

MARCH 2017

# The Hummm

free

Arts,  
Entertainment  
& Ideas



p.18 & 19

March's Events



p.4, 11, 13 & 23

Maple Season Is Here!



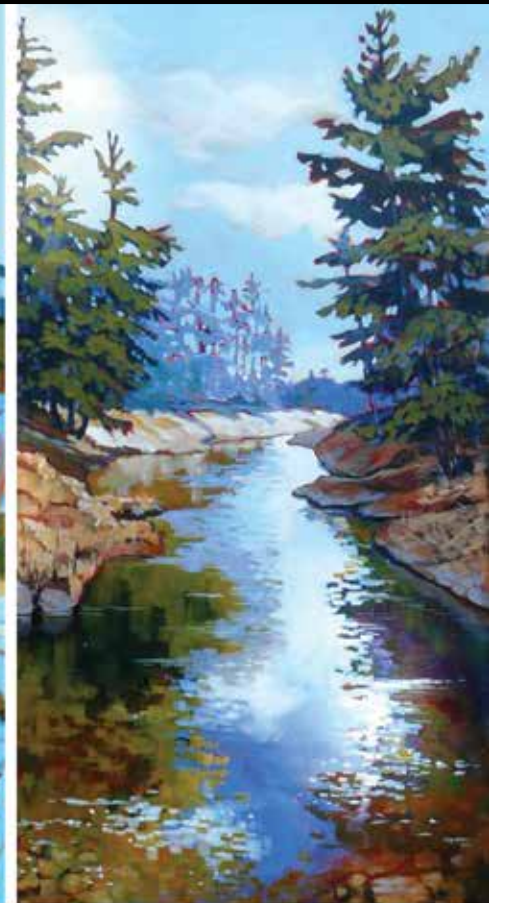
p.16

Music in Westport



p.13

Maple Run Studio Tour



The Art of Barb Sohn p.3



Patrick Kelly  
SALES REPRESENTATIVE

## March is for Maple!

With the first stirrings of Spring in the air, there's no better way to get a taste of Lanark County than by visiting a local sugar bush or maple event. And if you happen to get sweet on the area, just give me a call!

**Pat's Picks** Fulton's Pancake House & Sugar Bush <fultons.ca>  
**for March:** Tapping Out Party <wheelersmaple.com>  
Maple Run Studio Tour <mapleruntour.com>  
Maple Weekend <mapleweekend.ca>

Sutton

Premier Realty (2008), Ltd.,  
Brokerage

(613)254-6580

www.kellysuccess.com



"When you said you'd find us a nice deserted stretch of beach, I thought you were nuts!"

**Don't feel disillusioned!**  
**The challenge is calling**  
**the best in us.**

— Rob Stewart (1979-2017), environmentalist and documentary filmmaker (Sharkwater, Revolution)

**ANNUAL GENERAL MEETING**  
Wednesday, March 29<sup>th</sup> 6:30 p.m.  
Mississippi Valley Conservation Centre  
10970 Highway #7, Carleton Place

**MYSTERIES ABOUT FUNGI**  
Presentation by Dr. Myron Smith,  
Associate Professor of Biology, Carleton University

**Public is invited to join us for  
the presentation after 7:00 pm**  
Entrance fee: \$10 (members free)

More info at 613-253-2722 or [mmlt.ca/events](http://mmlt.ca/events)

**General**  
*fine craft*

*Weaving Tales* March 1 – April 16  
SAYWARD JOHNSON copper tapestries  
CHANDLER SWAIN ceramic centerpieces

Opening: Sunday March 12, 2-4pm

63 Mill St., Almonte open Tuesday-Sunday  
[www.generalfinecraft.com](http://www.generalfinecraft.com)



Who's Reading the Humm

Almonte's **Ingrid Harris** writes:

"On October 13, 2014 we had the first production meeting at Teatro SEA in New York City for the Summer 2015 production of *DREAM*, an adaptation of Shakespeare's *A Midsummer Night's Dream*."

Ingrid designed costumes for 56 people and 30 puppets for the production!

## Two That Missed Our February Issue

These two worthwhile organizations missed the deadline for our February Volunteer issue, so we've snuck them in for March...

The **Pakenham Fair Horse Show** is looking for volunteers to assist in running this popular annual event. The horse show is open to all equestrians to encourage new, young and old riders to partake in this event at the Pakenham fairgrounds in mid-August. Volunteers are needed to assist with publicity, sponsorships and various other duties. Here is an opportunity to meet local people and connect with the equestrian community. For information, please call 253-3353.

Are you interested in beautiful **Downtown Carleton Place**? Do you enjoy helping out at events? Are you interested in promoting our downtown? We would love to talk to you! For more information about volunteering, please email [info@downtowncarletonplace.com](mailto:info@downtowncarletonplace.com) or visit [downtowncarletonplace.com](http://downtowncarletonplace.com)

**the RAGGED FLOWERS**  
W/ CLAIRE HUNTER MARCH 25

FOLKUS CONCERT SERIES 2017  
at the Almonte Old Town Hall  
[folkusalmonte.com](http://folkusalmonte.com) folkus

**SOLD OUT**



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

**Editor:**

Kris Riendeau  
[editor@thehummm.com](mailto:editor@thehummm.com)

**Layout and Design:**

Rob Riendeau  
[rob@thehummm.com](mailto:rob@thehummm.com)

**Advertising/Promotions:**

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

**Assistant Editor:**

Rona Fraser  
[rona@thehummm.com](mailto:rona@thehummm.com)

**Calendar Submissions:**

[calendar@thehummm.com](mailto:calendar@thehummm.com)

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

**Submissions**

By email or on disk.

**Content Deadline:**

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

**Advertising Deadline:**

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

**Subscriptions**

cost \$40 (includes HST) for one year (12 issues). Send a cheque with your name and address to: theHumm PO Box 1391 Almonte ON K0A 1A0

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

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

**Thanks this month to:**

All of the community groups and not-for-profit organizations that build an advertising budget into their major events. We couldn't keep publishing without your support!

# Barb Sohn — Painting Nature is My Balancing Act

Barb Sohn is a happy woman. She has just moved into her cozy new cabin studio located right in the middle of her chosen artistic subject: nature. In late February on a sunny day, the scene outside her studio windows looks a whole lot like the colourful acrylic landscapes that brighten all available display space inside.

by Sally Hansen

Sohn's canvasses could almost convince me that Valley winters are one of our biggest assets. In her artist's statement she writes "My paintings are the reflection of my fascination with the interaction



between light, colour and pattern in water and landscape. Because of the many layers of design and colour found in water, the possibilities are endless. I paint landscapes, but I always come back to water."

With or without water, her renderings of area landscapes are a joy to behold. Intense colours interact with patterns of light on snow, fields, water and skies. Blues dominate her palette in some series; otherworldly pinks and mauves and ochres illuminate nature's beauty in others. Sufferers of seasonal affective disorder would do well to add one of her landscapes to their arsenal of coping mechanisms.

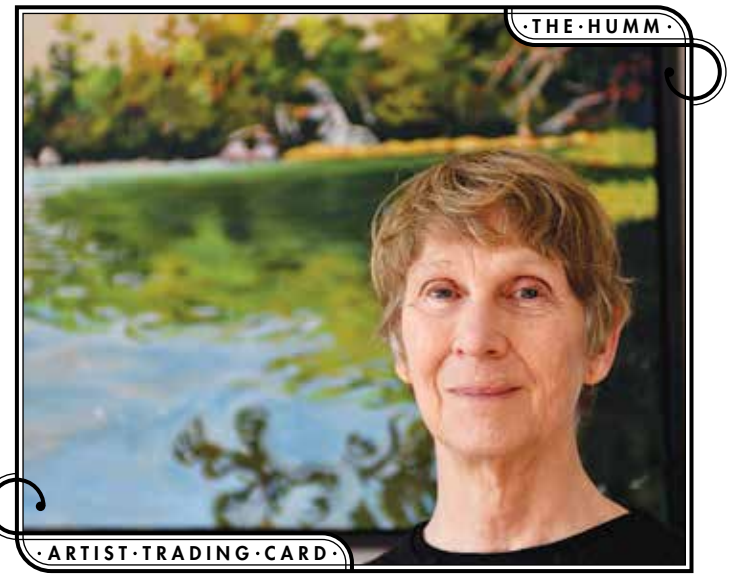
Retirement looms as a challenge for some of us, but Sohn is embracing her new-found freedom with lots of paint tubes, a generous supply of canvasses, and a zest for pursuing her life-long love of art on a full-time basis. She retired last June from a twenty-year career as a social worker with the Nelson House of Ottawa-Carleton, and immediately embarked on her studio project with the help of her husband, Tony Cote. She spends many early mornings snowshoeing or hiking with their dog Billie (after Billie Holiday), through the maple woods that surround their home a few minutes south of Perth.

She also wanders farther afield. Murphy's Point Provincial Park on Big Rideau Lake is a favourite haunt, and her camera goes with her to Maine and across Ontario and Quebec.

Her artistic goal is to "provide a pathway for the viewer, to invite you to move into the painting — to follow the road, to put your feet in the water, to take yourself out of the present." She succeeds admirably. Nature is her muse, and she paints intuitively. Sometimes she listens to audiobooks as she paints. She finds that mysteries engage her analytical attention, freeing her to paint almost subconsciously, in a "Zen mode", where she does her best work.

Sohn feels that having a career in the arts is a great privilege. She always knew she had a talent for art, and always loved to draw, so in her twenties she decided to study art at Seneca College. Her teachers encouraged her to earn a diploma as a Visual Arts Instructor, after which she taught art and photography to children. Today she uses her photographer's eye to capture images that inspire her landscape paintings.

After her two daughters were born, Barb became a stay-at-home mom and took up pottery in their



home near Uxbridge, northeast of Toronto. When the family moved to Fallbrook, about fifteen minutes northwest of Perth, she started painting on the platters she was producing. She switched from pottery to painting, exploring watercolours and pastels, but discovered her true métier when she began painting with acrylics in 1994.

Her art took a back seat for a while when she moved to Ottawa in her 40s to pursue a degree in Social Work at Carleton University, but by 2000 Sohn had participated for the first time in the West End Studio Tour in Ottawa. She was astounded when her work sold so well that she realized she could actually make a living as an artist. She didn't, because she truly enjoyed her work with abused women and children at Nelson House. She had become a transition worker, helping women with legal issues such as custody disputes, and she also had responsibility for coordinating the children's programs.

In anticipation of retirement, Barb and Tony moved last summer to their lovely home situated at the edge of Crown land just a few minutes south of Perth. Barb has already become a member of the Rideau Lakes Artists' Association, the West Carleton Arts Society, and the Ontario Plein Air Society. A few days before we went to press she joined artists Suzette MacSkimming and Bonnie Brooks at Perth's new **Gallery 87** in an afternoon exhibition and discussion of the role that art plays in a community.

Sohn knows from experience that the arts are a major factor in what attracts tourism to a community. She also values the role that studio tours play in giving the public a first-hand look at how art is created, and a chance to meet the people who make the art they select for their homes. Connections are important in our lives. I have quite a few pieces (pottery, paintings, wood sculptures) in my home that I have purchased from local artists. Each piece brings a smile to my face when I glance at it or use it. I know that my smile is broader and my pleasure deeper because of the connection I have with the person who created the piece I chose.

Barb Sohn strives for balance in her life. Before retiring she was balancing work, family, art and running. Now her balancing act juggles art, family, gardening and running. You'll have a chance to alter the balance of your busy life on April 1 and 2 by running into artists' studios during the annual **Pakenham Maple Run Studio Tour**. Barb's art will be on display at Studio 9, along with the works of several other artists. You can check the back of her Artist Trading Card above, and visit us at <thehummm.com> for her coordinates and upcoming events.

## how to buy from our bulk bins

BUYING IN BULK IS A GREAT WAY TO SAVE ON COST, REDUCE PACKAGING, AND KEEP YOUR INGREDIENTS FRESH BY ONLY BUYING WHAT YOU NEED.

1. grab a container or bag
2. fill it with as much as you need
3. write down the product number
4. high five another bulk buying shopper
5. repeat



400 PLUS BULK PRODUCTS



106 WILSON ST. W. PERTH, ON  
613.267.5409

MON-THURS 8am-8pm  
FRIDAY 8am-9pm  
SAT AND SUN 9am-6pm



foodsmiths.com

WHO Barb Sohn

WHAT Landscape Artist

WHERE Barb Sohn Art Studio, 198 Clifford Crescent, just south of Perth, <barbsohnart.ca>, 857-8171, <barbsohn@gmail.com>; Studio 87, 87 Gore St., Perth

WHEN Apr. 1-2, Pakenham Maple Run Studio Tour; Studio 9, <mapleruntour.ca>; Jul. 15-16, Rideau Lakes Artists' Association Summer Show, Algonquin College, Perth Campus, <rideau-lakesartists.com>; Oct. featured artist at MERA Schoolhouse, <meraschoolhouse.org>

WHY "Art colours my life."

ARTIST TRADING CARD

THE HUMM



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

# Magical Maple Weekend

## Sweet Maple Goodness & Old-Fashioned Family Fun

Get ready for some maple-inspired fun on April 1 and 2, during Maple Weekend's third annual sweet celebratory event. Taking place right in the heart of maple season, Maple Weekend is the perfect time to plan a trip to a local participating sugar bush and sample maple treats while experiencing some old-fashioned family activities!

Hosted by the Lanark & District Maple Syrup Producers' Association (LDMSPA), Maple Weekend celebrates the maple season at participating sugar bushes throughout the Lanark, Mississippi Mills, Portland, Brockville, Frankville, North Frontenac, Sharbot Lake and Perth areas. During this popular two-day event, participating maple producers host activities, specials and events to draw visitors to their operation.

LDMSPA President Mel Conboy explains that this year will see many returning maple producers, and a new addition to the group, all with special activities planned for Maple Weekend, including educational exhibits, interactive activities, and of course, maple taffy. "You can expect to see some fun activities this year. We really want people to come out and enjoy a day at the sugar bush," Conboy says.

Visitors can head out to participating maple sugar bushes on April 1 and 2 anytime between 10AM and 4PM, and explore how maple syrup is made, from tree to table. Make it a day trip or drop by for a few hours at a time; visit one sugar bush or visit multiple locations!

Whether it's boiling sap in a cauldron over an open fire or processing it through high-tech RO systems and modern fuel-efficient evaporators, the results always taste great. Visitors are invited to chat with local producers and find out everything there is to know about how maple syrup is made and its long history in Canada.

With Canada celebrating its 150<sup>th</sup> year in 2017, there has never been a better time to participate in such a quintessentially Canadian activity as a visit to a local sugar bush, snacking on maple taffy or even enjoying a pancake meal with fresh-from-the-evaporator maple syrup. Maple Weekend visitors can also learn more about the history of maple syrup and the impact it has had on Canadian culture and the local economy.

"Making maple syrup is something that has a special meaning to Canadians," Conboy explains. "A springtime visit to a sugar bush, and even the smell of fresh maple syrup, can bring back so many memories for people... It's a special time of the year."

Check the Maple Weekend website for a full list of participating sugar bushes, and bring your family and your sweet tooth for some maple-inspired fun. Maple Weekend activities vary at each participating sugar bush; in past years, they have ranged from pancake breakfasts to sugar bush trail adventures, sugar making demonstrations, taffy on snow, sleigh-rides and more.

Visit <mapleweekend.ca> to find out what each participating producer has in store for this popular springtime event!

**The Regimental Band  
of the  
Governor General's  
Foot Guards**  
in concert

**Sunday, March 26, 2:00PM**

St. Paul's United Church  
25 Gore St. W., Perth

Enjoy the exciting sounds of  
brass, woodwinds, percussion and organ  
in an intimate, acoustically pleasant setting

Freewill offering  
[www.stpauls-uc-perth.org](http://www.stpauls-uc-perth.org)



Sue Adams, "Study of a Man's Back", 32x28 inches

# SUE ADAMS

## METAPHOR

a solo exhibition  
March 10 - April 16, 2017

Vernissage/Meet the Artist:  
Saturday March 18, 3pm-6pm

SIVARULRASA GALLERY  
34 Mill St, Almonte  
613.256.8033 [www.sivarulrasa.com](http://www.sivarulrasa.com)



Sue Adams, "Summer: Fecundity", 78x24x24 inches

# Chelsea Vowel's *Indigenous Writes* — Canadian Myth-Busting 101

*Not everything that is faced can be changed, but nothing can be changed until it is faced.*

— James Baldwin

If I were Prime Minister, I would make Chelsea Vowel's recent book required reading. In fact, passports would be revoked for those who neglected to read *Indigenous Writes: A Guide to First Nations, Métis & Inuit Issues*. And yes, there would be an exam to determine that all Canadians had digested and understood all that simmers and boils between its covers.

I had been searching for a clear explanation of Indigenous issues for years. I struggled through some dry government documents on various treaties, as well as endless heartbreaking media accounts of racism and violence against Aboriginals. I read *The Inconvenient Indian* by Thomas King, Wab Kinew's *The Reason You Walk* and René Fumoleau's *Here I Sit*, to name a few. I watched endless YouTube videos documenting racist abuse in Canada (check out "Sh\*t Canadians Say to Aboriginal Women" for starters). It's tempting to tune out such an overwhelmingly messed up situation. I mean, what the hell could I do to help?

I still had no clue on the Big Picture, or any idea how to educate myself further. Enter Chelsea Vowel's clear and intelligent tour de force, *Indigenous Writes*. (Did I mention she has a wicked sense of humour?) I gobbled this book like I would a blockbuster novel. I cried. I laughed. I often felt like screaming in disbelief and horror. This book clarified for me everything we desperately need to know about so many topics: Indian status, Métis and Inuit identity, cultural appropriation, the Sixties

**I**f I were Prime Minister, I would make Chelsea Vowel's recent book required reading.

and Millennial Scoops, the dog slaughter, relocation, doctrines of Colonialism then and now (very, very scary), and so much more. Ms. Vowel, who is Métis from Lac Ste. Anne (Alberta), and now living in Montreal, is also a mother, lawyer, activist, educator and internationally respected commentator on Indigenous-State relations.

Every chapter — hell, every paragraph — was an eye-opener. I was especially riveted by the "Myth Busting" section that covered long-held beliefs such



Susan Fisher recommends the book *Indigenous Writes: A Guide to First Nations, Métis & Inuit Issues*, by Chelsea Vowel (above), to all Canadians

as free housing, no taxation, and that favourite old cliché, drunken Indians. As to the myth of social and political progress (a whopper!), Ms. Vowel puts it bluntly: "Canadians who do recognize historical injustice seem to understand it this way:

- Bad things happened.
- Bad things stopped happening and equality was achieved.
- The low social and political status held by Indigenous peoples is now wholly based on the *choice* to be corrupt, lazy, inefficient, and unsuited to the modern world."

She does not exaggerate. I have heard these sentiments come from the lips of dear friends who hold influential government positions. I suspect my friends do not consider that they harbour racist tendencies. But then, neither did I until I read this book. The more I read — especially about colonialism — the more I had to examine myself. Ms. Vowel laid bare my misconceptions of the Indigenous experience, as well as our government's avaricious, and yes, two-faced negotiations with Native brothers and sisters of the Canadian family.

*Indigenous Writes* expands with excruciating clarity just how we Whitey Canadians do benefit from racial injustices, knowingly or unknowingly. It made me squirm. A lot. We need to recognize our white privilege biases — unwitting as they may be — and see the bonanza of doors that consequently open to us and not to those with dark skins.

Canada's Truth and Reconciliation Commission (TRC) took a huge step towards reconciliation, but it's only the tip of the colonial iceberg. Ms. Vowel devotes an entire chapter to this shameful legacy. The TRC had to exert herculean efforts to gather residential school horror tales from 6,000 witnesses, in part because "...the Canadian governments had to be taken to court repeatedly in order to force the disclosure of documents essential to the TRC's mandate." (Squirm.)

To all of us who want to help but don't know how, this is what Ms. Vowel advises. In her December 11, 2012 blog post <apihtawikosisan.com> she wrote: "This is something you can do. Understand

the issues yourself, and help other Canadians understand them better, too. Don't let these beliefs remain "common knowledge" any longer. Challenge them, and challenge the politicians who rely on these stereotypes in order to justify ongoing colonialism." Or as Hon. Justice Murray Sinclair, TRC Chair, puts it: "Reconciliation is not an Aboriginal Problem; it is a Canadian one."

*Indigenous Writes* is good medicine for us all. It will educate, amuse (black humour to be sure), horrify, and also encourage and support us on the convoluted road towards equality for all Canadians. Thank you Chelsea Vowel.

Copies of *Indigenous Writes* can easily be ordered from your local bookshop, at <portageandmainpress.com>, or online from Amazon or Indigo.

— Susan Fisher

mary pfaff

Spring Studio Workshops

**Expressive Drawing and Painting • Level 2**

April 5 to May 24, 8 week program

Wed. evenings 6:30 to 8:30 • \$280 most supplies included

**Abstract Painting**

Saturday, April 22 10:00 to 4:00 • \$135 supplies included

**Introduction to Cold Wax**

Saturday May 6 10:00 to 4:00 • \$135 supplies included

Location: **Mary Pfaff Studio**, 15 Bridge Street, Almonte

To register: marypfaffartist@gmail.com tel.613 257 9777

For more details visit [www.marypfaff.ca](http://www.marypfaff.ca)

*The Silver Shingle*

INDOOR | OUTDOOR SIGNAGE & CREATIVE IMAGERY

...on photosensitive aluminium

Unique Ruler Available at:

Fulton's Pancake House,

Gilligallow Bird Stores,

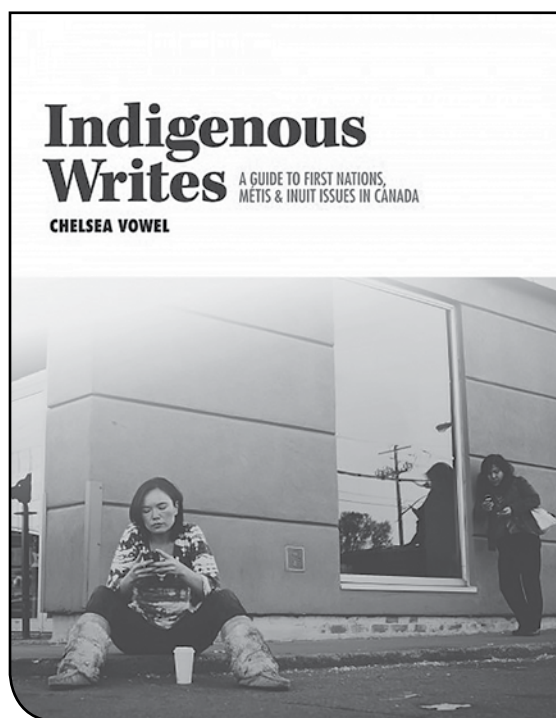
Ground Waves,

and by direct order.

Custom orders welcome!



613.200.3667 | [WWW.SILVERSHINGLE.COM](http://WWW.SILVERSHINGLE.COM) | f



# What is the Sound of Many Green Thumbs Clapping?

Last month I held out an olive branch (well, more like a seed) to keep your spirits up, by listing local Seedy Saturdays and a Seed Swap where you could start preparing for the upcoming growing season. So, you've got your seeds... Now what? Well, one of the best ways to get in a gardening frame of mind and make the most of your land and skills is to hang out with like-minded folks at your local horticultural society. They generally have a reasonable annual fee, but you can also get a taste by attending just one gathering. Don't see your hort. society here? Let me know at <rona@thehummm.com>.

by Rona Fraser

The **Almonte and District Horticultural Society** meets at the Cornerstone Community Church the fourth Monday of the month (except July and December) at 7:30PM. They provide a supportive environment for gardeners of all levels by encouraging the use of eco-friendly horticultural practices to promote the production of food and the conservation of our environment. Volunteer members plant and maintain public gardens in Almonte, including the Cenotaph garden, the Almonte Library Garden including Albert's Garden, Peace Park, the downtown Almonte barrels and urns, the Almonte Arena bed, the Veteran's Memorial Walkway, and two pots beside the bench at the front of the Almonte Legion.

Member benefits include: annual plant sale offerings of vegetables and flowers at discount prices; member discounts from numerous local businesses; expert guest speakers at monthly meetings; networking with Lanark County Master Gardeners; social hours following each meeting to meet colleagues and share experiences; a monthly newsletter to keep you informed of gardening events and advice; field trips, garden tours and flower shows; potluck suppers in August and November, and more. The annual membership fee is \$10; guests are welcome to one meeting free of charge, with a \$2 charge at subsequent meetings.

Join them March 27 when Donna Christie will give a talk on "Houseplants: the Horrifying, Hideous, Hilarious, Haunting, Heavenly". Call Carol Kenward 256-5594 if you have questions.

The **Carleton Place & District Horticultural Society** meets at St. Andrew's Presbyterian Church, Beckwith St. entrance, the first Wednesday of the month (Mar-Jun, Sep-Dec). Volunteer members help with the upkeep of the Victoria School Garden (Edmund Street, beside the Carleton Place Community Labyrinth) and liaise with Carleton Place in Bloom for plantings around town, and at the riverside parks. They host an annual Perennial Plant Sale, which this year occurs on May 27.

Join them on March 1 at 7PM, when their guest speakers are David Dunn and Rob Caron from Rideau Woodland Ramble, who will speak on "Design and development of shade gardens". As you may be reading the March Humm *after* March 1... Mark your calendars for their next meeting: April 5 at 7PM, when Jamie Roy of Acanthus (Almonte) will speak on "Tropical houseplant propagation". Membership is \$10/year or \$3 for a drop-in for the night.

The **Pakenham Horticultural Society** meets at 7:30PM at St. Andrews United (except May and June Flower Shows, which start at 7PM). For over 90 years, the volunteers of this society have been beautifying their neck of the woods. They maintain plantings at the Five Span Bridge Park, the Arena, the Cenotaph, as well as barrels and planters along the main street of Pakenham. They stage three Flower Shows each

year, including the Flower and Vegetable Show at the Pakenham Fair. There is even a Junior Gardeners Club, for kids interested in learning more about growing. An annual membership is \$15 per person, with family memberships starting at \$25.

Join them March 15, when Telsing Andrews, owner of Aster Lane Edibles in Kinburn, will share her passion for plants that are both beautiful and useful. She will explain how to use ornamental edibles and other practical plants in our gardens: plants that are undemanding and long lasting; are useful additions to a kitchen garden as tea, herb, or vegetable; are beneficial companions and increase biodiversity; and are a joy to the senses! The society also asks that you bring seeds this month, for a seed exchange. I love that they do this! Last month they were exchanging houseplants and rooted cuttings. Contact Sherryl at 800-1236 for more information.

The **Perth & District Horticultural Society** meets at St. Paul's United Church, D'Arcy St. entrance. The group was originally formed in April



of 1901, with the first speaker being Dr. Fletcher of the Ottawa Experimental Farm. They met regularly up until WWII. In 1984, a new PDHS was formed. They range from beginners to experienced gardeners, and meet regularly to learn about what grows best locally and to share their knowledge about all aspects of gardening. They are very proud of their Junior Gardeners Program in many elementary schools, and their talented membership which includes Master Gardeners, accredited Flower Judges and exceptional bakers who provide snacks for their general meetings!

The PDHS has been responsible for the upkeep of several public gardens over the years: the Flag Garden in the Perth Basin, the Cenotaph Garden in front of the hospital, the Museum Gardens, and the Alcove Garden facing Tay River Basin at Crystal Palace. Membership benefits include: learning from expert speakers; a newsletter; plant sales and exchanges; tours of local gardens, nurseries and other places of interest; access to their gardening library; participation in flower shows; discounts at numerous participating garden centres, and more. The annual membership is \$15 and visitors pay \$5.

At 7PM on March 14, Judy Wall of Rock Wall Gardens will discuss how to garden with unique plants that tolerate our tough summers and winters.

The **West Carleton Garden Club** meets at Memorial Hall in Carp on the second Tuesday of the month at 7:30PM. Formed in 1989, the club's goals are to encourage interest and improvement in the practice of horticulture by: organizing social events; including monthly meetings; encouraging the planting of trees, shrubs, and flowers and other beautification projects; organizing horticultural exhibits, competitions, and field trips; distributing

seeds, plants, bulbs, and flowers among members; and communicating with the public. Some of their projects include the Reading Garden at the Carp Library, the beautification of the front of the Carp Memorial Hall, and their Garden Tours.

On March 14, hear Master Gardener Judith Cox give a talk entitled "Child's Play: Gardening with Children, Fairies, and More". Get an annual membership for \$15 (\$20 for a family) or simply pay \$5 to attend a meeting.

## MMPL Seed Library News

To kick off the 2017 season, the Mississippi Mills Public Library Seed Library is offering two free workshops!

The first one takes place on Saturday, March 18 from 10AM to noon, and is entitled "Easy to Grow Plants for the Home Apothecary". Back by popular demand, Ottawa herbalist and wild food forager Amber Westfall will discuss healing plants that everyone can grow.

The second workshop, entitled "Small Space Vegetable Gardens: Plan your Space for Maximum Harvests", takes place on Saturday, April 8, also from 10AM to noon. Organic Master Gardener and local seed farmer Holly Myers will focus on how to select the right varieties for their individual space, interplanting and root structures, succession planting, and bio-intensive methods for maximizing small space gardens.

Workshops take place at the Almonte Library and seating is limited. Register by email to <kkiddey@mississippimills.ca>, at the circulation desk, or by calling 256-1037.

## Seed Library Launch

The seed library opens officially at 12:30 on Saturday, March 18. How does it work? Each year, library patrons can "check out" seeds from fellow gardeners and growers in Mississippi Mills and across Lanark County, grow them in their home gardens, and then "return" some saved seeds at the end of the season. Membership is free; you are just asked to fill out a membership form and keep a list of borrowed and shared seeds.

A big thank you to all seed library members who have donated seed over the past fall and winter. The Seed Squad volunteers have been busy getting packs ready for the launch. Special thanks to Sarah Lickley and the Mississippi Mills Youth Centre for digging in and packaging up a big batch of seeds this year!

This year, seed donations have been enriched with some seed packages donated by the library's West Coast friend Dan Jason of Salt Spring Seeds <saltspringseeds.com> along with a raft of heirloom seeds from their new East Coast friend Owen Bridge of Annapolis Seeds <annapolisseed.com> in Middleton, Nova Scotia. The best part: all seeds from both of these companies are open-pollinated so that seed library members can save seeds from their harvests. Many of the seeds are also heirloom varieties.

*Mike Doyle*  
Accounting for  
Small & Large Business  
Income Tax Services  
(613) 256-9987  
mike@[mdoyle.ca](http://www.mdoyle.ca)



**Jessica's**  
SYRIAN FOOD  
Catering & Pick Up Orders  
(please allow 48 hours for orders)  
613-371-1230 [jessicasyrianfood.com](http://jessicasyrianfood.com)

# Chesswood: Redefining Dining Out in Downtown Carleton Place

Worldwide, towns and cities develop around transportation discontinuities. Ports are obvious features, but trail crossings, waterfalls and mineral resources can all play a part. Times and practices change, thus obscuring origins; sometimes decline results, but rebirth is seen as well. The lives of towns

by Sebastian Weetabix

and cities are measured in multiples of human life spans, and cultural transitions are often driven by the interaction between established and immigrating populations. Weetabix's gastrocentric perspective on urban development is a new departure for students of town planning and, admittedly, a new and imprecise field of research. Herewith a case study in Carleton Place:

The town of Carleton Place was founded over 150 years ago around a waterfall (power source) on the Mississippi River; it was also the head of navigation for steamers that travelled the length of Mississippi Lake to Innisville (until the 1920s). Industry developed along the river, and the Brockville and Ottawa rail line (succeeded by the CNR) became a major employer, with a service depot and a station that now houses the Ginger Café. With the loss of local manufacturing and relocation of the railway, Carleton Place entered a period of decline which has been reversed by its development as a dormitory and retirement community for Ottawa. It is close enough to offer the price and amenity attractions of a small town, but just a bit small to support much in the way of "urban cultural services". For residents of small towns the choice of out-of-house fine dining establishments is generally



From tantalizing tapas to hearty (and delicious) bacon-wrapped meatloaf, Chesswood offers both quality and variety — celebrating "food without fanfaronade"

limited. Only extraordinary restaurants can draw clients from outside local environs, and tourists are a seasonal customer base at best.

According to Statistics Canada, Canadian household spending in restaurants is about \$2,200 per year — a bit more in highly urbanized provinces like Ontario and BC. Do the math and it is clear that for a restaurant to do well it needs to differentiate itself or offer cheap calories to go (the latter is a category of food that lacks interest for Weetabix). If you want cheap calories, eating at home can provide decent nutrition — not something on the menu at most fast food outlets. In danger of going off on a rant here, Weetabix executes a mental pirouette and returns to the gastrocentric view of urban development... and thus to Chesswood.

If you have neither heard of nor been to Chesswood, it is located at the intersection of several key forces that shape it and, in turn, make it into one of the elements that is renewing Carleton Place. Unpretentious and informal, modish but not overly trendy, and offering a superior level of culinary performance and presentation, this is a restaurant that celebrates food without fanfaronade.

Three key factors for success in the restaurant business are food (kitchen), front (the dining room) and finance. Chesswood is the creative partnership of Shane Charania, owner and proprietor

of the successful St. James Gate pub, and Dan Serson, an experienced chef. They believe there is an opportunity to serve a client base that is expanding as Carleton Place itself changes. Chesswood has been designed around the idea of informal fine dining. It is family- and event-oriented. As Shane described it, it is focused on the food. This is where a dedicated chef comes in as a partner, not an employee, since part of financial savvy is understanding motivation. Operationally, Dan runs the show as well as the kitchen. The vibe of the dining area is driven by the kitchen. In the serving area or "front", Dan's selection of management and serving staff and his relationship with them shows he understands the need to provide an integrated experience to his clients. Service is more than just delivery of food to diners; front performance is an integral part of the dining experience. Weetabix notes efficient, friendly and knowledgeable service — well done all round.

Quality ingredients, locally sourced, are a foundation of Dan's cuisine. He came to the trade via a part-time job as a line cook while studying accounting. Managing the practical aspects of a restaurant kitchen is important, and managing food costs while delivering a high-quality dining experience is one of the keys to success. As an amateur cook, Weetabix appreciates the talent needed to produce to a high standard while making sure there is a positive number on the bottom line. The target audience of Chesswood is price-sensitive, and an innovative move by Dan is the development of a kids' menu that makes bringing them along for a dinner out comparable to the cost of some fast food and a sitter. This is, Weetabix thinks, a good long-term strategy. Tapas Tuesdays are another idea in development — small but shareable portions allow a grazing approach to dining and encourage people to experiment with different taste combinations. We attended a Tapas Tuesday and can attest to the difficulty of exercising restraint when confronted with many delicious choices. A full meal from the tapas menu is an interesting and very satisfactory way to combat both hunger and gastronomic ennui. After sampling (truth be told, eating) several dishes, Weetabix also succumbed to the siren call of Dan's meatloaf.

Asking Dan about his personal favourite main courses produced a zoological triangle: meat, poultry and fish. His meat choice is a bacon-wrapped meatloaf with mashed potatoes and veggies — an excellent comfort food. Weetabix can attest to both the excellence and comfort but is chagrined to learn that the recipe is secret. The editor confirms that waterboarding chefs is off limits — there is nothing for it but to go back for more. Dan's other two personal favourites are the coq-au-vin and sesame-crusting salmon, and Weetabix adds the braised short ribs on a barley risotto for further research next time.

A selection of craft beers and a short wine list are well thought out, and Dan is working on dessert offerings including a cheesecake that he hopes will be a "must have". Weetabix contemplates tapas plus cheesecake and resolves to phone ahead...

Chesswood is located at 151 Bridge Street in Carleton Place. You can contact them at 492-4377, follow them on Instagram or Facebook, or find out more at <chesswoodcp.ca>.



## The Vimy Memorial

This is a year of milestone anniversaries: 100<sup>th</sup> of the Battle of Vimy Ridge, 120<sup>th</sup> of the Carleton Place Town Hall, and of course, Canada's 150<sup>th</sup>! The Carleton Place and Beckwith Historical Society is working with the municipality and other community groups to make it a truly memorable year.

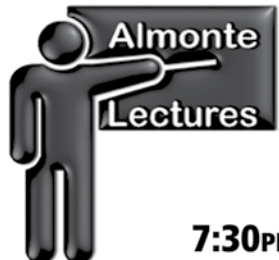
One of the main heritage events of the year will be the Carleton Place and Beckwith Historical Society's 5<sup>th</sup> annual gala fundraising event, **The Heritage Dinner**, at the Carleton Place Town Hall Auditorium on March 9. Organizers are pleased and proud to announce that Heritage Architect Julian Smith, recently named to the Order of Canada, will be the guest speaker, discussing his involvement in restoring the Vimy Memorial in France.

Julian is well known in this area, establishing his architecture and planning practice here in 1987 with partner Larry Gains. He served as President of the Almonte-Ramsay LACAC (Local Architectural

Conservation Advisory Committee) and worked extensively in both the heritage and contemporary fields on culturally significant sites in Canada, the U.S., Europe and Asia.

Julian has received the National Trust's Gabrielle Léger Award and the Architectural Conservancy of Ontario's Eric Arthur Award, both for Lifetime Achievement, as well as the Queen Elizabeth II Golden and Diamond Jubilee Medals. He was granted Honorary Membership by the Canadian Society of Landscape Architects in recognition of his cultural landscape work. He is also a recipient of the City of Ottawa's Charlotte Whitton Award and the Mississippi Mills Cultural Achievement Award. Of course, recently, Julian was named to the Order of Canada.

Tickets are \$50 (with a \$25 tax receipt) and are available at The Carleton Place and Beckwith Heritage Museum and at the Carleton Place and District Chamber of Commerce.



**Almonte Lectures**

**Richard III: "The Bunchback'd Toad"**  
Paul Marland

**7:30PM Friday, March 31**  
**in the Almonte United Church Hall**

Visit [almontelectures.net](http://almontelectures.net) for the complete schedule



**RADWAN MUSTAFA UPHOLSTERY**

Custom Upholstery  
Re-Upholstery & Refurbishment  
Curtains • Slipcovers

Contact: [faydev@gmail.com](mailto:faydev@gmail.com)

# Humm Bits

## Pancake Breakfast at Union Hall

Union Hall, in the heart of maple syrup country, is once again celebrating the arrival of spring with its annual Pancake Breakfast. This year, homemade pancakes topped with syrup from Fortune Farms, with sausages or ham, baked beans or blueberry sauce, will be served from 8AM until noon on Sunday, March 26. Fruit juice, Equator coffee and tea will also be on hand. Gluten-free pancakes are available on request. Come on out for a delicious start to your day; the cost is \$9 per person, \$7 for smaller portions, and \$5 for children 10 and under.

Located 1984 Wolf Grove Road at the corner of Tatlock Road, 8km west of Almonte, Union Hall 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 Municipality of Mississippi Mills.

## Celebrating Canada's 150<sup>th</sup> at the CP Labyrinth

On Monday, April 10 from 7-8PM, everyone is invited to attend the launch of the "150 CP Labyrinth Walks for Canada's 150<sup>th</sup>" commemorative event. In addition, a short film about labyrinths will be shown, followed by discussion and a potluck dessert buffet.

Whenever someone walks the Carleton Place Community Labyrinth between April 10 and September 8, 2017, they will be encouraged to record their participation. Organizers are hoping to meet, and even exceed, their goal of 150 walks — and will celebrate their combined achievement during the annual "Light up the Labyrinth" event on Friday, September 8.

To broaden the scope of this special commemorative initiative, they are also reaching out to other labyrinths locally and across Canada, inviting them to join in the celebration.

Christine Hume, Labyrinth Facilitator and committee member, explains: "As we brainstormed about ideas to celebrate Canada's 150<sup>th</sup> birthday, it occurred to us that simply encouraging more people to walk the labyrinth — to help them discover how this form of walking meditation can help to naturally quiet the mind and achieve feelings of calm and peacefulness — would be a good idea!"

Excerpts from the CP Labyrinth visitor's journal certainly bear that out: "Every time I walk the labyrinth I feel good. Thank you to the committee for keeping everything so nice." "So glad to start the spring with the opening of the labyrinth... when you refresh yourself, you refresh others." "A reminder of how we should live beautifully on our life paths." "Spending a short while at the labyrinth — to start my week. Already I feel calmer and more centred — just from allowing myself to stop for a bit! Very grateful."

To participate (starting on Monday, April 10), just add your name and date to the sign (and the log book!) each time you complete a labyrinth walk.

The labyrinth is located at the corner of George and Baines Streets beside the Carleton Place & Beckwith Heritage Museum, 267 Edmund Street in Carleton Place. For more information, please contact Debby Lytle at 257-1014 or <dlytle@rogers.com>, or find Carleton Place Community Labyrinth on Facebook.



**New to the Community?  
New Baby?**

**Contact Welcome Wagon Today!**

It's absolutely **FREE!**  
Bringing Local Community Information & gifts



visit our website to register:  
[www.welcomewagon.ca](http://www.welcomewagon.ca)

The  
Millstone

An intelligent  
and informed  
source of news  
for  
Mississippi Mills

**FREE**

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

Musical Musings

# The Power of Song Comes to Perth

One needs only to hear the strength and compassion expressed in her beautiful rendition of her self-penned song *Nowhere to Go but Up* to feel the "power of song" and to also know there is a story behind country chanteuse **Arlene Quinn's** conviction.

Born and raised in Lanark County, this singer/songwriter has, since an early age, offered up top quality musicianship that has enabled her to open for many Grand Ol'

by Steve Tennant

Opry stars, write and record in Nashville, and win copious awards. After a three-year hiatus, developing and refining strategies to overcome fibromyalgia, Arlene is back in the game, writing tender, top singles being played in over twelve countries around the world. She writes with heartfelt passion, often about personal experiences culled from her many opportunities to witness the "power of song" as it affects the multitude of seniors she regularly entertains throughout the region, as well as at fundraisers and capacity concerts.

It's a rare opportunity to hear her own inspiring catalogue of self-penned tunes, and to enjoy her welcoming smile, making it an honour to have her perform in the Listening Room line-up on Sunday, March 26 at 7PM at the Perth Tea Room (Perth Restaurant). Part of the proceeds will go to TayCare Children's Centre. Tickets are \$20, and are available at the Perth Tea Room or by calling 267-7902.

## Upcoming Events

- Saturday, March 4: **Hillsburn** (Canadian Folk Music Award winners from Halifax) plays the Sharbot Lake Inn <sharbotlakeinn.com>. Tickets are \$15.

# Celebrating the "Good Years" with Lyle

A lot of folks of a certain age like to reflect back to what many describe as simpler times and better days. The "good years" in other words.

Now just exactly when those days or those years were may vary from person to person, but many would likely agree that the decades of the 1960s and '70s would rank high on their list.

Yes — the days before excessive technology, cell phones, social media, fast-paced lifestyles, near total social disillusionment and so on. A time when people actually spoke to one another face-to-face and used to go out to meet with one another and socialize.

And of course there was the music.

Some of the best music ever made and the best performers ever known were introduced to the world during that time. Local community spaces, whether large or small, were inundated with live music for dances, stags, and weddings, and of course there was plenty to be found in local clubs and hotels as well. In short: it was great!

It's with this in mind that — on Sunday, March 5 — **The Good Years Tribute Show** will take place at the Royal Canadian Legion in Carleton Place between 2 and 4PM. "Music, memories & togetherness" will be celebrated in honour of our collective heritage and cultural identity. This also happens to coincide with 2017 being the year of Canada's 150 celebrations, and certainly music and people coming together express our common heritage and history.



On March 26, Arlene Quinn brings her "power of song" to the Listening Room in Perth

- Friday, March 24: Danny Brooks & Lil' Miss Debi bring their Texassippi soul to Westport as part of the **Blues on the Rideau** series <bluesontherideau.ca>. \$65 includes dinner and the show. Support live music everywhere!

The afternoon will be hosted by Carleton Place deputy mayor Jerry Flynn, and will feature some of the best known local performers, representing decades of musical experience and enjoyment. These include Clarence Bowes, Dave "Brownie" Brown, Bernie Costello, Tom Gardiner, Mac Knowles, Lyle Dillabough & The Blue Ridge Waters Band, and others.

The show is based in part on a series that Lyle Dillabough wrote entitled *The Last of the Good Years* which ran in the *Canadian/Gazette* last fall. Former Smiths Falls mayor Dennis Staples adapted the series into a live show that was performed in front of a sold-out crowd at the Smiths Falls Station Theatre on November 27. That performance featured several Smiths Falls musicians who once played the booming night spot circuit in that town, which existed during the '60s and '70s. So the idea is to now do a similar night featuring Carleton Place area musicians and stories. Proceeds from this show will go to the Carleton Place Legion Branch 192.

Tickets are just \$15 each and are available at Temptations (117 Bridge Street) and SRC Music (132 Moore Street). The show is being produced by Lyle Dillabough Productions & Friends, and more information can be found by contacting 253-0247 or <lyleproductions@gmail.com>.

— Lyle Dillabough



# Getting Your Irish On

Faith 'n' begorra! March is here again, and with it comes that most special celebration of the sober and restrained nature of those whose forebears came from the Emerald Isle. So this month, let's take a look at how much trouble you can get into on March 17 throughout the area.

**The Cove** in Westport is once again hosting a St. Patrick's Day celebration featuring Turpin's Trail (6-10PM, \$10). Formerly know as Crooked Wood, Turpin's Trail is the Kingston-based

by Bobby O'Dendo

Celtic/Folk quintet of Chris Murphy, Steve Kennedy, Jon McLurg, Brian Flynn and Noal St. Amand. They have shared the stage with the likes of Murray McLauchlan, J.P. Cormier and Leahy, and their music features tight harmonies and energetic accompaniment on guitar, mandolin, banjo, Irish bouzouki, ukulele, and bodhran. They play a mix of original songs and creative interpretations of Celtic, folk, bluegrass, and popular music. Always a huge hit, Turpin's Trail is a great fit for what is usually a full-house celebration of St. Patrick's Day in Westport.

(And don't forget the St. Patty's Hangover Party with Shawn McCullough on March 18 from 7-10PM.)

In Almonte, Terry (O')Tufts will strut his Irish stuff at **The Barley Mow** starting at 8PM. Terry is a superb singer and amazing fingerstyle



St. Patrick's Day provides a terrific opportunity to get out to a local venue and hear some great tunes (and drink some green beer...).

Above, Robby O'Dendo (on bass) will join guitarist and singer/songwriter Terry O'Tufts at The Barley Mow in Almonte on the 17th.

guitarist who has worked along side such notables as Tom Paxton, David Francey, Colleen Peterson, Laura Smith, Laura Bird, Ian Tamblyn, Bill Garrett & Sue Lothrop, Charlie Sohmer, The Arrogant Worms, Wayne Rostad, Susan Aglukark, Tracey Brown, and George Fox (to name but a few...). Lately, he has been sharing the stage with his very talented partner in life and music Kathryn Briggs, under the band name K.E.W.T. For this gig, Terry has teamed up with a modestly talented but very friendly bass player whose name escapes me (Bobby O'Dendo? No that's not it...). Expect a thoroughly enchanting mix of traditional tunes from the land of Erin.

Also on tap for St. Pat's, the **Golden Arrow Pub** in Perth has a two-fer. Matt Dickson will take the stage from 2-6PM, and Ted Lalonde will play from 8 until 1AM. In Pakenham, the **Stewart Community Centre** will play host to a St. Paddy's party from 8PM until midnight featuring live music by The Ryan Brothers with special guests Bill Ryan and Glen Silverson.

And don't forget: if you're enough lucky to be Irish, you're lucky enough! (And on St. Patrick's Day, we're all at least a little bit Irish.)

## Garnet O'Rogers

On March 11, die-hard folk fans and music lovers in general will want to head up to the **Valley Food & Drink Co.** in Calabogie to catch legendary performer Garnet Rogers in an intimate performance.

Hailed by the Boston Globe as a "charismatic performer and singer", Garnet is a man with a powerful physical presence - close to six and a half feet tall - with a voice to match. He is a seasoned troubadour in Canadian and American folk circles, and a real road warrior. Celebrated both for his nimble guitar work and his warm baritone, Garnet is also a raconteur and a wit. An optimist at heart, Garnet sings extraordinary songs about people who are not obvious heroes and of the small victories of the everyday. As memorable as his songs, his over-the-top humour and quick wit moves his audience from tears to laughter and back again.

The show starts at 8PM and tickets are \$25 (available on eventbrite.ca). Valley Food & Drink Co. is offering a dinner and show package for \$50 which includes a soup or salad to start, and either prime rib or salmon Wellington. Sounds delicious and delightful!

## Bridges O'Blues

I was very glad to hear from local drummer Bill Serson that he has a new project in the works. He is has just put together the "Bridges Blues Series" at **Bridges Bar and Grill** (2497 Country Rd. 29, Pakenham, 624-5939). The series will feature a special guest each month who will join the house rhythm section consisting of Ken Orenstein on bass and Bill Serson on drums. On March 18, Al Tambay will be in the house. In April, the special guest will be pianist Peter Brown on the 8th. On May 13, The Shimmy Kings join Ken and Bill. All shows are from 6-9PM.



## House for Sale Burnstown

- Formerly Rustic Remnants
- In the Heart of the Village
- Live, Work & Play in an artistic community

\$199,900 - a Century Home (1850)

Call Pat Forrest - 613-433-6569

## Tired of Winter?

We can't fix the weather, but we can improve your mood!



Grab some friends and head over to the Mill Street Crepe Company for a nice glass of wine and some exquisite gourmet food. All of our crepes, soups and salads are prepared daily and made with love.

And of course our delicious desserts are no exception. Our Berry Maple Crêpe is guaranteed to delight!



Mill Street Crepe Co.

14 Mill Street Almonte - 613-461-2737 - www.millstreetcrepecompany.com  
Lunch: Mon.-Fri. 11am-2:30pm • Sat.-Sun. 10am-3pm • Dinner: Thursday - Saturday 5pm-8pm

**THERE IS NO  
BAD WEATHER  
JUST  
BAD CLOTHES!**

Up to  
**50% off**  
All remaining outerwear

LOLÉ quarta nature  
**BURTON** Columbia Sportswear Company



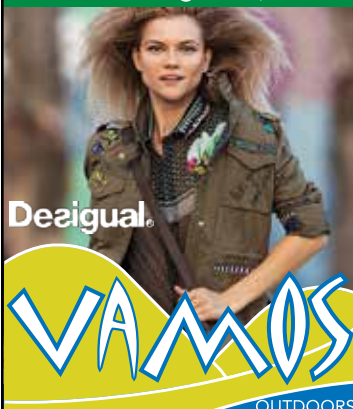
Select winter clothing and insulated winter boots up to  
**70% off**

There are plenty of days left to wear your Merino Wool...



icebreaker  
PURE MERINO  
**ON SALE**

New Spring Collections arriving daily!



14 Mill Street, Almonte  
**613.461.2000**  
open 7 days a week

patagonia glerups dk  
beautiful natural warm  
sandwich\_ KÜHL  
hornytoad BOGS MERRELL

Ready for Spring

necklace: amazonite & peridot \$385  
ring: sterling silver, peridot, blue topaz & diamond \$740

**Kehla**  
Jewellery Design

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

**THE COVE COUNTRY INN**

ACCOMMODATION • DINING • ENTERTAINMENT  
DAY SPA • DOCKAGE • WEDDINGS

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

Every Wednesday Wings 'n Tunes with **Shawn McCullough** (Country/Guitar) 6-9  
 Fri. Mar.3 **Mardi Gras Jazz Night** with **Spencer Evans Trio** feat. Bunny Stewart (Kingston) on Sax! Dance and wear your beads! 7-10  
 Sat. Mar.4 Westport Arts Council Fundraiser: **East Coast Ceilidh** with **Kingston Ceili Band** (East Coast/Folk) 1-4, \$10 | **Head Over Heels** (Guitar/Vocal Duo, Gananoque) 6-9  
 Thu. Mar.9 **Thai Food and Wine Dinner** with Chefs Joanne Edwards and Judy Demspey. 5 course meal with beer and wine pairings. 6-9, \$80  
 Fri. Mar.10 **Jeff Gallery** (Rock/Folk, Brockville) 6-9  
 Sat. Mar.11 **Head Over Heels** (Guitar/Vocal Duo, Gananoque) 6-9  
 Fri. Mar.17 **St. Patrick's Day** with **Turpin's Trail** (Irish/Celtic, Kingston) 6-10, \$10  
 Sat. Mar.18 **St. Patty's Hangover Party** with **Shawn McCullough** (Country/Guitar), 7-10  
 Fri. Mar.24 Blues on the Rideau with **Danny Brooks & Lil' Miss Debi** with **The Memphis Brothers** (Texas/Toronto) 7-11, \$65 Buffet & Show  
 Sat. Mar.25 **Campfire Liars Club** feat. **Paul Langlois** (Tragically Hip), **Greg Ball, Jim Tidman & Joe Carscallan** (Folk/Rock, Kingston) 7-11, Buffet & Show \$60  
 Fri. Mar.31 **John Wilberforce** (Country/Rock, Kemptville) 6-9

Pick up *theHumm* in Carleton Place at  
**THE OWL CAFE**

**WELCOME TIFFANY WALKER**

With beauty and design guiding her main muses, Tiffany has found the perfect platform to express herself through nail art. She finds enjoyment providing spa services that offer her clients the benefits of both physical and spiritual well-being. Tiffany's youthful character and penchant for her artistry are the distinguishing gifts that make her the ideal beauty ambassador for GIARDINO LIFESTYLE SALON AND ACADEMY.

Tiffany exclusively uses products as seen in Fashion Magazines by...  
*Smith & Cult*  
www.smithandcult.com

**GIARDINO Lifestyle Salon & Academy**  
129 BRIDGE STREET • 613-492-6000  
GiardinoLifestyleSalonAndAcademy.com

**Governor General's Foot Guards Band Returns to Perth**

Director of Music Lt. Stefan Sikorski (above) brings the Governor General's Foot Guards Band to Perth for a concert on March 26

The Governor General's Foot Guards Band will be performing at St. Paul's United Church in Perth on Sunday, March 26 at 2PM.

The 30-piece concert band is part of the most senior reserve infantry regiment in Canada, dating back to its formation in 1872. The band is based at Cartier Square Drill Hall in downtown Ottawa. They share a close connection to the Governor General and provide music for many ceremonies in the Ottawa area, including the annual nationally televised Remembrance Day ceremony held at the War Memorial.

Their new Director of Music, Lt. Stefan Sikorski, holds bachelor's and master's degrees in music from the University of Toronto, and teaches music at Ashbury College in Ottawa.

The band's full dress uniform with scarlet tunic and bearskin hat is immediately recognizable. Many of the musicians in the ensemble play in the Ceremonial Guard band, which supports the changing

of the guard ceremony on Parliament Hill during the summer months.

The performance will include a variety of traditional, military and popular music for concert band including *Scherzo for X-Wings* and *Symphonic Suite* from *Star Wars: The Force Awakens*. Canada's 150<sup>th</sup> will be celebrated with a performance of Morley Calvert's *Canadian Folk Song Suite*. Brad Mills, Director of Music at St. Paul's, will join the band in several numbers on the church's pipe organ and grand piano.

Admission to the concert is free, but donations will be accepted at the door to defray the costs of advertising.

Prospective concertgoers are invited to warm up a late March Sunday afternoon with the exciting sounds of brass, woodwind, percussion and organ, in the intimate and acoustically pleasant sanctuary of St. Paul's United Church, 25 Gore Street West in Perth <stpauls-uc-perth.org>.

**MARCH Monthly Special**  
CHAMPLAIN COLLECTION  
CLAIRMONT HARVEST TABLE  
AND KINGSTON CHAIRS

Selected from our Champlain Collection... Our Clairmont Harvest Table and Kingston Chairs are classic early Canadian in every way.

Solidly built in solid wood exactly as they would have been, two hundred years ago.

Go to [www.theemporium.com](http://www.theemporium.com) for more options. Finishes to suit every decor, sizes to suit every family.

*Make Your House a Home*

Interior Design • Custom Furniture • Refinishing  
47 Main Street, Ottawa 613-563-1046 [www.TheEmporium.com](http://www.TheEmporium.com)

# Ways to Welcome Spring

I won't lie to you: I don't like worms. They're squishy and squirmy and dirty and they don't really do anything cool like web-spinning spiders or hovering hummingbirds. But here's the thing: come spring, worms begin to emerge from the earth. In that sense, I'm rather like a worm. But instead of the earth, I emerge from my apartment, and unlike a worm, I am fully clothed,

by John Pigeau

freshly shaved and showered, and have the ability to scream "YES!" at the glorious, glorious sun — and this year, in euphoric gratitude, I just might.

Spring officially begins this year on March 20 at precisely 6:29AM.

Good time for a party, yes? Well, the Lanark & District Maple Syrup Producers think so, and they are going to jump start the celebrations on Saturday, March 4 with their 27<sup>th</sup> annual **Tapping Out Party**, this year hosted by Wheeler's Pancake House and Sugar Camp. Festivities — a celebration of Canada's 150<sup>th</sup> anniversary and its rich maple history — begin at 9AM, and there will be lots of fun stuff to see and do, including tours of the camp, outdoor exhibits, face painting, sleigh rides, maple meals and treats, and the ceremonial tree tapping at 11AM sharp. The party ends at 3PM. Admission is free. You can contact Tracy at 278-2090, if you would like more information, or you can

email <tracy@wheelersmaple.com>. Don't forget your sweet tooth!

**International Women's Day** is March 8. In honour and support of that vitally important day, and to bring awareness to women's health and wellness professionals who work in the Perth and the surrounding communities, Andrea Picket Physiotherapy will be hosting **The Perth Women's Health and Wellness Event** on Sunday, March 5 at the Best Western Plus Parkside Inn. This is a free drop-in event to meet and mingle, listen and learn. It runs from 9AM to 4PM. If you would like more information, please call Andrea Picket (Physiotherapy) at 464-1077. All donations will go to the Lanark County Interval House.

I know a lot of our readers might already be planning their spring gardening. For those of whose green thumb is twitching, you'll be happy to know that the Perth Farmer's Market will be hosting **Seedy Sunday** on March 5 at the Royal Canadian Legion on Beckwith Street. This is another free event with free workshops as well as a seed swap table and fascinating talks throughout the day on vermicomposting, edible food, backyard chickens, and an introduction to beekeeping.

Seed sellers will be on hand, and farmers too — selling cheese, wool, sunflower oil, goat milk soap, preserves, and honey. Folks from the Lanark County Master Gardeners and the Perth & District Horticultural Society will also be there to tell you all about their many programs. Snacks and lunch

will be available at the Legion's canteen. For more information about Seedy Sunday, you can call Sarah MacKenzie, president of the Perth Farmer's Market, at 284-0578. Alternately, you can check out the Market's Facebook page for updates. Doors open at 10AM and the seedy day runs until 3PM. Don't forget to bring seeds for swapping!

Seen any good movies lately? If not and you'd like to, why not take in **A Man Called Ove** at the Full Circle Theatre on Wednesday, March 22? Rotten Tomatoes gave it 92%. The film, based on Fredrik Backman's international best-selling novel, also won the European Film Award for Best European Comedy. In other words — it's an excellent movie. Show time is 2PM, tickets are \$10 each, or you can purchase a 9-film pass for \$75 for Film Night International. Tickets are available at the Perth & District Union Public Library.

Question: The perfect night not to watch a movie? Answer: Saturday, March 25. Because of **Earth Hour**, which is now a global movement to reduce our carbon footprint. Those interested in this show of solidarity in recognition of climate change will want to turn out their lights between 8:30 and 9:30PM — or longer. It's a good night to celebrate with family and friends, play a board game by candlelight, observe and conserve. Read



Kick off maple season at the 27<sup>th</sup> annual Tapping Out Party, taking place this year on March 4 at Wheeler's Pancake House and Sugar Camp

a book. Knit. Frolic with your dog by the fireplace. For more information about the global initiative, <earthhour.org> is an excellent source.

If you've a taste for theatre this spring, you might wish to check out **Wrong For Each Other**, a comedy by Norm Foster about "how things that begin so right can go so wrong." Opening night is March 30 at The Studio Theatre. There are also performances on March 31, April 1, 7, 8 at 7PM, as well as 2PM shows on April 2 and 9. Tickets are \$19 for opening night and \$24 for all other performances. They can be purchased online at <ticketsplease.ca>, by phone at 485-6434, or in person at Tickets Please, now located at 11 Gore Street East.

Happy Spring, everyone!

## black tartan



At Black Tartan Kitchen  
in Carleton Place, ON

Food is an Art Form

Join us for  
Brunch, Lunch, and Dinner  
Tuesday - Sunday  
at Carleton Place's  
newest restaurant

Now offering:

**Thursday Date Night**  
3 Course Table d'Hôte

Shared Appetizer, Two Main  
Courses, Shared Dessert

70\$ / couple

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

Black Tartan Kitchen  
132 Bridge St.  
Carleton Place, ON  
K7C 2V5

Tuesday - Saturday  
11am - 3pm, 5pm - close  
Sunday Brunch  
11am - 3pm

[www.blacktartankitchen.com](http://www.blacktartankitchen.com)  
[info@blacktartankitchen.com](mailto:info@blacktartankitchen.com)  
(613) 492-0860

Follow Us On:



**MG3: MONTRÉAL GUITARE TRIO**  
with special guest  
**DON ROSS**



**Saturday March 11, 2017 at 7:30PM**  
**Almonte Old Town Hall**

**ALMONTE IN CONCERT**

presents  
**Guitar Gurus**  
A unique concert showcasing vibrant music  
from around the world

**TICKETS**  
Online at [almonteinconcert.com](http://almonteinconcert.com)  
and at Mill Street Books, 52 Mill St. Almonte  
Adult \$30 : Student \$15



Pick up *theHumm* in Almonte at  
**GENERAL FINE CRAFT**

# Warm Up with Irish Stew at Heritage House

Céad míle fáilte! The Smiths Falls Heritage House Museum extends a warm welcome to local residents to attend the **Taste of Ireland**, an Irish stew luncheon. On March 12, from 11:30AM to 2PM, three separate sittings will be available and can be booked through advance ticket sales. Guests will be treated to homemade Irish stew, traditional Irish soda bread and dessert, as well as live Canadian Irish music. Younger guests can also enjoy fun activities, including the return of the famous Leprechaun Hunt!

Of special interest will also be a performance by Canadian Irish folk band **Seventh Town**. This acoustic Celtic/folk band is based in Prince Edward County and features a combination of guitar, fiddle, bass, low whistles, and vocals. The band draws their inspiration from traditional and contemporary folk songs as well as Irish, Scottish and Canadian music.

The luncheon is also the first opportunity to view the special exhibit *May the Road Rise up to Meet You*, which focuses on the settlement of Irish families in

the Ottawa Valley. This region has a rich history of Irish cultural influence stemming from several waves of immigration including the Irish Potato Famine, the Peter Robinson Settlers and more. The museum welcomes you to learn more about these early settlers and their involvement in local and cultural landmarks.

Tickets are \$15 per person and must be purchased in advance. For more details or to purchase tickets, please contact the museum by calling 283-6311, by visiting them on Facebook, or by emailing <[heritagehouse@smithsfalls.ca](mailto:heritagehouse@smithsfalls.ca)>. The museum is located at 11 Old Slys Road in Smiths Falls.

The museum is partnering with the Town of Smiths Falls Economic Development and Tourism, the Local Immigration Partnership, and the Smiths Falls & District Collegiate Institute Hospitality class to offer this unique cultural experience that shares and promotes Irish heritage. This event will celebrate St. Patrick's Day and showcase the museum's new Irish exhibition.



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



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

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

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



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

Business Cards  
Postcards  
Carbonless prints  
Flyers  
Brochures  
Booklets  
Newsletters  
Pocket Folders  
Magnets  
Numbered Invoices  
Lamination  
Blueprints  
Engineering Drafts  
Menus  
Envelopes  
Art Reproductions  
Photo Restoration  
Coroplast Signs  
Vinyl Banners  
Raffle Tickets  
Pull-up Banner Stands  
4mm Foam Board  
Large Format Posters  
Canvas  
Large Format Copies  
Banners  
A Frame Signs  
Door Hangers  
Linen Cards  
Letterheads  
Note Pads  
Greeting Cards  
Tent Cards  
Large Format Laminating  
Scans to PDF  
Engineering Drawings  
Photocopies  
Calendars  
Posters  
Tickets  
Wedding Invitations  
CD Covers  
Tear Cards  
Invoices  
Labels

**IMAGES**  
Graphic Design Studio & Print Shop

Any quantities printed same day  
**Professionally designed**

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

Where do you print,  
design, copy or scan?

**50 North St, Perth**  
**613-267-0078**

# Music, Art, Maple & Whiskey

Almonte and Pakenham have all four major cultural groups covered this month, and I'm here to ensure that you take in a balanced diet and don't miss dessert. Apparently I'm also here to mix metaphors until the cows turn blue. However, the pen is mightier than the half-full glass, and I'm the one wielding the pen here, so read on...

by Miss Mills, Puppet Reporter

## Musical Notes

Although this month's Folkus concert is already sold out, Almonte in Concert has an amazing show scheduled for Saturday, March 11, when they bring the **Montréal Guitare Trio** (MG3) with special guest **Don Ross** to the Almonte Old Town Hall. Talk about guitar gurus! For this show, the renowned MG3 teams up with the fingerstyle guitar legend Don Ross to showcase vibrant music from around the world. Their contagious passion, amazing technique, and consummate musicality are sure to please audiences of all ages and backgrounds. The concert begins at 7:30PM, and you can grab tickets (adults \$30 and students \$15) at Mill Street Books or online from <almonteinconcert.com>. And a little bird in the bush tells me that there are still tickets available to the April Folkus concert featuring **Scott Merritt**... Check out <folkusalmonte.com> to find out more.

The music continues on March 17 from 8PM until midnight at the annual **St. Patrick's Day Celebrations** at the Stewart Community Centre in Pakenham. With help from special guests Bill Ryan and Glen Silverson, The Ryan Brothers will keep your toes tapping until the leprechaun sings, and a light lunch will also be served. Find out more at <exploremississippimills.ca>.

## Arty Events

Visual art events are also springing up like cats and dogs, so here's a quick tour:



She is not amused... but you will be, when you join Queen Victoria and Sir John A for a Whiskey Tasting Fundraiser!

At **General Fine Craft** you'll find copper tapestries by Sayward Johnson and ceramic centrepieces by Chandler Swain from March 1 to April 16, and you can drop in to meet the artists on Sunday, March 12 from 2-4PM <generalfinecraft.com>. **Sivarul-rasa Gallery** is holding a solo exhibition by Almonte sculptor Sue Adams beginning on March 10, and you can read more about that on page 6 of this issue. The **Mississippi Valley Textile Museum's** new exhibit *Blanket Statement* opens on March 14, and you can read more about it on page 14.

## Much Maple!

March also means maple season around here, and **Fulton's Pancake House** <fultons.ca> invites everyone out on Saturday, March 5 for a Ceremonial Tree Tapping in celebration of Canada's 150<sup>th</sup>. They are also holding special weekend, March Break and Easter activities, and are open daily from 9AM to 4PM right through to April 23. **Fortune Farms** <fortunefarms.ca> is also open daily from 10-5, and features syrup-making techniques, from pioneer to modern, with The Kettle Boys and The Shanty Men.

Be sure to set aside the weekend of April 1 and 2 for the annual **Maple Run Studio Tour** <mapleruntour.com>, which offers a great mix of local food and art. Taking place in and around Pakenham, with special new stops at places like Cartwright Springs Brewery, it's a perfect way to experience the sights, tastes and artistic offerings of this area!



With participants like Fluid Solar Roasted Coffee, Fulton's Pancake House and glass blower Chris Van Zanten (above), the **Maple Run Studio Tour** is sure to delight!

## Where's the Whiskey?

On May 4, in keeping with the spirit of Canada's sesquicentennial, Sir John A. MacDonald and Her Majesty Queen Victoria will make a celebrity guest appearance at a festive **Whiskey Tasting Fundraiser** co-presented by Puppets Up! and the Almonte General Hospital/Fairview Manor at the AGH. Hosted by Ouidram <ouidram.com>, a company whose passion for single malt whisky and everything Scottish is shared equally by our first Prime Minister and Her Highness, this event will help to mark Canada's 150<sup>th</sup> birthday and raise funds for some terrific causes.

So mark your calendar, and plan to come out and enjoy an entertaining evening of Scotch whiskey, Celtic music, puppets and bagpipes. Watch for more information in the next issue of the Humm!

Bring your business  
where business is  
happening



Heritage Mall is ready for Business!

A rare opportunity is available for a business  
in this thriving mall in Historic downtown Almonte.

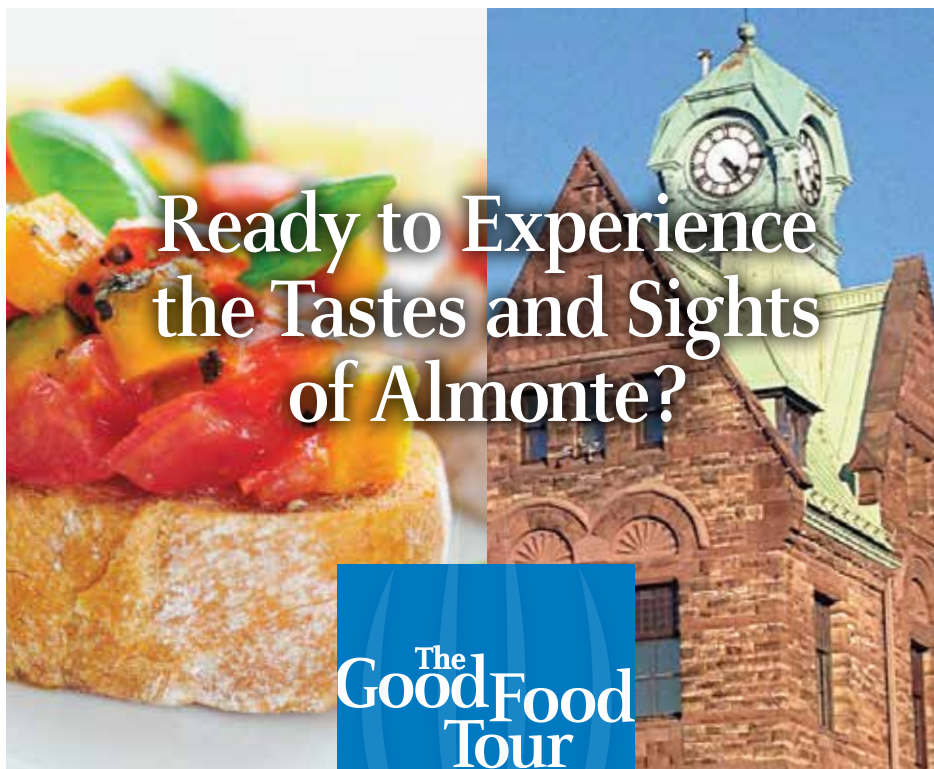
Over 2800 sq. ft. Former Health Food Store.

Can be divided. Immediate occupancy.

Free Parking.

For more information call

Gord Pike at 613-720-0456.



The  
Good Food  
Tour

Welcome to The Good Food Tour of Almonte,  
a Culinary & Historical Experience.

Book your tour now. Season starts April 2017.

TheGoodFoodTour.com

the  
Humm

The Best of **CASUAL LIVING**



**End of Season Sale**



**The Green Counter Boutique**

18 Mill Street • Carleton Place • 613-492-0677  
 f/greencounterboutique

# Mysteries of Miraculous Fungi

The Annual General Meeting of the **Mississippi Madawaska Land Trust (MMLT)** is scheduled for March 29 at the Mississippi Valley Conservation Centre in Carleton Place. For the Land Trust it's not only an opportunity to conduct required annual business, but also a chance to get together with like-minded friends and listen to a fascinating talk.

This year's guest speaker is Dr. Myron Smith who will speak on the topic "Mysteries about Fungi". Myron is Associate Professor of Biology at Carleton University, where he teaches courses and does research in molecular genetics, biotechnology, mycology and molecular ecology. He was Chair of the Biology Department from 2012 to 2016.

Myron's talk will highlight some of the mysterious aspects of fungi biology, genetics and behaviour. Fungi have a key role within an ecosystem in that they help break down and decompose dead plants and animals. Some form associations that are mutually beneficial, providing trees and shrubs with nutrients essential to growth. Others live parasitically off other living organisms and can destroy trees, costing the forest industry many millions of dollars.

Early in his studies, Myron was part of a team that discovered the largest organism on earth: a tree-killing fungus called *Armillaria solidipes* (formerly *Armill-*

*laria ostoyae*), nicknamed the Humongous Fungus. What you see above the ground is only a tiny part of this organism, which has a vast underground mycelium network. The one Myron discovered in eastern Oregon was estimated to be over ten football fields in size and at least 2,400 years old, but it could be up to 8,650 years old, making it the largest and oldest living organism on the planet.

The AGM will kick off at 6:30PM on Wednesday, March 29 at the MVC Centre, 10970 Highway #7 in Carleton Place. There will be a refreshment break following the meeting, and Myron's talk will begin at 7:30PM. The general public is welcome to come for snacks at 7PM before the presentation begins. Entrance for MMLT members is free and the presentation is \$10 for non-members.



The Mississippi Madawaska Land Trust AGM will feature a talk by Dr. Myron Smith... we hear he's a real fun guy!

## Fetch!

Visit our amazing website  
**www.naturalpetfoods.ca**  
 and select home delivery  
 or pick up your order in-store (free)  
 at our  
**Carleton Place or Westboro**  
 locations.



Receive  
**15% OFF**  
 your entire  
 online order!  
 Use coupon code:  
**MarchMadness2017**

One time use per customer.  
 Valid for the month of March on all items,  
 including sale items.  
 Coupon code cannot be used  
 for grooming.

f /Natural Pet Foods Ottawa & Carleton Place

339 Churchill Avenue North  
 Westboro Village, Ottawa  
 (613) 321-7282

61 Bridge Street in Carleton Place  
 (613) 253-PETS(7387)  
 Grooming (613) 492-PAWS

Toll free 1-844-264-7387

## Blanket Statement

This year the Mississippi Valley Textile Museum is not only celebrating Canada's sesquicentennial, but is also marking the 150<sup>th</sup> anniversary of Almonte's Rosamond No. 1 Woolen Mill. It's a celebration of more than 150 years of industrial textile production in the Mississippi Valley. It is only fitting that many of this year's exhibitions feature historic textiles or historic themes. Opening on March 14 and running until May 20, the exhibition "Blanket Statement: No Shame in Patches" fits both categories.

In this colourful, creative and fascinating exhibit, textile artist Gloria Daly from Duncan, BC, gives discarded blankets a new public image, challenging the viewer to look for the inner beauty in the old and

used. The works that she creates are labour-intensive and thought-provoking, exploring the relationship between yesterday's discarded cloth and today's philosophy of "recycling." The works are a contemporary take on mending, patching and darning. Layered cloth allows worn and weathered fibres to recapture dignity as they record changes in temperature, the ravages of rust, and the tints and tones of tarnish and stain.

An outstanding artist, Gloria has received awards from the BC Arts Council and the Canada Council for the Arts. She studied design and embroidery with the City & Guilds Institute of London, England, was elected to the Embroiderers Association of Canada, and was chosen as an example

of excellence in Design by the Embroiderer's Guild of America. Her works are in private and corporate collections in Australia, Japan, Canada and the USA.

Come and celebrate Almonte's textile history at the vernissage for this exhibition on Saturday, March 18 from 2 to 4PM. For more information call the Museum at 256-3754. The Mississippi Valley Textile Museum is located at 3 Rosamond St. E. in Almonte <mvmtm.ca>.



# Carriageway Studios: One Year On!

A year ago, Carriageway Studios was launched with a great turnout at their opening party. Turns out it's a great space to dance in, by the way! It was a much-anticipated occasion after the previous four months of hard work to ready the space "at the end of the carriageway off Mill Street" in Almonte, with five large bright artists' studios and a big open area perfect for teaching, concerts, a night market and exhibitions. The current members of the artist-run centre (Dawn Walker, Chandler Swain, Lily Swain-Brady, Mary Pal, Don Johnson, and Angie McMurray) report a busy year of activities at Carriageway.

Now the centre also boasts another exciting project on the premises: **North Market Catering and Take Out**, which has transformed the large kitchen into a bustling business that is getting rave reviews and bringing in lots of customers to see what owners Amanda and Rick Herrera are up to with their great new foodie venture. Check out <north-marketalmonte.com> for more details and menu!

Carriageway's next project is a series of visual art exhibitions planned from April to September. Six artists have been invited to show work that will enliven the space. They were all chosen because they have a record of making art that is inspiring, surprising, delightful, thought-provoking and worth taking the time to see.

There is never enough good curated gallery space to show all the artists whose work deserves to be seen, so Carriageway hopes to help fill this need with these thoughtfully curated shows.

## Upcoming Exhibitions

The first exhibition takes place in April. Entitled *Remember Breathing*, it will feature mixed-media sculpture by Maria Gomez. In May, Carriageway presents Chandler Swain's new printmaking and Lily Swain Brady's new mixed-media painting. June's show is entitled *Cosmology* — paintings by new-to-Almonte



Look for upcoming exhibitions of work by Susan Rennick Jolliffe (above) and Marina Malvada (left) at Almonte's Carriageway Studios. In the meantime, check out their newest addition — North Market Catering and Take Out!

artist Marina Malvada. July features *Magical Thinking* — a retrospective of the mixed-media sculptures of Susan Rennick Jolliffe. August brings in paintings by Ottawa artist Bhat Boy, and September's show is *Flights of Fancy 2* — mixed-media sculpture by Jennifer Ryder-Jones.

So drop in to Carriageway Studios during March to check out (and take out) great food by North Market, and visit <carriagewaystudios.ca> for more details about upcoming shows and events.

**Experience the thrill of creating original hand made glass.**

Introduction to glass fusing courses are offered every month. Day and evening sessions. \$160 per person, includes all materials and tools. Visit our web site or call for details and dates.

**112 Queen Street, Almonte 613-859-0100**  
[www.currentworksofglass.com](http://www.currentworksofglass.com)

Pick up *theHumm* in Ottawa at  
**THE TABLE RESTAURANT**



(formerly **Soul Scents**)

Soul Scents was the name given to the 24-year-old wholesale business which I bought 12 years ago from Allan and Susan Brown.

I shipped products to stores across Canada and then opened the retail shop on Mill Street in Almonte 7 years ago, calling it by the same name.

After years of shipping wholesale from the back of the shop and maintaining the retail business out front, the time has now come to give both businesses new wings to fly!

I recently sold the wholesale business in order to expand and grow the retail side, and with that, gave a new name to the shop too: **That's The Spirit**

Come celebrate 7 years on Mill Street to thank you for your ongoing support — and here's to expanding the joy, personal growth, peace and serenity for many years to come.

Thank you so much!

— Sara Bazett

**Come celebrate 7 years on Mill Street!**  
**Saturday March 11,**  
**10-5PM**  
*Yummy cake, refreshments,*  
*deals and raffle prizes*

**42 Mill Street, Almonte 613-256-6322**

*Look and feel younger naturally!*



Dr. Michaela Cadeau,  
 Doctor of Chiropractic

## Facial Rejuvenation Acupuncture

This safe and non-surgical procedure increases circulation and stimulates collagen production, rejuvenating facial tissue. This gives the skin more tightness and elasticity, and helps to reduce sagging or puffy skin and wrinkles. There is no risk involved with this procedure, no downtime from work, and no side effects. A research study published in the International Journal of Clinical Acupuncture reported that, in a clinical trial of 300 people who received facial acupuncture, 90% saw marked results after one course of treatment.

**Call by March 31 for your free consultation.**

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

Check out our website [www.handsonhealing.ca](http://www.handsonhealing.ca)  
 for the Dr. Oz video on facial acupuncture

**Hands on Healing**  
 125 Bridge Street, Almonte, 613-256-0222  
[welcome@handsonhealing.ca](mailto:welcome@handsonhealing.ca)

# Music Comes Full Circle at The Cove Inn

Back in their earliest years, Seamus Cowan and his twin brother Jeff began their musical life. While still in school, the pair began their lifelong affair with music thanks to John Winskell, their teacher. He not only taught them guitar — which they were reluctant to practice — but also instilled in them a love of music by having their class create a Canadian songbook. Through group singing and working together, Winskell instilled in them a lifelong

by Georgia Ferrell

pleasure — not just in making music alone, but also in the joy of singing with others. However, their indoctrination had begun even before they got to school. From their great grandma and their grandparents through to their father Terry, the boys were introduced to music at a very early age.

The Cowan boys found all aspects of music fascinating; both the aural parts and the visual elements were a big part of their late public school life. Having no fear, they would dress up to “be” the music, which at the time was inner-city hip hop and rap. This phase caused some concern to their parents, but was to instil in Seamus a physical love of music. It was about real life, hot and full of angst; the stuff of great music.

Many threads are woven together to make up the musical tapestry created by Seamus and Jeff. While still in school, they were inseparable and were into all sorts of

music-related activities; learning by doing, making mixed tapes of their favourite artists. This is where the boys learned about rhythm and funk; even then they knew this would be one of the main elements in their pursuit of a musical life. The classic guitar, bass and drums unit of rock and blues drew the brothers to hang out with Eric Lawrance, with whom they formed Black Dog Blues Band and eventually the power trio Bullmoose.

Even though there had been no formal musical training up to that point, Seamus and his buddies began to perform and were totally hooked.

After high school, when friends began to go their own ways, Seamus and Jeff decided they would go out and do their own thing, and just naturally gravitated into purchasing their instruments. Seamus remembers saying: “I’ll have that” while looking at a bass guitar and amplifier.

These many threads eventually coalesced to take Seamus and Jeff off to formal music studies, during which time Seamus studied with the likes of Tom Savage, Zak Colbert and Joe Chithalen. Seamus continued in Jazz Studies at McGill while Jeff was at York, but they would later join up in Montreal. Serious studies followed for several years. Studying bass gave Seamus great opportunities to play as a sideman and in rhythm sections with a number of top-notch musicians. His “I’ll have that” choice turned out to be an excellent one!

Over the next decade, Bullmoose grew as a recording and touring act throughout

Ontario and the rest of Canada. They recorded a couple of records and then those Cowans truly discovered what they had first suspected as kids — that loving rhythm and blues, and playing different styles, led to opportunities to play with many other bands. Eventually they met up with Tavis Triance, Jeff Louch and Jason Kent, developed an amazing rapport, and formed the group Spoon River. Their many-faceted background in rhythm was again important to the success of the band, but this time locked into something more simple and direct, with vocals coming to the forefront. Four records later, and after many gigs and new incarnations, the members of Spoon River still come together and play as often as they can.

His knack of bringing together musicians who had gone their separate ways ultimately led Seamus to focus all his music and life experiences into a very successful venture — continuing the work of his parents in bringing the best in music to Westport at The Cove Inn. Seamus and Jeff also were part of the group that formed the annual MUSICwestport Festival, which turns 11 this summer. That festival has brought many renowned musicians to this small village.

Early on, Seamus brought a lot of rock and boisterous music-loving fans to The Cove, but the venue now hosts a wide variety of styles, much appreciated by village residents and international travellers alike. The Cove hosts the popular Blues on the Rideau series, and Seamus himself has performed for over twenty years with the multi-talented instrumentalist Spencer



Pictured above at left, Seamus Cowan's years of musical experience and collaboration have helped him build a vibrant and thriving music scene at The Cove Inn in Westport

Evans at their popular Jazz Nights, just to name a couple of their many musical events.

Today Seamus has come full circle, bringing his love of music of all kinds to his family's thriving business — a business that extends that love to all who find their way to Westport. We owe the Cowan family a huge debt for bringing great music to our village. The tapestry is not yet finished, but is well on its way to fruition!

## Maple Weekend

### Sweet Ontario

PURE MAPLE SYRUP

## First Weekend in April

*This spring come taste our Sweet offerings from maple producers in Lanark, Leeds and Grenville, Frontenac.*  
*Many will be offering free samples of fresh syrup as well as:*

- confections
- pancake breakfasts
- sugarbush trails
- sugar making demonstrations
- taffy on snow
- horse-drawn sleigh rides and more.

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

Official Fundraising Initiative for  
*Hub Hospice*  
 PALLIATIVE CARE

# Tree Sale

**Buy a tree to give as a gift:  
 for someone you love,  
 for the earth, for yourself...**

**We have shade trees, flowering trees, fruit trees and shrubs.**

**Prices start at \$30.**

**Order early for best selection!**

Your new tree comes with a root stimulator, compost and a planting seminar.  
 Pick up your trees April 29, 2017 at Mississippi Mills Municipal Office, 3131 Old Perth Road

**When you buy a tree from us, you are supporting the very important work being done in our community by Hub Hospice Palliative Care.**

**To order, visit [www.hubhospicetrees.com](http://www.hubhospicetrees.com)**



# Oscars — The Best of the Rest

Every year, the Oscars celebrate cinema. For the Academy of Motion Picture Arts and Sciences, their selected voters nominate films they believe to be the finest additions to cinema put out that year. It's always a personal decision, and occasionally political (more so than they'd ever admit). Still, most of the truly deserving films get their moment in the spotlight. But as a film critic and life-long Oscar viewer, I always wonder why the Academy

by Matt Roche

ignores certain films that deserve the same if not more recognition than the big contenders. Again, it's all about personal choice and the Academy can only nominate so many films. That being said, I would like to remind any avid filmgoer of the other films that came out in 2016 that were more or less forgotten in the midst of the Oscar season. And for my money, they represent some of the best films of the year and *should* have received some sort of recognition.

This is not to say that the Academy doesn't surprise. This year alone, *Moonlight*, *Hell or High Water*, *Manchester by the Sea* and *Arrival* are four films I am very surprised got so much recognition. Four of the finest films of the year, they are all independently produced, and are the kinds of films that normally slip under the Academy's radar. Yet this year, at the 89<sup>th</sup> Academy Awards, they are four of the top-nominated films. Indeed, this is one of the most impressive

years for Oscar nominations and celebrated films. Still, I am disappointed that quite a few others never made the big lists.

At the beginning of the year I raved about *The Witch* — a superb debut from Robert Eggers, who created a truly chilling and surprisingly refined film. I also went on about Ben Wheatley's brilliantly chaotic *High-Rise*, a Caligula-inspired satire that really needs to be seen to be believed. And one of my favourite new filmmakers, Jeff Nichols, directed two films this year: the tender, underrated *Loving* (at least Ruth Negga received a Best Actress nomination for the film) as well as *Midnight Special*, an ode of sorts to the family/sci-fi flicks of the '80s that should have been more widely seen. The same goes for the above-par Jane Austen film *Love & Friendship*, which I had pegged as a big Oscar contender from the get-go but was wholly ignored by the Academy; as well as the contemporary epic *American Honey*. But there is one forgotten film that stands above the rest as a true sin of omission: Martin Scorsese's late-career masterpiece *Silence*.

Ever since first reading Shūsaku Endō's novel of the same name in 1989, Scorsese has tried to make a movie out of it. Scorsese already explored the spiritual and faith-filled spectrum in two previous works (1988's *The Last Temptation of Christ* and 1997's *Kundun*). Although those two films are more mystically abstract, what Scorsese has done with *Silence* is more contemplative and emotionally accessible — definitely one of his most heartfelt and serious works.



Matt Roche recommends several films that he feels were overlooked by the Academy, including Martin Scorsese's "late-career masterpiece" *Silence* (above)

*Silence* tells the tale of two Jesuit priests (Andrew Garfield and Adam Driver) who travel to Japan during the mid-1600s to find their lost mentor (Liam Neeson), whom they hear has apostatized and adapted Japanese customs. As the film progresses, their faith is continuously challenged. They are willing to die for their beliefs, but who are they really dying for? Are they actual martyrs? Do the priests truly understand the meaning of their faith? Since Catholicism is banned in Japan, their beliefs become ever more dangerous. And in the face of continuous silence from God, every step they take and every decision they make becomes more dire and uncertain. But one must have faith... right?

What Scorsese has done with his passion project (nearly thirty years in the making) is

create a piece of film that evolves naturally, presenting images of heaven and hell, of faith and turmoil. It's a movie that needs to be seen over and over again, studied and subjected to serious interpretation. It's one of the most intelligent and visceral films I have seen in a long time, and a film that could only have been made by our greatest living director: Martin Scorsese. Sadly, it garnered only a single nomination at this year's Oscars (for Rodrigo Prieto's stunning cinematography), but it deserved more. Many more. As did so many of the other films mentioned above.

In any case, awards aside, these are films that will survive the test of time and create a lasting impact. Go out and see them. It'll be worth it.

HAS ANYONE  
EVEN SEEN YOUR  
WEBSITE?

We Can Help Get  
Traffic To Your Site!

- Search Engine Optimization
- Blogging • Social Media Integration
- Mailing List Management
- Online and Offline Marketing



**sumackloft**  
sumackloft.ca  
256-0378

Our first meeting is always free!  
Call us today!



**foilmedia**  
foilmedia.ca  
256-5855

Alliance Coin & Banknote Sale  
Almonte's First Public Coin Auction!

---

Featuring hundreds of diverse  
Coins, Banknotes, and related Artifacts

---

Sunday April 2<sup>nd</sup>  
Almonte Old Town Hall  
[www.alliancecoin.com/auction](http://www.alliancecoin.com/auction)

---

Alliance Coin & Banknote  
"Where the World's Coins Are Bought & Sold"  
88 Mill Street, Almonte  
613-256-6785 [www.alliancecoin.com](http://www.alliancecoin.com)

# Claiming Column

Maple Run Tour, Pakenham, Apr 1-2  
*The Tin Woman*, Perth, Apr 17-26  
 Jerome Godboo Band, Westport, Apr 21  
 Folkus: Scott Merritt, Almonte, Apr 22  
*H.M.S. Pinafore*, CP, Apr 28-May 6  
*The Chalk Garden*, SF, Apr 28-May 7  
 AiC: Paul Marleyn & Mauro Bertoli, Almonte, Apr 29  
**Quilting in the Valley Quilt Show**, Arnprior, Apr 29-30  
**Cheerfully Made Spring Market**, Almonte, May 6-7  
**Home & Living Expo**, SF, May 6-7  
 Terry Gillespie Band, Westport, May 12  
**Art in the Attic**, Almonte, May 12-14  
**ArtsCP Show & Sale**, CP, May 27-28  
**Rob Frayne Quartet**, Almonte, May 27  
**Healthy Living Festival**, SF, Jun 17  
**Almonte Celtfest**, Jul 7-9  
**Stewart Park Festival**, July 14-16  
**Almonte Fair**, July 14-16  
**Puppets Up!**, Almonte, Aug 11-13

## Visual Arts

**Meet the Artists: Sayward Johnson/Chandler Swain**, Mar 12, 2-4PM. General Fine Craft, Almonte. 461-3463, generalfinecraft.com  
**Almonte & Area Artists' Assoc**, Mar 13, 7:30PM. Almonte Library. 256-5863, 4-artists.ca. Free  
**Vernissage: Blanket Statement**, Mar 18, 2-4PM. Mississippi Valley Textile Museum, Almonte. 256-3754, mvtm.ca  
**Vernissage: Sue Adams**, Mar 18, 3-6PM. Meet the artist. Sivarulrasa Gallery, Almonte. 293-2492, sivarulrasa.com. Free  
**Almonte Quilters' Guild**, Mar 20, 7PM. Almonte Civitan Hall. 257-8444, almontequiltersguild.com  
**Painting Party**, Mar 23, 7PM. M3 Eatery, Arnprior. 791-0992, \$30  
**Vernissage: Gordon Coulthart**, Mar 24, 7-9PM. The Art of the Tree; paintings. Fairview Manor, 75 Spring St., Almonte.  
**Lanark County Quilters Guild**, Mar 28, 7PM. Guest: Judi Miller, textile artist. Lions Hall, Perth Fairgrounds. \$3 guests

## Youth

**Lanark Co. 4-H Sign-Up**, Mar 9, 7-9PM. Clubs for kids 9-21, 6-8. Ag & non-agricultural. \$85 reg'n. Zion-Memorial Church, CP  
**Music with David & Tara**, Mar 16, 10AM. For kids 3-9 yrs. Tix at CP Library: \$3; \$4 door. CP Town Hall. 257-2702. \$4  
**Almonte in Concert's Youthful Music Club**, Mar 26, 1PM. Almonte Old Town Hall. musicclub@almonteinconcert.com

## Theatre

**No Sex Please, We're British**, Mar 2-4 at 7:30PM; Mar 5 at 2PM. Farce. Station Theatre, SF. 283-0300. \$20/\$10  
 Film Night International presents **The Salesman**, Mar 8, 2 & 7PM (Full Circle Theatre, Perth); Mar 9, 7PM (Station Theatre, SF); **A Man Called Ove**, Mar 22, 2 & 7PM (Perth); Mar 23, 7PM (SF). \$10. filmnightinternational.blogspot.ca  
**Hacksaw Ridge**, Mar 17, 18, 7PM. 283-0300, smithsfallstheatre.com. \$10, \$5 students  
**LiPS Poetry Slam/Open Mic**, Mar 24, 7PM. Coutts Coffee, Perth. lanarklips@hotmail.com. \$5 (performers free)  
**Wrong for Each Other**, Mar 30-31, 7:30PM. Studio Theatre, Perth. studiotheatreperth.com. \$24, \$10 students  
**Lanark Laughs**, Mar 31, 8-10PM. Stand-up comedy. Waterfront Gastropub, CP. facebook.com/LanarkLaughs

# WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
27	28	<ul style="list-style-type: none"> <li>🎵 <b>Acoustic Stage w/Dave Balfour</b>, O'Reilly's Pub</li> <li>🎵 <b>Duplicate Bridge Club</b>, Almonte</li> <li>🎵 <b>CP Hort: Shade Gardens</b>, CP</li> <li>🎵 <b>Karaoke</b>, Golden Arrow</li> <li>📖 <b>Legacy Journal Workshop</b>, CP</li> <li>🎵 <b>Open Celtic Jam</b>, Naismith Pub</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Jimmy Tri-Tone Band</b>, The Barley Mow</li> <li>🎵 <b>Karaoke</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Mahjong</b>, Bolingbroke</li> <li>📖 <b>Meet the Author: Monia Mazigh</b>, Perth</li> <li>🎵 <b>No Sex Please... We're British</b>, SF</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Carp Celtic Jam</b>, Carp Masonic Lodge</li> <li>🎵 <b>Duplicate Bridge Club</b>, Smiths Falls</li> <li>🎵 <b>Uke Klub</b>, Naismith Pub</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Brock Zeman &amp; Blair Hogan</b>, O'Reilly's Pub</li> <li>🎵 <b>Green Drinks</b>, Perth</li> <li>🎵 <b>Duplicate Bridge Club</b>, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Acoustic Stage w/Dave Balfour</b>, O'Reilly's Pub</li> <li>🎵 <b>Duplicate Bridge Club</b>, Almonte</li> <li>🌟 <b>International Women's Day</b>, Everywhere!</li> <li>🎵 <b>Open Celtic Jam</b>, Naismith Pub</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> <li>🎵 <b>The Salesman</b>, Perth</li> <li>🎵 <b>Women's Day Potluck/Sing</b>, Lanark</li> <li>🎵 <b>Workshop: Selling Food to Ontario</b>, SF</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>CP Historical Soc. Fundraising Dinner</b>, CP</li> <li>🎵 <b>Jimmy Tri-Tone Band</b>, Barley Mow</li> <li>🎵 <b>Karaoke</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Lanark Co. 4-H Sign-Up Night</b>, CP</li> <li>🎵 <b>Mahjong</b>, Bolingbroke</li> <li>🎵 <b>The Salesman</b>, Smiths Falls</li> </ul>
<ul style="list-style-type: none"> <li>📖 <b>Almonte &amp; Area Artists' Assoc</b>, Almonte</li> <li>🎵 <b>Carp Celtic Jam</b>, Carp Masonic Lodge</li> <li>🎵 <b>Duplicate Bridge Club</b>, Smiths Falls</li> <li>🎵 <b>Uke Klub</b>, Naismith Pub</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Brock Zeman &amp; Blair Hogan</b>, O'Reilly's Pub</li> <li>🎵 <b>Perth Horticultural Soc.</b>, Perth</li> <li>🎵 <b>Duplicate Bridge Club</b>, Smiths Falls</li> <li>🎵 <b>W. Carleton Garden</b>, Carp</li> <li>🎵 <b>Women's Business Group Lunch</b>, CP</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Acoustic Stage w/Dave Balfour</b>, O'Reilly's Pub</li> <li>🎵 <b>Duplicate Bridge Club</b>, Almonte</li> <li>🎵 <b>Open Celtic Jam</b>, Naismith Pub</li> <li>🎵 <b>Pakenham Hort Soc Mtg</b>, Pakenham</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Jimmy Tri-Tone Band</b>, Barley Mow</li> <li>🎵 <b>Karaoke</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Mahjong</b>, Bolingbroke</li> <li>🎵 <b>Meditation Club</b>, Carleton Place</li> <li>🎵 <b>Music with David &amp; Tara</b>, CP</li> <li>🎵 <b>MVFN Talk: Loons &amp; Human Interaction</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li>📖 <b>Almonte Quilters' Guild</b>, Almonte</li> <li>🎵 <b>Canada in Space</b>, Carleton Place</li> <li>🎵 <b>Carp Celtic Jam</b>, Carp Masonic Lodge</li> <li>🎵 <b>Duplicate Bridge Club</b>, Smiths Falls</li> <li>🎵 <b>Uke Klub</b>, Naismith Pub</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Brock Zeman &amp; Blair Hogan</b>, O'Reilly's Pub</li> <li>🎵 <b>Duplicate Bridge Club</b>, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>A Man Called Ove</b>, Perth</li> <li>🎵 <b>Acoustic Stage w/Dave Balfour</b>, O'Reilly's Pub</li> <li>🎵 <b>Duplicate Bridge Club</b>, Almonte</li> <li>🎵 <b>Open Celtic Jam</b>, Naismith Pub</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>A Man Called Ove</b>, Smiths Falls</li> <li>🎵 <b>Jimmy Tri-Tone Band</b>, Barley Mow</li> <li>🎵 <b>Karaoke</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Mahjong</b>, Bolingbroke</li> <li>📖 <b>Painting Party</b>, Arnprior</li> <li>🎵 <b>Toastmasters</b>, CP</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Almonte Horticultural Soc.</b>, Almonte</li> <li>🎵 <b>Carp Celtic Jam</b>, Carp Masonic Lodge</li> <li>🎵 <b>Craft Club</b>, Carleton Place</li> <li>🎵 <b>Parkinson's Support Group</b>, Perth, Almonte</li> <li>🎵 <b>Duplicate Bridge Club</b>, Smiths Falls</li> <li>🎵 <b>Uke Klub</b>, Naismith Pub</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Brock Zeman &amp; Blair Hogan</b>, O'Reilly's Pub</li> <li>📖 <b>Lanark County Quilters Guild</b>, Perth</li> <li>📖 <b>Novel Writing Month Kick-Off</b>, CP</li> <li>🎵 <b>Duplicate Bridge Club</b>, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Acoustic Stage w/Dave Balfour</b>, O'Reilly's Pub</li> <li>🎵 <b>Duplicate Bridge Club</b>, Almonte</li> <li>🎵 <b>Mississippi Madawaska Land Trust AGM/Talk</b>, CP</li> <li>🎵 <b>Open Celtic Jam</b>, Naismith Pub</li> <li>🎵 <b>Open Jam</b>, Almonte</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Jimmy Tri-Tone Band</b>, Barley Mow</li> <li>🎵 <b>Karaoke</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Mahjong</b>, Bolingbroke</li> <li>🎵 <b>Wrong for Each Other</b>, Perth</li> </ul>

## Literature

**Legacy Journal Workshop**, Mar 1, 6-8PM. Learn to journal w/colour & collage. CP Library, RSVP 257-2702. Free  
**Meet the Author: Monia Mazigh**, Mar 2, 5PM. Hope Has Two Daughters. Student Commons, Algonquin College, Perth. 267-2859x5698. Free  
**Novel Writing Month Kick-Off**, Mar 28, 6-7PM. Meet other writers. Register 257-2702. CP Library. 257-2702.

## Music

**Hillsburn**, Mar 4, 7PM. Award-winning Halifax-based quintet. Sharbot Lake Country Inn, 279-2198. \$15  
**The Good Years Tribute Show**, Mar 5, 2-4PM. \$15, SRC Music. CP Legion. 253-0247, lyleproductions@gmail.com

**AiC: Montreal Guitare Trio w/Don Ross**, Mar 11, 7:30PM. Tix: online, Mill Street Books. Almonte Old Town Hall. almonteinconcert.com. \$30/\$15  
**St. Patrick's w/Ryan Brothers**, Mar 17, 8PM-12AM. Live music, light lunch. Stewart Community Centre, Pakenham. 256-1077, exploremississippimills.ca  
**Bridges Blues Series: Al Tambay**, Mar 18, 6-9PM. w/Ken Orenstein & Bill Serson. Bridges Bar & Grill, Pakenham  
**Jimmy Tri-Tone Band**, Mar 18, 9PM. South Branch Bistro, Kemptville. pay-what-you-can  
**SRO Big Band Tea Dance**, Mar 19, 1-4PM. Almonte Old Town Hall. 692-5380, sroteadances.org. \$14; \$25 couple (cash)  
**Ambush**, Mar 24, 9PM-1AM. Westport Legion. 985-3436, dawick@rideau.net. \$20  
**Danny Brooks, Lil' Miss Debi**, Mar 24, 7PM. The Cove, Westport. 1-888-COVE-INN, bluesontherideau.ca. \$65+tx dinner & show

**Jason Maxwell**, Mar 24, 8PM. The Station Theatre, Smiths Falls. 283-0300, smithsfallstheatre.com. \$30  
**JazzNhouse: Petr Cancura Trio**, Mar 25, 8PM. Tix: jazzn.ca. Almonte. \$25  
**Choral Evensong**, Mar 26, 4PM. w/St James Four. St. James Anglican Church, Perth. 267-1163, stjamesperth.ca  
**Governor General's Foot Guards Band**, Mar 26, 2PM. St Paul's Church, Perth. stpauls-uc-perth.org. By donation  
**Listening Room Series: Arlene Quinn**, Mar 26, 7PM. Perth Tea Room, 23 Gore St. W., Perth. 267-7902. \$20  
**Trad Song Session**, Mar 26, 2-4PM. Anyone can lead. Barley Mow, Almonte. 355-5552, dpbaril@gmail.com  
**Open Jam**, Mar 29, 8PM. Blues, country, rock & whatever else happens. Mississippi Mills Musicworks, Almonte. 256-7529  
**Ashton Pub** (Ashton, 257-4423): Sun Open Mic w/Kelly Sloan, 2-5PM

**Valley Food and Drink Co.** (Calabogie, 752-2676x311): 8PM, Thurs Karaoke  
 Mar 4 Brock Zeman  
 Mar 10 Jimmy Tri-Tone Band  
 Mar 11 Garnet Rogers  
 Mar 18 Riverthieves  
 Mar 24 Music Trivia Night  
 Mar 25 Chris White  
 Mar 31 Bahoo, Brat and the Commander  
**The Cove** (Westport, 273-3636): Wed Shawn McCullough, 6-9PM  
 Mar 3 Mardi Gras Jazz Night, 7-10PM  
 Mar 4 Down East Kitchen Party w/Kingston Ceili Band, 1-4PM, \$10  
 Mar 4, 11 Head over Heels, 6-9PM  
 Mar 10 Jeff Gallery, 6-9PM  
 Mar 17 St. Patrick's Day Party, 6-10PM, \$10  
 Mar 18 St. Patrick's Hangover Party 7-10PM  
 Mar 25 Campfire Liars Club, 7-11PM, buffet+show \$60  
 Mar 31 John Wilberforce, 6-9PM

# MARCH 2017

## Friday

## Saturday

## Sunday

<ul style="list-style-type: none"> <li>🎵 <b>Mardi Gras Jazz Night</b>, The Cove</li> <li>🎵 <b>Matt Dickson</b>, Golden Arrow</li> <li>🎵 <b>Mississippi Blues Society Jam</b>, Waterfront Gastropub</li> <li>🎵 <b>No Sex Please... We're British</b>, Smiths Falls</li> <li>🎵 <b>Open Mic w/Kevin Lentz</b>, Black Donald's Pub</li> <li>🎵 <b>World Day of Prayer</b>, Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>40 Plus Singles Dinner/Dance</b>, Smiths Falls</li> <li>🎵 <b>Brock Zeman</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Down East Kitchen Party</b>, The Cove</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Hillsburn</b>, Sharbot Lake</li> <li>🎵 <b>Lanark Co. Genealogical Soc.</b>, Perth</li> <li>🎵 <b>Maple Tapping Out Party</b>, McDonalds Corners</li> <li>🎵 <b>March Meltdown</b>, Beckwith</li> <li>🎵 <b>Soup for Thought Fundraiser</b>, Almonte</li> <li>🎵 <b>No Sex Please... We're British</b>, Smiths Falls</li> <li>🎵 <b>Shawn McCullough</b>, Golden Arrow</li> <li>🎵 <b>Terry Tufts</b>, Lumbertown Ale House</li> <li>🎵 <b>Three Times Lucky</b>, Black Donald's Pub</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</li> <li>🎵 <b>Celebrate Canada 150 at Fulton's</b>, Pakenham</li> <li>🎵 <b>Magnolia Rhythm Kings</b>, The Royal Oak</li> <li>🎵 <b>No Sex Please... We're British</b>, Smiths Falls</li> <li>🎵 <b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li>🎵 <b>Seedy Sunday</b>, Perth</li> <li>🎵 <b>The Good Years Tribute Show</b>, CP</li> <li>🎵 <b>Valley Singles Lunch</b>, Pakenham</li> <li>🎵 <b>Women's Health and Wellness Event</b>, Perth</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Jeff Callery</b>, The Cove</li> <li>🎵 <b>Jimmy Tri-Tone Band</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Logan Brown</b>, Golden Arrow</li> <li>🎵 <b>Open Mic w/Kevin Lentz</b>, Black Donald's Pub</li> <li>🎵 <b>Shimmy Kings &amp; Beer</b>, M3 Eatery</li> <li>🎵 <b>Steve Barrette Trio</b>, The Swan at Carp</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>AiC: Montreal Guitare Trio w/Don Ross</b>, Almonte</li> <li>🎵 <b>Garnet Rogers</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Rocket Rached</b>, Black Donald's Pub</li> <li>🎵 <b>The Brockolees</b>, Golden Arrow</li> <li>🎵 <b>The Howling Jays</b>, Lumbertown Ale House</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>APEX Jazz Band</b>, The Royal Oak</li> <li>🎵 <b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</li> <li>🎵 <b>Meet the Artists: Johnson/Swain</b>, Almonte</li> <li>🎵 <b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Hacksaw Ridge</b>, Smiths Falls</li> <li>🎵 <b>Jimmy Tri-Tone Band</b>, Lumbertown Ale House</li> <li>🎵 <b>Matt Dickson</b>, Golden Arrow</li> <li>🎵 <b>Open Mic w/Kevin Lentz</b>, Black Donald's Pub</li> <li>🎵 <b>St. Patrick's Day w/Turpin's Trail</b>, The Cove</li> <li>🎵 <b>St. Patrick's Day w/Terry O'Tufts</b>, The Barley Mow</li> <li>🎵 <b>St. Patrick's w/Ryan Brothers</b>, Pakenham</li> <li>🎵 <b>Ted Lalonde</b>, Golden Arrow</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Bridges Blues Series: Al Tambay</b>, Pakenham</li> <li>🎵 <b>Hacksaw Ridge</b>, Smiths Falls</li> <li>🎵 <b>Jimmy Tri-Tone Band</b>, Kemptville</li> <li>🎵 <b>MMPL Seed Library Launch</b>, Almonte</li> <li>🎵 <b>Poetic Justice</b>, Golden Arrow</li> <li>🎵 <b>Riverthieves</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>RMEO Fundraising Gala Dinner/Dance</b>, SF</li> <li>🎵 <b>Silver Creek</b>, Black Donald's Pub</li> <li>🎵 <b>St. Patty's Hangover Party</b>, The Cove</li> <li>🎵 <b>Vernissage: Blanket Statement</b>, Almonte</li> <li>🎵 <b>Vernissage: Sue Adams</b>, Almonte</li> <li>🎵 <b>Plants for the Home Apothecary</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Blues w/Redneck Limousine</b>, Waterfront Gastropub</li> <li>🎵 <b>Magnolia Rhythm Kings</b>, The Royal Oak</li> <li>🎵 <b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li>🎵 <b>SRO Big Band Tea Dance</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Ambush</b>, Westport</li> <li>🎵 <b>BOTR: Danny Brooks w/ Lil' Miss Debi</b>, Westport</li> <li>🎵 <b>Jason Maxwell</b>, Smiths Falls</li> <li>🎵 <b>LIPS Poetry Slam/Open Mic</b>, Perth</li> <li>🎵 <b>Matt Dickson</b>, Golden Arrow</li> <li>🎵 <b>Music Trivia Night</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Open Mic w/Kevin Lentz</b>, Black Donald's Pub</li> <li>🎵 <b>Steve Barrette Trio</b>, The Swan at Carp</li> <li>🎵 <b>Vernissage: Gordon Coulthart</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Campfire Liars Club</b>, The Cove</li> <li>🎵 <b>Chris White</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Earth Hour</b>, Everywhere!</li> <li>🎵 <b>Introduction to Android</b>, Carleton Place</li> <li>🎵 <b>JazzNhouse: Petr Cancura Trio</b>, Almonte</li> <li>🎵 <b>Junk &amp; Disorderly Sale</b>, Carleton Place</li> <li>🎵 <b>Mumbo Jumbo Voodoo Combo</b>, Black Donald's Pub</li> <li>🎵 <b>The Key Strings</b>, Lumbertown Ale House</li> <li>🎵 <b>Umberlune</b>, Golden Arrow</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>AiC Youthful Music Club</b>, Almonte</li> <li>🎵 <b>APEX Jazz Band</b>, The Royal Oak</li> <li>🎵 <b>Blues w/ Redneck Limousine</b>, Waterfront Gastropub</li> <li>🎵 <b>Choral Evensong</b>, Perth</li> <li>🎵 <b>Governor General's Foot Guards Band</b>, Perth</li> <li>🎵 <b>Junk &amp; Disorderly Sale</b>, Carleton Place</li> <li>🎵 <b>Arlene Quinn</b>, Perth</li> <li>🎵 <b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li>🎵 <b>Pancake Breakfast</b>, Mississippi Mills</li> <li>🎵 <b>Trad Song Session</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Almonte Lectures: Richard III</b></li> <li>🎵 <b>Bahoo, Brat and the Commander</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Brea Lawrenson</b>, Golden Arrow</li> <li>🎵 <b>John Wilberforce</b>, The Cove</li> <li>🎵 <b>Lanark Laughs</b>, Carleton Place</li> <li>🎵 <b>Wrong for Each Other</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Arnprior and District Museum</b> presents travelling exhibit "My Story, My Tattoo"</li> <li>🎵 <b>Diefenbunker</b> presents CANEX 1977 canteen, "From Hand to Hand" photos by Valerie Nofle</li> <li>🎵 <b>Fairview Manor Lobby</b> presents <i>The Art of the Tree</i>, paintings by Gordon Coulthart [to Apr 11]</li> <li>🎵 <b>General Fine Craft, Art &amp; Design</b> features Sayward Johnson's woven copper tapestries &amp; Chandler Swain's ceramic centrepieces &lt;generalfinecraft.com&gt;</li> <li>🎵 <b>MVTM</b> presents Blanket Statement: No Shame in Patches [from Mar 14] &lt;mvtm.ca&gt;</li> <li>🎵 <b>Sivarulrasa Studio &amp; Gallery</b> presents <i>Metaphor</i>, drawings &amp; sculpture of Sue Adams &lt;sivarulrasa.com&gt; [from Mar 20]</li> <li>🎵 <b>The Mississippi Mills Chambers Gallery</b> presents Alan Mirabelli's photography</li> <li>🎵 <b>The Almonte Library Corridor Gallery</b> presents Debra Tate Sears' watercolour/egg tempera</li> </ul>	

**Celebrate Canada 150 at Fulton's**, Mar 5, 9AM-4PM. Wear red, bring flag. Fultons, Pakenham. 256-3867, fultons.ca

**Seedy Sunday**, Mar 5, 10AM-3PM. Seeds, workshops, vendors. Perth Legion

**Valley Singles Lunch**, Mar 5, 1PM. Singles lunch, all welcome. Bridges Bar & Grill, Pakenham. 622-5693

**Women's Health and Wellness Event**, Mar 5, 9AM-4PM. Physical & mental health info. 9AM yoga. Perth Parkside Inn & Spa. 464-1077

**Green Drinks**, Mar 7, 5:30PM. Informal meeting of environmental folk. Golden Arrow, Perth. GreenDrinks.org

**Women's Day Potluck/Sing**, Mar 8, 11:45AM. Potluck; song workshop w/Jennifer Noxon & MERA choir. N. Lanark Community Health Centre, Lanark. 1-866-762-0496. Free; bring a dish

**Workshop: Selling Food to Ontario**, Mar 8, 9AM-4PM. For business owners/mgrs. Two Rivers Food Hub/OMAFRA. Gallipeau Centre, Smiths Falls. ontario.ca/chbi. \$15

**CP Historical Soc. Fundraising Dinner**, Mar 9, 6PM. w/Julian Smith. \$50 at CP&B Museum. CP Town Hall. 253-7013,

**Perth Hort: Rock Gardening**, Mar 14, 7-9PM. Speaker: Judy Wall. St. Paul's Church, Perth. 253-5690, \$5/\$15

**W. Carleton Garden: Gdn w/Children**, Mar 14, 7:30PM. Memorial Hall, Carp. wgcg.ca. \$5 for non-members

**Women's Business Group Lunch**, Mar 14, 12PM. RSVP at womensbusinessgroup@gmail.com. CP Terrace, CP

**Pakenham Hort Soc Mtg**, Mar 15, 7:30PM. Edible Landscape. Seed exchange. St. Andrew's Church, Pakenham. 800-1236

**Meditation Club**, Mar 16, 7PM. CP Library. 257-2702, czeeman@carletonplace.ca,

**MVFN Talk: Loons & Human Interaction**, Mar 16, 7:30PM. Cliff Bennett/Howard Robinson. Almonte United Church. mvfn.ca. \$5 non-members

**MMPL Seed Library Lunch**, Mar 18, 12:30PM. Borrow & donate seeds. Almonte Library. 256-1037

**RMEO Fundraising Gala Dinner/Dance**, Mar 18, 6PM. Hanley Hall, Smiths Falls. www.rmeo.org. \$65

**Workshop: Easy-to-Grow Plants for the Home Apothecary**, Mar 18, 10AM-12PM. w/Amber Westfall. Almonte Library, 256-1037. Free

**Canada in Space**, Mar 20, 7PM. CP Library. 257-2702, czeeman@carletonplace.ca

**Toastmasters**, Mar 23, 7-8:30PM. Guests free. Location tbd. 250-9282, mastermind-toastmasters.com

**Earth Hour**, Mar 25, 8:30-9:30PM. Break out the candles! earthhour.org

**Introduction to Android**, Mar 25, 2PM. CP Library. 257-2702, czeeman@carletonplace.ca

**Junk & Disorderly Sale**, Mar 25-26, 10AM-4PM. Fundraiser. Cash only. CP & Beckwith Heritage Museum, CP. 253-7013

**Pancake Breakfast**, Mar 26, 8AM-12PM. GF avail. Union Hall, Mississippi Mills. \$9 large, \$7 small, \$5 kids 10&under

**Almonte Horticultural Soc.**, Mar 27, 7:30PM. Square foot gardening. Cornerstone Church, Almonte. 256-5594, \$2

**Craft Club**, Mar 27, 6:30PM. CP Library. 257-2702, czeeman@carletonplace.ca

**Parkinson's Support Group**, Mar 27. Perth: 1:30PM, Community Home Support, 267-6400. Almonte: 2PM, Mills Community Support, 256-0509. Free

**Mississippi Madawaska Land Trust AGM/Talk**, Mar 29, 6:30PM AGM, 7:30 talk: Mysteries about Fungi. Mississippi Valley Conservation, CP. 253-2722. Talk \$10

**Almonte Lectures: Richard III**, Mar 31, 7:30PM. Paul Marland, Richard III: "The bunchback'd toad". Almonte United Church. almontelecures.net. free/donations

**Golden Arrow Pub** (Perth, 267-4500): 9PM. Wed Karaoke.

Mar 3, 24 Matt Dickson  
Mar 4 Shawn McCullough  
Mar 10 Logan Brown  
Mar 11 The Brockolees  
Mar 17 Matt Dickson, 2-6PM  
Mar 17 Ted Lalonde, 8PM - 1AM  
Mar 18 Poetic Justice  
Mar 25 Umberlune  
Mar 31 Brea Lawrenson

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

Mar 10, 24 Steve Barrette Trio, 7-10PM  
**The Royal Oak** (Kanata, 591-3895): jazz on Sun, 2-5PM  
Mar 5, 19 Magnolia Rhythm Kings  
Mar 12, 26 APEX Jazz Band

**Naismith Pub** (Almonte, 256-6336):

Mon Uke Klub, 8PM  
Wed Open Celtic Jam, 7:30-10PM

**Carp Masonic Lodge**: Mon Carp Celtic Jam, 7-9PM

**The Barley Mow** (Almonte, 256-5669):

Thurs Jimmy Tri-Tone Band, 8PM  
Mar 17 Terry O'Tufts w/ Rob Riendeau  
**O'Reilly's Ale House** (Perth, 267-7994):  
Tues Brock Zeman & Blair Hogan 8:30PM;  
Wed Open Jam w/Dave Balfour 8PM, Fri  
Live music 8:30PM  
Mar 3 Riq Turner  
Mar 10 Tom Watson  
Mar 17 R. Turner 12PM, T. Watson 4PM,  
Stephen Fisher 8:30PM  
Mar 31 River City Junction, 9PM

**Waterfront Gastropub** (CP, 257-5755):

Sun Blues w/ Redneck Limousine 3-6PM  
Mar 3 Mississippi Blues Society Jam, 8:30PM

**Lumbertown Ale House** (Arnprior,

623-8885): 8:30PM, no cover  
Mar 4 Terry Tufts  
Mar 11 The Howling Jays  
Mar 17 Jimmy Tri-Tone Band  
Mar 25 The Key Strings

**Black Donald's Pub** (Calabogie Peaks,

800-669-4861): Open Mic w/Kevin Lentz,  
Fridays, 6-10PM; Sat/Sun music 3PM  
Mar 4 Three Times Lucky  
Mar 11 Rocket Rached  
Mar 18 Silver Creek  
Mar 25 Mumbo Jumbo Voodoo Combo  
**M3 Eatery** (Arnprior, 791-0992): Mar 10,  
Shimmy Kings w/Whitewater-beer-paired  
dinner, 6PM, \$35

**Community**

**Smiths Falls Bridge Club**, Mondays 7PM,  
Tuesdays 1PM. 256-4747. SF Legion

**Almonte Bridge Club**, Wednesdays 7PM.  
256-4747. Almonte Legion

**Mahjong**, Thursdays, 1:30PM. ABC Hall, Boling-  
broke, 273-2571. \$5 donation

**CP Hort: Shade Gardens**, Mar 1, 7PM.  
Rideau Woodland Ramble. St. Andrew's  
Church, CP. 257-4101, cphorticulture.ca.  
\$3 entry; \$10 annual

**World Day of Prayer**, Mar 3, 1:30PM. 117  
Victoria St. Carleton Place

**40 Plus Singles Dinner/Dance**, Mar 4,  
7PM dinner, dance. Casual dress (no jeans).  
Cash bar. Call Betty at 613-285-5557.  
40plussinglesdanceclub@gmail.com. \$10

**Lanark Co. Genealogical Soc.**, Mar 4,  
1:30PM. Mills of the Tay. Archives Lanark,  
Perth. globalgenealogy.com/LCGS/. Free

**Maple Tapping Out Party**, Mar 4, 9AM-  
3PM. Fun, food & 11AM ceremonial tapping.  
Wheeler's Pancake House, McDonalds  
Corners. 278-2090, Free

**March Meltdown**, Mar 4, 8:30AM-2PM.  
Pancakes (Brunton Hill), family activities  
(Beckwith Park), Chili Cook Off. 257-1539

**Soup for Thought**, Mar 4, 11:30AM &  
1:30PM. Soup/handmade bowl. \$25 at MVTM,  
Baker Bob's, (keep bowl). Textile Museum,  
Almonte. 256-3754, mvtm.ca



Study of a Woman's Back, graphite and powder on rag paper

## Sue Adams' Metaphor

From March 10 to April 16, Sivarulrasa Gallery presents *Metaphor*, an exquisite collection of twenty drawings and sculpture by Almonte-based artist Sue Adams, including several new works being exhibited for the first time. Working primarily with the human form, Adams' work explores themes of passion, pain, frailty and grace. Her figures exhibit strength, vulnerability and primal energy, giving voice to humanity's inherent contradictions. Her art draws inspiration from historical movements in Classicism and Humanism, with her figures often combining outward formality with inner turmoil. Provocative and sublime, *Metaphor* is a meditation on the human experience in all its beauty, anguish and vigour.

Everyone is invited to meet the artist at a vernissage on Saturday, March 18 from 3PM to 6PM. Find more details about this show and other gallery artists at <sivarulrasa.com>.

Speaking Volumes

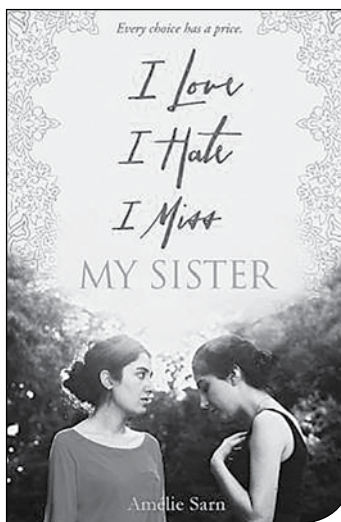
# The Power of Reading in Stressful Times

A colleague recently shared with me a wonderful article by Karen MacPherson of the *Washington Post* entitled "19 books to help children find hope and strength in stressful times: A librarian's list." It contains a beautifully curated list of children's books that celebrate the beauty of diversity, the strength of community, and the importance of being true to oneself. The article is timely in its publication: in today's fraught political climate, books that demonstrate these values are more important than ever.

by Meriah Caswell, Librarian

The article reminded me of another recent *Washington Post* article, this one by Sarah Kaplan, exploring how the act of reading fiction leads to an increase in an individual's empathy. The article quotes University of Toronto cognitive psychologist Keith Oatley, who has reviewed the research on this topic over the past ten years.

As a librarian, the idea that reading fiction can help communities understand and feel compassion for their neighbours is exciting. It inspired me to build on Karen MacPherson's list of children's books to include books for teens and adults. The following is a list of recent publications that celebrate diversity and encourage empathy. Of course, the beauty of reading is that it pulls the reader into the experience of someone else, while simultaneously allowing the reader to see themselves on the page. This depth of experience means that any list on this topic will be far from complete. To anyone who feels that an obvious title has been missed, I encourage you to comment on this article or talk to a friend about the book you love, and explain why. Encourage others to read it. In today's troubled world, a little more empathy can go a long way.



### Young Adult Books

- *I Love I Hate I Miss My Sister* by Amélie Sarn. About two Muslim sisters — one growing more religious, one more secular.
- *When Everything Feels Like the Movies* by Raziel Reid. Jude is an extravagant high school student who sees life in the context of filming a movie.
- *I'll Give You the Sun* by Jandy Nelson. Twins Jude and Noah have grown apart after a life-changing experience, and must find their way back together to heal.
- *Colin Fischer* by Ashley Edward Miller and Zach Stentz. Colin Fischer is a high school student with autism, and is the only person who can prove his bully did not bring a handgun to school.

### Adult Fiction and Non-fiction

- *Brown: What Being Brown in The World Today Means (To Everyone)* by Kamal Al-Solaylee.
    - *Between the World and Me* by Ta-Nehisi Coates. In a letter to his teenage son, Coates attempts to answer powerful questions about race in America.
    - *Zeitoun* by Dave Eggers. After assisting his neighbours in the wake of Hurricane Katrina, New Orleans resident Abdulrahman Zeitoun was arrested and accused of being an agent of Al Qaeda.
    - *Up Ghost River* by Edmund Metatawabin. An eloquent memoir by the former Chief of Fort Albany First Nation about his ordeal in residential schools and his healing process.
    - *All Out: A Father and Son Confront the Hard Truths that Made Them Better Men* by Alex Newman and Kevin Newman. While news anchor Kevin Newman was rising to the top of American network television, his son was realizing he was gay.
  - *The Illegal* by Lawrence Hill. A satirical look at the world of undocumented refugees in a hostile country, through the experience of a professional runner.
  - *Ru* by Kim Thúy. A Vietnamese refugee family finds community in Quebec.
- Meriah Caswell is the Manager of Library Service at the Carleton Place Public Library

**BLUES ON THE RIDEAU**  
THE COVE INN • WESTPORT • ONTARIO

MARCH 24  
DANNY BROOKS & LIL' MISS DEBI  
w. THE MEMPHIS BROTHERS  
Proceeds to Kick In For Kids -  
Rideau District High School

**DINNER & SHOW \$65**

ADVANCE RESERVATIONS REQUIRED  
1-888-COVEINN www.BluesOnTheRideau.ca




Walk our trails,  
taste our syrup,  
and enjoy some  
taffy-on-the-snow!

Maple Sugar Bush  
Open 10-5 daily  
2442 Wolf Grove Road  
(613) 256-5216  
www.fortunefarms.ca

Featuring syrup making  
from pioneer to modern  
with  
The Kettle Boys and  
The Shanty Men

*Pancake  
Breakfast*

Sunday, March 26, 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  
Fortune Farms'  
maple syrup, ham or  
sausages, baked beans  
or blueberry sauce,  
juice, Equator coffee  
and tea.

Gluten-free option  
available.




Almonte  
**ANTIQUÉ**  
MARKET

26 Mill Street 613-256-1511

# Developing Habitat Awareness

As spring approaches our thoughts turn to the outdoors, our yards and gardens. This is a great time to plan, and to raise awareness about including native plants and grasses into our landscapes. As we continue to study the effects of our urban sprawl, as well as rural and lakeside development, findings indicate that we are still displacing and removing large



Photo by smHansen

by Bob Volks

amounts of habitat overall, even when new developments are implemented with smaller lots and narrower roads (for example). All birds and animals are suffering as we have eliminated large tracts of land from their normal ranges. Lakeside development is changing shorelines and water quality, and algal blooms occur because of fertilizer use on lawns.

The upside is the awareness that we're all in this together. It's not nature *and* us; it's *all of us* on this planet. As mentioned, awareness is key, so for our lakes and rivers shoreline management can be enhanced. Programs like "The Natural Edge" (a shoreline naturalization system) are fantastic resources that can help us plant and plant native grasses and trees to help keep our waterways clean, while creating habitat at the same time. Find out more at <watersheds.ca>.

Future development of any space must consider its impact on nature — and all of us that live on this planet. Going forward, perhaps we don't need more roads and subdivisions everywhere; perhaps we need to take a harder look at our intentions when developing. Instead of profit-driven development, we may need to look at the effects on the planet first. Check out these results:

The United Nations is estimating that the world's population will likely reach 9.7 billion people by the year 2050. With all those babies turning into adults, an increased demand for homes and urban spaces should continue the urban development boom we are currently seeing in much of the developed world. As this trend continues, we need to consider the effects on both wildlife and the wild places they inhabit or once inhabited. While many urban developments are doing their best to preserve green space, the fact of the matter is, we are eliminating vital habitat with each turn of the shovel.

A study entitled *Breeding Dispersal by Birds in a Dynamic Urban Ecosystem*, published at the end of 2016, indicated some troubling facts for our feathered

friends. Based in Seattle, Washington, researchers set out to determine the effects increased urbanization had on local bird populations, and the findings are certainly a cause for concern.

The study, led by University of Washington wildlife science professor John Marzluff, monitored six songbird species in a trio of landscapes in the greater Seattle area. These landscapes included forested preserves, developed suburban neighbourhoods, and neighbourhoods currently transitioning from woodland to subdivision.

By colour banding adult birds and mapping the centres of their annual breeding activities from 2000 to 2010, the research team was able to compile 504 consecutive movements by 337 mature birds. Of the six species of birds in the study, four of the bird species ended up being totally tolerant of suburban lands and development. Those species included the song sparrow, spotted towhee, dark-eyed junco, and Bewick's wren. The remaining two species, however, did not fare so well.

The research indicated some harrowing results for both the Swainson's thrush and the Pacific wren, both of which proved to be constrained by urban development. These two species, referred to in the study as "avoiders" because of their shy and reserved characters, were found to be "divorcing" one another (i.e. decreasing in mate fidelity) at a consistent rate, and leaving established areas for more forested habitat. Marzluff, however, made it clear that it is not all grave news for birds, speaking to the fact that the four species who were unaffected by urbanization (the "adapters") were easily transitioned into urban habitats.

However, he did go on to say that because of the Swainson's thrush, Pacific wren and other "avoider"-type species, we will certainly be required to reserve ample habitat for them as they flee our populated urban centres.

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

Ask Us About  
Our Cheese  
of the Month



Cheddar Isle-aux-Grues

10% of all proceeds go to *Hub Hospice* PALLIATIVE CARE

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

**SKILLED HANDYMAN**  
SERVING OTTAWA & SURROUNDING AREA

**Outside Services:**

Window, door, soffit and fascia replacement  
Posthole digging for decks & fences • Lawn aeration and rejuvenation  
Bush and tree trimming • Deck, shed & pergola construction • Parging

**Inside Services:**

Basement & bathroom remodeling • Plumbing • Carpentry • Painting  
Interior door installation • Drywall install, mudding & sanding  
Flooring (hardwood, laminate, ceramic & porcelain tiles)  
Garage organization • Fixtures installation • plus many more services

**VINCENT J. DUFFY • K.D. CONTRACTING**  
MAJOR CREDIT CARDS ACCEPTED • INSURED  
613-791-5940 • VJDUFFY@XPLORNET.COM

Pick up *theHumm* in Pakenham at  
**BRIDGES BAR & GRILL**

Come Play  
In Our Backyard

2017 Winter Magic & Maple Harvest



Open daily 9 am to 4 pm  
Until Sunday, April 23

Ceremonial Tree Tapping and  
Canada's 150<sup>th</sup> Celebration  
Saturday, March 5

Enjoy Weekend, March Break & Easter  
Weekend Activities from 10:30 am to 2:30 pm.

Cook bannock & create a wooden spoon over the fire. Enjoy sleigh rides, face painting, live music, maple taffy and more!

Meet **TRIPLE TROUBLE** in the Sugar Camp!  
6th generation Sap Reduction Specialists!



Connect with us:  
f t p i y  
Shop online [www.fultons.ca](http://www.fultons.ca)

Fulton's Pancake House & Sugar Bush  
399 Sugar Bush Road  
Pakenham, ON K0A 2X0  
info@fultons.ca 613-256-3867

**Greet Spring in style!**

**PaddyMann CLOTHING**  
156 MacFarlane Street, Pakenham Mon-Fri 8-4 | Sat + Sun 10-4  
[www.PaddyMann.com](http://www.PaddyMann.com) | 613.624.5201



**Luxury Cat Boarding**  
 "Where Stylish Kitties Go to Relax"  
 Pick up in Westboro available  
[www.catsparadise.ca](http://www.catsparadise.ca)  
 659 John Kennedy Way, RR4, Almonte (613) 256-8833

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



**COLDWELL BANKER** Jenn MacDonald  
 Sales Representative  
 Direct: 613-812-8807  
**SARAZEN REALTY BROKERAGE** Office: 613-831-4455  
 \*Independently owned and operated jenn-macdonald@coldwellbanker.ca

**THANK YOU**  
 for saying you saw their ad  
 in *theHumm!*

**Glory to Thee!**  
 St. James the Apostle Anglican Church  
 12 Harvey St. Perth 613-267-1163 stjamesperth.ca  
 Choral Evensong: Sunday, March 26, 4 pm



Val Leavitt, Piano  
 Peter Woodwark, Bass  
 Jim Wright, Drums  
 Rebecca Worden, Clarinet/Vocals  
 A bit of Bach, a bit of jazz and a bit of both

**Lanark Renfrew Health & Community Services**  
 is seeking new community members to serve on our Board and Board Committees

Lanark Renfrew Health & Community Services (LRHCS) is a vibrant and fully accredited non-profit organization which oversees the provision of a broad range of primary care, health promotion, mental health, peer support, and developmental services in Lanark, Leeds, Grenville and Renfrew Counties.

We are seeking Volunteer Board Members who have a strong desire and commitment to improve the health and well-being of all people in our rural communities – and especially those who are more vulnerable and who experience health inequities.

Our Board and Committees meet monthly and make decisions using a formal consensus model. LRHCS attempts to reduce travel for Board members through the use of technology and by conducting meetings across our region.

To find out more about serving on our Board, or to receive an application package, please visit our website at [www.lrhcs.ca](http://www.lrhcs.ca) or contact Kara Symbolic, Staff Resource to the Nominations Sub-Committee at 613-259-2182 ext 2302 or by email at [ksymbolic@nlhcs.on.ca](mailto:ksymbolic@nlhcs.on.ca).

Complete applications must be received by **Friday April 7, 2017.**



**The Reeve Report**

# A Matter of Time

I awoke in the middle of the night. Something wasn't right, some sound was missing. Indeed, my faithful cuckoo clock had stopped.

My sister gave me this clock in 1960 when I went to university, and like me, it has been ticking along ever since. It's a little genuine German clock with leather bellows for the tiny bird. I think Sue bought it from the Eaton's catalogue, making it a vintage item right there. My cuckoo chirped regularly in

couple of back streets to a little bungalow festooned with birdfeeders and a clothesline (score another point!), and she met us on her front porch, a sunny nook they'd built just for their dog. Well, were we bonding or what?

She took my little clock lovingly out of its shoebox, and looked it over, telling me what a treasure we had. Oh, yes, she could fix it. One week, she promised, and your clock will be good as new. She gave us a price, and said she'd call as soon as she could get it done.

Now here's the amazing part: we left our clock on Friday. This is only Sunday, and at 8:45 this morning, Joling called to say it was ready! She knew we were missing it, and didn't want us to have to wait too long. She invited us into her workshop to see what she had done. To me, it is an honour to enter someone's private workspace. It is a tiny cubbyhole in

by Glenda Jones

her basement, shelves of clocks and parts neatly labelled, clocks on every wall, watches ticking away, while on two giant stands were the workings of grandfather clocks — all cogs and pendulums, chimes and dials. In one corner she showed us her old wind-up Victrola, and yes, it played *Copacabana*. For over thirty years she has been repairing watches and clocks, some very tiny and some huge. She learned the art with a master clockmaker, and declares: "young people just throw away, don't know value of these things". Let me tell you, we sure do know the value of skilled craftspeople like she is!

Before we left, she and her husband insisted we get the dogs out for a little visit, and she came back with two huge milk-bones for them. Their dog has gone to its great reward, and you could tell these two loved dogs dearly. We stood in the sunshine, sharing stories and revelling in what might be spring, and when we finally

drove away, it was with much waving, calls of safe trip, and a promise to drop over anytime. I'm sure there are a few others who could have done this work, but I felt in my heart this would be a good relationship and it was. And yes, I'll share her with you. She's a treasure herself, and a fine craftswoman. Such people are a rarity in our modern world, and we need to respect and support their abilities.

The fact that it's old and so are we, the fact that I can't live without its gentle metronomic tick, the fact that we've always had it... I cut the clock some slack, and simply enjoy it.

So you can imagine how devastated I was when it stopped. This isn't like some piece of new-fangled electronic that gets thrown to the scrap heap when it dies. This is a family heirloom. (Note: the kids may fight over who doesn't get the clock!) It can't be entrusted to just anyone to fix.

My usual jeweller has retired, so as a last resort, I turned to Google. What if I had to send it away? What if it was wasn't repairable? What if I couldn't find anyone close at hand? I made a couple of phone calls, but wasn't very confident. One person was too far away, the second sounded too commercial.

However, the third phone call netted a sweet sounding lady who exuded joy and welcome. She works at home — a good sign right there, since that's where my business was too. We drove down a



two boarding residences in Victoria, much to the annoyance of a couple of roommates. It hung in our first little apartment in Esquimalt, and counted the happy hours of a newly married couple. It was on the wall of our first home in Victoria, and it moved with us to the kitchen of our Nova Scotia house — the first thing I hung up and set right to remind us that we were home.

When we moved to Ottawa, I carried it in the car, I was so afraid it might be damaged in transit. Once it was given its place in the kitchen, I could relax. When we moved to our present house, it went from one kitchen wall to the next, hardly missing an hour.

the fact that I can't live without its gentle metronomic tick, the fact that we've always had it... I cut the clock some slack, and simply enjoy it.



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

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

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



## Maple Season's Just Around the Corner!

Spring is just around the corner, and with it comes the new maple season. Preparations are underway at sugar bushes all across the region. A trip to the sugar bush is a real treat for everyone, but especially for children. Taffy on the snow is a springtime favourite — providing lots of energy for a walk in the bush and a stop at the evaporator to watch the sap boiling in the pans. Most sugar bushes are open to the public and welcome visitors. **Maple Weekend** — when many maple syrup producers have special events for visitors — takes place on April 1 and 2, 10AM to 4PM. Go to [mapleweekend.ca](http://mapleweekend.ca) for a list of the 17 participants in Lanark and District.

### New Grading System

This year will mark the use of a new grading system for maple syrup. It is being phased in over the next two years, but several producers will be using it this year. After more than ten years of negotiation, the grades for maple syrup are now standardized in Canada and the United States. Gone will be the familiar “Extra Light, Light, Medium and Amber” as used in Ontario. In their place are new names with flavour descriptors to help consumers choose between the different syrups. There are some minor differences from the old to the new rankings based on light transmission, but on a simpli-

fied basis, Extra Light becomes Golden with a Delicate Taste, Light becomes Amber with a Rich Taste, Medium becomes Dark with a Robust Taste, and Amber becomes Very Dark with a Strong Taste.

There may be some confusion until we all, including the syrup makers, become familiar with these new names. But no matter what the name, maple syrup is still that delicious liquid that is the finishing touch for pancakes and adds flavour when cooking!

### Spring is Coming

The groundhog saw his shadow in this area on February 2, so we can expect another six weeks of winter. The Weather Network, which is somewhat more reliable, predicts that the jet stream will bend to the south, drawing cold air from the arctic to southern Ontario through March. This happened in 2015 and we had a very late spring. Maple syrup producers are so dependent on the weather for a good sap run that we all turn into amateur weather forecasters and optimists at this time of year. We tune into the radio, check Environment Canada, listen for the first crows calling in the woodlot, check the phase of the moon, and then live with whatever nature throws our way. Regardless of the outcome, we live for that whole messy business of making maple syrup.

— Ray Fortune, Fortune Farms Sugar Bush

## Choral Evensong at St. James Perth

St. James Anglican Church in Perth invites you to Choral Evensong on Sunday, March 26. The **St. James Four** will offer a prelude, at 3:45PM, and a postlude — a bit of Bach, a bit of jazz and a bit of both! They will also accompany the anthem sung by the St. James' Liturgical Choir. The service starts at 4PM and includes hymns, psalms and prayer.

The St. James Four are soloist Rebecca Worden, who also plays clarinet, Val Leavitt on piano, Jim Wright on percus-

sion, and Peter Woodwark, St. James' Director of Music, on contrabass. This in-house band provides the music at the contemporary service each month as well as performing at benefit galas and other events.

St. James' Church is on the corner of Drummond and Harvey Streets in Perth. For more information, contact the church office at 267-1163 or check the website [stjamesperth.ca](http://stjamesperth.ca).

**YOUR OTTAWA VALLEY DESTINATION RESTAURANT**

<b>Is It Spring Yet?</b> Tapas and Whitewater Beer Pairing, 6PM	Thursday Mar. 2
<b>Brock Zeman</b> Canadian singer/songwriter	Saturday Mar. 4
<b>Jimmy Tri-Tone Band</b>	Friday Mar. 10
<b>Garnet Rogers</b> Legendary folk music wild ride	Saturday Mar. 11
<b>Kitchen Party (Sold Out!)</b>	Friday Mar. 17
<b>Riverthieves</b> Canadian folk, East Coast and Celtic music	Saturday Mar. 18
<b>Music Trivia Night</b>	Friday Mar. 24
<b>Chris White</b> Founder of the Ottawa Folk Festival	Saturday Mar. 25
<b>Bahoo, Brat and the Commander</b>	Friday Mar. 31

Karaoke every Thursday night, 8-11  
**Dinner & Show packages available every Saturday night**  
**Shows start at 8PM • Tickets available at [Eventbrite.ca](http://Eventbrite.ca)**  
**Reservations: 613-752-2006 ext 311**

*Your Place in the Valley*

**729 Mill Street, Calabogie (in Calabogie Lodge)**  
[info@thevalleyfoodanddrinkco.ca](mailto:info@thevalleyfoodanddrinkco.ca) [www.thevalleyfoodanddrinkco.ca](http://www.thevalleyfoodanddrinkco.ca)  
*Ottawa Valley craft beers* *the best ingredients from local farmers*

# Smiths Falls Home Living expo

**Saturday May 6 10-5PM**  
**Sunday May 7 10-4PM**

**County Fair Mall • (former Target location)**  
**275 Brockville St./Highway 29 S.**

**70+ vendors, BBQ**

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

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

**Clip Out this Coupon for our Draw & Door Prizes!**

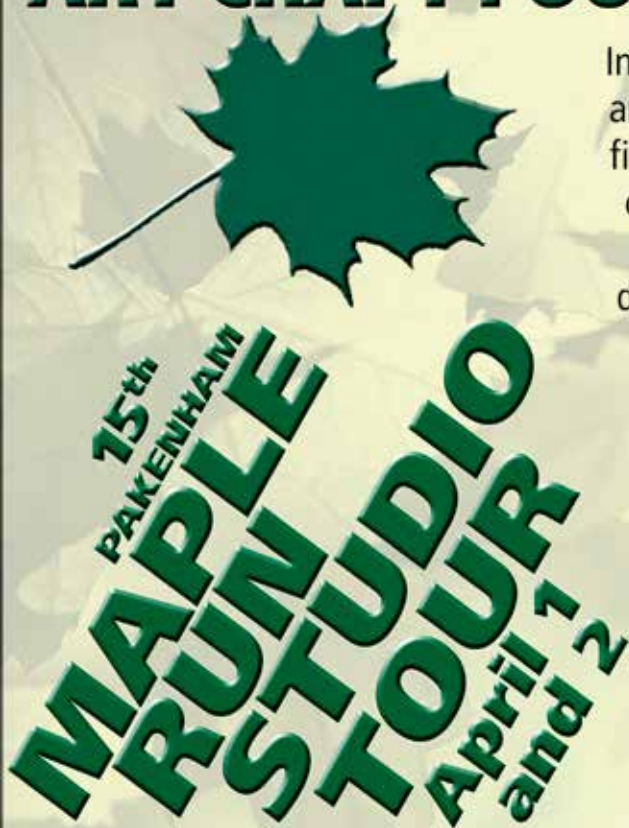
**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

# Maple Season Events

## ART-CRAFT-FOOD-HERITAGE

## in Mississippi Mills



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.com](http://www.mapleruntour.com) and follow us on Facebook for artists' updates.



March 17, 2017, 8pm-midnight

Celebrate St. Paddy's Day in style! Featuring live music by The Ryan Brothers with special guests Bill Ryan and Glen Silverson. Light lunch served.

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

## Maple Weekend

Sweet Ontario

PURE MAPLE SYRUP

April 1 & 2, 2017

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

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

For more information, please contact Tiffany MacLaren at [tmaclaren@mississippimills.ca](mailto:tmaclaren@mississippimills.ca) or visit [www.exploremississippimills.ca](http://www.exploremississippimills.ca)

## OTTAWA'S MOST POPULAR PARENTING & KIDS SHOW



**Meet & Greet Princesses**



**ProBots**

**Over 24 Play Zones for Kids!**



**Meet Dora and Boots!**



**Visit with over 125 exhibitors!**



**Meet & Greet PAW Patrol**



**Live on Stage**

**FREE Parking**

**Ottawa Parent & Child expo** *Play Learn Explore*

**March 25 & 26, 2017**

**NEPEAN SPORTSPLEX**  
1701 Woodroffe Ave.  
Ottawa  
Entrance 4 & Entrance 1

TO BOOK YOUR BOOTH OR INSERTS email [peter@OttawaParentingTimes.ca](mailto:peter@OttawaParentingTimes.ca) or call 613.656.3430 ~ See [www.ParentandChildExpo.ca](http://www.ParentandChildExpo.ca) for more details