

JANUARY 2012

the Hummm

free

Arts,
Entertainment
& Ideas



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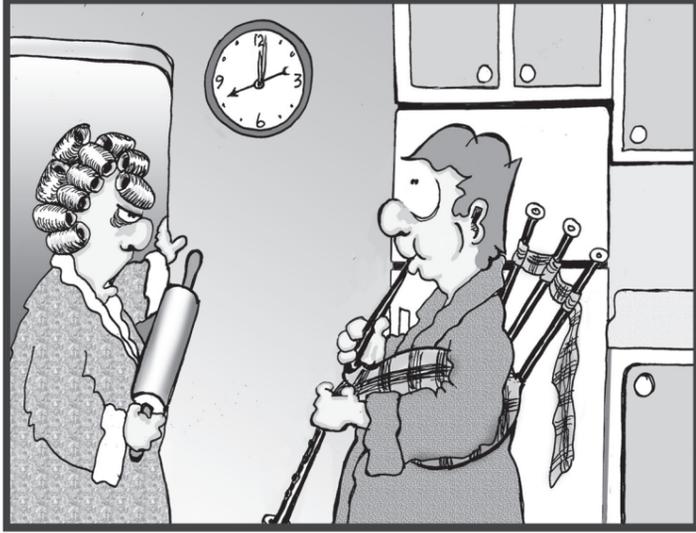


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"OK, you've welcomed in the New Year... now, let me help you craft your first resolution!"



(above) **Dan and Lynn Murphy**, of BurgessWood near Perth, were visiting Yellowknife, NWT for the birth of their third grandchild. While there, they visited Buffalo Airways, home of the Ice Pilots program that has taken the "reality" world by storm. They left a copy of the January 2010 Humm with Mikey, a real life character of the program, for his reading pleasure. Buffalo Air has six of the twenty-five DC3s left in service world-wide.

(below) **Heather Loubier** and her partner **Keith Sibbitt** met up with Keith's sisters **Mary-Jo** and **Rita** in the Exumas, Bahamas, at the end of February 2010. Keith and Heather had been leisurely sailing for five months, and they intended to head down to the southern part of the Caribbean before the foul weather set in. Heather retired from her job as a nurse in the Almonte/Lanark area to be with Keith, and they decided to go on this excursion. Lots of fun and laughing was had by the foursome when they met up. The fifth person in the picture was a local in the village of Georgetown who liked to have his picture taken. A great time was had by all, after which Heather and Keith continued their journey south.



Does Your Organization Need Volunteers?

In the February 2012 issue of *theHumm* we plan to run our sixth annual "Get Involved, Get Connected" resource for organizations seeking volunteers (and volunteers seeking local organizations). If you are running a community organization or service club, festival, cultural event, museum, conservation area, arts or activities group within *theHumm's* catchment area, we'd like to hear from you! Send us 80 words (maximum) describing what your group does, what type of volunteer opportunities you offer, and how people can contact you, and we'll run them (free of charge) in our February issue.

Due to space limitations, we can only offer **80 words per organization**, and can only include groups that serve our catchment area (Lanark County and parts of Renfrew County). We are not able to edit down longer entries or brochures, so please send the text as you wish it to appear. Please email all information or queries to <editor@thehummm.com>. All information must be received by January 22 for inclusion in the February issue.

Readers Write

Blasted Noise

We live in a quiet estate within the City of Ottawa called Deerwood Estate — postal code K0A 2H0, off Panmure Road.

When I say quiet, this has changed. For the last few years we have had blasting being done in the Kinburn Quarry. This blasting, we are told, is being done by the Ministry of National Defence to test armaments. I can understand the need for this, but this blasting has been impinging on our way of life, affecting our homes and our pets. Canada is a very large country and the need to blast so close to habitation is unreasonable and the level of the blasts is even more unreasonable.

There has been a seismometer positioned in Deerwood at various times but it is monitored by MREL who are doing the blasting. I know, I personally have seen ripples in our pool, nails in our drywall are popping out on the stairs, and I have lost several glasses off my kitchen window. The glasses in my crystal cupboard shift every time we have one of these blasts. My poor dog shoots down to the basement and lies there shivering. It is time to stop them and take them to where there is no human habitation.

On Wednesday, December 7, some residents of Deerwood met with Eli El-Chantiry — city councillor for West Carleton, and Gary Norris from MREL (explosive testing engineer) and the only real conclusion we got was that Eli is willing to set up a meeting with MREL, officials from the Ministry of the Environment (MOE issues the licence for the blasting and regulates the force of the blasts) and the Ministry of Natural Resources, and concerned residents. This could take a considerable amount of time to do. In the meantime, from the 12th to the 14th of December, we will be subjected to blasting on Monday afternoon (undisclosed number of blasts) and on Tuesday and Wednesday there will be eleven blasts in total. These blasts are originating from the Kinburn Quarry and are being felt here in Deerwood and as far away as Stonecrest Road and Kinburn Side Road, to the extent there that it feels like a grouse has hit the window. If anyone is interested in showing concern about this matter, please contact Eli El-Chantiry at <Eli.El-Chantiry@ottawa.ca>, Kerry Bourgaize at <Kerry.Bourgaize@ottawa.ca>, Gary Norris (blasting) at <gnorris@mrel.com>, Gordon O'Connor at <OConnor.G@parl.gc.ca>, <minister.mnr@ontario.ca>, or <minister.moe@ontario.ca>.

— Catharine Nutt

Curiosities Antiques & Collectibles

Small furniture, old tools, textiles, cameras, books, military memorabilia, china and glass

Best wishes as we sail into 2012!



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theHumm is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, 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!

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By email or on disk.

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Thanks this month to:

Santa.

Art and Janet Horton: If It's Wood, They Would

Their home is brimming with the fruits of their artistic compatibility. Janet and Art Horton have lived, loved and laboured together since they were Valley kids who mar-

by Sally Hansen

ried and bought a "starter" duplex home on "the island" in Almonte 39 years ago. From the time they first headed out into a local farmer's bush armed with a chainsaw to select wood for their remodeling and furniture building projects, their love for wood has only intensified. Both have parlayed their modest beginnings as amateur renovators into a life-long passion for woodworking.

Together they have built furniture that ranges in style from Shaker to Queen Anne and 17th Century. Whenever they needed anything, they built it. The furniture is handsome, beautifully styled and well made, but it is their more recent fascination with sculptural woodturning that captivates my eye and excites the acquisition appetite I so frequently experience as your Humble arts reporter. (This has got to be the most rewarding and most expensive job I have ever had!)

As they guide me through their home and into their studio, I am impressed by the extent of their creative energy. In addition to many beautiful functional pieces and traditional shapes, they are creating sculptures and decorated pieces that update my assumptions of what woodturning comprises. They have anticipated my "Why?" interrogation for inclusion on their Artist Trading Card that appears on the reverse of their photo at the top of this page, and it is validated by their body of work: "We revel in the pursuit of our most exciting and finest project... the next one."

Art + Janet = Great Wood Art

They remind me of a favourite line by poet e.e. cummings: "We're wonderful one times one." Art and Janet are independently and securely collaborative.



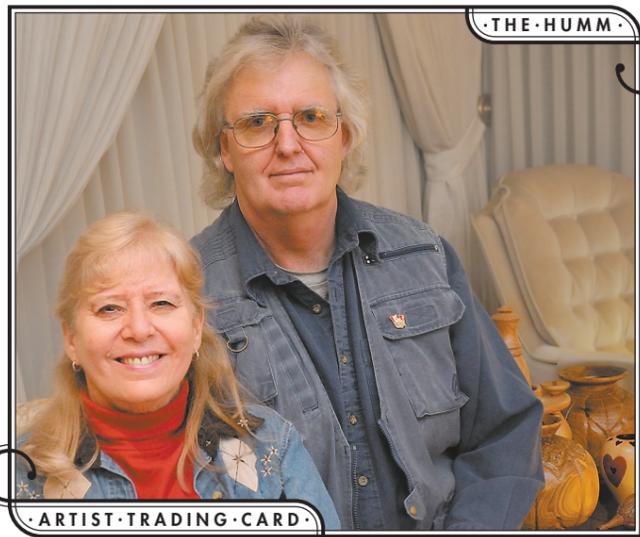
They work side by side sharing space and tools and ideas. They critique each other's work, and they share in each other's successes. Each is very proud of the other's accomplishments, and they enjoy the fact that I am frequently wrong when I try to guess which piece was created by whom. I find it interesting but not surprising to learn that they met as the result of sharing another artistic passion — music. Janet was a dance instructor who encountered Art at the Richmond Inn when he was lead guitarist with a prominent Valley band.

Initially Janet was a bit intimidated by some of the more dangerous power tools they employ to cut, hollow, shape and incise blocks of mostly local hardwoods. She credits Art with having "more con-



fidence in me than I do." He knows how to encourage and motivate her to master new skills. While we are discussing their artistic partnership, he tosses off pithy lines like, "Call me if you need me, but need me if you call." Janet's "pierced" pieces, executed meticulously with a fine dentist's drill in wood barely more than a millimetre thick, are proof that their partnership continues to flourish.

They both have mastered the art of airbrushing their decorative pieces, and neither is afraid of colour or experimentation. Both have also honed their drawing and painting skills. Many of their turned pieces are adorned with figures of birds, animals, geometric patterns and other graphics that range from the whimsical to the sublime.



Perhaps the shared attribute that best sustains and stimulates their continual artistic development is their appetite for challenging themselves. They thrive on the challenge of visualizing and designing in three dimensions. Their official goal is to "develop a visual style that stamps our work with individuality without being flamboyant or eccentric." Personally, I find a lot to admire in well-executed flamboyancy and eccentricity. And I enjoy the glimpses of it I detect in their wood art.

If They Could They Would

And if it was wood, they could. In 2004, the couple returned from Washington, D.C., to their home in Almonte. They had spent 34 years practicing woodworking as a hobby while Janet progressed in her career in the Federal Public Service, and Art, a Master Electrician by trade, segued into international positions in Construction Management and Facility Management. From his senior positions with the International Monetary Fund and the International Facility Management Association, the couple enjoyed extensive international travel. They took full advantage of the opportunities that gave them to attend woodworking seminars and glean inspiration from many sources.

The Hortons are quick to acknowledge the inspiration and technical assistance they receive from the woodturning community. Upon their return to the Ottawa area, they became members of the Valley Woodturners and the International World of Wood Turners. In particular, they cite the influence that woodturners John Jordan, Binh Pho, and Ottawan Malcolm Zander, among others, have had on them. They also benefit hugely from the generosity of the online community. Art told me he has never encountered a group so willing to trade and share their expertise. A quick Google search of "airbrushing", for example, led me to a wealth of video tutorials covering all aspects of this skill that can be mastered only through innumerable hours of practice — like learning to play the guitar, perhaps.

Art and Janet Horton participate annually in the Crown & Pumpkin Studio Tour during October, and in the Crown & Christmas Show in December <crowndpumpkin.com>. Their A & J Woodworks studio at 226 Country St. in Almonte is open year-round by appointment or by chance. It's a great place to expand your woodworking horizons! If you have an idea for a unique piece of furniture or even a personalized decorative wooden object, they would enjoy discussing it with you. You can reach them at <ajhorton@bell.net> or 256-1635. Several examples of their work are available by clicking on "Members Gallery" at <valleywoodturners.userworld.com>.

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WHO Art and Janet Horton (A & J Woodworks)
 WHAT Wood Art — Furniture and Sculptural Woodturning
 WHERE Home Studio at 226 Country St., Almonte
 256-1635, <ajhorton@bell.net>;
 <valleywoodturners.userworld.com/index.html>
 WHEN Crown & Pumpkin Studio Tour, Crown & Pumpkin
 Christmas Show <crowndandpumpkin.com>
 WHY "We revel in the pursuit of our most exciting and
 finest project... the next one."

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Talented Trio to Perform at the Schoolhouse

Local musician Kelly Prescott will be bringing her newly formed trio of highly successful musicians, **The Claytones**, to the MERA Schoolhouse in McDonalds Corners for an evening of toe-tapping roots and folk music on Saturday, January 14 at 8PM.

Kelly is a third generation performer, from both sides of the family. Her father (Randall Prescott) and her mother (Tracey Brown) have enjoyed long, illustrious careers. This year, Kelly released her debut solo project, *I Leave You Dreaming* — a soulful collection that transitions effortlessly from beautiful ballads to high energy blues. Before forming The Claytones, Kelly performed on over thirty recordings with established musicians such as Hawksley Workman and Jeremy Fisher, and also recorded a CD in 2009 with her brother Kaylen, entitled *Lakeside Sessions*.

Band member Anders Drerup has had a very successful solo career, touring Europe, Australia, Cuba and Canada, displaying his multi-instrumental expertise. On Anders' first solo CD, *Songs for the Common Man*, he performs his own songs and plays a number of instruments.

The third member of the trio is double bass player Adam Puddington, whose strong and clear tenor voice rounds out the vocals. He has released two solos albums, *Back in Town* and *For the Meantime*, to critical success. He spent December 2011 travelling with Kelly Prescott and other talented musicians on the Holiday Train, which raises money and collects items for people in need in the northern United States and parts of Ontario.



The Claytones (Adam Puddington, Kelly Prescott and Anders Drerup) play the MERA Schoolhouse on January 14

Together, Kelly, Anders and Adam fill a hall with well-crafted songs and inspirational musicianship. This MERA concert will be one of the first performances where Lanark music lovers will be able to experience this exciting new trio.

Tickets are \$17 at <ticketsplease.ca>, in person at Jo's Clothes in Perth, or by calling 485-6434. They will be \$20 at the door. Reservations are recommended.

Fiddle in the New Year 60 Fiddlers Play a "Little Christmas" Concert

Imagine a wintry afternoon in a cozy country hall filled with sixty fiddlers! Imagine the vibrant sound and the spectacular energy! What a great way to welcome in the New Year and to celebrate the twelfth day of Christmas. Be prepared to clap your hands and tap your toes.

On Sunday, January 8 at the Maberly Hall, the Blue Skies Community Fiddle Orchestra, Prep Orchestra and Celtic Heritage Orchestra will play together, sixty strong, as they present their annual "Little Christmas" concert. Guitars, mandolins, penny whistles, viola, cello, drums and singers join in the music. And when all three groups play together, the rafters will ring.

The Blue Skies Fiddle Orchestra will fill the hall with classic fiddling and seasonal songs. Carolyn Stewart will lead Celtic Heritage with their distinct brand of fiddle tunes. This will be the first performance for the newly formed Prep Orchestra.

These fiddlers are new to the fiddle — learning to play with others and to follow a director in preparation for joining the Fiddle Orchestra. After only three months of playing together, their progress is remarkable.

Cindy McCall will lead her first Christmas concert since taking over from founding director, Carolyn Stewart. Both the Blue Skies Fiddle Orchestra and Prep Orchestra are directed by McCall. Each is sponsored by Blue Skies in the Community, an offshoot of the Blue Skies Music Festival, which seeks to bring music to our communities throughout the year.

The "Little Christmas" concert will be held at the Maberly Hall on Sunday, January 8 at 2:30PM. Admission is \$5 (children under 12 are free). Refreshments will be available during the intermission. You won't want to miss this lively and joyous event!

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 Best wishes for 2012.

Sincerely,
 Mary & Terry Lumsden



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“Folks Seem To Like This Bird”

Poets see more than faces in clouds. They believe everything is alive — nickels and mirrors, lamps and dog-eared books. They find deep meaning in the mundane, bring the dead back to life, breathe fire into the lungs of their enemies. They see the world differently, uniquely, and they are wizards of words.

When Perth poet Phil Hall reads from his work, he can hypnotize you. You don't even have to be careful, it just happens. Even his breath pauses are entrancing.

In November, Phil won the 2011 Governor General's Award for Poetry. This was his second nomination. I recently had the chance to talk to Phil about his award-winning book, *Killdeer*. I hope you'll find his answers as fascinating as I did.

by John Pigeau

theHumm: I've heard it described as a book of essay-poems, or essays and poems. What is *Killdeer*?

Phil Hall: The subtitle is “Essay-Poems.” They may have started as papers at conferences, or talks, or gatherings of critical thought; but prose is never the goal, music is. I am using the long phrase or sentence as the stanza unit here; the spacing is the pacing. Essay means I get to say what I think; poem means I get to drift away from logic as I see fit. As I say, in one poem, “Error is character.” Which means I can argue with myself without having to be right or even consistent. Maybe I've said too much, but folks seem to like this bird.

What's the significance of the title?

A killdeer is common to Ontario. It is a plover-type bird that nests in open fields. To protect its nest, it will pretend it has a broken wing and lead the fox or the critic away from its eggs. It is my totem bird. I like the dangerous and sweet aspects of its name. If I am the killdeer, if my essay-poems are killdeers, this means I am deflective and defensive and perhaps a liar, this means the poems flop around and do a song and dance to guard their vitals. *Easily crushed / may soar...*

There are homages in the book. Can you tell our readers about those, and about some of the events and people you wrote about?

There's a section about visiting Margaret Laurence when I was 19; there's an essay-poem about my dear friend Bronwen Wallace, late of Kingston; another piece is about Nicky Drumbolis, the legendary bookseller and collector and writer; *She Loved The Ocean* is a homage to the poet Libby Scheier.

This is a very Ontario-focused, very Canadian-focused book. I am not xenophobic in my reading or influences, but I am obsessed with the limestone rock-cuts along the highways as we head north; with the rural poor; with old fiddle tunes; with regional cadences; with my own evolving private and local traditions.

The experiment here is to talk in an expansive, welcoming, folksy way while arguing for the foregrounding of language and innovation in poetry. Howdy can also be written as woyhd.

Hi, there. It's all about which woyhds we choose!

How did this book come together? Maybe you can tell our readers more about the process of writing the book.

Some of these essay-poems, I've been tinkering at for over ten years. They are long, so they took long to get right. Well, let's not say right, let's say share-able. Let's not say done, but let go of...

I work into and from notebooks, collecting fragments, cutting and pasting lines into big strips so I can see the shape of a thing, as if it were a sculpture. Over time, daily, I add bits, take out bits...

How has your writing changed in recent years?

For a poet, change is health. Practice makes for confidence, called craft. But you don't want the craft of carving the same bears out of wood with a chainsaw every day, you want to make little buggers from outer space using Popsicle sticks also. Form and content need to stay fluid, work-specific, and not attached permanently to the poet's own fears. Risk is an aging process.

For you, what's the important part of composing a poem and creating a book of poetry?

Well, I can't help it, I'm lucky (or unlucky) that way, it's a compulsion. The important aspect is the making itself, to be up to my elbows in the grease of the syntax. I have to get all of my pleasure from the making itself. The rest is politics. Of which I would have no part.

What was your reaction when you heard you'd won the 2011 Governor General's Award for Poetry?

The people at the Canada Council work all year getting books submitted, picking jurors, juggling factors such as gender, region, age, styles of writing, ethnic diversity, beginners and masters...

A woman from the Canada Council called me. I was surprised. There were a lot of fine books of poetry published in Canada this year. Call it a bon chance, then. Though I have worked long and hard at making poems for forty years.

As I told the audience when the Governor General's Awards were announced: since I was fifteen, this has been my literary goal: to write well enough to join that family of heroes who have previously won this award, starting with E.J. Pratt in 1937.

The Canada Council does a fantastic job of making its fourteen laureates each year feel very honoured.

And how did you feel when you were presented with the award by the Governor General David Johnston at Rideau Hall? I have to ask: has it changed your

life at all?

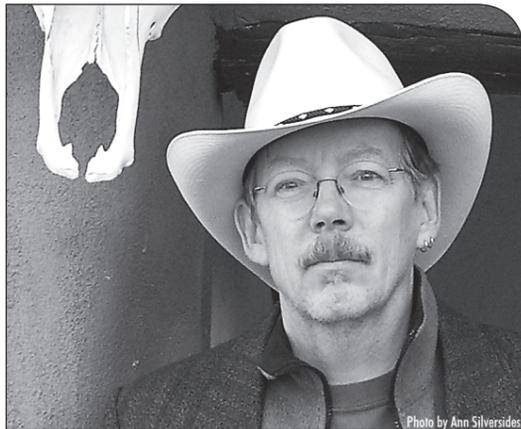
I was very proud, of course. Out of my element. Star-struck by my fellow-laureates. I bought a suit!

I still have to bring the wood in, or I'll freeze. I still have these poems I'm working on... I still have to “pause in life's pleasures to count its many tears” (as Stephen Foster said). I still have to be ambitious not for myself but for the poor (as Tom Wayman says).

What's next for you? What are you working on now?

I've been teaching (in Toronto and Ottawa this fall) a series of workshops on triptychs. Looking at the history of religious art in panels of three, Francis Bacon's grim triptychs, Dante's terza rima, tercets...

I've been teaching about threes because I'm working in threes, sequences of threes. I don't know why. But I like the off-balance element patterns of three can bring to a poem.



Perth area resident Phil Hall recently won the Governor General's Award for Poetry for his book of essay-poems entitled *Killdeer*

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“Let Us Celebrate the Occasion with Wine and Sweet Words...”

Those who read my babble every month (yes, I'm talking to both of you) know that I tend to go on and on about our little village of Westport — hence the name “Westport Wonders”. What you both don't know is why. Why would any sane person (huge assumption on my part) spend valuable time remarking on such a small space? After all, in the grand scheme of things, Westport is just a very tiny dot on a very large map.

by Steve Scanlon

So why go on and on about Westport? Well, anybody who grew up in a small town already has a clue. If you are on a first-name basis with the folks behind the counter at the post office, know the names of their children and where they went on vacation last year and the name of their first cousin twice removed, you understand. If you are thinking about doing something bad and your parents know about it before you actually do it, well, you get it. If your neighbours know before you know that your parents are going to ground you for thinking about doing something bad before you actually do it... you can see where this is going, can't you? If at a school event there are more pick-up trucks than small import cars in the parking lot and you can't tell the colour of any of them because of all the dirt from the gravel roads, well, you know. If on any given day you see a ride-on lawn mower driving down the street (substitute ride-on snow blower in winter conditions) and nobody thinks twice about it, well, you can appreciate. If you park your car on the wrong side of the road because that's where the space is, well, we small town dwellers don't tend to dwell on the tedious rules. Give us important rules like don't put your tongue on that frozen metal post; you know, rules we can get behind.

There is something special about small towns, something to brag about. Small town living is special, and living in Westport is no exception. It's not just the location of the town (although we do have the prettiest little spot a town could possibly want). It's more a sense of history, a sense of belonging. It's the people. Example: last week I was alone at home, minding my own business and the business of my neighbours ('cause that's essential to small town living) when my phone rang (but I didn't answer 'cause my wife was out, my children in bed, and... I'm a dude). A neighbor from down the street called to say how nice our Christmas lights were (thanks Louis, we like yours as well). That was it... that was the message... love your lights. I love that. I didn't have to buy a thing and nobody offered me a free cruise. Small town. When we adopted our children, complete strangers would drop off presents — we'd find them hanging from the doorknob when we got home (the presents, not the complete strangers or the kids... just to be clear), no cards attached because knowing who was giving wasn't as important as the giving itself. Small town. If people get sick in this town other people help, they join forces and take care of things like childcare and meals and cleaning because that's the way things work here in this small town.

Westport is an unusual small town because you can get virtually anything that you need without leaving the town limits. We have gift

shops and restaurants, grocery stores and hardware stores, fish markets and specialty shops, inns and spas. In the summer we are inundated with tourists. Our town grows from 701.5 people to more tourists than you can count using an abacus (we tend to use an abacus in our backward small town ways), which is a good thing because it allows us to have the “virtually anything you need”, right at our doorstep.

To sum it all up, we have tourists therefore we have a liquor store... with beer... (see — I'm a dude). There are so many benefits to living where people come to “get away from it all”, the least of which is the fact that it gives us the opportunity to give people directions without ever having to use words like “traffic light” or “change lanes”, but that includes the words “brick schoolhouse” or “stop if you hit water”. It gives us the opportunity to lie and say “yes, the best fishing is at the next lake over” (hey, small town folk are nice but they're not stupid), and best of all, we don't have to “get away from it all” — we have, we are. Tourism also gives us an advantage in that when we are catering to the tourists, we are catering to ourselves as well. We luck out with great products in our stores, fresh fish at our fish market, great homemade products and fresh produce at our farmers' market, and great menus in our restaurants.

Take the Cove Country Inn for example; I've mentioned them once or twice in the past (he said with a wink) because the good folks at The Cove make things happen. They do. They are not afraid of trying new things like Oktoberfest in Westport or Groundhog Day festivities or The Jazz Night before Christmas. They keep us entertained throughout the winter months with their **Blues On The Rideau** series, this month featuring Diana Braithwaite and Chris Whiteley (on January 20 and 21) — multiple Maple Blues Award winners playing everything from '40s style roots blues to soul and R & B.

Best of all, they wine and dine us. So, under the heading “Let us celebrate the occasion with wine and sweet words...” (which I blatantly stole from Plautus), we can entertain our palette with a special evening with Norman Hardie at the aptly named **Norman Hardie Winemakers Dinner**, a four-course meal with wine pairings from Hillier Creek Estates winery hosted by (you guessed it) Norman Hardie. Prince Edward County and Hillier Estates are being recognized internationally for their chardonnay and pinot noir (featured in *Wine Spectator's* top three wines of the year). If you would like to take advantage of this wine lovers' dinner, contact The Cove for reservations. The event takes place on Tuesday, January 31.

So, let's recap. If you know everybody in your graduating class by first and last name and you are related to over half of them; if you run into a traffic jam four cars deep caused by your old neighbour driving his John Deere lawnmower down Main Street; if you send tourists away from your favourite fishing spot and laugh about it while frying up a huge catch, you know something about living in Westport. If you go out for a night of live jazz or blues and park on the wrong side of the street facing the wrong way and you're not the only one, you may know something about living in Westport. If you go out for an evening of wine pairing one night and a baked bean dinner at the church the next night, you may... want to stay away from family and friends.



Diana Braithwaite and Chris Whiteley heat things up at The Cove in Westport on January 20 and 21 when they play the popular Blues On The Rideau series

And so I start yet another year bragging about my town. It's not such a challenge really “...For last year's words belong to last year's language and next year's words await another voice...” (T.S. Eliot).

From my family to your entire crew, “...let us celebrate the occasion with wine and sweet words...” Happy New Year.

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Music Matters

Music as Therapy

Happy New Year, everyone! This is the time of year when everyone makes resolutions concerning their health and wellness. In musical circles, there is a discipline called music therapy, which is used in a wide variety of settings to help treat all kinds of conditions.

Music therapy is relatively new in North America. When I was studying at university, our faculty had the first music therapy program of its kind in Canada. I remember being fascinated when I met a few students

by Tony Stuart

who were in this program, especially because I had never heard of it before.

The concepts behind music therapy certainly aren't new. People have known for thousands of years about some of the healing effects of music. Ancient Greek medical texts discussed the healing properties of music. There are even mentions in the Bible of David playing a harp which helped King Saul get rid of bad spirits.

In North America, music therapy is considered to be an allied health profession, because it deals with improving the physical, mental, emotional, and spiritual wellbeing of patients. It uses musical experiences such as singing, songwriting, listening, and moving to music to help achieve these goals. The Canadian Association for Music Therapy states:

"Music therapy is the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to fa-

ilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development."

Some of the obvious applications of music therapy are with stroke victims and Alzheimers patients. There have been cases where a person doesn't recognize their own spouse, but when they sing or hear a certain song or type of music, all kinds of memories are triggered. With stroke victims, musical activities such as using hand-held percussion instruments are used to help restore their motor functioning, and singing activities are used to help improve speech.

Music therapy is also used to help treat children with autism, anxiety disorders, and schizophrenia. I've seen a music therapist work wonders with children who are normally non-responsive. We're starting to see music therapists in our schools, and I think this is a really positive trend.

So, why does it work? Perhaps the biggest reason seems to be that listening to music and creating music makes people happy. When I was researching for this column, that seemed to be an underlying theme. When people are happy, their stress levels are lowered, anxiety is reduced, and they become more receptive to treatment. I'm certainly no expert, but that makes a lot of sense.

If you would like more information about music therapy, the Canadian Association for Music Therapy <musictherapy.ca> is a good place to start. There is also the American Music Therapy Association, who have a lot of valuable information on their website <musictherapy.org>.

I hope that 2012 brings good health, happiness, and hopefully opportunities for music-making and enjoyment to you and your family. Don't forget that if you ever have ideas for this column, you can email me at <musicmatters@thehummm.com>.

Learning in Almonte

New course starting January 17:

"They Made Me Do It!" The psychology of social influence

Because humans are social creatures, we are susceptible to others influencing us as we strive to influence others. Mechanisms of social influence include social comparison, social learning, conformity, obedience, communication, attitude formation and change. This course will provide an overview and lots of examples of these mechanisms and discuss their implications, good and bad. Included will be discussions of how beliefs, values and norms are formed, and how bad ones might be changed.

Warren Thorngate is Professor Emeritus of Psychology at Carleton University and a resident of Almonte.

This course runs every Tuesday from 1:30-3:30 for six weeks in the Almonte Public Library Classroom.

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To register contact Don Wiles at 256-4376 or don_wiles@carleton.ca

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or email:

Songs From The Valley II a High Note of Spring

Last year at this time, the Studio Theatre and the Stewart Park Festival collaborated to create a great new musical tradition called *Songs From the Valley*, a concert series starring some of the area's most talented musicians. Of course, at the time, no one knew if the idea would catch on. Not surprisingly, it did. And *Songs From The Valley II* is destined to be the high note of another Valley springtime!

Once again, the music will be hot enough to melt away lingering winter blues. On February 25, the first concert in the series will present **the Claytones**, featuring Anders Drerup, Adam Puddington, and Kelly Prescott (whose parents are the legendary Tracey Brown and Randall Prescott). This harmony-rich Ottawa Valley country/roots trio developed their musical camaraderie while performing in the successful theatrical production of *Grievous Angel – The Story of Gram Parsons*.

Then, on April 7, enjoy one of Canada's most accomplished country/roots singer-songwriters, **Lynn Miles**. With seven albums to her credit, Lynn is the winner of multiple Canadian Folk Music Awards, and a 2003 Juno Award for Roots & Traditional Solo Album of the Year. She will be appearing with Keith Glass of Prairie Oyster fame, a six-time Canadian Country Guitar Picker of the Year. Together, Lynn and Keith will make this an evening of musical brilliance not to be missed.

Finally, on May 12 it's **Arlene Quinn & Guests**. Arlene is a true native daughter of the area, born and raised in rural Lanark County. It has been said that she has the voice of an angel, and the ability to captivate an audience with her vocal stylings and upbeat energy. It's no wonder Arlene has shared stages across North America with some of country music's most recognized entertainers, including Loretta Lynn, Lorrie Morgan, Blue Rodeo, Murray McLaughlin, Bill Anderson, Faron Young, Moe Bandy, and many more.

Songs From The Valley II will be an unforgettable springtime event! You can save by purchasing the series as a 3-concert pass for just \$70. Passes, as well as tickets for individual concerts at \$25 each, are available in person or by phone at Tickets Please (a convenience fee applies), at 39 Foster Street in Perth, and at 485-6434. Visit <studiotheatreperth.com> for further details.

Heat up your springtime with *Songs From The Valley II*, beginning February 25, at the Studio Theatre in Perth!



Captivating singer-songwriter Lynn Miles plays this year's *Songs From the Valley* series

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Fiddler on the Roof Coming to Arnprior

"Little by little, one travels far". The words of J.R.R. Tolkien seem to describe the journey of Arnprior's first community musical theatre group.

Two Rivers Musical Productions started as a "what if" conversation between two Arnprior women in June of 2010. The musical community in the area had long lamented the lack of opportunity for people to participate in musical theatre after graduating from high school. Lisa Webber, local choir director and voice teacher, and Bernadette Miller, a speech-language pathologist, shared a keen interest in the performing arts. They took a collective deep breath and decided to launch a community project with the goal of producing a Broadway musical. They teamed up with teacher Marisa Bosa and by January 2011, like Frodo, had a name, a tiny budget, some talented friends, and a scarily ambitious plan!

Miller, Webber and Bosa took on the roles of director, musical director and producer respectively for a presentation of the iconic *Annie*. A cast of thirty and a production team of over forty enthusiastic supporters were gradually assembled. What followed was a testament to the power of their collective will and vision. In June 2011, Two Rivers Musical Productions proudly presented four performances of *Annie* to sold-out houses. "The quality of the performance and audience response overwhelmingly confirmed our belief that there was a rich blend of talent, energy and appetite for musical theatre in the southern Ottawa Valley," says Bosa.

Buoyed by the success of *Annie*, Two Rivers' directors have chosen *Fiddler on the Roof* as the group's 2012 production. *Fiddler*, with its rich material, well-loved songs and multi-generational cast, is the perfect next vehicle for the group to achieve its vision of staging productions with high entertainment value and opportunities for local talent of all ages to participate.

Arnprior District High School drama teacher Marybeth Pidgeon takes the helm as director for this production, which she has directed in past. "We are currently in the process of assembling our production team and reaching out to potential cast members in the area," she says. "This production is a wonderful opportunity to showcase a wide range of performers ten years and older, and has particularly rich roles for male performers."

Auditions are scheduled on January 25 and 29, with rehearsals planned for Monday and Wednesday nights from mid-February until performance dates on June 7, 8 and 9. For audition locations, times and details, please visit <tworiversmusicals.ca>.

Bernadette Miller is astonished at the pace at which the initial "what if" has become a vibrant community project. "I am very excited about the potential for this group," she states. "Our long-term goal is a partnership of all performing arts groups with a dedicated performance space in the Arnprior area. Given the rate of development in the last year, that doesn't seem like such an elusive dream anymore!"

Two Rivers Musical Productions welcomes participation from anyone in the Valley. The group's website, <tworiversmusicals.ca>, is an interactive communication vehicle for cast, crew, and community partners to access information about volunteer opportunities, register for auditions or contact team leaders. For more information, Bernadette Miller can be reached by phone at 623-4060.



Nicholas Edge, a cast member from Two Rivers Musical Productions' first show, demonstrates his enthusiasm for performing...

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Start Planning Your 2012 Garden Now!

As we wade through our New Year's resolutions trying to decide which ones we realistically have a hope of sticking to, it is comforting to know that there could be a resolution that would fit you and your lifestyle. That resolution is to start a garden, or improve a garden, and produce some of your family's food. Pleasant, at-home work, a low impact workout, fresh air, relaxing downtime, a chance to reconnect with family and friends, with the icing on the gardening cake being a harvest and the ensuing delicious, healthy feast!

The great thing about vegetable gardening is that you get to set the bar wherever you want it. You decide what you want to grow, you decide which varieties to grow, you decide how much work you can manage and, ultimately you are in charge of your vegetables. You know what chemicals have (or have not) been applied to the soil and you know that your vegetables have not been in the back of a truck travelling thousands of kilometres — they have been beside your house travelling just a few metres to your kitchen. Nothing fresher... nothing tastier... nothing healthier!

It is also a comfort to know that your carbon footprint is being reduced with every radish you pull. Going from seed to harvest is a complete cycle, with most vegetables being annuals — started and finished in one growing season. Many vegetables have a short growing season, so follow-up crops can be grown in the same space. Less preparation... more food! Your plan could be to plant the vegetables that are more expensive to buy, such as tomatoes, peppers, and eggplant. Potatoes, although great fresh from the garden, use a lot of space and, come September, they are certainly inexpensive at the local grocery store. Why not use that space to grow something more exotic?

Good, careful planning makes for a more enjoyable experience, and the planning of the gardening season should start soon. It's a bit like financial

planning — long term and well thought out plans are the key to success. Much satisfaction can result from a thoughtful planning process. What do we want to grow? Where are we going to grow? How much are we going to grow? How are we going to store and use the harvest? How much will all this cost? What about water? What about when we're on a two-week family vacation? What about tools?

Start with some catalogs from reputable seed companies (Veseys, William Dam, Johnny's Seeds, Stokes). They describe their offerings, include photos and diagrams, and often provide detailed growing instructions. The trick is not to plan more than you can manage. Better to start small and increase and adjust as the years go by, rather than being overwhelmed by a monstrous garden that takes over your life and supplies guilt along with your vegetables!

Planning a garden is a New Year's resolution that can bend and adjust to suit our ever changing lives. The garden can be a delight and a reassurance that you are still in charge of something. Even a few green onions or a single tomato plant grown in a container are inspiring.

New Year's resolution: I resolve to grow some vegetables and enjoy the process and the food! Sounds fairly straightforward to live up to that resolution!

(For help with the whole process consider the ad on page 8 of this issue of *theHumm*... That's Thumb Green!)

— Jeremy Dutton



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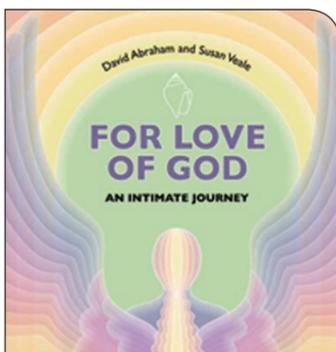
Calabogie authors David Abraham and Susan Veale tell how circumstances brought them together and how a meeting of hearts opened doors to a facilitation of events that changed their lives. As feelings are expressed, remembrances occur and David and Susan find within themselves a unique ability to channel and record distinctive voices of Energy; one is an Angel, as spoken within the frequencies and courses of the GOD Consciousness.

Channelled words from Energies have been written before but few have been interviewed and recorded through a gateway of love. From several hundred hours of audiotape, David and Susan have written a three hundred and sixty-eight page book; two hundred of which are conversations between David and the Energies of GOD. Within these conversations, the Angel

becomes a teacher for David, giving David and Susan life lessons, advice on what is really important and guidance through the sometimes agonizing process of being human.

As David and Susan move forward in their lives, the reader is exposed to the platform of humanity. As emotional bondage is revealed, their interaction with Energy brings forth connective messages of hope and healing for people wishing to know more about matters of relationships, health, loss of loved ones and other occurrences within the chemistry of life.

Imagine being loved; Imagine feeling love beyond the physical; Imagine feeling energy that surrounds a human body; Imagine the sensation when touched by Energy; Imagine how peaceful life could be; Imagine the possibilities. These words are written at the beginning of the book and are followed by a special invitation of stillness from the Angel along with more valuable messages from the Energies of what can happen to any human when they embrace the journey of self within the quintessence of love.



The authors of *For Love of God* will be at Almonte Natural Foods for a book signing event on January 14

The website <forloveofgod.com> includes comments from readers such as: *“this is a story of love that can be read, reread, dipped into and shared... never before have I read a book that has had as great an influence on my life as “For Love of GOD”.*

You can learn more about this incredible new book and the authors by visiting <forloveofgod.com>. This book and companion audio files of the Angel speaking with David may be purchased on this site. *For Love of GOD – An Intimate Journey* may be a source of inspiration for those seeking answers.

David and Susan will be in Almonte for a book signing event on January 14 from 1:30 to 3:30PM at Almonte Natural Foods, 12 Mill Street.

— Susan Veale

ART CLASSES WITH JEFF BANKS

I strongly believe that anyone can do art. Maybe not to a professional level, but everyone has an artistic talent that they can feel good about; most people just don't know where to start. It all starts with the ambition to try. I offer a wide range of programs for adults, youth and children so you can try something that is fun and inspiring. I try and teach many different programs in as many different ways so the students can decide what works best for their creativity. Each class has a lesson and demonstration with personal attention throughout the entire class. ALL materials are included. If you want to learn about acrylic, oils or watercolour painting; drawing, shading or perspective; clay, glass or mould making; printmaking, airbrush or different types of crafts; JB Arts is your place! Phone, drop in, or visit the website for information on upcoming classes.

— Jeff Banks

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Beat the Winter Blues at MERA!

There's always something going on at MERA — even in the depths of winter. This year's Winter Blues program includes opportunities to learn Scottish dancing from Simone Crabb. Your fancy moves on the dance floor will be the envy of your neighbours at a Robbie Burns dinner on January 21 — the first in this year's Around the World on a Dinner Plate series. If you exerted yourself just a bit too much, let Catherine Smith show you how Shiatsu Massage can improve your wellbeing. Maybe you just want to sit back and relax, but the furniture is missing a little something. Back by popular demand, Alexis Mongeau will teach how to cane a chair seat in the classic beehive pattern.

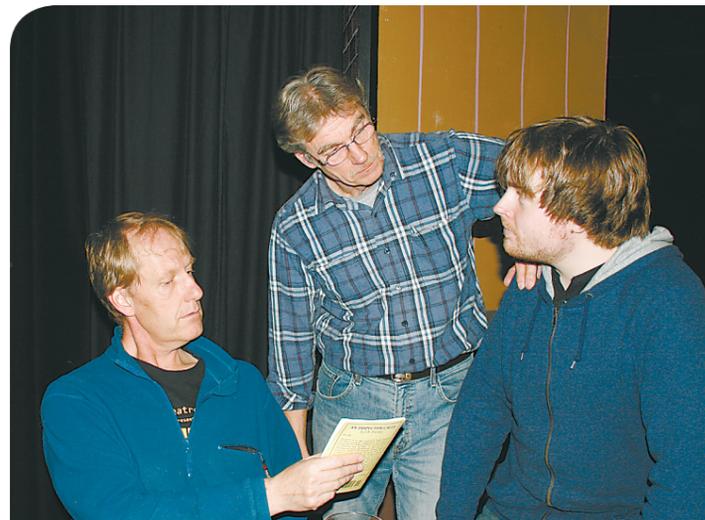
Christine Peringer is continuing her Monday night Dance for the Joy of It classes — an hour and a half of free-form dance to a wide variety of up-tempo music. The regular weekly meet-

ings of quilters, spinners, knitters and fibre arts groups are still going strong, and the pottery co-op welcomes new and experienced potters to its well-equipped studio.

On the music front, local musician Kelly Prescott will be bringing her new trio, The Claytones, to MERA for their first local performance on January 14.

And that's just what's happening in January! Watch for announcements of workshops on the scandalous history of the mandolin, making your own gem tree, storytelling techniques, scriptwriting, and a new yoga series in February and beyond.

For more information and workshop times and locations, please check <meraschoolhouse.com> or contact MERA at 278-0388 or <meraschoolhouse@bell.net>.



(l-r) Alfred von Mirbach, Paul Roach, and Lucas Tennant rehearse for Studio Theatre's production of *An Inspector Calls*, which opens in Perth on January 26

An Inspector Calls...

More Than Just Another Mystery

The issue in Studio Theatre's upcoming production of *An Inspector Calls* would at first appear to be the death of Eva Smith, and which member of the well-to-do Birling family is responsible. So is this play just another whodunit? Not in the least.

An Inspector Calls is considered one of J.B. Priestley's best known works for stage, partly because of the intriguing mystery aspect, but more because of its scathing commentary on a society in which the wealthy and influential deem those less fortunate to be of no consequence. It is a masterful handling of a story that both intrigues and comments. As director David Parry puts it, "The script is a wonderful one and the story is timeless. The twist at the end makes Agatha Christie look like an amateur."

This play is set in 1912, just before WWI, but it was actually written in 1945 and first performed in the Soviet Union, then the following year in London. It fell out of fashion during the '50s and '60s, but was successfully revived in 1992 and has since been hailed as a scathing social critique in the manner of Shaw and Ibsen. And while the society condemned by the play is Victorian, in this present day, where the gap between the haves and have-nots is widening substantially and social programs are the first casualty of government cut-backs, *An Inspector Calls* speaks loudly and clearly to us.

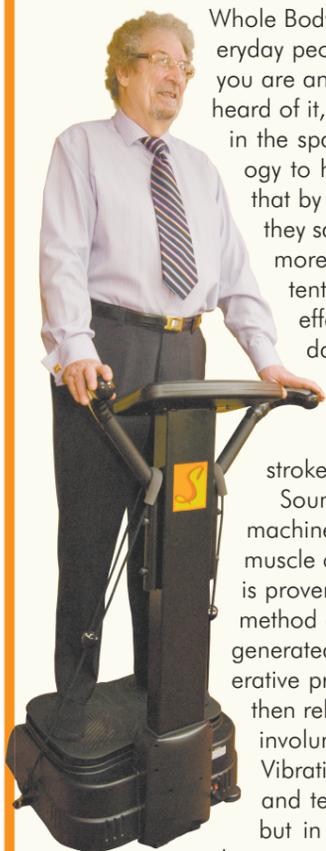
David Parry has directed numerous plays both in Ottawa and here in Perth, and he has assembled a sterling cast of mature and young actors for this play. The action takes place in one evening at the home of Arthur Birling, a wealthy mill owner, played by Alfred von Mirbach. The occasion is the engagement of his daughter Sheila (Rowan McCulloch) to Gerald Croft (Lucas Tennant), son of another well-to-do family. Present are Arthur's wife Sybil (Patricia Parry) and his son Eric (Nelson McCulloch).

Their celebration is interrupted when Edna the maid (Julia Bryant) ushers in a mysterious Inspector Goole (Paul Roach) who shatters the festive atmosphere with the news that a young woman, Eva Smith, has committed suicide and left a diary that mentions the members of the Birling family. Although the plot proceeds to follow the traditional police interrogation and the subsequent revelation of just who is responsible for Eva's death, the climax is anything but predictable. But if you want to find out "whodunit", you have to see the play.

An Inspector Calls runs January 26, 27, 28, February 3 and 4 at 8PM, with 2PM matinées on Sunday, January 29 and February 5. Tickets are \$20 in advance or \$22 at the door, and are available at The Book Nook or Tickets Please in Perth. Phone or credit card orders can be made through Tickets Please, 39 Foster St. (485-3434) or order online at <ticketsplease.ca>. There is a student rate of \$10 (with ID) at the door. For further information, call the Studio Theatre box office at 267-7469 or visit the website at <studiotheatreperth.com>.

If you're considering an anniversary or birthday gift, why not give the gift of entertainment? Tickets are available for this and the two other upcoming productions — *Steel Magnolias* in March and *Doubt* in May. To order, call Diane at 264-8862.

Wellness in the New Year!



Graham Turnbull

Whole Body Vibration (WBV) is an extremely effective workout program for everyday people. There is no sweating, no changing of clothes — just come as you are and get on a machine for 10 minutes of your day. You may not have heard of it, but it has been around since the 1960s. Russian scientists working in the space program started to experiment with vibration exercise technology to help with bone/muscle loss caused by being in space. They found that by using this equipment they not only stopped the loss, but amazingly they saw an increase in bone density, strength of muscle tissue, and much more. The success of vibration therapy in space programs caught the attention of the medical community, and scientists began investigating the effects of safe, low-speed vibration on various medical conditions. To date, there have been hundreds of clinical trials performed in North America and Europe using WBV, and scientists are documenting positive changes in conditions like bone density loss, cerebral palsy, Parkinson's disease, arthritis, multiple sclerosis, emphysema, stroke recovery, varicose veins, circulation and joint problems.

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Leila Turnbull

Special New Year's Offer — Three Free Sessions

At Spice Wellness Systems, our WBV machines use low-speed, low-amplitude vibrations to generate health benefits. Start 2012 off right with three sessions on the machine for free. This gives you a chance to actually see what the machines can do for you, and I can tell you that most people feel a difference after just one session. Our clients have experienced wellness benefits such as inch loss, reduction in joint, knee, hip and back pain, increased bladder control, improved circulation, better sleep, increased energy... the list goes on!

— Heather McDougall, Owner



110 Bridge Street, Carleton Place
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Embracing the Frosty Bits

Well, winter finally came, and just in time for a white Christmas. I'm sure that some of you out there are already getting glassy-eyed staring at the last-minute vacation specials on your computer screens, but I have a better idea — let's spend January embracing the cold! That way we can stay close

by Miss Mills

to home (in case the car doesn't start), cozy up to friends and neighbours (it conserves body heat and can start interesting rumours), and check out some new activities that we were too busy to consider in the lead-up to the holidays.



Heat things up on the dance floor at the Almonte Big Band Tea Dance on January 22!

This month, Pakenham is the hands-down winner in the "cuddle up to the cold" contest. From January 25 to 29, they devote a whole darn festival to it! Sponsored by the Pakenham and District Civitan Club, the **Pakenham Frost Festival** features a whole whack of events to keep you entertained through the coldest days of the year. Some highlights include the official opening and a Junior B hockey game with the Almonte Thunder hosting the Arnprior Packers on January 27, a Shanty Breakfast at the Stewart Community Centre and a pub night with The Ryans on the 28th, and tobogganing at the Pakenham Golf Course with hot chocolate on the 29th. There are many more activities as well, so for more information please contact Mike Ryan at 624-5926.

Over in Almonte, there are several events that will at least get you out of your house, if not out of doors. On Friday, January 20 the **Almonte Lecture Series** presents Kieran Broadbent speaking about "Porcelain Trade with China". The lecture begins at 7:30PM at the Almonte United Church and is free, but donations are gratefully accepted. On Saturday, January 21 **Folkus** <folkusalmonte.ca> heats things up with a double bill featuring Cindy Doire and Kelly Sloan. That show is at 8PM at the Almonte Old Town Hall, and tickets are \$27 from Mill Street Books or at the door.

You can generate your own heat on Sunday, January 22 at the **Almonte Big Band Tea Dance** <sroteadances.org> fea-

turing Standing Room Only with vocalist Sandy Faux. Show up in your dancing shoes (clothing is also encouraged) from 1-4PM at the Almonte Old Town Hall, pay \$12 at the door, and enjoy an afternoon of joyful movement with some light refreshments thrown in for good measure. Continuing with the dancing theme, on Saturday, January 28 **Almonte in Concert** <almonteinconcert.com> presents "Tango Nuevo" with the Ottawa-based ensemble Norteño. That show begins at 8PM at the Almonte Old Town Hall, and tickets are \$30 for adults, \$15 for students from 253-3353. You may have to content yourself with tapping your toes at this one, folks, because they probably won't have enough room for a dance floor...

Toy lovers and collectors of all ages will want to plan a trip to Almonte on Saturday, January 28, for the annual **Toy and Collectible Show and Sale**. From 9AM to 2PM you'll find over twenty local vendors and exhibitors at the Almonte Civitan Hall, at 500 Almonte Street. The proceeds of the show will go to help fund programs that Big Brothers Big Sisters of Lanark County has in place in the community. Admission is \$5, with children under 12 getting in for free. There is a vendor fee of \$30 per booth and an exhibitor fee of \$20 per booth. Call 283-0570 or visit <bigbrothersbigisterslanark.ca> for further details.

And when the kids need a break from tobogganing or building snow puppets, be sure to take them to see *Mouse Tales* by Waterwood Theatre Projects, presented by **On Stage For Kids** <onstageforkids.com> on Sunday, January 29. The show starts at 2PM at Naismith Public School, and tickets are \$9 from Kentfield Kids in Almonte, Read's Book Shop in Carleton Place, or at the door on performance day. With a full slate of puppetry, music, stories and fun, *Mouse Tales* is a wonderful introduction to the magic of theatre.

So there you have it — enough activities to keep you happy and entertained for another month. Although I do think we have room in the calendar for a Mississippi Mills polar bear plunge, if you want to talk about *really* embracing the cold. We puppets love a good romp in frigid water — it really firms up the latex! Maybe next year...



On Stage For Kids presents Waterwood Theatre Project's performance of *Mouse Tales* on January 29

Lilly is going back to Bali in the new year to fill up her trunk with fabulous finds. Come in and help her empty it first at her

Trunk Sale

Jan. 9-15

Huge discounts on most stock
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613-256-7799 www.lillywhite.ca

We have a super secret location that we call home. We live on Glen Isle in Mississippi Mills. I hesitate in writing this, as part of what makes Glen Isle so special is that few people know about it. We are located off highway 29 between Almonte and Carleton Place on the Mississippi River. Many of the properties are waterfront and all are located on lovely big lots surrounded by tall trees. In the past few years we have worked with ten different families to either buy or sell on Glen Isle. It is always fun to see the look of wonder on people's faces when they first discover this beautiful place. My favourite pastime is watching the river, but there are more active things to do here such as canoeing and swimming in the summer and skating on the local pond in the winter. A walking path, thanks to the Rotary Club, connects to Carleton Place in one direction and the Mississippi Golf Club in the other direction. This island community is quiet and surrounded by nature yet it is a ten minute drive to Starbucks and Carleton Place and a fifteen minute drive to lovely Almonte. Due to easy access to highway 7, it is now a quick twenty minute drive to Kanata.

If you want to live happily ever after like us, you may want to check out the property we currently have listed at 159 Booth Drive at Glen Isle. This completely renovated bungalow sits on the river with views of woods on the opposite shore. Take the virtual tour on our website at www.kellysuccess.com or www.waterviews.ca.

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doree's habit

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Funny You Should Write...

Resolved to Party

Dear Miss Write,

Another new year is upon us and I find myself struggling to come up with a resolution I might actually keep. Any ideas?

Resolved to... whatever.

Dear Resolved,

Here's a wacky idea. Don't make a resolution this year. Lightning strike me down, I said it. Give yourself a break for once. Maybe you're perfectly perfect as you are.

by Emily Arbour

Is that so hard to imagine really? And, if in April you discover there's a little room for improvement, make a change then. In the meantime, why not focus on how awesome you actually are and spend January 1st reflecting on how much fun you had kissing your neighbours last night instead of wallowing in self-loathing over the dwindling stock of Christmas cookies in the freezer.

Sincerely, Miss Write

Dear Miss Write,

My son's birthday is on January 1st. Yes, he's our New Year's baby, turning eight this year. Since his birthday is during the holidays, everything is closed and everyone is too busy to attend a birthday party for him, I never plan a great party for him and his friends in time, and I'm feeling a little guilty about it! He always gets a small "family party" if people can make it and depending on the weather. My question is, do you think it's okay to have a kids' birthday party once the holidays are over and everyone's back into a routine? Is February too late?

Guiltily Feeling Mom

Dear Guilty,

Scrap what I said in my letter above and go ahead and make yourself a resolution to be a better mom this year. I kid. I kid. Listen. Your son is going to have a lifetime of wild parties with a birthday that falls on New Year's, so you really need to give yourself a break (see above). The best advice I can come up with would be to start a new birthday tradition for him. Keep having the family parties and make as big a deal as you can on the day, but every January 1st, along with his gift, why not give him a coupon for the birthday party of his dreams? Let him choose the date, the theme, the guest list, etc. (perhaps even give him a budget), and then work together over the next few weeks to plan it. At eight years old he's probably got his own ideas about what a fun party looks like, and a project that revolves around him might be just the ticket to make him feel extra special about turning a year older.

Dear Miss Write,

What is an appropriate time to invite guests for a house party on NYE? It just seems like a looooooong party, since it goes until after midnight. I know a lot of people do dinner parties, but do you eat at 7PM and then just have them there for another 5 hours, do you serve a late dinner, or do you skip the dinner altogether and have app's when they arrive at 8PM?

NYE Party Girl

Dear Party Girl,

I'll start by just saying I am with you on this one. Of course it's a matter of individual preference, but personally, I am all about the "dinner of hors d'oeuvres". Putting this simple phrase on your invitation tells your guests that, though it won't be a formal sit-down meal, you'll have more than enough food to keep them satisfied. Then they have the choice to eat dinner in advance of coming over, or not. I think it sets a more casual tone to the event. (And when you've got a room full of Spanx and sequins, standing with an appetizer trumps sitting down with a chicken leg any day of the week.) It also allows you to bump back the start time a bit, giving you a chance to prepare for their arrival without feeling rushed. Get the music going, the lighting just right, change your outfit for the seventeenth time and have a pre-party drink to loosen up. Have fun with the foods you serve, give them a New Year's twist and keep the party rolling with lively music and beverages. A start time of 8PM will have your party well under way by between 8:30 and 9PM and the count-down will be on in no time. 3... 2... 1...

Dear Miss Write,

Every New Year I receive a handful of annual letters from relatives detailing the events of their past year. Some good, some bad, all unnecessarily descriptive. I'm not saying I'm disinterested in what my family has been up to, or the story behind their recent decision to go gluten free (mind you, Facebook keeps me pretty abreast of both), but it just seems that no matter how hard they may try, these letters come off as a little preachy. A little holier than thou. What's worse is that they make me feel like I'm expected to send a letter of my own. Should I? And do you have any tips as to what I can do to make mine actually interesting?

To write or not to write

Dear TWONTW

Annual family newsletters happen to the best of us. I've received my share in the past and, though I rather enjoy them, I certainly feel your pain. When I was growing up we used to open one every year from my mother's cousin. She's a doctor, her husband's a dentist and their three children are combined seventeen time Olympic medalists ... or was it contenders... either way, a family of over-achievers to say the least. My mother would read us the letter and then my sisters, mom, dad and I would sit around the table and draft our own, full of fabricated one-upper stories that would put theirs to shame. Of course we never actually sent it, but we made it a fun family tradition nonetheless. I don't think these relatives of yours are expecting a letter in return, but if the mood strikes you to write, I would suggest you keep it simple and positive and go easy on the bragging and belly aching. (Nobody cares about your wheat allergy.) Throw in a photo to keep it interesting and, if at all possible, mix up the handwriting when you sign it from everyone to give it that extra personal touch. Set the example and maybe they'll take a page from your book next year.

Got a question? Send Miss Write an email at <misswrite@thehummm.com>.



Cindy Doire (left) and Kelly Sloan share a double bill at the January 21 Folkus show

Folkus's Tuneful Twosome

Almonte's Folkus Concert Series leaps into the new year on Saturday, January 21, with a double bill featuring Cindy Doire and Kelly Sloan.

Born in Timmins and based in Toronto, Cindy Doire has a wandering soul that has taken her to Mexico, Cuba, Brussels and Spain. As a result she is a multilingual musician who is just as at home in a chaussonnier's bistro in Paris as she is in clubs and coffee houses across Canada. A slim, petite presence, she has an evocative voice that can be both gentle and huge. Using her fluency in four languages, Doire has toured in Europe and now has a large fan base on both sides of the Atlantic. Her songs are inventive and thoughtful, and her stage presence is dynamic and lively.

She has three CDs to her credit. The first, *La Vie en Bleu*, released in 2007, was a striking debut that blended southern blues with the romanticism of Europe. To European audiences it was brilliantly French but with a difference. At home it earned her Music in Film and Motion's nominations for Best Album, Best Songwriter, and Best Vocal Performance. Her second album, *Chapeau de Pluie*, was released in 2009 to critical acclaim in Quebec and Europe. Each year it accumulates awards. Last year alone it won major awards at Quebec's prestigious Festival International de Granby and was nominated for three awards at the Gala des Prix Trille Or. Building on this success, Doire has just released her first English CD *Sticks and Mud*. Featuring an inspiring French jazz/folk sound, it is a varied, reflective collection of songs that range from intimate to rollicking to downright gritty. Fittingly, the collection is dedicated to "all the troubadours, vagabonds and bandits with whom I've crossed paths."

The second half of Folkus's January double bill features Kelly Sloan. Sloan needs very little introduction locally. She grew up in Almonte and has a large and loyal fan base in the area. She is more than a local favorite, however — she is a much sought-after performer in the Maritimes and beyond. She was asked to launch Anne Murray's 2009 autobiography, is featured in the compilation *Atlantic Voices — A Collection of Women Singer-Songwriters*, and has performed with Irish singing legends Tommy Makem and the Clancy Brothers. Sloan's songs have great emotional depth. They are painstakingly crafted and reveal a rich inner world. Onstage though, Sloan is witty and has an easy and clever banter that serves to soften the edges of loss. Sloan's new album, *Kelly Sloan*, is a follow-up to her debut album *Always Changes*. It is a confident, sophisticated, and rewarding CD that has the flavour of country folk infused with soul. Sloan resonates with diverse audiences who will be there, looking over her shoulder, as long as she continues to share her winning hand.

On Saturday, January 21, Cindy Doire and Kelly Sloan can be seen in concert at the Almonte Old Town Hall. The show starts at 8PM, with doors opening at 7:30PM. Single show tickets for the three remaining shows of this year's Folkus Concert Series are now available at a cost of \$27 for adults and \$12 for students. Tickets are also available at the door on the night of each show, but don't wait. Series passes sold well and the hall is already half full for each concert. For ticket orders and information, call Mill Street Books at 256-9090 or visit <folkusalmonte.ca>.

Blues Skies in the Community presents their annual

Little Christmas concert

Sunday, January 8, 2:30

featuring:
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Saturday Jan. 14 Singer/Guitarist **Kevin Head** featuring Miss V, Free, 6-9PM
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Tuesday Jan. 31 **Norman Hardie Winemaker's Dinner**
4 Course Meal with Wine Pairings, \$70, 6-9PM, Reservations Only

Artful Ways to Beat the Cold

Woven Bridges at the MVTM

A new exhibition entitled Woven Bridges will be showcased at the Mississippi Valley Textile Museum until January 28. There will be a vernissage on January 14 from 2 to 4PM.

The exhibit features a fibre art group with three Canadian artists: Thoma Ewen, Krystyna Sadej and Ixchel Suarez, as well as three invited guest artists: Ewa Bartosz

riety of materials, techniques and experimental forms. The work shows a striking diversity and originality, combining humour and seriousness, recycling, and reflections on the nature of everyday life.

Ewa, Thoma, Ixchel, Krystyna, Monique and Thomas display a lively woven language out of soft and rough textural structures. Together, their work presents an energetic dialogue of cross-cultural vision that communicates possibility and an open-ended approach to experimental woven art.

The Textile Museum is located at 3 Rosamond St. E. in Almonte. For more information, please visit <mvmtm.ca> or call 256-3754.

by Miss Cellaneous

Mazus from Poland, Monique Lehman from United States, and Thomas Cronenberg from Germany.

The title Woven Bridges refers to the strong connection between Canadian, American and European artists who share the common interest and love of tapestry weaving. Visitors will discover a rich va-

The Life Fantastic

With the grey days of winter looming, Gallery Perth has brought together the work of six well-known artists with a focus on fun, colour and humour. Their work will be on display through to January 15. The artists include:



Works by Joyce Frances Devlin (above) and five other fine artists adorn the walls of Gallery Perth as part of "The Life Fantastic", which runs until January 15



Find "Woven Bridges" at the Textile Museum until January 28

Wallace Edwards, whose *Alphabeasts* won the Governor General's Award for illustration of children's books. Edwards has a rare insight into the personalities of his animal subjects. His watercolours transfer their attitudes and magic, their fantasy and comedy into impossible portrayals that somehow ring uncannily true. Wally lives in Yarker, Ontario.

Joyce Frances Devlin, from Burritts Rapids, paints large. Even her smaller pieces have the quality of being bigger than life. Her superlative command of colour and loose form fills the canvas with vast expression that yet remains composed and calm. Inspired by her glorious garden, her colours have the translucency of sunlight in the rain, and to see one of her outdoor paintings or landscapes is to immediately desire it. Following her successful show at the Ottawa Art Gallery, Gallery Perth is honoured to represent Joyce's paintings.

Donna Lynd's studies in figurative expressionism and portraiture recognize the quirkiness, joy and sheer bravery of life. Her broad brush-stroke images dissolve into a wonderful play of colour, light and composition, the subjects emerging from their surroundings, part of it and yet boldly and defiantly independent of it.

Perth's own **Lorraine English**, who is drawn to rich colours, uses a heavy application of light and dark to create jewel-like depictions of trees, flowers and animals. There is a glowing byzantine quality to her work that brings to mind the mosaics of mogul palaces and the precision of Indian miniatures — the colours sharply defined and as precisely placed as a stone in its setting.

Carol Lee Riley is one of a kind, a mixed-media artist who works with recycled, used and unusual materials for her thought-provoking collages, assemblages and constructions. No less a gatherer of words, each piece is wittily titled in fitting accompaniment to her innovative use of material — her "trashformation" as she calls it. Her work is colourful, amusing and clever. Carol Lee lives just outside Westport.

Monika Seidenbusch, also from Perth, likes to paint stories with a character, a setting and a mood. Using clear, creamy colour applied in even tones, she is inspired by the simple lines of Matisse and the exaggerated elongation of Modigliani, combining carefully laid blocks of colour with a strong sense of narrative. Her paintings are about the beauty or the pathos of the moment.

Gallery Perth is located in Code's Mill, 17 Wilson Street East in Perth. For more information, please call 264-8338 or visit <galleryperth.com>.

Call to Artists — Perth

The Perth Autumn Studio Tour, located within 25 kilometres of picturesque Perth Ontario, showcases one of Eastern Ontario's finest selections of contemporary fine arts and crafts during the Thanksgiving long weekend. Each year the Perth Autumn Studio Tour encourages other craftspeople from Eastern Ontario to display their work as guests in members' studios. They jury new applicants with attention to quality of work, suitability to available space, and variety.

For their 20th anniversary in 2012, they invite artists/artisans to submit their portfolio for jurying by the deadline of March 31. The application and instructions for applying to the tour can be found on the website <perthstudiotour.com>, or for more information call 267-5202.

Call To Artists — Westport

The organizers for the two Westport studio tours — Dandelion Gardens (May 2012 long weekend) and Fall Colours (Thanksgiving weekend October 2012) — are now accepting applications from artists and studios.

Interested artists are invited to visit <artatwork.ca/westport_studiotours> for information. Member studios must be within 15km of Westport — guest artists may apply from any area and will be juried and accepted if a host studio is available. Applications must be received by January 15. Please visit the website or contact Loretta at <hookedonthelake@kingston.net> or 273-8347 for more information.

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Call 613-253-8118 today to book your appointment.

Anti-Resolution Resolutions

Enough of the boring New Year's resolutions — lose weight, get fit, bla bla bla. It's time for a change. And I've got two options for you: you can make up a creative new resolution or you can pick one of mine. OK, here is a list of the top 10 Alternative New Year's Resolutions, in the order of how they pop into my head.

1. Stop making resolutions

There are so many good reasons to follow this one. First of all, why does The Man seem to want us to make New Year's resolutions? Is it because he knows that when

by Rona Fraser

we fail, as most of us do, that we will drown our sorrows with food, alcohol, and spending? Is that what you think, The Man?! Well we're not gonna fall for your propaganda anymore! Ahem... so we will make no resolutions, or choose ones that you do not expect...

2. Start every day with a happy dance

This seems like a good one, and one I could totally get behind. Here's what you do to prepare. Make a "Happy Mix" of songs that always make you want to dance or sing or smile, and put it in your iPod or CD player or whatever — perhaps songs from your teenage years, unless they were emo years, in which case please consult a friend with a less dramatic childhood. Then write "Play Happy Mix or suffer the consequences!" (or something to that effect) on a post-it, and stick it wherever you go first thing after you get out of bed (i.e. bathroom or coffee maker). First thing tomorrow morning, follow your post-it orders and enjoy!

3. Stop and taste the snowflake

Resolve that every time you are outside and it is snowing those special big, floaty, fluffy flakes, you will stop in your tracks, stick your tongue out, lean your head back, and catch one on your tongue. It doesn't matter if you are only walking from house to car, it doesn't matter if you are in a hurry, it doesn't matter if you are with your boss. Do it. Your boss will likely join you.

4. Invent a new word or expression and use it all the time

"Kiss my grits" had to start somewhere! You can find "Grinch" in the dictionary. My personal quest is to get people to refer to the statue of Dr. James

Naismith, who sits in downtown Almonte, as "Poppa Jimmy". I figure, well, Almonte is the friendly town and Poppa Jimmy seems much friendlier than Dr. Naismith. It is what his grandkids used to call him. I've got quite a soft spot for Poppa Jimmy.

5. Wish on a star

Every time you are outside at night, look up and wish on a star. If you can't see any, wish anyway because hey, they're still out there somewhere. It will help to remind you of what you want out of life.



6. Skip

No, not school. When you are walking outside... do a couple of skips. You know, like we used to do when we were kids, before we were taught to restrain our joy. When the paths and roads are not so treacherous, feel free to convert it to a run. Unless you are a regular runner, you never feel that exhilaration of the wind in your face as you use your entire body to move as fast as you can — it's fun — try it.

7. Ain't snow rest for the wicked

Ingredients: toboggan, flat ground covered in snow, you. Directions: place toboggan on snow, lay down in toboggan on your back, look up at the sky and relax. If there is enough snow you can sink out of the

cold winter winds. Do you remember doing this as a kid? My friend Sheri and I would be busy building snow forts and/or tobogganing and then take a break, just looking up at white fluffy clouds on a blue sky, or perhaps feeling snowflakes landing on our faces.

8. "I wish it could be Christmas every day"

Think of something you do at Christmas, only at Christmas, that you really enjoy. Maybe it is having the entire family over, maybe it is eating off your special dish set, maybe it is a beloved recipe only concocted for special occasions, maybe it is staying in your pyjamas all day and playing board games as a family, maybe it is watching a sci-fi marathon on TV. Plan to do it another day — if it is so much fun, why limit it to once a year?

9. Tourist-in-your-own-town day

You've got a busy schedule. And gas prices are high. You spent more money at Christmas than you planned. The weather and driving can be iffy. So here is what you do. Pack the family in the car and drive to your town's downtown and take a walk around. It doesn't have to be expensive — wander, window shop, stop in for a hot chocolate or share a large order of fries...

10. The anti-job jar

I have been thinking of making one of these for a while. Write down activities that bring you joy, that make you laugh, on pieces of paper and put them in a jar. Then make sure you have some fun time in your schedule and, if you don't have anything specific planned, pick something out of the Fun Jar. If you are like some people (who shall remain me), you may have trouble getting chores done as well, so perhaps doing a job out of the job jar gets you an item from the fun jar. Now keep in mind, if this resolution sounds stupid to you, then you obviously don't need it. If, however, you let your work and volunteer schedule run your life, then a jar with things to do for you and you alone is a helpful tool, at least until you get into the swing of things.

So those are my anti-resolutions, I guess. I hope you like them. If you have any further ideas for "different" resolutions, or would like to share some of your invented words or phrases with me, please send them to <rona@thehummm.com>.

Wishing you the bestest, funnest, smilingest, most joyous start to 2012.

— Your friends, Rona & Poppa Jimmy

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Join this month's artist Lillian Culumovic at our café January 7 from 8-9:30pm. Grab a latté, take in the sights and stories of Lillian's work

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THE CLAYTONES
in Concert

Saturday, Jan. 14, 8PM
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McDonald's Corners

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from www.ticketsplease.ca
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Claiming Column

The Brothers Chaffey, Almonte, Feb 3-4
An Inspector Calls, Perth, Feb 3-5
The Brothers Grimm, Perth, Feb 10
Yeshe, Burnstown, Feb 11
Almonte Lecture Series, Feb 17
The Original Homewreckers w/Miss Angel, Westport, Feb 17
Not Now, Darling, Perth, Feb 17-19, 23-26
Pirates of Penzance Junior, CP, Feb 24-26, Mar 2-3
Hawksley Workman, Burnstown, Feb 24
Hawksley Workman (Folkus), Almonte, Feb 25
The Claytones (Songs from the Valley), Perth, Feb 25
On Stage For Kids, Almonte, Feb 26
Ken Workman, Almonte, Mar 3
Tommy Hunter, Perth, Mar 9
Blackburn, Westport, Mar 16-17
Almonte in Concert, Mar 17
David Myles (PPAC), Perth, Mar 23
Almonte Lecture Series, Mar 23
Silver Creek/Brothers Chaffey (Folkus), Almonte, Mar 24
Pakenham Maple Run Studio Tour, Mar 24-25
On Stage For Kids, Almonte, Mar 25
Al Wood & The Woodsmen, Burnstown, Mar 31
Lynn Miles (Songs from the Valley), Perth, Apr 7
Lunch at Allen's (PPAC), Perth, Apr 13
Who's Afraid of Virginia Woolf, Perth, Apr 13-15, 19-22
Terry Tufts, Almonte, Apr 20
Almonte Lecture Series, Apr 20
David Rotundo Band w/Julian Fauth, Westport, Apr 20-21
Almonte in Concert, Apr 21
Quartetto Gelato, Burnstown, Apr 21
Dragon's Gold, Perth, Apr 27
Art in the Attic, Almonte, Apr 27-29
Noises Off!, Apr 27-29, May 4-5
Arlene Quinn (Songs from the Valley), Perth, May 12
Chris Antonik, Westport, May 18
CPHS Reunion, Carleton Place, Jun 2
Smiths Falls Art Journey, Jun 16-17
4th Annual Country Harvest Music Show, CP, Oct 21

Visual Arts

Vernissage, Jan. 7, 8-9:30PM. Take in the sights & stories of artist Lillian Culumovic. Equator Café, 451 Ottawa St., Almonte.
Almonte & Area Artists' Association Mtg., Jan. 9, 7:30PM. Jeff Banks of JBArts gives 'The use of the new AAAA Website' tutorial. Almonte Library, 4a-artists.ca.
Arnprior Quilters' Guild, Jan. 25, 6:30PM. How to use up all those scraps. Christian Education Centre, Arnprior: arnprior-districtquiltersguild.com. \$5, \$20/yr
Vernissage, Jan. 13, 7-9PM. Featuring Strachan Johnston, with landscapes of the Mississippi. Brush Strokes, 129 Bridge St., Carleton Place. 253-8088, brushstrokesart.ca.
Vernissage, Jan. 14, 2-4PM. Woven Bridges, featuring 3 Cdn. & 3 int'l guest artists. Mississippi Valley Textile Museum, Almonte. 256-3754, mvtm.ca.
Almonte Quilters' Guild, Jan. 16, 7-9PM. Workshop by Diane Gale on quilt judging. Almonte Civitan Hall, 256-5858, empeys@xplornet.com.

WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>3</p>	<p>4</p> <p>🎵 Open Celtic Jam, Naismith Pub</p>	<p>5</p> <p>🎵 Jazz at Bally's, Ballygiblin's 🎵 Karaoke, The Downstairs Pub</p>
<p>9</p> <p>🎵 Almonte Artists' Association, Almonte 🎵 Auditions, Perth 🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>10</p> <p>🎵 West Carleton Garden Club, Carp 🎵 Women's Business Group, CP</p>	<p>11</p> <p>🎵 Auditions, Constance Bay 🎵 Auditions, Perth 🎵 Open Celtic Jam, Naismith Pub</p>	<p>12</p> <p>🎵 Karaoke, The Downstairs Pub</p>
<p>16</p> <p>🎵 Almonte Quilters' Guild, Almonte 🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>17</p>	<p>18</p> <p>🎵 Auditions, Perth 🎵 Open Celtic Jam, Naismith Pub</p>	<p>19</p> <p>🎵 Flippin' Art Night, Ballygiblin's 🎵 Karaoke, The Downstairs Pub</p>
<p>23</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>24</p> <p>🎵 Lanark Knitting & Crocheting Guild, Almonte</p>	<p>25</p> <p>🎵 Arnprior Quilters' Guild, Arnprior 🎵 Auditions, Arnprior 🎵 The Women on the 6th Floor, Perth 🎵 Open Celtic Jam, Naismith Pub</p>	<p>26</p> <p>🎵 An Inspector Calls, Perth 🎵 The Women on the 6th Floor, Smiths Falls 🎵 Karaoke, The Downstairs Pub</p>
<p>30</p> <p>🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>31</p>		

Flippin' Art Night, Jan. 19, 5-7PM. Photographer Tim Lancaster & artist Elisabeth Thomson. Ballygiblin's, 257-2031, artscarletonplace.com. Free
Lanark County Knitting & Crocheting Guild, Jan. 24, 7PM. St. Paul's Anglican Church, Almonte. lanarkknitting@gmail.com. Guests \$5
Youth Dance, Jan. 13, 7:30PM, w/DJ Jeff Julian, hosted by Junior Civitan. Proceeds to Junior programs. Almonte Civitan Hall, almontecivitan.com. \$5
On Stage For Kids, Jan. 29, 2PM. *Mouse Tales* by Waterwood Theatre Projects. \$9 at Kentfield Kids, Read's Book Shop, Naismith Public School, Almonte. 451-0323, www.onstageforkids.com.

Festivals
Pakenham Frost Festival, Jan. 25-29. Five days of winter fun activities. 624-5926.
Literature
Book Signing, Jan. 14, 1:30-3:30PM. Authors of *For Love of GOD - An Intimate Journey*. Almonte Natural Foods, 12 Mill St., Almonte. forloveofgod.com
1st Edition Reading Series, Jan. 20, 7PM. Readings by Sarah Selecky, Zach Wells & Mike Blouin. Backbeat, 6 Wilson St. W., Perth. 466-0663, jpigeau@hotmail.com
Music & Spoken Word, Jan. 22, 3-5PM. Vine Rhymes, Smiths Falls songwriters & poets. Varley Art Gallery, 25 Main St. W., Smiths Falls. 284-2243. Free

Theatre
Auditions, Jan. 8 & 11, 7PM. Rural Root Theatre is casting *The Curious Savage*. Constance Bay Community Centre, 262 Len Purcell, Ottawa. ruralroot.org.
Auditions, Jan. 9 & 11, 7PM. For Studio Theatre's all-female cast of *Steel Magnolias*, opening Mar 22. Studio Theatre, Perth
Auditions, Jan. 18, 7PM, for BarnDoor Productions' *The Merchant of Venice* (August) & *The Imaginary Invalid* (July). 267-1884, Full Circle Theatre, 26 Craig St., Perth.
Auditions, Jan. 25, 6:30-9PM at Arnprior High School & Jan 29 1-4PM at Arnprior Public Library. Two Rivers Musical Productions' June production of *Fiddler on the Roof*. twoiversmusicals.ca.
The Women on the 6th Floor, Jan 25, 2PM & 7PM at Full Circle Theatre, Perth; Jan 26 at 7PM at Rideau Canal Museum Theatre,

Smiths Falls. 267-1224, filmnightperth@gmail.com, \$10
An Inspector Calls, Jan 26-28, Feb 3-4 8PM; Jan 29, Feb 5 2PM. \$20 at Book Nook; \$22 at Tickets Please or door. \$10 student rush at door w/ID. Studio Theatre, 63 Gore St. E., Perth. studiotheatreperth.com.
Spiritual Cinema Circle, Jan. 29, 2PM. *Flying Alone*. Myriad Centre, 2 Sherbrooke St., Perth. 267-4819, fp@superaje.com. \$2
Music
Brock Zeman CD Release, Jan. 6, 8PM. For *Me Then You*. Legion, 177 George St., Carleton Place. 259-2086, brockz@brockzeman.com. \$10
'Little Christmas' Concert, Jan. 8, 2:30PM. Blue Skies Community Fiddle Orchestra, Prep Orchestra & Celtic Heritage Orchestra., Maberly Community Hall. \$5 (under 12 free)

JANUARY 2012

Friday

Saturday

Sunday

30	31 <ul style="list-style-type: none"> ♪ New Year's Eve, Westport ♪ Steve Barrette Trio, The Swan at Carp 	1
6 <ul style="list-style-type: none"> ♪ Brock Zeman CD Release, Carleton Place 	7 <ul style="list-style-type: none"> ♪ Doherty Bros., Harry McLean's Pub 📅 Vernissage, Almonte 	8 <ul style="list-style-type: none"> ♪ 'Little Christmas' Concert, Maberly ♪ APEX Jazz Band, The Royal Oak 🎤 Auditions, Constance Bay 🍷 Valley Singles Lunch, Renfrew
13 <ul style="list-style-type: none"> ♪ The Claytones, Foodies Fine Foods 📅 Vernissage, Carleton Place 👶 Youth Dance, Almonte 	14 <ul style="list-style-type: none"> ♪ Andy Langley Duo, Harry McLean's Pub 📖 Book Signing, Almonte 🎪 Family Activity Day, Almonte 🎤 Kevin Head w/Miss V, The Cove 🎤 Talk on Holistic Death & Dying, Carp ♪ The Claytones, McDonalds Corners 📅 Vernissage, Almonte 🎵 White Lake Acoustic Jam, White Lake 	15 <ul style="list-style-type: none"> ♪ Almonte Traditional Sing, Almonte 🎪 Civitan Open House, Almonte 🎵 Magnolia Rhythm Kings, The Royal Oak 🎤 Music Jam/Potluck, Bolingbroke 🍷 Pancake Breakfast, Almonte
20 <ul style="list-style-type: none"> 📖 1st Edition Reading Series, Perth 🎤 Almonte Lecture Series, Almonte 🎵 Diana Braithwaite & Chris Whiteley Band, The Cove 🎵 Fiddler's Dinner Dance, Almonte 	21 <ul style="list-style-type: none"> ♪ Cindy Doire/Kelly Sloan, Almonte 🎪 Civitan 40th Anniversary Dinner/Dance, Almonte 🎵 Diana Braithwaite & Chris Whiteley Band, The Cove ♪ Fortunate Soul, Harry McLean's Pub 	22 <ul style="list-style-type: none"> ♪ Almonte Big Band Tea Dance, Almonte ♪ APEX Jazz Band, The Royal Oak 📖 Music & Spoken Word, Smiths Falls 🎪 Robbie Burns Celebration, Middleville 🎪 Senior Games Day, Almonte
27 <ul style="list-style-type: none"> 🎤 An Inspector Calls, Perth 🍷 Breakfast with Soul, Almonte ♪ Steve Barrette Trio, The Swan at Carp 	28 <ul style="list-style-type: none"> ♪ Almonte in Concert, Almonte 🎤 An Inspector Calls, Perth ♪ Brian Downey Trio, Harry McLean's Pub 🎪 MVTM Party for the Pragnells, Almonte 🎪 Toy & Collectible Show & Sale, Almonte 	29 <ul style="list-style-type: none"> 🎤 An Inspector Calls, Perth 🎤 Auditions, Amprior 🎵 Magnolia Rhythm Kings, The Royal Oak 🎤 On Stage For Kids, Almonte 🎤 Spiritual Cinema Circle, Perth

The Claytones (Prescott/Drerup/Puddington), Jan. 14, 8PM. MERA Schoolhouse, McDonalds Corners. \$17 at ticketsplease.ca; \$20 at door

White Lake Acoustic Jam, Jan. 14, 7-10PM. Old time, bluegrass, blues, country, fiddle, folk, gospel & more. White Lake Fire Hall, 142 Burnstown Rd. 256-5439. \$5

Diana Braithwaite & Chris Whiteley Band, Jan. 20 & 21, 7PM. Blues on the Rideau. The Cove, Westport. www.choosetheblues.ca. \$60+tx dinner & show. Reservations req'd.

Fiddler's Dinner Dance, Jan. 20, 7PM. Almonte Civitan Hall. almontecivitan.com. \$10; entertainers admitted for free

Cindy Doire/Kelly Sloan, Jan. 21, 8PM. Folkus Concert Series double bill. \$27 (students \$12) at folkusalmonte.ca, Mill Street Books, or at door. Almonte Old Town Hall. www.folkusalmonte.ca.

Almonte Big Band Tea Dance, Jan. 22, 1-4PM. Standing Room Only w/Sandy Faux. Almonte Old Town Hall. 692-5380, sroteadances.org. \$12 at door (cash only)

Almonte in Concert, Jan. 28, 8PM. Tango Nuevo: Norteno plays works by Astor Piazzolla & more. Almonte Old Town Hall. 253-3353, almonteinconcert.ca. \$30 adults, \$15 students

The Swan at Carp (Falldown Lane Carp, 839-7926)
Jan 27 Steve Barrette Trio play jazz 7-10pm, no cover

The Downstairs Pub (385 Ottawa St., Almonte, 256-2031) Karaoke Thurs, 8pm, no cover.

Foodies Fine Foods (34 Mill St., Almonte, 256-6500):
Jan 13 The Claytones (Kelly Prescott/Adam Puddington/ Andres Drerup) do classic country duets, dinner & live music, \$40, 6:30pm

The Royal Oak (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover.
Jan 8, 22 APEX Jazz Band, 2-5pm
Jan 15, 29 Magnolia Rhythm Kings, 3-6pm

The Cove (2 Bedford St., Westport, 273-3636):
Jan 14 Kevin Head featuring Miss V, 6-9pm, free

Ballygiblin's (151 Bridge Street, Carleton Place, 253-7400)
Jan 5 Jazz at Bally's w/pianist Peter Brown, Don Paterson & guests, 6-9pm, no cover.

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

Harry McLean's Pub (111 St. Lawrence St., Merrickville, 269-4223)
Jan 7 Doherty Bros.
Jan 14 Andy Langley Duo
Jan 21 Fortunate Soul
Jan 28 Brian Downey Trio

Carp Masonic Lodge (3704 Carp Rd.):
Carp Celtic Jam, \$3 or \$25 for 3 mos, all levels, Mon, no charge (7-9pm).

Community

Valley Singles Lunch, Jan. 8, 12:30PM-2:30PM. To register, call 256-8117 or 432-7622. Rocky Mountain House Restaurant, 409 Stewart St., Renfrew.

West Carleton Garden Club Meeting, Jan. 10, 7:30-9PM. Carp Memorial Hall, 3739 Carp Rd. sites.google.com/site/westcarletongardenclub. \$5 for non-members

Women's Business Group Mtg, Jan. 10, 7:30AM. Support network for business-women of CP, Almonte & surrounding areas. Buster's Bar and Grill, 515 McNeely Dr., Carleton Place. wbggroup.ca.

Family Activity Day, Jan. 14, 10AM-2PM. BBQ & hot chocolate, with some outdoor events. Almonte Civitan Hall, 500 Almonte St. almontecivitan.com.

Talk on Holistic Death & Dying, Jan. 14, 1-3PM. Open house & free talk. Carp Ridge EcoWellness Centre, 2386 Thomas Dolan Pkwy, Carp. 839-1198, ecowellness.com

Civitan Open House, Jan. 15, 1-4PM. Featuring Almonte's Civitan history, w/ refreshments. Almonte Civitan Hall. almontecivitan.com.

Music Jam/Community Potluck, Jan. 15, 1-5PM music, 5:30PM potluck dinner. All welcome. 273-2571. Althorpe Bolingbroke Community Hall, Bolingbroke.

Pancake Breakfast, Jan. 15, 8-11AM. Pancakes, bacon, sausages. Almonte Civitan Hall. almontecivitan.com. \$6

Almonte Lecture Series, Jan. 20, 7:30PM. Kieran Broadbent: "Porcelain Trade with China". Almonte United Church. almontelectures.ncf.ca. Free - donations accepted

Robbie Burns Celebration, Jan. 22, 2-4:30PM. Pipes, highland dancing, celtic fiddle tunes & Scottish songfest; haggis, dessert, coffee, soft drinks. 256-5474 or 259-2904. Middleville Community Centre, 4203 Wolf Grove Rd. \$10/adult, \$5/child (under 5 free)

Senior Games Day, Jan. 22, 1-4PM. Fun events, entertainment, light refreshments. Almonte Civitan Hall. almontecivitan.com

Breakfast with Soul, Jan. 27, 8-10AM. Open to all. Mill Street Crepe Co., 14 Mill St., Almonte. lillywhite.ca. Free

MVTM Party for the Pragnells, Jan. 28, 2-4PM. Birthday party for Helen (86) & Herb (90) Pragnell, 2 great volunteers. Mississippi Valley Textile Museum, Almonte. 256-3754 x6, mvtm.ca.

Toy & Collectible Show & Sale, Jan. 28, 9AM-2PM. Over 20 local vendors of contemporary & vintage toys/collectibles. Proceeds to local Big Brothers Big Sisters programs. Almonte Civitan Hall. 283-0570, bigbrothersbigisterslanark.ca. \$5; children under 12 free

To ensure that
your event makes

it onto our February
calendar, please email the
information to

calendar@thehummm.com

by January 22nd.

We are also
accepting listings

for the Claiming Column
through to the end of
2012.

Missing and Murdered Aboriginal Women Subject of UN Inquiry

Canada will be the subject of a United Nations inquiry by the UN Committee on the Elimination of Discrimination against Women (the UN's main authority on women's human rights) — only the second ever of its kind.

The committee, an independent body comprised of twenty-three experts from around the world, investigates what it deems "very serious violations of the Convention on the Elimination of all Forms of Discrimination Against Women", a convention signed by Canada in 1979.

The inquiry is the result of lobbying from both the Native Women's Association of Canada (NWAC) and the Canadian Feminist Alliance for International Action (FAFIA). As NWAC President Jeannette Corbière Lavall states in a recent press release: "Aboriginal women in Canada experience rates of violence 3.5 times higher than non-aboriginal women, and young aboriginal women are five times more likely to die of violence. NWAC has documented the disappearances and murders of over 600 aboriginal women and girls in Canada over the past 20 years, and we believe there may be many more. The response of law enforcement and other government officials has been slow, often dismissive of reports made by family members of missing women, uncoordinated and generally inadequate."

The news of the Canadian government's inadequate action to address the disturbingly high rates of missing and murdered aboriginal women dates back many years. Canada's response to the crisis was the subject of a 2004 report by globally recognized experts at Amnesty International — *Stolen Sisters: A Human Rights Response to Discrimination and Violence Against Indigenous Women in Canada*.

Findings from the report demonstrate a "lack of consistent reporting and comprehensive analysis by Canadian police and government agencies of violence crimes against Indigenous women." The report makes several observations:

- Despite assurances to the contrary, police in Canada have often failed to provide indigenous women with an adequate standard of protection.
- The social and economic marginalization of indigenous women, along with a history of government policies that have torn apart indigenous families and communities, have pushed a disproportionate number of indigenous women into dangerous situations that include extreme poverty, homelessness and prostitution.
- The resulting vulnerability of indigenous women has been exploited by indigenous and non-indigenous men to carry out acts of extreme brutality against them.

- These acts of violence may be motivated by racism, or may be carried out in the expectation that indifference to the welfare and safety of indigenous women will allow the perpetrators to escape justice.

NDP interim leader Nycole Turmel released a statement on December 13 saying: "these murders and disappearances are a real tragedy. These women have waited far too long to get real action from their government. This government doesn't do anything for aboriginals and, once again, they have to rely on the international community to get help."

Federal cabinet minister for the Status of Women, Rona Ambrose, stated: "at this stage we have received a letter from the committee of the United Nations and we are responding to that. We will be discussing this issue in February, but at this point there is no inquiry." The government has to give its assent before the inquiry can proceed.

Just in the past few months, residents of Lanark County participated in two grassroots movements to demand justice and action from the Canadian government. The Walk 4 Justice made its stop in Carleton Place on September 16 as family members of missing and murdered aboriginal women walked from Vancouver to Parliament Hill to bring attention to their plight. Residents of Lanark County also travelled in to Parliament Hill on July 5 to join hundreds of protesters in the Sisters in Solidarity March to demand government action.

It is hoped that this UN inquiry and the international spotlight on Canada will finally bring justice to the over 600 missing and murdered aboriginal women in Canada.

— Sarah Bingham is the Public Education Coordinator for Lanark County Interval House

Prevention is the Cure Beating Cancer Before it Starts

Cancer is our number one killer in Canada. This year, some 177,800 people will contract it for the first time, while 75,000 will die from it. About 45% of men and 40% of women will contract cancer, while one in four of us will ultimately die from the disease.

These statistics should invoke both fear and outrage. Instead we seem to be complacent, accepting cancer as an unwanted, but somehow inevitable, part of living.

Cancer is not pretty. Those with it can describe the devastating, life-altering decisions, the brutal treatment options, the array of side effects, the lifelong fear of a recurrence, and the compromised future. On top of all that and after so many years of trying, we still have no cure.

Is there any hope?

Yes there is. We believe that, acting on what we know, a significant number of cancers can be prevented. Following a growing body of evidence, we see the potential to prevent cancer in 80% of cases. Some believe this number could be even higher. I am one of those.

How can cancer be prevented?

There are steps some of us may already know — eat an organic, plant-based diet, exercise and don't smoke. There are ways to further eliminate cancer-causing agents — in cleansers, cosmetics and other products. There are also steps that we can all take

to help create a healthier world — by working together to reduce environmental carcinogens in our air, our food, and our water, in our homes and at our workplaces.

Through its new presentation, "Prevention Is The Cure", **Prevent Cancer Now** is working to spread this message across the Ottawa region and eventually across Canada to the public, our government institutions, and our business sector. While treatments improve marginally and some lives are extended, we seem to miss the obvious first choice: stop the disease before it starts. We'd save lives, save money, and avoid the misery and horror that follow from the words "You have cancer."

Why don't we do more to prevent it?

While there is a great deal of money spent in the pursuit of a cure for cancer, it may be surprising to learn that only about 2% of health spending goes toward primary prevention.

So what can be done? Let the search for the cure go on, but meanwhile let's take immediate action to eliminate the many causes of cancer. We believe that the best cure for cancer is to prevent it in the first place!

— Jake Cole is the Co-chair of Prevent Cancer Now, a Canadian, non-profit organization dedicated to identifying and eliminating/reducing the preventable causes of cancer. For more information, please visit <preventcancernow.ca>.

Preventing Cancer Now

Prevent Cancer Now has developed a multi-media presentation explaining the top 12 steps to avoid cancer. "Prevention Is The Cure" is currently available in the Ottawa area for community groups, workplaces, schools, universities and colleges, churches, etc. The presentation is free but the take-home message may be priceless for those who attend and their families and friends. As part of the event, cancer survivor Carole McCaskill explains simple, take-home tips on what foods to eat, what products to buy, and what things to avoid to best prevent cancer or a recurrence.

Presentations, open to the public, take place periodically across the Ottawa region and both large and small groups can request their own presentation.

Contact 755-0110 or <info@preventcancernow.ca> for more information or to arrange/attend a future presentation of "Prevention Is The Cure".



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Heritage House Museum of Smiths Falls

Celebrating 30 Years of Preserving the Past for the Future

One hundred and fifty years have passed since Heritage House Museum in Smiths Falls was the elegant country home of Joshua Bates. Joshua was a prominent figure in the settlement of Farmersville (Athens), and later in his life he began a new business venture in the growing village of "Smyth's Falls." Bates set up a stone grist mill (1852) and a frame carding mill (1853) on a piece of land adjacent to the locks at Old Sly's.

In 1853, a railway running between Brockville and Ottawa was proposed and Bates was immediately interested. He saw this as a "sure-fire" venture. Joshua personally invested heavily but, unfortunately, the no-fail venture failed miserably. Unforeseeable

an indoor brick bake-oven, and "mirror-image" facades. Seven rooms are furnished to depict the lifestyle of the upper-middle class during the years 1867-1875.

Heritage House opened its doors in 1981, making 2011 the museum's 30th anniversary, commemorated with special events and community projects. It is through this celebration that we hope to convey thanks to the many people who have made this achievement possible.

One of the many projects undertaken during our 30th anniversary year was the redevelopment of the museum grounds. The feature element of this project is a fourteen-foot Victorian-styled gazebo, which has become a very popular venue for local wedding

opment of existing landscaping on-site.

Heritage House, keeping up with the times, has taken to the internet. The museum has partnered with the Canadian Heritage Information Network to create and feature an exhibition on the Virtual Museum of Canada. This exhibition, called "The Legacy of Frost & Wood: Outstanding in their Field", showcases the home grown industry that was born from the partnership of Ebenezer Frost and Alexander Wood.

When Frost & Wood closed its doors in the 1950s, the factory was removed, down to the very last brick. The company, which had held a prominent place in the heart of Smiths Falls for over 100 years, was no more. With the help of the Virtual Museum of Canada, we intend on capturing the legacy of Frost & Wood and the lasting impact the company had on the Town of Smiths Falls.

If you worked at Frost & Wood, or if you have a private collection of Frost & Wood history, please contact Heritage House Museum to get involved in this special project! Don't forget to mark May 5 on your calendar for the launch of the Legacy of Frost & Wood: Outstanding in their Field exhibition.

Join us this month, starting on January 9, for the **Cultures of the World Exploration** exhibition. This exhibition is featured at Heritage House until April 20. Through the display of his personal collection, Arnel Pattermore will provide a truly unique exhibit and discussion on world exploration and the disappearance of traditional cultures. "The world is getting smaller all the time," says Pattermore. "We really do live in a world that's changing rapidly and a world that is becoming very common." During the course of his travels, Pattermore has visited 120 countries. With this exhibit you can explore how to appreciate the modern

times in which we live, while maintaining the pride and life of traditional cultures.

Partake in these special exhibitions and many more by visiting Heritage House Museum year-round. To find out more, visit us online at <smithsfalls.ca/heritagehouse>, call 283-6311,

or come for a visit at 11 Old Sly's Road in Smiths Falls. We are open Monday to Friday, 10:30AM to 4:30PM, until May 1. We hope to see you soon!

— Sarah Rathwell is the Collection and Education Coordinator at Heritage House Museum



Arnel Pattermore's collection of dolls represents some of the 120 countries he has visited. Arnel's collection will be featured in the **Cultures of the World Exploration** exhibition at Heritage House Museum in January.

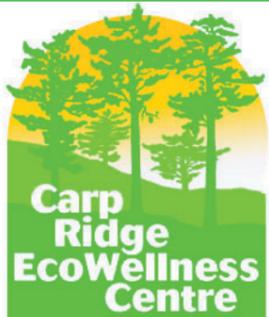
factors forced the "B&O" Railway into bankruptcy even before it had reached Smiths Falls. Bates lost a small fortune.

It was after experiencing financial ruin that Joshua built this grand country home. Having failed at his venture in Smiths Falls, Joshua passed away January 1, 1864. Soon after, Truman Russell Ward acquired the home and mills, moved in with his family, and the Bates name was virtually forgotten.

A succession of owners followed the Wards but eventually, after decades of occupation, the house sat abandoned, derelict and fraught with controversy. This piece of history was almost lost to the ages. In 1977, because of its historic and architectural significance, the building was purchased by the Town of Smiths Falls and restored circa 1867, as a museum. Today, Heritage House Museum combines the historic house with a local history museum, with modern exhibition and program facilities. The house features a unique two-storey privy,

photography. This Museum Advisory Board initiative was organized, funded and constructed wholly through the efforts of our volunteers.

In coordination with the construction of the gazebo, the museum has begun a redevelopment of the grounds, including traditional Lanark County cedar rail fencing, new custom-designed exterior signage, and a redevel-



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40 Years of Civitan in Almonte

On January 22, 1972, Civitan International granted a charter to a new club formed in Almonte. This club has grown and continued to be a leader and contributor to many civic events over the years. The Civitan Club of Almonte has provided medical assistance devices to many local residents, supported our local hospital and Fairview Manor, and organized or supported many events past and present, such as Canada Day, Santa Claus Parades, Light Up The Night, Celtfest, the Almonte Fair, Relay For Life, Ride For Dad, and more. Civitan has also been a continual supporter of youth through annual bursaries to local students and to local sports teams and athletes. All of these activities in support of our community are the reason that a service club exists, and they have only been possible through the generous support of our community.

In recognition of the support shown to our club over the years, the Civitan Club of Almonte is planning several events in January. These events shall involve all of the community, both young and old, so that they can celebrate our forty years of service.

Plans are still being finalized, but the tentative schedule is below. Most events take place in the Civitan Hall.

- Friday, January 13 – Youth Dance with music courtesy of local DJ Jeff Julian, hosted by the Junior Civitan members and advisors. This event will start at 7:30PM, with a cost of \$5 per person. Proceeds will be used for Junior programs.
- Saturday, January 14 – Family Activity Day. Plans are being finalized for a possible BBQ and hot chocolate with some outdoor events, from 10AM to 2PM. Watch for further developments.
- Sunday, January 15 – A pancake breakfast with bacon and sausages, from 8AM to 11AM. The cost is \$6 per person. An open house with re-

freshments will follow from 1 to 4PM, featuring Almonte's Civitan history.

- Friday, January 20 – Fiddler's Dinner Dance. \$10 per person, with entertainers admitted for free. Dinner is at 7PM, followed by dancing.
- Saturday, January 21 – 40th Anniversary Dinner & Dance featuring DJ Jack Denovan. This event is open to all present and past members of the Civitan Club of Almonte, and we hope to have many of our past presidents and members attend to celebrate with us. They would like to recognize the contributions of many past members who are no longer with our club, but whose contributions to our community will not be forgotten. All those planning to attend must RSVP at 256-3967 or <gcchaplin@gmail.com>, on or before January 13. The dinner is being prepared and served by the Reformed Presbyterian Church of Almonte (and held at the Civitan Hall), and music is courtesy of Jack Denovan. Admission is a donation to Lanark County Food Bank.
- Sunday, January 22 – Senior Games Day. Plans presently are for fun events with entertainment and light refreshments, from 1 to 4PM.

As can be seen by the list of events, there is something for all age groups within the community and we hope to have the pleasure of celebrating with as many old and new friends as possible.

Please circle the dates on your calendars for the New Year, as the members of the Civitan Club will be looking forward to sharing their community spirit with all who are able to attend any or all of the planned events.

For further details and updates, please check our website <almontecivitan.com>.

— Submitted by Grant Chaplin, Past President

Humm Bits

Make Friends and Influence People!

A new **Learning in Almonte** course will start on Tuesday, January 17.

Warren Thorngate will give a course dealing with the influence of public pressure on our decision making: "They made me do it!" — The Psychology of Social Influence.

Because humans are social creatures, we are susceptible to others influencing us, as we strive to influence others. Mechanisms of social influence include social comparison, social learning, conformity, obedience, communication, attitude formation and change. This course will provide an overview and lots of examples of these social influence mechanisms and will discuss their implications, good and bad. Included will be discussions of how beliefs, values and norms are formed, and how bad ones might be changed.

Warren Thorngate is a Professor Emeritus of Psychology at Carleton University. He has given various Learning in Retirement courses at Carleton. This course runs from 1:30 to 3:30PM every Tuesday for six weeks starting on January 17, in the Almonte Public Library. The cost is \$75 per person. To register, please contact Don Wiles at <don_wiles@carleton.ca>.

Robbie Burns Celebration in Middleville

In honour of Robbie Burns' Day, an afternoon of Scottish celebration is planned at the Middleville Community Centre on Sunday, January 23 from 2 to 4PM. Enjoy a wee breath of Scotland in the midst of the lovely Lanark highlands: the pipes, highland dancing, Celtic music and a Scottish songfest, along with dessert, coffee and soft drinks — even a taste of haggis too. Join us for some traditional Scottish hospitality on January 23. Admission is \$10 for adults, \$5 for children (5 and under are free). For more information please contact Margo at 256-5474, or Heather at 259-2904.



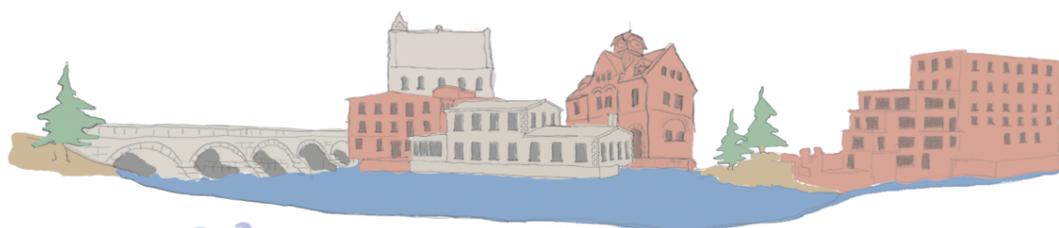
"My aim is to set my clients' businesses apart from the rest of the herd through their websites!"

Cathy Gordon's decision to start **Kicking Horse Media** <kickinghorsemedia.ca> sprang from a combination of extensive software experience and a longstanding desire to express her creative side. Early in life she decided to transfer out of the Fine Arts program at Concordia University to study mathematics, after which she accrued 28 years of systems and software engineering experience in such diverse milieus as geographic information systems, air traffic control, and the defense industry. When the time came to transition out of systems engineering, she decided to update her skills in a related area of work: web design and development.

Cathy had previously completed the Management Development Program for Women at Carleton University. In 2010, she added Algonquin College's Interactive Multimedia Program to her repertoire, after which she founded Kicking Horse Media. As she explains: "Software engineering, logic, artistic, marketing, writing and communications skills are all required to be successful in web design and development. This allows me to produce high quality websites that enable other businesses to prosper via their Internet presence."

As with most service-based businesses, customer satisfaction and word-of-mouth recommendations are key to ensuring Cathy's success. For that reason, she appreciates both the supportive community of Mississippi Mills, where she has lived for 26 years, and the interactive nature of the Chamber of Commerce. Cathy credits the monthly Mixers with being both fun and educational, and says she has "learned more about the community and its people by becoming a Chamber member".

Kicking Horse Media — Mississippi Mills Chamber member since 2011



Visit us: www.mississippimills.com



Meet us:

Upcoming Mixers:

Wednesday, January 18 Business Think Tank:

Looking for a fresh perspective on your business for the new year? Bring your questions and get some thoughtful advice from our panel of three experts.

6PM at the Barley Mow

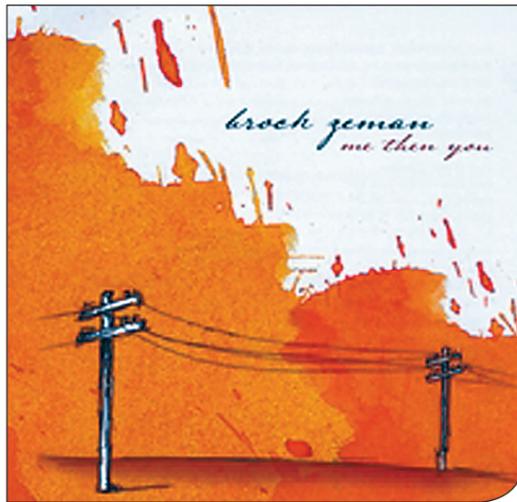
Join us:

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

Me Then You

With nine albums to his name and a few hundred live performances every year for almost a decade, singer-songwriter Brock Zeman has established himself as one of the Ottawa Valley's hardest working musicians. And he's not yet thirty! He's also highly regarded, having earned praise from critics across the country. *Exclaim! Magazine* says Zeman is "a songwriter worth hearing over and over again," CKUA hails Zeman's work as "intelligent, tuneful, heart-felt songs served up with an authentic but understated style," and the *KW Record* says that "Zeman doesn't surrender an inch to any Texas singer/songwriter you care to name. Closer to home, he has the chops to join the likes of Fred Eaglesmith on the lonesome outskirts of town after the street lights come on."

With his new self-produced record *Me Then You*, Zeman slaps his most stunning album to date



on the table. Catch the CD release at the Carleton Place Legion on Friday, January 6 starting at 8PM. Admission is \$10 at the door. For more details, visit <brockzeman.com>.

We would like to wish our patrons

ALL THE BEST FOR 2012!

Sincerely,
Don, Laurie, Tara, Ryan,
Alec, Kiley & Bailey

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The Reeve Report

Did You Get What You Wanted for Christmas?

When you looked under the tree on Christmas morning, did you get what you wanted? Did you get the Honda sports car with the big red bow that left you breathless? Or did you get to pile the kids in the old station wagon and head off for Christmas dinner not once, but twice in a day? Wasn't the turkey simply the best even though you had already eaten a similar meal with your

by Glenda Jones

parents/in-laws not five hours previous? Did you get to heap gifts in the back where the dog was sitting, and did the dog eat the chocolates and... well, you know what dogs get from chocolate!

Did you get the diamond necklace that gives you a headache from the glare? Or did you just get the headache from a little too much Christmas cheer served in those teeny plastic glasses that always crack and send red wine down your wrist? Did you get to meet the boss's wife, who indeed is a paragon of fashion, although you thought maybe a tad over the top for dinner with the staff? Did you get to dance the fandango at New Year's? Did you have to wear one of those ridiculous paper crowns? Now, there's a fashion statement!

Did you get smarter this year, and shop locally? Or did you get a ticket for illegal parking in the big city? Lots of people got those, I think.

Did you get to stay home and enjoy the peace the season is supposed to offer, or did you get caught in the chaos of a time management crisis until all you were getting was confused and tired? We love the

dark nights that descend on us in December, when we get to put our feet up and indulge our reading urge with the high ideals of having all the Canada Reads books under our belts when the voting begins.

We did get a couple of extra pounds on the hips for Christmas, not really a gift we wanted, but self-inflicted, so we can't rightfully complain. We got rosy cheeks and cold toes from long walks in the woods with the dogs. We got to watch an owl swooping through the forest; we got to see long streams of geese procrastinating their flight south.

I got to paint for a couple of hours, and then send the cards out to special friends to whom I actually hand write (what a saint, eh?). And then we got a slew of cards back, all of which I read again before I tuck them away 'til next year.

We got to spend time with family and friends, and we got to stay up too late and drink tea and chat. My sister and I rehashed every Christmas since we were kids — too much fun! We should all be so lucky to get a gift like that. We felt positively blessed to have those happy times on which to reflect.

So now we're to January, and what do we get in January? We get a little idle time to refuel. Before long we'll have to get busy again, get involved, get exercising, get out and enjoy winter, and please don't get a cold! That's definitely the gift that keeps on giving right through to spring.

We got all we could have wished for Christmas. We don't need stuff, but we sure do need that special holiday spirit that gets us connected with people. We likely couldn't keep up that pace of partying for long, but it would be good to make it last through January anyway. We're going to give it our best shot.

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David Abraham and Susan Veale

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Almonte Natural Foods
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613-256-1833

Theatre News for the New Year

Well, let me start off by wishing everyone in our local area theatre scene, be they performers, directors, backstage or front-of-house people, and especially those wonderful stalwarts who make the entire merry-go-round work so well in the first place — our theatre-going patrons and supporters — a wonderful and exciting 2012! Judging from what we've seen so far, I think the "exciting" part of that wish is pretty well guaranteed, and I think the "wonderful" bit probably is too!

by Ian Doig

In January **Studio Theatre** in Perth presents *An Inspector Calls* by J.B. Priestley, directed by David Parry. A family celebration, a mysterious inspector, a young woman's untimely death — there's more to this mystery than just "whodunit". Catch it January 26, 27, 28, and February 3 and 4 at 8PM, and January 29 and February 5 at 2PM.

For one night only, at the Full Circle Theatre, you can see *The Brothers Grimm*, presented by **2 women productions**. Exactly 200 years since the Grimm brothers published their first folk tale collection, raconteur Dale Jarvis, accompanied by folk musician Delf Maria Hohmann, weaves the events of the brothers' lives around their stories. So mark your calendars for 7:30PM, February 10.

On the audition front, first up is the **Studio Theatre's** already-heralded production of *Steel Magnolias*, scheduled for opening on March 22. Auditions for this all-female cast are called for the Studio at 7PM on January 9 and 11 (I myself already offered to do a role in drag and have been turned down flat!).

BarnDoor Productions will be holding auditions in January for their two summer shows. This summer's offering is a double helping of two of the greatest classic comedies of all time: William Shakespeare's *The Merchant of Venice*, slated for production at the beginning of August, and Molière's *The Imaginary Invalid*, in a new adaptation, which will run in July. The auditions for both will be held on Wednesday, January 18, beginning at 7PM at the Full Circle Theatre, 26 Craig Street (Highway 43) in Perth. There are wonderful roles in each for males and females, and lots of them, so BarnDoor hopes for a good deal of interest in two of the greatest shows of all time. For further information please call 267-1884, or visit the Barn Door website.

Now here's a heads-up for fans of our area's own professional company. This summer, **The Classic Theatre Festival** presents *Two for the Seesaw* by William Gibson (author of *The Miracle Worker*,

the story of Helen Keller). It's a quirky romantic comedy of two lost souls finding each other in late 1950s New York City. Bristling with snappy dialogue, with a perfect combination of humour and pathos, it won the Tony Award for Best Play. Origin-

ally starring Henry Fonda and Anne Bancroft, this heartfelt play keeps audiences rooting for the characters right until the final curtain. Previews are scheduled for July 13 at 8PM and July 14 at 2PM, with opening night on July 14 at 8PM.

the eighth-longest running play in Broadway history, with witty dialogue that sparkles and characters you'd gladly invite over for dinner; this is a tale of a hasty divorce and second chances that is reminiscent of the best of the era's screwball comedies. Find out why audiences laughed their way through almost four straight years of *Mary, Mary* on Broadway. Previews are called for August 10 at 8PM and August 11 at 2PM, with opening night on August 11 at 8PM. For both presentations performance times are Wednesday to Saturday at 8PM, with Wednesday, Saturday and Sunday matinées at 2PM. Tickets are available from Jo's Clothes.

Full Circle Theatre, the home of Perth's Barn Door Productions, is building up their schedule of third party events for the winter/spring and, beginning on January 25, **Film Night International** will be presenting their series every other Wednesday at the barrier-free, ground-level facility. *The Women on the 6th Floor* will be screened at 2PM and 7PM on January 25 at Full Circle Theatre (and on January 26 at 7PM at the Rideau Canal Museum Theatre in Smiths Falls). That's just the beginning of some great events at the Full Circle. Go to <barndoorproductions.ca> for details, videos, schedules and more, or call 267-1884 about auditions for other upcoming shows.



On February 10 you can catch *The Brothers Grimm*, presented by 2 women productions at Perth's Full Circle Theatre. It will be performed by raconteur Dale Jarvis (right), accompanied by folk musician Delf Maria Hohmann.

Almonte in Concert
presents
Norteño

This ensemble promises to heat up a winter evening in a programme of works by legendary Argentinian composer Astor Piazzolla and new works in the same enhanced Latin idiom.

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