

JANUARY 2019

the Hummm

free

Arts,
Entertainment
& Ideas

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January's Events

CLASSES

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Dairy Distillery

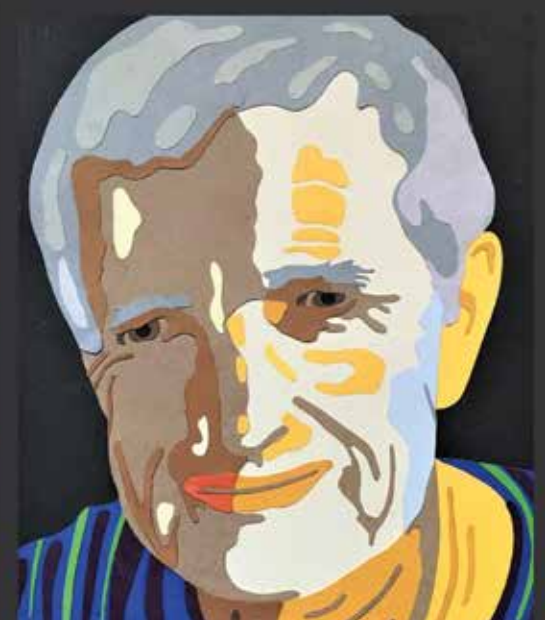
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Studio Theatre



The Art of
Neil Carleton p.3



Creative Resolutions for 2019

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>
Felt classes at Cordwood Studio <thecordwoodstudio.com>
CrossFit classes at CrossFit DSF <facebook.com/crossfitdsf>

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Meriama Fund Supports Creation of Mary Bowrin Audiobook Collection

The Perth Union Library is pleased to announce the creation of the Mary Bowrin digital audiobook collection, supported by the Meriama Fund.

Mary Bowrin was a dedicated library user who regularly enjoyed audiobooks and digital audiobooks. She was a committed member of the Readalikes Book Club at the Perth Union Library, and is greatly missed by her book club colleagues. The Meriama Fund, set up to honour Mary and to promote literacy, conservation of wildlife and wild places, the movement arts, and to open doors of opportunity for women and girls, has supported the creation of a special digital audiobook collection in Mary's name.

This collection, available through the library's OverDrive site at <odmc.overdrive.com/odmc-perth/content>, has been curated to include popular audiobooks based on the interests of the community and Mary's reading interests.

"This special collection allows library users, particularly our many busy commuters or those who may have difficulty with print, to access a greater selection of books and knowledge from their library," explains Erika Heesen, CEO/Chief Librarian. "We're very grateful to the Meriama Fund for their support and we're delighted to honour Mary's memory with this collection."

The Perth Union Library offers many online services, including eBooks, eAudiobooks, magazines, movies and online research tools. To access the digital library, visit <perthunionlibrary.ca> and click on "online resources".



Longtime library supporter
Mary Bowrin



Who's Reading theHumm

In 2016 we received these delightful photos and caption, and we sincerely hope that Sebastian still enjoys theHumm!

"Last summer my son **Sebastian** wanted to send in a picture of himself with theHumm from Brazil, but we forgot to bring it with us. So when we told him we were going to Colombia on our Christmas holidays he immediately said we had to get a copy of theHumm and pack it so that we don't forget. Attached are two pictures of Sebastian. One is in the main plaza of a beautiful town called Villa de Leyva, the other is near Villa de Leyva after having gone on a dune buggy expedition. Sincerely, Sebastian's dad, aka **Douglas von Rosen**"



Singers Sought for Messiah Performance in Perth

The Combined Choirs of St. Paul's United Church and St. James' Anglican Church and Friends will present Handel's *Messiah* with orchestra and soloists at St. Paul's on Sunday, April 28 at 7:30PM.

The long tradition of welcoming chorally experienced "Friends" will continue.

Rehearsals will take place Tuesday evenings from 7-9:30PM at St. Paul's United Church in Perth commencing January 8. Friends will be able to borrow a copy of the vocal score (Watkins Shaw edition) until they can acquire their own.

For more information, interested experienced singers can contact Brad Mills, St. Paul's Director of Music, at <millham@sympatico.ca> or 812-0871.

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Fri. Jan.11	Chinese New Year Buffet 5:30-8:30, \$25
Sat. Jan.12	Brea Lawrenson & Shawn McCullough (Country, Perth/Westport) 7-10, \$10
Fri. Jan.18 & Sat. Jan.19	Blues on the Rideau presents Jack de Keyzer Band (Toronto) 7-11, Buffet + Show \$65+hst
Fri. 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
Sat. Jan.26	Smitty Kingston (Folk/Rock/Country, Kingston) 7-10



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

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By email or on disk.

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Thumm's up this month to:

Glenna Watts and Nathan Rudyk, as they depart (temporarily, we hope!) from their Almonte home-base. The community will certainly miss their creative input and many talents over the next year. In the meantime, there's a lovely article by Nathan on page 11 of this issue. Come back and visit often, you two!

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Neil Carleton – The Exhilarating Eclecticism of Almonte’s Energiser Bunny

He looked like a nice guy with a twinkle in his eye when I googled him and his awards started popping up, but I was still unprepared for the real thing. Neil Carleton’s inventive art is just one facet of a gemstone that turned up in the town that now, partly thanks to him, is known for its geological richness.

by Sally Hansen

First, the Art

Carleton’s collages defy description — they are truly interesting in at least five ways. Aesthetically they catch your eye and draw your attention. He uses colour with aplomb; he mixes textures and materials and then applies a liberal dose of metaphors. He creates tantalizing images that seem like puzzles that need to be solved. He makes you think.

His art is as wide-ranging as his eclectic interests. In his collages he combines strange bedfellows by collecting scraps of paper and images from newspapers and magazines, including intriguing bits of text, stamps, maps and cartoons. He paints with acrylics, and invents new ways of expressing emotions. Eleven years ago he underwent major brain surgery to remove a large, benign tumour, and it precluded his return to teaching. Since then his art has become more essential to him — “It is how I celebrate life,” he explains.

Carleton is a scientist, always asking why and how and when about the world around him. As a ten-year-old he formed the habit of sketching the things that caught his eye as he immersed himself in nature. A visual learner, unlike many of us he didn’t wait for cell phones to capture images — for years he has annotated his observations with detailed drawings that resemble those found in pre-photographic botanical texts. He carries his notebook/sketchpad/journal in his backpack or his hand whenever he ventures outdoors, and it is bulging with memories and artistic treasures captured over many years.

Second, the Educator

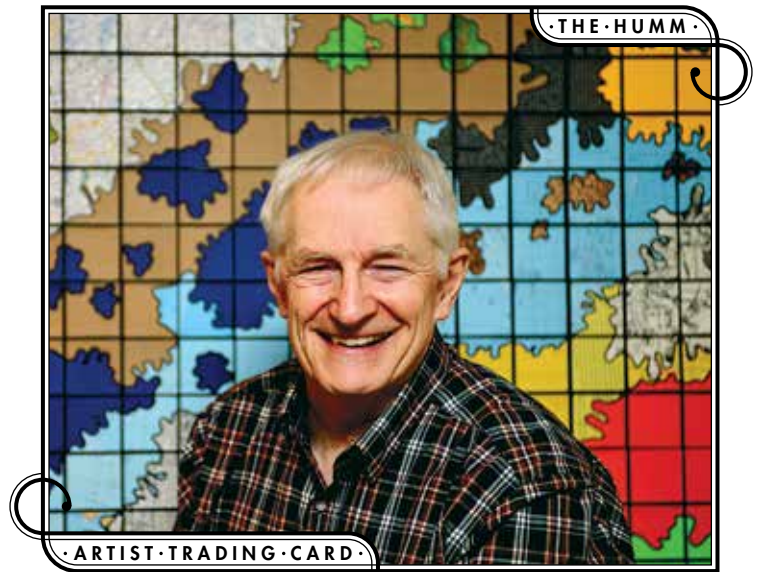
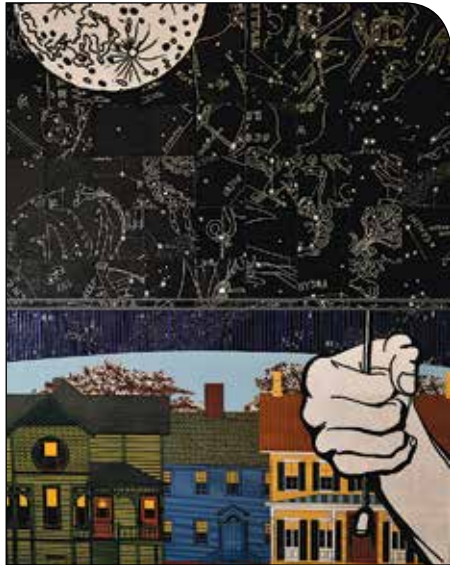
He cannot stop teaching. It flows as naturally from him as most people’s chatter about the news and weather and their aches and pains. What interests

him is why and what and how and when: Why do kids learn better from one method than another? What is it? How did the minerals form? When did the fossils form? What did the astronauts feel when they saw Planet Earth? Why did the seeds grow faster than the ones that had not gone into space? How do you get elementary school children excited about learning math and science?

Carleton is fascinated by the natural world — from microscopic pond life to the firmament, and everything below and in between. The study of geology was a natural choice. It is defined as the study of our planet, the materials of which it is made, the structure of those materials, the processes acting upon them, and it includes the study of organisms that have inhabited it. Following his graduate studies in geology and museum studies at the University of Toronto, Carleton worked in Canadian museums for fifteen years.

While working for Fisheries Museum of the Atlantic in Lunenburg, NS, he was lured to Ottawa’s Museum of Nature. In 1983 he and his wife Lucy chose Almonte for their new home. Lucy became a teacher at Naismith Memorial Public School, and when their children entered the school, Neil volunteered much of his spare time to help with science and nature projects in their classrooms. He also was a founding member of the Mississippi Valley Field Naturalists (MVFN), and realized he wanted to dedicate more of his time to volunteer activities. He embarked on a new career as a fulltime teacher. After earning his qualifications at the University of Ottawa, he spent the next fifteen years entralling kids (and their parents) with the joy of learning about the natural world.

Carleton’s gift as an educator is his ability to find ways to make learning fun. Even today he is delighted when he bumps into a former student whom he hasn’t seen in over twenty years, and the greeting is, “Mr. Carleton! I remember the word — pneumoultramicroscopicsilicovolcanoconiosis!” (I’m working on it — it can almost be sung to the tune of Mary Poppins’ happy word.) Neil introduced sixth graders to his class by proving to them that they could memorize this jawbreaker, and they did.



His drive to inspire young people to love learning is well-known in Almonte. In 2001 he discovered that there was a chance for his students to communicate via amateur radio with astronauts in space, so he used his spring break to study and pass the exam to become a qualified Radio Amateur (ve3nce). Thanks to Neil, on Friday, November 23rd, R. Tait McKenzie became the second school in Canada to have selected students speak directly with an astronaut as part of the Amateur Radio on the International Space Station (ARISS) school contact program.

Carleton recalls that by 5:30AM over 400 students, families, invited guests and visitors filled the school gym to hear them make radio contact with the Commander of the International Space Station as the crew passed high overhead in orbit. One student from each grade level (kindergarten to grade 8) had a chance to speak directly by amateur radio with Frank L. Culbertson, Commander of Expedition 3 in orbit on the space station. A few weeks ago Neil Carleton was named to the Canadian Amateur Radio Hall of Fame in recognition of his contribution to the Radio Amateurs of Canada (RAC) Youth Education Program and his promotion of Amateur Radio throughout the school system in Ontario.

Third, the Inveterate Community Volunteer

In addition to his outstanding contributions to the Almonte Amateur Radio Club, Neil Carleton has volunteered with local museums, the MVFN and the Mississippi Madawaska Land Trust Conservancy. He continues to put his eclectic interests and encyclopedic knowledge to good use. In October, 2017, he guided an enthusiastic group from the Mississippi Valley Field Naturalists in a “Reading Lesson” of the rocks at the Metcalfe Geoheritage Park. The Park is located near the Mississippi River Power Corp hydro plant at the west end of Mill Street in Almonte, and is Canada’s first municipally-run geoheritage park.

Check our website at <thehummm.com> and the back of his Artist Trading Card for additional details.



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WHO Neil Carleton
 WHAT Acrylic and Mixed Media Artist; Community Volunteer
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 WHY "It's how I celebrate life."

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The Station Theatre's 2019 Season – Faeries, Farces, Family-friendly!

When picking a season of plays, you think firstly about what your audience enjoys. Station Theatre audiences seem to like laughing, so we have done our best to deliver a very entertaining season with many laughs among the carefully chosen plays. The Smiths Falls Community Theatre puts six plays on in a calendar year. That keeps us very busy and gives you lots of opportunity to enjoy a night out where you can escape from all your troubles for a couple of hours.

We start our season in February with a British farce by Ray Cooney, directed by Lynda Daniluk. **Out of Order** (Feb. 22 – Mar. 3) features a lead character (in this case a junior UK minister) who has to lie his way out of an embarrassing situation (in this case a planned adulterous liaison with a secretary) with the help of an innocent sidekick (in this case the minister's personal private secretary), who gets more and more embroiled in the increasingly tangled tale improvised by the lead character as events unfold. The action takes place in a suite in a posh London hotel and revolves around accidents caused by a defective sash window. Farces are a specific type of play in which the action is ridiculous, but none of the characters involved realizes it. If you need a laugh to get you through the worst part of winter, this is the show to do it for you!

April brings the fantasy story **The Faery's Kiss** (Apr. 26 – May 5), written by Bill Breuer and directed by Mandi Reed. When Thomas searches for his family roots he discovers that he's inherited a small manor house on a hill in the British countryside that is rumored by the townsfolk to be haunted. Upon taking possession of the house he finds that it is inhabited — not by ghosts, but by a woman who claims to be a real faery! Not the pixie or sprite of storybooks — she is a powerful, mischievous and sexy woman who does not want him there. She is actively protecting a secret that others are trying to steal. With many plot twists, the story has a surprising and unforgettable ending. A great story about finding out about yourself and your history, with a bit of romance along the way.

June brings big laughs with the Jones Wooten Hope comedy **The Dixie Swim Club** (June 14–23), directed by Kathy Lacasse. Five Southern women, whose friendships began many years ago on their college swim team, set aside a long weekend every August to recharge those relationships. The play focuses on four of those weekends and spans a period of thirty-three years. As their lives unfold and the years pass, these women increasingly rely on one another, through advice and raucous repartee, to get through the challenges (men, sex, marriage, parenting, divorce, aging) that life flings at them. A hilarious and touching comedy about friendships that last forever — bring your bestie to this one and laugh the night away.

In August, we share the stage with talented youth from the area for the family-friendly **Narnia, a Musical Imagining** (Aug. 9–18). This one is written by Jules Tasca and again directed by Lynda Daniluk. Four siblings are sent away from London during World War II to stay with their uncle. They stumble upon (and through) a wardrobe into the magical kingdom of Narnia, held in the power of the White Witch whose evil spell has frozen the land so that it is "always winter — and never Christmas." They are embraced by the talking animals who are awaiting the return of Aslan, the Great Lion who is their rightful ruler. Aslan, who



Above, a scene from the Station Theatre's 2018 production of *The Secret Garden*. The Smiths Falls Community Theatre has another terrific line-up planned for 2019!

has long been absent from his land, has — at last! — returned to confront the Witch, and the children are soon caught up in a fierce struggle of good versus evil. This is a lovely retelling of the famous story by C.S. Lewis. Bring the whole family for this one.

The end of September brings our yearly mystery, directed by Katharine Coleman. **Death by Design** by Rob Urbinati (Sept. 27–Oct. 6) is set during a weekend in an English country manor in 1932. Edward Bennett, a playwright, and his wife, Sorel Bennett, an actress, flee London and head to Cookham after a disastrous opening night. But various guests arrive unexpectedly — a conservative politician, a fiery socialist, a nearsighted ingénue, a zany modern dancer — each with a long-held secret. When one of the guests is murdered, it's left to Bridgit (the feisty Irish maid with a macabre interest in homicide) to solve the crime. This play features lots of laughs along with a good solid mystery that will have you guessing until the end of the show.

The 2019 season finishes off with our yearly pantomime, and Emily Duberville will direct this family-friendly tradition here at the theatre. **Robin Hood and the Babes in the Woods** by Ben Crocker (Nov. 29 – Dec. 8) tells the classic story of Robin Hood, with a bit of Hansel and Gretel mixed in. This is a pantomime, after all! In order to capture the Babes, the wicked Sheriff and his henchman Dennis have come to the village school run by Winnie Widebottom, the Dame. They are dressed as sweet little school girls but wear belts with assorted weaponry. Boo and hiss the baddies and cheer and clap the cast in this traditional family panto featuring lots of singing and dancing. As past audiences can assure you, the panto is a magical adventure you won't want to miss!

Find more information about these plays, as well as all the other events happening at The Station Theatre, at <smithsfallstheatre.com>. We have monthly movie weekends and a music series that promotes local and Canadian talent. While you're on the website, sign up for our newsletter so you'll never miss a thing. As we head into the new year, our 2019 season vouchers are also on sale. This is the best way to get a great deal on live theatre in the area. We also have an Administrator at the theatre weekdays from 9AM to 12PM to answer any questions you may have, as well as assisting with renting the space or even just having a look around to see what it's all about. Katharine can be reached at 283-0300. We're so grateful for the patrons who return over and over again to share a fun evening of theatre together, and we look forward to delivering many more great experiences in 2019!
 — Katherine Coleman

White Pine — *Pinus Strobus*

This column is the first of a number I hope to write for theHumm this year about some of the plants I find in the wilds, or not-so-wilds beyond my doorstep. Each month I'll turn my attention to a new plant — one that feels prominent or somehow appropriate to the month.

For me this is more than an exercise in acquiring information; the intention is rather to begin to develop a deep curiosity about the plant — to learn about its natural history, ecological relationships and medicinal prop-

by Susie Osler

erties, as well as its less measureable but more “felt” qualities. I am no expert. There is *so much* to learn from any single plant that I cannot hope to either learn everything there is to know about it, or translate that understanding to you in a stream of words. Rather, my hope is that I may pique your curiosity and encourage you to also get outside, to start seeing and sensing in your own ways and making connections with the natural world around you.

For more portraits and information on the plants, you can follow an Instagram page created for this column at <[instagram.com/pineoakyard/](https://www.instagram.com/pineoakyard/)>.



The first day I sit at the foot of White Pine is early in this winter. It is a grey day — the landscape feels shrouded and mute, the ground frozen but not yet fully protected by a blanket of snow.

The land I find myself seated on is ancient, Precambrian, and lean. Rock outcrops and sandy slopes ooze slow trickles of water down to low pockets of interlaced, rush-covered, beaver-channelled ponds. It is beautiful in its recovering wildness and is a place I spend what time I can — especially in winter — wandering, watching, learning, and enjoying the stillness and stories that abound.

This is land that has been picked over or exploited in one way or another since settlers first set to work, felling the forests of eastern Canada. *Billions* of cubic meters of white pine were harvested between the 17th and 19th centuries. At one time, virtually all rivers flowing into the Great Lakes and the St. Lawrence were used for floating timber downriver. Over 150 years the mixed forests of my area, that were once dense with white pine, oak and hemlock, were cut to build corduroy roads, sawn into lumber for buildings and barns, used for tannins, turpentine and paints, exported to Britain for use as masts and planking on

war ships, and — somehow worse — burnt down to render potash fertilizer. Sometimes, incredibly, old growth forests were cut and burned simply to make way for agriculture. According to some accounts, by the mid-1800s so much forest had disappeared from eastern Ontario that many farms were not able to meet their own needs for fuel and construction wood.

Sitting under that white pine, I try to take it all in — the history of this land as well as the being-ness of the place — the beaver lodge in the middle of the small frozen pond in front of me, the ridge on the other side punctuated by the dark silhouettes of four towering pines, the quiet, soft cushion of red needles under me, the solid, rippling muscle of the great pine's trunk/body against my back. How long have you stood here, Pine? What have you witnessed? What can I learn from you?

Beaver surfaces after I settle in. Curious maybe. Or, more likely, feeling offended by, and wary of my presence. I've interrupted its chew on a cedar at the pond edge. I wonder if Pine and Beaver ever speak about the past. They might have something to commiserate on in the historic decimation of their respective populations. But now, at least here in this pocket of wild land, an apparent truce between humans and non-humans seems to have been made and the land and its beings are allowed to just be.

I ask forgiveness on behalf of ancestors — my own small attempt at Reconciliation with the land here. I sink into the ground and we — Beaver, Pine and I — rest in each other's company for some time before Beaver abruptly turns and disappears under the ice with a slap. The branches on the ridge pines across the pond from me began to sway and sigh high up — a feathery murmuring rising. I listen, eyes closed, and map the breeze's meandering, sonic path from high pine to high pine. The place feels thick with relationships. It feels sacred.

In spite of the impacts of logging, white pine is a survivor and is perhaps *the* quintessential tree that defines our wild Ontario landscapes — from the St. Lawrence to our boreal forests further north. And here, while walking, I begin to notice that they rise like beacons above the other trees and, over time, become familiar landmarks by which to orient myself on the land.

As young trees, white pines are semi-shade tolerant — meaning they can grow up relatively well in the shadow of other trees. In rich soil however, other plants and shrubs grow in abundance and will quickly out-compete young pines. But where white pine shines is in conditions other plants cannot cope with — droughty, thin, lean, sandy, acidic soil, rocky outcroppings, even wet, boggy areas. Consider that miracle! Out of apparent nothing, rise these solid conduits of potent energy. How is it possible?

There must be a god.

Or perhaps god *is* the pine (and every mystery in nature for that matter). With a massive trunk, thick craggy bark, outstretched limbs, and a voice that sounds like a prayer, old White Pine seems, to me, more like a god than what the word *tree* conjures up.

Walking home I pass through a plantation of white pine now probably twenty-five years old and am struck by the difference I sense and see in these trees by comparison. Perhaps three acres, planted in a grid, close together, the trees are of a single age and species; selected from genetic stock, presumably by scientists. Sadly, these trees are sorry samples of the species and a bleak example of what monoculture looks and feels like next to the vigour of wild cousins in a bio-diverse ecology. Surrendering already to disease, it is doubtful that any one of this colony of pines will reach their full potential. White pine, it seems, was not created for domestication. Sometimes I wonder if that goes for us humans as well.

— Susie Osler

Pine Needle Tea:

Harvest a cup or so of the youngest twigs and needles (remember to ask permission from and give thanks to the tree), put in a pot of water and gently simmer thirty minutes or more depending on how strong you like the flavour. Spruce needles, cedar leaf and juniper berry can also be experimented with to complement the flavour. Add honey to taste. Pine needle tea is loaded with vitamin C.

For more about white pine medicinal properties and recipes, visit <milkandhoneyherbs.com/blog/2018/1/19/white-pine-medicine>. Find more natural history at <ontarioparks.com/parksblog/white-pine>.

Epiphany Carol Service

St. James the Apostle Anglican Church in Perth invites you to its second annual Epiphany Carol Service on Sunday, January 20 at 4PM, when a full moon will remind us of the Wise Men's journey to follow the star. The Junior, Youth and Liturgical Choirs will all be singing, and the congregation will join in on some of the delightful Epiphany hymns.

The service will follow that of St. John's College Chapel, Cambridge, with a Bidding Prayer, a 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 the service of Evensong: “Lord, lettest now thy servant depart in peace.”

The service will include carols covering the whole season from New Year to the Epiphany. There will also be three musical selections specifically about the renowned Three Kings: a *Sarabande for the Three Kings* sung by the Liturgical Choir; a five-part chorale involving all three choirs and both grand pianos; and the wonderful congregational hymn *We Three Kings of Orient Are*, telling of the gifts brought by Caspar, Melchior and Balthazar.

All are welcome to this beautiful service, taking place at 4PM on Sunday, January 20. There will be no Evensong in January, but it will resume on February 17 with Damien Mecado as organist. 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 email <stjamesperth@gmail.com>.

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The Gravitational Pull of Bernice Trimble

Gravity is a Good Hugger – It Keeps You Grounded

When award-winning director Jane Stott was introduced to this gem of a play while taking a directing course with Philip Akin in Stratford, she fell in love with it and vowed she would bring it to Perth. *The Gravitational Pull of Bernice Trimble*, by playwright Beth Graham, places the character of Bernice (mother of three adult children: Sarah, Iris, and Peter) at the centre of a galaxy around which her family orbits. This galaxy setting could be your kitchen or mine, and the time and family dynamics our own. Sarah is a young mom with a precocious toddler, and Sarah orbits around heaven like a whirling dervish. Iris is an office temp, staying close to her mom like a planetary moon. Peter floats on the edge of the family galaxy, keeping in touch but never getting close enough to collide.

Bernice calls a family meeting and enters with a flourish of capes, pantomimed drum rolls and trumpets to announce to her children, her bambinos, that she has been given a diagnosis — one that proceeds to change the trajectory of everyone's life. In the midst of many splashes of humour, bits of motherly wisdom, and allowing for sibling rivalry along the way, daughter Iris begins to confide in each of us. "Sometimes, the only way to go out is to go in. Can't make things up. Can't wish. Can't hope. One must tell it like it is. That's what I'll do. I'll tell you the story like it is, not imagined, but remembered."

The ongoing activity in the play that carries us through the story is the putting together of a family recipe — the "Everything That Is Bad For You" casserole — and Iris will be mixing it up at every performance. The play is set in a circular kitchen, like an orbit, painted in beautiful jewel tones — blues, purples, greens and reds. Those of you who study the healing powers of crystals

will be familiar with the colours: lapis lazuli for honesty and compassion, amethyst for calm and balance, peridot for strength of character, emerald for nurturing the heart, and ruby for protection. They represent the attributes the characters will need to call upon to help them on this journey.

Although this play touches on the sobering subject of early-onset Alzheimer's, we see how with dashes of humour the family copes and carries on. Sarah arrives with icing and sprinkles in her hair after a cupcake disaster, Bernice hosts numerous farewell barbeques, and Peter takes up skydiving. And Iris makes the casserole.

The Gravitational Pull of Bernice Trimble is directed by Jane Stott and stars Janet Rice in the title role. Her three children are played by Annie West (as the whirling dervish Sarah), Juli Heney (as Iris, who says she is too fond of gravity), and Charles Henderson (as Peter, the reclusive and quiet brother). Set design and set dressing are by Reiner and Penny Silberhorn, with costumes by Julia Egener and Joanna Treffers. Yogi Sepp has done the tech design, and the set painting was by Fiona Bladon and Bruce Raby.

The Gravitational Pull of Bernice Trimble opens at the Studio Theatre on January 17 for seven shows: January 17, 18, 19, 25 and 26 at 7:30PM and January 20 and 27 at 2PM. Advance tickets are \$24 and are available exclusively at Tickets Please in the Matheson House Museum Visitor Centre, 11 Gore St. E (485-6434; ticketsplease.ca). Tickets are \$24 at the Studio Theatre box office on show days, available one hour before opening. Attend opening night and save \$5! Rush tickets for students with ID are just \$10 at the door. Visit <studiotheatreperth.com> for further details.

— Submitted by Jane Stott



Juli Heney and Janet Rice share moments of laughter as Iris Trimble and her mother Bernice in *The Gravitational Pull of Bernice Trimble*

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Starting the New Year with a Bang!

We're pretty excited about the Folkus season this year, and we think you might be too! Folkus season's passes sold really well this year, so individual tickets will be available the first week of January, but numbers are limited.

I've been wanting to get both **Connie Kaldor** and **James Keelaghan** on our stage for some time now, and putting them on a double bill seemed like a bonus for our audience. Both Kaldor and Keelaghan are stalwarts of the Canadian folk scene. They have won Juno and CFMA awards in their own right. Sometimes they make me laugh, sometimes they make me cry... but this will be a joyful night.

Connie Kaldor is a gifted singer and pianist (yes, the piano will be out!); her songs are filled with both warmth and wit. Born in Saskatchewan but based in Montreal, her prairie roots come through in her songs, as does her affection for French culture. She sings of women, men, the land and her dog. She can be both irreverent and moving, sometimes in the same song; favourites include *Wood River*, *Prairie Moon* and *I Love That Dog*. Her live shows are legendary, and we are thrilled to be part of Kaldor's return to the road.

James Keelaghan's songs are like mini-documentaries (reflecting his training as a historian), but they are not dull recitals of fact — he takes you to the heart of emotional moments. *Captain Torres* takes you on board a sinking ship, and the last radio calls home. *Cold Missouri Waters* is such a vivid portrayal of fighting a forest fire that he's played national firefighter's banquets. His song *Kiri's Piano* inspired a short film of the same name. A deft guitarist and warm-voiced singer, Keelaghan has won hearts both with his originals and with his interpretations of classic Canadian songs. He is also a fellow of the Royal Canadian Geographic Society, and the artistic director for both Summerfolk and the Stewart Park Festival.

This will be a night of beautiful singing and beautiful songs. There may even be a chance to join in. But if you want to join us, don't delay!

And don't forget we've got a lively line-up for the rest of the season too. February will see Thunder Bay's **Greenbank** and Ottawa's own **Moonfruits**, and both groups will feature great musicianship and stunning harmonies. March will see a fun-packed stage with **Betty and the Bobs** (Suzie Vinnick, Katherine Wheatley, Wendell Ferguson, Soozie Schlanger, David Woodhead, Rich Greenspoon, and David Matheson, all of whom are outstanding musicians in their own right), and local opener **Beth Tufts**. Finally, we'll be closing our season with Atlantic roots star **David Myles** in April, and he'll be joined by Ottawa singer-songwriter **susan o**. You can check <folkusalmonte.com> for more details, including videos.

Folkus shows are held at the Almonte Old Town Hall, with doors opening at 7:30 and showtime at 8PM. We serve a selection of fine local beverages at our cash-only bar, and we also offer non-alcoholic choices.

— Sandy Irvin is the Artistic Director of the Folkus Concert Series



The Folkus Concert Series kicks off with a double bill on January 26 featuring James Keelaghan (above) and Connie Kaldor



Son of a Bach!

On Sunday, January 13, indulge your musical senses in the acoustically superb Almonte Old Town Hall when Almonte in Concert presents **Infusion Baroque**. The programme for *Son of a Bach!* follows the diverging paths taken by members of the famous musical family, and is brought to life by Alexa Raine-Wright (Baroque flute and recorder), Sallynee Amawat (Baroque violin), Andrea Stewart (Baroque cello) and Rona Nadler (harpsichord). Infusion Baroque draws new audiences to early music through a truly captivating concert experience, deftly combining seasoned musicianship with theatrical elements. Playing music of the seventeenth and eighteenth centuries on historical instruments, the four musicians have enthralled audiences across North America with their creative and interactive programming.

The concert begins at 2PM, and tickets and details are available at <almonteinconcert.com>.

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MERA's January Exhibition

Members of the Almonte Artists & Area Association — the 4A's — will be exhibiting their art for the month of January in Dean Hall Gallery at the MERA Schoolhouse. The display will include a wide range of works in oils, watercolours, acrylics, quilt art and more. The nine participating artists are Greg Beamish, Karen Burton, Laurel Cook, Nancy Deschenes, Nancy Jenkins, Laurette Lafleur, Ilona Monahan, Anne Roxburgh and Nadine Sculland.

The 4A's are well known for their annual Art in the Attic event in Almonte, which was established more than twenty-five years ago. For information about each artist, please visit <almonteartintheattic.wordpress.com>. MERA is located at 974 Concession 9A in McDonalds Corners. Admission to the gallery is free, but donations are always appreciated. For opening hours please check <meraschoolhouse.org> or email <meraschoolhouse@gmail.com>.

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Music Matters

But What are You Going to Do as Your Real Job?

Being a musician in 2019 is an interesting proposition. I don't think that anyone from twenty-five years ago could have predicted the many changes that have occurred in the music business. While many tend to focus on the negatives, there have also been some positive developments as well. Is a career as a musician viable in 2019? Absolutely.

by Tony Stuart

I have a few former students who are making their living as musicians. In North American society, we tend to look at music more as a hobby than as a career choice, and every musician has been asked what their "real" job is on at least one occasion. It is a shame that this mindset persists, but I think it is more of a case of misinformation than anything else. I have spoken to many musicians about how they make their living, and here are some insights from those conversations.

The days of releasing an album then doing a tour to promote that album are basically over, as online streaming services have killed album sales. Iconic Canadian musician Danny Michel recently wrote about this. He is no longer able to rely on album sales as a predictable source of income, but is going to continue making albums as he still has lots to say.

Music remains a viable career choice even in 2019. The path won't be as straight as some other professions, but a path that twists and turns is still a path. So, how does one make a career in music in the age of Spotify and Apple Music, where each play of one of your songs only generates a fraction of a penny?

Today's musician needs to work hard and wear many hats. Performing is still important, but making a living doing shows is a bit more complicated than

it used to be. As an active musician in the Ottawa jazz scene, I can attest to this. Venues are paying the same wages as they did twenty years ago. However, performing remains the most enjoyable part of being a musician. Musicians who are relying exclusively on performances to pay the bills are basically always on the road.

The one area of growth seems to be music festivals, and many performers are concentrating on working in that circuit. For larger groups, this is one of the best ways to work consistently. Teaching lessons is another important revenue stream for today's musician. There are many benefits to teaching. By analyzing the performance of others, you also learn about your own playing. It is really rewarding to see a student being inspired to practice and make progress. Music has so many benefits for young and old, and we musicians can contribute to making our society a better place by sharing our knowledge and experience.

I have met a few musicians who are taking teaching one step further and offering online lessons or online courses to groups of people. I don't have a lot of experience with this, but it certainly appears to be a positive trend. This sort of "passive income" requires a good deal of work up front, but can be an important part of a musician's ability to make a living.

The big take-away is that being a musician in 2019 requires creativity, a willingness to work hard, and a realization that the path may not be exactly as you envisioned. Loren Weisman, author of *The Artist's Guide to Success in the Music Business* sums it up nicely: "Only getting the A and Z without the B through Y, leaves you SOL."

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



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The Generosity of Attention

Attention is our most sought-after commodity. Advertisers, our technology, the people who love us, all vie for our attention. Forget the idea that “making good” in the world must involve worldly success, grand sweeping gestures or wealth. We don’t need money or an extra minute in our day to give something of value. We are all rich with an overflowing ability to notice. Our attention is possible to give but it is impossible to give away. The challenge is that so often we are too busy, goal-driven, tired or stressed out to choose what we give our attention to or even realize that we are in control of it.

That attention is so valuable is no surprise. And distraction, a symptom of the disease of business, is not a modern phenomenon. We have known this for thousands of years. Attention is a foundational aspect of most forms of meditation, and it is an essential key to love. This is what makes it our most valuable commodity as well.

Like anything done well, attention takes practice and patience. And these things are not special either, but deserve consideration. It might simply mean we rest our eyes and be still for a breath or two.

Whether you are interested in meditation or not, attention is well worth considering. The philosopher and activist Simone Weil wrote that: “attention is the rarest and purest form of generosity”. It is only through a long look and inquiry into a chosen object that intimacy can be created. Think of relationships. Attention can mean showing someone that they are worthy of our time. Think of an intellectual pursuit. Attention is the only way to accomplish it. Think of a painter. To create something of significance, they must hold their mind steady to the canvas until, well, until it is done. After the painting is passed on to the viewer, attention shows up again. Cultivating the ability to pay attention is a personal endeavor but

equally an endeavor to build reciprocity, a practice of mutual dependence and exchange.

Outside distractions are not the only things that cripple our steadiness of focus. When we pay attention, our own enemies of distraction might start to creep in. Control, judgement or impatience mixes with our attention, hindering the intimacy we hope to create, disconnecting us from that which we want to understand. “Absolutely unmixed attention,” Weil also writes, “is prayer.”

High-quality attention, which is likely the kind we ourselves want to receive, is a full mind and body engagement that is developed with time and effort. What is called for in this age of distraction is a kind of intentional attention that cannot be bought, that builds togetherness, and that develops our capacity for understanding. Asking yourself questions like *how do I pay attention?* and *what am I paying attention to?* could be one of the most generous things you do.

If developing a formal practice of meditation (or paying attention) is of interest, please contact Anna at <hello@mayapractice.com>. If you want to attend the classes, but the cost is out of reach, please email.

— Jessie Carson



Call to Artists

The Town of Carleton Place is celebrating its 200th anniversary in 2019, and Arts Carleton Place (ACP) is joining the celebration with a few new twists to its **Spring Fine Art Show & Sale**. This year’s event will be a reviewed/juried show, predominantly showcasing wall art (oil, acrylic, aquarelle, charcoal, mixed media, watercolour, pencil art, photography, etc.). High quality jewellery, pottery, fused glass and other works will be included if space remains available.

The show will be held on the weekend of May 4 and 5 at the beautiful Carleton Place Canoe Club. For the first time, booth sharing will be permitted. Artists can either find their own partner or work with ACP to find a good match. All kiosks are 8’ wide, 4’ deep and 6’ high. ACP had 825 visitors and sales of \$12,000 at its last show.

Interested artists should visit <artscarletonplace.com/art-shows> to obtain the particulars regarding registration.

The deadline for completion of the Expression of Interest, including the receipt of files, is January 31. The reviewing committee will make their selections by February 8 and notify artists by February 10, at which time the registration fee will be due.

Art sale payments will be taken at a central cash, with a small commission to ACP (5% on cash sales and 7.7% on credit sales) in support of the organization’s bursary program. Sales reconciliation and e-transfers to artists will be completed seven days after the show. If you have any questions, please contact Suzanne at <smdeschenes1951@gmail.com>.



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New Studio Location
I have moved to **42 Malcolm Street** in Almonte and want to thank my students and patrons for their support and enthusiasm on Bridge Street! Class locations are not yet determined but workshops will begin in March.

Check www.marypfaff.ca this month for the 2019 workshop schedule. One day workshops in Abstract Painting, Expressive Drawing, Colour and Creativity and Composition.

The Reever Report

We've Won the Lottery!

What could be more welcome in the depths of December than an infusion of cash, a little boost to the personal economy? Alan buys 649 tickets faithfully, occasionally getting a free one, and maybe a whole ten dollars, but hope springs eternal that one day, one fateful day, the bells will ring on the machine and he'll be rich. We aren't asking for the \$60 million, just a little piece of the pie, because we all know that great wealth leads to great problems, and we don't need those.

by Glenda Jones

The Rotary Club, of which Alan is a Charter member, has been holding a Chase the Ace draw for nearly a year now, and at their Christmas meeting the pot had risen to over a thousand dollars. This amount is only half of what was raised, a credit to a small club with a big heart. Not a meeting goes by that some community element isn't supported by Rotary, everything from the Seniors' Christmas Dinner to Lanark County Interval House and the snowsuit fund. Don't presume it's all about the fundraising; it's about the "fun" raising this group has as they go about improving the lives of others. That was obvious by the good turnout for their Christmas potluck. They gathered to

celebrate themselves, not simply because there was a jackpot coming with dessert.

The deck was down to the last three cards, one being the coveted Ace of Hearts. Rules were discussed, and it was decided only the Rotarians could buy tickets, three for \$5, and only a Rotarian could draw. They all lined up to buy their tickets and add to the pot. A couple of the fellows decided to pool their tickets. Several were sure the money was coming their way, thanks to sitting by the "lucky lady." One young mom of five kids opined that she likely needed it more than anyone else around the table. Every wife had mentally tallied up the winnings and spent it, wisely of course! There were nervous laughs, lots of pictures taken, as we all waited for the appointed hour at which the draw would take place. Desserts were served, and a sugar high was definitely in the air.

8PM: the gavel dropped and the draw commenced. Much fanfare, shaking of the box, lucky lady picking the ticket, and the number read out. The winner had been ready to leave but came back at the call of her number. It was hard to tell if she was excited or not as she let her hand hover over the three cards. Maybe she was just nervous. Imagine if she had turned down the opportunity of a one in three chance of going home with a nicely padded purse. She chose her card, and turned it over. GASP! It

was the three of diamonds!! Impossible! The draw was now down to the last two cards.

This Rotary Club has come a long way in sixteen years. That's a lot of barbecues, breakfasts before road clean-ups, garden parties, potato salads, cheesecakes, and all right a few beer along the way. The members



share life experiences and treat each other with respect and companionship. It's far more than a service club, but rather a family of like-minded enthusiastic volunteers up for any challenge. They were all in this Chase the Ace thing together.

The tickets were returned to the box, while everyone clutched what surely had to be the winner. More braggadocio, more attempts to will their number to appear. "Number 978!" Oh my goodness: it was Alan's number! I held my breath as the two remaining cards were held out for his choosing. Fifty/fifty, close but far, which one to draw? Left, right, no left. He closed his eyes and pulled the card. It was indeed the Ace... of Spades!!

The infamous Ace of Hearts remained in the dealer's hand. All that remained now was to put the tickets once again in the box and pull the final ticket in order to declare the winner.

If ever there was a deserved drum roll, it was at that minute. The chances were even for everyone there, but one person was going home with over a thousand dollars more than they'd brought. The excitement was palpable. Last year's winner was selected to draw the final ticket.

"Number 972." "WOW, it's me!" said the guy sitting next to us. Talk about a happy dance. He slapped his ticket on his forehead and took a well-deserved "selfie" to capture the moment. Now, he was one of the men who'd pooled their resources, and he lived up to his commitment, halving the winnings with a fellow Rotarian. Congratulations, applause, more pictures, and the big event was wound up in true Rotarian camaraderie.

We didn't get the big money, but we came away richer anyway. We'd had a wonderful potluck dinner with friends we enjoy. We had a few good laughs, met two lovely dogs, didn't have to drive in bad weather, got to dress up and wear some sparkles, and came home happy and satisfied. Indeed, we'd won the lottery of good health, a great year behind us, and prospects for the New Year coming. What more could we ask for than that?

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Helping The Hub Help the Community

Historic Building Revitalization Prompts The Hub's First-Ever Public Appeal

The Hub has worked to improve the community of Mississippi Mills in large and small ways for 44 years by offering donated recycled goods at fair prices. In all that time, not once has it made a public appeal for financial donations. But long-time volunteer and current President Eloise Caverson is announcing an ambitious \$350,000 fundraising goal.

"I can guess what people are thinking," says Eloise. "We better have a good reason to ask for their money! We think we do. \$350,000 is the amount required to complete the Phase One revitalization of our long-time home at 118 Mill Street. We have already raised just over \$170,000. So with another \$180,000 we can continue our 44-year tradition of directing funds to deserving community causes."

Eloise points out that, since it began, the Hub has contributed:

- Over one million dollars in donations to more than 100 good causes including Hub Hospice, the local youth centre, Christmas baskets, sports teams, Lanark County Interval House and Lanark County Food Bank
- Over 500,000 volunteer hours from just over 500 people who have given their time and talent
- An estimated 350 tonnes of usable items diverted from landfill, including clothing, toys, games, books and kitchen items. Plus, large furnishings and electronics from the Rebound home décor store operated by the Hub

The Hub has a very long history in downtown Almonte. It opened its doors at 66 Mill Street in May of 1974 and was located there until suffering a devastating fire in 1997. In 1998, the organization's Board of Directors convinced the Royal Bank to sell

them the Hub's current location at 118 Mill Street for the grand sum of \$1.

Now that building, which used to be the old O'Brien Theatre at the start of the 20th century, is closed for overdue repairs and a rethink by local

architect Peter Mansfield. The "wreck-a-vation" phase of removing false ceilings and drywall has revealed the glorious original theatre ceilings that are over 20 feet high, burgundy walls and turquoise blue trim cornices, and even the projection booth!

Projecting forward, The Hub's Phase 1 renovation plans show a building that can perform double-duty with offices for social services delivery on an upper mezzanine, and a far more spacious and improved retail display area. The plan also adds communal and sorting areas, upgrading an accessible public bathroom to ensure a more barrier-free environment.

In its revitalized home, The Hub's recycled community treasures will continue to clothe so many, equip the homes of many more, and provide funds to causes and individuals in need throughout the community. "The fundraising to fix our building is underway," explains Eloise, "but we need another \$180,000 to reach our goal."

Over the years, in their wisdom the Hub's Board of Directors have set aside \$100,000 in a building contingency fund. They also applied for grants totalling \$58,000, and volunteers have undertaken building fundraisers like the Royal Wedding Breakfast (which raised \$3,500), a Canada Day Bake Sale (\$1,300), a country music benefit dance (\$8,000), and The Big Sing (over \$3000).

"Isn't that great?," says Eloise. "Now we need to do more. With more financial help from local individuals and businesses, The Hub can honour its past and enjoy a bright future in Almonte's Historic District. Our volunteers can continue to inspire the 13,000-plus people in our community to help each other in very meaningful ways."

The Hub is a charitable organization and can issue tax receipts. Please make cheques or money orders out to the Almonte Community Coordinators. Then mail them to The Hub, Box 538, Almonte, Ontario K0A 1A0, or donate online at <thehubalmonte.com>.

"I hope we can count on many new and existing contributors to help The Hub. Please be generous," urges Eloise. "I think you'll agree The Hub is a community institution that deserves to inspire more acts of kindness and volunteering throughout our town."

— Nathan Rudyk

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THE PHANTOM OF THE HUBERA
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MISSISSIPPI VALLEY TEXTILE MUSEUM

If you like to sing, act and/or dance, then there's another opportunity for you to support The Hub. Auditions for *The Phantom of the Hubera* will take place on January 6 from 2-4PM in the multi-purpose room at the Mississippi Valley Textile Museum. Show dates are in early April, and back-stage help is also most welcome.

For more information, please contact Barb Dickson at <laubar@sympatico.ca>.

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BOTR: Dawn Tyler Watson & the Ben Racine Band, Westport, Feb 15
The Maltese Falcon, Perth, Feb 15-Mar 3
Alone Together Again, Perth, Feb 21-Mar 3
NLHS Heritage Dinner, Almonte, Feb 22
The Lion King, CP, Feb 22-Mar 3
Out of Order, Smiths Falls, Feb 22-Mar 3
Folkus: Greenbank w/Moonfruits, Almonte, Feb 23
Mid-Winter Milling, Almonte, Feb 23
Almonte in Concert, Mar 16
BOTR: Ria Reece Band, Westport, Mar 22
Folkus: Betty & the Bobs w/Beth Tufts, Almonte, Mar 23
Soup for Thought, Almonte, Mar 30
Hamish, Perth, Apr 4-14
Maple Run Studio Tour, Pakenham, Apr 6-7
Almonte in Concert, Apr 13
BOTR: Rick Fines/Suzie Vinnick, Westport, Apr 19
The Diaries of Adam & Eve, Apr 19-May 5
The Faery's Kiss, Smiths Falls, Apr 26-May 5
Handel's Messiah, Perth, Apr 28
We Will Rock You, CP, Apr 26-May 4
Folkus: David Myles, Almonte, Apr 27
Mothers' Tea, Appleton, May 11
Eugene Friesen & Joel Martin, Perth, May 25
The Ladies Foursome, Perth, May 30-Jun 9
The Dixie Swim Club, Smiths Falls, Jun 14-23
Strawberry Social, Appleton, Jun 23
Narnia, A Musical Imagining, Smiths Falls, Aug 9-18
200th Anniversary Celebration, CP, Jul 27
Teddy Bear Picnic, Appleton, Sep 7
Fibrefest, Almonte, Sep 7-8
Apple Pie Fest & Car Show, Appleton, Sep 15
Death by Design, Smiths Falls, Sep 27-Oct 6
Robin Hood & the Babes in the Woods, Smiths Falls, Nov 29-Dec 8

Monday	Tuesday	Wednesday	Thursday
31	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

Local Food

Two Rivers Market, Jan 26, 8AM-1PM. Farm-fresh products & specialty items. Gallipeau Centre, 361 Queen St., Smiths Falls.

Visual Arts

Vernissage: Almonte & Area Artists Assoc'n, Jan 13, 1-3PM. MERA Schoolhouse, 974 9th Concession A, McDonalds Corners. meraschoolhouse.org
Almonte Quilters' Guild, Jan 21, 7-9PM. Monthly mtg. All welcome. Almonte Civitan Hall, 500 Almonte St. almontequiltersguild@gmail.com
Lanark Co. Camera Club Mtg, Jan 22, 7-9PM. All skill levels. Rm 104, Algonquin College, 7 Craig St., Perth
Lanark County Quilters Guild, Jan 22, 1-3PM. Guild Stash Sale. Lions Hall, Perth Fairgrounds. lanarkcountyquiltersguild.com. \$5 guests

Theatre

Auditions: Phantom of the Hubera, Jan 6, 2-4PM. Calling singer-actor-dancers! Performances in April. Mississippi Valley Textile Museum, 3 Rosamond St. E, Almonte. laubar@sympatico.ca.
Auditions: Bedtime Stories, Jan 9 & 13, 7PM. Performances late April. Rural Root Theatre. NorthWind Ctr, Constance Bay, ruralroot.org
The Gravitational Pull of Bernice Trimble, Jan 17-19, 25-26 at 7:30PM; Jul 20, 27 at 2PM. Studio Theatre, Perth. Tix: ticketsplease.ca. \$24
 Film Night International presents **The Silent Revolution** Jan 23, 2 & 7PM (Full Circle Theatre, Perth); Jan 24, 2 & 7PM (Station Theatre, SF). film-nightinternational.blogspot.ca. \$10

Auditions: The Diaries of Adam & Eve, Jan 14. 2 women, 2 men, 6-piece rock band. Shows Apr 19-May 5. Full Circle Theatre, 26 Craig St., Perth. 267-1884, barndoor-productions.ca
Lanark Laughs, Jan 25, 8:30-10PM. Stand-up comedy. Waterfront Gastropub, 12 Bell St., Carleton Place. facebook.com/LanarkLaughs

Music

Little Christmas Fiddle Concert, Jan 6, 2-5PM. Blue Skies Fiddle Orchestra & friends. Maberly Hall, 172 Maberly Elphin Rd. 278-2448, cindy.fiddlemusic.mccall@gmail.com. \$10; 12 & under free
Musicians Circle, Thursdays, 7PM. All genres, no audience. ABC Hall, 3166 County Rd. 36, Bolingbroke. 273-9005, mattchurchill@hotmail.com, abchall.ca. \$5

Almonte Fair Winter Dance, Jan 12, 8PM. Ag Hall fundraiser feat. Glen Silverson Band. Almonte Civitan Hall, 500 Almonte St., Almonte. 256-3879. \$18; \$15 adv.
AiC: Infusion Baroque, Jan 13, 2PM. Almonte in Concert. Tix: almonteinconcert.com, Mill St Bks. Almonte Old Town Hall, 14 Bridge St., Almonte. almonteinconcert.com. \$35/\$15; series available
BOTR: Jack de Keyzer Band, Jan 18, & 19, 7-11PM. Blues on the Rideau. Buffet, show, dancing. The Cove Country Inn, 2 Bedford St., Westport. 1-888-COVE-INN, info@coveinn.com, bluesontherideau.ca. \$65 dinner/show
Epiphany Carol Service, Jan 20, 4PM. Junior, Youth & Liturgical Choirs will sing. St. James the Apostle Anglican Church, 12 Harvey St. Perth. 267-1163, stjamesperth.ca

SRO Big Band Tea Dance, Jan 20, 1-4PM. Standing Room Only Big Band. Almonte Old Town Hall, 14 Bridge St., Almonte. 563-7044, sroteadances.org. \$14; \$25 couple (cash only)
Folkus: Connie Kaldor & James Keelaghan, Jan 26, 8PM. \$30 (series of 4: \$90) at Mill St Books, folkusalmonte.com, door. Almonte Old Town Hall, 14 Bridge St., Almonte. 256-9090
Peter Brown, Jan 26, 7PM. Annual solo concert. Lanark Learning Centre, 67 George St., Lanark. \$10
Trad Song Pub Session, Jan 27, 2-4PM. Join in. Anyone can lead. The Barley Mow, 79 Little Bridge Street, Almonte. 355-5552, david@shantyman.ca

JANUARY 2019

Friday

Saturday

Sunday

<ul style="list-style-type: none"> 🎵 Jono Townsend, O'Reilly's Pub 🎵 Mississippi Blues Society Open Jam, Waterfront Gastropub 🎵 Scottish Country Dancing, Perth 🎵 Shawn McCullough, Golden Arrow 🎵 Spencer Scharf, Bridges Bar & Grill 🎵 The Valley Shantyman, The Cove 	<ul style="list-style-type: none"> 🎵 Jono Townsen, Golden Arrow 🎵 The Kings, Juke Joint Soul Kitchen 🎵 Tony Silvestri, The Cove 	<ul style="list-style-type: none"> 🎵 Auditions: Phantom of the Hubera, Almonte 🎵 Little Christmas Fiddle Concert, Maberly 🎵 Ashton Open Mic, Ashton Pub 🎵 Blues w/Redneck Limousine, Waterfront Gastropub 🎵 Magnolia Rhythm Kings, The Royal Oak
<ul style="list-style-type: none"> 🎵 Line Dancing, Bolingbroke 🎵 Scottish Country Dancing, Perth 🎵 Ted Lalonde, Golden Arrow 🎵 Tom Watson, O'Reilly's Pub 	<ul style="list-style-type: none"> 🎵 Almonte Fair Winter Dance 🎵 Brea Lawrenson & Shawn McCullough, The Cove 🎵 Bridges Blues Series, Bridges Bar & Grill 🎵 Dandelion Foods Grand Reopening, Almonte 🎵 Joseph McDonald, O'Reilly's Pub 🎵 Matt Dickson, Golden Arrow 🎵 Poetic Justice, Lee Tavern 🎵 Tyree Lush, Juke Joint Soul Kitchen 	<ul style="list-style-type: none"> 🎵 AiC: Infusion Baroque, Almonte 🎵 APEX Jazz Band, The Royal Oak 🎵 Ashton Open Mic, Ashton Pub 🎵 Auditions: Bedtime Stories, Constance Bay 🎵 Blues w/Redneck Limousine, Waterfront Gastropub 🎵 Vernissage: Almonte & Area Artists Assoc'n, McDonalds Corners
<ul style="list-style-type: none"> 🎵 BOTR: Jack de Keyzer Band, Westport 🎵 Danielle Hewitt, Golden Arrow 🎵 Harry Manx, Neat Coffee Shop 🎵 Line Dancing, Bolingbroke 🎵 Pretty Ugly, Lee Tavern 🎵 Scottish Country Dancing, Perth 🎵 Stephen Mark Fisher, O'Reilly's Pub 🎵 Taylor Angus Duo & Spencer Scharf, The 2 Grands 🎵 The Gravitational Pull of Bernice Trimble, Perth 	<ul style="list-style-type: none"> 🎵 BOTR: Jack de Keyzer Band, Westport 🎵 Mimi O'Bonsawin, Juke Joint Soul Kitchen 🎵 Spencer Scharf, The 2 Grands 🎵 The Arrogant Worms, Neat Coffee Shop 🎵 The Gravitational Pull of Bernice Trimble, Perth 🎵 The Peter Principle, Bridges Bar & Grill 🎵 Trivia Night & Dinner, Maberly 	<ul style="list-style-type: none"> 🎵 Ashton Open Mic, Ashton Pub 🎵 Blues w/Redneck Limousine, Waterfront Gastropub 🎵 Epiphany Carol Service, Perth 🎵 Magnolia Rhythm Kings, The Royal Oak 🎵 SRO Big Band Tea Dance, Almonte 🎵 The Gravitational Pull of Bernice Trimble, Perth
<ul style="list-style-type: none"> 🎵 Almonte Lectures: Radiation & Human Health 🎵 Jono Townsend, Golden Arrow 🎵 Lanark Laughs, Carleton Place 🎵 Line Dancing, Bolingbroke 🎵 Mark Crissinger, O'Reilly's Pub 🎵 PDCF Casino Night, Perth 🎵 Robbie Burns Day w/Turpin's Trail, The Cove 🎵 Robbie Burns Night, The 2 Grands 🎵 Scottish Country Dancing, Perth 🎵 Steve Barrette Trio, The Swan at Carp 🎵 The Gravitational Pull of Bernice Trimble, Perth 	<ul style="list-style-type: none"> 🎵 Carleton Place Winter Carnival 🎵 Dementia & Alzheimer's Presentation, Almonte 🎵 Connie Kaldor & James Keelaghan, Almonte 🎵 Joe McDonald & Peter Newsom, Juke Joint Soul Kitchen 🎵 Matt Dickson, Golden Arrow 🎵 Peter Brown, Lanark 🎵 Psychic Dinner, Perth 🎵 Rejuvenate Yourself, Perth 🎵 Smitty Kingston, The Cove 🎵 Spencer Scharf, The 2 Grands 🎵 The Gravitational Pull of Bernice Trimble, Perth 🎵 Two Rivers Market, Smiths Falls 	<ul style="list-style-type: none"> 🎵 APEX Jazz Band, The Royal Oak 🎵 Ashton Open Mic, Ashton Pub 🎵 Blues w/Redneck Limousine, Waterfront Gastropub 🎵 Guthrie United's Roast Beef Dinner, Clayton 🎵 Robbie Burns Scottish Tea, Almonte 🎵 The Gravitational Pull of Bernice Trimble, Perth 🎵 Trad Song Pub Session, Almonte

Café Bean in Perth presents Lanark Co Camera Club [to Jan 4]
Fairview Manor Lobby presents MemoryScapes, paintings by Kaija Savinainen-Mountain
MERA Schoolhouse presents Almonte & Area Artists <meraschoolhouse.org> [Jan]
Mississippi Valley Textile Museum presents Anne Kelly & Heather Dubreuil in *Stitched: A Homecoming* <mvtm.ca> [from Jan 19]
The Mississippi Mills Chambers Gallery presents Pamela Allen's art quilts
The Almonte Library Corridor Gallery presents Jill McCubbin's & Beth McCubbin's acrylics & sculpture

Pub Listings

The Cove (Westport, 273-3636): Wed Open Mic w/Shawn McCullough, 6:30-9:30PM
 Jan 4 The Valley Shantyman, 6-9PM
 Jan 5 Tony Silvestri, 6-9PM
 Jan 12 Brea Lawrenson & Shawn McCullough, 7-10PM, \$10
 Jan 25 Robbie Burns Day w/Turpin's Trail, 6-10PM; piper, haggis, poetry, buffet, music, \$50
 Jan 26 Smitty Kingston, 7-10PM
Golden Arrow Pub (Perth, 267-4500): 9PM Wed Karaoke
 Jan 4 Shawn McCullough
 Jan 5 Jono Townsend
 Jan 11 Ted Lalonde
 Jan 12 Matt Dickson
 Jan 18 Danielle Hewitt
 Jan 25 Jono Townsend
 Jan 26 Matt Dickson

The Swan at Carp (Carp, 839-7926): Jan 25 Steve Barrette Trio, jazz, 7-10PM
Juke Joint Soul Kitchen (Carp, 470-8888): 7PM.
 Jan 5 The Kings
 Jan 12 Tyree Lush
 Jan 19 Mimi O'Bonsawin
 Jan 26 Joe McDonald & Peter Newsom
The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM
 Jan 6, 20 Magnolia Rhythm Kings
 Jan 13, 27 APEX Jazz Band
Naismith Pub (Almonte, 256-6336): Wed (not Jan 2) Open Celtic Jam, 7:30-10PM
Almonte Lobby Bar @Riverside Inn (Almonte, 461-2745): Tue (excl 1st) Music Trivia, 8PM. Team prizes.
Carp Masonic Lodge: Mon Carp Celtic Jam, 7-9PM

Ashton Pub (Ashton, 257-4423): Sun Open Mic, 2-5PM
Bridges Bar and Grill (Pakenham, 624-5939):
 Jan 4 Spencer Scharf, 6-10PM
 Jan 12 Blues Series w/AlTambay, 6-10PM
 Jan 19 The Peter Principle, 6-10PM
O'Reilly's Ale House (Perth, 267-7994): Tues (excl Jan 1) Brock Zeman, 8:30PM
 Jan 4 Jono Townsend, 8:30PM
 Jan 11 Tom Watson, 8:30PM
 Jan 12 Joseph McDonald, 8:30PM
 Jan 18 Stephen Mark Fisher, 8:45PM
 Jan 25 Mark Crissinger, 8:30PM
The Waterfront Gastropub (CP, 257-5755): Wed Open Jam 9PM, Sun Blues w/Redneck Limousine 3-6PM
 Jan 4 Mississippi Blues Society Jam, 8:30PM

Neat Coffee Shop (Burnstown, 433-9960): 8PM
 Jan 16 Barney Bental, \$40
 Jan 18 Harry Manx, \$57.50
 Jan 19 The Arrogant Worms, \$35
Lee Tavern (Smiths Falls, 283-2266): 9:30PM
 Jan 12 Poetic Justice
 Jan 18 Pretty Ugly
The 2 Grands (Arnprior, 558-5050): 7PM, no cover
 Jan 18 Taylor Angus Duo & Spencer Scharf
 Jan 19, 26 Spencer Scharf
 Jan 25 Bobby Burns Night
 Jan 26 Spencer Scharf

Community
SF Bridge Club, Mon 7PM, Tue 1PM (not Jan 1), 256-4747. SF Legion
CP Bridge, Tue 1-4PM. CP Legion, \$5

Olde Time Bingo, Tue 7PM. Held by CP Civitans in CP Arena upper hall
Almonte Bridge Club, Wed 7PM. 256-4747. Almonte Legion
Line Dancing, Wed 3PM, Fri 10AM. ABC Hall, Bolingbroke. \$6. 885-8543
Mahjongg, Thurs 1PM, ABC Hall, Bolingbroke, 268-2548. \$5
Scottish Country Dancing, Fridays, 9:30AM. All levels. McMartin House, Perth. 264-2767
Free Holiday Skate, Jan 3 (4-5PM). Beckwith Recreational Complex, 1319 9th Line Rd., Beckwith. 257-1539, twp.beckwith.on.ca
Naismith Men's Shed: Jan 3, 17, 31, 8AM breakfast, Mamma's Place, Almonte; Jan 10, 24, 10AM meeting, Mill of Kintail gatehouse. 461-0013. Mtgs free
Hackberry Men's Shed: Jan 7, 21, 7PM meeting, Shed opposite 98 Donald St., CP; Jan 8, 9-11AM drop-in, Town & Country Apts, Almonte; Jan 15, 29, 7:30AM breakfast, Gourmet Restaurant, CP. 461-0013. Mtgs free
Soup'in'Dippity Lunch, Jan 8, 22, 11:30AM-1PM. St. Paul's United, Carp. Freewill offering
Toastmasters, Jan 10 & 24, 7-8:30PM. Guests free. Riverview Snrs' Residence, 204 Lake Ave., CP. 250-9282

Meditation & Associated Processes: Jan 16, 30, 1:30-3PM. Perth Library. 225-4675, by donation
Women's Business Group Breakfast, Jan 8, 8AM. Networking meeting. RSVP on Facebook. The Gourmet Restaurant, CP. 250-9282, womensbusinessgroup@gmail.com
Dandelion Foods Grand Reopening, Jan 12, 10AM-2PM. Birthday Bash! 10% off all day, demos, prizes, goody bags to first 25 customers, special guest Kathy Smart. Dandelion Foods, 451 Ottawa St., Almonte. 256-4545, dandelionfoods.ca

Trivia Night & Dinner, Jan 19, 5:30-9:30PM. Shepherd's pie too! ABC Hall, 3166 Bolingbroke Rd, Maberly. 273-8834, events@abchall.ca, abchall.ca. \$15

Lanark Community Dinner, Jan 21, 4-6PM. Lanark & District Civitan Club, 2144 Pine Grove Rd., Lanark. 259-2435

Almonte Lectures: Radiation & Human Health, Jan 25, 7:30PM. Don Wiles. Almonte United Church, 106 Elgin St., Almonte. almontelecures.net.free; donations accepted

PDCF Casino Night, Jan 25, 7PM. Fund-raiser. Code's Mill, 17 Wilson St. E., Perth. ticketsplease.ca/PDCF.html. \$75

Carleton Place Winter Carnival, Jan 26, 10AM-4PM. Outdoor/indoor games, crafts, etc. Carleton Place Arena, 75 Neelin St., Carleton Place., www.facebook.com/events/200633834186072/.

Dementia & Alzheimer's Presentation, Jan 26, 2PM. RVSP at familycouncilfm@gmail.com. Fairview Manor, 75 Spring St., Almonte

Psychic Dinner, Jan 26, 5:30PM. 3-course meal & psychic Trevor Courturier. Michael's Table, 110 Gore St., Perth. 1-800-518-2729. \$40

Rejuvenate Yourself, Jan 26, 10AM-5PM. 25 shops host wellness practitioners. Downtown Perth. 913-2803, www.downtownperthbia.ca/come-wander-perth.html

Guthrie United's Roast Beef Dinner, Jan 27, 4-6PM. w/all the fixings. Clayton Community Centre, 147 Linn Bower Lane, Clayton

Robbie Burns Scottish Tea, Jan 27, 2-4PM. Scones, tea, music. Tix: Baker Bob's, Legion. Almonte Legion, 100 Bridge St., Almonte. 257-8503, \$10

Almonte Hort: Organic Gardening & Pests, Jan 28, 7:30PM. Speaker: Scott Sigurdson. Cornerstone Community Church, 1728 Concession 11, Almonte. 256-1071

Being Well in 2019

Webster's defines "wellbeing" as "the state of being healthy, happy, and free from want." Just reading that definition brings me some peace of mind. What a luxury it is, indeed, to be alive and well. Flipping the calendar to a fresh new month and year, as most of us are doing now or have done, seems the ideal time to think about one's wellbeing and trying new things. Possibilities for self-care abound.

by John Pigeau

So many people find that taking classes, anything from yoga to guitar lessons to felt making, is a wonderful way to invest in themselves. Personally, I find expressing myself through writing to be an exciting, cathartic, relaxing and rewarding experience, one that often leaves me feeling content; and yes, in fact, a good writing day does feel like a healthy accomplishment. In the spring, I'll be going on a writer's retreat to work on the book I'm writing, and though I've yet to pin down my destination, I keep picturing a little cabin on a lake where there's a sunporch and quiet, save for the sound of waves and birdsong, and I find that exhilarating. It is something I'm greatly looking forward to.

In Perth, there exists an enchanting cottage-like studio on the Brooke Valley Road called the **Cordwood Studio** where such retreats are possible. The picturesque studio offers workshops and creative retreats in some genuinely neat and exotic artistic endeavours, including felt making, basket weaving, carving and woodworking, thread painting, leather working, an introduction to Islamic geometric patterns in art, and my personal favourite, calligraphy, which is taught by writer, theatre director and instructor Amanda West Lewis.

Cordwood Studio's workshops and creative retreats are open to beginners and more experienced makers, and they are a truly great way to learn and express yourself through art. The Studio is the ideal getaway for "anyone with curiosity and an eagerness to learn" — and if you're feeling tight on cash, Cordwood has a fund set aside to supplement workshop fees for those needing a bit of financial help.

Studio owner Zoë Lianga believes people can benefit tremendously from learning to make art, and not just in the short-term. "Workshops can improve personal wellbeing because they remove you from your daily stresses," she says. "They give you an opportunity to exercise your mind and body in creative ways. There is pride and confidence that comes at the end of a day spent focussed on a project, where the rewards are both tangible and personal. These feelings are shared with the other workshop participants, taken home with you, and could perhaps have a lasting impact in your daily life."

Zoë is also the instructor for the felt making sessions at the studio. Those workshops are often filled to capacity. You can read all about those workshops, and all the creative and enriching experiences offered at the studio, by visiting <thecordwoodstudio.com>. There are photos and videos on the site that will give you a much better idea about what people are making in workshops, the fun to be had and the beauty of the studio, and you can learn all about the talented and experienced instructors as well. You can also contact the Cordwood Studio by phone at 464-2105. Zoë will be happy to take your call.

Ask any artist and they will tell you: there is great joy in performing art. The good folks at **Omnes Arts Circle** in Perth, including owner and founder Taisha Lesser, know this well. The arts centre has recently expanded, and is now essentially a one-stop studio for performing arts classes, as it offers arts education in music, dance, and theatre. Students of all levels of experience, background and skill are welcome at the studio, which also encourages people to set individual goals, big or small.

Omnes (pronounced Omm-ness, meaning "all" in Latin) Arts Circle is located at 1 Sherbrooke Street East, and you can find out so much more about precisely what they have to offer in terms of classes in music, dance, and theatre by visiting their website at <omnesartscircle.ca>. There, you can also register for any of the music, dance or theatre programs. Want to take ukulele lessons or learn music theory? Take a hip hop, jazz or ballet class? Deepen your theatre skills through character creation and performance techniques? Omnes Arts Circle is the place to go for all that, and a whole lot more.

Reading is another way to tend to one's wellbeing. Avid readers will tell you that there's nothing quite as comforting as getting lost in a good book. Reading can better us and soothe our minds in troubled times. But reading isn't just an escape from everyday stressors. More and more, researchers are discovering that reading may offer some very real benefits for health and wellbeing, including improved sleep, enhanced social skills (increased empathy, for one), and greater intelligence.

C.S. Lewis supposedly once said that: "we read to know we're not alone". I know precisely what he means. A book that touches

me deeply gets a special place on my bookshelf, like a cherished photograph of a loved one or a deeply meaningful piece of art. In my home, Anne Tyler's *The Accidental Tourist* gets this treatment. It's a book I find particularly soothing. So does *A Grief Observed* by C.S. Lewis, when times get tough. Those two books are practically sacred to me. I own multiple copies of each, and can't imagine living without them nearby. They remind me that people are basically good, and quirky, and that grief is something to be gently tended to and talked about, as much as love is.

If you're looking for a book to cozy up with on these short winter nights — for wellness, for enjoyment, for company — I have two by Perth authors that I can highly recommend. *Yellow Crane*, Susan Gillis's fourth collection of poetry, is by turns tender and tough, wise and questioning. In examining art, grief, nature, industry and so much more in our ever-changing world, the book is beautifully lyric throughout.

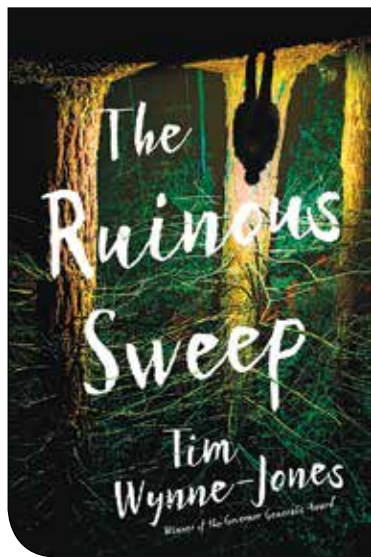
The other book I'd recommend is *The Ruinous Sweep* by the multiple award-winning Tim Wynne-Jones. The novel is a riveting murder mystery, and though it falls under the category of Teen & Young Adult Fiction, I believe it is a story that readers of all ages can enjoy. Like the best of mysteries, it's a page-turner, clever and suspenseful. It may not lift your spirits like a romcom, but I can guarantee it will entertain, keep you guessing, get you thinking — and keep you thinking long after you've turned the last page. Put another way, it's a good workout for your mind.

Renewal of body, spirit, and mind is on lots of people's minds these days. The mindful folks at the Perth BIA have organized a timely town-wide event for late January called **Rejuvenate Yourself**, where 25 local



Looking to increase your wellbeing in 2019? John Pigeau recommends taking a class (perhaps at the beautiful Cordwood Studio, above), or reading a great book (perhaps one by local author Tim Wynne-Jones)!

shops will host wellness practitioners for the day. If shopping doesn't re-energize your spirit — indeed, "retail therapy" does for some — then perhaps a session with a massage therapist, a reflexologist, a psychic medium, or a Reiki practitioner will. That's the idea behind the event, which happens on Saturday, January 26 from 10AM to 5PM. Michael's Table will host a psychic dinner later on, from 5:30-8:30PM, featuring a three-course meal and a personal reading by local psychic Trevor Courturier. Tickets for the evening event are available at Shadowfax <shadowfax.on.ca> on Foster Street.



SON OF A BACH!

Sunday, January 13 2:00 PM
Almonte Old Town Hall

Explore the distinct musical personalities of the sons of J.S. Bach as well as the music by "Papa Bach" himself, and Georg Philip Telemann, C.P.E. Bach's godfather.

TICKETS
Online at almonteinconcert.com
& Mill Street Books, 52 Mill St. Almonte
Adult \$35 Student \$15
Mini Series Adult \$96 Student \$38



“Vodcow”? No Whey!

In literature, distillation is defined as the extraction of essential meaning or the most important aspects of something. In Almonte, distillation is a tangible process used to transform a dairy byproduct into a very palatable alcoholic beverage that merits sober reflection on many related questions such as: Why is it called Vodcow? What is vodka anyway? Who even thought of fermenting and distilling a dairy product? Why did my esteemed

by Sebastian Weetabix

Editor suggest a foray into suburban Almonte? And, since it is made from milk, will Weetabix have to wear a moostache? Holy Cow! For the answers to these and other questions, stay with me; but first, a definition: Vodcow is an excellent distilled spirit product made at the Dairy Distillery in Almonte.

The Distillery is an artisanal operation founded by Omid McDonald, who has realized a goal of transforming a waste product of the dairy industry into a high value gourmet beverage for adults. In medieval times, alchemists were concerned with attempts to transform base metals into gold, or with finding a universal elixir. On evidence, Omid has succeeded in both. A successful technology entrepreneur with an engineering background and a love of music, Omid “fell in love with craft distilling” some years ago. A second key factor is that he has a family background in the dairy industry. Through the magic of insightful thought he has developed a unique process and product that start with a byproduct. “Permeate” presents a disposal problem for dairies. Omid transforms it into a high-value alcoholic spirit. Under current Canadian law, it can’t be called “vodka,” and thus the endearingly whimsical name “Vodcow”. It sounds easy-peasy but there was a fair amount of lemon-squeezy along the whey.

Modern industrial dairies start with whole milk and produce a large variety of consumer products that are based on milk proteins and fats. A significant amount of milk sugar ends up in a byproduct (waste) stream known as permeate — it is not quite the same as whey but similar in that it contains lactose (milk sugar). As such it is difficult and expensive to dispose of, but it also presents an opportunity. Potable alcohol is made from sugar by fermentation and in turn can be distilled into spirits for consumption. There is a long and rich history of distillation, and much of it concerns use of byproducts such as grape pomace (marc), excess fruit (eau de vie), “thin” wine (cognac), and a host of others. Far more alcohol is made by diversion of food crops such as grains (rye, wheat, barley, corn, etc.) into whiskeys and, yes, vodkas. The sugar required comes from starches that must be broken down for fermentation. Permeate is already there — lactose is

a sugar, but not one that readily ferments to alcohol with conventional yeast.

A significant amount of development (breeding and testing) was needed to create a yeast that efficiently converts lactose into alcohol. Omid teamed up with Prof. Alexandre Poulain and a student, Jessica Gaudet, to create both a suitable yeast strain and a process to use it. Some support came from the Canadian Dairy Commission, and after a lot of careful work and testing, the Dairy Distillery became a reality. It does not distill dairies — but it does use distillation.

The technical story behind the transformation of milk sugar to alcohol is the key, but distillation itself is not a simple process. Take yeast, add sugar, let ferment and then boil — the alcohol will come off first since it turns to vapour at a lower temperature than water. Thus concentration is possible, and this is the basis for distilled spirits. What could be simpler? (not much); what could go wrong? (lots!). Weetabix does not recommend trying this at home — first of all, unlike making wine or beer, it is illegal. It is also dangerous and unlikely to produce palatable results. Moonshine manufacturing takes a considerable amount of skill, and bad moonshine can, at best, induce memorable hangovers. There is a whole body of art and technology in the distillation process — which returns us to Omid’s first love — artisanal distilling.

A visit to the Dairy Distillery showcases a vintage still made by CARL in Germany that was purchased used and then reconditioned. It presents a blend of the functional and aesthetic aspects of process equipment. Gleaming in copper and stainless steel, it is incorporated into premises that have been designed to display it as a piece of sculpture.

There are enough process variables to allow for both adjustment and error, and learning how to reliably transform the results of the yeasts’ work to a palatable beverage is the second key to making Vodcow. Weetabix, a fan of clever wordplay, mistakenly assumed that the name “Vodcow” was simply a marketing gimmick,

but there is more to it than a homonymic neologism. According to Canadian Food and Drug Regulations (C.R.C., 870 section B.02.080 [S]): “Vodka shall be a potable alcoholic beverage obtained by the treatment of grain spirit or potato spirit with charcoal so as to render the product without distinctive character, aroma or taste.” The fact that this contradicts much advertising of vodka and traditional definitions of vodka in regions with longer and more nuanced traditions (Russia and Poland both lay claim to having invented the stuff) does not matter — if it is not made from grain or potatoes it can’t be “vodka” in Canada! Vodcow is not vodka; actually, it is better!

Weetabix was very interested to notice that when a (small, of course) sample was tasted, there is a distinctive finish to Vodcow. This is an important point that readers are invited to confirm (prefer-



Weetabix got into the spirit of the holiday season by interviewing Omid McDonald (above) about his new Dairy Distillery in Almonte

ably via a blind taste comparison). As a vodka-like beverage, tasted against other products which are marketed as premium in the legal class, Vodcow offers a subtly different mouth feel. With its difficult to describe but easily noticed organoleptic properties, this beverage achieves something more than imitation or substitution — it defines a new class and standard of performance. Almost mooving!

On-premise sales are the best way to get Vodcow, and Omid will be pleased to tell you of plans to expand his product line. The Dairy Distillery offers a quick look at the fusion of high tech with traditional methods as well as a convenient place to pick up an excellent product. Check the website for hours: <dairydistillery.com>. Ample parking is available.

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Here's to
New Beginnings.

I hope your 2019 is filled with happiness,
health and new inspiration.

Joanne Beaton



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