

FEBRUARY 2014

# the Hummm

free

Arts,  
Entertainment  
& Ideas



p.24 & 25

February's Events

**GET INVOLVED  
GET CONNECTED**

Volunteer Opportunities p. 7-12



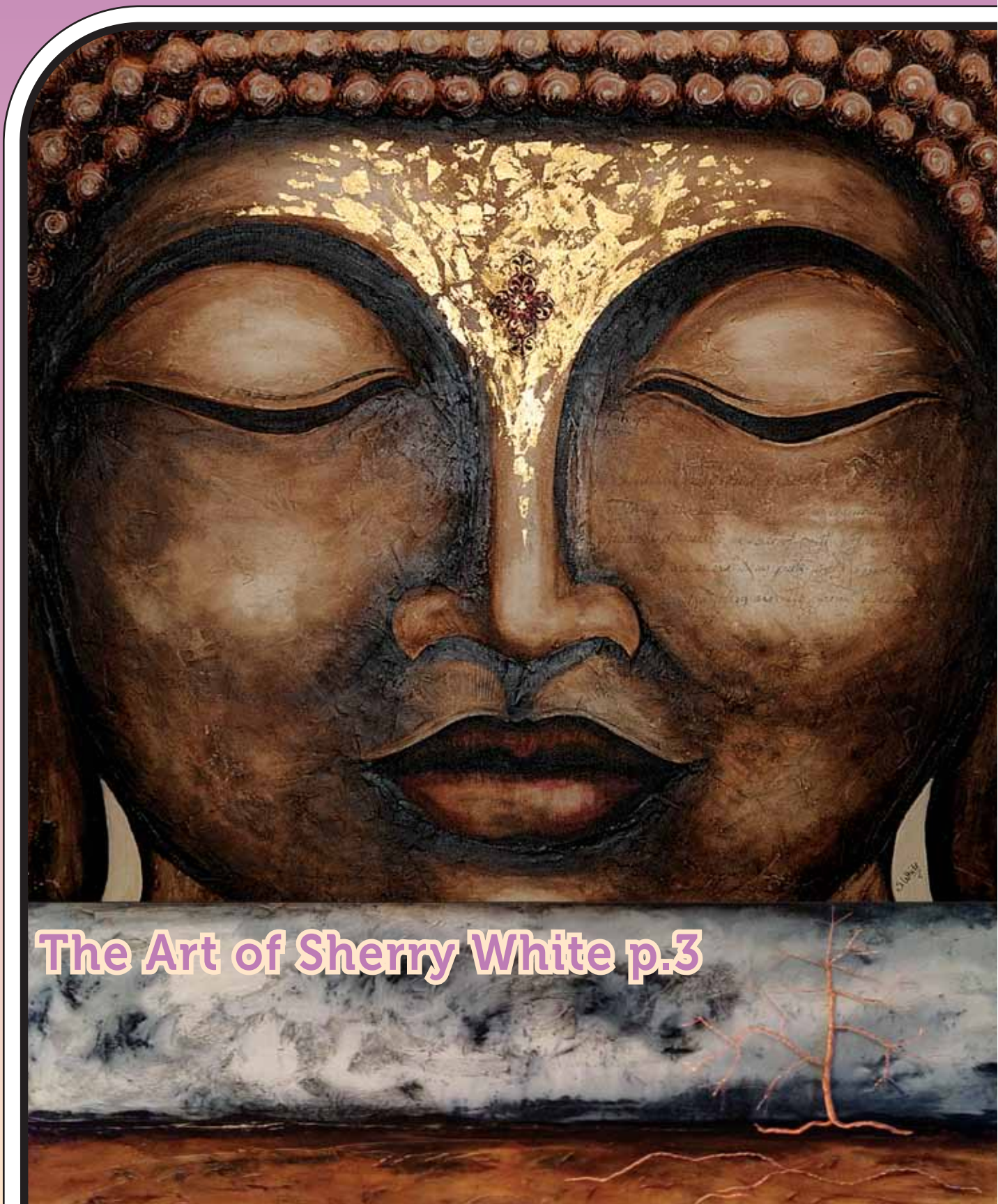
p.14 & 15

Embrace Winter!



p.4

Willy Wonka Jr.



**The Art of Sherry White p.3**

**Valley**  
DESIGN CO.  
22 Lake Avenue East, Carleton Place  
**257-1197**  
www.valleydesignco.com



Resolution for 2014:  
**Best Prices on  
Para Premium Paints**  
And the Best Service in the Valley!





"If anyone calls, d'you think you could say 'She's out at her pottery workshop' rather than 'She's gone to pot!'"



Perth's Anita Payne will be walking a total of 1000 miles as part of the Great March for Climate Action

### Readers Write

#### More Marchers Needed to Draw Attention to the Climate Crisis

The effects of climate change are occurring in Canada and around the world: more frequent and more severe storms, floods, heat waves, droughts, and wildfires. But there is little acknowledgement of the connection to climate change. Mayor Rob Ford said the recent ice storm was the worst storm Toronto has ever faced and hopes it never happens again. That may be wishful thinking. We can no longer delay action on climate change. A retired science teacher and climate activist, I will be stepping up my efforts as I join the Great March for Climate Action. The Climate March will be hundreds of people walking across America to call for action on climate change. It starts March 1 in Los Angeles and ends November 1 in Washington, DC. I am walking the first and last parts, a total of 1000 miles. I will carry a Canadian flag and hope to pass it on to other Canadians to carry for the whole March. People may join the March for one day or more. More marchers are needed to draw attention to the climate crisis. Please spread the word to anyone who may be interested in participating or supporting the Climate March ([climatemarch.org](http://climatemarch.org)).

For you and your children,

— Anita Payne, Perth, ON (Anita can be reached via Facebook <[facebook.com/anita.payne.9](https://www.facebook.com/anita.payne.9)> or Twitter <[@anitapayne111](https://twitter.com/anitapayne111)>)

## You've Been Robbed!

Here are several great reasons to be sure and head on over to [www.thehummm.com](http://www.thehummm.com) this month:

- You'll get to read columnist Steve Scanlon's excellent diatribe entitled "Raised on Robbery"
- You'll find all of Richard Skrobecki's article about artist Norman Takeuchi (excerpt on p.18), plus more images of Norman's work
- You'll see more photos of the many volunteers who make your community so vibrant

## But You Can Win!!

Last month, we gave away free tickets to **The Strumbellas** in Almonte and the **Downchild Blues Band** in Perth. Like us on Facebook or subscribe to our blog to see what this month brings!



Who's Reading the Humm

Back in late 2011, Lisa Walker wrote: "here is a photo of **Paul Hauraney** from Perth, Ontario. He is in the midst of a domino game in a small Garifuna village called Milton's Bight, population 400, on the island of Roatan, Honduras. The photo was taken by my husband, **Keith Walker**. We were invited guests and thought all week about where to take a unique photo and this seemed to show the true flavour of this beautiful unspoiled island." Coincidentally, Paul and Keith are both volunteers with the **Guatemala Stove Project** — you can see their listing on page 11 of this issue!

## Perianne Goes to Sochi!

I am trying to spread the word about a fundraiser for Nordic Olympian Perianne Jones. I have known Peri since the day we moved to Almonte 21 years ago, since she is a neighbour as well as a friend to my children. Peri and her family have always been great community members and supporters — you may know that her dad, Brad Jones, established and has always organized the Terry Fox Run in Almonte; that her mom, Judy Agnew, has supported art, music and the Farmer's Market in this community for many, many years; and that Peri's little brother Kieran is a ski coach. Peri is an alumni of G.L. Comba, Naismith Memorial, R. Tait McKenzie and Almonte & District High School, was an R. Tait McKenzie "Joy of Effort" Scholarship winner, once encouraged her classmates to run from Almonte to Parliament Hill to raise funds for ADHS Cares, returns often to Almonte to mentor young female athletes in the "fast and female" program, supports and loves SchoolBOX <[schoolbox.ca](http://schoolbox.ca)>, and is a great ambassador for the area! In short, she and her family have always supported the town, and now it is time for us to support her.

Perianne approached me some months ago to help her find a local corporate sponsor when she was tasked by Cross County Canada to raise \$10,000 in sponsorship. Rather than look for a big sponsor in our small community, I thought it would be so much more meaningful if we could all pitch in and support our local girl. The Town of Mississippi Mills agreed that she can wear the town "colours" — and by that I mean the logo — on her uniform, and this 10cm patch shows that we stand with her! Perianne is the only athlete from Lanark County participating in the 2014 Olympics. She has been announced to the Olympic Team for Sochi, and her chances of medalling are actually quite good. This is her second Olympic games, and she is seen as a hopeful, coming off her recent World Cup medal win in the team sprint, with teammate Dasha Gaiazova, on the same course that will be used in Sochi. One hundred percent of funds raised will go directly to support Perianne with her training and racing costs, and we will continue this fundraiser until the end of February, to allow as much time as possible for full participation.

If you want to support Perianne, there are several ways you can do so. Online donations are being accepted on her behalf at The Millstone News <[millstonenews.com](http://millstonenews.com)>, or you can visit the Almonte branch of the Royal Bank and make your deposit to the "Perianne Goes to Sochi" fund. You can also drop off your donation at Baker Bob's (a long-time supporter of Peri) in Almonte, or at Vamos Outdoors. Local schools are also collecting donations, so you can check with each school as to how you can help. All cheques must be made payable to "Perianne Goes to Sochi", so they can be deposited in this fund.

Remember to cheer Perianne on, even if you can't donate at this time. I am not sure of the timing of all her events yet, although they are guaranteed to take place between February 7 and 23. She will compete in several cross-country skiing events, including the individual sprint (February 11) and women's 4x5km relay (February 15), as well as possibly the team sprint, and distance events (10km classic and 15km pursuit). You can follow her blog at <[periannejones.blogspot.com](http://periannejones.blogspot.com)>!

— Jane Torrance

[www.thehummm.com](http://www.thehummm.com)



119 Bridge Street, PO Box 1391  
Almonte ON K0A 1A0  
Phone: (613) 256-5081

#### Editor:

Kris Riendeau  
[editor@thehummm.com](mailto:editor@thehummm.com)

#### Layout and Design:

Rob Riendeau  
[rob@thehummm.com](mailto:rob@thehummm.com)

#### Advertising/Promotions:

Kris Riendeau: (613) 256-5081  
[kris@thehummm.com](mailto:kris@thehummm.com)

#### Assistant Editor:

Rona Fraser  
[rona@thehummm.com](mailto:rona@thehummm.com)

#### Calendar Submissions:

[calendar@thehummm.com](mailto:calendar@thehummm.com)

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, Smiths Falls, Burnstown, White Lake, Renfrew, 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!

#### Submissions

By email or on disk.

#### Content Deadline:

20<sup>th</sup> of the month prior to publication

#### Advertising Deadline:

22<sup>nd</sup> of the month prior to publication

#### Subscriptions

cost \$35 (includes HST) for one year (12 issues). Send a cheque with your name and address to: theHumm PO Box 1391 Almonte ON K0A 1A0

Opinions and information published in theHumm in letters, press releases, or individual columns do not necessarily reflect the opinion of this newspaper.

All writing, artwork, and photographs published in theHumm are copyright to the author, or to theHumm in the case where no author is specified. Reprinting any content without permission violates copyright and is prohibited (and despicable!).

#### Thanks this month to:

VOLUNTEERS! You make the Ottawa Valley, and the world, go round!

# Sherry White – Art Illuminates Meaning

In 1943, in his classic *The Little Prince*, Antoine de Saint-Exupéry wrote: “Each man must look to himself to teach him the meaning of life. It is not something discovered: it is something molded.” Mixed-media artist Sherry White echoes his insight when describing her personal journey of discovery through her art. “Art is my path, a part of my soul.” It is the vehicle by which she is exploring humankind’s age-old mystery: the meaning of life.

by Sally Hansen

With her transcendent paintings White creates an atmosphere of tranquility that is a balm and an invitation to the soul. Her mixed-media works shimmer with energy. The subjects are as diverse as her spiritual explorations. Buddha, geishas, trees, birds — in her artist’s bio she describes her work: “Pulling from her connection to Mother Earth and her spiritual search, she creates works of art that evoke feelings of peace, warmth, and serenity.”

Her canvases reflect her ongoing quest for answers to questions many of us avoid by playing the game of life in a much different way. Instead of surfing the web or flipping on the TV or going to the mall, White sits down with a blank canvas and ponders the ineffable. Sometimes inspiration comes from a conversation, sometimes from a saying, sometimes from an image, often from her subconscious.



Years ago, an old friend showed her a portrait of Buddha that the friend had painted. Sherry remembers the visceral reaction she had to the image. Her immediate response was to start experimenting with her own portrayals of the spiritual leader, and to delve further into his teachings. Like Buddha, White is seeking a path of spiritual development, searching for insight into the true nature of reality. She explains that: “My whole journey is about *Why? Why are we here?*”

White’s art is both her path and her meditation. As she puts it, “I was born into this world an artist. It is in my bones, in my thoughts, a part of my soul.” Her earliest memories are of copying cartoons and sketching faces as a child. A true Valley Girl, Sherry was raised in Lanark. Her Prussian ancestors had settled near Plevna (about 80km northeast of Perth) around 1870, and Gorr Mountain is named after them. As a student at Perth and District Collegiate Institute, Sherry’s favourite subject was art. She vividly remembers her teacher, Mrs. White (no relation), putting on a Cat Stevens recording and gently encouraging her students to create. “I thought she was a hippie,” Sherry recalls fondly.

After high school, Sherry moved to Gatineau to start a family with her musician husband. When the marriage ended, she attended design school in between her responsibilities as a single mother of three small children. Her talents earned her a job in high tech at Systemhouse. When the company downsized ten years later, White formed her own graphics design company and continues to freelance. Check out <whitedesigns.ca> to see the range of services she provides.

Music continues to play a big role in Sherry’s life, not only as a muse to her art but in her role as a backup performer with her sister, singer/songwriter Peggy White of Almonte. They both remember their mother and father belting out country tunes in their dining room, and they and their other three siblings carry on their parents’ love of music.

When her kids were still young, Sherry began to nourish her own soul by painting, taking occasional oil and watercolour classes. Following a clay sculpting class at the Ottawa School of Art about ten years ago, she started creating wall sprite planters and discovered they were a huge success at artisan shows around the Ottawa area. It struck me that even her whimsical sprites exude an aura of inner peace and contentment.

A few years ago, a course with artist Christina Lovisa spurred White’s experimentation with mixed-media techniques to a new level. Her recent works, featuring copper wire trees against surreal skies, invite the viewer to visualize new beginnings, new paths. The juxtaposition of phrases or words in some of her works also stimulates the imagination. By giving herself the freedom to explore the possibilities of layer upon layer of different mediums, she has “found her artistic groove.”

## A Circuitous Path

Seven years ago, Sherry moved from Gatineau to embark on another venture with her sister Peggy.



The two opened The Groundz Juice Bar and Café in the centre of Almonte, creating a venue for art, music and interesting light refreshment. After a few years, both concluded that running a café was not where their paths were destined to take them. After selling the business, Sherry moved to Stittsville, where her multi-talented partner has been converting their home into an amazing space, ideal for showcasing Sherry’s mixed-media art.

The atmosphere they have achieved is remarkably soothing; it feels like a refuge for the soul. My reluctance to leave makes me realize that White has achieved her artistic goal of evoking “feelings of peace, warmth, and serenity.” I am tempted to contact the proprietors of her two recent exhibitions to enquire whether they noticed a change in ambiance while her paintings were on view.

In the 4<sup>th</sup> century BC, Plato defined man as “a being in search of meaning.” Today the literature and the press are replete with humans’ ponderings about the effects of our new, ubiquitous and constant wireless connectedness. Is it at the expense of our connectedness with ourselves? Living in the presence of one of Sherry White’s compelling art works just might open the door to a richer contemplation of the meaning of your life.

You’ll find even more images of her work on theHumm’s wonderful new website <thehummm.com>. To fully experience the emotional pull her pieces exert, see them as she created them at Equator Coffee Roasters in Almonte during the month of May. You can find all of Sherry’s contact information on the back of her Artist Trading Card, or you can follow the links from our site.

Fall in love with amethyst – February’s birthstone

amethyst and yellow gold earrings \$650

**Kehla**  
Jewellery Design

88 Queen Street, Almonte 613-256-7997  
www.kehladesign.com

INTRODUCING

**WOW!**

**WEDNESDAYS**

THE BEST DAY OF THE WEEK!

**WOW**

SPECIALS IN EVERY DEPARTMENT!

AND

**DOUBLE AD THURSDAY!**

DOUBLE DEALS THROUGHOUT THE STORE!

SALE DATES: THURSDAY TO THURSDAY

SAVING YOU MORE, MORE OFTEN!

available at

106 Wilson St. W. Perth, ON  
613.267.5409

Mon-Thurs 8am-8pm Sat 8am-6pm  
Friday 8am-9pm Sun 9am-6pm

a different kind of food store

**WHO** Sherry White  
**WHAT** Mixed Media Artist, Sculptor, Graphic Designer  
**WHERE** Home Studio at 28 Ember Glow Ct., Stittsville, <sherrywhite.ca>, <swhitedesign@gmail.com>, 298-9962, <whitedesigns.ca>  
**WHEN** Feb-Mar, Blue Bamboo Yoga, Jackson Trails Mall, Stittsville <bluebambooyoga.com>, 435-9447; May, Equator Coffee Roasters, Almonte <equator.ca>, 256-5960  
**WHY** "I was born into this world an artist. It is in my bones, in my thoughts, a part of my soul."

ARTIST TRADING CARD

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



**Tancook Bell Tutoring**  
 Over 30 years experience  
 Specializing in:  
 Learning disabilities, ADHD, Dyslexia,  
 Non-Verbal Learning Disability, Asperger's,  
 Anxiety, Depression, Self Esteem Issues,  
 Study Skills

**Contact:** Bonney Hunt, B.A., B.Ed., M.Ed.  
 125 Glen Abbey Court, Pakenham  
 bgh.hunt@live.ca 613-730-3970

Accomplishment Appreciation Creativity Diversity

Like *theHumm* on  
**FACEBOOK!**

Studio Theatre Productions  
 presents

*Leaving Home*  
 by David French

A Newfoundland family far from home and  
 out of their depth -  
 a classic Canadian tale

February 13, 14, 15, 21, 22 at 8:00 pm  
 February 16, 23 at 2:00 pm

The Studio Theatre, 63 Gore Street E, Perth,  
 Overlooking the Tay Basin

See our article this edition or visit  
[www.studiotheatreperth.com](http://www.studiotheatreperth.com) for details

# Ticket Winners Stage Play about Chocolate

Have you ever heard of the Mississippi Mudds? Well, if you're into drama and being social, the Mudds is the perfect group for you! And they are very accepting, and a lovable and fun group to be in. For the Mississippi Mudds Youth group, the age range is 8 to 18 — for the teen group, 12 and up — and kids can sometimes audition for the adult shows, depending on the show (pantos are a great place to start!). The people in the Mudds are absolutely incredible and fun to be around; you will meet so many new friends. I know I have.

To see how the Mudds Youth perform, you can come and see our upcoming show: *Willy Wonka Jr.* If you're a fan of chocolate (and who isn't), this is the play to go to. For those of you who don't know the story of Willy Wonka (played by Lydia Charon), it is a story about a man who owns a chocolate factory filled with candy surprises! In this play you will love the adorable Oompa Loompas — Willy Wonka's workers from Loompaland — who not only sing but also dance.

As well as the Oompas, the cast includes the golden ticket winners who won a tour of Willy Wonka's factory. The ticket winners are: Augustus Gloop (played by Mason Frazer), Veruca Salt (Maddy Martin), Violet Beauregarde (Hadleigh Williamson), Charlie Bucket (Hanna Pringle), and Mickey Teevee (played by me — Gillian Whitlock!). These are some very quirky characters! Augustus is so obsessed with chocolate and food that he has lived in the dining room since he was four! Veruca is a spoiled little brat who not only wants everything but also practically always gets what she wants. Violet has such a fixation with gum chewing that her dream is to have a lifelong stick of gum. Mickey Teevee is so passionate about video games that she rarely ever does anything else because she thinks that she can see it all on TV! Charlie, however, is the good child and, although she makes a few mistakes, she owns up to them and, no matter what, she is always thinking positively.

These children also bring along their very quirky parents: Mrs. Gloop, Mr. Salt, Mrs. Beauregarde, Ms. Teevee and, of course, Grandpa Joe. The cast also includes Mr. and Mrs. Bucket, Grandma Josephine, Grandma Georgina and Grandpa George.

And let's not forget the amazing Candy Kids/Imagineers who sing in the chorus for the first act, and in the second act they work into the set by making shapes and structures along with choreography

to make the set literally come to life! The Candy Kids/Imagineers are a huge part of this production because they have so much choreography to learn.

If you join the Mudds, you will not only make many new friends, but will also have the experience of being onstage in the spotlight. I know that theatre has been the right group for me, so maybe it will be the right group for you. I hope to see new faces at our next auditions!

The Mississippi Mudds Youth Theatre will present *Willy Wonka Jr.* at the Carleton Place Town Hall (175 Bridge Street) on February 21, 27 and 28 at 7PM, and February 22, 23 and March 1 at 2PM. Tickets, \$10, are available at the Carleton Place Chamber of Commerce at 132 Coleman Street (257-1976). To find out more about other upcoming performances, visit <mississippimudds.ca>.

— Gillian Whitlock is a member of the Mississippi Mudds Youth Theatre



The Candy Man (played by Abbie Giles, left) invites Charlie Bucket (Hanna Pringle) into Willy Wonka's chocolate factory. You can go too, because the Mudds Youth Theatre's production of *Willy Wonka Jr.* opens on February 21.

**Century 21**  
 Explorer Realty Inc.™  
 Brokerage Independently Owned and Operated

**Kathy Duncan**  
 Sales Representative  
**sells homes... LOTS OF THEM!**

**Ask Kathy,**

- what's my house worth? • what's the market doing?
- what's sold in my neighborhood? • what's the cost?
- what should I do now?

**Call Kathy NOW for a FREE market evaluation of your home**

**Cell: 613-883-8008 Office: 613-256-2310**  
 Email: [kathyduncan@rogers.com](mailto:kathyduncan@rogers.com)  
[kathyduncanhomes.com](http://kathyduncanhomes.com)



# It's Seed-Swapping Time!

"There is no price to seed, which is why the commodification of seed is such an outrage," says Dr. Vandana Shiva, global activist for seed-saving and traditional foods. "The act of seed saving is such an important political act in this time."

For the third year, the **McDonald's Corners Farmers' Market** is hosting a seed swap at the MERA Schoolhouse, on Saturday February 15. Bring seeds — the ones you saved from last year's garden or the leftovers (commercial or saved) that you didn't plant. Bring containers (small bottles or envelopes) plus labels and markers for the new-to-you seeds that you'll take home. Bring friends to share the fun!

The seeds are all priceless, as we try to live the principle of free seed supply. New this year is an opportunity to purchase garden accessories such as books and utility aprons. If you have garden-related items that you would like to sell, please contact Kristine Swaren at 278-1226 at least a week ahead.

Although it's a drop-in, any time between 10AM and 2PM, be warned — you will want to stay for a while to share gardening tips as well as seeds! The farmers' market will be providing café service with yummy treats.

For more information on when, where, and what to bring, please visit the McDonald's Corners Farmers' Market page on Facebook, or the MERA website at <meraschoolhouse.org>.

**Ottawa's Seedy Saturday** will be held on March 1, from 10AM to 3PM, in its usual spot: the Ron Kolbus Lakeside Centre at Britannia Beach (102 Greenview Avenue). For those of you who've not yet been, it is primarily billed as a seed sale and exchange, but all businesses and associations of an organic, horticultural or ecological nature have a place. It is a great source of information, local seeds, local products (honey, bread), and more. There will also be a swap table: each item brought to the table allows you to exchange it for another item. The items can be seeds, plants, cuttings, booklets, magazines and any other garden related objects. For further information, contact 521-8648 or <Greta@seeds-organic.com>.

**Perth's Seedy Sunday** is on March 2, 10AM to 3PM at the Perth Legion (26 Beckwith Street East). Admission is free and there will be many vendors and community groups with information on seeds, sustainability and gardening. They will have a swap table as well, for seeds and gardening-related items, food for sale,



Ready to swap at MERA: seeds, both commercial and home-saved.  
Ready to share ideas: lots of books and seed catalogues!

and there will be draws for items donated by vendors. There will also be lectures throughout the day, including Gardening without Pesticides by Ed Lawrence, and Organic Farming in Cuba by Maureen Bostock. For further details, contact Sarah Mackenzie, president of the Perth Farmers' Market, at 284-0578 or <sarah@hollyhockgrange.ca>.

Readers further up the Valley can head to Fellowes High School, 420 Bell Street in **Pembroke**, for their Seedy Sunday, also on March 2, 10AM to 3PM. They're proud to say their event

inspires and supports sustainable living. You can explore the seeds and plants for sale, talk with local food producers and environmental groups, and attend gardening presentations. Remember to bring your own seeds, plants or other gardening goods to exchange at their Swap Table. Enjoy the local lunch, local musicians, sharing knowledge, and meeting with friends. All new and experienced gardeners, locavores and the curious will want to attend! For more information contact Claire Lepine at 628-1836 or <claire42@hughes.net>.

# Incubator Kitchen Seeks Partners

It is a harsh reality that one of the most important links in the local food chain — small-scale food processing — is a difficult business to both enter into and keep going. New and existing small-scale food producers often struggle with adherence to strict, and often rapidly changing, food production regulations, not to mention the initial set-up expenses for commercial kitchen equipment.

Fortunately, through the concept of a local food hub, Lanark Local Flavour may have found a means of assisting new and existing food production businesses with these struggles, and is currently seeking out potential incubator kitchen sharing partners for the proposed Smiths Falls food hub location.

A **local food hub** is a centrally located facility dedicated to coordinating aggregation and distribution of locally grown foods, to the benefit of both growers and purchasers. One of the main purposes of a food hub is to help recreate the local food infrastructure that has been lost over the past several decades. Plans for a Smiths Falls food hub are currently in the development stage, and establishing kitchen cost-sharing opportuni-

ties with producers is one of the next steps in the process.

A recent Local Food Hub Assessment Study encompassed a comprehensive survey of over ninety growers and purchasers who expressed an interest in seeing the Smiths Falls food hub reach completion. Originally centered in the Lanark/North Leeds area, survey feedback was received from growers and purchasers as far away as Brockville and Pakenham. Preliminary results of the study have noted those surveyed were interested in multi-farm aggregation, collective marketing, and easier access to larger volumes of locally grown food.

"The findings from the survey also revealed a strong desire from growers to create their own value-added products," Cheryl Nash, of EcoPerth's Lanark Local Flavour, explained. "This led us to explore the idea of an incubator kitchen, to see if there are others in the community interested in talking about this."

An **incubator kitchen** offers assistance to early stage, small scale food production businesses by alleviating the stress of meeting food safety regulations, as well as saving the initial

capital investment required for commercial kitchen equipment. Space-sharing opportunities are of particular value to new businesses, but existing food production enterprises can also benefit. Start-up businesses may have more difficulty acquiring venture capital until they have established their business model; an incubator kitchen bridges that gap in economic development.

The local food hub incubator kitchen-sharing opportunity would be ideal for new and existing food production businesses such as caterers, bakers,

wholesale food producers, street vendors, home-based businesses or businesses looking to expand into a new market.

As part of the local food hub, the incubator kitchen will be located in the Smiths Falls area and will meet commercial kitchen and food grade production standards.

Business owners or individuals interested in exploring an incubator kitchen partnership possibility with the local food hub should contact Cheryl Nash at <cheryl@ecoperth.on.ca> or at 268-2907 by mid-February.

## TUNES AT THE TERRACE

Live Music

Feb 4	Ed Boot
Feb 11	Tim O'Neil
Feb 14	Valentine's Dance with Grateful We're Not Dead
Feb 18	Tom Valliquette
Feb 25	George Chenier Sr.

Shows start at 7PM and are FREE.  
All are welcome (especially seniors)

**CARLETON PLACE**  
TERRACE *by Symphony*

6 Arthur St., Carleton Place  
613-253-7360

GET OUT AND ENJOY THE SNOW FOR LESS

# WINTER SALE

ON SELECTED ITEMS FROM MOST BRANDS  
ALL ACCESSORIES UP TO 50% OFF

35% Off

All Columbia, including men's & women's clothing, outerwear and accessories!

"Come in to feel the love"

Kids' baselayers too!

30% Off selected winter

All remaining insulated footwear

up to 60% off

OUTDOORS

14 Mill Street, Almonte  
613.461.2000  
open 7 days a week

# May I Volunteer a Suggestion?

*Disclaimer: Please consult a volunteer before heeding any of the following advice. Got a question? Email Miss Write at <misswrite@thehummm.com>.*

**Dear Miss Write,**

I am involved with an organization that relies entirely on volunteers. I understand that it's important to value and thank them (us), but when everyone is volunteer-

In the interest of avoiding asking anyone to work any harder than they already do, I suggest you keep it simple. I have two ideas. The first is to compose handwritten letters to each person telling them just how incredible you think they are and acknowledging their contribution to your cause. I realize that's asking you to do a little work, but you could share this task with the other honchos, and I know you will be rewarded ten-fold by the response.

The second suggestion is ongoing. When I worked at the GAP many years ago, we had a board posted in the staff room covered in little cue cards. The cards were posted by employees, and each had a little message conveying something positive about a co-worker. Some would be little comments overheard by happy customers about the service they received from an individual. Some would simply say "I really enjoy working with Sarah. Her positive attitude makes me happy." Every time we'd walk into the staff area we'd be greeted by this board filled with positive comments about the work we were doing. Seeing our name up there would make us feel appreciated and we'd be motivated to do more good. It was also a simple vehicle for all of us to express our feelings about the people we spent so much time with. At the end of each month, all these notes would be collected and the manager would draw a name to win a gift certificate to the shop, or a coffee coupon... something little that made a big difference in how much

we enjoyed our jobs. This idea has stuck with me over the years and I think it might be just the ticket to keep the momentum going for your volunteers and spread the "thank yous" throughout the year.

**Dear Miss Write,**

Is it rude to kick the buffalo nuts off your car in someone else's driveway?

— *Winter Wondering*

**Dear WW,**

I think your hosts will understand if removing the "buffalo nuts" (I'm assuming you mean the brown clumps of snow that get lodged in your wheel wells, right?) is something you need to do to get home safely. This is Canada. It's also February. It's flipping freezing out. What are you going to do? Back out the driveway, get out of your warm car and do it on the street? No. You're not. (And a real friend wouldn't want you to.) Just do it. Be discreet, and don't take it overboard. A little dirty snow on a driveway never hurt anyone. Now maybe, if this is one of those schmancy heated driveways that's pristinely snow-free year round, I would answer differently. Or maybe I wouldn't. Those clumps deserve to get a little dose of Canadian winter reality every now and then. (Read: I'm just jealous.)

**Dear Miss Write,**

How can I get my kid to stop complaining?

— *The Whiniest Kid on the Block's mom*

**Dear WKOTBM,**

Are you kidding me with this question? The question should not be how you get your kid to stop complaining. The question is how do you avoid having to listen to that tiresome grovel. As I've said before, I am no parenting expert. In fact, I'm about as good at parenting as I am at gambling. I have, however, experimented with a few ideas that have worked (if temporarily) on my pesky spawn. The best of which is ignoring them to the point of defeat. Theirs. Not mine. If one starts to whine, I literally leave the room. I. Am. Gonzo. If, say, I'm confined in a moving vehicle or a tent (God forbid), I have been known to turn up the music, bury my head in a pillow or toss a stuffy in their direction while shrieking "Don't tell me, tell *this* guy!" The honest (sad) truth is I don't know how to stop a kid from complaining. I don't think it can be done, frankly. Good luck mom. That, and a healthy dose of patience (dig deep) are the only things that can save you now, friend.

— *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 Timmy's night shift worker how to cut back on caffeine. Only difference is she doesn't have a column in this fine publication.*

by Emily Arbour

ing, it's hard to find extra time to devote to that. Can you suggest some ways that we could make everyone feel special without burning out the head-volunteer-honchos?

**Dear T/A,**

Thank you for volunteering. As a member of a small community, I know first-hand a) how important volunteers are, and b) how easily volunteers become overworked/under-appreciated. The super thing about volunteers is that they are givers. Their expectations are low when it comes to being rewarded for their efforts. A little can go a very (very) long way to making these people feel special. After all, they're doing what they do because they find the work rewarding on some level. Anything they "get" out of the experience is, as they say here in the Valley, "gravy".

**THE MISSISSIPPI MUDDS**  
Youth Theatre  
Proudly presents....

Roald Dahl's  
**WILLY WONKA JR**

Evening Performance  
February 21, 27 and 28 at 7pm

Matinee Performance  
February 22 and 23 at 2pm  
March 1 at 2pm

Carleton Place  
Town Hall  
175 Bridge St

Tickets available at:  
CP Chamber of Commerce  
132 Coleman St

or by calling:  
613-257-1976

Words and Music  
by Leslie Bricusse  
& Anthony Newley  
Adapted for the Stage  
by Leslie Bricusse &  
Timothy A. McDonald  
Based on the book  
Charlie and the Chocolate Factory  
by Roald Dahl

Tickets \$10

Visit - [www.mississippimudds.com](http://www.mississippimudds.com)

**WWW.CSTYLE.CA**

In a world where you can be anything  
Be yourself

**C Style Fashions is a Carleton Place**

Rockabilly,  
PUNK  
Goth,  
RETRO  
and Pin-Up  
Store

163a Bridge Street  
Carleton Place  
613.257.8118

Find us on  
**Facebook**

HELL BUNNY  
Spin Doctor  
TUK  
Mercy  
Lux de Ville  
Steady  
Follet  
RETROLICIOUS

# 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!



(above) After six successful performances of *Marion Bridge* in 2013, the Valley Players of Almonte were pleased to donate \$1000 to the Hub Hospice. The money came from their 50/50 draw, winnings returned by the recipients, anonymous donations and a contribution by the Valley Players. Find out more about the Valley Players on page 8, and about Hub Hospice on page 11.

**UPCOMING SHOWS**

**Gallipeau Centre Theatre**

**WINTER SEASON PROGRAM**

**Feb. 8 - Ottawa Valley Opry** with Jamie McMunn and Freddy Dixon

**Feb. 14 - Tribute to the Four Seasons - Walk Like a Man** with Smiths Falls own "Rukkus" opening act

**March 1 - Abba-mania and Night Fever** Tribute to Abba and the Bee Gees

**March 16 - When Irish Eyes are Smiling** with Robin Averill and Seamus Costello, and Mountain Tay

**March 22 - Only the Lonely** tribute to Roy Orbison with Vili Vee with Rukkus as opening act

**TAG PRODUCTIONS ALL SHOWS ONLY \$29.50 EACH OR LESS WITH BUNDLING**

**Tickets:**  
www.ticketpro.ca  
or 1-888-655-9090  
or 613-283-3717

**GALLIPEAU THEATRE.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 and Renfrew Counties 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 <almonteinconcert.com> to learn more about us. For anyone interested in joining the team, the Board of Directors is seeking new members. We need help in many areas — treasurership, fundraising and sponsorship initiatives, programme ad sales, mailing and email list management, brochure and poster distribution, front of house and stage management. Please contact <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 10,000 square foot in-ground concrete skatepark in Gemmill Park. 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, Calvin Murphy 256-1077. Info: <almonteskatepark.ca>



The **Almonte Trad Song** session meets the fourth Sunday of the month upstairs at the Barley Mow. Anyone is welcome. We revive the days when people gathered informally in a local pub to sing for their own pleasure. Most songs are from the British and North American traditions, including sea shanties, old gospel tunes and anything with a good chorus, so that everyone can join in. For more info, see <shantyman.ca/TradSing> or call David Baril at 355-5552.

**Arts Carleton Place** is planning a summer community fundraiser with artists and performers in an idyllic setting. Stay tuned for further details. If you want to get involved, join as a new member or volunteer your expertise to make it happen. We need you to support the arts! Contact us at <artscp@bell.net>.

**Fieldwork** is a volunteer-run outdoor public art project near Perth. We are looking for volunteers to assist in several aspects of our work this year: copywriting, communications and public relations, as well as occasional help assisting artists during the installation of their work. If you have energy, skills and experience to contribute, please contact us at <fieldworkproject@gmail.com>. Information about Fieldwork can be found at <fieldworkproject.com>. Join us in our efforts to make this 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 Mills Beautification Committee** is looking for interested volunteers to assist with tree maintenance, pruning, watering and planting. We are also always in need of gardeners — no experience necessary, just the desire to get a little dirty. Please contact Tiffany MacLaren at <tmaclaren@mississippimills.ca> or 256-1077 x22.

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 21, our Youth Theatre presents "Willy Wonka Jr." and on March 28 we open "Fox on the Fairway", a fast-paced comedy about golf course rivalries. Meanwhile, we are planning the family musical "Cinderella" to open November 28. Visit <mississippimudds.ca> or email <info@mississippimudds.com> to get involved.

The **Perth Community Choir** is excitedly preparing for the 2014 fall production. The call for show proposals has gone out, and we are excited to see what ideas our community has to offer. This year we are seeking a show that will allow people of all ages to perform in and enjoy the show. Keep watching for some fun new mid-year events to help enjoy PCC year-round. For more information, "like" our Facebook Page, or email <perthcommunitychoir@gmail.com>.

The **Studio Theatre** in Perth is in the midst of its exciting 2014 season! Our upcoming productions of "Leaving Home", "The Lion in Winter" and "Little Women — The Musical" are in rehearsal, and great opportunities abound for anyone interested in getting involved with the thrilling world of theatre. We currently need volunteers to staff the front of house position, plus actors, stage crew, and more. Visit <studiotheatreproductions.com> for details or contact Anne at 264-0670. You'll love it!

## GET INVOLVED / GET CONNECTED

The **Valley Players**, Almonte's renowned theatre group, are underway with an exciting 2014 season. With the well-received presentation of the Governor General's Award-nominated play "Marion Bridge", there is still ample opportunity to come out and get involved! We need YOU! Have you every wanted to bring your idea to the stage? Let us help you make it happen. Check out <valleyplayers.ca>, our Facebook page "The Valley Players of Almonte" or contact Peter Meyer at <info@valleyplayers.ca>.

The **West Carleton Arts Society** is a 25-year-old non-profit group of high energy, talented artists and fine-craft-people looking to attract new members. Thanks to our dedicated volunteers, we have an active schedule, including monthly ARTiculate fireside artist chats, annual Spring Into Art Conference, ARTstavananza summer art festival and our fall Expressions of Art fine art and crafts show and sale. For more information on these and other activities, as well as membership benefits and fees, visit <westcarletonartsociety.ca>

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, decoration set-up, 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, visit <youngawards.ca> or contact Julie Argue at <foodiesfinefoods@gmail.com>.

## 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 to Sunday, July 4 to 6.

The 2<sup>nd</sup> annual **Carleton Place Winter Carnival** is scheduled for February 22, 2014. 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 22 at a number of events, including: the outdoor "Country Starry Night" Dance and Kid Zone. For details, visit <wintercarnival.carletonplace.com> or contact Sarah Cavanagh <arizaconsulting1@gmail.com>.

The **Classic Theatre Festival**, Ottawa Valley's professional summer theatre, presents classics from the golden age of Broadway and London at a new venue (54 Beckwith Street East, Perth). 2014 summer season features Neil Simon's comedy "Come Blow Your Horn", and Frederick Knott's mystery thriller "Dial M for Murder". 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>.



**Heritage Mica Days** runs from late June throughout the summer at Murphys Point Park. Volunteers are needed for cultural and heritage interpretation at the Silver Queen Mine, greeting guests, assisting with outdoor theatre productions, fundraising and community outreach. Heritage costumes and/or festival t-shirts are provided for all volunteers. Training and mentoring are included. High school students are welcome and can earn community service hours. Full information available at <heritagemicadays.ca>. Contact us at <events@heritagemicadays.ca> or 267-5340.

Join a dynamic team of 60 volunteers for the 19<sup>th</sup> annual **Ottawa Valley Midsummer Herbfest**, Sunday, July 27, at the Herb Garden, 3840 Old Almonte Road. This festival hosts a large marketplace of over 99 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 George at <herbs@gamma.ca>.

**Mississippi Mills Bicycle Month** is a volunteer-run community festival in June that 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 256-3379.

The **Ottawa Valley Music Festival**, featuring Ambush, Howard Hayes, Joyce Lindsay, Clyne Brothers, Richmond Ramblers, Lyle Dillabough and Arlene Quinn, takes place on June 28 and 29 at the Gallipeau Centre in Smiths Falls. We need volunteers to help set up, sell tickets, be hosts, park cars, park motorhomes, and assist backstage. Please contact Jim at <tag.productions.Gallipeau@gmail.com>.

Love working with people? On August 9 and 10, 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 <watson@themills.on.ca>.

Care for a spot of fun? **Tweed Ride Almonte** is up for another round this September. The Tweed Ride celebrates retro rides in style and raises money for schools in Haiti. While neither vintage bicycles nor vintage threads are required, dressing up is most definitely encouraged. We are recruiting for this year's organizing committee. Talk bicycles and vintage over a pint at our first meet-up, or join us later in the season — details at <facebook.com/TweedRideAlmonte>.



Photo courtesy of DeSo Photography

## Do You Need Student Volunteers?

Carleton Place High School is opening its doors to invite local groups and organizations to attend the **Spring Volunteer Fair** on Tuesday, April 15.

The Volunteer Fair provides groups of students from CPHS the chance to learn about the "Importance of Community Volunteerism" and meet various local volunteer organizations that could assist them in achieving their 40 hours of community volunteer time.

The Volunteer Centre of St. Lawrence-Rideau will be providing inspirational stories and discussion on "why students should volunteer in their community" and "how it affects future employment opportunities". This is a great event for local

groups who face the challenge of finding volunteers for their organizations.

This is a FREE event, and table and chairs will be provided. To find out how your organization can be part of the upcoming Volunteer Fair please contact: Jessica Smith at 257-1704 or <jsmith@cpcarleton.ca>, or Amber M. Hall at 257-1976 or <amber@cpchamber.com>.

The Volunteer Fair was coordinated as part of a Community Engagement Plan that is being undertaken by the Carleton Place & District Chamber of Commerce, the Carleton Place Farmers' Market and the Town of Carleton Place with funding from the Ontario Trillium Foundation.



Pay us a visit in February to view one of Canada's finest private collections of "Love Tokens" (a popular 19<sup>th</sup> century tradition of engraved coinage)

## Alliance Coin & Banknote

88 Mill Street, Almonte

613-256-6785

## LAKEPARK

circa 1887

SUNDAY BREAKFAST BUFFET, 9:30 TO 2PM

COUNTRY JAM EACH FRIDAY  
WITH GUS MCCORMICK, 8PM

SAT FEB 8, EAST COAST KITCHEN PARTY  
HOME STYLE PASTA BUFFET  
WITH THE JEFFERSON'S AT 9PM

FRI FEB 14 VALENTINE'S DAY  
PRIME RIB, SALMON, PASTA  
PERFORMER SARAH MITCHELL, BOOK NOW!

SAT FEB 15 COUNTRY PARTY  
WITH LITTLE CALIFORNIA 9PM

SAT MAR 1<sup>st</sup>, AMBUSH DINNER EVENT AND PARTY  
TICKETS ON SALE NOW

100 CEDAR AVE., CARLETON PLACE  
JUST OFF LAKE PARK ROAD

613-591-9990

WWW.1887LODGE.COM



# The Table Community Food Centre

Volunteers are a vital part of any healthy community. Two years ago, when the Perth and District Food Bank transitioned into **The Table Community Food Centre** (CFC), there was a much greater need for volunteers to help out. Many kindhearted folks from the Perth area heard that call and quickly filled that need, and today The Table CFC has become an integral resource for the town.

Samantha Davidson, Volunteer and Advocacy Coordinator at The Table, says volunteers are invaluable to their organization, whose mission is to “increase access to healthy food in a manner that maintains dignity, builds community, and challenges inequality.”

“Volunteers are pivotal to running the many programs we have going at the centre,” she says, “and their jobs range from prepping for dinners, stocking shelves, performing building maintenance, working with kids, running deliveries, helping at fundraisers and other special events, assisting participants in the advocacy office, gardening, serving meals, doing dishes and so much more.”

Currently there are about 115 people in total volunteering at The Table, she says, and 45 involved with the Good Food Bank program.

“We moved to our new location with around 50 food bank volunteers,” Davidson says. “With the introduction of all of our new programming, we added another 60 volunteers.”

“Without volunteers, we couldn’t offer the range and size of programming that we do,” she adds. “We have a team of skilled staff that create and facilitate our programming, but our main source of manpower is our volunteers. Their dedication, to The

Table and the participants that make use of our services, is vital to the health of this organization and the community as a whole.”

A healthy government grant, in addition to partnering with Community Food Centres Canada two years ago, have afforded The Table CFC the chance to offer more crucial services to the community.

“The Table now offers a wide range of programming,” Davidson says, “including The Good Food Bank, Community Meals, Drop-in Kitchens, Community Gardening, Advocacy, an After School Program, a Social Justice Club, Food Fit, Shovel and Spoon, Dads and Kids in the Kitchen, and more!”

For information on any of these unique, important and exciting programs, or if you would like to volunteer at the centre, you can visit The Table’s website at <thetablecfc.org>.

Volunteers are always needed, Davidson says — and welcome. “We have openings for new volunteers throughout the year. Anyone interested in learning more about The Table should visit us at <thetablecfc.org>, check out our Facebook page, or call me (Samantha) at 267-6428 x 4.”

Davidson would also like people to know about The Table’s newest program called Food Fit.

“This group starts on January 30 and will run every Thursday for twelve weeks. Participants can register for the morning session from 9AM-12PM or the evening session from 6-9PM. This program involves some light exercise, nutrition topics, and food preparation. Spaces are limited.”

To register, contact Kait at <kait.thetable@gmail.com> or 267-6428 x6.

— John Pigeau

## 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 required. Experience conducting family history or academic research is 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.

The **Arnprior and District Museum** celebrates the heritage of Arnprior and surrounding area. It depends on volunteers of all ages to make it work. 2014 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: cataloguing artifacts, scanning photos, 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 Natascha Smith at 623-0927 or <smithnrm@gmail.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 x6, see <mvtm.ca>, or drop in to find out what’s new.



The **Friends of Murphys Point Park** <friendsofmurphyspoint.ca> enhance natural heritage education about Murphys Point Provincial Park by increasing awareness and providing education about the park’s history, geology, archaeology, culture and natural resources. We are always looking for volunteers for educational programs, special events, fundraising, social media communications and Board of Director positions. We can train you — and it’s fun! Contact us at <friendsofmurphyspointpark@yahoo.ca> or 264-0447. Be sure to like us on Facebook and follow us on Twitter!

Do you enjoy reminiscing? Love local history? **Lanark & District Museum** has a fun team of volunteers who are dedicated to preserving the history of Lanark Highlands & Drummond Townships. We offer a great social atmosphere for you to get involved in the community, work with artifacts, design exhibits and help with special events. We’d love to meet you! This year we’re focusing on our local writers and WWI veterans. Give us a call for more details 259-2575.

The **Lanark County Genealogical Society** is located at Heritage House Museum, Old Sly’s Road, in Smiths Falls. As a self-help library, we are seeking volunteers to greet visitors who search the records for their family, and to help them locate materials. No experience required. Hours or days can be flexible. No evenings. Any age is acceptable. Computer skills are not required. Researching is not required. For further information contact Helen Benda at 283-6000 or <hbenda@sympatico.ca>.



**Mississippi Madawaska Land Conservancy** is a charitable organization that works with landowners to legally protect forever the beautiful natural spaces we all love and from which we derive so much benefit. You can get involved with the Conservancy, and have fun helping in many ways: tree planting, trail and field work, property monitoring, guiding hikes, publicity (graphics, writing or photography) and event planning. Occasional or on-going volunteering all welcome. For more details about us and our Volunteer Program, visit <mmltc.ca/support/volunteer>.

The **Mississippi Valley Conservation Foundation** (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 253-0006 x225. Mississippi Valley Conservation Authority is also looking to expand its monitoring and conservation area volunteer corps. Volunteer data monitors are needed for the rural stream watch program collecting water level and precipitation activity along specific rural streams. 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 at 253-0006 x225.

**Get Fresh!**  
LANARK LOCAL FLAVOUR

**WANTED:  
KITCHEN SHARING PARTNERS**

**Are you a small scale food producer or a new business looking to enter into food production?**

Lanark Local Flavour is looking for complimentary businesses interested in sharing commercial kitchen space with the Local Food Hub.

Caterers, bakers, wholesale food producers, street vendors and home based businesses.

**For more information about the Local Food Hub or the Incubator Kitchen opportunity, please contact Cheryl Nash at cheryl@ecoperth.on.ca or at 613-268-2907.**

Growing Forward 2 | Cultivons l'avenir 2  
VALLEY HEARTLAND  
Community Futures Development Corporation  
ami  
Ontario  
Canada

# GET INVOLVED / GET CONNECTED

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 a volunteer Treasurer and volunteers to assist in historical research, 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 <mvmtm.ca> or contact 256-3754 x6 or <info@mvmtm.ca>

## Community Organizations

The **Almonte Civitan Club** is more than a fully-licensed hall, soccer field, medical equipment loan program, or a place for your events, parties or meetings. Since 1972, the Almonte Civitan Club (and volunteers) have been fundraising to provide educational bursaries, support local service projects (emphasis on mentally, physically and developmentally challenged health-related issues) and hosts a youth program (Junior Civitan) for ages 12-18 years. For information or to volunteer, see <almontecivitan.com> or contact President Sharon Libbey at 256-9685.

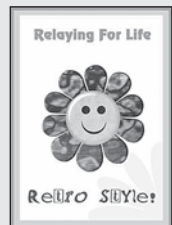
Join the **Almonte & District Horticultural Society** for monthly speakers and gardening tips. Enter your blooms, vegetables and creative arrangements in our shows. Mount your best shots for our photo competitions. Lend a hand tending our gardens around Almonte. Sample dishes at our "Culinary Feast From The Garden" potluck. We meet the fourth Monday of every month, except July and December, at Cornerstone Community Church at 7:30PM. \$10 annual membership. Contact Carol Kenward at 256-5594 or visit <gardenontario.org/site.php/Almonte>.

Start your year on a positive note by giving back to your community. Please consider volunteering at the **Almonte General Hospital/Fairview Manor**. We 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 <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 <camplau-ren.com>.



**Canadian Cancer Society** needs a variety of volunteers, especially: Daffodil Pin Sales and Canvassers (April) — contact Laurie Blackstock at 1-800-367-2913; and Relay For Life event day volunteers in Mississippi Mills (June 6) and Smiths Falls (June 13). **Relay for Life** is an opportunity to celebrate, remember and fight back to find a cure for cancer. Contacts for Relay: Mississippi Mills — Allison <vaughana@ottawasenators.com> or Yvonne <yvonne\_stewart@sympatico.ca>, Smiths Falls — Bill <nanbill@xplornet.com>, or the Lanark, Leeds & Grenville Unit 267-1058, 1-800-367-2913, or <lanarklg@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 <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, the 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 257-8049 or <cmcormond@carletonplace.ca>, or see <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 speakers on all aspects of gardening. Member/volunteers needed for our Spring Plant Sale and events throughout the year. Back this year are the June Flower Show and English Tea. See <cp Horticulture.ca> for details.



The **Carleton Place District Memorial Hospital Auxiliary** invites you to make a difference and make friends. The Auxiliary is a volunteer organization that has been around for 60 years and would love to have you! The Auxiliary offers services in and out of the hospital, eg. Information Desk, Gift Shop, Evening Nourishment, Help Lot-tery, Fundraising and more. For more information contact Doreen de Jong at 253-0469 or <doriedejong@gmail.com>, or Loretta Hunter at 257-5536 or <ron.hunter@live.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 2013, we have given over \$92,000 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 <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, visit <chslc.ca> or call the office nearest you: Perth 267-6400, Smiths Falls 283-6745, Lanark 259-5412, Carleton Place 253-0733, Pakenham 624-5647.

# Humm Bits

## Raise The Woof for Valley Animal Rescue

Valley Animal Rescue (VAR) will be holding a **comedy show** called Raise The Woof, at the Best Western in Renfrew on March 1. It features three great comedians, and all proceeds go to VAR. Tickets are \$20, available at Pet Valu or Helping Hands Thrift Shop in Renfrew, House of Crafts in Pembroke, and Rick's Pets in Arnprior. The evening also features a cash bar, 50/50 draw and silent auction. Doors open at 6PM and the comedy show begins at 8PM. Raise the Woof tours across North America to raise money for animal shelters and rescues.

## Annual Heritage Dinner

The **North Lanark Historical Society** will be hosting its annual Heritage Dinner on Friday, February 21, upstairs at the Almonte Legion, 100 Bridge Street in Almonte. The event will kick off with a social hour at 6PM and dinner served at 7PM. Guest speaker for the event will be Shelley McPhail, speaking on "A Passion for Agriculture". There will also be a silent auction. Cost for the evening is \$25 per person. Tickets will be available at Baker Bob's, or by contacting the North Lanark Regional Museum at 257-8503, or Doreen Wilson at 256-2866. Ticket deadline is February 15.

## Call to Musicians

Merrickville's Jazz Fest (MJF) is pleased to announce a "Call for Artists" for those who wish to perform in the fourth annual edition of the festival this coming October. The festival will open with a special event on Thursday evening, October 16, and continue through Sunday night, October 19. As with previous editions, MJF offers a wide variety of jazz performances at pubs, restaurants, churches, and other locations throughout Merrickville's beautiful downtown core.

"We are proud to be a jazz festival that is growing in popularity, with recognition of our excellent jazz programming," says festival co-organizer Peggy Holloway. "Musicians and their fans are attracted to the friendly atmosphere in Merrickville, and we look forward to putting together an exciting line-up of talent again this year."

The application form is now available at their website <merrickvillesjazzfest.com>, and the deadline for receipt of applications is noon on Monday, June 2.

Coming Down The Tracks at  
**The Smiths Falls  
Station Theatre**



## Funny Money

A Hilarious British Farce



Feb 13, 14, 15, 21, 22 @ 7:30 pm  
Sunday Matinees Feb 16 & 23 @ 2:00 pm

Movie Weekend - Feb 28 & March 1

## GRAVITY

Nominated for 10 Academy Awards including  
Best Picture and Best Actress Sandra Bullock

For complete information and tickets go to  
**smithsfallstheatre.com**  
613-283-0300



Country singer Jordan McIntosh will play Carleton Place's Winter Carnival on February 22. Congratulations to Jordan on being signed to Big Star Recordings Inc!

## Celebrate Winter In Carleton Place!

Get ready for the second annual Carleton Place Winter Carnival, scheduled for February 22. The carnival is organized by a volunteer committee and because all money generated is through sponsorship and donations, all activities are free.

Committee Chair Lisa Strangway says: "with feedback gathered from participants, and our own observations, we have a solid foundation to build upon the success of the first annual winter carnival. The committee is working hard to bring the residents of Carleton Place a fun, free and memorable event."

Festivities begin at 9AM with a **Winter Carnival Merchant Market**, which includes a chili cook-off. The market will be at Carambeck Community Centre (351 Bridge St.) until 2PM.

From 10AM to 4PM, also at the community centre, the kids will enjoy **Chilly's**

**Fun Zone** (Chilly is the name of the penguin mascot).

Getting tired? How about a free horse-drawn trolley ride, offered from 1–5PM.

What better way to cap off the day's festivities than with an outdoor dance?! From 5–8PM, the "Country Starry Night" **outdoor dance** at Market Square (7 Beckwith Street) will feature live performances by local country artists Brea Lawrenson and Jordan McIntosh, as well as Ottawa country band Rainwater Whiskey, with DJ Rico spinning tunes in between.

Wendy LeBlanc, Mayor of Carleton Place, is happy with the carnival's success last year, and encourages "volunteers and sponsors to step up and help the committee in any way they can." For details, visit <wintercarnival.carletonplace.com> or, to really stay on top of things, follow Carleton Place Winter Carnival on Facebook.

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. We are seeking volunteers to assist with staging and set up for our 2014 weekly walks and special events. Contact Debby at 257-1014, log into our blog <carletonplacecommunitylabyrinth.blogspot.com> or visit us on Facebook.

**Cornerstone Landing** works to prevent and end youth homelessness in Lanark County. Volunteers are needed to assist with outreach, fundraising, and practical supports for at-risk young people. See <cornerstonelanding.com> or call 267-3998.

The **Friends of Hospice** supports the work of the Hub Hospice Board by being willing volunteers for various projects and events. This lively group will become the face of Hospice on many occasions. Your commitment on a more casual basis can make a significant difference. Contact Glenda Jones at 256-6479 to join this dynamic association.



The **Guatemala Stove Project** works with indigenous Maya families in Guatemala's Western Highlands. Our core activity is building masonry cookstoves for impoverished households in Maya villages. We are also involved in education, micro loans, emergency aid and nutrition. Our goal is to improve health for the Maya. Volunteers plan fundraising events and presentations, culminating in the annual volunteer trip to Guatemala in February. Meetings are every six weeks in Perth and Ottawa — Drop in! Please "like" our Facebook page.

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 <reccab@chslc.ca>.

The **Hub and Rebound** have a place for you. Make new friends, find a sympathetic ear, and learn new skills. Everyone has talents to offer — we can't wait to meet you! See <thehubalmonte.com>. Come to the Hub (118 Mill Street, 256-5225) at any time to join this 40-year-old institution in Almonte — you'll be glad you did, and 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. Check <hubhospice.com> for information on being a volunteer, or for more information of our services.

**Kiwanis Perth**, serving the county, is having an exciting year. This spring, we'll host a Regional Caucus & Hootenanny for Hope fundraiser. Hope Markes, Governor of Eastern Canada & Caribbean District, will be here along with 150 area Kiwanians. Funds will be raised for Eliminate, a joint Kiwanis/Unicef program to combat neo-natal tetanus in third world countries, and of course to aid local kids and youth. Call 267-4662 for information. Free membership and one monthly meeting.

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 <lcih.com> or contact Heather Whiting, Volunteer/Fundraising Coordinator, at <heather@lcih.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 May in Perth and Almonte. Great exercise and great people! For more information, visit <therapeuticriding.ca> or call 257-7121 x236.

**Lanark Animal Welfare Society (LAWS)** is a local, no-kill animal shelter dedicated to promoting the well-being of animals. LAWS depends on the generous help of volunteers, in- and out-of-shelter. Volunteer opportunities include: Dog or Cat Room Assistant, Dog or Cat Socializing, and Dog Walkers for in-shelter, as well as General/Out-of-Shelter Volunteering to assist with fundraising events within the community. Please visit <lanarkanimals.ca> or call 283-9308 for more information. Thank You!

The **Maberly Agricultural Society** needs members and volunteers! Rural fairs promote local agriculture as well as being a live re-enactment of our farming history. A wide range of volunteer tasks to fit your interests and available time: fundraising events, Thursday fairgrounds work parties over the summer, and the annual fair on Saturday, August 23. See <maberylagsociety.ca> for information on the Maberly Fair. Contact Paul Pospisil at <thepond@rideau.net> or 273-5683 if you can spare some time.

No matter the amount of time you have or which one of your talents you'd like to share, **Mills Community Support** has a volunteer opportunity in Almonte, Carleton Place or Smiths Falls, to make use of that time and talent. Call Jeff at 256-1031 x63 and let him help you find the perfect opportunity to make use of your skills, or visit our volunteer page at <themills.on.ca> for more information.



# "Soup for Thought"

## A Luncheon Fundraiser

All proceeds to the Mississippi Valley Textile Museum

### Saturday March 22<sup>nd</sup>, 2014

### Two Special Seating Times

**First Sitting: 11:30 am to 1:00 pm**  
**Second Sitting: 1:30 pm to 3:00 pm**

at the

## Mississippi Valley Textile Museum

### 3, Rosamond St. E.

*Customers will get to take home a bowl generously donated by the Almonte Potters' Guild who, this year, will be joined by local potter Chandler Swain of General: fine craft, art, and design.*

*Tasty soups will be donated by:*

  
Mike Curry  
J.R.'s Family Restaurant

  
Richard Kletnieks  
Heirloom Café Bistro

  
Sally Parsons  
Palms Coffee Shop

  
Trisha Donaldson  
The Chef's Table

  
Charlene Santry  
Mill Street Crêpe Company

  
Julie & Jason Moffatt  
Foodies Fine Foods

  
Natalie Houston  
Robin's Nest Tea Room

  
Dustin Pettes  
Ballygibbins

  
Steve Falsetto  
Café Postino

**Admission: Adults \$20, Children Under 12 are free**

## GET INVOLVED / GET CONNECTED



The Mount Pakenham Adaptive Ski Program provides downhill skiing opportunities for those with a wide range of physical and developmental impairments. With 56 participants, and some on a waiting list, new volunteers would be welcome, both for the current season and for next year. Volunteers should be strong intermediate skiers. No other experience is needed. We provide the training and the smiles! Contact Deanna at <deannabarry@storm.ca> or 256-7535. See <cads-ncd.ca/pakenham/Pakenham\_home.html>.

I am creating a new group to help new moms in the Carleton Place area. Looking for women helping you new moms either with babysitting a few hours, running some errands, or helping with questions. Especially appealing to grandmothers, want-to-be grandmothers, or retirees who enjoy lending a hand. If you are interested in creating this new group or helping out, please email me, Andrea, at <andreamandy@hotmail.com>.

Perth & District Union Public Library accepts teen and adult volunteers to work on a variety of special projects. Currently, the library is seeking volunteers to help with various technology-related needs and with delivery of library materials to homebound patrons. Volunteers can work on an ongoing regular schedule or on limited-term assignments. Please visit <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>.

The 2014 Perth Regional Committee will again be sponsoring history fairs in the schools throughout Lanark County, culminating in the Regional Fair at the Perth Legion on Thursday, May 22. 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 on the actual day of the Fair. If you are interested in helping out, contact John McKenty at 267-7319 or <john.mckenty@sympatico.ca>.

PFLAG Canada provides support, information and resources for lesbian, gay, bisexual or transgender individuals of all ages, or for those with questions/concerns about sexual orientation or gender identity or gender expression issues. Allies are welcome. The Carleton Place group meets the 2<sup>nd</sup> Monday of each month. Facebook: PFLAG Canada Carleton Place or call Jim at 283-2055. The Stittsville group meets the last Tuesday of each month. Facebook: PFLAG Canada Stittsville or call Jennifer at 859-0100 (calls are strictly confidential).

The Rideau Environmental Action League (REAL) is looking for energetic people who want to protect our local environment. Volunteers are needed in our REAL Deal Reuse Store and in most facets of our Smiths Falls-based organization. If you are well-connected to the community and are familiar with current and emerging environmental issues, we also have an opening on our board of directors. To learn more about making a REAL difference, check out <REALaction.ca>, and click on the "REAL Volunteers" icon.



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/Mississippi Mills (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>.

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>.

The Mississippi-Rideau Lakes Salvation Army serves Lanark County by providing emergency food hampers, clothing, help with utilities and much more. In order for us to provide these services we need the help of volunteers. Thrift Store clerks, cashiers and stockers along with lunch program workers and receptionists are some of the positions that need to be filled. If you are interested in helping your community and can give your most valuable time, please call Debbie at 283-3563.

The Smiths Falls and District Centre for Youth is looking for volunteers to help clean, organize and create a new activity room. We are looking for enthusiastic volunteers who are team players and organizers, with the physical strength to move furniture. Bonus points will be awarded to individuals willing to bring their truck! If interested please contact Kelsi at 284-1784 or <programsw@sfdc.ca>.

TYPS Youth Centre serves young people in Mississippi Mills aged 12-18. Open Monday-Friday starting at 2:30PM, we offer an active after-school program with a range of special projects, events and mental health services. We're always looking for volunteers to help within our centre, our kitchen, and our board of directors, to share their skills or supervise events. If you'd like to help make our community more vibrant and youth-friendly, call 256-8485 or email <typs.executivedirector@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.

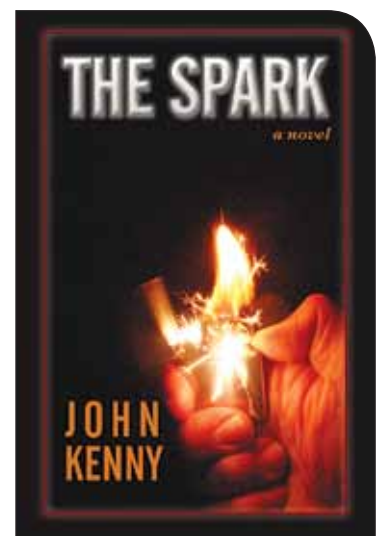
# The Spark

## Veteran Firefighter's Début Novel

Searching for the truth is the most dangerous thing that firefighter Donny Robertson will ever do. Everyone believes the blaze that killed Donny's Captain was just a terrible accident. Donny's search for the truth will cost him his home, his relationship and his job. As the puzzle starts to come together, Donny discovers he's out of his depth in a world of corporate intrigue and murder for hire. His only chance is to confront the person pulling the strings. It's a desperate plan and it will cost him everything he has left.

*The Spark* is a fast-paced, intelligent thriller that offers an insider's view of the unique and demanding world of firefighting. It's a refreshing approach in a genre filled with spies, detectives and private eyes. Written by veteran firefighter John Kenny, *The Spark* gives the reader a firsthand account of the merciless heat and blinding smoke; the camaraderie and conflict between men and women who place their lives in each other's hands; the moments of grim hilarity, unexpected grace and heartbreaking tragedy that are part of life in the fire service.

"First and foremost I wanted to tell an entertaining story," ex-



Firefighter John Kenny (left) will be at Mill Street Books on February 8

plains Kenny, "but I also wanted to give people a realistic view of who firefighters are and what we do — not two-dimensional Hollywood heroes, but flesh and blood people."

John Kenny has been a professional firefighter since 1989. He lives near Carleton Place with his wife Liz. *The Spark* is his début novel. Before becoming a firefighter, John wrote and produced astronomy programs at the McLaughlin Planetarium in Toronto. He is the author of several articles on astronomy and popular science. A complete biography is available at <johnkennyauthor.com>.

*The Spark* is available at Mill Street Books in Almonte, and Reads Book Shop in Carleton Place. The author will be at Mill Street Books on Saturday, February 8 from 1:30-3PM.



**12<sup>th</sup> Annual  
MAPLE RUN  
STUDIO TOUR  
March 29 & 30**

Indulge in sweet maple products and meet local craftspeople and fine artists in the historic village of Pakenham and surrounding area. For studio tour details check [www.mapleruntour.ca](http://www.mapleruntour.ca) or call 613-624-2062

Follow us on Facebook!



On your mark...  
Get set...  
Knit!

Watching the Olympics?  
We have your next project.

Textile Traditions  
of Almonte

87 Mill St. 256-3907



Support the Big Brothers Big Sisters Bowl for Kids event on February 22!

# “Spare” an Hour for Big Brothers/Sisters Bowl For Kids on February 22

Ever wonder what small thing you could do to help children and families right here in your town? It doesn't have to be big and complicated — it can be as simple as a game of bowling.

Gather your friends, your family or your co-workers and get ready for a fun day! The folks of Big Brothers Big Sisters (BBBS) of Lanark County are proud to present their 34<sup>th</sup> annual Tim Hortons **Bowl for Kids** on February 22. This is the signature fundraising event for this local agency, and they aim to raise \$75,000 to help fund their local mentoring programs. Serving almost 500 local children in 2013, the agency counts on this fundraiser to run their programs.

Bowl for Kids is the agency's largest fundraiser, with over 20% of its annual operating budget coming from this event. The agency is currently recruiting teams to raise some money and bowl in this important event.

Bowl for Kids is a straightforward fundraiser. Interested participants can call the Big Brothers Big Sisters office and register their group. Each team receives a kit (that includes pledge sheets), and is encouraged to raise funds to support the agency's mentoring programs. Teams book a lane through the agency and then come out and bowl on February 22 in one of three locations, where there are prizes, music, and a lot of laughs. Don't worry if you're not a bowler — it's a fun time where neighbours come together for a great cause! Remember — it's not about the bowling!

Your team can be as small as two people or as large as your whole company or large family. There is room for all, and every dollar matters. Funds can also be raised online, which makes asking for money a whole lot easier!

Corporate sponsors have covered all the overhead costs of the event, which means that all funds raised by teams go directly to fund mentoring programs for local children. These sponsors include Tim Hortons, Crain & Schooley Insurance, Guy Saumure & Sons Con-

struction, Prodecad, TVCogeco, Hinton Dodge Chrysler, EMC Record News, Lake 88.1, TD Canada Trust, Impression Printing and Jack FM.

## Bowl Near You!

Groups can bowl at Gratton Lanes in Smiths Falls, Alley Cats in Carleton Place, or try Wii Bowling at the Perth Civitan Hall.

For those interested in supporting the agency, there are a number of ways to do so, including:

- Entering a team — round up friends, family, coworkers, and call the Big Brothers Big Sisters office. It's a great time for a great cause!
- Making a donation — donate online, go to the office, pledge a bowler. Every dollar counts!
- Donating a door prize — they add to the fun of the day for the participants. Funds raised go to help children reach their full potential through consistent, dependable and unconditional adult friendship. Over the years, hundreds of children in Lanark County have benefited from these relationships and the adults involved have overwhelmingly expressed their enthusiasm for the friendship they have enjoyed.

Big Brothers Big Sisters of Lanark County began in 1973 and has been providing one-on-one and group mentoring programs to children throughout the county ever since. They celebrated 40 years in Lanark County last year, and 100 years in Canada. There are currently almost 500 children in their programs, which now include traditional one-on-one mentoring, in-school mentoring, and various group mentoring programs.

Although the agency is currently experiencing some amazing growth, they receive no direct, sustainable government funding, so they work hard to remain financially able to continue providing their growing list of programs.

Want more information? Interested in registering or donating? Please contact the office at 283-0570 or check out <bigbrothersbigisterslanark.ca>.

## MILL STREET CREPE COMPANY



## Fall in Love With Crepes!

This Valentine's Day enjoy a romantic dinner with your special someone at the Mill Street Crepe Company. Executive Chef Charlene Santry has crafted a new menu that will entice you.

Delight in our delicious savoury crepes, soups and salads, and indulge in a decadent dessert.

Reservations highly recommended.

LUNCH Weekdays at 11am • Weekends at 10am  
DINNER Thurs, Fri & Sat 5pm to close



14 MILL STREET . ALMONTE . 613-461-2737  
**MILLSTREETCREPECOMPANY.COM**  
FIND OUR MENU ONLINE • JOIN US ON FACEBOOK

2013 – 2014  
**SEASON**

	Adult	Student
Tickets	\$30	\$15

## The Great War

Maxim Bernard – piano

Saturday, March 8, 2014 8:00 p.m.

In commemoration of the 100<sup>th</sup> anniversary of the outbreak of World War I, pianist Maxim Bernard, one of the most promising artists of the new generation, will present a thoughtful programme of solo piano music written during the WWI era, with works by Gabriel Fauré, Carl Nielsen, Alexander Scriabin, Sergei Rachmaninoff, Maurice Ravel, Nicolai Medtner, Béla Bartók, and Sergei Prokofiev.

Tickets available by mail or online at [almonteinconcert.com](http://almonteinconcert.com).  
Inquiries: 613-256-4554 or [tickets@almonteinconcert.com](mailto:tickets@almonteinconcert.com)

Tickets also available at  
Mill Street Books  
52 Mill St., Almonte  
613-256-9090  
Read's Book Shop  
135 Bridge St., Carleton Place  
613-257-7323

ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO

50 YEARS OF ONTARIO GOVERNMENT SUPPORT OF THE ARTS  
50 ANS DE SOUTIEN DU GOUVERNEMENT DE L'ONTARIO AUX ARTS

Mississippi Mills

# Stop and Smell the Incense!

## Mid-Winter Milling Returns to Almonte on February 22

Many folks complain about winter... the cold, the snow, the ice, the wind chill, the shorter days, the cold, the seemingly unending misery of it, and, well, the cold. And unless I am skiing or it is a sunny, above -10C, day... I will be one of those grumps. After Christmas is over, and all the Santa Claus parades and Light Up The Night festivities are over, I just grit my

by Rona Fraser

teeth and grimace, bundled up and face down averting the wind... until February. No, it is not because of any planned trips or Valentine's Day excitement. It's because February has Mid-Winter Milling!

Those of you who have experienced it in past years just exclaimed "Woohoo!"... and the rest of you just went "Huh?"

Started in 2010 by Sara Bazett of Soul Scents, **Mid-Winter Milling** is an annual event where shops and restaurants throughout downtown Almonte host a variety of... how to say it in brief... alternative practitioners! It is an opportunity to talk to spiritual folks of various insightful disciplines, to get their thoughts on you and your life... to take a break from the busy-ness of your daily life and contemplate where you are and where you want to go. Or forget the whole contemplation aspect if that's not your style — it's an excuse

to hang out downtown with your friends, say hello to neighbours you haven't seen in weeks due to mutual hibernation, and a chance to check out new shops and your old faves. Insider **Tip #1:** Near the top of Mill Street, new shop Avenir Design Studio will be open, with Canadian-made and -designed clothing and accessories (and an Angel Card Reader that day).

These practitioners range from spiritual intuitives and psychics to reflexologists and wellness coaches, from sound vibration therapists to Mayan bean readers! There is usually a fee, but it is often more manageable than you might think, especially for a brief session. **Tip #2:** If you know who you want to see, visit their respective shops first thing in the morning, in order to get on the sign-up sheet for a particular time. No elbowing and trampling though — it ain't an American big box store on Black Friday! We are Canadian, for heaven's sake, and this is The Friendly Town. Besides, it's bad karma.

In previous Millings, I have been to a numerologist and an intuitive. Did it change my life? No. Was it interesting and fun? Definitely. Did I forget what they told me? Yes. So **Tip #3:** Write down notes right after, and/or discuss it with your friends. You can even bring a (trusted) friend in with you while you get a reading, so that they can take notes. I did that for my mom one time. And that might lead to a fun moment months later: "Hey! Re-

member at Mid-Winter Milling? When that Turkish Coffee Reader told you a change of career would be coming and you were worried you were gonna be laid off? Hello — promotion!"

One year I didn't partake of any of the readings myself, but invited some girlfriends from Ottawa to come for lunch downtown, and then I shopped with some while others went for readings. Insider **Tip #4:** You can, of course, stop in for snacks at Palms (hot chocolate!) and Baker Bob's (Nanaimo bars!), but I recommend making reservations for lunch. Whether your taste is for the elegant Cordon Bleu deliciousness of the Heirloom Café Bistro, the balance of healthy soup/salad with decadent crêpes of the Mill Street Crepe Co., the international flavour or traditional breakfast that come together for Foodies' Saturday brunch, the savoury Italian soul-warming flavours of Café Postino, or the girls-day-out soup 'n' sandwiches of the Robin's Nest tea room (try their apple cake!)... if you have your heart set on a specific lunch, make a reservation. And I am happy to report that there are gluten-free options at all of the above. And if you forget to call ahead, don't worry — in addition to the possibility of there being a spot for you, there are more options. Our traditional diner (call it "The Supé" to sound like a local) has an old favourite for every taste (including all-day breakfast), Cortelli's has pizza and Chinese (and



It's never too cold if you dress for the weather!

I recommend their BLT), and of course you can always depend on Subway (except you're stuck with salad if you are gluten-intolerant). Man, I'm hungry.

At the least it is a good bit of fun, and maybe you'll end up with some cool insights into your life... or a new outfit and a book.

So if you have become a bit of a hermit after New Year's, recovering from all of the eating and socializing and eating and spending of December (and eating), now's the time to come out of your cocoon and take a trip to downtown Almonte. Mark your calendar for February 22 (10AM to 5PM) and remember my insider tips: new shop, start early to book your spot (see practitioner list in the ad on page 32), take notes, and food is good (and everywhere).

Oh — **Tip #5:** Have fun!

### LANGEVIN MORRIS SMITH LLP

# 310-LAWYER

LOCAL, AVAILABLE, AFFORDABLE

(613) 256-3480

WWW.310LAWYER.CA

359 OTTAWA ST.  
ALMONTE, ON  
K0A 1A0

A new law office has opened up in Almonte. Well, not new but perhaps new to folks living in town. At the end of 2012 the law firm of Langevin Morris Smith LLP took over the office of Rick and Associates, located at 359 Ottawa Street. Mr. Rick in turn had taken over the location from Douglas Buchmayer. Langevin Morris Smith LLP is a full service law firm with offices in Ottawa, Kanata, Carleton Place, Almonte and Renfrew. It is a medium size firm with a small firm feel in each of its offices. The focus of Langevin Morris Smith LLP is to offer local, available and affordable legal services to various communities in Ottawa and the Ottawa Valley and intend to be a part of the Almonte community for the long term.

The one constant presence in the Almonte office since its beginnings as a law firm has been Heather Metcalfe. Heather was born in London, Ontario and moved to Almonte when she was five. Both her mother and her father were from Almonte and family roots here run deep. She chose to marry and raise her three children here as well. Almonte is definitely home. Heather has an educational background in accounting and office administration and has years of experience in the legal profession. She is an integral part of Langevin Morris Smith LLP's Almonte office. Joining Heather are associate lawyers Hunter Graves and Meg Green. Hunter practices primarily in the areas of Wills and Estates, Real Estate, and Business Law.

He received his law degree from Osgoode Hall Law School in 2011. Born and raised in the Ottawa Valley, Hunter and his wife now reside on their farm in Ashton. Meg Green practices primarily in the areas of family (separation, divorce and CAS work), and immigration law. Meg was born in London, UK and moved to Canada at the age of five. She has lived overseas and in various Canadian regions throughout her life.

Meg received her law degree from Dalhousie University in Halifax and is called to both the Nova Scotia and Ontario Bars. Meg lives in Ottawa with her husband and two young sons. Heather, Hunter and Meg are pleased to continue servicing the Almonte community and hope people will drop by with any questions they may have.



\*Paid Advertisement

# How to Survive February

I give up! After our not-very-warm November, I struggled valiantly through the December deep-freeze, only to be confronted by a January that is genuinely-too-cold-to-cavort-in. Well, I've decided to stop fighting the cold, and welcome freakishly-frigid February with open arms (and a zipped-up parka). Here

shoes or cross-country skis if you want to tour the farm after making snow angels!" Sounds like you'll leave with a big smile on your face and a little snow down your back...

I'm going to warn you in advance that Saturday, February 15 is probably the busiest day of the month, so you'll want to start it off with a hearty **Family Weekend Pancake Breakfast** at Pakenham Public School from 8:30–11:30AM. This event is hosted by the Upper Canada District School Board's Almonte family of schools, and all proceeds will go to Champions for Kids. The cost is only \$5 and includes pancakes and maple syrup, ham and baked beans, tea, coffee, hot apple cider and white or chocolate milk for children. There will be entertainment from 9:30–11AM, as well as a number of draws for prizes. Champions for Kids raises funds to assist students who are struggling with medical needs and lack of funds to register for any recreational, arts or sports programs in their community. Since its inception in 2008, this registered foundation has made and distributed over \$700,000 to students in need in Eastern Ontario. For more information, please call Anne McRae at 285-9885 or Bruce Monteith at 259-3346.

February 15 is also the date that Fulton's Pancake House and Sugar Bush opens for the season, offering lots of great reasons to get out into the great outdoors. Their maple shoppe and restaurant are open every day from the 15<sup>th</sup> on from 9AM to 4PM, and they will be hosting their popular **Backyard Sugar Makers' Workshop** on the opening weekend. Both chocophiles and maple-lovers will be happy to hear about their new **Maple Chocolate Culinary Collision**, in partnership with Almonte's Hummingbird Chocolate, on Sunday, February 23. Visit <fultons.ca> for more details, and pick up a copy of the March Humm to learn about special campfire visits by Chad Clifford <wildernessrhythms.com> and Cliff Bennett.

There is another great family-focused option on February 15 — the **Cedar Cove Winter Family Fun Day!** This ideal setting (on the shores of White Lake) will feature awesome activities like bocce bonspiel, shinny pond hockey, skating on the lazy river loop, tobogganing, ice fishing for kids, an all-day bonfire, snowman building and Texas golf. Don't know what Texas golf is? Neither do I! So I'll meet you there and we'll find out, shall we? And when we get cold, we'll pop into the Lakeside Grill for pizza and refreshments. Find out more at <cedarcove.ca>.

## A Treat for the Big Kids

Now after all that family fun, I'm pretty sure the adults will all be excited to hear about a delicious, dynamic **Mardi Gras Dinner & Dance** taking place at the Almonte Old Town Hall on the evening of — you guessed it — February 15. Delicious, because it features a Cajun buffet delivered up by Ballygibblins Restaurant and featuring jambalaya, cornbread, mussels and chicken. Dynamic,



There are plenty of great reasons to get out and about over the next few weeks in Mississippi Mills. You'll find a Mardi Gras Dinner & Dance with Mumbo Jumbo Voodoo Combo (above), family events at Fulton's and Cedar Cove Resort, March Break Fashion Camps for kids with Ingrid and Marg (left), and much more!

by Miss Mills

are my tips for making the month memorable for more than mere minus-twenty temperatures...

## Bring the Whole Family

On February 9, you can embrace winter (literally) by attending the 4<sup>th</sup> annual **Snow Angel Making Party**, which takes place from 1–4PM at Highlands Gate, 4381 Wolf Grove Road in Lanark Highlands. Each year, Sue Cressy invites "everyone and anyone" to come out and enjoy her play structure with a curly slide, horses to feed carrots to, and sliding hills. 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. Sue even invites you to "bring your snow-





### Westport Fall Colours Studio Tour

#### Call for artists

*The Fall Colours Studio Tour is held on Thanksgiving Weekend (Oct. 11, 12 and 13, 2014).*

*This popular tour includes spectacularly located studios nestled amongst the fall colours in the Westport area. It is a juried event and each year the jury strives to achieve a fresh and interesting mix of new and returning artists and to include artists working in a variety of media. Applications are now being accepted for the 2014 tour. If you are interested in being a tour studio or guest artist, please email **Diane Black** at [gristmillarts@gmail.com](mailto:gristmillarts@gmail.com) or call **613-273-9299**. Deadline for submissions is March 1, 2014.*




### Carpentry

**Neil Harwig 613-256-4798**  
cell: 613-715-3802  
[www.harwigheritagecarpentry.ca](http://www.harwigheritagecarpentry.ca)

# OPEN HOUSE

## Heart(s) in the Art

(and vice versa)

Join me from 10–4 on Saturday and Sunday February 8th and 9th for the unveiling of my new series

*'The Romantics'*

**S.M.art studio**  
The Olde Almonte Flour Mill  
11 Main Street West  
[www.sarahmoffat.com](http://www.sarahmoffat.com)



## Where would you like to live?



261 William Street, Almonte  
Lovely single family home

7 Mill Street, Almonte  
New construction waterfront  
condos (5 options available)



1440 Heron Rd., Suite 805, Ottawa  
2 bedroom condo

49 Mill St., Suite 7, Carleton Place  
Penthouse waterfront condo



153 White Pine Lane  
Lanark Highlands/Patterson Lake

19B Haggart Street, Perth  
Custom single family home



139 Flower Station, Joe's Lake  
Two waterfront cottages

75 Cleary, Suite 1104, Ottawa  
Waterfront 2+ bedroom condo



For full details on these listings and many others  
call the Kelly Team or visit our web site.

**Jennifer Kelly** SALES REPRESENTATIVE  
**Patrick Kelly** SALES REPRESENTATIVE  
**Aleks Milicevic** SALES REPRESENTATIVE  
**Sutton** Premier Realty (2008), Ltd., Brokerage  
(613)254-6580  
Top Selling Team for Sutton Group Premier 2013!  
www.kellysuccess.com

Hanging Around the Valley

# Art Makes Tracks to Winterlude...

## Month By Month at MERA

A Month by Month Art Exhibition is an exciting new event at the MERA Schoolhouse in McDonald's Corners. Each month a new exhibition will be mounted by a different artist or artists, and these will vary in style and media.

by Miss Cellaneous



Basketry wall sculptures by Ankaret Dean (above) will share space with paintings by Gloria Lee-Shoebridge in February at the MERA Schoolhouse in McDonalds Corners

The month of February will see the paintings of **Gloria Lee-Shoebridge** and basketry wall sculptures by **Ankaret Dean**. The show is called "Inspired by Nature". The paintings and the wall sculptures will reflect the energy of the world and nature, animal and bird life.

A vernissage will be held on Sunday, February 2, 2-4PM, open to the public.

Gloria Shoebridge is a mostly self-taught artist who enjoys the textural effects that acrylic, collage and other mixed media can produce. As she was also a sculptor, Gloria also has a natural interest in creating tactile images. Over her part-time career as an artist, she has felt connected to the energies that flow through all of the elements of this world, and those energies are what capture her interest. Because of this, her work often translates into abstractions and vibrant colours. Gloria has operated her own specialty painting business in Ottawa, and has offered workshops in personal creative expression through art.

Ankaret Dean has been involved with weaving and basketry since graduating from the School of Design, Sheridan College (Oakville) in 1975. After a long career of teaching and exhibiting, which included travelling to research her interest in baskets and working for C.E.S.O. (Canadian Executives Over Seas), she moved to Lanark Highlands in 1994 to keep sheep and bees. She is one of the founders of MERA, and is always busy growing flowers for the farmers market, and being "alive and well" in the creative world of the arts.

**Beth Girdler** from Elphin will exhibit her art and photography during the month of March.

## A Brimful of Memories: Vintage Hats and Millinery Sundries

Miss Bertha Mayhew ran her own millinery shop on the main street of Carleton Place in the late 1800s. She had learned the trade from her older sisters who ran "The Misses Mayhew" hat and dress shop in Pakenham.

After falling in love with and marrying the shopkeeper next door (barber and tobacconist Henry Schwerdtfeger) she closed her shop and Henry took over the entire main floor for his businesses. The couple continued to live upstairs with their daughters, Gladys and Hazel, before buying a large red brick home on Lake Avenue West.

Bertha continued to work out of her home, and years later, when daughter Hazel died in 1988, executors discovered

boxes and boxes of hats and millinery supplies in the attic. Many taxidermy birds, lace, netting, beadwork, chenille flowers and buttons are still in their original packaging. With great foresight, this collection was donated to the Carleton Place and Beckwith Heritage Museum by the Hazel Schwerdtfeger Estate.

This is an exhibit not to be missed. In addition to Bertha's collection, we have more recent hats on display, including infant caps, summer straw hats, and many "working" hats, worn and donated by members of the community.

The collection will be on display at the Carleton Place and Beckwith Heritage Museum, at 267 Edmund Street, from February 8 to March 1. The museum is open Tuesday to Saturday, 10AM to 2PM. For more information, call 253-7013, see <cpbheritagemuseum.com>, or find them on Facebook.



A collection from Carleton Place milliner Bertha Schwerdtfeger (née Mayhew, shown here in her wedding portrait from 1890) will be on display at the Carleton Place and Beckwith Heritage Museum from February 8 to March 1



# ... and Celebrates the Bounty of Spring!

## Lanark County Makes Tracks to Winterlude

Local artist **Adrian Baker** is inviting Winterlude visitors this year to step inside a cabin to discover the fascinating world of animal tracking. Baker is one of five Canadian artists selected by Canadian Heritage to transform small wooden cabins into interactive art exhibits representing their interpretation of Winter Memories. The five-cabin "village" is located in Confederation Park in Ottawa, alongside the ice sculpture display.



Visit the public art exhibition "Winter Memories" and discover Canadian artists' interpretations of winter. This creative, interactive, and contemplative village will charm you by day and amaze you by night!

The theme of Adrian's cabin is "Winter Tracking". Taking her inspiration from the woods of Lanark County, where she's done a lot of hiking, snowshoeing and cross-country skiing over the years, Adrian has created a forest scene within a cabin, including animal tracks on the floor that run up into the woods painted on the walls. Real pine tree trunks and evergreen branches installed within the cabin evoke the feel of an actual forest. After dark, small "stars" light up above the branches, and the sounds of animals of the night woods fill the cabin.

Animal tracking in winter has been a long-time interest of the artist. In creating this cabin, she hopes to share the fun of finding and identifying tracks and other clues left behind in the snow, to discover which animals have passed by and what they've been up to. To help visitors identify the tracks, Adrian has included the animals in her installation. But you'll have to follow the tracks carefully and look closely into the woods to spot them.

Baker, a resident of Appleton, has been painting and exhibiting in galleries for many years, as well as creating murals and offering art classes to adults. This is the second public art installation she has made — the previous one was commissioned by the NCC in Ottawa last summer.

You can see pictures of Adrian's Winter Tracking cabin installation on her website <adrianbakerart.com> or, better yet, visit Confederation Park during Winterlude to see it in person! This year, Winterlude runs from January 31 until February 16.

## Call for Proposals

FIELDWORK is inviting proposals for the creation of work for exhibition in 2015. Founded in 2008, Fieldwork is an ongoing, open-air, public art project located in a field near Maberly. It is open year-round, free of charge for the public to explore.

In 2015, they are exploring the theme "water". Applicants are invited to forward installation proposals that interpret, play with, examine, and reflect on aspects and impacts of the theme.

Applicants are asked to submit proposals for one of two exhibition categories — either a large installation or a small installation. Submission guidelines and more information about the project can be found at <fieldworkproject.com>. The deadline for receipt of proposals is March 1, 2014, and the installation exhibition period is May through December, 2015.

## Celebrate the Bounty of Spring

Take a scenic drive while taking part in the **Maple Run Studio Tour** on Saturday, March 29, or Sunday the 30<sup>th</sup> (10PM to 5PM). Indulge in sweet maple products and meet local craftspeople and fine artists on this popular self-guided studio tour, which takes place in and around picturesque Pakenham, the village with North America's only surviving five-span stone bridge.

Maps and detailed tour destination descriptions can be picked up at Fulton's Sugar Bush, any tour stop along the way (look for the green maple leaf sign), and the Pakenham General Store. Visit <mapleruntour.ca> for a tour map, destinations and artist descriptions, or phone 624-2062 for information. And don't forget to follow them on Facebook for updates!

## Call to Artists

The **Perth Autumn Studio Tour** is seeking guest applications for this year's studio tour — Thanksgiving weekend (October 11 to 13). The PAST is a high calibre, well-respected (and loved) tour, held near the town of Perth in eastern Ontario. Established and emerging artists and craftspeople, in all media, are encouraged to apply. Deadline for receipt of applications is March 31. The application is straightforward and is available at <perthstudiotour.com>. Further information about the tour can be found on their website. You can visit their Facebook page, too! For inquiries, call Susie Osler 268-2024.

Spring is coming!  
Time to think about  
**Branching Out**

## Buy a big tree

- Visit [www.mississippimills.com/trees](http://www.mississippimills.com/trees) for a catalog of beautiful, nursery-grown trees: flowering, shade, and fruit.
- Order **online** or by calling Kathryn at 256-7886
- Pick up your trees (and rain barrels) on **April 26** at the Mississippi Mills municipal office

## Buy a little tree

The Mississippi Mills Beautification Committee is selling 3 year-old seedlings.

Call Bonnie at 256-1077 x 21 by April 14 to order.



## Buy a rain barrel

The Neighbourhood Tomato Community Gardens Project is selling 220 litre rain barrels for \$55.

Visit [www.rainbarrel.ca/tomato](http://www.rainbarrel.ca/tomato) or contact Deanna at 256-7535.

*This year's lovely tree art was generously donated by Sarah Moffat.*

Visit [www.sarahmoffat.com](http://www.sarahmoffat.com) to view more of her work.



[www.mississippimills.com](http://www.mississippimills.com)

# Shirley Deugo & Al Potvin



Photo by Robin Andrew of Unposed

We wish to thank our family, friends and neighbours for celebrating our marriage with us. Thanks to the generosity of our community over \$8000 has been donated to date to the Hub Hospice in memory of Barb & George. What a wonderful and caring community we live in!

hubhospice.com

Menopausal Woman of the Corn

## And Bingo Was His Name

A very long time ago, when there wasn't a grey hair on my head, I hung out with seniors every week. Of course we were not jamming at the local pub, but instead we played bingo every single Saturday afternoon. My grandmother, a dedicated church lady, had insisted they needed volunteers at the seniors' home and signed me up.

It wasn't a hard job, but there was a definite issue with hearing

their cards, even though everyone knows you never dump your card before bingo is confirmed. Heck, my grandmother taught me that before I could write.

After three Saturdays of putting up with his nonsense, the head nurse came in and read him the riot act. He was sent to his room and had to refrain from saying the word "bingo" for the next month unless he apologized. I was aghast, as some seniors had been taking cane swipes at each other while the nurses turned a blind eye. All seemed a bit much for me. I mean, if you can't yell "bingo" in a crowded bingo parlor then the terrorists have won.

Not long after that they discontinued bingo, because it had become a heated discussion at meal times. Guess that could be stressful for the elderly, but it's not like he yelled "FIRE" in a crowded theatre. But then again, if you don't have bingo, don't yell "Bingo!" — even if you are trying to be funny.

*Bingo Unchained* — coming soon to a theatre near you.

by Linda Seccaspina

in the crowded common room. Much as I tried to raise the volume of my voice, it just wasn't enough for some of the seniors. Letters were repeated over and over until one afternoon one of the gentlemen caused a ruckus. Not only was he frustrated with the hearing delays, but he would also yell "Bingo!" any chance he got, to irritate the other hard-of-hearing at his table. Immediately some would dump

## Norman Takeuchi: On the Edges of Noh

*Norman Takeuchi was profiled by Sally Hansen in the February 2004 issue of the Humm. Below, Richard Skrobecki (owner of Almonte's General Fine Craft, Art & Design) discusses Norman's background and his recent work, which will be exhibited at the gallery for most of February. For more details and the complete Takeuchi essay, please visit <thehummm.com>.*

For some artists, making art can be a deeply personal and challenging process — painful at times — riddled with self-doubt and taking years to achieve real creative satisfaction. But the results, over time and transitions, can be life-changing.

The development of Norman Takeuchi's work can be described as a journey through cultural identification and aesthetic experimentation, peppered with peer encouragement and, as Norman says, "lucky" opportunities.

The Takeuchi family was one of 22,000 first- and second-generation Japanese Canadians whose rights were stripped after the implementation of the War Measures Act of 1941. Overnight, they were no longer free human beings, labelled as "Enemy Aliens". The effect was devastating for these hard-working people not deserving of such upheaval and humiliation.

This was the backdrop for Norman Takeuchi's childhood, spent in a small British Columbia town. He took an early interest in art and, after finishing high school, he enrolled at the Vancouver School of Art. This was a delightfully eye-opening experience and a bold introduction to his new life as an artist.

Takeuchi studied painting and commercial art, and painted in London (England) for several years before settling



down in Ottawa. He married and began a career as an exhibition and graphic designer for Expo '67, Expo '70 and then the Canadian Museum of Nature, where he remained for 25 years.

Later in life, Takeuchi's Japanese heritage became more important to him, as long-held emotions surrounding the internment years and his own cultural identity surfaced. Using the iconic imagery of Japan as a theme in his work, his painful family history and his own "uneasiness with shame and anger" have, over time, given way to reconciliation, healing and the ability to embrace both his Japanese and Canadian heritage.

*On The Edges of Noh* is an exhibition overviewing his 2010–13 series of paintings and pastel drawings based on Japanese Noh Theatre mask imagery. It is showing February 4 to March 2, at General Fine Craft, Art & Design in Almonte. Meet the artist during the opening, on Friday February 7, from 7–9PM. For more details please visit <generalfinecraft.com> (see Exhibitions).

— Richard Skrobecki



Share the Love with flowers and Village Treats chocolates from

The Blossom Shop

Open extended hours Deliveries to Carleton Place, Almonte, Stittsville, Kanata & Ottawa



167 Bridge St. Carleton Place  
613-257-1855  
1-888-257-1856



Shop online at [www.blossomshop.ca](http://www.blossomshop.ca)



# Tristan and Iseult

2 women productions (2wp) is thrilled to be presenting its next show — *Tristan and Iseult, A Medieval Romance* — at the Arnprior Public Library, as well as at Perth's Full Circle Theatre. The new location is a story in itself! The Arnprior Library wanted to show their gratitude to the generous donors who supported their moveable shelving initiative. 2wp needed to find a new venue. The solution: the library will provide space for the performance, and library donors will have their generosity recognized by free tickets to a great show! And since tickets are for sale to the general public too, the whole community can celebrate the new book shelves while enjoying a fine storytelling performance of a literary classic.

So what can audiences expect when they come to hear *Tristan and Iseult*? Certainly drama and intrigue aplenty. They will discover how friendship and then erotic passion and murderous rage bind together King Marc of Cornwall, Iseult the Fair of Ireland, and Marc's nephew Tristan, in the most tragic of love triangles. In company with dragons, maidens, dwarves, knights, kings and an array of other fantastical characters, listeners will experience passion, laughter, fear, heroism, and betrayal. Together teller and listener will voyage to the ancient land of Cornwall where the wind blows wild and the lovers teeter on the edge of a sharp and ever more dangerous sword.

There is probably no one in Canada better suited to the telling of this grand tale than Stéphanie Bénéteau, one of our

finest tellers. Her unique style is delicate and compelling, with a sensuality just right for an epic love story.

The Arnprior performance will be at 7:30PM on February 28. Tickets are \$18 in advance, and \$20 at the door; \$10 if you are under 25 or underemployed. Get advance tickets at the library, 21 Madawaska Street in Arnprior (623-2279).

You can also catch the show in Perth at the Full Circle Theatre on March 1 at 7:30PM. Tickets for that show can be bought from Tickets Please <ticketsplease.ca>.

For more information, visit <2wp.ca>, or contact Jennifer Cayley at 256-0353 or <jcayley@magma.ca>.



Hear storyteller Stéphanie Bénéteau in Arnprior and Perth



Celebrate your feminine curves and your own distinctive style.

## We are CLOSING up to OPEN up to new adventures.

THE WHITE LILLY is closing and that's good news for you. We are moving on to new challenges and adventures, but before we do, we are offering everything in store at greatly reduced prices. **THIS IS THE BEST SALE** we have ever had with savings like never before on everything in the store including our exclusive clothing line of fabulous 'Goddess-on-the-Go'.

Get here as soon as you can for best selection.



Sale starts  
Feb. 4

30 to 50%  
OFF Everything.

PLUS more  
surprises in-store!

14 Mill St., Heritage Court, Almonte 613-256-7799 [www.lillywhite.ca](http://www.lillywhite.ca)

# HAPPINESS IS A WARM GLUE GUN



Join us for a workshop!  
Details at [hello-yellow.ca](http://hello-yellow.ca)

HELLO  
yellow

72 MILL STREET  
ALMONTE . ONTARIO  
613.461.MADE

FOLKUS CONCERT SERIES PRESENTS

# Evening Symms

W/ BLUEGRASS JUNCTION  
FEBRUARY 22, 2014  
ALMONTE OLD TOWN HALL  
SHOW AT 8:00 | \$30.00

TICKETS AVAILABLE AT  
MILL STREET BOOKS  
ALMONTE, ON (613.256.9090)  
[FOLKUSALMONTE.COM](http://FOLKUSALMONTE.COM)

**House ReBorn Inc.**  
Renovations & additions | design + Build | quality carpentry

**Martin Beauseigle**  
martin@housereborn.ca  
613-294-3993



River Cottage ReBorn

[www.housereborn.ca](http://www.housereborn.ca)  
Stop by our website to view the various services we offer!

Like *theHumm* on **FACEBOOK!**

**Valley Animal Rescue** presents

**RAISE THE WOOF**  
A STAND UP COMEDY SHOW

**March 1, 8PM**  
doors open at 6PM

**Best Western, Renfrew**

Tickets are \$20 available at:  
Pet Valu, Renfrew  
House of Crafts, Pembroke  
Helping Hands Thrift Shop, Renfrew  
Rick's Pets, Arnprior

Featuring comedians:  
Gabriel Rutledge  
Scott Belford  
Mark Debonais

cash bar • 50/50 draw • silent auction

[www.woofraise.com](http://www.woofraise.com)

**NORMAN TAKEUCHI**  
ON THE EDGES OF NOH  
paintings and drawings

February 4 to March 2, 2014

Join us:  
vernissage/meet the artist  
**Friday February 7 7-9PM**

**General** fine craft, art & design  
63 Mill Street in historic Almonte  
[generalfinecraft.com](http://generalfinecraft.com)  
contemporary Canadian ceramics, jewellery, fibre, glass, wood, painting, furniture, mixed media

Words From Westport

# From Peru to Westport

This month, the highlight in Westport is the return of Nicole McGrath, an artist who paints en plein air.

She recently returned from a two-month artist-in-residence jaunt to Peru. In order not to misrepresent her story, I am attaching it below in her own words. Nicole will

by Georgia Ferrell

also be our presenter at the February **Breakfast with the Arts, Westport Style**, on February 22. I am delighted to be able to announce this wonderful presentation and hope that many will attend. Potluck breakfast begins at 8AM, and the program starts at 9AM, all at the Grist Mill Gallery in Westport.

## Painting in the Peruvian Jungle

Spectacular views at the Mirador, the structure itself is perfect for painting: two levels, palmed roof, 180-degree view of the jungle in the deep valleys and mountains, and cool temperature. I painted for a teen audience, and with palette knives for the first time, having left my brushes in the studio. It's also raining, but the results surprise me, and the teenagers are coming in for a closer look. I'm at my first discoveries around the village. I've been here forty days and forty nights, listening to birds, photographing butterflies, marvelling at strange flowers, and creating artwork.

This is San Roque de Cumbaza, one hour outside of Tara-

poto — the launch pad to the Peruvian jungle. The village, the people, and the region are all gems. Going straight to Sachaqa artist residency when I landed, knowing little about the area. I expected to be surrounded with nature — that was enough.

Toroyacu. Three tall waterfalls. This is the third paradise I've experienced here, and the most breathtaking. Three artists, swimming, celebrating, breathing it in. We took photos, knowing it would capture a view, without the immense, weightless, generous, tranquil abun-

in a peaceful state of mind, I produce my best paintings two days later: two of them, by the river Cumbaza, not far from my tambo at Aldea Mishkiyacu, My skills have jumped up a notch.

Uneven paths, up and down, roots or not, pebbles and boulders, slanted southward, twisting around trees... The faithful body aches disappeared; it was like dancing. Fruit and vegetables, and cocoa and coffee, grown locally, are the tastiest. I return home healthier in mind and body, with an armload of artwork and a virtual ton of photos for future work. And I have all the contacts and tips I need for the next round.

— Nicole McGrath lives and paints in the Frontenac Arch Biosphere Reserve, near Westport. She also offers workshops and talks on her experiences in outdoor painting. Her work in Peru can be viewed at <[zhibit.org/nicolemcgrath](http://zhibit.org/nicolemcgrath)>



'Reflection on the River Cumbaza' by Nicole McGrath

dance of a flourishing jungle. By Sunday morning, we are quiet, we contemplate for hours. Our time at Toroyacu is filled with sun and moon light, our hikes with cloudy skies and rain. As we take the trail back, the mud is deeper than the previous day, the effort greater, we slip and just laugh lots.

My mind holds an unforgettable dream of Toroyacu. Still

## Call For Artists

The **Fall Colours Studio Tour** is held on Thanksgiving Weekend (Oct 11-13). This popular tour includes spectacularly located studios nestled amongst the fall colours in the Westport area. It is a juried event and each year the jury strives to achieve a fresh and interesting mix of new and returning artists and to include artists working in a variety of media. Applications are now being accepted for the 2014 tour. If you are interested in being a tour studio or guest artist, please email Diane Black at <[gristmillarts@gmail.com](mailto:gristmillarts@gmail.com)> or call 273-9299. The deadline for submissions is March 1.

**WHAT FAMILY ACTIVITY GETS YOUR HEART PUMPING?**

Enter for a chance to **win \$1000**

honouring... **Heart Health Month**

Details on how to enter and full contest rules available in store or online at [whatgetsyourheartpumping.com](http://whatgetsyourheartpumping.com)

sponsored by **Progressive**

**THE GRANARY**  
BULK & NATURAL FOODS  
EST. 1978

[www.granary.ca](http://www.granary.ca)  
Mon, Tues & Wed 9-6. Thurs & Fri 9-8, Sat 9-5, Sun 11-4

107 Bridge St., Carleton Place  
phone: 613-257-5986  
email: [info@granary.ca](mailto:info@granary.ca)

# Tufts and Briggs at MERA

The next concert in MERA's **Sunday Schoolhouse Concert Series** will feature a duo the Eastern Ontario community is proud to call its own: Terry Tufts and Kathryn Briggs. They will appear on Sunday, February 23, at 2PM.

Terry Tufts has been a key figure on both the local and national folk and roots music scene for the best part of the past three or four decades. In recent years he has made his home in North Frontenac, where he lives off-grid with his family, and performs, these days, chiefly in a duo with his life partner Kathryn Briggs.

Terry has been playing music for enjoyment since 1963 and as a profession since 1974. His father's job with the Canadian Government moved the family to Denver, Colorado, in the 1960s, at a time when the folk and rock music genres were influencing opinion everywhere. Other postings that influenced him musically took him to Ottawa, as well as Rome, Italy. Upon returning to Canada to complete high school, he irremovably stuck his head into the soundhole of an acoustic guitar. He suffers from the affliction to this day, coupled with frequent electric outbursts that last long into the night.

In 1974 he moved to Fredericton, New Brunswick, to begin pursuing his own musical career as a singer-songwriter and guitarist, as well as working as a session musician and sideman for a variety of artists, including Tom Paxton, Kathryn Briggs, David Francey, Colleen Peterson, Laura Smith, Laura Bird, Ian Tamblyn, Bill Garrett and Sue Lothrop, Charlie Sohmer, The Arrogant Worms, Wayne Rostad, Susan Aglukark, Tracey Brown, and George Fox.

The venues Tufts has played in, the musicians he has worked with, and the awards and critical recognition that have come his way, are all too numerous to mention. According to CBC Radio, "Terry Tufts is one of the finest finger-style guitarists in Canada."

Kathryn Briggs has been making music for most of her life. She says it's how she moves and breathes. Teaching and writing music are her greatest joys. In October 2000, Kathryn released her debut CD entitled *Small Awakenings*, produced by Canadian folk treasure Ian Tamblyn.

Award-winning singer-songwriter David Francey calls Kathryn "a brilliant pianist and composer, writing with clarity, depth and sensitivity, moving pieces that never fail to bring images to mind and emotions into play."

As to their performances as a duo, Rhea March of the *Edmonton Performance Review* enthuses that "Terry and Kathryn are deep thinkers who turn the attention of their thoughts to things that matter in the world. Somewhere along the line those perspectives are transformed into songs that explore the emotional spectrum from the fun and light-hearted to the touching and deeply personal."



Catch the very talented Terry Tufts and Kathryn Briggs at the MERA Schoolhouse in McDonald's Corners on February 23 at 2PM

Terry Tufts and Kathryn Briggs perform at MERA Schoolhouse in McDonald's Corners on Sunday, February 23, at 2PM. Advance tickets are \$22. MERA members are entitled to a discount on ticket fees. All tickets are available from Tickets Please at 39 Foster Street in Perth (Jo's Clothes), by phone at 485-6434 or online at <ticketsplease.ca>. Tickets can be reserved at Tickets Please and held for pick-up at the door.

The final concert in the winter segment of the series will feature the folk-jazz-klezmer ensemble The Boxcar Boys on Sunday, March 30. Upcoming concerts in the spring segment include Garnet Rogers, Trent Severn and Jason Fowler.

## PÊCHES & POIVRE from sweet to savoury

I ♥ CHOCOLATE

ENTER OUR 2<sup>ND</sup> 'ODE TO CHOCOLATE' CONTEST  
To win a \$50 of Chocolate goodies!

See in store or Facebook for details



Feb 1: Numerous chocolate products to sample

Feb 8: Meet **Ludwig** and taste his locally produced chocolate



FEB HOURS Mon - Sat 10 - 5

89 Mill St. Almonte  
613-256-5764

*fine food, fun kitchen and artful dining ware*



Follow theHumm on Twitter!

@INFOHUMM



## March Break Camp

The Mississippi Valley Textile Museum and the Almonte Potters Guild are teaming up again to offer an amazing week-long March Break Camp.

Five full days of creative projects including felting workshops on Friday with international award winning guest artist Andrea Graham.



## Birthday Parties

The Mississippi Valley Textile Museum, National Historic Site, is now offering costume birthday parties! Kids can have fun exploring and dressing up in dozens of different costumes and make their own accessories as well!



Please call the Mississippi Valley Textile Museum, National Historic Site at 613 256 3754 for more information and to book either of these programs.

## Dine-In Specials

**Wing Monday**  
50¢ wings all day

**Fish Fryday**  
Fish and Chips only \$10.00

**Schnitzel Sunday**  
One piece \$13 • Two pieces \$15  
For a full menu, visit our website:  
[www.cedarcove.ca](http://www.cedarcove.ca)

100 Cedarcove Rd • White Lake, Ont  
613-623-3133



Fall in love  
with a book  
this Valentine's Day!



Book Club: February 12, 7PM *A Woman in the Polar Night*

[/millstreetbooks](https://www.facebook.com/millstreetbooks)



MILL STREET BOOKS  
[www.millstreetbooks.com](http://www.millstreetbooks.com)

52 Mill St., Almonte  
613-256-9090



Make Cedar Cove Your Winter Destination!

Enjoy all that the season has to offer! Ice skating, cross country skiing, ice fishing, snowmobile to the front door.

Warm up by the fireplace

Enjoy a casual lunch or a succulent dinner at the  
*Lakeside Bar & Grill*

[www.cedarcove.ca](http://www.cedarcove.ca)



Hours of Operation

Thurs. Noon-8PM • Fri. Noon-8PM • Sat. 9AM-9PM  
Sun. 9AM-8PM • Mon. Noon-8PM

**PUPPETS UP!**  
International Puppet Festival **AUGUST 9 & 10, 2014**

CELEBRATING **10** YEARS

**VOLUNTEER at our Party!**  
For more information please visit [puppetsup.ca](http://puppetsup.ca)

# Ottawa Valley Opry Country Music Show

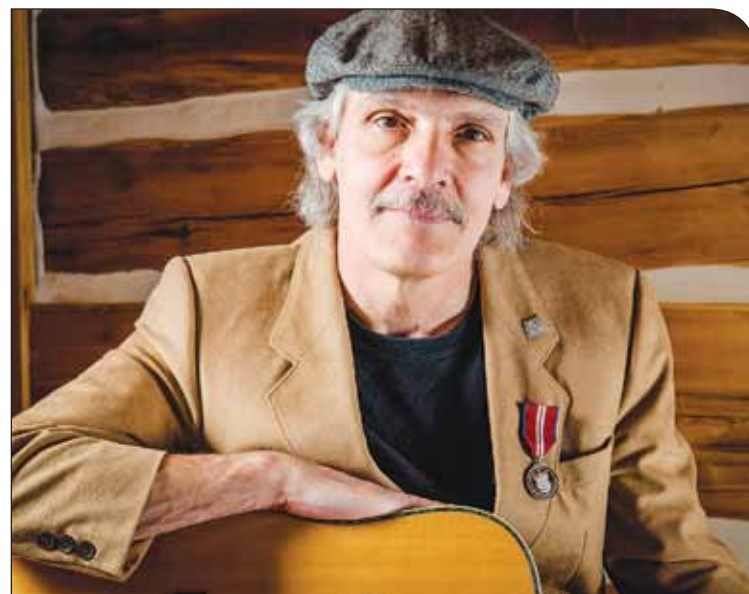
There is going to be a huge Ottawa Valley country music extravaganza at the Gallipeau Centre Theatre in Smiths Falls on February 8; a special gathering of members of the Ottawa Valley Country Music Hall of Fame, as well as other well-known Valley performers. The evening will afford country music fans one of those rare opportunities to see many of their local favourites, together in one show.

On the bill will be legendary singer and storyteller Freddy Dixon with his All-Star Band. A real all-star band it is, too, led by guitar-playing sensation Steve Pitocco, along with Jeff Khol on keyboard, Fred Ducharme on bass, Terry Kittman on drums, Wayne Mills on sax, and Peter Dawson on fiddle.

The host for the evening will be the one and only Charlie Kitts. He is an Ottawa Valley Country Music Hall of Fame inductee himself, and one of the best-known emcees and colourful characters of the Ottawa Valley.

Guests for the evening are Valley Queen Arlene Quinn, Jamie McMunn (son of the late Ron "The Fox" McMunn), and Valley Troubadour Lyle Dillabough.

Dillabough will open the concert with a special tribute to the man of the evening: Freddy Dixon. With a long string of records, shows, escapades and miles along the road, Dixon has lived the life that often is described in country song lyrics. Some of those escapades and other stories are told



Catch Lyle Dillabough (above, photo courtesy Michael Gauthier / Freedom Photography), along with other Valley favourites, at the Opry on February 8 in Smiths Falls

in his book *Country and Other People I Have Met*. The account reflects upon the unique time period which occurred during the '60s and '70s in the music world and in the life of small town Canada at that time.

A strong proponent of Canadian artists and Canadian songs, Dixon is known for making waves at times when it comes to expressing his opinions about how Canadian artists get treated in their own country. He feels that the preference American artists receive on Canadian radio is unfair and unnecessary, particularly because "our music is as good as anyone's," he says.

The late Stompin' Tom Connors was a friend of Dixon's, and

the two shared common views when it came to Canadian songs, songwriters and performers.

The main idea behind this show (aside from just wanting to entertain the folks and have a real good ole country celebration), is to celebrate Valley artists, their tunes, and our own unique culture.

So mark your calendars for Saturday, February 8, starting at 7PM at the Gallipeau Centre Theatre, 361 Queen Street in Smiths Falls. Tickets are \$29.50 and can be ordered at <ticketpro.ca> or 1-888-655-9090, or call the theatre's box office at 205-1493. The concert is a Shamrock International Records' production and is officially sponsored by Smiths Falls Home Hardware.

No matter what the occasion, we have the **Tree-Free card for you!**

**SOUL SCENTS**  
42 Mill Street, Almonte ♦ [www.soulscents.ca](http://www.soulscents.ca) ♦ 1-866-347-0651

Pick up *theHumm* in Carleton Place at **C-STYLE FASHIONS**

Music at MERA presents

ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO

**SUNDAY SCHOOLHOUSE CONCERT SERIES #2 - Winter 2014**

"...sings with a soaring voice of unparalleled sincerity." Ed McCurdy, author of *DAST NIGHT I HAD THE STRANGEST DREAM*

"Expect the same unequalled musicianship and sharp lyrics which have characterized Tufts's career to date." Derek Baymaker, *THE OTTAWA CITIZEN*

Tufts has the guitar skills of a magician and is a robust songwriter with a long trail of fabulous CDs to his credit... Tufts often speaks with a strong social conscience in his songs but can also write with grace of his family and loves...current and past.

**Terry Tufts & Kathryn Briggs**  
Sunday, February 23, 2pm  
at MERA Schoolhouse, McDonalds Corners  
Coming soon...

The Boxcar Boys Sunday, March 30  
Garnet Rogers Sunday, April 23  
Advance Tickets \$22

Available at Tickets Please 39 Foster St. in Perth (Jo's Clothes)  
online at [www.ticketsplease.ca](http://www.ticketsplease.ca) or by phone at 613-485-6434

**FERRARO ART WORKSHOPS**

Introduction to Life Drawing  
February 24 to 28

Introduction to Pastel 1  
March 1 & 2

Blogging at [margaretferraro.blogspot.ca](http://margaretferraro.blogspot.ca)

To register, or for info:  
(613) 839-5241  
[margferraro@xplornet.ca](mailto:margferraro@xplornet.ca)  
or [www.ferraro-art.com](http://www.ferraro-art.com)

**ALMONTE OLD TOWN HALL**

VALENTINES

MARDI GRAS PARTY  
CAJUN DINNER & DANCE

BALLYGIBLINS CAJUN BUFFET-JAMBALAYA-CORNBREAD-MUSSELS-CHICKEN

**SAT FEB 15**

WITH  
**MUMBO JUMBO VODOO COMBO**

MARDI GRAS R&B & CLASSIC ROCK & SOUL

FREE SHUTTLE HOME IN ALMONTE

DONATIONS FOR THE LANARK FOOD BANK WILL BE COLLECTED

ADVANCE TIX FOR DINNER \$40 BY FEB 13 AT BALLYGIBLINS 613-253-7400  
BAKER BOBS 613-256-7674  
MMMUSICWORKS 613-256-7464  
JUST THE DANCE \$20 - \$25 AT THE DOOR

DINNER 7PM - DANCE 8PM

# Music From the Canadian Shield

Haunting — the way a loon haunts a lake — **Evening Hymns** will bring a little woodsmoke and mystery to the Almonte Old Town Hall on February 22. Regular listeners know how much this room likes strings and vocals; the sound soars and the hairs rise up on the back of your neck. This will be one of those nights.

Evening Hymns could be called cottage music — the band draws inspiration from shadows under the trees, the crunch of snowshoes, and the crackle of a bonfire — but it is introspective rather than singalong. With thoughtful lyrics and a carefully layered sound built around a guitar-and-bass combo, with intertwining male and female vocals, the music — like that loon — will stay with you for quite a while.

Their 2013 album *Spectral Dusk* was nominated for the Polaris Prize long list, and this was just the beginning. The band, led by guitarist and composer Jason Bonnetta, is now being managed by Ottawa's Kelp Music, and they are recently back from touring Europe, where they were well received.

Internationally, *Spectral Dusk* is described as being recorded in a cabin in the deep woods of Northern Ontario. Locals will not consider Perth very far north, but will agree that the romance



Evening Hymns (above), with openers Bluegrass Junction, will play Almonte's Folkus Concert Series on February 22

and the beauty of the Canadian Shield come through. This is music that will appeal to devotees of Sigur Rós, but also to fans of old canoes and snowy nights.

The opening band this show hails from Carleton Place. Members of Bluegrass Junction have over twenty years' experience under their belts, and they bring a more down-home kind of sweet harmony to the stage. Featuring banjo, upright bass, fiddle, and guitar, as well as the vocals, the trio of Nancy McGuire, Peter McGuire, and Marc Rochon should get the evening off to a great start.

## Tickets!

You can buy tickets online at <folkusalmon.com> (follow the link to Eventbrite), or in person at Mill Street Books in Almonte and Compact Music in the Glebe. Tickets are \$30 (\$15 for students), available as above or at the door on the day of the show. But January's show sold out the week before — so get your tickets early! Ticket updates are posted to twitter <@folkusalmon> and Facebook <facebook.com/folkusalmon>. As always, concerts start at 8PM on Saturdays at Almonte's Old Town Hall.

— Sandy Irvin

# You've Got Hate Mail

It's already a hard, cold winter and the February blues are fast approaching. In the midst of the ice and snow, what better way is there to clear out the chills than with an evening of great laughter?

BarnDoor Productions is offering playgoers Perth's best choice for big laughs this February, with an outrageous, hilarious Off-Broadway comedy that is, quite frankly, the frankest show ever presented in Perth! The *New York Post* called it "the perfect bedroom farce!" and the *Star-Ledger* said "LOL! The audience is guaranteed to do just that — laugh out loud!"

*You've Got Hate Mail* is a "sort-of" romantic comedy that is blowing into Perth's Full Circle just in time for Valentine's Day. It's a 21<sup>st</sup>-century farce: five people, five laptops and a lot of laughs in a story told entirely through email! Written by veteran New York writers Billy Van Zant and Jane Milmore, the show has been running Off-Broadway for nearly five years, and is still going strong. It's rare for a community theatre to get a chance to

perform a show that is still in its first run in New York, but BarnDoor Productions has managed to secure the rights for this no-holds-barred romp.

When a cheating husband accidentally sends a sexy email to his wife, rather than the "other woman", the internet heats up with flying email and instant messages as the relationships between the play's five characters shift and shift again, all at the speed of a broadband connection. True to modern relationships, each of the characters stays glued to their computer, coming out of their cocoon just in time for an in-and-out the doors chase — done on cell-phones!

This is quite definitely an ADULTS-ONLY production, and one you'll definitely want to see with a person of significance. Come on opening night and make it a Valentine's Day treat for you both.

With a cast of veteran BarnDoor Productions performers and some newcomers as well, and brought to you by the same company that mounted 2012's

production of *Not Now, Darling*, *You've Got Hate Mail* is February's best bet for laughs and feel-good February blues-chasing.

The production runs February 14, 15, 20, 21, 22 at 8PM and February 16 and 23 at 2PM at the Full Circle Theatre, 26 Craig Street in Perth. Tickets are \$20 reserved (call 267-1884) or \$22 at the door. College students are \$12 and, due to the nature of the production, there is no children's price for this show.

## The Perth Community Choir is inviting proposals for the Fall 2014 Show

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

Deadline for proposals is Friday, March 28<sup>th</sup>, 2014

Proposals to be sent to 49 Harriet Street, Perth, Ontario K7A 1T5 or emailed to

perthcommunitychoir@gmail.com

The Mississippi Valley Textile Museum invites you to attend their  
**Annual General Meeting**  
 March 26, 6:30PM  
 at the Museum.

613 256 3754  
 3 Rosamond St. East,  
 Almonte

Pick up *theHumm* in Almonte at  
**DANDELION FOODS**

**Janice Aiken**  
 Registered Massage Therapist  
 26 Years experience  
 Specializing in:  
 Treatment-Oriented  
 Massage and  
 Myofascial Release

1598 Ramsay Conc. 1  
 10 minutes west of Almonte  
 www.janiceaikenrmt.ca  
 613-256-6243

**If You Are...**

- Moving
- Expecting a Baby
- Planning a Wedding
- Opening a New Business

Call  
 1-866-283-7583

We have  
 Gifts & Information  
 www.welcomewagon.ca

The  
**Millstone**

An intelligent and informed source of news for  
 Mississippi Mills

**FREE**

www.millstonenews.com

**The School of Coffee is back in session!**

**"Cupping 101"**  
 Discover freshness, proper brewing, cupping & more!  
**Saturday March 1st**  
**10am - 12pm**

Sign up in the cafe or  
 rsvp@equator.ca

451 Ottawa St. Almonte / 613.256.5960 / equator.ca

# Claiming Column

Maxim Bernard (AiC), Almonte, Mar 8  
 JW Jones (BOTR), Westport, Mar 14  
 St. Pat's Dinner Dance, Perth, Mar 15  
 Lorne Elliott (PPAC), Perth, Mar 21  
 Soup for Thought, Almonte, Mar 22  
 Folkus, Almonte, Mar 22  
 Fox on the Fairway, CP, Mar 28-Apr 5  
 Maple Run Tour, Pakenham, Mar 29-30  
 Drumhand (OSFK), Almonte, Mar 30  
 The Lion in Winter, Perth, Apr 3-13  
 Pakenham Home Show, Apr 4-6  
 Quartango (PPAC), Perth, Apr 11  
 MonkeyJunk, Arnprior, Apr 11  
 Gryphon Trio (AiC), Apr 12  
 Hogtown Allstars, Westport, Apr 18  
 Handmade Harvest, Almonte, May 3  
 Hike for Hospice, Miss Mills, May 4  
 David Rotundo Band (BOTR), May 9-10  
 Art in the Attic, Almonte, May 9-11  
 Young Awards Gala, Almonte, May 10  
 Little Women, Perth, May 22-Jun 1  
 Mississippi Mills Bicycle Month, June  
 Busfusion, Almonte, Jun 5-8  
 Celfest, Almonte, Jul 4-6  
 Stewart Park Festival, Perth, Jul 18-20  
 Herbfest, Almonte, Jul 27  
 Puppets Up!, Almonte, Aug 9-10

# Visual Arts

**Art Auction/Show**, Feb. 1. Ellen Day's art. Proceeds to Argentina women's program. Baker's Bean, 1 Sherbrooke St., Perth  
**Little Art, Big Hearts Fundraiser**, Feb. 1, 10AM-1PM. Create/buy art for Ottawa Heart Institute. Kanata Civic Art Gallery, 580-2424x33341, kanatagallery.ca  
**MVTM Vernissage**, Feb. 1, 2-4PM. Transformations: Taking Felt in New Directions. Textile Museum, Almonte. mvtm.ca  
**Vernissage**, Feb. 2, 2-4PM. Gloria Lee-Shoebridge & Ankaret Dean. MERA Schoolhouse, McDonalds Corners  
**Vernissage**, Feb. 7, 7-9PM. Kathy Lavender. Brush Strokes, CP. brushstrokesart.ca  
**Vernissage**, Feb. 7, 7-9PM. Norman Takeuchi. General Fine Craft, Art & Design, Almonte. generalfinecraft.com  
**Open House**, Feb. 8 & 9, 10AM-4PM. Sarah Moffat's new works. Olde Almonte Flour Mill, 11 Main St. Almonte. sarahmoffat.com  
**Almonte & Area Artists' Assoc Mtg**, Feb. 10, 7:30PM. Almonte Library. 256-5863, 4a-artists.ca  
**Meet the Artists**, Feb. 15, 1-3PM. New group show. Kanata Civic Art Gallery, 580-2424x33341, kanatagallery.ca  
**Almonte Quilters' Guild**, Feb. 17, 7PM. Guest: pattern designer from Renfrew. Almonte Civitan Hall. 257-8444  
**Arnprior Quilters' Guild**, Feb. 26, 7PM. Christian Education Centre, Arnprior. arnpriordistrictquiltersguild.com. \$5; \$20/yr

# Youth

**Family Day**, Feb. 17, 10AM-2PM. Sleigh rides, face painting too. Fulton's, Pakenham. fultons.ca  
**Willy Wonka Jr.**, Feb 21, 27, 28 at 7PM; Feb 22, 23, Mar 1 at 2PM. Tickets at CP Chamber Visitor Ctr. CP Town Hall. 257-1976, mississippimudds.ca. \$10  
**OSFK: Cake and I Scream**, Feb. 23, 2PM. Tickets at Kentfield Kids, Apple Cheeks, online. ADHS, Almonte. onstageforkids.com. \$10

# Festivals

**Carleton Place Winter Carnival**, Feb. 22, from 9AM. Kids' activities, chili cook-off, merchant market, dance. Downtown CP. wintercarnival.carletonplace.com

# WHAT'S ON IN

## Monday

## Tuesday

## Wednesday

## Thursday

- Brush Strokes presents Kathy Lavender <brushstrokesart.ca>
- CP & Beckwith Heritage Museum presents Vintage Hats and Millinery Sundries, from Feb 8 <cpbheritagemuseum.com>
- Fairview Manor Foyer presents Stephanie Huckabone's mixed media, from Feb. 11
- General Fine Craft, Art & Design presents Norman Takeuchi's paintings & drawings <generalfinecraft.com>
- Kanata Civic Art Gallery presents National Capital Network of Sculptors, Feb 4-9 <kanatagallery.ca>
- MERA Schoolhouse presents Gloria Lee-Shoebridge's paintings and Ankaret Dean's basketry wall sculptures
- MVTM presents Transformations: Taking Felt in New Directions <mvtm.ca>
- Ottawa West Arts Assoc Gallery (Goulbourn Rec Complex) presents "Nature's Silent Slumber" <owaa.ca>
- The Mississippi Mills Chambers Gallery presents Jan Gilbert's acrylic-representational art
- The Almonte Library Corridor Gallery presents Leslie Lambert's landscapes (oil & watercolour)

3 <ul style="list-style-type: none"> <li>🎵 Carp Celtic Jam, Carp Lodge</li> <li>🎵 Our Man in Tehran, Arnprior</li> </ul>	4 <ul style="list-style-type: none"> <li>🎵 Ed Boot, CP</li> <li>🎵 Green Drinks, Perth</li> <li>🎵 Potluck Dinner &amp; Dillabough, SF</li> <li>🎵 Town Singers Begin, Carleton Place</li> </ul>	5 <ul style="list-style-type: none"> <li>🎵 Blue Jasmine, Perth</li> <li>🎵 Open Celtic Jam, Naismith Pub</li> <li>🎵 Shawn McCullough, The Cove</li> </ul>	6 <ul style="list-style-type: none"> <li>🎵 Blue Jasmine, Smiths Falls</li> <li>🎵 Jazz at Bally's, Ballygblin's</li> <li>🎵 Les Misérables, Perth</li> <li>🎵 Musicians' Circle, Bolingbroke</li> <li>🎵 Open Mic w/Matt Dickson, Golden Arrow</li> <li>🎵 The Balconies w/Say Yes, Neat Café</li> </ul>
10 <ul style="list-style-type: none"> <li>📅 AAAA Mtg, Almonte</li> <li>🎵 Carp Celtic Jam, Carp Lodge</li> <li>🎵 Dallas Buyers Club, Arnprior</li> </ul>	11 <ul style="list-style-type: none"> <li>🎵 Tim O'Neil, CP</li> </ul>	12 <ul style="list-style-type: none"> <li>🎵 Adult Bereavement Group, Perth</li> <li>📖 Book Club, Almonte</li> <li>🎵 Open Celtic Jam, Naismith Pub</li> <li>🎵 Shawn McCullough, The Cove</li> </ul>	13 <ul style="list-style-type: none"> <li>🎵 Funny Money, Smiths Falls</li> <li>🎵 Leaving Home, Perth</li> <li>🎵 Les Misérables, Perth</li> <li>🎵 Musicians' Circle, Bolingbroke</li> <li>🎵 Open Mic w/The Matts, Golden Arrow</li> </ul>
17 <ul style="list-style-type: none"> <li>📅 Almonte Quilters' Guild, Almonte</li> <li>🎵 Backyard Sugar Maker's Workshop, Pakenham</li> <li>🎵 Brea Lawrenson, Calabogie Peaks</li> <li>🎵 Carp Celtic Jam, Carp Lodge</li> <li>🎵 Gabrielle, Arnprior</li> <li>🎵 Sleigh Rides, Pakenham</li> </ul>	18 <ul style="list-style-type: none"> <li>🎵 Tom Valiquette, CP</li> </ul>	19 <ul style="list-style-type: none"> <li>🎵 Hannah Arendt, Perth</li> <li>🎵 Open Celtic Jam, Naismith Pub</li> <li>🎵 Shawn McCullough, The Cove</li> </ul>	20 <ul style="list-style-type: none"> <li>🎵 Hannah Arendt, Smiths Falls</li> <li>🎵 Heritage Day Dinner, Carleton Place</li> <li>🎵 Musicians' Circle, Bolingbroke</li> <li>📖 Poetry Night, Perth</li> <li>🎵 You've Got Hate Mail, Perth</li> </ul>
24 <ul style="list-style-type: none"> <li>🎵 Carp Celtic Jam, Carp Lodge</li> <li>🎵 Philomena, Arnprior</li> </ul>	25 <ul style="list-style-type: none"> <li>🎵 George Chenier Sr., CP</li> </ul>	26 <ul style="list-style-type: none"> <li>🎵 Adult Bereavement Group, CP</li> <li>📅 Arnprior Quilters' Guild, Arnprior</li> <li>🎵 Open Celtic Jam, Naismith Pub</li> <li>🎵 Shawn McCullough, The Cove</li> </ul>	27 <ul style="list-style-type: none"> <li>🎵 Musicians' Circle, Bolingbroke</li> <li>🎵 Open Mic w/The Matts, Golden Arrow</li> <li>🎵 Willy Wonka Jr., Carleton Place</li> </ul>

# Theatre

**O'Brien Theatre Film Group** presents *Our Man in Tehran* (Feb 2, 1PM; Feb 3, 7:30PM); *Dallas Buyers Club* (Feb 9, 1PM; Feb 10, 7:30PM); *Gabrielle* (Feb 16, 1PM; Feb 17, 7:30PM); *Philomena* (Feb 23, 1PM; Feb 24, 7:30PM); *Inside Llewyn Davis* (Mar 2, 1PM; Mar 3, 7:30PM). O'Brien Theatre, Arnprior. 622-7682, obrientheatre.com. \$10  
**Film Night International** presents *Blue Jasmine* Feb 5, 2&7PM (Full Circle Theatre, Perth); Feb 6, 7PM (Station Theatre, SF); *Hannah Arendt*, Feb 19, 2&7PM (Full Circle Theatre, Perth); Feb 20, 7PM (Station Theatre, SF). filmnightperth@gmail.com, \$10  
**Les Misérables**, Feb 6-8, 13-15 at 8PM; Feb 9, 16 at 2PM. Orion Theatre Co. Tickets Please. \$24 (opening night \$15); table of 8 is \$160. Code's Mill, Perth. 485-6434, oriontheatre.ca

**Funny Money**, Feb 13-15, 21 & 22 at 7:30PM; Feb 16 & 23 at 2PM. British farce. SF Community Theatre. The Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$20/\$10  
**Leaving Home**, Feb 13-15, 21-22 at 8PM; Feb 16, 23 at 2PM. \$22/\$20 at Book Nook, theatre or TicketsPlease.ca. Studio Theatre, Perth. 267-7469, studiotheatreperth.com  
**You've Got Hate Mail**, Feb 14-15, 20-22 at 8PM; Feb 16 & 23 at 2PM. Adults-only comedy. Full Circle Theatre, Perth. 267-1884, barndoorproductions.ca. \$22; \$20 in adv  
**Comedy Nite**, Feb. 15, 8PM. 19 yrs+. Tickets at Info Ctr (132 Coleman St.) or online. CP Town Hall. cpchamber.com. \$30  
**Live At The Met: Falstaff**, Feb. 22, 1PM. Verdi. O'Brien Theatre, Arnprior. 623-4007, obrientheatre.com. \$22  
**Spiritual Cinema Circle**, Feb. 23, 2PM. McMartin House, Perth. 267-4819, fp@superaje.com. \$2 donation

**Gravity**, Feb. 28, Mar 1, 7:30PM. Station Theatre, Smiths Falls. 283-0300  
**Tristan and Iseult**, Feb. 28, 7:30PM. W Stephanie Bénéteau. ticketsplease.ca. Arnprior Library. 256-0353, 2wp.ca. \$20/\$18  
**Raise the Woof Comedy Show**, March 1, 8PM. Stand-up, auction for Valley Animal Rescue. Tickets at Pet Valu Renfrew. Best Western Renfrew. woofraise.com. \$20

# Literature

**LiPS Poetry Slam**, Feb. 7, 7PM. LiPS. Signup 6:30PM. The Thirsty Moose, CP. lanarklips@hotmail.com. \$5  
**Book Signing: The Spark**, Feb. 8, 1:30-3PM. Author John Kenny. Mill Street Books, Almonte. 256-9090, millstreetbooks.com  
**Book Club**, Feb. 12, 7PM. *A Woman in the Polar Night*, Christiane Ritter. Mill Street Books, Almonte. 256-9090, millstreetbooks.com

**Vine Rhymes**, Feb. 15, 7-9PM. Songwriters, poets & storytellers perform. Coffee Culture, Smiths Falls. Free  
**Poetry Night**, Feb. 20, 9PM. Golden Arrow, Perth. 267-4500, goldenarrowpub.com

# Music

**Illegal Smile**, Jan. 31. 8:30PM-12AM. Love That Barr, Pakenham. lovethatbarr.ca, 624-2000. No cover  
**Almonte in Concert**, Feb. 1, 8PM. Les Voix Humaines. \$30/\$15 at 256-4554, almonteinconcert.com, Almonte Old Town Hall  
**Downchild Blues Band**, Feb. 1, 8PM. \$35-55 at Burns Jewellers (Perth), 267-4466, burnsjewellers.com. PDCL auditorium  
**Mayor & the Troubadour**, Feb. 2, 7PM. Dennis Staples & Lyle Dillabough. LAWS fundraiser. Coffee Culture, SF. \$5  
**Miguel De Armas Quartet**, Feb. 2, 3PM. VV Tracey Brown, RetroActives. Almonte Old Town Hall. jazzn.ca. \$25 at Mill St. Books



# FEBRUARY 2014

## Friday

## Saturday

## Sunday

<p><b>31</b></p> <ul style="list-style-type: none"> <li>Basement Ramblers, Golden Arrow</li> <li>Illegal Smile, Pakenham</li> </ul>	<ul style="list-style-type: none"> <li>Almonte in Concert, Almonte</li> <li>Art Auction/Show, Perth</li> <li>Downchild Blues Band, Perth</li> <li>Head over Heels, The Cove</li> <li>Jazz Night w/Peter Brown, Golden Arrow</li> <li>Little Art, Big Hearts Fundraiser, Kanata</li> <li>MVTM Vernissage, Almonte</li> <li>Three Times Lucky, Calabogie Peaks</li> </ul>	<ul style="list-style-type: none"> <li>APEX Jazz Band, The Royal Oak</li> <li>Henry Norwood &amp; Friends, The Cove</li> <li>Mayor &amp; the Troubadour, Smiths Falls</li> <li>Miguel De Armas Quartet, Almonte</li> <li>Open Mic w/Kelly Sloan, Ashton Pub</li> <li>Our Man in Tehran, Arnprior</li> <li>Ron McMunn Country Music Heart Jam, CP</li> <li>Valley Singles Lunch, Carleton Place</li> <li>Vernissage, McDonalds Corners</li> <li>Zydeco Loco, Calabogie Peaks</li> </ul>
<ul style="list-style-type: none"> <li>Country Jam, Lakepark Lodge</li> <li>Les Misérables, Perth</li> <li>LiPS Poetry Slam, Carleton Place</li> <li>Patricia O'Callaghan, Neat Café</li> <li>Sounds Sweet, Golden Arrow</li> <li>Steve Barrette Trio, The Swan at Carp</li> <li>Vernissage, Carleton Place</li> <li>Vernissage, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>Book Signing: The Spark, Almonte</li> <li>Brea Lawrenson, Golden Arrow</li> <li>East Coast Kitchen Party, Lakepark Lodge</li> <li>Head over Heels, The Cove</li> <li>Sarah Moffat Open House, Almonte</li> <li>Les Misérables, Perth</li> <li>Contra &amp; Square Dance, Maberly</li> <li>Maria Hawkins, Calabogie Peaks</li> <li>OV Opry Country Music Show, Smiths Falls</li> <li>White Lake Acoustic Jam, White Lake</li> </ul>	<ul style="list-style-type: none"> <li>Aboriginal Hand Drumming Circle, Carleton Place</li> <li>Dallas Buyers Club, Arnprior</li> <li>Sarah Moffat Open House, Almonte</li> <li>Les Misérables, Perth</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Open Mic w/Kelly Sloan, Ashton Pub</li> <li>Snow Angel Making Party, Lanark Highlands</li> <li>The Indelible Shameless Blues, Calabogie Peaks</li> </ul>
<p><b>14</b></p> <ul style="list-style-type: none"> <li>Country Jam, Lakepark Lodge</li> <li>Funny Money, Smiths Falls</li> <li>Leaving Home, Perth</li> <li>Les Misérables, Perth</li> <li>Terry Tufts Trio, Golden Arrow</li> <li>Valentine's Dance, CP</li> <li>Walk Like A Man, Smiths Falls</li> <li>You've Got Hate Mail, Perth</li> </ul>	<p>!!Family Day Activities - see www.thehummm.com</p> <ul style="list-style-type: none"> <li>Funny Money, Smiths Falls</li> <li>Comedy Nite, CP</li> <li>BOTR: Steve Strongman, Westport</li> <li>Breakfast at the Legion, Almonte</li> <li>Country Party, Lakepark Lodge</li> <li>Euchre, Ham &amp; Bean Dinner, Maberly</li> <li>Seed Swap, McDonalds Corners</li> <li>St. George's Valentine Dance, Clayton</li> <li>Stories of the Railway, Smiths Falls</li> <li>Mardi Gras Cajun Dinner/Dance, Almonte</li> <li>Vine Rhymes, Smiths Falls</li> <li>You've Got Hate Mail, Perth</li> <li>Les Misérables, Perth</li> <li>Leaving Home, Perth</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>APEX Jazz Band, The Royal Oak</li> <li>Backyard Sugar Maker's Workshop, Pakenham</li> <li>Funny Money, Smiths Falls</li> <li>Gabrielle, Arnprior</li> <li>Leaving Home, Perth</li> <li>Les Misérables, Perth</li> <li>Open Mic w/Kelly Sloan, Ashton Pub</li> <li>Rocket Rached, Calabogie Peaks</li> <li>You've Got Hate Mail, Perth</li> </ul>
<ul style="list-style-type: none"> <li>Almonte Lectures, Almonte</li> <li>Country Jam, Lakepark Lodge</li> <li>Fiddlers Dinner/Dance, Almonte</li> <li>Funny Money, Smiths Falls</li> <li>Jarvis Church, Neat Café</li> <li>Leaving Home, Perth</li> <li>Mardi Gras Jazz Night, The Cove</li> <li>Steve Barrette Trio, The Swan at Carp</li> <li>The Brockolees, Golden Arrow</li> <li>Willy Wonka Jr., Carleton Place</li> <li>You've Got Hate Mail, Perth</li> </ul>	<ul style="list-style-type: none"> <li>Agnes Obel, Neat Café</li> <li>Brea Lawrenson, Golden Arrow</li> <li>Carleton Place Winter Carnival, CP</li> <li>February Feast, Carleton Place</li> <li>Folkus: Evening Hymns, Almonte</li> <li>Funny Money, Smiths Falls</li> <li>Head over Heels, The Cove</li> <li>Jazz House Concert, Almonte</li> <li>Leaving Home, Perth</li> <li>Live At The Met: Falstaff, Arnprior</li> <li>Mid-Winter Milling, Almonte</li> <li>Willy Wonka Jr., Carleton Place</li> <li>You've Got Hate Mail, Perth</li> </ul>	<ul style="list-style-type: none"> <li>Leaving Home, Perth</li> <li>Aboriginal Hand Drumming Circle, Carleton Place</li> <li>Funny Money, Smiths Falls</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Mumbo Jumbo Voodoo Combo, Calabogie Peaks</li> <li>OSFK: Cake and I Scream, Almonte</li> <li>Open Mic w/Kelly Sloan, Ashton Pub</li> <li>Spiritual Cinema Circle, Perth</li> <li>SRO Big Band Tea Dance, Almonte</li> <li>Terry Tufts &amp; Kathryn Briggs, MERA</li> <li>Traditional Song Session, Almonte</li> <li>Willy Wonka Jr., Carleton Place</li> <li>You've Got Hate Mail, Perth</li> <li>Philomena, Arnprior</li> </ul>
<p><b>28</b></p> <ul style="list-style-type: none"> <li>Country Jam, Lakepark Lodge</li> <li>Neil Young Tribute Show, John St. Pub</li> <li>The Respectables, Golden Arrow</li> <li>Tristan and Iseult, Arnprior</li> <li>Gravity, Smiths Falls</li> <li>Willy Wonka Jr., Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li>Abba-mania &amp; Night Fever, Smiths Falls</li> <li>Ambush Dinner Party, Lakepark Lodge</li> <li>Gravity, Smiths Falls</li> <li>Head over Heels, The Cove</li> <li>Jazz Night w/Peter Brown, Golden Arrow</li> <li>Raise the Woof Comedy Show, Renfrew</li> <li>Rod Williams Duo, Calabogie Peaks</li> <li>Tristan and Iseult, Perth</li> <li>Willy Wonka Jr., Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li>Al Wood, Calabogie Peaks</li> <li>APEX Jazz Band, The Royal Oak</li> <li>Bob Burtch Bluegrass Band, The Cove</li> <li>Inside Llewyn Davis, Arnprior</li> <li>Open Mic w/Kelly Sloan, Ashton Pub</li> <li>Seedy Sunday, Pembroke, Perth</li> </ul>

**Ballygiblin's** (CP, 253-7400), jazz, no cover  
Feb 6 Peter Brown, Don Paterson, Glenn Robb, 6-9PM

**Neat Café** (Burnstown, 433-3205): 8PM  
Feb 6 The Balconies w/Say Yes, \$12  
Feb 7 Patricia O'Callaghan, \$45  
Feb 21 Jarvis Church, \$65  
Feb 22 Agnes Obel, \$36

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

**Golden Arrow Pub** (Perth, 267-4500): 9PM  
Feb 1, Mar 1 Jazz Night w/Peter Brown  
Feb 6 Open Mic w/Matt Dickson  
Feb 7 Sounds Sweet  
Feb 8, 22 Brea Lawrenson  
Feb 13, 27 Open Mic w/The Matts  
Feb 14 Terry Tufts Trio  
Feb 21 The Brockolees  
Feb 28 The Respectables

**Calabogie Peaks** (Calabogie, 1-800-669-4861): Live blues après-ski  
Feb 1 Three Times Lucky  
Feb 2 Zydeco Loco  
Feb 9 The Indelible Shameless Blues  
Feb 8 Maria Hawkins  
Feb 15 Wicked Grin  
Feb 16 Rocket Rached  
Feb 17 Brea Lawrenson  
Feb 22 Jesse Greene  
Feb 23 Mumbo Jumbo

## Community

**Valley Singles Lunch**, Feb. 2, 1PM. Buster's Bar and Grill, Carleton Place. 623-6698.

**Green Drinks**, Feb. 4, 5:30PM. Informal meeting of environmental folk. Around the Corner, Perth. GreenDrinks.org.

**Potluck Dinner & Dillabough**, Feb. 4. For Community Home Support. RCAFA, 44 Abbott St N, SF. dba@smithsfalls.ca

**Snow Angel Making Party**, Feb. 9, 1-4PM. All welcome. Bring snow shoes, skis etc. 4381 Wolf Grove Rd. Free

**Aboriginal Hand Drumming Circle**, Feb. 9, 23, 1:30PM. Moore House, Carleton Place. 850-2803. lanarkdrum@gmail.com

**Adult Bereavement Group**, Feb. 12 (1-3PM, Lanark Lodge, Perth); Feb. 26 (1:30-3:30PM, Waterside, CP). 267-6400, rebeccab@chslc.ca. Free.

**Breakfast at the Legion**, Feb. 15, 8-10:30AM. \$5 donation. Almonte Legion

**Euchre, Ham & Bean Dinner**, Feb. 15, 1:30-6PM, euchre. 4:30PM supper. Various prices. Maberly Community Hall, 268-2730.

**Family Weekend Pancake Breakfast** Feb. 15, 8:30-11:30AM. For Champions for Kids. Pakenham School, 285-9885. \$5

**Fulton's Opening Day**, Feb. 15. #291, 6th Conc Rd, RR 1, Pakenham. fultons.ca.

**Seed Swap**, Feb. 15, 10AM-2PM. Bring seeds, containers. Vendors, café. MERA Schoolhouse, McDonalds Corners. 278-1226

**Stories of the Railway**, Feb. 15, 1-3PM. Rideau Canal Museum, 34 Beckwith St. S., Smiths Falls. 283-5696, rmeo.org. \$10

**Winter Family Fun Day**, Feb. 15. All-ages outdoor activities. Cedar Cove Resort, White Lake. 623-3133, cedarcove.ca.

**Backyard Sugar Maker's Workshop**, Feb. 16, 17, 12:30-2PM. \$20 per family, incl kit. Fultons, Pakenham. fultons.ca.

**Heritage Day Dinner**, Feb. 20. Fundraiser CP & Beckwith Historical Soc. Ballygiblin's, CP. cpbheritagemuseum.com. \$50

**Almonte Lectures**, Feb. 21, 7:30PM. Jordan Smith: Dead Iron Mines of Lanark. Almonte United Church. Free (donations)

**February Feast**, Feb. 22, 4:30-7PM. Tickets at 257-2133. Zion-Memorial Church, Carleton Place. 257-8547. \$14/adult

**Mid-Winter Milling**, Feb. 22, 10AM-5PM. Alternative practitioners in downtown Almonte shops. Downtown Almonte

**Seedy Sunday**, March 2, 10AM-3PM. Fellowes High School, Pembroke (628-1836, claire42@hughes.net); Perth Legion (284-0578, sarah@hollyhockgrange.ca). Free

**Ron McMunn Country Music Heart Jam**, Feb. 2, 2-8PM. Carleton Place Arena, 75 Neelin St., 253-5046

**Tunes at the Terrace**: Feb 4 Ed Boot, Feb 11 Tim O'Neil, Feb 14 Valentine's Dance, Feb 18 Tom Valiquette, Feb 25 George Chenier Sr. All welcome (esp. seniors). Carleton Place Terrace, CP. 253-7360, Free

**Town Singers Begin**, Feb. 4, 7PM. Spring session, new singers welcome. St. Andrew's Church, CP. pbgrainger@rogers.com

**Musicians' Circle**, Feb. 6, 7PM. Thursdays. Musicians only - all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall

**Contra & Square Dance**, Feb. 8, 7:30-11PM. W Sheesham & Lotus. 7:30PM Beginner's lesson. 8PM Dance. Maberly Community Hall. 264-1993. \$10

**Ottawa Valley Opry Country Music Show**, Feb. 8, 7PM. Freddy Dixon, Arlene Quinn, Steve Pitocco & Lyle Dillabough. Gallipeau Centre, SF. 205-1493. \$29.50

**White Lake Acoustic Jam**, Feb. 8, 7-10PM. White Lake Fire Hall, White Lake. wlol.ca/home/hot-licks-acoustic-jam. Free

**Walk Like A Man**, Feb. 14, 7PM. Tribute to Frankie Valli & the Four Seasons. Gallipeau Centre, SF. 205-1493. \$29.50

**BOTR: Steve Strongman**, Feb. 15, 7-11PM. The Cove, Westport. Choosetheblues.ca. \$60+tx dinner & show.

**Community Potluck/Music Jam**, Feb. 15, 5PM dinner, 7-10PM open mic. ABC Hall, Bolingbroke. 727-8360. \$5 (\$10 family)

**St. George's Valentine Dance**, Feb. 15, 8PM-12AM. Glenn Silversen Band. Clayton Community Centre. 256-9010. \$12/\$10

**Mardi Gras/Cajun Dinner Dance**, Feb. 15, 7PM. Mumbo Jumbo. \$40 (256-7464); Dance \$20. Almonte Old Town Hall

**Fiddlers Dinner/Dance**, Feb. 21, 6PM. Almonte Civitan Hall. \$15; free if you fiddle  
**Jazz House Concert**, Feb. 22, 7:30PM, Craig Pedersen Quartet. jazzn.ca. \$20

**Folkus: Evening Hymns**, Feb. 22, 8PM. \$30 at Mill Street Books or door. Almonte Old Town Hall. 256-9090, folkusalmonte.com

**SRO Big Band Tea Dance**, Feb. 23, 1-4PM. Almonte Old Town Hall. 563-7044, sroteadances.org. \$14; \$25 per couple

**Terry Tufts & Kathryn Briggs**, Feb. 23, 2PM. MERA Schoolhouse, McDonalds Corners. 485-6434, ticketsplease.ca. \$22

**Traditional Song Session**, Feb. 23, 2-4PM. Join in traditional songs. The Barley Mow, Almonte. 355-5552, dpbaril@gmail.com

**Abba-mania & Night Fever**, March 1, 7PM. Gallipeau Centre, Smiths Falls. 205-1493, gallipeautheatre.com. \$29.50

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

**Ashton Pub** (Ashton, 257-4423): Sundays Open Mic w/Kelly Sloan, 2-5PM  
**The John St. Pub** (Arnprior, 623-8149): Feb 28 Neil Young Tribute by Spencer Scharf, 9PM

**The Swan at Carp** (Carp, 839-7926): Feb 7, 21 Steve Barrette Trio, jazz, 7-10PM

**The Downstairs Pub** at JR's (Almonte, 256-2031): Tues Open Mic w/Jumpin' Jimmy, 7:30PM

**The Royal Oak** (Kanata, 591-3895): jazz on Sun, no cover

Feb 2, 16, Mar 2 APEX Jazz Band, 2-5PM  
Feb 9, 23 Magnolia Rhythm Kings, 3-6PM

**The Cove** (Westport, 273-3636): Wed Shawn McCullough, 6-9PM, no cover  
Feb 1, 8, 22, Mar 1 Head over Heels, 6-9PM, no cover

Feb 2 Henry Norwood, 1-4PM, \$5  
Feb 21 Mardi Gras Jazz Night/Costume Party 8:30-11PM, \$10  
Mar 2 Bob Burtch Bluegrass, 1-4PM, \$10

**Lakepark Lodge** (Carleton Place, 591-9990): Country Jam Fridays 8PM  
Feb 8 Kitchen Party w/The Jeffersons, 9PM  
Feb 15 Country w/Little California, 9PM  
Mar 1 Ambush Dinner Party

## Perth Acupuncture Clinic



**Lynn Dowdall, R.Ac CLA**  
Registered Acupuncturist

Addiction Programs  
(smoking, drugs & alcohol)  
*Try a natural approach  
to quitting smoking*



Traditional Chinese medical  
diagnosis assessment



Therapeutic acupuncture



Cosmetic acupuncture  
(face lift)

18 years experience • Insurance Coverage • House Calls

[www.PerthAcupuncture.ca](http://www.PerthAcupuncture.ca) ★ 613.267.1119

**Pick up *theHumm* in Perth at  
THE MASONRY RESTAURANT**

## Elizabeth Swarbrick

FAMILY FOCUSED LAW

Need Answers  
To Your Questions?  
Just Ask.

Family Separation/Divorce  
Mediation  
Wills

83 Little Bridge St.  
Almonte

613-256-9811

[www.familyfocusedlaw.com](http://www.familyfocusedlaw.com)

## The Reever Report

# A Squabble of Squirrels

I have no idea what you call a group of squirrels, but I think a squabble fits the bill nicely. By some vagary of the weather, we seem to have squirrels in great numbers this year, especially the little red ones.

There is a pecking order among squirrels: the black ones are at the low end, often chased vigorously by the gorgeous grey squirrels. Both, however, are bullied by those tiny little red numbers that boot them off the feeders, make them drop the

by Glenda Jones

peanuts, and chase them clear across the yard. The reds will even chase the woodpeckers away. "Bold" is definitely their middle name.

The red squirrel will sit on the feeder with his tiny paws tucked into his chest, and watch for interlopers. He peers over the edge and defies a competitor to climb the pole. Should one even try, he chatters and whips his tail around indignantly. Occasionally his position is assailed by a newbie, unaware he's up there, and then the chase is on. It's a long leap from the feeder into the sumac, and then to the ground, but the squirrels have a highway through the sumac to the oak tree to the maple and through the high branches into the safety of the pine tree. The air is practically blue with their chatter!

The dogs will watch for a while before they think it's time to enter the fray. It goes like this: quietly open the door, and then it's "who let the dogs out?" They're a blur of fur, barking and leaping off the deck into the deep snow, while the squirrel does its flying trapeze act into the sumac, and takes off. Long before the dog regains his footing and can give chase, the squirrel is safely up the tree delivering a stern lecture on the stupidity of dogs and his veritable right to all those peanuts. Not to be outdone, the dog stands at the foot of the tree delivering his own lecture on the stupidity of squirrels and the dangers of invading doggy territory.

The squirrels are constantly in motion, running around as if their lives depended on it, diving into the snow, digging through the ice, and coming up with nuts, or simply chasing each other for no apparent reason. Unlike deer that develop their own trails, the squirrels run in random patterns, always looking busy, always on the lookout for any threat to their food supply or favourite hiding place.

I suppose we've all known people who could be labelled squirrels. They're the ones who are so busy defending their own territory, they tend to miss the bigger picture altogether. They have trouble accepting that cooperation might be a good thing; they hoard their treasures and never share. They complain at the least provocation, run if they can't bully, and are long gone before we can catch them.

There are times when the squirrel behaviour is welcome. If an injustice has occurred, for instance, bring on the squabble. Even if it doesn't set it right, it'll wake people up to the issue. There are times

we need to protect our treasures, and then we need those squirrels that will raise a ruckus for us. The squabble is loud and gets attention. Even though its individuals are tiny, they are mighty in the eyes of their foes.

You might think that the squabble of squirrels would make it difficult for the rest of the forest creatures to survive, and indeed they often do pose a challenge. However, watch closely as the chickadees flit right past their ears and get the seeds they need from the feeder. The blue jay will set up a hue and cry, distract the squirrels, and move in as soon as the squirrels turn their heads. The deer wait until nightfall, and get their fill below the feeder, undeterred by other invaders.

There are lessons here. Each species has something to offer, and we, being the two-legged and supposedly intelligent ones, are given the privilege of making choices as the need arises. There are times we need to join the squabble (if the squirrels will let us!), and there are times we need to step around the squabble and just get on with it, whatever "it" is. Let's hope we all have the wisdom to understand in which group we need to be, and the courage to take on the challenge when we see it.



**FEBRUARY  
BLUES SALE**

PRINTS, FRAMES, ART

25% AND 50% OFF

**PERTH  
PICTURE  
FRAMING** & *Gallery*  
PERTH

17 Wilson Street East 613.264.8338 [www.galleryperth.com](http://www.galleryperth.com)

**Naismith Physiotherapy**

& Sports Injury Clinic

**Nancy Dowker**  
Registered Physiotherapist  
**613.253.4224**

# Studio Theatre presents Canadian Classic *Leaving Home*

“Powerful.” “Transformative.” “A true classic.” *Leaving Home*, by Newfoundland’s David French, has been hailed internationally as one of the finest modern plays ever written. Indeed, the *Oxford Dictionary of Theatre* lists it as one of the “1,000 Essential Plays in the English Language.”

From February 13 to 23, Perth audiences will have a chance to discover why. Renowned director Jeremy Dutton (*Rabbit Hole*, *Doubt*, and last year’s excellent *Proof*) and his stellar cast have met the challenge of bringing this compelling and quintessentially Canadian work to the stage. In *Leaving Home* we are introduced to the Mercer family, immigrants from Newfoundland to Toronto, struggling to find their way in the late 1950s. Ben has just graduated from high school, and his younger brother Billy’s wedding is imminent — Billy has gotten his girlfriend, Kathy, pregnant. As the family sits down for dinner the night of the wedding rehearsal, Ben reveals that he, too, is moving away from home. Further complications erupt when Minnie, Kathy’s mother, arrives and discloses that she and Jacob Mercer, the volatile father, were once lovers. When Kathy reveals that she has had a miscarriage, she and Billy must decide whether or not to continue with their wedding plans, and the stage is set for absorbing and complex family drama.

*Leaving Home* transformed Canadian theatre when it burst onto the scene in 1972, and



Bill (Damien Rice-Laprise) and Kathy (Alison Kirkpatrick) share a moment with Bill’s brother Ben (Lucas Tennant) at the kitchen table before their wedding.

*Leaving Home* runs from February 13-23 in Perth

it remains a rich and powerful study in human relationships. The Studio Theatre’s production attests to the skill and range of our local actors, as each member of the award-winning cast has embraced the challenge of bringing this important Canadian story to life.

Hugh McCulloch plays hot-tempered patriarch Jacob, while older son Ben is capably played by Lucas Tennant. Minnie, the colourful mother of the bride-to-be, is Joanna McAuley Treffers, and Krista Duff, most recently seen in the Studio Theatre’s *Wonderful Story of Mother Goose*, plays the patient, long suffering mother Mary. Newcomers Damien Rice-Laprise and Martin Treffers play Billy and Harold, and Alison Kirkpatrick is the girlfriend Kathy. The set is created by talented set designer Reiner Silberhorn.

Don’t miss the classic Canadian play that the *Washington Post* hails as “Splendid... immensely moving... universal” and the *Toronto Star* calls “an overwhelming dramatic experience”. *Leaving Home* opens at the Studio Theatre in Perth on February 13 and runs February 14, 15, 21, and 22 at 8PM, and February 16 and 23 at 2PM. Tickets are \$20 in advance, available at The Book Nook (267-2350), and \$22 at the door or at Tickets Please in Perth, which also accepts phone or credit card orders (485-3434). Online orders can be placed at <ticketsplease.ca>. Students with ID pay just \$10 at the door. For further information call the Studio Theatre box office at 267-7469 or visit <studiotheatreperth.com>.

Parents! Grandparents! Kids! Come One Come All!

RY NO MOTORS presents...  
SALES AND SERVICE  
613 256 4744

**Cake and I Scream**  
Sunday, February 23, 2014, 2 p.m.  
cakeandiscream.com  
Almonte and District High School

On Stage for Kids  
LIVE ENTERTAINMENT FOR CHILDREN

Advance tickets \$10 at onstageforkids.com, Kentfield Kids in Almonte and Apple Cheeks Consignment, Carleton Place

Also, mark your calendars:  
DRUMHAND  
reverbnation.com/drumhandmusic  
Sunday, March 30, 2014

ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO

Pick up theHumm in Renfrew at  
**THE PLENTIFUL PANTRY**

**BLUES ON THE RIDEAU**  
THE COVE INN • WESTPORT ONTARIO

> February 15  
STEVE STRONGMAN  
BAND

DINNER & SHOW \$60 • (613)273-3636

Mike Doyle

Accounting for  
Small & Large Business  
Income Tax Services

(613) 256-9987  
mike@mdoyle.ca  
www.mdoyle.ca

Come in,  
We're Open!

(no really, we mean it this time!)

Upcoming workshop on February 20:  
**Nourishing Herbal Infusions**

Dandelion Foods is a full service organic grocer  
and supplements store.

**dandelion  
foods**

Eat Well. Live Well. Choose Local.

www.dandelionfoods.ca facebook.com/dandelionfoods 613-256-4545 451 Ottawa Street, Almonte

**Painting & Drawing  
'Open Studio' with  
ADRIAN BAKER**

Professional guidance & instruction  
in a bright natural-light studio.  
Small groups, all levels, fun!

Tuesdays or Wednesdays  
6 weeks starting March 18<sup>th</sup>

FOR MORE INFO: 613-257-4233  
appletonstudio@gmail.com  
www.adrianbakerart.com



**Pick up theHumm in Pakenham at  
FULTON'S PANCAKE HOUSE**

*A Sure Sign of Spring*



pancake house & sugar bush

Open daily 9AM-4PM  
Saturday, February 15 to Monday, April 21

Sat. Feb. 15: 2 for 1 Pancake Meal Offer

Sun. & Mon. Feb. 16 & 17  
Backyard Sugar Makers' Workshop  
Call to register 613 256-3867

Weekend & Family Day Monday, 10AM-2PM:  
Horse drawn sleigh rides, face painting, music,  
snow taffy  
Bring your skis & snowshoes!



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

# A Change is as Good...

## Classic Theatre Creates New Venue

They say that a change is as good as a rest, and while the ever-busy producers of the Classic Theatre Festival do not get much rest, they are changing their summer performance space to a renovated, brand new theatre facility at 54 Beckwith Street East (inside the Good Shepherd Hall of Perth's historic St. James The Apostle Anglican Church).

The CTF's 2014 summer season, including Neil Simon's comedy *Come Blow Your Horn* (July 11 to August 3) and the classic mystery thriller, Frederick Knott's *Dial M for Murder* (August 8 to 31), will play at the air-conditioned, wheelchair-accessible space, which has free on-site parking.

"When we first saw this space, we fell in love with it, not only because of its deep connection to Perth history, but also because it gives us the flexibility we need to present the best possible theatrical experience for our audiences," explains Artistic Producer Laurel Smith. The hall was originally built as a theatre space but, given changing requirements over the years, the stage was cut back while additional renovations made the space wheelchair-accessible.

"What we plan to do is build a new stage, bring in top-of-the-line lighting and sound equipment from Ottawa, and create an intimate space where audiences can be comfortably close to the stage," Smith says. "It's such a beautiful location, and there will be a lovely area outdoors where we can host our very popular pre-show talks as well."

Meanwhile, St. James' parish priest, Canon Christine Piper, remarks: "We shall be fascinated to see what the Classic Theatre does with the space. It is our pleasure to contribute to the community by hosting this well-respected theatre group during our less busy summer months."

"Given the large amount of extra wall space," Smith says, "there will be an opportunity to install a Canadian theatre history exhibit that will bring in archival materials from some of Canada's foundational theatres of the last sixty years. We think people will find the new location a very welcoming

and happy place to be. In addition to the trip down memory lane that audiences traditionally get with our shows, they will also see photos of actors they perhaps saw at Stratford fifty years ago, from Julie Harris and Alan Bates to Christopher Plummer and Martha Henry."

Festival producers are also pleased that, in renting the space, they will be supporting some of St. James' innovative community programming, which includes everything from support for an orphan shelter in Malawi and construction of a primary school in Tanzania, to a breakfast program for children in Belize and, closer to home, monthly community dinners and a program for young skateboarders here in Perth.

"You really have to see it to believe it, but the Hall has hosted a remarkable program called Skater Church during the fall and winter months," Smith says. "In a town like Perth, where there isn't always a lot for young people to do, the decision by St. James to welcome the skateboarders to both have fun and develop a spiritual conscience has been a real contribution to our community. While we under-



Audiences can look forward to both timeless comedy as well as one of the all-time great mystery thrillers, as the Classic Theatre Festival celebrates its 5<sup>th</sup> anniversary season in a brand new venue in Perth

stand that this program, now in its sixth year, seems to be naturally winding down, St. James' Messy Church for young families, another innovative program of similar duration, is still going strong. The congregation's commitment to bridging the generational gap in towns like ours fits with our own mandate of bringing people of wide backgrounds together to share in the experience of community through the arts."

While the CTF works on coordinating all the pieces to put together the new theatre space, it is also treating its new and returning audience members to a **Valentine's Day Special**: any regularly priced tickets ordered on or before February 14 will be given a 15% discount, with the freedom to choose dates later in the summer. To order those discounted tickets, visit <classictheatre.ca> or call toll-free 1-877-283-1283. They can also be picked up at Tickets Please, 39 Foster Street, in Perth.

nudes  
**NOW HALF OFF**  
\$10 while they last  
Almonte Old Town Hall & select locations  
www.facebook.com/mmillscalendar

*Look and feel 5-15 years younger, naturally!*



Dr. Michaela Cadeau,  
Doctor of Chiropractic

### Facial Rejuvenation Acupuncture

This safe and non-surgical procedure increases circulation and stimulates collagen production, rejuvenating facial tissue. This gives the skin more tightness and elasticity, and helps to reduce sagging or puffy skin and wrinkles. There is no risk involved with this procedure, no downtime from work, and no side effects.

A research study published in the International Journal of Clinical Acupuncture reported that, in a clinical trial of 300 people who received facial acupuncture, 90% saw marked results after one course of treatment.

Call by February 28 for your free consultation.

- Reduce Double Chin • Eliminate Puffy Eyes
- Tighten Pores • Eliminate Fine Lines
- Raise Drooping Eyelids • Reduce Frown Lines

Check out "Facial Acupuncture" on the Dr. Oz Show!

**Hands on Healing**  
125 Bridge Street, Almonte, 613-256-0222  
welcome@handsonhealing.ca

Flavour of the Month

# Everything's Coming Up Dandelions!

It's February. The first cold and snow came sweeping into our parts at the end of November, and the big old Canadian winter hasn't let up much since then. On the bright side, the days are getting longer, we've actually had two (count them) almost entirely sunny days in a row (as I write in January), and we are hopefully past the half-way mark. Winter feels a bit like an extreme sport this year. It's been a long haul and a test to the psyche! Survival depends upon noticing each positive detail that comes our way and milking

by Susie Osler

what endorphins we can get out of those moments, so our spirits don't get buried under the weight of a snowbank or sucked into the *Polar Vortex* (sorry I just had to get that in ☺).

It's good to remind oneself that this gray and white landscape will indeed once again transform come spring. But if, in the meantime, you find yourself in need of a little ray of sunshine to brighten things up and inspire, perhaps you'll want to check out this cheery, hopeful, and nourishing new contribution to the Almonte landscape.



Like the first crocus is to the winter-weary mind, so Dandelion Foods is to the box-store food shopping experience. Both are a big breath of fresh air. Dandelion Foods offers us a different approach to our food procurement experience, as you might intuit from its tagline "Eat Well, Live Well, Choose Local". It's about more than just buying food.

Dandelion is a worker-owned co-op that, at a very basic level, means the business is owned and democratically managed by its four employee/members. It also means that the owners know everything about their co-op (they've been involved since it was just a seed of an idea, after all), have a deep belief in its values and vision, and have an interest in seeing it thrive — both personally but

especially for the community. I don't have the space here to get into all the great things about co-ops — just know that they are indeed a good thing! If you are interested in learning more, you can check their website <dandelionfoods.ca> and look under About Us for "Worker Owned Co-op." One of the keys the owners see to the success of Dandelion is public engagement and the importance of dialogue with each other, their customers and the community. It is something one notices immediately when visiting. They really want to hear your thoughts and suggestions — including new products to stock. Many of the suggestions coming in are already being sourced! Scroll through their Facebook page and it becomes immediately apparent how excited about the new store and committed to their values they are.

The owners of Dandelion are the principal workers. You will meet them all — Sharon Lazette, Meg Pettipas, Michael McGarry and Farhat Sultana — over time, when you visit the store, because they spend lots of time on the floor (not in an office building far away). They have recently also hired a nutritionist specialist, Christa Lowry, to join them as the store's supplements manager.

The four owners met during the community-initiated process that led to the store's evolution. By chance they have many complementary skills, not to mention a wide range of work and life experiences (check out their bios on the website). They share many of the responsibilities of the business, while other roles are assumed individually, depending on expertise or skill sets.

Workshops are also set to begin at the shop on February 20, with **Water Kefir and Herbal Infusions 101** led by Dasha and Sebastien from Agapé Gardens. Call Dandelion or visit the website for more information. Workshops cost \$10, but that price gets you a \$5 coupon to spend in the store, and the other \$5 will be donated to a local cause.

Like everything about the store, the name was thoughtfully considered. An earlier co-op member suggested the name based on a description of dandelions found in a book by herbalist guru Susan Weed. In Weed's words (no pun intended), it is "a full-bodied plant assisting us on multiple levels, she is nature's medicine, bringing us back to our roots. Tenacious and prosperous, brightening our lives and feeding and healing our bodies". The multiple ways the dandelion contributes to the ecology around it is a lovely metaphor for the roles the owners hope the store will have in the community.



## Who They Are

Dandelion Foods  
451 Ottawa Street, Almonte (near Equator Café)  
256-4545 <dandelionfoods.ca> <info@dandelionfoods.ca>

## What They Offer

A full service grocer and supplements store offering the best in whole, local and organic foods, as well as alternative foods for specialty diets.

### Hours:

Monday–Wednesday: 9AM–6PM • Thursday–Friday: 9AM–8PM  
Saturday: 9AM–5PM • Sunday: 11AM–5PM

## Dandelion Greens

- 2 bunches of dandelion greens, washed and chopped
- 4 cloves of garlic, pressed
- 2 Tbsp sesame oil
- 1 Tbsp balsamic vinegar
- 2 dried chili peppers (optional, to taste)
- Salt, to taste

Blanch the dandelion greens for 1 minute in boiling water. Drain and set aside. On medium heat, sauté garlic (if using chili peppers, add them along with the garlic) in sesame oil. When garlic turns light brown, add greens. Stir to mix the garlic in well. Add balsamic vinegar and stir up the greens well. Add a couple of tablespoons water, close the lid, lower the heat to minimum and cook for 2 more minutes. Serve with brown rice and/or lentils.

Many people contributed to the months of thoughtful brainstorming, discussion, planning, fundraising, financing, building, and other efforts that have taken place over the past two years and culminated in the opening of Dandelion Foods on January 11. Of particular note was the generous counsel of Craig and Amber Hall (Equator Coffee) and the numerous incredible volunteers and investors who've had faith in and supported the project along the way. Valley Heartland, Your Credit Union, the Cooperators, and many investors from the community contributed essential financing (in an amazingly short period of time, I will add).

At the heart of this communal venture is a desire to build a community-centred, cooperative grocery store that helps to illuminate connections between the food system, food choices, the health of individuals, and the community. Not only are they dedicated to offering the best organic produce they can find (yes, all fresh produce is organic, and local when possible), they are also sourcing many of their grocery products and specialty items locally as well. Check under Community on their website to see the growing list of local producers and products they source. And do stop by, in person and online, for a taste of what's just getting growing!

**Commercial & Residential Real Estate**

## Kathi Norton

Sales Representative

613.867.8945

ottawahomeswithkathi.com



## THE COVE COUNTRY INN

FOUR SEASONS RESORT & SPA  
ACCOMMODATIONS · DINING · ENTERTAINMENT  
WESTPORT-ON-THE-RIDEAU, ONTARIO  
www.coveinn.com 613-273-3636

Sat. Feb. 1, 8, 22 & Mar. 1 **Head Over Heels** (vocal guitar duo), 6-9  
Sun. Feb. 2 Sunday Roots Matinée with **Henry Norwood & Friends**, 1-4, \$5  
Wed. Feb. 5, 12, 19, 26 Wings & Tunes with **Shawn McCullough**, 6-9  
Fri. Feb. 7-Sun. Feb. 23 **SOCHI WINTER OLYMPICS**. We are your viewing hub!  
Fri. Feb. 14 **Valentine's Day** musical guest **Emily Fennell** 4 course menu, 6-10, \$50, Reservations only.  
Sat. Feb. 15 **Blues on the Rideau** presents **Steve Strongman Band**. (Toronto) \$60 Dinner and Show, 7-11. Reservations only.  
Fri. Feb. 21 **Mardi Gras Jazz Night** and **Costume Party** feat. Spencer Evans Trio with Bunny Stewart on sax. Dinner 5:30-8:30, show (\$10) 8:30-11  
Sun. Mar. 2 Sunday Roots Matinée with **Bob Burtch Bluegrass Band**, 1-4, \$10



Like *theHumm* on  
**FACEBOOK!**



**KANATA CIVIC ART GALLERY**



**KANATA CIVIC ART GALLERY**  
Join us Feb. 1, 10AM-1PM for  
**LITTLE ART, BIG HEARTS**  
an event in support of the Ottawa Heart Institute. Visitors and Gallery artists create small love-themed works of art for sale and display over Heart Month.  
We are proud to invite the **National Capital Networks of Sculptors** for an exhibition of juried works, Feb 4-9.  
Newly juried Gallery members are welcomed at a group show, **How Art Thou?**, Feb. 12-Mar. 16. Meet the artists, Saturday, Feb. 15, 1-3PM: Diane Bertrand, Roy Brash, Patrick Imai, Val Roy, Monika Seidenbusch, Meghan Thomas and Gordon Wright.  
2500 Campeau Drive, Kanata (613) 580-2424x33341  
Visit [www.kanatagallery.ca](http://www.kanatagallery.ca) for more information



**Thank you from  
The Almonte Spectacle Shoppe**

It has been a pleasure to serve you for the past  
**9 years**

To celebrate our birthday we have a gift for you  
**9 years = \$90 off  
on Prescription Eyewear  
for the month of February**

**See what you've been missing  
and come help us celebrate.  
The party begins Feb. 1<sup>st</sup>!**

Mon., Tues., Wed. & Fri. 9:30-5:00,  
Thurs. 9:30-8:00, Sat. 10:00-2:00

**10 Houston Drive, Almonte 613-256-7431  
www.almontespectacleshoppe.ca**



This equipment will soon be moving out of Almonte & District High School, and a 2500-square-foot theatre space will take shape

## ADHS Creative Wing Taking Shape

Almonte & District High School is getting a performing arts space! You may remember that the September issue of theHumm included an interview describing plans to transform the auto tech room into a theatre, dance, and music space. Staff at the school came up with an even better idea: move all the construction and manufacturing classes together in the downstairs tech hall, then turn the upper hall into an arts wing.

The school board liked the idea and has agreed to move forward. The project is now entering the design phase; work will start in the fall, with everything going live by February 2015.

As part of the project, the current music room is going to see a transformation of its own: it will be decked out with equipment and become a cross-fit training room, as part of the new specialist athletics program at the school. The design class will also be getting a 3D printer; look for updates in the near future about the school's plans for a "maker space" for Almonte students and residents.

Staff, parents, and students are excited to see this project get under way; who knows what kinds of new collaborations and ideas this new layout will bring!

— Submitted by Geoff Baskwill

Music Matters

## Giving Back Through Music

TheHumm is focusing on volunteerism this month, and I thought that I would tie in to this topic with a slightly different approach.

As musicians, we all have different paths that brought us to music in the first place. I can clearly remember when I first got

to speak English, and nobody in the band speaks Spanish. However, music is truly a universal language, and once we started playing, both sides clearly understood each other. I'm always amazed by how musicians from completely different cultures can discuss their art without too much difficulty once the music starts.

by Tony Stuart

the bug, like it was yesterday. I was in elementary school, sitting on the gym floor listening to a visiting 8<sup>th</sup> grade band playing *Bad Bad Leroy Brown*. I was hooked. From that point forward, it seemed like every decision I made revolved around making music or being around it. I always enjoy discussing these moments with fellow musicians, because that "aha" moment is really special.

One of the ways that musicians can give back is through teaching and sharing what they have learned. In my case, I try to give students a glimpse of what it is like being a working and touring musician, including the many hours of hard work, and the incredible joy of being able to perform live on stage for an appreciative audience.

Our stage band recently collaborated with Cuban jazz pianist Miguel D'Armas, and by the time you read this article, we will have performed an opening set at a concert he is giving at Almonte's wonderful Old Town Hall Auditorium on February 2.

Miguel is a very friendly, cheerful person, and his energy is infectious. In providing this opportunity to our students, Miguel took the time to write a piece for the band to perform, and came in to the school to do a workshop to help prepare for the show. When I was approached about this, I recognized a fantastic opportunity for our students to learn a little more about the world.

Everyone agreed that the first workshop was really hard work, but also really fun. There were several obstacles we both had to overcome. The first was a language barrier, as Miguel is still learning

the second obstacle was from the point of view of the music itself. Miguel, being from Cuba, comes from a very rich musical heritage, and simply exudes rhythm. Our students, on the other hand, are from suburban Carleton Place and Almonte, and while they play well, still play pretty "square" when it comes to these types of tunes. Rhythms that seem as natural as breathing to him are a little bit foreign to our understanding of music. However, as the session went on, they loosened up, and by the end of the workshop, they felt very inspired.

Inspiration is perhaps the greatest gift that musicians can provide. It is why I try to bring in guests to our music program whenever possible. For the musician, there is also plenty of reward. Being around young people reminds us to take a step back and revisit what brought us to music in the first place. The enthusiasm that young people have for learning new things is infectious, and on those occasions when they really step up and impress, the feeling of accomplishment is incredible.

I suppose that this is a good time to segue into theHumm's theme of volunteerism for February. Volunteer opportunities can bring out the best in people, and it is widely recognized that volunteering has benefits to our overall health and well-being. If you are a musician, why not think about offering up some time to work with young people at one of the area schools? There are plenty of rewards for both sides, and you never know who you will end up inspiring.

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

# Party Time in Perth!

So, 2014 has been declared the Year of the Party! Did you know this? I just became aware of it, and it's made me quite happy. Seems celebrations are in order and the good folks who organize the **Stewart Park Festival** are looking to get an early start on the festivities.

On March 15, the festival organizing committee will be hosting an Irish Ceilidh for the whole family. You don't have to be Irish to enjoy a good old fashioned "kitchen

by John Pigeau

party"! The night will feature dinner, music and dancing, all with an Irish theme. To eat? Well, a delicious dinner of Irish stew with all the fixings, of course! Then comes another treat: the music of Riverthieves, one of Canada's finest Celtic bands. Their music (like most things Irish) is fun, above all, featuring the distinctive sound of a mandolin, fiddle, bodhran and pennywhistle.

The festivities will be held at the Civitan Hall on Highway 43 outside Perth, and the dinner begins at 7PM, with the music to follow, along with free giveaways and a silent auction. Organizers encourage everyone to dress up in green to enhance the celebration of old-fashioned Irish music and fun.

The cost is \$25 for adults, with children 12 and under free. Tickets for the **St. Patrick's Dinner Dance** are available at Computer Plus, 7 Gore Street West in Perth.

Stewart Park Festival organizers aren't stopping there, though. It might be a few months down the road, but they're already planning the festival's **Kick-Off to Summer Party**. That wingding will take place June 7 at Perth's wonderful Crystal Palace and, if you attended the festival's celebrations last year, then you'll know this is a not-to-be-missed get-together, with great food and, of course, magnificent music. This is a licensed event for ages 19 and up, and it's a great way to start the summer season!

The festival has something else up its sleeve for this year — a fun and exciting event that they hope will add to the Stewart Park Festival experience — the **Perth Festival Challenge**. The Challenge will find festival participants combing the downtown searching for hidden clues and solving

historical puzzles. Dignity House Hospice and Tay River Reflections are co-sponsors for this unique event. Stay tuned for more details. Or, if you can't wait for more details, you can contact the wonderful John McKenty, chair of the Stewart Park Festival Organizing Committee, either by email <john.mckenty@sympatico.ca> or by phoning 267-7319. You can also visit the festival website for up-to-date details at <stewartparkfestival.com>.

With celebrations in mind, there is a rather significant one coming up for Perth — its **200<sup>th</sup> anniversary!** 2016 will mark the 200<sup>th</sup> anniversary of the arrival of the first settlers and War of 1812 veterans to the area, including the Township of Beckwith, the Township of Drummond/North Elmsley, the Town of Perth, and Tay Valley Township. Celebrations will take place throughout the area leading up to and during 2016. Representatives from all of these districts are encouraging anyone holding an event, whether it's an annual one or a special legacy project, to consider adopting a theme to mark this important anniversary.

That does seem apt. The anniversary is truly an ideal time for everyone in the area to learn more about the rich history of Perth and its surrounding townships, while paying tribute to the Algonquin, honouring our forbearers, and celebrating all that they and we have accomplished. It also promises to bring many tourists to the area.

With that in mind, area Councils have established committees to organize anniversary celebrations. They have also set up a Joint Committee to assist anyone holding an event in any of the four municipalities to mark this historic occasion. It may be two years away, but it's never too soon to begin planning a special event, and the Joint Committee's purpose is to help organizations with their events in any way they can. The hope is to make the 2016 anniversary one for all to truly remember.

If you are interested in participating in the 200<sup>th</sup> anniversary celebrations, please contact Cassandra McGregor (Beckwith) at 257-1539 or <cmcgregor@twp.beckwith.on.ca>; Karen Rennie (Perth) at 267-1947 or <krennie@perth.ca>; Karl Grenke (Drummond North Elmsley) at 267-6500 or <kgrenke@dnetownship.ca>; or Noelle Reeve (Tay Valley Township) at 267-5353 or <nreeve@tayvalleytwp.ca>.

## March Break Camp!

Offered by  
Almonte Potters Guild  
and  
Mississippi Valley  
Textile Museum

March 10 to 14

Exciting Ceramic and Textile Projects  
taught by well-known Artists



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



OPEN HOUSE

SUNDAY FEB.9TH 2-4 P.M.



Exceptional family home, 3 bedrooms, 2 baths on acreage. Spacious living & dining rooms, bright country kitchen, main floor family room & laundry. Updated windows, roof(50-yr warr.) and more. Come visit Joy.

5859 Martin St North  
Almonte MLS# 891605



Follow theHumm on Twitter!

@INFOHUMM



## "Spring into Art II"

Spring 2014 Art Conference & Luncheon

...an exploration of ideas about the creation and promotion of art.

Sat. Apr. 12 from 8:45 to 4:15 - lunch included

Register by Feb. 19 \$50 (that's a \$20 saving!)

\$70 after Feb. 19 (so do it sooner & save)

Deadline for all registrations April 1

Carp Memorial Hall

in the centre of the Village of Carp

[www.WestCarletonArtsSociety.ca](http://www.WestCarletonArtsSociety.ca) for speaker details and the registration form on the website



Don't forget "Expressions of Art"

October 3, 4 & 5 at the Carp AG Hall.

(NOT on Thanksgiving weekend this year.)



**Café Postino**

"2 Dates"

Friday, February 14

*Love is in the Pasta!*

Saturday, February 22

Come in and celebrate our **3<sup>rd</sup> Anniversary**  
Italian-style.



73 Mill Street
613-256-6098
Almonte

The Metropolitan Opera **HD LIVE**

Verdi  
*Falstaff*  
Saturday,  
February 22, 1PM

The O'Brien Theatre  
147 John St., Arnprior

Come out for the fifth annual

Feb 22 10-5

# Mid-Winter Milling

Explore the delightful shops and cafés along Mill Street in Downtown Almonte and sign up for some spiritual and self-awareness sessions with local practitioners.

Sign-up sheets will be available on the day.

**Meesh'I Leon-Tomiczek** ..... **Vamos Outdoors - 14 Mill St.**  
Oracle Reader Men's & Ladies clothing, footwear & accessories

**Judith Gilchrist** ..... **Rising Sun Yoga - 14 Mill St.**  
Holistic Wellness Coach & Relaxation Hypnosis (1-5PM) Yoga studio: wellness, balance, strength

**Adya Ishaya** ..... **Crush Marketplace - 14 Mill St.**  
Mayan Bean Reader Shoes, decor, accessories and more

**Nancy Kerr-Wilson** ..... **Soul Scents - 42 Mill St.**  
Spiritual Intuitive using stones & crystals Fairtrade & Organic products to lift the spirit

**Phyllis Drennan** ..... **Mill Street Books - 52 Mill St.**  
Reflexologist Books, puzzles, CDs, games, fun stuff

**Joanne MacLaren** ..... **Tin Barn Market - 73 Little Bridge St.**  
Psychic Reader Handpicked vintage, new & upcycled home decor

**Tamara Geddes** ..... **Baker Bob's - 75 Little Bridge St.**  
Psychic Reader Breads, cakes, pastries, confections & fine foods

**Ken Mason** ..... **Hello Yellow - 72 Mill St.**  
Psychic Reader Cheerfully-made goods

**Suzanne Winlove-Smith** ..... **Palms-The Coffee Shop - 78 Mill St.**  
Vedic Numerologist Baked goods, lunches, desserts, espresso bar, tea

**Nancy Browman** ..... **Blackbird - 79 Mill St.**  
Soul Glimpse Readings Home decor, jewellery, gifts

**Wanda Quinn** ..... **Textile Traditions - 87 Mill St.**  
Angel Card Reader Fabric, yarn, quilting, & sewing supplies

**Karen Jones** ..... **Alliance Coin & Banknote - 88 Mill St.**  
Sound Therapist Coins, banknotes & collector supplies

**Yesim Gumus** ..... **Pêches & Poivre - 89 Mill St.**  
Turkish Coffee Reader Quality fine food, fun & artful kitchen & dining ware

**Tracey Foster** ..... **Avenir Designs - 96 Mill St.**  
Angel Card Reader Canadian-designed women's fashions and locally-made accessories

**Rachel Hamilton** ..... **Keepsakes - 102 Mill St.**  
Angel Card Reader Gifts, flowers, gift baskets, fun stuff

brought to you by:



42 Mill Street, Almonte ❖ [www.soulscents.ca](http://www.soulscents.ca)



MAAP ~ Mainstreet Almonte Attraction & Promotion