

FREE

FEBRUARY 2010

the *humm*

ARTS, ENTERTAINMENT & IDEAS



February's Events 20 & 21

**GET INVOLVED
GET CONNECTED**

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The Almonte Radio Show 16



Exceptional Art 15



The Art of Nick Moore
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Green...

Greener...

Greenest!

find out how
on page 25



ARTBEAT

by Bill Buttle



"If you'd just show some initiative!! — The National Gallery's paying big money for denuded trees!!"

Humble Thought

There are many wonderful things that will never be done if you don't do them.

— Charles D. Gill

Volunteering is the ultimate exercise in democracy. You vote in elections once a term, but when you volunteer, you vote every day about the kind of community you want to live in.



Who's Reading theHummm

(above) Back in 2008 Heather Phaneuf and Pete Baran of Almonte wrote:

Hi Kris — you and our favourite tome are never far from our hearts, and to prove it, here are a few pix from a recent trip to Egypt. Folk we were with were fascinated with our odd behaviour — when in front of the place of the ancients, whip out a local paper and grab a photo. In April, Pete and I had a chance to visit the pyramids at Giza — the last wonder of the ancient world left today. The biggest surprise is that the chaotic traffic of Cairo is just behind us!

(below) Audrey Proulx of Almonte and Dianne Kirkwood of Perth paused to read theHummm at the Giants Causeway in Northern Ireland in August 2007.



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

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may be submitted by email or on disk.

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Thanks this month to:

Ric, Heather, June, Will, Ross, Janice, Marni, Ken, Ken and Nicole for being awesome euchre partners and not complaining about the cold; and to D'Arcy and Cori and all of their friends for not trashing our house!

Get Involved, Get Connected!

Welcome to theHummm's annual Get Involved, Get Connected issue with a focus on local volunteer opportunities. Our listing of community organizations, arts groups, museums & conservation areas, and events & festivals runs from page 5 to page 8, and offers a wide range (both geographically and in terms of areas of interest) from which to choose. You'll also find profiles of several dynamic volunteers from towns within our catchment area, and of course the usual roster of articles about upcoming fundraisers and good causes. Volunteers — we wouldn't have an arts paper, or thriving communities — without them.

Make your date with Heirloom

Enjoy a romantic dinner with a selection from our special Valentine's Day menu

Appetizers

- Seared Jumbo Sea Scallop with Rapini Sauté and Orange Pink Peppercorn Vinaigrette
- Beet and Baby Arugula Salad with Smoked Duck and Blackberry Balsamic Vinaigrette
- House Paté with Art-Is-In Bread and Cranberry Chutney
- Ginger Spiced Parsnip and Pear Soup with Sage and Prosciutto Palmiers

Main Course

- Almond Crusted Ontario Pheasant Breast with Apricot and Roasted Pepper Chutney
- Seared Black Cod Fillet with Ginger Orange Rub and Red Onion Sour Cherry Compote
- Kerr Farms Beef Tenderloin with Roquefort Roasted Fig and Six Rows Shiraz Reduction
- Polenta and King Oyster Mushroom Napoleon with Rustic Tomato Sauce

Desserts

- Dark Chocolate Grand Marnier Charlotte with Fresh Raspberries
- Passionfruit Pavlova with Fresh Berries
- Tasting Trio: • Amaretto Crème Brûlée • Chambord Truffle • White Chocolate and Sour Cherry Cheesecake



Menu runs Feb. 12, 13, & 14
Call for reservations

7 Mill Street @ The Victoria Woolen Mill • Almonte, ON
613.256.9653 • www.heirloomcafe.ca

If Wood Could, It Would — for Nick Moore

If he had any doubts that he had found the right calling, the 21st Annual Ottawa Woodworking Show this past November should have laid them to rest permanently. Nick Moore won First and Second Prize in the Ottawa Woodworking Association's "Wood Objects" open competition. He also took home

that is renowned for its strength. Moore painstakingly triple-laminated every spindle and structural component to obtain the challenging and extremely graceful curvature of the chair. The seat cover is made of reconstituted (read "recycled") leather, available from My Upholstery Shop in Almonte, where Moore had the cushion made.

to take a nine-month Studio Furniture Making course at Rosewood Studio School of Fine Woodworking in Almonte. He thoroughly enjoyed the Rosewood experience. "The superb teaching, the facility, access to professional equipment, the small class size, the exposure to experts like Garrett Hack from Vermont — it was fantastic!" Learning to use and maintain hand tools reinforced his desire to excel at fine woodworking. "Hand tools make the difference; mass-produced factory work cannot match the beauty you can achieve through hand planing and the use of other hand tools," he declares flatly. His work proves his point.

It may be hand tools that make studio furniture worth acquiring, but as Guy de Maupassant wrote, "It is the lives we encounter that make life worth living." A few weeks after Nick arrived in Canada, Hilary Chop returned to Almonte to resume her work on her community-supported agriculture co-op at Dunbrae Farms. When Nick finished his nine-month stint at Rosewood, he stayed on another two months until his visa was expiring. Shortly before he had to leave, he surprised Hilary with a marriage proposal in the romantic setting of Pakenham's five-span bridge. Her response? "Of course!" The couple were married in May 2007 and moved to their hundred-acre farm in Lanark Highlands three months ago.

In exchange for using the Rosewood Studio as his workshop, Nick assists with the upkeep of the facility and the professional tools. He really enjoys sharing his expertise with students. He greatly admires proprietor Ron Barter's teaching, and strives to emulate his "superb, concise, easy-to-understand, extremely supportive" method of transferring the skills he has mastered. Other students agree: "Ron, you



by Sally Hansen

the prize for "Best Design" for the Show <woodobjects.ca/entries2009.html>.

First Prize went to his fabulous wall-mounted display cabinet, pictured above with Nick on his "Cut-and-Keep" Trading Card. He executed the modern, Cubist Art Deco design in a lush assortment of exotic hardwoods. Titled "Inspiral Cabinet", the piece features a Spanish cedar frame,



with Carpathian elm as the interior. The doors are veneered in ribbon-striped African sapele, meticulously finished with black ebony trim. The cupboard is just as visually exciting with the doors opened as closed.

"No lizards were harmed in the making of this chair," Nick laughingly assured me as he showed me the stunning piece that garnered him Second Prize. He also showed me the prototype he built to proof his design concepts before rendering "Lobster Trap" in the lovely sapele

The Secret to Instant Success

In Nick's case, being born in High Wycombe, west of London, in the U.K., was instrumental to his current expertise in fine woodworking. The main industry of the town was furniture-making because of the stands of beech trees in the area. "Bodgers" was the name given to workers in the furniture factories who made spindles and legs for Windsor chairs. Nick earned a Furniture Production Management degree at

Buckinghamshire University, and spent a year working in one of the factories. Frustrated at the slow progress he was making in learning the skills of the trade, he worked for a furniture restoration store, and then as an upholsterer. "Restoring furniture really teaches you how not to make it and what stands the test of time," he informs me with a rueful smile.

Serendipity

In September of 2005, Nick arrived in Almonte from the U.K.

have been able to create an environment of creativity supported with superb craftsmanship training. The school is gorgeous and a pleasure to be at, the instructors you bring in are at the top of the industry and a real joy to be with." (Testimonial on <www.rosewoodstudio.com> by Réal Fortin of Sudbury, Ontario.)

Nick Moore thoroughly enjoys the process of creating a beautiful, functional object from wood. He mused, "In a world where craftsmanship plays such a small part in people's lives, it gives me a real sense of satisfaction to create something that will bring continuing pleasure as it is handed down over generations." This pride in craftsmanship is evident in the meticulous attention he pays to joinery, finishing and the design of complementary decorative touches. He is continuously increasing his mastery of techniques, and recently presented Hilary with a lovely box featuring

marquetry — the inlay of wood forming a pictorial image.

An Artist's Eye

What distinguishes his craftsmanship is his artist's eye, which enables him to walk away with design awards. His designs showcase the intrinsic beauty of his medium, accentuating the marvelous graphic features of each exotic wood he chooses to incorporate. He purchases his exotic woods at KJP Select Hardwoods in Ottawa, and I was amazed at the extent of the natural palette available (there is a great display at <www.kjpselecthardwoods.com/exotics.html>).

The best way to gain an appreciation for the artistry of Nick Moore's hand-crafted studio furniture and wooden objects is to make an appointment to drop in at Rosewood Studio when he is working on a piece. Call him at 259-2177 or email him at <abitmoore@hotmail.co.uk>.



At Foodsmiths we carry local family farm meats. Beef, pork, bison, lamb, turkey and chicken. These delicious meats are hormone free, antibiotic free, pesticide free and free range. Choose from a selection of cuts to suit your meal planning and savour the flavour of delicious local meat.



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Haiti — How to Help

Artist Trading Card

WHO Nick Moore
WHAT Fine Studio Furniture and Woodworking
WHERE Rosewood Studio, 83 Little Bridge St., Almonte, 256-8900, <www.rosewoodstudio.com>
 Home Studio and Farm, Lanark, 259-2177, <abitmoore@hotmail.co.uk>
WHY "In a throw-away world, I love to create a finely-crafted wooden object that will be valued over several generations."

Need 'em... need 'em... got 'em...
 Clip and save the Artist Trading Card
 All the cool kids do it!

8th Annual MAPLE RUN STUDIO TOUR
 March 27 & 28

Indulge in sweet maple products and meet local craftspeople and fine artists in the historic village of Pakenham and surrounding area. For studio tour details check www.maplerun.on.ca or call 613-624-5932

March Break Fashion Camp
 March 15 to 19, 9am-1:30 pm
 \$175 for the week
 Ages 12 & up
 Make Your Own Prom Dress
 with Teacher: Ingrid Hamster Harris
 To register call 613-256-3754 x 15 or email collectionsmvtm@gmail.com

MISSISSIPPI TEXTILE MUSEUM VALLEY
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 613.256.3754
www.textilemuseum.mississippimills.com

In response to the catastrophic earthquake in Haiti, a benefit concert, "SOS Haiti", was held on Friday, January 22, in Almonte's Old Town Hall. A standing-room-only crowd cheered enthusiastically for all of the 28 performances — which consisted of talented students from Almonte and District High School, as well as those who graduated many years ago. Presentations about Haiti, before and after the earthquake, by Jeff Mills of Focus on Development and ADHS teacher Lynn Carss, were a sober reminder of the devastation experienced by the culturally rich but financially impoverished country.

The generosity of those who donated and those who bid on over one hundred silent auction items, as well as those who purchased cookies and cupcakes made by the students, resulted in more than \$15,000 being raised to date. It is expected that that amount will swell by several thousand before the tally is finalized.

For some time, Almonte resident Dieudonne Batrville has been involved in development work in her home country of Haiti. Her community of St. Marc, north of Port-au-Prince, is actively providing medical treat-

ment and feeding survivors of the earthquake. She reports that all of her staff lost relatives and friends in the quake.

The small Almonte organization, Focus on Development, which supports Dieudonne's work, will be sending 100% of all Haiti SOS revenues to date to her program immediately, with any additional funds to follow at a later date.

Donations can still be made. Mail cheques to: Focus on Development, c/o Jeff Mills, 684 6th Concession, RR#1, Pakenham, K0A 2X0 or drop them off at ADHS or The Miller's Tale in Almonte. Cheques should be made out to Focus on Development. For more information please contact Fern Martin at

624-5104 or Beth Dennis at 624-5059.

Before the earthquake hit, FoD was planning a fundraising event for February 19, starting at 6PM at the Avant Garde Bar at 135 Besserer Street in Ottawa. Called "A Mixer for a Mixer", this event will take place with its original intent of raising money to buy a concrete mixer for the community of St. Marc, concrete to finish the floors of a nurse's dormitory at a Health Clinic, and food for the canteen of two schools, one presently used as a refugee camp. All needs are more relevant than ever. So if you've been wanting to do something to help the folks in Haiti, but didn't know what... we'd love to see you there!

— Fern Martin



TOP 10 Reasons to Volunteer

1. To help make the world a happier and better place; if you're not part of the solution, you're part of the problem... well ok, maybe you're not part of the problem... but wouldn't you *rather* be part of the solution?
2. Because you love people/the environment / puppets / music / dance / agriculture / sports / art / crafts / kids...
3. To learn; if you're not good enough (yet) to get paid for the job, try volunteering!
4. To make new friends; you never know *who* you are going to meet.
5. To avoid going crazy during the long cold dark months (think Jack Nicholson in *The Shining*).
6. To be an even *more* productive member of society.
7. Because TV is really, really overrated!
8. To feel good about yourself and others.
9. It's your turn, darn it!
10. To go down a new path — you never know *where* it may lead!

— Rona Fraser

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Puppets Up! Fundraiser
 Tuesday, March 9, 8PM
 Almonte Old Town Hall

Proceeds from this fundraising performance will support the Puppets Up! International Puppet Festival (Aug. 7 & 8, 2010)

Tickets (\$25) are available at the Miller's Tale (613-256-9090), Read's Bookstore in Carleton Place and at the door. Seating is unreserved. Call us today 613-623-2358 to be featured in the upcoming months with our ad

How to Get Exactly What You Want

If what you want is to become more connected and involved with your community:

Start reading the descriptions of organizations and events seeking volunteers (they start at the right and span the next four pages), and don't stop until you've found the perfect match for your interests and availability. We guarantee it will be there somewhere!

If what you want is to help spread the work (and fun) around so that you can keep some balance (and free time) in your life:

Pass this issue of *theHumm* on to a new neighbour or someone who has recently retired or moved to the community. Why not bring them cookies too!

If what you want is to attract and retain volunteers for your organization:

Go to www.thehummm.com and read Sally Hansen's article "In Pursuit of Volunteer Recruits", that first ran in the February 2007 issue of *theHumm*. It's chock-full of proven and practical ideas!

And Last, But Not Least

If what you want is to continue to live in a community where folks volunteer to coach your children (or you), sort your used stuff and re-direct it from landfills, care for you when you get older and have trouble moving around, figure out how to be good stewards of the land and water on which we rely, preserve and celebrate our cultural heritage, raise money for good causes, and put on events that are tons of fun...

THANK A VOLUNTEER!



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Volunteer Opportunities

If you're looking to get more involved in and connected with your community, look no further! Below and on the next few pages you'll find a "one-stop-shopping" index of events, groups and organizations throughout Lanark County (and beyond) that rely on the wonderful work of volunteers. Our hope is that no matter what your interests and availability, you'll find the perfect match. Don't see your event or organization listed on these pages? Contact editor@thehummm.com to be listed in future issues.

Community Organizations & Services

The **Adult Learning and Training Centre** helps adults in Lanark County work on their skills for job preparation, basic literacy, math and computers. Our training is given with one-on-one tutoring and small groups. We often have learners who are unable to attend traditional training times, so we find ways to help them with outside tutors and/ or modified attendance. We train and support volunteer tutors, and are always open to new ones! Please call us at 264-9110 or 212-5242. www.altclanark.ca

Join the **Almonte & District Horticultural Society** for monthly speakers and gardening tips. Enter your best blooms, creative arrangements and outdoor planters in our shows. Mount your best shots for our photo competitions. Lend a hand tending our gardens around Almonte. Sample dishes at our "From My Garden" Potluck. We meet the fourth Monday of every month, except July and December, at the Cornerstone Community Church at 7:30PM. \$10 annual membership. Contact Cindy Zorgel at 256-5155 or visit www.gardenontario.org/site.php/Almonte.

If you are looking for a way to give something back to your community, please consider volunteering at the **Almonte General Hospital/Fairview Manor**. The Hospital and Manor are seeking volunteers to assist staff in several departments, help with activities and spend time with patients and residents. Training is provided. To find out more, contact Anne McRae at 256-2514, ext. 2226 or visit www.almontegeneral.com.

Big Brothers Big Sisters of Lanark County is a not for profit volunteer organization which provides mentoring programs to children throughout the County. Volunteer opportunities are varied, and can be built to suit an individual's interests and location. Programs include one-on-one mentoring, music, craft or sports programs, and so much more. Other opportunities include helping at events, in our thrift store, on a committee, or on our board. Call 283-0570 or visit us at www.bigbrothersbigsisterslanark.ca for more information.

The **Canadian Association for Disabled Skiing** - National Capital Division operates a ski program at Mount Pakenham. We are looking for volunteers who are interested in helping out with lessons for physically and/or developmentally handicapped children and adults. If you are an intermediate or better skier, able to help on a weekly basis and enjoy assisting others and are rewarded by their successes, please contact us for more information. Please contact Beth Field at mbfield@xplornet.com or visit cads-ncd.ca.

The **Canadian Cancer Society** in Lanark, Leeds & Grenville supports people living with cancer, their family and friends. The Society funds research AND provides services, such as transportation to cancer-related medical appointments; reliable information about prevention and treatment and peer support to patients and caregivers. The Canadian Cancer Society is looking for volunteers to help raise funds, drive clients, offer support, advocate for public policies and perform office duties. Please call 1-800-367-2913 or visit www.cancer.ca to learn more.

Everyone in and outside of **Carleton Place** is invited to participate in **BIA** community events such as Lambs Down Park Festival, Bridge Street Bazaar, Maskeraid Halloween Parade and the Santa Claus Parade. All events require many volunteers to make them the success they are. The BIA is an organization open to new partnerships and events; if you have a great event idea contact us. For a great volunteer experience contact the Carleton Place BIA at 257-8049 or cmcmormond@carletonplace.ca, www.downtowncarletonplace.com.

Community Home Support - Lanark County provides support services to seniors, adults with physical disabilities, and persons with life-threatening illness which help them continue to reside in their own homes and remain a vital part of their community. Volunteers are needed. Drivers receive a tax-free reimbursement to cover the cost of driving. For more information, please call the office nearest you. Perth 267-6400, Smiths Falls 283-6745, Lanark 259-5412, Carleton Place 253-0733, Pakenham 624-5647.

Get W.I.T.H. It (Walking in the Halls) is a free, indoor walking program that invites everyone to "get with" the benefits of walking. The program is held two weekday evenings from 5:30-7:30 during the winter months at Maple Grove School in Lanark. Volunteers choose between one to four shifts per month. They provide set-up/take-down and staff the registration desk. Volunteers will receive free CPR and Defibrillator training and have time each evening for their own walk! Contact Kara 259-2182 or ksymbolic@nlhc.on.ca.



The **Guatemala Stove Project** works with indigenous Maya families living in Guatemala's Altiplano. The core activity is building masonry cook stoves for impoverished households in rural Maya villages. Also involved in education and nutrition. The goal is to improve health, reduce deforestation and carbon emissions. Volunteers plan fundraising events, presentations, and the annual volunteer trip to Guatemala. Meetings are held every six weeks in Perth, Ottawa, and Toronto. For more info phone 267-5202 or visit www.guatemalastoveproject.org.

The North Lanark Community Health Centre is seeking supportive, engaging and positive older-teen and adult volunteers to assist with our **Healthy Active Kids – After School Program**. Volunteers should enjoy working with groups of children in an active environment; have a strong commitment to helping children have fun at active play; and be non-judgmental, supportive and sensitive to their needs. Training will be provided. Personal references and criminal reference check required. Contact Kara at 259-2182 or email <ksymbolic@nlchc.on.ca>.



Help us to help others! **The Hub** and **Rebound** need volunteers to help operate two stores which recycle and resell used clothing, books, toys, housewares, sports equipment and furniture. Be part of a sorting or sales team with a commitment of a half-day a week. All our profits are donated back to the community of Mississippi Mills. For more information, phone Rebound (256-1700), the Hub (256-5225) or volunteer coordinator, Mary Hurry, at 256-8688.

Kiwanis Club of Perth-on-Tay needs new members from Perth and District. We award "Terrific Kids" for citizenship in 13 schools. We raise funds by recycling bottles, cans, ink cartridges, cell phones and digital cameras. Funds raised support the food bank, snowsuit fund, YAK, Lanark Youth, provide scholarships and more. We have a speaker at meetings and share a meal. For details go to <www.kiwanis.org> or call 267-4662, or to donate items for fundraising. "One can make a difference."

Lanark County Genealogical Society promotes the preservation of family and local history in Lanark County. Volunteers are welcomed to help in various projects such as cemetery recording and a Places of Worship project. For further information call Marilyn Snedden at 256-3130 or visit <www.globalgenealogy.com/LCGS/>.

Lanark County Interval House (LCIH) has operated as your local shelter for abused women and their children since 1979. We currently need volunteers in these areas: Board of Directors (governance model), Fundraising Committee which enables LCIH to maintain and expand its programs, driving and moving clients (usually Mon. to Fri. daytime), clerks and a "handyperson" for our As Good As New Store (Mon. through Sat.). All positions require an interview and police check. For further information please call Joan at 257-1115 x 2.

The **Lanark County Therapeutic Riding Program** offers specialized riding lessons to children and adults with physical and/or developmental disabilities. We are looking for volunteers to help during weekly lessons to lead the horses or walk beside the riders to give them support and encouragement. No experience with horses is required, and training sessions will be held in the spring. Lessons take place at various times during the week between April and November, in Perth and Almonte. Great exercise and great people!! For more information visit <www.therapeuticriding.ca> or call 257-7121 x 236.



Camp Lau-Ren is a children's residential summer camp drawing campers from many parts of Renfrew and Lanark Counties. The Camp Lau-Ren Board seeks volunteer board members, leaders and counsellors, as well as people willing to help with camp renovations and repairs in the spring. Volunteers are the lifeblood of this non-profit camp and help keep camper fees low. For more information on how you can help, please contact Bruce Patterson at 257-2672 or visit us online at <www.lau-ren.com>.

The **Lions Club** of Smiths Falls puts the fun in fundraising. A lively group of guys and gals whose motto "We Serve" is a way of life. Meetings are the second and fourth Thursday of the month. Come and join us. Call 284-6756 (Stan) or 285-0823 (Wilf) for more info.

Volunteering in Almonte was never more fun / You can spend many hours, or spend only one / Could be weekend or Friday, or Tues., Thurs., or Mon. / Could do painting or cleaning or read in the sun / So if you've got skills (or you think you have none) / Write us or call us and join our MAAP fun! Contact Lilly White, **Mainstreets Association of Almonte and Pakenham (MAAP)** Downtown Almonte Promotion, at <lillywhiteangels@sympatico.ca> or 256-0216.

Almonte's **MCSC Home Support Program** helps seniors and adults with physical disabilities to be active in our community and healthy, happy and independent at home for as long as possible. Consider the volunteer opportunities of driving seniors to appointments, teaching computer skills, delivering Meals on Wheels, serving meals at our dining programs, helping out in our office, being a friendly visitor, or assisting with our Home Support Hikers program. Please call Home Support at 256-4700 for more information.

The **Rotary Club** of Carleton Place & Mississippi Mills actively supports local community activities, such as the Alwood Treatment Centre, TYPS in Almonte and the Carleton Place Canoe Club. It also supports international programs such as PolioPlus and ShelterBox Canada. The club needs volunteer members to help raise funds for these projects; people who enjoy working in the community, sharing in friendship, and supporting the motto of Rotary — "Service Above Self". Please call 253-2602 or visit <www.rotarycpmm.ca>.

New to Smiths Falls? Looking for work? Sometimes it really is about who you know! The **Smiths Falls & District Chamber of Commerce** can help you build your resource network. We'll benefit from your experience and you'll benefit by getting to know the members of the business community in our region. We need help with event planning, marketing, general office work, preparing promotional packages and with spreading the news about our great community. Contact us at 283-1334 for details.

TYPS (Take Young People Seriously) serves 12-18 year olds in Mississippi Mills. Our centre at 79 Bridge Street in Almonte is open Monday-Friday from 2:30 to 8:00 (9:00 on Fridays). Youth drop in, make a snack, and hang out. We also offer a range of special projects, programs, and events. If you'd like to help make our community more vibrant and youth-friendly, or have some time and skills to share, please contact us! Call 256-8485 or email <sophie@typsyouthcentre.org>.

VCARS-LC (Victim Crisis Assistance & Referral Service Lanark County) helps victims, their families and friends with short term emotional support and practical assistance in the first few hours after a crime, tragic circumstance or disaster, either at the scene upon request of our Lanark County Police Services or through our office at 91 Cornelia St. W., Smiths Falls, 284-8380. For more information please visit <www.vcarslanarkcounty.com>.

Fulton's Fundraiser

Once again, Fulton's is thrilled to partner with the Mississippi Mills Fire Department Station 1 and 2, as well as the Almonte & Pakenham District Civitan Clubs, to raise money for a local family in need. New this year, Margaret Dennis, of MAGnificent Meetings & Events, will partner with us as well, to help coordinate the fundraiser. Margaret's daughter was the recipient of last year's fundraiser and she is thrilled to be able to volunteer to help make this year's event another success! The fundraiser will be held on Sunday, April 18, from 10AM to 2PM, at Fulton's Pancake House & Sugar Bush. We invite everyone to come join us for a fun-filled day!

Recipient Required

It is wonderful to raise funds for a child in need... but now we need to find a child who needs the funds! We are currently looking for a child in the Mississippi Mills area who is in need of assistance. If you know of anyone, please contact us at 256-3867 or <info@fultons.ca>.

The fundraiser will include a silent auction, clowns, face-painting, horse-drawn wagon rides and the opportunity to

meet with local volunteer firemen and climb their aerial ladder. Previous fundraisers have raised as much as \$8,700!

All money raised at the fundraiser goes directly to the family to help with medical equipment and expenses, travel, meals and/or parking costs. This year, 10% of the money raised will also go to the Mississippi Mills Fire Department as a thank you for all of their support. These volunteer firefighters have, year after year, supported our day, and 2010 is the year to say "Thank you" to them. They need help to keep our homes, families and communities safe. We look forward to helping them help our community.

Volunteer, donate, or just come for some fun and to show your support! If you would like to volunteer a bit of time to help out with the fundraiser on the day of the event, please let us know. More hands make for an even more rewarding event!

We hope everyone — businesses, media, neighbours, friends and family — will join us in this great event to help a neighbour in our community. —Shirley & Scott Deugo, Fulton's Pancake House & Sugar Bush

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The Montreal Guitar Trio

Friday, March 5, 8PM

JPAC

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ARTS COMMITTEE

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Institute
13 Victoria St., Perth

Tickets available from
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or **ticketmaster** (613) 755-1111 www.ticketmaster.ca

Sponsors: Lake 88.1, C.I.B.C Wood Gundy – Moe Johnson,
Coutts & Company, Foodsmiths,
North Lanark Veterinary Services, Maximilian Dining Lounge,
Kelly's Flowers and Fine Things, Lionel Pauzé/Piano Man,
Camp Otterdale, Jo's Clothes

Calls to Artists

Perth Autumn Studio Tour

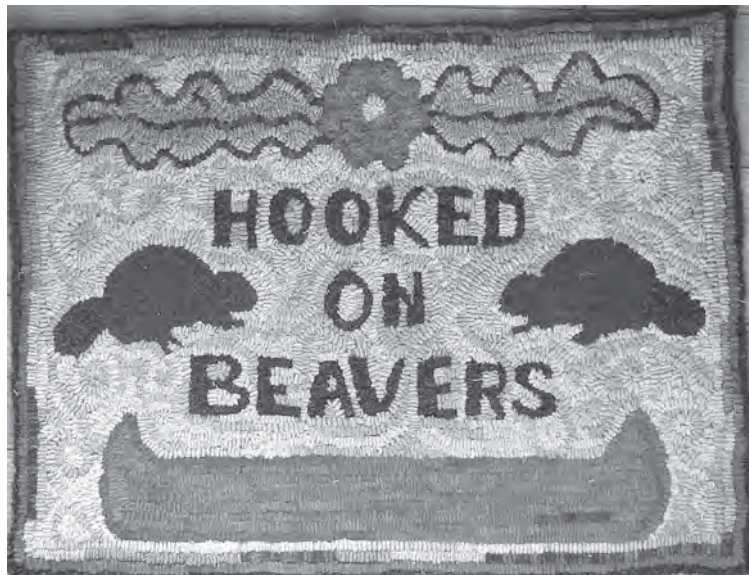
The Perth Autumn Studio Tour encourages artists and craftspeople to submit applications for participation in this year's tour, to be held, as always, on Thanksgiving weekend in October. The deadline for application submissions is April 1.

Now in its seventeenth year, the Perth Autumn Studio Tour is well known for the high standard of work it showcases in the studios of some of eastern Ontario's finest artists and craftspeople. They encourage artists, working in all media, who make interesting, quality work, to apply to join as guests in the studio tour this year.

More details about the tour and the application form can be found on the website, <www.perthstudiotour.com>. Click on the "Send us an application" link at the bottom of the home page for more information on how to apply.

Hooked On Beavers (Oh Yes, They Di-id)

A major show and sale of high quality art works will occur in 2011 (September 23 to 25) at the historic Hotel Kenney, Jones Falls, on the Rideau waterway. *Hooked on Beavers: Celebrating a Canadian National Symbol* will bring together artists, history buffs, naturalists and others. Show events will highlight the long-standing depiction of beavers in art, crafts and advertising in Canada, as well as their contribution to the development of the nation and their role in the ecosystem. Participating artists will be asked to feature beaver-related themes in a portion of their works presented for sale, so now is the time to start thinking of the possibilities. The deadline for artists' applications will be May 31, 2010 — further details and the application can be found at <www.wix.com/Huffie/hookedonbeavers>. In the meantime, contact Liz Huff at <liz.huff@sympatico.ca> or Loretta Moore at <hookedonthelake@kingston.net> for more information.



Mississippi Mills Bicycle Month

Mississippi Mills Bicycle Month is a thirty day event committed to the use, promotion, history, and celebration of bicycles. The Bicycle Month Art Exhibition is a show and sale of local artists' work based on the theme of bicycles.

They are looking for artists to create and submit no more than three pieces of work each in any and all art forms. Three-dimensional, multi-media, and textile works are strongly encouraged. For more information, please contact <amandalynnsey@live.com> or visit <mmbicyclemonth.ca>.

Submissions are due by Tuesday, May 25, from 4–6PM. Exhibition dates are June 1–30, 2010, with a vernissage on Friday, June 4.

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www.galleryonmain.ca gallery on main

www.thehumm.com

Arts & Activities Organizations

MERA is a Community Arts organization in McDonalds Corners, serving Lanark County. Our Heritage Schoolhouse is busy all week with weavers, spinners, fibre artists and potters. On the weekends, we offer workshops to help you develop creative skills, hold community events and concerts, and enjoy the MERA Café. Summer finds the Farmers Market flourishing, our community outdoor oven working and children busy at our ever-popular art camp. To join MERA, or for more information, visit <www.meraschoolhouse.org>, e-mail <meraschoolhouse@bell.net>, or call 278-0388.

The **Mississippi Mudds** Theatre Group is always looking for new volunteers both back stage and on stage. Another vibrant season of live theatre in Carleton Place is underway with plans in place for Musicals, Murder Mysteries and Youth theatre. Our Spring main stage production, "High School Reunion, The Musical", includes many favourites from the 50s and 60s as the chorus and characters plan a reunion and remember their prom. For news on current and past productions visit <www.mississippimudds.ca>.

The **Mississippi MUDDS Youth Theatre** provides opportunities for children and youth aged 8–18 to gain confidence, artistic skill and friendship through theatre. Established in 2007 and growing strong, we are currently seeking a music director. We welcome set painters, carpenters, seamstresses, chaperones, designers and anyone interested in making a difference to a young person's life through the performing arts. Please contact Kate for more information at 253-1388, <jakas@distriutel.net> or check the website at <www.mississippimudds.com>.



The annual November musical theatre presentation by the **Perth Community Choir** plays to capacity audiences in the Mason Theatre. Opportunities are available to be on stage, as a member of several production teams or become a board participant. At the Annual General Meeting on May 19, 2010, the fall show will be announced, a new board will be elected and scheduled auditions will be arranged. Look for further announcements in theHumm. Join the Perth Community Choir family this fall!

The 31st Annual **Smiths Falls Triathlon**, Canada's first triathlon, and 11th Annual Figure Eight 5km Run will take place on the morning of Sunday June 20, 2010, at the Comfort Inn in downtown Smiths Falls. Runners, walkers, triathletes and duathletes will enjoy a fun day full of achieving personal bests while helping those in the community. Come volunteer and be part of all the fun. Please contact Steve Wyrozub for more information <steve@somersault.ca>.

Museums & Conservation Areas

Archives Lanark is a repository for historical and genealogical documents pertaining to Lanark County. Holdings include the original land records for the entire County dating from 1850 as well as a wide cross-section of documentary collections from organizations and private donors. The Archives, located at Drummond Centre near Perth, relies on volunteers to assist visitors, organize the holdings, make photocopies and enter information into the database. If you enjoy working with seniors, please call 256-3756 or 267-2232.

The **Arnprior and District Museum** celebrates the heritage of Arnprior and the surrounding area, and volunteers make it happen. The Museum always welcomes new volunteers to help staff the museum, create new exhibits, research and document artefacts, conserve textiles, and do computer database work. This year we are on the lookout for help with our marketing. If you have any of these skills and an hour or two a week to spare, come and join us. Please call 623-4902 or email <jcarlile@arnprior.ca>.

The Diefenbunker, Canada's Cold War Museum, is a not-for-profit museum and National Historic Site of Canada. Located in Carp, this once-secret nuclear bunker is now a cultural institution engaged in the promotion and preservation of Canada's Cold War heritage. We need volunteers to help give guided tours of the bunker to visitors, maintain the building, organise special events, fundraise, develop exhibitions, and translate material into French. For more information call 839-0007 x 223 or email <tours@diefenbunker.ca>.

Be a friend, make a friend. Your skills are needed by the **Friends of the Textile Museum** who are happy to welcome new members. Their activities centre around the various museum events: exhibit openings, Fibrefest, the summer barn dance, the Fezziwig Christmas, and many others. Meet artists, learn about the textile trade, help keep this vibrant museum alive. Call the Mississippi Valley Textile Museum at 256-3754, or drop in to find out what's new.

The **Lanark & District Museum** is a local history museum located in the village of Lanark. It is open weekends from Victoria Day in May to Thanksgiving, 1–4PM. This summer we will be highlighting the 100th Anniversary of the Royal Canadian Navy, and welcome any relevant loans or donation materials for our display. As usual, volunteers are the backbone of our organization. If you would like to be a volunteer or wish more information, please contact Jo-Anne Roberston by email at <pjrob@rogers.com>, or by phone at 278-2228.

The **Mississippi Madawaska Land Trust Conservancy** is a charitable, non-profit organization that works with landowners to ensure long-term protection of ecologically valuable property in the Mississippi River watershed northward to the Madawaska River. Our first conservation easement is the exceptionally beautiful Alba Wilderness Area, which includes Blueberry Mountain, one of the Seven Wonders of Lanark County. We seek Board members and other volunteers to participate in our work. For more information, visit <www.mmltc.ca> or contact Mary Vandenhoff at 259-5654.

thehumm

February 2010

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GET INVOLVED / GET CONNECTED

Mississippi Valley Conservation (MVC) is looking to expand its volunteer corps at each of its three conservation areas. The **Mill of Kintail Conservation Area**, home of the R. Tait McKenzie Memorial Museum and the Life and Times of Dr. James Naismith Collection, is in need of volunteers to help maintain and enhance the gardens, monitor trails, and assist with special events. Contact 256-3610 x 2 for details. **Morris Island Conservation Area**, near Galetta in the City of Ottawa needs volunteer help with trail monitoring and light site maintenance. Call 259-2421 x 225. Volunteer interpreters are welcome at **Purdon Conservation Area** during the peak Showy Lady Slipper Orchid blooming period from mid-June to early July. Volunteers would be responsible for assisting visitors with plant identification and site history and light maintenance. Call 259-2421 x 225. For other watershed-based volunteer opportunities please contact the MVC office at 259-2421.

Join the **Mississippi Valley Textile Museum's** team of volunteers! The MVTM collects, interprets and displays artifacts relating to the history of the textile industry in the Mississippi River Valley, and showcases contemporary fibre arts exhibitions. We are looking for volunteers to assist in office administration, web design and development, building maintenance, landscaping, to greet visitors and give tours, run educational programs, work on displays and exhibits, work with artifacts, help out at special events, and more! Visit <www.textilemuseum.mississippimills.com> or contact 256-3754 x15.

The **North Lanark Historical Society** is dedicated to preserving the history of the local region. They hold interesting talks and exhibits of a heritage nature, host an annual dinner, research and publish information including newsletters, and operate the North Lanark Regional Museum located at Appleton. Anyone with a keen interest in history is encouraged to join and help both the organization and its museum. For further information contact Doreen at 256-2866 or email <appletonmuseum@hotmail.com>.

Festivals & Events

The **Almonte Fair** has brought both town and country together in competitions and fun. If not for hundreds of volunteers dedicating thousands of hours of their time, we wouldn't be celebrating our 152nd annual event this July 16-18. If you or someone you know would like to be a part of the planning or hands on at fair time on any of our many committees, contact Volunteer Co-ordinator Donna, 736-7093 or President Alyssa, 256-6263.

The **Art of Being Green Projects (AOBG)** is an incorporated not-for-profit, volunteer run organisation. The AOBG organizes events and projects throughout the year in Lanark County which focus on energy technologies and conservation as well as topics on sustainable living. We need volunteers to participate in the overall planning committee and the many individual events, especially a "blow-out" hundred mile al fresco lunch in August at the Middleville Fairgrounds. Call 256-9424 or 267-5340. <bobbyjohnclarke@gmail.com>

Want to help roll out the second annual **Mississippi Mills Bicycle Month** in June? Bike Month 2010 will include a bicycle trade show, rural riding lessons taught by Canbike, a bicycle polo exhibition game, an evening of bicycle games, a bicycle art show and dozens of guided rides around Mississippi Mills. Bicycle Month needs volunteers immediately to help with promotion and organization and in June to help run events. To volunteer, email Bicycle Month at <bicyclemonth@gmail.com> with subject line Volunteer.

The **Canal Railway and Chocolate Festival**, which is held July 16-18 in Smiths Falls on the UNESCO World Heritage Rideau Canal, is a family focused festival. We have two stages with family type entertainment, from Elvis to Classic Count; one focusing on kids with clowns, puppets, magic, face painting and more. Volunteers are needed to assist with set up, take down, security and gate admissions etc. Contact us at <dawnsncloset@hotmail.com> or <goatlady@xplornet.com> our website is <www.canalrailwayfest.com>.



The Lanark and District Civitan Club is sponsoring this year's **Canoe the Clyde for Cancer # 4**. We need retail stores to register paddlers and provide pledge forms to the participants. Please contact Dick Cordick at 259-5738 or <riversedgeband@aol.com>. The success of the event depends on the number of paddlers that participate. Over the last three years, 'Canoe the Clyde' has raised over \$20,000 dollars for Cancer research and with your help we can make that number much higher.

The **Carleton Place Dragon Boat Festival** is an annual event that returns all profits to the community. As a non-profit organization, over \$55,500 has been donated to local organizations in the last eight years. The principal beneficiary for the past two years and again for 2010 is the Carleton Place Hospital. We require volunteers to help with various activities at the festival on September 11, 2010. If interested, please send an email to <admin@fall400.com>. For more information visit <www.fall400.com>.

The 34th annual **Festival of the Maples**, downtown Perth, April 24. Includes over one hundred vendors, live musical entertainment, children's activities and more. Volunteers are needed for the day, 6AM to 6PM. We need people for set up, take down, parking assistants, barricade monitors, delivering items to vendors etc. 1/2 hour of your time or all day if you want. Contact The Perth & District Chamber of Commerce, 267-3200.

Join a dynamic team of volunteers for the 15th Annual Ottawa Valley Midsummer **Herbfest** on Sunday, July 25 at the Herb Garden, Old Almonte Road, just outside Almonte. This festival hosts the famous Chef Cook-off, a large market place, live dance and music, wild herb walks, presentations and a lot more. As a volunteer, you will receive a free family and parking pass, T-shirt and honorary stipend. For info visit <www.herbfest.ca> or contact Freda Godby at <fgodby@rogers.com>.

The **Perth Regional Heritage Fair Committee** will once again be sponsoring history fairs in many schools throughout Lanark County and area, culminating in the Regional Fair in Perth on May 5. The committee welcomes volunteers to help plan and organise the day, as well as judge individual projects and various other volunteer activities the day of the fair. If interested, please contact John McKenty at 267-7319 or <john.mckenty@sympatico.ca>.

Be one of our wonderful volunteers for the **Puppets Up! International Puppet Festival** on August 7 & 8. Located in downtown Almonte, this exciting weekend attracts thousands of people of all ages! You can be a greeter, a ticket taker, a theatre host, assist with the parades, help in the craft tent or work on a technical crew. Enjoy an exciting weekend working with puppeteers, street entertainers and visitors to our community. For more information, phone Mary Lou Souter at 256-1166.

The 7th annual **Riverside Jam** on the Mississippi in Carleton Place will be held on July 30, 31 and Aug 1. Weekend passes are \$99 per person and camping in Bodner Park is \$65 for the week of July 26. Midway, food and crafts and a shopping Bazaar on July 31. Join us! <www.riversidejam.ca>, 282-9262.

Humm Bits:

Great Goings On at Nature Lover's

Why not spend part of Valentine's Day (Sunday, February 14, from 2 to 4PM), with Brent Connelly, who can spin yarns about logging and living in the Ottawa Valley like few others. After four decades of working in the forestry industry, and now residing in Almonte, this author will delight you. He's written three books: *Holy Old Whistlin'* (logging in Algonquin Park), *Finer than Hair on a Frog* (more logging yarns), and his latest book, *Off in a Cloud of Heifer Dust*. So come on out to the Nature Lover's Bookshop (62 George Street in Lanark) to meet Brent Connelly, and bring in a few yarns of your own!

On Sunday, February 21, Perth author Mary-ellen Dick will present her book *A Tribute to Some Special Whitetails* from 2 to 4PM. Her photographic documentary provides an intimate, informative and visual glimpse into the world of whitetail deer, particularly whitetail bucks. In her exposé of their activities over a period of five years in her backyard, Mary-ellen got to know the deer as individuals, and through her short stories and delightful photographs, you will come to know them too. As always at Nature Lover's events, refreshments will be served.

For further details regarding these workshops and special guests this winter, visit <www.natureloversbookshop.ca> or call 259-5654.

SRO Tea Dance in Almonte

On Sunday February 21, treat your valentine to an afternoon of dancing to one of the area's best big swing bands, in an authentic period setting. The fifth tea dance of the 2009/10 season will be held from 1-4PM in Almonte's Old Town Hall, at 14 Bridge Street. This is the fourth season of these very popular dances, which are hosted by the well known Almonte-based 15-piece Standing Room Only. Doors open at 12:30PM. Admission is \$10 at the door (cash only) and includes a \$2 building improvement surcharge. Reservations are not required. Dress is casual, though optional period dress (1920s to 1940s) is encouraged.

A refreshments table, run by the Women's Institute, will offer delicious home-baking and a range of (non-alcoholic) beverages at reasonable prices. The Old Town Hall has its own parking lot and there is plenty of additional parking on nearby streets. There will be another tea dance on March 28. For more information, contact Chris Thompson at 692-5380 or <sro.teadances@bell.net>.

Be An Oddity!

The Oddities, a Perth-based community choir, has started their winter session. Talented choir directors Jack Hurd and Nicola Oddy have returned. The Oddities perform four-part harmonies and music of all genres. Practices are entertaining, lively, and lots of fun. The choir is looking for new members; no experience required. Rehearsals are every Saturday, 9:30AM to 11:30AM, at the First Baptist Church, 17 D'Arcy Street in Perth, and the cost is \$50 for the session. For more information please contact Jim (264-5028).

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True Friends of Perth

Behind the curtains of every successful volunteer organization, you won't find the Great Oz, but instead a group of selfless, dedicated, dynamic folks, who give tirelessly of themselves to better their communities. One such person is Perth's Theresa Phillips.

In a word, Theresa is a dynamo. Her joy and enthusiasm are contagious. Meet her once and I guarantee, in the best sense possible, you'll never forget her.

Theresa Phillips is currently the Chairwoman of the Perth Performing Arts Committee (PPAC), a long-standing, volunteer-run organization that prides itself on bringing quality, professional entertainment to Perth, as well as supporting arts education in the community. Now in its 29th season, PPAC stages three to five presentations from September to May of each year. Presentations cover all aspects of live entertainment, including live classical and contemporary music, dance, theatre and comedy. Jim Cuddy, Serena Ryder, Holly Cole, the Blind Boys of

Alabam, the Ontario Ballet Theatre — these are just a few of the many talented entertainers PPAC has brought to Perth in recent years.

Phillips says she is "happily and joyfully" involved with the committee, and she's quick to point out that there are fourteen other volunteers on the committee.

"This group of people is a whole different ball game," says Phillips. "Everyone is so supportive and willing to step right in and help, which is a lovely

thing. We have a wonderful, dynamic committee. It makes the whole thing quite joyful to be part of."

But PPAC doesn't just bring big-time talent to Perth. They also give back to the community in other ways.



Unfortunately, Theresa Phillips was battling the flu at deadline time and was not available for a photo shoot. Lucky for us she had previously sent in a photo (taken by husband Murray) of her reading *theHumm* in San Miguel de Allende, Mexico!

"We're big supporters of the community," Phillips says. "At the end of each school year we give out bursaries for young people who are planning to move on in the arts."

On occasion, Phillips adds, the performers help out as well. "A lot of artists give workshops for us and we pay them for that," she says. "We organize singing workshops for adults, and music and dance workshops for all ages."

Two great acts PPAC has booked for 2010 are: the Montreal Guitar Trio (March 5) and

the Toronto All Star Big Band (April 16), a group which Phillips enthusiastically says perform music from the '30s, '40s, and the '50s and "are not to be missed."

Before her volunteer ventures, Phillips, who was born in New Brunswick and raised in Belleville, Ontario, was a special education teacher, which she says was a labour of love. Her teaching career began in Perth at the Jean Vanier School, which shut down some years ago, and then took her to Ottawa, where she taught for years before retiring in 1998 (all told, Phillips was a teacher for twenty-nine happy years). That was the year she began her work with PPAC.

Her husband, Murray Phillips, is currently the president of the Perth Lions Club.

"We both love Perth and volunteering in the community," says Mrs. Phillips. "We feel strongly about the cultural life of the community and we love to give back. It keeps you more alive. It gives back to you. And you meet the most wonderful people. You feel more vibrant when you're volunteering. And it's so important for the health of a community as well."

Phillips' husband was outside of their home, which overlooks Stewart Park, while I was talking to her on the telephone (she had the flu bug but was still quite happy to talk to me). He was feeding a goose who'd broken its wing and has been adopted by some of the people who live nearby. "He's always right behind me when I'm volunteering," Mrs. Phillips says of her husband, with a laugh.

"He's never too far in the background."

While bringing quality arts and entertainment with PPAC is clearly near and dear to her heart, Phillips also volunteers for the Cancer Society, acts as a judge every year for Perth's Historica Fair, and is a member of the Friends of Perth and District Library. This is a group that, among other things, organizes fundraising events for materials and equipment not included in the library's budget, while focusing the public's attention on the library's many resources and services.

"This is another wonderful group," says Phillips. "There are eight of us on the committee and to raise money for the library we have fundraisers —

bake sales, radio auctions and an annual "Night On The Town" draw with the prize of a gift certificate of one-hundred dollars to Maximilian's and two tickets to a PPAC show."

Over the years, the Friends have raised a total of \$70,000 for Perth's library. They also advocate for the library, visiting local councils in support of increased funding. And with friends like Theresa Phillips supporting them, they certainly are in good hands!

— John Pigeau is a novelist and freelance writer who lives and writes in Perth. His debut novel, *The Nothing Waltz*, can be found at fine bookshops in Almonte, Carleton Place, Westport, Kingston, and Perth or by e-mailing <jpigeau@hotmail.com>.

A Time for Resolution

As we say farewell to the holiday season, many of us are going back to our realities of work and school with new resolutions on our mind. Some feel that 2010 will be the year that they will quit smoking or lose those unwanted pounds. Though these are both fantastic personal goals, something that we may lose sight of is the power with which we can support others in finding resolution in their lives as well. For the women and children of Lanark County Interval House (LCIH), every day can feel like a struggle to keep safety a priority. When a woman leaves an abusive partner, it takes everything in her power to stay away. The love and loyalty once felt holds strong, even though she may now know that the abuse she endured was neither right nor her fault. As a public educator on violence against women and children, one of the many questions I am faced with is why women stay, as well as why so many go back to their abuser. Fear of revenge and fear for their children's safety are some of the obvious reasons. Rationalizing reasons for abuse, guilt about breaking up the family, and reluctance to go to a shelter are others. We at LCIH recognize the importance of reassuring women that the difficulty of leaving an abusive situation does not go unnoticed, and the strength that these women show daily is truly admirable.

So how can we, as a community, help? Making a New Year's resolution to commit to volunteering your time and abilities to your local shelter is a huge support. As many shelters do, Interval House struggles financially each year, and certainly appreciates the time and talents of its current volunteers. Another way to help is to learn how to support a woman in an abusive situation, including being aware of the resources available to a woman in an abusive situation.

A Heartfelt Thank You!

This past December, more women and children were able to enjoy a peaceful, happy holiday season thanks to your donations. The people of Lanark County pulled through once again for the many families in our community whose holidays are often threatened by violence and abuse.

Before the special day arrived, our shelter was piled high with your donations of new gifts and toys. The gifts that were not under our shelter's tree Christmas morning were delivered early by our staff and volunteers to families who use our community support services. So many families who are trying to move on from abuse struggle with poverty, so these gifts, and the smiles that accompanied them, were priceless.

We warmly thank all the individuals, community groups, agencies, businesses, and schools — young and old alike — who shared the generosity of the season with us. We hope you had a lovely holiday season with your loved ones.

— Brianne Luckasavitch

Lanark County Interval House is a shelter and support network for women and their children threatened by abuse. Their 24hr Crisis Line is 257-5960 or 1-800-267-7946 (please call anytime).

Village Store For Sale

As the new owner of this long standing village store, you will be an integral part of the local community. This turn-key operation is available as we look to progress with the next phase of our business plan. With stable sales revenue, this mixed retail business is suitable for someone who desires a retail store front without the worry of start-up pains.

This leased store front has a great location in the center of an historic village, just west of Ottawa. Newer development in the surrounding area will ensure this store continues to be viable.

The price includes all equipment, licences, web site, domain name and fixtures etc. Stock to be evaluated at time of transfer.

For details, serious replies to highdome@gmail.com with a phone number will be answered at the earliest opportunity.

The Perth Community Choir is inviting proposals for the Fall 2010 Show.

Proposals to include an Artistic Director, Musical Director and show selection.

Deadline for proposals is Friday, March 26th, 2010.

Written proposals to be sent to 84 Harvey Street, Perth, Ontario K7H 1X2

Celebrating Two Cultural Contributors

February is here and one of the big calendar events is the Young Awards Gala on the evening of Saturday the 20th. In its second year, this new incarnation of the cultural awards is focusing more interest and support than ever on the arts and the individuals who contribute to it in this community.

by Eulalie Lark-Spur

Cultural Achievement

The Mississippi Mills Cultural Achievement Award is presented this year to Sue Adams, noted artist and sculptor in our community. To walk into Sue's studio is to enter an environment crackling with creativity. Larger-than-life sculptures and art surround this petite figure with the dancing eyes.

Raised and educated in Windsor, Ontario, Sue cannot remember a time when she wasn't filled with the creative spirit. The youngest of three children, Sue lost her mother as a young child and she became very close to her father. This was a very special father — a writer and artist — and an ongoing inspiration to Sue. She grew up in a house with a basement crammed with books and with a healthy respect for the arts. The advantages of living a short distance from Detroit were multitudinous. The city in those days was prosperous, supported by wealth from the

marily with the human form, drawing from the historical and aesthetic attitudes of Classicism and Humanism."

Sue and her husband Mark lived and worked in Ottawa before they relocated to Almonte where they raised their two daughters. At the back of their garden was the studio that soon was the focus of Sue's ongoing creative work. Her focus is to create, drawing on her response to life, a balance between mind and body. She has worked collaboratively with local artists Dale Dunning, Stephan Braithwaite and Deborah Arnold, among others. Her works have been exhibited at the prestigious Galerie d'Avignon in Montréal, the Art Gallery of Ontario, the Berkshire Contemporary Arts Center in Massachusetts and the Centre International du Vitrail in France, among others.

Will she ever stop creating? No worry of that! Sue assures us she has an inexhaustible supply of ideas in her head!

Cultural Volunteerism

In a community as vibrant and artistic as Mississippi Mills, there are inevitably exceptional people who provide the spark for many of the happenings. Fern Martin is such a figure, and she is this year's recipient of the Mississippi Mills Cultural Volunteerism Award. Fern is a local girl. She was born in the old Almonte

important, she manages to make an inestimable contribution.

Fern was one of the founders of the Lanark Interval House Shelter and she notes it was a "life changing experience" — public education became her vocation. Her wit and talent enabled her to write and compose songs, music, poetry and lyrics for a variety of fundraisers. For many years she wrote weekly columns for local papers, and she also wrote a book entitled *The Narrow Doorway*, which told stories of women's escapes from abuse. With her characteristic grin, Fern acknowledges that it is a point of pride for her that this is the most frequently stolen book from Interval House!

For many years Fern was involved in the National Women's Week variety show "Bread and Roses," and she was instrumental in starting the ArtsFusion Festival to raise community awareness and funds for Interval House. ArtsFusion evolved into the RiverEdge Festival, and also spawned the popular Folkus concerts (which Fern is still actively involved with). A co-founder of The Hub, Fern continues to write skits for as well as participate in the operation of that crucial institution. She still serves on a committee and "goes to the parties."

At about the same time as she was launching ArtsFusion, she also created (and sang in) the Clitoris Chorus, which performed in conjunction with an Almonte production of *The Vagina Monologues* by Eve Ensler. The chorus later morphed into the Valley Voices.

Back in the 70's Fern was part of a group raising funds for CHEO, organizing craft and art shows. A company of six artists, including Juan and Else Gueur, and Madeline Moir were involved in an innovative art show in the community. Clearly, she has been instrumental in helping Almonte to develop as an artistic community.

Does a Fern Martin ever stop? I guess not. She is currently Chair of the Beautification Committee and full of ideas. Her vision of the town is one of community pride. One of her ideas involves planting trees along rural roads. Fern has a dream of the day when a parent can bring his child to see "the tree" that was planted when he was a school boy and is now full and green, beautifying the countryside. I can also guess she won't have any trouble attracting volunteers — working with her not only accomplishes great things, but it is fun!



Artist **Sue Adams** is the winner of the 2010 Mississippi Mills Cultural Achievement Award. She is pictured here in her studio, surrounded by some of her stunning sculptures.

Don't Miss the Tributes!

You'll have a wonderful opportunity to show your appreciation of the careers and contributions of these two talented women at this year's Young Awards Gala on Saturday, February 20. Doors open at 6PM at the Almonte and District High School, and the evening also features wonderful food and

performances by terrific local artists and musicians, and an extensive silent auction. The event raises funds for arts programs in the schools of Mississippi Mills. For more information about this year's Gala, please see the article on page 12 of this issue or visit <www.youngawards.ca>. See you there!



The cheerfully indefatigable **Fern Martin** (right) is the recipient of this year's Cultural Volunteerism Award. Just try to name all of the groups, events and organizations she has been involved with over the years — go ahead, we dare you!

auto industry, it maintained the Detroit Symphony, the Detroit Institute of Arts, and opportunities to see visiting artists and exhibitions. It was also easy to make quick trips across the border! Sue and her father took full advantage of this.

After graduating in Fine Arts from the University of Windsor, Sue also studied at the Ecole des Beaux Arts in Nice, France. Sue has stated "My work deals pri-

General Hospital and enjoyed life on a farm near Blakeney. Fern is quick, witty and very talented. With incredible energy and good humour, she has taken on an amazing variety of tasks that support cultural and community activities here. She operates from a strong feminist agenda, believing in the importance of addressing inequities between the genders. Combined with her conviction that community is

Lanark Health and Community Services

207 Robertson Drive, Lanark, ON K0G 1K0 Tel: (613)259-2182 Fax: (613)259-5235

Lanark Health and Community Services (LHCS) is recruiting new members for our Board and Committees

LHCS is a fully accredited organization representing Lanark Community Programs, the Mental Health Support Project, the North Lanark Community Health Centre, and the Whitewater-Bromley and Rainbow Valley CHC Satellites in Renfrew County. LHCS is a vibrant organization which oversees many different services in support of the health and well-being of members of our community.

In our most recent accreditation review, LHCS achieved the standard of innovation/ excellence in seven categories: Board Establishment and Operations; Leadership and Planning; Accessibility; Client-Centred Approach; Continuity and Coordination of Programs and Services; Volunteers and Research.

Our Board Members have: knowledge of the community; a wish to learn more about health and social support services; and a desire to effect change in the community. The Board meets monthly from September to June. There is a strong educational component preceding each meeting — with a presentation from one or more of the parts of LHCS. The discussions of the group are governed by a consensus model of decision-making.

As well as positions on the Board, LHCS also welcomes a diverse range of community members to sit on one of the five committees which report to the Board: Finance; Public Policy and Social Action; Board Affairs; Planning and Joint Planning. These committees also meet monthly, and each has a different perspective on the services which are part of LHCS. Joining a committee as a community member can also be a good introduction to becoming a member of the Board.

If you are interested in exploring this opportunity to be more involved in your community, please contact Pam Fergusson, Administrative Assistant by March 31, 2010.

Pam Fergusson, Administrative Assistant
Lanark Health and Community Services
207 Robertson Drive
Lanark, ON
K0G 1K0
Phone 613-259-2182 email: pfergusson@nlchc.on.ca

We are a non-profit, community governed organization whose purpose is to support the people in our community in achieving the best possible health and social well being. Visit our website at www.nlchc.on.ca to find out more about LHCS and its parts.

Connections Program

Mental Health
Support Project

Whitewater Bromley
Community Health
Centre Satellite
- Rainbow Valley
Point of Access

North Lanark County
Community Health
Centre

Lanark Community
Programs

Alpenblick Farm

Alpenblick Farm just might be the closest thing to going to Switzerland that I may ever experience. Surrounded by classic Swiss paraphernalia, from cuckoo clocks to beautiful oversized cowbells, I sat with Robert Oechsli for a couple of hours in his kitchen to talk about Alpenblick Farm. The word “Alpenblick”, which means “moun-

By Susie Osler

tain view” in German, conjures up visions of snow-covered Alps, animals grazing in alpine meadows, green valleys, chalet-dotted hillsides, and the bucolic sounds of cow bells. Here, near Ashton, a half hour from downtown Ottawa and in spite of the absence of any sort of mountains, Robert and his wife Petra Stevenson have created something of an homage to his place of birth.

Robert grew up on a mountainside farm in the Simme Valley in Switzerland from where Simmental cattle originate. After leaving Switzerland as a young man, he spent time in England working as a chef. Following an accident which left him unable to tolerate long hours of standing in a kitchen, he became a dog trainer for the Royal Air Force — for the purpose of detecting narcotics and explosives. He eventually applied for a contract in Ottawa training dogs for the RCMP and, in 1968, ended up moving to the old homestead they now share.

The couple, who met while Robert was driving a bus (one of the many positions he has occupied), has been together for nine years now. Petra moved to Vancouver Island from Germany eighteen years ago and wound up in the Ottawa area some years later. She has a background in fitness training and now teaches classes regularly in Almonte. She also works with COG (Canadian Organic Growers) coordinating their local food directory — a list of organic farms and what they produce. The glue that holds this couple together is their passion and love for their animals. “They give me so much” says Petra.



Both the stock they keep for meat production and the numerous “pets” that have found their way into their lives are treated with much affection and care. I met Elvis, the miniature pony

rescued from an abusive situation and Freddy, the potbellied pig who greets cars and has apparently learned (by himself) to herd the animals into the barn. The barns were full of several breeds of sheep and goats (and many new babies). Not surprisingly, they raise Simmental cattle. At 35 head, theirs is a small herd by Canadian standards, but a rather large one by Swiss standards, according to Robert!

Petra and Robert are firm believers in a natural approach to disease prevention and general livestock management. In addition to the use of organic methods, Petra sometimes practices reiki (a type of energetic healing therapy) on her animals. Their animals are allowed to breed according to their natural cycles (i.e. no use of hormones to induce estrus). They are grass and hay fed, and generally left to develop at their natural rate with minimal interference. Despite the fact that cattle have not evolved to eat grain, it has become the staple diet of most conventional cattle operations for the simple reason that animals put on weight quickly on a diet of grain — no matter that it can lead to digestive problems, weakened immune systems, and the proliferation of e. coli in the cow’s gut. Grain feeding shortens the amount of time that animals will spend on the farm (getting fed and managed). Take away the grain and then the animals, like those at Alpenblick Farm, will take a lot longer to reach a size that is ready for slaughter — one of the reasons why organic meat is more expensive than conventional.

Robert and Petra’s passion for animals is matched only by their shared commitment to educating the public, especially children and youth, about living a healthy life — particularly when it comes to growing our food and developing related skills. Petra and Robert have met many wonderful people who have provided invaluable support (and friendships) to the farm in the last few years. Much of this is a result of an outreach effort by Lynda Hall (COG Ottawa) several years ago. Hall was also instrumental in creating the partnership between Alpenblick and COG for the *Youth Farm Apprenticeship Camp*. Essentially an extension of the day-long farm visits for kids that have happened under the banner of COG’s *Growing Up Organic* (GUO) program in Ottawa, the Camp offers groups of youth five days of camping at

Alpenblick Farm



Robert Oechsli & Petra Stevenson

Who They Are

Alpenblick Farm
Robert Oechsli and Petra Stevenson
8138 Golf Club Way, Ashton, ON
253-2640, <alpenblickfarm@sympatico.ca>

What They Offer

Farmgate sales of non-certified organic beef, lamb and goat by the pound/piece. Delivery possible for an additional fee.

Where They Sell

Carleton Place Farmers Market (Saturdays, 8AM-1PM, May to Oct.), Stittsville Organic Farmers Market (Thursdays, 3-7PM, May to Oct.), Ballygiblin’s Restaurant & Pub in Carleton Place, and The Urban Element in Ottawa.

Goat Meat Stew

- ½ cup olive oil
- 1kg goat meat
- 1 cup white wine
- 1-3 bay leaves
- 2 cloves
- 1 cinnamon stick
- Salt
- Freshly ground black pepper
- 1 lb. small onions, peeled
- 3 garlic cloves
- 1 Tbsp tomato paste

Heat the olive oil in a pan and brown the meat. Lower the heat, add enough water to cover the meat, cover the pan, and simmer for 45 minutes. Add the white wine and bring to a boil, removing any scum that is produced. Add the bay leaves, cloves, cinnamon, salt and pepper. Put the whole peeled onions in the pot, as well as the garlic and the tomato paste. Continue to braise until the meat is tender.

the farm. During their stay they experience a general introduction to the practice of, and reasons for, farming organically. They learn to cook over an open fire, to milk and make cheese, and to tend to the animals. They also learn many other simple yet profoundly important life skills such as how, and why, to read a food label in the grocery store! One child reported that it was the best camp he’d ever been to. This enthusiasm (and it is plentiful) is what inspires and energizes this couple to do what they do. Can you blame them?

What started with day visits for kids through the GUO program, moved into camp sessions, and now also includes what the couple hope will become continual weekly farm visits by Montessori Schools,

day cares, and other schools and community centers in the area. Wouldn’t it be revolutionary if all children had this opportunity for at least one week of their youth? The experience connects them with local farmers and provides them with insight into the farmers’ lives and philosophies. It also transfers valuable knowledge and skills from farmer to youngster that have the potential to profoundly influence their behavior and the choices they make throughout their lives.

For information on COG Ottawa’s *Growing Up Organic* projects, go to <www.cog.ca/our-work/growing-up-organic/guo-ottawa>. Camp dates will be posted on the website in the near future. For information about organizing a farm visit contact Alpenblick at the number above.

Young Awards — Gearing Up For the Gala

Since last year's spectacular and hugely successful event, members of the Young Awards Foundation have been busy allocating money to arts programs in area schools, incorporating and seeking charitable organization status, and of course planning for another sensational gala! They are happy to report success on all fronts, and encourage everyone to support the 2010 gala by donating to or bidding on the silent auction and buying a ticket to the event, scheduled for February 20 in Almonte.

Gala coordinator Kris Rieudeau is thrilled to announce the line-up for this year's Gala. "First of all, we are delighted to welcome CBC Radio's Alan Neal and Almonte's dynamic poet Danielle Grégoire as co-hosts," she explains. "And our roster of performers is truly remarkable. Teachers and students from Mississippi Mills Musicworks will be performing a 15-minute piece entitled "Inspiration" that will feature music, spoken word and a multimedia presentation. Noreen Young bursary winner Robynne Glockling will sing a few numbers, and there will also be performances by the big band Standing Room Only and the lively Mumbo Jumbo Voodoo Combo." The evening will also

feature tributes to artist Sue Adams, winner of this year's Cultural Achievement Award, and community activist Fern Martin, winner of the Cultural Volunteerism Award. Food for this year's Gala will once again be a delectable group effort, with contributions from Ballygiblin's, The Leatherworks and Foodies Fine Foods.

The Gala is certainly a highlight of the winter social season in Mississippi Mills. Kris Rieudeau describes it as: "a chance to dress up, put on your dancing shoes, celebrate artistic and cultural achievement in our community, and raise money for a great local cause." Doors to the Almonte & District High School gymnasium open at 8PM on Saturday, February 20. Tickets are \$65 per person, available from Foodies Fine Foods or Blackbird in Almonte, Three Yellow Tulips in Pakenham, and from <reside@sympatico.ca>. Donations to the silent auction are also most welcome, and can be sent by email to <sbrathwaite@storm.ca>. If you wish to bid on an item but can't attend the gala, please visit <www.youngawards.ca> between February 10 and 20 (bidding will close immediately after the gala).

All funds raised by the Young Awards Foundation go toward extra-curricular arts initiatives involving Mississippi Mills schools and/or students. After the inaugural gala, a funds distribution committee reached out to both educators and artists in the community to solicit proposals. Nancy Reside, a member of that committee, explains: "We were thrilled to receive grant proposals for approximately \$25,000. We had \$9,000 to disburse, so after careful consideration we agreed which projects to fund. All proposals were measured based on a number of criteria, such as the number of students to be involved. We are really excited to approve grant proposals from Naismith Memorial Public School, R.Tait MacKenzie Public School, Pakenham Elementary School and Almonte District High School. Students will get to experience slam poetry, visual arts, dance, paper making... and many of these projects involve bringing in artists from this area." There will be another opportunity to apply for grants towards the end of March, so please visit <www.youngawards.ca> for details and application forms.

Support for the Young Awards is as crucial this year as ever. Foundation Chair Fra-



Principal Louise Pritchard (left), teacher Gillian Mills and students from Pakenham Elementary School happily receive a cheque for \$1500 from the Young Awards Foundation. The money will be used for two arts projects: paper-making with Jennifer Ryder-Jones, and poetry with Danielle Grégoire. This year's Gala takes place on February 20, and will raise further funds for arts in the schools.

ser Scantlebury explains that "in this age of cut-backs to arts funding for schools, we feel it is more important than ever for a creative community like Mississippi Mills to celebrate and encourage both artists and arts programming for our children. The opportunities that we are

able to financially support will directly benefit both of these groups, but there's no telling how far-reaching the results may be. With luck, we will be sowing seeds that will grow into the next generation of Sue Adams and Fern Martins!"

Kellys' Success Tip of the Month:

Recent low interest rates and a volatile stock market may have you wondering whether investing in real estate is a good addition to your portfolio. Investment real estate properties can be a fantastic opportunity based on equity appreciation and positive cash flow. There are a variety of different investment options depending on the type of risk and property management you choose. Some of the options are traditional yearly lease rentals, student rentals, room rentals, vacation rentals, and executive business stay rentals. Each option has a different combination of financial requirement and time commitment. An important factor is monthly cash flow. We are of the opinion that there should always be a positive monthly cash flow and a consideration for future increases in interest rates for the investment to make financial sense. This is where a professional opinion is important; rental rates have not increased at the same rate as the resale values in some neighbourhoods. Finding the right combination of purchase price and rental return is not necessarily possible in all neighbourhoods. An experienced real estate salesperson can give you information on rental rates, vacancy rates, property selection, and a projection of cash flow and return on investment. With research and the right business partners, investment properties can be interesting, exciting, and lucrative.



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VICTIM CRISIS ASSISTANCE REFERRAL SERVICE



(VCARS) - LANARK COUNTY

MINISTRY OF THE ATTORNEY GENERAL

Ontario

Victim Assistance Volunteers helping Victims in Lanark County—Spring 2010
Applications now being accepted.

Working in partnership with our Police Services to provide immediate on-site assistance to Victims of crime, tragic circumstance and disaster 24-hours a day, 7 days a week as well as in-office and telephone referral service to Community Support agencies including the Victim Quick Response Program for Victims of Violent Crimes.

Examples of situations that volunteers respond to:

- Sudden Death
- Sexual Assault
- Motor Vehicle Accidents
- Homicide
- Family Occurrences
- Fire
- Suicide
- Assault
- Elder Abuse
- Domestic Violence
- Break and Enter

If you are interested in committing to a one year VCARS volunteer experience our next free 40-hour training sessions start **March 1, 2010 (Monday and Thursday Evenings)**
For More Information, or to receive an application package, please Call 284-8380 or Toll Free 1(866) 575-0067 between 8:30am-4:00pm
Applications must be received by February 8, 2010

February's Affairs of the Heart

Heart healthy entrées
♥ curries ♥ soups

Comfort food to warm your heart
♥ chilis ♥ lasagnas ♥ pot pies



Sweet things for your sweetly

Savoury Pursuits
14 Industrial Drive Unit 3
Almonte
Catering • Bakery **256-7058**

SWEETHEART SPECIAL

Buy one treatment, get the 2nd at 30% off.
Before you take her out on the town, treat her to a relaxing facial, rejuvenating massage, or red hot manicure.



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168 Victoria St., Almonte On.
(613)256-7797
By Appointment Only www.carmelized.ca

GIFT CERTIFICATES AVAILABLE

See page 5 to find out how to volunteer for **BIG BROTHERS / BIG SISTERS**

The Almonte Potters Guild

- Kids Club every Wednesday from 4-5:30PM
- We host special events and birthday parties

Classes for all ages starting the week of February 1

Contact us at 613-256-5556
95 Bridge Street, Almonte
www.almontepottersguild.com

Fulton's PANCAKE HOUSE & SUGAR BUSH CORPORATE TEAMBUILDING GROUP TOURS

SPRING SEASON
Saturday February 20 to April 25
9AM-5PM

Maple Recipe & Photo Contest sponsored by **EMC**

- Feb 20 Opening Day 2-for-1 Pancake Meal
- Feb 27 Fulton's Spa Day Sampling 10AM to 2PM Call for an appointment
- Recipient Required!
Do you know a child in Mississippi Mills in need of assistance please call us. Our Annual Fundraiser is Sunday, April 18. Book the date!
- Check out our website for details on our events; maple gourmet delights and maple spa products.
- Near Pakenham

www.fultons.ca info@fultons.ca (613) 256-3867

A Monthful of Poetry

February tends to get lost among the other months. It's shorter for one, like a haiku, small but packed full of meaning. That pretty much sums up February in Lanark County's spoken word poetry scene. After a lively January, with the first poetry slam of the season, and an amazing Poetry and Potluck show that left at least one audience member full of tasty food and crying tears of joy, February promises to be just as worthy a space for poetry.

It starts with a slam in Carleton Place on February 1. The featured performer is lawyer/actor and poet, Bart Cormier. He has the ability to tell a tall tale, and make it believable. He loves expensive sounding words, and using them correctly.

Chances are he'll challenge both your brain and your laughter centre. It will be held at Carle-

ton Place Cinemas, from 6 to 9PM. Take a chance and break out a poem of your own, or sim-



Bart Cormier is the featured poet at this month's slam at the CP Cinemas

If you've picked up *the Humm* a little too late to catch the slam (this is why I always try to find it on the very 1st of the month so I don't miss a thing), but are aching to find out what this spoken word business is all about, you can catch a series of spoken word workshops happening in Carleton Place at Read's Bookstore (check out page 27 for the ad). Then you can have some material ready for the slam in March, which takes place at JR's Downstairs Pub in Almonte on the first Sunday of the month.

If you are doing something poetic in and around Lanark County, I would love to hear about it. Send me an email at <danielle.gregoire@hotmail.com>, and your event might be a part of this Pageful of Poetry next month!

— Danielle Grégoire

Gala for Cuernavaca

The fundraising committee for the St. John Catholic High School's annual Cuernavaca (Mexico) exposure trip is holding a Valentine Gala Dance. The highly successful annual event will take place at Farrell Hall in Perth on Saturday, February 13, beginning at 6PM. The evening will include a sumptuous dinner, lively dance with a broad range of DJ-led music, and a spectacular silent auction.

The students have been working since September to raise funds for their trip. Fundraising

efforts have included a gigantic garage sale, fruit sales and bottle drives, as well as assisting at student-run functions at the school. The Valentine Gala is their last major fundraiser before the trip, which is during the March break.

The annual trip provides the students with a cross-cultural, immersion and social justice experience. The students will be exposed to some of the social, political, economic, religious and cultural realities of Mexico through direct encounters

with the people. Past student travellers have become empowered to work for social transformation on a personal and collective level. The objectives of the program include learning to move beyond individualistic behavior and experience, and to recognize the values of community.

Tickets for the Valentine Gala are \$30 and can be purchased in advance only by contacting Margaret West at 284-2449. Sponsorship opportunities are also available.

THANK YOU TO OUR SLAM SERIES 2010 SPONSORS:

- CP Cinemas "A Family Affair"
- The Miller's Tale 32 Mill Street, Almonte, Ontario tel. 613-256-8090 fax. 613-256-9833
- THE FACTORY grind by Cowell's Coffee Perth Old Slave Foundry 1 Sherbrooke St. E 284-2449
- 47 Albert St. Carleton Place 613-257-7093 umblebees Timeless Treasures
- N. Alan Jones ATTORNEY 613-257-3811 92 BRIDGE ST. CARLETON PLACE
- Angela Johnstone Sales Rep Direct: 613-227-2869 Office: 613-253-4253 X244
- Brenda MacDonald-Rowe Broker Direct: 613-913-9915 Office: 613-253-4253 X123

LIVE POETS SOCIETY

- Sunday, March 7th JR's Restaurant ALMONTE 385 Ottawa St.
- Friday, April 2nd The Factory Grind Perth 1 Sherbrooke St.
- Monday, May 17th CP Cinemas Carleton Place 17 Albert St.
- Friday, June 4th The Factory Grind Perth 1 Sherbrooke St.

PRESENTING: **SLAM SERIES 2010**

JUST SPIT IT OUT!

All Shows @ 6:30 \$5 @ the door

Visit LiPS on Facebook or email lanarklips@hotmail.com

Don't Teeter "On the Edge of Discovery"

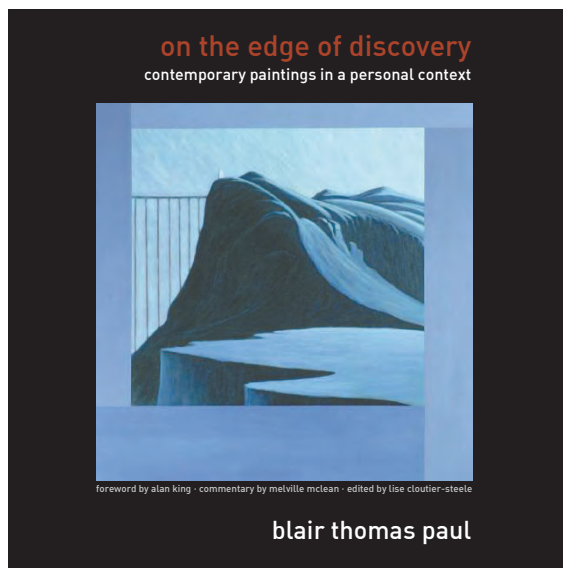
Discover why artist Blair Thomas Paul's wonderful new autobiographical art book, *On the Edge of Discovery*, is of special interest to **Humm** readers!

Blair T. Paul became an aspiring artist at the age of twelve when he ordered his first easel and oil paints from a Sears catalogue. Fifteen years later he became an item on the Ottawa arts scene when his work was exhibited in 1978 at the prestigious Robertson Galleries. Since then he has had numerous exhibitions in Canada and abroad. Two years ago he introduced a fine-art program at Algonquin College where he teaches several courses.

Last month, Paul celebrated the new decade by launching his book, *On the Edge of Discovery — Contemporary Paintings in a Personal Context*, at a solo exhibition of his works at Cube Gallery in Ottawa. Published by Penumbra Press in Manotick, <www.penumbra.com>, the book is a delightful autobiographical collage of his life and art. To art lovers it is a feast for the eyes, presenting a gallery

of 72 colour plates of his paintings, expertly photographed by Bill Young, Michael Bowie and Jonathan Clouter. The gallery section of the book organizes his eclectic works into twelve different categories. To quote Paul, "...my work does not fit into any one specific genre. I explore and experiment with any medium or subject that interests me."

Lillian Michiko Blakey, presi-



dent of the Ontario Society of Artists, agrees. "Blair Paul's work demonstrates his versatility that ranges from realism to minimalism, from landscape to abstraction. He has amazing technical

The Valley Connection

The ingenious autobiographical portion of the book is equally rewarding. To those of us fortunate enough to be intimately familiar with the *theHumm's* catchment area — the Ottawa Valley — it is particularly poignant to read Blair Paul's heartfelt account of the rural environment that shaped him and his art.

He was born in Almonte in 1951, since there was no maternity facility in Carleton Place where his parents lived. In 1954, the family moved back to his father's birthplace, Poland, Ontario. Gifted with a superb visual memory, Blair describes a near-idyllic childhood in this tiny hamlet 35 kilometres southwest of Almonte in Lanark Highlands. "These were simple, joyous and innocent times, and Poland

was a safe and supportive small community. Oddly enough, no Polish people ever lived there." The memoir section of the book contains evocative descriptions of daily life and the community activities that played a central role in his formation. The inclusion of candid photos of the Paul family and of mementos of his education, art career and travels adds to the intimacy of his narrative.

As his online gallery of Canadian Representational Landscapes so eloquently portrays <www.blairpaul.com>, Paul's love of nature remains as passionate as in his pastoral youth. The mature artist is now compelled to also depict the "juxtaposition of man-made forms with natural forms — harsh angularity interrupting the smooth and the organic." Paul wants us all to discover and share his concern for the preservation of the natural environment that nurtures and sustains us.

The work chosen for the cover of the book is a stark, stylized landscape rendered in only three colours. It is based on an ongoing series of charcoal drawings, initiated in 1984, that expresses "the visual and environmental impact of the human presence upon the natural world." Works from the series have been purchased by

the Canada Council Art Bank and the City of Ottawa, and Carleton University has works in their permanent collection.

In the book's foreword, Alan King writes, "Blair is a man for whom the short route to ecstasy is from his eyeballs to his heart." But much of the value of the book to other artists, students and art lovers alike lies in the author's candid discussion of his life-long journey as an artist. Paul opens the book with a poem he wrote in 1985, entitled *Struggle*. He refers to the struggle for growth, and through growth a greater understanding as well as personal discovery. For Blair T. Paul, this struggle is the essence of creativity; a sustaining and endless pursuit.

The artist returned to live in Almonte from 1994 to 2002, until moving to Ottawa to teach at Algonquin College. He was instrumental in starting Almonte's Mill Street Gallery, and is pleased to report that The Miller's Tale bookstore (256-9090) will be selling his book. Paul will be at the store (52 Mill Street in Almonte) on Saturday, Feb. 27 from 5PM for a book signing with refreshments. The National Gallery of Canada has shown an ongoing interest in his work, and will also be carrying *On the Edge of Discovery*.

— Sally Hansen

"We are a gateway community between rural and city — how much more ideal could it be?"



Although the route that led Michaela Wolfert to open **Kehla Jewellery Design Studio** in Almonte spans two continents and over three decades, it definitely has jewellery as its central theme. From volunteering in a jewellery shop to becoming a master goldsmith and ultimately opening a studio of her own, Michaela (pictured with her full-time staff member Alexandra Jay) has always been completely passionate about her work.

She moved her business to Mississippi Mills back in 2005, but more recently bought and transformed the property at the corner of Union and Queen Streets. From that lovely location, she now creates and sells her own designs, offers custom orders (bridal, special occasions, and remounting of wedding bands, among others), does jewellery repair, and also sells select high-quality watches. Her signature style is to suit the jewellery to the person, so that it will look great in multiple settings and for decades to come.

Michaela's business has benefitted from both her location in Almonte and her membership in the Chamber. She finds that being an interface between city and country gives this area the advantages of both, and that participation in Chamber events provides much-needed networking and social opportunities. She is currently planning a "Ring in the Spring with Colour" event — visit www.kehladesign.com for details and fabulous photos of her work.



Kehla Design — Mississippi Mills Chamber member since 2007



Visit us: www.mississippimills.com



Meet us:

February 24 — Mixer

Shirley Fulton-Deugo, owner **Fulton's Pancake House & Sugar Bush** with a "Fulton's maple experience" 6PM Barley Mow

Chamber YouTube Videos!

Take a YouTube tour of our town and meet 16 local businesses that call it home. See and link to the video now at www.mississippimills.com. Four videos to experience!

Join us:

To become a member of the Mississippi Mills Chamber of Commerce please email your request to manager@mississippimills.com. Members who attend our monthly MIXERS are eligible to win a business profile like this one!

Without Exception

Exceptional Art from Beautiful Minds

Back in September of 2008, *theHumm* ran an article about some very special art at the Mill of Kintail. The exhibit, entitled *Without Exception — Exceptional Art from Beautiful Minds*, displayed the glorious results of a focused art workshop that teacher Sarah Jaynes had designed and taught to special needs students from across the Catholic District School Board of Eastern Ontario. Sarah has continued with the program, and now invites the public to view works by a new group of students at The Groundz in Almonte throughout February.

Students participating in the workshop receive a specific set of instructions from Ms. Jaynes, and are also assisted by teachers' assistants, but there is plenty of scope for individual creativity. When you view the final products displayed together it is clear that, as Ms. Jaynes says: "The results are as unique as they are beautiful."

When asked about the importance of publicly displaying students' work, Sarah explains that while it validates both the students and their work, it also provides the public with a mechanism by which they can converse with the artists. "Creating art and viewing art is much like having an in-depth conversation. This exhibition is an invitation to converse as well as a positive way to showcase the unique talents of my exceptional students. Hanging art in a public place is like playing music... the pleasure comes from sharing."



Matthew Capello, from St. John Catholic High School in Perth, displays his art

You'll have the opportunity to share the results of this exceptional program throughout February at The Groundz, 78 Mill Street in Almonte (256-2676). Giclée prints of all works can be ordered there, or from the Catholic School Board's website at <www.cdsbeo.on.ca> (click on the "Without Exception" tab at the bottom of the homepage).

— Kris Riendeau

Mid-Winter Milling

A Spiritual and Self-Awareness Day for Conscious Living

February is probably not the easiest month in which to open a new retail shop in a small town, but Sara Bazett is happily taking on the challenge — by organizing a day-long event that is likely to benefit the whole street! On Saturday, February 27, she invites everyone to visit Mill Street in beautiful downtown Almonte for some "Mid-Winter Milling." From 10AM-5PM, you can explore the many delightful shops and cafés along the street, and in each of the participating businesses you will find new ways to care for your body and soul. Treat yourself to mini-sessions of reiki, reflexology, yoga or astrology, meet with spiritual intuitives and psychics, and even discover how to create your own labyrinth. Stay for lunch (and dinner!) and make a day of it...

Sara Brazett describes her concept as "a spiritual and self-awareness day for conscious living." Both her background (as Supplements/Bodycare Manager at Foodsmiths in Perth) and her current business (Soul Scents, now located at 42 Mill Street in Almonte) have kindled her interest in this area. She purchased Soul Scents back in 2005 from owners Allan and Susan Brown of Elphin (who also manufacture Noble Bean Tempeh), and for years ran it as an exclusively wholesale operation, importing and distributing products to over 100 stores

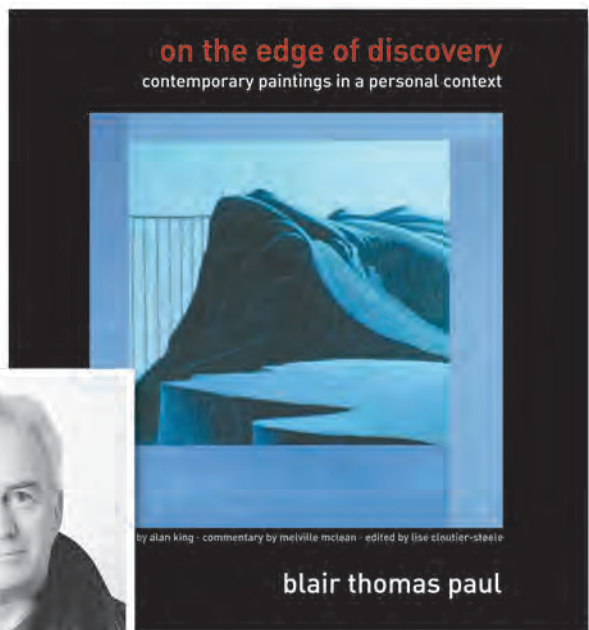
across Canada. By expanding the business to include a retail storefront, she is looking to become more involved and connected locally. As she explains, "I decided after five years of working from home that even though putting a load of laundry in whilst taking orders does have its merits, I missed being a part of the community. I will continue to run the wholesale part of the business in the back, and have a retail location in the front. It will be a spiritual, metaphysical store full of joyful, inspirational items helping people to reconnect."

The products Sara carries at Soul Scents range from Shoyeido Japanese Incense, Triloka's Incense and Aromatherapy oils, Native Scents' Smudges and Badger's Organic Body Balms to handcrafted items such as tree-free diaries, handpainted incense holders and diffusers. "My suppliers are sincere in their encouragement for eco-friendly, simple and inspirational products, supporting worthy projects, foundations or individual families. They work with partners who are environmentally conscious, using recycled materials and sustainable practices," she explains.

You'll have a chance to explore Soul Scents, along with several other businesses and cafés in Almonte, and at the same time benefit from the skills of local practitioners at Mid-Winter Milling on February 27. See you on Mill Street!

— Kris Riendeau

An Evening with Blair T. Paul



Feb. 27, 5PM

Meet the author as he reads from and signs copies of his new book *On the Edge of Discovery: contemporary paintings in a personal context* and enjoy complimentary refreshments.



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The Almonte Radio Show

An interview with writer-director Catherine Clark

The Valley Players of Almonte will be presenting an original old-time 1930s radio variety show this February 26, 27 and 28. Performed live on stage, it will be complete with actors, a band, singers, as well as a

was no television, no internet, no cell phones. Radio was *the* medium of entertainment and information for everyone.

Have you found it a challenge bringing an audio-based show to the stage, where everyone will see what's going on?

In the early days of radio, shows toured and were performed and broadcast live in front of an audience. Part of the charm is being able to see how the show is put together; seeing the "sound effects" performed, for example. We've wrapped the performance in pre- and post-show scenes which feature the actors discussing current events, gossiping — setting both the tone and the period.

So, then, what you have is a "play within a play"?

No. It's a play within a play within a play, actually. We also feature a depression-era family on a side stage, who listen to their radio as the show is performed. They are the touchstone for the reality of the day — they are poor and struggling — and they show how people related to the medium.

How does music get incorporated into the show?

There will be a live band on stage, as there would have been in the day. We also have a fabulous trio that sings all the jingles for the sponsors of the show.

Jingles, you say?

We approached several businesses in Almonte with the idea of sponsoring the show, receiving in return an original jingle, circa 1930s, written for their business. L.D. Tool & Die, Levi's Home Hardware, Don's Meat

Catch the Valley Players' Radio Show at the Old Town Hall on Feb. 26, 27 & 28



by Jen Pfitzer

sound effects crew, just as it was done in the era. *theHumm* was curious to find out exactly how something like this is crafted, so we interviewed Catherine Clark, the writer and director of the show, to find out.

theHumm: What first gave you the idea to do an old-time radio show?

I was mulling over the idea for the RiverEdge Festival, having previously done a Chautauqua and Vaudeville show which were very successful. When the festival folded, the idea slept for a while until I pitched it to the Valley Players.

You set the show in 1936. What was it about that era that appealed to you?

I wanted to set the show in the thirties to parallel the depression and our present day recession. I knew we had to fix an exact date for clarity, and when I came across the Moose River Mine Disaster in my research, the idea of incorporating the very first "live from the scene" broadcasts was irresistible. In the early days of radio, the medium did not so much reflect society as attempt to buoy it up. The music was great and the shows were very entertaining. Some of them will be hilarious to a modern audience because of their naiveté. In the thirties, there

Market, Patrice's Independent Grocer and Equator Coffee Roasters all came onboard enthusiastically. Jennifer Pfitzer, my co-writer, and I had a lot of fun writing the jingles. Stan Clark, the musical director, has taken our lyrics and developed them into brilliant gems.

So, what kinds of acts actually make up The Almonte Radio Show?

There is a George Burns and Gracie Allen recreation, a mystery-thriller, a farm soap opera, household hints, and even a bedtime story for the kids. The show finale will feature our "famous" diva performing a musical standard of the era.

That's a lot of separate parts. How did you manage to weave them all together?

The cast was asked to develop and introduce their "actor per-

sonas". This material was used to develop the pre- and post-show banter. So, indirectly, all the actors have had a hand in the creation of the show. It is these pre- and post-show scenes, and the depression-era family that is listening to the radio, that add to the tapestry of the show and enrich the entire production. The Almonte Radio Show tells a big story by telling many small ones, which are all resolved by the end.

Can you tell me about the logistics of putting on such an ambitious show?

We've been blessed with amazing production people, who have come on board with incredible energy and ideas. We have Ingrid Hamster Harris designing costumes, Roy Hanson-Robitsc — another skilled theatre professional — who is designing and making all our props, Myra Smith

for hair and makeup, and the long-suffering Barb Dickson, who stage manages to keep us all together. With a cast and crew of over fifty people, this is no mean feat.

In a nutshell, what can your audience expect when the show opens at the end of February?

We hope that the audience will be transported to the era, moved by the hardships and enchanted by the performances.

You can get your tickets at Levi's Home Hardware and Building Supplies in Almonte. The tickets are non-reserved seating and cost \$20 for adults and \$15 for seniors and students. Shows are in February: Friday the 26th at 8PM, Saturday the 27th at 8PM, and Sunday the 28th at 2PM. Doors open half an hour before curtain time.

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Appleton Textile Mill Unravelled

The Appleton textile mill was the last operational textile mill in Mississippi Mills. It produced colourful, synthetic knits and fleece on a spectacular site overlooking the Mississippi River.

There will be an exhibit of photographs and artifacts of the mill at the Mississippi Valley Textile Museum (MVTM), March 6 to April 4, entitled *Unravelled: The colourful decline of the Appleton textile mill through the eye of the camera and original artifacts*.

From the mid-1800s to the early 1990s, there were two textile mill complexes in Appleton. The first one was situated on an island in the middle of the Mississippi River, where some of the ruins remain. The second one, which produced the fleece, was built on adjacent property.

For the last several years of operation, the owners of the second mill faced financial, operational, legal and environmental difficulties. The mill buildings and much of the con-

tents were left intact when operations ceased.

Alison Ball has been documenting the changes to the site since moving to Appleton about five years ago. During that time, the owners have begun to remediate the site in preparation for a housing subdivision.

The images of this exhibit document some of the changes to both mills from 2004 to 2009, which include:

- Removal of much of the remains of the original mill building, which had been a landmark in the middle of the village of Appleton.
- A fire in the warehouse that had been filled with textile machinery.
- An oil leak from a large tank near the river.
- Changes to the dye containment lagoons beside a provincially significant wetland.
- Dismantling of the buildings of the second mill.
- Textiles and documents left on the site.
- Natural regeneration of the site.

The artifacts are from the collection of the Mississippi Valley Textile Museum and include dye bottles, bobbins, fabric and documents.

The MVTM is located in the annex of the former Rosamond Woolen Company in Almonte. Constructed in 1867, this National Historic Site of Canada now features a fabulous blend of the old and new, all related to the history of the Mississippi Valley and the textile industry. Exhibitions range from early mill history and period mill equipment, to cottage industry and eclectic modern fibre art exhibits. This community museum combines traditional static and working displays of textile equipment and processes, with activities and events focusing on the region's heritage and culture, and role of the textile industry in the development of Canada.

The exhibit is in the upper (Wool Hall Gallery) hall of the MVTM. It has recently been insulated but does not yet have a dedicated heat source. *To keep warm during your visit to the exhibit, wear your favourite fleece!*

The MVTM can be found at 3 Rosamond Street East in Almonte, 256-3754, or <www.textilemuseum.mississippimills.com>. Admission is \$5, and they are open Tuesday through Saturday, 10AM to 4PM. The vernissage is Saturday, March 6, 2 to 4PM, with a slide presentation and brief history of the mill from 3 to 3:30PM.



"Unravelled: The colourful decline of the Appleton textile mill through the eye of the camera and original artifacts" opens at the Mississippi Valley Textile Museum on March 6

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The Arden Trio Classical Ensemble Plays Fundraiser for CP Hospital

Enjoy an afternoon of classical music with "The Arden Trio", featuring Tony Stuart (clarinet), Richard Hoenich (bassoon), and Valerie Leavitt (piano). The concert is on Sunday, March 7 at 3PM, at Zion-Memorial United Church in Carleton Place. Featuring works for clarinet, bassoon, and piano by Beethoven, Mendelssohn, and Brahms, the concert is a fundraiser for the Carleton Place and District Memorial Hospital. Tickets are \$10 per person, and are available at Appleton Gift & Basket (65 Mill Street in downtown Almonte), or at Notre Dame Catholic High School in Carleton Place.

Tony Stuart is a former professional musician with the Canadian Armed Forces, plays clarinets and saxophones with the Symphonium Orchestra, and is currently the Music Director at Notre Dame Catholic High School in Carleton Place. Richard Hoenich served as Principal Bassoon and Associate Conductor with the Montreal Symphony Orchestra, and recently retired as Head of Conducting at the New England Conservatory in Boston. Valerie Leavitt is well-known as a piano teacher and performer in the Perth area.

Zion-Memorial United Church is located at 37 Franklin Street in Carleton Place (right beside the library).

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Feb. 13 • Valentine's Day with Spencer Evans piano
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Feb. 19 • Blues on the Rideau with **Jerome Godboo Band**,
reservations only, \$55, 7-11PM

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Saturday February 27, 2010
\$40.00 per person (pre-registration is required)

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To register, please contact Judy Fisk at 613.278.0816 or e-mail at jefi@sympatico.ca by February 20

Humm Bits:

Family Day in Middleville

Wondering what to do on Family Day this February? The Middleville Community Centre is hosting a February Family Fun Afternoon on Monday, February 15, from 3:30–5:30PM. The event will begin with a skating party (complete with hot chocolate) at the MCC rink on the fairgrounds, weather permitting. If skating is not an option, then come to the hall for some indoor games, followed by a spaghetti supper. Admission is only \$9 for adults, \$4 for children 5–12; children five and under are free. For more information, contact Margo Fulford at 256–5474.

Green for the Greens

What is hot and fresh and green all over? It's the annual Green Party Fundraiser: a competitive cook-off and salad bar featuring local organic produce. There will also be a speaker and a sock hop. It all takes place at Maberly Hall on February 27. Doors open at 5PM, with dinner at 6PM. Kids are very welcome and there will be table games. The evening is \$25 per person, geared to income, with kids eating for free. Donations welcome, of course.

Come and enjoy the best chili east of the Trent River and help your local Green Party make a difference!

De-Mystifying Judaism

In early March, Rabbi Reuven Bulka, a well known international speaker, author, columnist and radio host, will give an introduction to Judaism, diversity within its traditions, and answer your questions. So come on out to *De-Mystifying Judaism: An Evening with Rabbi Bulka* on Thursday, March 4 at 7:30PM in the Almonte United Church Social Hall at 106 Elgin Street in Almonte. For more information, contact 256–1355. A donation of \$5 per individual or family is encouraged, to help support the series.

Fine Folkus Finale (And a Fabulous One in February Too)

Well folks, I'm sorry to break it too you, but Almonte's Folkus Concert Series is about to wrap up for another year. Yes, I know, it's terribly sad. But don't worry — you still have time to catch two of the hottest up-and-coming acts on the Canadian roots music scene: the **Wild Turkeys** and the **Good Lovelies!** Yup, that's right, Turkeys and Lovelies, together as a fantastic double-bill finale to conclude this year's Folkus Series. So write it down: Saturday,

In April 2007, they released their first independently-funded, original album entitled *Unplucked*, which gained nominations from the Northern Ontario Music and Film in Motion Awards (MFM) for "Best Album" and "Best Songwriter." April 2008 saw the successful release of their second full length album, *Suspended*. "Voted the best looking and sounding new generation roots band at the 2008 Blissfest Festival..." (Blissfest Beat), the Turkeys

sharp, light-hearted music from coast to coast was the plan for 2009. And after that? Well, there's a huge country south of Canada that could use some laughter and another dose of hopeful goodwill from their neighbours, and the Lovelies are just the women to provide it.

Well, there you have it, another show that is simply not to be missed, so get your tickets now 'cause they won't be around for long. And while I've got your at-



March 6, at the fabulous Almonte Old Town Hall. (Go ahead — do it now — I'll wait for you...)

The Wild Turkeys hail from the icy shores of Northern Ontario, where they developed their sizzling hot brand of pickin' and grinnin' cowboy music that some call "Swamp-Stomp Country." Packing fiddles, mandolin, guitar, bass, harmonica, a tin can percussive suitcase contraption and melodic four part harmonies, the Turkeys win over the hearts and ears of audiences everywhere.

This gang of brothers first came together as a band in the winter months of 2006 and quickly formed a stronghold in the Sault Sainte Marie/Algoma region. Perpetually on tour, the Turkeys follow a busy schedule performing at festivals, house concerts and small venues. Over the past two years, The Wild Turkeys have shared the stage with artists such as the Fred Eaglesmith, Prairie Oyster, Harry Manx, the Good Brothers and Elliot Brood.

are totally entertaining... catch them while you still can.

The Good Lovelies are not your run-of-the-mill "all-girl" band. Armed with a pile of instruments, a repertoire of sassy and sophisticated songs and an effervescent sense of humour, they never fail to charm even the toughest audiences. Described as "flirty-bluegrass" and "the mischievous Andrews Sisters", the Toronto-based trio relies on unerring three-part vocal harmonies, clever songs and, onstage, convulsively funny repartee. Winners of the 2009 Canadian Folk Music Award for best New or Emerging Artist of the Year, the Good Lovelies started as a group only two years ago. Since then, they have quit their jobs, played countless clubs and coffee houses and dozens of folk festivals, completed a forty date tour from Montreal to Vancouver Island and back, and released three CDs that have won them a substantial amount of radio play. Spreading

tention, I should remind you that you might still have time to purchase a Folkus ticket for the **Foggy Hogtown Boys**, on Saturday, February 6 — same venue. For a while, The Foggy Hogtown Boys may have been a well kept secret, but apparently there have been some leaks! Over the last five years, an ever-widening audience has been raving about the band. With four critically acclaimed CDs and tours from coast to coast, the Toronto-based Foggy Hogtown Boys have established themselves as one of the most exciting bluegrass bands in the country. The show will be opened by Elphin's Joey Wright, a Black Hen Music recording artist.

Advanced tickets for either show are \$23, and can be purchased at The Miller's Tale bookstore in Almonte, or by calling 256–9090. Tickets are \$27 at the door. For more information, see <www.thehummm.com/folkus>.

— John Scime

Animals rejoice... We're closed in February for renovations. See you on March 1st!

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It's a popular theme, especially these days in our tough economic times. Our local schools are not immune to the financial squeeze; they feel the pinch as much as or more than many government services. Schools

by Steve Scanlon

therefore rely heavily on fundraisers for things like new playgrounds, school trips, team sporting events, new equipment, etc. The schools get as much support as our community can harvest, but it's a heavy, ongoing burden. One local business consistently eases this burden and the arduous burden of many worthwhile causes throughout the year. **The Cove Country Inn** helped relieve a little of the economic pressure and, with an example set by the staff of our two local schools, helped to teach our children a lesson in giving.

The Cove, along with **Choose the Blues Productions** <www.choosetheblues.ca>, is presenting the fifth season of the **Blues on the Rideau** series. On the third weekend of every month, from October until June, The Cove hosts some of Canada's best blues artists. A por-

tion of the event proceeds is used to support a local group or charity. These events are consistently selling out because of the quality of the musicians. Choose the Blues Productions and The Cove bring to our small village. The donation is the icing on the cake. We were lucky enough to have the opportunity to see an amazing group of musicians when Toronto blues harpist **David Rotunda** played The Cove January 15 and 16. The Maple Blues Award-winning harmonica player was backed by drummer Andrew Austin, bassist James Rasmussen and Des

Instead, both schools decided to take giving to one more level. Each school is turning around and donating the funds raised at The Cove to the Haiti earthquake relief.

Brown on guitar. They played to a full house on both the Friday and the Saturday and still took time to visit Saint Edwards School earlier to entertain the kids.

The proceeds from the two-night event went to support our two local schools: **Saint Edwards School** and **Rideau Vista Public School**. The funds raised exceeded \$1400, which could go a long way in helping both these schools lighten their considerable load.

Of course, that would be the easy road to take. Instead of this route, both schools decided to take giving to one more level. Each school is turning around and donating the funds raised at The Cove to the Haiti earthquake relief.

So, hats off to Choose The Blues Productions, the Cowan family of The Cove Country Inn and their hardest working staff ever, and kudos to the children and staff of both Saint Edwards and Rideau Vista Public Schools for a great gesture and a truly marvelous lesson for our children.

In February, watch for bluesman **Jerome Godboo** on the 19th. Proceeds will benefit the Rideau Waterway Land Trust and Friends of Foley Mountain.

Westport Wally will be looking for his shadow on February 6 at the third annual Groundhog Day event. Join us for games, goodies, hot chocolate, skating and, of course, Westport Wally. This year the event takes place behind The Cove, beginning at 11AM.

News for Theatre Lovers

Kicking off the new month (and hopefully some slightly less unpredictable weather!) is Perth's **Orion Theatre Company**, which comes to the stage of The Myriad Centre (in the old Perth Shoe Factory) with the wild and crazy Sondheim/Lapine musical, *Into The Woods*, at 8PM on February 4, 5, 6, 11, 12, and 13, with 2PM matinées on the 7th and 14th. Orion consist-

by Ian Doig

ently produces excellent work — their *Cats* of a couple of years ago was, in my opinion, a classic — but their audience capacity is limited, so better mark this one down on your calendars. Tickets are \$25, available by calling 264-9610.

Perth's Studio Theatre has three events booked for February. First up, on February 1, is *Buddy Holly Lives!*, an authentic recreation of a 1950s Buddy Holly concert. Tickets are \$25 in advance at Shadowfax. Next up is *Mother Butterfly*, a play by Paul Dervis, presented by the **New Ottawa Repertory Company** on February 12 and 13. Advance tickets are \$18, available at Shadowfax and The Book Nook;

\$20 at the door. And finally, **Kirk Francois** presents *Elvis, A Musical Tribute* on February 20. Tickets are \$22.50 at Shadowfax and The Book Nook; \$25 at the door.

Be sure to mark down February 26, 27 and 28 on your calendars so as not to miss the **Valley Players** of Almonte in their production of *The Almonte Radio Show*. Director Catherine Clark has put together a genuine live radio show as it was done back in the 1930s, complete with a live band on stage and advertising jingles. As in the early touring radio shows, the audience will watch the actors perform live — complete with sound effects, live band on stage, and all the surprises and mishaps that come with "live" broadcasting. Enjoy the wonderful music of the era, a recreation of famous acts such as Burns and Allen, suspense-filled mystery theatre, soaps, household hints and surprise guests. Now that *does* sound like fun!

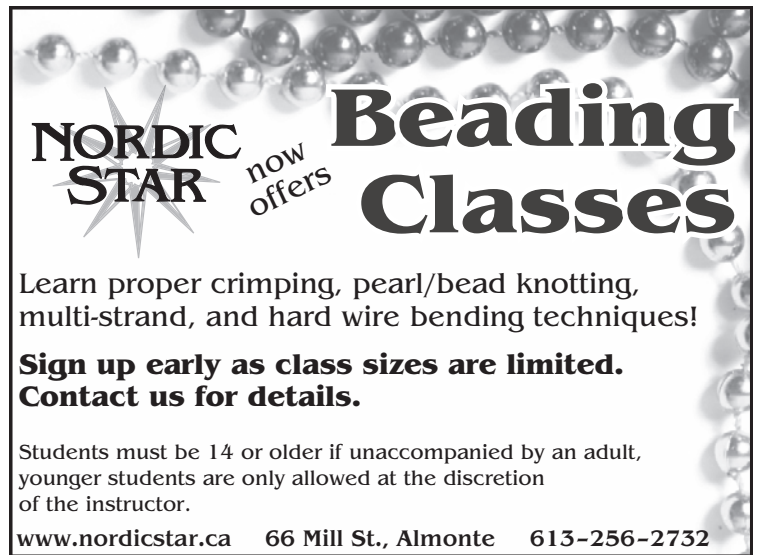
Looking a bit further ahead, the **Mississippi Mudds** are in rehearsal for *Death Of A Door-nail*, a new mystery dinner theatre to be presented at the Carleton Heritage Inn in Carleton Place on March 19 and 20. To reserve tickets, please call the Inn

at 257-2525; admission, including an Inn dinner, is \$45. And in April, the Mudds are mounting *High School Reunion, The Musical*, but more about that later! For further information, visit <www.mississippimudds.ca>.

On the audition front, the **Prior Players** report that they will be holding theirs in the main meeting room of the Arnprior Library on February 6 and 7 at 1PM. They are looking for two men and two women, as well as off-stage help. For more information contact <priorplayers@gmail.com>.

Also looking ahead, **Theatre Night in Merrickville** is in rehearsal with *Veronica's Room*, a thriller by Ira Levin. Show dates are in early April and, once again, we'll have more to say about what sounds like a great show a little closer to curtain time!

The **Kemptville Players** tell me that they are taking a bit of a pause for breath over the winter, to decide just where they want to go and what they want to focus on. They're a very active troupe and a truly significant part of the community, with all their local activities and involvements, so this would seem to be a pretty good step. We look forward to hearing more about their plans in a month or two.



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March Break Fun!

Come out for an afternoon of Fun on Thursday, March 18 from 1-4PM at the Mississippi Valley Textile Museum. There will be weaving, crafts, demonstrations and more! Weave a bookmark, make a toy, learn a little and have some fun!

Cost: \$22 — For children up to 11 years old.
Note: children under 9 must be accompanied by an adult.
Please call 613-256-3754 ext. 15 or email collectionsmvtm@gmail.com to reserve your spot!
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Claiming Column

United Steel Workers of Montreal, Burnstown, Mar 2
Montreal Guitar Trio, Perth, Mar 5
Folkus Concert, Almonte, Mar 6
The Arden Trio, Carleton Place, Mar 7
Puppets Up! Fundraiser, Almonte, Mar 9
Maeve MacKinnon, Burnstown, Mar 10
Almonte in Concert, Almonte, Mar 13
Laura, Perth, Mar 18-21, 26-28
Around the World on a Dinner Plate - Irish Stew, McDonalds Crnrs, Mar 19
BOTR Concert, Westport, Mar 19-20
Death of a Doornail, CP, Mar 19-20
Elizabeth Shepherd, Burnstown, Mar 20
The Mousetrap, Perth, Mar 20-23, 28-30
Fred Eaglesmith, Smiths Falls, Mar 26
Fred Eaglesmith, McDonalds Corners, Mar 27
Maple Run Studio Tour, Pakenham, Mar 27-28
Quilt Show, Arnprior, Mar 27-28
Masquerade Mystique, CP, Mar 27
Pakenham Home Show, Apr 9-11
Spirit of the Garden, Almonte, Apr 10
Toronto All Star Band, Perth, Apr 16
Fulton's Fundraiser, Pakenham, Apr 18
BOTR Concert, Westport, Apr 23-24
High School Reunion, The Musical, Carleton Place, Apr 23, 24, 30, May 1

Visual Arts

Arnprior Traditional Rug Hooking Get Together, Feb 3, Mar 3, 6:30-9PM. All skill levels welcome. Free. kat153@yahoo.com. Arnprior Public Library
Almonte Area Artists' Association meeting, Feb 8, 7-9PM. Speaker: Kathy Law. New members welcome. 256-5863, www.4a-artists.ca. Almonte Library
Vernissage, Feb 12, 7-9PM. Featuring batik by Jennifer Raby & Friends. Brush Strokes, 129 Bridge Street, Carleton Place 253-8088
Almonte Quilters Guild, Feb 15, 7-9PM. Feb theme: scrappy quilts. New members & guests welcome. Almonte Civitan Hall
Wood Furniture Talk, Feb 17, 7PM. Canada's leading furniture designer/maker, Michael Fortune, will present his work & experiences. Donation to Food Bank appreciated. www.rosewoodstudio.com. Rosewood Studio, 83 Little Bridge St. Almonte, 256-8900
Photography Matters Meeting, Feb 17, 7-9PM. Amateur and professional photographers. Info at kbthomp@295.ca. Waterside Retirement Community, 105 McNeely Avenue, Carleton Place
Lanark County Quilters Guild, Feb 23, 12-2PM. Speaker: Vicky Lafleur on 3D flowers. All welcome, guests \$3. Info at 267-3178. Lions Hall, Perth Fairgrounds
Lanark Country Knitting Guild, Feb 23, 7-9PM. Master Spinner Kay James will speak about Back to Back & steps involved in processing wool. Almonte United Church
Arnprior Quilters' Guild, Feb 24, 6:30-8:30PM. All welcome. \$20/yr membership or \$5 entry. Christian Education Centre, 257 John St. N. Arnprior

Literature

Poetry Slam, Feb 1, 6-9PM. Featuring Bart Cormier. Bring a poem of your own, or simply listen. Carleton Place Cinemas, 17 Albert St. Carleton Place
Vine Rhymes, Feb 13, 1-3PM. Songwriters & poets perform original material. No cover. Info: 284-2243 or 284-9934. The Courtyard Café, 7 Russell St. W. Smiths Falls

Monday	Tuesday	Wednesday	Thursday
1 Poetry Slam, Carleton Place Buddy Holly Lives!, Perth	2 Green Drinks, Perth Mississippi Blues Society Jam, Thirsty Moose	3 Arnprior Traditional Rug Hooking Get Together, Arnprior CP Celtic Jam, Ballygiblin's	4 Whiskey Mike, The Stone House Peter Brown Jazz Duo, St. James Gate Terry Tufts, The Barley Mow Into the Woods, Perth
8 Mayan Code Study Group, Almonte Eat Local Film Series, Carleton Place Almonte Area Artists' Association meeting	9 Women's Business Group, CP	10 CP Celtic Jam, Ballygiblin's	11 Peter Brown Jazz Duo, St. James Gate Whiskey Mike, The Stone House Terry Tufts, The Barley Mow Into the Woods, Perth
15 Family Day Skating Party/Spaghetti Supper, Middleville Almonte Quilters Guild, Almonte	16	17 Wood Furniture Talk, Almonte Photography Matters Meeting, Carleton Place CP Celtic Jam, Ballygiblin's	18 Whiskey Mike, The Stone House Peter Brown Jazz Duo, St. James Gate MVFN lecture, Almonte Terry Tufts, The Barley Mow
22 Ladies' Night, Perth	23 Lanark County Quilters Guild, Perth Lanark Country Knitting Guild, Almonte	24 Arnprior Quilters' Guild, Arnprior CP Celtic Jam, Ballygiblin's	25 Peter Brown Jazz Duo, St. James Gate Whiskey Mike, The Stone House Terry Tufts, The Barley Mow
1 United Steel Workers of Montreal, Neat Coffee Green Drinks, Perth Mississippi Blues Society Jam, Thirsty Moose	2	3 Arnprior Traditional Rug Hooking Get Together CP Celtic Jam, Ballygiblin's	4 De-Mystifying Judaism, Almonte Peter Brown Jazz Duo, St. James Gate Whiskey Mike, The Stone House Terry Tufts, The Barley Mow

Ottawa Valley Tales, Feb 14, 2-4PM. Author Brent A. Connelly discusses his three books featuring hilarious yarns' from the Ottawa Valley. Free. Nature Lover's Bookshop, 62 George St. Lanark 259-5654
Finding Your Voice, Feb. 14, 21, 28, 2-4PM. Slam poetry workshop series. Info at danielle.gregoire@hotmail.com. Read's Book Shop, 130 Lansdowne Ave, CP
Whitetail Deer Talk, Feb 28, 2-4PM. Author/photographer Mary Ellen Dick discusses her new book on whitetail deer. Free. Nature Lover's Bookshop, 62 George St. Lanark 259-5654

Kids

Family Day Skating Party/Spaghetti Supper, Feb 15, 3:30-5:30PM. Skating party w/hot chocolate, weather permitting. Indoor games. Spaghetti supper. \$9 adults, \$4 for 5-12, under 5's free. 256-5474. Middleville Community Centre

On Stage For Kids, Feb 28, 2PM. Bald like Dad with Dave Balfour. \$9 at Kentfield Kids, Read's Book Shop, at door. Naismith School, 260 King St. Almonte

Theatre

Into the Woods, Feb. 4-6, 11-13, 8PM; Feb. 7, 14, 2PM. \$25 (\$15 opening night). Orion Theatre Company. Reserve at 267-9610. Myriad Centre, 1 Sherbrooke St. Perth
Directors Workshop, Feb 6 & 7, 9AM-5PM. \$60 or \$30/day. Register at 267-6842 or jackie.boyer@gmail.com. Studio Theatre, Perth
Auditions for Prior Players, Feb 6 & 7, 1-3PM. Looking for two adult men & two adult women, & off stage help. priorplayers@gmail.com. Arnprior Public Library
Eat Local Film Series, Modovino, Feb 8, 7PM-10PM. 3-course dinner + show, \$25+tax. Movie only \$8. Reserve at Ballygiblin's. 7PM wine & food tasting at CP Cinemas,

8PM movie. Ballygiblin's & CP Cinemas, Carleton Place
Mother Butterfly, Feb 12 & 13, 8PM. Presented by the New Ottawa Repertory Company. \$18 in adv. from Shadowfax & The Book Nook; \$20 at door. Studio Theatre, 63 Gore St. E. Perth
Almonte Radio Show, Feb 26 & 27 (8pm), 28 (2pm). '30s radio variety show with actors, band, singers, sound effects. \$20 (\$15 seniors/students) at Levi's Home Hardware. Almonte Old Town Hall
Acting Workshop, Feb 27 & 28, 9AM-5PM. \$60 or \$30/day. To register, contact Jackie Boyer at 267-6842 or jackie.boyer@gmail.com. Directors workshop is Feb 6-7. Studio Theatre Perth
Spiritual Cinema Circle, Feb 28, 2PM. A short (Charlie Thistle), followed by Ocean of Pearls. \$2, info at fp@superaje.com. Myriad Centre, 1 Sherbrooke St. Perth

Music

Buddy Holly Lives!, Feb 1, 8PM. An authentic recreation of a 1950s Buddy Holly concert. \$25 at Shadowfax. Studio Theatre, 63 Gore St. E. Perth
Folkus: Foggy Hogtown Boys, Feb 6, 8PM. With opener Joey Wright. \$23 in advance at the Miller's Tale, \$27 at the door. Almonte Old Town Hall
Cindy Doire & Andrea Ramolo, Feb. 13. Folk/jazz lounge act & blues. \$10 at Neat, adam@neatfood.com. Neat Coffee Shop, Burnstown, 433-3205
Spencer Evans Valentine's Dinner, Feb 13, 6-9PM. A Romantic Evening with Spencer Evans & lobster surf & turf. Reservations. The Cove, Westport 273-3636
Valentine Gala Dance, Feb 13, 6-11PM. Dinner, DJ dance, silent auction. Fundraiser for St. John Catholic HS's Mexico trip. \$30 (advance only) from 284-2449. Farrell Hall, 186 Gore St. E. Perth

FEBRUARY 2010

Friday

Saturday

Sunday

<p>Friday Night Dinners (India), McDonalds Corners</p> <p>♪ Live Music, The Stone House</p> <p>♪ Into the Woods, Perth</p> <p>♪ Dean Batstone, Barley Mow</p> <p>♪ Open Stage at JR's, The Downstairs Pub</p>	<p>🎭 Directors Workshop, Perth</p> <p>🎭 Westport Wally, Westport</p> <p>🎭 Auditions for Prior Players, Arnprior</p> <p>♪ Foggy Hogtown Boys, Almonte</p> <p>♪ Brea Lawrenson, St. James Gate</p> <p>♪ Into the Woods, Perth</p> <p>♪ Terry Tufts, Barley Mow</p> <p>♪ Hope Street Band, The Downstairs Pub</p>	<p>🎭 Directors Workshop, Perth</p> <p>🎭 Valley Singles, Renfrew</p> <p>🎭 Auditions for Prior Players, Arnprior</p> <p>♪ Into the Woods, Perth</p> <p>♪ APEX Jazz Band, The Royal Oak</p> <p>♪ Semi-Acoustic Jam, The Stone House</p> <p>♪ Sunday Sessions, Ballygiblin's</p>
<p>♪ Jazz at the Swan, The Swan at Carp</p> <p>♪ Live Music, The Stone House</p> <p>🎭 Vernissage, Carleton Place</p> <p>♪ Into the Woods, Perth</p> <p>🎭 Mother Butterfly, Perth</p> <p>♪ Open Stage at JR's, The Downstairs Pub</p>	<p>🎭 Cindy Doire & Andrea Ramolo, Neat Coffee Shop</p> <p>🎭 Vine Rhymes, Smiths Falls</p> <p>🎭 Food Co-operative AGM, Pembroke</p> <p>🎭 February Feast, Carleton Place</p> <p>🎭 Valentine's Dinner & Celebration, Arnprior</p> <p>🎭 Valentine Gala Dance, Perth</p> <p>🎭 Valentine Dance Fundraiser, Almonte</p> <p>♪ Spencer Evans Valentine's Dinner, The Cove</p> <p>🎭 Valentine Gala Dance, Farrell Hall</p> <p>🎭 Valentine Dance/Potluck, Carleton Place</p> <p>🎭 Elyssa & Lucas, The Downstairs Pub</p> <p>🎭 Kirk & Kurtis Armstrong, St. James Gate</p> <p>🎭 Into the Woods, Perth</p> <p>🎭 Mother Butterfly, Perth</p>	<p>🎭 Ottawa Valley Tales, Lanark</p> <p>🎭 Into the Woods, Perth</p> <p>♪ Magnolia Rhythm Kings, The Royal Oak</p> <p>♪ Semi-Acoustic Jam, The Stone House</p> <p>♪ Sunday Sessions, Ballygiblin's</p> <p>🎭 Finding Your Voice, Carleton Place</p>
<p>Friday Night Dinners (Sushi), McDonalds Corners</p> <p>NLHS Heritage Dinner, Almonte</p> <p>♪ A Mixer for a Mixer, Avant Garde Bar</p> <p>♪ Blues on the Rideau, The Cove Inn</p> <p>♪ Live Music, The Stone House</p> <p>Almonte Lecture Series, Almonte</p> <p>♪ Open Stage at JR's, The Downstairs Pub</p>	<p>Young Awards Gala, Almonte</p> <p>♪ The Night Crawlers, St. James Gate</p> <p>♪ Elvis, A Musical Tribute, Perth</p> <p>♪ Little Rock, The Downstairs Pub</p> <p>Osteoporosis Talk, Carp</p>	<p>♪ SRO Tea Dance, Old Town Hall</p> <p>♪ Traditional Song Circle, Barley Mow</p> <p>🎭 Girl Guides Tea, Almonte</p> <p>♪ APEX Jazz Band, The Royal Oak</p> <p>♪ Semi-Acoustic Jam, The Stone House</p> <p>♪ Sunday Sessions, Ballygiblin's</p> <p>🎭 Finding Your Voice, Carleton Place</p>
<p>Breakfast With Soul, Almonte</p> <p>Lilacs Lecture, Almonte</p> <p>♪ Live Music, The Stone House</p> <p>♪ Jazz at the Swan, The Swan at Carp</p> <p>🎭 Almonte Radio Show, Almonte</p> <p>♪ Open Stage at JR's, The Downstairs Pub</p>	<p>Geothermal Workshop/Lunch, Hopetown & Lanark</p> <p>Mid-Winter Milling, Almonte</p> <p>🎭 Acting Workshop, Perth</p> <p>🎭 Chili Cook-Off/Salad Bar, Maberly</p> <p>🎭 Kerrek, St. James Gate</p> <p>🎭 Almonte Radio Show, Almonte</p> <p>🎭 Mike Ryan, The Downstairs Pub</p>	<p>🎭 Acting Workshop, Perth</p> <p>🎭 On Stage For Kids, Almonte</p> <p>🎭 Whitetail Deer Talk, Lanark</p> <p>🎭 Almonte Radio Show, Almonte</p> <p>🎭 Spiritual Cinema Circle, Perth</p> <p>🎭 Magnolia Rhythm Kings, The Royal Oak</p> <p>🎭 Semi-Acoustic Jam, The Stone House</p> <p>🎭 Matt Andersen, Perth</p> <p>♪ Sunday Sessions, Ballygiblin's</p> <p>🎭 Finding Your Voice, Carleton Place</p>

🎨 The Almonte Library **Corridor Gallery** presents Angelique Willard, acrylics.

🎨 The Mississippi Mills **Chamber Gallery** presents Janice Street, Photography.

🎨 **The Groundz** presents *Without Exception: Exceptional Art from Beautiful Minds*

🎨 **Brush Strokes** in Carleton Place presents works by Jack Neilson. <www.brushstrokesart.ca>

🎨 **Baker Bob's Gallery** in Almonte presents "Shimmering": acrylic paintings by Jennifer Noxon.

🎨 **Gallery Perth** presents local art <www.galleryperth.com>

🎨 **Mississippi Valley Textile Museum** presents artifacts and Alison Ball's photos of Appleton textile mills. <www.textilemuseum.mississippimills.com>

A Mixer for a Mixer, Feb 19, 6PM-12AM. Focus on Development fundraiser to buy concrete mixer, concrete floors for a nurse's dormitory, food for school canteens, in St. Marc, Haiti. Avant Garde Bar, 135 Besserer St. Ottawa

Blues on the Rideau, Feb 19, 7PM. Jerome Godboo Band. \$55 dinner & show. Proceeds to the Rideau Waterway Land Trust & Friends of Foley Mountain. www.choosetheblues.ca. The Cove, Westport 273-3636

Elvis, A Musical Tribute, Feb 20, 8PM. Presented by Kirk Francois. \$22.50 at Shadowfax & The Book Nook; \$25 at the door. Studio Theatre, 63 Gore St. E. Perth

SRO Tea Dance, Feb 21, 1-4PM. 15-piece big swing band Standing Room Only. \$10 (cash only). Casual or period dress (20s-40s). Almonte Old Town Hall

Traditional Song Circle, Feb 21, 2-4PM. Come to sing or enjoy. Info at 256-7840. Barley Mow Pub, Almonte 256-5669

Matt Andersen, Feb 28, 7:30PM. "Best Solo Artist" at The Int'l Blues Competition in Memphis. \$20 advance at Shadowfax; \$25 at door. Presented by The Folk Upstairs. Studio Theatre, 63 Gore St. E. Perth

United Steel Workers of Montreal, Mar. 2. Raucous country-marries-urban-roots. \$20 at Neat, adam@neatfood.com. Neat Coffee Shop, Burnstown 433-3205

Jazz at the Swan (The Swan at Carp, Fall-down Lane Carp, 839-7926) 7-10PM. Live Jazz Feb 12, 26.

The Downstairs Pub at JR's (385 Ottawa St., Almonte, 256-2031): Fridays Open Stage, no cover. Feb 6 Hope Street Band, 9pm, \$4 Feb 13 Elyssa & Lucas, 7pm, \$2 Feb 20 Little Rock, 9pm, \$5 Feb 27 Mike Ryan, 9pm, \$2

St. James Gate (111 Bridge St., Carleton Place, 257-7530), Peter Brown Jazz Duo Thursdays from 7-10PM, Live at the Gate Saturdays from 8-10PM.

Feb 6 Brea Lawrenson

Feb 13 Kirk & Kurtis Armstrong

Feb 20 The Night Crawlers

Feb 27 Kerrek

The Royal Oak (329 March Rd. Kanata, 591-3895), jazz on Sundays (3-6PM), no cover. Feb 7, 21 APEX Jazz Band

Feb 14, 28 Magnolia Rhythm Kings

The Stone House Bar & Grill (3740 Carp Rd., Carp, 839-1091), Whiskey Mike Thursdays (7-11PM), Live Music Fri. (7-11PM); semi-acoustic jam Sun. (5-10PM).

The Barley Mow (79 Little Bridge St., Almonte, 256-5669): Terry Tufts Thurs. (8-11PM), Fri/Sat starts at 9PM. No cover. Feb 5 Dean Batstone w/ Josh Colow Feb 6 Terry Tufts

Ballygiblin's Restaurant & Pub (151 Bridge Street, Carleton Place, 253-7400): CP Celtic Jam Wednesdays (7:30-10PM), all ages/levels (davidh@rogers.com), no cover; Sunday Sessions with Peter Brown, Roger Plant & Friends (8-11PM)

Community

Green Drinks, Feb 2, Mar 2, 5:30-7:30PM. People in the environmental field meet for drinks, monthly. www.greendrinks.org. The Crown Pub, 71 Foster St. Perth 267-4500

MERA Friday Night Dinners, Feb 5 & 19, 5:30-7:30PM. Help cook at 5:30PM, eat at 6PM. Children's activities. Fundraiser for MERA. MeraSchoolhouse@bell.net, 278-0388. MERA Schoolhouse, McDonalds Corners

Westport Wally, Feb 6, 11AM-1PM. Games, goodies, hot chocolate, skating & Westport Wally. Matinée with Rueben DeGroot, Guitar 1-4PM. Buffet 6-9PM. The Cove, 2 Bedford St. Westport 273-3636

Valley Singles, Feb 7, 12:30-2:30PM. Singles brunch, all welcome. To register, call Faye at 256-8117. Charlie's Restaurant, Renfrew

Mayan Code Study Group, Feb 8, 8:30-10:30AM. All welcome. Info at www.lillywhite.ca. White Light Retreat 237 Christian St. Almonte, 256-0216

Women's Business Group, Feb 9, 7:30-8:30AM. Networking, support & volunteer group. Info at www.wbgroup.ca. Carleton Heritage Inn, 7 Bridge St. Carleton Place

Food Co-operative AGM, Feb 13, 2-4PM. Ottawa Valley Food Co-operative. All welcome. Info: 757-3044 or christina@otawavalleyfood.org. Wesley United Church, 275 Pembroke St. E. Pembroke

February Feast, Feb 13, 4:30-7:30PM. Featuring pork tenderloin with all the fixin's. Info at 257-2133. Zion-Memorial United Church, 37 Franklin St. Carleton Place

Valentine Gala Dance, Feb 13, 6PM. Fundraiser for youth trip to Mexico. \$30 advance from 284-2449. Farrell Hall, Perth

Valentine Dance Fundraiser, Feb 13, 7:30PM. With Glenn Silvrson Band & silent auction for Reformed Presbyterian Youth trip to Dominican to build a school. \$10 advance from 256-7186 or \$12 at the door. Almonte Civitan Hall

Valentine's Dinner & Celebration, Feb 13, 6-9PM. Small service with Spiritual Director; mingling & appetizers; dinner, \$35/person. Galilee Centre, 398 John Street N. Arnprior

Valentine Dance/Potluck, Feb 13, 7-10PM. Ballroom, swing, & Latin dance DJ. \$10 entry. Tania's Dance Studio, 84 Mill St. Carleton Place 253-0035

MVFN lecture, Feb 18, 7:30PM. Bioblitz Secrets of the Bell Woodland Preserve. \$5 for non MVFN members. All welcome. Info: 257-3089. Almonte United Church

NLHS Heritage Dinner, Feb 19, 6-9PM. Alan Mirabelli on "Family - A Dynamic Heritage". Cash bar 6PM, dinner 7PM. \$25 at Baker Bob's, 256-2866 or appletonmuseum@hotmail.com. Almonte Legion

Almonte Lecture Series, Feb 19, 7:30PM. "Nuclear Energy and its Risks" w/ Bob Morrison. Free, donations accepted. Almonte United Church

Open House & Talk, Feb 20, 1-3PM. Osteoporosis with Rebecca Word, ND. Carp Ridge EcoWellness Centre, 2386 Thomas Dolan Pkwy, Carp, 839-1198

Young Awards Gala, Feb 20, 6-11PM. Live entertainment, dinner & dessert, cash bar, auction. Funds to arts initiatives in local schools. \$65, from Blackbird & Foodies (Almonte), Three Yellow Tulips (Pakenham), ADHS, 126 Martin St. Almonte

Girl Guides Tea, Feb 21, 2:30-4:30PM. Girl In celebration of the 100th anniversary of Guiding in Canada. Civitan Hall, 500 Almonte St. Almonte

Ladies' Night. Different activity every month. Admission: donation to food bank. Code's Mill, 82 Peter St. Perth

Breakfast With Soul, Feb 26, 8-9AM. Open discussion facilitated by spiritual coach Lilly White. Open to all. Info: www.lillywhite.ca. \$5. Register at 256-0216. 237 Christian St. Almonte

Lilacs Lecture, Feb 26, 7PM. Lilacs at the Central Experimental Farm, by Joan Speirs & Richard Hinchcliff. Almonte United Church, 106 Elgin St. Almonte

Geothermal Workshop/Lunch, Feb 27, 9AM-3PM. \$40. View 3 installations, ask owners & technicians questions. Pre-registration required by Feb 20 at 278-0816 or jefi@sympatico.ca. An Art of Being Green project. Hopetown & Lanark

Mid-Winter Milling, Feb 27 10-5. Explore Mill Street in Almonte and treat yourself to mini-sessions by practitioners. Info at 1-866-347-0651.

Green Party Chili Cook-Off, Feb 27, 6-9PM. Competitive cook-off & salad bar featuring local organic produce. Table games & sock hop follow. Maberly Hall

De-Mystifying Judaism, Mar. 4 7:30pm. With Rabbi Bulka, donations welcome. Almonte United Church, 106 Elgin St.

Find Out Why “Meat Matters” in Maberly

On March 14, Lanark County Slow Food is hosting “Meat Matters” — an evening of convivial discussion, learning and eating at the Maberly Hall.

Ever wondered what to do with unusual cuts of meat that come with local meat freezer orders? Tibrata Gillies, former chef at Kingston’s Pan Chancho

Restaurant, and Professor at St. Lawrence College, will talk about meat cuts and techniques for cooking them successfully. Information about where to source local meat, tips on freezer ordering, and a bit about butchering will also be covered.

The presentation will take place at the Maberly Hall in Maberly from 4–6PM on Sunday, March 14, followed by a potluck meal from 6–8PM. The cost is \$3 for members and \$5 for non-members. Please bring a dish using local meat and/or vegetables to contribute to the meal. For more information, contact Janet Duncan at 256–2933.



Trees, Trees, Trees!

Visualize more trees along our rural roadsides, and village and town streets. The Mississippi Mills Beautification Committee has been doing just that, and is planning to re-instate Arbour Week, along with Pitch-In Week, during the last week of April.

Residents will be invited to purchase, plant, protect and maintain native trees throughout the Mississippi Mills area. The committee plans to hold community meetings in Pakenham

(March 2), Appleton, Clayton and Almonte (dates TBA) to provide information, hear suggestions and take orders for trees.

Working in conjunction with the Mississippi Mills Chamber of Commerce, it was learned that they place their tree order in October in order to obtain substantial trees. The Beautification Committee is planning to purchase smaller trees — in the \$2 to \$10 range. As this is our first year, and the tree order will

be late, we may not be able to provide all of the hoped-for species, especially deciduous trees such as sugar maple and red oak. But the idea is to get Arbour Week started this spring and by next year have a full-fledged program supported by schools, residents and organizations.

For more information please look for the Town of Mississippi Mills page in your local paper or call Fern Martin at 624–5104. — Fern Martin

Going Green with Geothermal

Heating season is upon us, and many homeowners are wishing they had considered ways to save on energy costs before the cold weather arrived. Geothermal heating and cooling systems are a bit of a mystery to many, although there is an increasing amount of interest in this process.

Art of Being Green Projects is pleased to announce its first ever Geothermal Workshop, featuring tours of three local residences that have been recently retrofitted with geothermal applications. On Saturday, February 27, workshop participants will visit three area homes and meet with the homeowners, as well as the suppliers and installers of the equipment. This unique workshop allows plenty of time for questions, including the opportunity to book one-on-one sessions with the equipment providers.

The workshop day begins with coffee and muffins at the first location, near Hoptown. After an

interactive session, the group will move on to another Hoptown home nearby. Each of the Hoptown residences features a four ton installation, although there are differences in the types of geothermal installation.

Once all questions are answered, the final stop on the tour is in Lanark Village, where lunch will be provided as part of the workshop package. At this location, participants can see a twelve ton system in operation and have the opportunity to speak with the homeowners about the benefits and savings they have derived from their geothermal installation.

The day starts at 9AM and will finish at about 2:30PM. The morning coffee and refreshments, as well as lunch, are included. The price for the whole workshop day is only \$40, providing good value for the time spent. If you have ever wondered about the benefits and costs of

installing a geothermal system, this is your opportunity to see three different working systems and ask all your questions.

Pre-registration is required. To register for the Geothermal Workshop or for more information, please contact Judy Fisk at 278–0816 or <jefi@sympatico.ca>. Details are also posted on our website at <www.artofbeinggreen.ca>.

Art of Being Green Projects is pleased to be sponsoring this highly informative workshop and to be working with the experts from GeoSmart Energy and Comfort Pro. The volunteers from Art of Being Green Projects are committed to designing and delivering environmental workshops and other programs on a year-round basis. If you have an idea for a program you would like to see presented, please write to <green@artofbeinggreen.ca> or contact president Bobby Clarke at 256–9424.

Food Co-operative AGM

The Ottawa Valley Food Co-operative will be holding its third Annual General Meeting on Saturday, February 13 at 2PM at Wesley United Church, 275 Pembroke St. East, in Pembroke.

By linking local producers with local consumers, the Ottawa Valley Food Co-operative has had a variety of positive impacts in our community, from environmental to economic. Come out and hear about the co-op’s second successful year of operation, sign up as a member, and learn about some of the Food Co-operative’s upcoming events, including a Local Foods Fundraising Lunch to take place on Sunday March 7, during Seedy Sunday at Fellowes High School in Pembroke. A number of the Ottawa Valley Food Co-operative’s board members will be stepping down, and spaces will be available for keen local food enthusiasts to join the Board of Directors at the AGM.

Refreshments will be served and everyone is welcome. It is not necessary to be a member of the co-op to attend.

For more information on the AGM or on becoming an OVFC Board Member, contact OVFC Coordinator, Christina Anderman at 757–3044 or <christina@ottawavalleyfood.org>. Visit the food co-op at <www.ottawavalleyfood.org>.

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Bring your sweetie in for a **Raspberry Kiss!**

(that would be a white chocolate moccacino with a shot of raspberry syrup — how romantic!)



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Dispatch from God

My granddaughter, Adeline, who is 6 ½ years old, is getting curious about some important things. At a baby cousin's Catholic baptism two years ago she whispered loudly to her dad in the echoing church, "Who is God?"

My son said, "I'll tell you later," from the corner of

by Susan Fisher

his mouth, like a character from a 1940s gangster movie. I felt for him. I imagined the beads of sweat forming on his brow. He probably had no clear idea how to answer, thanks to my inadequacies as a parent. When I should have been talking to him about God, Buddha, Allah, Universal Wisdom, Compassion, The Human Condition, Spirit or even What-The-Heck-Is-The-Point-Of-All-This, I was far too

busy rejecting my repressive Scottish Presbyterian upbringing, which had been spliced with scary experiences at Catholic and Anglican schools. Basically, I threw the baby out with the bathwater. No child of mine was going to be brainwashed with a load of hoey so he could feel guilty and unworthy for the rest of his days.

My only defense is that, like all parents, I was doing the best I could at the time with the measly deck I'd been dealt on the subject. However, when Adam was about ten and, out of the blue, expressed an interest in attending church, I took a stab at rectifying my spiritual parental duties. Like my son, I was still hoping to make sense of this topic, so off we went. He chose his grey flannels, blazer and tie for the event. The careful way he slicked down his hair

made me want to sob. I stopped myself from blurting, "Don't get your hopes up, son." We attended the neighbourhood Anglican church. Adam took in the stained glass windows, the smell of furniture polish and gleam of oak pews. People smiled. Sunlight streamed. I could tell he ap-

proved of other beliefs from around the world. But on that aching spring day, history was repeating itself. Adam was asking all the questions I had struggled with at his age. And I still had not found acceptable answers. So it seemed easiest to continue ignoring the whole scary subject.

More recently, Addie became curious about my Buddhist mala beads. I described what a mantra was, kind of like a prayer, and that I said a mantra with each bead, such as: "May all beings be happy." I explained that the prayer was extended to all beings, not just humans. Cats,

When I should have been talking to him about God, Buddha, Allah, Universal Wisdom, Compassion, The Human Condition, Spirit or even What-The-Heck-Is-The-Point-Of-All-This, I was far too busy rejecting my repressive Scottish Presbyterian upbringing, which had been spliced with scary experiences at Catholic and Anglican schools.

proved of the ritual of standing and sitting, hymn singing, the offering plate being passed, the sounds of the organ.

Later, as we drove home through April breezes to grilled cheese sandwiches for lunch, my son quizzed me. "What did the minister mean that man was born into sin? Are babies born bad? Why are we saved by being baptized? Am I baptized?" At this point, I had to confess he was not. I didn't tell him, however, that his father was also so put off by his particular "Christian" experience that he flatly refused to have our son baptized or confirmed, or anything churchy at all. At least I would have gone through the motions just in case there was something to it.

I had to do some fast talking to assure Adam he was not doomed as a result of being unbaptized. But for my son, the last straw was hearing the minister intone that it was easier for a camel to pass through the eye of a needle than for a rich man to enter the Kingdom of God. I could see this really rattled him. At the age of ten, my son aspired to be a zillionaire; to surround himself with untold wealth, limousines, investment portfolios, mansions, servants, moats, the lot. At the time, I couldn't come up with a reasonable translation, or even a lame one, for why rich men should be so out of luck. Poor Adam! Not only was he born bad and not saved by baptism due to neglectful parents, he now had to abandon his plans to be wealthy, or else kiss heaven goodbye.

If we had the same conversation today, I could probably decipher these teachings in a more encouraging way, plus add a lot of helpful details from a vast range

of other beliefs from around the world. But on that aching spring day, history was repeating itself. Adam was asking all the questions I had struggled with at his age. And I still had not found acceptable answers. So it seemed easiest to continue ignoring the whole scary subject.

Now I have darling grandchildren quizzing me. It never ends, does it? I tried to compensate for my parental deficit by writing and illustrating a book for Adeline and her little sister, Nicola. I titled it *Who Is God?* I tried to be all-inclusive. The message, more or less, was that many people believe there is a force beyond humanity which they pray to for support and guidance. Different folks pray in different ways and places, I said, but it all boils down to the same thing. I suggested that this mysterious force is a positive one, even though some people believe it/he/she is mean and capricious.


I gave it to Addy when she was only four. She was too young for it of course. However, not long past her sixth birthday, she got up one morning and, without prompting, dug out the God book. As it happened, that same afternoon I met her at school to drive her home. It was raining when she skipped towards me in her pink plastic raincoat. "Nana! I have something to show you!" she said with blue eyes blazing. We skirted puddles on the way to the car and clambered in. "I read the God book," she said, pulling it from her backpack. I had provided blank pages at the end where she could record her thoughts about whatever or whoever God might be. She had drawn something on each page. "Look!" she said, flipping the pages. There I saw colourful depictions of rain, candles, music, wind chimes, dust, a tornado, electricity, eggs, a hammock, seaweed, lullabies, snow globes, brains, lightning, chocolate, a shooting star, waffles with syrup, and a whole lot more. I was impressed. She was on the right track.

cows, elephants, bugs, snakes, mosquitoes — absolutely everything that is alive, even bacteria.

"Nana!" she said, lowering her voice conspiratorially. (Apparently, my granddaughter has inherited some of my Drama Queen tendencies.) "I'm afraid I have to tell you that the bugs in our house are definitely *not* happy. They are either flushed down the toilet or squashed to death." Once again, I was stuck for a response. I thought it best not to impose my beliefs on her — after all, that's where things went sour for me as a kid. I'm sure that six decades ago when Sister Madeline told me that my Presbyterian family was going straight to hell, she sincerely believed every word. So I mumbled something vague about not everyone feeling the same way about bugs.

"And I certainly never thought about snakes having feelings," she added. Another vague reply from me followed. The point is, she's thinking. That's where it starts. And whatever I believe, she'll find her own way, ask her own questions and come to her own understandings of what the heck it's all about. I just hope she doesn't waste as much time as I did finding something that makes sense. But then, that's none of my business really. My Buddhist teacher tells me that we are constantly given opportunities to open doors and pursue these sometimes imponderable matters of existence. When we're ready to step inside and look around, we will. Some of us are never ready, at least in this lifetime. That is, if you believe in multiple lifetimes. And if you don't believe in more than one life? Who knows?

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Laurel Smith Offers Dramatic Expertise at Perth Studio Theatre

Love theatre? Fretting because you want to act or direct, but are unable to get the experience or afford the training? Or perhaps you have had some experience but hunger for more. Well fret no longer. This February, Studio Theatre in Perth will host acting and directing workshops, at both the beginner and advanced levels. Led by Laurel Smith, an accomplished professional director and performer, each two-day session costs only \$60. It doesn't get any better than this.

Yes it does. Just wait until you hear about Laurel.

Along with completing a host of theatre-related academic degrees and training, Laurel has directed numerous award-winning plays, was producer for several Toronto-based theatre companies, and has adjudicated at a number of major festivals. In 2008, she was chosen to be part of the Shaw Festival's Directors Project where she was not only Assistant Director to the legendary Christopher Newman, but directed one of the Shaw plays herself. On top of all that, she is also a talented playwright.

Laurel Smith will bring all of this talent, training and expertise to Perth in two theatre workshops in February: one for prospective and/or experienced directors on February 6 and 7, and one for actors, new or experienced, on February 27 and 28. Laurel stresses that you do not need to have experience to participate, only interest. "I really hope first-timers come," she says. "I really welcome newcomers. It's important to me that it is accessible to all levels, and I hope it

will be a learning experience for all, myself included."

In particular, she hopes new directors will come out. "A lot of people are intimidated by directing," she muses. "They think taking a leadership role alone is intimidating. What I'm offering is a very practical, hands-on, 'This is what you do, from choosing a play right through to opening night' approach."

actively participating if numbers allow. She also stresses that you can come for just one day if your time is limited. "They would benefit the most from two," she adds, "but even one would be beneficial."

Sessions will run for from 9AM to 5PM with a one-hour break for lunch. The cost is \$30 a day or \$60 per two-day session. Fees are due two weeks prior to your ses-



Professional director and performer Laurel Smith offers two workshops in February — one for new and experienced directors, and one for actors.

The size of each workshop is limited to sixteen participants. Studio Theatre members had first chance to sign up, but now registration is open to anyone interested. The number of participants will determine the nature of each session. Laurel would like to have people up and

session of choice. Cheques should be made payable to Studio Theatre and either dropped off or mailed to Jackie Boyer, 104 Peter Street, Perth, ON, K7H 1S5.

For registration forms or further information contact Jackie Boyer at 267-6842 or <jackie.boyer@gmail.com>.

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Here Come The Mudds!

Members of the Mississippi Mudds community theatre are in full rehearsal mode once more to bring two brand new productions to you in early Spring.

On March 19 and 20, they will present *Death of a Doornail*, by Lee Mueller, at the Carleton Heritage Inn. Like other Mudds popular murder mystery dinner theatre productions, this one comes with an intriguing story line and a cast of quirky characters.

When a nerdy niece, an irritating ex-wife, a stuck up daughter, a ditzzy mistress, and a sleazy old mobster are invited by eccentric millionaire Albert Doornail to join him at his mansion one evening, a night filled with mischief and mayhem ensues. When they arrive, Albert is nowhere to be seen. Confused and bewildered, the group proceeds to search for their host, only to find blood all over the upstairs bathroom. Now they must identify a killer, and a motive, with the help of a washed up police inspector who arrives from the "Yard". Who murdered Al? How? And what was the motive? The audience is invited to sift through the clues and decide whodunit.

Call the Carleton Heritage Inn at 257-2525 to reserve your tickets; \$45 for a delicious meal and the show. Don't delay. These shows sell out quickly.

In late April and early May, don't miss *High School Reunion, The Musical*, a musical review written by Jeannie Bright and featuring songs from the '50s and '60s. Chuck Berry's *School Days*, as well as numbers by Eddie Cochran, The Kinks, Neil Sedaka, The Beach Boys, Dusty Springfield and many more weave together the story of three couples: Donna and Billy Ray, who finally find true love; Diana and Bob, who realize that memories are best left as memories; and Dwayne and Sue, who fall in love again. With a mixed cast of local high school students and adults, the story will visit the past with nostalgia and the present with optimism. They will make sure that, like Chuck Berry, you are "Feeling the music from head to toe." Tickets will go on sale mid-March. Call Don at 253-1571 for more information.

Find more details on these performances as well as other upcoming or past shows at <www.mississippimudds.ca>.

PPAC Spices Up Spring! Montreal Guitar Trio and Toronto All-Star Big Band Round Out 2009/10 Season

There are two great shows left in this year's Perth Performing Arts Committee (PPAC) season — two top-notch Canadian musical ensembles to help you warm up after a long, cold winter.

First up on March 5 is the **Montreal Guitar Trio**. Described by the CBC as "the hottest guitar ensemble in Canada", this group has quickly established itself as a force of rejuvenation and cross-pollination between various musical forms. Marrying passionate virtuosity with a stealthy sense of humour, guitarists Glenn Lévesque, Marc Morin and Sébastien Dufour at once charm the ears of seasoned critics and capture the hearts of their (now ever-expanding) audiences.

The Trio's eclectic, energetic music takes listeners on a journey through the world's many cultures — from the mysterious, exotic melodies of India to the hot rhythms of South America, Spain, the Balkans, the Orient and traditional Quebec, and even Hollywood. Enjoy this whirlwind global tour from the comfort of your seat in PDCI's Mason auditorium.

One of the most exciting bands around, the **Toronto All-Star Big Band** revives the spirit, style and sound of 1930s and '40s — that golden age of the big bands. Armed with brilliant programming, slick choreography

and first-class musicianship to capture the vintage soul of the likes of Benny Goodman, Tommy Dorsey, and Glenn Miller. Catch this nostalgic tribute, described by the Welland Tribute as "... a dazzling display of



Catch the Montreal Guitar Trio on March 5 in Perth

and witty cultural nostalgia, this vibrant cast of awesome young talent has earned its position at the top of the list of presenters throughout Ontario and in the U.S. The 17-piece orchestra of talented young musicians will be joined by the swinging 5-voice Serenaders, combining timeless

consummate professionalism, amazing talent, and infectious energy," on Friday, April 16.

All PPAC shows start at 8PM in the PDCI auditorium at 13 Victoria Street in Perth. Tickets are available from TicketMaster at 755-1111 or <www.ticketmaster.ca>.

Tuesday
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8PM

Almonte
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La Pendue

PRESENTS

Punchy Draw

a raucous comedy suitable for adults and children over ten

Puppets punching like you have never seen it! Direct from France, Compagnie La Pendue will present the English language production of Poli Dégaine, or Punchy Draw.

"Polichinelle, better known as *Punch* in English, is the world's most-famous puppet. He's at his wildest, most-frenzied best in *Punchy Draw*." Noreen Young, Artistic Director, Puppets Up!

Proceeds from this fundraising performance will support the Puppets Up! International Puppet Festival (August 7 & 8, 2010).

Tickets (\$25) are available at the Miller's Tale (613-256-9090), Read's Bookstore in Carleton Place and at the door. Seating is unreserved.

There's a Green Revolution Underway!

The good folks at Valley Design Co. in Carleton Place are so excited about Benjamin Moore's zero-VOC paints that they just can't keep it to themselves. They not only want to spread the word — they want to help you spread the paint — on your latest project!

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"Everyone who has tried the Benjamin Moore Natura and EcoSpec lines has just loved them," reports co-owner Donna Sorfleet. Paul agrees, adding that: "these products have not merely complied with industry regulations — they have set a new whole new standard." And of course, they come with all the usual advantages of Benjamin Moore quality products, supported by the expertise and friendly service you've come to expect from Valley Design Co.!

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MADELEINE MOIR



an autobiography

At the age of 91, and after decades of living and creating art in Almonte, Madeleine Moir has published her autobiography. Illustrated with personal photos and images of her work, it begins with her birth (one month after the end of WWI) and spans two continents and three careers (as a portrait photographer's apprentice, wartime cartographer, and occupational therapist). It also gives a fascinating glimpse into the Ottawa art scene — Madeleine was a member of the Ottawa Art Association, and at one time ran a gallery above Canada's Four Corners on Sparks Street.

Madeleine tells her story from a very intimate perspective, which gives great insight into her personal successes and challenges over nine decades of existence. The photos of her art — particularly her wood collages — are a wonderful complement to the narrative. It is also interesting to see where the pieces have ended up — from collections of Valley notables such as Juan & Else Geuer, Ann & Bob Bird and Reva & Len Dolgoy, to that of A.Y. Jackson.

The book is published by "Lockwood and Moir Publications", a partnership between the author and her neighbour and friend Rob Lockwood, who is credited with the photography and design. Copies of the book can be purchased from Madeleine Moir, who can be reached at 256-3018.

Don't Let the Sound of Your Own Wheels Make You Crazy...

Hello! It has been a month since I wrote about resolving to reduce my stress by changing my reactions and enjoying the day, and I must say that I am feeling *so* relaxed these days! I am *so* calm... it's a MIRACLE!!! Ya, ok. That is a big lie. Put it this way: I got the idea for this month's article while googling "how to calm down anxiety". Found an article entitled *7 Quick Ways to Calm Down*, by Therese J. Borchard. I'll tell you what is NOT a way to calm down: reading that article. There is one tip per page, and each of the first *three* pages came with one of those pop-up ads that cover most of your screen, so you have to hunt for the "close" button in order to read the actual page you wanted.

Most of her tips are simple: walk away from the stressor, close your eyes, get some solitude, breathe deeply, go into nature, go by the water... but the last one caught my attention. Listen to music.

I don't know about you, but music has long been a lifesaver for me. Nothing gets me through

a frustrating day more smoothly than playing my "Loud-Angry Mix" on my work computer. Limp Bizkit and Eminem may not be your cup of tea, and I may not always agree with their lyrics or personal politics, but when I feel the need to yell and stamp my feet but, well, am supposed to be a responsible adult, I let them do the screaming FOR me. I don't even need to have the volume up very loud (I am at work, after all), though yelling along with them blasting from a car stereo can be *just* what the doctor ordered.

An evening drive to Montreal is made much safer with the energizing beat of *I Gotta Feeling* (Black Eyed Peas) and *September* (Earth, Wind and Fire). Some occasions call for a combo deal — the drive to Montreal at Christmastime, which starts tense and rushed (hello Black Sabbath) but after some driving and therapeutic singing, switches to the likes of *Santa Claus is Coming to Town*.

I often look around when I'm at a stoplight, to see if any-

one else is singing. It is a very rare thing. It's more common to catch people "mining for gold". Either I just haven't caught you yet (singing), you hide it well, or you simply haven't tried it yet. Because I am sure, once you feel the joy and exhilaration of singing in the car, you won't want to stop. Whether your spirits are lifted by Led Zeppelin, Leonard Cohen, Lady Gaga, Lennon, or Ludacris, give the singing thing a try. For me. Because I only want what's best for you. And because it looks funny and maybe I'll see you. Now's the time. Soon it will be summer... and you may be driving with the windows down... when your favourite song comes on...

Like the Eagles sang, "Take it easy, take it easy. Don't let the sound of your own wheels, make you crazy." Or if you prefer, do like Kiss and "Shout it, shout it, shout it out loud!"

—Rona Fraser welcomes comments at <rona@thehummm.com>. Unless they are going to stress me out, in which case, forget it.

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The Folk Upstairs Come Out of Hiding

The Folk Upstairs is thrilled to present the "Best Solo Artist" at The International Blues Competition in Memphis — Matt Andersen — on February 28 at 7:30PM at the Studio Theatre in Perth.

The Folk Upstairs has for years brought world-class musical entertainment to Perth and area audiences. When they began, there was a dearth of great concerts in Perth and it became their mission to correct this. Over more than ten years they have presented Canadian and international artists to overwhelmingly appreciative fans. For the past few years they have kept a low profile, as there has been plenty of quality entertainment in the area. Since their pinnacle evening of presenting Bruce Cockburn, they have decided to wait for exceptionally exciting performers to emerge before reenergizing our forces. Just such a musician has presented himself — one too good to let slip through their fingers.

New Brunswick bluesman and multiple East Coast Music Award winner Matt Andersen just won the 26th edition of the 2010 International Blues Challenge in the birthplace of Rock 'n' Roll and home of the blues: Memphis, TN. Blues musicians from all over the world were chosen by their respective blues societies to compete in venues on the world-famous Beale Street. As the big winner, Matt opens

the door to the U.S market and the larger world stage!

Be sure to get your tickets early for this amazing performer! Tickets are \$20 in advance from Shadowfax (call 267-6817 or 1-800-518-2729), or \$25 at the door. The Studio Theatre is located at 63 Gore St. E. in Perth. For more info, email <chuck@heathertrail.com>, or visit online at <heathertrail.com/the_folk_upstairs.html>.



Puppets Up! Presents a Fundraiser with "Punch"

If this season's kick-off is any indication, Puppets Up! 2010 is going to be a festival with punch! The knock 'em, sock 'em appeal of the puppet world's most famous puppet, Punch, will take the stage in Almonte on Tuesday, March 9, for a fundraising performance.

Puppets Up! is proud to present the **Compagnie La Pendue** puppet troupe from France at this year's fundraiser. The company will present the English language production of *Poli Dégaine*, or *Punchy Draw*, a raucous comedy suitable for ages ten and up.

The Punch character has deep roots in puppet history. Known as "Polichinelle" in French and "Pulcinella" in Italian, the Punch character originated in Italy's *Commedia dell'arte* of the 17th century and became a stock character in Neapolitan puppetry.

"It is our great pleasure to expose Canadian puppet fans to the

glorious history of Polichinelle, better known as "Punch" in English, at his wildest, most-frenzied "best" in *Punchy Draw*," says Noreen Young, Artistic Director for the Puppets Up! International Puppet Festival. "This is a show for all ages with tons of energy to chase away the winter blues."

Estelle Charlier and Romuald Collinet formed **Compagnie La Pendue** in 2003 and work from their rehearsal room in Herbeys, France. La Pendue explores puppetry in two directions: through traditional glove puppet productions inspired by Pulcinella, and contemporary works that experiment with different puppetry techniques. The company has performed throughout France and Europe, Egypt, Israel, the United States, and Canada.

There will be one performance only: Tuesday, March 9 at 8PM, at Almonte's Old Town Hall. Tickets (\$25) are available at the Miller's Tale (256-9090)

in Almonte, Read's Bookstore (257-7323) in Carleton Place, and at the door. The show is suitable for ages ten and up. Seating is unreserved. Proceeds from this fundraising performance will support the Puppets Up! International Puppet Festival (August 7 and 8). For more information visit <www.puppetsup.ca>.

About Puppets Up!

The sixth Puppets Up! International Puppet Festival will hit the streets of Almonte on August 7 and 8. Under the artistic direction of Noreen Young, and with help from many volunteers and local businesspeople, the festival will once again welcome Canadian and international puppeteers to the historical mill town's main street into a joyous celebration of puppet artistry.

Puppets Up! relies on private, corporate and in-kind donations, and volunteers, to produce this unique annual event.

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From Northern Ontario comes the new sizzling hot band of pickin' and grinnin' cowboys, the Wild Turkeys. With a fun stage presence and energetic sound, the band has been coined "Swamp-Stomp Country". Armed with fiddles, mandolin, guitar, bass, harmonica, a tin can percussive suitcase contraption and melodic four part harmonies, the Turkeys win over the hearts and ears of audiences everywhere.


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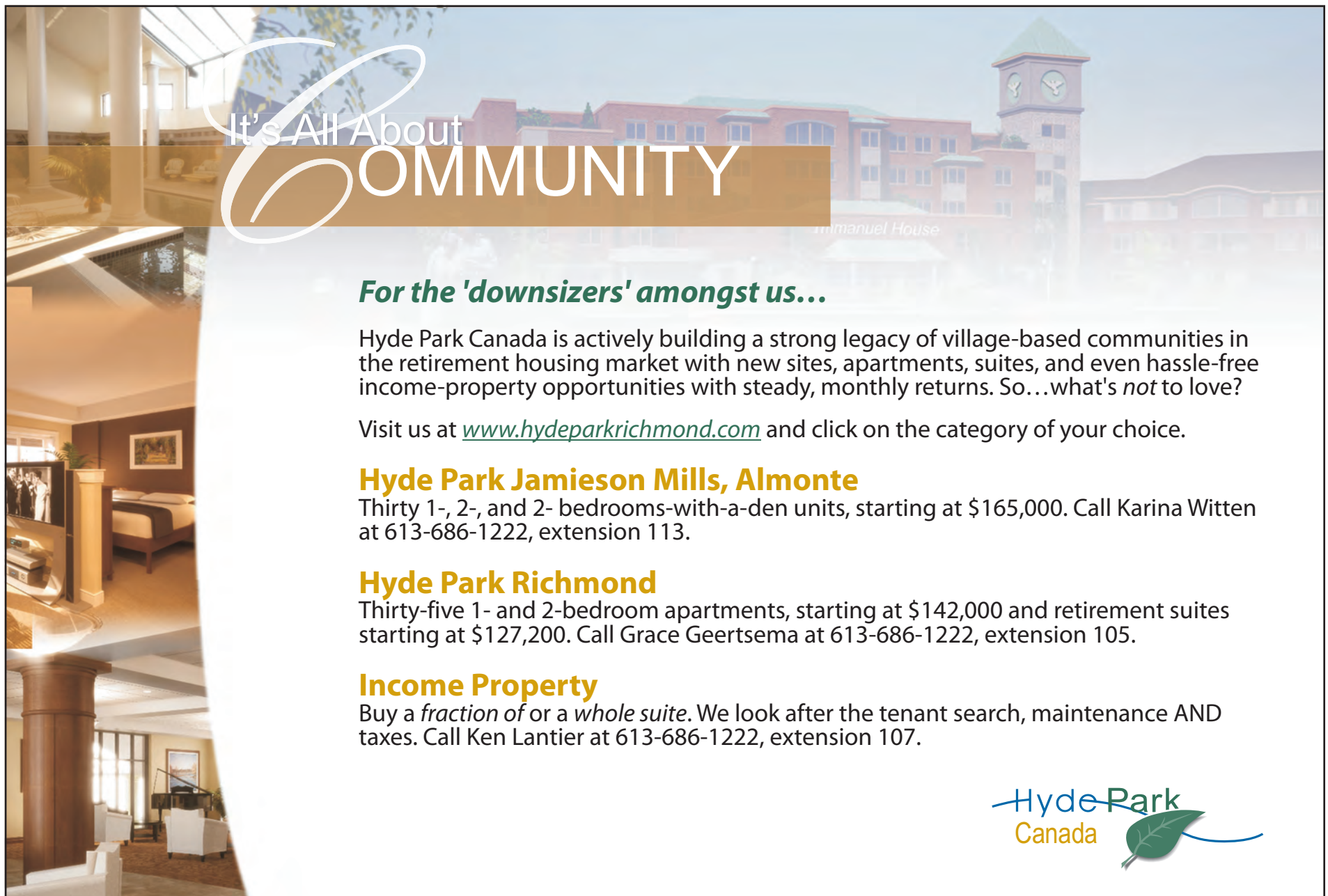


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