

JANUARY 2018

the Hummm

free

Arts,
Entertainment
& Ideas



p. 16 & 17

January's Events

CLASSES

COURSES

LESSONS

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Introducing Wild Oak

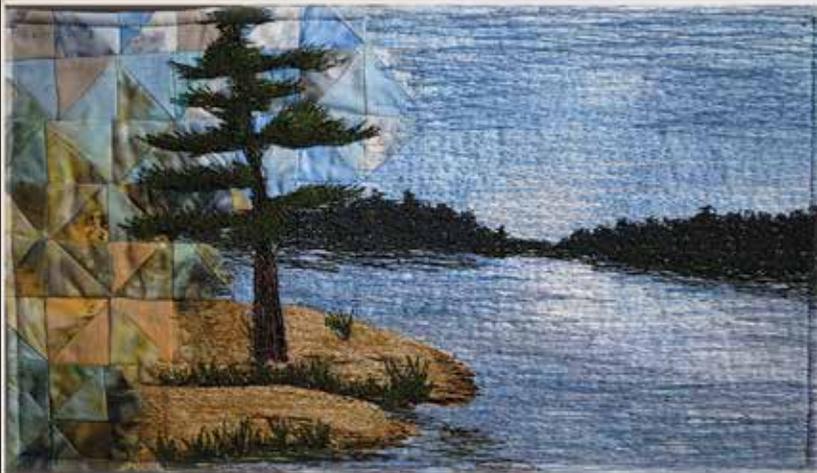


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Re-open and Rockin'



The Art of
Bridget O'Flaherty p.3



Creative Resolutions for 2018

Celebrate the New Year by enrolling in a class, course or lesson. This issue is full of great local suggestions, and if you end up needing a home studio or conservatory, just give me a call!



Patrick Kelly
SALES REPRESENTATIVE

Pat's Picks for January: Glass classes at Current Works of Glass <currentworksofglass.com>
Art classes with Adrian Baker <adrianbakerart.com>
Piano lessons with Peter Brown <peterbrown.ca>
CrossFit classes at CrossFit DSF <facebook.com/crossfitdsf>

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"You must be forgetting that last year I resolved not to use so much paper!"

Seniors Continue to Get A Grip!

The Get a Grip program from Mills Community Support and Community & Primary Health Care has been incredibly successful since it was announced in the December issue of theHumm. 900 pairs have been distributed across Lanark County from distribution points including libraries and Home Support offices, and more pairs are on order for distribution in January. Some of the grippers have been purchased, but most have been distributed as part of the free-to-seniors program. Of course, this means funding from grants and donations is a priority. Thankfully, organizers have gratefully received funding of \$5,000 from Lanark County, \$3,000 from the United Way Lanark, and \$200 from Learning in Almonte, plus a number of individual donations. Riverview Seniors Residence in Carleton Place purchased grippers for each of their residents, and after reading about this, another seniors' residence has approached them to learn more about providing grippers for their residents. Mills Community Support CEO Robert Eves explains: "the beauty of Get a Grip is that it's a simple yet effective program that really makes a difference". And as he jokingly adds, "it's got great traction!"

To donate to this great program that helps seniors stay safe and active, or to get a pair of grippers for yourself, contact Jeff Mills at Mills Community Support at 256-1031 x263.

*The whole culture is telling you to hurry,
while the art tells you to take your time.
Always listen to the art.*

— Junot Diaz

Chase away the January Blahs with a

Dine and
DESIGN night

January 24th at 5 p.m.
at Maximilian Restaurant

Full course dinner with a choice
of 3 entrées, coffee & dessert
Plus make a fresh flower
arrangement in a posey vase
with bright blooms

Cost: \$60 plus tax

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Restaurant



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613-267-7065 Call to reserve your spot! Space is limited



In early 2016, Janet Conlin sent in the photo above and wrote: "I had my daughters take my picture with theHumm in Palm Springs, California. You can't really tell, but I am wearing my Tay Valley 200th Anniversary t-shirt. It was a wonderful trip and my family was impressed with your awesome community newspaper." Thanks very much Janet!

Who's Reading theHumm



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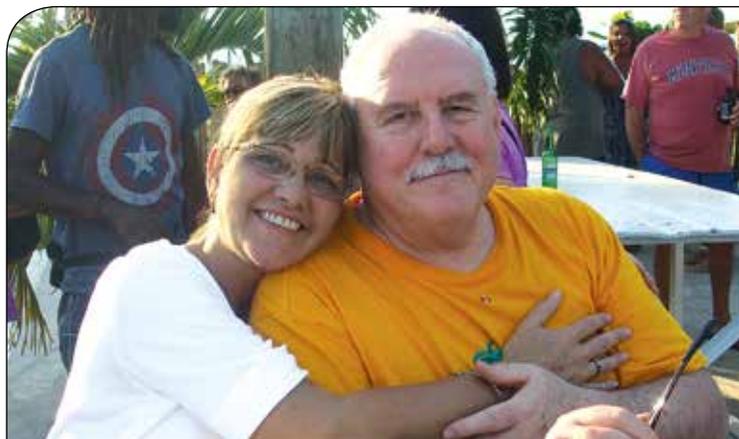
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theHumm is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, Smiths Falls, Burnstown, White Lake and Ottawa. Our mandate is 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!



In Memoriam: Diane Leduc Doran

Diane Leduc Doran, wife and partner for the past 26 years of James Doran (Choose the Blues Productions), died on November 20, 2017 after a valiant four-year battle with liver and Lyme disease. She had been on the list for a liver transplant for the past year-and-a-half, but sadly a donor organ didn't come through in time. Her condition had rapidly deteriorated over the last two months. She entered hospital for the last time on November 9, and James and her loving parents, François and Henriette Leduc, were by her side when she passed. Diane leaves them behind along with her extended family, and many dear friends.

James and Diane produced the Blues On the Rideau fundraiser series at the Cove Inn in Westport for the past thirteen years. Diane was much loved by the Cowan family and all of the Cove staff, along with many of the regular BOTR attendees who became close friends over the years. To quote one of those, Dick Christy: "To know Diane was to love her. She had a quiet demeanor and a gentle soul and she lived rather than flaunted a deep faith."

Diane was born on July 25, 1960, in Ville Émard, Montreal, Quebec. Even as a baby people would remark on what a bright and smiling child she was, and she maintained that outlook all of her life. After graduating from the Hautes Études Commercial at the Université de Montreal, she entered the work force and held a number of different jobs in the private and public sectors over her career. The last one was with the Union of Solicitor General Employees, part of PSAC, for the past eleven years, where she rose to become the Coordinator of Finance and Administration. She had a deep commitment to social justice and the union movement.

Celebration of Life at the Cove on January 6

In honour of Diane, there will be a Celebration of Life taking place at the Cove on January 6, from 1-5PM. Light food, drink and music will be provided. Anyone who knew and loved Diane is welcome at the event. Please RSVP to <james@choosetheblues.ca> or to the Cove at <info@coveinn.com> or 273-3636 so they know how many will be attending. Condolences, photos and memories can be sent to either.

In lieu of flowers, please consider making a donation to the UHN Transplant Clinic at Toronto General Hospital <tgwhf.ca/ways-to-give> or to the Ottawa General Hospital Foundation <ohfoundation.ca/ways-donate>. More importantly, if you have not already done so be sure to register as an Organ/Tissue Donor <beadonor.ca> and/or consider becoming a Living Donor. Even though Diane didn't make it, there is still time to save others.

Submissions

By email or on disk.

Content Deadline:

20th of the month prior to publication

Advertising Deadline:

22nd of the month prior to publication

Subscriptions

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

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Thanks this month to:

the very helpful and friendly staff at **Mississippi Auto Glass** in Carleton Place and **HB Auto Service** in Almonte. If you're reading a hard copy of this issue, it's because they helped us get our Humm-mobiles through the late-December cold snap! Thanks also to **Rona Fraser** for driving us all to work (office dog included) the day before the files were due to the press hall...

Bridget O'Flaherty — A Thread Running Through It

For fibre artist Bridget O'Flaherty, there is a thread that runs through all her work that bears witness to her love of and concern for our natural environment. O'Flaherty is a thread painter. She paints magnificent portraits of nature using a longarm sewing machine as her brush, threads as her paints, and earth-friendly, sustainable materials for canvases whenever possible.

by Sally Hansen

Her celebrations of nature feature pastoral and other landscapes, and intricately rendered portraits of wildlife. A polar bear stretched patiently on the ice at the edge of a seal hole, a great blue heron stalking through grasses at the edge of a pond, a pert chickadee resting on a branch — each quilted



canvas reflects her gratitude and concern for the natural world that surrounds us.

She creates her striking thread paintings by blending traditional quilting with exciting contemporary techniques. She paints on her canvases of traditionally pieced and quilted fabrics by hand-guiding layers of naturally dyed threads, achieving wonderful shading and textures that produce remarkable three-dimensional effects. She finds that the superimposition of images of nature and landscapes on textiles rich with historical context engages viewers in a very powerful way. On her website she states, "I connect the viewer with the landscape; introducing the fragile aspects of our environment like species at risk, native and invasive species, traditional and historically significant crafts. My work opens a conversation and reflections on these critical issues."

Painting Your Own Nature

A famous quotation by the infamous 19th century pastor, Henry Ward Beecher, is particularly apt: "Every artist dips his brush in his own soul, and paints his own nature into his pictures." O'Flaherty's exquisitely wrought thread paintings attest to her belief in the importance of humanity's connection to nature. "For myself," she told me, "clarity comes from the whole body experience of *being* in nature; what a privilege — it allows me to be creative."

She claims that the best thing that ever happened to her was stumbling across the community of artists, homesteaders and ecobuilders that surround her in the rural area just west of Perth known as Brooke Valley. It taught her that she could be an artist.

"It completely changed my life — I grew up in suburbia north of Toronto. Now you couldn't drag me out of here."

When her family moved to Perth, she attended Ottawa and Carleton Universities, and she continues to pursue a degree in environmental studies. Footloose at 21, she learned quilting from her mother, Kathleen O'Flaherty, almost 26 years ago, when she began working with her at her shop named Stone Cottage Quilts in Perth. Her mother enjoyed more traditional quilting involving handwork, so when Bridget discovered landscape quilting, she embarked on her ongoing adventure into the burgeoning fibre arts world of free-form machine embroidery. As an early pioneer she is self-taught — learning through countless hours of experimentation on a conventional sewing machine, trying various fabrics and threads.

Bridget acquired another wonderful source of encouragement when she met her partner, Aaron Nault. Both of his parents are artists. His father, Michael Nault, is an exceptional wood carver and an admired member of the Brooke Valley and Perth arts communities, and he introduced Bridget to Perth's Riverguild Fine Crafts cooperative. His mother, Coral Nault, is an illustrator.

Losing a Thread

Today she credits the amazing thread painter Sophie Standing as a source of inspiration, pushing the narrative of what fibre art can be. Looking at Bridget's earlier pieces, however, it is easy to understand why people still remember the last solo show she mounted back in 2000 (when she was profiled in our first August issue!). She exhibited 13 large pieces commemorating Canada's 13 provinces and territories, and every one



sold. She remembers that Leonard Lee bought her dramatic Manitoba piece featuring a bison. O'Flaherty fondly remembers that occasion as the first time that she realized she could be a successful artist.

In 2003 her situation changed drastically. She suffered a devastating personal loss when her brother died. At the same time her husband's lifetime struggle with an incurable autoimmune condition worsened. The couple had decided to build their home and raise their two sons in Brooke Valley, so she put her beloved fibre art aside, able to work on it only as a hobby for many years. She chose a career in real estate as a flexible means to support their family and raise their sons. Her interests led her to learn about green real estate, and she eventually earned credentials as a certified energy advisor from Natural Resources Canada. She consults with homeowners about sustainability issues, and teaches building science courses through the Algonquin Perth Campus Heritage Carpentry Program. She also is accredited by LEED, or Leadership in Energy and Environmental Design, one of the most widely used green building rating systems in the world.

Picking Up Loose Threads

Last spring, however, Bridget "hit a wall." Aaron's health had continued to deteriorate, and both her parents were dependent on her support as they battled progressive illnesses. After an intense period of soul searching she realized that it was essential to her to express herself artistically, and she systematically set out to acquire the skills and knowledge she needed to achieve her goal of having a successful art business.

Working with the Small Business Advisory group in Smiths Falls, O'Flaherty earned one of six grants awarded to twelve applicants that enabled her to launch a social media presence. This year she threw her hat into the ring and was delighted to receive the 2017 MERA Award of Excellence in Fine Arts and Fine Crafts. The honour validated her decision to pursue art, and the award helped her to purchase the longarm quilting machine that enables her to paint the major pieces she is planning for her future exhibits. Tops on her list is a series of large thread paintings featuring endangered species. Her sketches look fabulous. Watching her hand-guide the longarm machine that occupies most of the space in her Brooke Valley studio left no doubt that she will succeed.

If you drop in at Riverguild Fine Crafts you can see examples of Bridget O'Flaherty's beautiful thread paintings reproduced on greeting cards and calendars. Much more is available at her finely crafted and inspiring website at <threadpaintedart.com>, including instructions on how to initiate a commissioned keepsake. There is a lovely tribute to her mother that is heartwarming and prescient of the daughter too: "She has threaded her way through our lives and we all get a piece of the grand quilt of her life in what we take from her."

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WHO Bridget O'Flaherty
WHAT Fibre Artist, Thread Painter
WHERE Thread Painted Art, 988 Brooke Valley Rd., Perth, 264-7519, <threadpaintedart.com>, <bridget@threadpaintedart.com>
WHEN By appointment
WHY "I create art because it brings me peace in a chaotic world. I create sustainable fibre art celebrating nature because I like to observe nature, touch things, and I want to leave a soft footprint on the earth."

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Warm Tunes for Cold Nights

Amanda Rheume kept me company on a drive from hell. I don't mean that literally, but it was one of those twisty drives in a growing snow storm where you just couldn't take your hands off the wheel, and her latest album, *Holding Patterns*, was in the player. So she kept me company for about three hours of that drive, and the uplifting tone of the music (moving from the pure folk storytelling of *The Day The Mountain Fell* to the bluesy rock of *Blood From A Stone*) helped keep me out of the ditches. In spite of the initial stress of our introduction, this, her fourth album, remains one of my favourites from last year. The songs are touching, heartfelt and delightful, and the production is outstanding. She's been on my wish list for the Folkus series ever since, and I'm delighted that she can grace our stage this year.



The first Folkus concert takes place on January 27 and features Amanda Rheume (above) with opening act Bradley D. Scott

Rheume <amandarheume.com> has been a stalwart of the Canadian roots scene for a number of years, and she is a touring veteran, having played across Canada (coast to coast to coast), Europe, the United Kingdom, Faroe Islands, the U.S. and Central America. She has even played for Canadian Forces troops in Afghanistan (three times!). Amanda won a 2014 Canadian Folk Music Award, and was nominated for a Juno that same year. She is blessed with a warm pure voice, an ear for a melody, and a strong sense of storytelling.

Rheume will be joining us on Saturday, January 27, shortly after returning from a songwriting trip to Nashville, and she promises to share a few new songs. We just confirmed that she will be joined by longtime sidemen **Anders Drerup** (guitar, pedal steel, vocals — you may remember him for his work with the Claytones, with Kelly Prescott, and on the *Grievous Angel* project) and **Leonardo Valvassori** (bass and assorted sounds — Valvassori has been a Muffin, a Hawk and a Homewrecker!). This will be

one of Rheume's last trio shows before her next tour, so it promises to be especially intimate.

Pakenham native **Bradley D. Scott** <bradscott.ca> will be opening for Rheume. He's a versatile player, lending his talents to local bands, singing originals and covers all over the Valley, and writing scores for video games, among other gigs (such is the life of a modern musician). He released his first solo album, *New Frontier*, in 2017.

As always, Folkus shows happen at the Almonte Old Town Hall, in the fabulous Ron Caron Auditorium. Doors open at 7:30PM and seating is first-come, first-served. Folkus offers a cash bar with local beer, wine and non-alcoholic beverages.

Details and tickets can be found at <folkusalmonte.com>; you can get hard-copy tickets at Mill Street Books. You can still purchase season's passes — a steal at \$90 for all four shows. Questions? Email us at <hello@folkusalmonte.com>.

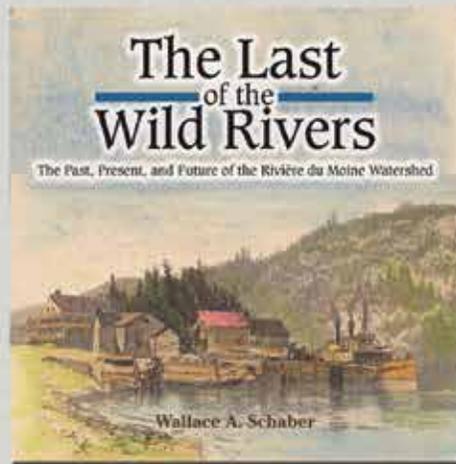
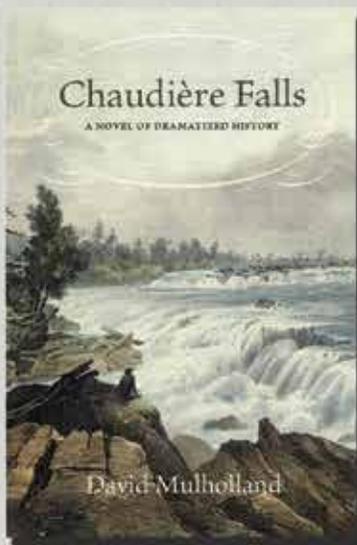
— Sandy Irvin

Great Winter Reads from the Valley

Chaudière Falls

A Novel of Dramatized History
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Self-serving politics, unscrupulous timbermen, religious bigotry, and ethnic violence run rampant in Ottawa author David Mulholland's compelling novel about the founding of our National Capital Region and how Ottawa became our nation's capital.
 www.davidmullholland.ca



The Last of the Wild Rivers

The Past, Present, and Future of the Rivière du Moine Watershed
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Wally Schaber has been observing and participating in defining the modern history of the Du Moine River watershed for nearly half a century. Within the covers of this book, Schaber has gathered a detailed history of the Du Moine watershed, often told through the lives of characters who lived that history and continue to define it. It's a river guide for those who want to think about and act upon the past, present, and future of this great wilderness river.

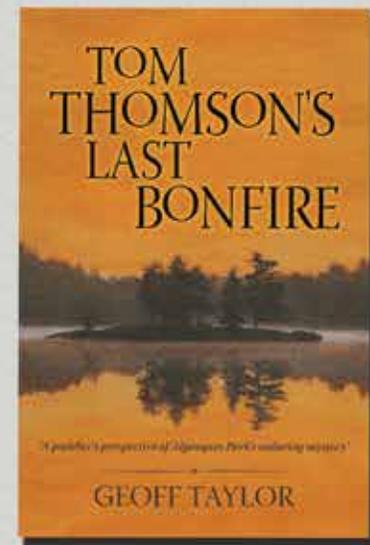
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Tom Thomson's Last Bonfire

\$25.00 (232pgs)

In this novel Geoff Taylor tells the story of two veteran guides fishing on an Algonquin summer morning when they pull Tom Thomson's waterlogged corpse from Canoe Lake. Taking him to a remote island, they stand vigil over their friend around the clock. The events of the next twenty-four hours have fuelled the speculation and intrigue surrounding Tom's life and untimely demise for more than a century.
 www.lastbonfire.com



Good Things Ahead in Perth

In a letter to a friend, C.S. Lewis once wrote: "There are better things ahead than any we leave behind." I enjoy that thought, and I believe it to be true. It shines a notably optimistic light. Lewis was a wise and gentle man. And by "things", of course, he was not speaking of objects but rather of experiences; health, love, and wellbeing, among them. So, for the length of this January column, let us — on this fresh slate — focus on wellbeing, and those better things ahead.

by John Pigeau

After the holiday season, you might feel a little fatigued by all the bustle and gift giving. It certainly seems like the ideal time to turn one's attention to wellness. Jennifer Hoy, owner of Almonte Wellness Centre, believes it is.

"Taking time for yourself is the best gift you will ever give," she says. "We should all strive for wellbeing in our daily lives; it will bring us happiness, confidence and optimism. The first step to a healthy lifestyle is taking care of ourselves."

Jennifer, along with three other women — Denise Carpenter (owner of Lotus Wings), Angie Gilchrist (owner of Shadowfax), and Perth BIA Coordinator Kari Clarke — have been working hard together to organize a day-long event called **Come Wander Perth**, with a focus on wellbeing and reenergizing one's spirit. On Saturday, January 27, from 10AM to 5PM, sixteen shops and businesses in Perth will host wellness practitioners. While visiting any of these local businesses, people will have the opportunity to meet up with a massage therapist, reflexologist, Reiki practitioner, numerologist, or a spiritual intuitive/psychic for short sessions. There's no need to book ahead; you simply sign up in your favourite shop or business on that day. Then you take some well-deserved time for you.

"Focusing on self-care is important and has many benefits, such as feeling engaged with the world around you, living and working more productively and having more self-esteem," Jennifer says. More calm and less worry is one of the key ideas behind the event, she adds. "Having good mental health helps us to build and maintain positive relationships, realize our own capabilities, and cope with the normal stresses of daily life."

Participating businesses include Burns Jewellers, Perth Chocolate Works, Décor à la Mode, Fall River Fashion, Fashion Envy, Ground Waves, Hay Design, Kelly's Flowers, Lotus Wings, Koolz Vapes and Gifts, Perth Fashion Mill, Perth Pie Company, Shadowfax, Shaw's, Spring Children, and Studio 87.

"Fees and length of visit are all determined by individual practitioners," Jennifer explains. "Many will be about twenty minutes and most rates will be geared to \$1/minute." There are 17 participating wellness experts in all, and they each possess a diversity of specialized skills and years of experience.

"Our event offers people the opportunity to connect personally with a broad scope of different practitioners who offer years of experience in health, wellness and spirit," Jennifer says. "Long after the resolutions made at New Year's have faded, this moment of self-care will re-centre participants for the coming year." For more information, contact Denise at 913-2803 or visit <downtownperthbia.ca>.

Music, too, can be a great healer. You may have seen this quote by Berthold Auerbach on a placard in a friend's home, or in a shop: "Music washes away from the soul the dust of everyday life." I certainly have, many times, and it's always struck me as true. I'm guessing **Paul Reddick**, an extremely talented blues musician, would agree. As part of his Winter Blues Tour, he will be playing Perth's Studio Theatre on January 25.

Reddick's music is said to be an artful blend of blues and roots that melds poetry and mystery, darkness



Focus on wellbeing at 'Come Wander Perth' on January 27, catch a concert by Paul Reddick (above) as part of his Winter Blues Tour on the 25th, and attend a Casino Night fundraiser on the 26th!

and light — and he is, by all accounts, a masterful harmonica player and an extraordinary songwriter. He will take the stage at the Studio Theatre at 8PM. Tickets are \$25 and available online at <ticketsplease.ca>, by calling 485-6434, or in person at 11 Gore Street East.

Of course, it's also wonderfully healing to give. Here again, I turn to C.S. Lewis for some words of wisdom, as he once wrote: "The proper aim of giving is to put the recipient in a state where he no longer needs our gift." He was quite right, I believe, and on Friday, January 26 you can give to the Perth and District Community Foundation (PDCF), in support of all the good works they do within the community, when they host a **Casino Night** fundraiser at the Code's Mill on the Park.

After a busy holiday season, this casual event will also give you the chance to connect, mingle, and have some fun with friends and neighbours — certainly all keys to wellbeing. There will be live casino games, casino chips, and good food and drinks as well. If you would like to know more about the many excellent programs PDCF supports within the community, I would urge you to visit their website at <pdcf.ca>.

Tickets for this enjoyable fundraiser are \$70 each. That gets you some tasty appetizers, a good stack of casino chips, and chances to win prizes throughout the evening. Charitable receipts will also be given for a portion of the ticket cost. You can get your tickets at <ticketsplease.ca> or by visiting their box office inside the Perth Museum. Best of luck! But you don't need it, because even if you don't win, you win, you see.

Happy New Year, everyone! May you be well in 2018, and may you heartily enjoy all those better things ahead.

Epiphany Carol Service

St. James the Apostle Anglican Church in Perth is introducing a new service on January 21 at 4PM — an Epiphany Carol Service. The Junior Choir will be a special part of this service, singing alone and jointly with the Senior Liturgical Choir. Both choirs and congregation will sing some of the beautiful Epiphany hymns.

The service will follow that of St. John's College Chapel, Cambridge, with a Bidding Prayer, the quintessential reading from the first chapter of the Gospel of St. John, and five lessons from Matthew, Luke and John about the star and the wise men. The service concludes with the *Nunc Dimittis*, the *Song of Simeon* from Luke, which is familiar to those who attend St. James' Evensong: "Lord, lettest now thy servant depart in peace."

One of the reasons the church is doing this is that their Junior Choir has been growing steadily, nurtured by Junior Choir Director Val Leavitt and Conductor Rebecca Worden. "St. James is blessed to have fifteen wonderful junior choristers ranging in age from 7 to 16," says Val. "This fall they have learned many songs celebrating Advent, Christmas and Epiphany. Songs about waiting patiently for light in darkness, songs about the birth of Jesus, songs about the kings who followed the star to Bethlehem. So many beautiful songs about stars and the birth of Jesus in the choristers' repertoire that we felt they should celebrate this beautiful time."

The Liturgical Choir, under the direction of Peter Woodwark, will sing *Sarabande for the Three Kings* by John Case, as well as *The Kings* by Peter Cornelius. The latter is based on the German chorale, *How brightly beams the morning star*, and includes a counter melody that will be sung by one or two of the amazing young sopranos of the Junior Choir. This counter melody was last sung at St. James some thirty years ago by the late David Cavalier, to whose memory the work will be dedicated.

All are welcome to this beautiful service, at 4PM on Sunday, January 21. There will be no Evensong in January, but it will resume in February. St. James' Church is located on the corner of Drummond and Harvey Streets in Perth. Travelling west on Highway 7, turn left at the first traffic light as you enter Perth. For more information, contact the church office at 267-1163 or <stjamesperth@gmail.com>.



The Junior Choir of St. James the Apostle Anglican Church in Perth will sing at the Epiphany Carol Service on January 21

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Feb. 21 Perth	Meditation Park	Feb. 22 Smiths Falls
Mar. 7 Perth	C'est La Vie	Mar. 8 Smiths Falls
Mar. 21 Perth	Lady Bird	Mar. 22 Smiths Falls

Perth shows: Full Circle Theatre (26 Craig Street) at 2PM and 7PM
Smiths Falls shows: Station Theatre (53 Victoria Ave.) at 2PM and 7PM

FILMNIGHTINTERNATIONAL.BLOGSPOT.CA

Thank You from the Angel Tree for Seniors Program!

The Lanark County Angel Tree for Seniors Program would like to send a heartfelt thank you to everyone who made this year's program possible. Thank you to Home Hardware Perth, Hallmark Carleton Place, Special Greetings in Smiths Falls, and the North Lanark Community Health Centre for hosting our Angel Trees! Thank you so much to all of the Angels who visited the online virtual tree as well as the trees throughout the county and donated gifts to brighten the season for seniors in our community — your kindness really did have a positive impact on people's lives. And finally, thank you to the Almonte Community Coordinators and Michael's Table Restaurant in Perth for your generous donations to the program. We look forward to sharing the joy of spreading the Christmas spirit with you next year!

— Sincerely, Sherrie Seward-Humby, Laura Scott, and the Primary Care Outreach to Seniors Program at North Lanark Community Health Centre

Speaking Volumes

Please Do Not Let In the Cat

His name is Max. Max is nice. His owner does not want Max in the Library. We do not want Max in the Library. Max wants to be in the Library. Please do not let Max in the Library.

(Sign on the door of the Macalester College Library in St. Paul, Minnesota.)

by Karen Schecter, Librarian

When I saw the news story about Max the Library Cat becoming an internet star, I thought it was amusing and I recalled other stories of library cats. I have a fondness for library cats, though their numbers are decreasing because of issues with allergies. Most library cats were either brought in to deal with a rodent problem or they were abandoned outside the library. The most famous library cat is Dewey, who was abandoned as a kitten in the library book drop on a cold winter's night in Iowa. Dewey went on to have three books written about him. When he died at the ripe old age of 19, his obituary appeared in over 270 newspapers and was announced on Japanese television.

What is the connection between cats and libraries? They have a long history, going back to ancient Egypt where cats were tasked with the job of protecting ancient scrolls from rodents. Cats did hold a high place in Egyptian society. Throughout the years, cats have played an important role in keeping important documents and treasures safe. In the 1800s, the government paid libraries to keep cats in order to keep their books safe. There is also a long tradition of bookstores having resident cats.

Why do libraries, books and cats go together? I think it is the idea of curling up with a good book and a cat in your lap. For dog lovers, I think of sitting on the couch reading a book with your dog by your side. What could make it better? Possibly adding a cup of tea or a glass of wine!

Books About Library Cats:

For Adults:

- *Dewey: The Small-Town Library Cat Who Touched the World*, by Vicki Myron and Bret Witter
- *File M for Murder (A Cat in the Stacks mystery)*, by Miranda James

For Young Readers:

- *Dewey: There's a Cat in the Library!* by Vicki Myron and Bret Witter
- *Dewey's Christmas at the Library*, by Vicki Myron and Bret Witter
- *Homer, the Library Cat*, by Reeve Lindbergh

— Karen Schecter is the CEO/Chief Librarian at the Smiths Falls Public Library, and owner of three cats



Max, a cat with literary leanings

One Sure Way to Lift Your Spirits this Winter

Film Night International (FiNI) gets underway this month in Perth and Smiths Falls with yet another exceptional line-up of critically acclaimed and award-winning films. At the series opener they will be celebrating their fifteenth anniversary of bringing the best of Canadian and international films to our communities. During these fifteen years they have presented 167 screenings of feature films to a total of almost 35,000 people.

The first film of the series is also the first-ever fully painted feature film. *Loving Vincent*, a movie that explores the circumstances of the death of Vincent van Gogh, screens on January 24 in Perth and January 25 in Smiths Falls. This is followed on February 7/8 by *The Other Side of Hope*, a Finnish comedy/drama that explores the immigrant experience from the side of those seeking asylum. The third film in the series, showing on February 21/22, is a new Canadian film starring Sandra Oh entitled *Meditation Park*, in which a devoted wife begins to take charge of her own life. Then on March 7/8, don't miss *C'est La Vie* from France, a comedy about the chaotic preparations for a chateau-set wedding. The final winter film will be *Lady Bird* (on March 21/22), named by the New York Film Critics Circle as the Best Film of the Year. It focuses on a mildly rebellious teenager seeking an independent life.

The remaining four films of the series to be screened in April and May will be announced in due course as bookings are made. To check for updates to the schedule and to watch trailers for the confirmed films, visit <filmnightinternational.blogspot.ca>.

"We're very proud to be able to bring these outstanding films into our communities," says FiNI



Sandra Oh stars in *Meditation Park*

founder Faye Cunningham. "Our filmgoers never fail to tell us how great it is to be able to see these first-rate movies without having to drive into the city and pay the big-city prices."

Passes to all nine films are \$90. Tickets at the door, if available, are \$10 each. Matinées start at 2PM and evening screenings begin at 7PM at the Full Circle Theatre in Perth and at the Station Theatre in Smiths Falls.

Film Night International is a non-profit group run entirely by volunteers in partnership with the Film Circuit, a division of the Toronto International Film Festival Group that now has almost 200 locations across Canada screening independent films in communities that would otherwise not have the opportunity to see them. All Film Night International's profits, after expenses, are donated to the Perth and Smiths Falls public libraries.

For more information about how to purchase passes for the FiNI winter series or to have your name added to the mailing list, please email <filmnightperth@gmail.com>.

Uncovering History!

The Carleton Place and Beckwith Heritage Museum is proud to present their latest exhibit: **Underwear and Unmentionables...** the history of things not always seen or talked about.

What did women wear under their clothing to achieve the popular shape of the day? How on earth did they use the toilet while wearing bustles, hoops and crinolines? And why is there so little men's underwear in museum collections?

Although extensive, the museum's collection of undergarments is by no means complete. They are not presenting an entire history of women's under-

wear, but are proudly showing off what they've got! And while they are uncovering history, they would also like to mention a few "unmentionable" topics. The exhibit will include an interesting look at how sex education, feminine products, birth control and childbirth have changed through the years.

The exhibit opens on Tuesday, January 9 and continues until May 4. The Museum is located at 267 Edmund Street and is open Tuesday through Saturday from 10AM to 4PM, and admission is by donation. Come for a visit and see just what the folks of Carleton Place have been covering up all these years!



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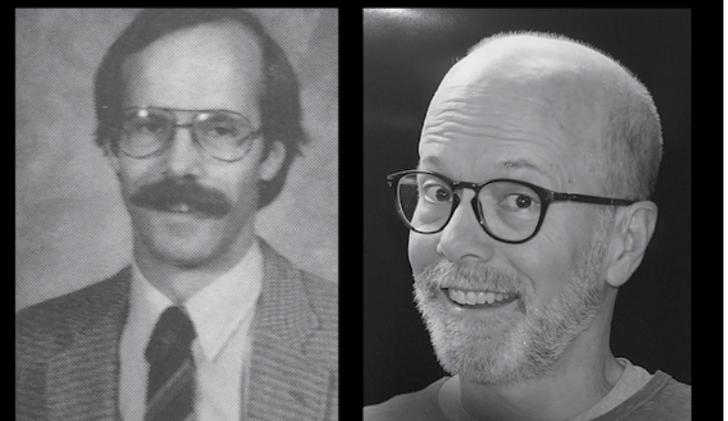
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Bill Treusch

Art teacher at Almonte & District High School for 35½ years is *finally* retiring!



Please join him on Saturday, February 17, 2018, 1-3pm in the social hall of the Almonte United Church for some light refreshments and reminiscing. Share your memories and wish him well as he cycles off to new adventures!

Into the Woods for 1000 Years

I was moved by the article in the December edition of theHumm entitled *...And Into the Woods We Go* by Glenda Jones. I haven't met Glenda but I feel I know her a little from her article. While her column is partly a thank you to her friends who supported her through her husband's illness, it is also an homage to the healing power of nature.

This is a truth that we at the Mississippi Madawaska Land Trust (MMLT) hold dear. We believe that access to nature is fundamental to our physical, mental and spiritual health. Glenda writes that the public is welcome to come and walk on their property; a wonderful and generous offer. She is the kind of landowner that we love to work with to help make this possible for the next thousand years.

For the past fifteen years, the MMLT has been helping landowners protect the land they love for future generations. We steward approximately 1000 hectares in five properties within our watershed. We own some of the properties, while on others we look after covenants that ensure that the natural habitat will be protected forever, regardless of who owns the property. Our property in the Pakenham Hills known as High Lonesome has more than eight kilometres of trails available to the public year-round, while Blueberry Mountain, not far from Flower Station, is one of the Seven Wonders of Lanark County with its magnificent vista over our beautiful landscape.

There is virtually no old growth forest remaining in Lanark County. But over the centuries our young forests will restore themselves if given the opportunity to do so. The potential benefits of letting nature have its way are enormous, including the survival of the plants and animals dependent on it. By preserving wetlands, we also increase the quality of the water in our lakes and streams and dampen the effects of flooding and drought.

We have recently been left another property in the estate of Joel Byrne, who was a strong supporter of the field naturalist clubs in our region. We are currently fundraising to turn this forty-hectare site near McDonalds Corners into the Byrne Big Creek Nature Preserve.

The MMLT is very grateful for the donations received thus far by the Big Creek Campaign. Contributions can be made to the fund online at <mmlt.ca>, where you can also take out a membership and volunteer to help. We will gladly take your time, your talent and your treasure to help protect and preserve the Wild in our watershed.

— Don Johnston, on behalf of the MMLT Big Creek Campaign



The Mississippi Madawaska Land Trust was recently bequeathed a property by the estate of Joel Byrne. They will be holding a Nature Quiz Night in support of the Byrne Big Creek Campaign on January 30 in Perth.

Nature Quiz Night to Support Byrne Big Creek Campaign

On Tuesday, January 30, Mississippi Madawaska Land Trust (MMLT) is hosting a Nature Quiz Night at the Golden Arrow Pub, located at 71 Foster Street in Perth.

This fun evening is a part of the current campaign to raise the funds necessary for the acquisition and stewardship of the Byrne Big Creek Nature Preserve located near McDonalds Corners. This ecologically significant property was bequeathed to the MMLT by Joel Byrne — a true nature lover who, through this act of giving, fulfils his dream of protecting forever this special place.

Come to socialize with friends, tell stories about Joel and test your knowledge of nature trivia. The Quiz Night starts at 7PM and there will be a cover charge of \$10 that will go towards the fund.

The MMLT hopes that all those who care about the preservation of wilderness in Eastern Ontario will consider helping to achieve this goal by visiting <mmlt.ca> and donating generously to the cause!

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Thursdays 1:30–4, \$180/200



Info: 613–256–0108 or catherine.blake7@gmail.com



Mississippi Squares Halfway Dance

The Mississippi Squares Dance Club is a registered non-profit, volunteer-run organization that was formed in 1986. The 100+ members come from a large area surrounding Carleton Place, including Almonte, Arnprior, Lanark, Perth, Smiths Falls, Richmond, Stittsville and communities in-between. The club has one of the best callers and teachers in Eastern Ontario — Brian Crawford. They will be hosting their annual Halfway Dance at Notre Dame High School in Carleton Place on January 13 from 7–10:30PM.

The Halfway Dance has been held in early January for the past 29 years, and in recent years has attracted over 300 participants. Dancers come from the 33 clubs that are members of the Eastern Ontario Square and Round Dance Association and from clubs in upstate New York. The title is due to the fact that new dancers who began dancing in September will be halfway through learning the 52 steps in the Basic Program. The club callers coordinate among themselves to ensure that all new dancers are at the same level — the objective being that everyone has a memorable experience. This will be the first time that they will have an opportunity to attend a large multi-club event.

The venue for the halfway dance will include a separate hall for dancers who have completed the Basic Program as well as two other halls for dancers who are at higher levels (Mainstream, Plus and Rounds). The evening ends with a buffet where attendees are treated to wide variety of sandwiches, savouries, desserts and refreshments, all provided by club members. This is a very efficiently run feast to behold.

Modern square dancing provides people of all ages an opportunity to have fun, forget their troubles, make new friends, get exercise and feel good about mastering something new in the company of helpful, friendly people who just want to dance. Dancing is set to modern music and the caller weaves directions into the music. These easy-to-follow calls are repeated in each dance, so a dancer soon learns to respond in a synchronized way with the others in a square. According to a Mayo Clinic study, dancing can burn as many calories as walking, swimming or riding a bicycle. Square dancing, in particular, is a low-impact activity requiring constant movement and quick directional changes, which helps keep the body in shape — heart rate increases, muscles strengthen, balance improves and mind-body coordination sharpens. In fact, research shows that dancing is also good for the brain.

No previous dance experience is necessary for the Basic Program, and both couples and single people easily join in. Angels (experienced dancers) are always available to get singles up on the dance floor. The dance season is in two semesters: September to December, and then January to April. It takes a full season for new dancers to complete the Basic Program, after which they can continue at that level or move on to the Mainstream level, followed by almost limitless higher levels. Dancers can seek out square dance clubs around the world while travelling and fit right in, because the same English calls are used everywhere. Best of all, the cost is only \$60 per person per session, which equates to \$5 for each 2½-hour evening of dance over a four-month session.

For more information, please phone 461–0150 or visit mississippisquares.ca.



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How to Be a Better Canadian

An eight-week course recently offered in Perth was so popular “that we had to turn a lot of people away,” said Ramsey Hart, member of Lanark County Neighbours for Truth and Reconciliation. “Clearly there is a strong desire for this information.” In fact, response to *Understanding Canada’s Indigenous Histories* was so enthusiastic that it will be offered a second time early in the New Year.

The Lanark County group that sponsored the course is made up of residents who, through regular events and information networks, foster better understanding and support for Indigenous rights and justice in this area and beyond.

The two-hour weekly classes were taught by Robert Lovelace, Queen’s professor in Global Development with a focus on Aboriginal Studies. Mr. Lovelace is a former Chief of the Ardoch Algonquin First Nation and a social justice activist. He is also the recent winner of the prestigious Principal’s Award for Education and Leadership.

Mr. Lovelace said he wanted to contribute something positive for Canada’s 150th anniversary, instead of giving way to his first response of cynicism. “This is critical stuff for people to know. So often folks are left in the dark when it comes to understanding the Aboriginal experience in Canada. Because they don’t learn much about it in school, they are left socially and politically unprepared to take part in this important national discussion.”

Mr. Lovelace added that “the greatest compliment I get from students is that they feel they are much better Canadians after taking my course.” He offered the teachings for free, and even declined student donations

when a hat was passed around during the last class. Instead, more than \$1,000 in donations was turned over to next year’s Ardoch Algonquin Culture Camp.

Students of the class were touched, outraged and saddened by what they learned, but deeply grateful for finally learning the facts. Dr. John Coombs pointed out that Canada prides itself on welcoming refugees and immigrants, but “forgets how poorly we have treated — and continue to treat — the first peoples of this land. Our record is a disheartening tale of dishonesty, theft and repression. These facts need to be known.”

Francine Desjardins, a Mohawk participant, said “many seeds of understanding” were planted regarding the harsh effects of colonialism. “My hope is that these truths will ripple throughout the community,” she added. She particularly enjoyed Mr. Lovelace’s delivery of some of the rich Algonquin (Omamiwinini) stories, which, traditionally and today, are used to guide the emotional, physical, mental and spiritual aspects of Indigenous peoples.

Perth area resident Andy Fisher said that two highlights stood out in particular for him. First was learning the details of “the betrayal and rapid displacement of Algonquin people by settlers right here in Eastern Ontario.” The second was hearing about how the Ardoch Algonquin First Nation is still trying to claim its place here in a way that deeply respects the land.

Understanding Canada’s Indigenous Histories, which was held in Perth at Algonquin College (a classroom was offered free of charge), covered a broad spectrum of how geography, climate, ecology and politics have influenced the cultural and physical development of Canada’s Indigenous peoples from the 1400s to present day.



Robert Lovelace, Queen’s professor and former Chief of the Ardoch Algonquin First Nation, teaches a course in Perth entitled *Understanding Canada’s Indigenous Histories*

For further information on Lanark County Neighbours for Truth and Reconciliation, including details about the next *Understanding Canada’s Indigenous Histories* course, you can follow the group’s Facebook page, or contact Ramsey Hart at <rna.hart@gmail.com> or Maureen Bostock at <maureenbostock@hotmail.com>. For more details on the Ardoch Algonquin First Nation, go to <aafna.ca>.

— Susan Fisher



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1

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Q: Are You a Girl or a Boy? A: No Thanks :)

Speaking Tour with Cara Tierney & Behc Jax-Lynx

Hey Ottawa Valley! We are headed your way!

We are a dynamic duo dedicated to the de-stigmatization of transgender individuals, and to educating about best practices, gender affirmation, human rights policy and equity for universal gender diversity.

We are offering creative and interactive afternoon professional development workshops as well as evening parent/community-based workshops designed to foster constructive, affirmative and forward-thinking dialogues on how we can make space for everyone.

We go beyond the basic definitions of transgender, non-binary, gender fluid and gender non-conforming, and present a beautiful and expansive understanding of health, wellbeing, history, art, creativity, allyship, expression and the current human rights legislation (Bill C-16). Our backgrounds include art, history, social work, activism, anti-oppression work, education, performance, high fives... and humour!

Workshops

Professional development workshops (1-4PM) are designed for social and health services, educators and community services. Suggested cost is \$15/\$20.

Parent and caregiver workshops (6-8PM) are designed for parents, caregivers, young adults & youth. Suggested cost is \$15/\$20.

Workshops are available on the following dates at these locations:



Cara Tierney (left) and Behc Jax-Lynx are offering a series of workshops throughout the Ottawa Valley, focusing on transgender issues and geared towards both professionals and parents/caregivers

- Thursday, January 11: Mississippi Mills Public Library, 155 High Street, Almonte.
- Monday, January 29: North Grenville Public Library, 1 Water Street, Kemptville.
- Tuesday, January 30: Pembroke Public Library, 237 Victoria Street.
- Thursday, February 1: Perth & District Union Public Library, 30 Herriott Street.
- Thursday, February 15: Arnprior Public Library, 21 Madawaska Street.
- Thursday, February 22: Renfrew Public Library, 13 Railway Avenue.

To register for a workshop, please contact 818-0443 or booking@behcjaxlynx.ca, or visit behcjaxlynx.ca. If cost is a barrier please let us know.

Summer Literacy Program Campaign

This year, the Perth & District Union Public Library encourages the community to consider contributing to the 2018 Summer Literacy Program. This program is designed for children in JK-Grade 3 who have been recommended by their teachers for extra help



Tutor Brynn teaches a student during the 2017 Summer Literacy Program

with their reading and writing. Research shows that keeping children reading over the summer months makes a significant difference in terms of maintaining reading levels between school years and ensuring that all children are able to develop sufficient literacy skills to carry them through life. The Summer Literacy Program pairs post-secondary students studying education with area children for one-on-one tutoring sessions. The goal is to improve attitudes towards reading and to increase students' confidence about their ability to succeed.

"I would recommend this program to everyone. Amazing tutors!" said the parent of a child who participated in the 2017 program.

In 2017, the program was able to serve over one hundred children because of support from the community. The library's goal is to raise \$13,000 to run the 2018 program. You can help by donating online at perthunionlibrary.ca or in person at the library. Charitable tax receipts are provided for all eligible donations. Your support is greatly appreciated.

Good Neighbours?

Hard to believe, but I have to admit that in the depths of winter my thoughts often wander to visions of gardens — productive veggie gardens in every front and back yard, a community vegetable and pollinator garden in every park, at every school, on the grounds of every faith community and service club, with gardening lectures and workshops at every library and

by David Hinks

community centre. Heck, in my crazier moments I visualize a world where there is no food insecurity, a world that is characterized by harmony rather than conflict, a world where everyone has a fair share of the wealth... but let's save that level of crazy for another column!

So let's focus on the vision of a world where food is growing in abundance all around us. Firstly, why would we want to do this? What are our goals? Simply stated, my primary goal is food security for everyone, preferably food that is fresh, safe, healthy, nutritious, affordable and local. Secondly, what is the best way to achieve this? Why grow it ourselves? Can we not rely on global supply chains for our food security? I spent a large part of my career helping to develop transportation policy, but increasingly I feel that the system is very vulnerable to factors such as water shortages and fuel prices. Additionally, I am concerned that global

corporations are increasingly more interested in profit margins than in the health and safety of food consumers.

I believe that there are many other benefits from growing our own food and learning how to process it. It is one small way to fight the epidemic of obesity, diabetes and other ailments that can, in no small part, be attributed to the processed stuff the food industry feeds us. If we prove to be unable to fight the purveyors of the soda pop and junk food that is poisoning us either because of libertarian objection to government intervention or through the highly financed lobbying wings of the advertising and sugar industries, home-grown food may help to get us on a much healthier path.

While growing veggies in our own private spaces is good, I have come to believe that growing food together in public spaces has many additional benefits. There are huge societal benefits to building a sense of community and eliminating some of the loneliness and isolation that feature prominently in our society. Growing food together in a community space can be a very powerful way to bring people of all generations and abilities together.

While this may be an idyllic world-view for some, for others it is going way too far!

I am the first to acknowledge that community gardens achieve a variety of results. Some are ill-conceived, are ill-planned, are ill-governed or ill-maintained — or all of the foregoing! While community gardens help create a sense of community, teach valu-

able skills and produce healthy nutritious food, they can also be a bit of an eyesore and take over spaces for which neighbours may have a competing vision.

I have been involved in many community gardens over the years, several in Lanark County but many more in Ottawa. In a few of those gardens I have had a shovel in the ground or wielded a hammer constructing growing boxes. Much more often my participation has been limited to making presentations or leading a workshop, often with many new enthusiastic gardeners. I remember doing a workshop several years ago with a gardening group in west-end Ottawa that was the first to obtain permission to create a garden in a city park. Nervous city bureaucrats had created a long list of rules such as no plants over two feet tall and no straw. It seems that their fevered imaginations had conjured up a myriad of ways that teenagers could misbehave in a vegetable garden. Today the bureaucrats are much more relaxed and have embraced many more gardens in Ottawa city parks.

When a community garden is well planned, well constructed, well maintained and has the support of the community, the results are astounding. I have experienced many moments in community gardens that have touched me deeply. People develop strong bonds and care deeply for their neighbours and their community. Garden-



"Growing food together in a community space can be a very powerful way to bring people of all generations and abilities together."

ers show off their carefully tended spaces with pride, and are happy to share knowledge and a few fresh veggies.

One place I often go to for community gardening advice and for inspiration is Just Food <justfood.ca>. Just Food is an Ottawa-based not-for-profit community-based organization. Their stated mission is to work towards vibrant, just and sustainable food and farming systems in the region. Under their umbrella resides the Community Gardening Network of Ottawa, which provides workshops on starting community gardens. Their web pages contain extensive information and advice that is applicable to gardening in your front yard or in any public space.

So go ahead and dream, and in the spring get out there and garden, but garden responsibly. Exercise caution though — gardening can be a gateway activity to a healthier way of life!

Happy New Year
from Downtown Carleton Place

Downtown CARLETON PLACE

Stay tuned to our website and follow us online to get all the details for upcoming events in 2018!

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The New Year's Show sold out so get your tickets early!

Introducing Wild Oak Homestead

Meet Sarah and Michael, enthusiastic young homesteaders on a small acreage just south of Almonte. They have called it Wild Oak Homestead after the beautiful red and white oaks found in the forest beside the home they built. I first met Sarah when she was the manager at the newly reconstituted Mississippi Mills Youth Centre. She worked there from June 2016, getting the centre up and running, until she left in February of 2017 when she decided to take the plunge into full-time farming.

Sarah describes herself as a first-generation farmer. Her background is in visual arts, education and community work. Her visual arts background is obvious in the stunning eye-catching labels and branding. Her partner Michael, who is very supportive of her farm adventure, has a background in sustainable design, focused on the integration of homes and ecological landscapes. Sarah is the business owner and farmer, and Mike's design business assisted with the infrastructure planning and construction. Neither of them have a background in horticulture; rather, they have studied informally through courses, workshops, reading many books and learning from other farmers online. Sarah is very much a hands-on grower — she learns through experimentation and has a passion for getting her hands dirty growing vegetables.

I met them most recently at a workshop they held on building a root cellar. Participants were able to view this impressive project at an advanced stage of construction. Poured concrete walls and a concrete roof are in place, and grading and backfill is pretty much finished.

It is an ambitious project. The structure measures 10 by 16 feet and provides for storage of well over 10,000 pounds of produce. Their design allows for storage of ice that will be brought in over the winter. It will gradually melt over the summer, allowing for the storage of root crops until late summer — it is designed to stay between 2 and 6 degrees Celsius year-round.

A very big part of their homesteading is being off of the hydro-electric grid. Their off-grid solar system is designed to get them through the cloudiest and darkest months of the year, with the use of a backup generator on only one or two days a year. During the winter months, all cooking is done on a wood stove that also heats their home. They have a full household of things that run on electricity, with the exception of a clothes dryer.

While they love not having to pay hydro bills, living off-grid is not all that easy. They do have to put away savings in order to maintain the system, as well as constantly monitoring the batteries, checking acid levels and voltages, and clearing snow off the panels in the freezing windy field. Their system can easily run a small irrigation pump while

it is sunny and the plants need it most, and they continue to be creative — experimenting with simple, low-tech, low-energy solutions for small farms.

Last year Sarah grew a wide assortment of vegetables in 4,000 square feet of growing beds. This was a trial run for her, as she experimented with different crops and products and tested the market to see if growing using intensive organic techniques was manageable for one person and could provide a modest salary. She grew salad greens (many varieties), root vegetables (radishes, beets, carrots, turnips), and nightshades (tomatoes, eggplants, tomatillos), as well as some others (peas, beans, zucchini, squash).

They sold the vegetables as well as fermented foods (sauerkrauts, pickles, and condiments such as mustard, hot sauce and garlic paste) and herbs (teas and culinary herbs) at the Perth Farmers' Market, to Dandelion Foods in Almonte, and to North Market catering.



Sarah Lickley (above) and Michael Cooke of Wild Oak Homestead, with their recently built concrete root cellar (at left)



Photo by David Hinks

Plans for 2018 are to expand to 20,000 square feet of growing area with a focus on salad mix greens, baby root vegetables (spring and winter varieties), heirloom tomatoes, hot peppers, and a few trial vegetables. They plan to have fermented products available through the winter at Lansdowne Farmers' Market in Ottawa starting in January. In the spring, they will be selling produce and ferments at the Lansdowne or Carp Farmers' Market. Their ambitious plans include a post and beam processing shed connected to the front of

the root cellar, and starting in the spring they also hope to be open one afternoon a week for farm gate sales.

They use no-till, bio-intensive and organic farming practices. Last year, yields for many crops were excellent and the intensive methods were manageable and successful. The challenge in 2017 was rain, rain and more rain. Their growing method proved resilient to moisture changes — the greens did extremely well; however, the tomatoes suffered greatly. Next year Sarah will be growing tomatoes and other nightshades in a greenhouse to better control the yields.

Sarah and Michael have a very strong social commitment. Their vision of building a huge root cellar included being able to share the space with other farmers and with community organizations such as the Food Bank. Sarah continues as a volunteer with the Neighbourhood Tomato on various projects. Surplus produce goes to the Food Bank, and they have led a free workshop on fermentation at the Deep Roots Food Hub in Kinburn. Discussions are continuing with a local non-profit to provide mentorships for youth on growing and farming.

For more information, follow them on Facebook and Instagram @wildoakhomestead or visit <wildoakhomestead.ca>.

— David Hinks

Epiphany Carol Service
 Sunday, January 21, 4 pm
 St. James the Apostle Anglican Church
 12 Harvey St. Perth 613-267-1163 stjamesperth.ca

with the St. James Senior & Junior Choirs
 led by Peter Woodwark, Val Leavitt, & Rebecca Worden

Happy New Year

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Perth Men's Shed & Lanark Library Book Hub Project

The Perth Men's Shed recently presented ten Book Hubs — all ready for installation — to Erika Heesen, coordinator of the Perth Union Library. The Book Hub program emulates the popular Little Libraries and the Renfrew County Book Trees by providing a repository box for the general public to access free books outside of the normal library locations. The program's motto, "take a book and pass it on", promotes both reading and recycling. The public libraries of Lanark County coordinate volunteer stewards, who each manage their individual Book Hub. Books are supplied via donations and discards from the library.

This initiative is made possible by the Community Fund for Canada's 150th, a collaboration between the Perth & District Community Foundation, the Government of Canada, and extraordinary leaders from coast to coast to coast. This project was also made possible through the generous donation of wood supplies by Perth Home Hardware and the labour contribution by the Perth Men's Shed. Although based on the same design, no two of the ten units are identical, a testament to the many hands that participated in their building. The Book Hubs will be installed in various spots throughout Lanark, with specific locations to be determined.

Men's Shed was a concept that originated in Australia and has continued to spread worldwide, where groups are formed to promote fellowship and undertake community initiatives. The Perth Men's Shed works in close association with Ramsey Hart of the Table to meet the aforementioned goals. Projects in addition to the Book Hubs include an accessibility ramp for people with special needs for the Therapeutic Riding Program, and garden boxes at the Table. Special thanks to Family Pastimes of Brooke Valley, and to Treehouse Cabinets for providing working space and woodworking tools. Regular breakfast meetings are held twice a month on the 2nd and 4th Wednesdays of the month, alternating between the Table and Perth Restaurant. For more information about the group, please contact the Table or find "Lanark County Men's Sheds" on Facebook. For more information about the Book Hub project, please go to <bookhublanark.ca>.

Pat Moore Plays Interval House Fundraiser

Happy New Year! I hope you've made a resolution to be good to yourself and get out to support more local live entertainment in 2018. We are blessed with so much local talent as well as visiting entertainers who stop on by, allowing us to benefit from their artistic gifts. By attending any show in the Listening Room Series you're not only hearing top level talent, but you're also helping local charities since some profits from each show go to a different cause each month. This month's beneficiary will be Lanark County Interval House — a dedicated and valued support that provides services and safe shelter for women and children in need.

The January Listening Room show takes place on Sunday the 28th at 7PM when the velvet-voiced singer/songwriter Pat Moore brings her original music to the Perth Restaurant. Creator and producer of both the "Ottawa Opry" (an annual fundraiser for Amnesty International) and "Christmas Goose" (a fundraiser for the Ottawa Food Bank), Pat's big heart is music-driven and her community obvi-

ously benefits from the tireless work she does.

Ms Moore has one of those voices that defies categorization but catches and keeps your ears. Whether she's playing country, bluegrass, folk or jazz, her voice satisfies and keeps listeners wanting more. A veteran who has played for years in the bluegrass ensemble Maple Hill and in her own band Vinyl Frontier, she also hosts Bluegrass Mondays at Pressed Café in Ottawa as well as a weekly radio show on Saturday mornings on CKCU. If that didn't keep her busy enough, she also makes beautiful jewellery! She'll be ably backed by her sidekick Pat McLaughlin and his various stringed implements. We're so thrilled she's heading our way for such a great cause.

Dinner reservations can be made by calling the Perth Restaurant at 267-3170, and for "show only" tickets please call Sue at 267-7902 to arrange payment. I look forward to seeing you there enjoying such wonderful talent, and all the while supporting a good cause. Support live music everywhere!



Catch Pat Moore in Perth on January 28

Upcoming Events

- Saturday, January 13: Shawn McCullough and Wade Foster at the Sharbot Lake Country Inn — two wonderful players definitely worth listening to. Call 279-2198 for reservations.
- Thursday, January 25: Paul Reddick at the Studio Theatre in Perth — stellar award-winning blues. Tickets are \$25 and available at Tickets Please (485-6434, ticketsplease.ca) or at the door.



Happy New Year!

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On a First Name Basis

When veteran stage director Jeremy Dutton saw a production of Norm Foster's play *On a First Name Basis* in St. Catharines recently, he knew two things right away: first, the show is a deliciously irresistible winner; and second, he just had to bring it here to Perth.

On a First Name Basis is one of Foster's more recent plays, and it proves that the tools he has wielded so skillfully for years as a playwright — humour, heart, and humanity — have become even sharper with age.

As the play opens we meet David Kilbride, a reclusive spy novelist who has employed the same maid, Miss Hopperstaad, for some twenty years. David realizes one day that he knows absolutely nothing about this woman who has served him for two decades — not even her first name. She, on the other hand, knows all the details of his life: his three wives, the sorry state of his current manuscript (she tidies his desk, after all) and where he keeps the good scotch. Disgusted with his own superficiality, Kilbride proposes that they drop the master-servant proprieties for a few hours and get to know one another, at long last, on a first name basis. With the help of the aforementioned scotch, their long bottled-up personal lives — and feelings — begin to surface. The dialogue is swift and laugh-out-loud funny, the emotions are real, and we find ourselves caring about these two separate souls as they



Hugh McCulloch and Krista Duff star as novelist David Kilbride and housekeeper Lucy Hopperstaad in Norm Foster's comedy/drama *On a First Name Basis*, opening at the Studio Theatre on February 1

emerge from behind the transparent wall of their shared existence.

This is a simple, intimate, remarkably engaging show starring two of the Studio Theatre's finest veteran actors, Hugh McCulloch and Krista Duff. In the hands of these two mature and capable players — and under the direction of Jeremy Dutton, known for his skill with humour as well as drama — this is a play that's well worth getting to know.

On a First Name Basis opens at the Studio Theatre on Thursday, February 1 for seven shows: February 1, 2, 3, 9 and 10 at 7:30PM, and February 4 and 11 at 2PM. Advance tickets are \$24 and are

now available exclusively at Tickets Please in the Matheson House Museum Visitor Centre, 11 Gore St. E. (485-6434; ticketsplease.ca), which accepts in-store, phone, online and credit card purchases. Tickets are \$24 at the Studio Theatre box office on show nights. Rush tickets for students with ID are just \$10 at the door, subject to availability. Attend opening night and save \$5!

On a First Name Basis is Norm Foster at his absolute best. Enjoy it as a warm entertainment on a cold winter evening, or as an early Valentine's gift to someone you love. For complete details, please visit <studiotheatreperth.com>.

Photography at MERA

Photographic PERSPECTIVES, an exhibit of works by local photographers Geoff Stimpson and Victoria Laube, will be on display at the MERA schoolhouse in McDonalds Corners from January 5 until the end of February. The vernissage will be held on Sunday, January 7 from 1-4PM.

The two photographers became friends through the Lanark County Camera Club, and are now coming together to show works from their individual travels to two very disparate locations.

Geoff, an enthusiastic nature photographer who shoots with a Canon 5D Mark 3 using a 300 F4 long lens, recently returned from a trip to South Georgia and the South Sandwich Islands. Although considered to be one of the most remote and inhospitable places on our planet, these islands in the southern Atlantic Ocean near Antarctica, with their beautiful scenery and profusion of wildlife, are also regarded as one of the most beautiful and awe-inspiring. Geoff will be sharing some of the bounty from this nature photographer's paradise.

In contrast, Victoria's photographic interests veer towards the inanimate and abstract; she seeks out the ephemeral and the unexpected, and frequently uncovers the bizarre. In the last couple of years, she has found New York City to be fertile ground for this pursuit. Armed with her Lumix GF1 and a 14-140 telephoto lens, she has prowled the streets of the metropolis and unearthed some of the quilted fabric of that colourful and complex world. She will be exhibiting photographs from her numerous NYC trips taken between 2015 and 2017.

For directions or more details, visit <meraschoolhouse.org>.



Find photographs by Victoria Laube (above) and Geoff Stimpson at MERA

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Local Business For Sale

BeSeated is a chair caning and seat weaving repair business, which includes retail and wholesale material sales. It is well-established and profitable and is currently located in Almonte, but can be operated anywhere in the Ottawa area. It has an online presence with a user-friendly website (www.Beseated.ca).

The owner/operator of **BeSeated** is retiring. The sale price includes extensive inventory and training. For more information, please contact Pierre Amyotte at info@beseated.ca or call 613-256-5195. Serious inquiries only, please.

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A Creative Year Ahead!

Snowy days ahead are very good for unleashing your creative spirit and signing up for some classes or workshops to help you kick your muse into gear! Whether you like to play with mud, dab a brush into the paint jar, model with paper or polymer clay, create your own journal, stitch or knit or weave, or even if hot wax or tapestry is what you dream about — we have just the thing for you here in Westport. Resolve to be more creative, because once you start, the whole year will beckon you to continue playing, with your muse as a delightful guide.

by Georgia Ferrell

Join watercolour and acrylic pour artist Barbara Lavoie and have a most wonderful and exciting time truly exploring these media. I can guarantee a superb and fun experience.

Shirley Mancino will truly optimize your creativity. Her art is an amazing splash of colour and composition; abstract but recognizable. You will be amazed at what she will help you create.

Delvalle loves to help you play with “mud” and create useful and beautifully decorative ceramic items that you can give as gifts or proudly display in your home. Specializing in slab work and construction, Delvalle will also help you learn to throw on the potter’s wheel.

If writing is your outlet, join the Westport Writers Group. Meeting once a month at the Westport Library, the group aims to offer assistance with all aspects of the written word.

Experienced in painting and sculpting with various media, Sharon Benson will help you hone your skills with Powertex, with mixed-media on canvas, or with alcohol inks, in the spring of 2018.

Angie at Acorn Pottery offers classes, workshops, and even after-school programs. Beginner or advanced, you will learn to create works that you can proudly give as gifts or use to decorate your home.

Encaustic art is on the upswing — an ancient medium that is gaining popularity today. I particularly love the textural element of this art, and can help you learn basic techniques and create a working studio of affordable materials. And if you enjoy making your own jewellery, I can help you create your dream class or workshop. Bring up to three friends for a fun and exciting session and make earrings, a pendant, or whatever your creative soul can dream up.

Don't be shy, and remember that your muse is happiest when you are actively creating. Select a medium and contact one of these passionate artists to assist you in your journey. Contact me at <igeorgiad@gmail.com> for more information or contacts for these artists. Or consider joining the Rideau Lakes Artists Association <rideaulakesartists.com> to pursue your creative dreams.



Ceramic art by Delvalle

On Buying a Shovel

We don't own a snow blower. Truth be told: I'm afraid of their huge blades and wicked motors, to say nothing of their self-propelled traction. I used one years ago, and I felt out of control as it roared down the driveway taking everything in its mighty maw.

by Glenda Jones

We rely instead on four good shovels, two for the big areas, and two for pitching snow off the decks and trimming the edges on the snow banks. (Yes, looks count). However, getting the right shovel is a science. The two pitching shovels are farmers' barn shovels, for cleaning out stalls. Ours are heavy-duty plastic, better than metal because the snow slides off in a high arc and lands right where we are throwing it. Even in wet snow, those shovels stand up really well. We bought them at a plowing match years ago, knowing they'd never see a barn but would be our winter essentials.

The other two shovels are a different story. We've had some real duds. We thought a plastic blade with a metal edge would be a good plan. Not so! The shovel is angled so that the metal blade edge digs into the snow, and you're left gasping as the handle whams into your chest, likely taking a thumb along with it. No snow gets moved, but the blue air could melt it on its own! The only way to manoeuvre is to crouch low — a back-breaker — and slowly shove the snow ahead of you. Don't try to actually shovel the snow as it slips over the side and plops pretty close to where it was before. If the snow is light, you can be sure you're also going to dig into gravel or make grooves in your pavement. The final insult comes when you're returning the

shovel to the garage, and the darn thing clips your calf with its sharp edge of metal. It also rusts, and breaks off. I hated that thing with a passion. It was at the curb with the garbage this week!

I then spent an hour at the hardware store doing my Goldilocks imitation: too big, too small, too heavy, too innovative. I took every shovel off the rack to assess its potential. The big push models are all right for the first light snow, but over the season the driveway gets smaller as there is no more room to shove the snow. We need to heave it up on a snow bank or we'd never get the car out by spring. The handle needs to be at a good angle so we don't have to stoop and scoop the snow. A



wooden handle is best because it doesn't ice up and get slippery, but you have to be sure it has a firm grip on the end and is attached securely to the blade part. Those fancy metal bent handles are supposed to be ergonomically balanced, but if you're vertically challenged — not tall — they can be a real pain (and I mean PAIN) to use. Also, mittens slip on a metal handle, leaving you with glazed mittens, no grip, and a pathetic floppy shovel.

Moving on to blade choice, there are as many variations of blades as there are of handles, to say nothing of an array of colours to rival toothbrush colours! Face it: this is a shovel; fashion doesn't have to come into it, but darn it, I'm going to be on the end of that thing enough that it should be the best experience it can be. I definitely do not want a metal blade (see above!), so that eliminated all the aluminum shovels, no matter if they looked light-weight or not. I wanted a good heavy-duty plastic shovel, colour to be decided. The blade needs to be wide enough to cut a swath that I can lift, and I like sides so the snow doesn't flop over the edges. No use making two passes if one will do. I want the blade to be rigid when I lift it so I can scoop and throw in one motion, but not so heavy it leaves me with biceps like Schwarzenegger.

After hefting all the candidates, and scraping the best of them along the floor to get a feel for the motion required, I chose two shovels. By this time, Alan had perused every aisle and was only too glad to pay the price and get out of the store. I walked out proudly with our new shovels: one black and one turquoise, a his and hers model.

But wouldn't you know it? By the time we got home, the snow was melting in that crazy December thaw we always get, and I couldn't even try them out. So there they sat, pristine and ready for the next big dig.

Confession time: we have a friendly contractor who will plow for us when we get more than ten centimetres, but I do enjoy beating him to the draw if I can, and shovelling myself. And NO, don't invite me over to do your driveway!

Blue Skies Community Fiddle Orchestra presents their annual

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Sunday, January 7, 2-5PM
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Claiming Column

Valentine Dance, Clayton, Feb 10
 Valentine's Day Rag Bag Cabaret, Almonte, Feb 14
 Harpdog Brown, Westport, Feb 16
 Bassoon/Harpsichord/Soprano, Perth, Feb 16
Panto can be Murder, Perth, Feb 16-24
 Almonte in Concert, Feb 18
The Little Mermaid, Jr., CP, Feb 23-Mar 4
Rumours, Smiths Falls, Feb 23-Mar 4
 Heritage Dinner, Almonte, Feb 23
 Folkus: Sussex, Almonte, Feb 24
 Mid-Winter Milling, Almonte, Feb 24
 Almonte in Concert, Mar 17
 Sean Pinchin Band, Westport, Mar 16
 St. Patty's Dance, Pakenham, Mar 17
 Soup for Thought, Almonte, Mar 23
 Folkus: Big Little Lions, Almonte, Mar 24
 GG Foot Guards, Perth, Mar 25
The Drawer Boy, Perth, Apr 5-15
 Maple Run Studio Tour, Pakenham, Apr 7-8
 BOTR: Boogie Patrol, Westport, Apr 20
The Taming, Perth, Apr 20-28
 Almonte in Concert, Apr 21
 Tiny Home & Green Home Festival, Perth, Apr 21
 Arbour Week, Miss Mills, Apr 22-28
Butterflies are Free, SF, Apr 27-May 6
 Folkus: Kevin Closs, Almonte, Apr 28
 Art in the Attic, Almonte, May 11-13
 BOTR: David Rotundo Band, Westport, May 11-12
Guys & Dolls, CP, May 11-19
 Ladies Night Community Fundraiser, Almonte, May 11
 Celebrating Mothers Tea, Appleton, May 12
The Bridges of Madison County - A Musical, Perth, May 24-Jun 3

Festivals

Pakenham Frost Festival, Jan 20-21, 27-28.
 Indoor & outdoor activities. Pakenham. 256-1077, exploremississippimills.ca

Literature

Writing Presentation/Workshop, Jan 13, 12:30-2:30PM. Patricia Josefchak. Creative Toolkit for adults. Perth Library, 30 Herriott St. 267-1224, info@perthunionlibrary.ca

Visual Arts

Vernissage: Geoff Stimpson/Victoria Laube, Jan 7, 1-4PM. "Photographic Perspectives". MERA Schoolhouse, 974 9th Concession A, McDonalds Corners. meraschoolhouse.org
Almonte & Area Artists' Assoc, Jan 8, 7:30-9PM. All welcome. Almonte Library, 155 High St. 256-5863, 4a-artists.ca. Free
Almonte Quilters' Guild, Jan 15, 7-9PM. Monthly mtg. All welcome. Almonte Civitan Hall, 500 Almonte St. almontequiltersguild.com
Vernissage: Portrait of a Mill Worker, Jan 20, 2-4PM. Lives of the Valley's last mill workers. Mississippi Valley Textile Museum, 3 Rosamond St. E. Almonte. 256-3754, mvtm.ca
Lanark County Quilters Guild, Jan 23, 1PM. Stash Sale. Lions Hall, Perth Fairgrounds, Perth. \$3 guests
Dine & Design Night, Jan 24, 5PM. Dinner, dessert, make fresh flower arrangement. Maximilian's Restaurant, 99 Gore St. E., Perth. 267-7065. \$60

Monday	Tuesday	Wednesday	Thursday
<p>Bridge Club, Arnprior</p> <p>Good Grief Walking Group, Almonte</p> <p>Polar Bear Plunge, Perth</p>	<p>Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>Classic Holiday Movie, Perth</p> <p>Hackberry Men's Shed, CP</p> <p>Bridge Club, Smiths Falls</p>	<p>Acoustic Stage w/Dave Balfour, O'Reilly's Pub</p> <p>Bridge Club, Almonte</p> <p>Classic Holiday Movie, Perth</p> <p>Karaoke, Golden Arrow</p> <p>Line Dancing, Bolingbroke</p> <p>Open Jam, Waterfront Gastropub</p> <p>Open Mic w/Shawn McCullough, The Cove</p>	<p>Bridge Club, Arnprior</p> <p>Classic Holiday Movie, Perth</p> <p>Free Holiday Skate, Beckwith</p> <p>Karaoke, Waterfront Gastropub</p> <p>Musicians Circle, Bolingbroke</p> <p>Open Mic, Alice's Village Cafe</p>
<p>Almonte & Area Artists' Assoc, Almonte</p> <p>Bridge Club, Arnprior</p> <p>Carp Celtic Jam, Carp Masonic Lodge</p> <p>CPHC Seniors 50+ Exercise Class, Bolingbroke</p> <p>Good Grief Walking Group, Almonte</p> <p>Hackberry Men's Shed, CP</p> <p>Parkinson's Support Group, Almonte</p> <p>Bridge Club, Smiths Falls</p>	<p>Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>Bridge Club, Smiths Falls</p> <p>W. Carleton Garden: Edible Design, Carp</p> <p>Women's Business Group Breakfast, CP</p>	<p>Acoustic Stage w/Dave Balfour, O'Reilly's Pub</p> <p>Bridge Club, Almonte</p> <p>Cookbook Book Club, CP</p> <p>Karaoke, Golden Arrow</p> <p>Line Dancing, Bolingbroke</p> <p>Open Celtic Jam, Naismith Pub</p> <p>Open Jam, Waterfront Gastropub</p> <p>Open Mic w/Shawn McCullough, The Cove</p> <p>Social Conversation Circle, CP</p>	<p>Bridge Club, Arnprior</p> <p>Karaoke, Waterfront Gastropub</p> <p>Musicians Circle, Bolingbroke</p> <p>Open Mic, Golden Arrow</p> <p>Open Mic, Alice's Village Cafe</p> <p>Peanut Butter and JAM, The 2 Grands</p> <p>Toastmasters, CP</p> <p>Transgender Awareness Workshops, Almonte</p>
<p>Almonte Quilters' Guild, Almonte</p> <p>Bridge Club, Arnprior</p> <p>Carp Celtic Jam, Carp Masonic Lodge</p> <p>CPHC Seniors 50+ Exercise Class, Bolingbroke</p> <p>Good Grief Walking Group, Almonte</p> <p>Bridge Club, Smiths Falls</p>	<p>Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>Digital Devices Workshop, CP</p> <p>Hackberry Men's Shed, CP</p> <p>Bridge Club, Smiths Falls</p>	<p>Acoustic Stage w/Dave Balfour, O'Reilly's Pub</p> <p>Bridge Club, Almonte</p> <p>Film: TBD, Almonte</p> <p>Financial Wellness Workshop: Stocks, CP</p> <p>Karaoke, Golden Arrow</p> <p>Line Dancing, Bolingbroke</p> <p>Open Celtic Jam, Naismith Pub</p> <p>Open Jam, Waterfront Gastropub</p> <p>Open Mic w/Shawn McCullough, The Cove</p>	<p>Bridge Club, Arnprior</p> <p>Jazz Night w/Peter Brown Trio, Slackoni's</p> <p>Karaoke, Waterfront Gastropub</p> <p>Musicians Circle, Bolingbroke</p> <p>MVFN: Blinding Light! Bring back the Night, Almonte</p> <p>Open Jam, The 2 Grands</p> <p>Open Mic, Golden Arrow</p> <p>Open Mic, Alice's Village Cafe</p>
<p>Bridge Club, Arnprior</p> <p>Carp Celtic Jam, Carp Masonic Lodge</p> <p>CPHC Seniors 50+ Exercise Class, Bolingbroke</p> <p>Craft Club, CP</p> <p>Good Grief Walking Group, Almonte</p> <p>Hackberry Men's Shed, CP</p> <p>Bridge Club, Smiths Falls</p>	<p>Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>Lanark County Quilters Guild, Perth</p> <p>Bridge Club, Smiths Falls</p>	<p>Acoustic Stage w/Dave Balfour, O'Reilly's Pub</p> <p>Bridge Club, Almonte</p> <p>Dine & Design Night, Perth</p> <p>Karaoke, Golden Arrow</p> <p>Line Dancing, Bolingbroke</p> <p>Loving Vincent, Perth</p> <p>Open Celtic Jam, Naismith Pub</p> <p>Open Jam, Waterfront Gastropub</p> <p>Open Mic w/Shawn McCullough, The Cove</p> <p>Social Conversation Circle, CP</p>	<p>Bridge Club, Arnprior</p> <p>Holistic Nutrition Trends, CP</p> <p>Karaoke, Waterfront Gastropub</p> <p>Loving Vincent, Smiths Falls</p> <p>Musicians Circle, Bolingbroke</p> <p>Open Mic, Golden Arrow</p> <p>Open Mic, Alice's Village Cafe</p> <p>Parkinson's Support Group, SF</p> <p>Paul Reddick, Perth</p> <p>Robbie Burns Day, The Cove</p> <p>Scotch and JAM, The 2 Grands</p> <p>Toastmasters, CP</p>
<p>Bridge Club, Arnprior</p> <p>Carp Celtic Jam, Carp Masonic Lodge</p> <p>CPHC Seniors 50+ Exercise Class, Bolingbroke</p> <p>Good Grief Walking Group, Almonte</p> <p>Parkinson's Support Group, Perth</p> <p>Bridge Club, Smiths Falls</p>	<p>Brock Zeman & Blair Hogan, O'Reilly's Pub</p> <p>Hackberry Men's Shed, CP</p> <p>Nature Quiz Night, Perth</p> <p>Bridge Club, Smiths Falls</p>	<p>Acoustic Stage w/Dave Balfour, O'Reilly's Pub</p> <p>Bridge Club, Almonte</p> <p>Film: TBD, Almonte</p> <p>Karaoke, Golden Arrow</p> <p>Line Dancing, Bolingbroke</p> <p>Open Celtic Jam, Naismith Pub</p> <p>Open Jam, Waterfront Gastropub</p> <p>Open Mic w/Shawn McCullough, The Cove</p>	<p>Bridge Club, Arnprior</p> <p>Karaoke, Waterfront Gastropub</p> <p>Musicians Circle, Bolingbroke</p> <p>On a First Name Basis, Perth</p> <p>Open Mic, Alice's Village Cafe</p> <p>Transgender Awareness Workshops, Perth</p>

Theatre

Classic Holiday Movies, Jan 2-7, 1PM. A different classic holiday movie every day! Perth Library. 267-1224.
Auditions: Guys & Dolls, Jan 6. Mississippi Mudds. Ages 16 and up. Act, sing, dance. Carleton Place Town Hall, 175 Bridge St., CP. kazli63@gmail.com, mississippimudds.ca
Film: TBD, Jan 17, 31, 1:30PM. With discussion. Almonte Library, 155 High St. 256-1037, missmillslibrary.com. Free
Victoria & Abdul, Jan 19, 20, 7PM. Film. Queen V & Indian clerk become friends. Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$10, \$5 students
 Film Night International presents **Loving Vincent** Jan 24, 2 & 7PM (Full Circle Theatre, Perth); Jan 25, 2 & 7PM (Station Theatre, SF). filmnightinternational.blogspot.ca. \$10

Lanark Laughs, Jan 26, 8:30-10PM. Stand-up comedy. Waterfront Gastropub, 12 Bell St., Carleton Place. facebook.com/LanarkLaughs
On a First Name Basis, Feb 1-3, 9-10 at 7:30PM; Feb 4, 11 at 2PM. Love, mystery & wit; Norm Foster. Studio Theatre, Perth. studiotheatreperth.com. \$24

Youth

Home Alone Course, Jan 27, 9AM-12PM. First aid basics for kids. Beckwith Township Municipal Complex, 1702 9th Line Beckwith, CP. 257-1539, twp.beckwith.on.ca. \$25

Music

Musicians Circle, Thursdays, 7PM. All genres, no audience. ABC Hall, 3166 County Rd. 36, Bolingbroke. 273-9005, abchall.ca. \$5

Little Christmas Fiddle Concert, Jan 7, 2-5PM. Blue Skies Fiddle Orchestra & friends. Maberly Hall, 172 Maberly Elphin Rd. 278-2448, cindy.fiddlemusic.mccall@gmail.com. \$10; 12 & under free
Almonte Fair Winter Dance, Jan 13, 8PM-12AM. Ag Hall fundraiser feat. Glen Silverson Band. Almonte Civitan Hall, 500 Almonte St. 256-3879
JazzNhouse: Mark Ferguson-Keith Walton Quartet, Jan 13, 8PM. Tix: jazzn.ca. TBD, Mississippi Mills. \$25
BOTR: Jack de Keyzer Band, Jan 19 & 20, 7PM. Blues on the Rideau. Proceeds to Foley Mtn & Kick In For Kids Rideau DHS. The Cove, 2 Bedford St., Westport. 1-888-COVE-INN, bluesontherideau.ca. \$65 dinner/show
Poetic Justice, Jan 19, 9PM. Live music. Lee Hotel, 72 Daniel St., Smiths Falls
AiC: From Russia with Love, Jan 21, 2PM. Almonte in Concert. Trumpeter Paul

Merkelo & pianist Janelle Fung. Tix: almonteinconcert.com, Mill St Bks. Almonte Old Town Hall. \$35/\$15
Epiphany Carol Service, Jan 21, 4PM. Jr & Sr Choirs. St. James Anglican Church, 12 Harvey St., Perth. 267-1163, stjamesperth.ca
Paul Reddick, Jan 25, 8PM. Blues singer/songwriter. Studio Theatre, 63 Gore St. E., Perth. 485-6434, ticketsplease.ca. \$25
Folkus: Amanda Rheaurme, Jan 27, 8PM. w/Brad Scott. \$30 at Mill St Books (256-9090), folkusalmonte.com, door. Almonte Old Town Hall, 14 Bridge St.
Listening Room Series: Pat Moore, Jan 28, 7PM. Singer/songwriter. Perth Restaurant, 23 Gore St. VV., Perth. 267-7902. \$20
SRO Big Band Tea Dance, Jan 28, 1-4PM. Standing Room Only. Almonte Old Town Hall, 14 Bridge St. 563-7044, sroteadances.org. \$14; \$25 couple (cash only)

JANUARY 2018

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Steve Stacey & the Stump Splitters, O'Reilly's Pub Bridge Club, Arnprior Classic Holiday Movie, Perth Line Dancing, Bolingbroke Mississippi Blues Society Open Jam, Waterfront Gastropub Noland Hubbard, Golden Arrow 	<ul style="list-style-type: none"> 40 Plus Singles Dinner/Dance, Smiths Falls Auditions: Guys & Dolls, CP Classic Holiday Movie, Perth Head over Heels, The Cove Karaoke, Bridges Bar & Grill Matt Dickson, Golden Arrow Moonlight Ski, Beckwith 	<ul style="list-style-type: none"> Little Christmas Fiddle Concert, Maberly Magnolia Rhythm Kings, The Royal Oak Open Mic w/ Kelly Sloan, Ashton Pub Public Skating, Beckwith Vernissage: Geoff Stimpson/Victoria Laube, McDonalds Corners Blues w/Barry Buse & Redneck Limousine, Waterfront Gastropub Classic Holiday Movie, Perth
<ul style="list-style-type: none"> Danielle Hewitt, Golden Arrow Line Dancing, Bolingbroke Steve Barrette Trio, The Swan at Carp Tony Silvestri, The Cove All Request Piano Show, The 2 Grands Bridge Club, Arnprior 	<ul style="list-style-type: none"> Almonte Fair Winter Dance, Almonte Bridges Blues Series, Bridges Bar & Grill Dueling Pianos, The 2 Grands Head over Heels, The Cove JazzNhouse: Mark Ferguson-Keith Walton Quartet, Mississippi Mills Karaoke, Bridges Bar & Grill Red Fox, Golden Arrow Renewing Our Friendships: Moving Towards Healing and Reconciliation, Almonte Writing Presentation/Workshop, Perth 	<ul style="list-style-type: none"> Open Mic w/ Kelly Sloan, Ashton Pub APEX Jazz Band, The Royal Oak Blues w/Barry Buse & Redneck Limousine, Waterfront Gastropub Public Skating, Beckwith
<ul style="list-style-type: none"> Bridge Club, Arnprior BOTR: Jack de Keyzer Band, Westport Jimmy Tri-Tone Band, Golden Arrow Karaoke, The 2 Grands Line Dancing, Bolingbroke Poetic Justice, Smiths Falls Victoria & Abdul, Smiths Falls 	<ul style="list-style-type: none"> BOTR: Jack de Keyzer Band, Westport Brock Zeman, Neat Coffee Shop Celtfest FUNspiel, Almonte Dueling Pianos, The 2 Grands Karaoke, Bridges Bar & Grill Pakenham Frost Festival, Pakenham Taylor Angus, Golden Arrow Vernissage: Portrait of a Mill Worker, Almonte Victoria & Abdul, Smiths Falls 	<ul style="list-style-type: none"> AiC: From Russia with Love, Almonte Ali McCormick & Friends Birthday Concert, The Cove Blues w/Barry Buse & Redneck Limousine, Waterfront Gastropub Epiphany Carol Service, Perth Open Mic w/ Kelly Sloan, Ashton Pub Magnolia Rhythm Kings, The Royal Oak Pakenham Frost Festival, Pakenham Public Skating, Beckwith
<ul style="list-style-type: none"> Almonte Lectures: Trees, Almonte Bridge Club, Arnprior Brea Lawrenson, Golden Arrow Dueling Pianos, The 2 Grands John Wilberforce, The Cove Lanark Laughs, CP Line Dancing, Bolingbroke PDCF Casino Night, Perth Steve Barrette Trio, The Swan at Carp The Kents, Neat Coffee Shop 	<ul style="list-style-type: none"> Come Wander Perth, Perth Dueling Pianos, The 2 Grands Family Law 101: Property Division, CP Folkus: Amanda Rheame, Almonte Home Alone Course, CP Jeff Leeson, Golden Arrow Karaoke, Bridges Bar & Grill Pakenham Frost Festival, Pakenham 	<ul style="list-style-type: none"> Guthrie United's Roast Beef Dinner, Clayton Listening Room Series: Pat Moore, Perth Pakenham Frost Festival, Pakenham Public Skating, Beckwith Robbie Burns Scottish Tea, Almonte SRO Big Band Tea Dance, Almonte Trad Song Pub Session, Almonte Open Mic w/ Kelly Sloan, Ashton Pub APEX Jazz Band, The Royal Oak Blues w/Barry Buse & Redneck Limousine, Waterfront Gastropub

- CP & Beckwith Heritage Museum presents *Underwear and Unmentionables* <cpbheritagemuseum.com> [from Jan 9]
- The Diefenbunker presents CANEX 1977 canteen
- Fairview Manor Lobby presents Richard James Hutton's "Northern Reflections" paintings
- MERA Schoolhouse presents the photography of Geoff Stimpson & Victoria Laube <meraschoolhouse.org> [from Jan 5]
- MVTM presents Portrait of a Mill Worker <mvtm.ca> [from Jan 13]
- Picnic Perth presents photographs of Brian Whitestone (show/sale benefits The Table CFC) [to Jan 30]
- The Mississippi Mills Chambers Gallery presents Fibre Artists Soul Play
- The Almonte Library Corridor Gallery presents Linda & Sam Hamilton's paper flowers/ink/prints

Trad Song Pub Session, Jan 28, 2-4PM. Join in. Anyone can lead. The Barley Mow, 79 Little Bridge St., Almonte. 355-5552, dpbaril@gmail.com

The Cove (Westport, 273-3636): Wed Open Mic w/Shawn McCullough, 6:30-9:30PM Jan 6, 13 Head over Heels, 6-9PM Jan 12 Tony Silvestri, 6-9PM Jan 21 Ali McCormick & Friends Birthday Concert, 12-3PM Jan 25 Robbie Burns Day w/Chris Murphy, Brian Flynn & Noah St. Amand of Turpin's Trail, 6-10PM, buffet+show \$50 Jan 26 John Wilberforce, 6-9PM

Bridges Bar and Grill (Pakenham, 624-5939): Sat Karaoke 8PM Jan 13 Blues Series, 6-10PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM Jan 7, 21 Magnolia Rhythm Kings Jan 14, 28 APEX Jazz Band

Naismith Pub (Almonte, 256-6336): Wed (except Jan 3) Open Celtic Jam, 7:30-10PM

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

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

Golden Arrow Pub (Perth, 267-4500): 9PM Wed Karaoke Jan 5 Noland Hubbard Jan 6 Matt Dickson Jan 11, 18, 25 Open Mic Jan 12 Danielle Hewitt Jan 13 Red Fox Jan 19 Jimmy Tri-Tone Band Jan 20 Taylor Angus Jan 26 Brea Lawrenson Jan 27 Jeff Leeson

Slackoni's (Perth, 326-0380): Jan 18 Jazz w/Peter Brown Trio, 6-9PM

The Swan at Carp (Carp, 839-7926): Jan 12, 26 Steve Barrette Trio, jazz, 7-10PM

O'Reilly's Ale House (Perth, 267-7994): Tues Brock Zeman & Blair Hogan 8:30PM; Wed Open Jam w/Dave Balfour 8PM Jan 5 Steve Stacey & Stump Splitters, 8:30PM

Alice's Village Café (Carp, 470-2233): Open Mic Thurs, 7-10PM

The Waterfront Gastropub (CP, 257-5755): Wed Open Jam 9PM, Thurs Karaoke 10PM, Sun Blues w/Redneck Limousine 3-6PM Jan 5 Mississippi Blues Society Jam, 8:30PM

The 2 Grands (Arnprior, 558-5050): 7PM Jan 11 PB & Jam Jan 12 All-request Piano Jan 13, 20, 26, 27 Dueling Pianos Jan 18 Open Jam Jan 19 Karaoke, 9PM Jan 25 Scotch & Jam

Neat Coffee Shop (Burnstown, 433-9960): 8PM Jan 20 Brock Zeman, \$20 Jan 26 The Kents, \$15

Community

Polar Bear Plunge, Jan 1, 8AM. Breakfast then 10AM plunge for The Table. Perth Legion, 26 Beckwith St E., Perth. 267-6428 x8, thetablecfc.org/plunge

Public Skating, Sundays, 1-2PM, Beckwith Rec Complex, 1319 9th Line Rd., Beckwith. 257-1539, twp.beckwith.on.ca.\$2

CPHC Seniors 50+ Exercise Class, Mondays, 9:30AM. ABC Hall, Bolingbroke. 273-9244, abchall.ca. Free

Good Grief Walking Group, Mon 10:30AM. 299-8866. Almonte Library

Bridge Club, Mon-Thu-Fri 12:30PM. 447-7526. priorbridgeclub.ca

SF Bridge Club, Mon 7PM, Tues 1PM. 256-4747. SF Legion

Almonte Bridge Club, Wed 7PM. 256-4747. Almonte Legion

Line Dancing, Wed 3PM, Fri 10AM. ABC Hall, Bolingbroke. \$5. 885-8543

Hackberry Men's Shed: Jan 2, 16, 30, 7:30AM, breakfast, Gourmet Restaurant, CP; Jan 8, 22, 7PM, meeting, Shed opposite 98 Donald St., CP.

Free Holiday Skate, Jan 4, 4-5PM. Beckwith Recreational Complex, 1319 9th Line Rd., Beckwith. 257-1539, twp.beckwith.on.ca

Moonlight Ski, Jan 6, 6-9PM. Beckwith Park, 1319 9th Line, Beckwith. 257-1539, twp.beckwith.on.ca. Free

40 Plus Singles Dinner/Dance, Jan 6, 7PM dinner, followed by dance with DJ. Jean dance. Smiths Falls Civitan Hall. 285-5557, 40plussinglesdanceclub@gmail.com. \$15 (\$10 dance only)

Parkinson's Support Group, Almonte: Jan 8 & 29, 2PM, Mills Community Support, 256-0509. Smiths Falls: Jan 25, 1:30PM, SFCHC, 1-800-565-3000x3425. Perth: Jan 29, 1PM, Community Home Support, 267-6400. Free

W. Carleton Garden: Edible Design, Jan 9, 7:30PM. Telsing Andrews. Carp Memorial Hall, 3739 Carp Rd., wgcg.ca. \$5 for non-members

Women's Business Group Breakfast, Jan 9, 8AM. Networking meeting. RSVP at womensbusinessgroup@gmail.com. The Gourmet Restaurant, CP. 250-9282

Carleton Place Library, reg'n encouraged, 257-2702, free:

Social Conversation Circle, Jan 10 & 24, 1PM

Cookbook Book Club, Jan 10, 6PM

Digital Devices Workshop, Jan 16, 2PM

Financial Wellness Workshop: Stocks, Jan 17, 2PM

Craft Club, Jan 22, 6:30PM

Holistic Nutrition Trends, Jan 25, 6:30PM

Family Law 101: Property Division, Jan 27, 2PM

Toastmasters, Jan 11 & 25, 7-8:30PM. Guests free. Riverview Snrs' Residence, 204 Lake Ave., CP. 250-9282

Transgender Awareness Workshops, Jan 11 (Almonte Library), Feb 1 (Perth Library), 1-4PM for soc/health/ed professionals; 6-8PM family/youth. 818-0443, booking@behcjaxylnx.ca, behcjaxylnx.ca. Sugg. cost: \$15/\$20

Renewing Our Friendships: Moving Towards Healing and Reconciliation, Jan 13, 10AM-12PM. Irene Barbeau and Margaret LeMaire, residential schools survivors, will offer their insights and an opportunity for discussion and questions. Almonte United Church. mmAlMyRelations.ca/events

MVFN: Blinding Light! Bring back the Night, Jan 18, 7:30PM. Talk re effects of light pollution. Almonte United Church, 106 Elgin St., Almonte. glbradley@icloud.com, mvfn.ca. \$5 non-members

Celtfest FUNspiel, Jan 20, 9AM. Almonte Curling Club, 160 Bridge St., Almonte

Almonte Lectures: Trees, Jan 26, 7:30PM. Ron Ayling. Almonte United Church. almontelectures.net. free; donations accepted

PDCF Casino Night, Jan 26, 7PM. Fund-raiser. Code's Mill, 17 Wilson St. E., Perth. ticketsplease.ca. \$76.50

Come Wander Perth, Jan 27. Mini-sessions with wellness practitioners in 17 downtown Perth shops. 913-2803, downtownperthbia.ca

Guthrie United's Roast Beef Dinner, Jan 28, 4-6PM. w/veg. pie. Clayton Community Centre, 147 Linn Bower Lane, Clayton

Robbie Burns Scottish Tea, Jan 28, 2-4PM. Almonte Legion, 100 Bridge St., Almonte. 257-8503, northlanarkregionalmuseum.com

Nature Quiz Night, Jan 30, 7PM. Benefits Mississippi Madawaska Land Trust. Golden Arrow, 71 Foster St., Perth. mmlt.ca. \$10

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Opinion Ate It...

...and Music Too!

Burnstown is a waypoint defined by a crossing of two local roads — and depending on one's route it is usually on the way to or the way from. Of course, if you are interested in music, it is another matter entirely and can now be considered a destination. Weetabix has limited knowledge of such matters, but helpfully refers the interested reader to the website of the Neat Coffee Shop at <neatmusicandcoffee.ca>, which reopened several months ago after a change in ownership.

by Sebastian Weetabix

Weetabix had written up Neat a few years ago and was sorry to see it close in 2015. After it reopened we waited for a while, and are happy to report that all the good stuff seems to have survived. The café space has been augmented with a very interesting bar done in patinated copper, a piece that reflects the dedication and skills of owner Mark Enright and his partners Scott Wilson and Billy Virgin. A selection of local craft beers as well as other libations are available both to diners and concert-goers.

The mostly new and greatly improved Neat is recommended as a place to stop and enjoy both the food and a somewhat funky relaxed vibe throughout the day. Should you be inclined to check out the musical offerings, there is a dinner-and-show package that certainly merits consideration. Mark Enright and his two friends took on the project of reviving Neat as a music venue in 2016 after Mark moved to a property literally next door. He fell in love with both the venue and the idea of moving from the world of high-tech to the world of high-angst. All three friends are music enthusiasts, but they hadn't experienced the challenges of running a restaurant or a concert venue before. Fortunately, they share both energy and a set of relevant skills honed in high-tech.

Yes, high-tech skills are relevant to running a restaurant. The success of any business depends on execution and logistics, cash flow management and resource planning. Operational execution skills are not always equal to the surprisingly complex

problems of keeping things afloat. The restaurant business is fundamentally constrained by tight margins and the need to maintain a base load; accommodating peak demands adds to the difficulties. One must admire the ability of any kitchen brigade to do both in a small space with limited staff. Enter Dawn Smith, a talented and experienced cook who "just walked in," and one has a recipe for instant success (even if it does take some time). Food quality makes a restaurant, and Dawn's skills and experience deliver this essential component to the mix.

Mark credits much of their success to a base established by Neat's founder Adam McKinty, and to the help Adam provided as they took over the project and built on his foundation. He provided essential help in getting off the ground, and his knowledge of the music scene has been a key factor



Weetabix checks out Neat Coffee Shop in Burnstown, and meets new owner Mark Enright (below)

in re-establishing the venue. The space is intimate and ideal for original artists who want to interact with their audiences. So far there is no shortage of talent attracted to the venue, and capacity audiences work for both. Having wandered off topic, we redirect.

The lunch menu offers seasonal fare as well as wood-oven pizza. Weetabix opted for a potato dill soup (very good) and a chicken-bacon-avocado wrap that had generous amounts of all of the main ingredients, providing a tasty and satisfying mid-day repast. A selection of excellent baked goods is provided by Marian Fraser and Dawn Smith, and a large cup of delicious hot chocolate was a welcome antidote to the seasonal chill. A very rich chocolate-quinoa cake almost completed lunch. However, we were bushwhacked by a ginger cookie — the outcome was a foregone conclusion since good ginger cookies must not be foregone. Service by Kathleen was friendly and efficient; overall a very comfortable setting. The décor offers additional entertainment (see photo above).

Neat's dinner-and-show offering presents an interesting challenge that has been met through planning and well-organized logistics. Reservations are required, but even so, getting fifty diners' dinners in a short period of time is... well, pretty neat. The kitchen is small, but by combining menu planning, staggered ordering and tight coordination, this demanding feat is neatly done.

Neat is open for breakfast and lunch most days — check <neatmusicandcoffee.ca> — their dinner-and-show combo requires reservations. Weetabix has no reservations about recommending a Neat experience.



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Repurposing a Restoration Business

The owner of a well-established seat weaving business is looking to retire. BeSeated has been a longstanding component of Almonte for over 27 years. It was established in Ottawa in 1969 by the late John (Jack) Barr, who later relocated it to Almonte in 1990. When Mr. Barr decided to retire in 2002 at the young age of 83, he taught the craft to the business's current owner, Pierre Amyotte. At that time, BeSeated moved from Gore Street to Water Street, where it has grown into the success it is today.



Pierre Amyotte is looking to sell his well-established seat weaving business

Seat weaving dates back thousands of years, as far back as the earliest civilizations. Yet many characteristics of those early weaves and techniques still exist today, which continues to make the art of seat weaving and chair caning a viable craft. Chair cane (the outer skin or bark of the rattan palm) is used primarily in weaving antique and modern chair seats and backs. However, it's also used extensively as wrappings on rattan furniture. Wicker and cane furniture is prized for its strength, durability and style.

BeSeated provides quality workmanship, products and repairs that include a variety of weaving techniques, patterns, designs, and materials such as traditional hand caning, cane webbing or sheet cane, Danish cord, natural and fibre rush, seagrass, rawhide and many other wicker-style weaving patterns. It also sells easy to understand do-it-yourself kits for weaving any style of chair, and carries wholesale caning supplies and materials for large quantity purchases.

With its unique workshops, it provides participants with the perfect avenue to recycle, reuse, restore and preserve precious family heirlooms. They also gain a much better understanding of the complexities and hours required to return their objects back to their original beauty.

This business has served both the community and the owner well over the last two decades, and the owner is now ready to sell it. He is looking forward to providing the purchaser with intensive training on all aspects of this business. He will then take pleasure in handing over the reins to the special someone who has a passion for the art of making things beautiful again and who will continue the tradition of the incredible art that is seat weaving.

For more information, please contact Pierre Amyotte at <info@beseated.ca>.

A Real Treat!

The Blue Skies Community Fiddle Orchestra, directed by Cindy McCall, is an all-ages group of 40+ fiddlers, along with guitar, percussion, piano, penny whistle, viola, bass, cello and flute accompaniment. On Sunday, January 7, they will perform some of their recently perfected delightful repertoire. This enthusiastic bunch rehearses on Saturdays and Wednesdays at the Maberly Hall, and hails from the nearby rural areas. Their fiddle music is sure to get your toes tapping, and the fun they are having is contagious!

The Lanark Fiddlers Guild, also directed by Cindy McCall, will perform a selection of Celtic and Christmas tunes. Their arrangements will make the old wooden hall ring with splendour. The Unspoken Rests — a youth segment of the Blue Skies Orchestra — will also perform a few jigs and reels that they have been polishing up for your enjoyment.

Please join them at the Maberly Hall on January 7 from 2-5PM for their annual "Little Christmas Concert". Admission is \$10 at the door, and children under 12 are free. Refreshments will also be available.



The "Little Christmas Concert" on January 7 will feature the Blue Skies Community Fiddle Orchestra, the Lanark Fiddlers Guild, and the Unspoken Rests!

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Sat. Jan. 6 **Celebration of Life for Diane Leduc-Doran** (Wife of James Doran of Choose the Blues Productions) 1-5
& **Head Over Heels** (Folk/Jazz/Blues, Gananoque) 6-9
Fri. Jan. 12 **Tony Silvestri** (Classic Rock Piano!) 6-9
Fri. Jan. 13 **Head Over Heels** (Folk/Jazz/Blues, Gananoque) 6-9
Fri. Jan. 19 & Sat. Jan. 20 Blues on the Rideau presents **Jack de Keyzer Band** (Toronto) 7-11! Buffet + Show \$65+hst
Sun. Jan. 21 **Ali McCormick & Friends Birthday Concert** (Folk, Lanark) 12-3
Thu. Jan. 25 **Robbie Burns Day** Music by members of Turpin's Trail and Fundraiser for Friends of Lockwood Park! 6-10, Buffet + Show \$50/Person+hst
Fri. Jan. 26 **John Wilberforce** (Folk/Rock, Kemptville) 6-9
Sat. Feb. 3 **Ducks Reunion Party** with Music by **Smitty**. Celebrate the End of an Era in Westport Entertainment (Folk/Rock/Country, Kingston) 8-11

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Burns Jewellers	Massage	Lidia Burns
Perth Chocolate Works	Reiki	Carolyn Lunn
Décor a la Mode	Card Reader	Suzanne Ritchie
Fall River Fashion	Lomi Lomi Massage	Indira Dudley
	Reiki	Willow Vokey
Fashion Envy	Angel Cards	Leanne Dwyer
Ground Waves	Spiritual Intuitive	Nancy Kerr Wilson
Hay Design	Muscle Testing	Kelly Johnson
Kelly's Flowers	Mediumship	Regi Quigg
Koolz Vape & Gifts	Reflexology	Margaret Smith
Lotus Wings	Reflexology	Maureen Sullivan
	Massage	Beverley Rice
Perth Fashion Mill	Mediumship	Trevor Couturier
Perth Pie Co.	Coffee Readings	Yesim Gumus
Shadowfax	Reflexology	Cheryl Sinfield
Shaw's	Reflexology	Sarah Gorman
	Massage	Krista Marks-Cleoux
Spring Children	Homeopathy	Mary Blackmore
Studio 87	Angel Cards	Mary Willemsen
	Psychic, Mediumship	Penny Samek
	Energy Healer	Kim Macleod

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