

ARTS, ENTERTAINMENT & LIFESTYLE
IN GREY-BRUCE

FREE

MOSAIC

APRIL 2015
VOL. 22 NO. 7

HORNS APLENTY

APRIL 24 7:30 PM

THE DON E. JOHNSON BRASS ENSEMBLE

(\$20 Adult; \$5 Student)

APRIL 25 2 PM

OPEN COACHING FOR STUDENTS & COMMUNITY
PLAYERS WITH TRUE NORTH BRASS

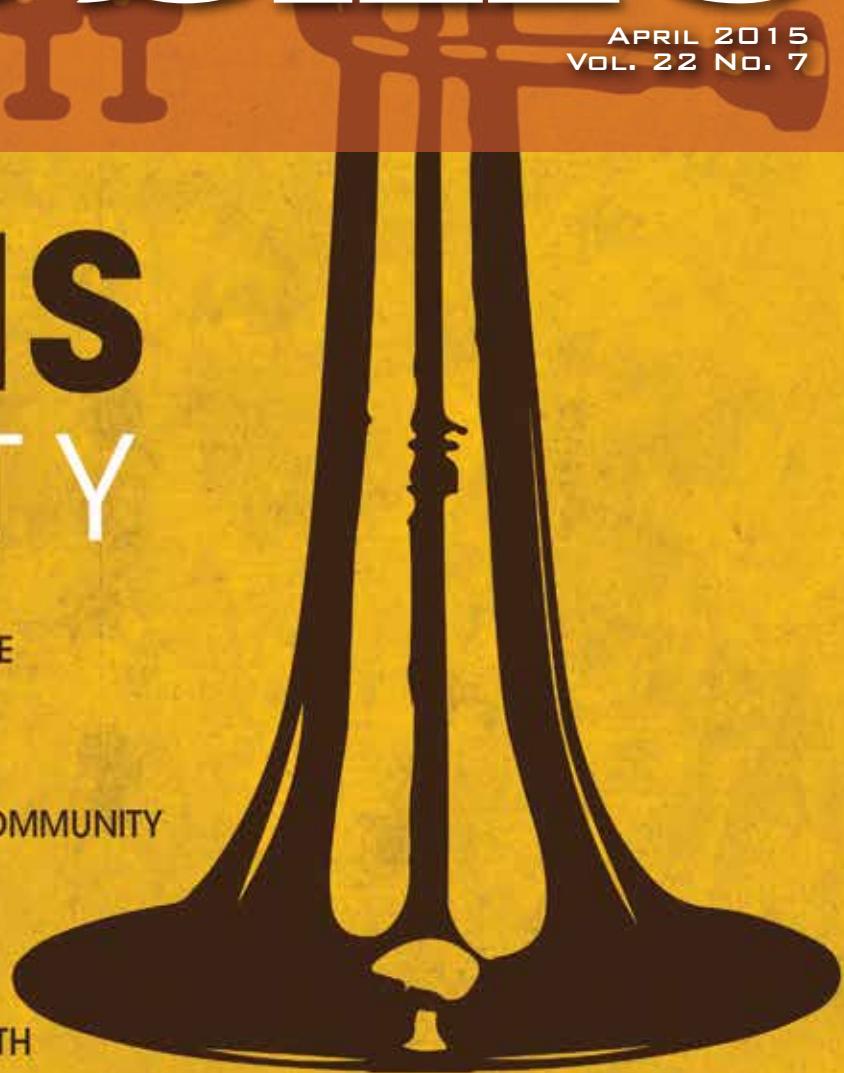
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COMMUNITY WATERFRONT HERITAGE CENTRE: Celebrate Our Story

Wendy Tomlinson

Before dining cars on passenger trains were common in North America, a rail passenger's option for meal service while in transit was to patronize one of the roadhouses often located near the railroad's "water stops." Fare typically consisted of rancid meat, cold beans and old coffee. Such poor conditions discouraged many from making the journey and it became apparent that passengers would need to be fed onboard. Dining cars began serving meals. Initially, the dining cars or "restaurant cars" as they were referred to in Europe, consisted of a galley-style counter with stools. Passengers would purchase and consume food cooked on a grill, either within the dining car or taking it back to their seats.

As competition between railroads intensified, dining cars were taken to new levels. Elegant dining cars were outfitted with fine china, silver, linens, fresh ingredients and top-notch wait service. Some of the dishes offered were: Braised Duck Cumberland, Lobster Americaine, Mountain Trout Au Bleu, Curry of Lamb Madras, and Pennepicure Pie. A Christmas menu from 1882 listed the following items: Hunter's Soup, Salmon with Hollandaise Sauce, Boned Pheasant in Aspic Jelly, Chicken Salad, Salmis Prairie Chicken, Oyster Patties, Rice Croquette, Roast Beef, English Ribs of Beef, Turkey with Cranberry Sauce, Stuffed Suckling Pig with Applesauce, Antelope Steak with Currant Jelly, Mince Pie, Plum Pudding, Cake & Ice Cream. By the 1920s and 1930s, service on many dining cars rivaled that of the most prestigious restaurants and clubs, with the unique visual entertainment of the ever-changing view.

In September 2014, the Owen Sound Community Waterfront Heritage Centre (CWHC) became aware of a 1953 Pullman-Standard dining car for sale. After inspection of the car, CWHC purchased it in November. It is in excellent condition, having retained many of its original design features, typical of the era. Originally built as a coach for the Grand Trunk Railway, it was rebuilt as a dining car in 1963 and was eventually reassigned to Canadian National Railway (VIA Rail) in 1971, until its retirement in the early 1980s.

To make the journey from its present location, some 173 kilome-

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ters away, the 'trucks' (wheels) will be removed and the extra-long car will be placed on a trailer with rear-load steering. Once in Owen Sound, the car will be lifted back onto its trucks by crane and placed onto a specially designed rail bed. Fully equipped with a kitchen, it will require some refurbishment both to its interior and exterior. Fundraising and sponsorship efforts have already begun for the Dining Car Project.

In support of this project, consider making a donation to the Community Waterfront Heritage Centre and be sure to purchase your raffle ticket for a luxury train trip for two to Quebec City, with accommodation at the Fairmont Chateau Frontenac (valued at \$8000). Tickets are only \$25 each and available at the Heritage Centre and locations throughout the area.

The Community Waterfront Heritage Centre celebrates and preserves Owen Sound's heritage on the waterfront: the marine, rail and industrial history of the City and surrounding communities. For more details visit www.marineandrail.ca, call (519) 371-3333 or email info@heritagecentre.ca. The Community Waterfront Heritage Centre is located at 1155 1st Ave West, Owen Sound and is open daily from Victoria Day to Thanksgiving, or by appointment. ☺

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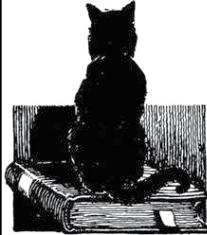
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April 2015

Vol. 22 No. 7

MOSAIC

A composition created by inlaying various sizes of like pieces so as to form one picture.

Established in 1993, MOSAIC is the only publication in Grey-Bruce dedicated 100% to encouraging and supporting all the local arts and entertainment.

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Owen Sound Singers in Accord ~ Rhythmwod
Roxy ~ Santa Fe Gallery ~ South Grey Museum
Steve Hencze: The Mortgage Guy
Sweetwater Music ~ Welbeck Sawmill

Published monthly from March to November, MOSAIC is available in the places where people gather from Tobermory to Kincardine to Collingwood and everywhere in between. Current and back issues are also available at www.greybrucemosaic.ca.

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The views expressed by the contributors are not necessarily those of the publisher or editor of MOSAIC

COPY DEADLINES

Issue	Deadline
March	February 10
April	March 10
May	April 10
June	May 10
July	June 10
August	July 10
September	August 10
October	September 10
November/December	October 10

From My Desk

by Maryann Thomas

Transformation. I can't ignore it. It's the overwhelming theme running through so many of our articles this month. Whether it be transformation from one place to another; one state of growth to another; or one way of living to another, our writers are acknowledging the joys and challenges of change. Truly, if you took the advice contained within, you'd be dancing your way into a new and revitalized you, enjoying all the gifts of music and art this community has to offer. Look up with the Bluewater Astronomical Society; look out with Grey Bruce Adventours; look within with the Trillium Healing Arts; and look awesome with our brand new local Awesome Group (introduced below). Don't be a stranger!

Maryann

SHOW US YOUR AWESOME!

The latest Awesome Foundation has been born in Grey County, bringing a new level of awesomeness to the City of Owen Sound. Part of an international alliance (check out www.awesomefoundation.org), twelve awesome local individuals have pledged \$100 each to help make their community a more awesome place, one great idea and one cash-filled brown paper bag at a time.

Individuals located in the greater Owen Sound area are invited to pitch their best idea to help make greater Owen Sound an even more awesome place to live, work and play. All who are located within 20 kilometres of Owen Sound city hall are invited to email a pitch of up to 300 words to awesomeowensound@gmail.com by April 15, 2015 or submit their pitch through a form available at www.awesomeos.com. The Awesome Trustees will narrow down the submissions to three great community-minded ideas that will "make awesome happen." Live pitches will take place at an exuberant community event shortly thereafter. Details will be posted at www.awesomeos.com. Those making pitches are welcome to bring props or other items with them to help their presentation. Only a microphone will be provided on site to assist with the live pitches. The Awesome Trustees will choose the idea that makes their community a more awesome place. At the end of the evening, the winner will receive \$1000 in cash to help bring their awesome idea to life. The runners-up will receive \$100 each as thanks for their awesome efforts.

Awesome Foundations have sprung up in cities and towns all over the globe. Informal "Foundations" of largely unconnected, community-minded individuals provide micro-grants with no strings attached, helping to revitalize, innovate and better their communities. All ideas that make awesome happen locally are welcome. The community is invited to attend the live awesome pitch night which is free. All are welcome to make a "people's choice" donation towards their favourite awesome idea at the end of the pitch sessions.

All funds collected will go to the three awesome people who pitched ideas and enhance the prize monies granted by the trustees.

If you or someone you know has a great idea to make our community more awesome, the Owen Sound Awesome Foundation wants to hear from you! Submit your pitch by April 15, 2015. 

**AWESOME
FOUNDATION
OWEN SOUND ►**

UPDATE: at the Owen Sound Artists' Co-operative

by Morag Budgeon



April already? I am still recovering from Christmas...I suppose I should be grateful that the winter has passed; it has been full of cold weather, frozen pipes and struggling furnaces. Now it is time to think about spring buds, fresh breezes and damp scents.

This time of the year always signifies rejuvenation. For makers, outdoor kilns can be fired up, al fresco painting parties are arranged, and unheated studios become habitable again. No more digging a path to an outbuilding studio, or finding some excuse not to shovel that path. It is time to make.

Our guest artist for April wanted to breathe that fresh spring air again after years of working in the Toronto art field. **Ken Thornburn** moved back to Tara and started Northern Flyer Designs. Ken creates drawings in black and white and in colour depicting our rural and historical past.

Spring also breathes fresh life into the Legacy Gallery as member **Linda Bester** mounts a 30-year retrospective for the months of April and May. This exhibition of art includes oil, acrylic, watercolour, mixed

media, sketches, drawings, charcoal and pastel, along with written and supportive material. Linda's two artistic passions – music and painting – are highlighted in this intimate look into her creative process. Linda started her career as an artist later in life, but once she made the decision to follow this path, her excitement, talent and the privilege of pursuing her inner passion shone through. "I burst out of the gate running and never looked back, well, until now! I can't believe it has been over 30 years. Each artistic layer seems like yesterday," she says. The Owen Sound Artists' Co-op is thrilled to present this important show, allowing the viewer to follow the arc of a successful artist. Join Linda on Sunday, April 12 from 2 to 4 to celebrate her hard work and achievement.

Make sure to keep Friday, May 1 open in your calendar. **Fresh First Friday** will be happening in the downtown core, with businesses and groups opening their doors in the evening to celebrate spring with music, special promotions and freshness. Watch for more information in downtown store windows.



Linda Bester, self portrait, watercolour

The Owen Sound Artists' Co-op, located at 279 10th Street East, is open Monday to Saturday, 9:30 to 5:30. **M**

LOVE LETTERS

Richard Prazmowski

YardPlay Productions of Meaford, in association with The Georgian Bay Treatment Centre for Youth (GBTCY), is presenting two performances of *Love Letters* by A.R. Gurney on Saturday, April 11 at 3pm and 7pm at the L.E. Shore Public Library in Thornebury. Tickets are \$15 each and can be ordered by calling (519) 538-3536. This unique and imaginative theatre piece is comprised of letters exchanged over a lifetime between two people who grew up together and went their separate ways, but continued to share confidences. (These letters do contain some adult content and strong language.) As the actors (Charlotte Tarlo and Richard Prazmowski) read the letters aloud, what is created is an evocative, touching, frequently funny, but always telling pair of character studies in which what is implied is as

revealing and meaningful as what is actually written down.

These performances are fundraisers for The Georgian Bay Treatment Centre for Youth (www.gbtc.ca), a residential treatment centre located near Paisley. As expressed in their mission statement, GBTYC has been developed "to provide residential treatment for youth with addictions and concurrent mental health issues using a positive, caring approach in our therapeutic and holistic models and equipping family members with the necessary support systems to enhance recovery." Areas of treatment include alcohol and/or drug addictions, concurrent disorders, eating disorders and gambling. Planning for the centre began in 2007 and the first residents will be accepted into the program this spring. **M**

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FROM THE COMMUNITY FOUNDATION GREY BRUCE

Aly Boltman



COMMUNITY
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How to Write a Successful Grant Application

It's been one year since I started working with Community Foundation Grey Bruce and some days I still can't believe that I actually leapt to the other side of the funding table. All of those years writing grants. Every one an exercise in hurry up and wait, a recipe comprised of one brimming cup of enthusiasm, two buckets of nerves, and never-ending wordsmithing.

It's safe to say I'm overly sympathetic to grant writers. From this vantage, it makes it very easy to want to see others avoid pitfalls. So now I get to help people craft their applications to the Foundation, and sometimes locate other sources of funding for non-profits too.

So, seeing as there's a looming application deadline of April 30th for Community Projects and Programs, I thought we'd kick off spring with some tried, tested and true grant writing tips:

- First, go find yourself a Hi-Liter and study the grant criteria, singling out important words and phrases which are clues to what the funder really wants. Read them over and over until they roll off your tongue. And then use them in your application whenever possible.
- Second, take some time to see what the funder has granted in the past. Do you see similarities? Do the themes match your own? If your project or program doesn't seem to fit, or even if it does, pick up the phone and call the funder. It's a great way to develop a rapport with them and it provides us with a peek into the needs and strengths of your organization. It also helps funders connect you with helpful community resources, and stops unnecessary duplication of efforts in the non-profit sector. Plus you'll get valuable tips to help make your application stronger. Who said nothing in life is free?

- Third, don't try to fit a square peg into a round hole. It never works. If you bend your project to yogic proportions to fit a funder's needs, your success rate drops. Or, at reporting time, you end up running around like a headless chicken trying to fulfill promises you made so long ago. And don't forget that funders can almost always smell a rat. Most of us were you once upon a time.
- Lastly, be prepared to answer the questions "how will you fund this activity if you don't get every penny you ask for?" and "how sustainable this project beyond the grant?"

These points are critical. Funders love to help get new programs off the ground, because they understand that the tolerance and the budget for risk-taking doesn't exist in the non-profit sector. Funders also get that grants foster community innovation, which is what motivates us to spread the love around. Our organization is completely built on a platform of sustainability, providing grants from the earned income of our endowed funds *only*, never touching the capital of the donations that build those funds. That's a definite bias towards stability and forward-thinking measures!

On that note, I wish you good luck with your April 30th deadline for Community Projects and Programs. Grants of up to \$5000 are for the taking if your project significantly benefits disadvantaged children and families. If your project doesn't fit that bill, you can still apply for up to \$3000. Capital items no greater than \$1500 also fit this funding stream.

If you join me next month too for some cookies and milk, I'll talk about how to write a solid letter of intent for our Capital Funding to access grants up to \$35,000. Yes, Virginia, there really is a Santa Claus (of sorts) for the non-profits in Grey Bruce. Its name is Community Foundation Grey Bruce. ☺

IS PERSPECTIVE EVERYTHING?

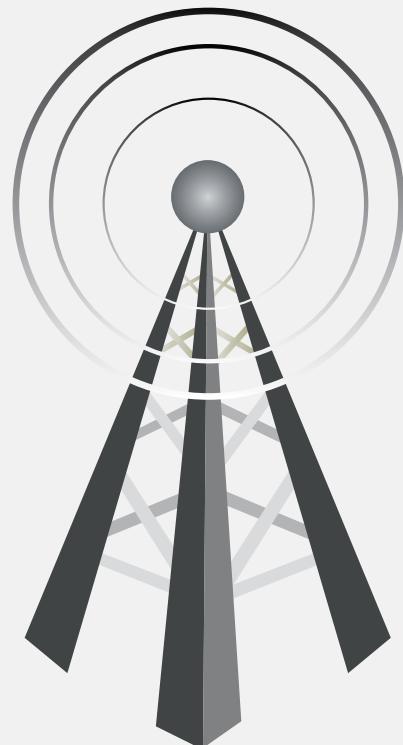
Judy Beth Armstrong

Is everything you see, read and hear in the news true? Does the news simply reflect the world as it is? Or is our view of the world shaped by it? Does it matter? In a special lecture entitled *Is Perspective Everything? News, Bias, Reality – From Telegraph to Twitter*, Dr. Herbert Pimlott addresses these questions as he explores a relationship that has been at the core of how our society works: the relationship between journalism and democracy.

Presented by the Bluewater Association for Lifelong Learning (BALL), on Monday April 13, 10am to 12 noon, this lecture will be held at the Bayshore Community Centre, Owen Sound. Tickets (\$5/BALL members and \$15/non-members) may be purchased at

the registration desk between 9:15 and 9:55 prior to all BALL lectures, and on Monday, April 13.

Dr. Herbert Pimlott is an Associate Professor of Communication Studies at Wilfrid Laurier University. In this talk, Dr. Pimlott examines how news has evolved historically, under the impact of changes in technology, economy and society, from the telegraph and the US Civil War, through to the introduction of television and the impact of the Vietnam War, and the arrival of social media. He also highlights some of the ways in which language itself shapes the way we understand the world. WARNING: You might not see, hear or read the news in the same way again! ☺



Attention Young Writers!

Nadia Danyluk



The 2015 Write @ Your Library creative writing contest is seeking poems and short stories from students in grades 7 through 12 from across Grey and Bruce counties. Submissions may be made in either French or English. Winning entries will receive cash prizes and have their work published in the *Write for 2015* anthology. First place winners in each category will also be published in the July edition of MOSAIC. An awards ceremony with readings of the winning entries will be held in June. Submissions are also sought for the cover design of the 2015 anthology. The winning entry will receive a \$100 cash prize.

Guidelines for the writing and design contests can be picked up at your local public library or downloaded from the Owen Sound & North Grey Union Public Library's website: www.owensound.ca.

library.on.ca. To see previous winners, check out earlier editions of the *Write for* anthology at your public library.

Submissions must be emailed to Nadia Danyluk, Youth Services Librarian at the Owen Sound & North Grey Union Public Library no later than Monday May 15, 2015. You can contact Nadia at ndanyluk@owensound.library.on.ca.

This event is coordinated by the Owen Sound & North Grey Union Public Library and is enabled through the participation and sponsorship of MOSAIC, The United Way of Bruce Grey, the Centre culturel du Jardin des découvertes, Bruce County Public Library, Grey Highlands Public Library, Hanover Public Library, Meaford Public Library and West Grey Public Library. ■

Learn to Draw Classes for Beginners

Lesley Banks

If drawing is something you always wanted to do, or do better, this class is for you. Lesley Banks will teach you basic skills so you can create a likeness of anything or anyone. Starting with a new way of seeing, she then introduces simple techniques of shading, creating textures, perspective and composition. "Drawing is a learned skill and this class will give you a good start," says Lesley. Providing lots of examples and handouts, the class will provide a logical approach to the art of drawing. This four-week class at The Ginger Press in downtown Owen Sound starts Monday April 20 at 7:00pm. Registration (\$125) includes a basic kit of art supplies. Limited class size. Register now in person or by phone at 376-4233. ■



AN OWEN SOUND LITTLE THEATRE PRODUCTION

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Directed by Bill Murphy

Music: Lyrics by Allen Smutylo

Composed by Terry Smutylo



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IS PERSPECTIVE EVERYTHING?

News, Bias, Reality – From Telegraph to Twitter

Dr. Herbert Pimlott, Wilfrid Laurier University

This presentation will draw from Dr. Pimlott's experience in communications, both as a participant in mainstream and alternative communications and his academic studies in the field. In this period of telecommunications saturation, how we approach the messages being provided for us is critically important.

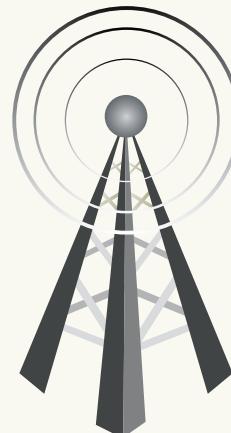
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10 AM to Noon

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TICKETS:

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www.bluewaterlearns.com

Information & Inspiration for the Inquisitive Mind

Grey Sauble Conservation Tree Sale

Krista McKee



As the sun starts shining longer and the air starts warming up, spring is in the air and we start thinking of things to do once the nasty snow is gone and the ground is thawed. Yes, it is time to get our hands dirty working in our backyards whether it is gardening or planting a few trees. There is something about spring that triggers us to grow and nurture plants and trees that can be enjoyed by all.

Every spring, staff at Grey Sauble Conservation are busy working on tree planting projects for landowners who own 2.5 acres of land or processing tree orders of 100 trees or more. But on one special day, we open the doors so you can purchase 1 to 100 trees. No matter what type of soil you have, drainage or lighting conditions, we will have a tree that will grow in your specific environment. Staff are always eager to answer your questions and assist you with your tree purchases.

With our environment changing, so is our list of things you can purchase at our tree sale. If you were thinking of harvesting your own fruit, we will have apple, pear, cherry and plum trees – approximately 4-5 feet tall. If you are interested in providing a helping hand to our honey or bumble bees, butterflies and hummingbirds, you can purchase native upland or lowland, meadow or woodland flowers.

Do your part in reducing your carbon footprint and plant a tree or provide a nectar plant for the butterflies or bees. Visit us on **Saturday, April 25** for our twelfth tree seedling and landscape tree sale – beginning at 8:00 am until noon, at our Administration Centre located on Inglis Falls Road. Don't forget to bring your own container (pail, or bags). See you there! ☺



SPEAKER SERIES: BARNs TO BREWERIES

Kate Russell

South Grey Museum's popular speaker series, hosted by Friends of the Museum, is back for another year of interesting topics to explore. *Swing Beam* author Laura Lush kicks off the series on April 22 with a discussion about her love of barns. Museum month in May will feature Dr. John Carter on why museums matter. A special showing of *Glenn Gould's Toronto* will be held on June 24 with filmmaker John McGreevy. On July 22, Edith George will share her take on the significance of heritage trees and, on August 26, Virginia Barter will share tales of her Métis family. Wilderness wanderers will want to hear canoeist Kevin Callan with his *Dazed but Not Confused* book on September 23 and outdoorsman Bob Henderson with *More Trails, More Tales* of heritage travel on October 28. The series wraps up with Terry Schwan speaking about the *Historic Schwan Breweries* and beers of yesteryear on November 25. All programs include slide presentations and authors' books will be available for sale and signature. Admission is \$7/person, \$12/couples and \$5/members. ☺



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pop/rock

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Marc Jordan & Amy Sky
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Friday, May 1, 8pm \$50



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\$31.50

JENNIFER POTTER & friends

including Sandra Swannell, Joel Dawson
and members of the Georgian Bay Choir

Saturday, May 9, 8pm \$20



It's Time to Say Goodbye

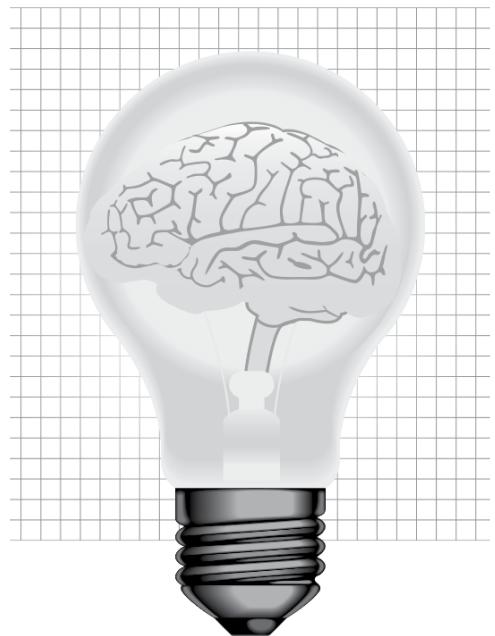
Sat Dharam Kaur, ND

When we have a dependency on an addictive substance or habit, we often romanticise this relationship. We confer power and affection to the substance or behaviour. We make up excuses about why it is good for us and why we should continue. We might say: "It helps me relax." "I am more creative when I use." "It helps me connect to my spirit." "It is there for me when no one else is." "It takes away my pain." "It gives me energy." "It is my best friend." "It soothes me." "It helps me forget." "It allows me to escape." "It fills the emptiness inside."

While this may be our experience in the moment, addiction is not a true friend. The feeling or relief doesn't last. The love is not reciprocated. That substance, whether it be alcohol, tobacco, heroin, marijuana, sugar or any other drug, doesn't care about you. It doesn't call to see how you are doing. It doesn't

offer to hold your hand, rub your feet, or go with you to difficult appointments. It doesn't make you meals, sleep with you, or praise you for something you did well, or tell you that it loves you. In actual fact, it robs you of all of this. It is a lousy selfish partner that doesn't care. As you use, you lose your connection to other valuable, real friends and relationships that you already have or can develop. Don't give your drug of choice or unhealthy habit value. It is taking away from you what you are seeking from it. It is a thief.

It's time to say goodbye to your addictive substance or habit. Acknowledge the ways in which it has supported you in the past. Recognize the ways in which it has hurt you and is blocking your future. Prepare to end the relationship, as though you were saying goodbye to someone who cheated on you or stole from you. Sever the ties. Divorce yourself from the substance or behaviour.



Join us for the **Beyond Addiction: The Yogic Path to Recovery** program in Owen Sound May 16-24 at Trillium Healing Arts, 235 9th Street East, Owen Sound. See www.beyondaddiction.ca or call (519) 372-9212 for more information.

¶

ANNUAL TREE Seedling & Landscape Sale



Saturday, April 25, 2015, 8:00 am - 12:00 noon

Tree Species Available

white birch, black cherry, black locust, sugar maple, red maple, silver maple, red oak, white oak, hybrid poplar, black walnut, hackberry, balsam fir, fraser fir, white cedar, eastern hemlock, austrian pine, white pine, red pine, white spruce, norway spruce, colorado blue spruce, tulip tree, sycamore, nannyberry, american highbush cranberry, black elderberry, american hazelnut, red elderberry and apple, cherry, plum & pear trees **Native Flowers** - (upland or lowland, meadow and woodland flowers)

Small Quantity of Landscape Trees Available

Prices Range \$1.00 - \$45.00

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Bring your own container for the bareroot seedlings and landscape stock (eg. pail or bags)

Location: Grey Sauble Conservation Administration Centre
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Grey Sauble Conservation Foundation
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Bass-Baritone

Barbara Dyck
rehearsal accompanist

Saturday, May 2, 7:00 pm

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At the DURHAM ART GALLERY

Kristen Delmage

D/A
Durham Art Gallery

SHARED DREAMS: Sarah Tacoma & David Marshak

At first blush what I love most about this pairing of artists is that if you visit their individual websites you will find this: the identical forlorn coastal house with plywood panels covering two of its six windows, identified as *Sailor's Island* on Marshak's site and, on Tacoma's site, *The Dreamers*. The images offer identical views of a spare and windswept landscape. The weathered shingle roof, wood siding and stone foundation of the house are stark horizontal layers set against long grass and an overcast sky. The one physical distinction is a boulder in the foreground of Tacoma's photograph. There is no boulder in Marshak's painting of the same scene. But there is also an enormous felt difference.

The house in Tacoma's print, elucidated with a pigment and resin process, strikes me as haunting and isolated. In Marshak's painting, the warmer hues allow for tenderness and yearning; the plywood panels can almost be interpreted as lit windows on a darkened evening. These were comparisons made between representations on a screen – I hadn't yet met the art (or the artists) eye to eye.

Then on a Friday afternoon in March, the kids and I drove up to Kimberley where David and Sarah, and their three small

children, have their home. David Marshak was kind enough to host a tour of their adjoining studios and talk to me about their work.

The photorealism of Marshak's paintings dissolves somewhat when seen with the naked eye. Like the 19th century pointillists, he creates his images from thousands of minute patches of colour applied either by brush or, more recently, with a palette knife. Unlike Seurat or Cross, however, Marshak works from photographs of the scene he is painting. And he confessed that while he typically works from photos he has taken himself, in the case of the coastal house, he was working from the very image on Tacoma's website.

When we moved next door, the first thing we noticed was the smell. The kids immediately recognized the scent of beeswax and found its source in a small warming pan on the work bench. Tacoma's photographs are subjected to an elaborate process: once printed they are mounted on wood, often coated with resin or wax and then scraped to create windows of clarity into the scene. Her lens observes its subject closely, but there is an obfuscation at work that is more suggestive and intriguing than any clear-sighted view. Trees and their winter branches fill many of Tacoma's photographs with their patterns and webs like snatches of a dream half-remembered. And it is easy to imagine that this dream could be not just hers alone, but one shared with her partner and fellow artist.

Also this spring in the second gallery



Sarah Tacoma - Camino Trees

space is a visiting show from The Southampton Art Gallery, curated by its director, April Patry. *Outside the Lines* features artists from across Bruce County including Susan Seitz, Margot Foster, Peri Jolley and Valerie Cargo.

The Durham Art Gallery is open Tuesday to Friday from 10 to 5; Saturday, Sunday and holidays from 1 to 4 at 251 George Street East, Durham. For more information contact (519) 369.3692 or info@durhamart.on.ca or www.durhamart.on.ca. **¶**



KINCARDINE SUMMER MUSIC FESTIVAL

www.ksmf.ca

DIVAS CONCERTS

D. Schnarr

The Kincardine Summer Music Festival (KSMF) announces two Diva Concerts. On Friday May 15, at 8:00pm, back by popular demand, is **Sunny Wilkinson** performing with **Jason Hunter**, sax; **Ron Newman**, piano; **Mike Grace**, bass; **Steve James**, drums. Over three decades of professional accomplishments and performances, Sunny has sung with music icons such as The Count Basie Orchestra, Rob McConnell and the Boss Brass, Clark Terry,

Mark Murphy, Milt Hinton, Curtis Fuller and many more.

On Saturday June 20, at 8:00pm **Robin Banks**, will perform with **Ted Quinlan**, guitar; **Richard Whiteman**, piano; **Victor Bateman**, bass; and **Bucky Berger**, drums. A master of tone and phrasing, Robin Banks has a vocal style, strength and clarity that has been compared to Etta James and Dinah Washington. But match that with the charisma and boldness of a Tina Turner and you'll un-

derstand why she has the world on a string.

Both concerts will take place at Best Western Governor's Inn, 791 Durham St, Kincardine, who are also providing a special menu dinner. There is limited seating; please make dinner reservations at (519) 396-8242. Visit www.ksmf.ca, info@ksmf.ca or (519) 396-9716 for tickets and more information on the KSMF Evening Concert Series, Free 4 O'Clock in the Park concerts, and to register for music classes. **¶**

TREES 'N' TRAITS: LARCHEs = TRANSFORMATION

Neil Baldwin

Walk amongst trees for long enough and it is bound to affect your emotions. This second of a ten-part series challenges you to consider whether particular tree species can make a difference to how you feel. Particularly, the degree to which certain trees may embody some of your own traits, or those traits you might at times desire.

Last month, themed "Resilience", looked at cedars. This month explores larches, which include the native tamarack. Larch is a relatively fast growing tree, rising tall with a generally slender form. It has rough, scaly bark though the needles which occur in tufts on the branches are soft, gentle, almost feather-like. Larches are somewhat shade intolerant so needles will typically keep growing only on the branches further away from ground.

The defining characteristic of larch is that, unlike other conifers, they shed all their needles each autumn. If you didn't know better, larch with empty branches appear dead but they emerge in spring with the most vibrant light green in the forest, usually one of the first trees to leaf out. They look different again during summer once completely filled in, and in autumn larch

glows a bright bronzy yellow. It is truly a tree of transforming appearances.

Are you a person whose appearance, whether physical or emotional, regularly changes in the eyes of those around you? If you take on different personas, and get inspiration from the feeling of that changing, you may be a larch. As a larch, it is possible that the tender parts of your being, like those soft needles, may sometimes be out of reach to others. Or perhaps there is an imposing outward appearance, like the rough scaly bark, which belies gentleness to be found on closer inspection?

A mystery of larch is that the mat of needles shed in the fall seems to have all but disappeared once the snow has melted. Do you have a capacity to shed your baggage cleanly, out of sight, out of mind?

If you are a larch and find yourself in need of a boost, or if you are not a larch but admire some of its qualities, find yourself a place locally where these tall but gentle trees can surround you with their unique transformative energy on the cusp of both evergreen and deciduous. **M**



THE GHOST OF YOU

Michelle Ward

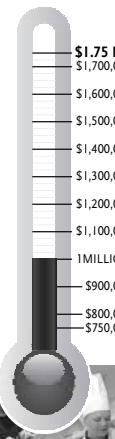
Local Meaford photographer Michelle Ward brings a mixed media art exhibition, *The Ghost of You*, for a two-month run at The Meaford Hall Arts & Cultural Centre. Capturing the untold stories hidden within abandoned farm homes, found historical portraits and artifacts, the exhibit focuses on the disappearing rural history of Grey-Bruce.

"My ultimate goal is to memorialize these people and places before all generational links are lost by examining what has

been left behind. I am attempting to understand and link the grounded physical world we occupy with the emotional and spiritual world that lends meaning to most everything we encounter. Each property, object and portrait that I explore has a tale to tell that has been lost generationally. I want to re-write these broken stories and create a new narrative for the viewer's imagination to follow," writes Michelle. For more information contact Michelle Ward at michelle@forgottenfarms.com or (705) 443-2522. **M**

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CONTRA DANCING IN THE QUEEN'S BUSH

Dyan Jones

In her poem *Caller*, Liz Zetlin speaks of **Bettle Liota**, a gentle lightning rod of a woman. Bettle was a regarded choreographer who built her timber frame home with her husband and family near Durham some 30 years ago. Following the folk tradition of our pioneer Queen's Bush settlers, Bettle introduced contra dancing as a lively community gathering, just like in times past. There are historic accounts of dances held in Queen's Bush farmhouses where all the furniture was carried outside, even the cookstove, to make room for the dancers.

The recipe is simple: Take a dedicated handful of musicians playing fiddle, flute, guitar, bass, banjo, mandolin and a happy group of families, stir them up in a town hall and let the magic occur. A caller guides the dancers with the music, dip and dive, cooperatively weaving dance patterns across the wooden floor. The children begin with simple dances with their parents in the early evening and then are tucked into corners with blankets to sleep listening to the jigs and reels as the dance continues further into the night.

Since this time forward these dances have been held on a monthly basis, often coinciding with the full moon. Bettle Liota passed away in 2003 leaving a community legacy of undiminished enthusiasm. Those youngsters who first danced with their parents some 25 years



ago are now bringing their own children to these all-ages events.

In recognition of contra dancing in our region, the Fiddlefern Country Dancers are honouring Bettle Liota and the many contributing musicians, callers and dancers with a celebratory contra dance to be held at the Durham Town Hall, Thursday, April 30 at 7pm. This is part of the week long celebration of the North American Country Dance and Song Society Centennial being hosted by Fiddlefern Country Dancers in Owen Sound and featuring a residency of talented musicians and callers who will be providing workshops and performing along with local musicians for dances all week. All are welcome to attend these dances as well as those that occur at St. George's Anglican Church Hall on the first Saturday of every month. The website will provide details (www.fiddlefern.ca) as the music and dancers continue to warm the night air. **M**



CALLER for Bettle

You might say she looks a bit thin –
the space between one breath and another,
the span of a dancing flame. Or that she looks
like a bird – something dark and soaring –
fierce, long-sighted,

but until you hear her call, you'd never guess
she's the kind that hovers, and in that hovering,
wraps parents around their children, commands
strangers to greet each other, spins poets around
silversmiths, farmers underneath carpenters,
braiding us together in one big lovers' knot.

She orders our world that one night
when the moon is nearly full and we all
feel like howling. She knows we'd better
move into the centre, share that space
however briefly – hold hands and whoop
and stomp and wave to the band.

You might say she knows a lot about us –
but of her, we know very little – just her calling
to us late into the night.
and if you listen closely
over the snap of her shoes
you can also hear the beat of wings.

- Liz Zetlin

Many of the towns and villages of Grey County were founded and settled by Black Canadians. While Canada was in the early stages of becoming a country, Black immigrants from the US were promised freedom, land and provisions if they would come and fight for the English. Many Black immigrants (records indicate that at least 35,000 Black immigrants came to Canada during this time period) took advantage of this and, with dreams of a better future, travelled to Canada at great risk, only to find that most of the plots given to them were small, or of such poor quality that they could not support themselves. They were forced to take on poor paying jobs as laborers. This land was uncharted and deeds were not given to prove ownership; once the European immigrants came, they were able to buy the land out from under the Black Canadians. This forced many of the Black immigrants to leave the land they had cleared and the communities they had worked so hard to build.

Learn more about Grey County's rich Black heritage at the annual **Grey County Black History Event** presented by the Emancipation Festival at Grey Roots on April 11 from 9am to 3pm. Speakers will include **Bonita Johnson-deMatteis** speaking about the family history which has inspired her children's books; **Lisa McAllister** with her Underground Railroad quilt; poet **Rob Rolfe**; and **Peter Meyler**, editor of *Broken Shackles*. Everyone is welcome; admission is \$25 and includes lunch and other refreshments (please make payment prior to event; details at www.emancipation.ca or www.greyroots.com). Volume 12 of **Northern Terminus: The African-Canadian History Journal** is also being launched. Copies of Volume 12 and earlier volumes will be available to buy.

Ontario celebrates *Archives Awareness Week* the first full week in April, every year. Grey Roots is offering free admission to the Reading Room for researchers (donations gratefully received – thank you for your support) from April 7 to April 10. A behind-the-scenes tour will leave the Reading Room at 2:30pm on Wednesday, April 8. This is your chance to see treasures from our collection and new acquisitions.

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Grey Roots is pleased to present the *Spring Lecture Series* with Dr. David Holah, at 2:30 on Tuesdays continuing in April. The theme of the series is Climate Change.

Heritage Fairs are a grand celebration of Canada's past, in the form of student history projects. Students research Canadian heroes, legends, milestones, and achievements – and proudly present their stories at a public exhibition. The *Grey Roots Regional Heritage Fair* is April 23, but projects will remain up for public viewing April 24-25.

Mark your calendars for Mother's Day, Sunday, May 10. The **Becketts** are coming to Meaford Hall with two great toe-tapping shows featuring old tyme country music and step-dancing with the whole Beckett Family. Funds raised will help support Grey Roots' programs and exhibitions. Tickets are \$30 and are now available for purchase through Meaford Hall by calling 1-877-538-0463 or online at www.meafordhall.ca.

The Grey Roots original exhibit *Mrs. Eaton's War* allows us an intimate window to the Great War through the eyes of Grey County soldiers, their families and friends. Letters written by soldiers to loved ones, long tucked away and recently discovered, reveal the importance of family. This exhibit is available until May 18, 2015.

Bountiful Grey County: Our Agricultural Heritage explores our integral ties to the land through time and the seasons. Since the beginning of human habitation, the rich fertile soil of Grey has provided us with a plentiful harvest which has allowed us to grow and prosper. This exhibit is open until May 24, 2015.

Grey Roots combines Museum, Archives, and Tourism services under one roof and is located at 102599 Grey Road 18, just west of Inglis Falls and a few minutes south of Owen Sound, in the Municipality of Georgian Bluffs. For information on our programs or services, please refer to our website at www.greyroots.com or call (519) 376-3690 or toll free 1-877-GREY ROOTS.

AT THE ROXY

Maria Canton

It was two years ago that Allen Smutylo approached Owen Sound Little Theatre director Bill Murphy with a finished draft of his inaugural play, *The Portrait*. He had never written a play before and was looking for not only constructive feedback, but also to see if *The Portrait* was a story OSLT would consider for its regular playbill.

Historically, OSLT produces established, well-known plays written by career playwrights, but both Mr. Murphy and the organization felt *The Portrait* was worth taking a chance on. It's a rare opportunity to work directly with a playwright throughout the duration of a production, and some would argue a crazy endeavour to undertake, but that is exactly what Mr. Murphy and Mr. Smutylo have been doing for the last two years.

The play is based on a true story and is part historical and part Mr. Smutylo's personal memoir. While the idea of *The Portrait* has been on his mind for 40-plus years, it was only four years ago that Mr. Smutylo first captured it on paper when he wrote the short story *Tobermory*, now featured in his book *The Memory of Water*, which was nominated for a Governor General's Literary Award.

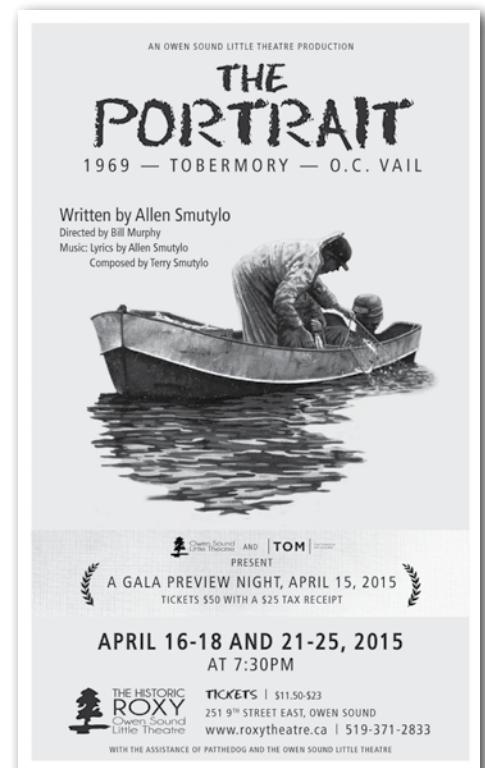
From there he started to transform it into a play, his first play, and then he started adding music. The process, he says, was very natural and organic. As it is today, *The Portrait* is a drama layered with original music that will be performed live on stage by a small band and three vocalists. It is set

in the early 1970s, when Tobermory was on the cusp of making that difficult transition from a faltering commercial fishing village to what is today a vibrant seasonal tourist community. Fishing stocks were in steep decline and, when the Federal government moved to expropriate waterfront property from many locals, including the play's protagonist Orrie (O.C.) Vail, Tobermory was divided.

Mr. Smutylo, who is today a celebrated visual artist with international success, had just moved to Tobermory in 1969 with five of his art school contemporaries. They were an idealistic group who opened an artists' co-op and fought to help Vail save his land, despite his initial resistance to them moving there.

An ornery, old fisherman Vail was widely known for his claim to have found the remains of La Salle's ship, *The Griffon*, and for his hand-crafted knives. Vail begrudgingly allowed a young Smutylo to paint him in his workshop for a major canvas. These two events, the portrait painting and the expropriation of his land, bond the old man and the young artist together against formidable forces.

Owen Sound Little Theatre is proud to be the first theatre company to produce the play that will undoubtedly be performed again by other theatre groups. A story of adversity and perseverance, *The Portrait* opens with a Gala Preview Night on Wednesday, April 15. This fundraising event will benefit both OSLT and The TOM and includes champagne, the performance and a post-show chat with the



playwright and director. Tickets are \$50, with a \$25 tax receipt. The show continues on Thursday, April 16 to Saturday, April 18 and Tuesday, April 21 to Saturday, April 25. Tickets are \$21-\$23. For more information call The Roxy box office at 519-371-2833 or visit roxytheatre.ca. **ℳ**

April at the Frog Ponds Café

Brent Jeffries

On Friday, April 10 we welcome the return of **Richard Garvey** (Summerfolk, 2014) pairing up with **Tyler Wagler**. These two musicians are great storytellers and will perform their original material and covers on guitar and vocal. On Friday, April 17 we present the 9-piece band **The Peptides** from Ottawa featuring five vocalists, two guitarists, drums and keyboards. They perform their own unique brand of "pop infused jazz and soul" with full on enthusiasm. Doors open at 6pm...showtime is 7pm.

On Saturday, April 18 from noon-1:30pm **Jon Lawless** (guitar, First Rate People) and **Linsey Beckett** (fiddle, Bowfire) will perform original material. **Paul Danard** performs jazz and hosts an open-mic coffeehouse on Friday, April 24 from 6-8pm. On Saturday, April 24, noon-1:30pm, **She Likes Fiction** will perform in another lunch time concert. Steve Morel and Jim Grant are multi-instrumentalists who will share their infectious humour and original material. On Thursday, April 30 the Wild Lands Film Collective presents the Canadian film *Inner Worlds Outer Worlds* by Daniel Schmidt. All of these events are Pay What You Can. More info at (519) 371-7000. **ℳ**

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WHAT'S ON AT Santa Fe Gallery

Lin Souliere

Opening Saturday, April 18 from 2:00 to 4:00 is a solo exhibit of the art of Sheila Brown-San Cartier featuring fabric, paint and bold colours. The exhibit runs until May 16.

Santa Fe Gallery is honoured to host Watermarks 2015 – the Ontario Regional Juried Exhibit for the Canadian Society of Painters in Water Colour (CSPWC). Watercolour can be used in so many exciting ways with soft effects or bold and screaming colour. Be sure to come check this one out. The Opening Reception is Saturday May 23, 1:00 to 4:00pm, and many artists will be in attendance. The exhibit runs until June 20. A day of en plein air painting will also be hosted on Sunday May 24, at Inglis Falls, for artists wishing to participate. Contact Lin Souliere for details.

Besides the special exhibits in the Main Gallery at Santa Fe, there are many works of art on display and for sale in the Corridor Galleries. Check out Beyond the Checkerboard, the exhibit upstairs



by Sheila Brown-San Cartier

of 8x8 images or many of the works by local artists throughout the building.

If you have not yet been to Santa Fe Gallery, it is an art experience in a maze of colour and dynamic art. Be sure to drop by and take a look. We also sell art supplies at Mudtown Art Supply, now located on the main floor at 828 3rd Ave East, Owen Sound. Enter through Grassroots Solar. For more information, contact (519) 416-1007 or (519) 793-475 or linsouliere@gmail.com. **M**

SPRING FORWARD:

Celebrating Five Years of Singing

Louise Jarvis



On May 8, the Owen Sound Singers in Accord (OSSIA) will offer a fifth anniversary concert in support of both the Men's Program and the Women's Shelter of Grey Bruce at 7:30pm (doors open at 7:00pm) at St. Andrew's Presbyterian Church in Owen Sound. The concert will include songs about healing ourselves and the planet. Accompanying the OSSIA choir will be Joachim Ostertag on flute, Keira McArthur on cello, Bob Menzies on djembe and Fiona Evison on piano. Tickets are \$10 and pay-what-you-can donation. Come and experience some joy while supporting those for whom joy sometimes seems so elusive.

The Women's Centre and the Men's Program are two sides of the same coin: both are necessary because of violence – one as a refuge and the other to engage men in change. The Women's Centre provides a safe haven for women and their children by providing a Shelter, Second Stage Program and an Outreach Program which includes Family Court Support and a Help Crisis Line. In 2014, the Women's Centre sheltered 133 women and 66 children, and Outreach Services helped more than 362 women and 48 children. The shelter is open 24/7. The Help Crisis Line is (519) 371-1600

The Men's Program is dedicated to ending violence against women and children by helping men acquire healthy attitudes

and new ways of behaving respectfully towards others. The Men's Program sees 160 – 200 men a year, about 80% court mandated and the rest self-referred. Many men who have gone through the Men's Groups make significant changes in the ways they treat their partners and families, partly based on feedback from the "second generation" of men who have seen their fathers change. For information about the Men's Program, call (519) 372-2720.

For more information about this special concert and OSSIA, call Louise Jarvis at (519) 371-8227. **M**

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Inspired by Astronomy

Zoë Kessler

As a little girl, I watched many celestial events with my father, an enthusiastic amateur astronomer. I saw a world both beautiful and mysterious. Who amongst us has not been inspired by an inky sky dappled with silver lights or the shimmering glory of the Aurora Borealis?

A year ago, I attended my first meeting of the **Bluewater Astronomical Society** (BAS), a delightful mix of amateurs (like me) and experts with a willingness to share knowledge and expertise. These folks made Canadian astronaut Chris Hadfield's experience come alive for me as they pointed at the sky, predicting the time the space station would pop up over the horizon and its trajectory. They've shown me how to find the Andromeda Galaxy, and the beauty of the opalescent Orion Nebula, among many more

celestial wonders.

Sky gazing offers something for everyone. Grey-Bruce is blessed not only with astronomy and astrophotography aficionados, but also with our very own Dark Sky Preserve, designated as such in November 2012 by the Royal Astronomical Society of Canada. Located behind the Bluewater Outdoor Education Centre just west of Wiarton, the E.S. Fox Observatory opened in September, 2011 (through a generous donation from E.S. Fox Construction). It features a roll-off roof and houses a number of telescopes shared by the members and used for public viewings.

And as we know – size matters. In that regard, BAS is the envy of regional astronomers. Its 28-inch Webster telescope is so large, you need to climb a ladder to reach the



eyepiece, and it's worth it.

As the club's newest Vice President, I'm excited to share Grey-Bruce's best-kept outdoor enthusiasts' secret. But that's just me – I never could keep a secret!

Astronomy-curious? Check us out. Our next meeting is April 1; April 25 is Astronomy Day with free public viewing. Visit our Facebook page (<https://www.facebook.com/bluewaterastronomy>) or our website (www.bluewaterastronomy.info/) for details. **M**

THE EXTRAORDINARY TREE #53 RESERVE BUDS

Stephen Hogbin

Indoor gardening and bonsai growing offer close connections to living beings. They're not warm-blooded sentient people, pet dogs or cats but nevertheless plants live and grow in their own way. They need attention; left alone they will surely die. Most bonsai trees need a long sleep through the winter in a very cool place. I have a bonsai grapefruit that rests in the winter for a much shorter time than our regional trees. Nature and wilderness do not need human intervention to survive until brought inside where the marvel of growth may be closely observed and nurtured.

My grapefruit tree, planted as a seed, developed its radical needs for water because it was watered. It still needs me four decades later. It will not winter out and it gets a trim between seasons. The last pruning was severe when I pollarded the two-inch diameter main trunk. That was really difficult: Where to prune? What angle? Will it kill the tree? But the tree had become too big to carry in and out of the house for its seasonal journey. It needed pruning.

I have learned to know this tree intimately by washing its leaves in the spring and

fall to remove the parasites. Last December, I watched the new growth with particular interest. Another branch was needed for visual balance. Just beneath the point where the main trunk was cut a new bud was developing, waiting in a dormant state in case the tree is damaged. Chemicals accumulate after the damage or pruning and out pops the new bud. It is magical rather than mysterious to watch; expected, even if it's not fully understood. The correct botanical name for this new growth is a "reserve bud." Interestingly it often happens at the same place and multiple buds form. This year there are many vigorous sprouting reserve buds all over the tree. I watch with great interest the life force at work reflecting on my broken ankle and how things mend differently in our separate evolutions.

Another thing I like about the grapefruit is the way it heralds the spring. The snow is deep; the cold is relentless; but the grapefruit just yearns to grow again in a new way. The late winter slanting light of the sun through the window and a little more heat in the rays calls the reserve buds forth to heal the damage. They seem to me anything but



The Extraordinary Tree

reserved as they pop out all over the plant where it was pruned. It is a tiny perfect spring ritual of my bonsai grapefruit tree. **M**



QUAYSIDE CHRONICLES

Paul Thomas



Keep in mind the theme of *reinventions* from last month...Now that it's April, the urge to use the weather as a metaphor for change is irresistible. We are shedding layers of winter's discontent to reveal a whole new perspective on our lives here in Grey Bruce. The emerging promise of a new season's growth – both inner and outer – smells absolutely delicious. Seeds ordered, planted and sprouting; buds swelling; rivers raging; and ramps readying; all lead us into temptation. Has the smell of dirt ever been so sweet? We crave this seasonal cusp because it offers us the chance to challenge our boundaries. What lies around the next corner, as Frog reminds us, is all that is good in our lives. Toad, ever the realist, suggests that reality doesn't always work out the way we think it should. Anyone remember mom exclaiming "but it's good for you" as she admonished us to eat our spinach (fill in the suitably detested food from your upbringing)? In our house it was, "Well, you'll sit there until it's finished...or eat it for breakfast."

In 1970, Margaret Mead described popular notions of nutrition as being dominated by a dichotomy between food that was "good for you, but not good" and food that was "good, but not good for you" ("The Changing Significance of Food" *American Scientist* 58(2): 176-181).

Meanwhile, global gastronomy has come of age. There is a synergy towards aligning the goodness of food with an optimal diet. But what makes food good? Taste, nutrition and health benefits are vital. Affordability, accessibility and authenticity are factors too. And how about methods of production, including social justice and environmental resilience? Lastly, how adept are we at the preparation end of things? All good intentions may result in the presentation of a plate of victuals that tastes less than all the positive variables that went into its potential. Lots to consider.

In my never ending pursuit of growing hope, I believe there is a crack in the foundation of more convenient, less flavourful, over packaged food, in favour of foods that meet many of these positive variables. Here in our region, awareness over the last 25 years of what we are eating, where it comes from and how we can prepare it deliciously has blossomed. Tiny steps. Small wins.

Now, back to spinach. If you've been reading my MOSAIC columns over the years, you'll remember my thrill in planting spinach in the early fall for a crop first thing in spring. In the context of bringing some of the positive variables of food qualities together, I bring to your springtime table the luxury of a cultural foray into the world of Indian cuisine. This winter we had the opportunity to have dinner with friends who have been to India. We arrived in time to breathe in much of what the preparation entailed. The smells were amazing. One dish, *saag paneer*, got my attention. The *saag* can

be a variety of greens including mustard, spinach and purslane [ed note: our sister uses kale, which she adds to almost everything]. The *paneer* is a cheese quickly made with milk and lemon juice. But it's the spices that take us into another world. I've always been committed to the notion that unless one has authentic ties to a cultural cuisine, one should respect those ties by steering clear of dabbling. I think I'm finally cracking that foundation too. Reinvention, our theme, is giving me the impetus to take the plunge into using new spices and creating new flavours.

My goal is to embellish my repertoire with *epinard* as one of the catalysts. With this in mind, I sauté some onions, add copious amounts of garlic and ginger and cook until nicely browned...deglazing with a liquid. Then I add crushed chili pepper, homemade garam masala, turmeric, salt and a dash of fresh pepper. Less is more until your threshold is reached. Then I add about 600 grams of freshly thawed and drained spinach. At this point a rich cream is often added to let the spices blend and begin working their magic together. A vegetable puree could easily do the trick. Turn the heat off and voila: a delicious spinach medley ready for your preference of carb. Substitute firm tofu sautéed in sesame oil for the *paneer* and you have a vegan option. Add toasted seeds and roasted nuts for texture and extra flavour. Respectful reinvention. Deep breaths; I can do this. In fact I was so inspired at our friends' house that I invited us to travel to India with them to experience firsthand the wonders of Indian cuisine. Okay and maybe visit the Second Best Exotic Marigold Hotel.

So mom, I'm eating my spinach, still loaded with all the goodness you told me about years ago but now with a tastiness I can call my own. Healthy and tasty too! Thank you Margaret Mead for the challenge. Are you up for it?

Sunday April 26 is the Spring Concert of the Wiarton Concert Choir. Join us for a matinee or an evening performance and I'll offer you something deliciously spinached. Tickets are available at MarketSide Café, across from City Hall. Eet smakelijk.

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THE BUS

Story/Photo Ted Shaw

Recently when the Owen Sound bus service resorted to using school buses while we awaited the arrival of new buses, I 'climbed' aboard a bus that I felt was designed for Snow White and the Seven Dwarfs, rather than for adult passengers! I sat with knees tucked up touching my chin, with a very low restricted view through the side window. I found myself looking at all the garage doors as we bumped along. I started counting them. One, after another. But then I gave up. There was something else here. It was an overcast day. Why were all these all doors generally lacking an uplifting colour? They were grey, mostly. Some white. However, there was one of a deep blue colour among this erstwhile dull litany. And then, quite suddenly, the surprise. Wow! As our bus turned left onto 8th Avenue West, just a little way along, there was a door born from a brilliant burst of imagination, portraying in a wonder of colours the changing of the seasons. Blues, yellows, amber and white. Now, each time I ride on the bus, I look forward to seeing this door. I hereby convey to the artist(s) my appreciation and also thanks to Snow White and the Seven Dwarfs for allowing me to ride aboard their magic bus. **Ω**



KNITTING AT RIVERSIDE

Colleen Raco

Upcoming classes include:

Transform a Tube (Wed. Apr. 8, 6:00-8:00pm \$30): The fastest way to knit socks! You'll become an expert at afterthought heels. 100g of sock yarn needs to be selected in advance of this class. Can use circulars or dpns. Skills needed: knit, purl.

Finishing Class (Wed. Apr. 8, 6:30-8:30pm \$15) Do you ever wish you knew some tricks for putting together your projects? We have them. Learn how to sew seams perfectly, pick-up stitches, etc.

Socks on 2 Circulars (Thurs. Apr. 9, 16, 23, 6:30-8:30pm \$50 incl. book): Great first sock project or an interesting new technique for those who usually work on 4 needles. Skills needed: cast on, knit and purl with ease.

Crochet Ripple Stitch (Wed. Apr. 15, 3:00-5:00pm \$15) The "ripple" is a great stitch for an afghan, or perhaps you'd rather make a scarf?

Jelly Bean Booties (Wed. Apr. 22, 2:00-5:00pm \$30 incl yarn and pattern) These cotton crocheted baby booties are so cute, and they stay on too! Skills needed: single and double crochet stitches.

Mason Jar Sleeves (Wed. Apr. 22, 6:00-8:00pm \$15, pattern incl) Colourful yarn will transform a kitchen basic into something fun. Maybe you'll even join the trend of using a canning jar as a water bottle? Skills needed: single and double crochet.

Call (519) 371-4311 for more information and to register for classes at Riverside Yarns, 928 2nd Avenue East, Owen Sound.



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Grey-Bruce **ADVENTOURS**

McGowan Falls by Doug Edwards

DURHAM

by Sandra J. Howe

Durham is hopping with poetry and dancing this April. Celebrate Canada's National Poetry Month with Daniel Kolos and friends at the **Poetry Salon** on Saturday, April 18 at 7pm. The event features two remarkable Elora poets: Jerry Prager and Morvern McNie. Jerry is also a researcher with three published books on the Underground Railroad in Ontario. The evening usually includes music, open mic, and general merriment. Contact Daniel Kolos via Facebook for tickets and location.

Speaking of April, April Barker's fun and energetic **Zumba classes** will get you moving and shaking. Zumba is an effective dance fitness program with simple choreography to Latin and international music. On-going and drop-in sessions are available both mornings and evenings. April brings great enthusiasm and client support to her program. I love it! See her class schedule at www.zumbagirl.ca.

Durham is also a wonderful place to go walking. Durham

Conservation Area runs for almost 3km along the Saugeen River, and is full of trails through forest, meadow and wetlands. McGowan Falls, named for an historic mill owner, is a highlight. With three dams, several bridges, and some beautiful commemorative murals, there is much to explore by foot in Durham.

Some other interesting trivia turned up in Wikipedia: Durham was one of Canada's first self-supporting towns due to the early establishment of flour and saw mills on the Saugeen. The Garafraxa Road, now Highway 6, and the Durham Road, now Grey Road 4, were major colonization roads bringing early pioneers into Grey-Bruce. Last but not least, Durham began as, and remains a very sporting town. From the 1850s to the 1910s, cricket was the game of choice. Who knew?

Welcome to spring, and happy adventouring! I hope to see you on the trails and backroads of beautiful Grey-Bruce. **¶**

AIKIDO

Thorsten Arnold

This Sunday, I returned from an excellent seminar in Toronto – the Aikido friendship seminar with young(er) teachers from Montreal, Toronto and Boston. This invigorating experience, together with some encouragement from past students of mine when there still was the old YMCA, convinced me that I should pick up teaching a small group in Owen Sound again. Regular practice is simply something that makes my life worth living in the everyday craziness.

Aikido is one of the younger martial arts from Japan. While Judo and Kendo were developed as competitive sports, and Jui-Jitsu or Aiki Jitsu are optimized as efficient empty-handed or sword-based combat styles, Aikido is more difficult to characterize – it is meditation in movement, as my teacher phrased it pointedly. Its creator, Morihei Ueshiba (1883-1969) created a system that enables practitioners to compete with themselves rather than each other; Aikido discourages an atmosphere of competition and encourages practitioners to support each other in developing as martial artists and human

beings. Preserving the deep principles of ancient Samurai traditions, Aikido is also a reaction to Ueshiba's experience of modern warfare. It is mostly concerned with deflecting an attack with least effort while re-establishing harmony – thus enacting compassion and universal love for creation.

I am looking for people interested in practicing Aikido. Since moving here, I practice with my wife at Naka Ima in Toronto, and whenever I pass by a dojo. I received my black belt from my teacher Wolfgang Sambrowski (7th Dan) and have experience leading beginner classes. Aikido is more involved than Yoga or Qigong/Tai Chi. To practice Aikido, it requires good attitude, reasonable health. I recommend an age of at least 14 years (most people start in their twenties or thirties). However, once some basics are established, Aikido can be practiced at all ages, by all genders and in all shapes and sizes that human bodies come along. If you think that Aikido could be for you, please get in touch at aikido.owensound@gmail.com. **¶**

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