

FREE

MARCH 2010

# the *humm*

ARTS, ENTERTAINMENT & IDEAS



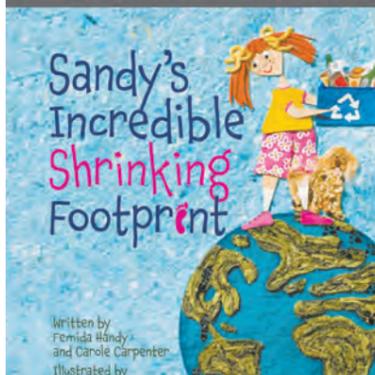
March Events 18 & 19



Mudds' Murder Mystery 4



Hanging Around the Valley 11



A Great Green Book 15



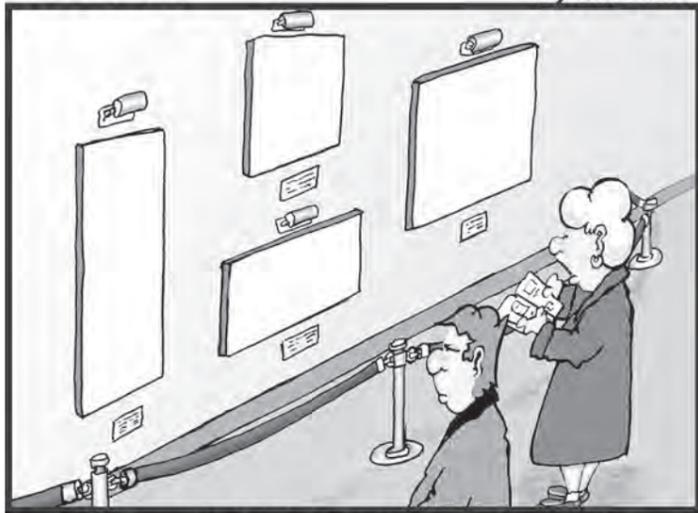
The miniature quilts of Nadine Sculland page 3



*March Into Spring!*

This is the month to start your decorating.  
With new products & new colours...  
We're as excited as you are!

**Valley DESIGN CO.**  
22 Lake Avenue East, Carleton Place  
**257-1197**  
[www.valleydesignco.com](http://www.valleydesignco.com)



"...he ended his long career with four works painted entirely from memory!"

## Readers Write

### Editor,

I read with interest an article written in the February issue of *theHumm* by Susan Fisher entitled "Dispatch from God" and wanted to respond with some thoughts. Susan, like so many others, is ambivalent about how she handled her parental responsibility, as pertaining to spiritual training for her son. Our own personal journey certainly affects how we view such matters and, like Susan, many people have had less than desirable experiences.

Both her son and, later on, her granddaughter, asked child-appropriate questions which undoubtedly surface in the minds of all children sooner or later. Their questions are raised in response to an inner felt need. It is, in fact, the drawing of their soul to God Himself that they are responding to. Within every human heart there is a need to seek Truth, a desire to meet with our Creator.

The exchange between Susan and her son (and later on, her granddaughter) reveals her huge misunderstanding of scriptures referred to (i.e. "born into sin/bad baby" and "saved by baptism"). Sadly, many people walk away at this point and never do come to the knowledge of Truth. This is where the Church today needs to correct some of the past teachings and/or behaviors and make it right with those who are disillusioned, as a result.

As a Christian, I regret that so many are confused and passing erroneous teachings on to successive generations. As Susan states, "...the point is, she's thinking [referring to her granddaughter] and this is where it starts." How true. I would like to encourage her to try God again. He will reveal Himself in a way that only He can if we give Him the opportunity (Deut. 4:29).

I host a weekly painting group called "Prophetic Arts Group" here in my home studio, where we, as followers of Jesus Christ (from various denominations), gather together with the purpose of painting God-inspired art that will glorify Him. There is a quote that I like to remind the artists of, which says: "Creativity is a mark of the Creator's image in us. Artists, musicians, writers, dancers, discoverers, and inventors tap into and extend God's ongoing work of creation, whether they recognize him in it or not. While the creative talents can be distorted and misused, their root source is the Divine Artist and Inventor. Far from being a neutral function, human creativity is the imitation of God. Generally the creative process grows and flows rather naturally. But at other times, the "inspiration" – *the breath of God* – is infused much more conspicuously."

There is much more I would love to share with Susan but cannot do it justice in this brief commentary. I would extend an invitation to Susan and others to come and visit the studio some time to meet those who have found satisfying and solid answers to our common questions of life. We would be glad to take the time to discuss any of her concerns. Her closing question: "And if you don't believe in more than one life? Who knows?..." I would love to answer this one! The short answer is "no", I believe we have only one life; it is *everlasting!* You are welcome to come and we'll discuss this for starters.

—Brenda Wright,  
Oak Lane Studio  
R.R. 6, 112 Oak Lane,  
Perth, ON K7H 3C8  
267-5377



Cheryl Woods writes: I would like to submit this photo for Who's Reading theHumm. I received it this week from my husband Bob who is currently at the Olympics, returning home March 2<sup>nd</sup>.

**Bob Woods** is thrilled to be an official in Biathlon at the 2010 Olympics. This is a photo of him on the Biathlon range, taken during the lead-up to the Olympic competitions as the officials and volunteers were working hard to get everything ready for the training days and the first competition on Feb. 13. Officiating at the Olympics is the culmination for Bob of many years working in Biathlon as a volunteer. He has been involved in this sport first as a parent volunteer, coaching and managing teams and organizing races, then serving on the executive of Biathlon Ontario and now Biathlon Canada. As an internationally qualified official, he has worked at many races including the World Cup races the last two years held at the site of the Olympics. Thanks, and hope you like the photo!

**Editor's Note:** we like the photo so much that we decided it had to jump the queue and run right away, while the marvelous Olympics were still top of mind. We do apologize to everyone we bumped though (especially you, Sean and Jessica!).

## Humble Thought

No town can fail of beauty,  
though its walks were gutters  
and its houses hovels,  
if venerable trees make magnificent  
colonnades along its streets.

— Henry Ward Beecher

## Readers Write

### Scatter-beat

raindrops dancing to their little syncopated scatter-beat  
the breeze whistling as if the song is on the tip of its tongue,  
but forgotten  
the storm, the calm, before and after in chaos' wake;  
what more could you ask from clouds?

sunshine, dispelled like rumour in the overcast halo of bleak  
drowning the sky in dour drizzling sputter  
the day passing in obscurity failing to greet  
our wonderous gaze for the tendrils of breaking sparkle.

this day, borne unto the world in the driving cycle  
it passes overhead like a cataclysm looming, tossing its tears  
at us in fury  
but like all things it wanes, its stalking presence moves on,  
away,  
the sun's embracing heartbeat in our eyes, as they dance to  
the scatter-beat of life.

— Tom Stanley

theHumm

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

### Editor:

Kris Riendeau  
editor@thehummm.com

### Layout and Design:

Rob Riendeau  
rob@thehummm.com

### Advertising and Promotions:

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

### Assistant Editor:

Rona Fraser

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

### Submissions

may be submitted by email or on disk.

### Deadline

is the 22<sup>nd</sup> of the month prior to publication.

### Subscriptions

cost \$30 for 1 year (12 issues). Send a cheque with your name and address to:  
*theHumm*  
PO Box 1391  
Almonte ON K0A 1A0.

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

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

### Thanks this month to:

the tech crew, volunteers, performers and silent auction donors who contributed their time and talents to this year's **Young Awards Gala**. We also appreciate the hundreds of patrons and bidders! And a very special thanks to our hosts **Danielle Grégoire** and **CBC Radio's Alan Neal** — you were so great to work with!

# Nadine Sculland — Charged by Quilting and Quilty as Charged

Idleness is not an option for Nadine Sculland. If you tied her hands behind her back she wouldn't last long. Sculland starting quilting in the 80s as a remedy for boredom during her daily bus commute to her job in Ottawa, where she worked

by Sally Hansen

in graphic production for Banfield-Seguine Ltd., a marketing and communications agency.

Over the years, her love for quilting grew, and eventually she was able to create a wonderful sewing room in the basement of her home just outside of Almonte. Her younger son named it "Mom's Happy Place". She won her first award at a show in Almonte in 1990, when her striking red, white and blue rendition of the traditional Log Cabin block pattern earned the designation of Grand Champion. She gave the beautiful double-bed-sized quilt to her parents.

Sculland was born in Buckingham, Quebec. The family eventually moved to Ottawa, where her father pursued his career as a chef. Nadine fondly remembers the High School of Commerce as a "fabulous school with a fabulous arts program." It was her high school portfolio that earned her the position in graphics production. She moved to Almonte with her husband 28 years ago and has become an active and valued member of the Mississippi Mills thriving arts and crafts community.

Nadine's passion for quilting has continued to grow and evolve. Over the past decade she has transformed her traditional works into non-traditional miniature "quilts" that are framed and ready to hang. A traditional quilt is a three-layer sandwich originally conceived as a way of

recycling used fabric into a format that provided warmth. The top sheet contains the design composed of traditional, named quilt blocks. The bottom layer, or backing, is usually one big piece of fabric in a solid or patterned complementary colour. The middle layer, called batting, is the material used to give a quilt loft or thickness and warmth. Today it is commercially available by the yard in 100% cotton and a variety of other materials, depending on use.

A few years ago, Nadine encountered a craftsman at a show

Quilters Guild Show. In the 2007 Quilt Show she did it again, adding a third place Merit Award for her rendition of "Snail's Trails".

Recently, Sculland has added another format to her works, producing 2"x2" "Charm Blocks" that received their name as a result of customers' comments. Each framed piece features a single traditional quilting block that is beautifully wrought in Nadine's unerring colour sense. If you scroll down on her website, <www.miniaturequiltsandmore.blogspot.com>, and click on Older Posts, you will be able to see



who was making wooden boxes, and persuaded him to supply her with frames that would showcase her miniature quilts as wall hangings. In 2005, she took 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Viewers' Choice prizes, for three of her miniature quilts, in the Ottawa Valley

many examples of these affordable pieces. Once she completes the work she needs for her five upcoming shows (see the back of her Trading Card at the upper right-hand corner of this page), she is contemplating an even smaller format for future works.



## Piecing it Together

I was surprised to learn that Sculland was completely self-taught. In addition to all of her quilting supplies and equipment, her "Happy Place" is filled with quilting books and magazines. But when I pursued how she could master such an intricate and complex craft by herself, she took me to her computer and surfed across a number of quilting websites. I had no idea that the world was so replete with enthusiastic quilters. At home, after many hours on the internet, I was much more familiar with the history of quilting and its extraordinary popularity around the world. Google returned 10,400 hits for images of "traditional quilts", and 8,310,000 for "quilting". The most astounding thing to me was the breadth and depth of the resources available, without charge, on the internet.

Nadine steered me to <www.mywebquilter.com> as one of her favourite resources. I was able to view hundreds of traditional quilt blocks, with names like Friendship Star (comprising 13 pieces of fabric) all the way up to the complex Storm at Sea with a daunting 61 pieces per block. One of Nadine's favourites is titled Pineapple Squares, and she has done many variations on Canadian-sounding block patterns such as Flying Geese Over the Log Cabins and Maple Leaf. The site provides access to software that enables her to design quilts from a vast selection of traditional quilt blocks and experiment

with fabric colours online. There is a feature that immediately calculates the exact requirements for quilt backing and binding fabrics and, of course, presents you with an opportunity to buy everything you need online.

## Guilty of Quilting

Nadine Sculland's enduring love of quilting has led to a life filled with many related activities. She is a member of the Almonte & Area Artists Association and responsible for the advertising and publicity of their annual Art in the Attic Arts and Crafts Show (<www.4a-artists.ca>, 256-5863). She will be participating in the show May 14 to 16 at the Almonte Old Town Hall at 14 Bridge Street.

The next opportunity to see her beautifully executed pieces is March 27 and 28 during the 8<sup>th</sup> Pakenham Maple Run Studio Tour (<www.maplerun.on.ca> — click on Studio 3). Nadine is responsible for the publicity for this popular event also.

At many of the shows, she supplements her framed quilts with sewn objects such as fabric pouches, denim bags, table runners and Christmas items. For a list of some of Nadine Sculland's many upcoming shows, please refer to the reverse side of her Trading Card at the upper right-hand corner of this page. Our Artist's Trading Cards are a great resource when you need to find a unique gift for a special person, and we recommend that you clip and keep them for future reference.

At Foodsmiths we carry local family farm chicken (and turkey). Our whole chickens are delivered FRESH every Thursday. These delicious meats are hormone free, antibiotic free, pesticide free and free run.

Choose from a variety of cuts including boneless skinless chicken breasts, chicken breast bone-in, chicken thighs, chicken drumsticks and ground chicken.

**GET FRESH... at Foodsmiths!**

Your Local & Organic Choice Since 1976

**STORE HOURS**

Mon-Tues	8:00 - 6:00
Wed-Thurs	8:00 - 8:00
Friday	8:00 - 9:00
Saturday	8:00 - 6:00
Sunday	9:00 - 5:00

**106 Wilson St. West**  
Perth, Ontario  
**613.267.5409**  
**1-877-FOODIES**  
(1.877.366.3437)  
**www.foodsmiths.com**

### Artist Trading Card

**WHO** Nadine Sculland  
**WHAT** Miniature Quilts and Sewing  
**WHERE** Studio in Almonte, 256-4207, <snsulland@sympatico.ca>, <miniaturequiltsandmore.blogspot.com>  
**WHEN** March 27 & 28 – 8<sup>th</sup> annual Pakenham **Maple Run Studio Tour**, <www.maplerun.on.ca>  
 Apr. 24 & 25 – “**Friends of the Farm**”, Experimental Farm, Ottawa, <www.friendsofthefarm.ca>  
 May 14 to 16 – **Art in the Attic**, Almonte Old Town Hall, <www.4a-artists.ca>  
**WHY** “It makes me happy to keep my fingers busy quilting.”

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

**Almonte in Concert**  
 presents  
**An Invitation to the Dance!**



**Véronique Mathieu** ✻ violin **Andrée-Anne Perras-Fortin** ✻ piano

Two exciting award-winning artists present dance-inspired music by Corelli, Mozart, Clara Schumann, Brahms, Saint-Saëns, Ravel, Piazzola and Heather Schmidt.

**Saturday, March 13, 2010 8:00PM**  
**Almonte Old Town Hall, 14 Bridge Street, Almonte**

Tickets Adult \$27 Student \$14

Available by phone at 613 253 3353, online at [www.almonteinconcert.ca](http://www.almonteinconcert.ca)  
 or at The Miller's Tale, 52 Mill Street, Almonte, 613 256 9090

ONTARIO ARTS COUNCIL  
 CONSEIL DES ARTS DE L'ONTARIO

**Fulton's** PANCAKE HOUSE & SUGAR BUSH  
 CORPORATE TEAMBUILDING  
 GROUP TOURS

**SPRING SEASON**  
 Open Daily until April 25  
 9AM-5PM

Maple Recipe & Photo Contest  
 sponsored by **EMC**  
 Details on our website

- Mar 7 *Aboriginal Day* 11AM and 1PM
- Mar 13-21 *March Break*
- Mar 27-28 *Maple Run Studio Tour*
- **Weekends:** Horsedrawn Rides, Music, Face Painting
- Check out our website for details on our events; maple gourmet delights and maple spa products.
- Near Pakenham

[www.fultons.ca](http://www.fultons.ca) [info@fultons.ca](mailto:info@fultons.ca) (613) 256-3867



## Mudds “Nail” Newest Murder Mystery

*Bukowski: So there has been a murder! I could tell.*

*Mrs. Morganford: How could you tell?*

*Edwina: Deductive reasoning is quite a strong aptitude in the investigative field, Mrs. Morganford. But do tell us Inspector Bukowski. I am very curious as to your premise and conclusion of murder.*

*Bukowski: It's simple — look around you. This is a large English style estate. It's a dark rainy evening. There's a driveway full of various vehicles, out of town plates, obviously a gathering of odd characters of some sort or the other. Then of course, the piercing scream from the distance. And most of all, I find people conveniently gathered in the drawing room! It's perfect.*

—Excerpt from **Death of a Doornail** by Lee Mueller

And so it is! Lee Mueller's *Death of a Doornail* is a wonderfully quirky little mystery with a superior sense of humour. Mueller takes great fun in playing with two beloved theatrical genres — the drawing room mystery à la “Miss Marple” and the quick-paced comedic rapport of a screwball comedy. One need only think of such Howard

Hawks/Cary Grant flicks as *Bringing Up Baby* and *His Girl Friday*, or Capra's *Arsenic and Old Lace*, to get the idea.

From the beginning, the narrator states openly that this is a truly classical mystery featuring comfortably familiar characters. These include a wealthy patriarch (Albert Doornale) who has worked hard to get where he is, and his privileged family, consisting of status-loving ex-wife Abigail, spoiled daughter Pricilla, and the erudite, nerdy niece Edwina. Naturally, there is also the long-suffering gentleman's butler Mortimer, the embittered cook Mrs. Morganford, the low-class new girlfriend Candace Bambay, and the seedy childhood pal, Salvator Carbone. These iconic characters are thrown together in a truly traditional fashion — by being invited by the patriarch himself to a special dinner. Thus it is never a matter of whether a murder will occur, but simply a matter of who will be murdered, and who will do the murdering!

Mueller makes no bones about offering such a typical, or familiar, mystery scenario. Instead he cleverly uses this very familiarity to play with his audi-

ence. The seemingly overt banality of this mystery belies the very witty, well-acted story actually unfolding in front of us. It is very tongue-in-cheek, and chock-full of self-effacing repartee that both honours, and pokes fun at, its very essence — the classic drawing room mystery.

Thus, if you are a lover of a good old-fashioned murder mystery that just happens to be spiced with humour, you can't miss *Death of a Doornail* on Friday, March 19, and Saturday, March 20, at the Carleton Heritage Inn. Tickets are on sale now at the Inn for \$45 (includes show, dinner and taxes). The doors open at 6PM and the show begins at 6:30PM.

For more information on the Mississippi Mudds, check out <[www.mississippimudds.ca](http://www.mississippimudds.ca)> and stay tuned for further details regarding the Mudds' spring production of *High School Reunion, The Musical*, running two consecutive weekends from April 23 to May 1. It will bring back all sorts of memories (mostly good, one hopes), and is simply brimming with terrific tunes from the late 50s and 60s.

— Kathleen Everett

Juno Award winner

## Fred Eaglesmith & his band

In Concert

**Friday March 26<sup>th</sup> 8PM**

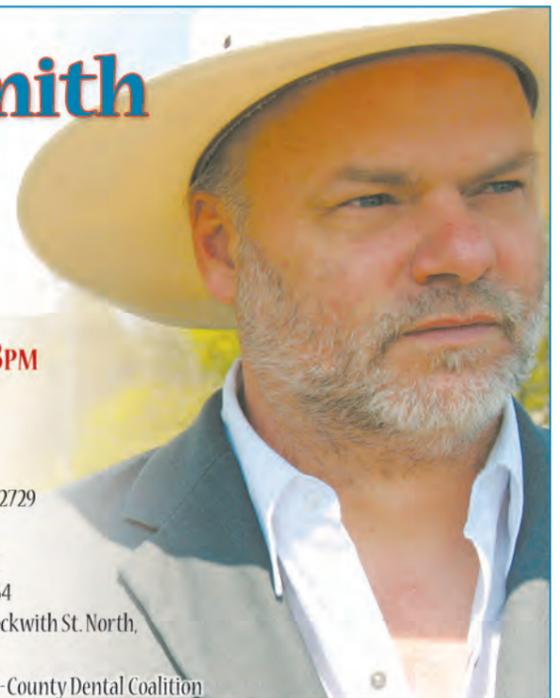
Smiths Falls Collegiate Institute,  
 299 Percy St., Smiths Falls

and **Saturday March 27<sup>th</sup> 8PM**  
 Agricultural Hall,  
 McDonalds Corners

Tickets are \$30 and can be purchased at:

- **Shadowfax**, 67 Foster Street, Perth, 613-267-6817/1-800-518-2729
- **Class Axe**, 288 County Rd. 44, Kemptville, 613-258-9119
- **Hill General Store**, 5639 McDonalds Corners, 613-278-2020
- **Nature Lover's Bookstore**, 62 George, Lanark, 613-259-5654
- **Scott's Convenience Store** at the Ultramar Station, 99 Beckwith St. North, Smiths Falls, 613-283-4336

Net proceeds for The Tri-County Dental Coalition



Flavour of the Month

# Rock-n-Horse Farm

Arlee and Diane Sheets have a motto: "Live like you're going to die tomorrow. Farm like you're going to live forever." As we tour the farm, it's clear that this couple finds joy every day in the hard work of building their dream.

During the almost twenty years that Arlee and Diane have been together they have visited a lot of

By Rob Riendeau

places and worked a number of jobs. They met in Toronto where Arlee was working as a heavy equipment mechanic. After that they moved to Alberta and ran a farm together until 1997 when they started a trucking company. It was while running that business that they experienced firsthand the irony of carrying Canadian grain down to feedlots in Texas where the shipping cost was more than the cost of the grain itself. But no matter how far they traveled or how many states they visited, her family's 230-acre farm in Almonte was always home in Diane's heart.

It's certainly understandable. Diane is the fourth generation of her family to farm the land that her great grandparents moved to

eighty-four years ago. The decision to take over the farm was accelerated when Diane's father fell out of a tree while hunting five years ago. His reduced mobility prompted him to initiate the transition, which saw Arlee, Diane and their two daughters move into the larger house on the property. Her father now lives in the smaller house and still runs a farm down the road.

After the experience of running a conventional farm in Alberta, Arlee says that he and Diane "feel like we got a second chance at farming." A chance to do it on their own terms. The couple is committed to the principles of sustainable farming and sees the holistic connection between healthy soil, healthy food and healthy people. They use no pesticides, no chemical fertilizers, no growth hormones, and no antibiotics in their feed. They also attempt to reduce their environmental footprint by using draft horses as much as possible for heavy tasks that are usually done with a tractor.

Soon the horse team will be busy with sap gathering from the many maples on the farm. Diane is clearly happy that she will once again be able to make use of the skills that her grandfather taught

her in this very sugar shack. "Our syrup has the distinct flavour of our bush." To keep that flavour pure they boil the sap the traditional way — they feel that reverse osmosis imparts an aftertaste to the syrup. Being originally from Alberta, Arlee had little experience with maple syrup production until coming to this area, but he is learning. And he loves using the horses to run the lines. "After a season of gathering sap you can hardly tell we were there — the ruts are so shallow."

Arlee took a course in Stirling, Ontario to learn how to drive the horses. Up to that point he had no experience driving a team. As we sit around the kitchen table, the family laughs about many early less-than-successful attempts to mow the pasture or plow the lane. But they all agree that in addition to the environmental benefits there are other advantages to working the farm with horses. Arlee is a high-energy kind of guy, but driving the team calms him. He says that "time just slows down when you're driving horses." In fact, when he is having a bad day, his wife and daughters will sometimes suggest that he go mow. Daughter Kaylee jokes that her dad was born a hundred years too late. But as I talk to Arlee and Diane about their plans for the farm, it seems like they are on the cutting edge of small farming in Canada.

The Sheets understand that to make a living from their farm they have to find new, non-conventional markets for their produce. Diane and Arlee have therefore embraced marketing with the same drive and energy that they apply to working their land. They are active members of the Carleton Place Farmers' Mar-

## Rock-N-Horse Farm



Arlee & Diane Sheets

### Who They Are

Rock-N-Horse Farm & CSA Program  
Diane and Arlee Sheets  
1267 Rae Road, Almonte, ON, K0A 1A0  
256-6117, <am.sheets@hotmail.com>

### What They Offer

Pesticide- and herbicide-free produce from asparagus to zucchini; eggs, chicken, lamb, pork, herbs & flowers

### Where They Sell

Carleton Place Farmers Market (Saturdays, 8AM-1PM, May to Oct.); CSA shares from the farm or delivered (email or phone for details)

ket and maintain profile pages on the various local food websites (<www.ottawatourism.ca/savourotawa>, <www.harvestontario.com>). This year they distributed flyers and placed ads looking for fifty clients for their new Community Supported Agriculture (CSA) venture. In a CSA, clients pay an annual fee and receive a weekly share of the harvest from the beginning of June until the end of October. Produce includes everything from asparagus to zucchini, all grown according to holistic farming practices. In addition to the vegetable share, families can add on an egg share or a meat share which would include a roasting chicken or

lamb roast, lamb chops or a pork roast, pork chops and smoked ham. The shares can be picked up at the farm or delivered to your door in Almonte or Carleton Place for a slightly higher fee. Outside of the area, delivery to a drop-off can be arranged for groups of six or more families.

When asked what his father-in-law thinks of all of these unconventional approaches to the farm, Arlee responds: "he thinks we're crazy." But Diane and Arlee are happy to be a little crazy in the pursuit of their dream. They are firm in their resolve to make Rock-n-Horse farm a sustainable, viable legacy that they can pass on to future generations.



OUR PAST IS LOOMING  
**MISSISSIPPI**  
TEXTILE MUSEUM  
VALLEY

### March Break Fun!

Come out for an afternoon of Fun on Thursday, March 18 from 1-4PM at the Mississippi Valley Textile Museum. There will be weaving, crafts, demonstrations and more! Weave a bookmark, make a toy, learn a little and have some fun!

Cost: \$22 — For children up to 11 years old.  
Note: children under 9 must be accompanied by an adult.  
Please call 613-256-3754 ext. 15 or email [collectionsmvmt@gmail.com](mailto:collectionsmvmt@gmail.com) to reserve your spot!  
Location: 3 Rosamond St. E., Almonte

## Curiosities

Antiques & Collectibles

Old tools, textiles, cameras, books, military memorabilia, china, glass and March Break reading material!

30 Mill St., Almonte  
256-7943  
[www.curiosities.ca](http://www.curiosities.ca)

# PAKENHAM

# Home Show

## April 9, 10, 11, 2010

Stewart Community Centre and Pakenham Public School  
Your one stop opportunity to find specific products and services relating to:

WINDOWS AND DOORS - HEATING - FURNISHINGS -  
LANDSCAPING - SPAS - DESIGN AND DECOR - *and so much more!*

**Great Prizes!**  
Scheel Furniture & Appliance  
Almonte Country Depot  
Mahon Pools

**&**

**Great Entertainment!**  
Jamie McMunn & McMunn Music

For more information please call 613.256.1077  
or visit [www.mississippimills.ca](http://www.mississippimills.ca)

admission \$3.00

CERTIFIED FAIR TRADE ORGANIC COFFEE



Thaw out this spring with a

## Fulton's Maple Latté!

Make sure you check out our new line of Fair Trade gifts and crafts. Who knew justice could look so good!



9A HOUSTON DRIVE • ALMONTE • 256-5960  
EXPRESS DRIVE-THRU • HWY 7 • CARLETON PLACE  
M-F 7AM-6PM • SAT 8AM-5PM • SUN 9AM-4PM

Pick up theHumm in Ottawa at THE TABLE RESTAURANT

### Straight from the Horse Doctor's Mouth...

Join us on  
**March 14**  
**2-4PM**

as Dr. Helen Douglas,  
from Carleton Place  
author of *William's Gift*  
will share her  
experiences as a  
Country veterinarian.



And while you're here be sure to check out our extensive collection of pet books!

## NATURE LOVER'S BOOKSHOP

62 George St, Lanark • 259-5654  
natureloversbookshop@bellnet.ca  
www.natureloversbookshop.ca

# Calling All Gardeners & Local Food Enthusiasts!

The 3<sup>rd</sup> annual **Seedy Sunday** in the Ottawa Valley will be held on Sunday, March 7, from 10AM to 3PM, in the Cafeteria Auditorium at Fellowes High School (420 Bell St.) in Pembroke. Admission is free. All new and experienced gardeners, local food lovers and the curious will want to attend!

Seedy Sunday is a remarkable phenomenon that continues to catch on across Canada. Gardeners, seed vendors, local food producers, growers of heritage seeds and native plants, organic practitioners and environmental groups come together in a venue where they can learn from one another, exchange ideas and seeds, and purchase seeds and plants in a fun social setting. It's a day to learn about and promote local food, more sustainable methods of growing, and the preservation and use of heirloom, organic and open-pollinated seeds.

Please remember to bring any of your own seeds, cuttings, plants or gardening treasures to exchange at the Swap Table. If you forget to bring something to swap, you can give a dona-

tion for the item of your choice. Check back throughout the day for new delights!

Presentations during the day are free and presenters have a wealth of knowledge to share. The talks begin at 10:30AM with Robbie Anderman of Morninglory Farm and his topic, *Hardy Fruit Trees*. Back by popular demand at 11:30AM will be *Saving Your Own Seeds* with Carol and Robert Mouck, Co-founders of the Heirloom Seed Sanctuary. At 12:30PM, it's *Community Supported Agriculture (CSA): Fresh, Local and Organic Food from Farm to Plate* with Ky-lah Dobson and Zach Loeks of Rainbow Heritage Garden. At 1:30PM, discover native plant species in *The 100-Mile Garden: Beyond the Purple Coneflower* with Grant and Dorothy Dobson of Connaught Nursery. Bring your questions to the presentations or visit them at their exhibits. Don't miss the opportunity to meet with these presenters and with the many other fantastic exhibitors that will be happy to answer all of your questions!

### Local Lunch and More

Food and refreshments will be available. A "100-Mile Lunch" will be prepared by the Fellowes Hospitality students and sold by the Ottawa Valley Food Co-operative between 11AM and 2PM <www.ottawavalleyfood.org>. Enjoy the local foods of the Valley, learn more about the co-op, meet some of the co-op producers, and pick up your copy of the Local Food Buying Guide for the Upper Ottawa Valley.

There are lots of activities through the day. Tour the Fellowes Greenhouse. Enjoy the buskers' corner featuring some wonderful local musicians. Bid in the silent auction and possibly win one of many door prizes!

Seedy Sunday is a non-profit event operated by volunteers, and sponsored by the Ottawa River Institute <www.ottawariverinstitute.ca>. Net proceeds will be donated to Seeds of Diversity <www.seeds.ca>, a non-profit organization dedicated to the preservation of heritage seeds.

For more information, call Claire Lepine at 628-1836 or Pat Tamosetis at 625-2277.

# CP Farmers' Market Seeks New Vendors

After a successful year at their new location at the corner of Beckwith Street and Lake Avenue East, the Carleton Place Farmers' Market (CPFM) is looking for new vendors for the 2010 season. In particular, the CPFM is looking for new local vendors of fruit, vegetables,

meat, crafts and baked goods to meet an increasing demand for these products by customers.

To support both vendors and customers, the Farmers' Market is working closely with the Town, the Business Improvement Area, the Chamber of Commerce and provincial groups to promote

the market and local businesses in Carleton Place.

For more information on becoming a vendor, please contact Scott Dunlop at 253-3561 or <cp\_farmers\_market@yahoo.ca> or visit their web page at <www.cpfm.ca>.



**Maple Sugar Bush**  
Open 10-5 daily  
2442 Wolf Grove Road  
(613)256-5216  
www.fortunefarms.ca

Walk our trails,  
taste our syrup,  
and enjoy some  
taffy-on-the-snow!

Featuring syrup making  
from pioneer to modern  
with  
The Kettle Boys and  
The Shanty Men

**Brain Training Keyboard Athletics**  
Presented by PianoJoy Music Studios Inc.

Build new brain cells, walk to music. Train your brain cells with keyboard skills. An hour of fun, exercise, memory training and music.

**Location:** Beckwith School Music Room  
**Time:** 7-8PM  
**Dates:** April 1, 8, 15, 23 & 30  
Free trial class!

**Contact:**  
Joy Hodgkinson RMT, ARCT  
joy@horizontech.ca  
613-254-1454  
or  
Ursula Pidgeon BMus, RMT  
urspidgeon@gmail.com

**ecoPerth**

## Tree Sale

order now for May 1<sup>st</sup> a.m. pick-up in Perth  
**\$2.25 each** \$20.00 a bundle of 10 of one species

To order during business hours: 613 267-0325

For descriptions & online orders: <www.ecoperth.on.ca>

nannyberry • sugar maple • white pine  
red osier dogwood • pagoda dogwood  
white spruce • tamarack • white oak • white cedar

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

# Change in Line-Up for Folkus Finale

On tap for the finale of the 2009-2010 Folkus Concert Series, are **The Marigolds** and **The Wild Turkeys**. Yes, that's right, Marigolds and Turkeys! Single tickets are \$23 or \$27 at the door. Students with a valid

student card get in for \$12. For ticket orders and information call The Miller's Tale, at 256-9090 or visit <www.thehummm.com/folkus>.

Anyone out there confused? Well, don't worry — you'll be

OK. And you're correct, the series had originally booked **The Good Lovelies** to play alongside The Wild Turkeys at the finale. But as fate would have it, The Good Lovelies have had the good fortune to be signed on to Stuart McLean's current Vinyl Café tour in Western Canada. Congrats to the Lovelies — and rest assured, Folkus faithful, they have promised to make it up to Almonte as part of next year's series.

So once the dust settled, the Folkus folks dug deep into their bag of tricks, and have come up with a truly fantastic alternate billing! The Folkus Concert Series is extremely happy to announce that The Marigolds will be coming to Almonte on March 6<sup>th</sup>!

Comprised of Gwen Swick, Caitlin Hanford, and the indomitable Suzie Vinnick, The Marigolds share a love of good songs, beautiful harmonies and great grooves. They will be accompanied by the versatile drummer/percussionist Randall Coryell. As solo artists and with their other groups, each member of The Marigolds has performed in concert from coast to coast, at folk festivals, on radio and television. As well, they each have solo recordings. This blend of country, blues and hill music — all with the characteristic beauty of three-part harmonies à la Andrews Sisters — will have you tapping your toes and humming along.

And don't forget, from the icy shores of Northern Ontario, comes the new sizzling hot band of pickin' and grin-nin' cowboys, The Wild Turkeys. With a truly fun stage presence and energetic sound, the band has been coined "Swamp-Stomp Country". Armed with fiddles, mandolin, guitar, bass, harmonica, a tin can percussive suitcase contraction, and melodic four-part harmonies, the Turkeys win over the hearts and ears of audiences.

For more information about the show visit <www.thehummm.com/folkus> or call artistic director Regan Warner at 256-3857, or John Scime at 256-1907.



Due to a last-minute booking on the Vinyl Café tour, The Marigolds (above, with Gwen Swick, Caitlin Hanford and Suzie Vinnick) will play the final Folkus concert in place of The Good Lovelies



## FINGER STYLE GUITAR LESSONS

- Alternating bass "Travis-style" picking (Jazz, Rock, Folk)
- Traditional classical
- Contemporary classical focusing on extended techniques

Through an understanding of "body mechanics" you will learn the correct use and relaxation of the hands.

Whether you are a beginner or advanced player searching for that elusive technique, I can help you achieve your goals.

**Ernest Liptak 613-466-0624 cell 613-264-9496**

### Thinking of selling your home? Why wait until spring when we want to buy now?

Our ideal property would be in beautiful downtown Almonte, have 3+ bedrooms, two bathrooms and a whole lot of character.

Please call Mary Anne or David at 613-256-1449

## Arnprior Quilters' Guild Quilt Show March 27 & 28

traditional & contemporary quilts & wearable art

**Nick Smith Centre, 77 James St., Arnprior**  
Sat. 9-5, Sun. 11-4 Admission: \$5

Vendors, tea room, quilt raffle, quilted bag auction, Guild challenges, demonstrations & door prizes.  
Free parking. For more information:  
[www.arnpriordistrictquiltersguild.com](http://www.arnpriordistrictquiltersguild.com)

## Theatre News In Our Area March Into the Theatre

It's nice to see things picking up now that the unpredictable days of winter are beginning to wind down! First up this month are the young performers of the **Perth Academy of Musical Theatre**, presenting *Narnia: The Lion the Witch and the Wardrobe*, a stunningly beautiful musical version of C.S. Lewis' classic tale. The venue is the Myriad

Centre for the Arts, and show dates are Friday, March 5, and Saturday, March 6 at 8PM. Tickets are \$8 each, and are available by calling 267-9610 or by visiting <www.myriadcentre.com>. Now — get this — PAMT is also offering another amazing trip experience to the Stratford Shakespeare Festival from June 4-6: four shows (*Evita*, *Peter Pan*, *As You Like It* and *Winter's Tale*) with a costume tour, workshops with the actors, and two nights accommodation, for an incredibly low price — both adults and kids welcome! For more information call 267-9610 or email

<myriad@storm.ca>. Registration deadline is March 22.

Perth's **Studio Theatre Productions** comes to the stage of the Studio with *Laura*, the thrilling Academy Award winning suspense classic that made Gene Tierney a star, and set the standard for film noir suspense films. A New York police detective becomes obsessed with finding the killer of Laura Hunt, a beautiful advertising executive. Suddenly, during his investigation, who should appear but Laura Hunt! McPherson realizes that Laura's life is still in grave danger, and he sets out on a desperate pursuit of the killer before it's too late. Show dates are March 18, 19, 20, 26 and 27 at 8PM and March 21 and 28 at 2PM. Ticket are \$18 in advance at The Book Nook, The Bookworm, and Shadowfax, and \$20 at the door.

Next up is another of the **Mississippi Mudds'** patented murder mysteries/dinner theatre. March 19 and 20 are the dates and the Heritage Inn in Carleton Place is the venue for *Death of a Doornail* by Lee Mueller. As always, a cast of quirky characters are featured, along with a tale of

mischief and mayhem, and the audience is invited to figure it all out. Great fun — guaranteed! Also note that, in mid-March, tickets will go on sale for *High School Reunion*, a Mudds original musical revue, written by Jeannie Bright and featuring songs from the 50s and 60s. Show dates are April 23, 24, 30 and May 1 at the Carleton Place Town Hall. Call Don at 253-1571 for more information or contact the Information Centre, Gallery and Gift Shop at the Old CPR Station in Carleton Place (257-2031).

And now a look ahead to a very special event coming up in Smiths Falls. **The Smiths Falls Community Theatre** is pleased to announce that the Grand Opening Gala of their new theatre is scheduled for Saturday, April 24! The evening will be a black tie event with appetizers and wine/beer. Tickets for the evening are \$100 and there will be entertainment (they're not yet revealing what it will be) and a celebration of the new theatre. For tickets, please call Karen at 283-0676. Congratulations to the SFCT — it has been a long, hard grind; well done!

### The Perth Community Choir

is inviting proposals for the **Fall 2010 Show.**

Proposals to include an Artistic Director, Musical Director and show selection.

Deadline for proposals is Friday, March 26<sup>th</sup>, 2010.

Written proposals to be sent to 84 Harvey Street, Perth, Ontario K7H 1X2



## Janice Aiken

Registered Massage Therapist

**22 Years experience**

Specializing in:  
Treatment-Oriented Massage & Myofascial Release

1598 Ramsay Conc. 1  
10 minutes west of Almonte

**613-256-6243**

**BLUES ON THE RIDEAU**  
**THE COVE INN WESTPORT, ON**  
**MARCH 19**  
 FROM CAPE BRETON — MULTIPLE WINNER REAL BLUES  
 MAGAZINE SLIDE GUITAR PLAYER OF THE YEAR  
**JOHN CAMPBELLJOHN BAND**  
 PROCEEDS TO WESTPORT LIONS CLUB MOBILITY VAN  
 & COMPASSION CANADA SPONSOR-A-CHILD  
**BUFFET DINNER & SHOW \$55**  
 ADVANCE RESERVATIONS REQUIRED (613) 273-3636  
 Well-priced accommodations at The COVE & nearby B&B's  
 VISIT [www.choosetheblues.ca](http://www.choosetheblues.ca) FOR FULL INFO ON THE SERIES



**Jonah Smith**  
**Friendly Tech**  
**On-site tech help**  
**613 806 2305**

Repair - Setup - Networking - Tutoring - Virus Removal



Curious about mediums, angel readings,  
 archetypes, Mayan Code, astrology...  
**Demystifying Mysticism**  
 an evening with Lilly White & 7 local practitioners.  
**Almonte's Old Town Hall**  
**Wednesday, March 10, 6:30pm to 9:30pm**  
 Free entry; donations to cover costs welcome.  
 Chai tea, coffee, and snacks will be served.  
 Join us for fun, joy, & learning.  
 It is sure to be a mystical evening.  
[www.lillywhite.ca](http://www.lillywhite.ca)

**ORGANIC IS GOOD**  
 Proudly serving customers with quality bulk  
 and natural alternatives since 1978, The  
 Granary, under new ownership, continues to  
 offer personalized service and a friendly  
 atmosphere that patrons have come to expect.

**Come see what's new**



Whether it be promoting a healthy lifestyle or  
 protecting the natural environment, The  
 Granary is your "one-stop" destination for a  
 wide variety of organic, natural and health  
 related products.

107 Bridge Street, Carleton Place,  
 phone: 613-257-5986 email: [info@granary.ca](mailto:info@granary.ca)  
 Open: Mon, Tues, Wed & Fri 9-6,  
 Thurs 9-8 and Sat 9-5

# Write Your Way Well!

*"Writing is a form of therapy: sometimes I wonder how all those who do not write, compose, or paint can manage to escape the madness, the melancholia, the panic fear, which is inherent in a human condition"*

—Graham Greene

Novelist Graham Greene had it right — writing is a highly effective form of therapy. Best of all, anyone can do it, anywhere, anytime, and it's absolutely free — now that's my kind of therapy! In a time when it can be so difficult for many of us to find our voice, writing is an avenue many people have discovered as a way to be heard and to heal. The act of sitting down and putting pen to paper, as a way of exploring your feelings and figuring out some of the complex things going on in your own head, can bring clarity and meaning into your life.

We're not talking about the kind of writing that anyone else need read or that is to be published (although if that works out for you, great!). What we are talking about here is the kind of writing where you let yourself be honest and vulnerable — even if you decide to shred it afterwards. What's important is the getting-it-out part of the writing process.

For women in particular, writing can be extremely empowering. In so many aspects of our lives, women's voices are still not being heard. In the workforce, politics, government agencies, media, entertainment, sports, and pretty much everywhere you go, the upper echelons are dominated by men — it's their voices we hear. Writing is a place where there is true equality and women can really express themselves and identify their own thoughts, feelings and opinions without judgement. Remember: you do NOT have to be a terrific writer, or have any experience at writing, for this to work for you. And you just may surprise yourself with the variety of writing you can produce!

Lanark County has a number of resources open for women who want to try writing as a therapeutic tool: Lanark County Interval House offers a Writer's Group for women who have survived abuse, local spoken word poet Danielle K. L. Grégoire offers workshops on finding your voice, and a youth-oriented writing group is starting up in Almonte (see the Almonte Library for more info). You can even start up a writing circle of your own with a group of supportive, non-judgmental friends.

Writing for yourself is certainly therapy enough, but sharing your words with the right audience can take the therapy aspect of writing to the next level. If groups aren't your thing, here are some great online resources: the Facebook group "The Women's Writing Center", <[www.ofb.net/~lisa/exercise.html](http://www.ofb.net/~lisa/exercise.html)>, or check out some of the writing prompts at <[www.wow-womenonwriting.com](http://www.wow-womenonwriting.com)>.

Some women might find that writing can bring up a lot of emotional issues, past and present. If you find that you need some additional support, please contact Lanark County Interval House, which provides shelter and support for women and their children who have experienced physical, sexual, emotional, or financial abuse. Our services are free and confidential. Call 257-5960 or 1-800-267-7946, 24 hours a day, or go to <[www.lcih.org](http://www.lcih.org)>.

Whether you choose to journal, write short stories, or give poetry a try, it really doesn't matter, as long as you write. Forget about an apple a day, make it a page a day, and see how healthy you get!

—Sarah Bingham,

Lanark County Interval House

## It's Tax Time!

Mike Doyle welcomes Shelley Munro to help with the preparation of tax returns and many other bookkeeping and accounting tasks. Shelley has more than 25 years experience with this kind of work. As a result of this new addition we can now provide the following services:

- month to month bookkeeping
- payroll preparation and remittances
  - GST/PST reporting
- personal T1 and corporate T2 tax returns
  - monthly and annual financial statements for all purposes
  - many other related services




Accounting for Small and Large Business  
 Income Tax Services

(613) 256-9987    [mike@mdoyle.ca](mailto:mike@mdoyle.ca)  
[www.mdoyle.ca](http://www.mdoyle.ca)

# Making Maple Syrup

As I write this article, it's a beautiful sunny day at Fortune Farms and a hint of spring is in the air. This means we'll soon be heading to the sugar bush for the start of the maple season. Making maple syrup has been a tradition in the Fortune family going back four generations, to the 1800s, and now continuing with the fifth and sixth generations. We did not always use fancy evaporators and piping. In fact, we started as many people do, with some buckets or cans and an outdoor stove for boiling sap. Once you try this yourself, you'll run the risk of being a syrup maker for life. It's hard work but very satisfying when you taste your own product.

If you are tempted to try making maple syrup, here are some tips that may be of use. Any variety of maple tree can be tapped, but the Sugar Maple is the best, with the sweetest sap. Spiles and buckets are available from the local hardware store. Drill the tap hole about 2 inches (5 cm) deep and seat the spile firmly in the tap hole.

Each tap hole will produce up to 40 litres of sap over the season, usually in daily runs of 4 to 6 litres. To produce one litre of syrup you will need 30 to 40 litres of sap (about four pails). So, six to ten taps will be adequate.

The sap can be boiled in a kettle over an open fire, in a flat pan on an arch or

stove, or in a large pot on a propane barbecue. A big surprise for first time producers is the amount of fuel required for the boiling process: one to two armloads of wood or one to two small cylinders of propane are required per litre of syrup.

The most essential device is an easy-to-read thermometer which will measure up to 250°F (150°C). Boil the sap until the temperature reads 7°F (4°C) above the boiling point of water for that day (determine the boiling point each day by immersing the thermometer in boiling water). To avoid scorching the syrup, transfer it to a smaller pot as its volume decreases.

As the syrup approaches the finishing stage, it may boil over. A drop of vegetable oil will quickly control the frothing. Getting the syrup to the right density is both an art and a science: too thin and the syrup will spoil — too thick and the syrup will be candy in the jar. Syrup on the thick side will taste better and store better, so don't get too anxious for that first taste.

Maple syrup must be filtered to remove the calcium and other minerals that precipitate out as the concentration increases. Use a thick Orlon felt-type filter while the syrup is still hot, or let the syrup sit for several days to let most of the sediment settle to the bottom. Any scent on the filter will end up in the syrup, so be sure that



March means maple-making in the Valley! These lucky folks are experiencing taffy-on-the-snow at Fortune Farms near Almonte.

the filter is spotlessly clean. Finally, reheat the syrup to 85°C and store in a clean jar or bottle. Heating the syrup sterilizes the bottle and the cap. Do not use old jars such as pickle jars as this flavour will be transferred to the syrup.

Anybody who has made maple syrup will share their experience and tricks of the trade with you. Trial and error will provide you with your own unique recipe for "the best" maple syrup in the Ottawa Valley.

Is it going to be a good year? We never know until it's over. We could use more snow to keep the sugar bush cool and prolong the spring. The best weather for maple syrup contains lots of changes in the atmospheric pressure, which helps to stimulate sap flow. Warm sunny days and cold nights also produce good sap flow. Let's hope we have a repeat of 2009, which was an excellent year.

— Ray Fortune

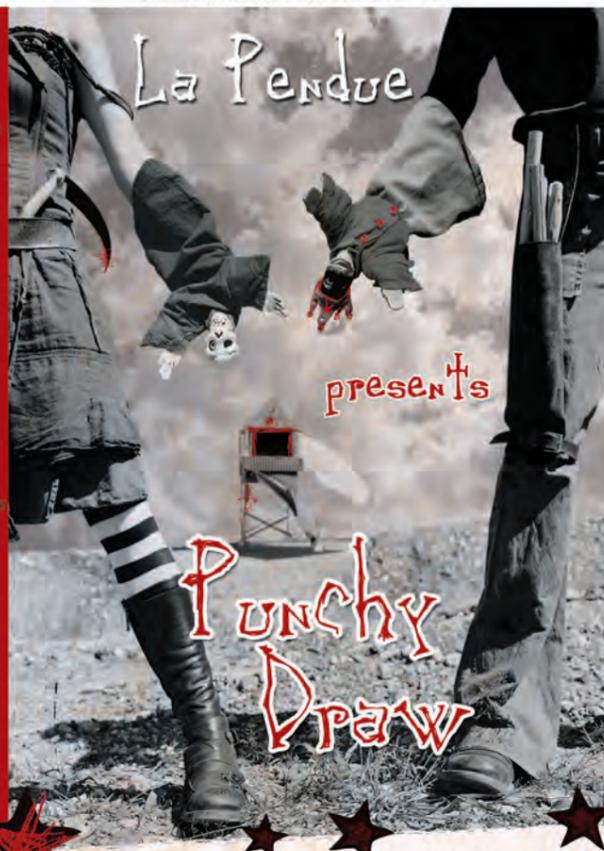


**Puppets Up!**  
International Puppet Festival  
Proudly presents direct from France  
for adults and children over ten

**Tuesday**  
**March 9**  
**2010**

**8PM**

**Almonte**  
**Old Town**  
**Hall**



*La Pendue*

present's

**Punchy Draw**

*a raucous comedy suitable for adults and children over ten*

Puppets punching like you have never seen it! Direct from France, Compagnie La Pendue will present the English language production of Poli Dégaïne, or Punchy Draw.

"Polichinelle, better known as *Punch* in English, is the world's most-famous puppet. He's at his wildest, most-frenzied best in *Punchy Draw*." Noreen Young, Artistic Director, Puppets Up!

Proceeds from this fundraising performance will support the Puppets Up! International Puppet Festival (August 7 & 8, 2010).

**Tickets (\$25) are available at the Miller's Tale (613-256-9090), Read's Bookstore in Carleton Place and at the door. Seating is unreserved.**



CASTELIERS  
présentent les arts de la marionnette

Presentation  
in English



LIVE AT THE  
ALMONTE  
OLD TOWN HALL

**THE MARIGOLDS**  
**THE WILD TURKEYS**  
DOUBLE BILL SATURDAY MARCH 6, 8PM



Gwen Swick, Suzie Vinnick, and Caitlin Hanford share a love of good songs, beautiful harmonies and great grooves.

"A sweet-voiced cross between the Andrews Sisters and the Wailin' Jennys... this trio is too fresh to be retro, even though they evoke vintage sounds of an earlier era!"

- Robert Reid, The Record



From Northern Ontario comes the new sizzling hot band of pickin' and grinnin' cowboys, the Wild Turkeys. With a fun stage presence and energetic sound, the band has been coined "Swamp-Stomp Country". Armed with fiddles, mandolin, guitar, bass, harmonica, a tin can percussive suitcase contraption and melodic four part harmonies, the Turkeys win over the hearts and ears of audiences everywhere.

**Tickets at The Miller's Tale**  
**52 Mill St., Almonte, 256-9090**

**\$23 IN ADVANCE**  
**\$27 AT THE DOOR**  
**\$12 STUDENTS** AGED 26 AND UNDER

Folkus originally planned to present *The Good Lovelies* at this show, but as fate would have it, *The Good Lovelies* had *The Good Fortune* to be signed onto Stuart McLean's Vinyl Cafe tour. Congratulations to *The Good Lovelies*... we're making plans to bring them to Almonte next season!

ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO





# Humm Bits:

## Women's Day in Perth

CFUW (Canadian Federation of University Women) Perth and District presents an International Women's Day event featuring the Honorable Flora MacDonald (with an up-date on her work with women in Afghanistan) and Melissa Ekdorn-Delorme (who works with Oxfam and Haiti relief efforts). It will take place in the Lion's Hall (Perth Fairgrounds) on Sunday, March 7, beginning at 1PM.

Displays by other groups featuring *Women in Action*, *Making a Difference*, as well as coffee and refreshments, complete this event that has been planned by CFUW, with assistance from Perth Linens Club (President Josie Roberts) and Perth Rotary (President Chris Hale). Tickets are \$5 in advance at Oxford Linens (7 Gore Street W. in Perth), and will also be sold at the door on March 7.

## They Are Right!

Gerry Madden and Andy Simpson (GASM) have recorded their second album — a rock opera entitled *We Are Right*. They are set to release it on Saturday, March 20 at the Myriad Centre in Perth (I Sherbrook Street) beginning at 7:30PM.

The album tells the story of Ajay and Walter, two teenage boys in high school. They get involved with a religious group, called the We Are Right Society. Their friendship is tested and torn apart by the values of the Society. The music is all original material, ranging from rock to blues to funk, on a 2CD set. To encourage sales, admission to the release party is free, and the CD will be available for \$20.

GASM will be joined by singer songwriter Kirk Armstrong, who will open the show. In the meantime, *We Are Right* is also available at SRC Music, Temptations and Ernie's in Carleton Place, or from Andy or Gerry. For more information and samples of the music, visit <blogs.myspace.com/gasmmusic>.

## De-Mystifying Judaism

Almonte United Church is continuing its program of de-mystifying world religions this February with a focus on Judaism. Rabbi Bulka's presentation will include an introduction to Judaism and how it functions within the challenges of modern life, the diversity of the Jewish tradition and a look at the Jewish community within Ottawa and the surrounding area. And as always, there will be an opportunity to put forward your questions.

Rabbi Bulka is a prolific author, columnist, and TV and radio presenter, well known in the Ottawa area and around the world. He has been the spiritual leader of Congregation Machzikei Hadas in Ottawa since 1967 and is a champion of many charitable causes both within the Jewish community and beyond. This event provides a unique opportunity to speak with Rabbi Bulka in person.

The presentation takes place on Thursday, March 4 at 7:30PM at the Almonte United Church, 106 Elgin Street. All are welcome regardless of faith or age! Wheelchair access is available.

A suggested donation of \$5 at the door will help to support the continuation of the De-Mystifying Series.

## Virtual Tour of Holy Places

One of Rev. Heather Kinkaid's dreams, upon retirement from the ministry in 2008, was to visit the Holy Land. A gift from the community and the congregations of the Pakenham Pastoral Charge of the United Church helped her realize that dream in the spring of 2009. Heather would now like to share her memories of that journey with the community. St. Andrew's United Church in Pakenham invites everyone to join them on this Virtual Tour of Holy Places and other sights on Palm Sunday, March 28 at 1PM. There will be a soup and sandwich lunch. Donations are appreciated.

# Mary Cook to Speak at AGH/FVM Fundraiser

Beloved local storyteller Mary Cook will speak at a fundraising event to benefit the Almonte General Hospital/Fairview Manor (AGH/FVM) on Sunday, March 21.

"An Afternoon with Mary Cook" will be held at the Almonte Civitan Hall from 2 to 4PM. After her remarks, Mrs. Cook will be on hand to visit with the audience and sign copies of her best-selling books. The afternoon also includes refreshments and musical entertainment.

"I'm just thrilled to be doing this event," said Mrs. Cook. "I have nothing but good things to say about the Almonte General Hospital." Mrs. Cook has visited the AGH emergency room twice in recent months: once after breaking her wrist in a fall and once with a painful case of shingles. "I was treated within an hour both times," she said. "I got such excellent care."

Mrs. Cook also has high praise for Fairview Manor and for AGH's Rosamond Unit, which provides complex continuing care for patients. "I've had many friends in Fairview Manor and the Rosamond Unit, and the individual attention and care they received was astonish-

ing," she said. "I also think the Hospital should be commended for creating a nucleus of health care services in one location."

An award-winning author and broadcaster, Mary Cook



Enjoy "An Afternoon With Mary Cook" on Sunday, March 21 at the Almonte Civitan Hall

has been entertaining audiences for almost 50 years with stories about growing up during the Depression. She began her broadcasting career at the CBC in Windsor and spent 25 years with CBC Ottawa. A winner of seven Actra awards for excellence in broadcast journalism,

she co-hosted *Radio Noon* for many years and was also a regular guest on *In Town and Out* and *Fresh Air*.

Mrs. Cook has written eleven books, including four Canadian best-sellers: *Another Place at the Table*; *A Bubble Off Plumb*; *This Then Was Home*; and *Christmas with Mary Cook*. Copies of these four books will be available for sale at the fundraising event. In addition to writing several columns for area publications, Mrs. Cook is a much sought-after speaker. Last year she made one hundred speeches and is booked through until 2011.

Mrs. Cook said she plans to talk about the importance of community involvement at the March 21 event. The Hospital's Volunteer Services Committee is organizing the fundraiser. Eldon Munro Construction is donating the cost of the hall rental.

Tickets to "An Afternoon with Mary Cook" are \$10 each and include tea or coffee and dessert. Tickets are available at the AGH Gift Shop, the AGH/FVM Foundation office and the Waterford Tea Room. To reserve tickets or for further information, call Anne McRae at 256-2514, ext. 2226.

# Celebrate Women's Day!

Come one, come all and celebrate International Women's Day on Monday, March 8 at CP Cinemas in Carleton Place.

All around the globe, people will be celebrating the accomplishments of the world's women, and Lanark County is no exception. This year's local theme is "Celebrating Women Leaders: Past, Present & Future". The lineup of amazing presenters is sure to excite the audience. The festivities are free and open to everyone. The event will also feature a performance by local Spoken

Word phenom Emily Kwissa, as well as inspirational words from Interval House's Executive Director, Erin Lee-Todd.

In the 99-year history of International Women's Day, men and women alike have gathered to recognize and honour the accomplishments and contributions of women. We are fortunate in Lanark County to have a lasting tradition of strong, passionate women who give so much to our community and deserve a celebration of their successes. As everyone will see on March 8, the

future of this tradition is in good hands with our local "up-and-coming" women leaders.

The event takes place at CP Cinemas, 17 Albert St. (off of Bridge St.) in Carleton Place at 7PM on Monday, March 8, to participate in the worldwide celebration of International Women's Day — Lanark County style! For more information about this event or International Women's Day in general, please call Sarah Bingham at the Interval House public education office at 257-1115 or visit <www.lcih.org>.

... have a **REAL** estate experience



**List and sell with us in 2010 as an added bonus receive a home staging consultation.**

Staging reduces market time and **increases** value.

Call today!

**Bob Volks\***  
**Louise Beckinsale\***

\*sales representative

... have a **Mississippi Mills** experience

**Go Green - Plant a Tree**

**How to order trees:**  
Download order form from [www.mississippimills.com](http://www.mississippimills.com).  
Or mail your order and cheque to Mississippi Mills Chamber of Commerce, PO BOX 1244, Almonte, KOA 1A0.




Call us today 613-623-2358 to be featured in the upcoming months with our ad

**CALL TODAY**

613-623-2358 Direct • 613-236-5959 Office

[bobandlou@bobandlou.com](mailto:bobandlou@bobandlou.com)



**KELLER WILLIAMS.**  
OTTAWA REALTY LTD.  
BROKERAGE, INDEPENDENTLY OWNED AND OPERATED

We've finished renovating,  
**We're Re-Opening on  
Wednesday, March 3**  
and we're celebrating with a  
**Customer Appreciation Day, March 6**  
(Come on in for some coffee and cake  
and tell us how much you appreciate us!)

**Don's Meat Market**  
126 Mill Street, Almonte 256-6801

**Spring  
Classes**

**DRAWING**  
Friday Afternoon  
**CALLIGRAPHY**  
Tues. Morning  
To register call  
Doris Wionzek, B.F.A., B.Ed.  
613-256-4172 - wionzek@ncf.ca

**OIL PAINTING**  
Tues. Afternoon  
To register call  
Carol Gaughan, B.F.A.,  
& Studied at  
Cincinnati Art Academy  
613-721-6399  
carolgau@rogers.com

**almonte  
school of  
FINE ART**

classes begin in March 2010

**Pick up theHumm in Perth at  
GROUNDWAVES**

**March Break  
Fashion Camp**  
March 15 to 19, 9am-1:30 pm  
\$175 for the week  
Ages 12 & up  
*Make Your Own Prom Dress*  
with Teacher: Ingrid Hamster Harris  
To register call 613-256-3754 x 15  
or email collectionsmvtm@gmail.com

**MISSISSIPPI  
TEXTILE MUSEUM  
VALLEY**  
3 ROSAMOND ST. E., ALMONTE  
613.256.3754  
www.textilemuseum.mississippimills.com

It's time to come out of Hibernation  
30% off  
leg waxing for the month of March

REJUVENATING TREATMENTS FOR BODY & SOUL  
**carmelized**  
168 Victoria St., Almonte On.  
(613)256-7797  
By Appointment Only www.carmelized.ca  
GIFT CERTIFICATES AVAILABLE

# Run (or Bike) to get Art!

**Call to Artists**  
Mississippi Mills Bicycle Month is a 30-day event committed to the use, promotion, history and celebration of bicycles. The month of June will host various events relating to bikes. The **Bicycle Month Art Exhibition** is a show and sale of local artists' work, based on the theme of bicycles. It will run from June 1-30 with a vernissage on Friday, June 4. Organizers are looking for artists to create and

submit no more than three pieces of work each, in any and all art forms. Three-dimensional, multi-media, and textile works are strongly encouraged.

A group of jurors will select work from the submissions to be put on display for the entire month of June. An award for best-in-show will be given to both 2-dimensional and 3-dimensional works of art (two awards in total). Artists are expected to accompany all submissions with a typed form stating title, media type, artist's name, date completed, and price. When submitting more than one piece, please clearly identify which work goes with which label. Also include an e-mail address and phone number where you can be contacted.

Submissions will be accepted on Tuesday, May 25, from 4-6PM only at The Mississippi Valley Textile Museum. Proceeds from sales of art will be divided as follows: 20% to Mississippi Mills Bicycle Month, 20% to the Mississippi Valley Textile Museum, and 60% to the artist. Please see <mmbicyclemonth.ca> for updates and more information. Any questions can also be sent to the organizer, at <amandalynnsey@live.com>, with the subject heading "Bicycle Month".

## Maple Run Studio Tour

The first signs of spring are appearing — the birds are returning, the Lanark maple trees are beginning to run their sap, and the members of the Maple Run Studio Tour are gearing up for their 8<sup>th</sup> season. Take a scenic drive on Saturday, March 27 or Sunday, the 28<sup>th</sup> (10AM-5PM), to indulge in sweet maple products and meet local craftspeople and fine artists on this popular self-guided studio tour, in and around the historic village of Pakenham.

Tour stops include Fulton's Pancake House and Sugar Bush, and studios featuring glass blowing, paintings in oil, acrylic and watercolour, fine woodworking, photography, jewellery, pottery, miniature quilting, woven garments, and many more one-of-a-kind pieces to be discovered. You will find artwork and crafts for yourself, your home, the gar-

den and gift giving. Forgo the cookie cutter big box stores and instead enjoy observing artists working in their studios, and visiting the group locations in and around picturesque Pakenham. No need to pack a lunch — there are several stops along the way where light meals and tasty treats are being served.

Glass vases by Chris Van Zanten



Maps and detailed tour destination descriptions can be picked up at Fulton's Sugar Bush, at any tour stop along the way (look for the green maple leaf sign), and at the Pakenham General Store. You can also visit <www.maplerun.on.ca> or call 3 Yellow Tulips at 624-5932 for further details.

# A Celebration of Beads!

The second Ottawa Bead Bop is planned for April 30 to May 8 and is sure to have something for everyone. The first Bead Bop, held in 2009, generated so much enthusiasm that the five stores are doing it again! Participating stores are: McBead Creations and Canada Beading Supply in Ottawa, Dragon's Lair Beads in Stittsville, Odies Beads in Renfrew, and Rideau Art & Beads in Kemptville. Each store is unique and all want to share their love of beads with you.

You can purchase your Bead Bop Passport at any of the five stores beginning April 1. With a passport you are entitled to great gifts, and each store will have a surprise for visitors as well as discounts for passport holders. There will be demonstrations, special guests and, if you choose, you can enter a draw for a gift basket valued at more than \$50. If you visit all five stores, you can enter a second draw for a basket valued at more than \$250!

Come join us as we welcome all bead enthusiasts to our stores for this special week in May. Let us celebrate our love for beads of all kinds and jewellery making. Meet the women who run these unique businesses. They love to help customers realize their creative dreams and to share the joy of beads. Plan a day trip with your bead friends and catch the excitement as you "bob" between the stores! For maps to each store, more information, and updates, please visit <www.beadbop.ca>.

**8<sup>th</sup> PAKENHAM  
MAPLE  
RUN  
STUDIO  
TOUR**  
March 27  
and 28

Indulge in sweet maple products and meet local craftspeople and fine artists in the historic village of Pakenham and surrounding area. Maps and detailed tour destination descriptions can be picked up at Fulton's Sugar Bush, any tour stop along the way (look for the green maple leaf sign), Pakenham General Store, visit [www.maplerun.on.ca](http://www.maplerun.on.ca) or call Three Yellow Tulips at 613-624-5932.



**ARTY PARTY**  
 Thurs., Mar. 25, 5:30-7:30 PM  
 at the Barley Mow, Almonte

**Guest Speaker: Marcus Kucey-Jones**  
**"Sculpture in Stone"**  
 Find out about this artist's works  
 and his commission for the city of Ottawa's  
 reconstruction project of Wellington Street West  
 Admission \$5.00 (to cover costs)



**Lanark County Community Justice Program Inc.**  
 "A Restorative Justice Initiative"

**New Facilitator Training**

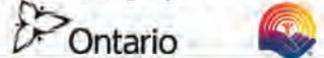
We are currently seeking volunteers interested in becoming Community Justice Forum Facilitators/Youth Justice Committee members. You should apply if you are interested in:

- resolving conflict
- promoting accused accountability
- involving victims of crime in a positive process
- court diversion for youth and adults
- actively making a difference in your community
- a flexible & rewarding volunteer opportunity

Full training is provided and will be held in Perth. Please consult our webpage or contact us for additional information.

Phone: (613) 264-1558  
 email: [training@commjustice.org](mailto:training@commjustice.org)

LCCJP is the Supporting Agency to the Lanark County Youth Justice Committee, and is a Member Agency of the United Way of Lanark County



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

**Peggy White's "Falling"  
 CD Release Concert**

April 3, 2010, 8pm  
 Almonte Old Town Hall  
 Tickets - \$15.00



tickets can be purchased at  
 Mississippi Mills Musicworks, 453 Ottawa Street, Unit 5, Almonte  
 The Groundz, 78 Mill St., Almonte or at the door

**On the Board; Never Bored!**

Staff sure does happen in our town! Even now, after living here for a few years, I am amazed by what goes on. Lots and lots of committed people are working away, often behind the scenes. Of course we know the movers and shakers and the folks who are out there volunteering in all kinds of ways. But there are others who do some of the less

**Arts Council** A La Carte  
 by Eulalie Lark-Spur

glamorous work but are definitely needed to make things go forward.

The role of the "governance volunteer" is often downplayed. It seems nobody wants to sit on a Board of Directors or an Advisory Committee, yet there they are, contributing experience and expertise to the organizations they serve and support. Sitting around a board table well into the evenings debating and deciding takes a special kind of person.

**Roy Bartlett**, Chair of the **Mississippi Mills Arts Council**, and I had a long chat about the unique qualities and circumstances that make up an effective Board. The Board must coalesce into a team with the objectives of the organization at heart. Often, members see themselves as representing a particular viewpoint or interest group and this simply does not work in the broader picture. Trite but true: "leave your hats at the door!" There is a delicate balance in management between the CEO and the Board of Directors. Each has a distinct role and responsibilities and it all works best if everyone respects the boundaries. The best boards are the ones where the members not only respect and trust each other but also learn to have some fun while doing their very important job. Sharing a birthday cake

or a laugh makes tough decisions a lot easier. It also makes it easier to face going out on a cold winter's night to a meeting!

**Michael Rikley-Lancaster** of the **Mississippi Valley Textile Museum** and I chatted for a long time about his feelings for his Board of Directors. From them he gets and values good advice, valuable insight, productive discussion from their experience and expertise in a variety of fields. In a volunteer organization there is a legal role and board liability must be protected, usually by insurance. The volunteer Chair, Secretary and Treasurer have added responsibilities, and in a small organization there is likely no clerical help. Those roles require real dedication and should be appreciated and nurtured.

Next, I was off to meet with **Mike Coxon**, CEO of Almonte's **MCSC Home Support Program** (also known as The Mills). This is an organization that was founded over 25 years ago and has been the face of community service in the town ever since. Now, with a myriad of services, this organization has loads of hands-on volunteers, but the overall organization is supported by a board of eleven people. They must make decisions on where the organization is to go, or not go. Not so easy in these challenging times. The Mills recently sponsored a workshop on Governance to assist members in their role. Although The Mills is a non-profit, non-government agency, there are links and funding involving three different Ontario government ministries and the board member needs to have this clearly in mind. It is easy to get caught up in meetings — satisfied and effective board members must feel they are accomplishing something. At The Mills, Board members are re-

cruited, subjected to a screening process and monitored for conflict of interest situations. Obviously these volunteers are committed to participate in this. They spend 7-10 hours a month on their duties but they are able to take advantage of electronic means to assist them.

Not easy — and certainly anything but sitting around in a boring old meeting.

The Town of **Mississippi Mills** itself relies heavily on advisory committee members to be in touch with the needs of its citizens. In fact there are 23 such committees, and the Town is throwing a party at the Old Town Hall in April to honour all 94 members of them! Great recognition!

This is my own private *hurrah!* for all these brave folk who labour in the Board rooms and committee rooms on our behalf. Next time I hope you look at them with real insight and respect.

**Take a Look Downtown**

Have you been to the foot of Mill Street lately? The falls are at their most beautiful right now, and the mess of the power plant construction is almost done! But there is some other construction going on and it is a WOW! Some of you will remember Gord Pike's supermarket that used to be located there. It is now the site of a very exciting project developed by Gord himself. A successful businessman and entrepreneur, he is another individual who is a great enthusiast and supporter of this town, often quietly and behind the scenes. Watch that space for Heritage Court, a new concept for the centre of town, a destination that will be light and bright and will have you inviting all your friends to come spend a day in Almonte, to shop, eat, browse and enjoy.

*Look and feel 5-15 years younger!*

**Facial Rejuvenation Acupuncture**  
 (Non-Surgical Face Lift) with **Dr. Michaela Cadeau**



Based on ancient principles of Chinese medicine, Cosmetic Acupuncture reduces the signs of aging by revitalizing the skin. This safe and non-surgical procedure increases circulation and stimulates collagen production, rejuvenating facial tissue. This gives the skin more tightness and elasticity, and helps to reduce sagging or puffy skin and wrinkles. There is no risk involved with this procedure, no downtime from work, and no side effects.

**Call by March 31 for your free consultation.**

Reduce Double Chin • Eliminate Puffy Eyes  
 Tighten Pores • Eliminate Fine Lines  
 Raise Drooping Eyelids • Reduce Frown Lines

**Bring out your inner beauty**

**Hands on Healing**  
 125 Bridge Street, Almonte, 613-256-0222  
[handsonhealing@on.aibn.com](mailto:handsonhealing@on.aibn.com)

# Get Into the Spirit of the Garden!

What is a garden, to you? A plot of land? A terracotta pot? A place of cultivation? Is it where you live and dream? Is it community? Roll it all up — now that's the essence of *Spirit of the Garden!*

Join us at the Almonte United Church, 106 Elgin Street, Almonte, on Saturday, April 10, from 10AM to 4PM, for the second annual *Spirit of the Garden!* Explorations of gardens and elements thereof will take place all day — exactly one week after the Easter Bunny has run amok through your home and you've been left with a delightful uplifting of the spirit for the coming season.

So what is a garden? Sounds easy enough: gardens grow. They are what we envision and what we make. They are informed by a sense of place, purpose and pride. As lofty as all of that sounds, it means gardens are boundless in interpretation, beyond borders and answering all kinds of needs, including those spiritual and artistic. With that in mind, the plot for this garden day will include exhibitors, speakers,

demonstrations, garden wares, art and so much more!

Community cross-fertilization will be in full force, with people from Puppets Up!, LiPS (Lanark County Live Poets Society), the Mississippi Mills Cham-



*This year's Spirit of the Garden event is set for Saturday, April 10*

France, labyrinths, roses, herbs, perennial plantings, blending flowers and food artistically, and integrating wildlife into your special space. Demonstrations will be held on hypertufa container gardening and on wreath making. We've even booked in the launch of the new edition of the Eastern Ontario Gardeners Tour Guide (2010-11) — expect to be busy!

Be nosy, as only a gardener can. Cultivate your knowledge by chatting up the exhibitors: Galetta Rose Nursery, Harwig Heritage Carpentry, Kings Creek Trees, Mains de Mariposa, Rock Wall Gardens, Stoneridge Gardens and Nursery, The Herb Garden, Whitehouse Perennials and many more.

We all had so much fun in the Garden Shed last year, so you can expect even more items to be available for sale. And why not take some time to discuss your finds over a light lunch or stretch out your muscles with some yoga?

Bring your friends, family and green thumbs! To plant the seeds for the day, check out the website at [www.almonteunited.com](http://www.almonteunited.com)

for the schedule of speakers and workshops, as well as a list of exhibitors with links to their sites. The page will be updated as we move closer to the day.

Admission is \$10 for adults and \$5 for youth. Funds raised

will go towards the AUC's operating costs and their three-year garden plan. Additional questions? Contact 256-1934, 256-2738, or [barneuf@magma.ca](mailto:barneuf@magma.ca). — Heather Phaneuf

## Beat the Blahs with Contra Dance!

On Saturday, March 27, the Almonte Old Town Hall will be ringing with calls of "do-si-do!" and "swing your partner" as Almonte's premier Celtic band, The Barley Shakers, plays the tunes and Pippa Hall does the calling. Admission is only \$10, and there is a beginner session at 7:30PM before the dance gets underway at 8PM.

Contra dancing is an early form of community dance that was popular before square dancing became more widespread. Contra uses many of the same basic figures as square dance,

like "circle left," "circle right" and the "swing". The dances are done in a basic set of two couples and a pattern of a half-dozen figures is repeated several times with different neighbouring couples. At the end of a fifteen-minute dance, you and your partner will have danced with each of ten or so other couples in the line. It's a great way to meet people!

If all of this sounds confusing, don't worry. The caller walks the dancers through each dance before the music begins and then calls the figures during the dance. Beginners are encouraged to

partner with experienced dancers who are happy to help them learn the ropes. It is also standard practice to change partners after every dance, so you don't need to bring a partner.

Even if you have little or no dance experience, contra dance is the ideal way to get started. For more information about contra in general and the Almonte events in particular, please visit [www.almontecontra.ca](http://www.almontecontra.ca) (check out the video clip!) or contact David or Judy at 256-2689 or [info@almontecontra.ca](mailto:info@almontecontra.ca). — David Baril

# Mississippi Mills Chamber Branches Out

## 11<sup>th</sup> Annual Go Green: Plant a Tree! Campaign

Cleaner air, cooler buildings, better water quality, reduced soil erosion, and increased property value are just a few of the many great reasons to plant trees. With spring just around the corner, the Mississippi Mills Chamber of Commerce is gearing up for its 11<sup>th</sup> annual *Go Green: Plant a Tree!* fundraising campaign. The deadline to order root- and branch-pruned trees is Friday, April 16, and you can pick up trees for planting Saturday, April 24, at 3131 Old Perth Road (back of Mississippi Mills municipal building) between 9AM and noon.

The brainchild of Almonte resident Al Potvin, the tree sale is a key fundraiser for the dedicated voice for great businesses in Mississippi Mills. Trees up to ten feet tall are priced from a very reasonable \$35 to \$70 and include fertilizer, mulch, compost, and a free seminar on planting and tree care. The 36 varieties available include Royal Red Maple, Sugar Tyme Crab, Royal Gala Apple, Clapps Favourite Pear, Ivory Silk Lilac, and Crimson Spire Oak. Order forms are available online at <[www.mississippimills.com](http://www.mississippimills.com)> and can be dropped off at Don's

Meat Market (126 Mill Street) or Curiosities (30 Mill Street), in downtown Almonte.

Last year the campaign raised \$16,000 — an impressive 225% jump in revenue over 2008. “The tremendous success of last year’s sale demonstrated the community’s enthusiasm and support for this campaign. Trees contribute to the overall beauty and health of the environment in Mississippi Mills. This, in turn, attracts new residents and businesses to our community. It’s a win-win situation for everybody,” says Chamber president Gerry Turcotte.

The Chamber directed funds to marketing initiatives designed to attract new residents and businesses to Mississippi Mills. These initiatives included the fully operational smARTown WIFI Network in downtown Almonte, a series of business profile ads of Chamber members, and a series of YouTube promotional videos.

*Experience Culture in Mississippi Mills* is the fourth in a series of two-minute videos focusing on the business, recreation, home, and cultural opportunities available in Mississippi Mills. Created by local videographer/director Will Richardson and

scriptwriter June Veenstra, the Culture video, along with previously released videos on *Commerce, Living, and Recreation* are available on YouTube and Vimeo,



and free for local businesses to include on websites, blogs, Facebook, MySpace and other social networking sites. The videos have already attracted more than 1,800 viewers worldwide, and instructions on adding them to your web pages are now available at <[www.mississippimills.com](http://www.mississippimills.com)>.

### Value for the Money

In an effort to encourage wider membership, the Chamber recently reduced its annual membership fee from \$125 to \$50 per year. “We’ve realized that business owners need a break on costs,” says Turcotte. “That said, our members also need networking opportunities where they can share great ideas and get support. The board recognizes that the effectiveness of the Chamber is directly related to the participation of its members.”

Last year, the Chamber held its annual Golf Tournament in August, its Business Awards Gala in October, and monthly Mixers to give its members the opportunity to network with other business owners. “The enthusiasm and participation at these events is growing. It proves that our members feel their time and en-

ergy is well spent,” says Michael Caughey, treasurer of the Chamber. Membership information and forms are available online.

If you’re a member of the business community and interested in what the Mississippi Mills Chamber of Commerce has to offer, you’re invited to attend its monthly Mixer, where local business people network, identify new opportunities, and work together to build the town’s economy. The third mixer of 2010 takes place on March 24 at The Barley Mow Pub in Almonte, from 6–8:30PM, with featured speaker Adrian Ayotte, owner of Reliable Heating and Cooling. Since starting his business in 2007, Reliable has grown to be a widely recognized player in the heating industry, serving Mississippi Mills, Renfrew, Perth, Smiths Falls, and Ottawa. The company currently employs seven people with a fleet of four trucks and a three thousand square foot showroom. Ayotte will be speaking about the challenges and opportunities for service businesses in rural communities situated on the periphery of larger urban centres. For more information please visit <[www.mississippimills.com](http://www.mississippimills.com)>.

*“In a town that respects heritage, I love breathing new life into re-upholstered heritage furniture.”*



After studying fashion design at Ryerson University, this Almonte resident developed a life-long affinity for heritage furnishings and created **Glenna Watts Custom Drapery & Upholstery**. She enjoys giving new life and a new look to pieces with sentimental value, and doing her part for the environment by keeping old furniture in service and out of the local landfill.

After starting her business five years ago, she built a spacious home studio in 2007 that can accommodate larger pieces such as sofas and armchairs. She is happy to do in-home consultations, bringing her extensive variety of fabric samples and considerable expertise to help her customers achieve results that are tailored to both their esthetic and their surroundings.

Glenna started attending the Chamber Mixers a year ago, enjoyed making connections and building business with other entrepreneurs, then enthusiastically joined the Chamber. For more information about her business, and to see a portfolio of her work, please visit [glennawatts.com](http://glennawatts.com).

**GLENNA WATTS**  
Custom Drapery & Upholstery



**Glenna Watts — Mississippi Mills Chamber member since 2009**



Visit us: [www.mississippimills.com](http://www.mississippimills.com)



*Meet us:*

**March 24 – Mixer**

Adrian Ayotte, owner **Reliable Heating and Cooling** on operating service businesses in rural communities near urban centres  
6PM Barley Mow

**Go Green: Plant a Tree!**

The Chamber’s annual tree sale offers shade, flowering fruit, and large trees at great prices. Download your order form from: [www.mississippimills.com](http://www.mississippimills.com).

*Join us:*

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

# Green Message, Green Artwork!

When a professor of Environmental Studies and a coordinator of Children's Studies co-author a book about teaching kids to reduce their carbon footprints, you would expect that they would attempt to reduce the environmental impact of the book itself. And indeed the publisher, Second Story Press from Toronto, used paper that is approved by the Forest Stewardship Council of Canada for originating from well-managed forests. But they were able to go a step further when they connected with Lanark Highlands artist Adrianna Steele-Card. Adrianna combines natural and recycled materials to create her signature "green" collages, which are both beautifully eye-catching and whimsical — just the thing to engage a child's imagination.

Adrianna is well known in this area for her involvement in the local arts scene. She participates in numerous shows and studio tours, has organized "A Show of Love" in past years at the Almonte Old Town Hall, visits local schools and arts camps, and has been profiled in the-Humm, along with her sculptor husband Dave Card. Her self-published book, *Adrianna Art for the Young At Heart*, is available at independent bookstores throughout the Valley. In fact it was that book that first caught the attention of Second Story Press.

Adrianna explains how she came to illustrate *Sandy's Incredible Shrinking Footprint*: "In 2008 when we self-published *Adrianna Art*, we designated fifty copies to be sent out to publishing houses across the country. Melissa Kaita of Second Story Press contacted me and asked if I might like to illustrate a story about a little girl who learns the difference between a footprint and 'carbon footprint' from a bag lady she befriends. I loved this concept! Melissa had a copy of my first book in her hand as she discussed the project with me. She and others in the office really liked our book — especially the underwater scene. I ended up creating a new underwater scene

for *Sandy's Incredible Shrinking Footprint*, and Second Story Press used it on the cover of their spring catalogue! They have been really supportive of my work and this project."

Adrianna's captivating collages are so full of strong visual elements that they could be used as the basis of "I Spy" games. They serve to illustrate both the plot line of *Sandy's Incredible Shrinking Footprint* and the underlying message of authors Femida Handy and Carole Carpenter. In fact, the back cover of the book features one of Adrianna's illustrations, annotated with descriptions of where the individual elements came from. They include pressed rose and orchid petals, chenille fibre, birch bark from fallen trees, recycled magazines and handmade recycled paper. That one illustration alone is likely to inspire crafty kids to create their own "green" art!

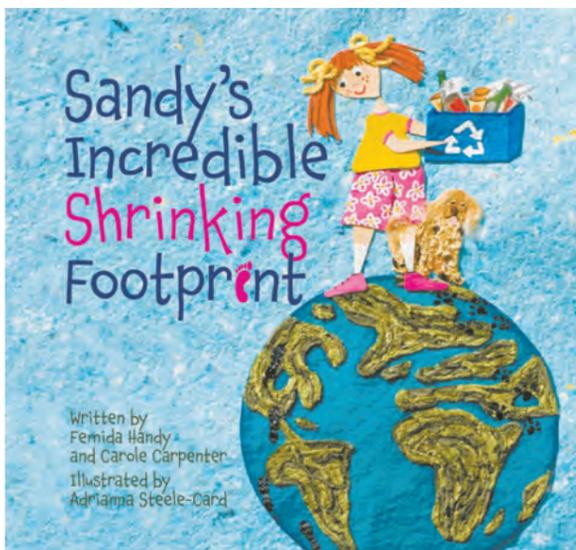
You can find copies of the newly-released *Sandy's Incredible Shrinking Footprint* at independent bookstores throughout the Valley, from Adrianna at <[www.peaceofmindcreations.com](http://www.peaceofmindcreations.com)> or from <[www.secondstorypress.on.ca](http://www.secondstorypress.on.ca)>. If you wish to meet Adrianna and get



Adrianna Steele-Card, Lanark Highlands artist and illustrator of *Sandy's Incredible Shrinking Footprint*, will be at Nature Lover's Bookshop in Lanark on Sunday, March 21 from 2-4PM

a copy of one or both of her books, you are invited on Sunday, March 21 from 2 to 4PM to Nature Lover's Bookshop in Lanark (259-5654, <[www.natureloversbookshop.ca](http://www.natureloversbookshop.ca)>). Adrianna will be on hand with copies of her books and some sample artwork. Delighted to meet you and any children you might care to bring along, Adrianna will sign books and talk a little about collage and the importance of illustration in children's books.

— Kris Riendeau



## Hey Almonte. What Were You Thinking?

Clothing Store, Jewelry Store, Art Shop, Book Store, Framing Store, Shoe Store, Camera Shop, Consignment Store, Lighting Store, Kitchen Accessory Store, Flower Shop, Memorabilia Shop, Electronics Store, or Cupcake Store!  
Whatever you're thinking, Heritage Court is ready for business!

Interested?

Call Gord Pike at 613-720-0456

- 9 retail shops from 524 to 3,223 sq. ft.
- From \$12 per sq ft.
- Lots and lots of parking
- Early occupancy BONUS
- On-going marketing program
- Security
- 60' Skylight
- MORE!



*It's in your court!*

*Heritage Court, a new beginning in the old town... fourteen Mill Street, Almonte*

**DEATH OF A DOORNAI**  
By Lee Mueller  
On March 19 & 20th...  
**A MUDDS MURDER MYSTERY**  
at the  
**Carleton Heritage Inn**  
Tickets on sale now at the Inn or call 613-257-2525 to reserve.  
**Tickets are \$45.00**  
Includes show, dinner and taxes (gratuities are extra)  
[www.mississippimudds.ca](http://www.mississippimudds.ca)

**Harwig Heritage**  
  
**Carpentry**  
Neil Harwig 613-256-4798  
cell: 613-715-3802  
[www.harwigheritagecarpentry.ca](http://www.harwigheritagecarpentry.ca)

**MONTHLY OPEN HOUSE & FREE TALK:**  
**Sat, March 13<sup>th</sup>, 1-3pm**  
**Holistic Weight Management**  
with Katherine Willow, ND  
Tour our Healing House and see how our hosts provide holistic residential health care.  
**2386 Thomas Dolan Pkwy (at Carp Road)**  
**613-839-1198**  
[www.ecowellness.com](http://www.ecowellness.com)

**Carp Ridge EcoWellness Centre**

**Pick up theHumm in Carleton Place at CARLETON CLEANERS**

Visit us at **Booth 324** at this year's  
**Go Green Expo**  
[www.ottawagogreenexpo.com](http://www.ottawagogreenexpo.com)  
**March 21 & 21**  
**Ottawa's Lansdowne Park**

Ask us about  
**EnerWorks** Innovative Solar Energy Solutions  
**RIDEAU Home hardware building centre**

Watch for our next local green show in the Spring of 2011

58 Abbott St. Smiths Falls 613-283-2211 1-800-890-0690  
Store Hours M-F 7AM-6PM Sat 7:30AM-5PM Sun 10AM-4PM  
[www.rideaulumber.com](http://www.rideaulumber.com)

*We pride ourselves on always baking with local, farm-fresh Beking Poultry Farms' eggs!*  
Just think what we can add to your Easter Brunch table: quiches, hot cross buns, cinnamon buns & more!  
See you at the **Carp Easter Market, Sat. April 3!**  
— Don't forget to book early for our **Mothers' Day Brunch** at the Herb Garden!

  
**Savoury Pursuits**  
14 Industrial Drive Unit 3 Almonte  
Catering • Bakery **256-7058**

# The World's a Dangerous Place

The Reever Report

Last week I bought a new retractable dog leash — a lightweight gizmo with a hand brake, so I can reel Belle back in if she takes off after something illegal, like a squirrel. But oh my, before I even used it, I practically had to sign that I'd read the three-page instruction

by Glenda Jones

booklet that scared me half to death. It is not a dog leash; it's a lethal weapon of gigantic proportions. It comes with a safety collar that involves three hooks between it and the dog. If, God forbid, I don't hold on to it like a magnet to a fridge, the whole shebang is going to rocket out of my hand, causing injury to dog and anyone who happens to be within the fifteen-foot range of the ricocheting cord. Before every use I must promise to inspect the entire cord in case it has become frayed, in which case it is weakened and the dog will surely break free, once again leaving me with a whirling cord zooming towards my person as the dog runs wildly off in all directions.

At no time am I to attempt to open the casing of said cord, should it become tangled inside. I have visions of an atomic spring in there that could threaten the entire planet. I am to return the damaged leash in its original container for repair or replacement, presuming of course that the damage is not my fault. (An aside: how many of these original containers do you keep stored in your basement against the day something has to be returned? Likewise at our house. We'd have an archive of boxes if we kept them all. When I buy something I expect it will work, so the container goes out about two seconds after I open it.)

I am never to use the leash for anything other than what it is intended for, namely, walking my dog sedately, in a responsible manner. Under no circumstances should it be used for child control. Furthermore, I must not let

a child hold the leash while walking the dog; I must not even allow a child within fifteen feet of it for fear it should retract unexpectedly and belt the poor kid.

Now I'm watching for these dire warnings on everything, and I find many products don't have them. Take, for instance, shoelaces. No instructions for use, no warnings — only the length is indicated on the package. How dangerous is that?! Those shoelaces should be labeled like this. Wear only in shoes with the appropriate number of eyelets. Laces that are too long should not be tied around ankles, as they will cause blood flow to cease and feet to fall off. Tie laces in a tight bowknot at the top of the eyelets following directions on the reverse of packaging. Failure to tie properly could result in falls, bone breakage, face scraping, cursing, and all manner of other exterior injuries. Laces should not be left where dogs can chew them, as mashed or missing aglets reduce ability to fit in eyelets, leading to broken fingernails, cursing and probably broken laces. Laces should be inspected before every use to prevent breakage. Never repair laces by tying knots between eyelets. Short laces result in bad bowknots, leading to sloppy footwear. Never wear laces that do not match the colour of the shoe leather. Laces are to be seen but not heard, so to speak. Caution: teenagers should be forced to read all instructions on this packaging on pain of losing Game Boy privileges for a month if not adhered to explicitly. And of course, failure to adhere to any or all of the above will render the warranty null and void. However, should you wish, you may buy the convenient extended warranty policy.

That just about covers the shoelace instructions, but there are products aplenty that could do with more detailed instructions. I have a perfect set of instructions for "Washy Balls", a neat set of plastic balls that go in the washing machine and

promise to keep clothes from tangling. This item was made in China, where first year English students have the opportunity to hone their language skills writing product instructions. Here they are: the balls go in the washing machine with "the laundries. When turning with laundries, balls prevent twisting of each laundries and striking the dirty parts on laundries. It is great efficient washing." Makes me laugh every time I pop them in the machine. The best part is, they really work!

There's no end of fun reading material when these little instruction booklets are included with every item we buy. Why, the entertainment value alone is worth the few minutes it takes to read the booklet, just to see how really stupid the manufacturers think we consumers have become. Watch those electric cords when you plug them in, and mind all that information about electricity and water.

Now, I'm off to plug in a new coffee pot, and see what havoc I can wreak by nonchalantly making the coffee as I have been doing for lo these many years in a machine just like this new one. While it bubbles away I think I'll read the instruction book.

Caveat here: beware of products with multiple buttons to push but no instruction booklets. Anything that advises you to download the instructions from a website is far too complicated for a senior to attempt. Call the teen with the sloppy shoelaces who will be able to operate said product without the use of instructions and for a small sum will likely be able to show you how it works.

**Special note:** Born February 19, 2010, in Calgary Alberta, Eric James Tyndall Jones, son of David Jones, formerly of Ottawa, and his wife, Kim. A brother for Paris and Siena. Weight: 8 pounds, 5 oz. Eric is the grandson of Gerry and Jim Tyndall of Olds, Alberta, and of Glenda and Alan Jones of West Carleton.

**Hooked on the Lake**  
(formerly LBM Creations)  
Traditional Rughooking Supplies  
hand dyed wool, kits, classes


**Learn how to hook — Beginner Rughooking Class**  
The Country Quilter in Richmond, May 29, 10am-2pm, 613-838-5541  
Rosehaven Farm Store in Picton, June 26, 10am-3pm, 613-476-9092  
Creative Styling in Westport, April 17, 10am-2pm, 613-273-4465  
The Perfect Stitch in Kingston, May 30, 10am-2pm, 613-389-2223  
Contact Loretta Blucher-Moore for a list of upcoming classes and shows or for an appointment at 613-273-8347 or [hookedonthelake@kingston.net](mailto:hookedonthelake@kingston.net)



**THE ROTHWELLS'**

**Stone Cottage B&B**



- \* 3 bedrooms/3 baths
- \* open year round
- \* pets welcome
- \* steps to shopping and dining
- \* rent by the day, weekend or week

www.rothwellstonecottagebb.ca

**Slipcovers**



- \* custom tailored slipcovers
- \* bedding accessories
- \* quilted throws for sofas or beds

by commission or visit the Westport Studio Tour

www.artatwork.ca/slipcoversandmore/

Hosts: Richard Gordon & Margot Rothwell  
15 Main St, Westport, 613-273-3081, stonebb@rideau.net

*Willow and Thorn*



Janice Aiken

**Tarot Course — May 1, 10-4**

Gift Certificates Available 613-256-6243

**The Perth Citizens' Band**

**"Swing Into Spring" Concert**

Sunday, March 28, 2:00PM

Perth Legion Hall  
26 Beckwith St., East  
\$5/person \$10/family

More information at 257-8099 or www.perthband.ca

**MARCH MADNESS**

**SALE SALE SALE**

**PRINTS, FRAMES, ART**

**25% AND 50% OFF**

**PERTH PICTURE FRAMING & Gallery PERTH**

16 Wilson Street West 613.264.8338 www.galleryperth.com

**Postcards From Perth**

# James McKenty & The Spades

I recently played twenty questions with one of Perth's most beloved and talented musicians, James McKenty of The Spades. The band is set to release their third album, *Subatomic*, on March 23<sup>rd</sup>, and will kick off a cross-country tour of the record at Lee's Palace in Toronto in April.

by John Pigeau



**theHumm: You live in Peterborough now. Do you still think of Perth as home?**

James McKenty: I will always consider Perth home. It's where I found my footing for the future and planned out a life of music.

**Why and how did you get into music?**

I actually started in grade 9 and I remember someone saying "that's a little late to start learning an instrument." That always struck me as a strange comment... It was really Jimi Hendrix that got me fired up about playing the guitar. I still remember staring at those album covers with this strange music going and thinking "now that is it for me". I couldn't stand on the sidelines anymore.

**When did you start playing with Josh and Tommy, the other members of The Spades?**

Tommy started playing with me a little after my album *Restless Soul* came out. It was instant karma. I really enjoyed the way he played, and even more so enjoyed the times we talked music and what we saw in the future.

**When and how was the band officially formed?**

I like to say the band officially came together when Josh Robichaud joined the group in 2004 — or was it 2003? Anyway, that is when it became everything Tommy and I had wanted in a band. Close friends, pals on the road, music 24 hours a day, all for one and one for all; that sort of thing.

**The Spades have formed an independent record label, Pirate Radio Records. What was the impetus behind starting your own label?**

An opportunity struck at just the right time and we got some financial help to start this label. Really that had been a dream of ours from the beginning. Now we can do some things previously unavailable to us. We are making vinyl records of the new release, and have been able to hire some help to see us through everything that is going on. It will also allow us to find new avenues for getting the music out there.

**The Hamilton Spectator recently called The Spades "simply the best garage rock outfit**

Perth native James McKenty and his band The Spades will soon be touring their new release *Subatomic*, which was recorded at The Bathhouse in Kingston and produced by Gord Sinclair of The Tragically Hip.

**in Ontario", and more recently The Peterborough Examiner said The Spades were on the verge of breaking big. What are your thoughts when you read positive stuff like this?**

Positive energy never seems to hurt, I guess you could say. The band is in it for the long haul and so we try not to ride highs too high and lows too low. On the verge of breaking big might just mean on the verge of figuring out exactly why we do this.

**How did you get connected with Gord Sinclair of The Tragically Hip?**

Gord came and saw us in Kingston and offered to produce some songs for us. It has been a great relationship and has developed to where we have become great friends.

**You recorded the album at the Bathhouse with Gord. What is he like to work with?**

Gord is a natural in the studio; he has been there many times. He runs the recording sessions smoothly by not forcing anything but also knowing when something is not working and when to move on from that.

**Tell us a little about what to expect from the new record, Subatomic.**

This is a rock and roll record. To me it is the most focused one we have done. Not to say the others were not focused, but that it sticks together in a nice way for us. Songs transition from one to another quickly and it captures a bit more of what the band is like to see live. That was the goal: to make a record that has the live energy.

**Touring the record, will you be playing in Perth?**

I sure hope we can stop in Perth on the tour. We always enjoy playing O'Reilly's and my father has set up shows in the past at the Studio Theatre and that's been great too.

**You write all of The Spades' material. Which do you like**

**best: songwriting or playing live?**

I can't say I enjoy one more than the other. I really like the moment of something being created on the spot. When a song is fresh it becomes the greatest feeling to sing it, but then once it has been around a little longer it becomes a great feeling when that song gets taken somewhere else by the band live.

**Anyone who has ever been to one of your shows knows The Spades are an amazing live act. What makes the band so good live?**

Touring and more touring is the recipe we have learned from watching our idols.

**What's your favorite and least favorite part about being on the road?**

I love what happens as a tour goes along ... the band gets tighter but not in a conscious way. In fact it starts to feel looser to you as you've got twenty shows behind you and you don't have to think as hard, it comes more naturally to be up there on stage playing.

**Gord Sinclair said he thinks The Spades are part of a new wave of great new Canadian bands. Do you guys see yourself in the same light?**

Great Canadian bands is a never ending wave. Even when I think I have exhausted every album made by a Canadian I love, I find another and then another. If there is a new wave I'd be happy to be on it, but something tells me this river is never ending.

For more information about the band and upcoming tour dates, visit <www.thespades.ca>.

— John Pigeau is a novelist and freelance writer who lives and writes in Perth. His debut novel, *The Nothing Waltz*, can be found at fine bookshops in Almonte, Carleton Place, Westport, Kingston, and Perth or by e-mailing <jpigeau@hotmail.com>.

# Claiming Column

Pakenham Home Show, Apr 9-11  
 Spirit of the Garden!, Almonte, Apr 10  
 Toronto All Star Band, Perth, Apr 16  
 Eco-Fair, Merrickville, Apr 17  
 Fulton's Fundraiser, Pakenham, Apr 18  
 Rent, Perth, Apr 22-25, 29-May 2  
 BOTR Concert, Westport, Apr 23-24  
 High School Reunion, The Musical, Carleton Place, Apr 23, 24, 30, May 1  
 Almonte in Concert, Almonte, Apr 24  
 Theatre Grand Opening Gala, Smiths Falls, Apr 24  
 Environmental Fair, CP, Apr 24  
 Scott Woods Band, Almonte, Apr 27  
 For a Taste of the Valley, Almonte, May 3  
 Voices of Praise Concert, Almonte, May 8  
 Art in the Attic, Almonte, May 14-16  
 BOTR Concert, Westport, May 14-15  
 Good Times Party, Westport, Jun 5  
 BOTR Concert, Westport, Jun 19

## Visual Arts

**Arnprior Traditional Rug Hooking**, Mar 3, 6:30PM. kat153@yahoo.com. Arnprior Public Library  
**Almonte Area Artists' Association**, Mar 8, 7PM. With Cathy Breedyk-Law. 256-5863, www.4a-artists.ca. Almonte Library  
**Vernissage**, Mar 11, 7-9PM. Africa themed art. Smilez Dentistry 525 McNeely Ave, Unit 2 Carleton Place, 257-5100  
**Vernissage**, Mar 12, 7-9PM. Acrylics by Lorraine English. Brush Strokes, 129 Bridge Street Carleton Place, 253-8088  
**Almonte Quilters Guild**, Mar 15, 7PM. Wearable fashion trunk show. Almonte Civitan Hall  
**Photography Matters Meeting**, Mar 17, 7PM. kbthomp@295.ca. Waterside Park, 105 McNeely Ave. Carleton Place  
**Flippin' Art Night**, Mar 18, 5-8PM. With Rose Wilson & Bernard Beaudry. Ballygiblin's, 151 Bridge St. CP, 253-7400  
**MVTM Vernissage**, Mar 20, 2-4PM. Artifacts & Alison Ball's photos of Appleton mill. \$5. Textile Museum, 3 Rosamond St. E. Almonte 256-3754  
**Lanark County Quilters Guild**, Mar 23, 6:30PM. Kathy Wylie of "Sewflakes". Guests \$3. 267-3178. Perth Lions Hall  
**Lanark County Knitting Guild**, Mar 23, 7PM. Guests \$3. Almonte United Church  
**Arnprior Quilters' Guild**, Mar 24, 6:30PM. \$5 entry. Christian Education Centre 257 John St. N. Arnprior  
**MMAC Arty Party**, Mar 25, 5:30-7:30PM. With Marcus Kucey-Jones "Sculpture in Stone". \$5. The Barley Mow, Almonte  
**Arnprior & District Quilters Guild Quilt Show**, Mar 27, 9AM-5PM. Sat 9-5, Sun 11-4. Admission \$5. Info: 623-4918. Nick Smith Centre, Arnprior  
**Maple Run Studio Tour**, Mar 27 & 28, 10AM-5PM. Self-guided studio tour in and around Pakenham. Info at www.maplerun.on.ca or 624-5932. Pakenham & Area

## Literature

**Slam Series 2010**, Mar 7, 6:30-9:30PM. Qualifying SLAM for 2010 season. \$5. Downstairs Pub at J.R.'s, 385 Ottawa St. Almonte  
**Book signing**, Mar 14, 2-4PM. **Helen Douglas**, author of *William's Gift*, shares stories of her experiences as a country vet. Mar 21, 2-4PM. **Adrianna Steele-Card** signs *Sandy's Incredible Shrinking Footprint*. Nature Lover's Bookshop, 62 George St. Lanark, 259-5654  
**An Afternoon with Mary Cook**, Mar 21, 2-4PM. Talk, book signing, music. AGH/FVM Fundraiser: \$10 from AGH Gift Shop & Waterford Tea Room. 256-2514, ext. 2226. Almonte Civitan Hall

# WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday	
1	<ul style="list-style-type: none"> <li>United Steel Workers of Montreal, Neat Coffee Shop</li> <li>Green Drinks, Perth</li> <li>Mississippi Blues Society Jam, Thirsty Moose</li> </ul>	<ul style="list-style-type: none"> <li>Celebrating Foods from Around the World, Lanark</li> <li>Arnprior Traditional Rug Hooking</li> <li>CP Celtic Jam, Ballygiblin's</li> <li>Open Mic, The Barge on the Miss</li> </ul>	<ul style="list-style-type: none"> <li>Peter Brown Jazz Duo, St. James Gate</li> <li>Whiskey Mike, The Stone House</li> <li>De-Mystifying Judaism, Almonte</li> <li>Terry Tufts, The Barley Mow</li> <li>Karaoke, The Barge on the Miss</li> </ul>	
8	<ul style="list-style-type: none"> <li>Mayan Code Study Group, Almonte</li> <li>International Women's Day, CP</li> <li>Eat Local Film Series, Carleton Place</li> <li>Almonte Area Artists' Association</li> </ul>	<ul style="list-style-type: none"> <li>Women's Business Group, CP</li> <li>Puppets Up! Fundraiser, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>Maeve MacKinnon, Neat Coffee Shop</li> <li>Demystifying Mysticism, Almonte</li> <li>CP Celtic Jam, Ballygiblin's</li> <li>Angele Desjardins, Heirloom Café</li> <li>Open Mic, The Barge on the Miss</li> </ul>	<ul style="list-style-type: none"> <li>Peter Brown Jazz Duo, St. James Gate</li> <li>Whiskey Mike, The Stone House</li> <li>Vernissage, Carleton Place</li> <li>Terry Tufts, The Barley Mow</li> <li>Karaoke, The Barge on the Miss</li> </ul>
15	<ul style="list-style-type: none"> <li>Almonte Quilters Guild, Almonte</li> </ul>	16	<ul style="list-style-type: none"> <li>St. Patty's Day Party, The Barge on the Miss</li> <li>St. Patrick's Day - Colin Chalk, St. James Gate</li> <li>Photography Matters, Carleton Place</li> <li>CP Celtic Jam, Ballygiblin's</li> <li>St. Patty's Day Dance, Pakenham</li> <li>Kyle Felhaver, The Downstairs Pub</li> </ul>	<ul style="list-style-type: none"> <li>March Break Crafts, Almonte</li> <li>Flippin' Art Night, Carleton Place</li> <li>Peter Brown Jazz Duo, St. James Gate</li> <li>Whiskey Mike, The Stone House</li> <li>MVFN Ecology Lecture, Almonte</li> <li>Terry Tufts, The Barley Mow</li> <li>Laura, Perth</li> <li>Karaoke, The Barge on the Miss</li> </ul>
22	<ul style="list-style-type: none"> <li>Ladies' Night, Perth</li> <li>Lanark County Quilters Guild, Perth</li> <li>Lanark County Knitting Guild, Almonte</li> </ul>	23	<ul style="list-style-type: none"> <li>Arnprior Quilters' Guild, Arnprior</li> <li>CP Celtic Jam, Ballygiblin's</li> <li>Prescott w/ Adam Puddington, Heirloom Café</li> <li>Open Mic, The Barge on the Miss</li> </ul>	<ul style="list-style-type: none"> <li>Arty Party, Almonte</li> <li>Peter Brown Jazz Duo, St. James Gate</li> <li>Whiskey Mike, The Stone House</li> <li>Terry Tufts, The Barley Mow</li> <li>Karaoke, The Barge on the Miss</li> </ul>
29		30	<ul style="list-style-type: none"> <li>CP Celtic Jam, Ballygiblin's</li> <li>Open Mic, The Barge on the Miss</li> </ul>	<ul style="list-style-type: none"> <li>Peter Brown Jazz Duo, St. James Gate</li> <li>Whiskey Mike, The Stone House</li> <li>Terry Tufts, The Barley Mow</li> <li>Karaoke, The Barge on the Miss</li> </ul>
		31		

## Theatre

PAMT's **Narnia: The Lion the Witch and the Wardrobe**, Mar 5 & 6, 8PM. \$8, at 267-9610 or www.myriadcentre.com. 1 Sherbrooke St. Perth 267-9610  
**Eat Local Film Series**, *The Future of Food*, Mar. 8, 7-10PM. 3-course dinner + show, \$25+tax. Ballygiblin's & CP Cinemas, Carleton Place  
**Puppets Up! Fundraiser**, Mar 9, 8PM. La Pendue presents "Punchy Draw," for ages 10 & up. \$25 at Miller's Tale, Read's Bookstore, at door. Almonte Old Town Hall  
**Laura**, Mar. 18-20, 26-27, 8PM; Mar. 21, 28, 2PM. \$18 in adv (Shadowfax, Book Nook), \$20 at door. 267-SHOW. The Studio Theatre, 63 Gore St. E. Perth  
**Death Of A Doornail**, Mar 19 & 20, 6PM. Mississippi Mudds' murder mystery dinner theatre. \$45, 257-2525. Carleton Heritage Inn, 7 Bridge St. Carleton Place

**Spiritual Cinema Circle**, Mar 28, 2PM. 4 shorts, \$2 donation. fp@superaje.com. Myriad Centre, 1 Sherbrooke St. Perth

## Kids

**March Break Crafts**, Mar 18, 1-4PM. Weaving, crafts, demos for age 11 & under. \$22 from collectionsmvtm@gmail.com. MVTM, Almonte, 256-3754  
**On Stage For Kids**, Mar 28, 2PM. Bald like Dad - Dave Balfour. \$9 at Kentfield Kids, Read's Book Shop, at door. Naismith School, 260 King St. Almonte

## Music

**Montreal Guitar Trio**, Mar 5, 8PM. \$35 from www.ticketmaster.ca. 755-1111. Presented by PPAC. PDCI, 13 Victoria St. Perth  
**St. Patty's Day Prelude Dance**, Mar 6, 1-5PM. \$6. Stewart Com. Centre Pakenham  
**Findlay House Concert**, Mar 6, 8PM. Sheesham & Lotus: \$15. Reserve at 253-0153. 207 High Street, Carleton Place

**Folkus: Marigolds/Wild Turkeys**, Mar 6, 8PM. \$23 from The Miller's Tale (256-9090) or \$27 at door. Almonte Old Town Hall

**The Arden Trio**, Mar 7, 3PM. Classical music fundraiser for CP Hospital. \$10 at Appleton Gift in Almonte or Notre Dame Catholic HS. Zion United Church, CP

**Music of Hank Williams Sr.**, Mar 13, 8PM. With Lyle Dillabough & Mac Knowles. \$10, 257-2525. Carleton Heritage Inn, 7 Bridge St. Carleton Place

**Almonte in Concert**, Mar 13, 8PM. An Invitation to the Dance! (violin/piano). \$27 adult, \$14 student from the Miller's Tale or 253-3353. Almonte Old Town

**Westport Kitchen Party**, Mar 14, 2-8PM. \$10 (dinner not incl) at Murphy's Barber Shop or at door. Supports MUSICwestport, Westport Legion, Hwy 10

**Irish Concert**, Mar 14, 7:30PM. With Heart's Delight. \$10. 259-2671. Middleville Community Centre, Lanark 259-2904

**St. Patty's Day Dance**, Mar 17, 8PM-12AM. \$12. Stewart Com. Centre, Pakenham

**Blues on the Rideau**, Mar 19, 7-10PM. John Campbell/John Band. \$55 dinner & show. www.choosetheblues.ca. The Cove Inn, 2 Bedford St. Westport, 273-3636

**GASM CD Release**, Mar 20, 7:30PM. With-opener Kirk Armstrong. Free (CD is \$20). Myriad Centre, 1 Sherbrooke St. Perth

**Traditional Song Circle**, Mar 21, 2-4PM. Come sing or enjoy. 256-7840. Barley Mow, 79 Little Bridge St. Almonte 256-5669

**Naismith Coffee House**, Mar 26, 7PM. Coffee House/Silent Auction Fundraiser. \$10 advance, \$12 at the door. 256-3773. Naismith School, 260 King St. Almonte

**Fred Eaglesmith**, Mar 26, 8PM at Smiths Falls Collegiate Institute; Mar. 27, 8PM at McDonald's Corners Ag Hall. \$30 at Hill General Store, Nature Lover's, Shadowfax, Scott's Convenience Store. Fundraiser for Tri-County Dental Coalition.

**Raintree Concert**, Mar 27, 8PM. Music from new CD & spiced-up cover tunes. \$15 (students \$10). Almonte United Church

**Arty Party**, Almonte  
**Peter Brown Jazz Duo**, St. James Gate  
**Whiskey Mike**, The Stone House  
**Terry Tufts**, The Barley Mow  
**Karaoke**, The Barge on the Miss

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

# MARCH 2010

## Friday

## Saturday

## Sunday

<p><b>Yoga/Potluck</b>, Lanark  <b>Around the World: Japan</b>, McDonalds Corners          ♪ <b>Live Music</b>, The Stone House          ♪ <b>Montreal Guitar Trio</b>, Perth          ♪ <b>Narnia: The Lion the Witch and the Wardrobe</b>, Perth          ♪ <b>Open Stage</b>, The Downstairs Pub          ♪ <b>DJ/Dancing</b>, The Barge on the Miss</p>	<p>♪ <b>St. Patty's Day Prelude Dance</b>, Pakenham  <b>MLTTC AGM</b>, Lanark          ♪ <b>Mardi Gras Jazz Night</b>, The Cove          ♪ <b>Findlay House Concert</b>, CP          ♪ <b>Marigolds/Wild Turkeys</b>, Almonte          ♪ <b>The Diplomats</b>, St. James Gate          ♪ <b>Narnia: The Lion the Witch and the Wardrobe</b>, Perth          ♪ <b>Shotgun Kiss</b>, The Downstairs Pub          ♪ <b>DJ/Dancing</b>, The Barge on the Miss</p>	<p><b>Seedy Sunday - Perth</b>, Perth  <b>Seedy Sunday - Pembroke</b>, Pembroke  <b>Valley Singles Club</b>, Arnprior  <b>Women in Action, Making a Difference</b>, Perth  <b>Handford Studio Collection/AGM</b>, Arnprior          ♪ <b>The Arden Trio</b>, Carleton Place          ♪ <b>APEX Jazz Band</b>, The Royal Oak          ♪ <b>Semi-Acoustic Jam</b>, The Stone House          ♪ <b>Poetry Slam Series 2010</b>, Almonte          ♪ <b>Sunday Sessions</b>, Ballygiblin's</p>
<p>♪ <b>Live Music</b>, The Stone House          ♪ <b>Jazz at the Swan</b>, The Swan at Carp          ♪ <b>Vernissage</b>, Carleton Place          ♪ <b>Open Stage</b>, The Downstairs Pub          ♪ <b>DJ/Dancing</b>, The Barge on the Miss</p>	<p><b>Holistic Weight Management</b>, Carp          ♪ <b>Music of Hank Williams Sr.</b>, CP          ♪ <b>Almonte in Concert</b>, Almonte          ♪ <b>Mississippi Jug Stompers</b>, St. James Gate          ♪ <b>Johnny Spinks &amp; Kool Water</b>, The Downstairs Pub          ♪ <b>DJ/Dancing</b>, The Barge on the Miss</p>	<p>📖 <b>Book Signing</b>, Lanark          ♪ <b>Westport Kitchen Party</b>, Westport          ♪ <b>Magnolia Rhythm Kings</b>, The Royal Oak          ♪ <b>Semi-Acoustic Jam</b>, The Stone House          ♪ <b>Irish Concert</b>, Middleville          ♪ <b>Sunday Sessions</b>, Ballygiblin's</p>
<p><b>Around the World: Ireland</b>, McDonalds Corners  <b>Dinner and Spirit Walk</b>, Perth          ♪ <b>Death Of A Doornail</b>, Carleton Place          ♪ <b>Blues on the Rideau</b>, The Cove          ♪ <b>Live Music</b>, The Stone House  <b>Almonte Lecture Series</b>, Almonte          ♪ <b>Laura</b>, Perth          ♪ <b>Open Stage</b>, The Downstairs Pub          ♪ <b>DJ/Dancing</b>, The Barge on the Miss</p>	<p>♪ <b>Elizabeth Shepherd</b>, Neat Coffee Shop  <b>Psychic Fair</b>, Perth          ♪ <b>MVTM Vernissage</b>, Almonte          ♪ <b>Death Of A Doornail</b>, Carleton Place          ♪ <b>Ben San Pedro</b>, The Cove          ♪ <b>Lisa Kopil</b>, St. James Gate          ♪ <b>Laura</b>, Perth          ♪ <b>Hope Street Band</b>, The Downstairs Pub          ♪ <b>Brock Zeman's Birthday Bash</b>, The Barge</p>	<p><b>Psychic Fair</b>, Perth          📖 <b>Book signing</b>, Lanark          ♪ <b>An Afternoon with Mary Cook</b>, Almonte          ♪ <b>Traditional Song Circle</b>, Barley Mow Pub          ♪ <b>Laura</b>, Perth          ♪ <b>APEX Jazz Band</b>, The Royal Oak          ♪ <b>Semi-Acoustic Jam</b>, The Stone House          ♪ <b>Sunday Sessions</b>, Ballygiblin's</p>
<p><b>Breakfast With Soul</b>, Almonte  <b>Spirituality as a Part of Health</b>, CP          ♪ <b>Naismith Coffee House</b>, Almonte          ♪ <b>Jazz at the Swan</b>, The Swan at Carp          ♪ <b>Live Music</b>, The Stone House          ♪ <b>Fred Eaglesmith</b>, Smiths Falls          ♪ <b>Laura</b>, Perth          ♪ <b>Open Stage</b>, The Downstairs Pub          ♪ <b>DJ/Dancing</b>, The Barge on the Miss</p>	<p>👥 <b>Arnprior &amp; District Quilters Guild Quilt Show</b>  <b>Local Affair Trade Show</b>, Perth          ♪ <b>Maple Run Studio Tour</b>, Pakenham  <b>Spring Tea/Bazaar</b>, Ashton  <b>Local Food 3-Course Dinner</b>, Perth  <b>Masquerade Mystique</b>, Carleton Place          ♪ <b>Raintree Concert</b>, Almonte          ♪ <b>Contra Dance</b>, Almonte          ♪ <b>Fred Eaglesmith</b>, Agricultural Hall          ♪ <b>House Concert</b>, Perth          ♪ <b>The Night Crawlers</b>, St. James Gate          ♪ <b>Laura</b>, Perth  <b>Earth Hour Marshmallow Roast</b>, Arnprior</p>	<p><b>Pancake Breakfast</b>, Union Hall  <b>Local Affair Trade Show</b>, Perth          ♪ <b>Maple Run Studio Tour</b>, Pakenham          ♪ <b>Arnprior &amp; District Quilters Guild Quilt Show</b>  <b>Virtual Tour of Holy Places</b>, Pakenham          ♪ <b>SRO Tea Dance</b>, Almonte          ♪ <b>On Stage For Kids</b>, Almonte          ♪ <b>Perth Citizens' Band</b>, Legion Hall          ♪ <b>Spiritual Cinema Circle</b>, Perth          ♪ <b>Laura</b>, Perth          ♪ <b>Magnolia Rhythm Kings</b>, The Royal Oak          ♪ <b>Semi-Acoustic Jam</b>, The Stone House          ♪ <b>Sunday Sessions</b>, Ballygiblin's</p>

👥 The **Almonte Library Corridor Gallery** presents Janice Street, Photography  
 👥 The **Mississippi Mills Chamber Gallery** presents Rivka Waas, Mixed Media  
 👥 **Brush Strokes** presents Lorraine English, acrylic on canvas <www.brushstrokesart.ca>  
 👥 **Baker Bob's Gallery** in Almonte presents "Shimmering": acrylic paintings by Jennifer Noxon  
 👥 **Gallery Perth** presents local art <www.galleryperth.com>  
 👥 **Mississippi Valley Textile Museum** presents an exhibit of the Appleton textile mills <www.textilemuseum.mississippimills.com >  
 👥 **Stittsville Public Library** presents "Budding Artists" Spring Show, from children & youth at Art Mad classes, from March 11 <info@artmad.ca>

**Almonte Contra Dance**, Mar 27, 8-10PM. Beginners at 7:30PM. 256-2689, www.almontecontra.ca. Almonte Old Town Hall  
**Music On McLean House Concert**, Mar 27, 8PM. The Marigolds. Invitations at tenants@sympatico.ca or 267-7902. Perth  
**SRO Tea Dance**, Mar 28, 1-4PM. With Standing Room Only. \$10 (cash only). Almonte Old Town Hall  
**Perth Citizens' Band**, Mar 28, 2PM. Swing Into Spring Concert. \$5 each; \$10 for families. www.perthband.ca. Perth Legion  
**CPHS & CP Community Band**, Mar 29, 7:30PM. Last chance before Brad Mills retires! Carleton Place Hlgh School.  
**Jazz at the Swan** (The Swan at Carp, Fall-down Lane Carp, 839-7926) 7-10PM. Mar 12, 26  
**Neat Coffee Shop** (1715 Calabogie Rd. Burnstown 433-3205) presents live music, \$20 at the door. Mar. 2 United Steel Workers of Montreal

Mar. 10 Maeve MacKinnon  
 Mar. 20 Elizabeth Shepherd  
**The Downstairs Pub** at J.R. is (385 Ottawa St., Almonte, 256-2031): Fridays Open Stage, no cover. Mar. 6 Shotgun Kiss  
 Mar. 13 Johnny Spinks & Kool Water  
 Mar. 17 Kyle Felhaver  
 Mar. 20 Hope Street Band  
 Mar. 27 DJ  
**St. James Gate** (111 Bridge St., Carleton Place, 257-7530): Peter Brown Jazz Duo Thursdays (7-10PM). Live at the Gate Saturdays (8-10PM). No cover. Mar 6 The Diplomats  
 Mar 13 Mississippi Jug Stompers  
 Mar 17 St. Patrick's Day w/ Colin Chalk  
 Mar 20 Lisa Kopil  
 Mar 27 The Night Crawlers  
**The Royal Oak** (329 March Rd. Kanata, 591-3895): jazz on Sun. (3-6PM), no cover. Mar 7, 21 APEX Jazz Band  
 Mar 14, 28 Magnolia Rhythm Kings

**The Stone House Bar & Grill** (3740 Carp Rd., Carp, 839-1091), Whiskey Mike Thur. (7-11PM), Live Music Fri. (7-11PM); semi-acoustic jam Sun. (5-10PM).  
**The Cove** (2 Bedford St., Westport, 273-3636)  
 Mar 6 Mardi Gras w/ Spencer Evans Trio  
 Mar 20 Ben San Pedro w/ Terry Cowan  
**The Barley Mow** (79 Little Bridge St., Almonte, 256-5669): Terry Tufts Thur. (8-11PM), Fri/Sat starts at 9PM. No cover.  
**Ballygiblin's Restaurant & Pub** (151 Bridge Street, Carleton Place, 253-7400): CP Celtic Jam Wed. (7:30-10PM), all ages/levels (davidh@rogers.com), no cover; Peter Brown, Roger Plant Sun. (8-11PM)  
**The Barge on the Miss** (142 Bridge St., Carleton Place, 253-7066): Open Mic Wed. (8:30PM-close), Karaoke Thur. (9PM-close), DJ/Dancing Fri. & Sat.  
 Mar 17 St. Patty's Day Party - Lyle Dill-abough (2:30PM), God Herself (8PM)  
 Mar 20 Brock Zeman's B-day Bash (9PM)

**Heirloom Café/Bistro** (7 Mill St., Almonte, 256-9653): Live Music Wed. (8-11PM). No cover.  
 Mar 10 Angele Desjardins, EP Release  
 Mar 24 Prescott with Adam Puddington

## Community

**Green Drinks**, Mar 2, 5:30PM-7:30PM. People in environmental field meet for drinks. www.greendrinks.org. The Crown Pub, 71 Foster St. Perth 267-4500  
**Celebrating Foods from Around the World**, Mar 3, 9-11:30AM. Cook and eat together, free. Register at 259-2182. Health Centre 207 Robertson Dr. Lanark  
**De-Mystifying Judaism**, Mar 4, 7:30PM. With Rabbi Bulka. Info: 256-1355. Donations welcome. Almonte United Church  
**Yoga/Potluck**, Mar 5, 10AM-1PM. Gentle yoga & potluck lunch. Free. Register at 259-2182. Health Centre 207 Robertson Dr. Lanark

**Around the World on a Dinner Plate**. Mar 5, Japan, Sushi. Mar. 19 St. Patrick's Irish Stew (w/ talent show). Help cook at 5:30PM, eat at 6PM. 278-0388. MERA Schoolhouse, McDonalds Corners

**Mississippi Madawaska Land Trust Conservancy AGM**, Mar 6, 2-4PM. Dave Walker, Can. Land Trust Alliance. 267-4899. St. Andrews United Church, Lanark

**Seedy Sunday - Perth**, Mar 7, 10AM-3PM. Seed sellers, swap table, gardening & seed workshops. Free. 284-0578, Perth Legion

**Seedy Sunday - Pembroke**, Mar 7, 10AM-3PM. 100-mile lunch, heirloom, organic seeds & plants for sale, workshops. Fellowes High School, Pembroke

**Valley Singles Club**, Mar 7, 12:30-2:30PM. Singles brunch. Register at 256-8117. Jim's Restaurant, 54 Elgin St. W. Arnprior

**Women in Action, Making a Difference**, Mar 7, 1-4PM. With the Hon. Flora MacDonald. \$5 at door or Oxford Linens (Perth). Lion's Hall, Perth Fairgrounds

**Handford Studio Collection/AGM**, Mar 7, 1-3PM. Images of Renfrew & area. Free. Nick Smith Centre, Arnprior

**Mayan Code Study Group**, Mar 8, 8:30-10:30AM. Info at www.lillywhite.ca. 237 Christian St. Almonte, 256-0216

**International Women's Day**, Mar 8, 7-8PM. Local women's advocates. Spoken Word & LCIH. 257-1115, www.lcih.org. Free. CP Cinemas, Carleton Place

**Women's Business Group**, Mar 9, 7:30-8:30AM. www.wbgroup.ca. Carleton Heritage Inn, 7 Bridge St. Carleton Place

**Demystifying Mysticism**, Mar 10, 6:30-9:30PM. With Lilly White and local practitioners. Almonte Old Town Hall

**Holistic Weight Management**, Mar 13, 1-3PM. With Katherine Willow, ND. Tour of Healing House. www.ecowellness.com. 2386 Thomas Dolan Pkwy, Carp, 839-1198

**MVFN Ecology Lecture**, Mar 18, 7:30-9:30PM. Ecosystem Vitality & Indicator Species, by Dr. Bill Crins. \$5 for non-members. 257-3089. Almonte United Church

**Dinner and Spirit Walk**, Mar 19, 6-9PM. Pls call for details: 326-0082. Code's Mill Inn, 82 Peter St. Perth

**Almonte Lecture Series**, Mar 19, 7:30PM. What Grawling Glaciers Say to Us w/ Denis St. Onge. Almonte United Church

**Psychic Fair**, Mar 20 & 21, 10AM-5PM. Evening seance on Sat. Code's Mill Inn, 82 Peter St. Perth, 326-0082

**Ladies' Night**, Mar 22, 6:30-9PM. With a Babor Cosmetics rep. By donation to food bank. Code's Mill Inn 82 Peter St. Perth

**Breakfast With Soul**, Mar 26, 8-9AM. www.lillywhite.ca. \$5 for coffee/muffins. Register at 256-0216. 237 Christian St. Almonte

**Spirituality as a Part of Health**, Mar 26, 9AM-3:30PM. \$30, incl. lunch. Register by March 23 at terryk\_lcp@bellnet.ca, or 858-7752. Carleton Place Canoe Club

**Local Affair Trade Show**, Mar 27 & 28, 10AM-5PM. \$5 to the Food Bank. Code's Mill Inn, 82 Peter St. Perth

**Spring Tea/Bazaar**, Mar 27, 11AM-1PM. With bake sale & white elephant table. Ashton United Church, 693-1849

**Local Food 3-Course Dinner**, Mar 27, 6-9PM. www.eco-logicalsolutions.com. Perth Curling Club

**Masquerade Mystique**, Mar 27, 6PM-12AM. For the Children's Wish Foundation. 812-1842. Carleton Heritage Inn, 7 Bridge St. CP

**Earth Hour Marshmallow Roast**, Mar 27, 8:30-9:30PM. Turn out your lights and enjoy free marshmallows & hot chocolate. Galilee Centre, 398 John St. N. Arnprior

**Pancake Breakfast**, Mar 28, 9AM-2PM. Union Hall, corner Wolf Grove & Tatlock Rds near Almonte

**Virtual Tour of Holy Places**, Mar 28, 1-3PM. Rev. Heather Kinkaid shares her memories of a visit to the Holy Land. Lunch. St. Andrew's United Church, Pakenham

# Spirituality as a Part of Health and Well-Being

## Sponsored by Lanark Community Programs

There is a part of our being which is spirit — a component different from but equal to our physical, emotional, and intellectual development and health. This “spirit” component did not fare so well in the preceding Age of Science because it wasn’t observable, measurable or quantifiable. We are left puzzled as we have an awareness of something that is our essence, yet we often lack the words to articulate and communicate this spiritual aspect of ourselves. We fear we will be thought crazy or, at the very least, misunderstood, if we try to talk about this personal reality.

While the Age of Science brought us many positive advances, the misuse and limits of this approach in isolation have led us to a world of increased power in war and violence, and a planet on the verge of destruction. On an individual level, we humans often feel great isolation, marginalization, depression and a feeling that something is missing.

Yet even though many of our former structures and thoughts are in a state of non-function and decay, there are many strong manifestations of a growing consciousness that breaks down our sense of separateness and the barriers of race, religion, culture and economic disparity. We have leading thinkers such as Jean Vanier, Karen Armstrong,

Eckhart Tolle, Matthew Fox, Black Elk and many others who help us validate and articulate our own spiritual experiences. Thousands of people are streaming to a movie (*Avatar*) in which the central message is our connectedness to each other and to the earth. The essence of spirituality is our connectedness to our real self, to one another, to the universe, and the wonderment of it all.

We welcome you to a day of sharing your experiences, thoughts and questions about spirituality — the long unacknowledged part of our health. We are fortunate to have as our facilitators for the day, two men who have years of leadership in the academic, mental health, and theological worlds, and also great awareness and knowledge of the uniqueness and emergence of spirituality in our consciousness.

Dr. Jim Albert taught Social Work at the University of Toronto and was Director of Social Work at Carleton University from 1973 to 1996. Jim is also an elder of the First Nation Community and, as such, is very involved in the life of the Wabano Centre for Aboriginal Health in Ottawa. Jim lives on a farm outside of Lanark on which he regularly runs sweat lodges.

Dr. Stan Errett is a registered psychologist with a doctorate in ministry from the University of

Alberta. He is also an ordained United Church minister, having served previously and primarily at Grace United Church and the Royal Alexander Hospital in Edmonton, and St. David’s United Church in Calgary. Stan retired to the Lanark area, where he continues to pursue his passions: horses and wilderness.

Stan and Jim will share with us their knowledge, understanding and experiences of spirituality, from all the rich and varied aspects of their lives. Both state that it was spirituality which “kept them sane” in the years they spent in very good, but bureaucratized and institutionalized structures of academia and theology. They will facilitate the process of exploring our collective and individual spirituality.

The event will be held at the Carleton Place Canoe Club on March 26, 9AM to 3:30PM. Please register by March 23, either by visiting <[www.surveymonkey.com/s/YDHHSBT](http://www.surveymonkey.com/s/YDHHSBT)>, emailing Terry Kirkpatrick at <[terryk\\_lcp@bellnet.ca](mailto:terryk_lcp@bellnet.ca)>, or phoning Donna Davidson at 858-7752.

The cost of \$30 includes lunch, which will feature local and/or organic food. If the cost would make it difficult for you to attend we are very open to barter.

Please join us in what will be a very eclectic and interesting gathering.

— Donna Davidson

# Humm Bits:

## Pancakes at Union Hall

Once again, the folks at Union Hall are celebrating the coming of spring on Sunday, March 28, with a Pancake Breakfast. Food is being served from 9AM until 2PM. Diners will enjoy pancakes and sausages, with lashings of butter, blueberry compote and maple syrup, accompanied by fruit juice, coffee or tea. Prices are moderate, since the primary goal is to bring the community together.

Union Hall, located at the corner of Wolf Grove and Tatlock Roads, west of Almonte, has served the public for over 150 years. This year, visitors will enjoy the benefit of new windows and new furnishings, courtesy of a grant from the Town of Mississippi Mills. This annual fundraiser is organized by the Hall committee for the benefit of the public at large and all are welcome. Reservations are not necessary. In addition to diners, the committee would especially like to hear from anybody willing to provide musical accompaniment to the proceedings. Please contact Ray Fortune at 256-0025.

Union Hall is an 8km drive west of Almonte, through scenic maple bush, along Wolf Grove Road. After breakfast, visitors can enjoy a stroll through the sugar bush and catch a glimpse of maple syrup production at a local sugar shack.

## Perth Band Swings Into Spring

The Perth Citizens’ Band will be holding their annual Spring Concert entitled “Swing Into Spring” on Sunday March 28 from 2-4PM at the Legion Hall, 26 Beckwith St. E. in Perth. The concert will feature a variety of swing and easy listening popular music from the 1940s through early 1970s, from the styles of big bands such as the Glenn Miller Orchestra, to the more contemporary sounds of the Carpenters and the Association.

There will be light refreshments served during the afternoon, and even a small dance floor for the more adventurous in the audience. Most tunes will be familiar to both old and young. The cost is \$5 per person, and \$10 for families. The Perth Citizens Band is Canada’s oldest continuing town band and has performed in Perth and area since the 1850s. It is comprised of members from Perth and surrounding communities ranging in age from students to seniors. For more information, please visit <[www.perthband.ca](http://www.perthband.ca)>.

## Two Fundraisers for LAWS

The Lanark Animal Welfare Society (LAWS) is a non-profit organization dedicated to providing shelter, food, and medical attention to the animals in their care. They have two special fundraising events happening in April. First up is the LAWS Spring Craft Show and Bazaar on Saturday, April 10 from 9AM to 2PM at Legion Branch 95 in Smiths Falls (on Main Street East). Vendors are most welcome, and tables cost \$20 each (table proceeds go to the spay & neuter program). John Cullen, an award-winning artist and friend of LAWS will be on hand to create your one-of-a-kind caricature. There will also be a silent auction, refreshments and lunch available. For reservations and inquiries please contact Linda Bell at 275-2501 or <[lbell7@sympatioc.ca](mailto:lbell7@sympatioc.ca)>.

Later that month in conjunction with the Perth Festival of the Maples, LAWS is organizing a gently-used book sale on Saturday April 24 from 8:30AM to 4PM. Visit their booth at the corner of Gore and Colborne Streets in beautiful downtown Perth. All proceeds will benefit the animals in their care. For more information about these events and LAWS in general, please visit <[www.lanarkanimals.ca](http://www.lanarkanimals.ca)> or call 283-9308.

## YAK Needs Help to Roll Out the Red Carpet

YAK Youth Centre in Perth is currently embarking on an exciting new project to ensure that young men and women in the community can arrive in style at their graduations and formals. This project is similar to the popular Fairy Godmother and Cinderella projects that have been run in the past in other communities. They are asking community members to get involved by donating items from their youth wish list. The list includes: formal or cocktail dresses, dress pants, dress shirts and suits, purses and handbags, shawls and wraps, jewellery and hair accessories, nylons, ties, perfumes or lotions, cologne, body wash and make-up.

Monetary donations to purchase any items they do not receive through donations would also be greatly appreciated. Donated items will be distributed to local youth at a special event in April. YAK would like to thank everyone in advance for supporting youth in the community! Donations can be dropped off at YAK Youth Centre, 1 Sherbrooke St. E. in Perth, Monday through Friday from 9AM to 5PM. For more information please contact Sara Hammel at 264-8381 or at <[yakyouthcentre@gmail.com](mailto:yakyouthcentre@gmail.com)>.

**Artistic Allsorts**  
A delicious taste of colour!

February 6th through April 25th

**Escape the Monochrome of Winter!**

31 Main Street, Westport Thurs. to Sun. 12 - 4:30

[www.galleryonmain.ca](http://www.galleryonmain.ca) gallery on main

**THE ASHTON STORE**  
Since 1851

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

613-257-2296  
8981 Flewellyn Road ~ Ashton Ont.  
[www.theashtonstore.ca](http://www.theashtonstore.ca)

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

**Beautiful Condo for Rent in Almonte**  
Fantastic river view • Located in Historic Millfall building  
1 bedroom plus den • Bright and spacious with fireplace  
5 appliances and parking included. Call now to arrange a viewing: 613-256-4309



**We've Moved!**  
(again)  
to 31 Main St.  
(still in Westport,  
can't wait to see you there!)



31 Main Street in Westport  
613-273-2727  
[www.stillwaterbookstore.com](http://www.stillwaterbookstore.com)

## Treat Yourself to Tarot!

Willow and Thorn is offering "Tarot for Yourself" on Saturday, May 1. If you are interested in learning more about tarot cards, or if you already own a deck but are not yet comfortable using it, then this course is a good introduction.

Instructor Janice Aiken explains: "I have been reading tarot cards for 27 years. In the beginning, I read with the traditional Rider-Waite deck, but found the rules very rigid. For one, it said you could only do readings for other people. I rebelled and began reading for myself. A couple of years later, I found Mary Greer's excellent book, *Tarot for Myself*. I did all of the exercises

from her book, changed decks, and my love affair with tarot has never ended. I have used many divination systems since starting with tarot cards, but I always come back to tarot because the symbolism speaks to me. I have found it an illuminating way to get a bigger picture. There are as many ways to do a reading as there are tarot card decks. I will teach you a few of my favorites. I have over ten decks, so if you need to borrow a deck for the day, you are welcome to."

The course will run from 10AM until 4PM, either Janice's home or another location in the country. You can register with Janice Aiken at 256-6243.

**ONE BEDROOM**  
from  
**\$119 900**  
Solar Hot Water  
Included



**PIT and Condo fees**  
**\$660**  
with 5% down

**ALMONTE – PERTH**  
**CARLETON PLACE**

email [info@houselegends.com](mailto:info@houselegends.com)  
Referral fee: \$4000

**Jewellery** **Clothing**  
Spring Fashions  
and Jewellery  
arriving daily



**Compact Discs**  
**Gifts from around the globe**

**SHADOWFAX**

(613) 267-6817  
67 Foster St., Perth  
Open 362 days a year

## Poets, Slams, Olympics, and a Host With the Most!

February has been an interesting month for slam poetry and spoken word. During the opening ceremonies of the Olympics, a slam poet by the name of Shane Koyczan did a poem for what was arguably one of the largest audiences to ever watch a performance of the same work. It literally elevated (he was on an incredible raised platform) spoken word to a whole new level. What most people probably don't know is that Koyczan performed in Carleton Place in 2008, to a small but appreciative crowd of slammer and poetry aficionados. The Lanark County Live Poets Society (LiPS) have been bringing in top-notch spoken word performers for the last three years, and in March you have a chance to catch yet another fantastic act, and maybe get into the act yourself.

On March 7, the third in the LiPS slam series will be happening at JR's Downstairs Pub in Almonte. In order to make it into the Lanark County slam finals, a performer must compete in two slams. Time is running out! There are only four more slams left to go. And even if you don't come to slam, you should come for the featured performer. Elsy Maltin is the Director of the London Poetry Slam and is an intense and intelligent spoken word performer. Her work is powerful and deals with the issues of violence against women, the female body, as well as many other topics, and she will be a perfect complement to International Women's Day which takes place on March 8.

### All In A Day, Everyday!

On another arts-related note, on February 20 I had the honour of co-hosting the Young Awards Gala with Alan Neal. It was a great night, with beautiful performances and some sauced-up puppets, and incredibly inspiring tributes to both Sue Adams and Fern Martin. I think what stuck with me was having the opportunity to see the arts community coming together to help keep arts thriving in the schools. That, and having the chance to co-host next to a veritable pro in the hosting department.

guest host, and they are looking for someone to fill the slot. As far as I'm concerned they have found that someone. Alan is witty, intelligent and conscientious. He knows the importance of community and building a relationship with his listeners. Some of us rely on that relationship to see us through the day, to bring us information in an engaging and personal manner. Alan does just that. He puts his heart and mind out there. I have watched Alan do so much for the spoken word community, be it hosting the CBC Poetry Face Off, or the

Danielle Grégoire with her Young Awards co-host Alan Neal



Photo by Eileen Hennemann

Alan Neal has been with CBC for ten years, and he seems to be everywhere, hosting event after event. As I drove him to Almonte I asked him why he does so many hosting gigs, given that he does not get paid for them. He replied that he likes giving back, back to the CBC and back to the communities who support him.

The other thing I found out is that Alan's stint on *All in a Day* may be coming to an end in March. He is the temporary

Lanark County slam finals, and it isn't just spoken word that he supports. He really is interested in just about everything. With all the cuts to CBC I'm not sure what will happen to Alan once his time on *All in a Day* is over, so I have a plea: let us return the favour and help Alan secure the *All in a Day* hosting spot. Send your letters to P.O. Box 3220, Station "C", Ottawa, ON, K1Y 1E4, email [allinaday@cbc.ca](mailto:allinaday@cbc.ca), or call 288-6000.

— Danielle Grégoire

**NAPA** **AUTOPRO** **RYNO MOTORS** SALES & SERVICE  
141 Industrial Dr., Almonte

Our Latest "Masterpiece"



An exploration in expressionism by an under achieving head gasket.

View more of these artistic creations by visiting our website.

The Leaking 4x4

This month's special **10%** off any service or repair requiring a wrench.

[www.rynomotorsalmonte.com](http://www.rynomotorsalmonte.com) **Not Your Typical Garage**  
613-256-4744

**almonte condominiums**

Urban meets rural in lifestyle,  
contemporary meets historic in design.

A booming mill town at the turn of the last century, Almonte is currently experiencing a contemporary revival as a vibrant and authentic neighborhood on the waterfalls of the Mississippi River.

Walk along the river to a favourite restaurant or coffee shop.  
Or stroll along the main street and pick up your supplies for tonight's dinner.

**All within steps of home.**

**the VICTORIA WOOLEN MILL**

**AVAILABLE NOW**  
residential  
and commercial  
CONDOMINIUMS




**COMMERCIAL UNITS**  
are being purchased as investments  
and as future residential suites

**Only 3 residential units remain available at the Thoburn Mill!**

Visit us at [almontecondos.com](http://almontecondos.com) or call 613 256 9306 to arrange a visit.

almonte heritage redevelopment group • [www.redalmonte.com](http://www.redalmonte.com)

# Calendars Out for the Close of a Winter Day

Westport has a number of organizations doing great work for the community. My family and I were lucky enough to take part in two events this month that were geared towards family fun. The first was Westport Wally (Westport's version of Groundhog Day), held

by Steve Scanlon

at The Cove Inn on February 6 with games and treats for kids of all ages. The second was the Family Olympics held at Shillington Park on Family Day, February 15, where the kids were treated to Olympic-style games like Shillington Style Curling and Obstacle Toboggan Races. It's events like these, planned by people who simply want to bring families together for some great outdoor fun, that makes what seems like the longest month of the year a little shorter. Shorter is good.

Personally, I'm not usually a big fan of February, but having the opportunity to get out and enjoy a day or two with my family at events such as these made it just that little bit more bearable. Still, I look forward to March (despite its inevitable blizzards). March is the month that spring finally arrives, when

we don't have to bundle the kids up to get out. No more searching for missing mittens, wiping runny noses, and bundling into snowsuits. As a parent, I really, truly, and vigorously look forward to a day without sodden mitts and a kitchen tracked with melted snow.

As Irish novelist Elizabeth Bowen writes, "autumn arrives in early morning, but spring at the close of a winter day." I look forward to the close of that winter day with all my heart.

March also brings with it the beginning of a series of events planned by The Westport Arts Council. The Arts Council has been hard at work scheduling a number of annual festivities, the first of which is the second annual **Westport Kitchen Party**, to be held Sunday, March 14, from 2-8PM. They are hosting the Kitchen Party at the Westport Royal Canadian Legion Hall on Highway 10. There will be non-stop lively music provided by some of the area's local musicians, a cash bar, and dinner is also available. Tickets for this event are only \$10 (dinner not included in the ticket price) and the funds go to support MUSICwestport, the Westport Arts Council's annual music festival. You can pick tickets up at Mur-

phy's Barber Shop in Westport and they will also be available at the door. The first annual Kitchen Party was very well attended, so get there early and don't forget your dancing shoes.

Don't pack your dancing shoes too far away after the Kitchen Party, because the Arts Council will be hosting its second fundraiser for MUSICwestport on June 5, at the Cove Country Inn. This is the second annual **Good Times Party** hosted by the Arts Council, and this year's theme is Disco Mania night, complete with deejay and mirror ball. Tickets for this occasion will be \$40 and will include a roast beef buffet, dessert, coffee, gratuity and all the disco your heart desires. Mark your calendar, get your disco duds out of mothballs, get your groove on, and "do the Hustle".

As I mentioned, funds raised from these events will go towards the much-anticipated fourth annual **MUSICwestport**, Westport's annual music festival. This year the festival will be held on August 14. As usual, there will be three stages: one behind The Cove on Bedford Street, one on Church Street in front of A Victorian Reflection B&B, and the third on Bedford Street on the lawn of SOHO's.

There will be nine bands playing throughout the day, beginning at noon with a kid's show. The fun continues into the evening with an indoor show at The Cove beginning at 8PM.

Keep your calendar out until you mark Sunday, September 26. This is the day that the Westport Arts Council leaves the music behind and brings you the spoken word as they present their third annual **Writers Reading** day. This day runs from 1 to 4PM,

with three authors reading from or discussing their work.

The Westport Arts Council events remind us that, for a small town, we have some big things happening. So, if you are anything like me, you'll look forward to the dates on the calendar once you have packed away all your winter gear. Until then, has anyone seen a single brown mitten? My daughter has misplaced hers...

## Ukelele Revival at Musicworks!

On Monday, March 15, Mississippi Mills Musicworks, in collaboration with world-class luthier Wolf Kater, is giving kids of any and all ages the opportunity to build their own ukulele.

How much fun is that!? The rest of the March Break promises to bring lots of grins and giggles too... On Tuesday, participants get to paint their newly crafted instruments, which, given the highly artistic nature of our populace, should yield some interesting specimens... Wednesday through Friday, students can book private lessons, or reserve our teaching studios to rehearse for the Big Show. That's right! On Saturday, March 20 at 2PM, willing ukuleleists are invited to strut their stuff, highlighting both their musical talents and the fruits of their creativity. Prizes will be awarded for the funkier uke, and for best performance — which may take shape in a solo number, duo, trio, orchestra... we'll cap the event off with a rising rendition of *You Are My Sunshine* performed by all.

So! March Break is Ukulele Week! For more information, visit <www.wolfkater.com>, <www.mmmusicworks.ca>, or call us at 256-PLAY. Long live the ukulele revival!



**Kellys' Success Tip of the Month: Feed the birds!**

This is a challenging time of year to show off how beautiful your yard and gardens are. Looking out on a backyard with a forgotten lawn chair frozen into the ground, brown grass popping through among the odd rock, and perhaps signs of a dog whose owner has procrastinated on the "pick up" job can be pretty depressing. Often sellers focus on the front entrance and "curb appeal" but pay no attention to the place most buyers will imagine relaxing in, the back garden. Our solution: For starters, chisel the lawn chair out of the ground, shovel a nice path around your yard so that interested buyers can venture out without walking through snow or slippery ice, and pick up after your dog. And finally, an idea that few think of, set up a beautiful bird feeder. When a potential buyer looks out at the back yard and sees a magnificent birdfeeder with birds happily snacking on it you have a slam dunk! Buyers won't notice the brown grass and they will remember how happy those birds were to hang out at that lovely, well looked after property.

We can help, give us a call at 613-859-0100 and experience success!



**Jennifer Kelly**  
SALES REPRESENTATIVE

**Sutton**  
Premier Realty (2008), Ltd.,  
Brokerage  
(613)254-6580

**Patrick Kelly**  
SALES REPRESENTATIVE

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

Order by April 16th: [www.mississippimills.com](http://www.mississippimills.com)

## Go Green: Plant a Tree!

Shade, flowering, fruit and large trees!  
Nursery grown, root and branch pruned, excellent quality



The best time to plant a tree was 20 years ago. The second best time is NOW! (Ancient Proverb)

Trees priced from \$35 to \$70. All trees include fertilizer, mulch, compost and planting seminar!

Deadline for tree orders is April 16th. Pick up your trees April 24th at 3131 Old Perth Road (back of municipal building) between 9AM and NOON!

All tree sale proceeds to the Mississippi Mills Chamber of Commerce.



How to order trees: Download order form from [www.mississippimills.com](http://www.mississippimills.com). Or mail your order and cheque to Mississippi Mills Chamber of Commerce, PO BOX 1244, Almonte, K0A 1A0.

**Pick up your trees April 24th**  
3131 Old Perth Road (Municipal Building)

# The Fred Eaglesmith Show

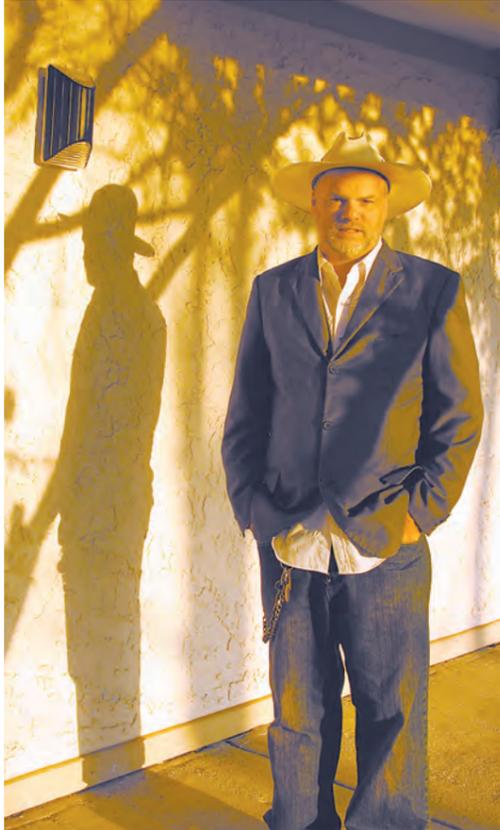
The Tri-County Dental Coalition is pleased to announce upcoming concerts featuring award-winning singer/songwriter Fred J. Eaglesmith and his band, on March 26 at the Smiths Falls Collegiate Institute, and at the Agricultural Hall in McDonald's Corners on March 27. Fred spent 2009 barnstorming North America, Europe and Australia with his band as well as solo, and this winter he is back with another great show.

His songwriting has not gone unnoticed by some of today's major country artists. Alan Jackson does a mean rendition of Eaglesmith's *Freight Train* and Toby Keith highlights *Thinkin' about You* on one of his recent albums.

Fred's most recent and 17<sup>th</sup> album, *Tinderbox*, has been hailed as a "masterwork" (*Philadelphia Inquirer*), and as "one of the best albums of last year" (*San Jose Metro*). It was nominated for a Juno Award and the Polaris Prize. Recently, best-selling author and avid music fan Stephen King included Eaglesmith in his "Ultimate Playlist" in *Entertainment Weekly*, touting him as "country music at its best." As *The New Yorker* magazine observes, "If you're missing Fred Eaglesmith, you're really missing out."

The Juno award-winning musician grew up on a dirt-poor dairy farm bordering the Lin-

coln County Line in the Niagara Region of southern Ontario. One of nine children, life was not always easy and fair, and his songwriting reflects those life experiences. He has a concern for the poor and those who have experienced injustice, and his heart is reflected in the songs



Catch Fred in Smiths Falls on March 26 or McDonald's Corners on the 27<sup>th</sup>.

that he writes and sings. His recent promotion of World Vision's work in Haiti, as well as his support at Christmas for the Steelworkers in the Hamilton area who have lost their jobs, attests to that. It only made sense

to have Fred help raise funds for persons struggling with money and pained by dental challenges — the community that the Tri-County Dental Coalition seeks to serve in Lanark, Leeds and Grenville Counties.

Fred's songs reference farmers struggling with big banks and government, truckers coaxing old rigs with cracked windows, the working man plying broken dreams, the vet dwelling on his war past, etc. He writes about simpler challenging times and how things have changed. Small engines at fairs, old tractors that now sit on restaurant lawns, and big old trains are but some of life's reflections.

While Fred is first and foremost a songwriter and a singer, he is also a great entertainer with a wicked sense of humour. Eaglesmith promises to provide two nights of really great entertainment, in Smiths Falls on March 26 and in McDonald's Corners on March 27. We suggest you book your tickets early as these concerts are likely to sell out. Tickets are \$30 and can be purchased at Hill General Store (McDonald's Corners), Nature Lover's Bookstore (Lanark), Shadowfax (Perth) and Scott's Convenience Store/Ultramar (Smiths Falls). For more about Fred, see <[www.fredeaglesmith.com](http://www.fredeaglesmith.com)>.

Shop and Learn at the Second Annual  
**Environmental Fair**  
Featuring Local Businesses, Groups and Service Providers  
offering Green Alternatives for your daily life.

**Saturday April 24**  
9 to 3  
Free Admission

**Carleton Place Arena**  
Inside and outside

Kids' activities Door prizes & more!

Presented by: **cpeac**  
Carleton Place Environmental Advisory Committee

If you are interested in participating as a vendor/presenter please contact Dena at [denacomley@gmail.com](mailto:denacomley@gmail.com) or 613-250-0484

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

**Victory Farm Alpacas** OPEN 10 - 4 Saturday & Sunday or By Appointment **Victory Farm STORE**

Store features a variety of Canadian & Peruvian alpaca products including rovings, yarn & socks.

Just 3 kms north of Watson's Corner  
[brian@victoryfarm.ca](mailto:brian@victoryfarm.ca) 613-259-0228  
[www.victoryfarmalpacas.com](http://www.victoryfarmalpacas.com)

**Joy NEVILLE** sales representative

Spring Market is just ahead!  
Call Joy for Honest, Personal Real Estate Services

Phone: 613-256-1860  
Cell: 613-371-2475  
Toll Free: 800-661-3264  
[joyneville@royallepage.ca](mailto:joyneville@royallepage.ca)  
[www.joyneville.com](http://www.joyneville.com)

**ROYAL LEPAGE**  
Gale Real Estate  
Independently Owned and Operated, Brokerage

**The Roberts House**  
BED & BREAKFAST

*Experience Westport*

Beautiful Setting on Mill Pond • Lake Views  
Open All Year • Ensuite Spa Tub Rooms

18 Main Street • Westport, Ontario  
613-273-8181 • [www.therobertshouse.com](http://www.therobertshouse.com)



8<sup>TH</sup>  
MARCH

PRESENTS:

# INTERNATIONAL WOMEN'S DAY 2010



JOIN US AT:

## CP CINEMAS

17 ALBERT ST. CARLETON PLACE

7 PM

FREE

CELEBRATING WOMEN LEADERS:  
PAST, PRESENT & FUTURE

CALL 613-257-3469 OR VISIT [WWW.LCIH.ORG](http://WWW.LCIH.ORG)

## April 30<sup>th</sup> to May 8<sup>th</sup>, 2010

### Join 5 Ottawa-Area Bead Shops for some Fun Days of Beads, Beads, Beads!

# Bead Bop

A celebration of Beads!

### Demonstrations, Surprises and Awesome Prizes

For more information & to purchase  
a special passport entitling you to  
discounts please visit:

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

Rideau  
Art &  
Beads...

### PARTICIPATING BEAD STORES

Dragon's Lair



## It's All About COMMUNITY

### For the 'downsizers' amongst us...

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

Visit us at [www.hydeparkrichmond.com](http://www.hydeparkrichmond.com) and click on the category of your choice.

### Hyde Park Jamieson Mills, Almonte

Thirty 1-, 2-, and 2- bedrooms-with-a-den units, starting at \$165,000. Call Karina Witten at 613-686-1222, extension 113.

### Hyde Park Richmond

Thirty-five 1- and 2-bedroom apartments, starting at \$142,000 and retirement suites starting at \$127,200. Call Grace Geertsema at 613-686-1222, extension 105.

### Income Property

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

