

FEBRUARY 2016

the Hummm

free

Arts,
Entertainment
& Ideas



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February's Events

**GET INVOLVED
GET CONNECTED**

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Going to the Dark Side



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A Birder's Eye View



The Art of Alan Mirabelli p.3



Valley PAINT & COATINGS



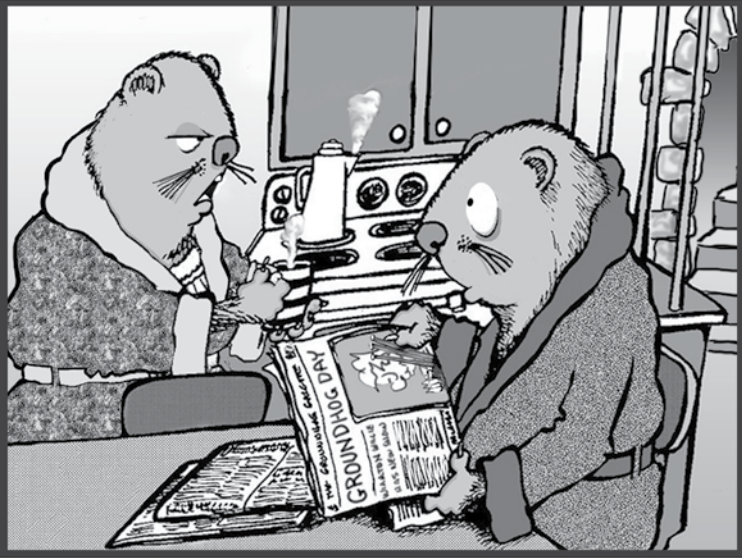
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"Why don't we blow the lid off this and tell the papers you're just back from Cuba long enough to do the forecast!"

Readers Write

6th Annual Snow Angel Making Party

You are invited to the 6th annual Snow Angel Making Party at Highlands Gate (4381 Wolf Grove Road, Lanark Highlands) on Sunday, February 21 from 1 to 4PM. This is a fun party that is open to any and everyone who wants to celebrate winter and to see who else is drawn to the fine art of making snow angels. Falling backwards into the soft snow and making your own unique impression produces an inexplicable sense of joy. You really need to experience it, along with others, to realise the collective energy it produces!

This invitation is open to everyone, so bring your friends and family. There is a play structure with a curly slide, horses to feed carrots to, sliding hills, and 85 acres of fields and forest to snow shoe and cross-country ski across. There will be a campfire with hot cider and good cheer, and you are welcome to bring something to cook over the fire or a treat to share. Dress for the weather and wear a coat with a hood so you don't get snow down your neck when you are flailing in the snow. Everyone is welcome, so spread the word and we will see if we can fill the field with angels.

Take exit 155 from the 417, the Carp/Almonte turn off, and continue on to Highway 49 towards Almonte. Continue on this road all the way to the farm for 40km. When you get to Almonte, continue on the same road (now called Almonte Street), through the lights at the ESSO station (where it turns into Wolf Grove Road) and drive 20 km (through the flashing yellow light in Middleville). The 2nd laneway on your left after the flashing yellow light in Middleville is 4381 Wolf Grove Road, Lanark.

— Susan Cressy



Who's Reading the Humm

The photo above was sent in in late 2013 by Jeri Lunney with this cryptic question: "Guess who was reading the Humm at O'Lunney's Pub in Times Square, NYC this weekend?" (We're guessing it might have been Jeri's husband and former Mayor of Almonte **Al Lunney**...)

See More Online!

This February is shaping up to be busier than usual in the Valley. Because we devoted space to the many wonderful volunteer-run organizations that are listed in our "Get Involved — Get Connected" feature (see pages 7–9 and 23–25), we have had to put a number of press releases up on our website instead of in print. Once you've reached the end of this issue, there's plenty more good reading at <thehummm.com/Feb2016>, including:

- The **West Carleton Garden Club's** talk by David Hinks about hoop houses on February 9
- The **Tay Bells Heritage Winter Celebrations** in Maberly on February 6
- How to **volunteer to help make and sell donuts** as a cancer fundraiser at Almonte's Healthy Food Technologies on February 14 (and overnight on the 13th!)
- An **Afternoon in Austria** cabaret-concert fundraiser for the Goulbourn Jubilee Singers on February 7
- The **Arnprior & District Humane Society's** frozen berry fundraiser
- A lovely profile of **Hub Hospice volunteer** (and bereavement counsellor) Barbara Carroll
- A description of the new **Homework Club** at the Perth Library
- More photos by our profiled artist **Alan Mirabelli**, including his shots of other local artists
- A link to the description of the **Fregoli Delusion** to help with Matt Roche's movie column (p. 28)

Happy reading!



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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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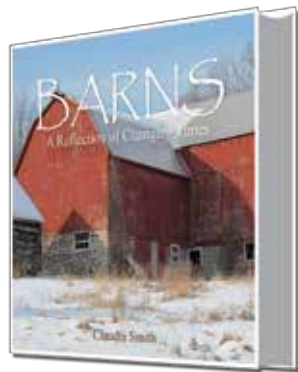
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Thanks this month to:

all of the amazing volunteers throughout our catchment area. We really can't thank them enough, because we can't quite imagine life in the Valley without them...

Country drives will never be the same!



Join **Claudia Smith** as she shares stories and images from her recent book **Barns**.

**Saturday
February 20, 2PM**

**Almonte Branch of the
Royal Canadian Legion**

Admission: \$5

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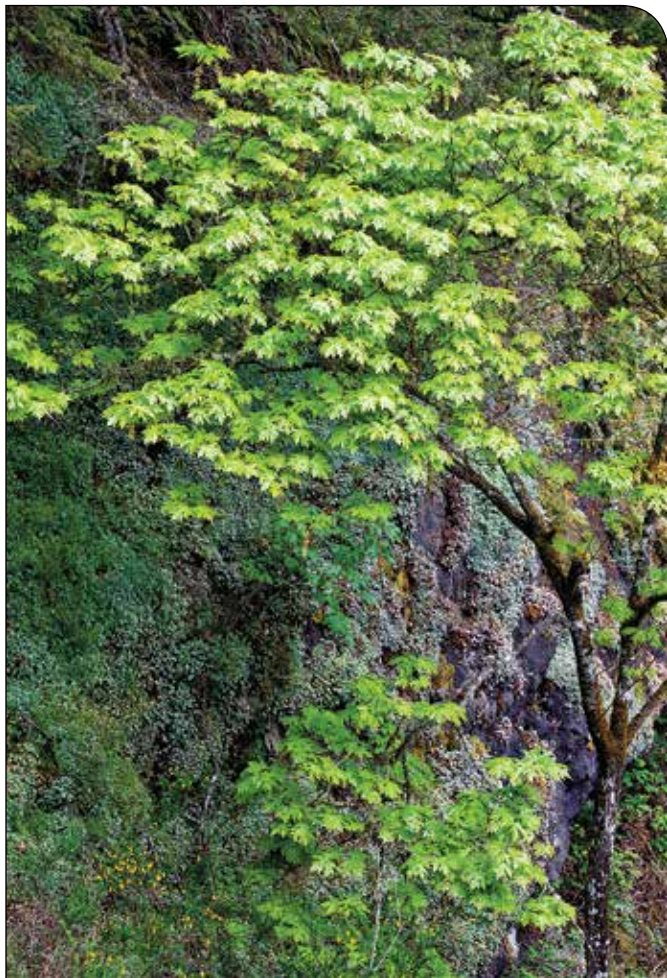
February 2016

Alan Mirabelli – Through a Lens, Poetically

In 2002 theHumm featured Almonte photographer Alan Mirabelli in an article titled "Seeing with New Eyes". After enjoying his compelling images of nature in a recent show in Almonte, we selected Mirabelli as the first (of the almost 200 artists we have featured previously) to be revisited. We are delighted to report that his aesthetic sensibilities remain as fresh and evocative as ever.

by Sally Hansen

Whether it's a gnarly tree trunk or a collection of decaying autumn foliage arranged by chance, Mirabelli captures an image that speaks to our nature-deprived souls. Most of us forget to look, so we don't see. Mirabelli looks, he sees, and he creates beautifully executed images that invite us to explore his meditations on the passage of time — the corrosion and renewal that are the tensions of life.



Photography was his salvation during a mid-life crisis and depression seventeen years ago, and it persists as his lifelong companion and raison d'être. It is how he experiences life and interprets his own emotions. It is through his ongoing examination and appreciation of the marks made by nature that he understands Life in general, and his own life in particular.

The Poetry of Photography

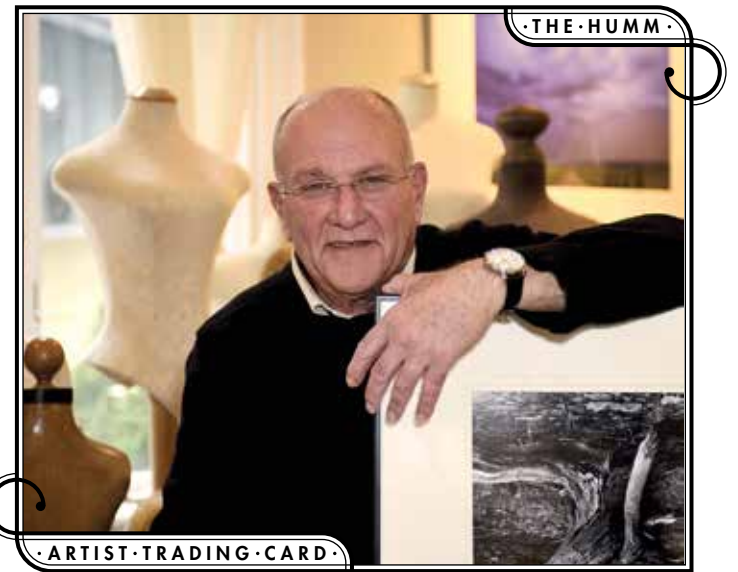
"My photographs are like punctuation marks in a journey... an echo of time. My object is to explore, to feel, to see anew, to journal visually. Each image is a topographic map of emotion... a moment chosen, a choice to stand still..." Our conversation reminds me that the man is as poetic with words as he is with images.

Mirabelli's passion for photography is as fervent today as it was fourteen years ago. He reiterates that photography was the best therapy he could have found, providing "a language to speak of who I am, the painter I'd like to be, the musician I'll never be... Making a photo enriches the poet who lives quietly inside of me."

Carrying his camera reminds him to be attentive, to live in the moment, and to contemplate existence and the meaning of life. Behind a lens he is free — safe to experiment and explore. He describes his images as "a reflection of a frame of mind, an act of humility, and a moment of wonder." His photographic meditations are mementos of precious moments. They are how he remembers, and how he will be remembered.

Through New Lenses, Brilliantly

The perfect way to insult a serious photographer is to say, "Oh. I love your photo. You must have really good equipment." It immediately brings to mind one of my favourite adages: "A fool with a tool is still a fool." Fortunately, a genius with a camera remains a genius even when he is forced to recognize the limits of his body and to adjust his equipment accordingly. Mirabelli has been delighted to discover that his exploration behind the lenses of lightweight, highly streamlined photographic technology remains as satisfying as when he was lugging around much larger and heavier gear.



It doesn't hurt that he has paid his dues and mastered the tools and techniques of the medium throughout the past forty years. He supported himself through university by shooting weddings and bar mitzvahs, and continues to bring a film aesthetic to digital image making. Today he uses state-of-the-art hardware and minimal post-processing software to emulate his favourite Fuji/Velvia film.

Expanding Horizons

A generous man with his talents, Mirabelli has provided photographic services for charitable purposes, and he has photographed the works of many fellow artists. A resident of Appleton since 1981, he is a valued fixture in the area's artistic community where he has made many friends. His current project is dedicated to documenting their artistic lives photographically. With no firm timetable, his plan is to create a book celebrating forty to fifty local artists.

The undertaking is already underway and he views it as an exciting continuation of his personal growth through photography. The project provides the opportunity to transfer all of the lessons he has learned by photographing nature since his retirement as Executive Director of Administration and Communication at The Vanier Institute of the Family eight years ago.

To him, landscape photography involves a personal conversation — an exploration of the innumerable choices of subject, composition, lighting, story and emotional impact. What is important is being attentive and patient, and not having a pre-conceived notion of what the image should be. His goal is always to interpret, not to record.

In addition, Mirabelli believes that portraiture can only succeed as a collaboration based on trust. His goal is to understand how his subjects think and feel in order to honour them and their art. He looks forward to becoming truly engaged with how they work to create environmental and situational portraits. With confirmed participants such as sculptor Sue Adams, stone sculptor Deborah Arnold, textile artist Maggie Glossop, clothing designer Paddy Mann (RCA) and visual artist Mary Pfaff, the book is virtually guaranteed to be an arts lover's treasure.

In the meantime, February in Ottawa is a great time to contemplate Alan Mirabelli's evocative photographic meditations on nature's beauty, mystery and power. From February 2 to March 5 you can form your own interpretations of his stunning photos on display at The Ottawa Art Gallery in Arts Court at 2 Daly Avenue. Titled "Earth's Textures: Moments of Stillness", his images seduce the soul as well as the eye. See his Trading Card on the next page, and visit us at <thehummm.com> for further details.

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WHO Alan Mirabelli
WHAT Photographer
WHERE Appleton home studio by appointment, 257-7516, <alan.mirabelli@gmail.com>
WHEN February 2 – March 5, "Earth's Textures: Moments of Stillness", The Ottawa Art Gallery, Arts Court, 2 Daly Avenue, 233-8699, <ottawaartgallery.ca> Vernissage Thursday, February 18 at 6PM
WHY "Photographing is a form of personal renewal and a reminder to be appreciative of Nature's wonder."

ARTIST TRADING CARD

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Studio Theatre's Oscar Night: A Red Carpet Affair

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You're not in Hollywood — you're at the Studio Theatre in Perth, for an Oscar night gala that makes you the star!

Yes, while the rest of the world is watching the Academy Awards in an EZ-Boy recliner with a bag of Doritos, a few lucky people will be having an unforgettable Oscar night experience at the Stone Cellar restaurant and the Studio Theatre. The gala event, which takes place on Sunday, February 28 starting at 5:30PM, is a fundraiser for the theatre, and the brainchild of Studio Theatre board member Laurie Reesor. Theatre President Penny Silberhorn is taking the lead in organizing this exciting evening.

"The Academy Awards is a glamorous, very special event," says Penny. "This fundraiser is a chance to get into the fun and spirit of the show, while supporting Perth's community theatre. We're going to create an Oscar night that's an affair to remember!"

Peter Blier, owner of Perth's well-known Stone Cellar restaurant — which actually adjoins the Studio Theatre — was on board with the idea right from the start.

"The Stone Cellar is pulling out all the stops to create a fabulous dinner, complete with bubbly and wine pairings throughout the meal," he explains. "Guests will be able to watch the Oscars pre-show on flat-screen TVs during dinner, before taking a

red-carpet walk across our back patio and right into the Studio Theatre!"

The fun continues in the theatre, where guests will experience the full Academy Awards show live-streamed on a massive 10-foot wide video screen.

A cash bar will be available throughout the night, and Stone Cellar canapés will be served mid-evening. Plus, organizers have even more surprises planned (hint: bring your cell phone!) so be sure to check the theatre's website <studiotheatreperth.com>, for additional information.

"We're hoping our guests will 'dress to the nines' for this special event and really get into the Hollywood spirit," says Silberhorn. "We'd like to make it an annual event that people look forward to."

Tickets for the entire evening, including available valet parking, a welcome glass of sparkling wine, three-course dinner with wine at The Stone Cellar, lots of entertaining activities, and the televised Academy Awards show at the Studio Theatre, are just \$100 per person, and a \$20 tax receipt will be issued. Tickets are available in Perth at The Stone Cellar, 71 Gore Street E. (267-0200), and online or by phone or credit card at Tickets Please (39 Foster Street, 485-6434, ticketsplease.ca) where a service fee applies.

Only 100 tickets are available, so make sure you don't miss out on the fun of Oscar night at the Stone Cellar and the Studio Theatre. No matter who wins the awards on February 28, you're the one who will come away feeling like a star!





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The Roots of Community Arboriculture

Even if I produced the most tree-mendous article on the subject, I know some will want to pun-ish me for the writing...

Oh well, pun-itiary here I come! Let's leaf that alone and I'll get serious. Here's some good news:

The Mississippi Mills spring tree program is being revived and is largely under new management! The program was started by Al Potvin several years ago, and the proof is growing beautifully all around his home and throughout the area. It proved to be very "poplar" (can't help myself) not only in our municipality but as far away as Westport and Arnprior.

by Ed Lawrence, guest con-tree-butur

The "Prior" (oak-eh! you caught me) organizer of the project was the Mississippi Mills Chamber of Commerce, who have graciously allowed us to start the tree program again. The revived project will see all net proceeds go to the **Hub Hospice** palliative care coffers. The team members include the Hub Hospice Events Committee, Al Potvin, David Baril, Dr. Ron Ayling (no pun!) and the author, who has a bark much worse than his bite.

The work of the invasive and largely unstoppable emerald ash borer (EAB) is a real pain in the species! All species of ash are susceptible to its killing ways (except Mountain Ash, which isn't really an ash, and is therefore not subject to attack). Since the early 2000s when it was identified in southwestern Ontario, EAB has killed millions of ash trees across southern Ontario. Just think of the present denuding of streets and parks in Ottawa.

Unfortunately, we're in for the same drastic forest canopy reduction across our area, so we desperately need to make a start at replacing this canopy loss. I recently heard this described as our need to "treevitalize" our environment. I like it — let's stem the canopy loss!

Yet another goal of this self-admitted "tree hugger" is a zany idea to celebrate our 150th anniversary. I feel that there's no good reason why we can't collectively plant a tree for every citizen of Canada. What a worthwhile effort to make for future generations, as well as a fitting tribute to our sesquicentennial.

Yew can be part of the solution! Plant a tree or two!



Ed Lawrence would love to see every citizen of Canada plant a tree for our sesquicentennial, and the **Hub Hospice Tree Sale** is a great place to start. Wondering what variety is pictured above? Well, as Ed says, "you can always tell a dogwood by its bark!"

What a great gift idea for a birthday or commemoration of a departed loved one. You can buy someone a tree or donate one in their honour to Parks and Recreation.

We've carefully selected a variety of species most suitable and useful for local conditions, both urban and rural. The trees on offer are mainly native species or their cultivars, hardy to our zone. They're also the best quality bare-root stock that the nursery has. The list does not include any ash species or Norway maple varieties.

The sales program is now available online. With the excellent descriptions and photos provided, making a suitable choice has never been easier. Check out <hubhospicetrees.com> and take your pick. Order early for the best selection. Perennial favourites sell out quickly. — *Pining to see folks spruce up their property and cedar neighbours' reactions, I remain, yours truly, Ed Lawrence*

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Stop & Smell the Chocolate

The Girl Who Did Not Speak

There once was a little girl who did not speak. Well ok, she spoke incessantly at home, but rarely at school.

Somehow she had unconsciously developed a three-pronged approach to staying off the radar of teachers, peers and bullies: have a shy smile at the ready (with no eye contact), don't speak unless spoken to and, well, even then keep the talking to a mini-

by Rona Fraser

mum. The kids in her class only knew her name and her lack of any sports ability. Kids *not* in her class didn't know she existed. So careful was she not to rock the boat that, in grade 1, when the principal came aboard the school bus to ensure everyone was behaving, she crouched in the aisle, pretending she had a seat rather than get herself or anyone else in trouble.

In high school, she spoke a bit more, thanks to the music geeks that befriended her, but certainly didn't join students' council or activities. She just glided through her days, accepting the world as it was, not making waves.

University woke her a little, as it does many. It took over a year, but she began to think she should maybe step up and DO something — take ownership of her part in society. In addition to learning about environmental issues she, for reasons unknown, ran for a spot on the Geography Students Association. Suddenly people actually asked her opinions, and she even wanted to give them! But, once school was done, a decade of floating followed.

Suddenly — inspiration hit. Environment issues knocked on her door again, in the form of a permaculture course, and she was back, wanting to make a difference. The seemingly innocent act of volunteering at some environmental workshops finally brought about the biggest shift that could happen to an uninvolved suburbanite: she moved to a small town. More than that; she moved to one of the most volunteering-est of small towns: Almonte. It took less than a month for a Call for Volunteers to catch her eye. At the first meeting she met Fern Martin, and that was that.

If you're a volunteer, you likely either know Fern or someone like her. They are the community members who have been so involved in local organizations that, upon meeting anyone new to the area, they immediately determine the newbie's skills, and which organization(s) they'd mesh with.

For that relatively quiet young woman, in early 2003, it was her computer skills that drew Fern's attention. "The Arts Council could use someone to put their database together... and Folkus Concert Series could use a new member..." The Arts Council led to Puppets Up... and they all led to Mainstreet Almonte Attraction and Promotion... which led to the Town's Community & Economic Development Committee... and more.

And then one day the girl who did not speak realized that not only could she now speak in front

of large groups, but she easily chats with strangers! She talks with shop owners, artists, town councillors, and anyone else who will listen. She helps make her small town a better place, and can no longer be the invisible, ambivalent floater she once was. And she loves it.

Kids Today...

My one regret? That I started so late. Sure, I wouldn't change a thing, as it got me to where I am, but I wish I had begun volunteering when I was a kid. Why?

- Education! I have learned many aspects of subjects that were very foreign to me — event planning, crowd control, contracts, art, local government, sewer-replacement, ...
- Employment. Volunteering can result in an internship. I have gotten several jobs (including working for theHumm) via folks I volunteered with. Your kids can discover their passion and abilities, and also make contacts!



Who'd a thunk that volunteering, occasionally, in a small Valley town could change an "uninvolved urbanite" into a friendly festival mascot?!

• Community. Through volunteering you become part of a group, working towards a common goal and sharing experiences.

• Friendship and widened horizons. You generally get to know a lot of people through volunteering. When I think of the people I might not have met without volunteering, and the shared experiences I would have missed?! It's insane! In the 13 years since moving here, I've gone from knowing no one to having a wide network of friends, all but one via volunteering.

• Confidence. Working in a group is usually a mutually supportive experience that increases your confidence... as does choosing to leave a group that does not work for you.

• Work ethic. Don't wait until your kids are job hunting; let them experience volunteering alongside adults and/or peers early, so they learn

how to commit to, and work with, others.

• Satisfaction. Whether you brought joy through sport or entertainment or friendship, raised funds for a good cause, raised awareness, helped the local economy, brought art or health to people who needed it, eased someone's load, or were simply good company, you can feel good that you did *something* to make the world better. Never discount the far-reaching effects of bringing one smile to one person's face.

• Recommendation

Recommendation

If I could give a plug for one volunteer organization today, it would be to recommend that you become a Big Brother or Big Sister. Age is not a factor; grandparents are welcome. My Little Sis makes my life better, and I believe I help make hers better too. When my BBBS contact checks in with me to see how our match is going, I am always taken off guard, because I've forgotten that hanging out with my Sis is an organized activity — for me it is simply having fun with a friend. There are so many of us who could use a friend like that. I know I would have benefited from a Big when I was a kid; maybe I wouldn't have been so invisible. Learn more at <bigbrothersbigsisterslanark.ca> or <bbbsoc.ca>.

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 7-9 and from 23-25), 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!



A fun and friendly festival (like Perth's Stewart Park Festival) can be a great entry point into the world of volunteering. You'll find the listings for Festivals and Events on pages 8 and 9 of this issue, but there are also listings for Museums and Conservation Areas (pages 9 and 23), Community & Service Organizations (pages 23-25), and Arts & Activities Organizations (at right). Fill your boots!

Peter Brown, ARCT
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Seeking Musical Director

Zion-Memorial United Church in Carleton Place is looking for a music director

Our Director of Music is responsible for working with the Minister to set music for Sunday and other services, managing and directing the choir and occasionally working with the Sunday School. Remuneration is based on an estimated 8 hour work week.

If you are interested in this position please e-mail: zmucdom@gmail.com for a job description.

Please submit your résumé, including references, by e-mail to: zmucdom@gmail.com by February 8, 2016.

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 (4As)** is to encourage visual artists of all ages and skill levels to improve their talents through inspirational monthly speakers and by providing affordable venues in which to showcase work. Our main show, Art In The Attic, is held in May and we also have smaller venues throughout the year. We meet the second Monday of the month at 7:30PM in the Almonte Library and visitors are welcome. 4a-artists.ca, 256-5863.

Almonte in Concert has been presenting chamber music at the Almonte Old Town Hall for many years, with an annual concert series featuring top Canadian and international performers. For the 2015-16 season AIC has been rebuilding. New volunteers are welcome to help and work with its new Board of Directors; please contact Penny Blades pmlblades@gmail.com or 256-5267 if you'd like to help. A 2016 spring renewal concert and a new series beginning fall 2016 are being planned.

The **Almonte Skatepark Committee** is a volunteer group supported by the Municipality of Mississippi Mills. We are underway to building an approximate 10,000 square foot in-ground concrete skatepark in Gemmill Park. We are seeking volunteers to assist with fundraising initiatives, grant writing, events and co-ordination of youth involvement. Be part of this great project for youth and the young at heart in our town! Contact Sarah Robertson 447-2362, Calvin Murphy 256-1077. Info: almonteskatepark.ca.

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

Arts Carleton Place is a not-for-profit organization that supports and promotes the arts and culture in our community. We are run by volunteers and need your support in 2016. The Arts Carleton Place Show & Sale is coming up in May. Many hands will be required from set-up to tear down, assisting artists, wrapping the art, being greeters at the venue. Other events are in the planning stages. Stay tuned! To volunteer for an artsy experience, visit artscarletonplace.com or email artscp@bell.net.



Camp Lau-Ren camplau-ren.com is a children's residential summer camp of the United Church of Canada, drawing campers from Renfrew and Lanark Counties and beyond. The Camp Lau-Ren Board seeks enthusiastic volunteer board members and leaders as well as people willing to help with camp renovations and repairs in the spring. Volunteers are the lifeblood of this non-profit camp and help keep camper fees low. For information on how you can help, contact

Bruce Patterson at 621-1299 or privacyofficer@sympatico.ca.

The **Carleton Place Community Labyrinth** offers a special place for people to come together to enjoy a meditative walk, or to simply take time out of a busy day. Consider becoming a volunteer labyrinth keeper and help with set up and hosting at special events in 2016. No previous labyrinth experience is needed, orientation will be provided. Contact Debby at 257-1014, and visit us on Facebook or check out our blog at carletonplacecommunitylabyrinth.blogspot.com.

Classic Theatre Festival, Ottawa Valley's professional summer theatre, presents classics from the golden age of Broadway and London Stage. 2016 summer season (June 24-Sept. 11): Neil Simon's comedy *I Ought to Be in Pictures*, Shaw's comedy *Arms and the Man*, Priestley's mystery *An Inspector Calls*, plus ghost walk and historic walking tour. Opportunities: ushering, operating concessions, set construction, painting, billeting, and community outreach. A great opportunity to work with some of Canada's top theatre professionals! 264-8088, info@classictheatre.ca, classictheatre.ca.

Fieldwork is a volunteer-run outdoor public art project near Perth. We are seeking volunteers to help us present another great year of creative public art programming. If you are interested in participating in trail-making work bees, helping artists install work, or helping out in preparing or hosting our events, please contact us at fieldworkproject@gmail.com. Information can be found at fieldworkproject.com. We are also on Facebook and Twitter. 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.

GET INVOLVED / GET CONNECTED

The **Mount Pakenham Adaptive Ski Program** provides downhill skiing opportunities for those with a wide range of physical and developmental impairments. With 56 participants, and some on a waiting list, new volunteers would be welcome, both for the current season and for next year. Volunteers should be strong intermediate skiers. No other experience is needed. We provide the training and the smiles! Contact Allan Braun at <director@cads-pakenham.org> or 832-2211. See <cads-ncd.ca/pakenham/Pakenham_home.html>.

The 2016 season of the **Ottawa Valley Music Festival** will include *Festival of the Choirs: Choral Delights* (June 5 in Eganville), *Wondrous Winds* (Aug. 7 in Arnprior), and *Classicism par Excellence* (Sept. 18 in Pembroke). The OVMF is always in need of volunteers 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 2016 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>.

Do you like kids? Do you like chess? Would you make yourself available twice a month to teach youngsters this fascinating game? If so, we invite you to join the **Slingshot Saturday Club!** Police check required and availability every other Saturday. We could also use someone who would like to help with a children's gospel choir at the same time. Contact Carolyn Klickermann at 256-3314 or <cklickermann@hotmail.com>.

The **Studio Theatre** is a fully accessible 197-seat venue known for its great acoustics and intimate atmosphere. It's also the only theatre in Perth run 100% by volunteers. Opportunities abound for anyone interested in the thrilling world of theatre, and volunteers see great plays and concerts for free! We currently need front-of-house volunteers, plus actors, stage crew, people with Communications and Advertising/Sponsorship, and carpenters to help build sets! For details visit <studiotheatreperth.com>, email <volunteers@studiotheatreperth.com>, or call 326-1976.



The **Tay Valley Cross-Country Ski Club** maintains 20km of groomed and track-set cross-country ski trails at Murphys Point Provincial Park near Perth from December through March. We organize a popular, annual Ski Loppet and provide adult clinics and weekly skiing lessons to children ages 3 and up. A membership gives you free access to the park's winter trails. For information on volunteering, maps, memberships and to register for the loppet or other programs, visit <tayvalleyskiclub.wordpress.com>. Like us on Facebook, too!

The **West Carleton Arts Society** needs energetic artists to join the organizing team for "Art on the Grass", our August art festival in Carp and our Canada 2017 planning committee. "Art on the Grass" will have artists, crafters, musicians, performers along with an "en plein air" painting event in Carp. We need you to bring new ideas to this year's event. We also need creative thinkers to help plan "something fabulous" for Canada 2017. Join the WCAS and volunteer. <westcarletonartsociety.ca>.

Festivals & Events



Almonte Celtfest, a 3-day festival of Celtic music and dance, celebrates its 20th anniversary July 8-10. Volunteers ages 16+ are needed to help on stage, the admission gates, the Little Celtz and Seniors' tents, parking vehicles, and at the parade. Being part of Celtfest is a BLAST and benefits include a free BBQ, t-shirt, and access to the VIP tent during the festival. Check us out at <almonteceltfest.com>, on Facebook (Almonte Celtfest), then contact Trish at <tin_ceilings@yahoo.ca>, 256-9765.

Almonte Fair, on July 15-17, 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 Stef Roffey at 355-9287 or <roffey.sp@rogers.com> to sign up or for more information.

The 4th annual **Carleton Place Winter Carnival** (Chilly's Big Top) is scheduled for February 20, 2016. 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 20 at the various children's activity stations. For details, visit <cpwintercarnival.com> or contact Sarah Cavanagh <arizaconsulting1@gmail.com>.

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@mvmtm.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 annual **Lanark County Harvest Festival**? Traditionally held the first Sunday after Labour Day weekend (Sept. 11, 2016), 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.



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 27, 2016. See <maberlyagsociety.ca> for information on the Maberly Fair. Contact Rosetta McInnes at 268-2548 or <rosettamcinnnes57@hotmail.com> if you can spare some time.

A Showcase of Fibre Art

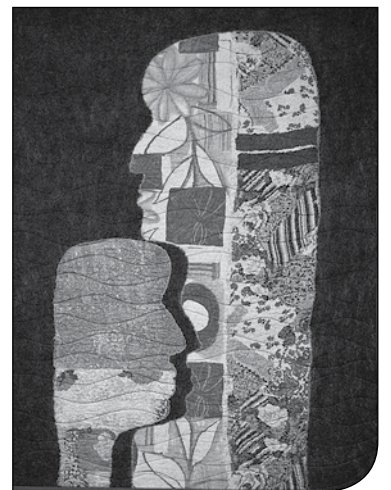
Zoë Emily Lianga's diverse work will be on display for the month of February at the MERA Schoolhouse in McDonalds Corners. This showcase highlights her talents as a designer, felt maker and fibre artist. Works include wall hangings, quilts, clothing, accessories, bags and home décor.

Her wearable felted clothing and accessories are made from natural animal fibres. Luxurious camel, yak, merino and silk impart a softness and texture that is without parallel. Each design is unique, involving a process of much precision, tactility and organic spontaneity.

Zoë's tailored clothes are built off classic lines, sewn from original patterns and made with 100% recycled fabrics. She is a graduate of the Richard Robison Academy of Fashion Design, focusing on Pattern Making and Haute Couture Sewing. This, coupled with her creativity and determination, has allowed her to design, draft and make her intricately tailored visions.

Her skill takes on a different form in her art pieces and wall hangings, both of which demonstrate her level of workmanship, plus the overall diversity of fibre arts and felt making. Zoë has carved out a place for herself in the growing world of fibre arts, and continues to develop her own signature style.

You are invited to the exhibit opening at the MERA Schoolhouse on Friday, February 5, from 7 to 10PM. Refreshments and appetizers will be served by Bouffage kitchen. Come share in a fun-filled evening, and see where three years of devotion to fibre arts and felt making have taken this young artist. The Schoolhouse will be open to the public for the month of February on Wednesdays from 1 to 4PM, Thursdays from 11AM to 2:30PM, or by appointment with Zoë. The address is 974 Concession 9A in McDonalds Corners.



Find works by Zoë Emily Lianga at MERA this month

St. Andrew's United Church in Pakenham presents

Songs of the Misty Isles

a harp concert featuring music and poetry from Scotland, Wales, Ireland and Brittany.

Sunday, February 28
at 2PM

followed by refreshments

Admission is by a free-will offering with proceeds being shared with the Syrian Refugee Committee of Mississippi Mills and St. Andrew's.

The Almonte Potters Guild

Drop-in classes during March Break

- March 14-18
- 10AM-12:30PM
- Ages 6-12
- \$30/child, \$50 for 2 siblings

Register now at 613-256-5556

95 Bridge Street, Almonte
www.almontepottersguild.com



Seedy Saturday in Almonte!

On Saturday, February 20, from 9AM to 3PM, Almonte's first annual Seedy Saturday event will take place at the Civitan Hall on Almonte Street.

Ask around town or your favourite seed or plant provider for free admission coupons, which save you the \$2 admission for the event. These coupons offer additional specials only available during the show!

There is also an opportunity for you to exchange any of your unwanted seeds or garden supplies with others at the seed exchange table. The exchange is simple — everyone can participate! For each item donated another can be taken home. Larger items equate to a few extra goodies per item. If you forget to bring exchange items and still want to partake, a small donation (i.e. \$1 per item) would be appreciated. You can bring seeds, plants, rooted cuttings, rootstock, bulbs, tubers, sprouting supplies, or any unwanted gardening books, magazines, pots, trellising, tools, soil amendments, etc. Anything another gardener could make use of. Who knows what you could find for your garden this summer!

Seedy Saturdays are designed to encourage the use of open-pollinated and heritage seeds by developing awareness of seed saving and environmentally responsible gardening practices. Nutritious, locally available foods are also a growing interest. Gardeners are looking to have something new and different in their gardens from season to season. This event allows people to come together to exchange information and to purchase, sell or trade interesting and unique heritage varieties of non-GMO (genetically modified organisms) vegetable, fruit and herb seeds, as well as flowers, wild edibles and Ontario native seeds and plants.

Discuss with other gardeners, seed vendors or someone from Lanark Master Gardeners or Canadian Organic Growers all your questions about gardening methods, best practices for maximizing production, or GMO-free food options. You may even find that perfect tomato seed to grow for your summer salads — or two hundred varieties of tomatoes if you're a budding connoisseur! This year you can sit in on discussions about starting your own seedlings and extending the Canadian growing season using hoop greenhouses. Learn how to maximize your garden's potential with vermi-culture compost (worm bin) or how to use multiple techniques to set up your ideal edible landscape.

This event is brought to you by Beyond the Garden Gate, and is sponsored by the Neighbourhood Tomato, with support from Almonte & District Horticultural Society, the Mississippi Mills Public Library and Almonte's Seed Lending Library, Lanark Master Gardeners, Canadian Organic Growers, and Seeds of Diversity Canada.

Join us for a Coffee and Dessert Green Party Fundraiser
Lanark-Frontenac-Kingston Riding Association

Speaker **John Bennett**

"Power, Politics and Pipelines"

John is Senior Policy Advisor for the Friends of the Earth Canada
Energy East Pipeline through the riding will be discussed

Saturday March 5, 7PM

Almonte United Church Social Hall

106 Elgin Street, Almonte

\$15 per person – For more information call Orm 613-267-7584

Almonte Seedy Saturday

Heirloom, organic, open-pollinated seeds & plants

Seed & Garden Supplies Exchange

Workshops for beginners to advanced-level gardeners

February 20, 9AM-3PM

Almonte Civitan Hall
500 Almonte Road

Brought to you by: Beyond the Garden Gate
sponsored by The Neighbourhood Tomato

Free Admission with this ad! (reg. \$2)

GET INVOLVED / GET CONNECTED

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 <bacwoods@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.

The **Perth Regional Heritage Fair** committee is looking for adult volunteers to assist with the day-long May 20, 2016 "Pioneer Encampment" at the Crystal Palace, Perth Basin. Involvement is requested to coordinate with Fair supervisors and workshop leaders to provide a safe and meaningful environment for students and the public at this 21st century tribute to the lifestyles and survival skills of the 19th century. Contact E. Theobald at <prhf.org> for more information.

Looking for a fun and social way to interact with folks of all ages? From August 5-7, Almonte's **Puppets Up! International Puppet Festival** <puppetsup.ca> has lots of fun jobs to choose from: ticket sellers, theatre hosts, parade marshals, stagehands, kids' craft tent helpers and more. Volunteers get festival T-shirts and festival passes. Contact Kris Riendeau, Volunteer Coordinator, at 256-0315 or <volunteer@puppetsup.ca>. We'd love to have you join our team!

The **Settlers Trek 2016** committee is looking for adult volunteers and participants to be involved with the re-enactment of the arrival of the first settlers to the Perth Military settlement in 1816. This program will focus on May 15-20, 2016 and cover land and water routes between Brockville and Perth. Visit <portlandonrideau.com> for more information.

This year the **Stewart Park Festival** is excited to celebrate their 25th Anniversary. The Festival will take place in Perth on July 14, 15, 16 and 17, 2016. 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 264-1190 for additional information.



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.



Join us and celebrate the heritage and culture of the Arnprior area at the **Arnprior and District Museum**. The Museum is undergoing exciting exhibit renovations, with a Grand Reopening on February 19! We seek volunteer team members of all skills and abilities to: research, develop exhibits, document artifacts, conserve textiles, assist with children's programs and greet visitors. Join us weekly, or for special events and programs. Students welcome! 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 fun-loving volunteers dedicated to growing and supporting the Museum through fundraising and community outreach. Like us on Facebook! To become a Friend, 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.

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 267-5060 x231. Be sure to like us on Facebook and follow us on Twitter!

The Smiths Falls **Heritage House Museum** is a bustling cultural facility offering an exciting opportunity to socialize and support the area's rich heritage. We're seeking help with baking, exhibit planning, special events, visitor services, educational programs, gardening, collections assistance, promotions, housekeeping & maintenance. Opportunities are tailored to suit the skills, needs or abilities of our dedicated volunteers. Please contact 283-6311, <heritagehouse@smithsfalls.ca> or drop by 11 Old Sly's Road (10:30AM-4:30PM, Monday to Friday). We can't wait to meet you!

Do you enjoy reminiscing? Have a love for local history? **Lanark & District Museum** has a fun team of volunteers who are dedicated to preserving the history of Lanark Highlands & Drummond Townships. We offer a great social atmosphere for you to get involved in the community, research local heritage, work with artifacts, design exhibits and special events. We would love to meet you! Contact us for more details at 259-2575 or <lanarkanddistrictmuseum@gmail.com>.

Barns and Books

If you are fascinated by old barns or have fond memories of being in a barn, you won't want to miss Claudia Smith's presentation of her new book: *Barns — A Reflection of Changing Times* on Saturday February 20 at the Almonte Branch of the Royal Canadian Legion. Reminiscent of the pioneer community spirit of barn raising, this event is a fundraiser with proceeds to the Syrian Refugee Committee of Mississippi Mills. Doors open at 1:30 with the talk at 2PM. Admission at the door is \$5.

Claudia's book celebrates the heritage barns of Lanark County, and it has been praised as "a good read and a long overdue treasure of information". She will share farm histories and anecdotes collected over the past twenty-five years, as well as photographs from her book that document the changes in agricultural life over the decades, from early settlement to the 1950s. Learn how people went about constructing a barn, and how barns were used on a day-to-day basis — from chores, to milking, to getting cows accustomed to the brightness of electric lighting.



Author Claudia Smith will speak about her new book: *Barns — A Reflection of Changing Times* on February 20 at the Almonte Legion. This event is a fundraiser for the Syrian Refugee Committee of Mississippi Mills

Barns were once a significant part of peoples' lives. They were essential to the livelihoods of farming families whose productivity, in turn, contributed to the wealth of the nation. Many styles and varied arrangements of barns evolved in the 19th and 20th centuries, from the first log shanty barns of settlement survival, to the threshing barns of a grain economy, to the big tim-

ber-frame structures of a dairy economy.

Claudia's presentation will celebrate and honour the wealth of heritage barns in Lanark County. You will never drive along a country road again without seeing barns in a new light! Remember to put February 20 on your calendar for this special event. For more details, please call Mill Street Books at 256-9090.

Songs of the Misty Isles

St. Andrew's United Church in Pakenham is proud to present "Songs of the Misty Isles", a harp concert featuring music and poetry from Scotland, Wales, Ireland and Brittany. The concert on Sunday afternoon, February 28 at 2PM, will feature Mary Muckle (harp), Julie Leduc (harp), and Marilyn Jenkins (voice), as well as members of the Ottawa Youth Harp Ensemble.

This is a return performance for Mary and some of the Ensemble, as they wowed an apprecia-

tive audience at St. Andrew's in 2010. The concert gets underway at 2PM and will be followed by refreshments. Admission is by a freewill offering, with proceeds being shared with the Syrian Refugee Committee of Mississippi Mills and St. Andrew's.

St. Andrew's is pleased to be able to host a diverse selection of events throughout the year. The acoustics in their sanctuary are wonderful. Do come and enjoy the emotional power and remarkable range of this ancient

instrument and the talented musicians playing them.

Mary Muckle is the director of The Ottawa Youth Harp Ensemble and an adult group, The Heart's Desire Harp Ensemble. Julie Leduc began harp lessons with Mary in Ottawa, and is a three-time Royal Conservatory of Music medallist. Marilyn Jenkins is a soprano who occasionally solos in church services and secular programs, and is a member of the Ottawa Festival Chorus at the National Arts Centre.

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Humm Bits

Pancake Supper at Maple Grove Adds Up

At Maple Grove School, we are focused on improving the reading and mathematics achievement of our students. We believe that providing students with enriching opportunities in these areas will have a positive effect on both their achievement in and their enthusiasm for these subjects. From 5 to 7:30PM on February 9 (Shrove Tuesday, aka Pancake Day), the Fundraising Committee of the Maple Grove School Parent Council is planning a Pancake Supper to support the school in these efforts. The cost to attend is \$5 per person or \$15 per family. We are raising money to provide an interest-building, one-day workshop for each classroom in the area of mathematics.

Maple Grove school is located at 151 George Street in Lanark Village, and their phone number is 259-2777.

— Submitted by Jason Wilkinson

"Flowers of the Camino" in Perth

This February 9, plan to experience a special excursion to the Iberian Peninsula when Penny Stewart presents "Flowers of the Camino" — about her 125km walk along the Portuguese route to Santiago, Spain — at the Perth Horticultural Society meeting. Come see the history, geography, and culture of this historic pilgrimage route, with a floral touch.

Horticulturist and photographer Penny Stewart combined her twin passions during her pilgrimage of the Camino Portuguese. Penny has been an active gardener for over fifty years, and is the current Ontario Horticulture Association (OHA) District 3 Director.

This meeting will be held Tuesday, February 9 at St. Paul's United Church, 25 Gore Street W. in Perth, beginning at 7PM. Please use the D'Arcy Street entrance. Everyone is welcome: membership in the Society is only \$10 per year; visitors pay \$3 for admission.

MVFN Talk: Purdon Conservation Area

Shannon Gutoskie of Mississippi Valley Conservation Authority will be guest speaker at the Mississippi Valley Field Naturalists' next meeting, February 18 at 7:30PM.

Shannon's talk, entitled "Purdon, Uniquely Natural", will focus on the Purdon Conservation Area and the unique natural features of this beautiful property, which include unique wetlands supporting a large colony of Showy Lady's Slipper orchids.

MVFN natural history talks take place on the third Thursday of every month, from January to April and September to November. All meetings start at 7:30PM at Almonte United Church, 106 Elgin Street in Almonte. A nature "show-and-tell" precedes the feature presentation, and refreshments and discussion close out the night. These nights are \$5 (free to MVFN members).

Celebrate Heritage Week

The North Lanark Historical Society will be holding its annual **Heritage Dinner and Silent Auction** on Friday, February 19 upstairs at the Almonte Legion, with social hour at 6PM and dinner at 7PM.

The guest speaker for the event is Rick Roberts, founder of Global Genealogy. Rick will be presenting "The Lanark Society Settlers, an Assisted Emigration Scheme". He will examine the circumstances that pushed settlers to leave all that was familiar to them, and the factors that pulled them to settle in the wilds of north Lanark County. The records used to locate Lanark Society Settlers' origins, migration and settlement will be identified and discussed. Many references to contrasting and supporting experiences of other individuals and families will be included. The talk will be illustrated with relevant images of places of Scottish origin, docklands, ships, accommodation, arrival, transportation and settlement, including maps and sample documents.

Tickets for the evening are \$30 per person and are available from the North Lanark Regional Museum (aka the Appleton Museum) at 257-8503, or at Baker Bob's.

Roll With L'Arche Bowl-a-thon

L'Arche Arnprior is having a Bowl-a-thon on March 13, to promote awareness and raise support for individuals with disabilities, and they would love to have you join them. Have fun and support a worthy cause! All proceeds will fund development opportunities for their members, helping them to have a meaningful day and to improve their quality of life. The event will be hosted by the Arnprior Bowling Centre. Register by dropping by their office in the Kenwood Centre at 16 Edward Street South, Suite 103, Arnprior. Pick up your participant sponsorship form there or email <developmentcoordinator@larchearnprior.org> to have one sent to you.

Music, Movies & Milling About in Almonte

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

Making Sweet Music

The weekend that just happens to include Valentine’s Day also offers a few opportunities to cozy up to your sweetie-pie on the dance floor. First up is the **Hopeless Romantics Valentines Show**, featuring local favourites Kelly Sloan, Matthew Chaffey and Curtis Chaffey. The great music gets underway at 8PM at the Almonte Legion on Friday, February 12, and tickets are \$15 at the door or from Baker Bob’s. For more information, call 256-7674.

And the very next night, you can shake your tailfeathers to the sounds of Judge A Book at the Almonte Civitan Hall. They’ll be playing a **Won’t You Be My Valentine** dinner and dance starting at 6PM on February 13, with proceeds going to the Syrian Refugee Committee of Mississippi Mills. The event also includes a silent auction. Tickets are \$35 from the Civitan Club —call 256-6234 to reserve yours!



Soup Up The February Blahs

With the cold, snowy weather settling in, there’s nothing like a nice hot bowl of soup to warm you up. On February 20, the Mississippi Valley Textile Museum’s annual **Soup for Thought** Luncheon Fundraiser aims to satisfy two appetites: your hunger and your aesthetic sense.

Food and museum lovers attending this popular event will enjoy gourmet soup from the best restaurants in Almonte and the Valley, and will take home the handmade stoneware bowl it was served in, courtesy of the Almonte Potter’s Guild.



Mid-Winter Milling

On Saturday, February 27, shops and cafés along Mill Street will welcome spiritual and self-awareness practitioners to the popular Mid-Winter Milling event in downtown Almonte. Everyone is invited 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 (sorry — no advance sign-ups), so come early for your favourites! And if you have some time between sessions, drop in at Current Works of Glass (at 112 Queen Street, next to the LCBO) to make a beautiful glass pendant for only \$10. For more details about participating shops and sessions, see the back page of this issue of theHumm or visit <midwintermilling.ca>.

February is full of fun! Catch the Chaffeys and Kelly Sloan in concert, dine and dance to raise money for Syrian refugees, sample delicious soup (and take home the bowl) at Soup For Thought, take in a movie, and do some Mid-Winter Milling!

This year there are two seatings, appropriately entitled Seating One (from 11:30AM to 1PM) and Seating Two (from 1:30 to 3PM). Tasty soups will be donated by the Mill Street Crepe Company, Ace Mercado, The Barley Mow, Foodies Fine Foods, Heirloom Café, Palms Coffee Shop, Café Postino, St. James Gate, Good Food Company, Superior Restaurant, the Waterfront Gastropub, and community volunteers. The Friends of the Mississippi Valley Textile Museum will be providing tasty desserts.

Tickets are \$20 each, but children under 12 eat free (but no bowl to take home). Tickets will be available in Almonte at the Mississippi Valley Textile Museum, Baker Bob’s, and Pêches et Poivre. Be sure to get your tickets in advance, as only 150 tickets will be sold for each seating. Don’t miss this chance to have a wonderful lunch in a former textile mill, and take home a one-of-a-kind treasure!

Movies in a Mill

Movies on the Mississippi is going strong in 2016. They are keen to get you out into the cold air and over to the Mississippi Valley Textile Museum to see some world-class films, presented by Hub Hospice Palliative Care in conjunction with the Toronto International Film Festival.

On February 21, they invite you to *This Changes Everything*. Inspired by Naomi Klein’s international non-fiction bestseller, the film presents seven powerful portraits of communities on the front lines of the struggle between climate change and the economic system, from Montana’s Powder River Basin to the Alberta Tar Sands, from the coast of South India to Beijing and beyond. Throughout the film, Klein builds to her most controversial and exciting idea: that we can seize the existential crisis of climate change to transform our failed economic system into something radically better. The film will be screened at 2:30PM at the MVTM, and tickets (\$12) are available at Baker Bob’s and Pêches & Poivre in Almonte, or at the door. Find more details about this and future films at <hubhospice.com>.

And speaking of getting out and about, the fourth annual **Hike for Hospice** will take place on May 1, from 1 to 3PM at the Mill of Kintail. Pledge forms will be available in April at the Hub or online at <hubhospice.com>.



Art from the Heart



ATTENTION: CHRISTIAN ARTISTS & ARTISANS

If you would like to participate in an interdenominational Christian art exhibition and sale in Perth on June 3, 4 & 5, please contact lynn@divinemercycentre.com

or pick up an application form at Art and Class, 53 Gore Street in Perth.



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Valentine's Dinner Menu

Saturday, February 13, 2016

SOUP

butternut squash and pear

SALAD

baby spinach, pine nuts, cranberry, parmesan, lemon thyme vinaigrette

CREPE

BAKED SALMON with fennel, pernod

GRILLED FILET MIGNON with mushrooms, leeks, spinach

PAELLA with shrimp, scallops, chorizo, chicken

DESSERT

triple chocolate torte

caramel nut cheesecake brûlée

\$40 per person, tax and gratuity extra

Reservations highly recommended



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Lunch: Mon - Fri 11am-2:30pm • Sat - Sun 10am-3pm • Dinner: Thursday - Saturday 5pm-8pm

Thanks to the “Crazies”

We live in a wonderful community that never ceases to tease my taste buds with live music. Varied tastes can be satisfied on a fairly regular basis — be it jazz, folk, country, choral, concert band... the list goes on.

There's a good bunch of crazies (volunteers) in this area, you know. I say “crazies” out of respect, because I wonder if people actually realize why and how events end up happening in our fair shires, and the amount of

but behind the scenes it's those crazies who really make it happen.

These folks work on booking events — which can entail negotiating costs of acts, working with schedules of space availability for practice, as well as set-ups, load-ins and load-outs. They're busy creating programs, securing proper equipment, arranging advertising and the selling of tickets, and rounding up other crews of crazies to do the little things that make it all work, often to raise money for some local cause.

My involvement with Stewart Park Festival in Perth every summer helps me appreciate the more than 100 volunteers who keep it happening over that three-day weekend in July. A small committee meets year-round to keep everything moving forward, but it's those weekend volunteers who get it done. There are also many summer festivals and fairs throughout our area that host similar entertainment events, which rely on their own core groups of volunteers to continue putting them on for us each year.

We as communities are enriched by the artistic affluence and variety of experiences available, mostly thanks to the support of volunteers. Service clubs such as Legions, Civitans and Lions Clubs raise funds to help support their communities and keep their halls viable and available for use, offering affordable space for groups to host fundraising events such as dances, bingos and wedding receptions. None of these spaces would be there if it weren't for the dedication of those volunteers.

Besides the creative arts, there are, of course, volunteers everywhere. Coaches, various group leaders, committee members, hospital volunteers — the list is extensive when you really think about it. To those who *do* volunteer, please know you ALL make a big difference in each of our communities.

Yeah, we take a lot for granted when we rush in and plunk our butts into the seat to take it all in. Thank you and God bless all you “crazies” out there. Your zeal creates a pulse throughout our communities that keeps us alive and well!

Upcoming Events

- On Sunday, February 7, from 2 to 8PM, the 25th annual **Ron McMunn Country Music Heart Jam** takes place upstairs at the Carleton Place Arena. Ron's sons, Jeff and Jamie, along with an industrious organizing committee, have carried on their late dad's fundraising tradition and will be joined by many of the Ottawa Country Music Hall of Fame's esteemed stars. This year's line-up includes Ray and Glen Adams, Cheryl Adrain Derman, Neville Wells, Dennis Whitty and many others. Dancing is welcome! Tickets are \$15, from the CP Town Hall, Temptations (CP), Mark's Cobbler Shop (Perth), Naismith Sports Pub (Almonte) and Nicholson's Sundries (Pakenham).



Just a few of the “crazies” who volunteer...

All proceeds go to the University of Ottawa Heart Institute.

- On Sunday, February 21 at 2PM, the **Ottawa Valley Opry Show & Dance** and Freddy Dixon's CD Release Party take place at the Perth Royal Canadian Legion. Performers include Arlene Quinn, Steve Piticco, Peter Dawson, Jamie McMunn, Wayne Mills, Terry Kittmer, Jack Denovan and Fred DuCharme, with the one and only Charlie Kitts as MC. Tickets are \$20 at Shadowfax.
- And on Saturday, February 27, **The Outside Track** play the Sharbot Lake Country Inn — featuring their Irish, Scottish, Cape Breton fusion of songs, tunes and step-dance. Performers include Mairi Rankin (Beolach, Rankin Family); Teresa Horgan from County Cork, Ireland; Ailie Robertson from Edinburgh, Scotland; and Fiona Black from Evanton, Scotland. Call Sandra at 279-2198 for reservations.

Support live music — and volunteers — everywhere!

by Steve Tennant

work involved. Who in their right mind would, on their own time, after a busy day at work, dig down to help organize? Varied venue sites including church halls, school auditoriums, studio theatres, parks and pubs, restaurants and coffee shops, all create opportunities for us to attend and be entertained by something more than the TV and its growing assortment of accessories. All thanks to those crazies.

When you live in a small rural area that offers so much, it doesn't take long to realize that most stuff happens thanks to individual crazies and groups of crazies. For no reason other than their own passion for the arts and their desire to share their love for whatever discipline catches their heart, they give so much personal time and energy. At events it's usually the artists who glean most of the recognition,



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DAYTIME EVENTS
at **CONLON FARM**

1:00-4:00pm
Tyke Obstacle Course, Tobogganing, Outdoor Skating Pad, Frisbee Snow Golf, Art Canvas Ice Wall, Outdoor Bonfire

2:00-4:00pm
Facepainting (inside the chalet)

2:00pm
Youth Obstacle Course

3:00pm
Battle of the Bicentennial Flag

NIGHTTIME EVENTS
at the **CRYSTAL PALACE**

7:00pm
Crystal Palace Ice Bar:
sponsored by the Perth Brewery and Top Shelf Distillers
Outdoor Bonfire
Live Entertainment Featuring:
The Riq Turner Band
\$5 Cover, 19+

9:00pm
Fireworks







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Presented by the Town of Perth as part of the Perth 200th Anniversary Celebrations. www.perth200.ca

Perth Fires it Up in February!

Cold? Feeling cooped up? Tired of all this snow? Tian Tian the giant panda at the Smithsonian National Zoo isn't... but that's another story. Let's see if there's anything happening in Perth this month to warm your cockles, shall we?

And, well, of course there is! Why not kick off February in fine form by enjoying a fantastic concert by one of Canada's fin-

by John Pigeau

est concert bands? (That's not a question, really. It's more like a warm invite.) The **Governor General's Foot Guards Band** is coming to Perth and will be performing a special show at St. Paul's United Church on Saturday, February 6. The 30-piece concert band is part of the most senior reserve infantry regiment in Canada, dating back to its formation in 1872. The band shares a close connection to the Governor General and provides music for many ceremonies in the Ottawa area. This special performance will include a variety of traditional, military and popular music, including the Finale from Saint-Saens' *Symphony #2* arranged for band and organ by Brad Mills, St. Paul's Director of Music. The night's program will also feature music from the *Star Wars* movies. Admission to the concert is free but donations will be accepted to help with advertising costs. The concert begins at 7:30PM. For further information, please visit <stpauls-uc-perth.org>.



But maybe, like Tian Tian the giant panda, you like the cold? Perhaps you're one of those folks who fully embrace the icy, merciless abyss (that is winter in Ontario) with the verve of a giant panda turning somersaults in blizzard conditions with a dozen feet of freshly fallen powder snowdrifts? If so, Perth Tourism has something special planned for you! On Saturday, February 13, officially launching the Town's 200th Anniversary celebrations, Perth Tourism invites one and all to take part in the **Fire and Ice** extravaganza happening at Conlon Farm and the Crystal Palace. This is the first of three signature events planned by the Town to celebrate Perth's 200th anniversary, and it sounds like a whole lot of fun. Daytime events at Conlon Farm are geared toward the whole family, and they run from 1 to 4PM, including a tyke obstacle course, tobogganing, outdoor skating, Frisbee snow golf, face painting, a bonfire, and, at 3PM, a Battle for the Centennial Flag. Dressing warmly would be a good idea (listen to your Mom!), and I'm guessing hot beverages will be available on site. Nighttime events kick off at 7PM at the Crystal Palace with drinks at the Crystal Palace Ice Bar (sponsored by Perth Brewery and Top Shelf Distilleries), an outdoor bonfire, live entertainment featuring the Riq Turner Band, and fireworks at 9PM on the nose. The cover charge for the night's festivities is \$5, and you must be 19 or older to attend. For more information, contact Cathy at <cathy@catscovecommunications.com>.



Warm up with a concert by the Governor General's Foot Guards Band on February 6 (left), then find refreshment at the ice bar at Perth's Fire and Ice event on February 13 (above)

If you want to learn more about or volunteer for the Perth 200th Anniversary celebrations, please visit <perth200.ca>.

Need some laughs? **BarnDoor Productions** continues its 21st season with *A Life in the Theatre*, a comedy by David Mamet. The play has been called a "comic masterpiece". The folks at BarnDoor just say: "It's really funny!" After two decades of staging extraordinary community theatre, I'll take their word for it. The show, featuring David Bird and Chris Angel, runs from February 19 to 28. You can reserve tickets for \$20 by calling the Full Circle Theatre at 267-1884. Tickets at the door are \$22. Students pay \$10. For more details about performance dates and such, please visit <barndoorproductions.ca>.

If you're interested in playing a part in BarnDoor's upcoming production of *The Last Deadman*, they invite you to **audition** on Monday, February 8 with the warm reminder that "community theatre doesn't happen without the community." BarnDoor welcomes all to "come out and have some fun in a non-pressure audition situation." That's nice to know, isn't it? For their full audition schedule, you can also visit their website.

Volunteering in Perth

If you've scanned this month's issue, you will have noticed there is a lot of talk about volunteering, and profiles on some wonderful volunteer groups. This is a February tradition at *theHumm* — one I am proud to be a small part of. There are many things that make Perth a great town; I think one of those is the vitality of its volunteer community — so many wonderful folks who freely and happily give their time, energy, and enthusiasm to the many valuable community groups in and about the old town.

There are far too many amazing volunteer groups to list off in one brief column — which is a shame, and I apologize for not being able to mention all of them — but it always warms my heart to think of all the good work the **Perth Civitan Club** does for the town. A quick visit to their website <perthcivitan.org> reveals a long list of projects they've initiated or helped out with, from Blood Donor Clinics to Country Music Jams to bingos and bake sales, and their ongoing projects and fundraising efforts have benefited so many people in the town of Perth since 1965. Hats off to the many good folks who volunteer with the Civitan Club of Perth, and have at some point over the last fifty years.

If you would like to become a member, please visit the Civitan website or give them a call at 267-2181. My bet is you will be happy you called.

Great thanks and hats off also to every volunteer group in Perth. A sincere thank you for all you do for the community!

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See pages 9 & 23 to volunteer for **AREA MUSEUMS!**

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**See pages 7 & 8 to volunteer for
ARTS ORGANIZATIONS!**



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New-Fangled, Old-Fashioned Folk Music

The Folkus concert on February 27 features a couple of homegrown treats. Organizers are excited to bring you an old-school folk show for the modern era, featuring local talent that will bring you to your feet or to your knees.

Working from a home studio near Arnprior, **Craig Cardiff** remains something of a secret treasure in the Ottawa Valley. He plays across North America, has passionate fans who help him book shows in their hometowns, yet he remains quietly anonymous at home.

Cardiff has released an album a year for the past fifteen years, until the most recent exception: a double album, with one side recorded with a full band, the other solo and acoustic. *Love is Louder (Than All This Noise)* is the work of an artist in his prime: vocals raw when they deserve it, yet perfectly in tune; nimble guitar work that supports the melody without needing to show off; and his songs are thoughtful, assured, and lovely.

Cardiff is tender, not just in his love songs (although there are many), but also when describing the characters he meets on the road. *Lenny Bruce Lee*, whose protagonist is "more Lenny Bruce than Bruce Lee", is a recent gem. His most tender song, though, is *Father Daughter Dance*, which is sure to be played at weddings for generations.

Comparisons for those who haven't heard him? To one generation, he'll sound like Jesse Winchester. For younger music fans, he's like a homegrown Glen Hansard. Perhaps it's enough to say he's worth hearing. In the words of Gordon Lightfoot, "[Craig is] a songwriter who needs to be heard."

Opening for Cardiff will be **Jennifer Noxon** and **Brendan Gawn**. Noxon has two recordings to her name as a solo artist, was a founding member of the folk trio Frida's Brow, and played music across Canada. However, she is best known locally for her fine



The second Folkus concert of the season features Arnprior's Craig Cardiff (above) with Almonte's Jennifer Noxon and Brendan Gawn opening, and takes place on February 27

art paintings (see the January issue of theHumm!) and her wonderful choir work. Noxon and Gawn are delightful together; listening to them play is like being invited to the best of kitchen parties.

Due to strong advance sales, only 45 38 tickets will be available online. Additional tickets are available at Mill Street Books in Almonte.

As always, Folkus shows happen at the Almonte Old Town Hall, in the fabulous Ron Caron Auditorium. Doors open at 7:30PM; seating is on a first-come, first-served basis. Beer by Whitewater Brewing Co., and other fine Ontario beverages are also available at the cash bar. Questions? <hello@folkusalmonte.com>; details and tickets at <folkusalmonte.com>.

Bridging Generations Community Forums in Pakenham

A **Seniors' Forum** is set for Sunday, February 7, 12:30-4PM at Pakenham Public School. Organizers are reaching out to Pakenham seniors to join in a free lunch and conversation about what makes Pakenham a wonderful place to live. They will also be taking a peek into the future to discuss necessary supports that help people to remain in, and be a vital part of, their community.

For catering purposes, they ask that participants register by calling or emailing Brenda Hurtle by ASAP. You can reach Brenda at 624-5600 or <bh@myhighspeed.ca>. Transportation to and from the Seniors' Forum is available.

Mills Community Support was successful in securing funds through the Seniors' Community Grant Program of the Ministry of Citizenship, Immigration, and International Trade, to host some community conversations in Pakenham Ward of

Mississippi Mills. A long list of supporting community partners for this project include Pakenham Public School, Pakenham Civitan Club, Community Home Support Lanark County, Mississippi Mills Chamber of Commerce, Pakenham Senior Citizens Club 264, and the Town of Mississippi Mills. The second event is a **full community forum** and will be held on Tuesday, March 8 at 7PM at Pakenham Public School. This event will build on what was heard at the Seniors' Forum.

The third event is a **community potluck dinner** on Thursday, March 31 at 6PM, also at Pakenham Public School. We will share a small report based on the information collected from the previous two forums.

We look forward to seeing you!
— Myrna Blair, Brenda Hurtle, Paddy Mann, Jeff Mills, and Sherryl Smith



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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.

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, fruit and meat that taste great and are full of nutrients. 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

Bluegrass Farm Winter CSA

714 Kinch Street, Jasper
Contact Leela or Brad at 613-402-2583
leela@bluegrassfarm.ca
www.bluegrassfarm.ca

Bluegrass Farm is a certified organic vegetable farm outside of Smiths Falls. Our innovative heated greenhouses allow us to grow greens year-round. We offer a unique winter CSA with 10 biweekly deliveries from October through March. Each basket combines carefully preserved root crops with fresh salad and greens from the greenhouses. CSA shares can be picked up in Perth, at our farm, or at several Ottawa locations. This winter’s CSA sold out quickly, but you can get first dibs on next winter’s shares! Visit our website for details and to sign up for our newsletter, and we’ll contact you this summer when shares go on sale for winter 2016-2017.

Goodwoods Farm CSA

1981 6th Line Beckwith, Smith Falls
Contact us at 613-257-7168
www.naturallamb.ca

We have a limited number of organic pasture raised chickens and turkeys available for 2016. We also have organic eggs and lamb available at our farm.

Lanark Highlands Grass Fed Beef

Contact Judy at 613-228-4084 or 613-268-2772
www.LanarkHighlandsGrassfedBeef.ca
Farm gate sales in Maberly or prearranged in Ottawa near Maitland exit on Queensway.
Extra lean ground beef \$8.00/lb (7lb box), \$7.00/lb (20lb box)
Grass fed, grass finished, extra lean, no hormones, no pesticides, small scale, local production. Opportunities to work on farm for a day of gardening for a box of beef, if you’re woman enough.

Miller’s Bay Farm

65 Rideau Ferry Road, Lombardy
Contact Robert & Shannon Miller at 613-283-0205
millersfarmfresh@gmail.com
www.millersbayfarm.com

Miller’s Bay Farm is a 4th generation family farm that is home to the “Bountiful Basket” Program, now gearing up for its fourth season. Our weekly baskets contain conventionally, sustainably grown produce only — and everything we sell is produced right here at the farm. The 15-week program runs from late June through Thanksgiving, with pick-up options in Perth, Smiths Falls and at the farm. Program registration will begin in late February. Visit our website to sign up for our “Farm Fresh Alerts” and be among the first to be notified.

Rock-N-Horse Farm

1267 Rae Road, Almonte
Contact Arlee & Diane at 613-256-6117
am.sheets@hotmail.com
www.rocknhorsefarm.ca
Our CSA is 14 weeks beginning end of June. Weekly pickup at the farm. We also have beef, pork, lamb, chicken, turkey, eggs, maple syrup, honey, bread, flour, preserves, sweets and more to add to your veggies.

Saffire Farms

282 Bennies Corners Road, Almonte
Contact Gord or Brad at 613-256-3383
saffirefarms@gmail.com
www.saffirefarms.ca

CSA runs for 19 weeks from June 6 to October 13. Pick up at the farm on Mondays, delivery to Ottawa on 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 17 to December.

Seanic Farms

437 Poonamalie Side Road, Smiths Falls
Contact: Roy or Carole at 613-283-3739
seanicfarms@gmail.com
Seanic Farms offers a large variety of vegetables grown without the use of chemicals. Weekly basket pick-up at farm gate starting June 28 until Oct. 25 (18 weeks). Full or half shares available. Grass-fed Highland beef raised without the use of hormones or antibiotics is available by the side, quarter or individual cuts.

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
sylviasplantplace@gmail.com
www.sylviasplantplace.ca
A weekly bouquet of fresh locally grown flowers from June 24 to September 2. 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.

Two Rivers Local Food Basket

361 Queen St. Unit 5000, Smiths Falls
Contact Bruce or Sarah at 613-205-1338
info@tworiversfoodhub.com
tworiversfoodhub.com
The Two Rivers Food Hub, a not-for-profit social enterprise supporting area farmers, offers a multi-farm basket with product from several small, diverse farms from throughout the region. Support your community while enjoying 18 weeks of fresh produce! All products are local and source identified. Small, large and “giving back” basket options available, as well as grocery add-ons through our online ordering platform.

**For more information about local food, farm-gate sales and CSAs, visit
lanarklocalflavour.ca**

Claiming Column

Green Party Fundraiser, Almonte, Mar 5
 Elvis (Matt Cage), SF, Mar 5
 Pakenham Community Forum, Mar 8
 L'Arche Bowl-a-thon, Arnprior, Mar 13
 Jubilee Choir & Orchestra, Perth, Mar 19
 SRO Tea Dance, Almonte, Mar 20
 Angel Forrest Band, Westport, Mar 25
 Allison Lupton/KEWT, Almonte, Mar 26
 Self Help, Perth, Mar 31-Apr 10
 Pakenham Home Show, Apr 1-3
 Maple Run Studio Tour, Pakenham, Apr 2-3
 Toronto All-Star Big Band, Perth, Apr 15

Visual Arts

Paint Nite for Arnprior Humane Soc., Feb 3, 7-9PM. Art & cocktails. John St. Pub, Arnprior: 623-0916, \$45
Mississippi Wood Carvers Mtg. Feb 5 & 19, 1-4PM. Experienced & newbies. Almonte Library. mwcarvers@gmail.com
Vernissage: Zoe Emily Lianga. Feb 5, 7-10PM. Fibre artist. MERA Schoolhouse, McDonalds Corners
Almonte Quilters' Guild. Feb 15, 7-9PM. Almonte Civitan Hall. 257-8444, almontequiltersguild.com
Lanark County Quilters Guild. Feb 23, 1PM. Textile Museum trunk show. Lions Hall, Perth Fairgrounds. \$3 guests
Arnprior & District Quilters' Guild. Feb 24, 7-9PM. Christian Ed Centre. Arnprior: arnpriordistrictquiltersguild.com. \$5; \$25/yr
Vernissage: Cathy Blake. Feb 25, 7-9PM. Paintings & mixed media. Fairview Manor, 75 Spring St., Almonte

Youth

Tay Bells Winter Celebrations. Feb 6, 1-4PM. Horse-drawn sleigh rides, games, crafts, fiddlers. Maberly Hall. Free
Fire & Ice at Conlon Farm. Feb 13, 1-4PM. Tobogganing, skating, games, refreshments. Conlon Farm, Perth. perth200.ca
Westport Arts Council Winter Games. Feb 14, 11AM-4PM. Wagon rides, petting zoo, tug of war. westportartsCouncil.com
Family Fun Day. Feb 15, 1-5PM. Skating, snowshoeing, karaoke, crafts, hot choc. N. Crosby ComCtr. westportartsCouncil.com

Theatre

Film Night International presents *The Second Mother* Feb 3, 2 & 7PM (Full Circle Theatre, Perth); Feb 4, 7PM (Station Theatre, SF); *Trumbo* Feb 17, 2 & 7PM (Perth); Feb 18, 7PM (SF); *Labyrinth of Lies* Mar 2, 2 & 7PM (Perth); Mar 3, 7PM (SF). \$10. filmnightinternational.blogspot.ca
The Game's Afoot. Feb 4-6, 12-13 at 8PM; Feb 7, 14 at 2PM. Tickets at Book Nook, Shadowfax, Tickets Please. Studio Theatre, Perth. studiotheatreperth.com. \$24/\$22
Audition: The Last Deadman. Feb 8, 7PM. Ages 16 to 23. Full Circle Theatre, Perth. 267-1884, barndoorproductions.ca
Suffragette. Feb 12-13, 7:30PM. Station Theatre, SF. 283-0300, smithsfallsTheatre.com. \$10 (cash)
A Life in the Theatre. Feb 19-20, 25-27 at 8PM; Feb 21, 28 at 2PM. Full Circle Theatre, Perth. 267-1884. \$22/\$20/\$10
O'Brien Renfrew Film Series. 7:30PM. Feb 21 (3:45PM) & Feb 22 *Brooklyn*; Feb 21, 24 45 Years; Feb 19, 20, 23, 25 TBA. obrientheatre.com. 432-0866
Fox on the Fairway. Feb 19-20, 25-27, 7:30PM; Feb 21, 28 2PM. SF Community Theatre. Station Theatre, SF. 283-0300, smithsfallsTheatre.com. \$20/\$10

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <ul style="list-style-type: none"> 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 SF Duplicate Bridge, Smiths Falls 🎵 Trivia Night, Westport 	<p>2</p> <ul style="list-style-type: none"> 🎵 4-Hand Euchre, Perth 🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub 🎵 Green Drinks, Perth 🎵 SF Duplicate Bridge, Smiths Falls 	<ul style="list-style-type: none"> 🎵 Acoustic Stage, O'Reilly's Pub 🎵 Almonte Duplicate Bridge, Almonte 🎵 Karaoke, Golden Arrow 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic w/Jimmy Tri-Tone Band, Valley Food & Drink Co. 🎵 Open Mic w/Kevin Ficzere, Waterfront Gastropub 🎨 Paint Nite for Arnprior Humane Soc., Arnprior 🎵 Shawn McCullough, The Cove 🎵 The Second Mother, Perth 	<ul style="list-style-type: none"> 🎵 Jazz at the Queen's, Queen's Hotel 🎵 Karaoke w/Scotty, Valley Food & Drink Co. 🎵 Kitchen Party w/Jimmy Tri-Tone Band, The Barley Mow 🎵 Toastmasters Club, CP 🎵 Musicians' Circle, Bolingbroke 🎵 Open Mic, Golden Arrow 🎵 Open Mic, Alice's Village Cafe 🎵 The Game's Afoot, Perth 🎵 The Second Mother, Smiths Falls
<p>3</p> <ul style="list-style-type: none"> 🎨 Audition: The Last Deadman, Perth 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 SF Duplicate Bridge, Smiths Falls 🎵 Trivia Night, Westport 	<p>4</p> <ul style="list-style-type: none"> 🎵 4-Hand Euchre, Perth 🎵 Adult Bereavement Group, Perth 🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub 🎨 Pancake Supper for School, Lanark Village 🎵 Perth Hort: Flowers of the Camino, Perth 🎵 SF Duplicate Bridge, Smiths Falls 🎵 W. Carleton Garden Club, Carp 	<ul style="list-style-type: none"> 🎵 Acoustic Stage, O'Reilly's Pub 🎵 Almonte Duplicate Bridge, Almonte 🎵 Matt Dickson, Golden Arrow 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic, Valley Food & Drink Co. 🎵 Open Mic, Waterfront Gastropub 🎵 Shawn McCullough, The Cove 	<ul style="list-style-type: none"> 🎵 George Turcotte & Band, Barley Mow 🎵 Karaoke, Golden Arrow 🎵 Karaoke w/Scotty, Valley Food & Drink Co. 🎵 Kitchen Party w/Jimmy Tri-Tone Band, Love That Barr 🎵 Toastmasters Club, CP 🎵 Musicians' Circle, Bolingbroke 🎵 Open Mic, Alice's Village Cafe
<p>5</p> <ul style="list-style-type: none"> 🎨 Almonte Quilters' Guild, Almonte 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 Family Fun Day, North Crosby 🎵 SF Duplicate Bridge, Smiths Falls 🎵 Family Fun Day, Kinburn 🎵 Trivia Night, Westport 	<p>6</p> <ul style="list-style-type: none"> 🎵 4-Hand Euchre, Perth 🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub 🎵 SF Duplicate Bridge, Smiths Falls 	<ul style="list-style-type: none"> 🎵 Acoustic Stage, O'Reilly's Pub 🎵 Almonte Duplicate Bridge, Almonte 🎵 Karaoke, Golden Arrow 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic, Valley Food & Drink Co. 🎵 Open Mic, Waterfront Gastropub 🎵 Shawn McCullough, The Cove 🎵 Trumbo, Perth 	<ul style="list-style-type: none"> 🎵 Karaoke, Valley Food & Drink Co. 🎵 Kitchen Party, The Barley Mow 🎵 Toastmasters Club, CP 🎵 Musicians' Circle, Bolingbroke 🎵 MVFN: Nature Talk, Almonte 🎵 Open Jam, John St. Pub 🎵 Open Mic, Golden Arrow 🎵 Open Mic, Alice's Village Cafe 🎵 Trumbo, Smiths Falls
<p>7</p> <ul style="list-style-type: none"> 🎵 Almonte Horticultural Soc., Almonte 🎵 Bereavement Support Group, Almonte 🎵 Brooklyn, Renfrew 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 SF Duplicate Bridge, Smiths Falls 🎵 Trivia Night, Westport 	<p>8</p> <ul style="list-style-type: none"> 🎵 4-Hand Euchre, Perth 🎵 Adult Bereavement Group, SF 🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub 🎨 Classic Film, Renfrew 🎨 Lanark Cty Quilters Guild, Perth 🎵 SF Duplicate Bridge, Smiths Falls 🎵 Walking/Learn to Run Info Session, Carp 	<ul style="list-style-type: none"> 🎨 45 Years, Renfrew 🎵 Acoustic Stage, O'Reilly's Pub 🎵 Almonte Duplicate Bridge, Almonte 🎨 Arnprior Quilters' Guild, Arnprior 🎵 Karaoke, Golden Arrow 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic, Valley Food & Drink Co. 🎵 Open Mic, Waterfront Gastropub 🎵 Shawn McCullough, The Cove 	<ul style="list-style-type: none"> 🎨 A Life in the Theatre, Perth 🎨 Classic Film, Renfrew 🎨 Fox on the Fairway, Smiths Falls 🎵 George Turcotte & Band, Barley Mow 🎵 Karaoke w/Scotty, Valley Food & Drink Co. 🎵 Kitchen Party, Love That Barr 🎵 Toastmasters Club, CP 🎵 Musicians' Circle, Bolingbroke 🎵 Open Mic, Golden Arrow 🎵 Open Mic, Alice's Village Cafe 🎨 Vernissage: Cathy Blake, Almonte
<p>8</p> <ul style="list-style-type: none"> 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 SF Duplicate Bridge, Smiths Falls 🎵 Trivia Night, Westport 	<p>9</p> <ul style="list-style-type: none"> 🎵 4-Hand Euchre, Perth 🎵 Brock Zeman & Blair Hogan, O'Reilly's Pub 🎵 Green Drinks, Perth 🎵 SF Duplicate Bridge, Smiths Falls 	<ul style="list-style-type: none"> 🎵 Acoustic Stage, O'Reilly's Pub 🎵 Almonte Duplicate Bridge, Almonte 🎵 CP Hort: Bonsai, Carleton Place 🎨 Labyrinth of Lies, Perth 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Mic, Waterfront Gastropub 🎵 Shawn McCullough, The Cove 	<ul style="list-style-type: none"> 🎵 Karaoke w/Scotty, Valley Food & Drink Co. 🎨 Labyrinth of Lies, Smiths Falls 🎵 Toastmasters Club, CP 🎵 Musicians' Circle, Bolingbroke 🎵 Open Mic, Alice's Village Cafe

Westport Film Society: Feb 19, 6:30PM. A film by Peter Weir. Westport United Church. westportfilm@gmail.com. Free
Live at the Met: Tannhauser. Feb 20, 1PM. O'Brien Theatre, Renfrew. 432-0866, obrientheatre.com. \$22
This Changes Everything. Feb 21, 2:30PM. Film supporting Hub Hospice. Textile Museum, Almonte. hubhospice.com. \$12
Hyddie Hoe & Dixie Landers. Feb 27, 8PM. Fundraiser for Almonte Academy of Dance trip. CP Arena. 315-4355. \$20
Oscar Night in Perth. Feb 28. 3-course dinner at The Stone Cellar, Academy Awards, & more. Studio Theatre, Perth. 485-6434, ticketsplease.ca. \$100

Literature 📖
Barns Book Talk. Feb 20, 2-4PM. Claudia Smith's tales & photos. Syrian refugee fundraiser. Almonte Legion. 256-1487. \$5

Local Food

Fulton's Pancake House Opening Day. Feb 13, 9AM-4PM. Interactive family activities by the campfire, sleigh rides, maple taffy. 399 Sugar Bush Rd., Pakenham. fultons.ca
Seedy Saturday. Feb 20, 9AM-3PM. Seed & garden supply swap, workshops, vendors. Almonte Civitan Hall, \$2

Music

Musicians' Circle. Thursdays, 7PM. Thursdays. Musicians only, all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall
Governor General's Foot Guards Band. Feb 6, 7:30PM. St Paul's United Church, Perth. stpauls-uc-perth.org. Free
Goulbourn Jubilee Singers Viennese Concert. Feb 7, 2PM. Trinity Presbyterian Church, Carp. 591-1937. \$25/\$10

Ron McMunn Country Music Heart Jam. Feb 7, 2-8PM. \$15. Temptations, Naismith Pub, Nicholson's. CPArena
Chaffey's & Kelly Sloan. Feb 12, 8PM. The Hopeless Romantics Valentine's Show. \$15 at Baker Bob's. Almonte Legion, 256-7674
Kyle Felhaver. Feb 13, 8PM-12AM. Square dance, silent auction. St. George's Church, Clayton. 256-9010, \$15/\$12
Jeff Code & the Silver Wings Band. Feb 14, 2-6PM. Westport Legion, westportartsCouncil.com
BOTR: Jack deKeyzer Band. Feb 19, 7-11PM. The Cove, Westport. 1-888-COVE-INN, bluesontherideau.ca. \$65+tax dinner & show. Call to reserve
Ottawa Cape Breton Session. Feb 20, 7:30PM. St. James Anglican Church, CP. 257-3178, stjamescarletonplace.org. \$20
Ottawa Valley Opry Show & Dance. Feb 21, 2PM. Freddie Dixon's CD release party. Perth Legion. \$20 at Shadowfax

SRO Big Band Tea Dance. Feb 21, 1-4PM. Almonte Old Town Hall. 692-5380, sroteadances.org. \$14; \$25 couple
Syrian Refugee Fundraising Concert. Feb 21, 2-4:30PM. MERA, McDonalds Corners. 259-2452. By donation
Craig Cardiff w/Jennifer Noxon. Feb 27, 8PM. \$30 at Mill St Books, folkusalmonte.com, or door. Almonte Old Town Hall
Choral Evensong. Feb 28, 4PM. St. James Anglican Church, Perth. 267-1163, stjamesperth.ca
Songs of the Misty Isles. Feb 28, 2PM. Harp & vocals from UK, Ireland, Brittany. Fundraiser. St. Andrew's United Church, Pakenham. Freewill donation
Trad Song Session. Feb 28, 2-4PM. The Barley Mow, Almonte. 355-5552, dpbaril@gmail.com
Generations Inn (CP, 253-5253): Feb 21 The NightCrawlers acoustic blues, 6-9PM, no cover

FEBRUARY 2016

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Art Lajambe, The Cove Suns of Stone, John St. Pub Mississippi Wood Carvers Mtg, Almonte Riq Turner, Golden Arrow Smitty, O'Reilly's Pub Steve Barrette Trio, The Swan at Carp The Game's Afoot, Perth Vernissage: Zoe Lianga, McDonalds Corners 	<ul style="list-style-type: none"> Governor General's Foot Guards Band, Perth Hair Force 1, John St. Pub Head over Heels, The Cove Music Trivia Night, Valley Food & Drink Co. Tay Bells Heritage Winter Celebrations, Maberly The Game's Afoot, Perth Toy & Collectible Show & Sale, Almonte 	<ul style="list-style-type: none"> Blues w/Barry Buse, Waterfront Gastropub Goulbourn Jubilee Singers Viennese Concert, Carp Magnolia Rhythm Kings, The Royal Oak Open Mic w/Kelly Sloan, Ashton Pub Pakenham Seniors' Forum, Pakenham Ron McMunn Country Music Heart Jam, CP The Game's Afoot, Perth Valley Singles Lunch, Renfrew
<ul style="list-style-type: none"> Chaffey's & Kelly Sloan, Almonte Jimmy Tri-Tone Band, The Barley Mow John Wilberforce, The Cove Kip & the Goodtimers, John St. Pub Open Mic, Golden Arrow Suffragette, Smiths Falls The Game's Afoot, Perth Tom Watson, O'Reilly's Pub 	<ul style="list-style-type: none"> Music & Board Game Night, Valley Food & Drink Co. Fire & Ice, Perth Fulton's Pancake House Opening Day, Pakenham Love the Blues w/Peter Brown, Love That Barr Shawn McCullough, Golden Arrow Suffragette, Smiths Falls The Game's Afoot, Perth The Working Class w/Sidepipe, John St. Pub Valentine Book Sale, Perth Valentine Dance: Kyle Felhaver & Friends, Clayton Valentine's Dinner Dance (Syrian Fundraiser), Almonte Valentine's Dinner w/Head over Heels, The Cove 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Blues w/Barry Buse, Waterfront Gastropub Clever Mess Jazz Club, The Barley Mow Jeff Code & the Silver Wings Band, Westport Open Mic w/Kelly Sloan, Ashton Pub Shawn McCullough & Henry Norwood, The Cove The Game's Afoot, Perth Vallentyne Bake, Almonte Westport Arts Council Winter Games Brunch w/Music, Valley Food & Drink Co.
<ul style="list-style-type: none"> A Life in the Theatre, Perth BOTR: Jack deKeyzer Band, Westport Classic Film, Renfrew Fox on the Fairway, Smiths Falls Heritage Dinner, Almonte Karaoke, John St. Pub Mississippi Wood Carvers Mtg, Almonte Steve Barrette Trio, The Swan at Carp Westport Film Society, Westport 	<ul style="list-style-type: none"> Chris Murphy, The Cove Seedy Saturday, Almonte 2000 Yrs of Chinese Imperial Coinage, Almonte 40 Plus Singles Dinner/Dance, Smiths Falls A Life in the Theatre, Perth Barns Book & SRCMM Fundraiser, Almonte Danny Sylvestre Band, John St. Pub Jazz at the Waterfront, Waterfront Gastropub Kundalini Yoga w/Gurmukh, Almonte Live at the Met: Tannhauser, Renfrew MVTM Soup for Thought Fundraiser, Almonte Ottawa Cape Breton Session, Carleton Place The British Invasion, Valley Food & Drink Co. 	<ul style="list-style-type: none"> 45 Years, Renfrew A Life in the Theatre, Perth Blues w/Barry Buse, Waterfront Gastropub Brooklyn, Renfrew Fox on the Fairway, Smiths Falls Magnolia Rhythm Kings, The Royal Oak Open Mic w/Kelly Sloan, Ashton Pub Ottawa Valley Opry Show & Dance, Perth Snow Angel Making Party, Lanark Highlands SRO Big Band Tea Dance, Almonte Syrian Refugee Fundraising Concert, MERA The NightCrawlers, Generations Inn This Changes Everything, Almonte
<ul style="list-style-type: none"> A Life in the Theatre, Perth Almonte Lectures: Don Wiles, Almonte Fox on the Fairway, Smiths Falls Matty McKechnie & Ali McCormick, The Cove River City Junction, O'Reilly's Pub Rumours, John St. Pub 	<ul style="list-style-type: none"> A Life in the Theatre, Perth Blues & Company, Valley Food & Drink Co. Brea Lawrenson, Golden Arrow Folkus: Craig Cardiff w/Jennifer Noxon, Almonte Fox on the Fairway, Smiths Falls Head over Heels, The Cove Hyddie Hoe & Dixie Landers, Carleton Place Mid-Winter Milling, Almonte The Outside Track, Sharbot Lake 	<ul style="list-style-type: none"> A Life in the Theatre, Perth APEX Jazz Band, The Royal Oak Blues w/Barry Buse, Waterfront Gastropub Celtfest Curling Funspiel, Almonte Choral Evensong, Perth Fox on the Fairway, Smiths Falls Open Mic w/Kelly Sloan, Ashton Pub Oscar Night in Perth, Perth Songs of the Misty Isles, Pakenham Trad Song Session, Almonte

- Arnprior and District Museum presents Arnprior's contributions to the war effort <arnpriormuseum.org> [from Feb 19]
- CP & Beckwith Heritage Museum presents "Forever Young — staying warm in a Carleton Place winter!" <cpbheritagemuseum.com>
- Fairview Manor Lobby presents Jan Gilbert's acrylic paintings to Feb 16, then Cathy Blake's paintings & mixed media [from Feb 17]
- MERA Schoolhouse presents Zoë Emily Lianga's fibre art
- MVTM presents Surface Fabrications by Diane Laundry & Robin Laws Field [to Feb 13] & Fabric of a Small Town <mvtm.ca>
- North Lanark Regional Museum presents carvings of the Brydges family <appletonmuseum@hotmail.com>
- The Mississippi Mills Chambers Gallery presents Nancy Young's acrylics/landscape
- The Almonte Library Corridor Gallery presents Donna Lynd's acrylics/figurative

Golden Arrow Pub (Perth, 267-4500): 9PM, Wed Karaoke, Thu Open Mic
 Feb 5 Riq Turner
 Feb 10 Matt Dickson
 Feb 11 Karaoke
 Feb 12 Open Mic
 Feb 13 Shawn McCullough
 Feb 27 Brea Lawrenson

The Cove (Westport, 273-3636): Wed Shawn McCullough 6-9pm
 Feb 5 Art Lajambe, 6-9PM
 Feb 6, 27 Head Over Heels, 6-9PM
 Feb 12 John Wilberforce, 6-9PM
 Feb 13 Valentine's Dinner w/Head Over Heels, \$50, 6-9PM
 Feb 14 Shawn McCullough & Henry Norwood, 4-8PM
 Feb 20 Chris Murphy, 6-9PM
 Feb 26 Matty McKechnie & Ali McCormick, 6-9PM

The Swan at Carp (Carp, 839-7926): Feb 5, 19 Steve Barrette Trio, jazz, 7-10PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, no cover, 2-5pm
 Feb 14, 28 APEX Jazz Band
 Feb 7, 21 Magnolia Rhythm Kings

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

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

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

The Barley Mow (Almonte, 256-5669): Feb 4, 18 Kitchen Party w/Jimmy Tri-Tone, 8PM
 Feb 11, 25 George Turcotte & Band, 8PM
 Feb 12 Jimmy Tri-Tone Band, 9PM - 1AM
 Feb 14 Clever Mess Jazz Club, 2-5PM

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

Queens Hotel (Carleton Place, 257-7639) Feb 4 Jazz at the Queen's, 6-9PM

Sharbot Lake Inn (279-2198): Feb 27 The Outside Track

O'Reilly's Pub (Perth, 267-7994): Tues Brock Zeman & Blair Hogan 8:30pm; Wed Acoustic Stage w/Dave Balfour 8pm, Fri Live music 9pm
 Feb 5 Smitty
 Feb 12 Tom Watson
 Feb 26 River City Junction

Love That Barr (Pakenham, 624-2000): Feb 11, 25 Kitchen Party w/Jimmy Tri-Tone Band, 8PM
 Feb 13 Love the Blues w/Peter Brown, Ken Orenstein, Bill Serson, 7-10PM

John St. Pub (Arnprior, 623-8149): 9:40PM Feb 5 The Lad Classic, Suns of Stone, Stuck on Planet Earth, \$5
 Feb 6 Hair Force 1 (80s metal), \$15
 Feb 12 Kip & the Goodtimers, \$6
 Feb 13 The Working Class w/Sidepipe, \$6
 Feb 18 Open Jam, 7:30PM
 Feb 19 Karaoke, 9PM
 Feb 20 Danny Sylvestre Band, \$6
 Feb 26 Rumours, \$10

The Waterfront Gastropub (CP, 257-5755): Wed Open Mic w/Blues & Company's Kevin Ficzer 8:30pm; Sun Blues w/Barry Buse & Redneck Limousine 3-6pm
 Feb 20 Jazz at the Waterfront, 8-11 PM

Valley Food and Drink Co. (613-752-2676x311): Wed Open Mic w/Jimmy Tri-Tone Band 8pm, Thurs Karaoke w/Scotty 8pm
 Feb 6 Music Trivia Night, 8PM
 Feb 13 Calabogie Winter Carnival Music & Board Game Night, 8PM
 Feb 14 Sunday Brunch w/Music, 10AM-2PM
 Feb 20 "The British Invasion", 8PM, \$5
 Feb 27 Blues & Company, 8PM, \$10

Community
SF Duplicate Bridge, Mondays 7PM, Tuesdays 1PM, SF Legion, 256-4747
Trivia Night, Mondays, 6-8PM. Prizes. The Cove, Westport. 273-3636

4-Hand Euchre, Tuesdays, 1-4PM. Lots of parking. No stairs. Perth Legion, 264-5568

Green Drinks, Feb 2, 5:30PM. Mtg of environmental folk. Golden Arrow, Perth. GreenDrinks.org

Almonte Duplicate Bridge, Wednesdays, 7PM. Almonte Legion, 256-4747

MasterMind Toastmasters Club, Thursdays, 7-8:30PM. Riverview Seniors' Residence, 204 Lake Ave., CP

Toy & Collectible Show & Sale, Feb 6, 9AM-3PM. Almonte Civitan Hall. 253-9074, \$5; kids under 12 free

Pakenham Seniors' Forum, Feb 7, 12:30-4PM. Register: 624-5600, bh@myhighspeed.ca. Pakenham Public School. Free

Valley Singles Lunch, Feb 7, 1PM. Finnigan's Road House, Renfrew. 622-5693

Adult Bereavement Group, Feb 9 (1-3PM, Com. Home Support, Perth, 267-6400); Feb 23 (1-3PM, SF Com. Health Centre, 283-6745). Free

Pancake Supper for School, Feb 9, 5-7:30PM. Fundraiser. Maple Grove School, Lanark Village. 259-2777. \$5/\$15

Perth Hort: Flowers of the Camino, Feb 9, 7PM. St Paul's United Church, Perth. perthhortsociety.com. \$3; \$10/yr

W. Carleton Garden Club, Feb 9, 7:30PM. Hoop house w/David Hinks. Memorial Hall, Carp., www.wcgc.ca. \$5 for non-members

Fire & Ice at Crystal Palace, Feb 13, 7PM. Riq Turner Band, ice bar, bonfire, fireworks. Crystal Palace, Perth. perth200.ca. \$5

Valentine Book Sale, Feb 13, 10AM-3PM. Proceeds to Perth Library, 30 Herriott St. 283-5622, tthompson21@cogeco.ca

Dinner Dance (Syrian Fundraiser), Feb 13, 7PM. \$35 at Mill St. Books, Nicholson's, or 256-6234. Almonte Civitan Hall

Vallentyne Bake, Feb 14, 8AM-4PM. Proceeds to AGH. HFT, 25 Industrial Dr, Almonte. 256-9900

Family Fun Day, Feb 15, 9AM-9PM. Fundraiser for Team Hanna. Kinburn Com. Centre, teamhannafundraiser@gmail.com

MVFN: Nature Talk, Feb 18, 7:30PM. "Purdon Conservation Area". Almonte United Church. mvfn.ca. \$5 non-members

Heritage Dinner, Feb 19, 6PM. Tickets at N. Lanark Reg. Museum (257-8503) or Baker Bob's. Almonte Legion, 257-8503. \$30

CP Winter Carnival, Feb 20. Kids' activities, horse-drawn trolley rides, outdoor dance. CPHS, Riverside Park. cpwintercarnival.com

Chinese Imperial Coinage, Feb 20, 10AM-5PM. Exhibit & sale. Alliance Coin & Banknote, Almonte. 256-6785

40 Plus Singles Dinner/Dance, Feb 20, 7PM. Cash bar. Casual dress-no jeans. SF Civitan Hall. 285-5557, jabet@live.ca. \$10

MVTM Soup for Thought, Feb 20, 11:30AM & 1:30PM. Soup/handmade bowl. \$20 at MVMT, Baker Bob's. MVMT, Almonte. 256-3754, mvtm.ca

Kundalini Yoga w/Gurmukh, Feb 20, 2:30-5PM. Tix at Baker Bob's or 290-9973. Almonte Old Town Hall. \$62 (\$51 adv)

Snow Angel Making Party, Feb 21, 1-4PM. Snow shoeing, skiing. Highlands Gate, 4381 Wolf Grove Rd., Lanark Highlands. Free

Almonte Horticultural Soc., Feb 22, 7:30PM. Hoop Houses. \$10 annual fee. Cornerstone Com. Church, Almonte. 257-7155

Bereavement Support Group, Feb 22, 10:30AM-12PM, w/Barbara Carroll. St. Paul's Church, Almonte. 883-6646, hubhospice.com

Walking/Learn to Run Info Session, Feb 23, 7PM. Huntley Curling Club, Carp. diefenbookerclassic.ncf.ca

Almonte Lectures: Don Wiles, Feb 26, 7:30PM. Almonte United Church, almonte-lectures.net. free; donations accepted

Mid-Winter Milling, Feb 27, 10AM-5PM. Psychics, card readers, Bowen Therapy... Downtown Almonte, midwintermilling.ca

Celtfest Curling Funspiel, Feb 28, 12:30PM. Chili. Fundraiser for Celtfest. Almonte Curling Club, 256-7030. \$100/\$25

Glory to Thee!

St. James the Apostle Anglican Church
12 Harvey St. Perth 613-267-1163 stjamesperth.ca

Choral Evensong: Sunday, February 28, 4 pm



With guest performers:
Barbara Martin, Flute
Joe Martin, Clarinet
Louise Link, Alto Saxophone
Steve Clark, Bass Clarinet

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ROOMS 25% OFF Sun-Thurs in February! Standard Room \$75, Jacuzzi Suite \$100
Every Wednesday Wings 'n Tunes with **Shawn McCullough** (Country/Guitar) 6-9
Fri. Feb. 5 **Art Lajambe** (Country/Rock Guitar, Stoney Lake) 6-9
Sat. Feb. 6 **Head Over Heels** (Guitar/Vocal Duo, Gananoque) 6-9
Fri. Feb. 12 **John Wilberforce** (Country/Rock, Kemptonville) 6-9
Sat. Feb. 13 **Valentine's Dinner** 3 Course Meal with Music by **Head Over Heels** 6-9, \$50/person
Sun. Feb. 14 **Westport Winter Carnival** with **Shawn McCullough & Henry Norwood** 4-8
Fri. Feb. 19 Blues on the Rideau Presents: **Jack De Keyzer Band** (Toronto) 7-11, \$65 Buffet & Show
Sat. Feb. 20 **Chris Murphy** (Celtic/Folk, Perth Road Village) 6-9
Fri. Feb. 26 **Matty McKechnie & Ali McCormick** (Folk/Pop, Ottawa/Perth) 6-9
Sat. Feb. 27 **Head Over Heels** (Guitar/Vocal Duo, Gananoque) 6-9
Tue. Mar. 1 **Australian Wine Dinner** 5 Course Meal with Wine Pairings 6-9, \$75

**See pages 23-25 to volunteer for
COMMUNITY GROUPS!**

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thursday & friday 9am-8pm
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Opinion Ate It...

Going to the Dark Side

Hummingbirds are remarkable. Tiny, hyperactive, and incredibly competent flyers, they are an appropriate symbol for a tiny, innovative and highly skilled maker of chocolate foods. Do not get confused — real chocolate is food, not candy; more on this later.

Tipped off by an informant, Weetabix made a solo pilgrimage to Hummingbird Chocolate Maker <hummingbirdchocolate.com> in suburban Almonte to investigate a rumour that cacao beans merit more attention. There

by Sebastian Weetabix

is more to chocolate than melting, compounding, forming, filling and decorating something that has arrived as a dark block of generally unknown and vaguely described composition. Yes, most of us take chocolate for granted and are confused by it — starting with the term itself.

“Chocolate” is a generic term for a preparation of the seeds of cacao: roasted, husked, and ground; usually sweetened and flavoured. But let’s go to the basics: in the beginning is the bean (of the cacao tree). Without care and attention, the bean is destined to lose its identity and become a has-been — blended to a fare-thee-well and reduced to a mere contributing ingredient in an enormous range of products such as beverages, baked goods, confections and, of course, sweet (milk) chocolate in its many forms. Fewer than one bean in ten million (really!) has even a chance of being selected by and for Hummingbird’s products, which are to chocolate as Echezeaux is to wine.

After selection by a rigorous process involving detailed knowledge of local growing conditions, cacao tree varieties, and growing practices, the important steps of fermentation, cleaning and transport must be accomplished. Each step influences the quality of the final product, which carries the distinctive signature of its origins in ways that require skill and diligence to develop. Drew and Erica Gilmour have extensive experience working with farmers in developing countries, as well as a shared passion for chocolate. Through their education and innovation in the complex process of making chocolate, they have developed a farm-to-finish supply chain that gives them the knowledge and control required to bring a unique and distinguished product to world markets. Just as cacao beans from many countries come to Hummingbird in Almonte, finished bars with their distinctive hummingbird logo make their way to many destinations, including the US and China. In its short existence, Hummingbird Chocolate Maker has achieved international recognition, not only through sales but through juried panels at the International Chocolate Awards. Hummingbird is a multiple winner, for their single origin and distinctively flavoured bars.

Transforming cacao beans into chocolate is a complex and lengthy process. The history of cacao as a foodstuff can be traced back almost four thousand years. The tree is native to the Americas and

produces a year-round supply of football-shaped pods containing large bean-like seeds in a soft pulp. The seeds are rich in antioxidants, fat and protein; and so would have been of interest to any foragers. Notably they also contain theobromine — a natural stimulant and mood modifier similar to caffeine. Cacao beans gained a place in the gastronomic pharmacopeia as part of humanity’s ongoing effort to improve its lot by better living through chemistry. Yes, chocolate is addictive and even dangerous if you are a dog (or lacking in self-control). Raw cacao beans are an acquired taste however — most of us prefer something smoother and a bit less bitter. With the addition of sugar in the 16th century, chocolate/cocoa beverages rapidly gained popularity in Europe, and the cacao tree was transplanted to Africa, where most of today’s tonnage of cacao is grown.

Real breakthroughs in the evolution of chocolate as a food came fairly recently. First was the addition of sugar and cocoa butter, as well as other ingredients such as milk, to create an enormous variety of sweetened confections. A key step in the development of chocolate as a staple (first efforts began in the mid-17th century) occurred in 1875, when Daniel Peter mixed in a milk powder developed by Henri Nestle, and the rest is chocolate as we generally know it. Then came a process called conching (Rudolphe Lindt, 1879), that changes the texture of the base material from slightly gritty to smooth. Food scientists are still studying precisely what happens in conching and why!

And (although not substantiated) credit for creating Valentine’s Day chocolate boxes is often given to Richard Cadbury, one of the marketing geniuses who, along with Milton Hershey, Rudolphe Lindt, Henri Nestle and Frank Mars, created the modern candy bar business in which four companies account for almost 60% of world chocolate production. The US market exceeds \$20 billion annually, and over a billion dollars of chocolate is purchased for Valentine’s Day alone.

Artisanal dark chocolate is not a candy — it is a refined food with definite health benefits. A large body of literature and ongoing research supports claimed benefits ranging from improved cardiovascular health to increased resistance to tooth decay. Even more compelling: mood effects are obvious, prompt and desirable. Chocolate melts at close to body temperature with a smooth creaminess; great chocolate offers multiple sensory pleasures.

Meanwhile, back in Almonte, Hummingbird has perfected the painstaking and complex steps required to transform raw cacao beans into superb chocolate. Their attention to the critical details of bean sourcing is reflected in their distinctive offerings of dark chocolate (70% cacao) that reveal their origins in subtle but clear flavours. You can seek out Hummingbird products at a number of retail outlets in the area, but there is no substitute for guided taste sampling, and no better place to do it than in the showroom at Hummingbird Chocolate Maker at 9 Houston Drive.



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Making Music for Fun and Friendship

I recently accepted a new position as Music Director at St. Andrew's United Church in Pakenham. Since February is volunteer month, and since I am working with some very dedicated volunteers there, I thought I would tie this column to the idea of making music for your own enjoyment and the enjoyment of others.

by Tony Stuart

I've told many aspiring singers that one of the best ways to learn to sing is to join a church or community choir. The skills that you learn as a part of one of these groups are numerous. You learn to sing in harmony, which can be tricky for those who are new to the choral experience. Singing in harmony means that you aren't always the centre of attention, and that there are times when you have to play a supporting role. For new singers, especially those who aspire to be the next pop diva, this can be off-putting. However, learning to harmonize is one of the most valuable skills that every singer should learn and develop. Being able to sing in harmony develops your tuning better than any other exercise, in my opinion.

Members of church or community choirs also learn to enhance their particular communities in an artistic sense. Since being a part of a choir is a volunteer act, there is a sense of "giving back", which brings real enjoyment to many people.

Many people who attend church say that music is one of the big reasons why they attend every week. For any priests or ministers who are reading this, I'm sure that they are also there for your sermons!

The same things can be said for community bands and orchestras. If you played an instrument in high school and miss that experience, joining a community ensemble can be just the ticket. This reminds me of a former student of mine. She is in university, studying one of those ridiculously difficult science programs that I can barely pronounce, but she got in touch with me about a year ago saying that she really missed playing. I helped her find an instrument, and now she is a clarinetist with the Ottawa Community Concert Band. She said that this volunteer experience is really filling a void for her.

As an aspiring music student, I was very lucky to be able to play in a community orchestra. This gave me an experience that was different than what I was doing in music class in high school. It also exposed me to people who had been playing for a long time, and I learned many valuable lessons, both as a musician and as a person. It also allowed me to play with some very high level musicians early on in my development. I think any serious high school student should give serious consideration to joining their local community band or orchestra.

In Lanark County, we have an embarrassment of riches when it comes to volunteer music-making opportunities.

Besides choirs, bands and orchestras, we have local theatre groups who often stage musical productions. It should not be forgotten that these groups are themselves run by very dedicated volunteers who spend a tremendous amount of time giving something back to their communities. My hat is off to our local band, choir and theatre directors!

There are many reasons to consider joining a volunteer music-making or-

ganization. Some people are there simply because they enjoy the music. For others, the sense of belonging to a group of like-minded people, who want to give back, is important. In almost every instance, lasting friendships are made, and our communities become a little bit richer.

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

Pub Crawling

Love The Blues

Love That Barr in Pakenham has fallen in love... with the blues. Their new "Love The Blues" series promises to have music lovers from all over the county flocking to the enchanting watering hole next to the five-span bridge.

by Rob Riendeau

Each month a guest performer will host the show, backed up by the top-notch LTB rhythm section consisting of Bill Serson on drums and Ken Orenstein on bass. The first three installments featured Barry Buse, Peter Newsom and Al Tambay and all of the shows were well-attended, fun evenings.

"Love The Blues" takes place on the second Saturday of each month and starts at 7PM. Upcoming guest hosts are: Peter Brown (Feb. 13), Dan Deslaurier (Mar. 12),

and Ric Denis (Apr. 9). It really would be wise to plan on attending all of those shows — that is a remarkable roster of talent!

But Wait... There's More!

Country gentleman, Peter Newson, returns to Love That Barr on Saturday, March 26 (9PM start) in a "back by popular demand" gig. If you missed his January show you owe it to yourself to make it out in March.



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Fusing Style with Substance

Duffield Design Celebrates Five Years in Fashion

If there was ever the personification of sustainable fashion, 31-year-old Megan Duffield would be it. This womenswear designer, trained in Fashion Design at Fanshawe College in London (Ontario), is down-to-earth, compassionate and honest, and she infuses her line, Duffield Design, with these same values. Each piece is lovingly handmade by Duffield in her Dunrobin studio. She sources quality fabrics from a Montreal-based manufacturer and a Vancouver-based supplier, mindful of supporting Canada's fashion industry.

Her environmentally friendly lifestyle and values might have something to do with her upbringing. Megan grew up in West Carleton, near MacLaren's Landing, where she lived with her parents Joan and Steve and older sister Seonaid on a 25-acre wooded lot close to the Ottawa River. Duffield's close ties to her natural surroundings gave her an early apprecia-

tion for nature and an understanding of the importance of taking care of it.

As a fashion design student, Duffield recognized the fashion industry's negative impact on people and the planet, and decided to help make a difference by creating a socially and environmentally responsible clothing line. Since then, she has never strayed from her values or her strong aesthetic. Each collection — this upcoming spring/summer will be her tenth collection — is made up of a variety of long tunics; dresses that can morph into skirts; luxurious leggings; flowy, wide-legged pants; fitted tops; and draped cardigans. But every season brings along with it something new, some subtle nuance that keeps her designs modern yet timeless.

Sustainable fashion asks a lot of its designers. They have to walk a fine line between earning money, which means turning over products each season, and being careful not to encourage mass consumption, fast trends and waste. This balance requires mindful design, and this is Duffield's strong point. She creates quality pieces that are stylish, but not so trendy that they'll go out of style. Her collections are functional and versatile so that her clients can easily incorporate them into their current wardrobes and wear them time and time again.

There seems to be a growing consumer base of Ottawans, and Canadians for that matter, who value quality over quantity,

and who support Duffield Design for its beauty and its ethical standards. It is quite an achievement for a young designer to have carved out her own place in only five years, and in a city not exactly known for its fashion — let alone sustainable fashion — and to have created a loyal following along the way.

Tucked away in the woods, less than a half hour west of Ottawa, Duffield works tirelessly each season (spring/summer and fall/winter) to produce ten-piece collections that are comfortable, beautiful and functional. Her clothing is first and foremost all about quality. She works solely with natural and eco-friendly textiles and mostly knit fabrics. "Some of my favourite textiles are bamboo, organic cotton, modal, linen and Merino wool," says Duffield. "But my personal favourite, which I believe deserves an award for its environmentally friendly qualities, is hemp. I also just started working with recycled polyesters, which are surprisingly soft and comfortable. This exciting new textile from our Montreal manufacturer, Delyla, will appear in the fall/winter 2016 collection."

Duffield Design is currently a one-person shop. Megan makes all of her own patterns, cuts all of her fabric and makes every item by hand. Demand is outgrowing her capacity though, and she hopes to find a part-time seamstress to help her in



Local designer Megan Duffield will launch her Duffield Design spring/summer 2016 collection on February 15



the busy months leading up to the launch of a new collection.

Duffield Design's spring/summer 2016 collection launches on February 15. Shop online at <duffielddesign.ca> or by appointment at Duffield Design Studio by contacting Megan at 832-2512. Find Duffield Design in store at Green Tree Eco-Fashion in Westboro or by appointment at KVA Collections in Kingston.

— Malorie Bertrand



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Cheerfully Made— in Almonte!

When she opened Hello Yellow in the summer of 2013, Emily Arbour couldn't have anticipated any of what was to come over the course of the following two years. Her goal was simply to again be part of the evolving downtown Almonte scene, and to create a new vehicle for the handmakers she'd met over her years organizing the Handmade Harvest Craft Show.

What began as a little shop filled with handmade items from across North America (mostly local) rapidly grew into something much more. She quickly learned that, by purchasing products from actual *people* instead of faceless importers, she was connecting with individuals who became immediately invested in her success. And bonus! They all had Facebook, Twitter and Instagram accounts. Some of them knew how to work with retailers (i.e. wholesale, package and brand their product), and some of them needed guidance, but despite the obstacles she came across originally, working with them was so rewarding, and it improved her brand's reach tenfold.

"But what *was* my brand?" she wondered. At the time, she had her shop (Hel-

lo Yellow), the Handmade Harvest Craft Shows, and had recently begun working with Etsy Canada as a brand ambassador in Ottawa. As you can guess, this meant multiple websites and email addresses, and keeping up with all of that communication became an increasingly daunting and confusing chore.

She longed for cohesiveness, and simplicity, while still having the flexibility to grow.

And then, she attended a conference called Small Ottawa. It was there that everything started to click. The theme was "Small" as a business strategy. "YES!" she thought. "I can be small. It's ok. I don't need to get bigger, or do more, or say YES to every opportunity. I can keep my little shop and show in Almonte and really focus on making them great without watering them down by making them bigger."

She left that conference with a plan to consolidate. By putting all of her brands under the same umbrella, she could keep growing her roots in Almonte while reaching a larger audience *more* effectively, and spare herself the unnecessary stress of having to manage so many hats.

And so, Cheerfully Made Goods + Markets was born.

Cheerfully Made is a handmade hub for local area makers and the people who love them.

What began as an adorable tagline for her shop Hello Yellow is now the name of both the shop (still located at 72 Mill Street in downtown Almonte) *and* the craft shows. In a nutshell, Cheerfully Made is a retail gift shop that carries only items made in North America (mostly local) *and* a series of craft shows that call the Ottawa Valley home.

Emily looks forward to continuing her mission of supporting the Canadian craft community by offering makers opportunities to showcase their work and make a life doing what they love.



Looking for the handmade scene? Look no farther than Cheerfully Made Goods + Markets, located at 72 Mill Street in Almonte or online at <cheerfullymade.com>

Dance with your Valentine in Clayton

St. George's Anglican Church is hosting a Valentine Dance in the Clayton Community Hall on Saturday, February 13. Doors open at 7PM and music starts at 8PM, continuing until midnight. Kyle Felhaver and Friends will have everyone on the dance floor two-stepping, waltzing, polkaing and square dancing.

Kyle (from Arnprior) is well known as a competitive fiddler, having won many competitions over the years, and is in demand by stepdancers and various entertainers for his fiddling expertise. Along with Kyle will be his brother Josh, on drums, and his dad Dave, an accomplished musician as well, on bass. Well-known Pakenham musician Brad Scott will play lead guitar, and Arnprior's Eldon Ostrom will take lead vocals. As in the past, Dave

Duncan from Pakenham will call for the squares.

The talented parishioners of St. George's have once again had their knitting needles clicking, sewing machines humming, and wood-working tools buzzing, preparing items for the silent auction. Recipes are being reviewed and ingredients prepared for the baking frenzy. Local businesses have also generously donated many useful and tantalizing items to add to the bounty.

The Valentine Dance is one of a series of events being held in 2016 celebrating the 115th anniversary of St. George's.

Advance tickets are recommended and are \$12 (\$15 at the door). For more information visit <stgeorgechurchclayton.webs.com> or call Ray or Kathy Lowe at 256-9010.

Mississippi Valley Textile Museum, 3 Rosamond St. E., Almonte, Ontario

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A Luncheon Fundraiser

Saturday February 20th, 2016

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Station Theatre's Foxy Season Opener

Liaisons, cheating, ridiculous wagers, expensive gifts, sneaking around, champagne, dreams, taking risks, winning at all costs... If you're thinking we are speaking of love, you'd be wrong. It's golf. And *The Fox on the Fairway* hits all these themes — bang on.

A hilarious romp in true farce tradition, *Fox* is the lead-off play for Smiths Falls Community Theatre's 2016 season, and is presented by special arrangement with Samuel French, Inc. Written by Ken Ludwig, the same playwright who crafted last year's runaway hit *Leading Ladies*, and directed by Jamie Schouler, the play is a tribute to the great English farces of the 1930s and '40s. It runs from Friday, February 19 (opening night has been moved to the weekend) to Sunday, February 28. Tickets are \$20 for adults, \$10 for students, and can be purchased in person (Special Greetings, 8 Russell St. E., Smiths Falls, cash only), online (smithsfallstheatre.com, with Paypal or credit card), and by phone (283-0300, credit card only). Matinées start at 2PM, evening performances at 7:30.

Ludwig's comedic masterpiece is built around the desperation at the Quail Valley Country Club, as they want to win this year's golf tournament and beat their rival, the Crouching Squirrel Country Club. Quail Valley's manager, Bingham (played by Robert Del Grande), even finds his job is at stake. He believes he's got it "in the hole" this year, but archrival Dickie (played by Rich Croteau) has something up his outrageous sweater sleeve. As Ludwig himself says, it's "filled with mistaken identities, slamming doors, and over-the-top



Bingham, the golf club manager played by Robert Del Grande, and Pamela (Judi Heney) rehearse a madcap scene from *The Fox on the Fairway*, playing at the Smiths Falls Station Theatre from February 19-28

romantic shenanigans; it's a furiously paced comedy that recalls the Marx Brothers' classics. A charmingly madcap adventure about love, life, and man's eternal love affair with... golf."

Watch for news of other plays of the 2016 season at <smithsfallstheatre.com>. Over the rest of the year, audiences will be treated to a delightful mix of comedies and mysteries, capped off in December by another rib-tickling British pantomime. Six wonderful plays in all!

Patrons can still purchase a season ticket (in voucher form) for the six plays to be presented this year. The theatre is offering a "Six-Pack Flex Pack" for just \$99; theatregoers can select how they want to use their six vouchers to redeem tickets for any of the 2016 plays. The deal — which is good up to the deadline of February 28 (the last day of *The Fox on the Fairway*) — offers savings of

almost 20% compared to the regular adult ticket price. Go online for detailed ordering instructions and information on the different ways the Six-Pack can be used. One way to get vouchers without paying the \$5 convenience fee for purchase online or by phone is to buy them at a performance of *Fox* any time from February 19 to 28 (cash or cheque only). Use your voucher tickets for the February play and save on your theatre-going over the rest of the year!

Don't miss any of the Station Theatre's upcoming movies! On February 12 and 13 at 7:30PM, see *Suffragette*, the stirring story of a working wife and mother whose life is forever changed when she secretly joins Emmeline Pankhurst's growing suffragette movement in Britain. Tickets are \$10 at the door (cash only). Details at <smithsfallstheatre.com>.

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Arnprior on the World Stage

The **Arnprior & District Museum** is pleased to announce its grand reopening on Friday, February 19, featuring a new exhibit: "Arnprior on the World Stage". This is a permanent, stirring tribute to Arnprior and its citizens who contributed to the war effort — from the Boer War, to World Wars I and II, to latter day conflicts such as Korea, Bosnia and Afghanistan. The exhibit is made possible by a grant from the World War Commemorations Community Fund.

The new installation is presented alongside the museum's collection of artifacts and photographs that showcase the history of the area, and items long buried in storage have come to light, making this a real must-see.

At the same time, Energy House, a fun and interactive travelling exhibit from the Canada Science and Technology Museum, debuts on the ground floor. Where does our energy come from, and what is the impact of energy consumption? Visitors gain a greater understanding of energy and can appreciate the balance between economic, environmental and social dimensions of energy.

Effective February 19, the Arnprior & District Museum will be open to the public Tuesdays to Saturdays, from 11AM to 4PM. Admission is \$3.50 for adults, \$2 for seniors and students, and \$9. for families. For more information, call 623-4902, email <jcarlile@arnprior.ca>, or visit <arnprior.ca/town/arnprior-district-museum>. The museum is located at 35 Madawaska Street.

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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. Volunteers assist in historical research, 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>, contact 256-3754 x6 or <info@mvtm.ca>, or contact Barb Dickson at <laubar@sympatico.ca>.

Community Organizations & Services



The **Almonte Civitan Club** is a busy club that needs volunteer help. Civitans work to support the community through service or by donating funds raised. We lend medical equipment, rent tents, host or rent the hall for events, have a licensed bar and catering facilities, operate the Eastern Ontario Events Centre and more. We have almost 100 members but more help is needed. There are many benefits to being a Civitan volunteer. Enquiries? Please call 256-6234. Leave a message for President Alice Puddington.

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>.

Almonte General Hospital\FVM is looking for reliable and energetic people to volunteer their time in various positions throughout the organization. Volunteers work closely with patients, residents and staff. Some positions available include Physiotherapy, Recreation, Gift Shop and Clerical. "Volunteers are the Roots of Strong Communities" If interested or needing more information on the volunteering program please contact Ashley at <volunteers@agh-fvm.com>, 256-2514 x2226.

As Good As New Store: our volunteer-run Lanark County Interval House thrift store at 33 Bridge Street in Carleton Place needs you! Always looking for positive and enthusiastic volunteers. We have opportunities selling/customer service or sorting clothing donations and small housewares to support LCIH programming for women and children. Join our team! For more information, contact Volunteer Coordinator Heather Cuthbert at <volunteer@lcih.com> or visit <lcih.com> for more information and application.



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 <bigbrothersbigisterslanark.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 domestic animals as opposed to limiting its resources to a restricted 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>.

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 Halloween Festivities 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 <cmcormond@carletonplace.ca> or 257-8049, or see <downtowncarletonplace.com>.

The **Carleton Place & District Horticultural Society** meets the first Wednesday of every month, at St. Andrews Presbyterian Church Hall. On May 28 we hold our Annual Plant Sale and will be seeking volunteers to pot up donated plants and help at the Sale. In July we hold a Flower Show in conjunction with the CP & Beckwith Heritage Museum, and we will be looking for volunteers once again. For information please visit <cphorticulture.ca> or our Facebook page.

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 \$150,000, which has been distributed through our Education Awards, donations to libraries, schools, literacy and arts programs and other education-related grants in Perth and surrounding areas. We support programs that benefit women and girls. We welcome new members – please visit <cfuw-perth-district.com> for detailed information.

Community Home Support Lanark County is a volunteer-based agency for seniors, adults with physical disabilities, and people who have been diagnosed with a life-limiting illness. Services where volunteers are needed are Meals On Wheels, transportation, Diners Clubs, friendly visiting, security/reassurance and hospice palliative care. Phone 267-6400, email <info@chslc.ca> or visit <chslc.ca>.

GET INVOLVED / GET CONNECTED

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 age 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>.

Located in Ottawa, the **Dave Smith Youth Treatment Centre** is a non-profit, residential, and community-based agency that is dedicated to helping youth (13-21) and families overcome substance abuse and related issues. We are currently looking for volunteers at the **Carleton Place residence**: Mon-Fri aft/evenings 3:30-5PM or 6-7:30PM, and on weekends afternoons. Specific activities - running, music, arts, crafts, sports, playing board games. For more information visit <davesmithcentre.org>, and look for the volunteer application form or call 594-8333 x2202.

Friends of Augusta Street Park have been transforming the community park in Almonte into a wonderful, welcoming place. We host 5 Wednesdays in July free concerts. Plans include community gardens, new basketball court, accessible walkway, BMX track and splash pad. This year we are fundraising for the splash pad element. Consider helping our crew for the concert series or with our fundraising efforts! To share your time, talent and treasure contact Jeff at <jmills@themills.on.ca> or 256-1031 x63.



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.

Interested in being part of the Perth **Habitat for Humanity** Chapter? Be part of the leadership and volunteer team to build a home for a family in need. More information can be found at <habitatnrc.com/index.php/about-us/start-a-habitat-chapter> about roles such as fundraising and construction, but all that is needed is a willingness to help.

Contact Sandra Oey at <chapter@habitatgo.com> or 749-9950 x257, or Chris Hahn, Dean for the Perth Campus of Algonquin College at <hahnc@algonquincollege.com> or 267-2859 x 5622.

The **Hospice Palliative Care Service** of Community Home Support Lanark County needs more volunteers! Trained volunteers give people living with a life-limiting illness support to be cared for at home. If you are a caring person with some time to spare, come out and join a team of compassionate volunteers! There are opportunities for volunteers in the Home Visiting, Day Hospice and Bereavement programs. Help with fundraising is also needed. Phone 267-6400, email <info@chslc.ca> or visit <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 compassionate, respectful and confidential support to clients and their families who are facing a life-limiting illness at home. Volunteers sit on the Board of Directors, become Friends of Hub Hospice and help with events and projects like the Hike for Hospice, or train as volunteer visitors. You can volunteer and make a difference. For more information please visit <hubhospice.com> or contact the volunteer coordinator, Allison Griffith RN, at <allison@hubhospice.com> or 406-7020.

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>.

Lanark County Interval House needs you! Are you interested in lending a hand to an organization that supports local women and children? Various volunteer options to choose from: events, driving, shift support, committees and more. Do you have a talent or service to offer residents for free? Let us know. For more information, contact Volunteer Coordinator Heather Cuthbert at <volunteer@lcih.com> or visit <lcih.com> for more information and application.

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.



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> or <facebook.com/lanarkcivitan>.

Mills Community Support has volunteer opportunities in Almonte, Carleton Place and Smiths Falls for escorted transportation, Meals on Wheels drivers, Friends and Fun volunteers, so please consider volunteering with us. There is always a way that we can use your skills, talents and time to make a difference in the life of someone in your community. Call Jan at 256-1031 x39 or visit our volunteer page at <themills.on.ca> for more information.

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.



David Hinks will talk about hoop houses on February 22

A Horticultural Anniversary

2016 marks the 95th anniversary of the Almonte and District Horticultural Society (A&DHS). A special event and some gardening projects are being planned to celebrate this occasion, so this would be a great year to become a member.

The Society is an excellent resource to answer your gardening questions. Whether a beginner or master gardener, you are certain to enjoy the benefits of membership. They provide a supportive environment for gardeners of all levels by encouraging the use of eco-friendly practices to promote the production of food, flowers and plants, and to conserve the environment.

A&DHS presents expert guest speakers at monthly meetings. Other benefits include: networking opportunities with Lanark County Master Gardeners; a monthly newsletter (*The Garden Grapevine*) to keep you informed of current events; field trips, garden tours and flower shows; member discounts from numerous local gardening businesses; access to the Ontario Horticultural Association; and an annual plant sale offering vegetables and plants at discount prices. In addition, following each meeting, you'll enjoy refreshments and sharing your gardening experiences. Raffles at each meeting provide a chance to win useful garden-related items.

A&DHS volunteers plant and maintain public gardens at the Cenotaph, Almonte Library (including Albert's Garden), Peace Park, Veteran's Walkway, the arena, and the downtown barrel and urn planters. With the cooperation of the Mississippi Mills Beautification Committee, Society members assemble thank-you gifts, and select, photograph and submit winners for the "Yard of the Week". High school students are most welcome to join, and can apply volunteer hours toward their community involvement requirement.

Upcoming Meetings and Events

A&DHS meetings are held the fourth Monday of the month (except July and December and except adjusted dates due to statutory holidays) at 7:30PM at the Cornerstone Community Church (beside the Almonte roundabout). Potluck suppers are held at the meetings in August and November. Membership is only \$10 per year.

Attend the meeting on February 22 to hear David Hinks speak about "Extending the Vegetable Growing Season with a Hoop House". A&DHS will also be in attendance at a Seedy Saturday event - organized by member Johvi Leek, on Saturday, February 20 at the Almonte Civitan Hall - to accept membership registrations and answer questions. For more information about the Society, visit <gardenontario.org/site.php/almonte>.

CALL TO ARTISTS

The Renfrew Art Guild is seeking applications for the 5th annual

ART IN THE PARK

JULY 16 AND 17, 2016
HARAMIS PARK, RENFREW



Renfrew Art in the Park provides a venue for artists to exhibit original artwork for sale with regard to fair value for artistic concept, skill, expression and endeavour. All artwork exhibited must be produced solely by the exhibiting artist.

For information and applications, contact:
registrar: Frank Harper fdh36@yahoo.com, 613-433-3208
the Guild website: www.renfrewartguild.ca/artinthepark
or info@renfrewartguild.ca

The Franklin Expedition Comes to Arnprior

In 1845, explorer Sir John Franklin set sail from England with two ships, HMS *Erebus* and HMS *Terror*, in search of a Northwest Passage across what is now Canada's Arctic. The ships and crews vanished, prompting a massive search that continues to this day.

A breakthrough was made in September 2014 when an expedition led by Parks Canada discovered the wreck of HMS *Erebus*. The Victoria Strait Expedition brought together the Government of Canada and public, private and non-profit organizations. The use of both state-of-the-art technology and 19th-century Inuit oral testimony made this historic discovery possible.

On March 4, from 7 to 9PM, the Rotary Club of Arnprior will host "The Franklin Expedition" at St. John Chrysostom Church Hall. Ryan Harris, senior underwater archeologist with Parks Canada, will be the presenter. Tickets are available at the door, at the Arnprior Library, and at the Gallery Gift Shop in Arnprior, and are \$15 in advance, \$10 for students, and \$20 at the door.

The Franklin Expedition has inspired and perplexed seamen and landlubbers alike, for decades. This exciting presentation will be of interest to all ages, and anyone interested in exploration and adventure, or history. The ship sits in eleven metres of water. Preserved in frigid arctic waters, the site provides a breathtaking view into the past. For more information on the Franklin Expedition, visit <pc.gc.ca/eng/culture/franklin/index.aspx>.

The Rotary Club of Arnprior is a registered charity that undertakes projects locally and internationally, and is part of Rotary International with 1.2 million members worldwide. For more information on Rotary, visit <rotary.org>.

Arnprior is just thirty minutes west of Ottawa, and the church is located at 295 Albert Street. Additional information can be obtained by calling 832-3263 or 623-6019.

The Almonte Lectures
26 February, Don Wiles
The Artist Meets a Chemist
Next Lecture: 1 April, Ken Torrance
Quick Clay: Really Tricky Stuff!
All Lectures: 7:30PM in the Almonte United Church Hall
For information: almontelectures.ncf.ca

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GET INVOLVED / GET CONNECTED

The **Mississippi Mills Public Library** needs you! Our volunteer opportunities are varied including programming support, helping at Library or Board events, tech support, early literacy tutoring, courier help, fundraising, 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. All you need to get started is passion and a police background check! Drop by or call 256-1037 for more information.

The **Neighbourhood Tomato Community Gardens** have community gardens in Mississippi Mills, Carleton Place, and West Carleton (Carp). Volunteers help develop new opportunities for citizens to garden; deliver educational programming; support administration, promotion, marketing, and communications; and organize celebratory community potluck events. Volunteers grow veggies for the Food Bank and are the driving force behind the "Great Veggie Grow-off." To share your time, talent, and treasure contact Jeff at <jmills@themills.on.ca> or 256-1031 x63.



The **Pakenham Horticultural Society** is a local garden club that holds monthly meetings, a plant sale, maintains public gardens, and hosts flower and vegetable shows. We are always looking for new members and volunteers who enjoy pitching in with a little extra gardening, as well as new volunteers for various committees. We currently have a vacancy on our Board of Directors for a Secretary. Good computer and communication skills are needed. Please consider helping us out by contacting <pakenhamhort@gmail.com>.

Perth & District Union Public Library accepts teen and adult volunteers to work on a variety of special projects. Currently, the library is seeking volunteers to help with various technology-related needs and with delivery of library materials to homebound patrons. Volunteers can work on an ongoing regular schedule or on limited-term assignments. Please visit <perthunionlibrary.ca> to learn more about the library's programs and services. Anyone interested in volunteering may contact library CEO Erika Heesen at 267-1224 or <eheesen@perthunionlibrary.ca>.

The **Real Deal Reuse Store** in Smiths Falls accepts and sells quality reusable household goods, furniture, and home improvement materials to keep them out of landfill. 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 handyperson skills. The store is open Thursdays, Fridays and Saturdays. <REALaction.ca>

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>.

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 (Gordon MacNabb, 257-5916), 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>.

On Mondays at 7PM, the **Rotary Club of Arnprior** meets at P.J.'s Restaurant to provide "Service Above Self". The club donates to hospital, library, schools and seniors' programs while raising funds through cake sales, Duck Race and other creative ways. Initiatives include walking trails, downtown benches, and blood donor clinics. Part of Rotary International, the Club funds clinics, orphanages, Shelterboxes, water projects, and the Polio Eradication Campaign. Fellowship, fun, opportunities to help others await new members, men and women! 623-6019.

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 an Almonte-based charity that helps children access primary education in Nicaragua. Our community is united in love and believes that education can defeat poverty. SchoolBOX distributes school supplies and works together with the local community to build classrooms. We offer plenty of volunteering opportunities, including trips to work alongside students, teachers and parents in the construction of new schools. We welcome you to Nicaragua, joining our family of over 500 international volunteers! Please contact <info@schoolbox.ca> or visit <schoolbox.ca>.

The **Two Rivers Food Hub** is a not-for-profit social enterprise dedicated to supporting local producers and to making local fresh food available to everyone! The Food Hub is gearing up to build large agricultural coolers and freezers in the next few months and would welcome volunteers with construction know-how and helpful hands; we can also always use a hand with packing our Local Food Baskets! Find us at <tworiversfoodhub.com> or call 205-1338.



Valley Animal Rescue is a volunteer-run, 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, foster and transport animals. Please consider joining the Valley Animal Rescue team and help us save lives. We service Renfrew County with a heavy focus in the towns of Renfrew and Arnprior. Contact us at <valleyanimalrescue@hotmail.com>.

Skeletons in the Closet

Alan knows: fear a cold day in January when the Missus has no plans of her own, because for sure it's going to mean work, and he's going to be up to his knees in it!

Upon opening a closet in what we call our computer room, we discovered that papers had been breeding at an alarming rate until they were literally falling out the door. Who would have suspected that in only a matter of fifteen years they could multiply so rapidly? It's so easy to chuck something in there, with the full intention of "filing it later", only to have it disappear in the morass at the bottom.

by Glenda Jones

The only solution was a total purge. Every box was pulled down and perused, first in depth, but after a while merely on the surface, since a full investigation would have taken another fifteen years, I'm sure. By the time we were done, we'd filled three huge recycling boxes with papers, one heavy garbage bag with junk, and a large carton with twelve empty binders. The closet was pristine, and we felt freed, having divested ourselves of so much superfluous stuff.

However, there were treasures too good not to be savoured. The first box we opened contained a long-lost antique photo album, completely empty, much to our chagrin. There were letters though, handwritten from cousins long departed, indicating what could have been in the album. Imagine how excited we were when we got to a later box and found all those photos, numbered and recorded! Not only that, we found probably a hundred let-



ters tracing the genealogy of the pictures and Alan's family. There were also photos of my grandparents, mercifully documented on the reverse — ones I hadn't seen in a long time — and family histories we thought were lost.

Letters are always a treasure, and we had to stop and read many of them. Not only were they significant for tidbits of history, they were conversations from the past: what sort of weather it was, who was coming for bridge, what dessert was going to the church supper. The cold Times New Roman of the computer will never replace the warmth of a handwritten letter. (I still handwrite my Christmas cards — shows you how old I am!)

One box contained transparencies for many presentations that Alan had given over his career. Does anyone even own one of those projector things any more? We let them all go, along with a pile of floppy disks containing who knows what. Binders with minutes of meetings years ago, courses completed but now irrelevant, were all relegated to the garbage.

We found a box of brochures for places we might visit: maps, multiple copies of articles on environmental subjects, and out-of-date directories. That box also contained newspaper clippings from the late '80s. These were definitely worth a few minutes, for the articles as well as the ads. For instance, grapefruits were 5 for 99 cents! In many cases, we couldn't figure out why we'd kept the articles in the first place, so out they went.

There were long tubes of maps that were very special. We have maps of our Huntley area indicating where my ancestors settled long before we even knew about Huntley. We have topographical maps, maps of the Rideau Canal System that we used on our canoeing expedition many years ago, and maps of our property boundaries. They are being propped up by a ship's half-hull model hand carved in Nova Scotia.

At the back of the cupboard were two treasures we rarely haul out. One is an ancient zither that was a prized possession of Alan's father. He didn't play it, only possessed it, but showed it off with pride whenever we were together. I often wonder whether it could be refurbished, but for now it rests in the cupboard. The second treasure is Alan's set of paints. It's a lovely wooden box crammed with supplies. When we see it, we are taken back to 1996, when Mary Lettner gave him a few art lessons before we spent a wonderful art holiday in France. It's back on the shelf next to the zither now. They're both memories we cherish.

This whole closet exercise was rather uplifting. The skeletons came creeping out in an orderly fashion, not to frighten but to entertain. It was fun to revisit the activities we used to do, and to part with the paraphernalia we'd carted along thinking it was so important to our very existence. For sure, we remember the time spent on all those meetings and how our contributions made a difference at the time, but all those records must be elsewhere, so we don't have to keep them. We have the memories, and that will suffice.

The photos and letters are a different story. They are all kept, and we have good intentions to sort and organize. However, if that shouldn't occur, we hope that at some later date, someone else will discover them as we have, and take the time to sift through them and enjoy the skeletons the way we have. They are family, all boney and beautiful!

Sharon Benson: Paverpol Artist & Instructor

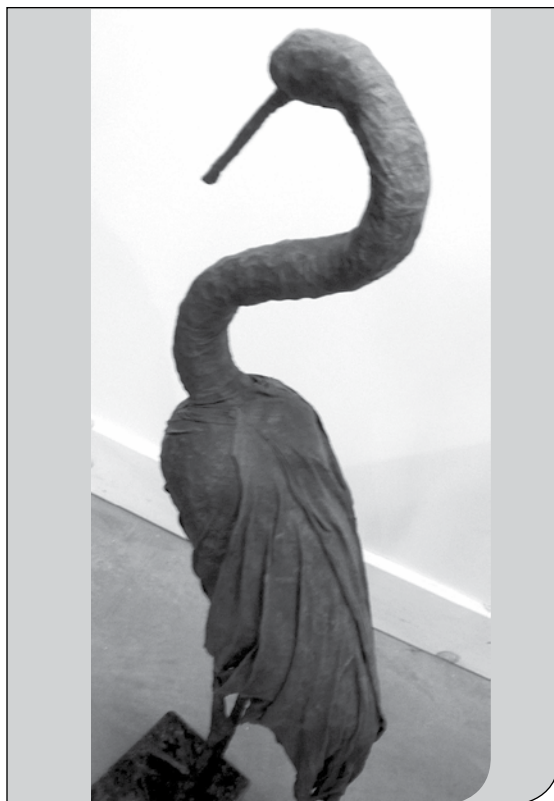
Westport's Sharon Benson began her art career after attending a watercolour workshop in 2007. Derailed by a disparaging comment from an art teacher in high school, a lifelong interest in the arts was rekindled when she rediscovered watercolours. Several classes and courses later, Sharon decided to extend her newly learned techniques by adding more media to her repertoire.

by Georgia Ferrell

Classes in acrylic painting and further work in watercolours led Sharon to experiment with mixed-media painting and to create abstract works. She also continued exploring a variety of media, until one day a friend took her to a class that was working with paverpol.

Paverpol is a relatively new substance that can turn any natural-fibre fabric into a sculptural medium. Needless to say, Sharon was hooked at that first class! Once an idea comes to her, she uses copper wire and tinfoil to create the basic armature. She then dips 100% cotton or other natural fabric into the paverpol and drapes and shapes it around the armature to create lifelike or abstract figures. Even though it takes up to several weeks for the paverpol to fully cure, it begins to harden immediately, so the artist has about 20 to 30 minutes of open time. Layering is also possible, by allowing the undercoat to become stiff before adding on. Amazing works can be created using this technique! When the work has completely cured, a coat of varnish is added to create a sculpture that is fully weatherproof. Paverpol is both non-toxic and environmentally friendly, and is a great medium for using recycled materials, such as old t-shirts!

Being attuned to the business side of art, Sharon now uses her own learning to help others overcome those early disparaging remarks many of us heard as kids. Whatever the size of your idea, paverpol can be used to create it. Sharon is a certified paverpol instructor who will help you develop your creative dreams at her home-based workshops. Find out about her classes and schedules by following the links at <theHumm.com/February2016>, or email her at <sharshar@kingston.net>. Check out <paverpol.ca> to learn more about this amazing creative art medium.



Westport Winter Carnival & Winter Movie Night

The annual Westport Winter Carnival takes place over the Valentine's/Family Day weekend, February 13 to 15. Get your family all wrapped up and head out to the fishing derby on the 13th (\$15, 12 and under free; no license required), the Westport Arts Council Winter Games on the 14th (11AM-4PM; wagon rides, a petting zoo, tug of war...), and Shillington Park on the 15th (1-5PM; skating, snowshoeing, karaoke, crafts...). On the musical side of things, warm up on the 14th at The Cove with Shawn McCullough & Henry Norwood (4-8PM) or at the Legion with Jeff Code and the Silver Wings Band (2-6PM). See <westportartscouncil.com> for further details.

Did you catch last month's **Westport Film Society** presentation? Their next presentation is scheduled for February 19. Check in at <westportartscouncil.com> to see what's up next!

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WESTPORT AREA

2016 Fall Colours Studio Tour

CALL FOR ARTISTS

DEADLINE: FEBRUARY 28, 2016

Accepting studio and guest artist submissions | Tour occurs next Thanksgiving weekend

www.westportstudiotour.com

World-renowned Yoga Teacher Comes to Almonte

Grab your yoga mat and head to the Almonte Old Town Hall on Saturday, February 20, from 2:30 to 5PM, for an event not to be missed. In association with Almonte Rising Sun Yoga and Shunnya Centre, Gurmukh Kaur Khalsa is coming to Almonte for a transformative afternoon of Kundalini yoga. Marlys Symington, co-owner of Rising Sun Yoga, says: "It's a dream come true for me to have Gurmukh teach in our small town!"

In her workshops, Gurmukh shares her wisdom and compassion through stories of her life before yoga, her time with her teacher Yogi Bhanan, and her experiences bringing these techniques to students around the world. She combines meditation, mantra, breath work, and exercises to harmonize the body's energy centres and tune the nervous and glandular systems. You'll laugh, you'll sweat, you might even shed a tear, and at the end of the workshop you'll feel rejuvenated and at peace, and like you've spent time with a good friend.

In 1970, Yogi Bhanan (the master of Kundalini yoga), gave Gurmukh her spiritual name, meaning "one who helps thousands of people across the world ocean." Since then, Gurmukh, co-founder and director of Golden Bridge Yoga in Los Angeles and New York, has dedicated her life to teaching students and training teachers in Kundalini yoga, as well as prenatal and post natal yoga, throughout the world. Yoga and non-yoga students from all over seek out her workshops and training.



On February 20, Gurmukh Kaur Khalsa will present an afternoon of Kundalini yoga in Almonte

Dubbed by *Vanity Fair* as the "Queen of Kundalini", Gurmukh made the list of "100 Trailblazers in Yoga & Ayurveda" by *Spirituality & Health Magazine*. She's the author of two books: *The Eight Human Talents: The Yogic Way to Restoring the Natural Balance of Serenity Within You*, and *Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation*, and is featured in many DVDs. Gurmukh founded Seva Corp., a non-profit organization that supports schools and orphanages in India. She lives in Los Angeles with her husband, Gurshabd Singh Khalsa.

The popularity of Kundalini yoga continues to grow as students find it so effective and beneficial to the body, mind and spirit. Kundalini yoga classes are offered at many studios throughout Ottawa and the surrounding area, and at Almonte's own Rising Sun Yoga studio. Whether you are a first-time student or an experienced yogi, you won't want to miss this opportunity to practice with Gurmukh.

Tickets are \$51 in advance and \$62 at the door. Tickets are available from Baker Bob's in Almonte, or call 290-9973 and send an e-transfer to

<marlys@risingsunoyoga.ca>. Please bring a yoga mat/blanket and some change to purchase an item from the baked goods table with proceeds going to help support local Syrian families.

— *Patricia Gervais is a Certified Bowenwork® Practitioner at Almonte Bowen Therapy and student and teacher of Kundalini yoga*

Walk/Run Training Programs

It's time to shake off the winter woes and prepare for the **Diefenbooker Classic**, taking place on April 30 and featuring walking, running and cycling events for people of all ages and abilities.

Set your goals now and reach them by participating in the **Walking** program or in the **Learn to Run** sessions. These two groups will meet for an information session on Tuesday, February 23 at 7PM in the Huntley Curling Club (199 Langstaff Drive, Carp). The walk and/or run sessions will start Saturday, February 27 at 9AM at the W.E. Erskine Johnson Arena in Carp. This offer closes February 27, as the program will be underway.

Joining either group will be a great way to not only improve your health, but to meet other people in the community and also reach your goal at the April 30 Diefenbooker Classic.

The Learn to Run program has been successful in supporting people in their running goals for many years. If you can walk 5km and run for one minute, then this running group is for you. Over the ten weeks, you will build up your fitness level to be able to run the 5km at the Diefenbooker Classic.

New this year will be the Walking program for those who wish to participate in the Diefenbooker Classic walking event. Your fitness level will build, and you will be able to comfortably walk the 5km distance.

Make the better health commitment to yourself now! Register online at <diefenbookerclassic.ncf.ca/Diefenbooker2016> for either the 5km walk or the 5km run, and then bring your registration confirmation and waiver sheet to the information session on February 23, at 7PM at the Huntley Curling Club.

FERRARO ART WORKSHOPS
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Head, Hands and Feet
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 Introduction to Pastel • April 9 & 10
Mallorca and Barcelona
 Plein Air Painting Trip • November 4–14

To register, or for more information:
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See page 8 & 9 to volunteer for
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presented by special arrangement with SAMUEL FRENCH, INC. Feb 2016

by *Ken Ludwig* Note: Mild Language
 Directed by *Jamie Schoular*

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Feb. 19, 20, 25, 26 & 27 at 7:30 pm
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 • smithsfallstheatre.com (Paypal/Visa/Mastercard)
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Join Matt for Movie Trivia!

Want to try your hand at some movie trivia? Why not join Matt Roche, theHumm's fabulous film reviewer, for a night of friendly competition at The Barley Mow in Almonte? As of press time Matt was still working out the details, but he invites you to email him at <directedbyroche@gmail.com> or watch theHumm's Facebook page for a date and details...

BRIDGING GENERATIONS

A SENIORS FORUM IN PAKENHAM



Please join us for a free lunch and community conversation

Sunday, February 7, 12:30pm - 4pm
Pakenham Public School

For catering purposes
please RSVP by Feb 1st to Brenda Hurl.
Transportation is available
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Our supporting partners are:

Mills Community Support, Pakenham Civitan Club, Community Home Support Lanark County,
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Pakenham Senior Citizens Club 264, Pakenham Public School

Earth's Textures

Moments of Stillness



Alan Mirabelli

Photographer

Ottawa Art Gallery
2 Daly Ave
February 2 - March 5, 2016

Vernissage - February 18 at 6 P.M.

Gallery Hours:
Tue. - Wed. 10 A.M. - 6 P.M.
Thur. - Fri. 10 A.M. - 9 P.M.
Sat. - Sun. 11 A.M. - 6 P.M.

Matt About Movies

Matt Takes on the Academy

2015 has ended, and it gave us many wonderful films. Here's hoping that 2016 is just as good.

This first month of the New Year brought around the last few films of 2015; films that got released late in the year and are finally rolling into Canadian theatres. One in particular is a fascinating, hypnotic, brilliant

by Matt Roche

piece of cinema: *Anomalisa*. Had I been able to see it before I wrote my year's-end Best Of list in my previous article, I would have ranked it at #2. Right behind *The Revenant*. Both are, in my opinion, absolute masterpieces.

Anomalisa comes from the brilliant, precise, acerbic mind of Charlie Kaufman, the writer behind *Being John Malkovich*, *Adaptation* and *Eternal Sunshine of the Spotless Mind*. Time and again, he has delved into the deepest, most confounding aspects of our lives and, like Jackson Pollock, has poured and dripped them all over his canvas to show us poignant things we didn't even know were there. And he presents them to us in the most original and creative ways. No one does what Charlie Kaufman does. And with *Anomalisa*, he may have reached his peak.

It is an animated film that tells the tale of two people, Michael (David Thewlis) and Lisa (Jennifer Jason Leigh). Michael is a keynote speaker at some customer service convention, staying overnight at a hotel. He is alone and disconnected from the world. Every person he speaks to — every single person, from an eight-year-old girl to a bellhop — is voiced by Tom Noonan. That is, until he meets Lisa. And every person Michael meets looks oddly similar to one another. If you are at all familiar with the Fregoli Delusion (head to theHumm.com/Feb2016 if not; it's fascinating), the fact that Michael is staying at the Fregoli Hotel may answer a few questions, but, as is typical of Kaufman (no one writes existential alienation better), things are left rather abstract.

Still, once Michael meets Lisa, things change. He seems vehemently interested in her, fascinated by her. He's never felt this way about anyone and wants to know everything about her — her thoughts, her feelings, her body. Indeed, they make love in what is probably one of the most touching, quirky and explicit sex scenes put on film. Oh, and did I mention this is an animated film? Yes, Kaufman and stop-motion master Duke Johnson put this film together using stop-motion puppetry. And it's stunning to behold. *Anomalisa* has, without question, more emotional charge and humanity than most live action films. It's truly a remarkable feat. And what's even more remarkable is the voice work of the three actors. David Thewlis brings deep pain and sorrow with the volume and inflections of his voice and it reverberates right through you. Jennifer Jason Leigh brings so much understanding and purity and innocence to her role as Lisa. And Tom Noonan is simply a wonder. Each of the dozens of characters he voices have the same monotone, morose tone but each are distinct and well-defined and, oddly, very believable.

You will not see a more emotionally wrenching, brutally honest film this or any year. *Anomalisa* is a contemporary masterpiece and, like its name, an anomaly; utterly unique.

I was also able to finally see *The Hateful Eight*, and was sorely disappointed. There is much to like about Quentin Tarantino's eighth film. The running joke of the broken door is hilarious, the cinematography is amazing, the production design is excep-



tion, and there are good performances all around. But, for Tarantino, one of the great filmmakers of all time, this one ranks as his worst yet. But that is like saying *The Wolf of Wall Street* is Scorsese's worst. It's still ten times better than 90% of the other stuff being released. Still, I was shocked at how much I disliked it. It's way too long (just shy of three hours), has too much talking and far too frequent use of the N-word. And what he makes poor Jennifer Jason Leigh go through has to border on misogyny. This is Tarantino's most Tarantinoesque film to date (he even narrates it), and not for the better. He says he's only making ten films before retiring; let's hope the last two are up to his usual standards.

And the Winner is...

On January 14, the Oscar nominations were released. As expected, *The Revenant* led the field with twelve nominations. I expect it will take home the top prizes. Stallone got his first nomination in forty years. *Mad Max: Fury Road* got ten nominations, all deserving. As always, the Academy nominated unworthy films and omitted worthy ones, or simply ignored them. With eight Best Picture nominees out of a possible ten, they failed to nominate *Carol*, *Steve Jobs*, *Ex Machina*, *Beasts of No Nation* (which got ignored completely), *Straight Outta Compton* and *Anomalisa*; yet the dense *Bridge of Spies* got one. It was nice to see Bryan Cranston finally get a nomination for his excellent work in *Trumbo* (another overlooked film). *The Martian* got seven nominations, but no recognition for the man behind it all — director Ridley Scott. But they didn't give his spot to Danny Boyle for his inventive work on *Steve Jobs*, or to the sublime directing of Todd Haynes for *Carol*; they gave it instead to Adam McKay, who did a wonderful job with *The Big Short* but was not Oscar-worthy, especially compared to the competition. And the stunning omission of Aaron Sorkin's mesmerizing screenplay for *Steve Jobs* is an absolute sin. I had it pegged to win, yet not even a nod. The fact that Julie Walters (*Brooklyn*) and Jane Fonda (*Youth*) didn't get Supporting Actress nominations yet Rachel McAdams (the only unimpressive, unbelievable actor in the *Spotlight* ensemble) did, is mystifying to me. And Jennifer Lawrence's sole nomination for *Joy* is equally confusing considering the competition. But that's how the Academy has always been. They still usually pick the right winner, though. Usually.

With the Oscar ceremony scheduled for February 28 and the cold weather finally here (sort of), it's a perfect time to catch up on some movie watching. A lot of these films can be seen at your local theatres: Smiths Falls' Station Theatre, Perth's Full Circle Theatre, Brockville's Galaxy Cinema, the O'Brien Theatres in Renfrew and Arnprior, and Ottawa's Bytowne Cinema. So keep your eyes open and support your local theatre. The time and care that is put into these theatres by volunteers from our community is astounding, and it shows. In an age where everyone wants to download their movies and watch them at home, an outing to your local cinema is a rare occasion that should be indulged. These are exceptional establishments run by wonderful and caring people and are more than worthwhile to frequent.

Out The Back Door

February is a great time to enjoy the outdoors. Did you notice that the chickadee's song has started to change? Spring is in the air, and I'm so excited to be here; thankful for the opportunity to talk about being outdoors in this great country, province, area. Together we will explore activities, as well as bird and animal species discovered in the region during our adventures.

Finches seem to be top of mind today. Over these past few months our feeders have

tree limb nearby with a sad expression for a bit, but I know he'll try again.

Great Backyard Bird Count

Speaking of counting birds, this month your entire family can get involved in the 2016 Great Backyard Bird Count. The winter can be an exciting time for birders of all ages, and offers great opportunities not only to get out and observe some of our favourite birds, but also to do our part to aid in research and conservation of our feathered friends.

So hot on the heels of the completion of the Christmas Bird Count comes the annual Great Backyard Bird Count. Organized in conjunction with the Cornell Lab of Ornithology, Bird Studies Canada, and the National Audubon Society, and powered by eBird, the Great Backyard Bird Count offers birders the ability to come together and provide vital data for ongoing research.

In 2015, the Great Backyard Bird Count produced stellar results: there were over 147,000 checklists submitted, and participants recorded over 5,000 species and counted a whopping 18,725,079 individual birds around the world.

With the growing popularity of the count, organizers have made it easier for folks of all ages and geographical locations to participate. With the upgrades performed in 2013, the system is now run completely online, using innovative tech-



Photo by David W. Robertson

Everyone can participate in this year's Great Backyard Bird Count!

nology developed to organize and report sightings.

There are three easy steps you will need to complete to successfully participate in the count: registration, observation and reporting.

If you have never participated in a count, or have not since 2013, you will need to head online and register for an account on the Cornell Lab website

<birds.cornell.edu>. The process is fast and easy, but we always suggest setting up an account ahead of the count, thus saving valuable time in the field after the count commences.

Organizers ask that all participants commit to at least fifteen minutes, on one or more days, to participate in the count. You are welcome to count as often as you'd like during the duration of the count, but be sure to properly record sightings, organizing them by species, date, time and location.

After the completion of the count, observers must then report their observation logs using their login on the Cornell Lab's website or the eBird mobile app on their smart phone.

The Great Backyard Bird Count is a sure sign that spring will eventually rear its head, leading into one of the most wonderful times of year for birders. While we all look forward to seeing the return of some of our favourite species and observing the breeding and nesting seasons, this

count is a sure-fire way to aid us in preparing for the busy spring season. For further information, you can find a helpful slide show from the Cornell Lab by following the links at (theHummm.com/Feb2016> "Til next time...

— Bob Volks can often be found at Gilligallou Bird, Inc. in Almonte's Heritage Court <gilligalloubird.com>.

by Bob Volks

been covered in finches — mostly the American goldfinch, but people have also reported seeing house finches, purple finches, dark eyed juncos and some redpolls. At our place, it's goldfinches. In fact, one day last week we did an informal count within a short period of time and estimated seventy goldfinches on feeders, on the ground, and in the trees. It was awesome.

Our resident sharp-shinned hawk likes the feeder activity also, making frequent visits. It's probably a young male, as his hunting skills are not the best. Often he'll make a wild, flash attempt to score a meal. He and all of the finches at the feeder explode into the air, all at once; sometimes he is lucky... sometimes not. After his not-so-lucky attempts, he often perches on a



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Celebrating Perth and Queen's



The combined choirs of the Men and Women of the Tay, and St. Paul's and St. James churches rehearse together in preparation for a Jubilee concert celebrating the 200th anniversary of Perth and the 175th anniversary of Queen's University. The massed choir will be joined by the Queen's University Choral Ensemble and Orchestra for a concert on March 19 at St. John Roman Catholic Church in Perth. Tickets are available from <ticketsplease.ca>.

Speaking Volumes

Speaking Volumes About Volunteers

One thing about libraries is they attract the most interesting and cool people. It's part of what makes libraries so appealing. Another appeal factor is that libraries draw people together in meaningful and sometimes profound ways — and I am not just referring to our patrons, but also those in our community who devote time, energy and passion to the library — volunteers!

Our volunteers can be any age. We have options for teens seeking their community service hours. We have "seniors" tutoring early literacy at our local schools. Soon we'll have more volunteers helping with math literacy. We have volunteers delivering books to home-bound patrons via our Visiting Library Service. At our last annual Book Sale we had whole classrooms of young people shunting and lifting boxes, and we had community residents sorting all the sale books into attractive displays, making it easier for shoppers to find that special item. At the Pakenham branch we even have "lifers"! These are volunteers who, without a second thought, have devoted literally most of their lives to helping at the library in myriad ways: putting away books, helping at the service desk, stringing guitars, and even taking garbage and recycling home so we can get it out on time!

Yup. Volunteers make a difference. Not just any difference — *the* difference. Their generosity enhances the library, makes it work. Their quiet dedication enriches you, likely in ways you aren't aware. It's time to give volunteers a nod: let's cross our hands over our chests in gratitude, giving thanks to our volunteers.

— Pam Harris is the CEO/Chief Librarian of the Mississippi Mills Public Library

by Pam Harris, Librarian

Volunteers make things happen. It's their support that so often brings us success by filling the gaps or by rising and falling according to need. At the Mississippi Mills Public Library, for example, the Lark County Grows Seed Library is maintained by volunteers — they spend endless hours separating seeds into handy packets for us to trade with one another; staff a booth at the market; share their knowledge, expertise and enthusiasm about our seed library; and also share their personal knowledge and skills in the areas of gardening and cooking. Seed volunteers have also donated time to run workshops developing and supporting our community gardening knowledge. These volunteers led us to partnerships, enhanced programming and grew friendships.

New at the Carleton Place Library

Cardholders of the Carleton Place Public Library now have free access to digital magazines and language learning programs.

Among the new offerings are a new digital magazine service called **Flipster**, which allows users to access popular magazines such as *O Magazine*, *Good Housekeeping*, *Vogue*, *Bon Appetit*, *Men's Health*, *Entertainment Weekly* and more. Library patrons don't need any special software to access the magazines, and the magazines are available on demand, which means no waiting lists or late fees. Mobile users can download directly to the Flipster app for offline viewing.

Also new is **Mango Languages** — an online language learning software. Mango is free for all library patrons and can be accessed anywhere with an internet connection. Each lesson combines real life situations and audio from native speakers with simple, clear instructions.

Contact Carleton Place Public Library or visit <olco.canlib.ca/client/cp> to learn more about accessing the library's digital materials.

Make a Date with a Book in Perth!

The Friends of the Perth Library are holding a Valentine Book Sale on Saturday, February 13, from 10AM to 3PM. All sales are by donation, and all proceeds will be donated to the Perth Library. If you have books to donate to this sale, please bring them to the library on Friday the 12th, before 5PM.

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Soul Food...

How Volunteers are Shaping Communities through Community Gardens

Community gardens, and the folks who run them, connect people to their food by producing accessible, local, fresh, organically-grown food that will enrich our communities and the people within them. Food security, health, access to green space, and education on food and social issues, are all benefits of such gardens.

Their success has led to community gardens becoming a source of food that many families rely on, as well as being a gathering place within the community. From the gardens have sprung programs such as good food banks, community meals and community kitchens, bringing focus beyond the individual and turning food into a vector of social change.

The Table Community Food Centre, located in Perth and led by executive director Ramsey Hart alongside a team of staff and volunteers, stands by the mandate: "we strive to increase access to healthy food, build food skills and improve food literacy in ways that maintain dignity, build community and challenge inequality". Their garden goes beyond simply growing, offering up a community space free from judgment, where people from all backgrounds are encouraged to participate. Resources such as an after-school program, Good Food Bank, community meals, and workshops on how to grow and prepare healthy produce, make The Table much more than a simple garden plot. By removing the barriers

lower-income people have in accessing fresh produce, The Table promotes a social space in which lines are erased between income and the right to healthy and affordable food. Formerly called The Perth and District Food Bank, The Table changed its name to erase the stigmas that surround food banks and those who use them. Currently operating two gardens within the Perth area, they are also assisting in the establishment of a third that would allow people to maintain their own garden on an allotment. The Table supplies food for their Good Food Bank, Community Meals and Community Kitchen programs, giving over 70% of the produce grown back to the community. The Table seeks to go beyond simply supplying food; it is about reconnecting people to their food supply, offering self-sufficiency and self-worth through the opportunity to grow.

The YAK Youth Community Garden, also located in Perth, has similar goals to that of The Table. It began operations in 2008, with the goal of educating youth on the importance and joy of growing food, as well as to supplement a dinner program. The program has expanded from one plot to three, and is tended by the youth summer camp attendants and volunteers. In comparison to other organi-



Volunteers are integral to this area's community gardens, such as the one at The Table in Perth (above)

zations in the area, the YAK community garden is, in the words of executive director Tanis Cowen, "small potatoes". However the direct impact they are making on the youth who attend their programs and assist in the garden cannot be underestimated. A First Nations youth used the garden to grow traditional indigenous healing herbs, such as sage, while another group particularly loved cherry tomatoes and herbs for homemade tea. The YAK Community Centre captures the attention of young minds through fun events such as the annual beanpole race to see if any of the bean plants can grow all the way up the side of their three-storey building.

Program participants learn about canning and preserving, but also learn (perhaps less obvious) lessons such as how to handle stress through outdoor activity, and the importance of growing beyond oneself through shared work.

Small-scale community initiatives run by people like Ramsey and Tanis have impacts that go far beyond those who are receiving their goods. Community health and social justice are intimately linked to the act of growing food. The simple acts of getting involved and volunteering within these kinds of programs are the first steps to creating environmentally sustainable and socially just communities within Canada.

If you are interested in volunteering and getting involved in either The Table Community Food Centre or the YAK Community Garden, both accept volunteers of all ages and experience levels. Please contact The Table's director Joanna Kowalczyk at <Joanna@thetablecf.org> or Tanis Cowen from the YAK Youth Community Garden at <yakexecutivedirector@gmail.com>. The Table will also be taking feedback and suggestions for the upcoming Perth Garden Allotments, which can be sent to Ramsey Hart at <ramsey@thetablecf.org>.

— by Laura Parent

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