

OUT TO LUNCH Toasted Westerns Moo Music (SOCAN)

The Toasted Westerns—Jody Benjamin, Sally Robinson, Anne Downey, Vince Halfhide and Wayne Ford-Robichaud—are locals. Their live shows are frenetic, thoughtful, hilarious, dress-up, dress-down extravaganzas.

OUT TO LUNCH is all that and more.

Benjamin is the band's singer/song-writer/carpenter. *Honky Tradeswoman* is hers (and her): hammers and power tools rarely open a song, but they do here, and it works.



What also keeps on working is that classy TW change-of-pace style.

Benjamin's *Wallowing In It*

starts with "I'm all alone and nobody loves me..." in the best, three-hankie C/W tradition, and all too quickly metamorphoses to a rueful, tongue-in-cheek assessment of melancholia. James Stephens (Fat Man Waving, Black Donnellys) does some fine twin fiddle work on this piece.

Robinson is the singer/songwriter/player-of-invisible instruments. Her *Hey, Sweet Daddy* has allusive nursery rhyme lyrics and an accompaniment—Downey on double bass, Bill Rowat's coronet—that's very 40s and very good.

The invisible instrument? *I Can't Stop* has a great trumpet break/finale—but no trumpet. Robinson does this thing with her lips; there's no explaining it, but it's one hell of a good trumpet.

Benjamin's *Neurotic* has jangling, out-of-sync music that sets the skin a-crawl and very neatly complements the I've-been-on-the-Pill-too-long lyrics. It's one of the best original songs of this release.

The other is Robinson's *Let's Not Be Thinkin'*, a mellow warning about reading too much into relationships—it's so 40s you can taste the Manhattans.

Goodbye Teeth, a monologue by Benjamin's mother, Bev, defies description. The incredulous background laughter at its live taping (Downstairs Club, 1992) says even Benjamin didn't see it coming.

Get this CD. One of Ottawa's most talented and versatile bands will thank you, and so will your neighbours—except for *Neurotic*.

LOVE IS A VOYAGE John McDermott Capitol Records/EMI Canada

John McDermott's warm tenor voice and heartfelt delivery ably reflect the Gaelic musical tradition of terminal nostalgia.

The Green Isle Of Erin is every singer's nightmare of major-to-minor shifts, chord-stretching high notes and unwieldy lyrics.

Not since John McCormack, Ireland's great wartime tenor, has it been handled so deftly. McDermott's crisp enunciation and sliding delivery smooth the lyrics and neatly bridge the shifts.

You'll find five standard Scottish pieces here, all with fine vocals accompanied by the echoing ceildh/church hall keyboards of Brigham Phillips and Eric Robertson. (Watch for Robertson in most CBC series' credits.)

That's it for tradition, though. With this release, McDermott has finally stretched his wings, creatively and vocally, and brought some fine talent along for the ride.

No Change In Me, the Murray McLauch-

lan/Ron Hynes leader, is a lament for the exodus of workers from the East Coast, but Jack Zaza's accordion and McLauchlan's oddly upbeat tin whistle lessen the impact of the lyrics. It's a good song, but Stan Rogers said it all—*California, Free In The Harbour, Fisherman's Wharf*—and better.

Ron Hynes' *Sonny's Dream* features his own soaring background vocals; he should sing more often.

Never Be The Sun, a Donagh Long piece, showcases Canadian stringmen Lenny Solomon (violin), Jose Shapero (cello) and Tom Hazlitt (bass).

Paul Doran's *Natives/Natifs* should have been the leader; its compelling lyrics and haunting melody lift it head and shoulders above the rest. Guitarist Bill Bridges' arrangement is as successful as it is unusual: in the break, the vocals of McDermott and Allison Girvan weave a distant counterpoint to Zaza's mandocello.

McDermott says when he first heard Allison Girvan's voice, in a room adjacent to the one he was in, he thought he was hearing a flute. He wasn't far wrong: her voice and delivery are

that clear and true; ethereal springs to mind.

The multi-talented Jack Zaza does musicians' Local 149 (Toronto) proud. From Gordon Lightfoot's 1978 *ENDLESS WIRE* album to the present, Zaza has consistently demonstrated his unarguable right to occupy any/every seat in the pit.

The star of this collection is John McDermott, and he shines on John Prine's *Hello In There*. His voice is relaxed, gently countrified, and his quietly intense delivery enhances the strength of the lyrics.

McDermott's voice can be tight, slightly nasal. He's Scottish-Canadian. We're a clenched-jawed bunch.

He could relax more often, open up, sing from the gut. He sings from the heart. Who could argue with that?



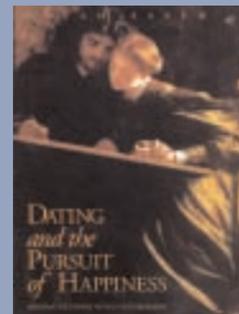
DATING AND THE PURSUIT OF HAPPINESS

Dolah Saleh
DRM NET Inc.

This book will surprise you, whether you're single and looking for a partner, or single and happy being so.

After research, interviews, seminars and impromptu conversations on the street, author Dolah Saleh knows people are looking for love in all the wrong places.

Saleh's background and MA are in education, and her first book, *There's No Place Like Home*, grew out of research data she accumulated while working toward a Ph.D. at the University of Buffalo.



"I was doing research on relationships and I talked to anybody who would talk to me about being single, being married, about relationships in general. People would stop me on the street and say, 'I've got to tell you this story' or 'I'm really unhappily married'. People are very forthcom-

ing. I love hearing their stories. That's the best part, talking with people."

What she discovered during the course of her research was the depth of unhappiness many people experience in their daily lives.

"People look to their jobs, friends and relationships as things that should make them happy," she says. "I am on a mission to help people understand they are, can be, should be in control of their happiness. I'm always surprised by how many people just don't get that."

DATING AND THE PURSUIT OF HAPPINESS offers the expected questionnaires for readers to fill out in preparation for the search for a partner—but the questions concern readers themselves, not the partners they're hoping to find.

"It will never be about another person before it is about you."

"You have to believe it and then be it before you can have it."

"Trying to love another without possessing self-love is a waste of everyone's time."

The message is hammered home, but in a non-judgmental voice, making the book not just approachable, but very warm and welcoming.

"It's for everybody," Saleh says. "Everybody needs to hear these things. And believe them."

The chapter entitled *Practical Matters* offers a list of things we don't need a partner for—from eating through going to the movies to having a baby—and finishes with, "Actually, there isn't much we need another person for", a refreshing and emotionally healthy change of

direction from many books aimed at singles.

"The idea that single people in their thirties, forties, fifties are somehow unable to have a successful relationship, or unworthy of one, is so out-of-date," says Saleh. "As a society, we've grown beyond that, thank goodness."

Saleh herself was surprised by something she learned during the course of her research—how much women don't know about men.

"I've had men come up to me at seminars and say, 'I'd love it if a woman asked me out' or 'I love a woman who's confident'," she says. "But a lot of women don't know these things about men."

And men do talk with other men about relationships, according to Saleh.

"The younger generation of men are much more into networking than older men are. They're not at the same level as women, but they're getting there."

Date Notes, at the end of each chapter, is a section summarizing chapter content, and it alone will give you all the timely, helpful information and advice the book offers.

Saleh's third book will be in print by late summer or early autumn 1999. It will focus in more finely on sections of *DATING AND THE PURSUIT OF HAPPINESS*, as the latter did on *THERE'S NO PLACE LIKE HOME*, and if this telescoping technique works well again, #3 will be worth the wait.

ADVERTORIAL

Glebe Emporium

724 Bank St. 233-3474

The first thing you'll notice in the Glebe Emporium is the vast array of merchandise; the store is filled to the rafters with thousands of different items from all over the world. Many are imported directly by Glebe Emporium and not available anywhere else in Ottawa, which makes browsing all the more interesting.

Second floor front at the Emporium is now a Paderno Factory Store offering a complete range of discerning cooks' favourite tools of the trade.

A selection of beautiful English crockery by Henry Watson might entice even the most reluctant cook to redecorate the kitchen.

There's also a wide selection of ovenproof white porcelain, such as flan dishes, soufflé forms, ramekins and escargot dishes. White porcelain is also used in many other pieces such as pitchers, serving pieces, spoon rests, jars, bowls and dinnerware.

The Italian cook will find pasta bowls, cheese graters and shakers, pizza cutters, terra cotta garlic keepers and garlic ovens, and wine lovers can choose from a wide selection of corkscrews, pourers, wine coolers, bottle racks and, to encourage moderation, the wine saver, a gizmo that draws air from, and seals, the wine bottle, keeping the contents fresh.

Spice racks with filled or empty jars abound, and there are many pepper and salt mills at various prices, including a terrific pepper ball that offers single-hand operation.

The Glebe Emporium has an impressive selection of glassware. In addition to a great variety of juice, rocks and beverage glasses, you'll find stemware for wine, brandy, margaritas and cocktails. And check out the cocktail shakers for that quintessential martini.

Or, just wander in and join the regulars browsing the cookbook section.

THE COOKBOOK — A BREAKFAST COMPANION OF WHISPERED RECIPES Janice Friis & Carol Waters Word of Mouth

An Algonquin College graphics technician/printing project will soon be gracing the kitchen libraries of brunching Ottawans.

Co-authors Janice Friis, second-year Woodroffe campus student and director of Janart Creative Services, and Carol Waters, co-owner of award-winning Ottawa bed & breakfast guest house Australis, have just completed *THE COOKBOOK — A BREAKFAST COMPANION OF WHISPERED RECIPES*.

"Breakfast is 'au courant' at the moment," says Friis. "There are so many articles about nutrition, and people are finally recognizing the importance of that first meal of the day."

"Having gone through bookstores," adds Waters, "there was very little on the market about breakfasts."

Friis did the design and layout of the book, including graphics and the cover, and incorporated 13 drawings done by students at Elmwood School as part of a project. The photographs on the back cover were taken by Ali Moayeri, a second-year student in Friis' program.

"It was a pretty daunting experience, to produce 272 pages worth of material," says Friis, who designed the book as her second-year

course project.

The book covers cereals, breads, beverages and other foods for breakfast and brunch, and has a section with recipes kids love to make and eat.

The recipes came from Friis' and Waters' kitchens and those of family and friends.

"We knew they were tried recipes," says Waters, "and we've tried many of them ourselves, so we know what we have."

"We've included a variety of foods for all kinds of stomachs," Friis says. "We've got the traditional, heavier items for special occasions, and the quick, easy, high-nutrition foods that are not as heavy on the stomach."

Friis' favorite recipe is Red Pepper Jelly: "It's a family tradition that we produce on the wood stove at the cottage on Thanksgiving."

For Waters, it's Rice Pudding: "My mother's, because I'm a long way from home and it brings back Sunday nights in Australia."

April 19, Friis and Waters will be at Food For Thought Books on Clarence Street in the Byward Market to autograph copies of the cookbook.

"And there'll be food," says Friis.

