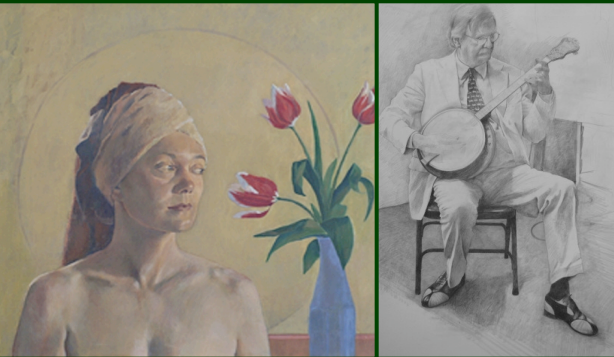


st.tammanyartassociation

2nd Saturday Art Stroll

Jean Seidenberg "un soupçon" at STAA

Figurative artist Jean Seidenberg's portfolio of work spans more than fifty years. He is a prolific artist whose medium includes painting, drawing, sculpture and photography. Originally from New York, Seidenberg relocated to New Orleans in 1951 and has contributed to the contemporary art market that now flourishes in the city. He established New Orleans' first independent bronze casting foundry, was a founding member of the city's first nonprofit contemporary art collective (the Orleans Gallery), and was an instructor at Tulane University. His subject has "persistently been family and friends, children and lovers, and the relationship of artist to model within the intimacy of the studio." This modern realist's exhibition at the St. Tammany Art Association will include several new pieces as well as a sampling of his work over time.



"Ma Jolie"

"George Schmidt"

"un soupçon" will be on display at the St. Tammany Art Association April 13th - May 11th. The artist's opening reception will take place on Saturday, April 13th from 4pm to 7pm. Copies of Jean's book will also be available. The exhibit and opening reception is free and open to the public.

Other businesses along Columbia Street that are generally open for the second Saturday Art Stroll include History Antiques, Winos and Tacos, Savoye Gallery, Columbia Street Rock-N-Blues Cafe and the Columbia Street Tap Room. Along Boston Street you'll find St. John's Coffeehouse, The Green Room, Buster's Place, The Boston Pub, Vazquez Restaurant, Three Rivers Gallery and Mac's. Covington's Historic Downtown District has a lot to offer in the way of food, music and art, and the second Saturday Art Stroll is a great way to experience it all in a friendly, fun atmosphere.

Rockin' The Rails: Bonerama

April 2013 holds a great line-up of music for the City of Covington's Rockin' the Rails Thursday evening Trailhead concerts, and New Orleans own Bonerama hits the stage this week. You'll find elements of vintage funk, free improvisation and classic rock in the same set, and sometimes in the same song! Bonerama carries the brass band concept to another level. According to co-founder Mark Mullins, "We thought we could expand what a New Orleans brass band could do. Bands like Dirty Dozen started the 'anything goes' concept, bringing in the guitars and the drum kit and using the sousaphone like a bass guitar. We thought we could push things a little further."



Bonerama will be at the Trailhead Thursday for Rockin' the Rails.

Enjoy live music every Thursday in April from 5pm to 7:30pm at the Covington Trailhead. All concerts are free and open to the public. Concert-goers are invited to explore Downtown Covington after the show. City of Covington staff and volunteers from the Covington Business Association will have raffle and goodie bags for coupons and specials to area bars, restaurants and shops. For more information, contact the City of Covington's Office of Cultural Arts and Events at 985-892-1873 or e-mail: [gottaluvcov@covla.com](mailto:gottaluvcov@covla.com).

It's Green Tea Month At The English Tea Room

Now that everything is blooming and returning to a lush green, the English Tea Room has declared April Green Tea Month. Green tea is perfect hot or iced, so it fits the cool mornings as well as the warm afternoons. The tea of the week is the Sencha Kyoto Cherry Rose. The cherry flavoring and subtle rose hints give the tea an exotic and delightful character. Japanese Sencha teas are grown in the Hunan Province between March 15th and April 15th, and are noted for their bright emerald green color. Sencha is traditionally used in Japanese tea ceremonies for events of personal importance. Stop in the English Tea Room this week and enjoy a pot of Japanese Sencha.

(985) 898-3988 [www.englishtearoom.com](http://www.englishtearoom.com)



Farmer's Market Recipes

Fresh recipes inspired by ingredients found at the Covington Farmer's Market

Shish Kabobs

It's beginning to warm up out there, and you know what that means... It's Kabob season! Shish Kabobs are fun because you can use just about anything you can fit on a stick. This can be meats like chicken, beef or shrimp, and vegetables such as bell peppers, onions, eggplant, squash, radishes, brussel sprouts and broccoli. Cut into cubes, triangles, hearts, what have you, just as long as they are big enough to stay on the skewer during grilling. Like most things, the secret is in the sauce. Marinated meats are always good for kabobs, but sometimes you really want a good glaze.

Tamarind Kabob Glaze

- 1/2 cup tamarind pulp with seeds (6 ounces)
- 1/2 cup boiling water
- 3/4 cup honey
- 1/4 cup Asian fish sauce
- 1/2 tsp Cumin
- 1/2 tsp Ginger
- 2 Thai chilies, minced
- 2 garlic cloves, minced
- Course salt and fresh ground black pepper



Directions:

In a medium heatproof bowl, blend the tamarind pulp with the boiling water to make a paste. Pass the paste through a coarse strainer, pressing with a firm rubber spatula to remove the seeds and fibers. Stir in the honey, fish sauce, cumin, ginger, chilies and garlic. Salt and pepper to taste. Make ahead of time - this recipe will keep for one month in the refrigerator.

Handy Grilling Tips:

If you're grilling outside, soak skewers in water for a few hours before assembling the kabobs. This will prevent them from catching fire. Sweet glazes are susceptible to burning! Add the glaze when meats or veggies are just about done. When the sauce begins to sizzle and pop, it's ready. Shish Kabobs work just as well in a grill pan inside (but you won't get the nice grill marks!).

"Transitions: Artwork by Mary Monk" at Three Rivers Gallery



"Transitions" is an exhibition featuring paintings based on familiar and new places, changes and new work. The paintings are an exploration of the past and present, representing the artist's transition beyond the studio. The serene pastel local scenes are vibrant and full of mood and light as they capture a moment in time. Enjoy a walk through her eyes as you study these forays into the country side and city streets. Three Rivers Gallery features an opening reception for "Transitions: Artwork by Mary Monk" on Saturday, April 13th from 6-9pm. This exhibit will be on display through May 7th.

Monk's primary medium is pastel and she is mostly known for her country/urban landscapes. No matter the subject, mood and light are always the true focus of her paintings. Her choices of color and subject matter are heavily influenced by growing up in the city and moving to the country to raise her family. The transition of urban to country sparked an infinite pool of inspiration for the artist. The majority of her paintings are local scenes done en plein air. For the viewer, this translation of a scene filtered through her memories and life experiences invoke a sense of peace and tranquility or some familiar connection to their own past.



"en plein air", a French expression used to describe painting "in the open air"

Memories to Memoirs Remembering Covington in Your Writing

Three local writers discuss how they mined the memories of their pasts to create original work. This is a how-to session designed to inspire others to record family and local history. Chris Garcia, author of "Now and Always: A Louisiana Love Story" will discuss his research in organizing his grandparents' love letters. Patricia Clanton will present her book "A Potpourri of Memories: Growing Up in Covington" which contains stories, poems and old photographs chronicling her memories of Covington in the 30's and 40's. David Arbo will be discussing "Covington: Images of America" which he has written as part of the Images of America series. This event will take place at the Center of Performing Arts, 201 N. Columbia Street, Saturday April 13th at 7 p.m. Memories to Memoirs is a wine and cheese event, and it is free and open to the public.

Quote of the Week

"Try not to become a man of success, but rather try to become a man of value."  
- Albert Einstein

Wednesday

April 10



New Moon

Plant the Seeds of Future Generations

Start a Garden With Your Children

There is something mystical about a home garden. Children have a built-in sense of wonder, and there is no better way to cultivate that than exploring the natural world. A home garden can be a lesson in responsibility, an opportunity to learn about the world around us, and a chance to really connect with your child, as you learn together. Not to mention the feeling of accomplishment and independence that comes with growing your own food. Generally, children who are involved in home gardens are more likely to eat the things they grow, making it a great way to introduce a healthier diet.

A successful home garden takes a little planning going into it. It's a good idea to decide on a schedule beforehand, mapping out a time to set up the garden and then planning a weekly regimen to maintain it. Start small - pick a few different plants at first, choosing by what is most commonly eaten in your house and how suitable it is to our climate. From here you can explore different gardening techniques to suit your yard. Raised garden beds are ideal for producing large harvests on small properties, and plants like tomatoes, peppers and strawberries can be grown in hanging planters. Find the optimal soil composition for each plant, and adjust the nitrogen (N), phosphate (P), potassium (K) and pH of your soil to fit these plants requirements. Get scientific with it - the kids will love testing the soil and seeing how different nutrient effect the tests. Having properly balanced soil is essential to a successful garden.

Want to share the joy of gardening with other children? Ask your child's school if they have considered starting a school garden. Most schools are open to the idea if they feel that parents will support the project. Contact your school's PTA and see if other parents would be interested in contributing to a school garden project. There are many local organizations in the area that would enjoy the opportunity to pass on their knowledge by sharing information, providing demonstrations and helping to maintain gardening projects. Plant the seeds of future generations and start a garden today!



An Example: Here is a garden box we built last year from scrap wood

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Dutch Corner Secretary

At History Antiques & Interiors

This late 18th century Dutch secretary is delicately crafted from white oak with inlays, molded and arched cornice and a single pane glass door. The slant front secretary opens by key and features a two-piece solid construction raised on bun feet. The shaped drawers are lined with period decorative paper. On the top of the bottom piece, hidden from view, there is handwritten Dutch script, sure to be another fascinating story from History! See the ad on the back for store hours and location.



Meditation Classes by Ellen LaRocca

At Covington Massage & Wellness Centre

Ellen LaRocca, LMT 1a107, has been practicing massage and health related therapies for more than 30 years. She has studied with some of the best, forward thinking instructors and luminaries in the USA. Besides massage, she has been a meditation instructor since the eighties and certified with The Chopra Center (Dr. Deepak Chopra), in 1996, to gift students of meditation with personal Mantra. Her passion for her chosen field has given her opportunities for self-growth and happiness, as she is able to pass on whatever she has gleaned from her cadre of selfless teachers and clients. Meditation is one of the most powerful tools there is to help us restore the harmony within and to gain access to our body's inner intelligence. In meditation we re-connect with our essence. This connection extends to our daily lives and can result in improved health, more fulfilling relationships, enthusiasm for life and increased creativity. These classes will be open to anyone and held at Covington Massage & Wellness Centre, 503 N. Columbia Street from 6 - 7 pm on Tuesdays this month. Alliance of Northshore Massage Therapist Meeting All licensed Massage Therapist in the Northshore area are invited to attend the first ever Alliance of Northshore Massage Therapist Meeting to network and identify the needs of local therapist. The meeting will be held April 15th at the Covington Massage & Wellness Centre, 503 N. Columbia Street, starting at 6 pm. For questions or to RSVP contact Melissa Pearson at (504) 400-7934.

Volunteers Needed For "Paper Shredding Day"

Keep Covington Beautiful needs volunteers to help with Paper Shredding Day on Saturday, April 20th, from 9 am to 1 pm. Volunteers will help keep track of the number of boxes of paper collected and assist with traffic flow. There are two shifts, 8:30 - 11 and 11 - 1. If you are interested in helping, please call 985-867-3652.





**Covington Business Association**

Next Meeting May 1st 6:00 pm at: **St. Tammany Art Association**

**CBA** [www.covingtonbusinessassociation.org](http://www.covingtonbusinessassociation.org)

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# Covington Weekly

Covington, LA April 10 - 16, 2013

**Covington Farmer's Market - Wednesday April 10, 10am - 2pm @ the Covington Trailhead** Rain or shine, live "front porch jam", fresh local produce and prepared food. - 419 N. New Hampshire St.

**Wine Wednesday - Every Wednesday, 6 - 8 pm @ Winos and Tacos** Free wine tasting every Wednesday! Music by pianist Craig Adams! - 321 N. Columbia St.

**Rockin' the Rails Free Concert Series - Every Thursday in April, 5 - 7:30 pm @ the Covington Trailhead** This week features the musical stylings of Bonerama! Find out more below. - 419 N. New Hampshire St.

**Covington Farmer's Market - Saturday April 13, 8 am - 12 pm @ the 600 block of Columbia St.** Fresh local produce, raw and prepared foods, plants and vegetables. Live music by Vintage Jazz beginning at 9:30. Market vendor Lena Brannon of 7 Grain Bakery will sample her products. - 600 block of Columbia St.

**"un soupçon" Exhibit by Jean Seidenberg Artist Opening Reception - Saturday April 13, 4 - 7 pm @ The St. Tammany Art Association** Free & open to the public, wine & cheese event. Please see article on front for more info. - 320 N. Columbia St.

**"Transitions: Artwork by Mary Monk" Opening Reception - Saturday April 13th, 6 - 9 pm @ Three Rivers Art Gallery** Local artist Mary Monk presents her recent works. Free & open to the public, wine & cheese event. Please see article on front for more info. - 333 E. Boston St.

**Memories to Memoirs: Remembering Covington in Your Writing - Saturday April 13, 7 pm @ the Center of Performing Arts** Three local artist discuss their works, focused on their memories of old Covington. Free & open to the public, wine & cheese event. Please see article on front for more info. - 201 N. Columbia St.

**Covington Brewhouse Brewery Tours - Every Saturday, 10 am - 2 pm @ Covington Brewhouse** Free tours of the brewhouse - [covingtonbrewhouse.com](http://covingtonbrewhouse.com) for info.

**Old Feed Store Music Series - Saturday April 13, 12 pm - 2 pm @ Marsolan's Feed and Seed** Live music after the Farmer's Market! - 314 E. Gibson St.

**Live Music Around Town, April 10 - 16**

**English Tea Room** 734 E. Rutland St. - Tues. - Acoustic High Tea 11 am - 1 pm

**The Green Room** 521 E. Boston St. - Wed. - Open Mic Night + \$3 Guinness Thurs. - DJ

**Dizzi Dance Party** Fri. - Papa C & the Slammin' Horns 8 pm Sat. - Sci Fi Zeros +

**House of Surf + Joystick** Sun. - Karaoke w/ DJ Bobby Blaze Mon. - Live Music, No

**Cover** Tues. - Service Industry Night

**Thai Kitchen** 1005 Collins Blvd. - Karaoke by Request! Fri. - Acoustic Guitar

**Winos and Tacos** 321 N. Columbia St. - Wed. - Craig Adams 6 pm Fri. - Brass-A-

**Holics Go-Go Brass Funk Band 9 pm** No Cover Charge all shows

For the music calendar, visit: [www.covingtonweekly.com](http://www.covingtonweekly.com)



Papa C & the Slammin' Horns is a Pop cover band based out of New Orleans and the surrounding areas. Their musical inspiration comes from the Southern clubs, receptions, parties, and even churches where they've performed. Any place people can gather and have a good time, let go of their worries for a little while and get inspired with love through good music, good energy, and good people. That's what the Papa C & the Slammin' Horns is all about, and they want everyone, everywhere to be a part of it. Good Music. One Love. Dance. Catch Papa C and the Slammin' Horns Friday night at the Green Room on Boston St.



In the year 2010, a brand new sound was born. The Brass-A-Holics Band and the Go-Go Brass Funk genre joined the ranks of the time honored traditions, culture and music that have come out of the city of New Orleans. The band was conceived in the mind of the renowned Trombonist Winston Turner, whose roots stem from the St. Augustine High School Marching 100, the Jr. Pinstripe Brass Band, the Southern University Human Jukebox, and the Soul Rebels Brass Band. He created the "Go-Go Brass Funk" genre with the goal of merging the unrivaled New Orleans brass sound with Washington DC's Go-Go groove and topping off his instrumental gumbo with a personal touch of keys and strings.

**Spring for Art**

Saturday, April 20th 6-9pm

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