

FEBRUARY 2013

# the Hummer

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Arts,  
Entertainment  
& Ideas



p. 24 & 25

February's Events

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p. 7-12!



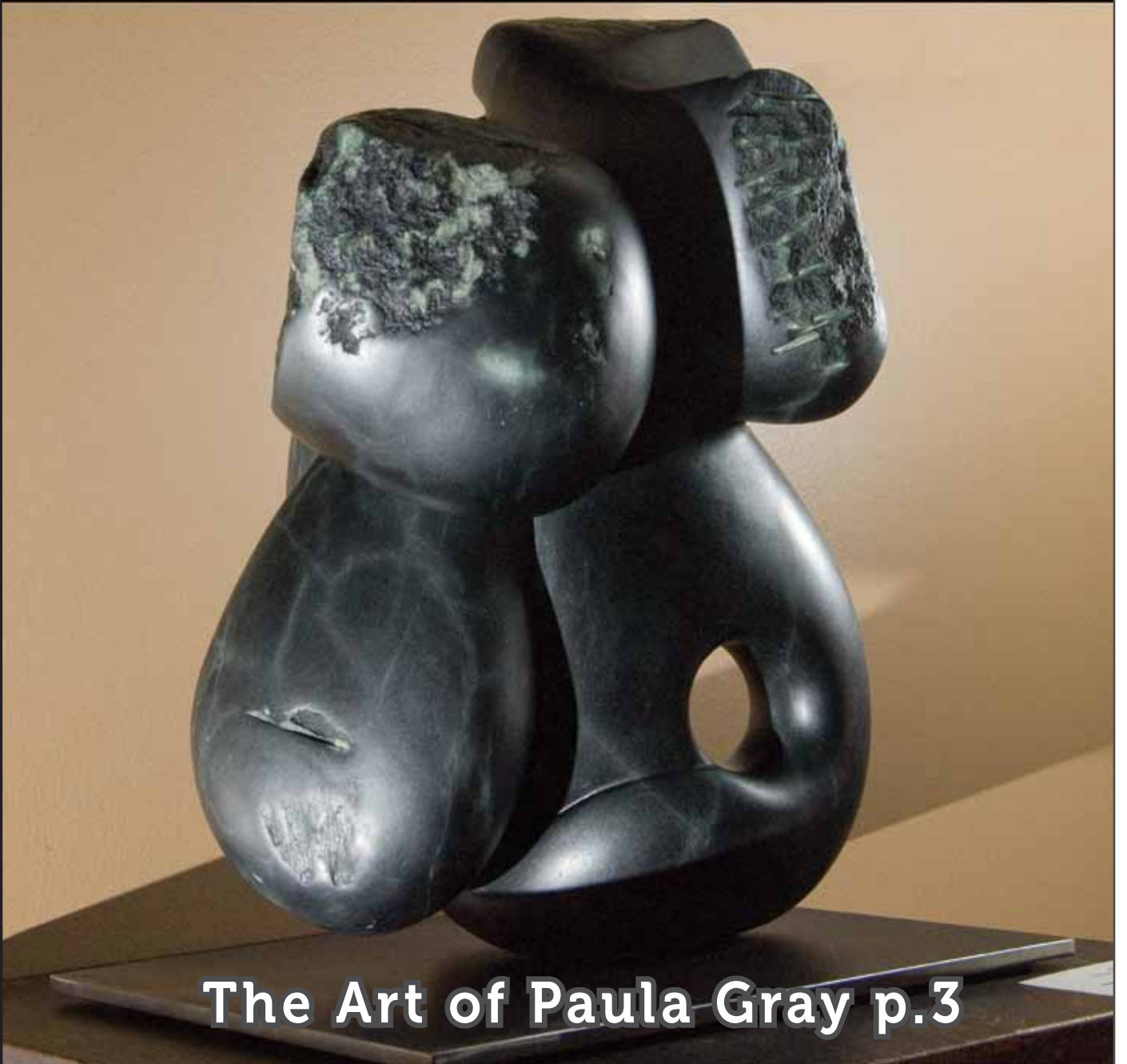
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Without Exception



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A Spirited Endeavour



The Art of Paula Gray p.3

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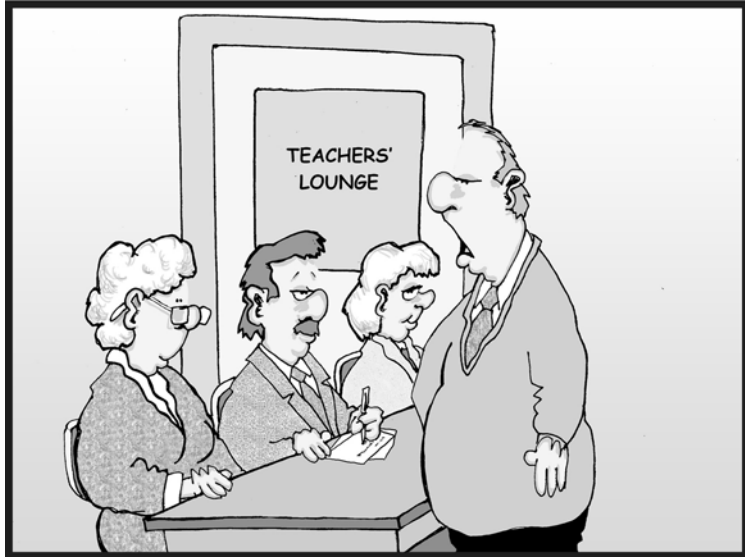
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## Readers Write

## An Ode to Small Business in Almonte

It finally hit me in the New Year: I really appreciate the various small businesses in Almonte. It hit me in the most banal of ways — with respect to the video store. It's gone now ("Thumbs Up", I think it was called). I was going to pick up a movie for my kids just after New Year's Day only to find a gone-out-of-business sign in the door, and a few things troubled me about that. That's why I'm writing this essay.

I'm going to break this essay up into three sections: Almonte past, present, and future. Almonte past starts with the video store. There were other small businesses that I've lamented losing — Fitzgerald's, the Ironworks, and that great wacky store with the friendliest staff that was around only for a few months, Arg Mayhem — but it was with the video store that it hit me.

I'm no videophile. Sure, I'm a movie buff, but the idea of a video culture does little for me. What does even less is services like Netflix. That's why the video store was so important. It was my best defense against the brain-numbing effects of constant access to any number of stupid films online. Sure, there are some good movies too, but somehow we haven't figured out how to discipline ourselves enough to use a service like Netflix (and so much else that is available online) in a manner that is both productive and healthy.

In fact, if I can go on a tangent for a moment, our use of the online environment increasingly emphasizes convenience and amusement — both good things in careful measure, sure, but no end in itself. To herald the coming of the Internet on this basis is surely an impoverished view of the potential of this medium... but I digress.

So, with no video store in Almonte, what now? This brings me to Almonte present.

My favorite store currently in Almonte is Vamos. It's got such great clothes and styles for the outdoors, and did you know, it's owned by a couple that spent 8 years sailing around the world in their earlier life — how cool is that! I love lots of other small businesses currently in Almonte as well. First off, there are all of those great original shops with antiques and curiosities that can lead to hours of browsing. There's the great new mini-mall adjacent to Vamos (with the feel of Granville Island in Vancouver). There's the Heirloom Café across the street, and Café Postino further up the street. There's Mill Street Books, Baker Bob's, and Alliance Coin & Banknote. At the other end of town there's the Hub, Don's Meat Market (the place we go for cheese), and my second favorite store: Almonte Bicycle Works (man he's got some beautiful bikes there!). All this is to say — for those of you who know Almonte — there really are many great small businesses in town, aren't there?

This brings me to Almonte future. I really love some of these stores. I love them for what they are — their closeness, their smallness, and the fact that they're unique. I also love them for the alternative that they represent (the anti-big box store). Finally, I love them for all of the kind people — owners and workers — that make their living there. So, with all this "love", what can I do to sustain them?

The answer, of course, is to shop there. Truth is, I do, but not nearly enough. I used to love going to Fitzgerald's with my wife, but with hindsight I have to admit we went fewer than two or three times per year. Is that because we didn't eat out? Hell no, we ate out all the time (a bit less so now, mind you). We didn't go more, in part, I think, because we didn't know it was struggling.

Continued on Page 5

Who's Reading the Humm



Back in early 2011, **Andrew and Linda Brooks** wrote: We know how fond you are of the travelling Humm, so we took one to Las Vegas for the photo op. Enjoy!

Great opportunities to help others  
seldom come,  
but small ones surround us  
every day.

— Sally Koch



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*theHumm* is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, 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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## Thanks this month to:

The Appliance Guy, for taking our Kenmore washing machine into its third decade; and to Baba, "the most helpful United Airlines employee", for helping Cori and Tasha get safely to Belize to start their awesome world tour.

# Paula Gray – Did You Feed Your Soul Today?

Stone carver Paula Gray discovered her fascination with sculptural form when she began working with trees and branches to craft unique furniture pieces. Shaping the flowing lines of their arms and backs nourished an artistic longing she had not recognized. When she stumbled upon Deborah Arnold's stone sculptures (September '06

by Sally Hansen

issue of *theHumm*) during a studio tour, the attraction was visceral and irresistible. Gray had discovered her artistic calling. She impulsively asked Arnold if she would teach her how to work with stone. Ten years later, both Deborah and Paula are involved in creating a memorial to honour the lives of Lanark County women killed in situations of domestic violence.

Gray's work has evolved over the decade. Her confidence has grown with her success in studio tours both in the Ottawa Valley and in her second home in Ville de Mont-Tremblant, Québec. She has begun to "impose" her own artistic vision on some of the beautiful stones she selects, as an alternative to intuiting and revealing the organic image concealed in individual pieces. Both approaches are valid and yield strikingly different results.

As someone who lives surrounded by a large collection of Inuit stone and petrified bone sculptures, I am astonished when she tells me that the sculpture I interpret as a human morphing into a whale was not intentionally carved to represent that transformation. Many pieces are obliquely sensual; all are sensuous. It is almost impossible not to stroke them. If I were a cat or dog, I would not want my human to own a Paula Gray sculpture.

When I ask Gray why she carves stone instead of choosing a more portable or more forgiving medium, she laughs and confesses, "I can't draw!" But she is gifted in visualizing in three dimensions. In her words, "I take great satisfaction in taking such a hard and unyielding substance and shaping it into soft and flowing forms. For me, each piece is more about the process than the outcome. If it weren't, I don't think that I would ever have the patience to see a piece through to the end. When things are going well, it feels like a seamless flow from within to without. It's a release, but I can't articulate exactly what it is that is being released."

Throughout our history we humans have made marks. Based on the few remaining pieces of prehistoric sculpture, art historians generally agree

that their principal function was not beauty; they were made to be used in rituals. In their constant fight for survival, early people created sculpture to provide spiritual support in their efforts to cope with the mysteries and overpowering forces of nature. Ancient sculptures reveal religious beliefs and the ceremonial rituals observed across cultures.

On a personal level, Gray experiences new levels of self-awareness as she carves. In the process of artistic creation, she explores her relationship with her subconscious, making connections with emotional and physical memories that are unavailable on a rational level. It is a healing as well as a revealing process. Creating beauty may not be the principal function of her sculpting, but it is a most welcome result.

## Feeding Your Soul

Paula believes that society would benefit enormously if we took better care of ourselves emotionally. That includes the responsibility for discovering who we really are — we have little practice in listening to what we really want. She compares our minimal understanding of the need to feed our souls, with our once believing that the sun revolved around our flat world. For Gray, looking at art and creating art connects her with her subconscious and feeds her soul. She recommends both.



## A Circuitous Path

Gray explored several other options before concluding that art is her passion. Her journey began in Toronto where she learned one of her many skills, from parents who taught downhill skiing in addition to pursuing professional careers. Paula too is a ski instructor. Academically, she earned a degree in Urban and Regional Planning at the University of Waterloo, followed by a Master's in Science and Forestry at the University of Toronto. She worked for the Ontario Ministry of Natural Resources, becoming a forestry economist.



When she realized that she preferred the variability of shorter term project work to the constraints of civil service, she resigned and completed a degree in Education. After teaching high school for two years in Toronto, she moved to an old farmhouse in Cedar Hill near Pakenham with her family. It was there that she enjoyed her first foray into three-dimensional art, creating and then teaching others how to make rustic twig furniture. She moved into Almonte seven years ago, where she continues to teach grade school students. When I asked her if she likes to teach she quipped, "I like to see people learn." She also loves the connection she makes with her students.

## Marking Time

Humans make other kinds of marks as well. Ceremonies and rituals evolved to mark the transition from one phase of life or social status to another — christening and graduation ceremonies, weddings, funerals, inaugurations, and many other "life-crises" that affect the relationships of all those people closely connected with the subject of the ritual. As formal religious observance continues to diminish across North America, there has been a concomitant increase in the need for persons trained to officiate at private ceremonies and celebrations.

Last year Paula became a Certified Life Cycle Celebrant, trained to develop traditional or uniquely tailored life ceremonies such as weddings and funerals. She is also active in developing rituals to mark and celebrate women's issues. Recently she and Deborah Arnold were among artists invited to propose ideas for a memorial to honour the lives of women killed in situations of domestic violence. The project was initiated by a grass-roots group of survivors associated with Lanark County Interval House. Gray submitted a concept drawing for a memorial site; Arnold proposed a sculpture. They were asked to combine the two, and Arnold is sculpting the female figure that will be seated at a stone table in the centre of the circular meditation site designed by Gray. The project's location is still being determined.

This summer Paula will be moving from Almonte to her other home in Mont-Tremblant. To enjoy her mesmerizing sculptures and/or to discuss an upcoming celebration, you can reach her at 327-0608 and <pd.gray@gmail.com>. She would be delighted to make arrangements to show her work in the Almonte area, or to host a studio visit for anyone traveling to the Mont-Tremblant area.

"No one is more cherished in this world than someone who lightens the burden of another." ~ Author Unknown



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**WHO** Paula Gray  
**WHAT** Stone Carver and Certified Life Cycle Celebrant  
**WHERE** Home studios in Almonte and Mont-Tremblant; 327-0608, <pd.gray@ymail.com>  
**WHY** "I take great satisfaction in shaping such a hard and unyielding substance into soft and flowing forms; it feeds my soul."

ARTIST TRADING CARD

# A Dark Night for the Soul

## Brock Zeman, Fish & Bird Play Almonte

What is it about sad music that feels so good? I don't know and neither do four million Google hits. But the **Folkus Concert Series** brings you a night of feel-good sad songs to lift your soul and take your troubles away.

For many people the banjo is eternally happy-go-lucky, the sprightly member of the string family. But the banjo has its dark, sad side too and it is this vein that the members of Victoria's **Fish & Bird** explore. Combining a fascination with old-timey murder ballads and Radiohead with a quirky lyrical sensibility, Fish & Bird refreshes the tropes of bluegrass and folk.

Growing from an initial two-piece whimsical project to a five-person band with a full, maturing sound, Fish & Bird is a tight group of players, trading leads from banjo to fiddle to bass to guitar with ease. The band members are founders Taylor Ashton (vocals, banjo) and Adam Iredale-Gray (fiddle, vocals), joined by Ryan Boeur (electric and acoustic guitars), Ben Kelly (drums) and Natalie Bohrn (upright bass, vocals). Their sound is plangent without being plaintive, their lyrics are clever, and the melodies and time signatures are intricate without drifting off into art-grass. The band is currently touring in support of album number three: *Every Whisper is a Shout Across the Void* (which picked up a Western Canadian Music Awards nomination last year). Their set promises to fill the hall with a full-on folk jam session.

**Brock Zeman** is a king of the road. He's a tall-tale teller, a late-night rambler, the poet laureate of the lost highway. With a rich, soulful voice that's equal parts whisky and woodsmoke, Zeman brings us the stories of the lost and the lonely who are getting by, one day at a time. Some stories come from as far away as Texas, some from just down the road in Hopetown. "It started



The February Folkus concert features a double bill with Fish and Bird (above) and the Valley's own Brock Zeman

off as a novel... and ended up as a three-and-a-half minute song..." This pretty much describes his approach to all his tunes. While many compare him to Steve Earle for his raspy voice, he may be more likely to cite Fred Eaglesmith, John Prine and Guy Clark as influences. Stage-mate Lynn Miles says, "Brock Zeman... digs in dark places and comes back with diamonds."

While Zeman has been touring North America and getting radio play here and in Europe for years (album number nine, *Me then You*, will be available at the show), he has also added producing to his skill set and now owns his own label. Folkus is to have him on the bill as appearances in such an intimate acoustic setting are too rare.

Doors open at 7:30PM, with show time at 8PM. Refreshments and merchandise will be available; debit will not. Details and tickets are available at Mill Street Books in Almonte and at <folkusalmonte.ca>. Singles are \$27 in advance or at the door.

— Sandy Irvin



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- Please send me information on planned gifts, which can offer me tax advantages now, while providing for Almonte General Hospital/Fairview Manor in the future.

# Mid-Winter in Mississippi Mills

Helloooo! Did you miss me? I took a little break last month, to spend some time hanging with my peeps (pupps?!) down south. You know how it is — we all need a break sometimes. I hope you also got to take a break last month, because break time is OVER! There are many things to see and do this month, so forget “February Blahs”, grab the scarf your mom knitted you for Christmas, and let’s go!

by Miss Mills, Puppet Reporter

Some of you may not associate winter with nudity... but you should, because guess what! Those people who brought you the **Nudes of Mississippi Mills** calendars are taking even more off! ... off the price, that is. In order to compensate you for missing Mr. January (glass artist Christ Van Zanten, my personal favourite), they are discounting the calendars to \$10 each! To find out where to buy them, you can go to <exploremississippimills.ca> and will quickly spot Santa, relaxing in the buff. There are locations all over the Valley — everywhere you look, you can find naked Mississippi Millers!

Ok, now that you have your calendar, I want you to open to February, and draw a big circle around February 23. Then add some stars and maybe a smiley-face... and yes, this would be a good time to break out the glitter glue, because you do NOT want to miss the funnest day of the entire month. It is time for downtown Almonte’s fourth annual **Mid-Winter Milling!** Those of you who’ve been in the past should turn to the ad on the back page and start planning, because you know how quickly the day flies by. For those new to this tradition,

here’s how it works. From 10AM to 5PM, participating shops up and down Almonte’s Mill Street host various spiritual and self-awareness practitioners, usually tucked away in a quiet corner of their store. We’re talking astrologers, psychics, angel card readers, mediums... Reiki practitioners, hand massage therapists... Feng Shui practitioners... The list is endless! Well no, it’s not, and that’s why you need to plan ahead. Each generally offers short sessions, for a cost, and there are usually sign-up sheets. So my advice to you is: visit the locations first thing, to book your spots and plan your day. Then you know how much time you have to wander the shops, try on a new outfit, find that one-of-a-kind item you wanted for your living room, pick up your niece’s birthday gift and, of course, have a chat with friends over a delicious lunch. Booking your table for lunch wouldn’t be a bad idea either! You can find restaurant information at <downtownalmonte.ca> — see Almonte Restaurants along the top. So circle the date, text your friends, and plan a great day out in downtown Almonte, feeding your soul and your belly! (And don’t worry about that decadent dessert... you can work it off walking between shops!)

Another date to circle is February 16 — this time, trade out the glitter for a black marker to pen some musical notes. The **Folkus Concert Series** <folkusalmonte.ca> is bringing us one of our favourite local musicians, Brock Zeman, along with BC’s Fish & Bird, in a double bill. No, I haven’t heard of Fish & Bird either, but with the “traditional murder ballads with rock beats” and exploring “the space between folk traditions and reckless creativity” that their website promises, well... Count me in!



Molly Carson and her little sister Jaime show off their sock puppets. Kids, adults, and parent-child pairs have some great opportunities to learn to make and perform with their own creations at upcoming workshops presented by Puppets Up! and J.B.Arts in Almonte.

If those words about Fish didn’t hook you, then perhaps your tastes run to the more sublime... Better turn your calendar over and circle March 2. That is when **Almonte in Concert** <almonteinconcert.com> presents Sublime Strings: the Fox String Quartet, plus Joel Quarrington on double bass, Caroline Léonardelli on harp, and Laurence Wall as narrator.

And now for something completely different. You know how, when you see a picture of me, you stare longingly, wishing that you could have a puppet for your very own? Well sure, Noreen Young is an experienced lady — I mean, an experienced puppet-maker, but she wasn’t born that way. At least, I don’t think she was. So perhaps you, and/or your kids, would like to start with a one-day course and make one puppet. From now until August, JB Arts and Puppets Up! are teaming up to present a series of **Puppet Workshops**, right in downtown Almonte! This month, you can learn to make Handmade Marionettes on the 9<sup>th</sup>, and Sock Puppets (for parents and kids) on the 23<sup>rd</sup>. Future workshops range from building latex and foam puppets, to writing and performance workshops. Go to <jbarts.ca> and click on Puppets and You! for all the deets.

And finally, if you still don’t want to leave your home in this weather, or if you are just taking a break to warm up, why not take a few minutes to tell the town what you think about their recreation programs, parks and facilities? You can find the **Town of Mississippi Mills 2013 Recreational Survey** online at <surveymonkey.com/s/QDF99ZP> or you can request a hard copy of the survey from Calvin Murphy, Recreation Coordinator, at <cmurphy@mississippimills.ca> or 256-1077 x24. Do it soon though — the deadline is February 8. They won’t know if you don’t tell them, so why not give them a piece of your mind? Or don’t. You’re not MY puppet...

## Continued From Page 2

Or, put another way, had we known it was struggling, we would have gone more! My question is: do more people feel this way?

Sure, the business of small business is known to be a tough one. Sure, in a market economy it’s sink or swim and we’re all somehow supposed to be good with that — but I’m not. I work in Ottawa — commute every day — but I live near Almonte because I love this small town and I love being able to access a full range of services, including independent small businesses, in this small town.

Here’s where I come full circle. At some point this past December I was in the video store before it closed down. I’d picked something out and went to the front to pay. The young guy asks for three dollars and says it’s due back in a week. I knew this already, but it hit me again. I said: “Really? Three bucks? Can you guys make it, charging so little?” He assured me they could,

and by the end of the month they were gone. I would have gladly paid five bucks for the movie if it meant keeping a video store in town — how about you?

So here’s a proposition. What if small businesses posted how they’re doing financially? Or maybe, if a small business knows it’s having a hard time, it tells its customers. I can see it already: “Hi, your local independent [insert business] will have to close down in the next 6 months if business doesn’t pick up. Please shop here to support local diversity and a thriving local economy. Thank you.” It’s simple, to the point, and tells us — the local consumers — that there’s something we need to do if we want to continue to have access to great shops like Vamos and Almonte Bicycle Works.

It’s a modest proposal I think.  
— *Tonio Sadik, just outside of Almonte*



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# Billionaire Offers Reward to Orphan's Parents

## Mudds Present *Annie Jr.*

It's the time of the Great Depression in the early '30s. Apples are abundant and are sold on the streets, two for a nickel. Children are abundant in the streets as well, orphans without homes, often working 10- to 12-hour days performing domestic labour with no pay. Such is the *Hard Knock Life* for the orphans who reside at the New York City Municipal Orphanage — Girls Annex.

Each day is full of the same drudgery — scrubbing floors before sunrise, eating cold mush for breakfast, stripping beds for the laundry, and sewing dresses way past midnight under the watchful glare of Miss Hannigan, who runs the orphanage.

Miss Hannigan operates the orphanage like a drill sergeant, punishing any child who disobeys. Eleven-year-old Annie is one particular orphan who continually exasperates Miss Hannigan, right up to the day Annie escapes the orphanage via the laundry. While the police search for her, Annie befriends a stray dog and together they roam the streets until the police catch them.

She is then returned to the orphanage and, while Miss Hannigan threatens her with house arrest, Annie wishes that the sun will come out *Tomorrow*. It does, with an invitation for a two-week stay at billionaire Oliver Warbucks' mansion for Christmas, complete with maid service, movie dates, limousine rides and new clothes. As the days go by, Mr. Warbucks and Annie become close, and he decides to adopt her. Everything would be perfect, except that Annie longs to be reunited with her real parents. Mr. Warbucks, upon seeing her distress, announces he will conduct a nation-wide search, offering fifty



Mrs. Hannigan (Katie Irvine) looms over the orphans (r-l: Haven Lamothe, Abbie Giles as Annie, and Gillian Whitlock) as the Mudds prepare to present *Annie Jr.* at the Carleton Place Town Hall

thousand dollars to whoever can prove they are her parents.

That's just the incentive Miss Hannigan and her crooked brother and girlfriend need to concoct a plan to convince Warbucks they are Annie's parents. As they plot their deception, they dream of being on *Easy Street*, thanks to Warbucks and Annie.

Will their ruse be discovered? Will Annie find her real parents? Come out to the Carleton Place Town Hall for the Mudds Youth rendition of *Annie Jr.* to find out. Tickets are available from the Chamber of Commerce, at 132 Coleman Street. Performances are: February 22 and March 1 at 7PM, with matinées on February 23 and 24 and March 2 at 2PM. Tickets are \$10. Call 257-1976 or check out the Mudds website at <mississippimudds.ca> for further information.

— Doris Ohlmann

## 3 WAYS

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# How to Get 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 six pages), and don't stop until you've found the perfect match for your interests and availability. We guarantee it will be here 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!

## 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!



# It's Not Easy Being Green...

## But It's Easy to Volunteer as One!

With a provincial election likely to occur in the spring, the Green Party of Ontario riding association in Lanark, Frontenac, Lennox and Addington (LFLA) is gearing up and getting ready for its strongest campaign to date! The **Nomination Meeting** for the next candidate is scheduled for Sunday, February 17, beginning at 11AM. The location is 2076 Rosetta Road in Lanark — home of Bobby and John Clarke. Momentum continues to grow for the Green Party of Ontario (GPO) as more Ontarians realize that Green MPPs are absolutely needed in the Ontario Legislature to stand up for ideas that will lead to:

- A real plan for Ontario to be a leader in a 21<sup>st</sup> century green economy
- Promoting health and well-being for all Ontarians
- Strong communities

The riding association appreciates your continued support and hopes you can join them for this event. How can you help? Think about people you know who would make excellent MPPs — people who are actively making a difference in our community, who are articulate and personable, and who can motivate a team to support a strong campaign. If this describes yourself or someone you know, please contact Lauder Smith at 336-2998 or <laudersmith@hotmail.com>.

The Green Party also hopes that you will consider getting involved in the next campaign. They particularly welcome volunteers to join their campaign teams as they gear up for a spring election. Volunteers are needed for various activities: leaflet drop, phone canvass, putting up a sign, election day scrutiner, donations, etc. For more information, please contact Lauder Smith (above), or Rolly Montpelier at <rlm@explornet.com>.

# 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.

## Arts & Activities Organizations

**Almonte in Concert** offers live classical chamber music at its best, performed in our own Old Town Hall! Visit our website at <almonteinconcert.com> to learn more about us. For anyone interested in joining the team, the Board of Directors is seeking new members. There is room for help in many areas — fundraising and sponsorship initiatives, programme ad sales, mailing and email list management, brochure and poster distribution, or stage management. To participate, please contact Maureen Nevins (256-8192 or info@almonteinconcert.com).

The **Almonte Skatepark Committee** is a volunteer group supported by the Town of Mississippi Mills. We are underway to building an approximate 7000 square foot in-ground concrete skatepark in Gemmill Park. Expected completion in 2014. We are seeking volunteers to assist with fundraising initiatives, grant writing, events and co-ordination of youth involvement. Be part of this great project for youth and the young at heart in our town! Contact Sarah Robertson 447-2362, Moira Wilkie 256-7701, Calvin Murphy 256-1077.

The **Almonte Trad Song** session meets the second Sunday of the month in the upstairs parlour of the Barley Mow to sing traditional songs with choruses, such as sea shanties and old gospel tunes. We revive the days when people would gather round the kitchen table or in a local pub to sing and play for their own pleasure. For more info, see <shantyman.ca/TradSing> or call David Baril at 355-5552.

**Arts Carleton Place** is gearing up in 2013 with community programs, events and fundraisers. We appreciate your interest in the arts, but rely on the support of volunteers. Arts Carleton Place with Carleton Place in Bloom will be presenting a new event, "Blooming Arts Tour", delighting all 5 senses, on Saturday, July 6. If you want to be part of the scene, meeting artists, performers and the public, and above all having fun, please contact us at <artscp@bell.net>.

**fieldwork** is looking for enthusiastic volunteers to assist in several aspects of our work: support to promote fieldwork, copywriting, editing, communications and public relations, plus assistants to work with artists during installations and openings. If you have energy, skills and experience to contribute to fieldwork, contact us at <fieldworkproject@gmail.com>. Information about fieldwork can be found at <fieldworkproject.com>. Join us in our efforts to make this fun, creative artspace even more successful!

**MERA** is a community arts organization in McDonalds Corners. Our Heritage Schoolhouse is busy all week with dancers, fibre artists, musicians and potters. On weekends we host concerts and in winter our popular 'Round the World on a Dinner Plate' community suppers. We offer interesting workshops and in the warmer months there is the Farmers' Market, MERA Café, summer arts camps, festivals and community events. For more information, or to become a member, visit <meraschoolhouse.org>, email <meraschoolhouse@bell.net>, or call 278-0388.



The **Mississippi Mudds Theatre Group** is always looking for new volunteers, both backstage and on stage. Another season of live theatre in Carleton Place is underway with plans for three major productions. Opening February 22, our **Youth Theatre** branch presents *Annie Jr.* and on April 25 we open *Nonsense 2: The Second Coming*. Meanwhile we are planning the family musical *Humbug* (based on *A Christmas Carol*) to open in December. Visit <mississippimudds.ca> or email <info@mississippimudds.com> to get involved.

**Movies Under the Stars — Together Smiths Falls** will be back under the SF water tower this summer, hosting outdoor family movies every Thursday evening and introducing a new event: outdoor music every Saturday evening. Help is needed for poster hanging, setup, concession sales and take down. Your commitment can be as little as one hour; then enjoy the show. Please call and help us bring some new and interesting events to town. Call 285-9125 or email <info@togethersmithsfalls.com>. See you this summer!

The **Valley Players**, Almonte's renowned theatre group, are planning an exciting 2013 season, promising something for everyone. With an upcoming One-Act Night, with special guests from My Town's Got Talent in March, a spring **Youth Production** of Shakespeare's *Hamlet*, and a November presentation of the Governor General's Award-nominated play *Marion Bridge*, there is ample opportunity to come out and get involved! We need YOU! For more information, check out our website <valleyplayers.ca> or contact Andrea Cruise at 256-9866.



The **West Carleton Arts Society** is looking for an energetic artist to organize this summer's ARTstravaganza art festival in the village of Carp. This event will take place in August. It will have artists, musicians, performers, etc. We also include an "en plein air" painting event. Last year's festival was a resounding success. We need you to bring new ideas to this year's event. <westcarletonartsociety.ca/artstravaganza.html>

The **Young Awards Foundation** raises funds for dynamic arts programs in the schools of Mississippi Mills. Short-term volunteer positions include helpers for the annual gala in May (load-in, set-up, decorating, assistance to the technical crew, clean up, etc.). Long-term positions include membership on the Gala and Funds Distribution committees and on the Board. For more information about this year's gala opportunities or to sign up, please contact Julie Argue-Moffatt at <foodiesfinefoods@gmail.com>.

## Community Organizations & Services

Join the **Almonte & District Horticultural Society** for monthly speakers and gardening tips. Enter your best blooms and creative arrangements in our shows. Mount your best shots for our photo competitions. Lend a hand tending our gardens around Almonte. Sample dishes at our "Culinary Feast 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 Gerda Franssen at 257-7155 or visit <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. There is an immediate need for help serving water and juice throughout the Hospital, both morning and evening. Training is provided. To learn more, contact Anne McRae at 256-2514 x2226 or visit <almontegeneral.com>.

**Big Brothers Big Sisters** of Lanark County is a not-for-profit volunteer organization that 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. Visit us at <bigbrothersbigsisterslanark.ca> or call 283-0570 for more information.

**Camp Lau-Ren** is a children's residential summer camp of the United Church of Canada, drawing campers from Renfrew and Lanark Counties. The Camp Lau-Ren Board seeks volunteer board members, camp directors, 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 information on how you can help, contact Bruce Patterson at 257-2672 or visit <lau-ren.com>.

**Canadian Cancer Society's** mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer. Needed in the Mississippi Mills-Carleton Place area: 1 volunteer driver, 1 area captain to oversee canvassing (Feb-Apr), many canvassers, 1 daffodil pin site recruiter (Feb), many 2-hr daffodil pin volunteers (Apr 3-6), 1 branch secretary, 1 vice-president, 1 public issues rep, 1 cancer prevention presenter, help with Relay For Life (June 7). Training provided. Laurie Blackstock: 1-800-367-2913, <lblackstock@ontario.cancer.ca>.

Throughout Lanark County, the **Canadian Red Cross** provides emergency assistance — food, clothing, shelter — to people affected by personal disasters like house fires. The Red Cross also prepares to assist our community during large-scale disasters, like ice storms, forest fires and floods. If you would like to be part of a dynamic group of Red Cross volunteers and help your neighbours in times of crises, contact us at 292-5941 or <lanarkcounty@redcross.ca>.

Everyone in and outside of **Carleton Place** is invited to participate in **BIA** community events such as Free Comic Book Day, Lambs Down Park Festival, Bridge Street Bazaar, Maskeraid Halloween Parade and the Santa Claus Parade. All events require adult and student volunteers to make them the successes they are. The BIA is open to new partnerships — if you have a great event idea, contact us. For a great volunteer experience, contact us at 257-8049 or <cmcormond@carletonplace.ca>, <downtowncarletonplace.com>.

Do you have a green thumb or would you like to develop one? The **Carleton Place & District Horticultural Society** is looking for new members. Meetings are the first Wednesday of every month, except January and February, at St. Andrews Presbyterian Church Hall at 7PM. Featured are expert speakers on all aspects of gardening. Member/volunteers needed for our Spring Plant Sale and maintenance of the Victoria School Garden. Workshops and events will be posted on our website. Visit <cphorticulture.ca>.

**CFUW Perth & District** is committed to the pursuit of knowledge, the promotion of education, and the improvement of the status of women. Between 2005 and 2012, we have given over \$75,000 in bursaries for post-secondary education. We support many programs that benefit women and girls. For more information, contact Brenda Ethier, President, at <brendaethier@ripnet.com> or visit our website <cfuw-perth-district.com>.

**Community Home Support – Lanark County** provides support services to seniors, adults with physical disabilities, people living with a life-limiting illness, and the dying, to 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. 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 or visit <chslc.ca>.

The **Community Labyrinth** in Carleton Place offers a special place for people to come together to celebrate, to enjoy a meditative walk, or to simply take time out of a busy day. Seeking volunteers to assist with staging and set up for our 2013 weekly walks and special events. Contact Debby at 257-1014, log into our blog <carletonplacecommunitylabyrinth.blogspot.com> or visit us on Facebook.

**Dignity House Hospice** operates a palliative care day-hospice program every Monday in Perth. We are seeking volunteers to help in our kitchen one Monday a month (responsibilities include setting up and serving the noon meal and after-lunch clean-up; meals are prepared and delivered by local supporters), or to share time and talents with our clients either as palliative care volunteers (free training provided) or by assisting with activities or entertainment. Please contact Corry at 430-4211 or <dignityhouseperth@gmail.com>.



Photo by Tracey Lamb  
Mopani Communications

# And They Called It Puppy Love...

Most people are quick to brag about how bright their dogs are, but not my late father. He'd be the first to admit that Thora, his lumbering Irish Setter, had a brain the size of a canned pea. Back in the early '60s Thora spent lazy summer days smack in the middle of a country dirt road on the outskirts of Cowansville, Québec, snoozing and oblivious to her surroundings. There was always the occasional car swerving around her, and one day an ambitious canine suitor came calling.

Thora was such a landmark that on rally-car Sundays special maps included the huge dog lying in the middle of the road. Drivers were warned that they would have to maneuver around the sleeping beauty because come hell or high water no one could get that dog to move.

But her lethargic state seemed to draw one admirer and his name was Frankie. He was nothing but a mutt, a Heinz 57 and the tiniest cattle dog I'd ever seen. I am sure there were dozens of willing farm dogs to choose from but for some inexplicable reason Frankie only had eyes for Thora. Every day, the minute he was let out of the house, he'd scramble up the road to visit the love of his life. After licking her face, he'd stand on top of her and bark nonstop as if to say, "Hey, look at me!"

Thora never budged and remained sprawled across the dusty road, continuing to snore at a decibel level that I swear rattled the walls. As the summer months progressed Frankie's love for Thora turned to lust. Although he tried, consummating this relationship was a challenge for one so small. Occasion-

ally, when Thora shuffled to the house for food and water, Frankie would be right at her tail barking up a storm alongside her.

The Irish Setter, in her own dazed world, paid no matter to the little mutt and would return to her spot on the road to resume her nap. It wasn't long before the neighbours began to notice this unrequited canine love, and soon Frankie and Thora became the talk of Miltimore Road and the surrounding area.

My father loved sharing this "dog in lust" tale with anyone who would listen. He never had an ending to the story until one morning when he went for his usual walk and returned smiling. He said he'd seen Frankie on his usual trek up the road, only this time the little guy was dragging something. When asked what it was, Dad paused for dramatic effect and then replied with a straight face, "A stepladder." And everyone had a good laugh.

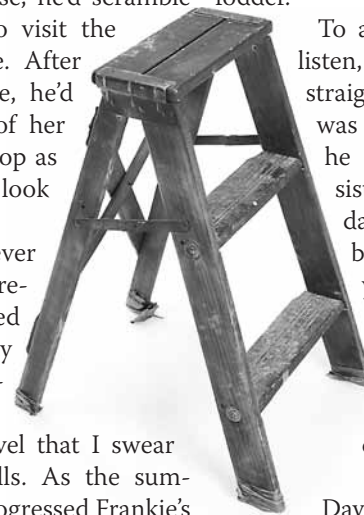
Maybe there was some truth to the tall tale because months later, on Valentine's Day to be exact, Thora had puppies. Upon looking at the litter there was no doubt who the father was and my father delighted in this additional fodder.

To anyone who would listen, Dad insisted with a straight face that Frankie was the father. He said he ran into the persistent farm dog the day after Thora gave birth. And wouldn't you know it? Good ol' Frankie was passing out cigars as he dragged his stepladder back down the road.

Happy Valentine's Day!

P.S. This is actually a true story — the stepladder, however, is up for debate.

— Linda Seccaspina





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# Walk with Them

## Feb. Talk Features Big Brothers Big Sisters and Care Canada

On February 18 at 6:30PM, the Canadian Federation of University Women (CFUW) will hold their Family Day meeting in the Perth Legion Building at 26 Beckwith Street East. It is open to the public and will feature two speakers: Robin Heald of **Big Brothers Big Sisters**, and Suzanne Charest of **Care Canada**.

Big Brothers Big Sisters of Lanark County, founded in 1973 as part of the national movement, is a not-for-profit volunteer organization and a member agency of the United Way of Lanark County. Its mission is to "help children develop to their unique potential through consistent, dependable and non-conditional adult friendship" and mentoring. Robin Heald is the Resource Development Manager and will share insights and information

about this most worthwhile local organization.

Care Canada is one of the leading international humanitarian organizations helping some of the world's poorest countries improve basic health and education and expand economic opportunities. Suzanne Charest is their Director of Communications and Marketing and is working on Care Canada's "Walk in Her Shoes" challenge — to walk 8000 steps in eight days (what many women and girls in parts of the world walk daily just to get basic necessities, like firewood and water), to walk in solidarity with these women, to help fight global poverty and want.

Everyone is invited to come and learn about these wonderful charities.

— J. Preston

The **Guatemala Stove Project** works with indigenous Maya families living in Guatemala's Western Highlands. The core activity is building masonry cook stoves for impoverished households in rural Maya villages. We are also involved in education, micro loans, emergency aid and nutrition. Our goal is to improve health, and reduce deforestation and carbon emissions. Volunteers plan fundraising events and presentations, culminating in the annual volunteer trip to Guatemala in February. Meetings are held every six weeks in Perth and Ottawa. <guatemalastoveproject.org>.



Photo by Liz Ballantyne

The Volunteer **Hospice Visiting Service** of Community Home Support — Lanark County needs more volunteers! Hospice volunteers give people living with a life-limiting illness, and the dying, the chance to be cared for at home, in comfort and dignity, surrounded by the people they love. If you are a sensitive and caring person with some time to spare, come out and join a team of compassionate volunteers! Phone 267-6400 or email <rebeccab@chslc.ca>.

**The Hub** has a place for you. Our \$4 membership includes the camaraderie of our store and staff, where you will make new friends, find a sympathetic ear, and learn new skills. Everyone has talents to offer — we can't wait to meet you! See our website: <thehubalmonte.com>. Come in any time to join this 39-year-old institution in Almonte — you'll be glad you did; so will we!

The **Hub Hospice Palliative Care** is committed to helping people end their life's journey in a peaceful and dignified manner. Dedicated people will complete a training course that qualifies them to help people in their homes. No medical experience required; only a will to be a loving companion to clients and families. Training starts in late April. Check <hubhospice.com> for information on being a volunteer, for an application form, or for more information. Call 256-6479 to speak to a board member.

The **Lanark County Community Justice Program's** mission is to bring people together to repair the harm from conflict and crime and to promote community leadership in the use of restorative practices. Volunteer facilitators conduct restorative justice forums, where people directly affected meet to discuss an incident and decide how to make things right. Volunteers receive training, resources and support. For information about our upcoming training session for new facilitators, contact: 264-1558, 1-888-264-1558, or <contact@commjustice.org>.

A little of your time can help a lot at **Lanark County Interval House**. Support is needed in many areas: As Good As New thrift store, fundraising events, drivers, odd jobs, event planning committees, shift support. As the only shelter serving Lanark County, volunteers have an opportunity to offer much-needed support to our agency while we help women and children escape violent homes. For more information, visit <lich.com> or contact Heather Whiting, Volunteer/Fundraising Coordinator at <heather@lich.com> or 257-3469 x27.

The **Lanark County Therapeutic Riding Program** offers specialized riding lessons to people with physical and/or developmental disabilities. Would you like to volunteer during weekly lessons to lead the horses, or walk beside the riders to give them support and encouragement? No experience is required and training sessions will be held in the spring, with lessons beginning in April in Perth and Almonte. Great exercise and great people! For more information, visit <therapeuticriding.ca> or 257-7121 x 236.



Lend a paw for **LAWS**, the registered charity dedicated to promoting the well-being of all animals of Lanark County. LAWS is currently seeking volunteers for outreach education and public awareness, fundraising, event planning, newsletter, promotions, off-site office assistance, grant writing, crafts and baking, on-call driving, and seasonal maintenance. We are also looking for qualified, experienced people to join our board of directors and/or committees. If you are 16+ and wish to help animals, please apply at <lanarkanimals.ca/programs\_volunteer.htm>.

The **Maberly Agricultural Society** needs members and volunteers! A wide range of tasks to fit your interests and available time: fundraising events, Thursday fairgrounds work parties over the summer, and the annual fair on August 24. See <maberlyagsociety.ca> for information on the Maberly Fair. Contact Paul Pospisil at 273-5683 or <thepond@rideau.net> if you can spare some time.

Make a difference in your community! **Mills Community Support** offers a wide range of volunteer opportunities in Almonte and Smiths Falls. Consider sharing your time by developing a friendship with a person with an intellectual disability, delivering meals, driving a senior to a medical appointment, or helping with a community garden. Good at the big picture? Consider a position on our board. Call Jeff to discuss the myriad of possibilities suitable for you. 256-1031 x63, <themills.on.ca>, <facebook.com/MillsCommunitySupport>.

The **Mount Pakenham Adaptive Ski Program** (CADS) provides skiing resources for those with a wide range of physical and/or developmental impairments. With 56 participants and an army of volunteers to assist them on the hill, our program is underway for the 2013 season. We are already taking names for interested participants and volunteers for next year. Volunteers need no previous experience (should be strong intermediate skiers), although previous CSIA certification would be ideal. Contact Deanna at <deannabarry@storm.ca> or 256-7535.

## Elizabeth Swarbrick

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**Perth & District Union Public Library** accepts teen and adult volunteers to work on a variety of special projects. Currently, the library is seeking volunteers with specialized skills, especially in the areas of technology, graphic design, marketing, and community outreach. Volunteers can work on an ongoing regular schedule or on limited-term assignments. Please visit <www.perthunionlibrary.ca> to learn more about the library's programs and services. Anyone interested in volunteering may contact library CEO Elizabeth Goldman at 267-1224 or <egoldman@perthunionlibrary.ca>.

**Perth Kiwanis Club** has a new vibe: 1.2.3. Attend 1 meeting a month, do 2 hours of service, make 3 new friends. Projects include Terrific Kids in schools, making comfort dolls for OPP and Children's Aid, and combating neo-natal tetanus in Africa. We raise funds, donate to food banks, shelters, youth groups, scholarships, etc. Come share a meal and hear interesting speakers. No obligation. And when we work, we whistle. Have fun. Help out. Call 267-4662 or email <Beckwith@Cogeco.ca>.

The 2013 **Perth Regional Heritage Fair Committee** will again be sponsoring history fairs in the schools throughout Lanark County, culminating in the Regional Fair at the Legion in Perth on May 16. The committee welcomes volunteers to help in the planning and organization of the day, as well as the judging of individual projects and various other volunteer activities the actual day of the fair. If interested in helping out, please contact John McKenty at 267-7319 or <john.mckenty@sympatico.ca>.

Join a local **Rotary Club** to enjoy fellowship while supporting local and global communities with hands-on help and financial assistance from fundraisers. There are clubs in Carleton Place (Robert Lavergne, 253-5569), Smiths Falls (Doug Hazen, 284-0379), and Perth (David Batchelor, 264-1559). Clubs meet weekly for a meal and a guest speaker and to plan their fundraising and service activities. For more information see <rotary7040.com>, call the club contacts above or email <david.batchelor@rotary7040.com>.

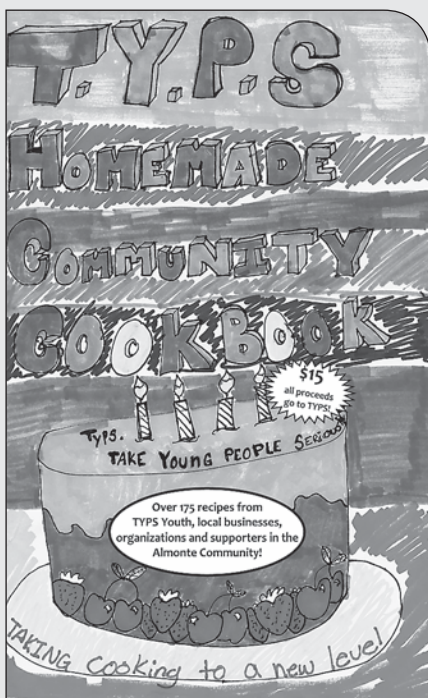
**PFLAG Canada** is a charitable organization that provides support, information and resources to anyone with questions or concerns about sexual orientation or gender identity issues. We welcome those struggling as well as allies who would like to offer support. Carleton Place & Stittsville chapters also offer an LGBT youth drop in. Bring your parents or your kids! For information on meetings, visit the Humm calendar or call Jennifer at 859-0100 or Jim at 283-2055 (calls are strictly confidential).



The **Rideau Environmental Action League (REAL)** is seeking new members for its board of directors. We are looking for energetic, experienced people who have the time and energy to help protect our local environment. If you are connected to the community, are familiar with current and emerging environmental issues, and are motivated to do something about them, join a group of like-minded people to make a REAL difference. For a position description, visit <REALaction.ca>. Interested candidates should email <info@REALaction.ca>.

The **Rotary Club** of Carleton Place and Mississippi Mills does excellent volunteer work in our communities. We meet for dinner at the Thirsty Moose on Monday evenings. We would appreciate your membership. For information, call our president, Bob Lavergne, at 253-5569.

The **Roy Brown Society** is looking for Visitor Hosts at the Moore House in Carleton Place. Its displays promote the legacy of A. Roy Brown, who shot down Manfred Van Richthofen, The Red Baron, the most celebrated German fighter pilot of WWI. Volunteer for shifts that suit your schedule. Along with the exhibits we also offer a small souvenir shop. Contact Rob Probert at 257-3673 or <rob@canada-career.com>.



**TYPS Youth Centre** serves 12-18 year olds in Mississippi Mills. Our centre in Almonte is open weekdays after school. We offer a drop-in centre and a range of special projects, programs and events. We are always looking for volunteers to help out in the centre, in our kitchen, join the board, share their skills, or help with our community garden. If you'd like to help make our community more vibrant and youth-friendly, please call 256-8485 or email <julie.willbond@gmail.com>.

**Valley Animal Rescue** is a foster-based animal rescue that serves the needs of the homeless, abused and neglected animals of the Ottawa Valley. We are in great need of passionate, committed foster homes to work with us and help us prepare these unwanted animals for adoption into loving homes. Please, make room in your heart and your home for an animal in need, and help us save a life. Contact us at <valleyanimalrescue@hotmail.com>.

Would you be willing to give 1½ hours each week to help with **Whiz Kidz**, an after-school programme run at R. Tait McKenzie Public School in Almonte? Snacks, games, Bible stories and homework help make up the programme for approx. 20 children from Grades 2-5. Gotta love kids and police check is required. We really could use a "crafty" person — age no barrier! Tuesdays 3:30-5PM. Call Chris or Carolyn Klickermann at 256-3314.



Kelly Sloan and her talented friends recently put on a very special show, with all proceeds benefitting Lanark County Interval House. The evening raised over \$1,800 plus a van full of presents and food to be used at the shelter.

## Interval House Thanks You!

Lanark County Interval House (LCIH) is extending a sincere thank you to the wonderful community members, volunteers, groups and organizations in Lanark County, as well as Lanark County Council, for their tremendous generosity and support during the past year. While every holiday season brings out the best in our community, this year the help provided by the community increased significantly.

These unprecedented levels of donations, funding and volunteering were truly a timely gift, given the particular challenges the shelter faced in 2012. With a higher than usual projected annual deficit as a result of increasing demand for service, plus ever-increasing expenses while entering into the fourth year of a funding freeze, the additional support was sorely needed and deeply appreciated.

2012 was a difficult time for many. Economic hardships, job uncertainties, increased cost of utilities, food and gas, and other stressors affected so many in our community, yet it is exactly these challenging times that allow our true colours to show. For LCIH staff and abused women and children in Lanark County, those true colours were a welcome sight.

The 24-hour emergency shelter is only one of many critical services provided by the LCIH. Hundreds more families are supported through Outreach Services. The Sexual Assault Support Program assists women through one of the most difficult times they will ever face. The Public Education Program has proven itself an essential component of preventing violence, by providing much-needed information about abuse and the resources available in our community. The youth violence prevention project, Truth for Rural Youth (a.k.a. TRY Lanark County) is also run by LCIH and is a crucial factor in breaking the generational cycle of abuse, educating about healthy relationships and protecting our future generations.

Each year, in order to meet all of these demands for service, the shelter works diligently and tirelessly to raise the necessary funds to complement government funding. As 2012 drew to a close, your donations of time, goods and money played a vital role in providing those services to the members of our community who need your help the most.

Each donation and show of support means so much more than just its monetary value. Every event, toy drive, and discussion regarding donating to or supporting the shelter is a highly effective way of shedding light on an often "invisible" tragedy. Every act of charity for the shelter sends a message to abused women that they are not alone, that their community cares, and that help is out there for them. This is a potent message of hope that is critical to ending violence against women and children.

As one resident at the shelter tearfully said upon receiving a donated Christmas gift, "It just feels so good to know there really are good people out there. People who care." This is not something many abused women feel often. This is a powerfully transformative feeling. This is what happens when a community comes together in difficult times to show they care.

And the difficult times are not over. With the onset of each calendar year, LCIH staff begin raising necessary funds to meet the new year's demands, launching the entire process all over again. While LCIH will continue to face many of the challenges last year presented, the gratitude and hopefulness inspired by the generosity and thoughtfulness of Lanark County makes this challenge one we're ready to face with help from the community. Again, thank you to all who gave to Lanark County Interval House.

— Sarah Bingham

## Festivals & Events



Want to have fun? Love Celtic music? Love the **Almonte Celtfest** festival? Come join a great team of volunteers dedicated to keeping the Celtic heritage alive in the Ottawa Valley! There are plenty of opportunities throughout the year, as well as during the festival. Check us out at <almonteceltfest.com>. This year's festival takes place Friday, July 5, to Sunday, July 7. Email Brenda Cain-Kealey at <almonteceltfest@hotmail.com> or call 256-4089.

The 1<sup>st</sup> annual **Carleton Place Winter Carnival** is scheduled for the weekend of February 22-24. This volunteer-organized and -run event is designed to be a unique celebration of the winter season and a legacy event that will continue for years to come. As a free community event, volunteers are needed to help on-site on February 23 at a number of events including: the outdoor "Fire and Ice" Dance and Kid Zone. For details visit <wintercarnival.carletonplace.com>.

The **Classic Theatre Festival**, Ottawa Valley's professional summer theatre, presents classics from the golden age of Broadway and the London Stage at the Full Circle Theatre in Perth (26 Craig St.). 2013 summer season (July 12-Sept. 1), features two comedies: Neil Simon's *The Star-Spangled Girl*, and Leslie Stevens' *The Marriage-Go-Round*. Opportunities include ushering, operating concessions, set construction, painting, billeting, community outreach. A great opportunity to work with some of Canada's top theatre professionals. Contact 1-877-283-1283 x3 or <info@classictheatre.ca>.



Join a dynamic team of volunteers for the 18<sup>th</sup> Annual Ottawa Valley **Midsummer Herbfest**, Sunday, July 28, at the Herb Garden, 3840 Old Almonte Road. This festival hosts a large marketplace of over 90 vendors and artisans, the famous Chef Cook-off, live dance and music, wild herbal walks, presentations and more. As a volunteer, you will receive a free family and parking pass, T-shirt and honorary stipend. See <herbfest.ca> or contact Freda Godby at <fgodby@rogers.com>.

**Mississippi Mills Bicycle Month** is a volunteer-run community festival in June which celebrates everything bicycle. Now and throughout June, we need volunteers to help organize, promote and run events. If you enjoy getting outside, having fun, and connecting with your community, you will enjoy volunteering with us. We'll match our needs with your talents, ideas and availability. Contact us at <bicyclemonth@gmail.com> or 256-3234.

Love working with people? On August 10 and 11, Almonte's **Puppets Up! International Puppet Festival** <puppetsup.ca> has lots of fun jobs to choose from: ticket sellers, theatre hosts, parade marshals, stagehands, kids' craft tent helpers, and more. Volunteers get festival T-shirts and festival passes. Contact Jan Watson, Volunteer Coordinator at 256-3455 or <jwatson@themills.on.ca>.



The **Rideau Rural Roots Festival**, which is held July 20-21 in Smiths Falls on the UNESCO World Heritage Rideau Canal, is a family-focused festival. Volunteers are needed right away to help with organizing events. Our festival focuses on the heritage of our community, Free for children, \$3 for adults. Featuring Celtic, Irish, gospel and rock and roll music; children's entertainers as well. Contact <rrrfest@hotmail.com>.

## Museums & Conservation Areas

**Archives Lanark** welcomes your help once a week. The Archives relies on volunteers to assist visitors, organize the holdings, make photocopies and enter information into our database. Located at Drummond Centre near Perth, this repository for historical and genealogical documents pertaining to the County of Lanark is an independent not-for-profit organization. Call 256-3130 or 267-2232 if you enjoy dealing with the public and working with adults in a comfortable office environment on Fridays or Saturdays.

The **Arnprior McNab/Braeside Archives** is seeking volunteers to serve the public one afternoon per week. Individual and group training is provided by the archivist on an ongoing basis. As a new volunteer, you will start out by job shadowing an experienced volunteer. Basic computer expertise is desired. Experience conducting family history or academic research would be an asset. If you are a detail-oriented person who enjoys serving the public, please consider joining our volunteer organization. Contact Laurie Dougherty at 623-0001.

The **Arnprior and District Historical Society** is dedicated to the history of the local region. Interesting talks are held five times a year. Formed in 1967, this group is newly rejuvenated and is looking for you and your interest in local history. Anyone with a keen interest in history is encouraged to join in and help both the organization and its museum. For further information, please contact Cathy Brady at 623-6920.

**Comedy Nite**

The Carleton Place & District Chamber of Commerce and Lanark County Interval House presents a

**Comedy Fundraiser Event**

**February 16, 2013**

Town Hall Auditorium 175 Bridge St. Carleton Place  
Doors Open at 7pm - Show Starts at 8pm

**Tix \$25** per ticket - licensed event

Tickets available at 132 Coleman St., Carleton Place  
www.cdchamber.com

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The **Arnprior and District Museum** celebrates the heritage of Arnprior and surrounding area. It depends on volunteers of all ages to make it work. 2013 will see enormous renovations to the internal structure of the museum exhibit space. We need volunteers to: create new exhibits, spruce up current ones, research and document artefacts, do computer database work, and generally join in! NO experience necessary — just a joy of local history and artefacts essential. Please contact 623-4902 or <jcarlile@arnprior.ca>.



The **Carleton Place & Beckwith Heritage Museum's** collection of artifacts, photographs and archival materials chronicles the history of Carleton Place and Beckwith Township. We are planning our summer exhibits and have opportunities for volunteer expertise and assistance in: scanning photo collection, researching newspaper/document archives, and creating indexes of photo albums and scrapbooks. If you have an appreciation of history, love to create order from chaos, and would enjoy learning about your community, please contact Jennifer at 253-7013 or <cpbheritagemuseum@bellnet.ca>.

The **Friends of the Arnprior and District Museum** are a group of folks who are dedicated to helping the museum grow and be even more active in the community. Following a major success with its first fundraiser, the Friends are looking to get involved with exhibit openings and fun special events. If you want to know more, contact Mark at 623-3119 or <markpfoley@hotmail.com>.

Be a friend, make a friend. Your skills are needed by the **Friends of the Mississippi Valley Textile Museum** in Almonte, who are happy to welcome new members. Their activities centre around various museum events: exhibit openings, Fibrefest, dances, Christmas events, and many others. Meet artists, learn about the textile trade, and help keep this vibrant museum alive. Call the museum at 256-3754 x7, see <mvtm.ca>, or drop in to find out what's new.



The **Friends of Murphys Point Park** <friendsofmurphyspoint.ca> works to enhance the natural heritage education program at Murphys Point Provincial Park by furthering the public's awareness, education and understanding of the geological, historical/archaeological, cultural and biological resources of the park. Volunteers are needed for youth programs, fundraising activities, Board of Director positions, heritage interpretation, social media communications and helping at events. Training will be provided as necessary. Contact us at <friendsofmurphyspointpark@yahoo.ca> or 264-0447.

**Mississippi Madawaska Land Trust Conservancy** works with landowners to ensure long-term protection of ecologically valuable property. We seek volunteers to help program development, new acquisitions, care of existing properties. This includes assessment of the natural values of properties and monitoring, trail development and maintenance, tree planting, guiding nature walks, planning events, fundraising, communications including media relations, work with social welfare agencies regarding mental health programs, financial, legal, real estate, surveying advice. One afternoon, monthly or ongoing. More information from <vandenhoff@bell.net>.

The **Mississippi Valley Conservation Foundation (MVCF)** is looking for volunteer members. The MVCF provides volunteer support and raises funds for the conservation education program, special projects, and conservation area upkeep. If you are interested in joining the MVCF, contact Suzanne McFarlane at 259-2421 x225. Mississippi Valley Conservation is also looking to expand its conservation area volunteer corps. Volunteer interpreters are needed at **Purdon Conservation Area** during the peak Showy Lady Slipper Orchid blooming period from mid-June to early July. Volunteers assist visitors with plant identification and site history, and provide light maintenance. Training provided. The **Mill of Kintail Conservation Area**, home of the R. Tait McKenzie Memorial Museum and Dr. James Naismith Museum, needs volunteers to help



maintain and enhance the gardens, monitor trails, and assist with special events. For these and other watershed-based volunteer opportunities, please contact Suzanne McFarlane at 259-2421 x225.

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 seeking volunteers to assist in office administration, building maintenance, historical research, 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 <mvtm.ca> or contact 256-3754 x7.



## Soulplay at MVTM

"Transitions," an exhibit of new work by the five fibre artists that make up the group **Soulplay**, opened on January 29 at Almonte's Mississippi Valley Textile Museum.

Artists Sharon Collins, Barbara Carroll, Ann Dunlap, Carolyn Gibbs and Jo-Ann Zorzi all live and work in the Ottawa Valley. They use a variety of techniques, types of fibre, and approaches to create wall art that draws on both the external worlds of nature and travel, and the internal worlds of imagination, emotion and political experience. Their interpretations range from whimsical, to evocative, to social commentary.

Transitions includes both collective and individual work by Soulplay. As a group they offer two series. "Forest" explores the temporal transitions in the life of a forest, from seeds, to seedlings, to full-



Fibre art work by Sharon Collins

grown trees, to decaying trees, to the destruction of forest fires. "Water" captures the spatial transitions of water on its journey from glacier, to lake, to river, to estuary, to ocean. The exhibit also highlights the diversity of the individual styles and inspirations of Soulplay members, with each offering a mini-series of work that captures some aspect of transitions or passages.

Transitions runs until Saturday, February 23, in the Norah Rosamond Hughes Gallery at the Textile Museum, 3 Rosamond Street E. in Almonte.



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## Without Exception Exceptional Art from Beautiful Minds

My first introduction to the art of Without Exception occurred when the group applied to exhibit their works at the Handmade Harvest Craft Show in November of 2010. It was one of my very favourite submissions that year. Instantly, I was struck by the uniqueness of the pieces — the use of bold colours, the layering of textures and patterns, the straightforward take on the subject matter. It was just the vibe the show was looking for. And it was like nothing I'd seen before. I love colour, you see. And birds. I've always loved birds.

My first impression was not that children had created the artwork. Least of all children with special needs. To me, it was clear that they were the artistic result of painters who weren't accustomed to conformity; who saw the world a little more colourfully than the rest of us; who weren't afraid to be different. It was obvious that these were the creations of beautiful, creative, open minds. Upon delving deeper into the application, I learned I was right on the money.

Founded in 2008 by Notre Dame Catholic High School art teacher Sarah Jaynes, **Without Exception: Exceptional Art from Beautiful Minds** is an ongoing arts initiative for special needs students in the Catholic District School Board of Eastern Ontario. The artwork these young artists produce exhibits a unique perspective on the world. "It's a reminder of the exceptional talents in every one of us," says Jaynes.

To raise funds the students' original paintings are reproduced into high quality, acid-free prints and are available for purchase at various events throughout the year, as well as on the Without Exception website <withoutexception.ca>.

For the month of February, Without Exception is exhibiting works on the walls at **Equator Coffee Roasters Café** (451 Ottawa Street in Almonte). Prints of these canvases will be available for purchase, and proceeds of all sales go to the Good Samaritan Trust Fund in support of students and families in difficulty within the CDSBEO.

On Saturday, February 9, from 2 to 4PM, Equator will be hosting Ms Jaynes, a few featured artists, and their proud-as-punch parents for an informal "Meet the

Artists" event in the cafe. All are invited to meet the talent behind these unforgettable works of art and perhaps pick up the perfect gift for your Valentine in support of our community and a great cause.

When booking Without Exception for Equator's February show, I asked Sarah what inspired her to start such an initiative. She looked at me, as though it was the most rhetorical question ever posed, and replied, simply: "These kids are incredible. Their talent is amazing and people need to see it."

Today, in its fifth year, the program celebrates the artistic efforts of 37 artists from all over Eastern Ontario. One of those artists is 19-year-old Matthew Capello. I'm told that Matthew's painting of three birds surrounded by the word "hope" (see photo) has been one of the greatest fundraisers for Without Exception (guess I'm not the only bird lover in the house!).

Needless to say, Matthew's mother Renee is a great supporter of the initiative and is thrilled to have her son be a part of such a unique group of students and teachers. "Involvement in this program has provided Matthew with an opportunity to do something that he probably never would have tried," she explains. "It has uncovered a hidden talent in him that has given him a lot of pride and recognition, and that has certainly enhanced his self-esteem."

I asked Matthew why he chose to include the word "hope" in his piece. His answer was as beautiful, and simple, as his painting. "I like the word hope," he said. "It's a good thing."

Well ain't that the truth.

My hope? That every child, special needs or just plain special, has the opportunity to come into contact with teachers like Jaynes and her colleagues. Teachers that take the time to nurture their students' talents, build their confidence and inspire them to be great.


What a beautiful work of art the world would be then.

To follow Without Exception and learn about upcoming shows and events, find them on Facebook at <facebook.com/exceptionalart>.

— Emily Arbour

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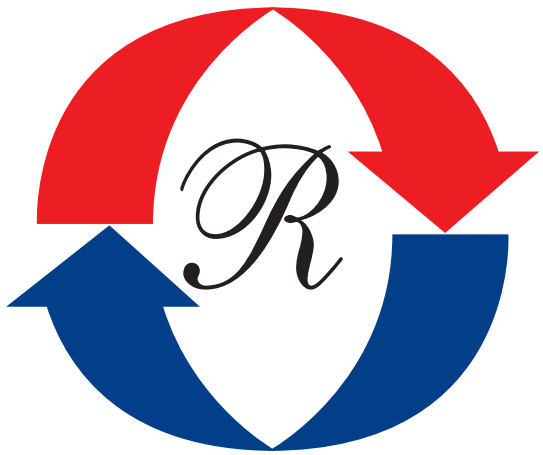
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# Stop and Taste the Chocolate!

A good hot chocolate is like a hug in a cup. But in researching this article (yes, I sacrifice for you people), I've come to realize that not all hot chocolates are created equal, but there is also no "best". Like art — different people have different preferences.

I'd been tossing around the hot chocolate tour

by Rona Fraser

idea for a while, when I saw that Sandra Nikolei, another ex-Montrealer-now-Almonter, was having a book signing at **Gaia Java** (1300 Stittsville Main Street). I decided to make the trip out to meet her and start my tour.

Now, I have no scientific criteria, though if you know me, you'll guess I considered creating a spreadsheet... but I also procrastinate... so I winged it.

Gaia Java. I was so busy chatting that I unconsciously took my first sip. After recovering from the heat... my impression was "Sweet!" I know hot chocolate is often seen as a child's drink, but I'm not the only adult who likes it. In fact, I know of one other adult just down the street who also chooses hot chocolate over coffee and tea. Is that what keeps us so youthful, Terry?! So, I would say that Gaia Java's hot chocolate

is more a kid's hot chocolate, due to its sweetness... but blow on it first. Loved the atmosphere — unassuming from the outside, but walk in the door and you'll want to sit and stay for a while. And, they had nice eats, including two different types of gluten-free cookies.

One of those freak warm days in January, I took a drive down Highway 15 to **Coffee Culture Café & Eatery** (2 Russell Street East in Smiths Falls). Inside a nice brick building awaits a warm interior that makes you slow down and smile. I do like booths... and armchairs... and the TV over the fireplace was showing *The Simpsons* (mute, with subtitles) — "I'm home," I smiled. In addition to the obvious hot drinks, they have beautiful salads and delicious-sounding sandwiches. As for me, the gluten-free bacon-tarian, I had a garden salad, which was yummy with a tasty balsamic vinaigrette, but if you're gluten-free, ask them to skip the beautiful, crunchy croutons. The server was very nice, but did not know if the hot chocolate was GF — it came out of a dispenser and the taste reminded me of the hot chocolates you get at an arena. Still good, mind you — just not the decadence I expected from a nice coffee shop in an old brick building.

I fear people's love of coffee overshadows the youthful hot chocolate sometimes...

Back on the road towards Perth to visit **Coutts & Company** in Code's Mill. Gotta love Code's Mill — food, caffeine, art, cool household items and



funky toys... What more can you ask for? And parking and public washrooms too! As I scanned their tempting array of baked goods, I was excited to find a GF item: a brownie! It was delicious — a rich, moist brownie with chocolate bits. But this isn't an article about finding the best GF brownie... though yes, that *is* a fantastic idea for a future article... They served up a good hot chocolate, offered me whipped cream (yes please). Satisfying and real. Really, the brownie in addition to the drink was a little overkill... but them's the sacrifices I make in the name of journalism. (Can you use "them's" and "journalism" in the same sentence? Apparently you can.) Coutts & Co. isn't large, but it is nice and cozy, with

small tables for two and a couple of benches. There is more seating out in the mall as well.

Before my snack, I had a nice chat with one of the new owners of **Ground Waves**. The shop is filled with so many interesting kitchen gadgets, décor items, and toys that you have to go 'round more than once to see them all. Bobbi is a young mom from Edmonton — drop in for a chat to welcome her to the neighbourhood.

The last two stops on the tour were closer to home. I gave a young friend a lift home from school one day, and knew we'd be passing **Equator Coffee Roasters** (451 Ottawa Street in Almonte), and that she liked hot chocolate almost as much as I... a perfect choc-ortunity! A few minutes later we were at a small table, arranging our whipped creamed hot chocolates and gluten-free goodies for a photo. Mine's pictured, with cinnamon. We agreed that they make a delicious milky hot chocolate, good for kids and adults (and gluten-free). And the GF lemon bread and peanut butter cookies were delish! The other thing I like about Equator, is that I see people I know. Almonte is The Friendly Town, but it also helps that the Equator folks are so friendly, and Almonters appreciate a delicious and fair trade coffee,

not to mention a source for gluten-free goodies!

**Palms... the coffee shop**, is conveniently located on Mill Street in downtown Almonte — right across from where I am currently sitting. Hmm... maybe I'd better go get one... Hang on.

That's better. Not only do I now have a deliciously rich, GF hot chocolate (with a sprinkle of cinnamon), but I found out that Michaela, one of their friendly servers, is now on maternity leave, said "Hi" to tonight's Folkus opener (George Birchall) and his family, and got more Folkus news from Sandy...

You just never know who you will meet at your local coffee shop. I highly recommend stopping in. If you don't know folks around town yet, then you soon will! And to coffee shop owners, I highly recommend you spend some time selecting a hot chocolate as good as your coffee (gluten-free preferred!). Give us a hot chocolate to write home about, and we'll make a point to come back. My current personal preference is Palms' hot chocolate, as it is the richest tasting — chocolatey and not too sweet — perfect for the adult hot-chocolate-connoisseur. But I am open to other opinions.

Please write me at <rona@thehummm.com> with your suggestions of places to get a yummy hot chocolate!

## Carp Ridge Natural Health Clinic

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Next Mind-Body Healing Talk:  
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**Sat. March 9, 7:30PM**  
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The third concert for this season will be **Sunday, April 14, 2:30** featuring vibraphonist Greg Runions's jazz trio

Tickets \$35 plus HST  
 Include a glass of wine and hors d'oeuvres at the post-concert reception with the musicians.  
 Seating is limited

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**Find out about volunteer opportunities with community groups on pages 8-10**

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# Tree to Bottle to Table Sugar Workshops at Fulton's

If you're looking for an afternoon out for the whole family, where you can learn something, have fun together, and enjoy the outdoors, then the fine folks at Fulton's Pancake House & Sugar Bush have an idea for you.

Fulton's is running two **Backyard Sugar Maker's Workshops** this spring, teaching you how to tap your backyard maple trees and turn the sap into maple syrup. For \$20 per family, which includes one take-home kit for tapping, you can learn the whole process, hands-on. Join Shirley Fulton-Deugo and Scott Deugo on the opening weekend of the Spring Maple Harvest Season (Sunday, February 17) and Family Day (Monday, February 18), from 12:30PM to 2PM. Sign up ahead by calling 256-3867 or emailing <info@fultons.ca>. The Fulton family has been on the same 400-acre farm in the maple syrup capital of Ontario — Lanark County — since the 1840s. There are five generations of sugar makers, with the sixth generation now learning the art. Learn from the masters and enjoy the delicious bounty year after year from your new hobby.

Try to save some of your syrup, because on Sunday, April 13, you can return for the follow-up: the **Backyard Sugar Baker's Workshop**. Learn how to bake and cook with maple. The \$20 cost per participant includes ingredients and recipes. Savour your



Sappy family fun! Find out how to tap in your own backyard from the folks at Fulton's Pancake House & Sugarbush on Family Day weekend

labours and take some home to share. Experience how pure maple enriches the flavour of foods and adds beneficial minerals and nutrients. Bring an apron if you have one, as this is a hands-on

session. You must be eight years or older to participate.

Sign up for both workshops and enjoy a true tree-to-table experience. HST is applicable to all courses.

# CP Winter Carnival

A group of Carleton Place residents have been working together to organize a winter carnival full of free activities for the weekend of February 22 to 24, and they hope it will become an annual tradition and a destination event.

Carleton Place is now home to approximately 10,000 residents (with just over 18,000 in the outlying townships of Mississippi Mills and Beckwith), who are seeking creative and entertaining local events and affordable family activities.

The weekend begins on Friday, February 22, at 7:45PM with a CP Canadians home game versus the Pembroke Lumber Kings. Kids twelve and under get in free! There will be opening ceremonies with an official puck drop, with information and activity brochures in the lobby.

Saturday, February 23, is a full day of activities, from 8AM to 9PM — come out for just one

event, or spend the day. Start with a free pancake breakfast at the Legion (8-10AM) and then work off all that energy at the Winter Kid Zone at the CP Arena field and with tobogganing behind the Curling Arena (both from 10AM-2PM). In the upper hall of the Arena, wander the Winter Carnival Merchant Market, open from 9AM-1PM, and what is better on a cold winter's day than a chili cook-off?! Whether you like to get some physical activity or prefer to let others do the work, there is something for you Saturday afternoon, with free horse-drawn trolley rides (1-5PM) and an hour of free public skating in the arena at 2PM. From 5-9PM, enjoy the Fire and Ice outdoor dance at Market Square, featuring live music by Starfire, bonfires, free hot chocolate, marshmallows and local food vendors.

After all that activity, you may be needing a rest, so Sun-

day, February 24, at 3PM, you can sit and enjoy a CP Canadians home game versus the Kanata Stallions. Just as at Friday's game, kids twelve and under get in for free.

Committee Chair Lisa Strangway reports: "We conducted an online poll through our Facebook group (Carleton Place Social Scene) to see what types of activities people were interested in, and the winter carnival idea got the most votes. We don't have a lot of time to plan, but we're excited to get the first event in the books and then build on it for 2014."

"I am delighted to see residents volunteer their time and expertise for such an exciting event for Carleton Place," says Wendy LeBlanc, Mayor of Carleton Place. "There is a lot of talent in our town and I'm looking forward to participating."

For full details including sponsorship enquiries, visit <wintercarnival.carletonplace.com>.



# You're a Professional Artist? That's Rich...

*Disclaimer: Please consult your high school art teacher, aesthetician and bylaw officer before heeding any of the following advice. Got a question? Email <misswrite@thehummm.com>.*

## Dear Miss Write

I own a pretty new small business in the area. Business is good, and I know I have a sound concept, but when it comes to the promotion and marketing, particularly the branding of it, I'm a little lost. Like

by Emily Arbour

most small start ups, I don't have a large budget for creative assistance, but I think I need some help in that department. Is there anything I can do for myself that would improve my brand image, or do I need to bite the bullet and hire help?

*Sincerely, Lost in the Market*

## Dear Lost

I think a lot of businesses, large and small, don't put enough importance on their branding, so the very fact that it's a concern of yours tells me you're probably already doing some things right. Before we get into whether or not you need the help of professionals, I want to get something straight. Branding doesn't necessarily mean a swanky logo, glossy printed materials and a flashy website. Branding can include those things, certainly (*What has*

*two thumbs and loves a free logo-ed shopping bag? This gal!*), but they aren't the "be all to end all" — as the kids say.

Your company's brand is, plain and simple, the feeling conveyed when people think about your business. It's what differentiates you from your competition. Your fingerprint. What makes your brand unique could be anything from your commitment to using eco-friendly products, to the fact that clients can hear the smile on the faces of your employees over the phone. You don't need a large budget for those things. Okay, all-right, you still want to have a pretty logo. I get it. The short answer is yes, hire a professional. If you get it right the first time, you'll have something that represents you well and that will have the lasting power to make the investment worth it. And when you *do* hire someone, have a look at their portfolio of work before you fork over the bucks. Great designers know that logos don't have to be complicated to be effective. Keep things simple and remember good branding is more about the great experience customers have when they do business with you, and less about how well that logo-ed pen you gave them writes. (*Though that pen really does write nicely if I do say so myself.*)

## Dear Miss Write

I'm a retired teacher turned painter (canvas, not drywall), and despite being well into my golden years, I still need to make a living. I'd love to do it by selling my work, but I just don't know if there's enough of a market to sustain me. Where do I start?

*An Inquiring Artist*

## Dear Inquiring Artist

I can appreciate the difficulty of trying to make a living doing something creative, but by no means is it impossible. I think the answer lies in diversification. So you're a painter. You create original works of art and sell them... where? In galleries? From your home? Online? Maybe all three. That'd be smart. Where else could you sell them? I'd consider researching a few different retail outlets, like home décor shops, art shows in neighbouring towns, even restaurants and cafés where your work might warm up the walls and generate some sales (or at the very least recognition) for you.

You also might consider looking at your product line. I know you're an artist. But despite the fact that it's not mass-produced, your art is a product, and it might serve you well to think of it in that light. The fact of the matter is that not everyone

who appreciates art can afford it. What about having some of your more saleable pieces photographed and made into affordable unframed prints? What about developing a line of gift cards, stationary, fridge magnets... a calendar? I could really use a nice calendar.

Here's another idea. What about offering a series of art classes? They could be in your home, or studio, or even in a local high school. This kind of thinking and willingness to diversify can be what pays the rent and opens you up to opportunities you might never have imagined for yourself. Think big and the reward could be too!

## Dear Miss Write,

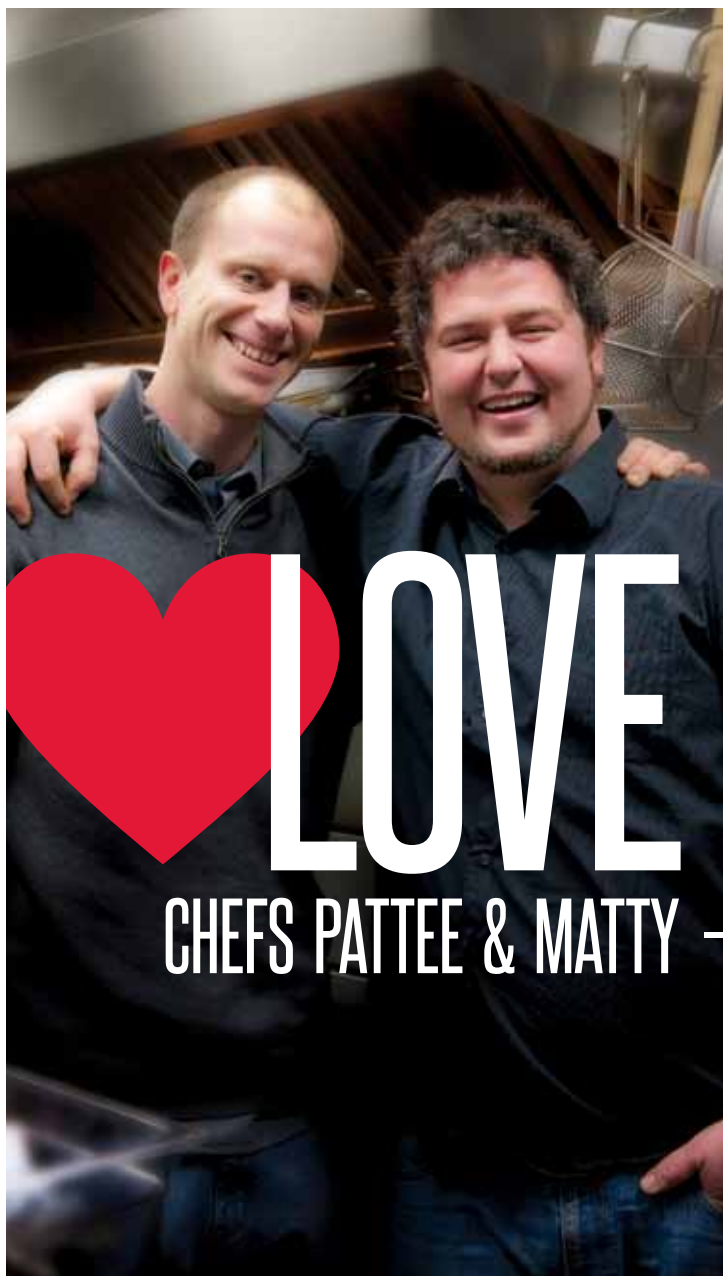
I heard that the original Dear Abby passed away recently. Ever think about syndicating?

*Your #1 Fan*

## Dear fan-o-mine,

I've got meetings lined up for Monday. Thanks for thinking of me.

— *Emily Arbour is a freelance writer (among other things) who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking a beauty school drop out how to create a smoky eye without looking like you just got punched. Only difference is she doesn't have a column in this fine publication.*



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# All You Ever Wanted to Know About Community Theatre

The **Mississippi Mudds** and the **Valley Players of Almonte** are hosting an information session on February 9, at the Mississippi School for the Arts on MacArthur Island in Carleton Place. The intention is to provide an opportunity for existing and potential members to network and find out about the various ways new people can get involved.

The community is fortunate to have so many opportunities to get involved in the theatre scene. The Mississippi Mudds have been doing shows for almost 40 years. The Valley Players are celebrating their 30<sup>th</sup> anniversary. Both groups have offered an incredible variety of programming over the years, presenting shows which entertain and surprise.



Coming off a great year in 2012, the Mudds are planning more fun for 2013. Last year was a big year, what with a kids' version of *Pirates of Penzance*, and *Noises Off* as a smash hit in the spring, winning the National Capital Critics' Award for set design. A youth version of *Much Ado About Nothing* was a marvellous follow-up to the previous year's *Macbeth*, and a reprise of a favourite panto based on *Aladdin* enchanted young and old just before Christmas. This year offers further excitement with *Nunsense – the Second Coming*, sequel to the hit *Nunsense*, which broke records in 2010. A panto based on Dicken's *A Christmas Carol* is coming next fall.

The Valley Players have had much success over the last few seasons with the Eastern Ontario Drama League (EODL) competition and support for local talent. Early in 2011, the Valley Players presented *Looking*, a Canadian comedy presented in Almonte and Perth (a Valley Players first!). It won two awards — also a first. Later in the year, the Players presented two original pieces: a full-length show about James Naismith — *Naismith is Colourblind (And He Can't Drive)* — written by Fern Martin, was a sell-out, while a one-act by Marianne Mullan won an award in the EODL one-act festival in Perth.

All this while also supporting My Town's Got Talent. It was a very busy season. In March, they'll be presenting the one-act for the first time in Almonte. In the spring, a youth version of *Hamlet* is in the works and *Marion Bridge*, a Canadian classic, is planned for the fall.

The variety is amazing, with both groups pushing artistically to stay fresh and to improve. So how do they keep it going? It is all about the volunteers and the fun. Having fun retains existing members and attracts new ones. For people looking for an outlet, there is nothing like the achievement you feel working with friends on a show that entertains hundreds night after night. For anyone who is new in town, there is no better way to make a lot of new friends in a hurry!

Membership changes constantly. Many people join for a project or two, depending on where they are in their life. Others have been members for years and years. New blood is essential and welcome. Usually some sort of mentoring is arranged, to help new people get up to speed. For many, it is a chance to do something completely new.

There is something for everyone. Some arrive with experience, many don't. Lots of people get a chance to act or sing for the first time in one of these productions and surprise themselves. Others never go



The Valley Players of Almonte (above) and the Mississippi Mudds of Carleton Place want to tell YOU more about community theatre!

on stage, preferring backstage activities. What everyone shares is the thrill of the opening curtain and the sound of laughter and applause. It is a great feeling, which we sometimes refer to as "being bitten by the bug."

The February 9 information session will cover most of the different activities. The format will be an informal and open. Anyone can come, listen in and ask questions. There is no charge and no obligation. There will be a new topic every thirty minutes, including costumes, set, lights, sound, acting and singing. Coffee and snacks will be provided to allow lots of time to mingle and chat. If you've ever wondered what goes into a production, please plan to attend. If you would like to come, please contact Brian McManus at 256-6475. Not sure? Last minute arrivals are always welcome.

The people are fun. The shows are exciting. The work is rewarding and the beer afterward tastes great!

— Brian McManus



Meet us:

**Annual General Meeting:  
Wednesday, February 20**

Join us as we review the events of 2012 and help us plan the year to come!

Register at:  
[mississippimills.com/events](http://mississippimills.com/events)

**6PM at the  
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Although Almonte Print Shop and Picture Framing is only two years old, owners **Ron and Carmel Broughton** have been active in the business community of Mississippi Mills for many years. They have been involved in such ventures as Broughton Woodworks, Broughton's General Store, and Paper Thin. More recently, Carmel launched her own esthetics spa called Carmelized, which she still operates. But when GrafX Express closed down two years ago, they felt there was an opportunity to fill the niche of providing local printing services. Carmel, who had worked at Maclean Young Picture Framers until the owner retired, bought the framing equipment and added that service to her new business.

Located at 451 Ottawa Street (conveniently adjacent to Equator Coffee), Ron and Carmel now offer printing, copying, laminating and block mounting, as well as framing of everything from paintings and posters to shadow boxes and memorabilia. Find them online at [www.almonteprintshop.com](http://www.almonteprintshop.com).

Their practice of supporting the community goes beyond providing reliable, friendly service. Carmel is on the board of the Chamber as well as the Folkus Concert Series, and Ron has served on the Puppets Up! board for many years. By choosing to do business with them, you also help them continue to support many great local causes through discounts on printing jobs and design work.



**Almonte Print Shop and Picture Framing  
— Mississippi Mills Chamber member since 2011**



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# Soup's On Again at the Textile Museum

**Soup for Thought** is back for a second year. This year's soup bowl fundraiser will be held on Saturday, March 2, starting at noon, at the Mississippi Valley Textile Museum in Almonte. Fabulous handmade soup bowls will once again be provided by the talented artisans at the Almonte Potters' Guild. Customers get to choose their favourite bowl and take it home with them after a delicious lunch.



Miss Mills poses with some of the beautiful bowls that will be filled on March 2

Proceeds from this year's event will go towards the installation of exterior lighting at the Textile Museum.

Local restaurants have once more generously offered to provide the soup for the fundraiser. New contributors this year will be Trisha Donaldson from Almonte Riverside Inn and Kitchen, and Sally Parsons from Palms... The Coffee Shop. They will add their delectable fare to the mouth-watering delights created by Richard Kletniaks of the Heirloom Café Bistro, Amanda Beaulieu of J.R.'s Family Restaurant, Theo Yeaman of the Mill Street Crepe Company, Steve Falsetto of Café Postino, and Julie and Jason Moffatt of Foodies Fine Foods.

Homemade desserts will be provided by the Friends of the Mississippi Valley Textile Museum.

Don't miss this chance to sample sumptuous soups by some of these outstanding local chefs while acquiring a unique pottery treasure. Tickets — \$20, with children 6 to 16 years getting in for \$10, and under 6 for free — are available at Baker Bob's and the Textile Museum. For further information, contact the museum at 256-3754 or <info@mvtm.ca>.

# Snow Angel Party!

If you have forgotten what it is like to fall backwards with abandon into a soft field of snow, stretch out your arms and legs and make a snow angel, then you need to keep reading.

Sunday, February 10, will be your opportunity to experience this unique sensation! The 3<sup>rd</sup> annual Snow Angel Making Party is being held at 4381 Wolf Grove Road, Lanark, between 1 and 4PM.

The act of making a snow angel produces an inexplicable sense of joy, relaxation and contentment. Making more than one angel multiplies the feeling, and when a whole group of people are making snow angels at the same time, the collective energy has to be experienced to be believed! You really have to be there and do it to understand the concept, so come out and try it! The invitation is open to anyone and everyone. There will be a campfire with hot cider and good cheer, and you are welcome to bring something to cook over the fire or a treat to share. Dress for the weather and wear a coat with a hood so you don't get flakes down your neck when you are flailing in the snow.

Last year the snow was board-like and it was hard to make a good impression, so to speak, but the group was keen. The lack of distinct snow angels was compensated for with sliding, skiing, snowshoeing, frolicking on the play structure, and great treats around the campfire. Everyone is welcome so spread the word and this year's field will be filled with angels — it's bound to be good for your soul!



Here's a "cool" idea — spend Sunday, February 10 snowshoeing, cross-country skiing, and most importantly making snow angels! And the best part — it's all free!

From Almonte, continue on Almonte Street, through the lights at the ESSO station, where the road turns into Wolf Grove Road. Drive 20km, through the flashing yellow light in Middleville, and then look for the 2<sup>nd</sup> laneway on your left after that flashing light. Bring your snowshoes or cross-country skis if you want to tour the farm after making your snow angels. See you there!!

— Susan Cressy

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**Evening Performances:** Carleton Place  
Friday February 22 7pm  
Friday March 1 7pm  
Town Hall  
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Sunday February 24 2pm Commerce  
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# Long Sault Trio at MERA

The next concert in the **Music At MERA** series will feature two acts comprised of friends and neighbors of the MERA community who are eager to support the arts organization located in McDonalds Corners.

**Long Sault Trio** will bring their eclectic blend of folk, blues, Celtic, country and swing music, measured out with a touch of humour, to the MERA stage on Sunday, February 10, at 2PM. The trio, which takes its name from the Long Sault Creek in McDonalds Corners, features local singer-songwriter Linda Grenier, fiddler Victor Maltby, and Dave Tilston on guitar and mandolin.

Linda Grenier is a familiar figure at local cafés, bistros and community halls, both on her own and in performances with the trio, as well as with the Celtic folk band The Skirmish, which also includes Victor Maltby. Dave Tilston is a member of the Perth Celtic Heritage Fiddle Orchestra, and is noted locally for his performances of jazz and swing-era classics; he also performed last summer at the Blue Skies music festival in a group called Sometimes On Tuesday.



Long Sault Trio (Linda Grenier, Victor Maltby and Dave Tilston) play MERA on February 10

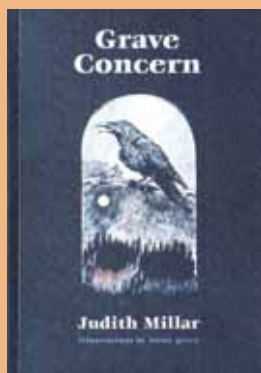
Opening the concert for the Long Sault Trio is a brother and sister duo called **Charlie In The Middle**. Noah and Margaret Sullivan are most familiar to local audiences as members of the Dorner-Sullivan family band Bob Spelled Backwards. Together, they take advantage of the unique blend their two voices give to a selection of their own original compositions, as well as to covers of some of their favorite folk/roots songwriters. Noah plays

the acoustic guitar, while Margaret coaxes strong, deep lines out of the big bass fiddle she calls "Charlie."

The Long Sault Trio, with special guests Charlie In The Middle, will perform on Sunday, February 10, at 2PM, at MERA Schoolhouse in McDonalds Corners. Admission is \$15 or pay-what-you-can, with proceeds going to MERA. For tickets or more information, call 268-2376 or email <shakeyacres@hotmail.com>.

## Write It Forward...

If you love to write and enjoy a good read, why not consider writing a book review for *theHumm*? We receive promotional copies of compelling-looking novels and short story collections on a fairly



regular basis, but we rarely find enough time in the month to read and review everything that comes our way. We would be happy to loan our copies out until they find an enthusiastic reviewer — and if that person is you, you may keep it!

Reviews should be a maximum of 700 words so that we can include an image of the book cover. We particularly recommend that self-published authors consider taking on a review — and then we will endeavour to find a reviewer for your book as well! Any interested parties are asked to contact us at <editor@thehummm.com>.



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# Why Music is a Wonderfully “Retro” Activity

I've been noticing a trend towards all things “retro” lately. Recently, a student came in to my band room with a record player, and we spun some of the old vinyl records that

by Tony Stuart

I have in my collection. This student had received the record player as a Christmas gift, and is immensely proud of it. He borrowed a pile of albums from me because he doesn't own any. Despite the fact that we have iPods capable of carrying our entire music collections, there is still something satisfying about dropping the needle on a great album.

We live in a world of instant everything. Knowledge is much more easily accessible than it was when I was a student, and there is certainly a lot to be said for that. However, I think that an area that has gotten lost in the shuffle is the concept of attention to detail. For instance, why bother memorizing times tables when you can pull out your smart phone and use a calculator app? For the record, I am still very much in favour of memorizing times tables and other such activities. It just seems to be a dying skill set.

Music, however, is one of those disciplines where attention to detail is incredibly important. There are no magic shortcuts to learning how to play an instrument. It takes constant repetition, a lot of self-reflection, and perseverance. Many students find this to be difficult, as they live in a world where everything can be had now, without waiting. I always find it humorous when a student who is new to an instrument wants to change their instrument after ten minutes because it doesn't come to them right away. My response is always that the student needs to wait and give it time. Ninety-nine percent of the time I'm proven to be correct. In fact, I've had students come to me years later and tell me that they are glad that I encouraged them to stick with whatever instrument they were playing.

This attention to detail is what makes music a wonderfully “retro” activity. It's not instant. The time that is required to learn something is part of what makes it all worthwhile. I'm in the middle of listening to playing exams at school right now. For the past week, I've had between twenty and thirty students play for me each day. There is nothing better than seeing a student who is absolutely beaming because they know that their hard work, and attention to detail, has resulted in a very good performance. I really enjoy the chance to offer feedback, positive reinforcement, and things to consider for future musical development, and I think most students also really enjoy having the opportunity to receive that kind of feedback.

If we take a bigger picture type of approach, it is easy to make the connections between this focus on attention to detail and greater success in the world at large. Students who are given the opportunity to truly work towards something, complete with successes and setbacks, are going to be better off because of it. The next logical step as a musician is to take this focus and apply it to playing with other people in an ensemble such as a concert band or orchestra. This presents a whole new series of challenges and rewards. So as a music teacher, maybe what I do is “old school”, but I'll take that over instant gratification any time!

On another note, I recently attended a wonderful concert by the Peter Humm Trio as part of a new series of jazz house concerts in Almonte. There really is something special about house concerts, and I highly recommend that you try to take in one of these shows. They are presented by the Almonte Jazz Club, as part of their JazzNHouse series. For more information, visit their website at <jazzn.ca>. It is a terrific initiative and the lineup for the remaining shows this year looks great!

— Tony Stuart is the Music Director at Notre Dame Catholic High School in Carleton Place, and a freelance professional musician.

# A Valentine from Art On Display

Artists are always up for a painting challenge. In this case, curator Catherine Gutsche asked the artists participating in “Art On Display” to paint to the theme of “hearts and flowers and all things romantic”.

Recently these new paintings and limited edition photos were hung at the West Carleton Family Health Team clinic <wcfht.ca>. Twenty-five percent of the proceeds from all paintings sold between now and April will

be donated to the Heart and Stroke Foundation. Organizers thought this was an appropriate theme to help raise awareness and funds for that particular initiative.

The clinic goes all out to take care of our hearts and help us prevent strokes. So this is the artists' way of thanking them for taking good care of us and lending their walls to display art. Happy Valentine's Day to all the folks at the clinic!

**-37 with the windchill?  
Feels like spring to us.**

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# “Soup for Thought”

**A Luncheon Fundraiser**  
 All proceeds to the Mississippi Valley Textile Museum

**Saturday March 2nd, 2013**  
**12 noon ~ 3 pm**  
**at the**  
**Mississippi Valley Textile Museum**  
**3, Rosamond St. E.**

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**The Reeve Report**

# Doggy Doldrums

This is me, Bonnie, after the indulgences of December. It may appear I'm lounging, but actually I have one ear open for the magic word: WALK. It's never a walk; it's a full-out race for the door, with fur a-flying and bark at full volume, to careen down the trail.



by Glenda Jones

This is supposed to be my winter vacation, but I'm not so good at vacations after spending the rest of the year in full agility mode. It's hard work trying to relax like this. At training I get the full attention of my owner, whom I call Mrs. Handler, not plain Mom, when we're learning new tricks. (I really thought at her age it would be difficult to teach her anything. Who knew!) We tried obedience training for a while but she wasn't into that — pretty structured and a lot of walking, waiting and looking sophisticated — not my cup of tea either. I'm ever so much happier making her run full tilt around an agility course. After many years at it she is beginning to get the drift, but I must say, she's a little slower than she used to be. She seems to be training me to work with hand signals so she can stand in one spot, do some fancy waving of arms, and expect me to know what she wants me to do.

I've been at this agility business since I was right out of puppy kindergarten, and I never expected it was going to include treats a-plenty, lots of pats, running until I'm panting, and being able to play like this. The first couple of classes I despaired of being able to ride that teeter-totter, but here I am running the length and letting it bang behind me. I can walk over a four-foot balance beam like a pro. I can climb up a huge mountain A-frame and trot down the other side. I can run through tun-

nels and always know there is something yummy waiting for me at the other end. And jump! That's the best thing since steak! There are lots of jumps set at just the right height for little me, and I love those the best.

Now, I didn't do all this the first day. It's taken me a year of working diligently with Mrs. Handler to get it right. She expected I'd be able to do stuff like my older brother was doing, so I had to rein her in to be patient with me. She's got it now though, and we are working real well together.

But here's the problem: our next school term starts in March, and in the meantime I have to be real careful not to turn into a couch potato. It's also essential that I get Mrs. Handler outside and busy so she doesn't turn to mush.

I really can't wait to get back to school again. In the winter we have the arena at Dream Fields, and in the summer we have lovely green fields with the best equipment, all shiny and clean. There are dogs of all ages, from old-timers (who are nearly fourteen!) to new puppies. There are dogs of every breed and size, from Yorkies to a big Great Dane that scared the wits out of me! My favourites are the Border Collies. That's what I want to be when I grow up. Some dogs start agility when they are young like me, and some don't discover it until they are older, but all of us can learn and all of us love

it. When our brains and body work together — especially with someone who loves us — that is doggy heaven.

Now, dear doggy compatriots, it's real easy to sit by this wood stove and do nothing. However, let's take a look at our owners. It's pathetic to think they can't get off that sofa and enjoy our company with some dedicated activity. They'd pay the big bucks to toddle off to the gym, when they could be paying the same amount for two of us to get some well-deserved exercise. They have the ability to hoard a pile of excuses that boggle my mind, from "I can train the dog at home" to "I don't have enough time." Well I have time, and you look to me like you could do with a little running yourself there, Mrs. Handler, so let's tackle this together and get back to our school and good times. You get the treats — I'll meet you at the door!

(P.S. Mrs. Handler here. You should be careful where you leave this paper. If your dog reads it, you can be sure he will be whining to get you to sign up for Dream Fields Agility Training before the day is out. Indulge him just this once — you won't be sorry — and when he is the star of the class and you are working as a team, you will both be so proud of yourselves. When you catch him napping, check out <[dreamfields.com](http://dreamfields.com)>. See you both at school in March.)

**The Metropolitan Opera HD LIVE**

**Verdi  
Otello**

**Saturday,  
February 23, 1PM**

**The O'Brien Theatre  
147 John St., Arnprior**

Flavour of the Month

# A Spirited New Endeavour in Perth

How delightfully suitable it is to realize that Robbie Burns Day is today (January 25), whilst I'm writing about a new chapter in Perth's "spirited" history! The connection may seem faint but it centres around whisky. While Burns, the

by Susie Osler

infamous 18<sup>th</sup> century Scottish bard, had a passion for the ladies, fraternizing in the pub, writing lyrical poetry and drinking more than a drop of "the dew" (aka whisky); the Town of Perth, settled largely by Scots and Irish immigrants, established a somewhat illustrious distilling industry and an appetite for spirits in the late 19<sup>th</sup> century! I have to admit to having a soft spot for the dew myself, so I was intrigued to hear that a forty-year-old Carp resident by the name of Jamie Snasdell-Taylor, and his business partner Barbara (who also happens to be his mother), have been working hard at laying the foundations for a new family-run venture: Waverley Spirits.

Opening a craft distillery is not for the faint of heart, with an onerous ocean of regulatory demands to be navigated before one obtains the official green light. In many ways, the regulations seem to reflect the "prohibitive" spirit of the Ontario

Temperance Act of 1916 more than an encouragement for dynamic entrepreneurs. Or perhaps it separates the driven and determined from the dabblers. In any case, Jamie and Barbara seem undeterred and they have been forging ahead with gusto and vision. While crossing their T's and dotting their I's in pursuit of the necessary official approvals, they have also been connecting with other craft distilleries both in Canada and south of the border for inspiration, advice, feedback and to develop fruitful partner-



ships. According to Jamie, the craft distilling community on both sides of the border has been nothing but immensely supportive, welcoming and enthusiastic — cooperatively competitive, as it were. "The more the merrier" seems to be the prevailing sentiment in this niche market.

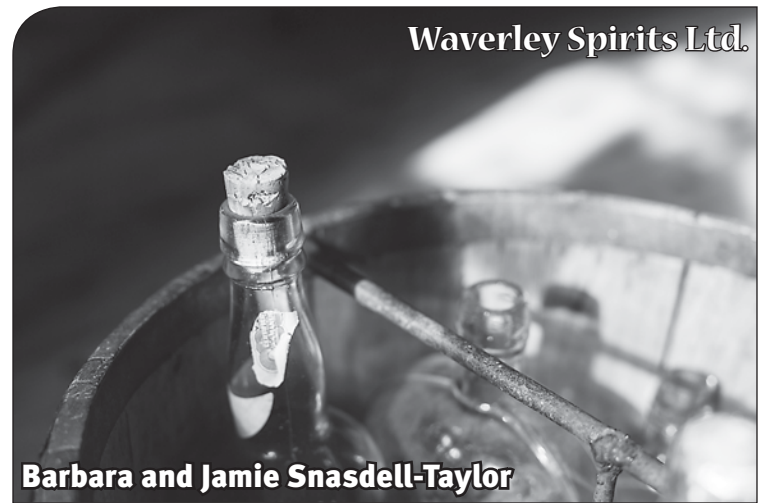
It is with this welcoming spirit and a desire to share their passion for fine spirits that Jamie and Barbara have organized (with

support from the Town of Perth) a day-long symposium called **Behind the Grain — The Art and Business of Craft Distilling**, coming up on Saturday, February 9, at the Best Western Plus Perth Parkside Inn and Spa. Funding from Valley Heartland has helped to keep ticket prices low — a very good value at \$35 for the day, which includes two meals catered by The Stone Cellar. As the title suggests, presentations by industry experts will cover topics like marketing strategies, the science of craft distilling, and regulatory frameworks — all mixed in with a healthy dose of socializing, tastings and eating. It promises to be a fabulous opportunity for anyone interested in, or even just curious about, craft spirits. Go to [behindthegrain.eventbrite.ca](http://behindthegrain.eventbrite.ca) for more information and registration details.

The craft distillery sector in the U.S., which specializes in the production of small batches of signature spirits, has grown exponentially over the past decade, much like the micro-brew sector did in the '90s. Craft distilling seems to be the latest response to the fast-growing demand for brands and products that are regionally specific, use local ingredients and score high points in character, integrity and taste. Jamie is seeing the signs of a similar trend beginning in Canada, and hopes that Waverley Spirits will become one of the front-runners in the field.

The benefits to our community could be multiple. Aside from having an artisan distillery in our midst and access to fine spirits (not a bad start), Waverley hopes to source regionally produced grain for their whisky and vodka — something that in effect will literally distill the unique flavors of our local terroir.

Historically, stills were often an integral part of a small farm. Excess grains or fruits that were otherwise hard to keep from spoiling were used for the making of a homemade spirit or "moonshine" that was consumed by the family and/or sold (often illegally). The waste products from the process could also be fed to animals or composted. That Waverley Spirits has chosen Perth as their locale is not happenstance. It may come as a surprise to some, but Perth was an acclaimed distillery district back in the 1800s and early 1900s. Spalding & Stewart and



Barbara and Jamie Snasdell-Taylor

Photos by Waverley Spirits, courtesy of the Perth Museum

## Who They Are

Waverley Spirits Ltd.

Barbara and Jamie Snasdell-Taylor

[info@waverleyspirits.com](mailto:info@waverleyspirits.com) <[waverleyspirits.com](http://waverleyspirits.com)>

<[facebook.com/waverleyspirits](https://facebook.com/waverleyspirits)> <[twitter.com/WaverleySpirits](https://twitter.com/WaverleySpirits)>

<[behindthegrain.eventbrite.ca](http://behindthegrain.eventbrite.ca)> (for details about Feb. 9 event)

## What They Brew

Craft spirits from a distillery coming to Perth

## Where to Find Them

At "Behind the Grain — The Art and Business of Craft Distilling" on Saturday, Feb. 9 at the Best Western Plus Perth Parkside Inn

MacLaren's Distilleries were two of a number of distinguished producers that lined the Tay River until The Temperance Act of 1916 essentially forced the closure of operations. Perth has historical connections, a suitable location in the midst of a beautiful agricultural area, proximity to a potential supply of local ingredients, and is already a well-established tourist destination. It seems like a natural fit.

So when will we get a taste? Creating a bottle of stellar whisky does not happen overnight and it's not cheap! It takes a couple of weeks to obtain a distilled spirit (the distillation process is a bit shorter for whisky than for vodka). Whisky, however, must be aged in wood barrels for at least three years to earn that name. If all goes according to plan, Waverley's first whisky will be barreled this fall for an anticipated launch in 2016 — perfectly timed to bring "spirit" to the 200<sup>th</sup> anniversary celebration of the settlement of Tay Valley Township!

Establishing the physical distillery in Perth is the eventual goal, though it will likely be a few years before all aspects — permits, location, financing, infrastructure and recipes — are aligned and operating under one roof. In the meantime, they are working with a craft distillery in Michigan that is helping them with space and tech-

nical support in the development of their recipes and the distillation of their vodka and whisky. This fall, their vodka, which does not require the three-year (minimum) aging period that whisky does, will hopefully become available. Keep your fingers crossed and your eyes open at the LCBO!

It seems that Waverley Spirits is primed to be instrumental in reviving the reputation that Perth once garnered from its distilleries, and is on its way to becoming the first distillery (of the legal kind at least) established in Perth since the 1916 Ontario Temperance Act. Stay tuned to their Facebook page and or Twitter (addresses above) to keep abreast of their progress.



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# Claiming Column

**Annie Jr.**, Carleton Place, Mar 1-2  
**Sublime Strings** (AiC), Mar 2  
**Jack de Keyzer** (BOTR), Westport, Mar 15-16  
**Claytones/Ariana Gillis** (Folkus), Almonte, Mar 16  
**Treasa Levasseur** (PPAC), Perth, Mar 22  
**Keith Glass**, (SFTV), Perth, Mar 23  
**Maple Run Studio Tour**, Pakenham, Mar 23-24  
**Live at the Met: Aida**, Arnprior, Mar 30  
**Sagapool** (PPAC), Perth, Apr 12  
**The Roaring '20s** (AiC), Apr 13  
**Art Conference/Luncheon**, Carp, Apr 13  
**\$38,000 for a Friendly Face**, Perth, Apr 18-28  
**Julian Fauth Band w/ D. Rotundo** (BOTR), Westport, Apr 19-20  
**Nunsense II: The Second Coming**, Carleton Place, Apr 25-28, May 2-4  
**Live at the Met**, Arnprior, Apr 27  
**Smokey Rose & Friends**, Perth, May 4  
**Robin Bank\$ Band**, Westport, May 17  
**Young Awards Gala**, Almonte, May 25  
**Cantata Singers of Ottawa** (AiC), May 25  
**Live at the Met**, Arnprior, May 25  
**Mississippi Mills Bicycle Month**, June  
**Proof**, Perth, Jun 6-16  
**Cantores Celestes Women's Choir**, Perth, Jun 29  
**Celtfest**, Almonte, Jul 5-7  
**Blooming Arts Tour**, Carleton Place, Jul 6  
**The Star Spangled Girl**, Perth, Jul 12-Aug 4  
**Almonte Fair**, Jul 19-21  
**Stewart Park Festival**, Perth, Jul 19-21  
**Herbfest**, Almonte, Jul 28  
**Puppets Up!**, Almonte, Aug 10-11  
**The Marriage-Go-Round**, Perth, Aug 9-Sep 1  
**Highland Games**, Almonte, Aug 24

## Visual Arts

**Vernissage**, Feb. 1, 5-7PM, Rod Trider's Red Rocket - a creative view of TO's street cars., Fairview Manor, 75 Spring St., Almonte.  
**Almonte & Area Artists' Assoc Mtg**, Feb. 4, 7:30-9PM, Kevin Dodds to speak. Almonte Library. 4a-artists.ca. Free  
**Vernissage**, Feb. 8, 7-9PM, Featuring Nicole Young, Brush Strokes, 129 Bridge St., Carleton Place. 253-8088, brushstrokesart.ca.  
**Meet the Artist**, Feb. 9, 2-4PM, The bold colours & layered textures of Without Exception. Equator, 451 Ottawa St., Almonte.  
**Westport Artists' Group**, Feb. 12, 8AM, creating new arts events., Grist Mill Artist Retreat, 21 Main St., Westport.  
**Almonte Quilters' Guild**, Feb. 18, 7-9PM, New members & guests welcome. Civitan Hall, 500 Almonte St.. 256-5858.  
**Breakfast with the Arts, Westport Style**, Feb. 23, 8AM, Monthly potluck. Grist Mill Artist Retreat, 21 Main St., Westport.  
**Lanark County Quilters Guild**, Feb. 26, Noon. Brown bag. Guests welcome: \$3. Lions Hall, Perth Fairgrounds, 264-9232.

## Youth

**Annie Jr.**, Feb 22, Mar 1 at 7PM; Feb 23/24, Mar 2 at 2PM. Mudds Youth Theatre. Tickets at CP Chamber. CP Town Hall, 175 Bridge St. 257-1976, mississippimudds.ca. \$10  
**Youth Auditions - Hamlet**, Feb. 23, Valley Players. Ages 13-18. Director Mark Piper. 256-6475, info@valleyplayers.ca.  
**Almonte in Concert Music Club**, Mar 3, 12:30PM. Youth & special guests (Christa Lowry, trumpet) perform. Almonte Old Town Hall. 256-5267.

# WHAT'S ON IN

## Monday

## Tuesday

## Wednesday

## Thursday

**Brush Strokes** presents Nicole Young <brushstrokesart.ca>  
**Equator Coffee Roasters** presents Without Exception <equator.ca>  
**fieldwork** presents various installations <fieldworkproject.com>  
**Fairview Manor Foyer** presents Rod Trider's *The Red Rocket*, a view of Toronto's streetcars  
**MVTM** presents Soulplay (to Feb 23), Fabric of a Small Town <mvtm.ca>  
**Mill Street Gallery (Almonte)** presents portraits in various media  
**Ottawa West Arts Assoc Gallery** (Goulbourn Rec Complex) presents "Halcyon Days" <owaa.ca>  
**Palms Coffee Shop** presents Tim Yearington, Richard Skrobecki, & Shawn DeSalvo <palmsonline.ca>  
**Pakenham Public Library** presents Pat Willard  
**The Mississippi Mills Chambers Gallery** presents Patricia Gordon's mixed media  
**The Almonte Library Corridor Gallery** presents Gayle Marshall's portraits & Ian Paige's pottery

<p>4</p> <p><b>Almonte &amp; Area Artists' Assoc Mtg</b>, Almonte  <b>Carp Celtic Jam</b>, Carp Masonic Lodge  <b>Seven Psychopaths</b>, Arnprior</p>	<p>5</p> <p><b>Brock Zeman</b>, O'Reilly's Pub</p>	<p>6</p> <p><b>Hannah Georgas</b>, Neat Coffee Shop  <b>Open Celtic Jam</b>, Naismith Pub  <b>Open Jam w/Dave Balfour</b>, O'Reilly's Pub  <b>Village Chefs</b>, Merrickville</p>	<p>7</p> <p>The <b>Kanata Civic Art Gallery</b> presents 7 new gallery artists</p> <p><b>Acoustic Open Jam</b>, Alice's Village Cafe  <b>Ali McCormick</b>, O'Reilly's Pub  <b>Ask No Questions: Family Secrets</b>, Perth  <b>Jazz at Bally's</b>, Ballygiblin's  <b>Open Mic</b>, Love That Barr  <b>Volunteer Forum</b>, Carleton Place</p>
<p>11</p> <p><b>Anna Karenina</b>, Arnprior  <b>Carp Celtic Jam</b>, Carp Masonic Lodge  <b>PFLAG Meeting</b>, Carleton Place</p>	<p>12</p> <p><b>Adult Bereavement Walking Group</b>, CP  <b>Brock Zeman</b>, O'Reilly's Pub  <b>Pancake Supper</b>, Franktown  <b>West Carleton Garden Club</b>, Carp  <b>Westport Artists' Group</b>, Westport</p>	<p>13</p> <p><b>Adult Bereavement Group</b>, Perth  <b>Open Celtic Jam</b>, Naismith Pub  <b>Open Jam w/Dave Balfour</b>, O'Reilly's Pub</p>	<p>14</p> <p><b>Acoustic Open Jam</b>, Alice's Village Cafe  <b>Ali McCormick</b>, O'Reilly's Pub  <b>Dinner/Movie at the Diefenbunker</b>, Carp  <b>Open Mic</b>, Love That Barr  <b>Spencer Evans</b>, The Cove  <b>The Putnam Cty Spelling Bee</b>, Perth  <b>The Lost Fingers</b>, Neat Coffee Shop</p>
<p>18</p> <p><b>FAMILY DAY</b>  <b>Almonte Quilters' Guild</b>, Almonte  <b>Carp Celtic Jam</b>, Carp Masonic Lodge  <b>CFUW Meeting</b>, Perth  <b>Family Activities/Sugar Maker's Workshop</b>, Pakenham  <b>Still</b>, Arnprior</p>	<p>19</p> <p><b>Brock Zeman</b>, O'Reilly's Pub</p>	<p>20</p> <p><b>Heritage Day Dinner/Magic Lantern Show</b>, Carleton Place  <b>Open Celtic Jam</b>, Naismith Pub  <b>Open Jam w/Dave Balfour</b>, O'Reilly's Pub</p>	<p>21</p> <p><b>Acoustic Open Jam</b>, Alice's Village Cafe  <b>Ali McCormick</b>, O'Reilly's Pub  <b>Arms and the Man</b>, Perth  <b>Open Mic</b>, Love That Barr</p>
<p>25</p> <p><b>Almonte Horticultural Soc.</b>, Almonte  <b>Carp Celtic Jam</b>, Carp Masonic Lodge  <b>Stories We Tell</b>, Arnprior</p>	<p>26</p> <p><b>Brock Zeman</b>, O'Reilly's Pub  <b>Lanark County Quilters Guild</b>, Perth  <b>Mind-Body Healing Talk</b>, Carp</p>	<p>27</p> <p><b>Adult Bereavement Group</b>, CP  <b>Neat SoundCheck</b>, Neat Coffee Shop  <b>Open Celtic Jam</b>, Naismith Pub  <b>Open Jam w/Dave Balfour</b>, O'Reilly's Pub</p>	<p>28</p> <p><b>Acoustic Open Jam</b>, Alice's Village Cafe  <b>Ali McCormick</b>, O'Reilly's Pub  <b>Open Mic</b>, Love That Barr</p>

## Festivals

**Smiths Falls Winter Carnival**, Feb. 8, Games, food, skating. 283-4124 x6101.  
**Carleton Place Winter Carnival**, Feb. 23, 8AM-9PM, Free pancakes, activities, dance. wintercarnival.carletonplace.com.

## Theatre

O'Brien Theatre Film Group presents **Seven Psychopaths** (Feb 3 at 1PM, Feb 4, 7:30PM); **Anna Karenina** (Feb 10, 1PM, Feb 11, 7:30PM); **Still** (Feb 17, 1PM, Feb 18, 7:30PM); **Stories We Tell** (Feb 24, 1PM Feb 25, 7:30PM). O'Brien Theatre, Arnprior. 622-7682, obrien theatre.com. \$10  
**Ask No Questions: Family Secrets**, Feb 7 (Full Circle Theatre, Perth), Feb 10 (Neat Coffee, Burnstown). 7:30PM. Storyteller Jan Gregory. 2wp.ca. \$20; \$18 in adv (Tickets Please).

**Valley Players & Mudds Info Session**, Feb. 9. Mississippi School for the Arts, 150 Mill St., CP. 256-6475.

**The 25<sup>th</sup> Annual Putnam County Spelling Bee**, Feb 14-16, 22-23 (8PM); Feb 16, 17, 23, 24 (2PM). 2 casts (adult & family-friendly). Studio Theatre, 63 Gore St. E., Perth. studiotheatreperth.com. \$20.  
**Arms and the Man**, Feb 15, 16, 21-23 (8PM); Feb 17, 24 (2PM). Full Circle Theatre. 267-1884, bamdoorproductions.ca. \$20; \$18 adv  
**Comedy Nite**, Feb. 16, 7PM. Interval House fundraiser. Carleton Place Town Hall, \$25.  
**Live At The Met: Otello**, Feb. 23, 1PM, O'Brien Theatre, 147 John St. N., Arnprior. 622-7682, obrien theatre.com.  
**Spiritual Cinema Circle**, Feb. 24, 2-4PM, McMartin House, Perth. 267-4819, fp@superaje.com. By donation.

## Literature

**LiPS Spoken Word Slam**, Feb. 15, 7PM, Lanark County Live Poets Society. Signup 6:30pm., Baker's Bean, Perth. lanarklips@hotmail.com., \$5; free for performers.

## Music

**Bolingbroke Café**, Feb. 1, 7:30PM Terry Tufts & Kathryn Briggs. Mar. 1 7:30PM Long Sault Trio. Coffees, teas & crepes. ABC Hall, Bolingbroke. \$10  
**Jaron Freeman-Fox**, Feb. 2, 8PM. Songs From The Valley. Studio Theatre, Perth. 485-6434, studiotheatreperth.com. \$25  
**Bob Haughian Relay for Life Fund-raiser**, Feb. 9, 8PM. Folk/Celtic music. JR's Restaurant, Almonte. By donation  
**White Lake Acoustic Jam**, Feb. 9, 7-10PM. White Lake Fire Hall, 142 Burnstown Rd. 256-5439. \$5

**Long Sault Trio**, Feb. 10, 2PM. MERA Schoolhouse, McD Cnrs. 268-2376. \$15 or pay-what-you-can

**Traditional Song Session**, Feb. 10, 2-4PM. Join in traditional songs w/choruses. Barley Mow, Almonte. 482-1437.  
**Rat Pack Tribute Dinner Show**, Feb. 15, 5:30PM. Tickets at Farrellhall.com, 267-7895. Farrell Hall, Perth. \$50  
**The Hogtown All-Stars**, Feb. 15, 7-11PM, The Cove, Westport. 1-888-COVE-INN, choosetheblues.ca. \$60+tx dinner & show.  
**Brock Zeman/Fish & Bird**, Feb. 16, 8PM. \$27 at Mill St. Books or door. Almonte Old Town Hall, 256-9090, folkusalmonte.ca.  
**St. George's Valentine Dance**, Feb. 16, 7:30PM. Bowes Brothers. Clayton Community Centre. 256-9010, \$12; \$10 in adv.  
**Richard Hoenich / Scott Richardson**, Feb. 17, 2PM. Piano & bassoon. \$25 at door; teens free. MERA Schoolhouse, McDonalds Corners. 259-2452



# FEBRUARY 2013

## Friday

## Saturday

## Sunday

<p><b>1</b></p> <ul style="list-style-type: none"> <li><b>Bolingbroke Cafe: Tufts/Briggs</b>, Bolingbroke</li> <li><b>Jam</b>, Westport</li> <li><b>Vernissage</b>, Almonte</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li><b>James Keelaghan</b>, Neat Coffee Shop</li> <li><b>Jaron Freeman-Fox</b>, Perth</li> <li><b>Kevin Head &amp; Miss V</b>, The Cove</li> <li><b>Lanark County Genealogical Society</b>, Perth</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li><b>APEX Jazz Band</b>, The Royal Oak</li> <li><b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li><b>Seven Psychopaths</b>, Amprior</li> <li><b>Valley Singles Lunch</b>, Renfrew</li> </ul>
<p><b>8</b></p> <ul style="list-style-type: none"> <li><b>Emily Fennell</b>, The Cove</li> <li><b>Jam</b>, Westport</li> <li><b>Smiths Falls Winter Carnival</b>, Smiths Falls</li> <li><b>Steve Barrette Trio</b>, The Swan at Carp</li> <li><b>Vernissage</b>, Carleton Place</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li><b>Bob Haughian Relay for Life Fundraiser</b>, Almonte</li> <li><b>Meet the Artist</b>, Almonte</li> <li><b>Small World Project; Prince Ahmed</b>, Neat Coffee</li> <li><b>Smiths Falls Winter Carnival</b>, Smiths Falls</li> <li><b>The Art &amp; Business of Craft Distilling</b>, Perth</li> <li><b>Valley Players &amp; Mudds Info Session</b>, CP</li> <li><b>White Lake Acoustic Jam</b>, White Lake</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li><b>Anna Karenina</b>, Amprior</li> <li><b>Ask No Questions: Family Secrets</b>, Burnstown</li> <li><b>Long Sault Trio</b>, McDonalds Corners</li> <li><b>Magnolia Rhythm Kings</b>, The Royal Oak</li> <li><b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li><b>Smiths Falls Winter Carnival</b>, Smiths Falls</li> <li><b>Snow Angel Making Party</b>, Lanark</li> <li><b>Traditional Song Session</b>, Almonte</li> </ul>
<p><b>15</b></p> <ul style="list-style-type: none"> <li><b>Arms and the Man</b>, Perth</li> <li><b>Jam</b>, Westport</li> <li><b>LIPS Spoken Word Slam</b>, Perth</li> <li><b>Rat Pack Tribute Dinner Show</b>, Perth</li> <li><b>The Putnam County Spelling Bee</b>, Perth</li> <li><b>The Hogtown All-Stars</b>, Westport</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li><b>Arms and the Man</b>, Perth</li> <li><b>Comedy Nite</b>, Carleton Place</li> <li><b>Euchre, Ham &amp; Bean Dinner</b>, Maberly</li> <li><b>Brock Zeman/Fish &amp; Bird</b>, Almonte</li> <li><b>Kevin Head &amp; Miss V</b>, The Cove</li> <li><b>St. George's Valentine Dance</b>, Clayton</li> <li><b>Talk: Managing Diabetes Naturally</b>, Carp</li> <li><b>The Putnam County Spelling Bee</b>, Perth</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li><b>APEX Jazz Band</b>, The Royal Oak</li> <li><b>Arms and the Man</b>, Perth</li> <li><b>Backyard Sugar Maker's Workshop</b>, Pakenham</li> <li><b>Green Party Nomination Meeting</b>, Lanark</li> <li><b>Historical Walking Tour</b>, Smiths Falls</li> <li><b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li><b>Richard Hoenich / Scott Richardson</b>, MERA</li> <li><b>Still</b>, Amprior</li> <li><b>The Putnam County Spelling Bee</b>, Perth</li> </ul>
<p><b>22</b></p> <ul style="list-style-type: none"> <li><b>Almonte Lectures</b>, Almonte</li> <li><b>Annie Jr.</b>, Carleton Place</li> <li><b>Arms and the Man</b>, Perth</li> <li><b>Brock Zeman</b>, The Cove</li> <li><b>Drumhand</b>, Neat Coffee Shop</li> <li><b>Fiddlers' Dinner &amp; Dance</b>, Almonte</li> <li><b>Jam</b>, Westport</li> <li><b>Steve Barrette Trio</b>, The Swan at Carp</li> <li><b>The Putnam County Spelling Bee</b>, Perth</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li><b>Annie Jr.</b>, Carleton Place</li> <li><b>Arms and the Man</b>, Perth</li> <li><b>Breakfast with the Arts</b>, Westport</li> <li><b>Winter Carnival</b>, Carleton Place</li> <li><b>February Feast</b>, Carleton Place</li> <li><b>Ian Tamblyn</b>, Neat Coffee Shop</li> <li><b>Jazz House Concert</b>, Almonte</li> <li><b>Live At The Met: Otello</b>, Amprior</li> <li><b>Mid-Winter Milling</b>, Almonte</li> <li><b>Stories from the Railway</b>, Smiths Falls</li> <li><b>The Putnam County Spelling Bee</b>, Perth</li> <li><b>Youth Auditions - Hamlet</b>, TBA</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li><b>Big Band Tea Dance</b>, Almonte</li> <li><b>Annie Jr.</b>, Carleton Place</li> <li><b>Arms and the Man</b>, Perth</li> <li><b>Bliss Bridal Show</b>, Almonte</li> <li><b>Country Gospel Brunch</b>, Smiths Falls</li> <li><b>Magnolia Rhythm Kings</b>, The Royal Oak</li> <li><b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li><b>Spiritual Cinema Circle</b>, Perth</li> <li><b>Stories We Tell</b>, Amprior</li> <li><b>The Putnam County Spelling Bee</b>, Perth</li> </ul>
<p><b>1</b></p> <ul style="list-style-type: none"> <li><b>Annie Jr.</b>, Carleton Place</li> <li><b>Long Sault Trio</b>, Bolingbroke</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li><b>Annie Jr.</b>, Carleton Place</li> <li><b>MMLTC AGM</b>, Lanark</li> <li><b>MVTM Soup for Thought Fundraiser</b>, Almonte</li> <li><b>New Country Rehab</b>, Neat Coffee Shop</li> <li><b>Sublime Strings</b>, Almonte</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li><b>Almonte in Concert Music Club</b>, Almonte</li> <li><b>APEX Jazz Band</b>, The Royal Oak</li> <li><b>Open Mic w/Kelly Sloan</b>, Ashton Pub</li> <li><b>Valley Singles Lunch</b>, TBA</li> </ul>

13, (1-3PM, Lanark Lodge, Perth); Feb. 27 (1:30-3:30PM, Waterside Park, CP). 267-6400. Free. rebeccab@chslc.ca

**Pancake Supper**, Feb. 12, 4:30-6:30PM. Centennial Hall, Franktown. 283-4617.

**West Carleton Garden Club**, Feb. 12, 7:30PM. Garden Design. Carp Memorial Hall. wcgardenclub@gmail.com. \$5 non-memb

**Dinner/Movie at the Diefenbunker**, Feb. 14, 6PM. *Blast From The Past* & dinner by The Swan at Carp. 3911 Carp Rd. \$55 pp; \$100 per couple.

**Euchre, Ham & Bean Dinner**, Feb. 16, 2-6PM. 4:30PM supper \$11. \$3 euchre only. Dinner only \$10, \$5 ages 6-12. Maberly Community Hall, 268-2895.

**Talk: Managing Diabetes Naturally**, Feb. 16, 1PM. Carp Ridge EcoWellness, Carp. 839-1198, ecowellness.com. Free

**Backyard Sugar Maker's Workshop**, Feb. 17, 12:30-2PM. \$20 incl kit. Fultons Pancake House Pakenham. fultons.ca.

**Green Party Nomination Meeting**, Feb. 17, 11AM. LFLA Greens seeking future MPPs & campaign volunteers. 2076 Rosetta Rd., Lanark. 336-2998

**Historical Walking Tour**, Feb. 17, 2PM. Meet in parking lot by water tower, off Old Mill Rd., Smiths Falls. 283-4124 x1116

**CFUW Meeting**, Feb. 18, 6:30PM. Perth Legion. www.cfuw-perth-district.com.

**Family Activities/Sugar Maker's Workshop**, Feb. 18, 10AM-2PM. Fultons Pancake House, Pakenham. fultons.ca.

**Heritage Day Dinner/Magic Lantern Show**, Feb. 20, 6:15PM. Fundraiser for CP & Beckwith Hist Soc. Tickets (\$50) at Ballygiblin's or 253-7013. Ballygiblin's, CP.

**Almonte Lectures**, Feb. 22, 7:30PM. Brian Burns: Science communication, Almonte United Church, don\_wiles@carleton.ca

**February Feast**, Feb. 23, 4:30-7PM. Pork tenderloin dinner. Tickets at 257-2133., Zion-Memorial Church, CP. \$14/\$10kids

**Mid-Winter Milling**, Feb. 23, 10AM-5PM. Mini-treatments by alternative practitioners in downtown Almonte shops.

**Stories from the Railway: Railway Station Architecture**, Feb. 23, 2PM. The Station Theatre, Smiths Falls. 283-5696, rmeo.org. \$10

**Bliss Bridal Show**, Feb. 24, Noon-4PM. Almonte Civitan Hall, blissweddingshow.com. Free

**Country Gospel Brunch**, Feb. 24, Noon-2PM. With Balsam Blue. Nick's, 23 Russell St. E., Smiths Falls. No cover

**Almonte & District Horticultural Soc.**, Feb. 25, 7:30PM. Cornerstone Community Church, Almonte.

**Mind-Body Healing Talk**, Feb. 26, 7PM. RSVP Carp Ridge EcoWellness Centre, Carp. 839-1198, ecowellness.com. \$20

**Fiddlers' Night/Dinner**, Feb. 22, 6PM. Monthly fundraiser. Almonte Civitan Hall, 500 Almonte St.. \$12. Musicians eat free.

**Jazz House Concert**, Feb. 23, 8PM. Tom McMahon & friends. Almonte., jazzn.ca.

**Almonte Big Band Tea Dance**, Feb. 24, 1-4PM. Almonte Old Town Hall, 563-7044. sroteadances.org. \$14; \$25 per couple

**Sublime Strings**, March 2, 8PM. \$30/\$15 at 256-4554, almonteinconcert.com, Mill Street Books. Almonte Old Town Hall

**The Swan at Carp** (Falldown Lane Carp, 839-7926), jazz, no cover  
Feb 8, 22 Steve Barrette Trio, 7-10PM,

**The Royal Oak** (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover  
Feb 3, 17, Mar 3 APEX Jazz Band, 2-5PM

**O'Reilly's Pub** (43 Gore St. E., Perth, 267-7994): 8:30PM. Brock Zeman Tues, Open Jam w/Dave Balfour Wed, Ali McCormick Thurs

**Ballygiblin's** (151 Bridge St., Carleton Place, 253-7400), jazz, no cover  
Feb 7 Peter Brown, Don Paterson, 6-9PM

**The Cove** (2 Bedford St., Westport, 273-3636):  
Feb 2 Kevin Head & Miss V, 6-9PM  
Feb 8 Emily Fennell, 7-10PM  
Feb 14 Spencer Evans (Special Dinner \$45), 6-10PM  
Feb 16 Kevin Head & Miss V, 6-9PM  
Feb 22 Brock Zeman, 7-10PM

**Neat Coffee Shop** (1715 Calabogie Rd., Burnstown, 433-3205): 8PM  
Feb 2 James Keelaghan, \$25  
Feb 6 Hannah Georgas, \$20  
Feb 9 Small World Project - Prince Ahmed, \$20  
Feb 14 The Lost Fingers, \$37.50  
Feb 22 Drumhand, \$20  
Feb 23 Ian Tamblyn, \$20  
Feb 27 SoundCheck open mic  
Mar 2 New Country Rehab, \$20

**The Naismith Pub** (411 Ottawa St., Almonte, 256-6336): Open Celtic Jam Wed, no charge (7:30-10PM)

**Carp Masonic Lodge** (3704 Carp Rd., Carp): Carp Celtic Jam, \$3/\$25 for 3 mos, all levels, Mon (7-9PM).

**Ashton Pub** (113 Old Mill Rd., Ashton): Sundays Open Mic w/Kelly Sloan, 2-5PM

**Love That Barr** (2496 Cty Rd. 29, Pakenham, 624-2000): Thurs Open Mic (8PM)

**Alice's Village Café** (3773 Carp Rd., Carp, 470-2233): Thurs Acoustic Open Jam w/Curtis Chaffey (7PM)

**Jam**, Fridays, 7-9PM. Cottage Coffee/White Mtn Ice Cream, 15 Church St., Westport.

**Community**   
**Lanark County Genealogical Society**, Feb. 2, 1:30PM. John McKenty. Archives Lanark, 1920 Concession 7, Perth.

**Valley Singles Lunch**, Feb. 3, 1-2:30PM. To register, call 256-8117 or 432-7622., Rocky Mountain House Rest, Renfrew.

**Village Chefs**, Feb. 6, Theatre Night in Merrickville fundraiser. Mainstreet Restaurant, 112 Main St. W., Merrickville. \$35

**Volunteer Forum**, Feb. 7, 1-3PM. Carambeck Community Centre, Carleton Place. 257-1976, amber@cpchamber.com

**The Art & Business of Craft Distilling**, Feb. 9. Presented by Waverley Spirits. Talks & 2 meals. Best Western Perth. behindthegrain.eventbrite.ca. \$35

**Snow Angel Making Party**, Feb. 10, 1-4PM. All welcome. Bring snow shoes or skis. 4381 Wolf Grove Rd., Lanark. Free

**PFLAG Carleton Place**, Feb. 11, 7-8:30PM. LGBT youth drop-in at same time. Zion-Memorial Church, CP 859-0100.

**Adult Bereavement Groups**, Feb 12 (1:30-3:30PM, Starbucks, cnr Hwy 7/ McNeely Ave, CP Walking Group); Feb

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## "Spring into Art"

Spring 2013 Art Conference & Luncheon

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Sat. April 13 from 9 to 4:00 - lunch included

Register by Feb. 28 \$50 (that's a \$20 saving!)

Registration after Mar. 1 \$70 (so do it sooner & save)

Deadline for all registrations April 1

Speakers to be announced soon.

Carp Memorial Hall  
in the centre of the Village of Carp  
[www.WestCarletonArtsSociety.ca](http://www.WestCarletonArtsSociety.ca)  
registration form on the website

Don't forget "Expressions of Art"  
on the Thanksgiving weekend at the Carp AG Hall.



# Local Investments for Food Economy (LIFE)

LIFE is a micro-grant program that provides grants to farmers to help capitalize small investments. Its purpose is to help farmers increase, improve or expand the variety of local food production and sales through area farmers' markets. The total available money for micro-grants this year is \$15000. \$7500 of this has been provided by Valley Heartland and the remainder was secured by ecoPerth through various donors.

### Who is Eligible?

The primary targets are farmers within Lanark County or North Leeds who sell through an area farmers' market. Depending on the level of interest in the micro-grants, preference may be given to farmers that both grow and sell in Lanark County.

### What is the Grant For?

It is to cover capital purchases, not labour or training. The funds should be used to increase or improve the production and the

variety of locally grown food available for sale (as opposed to continuing current production or operations), and are to be spent on something or things that involve locally grown food or ingredients (i.e. not for baking using purchased ingredients).



Some examples of what the funding could be used for include: production equipment to create new value-added products (such as dehydrators, canning equipment, pressure cookers, etc.); specialized harvesting or cultivating equipment; construction materials for cold frames or

hoop houses to allow an extended growing season; and packaging/labelling equipment.

### How do I Apply?

There is a simple application form, which you can access at <[lanarklocalflavour.ca](http://lanarklocalflavour.ca)>. Submissions are due by February 22, and will be reviewed by the end of March by a panel of three people. There is a maximum individual grant size of \$1000, but it is expected that the majority of grants awarded will be less than this amount. The money must be spent by the end of June, and the recipient must submit a final report by mid-November, indicating the impact the micro-grant had on food production and product sales, and offering suggestions for the future (in the event that ecoPerth is able to offer the program again in 2014).

For more information, please contact Cheryl Nash of ecoPerth/Lanark Local Flavour at <[cheryl@ecoperth.on.ca](mailto:cheryl@ecoperth.on.ca)>.

## CP Chamber Hosts Volunteer Forum

The Carleton Place and District Chamber of Commerce, with the support of the Ontario Trillium Foundation and the Town of Carleton Place, will host a free Volunteer Forum at Carambeck Community Centre (351 Bridge Street in Carleton Place) on Thursday, February 7, from 1 to 3PM. Space is limited.

The forum will address new strategies to help organizations evolve their programs to include new roles and respon-

sibilities for volunteers, pathways for more involvement and leadership positions in their program, and how recognition plays a role in retention. Topics will also include the importance of continuing education and professional development to keep volunteers engaged, and how organizations can attract youth volunteers and provide them with a meaningful volunteer experience that recognizes them for their contributions.

The event will include speaker(s) from Volunteer Ottawa. Volunteer Ottawa links people with community organizations and works directly with organizations to support knowledge development and resource distribution on topics integral to the effective and efficient use of volunteer capacity. The forum includes complimentary beverages and snacks.

For further information, email <[amber@cpchamber.com](mailto:amber@cpchamber.com)> or call 257-1976.

### Career Opportunity

New Home Sales Agent required to provide marketing and sale of new home properties in Arnprior, Ontario. This successful candidate will provide proactive, direct assistance and customer service to new home purchasers.

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Must be flexible and accommodating to perform other duties as required.

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# Here's How to Spell Great Entertainment!

What do you get when you combine six bright and unique 12-year-olds, three off-beat supervising adults, a handful of audience volunteers, a vicious spelling competition, and some of the most engaging and memorable music from the Broadway stage in the last decade? You get *The 25<sup>th</sup> Annual Putnam County Spelling Bee*, a Tony and Grammy award-winning musical comedy by Rachel Sheinkin and William Finn. Perth's **Studio Theatre Productions** presents this hilarious musical which will melt away your winter blahs faster than you can spell L-U-G-U-B-R-I-O-U-S!

*Spelling Bee* is about six 12-year-olds who are participating in a regional spelling bee, the winner of which gets to go to the Nationals in Washington, D.C. Each speller — three boys and three girls — has a distinct, quirky and endearing personality which comes through in the dialogue, as well as the ensemble songs and solos. Equally quirky are the three adults who run the bee: the hostess (a previous bee champion), the word reader (a frustrated vice-principal) and the Comfort Counsellor (a parolee who is doing community service by providing comfort and juice boxes to the spellers as they are eliminated). Finally, there is an audience volunteer component, which is highly impromptu and adds another element of fun to the production.

Though laughter prevails throughout the *Bee*, there are many moments of poignancy when we are reminded of how challenging childhood can be, fraught with the perils of competition, family issues, fragile self-concept, bullying and fear of failure. In *Spelling Bee* we get to acknowledge that adults don't always have the answers either, but that — regardless of our age — joy, friendship and rewards come as much from the trying as from the successes.

Nine performances will be given at Studio Theatre, starting February 14 and running until February 24. An adult cast will provide the en-

tertainment for six performances on February 14, 15, 16, 22 and 23 at 8PM and February 24 at 2PM, while a youth cast will perform a family-friendly version of the show, identical to the adult version except for some slight language modifications, on February 16, 17 and 23 at 2PM. Both casts are superb, bringing together some of the finest musical theatre talent in the region.

To kick off this exciting new show, Studio Theatre is offering a two-for-one special on adult tickets for opening night, February 14. Two-for-one tickets are available only at the Studio Theatre box office, open Saturday mornings from 10AM to noon, or by calling 264-8862. Why not have dinner at one of Perth's great restaurants first, for a sweetheart of a Valentine's night out!

*The 25<sup>th</sup> Annual Putnam County Spelling Bee* is directed by C. Lee Bates, assisted by Joan Frommer. Musical direction is by Brad Mills, who has assembled a stellar five-piece orchestra to provide live music at *The Bee*, and Kristen Widenmaier is the choreographer.

Tickets (\$20) can be purchased at the Book Nook, through Tickets Please (with an added convenience fee) and at the Studio Theatre box office on Saturday mornings only. Students' (with ID) and children's tickets are \$10 for all performances. Don't P-R-O-C-R-A-S-T-I-N-A-T-E! Sold-out performances are anticipated!



Olive (Kristen Widenmaier) sings the haunting *I Love You Song* with her parents (Tracy Noonan, Ron Cousens), from the adult cast of *The 25<sup>th</sup> Annual Putnam County Spelling Bee*.

Looking for some Valentine's Day inspiration?

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## What Do Dogs Dream About?

Dream Fields is a dog agility school offering classes for dogs and owners of all ages and levels of experience. Our facility boasts a 13,000 sq. ft. indoor training arena with "natural" footing, and our equipment is state-of-the-art, addressing not only the needs of the experienced agility dog, but also puppies and beginner dogs. We use only positive training methods, so our courses are highly enjoyable for both canines and humans! Make your dog's dreams come true...



### Dream Fields

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week of March 5<sup>th</sup>  
and run for 6 weeks

305 Upper Dwyer Hill Road  
www.dreamfields.com  
dftraining@magma.ca

Words From Westport

# Wintery Words from Westport!

Despite the cold and windy days, folks are coming out to listen to and jam with local musicians at **Cottage Coffee**. This new evening pastime which at time of writing is in its fourth or fifth week, brings together musicians young and not-so-young for an evening of great live music, superb nosh and good fun. Do come... and if you are a musician bring your instrument and join

The visual arts are also thriving in Westport. A vibrant group of artists, working to create new events for the arts in Westport, is meeting the second Tuesday of every month at the **Grist Mill Gallery** at 6:30PM. Please come to the next meeting if you would like to see the arts grow in our community. This group creates a space for all the arts, and all media for artists.

by Georgia Ferrell

the jam, Fridays from 7 to 9PM at Cottage Coffee/White Mountain Café (next to the LCBO, on Church Street). You might be lucky enough to hear a superb duet by George Reynolds and emerging musician Josh Smith.

### More Music at The Cove

February 8<sup>th</sup> brings Kingston's beloved soul singer, **Emily Fennell**, for a little pre-Valentine's Day entertainment from 7 to 10PM — enjoy a Cove dinner as well! More information is available at <reverbNation.com/emilyfennellband>. On February 14, celebrate LOVE with your Valentine and enjoy your favourite love songs with **Spencer Evans** (solo) — make it dinner with that very special date!

The Blues on the Rideau series continues this month with **The Hogtown Allstars** from Toronto. For some classic blues royalty, come on out to this great night. On February 15, from 7 to 11PM, your \$60 includes the buffet and show, with a charitable donation to Rideau Vista and St. Edwards Elementary Schools. This special night is by reservation only, so plan ahead. See <choosetheblues.ca> for more details.

The great music keeps on warming you up on Saturday, February 16, with a belated Valentine's night with **Kevin Head featuring Miss V** <kevinhead.ca>. Enjoy listening to this musical and romantic couple from 6 to 9PM. Then on Friday, February 22, **Brock Zeman**, one of the Ottawa Valley's hardest working musicians, entertains with a great solo performance <brockzeman.com>.

For those who wish to support the arts, we have our **Breakfast With The Arts, Westport Style** potluck on the last Saturday of every month, starting at 8AM at the Grist Mill. After a meet, greet and chat, we have a speaker, or we do a hands-on fun art project, or... well, the sky is the limit! We welcome everyone. For February we have fibre artist Carolyn Barnett, who will delight us with stories knitted together from her life of making a living through wearable fibre art.

At **Artemisia Art Gallery**, changes are taking place. A reading room/library with an extensive collection of art books will soon be available for research or just some fine reading. The gallery has undergone some renovations and aims to be open for business on the weekends beginning February 2. Please call 273-8775 to be certain that we are open. Plans are underway for our annual **Sculpture All-Sorts Show** from March 16 to April 7. Please call Georgia at 273-8775 if you would like information about participating in this show, or about the **Fibre Show** taking place from April 13 to May 5.

Fibre artist Carolyn Barnett, whose works are pictured here, will speak at February's **Breakfast With The Arts, Westport Style**.



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# In the Theatres...

Welcome all to a brand new theatre season in our part of the world!

First off, as part of their **Songs From the Valley** series, the Perth Studio Theatre presents *Strings and Things* featuring Jaron Freeman Fox and the Opposite of Everything. *Songs From the Valley* is an annual collaborative fundraiser between Perth's Studio Theatre and the Stewart Park Festival, showcasing the very best musi-

by Ian Doig

cians from the Ottawa Valley and beyond. World-beat violinist/composer Jaron Freeman-Fox's music dances the fine line between "the beautiful and the ridiculous", fusing his Celtic and bluegrass roots with Indian classical music and jazz. Show time is 8PM on February 2. Tickets for *Songs From the Valley 2013* are just \$25 per show or \$65 for all three, available from any Stewart Park Festival board member for cash or cheque (please contact Sue at 267-7902) and also by debit or credit card from Tickets Please, 39 Foster Street in Perth (485-6434).

Next up, the Full Circle Theatre presents **2 women productions**, surely by now eastern Ontario and western Québec's leading storytelling company, which brings its latest production to the FCT stage at 7:30PM on the seventh of February. Following in the footsteps of *Jane Eyre* and so many others, Jan Gregory explores the deep and hidden world of family secrets in her presentation of *Ask Me No Questions*. Tickets are \$18 in advance from Tickets Please <ticketsplease.ca> or \$20 at the door.

**Studio Theatre Productions** then comes to their stage with *The 25<sup>th</sup> Annual Putnam County Spelling Bee*, a hilarious new musical by Rachael Sheinkin, directed by C. Lee Bates. A fun, quirky show if ever there was one — re-visit your school days as you may or may not remember them! A cast of very talented grown-ups will present the adult version, which has some language and mature content, with a second cast of just-as-talented high school students doing the family-friendly version. The adult version runs February 14, 15, 16, 22 and 23 at 8PM and Sunday February 24 at 2PM. The equally entertaining family version runs February 16, 17 and 23 at 2PM. Tickets are \$20 at the Book Nook, \$22 from Tickets Please or at the door.

**BarnDoor Productions** presents *Arms and the Man*, George Bernard Shaw's first big hit and one of his most controversial. Set during a war between Serbia and Bulgaria in 1885, it's the story of a romantic young Bulgarian woman whose ideals are upset by the arrival in her bedroom of an enemy soldier, fleeing from her countrymen's wrath. His level-headed pragmatism ("What good are bullets in battle? I always carry chocolate, instead.") is the perfect foil for her romantic dreams.

Could it be love? Shaw's anti-romantic comedy is as fresh today as it was 120 years ago. Show dates are February 15, 16, 21, 22 and 23 at 8PM, February 17 and 24 at 2PM. For further information, call 267-1884 or go to <barndoorproductions.ca>.

The **Mississippi Mudds Youth** have been busy rehearsing since late September for their production of *Annie Jr.* It will take place on February 22 and March 1 at 7PM, with matinées February 23 and 24 and March 2 at 2PM at the Town Hall in Carleton Place. Visit the Chamber of Commerce on Coleman Street, and get your tickets early! Only \$10 — truly a bargain in this day and age. For further information, call 257-1976 or visit <mississippimudds.ca>.

Theatre Night in Merrickville is hosting a fundraising event on Wednesday, February 6, at the Mainstreet Restaurant in Merrickville. This will be the third annual **Celebrity Cooks** series of dinners that the restaurant has created. The cooks for this event are Bronwen McKnight, Janet Fitzpatrick and Vicki Graham, all well known for their culinary expertise. A portion of each reservation will go toward the upgrading of their lighting system.



The Bard wants YOUTH! Auditions for a youth production of *Hamlet*, directed by Mark Piper, will be held on February 23

## Auditions and Courses

The **Valley Players** of Almonte will be holding auditions on Saturday, February 23, for their spring youth production of William Shakespeare's *Hamlet*, directed by Mark Piper. Performances will take place on May 24, 25, and 26. Actors aged 13 to 18 can get more information by checking the Valley Players' website <valleyplayers.ca>, by sending an email to <info@valleyplayers.ca>, or by calling 256-6475. There are several acting roles to be filled, as well as three roles that involve puppeteering!

Now here's welcome news: Algonquin College is offering acting courses with the Classic Theatre's director, Laurel Smith! Theatre lovers with a bit of experience under their belts will enjoy an opportunity to hone their skills and learn new artistic techniques under the guidance of CTF's Laurel Smith, who will be leading the series of acting courses at Algonquin College's Perth Campus. **Perfecting Your Acting Skills** is a 12-week course running Wednesday nights, 6 to 9PM, beginning February 27 and running to May 15. You can register for the course at <algonquincollege.com/perth>, by calling 267-2859, or by emailing <perth@algonquincollege.com>.

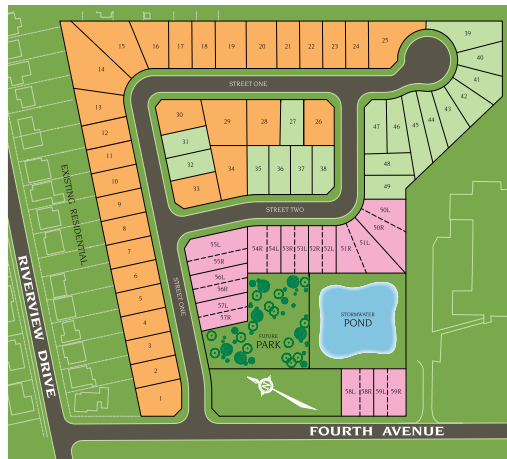
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to register, or for more information: (613) 839-5241  
margferraro@xplornet.ca or www.ferraro-art.com

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**Find out about volunteer opportunities with community groups on pages 8-10**

**Treasa Levasseur & The Daily Special**

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# Bob Haughian Band Plays Relay for Life Fundraiser

Ottawa Valley musician Bob Haughian has teamed up with the Almonte Civitan Club for an evening of fun and music to benefit the Relay for Life. Join them starting at 8PM on Saturday, February 9, at JR's Downstairs Pub, 385 Ottawa Street in Almonte.

Singer-songwriter Bob Haughian is gaining recognition in the international (and local!) folk/Celtic music world. He defies any pigeonholing. By turns, he picks a mountain banjo to accompany a country ballad, sings a witty song about modern relationships, plucks a sweet Irish melody on guitar, and swings a hot Maritime rock number. He tops it all with a country fiddle tune — all skillfully blended into a seamless flow. One fan said "it's music from the heart that hits you right between the eyes."

Bob explains: "supporting local community groups and causes with our music is our way of giving back. Just last month we raised over \$800 for the Carleton Place Hospital. We're hoping to top that to support the Civitan's involvement with Relay for Life!"

The recent release of Bob's second album — *Home* — follows regular airplay of his first album across Canada and the USA. This second release continues with an eclectic blend of rocking Celtic-country with a twist of folk, jazz and bluegrass. Soul-searching lyrics supported by gripping melodies define Bob's style. "Celtic, country, folk with a twist of Canadian ruggedness, make Bob's music a great blend of enjoyment that my listeners enjoy on a regular basis," says Dave Wertman of Celtic Dew, WSLR Radio, Sarasota, Florida.

Bob Haughian's band comprises an elite and versatile group of Ottawa Valley musicians with varied roots in folk, rock, jazz, classical and world music. They paint exciting musical canvasses with fiddle, accordion, percussion, keyboard, harmonica and, of course, some rocking, country-Celtic guitars. The band includes Doug Slone (keyboards, accordion, fiddle and crazy-bong), Ardi Balca (bass and buffalo drum), Mark Nyvlt (guitars and banjo), Robert Libbey (guitar, harmonica and turtle shell rattles), Cyndi Kennedy

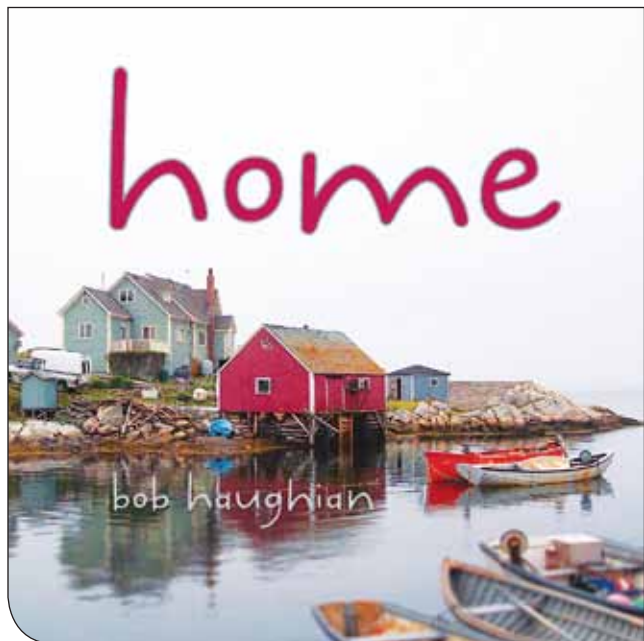
(vocals, percussion and native chants) and Darrell Medaglia (drums and train whistle). Further bios are available at <[bobhaughian.com](http://bobhaughian.com)>.

There is no cover, but donations to Relay for Life are appreciated. Come early and enjoy some great grub at JR's.

## The Civitans and Relay for Life

Serving the community of Almonte since 1972, the Almonte Civitan Club is dedicated to improving the Mississippi Mills area by helping others. Civitan members are involved in a variety of service projects. Through numerous fundraising projects, they are able to contribute monetary donations to individuals, groups, events and projects requiring help.

Relay for Life is the national signature event of the Canadian Cancer Society. It is a 12-hour, overnight, non-competitive event that involves teams of ten people who take turns walking, running or strolling around a track. It truly is a moving event and one you shouldn't miss out on! This year's Relay for Life in Mississippi Mills will take place on June 7, from 7PM to 7AM, at Gemmill Park.



The Bob Haughian band teams up with the Almonte Civitan Club for a Relay for Life Fundraiser on February 9 at JR's Downstairs Pub in Almonte

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*Carlos Morgado flamenco guitar*  
Feb. 14 & Feb. 28

# Studio On Three

What better way to come in from the cold and beat the February blahs, than to add some flash to your life by getting your photo snapped by Almonte's newest photographer, Cynthia Verboven, as she launches her new photography enterprise Studio On Three.

Following the success of her recent private photography campaign, The Fun'N Formal Family Christmas Photo Shoot (which raised over \$1200 for the Canadian Cancer Society), and inspired by the overwhelming support and encouraging words from participants, Cynthia decided to follow a dream, make the leap and open her own professional studio.

A student of Algonquin College's Photography Techniques in the School of Media and Design, she has studied under some of the region's most respected photographers, and continues to learn. Her focus will continue to be capturing the unique interactions and special moments that define families, and she is now officially widening her lens to include weddings, maternity, infants, events, businesses and boudoir, as well as photo restoration.

"I look forward to this new chapter in my career and want to publicly send huge heartfelt thank-yous to everyone who supported my previous fundraising photo shoot, which has ultimately given me the courage and personal motivation to go for this goal."

If you or any of your friends missed out on the first campaign, she welcomes you to her next ventures: Kiss For The Camera



Cynthia Verboven is launching her new photographic venture — Studio On Three — with a duo of fundraisers for the Canadian Cancer Foundation

— a family-centered Valentine's Day photo shoot, and Bare What You Dare — an opportunity for women, men and couples to have tasteful boudoir shots taken in a comfortable setting. Again, she will give a percentage of sales to the Canadian Cancer Foundation.

For more information and to find out how you can take advantage of her special introductory rates, please contact Cynthia at <info@studioonthree.com> or visit her website at <studioonthree.com>.

## MMLTC AGM: How Do We Influence, Interpret, and Sustain Our Rural Landscape?

The Mississippi Madawaska Land Trust Conservancy (MMLTC) will hold its Annual General Meeting on Saturday, March 2, beginning at 2PM at the Lanark & District Civitan Club.

A land trust helps landowners and serves the community to preserve and protect special areas of our landscape against harmful uses. Celebrating its tenth year in operation as a charitable organization, this year the MMLTC and its members will be welcoming the awarding of a two-year capacity-building grant by the Ontario Trillium Foundation. Members and new volunteers are invited to help with the ambitious and exciting program intended to grow MMLTC's abilities.

This year's guest speaker is Brian Osborne, Professor Emeritus of Geography at Queen's University. His talk is titled "People in Planning the MMLTC: Wilderness, Resource, Icon, Home?"

Working on the principle that the environment is as much a human construct as a scientific concept, this presentation will examine the role of people in creating a sense of place within the Mississippi River and lower Madawaska River watersheds. In fact, the MMLTC region owes much of its character to a particular landscape that has evolved through many generations of people working with nature and adapting to dynamic economic, social and

cultural contexts. We are now living in one such period of dynamism, as people look to sustain nature as part of a complex calculus of rural economics, community protection, quality of life and health concerns. Perhaps there is some wisdom to be gained by placing the present developments in a longer local trajectory.

Professor Osborne's research areas include aboriginal history, settlement history, cultural landscapes, and the role of the "culture of communications" in the development of a Canadian sense of place. Professor Osborne is a published author and has served as a consultant for the National Capital Commission, Heritage Canada, Parks Canada, Canada Post, the National Film Board, and the City of Kingston. Past president of the Ontario Historical Society and Kingston Historical Society, he serves on the boards of several heritage and community organizations. Professor Osborne also played a major role in the preparation of the submission for the recognition of the Rideau Canal and Kingston Fortifications as a UNESCO World Heritage Site. Among other honours, he is the recipient of the Queen Elizabeth II's Gold and Diamond Jubilee Medals.

The Civitan Club is located at 2144 Pinegrove Road in Lanark. Directions can be found on their website at <lanark-district.civitan.net>.

Come out for the fourth annual

Feb 23 10-5

# Mid-Winter Milling

*A Spiritual and Self-Awareness Day for Conscious Living*

Explore the delightful shops and cafés along Mill Street in Downtown Almonte and sign up for some sessions with area practitioners.

(Sign-up sheets will be available on the day except for those who will be just giving out fabulous information and offering free advice.)

<b>Adya Ishaya</b> ..... Mayan Bean Reader	<b>Almonte Natural Foods - 12 Mill St.</b> Health Food, vitamins, bulk food, gluten-free products
<b>Lesley Cochran-Hulcoop</b> ..... Hand Massage Therapist with doTerra Essential oils	<b>Vamos Outdoors - 14 Mill St.</b> Men's & Ladies clothing, footwear & accessories
<b>Lilly White + Linda Rawn</b> ..... Angel Therapist, Archetype Consultant + Reflexology	<b>Whitelight - 14 Mill St.</b> Home of the Trinity Table
<b>Dorothy Allemang</b> ..... Guided Meditation Practitioner	<b>Smitten - 14 Mill St.</b> Home Decor, jewellery, antiques, leather goods
<b>Nancy Browman + Yesim Gumus</b> ..... Soul Glimpse Readings + Tasseography (Turkish Coffee Readings)	<b>Almonte Antique Market - 26 Mill St.</b> A 2-storey multi-dealer market
<b>Nancy Kerr-Wilson</b> ..... Spiritual Intuitive using stones & crystals	<b>Soul Scents - 42 Mill St.</b> Fairtrade & Organic products to lift the spirit
<b>Wendy Suel of "Organized Focus"</b> ..... Mind Body Strategies for Creating Wellness	<b>Mill Street Books - 52 Mill St.</b> Books, puzzles, CD's, games, fun stuff
<b>Joanne Maclaren</b> ..... Psychic Reader	<b>Kentfield Kids/ Doree's Habit - 65 Mill St.</b> Children's wear, baby gifts, toys/ Fun & Funky Clothing
<b>Tamara Geddes</b> ..... Psychic	<b>Baker Bob's - 75 Little Bridge St.</b> Breads, cakes, pastries, confections & fine foods
<b>Sam Smith</b> ..... Tarot Reader	<b>Palms-The Coffee Shop - 78 Mill St.</b> Baked goods, lunches, desserts, espresso bar, tea
<b>Ken Mason</b> ..... Psychic	<b>Blackbird - 79 Mill St.</b> Home decor, jewellery, gifts
<b>Wanda Quinn</b> ..... Angel Card Reader	<b>Sisters - 83 Mill St.</b> Bed, bath, gifts & home decor
<b>Jean Hirst</b> ..... Astrologer	<b>Textile Traditions - 87 Mill St.</b> Fabric, yarn, quilting, & sewing supplies
<b>Karin Nakamura</b> ..... Certified Sound Balancing Practitioner	<b>Alliance Coin &amp; Banknote - 88 Mill St.</b> Coins, banknotes & collector supplies
<b>Johanna Smith</b> ..... Spiritual Intuitive	<b>Pêches &amp; Poivre - 89 Mill St.</b> Quality Fine food, fun & artful kitchen & dining ware
<b>Donna Kinniburgh</b> ..... Tarot Reader	<b>Keepsakes - 102 Mill St.</b> Gifts, jewellery, flowers, gift baskets

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