

DECEMBER 2012

# the Humm

free

Arts,  
Entertainment  
& Ideas



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December's Events



The 2012 Gift Giving Guide



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Hanging Around the Valley

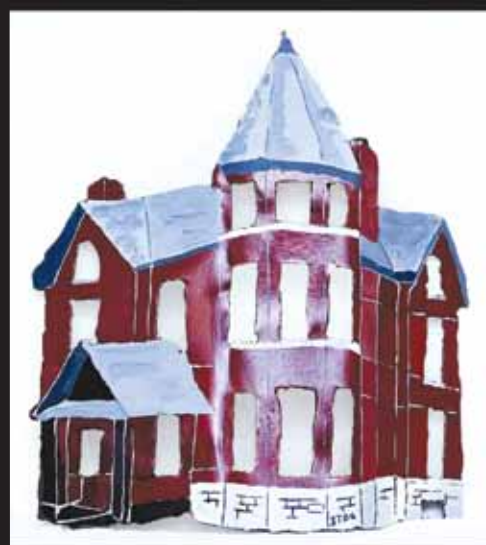


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Get Your Goat



The Art of Jack Stekelenburg p.5



Glad Tidings of Great Joy!

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### Home for the Holidays – Not for Everyone

On Friday, November 16, I had the pleasure of attending and playing at an "open mic" night at St. Paul's Anglican Church in Almonte. It was an entertaining evening filled with musical performances from young and old. The purpose of the event was to raise awareness about homeless youth living in Lanark County. Although this might not necessarily seem like a big problem in a small community, the 50+ people that attended the night were all surprised to hear that there are an estimated 100–130 homeless youth living in the county. I was shocked to hear that there is such a substantial number of homeless youth. I thought about the 98 students in my grade 12 class at Almonte and District High School. It seemed to really hit home that there were more homeless youth in the county than students in my graduating class.

The event was organized to raise awareness and funds for STAY, which stands for "Successful Transitional Avenues for Youth." Ann Emon, the only employee of STAY, attended the night and shared a presentation with the audience. She shared with us that STAY is a local, mainly volunteer organization. STAY has partnered with the local high schools to provide "homelessness prevention." They have started a skill-building program in Perth to connect youth within the community. They have also built a "winter warming centre" in Smiths Falls where people can stay three nights a week. One of Ann's points that struck me is that the reason why we don't encounter more homeless youth in the community is because most of it is "hidden", meaning that the youth are essentially couch surfing and don't have a real, stable, place they call home.

At the end of the night, a cheque of \$400 was presented to Ann, the proceeds from the event. This money is going directly to the funding of more programs in the communities of Lanark, towards more brochures, and to raise awareness about the growing problem of homeless youth in the county.

The night has really made me grateful that I do have a roof over my head every night, and a warm bed to sleep in. We take these things for granted almost every day, and it made me appreciate how lucky I am. I now know that there are many others out there, in our communities, who are not as fortunate. If you would like to donate to STAY, or get involved as a volunteer, please visit their website at <stay-lanark.com>. I urge everyone to think of the less fortunate this coming holiday season, as there are so many in need in our county.  
Sincerely, Andy Bassett



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Back in early 2011 James McBeath sent in this coded message (if you can't decode it, you're probably too young to understand it): "Nashville across from opry... At Cooter's Pub owned by the guy who played Cooter in the original Dukes of Hazzard... This was the original car too — The General Lee."

### PAWS Up For LAWS

The organizer for Almonte's Christmas in the Valley Artisan Show wishes to say thank you for the generous donations of pet items, Canadian Tire money, and cash for the Lanark Animal Welfare Society. Staff members at the shelter were thrilled with the boxes of donations and money that they received. Your donations contribute to this worthy cause to save more animals and help find them loving homes. For more information about LAWS, visit <lanarkanimals.ca>.

Nadine Sculland

### Dear Editor,

Like many people who care about the state of the planet and the well-being of all its inhabitants, we get overwhelmed with the myriad destructive things going on. Where to start? Or more to the point, why bother? Why bother indeed. Well for me, I feel a bit better knowing that my retirement savings are in funds that are invested with companies that are monitored for their corporate behaviour. I can't imagine all the workings of a copper mine in Uganda, but if a Canadian company is running one I sure want them to know they are being watched as they deal with the local people and the local environment.

Should I just say, *Oh well — just drill baby, drill, frack baby, frack, and to heck with those people getting sick from the toxic waste your company is producing — at least my mutual funds are doing really well! I can go to Tuscany this spring!?* For some crazy reason I can't. So as we noted in your paper last month, we have invested our savings in Socially Responsible Funds and are delighted to have a very committed, astute advisor right in the community. Also, it was easy to change our funds over from one of the fantastically profitable commercial banks. If you are frustrated with the slow pace of change to sustainable ways of being on this planet, you really can put your money where your mouth is!

However, maybe you read the very facile article "Ethical Investing: A Feel-Good Way to Lose Money" the *Globe and Mail* published on November 12 stating that Socially Responsible Investing was a good way to give your money away. We feel your readers would be interested in hearing the full story, so we encourage them to read the responses to that article which contain solid information about how well SRIs do, especially in light of our being able to hand on a livable planet to our grandchildren.

Cheers, Chandler Swain, Blakeney



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*theHumm* is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions throughout Lanark and Renfrew counties. 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.

### Deadline for ads & content: the 22<sup>nd</sup> of the month prior to publication

### Subscriptions

cost \$35 (includes HST) for one year (12 issues).

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### Thanks this month to:

**Connie and Stan Mills** for their lovely subscription renewal card and the "little extra to help with postage". Your kind words really made our day! And to Bob and John at **HB Auto** for getting the Hummmobile's back end off the ground again... And to **Brent Eades** for most generously offering to help un-hack the downtownalmonte.ca website. The world is a good place!



# Happy Local Holidays!

Here at *theHumm* we're big on local economies. The retail and service businesses in the small towns that we cover play a large role in the cultural life of those towns. Each store, restaurant, or small enterprise attracts and serves a particular clientele, some inside the community, some from outside. Some businesses host their own special events; others join together with local festivals to make the whole experience more vibrant. Many provide support in cash or in kind to local initiatives. A healthy local economy is an essential component to a healthy community.

by Kris and Rob Riendeau

It is with this in mind that we once again bring you *theHumm's* annual **Gift Giving Guide**. Our hope is that you'll find two kinds of inspiration in the many lists that appear throughout this month's issue. As you peruse the "Gifts for Coffee & Tea Lovers", "Gifts for Environmentalists" and "Gifts for Funky People", we hope you'll discover the perfect gift for everyone on your list. But we also hope that you'll be inspired to investigate even more of the independent, locally owned and run businesses

throughout our coverage area. In doing so, you're likely to encounter not only friends and neighbours, but also some old-fashioned small town peace and joy at this potentially hectic time.

If you've been reading *theHumm* for a while, none of this is news to you. You've been shopping locally and feeling pretty good about it. So how about putting your mouth where your money is? When you find a local service or establishment or product that gives you joy, let your friends and neighbours know (and perhaps bestow a kind word upon the owner or employees as well!). That kind of investment is so much more powerful and useful than outrage and despair when a beloved business closes its doors.

The gifts we buy locally do double-duty by giving pleasure to the recipient and at the same time supporting the business of a friend or neighbour. If the gift happens to be fair-trade, environmentally-friendly or made by a local artisan, then it does triple-duty! We would like to thank the participating merchants for taking the time to send in their Gift Giving Guide suggestions, and to thank our readers for shopping locally and thereby supporting both the shops and our paper.

Wishing you all a happy, healthy holiday season, and a local New Year!

## Gifts Made in the Valley

- Ceramic Bookends & Candlesticks by Richard Gill**, Bittersweet Gallery ..... \$60-275
- Fresh Evergreen Wreaths**, Cedar Hill Christmas Tree Farm ..... \$25 & up
- Clarmel Farms Pure Goat Feta & Chevre Cheeses**, Foodsmiths ..... \$5.99 & up
- Maple Spiced Blueberry Jam**, Fulton's ..... \$7.99
- John Alexander Day Original Oil Painting**, Gallery Perth ..... \$550 & up
- Bird Feeders & Nesting Boxes**, Gilligalou Bird Inc. .... \$55-140
- Perth Pepper & Pestle Souvenir Gift Pack**, Ground Waves ..... \$19.99
- 2013 Calendar**, Nudes of Mississippi Mills ..... \$20
- Lil' Taste of the Valley**, Ottawa Valley Gift Baskets ..... \$25.95
- Beeswax Candles**, Read's Book Shop ..... \$3-15
- Almonte-Made Soul Sister Trivet**, smitten ..... \$15
- Women's Lamb Shearling/Sheepskin Coat**, Strévé Design ..... \$1495-1995
- Local Handmade Pottery**, Somethin' Special ..... \$19-150

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# Gift Giving Guide Shop Directory

Here's an alphabetical list of the shops that are participating in this year's Gift Giving Guide, followed by the town in which they are located and the page on which you can find their ad. Great gift suggestions can be found throughout this issue, organized in categories. No matter who's on your list, we're sure that you will find great gifts — and have fun doing so — right here in the small, independent shops of the lovely Ottawa Valley area. Happy local shopping!

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Wed. Dec. 5 **Annual Westport Christmas Fashion Show**. Door prizes! 12-2  
Fri. Dec. 7 A **Spencer Evans Solo Christmas** (piano/vocal) 6:30-9:30  
Fri. Dec. 14 **Shawn McCullough and Doubleback** 7-11  
Sat. Dec. 15 A musical evening with **Kevin Head & Miss V** 6-9  
and **Chinese Buffet Extravaganza** 6-8  
Sat. Dec. 22 Christmas Eve **Jazz Night with Spencer Evans Trio** 9-11  
Sun. Dec. 23 **Food for Food Fare** Donations to Food Bank. Door prizes! 12-3  
Sat. Dec. 29 A musical evening with **Kevin Head & Miss V** 6-9  
Mon. Dec. 31 **New Year's Eve Party** with **Spencer Evans Trio** featuring Sam Hopkins (vocals). Packages available! 7PM-1AM



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## Customer Appreciation & Winter Solstice Party

Friday, December 21<sup>st</sup>

- Open until 10PM!
- Deals and Giveaways
- Free Hand Massages with Allison Cochrane and Karen Jones of doTerra Essentials oils (11AM-10PM)
- Psychic readings with Nancy Kerr-Wilson (5:30-10PM)
- Snacks & refreshments



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# Haitian Orphanage Wants to "Get Your Goat" This Christmas!

Almonte resident and founder of a Haitian orphanage, Dieudonne (DD) Batrville is asking readers to consider giving the gift of a goat this Christmas, to Centre de Vie, St. Marc's.

It will soon be three years since a devastating earthquake resulted in this native Haitian and international development leader dedicating herself to the care and future of 31 orphans. People from Almonte, Smiths Falls and other caring Ontario towns responded by raising funds to create the Centre and supply it with beds, shoes, supplies etc. Faithful sponsorship from individuals and churches continues to raise about \$1200 of the approximately \$3-5000 expenses each month.

The Centre was born from crisis, and there is currently no large organization sponsoring the orphanage. In fact, DD and her staff must always trust God to meet their daily needs. Since the girls and boys now range from 4 to 13 years of age, and since international adoption is not possible, their needs will continue for many years into adulthood, at which time it is hoped that they will serve as contributing Haitian citizens equipped with the required education, health and spiritual foundation.

The **sponsored goats** (which can be used for breeding, milk, cheese, soap, eating and income) will be bought in Haiti for the orphanage. Anita Dworschak, a local goat breeder and soap-maker (featured in the November issue of *theHumm*), recently took DD and a few supporters literally "into the field" to teach about

goat milk production and care. Soap, cheese-making, goat meat and milk were also discussed on a lovely fall day in Darling Township, Lanark Highlands.

As of press time, total costs to obtain a herdsman, equipment and start-up are being researched to establish a sustainable operation. A price range of \$100 for a dairy goat to \$200 for a breeding goat is currently being estimated. A charitable receipt can be obtained if funds are directed to Haiti via the Almonte Presbyterian Church and received before year-end — making this a perfect gift for the Christmas season.

Another great gift that will assist the same cause is a \$30 advance ticket for a **Haitian Night to Remember**, taking place at the Almonte Presbyterian church on January 12, 2013. This fun event will feature a Caribbean meal and musical theme with Jamaican, Mexican and Haitian offerings. Only 100 tickets will be sold!

To "Get Your Goat" and be on the ground floor of something wonderful, or to purchase tickets for a heart- and tummy-warming event in January, please call Linda Dryer at 257-7617. A gift card can be requested.

— Linda Dryer



By sponsoring a goat or purchasing tickets to "A Haitian Night to Remember" at Almonte's Presbyterian Church, you can help raise funds for the Centre Vie Orphanage in Haiti

## Gifts for People you Don't Know

**Gift Cards in Any Denomination**, Equator Café ..... various  
**2013 Calendar**, Nudes of Mississippi Mills ..... \$20  
**Gift Certificates**, Palms, the Coffee Shop ..... \$10 & 20  
**Welcoming Plant for Newcomers**, The Blossom Shop ..... \$3.95 & up

## Gifts for Teenagers

**Intro to Skin Care and Make-up Lessons**, Make-Up by Maxine ..... \$50  
**"Settlers of Catan" Board Games**, Robin's Paper Thin ..... \$41  
**Dustland's Rebel Heart**, The Book Nook ..... \$19.95  
**Yoga Jewellery Chakra OM Bracelet**, Yoga and Tea ..... \$35 & up



# Jack Stekelenburg — Sculpting to a Different Drummer

Renfrew metal sculptor Jack Stekelenburg enjoys challenging our preconceptions of art. Following in the footsteps of his philosophical and artistic mentors, he creates art as an unconscious, unscript-

by Sally Hansen

ed, wordless act of emotional expression. He also plays and experiments and grows as an artist.

His sculptures are thought-provoking, powerful, fun, confusing, whimsical, disturbing. Most are not representational, familiar or comfortable. Neither is the art of his adopted “mentors” — Dali, Picasso, and the American abstract expressionists of the 20<sup>th</sup> century. Stekelenburg is the first person I have met who has spontaneously described the thrill he experienced when he first saw the National Gallery of Canada’s controversial 1989 acquisition, Barnett Newman’s huge colour field work, “Voice of Fire”.

The name of Stekelenburg’s studio — Walden Three — proclaims the profound influence that the transcendentalists of the 19<sup>th</sup> century have had on him. Ralph Waldo Emerson and Henry David Thoreau posthumously inspired a young construction worker from Renfrew to become self-reliant and celebrate the fact that his high school peers judged him as “different.” For one thing, Jack read Emerson and Thoreau. For another, he loved photography and abstract art. And although he was strong, he wasn’t a jock.

Stekelenburg remembers his excitement when he first encountered Thoreau’s seminal work, *Walden*. The quote, “If a man does not keep pace with his companions, perhaps it is because he hears a different drum-

mer,” particularly resonated with him, as did the tenet that true artistic inspiration was intuitive. From Emerson he learned the lesson of self-reliance. Stekelenburg spontaneously quotes lines from Emerson’s essay on the subject as he explains how he came to choose metal sculpting as his medium of choice. It was Emerson who encouraged him with statements like, “Whoso would be a man must be a nonconformist,” and “Is it so bad, then, to be misunderstood?... To be great is to be misunderstood.”

The abstract expressionists were certainly misunderstood. The biographies of those who persevered and changed the face and definition of art are replete with stories of personal hardships and reports of vicious criticism.

## Boat Anchors

It was only in 2005 that Stekelenburg decided to indulge his passion for art, which he had put on the back burner while he started a career in construction and raised a family. Intrigued by metal garden art, in 2005 he signed up for a course in welding. He started experimenting with discarded pieces of metal, sometimes inspired by the shapes he found, and sometimes molding heavy, cantankerous hunks of metal into abstract forms that evolved as he worked on them.

He soon discovered that, in addition to the protective gear he needed as a MIG welder, he also needed a thick skin. When he first decided to forego the instant gratification and financial success of creating popular sculptures like Great Blue Herons, and instead began constructing truly abstract

works, he was able to cheerfully endure the good-natured taunts of friends about his “boat anchors”. In some cases, he found more encouraging friends, particularly at the Renfrew Art Guild.

His conviction and determination are paying off. His abstract sculptures are attracting attention in galleries and studio tours, and people are putting their money where they let their hearts and imaginations take them. That is the lure of the abstract — the viewer has free



rein to interpret and project. Stekelenburg’s “Rock the Cradle” (above) is a prime example.

## Climb Every Mountain

In 2003, a lecture and an IMAX movie convinced Stekelenburg that he wanted to go to Nepal. He informed family and friends that he was going to go in 2008. He did. In preparation, he started planning and saving money. After his welding course he created a series of inspirational mountain

sculptures. He reassessed his life. His trip to the Mount Everest Base Camp proved monumental in many ways. His dedication to art was reinforced. He has repurposed his life.

Jack’s advice to anyone approaching retirement is to “rekindle the passion of your youth.” Resurrect those things that moved your soul and your spirit — art, music, writing, nature, dancing, travel — whatever. Don’t worry whether you’re ‘good enough’; don’t worry about what your friends think.”

Now he is at work on a performance/installation art sculpture project that he hopes to realize in 2013. Art critic Harold Rosenberg wrote about the Abstract Expressionist period that “At a certain moment the canvas began to appear to one American painter after another as an arena in which to act. What was to go on the canvas was not a picture but an event.” Canadian metal sculptor Jack Stekelenburg is creating a sculpture event. It involves the elements: wood, metal, fire and, of course, the weather. Watch for it in *theHumm*.

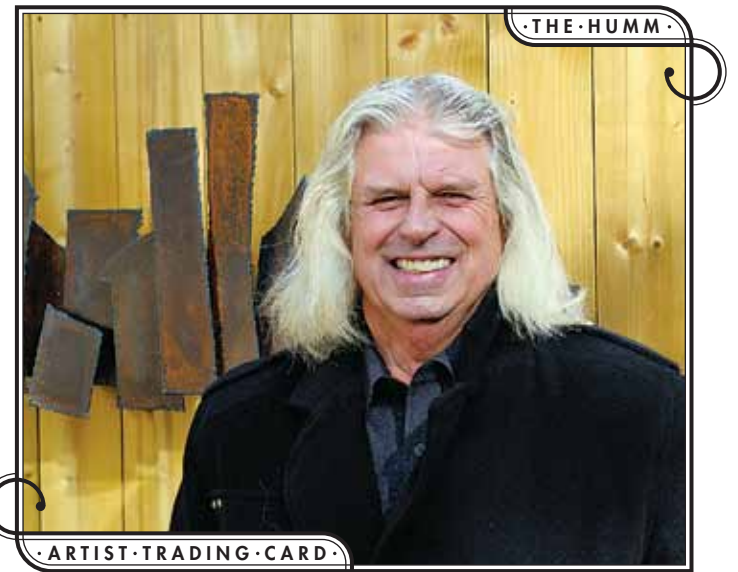
Stekelenburg’s gift is his unwavering determination to discover, and perhaps re-invent, himself. His life, like his art, continues to be a work in progress. Stekelenburg’s favourite role model is American abstract metal sculptor David Smith. This quote from a speech Smith gave in 1959 at

Ohio University explains why: “Art is made from dreams, and visions, and things not known, and least of all from things that can be said. It comes from the inside of who you are when you face yourself. It is an inner declaration of purpose; it is a factor which determines artist identity.” Stekelenburg’s art is worthy of attention because he trusts himself.

## Tea, Art and a Good Cause

On December 14, from 2 to 4PM, you can meet sculptor Jack Stekelenburg and painter Kathleen Ranger and see some of their art during a new “Tea & Art” holiday experience offered by the Renfrew Tea Room and the Renfrew Art Guild. The restaurant at 128 Raglan Street South (432-7970) is hosting an exhibition by local artisans each weekday from December 3 through December 21, and proceeds from the event will go to Senior Home Support for the Renfrew Area. Each weekday, two artists will be available for questions about their art, so drop in and enjoy scones and a hot drink, support a worthy cause and, perhaps, stretch your artistic horizons.

Jack’s work is also available at Brush Strokes Art Gallery at 129 Bridge Street in Carleton Place <brushstrokesart.ca>. To learn more about him and his powerful artistic statements, visit <facebook.com/walden3studio>. You can contact him at <jackstekelenburg@hotmail.com>, or 312-1374.



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How Fresh is Your Turkey?  
Farm vs. Fresh Family Farm vs. Frozen Factory Farm (page 2)

**SAVE CHEESE!**  
Simple tips for creating the perfect cheese plate (page 4)

**SALE**

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WHO Jack Stekelenburg

WHAT Metal Sculptor

WHERE Walden Three Studio and Art Gallery, Renfrew, 312-1374, <jackstekelenburg@hotmail.com>, <facebook.com/walden3studio>, Brush Strokes, 129 Bridge St., Carleton Place <brushstrokesart.ca>

WHEN Dec. 14, 2-4PM, "Tea & Art" with the Renfrew Art Guild at the Renfrew Tearoom, 128 Raglan St. S., Renfrew, 432-7970

WHY "I see a piece of scrap metal and visualize how it will someday be a vital component of a unique sculpture."

ARTIST TRADING CARD

# Holiday Tradition at the Mill of Kintail

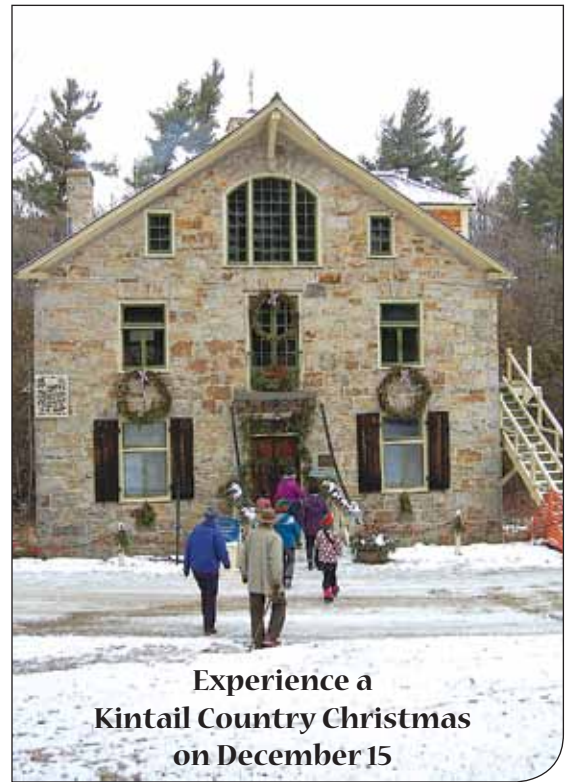
On December 15, enjoy the gift of time with your family and friends at the annual Kintail Country Christmas. There is something for everyone at this holiday celebration hosted by Mississippi Valley Conservation at its flagship conservation area, the Mill of Kintail near Almonte. The event has become a real tradition, celebrating its sixth year in 2012.

"We look forward to Kintail Country Christmas every year. It is so great to see the place bustling with happy people enjoying the site and really appreciating everything the event has to offer," says Stephanie Kolsters, who organizes the event each year. Among the many activities are photos with Santa (one free per family), stories by the fire, holiday music and a "children-only" gift shop in the museum itself, and a Christmas café and crafts at the Gatehouse. There will also be tractor-drawn wagon rides along scenic trails, and a nature scavenger hunt at the Education Centre.

Weather permitting, a skating rink and snowshoe course will be in operation. You'll need to bring your own skates, but the Mill will provide the snowshoes. There will be an opportunity to buy your Christmas tree as well, with proceeds supporting the Mill of Kintail Conservation Area.

And parents won't want to miss the Rogers-Tim Horton's Community Cruiser offering free coffee. They're on site from 11:30AM to 1:30PM.

Kintail Country Christmas is truly a community event with a wonderful group of supporters, including the Mississippi Valley Conservation Board of Directors, the Mill of Kintail Museum Committee, the Mississippi Valley Field Naturalists, Mississippi Mills' museums, Ramsay Women's Institute, Tree-



Experience a Kintail Country Christmas on December 15

land Christmas Tree Farm: The Hendry's, and many MVC staff and volunteers from the community.

The festivities run from 10AM to 4PM on Saturday, December 15. Admission is only \$15 per vehicle. For more information contact Stephanie at <skolsters@mvc.on.ca>, or call at 256-3610 x2. Like the Mill of Kintail on Facebook and receive updates on the day including skating rink and snowshoe status reports.

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

## MUSIC TO CELEBRATE CHRISTMAS

St. James the Apostle Anglican Church, Perth

Advent Procession  
with Carols

Sunday, December 2, 4PM

Service of  
Nine Lessons & Carols

Combined Choirs of St. James &  
St. Paul's United Church  
Sunday, December 16, 7:30PM



Info: 613-267-1163 or see  
www.superaje.com/-stjamesperth

## Living Stones

### 1<sup>st</sup> Annual Christmas Open Studio

10:00AM – 5:00PM  
Sat. Dec 8<sup>th</sup> & Sun. Dec. 9<sup>th</sup>

Visit the studio of stone artist John Schweighardt... stroll through the peaceful sculpture garden and peruse the gallery located in a heritage log building with an opportunity to purchase original and unusual stone bowls, stone vessel sinks, bird baths and sculptures.

1787 3<sup>rd</sup> Concession Dalhousie  
Lanark, Ontario K0G 1K0  
613.259.2203

www.livingstonessculptures.ca

## Gifts for Outdoor Enthusiasts

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# The Holiday Season: Check Yourself Before You Wreck Yourself!

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

## Dear Miss Write,

In theory, I love Christmas holidays. In reality it's a busy, stressful time when I spend more time feeling guilty, rushed and frazzled.

by Emily Arbour

What do I need to do to wake up Christmas morning and enjoy the day relaxing with family instead of feeling like I better scramble to get showered and get that turkey going?

*Stressed out for the holidays*

## Dear Stressed Out,

It'll make you feel better to know you're not alone in your feeling that Christmas can be stressful. In fact, every third card at the paper shop shares a similar sentiment, only with a hilarious (if predictable) take. Whether it's in-laws who overstay their welcome, kids with a bad attitude or too many cooks in the kitchen, Christmas is a lot to handle. A lot! I'm not going to lie and tell you that it's all candy canes and pajama parties at my house, but this year, I'm trying something new. In a nutshell,

I'm going to check myself before I wreck myself. Maybe you should too. When a stressful moment rears its ugly head, like say, realizing we've forgotten to get the Chinese Gift Exchange item and the stores are closed and we're already late (*and why are the kids not in bed? They're usually in bed by now! You gave them candy didn't you?!*) I'm going to say, "Easy now Miss Write. Heel girl. It's Christmas. Everyone knows that alcohol is the best gift, and you've got a cabinet full. And the sitter can put the kids to bed. It's not rocket science. You are not so important that only your able hands can plunk your kid into his crib. And if he cries, you won't hear it anyway because you're going to that party and he'll live. He's tired, he needs to sleep eventually, and he'll live."

Let's all resolve to take a chill pill this Christmas and focus on what really matters: spending time with the ones we love, taking the time to observe the memories we're making, and starting the day with Bailey's in the coffee. I mean, if all else fails.



## Dear Miss Write,

Why does fruitcake still exist?  
*Sincerely, Fruitcake Foe*

## Dear Fruitcake Foe,

Why did that kid in my third grade class drink vinegar at snack? Why do people listen to heavy metal? The fact of the matter is, we don't all enjoy the same things in life. But loads of people must love fruitcake or they wouldn't make dramatic archways out of it at the entrance of the grocery store each December. Maybe it's the tradition of it they really love. People do a lot of crazy things for the sake of tradition. Take putting a live tree in your house for example. Frankly, I'm with you. Fruitcake is garbage. Quite literally. In our house, Christmas isn't Christmas if there isn't a fruitcake in the trash weighing down the turkey bones by 9PM.

## Dear Miss Write,

My young kids are desperate to stay up until midnight with us on New Year's Eve, but frankly my husband and I have our own... err... midnight tradition. Also, they're too young to stay up that late without being a

nightmare on the 1<sup>st</sup> and that's no way to start a new year. How do I let them enjoy the excitement of the countdown and ring in the year with us and still have fun ourselves?  
*Party mom*

## Dear Party Mom

My kids are still too young to know what they're missing on New Year's Eve, but one of my readers sent me a great solution to your question that's worth sharing. (*I'll definitely be employing this strategy when the time comes*). She suggests that on the afternoon of the 31<sup>st</sup>, you gradually turn the clocks back by three hours. The kids will be so overcome with excitement about the idea of staying up until midnight that they likely won't even notice. Plan an evening of fun and games, and at 8:59PM (*11:59 to them*) start the countdown! They'll be tucked happily in their beds with plenty of time to spare for some adult fun. Just remember, don't turn on the TV or the jig'll be up!

Happy New Year! (And thanks to Christine for the great advice!)

— *Emily Arbour is a freelance writer (among other things) who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking Santa how to resist Christmas cookies. Only difference is he doesn't have a column in this fine publication.*



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# Twinky Stinky Little Star

Before a certain mystery mountain became a famous skiing destination, one of my mother's cousins used to live on top of it in the Eastern Townships of Québec. We rarely visited them, and there were a few excellent reasons why. There was that long and winding dirt road which traveled up the precarious edge of the mountain, and then there was the family itself.

You see, the family members were such hillbillies that they made the Clampetts look like suave politicians. The land had been handed down through generations until it finally came into their hands. Years later they sold the whole shebang to a developer and no one ever knew where they went to after that. Well to be honest, no one ever asked!

We went there twice and I remember the experiences as if they were yesterday. Most of their front yard consisted of mud, because they raised pigs, and the 14 kids blended in with everything quite nicely. Mum and Dad were the spitting image of Ma and Pa Kettle, and everyone just scared the heck out of me.

Of course my mother had dressed me in my finest pink Swiss dot dress and white gloves for my very first visit. To this day, I have no reason why she did that or what she was thinking. Everything was done outside in the summer on their farm, and four handmade picnic tables were lined up side by side for eating purposes.

Sitting on the table was a loaf of bread and a huge jar of communal peanut butter that passed for lunch. Did I also mention the warm milk — fresh from the udder of their cow? I do believe I declined all of it, despite the insistence of my mother that I share the meal. It wasn't the muddy kids that scared me, nor the sheer loudness of the place; it was quite frankly their outhouse. There is nothing worse than having to go do your business in an open vented shack, with a Simpsons-Sears catalogue nailed to the wall glaring at you. I vowed that if we ever went there again I would not even venture near the "Sears booth."

One Christmas Eve, my mother thought it a good idea to visit, as the family was going to move the following summer. My father, being the smart one, refused to go, which I thought was a brilliant decision. My mother, on the other hand, convinced a neighbour to drive us up that slippery, steep mountain road; a drive I thought was going to be the death of us all.

Because our Ma Kettle was French Canadian, we were to participate in a traditional "Christmas

Eve Réveillon". French Canadians do most of their celebrating on Christmas Eve, and have a feast that boggles the mind.

There was the traditional tourtière (meat pie), ham, baked beans and a Bouche de Noel (Christmas log cake). One of the younger girls pointed proudly to a black cast iron pot, simmering away on top of the wood stove. She told me she had helped her mother make the traditional "ragoût de pattes de cochon", which in English means a stew made out of one their recently deceased piggies. I really wanted to enjoy this meal but I just couldn't. The vision of that horrible outhouse kept running through my mind.

If it had been horrible in the summer, what was it going to be now, with four feet of fresh snow on the ground? Would my bottom become stuck to the rim like a fresh wet tongue on a steel post? Would the pages of the Simpsons-Sears catalogue be cold? I made the decision that I was not going to eat or drink anything. There was no way my fanny was going into that place, even if they did put a small Christmas tree on top.

After dinner, the kids decided to go outside and build a big fire and toast marshmallows on sticks. The boys were classic examples of every bad kid you have ever seen, and they were not afraid of anything. The fire suddenly got out of control and it all went downhill from there. The oldest son, called Twinkie, had a stick engulfed in flames, and instead of throwing it back into the fire he tossed it into the air. Where did that flaming stick land? You guessed it!

It hit the Christmas tree that was perched on top of the outhouse and that was all she wrote. The tree immediately burst into flames and the boys cheered loudly and enthusiastically. No one ran into the house for help and not one of them seemed scared. We all just stood there and watched the tree and the outhouse burn under the twinkling stars, while the people inside the house sang *Silent Night* in drunken unison.

As burning pieces of the Simpsons-Sears catalogues rose up into the sky, I had a feeling that once their parents learned what happened, the rest of the night was not going to be silent at all. Twinkie was probably going to make some noise once his father got a hold of him. For my part, I was just glad the outhouse was finally gone and hoped Santa would bring them all a real toilet for Christmas.

— Linda Seccaspina is a writer who blogs daily on <[zoomers.ca](http://zoomers.ca)>

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# Almonte Film Premiere

A special event will take place on Saturday evening, December 8, in the Old Town Hall in Almonte. Documentary filmmakers Robert and Sharon Newton are pleased to announce the premiere showing of their latest documentary film entitled *Almonte's Interwoven Past*. The doors will open at 6:30PM and the film will start at 7:15.

The film features historical photos and films, current day high definition footage and many live on-camera interviews with long-time town residents, historians and authors who have first-hand stories, memories and extensive knowledge about Almonte's rich history.

*Almonte's Interwoven Past* will bring to life, as only film can do, the stories of the early pioneers and settlers, the early lumber trade, Almonte's flourishing textile industry, the many mills and business entrepreneurs, the railroad, early businesses, the early fire department, doctors, teachers, churches, schools, hospitals and more.

Several local museums and organizations have contributed to this effort, including the Mississippi Valley Textile Museum, the Railway Museum of Eastern Ontario, a private collector of artifacts and

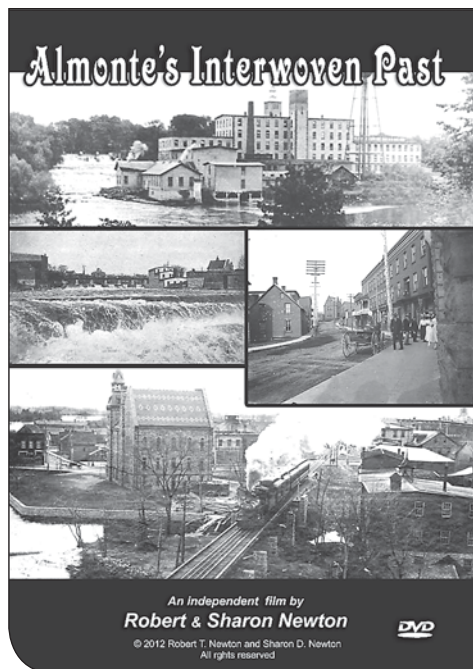
memorabilia from the early Almonte Fire Department who is also a senior member of the Mississippi Mills Fire Department, and others.

Tickets are \$10 at the door, cash only please. \$2 from each ticket will be contributed to the Old Town Hall Auditorium Improvement Project. Refreshments will be available from the Friends of the Mississippi Valley Textile Museum.

*Almonte's Interwoven Past* will be available for purchase on DVD and BluRay. A portion of the proceeds of all disc sales will be donated to the Mississippi Valley Textile Museum.

This is the fourth documentary film by the Newtons. Their earlier films include *Memories of the Ex: 122 Years at Lansdowne* (2011); *The Carleton Place Canoe Club: Its Colourful Past and Exciting Present* (2010); and *In Danger of Legacy Lost: An Argument for Preserving the Art of Juan Geuer* (2009).

Preview videos of *Almonte's Interwoven Past* and the Newtons' three previous films can be seen at <almonteheritageonfilm.com>. For more information, please call 256-2483 or visit the website.



## Christmas with the Perth Citizens' Band

The Perth Citizens' Band, Canada's oldest continuing town band, will be holding its annual Christmas concert on Tuesday, December 18, at 7:30PM in St. James Anglican Church, located at the corner of Drummond and Harvey Streets in Perth. This continues the long tradition of a Christmas concert in St. James, started by the band in the mid-1920s. The tradition was revived under conductor Brian Tackaberry in 1993, so this year marks their 20<sup>th</sup> annual Christmas concert in the church.

The concert will feature a variety of popular and sacred Christmas music from over the years, and the audience is always invited to sing along with their favourites. The guests this year will be Perth Town Crier Brent McLaren and local musicians Fiddlers & Friends.

Admission to the concert is \$5 per person or \$10 for families, at the door. For further information, see the band website at <perthband.ca> or phone 256-4221.

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# Humm Bits

## Hamlet Histories

Mississippi Mills is rich with history and vivid stories of its past glory days. Ramsay Women's Institute has captured the spirit of the past in their newly released DVD *Hamlet Histories — Bennie's Corners, Blakeney, Leckie's Corners*.

The 40-minute DVD is a compilation of three projects that explore these flourishing hamlets from the early 1800s. An impressive collection of vintage photos, personal letters, sketches, maps and documents allows viewers to picture these hamlets as they grew from fledgling outposts to thriving communities at the turn of the century and beyond. Narrators bring photos and letters to life as they describe the realities of daily pioneer life, and the buildings and businesses that were an integral part of the community.

*Hamlet Histories* is a unique tribute to the local heritage, and would make an ideal Christmas gift for anyone who has ever had a connection to this area. The DVD is available for \$15 at Mill Street Books in Almonte (256-9090) or at the Mill of Kintail Country Christmas on December 15.

## Guide Dogs for the Blind Fundraiser

Until December 8, you can help support Canadian Guide Dogs for the Blind by making a donation at any LCBO store in Ontario. Donation boxes for will be displayed at the checkout.

Canadian Guide Dogs for the Blind was established as a registered charity in 1984. Since that time, they have provided professionally-trained guide dogs to visually impaired Canadians from coast to coast, including most areas of Ontario. Our province's newest guide dogs can be found working in Hamilton, Mississauga, Pembroke, Rockland and Warton.

Steven Doucette, spokesperson for Canadian Guide Dogs says, "We appreciate the support we receive from LCBO, its employees and especially its customers. LCBO's province-wide store network and supportive staff enable us to raise significant funds and increase public awareness of our charity." The organization is one of twenty-eight provincial, as well as numerous local, charities that will benefit from LCBO's province-wide donation box program in 2012. Last year, the company raised more than \$6.2 million for charities through special programs and initiatives, of which \$5.7 million was raised through in-store fundraising. Canadian Guide Dogs for the Blind thanks the public for its support.

## Merrickville is Full of Beans this Month

It's a first for **Theatre Night in Merrickville!** This month, they will present the musical comedy *Jack and the Beanstalk*. With music, comedy and a well-known story, this play is fun for the whole family. Audience participation is welcome — and encouraged! You and your youngsters can boo the villain and help Granny save her rhubarb, while the whole family will have fun singing along with the cast to popular hit songs.

The story opens with the Bean family, Jack and Granny, threatened with eviction by the mean Squire Harry Coe. Jack must find a way to come up with the money to pay the rent — but how? While taking his cow Daisy to market, Jack meets a mysterious old woman who offers him a handful of magic beans in exchange for the cow. Kids and adults will love rooting for Jack as he foils the bad guys, wins the heart of the lovely Lima and lives happily ever after.

*Jack and the Beanstalk* is a classic pantomime based on a classic fairy tale. While not generally well known to Canadian audiences, pantomimes are becoming known in the area. The combination of outrageous humour and lively songs with traditional fairy tales is proving to be a winning combination with audiences of all ages. In pantos, the lead female is usually played by a man and the principal boy part is acted by a girl. In *Jack and the Beanstalk*, Granny is played by veteran TNIM comedic actor Vic Suthren, and the lead boy is played by the talented Laura Yates.

Mark your calendars — this is an event that your family will love to share! Show dates are December 7, 8 and 9. Friday's performance will be in the evening, with two on Saturday — one in the afternoon and one in the evening — and a final matinée on Sunday. For ticket information, please contact Margaret Shearman at 269-3729.

## Music Matters

# Sing, Sing a Song!

Ella Fitzgerald was quoted as saying, "the only thing better than singing is more singing." There's something about singing, whether as part of a choir or just belting out a tune in the shower, that makes us feel good. People have known this for thousands of years, but recent scientific discov-

eries are showing that singing is actually good for us in many different ways.

by Tony Stuart

eries are showing that singing is actually good for us in many different ways.

There are some physical benefits that come from singing. When we sing, we are exercising major muscle groups in our upper bodies. Singing is an aerobic activity, which means it encourages you to take more oxygen into your body. This naturally increases alertness. Maybe I should try substituting a song for that third cup of coffee in the morning.

Aerobic activity has been shown to reduce stress, and it is believed that increased airflow in the respiratory tract lessens the chance of coming down with bacterial infections such as colds or the flu, and it makes breathing easier. I've often noticed when I'm stuffed up and I pull out a clarinet or saxophone, that by the end of the practice session I feel noticeably better, so I'm inclined

to believe that singing also produces this benefit.

In other columns, I've mentioned some of the connections between making music and brain function. It is for these very reasons that early childhood educators use song as such an important part of their teaching repertoire. Children tend to retain information that is passed along through song. Think back, and I'll bet that you can remember some of the nursery rhymes and songs that you learned as a child.

So, what is it about singing that makes us feel good? Singing causes chemicals called endorphins to be released by our pituitary glands, as well as a region of the brain called the hypothalamus. Endorphins are responsible for that feeling of wellbeing that we also get from exercise and eating spicy foods.

Singing with a group of people has a tremendous impact on mood, and on our sense of wellbeing. It increases that sense of social inclusion, and is a boost for self-esteem. This is probably the reason why crowd singing is such an important part of the culture of many sports. There is a lot of research going on right now looking into ways that singing and making music can help alleviate pain. In 2004, the *Journal of Music Therapy* presented convincing evidence that group

singing helped patients cope with chronic pain.

There is a widespread acceptance of the belief that singing probably existed before the development of language in ancient cultures. It seems they inherently understood that singing was good for them. It is also why music played, and continues to play, such an important role in rituals such as weddings and funerals. Music helps us recognize milestones, and cope with loss, in ways that words can't.

Like many of you out there, I grew up watching *Sesame Street*, and I can't help but remember these wonderful lyrics:

Sing, sing a song  
Make it simple, to last your whole life long  
Don't worry if it's not good enough for anyone else to hear,  
Just sing, sing a song.

Since this is my last column for 2012, I'd like to take the opportunity to thank you for reading this, and to thank *theHumm* for providing me with this space each month. Music enriches our lives in so many ways, and I hope that you have the opportunity to sing your favourite songs and carols this holiday season.

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



## Gifts for Gardeners

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Raku by Barb Sachs



Flavour of the Month

# Hummingbird Chocolate Makers

It's holiday season once again and, love it or hate it, it can be a challenging time for many of us. Esteemed readers, if there is one bit of advice I might impart to you for taking the edge off the Christmas craze, it is this. Buy, eat, and share good chocolate.

by Susie Osler

It may indeed be that simple. On this late November afternoon when, according to the media (even in Canada) I should be putting armour on and stampeding through the doors of some mall with battalions of other "smart shoppers" to save myself untold amounts on Black Friday deals, I have instead put on some music, stared out the window at the first fat flakes of snow, and nibbled on 50 grams of the best tasting bits of chocolate I have indulged in for a long time. This is far and away a better and cheaper option than "shopping therapy".

Welcome to the tiny but burgeoning world that is the "bean-to-bar" chocolate makers' subculture into which Hummingbird Chocolate (the object of my above-mentioned indulgences and the subject of this profile) has leapt. Since launching themselves this summer with three new 70% cacao, single origin chocolate bars, their Bolivia, Hispaniola and Peru bars have been receiving glowing accolades from chocolate aficionados.

"Single origin" chocolate uses beans from a single region — sometimes as regional as a single

farm. By doing so, nuances of flavor intrinsic to the bean grown within a specific region are said to be unlocked. Learning how to do this is the key!

Erica and Drew Gilmour are the makers behind Hummingbird Chocolate. Noting the emergence of artisanal chocolate makers in North America several years ago, Erica started trying her hand at making chocolate by researching online how to start. And why not? Dark chocolate is high in antioxidants and has other reputed health benefits, not the least of which is that it injects a healthy dose of feel-good serotonin! This aside, Erica's first endeavours



Photo courtesy of Hummingbird Chocolate

were simply for fun and for the love of chocolate. However, when friends started asking for bars, she began exploring the potential for turning the hobby into a small-scale business. She started

delving deeper by taking an online course through Ecole Chocolat <ecolechocolat.com> that honed her tasting abilities and her knowledge of chocolate varieties. Simultaneously, Drew's work-related visits to Haiti at the time introduced him to the production of cacao and to some of its producers. The stars began to align.

Fast forward to today. Following the success of their "test launch" this summer, and to keep pace with fast growing demand, they are moving into their new digs below Alice's Village Café, the welcoming new food hub in downtown Carp. With some newly-arrived equipment and more space, they expect to be able to increase production from 800 to 5000 bars per month in the New Year.

Much like the way in which some wines highlight the characteristics of a specific grape grown in a specific location or "terroir", Hummingbird chocolate bars each express the unique characteristics of the beans used in making them. It has taken much learning, experimentation, sensitivity and patience to develop the skills necessary for making their exceptional chocolate bars and to source a supply of the beans. Needless to say, they are passionate and dedicated to their mission!

The process of transforming cacao beans into chocolate bars is a lengthy one (a detailed description can be found on the Hummingbird website). To grossly simplify the process, chocolate makers take fermented raw cacao beans and turn them into chocolate "couverture" that can be used to make a final chocolate product. It takes Erica and Drew about a week to make a batch of solid chocolate couverture that is then aged for about a month to allow flavours to develop and mature. Tempering — the art of melting the chocolate to give it sheen and snap — prepares the chocolate for pouring into molds. These are the final stages before packaging.

Hummingbird chocolate bars are about as pure as they come with only three ingredients: 70% cacao (the baseline amount for dark chocolate), cane sugar and cocoa butter. What differentiates them from each other are the beans used. Specific varieties of top quality beans have been selected for their sought after flavours.

Having both grown up on farms, a focused interest in agri-

## Hummingbird Chocolate Makers



Erica & Drew Gilmour

### Who They Are

Hummingbird Chocolate Makers  
Erica and Drew Gilmour (613) 627-3814  
<erica@hummingbirdchocolate.com> <hummingbirdchocolate.com>

### What They Offer

Three varieties of bean-to-bar, 70% cacao, single origin chocolate bars, roasted cacao beans

### Where They Sell

Ottawa Farmers' Market: Sundays, December 2, 9 & 16 (9-3) at the Ernst & Young Centre, 4899 Uplands Drive, Ottawa  
**Retail:** Pêches & Poivres (Almonte), Alice's Village Café (Carp), other locations in Stittsville, Kanata, Ottawa

culture and farmer-centric community development appears to have guided Erica and Drew throughout their lives. Each of them has an impressive history of work in international development. They have worked independently in such places as Iraq, Zimbabwe, the Balkans, and for years in Afghanistan where they eventually met and wound up establishing their own development agency (Development Works, devworksco.com) — a social enterprise agency that builds rural opportunity in developing countries. With the birth of their daughter, Hannah (now 6), working in a less dangerous environment became a priority and they moved back to Canada (Stittsville to be precise).

This might all seem somehow incongruous to their new careers in the artisanal chocolate makers' world, but not when you consider that the cacao beans they purchase are organic and fairly traded (meaning that producers get a better deal for their product and usually develop longer-term, more secure trading relationships). Erica and Drew are now beginning to take their principles a step further — the goal being to direct source their beans. This means that rather than purchasing through a broker, they hope to establish relationships directly with each of the producers of the beans they want to use. A direct

relationship with the producer helps ensure even greater bean quality and specificity, and an adherence to standards such as organic practices and the preservation of biodiversity. Importantly, it also directs more money into the producer's hands. Significant changes are beginning to occur as a result of this sort of arrangement. In some places the tide of migration from farm to city by younger generations has even begun to turn around as farming begins to be seen as a viable and valued occupation. In the end, the overarching principle is to contribute to the development of a sustainable farming future for rural families, while making an exceptional chocolate product available for public enjoyment. And they seem to be succeeding!

For those of you who might just be tempted to seek out some Hummingbird Chocolate as a holiday gift for friends, family or (ahem) as your own stocking stuffer, check out their website for retail listings and Christmas Market dates. Erica will also be on site at Almonte's Pêches et Poivre (89 Mill St.) on December 22 from 11AM to 3PM.

As an aside, a big heartfelt thanks to all the farmers and the land that has grown the food that we may be fortunate enough to enjoy this holiday season. Happy Holidays!

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The Stairwell Carollers perform in Almonte on December 1, and in Carleton Place on December 8

# Renowned Ottawa Choir Returns for Two Concerts

Single file, they stride purposefully up the deep stairwell and gingerly place themselves across the narrow church steps, resplendent in their hand-made green and red Christmas cloaks. An enthusiastic round of applause erupts as a goateed gentleman pulls out a shiny tuning fork and, with a wide grin, strikes it solidly across his right temple.

"Doh, soh, me, doh," he can be heard chanting to the others, as he steps back to join them in line. Then, with a subtle lifting of his left eyebrow, the group responds as one and the joyous strains of *Oh Come, All Ye Faithful* are heard ringing through the pews, much to the delight of the gathered throng.

'Tis a scene repeated each Christmas by what used to be one of Ottawa's best kept secrets — the 25-voice **Stairwell Carollers** — and this year they're returning yet again to sing carols for their many fans in Almonte and Carleton Place.

From their humble beginnings in the stairwells of the University of Ottawa in 1977, this group of singers has grown to become one of Ottawa's premier *a cappella* choirs, with five Christmas CDs and one Renaissance madrigal CD professionally-produced this past decade, and a seventh CD of sacred music, *Cantate Domino*, just released this fall.

Under the leadership of founder Pierre Massie, the Stairwell Carollers have risen to new heights of musical excellence, winning a provincial competition in 2010 and placing second in the national finals. Pierre also composes his own music for the choir, and has twice won the Toronto Amadeus

Choir's prestigious Christmas Carol and Chanukah Song Writing Competition.

The Stairwell Carollers have become equally admired for their humanitarian mission. The sales of their CDs and concert tickets help finance their charitable activities, with more than \$45,000 donated to local charities and \$11,000 granted in music scholarships to high school students in the area!

This Christmas, the Carollers will be making a special \$2,000 donation to the local youth literacy group Sage Youth – Jeunesse Sage.

The Stairwell Carollers warmly invite music-loving residents of Almonte and Carleton Place to their two upcoming concerts in the area, where their new CD will also be available. It's a chance to hear some great music and to support the Carollers' humanitarian work as well.

On December 1 at 7:30PM, they sing at the Almonte United Church, 106 Elgin Street. For ticket information, contact Eleanor at 257-3692.

The Carleton Place concert takes place on December 8 at 7:30PM, and will fill St-James Anglican Church (225 Edmund Street) full of song to raise funds for Hug the Children of Haiti. Tickets are available from the church office, at 257-3178, or at Graham's Shoes. For further information, contact Ronette at 257-7143. For more information, please visit <stairwellcarollers.com>

— David Rain has been receiving his musical cues from the back of Pierre Massie's head for the past twenty years

## Gifts for Food Lovers & Cooks

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- Hand-Painted Fair Trade Stainless Steel Dishes**, The Granary..... \$12-40

## Gifts for Do-It-Yourselfers

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# Blue Jeans Classical series at MERA

If you think classical music is boring and stuffy, MERA has a group of talented performers who will change your mind.

This three-concert Sunday afternoon series will feature professional classical performers in an audience-friendly setting, with comments on the music and the instruments, and an opportunity for the audience to ask questions. The concerts will feature fine playing and warm conversation in an entertaining atmosphere.

On December 2, **Guitar Duo Villageois**, François Bergeron and François Lacelle will display their incredible guitar virtuosity by playing a wide range of classics from renaissance, romantic European, and 20<sup>th</sup> century composers.

On January 20, harpist **Sharlene Wallace** will present a concert of rhythmic beauty. It will be filled with both the expected and the unexpected. It will feature a classical harp and a Celtic harp, music from South America, Scotland and Ireland, original compositions, and Sharlene's quirky humour. You will even have an opportunity to play one of her harps!

On February 17, bassoonist **Richard Hoenich** and pianist **Scott Richardson** will present a lively program that includes works by Bach, Mozart and Leonard Bernstein, and will spotlight this sometimes overlooked member of the woodwind family. Richard is articulate, humorous and passionate about the bassoon.

All performances take place on Sunday afternoons at 2PM at the MERA Schoolhouse in McDonalds Corners. MERA Café will be offering lunch, tasty goodies and special coffees. For more information, visit <meraschoolhouse.org> or contact Tom Shoebridge at 259-2452.

Tickets are \$60 for the series of three concerts and are available online at <ticketsplease.ca>, by telephone at 485-6434, or in person at Jo's Clothes, 39 Foster Street in Perth. Individual tickets will be available at the door for \$25. Teenagers are admitted free.

So dress casually, and come prepared to be introduced to the human side of classical music!

## Gifts for Environmentalists

- Sierra Haida Orca Whale Pure Silver \$10 Coin, Alliance Coin & Banknote..... \$69.95
- Fair Trade Jewellery & Accessories, Equator Café..... \$12.99 & up
- Recycled Vintage Ornament, Mississippi Mills Ornaments..... \$20
- "A Natural History of Canadian Mammals", Read's Book Shop..... \$69.95
- Pet Screen Tote Kits, Textile Traditions..... \$35 & up
- Double-Walled Insulated Bottles in Funky Colours, The Granary..... \$25-35
- Donate a Dairy Goat to Haiti, Centre Vie Orphanage..... \$100 & up

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- Sports Aids & Supplements, Hands On Healing Centre..... various
- Recycled Vintage Ornament, Mississippi Mills Ornaments..... \$20
- Doggie Sweaters and Winter Coats, Natural Pet Foods..... \$9.99 & up
- 2013 Calendar, Nudes of Mississippi Mills..... \$20
- "Suspend" Game by Melissa & Doug, Read's Book Shop..... \$19.99
- Weleda Body Lotions, The Granary..... \$16



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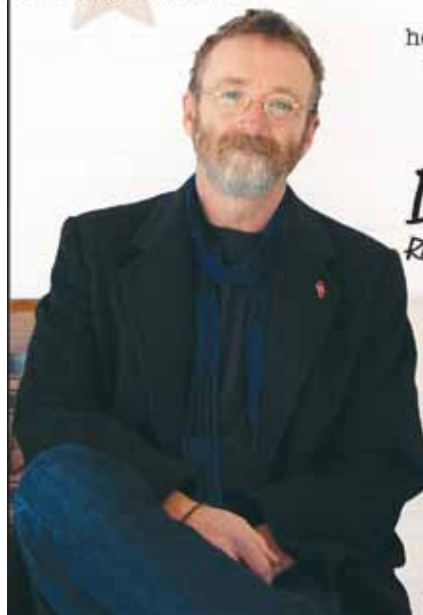
- Greg Quill, Toronto Star

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Words From Westport

# Holiday Happenings in Westport

As 2012 draws to a close, here in Westport we are looking forward to a wonderful season of *ho ho ho!* and all the trimmings.

Westport is well known for the great shopping in our charming downtown, and all the merchants send out a special welcome to visitors during the festive season. If crowds and big box stores aren't your thing, plan a day-trip and stroll the village streets at a leisurely pace!

by Georgia Ferrell

For art lovers, we have great gift ideas at the Grist Mill Gallery (21 Main Street), at Far Visions (3 Bedford Street), and at Artemisia (7 Spring Street). Given that many folks are working during the day, Artemisia has added shopping hours on Mondays and Fridays in December, from 3 to 7PM, with regular hours on Saturdays from 10AM to 5PM and Sundays from 11AM to 4PM. Come on in and see their great selection of gifts for all.

For kids of all ages, Artemisia presents a very special event. Drop in on Sunday, December 15, when *'Twas The Night Before Christmas* will come alive in a wonderful presentation by Paddy O'Connor and Robin Jones at 3:30PM. From 2 to 3PM there will be a special time to visit with and remind Santa of all you want for Christmas, as he has agreed to come and pay us an extra visit that day. There will even be hot chocolate and treats for all!

Planning has also begun for 2013 events in the area — area artists take note!

## Westport Area Studio Tours Call for Artists

Organizers for the **Westport Studio Tours** (Dandelion Gardens to be held on the May long weekend, and Fall Colours to be held over the Thanksgiving weekend) are now accepting applications from artists and studios for the 2013 tours.

Artists interested in becoming a member studio or a guest artist are invited to apply by printing and filling out the application at <artatwork.ca/westport\_studiotours> and presenting their portfolio. The committee will contact you after the jurying is complete. Member studios must be within 15km of the village of Westport — guest artists may apply from any area and will be juried and accepted if a host studio is available.



Find whimsical works by Diane Black at the Grist Mill Gallery in Westport

Jurying will take place in mid-January, so applications must be received by January 15. Please contact Loretta Moore at 273-8347 or at <hookedonthelake@kingston.net> for more information, or visit the website.

## Additional Arts News

Westport's new Grist Mill Artist Retreat <gristmillartistretreat.com> is working very hard to be ready for spring. **Workshops** are being organized in a variety of media, and a schedule will be out in January. The artistic community is enthusiastically looking forward to great classes and workshops. Look for details here, coming in January.

Delvalle's pottery studio — Art on Centre — is now open at 2 Centre Street, and holding **classes in pottery**. She is currently offering adult classes for all levels, and also programs for school groups. Individual tutoring is also available. Please call Delvalle herself at 273-9222, email her at <delvalle@kingston.net>, or visit <delvallesartcorner.com>.

Have a wonderful holiday, everyone! Peace and joy from Westport!

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Pre-order your **holiday Tourtières, Quiches and Canapés.** Selections vary, see our Facebook page for details.

**Let us cater your holiday party,** our place (up to 30 people) or a location of your choice (up to 300 people). We always customize our menus to suit your needs — call for a consultation and quote. Extend the festive season and **Book your holiday party in January 2013 and save 10%.**

For details, dates and to place orders, visit us while you shop Downtown Almonte! 11AM-3PM Tuesdays to Fridays and 10AM-2PM Saturdays and selected Sundays in December. Like us on Facebook!

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# Have Yourself an Artful Little Christmas

## Christmas Art Show and Sale in Arnprior

The Arnprior and Beyond Arts Association (abARTSa) will hold its first annual **Share the Christmas Spirit with abARTSa** show and sale on December 9 from noon to 7PM at the Galilee Centre (398 John Street North in Arnprior).

This free show will display works by about twelve local artists. A wide variety of different artistic media will be shown, includ-

will also be displaying and selling Christmas cards featuring samples of their work.

The show is one of a number of Christmas events being held at Galilee that day. There will be Christmas carols (featuring *Sing*) and two readings of Charles Dickens' favourite Christmas story — *A Christmas Carol* — featuring a number of local readers. The Dickens' readings will take place at 2PM and 7PM in the Galilee Centre library. Tickets (adults \$10, children under twelve \$5) can be obtained in advance by calling Galilee at 623-4242 x21.

The entire day of Christmas events is in support of Galilee and the Arnprior Food Bank. Those attending are asked to bring a non-perishable food or toiletry donation for the Food Bank.

More information can be found at <abartsa.wordpress.com> and on Facebook (event: Share the Christmas Spirit with abARTSa).

by Miss Cellaneous

ing byzantine icons, handmade jewellery, photography, mosaics, and oil, acrylic and watercolour paintings. Many of the artists



Works by iconographer Suzanne Massie Manchevsky will be available at the abARTSa show in Arnprior

## Tea & Art in Renfrew

The Renfrew Tea Room and the Renfrew Art Guild invite you to a new "Tea & Art" experience. Throughout the month of December, on weekdays from 2 to 4PM, take time to relax from the hustle and bustle of the Christmas Season and enjoy tea or coffee with scones, homemade jams and small desserts while viewing works by local artisans. Proceeds

from this event will be in aid of Senior Home Support for the Renfrew Area. Each day will also have a couple of featured artists who will be available to answer questions about their creative process.

The following artists will be participating: Joanne Kalimeras and Frances Shea (Dec. 3), Daisy Mae Lennox and Joan Eaton (Dec. 4), Diana Wakely and Joan Eaton (Dec. 5), Sheila Cosentino and Mary Olsen (Dec. 6), Heather Assaf and Jack Partridge (Dec. 7), Nancy Bailey and Jo-Anne McDonald (Dec. 10), Sheila Fletcher and Lois Cooper (Dec. 11), Yvette Blimkie and Pam Cunningham (Dec. 12), Fred Halliwell and Peter Sidock (Dec. 13), Kathleen Ranger and Jack Stekelenburg (Dec. 14), Frank Harper and Basil Pessin (Dec. 17), Dwayne McNabb and Peter Sidock (Dec. 18), Stephanie Bennell and Dianne Richardson (Dec. 19), and Adriana Saba and Frank Harper (Dec. 21).

## Fabulous Hair Lines at MVTM

Hair Lines, the exhibit currently gracing the Norah Rosamond Hughes Gallery at the Mississippi Valley Textile Museum, pairs a life as drawn by hair, with hair set to paper via a magical conjuring of line. For eighteen years, artist Karen Jordon has been collecting her hair and making small sculptures. The results are fascinating. Jordon's autobiographical works are coupled with Norman Takeuchi's conte and graphite drawings of her sculptures. The pairing of their artistry traces the diversity, expressiveness and eloquence of line.



See works by Norman Takeuchi (above) and Karen Jordon at the MVTM

The exhibit will also feature selected pieces of Victorian "hair art" from the collections of Lanark County area museums. Hair Lines runs until January 12.

The Textile Museum is open from Tuesday to Saturday, 10AM to 4PM. For more information please call 256-3754 x7 or email <info@mvtm.ca>.

## The Night Before The Night Before Christmas

a fundraiser for the Youth Action Kommittee (YAK)

Saturday, December 22nd  
7:30pm at the Perth Legion

Tickets \$20 plus a donation of food (or \$25 total) for the Homeless Youth Support Cupboard

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shadowfax.on.ca - ticketsplease.ca  
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## THANK YOU!

The Mississippi Valley Textile Museum wants to say a huge thank you to the dynamic duo behind the recent "Celebrate the Goddess" Fashion Show: **Lilly White**, owner of **The White Lilly** clothing store and **Louise Beaulieu**, master stylist and owner of **Saje Wisdom Salon and Spa**. Everyone who attended was treated to a truly magical evening featuring divine fashions and cutting-edge hair creations.

This wonderful evening raised over \$5,000 for the Textile Museum, which will be used to complete the Museum's new education room. This new facility will be used in the Museum's outreach programs for school groups and to expand its workshops and summer camps. The new education room will also be available for rental for meetings, lectures, and workshops.



# Stars of Hope and Remembrance

The Volunteer Hospice Visiting Service of Community Home Support – Lanark County has been serving clients in Almonte, Carleton Place, Lanark, Perth, Smiths Falls and surrounding areas since 1999. For thirteen years, the support of Hospice Volunteers has helped over one thousand individuals living with life-limiting illnesses to stay home, in comfort and dignity, surrounded by the people they love. It has been an honour and a privilege to be able to provide this service.

Recently clients were asked what they thought about the service. Here is what two clients had to say:

"The Hospice Visiting Service has made such a big difference for me and my mom. My illness, and more broadly, circumstances in our lives, have us feeling constantly underwater. What the service has done is to provide us with the support we need to keep almost function-

ing. That may not sound like high praise, but it most certainly is. I'm not sure how we could have possibly managed without the support. Not only has it been invaluable logistically and practically for us, but it really has enriched our lives through meeting and befriending all these wonderful, caring and generous individuals."

"The Bereavement Program offered by Community Home Support – Lanark County is a very valuable community resource. I was fortunate in discovering this program following the death of my wife. The staff and volunteer facilitators are very professional and adept at assisting participants in coping with the many emotional hurdles encountered after the death of a loved one."

For a limited time, you will have the unique opportunity to place your personalized message of hope or remembrance on a star. The **Stars of Hope and**

**Remembrance Christmas Tree** will be located outside the Community Home Support office, 40 Sunset Boulevard in Perth, from December 1 to 28. The cost of a star is a minimum donation of \$5. Charitable tax receipts will be issued for donations over \$10. All proceeds will go towards Community Home Support – Lanark County's Bereavement Program. To order a star, phone 267-6400 or drop by the office.

Organizers are very grateful to Dianne Fairfield, a former Hospice Volunteer, who had the idea for this project. They are also very grateful for all their sponsors and helpers: The Factory, Leo Adams, Impression Printing, Computer Plus, volunteers and staff. Thank you everyone!

Community Home Support – Lanark County is supported by the South East LHIN, the United Way of Lanark County and charitable donations.

## Gifts for People who are Stressed Out

- Cocktail Shaker & Glasses, Almonte Antique Market..... \$8 & up
- "One Hour of Heaven" Swedish Massage, Hands On Healing Centre..... \$85
- Gift Certificate for 1-hour Therapeutic Massage, Kim Narraway, RMT..... \$80
- Acupuncture Facial Relaxation (60-min), Healing Current Centre..... \$70
- Pedi, Mani, 30-Min. Express Facial, Make-Up by Maxine..... \$75
- Mood-enhancing Music "Therapy" Lessons, Mississippi Mills Musicworks \$108 & up
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# Merry Christmas and Happy New Year!



# Vaudeville Variety Show for Interval House

Musician Kelly Sloan has long wanted to put on a concert showcasing local musicians and performers who have been classically or professionally trained. So she recently gathered up people she knew who have put in years of hard work and training. "Selfishly," she adds, "I also wanted a chance to perform some of my old classical and opera pieces that I never get to do any more." She has managed to put together a list of performers that probably have a combined total of 175 years of training and experience between them. That's a lot.

On December 22, come out to the Almonte Old Town Hall at 7PM for A Vaudeville Variety Show, featuring Kelly Sloan, Peggy White, Katie Stevens, Danny Albert, Christa Lowry, Paul Hawtin, Steve Smith and Ian Clark. What could make this

night even better? How about the fact that this is a fundraiser for a great local institution: Lanark County Interval House!

"I picked Interval House because I remember my Mum donating stuff to them every year, and because it's such a great organization," explains Kelly. "This is a great way to raise some money and get them some good exposure. Plus, 'tis the season for giving, no?"

Many local businesses must also see the value of Interval House, as they are chipping in with fantastic prizes. If you check out Interval House's wish list at <lcih.org>, and bring in an item off of the list, you will be entered into a draw for great prizes. The Wish List includes kids' lunch items, office supplies, household cleaning supplies, gift cards, etc.

Tickets are \$20 and available at Baker Bob's and Mill Street Books in Almonte. They will also be available at the door, but only if the event doesn't sell out in advance.

Lanark County Interval House (LCIH) is a local shelter for abused women and children. Each year demand increases for the shelter's services, and more and more fundraising is needed.

LCIH provides support to children, youth and women who experience physical, sexual, emotional or financial abuse, and can refer men to the appropriate resources. All the services are free and confidential, and you do not need to be a resident of the shelter to access the services. Call 257-5690 or 1-800-267-7946, 24 hours a day, or visit the LCIH website at <lcih.org> for more information on its services, or to become a volunteer.

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SHOW  
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- 1.5 Hour Massage & Acupuncture Treatment, Sylvia Giles..... \$120
- Beechwood "Guys to Go" Eco-Friendly T-shirt, the White Lilly..... \$45
- 10 Weeks of Adult Music Lessons, Music for Young Children..... \$200 + materials
- Drop-in Yoga Class to Increase Strength & Flexibility, Rising Sun Yoga..... \$13.27

## Gifts for Kids 5 & Under

- Kazoos, Mississippi Mills Musicworks..... \$1.95 & up
- Djeco's Puzzles & Games, Robin's Paper Thin..... \$11.95 & up
- Cork Bib with Renewable Bamboo Feeding Set, The Granary..... \$20-35
- BOGS Warm Waterproof Boots, Vamos Outdoors..... \$85
- 10 Weeks of Sunrise Music Classes, Music for Young Children..... \$150 + materials



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Merry Christmas

**December Hours**  
 Mon-Wed 10-5  
 Thurs-Fri 10-7  
 Sat 10-5  
 Sun 11-4  
 Dec 7 Open til 9pm  
 CLOSED Dec 25, 26

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The Artists' Cove Gallery *joins* Somethin' Special Gift Shop  
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Open House

December 8 & 9 from 9AM to 5PM

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Door prizes & refreshments

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The Town of Mississippi Mills is proud to support

# The Art of Festivals



Photo by Cheryl Baxter

## A Pakenham Country Christmas

December 1, 2012, 10am-5pm  
Pakenham

Get out of the malls and visit our quaint village to experience the true spirit of Christmas. Start the day off with breakfast with Santa, then head down the street for Christmas baking, pony rides, festive carols, and the opportunity to pick up unique gifts for everyone on your list.

## Light Up the Night

December 7, 2012  
Almonte

Join the crowd of several thousand people sharing the holiday spirit, while Wayne Rostad and friends entertain you on Mill Street in the heart of downtown Almonte. Fine, family fun in our friendly town. [lightupthenightalmonte.com](http://lightupthenightalmonte.com)



## SANTA CLAUS PARADE & CELEBRATIONS

December 8, 2012, 1pm  
Pakenham



## Parade of Lights

December 9, 2012, 5pm  
Almonte

FREE skating, hot dogs, hot chocolate and visits with Santa!

## Pakenham Frost Festival

January 23-27, 2013  
Pakenham

Six days of Winter fun with many events for all to enjoy! Dress warmly and bring the whole family — there's something for all ages.

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



## Kintail Country Christmas

December 15, 2012  
10am-4pm  
Mill of Kintail

Visit the Mill of Kintail Conservation Area for music, crafts, stories, refreshments, Father Christmas and more! Call 613-256-3610 x 2 for details. [www.millofkintail.com](http://www.millofkintail.com)



March 23 & 24, 2013  
Pakenham area

Join us for this self-guided tour to celebrate Spring and enjoy the creativity of local artists. You'll find tasty lunches along the route and Fulton's Maple Shoppe too. [www.maplerun.on.ca](http://www.maplerun.on.ca)



For more information, please contact Tiffany MacLaren at [tmaclaren@mississippimills.ca](mailto:tmaclaren@mississippimills.ca) or visit or visit [www.mississippimills.ca](http://www.mississippimills.ca)



# The Very Best of Christmas — From Miss Mills to You and Yours!

The people of Mississippi Mills don't need a lot of peppermint and Christmas carols to get in the Christmas spirit. The Christmas spirit runs warm and steady in our town. All through the year, people are actually pretty generous, kind and community-minded, but at Christmas you'd think tinsel was in their very blood. I am talking about the very best of Christmas. Not the crass commercialism that seems to overtake the

by Miss Mills, puppet reporter

season each year. (Not that I don't think you should do a little local shopping in the coming weeks — our businesses are more than ready for you, and you may even meet some **Christmas Elves** roaming Almonte's Mill Street with gifts for you!) But I am referring to random and planned acts of kindness, and that feeling of heartfelt thankfulness and generosity that makes this the time of year to count your lucky stars and get all mushy and sentimental with the ones you love. (Did you hear about the generous and anonymous donor who is treating our local TYPSS youth centre to a Christmas dinner?). That's what I see everywhere in Mississippi Mills and that's what makes it a great place to be in December and during the holidays.

Local charities will be in out in force in the coming month, either looking for ways to help people who are struggling a bit, or supporting community events that connect us neighbour to neighbour. I don't know about you, but my best winter memories include waiting for Santa at the end of a long line of Christmassy floats, a volunteer with a cup of cocoa just when I need it, or feeling the cold hit my puppet molars as I gape at the fireworks display at the end of the annual Light Up the Night event in downtown Almonte.

This year, you'll have a chance to enjoy all of your favourite Mississippi Mills Christmas traditions along with a few seasonal firsts. Take, for example, a **Pakenham Country Christmas** on Saturday, December 1. This new event brings Santa and Mrs. Claus to town as part of a full day celebration that

includes lots of good food, pony rides, carol singing, tree lighting and writing letters to Santa. Check <exploremississippimills.ca> for details.

Santa will be back on Friday, December 7, at 7PM in Almonte for **Light Up the Night** which involves the usual plan to jam Mill Street with hundreds of friends, family and visitors for a show that includes singers, Twinkle Fairies, puppets (including yours truly), Father Christmas, new street decorations and fireworks. Practically every community group — the Lions, the Food Bank, the cubs, the Civitan Club — will be there too with friendly smiles, hot beverages and opportunities to give to so many good causes. Thanks to a local volunteer effort, the



Don't be surprised if my friends the Almonte Elves give you free treats and coupons when you're in town during the holiday season!

Town has new Christmas decorations to show off too. As a fundraiser, bits and pieces of the old candelabra were recycled into snazzy new tree ornaments. These one of a kind — historic even — decorations will be on sale, along with Light Up the Night mittens.

Then it's time for the parades. On Saturday, December 8, Pakenham's "A Country Christmas" themed **Santa Claus parade** starts at 1PM and ends at the community centre where there will be food, drink and entertainment. The Civitan Club will be accepting donations of food or money to the Lanark County Food Bank too.

Breaking from tradition, Almontonians have decided to wait until dark to start their **Santa Claus parade** at 5PM on Sunday, December 9. I get the shivers when I think about all of the lights and the glittering floats drifting down Mill Street on a starry night.

Then, in mid-December, you can enjoy a **Kintail Country Christmas**. On Saturday, December 15, the Mill of Kintail Conservation Area will host indoor and outdoor activities, from 10AM to 4PM, with lots for the kids to do and the flavour of Christmases past.

On that same weekend, BH Photography is offering to take **photos of your children with Santa**, with profits going towards the Young Awards (funding arts in our schools). On December 15 (9AM to noon) and December 16 (1 to 4PM) you can go to BH's studio at 15 Bridge Street in Almonte and end up with a 5"x7" print for just \$10.

So put on an extra pair of socks and your best toque and get out in the cold this year. Leave some of your Christmas dollars with a charity and remind yourself how lucky you are to live in a place where the Christmas spirit is second nature.

All the best of the season from your intrepid puppet reporter!

*Fulton's Christmas in the Maple Shoppe!*

**Pure maple products, maple gourmet food, Maple Luscious Bath & Body Care**

Open Tues., Thurs. and Sat. 10-3  
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**Spring Season**  
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“When the Lord Christ came He spread the light of the Holy Spirit on all around Him, and His disciples and all who received His illumination became enlightened, spiritual beings.”

“The deepest wisdom which the sages have uttered, the profoundest learning which any mind hath unfolded, the arts which the ablest hands have produced, the influence exerted by the most potent of rulers, are but manifestations of the quickening power released by His transcendent, His all-pervasive, and resplendent Spirit...Blessed is the man who, with a face beaming with light, hath turned towards Him.”

Baha'u'llah.

*Warm Christmas greetings from our hearts to yours - The Baha'is\* in your neighbourhood.*

(\*Baha'is, members of God's most recent world-encompassing religion, wholeheartedly believe in Christ and His spiritual teachings.)

[www.bahai.org](http://www.bahai.org)

Look on page 3 to find gifts that are **MADE IN THE VALLEY**

## A Unique Holiday Gift Idea!

WITH PROCEEDS SUPPORTING LOCAL INITIATIVES

Pick-up your 'little-piece-of-Almonte-history' ornament before they are gone. These limited edition ornaments were enthusiastically handmade using materials recycled from the downtown decorations of holidays past.

Proceeds from the sale of these ornaments will be put towards the purchase of new decor for downtown Almonte.



Available at Smitten, Blackbird and online at:

[almonteholidayrejuvenationproject.bigcartel.com](http://almonteholidayrejuvenationproject.bigcartel.com)

Ornaments can also be purchased at the Almonte Old Town Hall, 14 Bridge St. For more information contact Mississippi Mills Recreation & Culture Department 613-256-1077



# Hub Hospice Palliative Care Update

The Hub Hospice Palliative Care Project steering committee is pleased to present an information evening with Dr. Louise Coulombe, Palliative Care Specialist. Come on out on Thursday, December 13 at 7:30PM, to the Almonte Presbyterian Church (111 Church Street) and hear “How palliative care will benefit our community”. This is your opportunity to learn more about the Hub Hospice project and how you can be involved in this valuable service. Admission is free and refreshments will be served.

Hub Hospice is currently accepting and interviewing potential candidates for their volunteer course, to be given in late winter/early spring (volunteer application forms are at [hubhospice.com](http://hubhospice.com)). The course will be held on five Saturdays and will encompass the full thirty-six hour curriculum. For further information on the course, call 256-6479.

The Hub Hospice Palliative Care project is a relatively new endeavour, and organizers are very thankful to the kind folks

who have donated to the project in its early days. They are also happy to report that they now have a board of directors, comprised of Christine Bois, Eloise Caverson, Glenda Jones, Diane James, Duncan Abbott, Gary Pollock, Pat Martin, Jane Henderson and Shirley Deugo. Their combined expertise and experience will be a great asset to this endeavour.

For more information, see <[hubhospice.com](http://hubhospice.com)>, and for updates stay tuned to The Millstone <[millstonenews.com](http://millstonenews.com)>.

## Gifts for Art Lovers

Masks From Around the World, Almonte Antique Market.....	\$20 & up
Pastels & Acrylics by Aili Kurtis, Artemisia Art Gallery.....	\$150 & up
Larry Bracegirdle Original Oil Painting, Gallery Perth.....	\$225 & up
2013 Calendar, Nudes of Mississippi Mills.....	\$20
Local Original Photography, Art Work & Pottery, Palms, the Coffee Shop.....	\$20 & up
Cape Breton Heirloom Cutting Board, Pêches et Poivre.....	\$90 & up
Framed Prints, Philip K. Wood Picture Framing.....	\$60-250
Franc Van Oort Etchings, Riverguild.....	\$75-250
Complete Sketch Kit, The Book Nook.....	\$19.99

## Gifts for Funky People

Yoda Silver Dollar from New Zealand, Alliance Coin & Banknote.....	\$19.95
Kelp Baskets by Gera Scott Chandler, Artemisia Art Gallery.....	\$49 & up
Jack White's "Blunderbuss" CD/LP, Backbeat Books & Music.....	\$18.95/27.95
"Ice Pyramid" Sterling Silver Cuff Bracelet, Kehla Design.....	\$950
Monty Python's Flying Circus (Complete & Annotated), Mill Street Books.....	\$55.95
Recycled Vintage Ornament, Mississippi Mills Ornaments.....	\$20
Swarovski Belt Buckle, smitten.....	\$65
Cheetah Print Poinsettias, The Blossom Shop.....	\$9.99

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[handsonhealing@on.aibn.com](mailto:handsonhealing@on.aibn.com)





Join David Francey, Kathryn Briggs and musical friends on Dec. 16

# Carols for a Christmas Eve

On Sunday, December 16, three-time Juno winner David Francey will present "Carols For A Christmas Eve" at the Almonte Old Town Hall. The concert will also feature Kathryn Briggs on piano, Terry Tufts on guitar, and Tobias Meis on bass.

Last year, the performers decided to put on a Christmas concert in the Almonte Old Town Hall, where David and Kathryn had previously recorded his Christmas CD entitled *Carols for a Christmas Eve*. The place was packed, and they had so much fun they decided to make it an annual event!

Join them for an evening of carol singing, storytelling and laughter. Come early for treats and conversation (doors open at 6PM, and the concert begins at 7). There will be hot cider, coffee and homemade Christmas cookies (including Beth's famous decorated gingerbread men) for sale.

Tickets are \$20 in advance, \$25 at the door. Advance tickets are available at Mill Street Books (256-9090) and Mississippi Mills Musicworks (256-7529).

"Carols for a Christmas Eve is a soothing and heartwarming collection of traditional favourites" (Greg Quill, *Toronto Star*).

# Champions for Kids

Studies suggest that 12% to 19% of students in Eastern Ontario live below the poverty line, and that many families are struggling to make ends meet. There is little money left to fund the extras that create childhood memories.

Since January 2008, the Upper Canada – Champions for Kids Foundation has raised more than \$500,000 to discreetly help students participate in sports, enjoy the arts, attend summer camp or other activities that create positive childhood memories. This helps students develop a sense of

belonging, build self-esteem, develop friendships, improve their health and happiness, and also learn the skills of teamwork and community involvement.

On December 9, everyone is invited to help celebrate the "Galaxy of Stars for Champions," event for the Carleton Place family of schools. This Christmas musical event will take place from 2-4PM at Carleton Place High School, and will include a silent auction and refreshment stand. Tickets are only \$10, available from UCDSB schools.



Students from Naismith School hold stars they made for Champions For Kids, which will be sold at the concert on Dec. 9

## Gifts for Kids 6-10

- Complete Set of Canadian Pennies 1937-52, Alliance Coin & Banknote..... \$5
- "Tic Tac Toad" Game, Chess Sets, Artemisia Art Gallery..... \$65 & up
- Backyard Maple Tapping Kit, Fulton's..... \$10
- Window Feeders for Birds, Gilligalou Bird Inc..... \$14.50-45
- Cart Before the Horse Brain Teaser Puzzle, Ground Waves..... \$24.99
- Pillow Case Painting Kit, Mill Street Books..... \$20
- Family Passtimes Cooperative Games, Riverguild..... \$15-30
- Rubber Stamp Set, smitten..... \$15
- Tumbled Stones & Crystals, Soul Scents..... 50¢-\$20
- Paint Your Own T-Shirt Kit, Somethin' Special..... \$21.99

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**Grandparents Day 20% off**  
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**Dad's Night No taxes**  
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Community Home Support  
Lanark County



## STARS OF HOPE AND REMEMBRANCE

**Place Your Personalized Message  
of Hope or Remembrance on a Star**

For a limited time, you will have the unique opportunity to place your personalized message of hope or remembrance on a star. The Stars of Hope and Remembrance Christmas Tree will be located outside the Community Home Support office, 40 Sunset Boulevard Perth from December 1<sup>st</sup> to 28<sup>th</sup>. The cost of a star is a minimum donation of \$5. Charitable tax receipts will be issued for donations over \$10. All proceeds will go towards

**Community Home Support – Lanark County's  
Bereavement Program.** To order a star, phone 613-267-6400 or drop by the office.

Community Home Support-Lanark County is supported by the South East LHIN, the United Way of Lanark County and charitable donations

Look on page 29 to find gifts for  
**MUSIC LOVERS**



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Tickets at Greenfield's • 613-823-9900

**DEC 14** Almonte Old Town Hall • 14 Mill Street, Almonte  
Tickets at Mississippi Mills Musicworks • 613-256-7529  
and SRC in Carleton Place • 613-253-0263

**DEC 15** Mapleton House • Hardwood Lake  
Tickets at Mapleton House • 613-758-2182

All shows start at 8pm. Tickets available online from www.northernstarmanagement.ca

theHumm Book Review

# Jacob Berkowitz's Stardust Revolution

This is a very exciting book to read. It is not light reading, but is readily accessible to anyone who have a high school education and are willing to make a little effort. A bit of chemistry and physics will help, but are not necessary. The author follows the discoveries and ideas of many individual scientists and philosophers — both to successful discoveries and to failed ideas. There are fre-

by Don Wiles

quent analogies which bring ideas and magnitudes closer to our own experiences.

The author sets up three major revolutions of thought: the Copernican Revolution, which recognized that the earth is not the centre of the solar system; the Darwinian Revolution, which led to the understanding that life evolved from a small start over many millions of years; and the Stardust Revolution (the study of interstellar dust particles), which helps us begin to understand the creation of the atoms from which we and our universe are made.

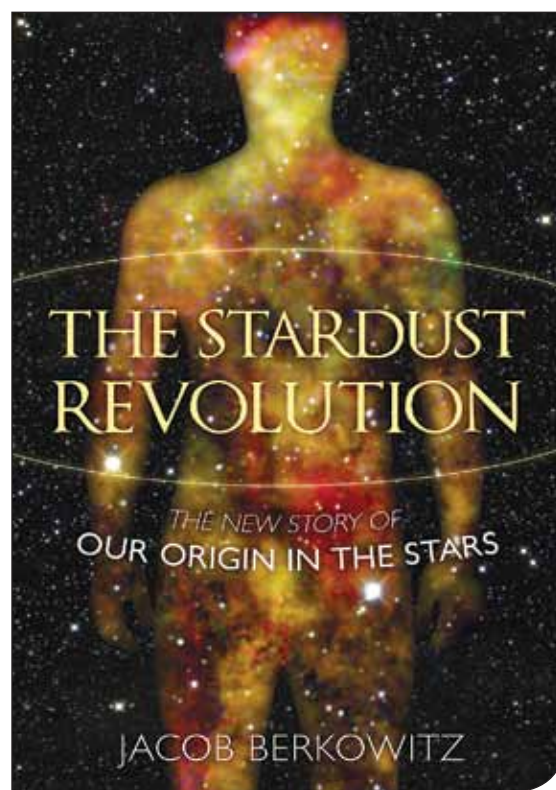
The author takes us on a tour (or several tours) through centuries of observations and observers. He touches on many early and more advanced observational methods, from the invention of the Bunsen burner and the prism up to optical spectroscopy, from the invention of the telescope through radar up to microwave spectroscopy and the radio telescope, and finally up to the collection of actual interstellar dust from the comet Wild 2. The chapters are, in most cases, stories of people and their discoveries — some stories leading to others and then leading to the unravelling of another mystery of our cosmos.

The stories mostly start with a person, whose discoveries have engendered further discoveries, perhaps by other scientists, and to still others — always pursuing the same question, and often using more advanced methods whose developments also form a part of the story. The questions pursued are fundamental: the origin of the chemical elements,

the origin of the molecules from which life developed, and the origin of the sun and the earth.

The book is well organized, with a clear development of ideas and understanding. It would perhaps have been useful to see a sketch or diagram showing the progress of the creation of a new sun, through its becoming a red dwarf to its final spectacular end (when it becomes the dust). However, this does not take away from the excitement that the book develops in each of its chapters. There is a lot of detailed information, which adds to the excitement of an informed reader, but won't diminish the interest of a less informed reader (like myself in many spots) who can simply skip over the details while being nonetheless impressed by the author's thoroughness.

This is a book to be highly recommended.  
— Don Wiles is a professor at Carleton University, and a chemist-at-large in the world



Looking to connect  
with the community




Smiths Falls  
Local Immigration Partnership

If you know a newcomer to the Smiths Falls area, encourage them to visit The Smiths Falls Local Immigration Partnership to link them with local settlement agencies and programs such as: free ESL training, settlement counselling, employment workshops and more.

Planting the seeds for a welcoming community

613.283.4124 x 1184 www.immigratetosmithsfalls.ca

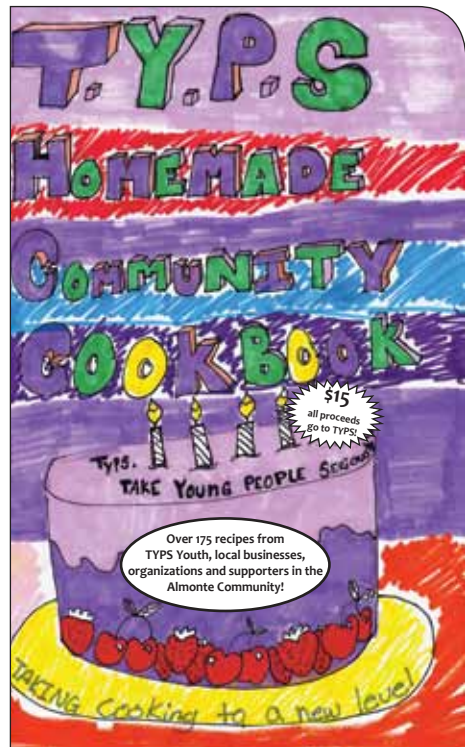
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# TYPS Community Cookbook

## Great Hostess Gift And Stocking Stuffer!

At long last! After three long months of preparations, the cookbooks are just about ready. The TYPS Community Cookbook is filled with over 178 recipes from kids, local businesses and supporters, from throughout Mississippi Mills. The cook-



The TYPS Cookbook cover was designed by Brooklyn Ann Gleeson-Huckstep

books will hit the shelves of local shops by December 3 and sell for \$15 each. All proceeds will go towards the TYPS Youth Centre's after-school program. The perfect stocking stuffer and hostess gift for Mississippi-Millians!

Visit the TYPS kids and staff as they serve up delicious recipe demos from their collection and sell their cookbook throughout the month. On December 4, drop in at TYPS (65 Mill Street in Almonte) after 5PM for the Holiday Open House. On December 7, they will be at Foodies Fine Foods (34 Mill Street) for Light Up the Night. Then on December 8, you can find them at Pêches & Poivre (89 Mill Street) from 10AM to 2PM, and in Almonte's Heritage Court on December 15 from 10AM to 2PM.

### Holiday Open House

Join the staff and youth of TYPS after 5PM on December 4 at the Centre as they deck the halls, trim the 7-foot Christmas tree (donated by Cedar Hill Christmas Tree Farm), listen to classic holiday tunes and bake up delicious treats from the cookbook.

If you have any holiday decorations you are looking to donate, please bring them by the Centre — they would love to have them! TYPS is located at 65 Mill Street in Almonte, across from the Barley Mow.

# Music Celebrating Christmas in Perth

During the dark days of December, two very different carol services at St. James' the Apostle Anglican Church in Perth can help prepare our hearts and minds for the joyful season of Christmas.

The **Advent Procession with Carols**, on Sunday, December 2 at 4 PM, starts with the voices of the choir echoing in the darkened sanctuary as they and the clergy, carrying candles to symbolize the first light, proceed to every corner of the church. As the darkness gradually recedes, scripture is read and anthems from the rich Anglican choral tradition are sung. The choir and congregation join to sing hymns including *O Come, O Come Emmanuel*. As the service ends, the church is filled with light to show the coming of the Christ Child and all that this signifies.

The **Service of Nine Lessons and Carols**, with the combined senior and junior choirs of St. James' and St. Paul's United Church, takes place on Sunday, December 16, at 7:30PM. "This year we're celebrating the thirtieth year that St. James has invited other choirs and musicians to join us," explains Peter Woodwork, Director of Music at St. James, "and we are delighted that the Junior Choirs, under the direction of Val Leavitt, will be singing with us."

"We have looked back over all we have sung together over the years," adds Brad

Mills, Director of Music at St. Paul's "and made a selection of the very best carols, hymns and music."

Nine Lessons and Carols starts with a soloist singing the first verse of *Once in Royal David's City*, with choir and congregation joining in the other verses. There will be many opportunities for the congregation to sing well-known Christmas hymns, which are interspersed with the nine lessons from Scripture and anthems and carols sung by the choirs. These include solemn and beautiful anthems as well as cheerful carols and hymns. The junior choirs' carols include *Come to the Manger* by Liebergen, accompanied by oboist Barbara Bolte, and *The Gentle Donkey* (Ouchterlony), and all the choirs will join together to sing *Little Bitty Baby* by Besig.

"We warmly welcome you to these two glorious services" says Canon Christine Piper, Rector of St. James, "which offer music, prayer and time for reflection, and a meaningful focus for a new Christian year." The Advent Procession with Carols takes place at 4PM on December 2, and the Nine Lessons and Carols on December 16 at 7:30PM. St. James Church is located on the corner of Drummond and Harvey Streets in Perth. For more information contact the church office at 267-1163, or visit <superaje.com/~stjamesperth>.

**the White Lilly**

Lilly, Diana, Valerie & Nathalie wish you all the best for this festive season

May you always believe in yourself  
May you always live from your truth  
May you always shine your light  
May you always live your highest potential  
Be YOU, Inside /Out

What every woman wants to see under the Christmas tree

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**It's Kelly's Birthday Sale!**

Please join us on **Sat., Jan. 5**  
**8:30AM to 6PM**

All day special discounts!  
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of Almonte

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with **Noreen Kruzich**  
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**The Ancestors Are Arranging Things...**  
*a journey on the Algonkin Trail*  
(Borealis Press 2011)

613-256-3204

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

Look on page 9 to find gifts for  
**COFFEE AND TEA LOVERS**

**What does Santa wrap-up  
for his hard to buy for friends?**



Our second annual **Nudes of Mississippi Mills** calendar is flying off the shelves. Available at stores spread across Ottawa & the valley this calendar will be the hit of your chinese auction.

Pick one up locally at: Mill Street Books, Patrice's YIG, Peace of Mind Creations, Vamos Outdoors as well as both Pakenham and Clayton General Stores.

For locations outside Mississippi Mills visit:

[www.facebook.com/mmillscalendar](http://www.facebook.com/mmillscalendar)

## Carp Ridge Natural Health Clinic

**Saturday, December 8<sup>th</sup>  
Christmas Social**  
Sugar Alternatives and Samples  
15 year celebration!

Next Mind-Body Healing Talk:  
Wed., December 12, 7-8:30PM. \$20 at door.

**Staying Healthy Through the Seasons**  
Classes are once a month at The Learning Centre. Preregistration is required and the cost is \$1200 + HST for the entire series or \$120 + HST per class. For more information, please see our brochure or website.



**PLEASE RSVP!**  
Call 613-839-1198

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# Studio Theatre Shows Well at Drama Festival

"And the winner is..."

Familiar words from the Academy Awards, then a pause, as the audience and nominees wait in breathless anticipation to learn who has been recognized for superior acting, directing, costume design, etc. But the tension and excitement of this well-known awards ceremony could scarcely outstrip that of the nine participants in the Eastern Ontario Drama League One-Act Play Festival, culminating in a sumptuous awards ceremony in Kingston this past November.

Nine community theatres from all over Eastern Ontario gathered from November 9 to 11 to showcase theatrical talent, to learn from each other and esteemed adjudicator Bea Quarrie, and to celebrate the art of live theatre. Companies from Peterborough, Bay of Quinte, Manotick, Kemptville, Winchester, Ottawa, Perth and, of course, Kingston itself, presented one-act plays of exceptional quality and diversity, from productions done on a virtually bare stage to those with elaborate sets and costumes. Each was adjudicated by Ms. Quarrie, who applauded what they did well, and suggested what they might have done to enhance their productions.

Studio Theatre from Perth was one of the festival's entries. Directed by Patricia Parry, they presented *Overruled*, by George Bernard Shaw. It was an ambitious piece that earned them high praise from Adjudicator Quarrie. "In a time when we are perhaps not as accustomed to the type of language used by Shaw, it was clear that both the director and the actors seemed completely at home in this brilliant period piece," she says. She also commended the

cast members for their ensemble work, in which each actor fully supported his or her fellow actors, and she praised the simple but elegant set and costumes, which instantly gave the audience a sense of time and place. She rewarded the troupe with an adjudicator's award for what she termed "risk taking", plus nominations for Best Visual Production, Best Acting (recognizing Grace Main, Joanna McAuley, Harold Potter and Grey Masson for their outstanding ensemble acting), Best Director (Patricia Parry), and Best Production.

Those involved found the event a highly satisfying experience. Says Joanne McAuley, "It's such a privilege to be involved in this festival. To have all your labour of love be seen and (hopefully!) appreciated by theatre people is enormously satisfying. When you love your cast the way I loved mine, the treat of getting to perform your piece once more is a thrill too."

"The opportunity to see eight other plays in such a short period of time was terrific," says Grace Main. "Sharing that experience with people from all over Eastern Ontario

allowed for an exchange of ideas, inspiration and plenty of laughs."

Perth is relatively new to the EODL festival, bursting on the scene in 2009 by hosting it that year, and then again in 2011. Each year, they have won significant awards. Joanne McAuley has twice won an acting award, and in 2010 their production of *My Narrator* won the People's Choice, an award voted on by only those who see all the productions — an impressive record for this fledgling company.

### **The Christmas Express**

And while they were rehearsing for their festival play, both Joanne and Grace had major roles in Studio Theatre's upcoming production of *The Christmas Express*. When asked about the challenges of doing two overlapping plays, Joanne simply replies, "Lines!"

You can see Joanne and Grace on stage in *The Christmas Express* from December 6 to 16. For information visit the website <[studiotheatreperth.com](http://studiotheatreperth.com)> or call the box office at 267-7469 and leave a message (someone will get back to you within 24 hours).



Director Patricia Parry and cast accept adjudicator's award at EODL festival. (l-r) Grey Masson, Joanne McAuley, Patricia Parry, Grace Main, Harold Potter.



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# Go Full Circle with CTF This Summer!

The **Classic Theatre Festival (CTF)** is busy planning its fourth season of professional productions from the golden age of Broadway, and its 2013 lineup promises two long-running comedies as well as a new venue. The CTF's hugely popular Holiday Sale returns this year as well: you can purchase a voucher (before December 31) that entitles you to 20% off any ticket, with the freedom to pick the actual show dates closer to summer.



Perth's Classic Theatre Festival, known for their contemporary interpretation of rarely-produced gems from the golden age of theatre, is holding their popular holiday sale again this season

CTF artistic producer Laurel Smith is pleased to announce that next year's venue is the Full Circle Theatre, a lovingly built, intimate space, located at 26 Craig Street, that sits astride Last Duel Park, with a view of the Tay River. The air-conditioned, wheelchair-accessible space (which also features hearing-assist devices) is home to the original seats of the historic Balderson Theatre, and no audience member is ever further than 25 feet from the stage.

That sense of being close to the action on stage will work well with the 2013 summer lineup, which opens with Neil Simon's rarely-produced comedy *The Star Spangled Girl*. Simon, best known for *The Odd Couple*, *Plaza Suite*, and *Barefoot in the Park*, and many other hits on Broadway and in film, has undergone a mini-revival of sorts, as audiences revisit laugh-filled works that are also substantial stories.

With *The Star Spangled Girl*, Simon could well have taken a page out of contemporary American politics. His 1966 story centres on two very liberal magazine writers whose close friendship is suddenly threatened when a gorgeous, conserva-

tive, southern belle and Olympic swimmer rents the apartment next door. This comedy of how opposites attract, and how individuals from different political perspectives can still find reasons to like one another, holds up well as our friends stateside continue to deal with the effects of political polarization following the lengthy election campaign. Simon's love of his characters, and his refusal to demonize anyone, make the play an accessible and entertaining experience. The show will run from July 12 to August 4.

The CTF season's second show, Leslie Stevens' *The Marriage-Go-Round*, is a gem of a comedy that ran for well over a year when it first opened in 1958. It toys with the oft-asked 1950s query: what would happen if Marilyn Monroe had approached Albert Einstein to father her baby? That potential combination of beauty and brains is at the forefront of *The Marriage-Go-Round*, and marital mayhem erupts when the lives of two happily married

college professors are confronted with a Swedish bombshell who throws herself at the man of the house. Stevens was a landmark TV writer and producer, working on everything from *The Outer Limits* to *Battlestar Galactica* and *It Takes a Thief*.

"It's a wonderful romp through the issues so many married couples face, and the kind of play that not only makes you laugh, but makes you feel good," Smith says. It runs August 9 to September 1.

All shows will run at the Full Circle Theatre from Wednesday to Saturday at 8PM, with 2PM matinees Wednesdays and weekends. This year, the CTF is proud to be working with media sponsors WPBS-TV and *Ottawa Woman* magazine. In addition, the Save-a-Seat program, which opens seats to low income individuals, will return as well.

Anyone wishing to take advantage of the Holiday Sale, on only until December 31, can call toll-free 877-283-1283, purchase their vouchers, save 20% off each ticket purchased, and enjoy the freedom to pick their dates later. Further information is available at <classictheatre.ca>.

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# Claiming Column

Haitian Night, Almonte, Jan 12  
 Conor Gains Band, Westport, Jan 18  
 Pasi6n (Almonte in Concert), Jan 19  
 Pakenham Frost Festival, Jan 23-27  
 Matthew Barber, Almonte, Jan 26  
 The Hogtown All-Stars, Westport, Feb 15-16  
 Mag 7s/Brock Zeman, Almonte, Feb 16  
 Annie Jr., CP, Feb 22-24, Mar 1-2  
 Sublime Strings, Almonte, Mar 2  
 Jack de Keyzer, Westport, Mar 15-16  
 Claytones/Ariana Gillis, Almonte, Mar 16  
 Treasa Levasseur & The Daily Special (PPAC), Perth, Mar 22  
 Maple Run Studio Tour, Pakenham, Mar 23-24  
 Sagapool (PPAC), Perth, Apr 12  
 The Roaring '20s (Almonte in Concert), Apr 13  
 Julian Fauth Band w/ D. Rotundo (BOTR), Westport, Apr 19-20  
 Nunsense II: The Second Coming, Carleton Place, Apr 25-28, May 2-4  
 Robin Bank\$ Band (BOTR), Westport, May 17  
 Cantata Singers of Ottawa, May 25  
 Cantores Celestes Choir, Perth, Jun 29

# Visual Arts

**CP Art Tour & Sale**, Dec. 1, 10AM-5PM. Downtown Carleton Place. carleton-placearttourandsale.wordpress.com  
**Mitten Art Kick-Off**, Dec. 1, 1-3PM. Meet the artists, hot cider. Brush Strokes, CP  
**Open House**, Dec. 7, 5-7PM. Meet artists, live music, authors signing. Peace of Mind Creations & Friends, Almonte  
**Vernissage**, Dec. 7, 6-9PM. Amelia Ah You & Maria Gomez. Rowboat Riverside B&B, Blakeney. 256-6522, therowboat.ca  
**Meet the Artist**, Dec. 8, 8-9:30PM. Brenda Wright, fine artist. Equator Caf6, Almonte <equator.ca>  
**Open Studio**, Dec. 8, & 9, 10AM-5PM. John Schweighardt's sculptures. 1787 3rd Conc. Dalhousie, Lanark. livingstonessculptures.ca  
**Art Show & Sale**, Dec. 9, Noon-7PM. Arnprior & Beyond Arts Association. Galilee Centre, Arnprior: abartsa.wordpress.com  
**Arnprior Quilters' Guild**, Dec. 12, 6:30PM. Christian Education Centre, Arnprior: arnpriordistrictquiltersguild.com  
**Vernissage**, Dec. 14, 7-9PM. w/David Chapman. Brush Strokes, Carleton Place. 253-8088, brushstrokesart.ca


# Theatre

**Aladdin**, Nov 30, Dec 1, 7, 8 (7:30PM); Dec 2, 8 (2PM). Musical comedy panto. CP Town Hall. 253-2007, mississippimudds.ca. \$20  
**Camelot the Panto**, Nov 29-Dec 1, Dec 6-8 (7:30PM); Dec 2 & 9 (2PM). The Station Theatre, Smiths Falls. 283-0300, \$20, Seniors \$18, Student/Child \$10  
**The Christmas Express**, Dec 6-9, 14-15 (8PM), Dec 9, 16 (2PM). \$22 at door/Tickets Please, \$20 at Book Nook. Studio Theatre, Perth. 267-7469, studiotheatreperth.com  
**Jack and the Beanstalk**, Dec 7 & 8 (7:30PM), Dec 8 & 9 (2PM). \$12; \$10 kids at Mrs McGarrigle's or 269-3729. Merrickville Comm Centre, merrickvilletheatre.org  
**Almonte's Interwoven Past**, Dec. 8, 7:15PM. Documentary by Robert & Sharon Newton. Almonte Old Town Hall, 256-2483, almonteheritageonfilm.com. \$10  
**Spiritual Cinema Circle**, Dec. 30, 2PM. McMartin House, Perth. 267-4819, fp@superaje.com. \$2 donation

# WHAT'S ON IN

Monday Tuesday Wednesday Thursday

fieldwork presents new installations by Joan Scaglione, Stefan Thompson, Bozica Radjenovic, Chris Grosset <fieldworkproject.com>  
 Foodies Fine Foods presents Rolph Storto Artworks to Dec. 15 <foodiesfinefoods.ca>  
 Mill St. Gallery of Contemporary Art (Almonte) presents local art in various media  
 Mississippi School for the Arts presents local artists <mississippischool.ca>  
 MVTM presents Hair Lines, Fabric of a Small Town <mvtm.ca>  
 Ottawa West Arts Assoc Gallery (Goulbourn Rec Complex) presents "Reflection" <owaa.ca>  
 Palms Coffee Shop presents Jill McCubbin's paintings, Richard Skrobecki's functional pottery, Shawn DeSalvo's photos <palmsonline.ca>  
 Read's Book Shop presents the Almonte & Area Artists' Association <readsbookshop.com>  
 Renfrew Tea Room presents a different pair of local artists changing almost daily (Dec 3 - 21)  
 The Mississippi Mills Chambers Gallery presents Susan Ukkola, mixed media  
 Brush Strokes presents David Chapman <brushstrokesart.ca>  
 The Almonte Library Corridor Gallery presents Amanda Sears, textile/abstract  
 Equator Caf6 presents works by Brenda Wright <equator.ca>

3 Carp Celtic Jam, Carp Masonic Lodge History of Fire Fighting in CP, CP	4 Brock Zeman, O'Reilly's Mississippi Blues Society, Thirsty Moose TYPs Holiday Open House, Almonte	5 'Prelude to Christmas' Concert, SF Blackie & the Rodeo Kings, Neat Fashion Show, Westport Open Celtic Jam, Naismith Pub Open Jam w/Dave Balfour, O'Reilly's	6 Acoustic Open Mic, Alice's Village Cafe Camelot the Panto, SF Jazz at Bally's, Ballygiblin's Open Mic, Love That Barr The Christmas Express, Perth
10 Carp Celtic Jam, Carp Masonic Lodge PFLAG Carleton Place, CP	11 Adult Bereavement Group, CP Brock Zeman, O'Reilly's CP Town Singers Concert, CP West Carleton Garden Club, Carp	12 Adult Bereavement Group, Perth Arnprior Quilters' Guild, Arnprior Mind-Body Healing Talk, Carp Open Celtic Jam, Naismith Pub Open Jam w/Dave Balfour, O'Reilly's	13 Acoustic Open Mic, Alice's Village Cafe Open Mic, Love That Barr Palliative Care in our Community, Almonte Spread The Net Coffeehouse Fundraiser, Almonte
17 Carp Celtic Jam, Carp Masonic Lodge	18 Brock Zeman, O'Reilly's DIY Digital TV Antennas, CP Perth Citizens' Band Xmas Concert, Perth	19 Adult Bereavement Group, CP Open Celtic Jam, Naismith Pub Open Jam w/Dave Balfour, O'Reilly's	20 Acoustic Open Mic, Alice's Village Cafe Book Signing, Almonte David Francey, Neat Open Mic, Love That Barr
24 Carp Celtic Jam, Carp NYE Party, The Cove Steve Barrette Trio, The Swan at Carp	25 	26	27 Acoustic Open Mic, Alice's Village Cafe Open Mic, Love That Barr

# Youth

**Downtown CP Christmas Celebration**, Dec. 1. Details at downtowncarletonplace.com. Carleton Place  
**Almonte in Concert Music Club**, Dec. 2, 12:30PM. Youth & special guests perform. Almonte Old Town Hall. 256-5267, almonteinconcert.com/music-club  
**Spread The Net Coffeehouse Fundraiser**, Dec. 13, 6:30PM. Local talent, art & silent auction. For ADHS Spread the Net group. Almonte Old Town Hall. 256-6217  
**'Twas The Night Before Christmas**, Dec. 15, 2-3PM Santa, 3:30PM story. Hot choc, treats. Artemisia, Westport

# Festivals

**Light Up The Night**, Dec. 7, 7PM. With Gail Gavan, Mark Papousek & Santa. Mill St., Almonte. 256-1077, Free

# Literature

**Book Signing**, Dec. 1, 1-3PM. Black Lake Chronicles Vol 3. Arnprior Book Shop, sajenings@sympatico.ca  
**Book Signing**, Dec. 1, 11AM-1:30PM, Sandra Nikolai. Gaia Java, Stittsville. sandra@sandranikolai.com  
**Vine Rhymes**, Dec. 15, 7-9PM. Songwriters, poets, carols & storytellers. Coffee Culture, Smiths Falls  
**Book Signing**, Dec. 20, 1:30-3:30PM. Historic Churches of the Ottawa Valley. Mill Street Books, Almonte. 256-9090

# Music

**Spencer Scharf**, Dec. 1, 6-9PM. Our Place in the 'Prior, Arnprior. 622-7763, ourplaceintheprior.com

**Stairwell Carollers**, Dec. 1, 7:30PM, Almonte United Church (257-3692). Dec 8, 7:30PM, St. James Anglican Church Carleton Place (257-3178)  
**Advent Procession with Carols**, Dec. 2, 4PM. St. James the Apostle Anglican Church, Perth. 267-1163  
**Guitar Duo Villageois**, Dec. 2, 2PM. \$25 at ticketsplease.ca or door. MERA, McDonalds Corners. 259-2452  
**'Prelude to Christmas' Concert**, Dec. 5, 7PM. Central Band benefit for REAL. Tickets at County Fair Mall (SF), Perth Legion. SFDCl, Smiths Falls. 283-9819, \$10  
**Rita MacNeil**, Dec. 7, 7PM. Tickets at Tickets Please. PDCI, Perth. 485-6434, \$55.50  
**Christmas Jubilee**, Dec. 8, 7:30PM, Dec 9 1:30PM. Goulbourn Jubilee Singers. Glen Cairn United Church, Kanata. 831-8414  
**White Lake Acoustic Jam**, Dec. 8, 7-10PM. All ages. White Lake Fire Hall. 256-5439. \$5 (members free)

**Christmas 'Sing-In'**, Dec. 9, 2PM. CP Community Band, Zion-Memorial United Church, CP. Free; donations to food bank  
**Christmas Musical**, Dec. 9, 2PM. For Champions for Kids. Carleton Place High School, CP. \$10  
**Traditional Song Session**, Dec. 9, 2-4PM. The Barley Mow, Almonte. 482-1437  
**Carleton Place Town Singers Concert**, Dec. 11, 7PM. Tickets at Collins Barrow in CP. St. Andrew's Presbyterian, CP  
**John Landry**, Dec. 14, 8PM. w/South Mountain, Lynne Hanson. \$25 at 401-0856. Almonte Old Town Hall  
**Bluegrass Under The Mistletoe**, Dec. 15, 8PM. Reserve at findlayhouseconcerts@gmail.com. Fundraiser for Arts CP. Carleton Place. \$30  
**David Francey's Carols for a Christmas Eve**, Dec. 16, 7PM. \$25 at door; \$20 at Mill Street Books. Almonte Old Town Hall



### Friday

### Saturday

### Sunday

<p><b>Aladdin</b>, Carleton Place  <b>Breakfast with Soul</b>, Almonte  <b>Camelot the Panto</b>, SF  <b>Carp Farmers' Christmas Market</b>, Carp  <b>Ragged Flowers</b>, Foodies Fine Foods  <b>Rik Emmett</b>, Neat  <b>Steve Barrette Trio</b>, The Swan at Carp</p>	<p><b>Aladdin</b>, CP  <b>Bake Sale Fundraiser</b>, CP  <b>Book Signings</b>, Arnprior &amp; Stittsville  <b>Camelot the Panto</b>, SF  <b>Carp Farmers' Christmas Market</b>, Carp  <b>Heritage Perth Christmas House Tour</b>  <b>Christmas Craft Show &amp; Bake Sale</b>, Arnprior  <b>CP Art Tour &amp; Sale</b>, CP  <b>Downtown CP Christmas Celebration</b>  <b>Handmade Harvest</b>, CP  <b>Nick of Time Artisan Show</b>, Perth  <b>Pakenham Country Christmas</b>,  <b>Santa Claus Parade</b>, Perth  <b>Spencer Scharf</b>, Arnprior  <b>St. Andrew's Valley Christmas Dance</b>, Pakenham  <b>Stairwell Carollers</b>, Almonte</p>	<p><b>Advent Procession with Carols</b>, Perth  <b>Aladdin</b>, Carleton Place  <b>Almonte in Concert Music Club</b>, Almonte  <b>Camelot the Panto</b>, SF  <b>Guitar Duo Villageois</b>, McDonalds Corners  <b>Heritage Perth Christmas House Tour</b>  <b>Jazz Brunch</b>, Fiddleheads  <b>Magnolia Rhythm Kings</b>, The Royal Oak  <b>Open Mic w/Kelly Sloan</b>, Ashton Pub</p>
<p><b>A Spencer Evans Solo Christmas</b>, The Cove  <b>Aladdin</b>, Carleton Place  <b>Camelot the Panto</b>, SF  <b>Garnet Rogers</b>, Neat  <b>Harmonic Generation</b>, Stittsville  <b>Jack and the Beanstalk</b>, Merrickville  <b>Light Up The Night</b>, Almonte  <b>Open House</b>, Almonte  <b>Rita MacNeil</b>, Perth  <b>The Christmas Express</b>, Perth  <b>The John Prine Experience</b>, Love That Barr  <b>Vernissage</b>, Blakeney</p>	<p><b>Aladdin</b>, Carleton Place  <b>Almonte's Interwoven Past</b>, Almonte  <b>Camelot the Panto</b>, SF  <b>Christmas Jubilee</b>, Kanata  <b>Christmas Social</b>, Carp  <b>Jack and the Beanstalk</b>, Merrickville  <b>Open Studio</b>, Lanark  <b>Santa Claus Parade</b>, Pakenham  <b>Stairwell Carollers</b>, CP  <b>The Christmas Express</b>, Perth  <b>The John Prine Experience</b>, Love That Barr  <b>White Lake Acoustic Jam</b>, White Lake</p>	<p><b>APEX Jazz Band</b>, The Royal Oak  <b>Art Show &amp; Sale</b>, Arnprior  <b>Camelot the Panto</b>, SF  <b>Christmas 'Sing-In'</b>, CP  <b>Christmas Carols &amp; Reading 'Carol'</b>, Arnprior  <b>Christmas Musical</b>, CP  <b>Jack and the Beanstalk</b>, Merrickville  <b>Open Mic w/Kelly Sloan</b>, Ashton Pub  <b>Open Studio</b>, Lanark  <b>Outdoor Twilight Lessons &amp; Carols</b>, Franktown  <b>Red Wanting Blue</b>, Neat  <b>Santa Claus Parade of Lights</b>, Almonte  <b>The Christmas Express</b>, Perth  <b>Traditional Song Session</b>, Almonte</p>
<p><b>John Landry</b>, Almonte  <b>Quintessence</b>, Stittsville  <b>Shawn McCullough &amp; Doubleback</b>, The Cove  <b>Skydiggers</b>, Neat  <b>The Christmas Express</b>, Perth  <b>Vernissage</b>, CP</p>	<p><b>'Twas The Night Before Christmas</b>, Westport  <b>Bluegrass Under The Mistletoe</b>, CP  <b>Kevin Head &amp; Miss V</b>, The Cove  <b>Kintail Country Christmas</b>, Almonte  <b>MonkeyJunk</b>, Neat  <b>The Christmas Express</b>, Perth  <b>Vine Rhymes</b>, SF</p>	<p><b>David Francey's Christmas Concert</b>, Almonte  <b>Jazz Brunch</b>, Fiddleheads  <b>Magnolia Rhythm Kings</b>, The Royal Oak  <b>MonkeyJunk</b>, Neat  <b>Open Mic at MERA</b>, McDonalds Corners  <b>Open Mic w/Kelly Sloan</b>, Ashton Pub  <b>Service of Nine Lessons and Carols</b>, Perth  <b>The Christmas Express</b>, Perth  <b>Valley Voices Christmas Concert</b>, Almonte</p>
<p><b>David Francey</b>, Neat  <b>Fiddlers' Night/Dinner</b>, Almonte  <b>Live Music</b>, Stittsville  <b>Xmas w/Chamber Players of Canada</b>, Almonte</p>	<p><b>Jazz Night w/Spencer Evans Trio</b>, The Cove  <b>Night Before the Night Before Xmas</b>, Perth  <b>Snowflake Workshop</b>, Almonte  <b>Stephen Mark Fisher</b>, St. James Gate  <b>Vaudeville Variety Show</b>, Almonte</p>	<p><b>APEX Jazz Band</b>, The Royal Oak</p>
<p><b>Breakfast with Soul</b>, Almonte</p>	<p><b>Kevin Head &amp; Miss V</b>, The Cove</p>	<p><b>Jazz Brunch</b>, Fiddleheads Bar &amp; Grill  <b>Magnolia Rhythm Kings</b>, The Royal Oak  <b>Open Mic w/Kelly Sloan</b>, Ashton Pub  <b>Spiritual Cinema Circle</b>, Perth</p>

**Breakfast with Soul**, Nov. 30, Dec. 28, 8-10AM. The White Lilly, Heritage Court, Almonte. lillywhite.ca. Free

**Carp Farmers' Christmas Market**, Nov 30 (3-8PM), Dec 1(8AM-2PM). Carp Agricultural Hall. Free

**Bake Sale Fundraiser**, Dec. 1, 9AM-Noon. Moore House, CP. 257-2200 x323

**Christmas Craft Show & Bake Sale**, Dec. 1, 10AM-4PM. Kirkman House, Arnprior. 623-7323 x123. Free

**Handmade Harvest Carleton Place**, Dec. 1, 10AM-3PM. CP Canoe Club, Carleton Place. www.handmadeharvest.com. \$2

**Heritage Perth Christmas House Tour**, Dec. 1 & 2. \$30 at Home Furniture (Perth), Elizabeth Interiors (SF), Smitten (Alm), Perth. 267-2270

**Lanark County Genealogical Society**, Dec. 1, 12:45PM. AGM & potluck. Archives Lanark, 1920 Concession 7, Perth

**Nick of Time Artisan Show**, Dec. 1 (10-4). McMartin House, Perth. 278-2712

**Pakenham Country Christmas**, Dec. 1 (10-5), Breakfast w/Santa, pony rides, carols. Downtown Pakenham

**Pancake/Sausage Breakfast**, Dec. 1 (10-2). Winter farmers' market. Carambeck Community Centre, CP. cpfm.ca

**Santa Claus Parade**, Dec. 1, 5PM. Perth. 812-1215, sherisells@hotmail.com

**St. Andrew's Valley Christmas Dance**, Dec. 1, 8PM-Midnight. Tickets at Nicholsons, Almonte Spectacle. Stewart Com Centre, Pakenham. 832-2556. \$10

**History of Fire Fighting in CP**, Dec. 3, 7PM. CP & Beckwith Historical Soc. Carambeck Com Centre, CP. 253-7013. \$5

**TYPES Holiday Open House**, Dec. 4, 5PM. TYPs Youth Centre, 65 Mill St. Almonte. Free

**Fashion Show**, Dec. 5, 12-2PM. w/lunch. The Cove, Westport, 273-3636

**Christmas Social**, Dec. 8, 1-3PM. Sugar alternatives & samples. Carp Ridge EcoWellness Centre, Carp. 839-1198. Free

**Santa Claus Parade**, Dec. 8, 1-3PM. Free skating, hotdogs, hot chocolate after. Pakenham. 256-1077, mississippimills.ca

**Christmas Carols & Reading**, Dec. 9, 2 & 7PM. A Christmas Carol & carols. Galilee Centre, Arnprior. 623-4242x21. \$10/\$5

**Outdoor Twilight Lessons & Carols**, Dec. 9, 4PM. w/potluck dinner. St. James Anglican, Franktown. 283-3789

**Santa Claus Parade of Lights**, Dec. 9, 5-7:30PM. Skating, hotdogs, hot chocolate after. Almonte. 256-1077, mississippimills.ca

**PFLAG Carleton Place**, Dec. 10, 7-8:30PM. w/LGBT youth drop-in. Zion-Memorial Church, CP. 859-0100

**Adult Bereavement Walking Group**, Dec. 11, 1:30-3:30PM. Walk Beckwith Trail. Starbucks, CP. 267-6400, Free

**West Carleton Garden Club**, Dec. 11, 7:30-9PM. Xmas potluck. Carp Memorial Hall. wcgarden@gmail.com

**Adult Bereavement Group**, Dec. 12, 1-3PM. All welcome. Lanark Lodge, Perth. 267-6400, rebeccab@chslc.ca. Free

**Mind-Body Healing Talk**, Dec. 12, 7-8:30PM. RSVP Carp Ridge EcoWellness Centre, Carp. 839-1198. \$20

**Palliative Care in our Community**, Dec. 13, 7:30PM. Hub Hospice presents palliative care specialist. Almonte Presbyterian Church. hubhospice.com. Free

**Kintail Country Christmas**, Dec. 15 (10-4). Crafts, stories, photos w/Santa. Mill of Kintail, Almonte. 256-3610x2. \$15/car

**DIY Digital TV Antennas**, Dec. 18, 7:30-9PM. Mechanics Institute. Zion-Memorial Church, CP. 257-5765. Free

**Adult Bereavement Group**, Dec. 19, 1:30PM. Waterside Park, CP. 267-6400. Free

**Snowflake Workshop**, Dec. 22, 1-4PM. Mississippi Valley Textile Museum, Almonte. 256-3754, mvtm.ca. \$35

**Open Mic at MERA**, Dec. 16, 1:30-4PM. Sign-up as of 1:15PM. MERA Schoolhouse, McDonalds Corners

**Service of Nine Lessons and Carols**, Dec. 16, 7:30PM. St. James the Apostle Anglican Church, Perth. 267-1163

**Valley Voices Christmas Concert**, Dec. 16, 7:30PM. \$10; \$7 in adv at Baker Bob's. Almonte United Church, 256-0134

**Perth Citizens' Band Xmas Concert**, Dec. 18, 7:30PM. St. James Anglican Church, Perth. 256-4221. \$5; \$10 families

**Fiddlers' Night/Dinner**, Dec. 21, 6PM. Christmas feast, music & dancing. Almonte Civitan Hall. 624-9245. \$12

**Xmas w/Chamber Players of Canada**, Dec. 21, 8PM. \$30/\$15 at 256-4554, almonteinconcert.com. Almonte Town Hall

**Night Before the Night Before Xmas**, Dec. 22, 7:30PM. w/The Commuters. Fundraiser for YAK. \$20+ food donation. Perth Legion

**Vaudeville Variety Show**, Dec. 22, 7PM. Kelly Sloan & friends. For Interval House. Almonte Old Town Hall. \$20 at Baker Bob's, Mill St Books

**The Swan at Carp** (Falldown Lane Carp, 839-7926), jazz  
 Dec 14 Steve Barrette Trio, 7-10PM, no cover  
 Dec 31 Steve Barrette Trio, 7PM -12AM

**St. James Gate** (111 Bridge St., Carleton Place, 257-7530):  
 Dec 22 Stephen Mark Fisher, 9-11PM

**Fiddleheads** (Code's Mill, Perth, 267-1304):  
 Dec 2, 16, 30 Jazz Brunch w/Clay Young Duo, 12-3PM

**The Royal Oak** (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover  
 Dec 2, 16, 30 Magnolia Rhythm Kings, 3-6PM  
 Dec 9, 23 APEX Jazz Band, 2-5PM

**Ballygiblin's** (151 Bridge St., Carleton Place, 253-7400), jazz, no cover; 6-9PM  
 Dec 6 Peter Brown, Peter Woods, guests

**The Cove** (2 Bedford St., Westport, 273-3636):  
 Dec 1, 15, 29 Kevin Head & Miss V, 6-9PM  
 Dec 7 A Spencer Evans Solo Christmas 6:30-9:30PM  
 Dec 14 Shawn McCullough & Doubleback, 7-11PM  
 Dec 22 Spencer Evans Trio, 9-11PM  
 Dec 31 NYE Party 7PM-1AM

**Neat Coffee Shop** (1715 Calabogie Rd., Burnstown, 433-3205): 8PM  
 Dec 1-2; Hawksley Workman, \$52.50  
 Dec 5 Blackie & the Rodeo Kings, \$75  
 Dec 7 Garnet Rogers, \$25  
 Dec 9 Red Wanting Blue, \$18  
 Dec 14 Skydiggers, \$30  
 Dec 15, 16 MonkeyJunk, \$28  
 Dec 20, 21 David Francey, \$25

**Love That Barr** (2496 County Rd. 29, Pakenham, 624-2000): Thurs Open Mic (8PM), Fri Live Music (8:30PM)  
 Dec 7, 8 The John Prine Experience

**The Naismith Pub** (411 Ottawa St., Almonte, 256-6336): Open Celtic Jam Wed (except Dec 26), no charge (7:30-10PM)

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

**Ashton Pub** (113 Old Mill Rd., Ashton): Sun (not 23) Open Mic w/Kelly Sloan, 2-5PM

**Thirsty Moose** (20 Bridge St., Carleton Place, 253-0879): 8:30PM, no cover  
 Dec 4 Mississippi Blues Society Jam

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

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

**Gaia Java** (1300 Stittsville Main St., Stittsville, 836-5469, gaiajava.ca), live music at 7PM  
 Dec 7 Harmonic Generation  
 Dec 14 Quintessence,  
 Dec 21 Michelle McGruer, Michael Pollard



# I Wish You a Messy Christmas... (And a Nap-py New Year...)

I don't know about you, but for me, December passes in a blur of work, volunteering, card-writing, shopping, cleaning and cooking, with a bit of Christmas cartoons and fun thrown in. I generally find myself wishing for December 26. How dumb is that?!

Remember back when December was fun? A

by Rona Fraser

time of hanging out, of watching Christmas specials, of music. School was lighter (back in the elementary years, at least) and Christmas was about fun, not about all of the things you had

to get done to make the holidays "perfect".

What were your favourite December activities as a child? My favourites were: watching Christmas TV, assembling our fake tree while singing/talking along to my *How the Grinch Stole Christmas* record, opening presents (duh!), playing in the snow, and the annual endless afternoon of making Christmas cookies with my best friend.

Our memories of Christmas rarely centre on the presents, or the appearance of our house (besides the lights and tree, of course) — we remember the fun times. The things that made us smile and laugh — spending time with friends and family, and simply playing. Yes, it is easy to get

wrapped up in the hullabaloo... but *resist!* Remember the lesson of the Grinch: "Maybe Christmas," he thought, "doesn't come from a store... Maybe Christmas — perhaps — means a little bit more..."

So! The goal of making Christmas perfect for everyone in our lives, even if it leaves us broke and broken, is OUT! New goal: have fun without overspending. Here's what I propose:

## Step 1

Measure twice, cut once. Take an hour of quiet to consider all the folks you planned on buying presents for, and make a list.

## Step 2

Limit expectations early. Teach your children (early on!) to limit what they ask for, because Santa only brings so much to even the most well-behaved children, or perhaps because even Baby Jesus only got three presents (plus the drumming, of course). Teach them now, so they don't grow into adults who buy now and pay later. Not getting the iPad2 will not kill them, even if they feel it will... or is that your spouse?

## Step 3

Realize that "fun" trumps "stuff". When it comes to your friends and family, is there an activity you could plan, fun for you both and better for the soul (and possibly the wallet)? Your parents might like an afternoon out with you (lunch, concert, drive). Perhaps your friend would rather plan a night out with you than you both try to come up with gifts. Even your kids would likely prefer your time to getting more stuff (though they may not real-

ize it). Make each young child a gift certificate promising an afternoon just for them — one on one — maybe a meal out, or a movie of their choosing, or even shopping. You can't buy that connection. You could even buy a book for you to read together



for the family, like a big family reunion dinner out, or a ski day, or just save your money and plan a fun day together with tobogganing and games. An idea that friends of mine began when the kids became young adults, is to pull names. Everyone gets a present, no one goes

broke or feels cheap, and you aren't ripping your hair out trying to remember which kid likes punk music and which likes country.

## Step 5

Accept an imperfect Christmas. Do you really think that getting the house immaculate, buying expensive presents, or running yourself ragged cooking an extensive dinner will make Christmas "perfect" for everyone? It is the social

interaction that matters. Sure, you want to eat good food in a nice place, but other than that, cut yourself some slack! Perfect Christmases are like perfect relationships — fictional.

## Step 6

Listen to what you want. Now that we've taken everyone else into consideration, what would make Christmas great for *you*? Do you want to spend some time at home over the holidays, either with your family or — gasp! — alone? Better put it in the calendar now, before invitations start and you can't say no. Want to keep up your exercise program (but maybe only at half-strength)... plan it! Want to throw exercise out the window and spend all day sitting on your butt, catching up on reading and TV, with the odd nap thrown in? Plan it!

Whatever you decide, I hope you have a fun and relaxed December.

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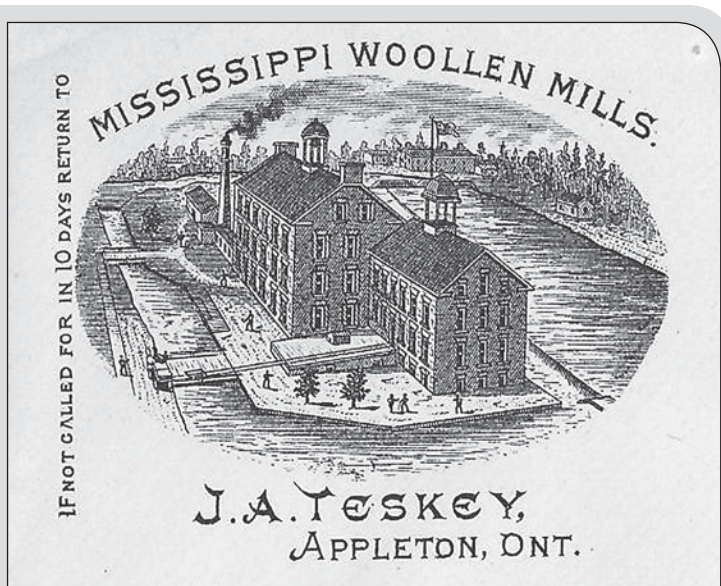
**Mill Street Books**, 52 Mill Street, Almonte

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and **Collected Works**, 1242 Wellington Street W., Ottawa

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## Photos & Stories: The Mills of Appleton

Do you have photos of the old woollen mill in Appleton or a blanket from the mill? The **North Lanark Regional Museum** is pleased to announce that they are creating a virtual exhibit on the Mills and History of Appleton.

In order to fully realize this project, they need community support and involvement. They are looking for community members to loan or donate photos, documents, or artefacts related to the mills of Appleton and for former employees who are willing to share their experiences at the mills.

The museum has received funding from the Virtual Museum of Canada to produce a Community Memories Virtual Exhibit. The exhibit will focus on the history of Appleton and the important role the mills played in the growth of the village.

Sitting on the powerful Mississippi River, the village of Appleton was once host to several mills, including a saw-mill, gristmill, carding mill and woollen mill. Perhaps the most well known are the woollen mills. First constructed in 1862 by Robert Teskey, the Mississippi Woollen Mills were operated by the Teskey family until about 1900, when the Caldwell family from Lanark took over. The Caldwell Mills operated during the early 20<sup>th</sup> century until William Collie purchased the mill in 1937. The Collie Woollen Mills were a major source of employment in the area, and operated sporadically until 1992.

To donate or loan items from the virtual exhibit or to share your story, please contact Sarah at the North Lanark Regional Museum, 647 River Road in Appleton (museum address); Box 218, Almonte, ON K0A1A0 (mailing address); 257-8503 or <appletonmuseum@hotmail.com>.

# Winter at the Carleton Place Farmers' Market

The roof is not yet built at Market Square, but the Carleton Place Farmer's Market is still open this winter at the new Carambeck Community Centre. Local food and crafts are available every Saturday from 10AM to 2PM at the **winter market**. On the menu are meats, maple syrup, sausages and pepperoni, jams and jellies, as well as delicious squares, pies and cookies. Crafts include handmade body care products, knitting, quilting and sewing. Come and

meet area farmers and see what local foods are available throughout the winter.

On Saturday, December 1 there will be a special **pancake and sausage breakfast** from 10AM to 2PM. Kick off your Christmas shopping with sausages from your local farmers and delicious fluffy pancakes topped with maple syrup from Lanark County. Browse the wonderful local crafts while you eat. All proceeds from the breakfast will

support the Market Square Raise the Roof fundraising efforts.

The CPFM Winter Market has space for more vendors. If you make it, bake it or grow it and are interested in joining the market, please contact Jennifer Wooldridge at 253-4562 or <jwooldridge@rogers.com>. As part of the winter market only, there are also a few tables reserved for direct sales/home-based businesses. For information about the market, please visit <cpfm.ca>.

### Gifts for Lovers of Vintage Treasures

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<b>Vinyl Records (Classic, Rock, Polka...)</b> , Mississippi Mills Musicworks.....	\$3 & up
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### Gifts for Music Lovers

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<b>Rod Stewart's "Merry Christmas, Baby" CD</b> , Mill Street Books.....	\$16.99
<b>Ukuleles!</b> , Mississippi Mills Musicworks.....	\$42.95 & up
<b>Yoga Music to Stir the Soul</b> , Yoga and Tea.....	\$20
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### Gifts for Readers

<b>"Dear Life: Stories" by Alice Munro</b> , Backbeat Books & Music.....	\$32.99
<b>Designer Reading Glasses</b> , Fall River Fashion.....	\$19.99 & up
<b>Gift Certificates</b> , Mill Street Books.....	various
<b>Book Lights</b> , Read's Book Shop.....	\$3.95-9.95
<b>"A Week in Winter" by Maeve Binchy</b> , The Book Nook.....	\$28.99
<b>Funky Reading Glasses</b> , the White Lilly.....	\$20

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# The Lost Villages of the St. Lawrence River

"...just as the waters washed away Mary's beloved village, so now Alzheimer's is washing away her memories."

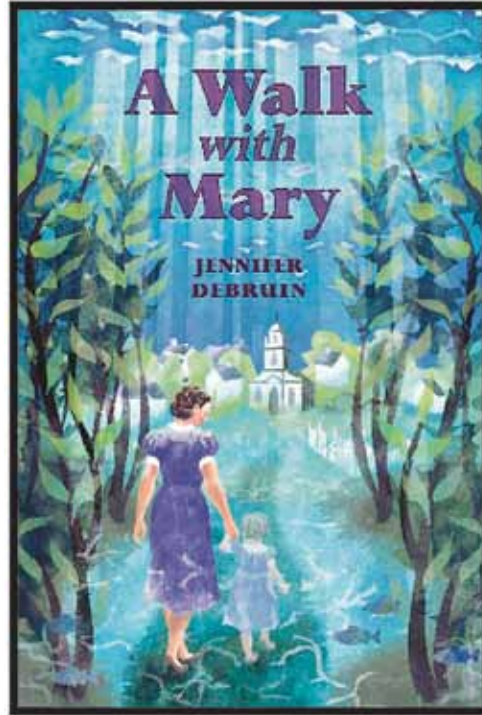
In her first novel, *A Walk with Mary*, author Jennifer DeBruin of Rideau Lakes Township revisits places and times now lost to history. Because it was inspired by a true story and is set in one of Canada's most historic regions — the Lost Villages of the St. Lawrence — the book was recently featured in the Ontario Historical Society Bulletin.

Inspired by the her own grandmother, who was a resident of one of the Lost Villages and who struggled with the onset of Alzheimer's disease, DeBruin says, "I found it interesting that my grandmother's beloved village, Moulinette, was becoming ever-more present for her. In a sense the village, and the life she had experienced there, was becoming real again. Stories that had never been told were done so with a spirit of reliving what had so long ago been lost."

An avid genealogist, DeBruin intertwines personal oral history and the experiences of others with historic events, bringing a richness to her characters' experiences. "I wanted to explore the feelings behind the facts. Essentially, I wanted to make the history come alive so that we might experience a little of what our ancestors did."

Over the past several months DeBruin has been travelling throughout Eastern Ontario, sharing the

story at talks and book signings. "Using the book to explore history (life in the early 20<sup>th</sup> century, the Lost Villages, the Seaway/Hydro project, and genealogy), the audience and I take a journey together, as there is often a sharing of stories. Whether an individual lived in one of the lost villages, had family members working on the Seaway construction, or is learning about the events along the river for the first time, it still resonates and is a deeply emotional subject."



The author has received feedback from many in the region, and from as far away as the UK. "Earlier this fall, I met a woman in her 80s who heard me talking about the Lost Villages. She shared the story of how, when she was young, area schools would take their year-end trip to see the villages being dismantled prior to the flooding. She said it wasn't until she was older that she realized it was people's lives being dismantled. She bought the book because she wanted to know what happened to the people. I found it very touching that, after all these years, the story still impacts people."

Since its launch on June 27, *A Walk with Mary* has been well received, selling over 500 copies (book and e-book) to date. Copies are available at Read's Book Shop in Carleton Place, The Book Nook in Perth, Mill Street Books in Almonte, Arlie's Books in Smiths Falls, and the Alzheimer Society of Lanark County in Perth. For more information, visit <jenniferdebruin.com>.

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## Christmas With the Valley Voices (and Elvis!)

Elvis lives! If you look carefully, you'll find him in the men's chorus of the Valley Voices as they sing a medley of three Elvis Christmas songs. It is an absolutely delightful part of the Valley Voices Christmas concert, taking place on Sunday, December 16 at 7:30PM at the Almonte United Church. Under the direction of Becky Schweizer, the selection of music is outstanding — fun and beautiful songs to put you in the mood for winter and for the Christmas season — songs such as Amy Grant's *I Need A Silent Night* and Dolly Parton's *I Believe in Santa Claus*. You might just need a hanky for a choir favourite: *Breath of Heaven*.

Invite a friend — invite several. The Valley Voices guarantee an evening you'll enjoy. \$7 tickets are available at Baker Bob's and from Valley Voices members. It will cost you \$10 at the door. For information, call Amanda at 256-0134 or Fern at 624-5104.

## Where the Wood Is

As a sculptor with a mobile studio, Peter Van Adrichem goes where he can find a large stump or tree trunk that he can carve into a personal reflection on the natural landscape of animals and plants that surround him. His studio is "where the wood is."

His current project is a private commission for a totem pole, inspired by Pacific-Coast native motifs, which he is creating from a 23-foot tall red cedar pole from British Columbia. Van Adrichem chose the motifs or totems to parallel the interests and priorities of his patron, and to fit with his own vision of our relationship with the natural world. He sees his work as a gesture of respect and homage to native art, which he admires, rather than an imitation of it.

Van Adrichem expresses similar praise for the woodcarving traditions of Thailand, where he lived for seven years as an agricultural development advisor, working on the improvement of that country's dairy herds. After his return to Canada, Van Adrichem began the transition from having a twenty-year-old hobby to making his carving a full-time occupation.

Working from a concept without detailed drawings, the routine he follows is to transfer his ideas to rough pencil markings on the wood. He then roughs out the design using various chainsaws, sands the general outlines, and then carves the fine detail with traditional woodworking tools, both hand and power.

The figures on this pole, from bottom to top, include a bear with an otter and human face between his ears, a beaver with a human face, a dog, a wolf holding a frog, the sun with four rays, a killer whale



This totem pole has been erected 2km west of Spencerville, and is visible from the road

and, surmounting the whole composition, an eagle with wings outstretched. The wings and beak are not carved out of the pole itself, but added using mortise and tenon joints.

In Pacific-Coast tradition, the bear is a teacher symbol, who taught native peoples to catch salmon and gather berries. The otter is a mischievous creature, a symbol of laughter, curiosity, grace and empathy. The beaver has a strong sense of family and home, while at the same time being open to alternatives and the power of working towards goals. The beaver has an understanding of the power in nature and works in harmony with it. Dogs are a favourite animal of the patron. The wolf is a symbol of strength and loyalty in family and community, along with its other manifestation, the killer whale. The sun is the protector and guardian of earth by day. And the eagle, a traditional figure at the top of the pole, embodies power and prestige, as well as peace and friendship.

Van Adrichem's work has longevity as well. He expects his current work to last, if not forever, for at least fifty years and probably well over one hundred years.

— Ken Mews



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# A Holiday Walking Tour of Perth

One of my favourite things about living in a small town like Perth is visiting all the Mom and Pop shops. They're charming and friendly and filled with wonderful one-of-a-kind items. I've lived in Perth for three years now and every holiday season I've happily been able to buy my gifts at local shops.

I won't dare go near a mall in December. Malls are like war zones with muzak, with people playing bumper cars in their congested parking lots. I'd rather shave every morning than face the mall, just

by John Pigeau

once, during the holidays. Box stores, too. (Really, to me, they're one and the same.) I'd rather listen to the Cranberries' song *Zombie* on repeat for three hours than navigate one of those big, blocky chain stores nearing Christmas.

So, you get the idea; I like the little guys.

And if you're community-minded like me — and I'm thankful to many people who are — you'll know the sheer joy in shopping in a charming, heritage downtown like Perth. And to me it's not about how much money I spend on a loved one — not at all — it's all about that moment they open their gift, and seeing the beaming smile spread across their face; it warms the heart.

So this year, of course, I'll once again be making the rounds in downtown Perth — starting on Wilson Street, then on to Foster and Gore. I'm looking forward to it already, even — and for those of you who might find yourself doing some holiday shopping in Perth, I thought I'd share a few ideas with you.

Walk with me, won't you?

Let's stroll on down to the Code's Mill Building (16 Wilson Street East) and visit Jude and Charlie at Ground Waves, "bearers of comfort and joy." Indeed, they and the immensely friendly staff at Ground Waves can help you find a gift for virtually anyone on your list — nephews, nieces, toddlers, parents, sisters, brothers, grandparents. They also carry a vast selection of funny and charming cards, and many products made in Canada, including local wares. Shopping local pays in many ways — the money you spend not only keeps local businesses alive, but the majority of the money stays in your

community and creates local jobs. And shopping Canadian works in much the same way, of course, which is nice to remember all year round.

I digress. A little.

Oh, look now! It's Coutts & Company Coffee-house Emporium and Gallery Perth in the same building! One is a great spot to pick up a lovely work of art for the art lover in your life (or have a special painting framed, which Veronica and company specialize in), the other a perfect shop for your favourite caffeine addict, whether they like rich, exotic coffee beans, specialty teas, funky mugs, fair trade products, or something neat for their kitchen. Can't go wrong there. Think gift certificates too. (My wife loves receiving gift certificates! So much so, she often won't use them for six months or so. She'll wait for the ideal time when she finds that perfect something, which sort of extends the whole joy of the gift-giving process.)

Now a quick hop up to Foster Street brings us to a bunch of wonderful places to explore. The Bookworm (76 Foster) is a great place to peek around for the book lover in your life — and remember, it doesn't have to be new to be great. Gently-loved books are always an affordable and thoughtful present, and Barbara, Charlie and Tina will help you find most anything you're looking for.

Across the street now (though let's cross at the lights) and we're at Mariposa (73 Foster), one of Perth's newest shops owned by the delightful Susan Storie. Mariposa is an eclectic shop featuring antiques and vintage and home decor items. One look in the front window and you'll likely spot something and say, "Oh, that would be just perfect for so-and-so." There's a whole lot of pretty in Mariposa.

As there is just next door at Apropos, where ever-friendly owner Sheri Linesman carries one-of-a-kind, ingenious home decorations as well as striking floral arrangements for any occasion. Flowers are always a lovely gift, I've found. The ideal offering of kindness for a host if you're heading to a holiday party! (Because chocolates have calories.)

Two doors down and we're at Shadowfax (67 Foster), known for a diverse selection of fine and costume jewellery, hilarious and sometimes naughty greeting cards, pretty clothing, board games and much more. Owner Angie Gilchrist and her helpful staff will assist you in finding just what you need, even if you didn't even know you needed it!



The friendly folks at Ground Waves (above) and countless other shops welcome you to Perth this season!

Across the street — watch that traffic! — is an eloquent little women's clothing shop aptly called Eve & Glory. They carry high end fashion but always have a sale on, it seems, so more bang for your hard-earned buck. Everything I've seen when peeking in their window smacks of chic, elegance and cool. Husbands, brothers, boyfriends and sons would be wise to head to Eve & Glory with the right sizes in mind. Be prepared, gents!

Where are we now?

Oh, let's head on back across the street (at the traffic lights) to Jo's Clothes, the wonderfully charming consignment emporium (at 39 Foster) owned by the effervescent Joanna McCauley. Think anything in women's fashion and they have it. Better news, the prices are magnificent and the gently-worn clothing is always in near-new condition. A fantastic way to save money while not scrimping on quality.

Have a theatre lover in your life? Someone who thrives on plays, concerts and live music? Well, don't go anywhere. Stay right where you are and visit Ann Hawthorne at Tickets Please — she has a booth in the very same shop. Now that's convenience! Check out <ticketsplease.ca> for upcoming shows.

Oooh, look! Now here's something fabulous on Gore Street: Dragon Moon! Just walking into this place is a trip — the store is roughly the size of a football field, but much more homey and cozy, with oodles of funky gift items at every turn (and there are lots of turns), everything from jewelry and exotic and cool clothing to rock t-shirts, musical instruments, wallets, accessories, textiles, and beautiful blankets made in all corners of the world. This might be the spot for that off-the-wall person in your life, and we all have those. Thankfully.

Not too far down the street (keep up now, will you) is the bright and airy Art & Class (53 Gore Street East), where Marguerite and her staff provide various art and craft classes for all ages — supplies too. They also carry unique and beautifully handmade gifts by talented local artists.

Speaking of which (did we pass it? oh my, we might have), right next door is the famous Riverguild Fine Crafts. I can think of few better ways to shop local than to shop at Riverguild, a cooperative (owned by 15 local artisans) dedicated to Canadian art and crafts. Works include salt-glazed pottery, batik artwork, fine leather goods, fine wood carving and sculpture, weaving, landscape art quilts, cooperative games, and pewter lanterns. I once bought a figurine of a dolphin there for my wife, and she bought one for me. They now reside happily, blissfully on our fridge, and always remind us of when we were first dating and scooting around Perth.

Crosswalk!

We've one more stop — though of course there are many more stops that could be made, and should be, but I could never mention them all in one article. And finally we're at The Merchant of Herriott (62 Gore Street), home to glorious antiques, a whole lot of really neat collectibles and hard-to-find memorabilia that will make anyone long for the "delightful whimsy of days gone by." Martin, the Merchant's amicable owner, will be our guide; he is an expert in all things past, from furniture to posters to rotary dial phones and turn-of-the-century cameras.

And we're done! Now wasn't that fun?! I think it was. So much fun, in fact, let's come back tomorrow and hit all the shops we missed the first time round.

Happy holidays, everyone.

— John Pigeau is a writer and the owner of Backbeat Books, Music & Gifts — yet another delightful shop in Perth — located at 6 Wilson St. W.

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# Living Through the Lens

A friend sent me a video clip of one of those pop up concerts, where one musician starts to play, and one by one, others come in. The double bass player stood elegantly in the town square, a hat in front of him, as an adorable little girl dropped a coin, and stood transfixed while the man played.

by Glenda Jones

One by one people began to gather to enjoy the music, and one by one the orchestra emerged from a building and joined the bassist. *Ode to Joy* came together, and a huge crowd gathered with the charming little girl still right in front. Old people, children on fathers' shoulders, teenagers, all joined together in one sonorous gorgeous musical moment.

But then I noticed a sad phenomenon: many people had whipped out their ubiquitous cell phones, and instead of watching with their own eyes, they were watching through the tiny lens of their cameras.

**B**ut then I noticed a sad phenomenon: instead of watching with their own eyes, they were watching through the tiny lens of their cameras.

They weren't so much concentrating on the music and the joy of the experience as looking for the best angle. The beauty of shared music was lost on them. They didn't turn to their neighbours, known or strangers, and acknowledge this incredible concert; they simply stared at the screens before slapping the cases closed, and moving on. The little girl was there nearly to the end, letting the music wash over her like a warm shower.

Now, you might say that without someone photographing this impromptu concert, I wouldn't have seen it either, except I know that's not true, as the orchestra had hired a professional to record the performance. I was meant to see it just the way it was recorded.

Years ago when handheld video cameras were a novelty — yes, I'm getting as old as dirt! — we took a drive up Whiteface Mountain. We come from the B.C. Rockies, so mountain driving has always been a treat, but the vistas as we ascended the mountain were stunning. We were unceremoniously passed by a convertible full of young people, speeding around the hairpin curves, with the passenger videoing the whole experience. Not once did he put the camera down and really take in the magnitude of that drive. Their stop at the top was only long enough to do a panorama pass with the camera before they hit the road again. Did they see the mountains? Did they even care?

We were at a concert not long ago where an exceptional singer entertained for us. Even though the audience had been asked to turn off the electronics, one person videotaped most of her concert. When he looks at that video will he hear her crystal clear voice, or the scraping of shoes, coughing, and rustling behind him? Will he see how

beautifully she projected her sparkling personality through her music, or will it just be a blurry image? And there was a golden opportunity missed again.

I love these new Smartphones, and if I thought I could figure out how to use one, I might be tempted. Young people snap pictures of everything, whether it is, as my son-in-law says, "pic worthy" or not. There is always the delete button. However, I really don't want to spend my days peering through a tiny camera lens, while life goes on around me in abundance. Why, I hardly use my cell phone, because I don't want the inconvenience of instant communication all the time. If you need to reach me, call my land line (oooh, she really IS old!!) or hey, I have email too!

There is another side to this entire picture-taking, and it sends me frantic. I nearly go batty when I hear this: "Would you like to see the pictures we took on our holidays?" How can you gracefully say, "Not really," and get away with it? It's nearly as bad as having to sit through the story of someone's dream sequence! No,

I don't want to relive your vacation, because while you were doing that, I was having a marvellous time at home. I need a stiff drink, and a snooze pillow to get me through vacation pictures. So imagine how I would react if you wanted me to see the myriad pictures you had taken throughout your ever-so-interesting day. I won't be looking at your Facebook page either, so don't try to tempt me with that.

The idea that people will stand by an accident or criminal incident and calmly photograph the scene is ghoulish to me. Is there no better way to assist than have all the photo images in case it goes to court? If I were a judge, I think I'd dismiss all that evidence, and send the witnesses packing — after confiscating their cell phones indefinitely.

We need to lift our heads from the eternal siren of texting and photographing everything, and get back to living life first-hand. Vicarious experience is never as good as the real thing. I want to see, to hear, to feel, what is going on around me without the pressure of having to record it for posterity. I will try to use my mind's eye to see and remember my experiences. And if the images get blurred with time, I will use my imagination to refresh the view.

What if this were the year Santa was stuck with electronics and everyone went back to talking to each other instead of texting, of visiting each other instead of using the video cameras, and stepping away from the small screen? Let's start to live life large again.

I hope you get the gifts of your dreams and all the batteries you will need to keep them going for months!

Oh, do you want to see this *Ode to Joy*? Google "Som Sabadell flashmob" and see it on YouTube. It is gorgeous!



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# Bluegrass Under the Mistletoe

## A Findlay House Concert Fundraiser for Arts Carleton Place

The holiday season is quickly approaching, and the folks at Findlay House have a special Christmas show scheduled for your festive enjoyment! This month, Findlay House Concert Series hosts a

night of bluegrass as a fundraiser for Arts Carleton Place.

Heather McTavish says: "We are thrilled to join forces with Arts Carleton Place and hold this fundraising event here in our liv-

ing room." Arts CP is active in the community, creating programs and raising funds to support the arts — It's a very worthy cause!

Be sure to mark Saturday, December 15, on your calendars and come on out for some Bluegrass Under the Mistletoe!

### Who's playing?

There will be Peter McGuire on banjo and vocals, Nancy McGuire on upright bass and vocals, Marc Rochon on guitar and vocals, and Peter Dawson (inducted into the North American Fiddlers Hall of Fame) on fiddle. They will warm up the December night with their traditional bluegrass and old-time music.

Every other month or so, excluding the summer, the doors open to the McTavishes' historic home in Carleton Place, the namesake of the concert series. (The house was built by one of the Findlay Stove Company boys.)

The McTavishes invite friends, neighbours and anyone else from the community who loves music to come over for a night of up close and personal musical entertainment, live in their living room. They've had everything from folk to blues to jazz to alt-country to bluegrass to Juno award winners to performers you've never heard of... and it's always great, because you just can't beat the magic of a live performance. The audience loves the intimate setting, and the performers love the attentive crowd. Everyone goes home happy.

So come on out, support the arts, and get bluegrass under the mistletoe on Saturday, December 15, at 207 High Street in Carleton Place. Doors open at 8PM. Tickets are \$30 — please reserve them at [findlayhouseconcerts@gmail.com](mailto:findlayhouseconcerts@gmail.com), and do it early, as it sounds like this will be a sell-out event.

— Carol A. Stephen



Photo by Lois Siegel

Peter Dawson will join some musical friends on December 15 to play a fundraiser for Arts Carleton Place

## John Landry Holiday Wish Returns!

Juno-nominated country recording artist John Landry will be touring Ontario in late December, after taking a short break from music to fulfill his lifelong dream of joining the Canadian Air Force. Captain John Landry is currently stationed in Gander, Newfoundland, and is part of "The Outcasts" 103 Search & Rescue Squadron, flying the CH-149 Cormorant helicopter on one of the busiest bases in Canada.

However, he has continued to write and record, and recently released his fourth CD. The appropriately titled *Changing Man* is a true reflection of his life over the past few years.

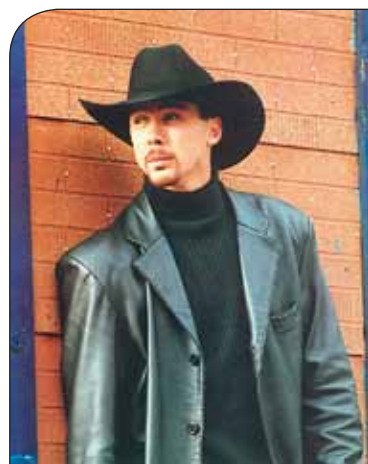
John remarked, "I got married, started a family and joined the Canadian Air Force. I'd say things have been 'changing' for me! My decision to join the Air Force did not happen overnight. It's been a lifelong dream to fly for the military."

John has enjoyed a successful music career with several top ten hits and videos. He is also a CCMA (Canadian Country Music Award) winner and has been nominated for several Junos.

"My career in the military has given me the freedom to write and record for me and my fans," says John, "without the stress and worry of gaining industry support. Of course I would love to see

industry and radio get behind it, but that would be an added bonus at this point. Overall I think the fans will really enjoy this record, and I really enjoyed getting back to co-writing with Rich Baker, the guy that helped me write a lot of the material on my first two records, like *Bit By Bit*."

Gander is currently home for John and his family; however most of his other family and friends are still here in Ontario. His Holiday Wish Tour sells out venues across Ontario every year, and will be coming to our area on Friday, December 14, when he plays the Almonte Old Town Hall at 8PM, along with South Mountain and Lynne Hanson. For tickets, call (613) 401-0856 or visit [northernstarmanagement.ca](http://northernstarmanagement.ca).



Catch John Landry's Holiday Wish Tour in Almonte on December 14

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# National Capital Writing Contest Deadline

The 26<sup>th</sup> annual National Capital Writing Contest is now accepting entries in the categories of Short Story and Poetry.

The awards are sponsored by the Canadian Authors Association – National Capital Region, and Collected Works Bookstore & Coffeebar. Awards of first prize (\$500), second (\$250), and third (\$100), will be awarded in each category.

It is anticipated that all finalists will attend CAA-NCR's 26<sup>th</sup> annual Awards Night on May 14 (7PM in the Ottawa Public Library auditorium, 120 Metcalfe Street at Laurier). First place winners will be asked to read their entries. Winning entries and/or honourable mentions may be published in a CAA-NCR anthology, a local news medium, or in CAA-NCR's e-magazine, *Byline*. Copyright, however, remains with the entrant.

The contest is open to members of CAA-NCR and/or residents of the National Capital Region.

Maximum length for the Short Story category is 2,500 words. Poetry, not Haiku, should be a maximum of 60 lines, including title and blank lines. Submissions must be the original, unpublished work of the entrant. Each entry must be in English, typed, on 8½" x 11" paper, one side only. The contest is blind judged and the entrant's name must not appear on the submissions, but on a separate cover page.

The entry fee is \$10 per story or \$10 for up to three poems. There is no limit on the number of entries. CAA-NCR members are entitled to one free entry in one category. Entries should be mailed to the National Capital Writing Contest, 163 Bell Street North, Box 57081, Ottawa K1R 7E1, Attention: Sherrill Wark.

Before entering, please check the complete rules for the 2013 National Capital Writing Contest at <canauthors-ottawa.org>. For further information, contact Sharyn Heagle, president of CAA-NCR, at <sharyn\_40@yahoo.com>.

## Gifts for Wives

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