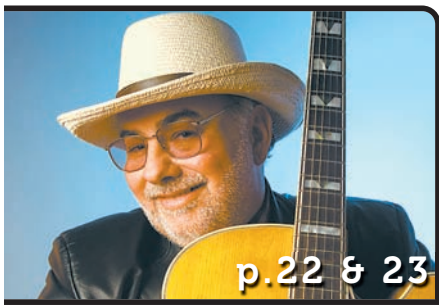


FEBRUARY 2011

the Humm

free

Arts,
Entertainment
& Ideas



p.22 & 23

February's Events



p.15

The Young Awards Gala

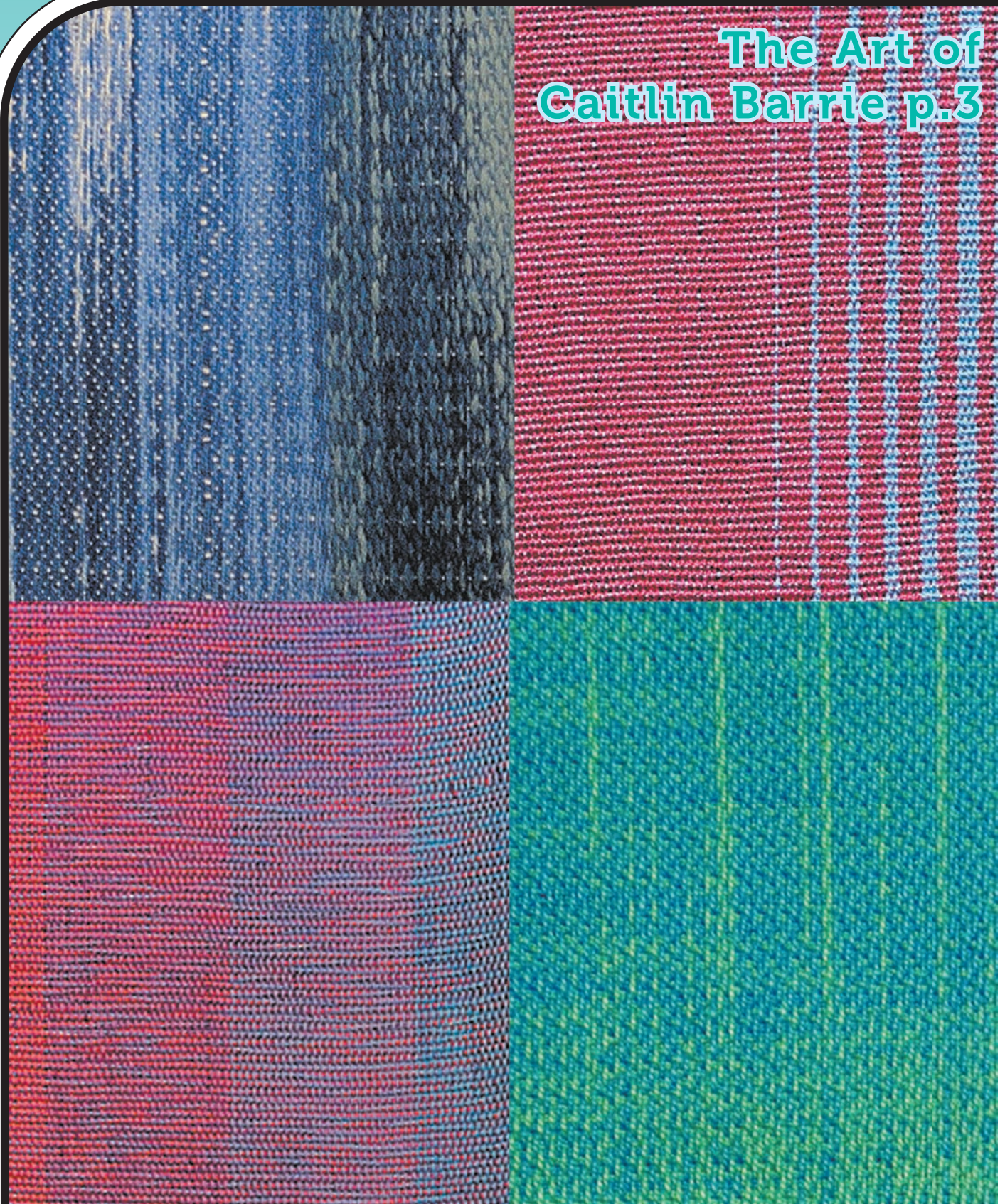


p.28

Looking for Theatre News?

**GET INVOLVED
GET CONNECTED**

p.5-8



The Art of
Caitlin Barrie p.3



*The month of Love.
Take someone you love by the hand.*

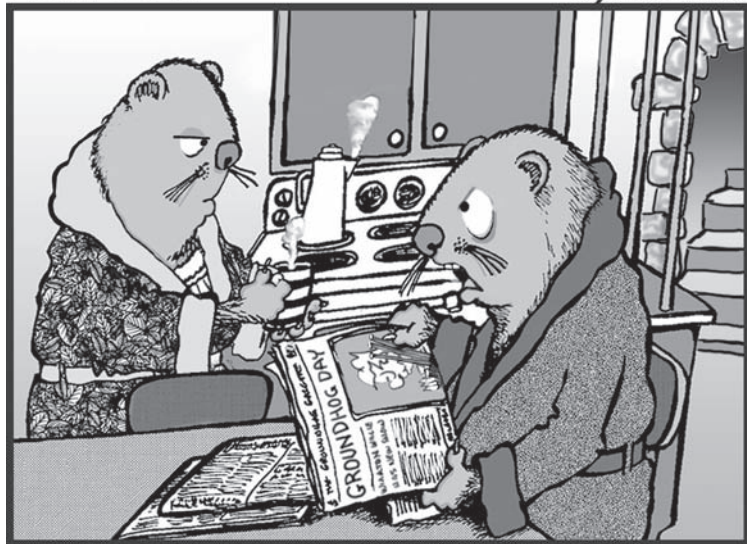


Valley
DESIGN CO.

22 Lake Avenue East, Carleton Place

257-1197

www.valleydesignco.com



"If I go up there and find they've got that idiot with the bagpipes again, they're getting winter 'til October!"

Humm Editorial

Welcome to the fifth annual "Get Involved, Get Connected" issue of *theHumm*. We hope you will find it to be a useful (and possibly year-round) tool — full of up-to-date contact information for many of the numerous organizations, events and activities in our area that rely on volunteers. If you find yourself (or a friend) with some spare time and a desire to reach out to your community, we're pretty sure you'll find the means and inspiration within these pages!

Volunteering has recently received some national attention. A survey entitled "Bridging the Gap" (available on the Volunteer Canada website at www.volunteer.ca) was conducted in the summer of 2010 with the goal of providing practical information for use by volunteer organizations to attract and retain skilled, dedicated volunteers. In December, His Excellency the Right Honourable David Johnston, Governor General of Canada, agreed to be the Patron of Volunteer Canada, and has identified "encouraging philanthropy and volunteerism" as one of his key goals.

Listed in this issue are close to 50 different groups that are all seeking volunteers, and we're sure there are plenty more out there. We hope you'll take the time to read through and consider whether your time or talents would be suited to one of them. But we also hope you'll read through the many articles and columns extolling the benefits of volunteering. As mentioned by Sarah Bingham in her article on page 8, the 2007 National Survey of Giving, Volunteering and Participating says that the number one reason why people don't volunteer is: "because no one asked me to". Please accept this issue of *theHumm* as your official invitation!

— Kris Riendeau

**Don't ask what the world needs.
Ask what makes you come alive and go do it.
Because what the world needs is people
who have come alive.**

— H. Thurman

The **Philip K. Wood Gallery** is pleased to offer a full range of professional framing services at

thevillageidiotgallery
14 Mill Street, Almonte

Winter Exhibition

613 292 4406 continues in the Victoria Woollen Mill, 7 Mill Street, Almonte

Who's Reading theHumm



Back in 2009 *Sylvia Vezina* from Kemptville wrote: I took my copy of theHumm, freshly picked up in Ottawa, to the Sahara Desert in Tunisia, North Africa. My guide snapped a quick shot of me aboard my camel about to head off for an hour-long ride in a sandstorm in the Sahara. Apparently this guide has only had a sandstorm like this three times in 33 years of tours! Hope I get published, to surprise my sister who lives in Almonte.

Readers Write

Snow Angel Gathering

As I was out walking in the fields recently in the new snow, I thought it was perfect light snow for making snow angels. So I plunked myself down, deep breath in, out, went my arms and legs, long breath out, limbs in, and a fine angel was made. I stayed there for awhile, gazing up at the clear blue sky thinking how great it felt. I got up, looked at my art work and thought if that felt so good, making another one would feel even better, and it did! How therapeutic! Then I thought: "more people should be doing this!"

So I am offering a Snow Angel Gathering on Saturday, February 12 at 1:30PM, at 4381 Wolf Grove Road in Lanark (20km from the ESSO station in Almonte, second laneway on the left after the flashing light in Middleville). It's free of course. I want to see how many snow angels can be made in our 7-acre

front field. Everyone is welcome! There will be a camp fire, please bring a lawn chair, some goodies and hot drinks and be a part of a happening. Who knows, if we fill up that field we can move on to others. Make an angel and make a wish, say a prayer, call in your angels, create an intention, set a goal, give thanks, decorate it, paint it with food coloring, make more, make a snow angel family, be creative — but most of all, come out and have fun! No need to register, just arrive. You are welcome to bring snowshoes or cross-country skis to explore the rest of the 85-acre farm.

— Sue Cressy

Expert Dog Training at **Natural pet foods**

Puppy \$110 for 6 wks
Level 1 & 2 \$138 for 8 wks

61 Bridge St, Carleton Place (613) 253-PETS (7387)



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

Editor:

Kris Riendeau
editor@thehummm.com

Layout and Design:

Rob Riendeau
rob@thehummm.com

Advertising:

Kris Riendeau
Phone: (613) 256-5081
kris@thehummm.com

Assistant Editor:

Rona Fraser
rona@thehummm.com

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

Submissions

By email or on disk.

Deadline

is the 22nd of the month prior to publication.

Subscriptions

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

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

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

Welcome this month to:

our new downstairs neighbours! Claire and Steve Falsetto have been busily transforming the ground floor of Almonte's Old Post Office into "Café Postino." We think it looks fabulous and can't wait to eat there...

Caitlin Barrie — Weaving Fields of Colour

Driving through the countryside, who hasn't experienced the emotional impact elicited by waving fields of colour? The spring emergence of varying hues of soft green fills us with burgeoning hope. In late summer the lush, bold greens

by Sally Hansen

and golds of swaying fields of grain suffuse us with feelings of well-being. On an overcast day the sepia tones of winter, interspersed with harsher black and white stretches of snow-covered landscapes, evoke sadness, even dread. Many artists' studio tours are scheduled to coincide with the yellows, oranges and reds of fall that are associated with happiness, creativity and excitement. The sky provides another familiar canvas on which nature stirs our emotions with her grand sweeps of colour and abstract pattern.

Ottawa Valley area artist Caitlin Barrie weaves fields of colour on looms to generate excitement and emotional responses to her "canvasses". For each work, she creates her palette of colours by plying, over-dyeing, and bleaching out areas of commercially dyed yarns. Then she weaves them into visually stimulating colour fields, with the goal of elevating an ancient craft into a fine art.

A recent graduate of Halifax's NSCAD (Nova Scotia College of Art and Design) University, Caitlin cites abstract expressionist artists such as Marc Rothko and Barnett Newman among her muses. As pioneering members of the New York City Movement in the '40s, they used large, bold colour fields to stimulate and surround the viewer with the energy

of colour. Many of us in the Ottawa area will recall the impact of Newman's huge piece *Voice of Fire*, when it was installed at the National Art Gallery of Canada.

Barrie works on a more modest scale in terms of size, presenting her works in a format usually associated with paintings or drawings. For each piece she meticulously designs a complex interaction of colours to captivate the viewer through the unique ways in which they blend, compete, contrast, complement and alter each other. Her technique of optical colour mixing is based on "divisionism" — the theory of breaking colour in painting. As a painter blends two colours together to create a third, a weaver is able to layer, twist and ply coloured yarns within a cloth structure to create visual suggestions of a new colour.

In one piece, her choice of shades of pink and green create an almost psychedelic effect. The colours seem to vibrate against



each other, creating an optical flicker. In another work, varying hues of blue create a woven texture full of gentle movement.

MVTM Exhibit

This past fall Caitlin approached the Mississippi Valley Textile Museum in Almonte with a proposal to serve as its "Artist in Residence", demonstrating her techniques and fine textiles, and

showcasing the museum's historical and contemporary relevance. According to MVTM curator Michael Rikley-Lancaster, visitors thoroughly enjoyed her work. As a result, the museum is hosting an aptly named exhibition of Caitlin's work — *Colour and Weave* — from February 12 to March 5. The show opens with a public vernissage from 2 to 4PM on Saturday, February 12. The museum <www.mvtm.ca> is located at 3 Rosamond Street East in Almonte, in the annex of the former Rosamond Woolen Company. Constructed in 1867, this National Historic Site of Canada now features a blend of the old and new, all related to the history of the Mississippi Valley and the textile industry.

Blending the Old and New

Born in Ottawa, Caitlin moved to Almonte when she was ten. She transferred to Arnprior High School to take advantage of their more extensive arts program and won a number of arts awards, including a Noreen Young Bursary Award in 2002. After high school, she enrolled in the Ottawa School of Art's Portfolio Development Program to support her application to NSCAD, from which she graduated with her Bachelor of Fine Arts, Majoring in Textiles, in 2009.

NSCAD was a wonderful experience for Caitlin. The school's unofficial motto, inscribed inside her Alumni ring, is "nolo facere insipida," after John Baldessari's lithograph, "I Will Not Make Any More Boring Art." The first year of the arts program at NSCAD is designed to let students discover their passion. After experiment-



ing with welding, woodworking, printmaking, painting, sculpture and other artistic media, Caitlin returned to her roots. She comes from a tradition of textile artists. Her Dutch grandmother is "an amazing seamstress and knitter." Her paternal grandmother is a member of the "Crazy Quilters", and her mother is a botanical watercolour artist.

"There is nothing more satisfying than the feel of fibre running through my hands," she tells me. She expands in her artist's statement: "The sounds of clicking needles, spinning bobbins, and flying shuttles are amazing — like heartbeats, pumping life and greater purpose into the fabrics they yield. I strive to create extraordinary textiles that create delight in the eyes and minds of all who see them."

At NSCAD, Caitlin participated in many student exhibitions; in 2009 the Anna Leonowens Gallery featured her solo exhibition titled "Through the Shuttle: Colour Exploration on the Loom."

Caitlin Barrie practices an art that is better known as a tradi-

tional, functional craft. For Caitlin, there is no problem moving between the two realms, and she, like other fine crafters, believes there is little value in the distinction. What defines whether a beautiful piece of jewellery or pottery or wood or fabric is art or craft? At theHumm, we employ a working definition that is very subjective. If the piece displays originality and creativity, it can be either or both. Barrie's pieces fall into both categories. In addition to the pieces she frames as art, she loves to create functional pieces such as pillows, place mats and runners. "Textiles should be loved, displayed and used," she urges.

The MVTM exhibit from February 12 to March 5 is an ideal setting in which to enjoy Caitlin's art. If you are interested in a functional piece, she would love to work with you to create a yarn palette that suits you and your décor perfectly. Contact information for this entrepreneurial young lady is listed on the back of her artist trading card.



Indulge in sweet maple products and meet local craftspeople and fine artists in the historic village of Pakenham and surrounding area. For studio tour details check www.maplerun.on.ca or call 613-624-5932



106 Wilson St. West
Perth, Ontario
613.267.5409

Mon-Thurs 8am-8pm
Friday 8am-9pm
Saturday 8am-7pm
Sunday 8am-6pm

www.foodsmiths.com



It's your choice....



make it healthy!

February is Heart Month



WHO Caitlin Barrie

WHAT Weaver, Artist

WHERE Pakenham and Nova Scotia,
<www.caitlinbarrietextiledesigns.blogspot.com>,
by email at <caitlin_db20@hotmail.com>,
by phone in Mississippi Mills at 256-6130

WHEN Feb. 12 – Mar. 5, *Colour and Weave* exhibition at
Mississippi Valley Textile Museum, 3 Rosamond St.
E., Almonte, 256-3754, <www.mvtm.ca>, public
vernissage from 2-4PM on Saturday, February 12.

WHY "There is nothing more satisfying than the feel of
fibre running through my hands."

ARTIST TRADING CARD

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



MISSISSIPPI MADAWASKA
LAND TRUST CONSERVANCY

ANNUAL GENERAL MEETING

When: March 5, 2011 at 2:00 p.m.
Where: St. Andrews United Church, Lanark

Guest Speaker: Paul Keddy, Author of *Earth, Water, Fire:
An Ecological Profile of Lanark County*

"Where the Wild Things Are"

Public is invited to attend
Light refreshments will be provided

Info: 613-267-4200, ext. 3403



Reliable Heating and Cooling presents

Young AWARDS Gala

This cultural celebration of our community
features fabulous food, an extensive silent auction,
and talented youth & adult performers.
Proceeds fund dynamic arts initiatives in local schools.

February 19, from 6PM
Almonte & District High School

Gala dinner tickets (\$65, cash or cheque only)
available in Almonte from
Appleton Gift & Basket, Blackbird and Foodies
and in Pakenham from 3 Yellow Tulips
or from reside@sympatico.ca
Tickets on sale until February 16



Random Acts of Pumpkins — the work of the Good Things Fairy, or the efforts of numerous Westport volunteers...?

Westport Wonders

Volunteers Do It For Free!

Good things happen in Westport. It's true, they do. They happen in the form of events or projects that seem to magically take place or get accomplished. It must be the "Good Things Fairy" doing all the work, 'cause Westport only has a population of 700 or so souls; there is no

by Steve Scanlon

way that this town could do what it does year after year without the wonderfully magical fairy. Perhaps the fairy has help from the "Get Stuff Done Goblin" or the "Everything On Time Elf". What about the "Impressive Imp" or the "Pray It Gets Done Pixie"? Okay, I'm done...

For the past three years, the brilliant "Good Things Fairy" and other creatures have shown up at The Cove Country Inn to kick off the year and hurry winter on its merry way with Westport's own version of Groundhog Day: **Westport Wally**. Saturday, February 5, is the date this year and the fairy et al have organized some great events for the kids to participate in. Rumour has it there will be wagon rides through the town and all kinds of winter games, complete with hot chocolate and other goodies, not to mention Westport Wally out looking for his shadow.

Now, this fairy is a very busy little thing because after the Westport Wally event there is an **Annual Kitchen Party** scheduled for April this year. Also scheduled for April is the annual evening of poetry and the **Poetry and Pastries** event. The dates for all of these events are to be determined, so check out the Village of Westport website, <www.village.westport.on.ca>, for details.

Other events happening in our Village throughout the year include the Canada Day Celebrations and Fireworks on July 1st, the annual music festival MUSICwestport, a weekly farmers' market, Writers Reading authors event, Random Acts of Pumpkins, and of course the Santa Claus Parade and annual Stephen Lewis Fundraiser. The fairy is busiest throughout the summer months, bringing you art festivals

and studio tours and simultaneously spreading goodwill and flower baskets throughout the town. The town is a sparkle with fairy dust and scurrying wee creatures spreading joy and... oh, if only it were so.

Wouldn't it be great if we actually had a "Good Things Fairy", a little creature flitting about waving her (or his) magic wand and just making good stuff happen? I'd want one of my own — one that does the dishes, folds the laundry, and vacuums — but, nothing happens in a vacuum (the segue of all segues). In reality, however, our little village of 700 folks has some pretty impressive people making all of these things come together. There's the Westport in Bloom Committee (the Bloomers) beautifying our streets with flowers and banners, and music festivals organized by the volunteers at the Westport Arts Council. We have volunteers at our library and the folks from the Chamber of Commerce. There are people organizing fundraisers and events at our local schools, and mom-to-mom sales, and who can forget our wonderful Heritage Festival held every year in June. What about the volunteers running our Food Bank?

The point is, we don't have a "Good Things Fairy", we have something more powerful and special — we have a town full of good, well-meaning people contributing every day to making our village a better place to live and visit and guess what — Volunteers Do It For Free!

As Sherry Anderson so aptly put it: Volunteers don't get paid, not because they're worthless, but because they're priceless. Our little village sure has some priceless people... In the meantime, I'm still on the lookout for goblins and pixies because, well, my daughter believes in them and I believe in my daughter. Here's hoping they're still around helping out the volunteers.

If you are looking for more information on upcoming events in and around Westport, check out the following websites: <www.westportfestivals.ca>, <www.coveinn.com>, <www.westportartscouncil.ca>, and <www.village.westport.on.ca>.

How to Get Exactly What You Want

If what you want is to become more connected and involved with your community:

Start reading the descriptions of organizations and events seeking volunteers (they start at the right and span the next four pages), and don't stop until you've found the perfect match for your interests and availability. We guarantee it will be there somewhere!

If what you want is to help spread the work (and fun) around so that you can keep some balance (and free time) in your life:

Pass this issue of *theHumm* on to a new neighbour or someone who has recently retired or moved to the community. Why not bring them cookies too!

If what you want is to attract and retain volunteers for your organization:

Go to <www.thehummm.com> and read Sally Hansen's article "In Pursuit of Volunteer Recruits", that first ran in the February 2007 issue of *theHumm*. It's chock-full of proven and practical ideas!

And Last, But Not Least

If what you want is to continue to live in a community where folks volunteer to coach your children (or you), sort your used stuff and re-direct it from landfills, care for you when you get older and have trouble moving around, figure out how to be good stewards of the land and water on which we rely, preserve and celebrate our cultural heritage, raise money for good causes, and put on events that are tons of fun...

THANK A VOLUNTEER!



Almonte in Concert

presents

Ensemble Prisme

with guests

Noémi Racine Gaudreault – violin Nigel Bell – horn
Frédéric Lacroix – piano

An array of the finest artists in our region will captivate your attention with the rich palette of tonal colours in chamber music for various combinations of winds, strings and piano. Works by Devienne, Poulenc, Hétu, Berio, Bartók and Haydn.

Saturday, March 5, 2011 8PM

Almonte Old Town Hall, 14 Bridge Street, Almonte

Tickets Adult \$27 Student \$14

Available by phone at 613 253 3353, online at www.almonteinconcert.ca
or at Mill Street Books, 52 Mill Street, Almonte, 613 256 9090

ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO



Volunteer Opportunities

If you're looking to get more involved in and connected with your community, look no further! Below and on the next few pages you'll find a "one-stop-shopping" index of events, groups and organizations throughout Lanark County (and beyond) that rely on the wonderful work of volunteers. Our hope is that no matter what your interests and availability, you'll find the perfect match.

Don't see your event or organization listed on these pages? Contact <editor@thehummm.com> to be listed in future issues.

Community Organizations & Services

The **Adult Learning and Training Centre** is a non-profit, community-based literacy and basic skills program that helps adults of Lanark County and Smiths Falls prepare for employment by upgrading their basic literacy, math, computer, life and work skills. We have tutors that will work one-on-one or with small groups based on individual goals and needs. We also provide tutor training and support to current and new volunteers. Check our website at <www.altclanark.ca> or contact us at 284-2121 or <altc@cogeco.net>.

Join the **Almonte & District Horticultural Society** for monthly speakers and gardening tips. Enter your best blooms and creative arrangements in our shows. Mount your best shots for our photo competitions. Lend a hand tending our gardens around Almonte. Sample dishes at our "Culinary Feast From My Garden" Potluck. We meet the fourth Monday of every month, except July and December, at the Cornerstone Community Church at 7:30PM. \$10 annual membership. Contact Cindy Zorgel at 256-5155 or visit <www.gardenontario.org/site.php/Almonte>.

If you are looking for a way to give something back to your community, please consider volunteering at the **Almonte General Hospital/Fairview Manor**. The Hospital and Manor are seeking volunteers to assist staff in several departments, help with activities, and spend time with patients and residents. Training is provided. To find out more, contact Anne McRae at 256-2514, x2226 or visit <www.almontegeneral.com>.

The **Almonte Lions Club** began serving the community in 1946. The club is involved in every aspect of community service, including major projects such as the Almonte Hospital development, and the Community Centre. Other community services involve ongoing programs such as Christmas baskets, helping the blind, and the Tait McKenzie Scholarship Program in the Almonte and District High School. New members, men and women, are welcome. The club meets monthly at the Almonte Legion. For information phone 256-2384.

From 4 to 64! No matter what your age, the **Almonte Soccer Club** has a place for you to play. We have 800 members and a great bunch of passionate volunteers. Come help us organize "the beautiful game" in Almonte. Contact Andy Illingworth by phone at 851-9266 or by email at <asillingworth@yahoo.ca>, or visit our website at <www.almontesoccer.com> to learn more about our Club.

The **Althorpe Bolingbroke Community Hall** on County Rd. 36 between Maberly and Westport is seeking volunteers with a few hours to spare or students needing community service requirements. Opportunities could include assisting at events, writing publicity releases or completing surveys. Events at the Hall include Dinner Dances, Community Potlucks, Victoria's Quilts, Seniors and CPHC Events. Your skills and participation will help us to keep the ABC Hall a vibrant part of our community. Contact 273-5475 for information.

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

Camp Lau-Ren is a children's residential summer camp drawing campers from many parts of Renfrew and Lanark Counties. The Camp Lau-Ren Board seeks volunteer board members, leaders and counsellors as well as people willing to help with camp renovations and repairs in the spring. Volunteers are the lifeblood of this non-profit camp and help keep camper fees low. For more information on how you can help, please contact Bruce Patterson at 257-2672 or visit us online at <www.lau-ren.com>

The **Canadian Association for Disabled Skiing (CADS)** has an active program at Mount Pakenham. A volunteer, not-for-profit organization, we provide skiing resources for those with a wide range of physical and/or developmental impairments. We currently have 38 participants and an army of volunteers to assist them on the hill. Although our program is underway for the 2011 season, we are already taking names for both participants and volunteers for next year. Contact us today at <deannabarry@storm.ca> or 256-7535.

Fight Back Against Cancer... Volunteer! Volunteers are at the centre of everything we do at the **Canadian Cancer Society**. We will work with you to find a role that suits your availability and interest. In Lanark County, we currently need your support with the April Daffodil Pin campaign, volunteer driving or dispatch, interviewing volunteers, giving presentations on cancer prevention, planning and implementing Relay For Life in June at Lombardy fairgrounds. Contact Laurie Blackstock: 267-1058, toll-free: 1-800-367-2913 or <lblackstock@ontario.cancer.ca>.

Looking for a New Year's Resolution that will change your life? How about helping the **Carleton Place / Mississippi Mills Green Party**? We're a group of dedicated individuals – engineers, economists, business people – who are trying to effect political change. Come learn about, and play a role in, local politics! You can also gain useful experience and training: accounting, event planning, resource coordination, project management. Think globally – act locally! Contact us at <cmmgreens@greenparty.ca> or 831-4342, or visit <cmmgreens.ca>.

Everyone in and outside of **Carleton Place** is invited to participate in **BIA** community events such as Lambs Down Park Festival, Bridge Street Bazaar, Maskeraid Halloween Parade and the Santa Claus Parade. All events require many volunteers to make them the success they are. The BIA is an organization open to new partnerships and events — if you have a great event idea contact us. For a great volunteer experience contact the Carleton Place BIA at 257-8049 or <cmcormond@carletonplace.ca>, <www.downtowncarletonplace.com>.

The **Civitan Club** of Almonte is a not-for-profit service club serving Almonte & area. We operate a community hall and conduct many fundraising events. Proceeds are returned to our community as donations per the directions of our membership. Dedicated, community-spirited volunteers are needed to continue our services to the community. Contact any Civitan member or attend one of our regular meetings held on the 2nd and 4th Monday of each month at our hall, 500 Almonte Street, Almonte. 256-6234.

Community Home Support – Lanark County provides support services to seniors, adults with physical disabilities, and persons with life-threatening illness and/or who are dying which help them continue to reside in their own homes and remain a vital part of their community. Volunteers are needed. Drivers receive a tax-free reimbursement. For more information, please call the office nearest you. Perth 267-6400, Smiths Falls 283-6745, Lanark 259-5412, Carleton Place 253-0733, Pakenham 624-5647.

The **Community Labyrinth** in Carleton Place offers a special place for people to come together to celebrate, to enjoy a meditative walk, or simply take time out of a busy day. Seeking volunteers to assist with staging and set up for our 2011 events including Labyrinth Fest, Saturday June 18 celebrating the official opening of the NEW Community Labyrinth. Artists, musicians, poets and vendors invited for this special day. Contact Debby at 257-1014, log into our blog <carletonplacecommunitylabyrinth.blogspot.com>.

The **Guatemala Stove Project** works with indigenous Maya families living in Guatemala's Western Highlands. The core activity is building masonry cook stoves for impoverished households in rural Maya villages. Also involved in education and nutrition. The goal is to improve health, reduce deforestation and carbon emissions. Volunteers plan fundraising events, presentations, and the annual volunteer trip to Guatemala. Meetings held every six weeks in Perth, and Ottawa. For more info visit <www.guatemalastoveproject.org>.



Mills Community Support Corporation's **Home Support Program in Almonte** assists seniors and adults with physical disabilities to be active in their community and to be happy, healthy and independent in their homes for as long as possible. Consider volunteering with our program by driving seniors to appointments, delivering Meals on Wheels, serving meals at our dining programs, being a friendly visitor, telephone assurance or helping with our Home Support Hikers program. Please call Home Support at 256-4700 for more information.

Help us to help others! **The Hub** and **Rebound** need volunteers to help operate two stores which recycle and resell used clothing, books, toys, housewares, sports equipment and furniture. Be part of a sorting or sales team with a commitment of a half-day a week. All our profits are donated back to the community of Mississippi Mills. For more information, phone Rebound (256-1700), the Hub (256-5225) or President, Glenda Jones (256-6479).

Kiwanis Club of Perth-on-Tay turned artsy this past year, holding new fundraisers. We sold tickets to Blithe Spirit, one of the Classic Theatre Festival plays in July, and in December invited author Charlotte Gray to a Gold Rush Day. Both were successful and fun. Who knows what we might get up to next in support of our programs, local and abroad, for children and youth. Give us a call and see what we're all about. 267-4662 or <www.KiwanisOne.org>.

The **Lanark County Community Justice Program** involves the community in repairing the harm that results from crime. Youth and adult referrals are screened, then assigned to volunteer facilitators who conduct restorative justice forums, where people directly affected meet to discuss an incident and decide how to make things right. Volunteers receive training, resources and support to assist them in their work. For information about our upcoming training session for new facilitators, call 264-1558 or 1-888-264-1558, or email <ed.lccjp@gmail.com>.

The **Lanark County Genealogical Society** promotes the preservation of family and local history in Lanark County. Volunteers are welcomed to help in various projects such as cemetery recording and a Places of Worship project. For further information call Marilyn Snedden 256-3130 or visit <www.globalgenealogy.com/LCGS/>.



The **Lanark County Therapeutic Riding Program** offers specialized riding lessons to people with physical and/or developmental disabilities. Would you like to volunteer during weekly lessons to lead the horses or walk beside the riders to give them support and encouragement? No experience is required, and training sessions will be held in the spring with lessons beginning in April in Perth and Almonte. For more information visit <www.therapeuticriding.ca> or 257-71221 x236. Great exercise and great people!

Mainstreet Almonte Attraction and Promotion (MAAP) promotes Downtown Almonte and assists communication between festivals, organizations, the Town, and the downtown community. You might know us from such initiatives as: Mill Street Money, EGGScapade, and Art of Living ads. Interested in helping keep Almonte a thriving, friendly town? Whether you have an hour a week or time for only one event, drop us a line! At the least you'll get to know some fun people. Contact <ronafraserink@gmail.com>. Learn more at <www.DowntownAlmonte.ca>.

The **Perth Lioness** is a 57-year-old community service club. It participates in fundraising activities such as: Thanksgiving apple pie sale, Kris Kringle Craft Fair, a Spring Fling, catering and operating the Lioness booth at the fairgrounds. Funds raised are donated to the following: Great War Memorial Hospital, Algonquin College Building Foundation, local education projects, sports, and charitable groups (Food bank, Salvation Army, etc). Interested volunteers should call Josie Roberts at 267-3769.

Pageful of Poetry

Slamming Through the Season

February. The beginning of the end of the winter. Valentine's Day. The Young Awards. Skating on safe ice. There are a lot of things to celebrate about February. One of them being a feature set by Claire Hunter and

the best season yet. The members of LiPS have really taken spoken word to heart, and have been doing all they can to see it spread and grow. The future of slam is in very good hands... and voices. If you've been waiting to perform, or to check it out, wait no more.

by Danielle Grégoire

Amanda Roi, the winners of *Almonte's Got Talent*, at the Lanark Live Poetry Society (LiPS) Slam. Last month there were two outstanding slams in Carleton Place and Perth. There were new poets, a feature brought to us from Vancouver via Skype, and the youngest slammers yet.

This is the fourth season of slam poetry in Lanark County. I think that this is going to be

Monday, February 7, is the next **LiPS slam**. Head to CP Cinemas in Carleton Place. Doors open at 6:30PM and the slam starts at 7PM. If you're looking to slam, bring two pieces of poetry under three minutes in length, or something for the open mic. It's free for those who perform, and \$5 to watch.

If you have a tip about a poetry happening in the valley, email me at <danielle.gregoire@hotmail.com>.

TYPS Youth Centre Rebranding Contest

TYPS youth centre has recently relocated to a much bigger and more accommodating space in Almonte. During this rapid period of growth and change, the staff and board of directors feel that it is an appropriate time to consider rebranding. Thus, they are looking for a new name and logo design to go with their new digs!

The objective is to create a fresh, unique name and logo design for the youth centre of Mississippi Mills, which is currently known as TYPS (Take Young People Seriously). This rebranding contest is open to all Missis-

issippi Mills community members — young and old!

Why Participate?

Naming and designing a logo for your community youth centre will give you recognition and presence within your community and also earn you major bragging rights! The deadline for submissions is Thursday, March 31, no later than 11:59PM.

All submissions must be accompanied by a brief explanation as to how the name and logo reflect the organization. For full details and guidelines please visit <www.typsouthcentre.org> or contact the centre at 256-8485.

Knitting Yarns & Patterns
Groceries ~ Giftware
Village Treats ~ Local Cheeses

613-257-2296

8981 Flewellyn Road ~ Asbton Ont.
www.theashtonstore.ca

Fresh Coffee ~ Muffins ~ Sandwiches ~ Snacks ~ Ice Cream ~ Drinks

Mike Doyle

Accounting for
Small & Large Business
Income Tax Services

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

Get Involved — It's a Good Thing

The Town of Mississippi Mills Hosts Volunteer Fair on Feb. 23

Ever thought about volunteering? Don't know where to start? Well... grab a friend and come on down to the Almonte Old Town Hall on Wednesday, February 23. The **Mississippi Mills Volunteer Fair** open house will take place on the 23rd between 7PM and 9PM, at the Almonte Old Town Hall located at 14 Bridge Street. The event offers residents, new additions and guests the opportunity to learn all about volunteerism at one convenient location.

Gather information about local clubs, associations, services, businesses, and organizations. Connect with friendly and enthusiastic exhibitors, network with event participants, and build valuable relationships.

The Town understands that volunteers are the heart and soul

of our community; they also appreciate that volunteers are sometimes difficult to attract, and would like to assist service and community groups in their recruitment efforts. All volunteer-based groups and organizations serving the Mississippi Mills area are invited to participate for free, but please contact Nicole Guthrie at 256-1077 x22 to reserve a spot.

Volunteerism is a good thing. As a volunteer you have fun, meet people, teach others, share your skills and give back to your community. By giving of your time you not only help yourself, you help your community grow stronger.

For more information on the event please contact Nicole Guthrie at 256-1077 x22.



Pay Attention — There Might Be a Test

"Pay attention! Yes, you with your Blackberry, Bluetooth and earplugs!" There is no way you can be processing all that information in a meaningful manner! How to choose becomes the question, and what to retain it is the answer. On Friday, February 18, as part of the **Almonte Lecture Series**, retired social psychologist Warren Thorngate will address the problem of expanded technology and the plethora of information that everyone feels compelled to absorb.

This is the fifth lecture of the season and, judging by the popularity of the others, this too will be informative and thought provoking. Professor Thorngate has studied the psychology of contests and competitions in his recent book, *Judging Merit*. He has researched the intricacies of attention and how we are bombarded

with too much information to process efficiently. The future of the information highway in light of these factors becomes a serious issue not only for those who are using it for marketing purposes, but also for those of us who try to travel it. There is constant competition for our attention, and it can be confusing and frustrating trying to keep up with the inconsequential details.

The Almonte Lecture will be held at the United Church Hall, on Elgin Street in Almonte, at 7:30PM on Friday, February 18. Admission is by donation. There will be coffee and an interesting evening of discussion. Step away from your technology, unplug your ears, and come out to hear a real live lecture! Who knows — it could change your whole way of dealing with information overload.

— Glenda Jones

Join a local **Rotary Club** to enjoy fellowship while supporting local and global communities with hands-on help and financial assistance from fundraisers. There are clubs in Carleton Place (Alan Jones, 256-6479), Smiths Falls (Eileen Crosbie, 283-8763), and Perth (Jim Peden, 267-0027). Clubs meet weekly for a meal and a guest speaker and to plan their fundraising and service activities. For more information call the club presidents (above) or David Batchelor at 264-1559 or <david.batchelor@rotary7040.com>.

TYPs (Take Young People Seriously) serves 12-18 year olds in Mississippi Mills. Our centre at 65 Mill Street in Almonte is open Monday-Friday from 2:30 to 8:00 (9:00 on Fridays). Youth drop in, make a snack, and hang out. We also offer a range of special projects, programs, and events. If you'd like to help make our community more vibrant and youth-friendly, or have some time and skills to share, please contact us! Call 256-8485 or email <julie@typsyoungpeople.org>.



Arts & Activities Organizations

Almonte in Concert offers live classical chamber music at its best, performed in our own Old Town Hall! Visit our website at <www.almonteinconcert.ca> to learn more about us. For anyone interested in joining the team, the Board of Directors is seeking energetic and innovative individuals to develop and implement fundraising and sponsorship strategies. If you feel inspired to help, please contact Gay Wood at 256-4554.

Arts Carleton Place has received a six-month grant to initiate and create a volunteer database for our organization and to extend this project out to our community. Pauline Fitchett, our new staff, is updating the website and contacting groups and organizations. She will be inviting you to open houses and workshops to become volunteers for events, festivals and programs in Carleton Place. Please volunteer: 257-2031. Office: Train Station, 132 Coleman St. <www.artscarletonplace.com>.

Artswell, Arts and Healthcare is looking for volunteers to join our board. If you have an interest in the arts and health, are able to devote one full day a week to Artswell (this is a working Board), have some organizational and managerial experience or previous Board experience, have experience in fundraising for charitable organizations, and have enthusiasm and talents to share, check <www.artswell.ca> and contact us at <artswell@magma.ca>.



MERA is a Community Arts organization in McDonalds Corners. Our Heritage Schoolhouse is busy all week with dancers, fibre artists, musicians and potters. On weekends we host concerts and, in winter, our popular 'Round the World on a Dinner Plate' community suppers. We offer interesting workshops and, in the warmer months, there is the Farmers' Market, MERA Café, summer arts camps, festivals and community events. For more information, or to become a member, visit <www.meraschoolhouse.org>, email <meraschoolhouse@bell.net>, or call 278-0388.

The **Mississippi Mudds Theatre Group** is always looking for new volunteers both back stage and on stage. Another vibrant season of live theatre in Carleton Place is underway with plans in place for two major productions between now and May 2011. In February our Youth Theatre branch presents *Into The Woods Junior*, and on April 29 we open *Halfway To Heaven*, an original Mudds musical. Visit <www.mississippimudds.ca> for news and all the details of current and past productions.



The **Mississippi MUDDS Youth Theatre** provides opportunities for children and youth aged 8-18 to gain confidence, artistic skill and friendship through theatre. Established in 2007 and growing strong, we welcome volunteers of all ages. Always seeking set painters, builders, seamstresses, chaperones, designers and anyone interested in making a difference to a young person's life through the performing arts. Please contact Kate for more information. 253-1388, <jakas@distributel.net> or check the website at <www.mississippimudds.com>.

The annual November musical theatre presentation by the **Perth Community Choir** plays to capacity audiences in the Mason Theatre. Opportunities are available to be on stage, a member of several production teams or become a board participant. At the Annual General Meeting on May 18, 2011, the fall show will be announced, a new board elected and scheduled auditions arranged. Look for further announcements in theHumm. Join the Perth Community Choir family this fall!



The **Valley Players** are an amateur theatrical group located here in Mississippi Mills. Come join us and get involved with putting on a variety of productions throughout the year. Membership is a whopping ten dollars for the year. Whether you're interested in being in the cast or the crew you are welcome to come in and learn or teach us some new tricks! Check out our website at <valleyplayers.ca>.

Museums & Conservation Areas

Archives Lanark welcomes your help once a week. The Archives relies on volunteers to assist visitors, organize the holdings, make photocopies and enter information into our database. Located at Drummond Centre near Perth, this repository for historical and genealogical documents pertaining to the County of Lanark is an independent not-for-profit organization. Call 256-3130 or 267-2232 if you enjoy dealing with the public and working with adults in a comfortable office environment on Fridays or Saturdays.

The **Arnprior and District Museum** reflects the heritage of Arnprior and the surrounding area and volunteers make it happen. The Museum welcomes volunteers to help with building new exhibits, documenting artefacts, painting, conserving textiles, and doing computer database work. 2010 saw a lot changes and we are on the lookout for help with our marketing and labelling. If you have any of these skills and an hour or two a week to spare, come and join us. Please call 623-4902 or email <jcarlile@arnprior.ca>.

Be a friend, make a friend. Your skills are needed by the **Friends of the Textile Museum** in Almonte who are happy to welcome new members. Their activities centre around the various museum events: exhibit openings, Fibrefest, the dance, the Fezziwig Christmas, and many others. Meet artists, learn about the textile trade, help keep this vibrant museum alive. Call the museum at 256-3754, or drop in to find out what's new.

Join the **Mississippi Valley Textile Museum's** team of volunteers! The MVTM collects, interprets and displays artifacts relating to the history of the textile industry in the Mississippi River Valley, and showcases contemporary fibre arts exhibitions. We are looking for volunteers to assist in office administration, building maintenance, landscaping, to greet visitors and give tours, run educational programs, work on displays and exhibits, work with artifacts, help out at special events, and more! Visit <www.mvtm.ca> or contact 256-3754 x15.

The **Mississippi Valley Conservation Foundation** (MVCF) is looking for volunteer members. The MVCF provides volunteer support and raises funds for the conservation education program, special projects, and conservation area upkeep. If you are interested joining the MVCF contact Suzanne McFarlane at 259-2421 x225. Mississippi Valley Conservation is also looking to expand its conservation area volunteer corps. Volunteer interpreters



are needed at **Purdon Conservation Area** during the peak Showy Lady Slipper Orchid blooming period from mid-June to early July. Volunteers assist visitors with plant identification and site history and provide light maintenance — training provided. The **Mill of Kintail Conservation Area**, home of the R. Tait McKenzie Memorial Museum and Dr. James Naismith Museum, needs volunteers to help maintain and enhance the gardens, monitor trails, and assist with special events. For these and other watershed-based volunteer opportunities please contact Suzanne McFarlane at 259-2421 x225.

The **North Lanark Historical Society** is dedicated to preserving the history of the local region. They hold interesting talks and exhibits of a heritage nature, host an annual dinner, research and publish information including newsletters, and operate the North Lanark Regional Museum located at Appleton. Anyone with a keen interest in history is encouraged to join and help both the organization and its museum. For further information contact Doreen at 256-2866 or email <appletonmuseum@hotmail.com>.

Festivals & Events

The **Canal Railway and Chocolate Festival**, which is held July 15-17 in Smiths Falls on the UNESCO World Heritage Rideau Canal, is a family-focused festival. Volunteers are needed right away to help with organizing events, writing grants and getting the program together, and are also needed on the festival weekend for set-up, gate admissions, vendor set-up, security, teardown and cleanup. Contact <dawnsncloset@hotmail.com>, <www.canalrailwayfest.com>, 284-2664.

The 35th annual **Festival of the Maples**, downtown Perth, April 30, 2011, includes over 100 vendors, live musical entertainment, children's activities and more. Volunteers are needed for the day between the hours of 6AM and 6PM. We need people for the following: set up, take down, parking assistants, barricade monitors, delivering items to vendors, children's activities etc. ½ hour of your time or all day if you want. Contact: The Perth & District Chamber of Commerce, 267-3200.

Join a dynamic team of volunteers for the 16th Annual Ottawa Valley Midsummer **Herbfest** on Sunday, July 24, 2011 at the Herb Garden, Old Almonte Road, just outside Almonte. This festival hosts the famous Chef Cook-off, a large market place, live dance and music, wild herb walks, presentations and a lot more. As a volunteer, you will receive a free family and parking pass, T-shirt and honorary stipend. For info visit <www.herbfest.ca> or contact Freda Godby at <fgodby@rogers.com>.

Mississippi Mills Bicycle Month is a volunteer-run community festival in June which celebrates everything bicycle — art and film shows; guided rides for birders, heritage buffs, stargazers, seniors and families; bike safety and maintenance courses; games, rodeos, competitions; and much more. Now and throughout June, we need volunteers to help organize, promote, and run events. We'll match your talents, ideas and time commitments with tasks and people you'll enjoy working with. To join our bicycle-friendly group: <bicyclemonth@gmail.com> or 256-3234.



The 2011 **Perth Regional Heritage Fair Committee** will once again be sponsoring history fairs in schools throughout Lanark County and area, culminating in the Regional Fair in Perth on April 28. The committee welcomes volunteers to help in the planning and organization of the day, as well as the judging of individual projects and various other volunteer activities the day of the fair. If interested in helping out, please contact John McKenty at 267-7319 or <john.mckenty@sympatico.ca>.

Come and join our volunteer corps for the **Puppets Up! International Puppet Festival** on August 5 to 7! Love working with people? We have jobs as greeters and ticket takers. Have experience with finances? We need help in our cash office. Organizational and management skills? Put your talents to good use in our theatres. And, for those who are avid crafters, we could certainly use your skills in our children's craft tent. Contact Maggi McLeod at 832-5880 or <mmmcLeod@xplornet.com>.

Volunteering Pays Off!

Anne Frank had it right when she wrote: "How wonderful it is that nobody need wait a single moment before starting to improve the world!" That inspiring sentiment is nowhere more fitting than in the world of volunteerism.

Through volunteering, we all have tremendous power to make real change in the world. It's also one place where the payoff works both ways. Not only do volunteers get the fulfillment of improving their own community and the lives of others — they also get to put their expertise and skills to good use, develop new skills and experiences, meet new people, and have the opportunity to develop meaningful friendships.

It seems that Ontarians already know all about the perks of being a volunteer. The 2007 National Survey of Giving, Volunteering and Participating (NSGVP) reports that over five million Ontarians (47% of all residents aged 15 and above) volunteer their time. This rate is higher than for Canada as a whole.

Organizations such as **Lanark County Interval House** simply could not function without these amazing volunteers. They are the foundation that supports the programs and services that the women and children of Lanark County need.

Volunteer roles at the shelter offer a variety of benefits for anyone interested. No matter what your age or time availability, there is an opportunity for you to improve lives — including your own. Urgent needs at the shelter include volunteer drivers (fuel expenses are covered by the agency), people to work at the As Good As New store on Bridge Street in Carleton Place, and members for the fundraising committee.

Whether driving clients to appointments and/or support

groups on a weekly basis or participating once at a special event, your contribution is essential in helping the women and children of our community live free from abuse and violence. And statistics show us that you already know a woman who needs these services.

The NSGVP identifies one of the main motivating factors for volunteering as "being personally affected by the cause." Whether we are aware of it or not, every one of us knows someone whose life is being or has been touched by abuse — it could be your regular grocery store clerk, your kids' bus driver, or even one of your relatives. Woman abuse is a societal problem that affects all of us. Helping Interval House means helping someone you know.

The same report also identifies the number one reason why some people don't volunteer: "because no one asked me to!"

As you read this article, please consider yourself officially asked to volunteer with Lanark County Interval House. Call our Volunteer Coordinator at 257-1115 x2 to get more information on how you can share in the enduring spirit of hopefulness and connection that the gift of volunteering gives.

Lanark County Interval House provides extensive support for children, youth and women who experience 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. LCIH also provides shelter and support for women and their children who have experienced physical, sexual, emotional, or financial abuse. Call 257-5960 or 1-800-267-7946 twenty-four hours a day for any of our services.

— Sarah Bingham



Pay us a visit in February to view
one of Canada's finest private collections of "Love Tokens"
(a popular mid to late 19th century tradition)

Alliance Coin & Banknote

88 Mill Street, Almonte

613-256-6785

Local Stewardship Project Goes National

Fifteen years ago when a small group of volunteers began to meet as members of the newly formed Community Stewardship Council of Lanark County, they never would have believed that their efforts would eventually receive national attention.

In 2003 the Community Stewardship Council of Lanark County offered Pinegrove Productions \$1000 seed money towards developing an educational video series on biodiversity. Today *Our Incredible World* <www.incredibleworld.ca> with its dramatic video series, and wealth of innovative games, lesson plans, e-newsletters and much more, is used in classrooms across Canada. "*Our Incredible World* (OIW) is a wonderful program for inspiring students to care about biodiversity," explains Michael Leveille, a celebrated science teacher whose students have inspired youth around the world to draft an International Youth Accord on Biodiversity.

The initial idea for OIW came from an Almonte, Ontario grade six teacher looking for an innovative way to teach about biodiversity and bring the natural world we experience in our backyards into his classroom. Filmed at the Macoun Marsh in Ottawa, the initial OIW video series combines science and social issues as it follows the adventures of Jesse and Seka, who help to study and protect the wetland and the many species that rely on it. Not without mishap and humour, the two young people learn to observe species in their habitats, to record sample data, to classify their findings, to understand the role of biodiversity in adaptation and ecosystem resilience, to explore the world of microorganisms, and to make a scientific case for the preservation of a piece of local nature they come to really appreciate.

Thanks to the work of countless volunteers and support from funders, OIW has continued to evolve and grow.

In response to concern over species at risk and invasive species, the OIW team has added a new video series, *Incredible World Investigators*, various new games, an ongoing series of e-newsletters featuring specific species and actions by youth in aid of these species. For example, the newsletter on turtles at risk featured a story about Kids 4 Turtles — a story of children at a school near Peter-

borough who became concerned about turtles being injured or killed trying to cross the road near the school. After going to great lengths to earn the money needed to erect turtle crossing signs, the students were alarmed to hear (years later) that the county council had decided to remove the signs. Kids 4 Turtles fought back hard — and won! They got to keep their effective and necessary signage. Not every story of youth involved in stewardship is as dramatic as the Kids 4 Turtles saga, but each story featured in the e-newsletters is inspiring.

With recent funding from the Ontario Ministry of Natural Resources Species At Risk Stewardship Fund, another new section will soon appear on the OIW website called Kids Can. This new feature will be dedicated to stories about acts of stewardship by youth from across Canada. Many youth are involved in stewardship projects yet we seldom hear about their efforts. Not only will these stories educate youth about various species, but it will inspire others to take action. For more details, visit <www.incredibleworld.ca>. Remembering the initial request for seed money, Lanark Stewardship Coordinator Jeff Ward remarked, "It's not often that you get to see a grassroots project like this one making such a big impact. If we can influence the younger generation to get involved in environmental stewardship we'll be doing a great service."



A scene from one of the *Our Incredible World* videos on species at risk is shown above

Introduction to Ecological Agriculture

Back by popular demand! The Ottawa Valley Food Co-operative and the Renfrew County National Farmers Union have announced another two-day *Introduction to Ecological Agriculture* workshop. This interesting and educational workshop will take place on Friday and Saturday, February 4 and 5, at the Barr Line Community Centre at 1766 Barr Line near Douglas, Ontario, from 9AM to 4PM.

The workshop will be facilitated by Maureen Bostock and Janet Duncan, two experienced Eastern Ontario farmers who are part of the Ecological Farmers of Ontario. Some of the topics to be discussed at this participatory workshop are: soil ecology, cover crops, ecology and economy, livestock husbandry, manure composting, goal setting and objectives.

The cost of this workshop is \$80 per person (\$60 for an additional person of the same household). Pre-registration and a deposit are required. A delicious local food lunch is included on each of the two days. For more information or to register, contact coordinator Christina Anderman at 757-3044 or <christina@ottawavalleyfood.org>.

This workshop is co-sponsored by the Renfrew County Stewardship Council. The Ottawa Valley Food Co-operative and Renfrew County National Farmers Union gratefully acknowledge funding from The Renfrew County Agricultural Advisory Leadership Committee. For more information on the workshop, visit the Food Co-operative at <www.ottawavalleyfood.org>. Also visit the Ecological Farmers of Ontario at <www.efao.ca> and the National Farmers Union at <www.nfuontario.ca>.

Girl's Night Out! Nia Dance (6:30pm, Feb 4)
 Yoga, Meditation & Massage Workshop for Couples (12:30pm, Feb 13)
 Gong Meditation Night (6:30pm, Feb 20)
 Laughter Yoga Night (6:30pm, Feb 27)

Beginner • Hatha • Yin • Kundalini • Gentle • Power • Nia Dance
 Prenatal • Baby&Me • Family Yoga

Registration and class schedule online or call!
 10 acres of rural zen, 15min from Kanata, Stittsville & Almonte!

YOGA&TEA
 S • T • U • D • I • O

211 Donald B. Munro Drive, Carp 613-304-6320
www.yogaandtea.com

Rock-n-Horse Farm CSA
 A partnership from our fields to your table.

We have a limited number of harvest shares available for this year's season (early June to late October).

Seasonal vegetables	Herbs	Flowers
Lamb, chicken, pork	Eggs	Maple syrup

Pesticide and herbicide-free!
 Door-to-door delivery
 in Mississippi Mills and Carleton Place

For more information:
 613-256-6117
am.sheets@hotmail.com
www.rocknhorsefarm.ca

CERTIFIED FAIR TRADE ORGANIC COFFEE

Having a cup of brewed coffee or loose tea for here?
 Ask for it in an **Eva Solo!**

Mon-Fri 7AM-6PM Sat. 8AM-5PM Sun. 9AM-4PM
 9A HOUSTON DRIVE • ALMONTE • 256-5960

Spring is Here!

... by "here" we mean our bookshop where you will find tons of books on annuals and perennials, planning your garden, and knowing which plants are best for our area. Outside, it's totally still winter...

NATURE LOVER'S BOOKSHOP
 62 George St, Lanark • 259-5654
natureloversbookshop@bellnet.ca
www.natureloversbookshop.ca

In the next several months I will be interviewing and writing about some of the elders of Lanark County; people who have lived through the changes that have modernized rural life in the area, who have some perspective on both “the old ways” and “the newfangled ways”, and who have many years of fantastic memories and stories to recount. My interest is manifold. In recent years, I have become intrigued by how things were done “in the day” — before cars, tractors and motor transport were taken for granted... before Highway 7 was built... before electricity gave us light, heat, refrigeration, and the conveniences of so many other appliances... before indoor plumbing, before the supermarket, and (imagine!) before the digital world. I often wonder what life was like in my neck of the woods eighty to one hundred years ago. I wonder too, how I would ever be able to manage without the gadgets and services I now take for granted!

We live in interesting times. Two opposed movements — globalization and localization — continue to grow in scope, momentum and, in the case of the latter, perhaps also in imagination. In my mind it is clear which of these has the potential to outlast the other in the long run, particularly when fossil fuels becomes too dear a resource to support the cheap manufacture and movement of our food and goods from every corner of the world. But will the elders be around to teach us useful skills? It is not my intention to romanticize times past, but to listen to, and learn from, the stories that wise people, with “a few years under their belts”, have to tell.

by Susie Osler



Irene Kirkham

Irene Kirkham — A Strong Sense of Place

Recounting tales from one’s own life experiences and the world close at hand used to be a common form of engagement — parents and grandparents to child, neighbour to neighbour, even stranger to stranger. Today it seems we feed on a constant diet of someone else’s stories — dramas played out on the screen, cinema, computer, digital devices, TV, talk shows, radio, etc. Though there’s nothing wrong with this per se, they sometimes leave us with little time or interest left for the *real* stories of the lives being lived around us.

Last week I spent many hours talking to a remarkable woman about her life growing up on a farm just down the road from where I now live. Irene Kirkham (née Strong), born in 1918, has a “mere” 92 years of life experiences under her belt. She has an unbelievable memory, and is a wonderful storyteller. It was a real treat to talk with her and I feel like we only just scratched the surface...

Irene was one of five kids that Ernie and Effie Strong raised on their Bathurst 6th line homestead between Maberly and Wemyss. When she was born, Highway 7 was not yet built, the train still passed daily through their farm, horses were used for transportation and farm work, cars were just emerging, radio had yet to become a household item, and people in the country pretty much grew and stored the majority of the food they needed.

Life was pretty simple by today’s standards, but growing up

on their farm, Irene never felt they were lacking anything at all — she never felt poor and she was proud of her heritage. “I wouldn’t ever have traded my childhood growing up on a farm for any other experience. I *loved* it! And it prepared me in many ways for life later on,” she told me.

Though not quite a cashless society (i.e. a bit of money was still needed), it certainly was a *less-cash* society compared to today. Services that we can now throw hundreds of dollars at each month — hydro, gas, TV, internet, phones and the like simply didn’t exist. In fact, it seems as though there was surprisingly little that needed to be purchased. It sounds like families who had land at their disposal actually could (and did) have a great deal of sovereignty over their lives.

Irene’s hero was her father Ernie: “He could do no wrong in my eyes!” When she was a girl, her favorite entertainment “was to sit on one side of the fire, and daddy on the other, while he told us stories from his days up in the mines at Cobalt, or his time out west working on farms”. Other times he would play the fiddle (especially when neighbours or friends visited) and the kids would dance around the kitchen. It sounds like he was an open-minded, good-humoured, and well-loved family man. Irene credits both her parents — who were positive, supportive, and who enjoyed taking time to really talk to their kids — with imparting a confidence and a positive outlook to her and her siblings.

In those days a trip to town (Perth, 22km away) was not an everyday event. On occasion, Irene’s father would take a load of firewood or turkeys to sell. The household “grocery shopping” happened only a few times a year and consisted primarily of 100lb sacks of brown sugar, white sugar, flour, vinegar, salt, some spices and if the kids were lucky, some raisins. Big, plump raisins were a real treat! On one occasion Irene recalled her father coming home with a coconut — something none of them had seen before. The family sat around a map of the world imagining where the coconut might have come from while sampling the novel item.

Life revolved to a large extent around food: growing it, cooking it, storing it, and sharing it. Weddings were a cause for celebration and everyone from the area would come out for a big supper prepared for weeks in advance by the women of the family, which was followed by a night of dancing to fiddle tunes. At other times, meals for hungry workers — threshers harvesting the grain, or neighbors helping each other bring the hay in — had to be put on the table at meal times. The Strongs kept about ten cows (Herefords that were milked as well as butchered for meat), Clydesdale horses (for fieldwork, transportation, and pulling logs out of the bush), pigs, chickens, and turkeys at times. They tapped trees in spring, grew a big garden, collected berries in summer, brined their pork in a big barrel, separated their milk for

cream and butter, and grew hay and grain for the animals. Excess cream was picked up by the dairy truck every once in a while. A cow was butchered in the fall and hung up in the cold house — a separate small stone building for food storage. The cold fall/winter temperatures kept the meat from spoiling and cuts were taken off through the winter as needed. A barrel of home-made salt-brined pork lasted through to the following summer. Each person contributed and I’m sure at times it was tough work. But it also sounds like there was a good deal of fun and freedom and space for a kid’s imagination to roam. “Never in my life was I bored!” Irene says.

The importance of getting an education was emphasized in this family. Ernie was proud to be a farmer but felt it was important for his kids to get a good education, and experience a bit of the world before deciding what they wanted to do. For a farming family to send five kids to high school was pretty unusual, but to Irene, that’s just the way it was in their family. Each of them in turn packed up at age eleven or twelve and left to live at a boarding house in Perth, where the only high school was. Irene remembers staying with a married couple in town, cooking for herself, and learning to play piano from the lady of the house. She also told me about once trying to walk home (from Perth) and making it as far as a relative’s where, in the dark and too tired to continue she decided

to knock on their door and ask to stay for the night. There was no such thing as a quick call to mom or dad to ask for a lift back home! Visits home were few and far between.

Learning did not end with high school. All five kids went on to university, including the three girls. For young women from the country (or even the city) to go to university in those days was almost unheard of! Each of them went on to pursue interesting careers. Irene became a teacher, lived and taught in Haida Gwaii on the west coast for a spell (which was tremendously inspiring to her), and also worked in the Air Force during WWII. She married Bob Kirkham in 1951 and raised two sons, and still lives in the farmhouse she shared with her husband — located only a couple of concessions away from the farm she grew up on (in which her niece now lives)... I’ve hardly begun to scratch the surface!

At 92 and still a wonderful, warm spirit, I figure Irene may just have a few good ideas about how to live a good life. When asked what wisdom she would pass on to young folk she put forward the following: Get as much education as you can. Get involved outside your work in something you are interested in and can contribute to. Go to church (and you won’t go astray), and “spread your wings” and see a bit of the world before you settle down. “Enjoy your life,” she concluded.

www.fieldworkproject.com

SAVOY SOCIETY OF OTTAWA PRESENTS

The Merry Widow

In Concert

Music by **Franz Lehár**
Lyrics by **Charles George**

*Set in Chicago...
A twist on
the Greatest Operetta
Success in the World!*

After a sold-out performance in Ottawa, the Savoy Society of Ottawa presents their concert version of **The Merry Widow in Almonte!**

Sunday, Feb 27th, 7:00 pm
Almonte Old Town Hall

Tickets \$25
Available at **Baker Bob's (73 Little Bridge St)**
online at www.ottawasavoyociety.org, and at the door.

ZAPP Productions Presents...

"One of the preeminent guitarists in the world today, bar none."
...Rolling Stone

Toured as lead guitarist for **Bob Dylan and Tom Waits**



DUKE ROBILLARD

FRIDAY FEB. 25th, 8PM
Studio Theatre Perth
63 Gore Street East, Perth ON
Details: www.zapp-productions.com

& His Blues Band

Tour Sponsors
THE WIRE
the Humm

Advance Tickets: \$29.50

The Bookworm 76 Foster St. (cash only)	The Book Nook 56 Gore St. E. (cash only)
-----------------------------------------------------	-------------------------------------------------------

TICKETS
39 Foster St.
613-485-6434
ticketsplease.ca
PLEASE

Also: Saturday February 26th, 8pm - Gordon Best Theatre, 216 Hunter West Peterborough (limited seating).
For tickets visit **Bluestreak** or **Moondance Records** or phone the Showplace Box Office 1-866-444-2154
or online at www.showplace.org

A Valentine Treat from Classic Theatre Festival

The Classic Theatre Festival, Ottawa Valley's professional summer theatre located in Perth, has announced its 2011 summer season, consisting of two Broadway shows that ran back-to-back in New York's legendary Ethel Barrymore Theatre in 1951. Both comedies focus on the themes of love and romance, and so, appropriately, individuals wanting to take advantage of a Valentine's Day special can save 15% on tickets if they order a gift certificate by February 14 (they can pick the actual dates for each play later this year).

This year, the performances will take place at a new venue: the Mason Theatre (located inside the Perth & District Collegiate Institute), chosen both for its state-of-the-art technical set-up and its wheelchair accessibility. First up is John van Drueten's bewitching romantic comedy, *Bell, Book & Candle* (which inspired the TV series *Bewitched!*), running July 8 to 31. It is by the author of last summer's hugely popular *The Voice of the Turtle*, which garnered a Capital Critics Award nomination for actor Michael Dufays. *Bell, Book & Candle* is the story of an independent, mysterious woman who struggles to "have it all" in an era when women were being forced out of the workplace to make room for returning veterans. A movie version of the play starred Jimmy Stewart, Jack Lemmon, and Kim Novak.

The second show of the season is one of the most beloved plays of the twentieth century; Jan de Hartog's comedic chronicle of a marriage, *The Fourposter*, runs August 5 to 28. The play follows a couple from their nervous wedding night,

through to childbirth and parenting, to the inevitable mid-life crisis, and the final realities of aging. It is one of those rare plays that combines charm, depth of character, dramatic tension, and comic relief in a manner that makes audiences feel good about the promises of love and the possibilities of life. First staged on Broadway in 1951 (starring real-life couple Hume Cronyn and Jessica Tandy), *The Fourposter* has the remarkable ability to speak to the issues that still face couples from all walks of life in the 21st century.

All shows will run Wednesday to Saturday at 8PM, with 2PM matinees Wednesday, Saturday and Sunday, at the Mason Theatre in PDCI, at 13 Victoria Street in Perth. To take advantage of the Valentine's Special, contact www.classictheatre.ca or 1-877-283-1283.



(above) A romantic scene from the 2010 production of *The Voice of the Turtle*. The 2011 summer season promises more laughter and romance at a new venue, the Mason Theatre in Perth.

Fine Foods and Great Tunes at Foodies

The owners of Foodies Fine Foods have decided to branch out into the local music scene by offering up a series of intimate dinner concerts in their space at 24 Mill Street in Almonte. From their years of experience in the local restaurant business, Julie Argue and Jay Moffatt have forged connections with numerous performers, and they are looking forward to matching their musical talent to inspired dinner menus.

Starting things off on February 3 is a pairing of **Kelly Sloan** and **Laura Merrimen**. Kelly is an Almonte native with a huge local following who now lives in Dartmouth, N.S., and recently released her debut CD *Always Changes* to great acclaim. Fellow East Coaster Laura Merrimen won the Country/Bluegrass Artist Recording of the Year at the 2010 Music Nova Scotia Awards for her CD *Love Letters For Lonely Hunters*. Foodies will be offering up an East Coast-inspired menu to accompany the lovely music. Doors open at 6PM for cocktails and the show starts at 7PM. As seating is limited, tickets (\$40 for dinner and the show) must be purchased in advance. Call 256-6500 to reserve yours!

On February 14 you can celebrate Valentine's Day in style — dine on a

gourmet *table d'hôte* dinner while being serenaded by the romantic sounds of the **Kathryn Briggs Trio**. Tickets for this very special event are \$50 each. Reservations are required and dinner will be served from 6 to 9PM.

March 5 brings **Nathan Sloniowski** and the John Prine Experience to Foodies. John Prine remains a favourite in the Valley among musicians and listeners alike, and Nathan and his band will create a memorable tribute evening that will be accompanied by some great southern "All-American" food.

Spring is always a great time for new music and new food! Foodies rounds out their new series with a seasonally-inspired menu and the stylings of **The Ric Denis 3** as an official welcome to the first day of spring on Sunday, March 20. This well-known local trio features Ric Denis on vocals, harmonica and guitar, Rob Riendeau on bass and Ian Douglas on drums. Tickets for the two March shows are \$40 each; doors open at 6PM for cocktails and the show starts at 7PM. As seating is limited to only thirty people, you'll want to reserve early by calling 256-6500 or dropping in at 34 Mill Street in Almonte.

LUXURY CATBOARDING

"Where Stylish Kitties Go To Relax"



Huge rooms, cozy fireplace, a kitty park individual outdoor runs, sunroom, hammocks and lots of TLC!

659 John Kennedy Way, Almonte
www.catsparadise.ca
 (613) 256-8833 info@catsparadise.ca



Pick up *theHumm* in Almonte at
THE HUB

Plant seeds for a better tomorrow



with **Socially Responsible Investments**

Mutual funds provided through
 Family Wealth Advisors Ltd.

Margo Willmot, EPC
 Financial Planner

613-253-8283

margowillmot@sympatico.ca



Doctor Zoo
 Friday, March 4, 8PM

Mason Theatre at Perth & District Collegiate Institute
 13 Victoria St., Perth

Tickets available from
 Jo's Clothes Consignment Boutique,
 39 Foster St. 613-264-2898 (cash only)
 or ticketmaster (613) 755-1111 www.ticketmaster.ca

Sponsors: Lake 88.1, CIBC Wood Gundy – Moe Johnson,
 Coutts & Company, The Factory Grind, Foodsmiths,
 North Lanark Veterinary Services, Maximilian Dining Lounge,
 Kelly's Flowers and Fine Things, Lionel Pauze Piano Tuning,
 Camp Otterdale, Jo's Clothes, Heide Gibbs



The Sultans of String

Almonte's **Folkus Concert Series** continues on Saturday, February 26 with its third concert, featuring The Sultans of String. The music of this Toronto-based string super-group is influenced by Spanish Flamenco, Arabic folk, Cuban rhythms, jazz, classical, and French Manouche Gypsy-jazz music. Their international flavor reflects the roots and life of bandleader Chris McKhool. He has family roots in Lebanon and Egypt, and grew up in Canada with a deep appreciation of the values of tolerance and respect for people of all cultures. He sees Canada as a meeting place of styles and musical influences from around the world. With this foundation he has travelled widely, exploring musical styles from areas as diverse as the Canadian Arctic, Indonesia, France, England, Cuba, Peru, Guatemala, Costa Rica and the Indian Himalayas. The Sultans of String blend the music of these and other countries while striving to tell uniquely Canadian stories, putting forth a vision of the world as one family.

The group was formed in 2007, when McKhool first heard guitarist Kevin Laliberte's rumba rhythms. They have since been joined by a number of extremely accomplished musicians and tour as anything from a trio to a quintet. In three years they have accumulated an impressive list of award nominations, including a 2010 Juno nomination for Instrumental Album of the Year. They have also won a number of awards including the 2009 Canadian Folk Music Award for Instrumental Group of the Year. Their first album, *Luna*, hit #1 across Canada on Top Ten national radio charts in the "International" and "World/Folk" categories. Their second album, *Yalla Yalla*, was released in 2010 and was nominated for a Juno.

The fact that The Sultans of String have amassed an impressive list of credentials in a relatively short period of time is an indication of the power of their music. They have a reputation for exciting audiences with an irresistible urge to dance. Their playing has been described as

exuberant, infectious, electrifying, exquisite and thrilling. Reviews are full of terms such as awesome, top notch and brilliant, and the group has been widely recognized as virtuoso instrumentalists. They consistently leave crowds wanting more and organizers wanting to rebook them. They connect warmly with audiences, putting a smile on every face. All in all, a perfect antidote for a cold February night!

On Saturday, February 26, see The Sultans of String in concert at Almonte's Old Town Hall. The opening act is the **Mississippi Jug Stompers**, a group well-known to local audiences for their good-time music which is centered on acoustic blues, but includes other "roots" music such as old-time country and traditional.

The show starts at 8PM and doors open at 7:30PM. Tickets are available in advance for \$23 or at the door for \$27. Student rates are \$12. For ticket orders and information call Mill Street Books at 256-9090 or visit www.folkusalmonte.ca.

Make your Valentine's date with Heirloom

Open February 14th for dinner, featuring our Valentine's Day menu

Appetizers:

- ♥ Ginger Spiced Parsnip and Beet Purée with Dill Crème Fraiche
- ♥ Baby Arugula Salad with Wild Boar Prosciutto, Lighthall Tomme Cheese, Red Onion, Fresh Blackberries and Ground Cherry Vinaigrette
- ♥ Warm Savoury Cheesecake with Stilton, Port Poached Figs and Candied Walnut Crust

Mains:

- ♥ Mariposa Farm Chicken Breast Stuffed with Chorizo, Fig and Carmelized Onion
- ♥ Pan Seared Sea Bass with Coconut Basmati and Curried Butternut Béarnaise
- ♥ Pine Valley Beef Tenderloin with Mushroom Leek Gratin and Cheddar Gougère
- ♥ Beet Tagliatelle with Brown Butter, Arugula, Chevre, Roasted Eggplant and Tomato

Desserts:

- ♥ Callebaut Dark Chocolate Paté with Assorted Biscuits and Fresh Fruit
- ♥ Passionfruit, Raspberry and White Chocolate Parfait with Chambord Macerated Berries
- ♥ Carmelized Banana Profiteroles with Caramel Cream

Triple Chocolate Dipped Strawberries

Also available, Valentine's Chocolate Truffle boxes.

Call for details or reservations...

613.256.9653
www.heirloomcafe.ca
 7 Mill Street, Almonte

Heirloom
 Café & Bistro

Soul Food

It's a very busy Friday afternoon at the Perth & District Food Bank. A boisterous, happy crew of about a dozen volunteers is energetically working at their assigned tasks. Some people are sorting, dividing and shelving food, while others wash tubs, wipe down tables, and fill boxes for the day's clients.

by John Pigeau

Today, seventeen clients will come through the doors and take home with them a three-day supply of food, which director of operations Samantha Davidson says is about average for a Friday. She also says the eighty people who volunteer at the Food Bank are "invaluable" in making the place run and getting food to people in the community who need it.

After a brief tour of the Food Bank, which was once a garage, I get talking to the good folks who make the place run like a well-oiled machine. Louise McDiarmid, who was once a children's librarian and freelance story-

teller and is now retired, says she and her husband Don (a retired physicist) became volunteers at the Food Bank about a year ago to become involved in the community. They had just moved to Perth from Ottawa.

"I've always thought volunteers make the world a happier place," Louise says, with a bright smile. "Volunteering also builds community. You see people in the street, recognize them, and make a lot of friends."

She also says volunteering is both rewarding and inspiring. "You feel like you're making a contribution to society, and it's also personally rewarding when you're making friends with other volunteers. There's lots of good spirit here," Louise adds, "and it's inspiring working here because of the staff — it's inspiring to see what they put into it."

Her husband Don, who also volunteers with the Alzheimer's Society, is busy with several other volunteers bagging family-sized portions of rice, sugar, coffee, tea, flour, oats, and laundry detergent, which the Food Bank purchases in bulk to help save on

costs. Here, everything is done to save on costs, and nothing is wasted. Any produce that's gone bad, for instance, heads home with a local pig farmer, who happily carts it off every Friday.

John Reid, a retired microbiologist for Health Canada in Ottawa, has been coming in to help out on Fridays for two years now. He wears a sharp-looking apron with his name embroidered on the front. As he helps some other volunteers to box food for a family of four, he tells me that "the Friday crew," as he calls it, "is almost like family now — one big family."

"It's kind of a social event," he adds, "and something meaningful to do."

That's a sentiment shared by everyone here, it seems. Lois MacLean — the unofficial "morale booster" of the Friday crew, as Louise told me earlier — has been volunteering at the Food Bank for seven years, and she loves it. She began volunteering when she was ill and needed something to do. She says volunteering helped with her healing process.

"It helped take my mind off of being sick. And if I got home and I was tired, I was tired because I'd done some work and not because I was sick."

While she shies away from the title of Friday Cheerleader, she believes that "good morale is good for everyone. "The atmosphere here is so cool," she adds, "nobody gossips, we all work hard, and everything gets



The "Friday crew" of volunteers at the Perth & District Food Bank poses along with director of operations Samantha Davidson (centre-left).

done. We have people here from all walks of life, which makes it more interesting."

In the warehouse section of the Food Bank, Marianne Lollar is busily packing baggies with personal hygiene items. She's been volunteering at the Food Bank since December, after moving to Perth from Barrhaven. "I saw an ad in the newspaper and just came in," she says. "It's a nice, relaxing atmosphere with great people."

While I'm talking to Marianne, several other volunteers come into the room, laughing. They ask us both to try an item of food from the "weird and wonderful" shelf that's past its expiration date: Green Al-Yu Jelly. It looks like green Jell-O. I try the tiniest spoonful, and the women laugh and watch for my reaction. "Bananas," I tell them. "It tastes like bananas."

Everyone gets a good chuckle out of this, and the can gets taken to the processing room for others to sample.

A good time is had by all, it's clear, and before long everyone is tidying up and talking about what they'll be doing on the weekend. It's not difficult to feel at home among these happy, hard-working people, who don't want accolades or admiration — they simply want to help out in their community. That they have a good time doing it is gravy. So to speak.

— John Pigeau is the founder of the **Perth Reading Series**, which helps raise money for the Perth & District Food Bank, and the author of the acclaimed novel, *The Nothing Waltz*. If you are interested in helping out with the Perth Reading Series, please e-mail <jpigeau@hotmail.com>.

Donate food and help support the Perth and District Food Bank.
Most needed items include:

- pasta • pasta sauce • canned fruit • canned vegetables
- peanut butter • cereal • jam • canned stews
- healthy snack bars (peanut free) • juice boxes
- instant coffee • diapers • personal hygiene products

The food bank is currently recruiting volunteer drivers and people to accompany those drivers on deliveries to the homes of clients who are unable to access the food bank themselves. Please call 267-6428 for more information.

Considering An Outdoor Wedding?

We Offer -

- ♥ A Gorgeous Gazebo For Your Ceremony
- ♥ Exquisite Locations For Your Pictures
- ♥ Beautiful Cedar Log Barns For Your Reception
- ♥ Dressing Area For Bride And Attendants
- ♥ Easy Access From Both East And West
- ♥ One Wedding Per Weekend
- ♥ Four Days To Set Up, Relax and Celebrate
- ♥ Attentive Owners To Assist In Every Way
- ♥ And Much More!



the Herb Garden

3840 Old Almonte Road
Ottawa ON K0A 1A0
613.256.0228
www.herb garden.on.ca
herbs@magma.ca

**Not invited to the Royal Wedding in London?
No worries, here's your chance to live the dream!**

Your presence is requested at The Royal Soirée

Saturday, February 26, 7pm
the Mississippi Valley Textile Museum

Dessert & Dinner Party Auction & Silent Auction
The Royal Finery Parade, featuring the best male models in Almonte
Cash Bar & Refreshments & Champagne & Goodies

Dress for the Occasion - hats requested, gloves optional!

Tickets: \$10.00 available at the Hub and the MVTM

This benefit is presented by Friends of Danielle Morgan
in support of her quest for MS surgery.

Why can't
life
last as long as
love?

A Popinjay
Production

OPEN HOUSE
The
original,
contemporary
opera

March 10, 11, 12
8 pm
March 13
2 pm (Daylight Savings Time!)

\$25 (all incl.)
www.ticketsplease.ca
613 485 6434

The Studio Theatre
63 Gore East, PERTH

This
Valentine's Day
think
inside the box!

APPLETON
GIFT & BASKET

65 Mill St., Almonte • 613.256.9377 • AppletonGiftBaskets.com

Pick up *theHumm* in Carleton Place at
THE YOGA STATION

Embrace
Your
Love...

GROUND
WAVES
FOR HOME & GARDEN

Code's Mill
overlooking Stewart Park
17 Wilson St. E., Perth
613-267-3322
OPEN DAILY
groundwaves.ca

BEARERS OF COMFORT & JOY

Mudds Youth Cast Goes Into the Woods

"It is tough! But I have made so many friends."

"It is a big responsibility to learn all those lines. But I always have fun at rehearsals."

"Singing and doing the tango at the same time is really hard. But it is a unique show and fun to be in."

I am sitting across from four lively and engaging young people, all cast members of the new Mississippi Mudds Youth Theatre production of *Into The Woods Junior*. Meet Kate Bains, Beckwith School grade 7 student by day and Cinderella on Monday and Thursday evenings. Here, too, is Katie Irvine, Caldwell Street School grade 7 student and portraying Little Red Riding Hood. Beside her is Connor Lyon, who is in grade 10 at Notre Dame High School and making his mark as both The Wolf and Cinderella's Prince. Then we have Johannes Stelzner, in Grade 11 at Notre Dame and playing The Baker.

Under the direction of Mudds Youth Theatre leader Kate Osborne and music director Tony Stuart, these four have developed an excellent grasp of their on-stage characters. They all chime in to describe the Wolf as a hungry but clever trickster, The Baker as naïve and foolish, Little Red Riding Hood as immature, a little spoiled and selfish, Cinderella as independent and determined, and her Prince as an airhead who fancies himself "son of the universe". They tell me about the exercises

they go through to develop focus, and the work they have put into learning lines, music and choreography. All have had previous theatre experience that has helped them develop stagecraft, but Katie gets nods of agreement when she says that this experience has shown her how hard it must be for Broadway performers.

Their growing self-confidence is wonderful to witness. At one point, Little Red and the Wolf jump up to demonstrate the tango choreographed for them by Johannes, who tells us he has been dancing since he was four years old. He did quite a bit of research into tango moves and says the director gave him a free hand creatively to develop the dance for these two. Clearly it will be a showstopper.

There is a gentle camaraderie between these four, and one can imagine this is typical of the whole company. Katie has a wicked look in her eye as she says she is looking forward to seeing the guys put on makeup, but we sense genuine co-operation and friendship too. Connor and Kate tell me that the stories Stephen Sondheim has woven together in this production are very close to the original Brothers Grimm tales. They all comment that the show is fun but note some dark and mysterious elements that make the production unique. The characters grow; lessons are learned. Connor puts the moral in a nutshell, "If we all pull together we can make the best of the outcomes."

This is a one-of-a-kind show, not to be missed. It is a multi-themed, fast-paced production, full of comedy and music — one the whole family will enjoy.

Into The Woods Junior is presented by special arrangement with Music Theatre International. It opens at the Carleton Place Town Hall on February 25 at 7PM, and runs Feb. 26 at 2PM, March 4 at 7PM, and March 5 at 2PM.

Tickets are \$10 for opening night and \$15 for all subsequent shows. Toddlers are free if they sit on a parent's lap. Tickets are available at Arts Carleton Place, 132 Coleman Drive, 257-2031. Visit <mississippimudds.ca> for details.
— Judith Scott



Little Red Riding Hood (Katie Irvine) and the Baker's Wife (Dayna Stone) model their stunning costumes (the sketch for Dayna's is inset). They are the work of costume mistress Jenny Williams — a bespoke tailor who was trained in England and is lending her considerable talents to this production.

Harwig Heritage

Carpentry

Neil Harwig 613-256-4798
cell: 613-715-3802
www.harwigheritagecarpentry.ca

FIRST Class 256-5610
UNISEX SALON
Almonte

www.firstclass-unisexsalon.ca
"Great hair happens in our salon!"

We specialize in hair colouring.
Stylists with years of experience.

Open: Tues. to Sat.
Walk-in or by appointment

Proprietor: Daphne Van Grunsven
Master Colorist & Hairstylist

\$5.00 off
Any hair care service in 2011

Open House & Free Talk

Sat. February 19, 1-3PM
Katherine Willow, ND, on
Natural Tips for Healthy Sex

Sat. March 26, 1-3PM
Amber Young, RMT, on
Breast Health

2386 Thomas Dolan Pkwy
613-839-1198
www.ecowellness.com

Young Awards Gala – A Celebration of Local Talent of All Ages

If you're a fan of great causes, arts in local schools, funky music (with a horn section), or CBC Radio's Laurence Wall (our emcee)... run — don't walk — out and grab tickets to this year's Young Awards Gala. It's all happening on Saturday, February 19 at the Almonte & District High School, and it's bound to be the live performance event of the season!

This year, Gala organizers wanted to create more performance opportunities for young people than ever before. Kicking off the evening will be the classy sounds of Notre Dame Catholic High School's stage band **The RetroActives**. Under the dynamic direction of music teacher Tony Stuart, this fabulous ensemble earns rave reviews every time they perform. The evening's program also includes drumming by Almonte's **Impact** group, dance, visual arts, and live music featuring some of the finalists from last fall's "Almonte's Got Talent" competition.

To cap off the evening in fine and funky style, local musician Ric Denis has created a very special ensemble. Known as **The YA Band**, they are a blend of seasoned musical veterans and fiery young

up-and-comers. Ric is joined by "old guys" Bill Serson (who is also the director of Impact percussion) on drums, Jon Caven on guitar, Rob Riendeau on bass and Ian Douglas on keyboards. The "youngsters" include Matthew Bassett on trumpet, Miles Hanks on trombone, Alex Gawn on saxophone, and Jordan MacIntosh and Emilie Scott on vocals. The YA Band will play a set of highly danceable covers (think *Soul Man*, *Gimme Some Lovin'* and *Signed, Sealed, Delivered...*) that will warm up any wintry weather February throws our way.

This year's event is generously sponsored by Almonte's own Reliable Heating & Cooling <www.reliableheating.ca>. Gala tickets are \$65, and are available until February 16 from Blackbird and Foodies Fine Foods in Almonte, Three Yellow Tulips in Pakenham, and from <reside@sympatico.ca>. For more information about the Young Awards Foundation, please visit <www.youngawards.ca>.

To capture the sense of synergy resulting from this energetic combination of ages and talents, theHumm asked some of the participants to describe their experiences leading up to the big night...



The YA Band

The idea of assembling ten musicians — rookies with seasoned pros, everybody learning a fresh buffet of funky R&B tunes, then fronting this clever mess — it's definitely my best mistake. Every musician should make it.

— Ric Denis, professional musician, teacher, and leader of the YA Band

It's very challenging to play the 'on the fly' style that these professional musicians use. We're so used to playing the music strictly off the page and now we have to be aware of the music at all times and read where to go and what to play at each verse, chorus, or bridge. It's a great learning experience and it's an amazing honour to play with such talented people.

— Matthew Bassett, trumpet player



The RetroActives

I'm thrilled and flattered that The RetroActives have been asked to play at the gala. These students work really hard to achieve a high level of performance and I think people will be pleasantly surprised by their sound. We're looking forward to providing a great show on the 19th!

— Tony Stuart, music teacher & leader of the Notre Dame Catholic High School stage band

It was an honour to be asked to be part of the YA band. Being able to share my love of music with such talented young people makes all the hard work seem very worthwhile and to have my student ensemble (Impact percussion) take part in the Young Awards Gala makes it doubly so.

— Bill Serson, drum teacher



Inspiration dancers

I think it's great that Almonte, as a community, is close enough to share such a strong passion and talent between multiple generations of performers. It has been very impressive to watch how quickly the music comes together. As one of the younger members of the group, I also find the opportunity really exciting. Jordan and I have had many opportunities to share the stage, and it's a relief that we can tackle the more challenging stuff together. It's tough, but then when we get it right we are always so proud of ourselves!

— Emilie Scott, vocalist



Impact



Nurturing the next generation of performers: this year the Young Awards foundation is funding over \$10,000 worth of arts programs in local schools, including guitar lessons and new strings for the instruments at R. Tait McKenzie Public School

FERRARO ART WORKSHOPS

Yoga & Art
One day workshops at Hollow Tree Yoga
Sunday Feb. 27, Sunday Mar. 27, Sunday Apr. 24

Consolidating the Figure
long poses, personal expression
Monday Feb. 14–Wednesday Feb. 16

Pastel and Figure
Voices through colour
Monday Apr. 11–Friday Apr. 15

Pastel the Painting Medium
Monday Jun. 13–Friday Jun. 17

to register, or for more information: (613) 839-5241
margferraro@xplornet.ca or www.ferraro-art.com

Hooked on the Lake
Traditional Rughooking Supplies
hand dyed wool, kits, classes

Visit our new and improved "Under the Stairs" shop
more wool, more patterns, more kits!

Upcoming Classes:
The Country Quilter (Richmond), Feb 5 and 19, 10–1 Purse Class pt. 1 and 2
Mar 12, 10–2 Beginner Class
Quilt & Stitch (Kingston), Mar 13, 10–2 Beginner Class
Apr 17 and May 1, 10–1 Purse Class pt. 1 and 2
Old Town Hall (Ottawa east, www.ottawacastcg.ca), Apr 16, 1–5 Beginner

Contact Loretta Blucher-Moore for a list of upcoming classes and shows
or for an appointment at 613-273-8347 or hookedonthelake@kingston.net



BOLD NEW LOOK


Same old butcher

**BUT IT BEATS
DISMANTLING YOUR OWN COW!**

126 MILL ST., ALMONTE * 256-6801

February 8th marks the
1 year anniversary
for Soul Scents in Almonte!
In celebration of this, we are offering
**20% off everything in the store
for this day.**

*Thank you to all our customers, friends,
relations and most of all to
Angie Buttrum and Nancy Kerr-Wilson
— the amazing staff at Soul Scents
for an incredible first year!
from Sara Bazett (Head Poobah and
Chief Groove Enhancer)*

SOUL SCENTS  42 Mill Street, Almonte
www.soulscents.ca 1-866-347-0651

Bring the family together this university break.
Play and have fun.

unposed
PHOTOGRAPHY



UNPOSED.COM
613-799-6524

The Reeve Report

Into a Brave New World

Imagine this: it's January, it's bitterly cold, you drag yourself to work and home, willing tired joints to move a little faster. You curse your body for not cooperating, and no one and nothing seems to help. Too many days spent sitting in doctors' offices, too many inconclusive tests, too many sleepless nights in turmoil. Then one fateful day it comes: the diagnosis of multiple sclerosis, "but not the worst kind." You are assured there are wonderful drugs you can inject daily at considerable cost, and inconceivably, you are strangely relieved that you have an answer and can be proactive with your own health.

by Glenda Jones

My friend Danielle Morgan knows only too well the uncharacteristic feeling of relief that came once she was diagnosed. No longer was she plagued with the myriad of self-doubts that her condition was imposing on her. Doctors began to help her wade through various treatments until she found a course of medication, albeit a very expensive one, that seemed to work the best for her.

Throughout 1980 and into the '90s, Danielle was an aspiring court reporter who worked in Northern B.C., and then in Ottawa as a freelancer. However, after her diagnosis in 1993, and after spending two months in hospital, she was forced to admit that health-wise, work was beyond her. She moved to Almonte in 1997 to be closer to family, wondering what was to become of her active life as she battled to keep up her spirits and hold on to her precarious health.

Now, we all know there is no such thing as rest in a small town, and Danielle soon found herself immersed in the activities of The Hub. Not only she, but also her father discovered that The Hub is a hotbed of activity that can help any healing process. Danielle, with her extensive knowledge of antiques and housewares, soon became the store manager, coercing her father into shelf building and other construction projects. Not only did Danielle find activity — she also found friends who could sympathize with her and support her when she needed it.

Although she knew there was no cure for her MS, Danielle was confident she could keep it at bay with medication, careful attention to the odd lapse in health, and lots of exercise with her faithful shelties: first Herries and now Brook. Her aspirations of court reporting were no longer in the picture, so Danielle turned to her artistic hobbies to satisfy her creative bent.

As is often the case, one chance bit of information was a turning point for Danielle. She remembers the night in November 2009 when she switched to the W5 program on TV and learned of the radical new MS treatment that has since swept the medical world. According to the new theory, MS patients were suffering from CCSVI: Chronic Cerebral Spinal Venous Insufficiency, and it is believed that, in those with the condition, blood fails to properly drain from the brain and can even flow back upwards into the brain.

There, the blood could be depositing iron, a substance that is toxic to the brain's gray matter, setting off a host of immune reactions — and possibly the symptoms of MS. A simple angioplasty procedure to open up the veins is thought to be the answer.

Optimism and hope are the watchwords for anyone with a medical condition, and Danielle was soon researching every outlet she could for further information. The results of surgeries being performed worldwide were being lauded as MS sufferers from Canada made their way to Bulgaria, Poland, Italy, Costa Rica, and Scotland to undergo the simple procedure that could restore their health. Facebook was alive with stories of positive results, so much so that Danielle knew this was what she wanted to do. The cost might be high, but the cost of not doing it was even higher.

After much consideration, in July 2010 she put her name on the waiting list for the procedure in Albany, New York. And how does she feel now that she has taken this brave step? "Scared as hell!" she told me. But she is up for the challenge. She is hoping the procedure will help with the fatigue, "cog fog", "MS hug", and other symptoms she is experiencing. Maybe in years to come Danielle Morgan's name will stand along with those who have taken this bold step into medical history. Maybe MS will no longer be the enigma that robs people of quality of life in their prime.

Fundraiser — Royal Soirée Style

That could be the end of the story, but not in a town like Almonte! So many people know Danielle through her beautiful glass works, jewellery and other creative projects, that they want to have a part in her incredible journey. Her friends at The Hub, the Almonte and Area Artists Association, the Mississippi Valley Textile Museum and the neighbourhood are banding together to put on a party on her behalf. But not just any party! This is going to be epic, as only The Hub can do, and the whole community is invited.

Here's your chance to put on your best — or second best — bib and tucker, of course a hat, and head to the MVTM on February 26 for a **Royal Soirée**, a spoof celebration for the Royal Wedding. What could be better than a fashion show of royal finery ably presented by the men in our midst? What could be tastier than royal cakes and pastries sold to the highest bidder with the possibility of several dinners for four thrown in as temptation? What could be messier than a baking demonstration by a renowned chef of indistinction? And to round out the evening, many local artists are offering their work for an auction over a full month. By the time the Royal Soirée is over, we hope that Danielle will be able to sail into her Brave New World with funds for her surgery, knowing her many friends are here to support her as she begins what we all hope will be a whole new take on a healthy life.

So you want in on this project too? Call me at 256-6479 to donate lovely desserts, dinners for four, and/or your favourite man to model. (Especially the latter; we'll treat him well.) Tickets are \$10 each and will be available soon at The Hub. See you at the Soirée!



On the prowl
for a great book?
Head to Mill Street Books.

Upcoming Events:
Storytime for pre-schoolers at 9:15AM
1st and 3rd Thursday of the month
Games Night — Feb. 3, 7:30PM



MILL STREET BOOKS

52 Mill Street Almonte ON K0A 1A0 613-256-9090

www.millstreetbooks.com

Take a Trip to the Zoo!

We admit it... it's still a bit cold for a trip to the animal zoo, but the Perth Performing Arts Committee (PPAC) will help warm up your winter with a visit from **Dr. Zoo** on Friday, March 4.

Dr. Zoo is the vision of singer/songwriter Randal Arsenault from Newfoundland. For years Randal has lived and traveled in Africa, recently completing his doctorate of zoology on competition between white rhino, wildebeest, zebra and impala. After years of singing to zebras, Randal developed the musical genre "Afro-Celtic-Reggae". Imagine Paul Simon's *Graceland* performed by Bob Marley at a Newfoundland Ceilidh...

In 2009, this seven-piece band was nominated for East Coast Music Awards in both the World Recording of the Year and Music Newfoundland Entertainer of the Year categories. This is one rousing show you definitely won't want to miss!

The final show in the 2010-11 PPAC season takes place on Friday, April 15, when the high-energy **Sultans of String** come to town. The Sultans are Canada's ambassadors of musical diversity, presenting a global sonic tapestry of Spanish flamenco, Arabic folk, Cuban rhythms, and

French Manouche Gypsy-jazz. Their music celebrates human creativity with fiery violin, rumba-flamenco guitar and funk bass laying down unstoppable grooves. These acoustic strings meet with electronic wizardry to create layers and depth of sound, while world rhythms bring audiences to their feet with the irresistible need to dance. Their debut CD *Luna* soared to number one across Canada on Top Ten national radio charts.

All shows begin at 8PM in the Mason Theatre at Perth & District Collegiate Institute at 13 Victoria Street in Perth. Tickets are available from TicketMaster, 755-1111 or <www.ticketmaster.ca>. For more information about this year's season, please visit <www.PerthPAC.org>.



PPAC presents the upbeat Dr. Zoo on March 4 as an antidote to the winter blahs

The Savoy Society Comes to Almonte

Catch *The Merry Widow* on Feb. 27

Here's some great news for area operetta lovers — the highly acclaimed Savoy Society of Ottawa brings their production of *The Merry Widow* to the Old Town Hall auditorium in Almonte for one show only on Sunday, February 27. This "Chicago-style" staging was launched in December to a sold-out audience at the Unitarian Church in Ottawa, and the Savoy Society is very excited about bringing it out to the Valley.

The Savoy Society first formed in 1975, and over the past thirty-five years has opened the curtain on 246 public performances and thirty-two benefit performances of thirty-three different productions. According to Music Director Allison Woyiwada, the Society is enjoying an "outreach year" this season, performing at smaller, more intimate venues rather than at their regular setting — CentrepoinTE Theatre in Ottawa. This allows them to broaden their audience base, and it has also provided them with the impetus to branch out from their standard Gilbert & Sullivan fare. They still wanted to perform operetta, and as Allison explains: "*The Merry Widow* won our hearts — and it is also very well known by the public." In fact, the operetta has been performed over a quarter million times and has been translated into twenty-five languages!

This production is set in Chicago (instead of Paris, as in the original version), and features a slightly different story line than the original. It includes all of the music that would be included in a fully-staged version, but because it is a "traveling show" it will have piano accompaniment and reduced choreography. In fact, one of the reasons the Savoy Society chose to perform at the Almonte Old Town Hall was because of the lovely Steinway grand piano that resides there. Allison describes the decision as "win-win because of the artistic temperament of the town, combined with the wonderful acoustics and piano in the performance space." She also explains that producer Stephanie Williams (who is well known in the area for her work with the Puppets Up! festival) was a huge force behind mounting the production there.

Tickets for this delightful performance are \$25, and are available from Baker Bob's (73 Little Bridge Street in Almonte) or online from the Savoy Society <www.ottawasavoyociety.org>. The show starts at 7PM on Sunday, February 27 and runs without an intermission, so it will conclude by 9PM.

— Kris Riendeau

Kelly Community Tip of the Month:



Inspire a budding musician or enjoy an adult night out at a local music venue.

Get through a chilly February by taking in a live concert. The Ottawa area has an outstanding pool of talent and you can find live music in every small town in the Valley.

Of course, the easiest way to source entertainment is by looking at The Humm's calendar for music near you. Most of these concerts are open to all ages. We have found that many of the venues in Ottawa have a minimum age requirement. As we have a teenage son who loves music, he benefits from seeing a wide range of musicians at small town venues. Just think; you will

impress your kids with an inexpensive night of entertainment. Add some nachos and they'll think you're really cool!

If you are interested in an adult night, the best way to spend an evening for two has to be enjoying food and music together. Three of our favourite performers, Kathryn Briggs, Terry Tufts, and Tobias Meis are performing at Foodies in Almonte on Valentine's Day. The evening includes a gourmet table d'hôte menu. Seating is limited so book in advance at 613-256-6500. See you there!



Jennifer Kelly

SALES REPRESENTATIVE

Sutton

Premier Realty (2008), Ltd.,
Brokerage

(613)254-6580

Patrick Kelly

SALES REPRESENTATIVE

www.kellysuccess.com

Join us on Mill Street in Almonte for some

Mid-Winter Milling

A Spiritual and Self-Awareness Day
for Conscious Living

Explore the many delightful shops and cafés
along Mill Street in lovely downtown Almonte,
and as you do...

...treat yourself to mini-sessions with
Spiritual Intuitives, Astrologists, Psychics,
and practitioners of Reiki & more.

Discover new ways to care
for your body & soul!

Enjoy one-hour presentations on
Feng Shui for Home & Business at
Blackbird at 10:30AM and 2PM
(donation to TYPS).



Feb 26
10-5

brought to you by:

Participating Businesses Include:
Appleton Gift & Basket, Blackbird, Foodies Fine Foods,
Kentfield Kids, Lachapelle Antiques, Mill Street Books,
Nordic Star, Palms, Soul Scents, White Swan Reiki Studio



SOUL SCENTS

42 Mill Street, Almonte ♦ www.soulscents.ca ♦ 1-800-347-0651

Let's Hear It For the Volunteers!

We are almost midway through the winter now and the days are definitely longer. There's almost half an hour more daylight, in fact, than at the winter solstice on December 21. We are looking forward to the hokey, silly or romantic excesses of Valentine's Day, given our mood as the day approaches. Also, think chocolate — it seems to be a Valentine tradition, or an excuse for excess. In any case, this is a month to lift our spirits and look ahead.

by Eulalie Lark-spur

Each year it seems that more and more exciting things are going on in our community. In many cases familiar faces are behind the scenes, or in the forefront. The arts scene in particular keeps our community engaged. None of this could happen without the dedication of volunteers. **Almonte in Concert** has been one of the "jewels in the crown" of local activities for many years. It is the quintessential example of dedicated and inspired volunteers creating, developing and maintaining an arts presence in this community. Founded thirty-one years ago as an initiative taking place in members' homes, it has grown into a nationally recognized concert series. Almonte in Concert deserves a story on its own. In the year 2000, the 250th anniversary of the death of Johann Sebastian Bach, a Bach 250 Festival was organized from May 3 to 7 in the auditorium of the Old Town Hall. This certainly put musical Almonte on the map. I went to

this by myself, not knowing any Bach fans to take along. That fall, having decided to relocate to Almonte, I bought seasons tickets for the series and have scarcely missed a performance since. Think back to some of the things that have happened since that time and you see the leadership and hard work of volunteers in action.

The **Mississippi Mills Arts Council** was formed to coalesce and concentrate the volunteer leaders into a body that could effect some changes in how the community and local government could recognize and support the arts. Bruce Kingsley was the first president of the Arts Council and his expertise and vision led to the goals set by these early volunteers a decade ago and realized today.

The renovation of the Old Town Hall has kept it a facility that is much admired and used. It produces revenue towards its upkeep and brings people into the town. Gradual changes such as the new chairs maintain its pre-eminence. A few years ago the magnificent Steinway piano was purchased for some six figures raised through donations and some very hard work by Almonte in Concert volunteers through all sorts of intensive events such as house tours. Anyone who has been a house tour visitor knows how much fun they are. Don't we all love to visit and gawk in other people's houses? Anyone who has ever

organized or participated in a house tour knows about hard work, fretting about last-minute weather, standing and smiling, answering questions and trying hard not to think about sore feet. But it raises money, and profile, for the cause, so it is undertaken willingly.



With assistance from Almonte in Concert volunteers, music students at Naismith Public School are currently participating in a "Listen up!" pilot project with The Gryphon Trio < www.gryphontrio.com/about >

The town hall auditorium's usage and renovation were aided by a **Town Hall Advisory Committee** of interested citizens, led initially by that talented and intrepid chairman, Alan Jones. Soon there were other municipal committees that included volunteers faithful to the arts. I had a small conversation with Ron Caron about volunteers. Ron has devoted countless hours to many good causes in town, but he is concerned by the difficulties of finding and keeping volunteers. Times have changed, so have demographics, and the traditional

pools of potential volunteers are much diminished. Volunteers do not have spare time to give — they give of their own personal time. In return they want to be respected and treated in a professional way. Part of this should be recognition by local government of the job they do and its part in maintaining the character of our community.

Roy Bartlett is the current chair of the Arts Council. With its early goals accomplished, Roy feels that a new group is needed to revive the council and establish a new presence. He feels a high-profile, capably organized event in the order of a juried art show would bring the recognition worthy of an arts-oriented community. Now this is a project to tempt volunteers. And it must be tempting; there is a lot of competition for volunteers — especially those who like to organize and imple-

ment. The arts sector cannot be dismissed if we are to have quality of life recognized as an issue as important as health care, rescuing animals, or individual diseases. We are known as an "arts community", but this should be more than just a place where a lot of artists (or artsy people?) live.

When I came here, it was because it was a special place that offered such a lot — we can keep it that way and make it even better if we all do our bit, like the individuals I mentioned, and the many more like them.

"The more alliances we make, the stronger our business community will be!"



As a fourth-generation Fulton, Shirley Fulton-Deugo just might have some Lanark County maple syrup flowing in her veins. She certainly devotes a tremendous amount of energy and talent to promoting all things maple in the Mississippi Mills area! Located about half way between Almonte and Pakenham, **Fulton's Pancake House and Sugar Bush** draws visitors year-round not only for their highly successful maple season (which opens this year on February 19), but also for educational tours, corporate team-building, and special events. Fulton's is comprised of 400 acres of mixed forest (mostly sugar maple trees), a 120 seat restaurant, a newly renovated gift shoppe, the maple sugar camp (production facility) and main office.

A long-time networker and one of the founders of the Pakenham Business & Tourism Association, Shirley is always "branching out" to partner with other local businesses and organizations. Most recently, she launched Fulton's new "Maple Luscious" line of maple body and bath products in partnership with Saje Wisdom Salon and Spa in Appleton. Years of working with other local, family-owned ventures have led Shirley to conclude that "no business exists in isolation — the more alliances we make and the more we support each other, the stronger our business community will be." She is a strong supporter of Chamber events, and notes that "something positive always comes from them — whether it be a new idea or an actual business connection."



Fulton's — Mississippi Mills Chamber member since 1996



Visit us: www.mississippimills.com



Meet us:

February 16 Mixer

With Paddy Mann, Cynthia Stuart, and Robin Singleton on their "Bag Ladies" initiative 6PM at the Barley Mow

Please visit our website at www.mississippimills.com for information about Mixers and events in 2011

Join us:

To become a member of the Mississippi Mills Chamber of Commerce please email your request to manager@mississippimills.com. Members who attend our monthly MIXERS are eligible to win a business profile like this one!



Girls With Glasses at MERA

It's perfect Valentine's Day fare: a noted trio of Canadian songstress is coming to the MERA Schoolhouse in McDonalds Corners for a matinée show at 2PM on Sunday February 13.

It's true, they proudly wear glasses and they are girls, but Girls With Glasses is much more than a gimmick. The trio formed in 2004 as a "one-time-only" concert collective and has evolved into an ensemble that combines rootsy folk and blues, edgy pop, and spoken word with luscious harmonies and original arrangements. Bringing together the spectacle-ular talents of three of Ontario's finest songwriters, Girls with Glasses' performances are hilarious, poignant, provocative, and fun. The blend of Eve Goldberg's watercolour voice and dynamic guitar playing, Evalyn Parry's sharp pen, quirky musical sensibility and wicked sense of humour, and Karyn Ellis's sweet voice, unique guitar style and gentle sense of humour is a combination that has been steadily growing a fan base eager for more. This four-eyed threesome has performed for five years straight, selling out many venues and always giving a great show.

Their 2011 tour takes them all over southern Ontario, and local audiences are lucky to have them stopping at the acoustically resonant community arts centre in McDonalds Corners. Join them as they liberate the "girl with glasses" from the deep recesses of the library and bring her to her rightful place on centre stage. Tickets for the show are \$20, available from Tickets Please (at Jo's Clothes in Perth, or online at ticketsplease.ca), Hill General Store in McDonalds Corners, at the door, or from Bill Cameron at cameronb@netscape.ca. Call 278-2556 for more information.

Putting Your Money Where Your Heart Is

I have been providing investment advice for almost a decade and, during the past several years, have become more aware of alternatives to mainstream investments. I've found that some of the mainstream choices do not mesh as well with my personal beliefs and life-style. As a long-time committed and caring community volunteer, environmentalist and animal rights advocate, I started to gradually switch the focus of my business to Socially Responsible Investments (SRIs). However, it wasn't until I joined the Social Investment Organization, invested my own money and received encouragement from one of my sons, that I became more committed to the SRI field. Today, they form the cornerstone of my business.

Socially Responsible Investments are defined as the alignment of one's social, environmental and ethical beliefs and values with one's money; in other words, the investment of one's money where one's mouth is! Thus, they are often called, "ethical" or "feel good" investments.

There are three main features that separate SRIs from regu-

lar investments: screens/filters, shareholder advocacy, and community investment.

Screens or filters are used during the process in which companies are selected for the investments. Positive screens select companies that show leadership in social, environmental or governance issues, while negative screens exclude companies based on social and/or environmental criteria. Although negative screens can vary, they typically exclude corporations that deal with tobacco or alcohol production, weapons production or weapons-related contracting, gambling and pornography activities, and the production of nuclear power.

SRIs also use **shareholder advocacy** as a tool to promote positive social and environmental change. For example, if a mining company is selected in an investment, they will have discussions with the company in order to promote positive dialogues between the mining company and the community it affects.

SRI companies can vary in the type and extent of their **community investment**, defined as

the practice of investing directly in projects benefiting specific communities that might not normally have access to investment capital.

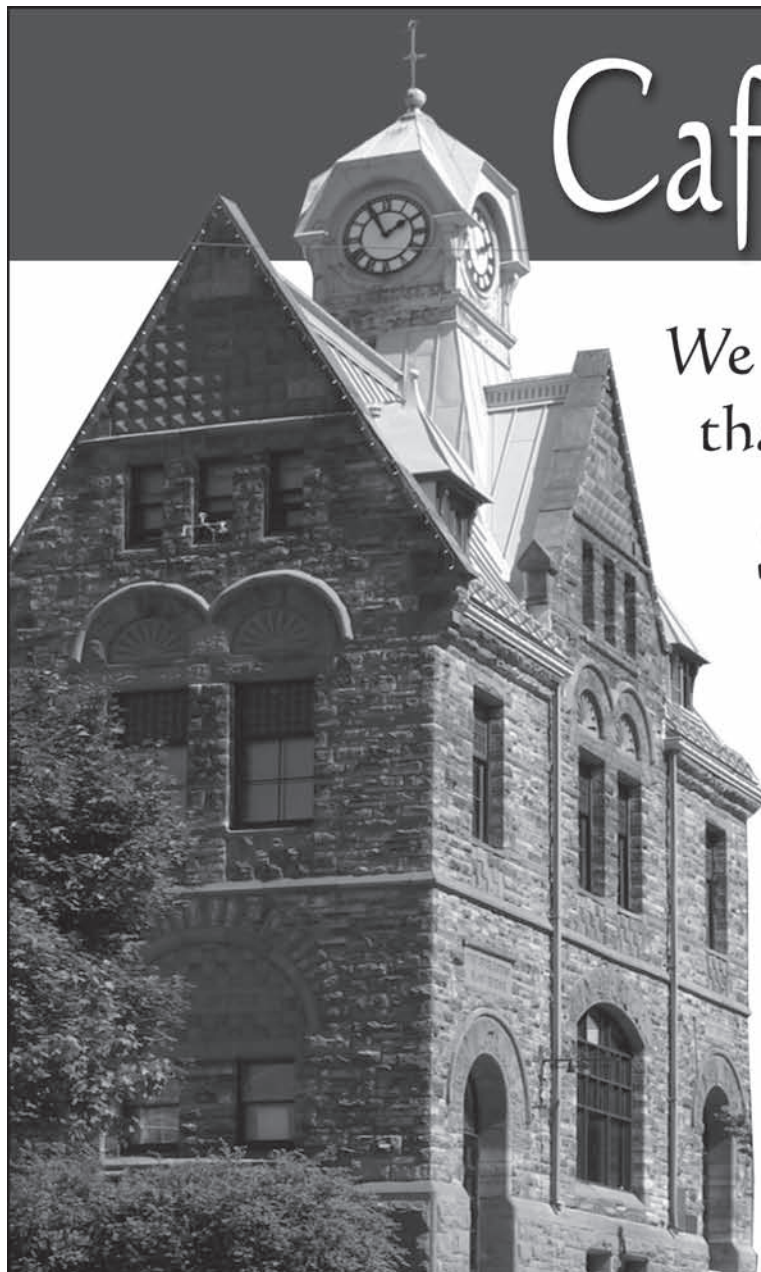
SRIs can be a good way to add further diversification to your existing portfolio. The last time that statistics were compiled by the Social Investment Organization was in 2008; at that time there was over \$600 billion of socially responsible investments or 20% of all assets invested in Canada. The Social Investment Organization will be shortly updating their statistics.

It is a myth that Socially Responsible Investments earn less. Not only can you earn as much or more with these investments, you can help ensure a more sustainable future for yourself and for future generations.

If you would like to learn more about SRIs, you can visit *Social Investment Organization: The Canadian Association for Socially Responsible Investment* at www.socialinvestment.ca.

Or, you can contact me directly at: 253-8282 or willmot@sympatico.ca

— Margo Willmot



Café Postino

73 Mill Street in Almonte
613.256.6098

We are happy to announce
that we will be open to the public on

Saturday, February 19, 2011.

We look forward to opening our doors
for lunch at 11AM.

The proprietors,
Steve & Claire Falsetto,
look forward to serving you.

"Quality in your community."



The Lifeblood of a Community

"Volunteers are the lifeblood of the community." I've heard it before. Now, I believe it. A month of research has barely allowed me to uncover what I now know is but the tip of the Smiths Falls and area volunteer iceberg.

by Joffre Ducharme

A quick look at some of the events planned for the month ahead provides a few examples of contributions made possible thanks to the volunteer efforts of local individuals, groups and businesses.

On Saturday February 5, the annual Alzheimer Society's **Walk for the Memories** fundraising event takes place at the County Fair Mall. Held throughout the province on this day, it is the largest fundraising event

in support of vital programs and services for people living with Alzheimer's disease and related dementias. Register online at <www.walkformemories.ca> or sponsor a walker! Pledge sheets are available at the County Fair Mall in Smiths Falls and the Alzheimer Society of Lanark County's main office at 115 Christie Lake Road, Perth.

The weekend of February 11 to 13 brings us the Smiths Falls **Winter Carnival**. All events and activities, from the Pancake Breakfast to the Great Trivia Challenge, are planned, organized and managed by local volunteers. For details, contact Margo Loughren at 283-4124 x6103 or <mloughren@smithsfalls.ca>.

This year's **Big Brothers Big Sisters Bowl for Kids' Sake** event happens on February 26 at your local bowling venue.

In Smiths Falls, it's at Grattan Lanes in the Chambers Street Mall. Register a team and help this most worthy of volunteer organizations while having fun with your neighbours. For information or to register a team, call 283-0570 or visit <www.lanarkcounty.kintera.org/bfks>.

In addition to the volunteer efforts required to ensure the success of all our community events, too numerous to mention here, I found that countless others toil tirelessly, often unnoticed, throughout the year, in support of fellow citizens in need.

For example, who would know about Jack Robinson who, almost every day for fourteen years, drove cancer patients from the Smiths Falls/Jasper/Lombardy area to Kingston or Ottawa clinics for their treatments. Robinson, his wife Margaret, and five other drivers have been operating the Masonic Transportation Unit, based in Smiths Falls, as a branch of the Canadian Cancer Society. To date, they have driven over 350 local cancer patients to their appointments. But as most drivers, including Robinson, who was honoured with the Governor General's Caring Citizen Award in 2006, are getting too old to drive, the Unit has been retired from service, creating a void in the community. A new generation of volunteers is now required to carry on with this essential service in and around Smiths Falls, Perth and Carleton Place. Interested individuals are urged to contact the **Canadian Cancer Society** at 267-1058 or 1-800-367-2913 or email <lanarklg@ontario.cancer.ca>.

And now for the most pleasant surprise I got from this ex-



From winter carnivals and golf tournaments to the Law Enforcement Torch Run and Cops for Cancer, volunteers truly do put "community first"!

perience. I was amazed to find out that one of the most active groups in terms of volunteer work in the community is our own Smiths Falls Police Service. Their website <www.sfps.ca> contains an exhaustive list of volunteer contributions they make throughout the year. Here is but the tip of that iceberg:

The **Law Enforcement Torch Run**, an Ontario-based event, raises funds and awareness for the Special Olympics. The Smiths Falls Police Service is honoured to participate every year in this event, which began in 1987, and has since raised nine million dollars provincially.

To further support the Ontario Special Olympics, the Smiths Falls Police Service hosts an **annual golf tournament** at the Smiths Falls Golf and Country Club. Attracting over sixty golfers every year since 1995, the event has raised over twenty thousand dollars for the Special Olympics.

Another initiative, **Cops for Cancer**, started in 1994 when an Edmonton police officer heard of a five-year old boy who was being teased at school because of his baldness (as a result of chemotherapy treatment). The officer, who also had a shaved head, had his picture taken with the boy as a gesture of support. Those first steps became a sanctioned event run by the Canadian Cancer Society.

To date, Cops for Cancer has raised more than four million dollars.

Locally, several members of the Smiths Falls Police Service participate by soliciting pledges which they donate to the Canadian Cancer Society. At the end of the sponsorship drive, they have their heads shaved in front of a thrilled crowd of community members and the media to raise awareness for the event and the cause.

In September 2008, our police force established the **Copperheads**, a hockey team of officers dedicated to playing hockey for fun while raising money for deserving charities in Smiths Falls and throughout Ontario. The money is raised by fees the Copperheads pay and collect to run and participate in hockey tournaments.

With some of the money raised, the Copperheads bring about twenty youngsters, who couldn't do so otherwise, to see a Senators hockey game. For more information check out the Copperheads website at <www.copperheads.netai.net>.

Is this surprising for a police force? Not for the Smiths Falls Police Service. They're just walking the talk, living up to their motto "Community First", which you can see proudly displayed on all their vehicles — a good model for all of us.

Take care and see you at the Falls!

The Mississippi MUDDS Youth Theatre Presents
into the WOODS
 junior
 Opening night \$10.00 • Other performances \$15.00
 Friday, Feb. 25 at 7 pm • Saturday, Feb. 26 at 2 pm
 Friday, Mar. 4 at 7 pm • Saturday, Mar. 5 at 2 pm
 At the Carleton Place Town Hall
 Tickets available at Arts Carleton Place (613) 257-2031 • mississippimudds.ca

the NEW ART festival
June 4&5, 2011
 Central Park in the Glebe
Call to artists
 check www.artinfoboy.org
 after Feb 1st
 for applications

Janice Aiken
 Registered Massage Therapist
 23 Years experience
 Specializing in:
 Treatment-Oriented
 Massage and
 Myofascial Release
 1598 Ramsay Conc. 1
 10 minutes west of Almonte
www.janiceaikenrmt.ca
 613-256-6243

The Perth Community Choir
 is inviting proposals for the
Fall 2011 Show.
 Proposals to include an
 Artistic Director,
 Musical Director
 and show selection.
 Deadline for proposals is
 Friday, March 25th, 2011.
 Written proposals to be sent
 to 84 Harvey Street,
 Perth, Ontario K7H 1X2

St. Paul's United Church Presents
The Capital City Chorus
 Over 50 male voices dedicated to
 musical excellence in the unique style
 of singing known as "Barbershop"
 Under the direction of
 Denis Laflamme
Sunday Afternoon, Feb. 20, 2PM
 St. Paul's United Church, 25 Gore St. W., Perth
 Tickets: \$10-adult, \$5-child, \$25-family Available from:
 • St. Paul's office
 • Tickets Please, 39 Foster St. (in Jo's Clothes)
 • Online at www.ticketsplease.ca
 • At the door on the afternoon of the performance

Making Education Possible — One Bean at a Time

With a vested interest in human rights, Almonte-born charity SchoolBOX and Equator Coffee Roasters have united their passion and vision to create the **Beans 4 Dreams** program. As of last fall, Equator is donating \$5 to SchoolBOX for every bag of Beans 4 Dreams coffee sold. With every \$5 donated, SchoolBOX can purchase one package of educational supplies for an impoverished child in Central America. Equator has also committed to giving an additional 10 cents per pound of coffee sold, resulting in a donation of over \$10,000 per year. The partnership aims to provide more than 2,000 children with educational supply packages in 2011.

"This partnership is not just about increased funding for our initiatives in Nicaragua," says Thomas Affleck, president and founder of SchoolBOX. "It's about raising awareness and working toward a common goal to support basic human rights, and at SchoolBOX, children's rights."

SchoolBOX is committed to *Making Education Possible* in Central America. It began with a gift of a pencil and notebook to a young girl in northern Nicaragua. The Beans 4 Dreams program goes back to the basics by providing the very gift that started it all; a package of notebooks, pencils, pencil sharpener, eraser and ruler is enough to send a child to school.

"We want to better serve the communities we work in," says Craig Hall, founder of Equator

Coffee Roasters. "This program is only the beginning of a relationship that will continue to impact the lives of children in coffee-producing countries."

As young, socially-minded entrepreneurs, Affleck and Hall



A great partnership — Craig Hall from Equator coffee (left) and Tom Affleck of SchoolBOX

searched for a call to action. They thought globally and acted locally. Although their inspiration is deeply rooted in international development, much of their success is thanks to local support and a grassroots following within Almonte and the wider Ottawa Valley. By working together, Equator and SchoolBOX are able to have a significant impact on Central American communities by empowering children with basic education and adults with fair wages.

"SchoolBOX is an example of what a community can do when they stand up, take risks, and believe," says Affleck. Currently, the organization works only in Nicaragua. However, their relationship with Equator will lead to the development of educational programs in other coffee growing communities across Central America.

About SchoolBOX

Founded in 2006, SchoolBOX <www.schoolbox.ca> strives to make education possible by providing students, teachers and communities with the basic tools to make the dream of literacy a reality. Based in Almonte, it is a registered Canadian charity with operations in Canada and Central America. They work with over 10,000 students and recently completed the construction of their twentieth classroom. The SchoolBOX community is a diverse group working together to help children achieve their hopes and dreams through education.

About Equator Coffee

Equator Coffee Roasters Inc. <www.equator.ca> is a 100% fair trade company and is now a member of Cooperative Coffees, a green coffee purchasing co-op whose buying practices exceed the current fair trade standards. Based in Almonte, Equator roasts its coffee on a weekly basis and supplies over one hundred restaurants, cafés, and businesses in the Ottawa area. Last year they roasted over 96,500 pounds of fair trade organic coffee for their customers. In addition to providing quality organic coffees, this family-run company empowers small scale farmers and their communities in developing countries to benefit from the fruits of their labours.

To order Beans 4 Dreams coffee visit: <www.schoolbox.ca/beans4dreams.htm>.

INDEPENDENT CONCERT PRODUCTIONS

the Magic of Ireland

Traditional Irish Dance & Song

Wednesday, March 9, 2011, 8PM

Perth & District Collegiate Institute, Perth

Tickets available at Tickets Please (at Jo's Clothes) 39 Foster St., Perth

613-485-6434 or www.ticketsplease.ca

C

COLLABORATIVE PRACTICE

Resolving Disputes Respectfully

Elizabeth Swarbrick
Lawyer
Mediator
Collaborative Practitioner

83 Little Bridge St.
Almonte

613-256-9811

www.familyfocusedlaw.com

Ottawa Valley

Family Health Team

Family Health Teams (FHTs) use a patient-centered approach to primary health care that brings together doctors, nurses, nurse practitioners and other health care professionals to coordinate the highest possible quality of care for patients. FHTs are a key component of Ontario's health care plan to reduce wait times, improve access to doctors and nurses, and keep Ontarians healthy.

The Ottawa Valley Family Health Team is currently looking to fill the following positions:

Nurse Practitioner
Social Worker (MSW)
Dietician

Working in a collaborative care model, each provider will be responsible for

- **Patient services:** Screening, assessment, diagnosis, treatment, and follow-up;
- **Chronic disease management:** Program planning, implementation and evaluation;
- **Team development:** In-services, workshops, and seminars for colleagues and patients.

Please e-mail us your resume, with a letter of intent demonstrating your experience in the above areas, to mmorin@agh-fvm.com by February 15th, 2011.

PERTH PICTURE FRAMING & Gallery PERTH

16 Wilson Street West
also at code's mill, Wilson & Herriott Streets 613 264 8338

BLUES ON THE RIDEAU
THE COVE INN WESTPORT, ON

FEBRUARY 18
1 NIGHT ONLY
3X MAPLE BLUES AWARD NOMINEE 2011
JOHNNY MAX BAND
PROCEEDS TO RIDEAU WATERWAY LAND TRUST

BUFFET DINNER & SHOW \$55
ADVANCE RESERVATIONS REQUIRED (613) 273-3636
Well-priced accommodations at The COVE & nearby B&B's
Visit bluesontherideau.ca for more info on the Series

Curiosities
30 Mill St., Almonte
256-7943
Antiques & Collectibles

and 100s of other interesting pieces
Preserve our Heritage.
Buy, Collect, and Give old, well-made items and play your part in recycling

Claiming Column

Harry Manx, Burnstown, Mar 1
 Doctor Zoo, Perth, Mar 4
 Into The Woods Junior, Carleton Place, Mar 4-5
 Almonte in Concert, Mar 5
 The Paranormal Show, Perth, Mar 5
 Nathan Sloniowski, Almonte, Mar 5
 The Magic of Ireland, Perth, Mar 9
 Open House, Perth, Mar 10-13
 The Melville Boys, Smiths Falls, Mar 17-20, 24-26
 Blues on the Rideau, Westport, Mar 18-19
 Sheesham & Lotus, McDonald's Corners, Mar 19
 The Paranormal Show, Carleton Place, Mar 19
 Ric Denis 3, Almonte, Mar 20
 Chris Whiteley & Diana Braithwaite, McDonald's Corners, Mar 23
 Songs from the Valley, Perth, Mar 25
 Maple Run Studio Tour, Pakenham, Mar 26-27
 On Stage For Kids, Almonte, Mar 27
 SRO Tea Dance, Almonte, Mar 27
 Jeff Martin 777, Burnstown, Mar 28
 Patricia O'Callaghan, Burnstown, Mar 31
 You Say Tomatoes, Perth, Mar 31-Apr 3
 Pakenham Home Show, Apr 1-3

Visual Arts

Vernissage, Feb. 6, 7pm. Grand Opening, Compositions Art Gallery, 47 Main St. E., SF. 205-1258, info@compositionsartgallery.com.
Pastel Demo, Feb. 9, 6:30-9:30pm. A demo by Margaret Ferraro with live model. Palms Coffee Shop, 78 Mill St., Almonte. 256-2676, www.palmsonline.ca. \$17.
Pints 'n Purls, Feb. 9, 6-9pm. Knitting group. Old Mill Pub in Ashton. 257-2296.
Kanata Art Club, Feb. 12, 7pm. 1030 Riddell Dr., Kanata. 599-4959.
Vernissage, Feb. 12, 2-4pm. Caitlin Barrie, MVTM, 3 Rosamond St., Almonte. 256-3754.
Arts Carleton Place, Feb. 16, 7-9pm. "Evening of the Arts with our Membership". Moore House, Bridge St., CP. 257-2031.
Almonte Quilters' Guild, Feb. 21, 7-9pm. Guest speaker. Almonte Civitan Hall.
Lanark County Knitting Guild, Feb. 22, 7-9pm. Almonte United Church, Guests \$3.
Lanark County Quilters Guild, Feb. 22, Noon. \$3 Lions Hall, Perth Fairgrounds.
Arnprior & District Quilters' Guild, Feb. 23, 7-9pm. 257 John St. N., Arnprior. \$5 entry or \$20/yr membership.

Kids

Into The Woods Junior, Feb 25 7pm, Feb 26 2pm, Mar 4 7pm, Mar 5 2pm. Mudds Youth Theatre. Tickets at Arts Carleton Place (257-2031, arts.carletonplace.com). CP Town Hall, 175 Bridge St. 253-2007, mississippimudds.ca. \$15 (opening night: \$10)
On Stage For Kids, Feb. 27, 2pm. Junkyard Symphony, ages 2-10. Naismith School, Almonte. www.onstageforkids.com. \$8 at Kentfield Kids, Read's Books; \$9 at door.

Theatre

I'll be Back by Midnight, Feb 3, 4, 5, 11, 12 at 8pm; Feb 6 & 13 at 2pm. Tickets at Bookworm, Book Nook, Tickets Please (485-6434). Not recommended for young children. Studio Theatre, Perth. studiotheatreperth.com. \$18 in adv; \$20 at door.

WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
31 Communities in Bloom meeting, Almonte	1 Open Mic, The Barley Mow	2 Toastmasters Club, Smiths Falls	3 Games Night, Almonte I'll be Back by Midnight, Perth Karaoke, The Downstairs Pub Kelly Sloan/Laura Merrimen, Almonte Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow
7 Poetry Slam, Carleton Place	8 Open Mic, The Barley Mow West Carleton Garden Club, Carp Women's Business Group, CP	9 Pastel Demo, Almonte Pints 'n Purls, Ashton Toastmasters Club, Smiths Falls	10 My Afternoons with Margueritte, SF Karaoke, The Downstairs Pub Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow The Full Monty, Perth
14 Almonte Coin Club, Almonte Kathryn Briggs Trio, Almonte Sweetheart Dinner-Dance, Smiths Falls	15 Open Mic, The Barley Mow	16 Arts Carleton Place, Carleton Place Toastmasters Club, Smiths Falls	17 Jazz Night w/Peter Brown, St. James Gate Karaoke, The Downstairs Pub MVFN Lecture, Almonte Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow The Full Monty, Perth Valdy, Neat Coffee Shop
21 Almonte Quilters' Guild, Almonte Family Fun Afternoon, Middleville	22 Lanark County Knitting Guild, Almonte Lanark County Quilters Guild, Perth Open Mic, The Barley Mow	23 Arnprior Quilters' Guild, Arnprior Mississippi Mills Volunteer Fair, Almonte Reiki Share, Almonte Toastmasters Club, Smiths Falls	24 The King's Speech, Smiths Falls Karaoke, The Downstairs Pub Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow
28 Almonte Horticultural Society Meeting Spiritual Cinema Circle, Perth	1 Harry Manx, Neat Coffee Shop Open Mic, The Barley Mow	2 Toastmasters Club, Smiths Falls	3 Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow

The Full Monty, Feb 4, 5, 10-12, 17-19 at 8pm, Feb 6, 13 at 2pm. Tickets at Tickets Please, 485-6434, www.ticketsplease.ca. Myriad Centre, 1 Sherbrooke St., Perth. \$25.
 Film Night International presents **My Afternoons with Margueritte**, Feb. 10, 7pm; **The King's Speech**, Feb. 24, 7pm. Premier Cinemas, SF. 267-1224, \$10.
Looking, Feb 11, 12, 18, 19 at 8pm; Feb 13 at 2:30pm. A Valley Players comedy by Norm Foster. Dinner/Theatre pkgs avail at JR's, Waterford Tea Rm, Barley Mow. Tickets at Mill St Books, 256-9090. Almonte Old Town Hall, \$20; \$15 students/seniors.
Spiritual Cinema Circle, Feb. 28, 2pm. *Déjà Vu, A Love Story*. Myriad Centre, 1 Sherbrooke St., Perth. \$2 requested.

Literature

Poetry Slam, Feb. 7, 7-9pm. Come to watch & maybe perform. CP Cinemas, Carleton Place. \$5; free for performers.

Book Signings, Feb. 13, 2-4pm. Isobel Eastman signs *Rural Ramblings*; Feb. 20, 2-4pm, Diana Beresford Kroeger signs *Arboretum Borealis*. Nature Lover's Bookshop, 62 George St., Lanark. 259-5654, www.natureloversbookshop.ca.

Music

Kelly Sloan/Laura Merrimen, Feb. 3, 6pm. Dinner & live music. Foodies Fine Foods, 34 Mill St., Almonte. 256-6500, www.foodiesfinefoods.ca. \$40 dinner & show.
Country/Rockabilly Show, Feb. 5, 8pm. with the Roots Revival Band. Tickets at Gemmill's Flowers (SF), ShadowFax (Perth), & door. The Station Theatre, Smiths Falls. \$20.
MVTM Dance, Feb. 5, 8-11pm. Music by the Fiddleheads. Refreshments. Mississippi Valley Textile Museum, Almonte. \$15

Russell deCarle, Feb. 5, 8pm. Findlay House, 207 High Street, Carleton Place. Reserve at mctavishheather@gmail.com. \$20.
Rideau Mellowdears & EDGE, Feb. 11, 7:30pm. Tickets from ABC tickets at 273-5475, feb11tickets@gmail.com. PDCI, Perth. \$10 (under 12 free).
Nelson Colt, Feb. 12, 7-11pm, Peppers Bar and Grill, 7 Union St., Smiths Falls.
Valentine's Dance, Feb. 12, 7:30pm. Proceeds to Prestonvale Church Restoration Project. St. Andrew's United Church, Lanark. 259-5410. \$10 in advance.
Girls with Glasses, Feb. 13, 2pm. Evalyn Parry, Eve Goldberg & Karyn Ellis. Tickets at Tickets Please (www.ticketsplease.ca), Hill General Store in McDonalds Corners, or door. MERA Schoolhouse. 278-0220, meraschoolhouse@bell.net. \$20
Kathryn Briggs Trio, Feb. 14, 6pm. Dinner & show. Foodies Fine Foods, 34 Mill St., Almonte. 256-6500 to reserve, www.foodiesfinefoods.ca. \$50 dinner & show

Sweetheart Dinner-Dance, Feb. 14, 7pm. With Jeff and Angie. Reserve at 205-1400. Chuckles Jack Restaurant, Smiths Falls.
Johnny Max Band, Feb. 18, 7-11pm. Blues on the Rideau. The Cove, 2 Bedford St., Westport. www.choosetheblues.ca. \$55+tx buffet & show.
Almonte Traditional Sing, Feb. 20, 2-4pm. david@shantyman.ca. The Barley Mow, 79 Little Bridge Street, Almonte.
Bolingbroke Music Jam, Feb. 20, 1-5pm. All welcome. 273-2571. ABC Community Hall, Bolingbroke.
Capital City Chorus, Feb. 20, 2pm. Tickets at 39 Foster St, Perth or www.ticketsplease.ca, or door. St Paul's United Church, Perth. \$10 (\$5 child, \$25 family).
Musical Open Mic, Feb. 20, 2pm. MERA Schoolhouse, McDonalds Corners. 259-2452, tomgloria@storm.ca.

FEBRUARY 2011

Friday

Saturday

Sunday

<p>Fishing Boat & Cottage Show, Beckwith I'll be Back by Midnight, Perth Jazz w/Spencer Evans Trio, The Cove Open Stage, The Downstairs Pub The Full Monty, Perth</p>	<p>Country/Rockabilly Show, Smiths Falls Fishing Boat & Cottage Show, Beckwith I'll be Back by Midnight, Perth Kirk & Kurtis Armstrong, St. James Gate, MVTM Dance, Almonte On Common Ground, Harry McLean's Pub Russell deCarle, Carleton Place The Full Monty, Perth The Stool Pigeons, The Downstairs Pub Valentine's Photo Shoot, Almonte Walk for the Memories, Smiths Falls Westport Wally Celebrations, Westport</p>	<p>APEX Jazz Band, The Royal Oak Fishing Boat & Cottage Show, Beckwith I'll be Back by Midnight, Perth SchoolBOX Fundraiser at Fultons, Pakenham The Full Monty, Perth Valley Singles Lunch, Renfrew Vernissage, Smiths Falls</p>
<p>I'll be Back by Midnight, Perth Looking, Almonte Open Stage, The Downstairs Pub Rideau Mellowdears & EDGE, Perth Smiths Falls Winter Carnival, Smiths Falls The Full Monty, Perth</p>	<p>Vernissage, Almonte Brothers Chaffey, The Downstairs Pub I'll be Back by Midnight, Perth Kanata Art Club, Kanata Live Jazz & Soul Love Songs, The Cove Looking, Almonte Motley Minstrels, St. James Gate Nelson Colt, Smiths Falls Smiths Falls Winter Carnival, SF Snow Angel Making Gathering, Lanark Sun Bleached Skulls, Harry McLean's The Full Monty, Perth Valentine's Dance, Lanark</p>	<p>Book Signing, Lanark Girls with Glasses, McDonalds Corners I'll be Back by Midnight, Perth Looking, Almonte Magnolia Rhythm Kings, The Royal Oak Smiths Falls Winter Carnival, SF The Full Monty, Perth</p>
<p>Almonte Lecture Series, Almonte Heritage Dinner, Almonte Johnny Max Band, The Cove Looking, Almonte Open Stage, The Downstairs Pub The Full Monty, Perth</p>	<p>Looking, Almonte Open House/Free Talk, Carp Pair of Aces, Harry McLean's Pub Sounds Sweet, St. James Gate Starfire, The Downstairs Pub The Full Monty, Perth The Young Awards Gala, Almonte</p>	<p>Almonte Traditional Sing, The Barley Mow APEX Jazz Band, The Royal Oak Bolingbroke Music Jam, Bolingbroke Book Signing, Lanark Capital City Chorus, Perth Musical Open Mic, McDonalds Corners</p>
<p>Breakfast with Soul, Almonte Into The Woods Junior, Carleton Place Open Stage, The Downstairs Pub The Duke Robillard Blues Band, Perth</p>	<p>Aim2Please, St. James Gate Big Brothers Big Sisters Bowl for Kids' Sake, SF Forty Creek, The Downstairs Pub Into The Woods Junior, Carleton Place Looking, Perth Mid-Winter Milling, Almonte Royal Soiree at the MVTM, Almonte Sultans of String, Almonte Tibetan Singing Bowl Healing Concert, Almonte</p>	<p>Magnolia Rhythm Kings, The Royal Oak On Stage For Kids, Almonte SRO Tea Dance, Almonte The Merry Widow, Almonte</p>

- Baker Bob's Gallery** presents Fortunee Shugar, "Unrestrained", mixed media
- fieldwork** presents land art exploration <fieldwork.blogsome.com>
- MVTM** presents "Colour and Weave" by Caitlin Barrie, Feb 12-Mar 5 <www.mvtm.ca>
- Palms Coffee Shop** (Almonte) presents photographs of Shawn De Salvo & "A Time to Dance...", oil, pastels & acrylic by Margaret Ferraro <palmsonline.ca>
- The **Almonte Library Corridor Gallery** presents Jay (Zhi-Jian) Li, acrylics
- The **Mississippi Mills Chamber Gallery** presents Donna Lynd, acrylics

The Duke Robillard Blues Band, Feb. 25, 8pm. Tickets at Book Nook, Bookworm, Tickets Please (485-6434). Studio Theatre, 63 Gore Street East, Perth. \$29.50.

Sultans of String, Feb. 26, 8pm. Folkus Concert Series. \$23 from Mill Street Books, 256-9090, \$27 at door. Almonte Old Town Hall. www.folkusalmonte.ca.

SRO Tea Dance, Feb. 27, 1-4pm. With Standing Room Only. Almonte Old Town Hall 692-5380, www.sroteadances.org. \$12 at door (cash only).

The Merry Widow, Feb. 27, 7pm. By Savoy Society of Ottawa. Tickets avail. at Baker Bob's or online. Almonte Old Town Hall, www.ottawasavoyssociety.org. \$25.

The Downstairs Pub at JR's (385 Ottawa St., Almonte, 256-2031) Karaoke Thurs, 9pm, no cover; Fri Open Stage, 9pm, no cover; Sat live music, 9pm. Feb 4, 18 Billy Armstrong Feb 5 The Stool Pigeons, \$4

Feb 11, 25 Whiskey Mike
 Feb 12 Brothers Chaffey, \$4
 Feb 19 Starfire, 9pm, \$4
 Feb 26 Forty Creek, \$4

St. James Gate (111 Bridge St., Carleton Place, 257-7530): Live at the Gate Sat (8:30-10:30pm).
 Feb 5 Kirk Armstrong
 Feb 12 Motley Minstrels Band
 Feb 17 Jazz Night w/Peter Brown & Sandy Faux
 Feb 19 Sounds Sweet
 Feb 26 Aim2Please

The Royal Oak (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover.
 Feb 6, 20 APEX Jazz Band, 3-6pm
 Feb 13, 27 Magnolia Rhythm Kings, 2-5pm

The Cove (2 Bedford St., Westport, 273-3636)
 Feb 4 Jazz Night with Spencer Evans Trio, 8-11pm

Feb 12 Live Jazz & Soul Love Songs with Emily Fennell & Chris Brown (piano), 6-10pm, reserve.

The Barley Mow (79 Little Bridge St., Almonte, 256-5669): Open Mike w/Jumpin' Jimmy Leroux Tues (7pm); Terry Tufts Thurs (8-11pm).

Neat Coffee Shop (1715 Calabogie Rd., Burnstown, 433-3205)
 Feb 17 Valdy, \$20, 8pm
 Mar 1 Harry Manx, \$45, 8pm

Naismith's Pub (411 Ottawa St., Almonte, 256-6336): Open Celtic Jam Thurs, no charge (7:30-10pm).

Harry McLean's Pub at the Baldachin Inn (111 St. Lawrence St., Merrickville, 269-4223)
 Feb 5 On Common Ground
 Feb 12 Sun Bleached Skulls
 Feb 19 Pair of Aces

Community

Smiths Falls Toastmasters Club, Feb. 2, 9, 16, 23, Mar. 2, 7pm. Courtyard Cafe, Davidson's Courtyard, Smiths Falls. Info: robrodine@hotmail.com.

Games Night, Feb. 3, 7:30-9pm. Mill Street Books, 52 Mill St., Almonte. Info: 256-9090.

Fishing Boat & Cottage Show, Feb 4 (5-9pm), 5(9am-5pm), 6(9am-4pm). Beckwith Recreational Complex, 257-7489, www.valleysportsmanshow.com. \$6

Valentine's Photo Shoot, Feb. 5, 9am-4pm. Receive a free web gallery of your photos. Prints for pick-up Feb 12. Palms Coffee Shop, 78 Mill St., Almonte. 256-2676, www.palmsonline.ca.

Walk for the Memories, Feb. 5. Alzheimer Society's fundraising event. Register at www.walkformemories.ca. County Fair Mall, 275 Brockville St., Smiths Falls.

Westport Wally Celebrations, Feb. 5. Winter games, hot chocolate, treats at 10am for the kids, skating, entertainment. The Cove, 2 Bedford St., Westport.

SchoolBOX Fundraiser at Fultons, Feb. 6, 10am. Church service, pancakes, with a donation to SchoolBOX. Fultons, #291, 6th Conc Rd, RR 1, Pakenham.

Valley Singles Lunch, Feb. 6. 12:30-2:30pm. Register at 256-8117. Rocky Mountain House Restaurant, Renfrew.

West Carleton Garden Club Meeting, Feb. 8, 7:30pm. Containers & Hanging Baskets with Carole Onion of Hillside Gardens. Carp Hall. \$5 for non-members

Women's Business Group, Feb. 8, 7:30-8:30am. Networking, support & volunteer group. Buster's Bar and Grill, 515 McNeely Dr., Carleton Place. www.wbgroup.ca.

Smiths Falls Winter Carnival, Feb. 11-13. Pancake Breakfast, Great Trivia Challenge, etc., Smiths Falls. Info: 283-4124 x6103, mloughren@smithsfalls.ca.

Snow Angel Gathering, Feb. 12, 1:30pm. Make snow angels, camp fire, bring a lawn chair. Cressy's, 4381 Wolf Grove Rd., Lanark. Free.

Almonte Coin Club, Feb. 14, 7pm. All welcome. Show and tell. Alliance Coin & Banknote, 88 Mill St., Almonte.

MVFN Lecture, Feb. 17, 7:30pm. "What Makes Charleston Lake, Bon Echo, & Sandbanks Parks Special". Almonte United Church, 257-3089. \$5 for non members.

Almonte Lecture Series, Feb. 18, 7:30-9pm. Warren Thorngate, "The Competition for Attention". Almonte United Church, almontelectures.ncf.ca. Free.

Heritage Dinner, Feb. 18, 6pm social hr, 7pm dinner & speaker to support the N. Lanark Regional Museum. Tickets at Baker Bob's. Almonte Legion, 256-4221, appletonmuseum@hotmail.com. \$25.

Open House/Free Talk, Feb. 19, 1-3pm. Katherine Willow on natural tips for healthy sex. Carp Ridge EcoWellness Centre, 2386 Thomas Dolan Pkwy, 839-1198, www.ecowellness.com. Free.

Young Awards, Feb. 19, 6pm. Live entertainment, dinner & dessert. \$65 from Blackbird, Foodies, & Three Yellow Tulips. ADHS, 126 Martin St., Almonte. reside@sympatico.ca, www.youngawards.ca.

Family Fun Afternoon, Feb. 21, 3:30-5:30pm. Skate, toboggan rides & hot chocolate. meatball supper. Middleville Community Centre, 256-5474. \$9 adults, \$4 ages 5-12, under 5 are free.

Mississippi Mills Volunteer Fair, Feb. 23, 7-9pm. Gather info about local clubs & organizations. Almonte Old Town Hall. 256-1077 x22.

Reiki Share, Feb. 23, 7-9pm, White Swan, 96 Mill St., Almonte. : 256-3081, whiteswan-healingspace.ca. \$10 minimum donation.

Breakfast with Soul, Feb. 25, 8-10am. White Swan Healing Space, 96 Mill St., Almonte. Info: lillywhiteangels@sympatico.ca. Free.

Big Brothers Big Sisters Bowl for Kids' Sake, Feb. 26. Graton Lanes, 39 Chambers St. Plaza, Smiths Falls. 283-0570, www.lanarkcounty.kintera.org/bfks.

Mid-Winter Milling, Feb. 26. 10am-5pm. Intuitives, astrologists, psychics, reiki, and more at downtown Almonte shops.

Royal Soiree at the MVTM, Feb. 26, 7pm. Fashion show of royal finery as a fundraiser for a friend's MS-related surgery. Textile Museum, 3 Rosamond St. E, Almonte. Info: 256-6479.

Tibetan Singing Bowl Healing Concert, Feb. 26, 6pm, White Swan, 96 Mill St., Almonte. 256-3081, whiteswanhealing-space.ca.

Almonte & District Hort. Society, Feb. 28, 7:30pm. \$2 visitors, \$10 membership. Cornerstone Community Church, Almonte. 256-5155, www.gardenontario.org/site.php/Almonte.



Capital City Chorus in Perth

St. Paul's United Church in Perth invites the public to beat the February cold by enjoying an outstanding musical performance by the award-winning Capital City Chorus from Ottawa.

For over fifty years, this premier men's chorus has performed music ranging from vaudeville, wartime songs and doo wop, right up to *The Lion King*. Fans of barbershop will enjoy the music of both the quartets and full chorus singing.

The Capital City Chorus and its quartets are five-time winners at the Ontario District Championship and have been successfully represented internationally. Under the leadership of Denis Laflamme, the chorus has a reputation for excellence and enthusiasm for their musical performance.

The mission of this dedicated group of over fifty voices is to encourage and share the benefits of a cappella singing in close four-part harmony. At the same time

they support fundraising projects with their own focus on speech therapy and youth outreach.

See them live on Sunday, February 20, at 2PM, at St. Paul's United Church (25 Gore Street in Perth). Tickets are \$10 adult, \$5 child, \$25 family and are available in advance at the church office, from Tickets Please at Jo's Clothes (39 Foster Street), and at <www.ticketsplease.ca>; also at the door. Don't miss this outstanding musical event.

Open House

An Opera of Family, Friends and Ties That Bind

Perth will see the world première of a remarkable piece of musical theatre in March with the début of *Open House*, an opera by Lanark resident Peter Paul Morgan. The show will be, as far as the producers can determine, the first full "through-composed" opera ever produced in Perth.

For Peter Paul Morgan, the show will be the product of many years of thought and work. From the germ of an idea inspired by a sign advertising live bait, the opus has progressed through many incarnations and permutations. Two years ago, it was given a public workshop reading, and since, it has gone through extensive rewrites. Working with arranger/musical director Mark Bailey, choral director Brad Mills, artistic directors Grace Main and Cynthia Bates, and choreographer Lauren Bailey, Morgan sees the Perth production as the culmination of one part of his dream and the possible beginning of taking that dream to a wider audience.

Arranger/conductor Mark Bailey points out that while the

show is an opera in the technical sense, it won't sound like the stereotypical version of one. The music is refreshing and upbeat, featuring a wide variety of styles, from traditional operatic sounds to jazz, rock and even rap. All of this will be performed by a ten-piece professional orchestra composed of some of the best musicians from the region. Twelve community performers from Lanark County and the Ottawa area will work with the professional orchestra in the two-act, two-hour production.

Open House tells of a recently widowed mother forced to sell her rustic home, and of her children and their friends who try to find a way to prevent it. As the show unfolds, they meet a resourceful real estate salesman and a greedy developer. The plot is a simple one, but the libretto contains a wealth of simple but truly powerful lyrics: "Why can't life last as long as love?" sings the central character. An adult watches children in a tree house and sings, "Something in my soul rejoices

when children climb trees." And the children themselves sum up their world as "The world should be an open house, with a room for everyone."

The production is at the Studio Theatre in Perth for one weekend only, March 10, 11, 12 at 8PM and March 13 at 2PM. Matinée audience members should bear in mind that Daylight Savings Time starts on the 13th of March, so don't sleep in.

Tickets are \$25, available at Tickets Please <www.ticketsplease.ca>, 39 Foster Street in Perth (at Jo's Clothes). Call 485-6434.

Open House will definitely be the musical must-see of the winter: a world première, some of the area's best community performers, a first-class professional orchestra and an exciting and unique piece of musical theatre. Put it on the calendar now!

Lachapelle Antiques
Furniture & Collectables through the decades



Furniture Refinishing and Antique Stores

1526 Ashton Station Rd.
Ashton
613-257-2960 www.lachapelleantiques.com

Visit our new Almonte space
5000 sq. ft.
on 2 levels!

26 Mill St.
Almonte
613-256-1511

WELCOME WAGON
SINCE 1930

If You Are...

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

Call

1-866-283-7583

We have
Gifts & Information
www.welcomewagon.ca

Humm Bits

Come Dance With Us!

The Friends of the **Mississippi Valley Textile Museum** are having a dance party at the museum on Saturday, February 5. Singles and couples are invited to line dance, contra dance and ballroom dance in the Norah Rosamond Hughes Gallery, from 8 to 11 PM. Live music will be provided by the Fiddleheads, and delicious refreshments will be served by the Friends. Ticket price is \$15. Tickets are available at the MVTM at 3 Rosamond Street in Almonte, or at the door the evening of the dance. If you would like to dance, dance, dance, we'll see you at the Textile Museum on February 5th!

Visual Arts at MERA

Looking for a little distraction to get you through the cold months? Why not try out a workshop or two at MERA (McDonalds Corners-Elphin Recreation & Arts)? They are presenting four workshops in McDonalds Corners in February.

At the **Felting Workshop** on February 5 from 10AM to 4PM, make warm, cozy, felted mitts with felter Rosie Kotze.

David Turner, Professor of Anthropology and frequent visitor to Pangnirtung, will present a **Soapstone Carving Workshop** on February 13 from 10AM to 4PM.

Make a pamphlet and a soft-cover journal or sketchbook with Niki Mulder at the **Bookmaking Workshop** on February 19, 10AM to 3PM.

Lastly, on February 26, from 10AM to 3PM, take the **Sculptural Willow Bird Workshop** with Ankaret Dean and learn how to make elegant "flying birds" from willow and reed.

All courses take place at the MERA Schoolhouse in McDonalds Corners. For further information, contact 278-0220 or <meraschoolhouse@bell.net>.

Celebrate Heritage Week

The **North Lanark Historical Society** will be holding its annual Heritage Dinner on Friday, February 18, upstairs at the Almonte Legion. There will be a social hour starting at 6PM followed by the dinner and program at 7PM. The guest speaker for the evening will be the "Duke of Richmond", portrayed by Robin Derrick. Charles Lennox, the fourth Duke of Richmond, served as Governor General of Canada from 1818 until his untimely death at the Chapman home on Richmond Road in 1819. He travelled extensively throughout this area in 1819, and several Ontario places, including Richmond, are named to commemorate him. The chair used by the Duke of Richmond during his visit to Hill's Tavern will be on display during the evening of the Heritage Dinner. The event will also feature a silent auction in support of the **North Lanark Regional Museum** in Appleton.

Tickets for the Heritage Dinner are \$25 per person, available from members of the North Lanark Historical Society executive or at Baker Bob's in downtown Almonte. For further information, contact Doreen Wilson at 256-2866 or Brian Tackaberry at 256-4221 or <appletonmuseum@hotmail.com>.

Book Club Members Get Discounts

The best way to deal with slush, ice and winter weather is to cuddle up with a good book. There are many readers in the Almonte area who are taking advantage of the special offers available to book club members at Mill Street Books.

Members receive discounts of 10 - 25% on titles selected from their annual lists when their book club is registered at the store. Discounts depend on titles and quantity ordered. As well, book club customers may return books to the store for credit towards their next purchase, subject to the owner's discretion. This will help to build a collection of used books geared to book club choices. Once a year, Mill Street Books can host a meeting for your club at the store and assist in book selection.

For further information please contact Mary at 256-9090 or <millstreetbooks.com>.

Call for Proposals for 2012/13 fieldwork Exhibition

fieldwork is inviting proposals for exhibition in 2012/13. *fieldwork* is an ongoing rural art project located in a field near Perth that presents site-specific art installations free to the public throughout the year. Proposals will be juried by the *fieldwork* Collective. The deadline is March 15, 2011. Information about the project and detailed application information can found at <www.fieldworkproject.com>.



Helping our community help Victims of Crime, Tragic Circumstance and Disaster.

Every crime/tragic circumstance has victims.

Every victim should have the opportunity for immediate assistance.

Check us out at <http://vcarslanarkcounty.com/>
Formerly Victim Crisis Assistance & Referral Service (VCARS) Lanark County

Victim Assistance Volunteer Responder Opportunity in Lanark County—Help us help Victims

Working in partnership with police and fire services to provide confidential immediate on-site emotional and practical assistance to Victims of Crime & Tragic Circumstance 24/7/365. VS-LC Responders may also help provide Victim Quick Response Program assistance and contribution applications.

- Homicide
- Suicide
- Domestic Violence
- Sexual Assault
- Family Occurrences
- Assault
- Break and Enter
- Accidents
- Fire
- Elder Abuse
- Sudden Death
- Disaster
- Fraud
- Hate Crimes
- VQRP Applications

If you are interested in becoming a Victim Services Volunteer our next free 40-hour training session starts in **March 2011**

For More Information, or to receive an application package - Call 284-8380 or Toll Free 1(866) 575-0067 8:30am-3:00pm

Please submit applications by February 18, 2011

Funded by the Ministry of the Attorney General

Presenting The Duke Robillard Blues Band

Perth and area music lovers are in for a real treat when the renowned Duke Robillard Blues Band takes the stage at the Perth Studio Theatre on February 25. Described as “One of the pre-eminent guitarists in the world today, bar none” by *Rolling Stone* and as “A soloist of stunning force and originality” by *The New York Times*, Robillard has a hugely impressive musical résumé. He toured extensively as lead guitar player for both Bob Dylan and Tom Waits, landed a Grammy nomination for his *Guitar Groove-a-rama* CD, and was named “Best Blues Guitarist” by the Blues Music Awards four years out of five (2000, 2001, 2003, and 2004), making him the second-most honored guitarist for that award.

The list of musicians with whom Duke has played is rivaled in scope only by the numerous awards and accolades he has garnered since forming his first band, Roomful of Blues, back in 1967. A quick glance at his website <www.dukerobillard.com>

will convince you that there’s no such thing as a quick glance at his career — this man has truly been there and done that in the musical world over the past four decades.

The opportunity to hear a musician of this caliber doesn’t come along every day, but it does come on Friday, February 25 at 8PM at the Studio Theatre in Perth. It is being presented by Zapp productions <www.zapp-productions.com>, and tickets are available for \$29.50 in Perth at The Bookworm (267-8773), The Book Nook (267-2350) and Tickets Please (credit cards welcome, 485-6434).



The Magic of Ireland Comes to Perth

For centuries, the music of Ireland has captured the hearts and imagination not only of Irish natives, but of countless people around the globe, with its mystical sound and enchanting melodies.

The *Magic of Ireland* captures the romance and mysticism of the Emerald Isle through an evening of traditional music, song and dance. The sounds heard through the years at harvest celebrations and family get-togethers, in kitchen parties and at local taverns, are as much a part of Ireland’s culture as are the legends of leprechauns and other magical faerie folk.

This show brings to the stage traditional Irish and Celtic music in an evening filled with fast and graceful dance steps, authentic music and enchanting songs, enhanced with traditional Irish and Celtic instruments.

This production is comprised of a young and talented group of dancers and musicians dedicated to re-creating the ambiance, moods and emotions associated with this Irish and Celtic music. The troupe’s energy, enthusiasm and precision have drawn praise

from audiences across North America and Europe. One reviewer commented as to how the energy of the performers seemed to be driven by the audience’s participation, which “grew as the evening progressed.”

The *Magic of Ireland* is unique because every sound you hear is live. Every note, every lyric, every tap is performed live and presented without the use of recorded elements to fill out the sound. Since this is the case, each performance is different from the next. The most exciting thing about the show is the spontaneity the performers bring to the stage.

The *Magic of Ireland* truly reflects the Celtic spirit in an evening filled with traditional Irish dance, music and song enhanced by costumes, lighting and sound and brought to life by a group of dedicated talented dancers, singers and musicians.

Experience the magic at 8PM on Wednesday, March 9, at the Perth & District Collegiate Institute. Tickets are available through Tickets Please at Jo’s Clothes (39 Foster Street in Perth), 485-6434, and <www.ticketsplease.ca>.



Experience the magic on Wednesday, March 9

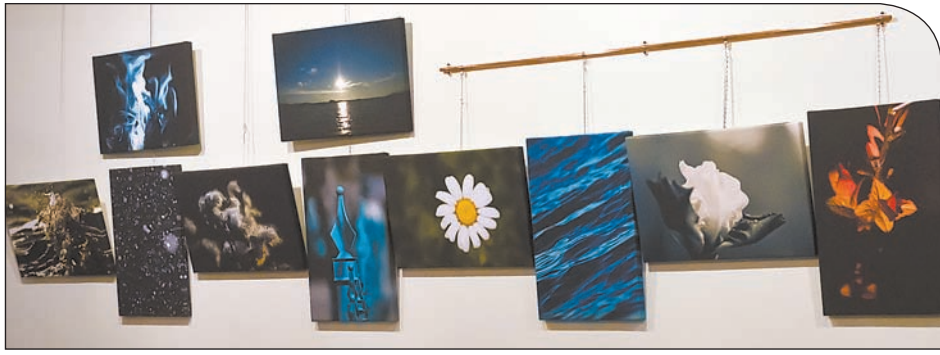
A FOLKUS CONCERT SERIES PRESENTATION

SULTANS OF STRING

w/ MISSISSIPPI JUG STOMPERS

FEBRUARY 26, 2011 • ALMONTE OLD TOWN HALL • 8PM
STUDENT \$12 • ADVANCE \$23 • DOOR \$27
TICKETS AVAILABLE AT MILL STREET BOOKS 613.256.9090
WWW.FOLKUSALMONTE.CA

folkus
ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
EMC
BARLEY MOW



On the Walls at Palms

Palms Coffee Shop, located at 78 Mill Street in downtown Almonte, has established a reputation for serving up fabulous coffee (Equator organic and fair trade, no less), light lunches, drinks, and sinfully delicious baking created by owner Sally Parsons. In recent months, Palms has begun taking advantage of their gazillion-foot-tall ceilings to display local art, thus providing patrons with one more reason to pop in on a regular basis. Throughout February, the eye-catching photos of **Shawn De Salvo** will be on exhibit.

In his own words:

I'm a farm boy, originally from the Cobourg area, who came to Ottawa pursuing an engineering degree and found love as well. After a few wild and hectic years in the city, my wife and I both felt the need to get back to the country. It was an easy decision to make the Almonte area our home, as the people we met while house hunting treated us like neighbours long before we ever made a purchase.

I've been practicing photography in some way, shape, or form since getting an old Kodak 100 as a little boy. I have yet to take any

formal training and instead taught myself on a pair of old Russian Zenit cameras. It was a tough scholarship as the cameras did little more than hold the roll of film. Everything else I had to do myself. Photography as a living was not something I had actually considered, but friends, then friends of friends, and soon complete strangers were asking me for copies of prints or to shoot portraits or events.

It was just last January that I opened my own studio, DeSa Photography, and the past twelve months have been filled with some amazing photographs and amazing people. You may have seen my work in the Downtown Almonte and Mississippi Mills lure brochures, and now Sally and Pete Parsons have given me the wonderful opportunity to show off more of my photos at Palms Coffee Shop.

Please drop on by and take a look. If you'd like to know more about me or see more of my work, my portfolio is online at <desa.smugmug.com>, I keep a blog at <desaphotography.wordpress.com>, and yes, you can even find the studio on Facebook.

Winter Events at Nature Lover's

Every winter, Nature Lover's Bookshop invites local authors, scientists and people of interest in this area to speak on a variety of subjects to banish the winter blahs. This winter is no exception.

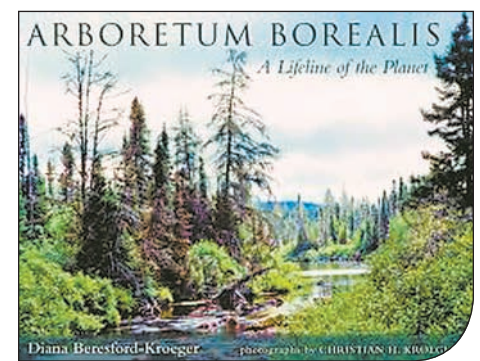
On Sunday, February 13 from 2 to 4PM, local author **Isobel Eastman** will speak about her latest book, *Rural Ramblings*. Eastman was raised on a farm in Pakenham in Lanark County and "grew up rural." In the words of Mary Cook, "Isobel Eastman has done it again! Her delightful book of stories once again introduces us to characters who have strolled through her life... or sometimes raced at top-neck speed... always leaving us with a warm feeling. Eastman has that rare ability of combining humour with pathos and so we are always treated to a wonderful blend of words that joyfully take us on a journey of discovery."

On Sunday February 20, botanist, medical and agricultural researcher, and self-defined "renegade scientist" **Diana Beresford-Kroeger** will discuss her latest book, *Arboretum Borealis – A Lifeline of the Planet*. This book teaches us how trees serve us in so many ways, especially the great boreal forests that ring the northern part of planet earth. Roger C. Dower, President of the Forest Stewardship Council of the United States says: "Diana Beresford-Kroeger sees trees for all their attributes — as providers of clean air, clean water, food shelter, beauty and healing — and places

them squarely in the centre of a complex web of nature that is crucial to all species including man."

Prolific local children's author and storyteller **Jan Andrews** has just released *Rude Stories*. The eight stories in this hilarious book are "the silliest and rudest tales you've ever heard... and are just waiting to tickle your funny bone by saying and doing all the things you know you can't — at least not when others are near." She will be at the shop on Sunday, March 6 to discuss and sign copies of *Rude Stories*.

Come and meet these authors who will talk about their books and lives at the Nature Lover's Bookshop, 62 George Street in Lanark Village. Call 259-5654 or check <www.natureloversbookshop.ca> for details, as some of the guests will start their presentations at the Lanark Legion and then head across the street to the bookstore where you can chat over coffee and cake. Children are always welcome.



It's All About
COMMUNITY

For the 'downsizers' amongst us...

Hyde Park Canada is actively building a strong legacy of village-based communities in the retirement housing market with new sites, apartments, suites, and even hassle-free income-property opportunities with steady, monthly returns. So...what's *not* to love?

Visit us at www.hydeparkrichmond.com and click on the category of your choice.

Hyde Park Jamieson Mills, Almonte
Thirty 1-, 2-, and 2-bedroom-with-a-den units, underground parking, starting at \$173,600. Call Karina Witten at 613-686-1222, extension 113.

Hyde Park Richmond
Thirty-five 1- and 2-bedroom apartments, starting at \$150,000 and retirement suites starting at \$161,500. Call Grace Geertsema at 613-686-1222, extension 105.

Income Property
Buy a *fraction of* or a *whole suite*. We look after the tenant search, maintenance AND taxes. Call Ken Lantier at 613-686-1222, extension 107.

**Hyde Park
Canada**

THE COVE COUNTRY INN
Four Seasons Resort
 WEDDINGS • CONFERENCES
 DOCKING • LIVE ENTERTAINMENT
 DINING • ACCOMMODATION
 WESTPORT-ON-THE-RIDEAU
 613-273-3636 • 1-888-COVEINN
 www.coveinn.com

Est. 1876

Feb. 1 • Spanish Food & Wine Tasting, reservations required, \$70/person
 Feb. 4 • Jazz Night Spencer Evans Trio feat. Jeff & Seamus Cowan (8-11PM)
 Feb. 5 • Westport Wally Celebrations and French Canadian Night
 Feb. 6 • Superbowl Party (pre-game PRIZES 11AM, kickoff 5:25PM)
 Feb. 11, 12 & 13 • Valentine's Weekend Surf & Turf Special, Live Music (Sat. only)
 Feb. 18 • Blues on the Rideau presents Johnny Max Band, \$55 (7-11PM)

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

Sweetheart Special

This February 14th, gift your Valentine with something even sweeter than a box of chocolates. Treat her to an afternoon of pampering by booking a relaxing facial, rejuvenating massage, red hot manicure or any of the luxurious services offered at Carmelized.

Buy one treatment, enjoy a second for 50% off.
 Gift Certificates also available.
 To book an appointment call 613-256-7797 or email carmel@carmelized.ca

REjuvenating TREATMENTS FOR BODY & SOUL
carmelized
 168 Victoria Street, Almonte
 www.carmelized.ca

It's A Celebration!
 So go ahead and
 make a Spectacle of yourself!

The Almonte Spectacle Shoppe
 invites you to our
6th Birthday

For the **full month of February** when you buy one pair of prescription glasses, the second pair is half price. Yes this offer can be shared with a friend. Thank you for your continued support. We look forward to seeing you soon!

Business hours: Mon, Weds & Fri 9:30AM to 5:00PM
 Tues 9:30AM to 6:00PM
 Thurs 9:30AM to 8:00PM
 Sat 10:00AM to 2:00PM

10 Houston Drive, Almonte
 just next to the Waterford Tea Room **613-256-7431**

Almonte in Concert — A Mosaic of Sound

Listeners will not want to miss the next concert in Almonte in Concert's 2010/2011 series: a performance by **Ensemble Prisme** with guests Noémi Racine Gaudreault (violin), Nigel Bell (horn) and Frédéric Lacroix (piano). Through innovative programmes, Ensemble Prisme explores the wonderful world of chamber music, rich in discoveries and rediscoveries. The group — Laura Nerenberg (violin), Sarah Ross (viola), Anne Contant (cello), Jeffrey Miller (flute), Frédéric Hodgson (oboe), Nicolas Tremblay (clarinet) and Ben Glossop (bassoon) — is well known in the region, now in its fifth season of performing its own series of concerts. The programme presented in Almonte is one that they have not performed elsewhere — a kaleidoscope of works ranging from the eighteenth century to today.

The concert will open with a *Quartet for Bassoon and Strings* by the French flautist, bassoonist, composer and teacher François Devienne (1759-1803), whose compositions did much to raise the musical level of works written for wind instruments in France in the late eighteenth century. Devienne composed three such quartets which were published in 1798. Next on the programme is a work by another Frenchman, Francis Poulenc (1899-1963). His colourful *Sextet for Piano and Winds*, which was begun in 1932 but did not reach its final form until seven years later, is one of his most popular works. To the standard romantic wind quintet of the

nineteenth century he added the piano, of which he was an accomplished player. The last work to be presented in the first half of the concert is a *Trio for Oboe, Violin and Piano* by Canadian Jacques Hétu (1938-2010), one of the most frequently performed of all contemporary Canadian composers. Written in 2009, this would be his final chamber work. Although a modernist, Hétu never lost sight of traditional forms.

Equally exciting are the three works making up the second half of the concert: *Opus Number Zoo* by Italian Luciano Berio (1925-2003); *Contrasts* by Hungarian Béla Bartók (1881-1945); and Joseph Haydn's *Symphony No. 104* ("London"), arranged for flute, string quartet and piano by Johann Peter Salomon. *Opus Number Zoo*, a charming early work, is a wind quintet with a

text by Rhoda Levine, in which barnyard animals observe human foibles. The text is recited by the players. *Contrasts* for clarinet, violin and piano was commissioned by the world-renowned jazz clarinetist Benny Goodman, and the only chamber work by Bartók to involve a wind instrument. The last symphony by Haydn (1732-1809) is indeed a fitting close to the concert. Not only is it the crowning of the London symphonies (Nos. 93-104), but of all of Haydn's symphonic work.

The concert takes place on March 5 at 8PM in the auditorium of Almonte's Old Town Hall. Tickets are \$27 for adults, \$14 for students and may be purchased by telephone (253-3353), online at www.almonteinconcert.ca or at Mill Street Books, 52 Mill Street in Almonte (256-9090). — *Maureen Nevins*



Ensemble Prisme (above) and guests play Almonte on March 5

Experience the most beautiful views in Almonte...

inside and out!

Live or work in a stunningly renovated condo with a breathtaking view of heritage downtown Almonte or the mighty Mississippi River

Almonte condominiums

VICTORIA WOOLLEN MILL

AVAILABLE NOW
 residential
 and commercial
 CONDOMINIUMS

THOBURN MILL

Visit us at almontecondos.com or call 613 256 9306 to arrange a visit.
 almonte heritage redevelopment group • www.redalmonte.ca

Looking for *The Full Monty*? Check Into *The Woods*, but Be Back Before Midnight...

Kicking off the month in grand style is Perth's **Studio Theatre Productions** with their edge-of-your-seat suspense drama *I'll Be Back Before Midnight*, set in an old, Lanark County-type farmhouse. It runs February 3, 4, 5, 11 and 12 at 8PM, and at 2PM on the 6th and 13th. This sounds like a nice

by Ian Doig

change of pace for theatre-goers across the area, as well as for the actors! Tickets are available from Tickets Please at 39 Foster Street in Perth, <www.ticketsplease.ca> 485-6434. Credit cards are accepted.

Not to be missed is the **Orion Theatre Company's** hotly anticipated production of *The Full Monty*. Will they or won't they? You'll have to be there to find out! This is a thoughtful, insightful show with some stereotyped roles reversed. It also includes hilarious moments and great music — up-beat, jazzy and tender in spots. Show dates are February 4, 5, 11, 12, 17, 18 and 19 at 8PM, and the 6th and 13th at 2PM. Tickets are \$25 and are available from Tickets Please (details above).

Meanwhile, up in Almonte, **The Valley Players** present Norm Foster's fun comedy about the middle-aged quest for meaningful relationships: *Looking*. Show dates are February 11, 12, 18, 19 at 8PM and February 13 at 2:30PM, at the Almonte

Old Town Hall. Tickets are \$20 for adults, \$15 for seniors and students, and are available through Mill Street Books (52 Mill Street, 256-9090). And as a special treat for those of us living closer to Perth than to Almonte, the show then moves to the stage of the **Studio Theatre** on Saturday, February 26. For more information, visit <www.studiotheatreperth.com>; tickets are available from Tickets Please as usual.

February 25 and March 4 at 7PM, and February 26 and March 5 at 2PM are the dates and times for **The Mississippi Mudds Youth Theatre** production of *Into The Woods Junior*. Music and Lyrics are by Stephen Sondheim and the book is by James Lapine. When a baker and his wife learn they've been cursed by the witch next door, they embark on a quest for the special objects required to break the spell. Along the way they swindle, deceive and steal from Cinderella, Little Red Riding Hood, Rapunzel and Jack (of beanstalk fame). Tickets are \$15, with an opening night special of \$10. Now this sounds like a real evening out for parents, grandparents, kids and everybody!

This is looking forward a bit further than usual, but for an event like this it's worth a bit of advance planning. How often do we celebrate a world premiere in our little corner of the world — especially of a brand new opera? Written and composed by Lanark's Peter Paul Morgan, arranged by Mark



For their production of Norm Foster's *Looking*, The Valley Players of Almonte are collaborating with area restaurants to create a romantic experience just in time for Valentine's Day. JRs, The Waterford Tea Room and The Barley Mow are all offering special dinner and theatre packages — visit <valleyplayers.ca> for details. The talented cast is pictured above: (l-r) Robert Horne, Jen Pfitzer, Colleen Taylor and Gord Risch

Bailey, with Brad Mills as choral director and David and Janice Jacklin as producers, the family-oriented "popera" *Open House* comes to the stage of the **Studio Theatre** on March 10, 11, 12 and 13. Musical styles featured range from swing to rap, rock to jazz, as well as the more familiar classical genre. More on this next month, but be sure to mark this one on your "must-do" calendar!

And finally, on the audition front, **BarnDoor Productions** is casting now for its April production of *Trifles*, *Tea and Tape*. This will be an evening of three very

different one-act plays: the classic murder-mystery *Trifles*, by Susan Glaspell; the delightful short musical/comedy *Tea Cups*, by George Grossmith; and finally *Krapp's Last Tape*, a remarkable one-man play by Samuel Beckett. The cast for *Trifles* is three men and two women (the women have the major roles); for *Tea Cups* it's one man and one woman; and *Krapp's Last Tape* is just one man. BDP hopes the show will play in a couple of different locations in the region in mid-April. If it sounds interesting to you, call 267-1884. See you all at the show!

Want to Volunteer in MISSISSIPPI MILLS?



grab a friend &

Find out more at our **VOLUNTEER FAIR**

February 23, 2011 7 p.m. to 9 p.m.

Almonte Old Town Hall, 14 Bridge Street

phone: 613.256.1077

www.mississippimills.ca