

MAY 2024

# the Humming

free

Arts,  
Entertainment  
& Ideas



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May's Events



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Electrify Lanark Forum



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Zombie-Approved Coffee

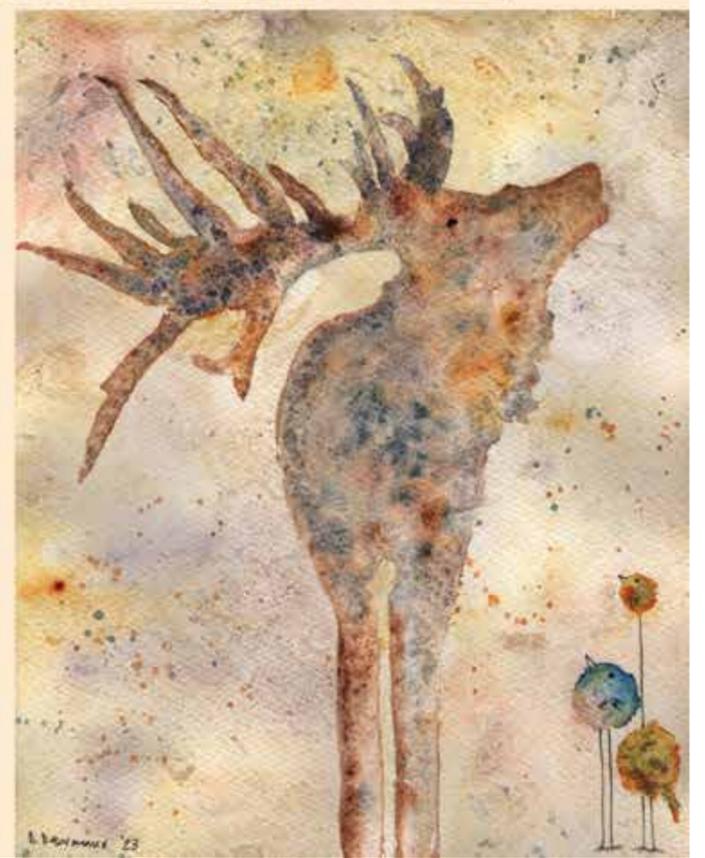


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Local Farmers' Markets



The Art of David Desormeaux p.3



## May is all about Mother's Day



Take your ultra special mum out for brunch, buy her some flowers or a handmade gift, and if you really want to do something special, move out of her basement! I'd be happy to help you find your ideal first home.

- Pat's Picks for May:**
- Brunch at [The Cove Country Inn](http://TheCoveCountryInn.com) <coveinn.com>
  - Truffles from [Hummingbird Chocolates](http://HummingbirdChocolates.com) <hummingbirdchocolate.com>
  - Handmade crafts from [Riverguild Fine Crafts](http://RiverguildFineCrafts.com) <riverguild.com>
  - Engelbert Humperdinck & Tom Jones Tribute tickets <ticketsplease.ca>

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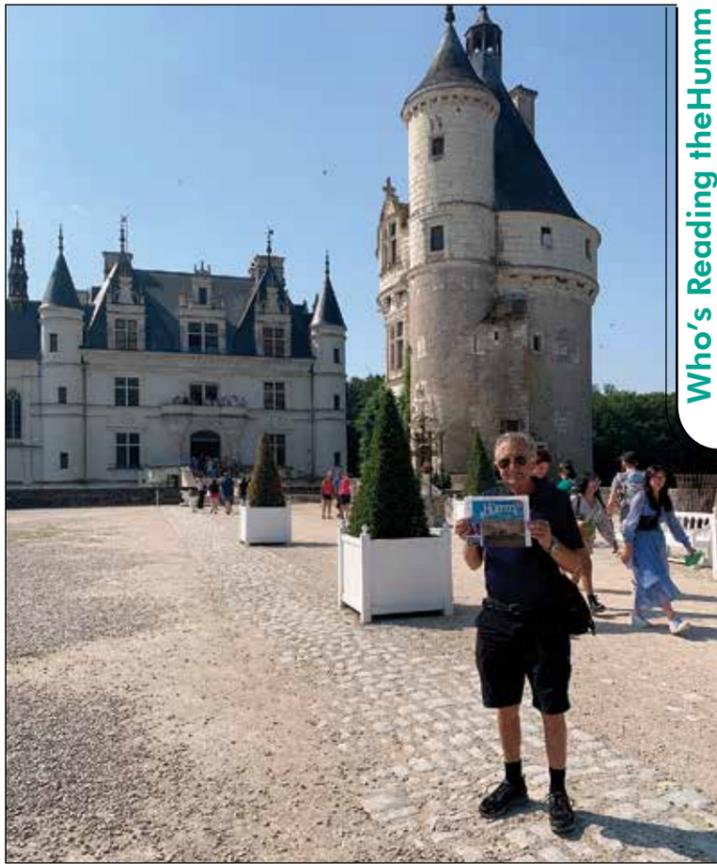
Welcome to our newest supporter: **Richard Birmingham**, who recently became a Humm Patron. We truly appreciate your support and that of all our patrons!

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

Humble Thought

“Whatever you choose to do, remember that the work has to start with the active choice to believe in people – without this, citizen work is impossible. This means believing that others care too, and just need the permission, the conditions and the opportunity to show it.”

— From “How to be a Hands-on Citizen”, an article in *Psyche* by Jon Alexander, the author of *Citizens: Why the Key to Fixing Everything is All of Us*



Back in 2023, Gayle Kells sent in this great photo of her husband **Greg Kells** at the Chateau de Chenonceau in France's Loire Valley.

Thanks for taking theHumm on your travels!

Who's Reading theHumm



237 Borden Road  
Mississippi Mills ON K7C 3P1  
Phone: (613) 256-5081

### Editor:

Kris Riendeau  
editor@thehummm.com

### Layout and Design:

Rob Riendeau  
rob@thehummm.com

### Advertising/Promotions:

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

### Calendar Submissions:

calendar@thehummm.com

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

### Submissions

By email or on disk.

### Content Deadline:

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

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### Subscribe to Hummail — it's Free!

Do you know about our weekly e-newsletter called "Hummail"? We use it to further promote independent local performers, creators, businesses and community initiatives. It's also a great reminder of what's coming up on the weekend, in case someone has stolen your copy of theHumm...

So far we have sent out almost 200 editions of Hummail, and we have over 2000 subscribers!

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**Long Sault Trio**  
Restorative Justice Concert Series  
**Perth Legion**  
May 10



**When Only the Moon Rages  
with Jim McEwen**  
Almonte Readers & Writers  
May 11



**Mother's Day Dinner**  
4-course dinner  
**Stonefields Estate**  
May 12



**Electrify Lanark Forum**  
**Climate Network Lanark**  
Perth Legion  
May 18



**Bloody Murder**  
presented by  
**North Grenville Community Theatre**  
May 23-26



**Eddy & The Stingrays**  
**Smiths Falls Squash  
& Curling Club**  
May 25



**The Carleton Place Town Singers**  
**The Miracle of Spring**  
All Nations Church  
May 26 & 28



**Evenchick and Hucul present**  
**This Is My Story**  
First Unitarian, Ottawa  
June 2



**9 to 5**  
Mississippi Mudds  
**Carleton Place Town Hall**  
May 3-12



**Engelbert Humperdinck  
& Tom Jones Tribute**  
**St. Paul's United, Perth**  
May 11



**Goulbourn Male Chorus**  
*The Men in Blue Sing the Blues*  
**Trinity Presbyterian, Kanata**  
May 12



**The Diary of Anne Frank**  
presented by  
**Studio Theatre Perth**  
May 16-26



**Having Hope at Home**  
presented by  
**Rural Root Theatre**  
May 21-26



**Climate Network Lanark  
Free Workshop**  
Registration required  
May 25



**Alanna J. Brown &  
Campbell Woods**  
**MERA Schoolhouse**  
May 26



**Acacia Lyra**  
Art House Music Series  
**CP Gallery, Carleton Place**  
May 30



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**Almonte Library**  
June 2

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# David Desormeaux — A Journey of Joy and Discovery

Many books are written about the therapeutic value of creating art, and art therapy has become a respected and growing field of professional practice that nurtures emotional healing. Carleton Place artist David Desormeaux is a compelling testament to its claims. His recent immersion in the delights and challenges of watercolour painting has renewed his joie de vivre.

by Sally Hansen

His eye-catching paintings bring joy to observers too. David renders familiar and frequently overlooked objects with such loving detail and striking use of colour that we see them with new eyes. His paintings of marbles and rusted metal fixtures on weathered wooden structures capture our attention and seduce us into recognizing beauty that we habitually overlook. And he accomplishes this by employing a medium that many artists find dauntingly difficult to master.

Even more astonishing is his rapid trajectory from novice to juried artist. David is one of fifty artists featured in the upcoming and hugely popular Arts Carleton Place Spring Juried Art Show taking place on May 4 and 5. It is hard to believe that he embarked on his journey to become an artist less than two years ago. It comes as no surprise when he tells me that he loves a challenge. "I love to learn, and painting with watercolours is such a deep well of conundrums. I had to learn everything — how to draw, composition, colour mixing, the subtleties of the medium, the effects of humidity — there are so many factors." That is precisely why he loves it.

The hurdles that make it so difficult are the very reason that it is therapeutic for him. One glance at his painting of luminous glass marbles or the rusty hardware on a barn door verifies his tendency towards striving for perfection. He embraces the challenge



of transforming what he sees into an image that approaches realism but remains interpretive. He reveals a whimsical and playful side as well, evidenced by his fluid, impressionistic paintings of elk and deer accompanied by delightfully comic long-legged birds. There is no doubt that David's love of learning, compounded by his unending quest for a challenge, will result in a

continuous outpouring of various artistic styles. His creativity knows no bounds.

Art has been his salvation. For Desormeaux, the effects of the forced social isolation of the pandemic beginning in 2020 were horrifically amplified by the illness of his wife and her death in 2022. Recently retired, he needed a way to cope with his grief and loneliness. It was his wife's creativity that provided the solution. Iwona had been extremely creative and artistic, painting in a variety of media, felting, and carving in soapstone. Their home was replete with her art supplies.

David decided to take a watercolour class at JB Arts in Almonte. As he puts it, "From the first day I fell in love with it. There have only been a few days since that I haven't painted. I am so grateful to have



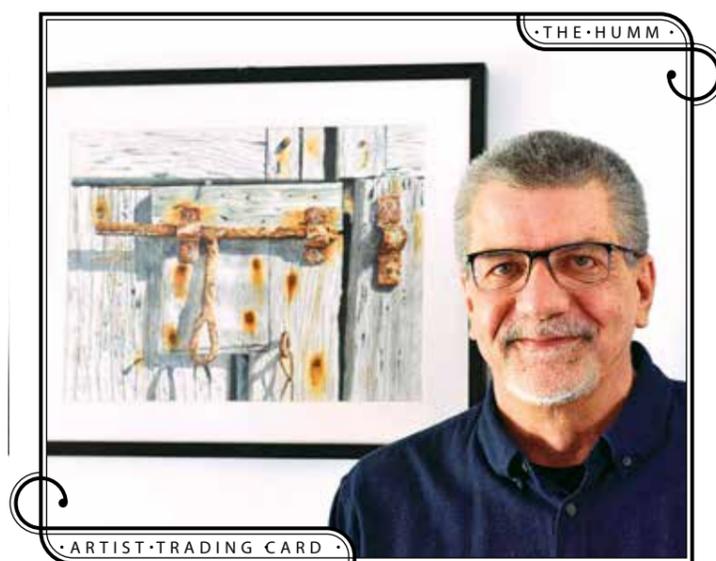
found something I feel passionate about." Primarily self-taught, he credits online watercolour classes such as those by fellow local artist Danielle Beaulieu as contributing to his rapid mastery of this challenging medium. The real explanation for his amazing progress, however, is his work ethic.

Except it isn't work. He radiates enthusiasm when he tells me how awake and focused and energetic he feels when he is painting, and how much he dreams and thinks about what he will paint next. Talk about effective therapy! "It's changed the way I view the world — I look with new eyes. Now I understand what Iwona saw. The planets lined up and I found it at the right time in a way that is really satisfying!" he enthuses. His paintings corroborate his conviction that he has found his calling.

## Boundless Creativity

Desormeaux was born in Sault Ste. Marie, and remembers always loving to draw, lying on his stomach in the family living room copying political cartoons. He enrolled in an all-boys Catholic School for their arts program, but the program was cancelled. He eventually came to Ottawa to earn a foundational degree as an English major, which morphed into a career in the Public Service, eventually working for a Member of Parliament.

Although galleries prefer artists who conform to a recognizable style, this will not be a deterrent for David. Fortunately he is skilled in many of the technical



and promotional aspects that many artists struggle with. As a civil servant he developed communications programs for Statistics Canada for five different national censuses. He also became experienced in designing and building their websites. If he can sell citizens on embracing their civic duties, promoting his own striking paintings is a hurdle he can overcome.

He honed his computer skills in other non-work-related ways, starting another creative "hobby" in 2010 when he placed in a photography contest. This led him to develop a plan and a website for a dog photography business. He still gets the occasional request for a photo.

The musical instruments scattered around his home in Carleton Place revealed yet another aspect of Desormeaux's creativity. As a youthful member of the Toronto Spadina Rd. Band, he appeared on Peter Gzowski's CBC radio show promoting a song he had written titled *Union of the Unemployed*.

His new career as an artist started with gifts to his family. His first sale was at the Kanata Art Club's dedicated exhibition space in the Eva James Memorial Community Centre less than two years ago. Two recent pieces were purchased almost immediately after he posted them on his Facebook page. These successes have encouraged him to start networking, and he now belongs to the West Carleton Arts Society and Arts Carleton Place.

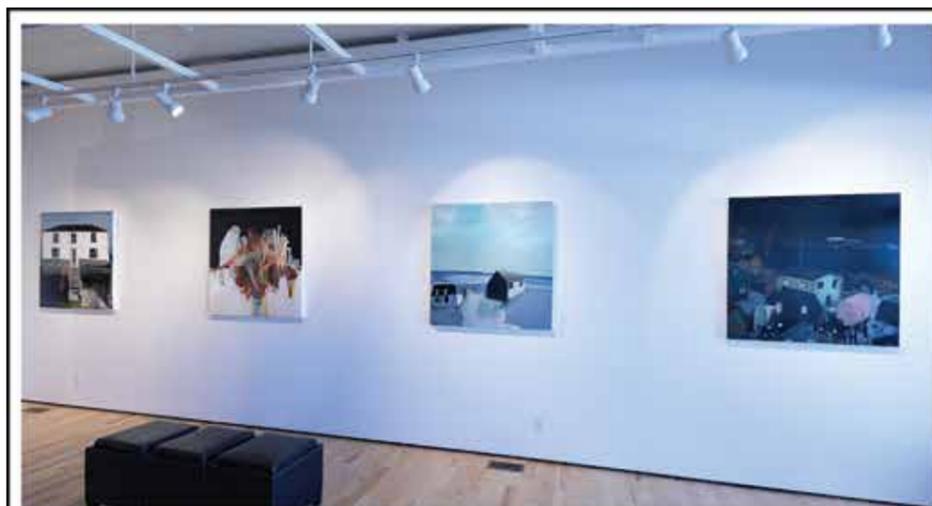
On May 4 and 5 you will have a chance to see David Desormeaux's exciting new watercolour paintings at Kiosk 7 at the Arts Carleton Place Spring Juried Art Show. Details are on the back of his Artist Trading Card at the top of this page. This is an excellent chance to meet this emerging talent, and to immerse yourself in one of the most vibrant and eclectic art shows in the Valley.

## Merrickville



## Rowland Leather

6133550736 rowlandleather.ca



Michael Pittman: The Hinterlands, Installation View at Sivarulrasa Gallery

Two exhibitions continue to May 10:

Michael Pittman: *The Hinterlands*  
Mary Pfaff: *River of Dreams*

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34 Mill St, Almonte ON  
info@sivarulrasa.com  
sivarulrasa.com  
613.256.8033

**WHO** David Desormeaux  
**WHAT** Watercolourist  
**WHERE** <d-squared.com>; <facebook.com/david.desormeaux.923>; <instagram.com/djdesormeaux>; email <art@d-squared.com>  
**WHEN** May 4 & 5, 10AM-4:30PM, Arts Carleton Place Spring Juried Art Show, Carleton Place Arena; June-Sept., Carleton Place Art Expedition 2024, <downtowncarletonplace.com/art-expedition-2024>  
**WHY** "Watercolour painting opens the door to joy and discovery."

• ARTIST TRADING CARD •

# Art in the Attic

## A Tradition Continues on Mothers' Day Weekend

On Saturday, May 11 and Sunday, May 12, the Almonte Old Town Hall will come alive with the Art in the Attic show, a free event hosted by the Almonte and Area Artists' Association. A vibrant and colourful show of art and fine craft, Art in the Attic is the perfect destination on this special Mother's Day weekend. The show is open from 10AM to 5PM on Saturday and from 10AM to 4PM on Sunday. The Old Town Hall is located at 14 Bridge Street in Almonte.

For over three decades, artists and artisans from Almonte and beyond (Renfrew, Arnprior, Kanata, Ottawa, Carleton Place and Perth) have brought their works to the 1885 heritage Town Hall for this show. Meet the artists — accomplished, emerging, and student — who will present a variety of media including painting, photography, leatherwork, pottery, textile art, paper art, fused glass, mosaics and jewellery. All the art is available to simply enjoy, or, of course, to purchase, at a variety of price points.

Make a day of it! While you're in town, experience historic Almonte — the hometown of basketball's inventor Dr. James Naismith. Drop into the many coffee shops and restaurants, shop in unique boutiques, picnic in one of the parks by the Mississippi River, or view the waterfalls from the Ottawa Valley Rail Trail. As you wander the town, keep an eye out for the many art projects created by members of the Almonte and Area Artists Association. Find more information about the people and projects at <almonteareaartists.ca>.

As a thank you for attending the show, there will be a draw each day for a \$50 gift certificate to apply to



Mother's Day weekend brings the annual Art in the Attic show to the Almonte Old Town Hall, where you'll find works by Regina Brenke-Leach (above) and many other area artists

any purchase of artwork that has captured your fancy. The artists look forward to meeting you!

For more information about Art in the Attic, visit <almonteareaartists.ca> or find the show on Facebook <facebook.com/AlmonteArtintheAttic> or Instagram <instagram.com/4aaita>.

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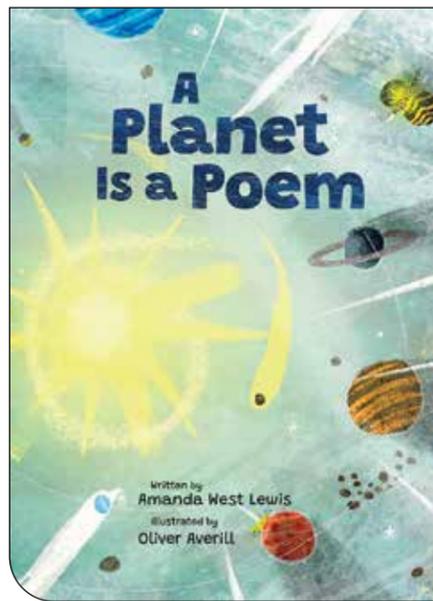
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## A Planet is a Poem

In Amanda West Lewis's latest picture book, *A Planet is a Poem*, science and poetry combine in an out-of-this-world exploration of the wonders of our solar system. From a ballad of Earth and an ode to the sun to a villanelle for Venus and a sestina for Saturn, it contains 14 original poems about planets and other bodies in our solar system. Each poem is written in a different poetic form that's been chosen to reflect the object's unique characteristics, and each is bursting with intriguing details sure to capture readers' imaginations.

Why is Mars known as the Red Planet? How many moons does Jupiter have? And what exactly is the Kuiper Belt? Budding astronomers, young and old, can find the answers to these questions and many more in this innovative, enchanting book. Amanda West Lewis's unique and engaging poems and text are lavishly

illustrated with stunning artwork by Oliver Averill that celebrates the vastness of space while bringing its curious objects to vivid life. Every spread features a stunning space scene, a poem and a fold-out flap that, when opened, reveals easy-to-understand science facts about the object as well as an explanation of the poetic form used and why it was matched with that object. Poetic forms include sonnet, free verse, persona, prose, acrostic, and even hip-hop. With loads of curriculum connections in Earth science and language arts, this immersive and beautifully crafted book is a terrific choice for STEAM lesson plans.



Amanda West Lewis will be launching her new book *A Planet is a Poem* at The Book Nook in Perth on Sunday, June 2 at 2PM

## Joanne Beaton



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*We are Open*

# Electrify Lanark Forum

Explore Local Electrification and Decarbonization on May 18

By Sue Brandum and Sadie Brule

If we're supposed to switch to Electric Vehicles, use electric heat pumps to heat and cool our homes, and use electric hot water tanks, lawn mowers and appliances, where is all the electricity supposed to come from?

That's the big question behind the day-long Electrify Lanark Forum hosted by Climate Network Lanark (CNL) on May 18 in Perth.

by Sue Brandum and Sadie Brule

CNL got its start four years ago when 120 citizens from across Lanark County came together to launch the organization and set up a range of working groups. Since then, volunteers and staff have been instrumental in developing the county-wide Climate Action Plan and in taking action on many components, several of which you have read about in the pages of theHumm!

It's one thing for each of us to take personal action to cut our greenhouse gases, but we need to have changes in our systems to facilitate greater cuts.

With CNL's Electrify Lanark project, (generously supported by the Perth and District Community Foundation and others), we are looking at both that big picture and individual action. For more information about specific workshops coming up to help households, please go to <climatenetworklanark.ca/electrify-lanark>.

The Electrify Lanark Forum on May 18 is a way to mark the anniversary of the organization's founding and to address one of the elephants in the room: Where will the electricity come from? Some of the questions we'll be addressing include:

- How can we decarbonize effectively?
- What role do modernization and innovation play in our energy systems?
- How can we increase and store electricity sustainably?
- What are the potentials in all of this for Lanark County and area?
- How does this improve our resiliency, and our ability to withstand the challenges of the climate crisis?

Forum speakers include:

**Scott Hortop**, CNL Chair. Mr. Hortop will address the overarching need for this exploration and how we need to adapt to a world in which our overindulgence in energy will dramatically decline.

**Ralph Torrie**, Corporate Knights. Mr. Torrie will draw on his forty years of experience and the work he is currently directing at Corporate Knights to describe a sustainable future for Canada, what it would cost, how we can afford it, and why it is essential to our future prosperity, security and health.

**Steve Lapp**, Former Clean Energy Consultant and Professor. Mr. Lapp, who gave a formative presentation at CNL's Forum four years ago, will explain how taking Ontario to a near-zero carbon economy is doable, and



Everyone is invited to Climate Network Lanark's day-long Electrify Lanark County Forum on May 18. Topics include effective decarbonization, improving our resiliency, and more.

will require about double the electricity we generate now. The good news is that our existing fleet of gasoline and diesel vehicles and fossil-fueled heating systems are horribly inefficient when compared with electric vehicles and heat pumps.

**Art Hunter**, The Canadian Association for the Club of Rome. Mr. Hunter will discuss his personal and professional development of the Manotick Microgrid as a model for community microgrids, how it is integrated with the wider Hydro One grid, and what is planned by integrating two electric vehicles into the mix while showing why this is all necessary for our electricity supply.

**OREC**, (speaker to be determined). The Ottawa Renewable Energy Co-operative invests in the development of renewable energy across Ontario. Energy generation has long been centralized, but the landscape is changing, in part due to the development of community-funded renewable energy that allows individuals to participate directly in the energy transition and brings more democracy and transparency to electricity generation. Of particular attention to "green" investors.

**IESO** (invited). The Independent Electricity System Operator is the Crown corporation responsible for operating the electricity market and directing the operation of the bulk electrical system in Ontario. As such, it plans for new electricity supply, including the contracting of renewables (such as the solar farms in Eastern Ontario), and the new storage systems (such as utility-scale batteries).

Join us for insightful discussions, networking opportunities, and a chance to influence the direction of Lanark County's energy transition. This initiative is set to make a significant impact locally, shaping a greener and more resilient community. Visit <climatenetworklanark.ca/electrify-lanark> for more information, and get your tickets from Tickets Please (TicketsPlease.ca, 485-6434). Tickets are \$20, which includes lunch from the local restaurant Gather. Let's electrify our communities and homes together for a cleaner, greener tomorrow!

## The Harmonies of Haydn & Bruckner

The Kanata Choral Society will close their 37<sup>th</sup> season with a performance of Haydn's *Missa Brevis in F* and Bruckner's *Locus Iste* and *Ave Maria*, showing the contrast between the lively music of Haydn and the grandeur and spiritual depth of Bruckner's music. The programme will also include music by Mendelssohn as well as some madrigals.

The conductor will be Scott Auchinleck, the choir's music director. Soloists will be Bryanna Vanderlek, soprano, and Cameron Hunter, soprano. Instrumental accompaniment will be provided by pianist Eliana

Kurilov de Castro, violinists Carolyn Ho and Will Fitzmaurice, and cellist Stephanie Lachman.

The concert takes place on Saturday, May 18 at 7:30PM at St. Paul's Anglican Church, located at 20 Young Road in Kanata, with a reception to follow in the Rutter Hall.

Tickets are available at the door, by emailing <kanatachoralsociety@hotmail.com>, or by visiting <kanatachoralsociety.ca>. Adults are \$22 in advance, \$25 at the door; seniors are \$20; and students are \$10. Children under 13 are admitted for free. For more details, please call 592-1991.

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# A Litany of Literary Events from ARW

By Jessie Carson & Jenn Snider Cruise

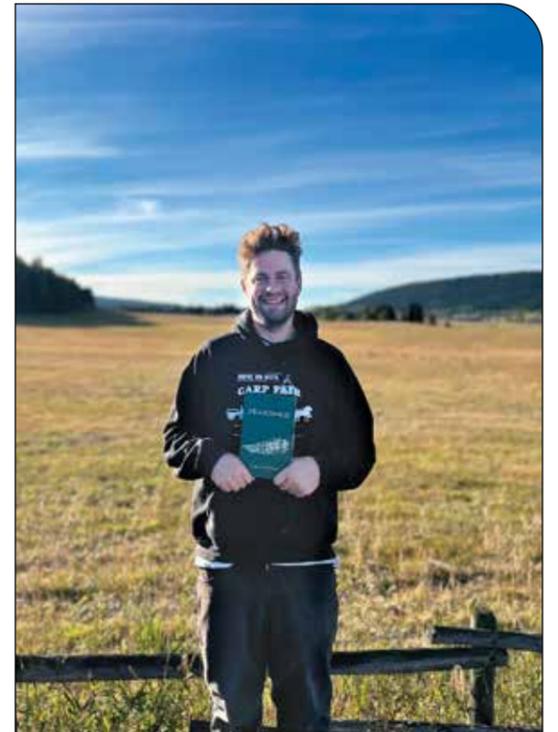
Almonte Readers & Writers (ARW) are delighted to present another exciting month of community events and educational opportunities throughout May.

On Wednesday, May 8 from 7–8:30PM at the Library, ARW is proud to be partnering with our sister-group, the Almonte Writers Guild, on the presentation of the first **Writing Craft Book Club!** The conversation will focus on Anne Lamott's *Bird By Bird: Some Instructions on Writing and Life* (1994, Pantheon). Since its publication, Lamott's book has been inspiring and guiding writers in all stages of their publishing journeys. Join the community discussion, asking whether the book still deserves a spot on every writer's bookshelf.

On May 11, they are hosting the one and only Jim McEwen for a two-hour **Art of Writing Workshop** at the Mississippi Mills Public Library from 3–5PM. The author of *Fearnoch* (2022, Breakwater Books Ltd.), Jim will facilitate a workshop entitled *When Only the Moon Rages — The Madness, the Joy, and How to Keep on Writing*, focusing on how to stick with your writing practice through those tough times and fall back in love with the words. Open to everyone and appropriate for all levels of experience, we hope you'll join Jim, the pride of Dunrobin, for an afternoon of honesty, affirmation, and creative curiosity.

Jumping forward to mid-month, mark your calendars because we're opening up the stage to you, our local literary crew! ARW is hosting our first **Open Mic** for local writers and poets on Friday, May 17 from 7–9PM at OVC Almonte. Creative Director Jessie Carson says: "Overflowing with talent, our local writing and poet community has a lot to be proud of. Come on out to hear what they've got to share, and support your neighbour, friend, or new fave as they read some of their work!" Interested in participating? There will be 5-minute slots available to anyone who wants to put something out there, at any stage of development (rough draft or polished piece? All are welcome!).

And that's not all. Writers are invited to join us for our **Write-in** gatherings! These drop-ins are open to all ages and levels of experience, are free, and take place each month. ARW dates are Wednesday, May 1 from 5:30–7:30PM and Sunday, May 26 from 1–3PM at the Almonte Library. The Almonte Writer's Guild



Jim McEwen, author of the award-winning novel *Fearnoch*, will facilitate a workshop on how to stick with your writing practice through tough times

is organizing events at Equator Coffee on Sunday, May 5 and Sunday, May 19 from 1–3PM.

And last but certainly not least, ARW is thrilled to announce the launch of **Lanark Lit — A Writing Competition!** We are seeking short works of fiction on any subject, in any genre, by local writers of all ages hailing from Almonte, Carleton Place, Pakenham, Perth, Smith Falls, Arnprior, Carp, and all areas in between. This initiative is presented thanks to the funding support of the Elizabeth Kelly Foundation, with partial support of the Municipality of Mississippi Mills. The competition deadline is September 30, 2024, and winners will each receive a prize of \$200, as well as a chance to have their story published publicly!

Visit [almontereadersandwriters.org](http://almontereadersandwriters.org) for more information on all things ARW, and join our mailing list to receive regular bulletins about upcoming programming and events.

## DAFFODIL DAYS

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## Volunteer with Almonte Celtfest!

Celtfest — the amazing small-town Celtic music festival — prides itself on being totally operated by volunteers. If you are a music festival enthusiast who enjoys working with the public and is comfortable speaking with and helping people of all stripes, young and old, Celtfest needs you! Some volunteer roles may be more physical than others, while some may involve making sales and being responsible for money. Please visit [almonteceltfest.com](http://almonteceltfest.com) to explore the scope of possibilities.

Each year organizers establish crews of volunteers to help out in specific areas such as admissions, seniors' tent, trash/recycling, etc. If you are keen and want to help your community with its amazing summer music festival, please check out the details and fill in the contact form online, or call Volunteer Coordinator Bernie Range at 519-372-7629.

This year's festival takes place from July 5–7 in Almonte.



Volunteer at Almonte Celtfest this July!

THEATRE NIGHT IN MERRICKVILLE PRESENTS

# Looking

By Norm Foster

A terrifically entertaining romantic comedy, crackling with one liners

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 At 7:30 p.m.  
 & Sunday May 12 at 2 p.m.  
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Creating the Home of Your Dreams

# The Start Rocks the Chaffey's Lock Hall

By Gay Henniger

The Chaffey's Lock and Area Heritage Society (CLAHS) is thrilled to announce that they are welcoming one of their favourite bands to open the 2024 Music Events Headliner Season in the historic Chaffey's Lock Community Hall on May 18. Hailing from Ottawa, **The Start** is returning with their amazing show and fantastic dance music. "This band played here for a sold-out crowd two years ago, and ever since then we have been asked 'when are you bringing back The Start?'" notes Gay Henniger, CLAHS Music Events Coordinator.

The Start is a 5-piece professional cover band. They perform five decades of British rock, pop and R&B, covering bands such as David Bowie, Elvis Costello, Amy Winehouse, The Rolling Stones, Billy Idol, Modern English and so many more! The Start plays a

bands like The Who, The Beatles, The Kinks, The Clash, The Stones and Led Zeppelin fueled his passion for British music, especially for the R&B-infused songs that get people up and grooving. Nathan's motto is simple: Life's too short, get on the dance floor already!

Marianne Dumas started out as a drummer/percussion player, but she realized that the best possible medium to link rhythm, melody and harmony would be the piano. She pursued her musical studies in pop-jazz piano, and after perfecting her technique at the Université de Montréal she came back to Gatineau to involve herself in various projects and bands. This allowed her to discover the programming of keyboards and sound creation, while developing her live playing experience. Marianne is constantly looking for new challenges and other passionate musicians with whom to share her love of music.



The Start will kick off the 2024 music season in the historic Chaffey's Lock Community Hall on May 18

selection that goes beyond typical rock standards, and most importantly this band exudes experience and energy with every performance. This is reflected in the reviews from audience members on their website <wearethestart.ca>. Ticket buyers should be prepared for more than a musical performance, as this band puts on a great show with wonderful music, lights, lasers, and smoke to boot!

The Start was created in 2009 out of a shared love of British music. Whether they were born there, lived there, or have simply visited, members have all found common ground in the sounds of the UK. Lead singer and guitarist Graeme Weeks was born and raised in Essex, England. He has performed in numerous outfits including The Jet 200s, before finally finding a home when he founded The Start with bassist Frank Deehan.

Lead guitarist David Little lived in the UK and finds a home in The Start with his punk and indie-influenced guitar work. David started playing new wave and punk in the late 80s and moved to Halifax to take part in the early grunge/indie explosion in 1992. He's been in a variety of bands in Ottawa before coming back to his English roots with The Start. In true British fashion, when his amp is not cranked to 11, he can be found puttering in his garden and drinking copious amounts of tea.

Percussionist Nathan Hoedeman spent his teenage years in Glengarry County, a region renowned for the Highland Games, caber tossing, kilt wearing, scotch drinking and British music! Countless hours of being exposed to the popular British invasion hits from

Bassist Martin Newman was born and raised in Ottawa, and he began playing bass guitar at Collège Catholique Samuel-Genest. After graduating high school, he purchased his first double bass and studied privately with Steve Watson for about a year. In 1989 he completed a five-month contract on a cruise ship travelling around Europe, and his career began in earnest. Since then, he's played every kind of gig — from bars and theatres to festival stages and recording studios — playing music ranging from folk to jazz to rock.

As you can see, this is a very talented group, and their combined experience and talent really shows in their performances. So grab a ticket and take your favourite dancing buddy, or just come by yourself! The show gets underway at 8PM on Saturday, May 18. The Chaffey's Lock Hall attracts people of all ages, and we guarantee that your feet will be tapping and it will be difficult to stay in your seat. You can dance by yourself, with a partner or in a group — no boundaries here!

The Start is one of three bands playing in this year's Music Series. On July 27, Toronto's **The Wanted** will bring their distinct sound, described as folk & alt-country with a cool Canadian edge. Then on August 24 **Emilie Steele & The Deal** will come from Kingston to keep everyone up on the dance floor with their amazing sonic tapestry of indie rock and alt-country sounds.

Tickets for The Start, The Wanted, and Emilie Steele & The Deal events can be purchased online at <onstagedirect.com/chaffeylock>. Ticket sales are currently open for all three events. A full list of 2024 events in the village of Chaffey's Lock is posted at <chaffeylock.ca>.

The funds raised by these events will go towards Community Hall renovations, maintenance and operation, as well as heritage projects such as the Chaffey's Lockmaster Museum upkeep, artifact preservation and exhibits.

Special thanks to the 2023-24 local Concert Series Sponsors, as well as Heritage Canada who support our CLAHS Music Events. Thank you also to Heritage Society Members and Event Volunteers. We could not host these events without your help. The 2024 Concert Series is funded in part by the Government of Canada.

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# Humm Bits

## Community Organization Networking Lunch

Mississippi Mills and the surrounding communities are rich with community organizations doing great work. Patterned after the Municipality's successful business breakfast, in the spirit of collaboration, Mississippi Mills invites you and your team to attend their Community Organization Networking Lunch on May 7 from 11:45AM to 1:15PM at the Almonte Civitan Club. Networking allows people to come together, exchange information and effectively coordinate services. Together we can celebrate successes and overcome challenges.

The lunch costs \$15 and includes a salad, sandwich and dessert. Please register at <events@mississippimills.ca> or by calling 256-2064 x604 (please provide dietary requests when you register).

In community work, collaboration is key. If you know someone who should attend this event, please share the invitation. The more, the merrier — let's connect!

## Mens' Shed Craft Sale

On Saturday, May 11, come out and support the Arnprior Men's Shed as they host their 2024 Spring Craft Sale at the John A Gillies Recreation Centre (located at 138 Sarah Street E. in Braeside). This group of talented men will be selling a ton of hand-crafted items such as flower boxes, wooden chairs, bird feeders, bird houses and much more.

To make this a family event, the Township of McNab/Braeside, the McNab/Braeside Fire Department, OPP and Renfrew County Bus Lines (2006) will be hosting a Touch-A-Truck event in the parking lot. Children can enjoy all the big trucks and spend some time on the play structure while adults shop inside.

## Stir It Up Collective Free Yoga Workshop

On Saturday, May 18 from 9AM until noon, Almonte's own Anna Egan will be returning to the Almonte Old Town Hall to lead a yoga class. Anna, an experienced yoga instructor, will lead a one-hour session for people at all levels, from beginners to experienced practitioners. Anna is also a Registered Psychotherapist working from a therapeutic orientation that integrates somatic approaches to healing.

Please bring a mat if you have one — there will be a few on hand for those who don't. The event is being sponsored by the Stir It Up Collective, a Lanark County non-profit organization working to raise awareness about human trafficking and what we can do to support people who have been subjected to sexual abuse and exploitation in our community.

After the yoga session, Marita Smith, former Forensic Nurse Examiner for children and youth in the CHEO emergency department and now a Sexual Health Educator, will conduct a short workshop intended to get participants thinking about how they might respond to a disclosure of sexual abuse or assault, or if they had concerns that someone they knew had been exploited or abused.

Plan to arrive around 9AM to settle in for the yoga session, which will begin at 9:30. Water, coffee, tea and treats will be provided at the break. This is a free event, but any donations to help fund the work that Stir It Up Collective is doing are always welcome.

## Easy Window Shopping

Who doesn't love to window shop without leaving home? The Friends of Mississippi Mills Public Library will pull back the curtains on Auction Concoctions 2024 on May 15, with items being popped into the auction site until opening day on June 10 when serious bidding commences. Plan your summer with Food, Fashion, Fun and Favourites — from books and beer to snazzy clothing. The online auction of up to 100 items runs from June 10-21 and will support library programming and acquisitions. Check out <32auctions.com/FMMPL2024> starting on May 15, come back often, and get those bids ready for early June!

## EcoFest Westport

EcoFest Westport 2024: Celebrating Connection will take place on June 8 from 10AM to 3PM at Lockwood Park in Westport. Want to participate? Bring your environmentally positive skills, knowledge, presentations, wares, demonstrations, activities, inventions, games and talks to this second annual EcoFest. Please contact <bettertogethercircle@gmail.com> for details. Come be inspired!

## Call to Vendors

People will be following the Yellow Brick Road to Arnprior on Saturday, August 24 to enjoy some of the best butter tarts in the land when the Rotary Club of Arnprior celebrates its third annual Tarts and Arts in the Park Butter Tart Festival. Dorothy and the rest of the cast from *The Wizard of Oz* will be taking over the beautiful Robert Simpson Park for a festival of fun for kids, delicious baking, and a sale of crafts by local artisans. Dorothy will crown this year's Queen of Tarts at noon, when the best conventional and best wild tart bakers will be judged. The Rotary Club welcomes bakers, artisans and crafters who wish to display and sell their handmade goods. For vendor information and registration, please visit <ArnpriorRotary.ca>, email <ArnpriorRotary@gmail.com>, or call Terry at 623-6726. Mark your calendars for August 24!

The Reever Report

# The Playing Hooky Day

We're adults. We have responsibilities, we have plans and schedules and places to be and people to see. If we want to attend an affair, it had better be a few months from now, because we're busy people. We go to meetings, we take classes, we have medical appointments. What we don't have is spare time. At least, that's what we think.

by Glenda Jones

When our kids were in school, I allowed them one mental health day per year to simply stay home and do nothing. I even sent a note to school declaring they were kept home with my permission. Never was that questioned. It was a day to refuel. The only caveat was that they couldn't do schoolwork. Wouldn't we all love a day like this? Could we actually do it? Of course we can. We're adults: take charge!

Here's what you need to do. Turn off the computer and your cell phone, and for heaven's sake don't sneak a peek at Facebook. Turn off the gloom and doom news. Now pour a cup of coffee, go outside and just stand there and listen. It'll take a minute for the silence — which really isn't silence — to seep in. Do you hear the birds? Dogs barking? Planes high overhead? Faraway traffic? And all the while, you're not moving. Ahh, the decadent feeling of freedom, right there.

There may be a twinge of guilt that you're not being productive, but your mind and body are going to thank you. You are allowed to simply opt out of the day's activities, and for hours at a time, do whatever you please. Maybe you want to sleep; go for it. Maybe you yearn to walk in a forest; go for it. Maybe you see yourself spending the day dangling your feet over the end of a boat dock; go for it. Just don't push yourself thinking you're indispensable to the world's turning. You don't need to apologize for giving yourself a break.

May is a good time to play hooky. Spring has greened up nicely, and it's a perfect time to walk in the woods. Take yourself, your kids, or your dogs to the trails behind the Mill of Kintail and luxuriate in the trilliums. Linger on the bridge and walk slowly, brush your hands over the new evergreen growth, smell the rich earth. Don't take pictures to post on Facebook, just enjoy what you're seeing without the camera lens. Can you make a whistle with a blade of grass? Do it like you did when you were ten.

If you drive down a country road you can see farmers beginning field work. Instead of rushing past, stop and watch those big machines and marvel at the straight lines and plantings. Then come back in a few weeks and see the corn seedlings popping up. Do you know a farmer who might give you a ride in his big tractor? I'd love that! And speaking of farms, watch the paddocks for new colts. Stand by the fence and watch those little guys kicking up their heels in the sunshine. Cattle might mosey over to the fence if they're not too busy chewing their cud with their noses facing the sun. Wow, they're a lot bigger than they look when you drive past!

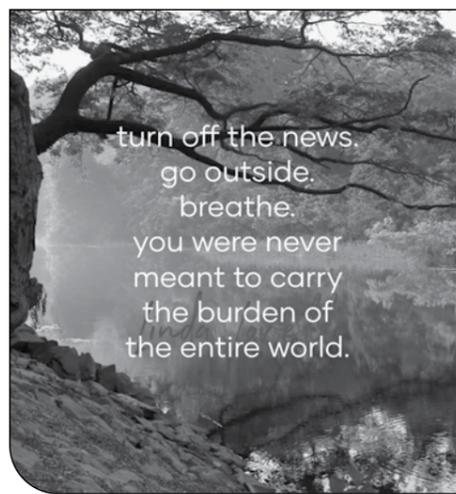
This could be the day to break out the picnic basket, but only if the picnic is something really easy, like a bag of chips and two cookies. Otherwise, you

were going to be slaving over a culinary masterpiece to eat outside. No good! If picnics aren't your style, think about a leisurely lunch on a pub patio where you could watch the rest of the world go by. Or how about a decadent ice cream cone, one you'd never eat otherwise? No one's going to see you or judge, because we know they're all working while you're playing hooky.

You can play hooky in your own back yard. This could be the day to mess in the flower beds and plant seeds, but only if it gives you pleasure. Instead, you could read a book and snooze away the afternoon, knowing you still have hours before duty will kick in once again.

My favourite hooky days are when something urgent gets cancelled, and suddenly scheduled hours of a regular day are free. The question "What'll we do now?" deserves something fun and surprising, like discovering a new street you've never explored before. Walk along Riverfront in Almonte to the Indigenous monument, go to the Fairgrounds and watch the geese. Or try this: park at the Bay Hill parking lot and walk down behind the Reformed Presbyterian Church. There's an amazing creek and waterfall back there. Who knew? Not us... until we played hooky and found it!

Okay, your free day is over now. However, you've done yourself a favour by relaxing for a full day. Maybe you're already thinking about your next hooky adventure, but remember: no planning, no organizing, just freedom from your regular scheduled routine long enough to feel your body meld with the earth's turning without you doing anything. Ahhh, May!





*"A dandy wee hall."*

## UNION HALL

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## THURSDAY, JUNE 6

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### Writing Craft BOOK CLUB

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Almonte Library



BIRD BY BIRD  
ANNE LAMOTT

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### Art of Writing

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The Madness, the Joy, and How to Keep on Writing  
Facilitated by **Jim McEwen**  
MAY 11, 3:00 - 5:00 p.m.  
Almonte Library — Registration \$40 via Tickets Please

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### OPEN MIC

Local writers & poets  
MAY 17, 7:00 - 9:00 p.m.  
OVC Almonte



### Write-ins

MAY 1, 5:30-7:30 p.m.  
MAY 26, 1:00-3:00 p.m.  
Almonte Library

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Mississippi Mills



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Mill Street Books



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

# May Events at MERA

By Alexis Scott

This May, MERA (McDonalds Corners/Elphin Recreation & Arts) has plenty of fun activities for all ages. Join us at 974 Dalhousie Concession 9A in McDonalds Corners to stay connected to your community.

Murals are a big part of MERA's history. To celebrate our 25<sup>th</sup> anniversary, we have invited Wakefield artist Marie-France Nitski to help create a new mural. It was thoughtfully designed with community input to present messages and symbols of hope. We would like to invite everyone to come and assist Marie-France in painting this beautiful community masterpiece. No painting experience is required! Bring your friends and family to help paint the new mural from April 29 to May 3.

The Music at MERA spring concert series continues with a double bill with Alanna J. Brown and Campbell Woods on May 26, and a show by The Wanted on June 9. Concerts are on Sundays from 2-4PM, and tickets are available from Tickets Please (TicketsPlease.ca, 485-6434).



MERA (McDonalds Corners/Elphin Recreation & Arts) is celebrating their 25<sup>th</sup> anniversary with a full slate of events and activities, including concerts by Alanna J. Brown & Campbell Woods on May 26, and The Wanted on June 9

MERA's Fibre Arts group will be meeting monthly for the spring and summer. The next meeting is on May 7 at 2PM. Each meeting will include a workshop, and this month we invite everyone to come and try your hand at learning to Spin Fibre with Susan Berlin. Have a project you are working on? Bring it and share what you are doing. Want to learn how to knit, crochet, rug hook, embroider, spin fibre? We can help you out! Please email Michele Derry at <lanarklady1@yahoo.ca> for more details.

Learn all about local and indigenous plants and animals at MERA's annual Garden Day on May 11 from 10AM to 3PM, featuring talks by locals including The Friends of Lanark Highlands and Mike Nickerson. Sponsor an indigenous plant for MERA's gardens in honour of our 25<sup>th</sup> anniversary! For a full list of plants to choose from, email <meraschoolhouse@gmail.com>.

Almonte-based artist Meed Barnett showcases her work in Dean Hall for the month of May. Come to the show's opening on May 12 from 2-4PM to meet the artist, view her work and purchase that "must have" piece.

Lovers of unique treasures will enjoy the Vintage Market Trunk Sale on May 18 from 10AM to 2PM. Refreshments will be available throughout the day from the MERA Café. Vendors can register for a table for \$10 by emailing <meraschoolhouse@gmail.com>.

MERA's regular programming includes an art circle, fibre arts, heritage weaving, pottery and quilting. We always have a lot going on! Subscribe to our newsletter to stay in touch and learn about our regular programs as well as upcoming events and workshops. Please email our friendly administrator to be added to the newsletter at <meraschoolhouse@gmail.com>.

MERA is committed to facilitating and promoting activities and programs for all ages that help bring this rural community together, and to promoting awareness and understanding of the arts and well-being.

# Relay for Life at ADHS

By Jack Lockhart

On June 4, students will be back at it again for Almonte and District High School's 5<sup>th</sup> annual Relay for Life event. After having great success at the event last year, with the students raising over \$40,000 for cancer research, they are ecstatic about this year's event and hope to surpass this year's goal of \$30,000.

Relay for Life is an event in which a community, organization, or school comes together to raise money for cancer research through the Canadian Cancer Society. Throughout this twelve-hour event, participants will be walking laps of the track to show that "we are bigger than cancer." Leading up to the event, students will be fundraising as much money as possible for cancer research.

Carys Clarke, a grade 12 student and co-chair of the ADHS Relay for Life committee, says: "Almonte is such a tight-knit community, and it's amazing to see not only the school come together, but also our whole town and surrounding areas for such a worthy cause."

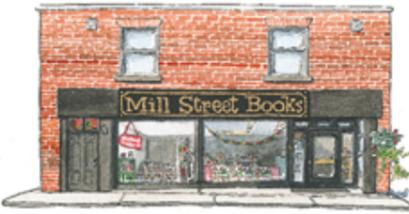
Relay for Life has long been an event that can bring communities together all over Canada. As grade 11 student and Relay for Life committee member Maeve Kerwin says: "Relay is a good way for students to get

out into the community, get involved, and have a good time doing it." The committee hopes that this year's event is just as successful, if not even more successful, than last year's.

If you would like to donate and help the students reach their goal of \$30,000, you can go to <relayforlife.ca/Almonte> and show that together, "we are bigger than cancer."



The Almonte & District High School Relay for Life committee (some of whom are pictured above) are hoping to raise \$30,000 this year



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Lisa Swett as Margot Frank, Alfred Von Mirbach as Otto Frank, Dave Clark as Mr. Dussel, Heddy Sorour as Edith Frank and Addy Brown as Anne Frank

## Laugh, Cry, Be Inspired

### Studio Theatre Presents *The Diary of Anne Frank*

By Ben Bennett

A classic story of an innocent and imaginative girl forced to face the realities of hiding from persecution in war-time Amsterdam opens on May 16 at the Studio Theatre in Perth.

*The Diary of Anne Frank* is a stage adaptation of *The Diary of a Young Girl*, the young Jewish teenager's actual journal, which was recovered after the war. It was first published in 1947, two years after Anne's death in a concentration camp. This dramatization was written by Frances Goodrich and Albert Hackett a few years later.

In the 1930s, after Hitler came to power in Germany, the Jewish Frank family moved to the Netherlands to escape persecution. Mr. Frank had started a successful business importing spices. But then the Nazis invaded that country in 1940 and two years later, in order to survive, the family went into hiding in a secret annex on the top floor of Mr. Frank's former warehouse and office building in Amsterdam. Anne was just 13 years old.

The Franks shared the space with the Van Daan family, also seeking refuge, and later on with Mr. Dussel, a dentist. To avoid detection, no-one could make a noise or use the sink or toilet during the day in case the workers below heard. All activity was therefore restricted to between 6PM and 8AM the following morning.

This play brings a combination of seasoned and up-and-coming talent to the Perth stage. Fresh from a very successful presentation of Norm Foster's *Ethan Claymore*, director Marilyn Nicholas-Dahan takes on a much different project. One look at her résumé, however, confirms that she is up to the challenge. Marilyn recently retired after more than 25 years' experience in the television industry. She has also taken on the position of youth coordinator for the Studio Perth Youth Players.

This play is "a powerful, moving, tense and, yes, even funny dramatization of what it was like," notes Marilyn. "It is really the story of a 13-year-old girl — once a popular and social teen — now trapped in a

dreadful situation, isolated from the world at a time in her life when she is just discovering who she is. In typical teenage fashion she misbehaves, is curious and chatty, quarrels with her Mom, is sometimes mean to her sister, adores her father, mistrusts the opinions of adults, hates being treated like a child, feels misunderstood... and this resonates with all of us."

Addy Brown, recently seen in *Matilda the Musical* by the Perth Community Choir, plays Anne. "The rehearsal process is just as powerful as the final product of the show," says Addy. "You really come to terms with how different circumstances were for people back then, and how lucky we are to be where we are in the world now."

Alfred von Mirbach plays Anne's father Otto. His most recent performance in Perth was in *The Drawer Boy*. He describes the play as "a story of hope and courage in spite of fear, and in the face of inhumanity."

Heddy Sorour, last seen here in *Whistler's Mother*, takes on the role of Edith Frank. Olivia Swett, who was Frederica in *Lady Susan*, plays Margot, Anne's older sister.

And right after finishing roles in *Black Coffee*, Martin Treffers and Jo McAuley Treffers play Mr. and Mrs. Van Daan. The rehearsals, Jo notes, can be "emotionally wrenching." Anne's story, she adds is "sadly, as pertinent today as it was when written."

Eric Staines, another *Ethan Claymore* alumnus, plays Peter van Daan, the shy teenager and reluctant focus of much of Anne's attention. Mr. Dussel is played by Dave Clark. Taking on the role of Mr. Kraler, who along with Miep (Mandy Steele) provides supplies and news to the hideaways, is Rob Glas, a veteran of many plays, last seen here in *Ethan Claymore*.

*The Diary of Anne Frank* opens on May 16 and runs until May 26, with Thursday and Friday performances starting at 7:30PM and Saturday and Sunday matinées beginning at 2PM.

Tickets can be purchased at the door or online from Tickets Please ([TicketsPlease.ca](http://TicketsPlease.ca), 485-6434). For more information, please visit [studiotheatreperth.com](http://studiotheatreperth.com).



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# Red Trillium Studio Tour

"Tour — a journey made for pleasure." — Cambridge Dictionary

How often do you do that? It's a wonderful concept. The journey and the stops you make are simply for pleasure! There is just such an experience awaiting you on the Red Trillium Studio Tour, taking place on June 1 and 2 from 10AM to 4PM each day.

Studio tours are the relaxed, slow paced, pleasant way to enjoy art and fine craft — and our beautiful spring — all in one package. Red Trillium artists are looking forward to opening their studios this spring, and have once again created an enjoyable touring experience in the rural peace of West Carleton. They encourage you to go on this pleasurable quest to see local artists in the spaces where they create and where many will be demonstrating their creative processes. The studios will also be hosting guest artists from the region, making most tour stops a multi-artist visit.

On your tour you will encounter an amazing variety of art including pottery, copperwork, metalwork, jewellery, illustration, painting, glass art, photography, sculpture and weaving.



The spring Red Trillium Studio Tour takes place on June 1 & 2 and features works by Robert Peladeau (above), Thérèse Boisclair (below), and others

Tour brochures are available at the studios themselves or can be downloaded from the tour website, <redtrilliumst.com>. The brochure details the artists at each stop and contains the tour map. Follow the tour map (or make your own route) around the Carp / Kinburn / Dunrobin area, which is only 35 minutes from downtown Ottawa. Directional signs will help you follow the tour route to each studio. However you decide to "tour" the studios, it will be a journey made with pleasure.



# Summer Concerts at the Kemptville Street Piano

By Lisa Poushinsky

To music fans throughout the region and beyond, I am thrilled to announce the return of the Kemptville Street Piano Summer Concert Series! Taking place rain or shine on Saturdays from 1–3PM at the North Grenville Public Library, the concerts are for all ages, free to attend, dog-friendly, and start on June 1, continuing weekly until August 31.

The lineup this year has something for everyone, including R&B piano great Jeff Rogers, blues guitar queen Jesse Greene, internationally renowned cello monster Raphael Weinroth-Browne and his ensemble Musk Ox, art-folk bilingue trio Moonfruits, heart-breaker chanteuse Tara Holloway, and beloved local acts and events such as our monthly Street Piano Jam (hosted by Bradley Smith).

New for 2024 are workshops, songwriter circles, and happenings made possible by Ontario Presents'

Slow Touring Project, with support from the Canada Council for the Arts.

Events will be updated throughout the summer on calendars found on the North Grenville Library website <ngpl.ca> and <northgrenville.ca> (click the green "calendar" tab at the top of the home webpage). Don't forget to check the Kemptville Street Piano Facebook page for the latest about all things Street Piano!

The North Grenville Public Library is wheelchair accessible, with air-conditioned bathrooms and free parking. Need special accommodations to enjoy the show? Contact Lisa at <kemptville.street.piano@gmail.com>. The series is graciously funded by the Municipality of North Grenville and the Government of Canada.

Season three, here we come! Can't wait to see you there!



# Garden Showing for Ukraine

By Norma Moore

Can anyone have too much beauty or magic in their lives? I don't think so. Come and experience both at the opening to the public of the private Moore Garden on June 8.

Tour the extensive gardens, planted over many years; watch butterflies on the wildflowers and birds bathe in one of three beautiful bird baths; enjoy the scents and the sounds of spring. You will hear classical musicians playing in the gazebo, the sounds of a piano on the breeze.

Listen to the sound of gently falling water; smell the lilacs and peonies, the iris and heliotrope; watch the breeze in the grasses; listen to the birds enjoy their ideal habitat.

If you are a child, or a child at heart, you will want to take part in a Scavenger Hunt amongst the fairies and angels in the secret places in the garden.

Be bold and sample authentic Ukrainian cuisine; talk to people from Ukraine and hear of their plight. Give generously to help the people of Ukraine.

But first, some background of the Moore Garden. This garden is actually built on a gravel pit! The land is on the wooded hillside of a farm whose owner had removed the limestone shale/gravel from the side of the hill, so that the garden is basically sitting on bedrock. The gardens were made by bringing in soil and many loads of manure.

Here is a taste of what the garden is like. As you enter it, on the left you will see a natural pond, fed by alvar springs flowing from the hillside. The pond is only about three feet deep; the bottom is flat bedrock. It dries up totally in a dry season but flows over its banks into the "dry" stone creek bed in early spring. A heavy storm in summer can make this creek flow again. The bridge allows access to this wild area.

The area beyond the pond is very wet and is given over to lots of wild plants — and plants growing wild! There are large *Spartina pectinata* 'Aureomarginata' or variegated prairie cordgrass. *Hemerocallis hyperion* or lemon lily is an early and very fragrant daylily. It grows wild on the other side of the driveway as well so that the fragrance is intense from both sides as you walk by. Daffodils, blooming here in spring, and *Iris siberica* or Siberian iris, love the creek bed.

As you continue, you'll see grasses which increase in colour and beauty as the season progresses. *Imperata cylindrica* 'rubra' or Japanese bloodgrass becomes a brilliant red in the fall. It is paired with the creamy *Carex oshimensis* 'Evergold' or Japanese sedge grass.

Then experience the rest of the garden: first by colour — the purple, then red and white, and yellow and blue gardens, then by functions — the herb and cutting garden, vegetable garden and apiary. And all the rest, surrounded by massive oaks and maples — the stone wall garden, rose garden, shady perennial beds, the pond with waterfall and the gazebo garden.

Escape your world and spend an hour in a place of magic and beauty; you won't regret it. The Garden Showing for Ukraine will take place on Saturday, June 8 (rain date Sunday, June 9) from 1–5PM at the Moore Garden, which is located at 15 Carmichael Sideroad in Braeside. Tax receipts will be issued for donations.



## HEADLINERS 2024

### The START Saturday May 18, 2024

Back by popular demand: Great British rock, pop, & r&b ....lights, lasers, & smoke! Price \$35; \$40 at door

### The Wanted Saturday July 27, 2024

Blurring lines between Folk and AltCountry, with a Canadian Edge ....cool! Price \$35; \$40 at door

### Emilie Steele & The Deal Saturday August 24, 2024

Unabashed indie rock, animated retro ditties & altcountry ballads... Price \$35; \$40 at door



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Community Hall,  
1661 Chaffey's Lock Road

Doors open at 7:30 pm  
Music begins at 8 pm

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For more information, email [ghenniger@live.ca](mailto:ghenniger@live.ca)

## www.chaffeyslock.ca

Canada



# Taste of the County

2024

## Monday June 3

Annual Charity Food & Wine Gala

ConnectWell

Therapeutic Riding Program



1985 9th Line Beckwith, ON K7C 3P2

6pm - 9pm



**Ticket price: \$25**

**Tickets: [trgala2024.connectwell.ca](http://trgala2024.connectwell.ca)**

Or reach out through Facebook [connectwellTR](https://www.facebook.com/connectwellTR)



SCAN ME



Runners and walkers of all ages are encouraged to participate in the Run for Women's and Newborn Health in Almonte on June 8

## AGH Run/Walk

### Fundraiser for Women's & Newborn Health

Walkers, runners, and even crawlers of all ages and abilities are invited to participate in the 11<sup>th</sup> annual AGH Run/Walk for Women's & Newborn Health, sponsored by Canadian Tire (Carleton Place), on Saturday, June 8. The morning will feature fun warm-up activities, children's entertainment and games, pre- and post-run/walk food and refreshments. Everything gets underway at 8AM behind the Hospital and Manor on Spring Street.

Incredible prizes will be awarded to everyone who fundraises in support of the event. The top fundraising individuals, families and teams are all eligible to win prizes, as is everyone who collects at least \$50 in pledges. For every \$50 collected, participants get a ballot to win prizes, including Bluesfest passes to see Maroon 5 on Sunday, July 7.

Registration, which covers the cost of presenting the event, is \$50 for an individual or \$150 for a family or team (any combination of six people). Additional family or team members are \$50 per person.

Registration fees offset the costs of staging the event, but collecting pledges drives the success of this annual fundraiser. All participants are encouraged to collect or donate a minimum of \$50. Fundraising is made easy through the new registration site: [aghvmf.givecloud.co](http://aghvmf.givecloud.co).

Participants can choose from one of two distances and register to be timed or not: 3km Family Fun (Walk or Run, untimed); 3km Walk or Run (timed); 5km Walk or Run (timed).

New this year will also be a "Baby Race". Crawling to the finish line (or to a waiting parent) will be so much fun for everyone involved.

Once registered, participants can set up an individual, family or team page and share it through email or social media. All donations collected are eligible for a charitable tax receipt.

"We've got some really amazing prizes, including Maroon 5 tickets, that were donated," says Al Roberts, Managing Director of the AGH FVM Foundation. "We need participants to collect pledges and we reward them with some cool prizes. When participants collect pledges, that's when our patients are the big winners!"

Since its inception, participants, donors, partners and volunteers have raised more than \$300,000, which has allowed the Hospital to fund priority clinical equipment for the birthing unit and women's health care. Serving families from all over the region, approximately 400 babies are born at AGH each year.

## Borrow Toys from the Perth Library!

The Perth Library is now offering a Toy Lending Library! Created with the support of Lanark County Best Start, the collection is made up of high-quality toys and puzzles aimed at ages 0-6.

"Families can borrow these materials just like borrowing a book from the Library," says Heidi Taber, Children's Librarian. "By creating a free accessible collection, it allows all children and all families to have access to high quality materials that promote learning through play and foster a love of learning and literacy."

The toys were sourced locally wherever possible, with support from Spring Children in Perth and Wildchild Woodcraft in Tay Valley. Some examples of the toys available to be borrowed are a Pikler triangle, balance beam, ramp, peg puzzles, and Magna-Tiles. The full list of toys can be found by searching the library catalogue for "toy library". There are no late fees on any children's materials borrowed from the library, including the Toy Lending Library.



The Perth Library now has a Toy Lending Library for children aged 0-6

The Perth Library offers a wide range of programs and services for children and families, including weekly Babytime, Storytime, March Break and summer programs. To learn more about the services offered, please visit [perthunionlibrary.ca](http://perthunionlibrary.ca) or call 267-1224.

**Stephanie Mols**  
REALTOR®  
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**QUIET BAY ON UPPER RIDEAU LAKE**

Tranquil acre on Moore's Bay in Upper Rideau Lake has exemplary 2013 home, exquisitely designed with luxury. Upscale insulated 3-car garage-workshop with hoist and ac/heat pump. Aluminum dock & boat lift. Islands in bay are Crown Land. 30 mins Perth. \$1,389,900 MLS 1386772

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Backing on Crown Land, 12 treed acres with bright happy home. Full of upgrades, 2 bed, 2 bath home offers luxury vinyl plank flooring and attractive white plank ceilings. Big barn includes workshop with hydro. Just 5 mins to White Lake boat launch. Listed for \$499,900

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# JB Arts – at the Heart of Almonte Art

By Cecilia Kelly

When my neighbour retired recently, she said she was thinking of finally taking some art lessons in her free time but had no idea where to start. My answer was: “ask Jeff Banks... I bet he’ll know.” When Jeff Banks opened a little art studio in Almonte almost 14 years ago, he only dreamed that JB Arts would become such an established staple of the local landscape. Operating on the belief that anyone willing to do visually creative things should be encouraged to pursue art, his motto is “Dress for a Mess.” The studio and staff offer a wide array of different programs to help people explore and find what interests them the most.

At their Mill Street studio in beautiful downtown Almonte, JB Arts provides art classes and group workshops along with art supplies in their storefront shop. In an average week Jeff teaches 75 adults, and over 150 students take weekly classes offered over two floors of studio space. “I love everything about this place. The staff are amazing, and you can learn to do any type of art there,” writes Elsbeth Farrell.

Jeff has been an active supporter of the Almonte community since 2010. He has painted store window displays for Christmas, supported Lanark County Interval House’s Angel Tree collections, and carved a hummingbird out of a block of chocolate for the grand opening of Hummingbird Chocolate’s current café and store. You may have seen Jeff and his team making silk-screened T-shirts at Gemmill Park on Canada Day, or helping kids make puppets at the Ottawa Children’s Festival or Puppets Up!

JB Arts supports aspiring artists of all ages, but Jeff’s passion is encouraging and inspiring kids. Jeff started teaching summer camps at age 17, opened his first art school at age 25, and has been developing his own curriculum for teaching children’s art programs



Help Almonte’s JB Arts celebrate their 14<sup>th</sup> anniversary on Saturday, June 1 from 10AM to 5PM. Drop by 64 Mill Street to enjoy free face painting for kids, art demos, prize draws, a tent sale, and live music.

for over 22 years. Each year, Jeff teaches specialty art activities to school groups around the Ottawa Valley, and JB Arts educates hundreds of children through their Summer Art Clubs every July and August. This year JB Arts is expanding their Summer Art Club program to reach more children, through a partnership with the Kanata Montessori School.

A true “edu-tainer”, Jeff entertains his students through each art lesson, captivating their interest and attention with an educational component that really sticks. “What we’ve found is that a large percentage of kids return to our Art Clubs year after year, and often continue to pursue art throughout their adulthood,” says Roz Weisberg, a long-time employee and friend of JB Arts. Many past students have made a career out of the foundation that Jeff began, working as artists, animators, designers, architects, illustrators, painters and potters.

Jeff understands that visual art is fundamental to cognitive development, teaching motor skills and math concepts such as size and shapes. Studies also show a connection between art and increased personal growth in self-esteem, inventiveness and creativity. After only three pottery lessons at JB Arts, adult student Corry McClure discovered that: “pottery provides some great life lessons! You learn a lot about the value of how to centre the clay before you build your piece, and the magic of letting go of controlling how the various glaze colours will work together in the heat of the kiln.” Achieving life balance, finding your centre, understanding what you can control and what to let go of... these are important goals for everyone. Shaping not only clay and canvas, Jeff Banks is shaping the future artists and contributors of Mississippi Mills.

JB Arts will be celebrating their 14<sup>th</sup> anniversary on Saturday, June 1 from 10AM to 5PM. Drop in at 64 Mill Street in Almonte to enjoy free face painting for kids, art demos, prize draws, a tent sale, and live music.



Owner Jeff Banks has been an active supporter of the community, and an integral part of the arts scene, since 2010

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48th Tour  
June 2024

**Red Trillium Studio Tour**

Saturday & Sunday  
June 1 & 2  
10am-4pm

Visit some of West Carleton's best artists and craftspeople in their studios

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

Mississippi Madawaska Land Trust  
Preserving the land • Restoring the future

**Spring Ephemerals Walk**

FEATURING: NATIVE PLANT SALE & GARDENING TALK

This Event Will Be Held On:  
**Sunday | 5 May, 2024**

Marble Woodlands, Concession 4A, Mississippi Mills, ON

**WALK 9 AM - 12 PM**  
**PLANT SALE & TALK 10 AM - 2 PM**

Location: Marble Woodlands  
For More Information: [mmlt.ca/events](http://mmlt.ca/events)

Mississippi Madawaska Land Trust  
Preserving the land • Restoring the future

**Annual General Meeting of Members**  
Recapping 2023

MAY 16, 2024 @ 6:30 PM  
MMLT OFFICE: 10970 HIGHWAY 7  
CARLETON PLACE, ON  
LEARN MORE & REGISTER AT:  
[MMLT.CA/EVENTS](http://MMLT.CA/EVENTS)

Including a special presentation to members by ecologist, artist, and author Rick Beaver

AN EVENING OF BEAUTIFUL EARTH-THEMED MUSIC IN SUPPORT OF THE MISSISSIPPI MADAWASKA LAND TRUST

**NOTES FOR NATURE**

FEATURING:  
ALAN WATSON (GUITAR)  
TRACY LORRAINE (VOICE)  
WENDY WOOD (DRUMS)

FRIDAY, JUNE 14TH, 2024  
7:30 PM - 9:00 PM  
DOORS OPEN AT 7 PM  
\$10/SEAT COVER CHARGE  
MABERLY COMMUNITY HALL  
180 MABERLY ELPHIN ROAD  
VOLT MMLT CA/EVENTS AND SECURE YOUR SEATS, VIA THE TRILLIUMS, ON THE EVENT PAGE

**\$5000 FUNDRAISING GOAL!**



Therapeutic Riding participant Trevor Mains and horse Shane sharing a moment

## Taste of the County 2024! Fundraiser for Therapeutic Riding Program at Stonefields

By Amy Booth

The ConnectWell Therapeutic Riding Program would like to invite you to our Taste of the County Food, Beer and Wine Tasting Gala on Monday, June 3 from 6–9PM at the beautiful Stonefields Estate in Beckwith. Come out with your friends to celebrate spring and treat yourself to a delicious evening for a really great cause.

Some of the exceptional local cuisine, beer, cider and wine on offer this year will come from Black Tartan Kitchen, The Grand Hotel, Final Score Sports Bar, Blackfly Beverage Co, The Waterfront Gastropub, the new Trailside Canteen, Braumeister Brewery, and Saunders Farm. This event also boasts unique treasures in one of the largest silent auctions in the County, featuring fabulous items such as stained glass, wine baskets, tools, horse paraphernalia, curiosities, collectables, gift certificates and other great loot — all up for grabs that evening.

The 2024 Taste of the County will be hosted in Stonefields' elegant event barn with its beautiful outdoor terrace. Stonefields is an award-winning wedding venue located at 1985 9<sup>th</sup> Line in Beckwith. The historic estate features acres of rolling farmland and is a breathtaking setting for our event.

In addition to the \$25 entry fee, gala goers will purchase coupons and each vendor will price their tasters so that you can sample many different appetizers, main courses, desserts, cider, beer and wine.

As all Therapeutic Riding funds are raised through grants, donations, and fundraising activities like this one, we hope you will consider joining us and supporting our incredible riders. Last year's Gala was a sold-out success. Local businesses and committed supporters are crucial to our continued success. If you have a service, gift certificate, or item you would like to donate to this great cause, we would be happy to offer great exposure and issue a tax receipt for your donation.

The Therapeutic Riding Program is celebrating 39 years of providing riding lessons to physically and developmentally disabled persons right here in Lanark County. All money raised at this event goes back into the program and helps us provide this great service to local folks in need.

Come and share a toast with us at this wonderful event!

Tickets are available from <[trgala2024.connectwell.ca](http://trgala2024.connectwell.ca)> or by contacting Connectwell at 257-7121 x3200.

# Hike for The Hospice Hub

## Fundraising Event Takes Place on June 2 in Perth

By Margo Bell

"Like the North Star guiding a weary traveller through the night, hospice care supports caregivers and their loved one facing illness, so you can navigate this challenging journey together." — Canadian Hospice Palliative Care Association

Established in March of 2023, The Hospice Hub is a community-led initiative serving Perth, Smiths Falls, Portland, Westport and surrounding areas. We are a grass roots, not-for-profit organization with a volunteer working Board, volunteer Executive Director, and a myriad of volunteers with a wealth of expertise. We have recently added a paid part-time administrative staff member.

Our mission is to ensure that our community has access to hospice care wherever they call home. Our vision is a compassionate community where everyone can live, age, die and grieve well.

The Hospice Hub is in its early stages, with home care visits from well-trained volunteers slated to begin this summer. We offer people access to compassionate end-of-life care for themselves, as well as support for their families and caregivers. Moving forward, The Hospice Hub will have grief and bereavement

programs, advanced care planning and spiritual care if desired. The long-term goal is to have a hospice residence in our community.

The Hospice Hub does not receive government funding. Funds are raised through grant writing, donations and fundraising activities. Our first major fundraiser is taking place on June 2 with a "Hike for Hospice". We invite everyone to run, walk or pledge. The route is a predetermined 1.5km or 5km loop in Perth, beginning at the Crystal Palace. Registration begins at 9AM and the Hike starts at 10.

Register yourself or put together a team and collect pledges. Raise money and get some exercise! If you are unable to join us on June 2, you or your team can still collect pledges and Hike for Hospice on your own throughout the month of May. Please visit <[thehospicehub.ca](http://thehospicehub.ca)> to register and for further details. You can also find us on Facebook and Instagram.

All funds raised stay within the community to allow us to provide personalized care to those living with a life-limiting illness. Our services provide care to clients wherever they call home, at no cost to them or their families.

# Tay Walk 2024

Whether you are a visitor, are new to Perth, or have lived here all your life, Friends of the Tay Watershed invite you to join them on Saturday, May 25 between 2–4PM for a free, fascinating guided tour along the Tay River and Canal between Last Duel Park and the park next to the Rainbow Bridge at the top of Mill Street.

Bring your family, bring a friend, park and start your walk at either Last Duel Park (ample parking) or at the top of Mill Street (limited parking). Pick up the Tay Walk Map and walk at your own pace. Meet the local experts positioned along the route who will share their knowledge of the history, wildlife and ecology of the Tay. The route is wheelchair accessible.

Brandon Holden from the Rideau Valley Conservation Authority will explain what shoreline naturalization is and why it's important. At another site, his colleague Amanda Lange will talk about water quality and have samples of invertebrates on hand for

those who like studying water critters up close. From Friends of the Tay President Glenn Tunnock, you will learn the importance of watershed conservation in ensuring an adequate supply of water for growth and development, sewage disposal, fire, navigational safety and tourism.

Retired ecologist Shaun Thompson brings to the tour his lifetime of knowledge about wetlands, wildlife and habitat diversity, and resiliency of the river given the somewhat altered ecosystem.

At another stop along the route, local historian Susan Code McDougall will recount tales of the Tay River and Canal. Along this same route, Colin Stephenson will share his first-hand knowledge of Tayside Textiles and early industry along the canal in Perth.

Bring your lunch and enjoy it at the picnic shelter in Last Duel Park before the tour.

For more information, please contact Adrienne MacKay at <[mackayadrienne@yahoo.ca](mailto:mackayadrienne@yahoo.ca)>.



Come on out on May 25 from 2–4PM and enjoy a wonderful walk along the Tay River and Canal. Organized by Friends of the Tay Watershed, this family-friendly activity features local experts sharing their knowledge about the history, wildlife and ecology of the Tay.

The Carleton Place Town Singers present

*The Miracle of Spring*

7PM on both  
Sunday, May 26 &  
Tuesday, May 28

ALL NATIONS CHURCH  
39 BRIDGE STREET  
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SAVE THE DATE  
SUNDAY JUNE 9  
7:30PM  
ALMONTE UNITED CHURCH

# Support Your Local Local Farmers' Markets!

As you walk away from the farmers' market with your canvas bags filled with fresh local produce, plants, organic meats and assorted other delicious goodies, you just can't help feeling good. Supporting small-scale market farms means voting with your dollars for the option that is easier on the planet than large, mono-crop industrial farms. Having to plan the trip to the market means planning meals, which is a great way to reduce both wasted food and extra trips to the grocery store. Growers at the market are proud of what they sell, and their primary goal is to produce food that tastes great and is full of nutrients, instead of stuff that needs to survive a trip across an ocean and most of a country in a shipping container.

For those reasons and many more, we recommend buying locally at area markets. Here are two that will be opening for the season in May:

## Almonte Farmers' Market

The Almonte Farmers' Market opens for the season on May 18. They will be back on the Alameda (OVRT), next to the Almonte library parking lot, from 8:30AM to 12:30PM on Saturday mornings.

This handy little producers' market offers hot breakfast and lunch, all kinds of baking, organically grown produce, pork, beef and lamb, plus Back 40 sheep's cheese, fresh flowers, preserves, maple syrup and honey. They have an array of locally made crafts, as well as products to care for body and soul. Bring



your dull knives, tools and scissors to get expertly sharpened while you shop. And every third Saturday of the month is the famous basket draw! There is lots to offer at the Almonte Farmers' Market, so why not make shopping there part of your Saturday morning routine. For more information, please visit <almontefarmersmarket.com>.

From flowers to fresh produce, area Farmers' Markets have so much to offer. The Perth market opens for the season on May 11 outside the Crystal Palace along the Tay River, and the Almonte market opens on May 18 along the Alameda next to the library parking lot. Get fresh with local growers!

## Perth Farmers' Market

Located on the Tay Basin outside the Crystal Palace, the market is open Saturdays — rain or shine — from 8AM to 1PM, from May 11 right through to Thanksgiving weekend. The Perth Market has numerous vendors selling amazingly fresh produce, local meats, preserves, ready-to-eat food, honey and syrup, as well as handmade crafts of all kinds. Live music, a waterside café, kids' crafts and activities are available throughout the season. In 2024 the market has added the greatest number of vendors they have ever had! For detailed information, visit the market's website at <perthfarmersmarket.ca> or like them on Facebook and Instagram for updates.

**ALMONTE FARMERS' MARKET**

**OPENS MAY 18**  
SATURDAYS 8:30 AM to 12:30 PM  
ON THE ALAMEDA  
visit [almontefarmersmarket.com](http://almontefarmersmarket.com)

*Get growing!*

**The Perth Farmers Market**  
Opening May 11th and running every  
Saturday 8am to 1pm  
Crystal Palace on the Tay Basin  
[www.perthfarmersmarket.ca](http://www.perthfarmersmarket.ca)

STUDIO THEATRE PRODUCTIONS PRESENTS

**THE DIARY OF Anne Frank**  
FRANCES GOODRICH & ALBERT HACKETT  
DIRECTED BY MARILYN NICHOLAS-DAHAN  
A BRIGHT LIGHT IN DARK TIMES

SEE OUR ARTICLE IN THIS EDITION FOR MORE INFORMATION

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studiotheatreperth.com In historic Perth, Ontario

34<sup>th</sup> Annual

**ART in the ATTIC**

Presented by the Almonte & Area Artists' Association

**MOTHER'S DAY WEEKEND**  
Saturday, May 11 10-5  
Sunday, May 12 10-4

**Almonte Old Town Hall**  
14 Bridge Street

A variety of local fine art & crafts  
Artists in attendance

Including **Student Art Show**  
with students from Notre Dame High School, Carleton Place

Door Prize draw each day

**FREE ADMISSION**

Accessible building

**ALMONTE CELTFEST**  
July 5-7 2024 in Gemmill Park

**RUM RAGGED**  
**THE FITZGERALDS**  
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**MARINER'S CURSE**  
**BON DÉBARRAS**  
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Bookin' It

# Hope for the Best, Plan for the Rest

"Life changes fast," Joan Didion wrote. "Life changes in the instant."

For many of us, that "instant" can come in a doctor's office, when we're told we have a life-changing illness. That instant can be overwhelming. Our minds can quickly be flooded by powerful emotions: fear, anger, sadness, confusion, helplessness. To make sense of things, to figure out what it all means, and to know what to do next, we sometimes need help.

by John Pigeau

Dr. Sammy Winemaker and Dr. Hsien Seow have written an invaluable new book that aims to do just that.

It's called *Hope for the Best, Plan for the Rest: 7 Keys for Navigating a Life-Changing Diagnosis*, and it's meant to empower people with practical tools to take charge of their diagnosis and navigate the health care system with confidence, knowledge and calm.

"While your diagnosis cannot be changed," the book reminds us, "the way you experience your illness can."

The book's authors, doctors who have spent decades researching and caring for thousands of seriously ill patients, will be giving a free talk in Almonte at the Old Town Hall on Wednesday, May 22 beginning at 2:30PM. This event is presented free of charge by Mill Street Books, but registration is required. Please contact the store at 256-9090 for more information.

Vicki Bassett will be moderating the event. Bassett is a long-time nurse who has spent most of her career working clinically and in leadership roles in acute care hospitals in Ottawa, Owen Sound and Almonte. More recently, she has been working as a Nurse Educator in primary care at the Ottawa Hospital Academic Family Health Team.

Bassett is passionate about sharing the book's positive, practical, hopeful message. She thinks *Hope for the Best, Plan for the Rest* is an invaluable resource for anyone facing a serious illness.

She notes a key passage Dr. Winemaker writes in the Preface: "This book is filled with hope. Although I cannot change that you received a life-changing diagnosis, I hope to improve your experience living with it."

Bassett says, "This is my hope for all who read the book as well, and why I am so passionate about sharing this incredible resource."

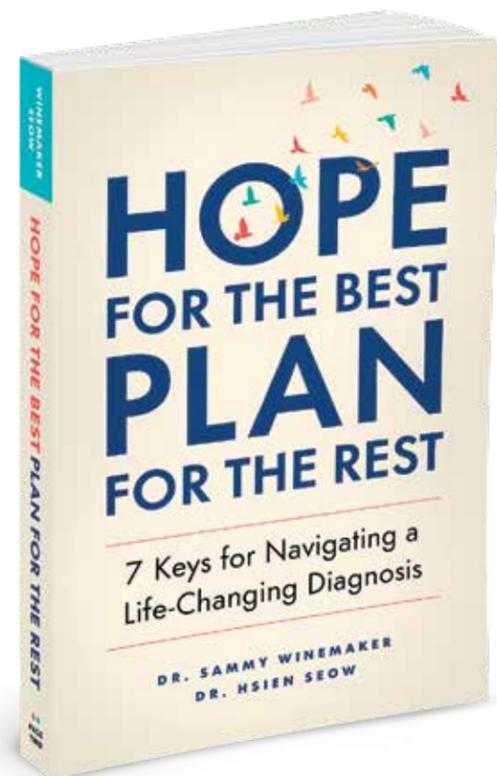
"Very simply," she adds, "the messages of the book ring true and make so much sense in my experience, as a nurse for over 40 years. As I read the book, I found myself saying 'yes, yes, yes!' I love the creative way the authors distilled their experience and research into the '7 keys' for navigating a life-changing diagnosis."

"The stories included in the book, illustrating the benefits of 'being in the know' versus the harms of 'being in the dark,' resonate with my experience as a nurse, and personally. The practical tips provided for patients and families provide invaluable guidance," she adds.

Like the doctors who wrote the book, Bassett is mindful that our healthcare system is currently lacking when it comes to the availability of physicians — particularly specialists — and that people may not have access to the care they need, nor the information. She believes *Hope for the Best, Plan for the Rest* is a book that might help bridge those gaps for some patients, as well as their loved ones.

"With our health care system's complexities and stresses," she explains, "I believe the ideas in this book can help patients and families feel more in control, less anxious and ultimately more prepared to walk the often difficult road of adapting to a life-changing diagnosis. As a nurse, I see the gaps, I hear the distress, and I believe this book can help patients, families and health care providers work better together, to achieve better outcomes."

Many life-changing illnesses can cause people to be in a great deal of pain, sometimes too much pain to read a book. What then? I asked Bassett. As a long-time nurse, she understood how that would be problematic.



Two Ontario doctors will give a talk in Almonte on May 22 designed to empower people with practical tools to take charge of their diagnosis and navigate the health care system

"I have experienced severe back pain at times during my life, and in those times the last thing I would be interested in doing would be to read a book," she says, "especially a book that required some focus and reflection. All I think about at those times is how to get comfortable — get some sleep, etc. — and what I can do to make things better."

Still, she says, if you have someone taking care of you, the book may be quite helpful.

"If there is someone in your 'inner crew' who is up to reading the book with the goal of learning more about how they might be helpful — or how to navigate the situation as a caregiver — then hopefully the book would be useful in this way."

Helpfully, the book also comes in audio format. One thing the book advocates is asking questions of health care providers. Information, after all, is power. And patients deserve to get all the vital information they need.

Bassett agrees wholeheartedly. "I work in primary care and patients can request 'long' appointments when they have a concern that will need some time," she notes. "If you have a family doctor, this should be possible. This isn't always an option with specialists though," she points out.

However, "one thing I can suggest is using key # 7 from the book — *Invite Yourself*," she says. "Prioritize the most important question(s), and at the beginning of the appointment be respectfully assertive and state what it is you would like to discuss. This takes planning and thought to make sure that you make the best use of the time you have with the doctor, to address your most pressing concerns. If more time is necessary after that, ask to book another appointment sooner rather than later."

*Hope for the Best, Plan for the Rest* is filled with practical, engaging, helpful suggestions like this. As one palliative care physician writes, "This book is like a conversation with a wise coach on adapting the system so that health care is tailored to your individual preferences."

Bassett thinks so too. "This book is life-changing, I believe, in its wisdom for all of us," she says. "No one wants to think about facing a life-changing diagnosis — but the reality is many of us will, or someone we love will. This book is practical and creative in its approach and has the potential to significantly help patients and families on these difficult journeys."

For more information about this talk, please visit [millstreetbooks.com/events](http://millstreetbooks.com/events) or call Mill Street Books at 256-9090.



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613-273-3636 or [www.coveinn.com](http://www.coveinn.com)

- Sun May 5+12 **Eric Uren + Meghan Balogh** (Guitar+Fiddle Folk/Roots, Westport) 5-8  
 Sun May 19+26 **Head Over Heels** returns to the Patio (Folk/Jazz/Rock, Gananoque) 5-8  
 Every Mon Monthly Musical Residency: **Colin Slack** (Fingerstyle Folk Guitar, Brockville) 5-8  
 Tue May 14+21 **Eric Uren** (Folk/Roots, Westport) 5-8  
 Every Wed **Wings 'n Tunes + Open Mic** with **Shawn McCullough** + Friends (Country/Rock, Westport) 5:30-8:30  
 Thu May 2 **Gentle Sparrow** (JUNO+CFMA nominee, Folk/Rock, Perth) 5-8  
 Fri May 3 **Matt Dickson** (Classic Rock Marathon Man! Perth) 5-8  
 Sat May 4 **Outskirts:** Celebrating the Music of Blue Rodeo feat. Jeff Callery (Brockville/Kingston) 7-11 Buffet Dinner + Show \$90  
 Tue May 7 **P.A.W.S. Fundraiser+Karaoke Party** 7-10 \$20 Cover+Donation  
 Thu May 9 **Morgan Davis** (Country Blues, JUNO + Maple Blues winner) 6-9 \$15  
 Fri May 10 **The Family Name** (Folk duo, Smiths Falls) 5-8  
 Sat May 11 **Brooks & Bowskill** feat. Jimmy Bowskill (JUNO nominated, member of Blue Rodeo+The Sheepdogs, Folk Rock, Coburg) 7-11 Buffet Dinner + Show \$90  
 Sun May 12 **Annual Mother's Day Brunch**, Lunch+Dinner Specials All Day 11:30-8  
 Thu May 16 **Nolan Hubbard** (Folk/Pop, Kingston) 5-8  
 Fri May 17 **Jeff Callery** (Folk/Rock, Brockville) 5-8  
 Sat May 18 **Gerald McGrath** (Folk/Rock, Kingston) 5-8  
 Sun May 19 **Evan Carlson + Ron Steeves** (Rock/Country, Westport) 12-3  
 Thu May 23 **Steve Stacey+Pat Robillard** (Classic Country) 5-8  
 Fri May 24 **Birds of a Feather** feat. John Wilberforce (Folk/Rock duo, Kemptville) 5-8  
 Sat May 25 **Henry Norwood** (Classic Country, Westport) 5-8  
 Tue May 28 **Sarah Hiltz** (Singer/songwriter, Toronto) 5-8  
 Thu May 30 **Richie Young** (Solo Rock show from New Brunswick!) 5-8  
 Fri May 31 **Jeff Callery & Shawn McCullough** Stag + Doe for Bren + Kurtis!



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The 5-piece bluegrass group CR5 will play 'Live! @ the Library' in Almonte on June 2

## CR5 Live! @ the Library

From out of the stacks and into the sunshine, Live! @ the Library is pleased to present an award-winning 5-piece bluegrass band on Sunday, June 2 in the garden of the Almonte Branch of the Mississippi Mills Public Library. Performing classics from the likes of Bill Monroe, The Stanley Brothers, Jimmy Martin, and the Osborne Brothers, CR5 can often be heard rehearsing in the library on Sunday afternoons in the winter months. The pleasant strains of their strumming persuaded The Friends of the Library to invite them to step out of the library's rehearsal room and into the garden to present a program of fine bluegrass music.

With founding member Dan Potter on mandolin and vocals, Christine Potter on 5-string banjo and vocals, Jim Bossert on upright acoustic bass, Marc Rochon on guitar and vocals, and Ottawa-based

George Laing on fiddle and vocals, the band offers up powerful vocal harmonies and engaging storytelling in country and gospel styles.

A festival favourite, CR5 has played local fairs and charities, showcased at the Central Canadian Bluegrass Music Awards in Huntsville, and is a two-time nominee for Gospel Group of the Year. Hailing from "in and around" McIntosh Mills, halfway between Mallorytown and Athens, the band took on the acronym CR5 after the Leeds and Grenville County Road 5 that ties its members together. The Friends of the Library are so pleased that CR5 agreed to cross the County line to perform on Sunday, June 2 at 2:30pm. Please bring your own lawn chair. In case of rain, the concert will be moved inside the library.

Tickets are \$20 and can be purchased through Tickets Please (TicketsPlease.ca, 485-6434).

## A Bittersweet Decision...

### Burnstown Gallery to Close in June

Bittersweet Gallery — a well-known and much-loved destination for fine craft and art — will close its doors on June 30. The gallery reopens on May 1 after a winter break and will offer patrons discounts on much of the inventory until its closing date.

Owner Cheryl Babineau has proudly represented over 50 Canadian artists and craftspeople for almost 25 years. Bittersweet Gallery has also housed the ceramic works of her husband Richard Gill, who settled here over 50 years ago and has been making his living as a potter and sculptor ever since.

Cheryl and Richard want to thank their patrons and supporters with a fond farewell and open house event on June 22. The event will include discounts, live music, and light refreshments in the garden from 1-5PM.

It's truly a bittersweet decision for the couple, as they feel the need to downsize and will miss the

daily interaction with loyal patrons and newcomers. However, they do plan to remain in their home just across the street and create a new studio where Richard Gill will continue to work in clay, specializing in custom work.

The property, which sits on 1.4 acres overlooking the Madawaska River in the picturesque village of Burnstown, will be offered for sale with or without the gallery business. Burnstown has a thriving mix of retail, studio and living space, presenting a prosperous opportunity for development and a loyal customer base to a potential buyer who seeks a rewarding lifestyle in an idyllic village setting less than one hour from the nation's capital.

Serious enquiries can be made by email to <bittersweetartandcraft@gmail.com>.



After almost 25 years, Burnstown's beloved Bittersweet Gallery will close at the end of June. Or will it...?

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## Restorative Justice Fundraising Concert Series

### Long Sault Trio

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Perth Legion



### Ali McCormick

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Friday, June 7, 7PM  
Ferguson Falls Community Centre



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 <b>Kelly</b> Office Manager	 <b>Meagan</b> Dental Hygienist	 <b>Melanie</b> Dental Hygienist	 <b>Eden</b> Administrator
 <b>Courtney</b> Dental Assistant	 <b>Allison</b> Dental Assistant	 <b>Akshay</b> Sterilization Tech	 <b>Brandon</b> Marketing

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## Book Launch!

**JUNE 2, 2024**  
**2:00 P.M.**

Please join us as we celebrate the launch of *A Planet is a Poem*, a new book of poetry for young stargazers, by Amanda West Lewis.

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# Zombie-Approved Coffee to “Die” For!

By Leanne Baker

Are you looking for somewhere to enjoy high-quality coffee, a distinctive vibe, and a very welcoming atmosphere? Deadly Grounds Café in Carleton Place offers an inclusive, friendly space for anyone and everyone to enjoy good coffee or other drinks, sweet treats, and unique merchandise from local vendors and artists. Step into this café and experience more than just the coffee — in a spooky, creative, cozy, horror-themed space filled with the friendliest people.

At Deadly Grounds Café you will find horror-themed art, merchandise, realistic figures, spooky treats, and local vendors’ merchandise such as crystals, art, jewelry and more. You will feel the unique niche and can appreciate how rare a place like this is. It’s a bonus if you are a horror and Halloween enthusiast yourself!

The story of Deadly Grounds began when Brad Mavin, owner of the original Deadly Grounds Café in Oshawa, met a gentleman at a convention in the United States who sold this brand of coffee at markets and online. He fell in love with the taste and decided to open a café and bring it to Canada. Catherine Sulyha, who owns Deadly Grounds in Carleton Place along with her husband Michael, knew Brad through being on the same paranormal investigating team, and decided that she and Michael had to visit his new café in Oshawa. Michael and Catherine had no idea what to expect there, but after experiencing the quality of the coffee and the horror-themed ambiance, they wanted to get involved. They started ordering the coffee from Oshawa to their house in Carleton Place, selling it at Queen’s Crafters and Antique Market on Bridge Street. Due to the popularity, growth, and high demand for the product, they decided to open a café on Costello Drive in July of 2023.

Although Deadly Grounds is horror-themed with horror enthusiasts working there, it is an extremely friendly, welcoming, inclusive space to catch up with friends, get some work done, or simply shop and look around. “We inherently love people, building relationships with regulars, and also welcoming new people every day in Deadly Grounds,” explains Michael. “Our staff are unbelievably great, personable and welcoming. They naturally follow our example with how we



The staff (above) at Deadly Grounds in Carleton Place is as friendly as their décor (below) is spooky.

But whether you come for the cheerful welcome or the eerie vibe, you’ll find delicious coffee and treats!

approach customers and run our space. We’ve trained all of our staff to do everything that Catherine and I can do. We support each other incredibly.”

“I like to think what stands out with our café is that our brand of coffee is unique to us — our roasts are not as acidic and bitter as some coffee tends to be. It is smooth and easy going on the stomach. Our decaf is also a true decaf, with a Swiss water base,” adds Michael. Deadly Grounds is instantly recognizable as a very special place, since Michael and Catherine are passionate about it being unique. “We wanted to create a space with a spooky but cozy vibe that can co-exist so that the experience you get is appealing. Even if horror isn’t your cup of tea, people still love coming in for the coffee and the friendly atmosphere.”

Deadly Grounds is the first café that Michael and Catherine Sulyha have owned, and it is clearly their calling. “We are always listening to feedback from customers. We have a lot of space to sit and work or catch up with friends, with music on the quieter side. Keeping the space accessible is also very important to us. We are always working on improving the experience.”

As for future and current plans, there are constantly new drinks both on and off the menu (regulars love knowing their secret off-menu drink). Michael and Catherine prioritize creativity and encourage their staff to experiment with their skills too. There are also quite a few events taking place at Deadly Grounds, such as bingo, a horror trivia show hosted by a local drag queen, and more. On May 4, they will be helping Carleton Place celebrate winning The March Madness of Small Towns on CHEZ 106. They will be bringing their delicious cold brew coffee, caffeinated lemonade, and popular (and delicious) skull muffins to Market Square for everyone to enjoy. Check their social media for other events!

Find Deadly Grounds Café at 1 Costello Drive, Unit 1, in Carleton Place. They are on Facebook and Instagram @deadly-groundscarletonplace. You don’t want to miss out on the events, the coffee, the people, and the eccentric spooky atmosphere you’ll find there!



# Cycling Without Age Spring Plans

Now that the weather is turning nicer, Cycling Without Age Lanark County (CWALC) is offering training sessions for people interested in becoming volunteer pilots. Not fond of heights? Don't worry — in this case pilots are the volunteers who pedal the Trishaws — special three-seat electrically-assisted bikes that allow cyclists to provide free rides to the elderly while building friendships. CWALC members Mark Manzon and Treff Peters will be offering half-day training sessions at Stoneridge Manor on Sunday, April 28, Saturday, May 4, and Sunday, May 26. Trainees are encouraged to study the training manual and watch the videos at <cwalc.org> in advance, and then call Treff at 257-2892 to confirm the date and time of your training session. Note that all volunteers must have a police record check for vulnerable sectors. Please see the website for more information.

The Carleton Place Lions Club has invited CWALC to their annual Wheels on the Mis-



Cycling Without Age Lanark County is offering Mother's Day Trishaw gift certificates as a fundraiser! Above, Treff Peters pilots Jim and Geraldine Alger.

issippi event scheduled for June 23 at Riverside Park. Visitors will be able to get a Trishaw ride from their parked cars to the car show, and gratuities will be gratefully accepted.

On June 30, the organization is planning a CWALC Summer Promotion Day at Stoneridge Manor. From 10AM until 2PM they will be offering residents, family and staff sample rides in the roundabout and parking area of the residence. Festivities will include balloons, refreshments and music. By providing awareness of their services, they hope to increase the Stoneridge Manor ridership over the summer.

Cycling Without Age in Lanark County is a "Small Chapter with a Big Heart". Their wish list includes more volunteers to pilot and/or support the administration of the program, and for about \$70,000. The money is needed to purchase another regular Trishaw, two Trishaws that are wheelchair-accessible, and a trailer that is big enough to accommodate two Trishaws at a time. Organizers continue to apply for grants, talk to local service clubs, and thank sponsors and donors. All funding ideas are welcomed and appreciated. For more information about CWA in Lanark County, please call 257-2892 or visit <cwalc.org>

## A Special Treat for Mom

With Mother's Day just around the corner, why not treat mom to a ride on a Trishaw? The bicycle built for three accommodates two passengers as well as the pilot who pedals from behind. Mom and her co-passenger are invited to relax, chat and enjoy the scenery. The 30- to 45-minute individualized tour starts from 29 Costello Drive in Carleton Place and might include a jaunt along the Mississippi Riverwalk Trail, Algonquin Trail, Roy Brown Park, or even an urban ride along Bridge Street in Carleton Place.

CWALC is offering Mother's Day \$10 Trishaw Gift Certificates, redeemable from May 1 to May 31, 2024. Call Treff Peters today at 257-2892 to book your Mother's Day ride. She'll love it!

# Cycle MORE!

A group of cycling enthusiasts is envisioning a remarkable new cycle route that will loop from Parliament Hill along the Ottawa River Parkway onto the TransCanada Trail, to Carleton Place, through the picturesque communities of Almonte and Pakenham, then back through Ottawa's western rural neighbourhoods and the village of Carp. "Mississippi & Ottawa Rivers Experience" (MORE) will be Ottawa's and northern Lanark's cycle adventure — its Waterfront Trail, P'tit train du Nord, Greater Niagara Circle Route — linking the National Capital Region's cycle pathways and the route north via the Voyageur Route.

The trail corridor traverses natural beauty and cultural heritage, and it features both tourist attractions and eclectic amenities. It is a route that also offers multiple side-loops to fun points of interest for cycle tour adventurers.

The cycle loop(s) will provide adventure-seekers, families, seniors, groups and tourists with a variety of multiday experiences in the National Capital Region and through the Ottawa Valley. The trail will also serve residents as a pathway linking neighbourhoods and communities, ideal for recreational activities and staycations.

The establishment of the new MORE cycle route will begin to be promoted through the

2024 cycling season. Work is underway to catalogue the features of the corridor and side trails, enlist bike-friendly businesses, and identify attractions and amenities in Stittsville, Kanata, Carp, Pakenham, Almonte, Carleton Place, Ashton, and all places in between.



A volunteer group from the Mississippi Mills Bicycle Movement, dedicated to promoting the benefits of cycling and cycle tourism, is reaching out to identify interested partners and opportunities. The Cycle MORE group has established working relationships with Ontario By Bike and other cycle groups and tourist organizations. If you are interested in assisting or would like more information, please email <morecycleroute@gmail.com>.



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Taste of the County, Beckwith, June 3  
 Ali McCormick, Ferguson Falls, June 7  
 Tom Petty Tribute, Perth, June 8  
 AGH Run/Walk, Almonte, June 8  
 Open Garden Ukrainian Fundraiser, Braeside, June 8  
 Motown Dance Party, Perth, June 8  
 CPAWS Fundraiser, Deep River, June 8  
 Valley Voices Concert, Almonte, June 9  
 The Wanted, McDonalds Corners, June 9  
 MMLT Notes for Nature, Maberly, June 14  
 Art in the Garden, Perth, June 14-16  
 Almonte Celtfest, July 5-7

## Festivals

**Franktown Lilac Festival**, May 25, 8AM-4PM. Pancake breakfast, craft market, BBQ lunch & more. Centennial Hall, Franktown. Free. [twp.beckwith.on.ca](http://twp.beckwith.on.ca)

## Literature

Almonte Readers & Writers present **Write-In**, May 1 (5:30-7:30PM) and 26 (1-3PM), at the Almonte Library, all ages, pre-registration requested, by donation; **Writing Craft Book Club**, May 8, 7-8:30PM, discussing Anne Lamott's *Bird By Bird: Some Instructions on Writing and Life* at the Almonte Library; **When Only the Moon Rages**, May 11, 3-5PM, writing workshop with Jim McEwen at the Almonte Library, \$40 from [TicketsPlease.ca](http://TicketsPlease.ca); **Open Mic**, May 17, 7PM at Ottawa Valley Coffee, Almonte. [almontereadersandwriters.org](http://almontereadersandwriters.org)

**No Fun at Great Toys Book Signing**, May 4, 2PM. Local author Nick Shepherd; a novel about a family business. White Pine Books & Children's Boutique, Arnprior. Free. [whitepinebooks.ca](http://whitepinebooks.ca)

**Silent Book Club**, May 29, 6PM. Quiet reading; mingle if you wish. RVSP: Bridge Masters Brewing Company, Perth. Free. [sbcperth.ticketleap.com/may2024](http://sbcperth.ticketleap.com/may2024)

**Book launch with Amanda West Lewis**, Jun 2, 2PM. Celebration of the release of *A Planet is a Poem*. The Book Nook, Perth. [thebooknookperth.com](http://thebooknookperth.com)

## Local Food

**Perth Farmers' Market Opening Day**, May 11, 8AM-1PM, Crystal Palace. [perthfarmersmarket.ca](http://perthfarmersmarket.ca)

**Vodkwo Distillery Markets**, May 12, 10AM-3PM. Makers, artisans, growers, food vendors, beverages, singers and more. Dairy Distillery, Almonte. [dairydistillery.com](http://dairydistillery.com)

**Almonte Farmers' Market Opening Day**, May 18, 8:30AM-12:30PM, OVRT Alameda (near library parking lot). [almontefarmersmarket.com](http://almontefarmersmarket.com)

## Visual Arts

**Mississippi Wood Carvers**, Tuesdays, 1-3PM. Drop in to share ideas and learn from one another. Orchard View by the Mississippi, Almonte. 601-2148

**Cheerfully Made Spring Market**, May 4, 10AM-5PM. Annual spring market featuring 100+ talented local makers, artists and entrepreneurs. John Levi Community Centre, Almonte. Admission \$5. [cheerfullymade.com](http://cheerfullymade.com)

**Spring Fine Art Show**, May 4-5, 10AM-4:30PM. Arts Carleton Place, featuring wall art in many media. Carleton Place Arena. Free. [artscarletonplace.com](http://artscarletonplace.com)

**Family Paint Party: Paint Nite**, May 9 & 23, 6:30PM. An evening of creativity and fun with Joyce of Art Creative Magic. All materials provided. The Locks Restaurant, Perth. \$39

**Art in the Attic**, May 11 (10AM-5PM), May 12 (10AM-4PM). Almonte & Areas Artists' Association show & sale. Almonte Old Town Hall. [facebook.com/AlmonteArtintheAttic](http://facebook.com/AlmonteArtintheAttic)

**Meet the Artist: Meed Barnett**, May 12, 2-4PM. MERA, McDonalds Corners. [meraschoolhouse.org](http://meraschoolhouse.org)

**Almonte Quilters Guild Meeting and AGM**, May 20, 7PM. In-Person at the Almonte Civitan as well as via Zoom. Guests \$5. [almontequiltersguild.ca](http://almontequiltersguild.ca)

**JB Arts Anniversary Party**, Jun 1, 10AM. Outdoor demos, free face painting, and prize draws. JB Arts, Almonte. [jbarts.ca](http://jbarts.ca)

**Red Trillium Studio Tour**, Jun 1-2, 10AM-4PM. Many artists & studios in West Carleton. Free, self-guided. [redtrilliumst.com](http://redtrilliumst.com)

# WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<p><b>General Fine Craft</b> presents new works by Eiko Maeda (nerikomi porcelain), Barbara Mulally (jewellery), and Lauren Blakey (ceramics) &lt;<a href="http://generalfinecraft.com">generalfinecraft.com</a>&gt;</p> <p>The <b>Art Factory in Renfrew</b> and the <b>Carleton Place Collective</b> for Mental Health, Wellness and Arts present <i>Emotional Baggage</i> &lt;<a href="http://liveartfactory.com">liveartfactory.com</a>; <a href="http://carletonplacecollective.com">carletonplacecollective.com</a>&gt;</p> <p><b>Mississippi Valley Textile Museum</b> presents <i>Net-Work</i>, an exhibition by Adrian Baker &lt;<a href="http://mvtm.ca">mvtm.ca</a>&gt;</p> <p><b>Sivarulasa Gallery</b> presents <i>Michael Pittman: The Hinterlands</i>, and <i>Mary Pfaff: River of Dreams</i> [to May 10] &lt;<a href="http://sivarulasa.com">sivarulasa.com</a>&gt;</p> <p><b>Dairy Distillery</b> presents works by JPW Photography &lt;<a href="http://dairydistillery.com">dairydistillery.com</a>&gt;</p>	<p><b>Mississippi Wood Carvers</b>, Almonte</p> <p><b>Open Mic</b>, Sharbot Lake</p> <p><b>Ashton Community Outreach Breakfast</b>, Ashton</p> <p><b>Community Organization Networking Lunch</b>, Almonte</p> <p><b>P.A.W.S. Fundraiser + Karaoke Party</b>, The Cove</p>	<p><b>Wings 'n Tunes Wednesdays</b>, The Cove</p> <p><b>Crafts, Seeds and Hops</b>, Carleton Place</p> <p><b>Elder Action Day</b></p> <p><b>Wednesdays Trivia</b>, Bowie's</p>	<p><b>Beckwith Board Game Night</b></p> <p><b>City Farmer</b>, Carleton Place</p> <p><b>Auditions: The Enchanted Bookshop</b>, Smiths Falls</p> <p><b>Gentle Sparrow</b>, The Cove</p> <p><b>Thursdays Open Stage</b>, Bowie's</p>
<p><b>Colin Slack</b>, The Cove</p> <p><b>Try Judo Night in Beckwith</b>, Carleton Place</p>	<p><b>Mississippi Wood Carvers</b>, Almonte</p> <p><b>Open Mic</b>, Sharbot Lake</p> <p><b>Community Organization Networking Lunch</b>, Almonte</p> <p><b>P.A.W.S. Fundraiser + Karaoke Party</b>, The Cove</p>	<p><b>Wings 'n Tunes Wednesdays</b>, The Cove</p> <p><b>Wednesdays Trivia</b>, Bowie's</p> <p><b>Writing Craft Book Club</b>, Almonte</p>	<p><b>Thursdays Open Stage</b>, Bowie's</p> <p><b>9 to 5</b>, Carleton Place</p> <p><b>Morgan Davis</b>, The Cove</p> <p><b>Family Paint Party: Paint Nite</b>, Perth</p> <p><b>Carleton Place Toastmasters Club</b></p> <p><b>Looking</b>, Merrickville</p>
<p><b>Colin Slack</b>, The Cove</p>	<p><b>Mississippi Wood Carvers</b>, Almonte</p> <p><b>Open Mic</b>, Sharbot Lake</p> <p><b>Eric Uren</b>, The Cove</p>	<p><b>Wings 'n Tunes Wednesdays</b>, The Cove</p> <p><b>Wednesdays Trivia</b>, Bowie's</p> <p><b>Pakenham Horticultural Meeting</b>, Pakenham</p>	<p><b>MMLT Talk &amp; AGM</b>, Carleton Place</p> <p><b>Diary of Anne Frank</b>, Perth</p> <p><b>Thursdays Open Stage</b>, Bowie's</p> <p><b>Nolan Hubbard</b>, The Cove</p> <p><b>Perth Tay Lioness Lions Fashion Show</b>, Perth</p>
<p><b>Colin Slack</b>, The Cove</p> <p><b>Almonte Quilters Guild Meeting and AGM</b></p>	<p><b>Ashton Community Outreach Breakfast</b>, Ashton</p> <p><b>Having Hope at Home</b>, Woodlawn</p> <p><b>Mississippi Wood Carvers</b>, Almonte</p> <p><b>Open Mic</b>, Sharbot Lake</p> <p><b>Eric Uren</b>, The Cove</p>	<p><b>Wings 'n Tunes Wednesdays</b>, The Cove</p> <p><b>Wednesdays Trivia</b>, Bowie's</p> <p><b>Having Hope at Home</b>, Woodlawn</p> <p><b>Navigating a Life-Changing Diagnosis</b>, Almonte</p>	<p><b>Diary of Anne Frank</b>, Perth</p> <p><b>Having Hope at Home</b>, Woodlawn</p> <p><b>Family Paint Party: Paint Nite</b>, Perth</p> <p><b>Social Swing Dance</b>, Almonte</p> <p><b>Steve Stacey + Pat Robillard</b>, The Cove</p> <p><b>Thursdays Open Stage</b>, Bowie's</p> <p><b>Carleton Place Toastmasters Club</b></p>
<p><b>Colin Slack</b>, The Cove</p> <p><b>Catherine MacLellan</b>, Perth</p>	<p><b>Mississippi Wood Carvers</b>, Almonte</p> <p><b>Open Mic</b>, Sharbot Lake</p> <p><b>The Miracle of Spring</b>, Carleton Place</p> <p><b>Sarah Hiltz</b>, The Cove</p> <p><b>Music Trivia</b>, Almonte</p>	<p><b>Wings 'n Tunes Wednesdays</b>, The Cove</p> <p><b>Wednesdays Trivia</b>, Bowie's</p> <p><b>Silent Book Club</b>, Perth</p>	<p><b>Richie Young</b>, The Cove</p> <p><b>Acacia Lyra</b>, Carleton Place</p> <p><b>Thursdays Open Stage</b>, Bowie's</p>

## Theatre

**Auditions: The Enchanted Bookshop**, May 2, 7PM. Youth cast, 18 and under. The Station Theatre, Smiths Falls. Contact [smithsfallstheatre.com/auditions](http://smithsfallstheatre.com/auditions) to schedule a time

**The Liberation Men**, May 5, 6-8PM. Movie screening. The Station Theatre, Smiths Falls. \$15. [smithsfallstheatre.com](http://smithsfallstheatre.com)

**9 to 5**, May 3, 9 & 10 at 7:30PM, May 4, 5, 11 & 12 at 2PM. Presented by the Mississippi Mudds. \$25 plus fees at [TicketsPlease.ca](http://TicketsPlease.ca). Carleton Place Town Hall. [mississippimudds.ca](http://mississippimudds.ca)

**Ordinary Angels**, May 3 & 4, 7PM. Film, rated PG. The Station Theatre, Smiths Falls. \$12. [smithsfallstheatre.com](http://smithsfallstheatre.com)

**Looking**, May 9-12, 7:30PM & May 12, 2PM. A terrifically entertaining romantic comedy. Merrickville Community Centre. \$20. [merrickvilletheatre.org](http://merrickvilletheatre.org)

**Tales From The Arcade**, May 10-11, 7PM and May 11, 2PM. 70s-style musical by SFDCI. The Station Theatre, Smiths Falls. \$15/\$10 [smithsfallstheatre.com](http://smithsfallstheatre.com)

**One Life**, May 10, 2- & 7PM. Studio Theatre Perth. \$12.

**The Mother's Day Matinée**, May 12, 2PM. An afternoon of songs & stories celebrating motherhood. The Station Theatre, Smiths Falls. \$25. [smithsfallstheatre.com](http://smithsfallstheatre.com)

**Diary of Anne Frank**, May 16, 17, 23 & 24 at 7:30PM, May 18, 19, 25 & 26 at 2PM. Studio Theatre Perth. \$24 adults, \$12 youth (17 and under) from [ticketsplease.ca](http://ticketsplease.ca)

**Having Hope at Home**, May 21-24, 7:30PM, May 25-26, 2PM. A side-splitting look at a family learning to love again. The Northwind Centre, Woodlawn. \$20 from [TicketsPlease.ca](http://TicketsPlease.ca).

## Youth

Beckwith Youth Week presents **Crafts, Seeds and Hops**, May 1, 6:30PM, Brunton Community Hall; **Board Game Night**, May 2, 6:30PM at Beckwith Council Chambers (free); **Learn to Line Dance**, May 3, 6:30PM at Brunton Community Hall (free); **Try Judo Night**, May 6, 6:30PM (ages 7+, Brunton Community Hall, free). [twp.beckwith.on.ca](http://twp.beckwith.on.ca)

## Music

**Open Mic**, Tuesdays 5-8PM. The Crossing Pub, Sharbot Lake. [sharbotlakeinn.com](http://sharbotlakeinn.com)

**Celebrate the Classics**, May 3, 7:30PM; May 4, 2PM. Arnprior Community Choir with classical guitarist Philip Candelaria. \$20/\$10 from White Pine Books, cash only. Grace St. Andrew Church, Arnprior. 622-7844

**Old Tyme Country Dinner Dance**, May 5, Jun 2, 2-6PM. Country music, dancing. Clayton Community Centre. \$18/\$8. 256-0740

**Long Sault Trio**, May 10, 7PM. Acoustic modern roots. Perth Legion. \$25 plus fees from [TicketsPlease.ca](http://TicketsPlease.ca). [commjustice.org](http://commjustice.org)

**Engelbert Humperdinck & Tom Jones Tribute**, May 11, 7:30PM. Dream Rock Promotions. St. Paul's United Church, Perth. \$34 adv/\$39 at door. [ticketsplease.ca](http://ticketsplease.ca)

**Jamboree**, May 12, 1-5:30PM. Live country music. Perth Civitan Club. \$20 dinner & dance, \$10 dance. [civitanclubofperth.com](http://civitanclubofperth.com)

**The Men in Blue Sing the "Blues"**, May 12, 3PM. Goulbourn Male Chorus. Trinity Presbyterian Church, Carp. \$20 adults, \$15 students. [goulbournmalechorus.com](http://goulbournmalechorus.com)

**Aella Choir presents ROOTS**, May 12, 2:30PM. Celebrating the joys and challenges of family connections. St. Andrew's United Church, Pakenham. freewill donation. [standrewsunitedpakenham.org](http://standrewsunitedpakenham.org)

**The Start**, May 18, 8PM. Great British rock, pop and r&b. Chaffey's Lock Community Hall, Elgin. \$35 from [onstagedirect.com](http://onstagedirect.com) or \$40 at the door. [chaffeylock.ca](http://chaffeylock.ca)

**Contrasts: The Harmonies of Haydn and Bruckner**, May 18, 7:30PM. Kanata choral society. St. Paul's Anglican Church, Kanata. 592-1991

**Social Swing Dance**, May 23, 7-9PM. Intro lesson at 7PM, followed by social dance. Hillside Reformed Presbyterian Church, Almonte. \$5 cash

**Music Night Concert featuring Jon McLurg**, May 24, 7:30PM. Snow Road Community Centre, Snow Road Station. \$15 adv/\$18 at door. [snowroadcommunitycentre.com](http://snowroadcommunitycentre.com)

**Barn Dance! Perth Children's House Spring Fling Fundraiser**, May 24, 8PM. Dancing, socializing, 50/50 draw, raffles, and silent auction! Supports the local Montessori school. Ecotay, Perth. \$50. 326-1623

**Smiths Falls Porchfest**, May 25, 2PM. Rain or shine, bring a lawn chair. Downtown Smiths Falls. Free. [porchfestsmithsfalls.com](http://porchfestsmithsfalls.com)

**Eddy and the Stingrays**, May 25, 8PM. Smiths Falls Curling and Squash Club. Evening snack, 50/50. \$45 from [TicketsPlease.ca](http://TicketsPlease.ca)

**Music at Mera: Alanna J. Brown & Campbell Woods**, May 26, 2PM. MERA Schoolhouse, McDonalds Corners. \$25 plus fees from [TicketsPlease.ca](http://TicketsPlease.ca)

**The Miracle of Spring**, May 26 & 28, 7PM. A joyful celebration of Spring in song. All Nations Church, Carleton Place. \$15 from [TicketsPlease.ca](http://TicketsPlease.ca). [cptownsingers.com](http://cptownsingers.com)

**Catherine MacLellan**, May 27, 7PM. Pre-paid reservations required. Oakfield Rugby Park, Perth. \$30. 267-7902

## Friday

## Saturday

## Sunday

<ul style="list-style-type: none"> <li>🎵 <b>Matt Dickson</b>, The Cove</li> <li>🎵 <b>Learn to Line Dance with the Lanark County 4H</b>, Carleton Place</li> <li>🎵 <b>Spencer Scharf</b>, Carleton Place</li> <li>🎵 <b>Ordinary Angels</b>, Smiths Falls</li> <li>🎵 <b>Celebrate the Classics</b>, Arnprior</li> <li>🎵 <b>9 to 5</b>, Carleton Place</li> <li>🎵 <b>Martin Kerr</b>, Neat Coffee Shop</li> <li>🎵 <b>The Friday Show</b>, Bowie's</li> <li>🎵 <b>Alanna Brown</b>, Urban Angus</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>9 to 5</b>, Carleton Place</li> <li>🎵 <b>Ordinary Angels</b>, Smiths Falls</li> <li>🎵 <b>Cheerfully Made Spring Market</b>, Almonte</li> <li>🎵 <b>Cohousing Information Afternoon</b>, Almonte</li> <li>🎵 <b>No Fun at Great Toys - Book Signing</b>, Arnprior</li> <li>🎵 <b>Celebrate the Classics</b>, Arnprior</li> <li>🎵 <b>Scott Owen</b>, Westport Brewing Co.</li> <li>🎵 <b>Trivia Night for MMYC</b>, Almonte</li> <li>🎵 <b>Outskirts</b>, The Cove</li> <li>🎵 <b>Big Dave McLean</b>, Neat Coffee Shop</li> <li>🎵 <b>Karaoke</b>, Bowie's</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>9 to 5</b>, Carleton Place</li> <li>🎵 <b>Spring Fine Art Show</b>, Carleton Place</li> <li>🎵 <b>Spring Ephemerals Walk</b>, Mississippi Mills</li> <li>🎵 <b>Red Dress Day Ceremony</b>, Perth</li> <li>🎵 <b>Old Tyme Country Dinner Dance</b>, Clayton</li> <li>🎵 <b>Eric Uren &amp; Meghan Balogh</b>, The Cove</li> <li>🎵 <b>The Liberation Men</b>, Smiths Falls</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>9 to 5</b>, Carleton Place</li> <li>🎵 <b>Looking</b>, Merrickville</li> <li>🎵 <b>Film Club Fridays presents "One Life"</b>, Perth</li> <li>🎵 <b>The Family Name</b>, The Cove</li> <li>🎵 <b>Long Sault Trio</b>, Perth</li> <li>🎵 <b>Rick &amp; Lindsay</b>, Carleton Place</li> <li>🎵 <b>Tales From The Arcade</b>, Smiths Falls</li> <li>🎵 <b>The Friday Show</b>, Bowie's</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>9 to 5</b>, CP</li> <li>🎵 <b>Art in the Attic</b>, Almonte</li> <li>🎵 <b>Mother's Day Tea</b>, Appleton</li> <li>🎵 <b>Spring Craft Sale</b>, Braeside</li> <li>🎵 <b>Jock River Paddle</b>, Beckwith</li> <li>🎵 <b>Celebration of Indigenous Culture</b>, Carleton Place</li> <li>🎵 <b>Blanket Exercise</b>, Pakenham</li> <li>🎵 <b>Lanark Speaks: Tyffanie Morgan</b>, Perth</li> <li>🎵 <b>Tales From The Arcade</b>, Smiths Falls</li> <li>🎵 <b>When Only the Moon Rages</b>, Almonte</li> <li>🎵 <b>Brooks &amp; Bowskill</b>, The Cove</li> <li>🎵 <b>Engelbert Humperdinck &amp; Tom Jones Tribute</b>, Perth</li> <li>🎵 <b>May'hem at the Mill: Music by Open Road</b>, Perth</li> <li>🎵 <b>Boy Golden</b>, Neat Coffee Shop</li> <li>🎵 <b>Garden Day</b>, MERA</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>9 to 5</b>, Carleton Place</li> <li>🎵 <b>Eric Uren &amp; Meghan Balogh</b>, The Cove</li> <li>🎵 <b>Art in the Attic</b>, Almonte</li> <li>🎵 <b>Vodkwo Distillery Markets</b>, Almonte</li> <li>🎵 <b>Jamboree</b>, Perth</li> <li>🎵 <b>The Mother's Day Matinée</b>, Smiths Falls</li> <li>🎵 <b>Looking</b>, Merrickville</li> <li>🎵 <b>Aella Choir presents ROOTS</b>, Pakenham</li> <li>🎵 <b>The Men in Blue Sing the "Blues"</b>, Carp</li> <li>🎵 <b>Meet the Artist: Meed Barnett</b>, MERA</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Diary of Anne Frank</b>, Perth</li> <li>🎵 <b>Jeff Callery</b>, The Cove</li> <li>🎵 <b>Paranormal on the Mississippi River</b>, Almonte</li> <li>🎵 <b>Open Mic</b>, Almonte</li> <li>🎵 <b>Brock Zeeman</b>, Carleton Place</li> <li>🎵 <b>Comedy Night</b>, Neat Coffee Shop</li> <li>🎵 <b>The Friday Show</b>, Bowie's</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Perth Farmers' Market</b> Opens</li> <li>🎵 <b>Paranormal on the Mississippi River</b>, Almonte</li> <li>🎵 <b>Perennial &amp; Vegetables Sale</b>, Almonte</li> <li>🎵 <b>Forum: Electrify Lanark</b>, Perth</li> <li>🎵 <b>Yoga Workshop</b>, Almonte</li> <li>🎵 <b>Vintage Market Trunk Sale</b>, McDonalds Corners</li> <li>🎵 <b>Michael &amp; Ingrid</b>, Westport Brewing Co.</li> <li>🎵 <b>Diary of Anne Frank</b>, Perth</li> <li>🎵 <b>Gerald McGrath</b>, The Cove</li> <li>🎵 <b>Contrasts: Haydn and Bruckner</b>, Kanata</li> <li>🎵 <b>The Start</b>, Elgin</li> <li>🎵 <b>Karaoke</b>, Bowie's</li> <li>🎵 <b>The Jerry Lee Band</b>, Urban Angus</li> <li>🎵 <b>Writing Craft Book Club</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Diary of Anne Frank</b>, Perth</li> <li>🎵 <b>Opening Day Tea and Telephone Connection Day</b>, Middleville</li> <li>🎵 <b>Head Over Heels</b>, The Cove</li> <li>🎵 <b>3rd SNDY Series</b>, Bowie's</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Diary of Anne Frank</b>, Perth</li> <li>🎵 <b>Having Hope at Home</b>, Woodlawn</li> <li>🎵 <b>Birds of a Feather</b>, The Cove</li> <li>🎵 <b>Cait St. Clair</b>, Carleton Place</li> <li>🎵 <b>Music Night Concert featuring Jon McLurg</b>, Snow Road Station</li> <li>🎵 <b>Daniel Champagne</b>, Neat Coffee Shop</li> <li>🎵 <b>Barn Dance! Perth Children's House Spring Fling Fundraiser</b>, Perth</li> <li>🎵 <b>The Friday Show</b>, Bowie's</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Diary of Anne Frank</b>, Perth</li> <li>🎵 <b>Franktown Lilac Festival</b>, Franktown</li> <li>🎵 <b>Workshop: Outdoor Equipment</b>, Perth</li> <li>🎵 <b>The Tay Walk</b>, Perth</li> <li>🎵 <b>Mellow Lily</b>, Westport Brewing Co.</li> <li>🎵 <b>Smiths Falls Porchfest</b>, Smiths Falls</li> <li>🎵 <b>Having Hope at Home</b>, Woodlawn</li> <li>🎵 <b>Henry Norwood</b>, The Cove</li> <li>🎵 <b>Amos the Transparent</b>, Neat Coffee Shop</li> <li>🎵 <b>Eddy and the Stingrays</b>, Smiths Falls</li> <li>🎵 <b>"3M Golf for Kids Sake" for Big Brothers Big Sisters</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Diary of Anne Frank</b>, Perth</li> <li>🎵 <b>Head Over Heels</b>, The Cove</li> <li>🎵 <b>Having Hope at Home</b>, Woodlawn</li> <li>🎵 <b>Music at Mera: Alanna J. Brown &amp; Campbell Woods</b>, McDonalds Corners</li> <li>🎵 <b>The Miracle of Spring</b>, Carleton Place</li> <li>🎵 <b>Limblifter</b>, Neat Coffee Shop</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Robert Van Wyngaarden</b>, Carleton Place</li> <li>🎵 <b>Barn Dance</b>, Perth</li> <li>🎵 <b>The Good Lovelies</b>, Perth</li> <li>🎵 <b>Daniel Romano's Outfit</b>, Neat Coffee Shop</li> <li>🎵 <b>The Friday Show</b>, Bowie's</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>JB Arts Anniversary Party</b>, Almonte</li> <li>🎵 <b>Red Trillium Studio Tour</b>, West Carleton</li> <li>🎵 <b>Mellow Lily</b>, Westport Brewing Co.</li> <li>🎵 <b>Beatejuice</b>, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Live! @ the Library w/ CR5 Bluegrass</b>, Almonte</li> <li>🎵 <b>Red Trillium Studio Tour</b>, West Carleton</li> <li>🎵 <b>Hike for Hospice</b>, Perth</li> <li>🎵 <b>Dalhousie Library Grand Reopening</b>, Lanark</li> <li>🎵 <b>Book launch with Amanda West Lewis</b>, Perth</li> <li>🎵 <b>Old Tyme Country Dinner Dance</b>, Clayton</li> <li>🎵 <b>"Swingin' into Spring"</b>, Carleton Place</li> </ul>

**Celebration of Indigenous Culture**, May 11, 10AM-3PM. Vendors, food, Indigenous games, authors, education and more at Zion-Memorial Church and the CP Library. Free admission, donations to Art for Aid ([artforaid.ca](http://artforaid.ca)), [zion-memorial.ca](http://zion-memorial.ca)

**Mother's Day Tea**, May 11, 11AM-3PM. Two seatings, reserve in advance. North Lanark Regional Museum (Appleton Museum). \$15. [northlanarkregionalmuseum.com](http://northlanarkregionalmuseum.com)

**Lanark Speaks: featuring Tyffanie Morgan**, May 11, 2-3:30PM. Part of a series by Queer Connection Lanark. Register on the library website. Perth Library. Free, all ages. [perthunionlibrary.ca/events](http://perthunionlibrary.ca/events)

**The Bee's Knees**, May 11, 2-4PM. Costume designer Lorre Tannett will show fabulous 1920s fashions. Carleton Place and Beckwith Heritage Museum. \$15 / \$10 for museum members. [cpbheritagemuseum.com](http://cpbheritagemuseum.com)

**Blanket Exercise**, May 11, 10AM-2PM. Truth & Reconciliation Education. Pre-register; limited seating. St. Andrew's United Church, Pakenham. \$20 includes lunch. [standrews-unitedpakenham.org](http://standrews-unitedpakenham.org)

**Jock River Paddle**, May 11, 9:30AM. Start at the bridge on the 9th Line of Beckwith. Park at the Ashton Pub, shuttle bus. \$20 per paddler. [twp.beckwith.on.ca](http://twp.beckwith.on.ca)

**May'hem at the Mill: Music by Open Road**, May 11, 8PM. Code's Mill, Perth. \$15. [facebook.com/events/1700159617385405](https://facebook.com/events/1700159617385405)

**Spring Craft Sale**, May 11, 9AM-2PM. Hand-crafted flower boxes, chairs, bird feeders, bird houses. John A Gilles Recreation Centre, Braeside. [mensshedamb@gmail.com](mailto:mensshedamb@gmail.com)

**Pakenham Horticultural Meeting**, May 15, 7PM. Rebecca Last - Veggies and your Harvest. St. Andrew's United Church, Pakenham. [gardenontario.org/society-listing/entry/51](http://gardenontario.org/society-listing/entry/51)

**MMLT Talk & AGM**, May 16, 6:45PM. Rick Beaver speaks on Gidawendimin - humanity's responsibility to 7 generations in the future. MMLT AGM. Register: [mmlt.ca/support-us](http://mmlt.ca/support-us), 253-2722. Mississippi Madawaska Land Trust, Carleton Place. [mmlt.ca](http://mmlt.ca)

**Perth Tay Lioness Lions Fashion Show**, May 16, 5:30PM. Social, show, dessert, tea & coffee. Fashion Envy and featured guests. 267-5480 for tickets. Perth Lions Club. \$25

**Paranormal on the Mississippi River**, May 17-18, 6PM. Phantoms of Yore invites you to investigate six haunted heritage sites. Mill of Kintail, Almonte. \$89.99 per Investigator

**Perennial & Vegetables Sale**, May 18, 8AM. Refreshments available. Almonte United Church. [almonteunited.com](http://almonteunited.com)

**Forum: Electrify Lanark**, May 18, 9AM-4PM. Explore how electricity is made and stored in Lanark County. Perth Legion. \$20 from TicketsPlease.ca. [climatenetworklanark.ca](http://climatenetworklanark.ca)

**Yoga Workshop**, May 18, 9AM. Followed by a workshop on responding to disclosures of sexual abuse or assault. Almonte Old Town Hall. Free. [stiritupcollective.ca](http://stiritupcollective.ca)

**Vintage Market Trunk Sale**, May 18, 10AM. Collectible treasures. MERA, McDonalds Corners. [meraschoolhouse.org](http://meraschoolhouse.org)

**Opening Day Tea and Telephone Connection Day**, May 19, 12-4PM. With an exhibit on The Hoptown Telephone Company. Middleville & District Museum. \$5. [middlevillemuseum.org](http://middlevillemuseum.org)

**Navigating a Life-Changing Diagnosis**, May 22, 2:30PM. Learn to take charge so you can be hopeful and prepared. Almonte Old Town Hall. Free. [millstreetbooks.com](http://millstreetbooks.com)

**"3M Golf for Kids Sake" for Big Brothers Big Sisters**, May 25, 8AM. 18 holes of golf with carts; fun prizes; games; BBQ; online auction. Mapleview Golf and Country Club, Perth. \$110 per player; \$90 for club members. [lanark.bigbrothersbigsisters.ca](http://lanark.bigbrothersbigsisters.ca)

**The Tay Walk**, May 25, 2-4PM. A guided tour along the Tay River and Canal. Last Duel Park, Perth. Free. [taywatershed.ca](http://taywatershed.ca)

**Workshop: Outdoor Equipment**, May 25, 10AM. An interactive workshop on electric outdoor appliances. Home Hardware Perth. Registration required at TicketsPlease.ca. [climatenetworklanark.ca](http://climatenetworklanark.ca)

**Beatejuice**, Jun 1, 4PM. Celebrate the opening of Beatejuice exhibit. Heritage House Museum, Smiths Falls. By donation. [smithsfalls.ca/heritagehouse](http://smithsfalls.ca/heritagehouse)

**Open House & Dalhousie Library Grand Reopening**, Jun 2, 12-4PM. Proceeds support of the historic Dalhousie Library & Museum. Watsons Corners Community Centre, Lanark. Free. 259-5454

**Hike for Hospice**, Jun 2, 10AM. Raising funds and awareness for hospice palliative care in Perth, Smiths Falls, Portland, Westport and surrounding areas. Crystal Palace, Perth. [thehospicehub.ca](http://thehospicehub.ca)

**Music Trivia**, May 28, 6:30PM. Ottawa Valley Coffee Almonte. \$15. [ottawavalleycoffee.ca](http://ottawavalleycoffee.ca)

**Acacia Lyra**, May 30, 7PM. Dynamic harp duo, local treats and art. Carleton Place Gallery. \$30 from TicketsPlease.ca. [cpgallery.ca](http://cpgallery.ca)

**Barn Dance**, May 31, 7-11PM. Live music with The Commuters. Ecotay, Perth. \$30. [ecotay.ca](http://ecotay.ca)

**The Good Lovelies**, May 31, 7:30PM. JUNO award-winning ensemble of vocal harmonies. Studio Theatre Perth. \$51 from ticketscene.ca

**Live! @ the Library Featuring CR5 Bluegrass**, Jun 2, 2:30PM. Almonte Library. \$20 plus fees from TicketsPlease.ca, 485-6434

**"Swingin' into Spring"**, Jun 2, 2PM. Carleton Place Community Band spring concert. Carambeck Community Centre, Carleton Place. \$15. [facebook.com/cpadcb](https://facebook.com/cpadcb)

**Bowie's** (Smiths Falls): Wed Where is my Mind Trivia, 8-10PM (sign-up online); Thu Open Stage, 8PM (casual sign-up); Fri original live music 8:30 & 11:30PM

May 4 Karaoke, 9PM

May 18 Karaoke, 9PM

May 19 3rd SNDY Series, 7PM, \$20

**Urban Angus Steak & Wine** (Arnprior, 558-5050) 6-9PM

May 3 Alanna Brown

May 18 The Jerry Lee Band

**The Cove** (Westport, 273-3636): 5-8PM unless noted; Mon Colin Slack; Wed Wings'n Tunes w/Shawn McCullough (5:30-8:30); Eric Uren & Meghan Balogh (May 5 & 12); Head Over Heels (May 19 & 26); Eric Uren (May 14 & 21)

May 2 Gentle Sparrow, 8-10PM, \$25

May 3 Matt Dickson

May 4 Outskirts, 7-11PM, \$90

May 7 P.A.V.S. Fundraiser + Party, 9PM

May 9 Morgan Davis, 6PM, \$15

May 10 The Family Name

May 11 Brooks & Bowskill, 7PM. Buffet Dinner + Show \$90

May 16 Nolan Hubbard, \$15

May 17 Jeff Callery

May 18 Gerald McGrath

May 19 Steve Stacey + Pat Robillard, \$15

May 24 Birds of a Feather

May 25 Henry Norwood

May 28 Sarah Hiltz

May 30 Richie Young

**Neat Coffee Shop** (Burnstown, 433-9960):

May 3 Martin Kerr, \$30

May 4 Big Dave McLean, \$45

May 11 Boy Golden, \$45

May 24 Daniel Champagne, \$35

May 25 Amos the Transparent, \$30

May 26 Limblifter, \$49

May 31 Daniel Romano's Outfit, \$45

**St. James Gate** (Carleton Place, 257-7530)

May 3 Spencer Scharf

May 10 Rick & Lindsay

May 17 Brock Zeman

May 24 Cait St. Clair

May 31 Robert Van Wyngaarden

**Westport Brewing Co.** (Westport, 273-2739): Tunes on Tap, 2-4PM

May 4 Scott Owen

May 11 Jon VV

May 18 Michael & Ingrid

May 25 Mellow Lily

Jun 1 Mellow Lily

**Community**

**Elder Action Day**, May 1, 7PM. Supporting Older People to Age in their Communities: Showcasing Saskatoon. Free, via Zoom. [cfwperth.org](http://cfwperth.org)

**City Farmer**, May 2, 7PM. An inspirational talk about growing food where you live. Free, register at Eventbrite. Carleton Place Arena. 294-8255

**Cohousing Information Afternoon**, May 4, 1-3PM. Learn about cohousing communities. Presented by Ottawa Cohousing. Almonte Old Town Hall. [info@ottawa-cohousing.ca](mailto:info@ottawa-cohousing.ca)

**Trivia Night for MMYC**, May 4, 6:30PM. Proceeds to the Mississippi Mills Youth Centre. Bring or join a team! \$25 from [mmyc.ca](http://mmyc.ca) store. Almonte Old Town Hall

**Red Dress Day Ceremony**, May 5, 1PM. Healing Circle to honour missing and murdered Indigenous Women and Girls. Last Duel Park, Perth. [lanarkcountyneighbourhoods.ca](http://lanarkcountyneighbourhoods.ca)

**Spring Ephemerals Walk**, May 5, 9AM. Featuring a native plant sale and gardening talk. Marble Woodlands, Mississippi Mills. [mmlt.ca](http://mmlt.ca)

**Ashton Community Outreach Breakfast**, May 7 (with music by Dave Brown & friends) & 21, 9-11:30AM. Fundraiser for the Carleton Place Hospital. Ashton United Church. Freewill offering. 791-6246

**Community Organization Networking Lunch**, May 7, 11:45AM. Come together, exchange information and effectively coordinate services. Almonte Civitan Hall. \$15. 256-2064

**Carleton Place Toastmasters Club**, May 9 & 23, 7PM. Improve public speaking and leadership skills. via Zoom, [carletonplace.toastmastersclubs.org](http://carletonplace.toastmastersclubs.org)

**Garden Day**, May 18, 10AM-3PM. Learn about local and indigenous plants. MERA, McDonalds Corners. [meraschoolhouse.org](http://meraschoolhouse.org)

# The Puppets are Coming!

## Almonte's Beloved Puppet Festival Launches Early Bird Pricing

The Puppets Up! International Puppet Festival is returning to Almonte from August 9–11, promising all of the fun, folly and felt that you could ask for! Festival passes are on sale now, with special discounts available until the end of June.

While organizers aren't quite ready to announce this year's lineup, Artistic Director Noreen Young and Program lead Jenny Sheffield promise that the festival will be a mix of long-time favourites and some exciting new acts. Never fear — the fabulous Frogtown Mountain Puppeteers are coming back this year! "Once word got out that Puppets Up! was back for good, we heard from all kinds of performers who wanted to return to Almonte," Sheffield says. "This town has a way of getting hold of the hearts of people and puppets alike."

The festival made its triumphant return to Almonte in 2022 after being dormant for a few years, and was a smashing success. While the focus in 2023 shifted to the launch of a more hands-on, education-focused undertaking known as PuppetCon, plans were underway even then for the full festival's return in 2024.

"Everyone knows you can't keep a good puppet down," explains Jane Torrance, the chair of the Puppets Up! board. "Last summer was all about nurturing the next generation of puppet talent, and this year is all about celebrating the current one!"



### Two Days of Family-Friendly Fun

As always, the core of the festival will be shows running all day on August 10 and 11 in various venues in Almonte's historic downtown. Talented troupes from across Canada and the US will delight and dazzle in the daylight hours. These shows require festival passes and are seated on a first-come, first-served basis. There will also be plenty of street entertainment, a children's craft tent, a vendors' market and — of course — the perennially popular puppet parade, drawing visitors from across the country and helping to animate Almonte's newly-revitalized Mill Street area.

### Just for Grown-Ups

For those who like their entertainment to be a little less fuzzy and a lot more blue, there will be two adult-only evening shows as well. Ottawa's own Ben Durocher will be putting on an original show on the evening of Friday, August 9, sharing a little of his life as a Jim Henson Company puppeteer on *Fraggle Rock: Back to the Rock*, a star of New York's hit musical *Avenue Q*, and an Emmy Award-winning puppet wrangler on *Sesame Street*. Then the critically-ignored (but hilarious) *Saturday Night Cabaret* returns on August 10, where performers show you just how inappropriate a puppet can be in an unscripted and unserious romp through the Almonte Old Town Hall. These shows are ticketed separately and are for a mature audience only.

More details will be available soon, but you won't want to wait to buy your passes and tickets — the special early bird pricing is only in effect until the end of June. They make great gifts too! Visit Tickets Please (TicketsPlease.ca, 485-6434) and get yours



The Puppets Up! International Puppet Festival returns to the streets of Almonte this August. Festival favourites like Rock the Arts and the Frogtown Mountain Puppeteers will be there, and festival passes are on sale at early bird pricing until the end of June. Grab yours now!

today. To stay up to date on all things puppety, visit <puppetsup.com> and subscribe to the newsletter or follow them on Facebook or Instagram.

### Want to Get Involved?

Puppets Up! 2024 still has room for sponsors, market vendors, and volunteers. Find all sorts of information and connect with organizers by visiting <puppetsup.com>.

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# Exciting Addition to Art in the Garden: Introducing the Sunday Market

Kiwi Gardens is abuzz with anticipation as it prepares to unveil its newest offering: the Sunday Market. Set against the backdrop of the beloved Art in the Garden event that takes place over Father's Day weekend, this addition promises a fusion of artisanal crafts, natural beauty, and community spirit.



This year's anticipated Art in the Garden event takes place at Kiwi Gardens near Perth from June 14-16

"The Sunday market is more than just an extension of Art in the Garden," explains Paul Loiselle, owner of Kiwi Gardens and the driving force behind this initiative. "It's a platform to showcase the talents of those inspired by the land and to celebrate our connection with this beautiful space."

Taking place on June 16 from 10AM to 4PM, the Sunday market aims to foster a sense of gratitude for nature and to explore gardening practices that harmonize with it. Paul envisions it as a space where like-minded individuals can gather, interact with artisans, and share their passions, marking the beginning of a new gardening journey rooted in the wisdom of the natural world.

The owners of The Cordwood Folk School, Zoë and Ben, enthusiastically share that: "this year at Art in the Garden, we are thrilled to introduce an inaugural Sunday exclusive: Artisans at Work — A Medieval Market, presented by the Cordwood Folk School. This event will highlight the talents of craftspeople who serve as instructors at our school. Step into this open-air market, where the sounds and scents of artisans at work blend with lively conversations, laughter, and the bustling atmosphere of a crowd. Six artisans will be on hand to demonstrate their crafts and offer their creations for sale to garden visitors. The crafts include wood carving, felt making, blacksmithing,

stone cutting, and hide tanning. Come witness these artisans in action!" To learn more about The Cordwood Folk School, visit their website at <thecordwoodstudio.com>.

Art in the Garden, a beloved tradition at Kiwi Gardens, will continue to delight visitors with the works of 25 talented artists across ten acres of breathtaking garden from June 14-16. This year seven new artists will join the lineup, showcasing their expertise in ceramics, metalwork, basketry, glass art and stone sculptures.

Attendees will rejoice as delectable offerings, courtesy of the Brooke Valley School, will be available to tantalize the taste buds while supporting a good cause. And for those seeking a melodic backdrop to their garden exploration, live music by the Tritones and the Rivermen are scheduled for both Saturday and Sunday.

Tickets to this event can be purchased for \$5 in advance through Tickets Please (TicketsPlease.ca, 485-6434) or for \$10 at the door. Additionally, parking is available for \$5 per car (also available in advance from Tickets Please).

With an air of anticipation and gratitude, Kiwi Gardens invites you to join them for this unforgettable experience. For further details and updates, visit <kiwigardens.ca> and follow them on Facebook and Instagram. Don't miss out on the magic of the Sunday Market at Kiwi Gardens!

## Miracle of Spring

By Danette Hanneman

Spring is here, and that means the Carleton Place Town Singers are diligently preparing for our annual spring concert. Our "Miracle of Spring" performance is shaping up to be an uplifting event for all. Thanks to our brilliant Musical Director Laurel Tye and her thought-provoking song choices, we have enjoyed the challenge and look forward to performing music full of reflective lyrics and inspiring harmonies, with a few surprises sprinkled in.

We have been rehearsing our spring repertoire since February, and it promises to be a very fun experience for our audience. Our 2023 Christmas performance was a great success, and we thank all who attended and look forward to the same success this May. Our four-part harmony, non-auditioning choir has become so popular that we now have one of the highest numbers of participants since its inception

many years ago. We come together weekly for the simple love of singing, but we stay because of our wonderful Musical Director (who is well known for her work with the Mississippi Mudds) and our accompanist Ian Guenette (who is also involved with the Mudds). Currently Ian and Laurel are also busy preparing for the upcoming Mudds presentation of *9 to 5*. They are both sources of energy to be reckoned with, and their musical chemistry is undeniable.

Town Singers performance dates are Sunday, May 26 and Tuesday, May 28 at 7PM at All Nations Church, located at 39 Bridge Street in Carleton Place. Tickets are \$15 and can be purchased from Tickets Please (TicketsPlease.ca, 485-6434), at The Granary (107 Bridge Street in Carleton Place), through choir members, or at the door (cash only). For more information, check us out at <cptownsingers.ca>.

We look forward to performing for you in May!

## Carleton Place Will Be Swingin' This Summer!

By R. Gary Payne

The Carleton Place and District Community Band (CPDCB) will kick off its 2024 Concert Season with a spring concert entitled **Swingin' Into Spring**. It will take place at the Carambeck Community Centre, 351 Bridge Street, on Sunday, June 2 at 2PM. Swing is the theme of this year's concert, and it's sure to bring back many memories of the big band era with the sounds of the Benny Goodman and the Glenn Miller bands. Admission is \$15 and children under 12 are free.

The Carleton Place and District Community Band had a busy 2023 season that included a community concert held in early June, Canada Day Celebrations, three outdoor Concerts in the Park throughout the summer, Remembrance Day, and a Christmas concert that raised over \$500 for The Hunger Stop.

Over the past nine years, under the direction of Conductor Gary Payne, the band has grown from 18 to 45 musicians performing an expanded and more advanced selection of music. With the support and generous donations from the Carleton Place community and businesses, the band has been able to acquire many new percussion instruments, increasing the quality of our performances. This year we were also fortunate to receive a corporate donation from Exit Realty Vision, which allowed the band to purchase new uniform shirts.

The band is extremely fortunate to have very talented musicians who go above and beyond in their contribution to our performances. Mr. Peter Archibald continues to write and orchestrate wonderful musical selections for the band, and Mike Emberson (tenor) and April Fergusson (soprano) provide truly professional vocal performances.

This summer the band will present a series of outdoor concerts on Monday evenings at Junction Station Park in Carleton Place. They will take place at 7:30PM on June 17, July 8 and July 22. Come out on a summer evening and enjoy music in the park! At the invitation of the Town of Almonte, we are excited to be performing an outdoor concert on July 15 at 7:30PM in Gemmill Park.

The Carleton Place and District Community Band is a community-based band. Musicians range in age and experience from those currently playing in high school to those retired from a career of performing music professionally. If you play an instrument now or played in a band years ago, come out and enjoy playing music again. There are no fees to join, and if you have two or three years of experience or more the CPDCB will be a great fit for you. Rehearsals take place on Monday evenings from 7:30-9PM at 137 John Street in Carleton Place. Please contact Mike Peckett at <mpeckett@sympatico.ca> for further information, or visit <facebook.com/cpadcb>.

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# Beatlemania

## New Exhibit at Heritage House Museum

The Smiths Falls Heritage House Museum is excited to be hosting an exhibit entitled *Beatlemania: Celebrating the 60<sup>th</sup> Anniversary of RCA Pressing Beatles Records in Smiths Falls*, opening on Saturday, June 1.

The exhibit will include Beatles memorabilia from local private collectors as well as artifacts from RCA Victor Smiths Falls and CJET. RCA Victor began pressing records in December of 1953. Over 400 people were employed during its peak, with 75% of the employees being women. RCA began pressing the first Beatles records for the North American market in 1963.

"We are delighted to showcase such a unique piece of history from our small town. Whether you want to take the *Yellow Submarine*, or *Drive My Car*, let's *Come Together* and honour this iconic rock and roll band. With *A Little Help from My Friends* at the Heritage House, this event is sure to attract fans, collectors, and *Day Trippers*, while

stirring up some new and memorable stories that reside within our rich community," notes Mayor Shawn Pankow.

The Museum is putting the call out to interested community members who have Beatles memorabilia, items from RCA Victor, CJET, or who would be interested in sharing their stories, to follow the link at [smithsfalls.ca](http://smithsfalls.ca) to fill out the interest form or contact the Heritage House.

Everyone is invited to the museum for the opening of the exhibit on Saturday, June 1. This event will include live music from Beatles cover band Beatlejuice, food, photo opportunities, and a chance to see the completed exhibit.

This exhibit and opening event are supported by the Ontario Trillium Foundation.

For information about this upcoming exhibit at the Heritage House, please contact Will Manhire at the Museum at 283-6311 or [wmanhire@smithsfalls.ca](mailto:wmanhire@smithsfalls.ca).

# This Is My Story

Having recently moved to Carleton Place, musician Mel Hucul has jumped right into the local scene, organizing the popular monthly Art House Music Series at the Carleton Place Gallery with her partner Don Bray. Mel is also one-half of a musical duo, and she and her musical partner Mark Evenchick are set to unveil their latest artistic endeavour. Their upcoming album release concert for *This Is My Story* — which is doubling as a fundraiser for the Ottawa Food Bank — promises to be not just an afternoon of intimate folk music but also a celebration of community spirit and philanthropy. As "weavers of tales and singers of songs," their music offers a refuge for the soul, inviting listeners into a world where vulnerability meets hope. Ahead of their concert at The First Unitarian Congregation on Sunday, June 2, we connected with Mel to delve into the inspirations behind the duo's new album, the significance of aligning their music with a noble cause, and the enchanting evening they are planning.

**theHumm: Your music has been described as "intimate" and "full of compassion." Can you share more about the journey that brought you and Mark together as a duo and what inspires the stories and emotions in your songs?**

Mel Hucul: Evenchick & Hucul started out as a goofy duo called "The Melarkie Sideshow," a name completely made up by our fans at the Spirit of Rasputin's open mic, where we met. During the pandemic, our act took a shift into deeper and more emotional songs. Mark had written a song called *One of the Walking Wounded*, based on a true story of his encounter with a street person and how it changed his perspective. For the longest time, I could not sing the song for crying, as I flashed back to my childhood when I had to beg, steal, or go hungry. This well-protected secret came with guilt, shame, and feelings that I somehow didn't deserve, didn't belong, and that nobody cared. The song became a catharsis — a way out of the pain and into the healing. When we decided we would like to do a fundraiser for the Foodbank, we performed that song for Foodbank staff at the warehouse. They were impressed enough to call up CBC radio, who decided to do an interview and air

it (and the song) at their December 2023 fundraising event at the National Arts Centre, and then later on prime time!

Those experiences encouraged us to dig deeper. They say you should write from what you know, so we stepped out on the ledge and began to share intimate details of more personal topics. We began to see that a lot of the experiences that haunt us were actually blocking us from living wholly. It appeared



Catch Mel Hucul in concert with Mark Evenchick on June 2

that the wounds, when shared and cared for, were laid to rest as being a part of a universal human experience.

**The CD release concert is also a fundraiser for the Ottawa Food Bank, marking its 40<sup>th</sup> anniversary. What motivated you to align your album release with this cause, and what can people expect at the show?**

It's a gratitude thing — for those who have supported and fed me and lots of others, and for all the people who volunteer, donate, hold signs, advocate, deliver, collect and sing — we all have opportunities and big enough hearts to Be the Change, right in our own backyard!

So on June 2, The Melarkie Sideshow will ride again, mingling with the more up-close and personal stories of Evenchick & Hucul from the new album. We will have vinyl and CDs available (the packaging was handmade by Mark), plus Bandcamp downloads. All proceeds, including from ticket sales and the Silent Art Auction, will be going to the Foodbank. People aged 15 and under get in free, but please indicate the number of children with your ticket purchase.

**Tickets to Evenchick & Hucul, with special guest Don Bray, are \$25 from Tickets Please ([TicketsPlease.ca](http://TicketsPlease.ca), 485-6434). The concert is on Sunday, June 2 at 3:30PM (doors open at 2:30) at the First Unitarian Congregation of Ottawa.**

# Puppets Up!



The Puppets Up! International Puppet Festival brings some of the best and most innovative puppetry from around the world to the streets of Almonte.



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[TicketsPlease.ca](http://TicketsPlease.ca)

# Brooks and Bowskill in Westport

Well-known in the Canadian music scene from his time with The Sheepdogs, Jimmy Bowskill is currently touring with his band Brooks and Bowskill, and is also the lead guitar player in Blue Rodeo and the Steve Marriner Band. Busy and in-demand, he continues to record endlessly and tour constantly! In advance of the Brooks and Bowskill concert at The Cove on Saturday, May 11, I caught up with Jimmy to find out more about his musical history and this terrific show.

by Seamus Cowan

**Seamus Cowan: Jimmy, you were recognized as a musical prodigy from a young age, with Jeff Healey spotlighting your talent. What sparked your passion for music so early?**

Jimmy Bowskill: I got the music bug pretty hard when I was around nine years old. My parents have always been big music fans and I was inspired early on by their record collection. Russ, a friend of my dad's, handed me a Hawaiian guitar tuned to open D and a bar slide. He said, "you can put this bar anywhere on the strings and it'll sound good." He was right, and I was hooked.

My Dad gave me an old Stella acoustic guitar, but the action was pretty high on it. I asked for an electric guitar and he made me a deal. He said if I got ten As on my report card he'd buy me an electric guitar. The most As I had ever earned was two.

I worked extra hard, (I think my teacher was on my side) and I earned eight As that year, so my parents bought me an Epiphone Les Paul, followed shortly by a white Stratocaster. My babysitter at the time found an old Fender Champ amp at a yard sale and that was my very first rig. I haven't put the guitar down since!

**Early in your career you performed alongside legends like Jeff Beck and ZZ Top. What was it like touring with such icons?**



Brittany Brooks and Jimmy Bowskill play The Cove on May 11

I've been very fortunate to play with some of my heroes for sure, and that's a constant source of inspiration. A memorable moment was when I opened for Dickey Betts and Great Southern at the Opera House in Toronto a bunch of years ago. We had a great set and I remember being on fire because I thought Dickey and Dan Toler might be watching. It was a good one.

After the set I was hanging with the band in the dressing room and Dan Toler came in to say hey. He was very complimentary, and we chatted for a while about music and guitars. He said he had a talk with Dickey and they wanted to get me up to play some

tunes with them. About half-way through the show they called me up for a handful of tunes, one of them being *Southbound*. I was about 15 at the time, and to this day it's one of the greatest highlights of my career. I got to hang with Dickey, Dan and the band on their tour bus after the show, and it was just such a magical night.

Rock and roll lost one of the greatest guitarists of all time on April 18.

**You're a multi-instrumentalist and run a recording studio. How does this diversity influence your work, and what keeps you going?**

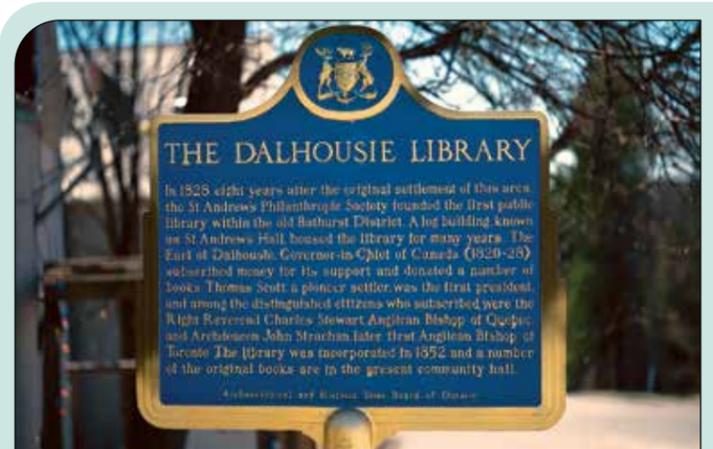
It's been a journey learning to play all these different stringed instruments. They're all so different in approach and finesse. I love having a variety of sounds at my fingertips, and it's especially useful in the studio. I've made a lot of good friends through recording.

It was a blast to work with you and Rob Radford on Miss Emily's record. Steve Marriner produced it and really captured a great vibe for the songs. My wife Brittany even made an animated music video for one of the tracks. I feel very fortunate to be able to make music for a living, and I think my love for music and creating is where good vibes come from.

**Tell us about your band Brooks and Bowskill, and what audiences can expect at your show.**

Brooks and Bowskill has been such a rewarding and organic experience. Brittany and I connected over our love for music and started writing songs together almost immediately. We're excited about our upcoming show at The Cove, where we'll showcase a blend of traditional country, rock and roll, and other genres.

**Don't miss Brooks and Bowskill in Westport on May 11. Call 273-3636 for reservations to the Dinner and Show event, or visit <coveinn.com> for details.**



## History in Your Backyard

Did you know that the oldest rural library in Ontario is only a short drive away? The historic Dalhousie Library is presently located in the Watson's Corners Community Hall at 1132 Conc 3 Dalhousie in Lanark.

To celebrate this wonderful rural gathering place, please plan to stop by on June 2 from 12-4PM for the Watson's Corners Community Hall Open House and the Grand Reopening of the Dalhousie Library. There will be music, light refreshments, and tours of the historic library. In a nod to the original Scottish settlers there will be a piper to open the event, highland dancers, and fiddlers — just as they had at the original hall opening in 1947. There will be photos and information about the many years that the hall and library have been in use.

The Dalhousie Library has been in existence since 1828 when it was established by early Scottish settlers. Among the cherished possessions they brought with them from Scotland were books, because books and learning were valued commodities. So valued, in fact, that along with surviving in their new rugged home, building a library/meeting place was a pioneer priority. Members of the local St. Andrew's Philanthropic Society petitioned the Earl of Dalhousie, Governor-in-Chief of Canada, for help to start the library. Lord Dalhousie sent \$100, several books, and a packet of his coat of arms to be pasted in the books. Some of these books bearing Lord Dalhousie's coat of arms still reside in the library to this day.

By 1843 there were 800 titles housed in the log meeting place called St. Andrew's Hall. The pioneers made long journeys through the woods to attend "Issue Day", held monthly. Library Issue Day was a social occasion as well, when friends and neighbours caught up on one another's news. Amazingly, the current historical library collection contains a number of the original books, which are still stored on the original 1827 pine cupboards.

Although the first hall that housed the books did not survive, in the early 1940s there was interest in having a new St. Andrew's Hall built for community gatherings and to preserve the library books. In 1947, after years of community donations of cash, material and labour, the new St. Andrew's Hall was built and became the Watson's Corners Community Hall.

Since 1947 there has been an addition, an ice storm, and even a kangaroo! Seventy-seven years later the hall continues to be a community hub, providing space for events such as dances, card games, birthday parties and baby showers, as well as formal meetings and even celebrations of life. The Dalhousie Library also lives on in the hall 196 years later! Come see the history and share some memories. See you at the hall on June 2. For details, please call 259-5454 or email <wch5454@gmail.com>.



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# Joanna Scissons – An Almonte Tennis Icon

By Heather Pinsky

The year was 1955. Louis St. Laurent was Prime Minister of Canada. Dwight D. Eisenhower was the President of the United States. A new optimism was brewing as the second world war had been over for a decade. In southwest London, England, in a stadium called Wimbledon, current Almonte resident Joanna Scissons was playing in the Junior Championships at the age of 17. She was playing against Christine Truman, who later became the youngest women's singles champion at the French Championships at the age of 18.

So how did this Almonte octogenarian end up in the top tennis championship for her age group at the most prestigious court in the world? Scissons was born in 1938 and grew up in England, where she played tennis every day from the age of six. Today, she credits her mother for teaching her the game and for instilling in her a competitive spirit that made her one of England's top junior players. As she aged, Scissons continued to enjoy tennis both competitively and recreationally, and even played for the Air Force. In addition to tennis, she also played ping pong, badminton and squash. She was truly a gifted athlete in any racquet sport.

Joanna moved to Almonte in 1961 at the age of 23, where she worked in the Pinehurst House for Jack Taylor and looked after his five children. She then married and started her own family. Her husband opened and ran Scissons Grocery on Ottawa Street in Almonte until his untimely death. Joanna was then tasked with bringing up her family, and ran the store for several years. After some time, she managed to accumulate enough money to build a house which she still lives in to this day.

Joanna started to play tennis again in 1970 at the Almonte Tennis Club which back then was just two courts (there are three now). The courts were in Gemmill Park, where they still are today. She continued to play until the year 2000. She had a wicked one-arm backhand and was very competitive even in her later years. She helped coach the new players, but as she herself admits, if they weren't there to play their best she got a little frustrated. It seems that the competitive spirit remains. Playing tennis has left her with lifelong friendships, and she notes that the tennis club is a wonderful community builder. Joanna is truly an inspiration to the sport. She taught her children the love of tennis and they played for many years.



From Wimbledon to the Almonte Tennis Club, Joanna Scissons has had a lifelong relationship with the sport

On a personal note, when I met Joanna, I thought I was going to meet a little old lady. Nothing was further from the truth! She is still a vibrant, thoughtful go-getter at the age of 85. Did I mention she got her pilot's license in 1972, went zip lining in her later years, and recently went for a ride on the back of a Harley Davidson motorcycle? Quite a woman.

Joanna currently lives with her partner Ray and enjoys church breakfasts, walking, and the enjoyment of meeting new people. This is a person I hope I can emulate as I get older — outspoken, fun, and fit in every aspect of her being. She heartily endorses tennis as a great way to stay healthy and meet new people.

The Almonte Tennis Club is currently accepting new members. The Club has three courts and many programs to choose from: drop-in, free clinics, ladder competitions, smash cages, socials, and many special events. Come and get to know your tennis community and live a full and fit life. You can register online at <almontetennisclub.com>.

— Heather Pinsky is the Membership and Social Coordinator for the Almonte Tennis Club

## Emotional Baggage Art Exhibition

The Art Factory in Renfrew and the Carleton Place Collective for Mental Health, Wellness and Arts have partnered to host an art exhibition in honour of Mental Health Awareness month in May.

Entitled *Emotional Baggage*, this five-week rotating show seeks to demonstrate the diverse perspectives and expressions that shed light on the spectrum of emotions, experiences and challenges associated with mental health through art.

Art has the unique power to articulate the often complex and nuanced terrain of mental health in ways that transcend words alone. Through paintings, sculptures, mixed media and other works, the show aims to create a dialogue that fosters understanding, empathy and resilience.

Whether you've grappled with mental health issues yourself, supported a loved one through their journey, or simply feel passionate about advocating for mental wellbeing, you are encouraged to attend the exhibition at the Art Factory and/or the Carleton Place Collective.

*Emotional Baggage* will include selected artworks in a curated exhibition along with talks and activities provided by mental health professionals and artists alike, aimed at raising awareness, fostering dialogue, and promoting destigmatization of mental health.

Art can be used as a powerful tool for healing, advocacy, and connection. This show aims to help illuminate the complexities of mental health and work towards a more compassionate and inclusive future.

*Emotional Baggage* will run from May 1 to June 8 at both The Art Factory (11 Bridge Street in Renfrew, liveloveartfactory.com) and the Carleton Place Collective (155 Industrial Avenue in Carleton Place, carletonplacecollective.com).



The Art Factory in Renfrew and the Carleton Place Collective for Mental Health, Wellness and Arts are hosting an art exhibition in honour of Mental Health Awareness

# Nutritious, Delicious, and Attractive!

Don't think you have room in your garden for a vegetable patch, but have a hankering for fresh-picked greens? Do you think that the vegetable patch should be hidden behind the garage? Only got room for a few containers of flowers on your patio?

You might want to reconsider. There are many edible plants that are healthy additions to your plate as well as being a visual feast. They make

by David Hinks

great additions to flower beds, ornamental borders or containers. An important proviso is that most vegetables require a minimum of six hours of full sunlight.

I have had the most success with vegetables that form vigorous, well-shaped plants with interesting or attractive foliage or fruit and that continue growing strongly through the summer and into the fall. Plants that I would recommend include peppers, eggplants, globe artichoke, Swiss chard, kale and basil.

Dwarf chili peppers such as "Super Chili", with green, yellow and red peppers pointing above their compact foliage, are as attractive as any bedding plants. Early sweet peppers such as "Ace" form strong compact bushes that will be covered in medium-sized red peppers (if not picked when green).

Eggplants form a nicely-rounded bush similar to peppers and are available with colourful fruit. "Fairy Tale", for example, has lavender fruit with white stripes. Both peppers and eggplant continue to grow strongly until the first frost.

The globe artichoke is a vigorous plant with huge grey deeply-cut leaves that make a sharp

contrast to plants with softer rounded foliage. An early-maturing variety such as "Imperial Star" has a good chance of producing the buds that are a culinary delicacy. These plants continue to provide a strong focal element even after several hard frosts.

Swiss chard is available in a rainbow of colours. "Bright Lights" has stalks of yellow, pink, white and red, with bright green leaves that add a nice visual contrast to rounded plants. They continue growing into late fall, surviving the first several frosts.

Kale is another hardy plant that you can still pick and cook after it is covered with snow. There are many varieties available with frilly or serrated leaves ranging from green to reddish-purple in colour. "Redbor" is a very attractive deep reddish-purple plant growing a dramatic metre tall by late summer.

Basil forms a compact rounded plant in many shades of green and purple. Thai basil such as "Siam Queen" also has very decorative purple flowers. Many herbs — such as oregano, parsley, rosemary and thyme — form well-behaved small compact plants. They can easily fit into a small corner of a flower bed placed close to the kitchen door and handy for the gourmet cook. Some such as tarragon are hardy perennials.

These are just a few of the ideas that have worked for me. Let your imagination run wild! If you have lots of room, consider large-scale plants such as rhubarb or asparagus. Other perennial vegetables such as sorrel may also find a place. Smaller fruiting trees or shrubs may also find a home. Some vegetables lend themselves to vertical growing. Cucumbers

on a trellis may be a great backdrop for a flower border.

In a mixed border it is important to avoid plants that spread aggressively with underground roots (for instance raspberries or



vegetables such as lettuce, onions, peas and spinach can be planted outdoors as soon as the ground can be worked, often towards the end of April in our area. Semi-frost-hardy vegetables such as beets, carrots, chard and potatoes are best planted in early May as they germinate slowly in cold soil. These veggies are tough and take frost or a late snowstorm in their stride. Similarly, perennial plants are not afraid of the cold.

An early start is essential for plants that do not tolerate heat. Our spring can be incredibly short, with snow still on the ground at the end of April and 30-degree temperatures by late May. Some plants such as peas, broccoli, cabbage and turnip grow quickly in cool temperatures and practically stop growing in the heat of the summer. Lettuce and spinach will "bolt" (produce flowers)

horseradish). In general, it is best to avoid plants that are not well behaved.

Combinations of flowers and vegetables are aesthetically pleasing, but there are other compelling benefits. Some flowers actually repel insect pests, and we are learning that a monoculture creates a much more inviting target to some pests than does a diversity of plants.

Once we have decided on a location and strategy, it is necessary to have a planting calendar that makes sense.

The Victoria Day rule for planting the garden in this part of the continent is an important one for heat-loving and frost-sensitive plants such as peppers, eggplant, basil, pumpkins, melons and cucumbers. However, many vegetables can be planted in the garden much, much earlier. Frost-hardy

when temperatures climb above 20C, resulting in bitter unpalatable leaves. Key to early planting is soil that is not wet and soggy. Raised beds and well-drained soil assist an early start by warming up much faster.

Rigid adherence to a specific date may not be wise, but there is nothing wrong with taking a risk with a few plants for a super-early harvest. While May 24 seems like a safe bet, three years ago parts of our region saw killing temperatures for three consecutive nights after May 24 — our food bank community garden in Carleton Place saw about 100 pepper plants turn to mush! Mother Nature can be capricious— I suggest careful study of the Weather Network for clues as to what she may be up to. However, one thing I have learned is that forecasting more than two days out is sketchy at best.

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