

MARCH 2015

the Humber

Arts,
Entertainment
& Ideas

free



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March's Events



p.15 & 28

Maple Season is Here!



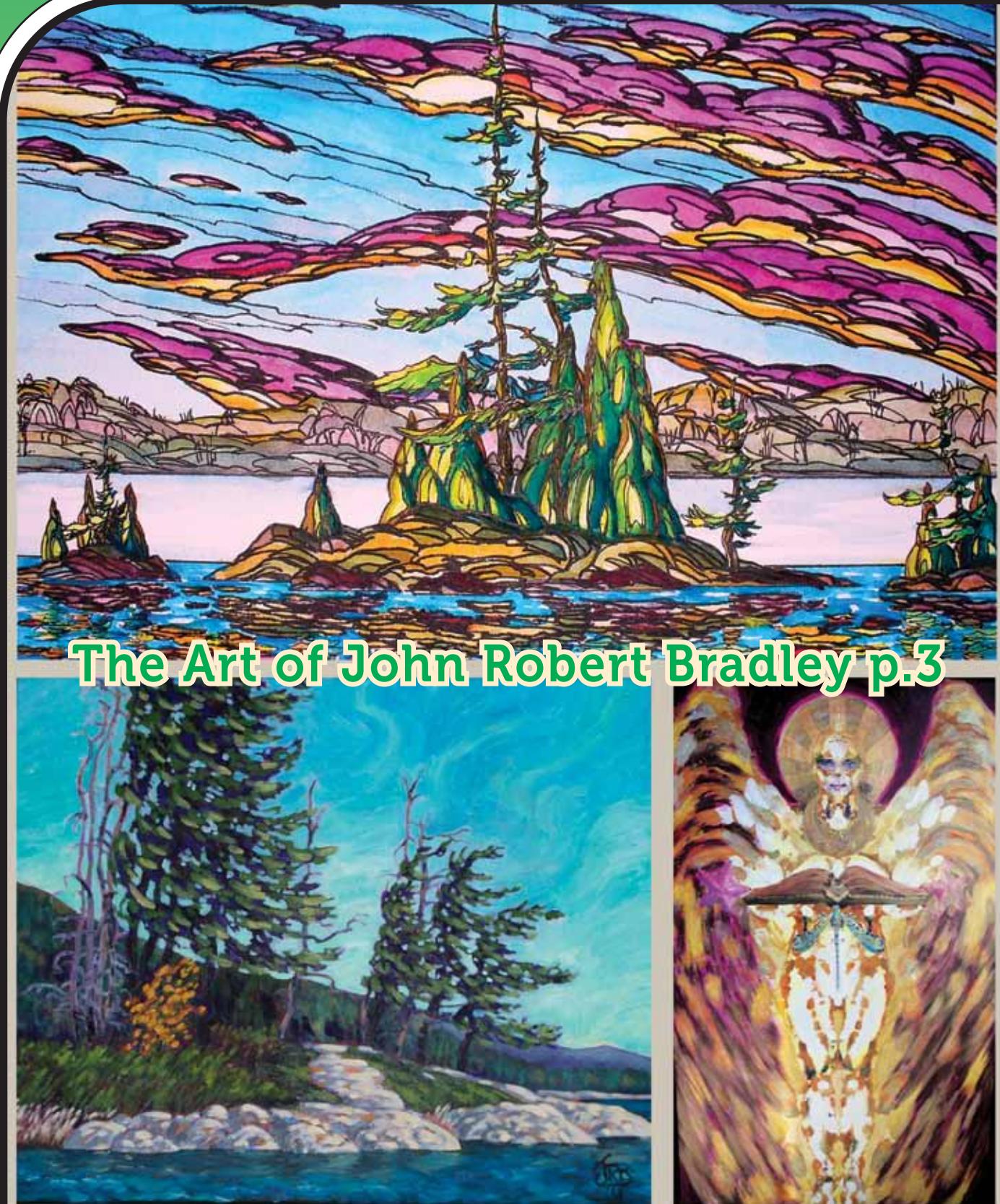
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One Book, One Community



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Benjamin Moore

ARTBEAT

by Bill Buttelle



See More Online!

Like what you see in print? Why not check out <thehummm.com> for even more lovely images of artwork by featured artist **John Robert Bradley**, as well as members of **Out of the Box Fibre Artists** (from page 26 of this issue).

Rob Riendeau has links to support his "Laissez les Bons Temps Rouler" article on page 5, in case you are hankering to get down and check out the New Orleans music scene (and then come back and help us foster more live music appreciation up here in the Valley).

You can also read more about the **Hub Hospice Palliative Care** initiative, as well as the innovative "Cheese of the Month" program at Pêches et Poivre that supports it.

And because the **calendar** starts to fill up this month, do check our online version for more details than we can fit in print!



Back in early 2013 **Janet Carlile** wrote: I found time to read theHummm in Rome in December! Here I am in front of the Monumento Nazionale a Vittorio Emanuele II. Best wishes to you and yours.

ALPACA 101

MARCH 28, 2015

CHECK OUR WEBSITE EVENTS FOR DETAILS



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Who's Reading theHumm



Gladys DesDunes — good-times facilitator at the legendary Candlelight Lounge in New Orleans — holds a copy of theHummm up in front of members of the equally legendary **Tremé Brass Band**. If you're lucky enough to get down there, Gladys will pull you up onto the dance floor, and if you give her a tip she'll give you a special surprise...

To read more about the NOLA (and Ottawa Valley) music scenes, check out the Pub Crawling article on page 5 of this issue, and visit <thehummm.com/mar2015> for links.

Readers Write

A Revenue Neutral Carbon Fee — The Best Option for Ontario

The province of Ontario is poised to introduce its carbon pricing plan — a carbon tax, a cap-and-trade scheme or the revenue neutral carbon fee and dividend.

The revenue-neutral carbon fee and dividend is now getting a lot of attention in both Canada and the U.S. as the preferred carbon-pricing option. This is how it works:

- An incremental fee is placed on carbon-based fuels at the source.
- This fee increases steadily each year so that clean energy is cheaper than fossil fuels within a decade.
- All of the money collected would be returned to Canadians on an equitable basis. Costs are passed on to consumers thereby reducing the carbon consumed.
- Under this plan, 66% of Canadian households would break even or receive more than their increased cost of energy.
- A predictably increasing carbon price will send a clear market signal which will encourage the new clean-energy economy.
- It's easy to implement and understand and simple to monitor.

Once Ontario implements its carbon pricing plan, more than 80% of Canada's economy will be subject to a price on carbon. This is no small feat considering the dismal performance of the Harper government in adopting a national climate change plan.

What could be better than imposing a fee on something Ontarians and Canadians want less of — pollution — while producing what we want more of — jobs, income, savings?

It's good politics.

— *Rolly Montpellier is the founder and Managing Editor of BoomerWarrior.Org. He's a climate reality leader, a blogger and a climate activist. He can be reached at <rlm@xplornet.com> or 899-8897.*

Fiery Gems to Warm Your Heart



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theHummm 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.

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Thanks this month to:

Jack Elgood, who passed away on February 12 after a lifetime of devotion to his family, friends and community. We appreciate all of the support that Jack and Marian gave us over the years. Jack's wit, enthusiasm, and positive presence will be greatly missed.

John Robert Bradley: Landscapes and Dreamscapes

Unlike Shakespeare's Hamlet, Burnstown painter John Robert Bradley looks forward "To sleep, perchance to dream..." Bradley's dreams and meditations inspire his art. As iconic Canadian Anishnaabe painter Norval Morrisseau so poetically described it, Bradley "journeys to the Land of Invention where all colours exist amongst the stars."

by Sally Hansen

He perceives his spiritually inspired visions as a gift from the Universe. In his words, "It is to honour them and to try to realize their message that I paint what is given to me. Be it a healing or a teaching, I must acknowledge it for myself and for others."

Bradley's paintings can be loosely grouped into two categories — dreamscapes and landscapes. Following a near-death and spiritually transforming experience in 1998, John became fascinated with dream-inspired art and enrolled at the Ontario College of Art and Design, graduating with an honours diploma in fine arts and a major in drawing and painting. Eventually his interests led him to develop and teach a course in dreams and symbology at the Ottawa School of Art, and he continues to offer courses from his current location in Burnstown.

Bradley cites Toronto physician and psychotherapist Dr. Yvonne Kason as having a decisive influence on his spiritual growth, introducing him to Eastern mysticism and the practice of meditative visualization. Kason specializes in counseling persons who are undergoing spiritual emergencies and is the author of *A Farther Shore: How Near-Death and Other Extraordinary Experiences Can Change Ordinary Lives* (HarperCollins, 1994).

As Bradley worked to release his creative energy, he began dreaming in vivid colour. His dream image remained fixed in his mind until he carefully sketched the details and recorded the colours he had seen. He then created a painting to portray the teaching he had received in his dream. One of his goals in sharing his mystically inspired paintings is to invite viewers to "see for themselves what they are meant to see or to feel" from his works. He is constantly rewarded and amazed by the responses his dreamscape paintings elicit.

Roots

Landscape is Bradley's other artistic passion, and his paintings beautifully reflect his love of nature, particularly as inspired by our great Canadian North. He was born in Sturgeon Falls, 35km west of North Bay, where his father worked for Ontario Hydro. The area has a strong aboriginal history, and this too is reflected in Bradley's art. He feels privileged to have been taught and mentored while at OCAD by Saulteaux First Nations artist Robert Houle, who was Curator of Indian Art at the National Museum of Man in Ottawa from 1977 to 1980.

Another well-known artist and OCAD teacher, Gordon Rayner, exerted a strong influence. Bradley could easily use Rayner's words to describe his own approach to landscape: "But when I'm up north my palette changes automatically and the method by which I paint changes, the aspects of touch and colour are more affected by the environment."

During his second year at OCAD, a wonderful friend gave Bradley the use of a cottage during the summer, and his surroundings inspired him to experiment with a new medium. He discovered his preference for painting with oils, finding them more pliable, less stressful, and producing wonderfully vivid colours. He had found his own voice. Bradley's landscapes, while evocative of Canada's beloved Group of Seven paintings, are distinctive and compelling. The viewer feels the painter's intent of "honouring the gift of Spirit."

Bradley always wanted to be an artist. As a kid, the eldest of six, he learned to draw by copying his favourite comic book characters and creating



ARTIST TRADING CARD

his own storyboards and comic "strips". One of his sisters, Norma Bradley-Walker, is a Montreal watercolourist and teacher. He remembers fondly how his art teacher in high school let him and his friend, James Cameron (Hollywood director born in Kapuskasing!) "do whatever we wanted." When he worked for the Fleming Oilfield company, Bradley created a cartoon character named "Reef Man" and his sidekick, named "Sump," for the company's reef mud magazine ads. He also illustrated editorials and worked as a cartoonist for the *Orleans Star* local newspaper.

Life continued to interfere with art, and he travelled all over Canada as a Retail Project Specialist for Canadian Tire. He designed creative displays, trained staff and management, and oversaw and facilitated the opening of new Canadian Tire franchises or their franchise upgrades. In 2002, he moved to North Gower and his art was represented at the Merrickville Gallery.

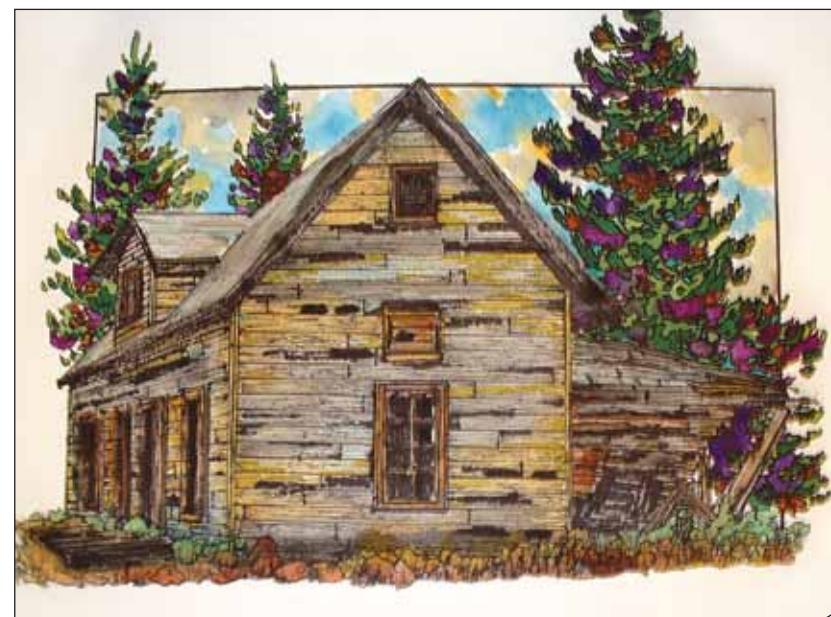
Dreams Do Come True (in Burnstown!)

It was only in 2012 that he finally achieved his lifelong ambition to become a fulltime artist. The Bittersweet Gallery at sculptor Richard Gill's Fog Run Studio in Burnstown invited John Robert Bradley to join their roster of artists. Even more important to Bradley, they offered him an affordable home studio, in the country, on a river — the ideal setting for him to realize his dream.

His new Burnstown location also provides him with an appropriate space to pursue his other passion. He will be offering classes for individuals and for groups of eight or fewer persons. He particularly enjoys providing a comfortable environment for beginners to work, without pressure, to discover their own artistic talents. His pleasure is apparent as he shares his favourite comment from a former student: "Your art is your talent, and your teaching is your gift."

Why not plan a lovely spring (yes — it will happen!) drive to Burnstown to see John Robert Bradley's newest works featured at Bittersweet Fine Craft & Art Gallery, 5 Leckie Lane in Burnstown? Most mornings he can be found at nearby Neat Coffee Shop, sketching or plotting another adventure in art.

Visit our website at thehummm.com/mar2015 to see more of John Robert Bradley's evocative dreamscapes and stunning landscapes. His coordinates are on the back of his Artist's Trading Card at the top of the page.



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WHO John Robert Bradley
 WHAT Visual Artist and Instructor
 WHERE Bittersweet Fine Craft & Art Gallery, 5 Leckie Lane, Burnstown, burnstown.ca/bittersweet, 432-5254; johnbradleyart.com, jrbradley1953@hotmail.ca
 WHY "To paint from nature is honouring the gift of Spirit."

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Folkus – Waking Up a Sleeping Giant

We **folkus** folks are pretty good at keeping our cool. We brush with (Canadian) fame pretty regularly. We pride ourselves on putting on a great show and bringing about wonderful nights for our fans. But there is one thing that gets us in a bit of tizzy, and it's not a performer.

It's an instrument. The piano. *That* piano.

Thanks to Almonte in Concert, the Almonte Old Town Hall is home to a Steinway Grand. A current scan of Steinway price lists is gulp-inducing. I've lived in homes worth less than a Steinway. Hell, I've driven cars worth less than the piano bench. But it's not the price of the Steinway that gets us excited, aware as we are of the privilege of using it. It's the sound.

I often say that the hall loves strings. And vocal harmony. But there's nothing quite like the sound of the piano filling the hall. It gives me the shivers.

And on Saturday, March 28, we have not one but two acts who will wake up our sleeping giant, *the piano*.

Our opening act features a couple of local talents, **Mackenzie "Max" Donaldson**, on *the piano* and **Danny Albert** on violin. They have grown up around music, studying with local teachers and honing their chops. Currently exploring their own arrangements of jazz and pop standards, Donaldson and Albert display a level of poise, maturity, and of musicianship that belies their youth. Locals who have watched them grow as musicians will be delighted; first-timers will be amazed. Just imagine the sounds swirling around the hall.

Our headliner, **Oh Susanna**, is a songstress. Her voice is haunting and clear, and soars above the most mournful lyric. For this tour, she is featuring



Photo by Heather Pollock



The folkus concert on March 28 features headliner Oh Susanna (above), with talented locals Max Donaldson and Danny Albert (below) as openers

songs written for her by some of Canada's best-loved musicians (including Ron Sexsmith, Royal Wood, Luke Doucet, Melissa McClelland, Amelia Curran, and Old Man Luedecke), as part of her Namedropper project. Producer Jim Bryson contributed his distinctive piano-playing to the project (among other instruments), and will join Oh Susanna onstage.

Beer this year comes courtesy of the pride of the Ottawa Valley: Whitewater Brewing Company.

Our bar-mistress tells us she's bringing in the Farmer's Daughter, a blonde beer, as well as a selection of darker beers, Ontario wines, and non-alcoholic beverages.

Folkus offers you great entertainment in the warm setting of the Almonte Old Town Hall. As always, doors open at 7:30PM and seating is first-come, first-served. The folkus bar is cash-only. Please drink responsibly. You can get concert tickets at \$30/show online folkusalmonte.eventbrite.ca, at Mill Street Books in Almonte, as well as the door. Details at folkusalmonte.com. Questions? hello@folkusalmonte.com.

— Sandy Irvin

2015

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Laissez les Bons Temps Rouler!

I must apologize, dear readers. The cold got to me — I just couldn't take it anymore. So, this month, instead of exclusively highlighting the local music scene, I bring you an exotic taste of something special from another land!

by Rob Riendeau

I don't know what you have heard about New Orleans, Louisiana. I had heard that it's like an adult-oriented, drunken Disneyland. "Booze, beads, and boobs" was how one reviewer summed it up. Despite (or because of) that, NOLA has always been a bucket list city for me. This year, my beautiful, patient and equally frozen editor-and-wife and our 23-year-old son decided it was time to make the trek.



Frenchmen Street in New Orleans

Personally, I am a devotee of AirBnB, the grassroots accommodation rental website, and once again it did not disappoint. The place was perfect, but better yet our hostess, Georgia, filled us in on some of the best places to go for food and music. I will forever be grateful for her suggestion that we check out Frenchmen Street for live entertainment.

Frenchmen is only about three blocks long, but it offers an amazing number and variety of music venues. There were bands playing everywhere, including street corners. The vibe was hip, funky, and energetic, but welcoming and warm at the same time. It felt like we were at a laid back street party in a really cool neighbourhood.

Once we discovered its magic, we returned there every night. We saw jazz, blues, soul, funk and reggae, and admission to most of the venues was free — although typically they asked for a one drink minimum per set. "No problem," said I.

What I Learned On My Winter Vacation

The whole time that we were there, I kept wondering what makes this scene possible? How could something like this happen somewhere else? (Closer to where I live, preferably.) And while I don't have the answers, I think there are some key points to consider:

There needs to be an audience. Even though Frenchmen is somewhat hard to find and slightly outside the tourist-rich French Quarter, there were still plenty of people — imports and locals

— milling around on a Tuesday night looking to hear some music. Musicians need audiences, so that's a good start.

There needs to be some competition. Every band we stayed to listen to was working hard to earn their share of the crowds that were strolling by. Most clubs weren't charging a cover, so if you didn't like the band that was

playing, you had very little incentive to stay. Especially since you knew that there were a dozen more bands playing other clubs. That seemed to produce a level of commitment on stage that was both compelling and energizing.

There needs to be a community. After several days of seeing several bands a night, I started to recognize musicians from one band playing in another combo or sitting in the audience. To me, that was a refreshing and positive sign of a healthy community of musicians ready to support and learn from each other. Instead of the competition driving each musician and band to be cutthroat, they were adopting a "we're all in this together" attitude.

All I know is that if I had a scene like that in my neighbourhood, I would blow up my TV and spend every night there.

New CD From K.E.W.T.

Kathryn Briggs and Terry Tufts are one of those couples that make you believe in the concept of soulmates. Individually they are well-known and well-respected musicians, Kathryn for her dazzling and lyrical piano playing and Terry for his virtuoso-level finger-style guitar playing.

This past year they joined forces to create a new musical entity, K.E.W.T., and released their début CD *Motherlode*. Recorded at the Almonte Old Town Hall by Ken Friesen and supported by Ottawa bassist John Geggie, *Motherlode* features a baker's dozen of acoustic, instrumental compositions that are pure joy to listen to. For your relaxed and inspired listening pleasure, I recommend that

you grab a copy from CDBaby, or check our calendar for upcoming K.E.W.T. gigs.



Ken Workman at O'Reilly's

One Pint Review

I visited Perth this month to catch a set from Brock Zeman and Blair Hogan at their regular Tuesday night gig at O'Reilly's Pub. Unfortunately, Brock was away at a conference in Kansas, but fortunately he had Ken Workman fill in on the gig. Ken has a great voice and plays a choice selection of alt-country covers and a couple of originals.

One of the highlights for me was hearing Kris Kristofferson's *Bobby McGee* medleyed into Hank Williams' *Jambalaya*, with Blair Hogan ably mimicking a pedal steel guitar with his electric. Definitely look for Ken and Blair in theHumm's calendar and catch a show next time they play your local live music spot.

See More Online!

Visit thehummm.com/mar2105 for links to Georgia's AirBnB listing in New Orleans, and K.E.W.T.'s online coordinates.

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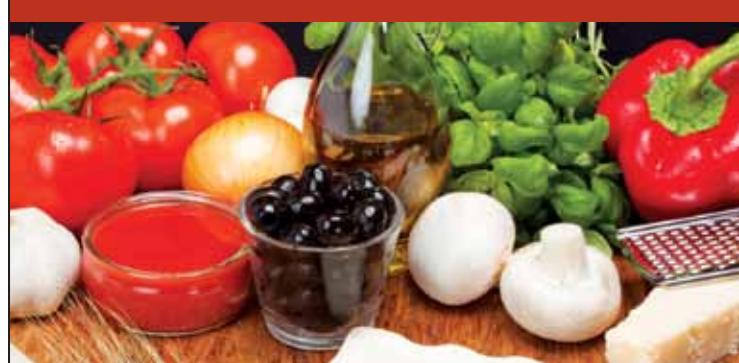
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Humm Bits

Evensong at St. James, Perth

Choral Evensong will be sung at St. James the Apostle Anglican Church in Perth on Sunday, March 15 at 4PM. The service offers hymns, psalms and canticles set to music, and Bible readings, prayers and a homily. All are welcome! The prelude and postlude are performed by Marthe Jobidon on the trumpet and piccolo trumpet, with Val Leavitt and Peter Woodwork on the organ. Marthe has recently retired from the Central Band in Ottawa.

St. James' Church is located on the corner of Drummond and Harvey Streets in Perth. Travelling west on Highway 7, turn left at the first traffic light as you enter Perth. For more information, contact the church office at 267-1163 or check the website <stjamesperth.ca>.

Pancake Breakfast at Union Hall

Each spring a Pancake Breakfast is held at Union Hall, in the heart of maple syrup country. This year, homemade breakfasts consisting of pancakes, sausages or ham, beans or blueberries, and lashings of butter and Fortune Farms syrup, will be served from 8AM until noon on Sunday, March 29. Fruit juice, Equator coffee and tea will also be on hand. The price for this feast remains \$6 (for the regular size) and \$8 (for the larger appetite). Gluten-free pancakes are available on request. Be sure to bring family and friends. And visitors from the city or from outside the region never fail to enjoy our rural hospitality.

Union Hall, located at 1984 Wolf Grove road, 8km west of Almonte, was constructed in 1857 and has been used continuously since that time. The hall is owned by the local community and maintained by the work of volunteers, with support from the Town of Mississippi Mills. The hall can be rented at a very reasonable rate for family or community events and for commercial purposes. Our outdoor sign is also available for publicizing your business or promoting community events. To enquire about renting the hall or the sign, call 256-2277.

Don't Let Hunger "Bug" You

On March 14, come out on a **Survivalist Walk** with aboriginal outdoorsman Sean Buchanan-Gabriel, who has grown up with an understanding of what it takes to survive in nature. The information given on the walk will focus on winter survival. Sean has been studying insects as survival food, and this will be one of the topics covered. Although we perceive this food as less palatable, it could be essential in the unlikely event of a survival situation. Sean's sense of humour will certainly entertain as well.

The walk will also include a visit to a winter camp that Sean and his family have set up, so bring tall boots or snowshoes. The walk will start at 10AM, with registration at 9:30AM, and finish at noon, in time for lunch. Sean and Ainsley will run a café at their house for the participants, with a bowl of soup and fresh-baked bread costing around \$6, among other goodies, all homemade. Sean promises that there are no insects in the food — so don't worry!

The cost for the walk is a voluntary suggested donation of \$10/person or \$20/family. To get there, travel north from Lanark Village on Hwy 511 until you reach Watsons Corners Road. Turn right on Watsons Corners Road and follow it to Dalhousie Concession 2. Turn right and drive for about 3km to Sugarbush Way. Turn right and Sean's driveway is immediately on the left: 184 Sugarbush Way. There should be ample parking. To register, go to <clanarkwfc.com>. If you have any questions, contact Peter Fischl at 267-9557.

Lanark County Support Services

"Alone we can do so little; together we can do so much."

— Helen Keller

Lanark County Support Services – Almonte relies on many local businesses to open their doors and allow their participants, through volunteering, the opportunity to learn new skills. Through this, they teach adults with developmental disabilities new and exciting opportunities to add to their skill set, learn valuable work ethics and enjoy the satisfaction of a job well done! They would like to give a huge thank you to these businesses for making this possible: Almonte Country Haven, Patrice's YIG, Shoppers, Equator, MM Animal Hospital, Town of Mississippi Mills, Sis & Bro's, Subway, The Hub, Rebound, Divine Consign, MM Fire Department, Mills Community Support, Almonte Library, Mac's, Almonte General Hospital, H.F.T. To learn more about Lanark County Support Services please call 256-8581x20 or visit our Facebook page.

— Tammy Brown

Disruptive Technologies

Music Matters

In some ways the music business is a mirror for society. Over the past one hundred and fifty years, there have been changes that have forced people to move forward, either willingly or kicking and screaming. Whether these changes have been positive or negative is a matter for debate, but in each case a disruptive technology has been at the heart of the change.

by Tony Stuart

At the end of the nineteenth century, it was common for many homes to have a piano. This was the principal source for music-making and music consumption. Sheet music publishers flourished because they were able to provide the latest songs for families to enjoy in the evening, as they sat around the piano. Piano tuners were required to keep these pianos playing in tune, and music teachers were needed to teach people how to play.

Enter the phonograph. As soon as it became viable to record music onto vinyl records, the cost of a phonograph machine gradually came down, and families started turning to sitting around the phonograph. The piano no longer held a monopoly on evening entertainment, and for the first time people had the ability to listen to music without having a musician in the house. Although it took a while, the phonograph took a significant bite out of the piano industry.

Radio was the next great disruptor. Suddenly people had the ability to turn on the radio and listen to not only popular music, but live concerts as well. The recording industry was able to capitalize on this and, in the first half of the twentieth century, a new crop of recording artists emerged. You could listen to a song on the radio, and then rush out to the record store to buy a copy for yourself. This model of music consumption lasted quite a while.

With the advent of television, the idea that musicians were a "brand" started to develop. All of a sudden a great voice or instrumental talent wasn't enough: looks mattered. With someone like Elvis Presley, who had both a great voice and the good looks to match, the rock 'n' roll era was thrust upon the scene, bringing with it a significant amount of social upheaval. I remember running to the record store to buy the latest album from my favourite bands, and skipping school with friends to listen to them. Through this period of incredible change, radio, television, and

the recording industry were the beneficiaries. There are some pretty disturbing stories about the absolute power that was wielded by record labels.

In the last twenty years, this model of music production and consumption has come crashing down. Most of the major record labels are gone, victims of the ultimate disruptive technologies: the internet and the world wide web. CD sales have been on a steady decline for at least ten years, if not longer. Everyone who remembers the controversy over Napster in the early part of this century realized that the "times were a changing," as the song says. All of a sudden you didn't need to actually buy a song in order to listen to it. Apple capitalized on this by creating the iPod and the iTunes store. For a while, iTunes was the largest distributor of music in the world. While being able to go online and buy a song was convenient and guilt-free, the recording artists were the ones who suffered because people no longer needed to buy an entire album.

You have 1 percent of artists making 99 percent of the money from selling songs and albums... there is Taylor Swift, and then there is everyone else.

Like all things, even this model of music consumption was disrupted. With the advent of streaming services like Jango, Pandora, and even YouTube, people can listen to whatever they want, whenever they want, without paying a cent. Obviously, making a decent living as a musician has become a little more difficult. In today's world of popular music, you have 1 percent of artists making 99 percent of the money from selling songs and albums. As I heard in one interview recently, there is Taylor Swift, and then there is everyone else.

On a positive note, though, these changes have forced the vast majority of musicians to reconnect with their fans. Touring is a necessity rather than an option now, which means that there is a fantastic variety of live music out there. We've had some pretty impressive acts come through Almonte, Carleton Place and Perth in the last few years, and I can't help but think that the changes in the music industry have brought this about. However, the next time you attend a live show, please consider buying the album and the t-shirt. A musician's livelihood depends on it, and the more live music we can get, the better!

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

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A Busy Month in Perth!

Yes, it's time once again to play Whac-A-Mole with seasonal guest star Old Man Winter as every icy, frostbitten, teeth-chattering mole. Got your mallet ready? Okay. Whack away!

Wasn't that liberating? You can put your mallet down now, and you can hang your up your toque and parka, too, because

by John Pigeau

spring is on its way and with it, a whole lot of cultural activity in the good old town of Perth.

Those itching to do some outdoor gardening can get their horticultural fix at the Perth Farmers' Market's annual **Seedy Sunday** event on March 8 at the Perth Legion. There will be a slew of garden-related products on display, as well as crafts, a swap table for seeds, plus food and presentations. Admission is free, and the event runs from 10AM to 3PM. Don't miss this, all you green thumbs!

Those concerned about the bee population — myself included — will want to make it out to St. Paul's United Church on March 10 for "**Protect the Pollinators**", a discussion on pollinators, pesticides, and environmental protection. Hosted by the Perth Horticultural Society, there will be talks by John Bennett, National Program Director of the Sierra Club Canada Foundation, and Paul McKay, author of *The Kepler Code*. Join the discussion on these important issues at 7PM.

On March 12 and 13, the third annual **Spring Thaw High School Drama Festival** hits the stage at the Full Circle Theatre. Some of the finest regional high school theatre talent will be showcasing their Sears Drama Festival productions for the public before the festival itself. This popular and typically sold-out event is so much more than a dress rehearsal, as all the young folks get to meet one another,

learn from one another, and swap notes, while audiences are treated to some wonderful theatre. Tickets for this event will be sold at the door. Please visit barndooprdoctions.ca for showtimes and more information.

Spring wouldn't be spring in Perth without some sweet, sweet talk of maple syrup. Parents with children home for the March break can do much more than that at **Wheelers March Break Maple Festival**, which runs from March 14 to 22. For more details, you can call Wheelers at 278-2090 or visit their website: wheelersmaple.com. And no, you don't have to have children to join in on all the fun and deliciousness!

Spring will have officially sprung by March 20 (whack a mole and thank heavens for that!), and to kick off the blossoming season, **Perth Picture Framing** will hold its Grand Opening event on March 21 from 12-4PM. The framing shop, at 88 Gore Street East, is now under new ownership, and they encourage everyone to drop in for a look-see and a friendly visit.

Then on Saturday, March 28, in support of his third CD, local favourite **Chris Angel** takes to the stage at the Full Circle Theatre for what promises to be another powerhouse performance. Known for his powerful voice and fiery guitar, Angel is currently rated as the #1 singer-songwriter on ReverbNation. Doors open at 7PM and the show starts at 7:30. Tickets are \$16.50 and available at Tickets Please in Jo's Clothes at 39 Foster Street or online at ticketsplease.ca.

March 28 also happens to be **International Earth Hour**. I'm not sure why this worldwide event is only an hour — one hour a week might do some significant good, in my opinion — but people across the globe are encouraged to turn out the lights and electronics between 8:30 and 9:30PM and celebrate a show of solidarity in combatting climate change. A good night to invite

some friends over for a candle-lit dinner and board games!

If it's a great film you're craving, you're in luck, as Film Night International (FiNI) presents two exceptional films on March 4 and 25. The first is the acclaimed **The Theory of Everything**, starring Oscar winner Eddie Redmayne as physicist Steven Hawking. (I've seen it — it's truly a remarkable performance, and a beautiful film.) On March 25, FiNI is back with the charming Swedish comedy **The 100-Year-Old Man Who Climbed Out the Window and Disappeared**, based on the best-selling book. Show times for both films at Perth's Full Circle Theatre are 2PM and 7PM.

Finally, on March 27, the **Full Circle Theatre** will be celebrating the 100th anniversary of the opening of the Balderson Theatre (now the Home Hardware Furniture Store on Gore Street) by commemorating the return of vaudeville to Perth. One hundred and four seats from the Balderson Theatre are currently installed in the Full Circle Theatre, so in a very real way you can actually touch a piece of history at the FCT.

The night's main attraction features The Vintage Variety Vaudeville Revue. Perth's own Jamie Campbell will also perform his tribute to the Balderson Theatre: *Vaudeville's Back In Town*. BarnDoor Production's Marks Brothers Melodrama will present some special scenes from the repertoire of Perth's Marks Brothers Dramatic Company, whose home stage was the Balderson Theatre. As an extra treat, there will be displays of Balderson Theatre and Marks Brothers memorabilia, some of which has never been seen before. All of this takes place on March 27 starting at 7:30PM.

For more information about this unique and magnificent celebration of an important part of Perth's history, and to buy tickets, please visit barndooprdoctions.ca.

Happy spring, everyone!

4th annual Fibre Fling Show and Sale! Creative Art by Out of the Box Fibre Artists

April 10 – Friday 10AM to 8PM

April 11 – Saturday 10AM to 5PM

Delicious High Tea Saturday 12 to 5PM

Fundraiser for the Stephen Lewis Foundation
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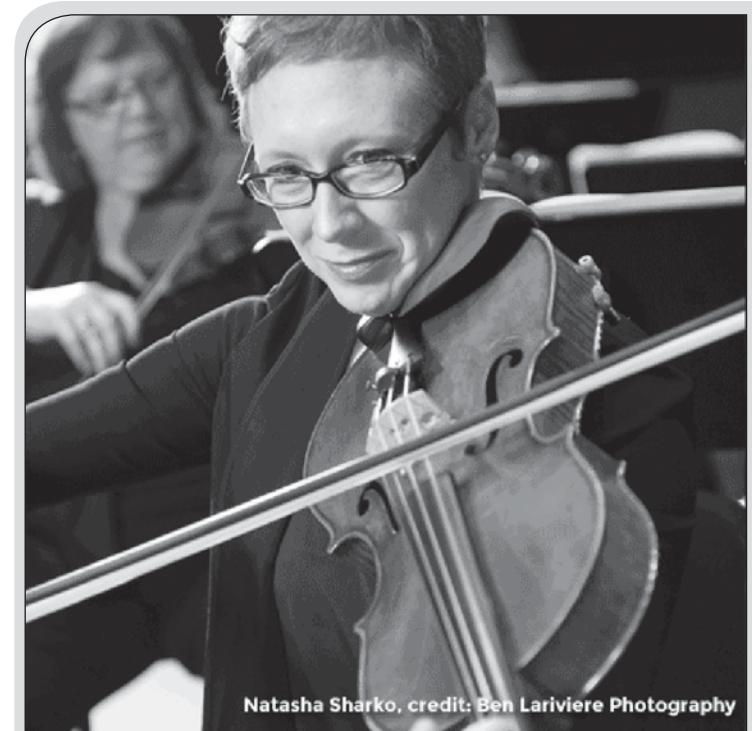
Info: ritarottman@sympatico.ca or www.out-of-the-box.org

Pancake Breakfast

Sunday, March 29 8AM-Noon

at Union Hall
1984 Wolf Grove Road,
corner of Tatlock Road,
Mississippi Mills

Join neighbours and friends to celebrate the coming of spring. Enjoy buttered pancakes with local maple syrup, ham or sausages, beans or blueberries, juice, coffee and tea. \$6 (reg), \$8 (large)
Gluten-free option available.



Natasha Sharko, credit: Ben Lariviere Photography

The Perth Performing Arts Committee has added a special concert by the **Kitchener-Waterloo Symphony** (featuring Principal Viola Natasha Sharko, above), to their regular season

A Spring 3-Pack from PPAC!

To help you thaw out after a long, cold winter, the good folks at the Perth Performing Arts Committee (PPAC) are presenting three fabulous concerts over the next few months.

One of the most dynamic and exciting world-class ensembles of its generation, the **Borealis String Quartet** has received international critical acclaim as an ensemble praised for its fiery performances, passionate style, and refined, musical interpretation.

Founded in Vancouver, BC, in the fall of 2000, and rapidly establishing a stellar reputation, the quartet has toured extensively in North America, Europe and Asia and performed to enthusiastic sold-out audiences in major cities. They will be showcasing their prowess at PDCI on Friday, March 13.

On the evening of Friday, April 17, award-winning multi-instrumentalist **Yiannis Kapoulas** will expand your musical horizons with his infectious blend of "ethno-fusion world instrumentals" — a unique sound that runs the gamut of influences from Latin, Mediterranean, Middle Eastern, jazz, classical and funk. He tours extensively with an ensemble comprised of top talent from Toronto and Montreal, and plays a multitude of exotic stringed instruments with agility, speed, precision and a passion that has been awing music fans at countless festivals across Canada.

And as a special addition to this year's series, PPAC is presenting the **Kitchener-Waterloo Symphony** on Friday, May 1. Since it was formed back in 1945 to accompany a concert of the Grand Philharmonic Choir, the KWS has been the cultural centerpiece of Waterloo Region. Conductor Raffi Armenian, the Symphony's longest serving Music Director, had a profound and lasting impact on the organization: his position as Music Director for the Stratford Festival brought about the creation of the Canadian Chamber Ensemble, which attracted professional musicians to the orchestra. Maestro Armenian's tenure saw the KWS evolve into a fully paid professional orchestra, touring Canada, Europe, South America and Asia, and making numerous recordings, including several that were nominated for JUNO Awards. Today, the KWS is one of Canada's outstanding orchestras, garnering national and international attention for its artistry and musicianship, as well as for its innovative programming.

We often hear only the best-known works of mature composers, but the Perth concert will explore the beginnings of their genius through their early works. This program, featuring KWS Principal Viola Natasha Sharko, explores youthful works of Torelli, Hummel, Mozart and Mendelssohn.

All PPAC shows start at 7:30PM in the Mason Theatre at Perth & District Collegiate Institute, at 13 Victoria Street. Tickets are available from Tickets Please — visit ticketsplease.ca, call 485-6434, or drop in at Jo's Clothes, 39 Foster Street in Perth.

Warm Up March with Music in Westport

Like everyone else in the northlands, we are rather tired of digging out from under more and more of that white stuff!

I suppose most of us are snug-ging in and staying home, just to keep the cold at bay. I know I would really like to see spring, but I am also hoping for a very long slow melt so that my sump pump can handle the deluge. To keep the doldrums at bay, however, there is

by Georgia Ferrell

a lot of good music to tap your toes to at the Cove. Here are the March offerings — come on over and delight your ears!

On Saturday, March 7, **New Country Rehab** brings a dose of indie country from Toronto to Westport. This band “cuts through the clutter of folk-pop and alt-country acts with a unique and dynamic sound that leaves audiences eager for more. It’s roots rock with a reverence for the deep origins of the music, a keen sense of innovation, and a passion that transcends both.” They play from 8–11PM for only \$15, and you can hear more at <newcountryrehab.com>.

Enjoy Tuesday, March 17, in the company of **Crooked Wood** at the return of the Cove’s St. Patrick’s Day Party. Irish music is on the menu (along with special food and drinks for the occasion), with sing-along sheets provided. The limerick competition is back again too, with

lots of great prizes. This event runs from 6–10PM, admission is \$10, and you can check out the band at <crookedwood.ca>.

Then on Friday, March 20, the **Paul Reddick Band** plays as part of this year’s Blues on the Rideau series. Led by the tremendously talented singer/songwriter and harp player, this band has won seven Maple Blues awards and has been nominated for Juno and American Blues Music awards. Proceeds from this “dinner and a show” go to the Rideau Waterway Land Trust, and reservations are required. For more details, visit <paulreddick.ca> or <choosetheblues.ca>.

Finally, on March 27, a “super group” of area musicians come together to give a nod to the Traveling Wilburys. **We Are Wilburys** will cover music from the Traveling Wilburys as well as from each of the members (George Harrison, Roy Orbison, Jeff Lynne, Tom Petty and Bob Dylan). The tribute band features Elijah Abrams, Seamus Cowan, Rueben deGroot and Rob Radford, and there will likely be several surprise visitors. They play from 8–11PM for only \$10.

Upcoming Events and Thanks

The Westport Rideau Lakes Chamber of Commerce is planning the event of the decade for the summer of 2016, with some smaller lead-up events during the summer of 2015. Being a huge area for fisherfolk of all ages, this event focuses on the artistic side of fishing, and will involve many of the groups in our region. A meet-

ing was held to get our upcoming event underway, but for now that is all I can divulge... Happy jigging!

There are also plans afoot for a new art festival here in Westport this season. I don’t have a lot of the details yet, but stay tuned, as you won’t want to miss it! And I am happy to report that the Westport Winter Festival at Lockwood Park was a resounding success, despite frigid temperatures. We are looking forward to a summer festival and another winter festival in 2016! For more information on those and other Westport events, visit <westportartscouncil.com>.

I am also happy to report that our community raised over \$20,000 to support our young Eve Ewart, stricken with an illness that required an 11-hour operation, and we are hoping for her speedy recovery. Over 300 villagers, Eve’s friends and family staged an amazing walk around Westport on one of the coldest evenings we have had so far. A very big thanks to all those who gave their support.

So now to deal with frozen pipes and hope the wind comes from everywhere except the north!

’Til next month... warm greetings from Westport.

Q&A with New Country Rehab



New Country Rehab will be travelling from Toronto to play gigs at the Cove in Westport (on March 7) and the MERA Schoolhouse in McDonalds Corners (on March 8). theHumm caught up with frontman John Showman (above) to learn more about their high-voltage brand of alt-country music:

theHumm: First things first — you’ve been playing together since 2010, releasing your self-titled album in 2011 and following it up with *Ghost of Your Charms* in 2013. Where did you first meet and what led you to start playing together?

John Showman: I started the band as an excuse to play and sing old country songs the way I wanted to hear them done. I knew I’d have to find people on the fringe of the idiom, so I called James (Robertson), Roman and Ben (Whiteley) to form the band. Everyone latched on to the concept and suddenly we were breathing new life into these old songs. After a few months it was obvious that we had an original sound, and so I started writing music and everyone chipped in. It’s been six years now since we started. James and Ben left the band but we’re fortunate to live in a great milieu of music in Toronto, so finding great compatible players hasn’t been too much of a challenge — the band is now comprised of myself, Roman Tomé on drums, Charles James on bass and Michael Tuyt on guitar.

You’ve been favourably compared to bands like the Avett Brothers and Mumford & Sons, which can be a challenge for a band that is trying to be recognized for their own unique take on music. At the same time, those bands have helped to open doors into mainstream music that were previously closed. What is your opinion on the opportunities versus the challenges?

I haven’t noticed it either way... I feel like just having people talk about you is a good thing. Everybody who says we remind them of a band comes up with something different... I think that reviewers tend to glom on to whatever “hip” bands are in a genre as reference points. In fact, only one reviewer ever really compared us to either the Avett Brothers or Mumford and Sons, but it was a good quote and we stuck with it. I’m a fan of both bands, so I don’t mind!

One review mentions that New Country Rehab emphasizes song-craft over virtuosity, which is no mean feat considering the level of talent in the group. What are your goals when you are writing an original song or working on a cover tune?

We just try to make music that we are gonna want to play and listen to. As a group we tend to prefer songs that are a little more simple in nature, so our arrangements tend to mirror that. Being able to bust out some sweet chops and licks when required to is one thing, but to splatter them all over a record is for someone else, not us.

Do you give yourselves the chance to really let loose when you play live?

Absolutely. We have the collective experience, the general lack of inhibition and the passion to make music come alive when we play it, so that’s what we go for.

You seem to be coming off a very busy February touring schedule, with stops in Chicago, Milwaukee, Kansas City and Cleveland (among others). Does the pace change for you when you come back to Ontario and play intimate venues like The Cove in Westport or the Schoolhouse in McDonalds Corners? Do you craft your shows any differently when playing smaller venues closer to home?

We’ll play at lower volumes but the energy is generally the same. All we can do is sound like ourselves, and that’s what we give the audience night after night!

Local Cooperative Game Company Goes Digital

After more than four decades of producing and selling games the traditional way, Family Pastimes is going digital! Your familiar board games are now available online and for your mobile device.

Family Pastimes Cooperative Games has been making their own special brand of board games in their workshop, just outside of Perth, for over forty years. They are sustainable and eco-friendly — all the components are handmade — but what makes their games really special is their non-competitive nature.

Studies show that cooperative games reduce aggression in groups of kids. This makes them a favourite of teachers, parents and caregivers, as they require less intervention. The youngsters play together instead of against each other. The games also teach valuable lessons about working together for better home life, society, and the environment.

Jim and Ruth Deacove of Family Pastimes have created over one hundred of these wonderful games appealing to chil-



dren from age three up to adults. They are available in fine stores all over the world, including the Riverguild in Perth.

Due to popular demand, they have developed their first app for the iPad/iPhone. Based on Max, a long-time top-selling board game for kids four and up, Max the Cat is now available in the Apple App Store.

Players must help get the little creatures safely home before Max the tomcat catches them. The game teaches children co-operation, logic, consultation and decision-making.

Family Pastimes teamed up with local design company Brooke Media Arts and Stratrum Games to create a mobile game with all the charm of the original. Nothing beats family time with a real board game, but now you can take that experience on the road with your mobile device.

As good toy stores get harder and harder to find, Family Pastimes has decided to open their own online store. Now you can buy any of their games at <familypastimes.com>.

And The Winner Is...

Dean Spence Wins the 2015 MERA Award

The recipient of the 2015 MERA Award for Excellence in the Fine Arts and Fine Crafts is Dean Spence, with Star Horn as runner-up.

"Working within a tradition of rustic furniture, Dean Spence shows an understanding of the living nature of his materials — their peculiar colours and textures, the forms they naturally take — and an ability to harness these qualities, through the use of symmetry and repetition of colours and shapes, to create harmonious yet lively — and functional — objects. To our minds, Dean's work also revealed an impressive engagement with his local environment."

"For her part, Star Horn also works and innovates within a tradition. Her visually stunning necklaces, chokers and bracelets show a sensitive understanding of both the techniques of beadwork and a strong feeling for indigenous Plains formal traditions. At the same time, she successfully adapts these forms for the contemporary wearer," writes Diana Nemiroff.

Ms. Nemiroff is the former Director of Carleton University Art Gallery and was senior curator at the National Gallery of Canada from 1990 to 2005. She is one of the committee of three jurors who chose the winners for this bi-annual award presented by McDonald's Corners/Elphin Recreation and Arts (MERA), the community arts organization based in McDonald's Corners. The two other jurors are Ankaret Dean, Artistic Director of MERA and a recognized fibre artist, and Sunny Kerr, who was appointed last summer as Curator of Contemporary Art at the Agnes Etherington Art Centre at Queen's University in Kingston.

Dean Spence says of his work "Wherever I've lived — California, BC or Ontario — I've worked with the wood at hand, whether it is driftwood from a beach, western red or eastern white cedar, birch, ironwood, or beaver-chewed wood... I want my work to make people smile in recognition of the beauty and grace which can be found in living things as they adapt to their individual situations."

Mr. Spence spent twenty years, beginning in the 1970s, building custom-designed, handcrafted log homes. Since 1994, he has been taking his rustic



Rustic furniture maker Dean Spence is the recipient of the 2015 MERA Award for Excellence in Fine Arts and Fine Crafts.

furniture creations to shows, exhibitions and sales venues in BC, Alberta, New York State, and Ontario.

The MERA Award, consisting of a \$1000 prize, will be presented to Dean Spence at a reception on Friday, June 12 at the Schoolhouse in McDonald's Corners. This year's runner-up, Star Horn, will also be present. The artists will show work at the reception.

The MERA Award, which is given every two years, was conceived and made possible by a generous donation by Lanark Highlands' residents Chris and David Dodge to the Perth and District Community Foundation, which manages the funds. Recognizing MERA's important contribution to the arts community, the Dodges chose MERA to select the Award winners.

Anyone interested in learning more about the MERA Award is invited to send an email to <meraschoolhouse@bell.net>, visit MERA's website <meraschoolhouse.org>, or leave a telephone message at 278-0388.

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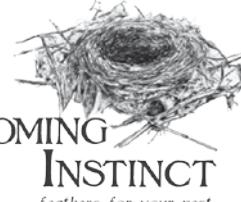
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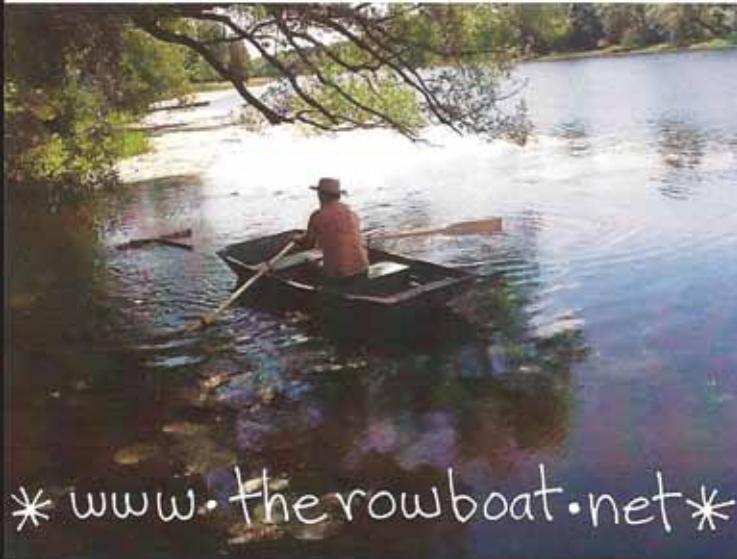
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Spring Migration

The Reever Report

Not long after the shortest day of the year, the species of Canadians known as "Wimpus Canadensis" leave their nests to seek shelter in warmer climes. Due to their inability to adapt to severe cold, they develop an urge to gather possessions best suited to summer and head south or west. Drawn by the lure of sunshine, cheap accommodation, or good libations, the species will exhibit odd behaviour, as the days begin to lengthen but the cold continues to seep into their bones. They will clean golf clubs,

by Glenda Jones

extract summer clothing from closets, load e-readers with novels, withdraw from obligations, and in general ready themselves for their long migrations.

Unlike other species that travel together for safety or economy, the Wimpus Canadensis prefer to travel in diverse packs. Planes, trains and automobiles are crammed as they choose their preferred mode of transportation, each one swearing it is the only way to go. For instance, you might encounter convoys of travel trailers and oversized RVs rumbling along American Highways. As they pass through southern states, the caravans take on an air of urgency, rushing to their final destinations in Georgia, Carolina, or as far away as Florida.

Airports meanwhile will abound with streams of the fleeing species burdened with sports gear and suitcases full of shorts and bikinis. You can identify the species and presume their destinations by their attire. Winter jackets and toques are discarded in favour of light jackets, khaki pants, floral skirts and possibly sandals. In addition, they exude an air of insouciance, which can only be destroyed by the announcement of cancelled flights. As flights depart, an observer might detect a moan of regret emanating from the members of the species who are left to maintain the winter nests — not regret to see them go, but rather regret that they now will have the full responsibility of winter maintenance. However, they are in fact content to return to a quiet nest undisturbed by crowings about the cold and the chaos of packing.

At the opposite end of the travellers' long trips, their destinations are on full alert. They ready their communities with groomed golf courses, opulent resorts with sandy beaches, entertainment facilities tarted up with floral displays — all manner of exciting activities to lure the invaders to remain in their midst. The natives must do everything they can to keep the restless hordes happy, as they know their stay will only last as long as the weather or the Canadian currency cooperates. The migrants need little persuasion to shed their winter skins, and lux-

uriate in sunshine, lollipops and roses, knowing full well that no matter the activity it won't demand the donning of winter boots.

In order to maintain some semblance of connection to the northern clime, the migrants delight in communicating the weather conditions of their destinations. As annoying as this might seem, the homebodies keep tongues firmly planted in frosty cheeks, knowing they will be having the last laugh. One day the sun will peek over the snowbank, the icicles will start to melt, and the first flush of spring will be upon the earth again. Without leaving the confines of their own abode, the true north native will feel the breath of spring, the musty rich odor of sunshine on maple trees, and see the buds begin to suggest that they might burst forth. They will huddle over the maple stove wafting sugary steam, and spread the first golden sap on fresh snow — a treat no southerner can even imagine. The natives will moult their winter layers of toques, scarfs and mitts in haphazard heaps, one layer at a time, as the daily promise of a new season is fulfilled. They will sing of the joy of spring, and marvel when the first robin arrives. They will sit in the sunshine, and wait for their returning friends.

To everything there is a season, and to relish the winter as a brilliant season without bugs, weeding, and lawn mowing is a truly Canadian trait.

And here they come now, soured on their trips south as their tans are fading and the border crossings were abysmal and their golf games were cancelled because of rain and they couldn't even afford to shop because of the falling dollar. They will whine if their return is overshadowed by one last fling of winter, demanding that the arrival of spring should have followed them north. They will not be acclimatized to the gradual upward swing of the temperature, declaring "it's freezing," when the northerner will be grateful for any temperature above the zero line. The Wimpus Canadensis will probably return with some dreaded ague to affect the homebodies; a not-so-welcome souvenir of their travels. Their dissatisfaction will not cloud our optimism — we knew this would happen.

To everything there is a season, and to relish the winter as a brilliant season without bugs, weeding, and lawn mowing is a truly Canadian trait. Spring will come, the travellers will return, and we who have remained in their absence must learn that no matter how we try, we'll never be able to convince them that their migration doesn't have to happen. We will be sad to see the skis and snowshoes tucked in the rafters, but excited to get out the summer apparel just in time for April. Winter will be over, spring will be upon us, summer won't be far behind. And we didn't have to leave home to make it happen!



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Ale and Cheese and Home Shows (oh my!)

One of the best things about being the puppet reporter for Mississippi Mills is that I get the jump on all the great events coming up in the month ahead. This lets me plan my itinerary to maximize my intake of all things cultural, craft ale and cheesy. Which as we all know, are some of a girl's best friends.

by Miss Mills, Puppet Reporter

Ale Tasting at the MVTM

The Mississippi Valley Textile Museum is delighted to be hosting "A Worker's Ale" on Saturday, March 14 at 7PM. The event is a fundraiser for the Museum and will introduce some great new beers brewed by Mississippi Mills' very own craft ale brewery.

Cartwright Springs Brewery is located in the wooded hills of Pakenham, and owner/brew master André Rieux is passionate about beer. "Our very own fresh



The crew at Pakenham's Cartwright Springs Brewery (above) is partnering with the Heirloom Café at a fundraiser for the Textile Museum on March 14

spring water is the key ingredient in our beer," says André, who is currently producing an American Pale Ale, a Northern IPA, an Imperial-Oat Stout, and an Extra Special Bitter. The new brewery will soon have its very own taproom where patrons can enjoy sampling the many fine beers before taking some home.

This event, a premier tasting of the beers of Cartwright Springs, is a chance to compare the style, flavour and aroma of the various brews, and to learn about the crafting of ales and terms like IBUs, ABUs and "hoppiness."

Richard Kletnieks of Almonte's **Heirloom Café Bistro** will be providing food pairings for each ale, and local musicians will entertain throughout the evening. Get your friends together and enjoy an evening of fun, while simultaneously learning something new and, of course, tasting beer! Tickets are \$40 and are available at the Museum, located at 3 Rosamond St. E. in Almonte. Call 256-3754 for more information.

Pakenham Home Show

From March 27-29, come on over to the Stewart Community Centre for the 24th Pakenham Home Show. This year's event promises to "connect you with what's new and how-to" in the areas of landscaping and gardening, home improvement, furniture, appliances, financial services and more! Exhibitions are open on Friday from 6-9PM, Saturday from 9AM-6PM, and Sunday from 10AM-4PM.

Live entertainment is always a big part of this event, and this year is no exception. Come on out on Friday from 8PM to midnight for an Ol' Tyme Round and Square Dance. Enjoy Heritage Country Saturday (from 1-5PM), and The Bowes Brothers on Sunday afternoon from 2-5PM. For more information, call Bonnie at 256-1077 or visit <exploremississippimills.com>.

Diamonds Schmiamonds...

I gotta give a special shout-out to another Mississippi Mills business. Michaela Wolfer of Kehla Jewellery Design on Queen Street in Almonte placed second in the Best Pearl Design of the Year category of *Canadian Jeweller Magazine*'s nationwide competition "2014 Awards of Excellence". Her stunning 14K yellow gold earrings featuring pink freshwater pearls can be seen at right, and also at her store throughout March. Congratulations to Michaela, and yes, puppets DO wear earrings...



Cheese of the Month Supports Hub Hospice

My good friends Lise and Sandra — owners of the delectable **Pêches et Poivre** fine food and fun kitchen shop on Mill Street — have developed a delicious way to support a very worthwhile local initia-

tive. They are launching a "Cheese of the Month" program as a fundraiser for Hub Hospice Palliative Care. Each month they will select and order in one special cheese, and donate ten percent of the proceeds from its sales directly to the project. Pick up a piece of Le Clos St-Ambroise, March's Cheese of the Month, and know that you are helping to contribute to a valuable community initiative. What a gouda idea!

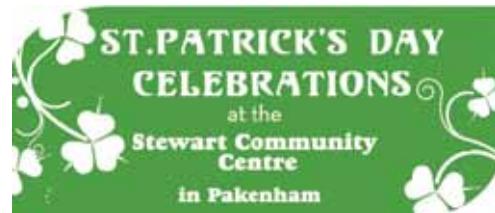
Hub Hospice Palliative Care is a local organization that assists people with life-threatening illnesses who are being cared

for at home — wherever the client considers home — in the Mississippi Mills and North Lanark area. The palliative care team offers compassionate, confidential, respectful support to clients and their families. Under the supervision of a registered nurse, a specially trained volunteer will come to a client to listen, read, talk, or simply provide companionship. Through the program, caregivers can also be given a few hours to rest, take care of errands, or take time for themselves so they can maintain their ability to give care.

See More Online!

To read more about why Sandra and Lise feel that it's important to support Hub Hospice, go to <thehummm.com/mar2015>.

Maple Season Events in Mississippi Mills



March 17, 2015, 8pm-midnight

Celebrate St. Paddy's Day in style! Featuring live music by The Ryan Brothers. Light lunch served.
www.mississippimills.ca



March 21 & 22, 2015

Meet local craftspeople and fine artists in the historic village of Pakenham and surrounding area.
www.mapleruntour.ca



March 27-29, 2015

Over 60 exhibitors offering landscaping, gardening, home improvements, furniture and appliances, financial services, and more. Live music each day!
www.exploremississippimills.ca



PURE MAPLE SYRUP

April 4 & 5, 2015

Taste the sweet offerings from area maple producers. Also enjoy sugar making demonstrations, horse-drawn sleigh rides and more!
www.mapleweekend.ca

Plus...

March 7, 8PM
Almonte in Concert presents "The Golden Flute".
www.almonteinconcert.com

March 14, 7PM
Mississippi Valley Textile Museum presents an ale tasting.
www.mvtm.ca

March 28, 8PM
Almonte General Hospital's annual Spring Dance.
www.fairviewmanorfoundation.com

March 28, 8PM
Folkus presents Oh Susanna.
www.folkusalmonte.com

March 28, 8PM
JazzNHouse presents The John Haysom Trio.
www.jazzn.ca

For more information, please contact Tiffany MacLaren at tmaclaren@mississippimills.ca or visit www.exploremississippimills.ca



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CP Murals: A Sneak Peek

On May 23, Arts Carleton Place, the Carleton Place and Beckwith Heritage Museum and the Carleton Place Horticultural Society together will present "Arts & Heritage on Edmund Street" — with a plant sale, an art show and sale, and the unveiling of the "Window Art at the Museum" murals created by Arts Carleton Place artists Mary Jane Lancaster, Adrian Baker and Angelique Willard. Twelve panels will depict the building in its uses as a Town Hall, lockup and school. Built of Beckwith limestone in 1872 to serve as the community's first town hall and lock up, the building was converted in 1879 to the Victoria School, in use until 1969. When the school closed, the back wall windows were covered up. Because it forms a backdrop for a lovely garden and labyrinth, the Window Art project was born to beautify the facade.



About the Artists

Mary Jane Lancaster has been drawing and painting since childhood, working in various media. Her first project piece will depict the old jail window. Mary Jane has a keen interest in Carleton Place history, where her family has lived since 1900.

Adrian Baker writes: "I've painted many murals over the years, and always find them to be interesting projects because of the things I learn while researching the subject matter. I enjoy the challenge and the chance to work on something new and different. It's a nice complement to my regular work — painting, teaching and occasional public art commissions. It's also fun to work really large!"

Angelique Willard adds: "I was interested in this mural project for several reasons — I have completed murals in the past, most significantly the original thirteen window panels in Almonte as part of their "Windows into History" project... I enjoy painting in a large format and am a realist artist, which suits the needs of the project. I am also a big believer in public art. I feel it adds much to the cultural envi-

ronment, beautifies the town and attracts tourism. Historical murals can also educate the community about their history and instill a sense of pride."

The Arts Carleton Place Art Show and Sale takes place 10AM to 4PM at St. James Hall, 225 Edmund Street in Carleton Place. The entry fee is \$55 — grids provided (for an 8' wide by 4' deep booth). There is a limited number of outside spots available for \$45 (note, you would be responsible for your own booth). Membership in Arts Carleton Place is required, and costs \$20. There is a central cash, with a 10% commission going to Arts Carleton Place. The (extended) deadline for entries is March 31. For more information and to download the registration form, visit thehummm.com/mar2015.

— Carol A. Stephen

Travel to Zanzibar!

This month's Mississippi Mills Public Library travelogue will feature photos of Zanzibar Island taken by Cathy Blake. Cathy will tell of her teaching and travel experiences around Tanzania.

Cathy grew up in Japan and Canada. She trained in Canada as an art teacher, and has taught art and other subjects in secondary schools, camps, and children's and adult classes in Canada and abroad.

After retiring from teaching, Catherine applied to CUSO for an overseas posting. She was sent to Zanzibar to work in a Moslem teacher-training college

to bring some of our more modern teaching methods to the program. Zanzibar is a beautiful tropical island with a mix of African, Arab and Indian peoples, food and culture. While there, she delighted in photographing, drawing and painting the scenery and buildings of the island. Since her return, she has been painting in acrylics and mixed media, and has exhibited several times in Ottawa and Almonte.

This event is free and will take place at the Almonte Branch of the Mississippi Mills Public Library on Tuesday, March 10 at 7PM.

The Orient Express

30th Anniversary Fundraising Dinner for The Railway Museum of Eastern Ontario

Saturday March 28, 2015
Held at The Ivy on William, 42 William Street West, Smiths Falls
Cocktails 6 pm followed by dinner at 7 pm
Tickets \$65. Purchase online or at The Main Street Bistro (5 Main Street West, Smiths Falls)

www.rmeo.org (613) 283-5696

Have You Had Your Shot... of Learning?

The next course in the Learning in Almonte series will present all the information you need to deal with the recent spate of diseases plaguing our world. "The Struggle with Infectious Diseases" couldn't be more timely during our winter of flu, colds, and much more serious afflictions, along with the ongoing debate regarding vaccines. Dr. Alan Mortimer knows first-hand the impact disease has had on historical aspects of populations, economics and social patterns, particularly in developing countries. He is also aware of the myths and misconceptions that make disease control a challenge.

A graduate of Carleton University with a PhD from Guy's Hospital Medical School in London, Dr. Mortimer became the Director of the Centre for Biologics Research in 2002. Later, at the Centre for Vaccines Evaluation, he was responsible for research in biologic therapies, as well as the approval and testing of all vaccines provided to Canadians.

Don't be squeamish about delving into the intricacies of this course — investigating the Ebola outbreak, or such diseases as smallpox, cholera or plague. Dr. Mortimer promises that knowledge is protection in itself, and that understanding these epidemics will be fascinating when combined with his insight into the science of control or eradication of diseases in the future.

So get out your hand sanitizer if you think you'll need it, and sign on for this topical subject. The course begins on Thursday, March 12, from 1:30-3:30PM at the Almonte Library.

SPF Invites You to the Wearing of the Green!

The organizing committee of the 2015 Stewart Park Festival invites everyone to attend their annual **St. Patrick's Dinner Dance** on March 7 at the Civitan Hall on Highway 43 just east of Perth. It's a "kitchen party" for the whole family!

The cost is \$25 for adults, with children 12 and under free. Tickets are available at The Curly Red Head, Ground Waves, Burns Jewellers, Shadowfax, Art & Class, the Irish-Scot-Tish Shop, Sunflower Bake Shop, and Backbeat Books & Music in Perth, or at the door. The cost for those wishing to attend just the dance is \$15.

The evening will begin with a dinner, served at 7PM, featuring a traditional Irish stew along with all the fixings, including a veggie option.

Following the meal, beginning at 8PM, there will be musical entertainment courtesy of Riverthieves.

I Spy With My Little Eye...

... a Learning in Almonte course that'll appeal to anyone with a latent desire to be a secret agent! Our favourite literary professor, Michael Gnarowski, will return for another exciting look at a genre many readers enjoy: the spy novel. However, he will present a twist (always a good thing in a spy novel): "The Novelist as Spy". It appears that many spy novelists have been in the business themselves at one time, and from Joseph Conrad to John Buchan, they have written from personal experience. The course will look at five novels: Joseph Conrad's *The Secret Agent*, Erskine Childer's *The Riddle of the Sands*, Somerset Maugham's *Ashenden*, John Le Carré's *Tinker, Tailor, Soldier, Spy*, and finally John Buchan's *The Thirty-Nine Steps*.

Dr. Gnarowski has just written an introduction to the new edition of John Buchan's novel *The Thirty-Nine Steps*, and his course will include a showing of the 1930 Alfred Hitchcock adaptation of the work.

This course begins on Tuesday, March 17, from 1:30-3:30PM, also at the Almonte Library. You still have time to settle in with a good spy novel before mid-March!

Each course costs \$75 and runs for six weeks. Please contact organizer Don Wiles at <don.wiles@carleton.ca> to reserve your place, as space is limited in the library room.

— Glenda Jones

One of the area's foremost Celtic bands, Riverthieves has played to audiences throughout the Ottawa Valley, western Quebec and the Maritimes, since 2003. Bringing the best of Canadian folk and Celtic music, the sound of Riverthieves features mandolin, bodhran, fiddle and pennywhistle.

From 7-9PM there will be a silent auction featuring some must-have items that have been generously donated by local business owners and service providers.

So break out the green, bust out the moves and join us for an evening of old-fashioned Irish music and fun! All proceeds go to the 2015 Stewart Park Festival, to be held July 17-19 in downtown Perth. Further information can be found at <stewartparkfestival.com>.



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

Fri, Mar 6 Jazz Night with **Spencer Evans Trio** & Perth Stingrays Fundraiser, 6-11

Sat, Mar 7 **New Country Rehab** (One of Canada's best Fold/Rock bands, TO), 8-11

Fri, Mar 13 **John Wilberforce** (Country/Rock) 6-9 & **Chinese Buffet**, 6-8

Sat, Mar 14 **Head Over Heels** (Guitar & Vocal Duo), 6-9

Tue, Mar 17 **S. Pat's Party** with **Crooked Wood** (Irish/Celtic), 6-10

Fri, Mar 20 Blues on the Rideau with **Paul Reddick** (Toronto), \$60 buffet & show, 7-11

Sat, Mar 21 **Jeff Callery & John Wilberforce** (Guitar & Vocal, Country/Rock), 7-10

Fri, Mar 27 **We Are Wilburys**: A Nod to the Traveling Wilburys (Rock), 8-11

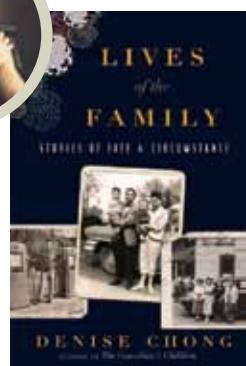
Pick up the Humm in Perth at
JO'S CLOTHES

MEET THE AUTHOR

Denise Chong

Sunday,
March 29th, 2015

2:00pm
The Station Theatre
53 Victoria Ave.
Smiths Falls, Ont



Tickets \$5.00, available for purchase at the Smiths Falls Library and Heritage House Museum between March 1st - March 29th. Call 613-283-2911 to reserve tickets at the door.

Book For Sale
At Event

Denise will speak about what brought Chinese to the small towns in the mid-20th century, including Smiths Falls, illustrated with some photographs. She will also read from her book including a section about Jasper Hum who moved to Smiths Falls where he opened the Astor café.

This event is
hosted by:

Friends of the Library
Smiths Falls & District Historical Society



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The First Signs of Spring Art Appear

Celebrate Spring with the Maple Run Studio Tour

The iconic Lanark maple syrup season is upon us! To celebrate its arrival, start with a feast at Fulton's Pancake House and Sugar Bush, then take a scenic drive to enjoy the beautiful country around the historic Village of Pakenham and take in the talents of the Ottawa Valley artisans of the 13th annual Maple Run Studio Tour.

On March 21 and 22, from 10AM to 5PM, meet local craftspeople and fine artists on the popular self-guided studio tour, in and around the pretty village of Pakenham,

by Miss Cellaneous

which has both the only surviving 5-span stone bridge in North America and the longest continually running general store.

The Maple Run Studio Tour includes Fulton's Pancake House and eight tour stops. There will be glass blowing, paintings, up-cycled painted pots, fine woodworking, photography, jewellery, pottery, miniature quilting, leatherwork, woven textiles, and many more interesting arts and crafts to be discovered. You are sure to find artwork and crafts for yourself, your home, your garden and for gifts. See artists working in their studios, including glassblowing demonstrations held all weekend



"Springtime on the Farm" and other works by Kevin Dodds will be featured on this year's Maple Run Studio Tour on March 21 and 22



Hooked rugs by Loretta Moore (above) and Lesli Zanetti will be featured this month at the Mississippi Valley Textile Museum

long. Visit the cluster groups in various locations in and around Pakenham, in a gothic stone church, century-old homes, a clapboard schoolhouse, and other venues to discover on your journey. No need to pack a lunch — there are four designated stops along the way where scrumptious meals and sweet treats are served. Also, make sure you pick up a tour passport at your first stop, and have it stamped at each tour stop so you will be eligible for the artist's gift certificates to be won. If you have your passport stamped from all eight tour locations, your name is entered twice for an extra chance to win!

Maps and detailed tour destination descriptions can be picked up at Fulton's, any tour stop along the way (look for the green maple leaf sign), the Pakenham General Store, and online at mapleruntour.ca, or you can phone 624-5222 for information. You can also follow Maple Run Studio Tour on Facebook for artist updates and photos.

Get "Hooked on Rugs" at the MVTM

From March 3 to April 11, the Mississippi Valley Textile Museum is featuring the work of fibre artists Lesli Zanetti and Loretta Moore in the Nora Rosamond Hughes Gallery. Their hooked rugs are a delight, with artful designs, from primitive to modern.

Lesli Zanetti's interest in rug hooking began with a 1992 visit to Cape Breton, where she was struck by the unique and complex Acadian scenes depicted on beautiful rugs. On a subsequent trip to Newfoundland, she was drawn to the vibrant colours and simple scenes of their rugs.

With one of Deanne Fitzpatrick's rug hooking kits, Lesli taught herself to hook, and her passion for the craft was firmly entrenched. After ten years,

Lesli has found her own style. She prefers to use recycled wool from garments donated by friends or found at second hand shops. Imagining the history embedded in a wool garment as it is ripped apart and refashioned into a new rug is an important part of her creative process. She describes her rugs as simple in style, bordering on the primitive, but without a traditional palette. Somehow, she just has to inject bright colours into her designs.

Loretta Moore's passion for fibre arts developed at an early age, sitting in her mom's sewing room and making dolls' clothes from scraps. She later made her own clothing and learned to quilt. It was in a quilt shop that she discovered her first rug hooking kit. "After the first few loops I pulled, I realized that I had discovered a fibre art that appealed to every creative bone in my body. I loved the almost zen-like feel of pulling loops, loved playing with colour and developing my own through dyeing, and loved the final product," says Loretta. While her preferred style is primitive, folk art wide-cut rugs, she loves playing with various fibres and techniques. She also teaches and sells supplies through her business "Hooked on the Lake".

Don't miss a chance to enjoy these wonderful rugs. You may well become "hooked" yourself. Both artists will be conducting demonstrations in the gallery on March 12 from 11AM to 2PM. There will be a vernissage on Saturday, March 7 from 2-4PM. For more information call the Museum at 256-3754.

Call for Artists and Artisans

The Crown and Pumpkin Studio Tour invites artists and those practising fine crafts to join its 19th anniversary tour, which will take place on Thanksgiving weekend, October 10, 11 and 12, in Mississippi Mills. They want to expand the Tour's range of offerings, and are particularly interested in fresh and innovative three-dimensional work. Does this sound like your practice? If "yes," they want to see your creations! Applicants are asked to submit examples of recent work, and to include a brief biography and artist's statement. Work is judged on originality of expression and concept, and quality of execution; new types of work will receive particular consideration. Deadline for submissions is May 15. Send application, including electronic images of work and a link to your website (if applicable) via email to barbara.mullally@gmail.com. For information, call 256-3647.

Artists Invited to "Pull Up a Chair"

The West Carleton Arts Society is planning a sit-in of sorts this September. The concept is that WCAS members will buy or find a chair — any kind of chair — at a garage sale, on the curb, or wherever. Then they will paint it up at a group paint day or in their studios over the winter, spring or summer. Then on Saturday, September 19, a few weeks before the Society's fall **Expressions of Art** show, they will bring their chairs to the lawn of The Hive in Carp, between 11AM and 2PM. All the chairs will be for sale. Join them on the lawn — bring your lunch and a beverage or get a take away at Alice's Café next door and make it a lawn party.

If you are an artist and wish to take part in this event, you can register at westcarletonartssociety.ca.

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Spring 2015 Night Sky Astronomy Course

What:
Night Sky astronomy courses help to foster an appreciation of the night sky and an understanding of dark sky conservation.

WHEN:
Fridays: March 27, April 10, April 17, May 1 and May 8.
All sessions will run from 7:45 pm until 10 + pm.

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

COST:
Donations are encouraged.

REGISTER:
Registration is not required. Drop-ins are welcome.
Attendance at each session is not mandatory.

For more information please contact:
Sarah O'Grady, MVCA Education Coordinator
613-256-3610 x 1 or 613-253-0006
sogrady@mvc.on.ca
www.mvc.on.ca

Learn constellations. Observe planets, stars, stellar systems, galaxies and more!



PARTNER ORGANIZATIONS:
Ottawa Astronomy Friends
Royal Astronomical Society of Canada (Ottawa Centre)
The Millstone - A Mississippi Mills Community Newspaper



Make Maple-Sweet Winter Memories!

Daily Activities and Tapping Out Party at Fulton's

Shirley and Scott Deugo, their family, and their fun-loving staff look forward to the annual maple season at Fulton's Pancake House & Sugar Bush. They've been open since February 14 and encourage you to "come and make fresh tracks". Bring your cross country skis or snowshoes for a beautiful winter adventure on the four walking trails.

Fulton's 400-acre maple sugar bush and pancake house are both open daily from 9AM until 4PM, through to April 19. Come early and enjoy a delicious maple meal in the restaurant. Fluffy pancakes, maple baked beans, sausages and more, served with an abundance of golden maple syrup, make a meal sure to satisfy your hunger and cravings. For a sweet remembrance of your visit, stop by the Maple Shoppe for some gourmet maple BBQ sauce, mustard, spices, maple sugar candy, jams, Maple Luscious Bath & Body products and of course... maple syrup! Everything is made in small batches right on site.

On every weekend and special holidays, horse-drawn sleigh rides, toe-tapping music, face painting and maple taffy are just a few of the many activities available between 11AM and 3PM. You can even take a journey back in time on the Heritage Maple Path, and learn about the historical methods of sap-to-syrup production from Chad Clifford.

Bring your camera and create your own unique maple memories. Start a new tradition or rekindle a childhood memory of an old-fashioned sugar bush visit.

Nestled between Pakenham and Almonte, Fulton's Pancake House & Sugar Bush, is located at 399 Sugar Bush Road, Pakenham — less than one hour west of Ottawa. Bring your family and friends and make it a sweet day!



Bring the whole family to make sweet winter memories at Fulton's Pancake House & Sugar Bush. From taffy on snow to historical syrup production, there's something fun for all ages.

Annual Tapping Out Party

Everyone is invited to the annual Tapping Out Party of the Lanark & District Maple Syrup Producers Association, this year at Fulton's on Saturday, March 7, from 11AM to 3PM. Experience the ceremonial opening, closing, and traditional tree tapping with Henry Lickers from the Mohawk Council of Akwesasne. Grounds open at 9AM. Of course, you can also enjoy the sleigh rides, taffy, live music, Kettle Boys and the Heritage Maple Path with campfire.



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Almonte

Indulge in sweet maple products and meet local craftspeople and fine artists in the historic village of Pakenham and surrounding area. Maps and detailed tour destination descriptions can be picked up at **Fulton's Sugar Bush**, any tour stop along the way (look for the green maple leaf sign), **Pakenham General Store**, visit www.mapleruntour.ca or call 613-623-5222 and follow us on Facebook for artists' updates.

March 2015

www.thehumm.com

Enriching Me and My Reiki Community

Join us for the 1st annual Enriching Me and My Reiki Community Conference!

We are striving to build our local Reiki community and to offer practitioners opportunities for personal learning and growth. Expand your horizons! All styles are welcome. Whether you've been practicing Reiki for years or are new to it, we would love to see you!

Where's your passion? There are so many different types of therapy, including Reiki for children, pets, injuries and trauma. Our agenda will include all these and more. We have a wonderful team of experienced, talented speakers lined up. Come learn about Reiki in conjunction with hospice palliative care, animals, children, crystals, angels and PTSD. Participate in and experience a group Reiki session. We need a community where we can share our wonderful gifts with each other and support each other on our journeys.

We expect over eighty Reiki practitioners to come together on Sunday, May 3, in the beautiful location of Strathmere, located in North Gower (approximately thirty minutes south of Ottawa in a peaceful country setting). The conference will be a full day of exciting learning opportunities. You're sure to feel the Reiki energy flowing as we gather with such a large group of like-minded people. Lunch and refreshments will be included with your registration.

So choose to enrich your heart and soul and sign up now! For more information and links to registration, visit theHumm.com/mar2015.

— Denise Carpenter of Reiki Associates, and Brenda Pichette

I found it in **Almonte**

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Saturday May 2 10–6PM
Sunday May 3 10–4PM

Smiths Falls Memorial Centre
71 Cornelia St. W.

www.smithsfallshomelivingexpo.com



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Amanda Rheaume is an accomplished Métis singer-songwriter with a powerful, slightly gritty, deeply personal, and instantly accessible folk/roots sound with elements of country, pop, and soul.

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GALLIPEAU CENTRE
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Box Office 613.205.1493
361 Queen Street, Smiths Falls

One Book, One Community

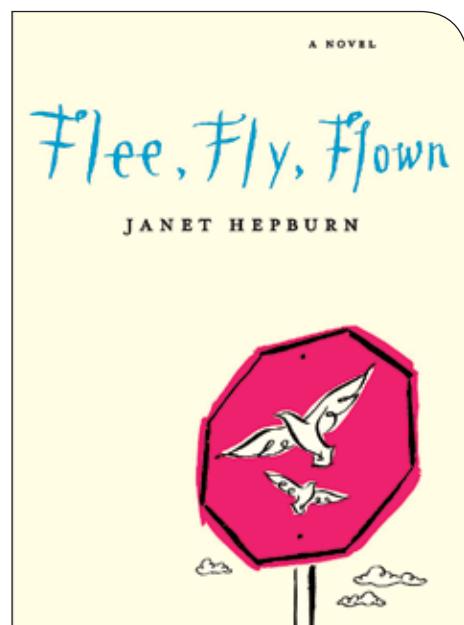
Librarians in Lanark County are pleased to announce the title for the 2015 One Book, One Community program.

The winner is the novel *Flee, Fly, Flown* by Ontario author Janet Hepburn. The novel, about two octogenarians who escape their "secure" Alzheimer's ward, steal a car, and take a road trip, picking up an unwitting hitchhiker along the way, is sure to amuse readers of all ages. "We are so pleased that this book has been chosen as our first One Book, One Community title," says Carleton Place librarian Meriah Caswell. "It is funny, heartwarming, and deals with our theme in a lighthearted way, while still giving readers a lot to talk about." *Flee, Fly, Flown* beat its contender, the iconic Canadian novel *The Stone Angel* by Margaret Laurence, by a wide margin.

The theme for the 2015 One Book, One Community program is aging. "We chose this as our theme because Lanark County, like most of rural Canada, has an aging population, and this is changing the culture of our region," explains Caswell. "*Flee, Fly, Flown* deals with this topic in an upbeat way that will be accessible to most members of our community."

Titles for the One Book, One Community program were nominated by residents at their local libraries in December 2014. Choices were then narrowed down to two titles, which were voted on by community members in January.

Lanark Libraries will be stocking extra copies of this title, and events around this book and theme will begin in October 2015. "We want to make sure everyone has an opportunity to read the book before events begin October," says Caswell. "A program like this is a wonderful opportunity for our community to begin a dialogue about such an important issue."



The winner of the One Book, One Community program is Janet Hepburn's *Flee, Fly, Flown*

About One Book, One Community

One Book, One Community is a library-initiated project that encourages all residents to come together through the shared experience of reading the same book. Through this experience, the community is able to explore a topic in a variety of venues, creating conversation about important and complex issues. The One Book program in October 2015 will be the first in Lanark County and is a joint project among the libraries of Carleton Place, Smiths Falls, Perth, Lanark Highlands, and Mississippi Mills, plus community partners.

To learn more about this program, please contact your local library.
— Meriah Caswell

Opulence Awaits on the Orient Express

Lose yourself in the decadence of the 1920s and join the Railway Museum of Eastern Ontario for an evening of sumptuous food and drink at its first annual fundraising dinner — The Orient Express — taking place on the evening of March 28.

Transport yourself back in time at The Ivy on William, surrounded by windows of stained glass, luxurious linens, and décor reminiscent of the turn of the 20th century. Guests are encouraged to don their best apparel and get glamorous for the swankiest event of the year!

The evening boasts a complimentary signature cocktail hour starting at 6PM, followed by an eight-course menu of mouth-watering tasting plates featuring flavours of the famous train's route — places such as Paris, Venice, London, and Istanbul! Throughout the event, there will also be a silent auction with an offering of unique and unexpected experiences to go to the highest bidder!



Relive the decadence of the 1920s at the RMO's first annual fundraising dinner — The Orient Express — on March 28

Tickets are \$65 each and must be purchased in advance. Tickets are available on the museum's website or at The Main Street Bistro, 5 Main St. W. in Smiths Falls. For more information, contact the RMO at 283-5696 or go to rmeo.org. Check back often for more details in the coming weeks. The Ivy on William is located at 42 William St. W. in Smiths Falls.

The Ancestors are Arranging Things

Whether it was as an investigative journalist for TV and radio, or as a freelance magazine writer, Noreen Kruzich has spent most of her life researching and telling compelling stories. Along the way, she discovered her true passion is First Nations and Métis history, which led to her first book, *The Ancestors are Arranging Things*. Now in its second printing, Kruzich tells theHumm how the idea for the book came about and what readers will find between the pages.

by Tony Palermo

Tony Palermo: How did the idea for the book come about?

Noreen Kruzich: I was working on a magazine article about something totally different, the legend of Awankan Rock, which is a local legend in which an Algonkin woman fell in love with an Iroquois man, but her father forbade it. Legend has it that she turned to stone from a broken heart, and that this vertical tall stone is either under the Madawaska River or near its shoreline somewhere around Burnstown or Stewartville. Anyway, as I was researching this article I came across Algonkin Chief Louis Constant Pinesì in the archives. And I couldn't believe that he had written so many petitions to the government to set aside a small piece of his traditional family homeland in the Ottawa Valley, all without success, but yet he was not known in history. And then there was his son too who followed in his dad's footsteps.

What period of time are we talking about?

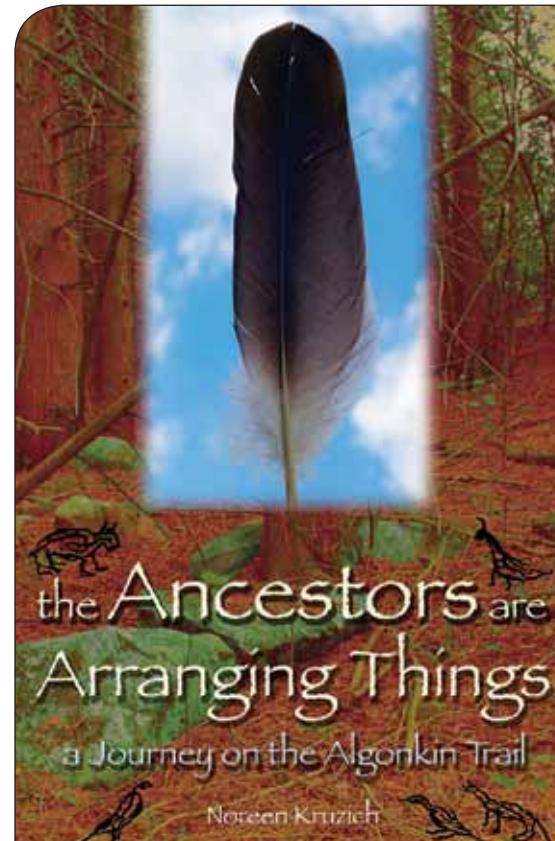
Chief Constant Pinesì was born in 1768 and lived to 1834. His son, Jean Baptiste Kigònzi, lived from 1793–1879. We're talking a period of about 75 years during which they were petitioning the government, and never once did they get the small piece of land they were asking for.

Was that the spark for the book?

The more I read their letters and the responses from the government, and the more documentation I uncovered, the more irritated I got. And I could find very little about them in history, which irritated me even more. An author once told me if you get angry enough about something, it's likely you should write a book on it (laughs).

The Ancestors are Arranging Things is such a unique title. How did you come up with it?

The title came about early on in my research. One of the main descendants of the Chiefs that I often spoke to kept telling me "Noreen, you know,



Meet the author in Renfrew on March 7

the ancestors are arranging things." And it did seem that way at my every turn in researching the book. When I wondered about something, it would just be displayed in front of me in one manner or another. So too with finding the descendants of Pinesì and Kigònzi. It seemed surreal at times, as if these pieces of information just floated to me when I called them in.

What will readers find between the pages of the book?

I told it in a literary nonfiction style. In the first part of the book, I'm sitting around a campfire with the descendants of these Chiefs and we're talking about history and the documents we have. Then, it goes back and forth between the actual historical period and now, following the footsteps of these two Chiefs and their descendants, and recounts the stories that have been passed down orally.

Were there any major "aha" moments for you as you were researching and writing the book?

I ran into many people in the Ottawa Valley who were just discovering that they had Algonkin ancestry. They were always told that they were French, Irish or whatever else. The Algonkin was covered

up, and I found that it was also covered up in Census records as well. This was probably because, in the early 1900s, denying the Algonkin ancestry made it easier to live — to get a job. The major aha moment I had though, was realizing that after forty-some petitions, these two Chiefs never got what they were requesting over a 75-year period. It made my heart fall in my chest.

Was it difficult to uncover records for this time period?

That's what made it so astounding and frustrating. There were so many records that had just been sitting in the archives for years and never spoken about. I felt like I was unearthing the words of these Algonkin Chiefs. I found that many of the petitions were stories in themselves.

Was there an end result?

No. They kept asking for different parts of the Ottawa Valley but they never received even an acre of land.

What would you like to tell people about the book?

I wanted to make people in the Ottawa Valley aware of the history in their own backyard, beyond that of the Colonial Chiefs. I really wanted to flesh out the history and provide a greater understanding and respect for the Algonkin and Nipissing peoples.

You have an author event coming up in Renfrew on March 7?

Absolutely. I'm having a talk and discussion, along with a book signing, at the Renfrew Public Library, 13 Railway Avenue in Renfrew, on Saturday, March 7, from 1–3PM. Please RSVP by phoning the library at 432-8151.

— Tony Palermo is a freelance writer based in Smiths Falls. If you are a local author or have written a book with a local tie-in, contact him at <tony@tonypalermo.ca>.

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Enriching Me and My Reiki Community

Sunday May 3, 2015

Strathmere, 1980 Phelan Rd. W., North Gower, Ontario, K0A 2T0

8:30am to 5pm

Come to explore ideas, expand your Reiki community and engage yourself.

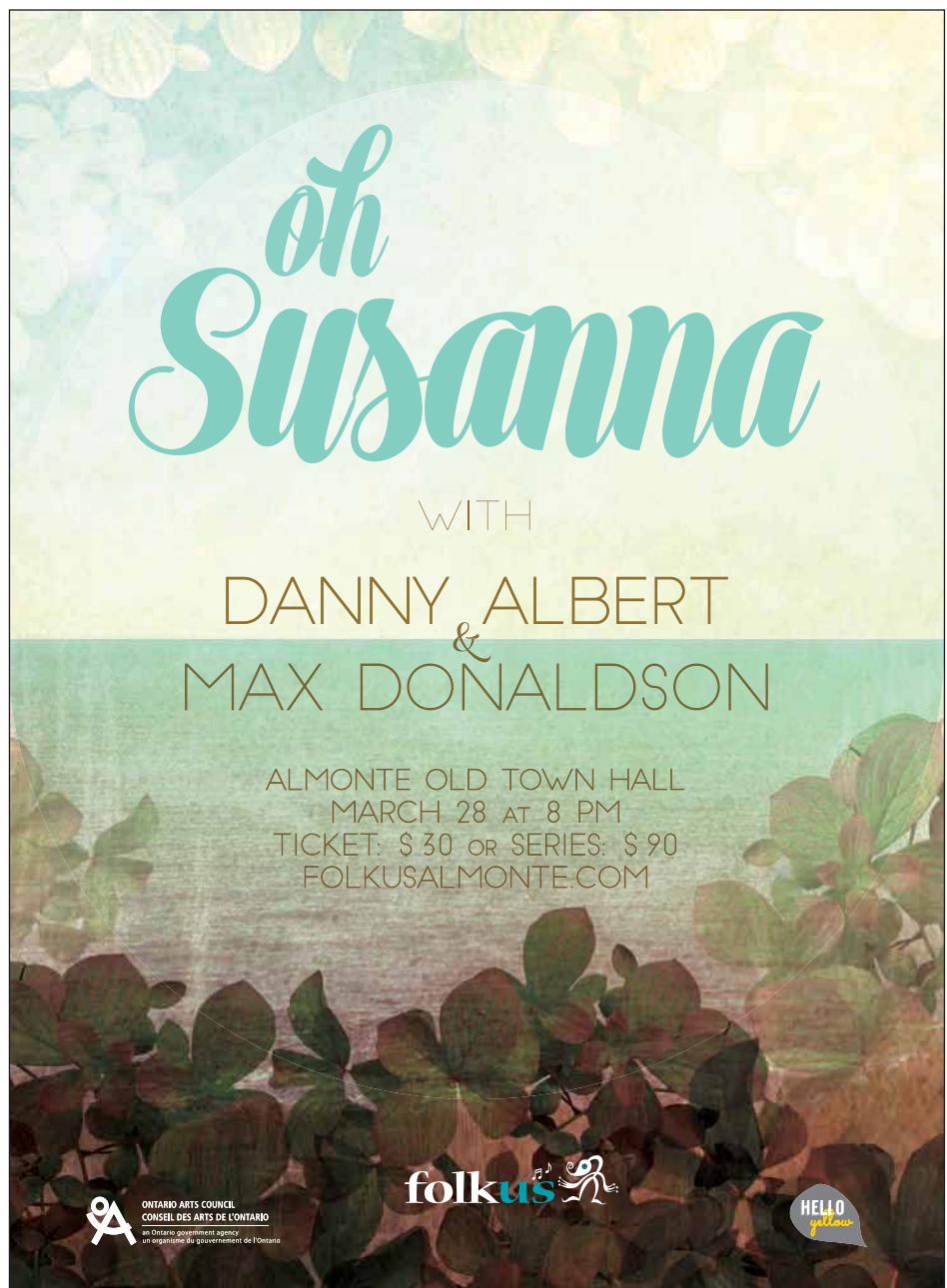
Presentations on:

Reiki and Hospice Palliative Care, Reiki and Crystals, Reiki and Animals, Reiki and Angels, Reiki and Children, Reiki and PTSD, Building your Reiki Community and the experience of a group Reiki session.

Cost: \$200 before April 1st, \$250 after.

To Purchase A Ticket:
www.snapuptickets.com/events/detail/enriching-me-and-my-reiki-community

For more information visit www.reikiassociates.com or email denise@reikiassociates.com



This 133 kW SolarShare installation houses twenty commercial businesses and saves 25 tonnes of greenhouse gas a year. Find out more about SolarShare in Almonte on March 11.

SolarShare Co-op EcoPerth Offers a Green Investment

Are you one of the many folks looking to make an investment towards your future (and get a decent return), but nervous about the environmental and social impact of the standard options available to you?

Were you hoping to install a microFit solar system on your property, only to find out that you couldn't because much of Lanark County is under constraint for any new systems?

Do you want to do your part to help wean our society off its climate-changing fossil fuel addiction, and move it to a renewable energy future?

SolarShare, an Ontario not-for-profit Renewable Energy Co-operative, could be exactly what you are looking for! Through SolarShare, co-op members invest in an expanding portfolio of solar projects while receiving a good return — something that EcoPerth believes is a win-win. Any resident or business in Ontario can purchase SolarShare investment bonds that offer 5% for five years, with the interest paid twice a year as a direct deposit into your account. SolarShare solar bonds are investments in community-owned solar installations throughout Ontario. They are considered lower risk as they are secured by a registered leasehold mortgage and are covered by SolarShare's diversified portfolio of 27 (and counting) projects. There are no development or construction risks as the bonds are only applied to systems that are built and commissioned and have a signed contract guaranteeing a 20-year revenue stream.

Becoming a Co-op member of SolarShare brings a special opportunity for

Lanark County. As a registered Renewable Energy Co-operative, SolarShare is able to apply for small FIT projects (up to 500kW) within Lanark County. Because the systems are financed 100% by co-op members from across Ontario, these projects qualify for a special "set-aside" capacity allocation through the FIT program. All that is required is that there are at least fifty qualifying members from within the County.

EcoPerth is facilitating membership in SolarShare and is working to identify potential solar projects throughout Lanark County. Becoming a SolarShare member is simple — there is a one-time \$40 membership fee, and a minimum \$1000 investment. By joining a registered Co-op with a "one member = one vote" rule, you become a voting member and are part of a growing family of community ownership of our energy future.

Learn More in Almonte on March 11

EcoPerth's goal is to have fifty Lanark County members by the end of March. To that end, they will be holding an information meeting at 7:30PM on Wednesday, March 11 at the Mississippi Valley Textile Museum. Everyone is welcome to attend, ask questions, and find out more about this opportunity. In the meantime, more information on SolarShare can be found at solarbonds.ca, and you can learn more about EcoPerth at ecoperth.on.ca. For more details, or to become one of the fifty plus Lanark members, contact EcoPerth at 268-2907 or email bob@ecoperth.on.ca.

Burnt Lands Alvar Pub Night

The Mississippi Valley Field Naturalists and the Burnt Lands Alvar Campaign committee invite you to share a companionable evening with friends of the alvar at a Pub Night, downstairs at Moose McGuire's from 7-9PM on Friday, March 6. Listen, or perhaps kick up your heels, to the Celtic folk music of the Jimmy Tri-Tone Band. Challenge a friend to a game of darts or engage in a game of pool. There will be a return of the popular heads-or-tails 50/50 draw, a silent

auction and a lightning trivia round. If the ancient fossils of the alvar ignite in your imagination — a strange sea world of a time long past measured not in centuries, but in epochs and eras — come lift a pint or two.

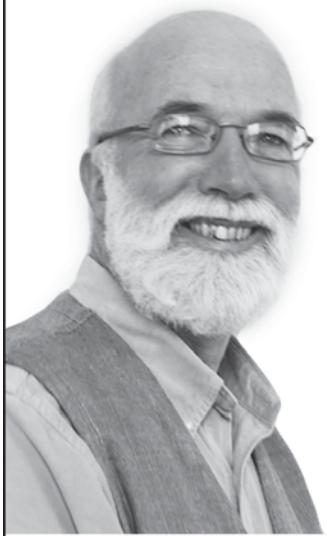
Funds raised will go towards MVFN's campaign to preserve the Burnt Lands Alvar. Further information about the campaign and the alvar can be found at mvfn.ca, or by contacting the campaign committee at mvfnblalvar@gmail.com.

2014 Tax Tip

If you are married or common law you may be able to claim a "Family Tax Cut" of up to \$2,000 for a child living with you throughout the year.

Accounting for Small and Large Business

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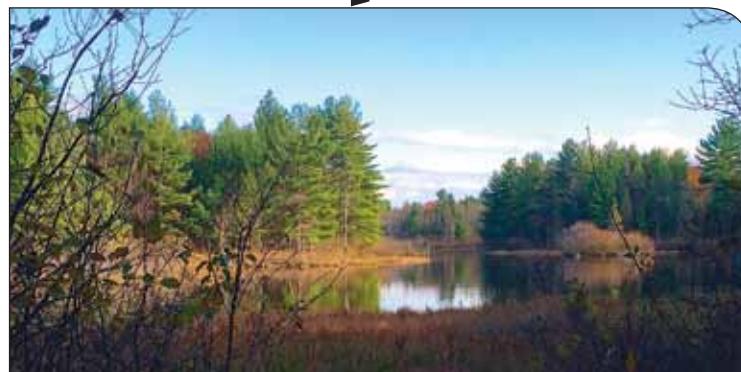
Land Trust Launches Initiative in Carp Hills

The Mississippi Madawaska Land Trust (MMLT) is launching a new initiative in the Carp Hills. This is one of the largest ecologically sensitive areas within the MMLT catchment area, which covers the Mississippi River and Lower Madawaska River watersheds. Because of the ecological significance of the Carp Hills, this roughly 3900-hectare (9600-acre) region has been designated an Area of Natural and Scientific Interest by the provincial government and it is dotted with Provincially Significant Wetlands as well.

Within this region the City of Ottawa owns a patchwork of land totalling roughly 900 hectares. The rest is privately owned, consisting of residences and uninhabited land parcels where City zoning bylaws place some limitations on development. This large natural area has traditionally been used for hunting, skiing, snowmobiling and hiking. With encroaching development over recent years, unmanaged use has increased, raising concerns that what has made the Carp Hills special could be lost. This issue led to the formation of the **Friends of Huntley Highlands**, a local citizens' group who are dedicated to preserving the Carp Hills, to sustain wildlife and preserve traditional outdoor activities.

Janet Mason, co-chair of the Friends of Huntley Highlands, explains: "the number one message we have heard from the community is that people want to keep the Carp Hills as a wilderness area. We want to offer landowners and people in the community some options that allow them to support and contribute to this goal."

MMLT shares the concerns of the Friends of Huntley Highlands and has now joined them in a partnership to launch a new initiative for preserving wilderness land in the Carp Hills. It is vital to keep this natural area large



The Mississippi Madawaska Land Trust is launching a new initiative in the ecologically sensitive Carp Hills area

and connected, which means that landowners need to play a role in the preservation initiative. Interested owners of ecologically sensitive property have a number of options for protecting their land forever, which can provide tax benefits. Information about property eligibility and the options available can be found on mmlt.ca. The land conservation process can be complex, and there are appraisal and legal costs, so you'll want to talk to an MMLT director for full details.

For those who want to contribute to land conservation in the Carp Hills, but don't own land or have land that does not qualify, they can make a donation in cash or securities to the **Carp Hills Opportunity Fund**. This charitable fund has been set up

with an initial donation of over \$50,000 and will be used for any expenses directly linked to the acquisition or donation of land or to the establishment of conservation easements in the Carp Hills. A landowner can also offer "Trader Land", which can be donated to the MMLT and then sold to provide funds for Carp Hills' properties. All donations qualify for a charitable tax receipt.

Both partners hope that the result of this initiative will be a large, contiguous natural area that both sustains wildlife and preserves traditional outdoor activities forever.



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What you want, the way you want it.

C'mon Get Happy

Sure. Experiencing feelings on command does not always work. Quick — be enraged! No wait, don't.

In 2012, March 20 was established by the U.N. General Assembly as the **International Day of Happiness**. Cue Pharrell. Or The Partridge Family.

Actually, have you seen Pharrell's website 24hoursofhappy.com? It is just as advertised: the

by Rona Fraser

song repeats for 24 hours, but with different people lip syncing it every time. Most are everyday folks, some are famous, and all are intriguing, as you watch them move with joy and abandon. Go look, and I'll wait... but set an alarm before it mesmerizes you.

Two groups are collaborating to help celebrate the Day: Project Happiness and Club de la Felicidad. On ProjectHappiness.org they postulate that 50% of our happiness level comes from our genes, 10% from our environment, and 40% from our daily activities and the choices we make. 40% Under OUR control!

They suggest developing seven Happiness Habits: have a Mindful Monday, Grati-Tuesday, Wellness Wednesday, Thoughtful Thursday, Friday Freedom, Social Saturday, and Soulful Sunday. I have been practicing

mindfulness — not just Mondays, but whenever it occurs to me — as I find it decreases my stress level. It is being aware of the present moment — being conscious of how you are feeling, what you are thinking, and what is going on around you, without trying to change anything. It's more challenging than it sounds;

I find myself thinking of things I should do and I start automatically doing them, forgetting to focus. The oft-used example is washing dishes: feel the water and dishes; stop planning tomorrow's supper. Science has shown that mindfulness increases positive emotions while decreasing depression, anxiety and stress. Yes please.

In my list of activities to increase happiness, music would be near the top. Singing along with a favourite song, preferably while dancing, is simply great. What's your go-to happy song? I have many, but an obscure one I love to sing (and that is good for all ages and sensibilities) is *You Were On My Mind*, by the We Five. Look for it on YouTube; you won't be disappointed.

And if you are looking for things to be happy about on March 20... Spring officially starts at 6:45PM!

Now go and watch a few minutes of 24 Hours of Happy. I guarantee it will leave you smiling, wanting to dance, and loving strangers just a little bit more.

Now Open until April 19



pancake house & sugar bush

Open daily 9AM-4PM

Annual Tapping Out Party: Sat. Mar. 7, 11AM-3PM

NEW! A Walk Through Time
on our Heritage Maple Path with Chad Clifford

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& all March Break, 11AM-3PM:
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maple taffy
Bring your skis & snowshoes!

Come Play in Our Backyard!
www.fultons.ca info@fultons.ca 613-256-3867



Seedy Sunday in Pembroke

Fellowes High School, at 420 Bell Street in Pembroke, is once again hosting this harbinger of the gardening season on Sunday, March 8, 10AM to 3PM. They're proud to say their event inspires and supports sustainable living. You can explore the seeds and plants for sale, talk with local food producers and environmental groups, and attend gardening presentations.

Remember to bring your own seeds, plants or other gardening goods to exchange at the Swap Table. Enjoy the local lunch, sharing knowledge, and meeting with friends. All new and experienced gardeners, locavores and the curious will want to attend! Further information can be obtained from Claire Lepine at <claire42@hughes.net> or 628-1836.

I Love Almonte!

Seeking a lot to subdivide or an existing home, in town, on a treed street.
Contact moepat56@gmail.com

Work Space Available in Almonte

Charming work spaces available in the Old Post Office in downtown Almonte, from \$225.00/month.
Please contact Stephanie at (613) 298-4309

The **Almonte Lectures**
27 March, Jeff Smith
Airport Inspection
Technology
Next Lecture: 24 April, Drew Wilson
Landmarks of Engineering History
All Lectures: 7:30PM in the Almonte United Church Hall
For information: almontelectures.ncf.ca



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Glory to Thee!

St. James the Apostle Anglican Church
12 Harvey St. Perth 613-267-1163
Choral Evensong: Sunday, March 15, 4 pm



St. James Choir with guest performer Marthe Jobidon Trumpet and Piccolo Trumpet

Healthy Living Festival Seeks Ambassador

Plans are well underway for the 2015 Healthy Living Festival, scheduled for Saturday, June 20, in downtown Smiths Falls. Each year as part of the festival, an award for being a Healthy Living Ambassador is handed out on the day of the event. The Healthy Living Ambassador is selected following nominations of individuals who best promote a healthy lifestyle within their community. The 2013 recipient was Corey Turnbull, while Melissa Hillier was selected in 2014.

For this year, the committee has modified the criteria to broaden the eligibility and make it easier for members of the community to vote. The ideal candidate is someone who best promotes healthy living within the community, but this has been expanded to include active living, healthy eating, healthy sexuality, mental health awareness and education, safety and injury prevention, substance abuse education and prevention etc.

The Healthy Living Festival committee will consider nominees who have served as a positive role model or who have made outstanding contributions to the community in the area of healthy living. Some examples of these could include showing dedication to working with others, being a good peer influence, involvement in community projects, and demonstrating a commitment and leadership in supporting and promoting healthy lifestyles at the community level. If the nominee is a business owner or a professional working in a related industry, the nomination could include exam-

ples of how the business has had a positive impact on the community.

Community members are encouraged to nominate their choice for Healthy Living Ambassador by visiting <healthysmithsfalls.ca> and clicking on the link to the form, or by submitting nominations to <dba@smithsfalls.ca> or in person at 77 Beckwith St. N. If delivering a nomination in person, please mark clearly on your envelope "Healthy Living Ambassador 2015". The deadline for submissions is 4PM on May 1.

The committee is also seeking vendors for this year's event, and the vendor's package is also available on the website. Last year's event drew more than 3,000 visitors to downtown Smiths Falls, and featured approximately seventy vendors. For more information about registering as a vendor, please call Downtown Business Association Coordinator Nicola Thomason at 283-4124 x1114 or email her at <dba@smithsfalls.ca>.

This year's festival will feature an expanded line up of exciting games and activities, including several new water-based activities, along with many favourites from past years, such as the rock climbing wall and obstacle course. The Cardio Move-a-Thon will once again raise funds for the Heart and Stroke Foundation, but this year's event will feature an '80s theme, with prizes for best '80s outfit, and an exciting selection of retro '80s music. Other new components will include a basketball tournament organized by SFDI basketball coach Todd Spencer.

March in Perth for Music Therapy

March is National Music Therapy Awareness Month. To celebrate, the Canadian Music Therapy Trust Fund (CMTTF), in partnership with The Canadian Association for Music Therapy will host the second annual March for Music Therapy, coast to coast on March 29.

The March for Music Therapy will be a grassroots, family- and community-focused national event, this year taking place in ten communities across Canada. On Sunday, March 29, groups will march up to 5km to raise awareness and funds for music therapy. All marches will end with an event to celebrate the community coming together and supporting the CMTTF and their efforts to provide music therapy services to underserved populations in Canada.

In Perth, you can march to the exciting sounds of a Dixieland band! Music Therapists of the Lanark area and colleagues from the Ottawa area invite you to gather at the Crystal Palace at 1PM. Participants will complete a 2.25km route to the sounds of Dixieland Jazz featuring Mark Bailey and friends. The march will end at around 2PM and a reception will be held at St. James Anglican Church Hall. There will be potluck-style refreshments, music and speeches. From 2PM until 2:45PM, people will also have the chance to bid on several silent auction items from local artisans and businesses. Participants will also have the chance to participate in a songwriting workshop with James Keelaghan. This workshop is part of the fundraiser, and music therapists from Lanark area want to thank Mr. Keelaghan for making this possible. Participants can register for the walk for \$20, and for the workshop at the cost of \$30. It is also possible to make donations online, or to sponsor a marcher.

To register for the march and/or the workshop, visit <theHumm.com/mar2015>.

What is Music Therapy?

Accredited Music Therapists (MTAs) have a music therapy bachelor degree or higher, and use the power of music to promote, maintain, or achieve goals related to health, wellbeing, and quality of life. From pre-natal to palliative care, accredited music therapists work in areas including but not limited to: mental health, developmental disabilities, and dementia care, with people of all ages. There are currently 586 MTAs practicing in Canada.

Music Therapy in Action

After some time working with a certified music therapist, a young boy with autism began to verbally express his feelings, thoughts and concerns. He moved on to graduate from elementary school reading, writing and, most importantly, having made one friend. Music therapy provided a bridge for this boy's success.

A middle-aged man was living in palliative care with lung cancer that spread to his brain. As a result, his cognitive functioning was intact; however, he had a great deal of difficulty expressing himself verbally. No longer able to verbalize his thoughts and feelings clearly, he was living the last days of his life in frustration. After the addition of a music therapist to his care routine, he discovered that while he couldn't speak his thoughts and feelings, he could sing. With the support of a certified music therapist he was able to express himself through music and, as a result, he was able to sing his hopes, fears and desires.

Bring on Spring Seeds

It's official! Come to the Almonte Library at 1PM on Saturday, March 21, for the launch of the Mississippi Mills Public Library **Seed Library**. The seed lending library is a free exchange designed to promote healthy local food and a stronger community. It's also a great way to save money and try seed stock that is suited to your own climate. And to top it all off — saving and sharing seeds is just plain fun.

We have collected a variety of vegetable, flower, and herb seeds from community members across

Mississippi Mills and from heirloom seed suppliers across the country.

Check out a package of seeds for free at the library, plant them and let them grow to maturity. Save some of the seeds from your harvest and feel free to bring some back to the library where they will be packaged for others to check out for the following year.

For more information, contact Karen at the Almonte Branch at <kkiddey@mississippimills.ca> or 256-1037.

Get Gardening in 2015!

Another gardening year starts for the **Carleton Place & District Horticultural Society** on March 4. Let us hope we will soon see some sign of spring, and can enjoy getting out in the garden! Our first speaker of the year is Gerda Franssen, Master Gardener from Almonte, and her topic is "maximising the vegetable growing season" — something we would all like to know about, especially this year, as it seems we will have a late cold spring. Each month features a different interesting topic, from growing plants to arranging flowers, or how to preserve our heritage trees. The meetings are also social events where you can exchange tips with other members, enjoy the refreshments, and maybe win a door prize — something for the garden of course!

All members (new and renewing) will receive a yearbook that lists speakers and other events for 2015, such as the annual Plant Sale in May, which raises funds for local high school bursaries, and the popular Flower Show and Tea in June. Also in the yearbook is a list of Lanark County Master Gardeners who can be contacted for assistance. They are all experienced gardeners and will help with your problems, whether you are a seasoned gardener or just getting started. We also produce

a bi-monthly newsletter full of gardening tips and horticultural information.

Potluck suppers are held in June and December (AGM) and field trips are organised for July and August when we do not have a monthly meeting. Some local garden centres (listed in our yearbook) give a discount to members.

Volunteer members help with the upkeep of the Victoria School Garden, on Edmund Street beside the Carleton Place Community Labyrinth, and liaise with Carleton Place in Bloom for plantings around town, and at the riverside parks. We are always looking for new volunteers to join us and get involved.

The floral emblem for the Carleton Place & District Horticultural Society is the iris. In the language of flowers, the iris stands for "message". May we share the message of the joys of gardening with other members of our community!

Meetings are held the first Wednesday of the month at St. Andrews Presbyterian Church, 39 Bridge Street, at 7PM. Entry to the hall is at the back of the Church, on Beckwith Street. Membership is \$10 per year and visitors pay a \$3 fee. For more information, go to <cphorticulture.ca> or check our Facebook page.

— Doreen Harris

Perth Horticultural Society's March Madness

At this month's public meeting of the Perth Horticultural Society on Tuesday evening, March 10, there will be not one but two different talks! An earlier start time at 7PM for this special event will begin with a discussion on pollinators, pesticides and environmental protection. The presenters will be National Program Director of the Sierra Club Canada Foundation John Bennett, and Paul McKay, author of *The Kepler Code*.

At 8PM, Allison Shannon, owner and grower at Sun Harvest Greenhouses in Glenburnie (north of Kingston) will share her passion for growing food. She will deliver an interesting perspective on the changing face of vegetable consumption and gardening. She will talk about some of the varieties that we have come to rely on for feeding our families, as well as new varieties and trends you may not know about. Come prepared for an engaging time. You will love your veggies even more after her talk!

Allison and her husband Greg began growing hydroponic tomatoes in 2002 and, after thirteen years, have built a strong reputation for growing Kingston's favourite tomatoes. Sun Harvest Greenhouses and Garden Centre has evolved into a des-

tination for enthusiasts of locally-grown food and top quality garden plants, both annuals and perennials, all grown in their modern one-acre greenhouses and surrounding fields.

Hear these interesting talks at the Horticultural Society's meeting on Tuesday, March 10, at St. Paul's United Church, 25 Gore Street West in Perth, beginning at 7PM. Membership is only \$10 per year; visitors normally pay \$3, but for this special event there is no charge. Everyone is welcome!

You can also meet Perth Horticultural Society members at the annual **Seedy Sunday** event held on Sunday, March 8, at the Perth Legion Hall from 10AM to 3PM. Local seeds of all sorts will be available for sale or for donation to those interested in starting spring plants. Informed gardeners will also tell you how to start the seeds for yourself.

As this is the time of year to start planning your garden projects for 2015, Algonquin College—Perth Campus is offering four different **Master Gardeners' Workshops** in March/April: Growing Trees and Shrubs, Growing Vegetables, Growing Fruits, and Creating a Pollinator/Cutting Garden. To register, call 267-2859 x5691.



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farrowgreg@hotmail.com

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Learning in Almonte

Two new courses start in mid-March:

The Novelist as Spy

by Michael Gnarowski, starts Tuesday, March 17

Follow the development and growth of the "spy industry" by examining works by Conrad, Chiders, Maugham, Le Carré and Buchan. Most did some spying in their careers, and consequently used their own experiences as fodder for their fiction.

The Struggle with Infectious Diseases

by Alan Mortimer, starts Thursday, March 12

This course will trace our fight to protect ourselves from unseen killers like Ebola and Influenza. We will discover how they cause illness; discuss their social, economic and political impacts; and follow the struggle to control them.

These courses are six weeks in length.

Each comprises one two-hour lecture every week, from 1:30-3:30 in the Almonte Public Library Classroom.

No final exam, but lots of discussion time! \$75 per course.

To register contact Don Wiles at 256-4376 or
don.wiles@carleton.ca

Claiming Column

Maple Weekend, Lanark Cty, Apr 4-5
The Salvage Shop, Perth, Apr 9-19
Love from a Stranger, SF, Apr 16-26
 Paul James Band, Westport, Apr 17
 PPAC: Yiannis Kapoulas, Perth, Apr 17
 Almonte in Concert, Apr 18
 Human Library, Lanark Cty Libraries, Apr 18
 Almonte Lectures, Apr 24
Once Upon a Mattress, CP, Apr 24-26, May 1-2
 Folkus: Ball & Chain, Almonte, Apr 25
 Festival of the Maples, Perth, Apr 25
 PPAC: KW Symphony, Perth, May 1
 Home & Living Expo, SF, May 2-3
 Creativity Blitz, Pakenham, May 2
 Art in the Attic, Almonte, May 8-10
 David Rotundo, Westport, May 8-9
 Young Awards Gala, Almonte, May 9
 Spring Nature Walk, Blueberry Mountain, May 10
 Arts CP Art Show & Sale, May 23
The Drowsy Chaperone, Perth, Jun 4-14
Nana's Naughty Knickers, SF, Jun 4-14
 Healthy Living Festival, SF, Jun 20
 Art in the Park, Renfrew, Jul 11-12
 Herbfest, Almonte, Jul 26
 Puppets Up!, Almonte, Aug 8-9
A Little Princess, Smiths Falls, Aug 13-23
 MUSICwestport, Aug 14-15

Local Food

Garden Talks: Growing Veg that Like it Hot (Mar. 7); Techniques for Veg Success (Mar 21), 10-Noon. Register at 256-1037. Almonte Library
Ale Tasting, Mar. 14, 7PM. Cartwright Springs beers paired with Heirloom Cafe food. Textile Museum, Almonte. 256-3754, \$40
Hummingbird Chocolate Opening, Mar. 21, 11-4PM. Free treats, music, Curious George! 9 Houston Dr. Almonte. 801-0357
Seed Library Launch, Mar. 21, 1PM. Free seed lending library! Almonte Library, 256-1037

Visual Arts

Vernissage: Jennifer Noxon, Mar. 5, 7-9PM. Almonte's Mississippi: Points of View. Fairview Manor, Almonte.
Vernissage: MVTM, Mar. 7, 2-4PM. Hooked rugs. Textile Museum, Almonte. 256-3754, mvtm.ca
AAAA Mtg, Mar. 9, 7:30PM. Popcorn and an Art Movie. Almonte Library, 256-5863, 4a-artists.ca. Free, all welcome
Almonte Quilters' Guild, Mar. 11, 7PM. Almonte Civitan Hall, 257-8444, mfshurben@gmail.com
Rug Hooking Demos, Mar. 12, 11-2PM. Textile Museum, 256-3754, mvtm.ca

Smiths Falls Camera Club, Mar. 12, 7-9PM. Hobbyists to professionals. \$30/yr. SFDCL, Room 139. 283-6213

Textile Workshops: Crochet Easter Basket (Mar. 14); Fun with Knitting (Mar. 14); Knit Lattice Stitch (Mar. 18); Crochet Star Stitch (Mar 21). Mississippi Valley Textile Museum, Almonte. 256-9381, mvtm.ca

Vernissage: Beata Kubicki, Mar. 15, 2-4PM. Photography. MERA Schoolhouse, McDonalds Corners

Flippin' Art Night, Mar. 19, 5-7PM. Ashley Barrie & Elisabeth Thomson. Ballygiblin's, CP. 253-7400, artscarletonplace.com. Free

Perth Picture Framing Opening, Mar. 21, 12-4PM. 88 Gore St. E., Perth. 264-8338

Maple Run Studio Tour, Mar. 21-22, 10AM-5PM. Self-guided studio tour around Pakenham. 623-5222, mapleruntour.ca

Lanark County Quilters Guild, Mar. 24, 7PM. Demo Day. Perth Lions Hall. \$3 guests

Monday	Tuesday	Wednesday	Thursday
	<p>♪ Carp Celtic Jam, Carp Masonic Lodge ♫ History of the Ottawa Valley, Carp ☰ Red Army, Arnprior</p>	<p>♪ Brock Zeman & Blair Hogan, O'Reilly's Pub ♫ Green Drinks, Perth ☰ Macnamara Field Naturalists, Arnprior</p>	<p>♪ Acoustic Stage, O'Reilly's Pub ☰ CP Hort. Soc. Mtg, Carleton Place ♪ Karaoke, Golden Arrow ♪ Open Celtic Jam, Naismith Pub ♪ Open Jam, Waterfront Gastropub ☰ Probus Club Meeting, Perth ♪ Shawn McCullough, The Cove ☰ The Theory of Everything, Perth</p>
	<p>☐ AAAA Mtg, Almonte ♪ Carp Celtic Jam, Carp Masonic Lodge ♫ History of the Ottawa Valley, Carp</p>	<p>♪ Brock Zeman & Blair Hogan, O'Reilly's ♫ MMPL Travelogue, Almonte ☰ Perth Hort. Soc.: Pollinators, Perth</p>	<p>♪ Acoustic Stage, O'Reilly's Pub ☰ Adult Bereavement Group, Perth ☐ Almonte Quilters' Guild, Almonte ♪ Karaoke, Golden Arrow ☰ Mommy, Renfrew ♪ Open Celtic Jam, Naismith Pub ♪ Open Jam, Waterfront Gastropub ♪ Shawn McCullough, The Cove ☰ SolarShare Info Session, Almonte</p>
16	<p>♪ Carp Celtic Jam, Carp Masonic Lodge ♫ History of the Ottawa Valley, Carp</p>	<p>♪ Brock Zeman & Blair Hogan, O'Reilly's ♫ Kelly Sloan, Ashton Pub ♪ St. Pat's Party w/Crooked Wood, The Cove ♪ St. Pat's Day Dance, Pakenham ♪ St. Pat's Day w/Ted Lalonde, Golden Arrow</p>	<p>♪ Acoustic Stage, O'Reilly's Pub ♪ Dom La Nena, Neat Coffee Shop ♪ Karaoke, Golden Arrow ☐ Knit: Lattice Stitch, Almonte ♪ Open Celtic Jam, Naismith Pub ♪ Open Jam, Waterfront Gastropub ♪ Shawn McCullough, The Cove ☰ Transition Perth Meeting, Perth</p>
23	<p>☐ Almonte Hort. Soc., Almonte ♪ Carp Celtic Jam, Carp Masonic Lodge ♫ History of the Ottawa Valley, Carp</p>	<p>♪ Brock Zeman & Blair Hogan, O'Reilly's ☐ Lanark County Quilters Guild, Perth</p>	<p>♪ Acoustic Stage, O'Reilly's Pub ☰ Adult Bereavement Group, SF ☐ Arnprior Quilters' Guild, Arnprior ♪ Karaoke, Golden Arrow ♪ Neat Soundcheck, Neat Coffee Shop ♪ Open Celtic Jam, Naismith Pub ♪ Open Jam, Waterfront Gastropub ☰ Red Army, Renfrew ♪ Shawn McCullough, The Cove ☰ The 100-Year-Old Man..., Perth</p>
30	<p>♪ Carp Celtic Jam, Carp Masonic Lodge ♫ History of the Ottawa Valley, Carp</p>	<p>♪ Brock Zeman & Blair Hogan, O'Reilly's</p>	<p>♪ Acoustic Stage, O'Reilly's Pub ☰ CP Hort. Soc. Mtg, Carleton Place ♪ Karaoke, Golden Arrow ♪ Open Celtic Jam, Naismith Pub ☰ Probus Club Meeting, Perth</p>
31			<p>♪ Jimmy Tri-Tone Band, Love That Barr ♪ Musicians' Circle, Bolingbroke ☐ Open Mic, Golden Arrow ☰ Ramblin' Valley Band, Barley Mow</p>

Literature

Book Talk: Noreen Kruzich, Mar. 7, 1-3PM. *The Ancestors are Arranging Things*. Renfrew Public Library, 432-8151

Meet the Author, Mar. 29, 2PM. Denise Chong re: Chinese in Smiths Falls. The Station Theatre, Smiths Falls. 283-2911. \$5

Music

Musicians' Circle, Thursdays, 7PM. Musicians only, all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall

AiC: The Golden Flute, Mar. 7, 8PM. \$30/\$15 at Mill St. Books or online. Almonte Old Town Hall, 256-9090, almonteinconcert.com

St. Patrick's Dinner Dance, Mar. 7, 7PM. Riverthieves Stewart Pk Festival fundraiser. Perth Civitan Hall. stewartparkfestival.com. \$25; \$15 dance-only

PPAC: Borealis String Quartet, Mar. 13, 7:30PM. PDCI auditorium, Perth. 485-6434, ticketsplease.ca

Choral Evensong, Mar. 15, 4PM. St. James the Apostle Anglican Church, Perth. 267-1163, stjamesperth.ca

St. Patrick's Day Dance, Mar. 17, 8PM-midnight. The Ryan Brothers, light lunch. Stewart Com. Centre, Pakenham. exploremississippimills.ca. \$15

BOTR: Paul Reddick, Mar. 20, 7-11PM. The Cove, Westport. 1-888-COVE-INN, bluesontherideau.ca. \$60+tx reserved

Traditional Song Session, Mar. 22, 2-4PM. The Barley Mow, Almonte. 355-5552, dpbaril@gmail.com

Dance to The Barley Shakers, Mar. 27, 7:30PM. Celtic & fiddle, light lunch. Almonte Civitan Hall, 256-6234, almontecivitan.com. \$12

Chris Angel, Mar. 28, 7:30PM. Full Circle Theatre, Perth. ticketsplease.ca. \$16.50

Arnprior Quilters' Guild, Mar. 25, 7-9PM. Christian Education Centre, Arnprior. arnpriordistrictquiltersguild.com. \$5; \$25/yr

MVTM AGM, Mar. 26, 7PM. Speaker: Tiffany MacLaren. Textile Museum, Almonte. 256-3754, mvtm.ca

Film Night International presents

The Theory of Everything, Mar. 4, 2PM/7PM (Full Circle, Perth), Mar. 5, 7PM (Station Theatre, SF); *The 100-Year-Old Man...* Mar. 25, 2PM/7PM (Full Circle, Perth); Mar. 26, 7PM (Station Theatre, SF). filmnightinternational.blogspot.ca

Spring Thaw High School Drama Festival, Mar. 12-13. High school productions. Tickets at door. Full Circle Theatre, Perth. barndoordproductions.ca

Cake, with Jennifer Aniston. \$12 at Baker Bobs, Nicholson's. Almonte Town Hall. hubhospice.com/movies-mississippi-cake

Ballet Magnificat!, Mar. 20, 7PM. Pembroke Pentecostal Church. 237-6031, ottawa- innercityministries.ca/events. \$35; \$30 adv; Children \$25

Theatre

O'Brien Theatres present *Red Army* (Arnprior, Mar. 1 at 1PM, Mar. 2 at 7:30PM); *Live At The Met: The Merry Widow* (Ar-

MARCH 2015

Friday

Saturday

Sunday

<p>♪ Brea Lawrenson, Golden Arrow ♪ Burnt Lands Alvar Pub Night, Almonte ♪ DJ Whisper, Waterfront Gastropub ♪ Jazz Night/Fundraiser, The Cove ♪ Stephen Mark Fisher, O'Reilly's Pub ♪ Steve Barrette Trio, The Swan at Carp ♪ The Little Mermaid, Carleton Place ♪ World Day of Prayer, Carleton Place</p>	<p>♪ Acoustic Saturdays, Waterfront Gastropub ♪ AiC: The Golden Flute, Almonte ☐ Book Talk: Noreen Kruzhich, Renfrew ♪ George Reynolds, Golden Arrow ♪ Jimmy Tri-Tone Band, Waterfront Gastropub ♪ Made In Iron w/A Darker Day, John St. Pub ☐ Maple Tapping Out Party, Pakenham ♪ New Country Rehab, The Cove ☐ Outdoor Fun, Beckwith ♪ St. Patrick's Dinner Dance, Perth ☐ Talk: Growing Veg that Like it Hot, Almonte ☐ The Little Mermaid, Carleton Place ☐ Vernissage: MVTM, Almonte</p>	<p>♪ Clay Young Duo Jazz Brunch, Fiddleheads ♪ Clever Mess Jazz Club, The Barley Mow ♪ Magnolia Rhythm Kings, The Royal Oak ♪ Open Mic w/Kelly Sloan, Ashton Pub ☐ Seedy Sunday, Perth ☐ Seedy Sunday, Pembroke ♪ Sunday Blues, Waterfront Gastropub</p>
<p>♪ DJ Whisper, Waterfront Gastropub ♪ John Wilberforce, The Cove ♪ PPAC: Borealis String Quartet, Perth ♪ Riq Turner, Golden Arrow ☐ High School Drama Festival, Perth ♪ Tom Savage, O'Reilly's Pub</p>	<p>♪ Acoustic Saturdays, Waterfront Gastropub ☐ Ale Tasting, Almonte ☐ Appleton on Ice, Appleton ☐ Crochet Easter Basket, Almonte ☐ Fun with Knitting, Almonte ♪ Head over Heels, The Cove ♪ Marc Jordan, Neat Coffee Shop ♪ Matt Hughs, Golden Arrow ☐ Survivalist Walk/Talk, Lanark area</p>	<p>♪ APEx Jazz Band, The Royal Oak ☐ Cake, Almonte ♪ Choral Evensong, Perth ♪ Open Mic w/Kelly Sloan, Ashton Pub ♪ Sunday Blues, Waterfront Gastropub ☐ Vernissage: Beata Kubicki, MERA</p>
<p>☞ Ballet Magnificat, Pembroke ☐ BOTR: Paul Reddick, Westport ♪ DJ Whisper, Waterfront Gastropub ♪ Jimmy Tri-Tone Band, Love That Barr ♪ Shawn McCullough, Golden Arrow ♪ Steve Barrette Trio, The Swan at Carp ♪ The Mayhemingways, O'Reilly's Pub</p>	<p>♪ Acoustic Saturdays, Waterfront Gastropub ♪ Brea Lawrenson, Golden Arrow ☐ Crochet: Star Stitch, Almonte ♪ Fastlane, Moose McGuire's ♪ Jeff Callery & John Wilberforce, The Cove ☐ Perth Picture Framing Opening, Perth ☐ Maple Run Studio Tour, Pakenham ☐ Rideau Trail Assoc'n Open House, Perth ☐ Hummingbird Chocolate Opening, Almonte ☐ Seed Library Launch, Almonte ☐ Techniques for Veg Success, Almonte ☐ The Grand Slambovian, Neat Coffee Shop</p>	<p>♪ Clay Young Duo Jazz Brunch, Fiddleheads ♪ Magnolia Rhythm Kings, The Royal Oak ☐ Maple Run Studio Tour, Pakenham ☐ Memories of Appleton, Appleton ♪ Open Mic w/Kelly Sloan, Ashton Pub ♪ Sunday Blues, Waterfront Gastropub ☐ The NightCrawlers, Generations Inn ☐ Traditional Song Session, Almonte</p>
<p>☞ Airport Inspections, Almonte ♪ Brea Lawrenson, Golden Arrow ☐ Dance to The Barley Shakers, Almonte ♪ DJ Whisper, Waterfront Gastropub ☐ Pakenham Home Show, Pakenham ☐ River City Junction, O'Reilly's Pub ☐ We Are Wilburys, The Cove</p>	<p>♪ Chris Angel, Perth ☐ Fish Fry, Munster ♪ Acoustic Saturdays, Waterfront Gastropub ♪ AGH Spring Dance Fundraiser, Almonte ♪ Ali McCormick & Sky Violet, Golden Arrow ♪ Amanda Rheaume, Galipeau Centre ☐ Culture/Land Rights, Carleton Place ♪ Folkus: Oh Susanna, Almonte ♪ Jazz House Concert, Almonte ☐ Live At The Met: The Merry Widow, Arnprior ☐ Pakenham Home Show, Pakenham ☐ Rockstock & Barrel, Moose McGuire's ☐ The Orient Express Dinner, Smiths Falls ☐ Transition Perth Potluck, Perth</p>	<p>♪ APEx Jazz Band, The Royal Oak ☐ March for Music Therapy, Perth ☐ Meet the Author, Smiths Falls ♪ Open Mic w/Kelly Sloan, Ashton Pub ☐ Pakenham Home Show, Pakenham ☐ Pancake Breakfast, Almonte ☐ SRO Big Band Tea Dance, Almonte ♪ Sunday Blues, Waterfront Gastropub</p>

- ☐ **CP & Beckwith Heritage Museum** presents Ready, Set, Snow! <cpbheritagemuseum.com>
- ☐ **Fairview Manor Lobby** presents Jennifer Noxon's Almonte's Mississippi: Points of View
- ☐ **General Fine Craft** presents Maria Gomez Umana's encaustic & mixed media art <generalfinecraft.com>
- ☐ **MERA Schoolhouse** presents Beata Kubicki's photography
- ☐ **MVTM** presents fibre artists Lesli Zanetti & Loretta Moore <mvtm.ca>
- ☐ **Ottawa West Arts Assoc Gallery** presents "The Art of Music" exhibit <owaa.ca>
- ☐ **The Mississippi Mills Chambers Gallery** presents Shirley Mancino and Janet Potter
- ☐ **The Almonte Library Corridor Gallery** presents Suzanne Warren Powell and Eric Mercier Warren

AGH Spring Dance Fundraiser, Mar. 28. Dinner, Eddy & the Stingrays. Almonte Civitan Hall, 256-2514, cpiche@agh-fvm.com. \$35; Table of 8: \$250

Folkus: Oh Susanna, Mar. 28, 8PM. \$30 at Mill St Books, folkusalmonte.com, or door. Almonte Old Town Hall, 256-9090

Jazz House Concert, Mar. 28, 8PM. John Haysom Trio. TBA. jazzn.ca. \$25 cash

SRO Big Band Tea Dance, Mar. 29, 1-4PM. Almonte Old Town Hall, 563-7044, sroteadances.org. \$14; \$25 per couple

The Swan at Carp (Carp, 839-7926): Mar 6, 20 Steve Barrette Trio, jazz, 7-10PM, no cover

Fiddleheads (Perth, 267-1304): Sunday Jazz Brunch, 12-3PM

Mar 8, 22 Clay Young Duo

The Royal Oak (Kanata, 591-3895): jazz on Sun, no cover, 2-5PM

Mar 1, 15, 29 APEX Jazz Band

Mar 8, 22 Magnolia Rhythm Kings

The Cove (Westport, 273-3636): Wed Shawn McCullough, 6-9pm

Mar 6 Jazz /Stingrays Fundraiser, 6-11PM

Mar 7 New Country Rehab, 8-11PM

Mar 13 John Wilberforce, 6-9PM

Mar 14 Head Over Heels, 6-9PM

Mar 17 St.Pat's w/CrookedWood, 6-10PM

Mar 21 Jeff Callery & John Wilberforce, 7-10PM

Mar 27 We Are Wilburys, 8-11PM

Ballygiblin's (CP, 253-7400), no cover

Mar 5 Jazz at Bally's 6-9PM

Neat Coffee Shop (Burnstown, 433-3205): 8PM

Mar 14 Marc Jordan, \$45

Mar 18 Dom La Nena, \$25

Mar 21 The Grand Slambovian, \$30

Mar 25 Soundcheck, free

Naismith Pub (Almonte, 256-6336): Wed

Open Celtic Jam, 7:30-10PM

Carp Masonic Lodge: Mon Carp Celtic

Jam, 7-9pm

Ashton Pub (Ashton, 257-4423): Sundays Open Mic w/Kelly Sloan, 2-5PM

The Barley Mow (Almonte, 256-5669): Thursdays Ramblin' Valley Band, 8PM

Mar 8 Clever Mess Jazz Club, 2-5PM

O'Reilly's Pub (Perth, 267-7994): Tues Brock Zeman & Blair Hogan, 8:30PM. Wed

Acoustic Stage w/Dave Balfour, 8PM.

Mar 6 Stephen Mark Fisher, 9PM

Mar 13 Tom Savage, 8:30PM

Mar 20 The Mayhemingways, 9PM

Mar 27 River City Junction, 9PM

Love That Barr (Pakenham, 624-2000):

Mar 20, Apr 2 Jimmy Tri-Tone Band, 9PM

Alice's Village Café (Carp, 470-2233): Open Mic Thursdays, 7:30PM

Gallipeau Centre Theatre (Smiths Falls, 284-9916):

Mar 28 Amanda Rheaume, 8PM, \$25.50

Generations Inn (Carleton Place, 253-5253): 6-9PM, no cover

Mar 22 The NightCrawlers acoustic blues

The John St. Pub (Arnprior, 623-8149): Mar 7 Made In Iron (tribute) w/A Darker Day, \$15, 9PM

Mar 13 Pre-St Pat's: Gerry O'Kane, \$10

Golden Arrow Pub (Perth, 267-4500):

9PM. Wed Karaoke, Thurs Open Mic

Mar 6, 21, 27 Brea Lawrenson

Mar 7 George Reynolds

Mar 13 Riq Turner

Mar 14 Matt Hughs

Mar 17 St. Patrick's Day w/Ted Lalonde

Mar 20 Shawn McCullough

Mar 28 Ali McCormick & Sky Violet

The Waterfront Gastropub (CP, 257-5755): Wed Open Jam 9PM, Thurs Karaoke 9PM, Fri DJ Whisper (Top 40) 10PM, Acoustic Sat 3-6PM & 9PM, Sun Blues 3-6PM

Mar 7 The Jimmy Tri-Tone Band, 9PM

Moose McGuire's (Almonte, 256-2555):

no cover, 9PM

Mar 21 Fastlane

Mar 28 Rockstock & Barrel

Community

History of the Ottawa Valley, Mondays,

7-9PM (Feb 23-Mar 30). Lecture Series w Terry Currie. Huntley Com. Assoc Hall, Carp. 470-0142, events@hca-carp.ca

Green Drinks, Mar. 3, 5:30PM. Meeting of environmental folk. Golden Arrow, Perth. GreenDrinks.org

Macnamara Field Naturalists' Club, Mar. 3, 7:30PM. Arnprior Curling Club. mfnc.ca. Guests \$5, students free

CP Horticultural Society Mtg, Mar. 4, 7PM. St. Andrew's Church, CP. cphorticulture.ca. \$3 entry; \$10 annual

Probus Club Meeting, Mar. 4, 9:30AM. Mtg of retired folk. Perth Legion. probusperth.ca

Burnt Lands Alvar Pub Night, Mar. 6, 7-9PM. Fundraiser. Moose McGuire's, Almonte. 256-4202, MVFN.ca. No cost

World Day of Prayer, Mar. 6, 2PM. St. James Anglican Church, CP. 257-7143

Maple Tapping Out Party, Mar. 7, 11-3PM. Fulton's, Pakenham. fultons.ca

Spaghetti Dinner, Mar. 7, 4:30-7PM. Munster United Church. Freewill donation

Seedy Sundays, Mar. 8, 10-3, at Perth Legion, and Fellowes High School in Pembroke (628-1836). Free admission

MMPL Travelogue, Mar. 10, 7PM. Travel in Tanzania. Almonte Library. 624-5306. Free

Perth Hort. Soc.: Pollinators, Mar. 10, 7PM. St. Paul's United Church, Perth. 267-2421, perthhortsociedad.com. Free

Adult Bereavement Group, Mar. 11 (1-3PM, Lanark Lodge, Perth); Mar. 25 (1-3PM, Alzheimer's Society, Smiths Falls). 267-6400, rebeccab@chslc.ca. Free

SolarShare Info Session, Mar. 11, 7:30PM. EcoPerth explains solar investment opportunity. Textile Museum, Almonte. 268-2907

Appleton on Ice, Mar. 14, 11:30-2:30. Ice fishing, lunch, music, prizes. 159 Hillcrest Ave. Appleton. 257-8503. \$10

Happy St. Patrick's Day!

Stop into our gallery during March, and view a display from Sean's personal collection featuring scarce early, pre-independence Irish Coinage.

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Nice Bum, Where Ya From?

Disclaimer: please consult Barbara Coloroso and read Win the Whining War before heeding any of the following advice. Got a question? Send Miss Write an email at misswrite@thehummm.com.

Dear Miss Write,

How do I get my kid to wipe his own bum?
— Bummed mum

by Emily Arbour

Dear BM (pun!),

I will be the first to admit that parenting advice is my weak point. I mean, I know some people read up on these issues, but most of us are just flying by the sagging seat of our kids' poopy pants. That's my camp. I assume your son is old enough to master this task. Would it be crazy to suggest that you simply begin refusing to do it for him? Kids are smart. He's not going to start wiping his own butt until you stop doing it for him. This may be a true test of sensory adaptation on your part, but even if he truly won't do it on his own at first (stubborn little bugger), I'm pretty confident that after a few trips to the loo he's going to realize for himself that it'd be so much better if he did.

Here's what you're going to do. The next time he calls you from the bathroom, go to him. Wipe that bum one last time and tell him this is the last time you're willing to do this for him. He's old enough, and it's a very important life skill. A. Very. Important. Skill. Let him know if he doesn't begin doing this for himself, he's going to become very uncomfortable, very stinky and no one (besides you) will ever love him.

Fact.

Dear Miss Write,

My son had a note sent home this week because he is: "obsessively singing and dancing in class" and hums and spins in circles too much. So what do you do when your kid picks up all of your fantastic qualities, and not everyone finds them so fantastic?
— Fun Mom

Dear Fun Mom,

This makes me a bit sad, but I suppose if he's being disruptive in class, it's not necessarily that his teacher doesn't think he's fantastic. I think it's great that your kid is his own man, but have you been

in an elementary school classroom lately? They're nuts. Many classes have 30+ students and, as entertaining as it might be to watch your son break out his best *Shake It Off* rendition, I can see how it might be distracting to the other students. Time and a place, and all that.

I'd let his teacher know that you encourage his wackiness at home and that, though you don't want to discourage him from expressing himself creatively, you will speak with him about keeping his antics to appropriate times of day like recess and other free play times. Don't get me wrong, kids gonna be kids. I wish I knew more adults that were so free-spirited but, much like bum wiping, behaving appropriately — not to mention knowing your audience — are important skills we all need to learn early on.

Dear Miss Write,

My husband snores. He always has, but it's getting worse and worse, and I'm just not sure what to do about it. I haven't had a good sleep in months. Any advice?

— Sleepless in the Valley

Dear Sleepless,

Sleep deprivation has to be the most horrible form of torture I can think of. Truly, I would rather be water-boarded while simultaneously having my fingernails extracted than lie awake night after night thinking about how badly I need some shut-eye. I don't know what to tell you. It's beyond my realm. Personally, I would ask one of us to find an alternative sleeping arrangement. I realize this is not necessarily conducive to a healthy romantic relationship, but neither is you being a grumpy, bitter, exhausted partner. Have you looked into medical solutions? Can he wear one of those gas mask things that helps with snoring? Or a nose strip? I mean, you're suffering! Surely he can handle a little discomfort if it means you getting a good sleep.

— Emily Arbour is a freelance writer, mother and shop owner who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking Clementine how to pick a weather-appropriate outfit for Kindergarten. (Sorry. Seeeeeior Kindergarten.) Only difference is she doesn't have a column in this publication.

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welcome@handsonhealing.ca

Bring Some Joy Into Your Home!

Hi, my name is Joy, and I am an eight-week-old yellow Labrador retriever. I need a home, but not just any home. I need someone to look after me nearly 24/7. You see, I was born to do a job. My hope is to become a guide dog for a blind or visually-impaired person. It will take a long time, and before I even think about learning the special skills to become a guide dog, I need someone to teach me how to be a good puppy around the house. That is where the challenge begins and why it's difficult to find me a home. I need someone to volunteer to raise me in their house for twelve to eighteen months, knowing they'll have to give me back to enter into formal training to become a guide dog. You would be asked to take me nearly everywhere I would later go as a guide dog, so that I can be introduced to all kinds of environments where my blind or visually-impaired owner would take me.

You and I can have a lot of fun together, but don't forget that I am only eight weeks old. That means a lot of work. I need constant attention, like a baby, until I learn the basics. I have to admit that I'll likely have you up a few times a night to start out. But once I learn to be a good pup around the house and establish a toileting routine, and I'm a little older, you can put my guide-dog-in-training jacket on me and take me everywhere you go — to the grocery store, the mall, on buses and trains, and even to the local coffee shop. I will need to be taken for long walks a couple of times

a day and in all weather conditions. This includes muddy and rainy spring days, hot summer days and in the winter cold and snow. You'll have me for at least a year, so we'll experience it all together.

Don't worry; you won't be left on your own. You'll have lots of help along the way from a Puppy Walking Supervisor from

mates have gone to retirees, while others have been placed with individuals who have permission to take a puppy to work, work from home or own their own business. Other volunteers are stay-at-home parents or post-secondary students. The main thing is that I not be left at home alone for extended periods of time. The

It seems like a very long commitment at the start, but the time does fly by quickly. At some point, after twelve to eighteen months with my volunteer, I will be ready to enter into formal training to become a guide dog, when I will begin work at the National Training Centre of Canadian Guide Dogs for the Blind in Manotick. This process lasts about five months. If all goes well, the final stage is for me to be matched with an applicant for a guide dog. Then, the person and I will live and work together for a four-week session before I officially graduate as a working guide dog and go home with them.

During the fostering stage, food and veterinary expenses are provided by Canadian Guide Dogs for the Blind.

To participate, you must reside in certain geographical areas where the Puppy Walking Program operates, which includes Ottawa and Eastern Ontario and along the Hwy 401 corridor to the Greater Toronto Area. To learn more about fostering a puppy like me for Canadian Guide Dogs for the Blind, phone 692-7777 or email <info@guidedogs.ca>. You can get more information and receive an application package, plus sign up to attend a future information session on the program.

Again, my name is Joy. I hope that you will consider bringing some Joy into your home. Perhaps by the time you read this, a volunteer will have taken me home. However, I know there are other litters coming up soon, so there will definitely be a puppy for you if you decide to volunteer.



The Canadian Guide Dogs for the Blind are seeking foster homes in this area for guide-dogs-to-be.

Canadian Guide Dogs for the Blind, who will provide training and advice.

You don't have to be retired to take me either. What I really need is someone who can devote a great deal of time to me and has a lot of patience. Some of my litter-

program isn't ideal for someone working full-time outside of the home who cannot take me to work, but anyone else would be considered. I need to be in a loving home and with someone most of the time.



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Works by Ottawa Valley artists Elizabeth Veninga (above), Frances Taylor (below) and others will be featured in a Fibre Fling in early April

Their Focus is Fibre Art

Growing up in the Ottawa Valley, I remember my grandmother making quilts from worn out clothing. Those quilts kept us warm at night. Fine crochet decorated the parlour. Our grandmothers were not recognized as artists. They were just doing what women did. Today's fibre artists are building on that rich legacy, and fibre art is finding its place in the art world.

Many talented fibre and mixed media artists live, work and teach in this region. One of these is **Christine Johnson**, an experimental textile artist living on the shores of the Madawaska River, near Burnstown. She uses innovative techniques to create one-of-a-kind cloth. Christine's current focus is on the process of sewing, and the intricate knowledge required to complete a garment. She is a quilter, knitter, embroiderer, multimedia artist and teacher of art journaling.

Wendo Van Essen loves everything fibre! Her background in animation is evident in her "wacky", whimsical felted animals. Wendo was part of the Peace of Mind Creations family in Almonte. Today, you may find her teaching felting classes in Almonte at the Mississippi Valley Textile Museum ("Moose" workshop in March). She sells her work locally at Hello Yellow and exhibits regularly at Fibrefest (annually in September, in Almonte). See her wonderful menagerie of animals (vegan taxidermy) at <wendovanessen.blogspot.ca>.

Another talented artist finds her home in Arnprior. A reluctant quilter at first, **Sharon Collins** has developed as a fabulous art quilter who paints and dyes her own fabric for her art pieces. She says: "One has to slow down and pay attention to the details. Just as each step in our lives is important, the detailed process is important in my art." Sharon has a long list of exhibitions — local, national and international. She has exhibited locally at the MVTM, Almonte Library, Old Town Hall and municipal offices. She is also affiliated with the Arnprior & District Quilters' Guild. Her work is pure beauty, colour and subtlety. See more of Sharon's work at <sharoncollinsart.com>.

Frances Taylor is a multi-talented fibre artist, creating innovative works of fine art and wearables. Her landscapes are needle-felted using wool, silk and other fibres, as well as hand embroidery. Her goal is to "make art that stimulates the senses and communicates caring for the environment." Frances is a member of The West Carleton Fibre Guild and Artwear. You can find her work in several shops in the region, and she was one of two featured artists at last year's Fibrefest. See more of Frances' complex, colourful and often funky designs at <francesstaylorfiberartist.com>.



Looking at the work of these five local artists, you see the wide spectrum of possibilities existing in fibre art. One thing they have in common is that they belong to Out of the Box Fibre Artists. This group has over seventy-five members from Ottawa and the surrounding area, who meet monthly to share knowledge and their love of fibre art.

Come To a Fibre Fling!

On April 10 and 11, the Out of the Box artists will present their fourth annual **Fibre Fling** at Kitchissippi United Church, 630 Island Park Drive in Ottawa. A unique blend of exhibitions, sale and high tea, this annual group exhibit raised over \$10,000 in three years for the Stephen Lewis Foundation Grandmothers Project. At last year's Fibre Fling, thirty-four artists took part in the main exhibition and the Colour Challenge exhibition. See details of this year's show at <out-of-the-box.org/news.html>

Out of the Box fibre artists are spreading the word that fibre art is more than your grandmothers' quilts. Today's fibre artists have the opportunity to think outside the box with fibre while acknowledging its deep roots in the traditions of our grandmothers.

— Juanita Sauvé and Elizabeth Veninga

Transition Perth: The Power of Community

Have you ever considered a challenging global issue — climate change, say — and wanted to do something about it but thought *heck, I'm just one person, what can I do?* I certainly have. So have the good folks at Transition Perth — and together, alongside friends and neighbours and likeminded volunteers, they're taking action.

"Transition Perth is about building community resilience in our town," says Sébastien Bacharach, a member of the volunteer group's coordinating committee. "We believe that there may be big changes and tough times ahead of us and that we will be better off with a community prepared for these changes and also used to doing things together. So, we organize events of all kinds, from a veggie garden tour to a gift bazaar to a bigger resilience event. The idea is to generate local initiatives around whatever our members think is important."



Find out more about Transition Perth at one of their three events taking place in March

The Perth group is part of an international movement called the Transition Town movement, a global grassroots network of communities working locally to build resilience in response to global challenges. As Transition Perth's website notes, "These communities have started up projects in areas of food, transport, energy, education, housing, waste, arts, etc., after first identifying their own local needs and challenges. Together, these small-scale responses make up something much bigger, and help show the way forward for governments, business and the rest of us."

You can read a lot more about the Transition Town movement at <transitionnetwork.org>.

The idea, in essence, is a simple one: governments and individuals may fail, but if we act as communities, we may just be able to meet global challenges in time.

Also, a cheerful disclaimer from the group: they don't pretend to know all the answers and they don't know if their movement will work. It is a social experiment, they say, on a massive scale. But

they are convinced that acting as communities is, in a manner of speaking, the way to go.

To date, Transition initiatives have started up in over 35 countries around the world.

If you visit Transition Perth's website at <transitionperth.ca>, you'll find this statement that makes it very clear who they are and what they aim to accomplish: "Transition Perth is about building resilience to help address economic and environmental challenges in our community. We hold a positive, long-term vision and aim towards credible, practical solutions that are locally relevant. We hope to engage and collaborate with a wide variety of individuals and groups, creating a diverse web of relationships to address these challenges together with more strength and effectiveness."

Transition Perth is a fully volunteer-based group, says Bacharach. Right now they have a coordinating committee of about six people, with about a dozen people attending their meetings regularly, and a larger membership of around 250 people.

"We have done everything through volunteers and that is a choice," he says. "We do believe in community power and do not believe so much in ongoing funding. We would simply not exist without volunteers."

Transition Perth is always looking for more volunteers from the community. "Especially folks who have ideas and are willing to make them happen," says Bacharach. "People who want to participate in meaningful adventures, people willing to commit to seeing something through to the end, people who want to be a part of a group of humans trying to envision and create a better world."

If you're interested in volunteering, you can contact Sébastien — or any other member of the coordinating committee — through their website.

Over the past few years, Transition Perth has organized many events in the community, including social enterprise workshops, bicycle collectives (a hands-on workshop to help teach people bike maintenance — how to tighten brakes, true a wheel, change a tire or tube, and so on), veggie garden tours, dinner and movie nights, community potlucks, gift circles, and local talks by speakers on a number of issues.

"We are thinking of an up-skilling fair this year as a new event," Bacharach says. "This would be a series of free practical workshops on skills that may be required in an uncertain future."

Upcoming Events

Transition Perth has three events happening in March. On March 8 at the Perth Legion (26 Beckwith Street East), you'll find them at **Seedy Sunday**, an annual event hosted by the Perth Farmers'

Market. This is a wonderful community event that feels like spring and announces warmer days. From 10AM to 3PM, admission is free, and, with spring in mind, you can check out garden-related products, swap tables for seeds, locally grown food as well as presentations.

On Wednesday, March 18, Transition Perth will host a **meeting** at McMartin House (125 Gore Street East) to knock around some ideas and begin planning its summer events. Please join them if you're interested in participating in the organization of an event this summer. Or perhaps you may wish to drop in just to find out a little more about the group. All are welcome. The meeting goes from 6:30–8PM.

Eight days into spring (that's right!), Transition Perth will host a **potluck** at 2 Arthur Street. That's on Friday, March 28 at 5:30PM. Celebrate spring, share some good food, and enjoy the company of your neighbours and fellow townsfolk in your community. Please bring a dish to share, if you plan on attending.

— John Pigeau

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