

JANUARY 2015

the Hummm

free

Arts,
Entertainment
& Ideas



p. 18 & 19

January's Events

CLASSES

COURSES

LESSONS

p. 8-12

p.10



The Joy of Movement

p. 15



Trail Fundraiser



The Art of Sanjeev Sivarulrasa p.3



Happy New Year!

Start your New year off with New colours,
come visit us and pick up your free copy of
Benjamin Moore's Colour Trends 2015 Brochure!



Valley Design

22 Lake Avenue East, Carleton Place

www.valleydesignco.com

613-257-1197



by Bill Buttle



"Apparently, it's one of those portraits where the eyes seem to follow you around the room!"

Does Your Organization Need Volunteers?

In the February 2015 issue of theHumm we plan to run our ninth annual "Get Involved, Get Connected" resource for organizations seeking volunteers (and volunteers seeking local organizations). If you are running a community organization or service club, festival, cultural event, museum, conservation area, arts or activities group within theHumm's catchment area, we'd like to hear from you! Send us 80 words (maximum) describing what your group does, what type of volunteer opportunities you offer, and how people can contact you, and we'll run them — free of charge! — in our February issue.

Due to space limitations, we can only offer 80 words per organization, and can only include groups that serve our catchment area (Lanark County and parts of Renfrew County). We are not able to edit down longer entries or brochures, so please send the text as you wish it to appear. Please email all information or queries to <editor@thehummm.com>. All information must be received by January 22 for inclusion in the February issue.

Here's an example from last year's issue:

Big Brothers Big Sisters of Lanark County is a not-for-profit volunteer organization that provides mentoring programs to children throughout the County. Volunteer opportunities are varied, and can be built to suit an individual's interests and location. Programs include one-on-one mentoring, music, craft or sports programs, and so much more. Other opportunities include helping at events, in our thrift store, on a committee, or on our board. Visit <bigbrothersbigsisterslanark.ca> or call 613-283-0570 for more information.



Who's Reading theHumm

Back in 2012, Ross Bartlett sent in this terrific shot of his daughter Sam and his wife Janice in London, England. Looks like you all had a great trip — thanks very much for taking theHumm!

Good News!

If the headlines had you down over the holidays, here's your chance to add to the good news files. As we pull together our February issue (focusing on all of the many awesome groups, events and organizations throughout our catchment area that rely on volunteers), we'd love to feature stories about how volunteers have touched your life. Send us a sentence, a paragraph, a poem or a song, and we'll try to put it out to the world via our blog, Facebook feed, or in the February issue itself. Sometimes, news IS good news!

See More Online!

This month at <thehummm.com>, you'll find a list of the most highly-anticipated books due to be released in 2015 (courtesy of librarian Elizabeth Goldman, whose column is on page 16), a recipe for Mini Chocolate Cupcakes with Dark Chocolate Icing from *Dig In - Cooking Without 14 of The Most Common Allergens* (see more on page 21), more of artist Sanjeev Sivarulasa's stunning images, and a fabulous directory of teachers and studios offering classes, courses, and lessons in art, music and movement throughout the area!

Humble Thought

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

— Anonymous



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

Editor:
Kris Riendeau
editor@thehummm.com

Layout and Design:
Rob Riendeau
rob@thehummm.com

Advertising/Promotions:
Kris Riendeau: (613) 256-5081
kris@thehummm.com

Assistant Editor:
Rona Fraser
rona@thehummm.com

Calendar Submissions:
calendar@thehummm.com

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

Submissions
By email or on disk.

Content Deadline:
20th of the month prior to publication

Advertising Deadline:
22nd of the month prior to publication

Subscriptions
cost \$40 (includes HST) for one year (12 issues). Send a cheque with your name and address to: theHumm PO Box 1391 Almonte ON K0A 1A0

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

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

Thanks this month to:
Susie Osler, for her amazing contribution to theHumm over the past several years in the form of her "Flavour of the Month" farmer profiles. Susie will be on sabbatical for part of 2015. We'll miss her, and we wish her all the best!

\$1,000 AWARD OF EXCELLENCE IN FINE ARTS AND FINE CRAFTS
Application Deadline: **Jan. 31, 2015**
Information and guidelines at www.meraschoolhouse.org/community
For more information, contact Marilyn Barnett at meraschoolhouse@bell.net

After a successful yet confusing Christmas season, all men placing

ORDERS FOR SPECIAL CUTS

MUST have a note from their wife!

126 MILL ST., ALMONTE * 256-6801

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

Every Sunday **Brunch Buffet**, 10-1
Every Monday **Family Day** Kids Eat Free
Every Tuesday **Seniors' Day** 55+ Get 25% Off
Every Wednesday Wings 'n Tunes with **Shawn McCullough** (Country/Rock), 6-9
Sat. Jan 3 & 10 **Head Over Heels** (Vocal Guitar Duo), 6-9
Fri. Jan 16 **Luther Wright & Jenny Whiteley's Birthday Hootenanny**, 8-11
Sat. Jan 17 **Chinese Buffet** 5:30-8:30 & **Karaoke** 8-10
Fri. Jan 23 Blues on the Rideau with **Jack de Keyzer Band** (Toronto), 7-11
Sat. Jan 24 **Jr. B Hockey Elimination Draw** with Shawn McCullough, 7-10
Thu. Jan 29 **Caribbean Wine Dinner** 5 Course Meal with Wine Pairings, 6-9
Fri. Jan 30 **Ladies' Spa Night** with **Caesar Ricardo** (Cuban Guitar), 6-9
Sat. Jan 31 **Riq Turner** (Vocal/Guitar), 6-9

Sanjeev Sivarulrasa — The Art of Heavenly Perception

A new gallery opened this past November in the Thoburn Mill at 83 Little Bridge Street in Almonte. It is heavenly. Literally. Sanjeev Sivarulrasa's astrophotographic prints and celestial paintings transport us far beyond the impediments of our earthly coils. As we contemplate his photographic art of glorious night skies and far-away galaxies, we are reminded of the beauty, serenity and wonder of the night sky. Our spirits lift, our imaginations soar. That is his intent.

by Sally Hansen

His subject is pristine night skies, free from urban light pollution, where "you can see a panorama of stars from horizon to horizon that invites observation and awareness. It's ultimately a meditative environment — a place where one can not only observe the wonders of the cosmos, but also become aware of the role of the observer."

Sanjeev Sivarulrasa didn't abandon his secure position in the Federal Government specializing in international tax law just to create beautiful images of night skies. His ambition is two-pronged. He wants the science community to acknowledge the overarching role that art and emotion play in the marketing of astronomy, and he wants to lure the ordinary observer back into the equation through his art.

It was his personal dusk-to-dawn experience of nature during hundreds of observing and photographing sessions that eventually led to his decision to embrace art as his full-time career. Sivarulrasa began observing the night sky with telescopes twelve years ago, travelling by car to spectacular dark skies in Ontario and Quebec. The more he contemplated the scale of the cosmos, conquering his fear of the dark and engaging all of his senses, the more he realized he had found his calling. As he puts it, "I came to see the pristine night sky as a meditative space where the soul can soar. It's a place that is far from not only the light pollution of cities, but also the mental clutter of modern life."

As an artist, Sivarulrasa focuses on conveying his own subjective experience rather than the presumed material reality revealed by his telescopes,

lenses, oculars and cooled CCD camera. He spends hours, sometimes several nights, capturing images of the space beyond our vision that has always intrigued our imaginations. Then he combines the images digitally in his studio to create his final composite works. He is quick to explain that much of the colour and detail in deep sky images are artifacts, achieved with filters and multiple exposures, the product of his conscious decisions to achieve an aesthetic effect.

And that is the essence of his argument with how astronomy currently is presented to the public by institutions such as NASA. Put succinctly, pure science doesn't and shouldn't care about how we humans feel about the night sky. As an artist, Sanjeev takes the opposite approach. "The main focus of my work as an artist is to look at aspects of how I feel."

He strongly believes that science is guilty of co-opting art without acknowledgment in its current popularization of astronomy. While photographs from the Hubble Space Telescope may occasionally mention that "... total starlight has been artificially

colored blue in this Hubble view," most observers think that if they were able to travel to outer space they would actually see something that resembles the Hubble images. We wouldn't.

Sivarulrasa cares so deeply about this misperception that in 2013 he published a book, titled *Vanishing Stars — Unravelling the appropriation of art by science*. He values the science of astronomy and its tools, but is concerned that the

marketing of science is having the unfortunate effect of eroding the importance and value of art.

Even more troubling to him is the suspicion that "scientists have become the gatekeepers of the cosmos." Our ancestors read the sky without intermediaries. By convincing us that we are insignificant specks in a vast celestial universe, and that "objective" science trumps subjective human experience, Sanjeev fears that popular astronomy diminishes and discourages the modern observer's direct experience of nature.

Starry-Eyed

When Sanjeev was nine years old his family fled ethnic conflict in Sri Lanka and moved to Zambia.



Five years later they came to Toronto where, in his senior year in high school, he was named the guy most likely to become an astrophysicist. He thoroughly enjoyed his Arts and Science program at McMaster, where he learned critical thinking and honed his natural tendency to question things. Not willing to fulfill his family's hopes that he become a doctor, he latched onto pure math "because it's so beautiful," but practicality intervened and he acquired two law degrees. He accepted a job offer from the Federal Justice Department because he wanted to work at public law, and eventually specialized in international tax law at the Department of Finance and the Canada Revenue Agency.

While he was articling in Ottawa, he met and married another articling student, Angela, from Montreal, and they now have two of their own stars — Shanti and Rajan. Sanjeev describes himself as a Suzuki parent, teaching by love. Both his daughter and son are devoted violinists well before their teens.

Dharma

After the couple bought their first house, he purchased a telescope and became increasingly addicted to the serenity and quietness of observing the night sky. Like his forebears, he can tell the time and the seasons by the stars. He describes his emergence as an artist as a process of self-discovery, and explains that, while his career in tax law was intellectually stimulating, "I wanted more — something for the soul, not just the brain. Each person should follow his or her own dharma — figure it out and follow the path that suits you."

Sivarulrasa appears to be on the right path. He had his first show in 2011 at the Cube Gallery in Ottawa, followed by a solo exhibition at the Karsh-Masson Gallery, hosted by the City of Ottawa, in the spring of 2013. In 2014 he decided to take a further leap and began to look for a gallery space. When he inquired at the General in Almonte in August, they suggested he check out the space at the Thoburn Mill. Three months later he had his grand opening.

His new location is ideal for his art and for his message. The two-storey Sivarulrasa Gallery and Studio displays his large celestial images beautifully, inviting viewers to reconsider our own relationship with the night sky and how we perceive it.

Sanjeev Sivarulrasa is planning a spring show with five invited artists to explore the theme of nature. His own art universe is expanding to include oils and mixed-media works, and he is experimenting with metals to convey the sense of energy he discerns in the celestial sphere. Please check <sanjeevsivarulrasa.com> for Gallery hours and events, and visit <thehummm.com> for additional links and information.

Local you can taste. Value you can trust.

SEED TO SAUSAGE
Lomo and Capicola
Cured Meat



106 WILSON ST. W.
PERTH, ON
613.267.5409
Mon-Thurs 8am-8pm
Friday 8am-9pm
Sat 8am-6pm
Sun 9am-6pm

foodsmiths.com

WHO Sanjeev Sivarulasa
WHAT Photographic and Mixed Media Artist
WHERE Sivarulasa Studio & Gallery, 83 Little Bridge Street, Unit 102, Thoburn Mill, Almonte, <sanjeevsivarulasa.com>, <sivarulasa@aol.com>, 293-2492
WHEN Please check <sanjeevsivarulasa.com> for Gallery hours and events
WHY "I make art because art feeds the only part of me that matters – my soul."

ARTIST TRADING CARD

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



Pawsitively Pampered by Lindsay
 Lindsay Ralph
 Certified Professional Groomer

253 Wilfred Crescent, Arnprior pawsitivelindsay@gmail.com
 613-558-9999 pawsitivelypampered.ca

Mid- **WINTER** Milling
 IS
COMING
 February 28 in Downtown Almonte...



Coming Down The Tracks at
The Smiths Falls Station Theatre
 53 Victoria Ave

OUR 2015 SEASON

◆ FEB. 12 - 22 ◆ Leading Ladies By Ken Ludwig	◆ AUG. 13 - 23 ◆ A Little Princess By William J. Brooke
◆ APRIL 16 - 26 ◆ Love From A Stranger By Agatha Christie & Frank Vosper	◆ OCT. 15 - 25 ◆ Sadie Flynn Comes To Big Oak By Norm Foster
◆ JUNE 4 - 14 ◆ Nana's Naughty Knickers By Katharine DiSavino	◆ DEC. 3 - 13 ◆ Puss In Boots By Ben Crocker

Our 2015 Season Six-Pack Flex Pack Six Great Shows for just... \$99

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

Little Christmas Fiddle Concert on Jan 4

Imagine a wintery afternoon in a cozy country hall filled with fifty fiddlers. What a great way to welcome in the New Year and to celebrate the twelfth day of Christmas!

On Sunday, January 4, at the Maberly Hall, the Blue Skies Community Fiddle Orchestra, Prep Orchestra and Celtic Heritage Orchestra will play together, fifty strong, in their annual Little Christmas concert. Guitars, mandolins, penny whistles, viola, cello, drums and singers will join in the music, and when all three groups play together the rafters will ring. Be prepared to clap your hands and tap your toes.

The Blue Skies Fiddle Orchestra will fill the hall with classic fiddling and seasonal songs. Carolyn Stewart will lead Celtic Heritage with their distinct

brand of fiddle tunes. The Prep Orchestra comprises mostly beginner fiddlers who are learning to play with others and to follow a director, in preparation for joining the Fiddle Orchestra.

Both the Blue Skies Fiddle Orchestra and the Prep Orchestra are directed by Cindy McCall, and are sponsored by Blue Skies in the Community, an offshoot of the Blue Skies Music Festival, which seeks to bring music to our communities throughout the year.

The Little Christmas concert will be held at the Maberly Hall on January 4 at 2PM. Admission is \$10 (children under 12 are free). Refreshments will be available during the intermission. You won't want to miss this lively and joyous event!



This concert will feature the combined talents of three (count 'em, three!) fiddle orchestras

Soaring Harmonies Grace Almonte Town Hall Folkus presents Trent Severn with Sara & Isaac

Organizers are thrilled to open the Folkus season on January 17 with the unabashedly Canadian folk supergroup Trent Severn. Featuring the talents of Emm Gryner (bass, guitar, stomp box), Dayna Manning (guitar, banjo) and Laura C. Bates (violin), this ensemble sees all three trading vocal lead and harmony roles. Trent Severn will charm you with their subtle arrangements and soulful originals.

These songwriters have woven the fabric of Canada into their music; their songs feature snowy nights, cottage road trips, even Sid the Kid. Their rare covers include Lightfoot's *Love and Maple Syrup*. They have played everywhere from Legion Halls across the country to the main stage in Ottawa for Canada Day. They have even played the International Space Station, where they performed (from Earth) in a satellite hookup with Chris Hadfield.

Whether your take on Canadian music is the warmth of CSNY, the sweetness of Blue Rodeo, or the quirk of the Rheostatics, there will be something familiar here. But there is also enough originality to surprise and delight. If you thrill to the sound of three women singing in perfect harmony, this is a show for you.

Opening for Trent Severn will be a very special Lanark County duo: Sara Milligan (Almonte) and Isaac Matthews-Hanna (Perth). Recent winners of My Town's Got Talent, the duo has graced the stages at Stewart Park Festival and Light Up the Night. They are building a sound based on their own clear voices and bright guitar. This is your chance to see them before they get big.

You can still buy passes for all four shows (\$90 for four shows — a heck of a deal) or individual



Folkus rings in the New Year with Canadian folk supergroup Trent Severn (above) on January 17. Opening the show is local duo Sarah & Isaac.

tickets at \$30/show online, at Mill Street Books in Almonte, as well as at the door.

Folkus offers you great entertainment, and great local beverages, all in the warm setting of the Almonte Old Town Hall. As always, doors open at 7:30PM and seating is first-come, first-served. There will be a cash bar with local beer, wine and non-alcoholic beverages.

Details can be found at <folkusalmonte.com>, and tickets are on Eventbrite <folkusalmonte.eventbrite.ca> and at Mill Street Books (256-9090). Questions? Contact <hello@folkusalmonte.com>.

Legendary Powder Blues Band Plays Perth

Tom Lavin and the legendary Powder Blues Band are coming all the way from Vancouver to play the PDCI auditorium in Perth on February 7. The concert is a fundraiser for the Great War Memorial Foundation for the Perth Hospital. This is the second year that Burns Jewellers has presented a great Canadian blues band to fundraise for a worthy local charity. Last February the Downchild Blues Band played an awesome concert benefitting the Perth Splash Pad, and this year's event promises to be just as good!



Vancouver's Powder Blues Band and frontman Tom Lavin (above) will play a very special fundraiser in Perth on February 7. Proceeds from this phenomenal show will go to the Great War Memorial Foundation for the Perth Hospital

Powder Blues started in Vancouver in 1978 when the Lavin brothers, Tom and Jack, brought their unique mix of blues, swing and R&B with them from their former home in Chicago. Their first album, *Uncut*, sold over 30,000 copies within a matter of weeks — unheard of for a Canadian blues band. Over the next decade they toured the world, headlined the Montreux Jazz Festival in Switzerland, won a Juno Award and an American W.C. Handy Award. 36 years later they're still going strong with over a million records sold worldwide, delivering "good times guaranteed" every time they perform.

The Great War Memorial Foundation for the Perth Hospital was established in 1982. It has raised hundreds of thousands of dollars since then, for equipment and patient care, through fundraising programs and business and personal donations.

Burns Jewellers, the presenters of this concert, are the oldest jewellers in the Ottawa Valley, celebrating their 90th year in 2015! They've raised tens of thousands of dollars for good causes in the Perth area over that time. The concert is produced by Choose The Blues Productions, who run the Blues On The Rideau Dinner & Show Fundraiser Series at The Cove Inn in Westport, which has raised over \$52,000 for local charities over the past ten years.

The February 7 event starts with a Pre-Show Party from 6–8PM in the auditorium foyer, followed by the concert from 8–10:30, and the After-Party from 10:30 to midnight. There, fans get to meet the band, purchase CDs, and get them signed. Some lucky attendee will also win a prize from Burns Jewellers when their ticket stub is pulled. Wine, beer and refreshments will be served by the Perth Civitan Club.

Tickets range from \$35 (balcony) to \$65 (VIP front), and they're on sale now at Burns Jewellers, 66 Foster Street in Perth, by phone at 267-4466, and online at <burnsjewellers.com>. Seating is reserved, so book early to get the best spot!

Choral Evensong and Classical Music

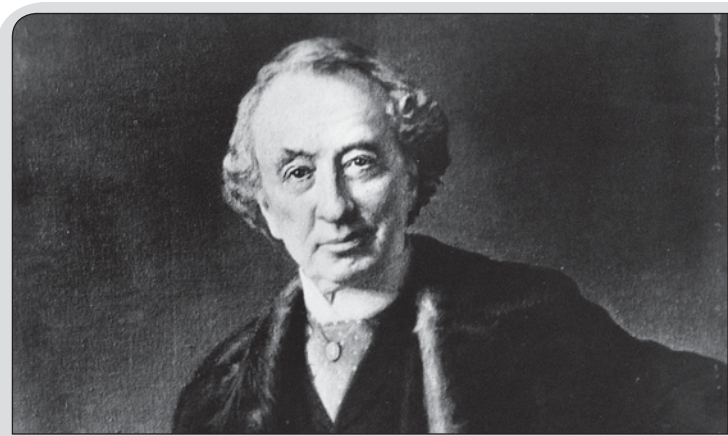
Two years ago, St. James the Apostle Anglican Church in Perth started offering Choral Evensong from the Book of Common Prayer once a month, and the congregation is growing! More and more people are discovering — or rediscovering — the beauty of this contemplative and spiritual service, whose music draws from a rich choral tradition. The next service takes place on Sunday, January 18 at 4PM, and all are welcome.

The service is quite short and includes bible readings, prayers and a homily, interspersed with psalms, hymns and canticles sung to music. "Recently, we have started inviting local musicians to provide a prelude and postlude to the service," says Peter Woodwork, St. James' Musical Director, "and this has proved very successful, adding an extra dimension to the evening. This month we welcome **Event Horizon**, a woodwind quartet with Barbara Martin playing flute, Joe Martin on clarinet, Louise Link on the saxophone, and Steve Clark (who is also a member of St. James' choir) on the bass clarinet. All four musicians also play in the Perth Citizens' Band."

Make sure to come early to enjoy the prelude, which includes selections from Handel's *Water Music*, an *Ave Maria* by Schubert, traditional English folk songs, and Respighi's *Gagliarda*. The service starts with the Minister, Canon Christine Piper, reading aloud, followed by prayers. The *Magnificat* and *Nunc Dimittis*, a psalm and an anthem, are sung by St. James' Liturgical Choir, who also lead the singing of congregational hymns. The service concludes with a blessing, *O Christ who art the Light and Day*, by 16th century composer Robert Whyte.

After Evensong is over, the mood lightens and the postlude includes *Summertime* by George Gershwin and *Peacherine Rag* by Scott Joplin.

Choral Evensong will also take place at 4PM on February 22 and March 22. St. James' Church is located on the corner of Drummond and Harvey Streets in Perth. Travelling west on Highway 7, turn left at the first traffic light as you enter Perth. For more information, contact the church office at 267-1163 or visit <stjamesperth.ca>.



A Night 200 Years in the Making

Sir John A. MacDonald was born January 11, 1815. Four days after Sir John's 200th birthday, Roy MacSkimming will discuss his forthcoming book, *The Secret History of John A.* at the meeting of the Perth & District Historical Society.

The Society is a non-profit, volunteer organization dedicated to documenting and sharing the rich history of this area of Lanark County in Eastern Ontario. They provide a forum for the presentation and discussion of this history through monthly meetings and other events. On <perthhs.org> you can see their online archive, with materials developed by their events and the efforts of their volunteers and supporters. The website documents a wide range of in-depth information on the long and interesting history of Perth and the neighbouring historical townships — formerly known as Bathurst, Burgess, South Sherbrooke, Drummond and North Elmsley, and now the Townships of Tay Valley and Drummond/North Elmsley.

Perth & District Historical Society Meetings are open to the public and held on the third Thursday of each month (January to June, September to November), at 7:30PM, at the Perth Canadian Legion Hall, 26 Beckwith Street East. A voluntary "Toonie Fee" (donation) is suggested for each meeting.

They hope to see you at 7:30PM on January 15!



Dance with the Barley Shakers

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

January 30, 2015

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

Admission is \$12.00 per person

Almonte Civitan Hall
500 Almonte Street, Almonte, Ontario

General

fine craft, art & design

Closed in January for rest & renovations.

Open by appointment:
generalfinecraft@gmail.com
Watch for exciting changes to the gallery!

Re-opening Tuesday February 3

with Carleton Place artist

Mary Pfaff

Open Lines: the August Suite Drawings

artist talk/vernissage

Sunday Feb 8, 1-3PM

63 Mill Street in historic Almonte

generalfinecraft.com

Humm Bits

Get Ready for Some Mid-Winter Milling!

Save the date! On Saturday, February 28, the sixth annual Mid-Winter Milling event will take place in shops and cafés along Mill Street in Almonte. Spend a day exploring the historic downtown, and sign up for some spiritual and self-awareness sessions with local practitioners. Check the February issue of theHumm for more details!

Movie Night with the Perth Horticultural Society

Come in out of the cold on Tuesday, January 13, and embark on a cinematic tour of the recent Chelsea Flower Show. This is Britain's Royal Horticultural Society's premier event and is considered to be the pinnacle of horticultural shows.

This past year's Show celebrated several notable anniversaries, including the centenary of the First World War. Also featured were numerous themed show gardens crafted by preeminent designers from around the world. These are certain to inspire and amaze. And more exciting still are the new plant varieties that were profiled, including the "Plant of the Year".

The Perth Horticultural Society meeting on Tuesday, January 13, will be held at St. Paul's United Church at 25 Gore Street West, beginning at 7:30PM. Membership is only \$10 per year; visitors can pay \$3 for admission and everyone is welcome!

Carleton Place Winter Carnival Returns!

The volunteer organizing committee has been hard at work planning the third annual Carleton Place Winter Carnival. This year's carnival will take place on Saturday, February 21, and all activities are free.

"The purpose of the carnival is to create a gathering place where residents and visitors can come together," says Lisa Strangway, Committee Chair. "We are extremely excited to be able to present this fun-filled, family experience to members of our community at no charge, thanks in large part to our presenting sponsor Luxart Homes and our media partner Country 101.1."

Event organizers are currently looking at two major areas of activity. The first is at Carleton Place High School (CPHS) and will consist of a pancake breakfast in support of the CPHS Band and a merchant market.

The second will be at the Carleton Place Canoe Club parking lot, featuring an outdoor stage, activities and games for kids, exhibits, displays, food vendors and horse-drawn trolley rides. Chilly's Fun Land will include daytime stage entertainment such as Eccentric Adam, Zip-E the Clown, and Ben the Illusionist. Starting at 5PM the stage will be taken over by DJ Rico for the Après Ski outdoor dance party.

For more information, including this year's schedule of events, visit cpwintercarnival.com.

Travelogue: Brazil with Eugene Fytche

The Mississippi Mills Public Library Travelogue series aims to connect community members with diverse travel experiences. They hope to inspire adventure seekers and satisfy armchair travellers alike!

Eugene Fytche grew up in New Brunswick and graduated from the University of NB in electrical engineering. He has worked for electric utilities in Canada, England and Brazil, and has travelled widely while working for the Canadian International Development Agency. Eugene had a sheep farm near Almonte for twenty years, has written books on predator protection of livestock, and now passes time reminding people that log fences are part of our heritage.

Join Eugene Fytche on Tuesday, January 6, at 7PM in the meeting room at the Almonte Branch Library (155 High Street) for his travelogue featuring photos taken along the coast and into the interior of Brazil. His pictures depict Rio and other cities, mountains, beaches and churches dating back to the sixteenth century.

Call to Artists

The Renfrew Art Guild is preparing for their fourth annual Art In the Park, taking place on July 11 and 12 in Renfrew's Haramis Park. For the past three years this event has been growing steadily, with more than forty artists exhibiting and selling to the many visitors to the area. Artists interested in participating in this year's event are asked to email info@renfrewartguild.com or to visit renfrewartguild.com.

More Movies and Plays at the Station Theatre

The Station Theatre's 2015 Movie Nights series picks up where it left off with another winner. After a successful presentation of *Jersey Boys*, the Smiths Falls theatre now brings a different kind of boy to the screen, in the form of Ellar Coltrane, the main character in *Boyhood*. This critically acclaimed film had its premiere at the 2014 Sundance Film Festival and is now nominated for a Golden Globe Award as Best Drama of 2014.

Boyhood is a slice of life, coming-of-age drama written and directed by Richard Linklater. Filmed over twelve years with the same cast, it is a groundbreaking story of growing up as seen through the eyes of a child named Mason (Coltrane), who literally matures on screen before our eyes. Starring Ethan Hawke and Patricia Arquette as Mason's parents, and newcomer Lorelei Linklater as his sister Samantha, *Boyhood* charts the rocky terrain of childhood like no other film has before. Snapshots of adolescence, from road trips and family dinners, to birthdays and graduations and all the moments in between, become transcendent, set to a soundtrack spanning the years, from Coldplay's *Yellow* to Arcade Fire's *Deep Blue*. The movie is both a nostalgic time capsule of the recent past and an ode to growing up and parenting. It is impossible to watch Mason and his family without thinking about one's own journey.

IFC, the film's distributor, committed to a film budget of \$200,000 per year, or \$2.4 million over the twelve-year shooting period. The project was clearly a risk; but early reaction has proven that the gamble paid off in spades. The critics were unanimous in their praise at its release, garnering 99 percent thumbs up reviews on Rotten Tomatoes, with an audience appreciation score of 89%, and what may be the first of many award nominations. Now it's up to patrons of the Smiths Falls Theatre to add their voices to the growing praise of this unique film. Come see it for yourself at the Station Theatre for this rare, one-weekend-only screening on Friday, January 16 and Saturday, January 17. Tickets for the movie, sold only at the door at 53 Victo-



The first film to be shown at the Station Theatre in 2015 is a highly acclaimed coming-of-age drama that was filmed over twelve years with the same cast. See *Boyhood* in Smiths Falls on January 16 and 17.

ria Avenue in Smiths Falls, are \$10 for adults and \$5 for students (with ID). The screening starts at 7:30PM.

2015 Plays

The new season of plays has now been announced and it's a delightful mix of a couple of comedies written by well-loved playwrights, a mystery, a farce, the Canadian premiere of a children's musical, and a British-style Christmas pantomime. The season opens with *Leading Ladies*, written by Ken Ludwig and directed by Jamie Schouler, running February 12 to 22.

The Theatre is offering patrons an opportunity to attend all of the six plays for just \$99. This season ticket comes in the form of a "Six-Pack Flex Pack". Patrons can select how they want to use their six vouchers to purchase tickets to any of the six shows in the 2015 season. The deal — which is good up to the deadline of February 22 — offers a savings of almost 20% compared to the regular adult ticket price. Patrons are invited to keep in touch with all upcoming shows — outstanding plays, great movies, and special events — by signing up for the e-newsletter at smithsfallstheatre.com or by finding Smiths Falls Community Theatre on Facebook.

Elizabeth May Visits Kanata!

After this summer's Ontario election campaign, the Carleton-Mississippi Mills Green Party Association is turning its attention to the 2015 federal election. And they're starting the year off with a bang!

As part of riding redistribution, Carleton-Mississippi Mills will be divided. Most of CMM will be named Kanata-Carleton, so the current riding association will continue in that riding. Part of the rural area including Almonte will go to Lanark-Frontenac. Stittsville will go to the new riding of Rideau-Carleton.

Nominations are now open for the Green Party of Canada candidate in the new riding of Kanata-

Carleton. Nominations will close on Monday, January 12. If you're interested in contesting the nomination, please contact riding association CEO John Hogg at hogg@greenparty.ca who can help you through the process.

The nomination meeting will be held on Monday, January 26. Details will follow soon, but Elizabeth May will be the featured speaker, so save the date! For more information, please visit gpo.ca/riding/13.

In the meantime, fundraising continues for next year's election campaign. The Green vote was doubled in CMM this past summer, and the party plans to do even better in 2015. Every contribution helps to kick-start next year's campaign.



Buon Anno 2015!

"Happy New Year 2015"
from Café Postino & their staff
Open 6 days a week... closed Mondays
Reservations Recommended
Menu available online at
www.cafe-postino.com



Café Postino 73 Mill Street 613-256-6098 Almonte

To Our Dear Readers

As you probably know, theHumm is a free paper (if you didn't know, go get your money back for this issue!). The paper has been free since we published our first issue back in December 1998, and we fully intend to keep it that way. The challenge in publishing a free paper is to have it provide enough value to keep our advertisers advertising. We endeavour to do that by filling it with local, meaningful content that you can't find elsewhere, and by highlighting all that is fantastic about our communities so that our readers (that's you!) will be enticed to shop, dine, and be entertained close to home. We hope that advertisers will want to help promote those aspects of their communities, but we also recognize that they need the financial support of our readers as customers, diners, and patrons. As you can see, you are a tremendously important link in this chain!

Help theHumm strengthen the chain!

It's as easy as 1, 2, and/or 3:

- 1** The most effective — and efficient — way for you to help theHumm continue to cover arts, food, entertainment and ideas in the Ottawa Valley is for you to tell our advertisers that you saw their ad in theHumm (either in print, online, or via our social media outlets). We know that many of you do this already, and you're the main reason we're still in business!

THANK YOU
for saying you saw their ad in *theHumm*!

- 2** Another way you can help us out is to "Like" us on Facebook and/or follow our blog (which you can do from thehummm.com). That will also keep you up-to-date on late-breaking events (that miss our print deadline).



- 3** If you have a few minutes to spare, we've got one final way that you can assist us. By visiting thehummm.com/survey and filling out our brief Humm Reader Survey, you can help us answer some of the questions most frequently asked by advertisers, and also give us feedback that will allow us to make the paper more user-friendly to you.



CLASSES COURSES LESSONS CLASSES COURSES LESSONS

Looking For Resolution Inspiration?

Look no further than theHumm for a wide variety of classes, courses and lessons to get you going in 2015.

Taught by talented local artists, musicians, dancers, movers and shakers — you're sure to find something to get you out and about during the chilly winter months!

Take Time for Your Creative Self!

The holidays are so busy, full of hustle and bustle. It feels like there is no time for yourself. There are many stressful situations: shopping, finances, family matters, over-indulging, travel and more. Then the new year arrives with those resolutions to lose weight, get fit, quit smoking, get out of debt, and make other life improvements. These attempts can not only make our days busier, but also cause stress and anxiety. Yikes, enough!

So this year, make a resolution to stop, breathe, and make time for your creative self. Creating art is a well-known stress-reducer. Many medical studies that have shown that engaging in a creative endeavour improves your health. Even viewing art or attending a concert or other live performance has been proven to be therapeutic.

However, like many people, you may need a group situation to help you succeed in your resolution, rather than trying to go

it alone — such as a fitness class instead of fitness at home, or a weight-control group rather than dieting on your own.

There are many community groups that encourage creative endeavours. One of these is the **Almonte and Area Artists' Association (4As)**, whose mandate is to encourage visual artists to improve (or take time for) their talents through inspirational monthly speakers, and by providing affordable venues in which to showcase their work. There is no judge or jury, no entrance exam or specific level of skill required, just a desire to create visual art or even just to have a deeper appreciation of visual art. We meet on the second Monday of the month at 7:30PM in the Almonte Pub-

lic Library. Visitors are always welcome at our meetings. Our first speaker of the new year (on January 12) is Barbara Carroll, a widely respected local textile artist. February 9 features sculptor Diana Jackson, and on March 9 we'll enjoy popcorn and an art movie!


The 4As hold their annual art show and sale (**Art in the Attic**) in May. However, we recognize that not everyone can find the time to create enough pieces to participate in a larger show, so we have several smaller group venues throughout the year. Our venue coordinators arrange for a location for a month, and those who are interested bring their pieces to hang. We could have ten artists participating with one

or two pieces each, or five members participating with half a dozen pieces each. We have had these group showings at Equator in Almonte, Read's Book Store in Carleton Place, the Mill of Kintail, the Herb Garden, and numerous other places. If you are feeling a bit more energetic, we also have several locations where our members can display their works in a solo show, such as Beckwith Town Hall, the North Business Park in Carleton Place, the Lanark Community Centre, and a few more.

Check out 4a-artists.ca as well as theHumm's monthly calendar for opportunities to engage your creative self.

— Laurel Cook

Art Classes in Almonte with Elizabeth Veninga



Life Drawing
10 week class
starting week of Jan. 18, 2015.
Wed. or Thur. 7-9:30PM

Surface and Texture in Painting and Drawing
Tue. or Thur. 9:30AM-NOON

Open Studio
Sessions available.
Please inquire.
(613) 256-0509
chiselndraw@gmail.com

Educational Hunting Day at Cliffland

The **Lanark Wild Food Club** is planning an educational hunting day on January 10. The keynote speaker will be Len Dickinson, who is a local published author and accomplished hunter and outdoorsman. Len holds a B.A. in Environmental Studies from Waterloo University's off-campus program, and is on the Board of Directors for the Ontario Federation of Anglers and Hunters.

The goal of the day is to break down prejudice on both

sides: against responsible hunters who would forego hunting if it threatened the ecosystem, and against environmentalists who are perceived as putting nature "under glass". Organizers hope that both sides can benefit from this fellowship. The day will include a video with instruction on how to skin a moose, a whimsical talk by Bill Barrett on snaring squirrels, a winter tracking lesson by survival expert Chad Clifford, and a meal of wild chili to warm up

afterwards, provided by Brenda Trudel.

This event will be held at the Survival School at Flower Station (Cliffland). Please register in advance by going to lanarkwfc.com and clicking on the events tab.

The event will be partially indoors and partially outdoors. It should be an interesting and informative day. A voluntary donation of \$10 is suggested and will support Mississippi Madawaska Land Trust.

Learning in Almonte

Two new courses start in mid-January:

A History of the English Language

by Don Wiles, starts Tuesday, January 13

By studying languages that preceded English, as well as the many changes that have formed the language we use today, this course will examine how English survived.

An Introduction to Contemporary Inuit and First Nations History and Art

by Jane Horner, starts Thursday, January 15

This lecture series will include the biographies and major art works of contemporary Indigenous artists. Classes will include discussions, lectures and films.

These courses are six weeks in length.

Each comprises one two-hour lecture every week, from 1:30-3:30 in the Almonte Public Library Classroom.

No final exam, but lots of discussion time! \$75 per course.

To register contact Don Wiles at 256-4376 or don.wiles@carleton.ca



WELCOME WAGON
SINCE 1930

If You Are...

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

Call
1-866-283-7583

We have
Gifts & Information
www.welcomewagon.ca

To knit... oh what to knit?
To sew, perchance to quilt...
Aye, there's a spot!



Textile Traditions
of Almonte

Visit us for a detailed
schedule of winter classes.

87 Mill St. 256-3907
Find us on Facebook!

Better Than School!

Remember when you were younger and wanted to be a groupie, but your parents wouldn't let you?

Well, take heart: your time has come! You can join the groupies who wait with bated breath to see which esteemed educator Don Wiles will lure to town for the Learning in Almonte courses. This past fall we delved into the culture of food and the illusion of time. (Can we time travel? You needed to be there to find out!) And now we're preparing for our next foray, in January, when we'll be led through the intricacies of First Nations and Inuit art, or exposed to the mysteries of the English language.

Inuit and First Nations Art

Art Historian Jane Horner discovered indigenous history and art about two years ago as an adjunct to her earlier art history interest. Educated in Vancouver, Ms. Horner didn't have to look far to find native art that piqued her interest. In 2012, she embarked on an extensive study encompassing both Canadian and U.S. native art forms. She parlayed her interest into a Master's thesis based on her study of Ojibwe artist Carl Beam, an artist featured in the National Art Gallery.

Her insightful lecture series will focus on her own discoveries of artists unknown to most of us. Ms. Horner will present a brief history of aboriginal and Inuit art, as well as a look at works by Rebecca Belmore, Kent Monkman, Annie Pootoogook, and Ovilu Tunnillie. She has promised lots of visuals for this course — images as well as films.

This will be a unique experience, especially in light of the art appreciation exhibited in many locales in this area. Ms. Horner is delighted to be coming to Almonte to present this course of six lectures, and there is a rumour that the course could be capped off with a personally-guided tour of the National Art Gallery's collection of Native Canadian art. There will be no better opportunity

than this to learn about our native art from a truly dedicated professional.

This lecture series will run on Thursdays from January 15 to February 19, 1:30 to 3:30PM — two hours of the most edifying learning you can imagine! No exams, no projects; just the opportunity to soak in knowledge.

What Do You Know About English?

Don Wiles, organizer of the Almonte Lectures and the Learning in Almonte program, is planning to give a six-week course on our language and how it came into existence. Is he an expert? No, certainly not, but from a point of enthusiastic ignorance he is prepared to guide us all through the early days of language, and the various languages that served the people of England and the rest of our world. Starting with an early Celtic language, the Island was over-run by Romans, Anglo-Saxons, Vikings and Norman French. In spite of all this, our language has survived, with many dramatic changes. We have trouble reading Chaucer, and Beowulf is nearly impossible, but with a bit of persistence some sense can be made of both. What is happening to our current language? Is the digital age leading to linguistic imprecision? Does it matter?

This course will run on Tuesdays from 1:30–3:30PM in the Library classroom, starting on January 13.

Here's your chance: throw over the traces and join the Learning in Almonte groupies! The cost of each course is only \$75,

and you can register by contacting Don Wiles at <don.wiles@carleton.ca> or 256-4376.

And a note here: even if you're not old enough to remember wanting to be a groupie — say, for instance, you're a high school student with a keen interest in art, you will be most welcome. It's way better than school!

— Glenda Jones



Photo by Sally Hansen

Learn about Inuit art or the history of the English language in this semester's "Learning in Almonte" courses

Adult day or evening classes available

Youth evening classes, weekend workshops & birthday parties

Get art supplies for your other classes here too!

jbarts.ca 64 Mill Street, Almonte **613-220-3005**

The Millstone

An intelligent and informed source of news for Mississippi Mills

FREE

www.millstonenews.com

Andrew Jahn, level 10 RCM

Offering beginner piano instruction
Sacred / Popular / Classical / Music Theory

Simple instruction in a friendly atmosphere, structured but easy-going. Whether you want to be an at home "plunker," play in Church, or in public, I will accommodate.

Call 612-5246 for details

The Almonte Lectures

23 January, Bob Miller
How Democratic Government Works

Next Lecture: **27 February, Andrew Patrick**
Privacy, Technology and You

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

The Almonte Potters Guild

Classes for all ages starting February 9

- Workshops for adults, teens & kids
- After school classes for kids
- We host special events & parties

Register now at 613-256-5556
95 Bridge Street, Almonte
www.almontepottersguild.com

Heartsong... Heartsong... Heartsong

Pilates YOGA Well-Being
"An Oasis of Energy, a Sanctuary of Calm"

GROUP CLASSES * PERSONAL TRAINING * WORKSHOPS

Teacher Training & Certification:
Yoga Exercise Specialist Part 1: Jan. 31-Feb. 1, 2015
RYT200: Vinyasa, Use of Props, Basic Sanskrit: Jan. 17-18, 2015
RYT500: Nada/Sound YOGA: Jan. 10-11, 2015

Heartsong Springtime YOGA Retreat:
May 8-10, 2015
Harmony Dawn Retreat Centre
"What a Great GIFT Idea!"

www.Heartsongyogapilates.ca

239 Raglan St. S., Renfrew 613-433-7346

Also the Home of Heartsong WORLD Boutique
A Destination Shop indeed!
awesome attire & gifts to inspire
Incredible New Year's SALES!
Good karma shopping

**Open Studio Classes
with ADRIAN BAKER**

Learn to draw and paint.
Take your art to a new level!

**Mondays or Tuesdays
8 weeks starting March 2nd**

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

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



The Joys of Movement

Like many health-conscious adults, I have engaged in a variety of physical activities to achieve health and fitness goals. From a young age, I learned that there was the right way to perform an activity and many variations from this accepted correct performance. Performing in a Ukrainian dance ensemble, I learned that if I messed up, my partner would be twirling on his own while I was scrambling to get to the right spot. Timing and precision were key to delivering a polished performance. Playing soccer required an equal display of skill and timing. Having always been somewhat distracted, I never really caught on to how to coordinate my body movements so that they would match those of my partners. I came away from my dance performances feeling that I was somehow lacking. Soccer games left me feeling that I really needed to practice more or maybe that, at forty years of age, I was just too old to be competing in this game. Or maybe I was just not able to perform well in group activities. Maybe I should just stick with running... on my own.

It was with some trepidation that I approached my initial belly dance class ten years ago. I told myself there would be no performances and that I would be dancing on my own. I figured it was a safe risk and jumped in. I desperately tried to make my hips form circles. No matter how hard I tried, I couldn't shake that familiar feeling of having two left feet. My body just didn't do what I thought it should do. It seemed clear to me, and I figured everyone there could see, that my body was not made for belly dancing. So my career ended quickly and quietly.

Fast-forward ten years to September 2014. A colleague invites me to attend a belly dancing class led by the accomplished Parvaneh Rowshan. I slowly turn and say, "I do believe I would like to try that again!" I decided that I needed to move more and shed a few extra pounds, and thought belly dancing could be an excellent opportunity to meet my current health and fitness goals. Somehow I was certain that this encounter with belly dancing would be a success.

This time around I learned to listen to Parvaneh's encouragement of doing what "feels right". So, I let myself feel the awkwardness. When I felt the familiar thoughts of inadequacy, I had to remind myself that I was dancing for myself and it didn't really matter how I looked to others. Belly dancing very quickly became all about the experience rather than about the performance. As I allowed myself to experience my awkward approximations, I noticed how increasingly easy it was to ask my hips to make circles. Before long, those circling hips were inching their way forward and back.



Photo by George Sinfield

Parvaneh Rowshan offers classes in Middle Eastern and Modern Dance to adults and youth in Carleton Place.

While I strive to follow Parvaneh's exquisite movements, I allow myself to acknowledge that this is my journey. I need to listen to my body and do what I can do. I believe that by activating unknown dormant muscle groups, belly dancing provides an opportunity to follow individual paths of self-discovery. It is an opportunity to be creative through movement and to create new neural networks. Parvaneh's words of encouragement remind me that belly dancing is focused on process, not product. When I glance around the room and see all the twirling smiling faces, I know that no one is judging me — everyone is consumed with enjoying their own belly dance experience. And yes, I have been able to shed a few spare pounds as well!

Parvaneh also gives youth dance classes, which involve various styles. One of her students says, "My experience in this class has been wonderful. It was so nice how we were encouraged to express ourselves instead of being asked to follow steps. I thoroughly enjoyed it. I really do love this place. It has shown me how to become more in tune with my emotions and the music. At the start of this amazing experience, I came in as a jumble of emotion and movement. I did not know how to convey my messages, but I wanted to grow. I enjoyed this experience, and I am forever grateful to Parvaneh for giving me this chance".

For more information about Parvaneh's classes for adults and youth, please visit <parvanehmovement.com>.

— Donia Kemp

Dance~
with a difference

- ~Middle Eastern Dance & Modern Dance classes
- ~Start any time
- ~\$10 drop-in rate
- ~Beginners welcome!

www.parvanehmovement.com Carleton Place

all levels of language classes and
exciting *new cuisine classes*

Perth Lanark Almonte Stittsville

French
Language Classes &
Cultural Events

Winter session begins week of January 19th
Bonjour.de.Colleen@gmail.com
613.206.2866 /BonjourDeColleen

**Mississippi Mills
Musicworks**

We put the "U" in music!

THE BEATLES

music Lessons
For kids of all ages!

Guitar * Piano * Voice * Ukulele * Bass * Drums
Mandolin * Banjo * Violin * Fiddle * Cello
Brass, Woodwinds & more!

613 256-SING & more! 613 256-PLAY

453 Ottawa Street, Almonte

www.mmmusicworks.ca

Gimme da Beet Böy!

Teaching old dogs (and young ones too!) new tricks since b4 007!

Between the Pages

Valerie Hudson: *The Memory Box*

Local author and historian Valerie Hudson is the author of three books. Her latest, *The Memory Box*, is a collection of stories and photographs about the early years in the 1900s in-and-around Smiths Falls, Ontario. She tells theHumm where her passion for local history comes from and what readers will find between the pages of *The Memory Box*.

by Tony Palermo

Tony Palermo: Where does this passion for history come from?

Valerie Hudson: My passion for history comes from the people around me. I'm not an international or national history person, but I am local. And local history is important. One of the things I've noticed is people think that their lives aren't important — or, at least, that parts of their lives aren't important. But when I interview people, it's often the simplest things that I want to know. For example, how did you get to school? How did you feed yourself? All of this simple stuff is meaningful to our community, but what happens is we lose that past. And, if we lose it, we become rootless. We lose the meaningful connections that we need in order to be a part of the world.

Have you always felt that local rural history was important?

We don't compare to the city for museums and galleries, but rural culture is different in the sense that there are community events. We have activities that we all participate in and it builds us as a community. Community has always been important to me, just as local history is important to the community.

What will readers find between the pages of *The Memory Box*?

The Memory Box is a collection of stories and photographs, from town and country, of the early years of the 1900s in-and-around Smiths Falls. One of the things that was missing from my earlier books was information about our local food producers. So, that's something that's explored further in *The Memory Box*. Right now, people are concerned about local food and the fact that our food comes from everywhere else. Well, we don't have the growers anymore because we more or less forced the farmers out. So, how does the Town survive without the growers? I found that they're extremely interdependent — the link between the farmers and the Town — especially from the early years right up until the 1960s. The farmer provided the food and hay for the horses, and the Town provided the services. They really couldn't exist without each other. So, I felt that the link between them was important to explore. I interviewed a lot of people who grew up on farms, and a lot who grew up in Town, and one aspect of the book shows just how much the two depended on each other.

Tell me a story about that really hit home for you.

I was interviewing Ed Halliday and he mentioned that after he had finished working on the locks he went to the locker plant. So I said, "Oh, the locker plant? You mean they made lockers?" And he just laughed and said it was a meat locker — that there were no fridges or freezers. So we had a local plant with 300 lockers and people would order their meat from the farmer, and then freeze and store it in one of the lockers. The person in town would come to the locker plant and get their meat for the day. In a sense, they were no longer dependent on an icebox. That whole perception was from my current perspective and it awakened me to realizing how we really tend to look at the past through our present eyes.

Looking at the past through our present eyes. In other words, stepping out of today's world and looking back at how things really were?

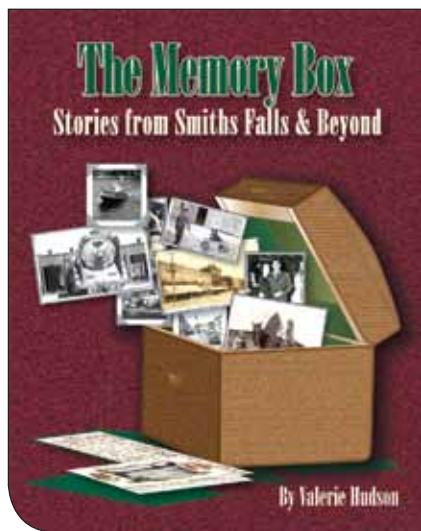
Exactly. As another example, the 1917 telephone directory said all of the people in Montague were farmers. I remember thinking at the time how weird that seemed to me — that all of the residents were farmers. And then as you get to learn about the transportation at the time, you realize that people couldn't work in town and live in the country — it would take them an hour by horse and wagon to get in. As it was, a lot of the farmers only went in to town during the winter maybe once or

twice. Again, it's looking back at and understanding how different things really were.

How about a funny story?

Fred Loucks grew up in the family farm out towards Rideau Regional. I asked him the same thing — to tell me a funny story. He said people didn't have a lot of time back then for pranks, but he remembers being an 11-year-old with a BB gun. I call the story "The Charging Bull." He had the BB gun and he was going out to the barn to go up in to the loft to shoot the pigeons. When he got to the barn, he noticed one of the windows was broken and missing a piece. So he peeked through and who should he see but the bull. And, this bull was not a likeable bull. So there's 11-year-old Fred and his BB gun. You can feel what comes next. Fred takes aim at the back end of the bull, hits him in those parts that can't be named, and the bull tears off, smashing out the stakes that were holding the fence, and goes running towards the farmhouse. Back then, they used to have what they called a "bull brigade" that would corral the bull back to where it needed to be. Fred said he was watching through the barn door, thinking to himself "Oh God, what have I done?" as he watched his grandma out there with this very angry bull and the bull brigade. Fred hid in the barn until everyone got the bull secured, and said he never told anyone except his cousin this story — until he told it to me. And, now the world knows!

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



A "Vocal" Appeal for Music Lessons

My name is Cameron, and I am twelve years old. I was reading your "Happy Local Holidays!" editorial in the December 2014 issue of theHumm, and wanted to tell you how glad I was to see Mississippi Mills Musicworks mentioned in your Gift Giving Guide. I've been a vocal student at MMM since September 2013, and I feel really lucky that my parents bought me music lessons. Katy Maltby is my teacher at MMM, but I think all the teachers there are super cool. They know me by name, they always say "hi" to me, and they always have something encouraging to say.

After only a few months of taking singing lessons at MMM, I decided to audition for the musical *Les Misérables*, which is running at Centrepointe Theatre in January. I would have never even considered auditioning before, but Katy, George, Harriet and Alex at MMM all pitched in to help me prepare and to step out of my comfort zone. I was thrilled when I was given the opportunity to play Petite Cosette in the January production, and I know that without MMM this would have never happened.

I hope after reading your editorial that lots of other kids get signed up for music classes at MMM. It would be great to meet some new people and to share the fun and the pure awesomeness of George and his crew.

— Cameron Hunt



MMM DANCE MARGARET MORRIS METHOD

This unique system of exercise, dance and contemporary movement is designed to include all ages and abilities. Recreational – non-competitive dance that is fun for everyone!

Day-time: *NEW*

Parent & Tot and Adult classes available in Almonte!

Evening:

Pre-school, Children's and Adults Classes in Almonte & Pakenham!

Come and try a free class with us — we know you'll love it!

613-253-6026

susanljack@gmail.com

www.facebook.com/MMMDance.SusanJack

Why Should You Linedance with "The Hy-Liners"?

Check Out These Great Reasons!

It is:

- "fun-to-do," plus "good-for-you"
- an aerobic and a weight-bearing activity
- a proven stimulation for "brain-power"
- great at any age and "senior-friendly"
- available morning, noon, afternoon, and evening
- suitable for both genders and all dance levels
- currently offered at recreation centres in: Almonte, Arnprior, Carleton Place, Pakenham and White Lake.
- Register now for Winter 2015: early January to late March
- To pre-register, register, or suggest an area closer to you:

Contact Hyacinth (Bilingual Ontario Educator) Today!

613-623-0976 or mais-brown@sympatico.ca



art&class
STUDIO•BOUTIQUE

Art Classes & Workshops
in Downtown Perth

art classes for all ages, beginning week of Jan. 12
acrylics, watercolour, oils, sketching, and more...

Please contact us for more details: **613.466.0622**
www.artandclass.ca
info@artandclass.ca
53 Gore Street East Perth Ontario
f /artandclass

HAMSA YOGA

BEGIN YOUR YOGA JOURNEY WITH US

JOIN THE HAMSA FAMILY
FOR \$99 = 10 CLASS PASS
*AVAILABLE TO NEW STUDIO MEMBERS ONLY

VISIT US ONLINE TO VIEW OUR
SCHEDULE, CLASS DESCRIPTIONS
& PRICING OPTIONS

132 COLEMAN STREET, CARLETON PLACE, ON K7C4M7
WWW.HAMSAYOGASTUDIO.CA - 613.451.3200

NEW YEAR'S SPECIAL

ALMONTE TAEKWON-DO



FREE INTRO PROGRAM
Classes for children, teens, families and adults.

Mention this ad and receive a free trial program and training t-shirt.

SWEEPSTAKES
SWEAT SMILE SUCCEED

106 Elgin Street, Almonte ON | 613.878.4978
info@almontetkd.ca | www.almontetkd.ca

Free eLearning Course for Therapeutic Riding

It's FUN to move!

This new, free, eLearning course for volunteers with the Lanark County Therapeutic Riding Program covers the basic skills needed to start volunteering with the program, as well as a new module on Fundamental Movement Skills (FMS). FMS include locomotor skills (such as hopping, jumping and running), manipulative skills (such as catching, kicking and throwing) and stability skills (balance, coordination and twisting). The new e-course is geared towards volunteers who work with participants

and horses, helping volunteers to better understand the active role they can play in developing participants' Fundamental Movement Skills.

For many, these movement skills can be hard to master in traditional school and sports environments. The Lanark County Therapeutic Riding Program offers ways that riders can practice, improve, and stretch their capabilities in all areas. The natural movement of the horse causes the rider's pelvis, trunk and shoulder girdle to react in ways very similar to those of a natural

human walking gait. The horse's gait stimulates a natural instinct for the rider to balance and maintain good posture. Riders in the program also go through a series of exercises that help to reduce spasticity, strengthen muscles, and increase coordination and flexibility.

This training was made possible by funding from the Government of Ontario, and was designed and developed by Catherine Orfald of Conex Design. For more information or to try the course, see <conexdesign.com>. To find out more about or to get involved with the Lanark County Therapeutic Riding Program, see <therapeuticriding.ca/Volunteers>.

Therapeutic Riding

Therapeutic riding provides a unique and holistic approach to therapy, rehabilitation and recreation. The Lanark County Therapeutic Riding Program provides a safe environment introducing children and adults to the benefits and joys of the healing powers of the horse. It has offered a specialized form of horseback-riding to people with physical and/or developmental disabilities in Lanark County since 1986. Volunteers are an integral part of the program's team. For more information, please visit <therapeuticriding.ca>.

— Catherine Orfald



Learn the basic skills needed to begin volunteering with the Lanark County Therapeutic Riding Program through a free new e-learning course!

Come Celebrate our 21st. Anniversary
This coupon is good for 21% off a term of dance plus we will wave our \$20.00 Registration Fee for the 2015 season.

Plus with still have Hip Hop with Newman Charlies and Gymnastic for \$10 a class + HST.

Spring 2015
Our "NEW" term fees are as follows.

Class length	Fees per term
30 minutes	\$200 - 21% = \$150 + HST.
45 minutes	\$225 - 21% = \$175+ HST.

Bodysuit and Recital costume are additional

almontedance@live.com
almonteacademyofdance.ca
613-256-3683



Musical Resolutions

"I'm so glad I watched all that TV."

— No one, ever

Like everyone else at this time of year, I am looking at ways to improve myself in 2015 and resolving to take steps towards those goals. One area of personal development on which I am particularly keen is getting more of my entertainment from local sources rather than national or international outlets. That means catching more shows at local venues instead of catching up on my Netflix queue.

by Rob Riendeau

To help me plan my outings for the next year or so, I took a quick look at theHumm's calendar to find the who, where and whens of the local music scene. It looks like I'll be a busy (but happy) reporter for quite a while! In this column, I'm just going to highlight some of the "regular features" of the entertainment calendar. These performers play these venues on a monthly or better basis. I look forward to seeing and hearing them all in the very near future.

Truly Original

First up are some singer-songwriters who manage to fit regular pub gigs into their active touring schedules. **Brock Zeman & Blair Hogan** perform every Tuesday at O'Reilly's Pub in Perth. Brock is an alt-country troubadour who can charm a pub crowd or a theatre audience with ease. Accompanied by guitarist extraordinaire Blair Hogan, one of the hardest working musicians in the Ottawa area, this show is at the top of my "to-write-about" list for 2015. In a similar but different singer-songwriter vein, **Shawn McCullough** is, according to my sources, Westport's guitar hero. He is a busy man but he finds time to play The Cove Inn almost weekly. Rumour has it that he is getting ready to record a new CD soon. Also in regular rotation at the Cove is **Head Over Heels**, a duo featuring Kingston's Kevin Head — an accomplished singer, songwriter, musical director and actor.

Jazz-ma-tazz

One of the sub-resolutions to my "see more live music" resolution is definitely to go out and hear more jazz. It is music that satisfies the head and the heart, and there are some excellent purveyors of the form in this area. **Peter Brown** has always been a personal favourite of mine, and his quartet plays Ballygiblin's in Carleton Place on the first Thursday of every month. These shows sell out quickly, so reservations are recommended. As an added incentive, I'm told that guest musicians frequently drop in to jam with the quartet.

Peter Woods (saxophone) and **Brian Browne** (piano) have created a bit of an institution in Smiths Falls where they have been playing the first Saturday of the month at Rob Roy's Pub for the last twelve years. This gig attracts fans from all over Ottawa and even into

Kingston. Table space for these shows is typically in short supply, so call the pub to make a reservation.

Other jazzy happenings on my list are: **Clay Young's** jazz brunch at Fiddlehead's in Perth, the **Spencer Evans Trio** at the Cove Inn, and the **Clever Mess Jazz Club** at the Barley Mow in Almonte (check theHumm's calendar for dates and times).



Brian Browne and Peter Woods

Blues and Bluegrass

When I first moved to this area and started participating in the local music scene, the good folks at the **Mississippi Blues Society** were very welcoming. Their longstanding blues jam has moved around a bit, but it is still going. These days it takes place on the first Tuesday of each month at the Thirsty Moose in Carleton Place. You never know who is going to drop in to share the stage with the very talented house band and their special guests each month, but you know the music is going to be great.



The Ramblin' Valley Band

For blues of the grassy kind, I can highly recommend **The Ramblin' Valley Band**. I heard them play a few songs when I stopped in at the Barley Mow in Almonte on a Thursday night a few weeks ago. They perform every Thursday at 8PM. Nice young men, and boy, can they play!

Join In

If your musical resolution is to get out and play more, there are plenty of opportunities in the region to keep your fingers busy. In Burnstown, the folks at Neat have teamed up with Mike McCormick, one third of the (in)famous Arrogant Worms, to put together a monthly open mic night that they call **Soundcheck**. Mike hosts the evening, which takes place on the last Wednesday of each month. Admission is free and the performers start at 8PM. (If you want to play, show up around 7 and check-in with Mike).

Other open mics in the area include: Alice's in Carp every Thursday night starting at 7:30; O'Reilly's open jam with **Dave Balfour**, Wednesdays at 8:30; and the Sunday afternoon open mic at the Ashton Pub with **Kelly Sloan**.

If you happen to be involved with or know about any other regular events in our area, drop me a line at <rob@thehummm.com> and I'll add them to my To-Hear list!

Honouring our Sacred Paths in 2015



We carry locally-made Elk hide drums, rattles, walking sticks, staffs, rune sets, smudge fans and pouches. All animal parts are either found or given.

Stay tuned for upcoming drum and rattle making workshops.






SOUL SCENTS

42 Mill Street, Almonte ♦ www.soulscents.ca ♦ 1-800-347-0051

MILL STREET CREPE COMPANY



Cook Your Own Crepe!

Thursday nights in January, learn the secrets of great crepes from our experienced chefs, using authentic French crepe makers and professional tools.

Cook for yourself or celebrate a special occasion by cooking for your whole table. Make sure to bring your camera. Reservations recommended.

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



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

GET OUT AND ENJOY THE SNOW FOR LESS

WINTER SALE

ON SELECTED ITEMS FROM MOST BRANDS




35% Off

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



"Come in to feel the love"

20% Off

Selected Winter Items

get in quick for the best selection



20% Off

selected winter

\$15 off

regular priced footwear




VAMOS

OUTDOORS

14 Mill Street, Almonte
613.461.2000
open 7 days a week











Jake Lyon Interior and Exterior Design Solutions

- Kitchens & Baths
- Open Concept Living
- Finishing Touches
- Home Curb Appeal
- Storefront Revitalization



contact for consult: 613.851.2020 designs@jakelyon.ca

JakeLyon f

BLACKBIRD

CLEARANCE SALE – JANUARY 11 TO 31
BLACKBIRD IS MAKING ROOM FOR
OUR NEW SPRING ITEMS.
ENJOY PRICES
REDUCED BY 25 TO 50 PERCENT!



neat stuff for every nest
 79 MILL STREET . ALMONTE



Like *theHumm* on
FACEBOOK!



Glory to Thee!

St. James the Apostle Anglican Church
 11 Harvey St. Perth 613-267-1163

Choral Evensong: Sunday, January 18, 4 pm



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

Beach Boys Tribute



February 21st at 7:00pm
Tickets: \$ 29.50 each
FREE Parking & Cash Bar

GALLIPEAU CENTRE www.gallipeaucentretheatre.com
THEATRE Box Office: 613-205-1493
 361 Queen St., Smiths Falls

GG's Foot Guards Band to Play in Perth

The Governor General's Foot Guards Band will be performing at St. Paul's United Church in Perth on Saturday, February 7, at 7:30PM.

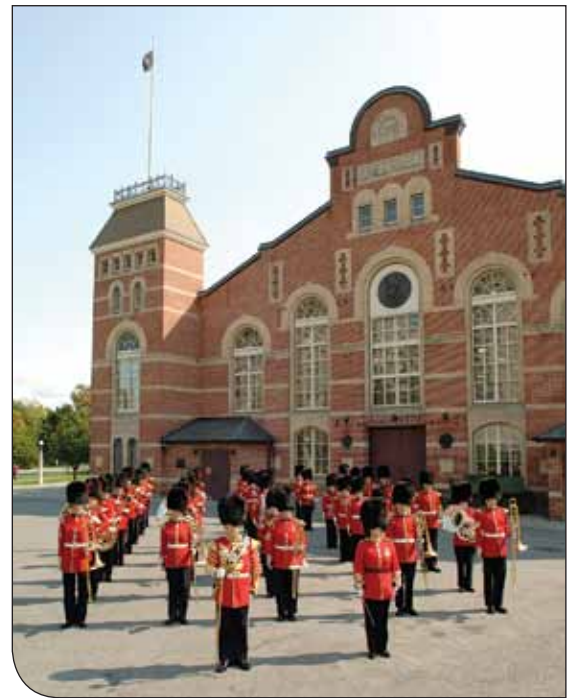
The 30-piece concert band is part of the most senior reserve infantry regiment in Canada, dating back to its formation in 1872. The band is based at Cartier Square Drill Hall in downtown Ottawa. They share a close connection to the Governor General and provide music for many ceremonies in the Ottawa area, including the annual nationally televised Remembrance Day ceremony held at the War Memorial.

Their Director, Lt. Col. Frances Chilton-Mackay, is the Staff Officer of Army Bands for all bands in the Canadian Army. She became the first female director of the ensemble in 2006.

The band's full dress uniform with scarlet tunic and bearskin hat is immediately recognizable. Many of the musicians in the ensemble play in the Ceremonial Guard band, which supports the changing of the guard ceremony on Parliament Hill during the summer months.

The performance will include a varied repertoire for concert band, including numbers for band and organ involving St. Paul's Director of Music, Brad Mills. Mills has two connections with the band: his son Greg Upham-Mills plays percussion in the ensemble, and Brad knows the conductor, Lt-Col. Chilton-Mackay, through music education circles.

Admission to the concert is free, but donations will be accepted at the door to defray the costs of advertising.



The 30-piece Governor General's Foot Guards Band performs at St. Paul's United Church in Perth on February 7

Concertgoers are invited to warm up an early February Saturday evening with the exciting sounds of brass, woodwind, percussion and organ, in the intimate and acoustically pleasant sanctuary of St. Paul's United Church, 25 Gore Street West in Perth. Admission is by donation.



The Barley Shakers (at Celtfest, above) will kick off a new music and dance series on January 30

Barley Shakers at the Civitan Hall

January 30th marks the beginning of a new music and dance series hosted by the Almonte Civitan Club at their hall at 500 Almonte Street. Everyone is invited to come and dance the evening away to the music of The Barley Shakers. Doors open at 7PM with music starting at 7:30. Admission is \$12 per person, and a light evening lunch will be served.

The Barley Shakers' repertoire ranges from centuries-old Celtic music to old-time fiddle tunes to familiar melodies from the present day. Subsequent music and dance events will take place at the Civitan Hall on the fourth Friday of every month up to and including May 2015. For more information, visit <almontecivitan.com>.

Diagonal Home Renovations

Are you ready to bring your ideas to life?
Call Diagonal now and book your free estimate!

We build, renovate, upgrade & repair:

- Bathrooms
- Basements
- Kitchens
- Custom Furniture
- Decks & Patios
- and much more

Visit us on the web at mmdiagonal77.wix.com/diagonal or on Facebook at facebook.com/diagonal.homerenovations



Diagonal Home Renovations

O: (613) 253-0058
 M: (613) 863-6153

What you want,
 the way you want it.

Macnamara Field Naturalists' Notecards

While nature firsthand can't be topped, images of beautifully captured moments spent in her midst can still be pretty sweet. Made into notecards sold to benefit a local cause — the expansion of Arnprior's Macnamara Trail — well, what more needs to be said? Except, perhaps, "have you bought yours yet?"

The featured photos were all taken in the region covered by the Macnamara Field Naturalists' Club (Arnprior and the surrounding area). They include *Colours on Water* by Michael Runtz, *Kayak on Water* by Shirley Deugo, *Fritillary on Joe Pye Weed* by Suzanne Powell, *Shaggy Mane Mushrooms* by Karen Wright, and *Common Redpoll in Winter* by Shelley Ball.

Each packet contains ten notecards featuring two each of five striking photos selected from those submitted by the Club's talented members. Net proceeds from sales of the notecards, only \$10 a packet, go towards the expansion of the Macnamara Trail.

The Trail is enjoyed all seasons of the year by young and old alike. The trail expansion will consist, in part, of a boardwalk spanning the marsh that borders the northeast portion of the trail, which currently has a lookout tower offering a view of the wetland. The trail will then loop back through more than a kilometre of towering forest and rejoin the current trail near Lady's-Slipper Lane. This will make the already marvellous Macnamara interpretive nature trail one of the finest in Ontario.

The cards are available in several local stores, including Gilligallou Bird in Almonte, the Pakenham General Store, The Arnprior Book Shop, and the Library and Home Hardware in Arnprior.

The cards can also be purchased at Club meetings or ordered online via the Macnamara Club website at <mfnc.ca>. Please note that postage, \$3 for one packet or \$5 for two packets, is extra. To inquire about purchasing larger quantities, please send an email to <treasurer@mfnc.ca> noting the quantity desired and the address to which they would be sent.

About the Macnamara Nature Trail

Located in the southeast corner of Arnprior, the trail is a window into the past and present natural world of the Lower Ottawa Valley. One of the Club's largest projects to date — its network of boardwalks, viewing platforms, and benches, constructed entirely

by volunteers — allows visitors to explore the land without disturbing its wild character.

The trail currently leads visitors past 19 numbered stops along four kilometres (with an optional half-kilometre branch that leads to a rocky point overlooking the mouth of the marsh where the marsh meets the Ottawa River). An interpretive booklet explains the natural history at each numbered stop. Many of the trail's highlights were discovered by Charles Macnamara, the Club's namesake, nearly a century ago.

About the Field Naturalists' Club

In 1984 a group of like-minded naturalists in the Lower Ottawa Valley formed this club to share their knowledge and love of nature. Following in the footsteps of Charles Macnamara, a naturalist



Shirley Deugo's "Kayak on Water" is one of five stunning images featured on notecards being sold to support the expansion of Arnprior's Macnamara Trail

and photographer who lived in Arnprior from 1881 to 1944, the Club has explored, documented and enjoyed the rich natural history of our area. Over the years, members have been active in the fields, forests and waterways and have contributed time and effort to preserving local natural treasures.

Members meet at 7:30PM on the first Tuesday of every month except July and August at the Arnprior Curling Club, 15 Galvin Street in Arnprior. Expert speakers share their knowledge with members, guiding them in easy steps into their special worlds. Admission to meetings and field trips throughout the year is free for members and \$5 for guests.

If you would like to join them or just learn more about the Club or the Macnamara Trail, please visit <mfnc.ca>.

Kehla Bridal...
Expressions of Love

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

3-ring set \$3,995,
sapphire ring \$1,810,
diamond ring \$4,095

St. Paul's United Church Music Team Presents:

**The Regimental Band
of the
Governor General's Foot Guards**
Saturday February 7, 7:30PM

St. Paul's United Church,
25 Gore Street West, Perth

Admission by Donation www.stpauls-uc-perth.org

Kraken graphics

ADVERTISING • PACKAGING
BRANDING • DESIGN • PRINT

-Competitive rates-
-Over 9 years professional experience-
-No job is too big or too small-

email me: getkraken@krakengraphics.ca
and view my portfolio at: www.krakengraphics.ca

EMBRACE WINTER
Make Cedar Cove Your Winter Destination!

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

Warm up by the fireplace,
and enjoy a casual lunch or
a succulent dinner
at the
Lakeside Bar & Grill

CEDARCOVE RESORT

100 Cedar Cove Rd., White Lake 613-623-3133 cedarcove.ca
Thurs. Noon-8PM • Fri. Noon-8PM • Sat. 9AM-9PM • SUN. 9AM-8PM • Mon. Noon-8PM

Resolution Inspiration

It's a new year and time to raise the bar. Here's a little inspiration. Throughout the year I collect articles that interest me and, I hope, others. I was rooting through my archives looking for a suitable topic when I ran across this story about being a STAR. Unfortunately there was no author associated with it so I can't give them name credit, but I can give them credit. I'm sure whoever wrote this would be happy knowing I have passed it on. I also am confident they will forgive my editing and additions.

by Patrick Arbour

Are You a STAR?

A star is that twinkling thing that we admire from afar. In human terms, we see stars as those who shine in their field. They are people who perform a skill or exhibit a characteristic that we can look at and appreciate that it is being done at a high level. I know that, for the most part, the people who read these articles are those who strive to perform at the best level they can. The purpose of this article is to help you to see the star qualities that you already possess. I hope that it will also help you to recognize some of the star qualities in the people you deal with daily.

Whether you are interested in raising the bar for yourself in terms of star quality, or raising the bar for those who work for you, here are some ideas using the acronym STAR.

Seeing What is Needed

STARs see themselves, see their gifts, see what they don't know or don't have, see their purpose and see their vision.

Tenacious With Standards

STARs have high expectations and high personal standards. They get what they need to deliver, and they practice, work and play at meeting these standards. They are aware of the example they set for others.

Accountable for Their Attitude

STARs don't play the victim. They know that attitude affects energy, so they enjoy life, practice gratitude, and know that their attitude is contagious.

Relentless in Reaching Results

STARs expect to succeed, are resilient, and learn from what doesn't work. They are able to celebrate success, and they employ resources to get there.

In the space that we have for this article I am not able to go into great depth with each of the points, but I will pick one attribute from each group to focus on.

Seeing what is needed: vision. One of the most powerful attributes of a star is to see a vision that few, if any, have the ability to see. When he gave his most famous speech, Dr. Martin Luther King, Jr. said that he had a dream. His dream was that his children would not be judged by the colour of their skin but rather by the content of their charac-

ter. He had a dream. His words inspired a nation and started the changes that so many had fought for. Stars have a clear vision of what is possible and know that the road to that vision is seldom easy.

Tenacious with standards: high expectations. What I have observed in stars is that they have very high standards when it comes to their own conduct and behaviour. They tend to be people of integrity who do what they say they are going to do. They don't try to be what they are not. They employ discipline. They set the bar higher, with class, integrity and humility.

Accountable for attitude: gratitude. When Vancouver won the 2010 Olympic bid and people were asking John Furlong for his comments, what he offered were simply statements of gratitude and humility. He was grateful for all the people who worked so hard to share a dream and create a legacy. And at every point when the glory was being shone on him, he redirected it to the people he believed made it happen.

Relentless in reaching results: resilience. One thing that impresses me most about the stars I have observed is their ability to get up after being knocked down. It seems that when most people

would be devastated or paralyzed by a setback, the stars see it as a lesson that will prepare them for the bigger challenge.

I hope that you will see some element of a STAR that could help you on your path to stardom, and something that might help you to inspire those who work with you to let their brilliance shine.

What's possible for your life?

What's possible for your company/organization?

What difference can you make?

What are your standards in terms of integrity, being constructive, being an example, telling the truth, the way you present yourself, the kind of language you use, and the way you honour others?

Homework for January

- List ten things that you are grateful for.
- Think of a time when going through adversity led to much bigger results.
- Have you allowed failure to be a teacher for you in the past?

I wish you the best in developing the STAR within you.

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

Speaking Volumes

One Book, One Community

What might happen if everyone in the community read the same book? It could bring us together and spur discussion, affect viewpoints and open new doors. The power of the shared experience of reading is the motivation behind the One Book, One Community program coming to Lanark County in 2015.

by Elizabeth Goldman, Librarian

The One Book concept originated in Seattle in the late 1990s and has spread to libraries all over North America. The five Lanark County libraries are banding together to create and host this program locally. In its first year, the One Book program will focus on the theme of aging.

The idea of the program is simple: select a title and encourage everyone to read it. A series of book discussions and other related events then bring people together to talk about what they have learned and discovered by reading.

One Book programs can help bring important issues to the forefront and provide people with a venue for discussing complicated topics. They are an example of the new ways libraries are working to build community actively and look at reading as a social activity, not just something individual.

A committee of librarians and community members has been at work this fall to determine the theme and start reaching out to potential project partners. All users of Lanark County libraries were invited to submit suggested titles in November, resulting in about 25 nominations. A committee will review these suggestions over the next few weeks to create a shortlist.

Once the shortlist is announced in mid-January, residents will again have the opportunity to contribute by voting on their favourite title at their local library. The winning title will become the core of the project, with many copies distributed via libraries and bookstores throughout the county. The Ottawa International Writers Festival has been

enlisted as a partner to help work to secure a visit from the author of the selected title.

Why aging? Like many parts of rural Ontario and throughout Canada, Lanark County has an aging population. There are retirees from Ottawa, multi-generational families, active seniors and those who live alone or in retirement homes, isolated from their families. Aging is having a major effect on the economy, community services and municipal priorities. While the subject is close to the forefront for many people, there has not been a recent broad-based community discussion about aging.

Besides book talks, the One Book program will also feature many other events, such as films, expert panels and workshops. Bringing people to the table through the lens of the book, these supporting events will allow for rich discussion about the topic. For example, libraries may bring in an expert on how communities can adapt to an aging population and host community brainstorming workshops where residents can develop ideas for how to embrace and take advantage of this change. This could lead to new projects — intergenerational history programs, seniors advocacy groups, or the exploration of transportation alternatives for the older population.

The One Book program makes complicated topics accessible by starting the discussion with a story, whether fictional or based on real individuals. Approaching the topic this way allows people to move away from their preconceived ideas and think about the personal and individual; it humanizes topics that can otherwise languish in fear, anger and government statistics.

Keep an eye out for the One Book shortlist in January and the announcement of the selected title in February. Then get reading! We invite the whole community to be part of this event.

— Elizabeth Goldman is the CEO of Perth & District Union Public Library

See More Online!

Find Elizabeth's list of the most highly anticipated books of 2015 at <thehummm.com>!

BLUES ON THE RIDEAU
THE COVE INN
WESTPORT, ONTARIO

January 23
JACK DE KEYZER BAND

DINNER & SHOW \$60 • ADVANCE RESERVATIONS
1-888-COVE-INN • www.bluesontherideau.ca



Mike Doyle

Accounting for
Small & Large Business
Income Tax Services

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



On Being a Rocket Scientist

A couple of years ago, I decided to become a rocket scientist. It's really hard work, but hey, someone's got to do it. I think I'm getting closer to my goal, and here's why.

Rocket science is all-pervasive in our daily lives: we have to deal with technology, with difficult tasks, with automobiles, with a hostile winter environment and climate change, dog poop and everything. However, I am gaining ground.

by Glenda Jones

When you go to the grocery store, and find there is no milk in the cabinet, you are faced with rocket science. Ask me; I know exactly what to do. I take out the empty crates and scoot them along the conveyor belt into the big beyond behind the cabinet, and *voilà!* A fresh crate is there! This must be rocket science, since so few people have grasped the concept of refilling the cabinet. It's easy and fun to run those empty crates into the back. I don't make a big deal of it though. I know it takes a long time to acquire knowledge of this sort, and many can't do it.

Second case in point: it must take rocket science to hang up garments in a store when you know it's your big backpack that knocked them down. I look like a bloodhound at times, following along behind people and hanging up forgotten items. It's a challenge, especially when all the garments are supposed to hang one direction, but it simply shows that my qualifications are really up there when I can manage it all by myself.

The ability to dispose of one's garbage in a responsible manner is an acquired skill that is an addendum to the degree. It takes precision and practice far beyond many who would aspire to it. This is demonstrated by the amount of garbage we see tossed from cars. The worst is the half-full coffee cups spewed across the snow like chewing tobacco. Disgusting! Learning the technique for storing garbage in a vehicle is elementary, but I've done it! Sure, by April I have to take the car for detailing what with the dog hair and old receipts, but at least I haven't flung my junk where only the dedicated road cleaners will find it in the spring. A little plastic box I can fill and empty once a week, and I'm done. Once again, rocket science, folks, but I've mastered it.

A word here about winter driving: what is the particular difficulty in removing snow from an automobile? It mustn't be easy or more people would do it. Isn't it a joy to be driving along and have the car in front hurl snow at you? Isn't it a mystery when you can't see the driver in an oncoming car for the ice on his windshield? Is he even in there? And isn't it annoying when people plow their driveway snow into the middle of the road? A good snow brush and a decent shovel make a quick fix but often are overlooked — must just be too hard to do!

I have to throw in climate change, since it's the big topic of conversation wherever we turn these days. We used to get snow and it stayed, seemingly forever. However, now we get these darn freeze/thaw cycles that turn the sidewalks into skating rinks. Really bad for us seniors who will — deep breath, all one word — “fall and break a hip and get pneumonia and...” You get the picture. All it takes is a sprinkle of salt or sand to remedy the situation. Just do it! You too could be headed for a degree in RS.

And so to the dog poop. As an owner of two dogs, I am familiar with this one! And this is the Honours Course in RS. You can tell the responsible dog owners: they're the ones with the plethora of plastic bags hanging off leashes and out of pockets. It is a badge of distinction to carry a bag of poop, the sure sign that you respect your neighbours and love your animal. A certified Rocket Scientist wouldn't dream of dumping it in a public garbage receptacle either, but dutifully carries it home to her own garbage. And she especially deserves that badge if she will plunge her mitt into new snow to retrieve those droppings. Alas, there are many who perceive this activity as rocket science far beyond their comprehension, because they have the distinct notion that Mother Nature will take care of it in the big spring thaw. Not so: she doesn't like dog poop either!

Now it's confession time: I am one major subject away from the RS degree. I simply cannot figure out our DVD player and how to make it work in sync with the TV. That indeed is Rocket Science. I can work the PVR, I can use this computer, but I'll be darned if I can configure the buttons on our remote to let us enjoy a movie once in a while. In so many other categories I've been quite successful, and I do feel confident I can conquer this one conundrum as well if I just stick with it. However, if there is a mentor out there who wants to offer a tutorial, I'll be right there taking notes. I'd so like to be a fully qualified Rocket Scientist!



Chorus Seeks Music Director

The Goulbourn Male Chorus is seeking a Music Director for its spring 2015 season, commencing January 2015.

The GMC is a community-based chorus made up of men from the Goulbourn Township and surrounding Ottawa communities. Their repertoire consists of traditional male choral selections (TTBB) both secular and sacred, spirituals, folk songs, ballads, and some lighter songs. During the festive season, they sing both traditional and modern arrangements of Christmas favourites. The Chorus practices at Trinity Presbyterian Church, 1817 Richardson Sideroad in Kanata, and holds two concerts — at Christmas and in the spring — as well as various sing-outs at seniors' homes, etc.

The Chorus has been together for some five years, during which time it has gained a reputation for quality choral music and entertaining performances. Additional information, including videos of some performances, can be found at <goulbourn-malechorus.com>.

Applicants should have qualifications and experience in choral direction, and should express their interest to Gary Palmer, at <GWPalmer005@gmail.com>, to receive an information package.

Custom Home For Sale

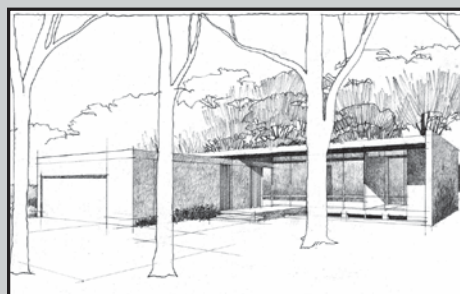
Designed by award-winning architect Richard Limmert, this 1700 square foot contemporary bungalow is located on an oversized lot in the friendly town of Almonte. The site is flat, measuring 70 by 113 feet. Ancient maples and black walnut trees occupy the front corner of the lot. The home is within walking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

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

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

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

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



275 St. George St., Almonte

Blue Skies Community Fiddle Orchestra presents
their annual
Little Christmas
concert
Sunday, January 4, 2-4:30PM
At the Maberly Hall

featuring:
The Blue Skies Community Fiddle Orchestra
The Prep Orchestra
The Celtic Heritage Fiddle Orchestra

\$10 at the door; children 12 and under are free
For information contact Cindy McCall
613-278-2448 or cindy.fiddlemusic.mccall@gmail.com

Janice Aiken
Registered Massage Therapist
27 Years experience

Specializing in:
Treatment-Oriented
Massage and
Myofascial Release

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

Claiming Column

Big Sugar, Burnstown, Feb 1-2
 Hilda's Yard, Perth, Feb 5-15
 Powder Blues Band, Perth, Feb 7
 GG's Foot Guards Band, Perth, Feb 7
 Leading Ladies, Smiths Falls, Feb 12-15, 20-22
 The Wizard of Oz Jr, CP, Feb 20-22, 26-28
 The Hogtown Allstars, Westport, Feb 20-21
 Beach Boys tribute, Smiths Falls, Feb 21
 CP Winter Carnival, Feb 21
 Jack Pine/Durham Cty Poets, Almonte, Feb 28
 The Little Mermaid, CP, Mar 5-7
 Almonte in Concert, Mar 7
 Borealis String Quartet, Perth, Mar 13
 Paul Reddick Band, Westport, Mar 20
 Maple Run Studio Tour, Pakenham, Mar 21-22
 Oh Susanna, Almonte, Mar 28
 The Salvage Shop, Perth, Apr 9-19
 Love from a Stranger, Smiths Falls, Apr 16-26
 Paul James Band, Westport, Apr 17
 Yiannis Kapoulas, Perth, Apr 17
 Almonte in Concert, Apr 18
 Once Upon a Mattress, CP, Apr 24-26, May 1-2
 Creativity Blitz, Pakenham, May 2
 Ball & Chain, Almonte, Apr 25
 David Rotundo Band, Westport, May 8-9
 Spring Nature Walk, Blueberry Mountain, May 10
 Arts CP Art Show & Sale, May 23
 The Drowsy Chaperone, Perth, Jun 4-14
 Nana's Naughty Knickers, Smiths Falls, Jun 4-14
 Art in the Park, Renfrew, Jul 11-12
 Herbfest, Almonte, Jul 26
 Puppets Up!, Almonte, Aug 8-9
 A Little Princess, Smiths Falls, Aug 13-23
 MUSICwestport, Aug 14-15
 Neat in the Woods, Burnstown, Sep 25-27
 Nature Walk, Blueberry Mountain, Oct 4
 Sadie Flynn Comes to Big Oak, Smiths Falls, Oct 15-25
 Puss In Boots panto, Smiths Falls, Dec 3-13

WHAT'S ON IN

Monday

Tuesday

Wednesday

Thursday

- CP & Beckwith Heritage Museum presents Ready, Set, Snow! <cpbheritagemuseum.com>
- Diefenbunker presents "Breaking Barriers"
- FIELDWORK presents outdoor art <fieldworkproject.com>
- Fairview Manor Foyer presents the fibre art of Sheila Thompson
- Gallery on Gore presents Maria Moldovan's paintings <galleryongore.perthchamber.com>
- MERA Schoolhouse presents Elizabeth Veninga
- MVTM presents "Rock 'n' Roll + POP" <mvmtm.ca>
- Ottawa West Arts Gallery presents "White is in the Winter Night" exhibit (opens Jan 10) <owaa.ca>
- The Mississippi Mills Chambers Gallery presents Robin Andrew's photography & Nadine Sculland's miniature quilts
- The Almonte Library Corridor Gallery presents Diane Black's sculptures

Happy New Year!
1

5
 Carp Celtic Jam, Carp Masonic Lodge

Brock Zeman & Blair Hogan, O'Reilly's Pub
 Mississippi Blues Society Jam, Thirsty Moose
 Macnamara Field Naturalists' Club, Arnprior
 MMPL Travelogue, Almonte

7
 Open Celtic Jam, Naismith Pub
 Open Jam, Waterfront Gastropub
 Probus Club Meeting, Perth
 Shawn McCullough, The Cove

Jazz at Bally's, Ballygiblin's
 Karaoke, Waterfront Gastropub
 Musicians' Circle, Bolingbroke
 Open Mic, Alice's Village Cafe
 Open Mic, Golden Arrow
 Ramblin' Valley Band, The Barley Mow

12
 Almonte & Area Artists' Assoc Mtg, Almonte
 Carp Celtic Jam, Carp Masonic Lodge
 My Old Lady, Arnprior

13
 Brock Zeman & Blair Hogan, O'Reilly's Pub
 Perth Horticultural Society, Perth

14
 Adult Bereavement Group, Perth
 Open Celtic Jam, Naismith Pub
 Open Jam, Waterfront Gastropub
 Pride, Renfrew
 Shawn McCullough, The Cove

15
 Flippin' Art Night, Carleton Place
 Karaoke, Waterfront Gastropub
 Musicians' Circle, Bolingbroke
 Open Mic, Alice's Village Cafe
 Open Mic, Golden Arrow
 Perth Historical Society Meeting, Perth
 Ramblin' Valley Band, The Barley Mow

19
 Almonte Quilters' Guild, Almonte
 Carp Celtic Jam, Carp Masonic Lodge
 Force Majeure, Arnprior

20
 Brock Zeman & Blair Hogan, O'Reilly's Pub

21
 My Old Lady, Perth
 Open Celtic Jam, Naismith Pub
 Open Jam, Waterfront Gastropub
 Shawn McCullough, The Cove

22
 Karaoke, Waterfront Gastropub
 Musicians' Circle, Bolingbroke
 My Old Lady, Smiths Falls
 Open Mic, Alice's Village Cafe
 Open Mic, Golden Arrow
 Ramblin' Valley Band, The Barley Mow

26
 Carp Celtic Jam, Carp Masonic Lodge
 Elsa & Fred, Arnprior

27
 Brock Zeman & Blair Hogan, O'Reilly's Pub
 Lanark County Quilters Guild, Perth

28
 Adult Bereavement Group, Smiths Falls
 Arnprior & District Quilters' Guild, Arnprior
 Force Majeure, Renfrew
 Neat Soundcheck, Neat Coffee Shop
 Open Celtic Jam, Naismith Pub
 Open Jam, Waterfront Gastropub
 Shawn McCullough, The Cove

29
 Karaoke, Waterfront Gastropub
 Musicians' Circle, Bolingbroke
 Open Mic, Alice's Village Cafe
 Open Mic, Golden Arrow
 Ramblin' Valley Band, The Barley Mow
 White Lake Acoustic Jam, Arnprior

Festivals

Pakenham Frost Festival, Jan 23-25. Indoor & outdoor activities for all ages. Pakenham. exploremississippimills.ca, 256-1077

Local Food

Educational Hunting Day, Jan. 10. Hunting/survival info. Register online. Cliffland Survival School, Flower Station. lanarkwfc.com. \$10 suggested donation

Literature

LiPS Poetry Slam/Open Mic, Jan 9, 7PM. Sign-up 6:30PM. \$5 (performers free). Thirsty Moose, Carleton Place. lanarklips@hotmail.com

Visual Arts

Almonte & Area Artists' Assoc Mtg, Jan. 12, 7:30PM. Free admission; all welcome. Speaker: Barbara Carroll (fibre artist). Almonte Library, 155 High St. 256-5863, 4a-artists.ca

Flippin' Art Night, Jan. 15, 5-7PM. Artists May Jenkins & David Meredith. Ballygiblin's, 151 Bridge Street, CP. 253-7400, artscarletonplace.com. Free

Fun with Knitting, Jan. 17, 10AM-noon. Learn to knit a lacy scarf w/Patricia Sullivan. Beginners & up. Mississippi Valley Textile Museum, 3 Rosamond St. E, Almonte. mvmtm.ca. \$25

Vernissage: Veninga, Jan. 18, 2-4PM. Art show runs all month. MERA Schoolhouse, 974 9th Concession A, McDonalds Corners. meraschoolhouse.org

Almonte Quilters' Guild, Jan. 19, 7PM. All welcome. Almonte Civitan Hall, 500 Almonte St. mfsurben@gmail.com, 257-8444

Lanark County Quilters Guild, Jan. 27, 1PM. Stash sale. Be green; lug your mug. Lions Hall, Perth Fairgrounds. \$3 guests

Arnprior & District Quilters' Guild, Jan. 28, 7-9PM. Christian Education Centre, 257 John St. N., Arnprior. arnpriordistrictquiltersguild.com. \$5; \$25/yr

Youth

Beckwith Youth Dance, Jan. 9, 6-9PM. Theme: Silly Socks! Brunton Community Hall, 1702 9th Line, Beckwith. 257-1539, cmcgregor@twp.beckwith.on.ca. \$3

Theatre

O'Brien Arnprior Film Group: My Old Lady (Jan 11, 1PM; Jan 12, 7:30PM), Force Majeure (Jan 18, 1PM; Jan 19, 7:30PM), Elsa & Fred (Jan 25, 1PM; Jan 26, 7:30PM), Whiplash (Feb 1, 1PM; Feb 2, 7:30PM). O'Brien Theatre, 147 John St. N., Arnprior. 622-7682, obrientheatre.com. \$10

O'Brien Renfrew Film Group, 7:30PM. Pride (Jan 14), Force Majeure (Jan 28). O'Brien Theatre, 334 Raglan St. S., Renfrew. 432-0866, obrientheatre.com

Boyhood, Jan 16, 17; 7:30PM. Coming-of-age epic filmed over 12 yrs. The Station Theatre, 53 Victoria Ave., Smiths Falls. 283-0300, smithsfallstheatre.com

Film Night International: My Old Lady, Jan 21, 2PM/7PM (Full Circle Theatre, Perth); Jan 22, 7PM (Station Theatre, SF). filmnightinternational.blogspot.ca

Live At The Met: Le Nozze di Figaro, Jan. 31, 1PM. Mozart opera. O'Brien Theatre, Arnprior. 623-4007, obrientheatre.com

Music

Little Christmas Fiddle Concert, Jan. 4, 2PM. Blue Skies Community Fiddle Orchestra, Prep & Celtic Heritage Orchestra. Maberly Community Hall, 172 Maberly Elphin Rd. \$10; kids under 12 free

Musicians' Circle, Thursdays, 7PM. Musicians only - all ages. Althorpe Bolingbroke Community (ABC) Hall, 3166 County Rd. 36, Bolingbroke. 273-9005. \$5 for hall

Jazz House Concert, Jan. 10, 8PM. The Chris Maskell Quartet. jazzn.ca. \$25 cash

Folkus: Trent Severn, Jan. 17, 8PM. Folkus Concert Series. Opener: Sara & Isaac. \$30 (series of 4: \$90), at Mill St Books, folkusalmonte.com, or door: Almonte Old Town Hall. 256-9090, folkusalmonte.com

JANUARY 2015

Friday

Saturday

Sunday

<p> DJ Whisper, Waterfront Gastropub Justin Orok & Zakari Frantz, Gaia Java Riq Turner, Golden Arrow Scottish Country Dancing, Perth </p>	<p> Acoustic Saturdays, Waterfront Gastropub George Reynolds, Golden Arrow Head over Heels, The Cove </p>	<p> APEX Jazz Band, The Royal Oak Little Christmas Fiddle Concert, Maberly Open Mic w/Kelly Sloan, Ashton Pub Riq Turner, Golden Arrow Sunday Blues, Waterfront Gastropub Valley Singles Lunch, Arnprior </p>
<p> Beckwith Youth Dance, Beckwith LiPS Poetry Slam/Open Mic, Carleton Place DJ Whisper, Waterfront Gastropub Matt Hughes, Golden Arrow Riq Turner, O'Reilly's Pub Scottish Country Dancing, Perth Terry Restoule & Richard Beres, Gaia Java </p>	<p> Acoustic Saturdays, Waterfront Gastropub Brea Lawrenson, Golden Arrow Educational Hunting Day, Flower Station Head over Heels, The Cove Jazz House Concert, Almonte </p>	<p> Clever Mess Jazz Club, The Barley Mow Magnolia Rhythm Kings, The Royal Oak My Old Lady, Arnprior Open Mic w/Kelly Sloan, Ashton Pub Sunday Blues, Waterfront Gastropub </p>
<p> Birthday Hootenanny, The Cove Boyhood, Smiths Falls DJ Whisper, Waterfront Gastropub Lynne Hanson, Gaia Java Scottish Country Dancing, Perth Ted Lalonde, Golden Arrow </p>	<p> Acoustic Saturdays, Waterfront Gastropub Boyhood, Smiths Falls Children's Learning Expo, Carleton Place Folkus: Trent Severn, Almonte Fun with Knitting, Almonte Karaoke, The Cove Riq Turner, Golden Arrow </p>	<p> APEX Jazz Band, The Royal Oak Choral Evensong, Perth Force Majeure, Arnprior Open Mic w/Kelly Sloan, Ashton Pub Riq Turner, Golden Arrow Sunday Blues, Waterfront Gastropub Vernissage: Veninga, McDonalds Corners </p>
<p> Almonte in Concert: I am Not a Rock Star, Almonte Almonte Lectures: Democracy, Almonte BOTR: Jack De Keyzer, Westport Brea Lawrenson, Golden Arrow DJ Whisper, Waterfront Gastropub Pakenham Frost Festival, Pakenham Ron Mills, Gaia Java Scottish Country Dancing, Perth Steve Barrette Trio, The Swan at Carp </p>	<p> Acoustic Saturdays, Waterfront Gastropub Almonte in Concert: I am Not a Rock Star, Almonte Blues Guitar 101, Almonte Blues Harp II, Almonte Open Stage Winter Blues Jam, Moose McGuire's Pakenham Frost Festival, Pakenham Shawn McCullough, The Cove Sounds Sweet, Golden Arrow The Good Brothers, North on 29 </p>	<p> Elsa & Fred, Arnprior Magnolia Rhythm Kings, The Royal Oak Open Mic w/Kelly Sloan, Ashton Pub Pakenham Frost Festival, Pakenham Sunday Blues, Waterfront Gastropub The Good Brothers, Neat Coffee Shop The NightCrawlers, Generations Inn Traditional Song Session, Almonte </p>
<p> Anvil w/Iconoclast, John St. Pub Bruce Wozny, Gaia Java Dance to The Barley Shakers, Almonte DJ Whisper, Waterfront Gastropub Latin Ladies' Spa Night, The Cove Lowell, Neat Coffee Shop Scottish Country Dancing, Perth Ted Lalonde, Golden Arrow </p>	<p> Toy & Collectible Show & Sale, Almonte Acoustic Saturdays, Waterfront Gastropub Ali McCormick & Blackstrap Molasses, Golden Arrow Hawksley Workman, North on 29 Live At The Met: Le Nozze di Figaro, Arnprior Riq Turner, The Cove </p>	<p> APEX Jazz Band, The Royal Oak Sunday Blues, Waterfront Gastropub Whiplash, Arnprior </p>

The Royal Oak (Kanata, 591-3895): jazz on Sun, no cover, 2-5PM
 Jan 4, 18 APEX Jazz Band
 Jan 11, 25 Magnolia Rhythm Kings
Golden Arrow Pub (Perth, 267-4500): 9PM. Thursdays (x1st) Open Mic
 Jan 2, 4, 17, 18 Riq Turner
 Jan 3 George Reynolds
 Jan 9 Matt Hughes
 Jan 10, 23 Brea Lawrenson
 Jan 16, 30 Ted Lalonde
 Jan 24 Sounds Sweet
 Jan 31 Ali McCormick & Blackstrap Molasses
Generations Inn (Carleton Place, 253-5253):
 Jan 25 The NightCrawlers, 6-9PM, no cover
Moose McGuire's (Almonte, 256-2555):
 Jan 24 Open Stage Winter Blues Jam w/ River City Junction 9PM, \$5
The Swan at Carp (Carp, 839-7926):
 Jan 23 Steve Barrette Trio, jazz, 7-10PM, no cover
Gaia Java (Stittsville, 836-5469): Fridays live music, 7-9PM
 Jan 2 Justin Orok & Zakari Frantz
 Jan 9 Terry Restoule & Richard Beres
 Jan 16 Lynne Hanson
 Jan 23 Ron Mills
 Jan 30 Bruce Wozny

Community

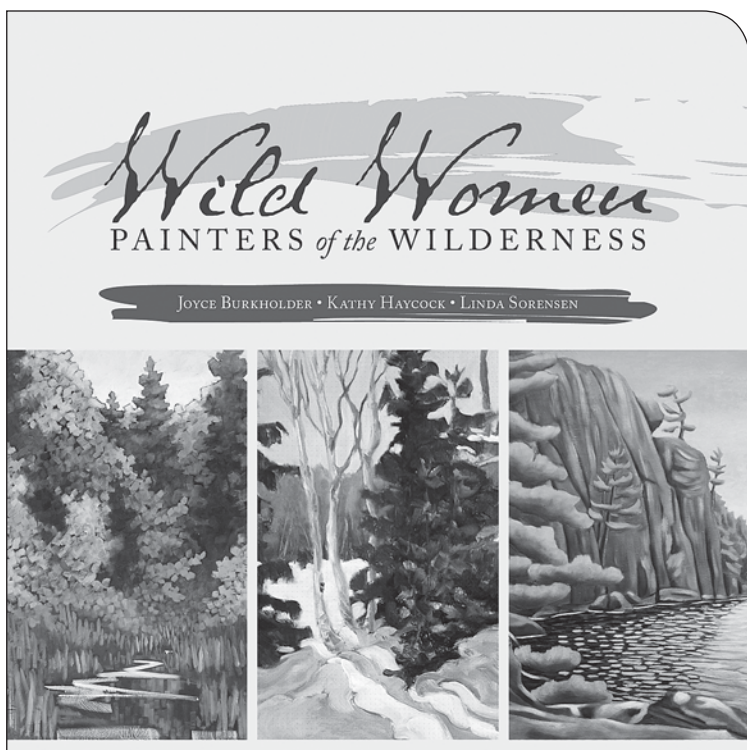
Happy New Year!, Jan. 1. We wish you the best for 2015!
Scottish Country Dancing, Fridays, 9:30AM. All levels welcome. McMartin House, 125 Gore St. E., Perth. 264-2767
Valley Singles Lunch, Jan. 4, 1PM. Singles lunch, all welcome. Jim's Restaurant, 54 Elgin St. W., Arnprior. 623-6698
Macnamara Field Naturalists' Club, Jan. 6, 7:30PM. Arnprior Curling Club, 15 Galvin St., Arnprior. mfncc.ca. Guests \$5, students free
MMPL Travelogue, Jan. 6, 7-8:30PM. Eugene Fytche's Brazil. Almonte Library, 155 High St. Almonte. 624-5306, jpreece@gmail.com. Free
Probus Club Meeting, Jan. 7, 9:30AM-noon. Mtg of retired folk., Perth Legion, 26 Beckwith St. E., Perth. probusperth.ca
Perth Horticultural Society, Jan. 13, 7:30-9PM. Chelsea Flower Show featured. St. Paul's United Church, 25 Gore St. W., Perth. 267-2421, robinandsteve1@gmail.com. Non-members \$3
Adult Bereavement Group, Jan 14 (1-3PM, Lanark Lodge, Perth); Jan 28 (1-3PM, Alzheimer's Society, Smiths Falls). 267-6400, rebeccab@chslc.ca. Free
Perth Historical Society Meeting, Jan. 15, 7:30PM. Roy MacSkimming discusses *The Secret History of John A.*, Perth Legion, 26 Beckwith St. E. perthshs.org. \$2 donation
Children's Learning Expo, Jan. 17, 10AM-2PM. Info on kids' education, products, services. Carambeck Community Centre, 351 Bridge St., Carleton Place. 253-8952, arizaconsulting1@gmail.com. Donations to Therapeutic Riding
Almonte Lectures: Democracy, Jan. 23, 7:30PM. Bob Miller - How Democratic Government works. Almonte United Church, 106 Elgin St. almontelecures.ncf.ca. free - donations accepted
Toy & Collectible Show & Sale, Jan. 31, 9AM-3PM. \$5 admission, kids under 12 free. Almonte Civitan Hall. 283-0570.

Choral Evensong, Jan. 18, 4PM. Church service; prelude/postlude by woodwind quartet. St. James the Apostle Anglican Church, Perth. 267-1163, stjamesperth.ca
Almonte in Concert: I am Not a Rock Star, Jan 23, 7:30PM documentary; Jan 24, 8PM recital. Marika Bourmaki on piano. Tickets at Mill St. Books/online. Almonte Old Town Hall, 14 Bridge St. 256-9090, almonteinconcert.com. \$30; \$15 students
BOTR: Jack De Keyzer, Jan. 23, 7PM. Blues on the Rideau. Proceeds to Friends of Foley Mtn., The Cove Inn, 2 Bedford St., Westport. 1-888-COVE-INN, bluesontherideau.ca. \$60+tx dinner & show. Call to reserve
Blues Guitar 101, Jan. 24, 3:30-5PM. Workshop w/George Turcotte & special guest. Mississippi Mills Musicworks, 453 Ottawa St., Almonte. 256-7529, mmmusicworks.ca. \$30

Blues Harp II, Jan. 24, 1:30-3PM. Workshop w/Catriona Sturton. Mississippi Mills Musicworks, 453 Ottawa St., Almonte. 256-7529, mmmusicworks.ca. \$30
Traditional Song Session, Jan. 25, 2-4PM. Join in traditional songs w/choruses. Anyone can lead. The Barley Mow, 79 Little Bridge Street, Almonte. 355-5552, dpbaril@gmail.com
White Lake Acoustic Jam, Jan. 29, 7-10PM. Old-time, bluegrass, blues, country, fiddle, folk, gospel & more. Singers, pickers, players, listeners of all ages. Meet for supper: 6PM. White Lake Restaurant, 620 Bellamy Rd. wlol.ca/home/hot-licks-acoustic-jam
Dance to The Barley Shakers, Jan. 30, 7:30PM. Celtic & old-time fiddle; light evg lunch. Almonte Civitan Hall, 500 Almonte St. 256-6234, almontecivitan.com. \$12
Naismith Pub (Almonte, 256-6336): Wednesdays Open Celtic Jam, 7:30-10PM

Thirsty Moose (CP, 253-0879)
 Jan 6 Mississippi Blues Society Jam, 8:30PM
The Cove (Westport, 273-3636): Wednesdays Shawn McCullough, 6-9PM
 Jan 3, 10 Head Over Heels, 6-9PM
 Jan 16 Birthday Hootenanny w/L. Wright & J. Whiteley, 8-11PM
 Jan 17 Karaoke w/Chinese buffet, 6-10PM
 Jan 24 Shawn McCullough 7-10PM
 Jan 30 Latin Ladies' Spa Night w/Caesar Ricardo, 6-9PM
 Jan 31 Riq Turner, 6-9PM
Ballygiblin's (CP, 253-7400): jazz, no cover
 Jan 8 Peter Brown, Don Paterson, Dave Arthur, Glenn Robb, 6-9PM
Neat Coffee Shop (Burnstown, 433-3205): 8PM
 Jan 25 The Good Brothers, \$35
 Jan 28 Soundcheck, free
 Jan 30 Lowell, \$15

North on 29 (Carleton Place): 8PM
 Jan 24 The Good Brothers, \$35
 Jan 31 Hawksley Workman, \$60
Carp Masonic Lodge: Mondays Carp Celtic Jam, 7-9PM
Ashton Pub (Ashton, 257-4423):
 Sundays Open Mic w/Kelly Sloan, 2-5PM
The Barley Mow (Almonte, 256-5669):
 Thursdays Ramblin' Valley Band, 8PM
 Jan 11 Clever Mess Jazz Club, 2-5PM
O'Reilly's Pub (Perth, 267-7994): Tuesdays
 Brock Zeman & Blair Hogan, 8:30PM
 Jan 9 Riq Turner, 10PM
Alice's Village Café (Carp, 470-2233):
 Open Mic Thursdays, 7:30PM
The John St. Pub (Arnprior, 623-8149):
 9PM
 Jan 30 Anvil w/Iconoclast, \$27.50
The Waterfront Gastropub (CP, 257-5755): Wed Open Jam 9PM, Thurs Karaoke 9PM, Fri DJ Whisper (Top 40) 10PM, Acoustic Sat 3-6PM & 9PM, Sun Blues 3-6PM



Painters of the Wilderness

New Book Features Three Landscape Painters

Wild Women: Painters of the Wilderness is a rich visual experience presented in a full-colour hard-cover art book. The beautiful collection of landscape paintings by three artists — Kathy M. Haycock, Linda Sorensen and Joyce Burkholder — is illuminated by personal photographs, biographies, experiences and conversations about their creative process. Their home, and their subject matter, is the Algonquin wilderness of Ontario.

The three talented and self-directed women each moved to the area over forty years ago as part of the “back to the land” movement. Independently of each other they each began to paint, inspired by the spirit of the surrounding wilderness. Each faced the challenges and joys of carving out a living as a female artist in a remote area, an environment that has been at times strange, delightful, mysterious, unforgiving, exquisite, harsh, graceful, free and wild. Eventually they banded together as a group, Wild Women, to paint, exhibit their work and share a love and deep respect for conservation of the land they live in and paint.

Their experiences and their message are fully celebrated in this beautiful collection of wilderness paintings.

Each of the three artists is a recognized and award-winning painter with her own approach to expressing her experience of the natural world, and each paints in a unique style developed from her own vision and interpretation. But the book reveals how strongly the three also come together at every step to support each other and reinforce their collective message of conservation.

In *Wild Women: Painters of the Wilderness*, Sorensen, Burkholder and Haycock share their message through their paintings and their own words. The reader will come away with a renewed and refreshed appreciation of our natural world, infused with a better understanding of the creative process of the wilderness artist.

Nature photographer and filmmaker Janet Foster describes it as: “an art book that goes far beyond art — the personal story of three remarkable painters whose lives are intertwined with the natural world. Their stunning portrayals of Ontario’s magnificent wilderness areas become an eloquent and timely plea for landscape preservation.”

Wild Women: Painters of the Wilderness is available through inanna.ca or wildwomen-artists.ca.

Stop & Smell the Chocolate

Goooooooooooooooooal!

Instead of coming up with another set of New Year’s resolutions this year (which, let’s face it, is pretty easy, seeing as I can just use the forgotten list of 2014), I’ve decided that setting some goals for the year might be more useful. What’s the difference? In a word: do-ability. (Ok no, that’s perhaps not an actual word.)

A resolution is usually a one-sentence vow that comes off sounding like an empty promise after too much partying (e.g. “I will never drink again” or “I will stop eating dessert”). A goal is (hopefully) more realistic and attached to a plan, such as “I will run a marathon in the fall, and here is how

able and just THINK of the joy as you tick each sub-goal as “done”!

Make it Memorable

If you write your goal in a journal, type it into your iPhone Notes, or stick it to the wall of your exercise room, you will likely forget it at some point, as it gets buried by other ideas or those same storage boxes. So... put it everywhere! On your mirror, in your journal, on your fridge, on your TV, in your phone, on your computer! Whatever it takes to keep you on track.

Review It

Review your goals and sub-goals regularly, to ensure they are still what you want and are still working for you. I suggest at least monthly, but you could do it weekly too. Put a reminder on your calendar. And if you see the reminder and realize you haven’t worked on your goal for a month, don’t beat yourself up. Just consider whether this goal is still something you want to reach for, and if so, re-focus!

Assess It

Why have you selected this goal; why is it so important to you? Write the answer down for two reasons: to re-inspire you when your energy wanes, and to be sure that this goal really IS something you want.

Do it for Yourself

In my opinion (so take it or leave it), setting goals for others does not work. You want your partner to run marathons with you? Great! Tell them why you would like that. But then it is up to them to decide whether to make that a goal. Your mom wants you to become a doctor? It’s great that she has that confidence in you! But it’s up to you to decide whether this is a goal you want to pursue. I have a friend who used to sign her partner and herself up for the gym because she wanted her partner to take better care of himself. They would both go a couple of times and then stop. At least if *she* went to the gym one of them would be in shape, but her goal was always for her partner. The only person you can control is yourself — and often that is challenge enough!

It’s Not a Race

Give yourself realistic timelines for your goals. Sure, “make an appointment for a mammogram” could be done in a week (or hour), but “run the Boston Marathon” or “retire to Cabo” could require a bit more time. If you wanted to be an über goal-setter, you might want to consider where you want to be in 5, 10, 20 years. Then you can ensure your short-term goals fit with where you really want to go.

Lighten Up

Goals don’t have to be serious and strict. In fact, the more joy you can stuff into them, the better! Your goal could be to spend an afternoon a month painting, or to determine which area chip truck makes the best fries.

The Time is NOW!

The other good thing about goals? You can set them *any* time (unlike resolutions, which seem more suited to January 1st or birthdays or mornings after).

I wish you the best of luck with any goals you set, as long as they are for the good of you and do not harm others (no evil plots to take over the universe, 'kay?). If you don’t reach your goal, don’t beat yourself up (no point)... And when you DO reach your goal, celebrate like a soccer player — yell “GOOOOOOAL!”

by Rona Fraser

I will ramp up from couch potato to marathon runner (or walker), with logical, do-able steps.”

I have done some research (and practice), and have some ideas to help you and I get started.

Choose a Goal or Two

In my experience, setting too many goals at one time just muddies the waters, making it easier to become overwhelmed and therefore give up.

Be S.M.A.R.T.

Back in '81, George T. Doran wrote an article in *Management Review* entitled “There’s a S.M.A.R.T. way to write management’s goals and objectives”. This oft-quoted mnemonic stood for Specific, Measurable, Assignable, Realistic, Time-Related, though others have tweaked it over the years, making it suit their message (“Assignable”, for instance is more applicable to management practices than personal goals, so you may want to substitute “Attainable”). “I want to get in shape” is not a SMART goal, but “I want to run 5km by September 30” is.

Be Positive

“I will not be such a negative nellie all the time” is not very inspirational... or measurable, but “I will say at least one positive thing to my partner/kids every day” or “Every morning I will write five positive statements about life” would a) be more measurable and b) be more inspiring to stick to. Many of us have grown up accustomed to folks using negative talk to try to motivate us (“don’t do this or else”), but don’t use that on yourself; reading a goal that makes you feel bad about yourself will not do you good in the long run.

Write it Down

We’ve all done it. We are all inspired at New Year’s: we are on vacation, we’ve overindulged, we’ve read about the accomplishments of friends and relatives. “NOW is the time for CHANGE!” we exclaim, as we make our resolution. There is a fire in our bellies and it’s not just from too much salsa! But by the end of the week, or day, or nap, all is forgotten. So if you truly want to reach your goal, write it down. There, you are already closer to reaching your goal! Now hold onto that cocktail napkin you wrote on while you find an actual blank piece of paper to copy that goal onto. Is it SMART? Is it positive?

Break it Down

Chances are you can’t immediately reach your goal, because if it were that easy, you’d have done it already. So break it into SMART steps — sub-goals, if you will — which will get you from here to there in smaller, measurable increments. For example: dust off the treadmill, clear storage boxes out of “exercise room”, dig running shoes out of box marked “donate”, walk/jog on treadmill 20 minutes a day for 5 days a week, etc. Your goal will feel more attain-

THANK YOU
for saying you saw their ad
in *theHumm!*

Mindfulness: More Than Just a Spa Day

So I'm writing an article on mindfulness. That's what I'm doing. Right now.

My fingers are softly tapping the keys on my laptop keyboard and I'm thinking about mindfulness. The fan is on because I like the white noise. There's a box of Christmas cards next to me on the coffee table and, it occurs to me, I need to get busy writing to a handful of people who have kindly written to me. Do I have any stamps? I'll need stamps. What's the date? I really should get those off or they'll turn into New Year's cards. I need groceries. I have an appointment at 4:15. I'm prickly; I should shave. Iron a nice shirt. Is it snowing? Oh, I should check my bank account. And — yikes — my credit card limit. I'd like to start drinking tea.

Do you ever get thinking like this — frenetically? We all do, it seems. Buddhists refer to this sort of frenzied thinking as the “monkey mind.” I like that playful image — my mind is a monkey, swinging from branch to branch, and ooh, ooh, banana! — but it's hard to focus, and it's difficult to think clearly, calmly, purposefully.

That, essentially, is what drew me to mindfulness. I was often anxious. I wanted to feel calmer. I craved contentment. I longed for long-lasting peace of mind.

My monkey mind needed more than just a day at the spa.

All of that led me to reading a whole stack of books on the subject. Now I'm back here, in the present moment, to write about it. Seems an appropriate time of year, too, when many folks like to make resolutions about quitting “bad” habits or trying new things. Resolving to lose ten pounds, exercise more, lay off the chocolate, be happier, take a yoga class, learn to paint, and eat more veggies — while we mean to improve our lives, all those resolutions can seem overwhelming. With so much going on in our minds, and a long list of things to do and not do, we can easily lose focus. That often leads to disappointment, and then we feel crappy. Our monkey minds get cross and lethargic.

Here's where mindfulness made a wonderfully refreshing difference in my life.

I read several books by Jon Kabat-Zinn, author of *Full Catastrophe Living*, among many other books. I really liked how he gently emphasized just being. Living in this very moment. Being kind and patient and compassionate with yourself. Accepting things as they are.

Just reading this brought me a measure of peace.

And I loved his definition of mindfulness: “Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

My monkey mind was jazzed but settled — and quietly curious. I could all but hear the Beatles' *Let It Be* on a gentle loop instead of the white noise of my fan. Serenely, I read on.

I was happy to learn that Buddhists have been practicing mindfulness — and not just through meditation — for 2,500 years. I thought of His Holiness the Dalai Lama, so gentle and kind, always laughing and smiling, cloaked in a peaceful aura. And the great thing about practicing mindfulness, I discovered, is that you can do it anywhere, at any time, in any moment. You don't have to shave your head, wear a monk's robes, renounce sex, and live in a snow-capped mountain cave either.

The essence of practicing mindfulness is simple. All you have to do is be aware in the present moment.

I like this example:

Let's say you're washing the dishes and feeling tense. Your back aches and you're thinking about an important email you forgot to send yesterday, or worrying about your dentist's appointment tomorrow. These thoughts are normal, and scientists say we have about 65,000 of them a day. Thoughts are just mental events. So don't judge yourself, but instead wash the dishes. Breathe, and be aware of the feeling of the warm water on your hands, the smell of dish soap in the air, the squeaky sounds you hear as you're scrubbing a dish with a sudsy wet cloth.

You don't need to think: am I calmer now? Less tense? You only need to focus on the moment, on what you're doing and feeling, using all of your senses. When you do this, your other thoughts may drift away, almost without you knowing it.

And if an unpleasant thought enters your mind — *I loathe the dentist's office* — that's okay. It's perfectly natural. Thoughts arise and fall away. Don't judge yourself. Just take a mindful breath and continue to wash the dishes, remaining present to all the pleasant sensations.

That's the gist of it.

“All you can do, all you have to do, is be mindful right now,” writes Thomas Bien in his insightful book *The Buddha's Way of Happiness*.

That hit home for me. It still does. And I'm much more peaceful when I practice mindfulness. It does

I like that playful image — my mind is a monkey, swinging from branch to branch, and ooh, ooh, banana!

take practice. Practitioners of mindfulness dedicate years of their lives to living this way, and generally they're happier, calmer, and more peaceful people.

Knowing that snippet of how mindfulness works, just imagine tackling that list of resolutions now.

You needn't be worried about the long list of things to do and not do. Rather, you can just be, in any moment. In the end, and with practice, the resolutions will take care of themselves. Or not. You needn't judge yourself for “failing.” You can simply start again right now. It doesn't even have to be January. It can be any time.

Using mindfulness with practice, as Bien points out, we can put aside our regrets about the past, our anxieties about the future and constant cravings for our lives to be better. How? By being aware and present in the moment, appreciating the small, joyful moments that happen every day.

I hope none of this sounds preachy. I like to playfully think of that busy monkey mind — anyone's really — as Donald Trump hopped up on a whole lot of coffee and chocolate. Someone would have to take him down with a tranquilizer gun.

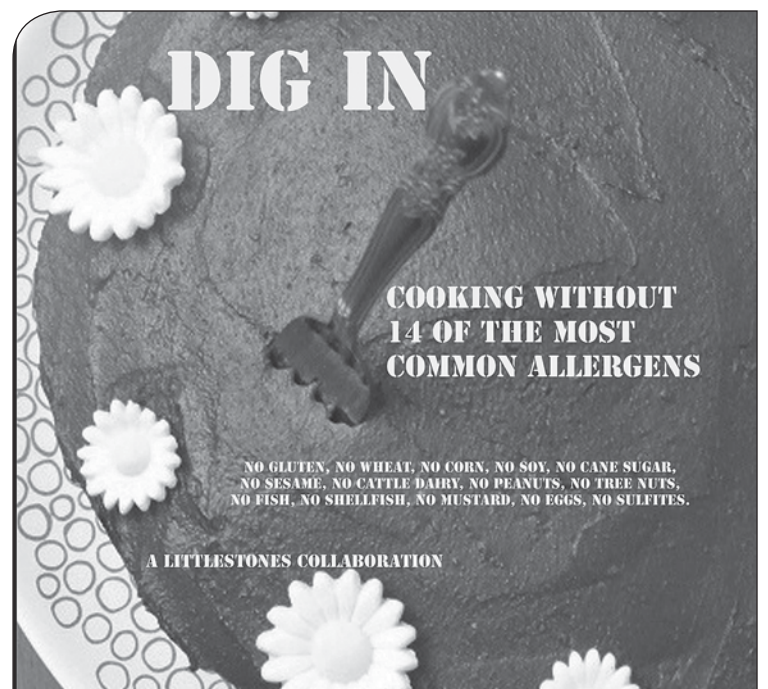
But there are easier, gentler ways.

Mindfulness is not a cure-all. That's important to remember, I think. But it's a different, gentle way of thinking — of *being* — and one that can bring calm to an unquiet mind.

It's helped me. I'm still a novice at it. But the more I practice it and feel its benefits — peace in the moment, content with things as they are — the more I know it's for me.

If you decide to give it a go, I hope it helps you too.

— John Pigeau



Time To Dig In!

Now that the holidays are over, it is time for many of us who may have over indulged on allergen-laden foods, to readjust and return to our familiar routines. For others, the New Year may represent a time for a healthy change, an opportunity to finally stop consuming those foods filled with ingredients that make us feel fatigued or anxious, or may cause muscle aches, headaches, skin problems and/or breathing issues.

Of course, eliminating culprit foods is not an easy task. Unfortunately, given our society's addiction to wheat, corn, soy, cattle-dairy, cane sugar, etc., these foods are often the ones that are most easily accessible, and as a result, end up in our lunch box or on our dinner plate. Furthermore, eating these foods may make us feel better in the very short term by satisfying an immediate craving fuelled by these additions, but in the long term we end up feeling worse.

Eating a non-allergic, organic, non-genetically modified and varied diet is key to the recovery of every individual, as well as to the maintenance of good health. I also believe that eating foods that taste awesome is a terrific way to increase one's chances of staying on track with a new program, as well as a great way to discover new foods and flavours.

In the cookbook that I developed called *Dig In – Cooking Without 14 of The Most Common Allergens*, you will find a collection of recipes that are all free of gluten, wheat, soy, corn, cattle-dairy, cane-sugar, sesame, peanut, tree nut, fish, shellfish, egg, mustard and sulfites. Each one-page recipe contains a picture of the final product, as well as detailed step-by-step instructions of how to complete it.

For more information and to find out where *Dig In* is available, visit <digincookbook.ca>.

— Maxine Gravel

See More Online!

Find Maxine's recipe for Mini Chocolate Cupcakes with Dark Chocolate Icing at <thehummm.com>!

New Events in the New Year

We in Westport hope everyone in our great region had wonderful holidays and shared joy and love with family and friends.

Now is the time to look over the past year and progress forward with new resolutions for making our world a better place in which to live, love and be happy.

by Georgia Ferrell

No small feat, I am afraid, as more and more events impinge on our fragile planet. Well, I resolve to do everything I can to make the world a safer, happier and more welcoming place in the coming year.

There is a lot going on in January here in Westport; here are a few fun things to put on your calendar.

On Friday, January 16, you're invited to a **Birthday Hootenanny!** In honour of their birthdays, **Luther Wright** and **Jenny Whiteley** will bring their magical musical merrymaking to The Cove. What better way to get warm and fuzzy in the depths of the Canadian winter than with the best of bluegrass, folk and old-time country! And you never know which of their talented musical friends will show up to join in the fun. The Hootenanny runs from 8–11PM, admission is only \$10, and reservations are recommended! For details about this and other Cove events in January (like a Mexican wine dinner, Latin ladies' night, and concert by former Ambush member Riq Turner), visit <coveinn.com>.

Then on January 23, Blues on the Rideau proudly presents **Jack De Keyzer** <jackdekeyzer.com>, who returns to play his sixth show at the Cove. The \$60 price includes a delicious buffet dinner and the show, with proceeds going to the Friends of Foley Mountain. For details about this and other upcoming Blues on the Rideau shows, please visit <choosetheblues.ca>.

More classes and workshops at **Artemisia** — now an art centre as well as small gallery — will also be forthcoming in 2015, and computer classes and tutoring will soon be available. The intention is to foster the creative spirit in everyone who comes here. We all are creative, and hopefully we will provide the incentive for local and area folks to come in and rediscover that creative spark that brings joy and a wonderful sense of accomplishment. Some of the ideas for bringing that spark to life are: memory quilts, memory books, jewellery making, watercolour painting, a local polymer clay guild and Bottles of Hope group, and much more for later in the season when the weather allows us outdoors to learn to play with cement! Do you have something you want to create? Do let me know, and we will endeavour to fulfill your wishes. For more details and contact information, please visit <artemisiaartgallery.com>.

I hope you all had a very wonderful holiday season and I wish you the very best for the coming year. Please do come to our lovely little village — you will be glad you did!



Jenny Whiteley brings her buddy Luther Wright and other assorted friends to Westport for a Birthday Hootenanny on January 16

Are You An Artist? Do You Need Money? Apply for the MERA Award of Excellence!

Every two years, MERA (McDonalds Corners/Elphin Recreation & Arts) recognizes a local artist with the **MERA Award of Excellence** in the Fine Arts and Fine Crafts. The award is worth \$1000, and they are still seeking applicants for this year!

The winner is chosen on the basis of their artwork. Eligible artists must submit their applications by January 31, be citizens or permanent residents of Canada, and live in the Township of Larnark Highlands, Tay Valley, Drummond/

North Elmsley, Central Frontenac, North Frontenac or the Town of Perth.

For more information and applications forms, please visit <meraschoolhouse.org> and click on the Community tab at the top of the page.

MERA is a non-profit community arts organization. This award is funded in large part by the generous donation to the Perth and District Community Foundation (PDCF) made by Chris and David Dodge, who conceived the Award.

dandelion foods

January Birthday Celebration!

We're serving up a whole month of savings, giveaways and special events to celebrate our first year of business.

Join us on Saturday, January 10 and receive 10% off all purchases. Plus, you can share in the celebrations with refreshments AND be one of the first to receive our new loyalty card. You'll even get your first stamp free for showing up that day.

- Save 10% on all purchases Jan. 10
- Facebook giveaways
- New loyalty card
- Door crashers
- Saturday demos
- Weekly specials

Dandelion Foods is an independent, employee-owned organic grocer and supplements store. With a focus on our community, we offer the best in whole, local and organic foods, as well as alternative foods for specialty diets.

Find us here!

www.dandelionfoods.ca
facebook.com/dandelionfoods
451 Ottawa Street, Almonte
(in the Equator Coffee Roasters mall)

The Little Mermaid Is Coming to CP!

Carleton Place High School will be putting on the musical *The Little Mermaid* on March 5, 6 and 7. Preparations are well underway and the excitement is building. In December, students attended workshops on make-up and costume design in order to help transform the actors into aquatic beauties. This musical is a must-see for young audiences and is well suited for the entire family. Make it a plan to come see the colourful costumes and the transformative make-up work, and hear the songs you know and love. Tickets will be available at various vendors throughout Carleton Place. See next month's edition of theHumm for more details. The students can't wait to see you in March!



CPHS students attended workshops on make-up and costume design in preparation for their upcoming show

Food Hub Welcomes New General Manager

Local food is not just a hobby for the Two Rivers Food Hub's new General Manager, Matthew Brearley — it's a lifelong passion. With seventy years in the restaurant industry and having been raised on a Renfrew-area beef farm, Brearley brings a perspective from both ends of the local food spectrum to the hub.

Brearley said he is looking forward to the challenges he will encounter in his new position. "I'm really excited to be on board with this project. I'm glad I'm helping chefs and local producers to reach a greater portion of the market."

Brearley's background includes graduating from two cooking schools, one of which featured a rigorous two-year program at the Stratford Chef School in Stratford, Ontario. Brearley also owned his own farm-to-table restaurant in White Lake — Castlegarth — which offered an innovative approach to serving local food.

"By farm to table, I mean that Castlegarth quite literally had a farm attached to it that supplied most of the produce in the summertime," Brearley explained, adding that he also worked with local farmers to fill in any gaps that might be missing from his local food selections.

Brearley's background makes him well suited to his new role at the food hub. On the one hand he brings knowledge of the commercial ends of restaurants and institutions, and the work involved in sourcing local produce for his own restaurant. On the other hand his childhood ensures he understands the plight of the farmer, helped in part by growing and supplying local food for his own restaurant.

Brearley recognizes the burden placed on farmers to transport their products to various locations in order to sell it, and hopes the new food hub will offer a bridge for farmers to take on part of that burden. "I've encountered farmers who spend thirty or forty dollars in gas to bring their products to market. I'm hoping that the food hub will allow them to drop off as

much of the product as they can in one central location," Brearley said. "It all adds up; if you're a farmer driving to ten or twelve restaurants, you can spend fifty or sixty dollars in gas. We want to help them avoid that."

Producers who are interested in providing food to the food hub for the upcoming season are invited to contact Brearley for details about that aspect of the hub. One of Brearley's first tasks will be to establish connections with local producers and ensure a consistent supply of local foods.

Since taking on this new position, Brearley has spent the bulk of his time setting up the commercial kitchen space for the food hub; it will offer local producers a location that meets all health and safety requirements and conforms to government regulations.

"What we're trying to do is teach people how to ramp up their production using larger quantities, so they don't have to spend time doing four or five batches; they can do it all in one batch," Brearley explained. He also noted that once producers have a product that comes from a government-inspected facility, they will gain access to the retail market, as opposed to the farmer or artisan market. So far, Brearley said interest in the commercial kitchen is building, and the food hub hopes to have their kitchen operational in early January, to rent for a half day, a full day, or weekly, depending on the individual business's needs.

"There are already people lined up to use the kitchen," Brearley noted, adding that the food hub kitchen use rates, which are available on the website, are "quite reasonable." The website, <tworiversfoodhub.com>, will soon be revamped and will include a list of the equipment available in the commercial kitchen, rates for use, and more.

For further information about the Two Rivers Food Hub and/or its commercial kitchen, or to contact Matthew Brearley, please visit the website.

Here's wishing you a very happy New Year!

Don't forget, we're offering a 15% discount on your next project if you book before January 9th!

Let us help you create your new website (or update your existing one), or help you with your logo and brand development and your print design (such as ads, flyers, and signage).





sumackloft
sumackloft.ca
256-0378

Our first meeting is always free!

Call us today to grab your holiday discount.



foilmedia™
foilmedia.ca
256-5855

SAVE BIG

• Clip out this ad

• Bring it in to Arlie's Books anytime in January. Buy one used book at regular price, get 50% off a second book of equal or lesser value (no limits)



Arlie's Books

32 Market Street, Smiths Falls
613-283-0116 shoparlies@aol.com



FOLKUS CONCERT SERIES presents

TRENT SEVERN

WITH
SARA & ISAAC

ALMONTE OLD TOWN HALL \\ JANUARY 17 AT 8 PM
\$30/TICKETS OR \$90/SERIES \\ www.folkusalmonte.com



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario



Burns Jewellers Perth

PRESENTS

Powder Blues

FEBRUARY 7, 2015
PDCI AUDITORIUM,
PERTH ON



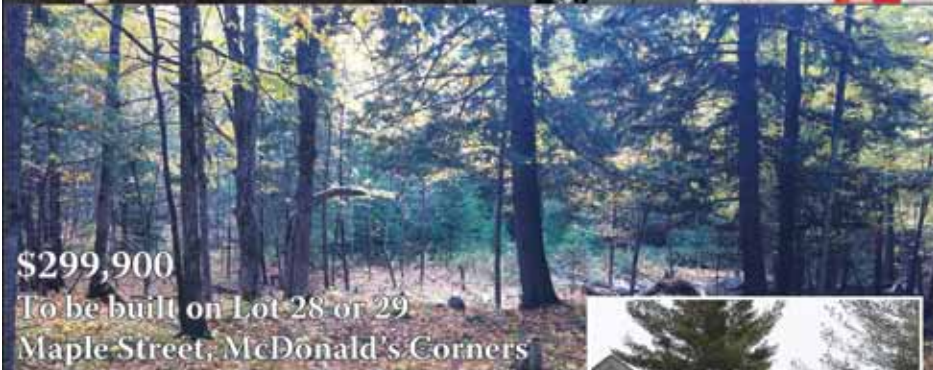
FOUNDATION

A FUNDRAISER FOR THE GWM
HOSPITAL FOUNDATION OF PERTH

RESERVED SEATING \$35 TO \$65

TICKETS

BURNS JEWELLERS, PERTH (613) 267-4466
ONLINE WWW.BURNSJEWELLERS.COM



\$299,900

To be built on Lot 28 or 29
Maple Street, McDonald's Corners

Build your dream log home on one of two beautiful lots in a quiet upscale subdivision. For example, this hand-crafted 1760 square foot (including walkout basement) home by Kealey & Tackaberry Log Homes Ltd. would definitely impress. You may have the home completed on spec or customize to your desired size, finishes and budget. The list price reflects a completely finished main floor with a walkout basement ready for development.



Jennifer Kelly

SALES REPRESENTATIVE

Patrick Kelly

SALES REPRESENTATIVE

Aleks Milicevic

SALES REPRESENTATIVE

Dave McGlashan

SALES REPRESENTATIVE

Sutton

Premier Realty (2008), Ltd.,
Brokerage

Top Selling Team for Sutton Group Premier 2013!

www.kellysuccess.com

(613)254-6580

ALMONTE
IN CONCERT

Concert Tickets

Adult Student

\$30 | \$15

Film Screening Tickets

FREE



I am Not a Rock Star

Friday, January 23, 2015 7:30P.M. (film screening)

Saturday, January 24, 2015 8:00P.M. (recital)

Almonte Old Town Hall, 14 Bridge Street, Almonte

Marika Bournaki last performed in Almonte on her 17th birthday, in 2008. We welcome back this extremely talented artist in concert, and on screen in Bobbi Jo Hart's award-winning documentary entitled *I am Not a Rock Star*, which traces Miss Bournaki's personal and professional growth between the ages of 12 and 20, when she was coming to terms with her future as a world-class concert pianist. The film screening, hosted by Bournaki and Hart, will be followed by a period of questions and answers.

Tickets available by mail or online at almonteinconcert.com.

Tickets also available at:
Mill Street Books
52 Mill St., Almonte
613-256-9090

