

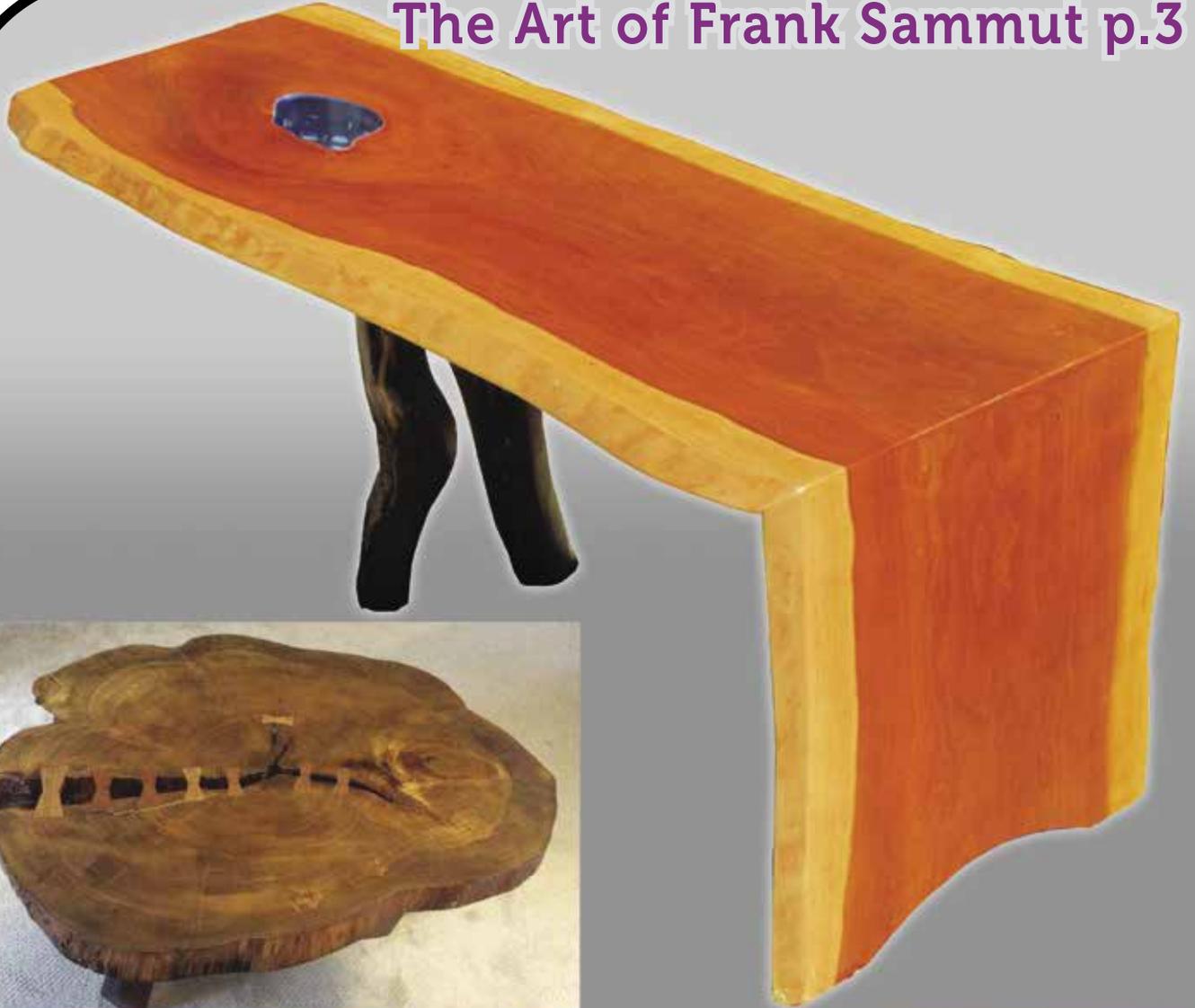
JUNE 2021

# the Hummm

free

Arts,  
Entertainment  
& Ideas

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Art in the Garden

## The Taste of Summer

Nothing gives you the flavour of a place like getting fresh (produce) with the locals at a farmers' market! And if you develop a taste for the area, I can help you find the perfect place to call home.

**Pat's Picks** **Almonte Farmers' Market** <almontefarmersmarket.com>  
**for June:** **Carleton Place Farmers' Market** <cpfarmersmarket.wordpress.com>  
**Carp Farmers' Market** <carpfarmersmarket.ca>  
**Perth Farmers' Market** <perthfarmersmarket.ca>

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# June's Events

## ALL MONTH VISUALARTS

**S.M.art** presents Abstract + Landscape group show <sarahmoffat.com> [from Jun 19 to Jul 4]

**Sivarulasa Gallery** presents Candan & Mossalim [to Jun 18] & Gayle Kells [to Jul 2] <sivarulasa.com>

## FESTIVALS

Jul 3-4, **Almonte Celfest - online.** 25<sup>th</sup> anniversary! [almontecelfest.com](http://almontecelfest.com), free, donations welcome

## COMMUNITY

**Saturday Farmers' Markets:**

**Perth,** 8AM-1PM  
**Almonte,** 8:30AM-12:30PM  
**Carleton Place,** 8:30AM-12:30PM  
**Carp,** 8:30AM-1PM  
**Men's Sheds** ([almontecarver@gmail.com](mailto:almontecarver@gmail.com) for Zoom invite; info at [naismithmensshed.ca](mailto:naismithmensshed.ca)):

Mon, 10AM **Naismith - Current Events/Games** (alternating)  
 Tue 7PM **Hackberry** (Carleton Place)  
 Fri 10AM **Naismith Shed** (Almonte)  
 Jun 2, 7PM, **CP Horticultural: Design Basics & Plant Selection.** Mary Ann Van Berlo. [cphorticulture@gmail.com](mailto:cphorticulture@gmail.com) for Zoom link

Jun 8, 7PM, **Perth Hort: A Cutting Garden.** Sylvia van Oort. \$5, members free. [imbartlett@mail.com](mailto:imbartlett@mail.com) for Zoom link

Jun 16, 7:30PM, **Pakenham Hort: Thugs, Bullies & Sneaks.** [pakenhamhort@gmail.com](mailto:pakenhamhort@gmail.com) for Zoom link

Jun 22, 4PM, **ConnectWell Community Health AGM.** [bwalker@connectwell.ca](mailto:bwalker@connectwell.ca) for Zoom link

Jun 24, 7:30PM, **Grief Café: Death of Dreams.** Meet w/grief coach & <25 guests. [sarah@schoolbox.ca](mailto:sarah@schoolbox.ca) for Zoom link

Jun 2, 7-8PM, **Artist Talk/Vernissage: Gayle Kells.** [info@sivarulasa.com](mailto:info@sivarulasa.com) for Zoom link

Jun 18-20, 25-27, 9AM-5PM, **Art in the Garden.** Kiwi Gardens, 687 Harper Rd, Perth, \$5pp & \$5 parking, from [ticketsplease.ca](http://ticketsplease.ca)

Jun 21, 7-9PM, **Almonte Quilters' Mtg.** The Midnight Quilter. [almontequiltersguild@gmail.com](mailto:almontequiltersguild@gmail.com) for Zoom link. \$5 guests

Jun 22, 7-9PM, **LC Quilters' Guild Mtg.** [lanarkcountyquilters@gmail.com](mailto:lanarkcountyquilters@gmail.com) for link. Annual \$30, guests \$5

## YOUTH

Jun 1, 3-4:30PM, **Lanark Youth for Climate Action Mtg.** Monthly mtg. [lanarkclimate@gmail.com](mailto:lanarkclimate@gmail.com) or 698-9343 for Zoom link/computer access. Ages 13+

## LITERATURE

Jun 28 &/or 29, **MSB Book Club: Detransition, Baby.** Outdoor mtg loc'n TBD. 256-9090, [facebook.com/millstreetbooks](http://facebook.com/millstreetbooks)

## THEATRE

Jun 3-5, 7:30PM; Jun 6, 2PM, **Tea with Roger/Fishing for Fate.** 2 live online plays for the price of none (free!). [ruralroot.org](http://ruralroot.org) for Zoom link

## MUSIC

Jun 26, 7PM, **Lynn Miles.** Studio Theatre Perth. Tix: [harmonyconcerts.ca](http://harmonyconcerts.ca), \$30-35  
 Jul 3, 7PM, **Roddy Elias Free Spirit Group** (feat. Kellylee Evans). Studio Theatre Perth. Tix: [harmonyconcerts.ca](http://harmonyconcerts.ca), \$25-30



Back in 2018, **Gary Waterfield** wrote: "My wife **Marg** and I just returned from a vacation in Peru. Here is a picture of me with theHumm at The Sun Gate above Machu Picchu in November. It was a spectacular experience!!"

## Thank You, Humm Patrons!

Welcome to our newest patron: **Libby McKechnie.** We truly appreciate your support and that of all our patrons!

This month, Humm patrons got advance notice of ticket sales to **Art in the Garden** at **Kiwi Gardens**, and were able to book the time slots of their choosing! With any luck we will be seeing a return to more live events soon, and we will give our patrons early notice whenever possible.

If you like what we do, please consider supporting us! A few options include visiting <[thehummm.com](http://thehummm.com)> for links to our patronage campaign, subscribing to our weekly "Hummil" newsletter (find a link on our website), and telling our advertisers you saw their ad in theHumm. Thanks for **your** support!



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

### Submissions

By email or on disk.

### Content Deadline:

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

### Advertising Deadline:

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

### Subscriptions

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### Thumm's up this month to:

**John Peters** from the Naismith Men's Shed for very generously designing and building two outdoor weather-proof Humm distribution boxes! They are amazing, and they will soon be deployed at the Mill of Kintail and another outdoor location. Thanks so much John!

**rural root**  
 THEATRE COMPANY  
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 in One Virtual Performance

**TEA with Roger**  
 by Peter Taylor

**FISHING for FATE**  
 by Dagny Jackson

June 3-5, 2021, 7:30PM  
 June 6, 2021, 2PM (Matinée)

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

**Perth, Spirit of Place**  
 by photographer John McQuarrie  
 arriving in June

Featuring stories from many local citizens  
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EVENTS CURRENTLY ON SALE:

**Kiwi Gardens' Art in the Garden**  
 June 18-20 & 25-27

[WWW.TICKETSPLEASE.ca](http://WWW.TICKETSPLEASE.ca)

# Frank Sammut — Fine Wood Working

Kokopelli Custom Woodworking is Frank Sammut's celebration of the natural beauty and wonder encapsulated in the trees that fall on his 87 acres of bush lot near Maberly. His lifelong fondness for working with his hands has culminated in a passion for creating one-of-a-kind pieces of furniture that showcase nature's beauty. Wood speaks to him. And he creates poetry in response.

by Sally Hansen

Frank's artistic tables and benches are as much sculptures as they are functional pieces of furniture. In the hands of a lesser artistic sensibility, much of the wood he celebrates would be fodder for the woodchipper or the fireplace, but Frank sees the character, the resilience, and the perseverance that created the intricate whorls and shapes his pieces feature. As global warming and over-population threaten our habitat, it has become fashionable to appreciate trees. Frank Sammut instinctively recognizes the value of salvaging dead and windblown trees and creating family heirlooms from "waste".

As he watches the reclaimed trees being run through the sawmill, Frank visualizes the best use of each unique board. His favourite wood is black cherry for the beauty of its grain and its ease of working with hand tools, but he also works with black and red oak, hard and soft maple, elm, gnarly ironwood, and white pine. George Nakashima, the "godfather" of live edge furniture, inspired him. Nakashima was one of the leading innovators of 20<sup>th</sup> century furniture design and a father of the American craft movement. Frank visited his studio in Pennsylvania and now specializes in live edge pieces. In his spacious, specially built workshop, Frank air dries every board for at least two years, giving him the ability to select the pieces best suited for live edge design.

Kokopelli furniture endures indoors and out. His pieces are lasting tributes to the beauty of nature and the artistry of a fine woodworker. Frank Sammut's workmanship is superb. He typically finishes outdoor furniture with a clear matte finish, applying a full seven coats of marine-grade varnish from Holland to each piece by hand, and sanding after each coat. This is the same durable finish that many wooden canoe builders use, and it is a time-consuming process that demands attention to detail.

Wood itself inspires his most unusual and striking works. His live edge pieces bear testament to the trees' ability to withstand the ravages of time and heal themselves and endure. Pieces with names like "Lightning Strike" and "Waterfall Table" transform scars into marvelous functional sculptures. Frank

has mastered the art of butterfly joinery and he has a gift for creating complementary legs and bases for his pieces. He likes a challenge, and his results are original and artistic.

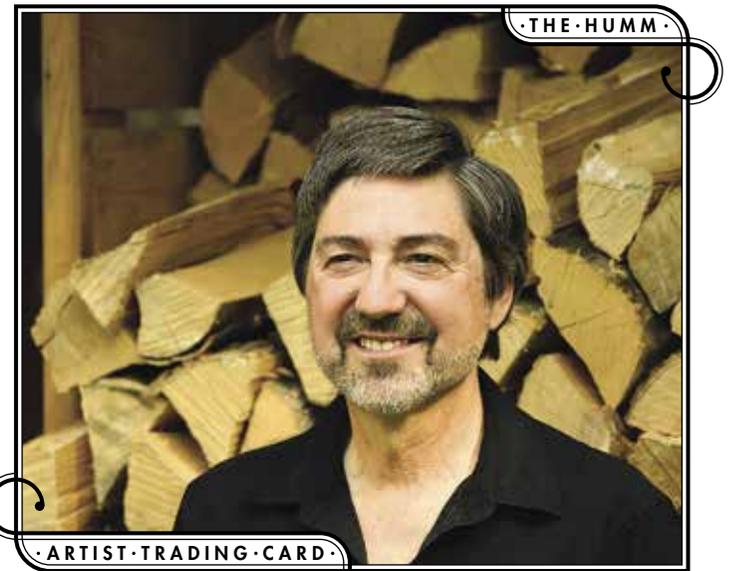
## Transcending Dental Medication

... or, how does a Mississauga dentist become an accomplished custom woodworker? In Maberly? It's an interesting story. Both sets of Frank's grandparents immigrated to Canada from Malta. His dad was a self-employed letterpress hand printer who loved the outdoors and reserved weekends for his family. When Frank was fourteen, he came home and proudly announced he had a job delivering the *Toronto Star*. "Wait a minute," said his father, "does that include delivering the Saturday paper as well? If so, you call them back and quit because Saturday is our fishing day!"

As a teen Frank started building things like display cases using hand tools. This was not his father's area of expertise, but Frank loved wood and he loved working with his hands. Around the same age his fate as a dentist was inadvertently decided by the cruelty of children. His peers called him "Beaver" because of a noticeable overbite. Fortunately, the dentist who corrected his appearance with braces was a wonderful human, and Frank decided that he would like to help people too. Like his father, he wanted to be in control of his own hours, and eventually set up his own dental practice. His wife Sue ran the business side of the practice very competently, leaving Frank free to work with his hands inside people's mouths.

The more Frank practiced woodworking the more he became hooked — and competent. He soon was making traditional furniture for their home. He is self-taught and particularly cites watching Norm Abrams' TV show *The New Yankee Workshop*. He taped every episode, and remembers pausing instructions on mortise and tenon joinery, half lap joints and dovetail joinery over and over until he mastered each technique.

As the city grew more crowded and removed from nature, the couple began a systematic search for the perfect cottage. They loved the treed landscape of the Canadian Shield north of Toronto, so they searched for the warmer southernmost point of the Shield in Ontario and discovered Lanark County. They then began weekly searches for the right location for their retirement home and fell in love with the place and the people. As Frank put it, "It's like living in 1965 — people are friendly, and nobody is on their cell phone." They looked at 45 properties and eventually found a cottage on a beautiful lake near Maberly that did not require a steep climb from one to the other.



They started cottaging and hated going back to work in the city, so they decided to sell the practice and retire at the age of 50. (After his retirement Frank worked in public health with underprivileged children in Lanark Village, and then for the Smiths Falls Rideau Community Health Services to provide emergency dental work for needy people.) Frank used all of his woodworking skills and developed many new ones during the cottage renovation. Their kitchen cabinetry is a beautiful example of his success.

He also purchased a nearby 87-acre bush lot where he harvests only dead or windblown trees, and he rescues neighbourhood trees that have been felled for construction. On his birthday each year he treats himself to a new woodworking tool. Two years ago he upped the ante and bought himself a restored 1952 Massey Harris Mustang tractor at an auction in Perth. He is delightfully proud of it and uses it to haul felled trees out of his woodlot. After they moved he designed a spacious Cape Cod style workshop (his friends call it his shed) and had it built to house his tools and his lumber.

The wood itself is his muse for his live edge and artistic pieces. The individual live edge boards are rough sawn from the logs, and Frank watches for specially patterned pieces as nature's paintbrush strokes are revealed in the still-wet wood. To him, each board tells a story, and the unique shape and grain of a particular board inspires him to decide what he wants to create with it. Sue provides the same organizational support during his second career that he depended on as a dentist. They devised a system whereby Frank stacks, stickers, numbers and photographs each board so he can go to his computer and locate a specific board that caught his artist's eye.

Custom pieces for his clients provide him with another challenge. Just present him with an idea, a picture, the dimensions and application of the piece you are looking for, and he will transform your vision of a special piece into a reality. He usually exceeds your expectations within two months of your order. Frank does all his fine woodworking and custom wood design without the use of any patterns.

## Art in the Garden at Kiwi Gardens

Despite Covid, Kokopelli Custom Woodworking will have many pieces on display and available for sale at Kiwi Gardens' annual Art in the Garden show near Perth. Tickets are available for reserved timeslots across two successive weekends — June 18-20 and June 25-27, at <ticketsplease.ca> or at the nursery. Please see the back of Frank Sammut's Trading Card for his coordinates and details of this and other upcoming Kokopelli events.



GAYLE KELLS

*Rooted in Time*

May 26 - July 2, 2021



34 Mill St, Almonte ON  
sivarulasa.com  
613.256.8033

**WHO** Frank Sammut  
**WHAT** Kokopelli Custom Woodworking  
**WHERE** 264 Little Silver Lake Rd, Maberly, <kokopellcustomwoodworking.ca>, <f.sammut2@gmail.com>, 273-9191  
**WHEN** June 18-20 and 25-27, **Art in the Garden**, Kiwi Gardens, near Perth, <kiwigardens.ca>; July 24-Aug. 2, **Bloomfest Garden Art Show and Sale**, Whitehouse Perennials, 549 Rae Rd., Almonte, <whitehouseperennials.com>  
**WHY** "It is very rewarding for me to take a fallen tree and transform it into a one-of-a-kind artistic piece of furniture that showcases nature's beauty."

ARTIST TRADING CARD

Clip and save the Artist Trading Card



# Lanark Pride is Now County-Wide!

Pride in Lanark County this year looks entirely different from 2020. Last year, community organizers were still reeling from the pandemic and trying to maintain a small semblance of normalcy and connection. A year later the zoom culture has become one more way in which we can meet and connect.

The four LGBTQ2S+ Pride Committees in Lanark County discussed ways we could work together to make June a successful Pride month in our area. From this discussion, the Lanark County-Wide Pride Committee was formed and decided to not only have local events, but to collaborate county-wide.

Lanark County-Wide Pride reached out to the Lanark County Council requesting June be declared Pride month and to raise the flag at the County buildings. In Perth, the Town Council approved flying the flag at the Crystal Palace, and Mississippi Mills will paint rainbow-coloured sidewalks and raise the flag. The Carleton Place Pride Committee will be hosting events in September, and Smith Falls will celebrate Pride in August.

Some of the virtual events include a powerful Stand up to Street Harassment webinar offered by Hollaback <ihollaback.org>; a Coming out-ish zoom get-together sharing memories, stories and songs that have shaped and influenced our coming-out journey; and Cooking In while being 'Out' with Peter and family for a fun-filled virtual cooking experience.

## Say it with a Rainbow!

The **Say it with a Rainbow** campaign is another part of this year's County-Wide Pride initiative. During the month of June, families and businesses from across Lanark County and Smith Falls are encouraged to dress up their windows and sidewalks to acknowledge this year's Pride. Visible symbols of support and acceptance are crucial in creating a welcoming community for all. In smaller communities like ours it's easy to feel alone — especially for LGBTQ2S+ youth who need to know that their communities care! Libraries in Perth, Mississippi Mills and Carleton Place will be posting LGBTQ2S+ books on their websites. In-person events are still conditional on health protocols.

Find out about other events as details are finalized by checking in at Lanark County Wide Pride on Facebook, at <queerconnectionlanark.ca>, and at <facebook.com/prideinmm>.

— Elizabeth Snyder



# Warden Proclaims June as PRIDE Month

Warden Christa Lowry (Mississippi Mills Mayor) has proclaimed June as PRIDE Month in Lanark County and encourages residents to reflect on the ongoing struggle for equality faced by members of the 2SLGBTQ+ community while celebrating the contributions that enhance the county.

The proclamation expresses support for every citizen to experience equality and freedom from discrimination, and notes all people, regardless of race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, genetic characteristics or disability, have the right to be treated on the basis of their intrinsic value as human beings.

"Lanark County accepts, welcomes and celebrates people of varied backgrounds and believes a diverse population leads to a more vibrant community. The Two Spirited, Lesbian, Gay, Bisexual, Transgender, Queer and + communities contribute to the cultural,

civic and economic successes of Lanark County," Lowry said. "While we as a society at large are slowly embracing new definitions of sexuality and gender, we must also acknowledge that the need for education and awareness remains vital to end discrimination and prejudice."

Lowry highlighted the significance of this proclamation. "I am proud that Lanark County Council has proclaimed June is PRIDE Month and that for the first time ever the rainbow flag will fly at the county offices. This is a true sign that we are slowly embracing everyone in our vibrant communities, that we stand as allies and celebrate with pride being who we were born to be."

To help raise awareness of the continuing evolution of the 2SLGBTQ+ PRIDE movement, the county will display the rainbow flag, representing light, healing, sun, calmness, art and spirit, in front of the county administration building for the month of June.

## SPRING INTO SUMMER!

**Kiwi Gardens** is a wonderful destination for plant and nature lovers. Carved into the wilds of Lanark County are 10 acres of mature perennials, pathways meandering through woods and gardens, garden art playing with nature, and a nursery full of treasures. From tiny pots to outstanding specimens and planters, you'll find healthy perennials hardy to our zone and succulents galore. Decorative pots and expert advice are also available!

# art

in the Garden

**Art in the Garden** is back this year in an extended format following Covid protocols. **June 18-20 and June 25-27.** Delightful art for enhancing your home garden, produced by local artists, will be artfully displayed in shady woods and on sunny lawns. Bring your parasol and come for a stroll! Advance Tickets and Car Passes (\$5 each) to enable social distancing available from [ticketsplease.ca](https://ticketsplease.ca).

**KIWI GARDENS**  
Growers of Fine Perennials

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info@kiwigardens.ca  
[www.kiwigardens.ca](https://www.kiwigardens.ca)

4km west of Perth. From Hwy 7, travel 3km north on Harper Road. You will find Kiwi on the left. Watch for the Highway signs.

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# Seeds (or, Tiny Bodies with a Determined Will to Flourish)

It is mid-May. Late Spring. The air is pulsing with life. The miracle that is migration parades a blessing of beautiful birds back to parks, forests, streets and yards, along with their chorus of songs telling us, again, to listen, look, and revel in Life. Amongst the flurry of feathery delights, another migration of sorts has also been underway.

by Susie Osler

Postmarked packages containing thousands of little genetic bundles criss-cross the continents on flightpaths of their own — from seed producers to the mailboxes of farmers and gardeners awaiting them.

I received my final packets of seeds yesterday — a last minute order from *Strictly Medicinal* — a small family-owned seed company in Oregon that I love. Pulling small envelopes of seeds from a mailer is, for me, like handling some of the most precious of things. Perhaps because seeds *are* the most precious things! Think of the ways our lives depend upon seeds — from the food and medicinal plants that build and nourish countless human and more-than human bodies, to the trees and forests, growing from small seeds, that shade the soil, cycle water, and regulate the Earth's climate.

With boundless vaults of interwebbed information available to us with the click of a button, there still remains the question, How? How does this happen? How is it possible that the tiniest seeds — barely visible in my hand — can produce in a matter of weeks the giant mulleins and tobacco plants that have grown in my garden; that a tiny seed finding a home in a 400-square-foot span of soil may become as individually expressed as a delicate violet, creeping thyme, little bluestem, tomato, elderberry, or ash? With each diagram I see, and description of germination stages, come a million further questions that inevitably lead my mind back

to the fundamental question lounging about mischievously in the wings. What is this thing we call "Life", this intelligence and spirit that animates all beings?

With luck I will finish planting my garden this weekend. May 24, according to the cumulative wisdom of gardeners, is the date in these parts for seeds to be settled into their subterranean destinations. But it feels more like July than May here right now — except that the greens of the landscape are still fresh, varied and vibrant. The temperature reached 29 degrees today, and any patches of unprotected soil lie parched and dusty. Over the past decade erratic weather has become our new "normal", making common, tried-and-true wisdom somewhat less reliable for both gardener and (I assume) seed alike. Response-ability to new circumstances and conditions is increasingly needed. What elixir of intelligence, resilience and adaptive capacities can be conjured from the crucible of spiraling helixes of genetic information stored within seeds over eons of plant evolution? Will seeds be able to draw on this storehouse of intelligence rapidly and creatively enough to meet the challenges the climate crisis is already presenting?

The heat has dropped with the sun. The early evening air is thickening with lilac vapours that cast an olfactory spell upon me as I traipse off to plant some of these seeds. The garden gate swings open. Kneeling before a bed I pull back a sheet of hay covering the soil. It occurs to me that this spring ritual — planting my garden — is as much a prayer, a summoning for survival, as it is an act of sensual seduction. I open a furrow in the soil, coax tiny pellets of concentrated carrot-ness out of a packet and into the palm of my hand; and then, with the most presence and tenderness I can muster, drop them from my hand, one by one, to meet the soil. *May you be safe, May you be happy in your new home. May you have what you need to thrive. May you*



*become the fullest expression of your particular self, and may I tend to you well.*

As I cover the seeds lightly with soil, water seeps through fissures far below my feet, into the well, and is pushed out through a hose in a spray of droplets that fan across the bed, soaking the soil, and sending a signal for germination to begin. Water, soil, sun, air, seeds... and will... are the symbiotic ingredients that support the astonishing diversity of beings with whom we inhabit this planet. Ponder the magic of seeds: their tiny bodies, their genetic contents, their creative genius, and their determined will to flourish. Isn't it all — I mean *everything* the natural world presents to us — worthy of worship?

I sit here, paused in front of the screen, staring off into space. My tongue herds a bite of carrot over to my teeth, persuad-

ing pieces to this side or that, to be masticated and then swallowed. The texture of the carrot's orange meat is a bit spongier after months in storage, yet its sweetness — though diminished — still remains. The carrot descends into the dark innerworld of me. And so begins an incorporation — the carrot's particular bundles of nutrients transported from its flesh into mine. So ordinary, and yet such a profound gift! I resolve with renewed commitment to attend to the life in those newly planted seeds in hopes that, with some blessings from the Weather and Garden Spirits, they will thrive and offer their nourishment back to me next winter.

— Follow @pineoakyarrow on Instagram to see additional posts about connecting to plants and place.



## Abstract + Landscape



Group Show featuring local artists:

Paul Saindon  
Gloria Grace Wood  
Sarah Moffat  
Tom Campbell  
Natalie Rivet

Please join us at the  
S.M. Art Gallery  
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## Joanne Beaton



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### Features:

- 4 bedroom, 3 bathrooms
- 2 offices
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# Rural Root's Comedic Double-Feature

After winning the *Ottawa Faces Magazine* People's Choice Award for Favourite Theatre Company, Rural Root Theatre Company is hard at work bringing live theatre to the community again.

Rural Root's third virtual production is a comedy extravaganza that features Dagny Jackson's *Fishing for Fate* and Peter Paylor's *Tea with Roger*. It is being presented live via Zoom on June 3, 4 and 5 at 7:30PM and on Sunday, June 6 at 2PM. The show is free, and you can choose your date by visiting <ruralroot.org>.

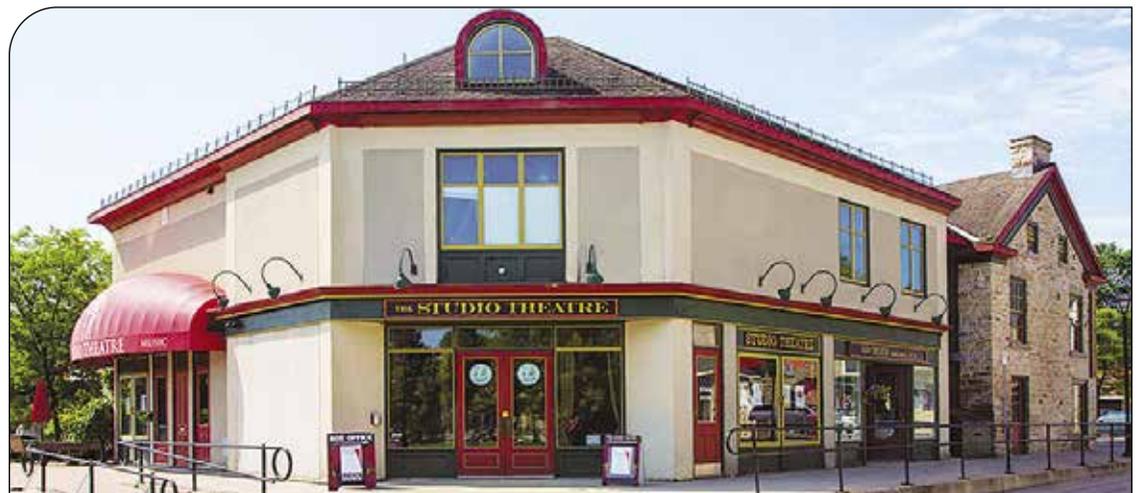
Imagine hailing a cab only to find your life suddenly taking a U-turn! In *Fishing for Fate*, Chris and Samantha meet under seemingly coincidental circumstances when they reluctantly agree to share a taxi. But is anything really just coincidence? As the two perfect strangers get to know one another they are maneuvered along by their boisterous, wise-cracking taxi driver. Will they let their chance for love get away or will they embrace it? The pair realizes they have more in common than they ever could have imagined, so they have to wonder if their meeting was serendipity... or fate.

*Fishing for Fate* is directed by Sasha Gardner. Sasha has been involved with Rural Root since 2010, on stage and behind the scenes.

Joan and Mavis may be the best of friends, but Joan hasn't seen Mavis since Mavis met Roger. So when an invitation to Mavis's wedding comes in the mail the same day as an invitation to tea, Joan has questions. Who exactly is Roger? What's with the exotic new tea? What are those strange sounds coming from the closet? Where is Roger anyway? And why is there a taser on the tea cart?

*Tea with Roger* will answer all these questions (and more). Director Cathy Dowsett has been involved in theatre since grade 8, in one capacity or another; her involvement has run the gamut from acting and directing to stage management.

You can watch live interviews with the actors and directors on the Rural Root Theatre Company Facebook page, where you can register to attend the performance of your choice.



Studio Theatre Perth is planning a fun outdoor Pop Up Theatre event for the end of August!

## Pop Up Summer Theatre

Studio Theatre Perth is happy to announce a plan to return to live theatre at the end of summer — but in a new, Covid-friendly, engaging and exciting way!

During the weekend of August 28 and 29, there will be 10-minute plays popping up all over downtown Perth and in a few other select locations. We are joining forces with Kanata Theatre in presenting plays that were developed through a playwriting workshop facilitated by award-winning playwright Guy Newsham.

There will be nine plays in total, popping up twice a day throughout the weekend — that's 36 opportunities to see a play! All venues will be outside to allow for more social distancing.

Not only will these original plays be popping up all weekend — Studio Theatre Perth has taken it up a notch by keeping the times and locations secret! For the more adventurous or competitive among you, or for theatre buffs wanting a bit more drama in your lives, we will be offering a scavenger hunt-type

opportunity, complete with prizes, to seek and find all of the plays as you enjoy our lovely little theatre town. Challenge your friends, enjoy some theatre, support local businesses, make a weekend of it, and don't forget to enter to win prizes.

The **Pop Up Theatre Passport** will be available for purchase through <studiotheatreperth.com> for only \$20. This Passport will give you the inside scoop on all of the plays, playwrights, directors, actors and crew for each play, as well as the times, locations and map. The Passport includes a Game Card to use to collect stickers from each Pop Up Venue. Collect a sticker from all nine plays and enter to win our Grand Prize! Collect a sticker from 2–8 of the Pop Ups and enter to win additional prizes. Prizes are listed on our website and have been generously donated by many of the venues and partners involved in supporting this event.

Check out the website for more information. We look forward to “playing” with you this summer!

— Juli Heney

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# Art in the Garden

## 2021 Event Allows for Social Distancing

Art in the Garden is back at Kiwi Gardens this year in an extended format following Covid protocols. From June 18–20 and 25–27, come wander their 10 acres and find delightful art for enhancing your home garden, produced by local artists, artfully displayed in shady woods and on sunny lawns. Bring your parasol and come for a stroll!

Art in the Garden is open Friday, Saturday and Sunday from 9–5, but tickets and car passes must be purchased for specific time slots to enable social distancing. Tickets and passes (\$5 each) are now available at <ticketsplease.ca>.

Some time slots are filling up quickly, so reserve your spot soon! For more information about Kiwi Gardens, visit <kiwigardens.ca>.



# Gayle Kells: Rooted in Time

From May 26 to July 2 (leading up to Canada Day), Sivarulrasa Gallery is pleased to present *Rooted in Time*, an intriguing installation by Ottawa-based artist Gayle Kells that uses art to explore Canadian identity in the 21<sup>st</sup> Century. Kells was born to two Lebanese Canadians who both had parents who immigrated to Canada at different times. The installation can be viewed virtually until the current lockdown is lifted; at which time we will open our

doors again to in-person viewing. Please note that none of the artifacts/objects in this installation are for sale.

Gayle Kells completed her Bachelor of Fine Arts degree at the University of Ottawa in 1995. She has exhibited in many group and solo exhibitions throughout North America and her work is held in private and public collections including the City of Ottawa's Fine Art Collection. She has been a member of the Enriched Bread Artists studios in Ottawa for over twenty years.



Moulds by artist Gayle Kells appears in the *Rooted in Time* exhibit at Sivarulrasa Gallery

### Artist Talk & Virtual Vernissage

On Wednesday, June 2 from 7–8PM, Gayle will join in live via Zoom to talk about her installation. You can join from the comfort of your home through a video link that can be accessed on your computer, tablet, or smartphone. Please email <info@sivarulrasa.com> and you will be sent the link.

The artist gratefully acknowledges the support of the City of Ottawa. For more information and installation photos, visit <sivarulrasa.com>. Sivarulrasa Gallery is located at 34 Mill Street in downtown Almonte.

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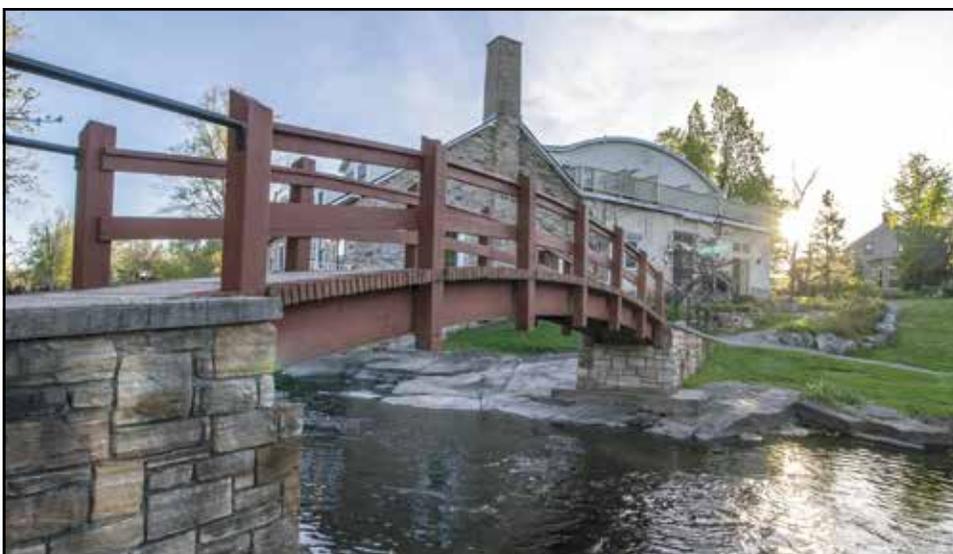
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# Destination: Downtown Smiths Falls

When things slowly begin opening up again in Smiths Falls, folks in the area will have a whole lot to be excited about — and it's safe to say that Amy Rensby, owner of C'est Tout Bakery, might be a little more excited than most.

She has good reason to be.

In June, C'est Tout Bakery — the little bakery that could — is set to become the first commercial tenant to open its doors at the newly restored and renovated Rideau Hotel on Beckwith Street. Understandably, Amy is pretty thrilled about that.

"This was one of those once-in-a-lifetime opportunities for me," she says. "I mean, how often do you get to open a food establishment in a gorgeous historic and completely restored building in rural Ontario? The process of imagining a new space has been so welcome during the pandemic; it's really given me and our team something to look forward to. Our current space has been an absolute gift in establishing the bakery and the move into this beautiful new space really feels like a natural evolution in our journey."

Over the last few months, Amy has been busy drawing up floor plans for the new space and ordering new equipment, furniture and fixtures, hiring new staff, and having a new patio installed. All in all, it's been a lot of work, she says, but she's happy with the way things are taking shape.

"We wanted to create a space that is more contemporary but that also respects the history of the building," Amy explains. "At the same time, we wanted to create a space that is less casual but also not formal where small plates and bistro-style menu additions wouldn't feel out of place. My objective in this industry has always been to fill a niche that I felt was missing, and I think we did that with the early iterations of the bakery and our menu items. Now and in the Rideau Hotel feels like the perfect time and way to reinvent C'est Tout in a way that honours and preserves our beginnings and at the same time expand into something a little bit more."

What is Amy most excited about? "That is a really tough question," she says. "I don't think there is anything that doesn't excite me about this new space! As a starting point we have more of it — an additional 400 square feet indoors and a patio of approximately 600 square feet. It creates the opportunity to offer complementary products and services and to reintroduce and expand our indoor

seating capacity. The patio is a major bonus that will allow for seating for 12 in what will be a really quaint courtyard-like atmosphere."

She is confident, too, that her staff will be ready for an uptick in business and all the other changes, including a new menu. "Our team is first-rate," she says. "They all — past and present — make this possible."

For a few reasons, Amy is expecting — and ready for — a busy summer.

## PICNIC in Smiths Falls!

There is more to be excited about this summer, of course. Businesses will gradually reopen, and we'll all be allowed to get out a little more, and see a few more people — soon. And summer, at long last, is the season of suntans and lake swimming, ice cream and barbeques, patio drinks and picnics.

That in mind, at the end of May, the Town relaunched its award-winning PICNIC Smiths Falls initiative, one they're hopeful will be as popular as it was last summer.

"It was a huge success last year and we are pleased and excited to do it again," says Becky Allen, Coordinator of Economic Development and Tourism for Smiths Falls. The PICNIC program "gives residents a way to support local restaurants, while encouraging visits from our neighbouring communities." In 2020, PICNIC Smiths Falls received the Lieutenant Governor's award for Marketing Excellence from the Economic Developers Council of Ontario.

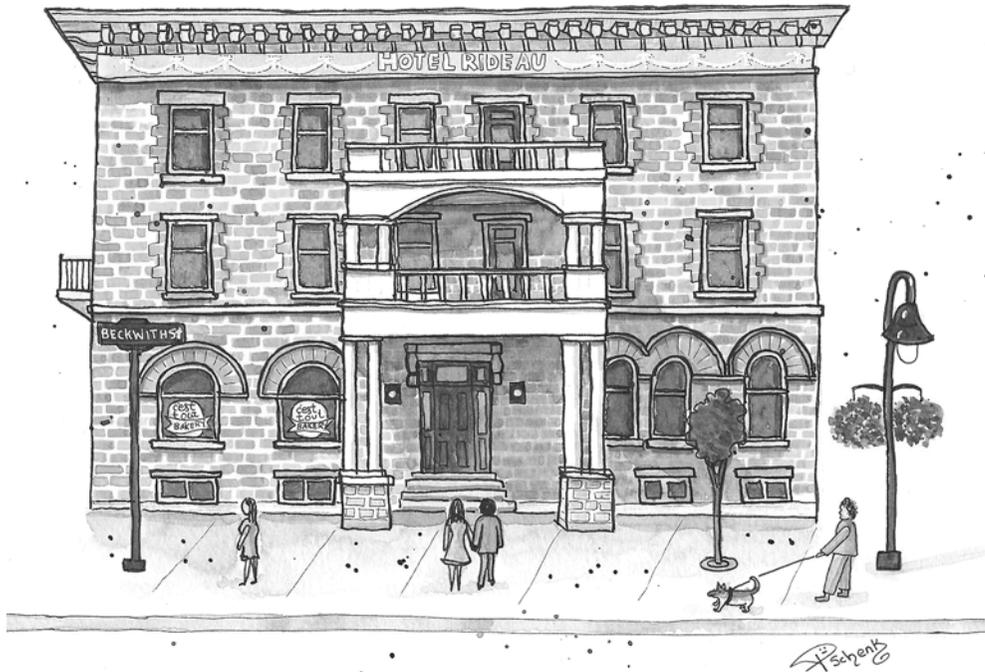
The program offers folks a unique takeout picnic experience — a delicious meal for two from one of twelve participating restaurants served up in a neatly-branded, upscale box. Each meal includes two main dishes, two side dishes, two drinks, and two desserts, as well as a Smiths Falls' Visitor Guide, a Heritage Walking Tour guide, and free gifts from the Town of

Smiths Falls and its partners. You can take your meal pretty much wherever you like — there's a whole lot of green space in the area — although diners are invited to take their meals to a local park where it's easy to physically distance from others and enjoy the fresh air, green grass and natural beauty along the Rideau Canal.

This year's participating restaurants include C'est Tout Bakery, The Pickled Pig, Two Guys for Lunch, The Vault Eatery & Pub, Boomtown Fusion Eatery, Bowie's, Rocky River at the Falls, Perfect Thyming, Matty O'Shea's, Harvest Social, Pizza Pizza, and Rob Roy's Pub & Restaurant. Reading down the menu of meals is practically a mouth-watering experience, and there is truly something for everyone's tastes. You can find the full list of participating restaurants and the meals they're offering by visiting <smithsfalls.ca>.

But there's more exciting news, this time from the fine folks at The Pickled Pig, and the news is fairly grand as well — they're officially reopening their waterfront location at 1 Park Avenue! They expect to be keeping regular hours in their lovely spot by the basin beginning on June 28. There they'll be welcoming tourists and boaters, and serving up ice cream, hot dogs, loaded nachos, Italian sodas, milkshakes, candy and chips, along with live music on Friday evenings. Keep a keen eye on their Facebook page for more details.

As we all wait and see how and when things will gradually reopen, I think it's safe to say we'll soon be able to enjoy good company again, bask in the summer sunshine, and discover some great new spaces, hearty meals, and delicious treats — none of it too far from home. And that certainly seems good reason to get your sunscreen on and rejoice. — John Pigeau



C'est Tout Bakery in Smiths Falls is moving all of their deliciousness to the newly renovated Hotel Rideau on Beckwith Street — beautifully rendered here by artist Peggy Schenk <#pegmeister\_art>

"The response and interest in our move has skyrocketed," she says, "and so while the pandemic has certainly been a challenge to navigate, I think the desire people have to get out and explore and get back into dining establishments will be a significant driver to a very busy summer for us — which makes me really grateful to have an exceptionally solid team in place."

So, what can customers expect from C'est Tout's new menu? An interesting tweak or two ... or three, Amy says, but the key remains making nearly everything from scratch using locally sourced ingredients.

"We've always worked with seasonality in mind and so that will extend to the new small plate and bistro menu items. We make just about everything from scratch, so that obviously continues as a cornerstone of our operation. Where we are spending a lot of time is on cultivating new relationships with local growers and producers. We have longstanding relationships with local suppliers including Burt's Greenhouses, Fluid Solar Roasted Coffee, Mighty Valley Coffee, Valley Custom Cutting and Miller's Bay Farm, and we're excited to be working with some new local suppliers including Leacock Farms, Lilac Lane Farm and a couple of others I'm holding on to tightly until we open."

If you take a look online at some of the restorations to the Rideau Hotel, you'll see large arched windows, plenty of natural light, courtyard-like patio spaces and intricately restored brickwork, so the place looks as regal and inviting as it must have back in 1901. Amy is both mindful and grateful that C'est Tout Bakery will be the first business opening its doors in the iconic building. But she isn't intimidated by that. Rather, she sees it as an exciting challenge and a wonderful opportunity.

The Mississippi Valley Textile Museum cordially invites you to attend its

**Annual General Meeting**  
Saturday, May 29, 2PM

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Only park on the West side of Malcolm Street  
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Note that to vote at the Annual General Meeting of the MVTM  
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To help limit the spread of the COVID-19 virus,  
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# Abstract + Landscape

## An Interview with Sarah Moffat

There's a tangible sense of optimism brewing amongst visual artists and galleries in our area. After months (and months) of moving-target restrictions, many are eyeing mid-June as the time they might be able to begin the gradual return to "normal". One artist and gallery owner who has already chucked "normal" and set her sights on "better" is Sarah Moffat <sarahmoffat.com>. Sarah has spent the past several months doing major renovations to her S.M.art Gallery at 50 Bennett Street (Unit 1) in Carleton Place, and is getting ready to launch a group show on June 19. theHumm caught up with her to find out more.

**theHumm: I was at your gallery back in December of 2020, and I thought it looked pretty great at that time! What have you done to the space since then, and what were your goals for the renovations?**

Sarah Moffat: It was special to have the gallery all decorated and full of creative energy for the Christmas group show in December. I remember being overcome with gratitude that we had the opportunity to thrive in community togetherness. Everyone was so happy to be out, surrounded by beautiful things and supporting each other.

When everything was quiet again and we were faced with the winter lockdown, I decided that I would use that energy and turn the downtime into upgrades.

Six years ago when I converted 3,200 square feet of office space into an art studio/gallery, a few details got knocked off the list as I was making the big push toward the Grand Opening. I pulled out that list, added a few new tasks and got started. I have also officially sectioned off the gallery space from my workspace, which I often spilled into. But no more dripping paint on the newly stained concrete gallery floor!

I have improved the lighting, created a rolling display wall, and built a modern fireplace feature wall with low bench to create a homier feeling. Throw in a few ceiling fans, air conditioning (I am predicting a

hot summer), et voilà! Oh, and a fresh coat of paint, top to bottom.

The whole progression (from the actual beginning) can be seen on my website under "about".

I feel like the space is now appropriately appointed to be a backdrop to the art and host to the community.

**What's the theme for your upcoming show, and who have you invited to participate?**

The next event to take place is another group exhibition showcasing five local artists including myself.

The Abstract + Landscape Show will feature a wide variety of styles and media including plein air, representational, fantasy, abstract landscape and pure abstract. These are some of my very favourite artists whom I have followed and collected for a long time, so I'm very excited to have them all together under one roof. The opening date has been pushed back a few times now, but we are hoping that these new dates will hold. The show is up and ready with all the details and artists links available on my website.

**Visual artists can tend to be solitary creatures. How does holding group shows impact you — both socially and artistically?**

Having a career as a visual artist can be very reclusive indeed. It is absolutely necessary for me to be tuned out from people and the world for periods of time, and I love it. I am never unhappy when I am alone and working. But then I find myself in a group of people, or involved in a project, and I become acutely aware that I also love human energy. Perhaps the benefit of being socially connected is a renewal of our other senses. I think, to me, that is the essence of a group show.

**How has your own creativity fared over the pandemic? What has helped you personally?**

During the last year and throughout the serious challenges I saw many people go through, I became ever more grateful for my studio and for the green light that I have to spend my days being creative. I was able to stay busy, stay healthy and stay afloat, and



Sarah Moffat is celebrating the renovations to her gorgeous S.M.art Gallery in Carleton Place with a group show that will (hopefully!) open on June 19

as a result I have amassed quite a body of new work! I am looking at it now as I write, and I wonder if it isn't more playful, more colourful than my previous work. A balancing element in a dark year.

**Assuming that we continue to see falling numbers of Covid cases and rising numbers of vaccinated folks, what are your hopes for the future of the S.M.art Gallery and the arts scene in Carleton Place and the Valley?**

Despite all the closed doors we are facing, I do see a lot of movement happening. I have a feeling that this past year has created more artists and craftspeople than ever. I think the arts scene here in Carleton Place, and the Valley as a whole, has a bright future and soon we will swing open the doors, welcome everyone in and celebrate.

**The Abstract + Landscape Show opens (hopefully!) on June 19 at S.M.art Gallery in Carleton Place. For details, please visit <sarahmoffat.com>.**

— Kris Riendeau

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# Invasive Perennials – Buyer Beware!

I find that gardeners who choose perennial flowers to grace their yards and gardens face a bit of a dilemma. One the one hand gardeners want plants that will thrive; on the other hand they want plants that will be well behaved. Many people go into gardening with perennials believing that it will be effortless — put in the right plants and your new perennial border will be maintenance-free.

by David Hinks

Not completely true! I find that the essence of gardening is really our desire to “shape unruly nature” to exert human control. Even that somewhat-wild Country Garden requires a lot of work — weeding, dividing perennials, dealing with pests and disease, and replacing plants that did not thrive as promised.

What is your gardening philosophy? How much “wild” can you live with?

Of paramount importance when creating a perennial border is the elimination of weeds. I always stress the importance of knowing what types of weeds you are digging out when you are preparing your planting beds. For example, dandelions have a long tap root — if you are able to get the whole root the plant will not come back; however, any piece of root left in the ground will regenerate. Perennial grasses are difficult to eliminate as they have long

horizontal roots that may stretch half a metre or more. These are best removed with a spading fork. A rototiller will break those roots into little pieces, every one of which will send up a new plant.

There are many ways to introduce unwelcome intruders into the garden. Beware of special deals on a cubic yard of topsoil delivered right to your driveway. I had the occasion a few years ago to check out a large-scale landscaping project. What I saw horrified me! Two new large perennial beds, very professionally hard-scaped with beautiful stone, had been filled with soil the previous fall. Instead of a beautiful loamy planting bed I was astonished to observe a veritable witch’s brew of six or seven of the most invasive weeds that a gardener can imagine.

Imagine if you will a cocktail of burdock, sow thistle, Canada thistle, Japanese Knotweed, quack grass, Japanese lantern and colt’s foot — the only plants missing were bindweed and goutweed! I am a firm believer in dealing with local reputable businesses that I can trust. The price may be somewhat higher, but most of the time you “get what you pay for”.

How do invasive plants get here? The reality is that the primary vehicle for the

spread of many invasive plants is the automobile — bringing them home from plant sales! Gardeners plant many invasive plants because they are very attractive. Japanese Knotweed, for example, was introduced to North America as a horticultural plant in the late 19<sup>th</sup> century and was widely planted as an ornamental, for the purposes of erosion control and as forage for livestock.

And it can be a very attractive structural plant, resembling bamboo, but this is one tough hombre to confine.

Goutweed is often seen in perennial gardens — I have found it the absolute worst thug to eliminate in a garden. The irony is that people still continue to plant it and offer it to other gardeners.

There are two forms: a variegated version and the all-green one. If tightly controlled, for example, between a house foundation and a sidewalk, it can be quite attractive, but it has to be watched carefully as it spreads underground.

Once established, goutweed is nearly impossible to eradicate. The smallest piece of rhizome left in the ground will quickly form a sturdy new plant. The primary vector for dispersal to new areas is human plantings as an ornamental, medicinal or vegetable

plant, as well as by accidentally spreading rhizomes by dumping of garden waste. It spreads rapidly under favourable growing conditions. We have huge beds of goutweed at the Mill of Kintail.

Attempts to control goutweed in a garden with landscape cloth, bark mulch, and hand weeding are largely unsuccessful. Hand pulling, raking, and digging followed by monitoring to control goutweed may be effective — I have found the best approach to be a large cover of heavy black plastic in place for a year or more. But the best control is to not plant it in the first place. If anyone offers it to you — run!

Creeping bellflower is another thug that comes into gardens disguised as an attractive perennial plant. It is very attractive this time of year and in fact was introduced from Europe as a garden flower. It is commonly seen around town in gardens and in areas that may once have been tended gardens.

I have found it very difficult to eliminate from places I don’t want it. Any piece of that white creeping root (rhizome) or the tubers left in the soil will send up a new plant. The roots need to be dug up carefully and discarded.

Noted garden writer Larry Hodgson ranks this plant very high on his list of invasive plants to avoid, right up there with goutweed and Japanese knotweed. You have been warned! I highly recommend his book *Perennials for Every Purpose* as a great reference before adding new plants to your garden.



This summer make the screen your stage!

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We can’t wait to see which camp you choose!

[www.ottawachildrenstheatre.net/summercamps](http://www.ottawachildrenstheatre.net/summercamps)

# Harmony Concerts Come to Perth!

Although this last year or so has been exceedingly tough on artists and performers, we are starting to see some light at the end of the tunnel. One very positive sign is the announcement of a new concert series taking place at Studio Theatre Perth! Organized by Ottawa-based Harmony Concerts, the series will open with Lynn Miles in late-June and continue right through to December with a fabulous line-up that features fiddling, folk, jazz, blues and more. We (very excitedly!) contacted Harmony's head honcho Jan Fox to find out more.

**theHumm: When I first saw your line-up I thought "wow – that's ambitious!", but then I checked out your website and found that you're actually building on several years' experience in bringing live music to Eastern Ontario. What made you decide to branch out to the Valley?**

Jan Fox: Simply put, the Valley is rich in art and culture, and we felt it was a great place to complement what was already happening. We actually wanted to move into the Valley in 2020, but with Covid unknowns that spring it didn't make sense. We also realized that going into 2021 would come with challenges, but we wanted to begin making it happen while following all guidelines set out by the Provincial Government.

Our move to Perth Studio Theatre specifically came when one of the supporters of the theatre planted the seed. That initial conversation blossomed into more discussions with Theatre representatives to secure a partnership to enhance music in the Valley.

**How does partnering with Studio Theatre Perth benefit both parties, as well as the performers?**

It's a win-win-win! Harmony Concerts is presenting a diverse line-up of performers and events, and STP provides us a home-base to start branding in the Valley. We want people to see a presentation by Harmony Concerts and have the confidence it will be good, even if they don't know the performer. We have been very successful doing this in and around Ottawa, Cornwall, Morrisburg and Brockville regions. It is a logical move to the Valley.

The performer may have no following in the Valley, but confidence in HC presentations will bring new followers to them. We also realize that people may have no idea who Harmony Concerts is or what we do, and some of our performers are well known to the Valley and across the globe for that matter. Those performers will draw a crowd because of their own brand, and patrons will then learn that Harmony Concerts presents great music and events.

Over the years the Studio Theatre has hosted occasional concerts, and people are starving for more. The reputation of the STP in the community is a win for both HC and performers, and we will work hard to give the people confidence in the music presentations there.

**Running a successful multi-venue music promotion business has got to take a combination of experience and real passion. How did you first get drawn into the live music world, and what was it that prompted you to take the plunge and become a promoter?**

It's like a person becoming a veterinarian because they "love animals." I love music and going to events, and I'm at a point in life where it's time to do what I always enjoyed. Life is too short! I absolutely love what I am doing with Harmony Concerts — it doesn't pay any of my bills, but it isn't supposed to. This is about community for me — part of the community is the performers, part is the patrons, part is the people I work with, and part is the joy everyone feels when the show is on! It is 100% fulfilling. And to top it all off, I get to enjoy all of the events and amazing artists too.

I worked for a couple of years with some festivals and promoters around Ottawa. I learned a lot of things, including some things to avoid. But I thoroughly enjoyed the work and what it was all about, so I took the lessons — the good and the bad — and formulated something that seems to be working. There is no intention of ever becoming a large concert promoter. I do present some events in larger theatres in Ottawa and Cornwall (Susan Aglukark, Men of the Deep, Sultans of String), but that is the max. I love concerts, but I prefer the more intimate settings where you feel

like you're part of the show rather than one of thousands. I want to give patrons that experience, so they really capture what the artist is offering.

**Tell our readers a bit about the line-up of entertainers you are bringing to Perth.**

We've got a great line-up planned — some of which may be rescheduled because of restrictions — but we will present them all in 2020. I wanted to kick the series off with one of Canada's most awarded performers, Lynn Miles. She is well known throughout Eastern Ontario and of course the Valley. Nobody, I mean nobody, is ever disappointed after a Lynn Miles concert. She is not only an amazing musician, but also absolutely hysterical.

Some of the performers, like Heather Rankin and Catherine MacLellan, are performing in our series in Morrisburg, so I hired them to perform in the Valley as well because their music is appealing here and they are driving a long way, so why not give them a second night of fun!

Anna Ludlow is a "blow your mind" fiddler who was the principal fiddle player in the longest-running production of *Come From Away*. Lynne Hanson is so entertaining and part of HC's "staple" line-up — she has been there from the start and I often bounce thoughts off her.

To add some jazz to the lineup, Kellylee Evans, Roddy Ellias and Pete Woods are three logical performers. Kellylee and Roddy perform together; Pete has put a trio together to perform an evening of wartime jazz favorites. These are amazing artists who deserve the stage!

I like bluegrass (as I am confident many in the Valley do), and one of the best bluegrass groups around is The Barrel Boys. These guys are amazing and two of them live in Smiths Falls.

In the series I do at the winery in Morrisburg, I was introduced to a performer, Marleen Fawcett, and it was clear that she had what any stage needs — great music and a keen grasp of her audience. She has been a regular for HC in Morrisburg and I know she will be a hit in the Valley. The Christmas show Marleen does with her band Mountain Breeze is really a great way to get ready for the season.



Harmony Concerts' Perth line-up starts with Lynn Miles on June 26, followed by Roddy Ellias and Kellylee Evans on July 3

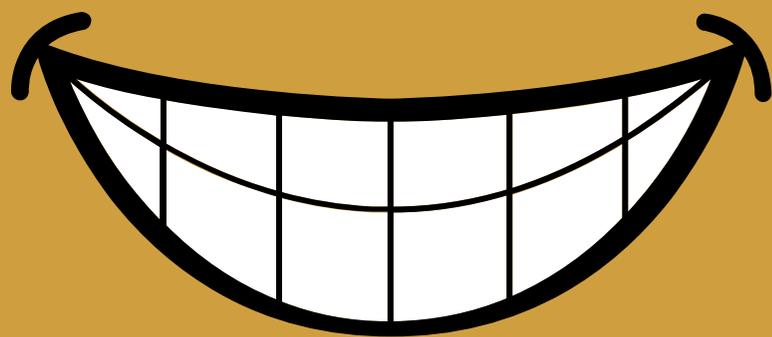
**In addition to individual concerts, you are also launching the inaugural "Blues on the Tay" festival at the end of October. How will that differ from the format of your regular shows?**

I want to premier a mini-festival called "Blues on the Tay" that I plan to expand to a multi-day, multi-venue outdoor event when larger crowds are allowed. I booked Suzie Vinnick to headline one night and Miss Emily another. Both of these women have had great impact across Ontario (and beyond) with their music. I sought out other great performers to complement the lineup, and Angelique Francis from Ottawa really caught my eye. And in Ottawa blues aren't blues without Tony D, so that was a great addition.

This will be the first step to a larger event, one I hope becomes a staple in the Valley. This differs because people can buy a weekend pass, a day pass, or attend an individual concert.

**For tickets and up-to-date information on this year's Harmony Concerts in Perth, visit <harmonyconcerts.ca>.**

— Kris Riendeau



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**The Reever Report**

# Mom is On Your Shoulder!

Listen here, You! You can't do whatever you please and think that no one is noticing. Your Mom is noticing, and she refuses to stay silent any longer. You're being a bad person when you abuse others, send nasty emails or anonymous Tweets. Your Mom knows, and by golly, you are going to pay! She definitely doesn't approve of your behaviour. You know

that everyone deserves respect and compassion, you have to have moxie to do as your Mom told you to: step up, put on the big panties, and take a stand — not only for yourself, but also for the little guy. "See it, say it." It might be possible to turn off the social media and ignore the dreck, but it's out there, lurking and waiting to demoralize a person. It's a two-way street: you need strength of character to arm yourself against abuse too.

by Glenda Jones

full well what's worse than a darn good spanking, don't you? It's when Mom stands in front of you, with her arms crossed, and quietly says, "You've disappointed me. I thought you were better than that." Yikes, you've been reprimanded big time. And now you're grounded big time.

The news is full of misbehaviour — from our military to our politicians to ordinary people venting their rage on social media. It all boils down to one simple "I learned this in Sunday school" phrase: *do unto others as you would have them do unto you*. When bad behaviour happens it's often premeditated, and really, everyone should have an automatic "stop" button before they sound off. The question is: Would you say that to your Mom? Would you treat your sister like that? Would you treat your pet like that? Does your husband deserve that? Does a salesperson deserve that?

What if you were the person on the other end of the venomous splat of invective? You would feel like you were hit with a shovel, being treated to ire that was not deserved. Behind masks, evil speakers and doers might think they are invisible — or worse, that the person they are abusing is invisible. Not so. There's hurt, frustration and suffering that doesn't need to be compounded by disgraceful actions. Everyone could stand a measure of compassion, so deliver on that, and back off, and stop harming before your conscience blows up entirely, and public shaming takes over to destroy your very soul.

The self-righteous perpetrators may think they own the right to lord their desires over others. Not so! Their mothers are listening, and there will come a time of reckoning when the mom-voice will shout: "What do you think you are doing? Shape up!" Although your Mom was right when she told you that you can't be bullied unless you accept it, and

No one ever called children "Someone else" or "Not me", so we have to stop blaming either of them for bad manners and incivility. Surely, at some point Mom let you know right from wrong. And if she didn't, then your teacher must have tried. And if not the teacher, well, that's when the law takes over. All the buck-passing in the world won't fix the problem that was caused by not paying attention to your own conscience. Do these public figures not hear themselves denying moral ineptitude? "You were bad! Go to the corner and stay there! It's your own fault so don't cry foul and pretend you aren't to blame".

**W**hat if you were the person on the other end of the venomous splat of invective?

We need to tune into the old-fashioned parental advice and start taking responsibility for our own actions. It also behooves the rest of us to stop being complacent, and act the Mom role if she isn't around. Don't shy away from telling politicians you don't accept their behaviour. That's what elections are for, remember? If you're really adamant, speak up, mean it, and take action.

We don't have to accept intolerance. Heck, we don't even have to accept bad manners, The cad who pushed into line ahead of you can be treated to your best "Sorry I impeded your very busy life but I'm here before you" smile. You can let him in with a deep sigh, and sniff if you like. Doing the right thing makes you a better person, whether it's interceding on a friend's behalf, picking up litter where you don't want to see it, saying hello to the greeter at the grocery store, or returning your cart to that nice young fellow who cleans the handles. Do what you can to make things better. And for goodness sakes, make your Mom proud!

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# Algonquin History Plaques

## Longstanding Indigenous Presence Recognized

Thousands of years before European settlers arrived in what is now called Lanark County, Algonquin/Omàmiwinini People thrived in these lands. When Samuel de Champlain first encountered Algonquins in the 1600s, the land was not empty. Rather, the Algonquin People had complex social and political structures for governing their homeland. These structures worked at an individual and collective level to maintain balanced relationships within the Natural World, fulfilling the Algonquins' responsibilities to Creation. Little of this history is known by the current non-Indigenous occupants of this territory, including the fact that the land has never been ceded or surrendered by the Algonquin People.

In an effort to recognize both this history and the ongoing presence of Algonquin communities, two plaques have just been installed in Lanark County. The creation and installation of the plaques was organized by the community volunteer group Lanark County Neighbours for Truth and Reconciliation. The Neighbours group worked in partnership with elders from the Ardoch Algonquin First Nation and the Shabot Obaadjiwan First Nation, who acted in the role of advisors.

One of these advisors, Larry McDermott of the Shabot Obaadjiwan First Nation, made the following statement. "Chi miigwetch (thank you) to the Lanark County Neighbors for Truth and Reconciliation for coordinating these efforts to bring forward voice of Algonquin ancestral legacy, animate a history that has been silenced and exemplify the way forward in cross-cultural respect for the land and water as was intended in the original wampum belts and early generosity of our Algonquin ancestors to the first settlers. Ginawaydaganuc — all of life is connected and bound by Natural Law which no human being has the power to change."

One of the plaques is entitled "Thousands of Years of Algonquin Homeland." It is located in the Tay Basin in Perth, near the Crystal Palace. This downtown Perth location was chosen as a high traffic area that will allow many residents and tourists to learn a different story about Lanark County and the Ottawa Valley. The large, beautifully designed plaque describes the lifeways of the Algonquin People prior to European contact, as well as the impacts of ongoing colonialism on the natural world and the Algonquin People themselves.

The other plaque, mounted on a marble boulder, is entitled "Algonquins of Bedford, Oso & South Sherbrooke." It can be found on the south side of County Road 36, between the Crow Lake Road and Hanna Road turnoffs, just north of the community

of Bolingbroke. This plaque tells the story of the Algonquin Chief Shawinipinessi's petition in the middle of the nineteenth century to have a reserve set aside for his community. Reserves were not a traditional way of existence for Algonquin People, but Shawinipinessi made the petition because of the steady destruction of the Natural World of the Algonquin homeland. Despite the Crown's approval of a reserve, the land continued to be destroyed by squatters and timber merchants. The Crown then denied that a reserve had ever been granted, and Shawinipinessi's community was forced to find other places to live.

Images of both plaques can be found at <lanarkcountyneighbours.ca>. They are definitely worth a visit in person, though, for the powerful impact they make in the open air of these ancient lands. The Tay Basin plaque was designed by the Perth area's Annie Dalton.

Congratulations are due to the Town of Perth and to Tay Valley Township for their enthusiastic support of these two works of historical remembrance.

"We are happy to have this beautiful and informative sign installed in the heart of Perth," stated Mayor John Fenick. "It provides valuable information about the Algonquin Nation and their way of life before the settlers arrived, and continued presence in our area. I strongly encourage all Perth residents to walk through the Tay Basin and take some time to stop and enjoy the new sign and learn more about the Algonquin Nation."

Reeve Brian Campbell shared similarly positive sentiments. "Tay Valley Township is pleased to be able to contribute to local knowledge about the history of the Algonquin in our area. For too many years Algonquins have gone hidden and unrecognized in our communities in Eastern Ontario since they never had reserves established. With this plaque we hope to encourage greater awareness of the Algonquins among us today, their past struggles, and we look forward to future activities together."

This plaque project has truly been a community exercise. In addition to the support of the two municipalities and the partnership between the Algonquin elders and the Neighbours group, it has included many financial donations and volunteer efforts. For the Bolingbroke location, for instance, OMYA Canada (Tom Lalonde and Carlos Morales Velez) donated five marble boulders. Tony Sweeney of Sweeney Landscaping did the tricky work of placing a 4-ton boulder atop another boulder. Brooke Valley's Ian Duthie then lent his time and skill to mount the plaque on this cap rock. Also working hard behind the scenes were Tay Valley planner Noelle Reeve, the Tay Valley Heritage Committee, and Tay Valley Public Works. While the installation of the plaques is an important step in the truth and reconciliation process, the high level of community commitment speaks well to an ongoing interest in the vital longer-term work of historical repair.

Ceremonies led by Algonquin leaders were initially planned for the unveiling of the plaques, but these are now delayed due to the pandemic. Those interested in the forthcoming ceremonies and other reconciliation events can sign up for the mailing list on the Lanark County Neighbours for Truth and Reconciliation website <lanarkcountyneighbours.ca>. The Neighbours group was established in 2012 as a local organization dedicated to implementing the Calls to Action issued in the final report of the Truth and Reconciliation Commission of Canada. The group works under the direction of local Indigenous advisors. New members are always welcome.

— Andy Fisher is with the Lanark County Neighbours for Truth and Reconciliation



Lanark County Neighbours for Truth and Reconciliation, in partnership with elders from the Ardoch Algonquin First Nation and the Shabot Obaadjiwan First Nation, have installed plaques near Bolingbroke (above) and in the Tay Basin in Perth (at left)



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The Annual General Meeting for **ConnectWell Community Health** (formerly Lanark Renfrew Health & Community Services) will take place on **June 22, 2021 at 4:00PM**. Due to COVID-19 safety measures, the AGM will be held virtually using the Zoom meeting platform, and will focus on essential business, including Board elections, appointing an auditor for the 2021/22 fiscal year, and reviewing financial statements.

Members of the public are welcome to attend. Please contact Becky Walker at [bwalker@connectwell.ca](mailto:bwalker@connectwell.ca) to register and receive information on how to access the online meeting.

Climate Network Lanark

# climatenetworklanark.ca

## Your Resource for Local Climate Questions & Action

If you're wondering what's going on in Lanark with Climate Action and how you can contribute, consider this: municipal governments control or influence half of all greenhouse gas emissions produced locally.

This is good news as we try to figure out how to help create the changes needed to confront the Climate Crisis. There is significant headway to be made to address these issues here in Lanark County. We have the capacity and the power to do this. But where to start?

by Chandler Swain

For the last year, members of Climate Network Lanark have been working hard to create your "go-to place" to help you engage in the hopeful, inspiring work of local Climate Action.

The fruits of their efforts can be found online at [climatenetworklanark.ca](http://climatenetworklanark.ca). Research and information derived from global work on climate change has been distilled down to the local level on this site. This resource is becoming a compendium of information



on everything going on in Lanark County that can help you act locally in response to the global problem of our finitely-resourced planet needing some serious R&R. The site will continue to grow and provide more information on ways you can LEARN about an issue, ACT on it as an individual, and JOIN other people who are engaged in that work — both within the network and without.

CNL also has working groups engaged in nine areas such as energy, building and transportation, land use, protecting wilderness, saving our precious pollinators and much more. (If you look at back issues of theHumm from September 2020, you can read our monthly Climate Network Lanark column

describing some of the people getting CNL up and running and some projects that are underway.)

There are many ways to get involved, and the information needed to do so is on the site. You might simply want information to help make a decision on getting an electric car or a heat pump, or what to plant to best help our endangered pollinators. This website is the place to go.

CNL has some 50 people involved in our Steering Committee and Working Groups now, and another 150 closely engaged. Join us in taking action to thwart runaway climate change and preserve what we love about living here in Lanark County!

### Buildings and Transportation

One of CNL's working groups concerns itself with Buildings and Transportation. Here is one point from their ambitious mission statement: "Create community engagement and ownership in setting reduction targets, in accessing programs to take action, in advocating to local governments and to developing innovative ideas and solutions".

Local municipalities are currently considering their Official Plans, including projected population growth in the coming decades. Imagine what could be accomplished if measures in every area were based on sound policies that focused on low carbon solutions. For one thing, we are going to have to build many new housing developments. Generally such housing is expected to last 90 years. If, as has been clearly declared via the Intergovernmental Panel on Climate Change, we need to change most of the ways we do things to avoid the worst effects of climate change in a decade or so, we had better plan and design those new housing units much differently than is currently being done. For example, these new homes must be designed to use renewable energy to run them. They ought to be closely knit to provide walkable neighbourhoods near to schools, work and shopping (for details, search "5-minute communities" online).

There are great examples of growing communities that are demonstrating that changing business as usual is do-able and economical. Climate Network Lanark has experts in these relevant fields and people who just care, working on local solutions.



**CLIMATE NETWORK LANARK**

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# Pandemic Puppetry and the Art of Playing

When I first moved to Almonte in 2007, it was for what I called my favourite Ps: Poetry, Puppetry and Pottery. I was lucky to live there when the Puppets Up Festival was in full swing, bringing thousands to our fair town, and right now I am revelling in the memory of those giant crowds and all the children laughing and experiencing the joy of puppetry. I moved away to Seattle in 2012, and when it came time to return to Canada there was only one place I wanted to be: the town where I had my children.

I came back in 2018, saddened to find out that our incredible puppet festival was no longer. I decided to open a creative venue in 2019, only to have to close it due to one of my least favourite Ps, the pandemic.

Still, not one to give up hope, I started taking on contracts and ended up a publicist for a wondrous author. Being a publicist became one of my new favourite Ps.

Then, in the last edition of theHumm, I saw it. A call for volunteers for a Pop-Up Puppets Up Festival in 2022! Maybe you've heard? I am already on four committees and can't wait to get started with the planning. Noreen Young is back on board at the creative helm, and I couldn't be more pleased to work with her. I've already started gearing up, researching puppets across the world, and diving deep into how to help raise money and awareness for our beautiful festival to be!

Then, in May, I was contacted by the Creative Director of the Ottawa Children's Theatre, Amanda Lewis, with an opportunity to work with them on getting the word out about their wondrous summer camps. These are virtual camps, which means that children from the Ottawa Valley, like my own, can attend without having to leave the safety of their houses!

I was going to get to be a publicist again, and when I took a look at their offerings, what did I find?! I found a workshop entitled "Create a Puppet Theatre" for ages 5-6 with instructor Rebecca Bauer. How perfect! The young puppeteers of our community can start now, and be ready for next year. Then I looked a little further and saw that Kathy MacLellan and John Nolan from the Rag & Bone Puppet Theatre (who are no strangers to Puppets Up) are offering a summer camp as well called "Discover Drama" for ages 8-10.



One of the many virtual offerings from the Ottawa Children's Theatre is a summer workshop by Rag and Bone Puppet Theatre (above) entitled "Discover Drama"!



Kathy and John have spent a lot of the pandemic putting on online puppet shows for families and schools, and bringing a lot of joy to kids (and adults) who need it. The program they are providing is a solid hour-and-a-half of improv games, script work, play and poetry, and it happens from 10-11:30AM so the kids can get outside in the sunshine inspired by their camp, every day for a week!

Of course I took the job. So now I'm a publicist for the Ottawa Children's Theatre and I get to help bring our puppet festival back to life in 2022!

2021, you're not turning out so bad after all.

For more information on how to get your kids into the small, intimate-sized camps at the Ottawa Children's Theatre, check out <ottawachildrenstheatre.net>. There are opportunities for your young puppeteers, playwrights and poets. As well as good old-fashioned (on Zoom) playing and connecting with other kids, and giving their imaginations a space to thrive.

The summer camps begin in July, and I'd recommend registering as soon as you read this, so that there is still space for your young thespian. I can't wait to see which camp my children choose!

— Danielle K.L. Grégoire

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This photo was taken pre-pandemic, but bike riding is still alive and well in Mississippi Mills!

Turned Bowl by Gary Matthews

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## Cycling in Miss Mills

Ever consider joining a bicycle group so you can share some of your rides with others? Maybe now is the time to get organized for when the Covid restrictions end. Many of us will haul out a bike this spring. Some will ride to do errands around town, a few to commute to work, others to explore the beautiful quiet roads and trails in the area, while still others will enjoy a long, hard workout. Hopefully, we all do it for pleasure. Sometimes we prefer to ride solo and sometimes the kilometres are a lot shorter in the company of others.

More and more riders of all types can be seen in our community. That's obvious. What may not be as obvious is that there are a number of loosely organized groups locally. There is a crew of mostly well-aged riders who enjoy a group ride through the countryside each week. Another group is actively involved in facilitating off-road mountain bike riding and improving infrastructure. A third, the oldest of the three, is the Almonte Bicycle Club. This group was established in 1985 and focuses on traditional road cycling activities. Joining any of these groups has its benefits.

The Almonte Bicycle Club has long been involved in numerous activities around Mississippi Mills. The two main functions the club traditionally focused on were a time trials series and weekly social group rides. Other performance-oriented activities included gravel road races, cyclocross races and stage races. Along the way the club can boast of supporting world-class athletes, including an hour world record holder and numerous professional riders presently competing in Europe on UCI World racing teams. Besides the weekly tour rides, non-competitive riders

have enjoyed participation in remote start rides and week-long tours in Quebec, the northeastern United States, Europe and Cuba. Members have enjoyed each other's company at breakfast get-togethers, BBQs and the annual banquet. Participants come from Mississippi Mills, Ottawa, Carleton Place, Lanark Highlands and beyond. The Club regularly offers members club-designed cycling jerseys which have been proudly worn around the world. Members have also benefitted from club discounts at a number of bike shops and from group riding insurance. Unfortunately, the club has had to wind down its activities over the last couple of years due to a number of reasons. But with enough interest it could be revived in time for the end of the Covid pandemic!

All groups offer camaraderie and loads of shared knowledge to benefit from. Among participants there is a gold mine of information to be had about favourite routes to take, bike maintenance, bike handling skills and safe cycling practices. This alone makes it worth joining.

If you are interested in more information about any of these groups you can call Fred at 256-3234 and I'll try to steer you in the right direction. Or you could contact the organization you are interested in using the following information.

- Mountain biking: Lanark County Mountain Bike Association <info@lcmba.ca>
- Slower touring riders: contact the RIMM Rovers at <rimmrovers@gmail.com>
- 55+ just getting going: email Emma Revell at <erevell@carebridge.ca>
- Road cyclists of all ages: contact Fred Geuer at <fred.mrg@sympatico.ca>

— Fred Geuer

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# Just the Tip

## An Interview with Tattoo Artist Sarah Wright

Over the years, I've learned that when one artist highly recommends another, it's generally a good idea to follow up on the tip. In this case, the tip came from Kaajuk Kablalik, who is profiled in the April 2021 issue of theHumm. Along with the headshot for his Artist Trading Card, Kaajuk sent along a photo of his tattoos (shown here), which were done by a visual artist and graphic designer living with their four kids on a small homestead in Brooke Valley. I followed the link to their website <justthetiphandpocketattoos.com> and was immediately intrigued by what I found there — definitely not your average tattoo parlour! I contacted Sarah Wright to find out more about their art and vision.

**theHumm: As soon as I landed on your homepage, I felt an immediate sense of calmness and welcoming. You have clearly put a lot of thought and effort into creating a space that is different from a stereotypical tattoo parlour. Why was this important to you, and has it helped you reach a clientele who may not be comfortable in a more traditional setting?**

Sarah Wright: I'm so happy to hear that feeling of welcome came through. It is the absolute MOST important thing to me that my clients feel safe, heard and respected. When I started tattooing, I was thinking about what it was in the tattoo shop environment that made me feel uncomfortable and how I could try to foster the opposite feeling by creating a safe and beautiful space for people who shared my feelings of discomfort. I get to do a lot of first-time tattoos for folks of all ages, and whether it's the nervous 17-year-old with their mom or the confident 65-year-old who never thought they would get a tattoo, I am honoured to be able to provide a space where they feel empowered to make a choice about their body, and humbled by the personal space they share with me.

**Your FAQ page is welcoming of "all bodies", and I see that you offer free colour swatches so people can find out how different colours will look on their complexion, no matter what their skin tone is. You also clearly indicate that there will be "no space for racism, sexism, transphobia, homophobia or any kind of hateful or oppressive behaviours". I don't really have a question about all that — I just think it's very cool and wanted readers to know about it. But if you would like to comment on it, please feel free!**

I want ALL people to feel empowered in my shop, regardless of gender, skin tone or body type. Too often we see only "thin" white able-bodied people portrayed in the tattoo industry. But this does not represent most people. I identify as queer and disabled and wanted more people like me to feel comfy and welcome in that space. I have heard countless stories (not to mention my own experiences) of people

feeling bullied or pressured into getting a tattoo that wasn't exactly what they wanted, or treated like they were an inconvenience to the artist. So many women have told me about subtle (and not so subtle) sexual abuse and undertones during their tattoo experience. To me that is horrifying. It can be a major decision to mark your body in such a permanent way — for some people years in the making. Offering free colour

disadvantages to working in a more rural setting, maybe having to light a wood stove for heat! I don't miss doing that — my new location is thankfully a little more modern. I find that people from as far as Toronto are happy to come out to get a one-of-a-kind hand poke tattoo and seem to really love the "Valley experience". It's so beautiful out here and there's so much to do in Lanark County.

**Can you briefly describe what a "hand poke tattoo" is, for our readers who have not yet run across this technique? Why were you drawn to that technique?**

Hand poke tattoo is just like traditional tattooing but without the machine! Think of it more as pointillism than a line drawing. Hand poke tattoo does not use a tattoo machine or "gun" but instead each mark is poked by hand. I explain the process throughout the tattoo, regularly checking in with my client about how they are feeling both physically and emotionally.

The gentler pace and fine detail of the work allow for a quiet and calm space that often opens up to some incredible conversations. The stories and honesty people share with me is such a gift.

Because hand poke is very gentle on the skin, I often have clients remark about how little it hurts. "That's it?!" is usually their first sentence after the initial pokes. They also tend to heal much faster than traditional tattoos.

**I'm guessing that by naming your studio "Just the Tip" you are indicating that you have a sense of humour. Is that important in your line of work?**

Naming my studio Just the Tip is just a bit of cheeky fun; it's memorable and gives folks a good chuckle. I think having a sense of humour is important in all aspects of life, and during such an intimate procedure it definitely helps people to feel more at ease.

**You can find out more about Sarah and hand poke tattoos at <justthetiphandpocketattoos.com>, on Facebook or on Instagram.**

— Kris Riendeau



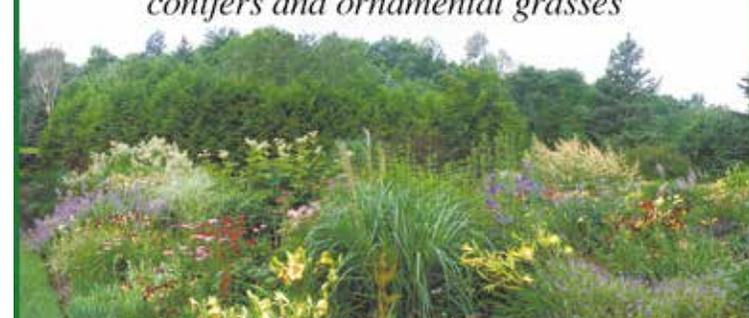
swatches for people with darker complexions is an important part of inclusivity. The skin acts as a window over the ink, so the way that colours will look when healed (e.g. brightness intensity of some colours) varies depending on different skin tones.

**What have been some of the challenges — and advantages — of setting up a shop in a rural setting?**

I love working in the Ottawa Valley, I've moved my shop around a bit from Cordwood Studio in Brooke Valley to a Gothic manor B&B in Lanark, and am currently working out of The Lash Nook in Carleton Place. To be honest I haven't really felt any

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# Go Jump in the Lake, Kids!

This month's Little Humm topic was an easy one after many weeks in lockdown with my family. We've all been feeling the need to tell each other to go jump in the lake this month — figuratively and literally! I don't know if you're in the same boat or if you need a dinghy at this point, but since we're all enrolled in a provincial three-step program which involves nothing social until at least mid-month, I thought the

by Sarah Kerr

best lifeline I can toss your way is to share a little backwoods tour of swimming spots in the Valley. Here are some local destinations for those moments when you just need to pack up and throw your kids, or your partner, in the lake.



## Robb's Lake, Lanark Highlands

If we're really talking backwoods socially distant swimming holes, the first one that comes to mind is Robb's Lake in the back of Tatlock. Now I do have to caution you, because most of my memories of this place are as a teenager so it might be a little rough for littles. But for feisty second-graders this could be your jam — a little trail hike down to a dock with at least a few feet of height for some flips and twists. Robb's Lake Park Beach and boat launch are located on Concession 7 Darling, northwest of Tatlock.

## Robert Simpson Beach, Arnprior

Those of you with younger kids and an adventurous spirit have got to check out Robert Simpson Park. This is such a gem in the valley, with a pristine old growth forest called Gillies Grove situated where the Madawaska meets the Ottawa River. *Can you tell we have serious crush on Arnprior?* It's such a fun park to explore — you can stick to the sandy public beach or hike into the nature reserve and play in this magical urban forest.

## Riverside Beach, Carleton Place

If the above sound a bit off the beaten path, and you just need to catch some rays while the kids bomb around the splash pad and build sandcastles, then I suggest Riverside Beach. This place is like an amusement park for Covid-lockdown kids! Located beside the Canoe Club in Carleton Place, it has a



This month, Sarah Kerr recommends some local destinations "for those moments when you just need to pack up and throw your kids, or your partner, in the lake!"

big sandy beach, playground, swings, splash pad and more. However, if this sounds a bit too busy given the Covid context, you can always try Centennial Park, the introverted older sister across the Mississippi with a sweet beach and a calm vibe.

There are so many great swimming holes that I couldn't possibly list them all here, but I certainly recommend you also hit up the Blakeney Rapids, Burnstown Beach, or further afield along the Rideau. Wishing you all patience, kindness and compassion for this last month of lockdown. And when all else fails, go jump in the lake!

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