thursday, April 14, at Trinity St. Andrew's United Church in Renfrew. Rehearsals run from 7 to 9PM every Thursday until June 2. Anyone interested in

joining the Chorus is asked to please contact Lesley Lancaster at 754-5217.

Other concerts in the 2016 Season include **Wondrous Winds** on Sunday, August 7, at Grace St. Andrew's United Church in Arnprior, featuring The Bel Canto Wind Quintet accompanied on piano by Diane Wilkie; and **Classicism Par Excellence** on Sunday, September 18, at Zion Evangelical United Church in Pembroke. Adult tickets are \$25 each or \$65 for a season pass (all 3 concerts). Young adult (under 30) tickets are \$10, students with ID are \$5, and children 12 and get in free.

For more information about the Ottawa Valley Music Festival, including scholarship and outreach programs, please visit <ottawavalleymusicfestival.ca>, call 754-5217 or email <info@ottawavalleymusicfestival>.

BLUES ON THE RIDEAU
THE COVE INN
WESTPORT • ONTARIO

APRIL 22
RIA REECE
BAND



DINNER + SHOW \$65 • ADVANCE RESERVATIONS
1-888-COVEINN • WWW.BLUESONTHERIDEAU.CA

The Almonte Lectures

29 April,
Erin Cressman
Action
Without Awareness

All Lectures: 7:30PM in the Almonte United Church Hall
For information: almontelectures.net

CARRIAGEWAY
studios
STUDIOS
for
RENT
email: hello@carriagewaystudios.ca

Spring 2016

Mom to Mom
Shopping Spree & UCW Bake Sale
Saturday, April 9, 8AM-Noon

Call 613-326-0518 to book space
St. Paul's United Church, Perth
Corner of D'Arcy and Gore Streets
www.stpauls-uc-perth.org

Find us on 

Mike Doyle
Accounting for
Small & Large Business
Income Tax Services
(613) 256-9987
mike@mdoyle.ca
www.mdoyle.ca



Pick up *theHumm* in Carp at
ALICE'S VILLAGE CAFE

Support Local, Support a CSA!

Stony Brae Farm
111 Rutherford Side Road, Perth
Contact Greg Farrow:
613-264-8015
farrowgreg@hotmail.com
www.facebook.com/StonyBraeFarm

Stony Brae Farm has beautiful ecologically grown vegetables and fruit. We offer full season (32 weeks) and half season (16 weeks) harvest boxes. These are available in full share (family) and half share (single or couple) sizes. Pick up or delivery in the Perth area.



Creativity Blitz at High Lonesome

The Mississippi Madawaska Land Trust invites you to its annual Creativity Blitz on Sunday, May 1, from 10AM to 4PM. The Creativity Blitz is held at the 200-acre High Lonesome Nature Reserve outside Pakenham, a natural treasure conserved in perpetuity by the MMLT.

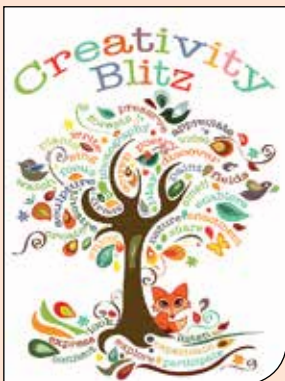
Nature is endlessly creative. Let some rub off on you. Spending time in nature fuels creativity, and creativity is valuable in all walks of life. The Creativity Blitz provides a unique opportunity to share the beautiful woodlands, meadows, wetlands and critters of High Lonesome with others who find solace and inspiration from nature.

To help fuel your imagination, organizers will have creative projects going on, such as a collaborative poem. And you can listen to the undercurrents of the spring wilderness through the MMLT's soundscaping equipment. Mentors will be available to encourage you in whatever you choose to do. They've identified several "WOW" spots as focal points, but you can find your own special spot anywhere along the 8km of clearly marked trails.

Come with a willingness to open your eyes, ears and senses and see where that takes you! Bring the kids or grandkids for a day of hiking and playing outdoors — the kids can arrange natural materials into a creative piece, or make pictures of something that catches their attention. Celebrate your moment in nature using your own art supplies, musical instrument, or journal.

The Creativity Blitz takes place rain or shine, so dress appropriately for the weather and be sure to choose sturdy, comfortable footwear. Trail maps are provided so you can wander at leisure. Bring a lunch and enjoy it outdoors. A rustic outhouse is available near the barn. Admission is by a donation of \$10 for adults, and children under 12 are free.

Organizers hope you'll choose to share something about your day with them. Send in a picture of what you did or a note to say how your day went. You can see examples from past Creativity Blitzes on the MMLT website (under Events). For more information, go to <mmlt.ca> or email <jacque.christiani@bell.net>.



Frantically Funny Farce at Studio Theatre

Following hard on the heels of a foot — playwright Ken Ludwig's *The Game's Afoot*, to be precise — Studio Theatre Perth's current fun-filled production is a farce, this time by Canada's own beloved Norm Foster. *Self Help*, penned by Foster in 2002, received rave reviews from critics when it had its world première with Aquarius Theatre in Hamilton: "You are in for a belly full of laughs... from Canada's preeminent, prolific... and most-produced comic playwright."

Hal and Cindy Savage, a married couple who also happen to be a pair of unsuccessful actors, love the stage but lament their ongoing dreary existence in out-of-the-way, second-rate dinner theatres. It just seems they are making neither artistic nor financial progress in their chosen profession. Cindy has an idea, inspired by a self-help book she disdainfully tosses aside, remarking that she and Hal could easily transform themselves into advice gurus, given their smarts and superior acting skills. Fast forward to the Savage's luxurious home seven years later and we have the setting for Foster's witty and fast-paced farce, featuring a cast of six characters plus a "stiff" who we never actually see in the flesh — thankfully, since it's part of his anatomy that much of the humour revolves around... so to speak.

Perth audiences are in for a treat as three of Eastern Ontario's most accomplished veteran female actors share the stage with audience faves Lucas Tennant, Grey Masson and Martin Treffers in this gut-splitting romp. A resident of Smiths Falls, Krista Duff takes on the role of Cindy Savage, wife to Tennant's Hal. "I love Norm Foster plays, particularly his comedies, (and) I wanted another chance to have David Parry as a director," says Duff. "David Parry is a wonderful director to work with," echoes Jenny Pfitzer. Annette Huton has also worked with Parry on stage and was motivated by the opportunity to be directed by him.

In an interesting twist, both Pfitzer and Huton have performed in *Self Help* previously, each with a hometown theatre company, and enjoyed the show so much they did not hesitate to join friends in a Studio Theatre production of what Huton refers to as a "hilarious play." In her hometown of Merrickville, she played the maid, Bernice, and is currently cast as the Savage's hard-nosed talent agent. Pfitzer, from Almonte, played Cindy Savage in Almonte several years ago, and has now stepped into the role of the divinely ditzy Bernice.



In rehearsal for *Self Help*: Cindy (Krista Duff) chats with her agent (Annette Huton) while Bernice the maid (Jenny Pfitzer) eavesdrops

All three women have performed in several Studio Theatre shows over the years and agree that their return for *Self Help* is a testament to the company — "an amazing organization," says Pfitzer, who sparked in last summer's hit, *Cemetery Club*. Huton returned to the Perth stage in the crowd-pleasing *The Game's Afoot* after a five-year hiatus, and enthuses: "I am hoping that I will get to come back and play again soon!" Duff, also seen in *The Game's Afoot*, shares a final bonus the *Self Help* experience has provided: "kissing a much younger man!"

During the run of this play, the Studio Theatre's lobby art gallery will feature art works created by special needs students as part of a program called **Without Exception: Exceptional Art from Beautiful Minds**. Founded in 2008 by art teacher Sarah Jaynes, Without Exception highlights and shares the talents of special needs artists from all over eastern Ontario. Revenue from the sale of merchandise supports students and families in difficulty within the Catholic District School Board of Eastern Ontario through the Good Samaritan trust fund.

Don't miss *Self Help* on March 31, April 1, 2, 8 and 9 at 8PM and on April 3 and 10 at 2PM at the Studio Theatre, 63 Gore Street East, in Perth. Tickets are \$22 cash at The Book Nook (60 Gore Street E.), and online or by phone at Shadowfax, 67 Foster St. (267-6817, shadowfax.on.ca) and Tickets Please, (485-6434, ticketsplease.ca) where a convenience fee applies. Tickets are \$24 at the door, and \$10 for students with ID. Visit <studiotheatreperth.com> for details. Attend opening night and save \$5!

— C. Lee Bates

Come Play In Our Backyard
2016 Magical Winter & Spring Maple Harvest

Open daily 9 am to 4 pm
Until Sunday, April 17

Seniors Days with live music
April 5, 6, 13 & 14

Enjoy Weekend Activities
from 10:30 am to 2:30 pm.

Cook bannock & create a wooden spoon over the fire in the Heritage Maple Path. Enjoy horse drawn sleigh rides, face painting, live music & maple taffy!

Visit our Maple Shoppe year round
Tuesdays & Thursdays 10 am to 3 pm

WATCH FOR OUR FALL DATES!

Connect with us. Fulton's Pancake House & Sugar Bush
399 Sugar Bush Road
Pakenham, ON KOA 2X0
Shop online www.fultons.ca info@fultons.ca 613-256-3867

Look and feel 5-15 years younger, naturally!
The Benefits of Facial Rejuvenation Acupuncture

Before

- Reduces fine lines on your face
- Firms and reduces bags under your eyes
- Improves muscle tone & tautness of skin
- Does not paralyze muscles like Botox
- Helps eliminate puffiness by improving metabolism
- Improves facial color by increasing circulation
- Reduces stress evident in your face
- Slows down the aging process
- Tightens pores and brightens your eyes
- Promotes overall health and well-being
- Improves hormonal balance thus hormonal acne can be benefited

After

"My friends kept asking me what I had been doing because I looked GREAT!"

Call by April 30 for your free consultation.

Check out "Facial Acupuncture" on the Dr. Oz Show!

Hands on Healing
125 Bridge Street, Almonte, 613-256-0222
welcome@handsonhealing.ca



Art in the Attic

“Art washes away from the soul the dust of everyday life,” said Pablo Picasso. It’s time to shake off some cobwebs and come to Art in the Attic (AITA) on Mother’s Day Weekend! The show will be held at the Almonte Old Town Hall, at 14 Bridge Street, opening on Friday night, and then going all weekend: May 6 (7–9PM), May 7 (10AM–7PM), May 8 (10AM–4PM).

AITA has a reputation of offering amazing and affordable art. There will be art in almost every medium: oils, acrylic, watercolour, glass, photography, textile, jewellery, pottery and more. Many of your favourite artists from the Almonte and Area Artists Association are returning, as well as some “fresh” new ones. Once again, the Notre Dame High School art students will also be showcasing their emerging and exciting talents that never cease to astound attendees.

There will also be a display by the “Rugrat Rembrandts”. These works are by preschoolers from the Ontario Early Years Centre Lanark. Many of the pieces took over an hour for these young children to create, and considering that the average attention span of a four-year-old is about five to ten minutes, that is remarkable. Picasso also said: “Every child is an artist. The challenge is to remain an artist after you grow up.” AITA is an art show and sale where local artists of all ages and experiences celebrate their creativity!

Almonte’s Avenir Design Studio will be doing a fashion show, at 7:45PM on Friday, on the stage and amongst the art boards. Some models will also be wearing jewellery made by participating artists

— art is not only hung on walls! Throughout the weekend, live music will be provided by local group Shipman’s Mills. Talent abounds in this area!

Last year, the collaborative project for the show was such a success that organizers are planning another one for this year. They are recreating the Farmers’ Market mural (originally painted in 1991 as the first mural in Almonte), and unveiling it on Friday evening.

This year AITA is co-promoting with Cheerfully Made Goods and Markets, which will be taking place on May 7 and 8 at the Agricultural Hall, just a stone’s throw from the Almonte Old Town Hall. Plan to take lots of time to enjoy both shows.

Still not enough? Starting the week of April 18, the shopkeepers in downtown Almonte will be displaying works in their storefront windows as a sneak preview to AITA. After the art show, stroll down the Riverwalk and then walk along Mill Street and enjoy the unique offerings of the downtown merchants. Make it a day, make it an artful experience!

And last but not least, the staff of the Humm will be doing “theHumm Selection” of their favourite piece by each artist. Art in the Attic organizers truly appreciate the fantastic support of the arts that they provide, and love to have them participate in the show. Former U.S. State Senator Lorraine Wajahn has been quoted as stating: “Arts are the glue that hold a community together.” This is truly a “glued together” community that you really should come and visit. For more information, check out <almonteartintheattic.wordpress.com>.

15 Years of Empty Bowls

Over the last fifteen years, donations to Empty Bowls Perth for some 9,000 bowls produced by local potters have resulted in over \$190,000 being raised for local food security programs. Many of these bowls have been filled at two annual April events in Perth that feature a variety of delicious soups donated by local restaurateurs.

Again this year, Foodsmiths will host a “Many Hands Meet and Greet” Empty Bowls event on Saturday, April 16, from 11AM to 2PM. Meet many of the “hands” who work together to make Empty Bowls an ongoing success. Purchase a bowl and fill it with delicious cream of vegetable soup with parsnip and apples. Enjoy it with a crusty roll (ingredients donated by Foodsmiths suppliers).

Come to the **Festival of the Maples** on Saturday, April 30, from 10AM to 4PM. The Empty Bowls booth will be set up outside Riverguild Fine Crafts at 51 Gore Street East. Purchase a bowl and fill it with delicious soup donated by seven Perth restaurants, along with artisanal bread donated by Barnabe’s and complimentary coffee from Coutts & Company.

If you want a bowl but will not be in Perth on those dates, bowls are now available at Foodsmiths until late April and are usually available year-round at Riverguild.

After fifteen years, Empty Bowls Perth organizers hope that the community will understand the decision to ask for a \$25 donation for each bowl. Donations support The Table Community Food Centre, YAK Youth Services, Food for Thought:



Linda Harvey, Mike Doxey, Anne Chambers, Joni Seligman, Molly Forsythe, Rita Redner and Chandler Swain are some of the local potters who contributed to this year’s Empty Bowls campaign (missing from the picture are Susie Osler, Jean Dunning, Ali Ross and Rosemary Kotze)

Lanark County’s school nutrition program, and the Lanark Highlands Food Pantry, as well as Frontier College’s Summer Aboriginal Literacy Program and the Guatemala Stove Project. Empty Bowls Perth thanks Perth TD Canada Trust for their second year of sponsorship.

For more information about Empty Bowls Perth, please visit <emptybowls.ca> or <facebook.com/emptybowls.ca>.

Fiddler’s Friends

A Traditional Fiddle Awards Showcase Concert
Proceeds to Support
Danny O’Connell Memorial Fund
administered by
The Community Foundation of Ottawa

AWARD RECIPIENTS:
Ethan Walls
Beatrice Herwig
Ellen Daly
Michaela Mullen
Tessa Bangs

MUSICAL FRIENDS:
John Mitchell, Matt Pepin
Terri-Lynn Mahusky, Kyle Felhaver
Monday Night Fiddlers

SPECIAL GUEST PERFORMANCES:
Alexis MacIsaac and Callum Mackenzie
The Barley Shakers
John Dahms

Sunday May 1, 2016

1–4PM

Doors open, Music starts: 12:30

Old Town Hall,
Almonte, ON

Information:
613 256 3786

Tickets \$15
-Mill St Books
613 256 9090
-Couples Corner
-Mississippi Mills Musicworks
-At The Door

Line-up Subject to Change

FOODIES
FINE FOODS & GOURMET IDEAS
613 256 6500

Proud Sponsor
H. Colleen O’Connell-Campbell | Senior Wealth Advisor, CFP, CIM, CDFA | ScotiaMcLeod
T: 613 788-6307 | Toll-free 1-800-267-7684 | F: 613 782-6737 | colleen.campbell@scotiamicleod.com

ScotiaMcLeod®
*Registered trademark of The Bank of Nova Scotia, used by ScotiaMcLeod under license.
ScotiaMcLeod is a division of Scotia Capital Inc. Scotia Capital Inc. is a member of the Canadian Investor Protection Fund.

Pick up theHumm in Perth at
RIVERGUILD FINE CRAFTS

Canadian Authors for Indies Day Book Launch

DON’T
TELL,
DON’T
TELL,
DON’T
TELL

LIANE SHAW

by
LIANE
SHAW

What rules
apply
when your
friend goes
missing?

Saturday April 30, 2016
3:00-5:00 pm

Mill Street Books
52 Mill Street, Almonte
613-256-9090

MILL STREET BOOKS

Second Story Press

News from Almonte's Carriageway Studios

The recently opened Carriageway Studios in Almonte, in the old TYPs location off Mill Street, is a place for everyone to experience the arts across a broad spectrum of activities. Already there is a roster of intriguing events on the calendar. The building houses six private studio spaces (two are still for rent — contact us!) and also a large exhibition/workshop/event area and a spacious kitchen.

The studios were developed by three local artists; each with a different practice and background in visual art. As such, they all are working to bring events to the space that will enrich your imagination and experience of art: there will be something for everyone!

For example, a weekly open drawing studio is in full swing on Wednesday nights, from 7–9PM, with a \$10 drop-in fee. This drop-in “class” is open to anyone, regardless of skill level. It is facilitated by Chandler Swain, who has taught visual art and ceramics for many years. She is noted for her drawing abilities and for being able to help people “get” what drawing is all about. There is support for beginners and a good set-up for experienced artists to practice this fundamental skill. As creative genius Tim Burton says, “Drawing is exercise for a restless imagination”.

Another ongoing project at Carriageway Studios will be presentations by noted makers, designers and creative thinkers, called The Imagineers Series. Imagineers have been deemed by Team Carriageway to be those who imagine big, creative ideas and then proceed to

manifest them. We want to know what makes them tick, what their inspirations were, and who their mentors were.

The first presentation was given by Stephen Brathwaite. He spoke about architectural art glass, his impressive public art career, and how that ties in with his current work developing creative living and working spaces in re-purposed heritage buildings in Almonte.

The next in the Imagineers Series (April 24, from 10AM to 4PM) is called Impression/Expression, in honour of April being Letter Writing Month. This will be a day-long presentation by Merrickville artists (and life partners) Holly Dean and Larry Thompson. Holly is a painter and calligrapher, and Larry is a printmaker and handmade letterpress book printer from Greyweathers Press. Participants will learn about the broad skill sets of these two well known and accomplished artists in the morning, and participate with them in a project in the afternoon. For more information, visit <carriagewaystudios.ca> or find us on Facebook.

Dawn Walker (of Walker's General Store: Letterpress Printing and Graphic Design) is a founder of Carriageway Studios, and April's Letter Writing Month projects are a result of her passion for the hand-printed and handwritten word. If you have ever wanted to write a letter to someone on gorgeous hand-printed stationery, with a beautiful pen (to a real or imaginary friend, mailed or not...), Dawn will be leading one of these popular letter-writing events in April. More details can be found on our website or Facebook page.



Almonte's new Carriageway Studios offers a broad spectrum of arts activities, including a drop-in drawing class, workshops, and the intriguingly-named “Imagineers Series”

Lily Brady, also a founding member, is a visual artist living in Almonte. She is a painter in her own practice, and is organizing a series of art-making workshops that will explore a variety of painting media and collage making. Stay tuned for dates.

April 30 is International Jazz Day! The Jazzn.ca house concert series will host a fantastic musical celebration at Carriageway. For more details on that, contact Arnie Francis at 282-8712 or visit <jazzn.ca>.

If you have an idea for an event or an Imagineer presentation, or want to come and visit and see what is possible at Carriageway Studios, please get in touch. We'd love to show you around!

— Chandler Swain

APRIL 8-10th, 2016
CP ARENA- 75 Neelin St.

FRIDAY:
6:00pm - 9:00pm

SATURDAY:
9:00am - 6:00pm

SUNDAY:
11:00am - 4:00pm

Adults- \$5.00
Children Under 12 Free
(No additional fees for special entertainment)

FRIDAY
Country Kick-Off Dance
featuring The Bowes Brothers
8:00 pm - 12:00am

SATURDAY
Pancake Breakfast: Upper Hall
9:00am - 11:00am

“Rock the Arts” Children's
Puppet Show: 10:00am- 11:00am

Home Improvement Seminars

Women & Children's Fashion Show
1:00pm- 2:00pm

SUNDAY
Free facepainting & balloon
animals for the kids

Enter to win a \$500.00 gift card to
Mitchell's Independent
Grocer

100 Vendors To Inspire!

Visit us online: www.carletonplace.ca
 Find us on Facebook: “Carleton Place Spring Home and Fashion Show”
 Call us: 613-257-1704 or 613-253-5046

Fiddler's Friends Benefit Concert on May 1

Almonte Old Town Hall once again opens its doors to fans of the varied streams of culture entwined in the traditional music of the Ottawa Valley. On Sunday, May 1 from 1 to 4PM, friends of traditional music — especially fiddle — meet to celebrate the Scottish, Irish, French Canadian, Polish and wider European strains of influence evidenced in the traditional music of the Ottawa Valley. Doors open and music begins at 12:30PM with popular session group The Barley Shakers.

Not surprisingly, much of the talent presented in this benefit concert is offered by lively young fiddlers under 25 years of age, many of whom are recipients of the Danny O'Connell Memorial Award. Initiated by the O'Connell family and administered by The Community Foundation of Ottawa, the fund honours a young Valley or Celtic fiddler annually from monies generated by donations owned by the Foundation (find out more at cfo-fco.ca). The aim of the memorial is to foster traditional music and recognize local youth. Prospective candidates for the cash award are put forth by three organizations with deep roots in the tradition: The Renfrew County Fiddlers, The Irish Society of the National Capital Region, and The Ottawa Traditional Fiddling and Folk Art Society. These organizations select candidates from their wide entertainment association of the current year. In this way the award focuses attention on many youthful performers beyond just the award recipients.

The 2016 concert features several award winners. Ethan Walls, Beatrice Herwig, Tessa Bangs,

Michaela Mullen, and Ellen Daly are well known for entertaining locally and/or in the contest circuit, either provincially or internationally. Of course, some fiddlers are also stepdancers, and that combination of skills presents a special treat for audiences.

The fiddle contest world emphasizes many aspects of traditional play, but universally emphasizes danceability in its evaluations. This is because the fiddle has been closely associated with dance throughout its history in “the old country”, the lumber camps of the Ottawa system and the weekend entertainment of today. This event features traditional stepdancers and other lively participants.

Look for popular groups The Barley Shakers and Monday Night Fiddlers, as well as exceptional performers Kyle Felhaver, John Mitchell, Matt Pepin, Terri-Lynn Mahusky, John Dahms and former Riverdance soloist Alexis MacIsaac accompanied by her talented husband Callum MacKenzie. Other expert accompanists on piano, mandolin and guitar contribute to a sensational afternoon of musical entertainment. Expect exuberant performances by true lovers of traditional music, an appreciative audience, a family atmosphere, and great food and drink by Foodies Fine Foods.

Tickets are \$15, and are available from Mill Street Books (phone orders) at 256-9090, at Couples Corner, at Mississippi Mills Musicworks, and at the door. For more details, please call 256-3786. You are sure to enjoy this afternoon of toe-tapping family fun!

A Brew in Review

Welcome to "A Brew in Review", a column dedicated to the true pursuit of happiness: enjoying a good pint of beer! If you're of a certain age, you'll recall times when we simply didn't have access to exciting, well-brewed Ontario beer. Thankfully times have changed, with the explosion in the craft brewing industry over the last decade resulting in near-endless opportunities to enjoy a good pint. In this column we'll explore the art, science and history of brewing, while reviewing select Ontario craft beers through this lens. Cheers!

by John Scime

The first brew I'll look at comes from the family of Pale Ales that includes Bitter, Best Bitter, Extra Special Bitter (ESB), Pale Ale, American Pale Ale (APA) and India Pale Ale (IPA) — a broad group sharing the general trait of malty sweetness balanced by hoppy bitterness. Let's get one thing clear straight off: Pale Ales are not pale — they are generally a shade of coppery amber. When these beers were first developed they were referred to as "pale" because most beers brewed at the time (mid-1700s) were dark, cloudy and muddy by comparison. Lots of beers these days are marketed as Pale Ales — but only those that are amber in colour are true to style.

When Mill St. Breweries entered the Ontario craft brewing scene over a decade ago, they immediately set a new standard for the industry by producing well-brewed beers that were true to style, and using fresh, high quality ingredients. Mill St.'s Tankhouse Ale — one of my favourites — is a fine example of an American Pale Ale — a full-bodied deep amber ale roughly 5 to 6% ABV. Like its British cousin, an APA enjoys the pronounced bite of hops balanced by malty sweetness. I remember the first time I enjoyed one at The Ironworks pub in Almonte — I was in heaven — and to this day Tankhouse is one of my favourite craft beers.

Mill St. uses five malt varieties in this beer. While they don't tell you which ones, you can bet that most of the "grain bill" (the list of malts used in a beer) is comprised of British 2-row malt and crystal malt. British 2-row malt is the backbone of the style that provides Tankhouse and other pale ales with their heft and mouth-feel. Crystal malt (about 10% of the grain bill) adds sweetness and the deep copper hue to the beer. A defining ingredient in all pale ales, crystal malt is processed at a somewhat higher temperature than 2-row malt, resulting in the caramelization of the malt kernel. As a result of this malting process, crystal malt contains sugars that cannot be converted to alcohol during fermentation. These unconverted or residual sugars are what gives pale ales their full-bodied sweetness.

The Pour

The first thing you notice about a properly poured pint of Tankhouse Ale is that it has a brilliant white head of foam that remains visible for a long time. As you drink the pint, you'll no-



Welcome John Scime — a new Humm columnist who will be offering up a monthly review of an Ontario craft beer, and generally addressing whatever ales you...

tice traces of foam clinging to the glass, generally marking each sip you have consumed. This is the sign of a well-brewed beer with lots of hops! If you put your nose into the glass — the same way you would if you were assessing wine — you'll find hints of bread, flowers and citrus. Take your first sip — swish it around your mouth and gums on the inside of your lips — a sweet, malty melange offset by the tart, flowery bitterness of Cascades hops (a mainstay of the APA style). Hold it up to the light and you'll see a deep amber-coppery beer that is very pleasing to look at (about 12–14 SRMs on the colour scale). At 5.2% ABV and 40 IBUs (International Bittering Units), it falls mid-range in the APA spectrum, with a pronounced hops profile. One of the things I like best about Tankhouse Ale, especially if you get it on draft at your local pub, is that it is gently carbonated, with an aftertaste that leaves a drop of sweetness on the back of the tongue and a long-lasting bitter tang on the back of the throat. To my taste buds, it is one of the most balanced, well-constructed beers made in Ontario and never fails to leave me feeling refreshed and content. I can nurse a pint of Tankhouse over the course of an entire evening and be very happy doing so... it never gets old.

Monthly Brewing Term: mash tun (pronounced mash ton) — a vessel used in the mashing or "steeping" process to convert the starches in crushed malted grains into accessible sugars for fermentation.

Well, that's it for our first time together. Cheers!

613-256-5610
FIRST class UNISEX SALON
Great hair happens at our salon
 We now have online booking
www.daphne-firstclasssalon.com
 79 Bridge Street, Unit C2, Almonte

Pick up the Humm in Almonte at
THE BARLEY MOW

folkus 
SLOW LEAVES
 WITH JILL ZMUD
 SATURDAY APR 23 AT 8 PM ALMONTE OLD TOWN HALL
 TICKETS: \$30 AT MILL STREET BOOKS & FOLKUSALMONTE.COM

LET'S CELEBRATE NATURE!

April 24 9:50 - 1:00 Born to Walk with author Dan Rubinstein at High Lonesome Nature Reserve \$10
 May 1 10:00 - 4:00 Creativity Blitz at High Lonesome Nature Reserve \$10
 May 8 10:00 - 2:00 Spring Nature Walk at Blueberry Mountain \$10

Mississippi Madawaska Land Trust For more details, visit mmit.ca/events

Paint Night
 for Therapeutic Riding Program
Tuesday, April 26, 7PM \$45 per person
 no experience required!

Perth Restaurant
 23 Gore Street, Perth

For tickets or information:
 613-257-7121 x 238 or
www.therapeuticriding.ca

Westport's Gentle Musical Giant

You might wonder why I use those words to describe George Reynolds, but if you get a chance to hear him play, I am sure you will agree 100% and maybe even more!

At the tender age of six, a one-string guitar found in a musty closet began a most amazing career. Teaching himself to play *Twinkle Twinkle Little Star* with one string also led an inquiring mind to learn about sound technology.

by Georgia Ferrell

Sometimes it takes a circuitous route to get us where we want to be, and for George this adage is very true. Even though other pursuits became important in his life, George always played the guitar. From the one-string, to adding more strings from an old guitar he found, George taught himself to play. However, he had to use his inborn good ear, as there were no tuning forks available to him.

His experimenting and learning, as well as the great support of his family — who gifted him with his first acoustic guitar when he was eleven years old — were all very important in his musical development. This new guitar was to replace the plastic guitar of prior days. His high school teacher had a Supro — an old “surf-sound” electric guitar — which was even more intriguing to the young musician.

However, life and the need to feed himself and his growing family took George off in a slightly different direction, into the technical aspects of the



George Reynolds can often be found at Chane Audio in Westport, or playing at a venue in the area

electronics industry. It also gave him a tremendous boost in finding a way to combine those two passions. All the while, he kept on playing in gigs with some who were to become famous musicians, but always with his own particular “background charm”.

Eclectic in his musical tastes, George plays with his heart and seeks to mix jazz, folk and country into his own tasteful interpretations. Listening to him play during our interview was wonderful, and very pleasing to a classical buff like me. These elements have all found their home in the music of George Reynolds. Please do come out to hear this fine musician captivate your soul, as his mission is

to expand both his own and his listeners' love of music. Unlike much of today's music, George's pared-down playing gives you moments in the song to reflect and to really listen and be part of the experience.

George currently lives in Westport where he runs his business Chane Audio <chaneaudio.com> (Chane stands for Canadian Hand-built Amplifier Number Eighteen). Teaching aspiring young musicians, and working to provide many musicians with the finest guitars, George is also able to spend more time writing and playing his own music, which is great news to anyone who finds their way to local venues to hear him.

Some of these include The Golden Arrow in Perth, Moroni's in Gananoque, the ABC Hall in Bolingbroke, and Players and Fort Hemlock in Smiths Falls. On April 2 at 7:30PM you can catch him at The Old English Pub in Gananoque <theoldenglishpub.ca>. George will also be playing bass guitar for the Full Circle Theatre's summer production of *Cheddar* in Perth, and is also looking to future participation in Westport's own wonderful annual celebration of music — MUSICWestport — to share his love of music with his home community!

Sitting on any Gold?


Turn that old necklace into a candlelit dinner for two, or enjoy a cottage weekend with that gold coin you never look at.

Beware of Travelling Roadshows and “Metal Recyclers”!

I have been paying consistently high prices for all gold & silver coins, bars and jewellery since 1988. At Alliance Coin & Banknote, you deal personally with the owner, and I treat each and every transaction with courtesy, discretion and expertise that can only come from more than two decades in the coin and precious-metal business.

Alliance Coin & Banknote
88 Mill Street, Almonte
613-256-6785
www.alliancecoin.com

Member: Canadian Association of Numismatic Dealers



Sean Isaacs
Numismatist

Let's Get Physical at the Library!

One of the wonderful things about a library is that, beyond offering information, it is also a physical place. It is a place for community, for exchanging information, for engaging with one's neighbours. It is a place for lifelong learning and for asking questions.

by Erika Heesen, Librarian

As a library, we have a mission not just to provide information, but to be that place for the people we serve. We do that in the physical building, and we also do that in the programs that we offer. There are two engaging programs coming up that embody that philosophy: the Lanark County Human Library, and Perth's new How To Fair.

This is the third year that Lanark County libraries have partnered to offer a human library. The concept was started by a youth group in Copenhagen, Denmark. A human book is a person chosen to be a public representative of a certain group, or a person who has amazing life experiences to share. The human library offers everyone the opportunity to learn more about people from other walks of life, and engage in their stories by “borrowing” a person for a one-on-one conversation. This year's **Lanark County Human Library**, held on Saturday, April 30, will feature a wide variety of people, including an expert on maple syrup production and a computer programmer. For more information and to reserve your time with a book, go to <humanlibrarylanark.com>.

Another new and exciting program at the Perth Library is our first “**How To Fair**”, which will be held Saturday, April 16 from 10:30AM to 2:30PM.

We're taking over the space for the day, with stations all over the library teaching you how to: make buttons, tie a knot, publish a book, run a marathon, and more! We'll have door prizes and great learning opportunities throughout the entire day. We look forward to seeing you at the library — and helping you learn “how to”!

The Perth Library is also proud to announce the addition of the **Ottawa Museum Network** to its museum pass program. The network incorporates eleven community museums, including the Diefenbunker: Canada's Cold War Museum and the Bytown Museum. Museum passes can be borrowed from the library for up to a week, and can be used for the whole family to go to any of the Network's museums for free.

The library also offers family museum passes to the Canadian Museum of Nature, the Canada Aviation and Space Museum, the Canada Agriculture and Food Museum, and the National Gallery of Canada. For more information or to learn about other programs offered by the library, please visit <perthunionlibrary.ca>.

Erika's Picks: Books that Teach

To pick up any of these titles, check your local library or enquire about inter-library loan.

For children & teens: *Amazing Rubber Band Cars* by Mike Rigsby, *Block City: how to build like a Minecraft master* by Kirsten Kearney, and *Build It!* by Adrienne Mason.

For adults: *The Big Book of Maker Skills* by Chris Hackett, *Build Your Own Website* by Nate Cooper, and *Build Your Own Small Wind Power System* by Kevin Shea

— Erika Heesen is the CEO/Chief Librarian at the Perth & District Union Public Library

Come in and see

Our New Spring Selection

at

The Almonte Spectacle Shoppe

New Frames, New Styles
Ask your optometrist for your prescription, or have our optician call to obtain it.
Come in and be amazed by our Great Prices, and Excellent Service!
Browsers always welcome

at

The Almonte Spectacle Shoppe
“where vision matters”

10 Houston Drive
Almonte
613-256-7431

Mon-Fri 9:30-5:30
Sat. 9:00-2:00

Liane Shaw's Launch

Although she might be reluctant to admit it, Almonte-based author Liane Shaw's star is on the rise. Her latest book for young adults, *Don't Tell, Don't Tell, Don't Tell*, published by Second Story Press, made the CBC's list of most anticipated books for 2016 and was featured in *Quill & Quire's* spring book preview as well.

Liane will be launching the book at Mill Street Books in Almonte on **Authors for Indies Day**, April 30, from 3 to 5PM. Though she has published four other books to date — three for young adults and one memoir — this will be her first official book launch.

She is excited about it, especially because it's at one of her favourite independent bookshops in the town where she has worked and lived for the last twenty years.

"When I learned of Authors for Indies Day last year, I wanted to support the local book store, Mill Street Books," she said. "It was such a great experience that when I realized that my book would be released in April (this year), I decided to approach Mary and Terry to ask if they would help me with a book launch for this year's Authors for Indies Day." Of course the Lumsdens said yes, but really it's a win-win-win — for Liane, for her readers, and also for Mill Street Books.

Liane knows the value of independent bookshops. "Independent book stores are the heart and soul of literature," she said, "providing an intimate and welcoming environment within which both authors and readers can explore the written word. There is nothing sweeter than walking into a small local bookstore, as I did one day on Mill Street, and hearing someone asking about my books... only to discover that the person is an old friend who I haven't seen in years."

That's a lot less likely to happen at Chapter's, she noted.

Before she started writing books, Liane worked for twenty-five years as a teacher, spending much of her time with students facing academic, emotional or physical challenges. She says they inspired and encouraged her to write.

"My students and my own children have always been at the core of my inspiration," Liane explained. "I worked with many children facing significant challenges in my career and I've always been in awe of their strength and courage. Writing gives me a chance to share some of their stories and, in doing so, give them a voice that might otherwise be silent."

She shared her passion for writing with a number of her students, she added, and frequently entertained them with her work while asking for honest critiques too, "of course assuring them that I wouldn't fail anyone who said my writing was less than perfect!"

"My grade seven class urged me to submit my material and had a big influence on my decision to finally take the plunge," she added. "I actually included handwritten critiques from my students in my first set of manuscript submissions."

Liane chose to write Young Adult books because, as she says, teenagers are as interesting to write for as they are to teach.

"I was an intermediate teacher for many years and have always found adolescence to be the most fascinating phase of development," she explained. "Teens have such active and volatile minds, so full of passion and determination."

Her career as a YA author has been "equal parts rewarding and terrifying," she added. "My very first book review took the form of a rock song dedicated to one of my characters, performed by a twelve-year-old on YouTube. It doesn't get much better than that!"

When it comes to the writing process, authors often have different likes and dislikes. Liane is clear about her favourite part. "For me writing is all about the characters," she told me. "I love 'inventing' someone new and getting to know him or her. I think about every aspect of the characters' lives and imagine having conversations with them to the point where they start to wander around in my dreams. Once I'm at the point where that happens, I'm ready to write the book."

She also really enjoys the stage of the process when she begins to work with her "substantive" editor. "Writing is a very solitary pursuit much of the time," she said, "and it is so nice to have a collaborator to share the next phase of development with."

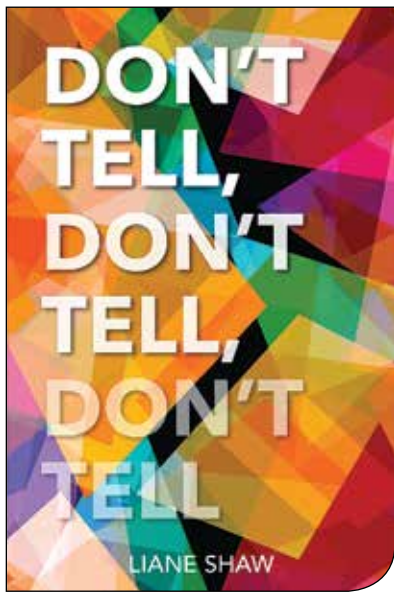
Recently, Liane received a lovely letter from a young reader who had read her book *The Color of Silence*. She was immensely moved by it. Liane was kind enough to share an excerpt of the letter:

... As both a blogger who loves super emotional reads and someone who is physically disabled, the story affected me immensely. I sobbed throughout most of it. You made the character of Joanie so relatable. While I'm not as severely disabled as Joanie, I have Spina Bifida and I'm paralyzed from the waist down, I definitely saw myself in her. Thank you for writing such a realistic book. It means so much.

"Knowing that something I wrote had a positive effect on a young person, that somehow I managed to make a connection," she said, "is the best gift I could ever have from a reader."

Liane Shaw's books include *Time Out*, *The Color of Silence*, *Fostergirls*, and *Thin and beautiful.com*. You can pick up her latest, *Don't Tell, Don't Tell, Don't Tell*, at Mill Street Books on April 30 or at your favourite independent bookshop, as well as other book stores and online retailers.

— John Pigeau



Liane Shaw will launch her latest book at Mill Street Books in Almonte on April 30

Spring is Here

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

Pick up the Humm in Ottawa at
KETTLEMAN'S BAGELS

Perth Performing Arts Committee

TORONTO ALL-STAR BIG BAND
Fri. Apr. 15

TORONTO ALL-STAR BIG BAND
Friday, Apr. 15, 7:30PM
Mason Theatre
at
Perth & District Collegiate Institute
Perth, ON

Tickets available now from

at Jo's Clothes
39 Foster St., Perth
613-485-6434
www.ticketsplease.ca

Come to
Eastern Ontario's Back Yard Birding Specialty Store
Superior Products, Resources & Service.

Gilligallou Bird Inc.
14 Mill Street, Almonte, ON K0A 1A0

www.gilligalloubird.com

Art Journey Show & Sale

Carvings - Jewelry - Pottery
Paintings - Pencil Art
Woodwork - Pyrography
Fused Glass Work
Glass Lampwork - Photography

May 14 & 15, 2016
10 am - 4 pm

Smiths Falls Memorial Community Centre
71 Cornelia St. W. - Upstairs in the Community Hall

Artist Demonstrations
Door Prizes

facebook.com/smithsfallartjourney
artjourneysmithsfalls.com

Accessible
Free Parking
Free Admission

SMITHS FALLS
and District
ARTS & CULTURE
Council

Almonte and Area Artists Association
ART IN THE ATTIC



2016
FRIDAY MAY 6
 7-9pm
 Show Festivities

SATURDAY MAY 7
 10am-7pm

SUNDAY MAY 8
 10am-4pm

ALMONTE OLD TOWN HALL
 14 Bridge Street

FREE ADMISSION

4a-artists.ca | almonteartintheattic.wordpress.com

CHEERFULLY MADE
 formerly Handmade Harvest

CRAFT SHOW

MOTHER'S DAY WEEKEND
MAY 7 + 8 FROM 10-4
ALMONTE AG HALL
195 WATER STREET

50+ DIFFERENT MAKERS EACH DAY
ADMISSION \$2
KIDS UNDER 16 FREE
FREE PARKING
SWAG BAGS TO FIRST 50
IN LINE EACH DAY



CHEERFULLYMADE.COM    /cheerfullymade

A FUN, INFORMATIVE AND AFFORDABLE WEEKEND FOR THE WHOLE FAMILY.
110+ Local Parenting Exhibitors

PARENTING TIMES MAGAZINE
 Presents the
Ottawa Parent & Child expo
 April 16 & 17, 2016

NEPEAN SPORTSPLEX
APRIL 16 & 17
 JUST \$12 FOR A FAMILY OF FOUR!

*Play
Learn
Explore*

Discover the Magic of Ian Quick
Fitness demos
Try out a Robot
Kids Play Zones
Activity Zones
Glass Slipper Princess Parties
Meet Dora the Explorer!

Whether you're a parent or child there's something for everyone.

Ottawa Parents! Bring your kids to see:

- Mini-Pop Kids LIVE ON STAGE!
- Musique et spectacles d'animation en chansons pour enfants
- Meet Dora and Diego in Person!
- Have fun at over 10 play zones
- Bounce Castle, face painting, fun zones, superheroes, mascots, and more!

Discover the Magic of Ian Quick
Le spectacle musical de Jojo
Biggest hits by the Mini-Pop Kids!
Face painting
Questions? Talk with local parenting experts

Our Sponsors & Partners



NEPEAN SPORTSPLEX, 1701 Woodroffe Ave., Ottawa – FREE PARKING