

MARCH 2016

# the Hummm

free

Arts,  
Entertainment  
& Ideas

## The Art of Dean Spence p.3



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"Apparently, the flash mob you had collected turned on you when you tried to hit the high note in 'Danny Boy!'"



Who's Reading theHummm

Back in late 2013, **Ross Elliot** wrote: "here's one for your collection — **Kat** and I were on a ship crossing the equator last December." Thanks for taking us on your travels!

**Correction:**

In last month's issue (February, 2016), there was a **Call to Artists** ad for Renfrew's Art in the Park on page 24 that asked artists to visit their website for information and applications. The website was incorrectly noted, and the correct website is: [www.renfrewartguild.com/artinthepark](http://www.renfrewartguild.com/artinthepark)



Readers Write

**Mr. Blake Makes Maple Syrup**

The maple season is here again. Time to visit your favourite sugar bush for a taste of this year's vintage of maple syrup! Now that the weather has returned to a more normal pattern, maple syrup producers are hoping for a good season. Only time will tell. Perhaps you would like to follow the example of Mr. Blake and make your very own maple syrup:

A man named Blake decided to make Maple syrup to eat as a treat.

He'd seen it done, and it looked like fun. He thought he could master the feat.

So he set out to find some pails of the kind He could hang on his maple trees.

Some buckets he found, a bit battered but sound, Once used for coffee and teas.

For spiles he used pipe, a kind of the type He could cut with a sturdy hacksaw. With a push and a pull, he made a bagfull, All ready to wait the first thaw.

Then off to the trees, in snow to his knees, He hung a pail on each tap, And sat down to wait and calculate The syrup he'd make from the sap.

For collecting the sap, which dripped from each tap, He used a rather large bucket. On a sleigh he could tow through the heavy deep snow To a tank in which he could store it.

Then he searched for a kettle, made of heavy cast metal, In which he could boil down the sap. While rummaging 'round, he found one that was sound, In a pile of old lumber and scrap.

He hurried to put the dried wood he'd cut In a pile he thought he could burn. And he started his fire with a piece of old tire; The smoke was not his concern.

He hung his kettle right over the middle And added a pail of fresh sap. The sap bubbled and boiled, it foamed and it roiled, Without a single mishap.

But how did he know when he had it just so Without a temperature gauge? He used his big dipper, turned into a dripper, To test when it reached the right stage.

Now if you're like Blake, and syrup you'd make, Just follow this simple routine.

You'll find it is fun, and when you are done, You'll enjoy your exquisite cuisine.

— Ray Fortune, Fortune Farms Maple Sugar Bush



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

**Submissions**  
By email or on disk.

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**Thanks this month to:**  
Everyone who helped their friends and neighbours shovel out from under the 50+ centimetres of snow that got dumped upon us in February!

**Who is big and red and barks?**

# Dean Spence — Building What Comes Naturally

Dean Spence has an innate affinity for wood. He likes everything about it — its beauty, utility, flexibility and its legitimate claim to the frequently false assertions of “natural and organic”. His rustic wood-working celebrates these qualities wholeheartedly.

Spence’s rustic furniture and decorative pieces epitomize an aesthetic that showcases the natural beauty of his medium. Just as a visual artist constantly explores and ex-

ing out in the woods, fishing and camping, where he developed his lifelong love of trees and the wonderful shapes they acquire naturally. His family rented a log cabin every summer, and he remembers “thinking from the time I was knee-high to a grasshopper that it would be really cool if I could build with logs when I grew up.”

At the age of seventeen, Spence hitchhiked to BC and landed in Squamish where he worked and trained to be a steam engineer at a pulp mill. In the 1970s he studied at the legendary B. Allen Mackie Log Building School in Prince George, BC. Mackie was largely responsible for a renaissance in custom log-home building in North America.

For 22 years Spence worked as a log home builder in Golden, BC. He did a lot of work at Lake Louise in Banff National Park, as well as on some remote job sites at heli-ski and other back-country lodges. During this time he also earned his Journeyman Carpenter certification and studied the work of rustic furniture builders. “My first bent-willow chair was built with the help of a how-to book. I had seen rustic furniture in some of the lodges where I was doing log work and had always hoped to try my hand at furniture building.”

A workplace accident in 1994 that landed him in a wheelchair for eight weeks was the turning point that converted a rustic furniture hobby into his livelihood. “I had been working with natural forms for 25 years. The shift from constructing buildings to designing and hand-crafting furniture felt like the right direction to be moving as I reached middle-age.”

Spence’s work reflects the influences of wood-working traditions from geographic areas ranging from the Adirondacks of New York to the Canadian Rockies. For the last twenty years he has been building both free-standing and built-in furnishings and fixtures. He has developed a line of “stock” furniture and has had a number of custom pieces commissioned by home owners and interior designers.

Fashioned largely from birch and cedar, Spence’s original artistry showcases traditional joinery methods and tasteful ornamentation that often features birch bark and twig mosaics, a rustic style that originated in the 1800s in upstate New York. Spence employs modern tools and hardware to work with natural forms in a way that produces heirloom-quality furniture. He constructs his bent-willow-style armchairs from birch and ironwood, rather than the willow typically used, because they are denser and much stronger.

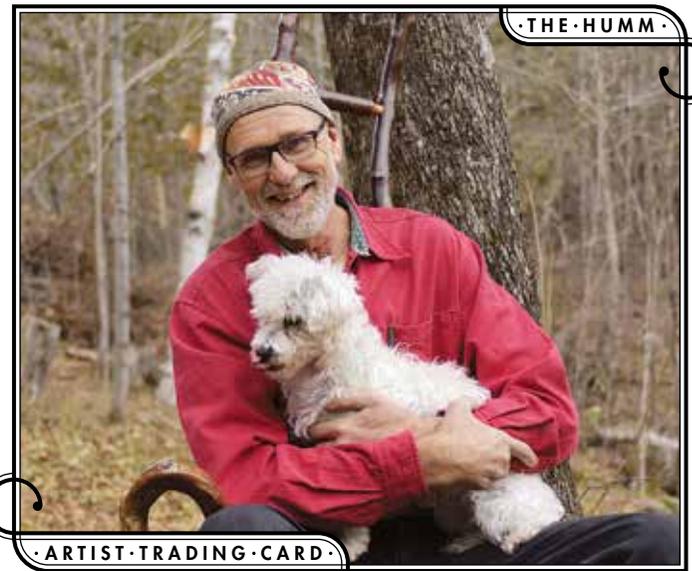
by Sally Hansen

periments with materials, tools and techniques, he has learned from the ground up the qualities and possibilities of the different varieties of wood he selects for various purposes.

The results are appealing on an emotional level as well as aesthetically. The way he wraps bent saplings around his table legs creates the impression you have just been seated at an “Alice in Wonderland” tea party. His use of birch bark mosaics on his table tops suggests a picnic in the forest. With Spence’s furniture in your home, you can achieve a simpler, relaxed ambiance that connects you to the natural world.

## A Natural Progression

Dean’s finished products appear simple and natural, but the knowledge and skills that enable him to create beautiful, long-lasting functional pieces were hard earned. Growing up in Northern Ontario near James Bay, his entertainment involved be-



He harvests birch only when the sap level is low, from fall until late winter. This is when the bark is most stable and adheres well to the underlying wood.

Dean markets his distinctive rustic furniture, household accessories and twig miniatures under the name of Kapristo Mountain Woodcraft, in fond memory of his view of the highest point in the Beaverfoot Range from the property near Golden, BC, where he started his business. About ten years ago, he and his wife, Cathie Green, moved back East to be closer to family. The vibrant arts scene in the Ottawa Valley exerted a strong pull and — after visiting area Chambers of Commerce, libraries and pubs — in 2008 the couple settled on an ideal spot on the edge of the Mississippi River near Lanark. With a view of rapids, several acres of birch trees, and a stream meandering through the property, the rustic setting suits them perfectly.

Now a fixture in the thriving area arts community, last summer Spence was the proud recipient of the 2015 MERA Award of Excellence in Fine Arts and Fine Crafts. MERA (McDonald’s Corners/Elphin Recreation and Arts) is a not-for-profit community arts organization operating out of a renovated 1860s Schoolhouse in Lanark Highlands, and the only organization wholly dedicated to community arts in Lanark County. The cash prize instantly became the down payment on Dean’s long-wished-for Martin guitar that he enjoys playing at neighbourhood pot-luck dinners and music jams.

In addition to the dressers, tables, beds, chairs and other naturally beautiful furniture pieces he builds, Spence welcomes commissions. He has produced kitchen cabinets, armoires, decorative fences, bridges and staircases — if it can be made from natural wood, he can probably figure out how to create it. A proponent of waste not, want not, he also produces a line of miniatures from the off-cuts resulting from furniture production. These include twig reindeer, teddy bear chairs, picture frames and display easels. Some of his unique pieces start as interesting found shapes that sit aging for years, waiting for the right application. A plant hanger casually fashioned from a wonderfully curved branch is a striking illustration of his gift for gathering naturally beautiful forms and converting them into functional pieces.

In his Artist’s Statement, Dean comments, “I want my work to make people smile in recognition of the beauty and grace which can be found in living things as they adapt to their individual situations.” I wonder if that is a wistful metaphorical projection upon the human race.

Enjoy Dean Spence’s rustic artistry at his website <kmw.ca> and on Facebook. His coordinates are on his Artist’s Trading Card at the top of this page.

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# Ottawa Valley Blues

*Blue Raja: ...I'm the Blue Raja.*  
*Mr. Furious: That's another thing.*  
*Blue Raja: What?*  
*Mr. Furious: I mean, you could get a little bit of blue in the uniform, somewhere.*  
*The Shoveler: Really.*  
*Mr. Furious: You've got green. There's like a little flowery thing happening, but there's like, everything but —*  
*The Shoveler: It doesn't make a lot of sense.*

— *Mystery Men (1999)*

by Rob Riendeau

Ottawa's Bluesfest is many things, but accurately-named is not one of them. Running the gamut from hip-hop to folk (with some blues thrown in), it is a celebration of all forms of music and it is a great, world-class festival. For the ten days that the festival is on, over 200,000 music lovers gather to enjoy some amazing talent from all over the world.

Although the "Blues" part of the name might be a bit of a stretch, their recently released line-up clearly shows that they take the "Ottawa" part to heart. An impressive number of local acts are included in this year's Bluesfest roster (right in there with blues legends like Duran Duran, but I digress), a move that deserves some recognition from a paper as fiercely devoted to Ottawa Valley entertainment as this one. So, that's what I'm gonna do. And I'll also let you know where you might catch these fine performers in the meantime, as they prepare for the big show in July.



Local bands who are Bluesfest-bound include The Ramblin' Valley Band (above), The Jimmy Tri-Tone Band, Brock Zeman, Kelly Prescott, Craig Cardiff, and Danny Albert (right).

Let's start off with an easy one (or two). On Sunday, July 10, you will want to be in the crowd at Lebreton Flats to catch not only former Creedence Clearwater Revival frontman John Fogerty, but also **The Ramblin' Valley Band** and **The Jimmy Tri-Tone Band**. These energetic young bands have been making quite an impact in the local music scene — lots of gigging, recording and building their respective fan bases. Both bands are good at engaging audiences, and I expect them to really do well with the larger crowds that will be in attendance at Bluesfest.

To catch the Jimmy Tri-Tone Band in a more intimate environment, head to The Valley Food and Drink Co. in Calabogie where

they host the Wednesday night open mic. On Thursdays, you can find them at either Love That Barr in Pakenham or The Barley Mow in Almonte (check theHumm's calendar to sort out which venue they'll be at in a given week).

The Ramblin' Valley Band will be playing a St. Patrick's Day show at the Barley Mow in Almonte on March 17 from 3 to 6PM, and you should keep an eye on their Facebook page for other gig updates.

**Brock Zeman** has been to Bluesfest more than a few times and knows the drill. He plays on Sunday, July 17, the same day as Roxy Music's Bryan Ferry and indie superstar City and Colour, so you should definitely plan on spending that whole day at the festival. With his latest CD release, *Pulling Your Sword Out of the Devil's Back*, I feel that Brock has achieved a new high in terms of his songwriting and performing — he really should be very famous. But for now, count yourself lucky that he's a hard-working, music-making guy that you can see play at O'Reilly's Pub in Perth every Tuesday (except when he is touring).

Bluesfest takes a country turn on July 13. Brad Paisley will be strutting his Stetson on the main stage, but Lanark locals know that you should arrive in time to hear all of **Kelly Prescott's** set. As a third-generation musician in a family that defined the sound of country music in Canada for decades, Kelly is the real deal. Her rich, smoky vocals and tender songwriting are sure to stop festival-goers in their tracks. Kelly is just about to release her new CD *Hillbilly Jewels*, and you can get a sneak peek of her festival performance in a more homey environment at Almonte's Union Hall on June 3.

Arnprior's **Craig Cardiff** is also on the roster for July 13, so if you missed his Folkus Concert Series performance in February, here's your chance to hear this amazing (and hilarious) performer.

On Saturday, July 16, two of my worlds collide. I confess that as a teen in the '80s, I was persuaded by my dear friend Emily that Duran Duran was a band to be taken seriously (even though I still occasionally mocked their video for *Hungry Like the Wolf*). I still have a spot for Simon and all the Taylors in my heart. Much more recently, I have been delighted to be able to watch and listen to violinist **Danny Albert's** development as a musician. I first encountered Danny back stage at a fundraiser in 2005 when he was (*this can't be right!*) eight years old. Danny was a sunny, charming kid who wandered around the green room, jamming very capably with musicians of all ages. Since that time, I have seen Danny play on many stages and in many styles, and I've even shared a stage with him from time to time. He is now a sunny and charming young man with great stage presence and an innate musicality that elevates every note he plays.

So, although musically it's not very bluesy, I am glad that there is a festival that can bring me the strange and wonderful mix of emotions I feel when thinking about hearing both Duran Duran and Danny Albert. Well done, Bluesfest, for supporting local and giving these deserving acts a chance to be discovered!



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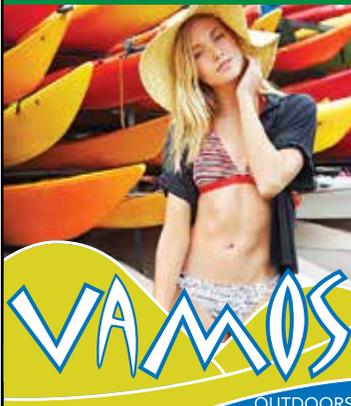
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# Getting Ready for Spring

Here we are, March! Lots of exciting things are starting to take place. The early nesters have begun their spring rituals; crows, ravens and owls are busy readying themselves. The great horned owl in particular is one of the earliest birds to get on the nest. This large-eared owl is exceeded in size only by the rare great gray owl. The great horned owl often uses nests abandoned by herons, hawks or crows. These beauties are more common than we think, as they're often heard but not seen. Our barred owl population appears strong also.

by Bob Volks

One of my favourite things is getting into the wilderness for an annual "warbler wander", generally in mid-April. During this very active time in the forest, the sights and the sounds include the barred owl's famous *who, who, who cooks for you* call. My wife always yells back "Bob does!" Last spring, just at dusk, we were fortunate to have an active family of barred owls visit us on one of our trips into the wilderness. Have you ever heard the voice of a young barred owl? If you ever do, you will never forget it. This family of four owls spent the entire evening hunting and communicating back and forth all around us; one flew past without a sound and landed in a tree not 15 feet from where we sat motionless, so grateful for good optics — it was like being right with them. A fantastic opportunity to witness one of nature's most beautiful birds in action.

How about you? Are you ready for spring? Have you spent some of the winter months staying in shape? It will soon be time for cycling, hiking, canoeing and kayaking. We started riding the indoor trainer on the first of February, following a very interesting eight-week program designed to aid in some fat loss while also acting as a preparation to race training. I have no plans for racing, but the workouts are fantastic. My aim is to ride 4000km this summer, with an unofficial start date of April 1. Check out <totalwomenscycling.com> for a very heartwarming story about a group of courageous Afghan women who are standing up for their rights, changing the rules and making their world a better place by riding a bike. And don't forget to check in with the good folks at Mississippi Mills Bicycle Month <mmbm.ca> to see what they are planning for the month of June.

With all of our "out the back door" activities about to begin, I'm curious to see how this spring will play out weather-wise, but perhaps not for the reasons you think. Let's go back to the drought of

2012 — remember? Everything was burnt to a crisp and/or didn't mature as a result of little rain and intense heat. Our grasses, the nut and fruit trees, all produced very minimal — if any — seeds, berries or nuts, and as a result the birds who are natural hunters and gatherers moved to other areas with higher yields to survive. The long and the short of it was that our local bird population really shrank! The three growing seasons since then have varied for sure: growth has been lush; nuts, berries, grass and weed seeds have been plentiful; and as a result we now have seen growth in populations of not only birds but also rodents, squirrels, ermines and more. If the extreme weather of February 2016 is any indication, spring and summer of 2016 could be very interesting.

We had a booth at Almonte's first annual Seedy Saturday on February 20. It was a well-attended event, full of vendors, seasoned gardeners and the like. As vendors we were given the opportunity to speak, as the day-long event was full of various speakers and workshops. Habitat creation is always top of mind for me, because in my view we all can do our part in our yards to create lush, abundant ecosystems — no matter how big or small the yard is. We can achieve this very inexpensively, reduce or eliminate the need for herbicides, and much more. Should you ever want to discuss creating habitat in the urban yard, feel free to contact me anytime.

As part of the Seedy Saturday discussion, we talked about the extreme weather that is associated with climate change. February 2016 certainly had as many extremes as I have ever seen! Warm temperature with rain, extreme cold to -40°C or more, a record one-day snowfall of over 50cm, then within a day or so back up to warm temperatures and rain again, then more of the cold. It's a good thing I love weather, because spring and summer will be interesting indeed. Get out the back door!



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



Barred owl photo by Darla Galley

Perth Performing Arts Committee



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## Clayton Kitchen Party with Gail Gavan

On Saturday, April 2, St. George's Anglican Church will continue the tradition of bringing quality entertainment to the village of Clayton. They will host a Clayton Kitchen Party featuring Gail Gavan accompanied by Kyle Felhaver and Mike Ryan. The evening will present songs, stories and fiddle tunes as only these accomplished entertainers can deliver.

The doors of the Community Hall will open at 7PM and the concert begins at 8PM. The cash bar will be open, and in keeping with St. George's

mission of hospitality, light refreshments will be served. Tickets are \$20 at the door or \$15 in advance from the Clayton General Store, Nicholson's in Pakenham, SRC Music in Carleton Place, Baker Bob's in Almonte, and Mark's Cobbler Shop in Perth. For more information, contact Ray and Kathy Lowe at 256-9010 or visit St. George's website at <stgeorgechurchclayton.webs.com>. The folks at St. George's are pleased to be continuing the legacy of hospitality and outreach that began 115 years ago.



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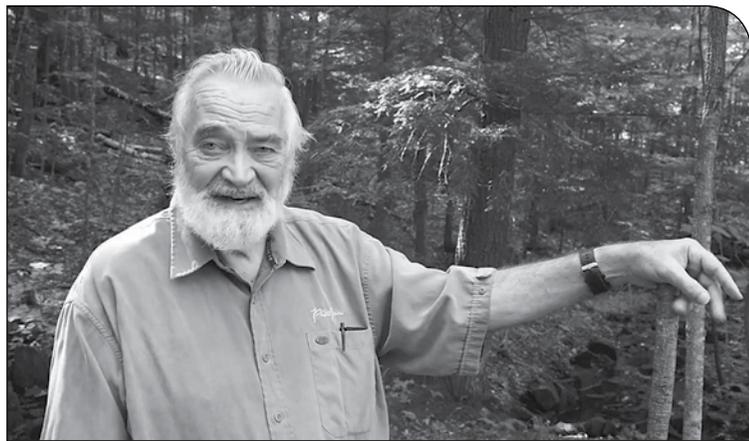
# The Wild Child

## Unleashing the Power of Nature

Howard Clifford has unshakable faith in the transforming, restorative powers of nature. He believes that nature is not only a healer, but that the "University of Wilderness" is the best teacher.

On Wednesday, April 6, at the Annual General Meeting of the Mississippi Madawaska Land Trust (MMLT), you'll have a chance to hear him speak about his research and his thoughts at the Perth Legion in a presentation entitled "The Wild Child — Unleashing the Power of Nature."

Research shows that among predictors of human health — physical, emotional, intellectual, and spiritual — engagement in nature activities is critically important. Similarly recognized is the nature deficit so prevalent today. In the past, kids were sent outside to play until the street lights came on, exploring nearby ravines and forests, climbing trees and cliffs, slithering into caves, frequently housing live critters in their pockets, happily arriving home dirty or muddy, occasionally with cuts and bruises and clothes that needed re-patching. Today's children, either assigned or by choice, spend most of their time indoors. Activities are usually highly organized and structured, under close adult supervision. Children (and their parents and caregivers) are being denied the opportunity to connect freely



Howard Clifford will speak about the transformative and restorative powers of nature at the MMLT AGM on April 6

Photo by Shelley Ball

led power of freedom we felt — the sheer joy in exploring nature on our own terms, of discovering our wild side. Children denied these experiences cannot love these special places, and could become the first generation to not care.

MMLT has wilderness properties beckoning that wild child in young and old alike. The rocks and trees, meadows and ponds, tadpoles and chickadees, are all waiting to be explored, sensed, shared. We're looking for ways to overcome the resistance and obstacles that discourage families and children, as well as clients of health services, from spending time in the various wilderness treasures protected by our land trust. One of our primary goals is to help them discover the "wild" in their nature.

Howard Clifford is president of the MMLT, a local charity that helps landowners conserve their treasured wilderness properties for the long term. His family owns the largest property conserved by the Land Trust, home to the popular Blueberry Mountain, which now welcomes over 1,000 visitors each year. He draws from his wide professional experience in child care, combined with his passion for the healing powers of nature. It is a powerful combination. In his presentation, Clifford will share some of his research findings, but rather than present only an academic perspective he will share actual experiences demonstrating the power of nature.

The MMLT will hold its AGM on April 6 beginning at 7PM. At 7:30 the general public is most welcome to attend Howard Clifford's presentation. Refreshments will be served. The Perth Legion is located at 26 Beckwith Street East.

**We** understand the value of free-range chickens, but not free-range children

with the natural world and all the fun, wonder and benefits that come from that experience. We seem to understand the value of free-range chickens, but not free-range children. Parents and those holding special places of influence in the child's life must "rewild" themselves as well — for their own wellbeing and that of their children.

By focusing primarily on disappearing wild places and ever more species on the brink of extinction, we fail to see that the greater threat to wilderness is our children. We forget that the reason we learned to love nature is precisely because of the unshack-

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## Pancake Breakfast

Sunday, April 3, 8AM-NOON

at Union Hall  
1984 Wolf Grove Road,  
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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.

## Learning in Almonte

Two new series start in mid-March:

### The History and Nature of Humour

by Don Wiles, with emphasis on early 20<sup>th</sup> Century  
(starts Tuesday, March 15)

### Imagining the Great War of 1914-1918

by M. Ian Cameron, covering two great novels of WWI  
(starts Thursday, March 17)

These courses are six weeks in length.  
Each comprises one two-hour lecture every week,  
from 1:30-3:30 in the Almonte Public Library Classroom.  
No final exam, but lots of discussion time! \$75 per course.

To register contact Don Wiles at 613-256-4376  
or [don.wiles@carleton.ca](mailto:don.wiles@carleton.ca)

# Humm Bits

## Pancake Breakfast at Union Hall

Each spring, a Pancake Breakfast is held at Union Hall, in the heart of maple syrup country. This year, homemade breakfasts consisting of pancakes topped with syrup from Fortune Farms, sausages or ham, baked beans or blueberry sauce, will be served from 8AM until noon on Sunday, April 3. Fruit juice, Equator coffee and tea will also be on hand. Gluten-free pancakes are available on request.

Union Hall, located 1984 Wolf Grove Road at the corner of Wolf Grove and Tatlock Roads, 8km west of Almonte, was constructed in 1857 and has been used continuously since that time. The hall is owned by the local community and maintained by the work of volunteers, with support from the Municipality of Mississippi Mills.

## Can You Escape the Diefenbunker?

The Diefenbunker Museum and Escape Manor are partnering to launch the World's Largest Escape Room within the historic 100,000-square-foot Cold War facility!

"Escape The Diefenbunker" is a 60-minute, 12-person, espionage-themed experience in which hopeful escapees attempt to thwart an imminent attack on our nation... underground. This exhilarating and interactive joint effort will bring history to life, employing all great methodologies of room escape gamification, including problem solving, puzzle deduction, and collaborative effort.

Escapes will be held Thursday through Sunday evenings starting March 10 at 3929 Carp Road in Carp. Book online at <EscapeManor.com/booking> and get further information from <keymaster@escapemanor.com>. Find more information on The Diefenbunker at <diefenbunker.ca> or 839-0007.

## Time & Again "New to You" Sale

Come shop 'til ya drop, and support the Carleton Place & District Memorial Hospital, at the second annual Time & Again — New to You fundraising sale on Saturday, March 12, from 9AM to 1PM at St. James Parish Hall (225 Edmund Street in Carleton Place). All proceeds support patient care at CPDMH.

"Last year was a great success and people want us to do it again," explains Marg Leblanc, Auxiliary president. "The Auxiliary has such generous friends. We received many donations — from spring cleaning and dresser drawers to dear old auntie's favourite jewellery that is just not your style." There are lots of treasures to discover, including fashion accessories such as handbags, scarves, jewellery (modern and vintage), and the ever-popular books.

Donations for Time & Again will be accepted at the hospital front desk, gift shop and Auxiliary office between 1 and 4PM until March 10. For more information, please contact the Auxiliary office at 257-2200 x323 or <auxiliary@cpdmh.ca>.

## More Lushes with Brushes!

After their first event sold-out in February, Heritage House Museum in Smiths Falls is excited to announce their second "Lushes with Brushes" paint night on Thursday, March 31. From 7 to 9PM, local artist Jenine McCann will guide participants through the steps needed to produce a beautiful painting, so no previous experience is required. *Au contraire* — they welcome those new to painting, and invite them to relax as they create with friends and enjoy a drink and a tasty snack!

The cost for this 19+ event is \$40 per person, which includes painting supplies and refreshments. Register by calling 283-6311 or emailing <heritagehouse@smithsfalls.ca>. The museum is located at 11 Old Sly's Road in Smiths Falls.

## Destination Africa

Why not come in from the cold, and visit the Mississippi Mills Public Library for the third travelogue in the 2015/16 series, when Katharine Robertson-Palmer will be presenting "Destination Africa."

Katharine experienced one of her most unique journeys travelling to the Masai Mara in Kenya and then to Rwanda, where she trekked to see one of ten habituated gorilla families. These critically endangered silverback gorillas reside amongst some of the most spectacular scenery on earth, high on the flanks of the Virunga Volcanoes.

Learn more about her extraordinary adventure on Thursday, March 3 at 7PM in the Almonte Branch Meeting Room. The event is free, and you can also visit <missmillslibrary.com/travelogue-series> for more information on upcoming talks. For information, or if you would like to share your stories as part of the series, please contact Katherine Pillsworth at 624-5306.

# Introducing Community Acupuncture in CP

Long ago, if you lived in Asia and received acupuncture it was likely in a group setting, in your village, for a minimal fee. Community acupuncture is a model of care that provides treatment in a comfortable, relaxed, group setting at a reduced fee. Typically, clients are grouped in rooms by gender and receive acupuncture in a recumbent chair or on a table, with their clothes on (shorts and t-shirt may be recommended).

To help celebrate their twenty years of practicing in Carleton Place, Darlington Acupuncture and Massage Therapy has decided to launch a Community Acupuncture program, with a view to making the service more affordable and therefore more accessible. This accessibility allows for more frequent treat-



ments, resulting in better treatment outcomes. Payment is based on a sliding scale of \$25 to \$40 per treatment, which will be decided by the client and offered discretely, with no questions asked. The acupuncture will be provided by Steve Darlington, D. Ac. Steve has been practicing acupuncture for over twenty years using the traditional Chinese system.

The clinic will be open for Community Acupuncture on Mondays and Fridays from 2 to 5PM, and they are located at 19 Victoria Street in Carleton Place. Please call to book your space. An initial assessment will be needed at a one-time fee of \$15. For more information, please visit <darlingtonacupunctureandmassage.com> or call 253-3456.

# Enriching Me and My Reiki Community

We're back! Last year's community conference was such a huge success that we just knew we had to do it again. Forty people came together last May in North Gower, and we are still talking about the wonderful speakers and the lasting learning and enrichment that we received on that day. Every participant who filled out an evaluation form indicated that they would recommend the conference to friends and colleagues.

So just how do we "Enrich Me and My Reiki Community"? We start by bringing together a wonderful group of people who are curious about and honour energy. We get you out of town for the day and find a beautiful location by the river. We share some wonderful relaxing meditations, feed you yummy food, and enlist the help of other wonderful people to help us expand our horizons. Keep you learning. Keep you growing.

Here's what some participants said about last year: "Thank you for such an incredible connecting day, I found my tribe!... Excellent variety... Loved all the presentations... I have never enjoyed a conference as much as this one."

Mark your calendars now, and please join us at the second annual Reiki Conference — Enriching Me and My Reiki Community — on May 1. We have a full day of discovery and exploration planned for everyone — with or without Reiki training.

This year's topics will include: Reiki and shamanism, Reiki and animals, Reiki and mandalas, Reiki and crystals, Reiki and the fifth dimension, and building my Reiki business.

We have engaged four new speakers and, by popular demand, two of our presenters from last year will be returning. We have moved our venue to the Long Island Conference Centre in Manotick. This facility is beautifully located on a peaceful section of the Rideau River. We have a wonderful caterer booked to bring us a delicious lunch and snacks.

Save 25% off the regular price of \$200 by registering early through <Snapuptickets.com>. Use the code "Early Bird" until March 31. For complete details or to view the agenda, speaker profiles and vendors, visit <reikiassociates.com> or find us on Facebook. It is going to be an amazing day!

— by Denise Carpenter and Brenda Pichette



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# The Truth According to David Newland

Singer-songwriter David Newland has perhaps the most interesting “day job” in the music business. Newland, who appears at the Schoolhouse in McDonald’s Corners as part of the MERA Spring Concert Series on Sunday, March 13, says he is “living the dream, lately” as a host, performer and Zodiac driver with Adventure Canada. In the past four years alone David has visited every province, as well as Nunavut and Labrador. In 2012 David hosted the 90km Voyageur Folk Tour along the coast of Lake Superior by canoe. He has made two week-long visits to Mishkeegogamang Ojibway Nation, Northern Ontario, with ArtsCan Circle, presenting music to students.

All of this travel has of course inspired the songwriter in Newland, and the show he will bring to MERA is one he has been touring recently about the Northwest Passage. The show is being so well received that he had to add two extra performances in his home town of Cobourg, both of which were sold out in record time.

Newland notes, however, that “living the dream” has not come easy.

“The truth is, I’ve spent most of the past three years challenged by a job that is mostly spent *not* travelling on ships, *not* making music, just to get to that incredible source of inspiration. Before that



David Newland brings the Northwest Passage to life in song and story at MERA on March 13

I spent a year poorly paid on contract work, and before that, a year mostly unemployed, and before that, three years in a company run like an asylum, and before that...

“The truth is, the sky’s not the limit. The limit is how many phone calls I can make in a day, how many calendars I can get to agree with one another.

How many venues I can find that have the space, how many presenters that will take the chance. How far the musicians and the promoters and I are willing to go out on another limb.

“The truth is, it’s not so sudden. I played my first gig on stage nearly thirty years ago. I wrote my first songs only a couple of years after that. I made my first tape in 1995. My first CD in 2003.

“The truth is, I’m still paying for my most recent CD, which I pressed nearly four years ago.

“The truth is, when my bandmates and I come home at the end of a gig, we will be lucky if our pennies add up to enough to pay for our mileage, let alone our time, let alone our rehearsal time.”

Despite these harsh realities of the music business, Newland’s love of performing and engaging with an audience keeps him on the road. The road that will bring him to MERA Schoolhouse in McDonald’s Corners on Sunday, March 13 at 2PM. Tickets are \$22 in advance or \$20 for MERA members (not including service charges), and are available at Ticket’s Please at 39 Foster Street in Perth (Jo’s Clothes), at 485-6434 or at <ticketsplease.ca>. Tickets can be reserved at Tickets Please and held for pick-up at the door.

The other shows in MERA’s Spring Concert Series feature legendary singer/guitarist **Garnet Rogers** on Sunday, April 24 and local favourites **Fireweed** on Sunday, May 29. Series tickets are available at a significant discount through Tickets Please.

## Empty Bowls are Here!

It will be spring soon — time for Perth’s annual Empty Bowls event. The bowls are made, the kilns are firing and the soups are being selected. Bowls will be available at Foodsmiths starting in early March. There are also some bowls at the Riverguild year-round. This is the 15<sup>th</sup> year for Empty Bowls Perth, and the 12<sup>th</sup> year that Foodsmiths has supported the project. To date, approximately 9,000 handmade bowls have been exchanged for donations totalling close to \$190,000.

After fifteen years, organizers hope everyone will understand that they have decided to ask for a \$25 donation for each bowl. These can be filled with soup at two April events: at Foodsmiths on Saturday, April 16, and at the Festival of the Maples on Saturday, April 30. All proceeds go to support local food security programs: The Table Community Food Centre, YAK Youth Services, Food for Thought (Lanark County school nutrition program), and the Lanark Highlands Food Pantry, as well as Frontier College’s Summer Aboriginal Literacy Program and the Guatemala Stove Pro-



This year’s crop of Empty Bowls is now available at Foodsmiths and Riverguild in Perth

ject. More details will be coming in April, but to see more pictures and learn more about Empty Bowls Perth, please check them out on Facebook at <facebook.com/emptybowls.ca>.

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# March Has Too Much for One Month!

It turns out that there's so much going on in Almonte and Pakenham this month that March needed to borrow a few days from April just to make it all fit. I'm going to do my best to fit it all in here too, but don't forget to check theHumm's calendar just in case I miss something.

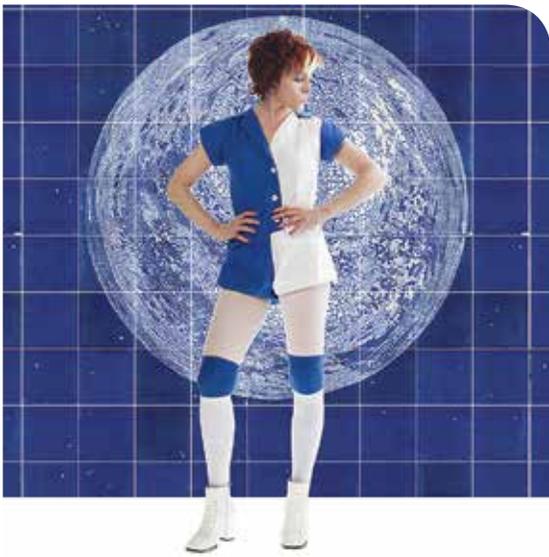
A new art studio and exhibition space is starting up this month with an Open House and Opening Party on March 5 and 6. Visit <carriagewaystudios.ca> for details or drop in at **Carriageway Studios** at 65 Mill Street!

by Miss Mills, Puppet Reporter

Lifelong learners out there will be happy to hear that there are two more **Learning in Almonte** courses starting in the middle of the month. Don Wiles himself will be teaching about "The History and Nature of Humour", with an emphasis on the early 20<sup>th</sup> century and using examples from literature, music, cartoons and other sources. The course by M. Ian Cameron sounds like it may have a bit less levity — it's entitled "A Crimson Lake: Imagining the Great War of 1914–1918", and it will focus on two great novels (Joseph Roth's *The Radetzky March* and Ford Madox Ford's *Parade's End*).

As always, these courses are Tuesdays or Thursdays, from 1:30 to 3:30PM in the Almonte Public Library classroom. Each course lasts six weeks, and costs \$75 per person per course. There are no exams, but it is important to register with Don at <don.wiles@carleton.ca> before the courses start on March 15 and 17, respectively.

The **Hub Hospice Tree Sale** continues throughout March, so be sure to visit <hubhospicetrees.com> and place your order early to get the best selection. The very knowledgeable organizers have carefully selected a variety of species most suitable and useful for local conditions,



Psst... if you hop a bus from Almonte on March 17, you just might end up catching a great concert by the Valley's own **Selina Martin!**

both urban and rural. The trees on offer are mainly native species or their cultivars, hardy to our zone. And best of all, net proceeds all go to Hub Hospice Palliative Care!



Fulton's Pancake House (above) is open all month long, and celebrates Maple Weekend in early April!

I've got to tell you about a very special event taking place on Thursday, March 17. I've got to do it on the down-low though, because it's taking place at the Mercury Lounge, which as you may know is located 56 ByWard Market Square in Ottawa, which as you also know is not technically within theHumm's coverage area. So instead, allow me to draw your attention to a very fun **bus ride from Almonte**, taking place that same evening, which just happens to transport you to a **Selina Martin CD release** event in Ottawa! Selina's show runs from 7 to 9PM, and her parents (Peter and Fern Martin) are providing bus transportation for her Almonte and Pakenham fans, leaving Almonte at 6PM. To book a seat, please email <fernmartin@sympatico.ca>.

Selina's fourth CD, entitled *Caruso's Brain – i think i have the information we need to make a new world* was first released in Europe last fall to very enthusiastic reviews. Starship Overflow Radio in the UK gushed: "Brilliant... we can't recommend this album to you enough. Superb in every sense of the word." You can find out more about Selina and her music at <selinamartin.com>.

Speaking of **Folkus** shows, there's a great one scheduled for Saturday, March 26 featuring Terry Tufts, Kathryn Briggs and Allison Lupton, but you'll have to scoot over to page 24 to read all about it.

## Early April Awesome-ness

For the first time ever, the stars have aligned to bring us the annual Maple Run Studio Tour, the Pakenham Home Show, and Lanark County's Maple Weekend all over the same weekend, so you'd better block off April 1–3 in your calendar right now so as not to miss the fun! You can read more about the **Maple Run Studio Tour** on the facing page (look for the pretty mosaic flower!).

This is the 25<sup>th</sup> anniversary of the **Pakenham Home Show**, so organizers made some fun changes to the format. There will be free demos in the upper hall on Saturday and Sunday, including small-scale gardening with Brantim Gardens, workshops for adults and kids by Lee Valley Tools/ LG Lee & Sons, and birding demos by Gilligallou Bird, Inc. There will also be craft vendors, lots of live entertainment, and maple galore! For times and more details, visit <exploremississippimills.com> or call Bonnie at 256–1077.

And while maple is on your mind, why not take the opportunity to visit sugar bushes throughout the area as they celebrate **Maple Weekend**. They will be pulling out all the stops on April 2 and 3, with pancake breakfasts, trails, demos, taffy on snow, horse-drawn sleigh rides and more. To see who is participating and what they are offering, visit <mapleweekend.ca>.

**Spring astronomy courses** also get underway at the Mill of Kintail Conservation Area in April, with Friday night sessions all month long. Each one runs from 7:45–10PM, drop-ins are welcome, and you don't need to attend each week. Donations are encouraged, and for more information you can contact Sarah O'Grady at 256–3610 x1 or <sogrady@mvc.on.ca>, or visit <mvc.on.ca>.

## Hop to Hummingbird this Easter



## Spring Fête

Saturday, March 19th, 10-3

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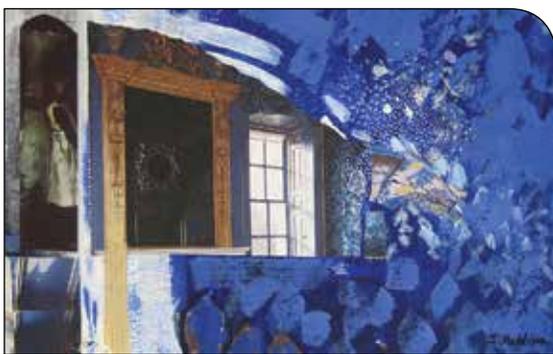
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# Time to March Back Into Arts Events!

## An Artist's Journey through Loss

In 2009, artist Johnnene Maddison's husband died of cancer, and her world changed. "Until then I had been an artist but also a wife with a plan to grow old with my husband in our home. This had become a way of defining myself. After his death I felt the need for a new definition and a new kind of life."

Maddison was no stranger to change. Over the years, her art has moved from abstract expressionism in oils, to watercolour landscapes, to working with textiles. A graduate of the Pratt Institute in New



"Losing Dave", an exhibition of mixed media textiles, will be at the Textile Museum from March 5

"Moving forward as a widow required a totally different kind of life," says Maddison, "a life full of new challenges, new opportunities and new experiences. It required me to look for new strengths. Grief is a journey, a transition through the opposing stages of pain and consolation. During my journey, I relied on my ability to detach myself by drawing, painting, stitching and writing."

The result is "Losing Dave", an exhibition of mixed media textiles produced over seven years

of working through this difficult transition. The exhibit will open at the **Mississippi Valley Textile Museum** on March 5 and run until April 16. An opening event will be held on March 5 from 2 to 4PM. An illustrated book by the artist will be available for purchase

## Dale Dunning "Unravelling" in Almonte

From March 11 to April 17, Sivarulrasa Gallery in Almonte will present a solo exhibition of sculptor Dale Dunning's work.

Entitled "Unravelling", the show will feature several new and older works by Dunning, including his first-ever sculptures in glass — an experimental foray by an artist who has worked with bronze, steel, and aluminum for over four decades. A central work in the show will be Dunning's 2016 steel sculpture "Unravelling", from which the show takes its name — a captivating 48x30x16-inch work meticulously executed from steel aircraft cables.

Everyone is invited to the opening reception on Sunday March 20, from 2 to 5PM — which also happens to be the spring equinox! It will be an extra special celebration — with light food, wine and music — as Sivarulrasa Gallery has just undergone renovations this winter and added extra exhibition space to their upper level gallery.

Admission is free, and all are welcome! The gallery is located in the Thoburn Mill at 83 Little Bridge Street in downtown Almonte. For more information, visit <sivarulrasa.com>.



Find works by sculptor Dale Dunning at the newly-renovated Sivarulrasa Gallery in Almonte

## Celebrate Maple Season with Art in Pakenham

The much-anticipated Lanark County maple syrup season will soon be upon us. A perfect way to celebrate its arrival is to have a feast at Fulton's Pancake House and Sugar Bush, and then take a scenic drive through the countryside to discover the talented folks who are participating in the 14<sup>th</sup> annual **Maple Run Studio Tour!**

On April 2 and 3, from 10AM to 5PM, come and meet local craftspeople and fine artists on the popular self-guided studio tour taking place in and around the pretty village of Pakenham, which lays claim to the only surviving five-span stone bridge in North America, as well as the longest continually running General Store.

In addition to Fulton's Pancake House, there are nine tour stops where you are sure to find artwork and crafts for your home and garden, for yourself or for gifts. Enjoy seeing artists working in their studios, and watch the glass blowing demonstrations held all weekend long.

Visit the cluster groups in various locations in and around Pakenham: in a gothic stone church, century-old homes, and other venues to discover on your journey. No need to pack a lunch, as there are three designated stops along the way where scrumptious meals and sweet treats are served. Also, make sure you pick up a tour passport at your first stop and



Find works in many media — like mosaics by Victoria Gilpin — at this year's Maple Run Studio Tour!

to have it stamped at each tour location, so you will be eligible for one of the three \$50 gift certificates (towards a purchase from one of the participating artists). If you have your passport stamped from all nine locations, your name is entered twice for an extra chance to win!

Maps and detailed descriptions can be picked up at Fulton's, any tour stop along the way (look for the green maple leaf sign), the Pakenham General Store, or by visiting <maplerunstudiotour.ca>. Follow the Tour on Facebook for artist updates and photos. It's sure to be a busy time in and around the Pakenham area on April 2 and 3, with the Pakenham Home Show taking place and the local maple syrup producers celebrating Maple Weekend, so plan to make a whole weekend of it!

by Miss Cellaneous

York and the University of Michigan, she met and married Dave Falls, art registrar and installations officer with the McIntosh Gallery, and moved to London (Ontario) in 1981. Her work has drawn national attention, and her exhibit "Over Here: Women, Work and WWII" was shown at the Canadian War Museum, which purchased 16 of the 25 pieces exhibited.

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# Perth's Jubilee Musical Tribute

## Concert will Bring Shouts of "More Cheese, Please!"

Perth Military Settlement's 200<sup>th</sup> and Queen's University's 175<sup>th</sup> anniversaries are being celebrated with music on March 19 in Perth at the Jubilee Musical Tribute. The Queen's University Choral Ensemble and Orchestra will be joining local choirs to perform Schubert's *Mass in C* and other musical pieces from 1816 to 2016. Combined, there will be about 250 people sharing their voices and musical talents. The directors and conductors have masterfully developed a program that honours and rejoices in our past and creates memories in the present.

Jack Hurd has created a special piece for Perth's 200<sup>th</sup> anniversary, and it will be performed for the first time at this concert. Hurd is a retired local music teacher, composer, conductor and performer. He has, with creative license, set to music the lyrics of the poem *Ode on the Mammoth Cheese*.

The *Ode* was written by James McIntyre, who himself has been humorously and affectionately referred to as one of Canada's worst poets. He was born in Scotland in 1828 and came to Upper Canada in 1841. He moved around the province and eventually settled in Ingersoll. As a poet, he was called upon to read at local events. He published two collections of poetry. One of his most famous poems



Jack Hurd has created a special piece for Perth's 200<sup>th</sup> anniversary, which will be performed at the Jubilee Musical Tribute on March 19

was the *Ode on the Mammoth Cheese*, and hence he became known as the cheese poet. In 1997, Ross and Kathryn Petras created an anthology entitled *Very Bad Poetry*, and McIntyre's *Ode* was included in the book. Since then there has been an interesting revival of some of our best bad poets.

McIntyre's poem is about an actual mammoth cheese produced in Ingersoll in 1866 and sent to

Toronto, New York and Britain. It only weighed 7000 pounds (compared to Perth's 22,000-pound cheese). Perhaps stories of this cheese and the poem inspired the commissioning of Perth's famous cheese in 1892.

Hurd says he "views life through a lens of humour", so this fun, often nonsensical, poem inspired him. "Let the words be silly but the music must always strive for sublimity!" Hurd has added or changed some words, "the essence according to him". He has created a well-crafted contemporary choral piece or "musical romp" that lets the music elevate the verses to a magnificent musical indulgence without calories or cholesterol.

Hurd's creative abilities have been shared and enjoyed in school auditoriums and classrooms during his teaching years at Queen Elizabeth and PDCI. He has written several musical plays and made three CDs. His passion for music and teaching have encouraged and inspired many. He says: "working with choirs, unleashing the chemistry of all these people singing together, is probably what I enjoy the most."

After listening to this concert piece, the audience is sure to shout "More Cheese, Please!" Tickets for the concert are \$22 (adults), \$12 (students), and are available from Tickets Please at 39 Foster Street in Perth or at <ticketsplease.ca>. The concert is at 7:30PM at St. John the Baptist Catholic Church in Perth.

## Come "Oil Thigh" in Perth

The word "oilthigh", Gaelic for "university", is part of a cheer created in 1891 that is still heard on the campus of Queen's University in Kingston. A new Queen's Alumni Branch for Perth and area is being created, with a launch event planned for March 5, from 5-7PM at Algonquin College Perth Campus. Tickets are only \$10, which includes light refreshments. Alumni are invited to come do an "Oil Thigh", and friends and family of alumni are also welcome.

Queen's Scottish Presbyterian roots are linked to early settlers in our area. To truly appreciate both Queen's and the towns in this area, you have to look past the stone buildings to the lives of people who turned Queen's into a world-class institution, and turned our towns into places with proud heritages. One such person was William Morris (1786-1858), who played a role in the founding of both Perth and Queen's. Dressed in period costume, an alumnus will take us back in time as he portrays Morris at the launch event.

2016 is the 175<sup>th</sup> Anniversary of Queen's University. Queen's Alumni Association (QAA) representatives will be at the Perth launch to highlight

special events being planned on campus. They will also be bringing great door prizes!

Friends of both Queen's and Perth Anniversaries will be at the launch to provide detailed information about special events they are planning. Find out more about these events: the **Jubilee Musical Tribute** on March 19, special **guest speakers** on March 21 and May 22, and a visit by the Principal of Queen's at the **plaque unveiling ceremony** on May 22. Mark these dates on your calendars.

For more information about the **launch** on March 5, or to register and purchase tickets, please visit <events.queensu.ca/perthbranch> or call Gabriela Rappell at 533-6000 x74008. If you wish to be informed about upcoming events, please contact the alumni office (QAA) using the above contact information and forward your email address or phone number. Organizers hope you are able to join them to renew old friendships and create new ones with other alumni. The next **Perth and Area Alumni Branch event** is planned for June 3, and David Dodge will be the guest speaker.

— by Linda Cuthbertson

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

**14<sup>th</sup> PAKENHAM MAPLE RUN STUDIO TOUR April 2<sup>nd</sup> and 3<sup>rd</sup>**

**GOLDEN ARROW** PUB & EATERY

**March 17 St. Patrick's Day**  
Live music and Specials all day!

**GREEK NIGHT**  
April 3, 5PM to 10PM

**\$8.99 Lunch Specials every day**

71 FOSTER ST., PERTH 613-267-4500 GOLDENARROWPUB.COM

**Almonte Veterinary SERVICES**

Dr. Ross Goodman • Dr. Cheryl Osso • Dr. Stephanie Cote

**A 'ruminat'ion' from Dr. Cheryl Osso:**  
One of my favorite experiences in vet school involved assisting a farmer with 400 ewes lambing in a 3 week period. As final year vet students, we had younger students along to help us and to be taught. One day, I had two students assisting me and the son-in-law, let's call him Steve, showing off for them. We found a sheep who was unable to lamb on her own, so we vaulted into the pen to help out. The first lamb was pulled out very easily, she was just unable to muster the strength the push it out. But because of her prolonged lambing, the lamb was not breathing properly. I worked at reviving the little lamb while instructing the students how to stimulate it to take good breaths to clear its lungs. Our friend Steve was quite eager to help, and took the lamb from me, saying "no you've really got to do this" and proceeded to swing the lamb. For the record, I don't recommend swinging lambs - they're quite slippery at birth and this technique has resulted in one-too-many lambs flying out of people's hands! But Steve swung the lamb regardless, handed it back to me and promptly passed out. Fortunately, he had a deep bed of hay in the barn to catch him. It turns out, Steve passes out whenever he sees a sheep lambing. No wonder our farmer needed help! But there were happy endings all around - Steve came around after a minute, the vet students each got the chance to feel and assist with pulling a lamb, and all three lambs survived.

An unrelated reasonable facsimile with a splinted broken leg promising us that spring is right around the corner!

**613-256-3443 • 10 Industrial Dr., Almonte**

# Coffee That's Worth Waking Up For!

"It takes eleven minutes of sunlight falling on our solar-electric panels to generate the electricity required to roast eight pounds of our luscious coffee," explains Lorraine Kemp of Fluid Solar Roasted Coffee.

"My husband and I live off the electrical grid, generating electricity and heat directly from renewable resources," she adds. "100% of our water use is recycled back to nature, and our garbage waste stream motto is simple: if we can't recycle it or reuse it, we don't use it. This same philosophy forms the basis for Fluid Coffee. Sustainability of our energy sources, small-batch processing, and eliminating waste streams, as well as using compostable coffee bags, are all part of our commitment to our customers and the environment."

For readers not familiar with Fluid Coffee, they are a local company, located

in Lanark Highlands. Lorraine Kemp and Kim Berry, along with business partners Jamie Wilson and Bill Kemp, formed the venture to combine their collective knowledge to create this unique, artisanal coffee roastery.

Kim joins in the conversation, adding that: "we hand-roast small batches of carefully selected coffee beans, and as a small-scale coffee roaster, our focus is on quality and attention to detail. We work directly with our customers to select the coffee beans and roasting profile to suit their distinctive flavour requirements."

"Our coffee is blended or supplied as single-origin varietals, often from farms smaller than ten acres," Kim adds. "Being a small roaster and having access to limited-production farms allows us to provide our customers with distinctive, select coffee options."



Lorraine Kemp (right) and Kim Berry keep an ever-watchful eye on a batch of Sumatran Peaberry, being roasted at Fluid Coffee near Almonte (left)



Fluid purchases coffee beans through the farm gate, from small-lot farmers who care deeply about their plants, their land and the quality of the coffee they produce. Fair Trade, organic and Rainforest Alliance Certified coffees make up their product mix, ensuring the wellbeing of their producer-partners and giving them access to the highest-quality crops, grown using sustainable practices.

Lorraine explains that the large solar-electric system shown in the picture

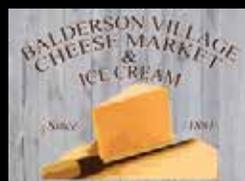
provides the power for the business. "We utilize a unique Sivetz Fluid Bed roasting system that gently roasts the coffee beans using a hot-air process, not unlike an air popcorn maker. The result is a coffee with a deep, smooth flavour, and lovely after-taste."

Fluid Coffee is now sprinkled around Ottawa and the Valley. They invite you to drop by any of the local coffee shops and stores listed in the ad below to give it a try!

## Fluid Solar Roasted Coffee

[www.fluidcoffee.ca](http://www.fluidcoffee.ca) • [www.facebook.com/fluidsolarroastedcoffee](https://www.facebook.com/fluidsolarroastedcoffee)

Palms



Planet Coffee



We put a little sunshine in every cup!

# Claiming Column

Pakenham Home Show, Apr 1-3  
 Maple Run Studio Tour, Pakenham, Apr 2-3  
 Maple Weekend, Ontario, Apr 2-3  
 Dr. Jekyll & Mr. Hyde, SF, Apr 8-17  
 Melwood Cutlery & Friends, Perth, Apr 10  
 Toronto All-Star Big Band, Perth, Apr 15  
 Under Milk Wood, Perth, Apr 15-24  
 Empty Bowls Foodsmiths, Perth, Apr 16  
 AGH Spring Dance, Almonte, Apr 16  
 Ria Reece Band, Westport, Apr 22  
 Slow Leaves, Jill Zmud, Almonte, Apr 23  
 MVTM Ale Tasting, Almonte, Apr 23  
 Almonte in Concert, Apr 30  
 Festival of the Maples, Perth, Apr 30  
 Empty Bowls, Perth, Apr 30  
 CP & Beckwith Music Festival, May 2-6  
 Hike for Hospice, Almonte, May 5  
 Home & Living Expo, SF, May 7-8  
 Harrison Kennedy Band, Westport, May 13

## Visual Arts

**Mississippi Wood Carvers Mtg.** Mar 4, & 18, 1-4PM. Experienced & newbies. Almonte Library. mwcарvers@gmail.com  
**Carriageway Studios: Open House.** Mar 5-6, 11AM-4PM. Opening Party Mar 5, 7-10PM. 65 Mill St., Almonte. carriageway-studios.ca  
**Vernissage: Losing Dave.** Mar 5, 2-4PM. Johnnene Maddison's mixed media. MVTM, Almonte. 256-3754, mvtm.ca.  
**Vernissage: Dale Dunning.** Mar 20, 2-5PM. Snacks, wine, music. Sivarulrasa Studio, Almonte. 293-2492, sivarulrasa.com.  
**Almonte Quilters' Guild.** Mar 21, 7-9PM. Almonte Civitan Hall. 257-8444, almonte-quiltersguild.com  
**Lushes with Brushes.** Mar 31, 7-9PM. 19+. No experience necessary. Heritage House Museum, Smiths Falls. 283-6311. \$40

## Youth

**Beauty & the Beast Jr.**, Mar 3 & 4 (7PM), Mar 5 (2PM). Carleton Place Town Hall. mississippimudds.ca. \$10 (\$5 Thurs)  
**Beach Party Youth Dance.** Mar 11, 6-9PM. Brunton Community Hall. 257-1539, cmcgregor@twp.beckwith.on.ca. \$3  
**Hummingbird Spring Fête.** Mar 19, 10AM-3PM. Free choc delights, games, DIY choc bark, Easter Egg hunt, cocoa. Hummingbird Chocolate, 9 Houston Dr., Almonte. hummingbirdchocolate.com  
**Peter Pan Fan Fair.** Mar 20, 1-4PM. Mudds Jr. fundraiser w/ kids' games & activities. CP Town Hall. mississippimudds.ca  
**Easter Egg Hunt.** Mar 26. Kids 8 & under, w/ adult & basket. Stewart Park, Perth. perthtourism.ca

## Theatre

Film Night International presents **Labyrinth of Lies** Mar 2 (2 & 7PM, Full Circle Theatre, Perth), Mar 3 (7PM, Station Theatre, SF); **Carol** Mar 16 (2 & 7PM, Perth), Mar 17 (7PM, SF). \$10. filmnightinternational.blogspot.ca  
 Live at the Met: **Les Pêcheurs de Perles**, Mar 12, 1PM. Bizet's opera. O'Brien Theatre, Renfrew. 432-0866, obrientheatre.com. \$22  
**The Big Short.** Mar 18-19, 7:30PM. The Station Theatre, Smiths Falls. 283-0300, smithsfallstheatre.com. \$10 (cash)  
**Learning to Drive.** Mar 20, 2:30PM. Supports Hub Hospice. Tix: Baker Bob's, Peches+Poivre. MVTM, Almonte. hubhospice.com. \$12  
**Self Help.** Mar 31-Apr 2, Apr 8-9 at 8PM; Apr 3, 10 at 2PM. \$24; \$22 in adv (Book Nook, Tickets Please). Studio Theatre, Perth. studiotheatreperth.com

Monday	Tuesday	Wednesday	Thursday
<p><b>23</b></p> <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>Trivia Night.</b> Westport</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>🎵 <b>4-Hand Euchre.</b> Perth</li> <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>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>🎵 <b>Duplicate Bridge Club.</b> Almonte</li> <li>🎵 <b>CP Hort: Bonsai.</b> Carleton Place</li> <li>🎵 <b>Karaoke.</b> Golden Arrow</li> <li>🎵 <b>Labyrinth of Lies.</b> Perth</li> <li>🎵 <b>Open Celtic Jam.</b> Naismith Pub</li> <li>🎵 <b>Open Mic w/Jimmy Tri-Tone Band.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Open Mic w/Kevin Ficzere.</b> Waterfront Gastropub</li> <li>🎵 <b>Shawn McCullough.</b> The Cove</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>🎵 <b>Beauty &amp; the Beast Jr.</b> CP</li> <li>🎵 <b>Jazz at the Queen's.</b> Queen's Hotel</li> <li>🎵 <b>Karaoke.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Kitchen Party w/Jimmy Tri-Tone Band.</b> The Barley Mow</li> <li>🎵 <b>Labyrinth of Lies.</b> Smiths Falls</li> <li>🎵 <b>MMPL Travelogue: Africa.</b> Almonte</li> <li>🎵 <b>Musicians' Circle.</b> Bolingbroke</li> <li>🎵 <b>Open Mic.</b> Alice's Village Cafe</li> <li>🎵 <b>Open Mic w/Ted Lalonde.</b> Golden Arrow</li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>🎵 <b>Carp Celtic Jam.</b> Carp Masonic Lodge</li> <li>🎵 <b>Hackberry Men's Shed.</b> CP</li> <li>🎵 <b>Duplicate Bridge Club.</b> Smiths Falls</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>🎵 <b>4-Hand Euchre.</b> Perth</li> <li>🎵 <b>Adult Bereavement Group.</b> Perth</li> <li>🎵 <b>Brock Zeman &amp; Blair Hogan.</b> O'Reilly's Pub</li> <li>🎵 <b>Pakenham Community Forum.</b> Pakenham</li> <li>🎵 <b>Perth Hort: New Annuals/Perennials.</b> Perth</li> <li>🎵 <b>Duplicate Bridge Club.</b> Smiths Falls</li> <li>🎵 <b>W. Carleton Garden Club.</b> Carp</li> </ul>	<p><b>29</b></p> <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>Karaoke.</b> Golden Arrow</li> <li>🎵 <b>Open Celtic Jam.</b> Naismith Pub</li> <li>🎵 <b>Open Mic w/Jimmy Tri-Tone Band.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Open Mic w/Kevin Ficzere.</b> Waterfront Gastropub</li> <li>🎵 <b>Shawn McCullough.</b> The Cove</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>🎵 <b>George Turcotte &amp; his Band.</b> The Barley Mow</li> <li>🎵 <b>Karaoke.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Kitchen Party w/Jimmy Tri-Tone Band.</b> Love That Barr</li> <li>🎵 <b>Musicians' Circle.</b> Bolingbroke</li> <li>🎵 <b>Open Jam.</b> John St. Pub</li> <li>🎵 <b>Open Mic.</b> Alice's Village Cafe</li> <li>🎵 <b>Open Mic w/Ted Lalonde.</b> Golden Arrow</li> <li>🎵 <b>Toastmasters Meeting.</b> CP</li> </ul>
<p><b>31</b></p> <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> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>🎵 <b>4-Hand Euchre.</b> Perth</li> <li>🎵 <b>Keith Glass.</b> O'Reilly's Pub</li> <li>🎵 <b>Duplicate Bridge Club.</b> Smiths Falls</li> </ul>	<p><b>2</b></p> <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>Carol.</b> Perth</li> <li>🎵 <b>Karaoke.</b> Golden Arrow</li> <li>🎵 <b>Open Celtic Jam.</b> Naismith Pub</li> <li>🎵 <b>Open Mic w/Jimmy Tri-Tone Band.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Open Mic w/Kevin Ficzere.</b> Waterfront Gastropub</li> <li>🎵 <b>Shawn McCullough.</b> The Cove</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>🎵 <b>Carol.</b> Smiths Falls</li> <li>🎵 <b>Ott. Valley in Railway Age.</b> Perth</li> <li>🎵 <b>MVFN: Nature Talk.</b> Almonte</li> <li>🎵 <b>Karaoke.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Kelly Sloan w/Ian Clark.</b> Ashton Pub</li> <li>🎵 <b>Ramblin' &amp; Tri-Tone.</b> The Barley Mow</li> <li>🎵 <b>Open Mic.</b> Alice's Village Cafe</li> <li>🎵 <b>Turpin's Trail.</b> The Cove</li> <li>🎵 <b>Matt Dickson.</b> Golden Arrow</li> <li>🎵 <b>The Ryan Brothers.</b> Pakenham</li> <li>🎵 <b>Spencer Scharf.</b> John St. Pub</li> <li>🎵 <b>Ted Lalonde.</b> Golden Arrow</li> </ul>
<p><b>4</b></p> <ul style="list-style-type: none"> <li>🎵 <b>Tropical Houseplants.</b> Almonte</li> <li>🎵 <b>Almonte Quilters' Guild.</b> Almonte</li> <li>🎵 <b>Bereavement Support Grp.</b> Almonte</li> <li>🎵 <b>Carp Celtic Jam.</b> Carp Masonic Lodge</li> <li>🎵 <b>Hackberry Men's Shed.</b> CP</li> <li>🎵 <b>Duplicate Bridge Club.</b> Smiths Falls</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>🎵 <b>4-Hand Euchre.</b> Perth</li> <li>🎵 <b>Duplicate Bridge Club.</b> Smiths Falls</li> </ul>	<p><b>6</b></p> <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>Karaoke.</b> Golden Arrow</li> <li>🎵 <b>Open Celtic Jam.</b> Naismith Pub</li> <li>🎵 <b>Open Mic w/Jimmy Tri-Tone Band.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Open Mic w/Kevin Ficzere.</b> Waterfront Gastropub</li> <li>🎵 <b>Shawn McCullough.</b> The Cove</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>🎵 <b>George Turcotte &amp; his Band.</b> The Barley Mow</li> <li>🎵 <b>Karaoke.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Karaoke.</b> John St. Pub</li> <li>🎵 <b>Kitchen Party w/Jimmy Tri-Tone Band.</b> Love That Barr</li> <li>🎵 <b>Musicians' Circle.</b> Bolingbroke</li> <li>🎵 <b>Open Mic.</b> Alice's Village Cafe</li> <li>🎵 <b>Open Mic w/Ted Lalonde.</b> Golden Arrow</li> <li>🎵 <b>Toastmasters Meeting.</b> CP</li> </ul>
<p><b>8</b></p> <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> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>🎵 <b>4-Hand Euchre.</b> Perth</li> <li>🎵 <b>Adult Bereavement Group.</b> Smiths Falls</li> <li>🎵 <b>Brock Zeman &amp; Blair Hogan.</b> O'Reilly's Pub</li> <li>🎵 <b>Duplicate Bridge Club.</b> Smiths Falls</li> </ul>	<p><b>10</b></p> <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>Karaoke.</b> Golden Arrow</li> <li>🎵 <b>Open Celtic Jam.</b> Naismith Pub</li> <li>🎵 <b>Open Mic w/Jimmy Tri-Tone Band.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Open Mic w/Kevin Ficzere.</b> Waterfront Gastropub</li> <li>🎵 <b>Shawn McCullough.</b> The Cove</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>🎵 <b>Karaoke.</b> Valley Food &amp; Drink Co.</li> <li>🎵 <b>Kitchen Party w/Jimmy Tri-Tone Band.</b> The Barley Mow</li> <li>🎵 <b>Lushes with Brushes.</b> Smiths Falls</li> <li>🎵 <b>Musicians' Circle.</b> Bolingbroke</li> <li>🎵 <b>Open Mic.</b> Alice's Village Cafe</li> <li>🎵 <b>Open Mic w/Ted Lalonde.</b> Golden Arrow</li> <li>🎵 <b>Pakenham Community Potluck.</b> Pakenham</li> <li>🎵 <b>Self Help.</b> Perth</li> </ul>

## Literature

**Book Launch: The Beatles in Canada.** Mar 12, 7PM. Stories from people who were there. Station Theatre, Smiths Falls, smithsfallstheatre.com. \$10

## Music

**Musicians' Circle.** Thursdays, 7pm. Musicians only -all ages. ABC Hall, 3166 County Rd. 36, Bolingbroke. 273-9005. \$5 for hall  
**David Francey.** Mar 5, 7:30PM. Fundraiser for MERA. St Paul's United Church, Perth. 485-6434, ticketsplease.ca. \$25  
**Elvis (Matt Cage).** Mar 5, 7PM. Plus Buddy Holly & Jerry Lee Lewis. Gallipeau Centre, SF. 1-888-655-9090. \$29.50  
**Winter Jam 2016.** Mar 5. Daylong festival has live music in Perth pubs. Perth. 267-3200

**David Newland.** Mar 13, 2PM. Songs/poetry from his arctic travels. MERA Schoolhouse, McDonalds Corners. 485-6434, ticketsplease.ca. \$22adv.  
**St. Patrick's w/The Ryan Brothers.** Mar 17, 8PM-12AM. Live music, light lunch. Stewart Community Centre, Pakenham. 256-1077, exploremississippimills.ca  
**Jubilee Musical Tribute.** Mar 19, 7:30PM. St. John the Baptist Church, Perth. 485-6434, ticketsplease.ca. \$22; \$12 students  
**SRO Big Band Tea Dance.** Mar 20, 1-4PM. Standing Room Only. Almonte Old Town Hall. 692-5380, sroteadances.org. \$14; \$25 couple  
**The Celticity.** Mar 20, 2PM. Celtic duo. Seating is limited. Perth Manor, 23 Drummond St. W., Perth. 264-0050. \$35  
**BOTR: Angel Forrest Band.** Mar 25, 7-11PM. The Cove, Westport. 1-888-COVE-INN, bluesontherideau.ca. \$65+tx dinner & show. Call to reserve

**Folkus: Allison Lupton/KEWT.** Mar 26, 8PM. Lupton and Terry Tufts & Kathryn Briggs. \$30 at Mill St Books, folkusalmonte.com, or door. Almonte Old Town Hall. 256-9090, folkusalmonte.com  
**Trad Song Session.** Mar 27, 2-4PM. Join in traditional songs w/choruses. The Barley Mow, Almonte. 355-5552, dpbaril@gmail.com  
**Valley Food and Drink Co.** (613-752-2676x311): Wed Open Mic w/Jimmy Tri-Tone Band 8PM, Thurs Karaoke w/Scotty 8PM, Live music, 8PM  
 Mar 5 Musical Evening with Gillan Rutz, 7:30-10PM  
 Mar 13, 27 Sunday Brunch 10AM-2PM, entertainment by Pierre Desmarais  
 Mar 19 Riverthieves St. Paddy's Celebration, 8PM-12AM, \$10  
**St. James Gate** (Carleton Place, 257-7530): Mar 5 Stephen Mark Fisher, 9PM

**Golden Arrow Pub** (Perth, 267-4500): 9PM. Wed Karaoke, Thu Open Mic w/ Ted Lalonde  
 Mar 4 Riley White  
 Mar 5 Lucky B's  
 Mar 12 Matt Dickson  
 Mar 17 St. Patrick's Day, 2-5PM  
 Mar 17 Ted Lalonde 9PM-2AM  
 Mar 19 The Brockolees  
 Mar 25 Brian Downey  
 Mar 26 Brea Lawrenson  
**The Cove** (Westport, 273-3636): Wed Shawn McCullough 6-9PM  
 Mar 4 Ice-No Slice, 6-9PM  
 Mar 5, 11 Head Over Heels, 6-9PM  
 Mar 12 Spencer Evans, 7-10PM  
 Mar 17 St. Patrick's Day w/Turpin's Trail, 6-10PM, \$10  
 Mar 18 John Wilberforce, 6-9PM  
 Mar 19 Shawn McCullough, 7-11PM  
 Mar 26 Jef Leeson w/Shawn McCullough & Jeff Callery, 8-11PM, \$10

# MARCH 2016

## Friday

## Saturday

## Sunday

<ul style="list-style-type: none"> <li>🎵 <b>Beauty &amp; the Beast Jr.</b>, Carleton Place</li> <li>🎵 <b>Bon Jovi Forever</b>, John St. Pub</li> <li>🎵 <b>Ice-No Slice</b>, The Cove</li> <li>🎵 <b>Mississippi Blues Society Open Jam</b>, Waterfront Gastropub</li> <li>📺 <b>Mississippi Wood Carvers Mtg.</b>, Almonte</li> <li>🎵 <b>Riley White</b>, Golden Arrow</li> <li>🎵 <b>Smitty</b>, O'Reilly's Pub</li> <li>🎵 <b>Steve Barrette Trio</b>, The Swan at Carp</li> <li>🎵 <b>The Franklin Expedition</b>, Arnprior</li> <li>🎵 <b>World Day of Prayer 2016 -Cuba</b>, Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>David Francey</b>, Perth</li> <li>🎵 <b>Elvis (Matt Cage)</b>, SF</li> <li>🎵 <b>March Meltdown</b>, Beckwith</li> <li>🎵 <b>Green Party Talk</b>, Almonte</li> <li>🎵 <b>Beauty &amp; the Beast Jr.</b>, Carleton Place</li> <li>📺 <b>Carriageway Studios Open House</b>, Almonte</li> <li>🎵 <b>Fulton's Tree Tapping</b>, Pakenham</li> <li>🎵 <b>Habitat for Humanity Open House</b>, CP</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Lanark Co. Genealogical Meeting</b>, CP</li> <li>🎵 <b>Mothership (Led Zep Tribute)</b>, John St. Pub</li> <li>🎵 <b>Gillan Rutz</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Stephen Mark Fisher</b>, St. James Gate</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Blues w/Barry Buse &amp; Redneck Limousine</b>, Waterfront Gastropub</li> <li>📺 <b>Carriageway Studios: Open House</b>, Almonte</li> <li>🎵 <b>Magnolia Rhythm Kings</b>, The Royal Oak</li> <li>🎵 <b>Open House Learn2Curl</b>, Almonte</li> <li>🎵 <b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li>🎵 <b>Seedy Sunday</b>, Pembroke</li> <li>🎵 <b>Seedy Sunday</b>, Perth</li> <li>🎵 <b>Talk: Edible Forest Gardens</b>, Perth</li> <li>🎵 <b>Valley Singles Lunch</b>, Carleton Place</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Beach Party Youth Dance</b>, Beckwith</li> <li>🎵 <b>Desire (U2 Tribute)</b>, John St. Pub</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Stephen Fisher</b>, O'Reilly's Pub</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>40 Plus Singles Dinner/Dance</b>, Smiths Falls</li> <li>📖 <b>Book Launch: The Beatles in Canada</b>, Smiths Falls</li> <li>🎵 <b>CPDMH Time &amp; Again Sale</b>, Carleton Place</li> <li>🎵 <b>Holy Sabbath (Tribute)</b>, John St. Pub</li> <li>🎵 <b>Live at the Met: Les Pêcheurs de Perles</b>, Renfrew</li> <li>🎵 <b>Love the Blues w/Dan Deslaurier</b>, Love That Barr</li> <li>🎵 <b>Matt Dickson</b>, Golden Arrow</li> <li>🎵 <b>Spencer Evans</b>, The Cove</li> <li>🎵 <b>Under The Covers</b>, O'Reilly's Pub</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>APEX Jazz Band</b>, The Royal Oak</li> <li>🎵 <b>Blues w/Barry Buse &amp; Redneck Limousine</b>, Waterfront Gastropub</li> <li>🎵 <b>Clever Mess Jazz Club</b>, The Barley Mow</li> <li>🎵 <b>David Newland</b>, McDonalds Corners</li> <li>🎵 <b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li>🎵 <b>Roll With L'Arche Bowl-a-thon</b>, Arnprior</li> <li>🎵 <b>Sunday Brunch w/Pierre Desmarais</b>, Valley Food &amp; Drink Co.</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>John Wilberforce</b>, The Cove</li> <li>📺 <b>Mississippi Wood Carvers Mtg.</b>, Almonte</li> <li>🎵 <b>Slocan Ramblers</b>, Sharbot Lake Country Inn</li> <li>🎵 <b>Steve Barrette Trio</b>, The Swan at Carp</li> <li>🎵 <b>The Big Short</b>, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>🌱 <b>Earth Hour</b>, everywhere!</li> <li>🎵 <b>Generation Moon (Who Tribute)</b>, John St. Pub</li> <li>🎵 <b>Hummingbird Sping Fête</b>, Almonte</li> <li>🎵 <b>Jazz at the Waterfront</b>, Waterfront Gastropub</li> <li>🎵 <b>Jubilee Musical Tribute</b>, Perth</li> <li>📺 <b>MMPL Seed Library Launch</b>, Almonte</li> <li>🎵 <b>Riverthieves St. Paddy's Celebration</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Seminar: LinkedIn 101</b>, Carleton Place</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> <li>🎵 <b>The Big Short</b>, Smiths Falls</li> <li>🎵 <b>The Brockolees</b>, Golden Arrow</li> <li>🎵 <b>Healing Plants in Your Garden</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Peter Pan Fan Fair</b>, Carleton Place</li> <li>🎵 <b>Blues w/Barry Buse &amp; Redneck Limousine</b>, Waterfront Gastropub</li> <li>🎵 <b>Heritage Speakers' Series</b>, CP</li> <li>🎵 <b>Learning to Drive</b>, Almonte</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> <li>🎵 <b>The Celticity</b>, Perth</li> <li>📺 <b>Vernissage: Dale Dunning</b>, Almonte</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>BOTR: Angel Forrest Band</b>, Westport</li> <li>🎵 <b>Brian Downey</b>, Golden Arrow</li> <li>🎵 <b>River City Junction</b>, O'Reilly's Pub</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Brea Lawrenson</b>, Golden Arrow</li> <li>🎵 <b>Easter Egg Hunt</b>, Perth</li> <li>🎵 <b>Folkus: Allison Lupton/KEWT</b>, Almonte</li> <li>🎵 <b>Jef Leeson w/Shawn McCullough &amp; Jeff Gallery</b>, The Cove</li> <li>🎵 <b>Motorheadache (Tribute)</b>, John St. Pub</li> <li>🎵 <b>Peter Newsom</b>, Love That Barr</li> <li>🎵 <b>Seminar: Women &amp; Investing</b>, Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>APEX Jazz Band</b>, The Royal Oak</li> <li>🎵 <b>Blues w/Barry Buse &amp; Redneck Limousine</b>, Waterfront Gastropub</li> <li>🎵 <b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li>🎵 <b>Sidepipe w.The Working Class</b>, John St. Pub</li> <li>🎵 <b>Sunday Brunch w/Pierre Desmarais</b>, Valley Food &amp; Drink Co.</li> <li>🎵 <b>Trad Song Session</b>, Almonte</li> </ul>
<p>🎵 <b>Arnprior and District Museum</b> presents Energy House &amp; Arnprior's contributions to the war effort &lt;arnpriormuseum.org&gt;</p> <p>🎵 <b>CP &amp; Beckwith Heritage Museum</b> presents "Forever Young — staying warm in a Carleton Place winter!" &lt;cpbheritagemuseum.com&gt; (to Mar 28)</p> <p>📺 <b>Fairview Manor Lobby</b> presents Cathy Blake's paintings &amp; mixed media</p> <p>📺 <b>MVTM</b> presents Losing Dave: An Artist's Journey Through Loss (from Mar 5)</p> <p>📺 <b>Sivarulrasa Studio &amp; Gallery</b> presents sculptor Dale Dunning &lt;sivarulrasa.com&gt; (from Mar 11)</p> <p>📺 <b>The Mississippi Mills Chambers Gallery</b> presents Nancy Young's acrylics/landscape</p> <p>📺 <b>The Almonte Library Corridor Gallery</b> presents Donna Lynd's acrylics/figurative</p>		

**World Day of Prayer 2016 -Cuba**, Mar 4, 2PM. Service, cultural info about Cuba. Zion-Memorial United Church, CP.

**Fulton's Tree Tapping**, Mar 5, 9AM-4PM. Ceremony at 1PM; family activities, taffy. Fulton's, Pakenham. 256-3867, fultons.ca

**Green Party: Power, Politics & Pipelines**, Mar 5, 7PM. Coffee, dessert & talk. Almonte United Church. 267-7584. \$15

**Habitat for Humanity CP Open House**, Mar 5, 2-4PM. Info re volunteering with 2016 build. CP Library, 257-8547

**Lanark Co. Genealogical Mtg**, Mar 5, 1:30PM. Purdon Conservation Area. Beckwith Council Chambers, CP. Free

**March Meltdown**, Mar 5, 8:30AM-2PM. Pancakes, family activities, Chili Cook Off. Beckwith Park, 257-1539

MMPL Seed Library workshops: 10am-noon: Mar 5 **Soil 101**, enriching your soil; Mar 19 **Healing Plants in Your Garden**. Almonte Library, 256-1037. Free

**Open House Learn2Curl**, Mar 6, 1-3PM. Almonte Curling Club, 256-4560, almonte.ovca.com. free

**Seedy Sunday**, Mar 6, 10am-3pm. Rankin Rec Centre, Pembroke (628-1836), and Perth Legion (284-0578)

**Valley Singles Lunch**, Mar 6, 1PM. Singles lunch, all welcome. Tap House Grill & Sports Bar, CP. 622-5693

**Hackberry Men's Shed**, Mar 7 & 21, 7PM. Retired, separated, divorced men, of any age. Lanark Community Programs, 30 Bennett St, CP. 253-2456

**Adult Bereavement Groups**, Mar 8 (1-3PM, Community Home Support, Perth, 267-6400); Mar 29 (1-3PM, SF Community Health Centre, 283-6745). Free

**Pakenham Community Forum**, Mar 8, 7PM. Building on the Feb. 7 Seniors' Forum. Pakenham Public School, 624-5600

**Perth Hort: New Annuals/Perennials**, Mar 8, 7-9PM. St Paul's United Church, Perth. 253-5690, perthhortsociety.com. \$3; \$10/yr

**W. Carleton Garden Club**, Mar 8, 7:30PM. Rain garden w/Carole Crossan. Carp Memorial Hall, wgc.ca. \$5 for non-members

**Toastmasters Meetings**, Mar 10 & 24, 7-8:30PM. Develop communication skills. Riverview Seniors' Residence, CP

**40 Plus Singles Dinner/Dance**, Mar 12, 7PM. 8PM DJ dance. Cash bar, no jeans. SF Civitan Hall. 285-5557. \$10

**CPDMH Time & Again Sale**, Mar 12, 9AM-1PM. CP Hospital fundraiser. St. James Anglican Church, CP. 257-2200x323

**Roll With L'Arche Bowl-a-thon**, Mar 13. Register at 103-16 Edward St. S., Arnprior. Arnprior Bowling Centre

**MVFN: Nature Talk**, Mar 17, 7:30PM. Shaw Woods: A Diverse Ecological Gem. Almonte United Church, mvfn.ca. \$5

**Ottawa Valley in the Railway Age**, Mar 17, 7:30PM. Perth Historical Soc. w Brian Gilhuly. Perth Legion. perthhs.org. \$2

**MMPL Seed Library Launch**, Mar 19, 12:30PM. Borrow & donate seeds. Almonte Library, kkiddey@mississippimills.ca

Seminars: **LinkedIn 101** (Mar 19, 2-4PM); **Women & Investing** (Mar 26, 10AM). Carleton Place Library, facebook.com/CarletonPlacePublicLibrary.

**Heritage Speakers' Series**, Mar 20, 2PM. Historical Mapping Legacy Project & History of Ice Harvesting. Beckwith Council Chambers, CP. 257-1539

**Almonte Hort: Tropical Houseplants**, Mar 21, 7:30PM. w/ Jamie Roy of Acanthus. Cornerstone Com. Church, Almonte. 257-7155

**Bereavement Support Group**, Mar 21, 10:30AM-12PM. Hub Hospice, led by Barbara Carroll. St. Paul's Anglican Church, Almonte. 883-6646, hubhospice.com. Free

**Pakenham Community Potluck**, Mar 31, 6PM. Report from Seniors' Forums. Pakenham Public School. 624-5600, bh@myhighspeed.ca

**The Swan at Carp** (Carp, 839-7926):  
Mar 4, 18 Steve Barrette Trio, jazz, 7-10PM, no cover

**The Royal Oak** (Kanata, 591-3895): jazz on Sun, no cover, 2-5PM  
Mar 6, 20 Magnolia Rhythm Kings  
Mar 13, 27 APEX Jazz Band

**Naismith Pub** (Almonte, 256-6336): Wed Open Celtic Jam, 7:30-10PM

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

**Ashton Pub** (Ashton, 257-4423): Sundays Open Mic w/Kelly Sloan, 2-5PM  
Mar 17 Kelly Sloan w/Ian Clark, 12-5PM

**The Barley Mow** (Almonte, 256-5669):  
Mar 3, 17, 31 Kitchen Party w/Jimmy Tri-Tone Band, 8PM  
Mar 10, 24 George Turcotte & his Band, 8PM, no cover  
Mar 13 Clever Mess Jazz Club, 2-5PM  
Mar 17 Ramblin' Valley Band, 3-6PM

**O'Reilly's Pub** (Perth, 267-7994): Wed Acoustic Stage w/Dave Balfour 8PM, Fri Live music 9PM  
Mar 1, 8 Brock Zeman & Blair Hogan 8:30PM  
Mar 4 Smitty  
Mar 11 Stephen Fisher  
Mar 12 Under the Covers  
Mar 15 Keith Glass 8:30PM  
Mar 25 River City Junction

**Love That Barr** (Pakenham, 624-2000):  
**Thursdays Open Mic**, 8PM  
Mar 10, 24 Kitchen Party w/Jimmy Tri-Tone Band, 8PM  
Mar 12 Love the Blues w/Dan Deslaurier, Ken Orenstein, Bill Serson, 7-10PM  
Mar 26 Peter Newsom w/Ken Orenstein, Bill Serson, 8:30PM-12AM

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

**Sharbot Lake Inn** (279-2198):  
Mar 18 Slocan Ramblers

**John St. Pub** (Arnprior, 623-8149): 9:40PM  
Mar 4 Bon Jovi Forever (Tribute), \$10  
Mar 5 Mothership (Led Zep Tribute), \$10  
Mar 10 Open Jam, 7:30PM, free  
Mar 11 Desire (U2 Tribute), \$15  
Mar 12 Holy Sabbath (Tribute), \$10  
Mar 17 St. Patty's Day Bash w/Spencer Scharf, 7:15PM, \$3  
Mar 19 Generation Moon (Who Tribute), \$10  
Mar 24 Karaoke, 9PM, \$5  
Mar 26 Motorheadache (Tribute), \$10  
Mar 27 Sidepipe w.The Working Class, \$6

**The Waterfront Gastropub** (CP, 257-5755): Wed Open Mic w/Blues & Company's Kevin Ficzer 9PM; Sun Blues w/Barry Buse & Redneck Limousine 3-6PM  
Mar 4 Mississippi Blues Society Open Jam, 8:30PM  
Mar 19 Jazz at the Waterfront, 8PM

**Queens Hotel** (Carleton Place, 257-7639)  
Mar 3 Jazz at the Queen's, 6-9PM

**Community**

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

**Trivia Night**, Mondays, 6-8PM. Prizes. The Cove, 2 Bedford St., Westport. 273-3636

**4-Hand Euchre**, Tuesdays, 1-4PM. Accessible, parking. Perth Legion. 264-5568

**Green Drinks**, Mar 1, 5:30PM. Informal meeting of environmental folk. Golden Arrow, Perth. GreenDrinks.org

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

**CP Hort: Bonsai**, Mar 2, 7PM. Talk: Bonsai in the home. St. Andrew's Presbyterian Church, CP. cphorticulture.ca. \$3

**MMPL Travelogue: Africa**, Mar 3, 7PM. Almonte Library. 624-5306, mississimills-library.com/travelogue-series. Free

**The Franklin Expedition**, Mar 4, 7-9PM. Parks Canada archeologist. St. John Chrysostom, Arnprior. 832-3263. \$20/\$15/\$10

# Talk the Talk Before You Garden the Garden

## A Spring Round-Up of Horticultural Happenings in the Valley

It may still be wintery out there, but gardeners are already dreaming of what they will plant this spring... contemplating how to outwit the pests of last year... ruminating over what thrived and what struggled. Whether you are new to gardening or an old hand, it's a good idea to start planning now, because when spring comes, time flies by!

### Horticultural Societies

One of the best ways to get in a horticultural frame of mind is to hang out with like-minded folks, who can be found at your local horticultural society. They generally have a modest annual fee, but you can also pay as you go, to get a taste (some are \$10/yr, \$3/mtg). You can usually find their monthly meetings in our calendar, or read about the upcoming ones here:

The **Carleton Place & District Horticultural Society** meets at St. Andrew's Presbyterian Church, Beckwith St. entrance. On March 2, 7PM, guest speaker Cornelis W. Berg of Guelph Escape Horticultural Services will talk on Bonsai in the Home. (Next: "Botanical Gardens in San Miguel de Allente, Mexico" on April 6.)

The **Perth & District Horticultural Society** meets at St. Paul's United Church, D'Arcy St. entrance. At 7PM on March 8, Carol Onion of Hillside Gardens will present many of the beautiful blooms her local nursery expects to offer for 2016.

The **West Carleton Garden Club** meets at Memorial Hall in Carp. NCC landscape architect Carole Crossan will tell you how a rain garden is a beautiful way to manage stormwater runoff, at 7:30PM on March 8.

The **Almonte and District Horticultural Society** meets at Cornerstone Community Church. At 7:30PM on March 21, Jamie Roy of Acanthus Floral & Botanical will talk about propagating tropical houseplants.

### Seedy Sundays

On February 2 the groundhogs came out of their holes to see their shadow (or not), and on Seedy Sunday, the gardeners come out and get excited about the coming spring. Almonte celebrated early, last month, with a great turnout at their first Seedy Saturday, and there are others sprouting up all over the Valley.

Meet up at the Perth Legion for the **Perth Seedy Sunday** event on March 6, from 10AM to 3PM. The Perth Farmers' Market promises a great variety of seeds, vendors, food, demonstrations and everything garden related. Please call 284-0578 for more information.

The 9<sup>th</sup> annual **Pembroke Seedy Sunday** is also on March 6, from 10AM to 3PM at the Rankin Culture & Recreation Centre. Explore the seeds and plants for

sale, local food producers and environmental groups, and get inspired at the gardening presentations. Remember to bring your own seeds, plants or other



gardening goods to exchange at the Swap Table. Enjoy the local lunch, local musicians, sharing knowledge, and meeting with friends. Contact Claire Lepine at <claire42@hughes.net> or 628-1836 for further details.

### Talks and Workshops

On Saturday, March 5, come to the Almonte Library, from 10AM to noon, to

learn how to compost, mulch and enrich your garden soil at **Soil 101**. Back by popular demand, local gardeners Gerda Franssen and David Hinks present this first workshop of 2016 of the Mississippi Mills Public Library Seed Library.

There is limited seating, so register at <kkiddey@mississippimills.ca>, the library, or 256-1037.

Interested in growing more of your own food and doing less work, while taking care of the soil and water, creating natural spaces for the animals and supporting healthier ecosystems? Permaculture (ecological design), aims to mimic nature. Gardens can provide food, medicine, firewood, building materials, habitat, microclimates, privacy and beauty. Learn about "**edible forest gardens**" with useful trees, shrubs and perennial herbs. Bonita Ford gives this free talk on Sunday, March 6 at 1PM at the Perth Legion, as part of Perth's Seedy Sunday.

On Saturday, March 19 at the Almonte Library, from 10AM to noon, explore the surprising culinary and health benefits of backyard weeds at a **Healing Plants in Your Garden** talk with Ottawa herbalist and wild food forager Amber Westfall. Register at <kkiddey@mississippimills.ca>, the library, or 256-1037.

— Rona Fraser

## CELEBRATING 25 YEARS - April 1, 2 & 3

### 2016 PAKENHAM HOME SHOW

Stewart Community Centre, Pakenham  
FOR INFO: 613-256-1077  
exploremississippimills.ca

**\$5.00** admission  
now includes two floors  
of vendors, door prize  
draw & live demos

#### HOME SHOW HOURS

Friday 6PM-9PM  
Saturday 9AM-6PM  
Sunday 10AM-4PM

#### NEW FOR 2016

Friday 8:00PM - 1:00AM  
"THE COUNTRYMEN LIVE" \$10.00  
Upper Hall, Dance admission  
includes Friday access to the  
home show floor & draw ballot

Saturday & Sunday  
Free Home & Garden Demos  
in the upper hall



Mississippi  
Mills

welcome

# MMPL Seed Library Launches its 2<sup>nd</sup> Year

What's a sure sign of spring? The MMPL Seed Library Launch, of course!

Come to the Almonte Library at 12:30PM on Saturday, March 19 for the launch of the Mississippi Mills Public Library Seed Library. The seed lending library, now in its second year, is a free exchange designed to promote healthy local food and a stronger gardening community. It's also a great way to save some money and try seed stock suited to local gardens.

The underlying idea is simple. "Borrow" some seeds with the idea that you may be able to share some seeds from your own garden when your harvest has matured. Or, if that doesn't work for you, you can donate the remainders of your seed packages, which will be re-packaged to be picked up by another gardener in the community.

"The interest is definitely strong in the community. The response has been wonderful again this year," says Karen Kiddey, library employee and

coordinator of the seed committee. The focus has been on finding open-pollinated and heirloom seeds that can be saved and replanted from year to year. "We have lots more flower seeds this spring, thanks to local gardeners. And in the veggie department, our variety of heirloom tomato seed offerings is amazing. Full Circle Seeds, an organic seed supplier from Sooke, B.C., helped us out again this year with a donation of remainder seeds," she adds.

Many gardeners save seeds and are excited to have a place to bring their surplus, and see what other gardeners have to offer. The library has received generous donations of flower, vegetable, and herb seeds from local gardeners, and from both Almonte and Pakenham Horticultural Society members. Seed-savers have pitched in from across the county to donate seeds from their own gardens and help package them up for this year's selection.

To kick off this year's season, the Seed Library is offering two free workshops in March, on the 5<sup>th</sup> and 19<sup>th</sup> (details can be found on the facing page). Both of these follow up on some of the questions and feedback they had from last year's presentations.

Joining the seed library is a great way to discover new varieties, preserve older varieties, and share your gardening experience with friends and neighbours. If you don't have space for a garden, many varieties can also be grown in containers.

## Ed Lawrence Live!

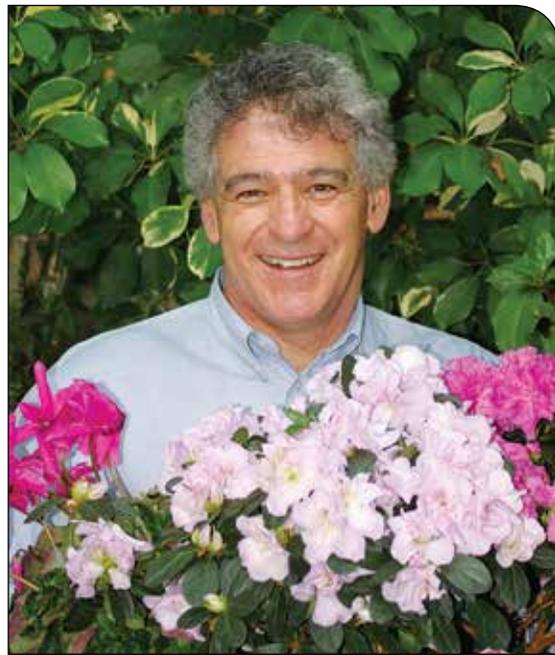
Before the first crocus has hailed the arrival of spring, you can begin planning your garden by coming to see premier horticulturalist Ed Lawrence in person for an informative and interactive evening of gardening wisdom.

Ed Lawrence Live! will be presented by Mississippi Madawaska Land Trust on Thursday, March 10, beginning at 7:30PM at the Centrepointe Studio Theatre, 101 Centrepointe Road in Nepean. Tickets are \$20 and available at <eventbrite.ca>. Parking is free.

Ed will be joined by moderator Rob Clipperton, former host of the highest rated Saturday morning show in the country, *In Town and Out*. Why not gather up all those thorny questions and get ready to ask Ed yourself — how much sun or water, what's eating my clematis, when should I prune, and what is this plant anyway? Bring along your ailing houseplant for an expert diagnosis!

Have you ever dreamed of being able to capture Ed in your own garden? Ed has agreed to do just that: 90 minutes of private consultation for some lucky person living within 50km of Centrepointe Theatre. We'll be raffling Ed's time and expertise for \$20 per ticket or 3 tickets for \$50 (cash or cheque only).

For anyone who has followed Ed Lawrence on CBC Radio, you know that this renowned gardening expert is seldom stumped by the wide variety of problems posed on his weekly call-in show. Whether the problem is getting a flowering plant to bloom or attempting to get rid of a troublesome pest, Ed's affable and patient style welcomes every caller. In recent years, he finds that questioners more often want to know how to get good results while avoiding the use of herbicides or pesticides. Even these challenges don't phase Ed. His knowledge of plants and how to keep them happy is encyclopedic. It's



On March 10, Ed Lawrence will be helping to raise funds for the Mississippi Madawaska Land Trust

hardly surprising that his career was spent as premier horticultural specialist at the National Capital Commission's six official residences.

This event is a benefit fundraiser for the Mississippi Madawaska Land Trust (MMLT), a local charity supported by Ed Lawrence, dedicated to preserving nature's wild gardens in Ottawa's backyard. To date, MMLT has preserved over 2,400 acres of ecologically sensitive lands in the Ottawa Valley. All proceeds from this event will help the Land Trust carry out its mandate to monitor the special properties left to its care. For more information, visit <mmlt.ca/events>.

## Support Local, Support a CSA!

### Stony Brae Farm

111 Rutherford Side Road, Perth

Contact Greg Farrow:

613-264-8015

farrowgreg@hotmail.com

www.facebook.com/StonyBraeFarm

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



## Pick up *theHumm* in Carleton Place at THE GRANARY

folkus 

**ALLISON LUPTON AND KEWT**

SATURDAY MAR 26 AT 8 PM ALMONTE OLD TOWN HALL

TICKETS: \$30 AT MILL STREET BOOKS & FOLKUSALMONTE.COM

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

MILLS  
COMMUNITY SUPPORT

## Do You Remember What It Was Like To Have FUN?

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*Are you busy all week? Your weekends are filled with household chores? You feel like you never have time for FUN anymore?*

613-461-0093 \* maria@GreenCleanPlus.ca \* www.GreenCleanPlus.ca



## Merry Mudds in March

Please join the Mississippi Mudds Jr. in welcoming Beauty and the Beast to Carleton Place! The talented young cast pictured above, aged 8 to 18, will be performing Disney's stage adaptation of *Beauty and the Beast Jr.* This production is full of great costumes, dances and the songs we all know and love. Shows are on Thursday, March 3 at 7PM (\$5), Friday, March 4 at 7PM (\$10) and Saturday, March 5 at 2PM (\$10). Tickets are available at Hallmark at 428 McNeely Avenue in Carleton Place, or at the door, and performances are at the Carleton Place Town Hall.

Join the Mudds again on Sunday, March 20 from 1–4PM at the Carleton Place Town Hall for a **Peter Pan Family Fan Fair!** Admission is free, and activities include face painting, tattoos and balloon animals (\$2 each), a photo op with your favourite Peter Pan character (\$5 includes the photo), and kids' games with prizes. There will also be demonstrations of stage make-up and set painting, as well as a bake sale, silent auction, 50/50 raffle, and a "teaser" performance of a number from the show featuring the full cast. You can also purchase your *Peter Pan* show tickets in advance. For more details, as well as information about the upcoming production, visit <mississippimudds.ca>.

Speaking Volumes

# A Love Note to the Audiobook

I'm going to let you in on a little secret that truckers, audiophiles, and people with reading disabilities have known for years:

Audiobooks are awesome.

As a librarian, I will admit to a certain amount of snobbery when it comes to the written word. I like my books on paper, and I like to curl up on the couch with my slippers on to read them. Recently though, after downloading an audiobook from my library's website, I will admit to having become a convert to the audiobook.

by Meriah Caswell, librarian

The book was *The Blade Itself* by Joe Abercrombie. My partner and I listened, captivated, over the long trip to Toronto and back. It was so good that we didn't want to get out of the car when we arrived home. It wasn't just that the story was excellent (Joe Abercrombie is a favourite author of mine). The narrator, Steven Pacey, breathed life into the story in a way that was completely unexpected. The tenor of the voices, the regional accents, the pacing, the comedic timing — he brought together all of these elements in a way that transformed the book into something *more*. It became clear to my partner and me that we weren't just listening to a book — we were experiencing art.

Since that transformative road trip, I have been consuming audiobooks non-stop. I have found that they fit my busy life in a way that books do not. Where I would once stare guiltily at my stack of

library books at the end of the day, knowing I only have enough energy to read a few pages before succumbing to sleep, I now fit "reading" into every part of my day. Daily chores like washing the dishes, laundry, and walking the dog can all be done while listening. I vacuum with earbuds in. Suddenly my commute isn't long enough.

I'm not alone in my recent love affair with audiobooks. Sales have risen in recent years, and MP3 downloading services have flourished. At our small library, we circulate roughly 550 audiobooks (downloaded and CD) a month. My partner, a man who has never enjoyed sitting down to read a book, now hunts for new audiobooks he can download through our library's digital download site, OverDrive.

Audiobooks will often boast famous actors as their narrators. If you're a fan of celebrity biographies, there is nothing better than listening to the actor actually narrating their own story. Neil Patrick Harris, Tina Fey, and Mindy Kaling have all narrated their autobiographies, and they are all well worth listening to. Audiobooks even have their own annual award ceremony, "The Audie Awards," with such recent winners as Anthony Doerr's *All the Light We Cannot See*, and *Yes Please* by Amy Poehler.

If you haven't tried audiobooks yet, take it from a librarian: it's time you tried one. Your library has lots of them on the shelf, and for those of you who prefer to do everything on your cell phone or tablet, you can download the OverDrive app and login with your library card. Happy listening!

— Meriah Caswell is Manager of Library Services at the Carleton Place Library

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# Art to Energize Your Heart and Soul

"Even if the only reason you make art is to replenish and energize your heart and soul so you can do your other work that is needed, either to make money or contribute to the world, making your art is important — and therefore you are a successful artist." This quote from Luanne Udell very succinctly sums up the art of Westport's Barbara Lavoie.

by Georgia Ferrell

Born in Montreal to a very supportive family, Barbara spent so many hours drawing and painting as a child that, when she was ten, her dad surprised her with her first real set of paints: two brushes, three tubes of paint, and one canvas board. The rest, as they say, is herstory.

A love of colour, and using it to compose and express feelings, was very satisfying for Barbara, and her early painting was done using oil paints. Her main subject at the time was landscapes. However, oil paint takes a long time to dry, and soon watercolours caught Barbara's attention. Not only do they dry faster, but this was also a new challenge, and a way to grow and improve her skills.

Several major moves brought more art to her life, as Barbara chaired a local art show in Nova Scotia, and then returned to live in Ottawa, but marriage and family precluded much art during the years 1981 through 1998. Art returned to her life in a major way, however, when she moved to Paris, France, for a year. Such an overload of sensory elements and a love of Monet were major results of that move, as well as the determination to continue painting.

A return to this side of the pond saw a move to Washington, D.C., where more classes and working with oils allowed Barbara to continue to pursue her love of painting. However, it was being there on September 11, 2001 that provoked a turning point in her life. Watching the plane fly over the pentagon from her home in Arlington, Virginia, prompted a move back to Ottawa in 2002, where once again the lure of watercolours took over. Again, taking many classes gave Barbara opportunities to grow her skills and dedication to this medium.



Barbara Lavoie makes and teaches art from her Pheasant Ridge Studio near Westport

After a number of friends and family asked for her help with painting in watercolours, Barbara started to teach. She now resides in a lovely home with a studio in which she paints and teaches. Barbara moved to Rideau Lakes in 2004 and has taken many classes here, in Brockville, and in Prince Edward County. Finding a pheasant residing on her lane provided her own studio's name — Pheasant Ridge Studio.

Barbara now finds herself doing many commissions of homes, cottages and other architectural subjects, and at the same time learning new skills such as painting abstracts, which she finds very freeing. Although the idea of making her living through art was never a major concern, teaching and selling works does refill her stock of materials!

Some parting words from Barbara: "If you feel you want to paint — PAINT! Don't hesitate to take classes. If you enjoy what you are doing, you are successful. And if you are told you must draw in order to paint well, don't believe it!" Best of all, she advises that "painting makes your soul and being more complete."

Barbara is currently preparing her spring class schedule, and more information can be obtained by contacting Barbara at <belavoie@rideau.net> or through Facebook Messenger. Don't delay — your soul will thank you.

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**WHEN:** Fridays: April 1, 8, 15, 22 and 29. All sessions will run from 7:45 pm until 10 + pm.

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

**COST:** Donations are encouraged.

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

**For more information please contact:** Sarah O'Grady, MVCA Education Coordinator 613-256-3610 x 1 or 613-253-0006 x 239 [sogrady@mvc.on.ca](mailto:sogrady@mvc.on.ca) [www.mvc.on.ca](http://www.mvc.on.ca)

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Fri. Mar.18 **John Wilberforce** (Country/Rock, Kemptville) 6-9

Sat. Mar.19 **Shawn McCullough** (Country Guitar, Westport) 7-11

Fri. Mar.25 Blues on the Rideau with **Angel Forrest Band** (Montreal) 7-11, \$65 Buffet & Show

Sat. Mar.26 **Jef Leeson** with **Shawn McCullough & Jeff Callery** (Live & Unplugged Recording, Country/Rock) 8-11, \$10

# A New Take on an Old Church

If you travel the back roads of Lanark or Renfrew Counties, you have probably seen a fair number of small older churches transformed over the past decade or so into private residences. A result of declining attendance and infrequent use, coupled with the increased cost of keeping older buildings leak-free and heated, it just seemed to be the way things were going. Fortunately for old-church aficionados, though, a lovely specimen has recently been renovated with more public use in mind.

Located in the heart of Watsons Corners (a tiny community in Lanark Highlands that is pretty much all heart, surrounded by some lovely hillsides), the circa 1894 edifice was home to St. Andrews United for about a century, and most recently housed a Zion Church and Sunday School. Since being purchased by Donna Dillman and Cam Allen in the spring of 2013, however, it has undergone a complete — and highly energy efficient — transformation into a bed and breakfast and day spa.

The renovations took place in stages, with the church itself the first to be converted into Cam and Donna's home. An early estimate predicted that it would cost them \$10,000 a year to heat the lofty space, but that was just the kind of challenge they were looking for. Their efforts, directed by Cam's extensive experience with green building, resulted in a finished product that actually beats the new house standards in efficiency — and an annual heating bill of a paltry \$700 for the former church space. The story of that metamorphosis, and the implications it could have for other similar projects, would fill more space than this article allows, but Cam has documented it in exquisite detail at [alltechgreenchurch.ca](http://alltechgreenchurch.ca).

Over their first winter there, Donna and Cam transformed the former Sunday School space (that was adjacent to the church) into a two-room B&B. The side-by-side Moon Room and Rose Room each feature a queen-size bed, and share a common sitting area with

kitchenette. Breakfast is served there or in the former church (so guests do get to ogle that lovely space as well).

They could have stopped there, but Donna was on a mission to make her new venture more of a destination. In the spring of 2015 they began construction on an 850-square-foot indoor spa space that includes change rooms, showers, a comfortable "quiet room," a therapy room and two far infrared saunas. Then, as Donna says, "because Cam is a builder by nature," that project extended outward to include 1000 square feet of decks on three levels that now house a cold tub, two hot tubs and a Finnish (steam) sauna. Use of the spa is included with the price of B&B accommodations, but is also open for day use by appointment.



Donna Dillman and Cam Allen have recently renovated this church in Watsons Corners into their **Circa 1894 B&B and Day Spa**. The far left photo shows their three levels of decking, and Donna (centre) greets guests in the photo at left. Submitted photos



## The People Behind the Project

Cam's expertise in the area of energy-efficient construction is evident throughout the building and its various structures, but it is Donna's strong vision that he kept in mind while creating it. She brought experience from a variety of past projects and endeavours into play while crafting Circa 1894, as well as a desire to "provide a comfortable atmosphere so that patrons can relax their body, mind and spirit through a range of holistic possibilities." Donna ran a B&B in Poland, Ontario from 1983–97, and found that she loved meeting people from near and far. In 1999, she started into alternative energy work and then became a life coach, and she has wanted to create a wellness centre since the early 2000s. She now offers Reiki from her spa's therapy room, and is also well-versed in the benefits of the various saunas, hot and cold tubs. She is also looking for opportunities to make her space available to other alternative therapists, whose clients would then have access to the spa (which can boost the benefits of treatments like massage). Her primary goal is to create a space where relaxation and rejuvenation can occur — "where people are able to exhale and care for themselves."

Donna and Cam are also downright interesting in their own right. Cam was one of the founders of the successful annual Sundance Studio Tour in Maberly, and has a thing or two to say about how we need to start building — and renovating — in ways that are sustainable to the planet. And if you're interested, Donna has some fascinating stories about her 750km trek along the Camino in 2010, and the 68-day fast she undertook in 2007 to protest uranium drilling in the area.

## Nuts and Bolts

Circa 1894 B&B and Day Spa is more of an intimate experience than some of the larger spas in the Ottawa area. It has a capacity of 14, and features separate men's and women's changing rooms and showers. Donna has devised a sort of sliding scale for hourly use: \$20 for one hour, \$30 for two hours, \$40 for three (with your fourth hour free), and \$50 for a whole day (from 10AM to 8PM). Lunch is available for \$15 and afternoon tea is \$5, robes are available to rent (although she recommends you bring your own) and towels are provided. You can also book a Reiki session, or take a ride on her inversion table for \$5. The B&B rooms are \$125 each per night, and include use of the spa from 4PM check-in until 11AM check-out. Because Donna runs the place with minimal staff (usually herself), the spa is available by appointment only, but if she's there when you call she will do her best to accommodate you!

Circa 1894 is located in Watsons Corners at 1131 Concession 3, Dalhousie, Lanark, and you can find directions at [circa1894.com](http://circa1894.com). The B&B is also listed on [bbcana.com](http://bbcana.com). Give Donna a call at 259-9988 or toll-free at 877-562-1904.

— by Kris Riendeau



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# 2016 Perth Kilt Run

## “Ready for the Largest Kilt Run in the World?”

This year's Perth World Record Kilt Run promises to be epic.

It's only March, but it's already an exciting time because this summer's event is, as organizers are saying, “more than just a run” — it's the big one, and the third and final attempt at breaking the Guinness World Record for the largest kilt race in the world.

Fittingly, there's a new wrinkle this year: a full marathon — the world's first kilted full marathon. Athletics Canada has already certified the course, which makes it a Boston Marathon Qualifier.

Past years' participants have taken notice of the big news, as have some newcomers. Organizers are excited to note that at least one world-class marathoner will be competing in the full marathon.

As of February 22, four months before the run set for June 24–26, over 3,119 “kilted runners” have already registered online to participate in Perth's world-record-breaking Kilt Run. Last year 2,803 people took part.

This year's mighty jump in competitors is already impressive, but optimistic organizers think they can do even better. They are hoping for a whopping 5,000 participants.

As an added bonus and to commemorate this year's biggest and final run, organizers have asked local potter, Anne Chambers, to produce 3,000 small whiskey cups for participants. “I am pleased to be a part of such a unique community event that I have watched from the sidelines since the beginning,” she says.

Each scotch cup will be unique, Anne adds. “No one will know what colour cup will be placed around their neck until

they finish their run, leaving a small surprise 'til the end.” Participants in the four main runs will receive a scotch cup.

Chambers says it will take her a few more months to finish making them. “It's my own personal marathon,” she says. “The awards are a fun little cup to create, and right now I'm enjoying myself.”

As 2016 marks Perth's 200<sup>th</sup> anniversary, Perth Kilt Run organizers have grand plans for a great celebration. Graham Beck,

Winnipeg, and **The Harp Twins**, multi-talented professional duet harpists with an eclectic repertoire and an international following.

“All three are headliners,” Beck says. “Musically, we've stepped it up.”

Other events include scotch tasting downtown on Friday, featuring music by **Gordon Tait**, as well as a show at the Studio Theatre by **Everything Fitz** with opening act **Jessica Wedden**, an immensely talented local fiddler. Beck says Celtic bands will be playing at various spots along the run with bagpipers stationed at every kilometer of the race.

If you have yet to register for the 7<sup>th</sup> annual Perth Kilt Run, you can do so at <perthkiltun2016.ca> — and if you register before March 31, you can save big on registration fees. However, the last day you can purchase a kilt from organizers is March 21.

You can run in the Royal Mile, the Classic Five Mile, the Half Marathon, or the Perth Kilt Run Marathon. The Royal, Five Mile, and Half Marathon will be run on Saturday, June 25, while the full marathon will

take place on the Sunday morning, June 26. The Lads and Lassies races are also on Saturday. The Multiple Sclerosis Society of Canada is the main recipient charity of the 7<sup>th</sup> Annual Perth Kilt Run. So far this year over \$15,500 has been raised, according to the Kilt Run's registration page. If you would like to donate, just visit <perthkiltun2016.ca>, click on the “Register” button and from there, click on the “Donate Now” button. Over \$65,000 has been raised in the first three years of the race.

— by John Pigeau



Register early for this year's Perth Kilt Run — participants will receive a lovely commemorative Scotch cup made by potter Anne Chambers

head of the music part of the festival, says they have “amped things up this year” when it comes to entertainment. “Three great acts will be playing in Stewart Park on Saturday on the big main stage before, during, and after the run,” he says. Those acts are all “music festival-level bands,” Beck says, and they include **Everything Fitz**, a family band with roots in the Canadian old-time fiddle tradition and Ottawa Valley step dancing, **The Mudmen**, a high-energy Celtic rock band who performed at last year's Grey Cup celebrations in

mary pfaff

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# My Guilty Pleasure

I'm sharing a secret, and you're not to tell. I know I can trust you, right?

Today I played hooky. It's a brilliant sunny day with snow up to my, well... pretty deep, and I simply couldn't bear the thought of being indoors when my snowshoes were

we need it most. Cares can be set aside for an hour to revel in our own pleasant diversion. It's that old saying: life is what happens while we're making plans. Sometimes setting aside the plans and going with the heart is an uplifting experience that gives you a rest and maybe a laugh or a time for happy thoughts.

Playing hooky is creative. When free time lands in our laps we should embrace it, give ourselves over to an activity unrelated to what we should be doing, what we are expected to be doing, what we know we likely will have to do later. (See, already, there's the guilt factor worming its way in). Creativity comes from opening our minds to random thinking. I spent an hour carving snow paths and improving the edge of our driveway snowbank, for no other reason than I enjoy seeing a sculpted edge, to say nothing of the warmth of the sun and the glow of the snow. I watched the colours change as I dug into the bank, wondering if I could emulate them in a painting. I took some photos, just in case.

Playing hooky is good for your physical health. I can be con-

vinced to bail on an indoor task when the outdoors beckons with days like this. "Dust if you must" (see footnote), but it'll be there long after we're gone, and maybe a gorgeous day like this one won't come around again for a while. Better to be enjoying nature with a brisk walk than riding herd on the vacuum cleaner. Dogs are happy, I'm happy; neither of us enjoys housecleaning more than being outside.

Playing hooky is good for your mental health. It proves once again that we might just be dispensable for many tasks; that the world keeps spinning even if we're not at the office or at a meeting. You can't get away with this very often, mind you. Playing hooky only works if it's done very rarely. There's a fine line between being reliable but needing a rest, and being lazy. Don't cross that!

Our kids always knew they could take two mental health days a year without blame. I permitted it and even wrote the school notes to say they were absent with my permission. No lying allowed: I didn't say they were sick, just absent from routine for a day. They could sleep or refuel

by Glenda Jones

begging to tromp through the woods. I had obligations and an activity I really love, but since I was on the way to being late for it anyway, I decided to let heart rule head, and I took to the woods with the dogs trailing after me. The air was sparkling blue and crystals were floating off the trees as we trudged along. Chickadees were everywhere, a pileated woodpecker was drilling into the old birch, and deer tracks wound through the forest as we made our slow way discovering the path. I was not regretting my decision to enjoy such unparalleled beauty that I could so easily take for granted. I never do, however.

Playing hooky has its great rewards. It refreshes the soul when

## Dust if You Must

Dust if you must, but wouldn't it be better  
To paint a picture or write a letter,  
Bake a cake or plant a seed,  
Ponder the difference between want and need?

Dust if you must, but there's not much time,  
With rivers to swim and mountains to climb.  
Music to hear and books to read,  
Friends to cherish and life to lead.

Dust if you must, but the world's out there,  
With the sun in your eyes, and the wind in your hair,  
A flutter of snow, a shower of rain,  
This day will never come again.

Dust if you must, but bear in mind,  
Old age will come and it's not kind.  
And when you go — and go you must —  
You, yourself, will make more dust.

— Anonymous

however they chose, and I knew they'd be ready to attack the following day with renewed vigour, but for that one day, they just played hooky and I approved.

Sometimes playing hooky for even a few hours is all a person needs to find some balance and carry on again. It's a mini-mind vacation that will energize you. When you put down tools and walk off routine for a few hours of quiet contemplation you are recharging your batteries for what lies ahead. Why are we so caught up in "the busies" that we

can't do this without recrimination? I tell you what: I'll write you the teacher's note, and give you total permission to simply stop what you're doing and do something else that you wouldn't usually cram into your too-full day. It's your choice how you want to use this hooky time, but I can assure you, you'll feel a whole lot better when you do. No guilt, and I won't tell a soul you've done it.

The poem above comes courtesy of my sister, Sue Carson, who enjoys dusting as much as I do.

## PPAC 2015/16 Season Ends with a Big Bang!

The Perth Performing Arts Committee (PPAC) is ending their 34<sup>th</sup> season with a big bang, courtesy of the **Toronto All-Star Big Band!** On Friday, April 15 at 7:30PM, this ensemble will celebrate the spirit, style and sound of the '30s, '40s and '50s — that golden age of the

big bands. Armed with brilliant programming, choreography and engaging cultural nostalgia, this vibrant cast of awesome young talent have earned their position at the top of the list of performers throughout Ontario and in the USA. As PPAC favourites

(they played in 2004 and returned in 2010), they are sure to delight again this season!

Tickets are available from Tickets Please at <ticketsplease.ca> or 485-6434, and the performance will take place in the Mason Auditorium at PDCI.



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# A High Note for Spring

## Almonte in Concert Returns in April

Almonte in Concert's loyal audiences won't want to miss the return of its acclaimed concert series, inaugurated this season by Julie Nesrallah (dazzling mezzo-soprano and engaging host of CBC Radio 2's national classical music program *Tempo*), renowned harpist Caroline Léonardelli, and the much sought-after



Almonte in Concert returns with a bang with an April concert featuring mezzo-soprano Julie Nesrallah (above), harpist Caroline Léonardelli and pianist Parvaneh Eshghi

collaborative pianist Parvaneh Eshghi. Nesrallah and Léonardelli are no strangers to Almonte: this upcoming performance is one of many return appearances with the long-standing series. On Saturday, April 30 at 7:30PM in Almonte's Old Town Hall, the three thoughtful and captivating artists will present an exquisite program of works by French, Italian, Spanish and South American composers.

The concert, titled "Spirit and Spring", includes four beautiful song cycles: *La regata veneziana* (Gioacchino Rossini), *Siete canciones populares españolas* (Manuel de Falla), *Cinq mélodies populaires grecques* (Maurice Ravel), *Cinco canciones negras* (Xavier Montsalvatge); individual songs by Reynaldo Hahn (*À Chloris* and *L'énamourée*), Marcel Tournier (*La lettre du jardinier*), Claude Debussy (*Fleur des blés* and *Beau soir*); as well as Tournier's entrancing *Féerie* for solo harp. An entertaining encore — which of course must remain a secret until it is performed — will complete the evening at the audience's demand. We can, however, reveal that it will be passionate, seductive, even sizzling.

Tickets go on sale on March 15. For details, visit [almonteinconcert.com](http://almonteinconcert.com) or call 256-5619. Please note the new concert start time of 7:30PM.

— Maureen Nevins, Artistic Director of Almonte in Concert

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# Sounds So Sweet

Folkus presents K.E.W.T. & Allison Lupton

March is a month full of the promise of spring. The snow is still thick on the ground, but the groundhog has been and gone, and the sap is running with the promise of sweet syrup and sunlight.

The Folkus concert on March 26 promises sweetness of the musical variety. It features a double bill with sweet voices, unparalleled musicianship, and the loveliest songs. Both acts take on traditional material and make it their own, as well as crafting their own award-winning masterpieces.

Who are these paragons, you ask? One half of the double bill hails from our own backyard. K.E.W.T. will be joining us all the way from Elphin, Ontario. While many locals have heard Terry Tufts and Kathryn Briggs perform individually (Terry's last show in Almonte was standing-room only), their duo show is a rare experience, with a balance of mind-bending instrumentals and passionate vocals. Terry will bring a selection of guitars from his vast collection and Kathryn will be working her magic on the Steinway; they will be joined on stage by renowned bassist John Geggie. We are so fortunate to have such gifted musicians in our community, and it is a privilege to give them a night out together... on stage.

Allison Lupton, from Stratford, works within the Celtic tradition, and her tunes feature fiddle and banjo as well as her vocals and flute. Lively enough for a Contra dance, serene enough to soar, Allison and her band promise sweet sounds — her band includes renowned folk veteran Ian Bell, acclaimed bass player Denis Rondeau, Grand North American Fiddle Champion Shane Cook, and CCBA's Mandolin Player of the Year Andrew Collins. They delight listeners with beautiful renditions of traditional and contemporary songs and tunes that take you away to another time and then dance you home again.



Allison Lupton, winner of this year's Folk Music Ontario's Songs from the Heart Award, plays a double bill with K.E.W.T. (Terry Tufts and Kathryn Briggs) in Almonte on March 26

This will be a wonderful night for fans of traditional folk, as well as guitar fiends, banjo maniacs, and fiddle heads.

Folkus offers great entertainment in the warm setting of the Almonte Old Town Hall. As always, doors open at 7:30PM and seating is first-come, first-served. Showtime is at 8PM. Folkus offers a cash-only bar with Whitewater Brewing Co. beer, Ontario wine, and non-alcoholic beverages. You can get tickets at \$30/show online <[folkusalmonte.eventbrite.ca](http://folkusalmonte.eventbrite.ca)>, at Mill Street Books in Almonte, as well as the door. Details at <[folkusalmonte.com](http://folkusalmonte.com)>. Questions? <[hello@folkusalmonte.com](mailto:hello@folkusalmonte.com)>.

— by Sandy Irvin

# Arnprior Duo DanahKae Embarks on U.S. Tour

DanahKae, a local folk-infused adult contemporary duo hailing from Arnprior, is embarking on their first U.S. tour, featuring their recently released album *Wishing for Easy*.

Danah-Lee Krieger and Kae Roberts released their debut CD, *Wishing for Easy*, in October 2015. Their CD release party saw them playing to a sold-out audience at The Valley Food and Drink Co. in Calabogie. It was a proud moment for two ladies who have been pouring their heart and soul into their intention to bring "matters of the heart" music to the Canadian and world music scene.

It was only a year ago that DanahKae began their musical journey as a duo, placing first in the 2015 Y101 Shake the Foundation Contest, opening that show for Brea Lawrenson and Jordan McIntosh. Since then they've played more than 25 shows, including an appearance on *Daytime Ottawa* and *The WS Daily Show* in Kingston. They also took to the airwaves, playing a live show for Valley Heritage Ra-

dio's *Kitchen Party Live*, CKCU's *Canadian Spaces with Chris White*, and Brock's CFBU FM in St. Catharines.

On March 17, DanahKae will load up their gear and head south of the border for two weeks, sharing their music with audiences in Georgia, Florida, North Carolina, and good ole Nashville, Tennessee.

In the spirit of giving back, DanahKae has committed to donating portions of their proceeds to animal interest groups. In partnership with Tina Lyons of Rising Lotus Yoga in Arnprior, they held a Karma Yoga Concert raising \$500 for the Arnprior Humane Society. They will carry on that tradition when they play a Karma Yoga Event in Nashville, donating the entirety of the proceeds to the Nashville Cat Rescue.

Visit <[danahkae.ca](http://danahkae.ca)> to find out where they're playing next, listen to their music, and visit their online store to purchase their CD. DanahKae is back in the studio in the spring, as they begin recording their full-length album.

# Shattering the Myth of Learning Styles

I have been teaching music in our school system for twenty years. Although many things have changed during that time, one thing that has remained entrenched is the idea that every student has a predominant learning style, and that they won't be able to learn effectively unless they are taught in their particular learning style. Some students

by Tony Stuart

are auditory learners, others are tactile, still others are visual, and so on. While there is no question that different students have different strengths, the reality is that our brains are far more versatile than we give them credit for, and the notion that someone can only learn one way is, to be frank, ridiculous.

The consequences of telling students that they can only learn in one style have been pretty far-reaching. Students have been convinced that they can't learn because the lesson being taught isn't in their "learning style". I'm going to give you an example that relates to music. How many times have we either met someone (or been that person) who says something along the lines of "I can't sing or play an instrument because I don't have any musical talent"? This automatically puts up a barrier to learning, and it is in fact a completely false statement.

Recent brain research has shown that our brains are in fact capable of processing information in a variety of ways, even if those ways aren't our "learning style". Even a person who is not naturally adept at singing or playing an instrument can develop a fair amount of skill through a combination of time spent practicing and continuous repetition. Obviously, some individuals will display more of an aptitude, and these are the people who go on to become performers, composers, songwriters, sound engineers and any of the other jobs associated with music.

Here's the problem: a whole industry has developed around this concept that certain students can only learn a certain way. The textbook companies have made a fortune convincing school boards that only their book can help students be more successful. Our school system is constantly preaching "the

next big thing" when it comes to learning styles, when in fact rigorously tested scientific evidence is proving otherwise.

The mythology comes in to play when students are being taught that they can only learn one way. As I mentioned above, this automatically creates needless barriers to learning. Here is an example: I want to teach you about different types of farm animals. Obviously, the first thing I am going to do is show you pictures of different animals. But hold on a second. You've been told that you are not a visual learner. Doesn't this mean that showing you pictures is not suited to you? Of course not. Next, I might play you audio clips of the different sounds that animals make. Finally, I might show you a short written description of each animal. The point here is that your brain is going to make use of all of this evidence, not just the evidence that suits your "learning style". Somewhere along the line, we let the mythology overtake common sense.

The good news for music teachers is that our subject area uses almost every area of the brain, so we've got all of our bases covered, since we basically teach in every learning style anyways. There is now overwhelming evidence that students who study music even for brief periods of time experience benefits in mathematics and language arts. The reason for this is that the act of singing or playing an instrument while reading music activates more areas of the brain than any other activity. This workout that our brain receives also improves our pattern recognition, our ability to multitask, our memory, and our ability to focus.

As the evidence continues to pour in, I am really hoping that this mythology around learning styles finally releases its grip on our educational system. Turning the ship around will take some time, but I believe it will happen. While there is no denying that every individual has strengths and weaknesses, the idea that you can't improve on your weaknesses through dedicated practice and repetition is not only false, but disrespectful to the individual involved.

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



## Paint Nite for the Arnprior Humane Society

The Arnprior Humane Society will host their second Paint Nite at The John Street Pub in Arnprior on Wednesday, March 30, from 7 to 9PM — and you're invited! Come enjoy a fun and creative evening among friends while supporting a wonderful cause. No experience necessary. A master artist will give step-by-step instructions to create a work of art, while participants socialize and sip cocktails.

The first Paint Nite was a huge success and sold out fast, so get your tickets early as there are limited spots available. Tickets are \$45, with a portion of the proceeds donated to the Arnprior Humane Society. Tickets must be purchased by March 16 to secure your spot. Please RSVP and register in advance at <a href="http://paintnite.com/events/1053094.html">paintnite.com/events/1053094.html</a>.

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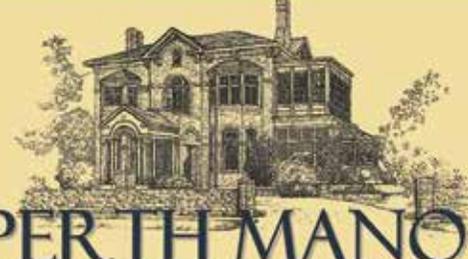
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# History — Our Own and Others'

I find it very interesting that, as Canadians, we are maybe just starting to fully realize that we have some history of our own to celebrate. Given that many of us know local people who are 100 years young or more, the stories are getting longer, and technology gives us the opportunity to research archives of old pictures and written memoirs to help fill in the gaps. Communi-

by Steve Tennant

cation advances have allowed generations to stay more in touch in spite of distance, thereby keeping family stories alive, shared and re-shared, no matter where we are. Of note is the importance of keeping our history archived. Because of the onset of video cameras, I know many people who are missing a whole generation of physical pictures of their kids to pass down. Also, digital cameras are wonderful, but only as good as the owner remembering to store pictures on some storage device to enable future access.

At a lovely recent event hosted by the Perth Historical Society, Janet Coward did a great job of describing St. Patrick's Day festivities from 1856 to 1920 in the Perth area. Over the years, celebrations honouring Ireland and featuring Irish roots music and dance have become more common, with distinctly Canadian touches. Some events assimilate Irish elements with local, North American, and even Scottish culture. Our heritage evolves.

Much planning has gone on for a couple of years now to prepare to celebrate Perth's 200<sup>th</sup> anniversary as a military settlement. February's "Fire and Ice" event, despite deep-freeze temperatures, was well attended both during the day at Conlon Farm and later at the Crystal Palace, with much fun enjoyed by all. Thanks to those in charge for your good planning. Who would have thought a dance in February in the Crystal Palace would sell out and be packed! The Riq Turner Band pulled off another fine show. We hearty Canadians are made of good stuff.

That same weekend, I thought it was quite fitting to have Perth "represented" at the first-ever NBA All-Star Game to be played outside the US. A Perth-raised lad, Nathan McLaren, was in Toronto coordinating and playing with his drumline, 416 BEATS, throughout the weekend. You may have seen him as the single drummer in front of Toronto City Hall in the lead-up TV ads. Way to go, Nathan.

Speaking of history, though from south of the border, I've mentioned briefly in previous articles some musical documentaries I've been watching lately. It's so nice to see, through them, the significant effect several different recording studios — and especially their session players — had on the music we've been listening to for so many years. I will tease you with a description of *Muscle Shoals* (available on Netflix) in this article, and follow up with others at a later date.

The 2013 documentary by Greg Camalleri is about Rick Hall's FAME studios in

Muscle Shoals, Alabama. Hall started the studio in the 1950s and slowly developed a name, producing hits like Etta James' *Tell Mama* in 1965 and Percy Sledge's *When A Man Loves A Woman* in 1966. FAME's success interested Atlantic Records producer Jerry Wexler, who brought both Wilson Pickett and Aretha Franklin there to record successful hits: Pickett's *Mustang Sally* and Aretha's hit *Respect*. Who would have thought the backing studio musicians were all white, but they were. They were called "The Swampers", a nickname given to them by Leon Russell, a fellow studio musician and later a star in his own right. They later became known as the "Muscle Shoals Rhythm Section".

Hall managed to bring black and white folk together to make incredible music, despite the local racial tension. You will be amazed at the variety of talent and musical genres that were recorded there. R&B classic hits such as Arthur Conley's *Sweet Soul Music* and Pickett's *Mustang Sally* are but a few. The Osmonds made many multi-platinum records there, and Mac Davis recorded twelve albums featuring his successful country stylings. Paul Anka also recorded several million-sellers, including *One Man Woman* and *(You're) Having My Baby*.

The Swampers were Barry Beckett on keyboards, Roger Hawkins on drums, Jimmy Johnson on guitar, and David Hood on bass. The group formed in 1967, playing in New York and Nashville recording sessions before becoming session players for FAME Studio. The growth and success of soul and R&B at FAME made them the go-to backing group, bringing more work than they could handle.

In 1969, The Swampers left FAME studio and started their own — The Muscle Shoals Sound Studio, in nearby Sheffield, Alabama. They were the first rhythm section to own their own studio and later have their own publication and production companies. The hits kept rolling as they backed The Staple Singers' huge hits such as *Respect Yourself* and *I'll Take You There*, as well as tunes by Bob Seger, Rod Stewart, Boz Scaggs, Paul Simon, Lynryd Skynyrd, Joe Cocker, Delbert McClinton, Glenn Frey, The Rolling Stones, Willie Nelson and so many more. I highly recommend that you find time to check out this educational documentary.

## Upcoming Events

- Friday March 18: **Slocan Ramblers** at the Sharbot Lake Country Inn. Come hear this wonderful bluegrass band from Toronto who are causing quite a stir internationally. Call Sandra at 279-2198 for reservations.
- Sunday April 3: **David Olney** at O'Reilly's Ale House's Sunday Listening Room Series. Olney is a formidable singer/songwriter from Nashville who led The X-Rays in late '70s and early '80s, and whose music has been covered by none other than Emmylou Harris, Steve Earle, Johnny Cash and Linda Ronstadt. Kitchen closes at 6PM so get there early for a seat and to get your food order in, if desired.



Opinion Ate It...

## Food Well Worth Twisting Your Fork Around

Noonish, reconnaissance done, theHumm's arts reporter and her intrepid Sherpa decide to stop for lunch in Perth. Walking along Gore Street, we notice some distorted cutlery items in a window display; could hunger be causing visual distortions? And so we have arrived at "The Twisted Fork Café". We enter a small room and proceed to a combined order and check-out counter. Kelly, the owner, is hard at work in the kitchen preparing "Hot Soup, Home Baking and Daily Specials" (take-out too). We grab a table and return to the counter to view the daily chalkboard offerings.

by Sebastian Weetabix

It is important to read the chalkboard with the daily menu or look at the take-out case. The drill is to order at counter, pay and wait for food; very pleasant server, but we find it difficult to get past the display of baked goods. Thinking about ordering dessert sampling, but there is a berry pie that needs to be held in trust — server agrees to do so. Thus reassured as to the future, an order is placed: traditional soup and sandwich combo... except that neither are.

Pork and cabbage soup contains other vegetables in with the cabbage and a very generous amount of pork hock meat that has been carefully defatted — very good and with enough pork to come close to meriting the designation "stew"; not over-salted and in a real bowl (not one of those deceptive shallow plates with a rim designed to convince you that about three tablespoons is a portion!). Flavourful, hot and not greasy, this is real soup as it should be. Weetabix laments having decided to pass on bread but consoles himself with calculating offset to gym time. The crockery is thick, solid and colorful; doubtless practical but also comforting in its solidity.

Sandwiches arrive quickly; we have opted for grilled cheese with pulled pork and a grilled cheese meatloaf sandwich — both on brown bread and both contain generous amounts of filling that has been properly integrated (i.e. the cheese has com-

pletely melted). Pan-grilled and still a bit hot to handle, these are very satisfying sandwiches. The pulled pork has a sweet-savoury sauce; the meatloaf would have been fine on its own but is particularly well matched with the cheese. Both sandwiches are complemented by a few slices of nicely crisp pickle. Eating lunch with a smaller person has some advantages: Weetabix throws caution to the wind and scores 1.5 sandwiches. Observing other tables, a smoked meat sandwich looks like it merits further investigation and a plate of pierogis is (for social reasons) not sampled, but it was a close call.

And so to the misnamed raspberry pie: a thick pie-shaped slice challenging a smallish plate to contain its exuberant height; smells great and is covered with a thin flaky crust but clearly contains more than one raspberry and thus should be renamed raspberries pie or (following French tradition) "pie of raspberries". Not too much sugar and pleasantly tart and flavourful. I ask Kelly about the filling and she confirms "raspberry, the whole raspberry and nothing but..." so help me (to more) pie. It would be a sin to ignore other baked goods on offer; Weetabix is not a sinner of this sort and so a ginger cookie is added to the bill on the way out (good cookie, bad Weetabix; 15-minute gym penalty).

Returned after lunch rush to chat with Kelly McNeely, a food service "lifer" with experience on both sides of the house and a passion for feeding people. She took the plunge to ownership a few months ago and is having a great time running her own show. "This is not a way to get rich, but I just love doing it" — and she means all of it. Long days even if restricted to breakfast and lunch (weekdays only), she has built a solid base of regular clients, many of whom take advantage of her take-out and "special orders" offerings. Kelly runs the restaurant from the kitchen — an excellent cook with a passion for her business. We enjoyed the visit and watching her interactions with customers. The Twisted Fork offers the straight goods — drop by and eat well!

The Twisted Fork Café is located at 4 Gore Street East in Perth. You can give them a call at 264-0506, or find them on Facebook.

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THE FRIENDS OF QUEEN'S UNIVERSITY & PERTH ANNIVERSARIES PRESENT

# Subilee

## MUSICAL TRIBUTE

Celebrating Perth Military Settlement's 200th Anniversary  
& Queen's University's 175th Anniversary

**SCHUBERT'S MASS IN C**  
& MUSICAL SELECTIONS FROM 1816-2016

Men and Women of the Tay

The Choirs of St. James and St Paul's Churches and Friends  
Queen's University Choral Ensemble & Queen's University Orchestra

**SATURDAY, MARCH 19, 2016**  
**7:30 PM**

**St. John the Baptist Catholic Church**  
38 Wilson St. E., Perth, Ont.

TICKETS: \$22.00 Adult \$12.00 Students available at  
"Tickets Please" 39 Foster St., Perth, ON 613 485 6434 [www.ticketsplease.ca](http://www.ticketsplease.ca)  
For more information: [www.fqpa.perthseniors.ca](http://www.fqpa.perthseniors.ca)

 annie dalton  
design network

# 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 and the City of Ottawa.**  
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.

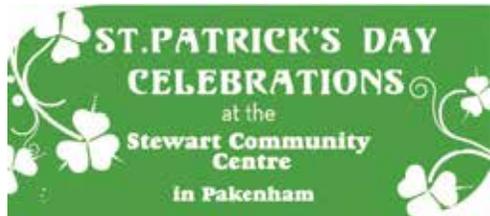


[www.mapleweekend.ca](http://www.mapleweekend.ca)



# Maple Season Events

## in Mississippi Mills



*March 17, 2016, 8pm-midnight*

Celebrate St. Paddy's Day in style! Featuring live music by The Ryan Brothers. Light lunch served.  
[www.exploremississippimills.ca](http://www.exploremississippimills.ca)



*April 2 & 3, 2016*

Meet local craftspeople and fine artists in the historic village of Pakenham and surrounding area.  
[www.maplerunstudiotour.ca](http://www.maplerunstudiotour.ca)



*April 1-3, 2016*

Over 60 exhibitors offering landscaping, gardening, home improvements, furniture and appliances, financial services, and more. Friday night dance. **New for 2016:** free home and garden demonstrations in the upper hall.  
[www.exploremississippimills.ca](http://www.exploremississippimills.ca)

## Maple Weekend

### Sweet Ontario

PURE MAPLE SYRUP

*April 2 & 3, 2016*

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)

## Plus...

**March 20 • Big Band Tea Dance** at the Almonte Old Town Hall  
[www.sroteadances.org](http://www.sroteadances.org)

**March 26 • Folkus Concert Series** presents KEWT & Allison Lupton  
[www.folkusalmonte.com](http://www.folkusalmonte.com)

**April 16 • Annual Spring Dance** with Eddie and the Stingrays  
[www.almontehospitalfoundation.com](http://www.almontehospitalfoundation.com)

**April 17-24 • Arbour Week and Pitch-in**  
[www.exploremississippimills.ca](http://www.exploremississippimills.ca)

**April 23 • Mississippi Valley Textile Museum: Ale Tasting**  
[www.mvtm.ca](http://www.mvtm.ca)

**April 23 • Folkus Concert Series** presents Slow Leaves with special guest Jill Zmud  
[www.folkusalmonte.com](http://www.folkusalmonte.com)

**April 30 • Almonte in Concert** presents "Spirit and Spring"  
[www.almonteinconcert.com](http://www.almonteinconcert.com)

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