

JANUARY 2011

the Hummm

free

Arts,
Entertainment
& Ideas



p.18 & 19

January's Events



p.5

The Writers Are Coming!



p.7

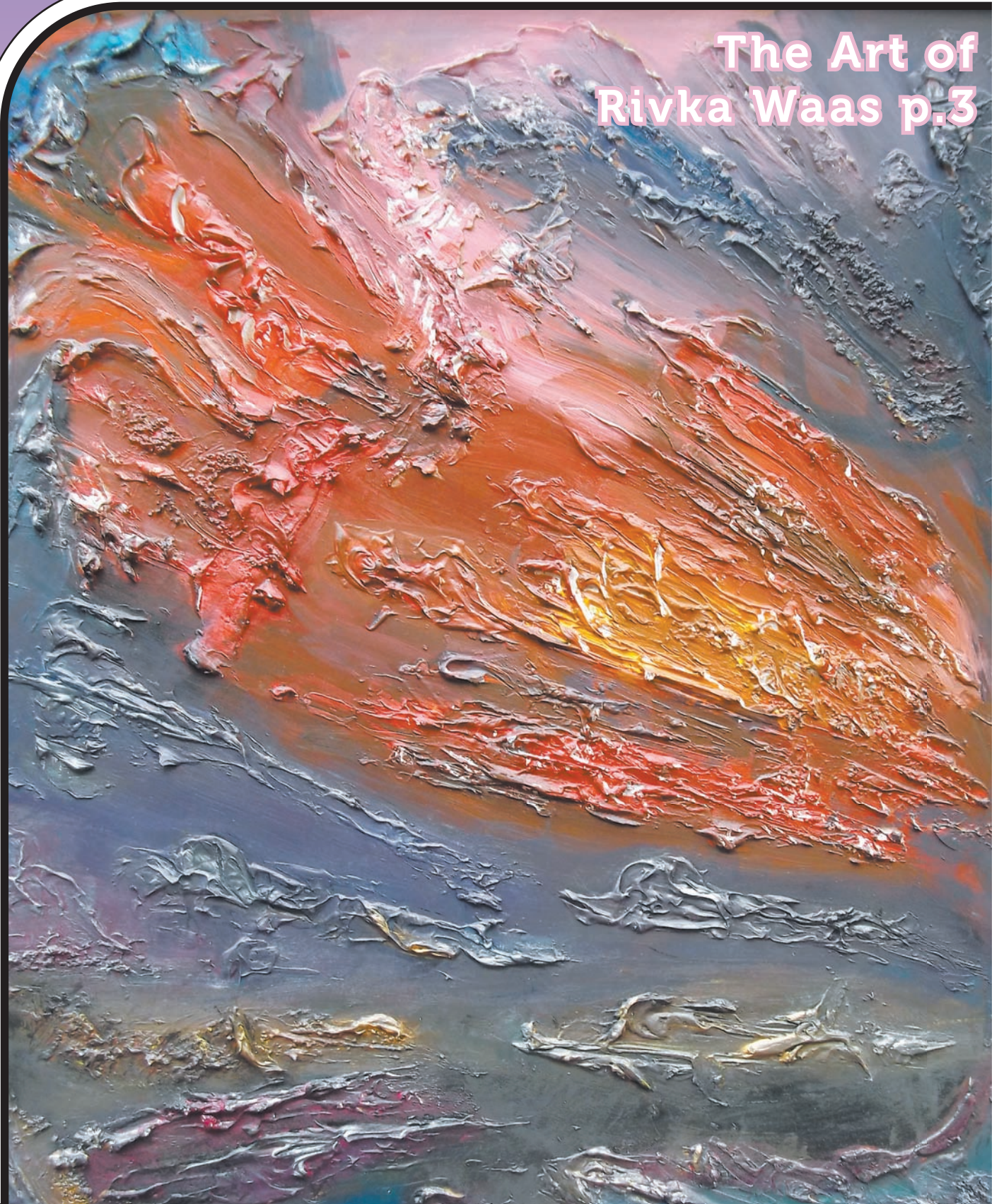
Kelly Prescott CD Release

CLASSES

COURSES

LESSONS

p.14-17



The Art of
Rivka Waas p.3



Let's Join Hands to Save Our Planet



Benjamin
Moore
The Colour Experts

Valley
DESIGN CO.

22 Lake Avenue East, Carleton Place

257-1197

ARTBEAT

by Bill Buttle



"Try this: 'I will limit my *Wecome to the New Year* concert to something under two hours for 2012'!"

Does Your Organization Need Volunteers?

In the February 2011 issue of *theHumm* we plan to run our fifth 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 organization 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.

Who's Reading theHumm



(above) Louise Pauzé Lord writes:

I was recently (early April, 2009) vacationing in the Algarve, Portugal, with friends from the Ottawa area. Each of us is enjoying our own favourite recent copy of theHumm. We were photographed in front of a Portuguese fishing boat and some fisherman's shacks on the beach in Armação de Pêra (east of Portimão). From left to right, the vacationers are: Louise Pauzé Lord, Judy Slack and Sandra Wilson.

I hope that you will consider this photo for inclusion in a future edition of your wonderful magazine.

(below) Jim Mountain writes:

Our daughter Liisa Mountain took this photo while visiting ancient Celtic standing stones in the highlands of Scotland. She's been there since January (2009) working as an intern at an architectural firm, and has been saving her copy of theHumm, until the appropriate moment, and place.



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

Editor:

Kris Riendeau
editor@thehummm.com

Layout and Design:

Rob Riendeau
rob@thehummm.com

Advertising and Promotions:

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

Assistant Editor:

Rona Fraser
rona@thehummm.com

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

Submissions

By email or on disk.

Deadline

is the 22nd of the month prior to publication.

Subscriptions

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

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

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

Thanks this month to:

Santa and all of his helpers, including the good folks who worked and volunteered on behalf of others during the holiday season.

WILL THEY OR WON'T THEY???
Orion Theatre presents
THE FULL MONTY

Music and Lyrics by DAVID YAZBEK
Book by TERENCE McNALLY
Based on the motion picture released by Fox Searchlight Pictures written by Simon Beaufoy
Produced by Uberto Pasolini and Directed by Peter Cattaneo

Myrlad Centre for the Arts
1 Sherbrooke St.
(Old Perth Shoe Factory)
Perth, Ontario

February 4, 5, 11, 12, 17, 18, 19 at 8 p.m.
February 6, 13 at 2 p.m.

TICKETS PLEASE

The Full Monty
Is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI.
421 West 54th Street, New York, NY 10019
Phone: 212-541-4684 Fax: 212-397-4684
www.MTIShows.com

Tickets available at **Tickets Please**
c/o Jo's Clothes, 39 Foster St. (613) 485-6434
www.ticketsplease.ca

Artistic Director: Peter Dixon / Musical Director: Heidi Stepanek /
Orchestra Director: Peter Woodward

Rivka Waas — Jaunty Abstraction

As Marshall McLuhan so famously observed, "The medium is the message." Rivka Waas uses abstract mixed-media art as her medium for expressing her impulsive personality, and she has chosen well. A quick

by Sally Hansen

glance at the collection of paintings on her website art gallery at <www.rivka07.multiply.com> immediately establishes the volatile dynamism that characterizes her work. Her paintings emerge spontaneously, almost effortlessly, and usually joyously, from a deep internal well of creativity.



Rivka's passionate portrayal of her inner feelings, her wishes for harmony in the world, and her occasional memories of much more troubled times, all find their way onto her canvases. She is spontaneous and free in her use of texture and form. She is absolutely fearless with colour, perhaps because she is a fiery redhead with a personality to match. Waas and her wonderfully supportive husband, Arthur, collaborate in naming her works, often discerning different elements and delighting in their disparate discoveries.

Discovery is a large part of the pleasure Rivka takes in showing her art. "I love it when someone sees something in a painting that I never noticed. Abstract art is more challenging for the viewer; they have to use their own imagination to interpret what my imagination has created." Viewers seem to welcome the challenge, and Rivka has participated in many exhibitions in Ottawa, Carleton Place, Perth and Almonte. Her exuberant pieces are on display at Gallery Perth at Code's Mill in Perth, and she will be participating in Almonte's "Art in the Attic" exhibit in the spring (see details below).

A Watchful Eye

Waas attributes her keen powers of observation to her life in Haifa, Israel, where she raised her young daughter in a climate of omnipresent danger. Two years of obligatory service in the Israeli Army heightened her awareness of her physical surroundings. "I am always finding things when I go to a mall or walk along a sidewalk. You learn to notice things," she tells me. She is growing increasingly interested in recording the beauty of her Canadian rural life and has begun to augment her website with photographs.

Discovering Art — Part I

When she and her family came to Montreal in 1986, Rivka discovered that her bilingual proficiencies in Hebrew and English "were not a big advantage" in securing a job in her field as a medical secretary to pathologists. Fortunately, her friendly, outgoing nature was a big asset in a variety of retail jobs.

After moving to Ottawa in 1990, Rivka's life hit a bumpy patch and she was assisted through a turbulent period by Arthur, who befriended the family in 1991. Arthur and Rivka were married in 1997. When Art was approaching retirement, Rivka started house hunting. Art's version of the story reveals not only Rivka's ebullient personality, but also Arthur's ongoing enjoyment of the jaunty, bubbly young lady he welcomed into his life, and the quality time he spends with her daughter and the grandchildren.

Out for a drive in September of 2003, Rivka spotted a "For Sale" sign on the house they now live in at 2633 Cemetery Side Road, just east of Carleton Place. Rivka insisted that Arthur phone the number on the sign, and when the owner answered, Arthur requested an appointment. "Now, please, if possible. We're in your driveway." The two couples chatted over tea on the porch, and three hours later it was pretty much a done deal.

What they didn't anticipate was the best part of the deal. After many, many years of debilitating migraine headaches, often lasting four days at a time, and necessitating palliative trips to emergency rooms, Rivka's migraines stopped. Once the family moved away from the hum of the high voltage electrical wires that were near their townhouse in Nepean, Rivka's headaches ceased. Totally. Maybe it's the cleaner air in the country. Maybe it's the quiet. Maybe she outgrew them. Maybe



it's her ever-increasing passion for creating abstract art. It's the relief that matters.

Finding Art — Part II

While she was still living in Nepean, Rivka signed up for an art course at the Nepean Creative Centre. After trying watercolours, she was urged by mixed-media artist and teacher Suzanne Warren Powell (featured in theHumm in March, 2003) to try her course in acrylic-based mixed media. Powell recognized a kindred spirit and Waas blossomed under her encouragement. Rivka is proud of the fact that she was one of the initial artist members when Powell launched OMMA — Ottawa Mixed Media Artists — in 2001. She has remained a member ever since, and her work can be seen at <www.omma.co/gallery/rivka-waas>.

By 2002 Waas had exhibited her work in four different venues and sold her first painting at the Moth Art Gallery in Merrickville. In 2003 she won the viewers' "Award of Excellence" presented by the Nepean Fine Arts League at their Members' Night exhibit. A member of the AAAA (Almonte & Area Artists Association), she participates in their annual "Art in the Attic" show <www.4a-artists.ca>, scheduled for a weekend in May.

Finding Waas's Art

Just a few weeks ago Rivka was one of thirteen artists invited to be the focus of "Art Here & Now",

the first exhibition hosted at Gallery Perth's exciting new Code's Mill location. Although the show officially closed at the end of December, Rivka's work remains on view in both Gallery Perth locations: at the Code's Mill Gallery (corner of Herriott & Wilson Streets), and at Perth Picture Framing and Gallery Perth, located in a renovated home at 16 Wilson St. W. (264-8338, www.galleryperth.com).

If you haven't checked out the new location, it really merits an outing. As regular readers already know, Perth is one of the most picturesque and artistically rich towns in Ontario. The heritage Code's Mill building, formerly a felt mill, has been superbly restored by owner John Stewart since his purchase of the property in 1980. Not surprising, since Stewart's own business, Commonwealth Heritage Resource Management Limited, operates out of the building also. The visual feast of fabulous art displayed in a fantastic setting is well worth the drive. Gallery Perth at Code's Mill is open 10AM to 4PM Fridays, Saturdays and Sundays. You might even learn more about the three ghosts reputed to share the premises.

To contact Rivka Waas directly, phone 253-0797 or email her at <rivka.waas@gmail.com>. Views of over ninety paintings that vividly express her subconscious responses to the abstract world she experiences are on offer at her website: <www.rivka07.multiply.com>.

The holidays are over and every year we are left asking ourselves "why did I do that?" Over indulging, over spending, stressing and lack of sleep - the holidays can be extremely hard on our bodies and minds. Don't despair, Foodsmiths has just what you need to rejuvenate your "list" of New Year's resolutions with fresh wholesome food and natural body cleansing and detox products.

Body cleansing and detoxification involves dietary and lifestyle changes which can reduce the intake of toxins and improve digestion. Foodsmiths Natural Health and Beauty Department carries an excellent range of natural cleanse and detox products to help the body push out those everyday toxins and leave you feeling healthier inside and out.

Ask one of our experienced staff about which cleanse is right for you and rejuvenate your New Year!

It's Your Body..
Treat it Well!



Foodsmiths
THE GOOD FOOD STORE

Your Local & Organic Choice Since 1976

106 Wilson St. West
Perth, Ontario
613.267.5409

Store Hours
Mon-Thurs 8am-8pm
Friday 8am-9pm
Sat & Sun 8am-6pm

www.foodsmiths.com



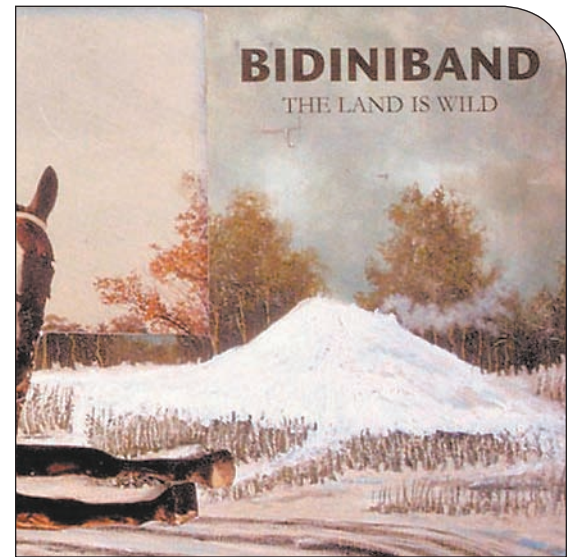
WHO Rivka Waas
 WHAT Abstract Painter, Acrylic Mixed Media
 WHERE Gallery Perth at Code's Mill, corner of Herriott & Wilson Streets, Perth, <www.galleryperth.com>, 264-8338, Fri., Sat., Sun. 10AM-4PM; <rivka.waas@gmail.com>; <www.rivka07.multiply.com>; 253-0797; <www.artscarletonplace.com/artist_database/rivka_waas>
 WHY "It's my natural form of spontaneous expression."

ARTIST TRADING CARD

Folkus's Selina Martin/ Bidiniband Double Bill

Almonte's **Folkus Concert Series** continues its season on Saturday, January 15 with its second offering, a double bill featuring Selina Martin and the Bidiniband. **Selina Martin** grew up in Pakenham and is now a Toronto-based high-powered art pop siren who has been described as having a voice full of beauty and angst and a wholly unique writing sensibility. She has toured across Canada, the US and Europe, and has just released her third album, *Disaster Fantasies*. This latest CD is her most focused to date. It is a fierce collection of genre-defying tunes skillfully produced by Toronto indie wunderkind Chris Stringer. The CD is a powerful reflection of hard real-life experiences. Some songs are personal, emanating from the breakup of a ten-year relationship. Others are not based on personal experiences but reflect larger political/military issues that have touched Martin deeply.

Martin is not only a talented singer/songwriter — she is also well-known as a skilled composer/arranger/producer and multi-instrumentalist who has performed on and contributed to numerous recordings by artists such as the Veda Hille, Bob Wiseman, Justin Rutledge, N.Q Arbuckle, and the Rheostatics. Recently she has also been involved with theatre productions, including Martin Tielli's *The Ghost Of Danny Gross Parts 1 & 2* and Dave Bidini's *Five Hole: Tales of Hockey Erotica*.



The second half of Folkus's January double bill, the **Bidiniband**, is not just any act. The band's leader, Dave Bidini, and Selina Martin are frequent colleagues and the two acts complement each other nicely. Bidini is also multi-talented: an indie rocker, author (mainly sports and music), raconteur, agent provocateur, playwright, film-maker, and a founding member of the legendary Rheostatics. Bidini and Bidiniband members Don Kerr, Paul Linklater and Doug Friesen spent a year working on their debut album *The Land is Wild*, released by Pheromone Records in 2009. It features Bidini as rhythm guitarist, and includes songs about everything from dead hockey players to cannibalism and lesbian schoolteachers. The CD continues the Rheostatics' artistic tradition of songs about Canada and its people, and is reminiscent of records like *Ogden Nut's Gone Flake* by The Small Faces and *Wheatfield Soul* by The Guess Who. The result is broad, dynamic rock-and-roll layered over a bedrock of acoustic guitar, set to epic tales of adventure and the tapestry of political and emotional life, not forgetting the odd song about smoking and music itself.

On Saturday, January 15, these two dynamic acts — Selina Martin and the Bidiniband — can be seen in concert at the Almonte Old Town Hall. Doors open at 7:30PM. Tickets are available in advance for \$23 or at the door for \$27, \$12 for students. For ticket orders and information, call Mill Street Books at 256-9090 or visit <www.folkusalmonte.ca>.

Catch Selina Martin (below) in a double bill with the Bidiniband in Almonte on January 15



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

Start Your 100 Mile Diet at Home
 know your vegetables



five 3-hour workshops
 from garden plans to harvest
 January through September 2011
 near Perth
 hearty lunch included

613.267.6168 jandpdutton@gmail.com 613.326.8225
 (home & voicemail) (cell)



Reliable Heating and Cooling presents

Young
 AWARDS
 Gala

Fostering dynamic arts initiatives
 in the schools of Mississippi Mills

February 19, 2011

Tickets Now on Sale

Gala dinner tickets (\$65, cash or cheque only)
 available from
 Blackbird and Foodies in Almonte
 and 3 Yellow Tulips in Pakenham
 or from reside@sympatico.ca

Resolve to
 Feel Fantastic This Year!

If Good Health is your New Year's Resolution,
 why not try Homeopathy?

It is safe, effective, and the
Initial Consultation is 50% off
 for the month of January.



Adrienne Yearde
 Classical Homeopath
 BArts, CH, DIHom(Pract)

Now Accepting New Clients

Wellness Tree Health Centre 9-130 Lansdowne Ave., Carleton Place 613-253-8881

Blues On The Rideau Gears Up for 2011

The popular **Jack De Keyzer** kicks off the new year with the first Blues On The Rideau (BOTR) shows on January 21 and 22 at The Cove Inn in Westport. The Saturday night show is now sold out, with a waiting list, and all the rooms at the Inn are booked. However, there are still tickets and a few rooms left for Friday's show, so book now to ensure your spot!

Clio & The Blues Highway have unfortunately had to cancel their February 18 BOTR appearance, but the good news is that organizers were able to secure one of Canada's best-loved and hottest groups to fill the spot — the **Johnny Max Band** from Toronto <www.johnnymaxband.com>.

Johnny is no stranger to BOTR — this will be his third visit and he is definitely one of the crowd favourites. A former Juno Award and multiple Maple Blues Award nominee, Johnny and his band are up for another three MBAs this year. Led by Johnny's powerful vocals and superb showmanship and backed by a very tight group of veteran players, this band serves up a smorgasbord of blues, Stax-style soul, R&B, rock and jazz that overflows the plate. Their new CD, *It's A Long Road*, is getting major airplay and praise on blues stations across North America and no wonder — it's great! Visit <cdbaby.com> and listen to a few snippets.

According to John Valenteyn (*Let The Good Times Roll*, CIUT-FM Toronto): "The progression of The Johnny Max Band's albums has been quite remarkable. The lineup behind him changes while the trajectory continues upward... This ensemble has taken Johnny Max's trademark rocking soulblues to another level altogether."

Tickets for all BOTR shows are \$55 (plus tax), for dinner and the show. Book your tickets now at 273-3636. The rest of the season's line-up includes Monkey Junk on March 18 and 19, Paul Reddick Band on April 15, Treasa Levasseur Band on May 20, and Raoul & The Big Time on June 10. For more details, please visit <www.bluesontherideau.ca>.



The Johnny Max Band (above) replaces Clio & The Blues Highway at the Blues on the Rideau show at The Cove Inn on February 18

Pauline's Massage & Reflexology Clinic

including Infrared Sauna Therapy

613-257-1485 Carleton Place

Available day, evenings & weekends

Come in to relax, heal and detoxify in a non-clinical, private, home-based setting where time slows down

special children's rates • no HST • covered by most insurance companies

PERTH
PICTURE
FRAMING

&
Gallery
PERTH

16 wilson street west
also at code's mill, wilson & herriott streets 613 264 8338

January 2011

Postcards from Perth

The Writers Are Coming!

A good book can take your mind off of almost anything. Snow squalls. Whiteouts. Power outages. Frostbite. Well, maybe not frostbite, but you get the idea. A good book can warm your heart on even the coldest of winter nights.

Need some warming up? You're in luck.

National bestselling author **Tish Cohen** is coming to Perth to read from her latest book, *The Truth About Delilah Blue*. Tish's third adult novel (she has also written two novels for children, *The Invisible Rules of the Zoë Lama* and *The One and Only Zoë*

by John Pigeau

Lama, and one for young adults, *Little Black Lies*) has garnered her wonderful praise, including this from the *Globe and Mail*: "There are some books you can't put down, and others that won't even let you look away. Tish Cohen's new novel is both."

The book focuses on Delilah Blue, who has felt like an outsider since she moved from Toronto to Los Angeles at eight years old, when, as her father told her, her mother abandoned the family. Now twenty and broke but desperate to become an artist, Delilah attends college art class for free — by modelling nude at the front of the room.

Her only real companion is her still-single father, recently diagnosed with early-onset Alzheimer's. Victor's condition worsens just as Delilah's mother resurfaces with a young daughter in tow and an old secret that will change everything. Delilah must decide if her mother is the selfish woman she assumed had left her behind, or whether somewhere deep inside her father's memory lies a more complicated truth.

Sound compelling? It is. Tish's prose sparkles with humour and heart, her characters are broken yet engaging, and she tells a wonderfully tantalizing story. Her writing has been compared to Jodi Picoult's, and Allison Winn Scotch, New York Times bestselling author of *The One That I Want* and *Time Of My Life*, says "Tish Cohen is the next great thing in women's fiction." And I couldn't agree more.

Tish says she was thrilled by the comparisons to Picoult "because so many women love Jodi Picoult's books."

"I'm just as appreciative of a bit of praise as the next insecure writer," she adds, "so I won't lie and say I don't need to hear it. I really, really do. But, being someone who spends way too much time considering the dark side, I sometimes look at praise and wonder if people are going to read it, roll their eyes, and pretend to stick their fingers down their throats. You don't think anyone's doing that, do you? Seriously?"

For the record: No, Tish, I don't.

But thank you for asking.

Tish's first novel, *Town House*, was a regional finalist for the Commonwealth Writers' Prize for Best First Book, and her second, *Inside Out Girl*, was also a *Globe and Mail* bestseller.

She says the story behind *The Truth About Delilah Blue* came to her when she got thinking about the changing relationships between aging children and their parents.

"I was intrigued by the role reversal that happens between adult children and their parents as these parents age," she says. "The adult children slowly — or quickly, depending upon the situation — start to assume the role of caregiver. But, I wondered, what happens in families where there is anger, re-

sentment and distrust? What if a father seriously wronged his daughter in the past? How would that daughter, years later, react to her father as he ages and becomes more and more vulnerable? It seemed a fascinating scenario to wrap a story around."

When asked what was the most gratifying aspect of being a writer, Tish playfully responds, "Forgetfulness, mood swings, drooling — it's all just expected in creative types. So no matter how many times I drive over the curb or pull a no-show at the hair stylist, my occupation takes the blame, not me."

Warming up the stage — so to speak — for Cohen will be award-winning Québec writer **Paul Seesequasis**, whose first novella *Tobacco Wars* was released last fall by Quattro Books. Laced with humour, eroticism, theatre, and the "wild" of the Americas, *Tobacco Wars* turns history, as taught, upside down. Seesequasis juxtaposes the potency of Native American myth with an early 17th century romance involving Pocahontas and playwright Ben Jonson, and interweaves in this seeming "romance" the outrageous grandeur of the mythical Bear Woman.



Author Tish Cohen will read from her new novel, *The Truth About Delilah Blue*, in Perth on January 14 at The Factory Grind. Also featured will be Québec writer Paul Seesequasis, whose first novella, *Tobacco Wars*, was released last fall by Quattro Books.

Paul is a writer and journalist whose short stories and feature writing have been published in Canada and abroad. He was the founding editor of the award-winning *Aboriginal Voices* magazine, and recipient of a MacLean-Hunter journalist award. *Tobacco Wars* is his first book.

The readings will take place on Friday, January 14, at 5:30PM at The Factory Grind (1 Sherbrooke Street, Perth, in the Old Perth Shoe Factory building). Both authors will be selling and signing copies of their books after their readings. Admission is \$7 with all of the proceeds from the door going directly to the Perth and District Food Bank. Donations of non-perishable food items will also be gratefully accepted.

— John Pigeau lives in Perth and is the author of *The Nothing Waltz*. His second book, *Highway Mirage*, a collection of short stories, will be out this fall from Hidden Brook Press.

www.thehummm.com

the Humm

5

Ah Geez...!

Don't get me wrong — I love my children. They can be as sweet as honey, but they can turn on you. It can be all puppydogs' tails and bubbles until, at the drop of a hat, they disintegrate before your very eyes. However, I'm a parent, and as a parent I have an entire arsenal of things to say and do. I

by Steve Scanlon

get to say all kinds of weird and wonderful things to my kids — it's one of the perks. Some of these things are uniquely mine, while others have stood the test of time. I have my own punctuation as well; most parents do.

Findley, please don't put yogurt in your sister's hair. Emilia, please don't let Finn put yogurt in your hair, give me the yogurt, give me the... ah geez.

We'll call mine "Ah geez," but we all know it's probably something worse (and inevitably said under my breath). I know without a doubt that some of these things will come back to haunt me. I am sure that, on more than one occasion, my parents have said:

"Because I said so, that's why..."

Or the standards:

"Because I am The Dad..."

"Just wait until your mother sees this..."

"Stop running with that pencil in your mouth..."

"No, crayons are for paper not walls..."

Pretty basic kid control stuff really, and my parents would shake their collective heads if they could hear me now. I wish with all my heart that my father had been around to hear: "Findley, is that poo on your fingers? How did you get... wait a second, is that my cake? Ah geez..."

Or one of my favourites: "Finn, put the water down, no Finn DO NOT pick up that cup..." as he, while smirking like the devil he can be, ever so slowly pours the

water over his head then giggles. "...Ah geez!"

Or, "Hey Houdini, how did you ever manage to get that diaper off your bum while still in your sleeper? Oh look — poo... ah geez!"

I especially love my wife's latest practice of spelling things out so the kids won't know what we're discussing. A recent conversation went something like:

Wife: "I'm taking the kids to see Es. Eh. En. Tee. Eh."

Me: "You're taking the kids to see SANTA? Fantastic!"

(Appropriate whooping and chanting *Santa, Santa, Santa* in the background.)

Wife: "Eh. Ar. Es. Ee!"

Me: "Es. Ee. Ex?"

Wife: "En. Oh."

The worse part of that game is I find myself agreeing with my wife whilst not actually knowing what she has spelled out — it's the lazy husband thing.

"The kids and I are going on a Tee. Ar. Eye. Pee... but you have to stay home."

"Okay honey, whatever you think is best."

She knows. She plays on my weakness.

You are both grounded — for life.

My parents used to say things like: "This is going to hurt me more than it's going to hurt you." Nope. Wrong. "I will give you something to cry about." Hello, I already have something to cry about, hence the crying. Thanks for the offer but I'm good.

So I don't stoop to those levels. Mine are simpler and occasionally the punctuation comes at the beginning...

"Ah geez... Emilia, dear, please stop kissing the worm."

"Ah geez... Finn, cats eat cat food, people eat people food."

"Ah geez... Please don't put the crackers back in the bowl after you've licked them."

"Kitty litter is litter... for kitties."

"No Finn, the cat can blow its own nose."

"Emilia the princess dress looks great on you but it's a school day today."

"Take that out of your mouth, take that out of your mouth, take that out of your... now pick it up, now pick it up, now pick... ah geez... oh, I'll get it."

"It's a great rock collection but you could have left some of the gravel on the driveway."

"Emilia, can you help Daddy find your clothes?"

"Blow your nose... blow... blow, okay, stop blowing, stop blowing... ah geez."

"Findley, please don't put yogurt in your sister's hair. Emilia, please don't let Finn put yogurt in your hair, give me the yogurt, give me the... ah geez."

"You are both grounded — for life."

It's not just what you say, or how you punctuate; as a parent you have to have the correct body language. Body tense, ready to pounce, the shaking of the head, the shrug of the shoulder. Personally, I am an expert eye roller now. I was okay at it before but I have honed my eye rolling

skills to perfection. I used to be an okay whistler as well but once again, practice makes perfect... (whistle)... "that is the best snowman this kitchen floor has ever seen..." (whistle for effect, roll eyes, leave the room)... Ah geez!

It's all part of being a parent and I wouldn't have it any other way. Remember, what happens in the playroom, stays in the playroom.

Ah geez... oh for the love of... for cryin' out... any chance you could pass me the baby wipes?

A Love Letter

Oh hot chocolate... how can I thank thee?

You do so much for me... I don't know where to start! When I lack inspiration to start my day (or even open my eyes), your caffeine, chocolate goodness and sugar work together to give me a loving kick in the pants.

When the chill of a damp winter day has seeped into my bones and I am questioning why winter has to last so long and suck so badly, a warm cup of hot chocolate defrosts my fingers, my body, and my very soul.

When a deadline is approaching and I hit the wall, too tired and too grumpy to go on, I trot across the road for a large hot chocolate to go, and am re-inspired, nay, reborn!

Why any of you choose to drink coffee when there is the option of a full-bodied, cozy, hug-in-a-cup... I will never understand. Though I will concede that a drop of coffee does make a good thing even better.

— Rona Fraser, high on hot chocolate at the time of writing.



Blooms Coming to Mississippi Mills

Communities in Bloom, that is.

The Mississippi Mills Beautification Committee is launching its **Communities in Bloom** (CiB) program with a public meeting on January 31. Mississippi Mills residents and business owners, students and organizations, are invited to give their voice — and assistance — to create an award-winning CiB community.

CiB is about much more than creating a community-wide visual bouquet of flowers and trees. It's an international program to further the education and awareness of environmental concerns, preserve heritage sites, and encourage community involvement. Our neighbours Carleton Place and Arnprior have already embraced CiB, and both towns have seen greater levels of community involvement and enhanced community pride.

CiB participation is also acknowledged to be an economy booster, attracting tourism and new business and residents. Carleton Place has twice received a 5-Bloom rating (the highest possible from Ontario's CiB), with special mention for the adaptive re-use of heritage buildings, and a special award for receiving the highest score in urban forestry in the province.

Eleven categories are assessed by CiB judges: Tidiness, Environmental Action, Urban Forestry, Landscape, Turf and Groundcovers, Floral Displays, Community Involvement, Sustainable Development, Community of Gardeners, Youth Involvement, and Land Reclamation.

"As you can imagine," says Beautification Committee chair Fern Martin, "participating in this program requires the co-operation of the many groups who make our community beautiful — and fun!"

CiB chair Cindy Zorgel adds: "We've got a beautiful community and a lot of hard-working volunteers out there, but there are still several ways to enhance Mississippi Mills. The CiB program gives us a kind of road map to follow as we clean, beautify and build up our community."

Cindy and Fern invite you to the CiB information night on Monday, January 31 at 7PM at Almonte's Old Town Hall. The evening will include short presentations on the CiB program, Carleton Place's CiB experience, and what we need for our CiB application.

For more information, you can see <www.communitiesinbloom.ca> or call one of the following: Nicole Guthrie, Mississippi Mills Cultural Coordinator, 256-1077, ext. 22; Fern Martin, chair of the Beautification Committee, 624-5104; or Cindy Zorgel, chair of Community in Blooms Committee, 256-5155.

— Fay Devlin and Fern Martin

Sewing & Mending

Franchesca Tremblay
402 Joseph Street
Carleton Place

613-253-7848
Hours vary

Lachapelle Antiques
Furniture & Collectables through the decades

Furniture Refinishing and Antique Stores

1526 Ashton Station Rd.
Ashton
613-257-2960

www.lachapelleantiques.com

24 Mill St.
Almonte
613-256-1511

Kelly Prescott Will Leave You Dreaming

At twenty-four years old, Kelly Prescott is already a veteran musician and performer. The daughter of Canadian country music power couple Tracey Brown and Randall Prescott, Kelly is forging a path of her own in the entertainment industry. Last year, she and her brother

by Rob Riendeau

Kaylen joined forces as "Prescott" to record an album that has received rave reviews and much airplay. More recently, Kelly took on the role of Emmylou Harris opposite Anders Drerup's Gram Parsons in the musical *Grievous Angel*. And now she is preparing to launch her first solo CD, *I Leave You Dreaming* in January 2011.

If the rough tracks that Kelly sent us at press time are any indication, this CD will showcase her rich, smoky voice and heartfelt lyrics in pared-down arrangements that put her considerable talent front and centre — right where it deserves to be. We were fortunate enough to catch a few minutes of her time to ask some questions about her music and the upcoming CD release concert.

theHumm: This has been a busy year for you — Prescott shows, *Grievous Angel*, performing on the CPR Christmas Train and getting married to singer-songwriter Adam Puddington this summer. Was your year not busy enough yet so you decided to record a solo CD?

Kelly Prescott: It's definitely been a crazy year, but the busier the better. When you're not busy, that's when you have to worry. I've worked hard this year, and I've also had a lot of great opportunities. If I'm lucky it will get even busier. I think it was

because of everything else going on that I realized I had to do my own thing. This new album is a pretty good reflection of where I'm at in life right now. I just got married in August, so naturally this album has a lot of love songs on it. I've never written a happy love song before — that was completely new for me. I think being on the road with *Grievous Angel* influenced a few of those songs. Adam and I have been away from each other a lot since the wedding. I was in California for three weeks in October, and he was on the Holiday Train for a month. I basically live in the studio whenever I am home, trying to finish this album. We're both really looking forward to our honeymoon in March!

How has growing up in a musical family and within an artistically supportive community influenced your career path?

Well, I think the fact that I am out there doing what makes me happy is a pretty good indication of how supportive my family and hometown are. I'm not sure how long I'd last doing this without them. It makes this career choice a lot easier when you have a whole artistic community you truly respect behind you. I have a lot of people to thank for this new project. It's a great feeling to be encouraged to branch out and try something new. My Dad was the one who planted this idea in my head; he's been trying to convince me to do a bluesy album for a while. And of course I have Adam to thank — he always remains so calm even when I'm losing my mind and losing confidence in myself. He co-wrote most of these songs with me, and he cares so much about this project. His support has been crucial. Also my brother Kaylen,

he was incredibly supportive of me taking a little time off from Prescott. And of course all the musicians on this project, like the Brothers Chaffey (who showed me what good soul/blues/roots music is) Anders Drerup, Steve Marriner and the countless others.

How does it feel to perform before a Valley audience? Describe the support that you get from your hometown.

I'm always the most nervous when I play in front of my hometown. They've known me the longest and they're the ones who are the best judges of how much I've grown and improved. I always feel I have the most to prove in front of an Almonte crowd. I've played shows all over North America and my favorite place to play is still Almonte. I just hope they keep giving me a chance and supporting me. This will always be the most humbling place to play.

What kind of music (and which performers) can people expect to hear at your concert?

Good, heartfelt, soulful music. I have the hardest time categorizing what genre my new album fits into. It's soul, blues, roots and rock. I'm taking a small time-out from country.

I have one of the greatest rhythm sections in Canada backing me up: Ken Post and Rich Levesque (who played with Luke Doucet). Of course I'll have Adam Puddington, Curtis Chaffey, Randall Prescott, Anders Drerup and a few others there with me on the 29th. We're doing a CD release at the Black Sheep the night before with Steve Marriner, who I wish could be there on the 29th, but he has a gig that night. Honestly, this is going to be a great show and I can't wait to play these new songs for my hometown.



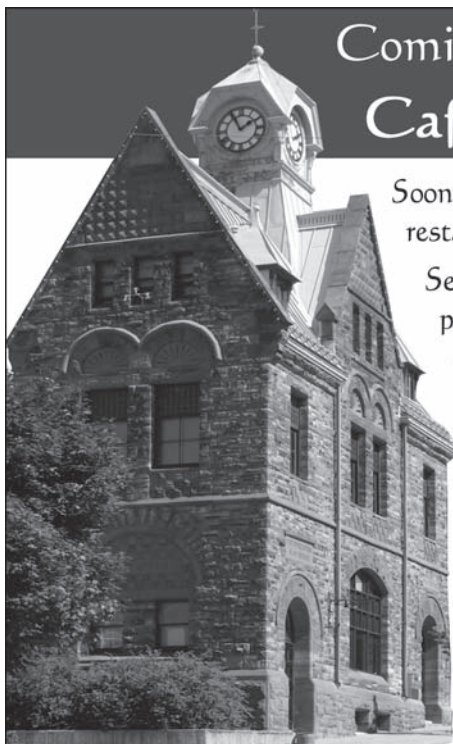
The talented Kelly Prescott will release her first solo CD, entitled *I Leave You Dreaming*, at a concert in the Almonte Old Town Hall on January 29

What's next on your artistic horizon? A rest perhaps?

No, never, I'm just getting started. I've always known that I would pursue music, but it wasn't until this past year and a half that I really started taking it seriously. I'm only twenty-four, I still have a lot to learn and a lot to experience. I want to work hard at it while I still have the energy and excitement for it. I just produced my first project that didn't have my name on it as a performer, and I'm quite proud of it. I want to get into producing more — I think I caught that fever. I blame (or thank) my Dad for that. I know I'll probably do another Prescott project later in the new year too. There is no one I love working with in the studio more than my big brother. Of course I'll try and tour this new solo album as much as I can.

It's looking like *Grievous Angel* may have a few more tours in the works for this spring as well. Also, Anders and I have started writing, and we're talking about heading into the studio together in the next year or two for a collaboration. He's my duet partner in crime — I can't wait to do original stuff with him. No rest for a while, except for my honeymoon in South America with Adam in March... then right back to it! I love this lifestyle, all the ups and downs — it's worth it.

Kelly Prescott's *I Leave You Dreaming* CD Release concert takes place at the Almonte Old Town Hall on Saturday January 29 at 8PM. Tickets are \$15 and are available at Mill Street Books, 52 Mill Street, Almonte, 256-9090. Get your tickets early, this show is practically guaranteed to sell-out quickly!



Coming soon to this fabulous location
Café Postino at 73 Mill Street in Almonte

Soon the old post office will be revived with this new Italian restaurant coming to the downtown core of Almonte.

Served in a casual European atmosphere at affordable prices, our succulent homemade foods from the south of Italy will satisfy all palates. Our lunch & dinner menu will feature combo zuppa & panino, pizza, pasta, homemade Italian sausage, cappuccino, artisan teas, and much more.

Look for us in early February... just in time for Valentine's Day. You can pre-book soon by calling 613.256.6098!

Experienced restaurateurs Steve & Claire Falsetto are excited with their new venture and look forward to serving you!

One Last Chance for Seasonal Music!

Enjoy a warm welcome to the New Year on January 9, at 2:30PM at Maberly Hall, with the Blue Skies Prep Orchestra, The Blue Skies Fiddle Orchestra and The Celtic Heritage Fiddle Orchestra.

They will be performing a joint concert featuring Christmas and seasonal music, along with traditional and Celtic music as well. There are over forty members of all ages involved in these three fiddle orchestras.

This year, long time conductor Carolyn Stewart and incoming conductor Cindy McCall are working together to lead the groups in fiddling and song.

Admission is \$5 per adult and children are free. Treats and drinks are available by donation at intermission. For more information about the concert or joining the orchestras, please contact Cindy McCall at <blueskiespreporchestra@gmail.com> or Carolyn Stewart at <cstewart@storm.ca>. Blue Skies in the Community sponsors the Prep and Blue Skies fiddle orchestras.

David Tysick — Farming Runs in His Family

Tysick Road in Brooke Valley is one of those beautiful country roads that people love to discover when they are out for a drive in the country. Lined with big old maples, it rolls and winds its way from the Bathurst

by Susie Osler

fourth to the Bathurst fifth line. Over the years, the land flanking the road has moved many people to inquire as to its ownership. I was one of those people eight or nine years ago when I was looking for land to move to in the area, and was told by someone living close by that the Tysicks owned it (and, no, they had never expressed an interest in selling it to anyone).

A Family Legacy

The Tysick family has farmed in this area for generations, which I imagine is why the road they live on carries their family name. In fact, the Tysicks were some of the earliest settlers in the area. Four years ago Jim and Catherine Tysick decided it was time to move back to a 90-acre parcel of land on the Tysick Sideroad that has remained in Jim's family. Jim built a house behind the footprint of another old farmhouse that may have stood when he was a kid. The old rail fences are being resurrected along the perimeter to contain a slowly growing number of cattle that are beginning to inhabit the land.

What people might not realize is that Jim and Catherine's eldest son David, now 17, is the driving force behind the efforts to start farming again on what used to

be his grandfather's land. When most guys his age are busy with their electronic gadgets and Facebook status updates, David is more likely to be found reading through back issues of magazines about sustainable intensive grazing methods, hauling water buckets to his cows, or fixing fences. According to his mom, David's interest in farming has been pronounced since he was pretty much a toddler! By grade five he was killing his own chickens, and by age twelve or so he would ask his parents to stop the car so he could take a closer look at a rail fence they were passing. Farming is, it seems, in his blood — which shouldn't really surprise anyone, since both sets of grandparents farmed.

David's father Jim grew up on a dairy farm down the road, but was encouraged to leave to continue his studies and to work in another, more stable, field. Apparently, David's interest in farming and the move back to the family land has brought out the farmer in Jim as well, and the two now often work side by side on projects. Father and son together are cultivating a strong (re)connection with their roots and the land — moving forward with the past firmly under their feet, as it were.

A Melding of Old & New

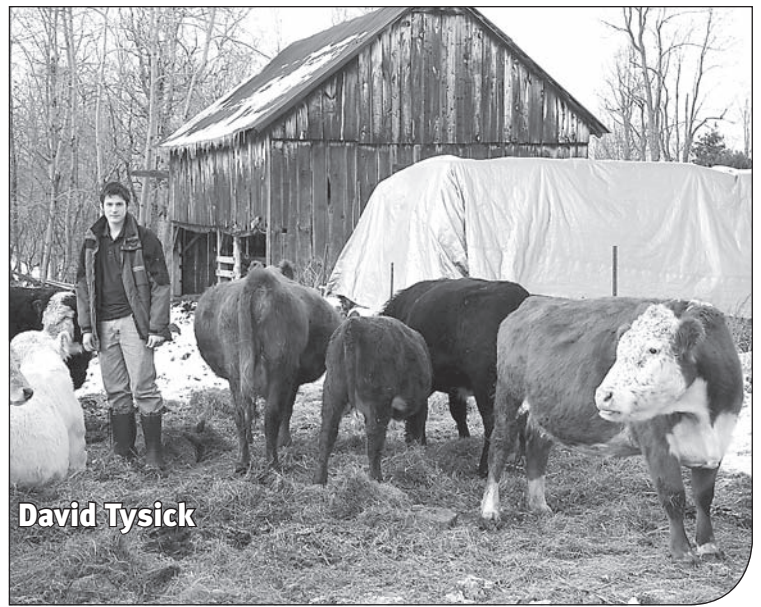
There is a theme here that interests me — a melding of old and new, whether in reference to age, ideas, skills, or whatever. On a family farm, maintaining an unbroken "line" of farmers over generations can understandably be viewed as desirable. There is a continuity of knowledge and

skills transfer — how things are done — that is passed on from the older to the younger generations, and in the best cases the land stays in the family so the capital costs of starting a farm from scratch are minimized.

Sometimes, however, a break between the farming generations can potentially serve the farm and/or farmers in some way. In some cases this gap can enable a person (or a generation) to step back and evaluate what has worked and what hasn't, to develop other skills, to think and learn about other farming options, or to simply do something different that is more suited to their personality and passions. In the end, if they feel deeply compelled to farm then they can often find a way to move towards that goal supported by lessons from the past and a receptive mind for good new ideas.

David is like this, and he's figuring out a way to use the land that works for him. Drawing on knowledge from old-timers, and information from an armory of books about new methods of small-scale, sustainable farming that he and his dad have accumulated, he is devising a system that suits him and the land. What is he drawn to? He likes being outside on the land and working with animals. He doesn't balk at the physical labour involved. He likes to figure things out and is happy to take a shot at fixing the machinery — learning by doing, using manuals, observation and the occasional phone call to a mechanic for guidance.

David has an "old soul", and his quiet, respectful and responsible ways endear him to everyone it seems, but perhaps especially to the older folk. He values talking with old-timers, hearing their stories, and learning from them. Before their last move, he had been helping an elderly neighbor with her chores for years; even quietly fixing up her fences just "so they would look better". Now he does chores in a nearby dairy barn and is regularly entrusted with the responsibility of milking the herd by himself. What goes around comes around, they say. In David's case, the help he has proffered to neighbours and others over the years is now coming



David Tysick

Who He Is

David Tysick
135 Tysick Sideroad, Brooke Valley
267-6073, <ctysick@frontenac.net>

What He Offers

Maple syrup, grass-fed beef.

Where He Sells

Farmgate. Call to order.

back to him in spades. People are lending him support in all kinds of ways — donating calves, farm machinery, hay at reduced cost, even offering up a piano and a violin (both of which he plays well). It's like the world is rooting for him!

Growing and Adapting

Originally, David had been interested in dairy farming, but he soon realized that the challenge and expense of buying quota, as well as the inputs and infrastructure needed for it, was prohibitive. The main farm that Jack Tysick (David's grandfather) owned was sold as his grandparents aged, so taking on their dairy quota was not an option. But this pushed David to look for other farming alternatives. Over the last few years, he has accumulated a small herd of cows and a bull. He is beginning to raise grass-fed beef with the hopes of increasing the herd to what the land can sustain.

David and his dad read constantly about intensive grazing methods that require minimal inputs and infrastructure relative to other conventional methods of raising livestock. Both of them are interested in farming sustainably, and were introduced to the concepts of local, small scale, and ecological farming through books by Joel Salatin <www.polyfacefarms.com/books.aspx>, and by talking with Jim's cousin Dan

Ribbink, another farmer in the Perth area who practices intensive grazing.

In addition to the cattle, David plans to increase the farm's maple syrup production. Currently he maintains 200 taps the old way — buckets, spiles, and lots of lifting. He wants to build a shed to house the evaporator he purchased last year to help scale up this part of the farm's capacity. And then there's talk of introducing pastured poultry to the mix. Things are happening, slowly but deliberately. David is self-motivated, industrious, committed, hard-working, smart and focused. He has a supportive family. That's a pretty solid foundation to start with and it's heartening to see.

Many might say that David Tysick is idealistic, crazy, and/or brave to be willingly entering a life of farming when the general trend for the last two decades has more or less been an exodus from a life on the land. But David shrugs it off, stating a valid point: "Why would you work for someone else for your whole life so you can retire and farm when you are old?" Heck, I would argue that we need a whole lot more committed idealists like David in our world! But beyond the idealism is a grounded, hard-working and thoughtful young man who really wants to farm and make it work for him. I for one will be cheering him along from the sidelines!



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

www.fieldworkproject.com

Making the Most of a Night's Rest

What sort of commitment do we make when we choose to protect the environment?

During the last fifty years, well over a trillion dollars have been spent on reducing, and trying to clean-up, air and water pollution. We now take the need for clean air and water for granted. We are also starting to tinker with the concept of sustainability as a civic policy which, if followed, will profoundly change our social priorities.

Challenges We Still Face

If there is a way to improve our long-term health and significantly reduce our energy use without drastic changes to the way we live, we should not take it lightly. Indeed, light is part of the solution.

Mississippi Mills started down this path a number of years ago. It began with the encouragement of the local astronomy group to protect the skies above the astronomical observatory near the Mill of Kintail Museum. This resulted in one of the first lighting control bylaws in Canada. Citizens have benefited far beyond seeing the star-filled sky. Shielded light fixtures produce less light trespass, so the glare is reduced along some streets, improving visibility without using more powerful lights. This saves energy. But the less obvious and perhaps more important benefit that we will reap in the years ahead is improved health.

We are able to see fairly well when out for a walk with just moonlight, but humans are not nocturnal creatures. We need some extra light at night if we are to be more active outdoors. Cars have headlights, so the main purpose of urban lighting for night people is navigation and security. However, too much light at night

can be counter-productive, and even harmful.

We take outdoor lighting for granted, but the adverse effects of nighttime lighting are more harmful than most people realize. Over the last few decades, research is revealing the importance of darkness during the night (scotobiology), but you don't need a degree in biology to appreciate the strategic importance of this work.

How Dark Must the Night Be?

Light is not benign. It affects our biochemistry and our health when used at night. The night darkness threshold for humans is not known precisely, but tests on other animals indicate the light of the full moon alters their behaviour. This is not surprising, given that life has evolved and has taken advantage of moonlight for almost four billion years. This began to change about one hundred years ago with artificial outdoor lighting.

Outdoor lighting is now so extensive that most urban areas never get dark. Streets are illuminated throughout the night to over ten times the brightness of the full moon. The artificial sky glow over major cities is so bright that you can read a newspaper in your backyard at midnight. Our bedrooms are illuminated to brighter than the full moon by unshielded streetlights and local commercial lighting, and the light that scatters up into the sky permanently illuminates the surrounding countryside.

The only way for wildlife to adapt to a continuously illuminated landscape is to flee farther from the cities — leaving behind the few species that are more accepting of the urban environment.

So What's the Problem?

Well, why do we feel poorly in the morning after a late night, or after too little sleep? Why are we irritable after a bad night? Are there other reasons, beyond the most obvious ones, for the increasing incidence of some cancers, diabetes and obesity? The basis for these and other ailments is tied to our biochemistry, and this chemistry is tied to the body's processes that occur in the darkness of the night.

We are not nighttime creatures, and research shows that our bodies take advantage of our night rest by making repairs to the wear and tear from the day, and that the night even improves our memory and temperament.

How do we know it is night? Our bodies are timed around an approximate 24-hour period (the circadian rhythm). In the late afternoon, hormones are created to repair our bodies but they aren't released until it is dark. The hormone melatonin is typically released in the darkness of late evening to make us drowsy, and it enables other hormones to begin their repairs. But these hormones have a limited "shelf life". The longer their release is held back because of nighttime lighting, the less effective they are. The resulting chronic problems are diabetes, obesity, high blood pressure and other systemic problems including the increased risk of some cancers.

A Dark Night Is Critical

We now have a much better understanding of how nighttime lighting affects our health, and the environment. Shielded fixtures and lower illumination levels will help. The night sky is nice for astronomers, but it is also a symbol of a healthy environment for wildlife, and for humans.

— Robert Dick, Canadian Scotobiology Advisory Group



(above) Urban sky glow affects wildlife beyond the urban boundaries.

(below left) Shielded lighting reduces glare with half the amount of electricity. Unshielded lights are in the distance.



CERTIFIED FAIR TRADE ORGANIC COFFEE

New Year's Resolution:
Pack a thermos & hit the trails!
Timolino Thermoses
\$24.95
 (while they last! regularly \$32.95)

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

connecting art to stitch CHAINSAW CARVING: The Art and Craft TREMENDOUS TOY TRUCKS ARTS & CRAFTS FURNITURE PROJECTS Driftwood Furniture SIMPLE CONTEMPORARY QUILTS

natural soapmaking

Crystal

Beat the Winter Blues!
 We have craft books that will keep you busy until Spring and beyond

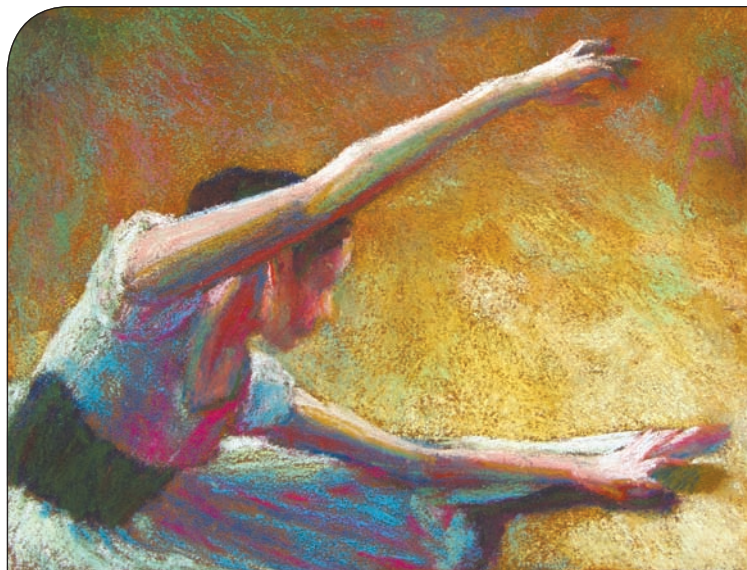
leading from nature

Gourd Art Basic

POWER SEWING STEP-BY-STEP SANDRA BETZINA BASKETRY CARVE TODAY'S CROCHET Jewelry & Gems for Self-Discovery

... or you could make a hobby of browsing for craft books

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



A Time to Dance ... at Palms!

Palms (the coffee shop in Almonte) is delighted to welcome **Margaret Ferraro's** exquisite artwork to the walls of their establishment. Margaret has won the top award for Portrait and Figure at the Pastel Society of Eastern Canada's national exhibition. Her exhibit, entitled "A Time to Dance...", runs until the end of March. Palms has Margaret's paintings in oil, pastels and acrylic for sale and on display, and will be hosting an event on the evening of February 9, during which Margaret will give a demonstration using a live, costumed model. Tickets to the event will be on sale at Palms coffee shop in January.

For further information about Margaret and her work, please visit Palms at 78 Mill Street in Almonte. Margaret's website is <ferraro-art.com>.

The 100 Mile Diet Starts In Your Backyard

Good food, better nutrition, best taste! Delicious, fresh and nutritious vegetables can be grown in your own back yard. For generations, many families tended vegetable gardens as a matter of course. This societal habit has almost gone the way of the dodo with increased urbanization and the ratcheting up of our hectic daily lives. Many have fond memories of the great food and the great times around grandparents' tables. Here is a chance to learn more about the art of growing your own vegetables.

Starting on January 15 you can be part of the new veggie revival. Whether you are a novice, lapsed, or experienced gardener, you could benefit from a series of five half-day workshops offered by Jeremy and Peggy Dutton from January through September. The basic necessities, along with the subtleties of the garden, will be explored by presentation, readings, discussions and hands-on experience.

The first workshop (January 15) covers garden planning, catalogue reading (catalogues included), choices of varieties and the amounts to buy and grow for your needs. In mid-March the second workshop deals with starting seedlings (equipment/time/space needed), greenhousing, and early, mid and late garden plans. May's workshop examines soil/garden preparation, planting techniques, transplanting, supporting crops, mulching, fencing and pest control. June's session looks at ongoing seasonal gardening techniques, watering, protecting, mulching and the inevitable weeding! The fifth workshop wraps up the gardening year with infor-

mation on harvesting and preserving, clean up, soil amendment, winterizing and composting.

The workshops are limited to small groups to ensure that everyone can fit comfortably around the pine harvest table. Each Saturday morning session begins with coffee, fruit and muffins and ends with a home-made, hearty lunch! The workshops are held at the Duttons' home on Glen Tay Road just five kilometres from Perth. As home gardeners for the past thirty-three years and market gardeners (at the Perth Farmers' Market and for local restaurants) for the past seventeen years, the Duttons have experience and advice to share.

More details and contact information can be gathered from the ad on page four of this issue of *theHumm*.



hand-crocheted,
hand-loomed &
hand-embroidered

chic
sweet
luxurious
butter soft

APPLETON
GIFT & BASKET

65 Mill St., Almonte
613.256.9377
AppletonGiftBaskets.com

Join Us for
Psychic Saturdays

Intuitive Readings
with Nancy Kerr-Wilson
starting Jan. 22 from 10-5PM
Book your appointment today.

**SOUL
SCENTS**

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

Pageful of Poetry

... and a Poetic New Year!

I love January. While some complain about the cold, drab, grey-filled days, I see the promise of a new year. 2010 was a banner year for poetry in the region, with the Canadian Festival of Spoken Word being so close by, in Ottawa last October. The festival both energized and overwhelmed me. It made me take a look at all the work I was doing in poetry, and decide that 2011 is the year to step back and let some things run without my presence.

by Danielle Grégoire

If you follow spoken word poetry in the Valley, you might know about LiPS, the Lanark County Live Poets Society, that was born out of the first season of slam poetry back in 2008. I spent three years with the collective, representing Almonte, and it is with great joy that I announce that I am pregnant again, and therefore stepping off the collective to leave space for another Almontonian to represent our voice in spoken word. If you are interested in being a part of LiPS, and come from anywhere in Mississippi Mills, please contact LiPS at <LanarkLips@hotmail.com>.

In the LiPS lineup for January are two slams. The first one takes place on Monday, January 3, and starts at 7PM. This one happens in Carleton Place, at CP Cinemas, and has a wild feature. Wild, as in Wild Card. This group of slam poets came together at the national festival in 2010. Some years there is a Last Chance slam to create a team in order to even out the numbers of teams competing at the festival. What this means is that the six people who are a part of this group didn't necessarily know each other before the festival. Then, when they were chosen by randomly selected judges, they had to spend the

rest of the festival working together. They were the quintessential underdogs.

This team represented the country, and not just a city, with team members from Calgary, Vancouver and Ottawa. They surprised the crowds and made it all the way to the semi-finals on spunk and talent alone. They created a cohesion seen only at week-long band camps (and yes, I have been to band camp). The Wild Card team will be performing at CP Cinemas for the first slam of the year. Find their Youtube videos if you want to check them out in advance.

Then come see them live... well, two of them will be performing via Skype on the big screen at the cinema. Technology has its perks. \$5 at the door, free for those who open mic or slam. LiPS is always looking for new voices in the Valley. Make your New Year's resolution to write a slam poem, or just check out an event.

Stay tuned for a slam in Perth in mid to late January. For more details, check out the LiPS Facebook group or email LiPS.

Though I am stepping down from LiPS I will not be stepping away from spoken word entirely. There will soon be another Poetry and Potluck show with the brilliant poet and storyteller Brendan McLeod. Brendan has already featured at one of the Poetry and Potluck events, but he has created a full one-hour show, and he loved his times in Lanark County so much that he wanted to come back and share it with the loud, proud and welcoming crowds here in the Valley. Watch for posters at Mill Street Books.

My New Year's resolution is to write more poetry, and to host workshops in as many of the Ottawa Valley high schools as possible. If you are a teacher at one of schools, and there is a budget for the arts, contact me at <danielle.gregoire@hotmail.com>.

Have a very poetic January. If the weather gets you down... have a cup of tea and poeticize it.



Hair Today, Help Tomorrow!

My name is Kat Hawkins and I'm nine years old.

When I was younger I wanted to cut my hair for cancer because one of my sister's friends did that, but at the time it wasn't long enough. It needed to be a few more inches to be able to be used to make a wig.

This year my aunt Jennifer got cancer and I checked my hair and it was long enough. I had to wait until I didn't have head lice (it has been going around my school) and then I cut it.

I was happy that I knew about how to donate my hair and I felt good about doing it.

— Kat

Kat and her mom Jackie were kind enough to send in the lovely photos above and the following details about donating your hair for cancer wigs, which comes from the Canadian Cancer Society's website at <www.cancer.ca>.

Hair donations

We [the Canadian Cancer Society] help people living with cancer find wigs and other types of headwear when they lose their hair as a result of cancer treatment. Although we are not involved in the collection of hair or the production of wigs, we get many questions from people who want to donate their hair. If you are thinking about donating your hair, please follow these instructions.

How to prepare your hair:

The following applies to all hair donations:

- it must be clean, dry and not swept off the floor;
- it must be a minimum length (this length varies based on a specific hair donation program's requirements — a list is provided on the website);
- it should not be chemically treated (bleach, colour or perm); and
- it should be bundled in a ponytail at both ends or a braid.

Sending your hair:

Hair should be sent by regular mail to the hair donation program of your choice. Remember to include your name and address, as acknowledgements may be sent.

It takes approximately twelve donations of unprocessed hair and costs about \$1,200 to craft a single hand-sewn wig for a child, so it's not possible to find out who received a wig made with your hair. If the donated hair cannot be used, it will not be returned to the donor.

In Ontario, hair may be sent to A Child's Voice Foundation / Angel Hair for Kids at 3034 Palstan Road, Ste. 301, Mississauga, Ontario L4Y 2Z6. Minimum requirement: 10 inches (25cm) long, not processed, preferably braided.

Bob Spelled Backwards

The first concert of the new year at MERA Schoolhouse in McDonald's Corners will feature Bob Spelled Backwards, a "quirky folk-country-psychedelic-blues" band comprised of members of Tay Valley Township's Dorner-Sullivan family. The emerging inter-generational folk/roots band has played recently in Ottawa and Peterborough, but is looking forward to their next appearance "on our home turf." Four of the five band members live at Shakey Acres, the family's home, between Fallbrook and Maberly.

Bob Spelled Backwards is either a family folk music collective or a band with multiple personality disorder, depending on your point of view. A quintet of family members, Bob Spelled Backwards is also an umbrella under which a number of offshoots and scions have developed over the years.

Danny Sullivan and Kathy Dorner, parents of the clan, have been writing songs and performing together for twenty-five years, and were the nucleus of a Windsor-based folk-rock band called the Dharma Bums in the early 1990s. A life-threatening illness sidelined their musical career shortly after they recorded their never-released CD, *When God Was Just A Little Girl*. Once a life-saving transplant put Danny on the road to recovery, they began writing again, and with the youngest three of their five children, have been performing as Bob Spelled Backwards for the past couple of years.

Their new material fuses traditional folk, country blues, ballads, mountain music, reggae and good old-fashioned train songs. Danny and Kathy continue to appear as a duo, under the moniker of

The Dharma Bums, and Margaret Sullivan and Japhy Sullivan have their own solo acts, and Noah and Japhy Sullivan perform together as The Lonesome Brothers.

Bob Spelled Backwards will appear at the MERA Schoolhouse at 8PM on Saturday, January 22. Tickets are \$10, available at the door or in advance from Tickets Please (service charge applies). They can be ordered by phone at 485-6434 or online at <www.ticketsplease.ca>. For more details, contact 268-2376 or <shakeyacres@hotmail.com>.



**NEED SOME HELP
SETTING UP YOUR NEW TOY?**

- iPhone, iPod, iPad
- Computer set-up
- Tutoring

Tracey Wyeth, Certified Geek
tracey.wyeth@sympatico.ca

613-552-4226

KELLY PRESCOTT
Debut Solo CD Release

Jan. 29, 8PM
Old Almonte Town Hall
Tickets \$15 @ Mill St. Books

Special Guest Anders Drerup & More!

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

daydream murals


Let **Daydream Murals** create a fun and elegant silhouette mural in your child's room!

Children's murals by Linda Hamilton
PHONE 613.256.7238 E-MAIL linda@daydreammurals.com
www.daydreammurals.com

The Valley Players of Almonte present

Looking

A Comedy by Norm Foster



The Almonte Old Town Hall
February 11, 12, 18 & 19 at 8:00PM
February 13 at 2:30PM

The Studio Theatre, Perth
February 26 at 8:00PM

Dinner and Theatre Packages Available at
JR's Family Restaurant: jrfamilyrestaurant@bellnet.ca
The Waterford Tea Room: lyntosh@sympatico.ca
The Barley Mow: 613-256-5669

Tickets available at Mill Street Books
51 Mill Street, Almonte 613-256-9090

“Looking” for a Great Night Out?

What could be a better way to show someone your love than having a night out together? Over the weekend leading up to St. Valentine's Day, and the weekend following, the **Valley Players** of Almonte will be collaborating with three local restaurants to offer patrons a dinner and theatre experience.

In keeping with the theme of Valentine's Day, the Valley Players will be performing *Looking*, a story about forty-somethings getting out there and trying to find love... again. This comedy written by Norm Foster promises to elicit a few knowing smiles and a lot of laughs from the audience.

The collaborating restaurants are The Barley Mow, JR's Family Restaurant, and The Waterford Tea Room. Dave Burke, general manager at The Barley Mow, will

be offering up its fine pub fare. Jeff Robertson, owner of JR's, is creating a unique menu for the two weekends of the show. As with all the meals created at JR's, an emphasis is placed on gluten-free choices and the use of locally grown foods. Cathy Toshack, owner of The Waterford Tea Room, will be creating a special menu and extending the restaurant's hours for theatre-going patrons.

To get more information and to purchase dinner theatre packages, stop by any of these restaurants, or contact them directly: The Barley Mow, 256-5669; JR's Family Restaurant, <jrfamilyrestaurant@bellnet.ca>; The Waterford Tea Room, <lyntosh@sympatico.ca>.

Tickets can be purchased from the cast or from Mill Street Books (256-9090).

Theatre News in our Area

Theatre News in the Works

Well as usual, January is a month of planning, auditioning, rehearsing, and getting ready for the blossoming of theatre activity that will come with the more predictable weather of later winter and early spring. So, in the order in which they were submitted, here is what is under way in the new year in our area:

Now here's something pretty exciting — the world première of an original modern opera by Lanark's Peter Paul Morgan, brought to the stage of Perth's Studio Theatre by **Barn Door Productions** on March 10, 11 and 12. Entitled *Open House*, and embracing such musical styles as classical, swing, jazz, rock and even a bit of rap, this should be a musical must for almost everyone! Be sure to mark this one on your calendar.

by Ian Doig

The **Mississippi Mudds** Youth Theatre have been busy since September developing their skills and talents in preparation for their production of *Into the Woods, Junior*, to be presented late February and early March. Tickets are available starting January 15, at \$15 (with an opening night special of \$10), from Arts Carleton Place, 132 Coleman Street, 257-2031 or <www.artscarletonplace.com>. For more information, contact producer Tony Scott at 253-2007 or <mississippimudds.ca>. Planned show dates are: February 25 at 7PM, February 26 at 2PM, March 4 at 7PM, and March 5 at 2PM. And while we're in Carleton Place, the (senior) Mudds are holding a sign-up and audition on Sunday, January 9, from 1 to 4PM at the Carleton Place Town Hall for their spring production of *Halfway to Heaven*. Please call Judith at 253-2007 for more information or to book a rehearsal time slot.

After their fun production of *Harvey* in December, Perth's **Studio Theatre Productions** is bringing something entirely different to their stage in early February. *I'll be Back by Midnight* is a suspenseful drama set in an old farmhouse, and runs from February 3 to 12. And then it's back to comedy from March 31 to April 3 with *You Say Tomatoes*. Not surprisingly, this one deals with the different foibles of English “as she is spoke” in Britain and the US; sounds like fun, doesn't it!

The **Smiths Falls Community Theatre** has just held auditions for their upcoming production of Norm Foster's *The Melville Boys...* This one sounds like a hoot, but more of that next month. The play opens on February 24 and runs until March 5. For more information, please call Lynda at 283-9138.

And the **Valley Players** will be performing *Looking*, by Norm Foster, on February 11, 12, 18, 19 at 8PM, and on the 13th at 2:30PM, at Almonte's Old Town Hall. Dinner and theatre packages will be offered by the Barley Mow (256-5669), JR's Family Restaurant <jrfamilyrestaurant@bellnet.ca> and The Waterford Tea Room <lyntosh@sympatico.ca>. Tickets are available from Mill Street Books (256-9090). The Players will also be bringing the show to Perth's Studio Theatre on Saturday February 26.

Also in February, Perth's **Orion Theatre Company**, with the help of six very brave local actors, brings their production of *The Full Monty* to the stage. This is the musical version of the popular movie, which focuses on the plight of underemployed steelworkers from Buffalo, NY. The show runs from February 4 to 19, and will be dedicated to the families affected by the closure of the Smiths Falls Hershey plant. Full details can be found on page 24 of this issue.

May you all enjoy a splendid holiday season, and may the coming year be wonderful for us all!

Kelly Community Tip of the Month:

At this time of year, our favourite place to enjoy a winter wonderland is The Mill of Kintail Conservation Area. This is truly a magical place with 160 acres of nature complete with trails for hiking, snowshoeing, and skiing. There are striking views of the fast paced river and great examples of local geology among the majestic trees. Though the circa 1830 Baird's Mill is open as a museum from May 1st to Thanksgiving, the splendour of this building is a delightful view under a blanket of snow. Visiting the Mill of Kintail in winter is like swimming after dark; it is quiet and at the same time exhilarating. We are so lucky to have such a large and splendid conservation area for everyone to enjoy. The Mill of Kintail is located at 2854 Concession 8, RR 1 Almonte. There is an entrance fee of \$5 per car. See you there!



Photo by Jeff Fisher



Jennifer Kelly

SALES REPRESENTATIVE

Sutton

Premier Realty (2008), Ltd.,
Brokerage

(613)254-6580

Patrick Kelly

SALES REPRESENTATIVE

www.kellysuccess.com

Into the City With the Almonte Lectures

It may not be the elephant in the room, but it definitely is the amoeba spreading relentlessly in our direction. The City of Ottawa looms large in our peripheral vision, and it is a timely topic that will be discussed at the next Almonte Lecture, on January 21, by Alain Miguelez. Mr. Miguelez is the program manager for Development Review for the Inner Urban Area of Ottawa. He is currently involved with major infrastructure projects of the urban core: rapid transit, property development, and ultimately urban design in the Capital. With the city expanding into its rural surroundings, there is no doubt much local interest in how the planning process will affect the quality of life in this area. With particular attention to some of the newer neighbourhoods under development, Mr. Miguelez will provide a planner's perspective to understanding the growth of our major city.

The lecture will be presented at 7:30PM on January 21, at the Almonte United Church. Like all the Almonte Lectures, it is offered at no charge. Bring an open mind and a desire to learn. Guaranteed, it'll beat TV every time!

— Glenda Jones

Hey Mississippi Mills — Help Support Arts in *Your* Schools!

In the first two years of its existence, the Young Awards Foundation has donated the astonishing sum of \$18,033 to arts programs in the schools of Mississippi Mills. From paper-making and slam poetry sessions to arts weeks and guitar lessons, the Foundation has helped fund dynamic and engaging opportunities for youth, and has brought talented area artists into schools in their community.

The primary fundraiser that enables the Foundation to continue to support these initiatives is the annual **Young Awards Gala**. This celebration of all things artistic features gifted local performers of all ages, a fabulous three-course meal, an extensive



Students at Pakenham Public School learn to make paper from artist Jennifer Ryder-Jones.

silent auction, and tributes to the winners of the annual Cultural Achievement and Cultural Volunteerism Awards. Generously sponsored by Almonte's own Reliable Heating & Cooling <www.reliableheating.ca>, this year's Gala will take place on Saturday, February 19 at the Almonte & District High School.

Organizers are hoping that the community will once again support the Gala, and there are a number of ways to do so! Since the silent auction is the Foundation's largest source of funds, items will be listed online at <www.youngawards.ca> from

early February until the day of the Gala so that anyone can bid, even if they can't attend the event. Last year's auction featured items like a custom-designed bird feeder, dinner for two at the Heirloom Café, and seasons passes to the Classic Theatre Festival in Perth. However, there were also numerous experiential choices such as a puppet building workshop (led by Noreen Young, no less), on-site gardening assistance, and a motorcycle tour of Lanark County. What a great opportunity to expand your creative horizons, and meet new people along the way!

But of course the most rewarding way to support the cause is to attend the Gala



In 2009 the Young Awards Foundation presented a cheque for \$2190 to Naismith Public School in Almonte. Over the past two year, the Foundation has funded more than \$18,000 worth of arts programs in the schools of Mississippi Mills.

itself. This year's event will feature fabulous food by Ballygiblin's, Foodies Fine Foods and the Leatherworks. You'll be treated to musical performances by local adult and youth artists and the RetroActives band from Notre Dame High School. There will also be special appearances by some of the finalists from Almonte's Got Talent.

Gala tickets are \$65, and are available until February 16 from Blackbird and Foodies Fine Foods in Almonte, Three Yellow Tulips in Pakenham, and from <reside@sympatico.ca>. For more information about the Young Awards Foundation, please visit <www.youngawards.ca>.

“It's all about everybody working together!”



In the restaurant business, teamwork is everything. As chefflowers of **The Heirloom Café & Bistro**, Richard and Brandy Kletnieks are proud that “from the food on the plate to the service, our whole team is committed to giving our customers the best possible experience.” The teamwork approach even extends outside the restaurant. “By locating in Mississippi Mills,” they explain, “we were able to get closer to the farmers producing what we are serving — relationships with them are very important for us.” After a year in business, this full service restaurant with a casual fine dining atmosphere continues to delight patrons with seasonal cuisine that features local products as much as possible.

Richard and Brandy are both graduates from Le Cordon Bleu, and had worked at various restaurants in the Ottawa area for several years before fulfilling the dream they shared of opening their own establishment. And although they still love running their own business, they have discovered one of the quirks of small town entrepreneurship: “Everybody knows you! We are still trying to remember everyone's name...”

It is a problem that will only continue as more people discover **The Heirloom Café & Bistro**, located in the historic Victoria Woollen Mill in downtown Almonte. In the new year, the couple plans to bring back their popular music series that featured local performers and a tapas-style menu. It is all part of the deeper role they see for their business in the community: “Restaurants are a natural meeting place for people, and we try to give people reasons to come out and get together.”

The Heirloom Café & Bistro — Chamber member since 2010



Visit us: www.mississippimills.com



January 19 Mixer
6PM at the Barley Mow

**Happy New Year from the
Chamber of Commerce!**

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

Join us:

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

CLASSES COURSES LESSONS CLASSES COURSES LESSONS

Almonte Rising Sun Yoga



kundalini Barb Pierce
613-256-7862
coachinghorizons@sympatico.ca

gentle

power

yin Mary Biggs
613-256-4993
marybiggs@sympatico.ca

healing

www.risingsunyoga.ca

Nia Technique®

Love your body. Love your life.
Blending the essences of the dance arts, healing arts, and martial arts.



Nia co-founder Carlos Rosas

* New session starts week of January 10. Latecomers welcome.
* For complete schedule and locations: phone, email or find me at www.NiaNow.com

Almonte, Perth & Kanata
Sandra Collins
613-256-7117 scollins@storm.ca

Inquire about workshops, retreats, & workplace lunchtime classes.
Through Movement We Find Health
1-800-762-5762 • www.NiaNow.com



Music for Young Children



Quality Music Education Since 1980!

Keyboard, creative movement, rhythm, singing, music theory, composition, and more!

New classes start in January!

Almonte
Andrea de Boer
613.256.5963

Marilee Mansfield
613.256.0431

McDonald's Corners
Aynsley Buchanan
613.259.3385



Looking For Resolution Inspiration?

Look no further than *theHumm* for a wide variety of classes, courses and lessons to get you going in 2011.

Taught by talented local artists, musicians, dancers, movers and shakers — you're sure to find something to get you out and about during the chilly winter months!

Oh-oh... Science Got it Wrong!

Now, doesn't that conjure up visions of Frankenstein? There are many examples of cases where science was mistaken, but they are being kept under wraps until Peter Watson gives his *Learning in Almonte* lecture series in January.

This series of six two-hour lectures has been luring people into gentle learning for the past couple of years. The lectures are held at the Almonte library once a week, presented by university professionals who are so enthused by their own fields of expertise that the lectures become an avenue of information enlivened by personal experience and anecdotes.

Peter Watson will present his series, *When Science Went Wrong*, beginning Wednesday, January 12. The six lectures will give you new insight into science. His presentation will be excit-

ing to say the least. Last year he was the lecturer for one of the *Learning in Retirement* series at Carleton University, and was highly acclaimed for his clarity and enthusiasm.

When the snow and cold close in, and January looks too bleak to enjoy, consider ambling over to the library and joining the active group of learners who flock to this lecture series. To register, contact Don Wiles at 256-4376. The cost is \$75 — a bargain for all of the knowledge you will receive.

P.S. Stay tuned for more information on the *Learning in Retirement* programme. According to Don Wiles, there are new developments that could be very exciting for Almonte and area in the near future!

— Glenda Jones



My stoneware and porcelain pots Glazed with Lanark County materials are available at **MacLean Young Picture Framers** 89 Mill St. in Almonte.

OR

Learn to Make Your Own!!
Join me in my studio for six, weekly, 3-hour sessions Monday morning or evening or Wednesday evening or Saturday morning.

Beginning January 17

Maximum class size is four people \$200 includes start-up materials.

Call 613-256-9712 for more information

Ian Paige
Better men than I have gone to pot



1-453 Ottawa ST., ALMONTE
almontedance@live.com
almonteacademyofdance.ca

almonte Academy of DANCE

Viewing windows to all studios

GIVE THE GIFT OF DANCE

ACCEPTING NEW REGISTRANTS FOR OUR 18TH SEASON OF DANCE



*Pre-Dance *Kinderdance
*Boyz Hip Hop/Breakdancing *Girls Hip Hop
*Ballet *Jazz *Lyrical *Tap
*Adult Classes

To find out more about what we offer, feel free to stop by or call us for more information.
613-256-3683

Come try one Free class

The Role of Meditation and Mindfulness in Wellness

Conventional medicine is confirming what many people already know — meditation can help people get stronger, both physically and mentally, as they undergo treatments for and recover from illness — including cancer. According to Dr. Tracey Schefter, yoga teacher and associate professor of radiation oncology at the University of Colorado Comprehensive Cancer Center, many medical schools are now incorporating mindfulness, meditation and yoga in their core curricula. When asked about results so far, she says, “There are some key people developing clinical trials who are showing that yoga intervention improves quality of life for patients and reduces anxiety.”

Dr. Jon Kabat-Zinn, Ph.D., a leading researcher at the Stress Reduction Clinic at the University of Massachusetts Medical Center and author of numerous mindfulness books including *Full Catastrophe Living*, *Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*, has helped thousands of people learn yoga and meditation techniques to improve a variety of physical and mental conditions.

To help them understand his message more simply, Dr. Kabat-Zinn tells his students that they “have only moments to live”. He has created an eight week mindfulness course to help people learn to live in the moment. Many studies support Dr. Kabat-Zinn’s work by affirming that practicing mindfulness techniques can not only help you become calmer, but can also help to relieve many common medical conditions such as pain, skin conditions and upset stomachs.

Being mindful can be much more difficult than you might think. Many people find that they have lost the ability to live in the moment. Instead they focus their thoughts on the past and the future, barely noticing what is going on around them.

This is where a yoga or meditation class can help you. Once you choose an appropriate class, your teacher can help you learn simple techniques to become fully present — even for just moments at a time. With practice, these moments soon increase in duration, enabling you to live more mindfully. Dr. Schefter confirms,



“it is not so much about the exercise aspect of yoga, but rather about the mindfulness associated with yoga — the engaging of the breath with motion as a way to focus and calm the mind.”

Meditation has benefits that can be difficult to appreciate until you actually experience them. In addition to helping you become calmer and more mindful, meditation can also help you to get more in touch with your real self — which is really the main goal of yoga and meditation. They help you to go inside yourself and experience emotions and feelings that you may have neglected or ignored or even been unable to deal with in the past.

When you finally slow down and stop ‘doing’ so many things, you have the opportunity to notice the endless thoughts that keep popping into your head. If you are new to meditation, take a few minutes to sit still and focus inward on your breath. Focus on nothing but your breath. Notice how quickly your mind wan-

ders to thoughts about dinner, work, your partner or countless other things that may be on your mind.

When you first start meditating, you catch yourself getting drawn into these compelling stories for some time before pulling yourself back to your breath, mantra or meditative movement, only to get drawn into another story yet again. It can seem as though you are never going to catch on to meditating. But if you persist, you will find that at some point, you are able to notice the thoughts and images from a more objective position, with an awareness that these are only thoughts — they are not who you are. This allows you to acknowledge the thoughts more objectively without getting drawn into the story.

Becoming more aware of the sea of thoughts constantly moving through your head may initially make you feel as though you are going backwards in your progression towards calmness and peacefulness. However, the simple acknowledgment of your thoughts is actually a very useful step in the process of awareness.

By calming your body and mind with seated, lying or moving meditations, you start to notice the countless thoughts, images and concepts that cause you to maintain an almost constant state of activity (on both the mental and physical level). This is only a distraction, a barrier to getting to know yourself more intimately. By allowing yourself to observe and acknowledge these thoughts, you have the opportunity to become more aware of the behaviours and thought processes that would be useful to change.

Eventually you may allow your everyday activities to become moving meditations where you are fully present to the thought patterns that can dominate your thinking. You start to notice your feelings in various situa-

tions and recognize the differences between being in calming and peaceful situations and being in stressful, angry or sad situations. By observing yourself from a more objective perspective, you can also gain insights into why you feel the way you do.

— *The above is an excerpt from chapter three of Yoga for*

Healing and Stress Relief by Barb Pierce. Barb is a life coach, yoga teacher, and the creator of the 8-week workshop called Yoga for Healing and Stress Relief — 8 Weeks Towards Optimal Health. You can read more about her at <www.risingsunyoga.ca>.

extraordinary, expressive & ethnic fashions

Yoga mats, bags and gifts to inspire

Happy, Healthy New Year!
Shakti-Shanti World Boutique
 &
Heartsong Studio

Group Classes, Personal Training in Pilates & YOGA
 Energy * Strength * Flexibility * Balance & Harmony * Peace of Mind

Heartsong School of Teacher Training & Certification
 Yoga Exercise Specialist Part 1: January 29-30/11
 Pilates Mat Instructor Part 1: February 5-6/11
 and also RYT200 Advanced YOGA Teacher Training

18 Renfrew Ave. W., Renfrew 613-433-7346
www.Heartsongyogapilates.ca

Learning in Almonte
 Sponsored by Carleton University

New Series starting Wednesday, January 12

When Science Went Wrong
 by Peter Watson

Through the history of Science, there have been a few cases of excellent scientists making mistakes - some of them quite dramatic. Quite aside from actual fraud (of which there are interesting stories) and other mistaken ideas which were the best guess at the time, some of these honest mistakes become quite interesting in the light of more recent research. Each seemed like a good idea, at the time. Normally we present science as a seamless progression, with only the successes recorded. So how do we know what is good science?

These courses are six weeks in length.
 Each comprises one two-hour lecture every week, from 1:30-3:30 in the Almonte Public Library Classroom.
 No final exam, but lots of discussion time! \$75 per course.

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



Books to sink your teeth into at Mill Street Books.

Upcoming Events:
 Creative writing workshop
 Wednesdays, 7-9PM
 January 12 to February 9, \$125

MILL STREET BOOKS
 52 Mill Street Almonte ON K0A 1A0 613-256-9090
www.millstreetbooks.com

Writing Workshops

Fiction
Get to Know Your Characters
For All Writers
Prepare to Publish Your Book

Non-Fiction
How to Write Family History and Memoir
Getting Started
Write It So They'll Read It
Peer Review

Call for more details and costs

The Book Nook
& Other Treasures

613-267-2350
thebooknook@bellnet.ca
Gift Certificates Available

FERRARO ART WORKSHOPS

Open Studio/Ongoing Independent Study
starts Thursday Jan. 13, 9:30-12:30

Introduction to Pastel
Saturday Jan. 15 and Sunday Jan. 16

Introduction to Drawing
Saturday Jan. 22 and Sunday Jan. 23

Yoga & Art — 1 day workshops at Hollow Tree Yoga
Sunday Jan. 30, Feb. 27, Mar.27, Apr.24

Kids Classes too!
Saturday Jan. 29 and Feb. 26

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

Maysoon Belly Dance

New Session begins January 9th
Almonte Old Town Hall

14-week Beginner Classes \$140 - 11:00am
14-week Beyond Beginner \$150 - 12:00pm

- Learn upper and lower body movements and how to put them together
- Increase strength and flexibility. Tone and reshape arms, waist and legs
- Reconnect with your inner goddess

Call 613-282-7343 for more information and to register

Take a peaceful path to good health

Transform your body...
Grow your soul
in a beautiful and tranquil setting

Hatha, Kundalini, Thai Massage... and more

For complete schedule check www.spiritmatters.ca
613-256-2361 spiritmatters@comnet.ca

Spirit MATTERS
Yoga in Almonte

Friendship Set to Music

On Saturday, December 11, the members of **Mississippi Squares** raised \$302 as a donation to the Lanark County Food Bank. The annual Christmas dinner/dance festivities featured the club's callers, Graham Ingram and Dave Crawford. A great meal was provided by the women's auxiliary at the St. James Anglican Church Hall in Carleton Place.



To help another charitable organization and continue the theme of friendship set to music, the Mississippi Squares will be hosting their annual "Halfway Dance" at Notre Dame Catholic High School in Carleton Place, on Saturday, January 8, from 7 to 10:30PM, for modern square dancers. The cost is \$10 in advance, or \$12 at the door. This dance will attract 400 to 500 dancers from Eastern and Northern Ontario and

Southern Quebec. All former dancers are welcome. For more information, please visit www.mississippisquares.ca or contact Laurette Lafleur at 256-0603.

Writing For the Joy of It

There are many reasons for writing. It can be an exploration, a confidence builder, a career, or a spiritual pursuit. The only good reason to write, according to author and teacher Natalie Goldberg, is because you want to. Susan Fisher will lead a workshop for writers and wannabe writers, which will offer the time and space to write simply for the

joy of it. In a small, supportive group setting, we will share the thrill of creation and enliven forgotten realms of imagination through our writing and reading investigations. Whoever we think we are, our discoveries are bound to surprise and enrich us. And, if you fear you lack creative "genes", this workshop will make you think again. Enrollment is

limited to ten, so please register promptly. The course begins on January 12 and runs for five weeks, until February 9, on Wednesday nights from 7 to 9PM at Mill Street Books in Almonte. The cost is \$125. For information or to register please contact 256-9090 or millstreetbooks@gmail.com.

Curiosities
Antiques & Collectibles

Old tools, textiles, cameras, books, military memorabilia, china, glass and more!

25% Off
everything in the store
for January and up to
50% Off
some items

30 Mill St., Almonte
256-7943
www.curiosities.ca

Art Mad
Fine Art Supplies
Classes & Gallery
1300 Stittsville Main Street
Tel: 613 836 1100
info@artmad.ca
www.artmad.ca

Lurgan Lane, by John Madden

Done with the turkey juices?
How about your creative juices!

The winter 2011 art class season starts January 10th! Classes for adults :-

- Digital Photography for Beginners
- Watercolours : Beginners and Intermediate
- Acrylics & Mixed Media: Beginners and Intermediate
- Oils (water mixable) : Beginners and Intermediate
- Calligraphy
- Soft and Oil Pastels : Beginners
- Watercolour Pencil : Beginners and Intermediate

Classes for children & Youth
- 7 to 9 years & 9 to 11 years - 11 to 15 years

Art Mad- the place for art supplies in the West Ottawa region!

The Kids Are Alright (and Pretty Darned Talented)

Almonte's got talent, Carleton Place has got talent, Perth's got talent... the list goes on. There's a galaxy of talented singers, dancers, actors, visual artists, poets, writers and label-defying creative types throughout *theHumm's* distribution area. That's not new. What does seem new is that opportunities for these creative types to share their gifts are proliferating in our communities. In addition to the talent shows that are popping up and attracting large audiences, there are coffeehouses in the schools, poetry slams, blues and Celtic music jams, theatre productions, art shows, and much more.



Pictured above are the finalists from last fall's "Almonte's Got Talent" event. Don't miss "Perth's Got Talent", on January 15 at the Studio Theatre!

These opportunities to share creativity are an important part of developing and furthering artistic growth. Preparing for a show, performing or displaying your work in front of people, learning from other artists — none of that happens if creativity never leaves the studio. However, a lot of groundwork needs to be laid before the big show goes up. Before the performing comes the practicing, and before that comes a whole lot of learning. Fortu-

nately for students in this area, the Valley is full of talented musicians, artists, dancers and actors who are also gifted teachers.

The opportunity to learn an art and to interact with a teacher and other students brings rewards too numerous to list here. And they run the gamut — from physical coordination that develops from years of playing an instrument or creating visual art, to social skills that are honed by working together in improv groups.

Canadian researchers have even found evidence that young children who take music lessons show different brain development and improved memory over the course of a year compared to children who do not receive musical training (see the Sept. 20, 2006 edition of the journal *Brain*).

So take advantage of all talent this area has to offer, and you may soon be nurturing a Canadian Idol of your very own!
— Rob & Kris Riendeau

SINGING LESSONS & PIANO LESSONS

Do you want to be the next Taylor Swift of Canadian Idol? Have you ever wanted to sing, play, or both? Or perhaps just improve your voice or playing...

Top vocal instruction and piano/keyboard lessons available with award winning singer/songwriter and registered ORMTA music teacher Giselle Minns in Carleton Place.

BEGINNER TO ADVANCED
CHILDREN TO ADULTS
ROYAL CONSERVATORY EXAMS

Tel: 613 257 3165
Email: info@singersstage.com
Website: www.singersstage.com

Peter Brown, ARCT

Piano Instruction

Jazz, blues, pop and/or classical

Pianist for the Mississippi Mudds,

Mumbo Jumbo Voodoo Combo & The Mississippi Blues Society

Call 257-2657 to register for classes.

Pick up *theHumm* in Almonte at

NORDIC STAR



www.MusicDetective.com

Any Print Music Available

Specializing in choral, obscure, and hard to find music
Music books for any instrument

Very competitive pricing, personalized service

1-800-448-7459

331 Otty Way, Perth

Creative Courses

Quilting:

Log Cabin Quilt in a Day
Bargello Placemats
Broken Star Lap Throw

Knitting:

Thrummed Mitts
and Slippers
Knitting Group



87 Mill Street • 256-3907



If You Are...

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

Call

1-866-283-7583

We have
Gifts & Information
www.welcomewagon.ca



Music & Movement Classes for Infants, Toddlers, Preschoolers
and the Grownups Who Love Them™

Winter classes begins January 8

Gift certificates available — call now for a FREE trial class!

www.millsandmaplesmt.ca

Clare 613-256-5372

Register now for January!

Girl's Night Out! Nia Dance (Jan 7)
Yoga & Meditation for a Prosperous New Year (Jan 9)
Yoga for Skiers Workshop (Jan 16)
Gong Meditation Night (Jan 16)
Laughter Yoga! Night (Jan 30)

Do any class, any time with our Flexible Class Pass!
5, 10, 20 class pass, monthly & winter unlimited
*see pricing details online

Over 20 classes a week for all ages and fitness levels

Beginner • Hatha • Yin • Kundalini • Gentle • Power • Nia Dance

Prenatal Yoga

5:45-7:15pm, Thurs
Jan 6 - March 31
\$156 (13 weeks)

Baby&Me Yoga

11:30-12:45pm, Thurs
Jan 6 - March 31
\$156 (13 weeks)

Family Yoga

4-5:15pm, Sundays
Jan 16 - March 27
\$132 (child) adult FREE!

Registration and class schedule online or call!

Open Saturdays 9-5pm to serve you in person

YOGA & TEA
S.T.U.D.I.O

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

The Almonte Potters Guild

Classes for all ages
starting the week of
February 7

- Workshops for adults, teens & kids
- We host special events & parties



Register now at
613-256-5556
95 Bridge Street, Almonte
www.almontepottersguild.com

Monday

Tuesday

Wednesday

Thursday

I'll Be Back by Midnight, Perth, Feb 3-6, 11-13
The Full Monty, Perth, Feb. 4-6, 11-13, 17-19
Film Night International, Smiths Falls, Feb 10, 24
Looking, Almonte, Feb 11-13, 18, 19
Valdy, Burnstown, Feb 17
Blues on the Rideau, Westport, Feb 18
Young Awards Gala, Almonte, Feb 19
The Melville Boys, Smiths Falls, Feb 24-Mar 5
Duke Robillard Blues Band, Perth, Feb 25
Into The Woods Junior, Carleton Place, Feb 25-26, Mar 4-5
Folkus Concert, Almonte, Feb 26
Looking, Perth, Feb 26
On Stage For Kids, Almonte, Feb 27
SRO Tea Dance, Almonte, Feb 27
Harry Manx, Burnstown, Mar 1
Doctor Zoo, Perth, Mar 4
Almonte in Concert, Mar 5
The Magic of Ireland, Perth, Mar 9
Open House, Perth, Mar 10-13
Blues on the Rideau, Westport, Mar 18-19
Songs from the Valley, Perth, Mar 25
Maple Run Studio Tour, Pakenham, Mar 26-27
On Stage For Kids, Almonte, Mar 27
SRO Tea Dance, Almonte, Mar 27
You Say Tomatoes, Perth, Mar 31-Apr 3
Pakenham Home Show, Apr 1-3
Folkus Concert, Almonte, Apr 9
Sultans of String, Apr 15
Blues on the Rideau, Westport, Apr 15
Almonte in Concert, Apr 16
Art in the Attic, Almonte, May 6-8
Songs from the Valley, Perth, May 20
Rabbit Hole, Perth, May 26-29, Jun 3-5

Art Mad presents Olga Mounitsyna <www.artmad.ca>
 Baker Bob's Gallery presents the paintings of Amelia Ah You and the acrylics and textiles of Frances Graff.
 fieldwork presents land art exploration <fieldwork.blogspot.com>
 Gallery on Main presents "Artists at Work, Open Studio" <www.galleryonmain.ca>
 Gallery Perth presents "Art Here & Now" with local and regional artists <www.galleryperth.com>
 MVTM presents TEXT-ing by Karina Bergmans, a text-based pillow project and A Tribute to Canada's Military <www.mvtm.ca>
 Palms Coffee Shop (Almonte) presents "A Time to Dance..." oil, pastels & acrylic by Margaret Ferraro <palmsonline.ca>
 Philip K. Wood Gallery (Almonte) presents original works by local & regional artists
 The Almonte Library Corridor Gallery presents Adrian Baker's students, mixed media
 The Mississippi Mills Chamber Gallery presents Jay (Zhi-Jian) Li, acrylics

3 Poetry Slam, Carleton Place	4 Open Mic, The Barley Mow	5 CP Celtic Jam, Ballygiblin's	6 Karaoke, The Downstairs Pub Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow, Almonte
10 Almonte & Area Artists' Association General Mtg, Almonte	11 Almonte Coin Club, Almonte Open Mic, The Barley Mow Women's Business Group, CP	12 CP Celtic Jam, Ballygiblin's Kanata Art Club Meeting, Kanata Pints 'n Purls, Ashton Reiki Share, Almonte Toastmasters Club, Smiths Falls	13 Karaoke, The Downstairs Pub Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow
17 Almonte Quilters' Guild, Almonte Mayan Code Study Group, Almonte	18 Open Mic, The Barley Mow	19 CP Celtic Jam, Ballygiblin's Toastmasters Club, Smiths Falls	20 Flippin' Art Night, Carleton Place Karaoke, The Downstairs Pub Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow Wee Dram Club Single Malt Tastings/Dinner, Almonte
24 Communities in Bloom public meeting, Almonte	25 Lanark County Knitting Guild, Almonte Open Mic, The Barley Mow Pakenham Frost Festival, Pakenham	26 Arnprior Quilters' Guild, Arnprior CP Celtic Jam, Ballygiblin's Toastmasters Club, Smiths Falls	27 Tamara Drewe, Smiths Falls Karaoke, The Downstairs Pub Open Celtic Jam, Naismith Pub Terry Tufts, The Barley Mow
31			

Visual Arts

Almonte & Area Artists' Association General Mtg, Jan. 10, 7:30pm. Almonte Public Library, 155 High St.
Kanata Art Club Meeting, Jan. 12, 7pm. Presentation by Rosy Somerville: The Colour Black in Watercolour. Open to members & visitors. Kanata Art Club Studio, 1030 Riddell Dr., Kanata. Info: 599-4959.
Pints 'n Purls, Jan. 12, 6-9pm. Knitting group., Old Mill Pub, 113 Old Mill Rd, Ashton. Info: 257-2296.
Almonte Quilters' Guild, Jan. 17, 7-9pm. New members and guests are always welcome. Almonte Civitan Hall, 500 Almonte St.
Flippin' Art Night, Jan. 20, 5-8pm. Featured artists: Shari Robertson, photographer & Brenda Wright. Free munchies. Ballygiblin's, 151 Bridge Street, Carleton Place. 257-2031, www.artscarletonplace.com. Free
Lanark County Knitting Guild, Jan. 25, 7-9pm. All welcome. Almonte United Church, 106 Elgin St. Guests \$3.
Arnprior & District Quilters' Guild, Jan. 26, 7-9pm. Garage sale day: quilts, quilting items, material. All welcome. Doors open 6:30pm. Christian Education Centre, 257 John St. N., Arnprior. \$5 entry or \$20/yr membership.

Theatre

Mudds Auditions, Jan. 9, 1-4pm. Sign up & auditions for the spring production of *Halfway to Heaven*: a new genre-defying musical. Pls book a rehearsal time. Carleton Place Town Hall, 175 Bridge Street. 253-2007, www.mississippimudds.ca/.
Spiritual Cinema Circle, Jan. 23, 2pm. Four short films: *Glenn Owen Dodds*, *Love Me*, *The Right Friend*, *The Bling of Being*. Myriad Centre, 1 Sherbrooke St., Perth.
Film Night International: Tamara Drewe, Jan. 27, 7pm. Premier. Cinemas, 11 Main St. W., Smiths Falls. Info: 267-1224, filmnightinternational@yahoo.ca. \$10 at the door; \$35 full series, \$25 3-film pass
The Vinyl Café with Stuart McLean, Jan. 28 & 29, 7:30pm. Tickets at box office or 283-0676 or 283-0710. The Station Theatre, 63 Victoria Ave. Smiths Falls.

Literature

Poetry Slam, Jan. 3, 7-9pm. Lanark County Live Poets Society (LiPS) monthly slam. Wild Card is featured. CP Cinemas, 17 Albert St., Carleton Place. \$5; free for performers.
Book Readings, Jan. 14, 5:30pm. Tish Cohen reads from *The Truth About Delilah Blue*, Paul Seesequasis reads from *Tobacco Wars*. \$7; proceeds & donations to Perth Food Bank. The Factory Grind, 1 Sherbrooke Street, Perth.

Kids

On Stage For Kids, Jan. 30, 2pm. *Loki's Big Dream*, presented by Jim Dalling, tells of the profound impact special people have on our lives. Series pass available. Recommended ages 2-10. Naismith Public

School, 260 King St., Almonte. Info: www.onstageforkids.com. \$8 at Kentfield Kids, Read's Book Shop; \$9 at door.

Music

New Year's Eve Party, Dec. 31, 9pm. Brothers Chaffey, Kelly Prescott, Adam Puddington & guests. Tickets at Mill St. Books. Almonte Civitan Hall, \$15
Halfway Dance, Jan. 8, 7-10:30pm. Hosted by the Mississippi Squares. All former dancers welcome. Notre Dame Catholic High School, 157 McKenzie St., Carleton Place. Info: 256-0603, www.mississippisquares.ca. \$10 in adv; \$12 at door
Fiddle Orchestras, Jan. 9, 2:30pm. Joint concert featuring Xmas & seasonal music, with traditional & Celtic music as well. Maberly Community Hall, 172 Maberly Elphin Rd. Info: blueskiespreorchestra@gmail.com. \$5 adult; children free

Selina Martin/Bidiniband, Jan. 15, 8pm. Folkus Concert Series. \$23 in adv. (Mill Street Books, 256-9090), \$27 at door. Students \$12. Almonte Old Town Hall, 14 Bridge St. Almonte. Info: www.folkusal- monte.ca/.

Almonte Traditional Sing, Jan. 16, 2-4pm. Sing along, lead a song, traditional songs with choruses such as sea shanties and old gospel tunes. Info: 482-1437 or david@shantyman.ca., The Barley Mow, 79 Little Bridge Street, Almonte.

Jack De Keyzer Band, Jan. 21, 22, 7pm. Blues on the Rideau. Proceeds to Rideau Vista & St. Edwards Elementary Schools. The Cove Country Inn, 2 Bedford St., Westport. www.choosetheblues.ca. \$55+tx buffet & show. Reservations req'd.

Wade Foster, Jan. 21, 8pm. Songs From The Valley series. Fiddle virtuoso Wade Foster. Tickets at door or from Tickets Please! at 39 Foster St, Perth, or 485-6434. Studio

JANUARY 2011

Friday

Saturday

Sunday

<p>31</p> <ul style="list-style-type: none"> 🎵 Breakfast with Soul, CP 🎵 Country Night New Year's Bash, The Downstairs Pub 🎵 New Year's Eve, The Cove 🎵 New Year's Eve Party, Almonte 🎵 Terry Tufts, Harry McLean's Pub 	<p>1</p>	<p>2</p> <ul style="list-style-type: none"> 🎵 Magnolia Rhythm Kings, The Royal Oak
<p>7</p> <ul style="list-style-type: none"> 🎵 Open Stage, The Downstairs Pub 	<p>8</p> <ul style="list-style-type: none"> 🎵 Forty Something, The Downstairs Pub 🎵 Halfway Dance, Carleton Place 	<p>9</p> <ul style="list-style-type: none"> 🎵 APEX Jazz Band, The Royal Oak 🎵 Auditions (Mudds), Carleton Place 🎵 Fiddle Orchestras, Maberly 🎵 Valley Singles Lunch, Almonte
<p>14</p> <ul style="list-style-type: none"> 📖 Book Readings, Perth 🎵 Whiskey Mike, The Downstairs Pub 	<p>15</p> <ul style="list-style-type: none"> 🎵 Counterfit, The Downstairs Pub 🎵 Selina Martin/Bidiniband, Almonte 🎵 Perth's Got Talent, Perth 	<p>16</p> <ul style="list-style-type: none"> 🎵 Traditional Sing, The Barley Mow 🎵 Magnolia Rhythm Kings, The Royal Oak
<p>21</p> <ul style="list-style-type: none"> 🎵 Almonte Lecture Series, Almonte 🎵 Jack De Keyzer Band, The Cove 🎵 Open Stage, The Downstairs Pub 🎵 Wade Foster, Perth 	<p>22</p> <ul style="list-style-type: none"> 🎵 Piano Concert, Almonte 🎵 Bob Spelled Backwards, McDonalds Corners 🎵 Jack De Keyzer Band, The Cove 🎵 Open House/Free Talk, Carp 🎵 Relaxation Workshop, Almonte 	<p>23</p> <ul style="list-style-type: none"> 🎵 APEX Jazz Band, The Royal Oak 🎵 Robbie Burns Celebration, Middleville 🎵 Spiritual Cinema Circle, Perth
<p>28</p> <ul style="list-style-type: none"> 🎵 Breakfast with Soul, Almonte 🎵 The Vinyl Café with Stuart McLean, Smiths Falls 🎵 Whiskey Mike, The Downstairs Pub 	<p>29</p> <ul style="list-style-type: none"> 🎵 Brock Zeman, The Downstairs Pub 🎵 Crime Stoppers Fundraising Dance, Smiths Falls 🎵 Kelly Prescott - CD Release, Almonte 🎵 Meditation Day, Carp 🎵 Small World Project, Neat Coffee Shop 🎵 The Vinyl Café with Stuart McLean, Smiths Falls 	<p>30</p> <ul style="list-style-type: none"> 🎵 Magnolia Rhythm Kings, The Royal Oak 🎵 On Stage For Kids, Almonte 🎵 SRO Tea Dance, Almonte

Reiki Share, Jan. 12, 7-9pm. White Swan Healing Space, 96 Mill St., Almonte. \$10 donation.

Smiths Falls Toastmasters Club, Jan. 12, 19, 26, 7pm. Weekly meetings. Courtyard Café, Davidson's Courtyard, Smiths Falls. Info: robrodine@hotmail.com.

Perth's Got Talent, Jan. 15, 8pm. Studio Theatre, 63 Gore Street East, Perth.

Mayan Code Study Group, Jan. 17, 8-10am. Pot luck breakfast; coffee & tea supplied. 43 Johanna St., Almonte. Info: 256-0216, lillywhiteangels@sympatico.ca. Free

Wee Dram Club Single Malt Tastings/ Dinner, Jan. 20, 6:30pm. Reservations required. 256-2602. JR's Restaurant, 385 Ottawa Street, Almonte.

Almonte Lecture Series, Jan. 21, 7:30pm. Alain Miguez - Ottawa: a City Grows Up. Almonte United Church, 106 Elgin St. Info: almontelectures.ncf.ca. Free, donations accepted

Open House/Free Talk, Jan. 22, 1-3pm. Improving ADD/ADHD in adults & children. Carp Ridge EcoWellness Centre, 2386 Thomas Dolan Pkwy, Carp. Info: 839-1198, www.ecowellness.com. Free

Relaxation Workshop, Jan. 22, 1-5pm. White Swan Healing Space, 96 Mill St., Almonte. \$40

Robbie Burns Celebration, Jan. 23, 2-4:30pm. Pipes, highland dancing, celtic fiddle tunes & a Scottish songfest. Info: 256-5474. Middleville Community Centre, 4203 Wolf Grove Rd., Lanark. \$10/adult, \$5/child (5 & under free)

Pakenham Frost Festival, Jan 25-29. Pakenham. Info: 624-5926.

Breakfast with Soul, Jan. 28, 8-10am, Open discussion, free to all., White Swan Healing Space, 96 Mill St., Almonte.

Meditation Day, Jan. 29, 9am-4pm. With Lise Lillian. Call 839-1198 to register. Carp Ridge EcoWellness Centre, 2386 Thomas Dolan Pkwy, Carp. \$40

Communities in Bloom public meeting, Jan. 31, 7pm. Info session about Communities in Bloom in Mississippi Mills. Almonte Old Town Hall, 14 Bridge St. Info: 256-1077, www.communitiesinbloom.ca.

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 right through to the end of 2011.

Theatre, 63 Gore Street East, Perth. \$20 ea; \$50 series (3)

Almonte in Concert, Jan. 22, 8pm. Almonte in Concert. James Anagnoson & Leslie Kinton explores the musical gems of 2-piano repertoire. Almonte Old Town Hall. Info: www.almonteinconcert.ca. \$27 adults, \$14 students

Bob Spelled Backwards, Jan. 22, 8pm. Quirky folk-country-psychedelic-blues band from Tay Valley Township. Tickets from Tickets Please, phone 485-6434, online www.ticketsplease.ca, or at door: MERA Schoolhouse, McDonalds Corners. 268-2376, shakeyacres@hotmail.com. \$10

Crime Stoppers Fundraising Dance, Jan. 29, 8pm. Featuring the Doherty Brothers Band. Tickets at Chamber of Commerce office (283-1334), Impressions Printing (283-2444) or at door. Royal Canadian Legion, 7 Main St. E., Smiths Falls.

Kelly Prescott - CD Release, Jan. 29, 8pm. Debut solo CD release. Special guest Anders Drerup. Almonte Old Town Hall, 14 Bridge St. \$15 from Mill Street Books

SRO Tea Dance, Jan. 30, 1-4pm. Hosted by 14-piece big band Standing Room Only. Almonte Old Town Hall, 14 Bridge St. Info: 692-5380, www.sroteadances.org. \$12 at door (cash only)

The Downstairs Pub at JR's (385 Ottawa St., Almonte, 256-2031) Karaoke Thursdays, 8pm, no cover; Saturdays live music, 9pm.

Jan 7, 21 Billy Armstrong, 9PM, no cover
Jan 8 Forty Something, 9PM, \$4
Jan 14, 28 Whiskey Mike, 9PM, no cover
Jan 15 Counterfit, 9PM, \$4
Jan 29 Brock Zeman, 9PM, \$4

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

St. James Gate (111 Bridge St., Carleton Place, 257-7530): Live at the Gate Saturdays (8:30-10:30pm).

Jan 8 Brea Lawrenson
Jan 15 Keen as Mustard with Cait
Jan 22 Kerrek
Jan 20 Jazz Night w/Peter Brown & Lucas Haneman (8:30-11PM)
Jan 29 The Cole Experience feat. Old Man Martin

The Royal Oak (329 March Rd. Kanata, 591-3895): jazz on Sundays (3-6pm), no cover.

Jan 2, 16, 30 Magnolia Rhythm Kings
Jan 9, 23 APEX Jazz Band

Neat Coffee Shop (1715 Calabogie Rd., Burnstown, 433-3205)
Jan 29 Small World Project, \$20, 8pm

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

Ballygiblin's Restaurant (151 Bridge Street, Carleton Place, 253-7400): CP Celtic Jam Wednesdays (7:30-10pm), all ages/levels (janiceparton@sympatico.ca), no cover.

Community

Breakfast with Soul, Dec. 31, 8-10am. Open discussion, free to all. Rosenhof B&B, 305 Flora St., Carleton Place.

Valley Singles Lunch, Jan. 9, 12:30-2:30pm. Singles lunch, all welcome. To register, call 256-8117 or 432-7622. JR's Restaurant, 385 Ottawa Street, Almonte.

Almonte Coin Club, Jan. 11, 7pm. All welcome. Show and tell. Alliance Coin & Banknote, 88 Mill St., Almonte.

Women's Business Group, Jan. 11, 7:30am. Networking, support & volunteer group. Buster's Bar and Grill, 515 McNeely Dr. Carleton Place. Info: www.wbgroup.ca.

Another Year Over, A New One Just Begun

With **Film Night International's** late November showing of *Nowhere Boy*, we said thank you to John Lennon for sharing his artistic gifts and leaving a legacy that continues to inspire and challenge us, year after year, generation after generation.

Looking back on the year, I realize how much we have to be thankful

by Joffre Ducharme

for, particularly with respect to the emerging arts, culture and entertainment scene in our community. I want to take this opportunity to extend a note of gratitude to a number of local leaders who have made 2010 a year to remember.

First of all, kudos to Pat Smith for leading an army of volunteers on a ten-year campaign which culminated in the opening of the **Station Theatre** <www.smithsfallstheatre.com>, our theatrical pride and joy, last April. Many thanks to Susan and Brock Fournier and family for giving us **Spotlight on the Rideau** <www.spotlightotr.com>, which just completed its first year of successful operation. Our appreciation goes out to Tony Humphrey who spent the year putting the final touches on the welcoming oasis that is **Davidson's Courtyard**. And, we send an appreciative note to Michele Baitley who has put her heart and soul in creating **New Life Photos** <www.michelesnewlifephotos.com>, a unique studio/boutique that opened in December at 14 Winifred Street. Notes of gratitude go out to all concerned for making 2010 a banner year for our three major museums: **The Rideau Canal Museum, The Railway Museum of Eastern Ontario** and the **Heritage House**

Museum. Finally, a big thank you to the legions of volunteers who made our three annual summer festivals, the **Canal, Railway and Chocolate Festival, Railfest** and **The Pickle Festival** the best ever in each case.

And, since this is only the tip of the iceberg, to all the other worthy entrepreneurs, too many to mention here, who launched initiatives in support of the arts, culture and entertainment scene in Smiths Falls in the last year or so: thank you and best wishes for continued success in everything you undertake in 2011.

The final artistic note of the year was sounded courtesy of the town council, who made sure that our water tower was repainted with our town logo in time for Christmas. What a way to mark the end of a sensational year and herald in the new one so full of promise.

OK then, what's in store for us as we start the year? Well, our new council plans to focus on the "Creative Economy" as a cornerstone of future development for the community. In that context, here are a few of the initiatives already under way.

Funds have been secured to launch a "Smiths Falls as a Centre of Excellence for Photography" project, a collaborative effort between our Economic Development Department and internationally-recognized professional photographer Crombie McNeil.

The Railway Museum of Eastern Ontario has just hired a full-time program officer. Anne Shrop-



shire, a local museum professional, is hard at work on new programs including educational sessions and a March Break camp.

Our Smiths Falls Toastmasters Club is well under way and, starting January 12, weekly meetings will take place on Wednesdays at 7PM at the Courtyard Café. Our president is local Doctor of

art store to include a broad selection of products and services to meet the needs of artists and artisans from the area and beyond.

In order to harness, support and promote this emerging artistic energy, a formal Arts and Culture Council has been incorporated into the municipal management structure. This initiative

Chiropractic, Robert Rodine <robrodine@hotmail.com>.

The new art gallery mentioned last month, **Compositions**, is opening officially to the public at 47 Main Street with a vernissage on Sunday, February 6. See <compositionsartgallery.com>.

The recent increase in artistic activity in and around town has created a growing demand for art supplies. Amy Blair from the **Gilded Corner** in Davidson's Courtyard, has heard the call and she is revamping her

has already spawned a collaboration between the Council, the Heritage House Museum and Spotlight on the Rideau. Expect exciting things in the months to come.

Environmental stewardship is another important component of this new economy and here, too, Smiths Falls plans to lead the way as an ecologically responsible community. As a first step, the town is only the second in Canada, following Cobourg's lead, to undertake a streetlight renewal project using energy efficient induction lighting. When completed, early in the new year, the implementation of this new technology will reduce our related carbon footprint from 734 tonnes per year to an estimated 294 tonnes.

Well, that's just a quick snapshot of what the new Smiths Falls will look like in 2011. Stay tuned to discover the whole picture as it takes shape from month to month.

Take care and see you at the Falls.

— Joffre Ducharme is a local photographer and writer. Reach him at <cjoffrecare@yahoo.ca>.

The Reever Report

Old Age Ain't Pretty

I heard myself say it for the first time yesterday, and I nearly choked on the words: "What do I know, I'm an old lady." I didn't mean it — I'm not... I don't think I'll ever be... at least in my own mind... an old lady.

There's a moment in a lady's life when her ego undergoes a complete

by Glenda Jones

bashing. There is no more doleful sight for one to see than her own reflection in the hairdresser's mirror. There we sit at the complete mercy of our hairdresser, head draped in a wet towel, pin-sized above the black cape of doom. We look like a glorified traffic cone. Whatever magic she performs will definitely be an upgrade from that reflection. It's a defining moment of truth when the years are very telling, and it's not a pretty story. It's best to close your eyes and rely on the talents of your beautician at this point, because she will never let you down, and an hour later you will leave, once again your young self.

I don't think men endure this mortification at the barber shop. They either have a stronger constitution when it comes to self-evaluation or else the mirrors in

the barber shop are kinder. My husband has never mentioned that he comes out of there feeling a tad older than when he went in.

However, this time of year, it sneaks up on all of us of a certain age. We go to do tasks that last year were easy and, suddenly, the old muscles start to complain and we have to ease up. We used to split and stack wood for hours a day; now two hours is all we want to do at a time. We used to haul logs, dig rocks, build trails, spread topsoil, from morning to night, and now the very thought of it makes us want to sit in the sun and sip tea. It's a good thing most of the heavy lifting around our own country paradise is done, so we can just enjoy it, because these old bones know how to protest if we're not careful.

We are learning to be prudent when it comes to heavy work. We'll exercise our fingers walking through the Yellow Pages to find a competent tradesman before we'll tackle the insanely difficult tasks we used to do with abandon. "You pays in time or you pays in money," and I don't have the time or patience to sit back and nurse aches and pains when there are perfectly capable people who can do a fine job for us. Of course, we have to think carefully, as money isn't falling like autumn leaves around here.

Youth is a cherished commodity, as any senior who wishes he still had it will tell you. None of us can believe how quickly age has caught up with us until, on passing a window, we catch our own reflections, and are stunned by the old people we see there. We look furtively over our shoulder expecting to see them behind us, but no — we are they!

Where is that handsome young couple we thought we were? In our mind's eye, that's where. To the outside world we may be seniors, but to ourselves we are as young as ever. How old would you be if you didn't know your birth date? How old would you want to remain in your mind? For me, I know I wouldn't want to be a kid again. Fifty is good: young enough to remember, old enough to know better. So I'm going to be fifty from here on, except when it comes to physical labour, or when there's a discount coming my way. Then I'll take this sixty-something title and be mighty glad to see it.

Further, I think I'll stop looking in windows and catching the reflection of that old lady. And the next time I'm at the hairdresser I'm going to close my eyes, and say I'm meditating until she is finished and I can see that young woman in the mirror again.

BLUES ON THE RIDEAU
THE COVE INN WESTPORT, ON
JANUARY 21 & 22
 2 NIGHT STAND
 2X JUNO AWARD WINNER
JACK DE KEYZER BAND
 PROCEEDS TO RIDEAU VISTA & ST. EDWARD'S ELEMENTARY SCHOOLS
BUFFET DINNER & SHOW \$55
 ADVANCE RESERVATIONS REQUIRED (613) 273-3636
 Well-priced accommodations at The COVE & nearby B&B's
 Visit bluesontherideau.ca for more info on the Series

Mike Doyle
 Accounting for
 Small & Large Business
 Income Tax Services
 (613) 256-9987
 mike@midoyle.ca
 www.midoyle.ca

That Nice is Really Rice

In a past life I taught English in Jakarta, a sprawling city of twenty million souls. My schedule was enviable: rise at 11, go swimming, inhale poolside lunch consisting of the world's best-ever egg-mayo sandwiches (still don't know the secret... quail eggs perhaps?), then teach from 2PM to 9PM, followed by sushi. Anything below 27 Celsius was cause for concern. The life of Riley? No, the life of Innit Yummyinmytummy.

As one would expect in the world's most populous Muslim nation, Ramadan was strictly observed. One of the main requirements of Ramadan is the adherence to the fast between

a minute to six I would lean forward like an athlete at the blocks (I'm no athlete), whereupon they would all rise from their seats and do likewise. I'd wind them up with a couple of false starts which made them groan and me grin, then I'd move one step and stop, allowing them to bolt past me on a screaming stampede across the street to the *pasar malam warungs* (night market food stalls). The best one was run by Andi, and the kids would jostle each other, hollering orders and even offering him bribes in the hope of getting served the next portion of *Nasi Goreng* (aka fried rice) — it was a riot!

torturous contemplation I have dug deep and decided that I can let the *nasi* (rice) cat out of the bag for your benefit. First though, a *nasi* note: this dish has almost as many variations to it as there are islands in the Indonesian archipelago.

So, here's how to make Andi's deluxe version of Indonesian fried rice, called *Nasi Goreng Is-timewa*, which is basically fried rice topped with a fried egg. Basmati does a fine job and if you have a rice cooker your life will be simplified. Rice cookers cost \$20... 'nuff said. A wok is also a friend. OK, let's get wok-ing for two.

Wash **250 grams rice** (a mug's worth), dump it in the rice cooker, and cover with a **fat finger's worth of water**. Set it to cook. Finely chop **half a medium onion**, **1½ to 2 tablespoons garlic**, **a couple of red birds-eye chilies** (leave seeds in) and a **generous teaspoon of freshly chopped root ginger**. Combine the ginger, chilies and garlic in a pestle and mortar, and crush together using **a few drops of hot water** to make a runny paste. I use an electric hand wand blender to get a lovely, liquidy paste. This is the *sambal*. If you like, add a twist of Thai by throwing in **a couple tablespoons of finely chopped lemongrass** — I won't tell the fried rice vigilantes. Rinse and cut up some **bok choy**. When your rice cooker pops, taste the rice and stir it for a minute or more — you're drying it out a little by letting the steam escape; it then fries more evenly.

Turn on the extractor fan. Fire **4 tablespoons vegetable oil** on high heat in your wok. Throw in the onion for a minute, reduce heat and add the *sambal*, stirring quickly for 20 to 30 seconds to prevent burning; this is why the



sambal needs to be fairly runny. Add a few small squirts of **soy sauce** (low sodium variety recommended) while you stir; the soy will begin to caramelize. Now throw in the rice and stir through for 2 to 3 minutes. Add **1 to 1½ tablespoons of ketchup** to balance out the chili (or use *kecap manis*, a sweetened, syrupy soy) and keep stirring as the rice takes on an orange-red hue. Add the bok choy, which gets steamed in the rice for 3 minutes. Taste and add more soy sauce if required. Plate the rice and fry up **a couple of eggs** in the wok or a regular non-stick pan. Lay the eggs over the rice. Garnish with peeled, sliced **cucumber**, **onion crisps** and **prawn crackers** (*kru-*

puk). You can also shallow-fry some **tempeh** to golden brown and add small 1"x 3" bars of it as added garnish. Tempeh, a delicious, nutritious soy product, can be bought in many local health food stores, as can *kecap manis*. All other ingredients are available at your local supermarket. Premade onion crisps are sold at Bulk Barn — what a find! If it ain't spicy enough for you, make more *sambal* as an accompaniment or use a bottle of Sriracha chili to set yourself on fire.

Selamat makan dan selamat tahun baru dan sampai jumpa lagi! Translation: see <www.tog-gletext.com>.

— Innit Yummyinmytummy



When in Jakarta, avail yourself of the local flavour: catch a bajaj (above... the fastest, cheapest, unsafest but most fun way to get around a city mired in a permanent traffic jam) and get yourself some Nasi Goreng (fried rice) from an outdoor food stall!

sun-up and sundown. Now, in an educational setting, this fast had a predictable effect on the teenagers in my early evening classes: they became exceedingly peckish around 4PM, positively absent-minded by 5PM and goggle-eyed by break time at 6PM, which is also sunset at that latitude. They would look at me with pleading eyes, willing me to let them go so that they could break their fast. One year, we had a class joke: at

The streets were, of course, chock-a-block with people at that hour and naturally all the other students in the school had the same idea; pandemonium and hilarity went hand in hand. I too would follow them over the road and observe Andi as he cooked the meal which regularly feeds a nation of 220 million. It was always astoundingly delicious, almost sinfully cheap and wonderfully filling. After much

Best Wishes for a healthy and happy New Year!



168 Victoria St., Almonte On.
(613)256-7797
By Appointment Only

www.carmelized.ca

GIFT CERTIFICATES AVAILABLE

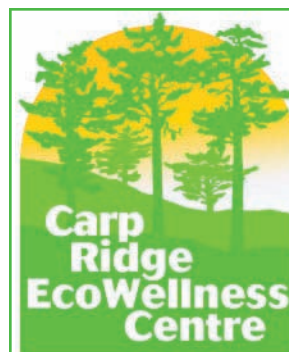
Good Customers are like family.

You love them and need them but after so much of them over the holidays you can wait until Easter to see them again!

Don's Meat Market Happy New Year!

126 Mill Street, Almonte

256-6801



Open House & Free Talk

Sat. January 22, 1-3PM
Improving ADD/ADHD in Adults and Children

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

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

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

Friday, Jan. 21 & Saturday, Jan. 22
Blues on the Rideau presents The Jack de Keyzer Band
Show & buffet dinner, \$55/person, 7-11PM, reservations only

Tuesday, Feb. 1
Spanish Wine & Food Tasting Night
Chef Joanne Edwards and Sommelier Brian Preston
6 course meal with wine pairings, \$70/person, 6-9PM, reservations only

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

World-class Blues Acts Coming to Perth

James Jones is passionate about the blues. He is hoping people in the Perth area share his passion.

James owns and runs Zapp! Productions, a company that produces concerts — mainly blues shows — in Southwestern Ontario. Now James has shifted his focus to Perth, and will be bringing three to four world class blues acts to town in the new year, beginning in February when he presents under-the-radar blues guitar legend **Duke Robillard** at the Perth Studio Theatre.

Robillard is one of the biggest, most respected names on the blues scene today, having played with the likes of Bob Dylan, Tom Waits, Dr. John, Long John Baldry and B.B. King (just to name a few). B.B. King called Robillard “one of the great players,” while the New York Times said he was a “soloist of stunning force and originality.” Robillard won the 2010 Blues Music Award for Traditional Blues Male Artist of the Year, and was also nominated for Album of the Year, Band of the Year, and Best Instrumentalist by *Guitar* magazine. He was also nominated for a Grammy in 2010 for Best Traditional Blues Album for *Stomp! The Blues Tonight!*

James, who has a background in radio broadcasting and owned a record shop in Cobourg for eighteen years, has nothing but high praise for Robillard.

“Duke is a monster player,” he raves, “having done session and road work with Bob Dylan and Tom Waits. He is a rare guitarist, an absolute master who knows the blues inside out. He has dozens of releases under his own name and with his groundbreaking band, Roomful of Blues. Because Duke is known in the business as one of the best, he also attracts the best musicians. I have worked with him before and he always pleases the crowd. His keyboard player has a great classic B3 sound and his drummer is one of the best. Rarely do you get to see such a master in such an intimate setting. The Perth show will be an evening of blues and musicianship of the highest order. Duke can play it smooth, but he still knows how to get down.”

James sees Perth as an ideal market for the types of blues acts he works with.

“Perth has what we need,” he says, “a cool theatre and hip people and no one, as far as I know, bringing in talent like this.”

“Duke is a world class act,” he adds, “and needs to be presented in a theatre setting. Perth Studio Theatre is a great and intimate spot with a bunch of volunteers who are passionate and on the ball. It seems the community and businesses support the theatre and want to see it thrive. That is essential to putting on a successful show. No lip service,” James says enthusiastically, “Perth has been one of the most supportive towns I have worked with.”

In the past, Zapp! Productions has brought some great acts to Ontario venues, including Johnny Winter, James Cotton, Lucky Peterson, and Robert Cray. Down the road in 2011, James is hoping to bring The Good Lovelies — a folks-roots and western swing act and winners of a 2010 Juno award for Best Roots & Traditional Album of the Year — to town, as well as blues acts Smokin’ Joe Rubik and B’Nois King from Texas.

James is a self-confessed blues junkie, but that’s not the only reason he got into the business of concert promotions. “First,” he says, “I got tired of travelling all over to see bands that I wanted to see, so I thought... why not bring them to me?” Logical thinking. “Then,” he adds, “once



James Jones of Zapp! Productions plans to bring a series of top-notch blues musicians to Perth, beginning with Duke Robillard (above) and his Blues Band on February 25.

I found out how hard it was on the road and discovered that the bands were not always being looked after as well as they should be, I thought I would come in and try to do things right.”

For James this meant “good halls, good sound, appreciative and full audiences” and, for the musicians, “clean rooms, good food, a home away from home with no surprises and a nice smooth show from start to finish.”

The most rewarding part of his job, James says, is “seeing

that everybody, from the audience to the performers, has a smile on their face. It is a thrill every time,” he adds, “because every show is different.”

The Duke Robillard Blues Band will take the stage at Perth Studio Theatre on February 25 at 8PM. Tickets are \$29.50 for this gem of a show, and available in Perth at The Bookworm (267-8773), The Book Nook (267-2350) and Tickets Please (credit cards welcome, 485-6434).

— John Pigeau

It's All About COMMUNITY

For the 'downsizers' amongst us...

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

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

Hyde Park Jamieson Mills, Almonte
Thirty 1-, 2-, and 2-bedroom-with-a-den units, underground parking, starting at \$168,500. Call Karina Witten at 613-686-1222, extension 113.

Hyde Park Richmond
Thirty-five 1- and 2-bedroom apartments, starting at \$145,500 and retirement suites starting at \$161,500. Call Grace Geertsema at 613-686-1222, extension 105.

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

Hyde Park Canada

An Honour Richly Deserved

Architect **Peter Mansfield** has had a major impact on the look and vibrancy of downtown Almonte and, fittingly, this February 19 he will be honoured with the Mississippi Mills Cultural Achievement Award at the **Young Awards Gala**, to be held at Almonte & District High School. In the opinion of Almonte heritage developer, Stephen Brathwaite, this is an honour that is richly deserved.

by Euphemia Lark

"The Thoburn Mill, The Flour Mill, 78 Mill Street, many Victoria Woollen Mill interiors, St. Paul's Anglican Church manse renovation, and Gord Pike's Heritage Court are just a few of Peter's projects that have given the downtown a vibrant new look and feel," says Stephen. "Peter has also volunteered for many community projects and has frequently lead architecture tours in Almonte for Carleton University. He and his wife, Marilee, have given time and effort to many local initiatives."

Since the annual MM Cultural Achievement Award was set up to honour a professional in the arts who (1) lives or works in Mississippi Mills, (2) has demonstrated excellence in his/her field and (3) has contributed significantly to the community, Peter is well chosen for the honour.

He received his Bachelor of Technology in Architectural Science at Ryerson in Toronto and his Master of Architecture degree at the University of Manitoba. In between, he studied Architecture and Design at the University of Copenhagen in Denmark and, in 1993, he moved to Almonte where he opened his own private practice in 1999. From his newly renovated office building at 122 Bridge Street, Peter now offers a full range of contemporary designs to his clients, including adaptive re-use, commercial, and custom residential.

"I wanted to hire an architect who could capture the heritage feel in a building that had well over one hundred years of successful retail history," says Gord Pike, whose Heritage Court is at the bottom of Mill Street. "I wanted it to reflect a new beginning in the heart of the old town." Gord is enthusiastic about their collaboration and the passion that Peter brings to his work. "He is very detail oriented, which is a good thing when renovating an old building that often has many construction surprises."

Now that the Heritage Court is open and ready for business, you can see for yourself the imaginative architectural features, the most striking of which is a large skylight that runs the full length of the central walkway and illuminates the nine retail spaces.

Jordan Smith and Karen Coleman had a vision for their ambitious modernist home. "We were drawn to Peter because of his artful skills in blending new and heritage designs with the landscape, and his willingness to tackle an unusual design challenge collaboratively... Peter's creativity and patience, his willingness to step outside convention and the valuable input of his intern architect, Tom Bonhomme, have enabled us to bring our vision to life."

From happy clients Val Sears and Edith Cody-Rice: "Not only was Peter a delight and pleasure to deal with, but the builder and all of the personnel that he recommended were honest, diligent and charming. Peter has a refined sense of proportionality and, as a result, our home has a delicious atmosphere that enhances our pleasure in living there."

Here, in Peter's own words are his responses to our questions.

When and why did you come to Almonte?

I drove out to see Almonte for the first time after work on Thursday, December 19, 1992. It was dark and I got lost.

Marilee and I bought Dilbert Scott's house (built about 1880) three days later. We both loved the natural beauty and historic setting.

What do you like about living in Almonte?

The size of the community, the proximity to Ottawa, and the wonderful mix of multi-generation families, artists and "high-tech settlers."

Tell me a bit about your family.

The one thing I like more than talking about buildings, is bragging about my family. Marilee is wonderful — always positive. Over the past 18 years, she has taught music to over 600 Almonte area students. Liam (13) and Adam (11) are both young musicians who play piano, drums, guitar, clarinet and trumpet. While Liam plans to chart unknown parts of Australia in his VW van, Adam has a definite artistic leaning.

What do you like most about your work?

Seeing something built or, better still, rejuvenated. Also, sharing in the enthusiasm of various projects with great clients.

What do you think is your most marked characteristic?

I suppose I come across as a rather "even keel" sort of person. Based on the fact that most everyone knows a great deal more than myself, it dictates that I be a very attentive listener.

What is your idea of perfect happiness?

Marilee and I recently read an article about retirement. A major goal for many people is to finally quit work and start doing something they really love. I'm already retired! (at 47!!) If I knew I could keep everything in my life pretty much "as is" — that would be happiness.

What is your greatest fear?

Professionally — that Almonte becomes generic.




The Young Awards Gala is delighted to honour architect Peter Mansfield with the 2011 Mississippi Mills Cultural Achievement Award

Like to say anything else?

Thank you. Thank you to my family for continuous support, to the community, to my colleague Tom Bonhomme (Intern Architect) for elevating my practice to new heights, and to the Young Awards Committee for this wonderful honour.

Gala Tributes

Please join the community in honouring Peter at this year's **Young Awards Gala** on Saturday, February 19 at the Almonte & District High School. Generously sponsored by Reliable Heating & Cooling <www.reliableheating.ca>, the Gala will also feature a tribute to the organization **On Stage For Kids** (winners of the 2011 Cultural Volunteerism Award, profiled in the December 2010 issue of theHumm), as well as performances by talented local artists and musicians of all ages. Tickets are \$65, and are available from Blackbird and Foodies Fine Foods in Almonte, Three Yellow Tulips in Pakenham, and from <reside@sympatico.ca>. For more details about the Young Awards Foundation, please visit <www.youngawards.ca>.




Experience the most beautiful views in Almonte...

inside and out!


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

Almonte condominiums



VICTORIA WOOLLEN MILL

AVAILABLE NOW
residential
and commercial
CONDOMINIUMS



THOBURN MILL

Visit us at almontecondos.com or call **613 256 9306** to arrange a visit.

almonte heritage redevelopment group • www.redalmonte.ca

Plant seeds for a better tomorrow



with Socially Responsible Investments

Mutual funds provided through
Family Wealth Advisors Ltd.

Margo Willmot, EPC
Financial Planner

613-253-8283
margo.willmot@sympatico.ca

The Bottom Line: Will They or Won't They?

Every once in a while a film or a play comes along and reminds us not to take life so seriously. *The Full Monty* is one of those — actually, it's two of those. Originally a British film in 1997, *The Full Monty* was later adapted into a Broadway musical by famous playwright Terrence McNally. Thankfully for people living in the Valley, Heidi Stepanek and the good people at Orion Theatre Company will be staging the production in early February.

I've always liked this story. It's a comedy, sure, and a very funny one, but it's also a story with a nice little moral, which is, essentially: don't worry about what you look like.

In the musical version, which is set in Buffalo, New York, six steelworkers are down on their luck, low on cash and prospects. What to do, what to do? After seeing their wives' wild enthusiasm for a touring company of Chippendales' dancers, the six men decided to present a strip show of their own... but a better one.

One of them, Jerry, decides they will outdo the Chippendales' blokes by taking things a little further, so to speak — by barring all, and going, as Jerry puts it, "the full

On the surface it's a big, fat musical about guys getting naked, but at the core it's a smart show about body image — in particular, inverting the traditional roles and having the guys fret about theirs for a change.



We figured chutzpa like this deserved to be on the 'back' page for sure... and we're sure you won't want to miss Orion Theatre Company's production of **The Full Monty** that opens in early February.

monty." Preparing for the show, Jerry and his friends are anxious and self-conscious — they are steelworkers! — but in doing so they also overcome their anxieties, particularly about body image, and they find strength in their camaraderie.

While the plot is driven by the men's economic plight and their bare-it-all solution, it is also the tale of the strength of the women in their lives, including two wives, an ex-wife, a girlfriend, and a no-nonsense piano player. On the surface it's a big, fat musical about guys getting naked, but at the

core it's a smart show about body image — in particular, inverting the traditional roles and having the guys fret about theirs for a change. Above all, it's about friendship, marriage, and enduring love. This is a hilarious show with great music — upbeat and jazzy, with the odd tender ballad thrown in.

Heidi Stepanek, musical director and choreographer for the Orion production of *The Full Monty*, explains why they have decided to stage the play in Perth.

"We love the music. It is really brassy-jazzy. And we love the story; it has real heart, and we think it's one that everyone can really get excited about!"

Heidi is clearly excited about the show. "Six local guys," she says, "from ages 17 to late fifties, from Perth and area are ready to 'bare all' in this show! They are brave, indeed, to tell the beautiful story of these six men who are laid off from their jobs and are struggling to find a sense of 'masculinity' and re-assert their independence by attempting this money-making, and confidence-building scheme."

The play, which takes the place the first three weeks of February, will be directed by Peter Dixon, with Krista Graham and Lauren Bailey helping out Heidi with additional choreography, while Peter Woodward directs the orchestra. Heidi hopes theatre-goers will enjoy this "funny and exuberant" musical, but cautions that the play contains some strong language and some nudity. "Though all done in good taste," she says, "this play is for adults only."

Some nudity? When asked if the actors are prepared to bare "the full monty," Heidi says, "Come out and see! Will they or won't they?"

Tickets can be purchased at Tickets Please at Jo's Clothes in Perth. For more information contact the producers at <myriad@storm.ca>, call 267-9610, or visit <www.myriadcentre.com>. Performances of *The Full Monty* will take place on February 4, 5, 10, 11, 12, 17, 18, 19 at 8PM and February 6, 13 at 2PM, and will be dedicated to the families affected by the closure of the Smiths Falls Hershey plant.

— John Pigeau

Almonte in Concert
presents
James Anagnoson and Leslie Kinton

Entering a remarkable fourth decade of performances, this world-renowned team explores some of the musical gems in the vast range of the two-piano repertoire.

Saturday, January 22, 2011 8PM
Almonte Old Town Hall, 14 Bridge Street, Almonte
Tickets Adult \$27 Student \$14
Available by phone at 613 253 3353, online at www.almonteinconcert.ca
or at Mill Street Books, 52 Mill Street, Almonte, 613 256 9090

ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

Mississippi Mills

FOLKUS
CONCERT SERIES
2010/2011

SELINA MARTIN

BIDINI BAND

JANUARY 15, 2011
ALMONTE OLD TOWN HALL

TICKET PRICES - STUDENT - \$12.00
ADVANCE - \$23.00 • DOOR - \$27.00

TICKETS AVAILABLE AT
MILL STREET BOOKS
52 MILL ST. ALMONTE 613.256.9090

WWW.FOLKUSALMONTE.CA

folkus
The EMC
ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
CPC BARCY MOW