

FEBRUARY 2015

the Hummm

free

Arts,
Entertainment
& Ideas



p. 26 & 27

February's Events

**GET INVOLVED
GET CONNECTED**

Volunteer! p. 6-9 & 22-24



p. 14

Munchkins and More!

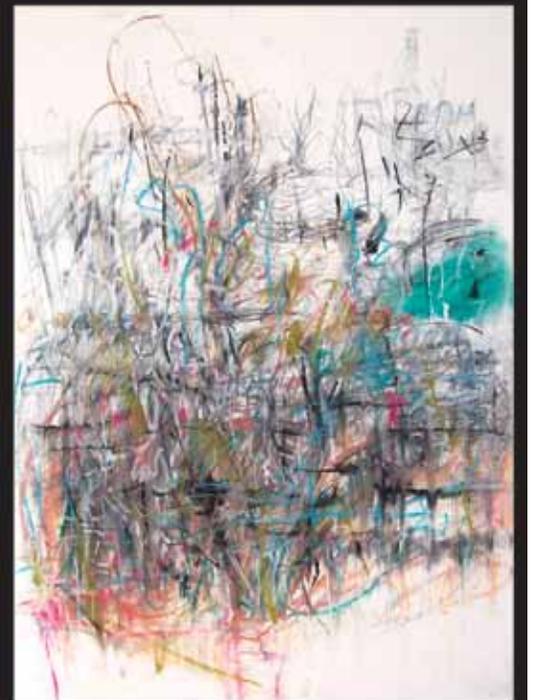
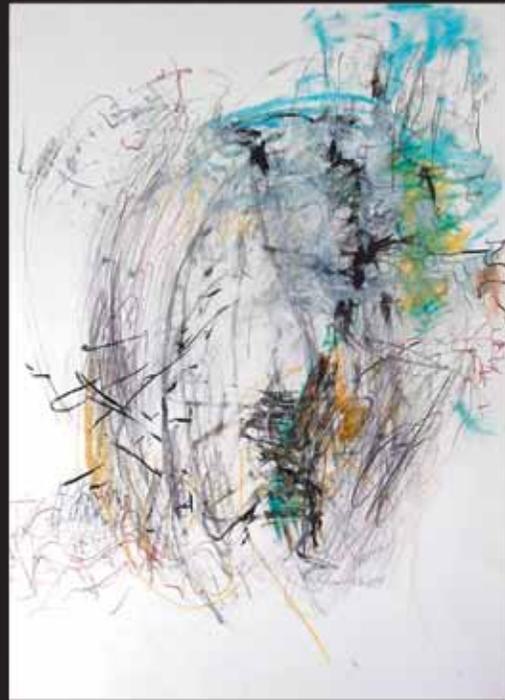


p. 28

King of the Mountain



The Art of Mary Pfaff p.3



February Special

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Online Volunteer Directory

The big news this month has got to be our ever-growing listing of volunteer opportunities throughout Lanark County and much of Renfrew County. Whether you want to work with animals, help out at a popular festival, or have a few hours a week to sit on the board of a worthwhile service organization, you're sure find your calling. Everyone who contacted us as of press time is listed in this issue (see pages 6–9 and 22–24), but if you're looking for handy links to websites and email addresses, do check out <thehummm.com>!

Online Exclusives – Images and Sounds

As always, you'll find more beautiful images by our featured artist, **Mary Pfaff**, online. This month, Susie Osler has profiled **Chad Clifford** of Wilderness Rhythms (see page 30). Chad uses digital sound equipment to record in the wild, and then creates his own original soundscapes, which you can access from <thehummm.com/feb2015>. You'll also find a link to a music video by The Jimmy Tri-Tone Band!

Our First-Ever Reader Survey

In case you missed the notice in our January issue, we are asking our readers to participate in a short (9-question) Humm Reader Survey by visiting <thehummm.com/survey>. We are hoping to gather information to pass on to our advertisers, because they allow us to keep on publishing as a free paper each month, covering local arts, entertainment and ideas, maintaining our comprehensive (and sometimes exhaustive!) calendar of events, and developing resources like our Volunteer Database. Thanks to everyone who filled it in so far!



Who's Reading the Humm

Back in the fall of 2012, **Dennis & LeeAnne LaForge** from Carp sent in this lovely photo (and equally lovely note – we're blushing!):

Dennis and I love picking up our copy of the Humm at the Carp Bakery. What an impressive publication. It certainly puts Almonte on the map as the Cultural Capital of the Ottawa Valley. We just returned home from a glorious two week vacation in the Mediterranean. We took along a copy of the September Humm (wouldn't leave home without it!) We thought you might like to add this picture of LeeAnne reading the Humm in Split, Croatia, to your photos of Humm travellers. Just got home in time to pick up the current October Humm. Thank you for your attention to the arts and your quality of excellence in publishing.

Humble Thoughts

If you're looking for some fantastic reasons to volunteer, check out Rona Fraser's very personal column on page 11:

By volunteering you become woven into the fabric of your town and its history.

— Rona Fraser

But if you're feeling overwhelmed by the pace of your days, don't miss Tony Stuart's article on page 21 and Susie Osler's on page 30:

All of this to say that I am tired of the word "busy". I am tired of feeling it and I am tired of hearing other people say it. It seems like a weird badge of honour these days and if you aren't busy you must be... what? Lazy? Ineffective? Dead?

— Susie Osler



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

Submissions
By email or on disk.

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Thanks this month to:
The more than 160 people (by the time we went to print) who had filled out our online reader survey — thanks for your input! If you haven't had a chance yet, visit <thehummm.com/survey> and let us know what you think!

Mary Pfaff — The Art of Healing Through Art

Contemplating the beautiful and intricate abstract works created by Carleton Place artist Mary Pfaff, the analogy that kept recurring to me is that her paintings are like good music; they have the power to evoke a wide range of emotional response. In different works her abstract language soothed me, saddened me, gladdened me, intrigued me and left me grateful for the absorbing experience.

by Sally Hansen

Pfaff loves creating abstract art because it is an endless “exploration of how images, symbols, relationships and experiences are intricately fused and dispersed.” The process she follows is full of mystery, and constantly challenges her imagination. She describes the experience as “a wordless conversation... a full sensual experience; the sound of the brushes against the canvas, the smell, the touch, seeing, moving, changing and becoming. When the final piece connects for me and the viewer, a new conversation begins.”

After her mother’s death last summer, Pfaff created seven wonderful works entitled *August Suite*, based on imagined and remembered conversations. As I studied them I found myself intensely curious about the different conversations that inspired them and elicited such different responses from me. The longer I wandered around her marvelous studio and gallery space at MacArthur Mill in Carleton Place, the more I realized just how successful she is in engaging her viewers in an emotional conversation.

From February 4 to 28, Pfaff’s works will take centre stage at General Fine Craft, Art & Design at 63 Mill Street in Almonte. On Sunday, February 8, from 1–3PM, she will present a talk on “intuitive, expressive drawing,” featuring her *August Suite* drawings. Her credentials as an international presenter and leading advocate for engagement in the arts would have been sufficient to recommend attendance; my interview with her leaves me with no hesitation to do so. Her infectious enthusiasm for the power of the creative process to promote well-being in individuals and communities is a perfect tonic for the February blahs. Her paintings could seduce you into rethinking abstract art.

Pfaff has a wonderful retort to my standard question ‘Why do you create art?’ She answers, “To paint is my lifelong aspiration and favourite verb.” Her history fully supports her response.

She was born in Clinton, Ontario, where her father served in the Royal Air Force. When she was eleven years old, she was sent on an exchange from Winnipeg to a Secondary Modern School in Buck-

inghamshire County in England. Pfaff thrived in an environment where eccentricity was revered, not avoided, and art was considered an essential part of the curriculum. After attending George Brown College she accepted a placement as a child care worker at Warrendale, a Toronto facility for emotionally disturbed children.

The Healing Power of Art

It was there that she discovered that “art changed everything,” even with deeply troubled children. It was a life-changing experience for Mary, and one that profoundly shaped her own life and informed many of her later career decisions.

While raising two children with her first husband in Ottawa, she attended commercial art classes at Algonquin College and worked as a designer creating publications for Transport Canada. As she approached a milestone birthday, she realized she would “be nearly 40 whether she did it or not,” and graduated with distinction in Fine Arts from the University of Ottawa at the age of 39.



Since then, her work has been shown in solo and group exhibitions across North America, the U.K. and New Zealand. Her exuberant painting titled “Applause” is on display in its special setting at the top of the staircase at the Centrepointe Theatre in Ottawa, the result of a competitive public art commission process.

For the past twenty years, Pfaff has frequently put her own work on the back burner as she worked tirelessly to promote the arts as a transforming healing agent. During fifteen years of offering painting, sculpture, ceramics and art and gardening programs to residents at the Perley and



Rideau Veterans’ Health Centre, she again witnessed the profound effect the arts can have on quality of life and well-being.

Art had always been essential in her life, but after her son was killed in a tragic car accident in 1996, Mary immersed herself in the design and development of creative arts programs and projects for all ages, using the arts as a healing agent for self-expression, empowerment, insight, recovery, rehabilitation and respite. In 2003, after attending a conference in San Diego, she created Artswell as a sole proprietorship. She worked tirelessly to secure Trillium grants, and forged partnerships with various agencies to create a Canadian charity dedicated to improving the quality of life and well-being of individuals living with the effects of age, illness or injury, through exposure to and engagement in the arts <artswell.ca>.

Pfaff has worked as an arts-for-wellness coach for cancer survivors, and as the faculty Artist in Residence working within the medical school and the clinical settings of the Ottawa Hospital. As one of the leading Canadian experts in the field, she has used her expertise to establish workshops that make the arts accessible to everyone. Mary is the 2013 recipient of the Lucille Broadbent Award that is presented annually by the Ottawa Art Expo to an individual who has demonstrated artistic leadership and commitment to the furthering of the arts community in Canada.

With her second husband, journalist Richard Starnes, Pfaff shares twelve grandchildren spread across Ireland, Australia, New Zealand and California. When she returns home from visiting family and painting in New Zealand, she looks forward to the new phase of her career — focusing on creating her own art. As usual, she will work tirelessly — a disciplined six to seven hours a day on her painting, and to promote her new project. She is thrilled with her spacious new studio and gallery in Carleton Place at the historic MacArthur Mill on the island at 150 Mill Street, and envisions its development into an exciting, creative space for creative people. Mary’s only preference for neighbours in this affordable and flexible venue is their desire to be involved with and participate with other people. She adds that a brewery and café would be especially welcome.

Fear of the “F” Word

If the Fear of Failure has kept you from exploring your artistic soul, Mary Pfaff would be an ideal resource. Her workshops encourage you to celebrate the uniqueness of yourself, to take risks, to tap into your creative force. Better yet, she believes that art, like life, doesn’t have to be serious. Her coordinates are on the back of her Trading Card, and more of her work can be seen at.<thehummm.com>.

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WHO Mary Pfaff
WHAT Visual Artist, Teacher, and Arts for Wellness Coach
WHERE Studio and Gallery at MacArthur Mill, 150 Mill St., Carleton Place, <marypfaff.ca>, 257-8336(h), 257-9777(c), <grand@magma.ca>; General Fine Craft, Art & Design, 63 Mill Street, Almonte, 461-3463, <generalfinecraft.com>
WHEN Feb. 4-28, Featured Artist at General Fine Craft, Art & Design, 63 Mill St., Almonte; Vernissage and talk on February 8 from 1-3PM
WHY "To paint is my lifelong aspiration and favourite verb."

ARTIST TRADING CARD

Maple Syrup & Moonlight

Some people organize their lives according to the phases of the moon. This seems to work well for planting your garden, fishing, romance, and a host of other activities. It also seems to work well for making maple syrup — so much so that the full moon in spring is known as the Maple Moon.

In 2014 the full Maple Moon was on April 16, and we had a very late season. This year the new Maple Moon is on March 20 and the full Maple Moon is on April 4. Most years, the best sap flow seems to be over Easter weekend, which of course corresponds to the full moon, so there may be some truth to this old folk theory. As it happens, Easter Friday this year is on April 3. We will be watching closely to see if this prediction comes true.

The weather also has a major effect on sap flow. In large part, the position of the jet stream dictates our weather. Last year the jet stream was much further south than usual, lasting through March and into April. As a result, we were subjected to the arctic vortex and a very late spring. This event happened to correspond with the late date for Easter. So which is it? The moon or the jet stream or both? We can't be sure, so we plan to be ready early in case Mother Nature decides to play some tricks on us.

This year, the maple producers in Lanark and District have organized a maple weekend on April 4 and 5. Each participating producer is planning some special activities for you to enjoy. Go to <mapleweekend.ca> to see which activities are happening where. Of course you can visit your favourite sugar bush at any time, but you may wish to take in some of the



events on this weekend. There are camp tours, maple syrup tastings, taffy on the snow, music, maple treats and sleigh or wagon rides.

As I was sitting by the fire
 one chilly afternoon,
 I wondered when it would be spring;
 it couldn't come too soon.
 So I went to check and see
 The date of Maple Moon
 April is the time this year
 I don't think that I can wait.
 Don't know why it has to be
 so very frigging late.
 I'm ready for a taste of syrup
 and pancakes on my plate.
 So come on spring, hurry up.
 Do not procrastinate.

— Ray Fortune, Fortune Farms Maple Sugar Bush

Need 'em... need 'em... got 'em...
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Dear Hub & Rebound Volunteers,
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Sounds of the Wild

Most of us have experienced a summer evening when all the chirping, buzzing, whirring, croaking and pecking of wild creatures created such a cacophony that you couldn't distinguish one sound from the next. Did you ever wish you could identify those sounds and see how each creature is making them? That wish might not be as far-fetched as you think.

For some time, scientists have been studying sounds of the wild in order to track and identify animals. More recently, the field of bio-acoustics has been looking at the relationship between animals and their environments, and the influence of sound on their behaviour. New cutting-edge technology is allowing us to distinguish one call from another, and to identify specific creatures. Species that you might not be able to observe — in the middle of the night for instance — can be captured with remote recording, then analyzed and identified. This field is sometimes known as soundscape study.

On February 25, the public will have an opportunity to learn about this field of study and see the equipment demonstrated at the Gilligallou Bird store in Almonte. Bio-acoustic technician Chad Clifford will provide a brief overview of soundscape research, and explain how the equipment is being used locally by the Mississippi Madawaska Land Trust (MMLT) to monitor biodiversity on its protected properties. Participants will have an opportunity to try on the headset of the stereo ambient sampling system that mimics how we hear.



An interactive presentation of soundscape equipment will take place at Gilligallou Bird in Almonte at 7PM on February 25

Thanks to a grant from the TD Friends of the Environment (that provided funding for the bio-acoustic monitoring equipment), MMLT now has the ability to monitor wildlife living on its properties, following a predetermined schedule each year, thereby obtaining consistent year-to-year and decade-to-decade comparisons. MMLT is looking for volunteers to learn how to use this equipment to help capture evidence of species we may not otherwise detect.

Gilligallou is located at 14 Mill Street in Almonte, in Heritage Court. There is no charge for the presentation, but donations to support MMLT's conservation work will be gladly accepted. For more information, contact Chad Clifford at 259-0249.

It is the **5th** anniversary for **Soul Scents on Mill Street!**
 (and the 23rd year as a national distributor 🎉)

Come celebrate with us Saturday Feb 7th with deals, cake & refreshments!
 Come meet John Carkner and bring your questions about energy between 1-5pm!
 Patrick Godin and his AuraCloud 3D Imaging can check out your Aura too!

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Gimme Some of That Secret Sauce

Sometimes I get philosophical. Recently, I was watching and listening to the Ramblin' Valley Band play a great set at the Barley Mow in Almonte, and I got to wondering about what makes a band really shine in a pub setting. What was it that these guys were doing that was working so well?

Clearly, they are a talented bunch. The quartet consists of Joe MacDonald on electric and acoustic guitar, Matt Armitage on acoustic guitar and harmonica, Trevor Lubin on man-

by Rob Riendeau

dolin, banjo, and acoustic guitar, and Zack Ledgerwood on bass. Joe, Matt and Trevor all share vocal duties and harmonize together really well. Individually they are all really good players and fine singers. Together though, they are something more than the sum of the parts,



Catch the very entertaining Ramblin' Valley Band at The Barley Mow in Almonte or O'Reilly's in Perth

they are a tremendously fun band that thoroughly entertains an audience and makes you want to come back to check them out again next week.

One thing that is evident is that the polish they demonstrate on stage is the result of a lot of rehearsing and gigging together. If you check their Facebook page, you can see that they regularly play three or four gigs a week. That kind of work pays off on stage in an easiness among band members that draws an audience in. The song arrangements are tight — the sudden drop in intensity on a quiet chorus break; a three-part harmony vocal coming in tight on the end of a solo — all of which makes for a really good show.

The regular gigging also helps with the slow process of generating an audience. I imagine that when they started playing at the Barley Mow in Almonte back in July of last year, a good night would be playing to a half-full house. The two nights I saw them play (yes, I went back because they were that good), the room was packed. There was

definitely a healthy contingent of rambler and rambettes who were regular supporters of the band. Several people in the crowd who I spoke to were hearing the band for the first time. These folks told me that they had heard really good things about the band and were just getting around to checking them out.

Technically, I suppose you would call the Ramblin' Valley Band a bluegrass/country band but, if you are not a bluegrass or country fan, don't let that put you off. They come across like a really scaled down version of The Grateful Dead (don't let that put you off if you are not a Deadhead) with newgrass takes on classics like *Midnight Special*, *Goin' Down the Road Feeling Bad* and *Poor Liza*. They also throw in songs like *Long Tall Sally* and their own arrangement of Bruce Cockburn's *Wondering Where the Lions Are* to spice things up.

I don't know if I'll ever figure out the secret sauce that makes a band like the Ramblin' Valley Band work so well. I highly recommend that you check them out. They play at the Barley Mow in Almonte every Thursday starting at 8PM. They are also playing at O'Reilly's in Perth on the 20th this month.

Jimmy Tri-Tone Band for Valentine's Day

The Jimmy Tri-Tone Band is a local folk/rock duo from White Lake, consisting of James Walters on vocals, guitar, and percussion, and Randelle Ashley on bass, keys, and mandolin. They play regularly at local venues including Love That Barr in Pakenham, and The Barley Mow in Almonte. You can check out their debut EP, *Wanted*, on SoundCloud or iTunes, Amazon, Spotify, Google Play, etc. I highly recommend going to <thehummm.com/feb2015> for the link to their very impressive video for the EP's title track.

For a special Valentine's Day celebration, how about taking your sweetie out to see The Jimmy Tri-Tone Band at Moose McGuire's in Almonte for a special night out. (If you already have plans for Valentine's Day, you can also catch them at the Barley Mow in Almonte on February 27. That show starts at 9PM). Check theHummm's calendar for more details!



Catch the Jimmy Tri-Tone Band at Moose McGuire's or Love That Barr

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Volunteer Opportunities

If you're looking to get more involved in and connected with your community, look no further! Below and on many more pages in this issue 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

The mandate of the **Almonte and Area Artists' Association (4A's)** is to encourage visual artists to improve their talents through inspirational monthly speakers, and by providing affordable venues in which to showcase their work. We provide a nurturing environment to explore your creative side, with many opportunities to volunteer. We meet the second Monday of the month at 7:30PM in the Almonte Library, and hold our main art show in May. For more info visit <4a-artists.ca> or call 256-5863.



Enjoy free admission to amazing concerts, opportunities to meet world class musicians, and much more! Join **Almonte in Concert's** Board of Directors and help make classical chamber music concerts a continuing and unique feature in our community. Time commitments vary, but about 15 hours are devoted to board meetings each season. To become actively involved in a 35-year-old tradition of excellence, and for more information about the role you can play, please contact <info@almonteinconcert.com> today.

The **Almonte Skatepark Committee** is a volunteer group supported by the Town of Mississippi Mills. Plans are underway to build 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 Skating Club** is looking for volunteers to help to run the club. The club offers Skate Canada programs for new skaters, figure skaters and Powerskating. Volunteers are needed to help run the club, organize the bulletin board, and with registration. Please contact us at <almonteskatingclub@gmail.com> or <almonteskatingclub.org>.

Almonte Soccer Club, a volunteer-run organization, offers a full range of soccer programs to approximately 700 area youth/adults yearly thanks to almost 100 volunteers. We hope you will be willing to get involved, either on the field or in the background. If you are able to help in any capacity, (team manager, coach, assistant coach, club executive), please contact <president@almontesoccer.com>. We offer support, mentoring and a chance to make a difference in our community. High school volunteer hours eligible.

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, a not-for-profit organization, supports and promotes the arts and culture in our community. We are run by volunteers and need your support in 2015. The first Arts Carleton Place Show & Sale is on Saturday, May 23 from 10AM to 4PM at St. James Hall. Many hands will be required from the Friday set-up to tear down, assisting artists on Saturday, wrapping the art, and being greeters at the venue. To volunteer for an artsy experience, email <jozodesigns@rogers.com>.



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 warmer months, there is the Farmers' Market, Arts Camp for Kids, 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.

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 go from page 6-9 and from 22-24), 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!



These lovely ladies volunteer at Lanark County Interval House's As Good As New Store in Carleton Place (see their listing on page 9)

The Almonte Lectures

**27 February, Andrew Patrick
Privacy, Technology
and You**

**Next Lecture: 27 March, Jeff Smith
Airport Inspection Technology**

**All Lectures: 7:30PM in the Almonte United Church Hall
For information: almontelectures.ncf.ca**

The Almonte Lions Club  extends a

BIG THANK YOU

to all the residents and businesses of Mississippi Mills, whose donations of money and food, and to all the volunteers who donated their time, talents and efforts in making the 2014 Lions'

Christmas Basket Project "A Roaring Success"

Special thanks to all Lions members, Jeff Mills and staff at The Mills, and Steve Rochon and staff at Patrice's Independent Grocer.



Words From Westport

Art, Music and Books!

We have a new artist here in Westport who will bring smiles and fun — **Acorn Pottery** has opened on Main Street! Specializing in handcrafted gifts and everyday beauty for your home, owner Angeline

the dreary days, although I am glad to see some sun peeping out as I write these words.

Speaking of words and writing, Westport's own published poet/author Audrey Ogilvie will be releasing her first novel, *Small Vegetables*, in the very near future! She has been working indefatigably and has pushed a second book to completion. Be on the lookout for this new book at <amazon.ca>, and check future Words From Westport columns for details about the launch.

And speaking of authors, be sure to also read k. Neola (best known to us in town as Nicki) Thacker's wonderful storybook, *An Odd Couple*, available here in Westport at Artemisia or the library, or from <amazon.ca>. Geared to children age ten and up, it tells the story of a trumpeter swan and a Canada goose who kept each other company one winter in Westport.

The Westport writers' group meets once a month at the library, and welcomes anyone wishing to learn about writing. Please call 273-8775 for more information.

I think that's about it for this month, but lots of new things are headed our way in the coming months. Stay tuned for a very special event being planned for our area. *The One That Got Away* will be coming back soon to get your curiosity aroused!

Christy also offers classes and private studio events — birthday parties, wedding showers and more.

We welcome Angie and Acorn Pottery to our wonderful group of artists and artisans here in Westport and area. Please do stop in at 39 Main Street and meet our newest art business. For more details, visit <acornpottery.ca>.

Great music and good food spark cool evenings at the Cove <coveinn.com>. If country rock is your thing, catch Jeff Callery on February 6, John Wilberforce on the 13th, or Tom Savage on the 27th. The Rockabilly Riot are featured in a fundraiser for MUSICwestport on February 7, and Head Over Heels plays a special Valentine's show on the 14th as well as a "regular" gig on the 28th. On February 20 and 21, Blues on the Rideau presents The Hogtown Allstars (dinner and a show for \$60, reserve in advance). That great line-up should help cheer



Dance with the Barley Shakers

Doors Open 7PM • Dancing 7:30PM
A light evening lunch will be served

February 27, 2015
(thereafter every fourth Friday of the month, up to and including May)

Admission is \$12.00 per person

Almonte Civitan Hall
500 Almonte Street, Almonte, Ontario

GET INVOLVED / GET CONNECTED

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 two major productions. Opening February 20, our **Youth Theatre** branch presents *The Wizard of Oz Young Performers Edition*. On April 24 we present *Once Upon A Mattress* a hilarious, romantic and melodic spin on the familiar tale of the Princess and the Pea. Visit <mississippimudds.ca> or email <info@mississippimudds.com> to get involved.



The **Ottawa Valley Music Festival** presents its 2015 concert season: Festival of the Choirs in Eganville on June 7; Young Stars Return in Renfrew on August 9, featuring former young performers; Mozart's *Requiem* in Arnprior on September 27, featuring the OVMF chorus, soloists and orchestra. Volunteers are needed to serve on the board, help out at concerts and fundraisers, and sing in the chorus. If you have time and/or talent to share please visit our website at <ottawavalleymusicfestival.ca> for details.

The **Perth Community Choir** is excitedly preparing for the 2015 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** is a fully accessible 197-seat venue known for its great acoustics and warm, intimate atmosphere. It's also the only theatre of its kind in Perth run 100% by volunteers. Great opportunities abound for anyone interested in the thrilling world of theatre, and volunteers see great plays and concerts for free! We currently need volunteers for front-of-house positions, plus actors, stage crew, and more. We'd love to meet you, so visit <studiotheatreperth.com> for details! Contact: 326-1976 or <volunteers@studiotheatreperth.com>.



Formed in 1983, the **Valley Players of Almonte** is a non-professional group dedicated to the furtherance and enjoyment of live theatre in Mississippi Mills. Our most recent production, the very successful *The Dirt on Tait McKenzie* involved many people from the community. Currently undergoing a reflection process on our future direction, we are looking for suggestions and support from our community. Ever wanted to bring your idea to the stage? Let us help you make it happen! Contact <fscantlebury@sympatico.ca>.

The **West Carleton Arts Society** is looking for an energetic artist or two to join the organizing team for their *Art on the Grass* summer art festival in the village of Carp. The event will take place in August. It will have artists, crafters, musicians, performers. We also include an "en plein air" painting event in and around Carp with awards. Our 2014 festival was very successful. We need you to bring new ideas to this year's event. 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 10 to 12.



Almonte Fair, on July 17-19, offers volunteers a wide range of volunteer experiences – from helping children learn about farm animals and assisting clerks on judging day, to office duties like entering data or delivering messages. Volunteers can also help in setting up and taking down exhibits before and after the fair. Contact Alyssa Toshack at 256-6263 or <secretary@almontefair.com> to sign up or for more information.

The 3rd annual **Carleton Place Winter Carnival** is scheduled for February 21, 2015. 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 21 at a number of events, including the outdoor "Après Ski" Dance and Kid Zone. For details, visit <wintercarnival.carletonplace.com> or contact Sarah Cavanagh <arizaconsulting1@gmail.com>.

Classic Theatre Festival, Ottawa Valley's professional summer theatre, presents classics from the golden age of Broadway and London Stage. 2015 summer season features Neil Simon's comedy *Barefoot in the Park*, and Frederick Knott's thriller *Wait Until Dark*, plus ghost walk and historic walking tour. Opportunities include ushering, operating concessions, set construction, painting, billeting, and community outreach. A great opportunity to work with some of Canada's top theatre professionals! Contact <info@classictheatre.ca> or visit <classictheatre.ca>.

The **Fall 400 Dragon Boat Festival** is run by an independent group of volunteers who founded and run the festival. This annual event takes place the second Saturday in September at Riverside Park in Carleton Place. All proceeds from the event are donated back to the community. For details or to volunteer, please visit <fall400.com>.

The two-day **Fibrefest** celebration of textiles and fibre arts has been running for two decades. Run by the Mississippi Valley Textile Museum (MVTM), the event takes place in multiple locations in Almonte. The MVTM is seeking a volunteer festival coordinator as well as enthusiastic volunteers to join the Fibrefest committee, assist with admissions, set up and take down, and assist the Friends of the MVTM with food for the tearoom during the event. Please contact 256-3754 or <info@mvtm.ca>.



Join a dynamic team of volunteers for the 20th annual Ottawa Valley Midsummer **Herbfest**, Sunday, July 26, at the Herb Garden. This festival hosts a marketplace of over 99 vendors and artisans, a Chef Cook-off, live music, presentations and more. Volunteers receive a free family and parking pass, polo-shirt, and honorary stipend. A larger crowd is expected for this anniversary edition, and we want you to be part of it! See <herbfest.ca> or contact George at <herbs@magma.ca> for more information.

GET INVOLVED / GET CONNECTED



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. Contact us at <events@heritagemicadays.ca> or 267-5340, or visit <heritagemicadays.ca>.

Looking to tempt your taste buds or rub shoulders with the folks that grow your food? Why not spend the day with us at the 3rd annual **Lanark County Harvest Festival**? Traditionally held the first Sunday after Labour Day weekend (Sept. 13, 2015), we're looking for volunteers to help set up and take down displays, put up decorations, oversee parking, assist with demonstrations and more! To sign up or for details, contact Lanark County Tourism at 1-888-452-6275.

Interested in living in a bicycle-friendly community? Help "roll" out another exciting event this June. **Mississippi Mills Bicycle Month** runs on the time, talent, and treasure in our community and varies each year depending on what citizens bring to the table. Interested in planning bicycle-themed events, volunteering for an existing event, being a sponsor? We need people to help keep our books, do web updates, and record and tell the good news that is MMBM. Contact Bob Woods at <backwoods@storm.ca>.

The **Pakenham Fair Horse Show** is looking for volunteers to assist in running this popular annual event. The horse show is open to all equestrians to encourage new, young and old riders to partake in this event at the Pakenham fair grounds in mid August. Volunteers are needed to assist with the publicity, sponsorships and various other duties. Here is an opportunity to meet local people and connect with the equestrian community. For information, please call 253-3353.

Looking for a fun and social way to interact with folks of all ages? From August 7-9, Almonte's **Puppets Up! International Puppet Festival** 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. Visit <puppetsup.ca> or contact Kris Riendeau, Volunteer Coordinator, at 256-0315 or <volunteer@puppetsup.ca>. We'd love to have you join our team!



The **Rideau Ferry Yacht Club** stages their Regatta on August 15 & 16. While fabulous antique race boats are struttin' their stuff around the course, others are building 6-hour canoes, little ones are making toy boats, and teams are readying homemade cardboard boats for a race in which the driver politicians are praying the craft won't sink! For these & many more fun activities we need volunteers prior to & during the event. Contact 267-2091 or <gillianorgan@gmail.com>.

The annual **Stewart Park Festival** will take place in Perth from July 17 - 19, 2015. Volunteers are needed to help with various facets of the Festival, including the workshops, children's activities, after hours program etc. Interested individuals may visit <stewartparkfestival.com> or phone 267-7319 for additional information.

Care for a spot of fun? **Tweed Ride Almonte** is going to try again 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. Find details at <facebook.com/TweedRideAlmonte>.

Museums & Conservation Areas

Archives Lanark is located in Drummond Centre, 1920 Concession 7 Road, Perth. Local historians and genealogists, families, church groups and school children use the Archives. The Archives relies on volunteers to assist visitors, organize the holdings, make photocopies and keyboard information into our database. Call 256-3130 or 267-2232 if you enjoy dealing with the public and working with adults in a comfortable office environment on Fridays and Saturdays.

Come celebrate the heritage and culture of the Arnprior area at the **Arnprior and District Museum**. Last year we refreshed both our exhibits and our heritage building, and that work continues in 2015. Join our excellent team of volunteers of all ages and abilities. We need volunteers to: research, expand exhibits, document artefacts, update the database, and to generally join in! No experience necessary, but a joy of history is essential. Contact us at 623-4902 or at <jcarlile@arnprior.ca>.

The **Arnprior McNab/Braeside Archives** is seeking volunteers to serve the public one afternoon per week. Ongoing individual and group training is provided by the archivist. 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 **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 volunteers who are dedicated to supporting the growth and development of the Museum so it can be even more active in the community. The Friends are looking for people to come join and have some fun! Like us on Facebook! 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, 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.

Canadian Chamber Choir Sings in Perth

The Canadian Chamber Choir, a twenty-member vocal ensemble of professional-level singers from across Canada, will perform a concert at St. John the Baptist Church in Perth on Wednesday, February 11 at 7:30PM.

Over the course of its fifteen-year history, the CCC has worked to fulfill its mandate of "building community through choral singing" by touring in nearly every part of Canada. During its twice-yearly tours, the choir presents not only critically-acclaimed concerts of exclusively Canadian compositions, but also offers educational workshops for singers and choir conductors of all ages and stages wherever it tours. Though it has toured Ontario in the past, this will be the CCC's first visit to Perth, and follows a four-day rehearsal residency in Kingston.

Chicago-based music educator and renowned choral conductor Julia Davids has been the CCC's artistic director for ten years, and has overseen the choir's development into one of Canada's finest vocal ensembles. "Our singers are all incredible musicians in their own right, who lead choirs or sing professionally in their home towns, and I'm always inspired by working with them," says Davids. "It's a thrill to be able to tour eastern Ontario and perform a program of exclusively Canadian music, much of it written by Ontario composers, that really showcases the phenomenal breadth of artistic talent in this country."

Based in Elmira, Ontario, Jeff Enns is the newly appointed composer-in-residence for the CCC. The choir has been performing his works for a number of years, and one of his pieces will be featured on the CCC's next recording, due for release later this year. "This choir provides a vital performance opportunity for composers," says Enns. "I've been singing and writing for this group for a few years now, and the artistic level of the choir is so high that a composer feels really free to push boundaries and try anything."

The theme of the concert will be "A Canadian Mass: Sacred Reflections of Canada," which features repertoire that will be recorded in May for the choir's new CD of the same title. In creating this "composite Canadian mass," Davids has brought together nineteen works from seventeen Canadian composers to create a unified program based on the traditional form of the mass.

Tickets for this concert are \$20 in advance, \$25 at the door, and \$10 for students. Tickets are available from Beth Peterkin at 267-5340 or <beth@bethpeterkin.ca>.

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The folkus concert series presents Jack Pine and the Fire with The BelleRegards (above) on February 28

Beat the Blues with Hot Tunes

February is always a tough month around here. You're sick of the snow, but that magical lottery ticket didn't come through, and you're not somewhere tropical with a fruity drink. But folkus has a cure for the February blues. On February 28 we're bringing you a high-energy night, with a double bill of Jack Pine and the Fire and The BelleRegards — just the thing to shake off those blahs. Both bands have a few things in common: they're driven by the folk tradition, reflective in the studio (both bands have backgrounds in production), and high-energy on stage. We promise a rollicking evening of fast-paced acoustic music, driven by a thumping stand-up bass and anchored with a fiddle or two. Mandolins and guitars may creep in as well.

Jack Pine and the Fire take their name from one of the strangest relationships in nature. The Jack Pine pinecone is so tough, so insular, that it takes fire to open it up so its seeds can be released. Hence, the Jack Pine is the first to regrow after a forest fire. Take what you will from it, it's a good metaphor in alt-country music, which is what Gareth Auden-Hole and a stable of friends deliver throughout the Ottawa Valley. Fusing country twang with a rootsy sound and soul-searching lyrics, the sound recalls Steve Earle and Fred Eaglesmith. The picking is fast, the

arrangements are subtle, and I'd have to guess that his parents had a huge record collection, because there are interesting lilt of other old-time sounds that creep in. See how many you can catch.

The BelleRegards hail from across Canada (they met at a music production school in Toronto), and they call their sound "rowdy folk". Whether it's a two-step or a paso doble, they bring the energy of a dance band to the stage. Smooth without being too slick, The BelleRegards include the beautifully balanced vocals and guitar of Melanie Hilmi and Matthew Kingsley, the upright bass of David Poulin. With deft musicianship, foot-stomping rhythms, and the odd shout-along chorus, The BelleRegards promise to lift your spirits for the night.

Folkus is looking forward to offering you great entertainment, and great local beverages, all in the warm setting of the Almonte Old Town Hall. As always, doors open at 7:30PM and seating is first-come, first-served. There's a cash bar with local beer, wine and non-alcoholic beverages. Details are at <folkusalmonte.com>, and tickets are available through Eventbrite and at Mill Street Books in Almonte. Questions? Email <info@folkusalmonte.com>.

— Sandy Irvin

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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!

Heritage House Museum volunteers are an invaluable resource to the vital success of the museum. They help preserve the past for future generations! What better way to get involved in the community than volunteering at your local Smiths Falls Heritage House Museum! Do you enjoy: children's programs, cataloguing, exhibit design, maintenance, landscaping, or event planning? We're seeking your help! Call now, 283-6311 or stop by today, 11 Old Sly's Rd, Smiths Falls. We can't wait to meet you!

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 & historically linked communities. We offer a great social atmosphere for you to get involved in, work with artifacts, design exhibits and help with special events. We'd love to meet you! For details contact us: 259-2575, <lanarkanddistrictmuseum@gmail.com>, <facebook.com/LanarkDistrictMuseum>.

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 Trust is a charitable organization that legally protects forever the beautiful natural spaces we love and from which we derive so much benefit. You are invited to get involved. You can help acquire and care for these properties by maintaining trails, undertaking biological assessments/monitoring; introduce nature to the community through guided hikes/creativity events; assist with communications (graphics, writing or photography), fundraising or event planning. Occasional or ongoing volunteers are all welcome. Please visit mmlt.ca or contact <vandenhoff@bell.net>.

Join the **Mississippi Valley Textile Museum's** team of volunteers! The MVTM collects, interprets and displays artifacts relating to the history of the textile industry in the Mississippi River Valley, and showcases contemporary fibre arts exhibitions. We are seeking volunteers to assist in 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 <mvtm.ca> or contact 256-3754 x6 or <info@mvtm.ca>.

Community Organizations & Services

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 host a youth program (Junior Civitan) for ages 12-18 years. For information, see <almontecivitan.com> or contact Alice Puddington at 624-9245 or <info@almontecivitan.com>.

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>.

Founded in 1947, the **Almonte Lions Club** is one of thousands in over 200 countries with 1.35 million members world-wide. Most volunteer activities centre around our community, but also include international humanitarian projects like disaster relief. We assist those with special needs such as health care, eye care and hearing assistance, as well as supporting the Almonte Hospital and Recreation Centre. To put your "paw prints" on your community, call Lion Garth Teskey at 256-6778 for more information.

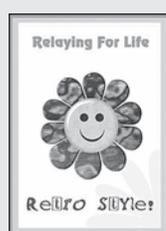
As Good As New Store needs you! Looking for positive and enthusiastic people to help in the Lanark County Interval House thrift store at 33 Bridge Street in Carleton Place. Your choice of positions includes selling or sorting gently-used clothing and small housewares to raise money for LCIH programming for women and children. Join our team! For more information, contact Volunteer Coordinator Heather Whiting at <heather@lcih.com> or visit <lcih.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 <bigbrothersbig-sisterslanark.ca> or call 283-0570 for more information.



Big Sky Ranch Animal Sanctuary is the only non-kill sanctuary of its kind in Eastern Ontario, due to its nature of working with many kinds of animals as opposed to limiting its resources to a limited few. Volunteers are welcome. The organization also puts on week-long camps in July only for kids 6 to 13. What a neat chance to help care for animals that were previously abused and unwanted. Please visit <bigskyranch.ca>.

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 Paterson at 621-1299 or visit <camplau-ren.com>.



Canadian Cancer Society provides training and welcomes a variety of volunteers, including: interviewers and reference checkers, cancer prevention presenters, cancer survivor and caregiver peer support, volunteer receptionist and office help (Perth), funeral home liaisons, community representatives (Smiths Falls). Organizers and event day volunteers for: Relay Reunion (Feb. 28, Perth); daffodil pin sales and door-to-door canvassers (April); Relay For Life – Mississippi Mills (June 5) or Smiths Falls (June 13). Contact Laurie Blackstock at <lblackstock@ontario.cancer.ca>, 267-1058 or 1-800-367-2913.

Continued on page 22

Humm Bits

Puppet Performer Wanted!

Rock the Arts Puppets is looking for a young, energetic, professional individual to perform songs and stories at birthday parties. Must have your own transportation. Shows occur across Ottawa and the Ottawa Valley, on weekends. If you are interested in rockin' the art of puppetry and being part of a fun and passionate team, please contact Sarah Argue at <rockinthearts@gmail.com>.

Family Day Ice Fishing

The Lanark Wild Food Club invites you to experience an introduction to ice fishing, from noon to 3PM on Family Day, February 16 (when no fishing licenses are required). Eric Vandusen will host this event on Mississippi Lake, with the club providing minnows and jigs. All you need to bring is yourself, warm clothes, lunch and something to sit on. Eric will serve up some hot dogs and hot chocolate too. To get to the site, travel east from Perth on Highway 7, turn right onto Drummond Concession 9, and follow this until you arrive at the public access to the ice. Their hut is green and not too far from shore. There is a voluntary suggested donation of \$10 per person or \$20 per family. Please register at <lanarkwfc.com>, or by contacting Peter Fischl at 267-9557.

"Fire and Ice" for Valentine's Day

Perth Tourism is pleased to present a new winter event on Saturday, February 14, called Fire and Ice! It begins at Conlon Farm at noon and runs until 4PM, and includes tobogganing, skating, winter games, refreshments, and more. Bring the whole family and embrace all that winter has to offer in Heritage Perth!

At 3PM, the Perth 200th Anniversary organizers offer a special **Sweetheart 5km Fun Run** beginning and ending at Conlon Farm. Registration is required: \$20 per person or \$30 per couple.

After an invigorating day of outdoor play, the enchantment continues at the Crystal Palace as things heat up with an evening ice bar, outdoor bonfire and dance, with music by **Riq Turner** — everyone 19 years of age and up is welcome to attend. For more information, please call 267-1947 or visit <perthtourism.ca>.

Healthier Indoor Air Through Plants

This time of year our houses are closed up tight, so you'll want to come and learn about house plants that help refresh our indoor environment. At the next Perth Horticultural Society meeting, on February 10, Trish Thomson will explain how indoor plants are actually great for your health! In addition, she will describe how house plants are a wonderful accent to the indoors.

Plan to attend the meeting on Tuesday, February 10, at St. Paul's United Church, 25 Gore Street West in Perth, beginning at 7:30PM. Membership is only \$10 per year, and visitors pay \$3 for admission; everyone is welcome.

Historical Society's Heritage Dinner

As part of **Heritage Week** celebrations, the North Lanark Historical Society will be holding its annual Heritage Dinner on Friday, February 20, upstairs at the Almonte Legion. The cost for the event is \$30 per person, with a social hour beginning at 6PM and dinner served at 7PM. The guest speaker for the evening will be Bruce Toshack, with a presentation and display entitled "Horses to Horsepower: History of Firefighting in Mississippi Mills". The evening will also be the official recognition of the Society's Trilium Project, and will feature a silent auction. Tickets are available at the North Lanark Regional Museum, from board members, and at Baker Bob's in Almonte. For more information, contact the Museum at 257-8503 or <appletonmuseum@hotmail.com>.

Growing Organic Vegetables: The Basics

Learn the basics for starting seeds and growing your own vegetables! Master Gardeners David Hinks and Gerda Franssen will provide the know-how in four free Saturday morning (10AM to noon) classes, most of which will be held at the Almonte Public Library (155 High Street). Topics include: starting and growing veggies that prefer cool weather (Library, Sat. February 21), starting and growing veggies that like it hot (Library, March 7), techniques for veggie success (Library, March 21), and transplanting your seedlings (location TBA, April 11).

This is a joint project of the Neighbourhood Tomato Community Gardens and the Lanark County Grows MMPL Seed Library. To ensure a seat, please register at the library circulation desk, 256-1037, or <kkiddey@mississippimills.ca>.

Funny You Should Write...

Good Advice (For the Ill-Advised)

I've decided that this particular episode of Miss Write is going to be a little different than past articles. I was a little (lot) inconsistent with my writing in 2014. Often handing in my pieces days past the deadline, or bailing at the last moment with some drama-laden (am I right, or am I right Hummers?) excuse of being overwhelmed by work, or home with a sick kid, or just generally uninspired.

by Emily Arbour

Truth is, I love to write this column. I just don't know it 'til I'm done.

So this month, I've decided that I'm going to take a fresh approach to channeling Miss Write. I'm still going to give you the sage advice you've come to know, love and, let's face it, count on in times of need, but from now on I'm going to try to focus on a single topic so we can really get down into it.

I think you'll find long copy is where this guru shines, friends.

Shall we?

The Art of Giving Advice

Anyone can give advice. We're all professionals at having an opinion and imposing it on others. (Personally, I'm excellent.) But *good* advice? Good advice isn't really about you. It's about the person seeking it.

Allow me to sidebar. My first career job was as a Junior Copywriter at an advertising agency in Toronto. I worked there for nearly four years before I began to feel my spirit being broken. My partner was a super-talented Art Director and, though we worked well together, our personalities were entirely different. My boss, our Creative Director, was tasked with managing both of us, and he did so by treating us in exactly the same way. But we were different. You couldn't manage us in the same way because we didn't respond to the same things

in the same way. What encouraged the best work out of me, didn't do so for her, and vice versa. The two of us were never happy, fulfilled or successful at the same time because of it, and eventually we all sort of combusted. I remember thinking a great deal about how important it is to manage individuals, even within a team scenario. And that, if ever I was someone's boss, I would work to communicate with them in whatever way was most effective for *them*. There *is* an "I" in team after all. (*Editor: Please fact-check this saying*).

"But Miss Write," you're thinking, "what does this have to do with giving good advice?"

Giving quality advice has everything to do with who's asking for it. The best advice comes from someone who actually cares about the advice seeker. No, I don't always know who the lovely folks are who send me questions. But I always take the time to think about what it might be like to be in their situation.

I always imagine that person is a friend and try to feel out what kind of response they actually need to make their own decision. And then I try to add a little levity to the answer. To make someone smile is to lift a little weight from the decision to be made. This is life. There are no right answers, only countless choices and paths, all of which lead somewhere (even if that somewhere requires another decision to be made).

The best advice allows people to think for themselves and to know that they're not alone in whatever they decide.

My advice on giving advice? Be a thoughtful listener. Be a supportive friend. Make 'em smile.

Sincerely,
— Miss Write

Editor's Note: According to our second-favourite source for advice (Facebook), there *is* an "I" in "TEAM"... however, its location is not fit to print in this fine publication.

Escape the February Blues with Endless Summer!

Shed the winter blues, escape the cold and let the music of the Beach Boys transport you to the California sun and beach for a couple of hours on Saturday, February 21, at the Gallipeau Centre Theatre in Smiths Falls. Endless Summer, Canada's number one Beach Boys tribute band, will be rocking the house with all the warmth and fun that made the original band one of the most enduring ones of the rock and roll era.

"I was always into cars, hot summers, girls, and the harmonies of the Beach Boys — their lyrics spoke to me and I've always found them very musical," says Jamie Shear, lead guitar and musical director, explaining why he chooses to head up a Beach Boys tribute band.

The Endless Summer Beach Band will showcase John Sharkey on lead vocals — effortlessly hitting all those crazy high notes, he also plays just about any musical instrument a rock 'n' roll band needs. Randy Vanee of Kitchener brings twenty years' experience as a bass player in a range of pop shows, variety and legend shows. Jayne Ryder adds her knowledge and mastery of harmony, along with a delightful energy and personality to the mix. "We'll play songs that will remind you of your first love," says Shear.

They promise songs like *Surfin' USA*, *California Girls*, *In My Room* and *Good Vibrations*, with all



Warm up with a Beach Boys tribute at the Gallipeau Centre on February 21

the joy and verve that will beam you from your seat at the Gallipeau Centre Theatre to a sunny beach, if only for a couple of hours.

Tickets to Endless Summer are just \$29.50, with free parking and a cash bar open before the show and during intermission. The show starts at 7PM and the door opens at 6PM. For more information call 205-1493, or visit <gallipeaucentretheatre.com> to purchase tickets online through Ticketpro.

A heads-up on the next show at the Gallipeau Centre Theatre: Ottawa's own **Amanda Rheume** will play on March 28.

What I Learned From Volunteering

When we talk of “volunteering”, it generally sounds like we are beatifically rendering selfless acts. Well sure, usually when volunteering we ARE donating our time to help out a person, animal, group or something... but it doesn't mean we do not benefit from it. I'm not saying there has to be something in it for me... but I've found that there usually is. So to help you decide which of the many great volunteering opportunities are the best fit for you, I thought I'd share with you the rewards I have reaped from my time volunteering.

by Rona Fraser

This job. Yes, I found gainful employment through volunteering! My work on MAAP (Mainstreet Almonte Attraction & Promotion) alongside Kris Riendeau (editor of this fine paper!) included editing a Downtown Almonte newsletter, which went to all of the businesses, town council, and whoever else was interested. My innate proofreading skills and (some might say “crazy”) drive to ensure that information got communicated clearly and on time, meant that my name popped to mind when they decided to get help with theHumm.

My first good friends in this new town. I moved from Montreal to Almonte, not knowing a soul, for a job in Carp. I saw an ad for volunteers to help with Women's Week, and attended a volunteer information session, where I signed up for just about anything that looked fun. I met Fern (volunteer extraordinaire) at the first meeting, and through her ended up on a couple other volunteer committees, where I met more great people. The next Women's Week saw me working behind the scenes at a play, as assistant to costume director Nancy. She wanted to practice her French and I grew up in Montreal — Voilà! A friendship was born.

My job in Carp. I just remembered that the whole reason I got the job in Carp was because I had been volunteering. At a permaculture course in Orangeville I had met Monica, project director of an organization that ran environmental workshops. I would drive in from Montreal, often with my friend Sharon, to help with workshop registration or to work an information booth. When Monica's organization received funding for a part-time person, she offered it to me.

Help with socializing. I am a bit of a wallflower, unless I have a reason to talk to people, and then I am Miss Chatty-Pants. Volunteering has given me the excuse I needed to talk to strangers — reg-

istering them for workshops, welcoming them to puppet festivals, selling used CDs at folk concerts, organizing events downtown...

The feeling of community. I had never before lived in a town where I knew so many people, and I have met MOST of them through volunteering. Who would have thought that being good at organizing computer databases would result in me meeting so many artists? The Mississippi Mills Arts Council folks didn't care that I'd never passed the



Stick Figure level of drawing. Or folk musicians? The Folkus Concert Series group did not care that I listened to alternative rock instead of the CBC (or at least, they *said* they didn't). I have no great knowledge of politics but, after becoming involved with MAAP, I ended up on the Town's Community and Economic Development Committee, where I got on a first-name basis with mayors and councillors. MAAP also resulted in me getting to know most of the downtown business owners, and Puppets Up! introduced me to many of the community-supporting types of volunteers (plus some freaky puppeteers and clowns). Let's just say that even on the days when I just pop out to pick up some chocolate, in ripped jeans and a paint-spattered t-shirt, only “for a few minutes”... I still manage to see someone I know. And for a single girl who moved here without family or friends, that is a great feeling.

The feeling of belonging. I guess this goes along with the feeling of community... but I still thought it deserved its own listing, because I think that this is more about involvement in town activities than just the social aspect. Those of you who have volunteered at a festival or concert in your town know what I am talking about. You have been in the position of welcoming folks to the auditorium or fairgrounds... You've gotten to know the venues by working there. You know the best bathrooms, the wonky electrical socket, where they hide their extension cords, where the garbage cans are... This is *your* place! You were there that time it

poured with rain... or was icy... or the field was too muddy... or the musician was stuck in a snowbank en route... By volunteering you become woven into the fabric of your town and its history.

A support system. Through the connections I have formed while volunteering, I now have many friends who I know I can count on if I need them, and hopefully they know they can count on me.

Family. My actual blood family in Canada is kinda small: my parents and me. But as some of you know, I have been volunteering with Big Brothers Big Sisters for a few years now and so I have a Little Sis. I cannot recommend this enough. When I was an In-School Mentor, I met with her one hour a week during school hours, and this past fall we switched to a Traditional Match and meet for anything from two hours to most of the day, depending on our schedules and the activity. An added benefit to this kind of volunteering is that it involves having fun, as opposed to minute-taking which, although I often made it fun, is not as enjoyable as going to a movie or baking cookies with a friend.

Skills. Yo, I got me some mad skillz! (And sounding cool is not one of them.) Volunteering often allows you the opportunity to pick up new skills, without the pressure of your employer evaluating you. I never took a course in proofreading or event planning or local politics... but I have learned a lot about these things over the years through volunteering. I have even learned the names of all the members of One Direction, though that may not be as useful. Harry is my favourite — it's the hair.

How about you? What kind of things have you learned through volunteering? Let me know at <rona@thehummm.com>. What areas do you want to look into now? I personally feel I am lacking in experience in the areas of kilt-wearing athletes, fiddlers, and puppies... but they may need to wait for another year.

CPHS PRESENTS
THE LITTLE MERMAID

Music by Alan Menken
Lyrics by Howard Ashman and Glenn Slater
Book by Doug Wright
Music Adapted and Arranged by David Weinstein

Based on the Hans Christian Andersen story and the Disney film

Tickets: \$10 from Read's Bookshop, Carleton Place and Mill Street Books, Almonte
Shows: Thursday, March 5 and Friday, March 6 at 7PM and Saturday Matinée March 7 at 2PM

Custom Home For Sale

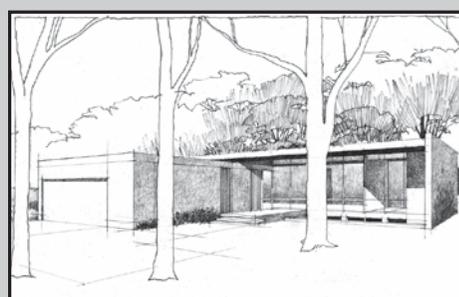
Designed by award-winning architect Richard Limmert, this 1700 square foot contemporary bungalow is located on an oversized lot in the friendly town of Almonte. The site is flat, measuring 70 by 113 feet. Ancient maples and black walnut trees occupy the front corner of the lot. The home is within walking distance to shops, restaurants, community center and arena, schools, churches and parks.

This bright airy modern-style home features an open plan, bedroom suites with dressing rooms, private outdoor courtyard off the master bedroom, kitchen with sit-up bar, a home office/additional bedroom and laundry/pantry adjacent to the kitchen. The full-height basement is unfinished, permitting a wide range of uses. A generous two-car garage is attached, incorporating storage closets.

Special features of this house include barrier-free, energy efficient design incorporating passive solar, radiant hot-water floor heating and cooling, LED dimmable lighting, gorgeous floor-to-ceiling wall of glass and optional polished concrete floors.

Construction commences in the Spring of 2015, so there's still time to personalize your interior design.

For more information, please contact richardlimmertarchitect@gmail.com or 613-850-1870.



275 St. George St., Almonte

Mosaic Weaving, a multi media workshop

February 15, 9:30-4PM

With Ingrid Harris & Lola Dot Studio

Cutting glass & weaving this together into your personal art form on the loom

Location: Ingrid Harris Studio & Textile Museum, Almonte

Fashion Camp, March 16-19

With Ingrid Harris & Marg Lee

Location: Ingrid Harris Studio, Almonte

Intro to Weaving, February 8, 10-4PM

Come weave and learn the basics on a loom and have fun with yarn!

With Lola Dot Studio Location: Textile Museum, Almonte,

Intro to Weaving II, February 9, 10-5PM

Learn how to set up the loom, weave and leave with a beautiful woven piece

With Lola Dot Studio Location: Textile Museum, Almonte

For registration & details contact:

loladotstudio@gmail.com 613 256-5652

marglee@teksavvy.com 613 256-3717

ingridharris14@gmail.com 613 256-5577

Experience the Beauty of the Valley!

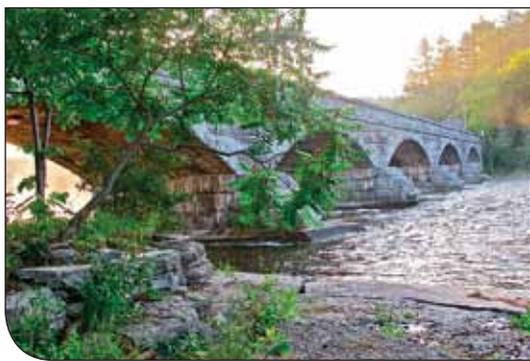
Rites of Spring at the Maple Run Studio Tour

The first signs of spring are beginning to appear as the birds return, the Lanark maple trees begin to run their sap and the Maple Run Studio Tour gears up for its 13th season. Come take a scenic drive on Saturday, March 21 or Sunday the 22nd (10AM to 5PM) to indulge in the sweet maple products at Fulton's Pancake House and Sugar

by Miss Cellaneous

Bush. Then continue your country drive in and around the beautiful and historic village of Pakenham, as you meet the local craftspeople and fine artists on this popular self-guided studio tour.

Enjoy speaking with the various artists and crafters regarding their creative pro-



Find photographs by Judy McGrath on this spring's Maple Run Studio Tour

cess, in studios and cluster-group locales in and around the village. The selection of art includes diverse media: glassblowing, photography, leather making, folk art, miniature quilts, pottery in many forms, fine hand-weaving, woodworking and much more. To enter in the artists' gift draw, pick up your studio passport to be stamped.

Artist details and descriptions, as well as the tour map, can be found at <mapleruntour.ca>. Look for the brochure, available at many local shops, call 623-5222, or just look for the green maple leaves during the two-day tour. Updates and information can also be found on the Maple Run Studio Tour Facebook page — check it out and give them a share!

Call for Artists and Artisans

Arts Carleton Place's Art Show and Sale will be part of celebrations of arts and heritage on Edmund Street in Carleton Place, on Saturday, May 23, from 10AM to 4PM.

There will be spaces available in St. James Hall (225 Edmund Street), as well as a limited number of outside spots. The entry fee for an 8' wide by 4' deep booth in the hall is \$55, while outside it is \$45 (and you are responsible for your own booth). Membership in Arts Carleton Place (\$20) is also required.

There is a central cash, with a 10% commission going to Arts CP.

The Art Show and Sale will be held in conjunction with Opening Day for the Carleton Place and Beckwith Heritage Museum and the unveiling of "Window Art at the Museum", murals created by Arts Carleton Place artists, depicting the building in its uses as a town hall, jail, Victoria School and as a museum.

Further details and application forms can be found at <artscarletonplace.com>.

View the Valley at Equator

Local photographer Allan Joyner is convinced that we live in an area with beauty to rival anyplace in Canada.

"I got tired of seeing perfect images of iconic landscapes across Canada but virtually none of our own local area. In a lifetime of travelling, making videos and photographing Canada, every time I came home to the Valley I knew we had places that rival anywhere else in Canada. I want people here to realize what an amazing area this really is."

His current exhibition of large framed and canvas giclée prints at Equator Coffee Roasters in Almonte proves his point. Prints of the falls in Almonte, the rapids at Blakeney, and fields of sunflowers near Kinburn are interspersed with his images from across Canada, and the local images easily compete with those from anywhere else.



Images by Allan Joyner are on display at Equator Coffee Roasters during February

"Places like the falls in Almonte are priceless. I hope when people look at my prints of them, they see the falls with the eyes of a visitor who sees them for the jewel they really are."

He avoids the temptation to alter the colours and the substance of his images. Instead he tries to produce finished prints that capture the lighting and the mood of the scene when he was capturing it with his camera. The only exception in evidence is his use of long exposures to give fast moving water a flowing ethereal feel.

In addition to his landscape and commercial photography, Allan teaches photography courses, and also conducts local photo tours. Allan's images are on display at Equator from February 3 till March 3. You can also see them on his website at <allanjoynerphotography.ca>, but then you'd have to make your own coffee and snacks...

"Soup for Thought"

A Luncheon Fundraiser

All proceeds to the Mississippi Valley Textile Museum

Saturday February 28th, 2015

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

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Sarah Robertson
Prior Engagements
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+ Julian Smith of the Barley Mow

Customers will get to take home a bowl generously donated by the Almonte Potters' Guild.

Adults \$20 in advance, \$25 at the door. Children under 12 are free. Tickets available at Baker Bob's, Pêches & Poivre, and the Museum.

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Show Dates:
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Saturday and Sunday February 21st and 22nd 2:00pm
Thursday and Friday February 26th and 27th 7:00pm
Saturday February 28th 2:00pm

Directed by Kate Cooney
 Produced by Linda Beiglee
 Musical Direction by Laurel Tye

Tickets \$10
 Available at Reads Book Shop
 Or at the door

Carleton Place Town Hall Auditorium
 For more information go to: www.mississippimudds.ca

Young Performers' Edition
 Adapted by John Kane for the Royal Shakespeare Company Based upon the
 Classical Motion Picture owned by Turner Entertainment Co. and distributed in all
 media by Warner Bros.

Volunteers Are the Perth Community Choir

If you've ever taken in one of the magnificent musicals produced by the Perth Community Choir (PCC), you might be surprised to know that everyone involved with the show was a volunteer. The actors, the orchestra, the set designers, the folks running the canteen and handing out programs — they were all volunteers, every last one of them.

"Our volunteers *are* the PCC," says Kristy Tait-Angel, the community group's president of the board. "Without them, there would be no production."

by John Pigeau

Kristy also performed the role of Nancy and designed posters for last fall's production of *Oliver: The Musical*, directed *The Secret Garden* in 2013, and has performed in various productions since her first PCC show, *The Mikado*, about ten years ago.

Founded in 1981, the Perth Community Choir has produced a long list of high quality, top-notch, large-scale musicals over the years, including recent hit productions of *The Wizard of Oz*, *The Secret Garden*, *Anything Goes*, and *Sweeney Todd*.

"The PCC is a non-profit, volunteer-run community group that produces a musical every fall in Perth, involving people of all ages, from Perth and the surrounding area," Kristy says.

Last fall, they completed their 33rd annual show, *Oliver: The Musical*. By all accounts, the seven shows were outstanding, ending with a sold out afternoon performance.

Some of the comments for *Oliver: The Musical* on the PCC's Facebook page: "We thoroughly enjoyed the show! Can't wait for next year! Always a good time!" And: "Excellent show, as usual." If you read a few more of the comments, it becomes crystal clear that the show was thoroughly enjoyed by one and all. The enthusiasm and appreciation are plainly infectious.

As an accomplished actress and director, Kristy Tait-Angel speaks to that. "I think the enthusiasm and dedication builds a talented pool of people, and when you have a talented group of people working



together, they are going to have enthusiasm for the project — you end up with a bit of an infinite loop."

She knows that volunteers, in every roll, are invaluable. As she says, "The PCC is completely run by volunteers, so without them, we simply wouldn't have a show. Our production team — artistic director, musical director, choral director, choreographer and producer — are all volunteers. We have people performing on stage and in the orchestra, working backstage during the run, helping with hair, make-up and costumes, operating our lighting, running the canteen, and handing out programs. During the preparation phase, we have people designing and constructing sets, costumes and props, creating our programs and posters, and distributing them in the community."

As a volunteer in PCC productions, Kristy also appreciates the rewards of giving her time and talent, and working with others in the community.

"I love the process of learning something new (and every show is different from the last) and getting to finally see the audience reaction to all of your hard work," she says.

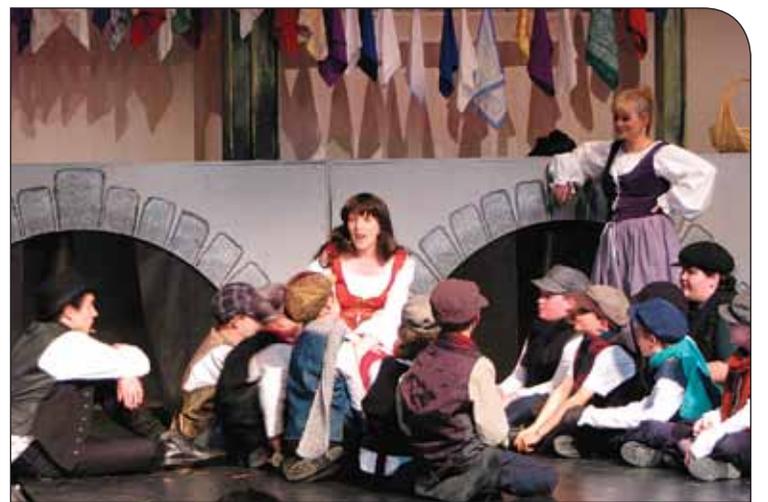
"There is also a wonderful sense of community that develops through the creation of a show, especially in the large-cast productions that the PCC puts on. I know many people who had their first stage experience through performing with the PCC as children and teenagers, and still have a love of theatre, and who perform today. I have loved having the opportunity of directing and performing with first-time actors both young and old."

The history of the PCC is an interesting one. "The PCC came out of the Perth Ecumenical Choir run by Ann McMahon," explains Janice Jacklin, one of the group's founding members. The choir decided to spread out, be more inclusive of the community, and try a musical. Janice Jacklin and Brad Mills were asked to help with the choral and artistic direction. Thus began the PCC.

It's undoubtedly a testament to the success and marvelous quality of the PCC's shows, spanning more than three decades, that each year organizers are overwhelmed by all the talented local people who come out to audition.

"For such a small community, Perth has an amazing pool of talent," says Kristy. Big scale musicals present unique challenges, too, so all involved are thankful that so many people with diverse talents volunteer, year after year after year. Musicals require multi-faceted actors; they need to be able to act, sing and dance. Being blessed with so much talent in Perth and the surrounding areas makes it much easier.

There is quite a bit to do between shows too, and that also requires the time and talents of a wide range of invaluable individuals. "Between shows, our volunteer team mostly consists of our board, which currently has fourteen members," reports Kristy. "Once we start preparing for a show and



Founded in 1981, the Perth Community Choir is an entirely volunteer-run group that has put on 33 shows to date.

Their fall 2014 production of *Oliver: The Musical* involved cast and crew members of all ages

during the run, we would typically have over one hundred volunteers involved in all aspects of the production."

The PCC are always looking for new and returning community members to get involved. In fact, Kristy says, "Our call for show proposals for 2015–2017 just went out, and prospective directors can submit show ideas to the board until February 27."

The PCC will be holding a free *Mary Poppins* sing-along movie night, tentatively scheduled for March 27, and they will need volunteers to help out and to participate as well.

"After that," she adds, "we should be announcing our fall 2015 production and looking to put together a team with volunteers in all areas of the production. To stay in the loop with PCC happenings, people can 'like' the Perth Community Choir Facebook page, join our email list, or simply send us a quick email at <perthcommunitychoir@gmail.com>."

All are welcome, she says, and all are greatly appreciated as well. "The best thing people can donate to the PCC is their time and talent," Kristy says. "There is not a skill that we can't put to use in making our next successful show, and the more talents and skills we have in play, the better the show that we can put on."

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Munchkins, Witches, and Flying Monkeys!

Once each year it seemed *The Wizard of Oz* movie would come on TV, and the entire family would gather in the living room. We marvelled as life in black-and-white Kansas changed to the vibrant, cheerful, colourized land of Oz; scratched our heads as farmhands Hunk, Zeke and Hickory seemed all too familiar in character; and puzzled that Mrs. Gulch's theme music was the very same as when the Wicked Witch of the West rode her broom. It was a test of fear tolerance, a suspension of disbelief, and a reminder of the faith that we can be our better selves.

Carleton Place's own Mississippi Mudds' Youth production brings all of that childhood magic to the Town Hall stage in this winter's production of Frank L. Baum's *The Wizard of Oz*. Last year marked the 75th anniversary of this MGM classic, and the Mudds Youth have spent a good part of 2014 rehearsing *The Wizard of Oz* for your enjoyment.

This young branch of the Mudds put on their first major show in 2008: *Bugsy Malone*. Two of the cast members from that production have continued with the group right up to this year: Molly Cooney plays Dorothy, and Justin Beiglee is the Tin Man. But the troupe has grown along with the productions. Many other members have been involved for three or four seasons. Cast members range in age from eight to sixteen, and the tight-knit group works hard to entertain audiences. The Mudds Youth productions have become an annual tradition for many theatregoers in the Ottawa Valley.

For those who have had the pleasure of seeing a previous production, you will know the quality of entertainment these "children" provide. For those who have never had the privilege, you will be amazed by the pure talent drawn from our community. In full Technicolor, this musical is complemented by choreographed scenes, captivating

costumes, and the outstanding local talent in and behind the scenes. These productions would not be possible without the volunteer contributions, enthusiasm, and generosity of adults and teens alike.

Musical numbers include *Somewhere Over The Rainbow*, *Follow The Yellow Brick Road*, *If I Only Had a Brain*, *If I Only Had a Heart*, *If I Were King of the Forest*, and the cast favourite: *The Jitterbug*.

Follow along with Dorothy on her quest to find her heart's desire as she discovers new lands and meets new friends. True to the original movie adaptation, our scene begins in Kansas with Dorothy and her little dog, Toto, longing for a world where cares melt away like dreams and answers come easily. Her dream seems like reality when everything familiar to her is lost in a storm of imagination as she strives to find her way back home. In this strange and colourful land, our heroine encounters friendly yet timid Munchkins, a pair of Wicked Witches, fantastical Jitterbugs and Flying Monkeys, and true kindred spirits — The Scarecrow, Tin Man, and Cowardly Lion — in her search for a world where dreams come true. Together, they set out on their quest to find a way home for Dorothy, and Toto too. Along the way, good and evil continue to collide as Dorothy and her friends travel through a haunted forest and a majestic city, and overcome their fears to find their inner strengths. Lose yourself along the yellow brick road, and find



These dedicated young actors and singers wish to welcome you to Munchkin Land...when they present *The Wizard of Oz* in February!

your inner child as you relive warm memories and introduce this family classic to the young and young at heart in your life.

The show runs for six days: February 20, 26 and 27 at 7PM, and February 21, 22 and 28 at 2PM.

Tickets are \$10 and are available at Reads Book Shop, 135 Bridge Street in Carleton Place.

— Martha Kelly and Kate Cooney

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Playing at the Smiths Falls Station Theatre
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Leading Ladies
A comedy in two acts
By Ken Ludwig
A hilarious night of fun & frivolity

Feb. 12, 13, 14, 20 & 21 @ 7:30 pm
Sunday Matinees Feb. 15 & 22 @ 2 pm

Adults: \$20 Students (with ID) \$10
Group rates available for 15 or more for same performance - call for details

Tickets Available at:

- ❖ Special Greetings, 8 Russell St., E Smiths Falls (cash only)
- ❖ smithsfallstheatre.com (Paypal/credit card)
- ❖ By Phone - 613-283-0300 (Credit Card)
- ❖ - AT THE DOOR - 1/2 hour before performance (cash only/if available)

Produced by Special Arrangement with **SAMUEL L. FRENCH** 2015

Volunteers Do It For Free!

I used to love volunteering at the local elementary school when my children were younger. Truth be told, all the soap operas began to sound the same and the dog looked at me like he could use a break from my presence. When a gym program was cut, I volunteered my service as an aerobic instructor for the small masses. I quickly found out that children do nothing in straight lines — they form small crop circles that you have to amalgamate into a larger one. And unless singing or clapping was involved, Jane Fonda-style exercises were not high on the interest food chain. My voice, which could clear out a popular restaurant lunch crowd on Rideau Street when I taught at their fit-

by Linda Seccaspina

ness club, also became a problem for one of the male teachers. I got "the look" so many times that the two of us never exchanged words, as none were needed.

One day I was asked to participate in the annual teacher-student basketball game, even though the last time I played was at about the age of ten. I was thrown out on the floor mid-game and attempted to look professional even though I had absolutely

no idea what I was doing. I ran up and down the floor proudly and heard my son's voice in the crowd screaming: "Look at my Mum run! I didn't know she could run!"

Immediately sidelined for my apparent lack of knowledge of the game, I was put back in during the last few minutes when one of the teachers lost his breath. We were one point from winning when the ball was travelling up the line. It was coming towards me — I could do this. It was suddenly in my hands and I was going to toss it to the next person so he could win the game. I bobbed back and forth, looking for the nearest team player. I tossed it into the air and it was a clean throw. I was positive I had saved the day!

When the dust cleared I heard a loud groan from the crowd. What had I done? I looked across the room, and there holding the ball was the teacher who didn't care for my teaching style. Was he on our team? Of course not — he was the referee. He stood there holding the ball, looking at me and shaking his head. Red-faced, I scraped myself off the floor and went back to the bench. I noticed my son and his friends sharing whispers of "Oh no she didn't!" I realized my competitive sports days were over, and vowed right then and there that next year I was just going to volunteer for papier mâché work, because after all, everything begins with a smile.

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Krista Duff (left) and Alison KirkPatrick (right) in rehearsal for *Hilda's Yard*, which opens at the Studio Theatre on February 5

Spend a Laughter-Filled Evening in Hilda's Yard

Hilda and Sam are a middle-aged couple looking forward to becoming "empty-nesters". Their daughter is married, their son has a respectable job, and they are anticipating some time to themselves, with a little extra money to spend on luxuries hitherto unaffordable.

Then the children return.

Son Gary has lost his job, daughter Janey has broken up with her husband, and they want to come home to live. To make matters worse, they bring with them a whole new way of thinking and living, not to mention quirky new friends who do not quite fit in with Mom and Pop.

An all too familiar scenario? The basis for a family drama, even a tragedy? Possibly. But not in the hands of Canada's master of comedy, Norm Foster.

Although Foster has set his story in the 1950s, the situation is one that is more than familiar to present day parents. We first meet Hilda Fluck (one can only hope that no one in the cast mispronounces that name), as she chats over the back fence to an invisible neighbour, explaining how she and Sam are looking forward to their new life. But then, in typical Foster fashion, complications begin to pile up as, one by one, these characters appear in Hilda's yard.

It seems that son Gary has been delivering pizza and making unscheduled (and unsolicited) deliveries to a particularly attractive customer. His boss found out and fired him. He wants to come home to live for a while.

Daughter Janey arrives with news that she has left her husband and also wants to come home.

Disgruntled father Sam just wants some peace and quiet, and to watch *Gunslinger* on the big TV that he has been counting on.

As if life wasn't complicated enough, Gary is followed by an ominous bookie

with the unlikely name of Beverly, to whom he owes money, along with a hot little number called Bobbi who plays jazz trombone.

Hilda's Yard features some of Studio Theatre's most familiar and talented cast members. Sam and Hilda are played by Alfred Von Mirbach and Krista Duff. The two prodigal children, Janey and Gary, are played by Alison Kirkpatrick and Lucas Tennant, the bookie by Grey Masson, and Bobbi by Robin Burrill.

And of course an accomplished crew of technicians accompanies them. Yogi Sepp is producer, Roberta Peets the director, with assistant director Laurie Reesor. Charles Henderson is the stage manager who keeps them all in their place. Set design is by Cheryl Matson.

Hilda's Yard opens at the Studio Theatre, 63 Gore Street East in Perth, on Thursday, February 5, continuing through the 6, 7, 13, 14 at 8PM, and February 8 and 15 at 2PM. Tickets are available in advance at The Book Nook at 60 Gore Street East for \$22 (cash only) and at Shadowfax at 67 Foster Street in Perth. Tickets can also be ordered by phone at Shadowfax (267-6817/1-800-518-2729), or online <shadowfax.on.ca>; and at Tickets Please 485-6434 <ticketsplease.ca>. A convenience fee applies to these latter two outlets. Tickets are \$24 at the door, and students with ID pay just \$10 at the door on show night. For further information, call the Studio Theatre box office at 267-7469 (please note this number does not take ticket orders) or visit <studiotheatreperth.com>.

So, if you want a guaranteed chuckle, be sure to peek into *Hilda's Yard* at the Studio Theatre. And a reminder, Studio Theatre is now fully accessible for those with mobility issues.



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— Aaron, Maureen and Megan (the Spice Post Team)

ADHS Opens Doors on New Performing Arts Space

Community Open House on Feb. 12

Almonte and District High School is opening the doors on a brand-new performing arts room for second semester, beginning on February 2. The room features a stage, sound and light control room, space for seating up to 90 audience members, and three soundproofed practice rooms. Primarily an instructional space for the school's growing music program, it will also be used for a drama class starting this semester, for rehearsals leading up to the school's drama productions, and for smaller performances.

The school is the recipient of a very generous grant from the Elizabeth Kelly Foundation that will provide the chairs for the space. Other generous supporters of the arts in the community have contributed funds for theatrical lighting and sound equipment. This year marks the culmination of years

of work that began with a vision for the school, set out by parents and students in 2011. Other parts of the vision being realized this week: the school is opening a brand-new cross-fit room and renovated exercise room, as well as an amazing "maker space" where students can work on projects ranging from small engines and welding to metalwork, CNC routing, 3D printing, glasswork, and vinyl cutting. Along with the new football field that opened last fall (marking the first home game ever for ADHS), this is not the high school you remember.

The performance space will be available for community use after hours. Contact the school at 256-1470 for booking details, and come out to the open house from 6-8PM on February 12 to check out all three new spaces!

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Fun and Frivolity at the Station Theatre

Leading Ladies Hits Smiths Falls!

The 2015 play season at the Smiths Falls Station Theatre opens on February 12 with *Leading Ladies*, a comedy in two acts, written by Ken Ludwig. Offering both evening and matinee performances, the production runs from February 12 to 22.



Jamie Schoular, Nicki Hayes and Robert Del Grande rehearse for *Leading Ladies*, which opens February 12 in Smiths Falls

What would you do for a million dollars? Would you pretend to be someone else, no matter how uncomfortable and bizarre that might be? Well, Jack (Jamie Schoular) and Leo (Robert Del Grande), the main characters in *Leading Ladies*, decide to go for it after the dismal reception of their performance of "Scenes from Shakespeare" on the Moose Lodge circuit in Pennsylvania's Amish Country. When they hear that Florence, an old lady (Liz Steinberg), is about to die and leave her fortune to her two

long-lost English nephews, they resolve to pass themselves off as her beloved relatives and get the cash. The trouble is, when they get there, they find out that the relatives aren't nephews, but nieces! Enter romantic interest involving nieces Audrey (Nicki Hayes) and Meg (Andrea Jermacans) and the need for the two actors to become legitimate. Disastrous decisions lead to hilarious comedy in the inimitable style of Ludwig, the playwright who also penned the delightful comedy *Lend Me a Tenor*, as well as *The Three Musketeers*, performed in the 2014 season. Audiences will delight as they watch Leo and Jack continuously flip back and forth from their male to female personae.

Tickets for *Leading Ladies* are \$20 for adults, and \$10 for students (with ID), with special group rates also available. Call the Station Theatre at 283-0300 for details. Tickets can be purchased at Special Greetings (8 Russell Street East in Smiths Falls, cash only), online (smithsfallstheatre.com, via PayPal/Visa/Mastercard), by phone (283-0300, Visa/Mastercard), or at the door, subject to availability, a half-hour before the performance (cash only).

Plan Ahead to Save

It's not too late to take advantage of the discounted ticket package offer being made on all six plays in

the Station Theatre's 2015 season. Besides *Leading Ladies*, there's a wonderful mix of a mystery, a farce, another comedy, the Canadian première of a children's musical, and a British-style Christmas pantomime. The Theatre is offering patrons the opportunity to attend all six plays for just \$99. This season ticket comes in the form of a Six-Pack Flex Pack. Patrons can select how they want to use their six vouchers towards purchasing tickets to any of our six shows in the 2015 season. The deal — which is good up to the deadline of February 22, the last date of *Leading Ladies* — offers a saving of almost 20% of the regular adult ticket price. Go to smithsfallstheatre.com for detailed information on the different ways the Six-Pack Flex Pack can be purchased and used throughout the season, or call the box office at 283-0300 for assistance in purchasing the voucher package.

Keep in touch with all the upcoming shows — great plays, movies (like *St. Vincent*, starring Bill Murray, being shown on February 27 and 28) and special events. Visit the website to sign up for the e-newsletter, or join Smiths Falls Community Theatre on Facebook.

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See page 7 & 8 to volunteer for
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Fri, Feb 6 **Jeff Callery** (Guitar & Vocal, Country Rock), 6-9
Sat, Feb 7 **The Rockabilly Riot**, fundraiser for MUSICWestport festival, tickets \$45, buffet & show, 7-11
Fri, Feb 13 **John Wilberforce** (Guitar & Vocal, Country/Rock) 6-9
Sat, Feb 14 **A Head Over Heels Valentine's Day** (Guitar & Vocal Duo), \$50 4-course dinner & show, 6-10
Sun, Feb 15 **Winter Carnival After Party** with **Henry Norwood, Shawn McCullough** and **Wade Foster**, 4-8
Fri, Feb 20 & Sat, Feb 21 Blues on the Rideau with **The Hogtown Allstars** (Toronto), \$60 buffet & show, 7-11
Fri, Feb 27 **Tom Savage** (Guitar & Vocal, Country/Rock), 6-9
Sat, Feb 28 **Head Over Heels** (Guitar & Vocal Duo), 6-9

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justthink...

What's Your Brand?

Of all the assets any company owns, its brand is the single most valuable.

A bold statement? Sure. But think about it: A brand is the only corporate asset that, managed properly, will never depreciate. *Never depreciate.* Those are magic words. Patents

by Patrick Arbour

expire, software ages, buildings crumble, roofs leak, machines break, and trucks wear out, but a well-managed brand can increase in value year after year.

Despite this unique characteristic, branding has long been misunderstood. It seems soft and fuzzy. It's often incorrectly defined. And (at least historically) it hasn't been a hard, measurable, internal metric like sales, market share, stock price, or price/earnings ratio, which can be tracked on a spreadsheet or reported to the board. But neglecting a brand is both naïve and short-sighted for any company or organization.

In some ways, branding is a victim of semantics; call it "reputation" and nobody would ever argue that it's anything less than critical. All companies are careful to avoid doing anything that would harm their reputations, intuitively understanding Will Rogers's quip: "It takes a lifetime to build a good reputation, but you can lose it in a minute." But management teams commonly underachieve in the application of reputation management best practices — in a word, *branding*.

Many people believe branding is a discipline that lives in

the marketing department. But it's much broader than that; branding includes everything a company does, from the logo on its letterhead, to the way it handles customer complaints, to whether its uniformed personnel keep their shirts tucked in. It's easy to limit your perspective of branding to the verbal and visual expressions your company puts into the marketplace, but there isn't anything that anybody within your organization does (or fails to do) that doesn't affect at some level how your brand is perceived. Leaders who ignore this do so at their peril.

In one sense, perhaps the most important sense, a brand is a promise. Think of some top brands and you immediately know what they promise: McDonald's, Coca Cola, Budweiser, Ford, Apple. You know what you're going to get with a well-branded product or service.

In another sense, a brand is a specific combination of logo, words, type font, design, colors, personality, price, service, etc.

It's also a bundle of attributes. Think of Volvo, for instance, and your first thoughts are probably going to be something like "well-built, comfortable, Swedish" and, most of all, "safety".

The promise, look, personality and attributes can eventually acquire a special patina of what I call "me" appeal. Buying a certain brand says something about the person who buys it. Apple has that patina. So does Prius and Guinness.

It takes a lot of time, money and very hard work to build and maintain great brands like that;

brands that can speak volumes in just a few syllables.

That's why I'm usually rendered speechless when a client asks for a quick "brand". It happens a lot more often than you'd think. I love developing brands from scratch, but when the client needs something quick, there'd better be a strong existing brand already in place.

If you're going to develop your brand, the last thing you want to do is follow the beaten path. You want to head down your own road. Your brand has to plant itself in the hearts and minds of customers (especially hearts... remember my article on the role of emotion in advertising).

It also has to be memorable. Your brand is the focus of all your marketing efforts (yes, it needs to say something about your company, connect with your target market, be motivating in some way, and always create loyalty).

Sometimes a brand is memorable because of the little things. When you think about your brand, think about all the elements: promise, personality, look, voice, service, attributes, memorability, even patina. There's a good chance that if you ask customers, prospects and competitors about it, you'll be surprised at how strong your brand actually is.

It's shorthand for what you are. It is how you will be recognized. Get recognized. Build your brand.

— Patrick Arbour is a Creative Director and Executive Business Coach who has worked in the advertising world for major agencies in both Canada and the US

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Milling Around in a Mill Town

A former thriving mill town, Almonte is really putting the “mill” in Mississippi Mills this month, thanks to some creative events scheduled during the shortest (and often coldest!) month. I’m going to give you a sampling here, but do check out theHumm’s calendar as well for even more reasons to head to Almonte and Pakenham in February.

by Miss Mills, Puppet Reporter

Mid-Winter Milling

For the sixth year in a row, Sara Bazett from Soul Scents on Mill Street is organizing the popular Mid-Winter Milling event on Saturday, February 28 in downtown Almonte. This event pairs area spiritual and self-awareness practitioners with shops and cafés along Mill Street, and invites everyone to come out for a day of shopping and dining, mixed with short sessions of Reiki, reflexology, intuitive readings and lots more. Sign-up sheets for each practitioner will be available that day, so come early to sign up for your favourites! For more details about participating shops and sessions, see the back page of this issue of theHumm.

Soup For Thought

Also on Saturday the 28th, the Mississippi Valley Textile Museum’s popular Soup for Thought fundraiser is back again, and this

year Paul O’Brien — head chef at Almonte’s new Moose McGuire’s Pub and Grill — will be adding his delicious soup to those contributed by the area’s other stellar chefs.

Paul has worked across Canada, as well as internationally. While working in a Bangkok bistro providing treats for Western tourists, he volunteered at the local culinary school, helping them develop a program for the international market. He is excited to be working in Almonte and is anxious to work with local farmers and growers to provide patrons with fresh wholesome food.

Scrumptious soups will also be donated by the Heirloom Café Bistro, Palms Coffee Shop, The Chef’s Table at Home, Mill Street Crepe Company, Foodies Fine Foods, Robin’s Nest Tea Room, the Barley Mow, Ballygiblin’s, and Café Postino. The Friends of the MVTM will provide delicious desserts (some gluten-free), as well as tea and coffee. Sarah Robertson of Prior Engagements will be loaning dinnerware for the event.

As a special treat, the Almonte Potters Guild will once again be donating fabulous handmade soup bowls for each patron to take home.

The Textile Museum will host two sittings: 11:30AM to 1PM and 1:30PM to 3PM. Tickets cost \$20 in advance and \$25 at the door (children under 12 eat for free), and are available from Baker Bob’s, Pêches & Poivre, and at the Museum, 3 Rosamond Street East in Almonte. Don’t miss this chance to have a wonderful lunch in a former textile mill, and take home a treasure!

More Time With Textiles

If all this milling around in mills has you looking to get up close and personal with textiles, may I suggest a course or workshop?

Textile Traditions <textilet-traditionsofalmonte.com> offers a whole range of classes for knitters, quilters and sewers — drop in at 87 Mill Street to pick up their latest schedule. If weaving is your thing, you’ll want to visit **Lola Dot Studio** <facebook.com/loladotstudio> across the street at 76 Mill Street. This month, owner Laura Fauquier is partnering with local designer and seamstress Ingrid Harris to offer an intriguing mutli-media workshop at the Textile Museum entitled “Mosaic Weaving”, that involves cutting glass and weaving it on the loom (carefully, I would imagine!). “Intro to Weaving” is also on the menu for February, and you can even register the kids for Fashion Camp at the MVTM during March Break.

Movies on the Mississippi

Hub Hospice Palliative Care is pleased to announce the launch of a film series, Movies on the Mississippi, at the Almonte Old Town Hall. Working with the Toronto International Film Festival, they will be presenting a world-class film on



Paul O’Brien — chef at Almonte’s new Moose McGuire’s Pub & Grill — will be contributing to this year’s “Soup For Thought” fundraiser for the MVTM. It takes place on February 28 (the same day as Midwinter Milling on Mill Street!).

one Sunday afternoon each month from February to June.

Their first offering is the highly acclaimed *Boyhood*. Filmed over twelve years with the same cast, Richard Linklater’s film is a ground-breaking story of growing up as seen through the eyes of a child named Mason (a breakthrough performance by Ellar Coltrane), who literally grows up on screen before our eyes.

Boyhood will screen on February 8 at 1PM at the Almonte Old Town Hall. Admission is \$12, and tickets are available at Baker Bob’s, Pêches & Poivre, and at the door.

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The Reever Report

New Dog, Old Excuses

When I was twelve, my Dad and I wanted a puppy — a spaniel with brown curly fur. We'd name him Rusty, and I'd let him sleep on my bed. My Dad wanted him to ride in the car with his head out the window, and enjoy an ear

by Glenda Jones

scratch from time to time. My mother, in her infinite wisdom, said unequivocally "NO! Neither of you will feed it, clean up after it, train it, or take it walking! It'll be *my* dog, and I don't want one!" I got a stupid sweater for my birthday. Little did I know how long I'd have to wait to realize my dream. Little did I realize how right my mom was!

Skip to January 2015, and the gyms are crowded with guilt-ridden weight watchers tramping on the treadmills, going nowhere fast. It's a lot of sweat and toil for a few pounds and a bit of self-satisfaction. Here's an idea: let's trade every treadmill for a dog. It'll be way more fun. Instead of driving to the gym in your fancy togs, you can don sweatpants and do squats looking for doggy hairballs under the furniture; you can put on three layers of clothes and head outdoors in -20°C cold for "walkies," you can shovel snow just for the pleasure of seeing the dog jump for the snow balls. You can slap on the skis and trail through the woods with the dog behind you.

Is there a more mournful expression than doggy eyes when you refuse a car ride? Of course not. It's all about his pleasure. Your treadmill will never treat you to guilt pangs like that! You could ignore the latter completely, let yourself go to a puddle of fat, and it wouldn't care, but your dog sure would!

Pity the poor animal whose owner bought it for the prestige value, simply to have a pretty thing on the end of a string, and who leaves it home alone all day with no promise of activity. Is it any wonder it'll make its own fun — tear the cushions, pee on the carpet, chase the cat? Is it any wonder it thinks its name is Stopitrightnow? "Play with me, play with me," is what the message is, and as a pet owner, you ignore it at your peril.

Since the dog doesn't know how to operate a smart phone, he's depending on you to entertain him. He's heard all your excuses, especially if you're let-



ting your thumbs do the walking while you're parked on the couch. He wants — indeed, needs — more than the boring old toy or trip round the block. You own his life, now get with his programme and make him happy.

Never go to the pound or a dog show if you are even half-hearted about getting a dog. Especially don't take children! You'll succumb to those soft eyes and furry ears, and not for one moment think rationally about what you're doing. Once the deed is done, you're entering a whole new doggy world of vets, kennels, groomers and, if you really care about your dog, play time like you haven't had since you were a kid. If you're still a kid, and

I include teens here too, getting this pet will give you the perfect reason to hang on to those fun times a whole lot longer.

There are about a hundred things you can train your dog to do, all of which will give you great pleasure. Imagine if you could spend time playing with your dog, feeding him treats he adores, teaching him intricate tricks, laughing at his antics, watching his personality develop. What if you could run alongside him and be a team? Wouldn't that be better than sweating it out in a gym? What if regular sports aren't your cup of tea, and you'd like to be unique in your circle of friends? And what if you could win big fat ribbons you could display with pride? Does the gym give you a ribbon? Will your trainer lavish you with kisses? (Well, let's not go there!)

So what excuse are you dragging out now? I'm too old, I'm too young, I don't have time? Sorry, you used those for avoiding the treadmill, so I'm not buying it, and neither is your dog. For the love of your animal and the desire for exercise you enjoy, take your dog to an activity you can both do: sign up for a session or two of agility training. Neither your age nor your dog's is any excuse. Neither your athletic ability nor your dog's is a detriment. It's the most fun you can have with your pet! You'll appease your conscience, save your furniture, and have a blast doing something exciting and fun for both you and your dog. Who knows — you two might end up in the SuperDog show! If nothing else, you'll sure be Super Owner in the eyes of your companion.

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Hot LiPS in February!

Spoken Word Slam on February 6

In frigid February, the year-end holidays are only a dim memory, and spring is too far away to seem real. Too many hours spent shovelling, shuffling over icy sidewalks or shut-up inside? You may be in need of something organically original to warm your soul. On Friday, February 6, pull on your warmest toque, cozy lined galoshes and woolen mittens, then brave winter's cold blast to make your way to the Thirsty Moose in Carleton Place for a night of original spoken-word poetry and storytelling with LiPS (the Live Poets' Society of Lanark County). Their word-smiths will make you smile, ponder life's mysteries, or share in the universal ups and downs of just being human.

Better yet, why not join in with your own poetry, story, or song at the open mic, or as part of the slam competition? The atmosphere is laid-back, fun, supportive and welcoming to any who wish to participate. And why not? This will be a gathering of your neighbours and extended community, to share thoughts, laughs and emotions, with absolutely no digital network in between. Face to face! Real people! We'll even share a hug or a handshake if you like, because that's the way we roll. Join us at the Thirsty Moose, 20 Bridge Street in Carleton Place, at 7PM on February 6. It's only \$5 (with performers getting in for free!).

— Inez Dekker

Music Matters

The Importance of Being Bored

Take a moment and try to remember the last time that you were bored. I mean really, truly bored. Can you do it? Scientists are gathering reams of evidence that being bored is good for our brains, and yet in our fast-paced world, we seldom get the chance. Have we lost the ability to do nothing?

by Tony Stuart

For some reason, our society has developed the notion that we always have to be doing something. We are constantly bombarded with messages that boredom is bad. We have a thousand channels on television, access to unlimited information on the web, video games, and perhaps worst of all, those ubiquitous little devices called smartphones. The term "smartphone" is a bit ironic, because it turns out that excessive smartphone use is actually lowering our intelligence.

The next time that you are out, take a look around. You'll see people checking their phones while they are in line at the grocery store, while they are waiting for the bus, or even while they are walking! At school, walk into any classroom and you'll see students busy checking their phones right up until the moment that class starts. In many cases, they have trouble putting them away.

Here's the problem: our brains need time to be bored, and more and more discoveries are pointing to the fact that some of our most creative moments come when we are doing nothing. When our brains are resting, thoughts and ideas have time to form and develop. That explains why we often wake up and have suddenly found the solution to a problem, or have come up with a creative idea.

A few weeks ago, I tried an exercise with a few of my high school classes. As they came in, I asked them to put all phones away, have a seat, and be prepared to be bored for five minutes. That meant no talking, no listening to music, and no writing. They could close their eyes if they

wished. At the end of the five minutes we discussed what we had just done. None of my students could remember the last time that they took five minutes to do nothing, and most of them said that it was a difficult activity, because they felt like they should be "doing something." I'll bet that the same can be said for most of us. When we have a free moment, we reach for the distraction of choice, which usually involves an electronic screen of some sort.

You constantly hear stories of musicians, visual artists and writers who seclude themselves away from society as they seek inspiration or work on their latest project. Beethoven took some time away at Heiligenstadt, a suburb of Vienna, to reflect on his life and attempt to come to terms with his deafness. The Heiligenstadt Testament, a letter which he wrote to his brothers, but which was never delivered and was only discovered after his death, is an incredibly poignant document. This retreat was a major turning point for him, and he seemed to emerge from it with a renewed sense of vigour and a determination to overcome the many obstacles in his way. We all know what happened after that. Beethoven is one of the giants of Western music and has become immortal because of his musical accomplishments.

Practitioners of meditation recognize the importance of clearing the mind, and letting the universe speak to us. Meditation is an ancient art that was important to almost every culture, and modern scientific discoveries in brain research are also pointing to the fact that all of us should take at least five minutes a day to relax, clear our heads, take deep breaths, and do absolutely nothing. I've been meaning to start, and writing this column is hopefully going to be my first step on the path to allowing myself to become bored more often.

On that note, I'm going to leave you now. Hopefully I've got nowhere to go and nothing to do, at least for the next five minutes!

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



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GET INVOLVED / GET CONNECTED

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> or 288-0864.

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>.

The **Carleton Place District Memorial Hospital Auxiliary** is an organization that has been around for 60+ years, offering services in and out of the hospital. We value all volunteers, from all walks of life; each and every person can make a difference. We are always looking for new members, so if you're interested come out to a General Meeting and see what we're about. You'll be glad you did. For information contact the Auxiliary office at: 257-2200 x323 or <auxiliary@carletonplacehosp.com>.



The **Carleton Place & District Horticultural Society** meets the first Wednesday of every month, at St. Andrews Presbyterian Church Hall. Meetings start at 7PM and we have a variety of speakers throughout the year. In May we hold our Annual Plant Sale and will be seeking volunteers to pot up plants and help at the Sale. In June we have a Flower Show and Dessert Tea, and we will be looking for volunteers once again. For information please visit <cphorticulture.ca>.

CFUW Perth & District is committed to the improvement of the status of women, the pursuit of knowledge and the promotion of education. Since 2005 our annual Heritage Perth Christmas House Tour has raised over \$125,000, which has been distributed through our Education Awards, donations to libraries, schools, literacy and arts programs and other education-related grants. We support programs that benefit women and girls. We welcome new members – please visit <cfuw-perth-district.com> or contact Jackie at 267-6842 or <cfuw2010@bell.net>.

Community Home Support – Lanark County is a volunteer-based agency for seniors, adults with physical disabilities and persons who have been diagnosed with a life threatening illness and/or are dying. Services where volunteers are needed are Meals On Wheels, Transportation, Diners Clubs, Friendly Visiting, Security/Reassurance and the Volunteer Hospice Visiting Service. Please visit <chslc.ca> or call Varina or Doris at 253-0733 for more information.

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, visit us on Facebook, or log into our blog <carletonplacecommunitylabyrinth.blogspot.com>.

Connections is a community-based program serving families in Lanark County. Our goal is to provide support to families who are pregnant or have children aged 0-6. Volunteers are needed in our playgroups for young children in Carleton Place, Smiths Falls and Perth as well as our Birth Companion program supporting young women in the community during pregnancy, labour and delivery. Free training will be provided. For more information, please call 257-2779 x104 or email <Maureen@connectionsprogram.ca>.

The **Giving Harvest** is a Perth-based initiative that harvests untended fruit and nut trees on private and public property and distributes them to organizations working towards food security, with a percentage distributed to the harvesters and the property owners. Volunteers and donations of excess harvest are most welcome – please visit <transitionperth.ca/resource/giving-harvest> or email <donnasilver@mac.com>.

Green Party of Canada - Lanark-Frontenac-Kingston (LFK) Electoral District Association (EDA). This newly reconfigured riding now includes Mississippi Mills. The Green Party sees a future Canada with vibrant, well-educated and motivated citizens, living in healthy communities, and enjoying a sustainable natural world. To join us and participate in this vision, the LFK EDA offers volunteer opportunities now and during the upcoming election. For information on the party and its vision, visit <greenparty.ca>. To volunteer locally, contact Anita Payne at <payanita@gmail.com>.

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 alleviate poverty 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 Palliative Care Services** of Community Home Support – Lanark County needs more volunteers! Hospice volunteers give people living with a life-limiting illness support to be cared for at home. If you are a sensitive and caring person with some time to spare, come out and join a team of compassionate volunteers! There are opportunities for volunteer home visitors, day hospice and bereavement program volunteers! Phone 267-6400 or email <rebeccab@chslc.ca>.



Located in the heart of Almonte, **The Hub** is a Canadian not-for-profit registered charity supporting Mississippi Mills. Shop or donate gently used family fashions, accessories, housewares, books, games and toys. All funds raised stay in the community, and support scholarships, health needs, sports teams, special events, seniors' travel, Christmas baskets, and so much more. New volunteers welcomed – visit <thehubalmonte.com> or contact <info@thehubalmonte.com>.

Hub Hospice Palliative Care offers trained volunteers to assist clients and families through the end of life. A professional nurse provides support and supervision. No medical experience is required, only the desire to be a companion to those in need. Professionally led training and on-going support are provided. The **Friends of Hospice** assist the Board with activities and projects. You can make a difference, however you choose to contribute. Please contact volunteer coordinator, Allison Griffith, 406-7020, or visit <hubhospice.com>.

Perth Kiwanis is having a birthday party in April. We're celebrating 40 years of serving children in the area & abroad, 40 years of helping in the community, 40 years of making friends and having fun while using our varied skills. You're welcome to join us any time. No obligation. No pressure. Check out <PerthKiwanis.ca> or call 267-4662. Help out as little as you can, doing what you like. And do consider coming to our up-beat monthly dinner meeting!

A Vintage Clothing Sale

Local textile collector **Vicki Racey** is downsizing and needs to clear out some of her best stock of vintage clothing and accessories. This is a great opportunity to buy yourself a new treasure or two! Both men's and women's clothing will be available... Coats, capes, boots and berets, gloves and gaiters — you never know what you will discover at this sale!

A large amount of Western wear will be available, along with furs, sweaters, and some home décor items. A table of "damaged" goods — perfect for repurposing — will also be on hand.

Vicki first discovered the **Carleton Place and Beckwith Heritage Museum** when she attended opening day of their "Brimful of Memories" vintage hat exhibition in February 2014. The vintage jewellery sale that day had brought her in, but it was the beautiful and quirky hat displays that really caught her eye! After several return visits to the exhibit, Vicki and Museum Manager Jennifer Irwin got to chatting, and soon Vicki was volunteering at the Museum. She is now helping Jennifer to catalogue the extensive textile and clothing collection housed there, and the two have plans for more fashion exhibits in the coming years.

Vicki felt a Vintage Clothing Sale would be the perfect opportunity to clear out some of the "stuff" she's been hanging on to, and a way to help support the Museum at the same time. She hopes it will attract some new visitors to the Museum and promises lots of treasures to be found in the sale. Her collection also highlights the importance of keeping and using vintage textiles; the quality in materials



Photo by Sarah Evans

Find Vicki Racey's vintage treasures on sale at the Carleton Place & Beckwith Museum until Feb. 8

and workmanship is just beyond what you find today in the store. These items were made-to-last, and have stories to tell!

The Museum's exhibit "Ready, Set, Snow" is currently on display and features winter outerwear and clothing from the collection, as well as an interesting exhibit on antique skis. The **Ottawa Button Club** will mount an exhibit to coincide with the Clothing Sale, and will have on display a selection of vegetable-ivory and mother-of-pearl shell buttons as well as fashions and buttons "inspired" by the First World War. So many reasons to visit!

The Carleton Place and Beckwith Heritage Museum is located at 267 Edmund Street in Carleton Place. The Vintage Clothing Sale runs from January 31 to February 8, from 10AM to 4PM. Cash only please.

For more information please call the Museum at 253-7013, or visit <cpbheritagemuseum.com>.

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Lanark Goes to Winterlude!

If you plan to visit Winterlude this year, be prepared to get active! In keeping with this year's sports theme, Canadian Heritage has commissioned five Canadian artists to create public art to encourage visitors to participate and "get moving". Local artist **Adrian Baker**, one of the selected artists this year (pictured above in part of her creation), has created a piece highlighting four iconic Canadian sports: hockey, lacrosse, curling, plus Almonte's celebrated basketball.

Baker's installation, titled *Canadian Sports — you fit right in*, is a multi-faceted sculpture consisting of four life-sized athletic figures frozen in mid-action. Each figure is painted on one side to depict the sport, while on the other side it is encircled by a border, forming a sort of human shaped "enclosure" which allows people to step in and assume the pose of an athlete in motion.

Designed to encourage public participation, Baker's installation also tests your knowledge by providing a short description of the history of each of the four sports and what makes it particularly Canadian. Your challenge is to match the description to the sport. It won't be difficult for many Almonte-area residents to guess the origin of basketball!

All five public art installations are located in Confederation Park in Ottawa, alongside the ice sculpture display. If you visit Winterlude after dark, the art works are lit up to stand out at night. All of the pieces have been created to encourage the public to get active, so Baker hopes you will come out and enjoy this very "moving" experience!

Adrian Baker, a resident of Appleton, has been painting and exhibiting in galleries for many years, as well as creating murals and offering local art classes to adults. This is the fourth public art commission she has received from the NCC and Canadian Heritage.

You can see pictures of Adrian's completed Winterlude installation on her website <adrianbakerart.com>, or you can visit Confederation Park during Winterlude this year — January 30 until February 16 — to see it in person!

GET INVOLVED / GET CONNECTED

Lanark County Interval House needs you! Are you interested in lending a hand to an organization that supports local women and children? Various positions to choose from include event planning, driving, shift support, office support, special projects and more. For more information, contact Volunteer Coordinator Heather Whiting at <heather@lcih.com> or visit <lcih.com>.

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 257-7121 x236.



Lanark Animal Welfare Society

(LAWS) is a local, no-kill animal shelter dedicated to promoting the wellbeing of animals. LAWS depends on the generous help of volunteers, in- and out-of-shelter. Volunteer opportunities include: reception, carpenters, electricians and plumbers, willing to volunteer their expertise. Also required are cat care attendants, cat adoption room assistants, and dog walkers. Out-of-shelter volunteering: bakers, yard sale hosts, crafts sale hosts, musicians, all creative fundraising ideas. Visit <lanarkanimals.ca> or email <shelter@lanarkanimals.ca>.

The **Lanark and District Civitan Club** was established in 1973 and serves the Township of Lanark Highlands as well as portions of the surrounding Townships of Tay Valley and Drummond/North Elmsley. This community organization fundraises for and hosts a wide variety of activities. Volunteers are always welcome — please visit <lanarkcivitan.com>.

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 29, 2015. See <maberlyagsociety.ca> for information on the Maberly Fair. Contact Rosetta McInnes at 268-2548 or <rosettamcinnis57@hotmail.com> 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 Jan at 256-1031 x39 and let her help you find the perfect opportunity to make use of your skills, or visit our volunteer page at <themills.on.ca> for more information.

The **Mississippi Mills Public Library** needs you! Our volunteer opportunities are varied including programming support, helping at events, tech support, early literacy tutoring, courier help, library duties such as shelf reading, book repair, watering plants/gardening, assisting with our Visiting Library Service, and more! We are just getting underway with our volunteer programme so we would like to hear from you about how you would like to help. Drop by or call 256-1037 for more information.

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 Allan Braun at <director@cads-pakenham.org> or 832-2211. See <cads-ncd.ca/pakenham/Pakenham_home.html>.



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 **Perth Regional Committee** sponsors student history fairs in the schools throughout Lanark County, culminating in a Regional Fair to be held at the Perth Legion on Thursday, May 7, 2015. 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 that occur on the actual day of the Fair. Visit <prhf.org> or contact John at <john.mckenty@sympatico.ca> or 267-7319.

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 2nd Monday of each month. Facebook: PFLAG Canada Carleton Place or call Jim at 257-3753. 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 **Real Deal Reuse Store** in Smiths Falls accept and sells quality reusable household goods, furniture, and home improvement materials to keep them out of landfills. Funds raised through sales support REAL's community environmental projects. REAL welcomes new volunteers to sort and price incoming donations, test appliances, work at the checkout, and use their handyman skills. The store is open Thursdays, Fridays and Saturdays. Visit <REALaction.ca> for details.

Rebound was established by the Hub in Almonte to provide a convenient drop-off and shopping location for gently used home furnishings and décor, small appliances, computers and electronics. Rebound also operates the OES Electronics Recycling depot on behalf of the Town of Mississippi Mills. Like the Hub, all funds raised support initiatives and events in the local community. New volunteers are welcome at any time — please contact <info@thehubalmonte.com>.

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GET INVOLVED / GET CONNECTED

The **Rideau Environmental Action League** (REAL) is looking for energetic people who want to protect our local environment. Volunteers are needed in many facets of our Smiths Falls-based organization. Writing, photography, organizing, repurposing, coordinating membership and representing REAL at public events are just some of the ways you could be involved. Visit <REALaction.ca> for details.

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 (Brian Armstrong, 253-8638), Smiths Falls (Jay Brennan, 283-1840), 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>, or visit <captroybrown.ca>.

The Mississippi-Rideau Lakes **Salvation Army** serves Lanark County from offices in Perth and Smiths Falls by providing emergency food hampers, clothing, help with utilities and much more. In order 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, please call Debbie at 283-3563.

SchoolBOX is a registered Canadian Charity that helps children access primary education in Central America. Our community is united in love for the children we serve and the belief that education can defeat poverty. We offer plenty of volunteering opportunities, including volunteer trips. Please contact <info@schoolbox.ca> or visit <schoolbox.ca>.

The **Two Rivers Food Hub** is a not-for-profit organization dedicated to making local fresh food available to everyone, supporting local producers and creating food security. The Food Hub is setting up for full production with three commercial kitchens in addition to vegetable processing and storage facilities. There are shelves to build, equipment to move, scrubbing to do, and camaraderie to be had. Come out and put some elbow grease into supporting fresh local food. Visit <tworiversfoodhub.ca> or call 205-1338.



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 volunteers to help fundraise and transport animals between homes and to veterinary appointments. Please consider joining the Valley Animal Rescue team, and help us save lives. Contact us at <valleyanimalrescue@hotmail.com>.

Do you enjoy playing with kids? Have some energy and time to spare on Tuesdays from 3:15 to 5PM? We need you! **Whiz Kidz** is an afterschool program held at R. Tait McKenzie Public school featuring snacks, games, bible stories, and sometimes we even do homework together! Students, singles, retirees all welcome, could especially use someone who loves crafts. Police check required. Call Chris or Carolyn Klickermann at 256-3314 for more details.



Gala Jazz Fundraiser

Arnie Francis, founder of JazzN.ca and the JazzNhouse concert series, recently announced that a Gala Fundraiser will be hosted on March 7 at the Mississippi Golf Club in Appleton, near Carleton Place.

The Gala Fundraiser will raise money for the JazzN.ca Bursary, to provide financial assistance to local high school students who wish to attend Carleton University's 2015 Jazz Camp (CU Jazz Camp). The CU Jazz Camp currently costs just over \$700 for tuition and in-residence accommodation. JazzN.ca's goal is to raise enough money to provide financial assistance for three area students to attend the camp.

Consistent with the philosophy of JazzN.ca, the CU Jazz Camp exposes participants to development, coaching, course-based content, workshop-oriented performance and mentor-led educational opportunities in jazz music. "We truly believe that a broad-based exposure to the jazz form will help a student hone their musical strengths and abilities in the craft of jazz music — a growing music performance genre in Canada," says Francis.

An \$80 ticket to the Gala Fundraiser will include a glass of

wine or beer, an appetizer buffet and a three-course meal. Dinner will be accompanied by fine live jazz performed by Tim Bedner and Elise Letourneau. After the meal, the Steve Berndt Quartet promises to heat up the dance floor with great dance music until the late night hours. JazzN.ca has invited the music teachers and their students from Almonte & District High School, Carleton Place High School and Notre Dame Catholic High School to participate in the Gala Fundraiser. Music students from these high schools are expected to be the primary beneficiaries of the bursary program.

Francis expects that the Gala Fundraiser will touch many points of pride in the community. Holding the event at the Mississippi Golf Club — one of the oldest clubs in Ontario — helps to showcase the modern clubhouse facilities as well as the community outreach that is a hallmark of both the venue and JazzN.ca. Furthermore, Appleton villagers have been avid supporters of the JazzNhouse Series, and area residents have historically strong connections to live music. Links to the alumni and professors of Carleton University are longstanding, and initiatives to build sustainable learning opportunities continue with JazzN.ca's commitment to area high schools and the Carleton University Jazz Camp.

All in all, the March 7 Gala Fundraiser, Dinner and Dance is expected not only to start a spring tradition of demonstrating a community commitment to youth, but also to shake the winter doldrums with a fun-filled evening of dining and dancing! Information about the Fundraiser, as well as about the JazzN.ca Bursary Program, is available at <jazzn.ca>.



Performers at the Gala include Elise Letourneau with Tim Bedner, and the Steve Berndt Quartet

Vine Rhymes Turns Ten!

On a frosty winter afternoon in 2005, February 13 to be exact, Helen Latimer-Hanah opened her home to the first ever meeting of songwriters and poets meeting to be held in Smiths Falls. Vine Rhymes, Smiths Falls & Area Songwriters & Poets was launched with the mission statement: "To share our gifts by sharing with and encouraging one another." Since that date, rarely does a month pass that the group has not met to do just that. Over the past decade, upwards of 100 writers have contacted Vine Rhymes. Though some may come and go, eventually a core group evolved of approximately ten dedicated writers. Much sharing and networking has taken place and dozens of songs have been written.

With the addition of storytellers to the mix two years ago, a new dimension was introduced. Though not a band, the group has performed at

several summer festivals, participated in local fundraisers and provided writers' workshops during Culture Days Canada. Vine Rhymes is a not-for-profit, non-registered organization that exists to encourage and support writers.

Members invite you to join them on Saturday, February 21 from 1-5PM at the RCAF Hall, 44 Abbott Street North in Smiths Falls. The afternoon promises to be an enjoyable experience. You'll hear numerous songs and poems — from sad and sobering to comical and perhaps cynical — as well as intriguing tales from the storytellers. A few local writers will be giving guest performances throughout the afternoon. Support local writers and performers — plan to join Vine Rhymes in celebrating ten years of writing. A cover charge of \$5 per person will apply. For more information, call Helen at 284-2243.



CANADIAN CHAMBER CHOIR
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JULIA DAVIDS - ARTISTIC DIRECTOR

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Explore the World of Tracks

Knowing animal tracks and signs opens up a world of understanding about what takes place in the wild. All of the animals' movements and hesitations register in the trail. On Wednesday, February 18 at 7PM, you are invited to explore the world of local animal tracks and signs. This evening event will focus on practical identification strategies, along with plenty of photographs to help illustrate. Also included will be telltale signs that species leave behind, as well as detailed tracking insights.



This presentation will be hosted at the Gilligallou Bird store in Heritage Court, 14 Mill Street in Almonte. The presenter is Chad Clifford, bushcraft and nature

lore instructor of Wilderness Rhythms. Voluntary donations will be given to the Mississippi Madawaska Land Trust.

Singing for Joy in Perth

Music has tremendous power to affect emotions, and singing and playing music, as well as listening to it, are an integral part of worship at St. James the Apostle Anglican Church in Perth. Choral Evensong from the Book of Common Prayer will be sung on Sunday, February 15 at 4PM. As a prelude and postlude to the service, our resident musicians — with Val Leavitt on the Steinway, Peter Woodwork on bass, Barbara Bolte on oboe and Jim Wright on drums — will present jazz interpretations of some Bach favourites, as arranged by Jacques Loussier. The service offers hymns, psalms and canticles set to music, and Bible readings, prayers and a homily. All are welcome!

Peter Woodwork, Organist and Choir Director at St. James' for over thirty years, plays bass with the St. James Four. "I never thought that in this life I'd get to play bass with such fabulous music and three wonderful musicians," he says. Musical Associate Val Leavitt is an accomplished pianist, as well as a teacher and accompanist. At St. James, Val directs the children's choir, assists with the liturgical choir, directs the music for the contemporary service, and has great fun on Saturday mornings practicing with St. James' live-in-house band. Bar-

bara Bolte, who lives in Perth, has just retired as principal oboe with the Kingston Symphony and still teaches piano and oboe at Queen's University. She spent many years studying music and playing professionally in Germany, France and the U.K. Jim Wright is former drummer for the rock band Ambush, who has come out of retirement to play a totally different kind of music — including playing at Contemporary Services.

The St. James Liturgical Choir comprises about sixteen regular members, supplemented by other singers who join in for Evensong and special services. Being part of the choir gives members the opportunity to sing together towards a common goal — supporting worship at St. James — while improving their vocal skills and strengthening heart and lung function in a healthy and delightful form of exercise. Many hours of practice are rewarded by being able to sing with and for the congregation every week, rather than performing only once or twice a year, as is the case with most secular choirs.

Unfortunately, far too many people believe they cannot sing and are frightened of opening their mouths. Hilary Barrett, a member of St. James' choir, feels very fortunate. "Singing has always been

a pleasant and rewarding part of my life, starting when I was eight years old. I sang in school choirs until I went to university — where I joined a choir. I remember our music teacher encouraging us, saying 'if you can talk, you can sing — unless you have a rare deficiency in your vocal chords.' One of our members, Jim Sands, has recently retired at the age of 93, having started as a member of his family's choir, and I would love to emulate his long singing career."

Choral Evensong will also take place at 4PM on March 15, and features Marthe Jobidon on the trumpet and piccolo trumpet, with Val and Peter on the organ. Marthe has recently retired from the Central Band in Ottawa. Barbara Bolte will play oboe for the anthem sung by the choir — *The Lord Is My Shepherd* — one of the movements from the *Rutter Requiem*, which the Combined Choirs will be presenting at St. Paul's on the evening of April 19. St. James' Church is located on the corner of Drummond and Harvey Streets in Perth. Travelling west on Highway 7, turn left at the first traffic light as you enter Perth. For more information, contact the church at 267-1163 or check <stjamesperth.ca>.

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 Rock the Arts Puppets is looking for a young, energetic, professional individual to perform at birthday parties. Must have your own transportation.
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See pages 8 & 9 to volunteer for
CONSERVATION AREAS!

The Mississippi Valley Textile Museum
 invites you to attend their
Annual General Meeting
 March 26, 7PM
 at the Museum.

Guest speaker **Tiffany MacLaren**,
 Community Economic & Cultural Coordinator
 for the Town of Mississippi Mills,
 will update us on the Mississippi Mills Cultural Plan
 and Mississippi Mills Festival Consortium Project.


 613 256 3754
 3 Rosamond St. East,
 Almonte

The Perth Community Choir
 is inviting proposals for
2015-2017 Shows

Proposals forms available from
perthcommunitychoir@gmail.com

Deadline for proposals is
 Friday, February 27, 2015

Proposals to be sent to
 8 Glenview Cres., Perth,
 Ontario K7H 2L1
 or emailed to
perthcommunitychoir@gmail.com

Tokens of Love



Pay us a visit in February to view
 one of Canada's finest private collections of "Love Tokens"
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Alliance Coin & Banknote
 88 Mill Street, Almonte 613-256-6785

Claiming Column

The Little Mermaid, CP, Mar 5-7
 Almonte in Concert, Mar 7
 JazzN Gala Fundraiser, Appleton, Mar 7
 Seedy Sunday, Perth & Pembroke, Mar 8
 PPAC: Borealis Quartet, Perth, Mar 13
 BOTR: Paul Reddick, Westport, Mar 20
 Maple Run Studio Tour, Pakenham, Mar 21-22
 Folkus: Oh Susanna, Almonte, Mar 28
 Maple Weekend, Lanark Cty, Apr 4-5
 The Salvage Shop, Perth, Apr 9-19
 Love from a Stranger, SF, Apr 16-26
 BOTR: Paul James, Westport, Apr 17
 PPAC: Yiannis Kapoulas, Perth, Apr 17
 Almonte in Concert, Apr 18
 Once Upon a Mattress, CP, Apr 24-26, May 1-2

Festivals

Family Day, Feb. 16. Woot! Woot! A day off for some... Enjoy!
Carleton Place Winter Carnival, Feb. 21, 8AM-8PM. Pancake breakfast, kids' activities, market, outdoor dance. CPHS & Canoe Club. cpwintercarnival.com

Visual Arts

Vernissage/Talk: Mary Pfaff, Feb. 8, 1-3PM. General Fine Craft, Almonte. generalfinecraft.com
Vernissage: Catherine Blake, Feb. 8, 2-4PM. MERA Schoolhouse, McDonalds Corners. meraschoolhouse.org
Weaving Workshops, Feb. 8 & 9 (9:30-4, \$115 each incl materials & lunch, at MVTM). Feb. 15 Glass Weaving (9:30-4). 256-5652, 256-5577, loladotstudio@gmail.com.
Almonte & Area Artists' Assoc Mtg, Feb. 9, 7:30PM. W/ Barbara Carroll (fibre artist). Almonte Library, 256-5863, 4a-artists.ca
Smiths Falls Camera Club, Feb. 12, 7-9PM. \$30/yr. SFDCl, Room 139. Smiths Falls, 283-6213
Almonte Quilters' Guild, Feb. 16, 7PM. Almonte Civitan Hall. 257-8444, mfsurben@gmail.com

Youth

Fire & Ice, Feb. 14, Noon-4PM. Tobogganing, skating, games, refreshments. Conlon Farm, Perth. 267-1947, perthtourism.ca
Kids' Valentine's Crafts, Feb. 14, 10AM-Noon. N. Lanark Regional Museum, Appleton. 257-8503, appletonmuseum@hotmail.com, \$5/child
Fulton's Family Day, Feb. 16, 11AM-3PM. Music, face painting, sleigh/wagon rides (\$2). Bring snowshoes, X-country skis, sleds. Fultons Pancake House, Pakenham. fultons.ca
The Wizard of Oz (Jr.), Feb 20, 26, 27 at 7PM; Feb 21, 22, 28 at 2PM. Tickets at Reads Book Shop. CPTown Hall. 257-7323, mississippimuds.ca. \$10

Theatre

Live At The Met: Le Nozze di Figaro, Jan. 31, 1PM. **Il Barbiere di Siviglia**, Feb. 28, 1PM. O'Brien Theatre, Arnprior. 623-4007, obrientheatre.com
O'Brien Arnprior Film Group: Whiplash (Feb 1 1PM, Feb 2 7:30PM), **Gemma Boverly** (Feb 8 1PM, Feb 9 7:30PM), **Rosewater** (Feb 15 1PM, Feb 16 7:30PM), **Mr. Turner** (Feb 22 1PM, Feb 23 7:30PM), **Red Army** (Mar 1 1PM, Mar 2 7:30PM). obrientheatre.com, 622-7682. \$10
Film Night International: Love is Strange, Feb 4, 2/7PM (Full Circle Theatre, Perth); Feb 5, 7PM (Station Theatre, SF); **Force Majeure**, Feb 18, 2/7PM (Full Circle Theatre, Perth); Feb 19, 7PM (Sta-



WHAT'S ON IN

Monday

Tuesday

Wednesday

Thursday

CP & Beckwith Heritage Museum presents *Ready, Set, Snow!* exhibit <cpbheritagemuseum.com>
 Equator Coffee Roasters presents Allan Joyner's nature photography <equator.ca>
 FIELDWORK presents outdoor art <fieldworkproject.com>
 Fairview Manor Lobby presents the art of Jennifer Noxon: *Almonte's Mississippi: Points of View* (from Feb 10)
 General Fine Craft, Art & Design presents Mary Pfaff's *August Suite Drawings* (from Feb 3) <generalfinecraft.com>
 MERA Schoolhouse presents Catherine Blake's *Cornstalks and Countryside* <meraschoolhouse.org>
 Ottawa West Arts Assoc Gallery presents *White is in the Winter Night* exhibit <owaa.ca>
 The Mississippi Mills Chambers Gallery presents Suzanne Warren Powell's mixed media & Eric Mercier Warren's photography
 The Almonte Library Corridor Gallery presents Robin Andrew's photography & Nadine Sculland's miniature quilts

Big Sugar - Acoustic. Neat Coffee Shop
 Carp Celtic Jam. Carp Masonic Lodge
 Whiplash. Arnprior

Brock Zeman & Blair Hogan. O'Reilly's Pub
 Green Drinks. Perth
 Macnamara Field Naturalists' Club. Arnprior
 Travelogue: Croatia. Almonte

Acoustic Stage w/Dave Balfour. O'Reilly's Pub
 Love is Strange. Perth
 Open Celtic Jam. Naismith Pub
 Open Jam. Waterfront Gastropub
 Probus Club Meeting. Perth
 Shawn McCullough. The Cove

Hilda's Yard. Perth
 Jazz at Bally's. Ballygiblin's
 Karaoke. Waterfront Gastropub
 Love is Strange. Smiths Falls
 Musicians' Circle. Bolingbroke
 Open Mic. Alice's Village Cafe
 Open Mic. Golden Arrow
 Ramblin' Valley Band. The Barley Mow

Almonte & Area Artists' Assoc Mtg. Almonte
 Carp Celtic Jam. Carp Masonic Lodge
 Gemma Boverly. Arnprior
 Weaving Workshop. Almonte

Brock Zeman & Blair Hogan. O'Reilly's Pub
 Clean Air Plants. Perth
 Talk: Quit Smoking Now. Almonte

Acoustic Stage. O'Reilly's Pub
 Adult Bereavement Group. Perth
 Canadian Chamber Choir Concert. Perth
 Open Celtic Jam. Naismith Pub
 Open Jam. Waterfront Gastropub
 Shawn McCullough. The Cove
 Whiplash. Renfrew

ADHS Arts Room Open House. Almonte
 Couples Night Out. Perth
 Karaoke. Waterfront Gastropub
 Leading Ladies. Smiths Falls
 Musicians' Circle. Bolingbroke
 Open Mic. Alice's Village Cafe
 Open Mic. Golden Arrow
 Ramblin' Valley Band. The Barley Mow
 Smiths Falls Camera Club. SF
 The Sadies. North on 29

Almonte Quilters' Guild. Almonte
 Carp Celtic Jam. Carp Masonic Lodge
 Family Day. Ontario
 Fulton's Family Day. Pakenham
 Rosewater. Arnprior
 Try Ice Fishing. Perth area

Bettye Lavette. Neat Coffee Shop
 Brock Zeman & Blair Hogan. O'Reilly's Pub

Acoustic Stage. O'Reilly's Pub
 Force Majeure. Perth
 Open Celtic Jam. Naismith Pub
 Open Jam. Waterfront Gastropub
 Shawn McCullough. The Cove
 Workshop: Animal Tracks. Almonte

Force Majeure. Smiths Falls
 Karaoke. Waterfront Gastropub
 Musicians' Circle. Bolingbroke
 Open Mic. Alice's Village Cafe
 Open Mic. Golden Arrow
 Perth Historical Soc. Meeting. Perth
 Ramblin' Valley Band. The Barley Mow

Mr. Turner. Arnprior
 Almonte Horticultural Soc. Almonte
 Carp Celtic Jam. Carp Masonic Lodge

Brock Zeman & Blair Hogan. O'Reilly's Pub

Acoustic Stage. O'Reilly's Pub
 Adult Bereavement Group. SF
 Mr. Turner. Renfrew
 Book Club: Requiem. Almonte
 Neat Soundcheck. Neat Coffee Shop
 Open Celtic Jam. Naismith Pub
 Open Jam. Waterfront Gastropub
 Shawn McCullough. The Cove
 Workshop: Nature Sounds. Almonte

All About Chocolate Making. Almonte
 Dog Aggression. Perth
 Karaoke. Waterfront Gastropub
 Musicians' Circle. Bolingbroke
 Open Mic. Alice's Village Cafe
 Open Mic. Golden Arrow
 Ramblin' Valley Band. Barley Mow
 The Wizard of Oz (Jr.). CP

tion Theatre, SF). filmnightinternational.blogspot.ca
Hilda's Yard, Feb 5, 6, 7, 13, 14 at 8PM, Feb 8, 15 at 2PM. Norm Foster comedy. \$24; \$22 adv at Book Nook, TicketsPlease.ca. Studio Theatre, Perth. 267-7469, studiotheatreperth.com
Boyhood, Feb. 8, 1PM. Tickets at Baker Bobs, Peches & Poivre. Almonte Old Town Hall, hubhospice.com/movies-mississippi-boyhood. \$12
Leading Ladies, Feb 12-14, 20-21 at 7:30PM; Feb 15, 22 at 2PM. Tickets at Special Greetings (cash), online, by phone, door. The Station Theatre, Smiths Falls. 283-0300, smithsfallstheatre.com. \$20
Spiritual Cinema Circle, Feb. 22, 2PM. McMartin House, Perth. 267-4819, fp@superaje.com. \$2 donation
St. Vincent, Feb 27, 28; 7:30PM. The Station Theatre, Smiths Falls. 283-0300, smithsfallstheatre.com

Literature

LiPS Poetry Slam/Open Mic, Feb. 6, 7PM. Listen or participate. The Thirsty Moose, CP. lanarklips@hotmail.com. \$5 (performers free)
Vine Rhymes 10th Anniversary, Feb. 21, 1-5PM. Area songwriters, poets & storytellers. Royal Canadian Air Force Association, Smiths Falls. 284-2243 \$5
Book Club, Feb. 25, 7:30PM. Fltani's Requiem. Mill Street Books, Almonte. 256-9090

Local Food

Try Ice Fishing, Feb. 16, Noon-3PM. Minnows/jigs provided, no license req'd. 267-9557, lanarkwfc.com. By donation
Talk: Growing Veg, Feb. 21, 10AM-Noon. Master Gardeners talk re: growing veggies that prefer cool weather. Register at Almonte Public Library, 256-1037.

Local Chocolate: Valentine's Day Wine & Chocolate (Feb. 13, 7PM at Hummingbird Chocolate); **All About Chocolate Making** (Feb. 26, 7PM at Hummingbird Chocolate); **Chocolate & Chat** (Feb. 28, 3-5PM talk & tasting at Foodies Fine Foods), Almonte. 801-0357, hummingbirdchocolate.com

Music

Dance to The Barley Shakers, Jan. 30, Feb. 27, 7:30PM. Celtic & old-time fiddle; light evg lunch. Almonte Civitan Hall, 256-6234, almontecivitan.com. \$12
Musicians' Circle, Thursdays, 7PM. Musicians only - all ages. ABC Hall, Bolingbroke. 273-9005 \$5 for hall
Remington Ryde, Feb. 6, 7:30PM. Bluegrass groups. \$20 at Temptations. 256-8201. St. John's Anglican Church, CP.
Governor General's Foot Guards Band, Feb. 7, 7:30PM. St Paul's United Church, Perth. Free; donations accepted

Powder Blues Band, Feb. 7, 6PM Pre-Show Party, 8PM concert. PDCl, Perth. 267-4466, burnsjewellers.com. \$35-65
Canadian Chamber Choir Concert, Feb. 11, 7:30PM. St. John the Baptist Church, Perth. 267-5340, beth@bethpeterkin.ca. \$25; \$20 adv; \$10 students
Fire & Ice Concert, Feb. 14, 7PM. Icebar, bonfire & Riq Turner's music. 19 yrs+. Crystal Palace, Perth. 267-1947, perthtourism.ca. \$5 cover
Valentine Dance w/Bowes Bros. Feb. 14, 8PM. Auction, cash bar, late lunch. Clayton Community Centre, 256-9010 \$15; \$12 adv
Choral Evensong, Feb. 15, 4PM. St. James the Apostle, Perth. 267-1163, stjamesperth.ca
BOTR: Hogtown Allstars, Feb. 20 & 21, 7PM. The Cove, Westport. 1-888-COVE-INN, bluesontherideau.ca. \$60+tx dinner & show. Call to reserve

FEBRUARY 2015

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Anvil w/Iconoclast, John St. Pub Dance to The Barley Shakers, Almonte DJ Whisper, Waterfront Gastropub Latin Ladies' Spa Night, The Cove Lowell, Neat Coffee Shop Scottish Country Dancing, Perth Ted Lalonde, Golden Arrow 	<ul style="list-style-type: none"> Acoustic Saturdays, Waterfront Gastropub Ali McCormick & Blackstrap Molasses, Golden Arrow Hawksley Workman, North on 29 Live At The Met: Le Nozze di Figaro, Arnprior Riq Turner, The Cove Toy & Collectible Show & Sale, Almonte 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Big Sugar - Acoustic, Neat Coffee Shop Sunday Blues, Waterfront Gastropub Valley Singles Lunch, Burnstown Whiplash, Arnprior
<ul style="list-style-type: none"> Brea Lawrenson, Golden Arrow DJ Whisper, Waterfront Gastropub Hilda's Yard, Perth Jeff Callery, The Cove LiPS Poetry Slam/Open Mic, Carleton Place Remington Ryde, Carleton Place Riq Turner, O'Reilly's Pub Scottish Country Dancing, Perth Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> Acoustic Saturdays, Waterfront Gastropub Dan Delauriers, Moose McGuire's Drifting Doug, Golden Arrow Fleetwood Mac Tribute, John St. Pub Governor General's Foot Guards Band, Perth Hilda's Yard, Perth Lanark Co. Genealogical Soc., Perth MUSICwestport Fundraiser, The Cove Powder Blues Band, Perth Rideau Trail Family Hike/Snowshoe, Perth Stories from the Railway: Hobo Life, Smiths Falls 	<ul style="list-style-type: none"> Boyhood, Almonte Clever Mess Jazz Club, The Barley Mow Gemma Boverly, Arnprior Hilda's Yard, Perth Magnolia Rhythm Kings, The Royal Oak Sunday Blues, Waterfront Gastropub Vernissage: Mary Pfaff, Almonte Vernissage: Catherine Blake, MERA Weaving Workshop, Almonte
<ul style="list-style-type: none"> DJ Whisper, Waterfront Gastropub Hilda's Yard, Perth Jay 'Smitty' Smith, O'Reilly's Pub John Wilberforce, The Cove Leading Ladies, Smiths Falls Scottish Country Dancing, Perth Shawn McCullough, Golden Arrow Valentine's Day Wine & Chocolate, Almonte 	<ul style="list-style-type: none"> Fire & Ice, Perth Acoustic Saturdays, Waterfront Gastropub Arnprior & McNab/Braeside Archives AGM Fulton's Opening Day, Pakenham Jimmy Tri-Tone Band, Moose McGuire's KEWT & Valentine's Dinner, Foodies Kids' Valentine's Crafts, Appleton Leading Ladies, Smiths Falls Lions' Pancake Breakfast, Smiths Falls Pat Loiselle, Golden Arrow The Sadies, Neat Coffee Shop Val. Day Dinner w/music, The Cove Valentine Dance w/Bowes Bros., Clayton 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Choral Evensong, Perth Hilda's Yard, Perth Leading Ladies, Smiths Falls Rosewater, Arnprior Weaving Workshop, Almonte Sunday Blues, Waterfront Gastropub Winter Carnival After Party, The Cove
<ul style="list-style-type: none"> BOTR: Hogtown Allstars, Westport DJ Whisper, Waterfront Gastropub Leading Ladies, Smiths Falls N. Lanark Historical Soc. Dinner, Almonte Rambling Valley Band & Lynn Jackson, O'Reilly's Rockin' Horse, Golden Arrow Scottish Country Dancing, Perth Steve Barrette Trio, The Swan at Carp The Wizard of Oz (Jr.), Carleton Place 	<ul style="list-style-type: none"> Acoustic Saturdays, Waterfront Gastropub Beach Boys Tribute, Gallipeau Centre BOTR: Hogtown Allstars, Westport Brea Lawrenson, Golden Arrow Winter Carnival, Carleton Place Crunchy Flowers, Moose McGuire's Jazz House Concert, Almonte Leading Ladies, Smiths Falls Talk: Growing Veg, Almonte The Wizard of Oz (Jr.), Carleton Place Vine Rhymes 10th Anniversary, Smiths Falls 	<ul style="list-style-type: none"> Mr. Turner, Arnprior Leading Ladies, Smiths Falls Magnolia Rhythm Kings, The Royal Oak MonkeyJunk w/Paul Reddick, North on 29 Spiritual Cinema Circle, Perth SRO Big Band Tea Dance, Almonte Sunday Blues, Waterfront Gastropub The NightCrawlers, Generations Inn The Wizard of Oz (Jr.), Carleton Place Traditional Song Session, Almonte
<ul style="list-style-type: none"> Almonte Lectures, Almonte Dance to The Barley Shakers, Almonte DJ Whisper, Waterfront Gastropub Huntley Slim & Dinner, Foodies Fine Foods Jimmy Tri-Tone Band, The Barley Mow River City Junction, O'Reilly's Pub Scottish Country Dancing, Perth St. Vincent, Smiths Falls The Wizard of Oz (Jr.), Carleton Place Tom Savage, The Cove Tom Watson, Golden Arrow 	<ul style="list-style-type: none"> Acoustic Saturdays, Waterfront Gastropub Blue Page Trio, Moose McGuire's Chocolate & Chat, Almonte Jack Pine & The Fire/BelleRegards, Almonte Head over Heels, The Cove Live At The Met: Il Barbiere di Siviglia, Arnprior Mid-Winter Milling, Almonte MVTM Soup for Thought Fundraiser, Almonte St. Vincent, Smiths Falls Ted Lalonde, Golden Arrow The Wizard of Oz (Jr.), Carleton Place 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Red Army, Arnprior Sunday Blues, Waterfront Gastropub Valley Singles Lunch, TBA

Jazz House Concert, Feb. 21, 8PM. Scott Poll and the Pollcats. jazzn.ca. \$25 cash

SRO Big Band Tea Dance, Feb. 22, 1-4PM. Standing Room Only, refreshments. Almonte Old Town Hall. 563-7044, sroteadances.org. \$14/\$25 couple

Traditional Song Session, Feb. 22, 2-4PM. The Barley Mow, Almonte. 355-5552, dpbaril@gmail.com

Folkus: Jack Pine & The Fire/BelleRegards, Feb. 28, 8PM. \$30 at Mill St Books, folkusalmonte.com, door. Almonte Old Town Hall. 256-9090

The Swan at Carp (Carp, 839-7926): Feb 6, 20 Steve Barrette Trio, jazz, 7-10PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, no cover, 2-5PM

Feb 1, 15 APEX Jazz Band

Feb 8, 22 Magnolia Rhythm Kings

Gallipeau Centre Theatre (Smiths Falls, 284-9916): Feb 21 Beach Boys tribute, 7PM, \$29.50

The Cove (Westport, 273-3636): Wed Shawn McCullough, 6-9PM

Feb 6 Jeff Callery, 6-9PM

Feb 7 MUSICwestport Fundraiser; \$45

Feb 13 John Wilberforce, 6-9PM

Feb 14 Valentine's Day dinner + show, \$50

Feb 15 Winter Carnival After Party, 4-8PM

Feb 27 Tom Savage, 6-9PM

Feb 28 Head Over Heels, 6-9PM

Ballygiblin's (CP, 253-7400), no cover

Feb 5 Jazz at Bally's 6-9PM

Neat Café (Burnstown, 433-3205): 8PM

Feb 1-2 Big Sugar acoustic, \$75

Feb 14, The Sadies, \$30

Feb 17 Bettye Lavette w/The Walkerville's, \$100

Feb 25 Soundcheck, free

North on 29 (Carleton Place): 8PM

Feb 12 The Sadies, \$30

Feb 22 MonkeyJunk w/Paul Reddick, \$30

Naismith Pub (Almonte, 256-6336): Wed Open Celtic Jam, 7:30-10PM

Carp Masonic Lodge: Mon Carp Celtic Jam, 7-9PM

Foodies Fine Foods (Almonte, 256-6500): food & music, 6PM

Feb 14 KEWT, \$100/couple

Feb 27 Huntley Slim, \$50

Ashton Pub (Ashton, 257-4423): Sundays Open Mic w/Kelly Sloan, 2-5PM

The Barley Mow (Almonte, 256-5669): Thursdays Ramblin' Valley Band, 8PM

Feb 8 Clever Mess Jazz Club, 2-5PM

Feb 27 The Jimmy Tri-Tone Band, 9PM

O'Reilly's Pub (Perth, 267-7994): Tues Brock Zeman & Blair Hogan, 8:30PM. Wed Acoustic Stage w/Dave Balfour, 8PM.

Feb 6 Riq Turner, 10PM

Feb 13 Jay "Smitty" Smith, 9PM

Feb 20 Rambling Valley Band & Lynn Jackson, 8PM

Feb 27 River City Junction, 9PM

Alice's Village Café (Carp, 470-2233): Open Mic Thursdays, 7:30PM

John St. Pub (Arnprior, 623-8149): 9PM

Feb 7 Rumors Fleetwood Mac tribute, \$10

Golden Arrow Pub (Perth, 267-4500): 9PM. Thursdays Open Mic

Feb 6, 21 Brea Lawrenson

Feb 7 Drifting Doug

Feb 13 Shawn McCullough

Feb 14 Pat Loiselle

Feb 20 Rockin' Horse

Feb 27 Tom Watson

Feb 28 Ted Lalonde

The Waterfront Gastropub (CP, 257-5755): Wed Open Jam 9PM, Thurs Karaoke 9PM, Fri DJ Whisper 10PM, Acoustic Sat 3-6PM & 9PM, Sun Blues 3-6PM

Moose McGuire's (Almonte, 256-2555): no cover

Feb 7 Dan Delauriers, 9PM

Feb 14 The Jimmy Tri-Tone Band, 9PM

Feb 21 Crunchy Flowers, 9PM

Feb 28 Blue Page Trio, 9PM

Generations Inn (Carleton Place, 253-5253): 6-9PM, no cover

Feb 23 The NightCrawlers acoustic blues

Community

Scottish Country Dancing, Fridays, 9:30AM. McMartin House, Perth. 264-2767

Toy & Collectible Show & Sale, Jan. 31, 9AM-3PM. Almonte Civitan Hall, 283-0570. \$5/under 12s free

Valley Singles Lunch, Feb. 1, 1PM (Blackbird Café, Burnstown); Mar. 1, 1PM (TBA). Singles lunch, all welcome. 623-6698

Green Drinks, Feb. 3, 5:30AM. Mtg of environmental folk. Golden Arrow, Perth. GreenDrinks.org

Macnamara Field Naturalists' Club, Feb. 3, 7:30PM. Arnprior Curling Club. mfnf.ca. Guests \$5, students free

Travelogue: Croatia, Feb. 3, 7PM. Talk w/ Danielle Wojtyniak. Almonte Library. 624-5306. Free

Probus Club Meeting, Feb. 4, 9:30AM-noon. Mtg of retired folk. Perth Legion. probusperth.ca.

Lanark Co. Genealogical Soc., Feb. 7, 1:30PM. Author John McKenty. Archives Lanark, Perth. 866-2029. Free

Rideau Trail Family Hike/Snowshoe, Feb. 7, 1PM. Perth Wildlife Reserve, 100 Wildlife Rd. Perth. 283-0332 Parking \$6

Stories from the Railway: Hobo Life, Feb. 7, 1PM. 2 speakers. The Ivy on William, Smiths Falls. 283-5696, rmeo.org. \$10

Perth Horticultural: Clean Air Plants, Feb. 10, 7:30PM. Talk on house plants. St. Paul's Church, Perth. 267-2421. \$3

Talk: Quit Smoking Now, Feb. 10, 7:30PM. Chiropractor & nutritionist give strategies to combat addiction. Hands on Healing, Almonte. 256-0222

Adult Bereavement Groups, Feb 11 (1-3PM, Lanark Lodge, Perth); Feb 25 (1-3PM, Alzheimer's Society, Smiths Falls). 267-6400, rebeccab@chslc.ca. Free

ADHS Arts Room Open House, Feb. 12, 6-8PM. See new space, avail for community use. ADHS, Almonte. 256-1470

Couples Night Out, Feb. 12, 7:30AM. Comedian & live music. Glad Tidings Church, Perth. \$10 per person

Arnprior & McNab/Braeside Archives AGM, Feb. 14, 1PM. Lumber Barons/Railway Age. Arnprior Library, 623-5647, diane.bresson@sympatico.ca

Fulton's Opening Day, Feb. 14, 11AM-3PM. Music, face painting, sleigh/wagon rides (\$2). Fultons Pancake House, Pakenham. fultons.ca

Lions' Pancake Breakfast, Feb. 14, 8AM-noon. Music by Lyle Dillabough 10-11AM. Smiths Falls Legion. \$6; kids \$3

Nature Workshops: Animal Tracks, Feb. 18, 7PM (learn to ID animal footprints); Nature Sounds, Feb. 25, 7PM (Soundscape recordings & animal sounds). With Chad Clifford at Gilligallou Bird, Heritage Court, Almonte. 461-7333, gilligalloubird.com.

Perth Historical Soc. Meeting, Feb. 19, 7:30PM. Perth Legion, perthhs.org. \$2

N. Lanark Historical Soc. Dinner, Feb. 20, 6PM. Almonte Legion, 257-8503. \$30

Almonte & Dist. Horticultural Soc., Feb. 23, 7:30PM. Cornerstone Community Church, Almonte

Dog Aggression, Feb. 26, 6-8PM. Seminar by André Hurtubise (Pooch Pal dog training). Perth Library, 283-9308, lanarkanimals.ca

Almonte Lectures: Privacy/Tech, Feb. 27, 7:30PM. Almonte United Church, almontelectures.ncf.ca. Free - donations accepted

Mid-Winter Milling, Feb. 28, 10AM-5PM. Mini-sessions with practitioners in shops & cafés. Downtown Almonte

MVTM Soup for Thought Fundraiser, Feb. 28, sittings at 11:30AM, 1:30PM. Soup & handmade bowl. \$25 (\$20 adv) at Baker Bob's, Pêches & Poivre or MVTM. Textile Museum, Almonte. 256-3754, mvtm.ca

Farewell, King of the Mountain

On the morning of November 19, 2014, with Jean and me by his side, our beloved pet chihuahua, Pepi, passed away peacefully. Anyone who knew him understood that he was an embedded part, heart and soul, of the fibre of the cliffLAND story. He lived his sixteen years at cliffLAND and knew it like the back of his hand. The times when I got turned around (after bushwhacking into remote parts of the property not visited in years), somehow he invariably knew the way home.

Just one month earlier I had sat alone with him at the top of Blueberry Mountain. He seemed to be enjoying the view as much as I; he seemed at peace and equally engrossed in thought. I asked him the question I have so often been asked and could never answer: "How many times have you hiked up Blueberry Mountain?" There have been times when I was two or three years younger and led as many as three trips a day to the top. Almost always Pepi tagged along. Now, like me, his spirit still longed to do so but his body could not. One thing I know: Pepi and I have made this journey more than any other human. I am convinced he loved it too.

Following his death, I couldn't help but reflect on his life. I recalled my daughter-in-law Tania making us laugh by relaying the words of a lady at our annual walk: "Why would anyone bring a Chihuahua for such a long hike?" If only she knew the half of it! Except for Newfoundland, Pepi has tented and hiked in every prov-

ince and in remote areas of the Yukon and N.W.T. He climbed mountains in Alaska, visited glaciers, hiked parts of the Appalachian Trail, hiked and kayaked Walden Pond (of Henry David Thoreau fame), hiked to Grey Owl's cabin in Manitoba's Riding Mountain Park, and kayaked to Grey Owl's cabin in Prince Albert National Park. He visited the haunts of John Muir in California. Probably the most amazing feat was hiking a return distance of 28km up Mount Robson when he was well into his second decade.

But without a doubt, cliffLAND was his turf. He seemed fearless — not afraid of the dark, thunder, or lightning. He once chased a bear and sent a pair of moose running, both times swaggering back with a look that said "you don't need to worry about them anymore!" He brought to our attention things we would have otherwise missed, including the first sighting of a Blanding's Turtle, a newborn porcupine whose bristles were still soft, snapping turtles and much more.

Always reserved with other people, I was surprised by an occurrence on Blueberry Mountain while performing a John Muir story to an adolescent group. One of the supervisors told me how helpless she felt when she observed a girl, who had recently attempted to take her own life, bring out a knife. Afraid to make a sudden move, she noticed Pepi get up and walk over to the girl and climb on her lap. The girl visibly relaxed, put the knife



Not all volunteers are human! Howard Clifford has penned an inspiring and emotional tribute to Pepi, the "king" of Blueberry Mountain and an Honorary Director on the Board of the Mississippi Madawaska Land Trust

away, and petted him. I knew he was astute and sensitive, but this was a side I hadn't seen before.

Two days after Pepi's death, one of the Mississippi Madawaska Land Trust's board members, Stan Errett, who has a special place in his heart for Pepi, made a motion that Pepi be made an Honorary Director on the Board of the Land Trust. He related that Pepi had actually attended board meetings in my shoulder bag; he had attended all the Nature Walks, and was a wonderful ambassador. The motion was warmly and unanimously passed. I noticed that I was not the only director fighting back tears. Pepi must surely be

the first dog ever to be so honoured by a land trust!

I think Pepi would want me to thank them. He might add: "I loved and guarded this wilderness paradise all of my life — I now must pass on the torch. Please let there be many places like cliffLAND forever protected! Please make it happen!"

His shallow grave, within earshot of those climbing to the summit, serves to make this spot even more special to Jean and me — may I say even more sacred. As I laid him gently into his final resting place, I was at a loss for words. Silently I said: "Well done, Pepi. Well done!"
— Howard Clifford

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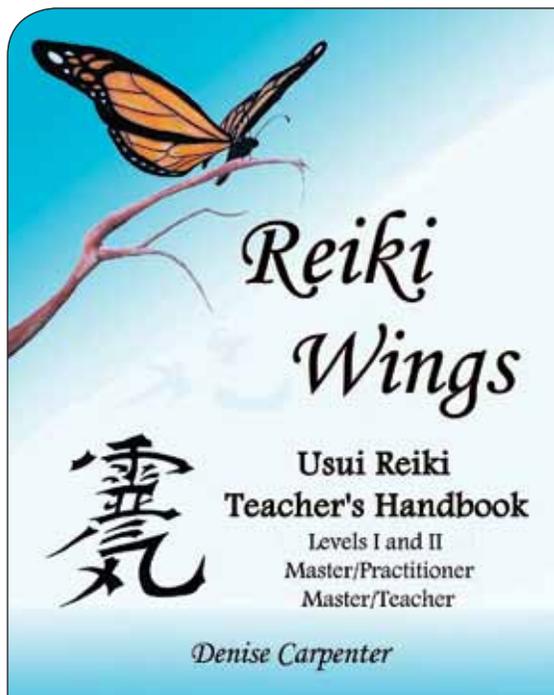
Denise Carpenter: Reiki Wings

Denise Carpenter is the owner of Lotus Wings in Perth, a health and wellness facility which hosts several certified and accredited health care practitioners in support of well-being. She is also a registered Usui Reiki Master/Teacher and the author of *Reiki Wings*, a set of books which teach Reiki from the first level all the way up to the Master/Teacher level.

by Tony Palermo

Tony Palermo: What is Reiki?

Denise Carpenter: In the energy medicine world, the Reiki world, the idea is that we are an energy being having a physical experience, rather than a physical being having an energy experience. In my world, we're actually made up of 72,000 energetic pathways. Those pathways vibrate differently and



they vibrate to form our spiritual body, our emotional body, and our physical body. We are vibrating energy and, if you look at science, it backs all of that. We vibrate at one frequency for skin, another frequency for bone, another frequency for joy, another frequency for anger, and so on. Life being life, everybody has trauma, drama, disease and negative things that can cause your energy pathways to become broken, misaligned, or all tangled up. So, the role of Reiki is to connect you back to the universal energy life force. Through touch or intention on the practitioner's part, you connect back into that universal energy flow and, once that flow moves into your system, it helps repair any damage that's been done to those pathways.

To be clear, this is this something you can use to address disease and mental health?

Yes. Again, all we're doing is mending, realigning, or untangling those pathways. Whatever is manifesting in a person's system, Reiki can help work with it. As an example, we have people who come in who are working through cancer. If they come in either before or after chemotherapy or radiation treatments, Reiki softens the effects of it.

We have people who come in who are working through various levels of mental distress, whether it's anxiety, depression, bipolar, or whatever. What we're finding over time is, as those pathways become mended, the energy flows through and those symptoms just seem to fade away. I had the chance to work with someone last year who was in a near-

fatal car accident. I started to work with him within about a week of his accident and his recovery was just amazing.

It sounds impressive.

I was recently reading about Reiki being used in emergency rooms — one doctor in particular who is an obstetrician and is using Reiki for babies who had a difficult birth. He discovered that, if he performed Reiki on them immediately after birth, the rate of those having to go to the intensive care unit was reduced dramatically. And, the number of follow-up appointments and difficulties were also greatly reduced. So, Reiki is really just about getting us back to what I call our original blueprint. It's about bringing us back to our perfect self.

So, Reiki works with other teachings?

Absolutely. For example, I've had medical doctors and registered massage therapists come in to study Reiki. I've had government directors come in. As you are trained in Reiki, your goal is to bring the principles of Reiki into everyday life.

You've come out with a series of books that take people from Level 1 up to the Reiki Master/Teacher level. Tell me about the principles of Reiki and what people will learn in your books.

I practice Usui Reiki, which originated in Japan with Sensei Usui in the late 1800s. There are four levels to Usui Reiki: Level 1, Level 2, Master/Practitioner and Master/Teacher. In general, the first level is about the physical body, the second level is about the emotional body, the third level is about the spiritual body, and then there's the Teacher level. In Level 1, you learn the history of Usui Reiki and the five principles: just for today do not anger; just for today, do not worry; just for today, I will live in gratitude — I will honour myself, my parents, my teachers and my elders; just for today, I will earn my living honestly; and, just for today, I will be kind to every living thing. Integrating those principles into daily life is a really big part of the first level. The first level is really about learning Reiki as a skill — learning how to connect yourself into the energy flow and use it in your day-to-day life.

In the second level, you learn three symbols, almost like a language, and it's about working with your developing system so that it can start to use the higher vibrations. It's all about being able to deliver a different quality of vibration to your client. From Level 1 to Level 2 is like moving from kindergarten to university. It's quite a leap in what's expected. As a practitioner, you really need to work yourself up the scale of vibrations because you can go through a physical detox. You need to go through and learn this process gradually.

At the Master/Practitioner level you learn more technique. There is a little bit of crystal work, you learn a different technique for clearing energy, more of an aura or whole-system clearing, and some meditation. And then the Master/Teacher is learning how to become a teacher and do attunements, which is passing your knowledge on to the student and helping them connect to the universal energy. Personally, I took about two and a half years to move through all the levels. I really wanted to understand it and be the best I could be. For example, I did my Level 1 under three different teachers because I wanted to experience Reiki in different ways. I did my Level 2 three times and my Masters twice, all with the different teachers. I wanted to be able to bring people a well-rounded experience.

— *Tony Palermo is a freelance writer based in Smiths Falls. If you are a local author or have written a book with a local tie-in, contact him at <tony@tonypalermo.ca>.*

February Feature (in our freshly renovated space!)

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Mary Pfaff

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artist talk/vernissage

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See pages 8 & 9 to volunteer for
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Core Stability

Finding and evoking your supporting muscle group
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Mindful Movement – Hips

3 Saturdays (Mar. 14, 21, 28), 11:30-1

Mindful Movement – Shoulders

3 Saturdays (Apr. 18, 25, May 7), 11:30-1

Evoking the Core

Thursdays 1:45-2:45 (starts March 1)

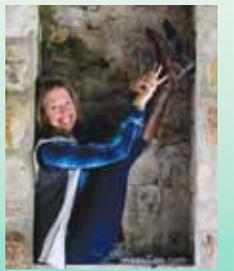
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Wilderness Rhythms

Life in the fast lane is not normally how I would describe my life — compared, at least, to people dealing with kids... and commuting to work... and beeping, dinging, chiming phones... and back-to-back meetings. Yet, somehow it feels that the more I want to disengage from what even *I* feel to be the too-muchness and too-fastness of life, the more the opposite happens. Life, I swear, is speeding up. It is collapsing around me like the diminishing space in the bottom of a

by Susie Osler

sand timer. All of this to say that I am tired of the word “busy”. I am tired of feeling it and I am tired of hearing other people say it. It seems like a weird badge of honour these days and if you aren’t *busy* you must be... what? Lazy? Ineffective? Dead?

Having said this, it is with some mirth that I recognize that my interview with Chad Clifford was, ironically, hurried. Partly due to the snowstorm starting to descend outside and the desire to get home before road conditions declined, and partly due to having deadlines and a long list of to-dos to do.

Feeling the constraint of time is more normal than not in today’s world. But I also know that it takes time to settle into an interview, to follow threads and to pick up on the narratives within peoples’ lives. The interview, like any creative process, has its own timeline; one that unfolds less like a highway across the prairies and more like the flight path of a butterfly. And much like the art of tracking.

Meet Chad Clifford. He’s got the antidote to the busy bug. He teaches workshops in tracking, bush crafts and wilderness skills in a classroom called nature. His enthusiasm is infectious. Teaching people how to enjoy “losing” time and themselves in the woods is both his passion and something he does with remarkable humility. He has gleaned some of his wilderness knowledge through mentors such as Inuit elders (while living up north) and from renowned tracker and naturalist Tom Brown, Jr. He has also obtained degrees in natural science, outdoor recreation, nature-music research (a Masters), and a Bachelors of Education. He has more than a thing or two up his sleeve to share!

Some of you may be familiar with the Clifford family through outings up Blueberry Mountain and nature days organized by the Mississippi Madawaska Land Trust <mmmlt.ca>. CliffLAND is the 1250 acres of stunning wooded wilderness near Flower Station where Chad, his wife Tania, and daughter Sienna live alongside his parents Howard and Jean. Here, at the workshops they periodically host, one might learn about the woods and ecology through tracking, or how to make “bush crafts” like cordage (rope), a bow or a spoon. Other workshops may include wilderness skills such as how to start a fire without matches, wayfinding, building simple shelters and sweat lodges, and identifying wild edibles. According to Chad — and to others I’ve spoken to who have participated in learning basic skills such as these — the satisfaction in the experience is not just in chalking up more abilities. Something more

fundamental develops — a deeper multi-sensorial connection to nature is experienced. While following tracks or sitting around a fire whittling away on a spoon, one unwittingly slips into “the zone”, adopting a quiet focus not unlike what happens while meditating. Our usual sense of time shifts, slows, bends and bows out. It is entirely refreshing.

Getting out into nature is not such an unusual activity for people these days. But we have a tendency in our achievement-centric world to treat these outings a bit like trips to a picturesque gym — as in, a place for us to get fit. “Outdoorsy” more often conjures up goal-oriented adventures with gore-tex, spandex and gear, rather than opening our senses with quiet observation. As we clamber around in the woods with the subtlety of King Kong, we miss opportunities for learning so much from nature. Chad helps us reorient our approach to one that deepens our sensitivity to the living world around us. In essence, he believes that the best way to engender care for the environment and ecosystems is for people to have more positive experiences connecting with nature — learning through direct observation, witnessing its stories and becoming enthralled. For those used to more adrenaline-packed nature escapades, this may require a reset of their responses, from “fast” to “slow”.

Slow. This word, unless you are a foodie (as in Slow Food), has vaguely pejorative connotations. We have become so trained to aim for efficiency, with eyes on the prize, that we have forgotten how to meander and experience the journey itself as the reward.

It is amazing what happens when we start to do just this. Nature is a storyteller, if we only learn how to read its language. As Chad puts it, “Every sign or sound is like a letter. Every track is like a word. Every trail is like a paragraph.” In such a way the woods present us with narratives.

But not everything he teaches is about “primitive” skills and stories. Chad and the MMLT are making use of digital sound equipment to make field recordings, in order to learn more about biological diversity and density in certain locales. Chad creates his own original soundscapes from such recordings. To listen to some, go to <thehummm.com/feb2015>. For those interested in audio experiences, you may want to take a soundscape workshop from him sometime. And for the musically inclined, he makes and sells beautiful wood flutes (find his tutorials as well at thehummm.com/feb2015)

By the time you read this, I will have spent a day with Chad and a few friends wandering the woods, seeking stories told from tracks in the snow, making a fire to warm ourselves over lunch, and learning how to use some of the materials the woods offer, for bush crafts and/or survival. If you are interested in doing something similar with friends, youth or peers, give him a call to organize a date. If you are interested in chatting with him, he will be at Fulton’s Pancake House doing bush craft demos on weekends this spring (February/March, and Easter weekend). Find more details under the “Spring Activities” tab at <fultons.ca>. Also lined



Who He Is

Chad Clifford
259-0249 <Chad@WildernessRhythms.com>
<wildernessrhythms.com> <soundscapenature.com>

What He Offers

Wilderness skills, bush craft and tracking workshops, soundscape workshops

up are two sessions he’s giving this month at the Gilligallou Bird store in Almonte: “Exploring Animal Tracks” on Wednesday, February 18 at 7PM, and “Soundscapes” on Wednesday, February 25, at 7PM.

It is amazing what goes unnoticed when we spend our whole lives surrounded by walls and engrossed in the world behind our screens rather than the real world outside. So much life is happening here, right under our noses! It is time to start the slow-down-and-get-outside revolution! Get out into your backyards, parks, and wilderness areas and start taking note of what lives are being lived that you were never aware of. It will change your life.



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Eat Local — Support a CSA!

Do the grey winter days have you dreaming about the greens of spring and summer? Why not ensure a steady supply of those greens (as well as lots of other delicious produce) by investing in a local CSA?

CSA stands for Community Shared Agriculture (also known as Community Supported Agriculture), which is essentially a partnership between growers and eaters. By purchasing a CSA “share”, eaters enter an agreement with farmers who then supply them with a season’s worth of vegetables — with a full share usually feeding a family of four. Typically, some or all of the cost of the subscription is paid up front, which helps the farmer with financing for the year. It also provides a secure market, allowing farmers to do what they do best — grow nutritious, great-tasting food. In Lanark County, many farms (such as the ones listed on this page) begin selling CSA shares as early as January, so contact them early to reserve your spot!

The Benefits

One of the advantages of participating in a CSA is that you get to deal directly with the farmer who grew the food. You can ask questions about the growing conditions or find out how to best prepare an unfamiliar vegetable. Knowing what kind of produce you’ll be getting in a given week enables you to plan meals, which is a great way to reduce both wasted food and extra trips to the grocery store. Some CSAs even include recipes that feature items in the share.

Supporting small-scale, local farms means voting with your dollars for the option that is easier on the planet than large, mono-crop industrial farms. You will also feel like you’re doing something good for your health and the health of your family. Local growers are proud of what they sell, and their primary goal is to produce vegetables, fruits and meat that taste great and are full of nutrients, instead of stuff that needs to survive a trip across an ocean and most of a country in a shipping container. You will be dealing with a local expert, someone who spends a good deal of time on the many tasks related to turning soil, sunlight and water into delicious food. The farmers then sustain the local economy by making local purchases, resulting in a win-win situation!

Most CSAs sell out well before spring, so call now to book your share!



Local CSAs

Elphin Gold Organics

7316 McDonalds Corners Rd., Elphin village

Contact Pat or Laurie: 613-278-2868
elphingoldorganics@gmail.com

Weekly box pick-up at farm gate starting June 2015. Farm food options include veggies, maple syrup, eggs, beef, chicken and pork preserves.

Saffire Farms

282 Bennies Corners Road, Almonte

Contact Gord or Brad:
613-256-3383
saffirefarms@gmail.com
www.saffirefarms.ca

CSA runs for 19 weeks from June 8 to October 15. Pick up at the farm on Mondays, delivery to Ottawa on Tuesdays and Thursdays. Small and large shares available. Also selling seasonal vegetables, honey, maple syrup, grass fed beef, goat meat (chevon), meat chickens, eggs. Fall CSA starts Oct 19 to December.

Stony Brae Farm

111 Rutherford Side Road, Perth

Contact Greg Farrow:
613-264-8015
farrowgreg@hotmail.com
www.facebook.com/StonyBraeFarm

Stony Brae Farm has beautiful, ecologically grown vegetables and fruit. We offer full season (32 weeks) and half season (16 weeks) harvest boxes. These are available in full share (family) and half share (single or couple) sizes. Pick up or delivery in the Perth area.

Sylvia’s Plant Place

2172 Upper Fourth Concession Bathurst, Perth

Contact Sylvia:
613-267-7365
www.sylviasplantplace.ca

A weekly bouquet of fresh locally grown flowers from June 19–August 28. Pick up is Fridays all day at the Café Bean in Perth or Saturday morning at the Perth Farmers’ Market. We will also have a pick up in Almonte (TBA). 11 weeks in total. Call for sizes and prices.

Teamwork CSA

Maplelane Farm, 325 Concession 6A Lanark near Lanark Village

Contact Hilary Moore:
613-259-2177
maplelanefarm.ca

Sign up for a 20-week season of fresh, organic vegetables (June–October), and feel good about investing in a local, organic mixed family farm! Share price is \$600 (plus delivery if applicable). We also sell organically raised eggs, honey and pork. Pick-up locations include: on-farm in Lanark, Almonte, and two Ottawa locations. Carleton Place pick-up possible with enough demand.

Waratah Downs Organic Farm

3444 Scotch Line, Perth

Contact John:
613-267-7050
waratahdowns@gmail.com
waratahdowns.com

Waratah is a diverse and abundant certified organic farm minutes west of Perth. Sign up for 18 weeks of delicious, fresh veggies. Small, medium and large sizes with add-ons. We are known for our wonderful diversity of vegetables; it’s not just kale and beets! Deliveries to Perth, all around Ottawa and surrounding towns, depending on demand. Please send us an email and ask to be added to our contact list.

For more information about local food, farm-gate sales and CSAs, visit

lanarklocalflavour.ca

Come out for the sixth annual

Feb 28 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.

Ken Mason Psychic Reader	Vamos Outdoors - 14 Mill St. Men's & Ladies clothing, footwear & accessories
Tracey Foster Angel Card Reader	Acanthus - 14 Mill St. Flowers, tropical plants & floral design
Patricia Gervais Bowen Therapy (12-5PM)	Rising Sun Yoga - 14 Mill St. Yoga studio: wellness, balance, strength
Evelina Proeva Gemstone Hand Reflexology	Crush Marketplace - 14 Mill St. Shoes, decor, accessories and more
Nancy Browman Intuitive Readings	Almonte Antique Market - 26 Mill St. Multiple antique vendors
Nancy Kerr-Wilson Spiritual Intuitive Readings	Soul Scents - 42 Mill St. Fairtrade & Organic products to lift the spirit
Linda Rawn Reflexologist	Mill Street Books - 52 Mill St. Books, puzzles, CDs, games, fun stuff
Donna Kinniburgh Tarot Card Reader	Tin Barn Market - 73 Little Bridge St. Handpicked vintage, new & upcycled home decor
Tamara Geddes Psychic Reader	Baker Bob's - 75 Little Bridge St. Breads, cakes, pastries, confections & fine foods
Chelsy Anne Intuitive Healing Mandalas	Hello Yellow - 72 Mill St. Cheerfully-made goods
Joanne MacLaren Psychic Reader	Palms-The Coffee Shop - 78 Mill St. Baked goods, lunches, desserts, espresso bar, tea
Phyllis Knox Life Coaching Through the Cards	Blackbird - 79 Mill St. Home decor, candles, gifts
Readings By Rochelle Angel Cards	Textile Traditions - 87 Mill St. Fabric, yarn, quilting, & sewing supplies
Yesim Gumus Turkish Coffee Reader	Alliance Coin & Banknote - 88 Mill St. Coins, banknotes & collector supplies
Kae Roberts CODE Model Coaching	Pêches & Poivre - 89 Mill St. Quality fine food, fun & artful kitchen & dining ware
Dee McCambley Chakra Readings	Keepsakes - 102 Mill St. Gifts, flowers, gift baskets, fun stuff

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