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The LINK



WINTER ISSUE 2018

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Snowy Veil
by Ron Plaizier
Marmora
Medium: Acrylic on Canvas
Size: 14" x 18"



COVER ARTIST • pg 6

contributors



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Joanne Culley is an award-winning writer and documentary producer from Peterborough. Her work has appeared in *The Globe and Mail*, *Peterborough Examiner*, and *Our Canada* magazine.



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from the editor



Valerie Elaine Smith

Snowy Veil, featured on the front cover of this issue, is a painting that was inspired by sightings of a snowy owl which artist Ron Plaizier of Marmora spotted on numerous occasions on a farm just north of Stirling.

Snowy owls are known to return to the same areas when they travel to southern locales during harsh winter seasons, searching for food – mice and moles. It's sometimes very difficult

to see them with their white plumage against a backdrop of a snow-covered field but, as Ron says, "When you do happen to spot them it's always incredibly exciting!" Thanks for sharing your beautiful painting with us, Ron. You can learn more about Ron's inspiration for some of his paintings and view more of his art on pages 6 and 7 of this issue as our 'Cover Artist' columnist Josie Newman interviews him.

While I was reading Joanne Culley's article 'Turning Flour Bags into Flowers,' many of the things she said about her grandmother reminded me of my mother. Having lived through the Great Depression, although quite young at that time, she learned how to "make do with it or do without" – an expression from that era we don't often hear these days. Unfortunately, now it's more like "use it for a while and then throw it out."

With this issue, Norman Lawson, our proofreader for many years has retired. I got to know Norman and his wife, Camilla, over the years and was fortunate to have developed a friendship with them. Norman taught me a lot about punctuation...now if only I could remember it all! In the Autumn Issue, Norman's name was left off the masthead by mistake. I'm not sure if someone had a premonition he was going to retire but I do apologize to Norman. We welcome Carol Bauer who has taken over the proofreading job from Norman starting with the Winter Issue.

In 2019 we'll also be looking for a new food columnist as Louise Racine will be retiring from the 'Savoury Sustenance' column after this issue. Thanks to Louise for providing us with some great recipes and nutritional information over the last few years. If you know someone who may be interested in taking over that column, please reach out.

And more changes are happening at *The Link*...as we welcome Jo-Anne Johnson as our new Sales and Marketing Manager. She comes with years of experience assisting clients with their advertising needs and we're fortunate to have her join the team. We should have another person starting before the Spring Issue. However, we're still looking for someone with media sales experience for the Quinte region. So, if there's anyone interested in starting a part-time job and has that type of work knowledge, please email me at valerie@the-link.ca

Keep warm and healthy and I'll see you in the spring! Valerie

Comments, inquiries and suggestions are always welcome.

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The Link is proud to support our arts, entertainment and community-based organizations and businesses throughout the region.

Join us in a continued celebration of our creative communities!

Next Issue: Spring • Advertising Deadline: Thursday, March 21, 2019

This Art is for the Birds!

by Josie Newman

Wildlife artist Ron Plaizier's fascination with birds began when he was a small child and has only grown throughout the years.

"There are such a variety of birds, from the large soaring eagle to the small hummingbirds, that they're a welcome and colourful addition to any nature painting," says the Marmora based painter and woodcarver. He has produced approximately 150 acrylic paintings in the past 20 years, most of which feature birds. "I do paint other wildlife too such as black bears and rabbits and will paint more forms of wildlife in the future."

"Plaizier began his artistic journey as a wood and soapstone carver 30 years ago..."

Plaizier began his artistic journey as a wood and soapstone carver 30 years ago but stopped carving because of his reaction to the dust. Most of his woodcarvings were of birds, too. His inspiration for some of these pieces came from birds of prey displays at local fairs. He has won numerous awards for his entries in wildfowl carving competitions.

Inspiration for his paintings has evolved largely from his hobbies of hiking and camping in the Frontenac area north of Kingston, where he sees a lot of birds such as loons, ducks and herons. More recently, he and his wife, Judy, have attended the annual bird migration in Long Point, Prince Edward County, where Ron has spotted a number of warblers, orioles and American redstarts which are also featured in his paintings.



Clockwise from top: *Gatekeeper – Barn Owl*, acrylic on canvas, 18" x 24"; *The Rock*, acrylic on canvas, 16" x 20"; *Intense Outlook*, acrylic on canvas, 14" x 11."

He takes pictures of the birds and landscapes first and then bases his painting on the photographs. He paints on either canvas or mason board.

The subject for his painting *The Rock*, which features a pair of puffins, comes from his recent trip to Newfoundland, while the inspiration for some of his paintings of birds of prey, such as the golden eagle in *Intense Outlook*, comes from his travels to Acadia National Park in Maine and to the Canadian Raptor Conservancy near Port Stanley on Lake Erie.

Gatekeeper – Barn Owl was selected by Ducks Unlimited Canada (DUC) for their National Art Portfolio in 2018. 750 limited edition prints will be auctioned in various retail outlets across Canada and online by DUC. Ron's inspiration behind this painting comes from an afternoon of studying and photographing birds of prey at the Canadian Raptor Conservancy. To add an element of interest to this composition, Ron decided to add the weather-worn and rusty gate to offer a contrast to the soft curves and shapes of the



owl. He also wanted to show how nature and man can coexist in harmony. The fleur-de-lys was a little symbolic tip of his hat to his Quebec heritage.

Ron is also an active member of Artists for Conservation which endorses wildlife and conservation of their habitats.

Originally from the Chateauguay Valley in Quebec, he attributes his creative tendency to his mother, a soapstone carver who also did needlework and egg etchings. "She always encouraged my creative drive and would buy me clay or get me sketch pads."



Since recently retiring from his job as Chief Information Officer with the Kawartha Pine Ridge District School Board, Plaizier has had more time to travel and paint.

Josie Newman, a previous full-time journalist who now works freelance, is a lifelong writer and lover of the arts. She lives in Oshawa, in an older house surrounded by antiques, plants and cats.

Ron's paintings are featured in The Algonquin Art Gallery in Algonquin Park, Quinn's of Tweed Fine Art Gallery in Tweed, Select Art Galleries in Newmarket and in his own art gallery adjacent to his home at 263 Marble Point Road in Marmora.

To view more of Ron's art, visit ronplaizier.com



Connecting through Stories

by Joanne Culley



L-R: Betty Bennett, Rita Grimaldi (in mask), Hermione Rivison, Cliff McDonald and Angelica Ottewill (seated) of the Peterborough Storytellers. PHOTO CREDIT: PAUL DOSAJ

The oral tradition has been an integral part of civilization from time immemorial, whether it was through telling stories during a long Arctic night, spinning tall tales in a pub, sharing ghost stories around a campfire or passing down family legends through the generations. Since 1992, a local group has been dedicated to preserving and practising this important art form.

The mandate of the Peterborough Storytellers is to encourage oral narrative and storytelling, to educate and to foster an interest in storytelling in the community, according to member Betty Bennett. At their regular meetings, they tell a wide range of stories – including fables, folk and fairy tales, historical and personal stories.

“People have the mistaken idea that stories are only for children but some of our most successful events are for adults,” says Bennett. “Many stories, particularly folktales, have very interesting parallels with current events. And seniors love stories – for many of them, it’s a reminder of when they used to gather in the farmhouse kitchen with neighbours to create their own entertainment with music, poetry and story.”

According to Bennett, there are many reasons to tell stories – to preserve cultural heritage, impart important social messages in a powerful but nonthreatening way, interact with people in a personal and intimate manner, engage audiences in using their imaginations and encourage people to become better listeners and better public speakers, which are useful skills in many professions.

“...storytelling can be a way to take a step back and remember how our ancestors related to each other and their world.”

At a time when many, both young and old, are glued to their screens, storytelling can be a way to take a step back and remember how our ancestors related to each other and their world.

“Storytelling is a way of connecting people across cultures and breaking through perceived forms of difference and division,” continues Bennett. “It has always been a way of transmitting cultural norms, of passing down history, and a means of educating and entertaining.”

The Peterborough Storytellers are made up of a core group of about five members, augmented by a few others, who plan the story tell-arounds and concerts. The group includes those from a range of backgrounds – including an actor, a library technician, educators, musicians and more.

The group holds monthly meetings to which all are invited. There are usually one or two scheduled stories, an interactive activity to encourage people to tell a short story to one or two others, then an open tell-around with no notes. Generally, they prefer that children be 12 years or older to ensure that they can sit still for 1½ hours.

“Everyone is invited to our meetings

to listen – after all, storytellers need an audience – but we particularly welcome tellers,” she says. “We are a very supportive group and will gladly mentor any beginning tellers.”

Occasionally, the group holds workshops, house concerts and seasonal events at Halloween, Christmas and on World Storytelling Day in March. The storytellers as a group or individually are available to visit schools, libraries, museums, community groups or private functions.

Peterborough Storytellers is a member of Storytellers of Canada – Conteurs du Canada, a national umbrella organization which serves to connect similar groups across the country. Last spring Betty Bennett and Angelica Ottewill performed at the National Arts Centre Community Performance Space in Ottawa as guests of the Ottawa Storytelling Guild.

The group saw firsthand how stories can bring people together at a recent conference at Trent University last July.

“Storytellers of Canada – Conteurs du Canada partnered with the First Peoples House of Learning at Trent and the Curve Lake First Nation. Through workshops, concerts and ceremonies we learned that we share much more in common than we thought,” says Bennett.

Joanne Culley is an award-winning writer and documentary producer from Peterborough. Her work has appeared in The Globe and Mail, Peterborough Examiner, and Our Canada magazine.

For more information or to find out about their meetings, visit their page at facebook.com/peterboroughstorytellers, email betty.bennett@nexcicom.net or read their blog at peterboroughstorytellers.blogspot.com.

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AGN Spotlights Creative Processes

by Elizabeth Palermo

Engaging with local arts and culture is generally a good indicator that people are doing well mentally and socially, according to the 'Canadian Index of Wellbeing.' That is, if we're not too busy to connect with community! With people's increasingly full schedules, arts organizations have to get creative to keep audiences coming out. For the Art Gallery of Northumberland (AGN), Spotlight Series was created to connect people through art to enjoy the local cultural vibe.

The series is a first for the gallery to fundraise for its new education initiative for all ages that aims to combine social interaction with learning. Four unique events (the first one having launched the series in October) will each feature local artists and their passion for their art form – from songwriting, memoirs and fiction, to documentary filmmaking.

“The series is a first for the gallery to fundraise for its new education initiative for all ages that aims to combine social interaction with learning.”

“Each evening will transform the gallery into an intimate performance space as we shine the spotlight on the artist's journey of honing and shaping their craft from start to finish,” says AGN Executive Director Olinda Casimiro. “Audience members will have the opportunity to ask questions and be invited to mingle and engage in conversation.”

The series offers unique insights and untold stories, and is hosted by Northumberland folk musician Saskia Tomkins who plays and teaches violin, viola, cello and nyckelharpa, and plays in three bands, including her family's 'Clan Hannigan.'



Singer/Songwriter (and columnist for *The Link*), David Newland. PHOTO: DAVID GOODFELLOW

On December 6 at 7 pm authors Marnie Bickle, Jennifer Bogart, Shane Joseph and Cynthia Reyes will read from their latest works and form a panel to discuss what home means to them from the perspectives of immigrant, Indigenous and settler.

Bickle's book *Native Born Son* tells of life in the Arctic in the 1920s through the eyes of a young boy whose accounts were discovered in an attic north of Port Hope. He was born into a multi-generational line of traders, trappers and Hudson's Bay Company employees who, since the late 1700s,



Left: Northumberland folk musician and series host Saskia Tomkins. PHOTO: KEN SOLILO.
Right: Author, Marnie Bickle. PHOTO: KEN SOLILO

lived alongside and intermarried with Indigenous people. It's a social history with deep respect for the Indigenous people's way of life and wise stewardship of natural resources, "depicting life at the end of an era – before radio communication, snowmobiles or power boats – a nomadic life on the verge of extinction."

On February 21, award-winning film producer/director Robert Hilscher will screen his documentary *Painting the Wilderness of the Oxtongue* and discuss the fascinating connection between a scenic northern hamlet and Canada's iconic painters, 'The Group of Seven.' The gallery hopes the overarching theme of connection in each event will draw people to attend the entire series.

For singer/songwriter David Newland, this is an opportunity to engage with the community and for artists to meet other artists. Newland will conclude the inaugural series on May 2 with songs inspired by the Canadian landscape.

"[That's] what really motivates me and inspires all my work. I've written songs from coast to coast and there's something special about expressing a sense of place in music," says Newland, a captivating storyteller who believes it's all the more important for the

arts to bring people together and help expand the imagination during this time of social, environmental and cultural change.

His forthcoming album *Northbound* is a collection of stories in song from his travels across the Canadian high Arctic over the past six years in collaboration with local artists Saskia Tomkins, Sam Allison, Steafan and Oisín Hannigan and Ottawa-based Inuit throat-singing duo Siqiniup Qilauta (Sunsdrum). He plans to use the intimacy of the gallery space to get into the creation of his songs.

"I think that people are often interested in process and context," says Newland. "I'm looking forward to engaging with folks about the material and where it comes from."

Elizabeth Palermo of Campbellcroft likes to support the arts. She works for Sounds of the Next Generation in fund development and is a volunteer Co-Chair for the AGN Spotlight Series.

Tickets to each event in support of the AGN Education Initiative are \$20 for AGN members and \$30 for non-members. For more information, visit artgalleryofnorthumberland.com



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Turning Flour Bags into Flowers

by Joanne Culley

Recently, I found myself in a fabric store – somewhere I hadn't been for many years – to meet a seamstress I'd enlisted for an important project. I'd just inherited a 53" x 69" quilt top made by my grandmother Louie Louisa Carnegie Reeder in the 1930s from flour sacks and fabric remnants.

Each of the multiple squares has a flower petal pattern with stitching done by my grandmother and her friends from their church in Melfort, Saskatchewan. Her daughter, my Aunt Velma, decided that I would be the best recipient for this treasure among the 25 grandchildren, as I could pass it down to my children and then their descendants.

"Unfortunately, the sewing genes bypassed me due to being part of a generation who saw the "womanly arts" as a form of oppression!"

As the seamstress and I discussed widening, lengthening, stuffing and sewing on a backing to the quilt top, my thoughts went to my grandmother and how she wouldn't have had the money or the access to a fabric store to buy any of the beautiful fabrics available now.

Grandma went through 100 lbs. of flour a month – an unbelievable amount these days! But making eight loaves of bread every couple of days along with all the buns, pies, muffins and cakes to feed 11 children would use up a lot of it. For their school lunches, Grandma used to give the kids bran or cracked wheat muffins – called graham gems – spread with honey and stored in an old honey pail.

Nothing went to waste back then.

Once the flour bags were empty, they were cut up and sewn into diapers, pillowcases trimmed with embroidery, dresser top runners, tea towels, tablecloths, quilts, and shirts for the boys and dresses for the girls, usually dyed different colours so the children could tell whose was whose.

The bags were made out of raw cotton, perhaps from India or China, which was quite durable but creased easily. They had to be washed, bleached, dampened and ironed. The printed scraps for the flower petals were contributed by Grandma and her friends from their collections of old dresses, pajamas and blouses. Grandma also braided rugs out of old stockings and wool remnants. She was an expert at making something from nothing.

Everything on the farm was recycled. People were environmentally conscious back then, mostly out of necessity. You had to "use it up, wear it out, make it do or do without," a favourite expression during the Great Depression.

Interestingly, this philosophy is enjoying a comeback with the popularity of repair cafés. If alive today, Grandma would be in great demand, sharing her expertise as a "fixer." Unfortunately, the sewing genes bypassed me due to being part of a generation who saw the "womanly arts" as a form of oppression!

Many of the flour bags used in that quilt came from Quaker Oats in Peterborough, where I live today. In 1929 they were the largest cereal miller in the British Empire. Their slogan was "the happy baker uses Quaker." The one whole flour bag I have remaining from that time is from A.E. McKenzie Co. Ltd. which had offices in Toronto,

Brandon, Winnipeg, Saskatoon, Edmonton and Calgary.

In the depths of winter, I imagine Grandma and her friends needed to cluster around the cast iron wood stove to help get through it, huddling close beside each other to stay warm. And what better activity to do when there are no flowers around than to create them by sewing permanent petals out of colourful material?

Getting together for a quilting bee would have been a way to socialize, but at the same time look busy to avoid any comments from the men about not getting their work done. As long as supper was on the table by five o'clock they were alright. The patriarchy reigned supreme in those days. My Aunt Velma said that she would read surreptitiously so as not to incur the wrath of my grandfather who would call her lazy and say that she should be helping her mother.

As a child on a visit out west, I remember playing with my baby cousin, Alison, on the kitchen floor. I guess I must have asked Grandma if there were any toys around for me to amuse her with and Grandma gave me some jar lids and pots. She said, "Babies don't need expensive toys to keep them occupied – the most ordinary things will do." And she was right. Alison was happy as a clam banging on the pots and throwing the lids around for me to retrieve.

The quilt top is precious to me as it's the only intact quilt remaining of my grandmother's. The ones we had growing up were used daily and are now frayed beyond repair. This one would have been a later creation, tucked away on a top shelf. But by the time Grandma had a few leisure hours to finish it,



Grandma's quilt. PHOTO: JOANNE CULLEY

her eyesight was fading and her fingers too arthritic to hold a needle.

It's a tangible reminder of my grandmother's philosophy: "We have all we need to make our lives whatever we want them to be."

As I watched the seamstress leave the

store with her armful of fabric I was thinking that Grandma would roll in her grave if she knew the cost of material these days. But I don't mind spending the money as it's my way of remembering the kind and gentle soul who created beauty around her, turning flour bags into flowers, while mak-

ing the most of her limited resources on the dry, dusty prairies.

Joanne Culley is an award-winning writer and documentary producer from Peterborough. Her work has appeared in The Globe and Mail, Peterborough Examiner, and Our Canada magazine.

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Book Review

by Felicity Sidnell Reid

Dr. Bartolo's Umbrella and Other Tales
from my *Surprising Operatic Life*

Written by Christopher Cameron
(Campbellford)

Seraphim Editions, Niagara Falls, ON,
2017, 264 pages

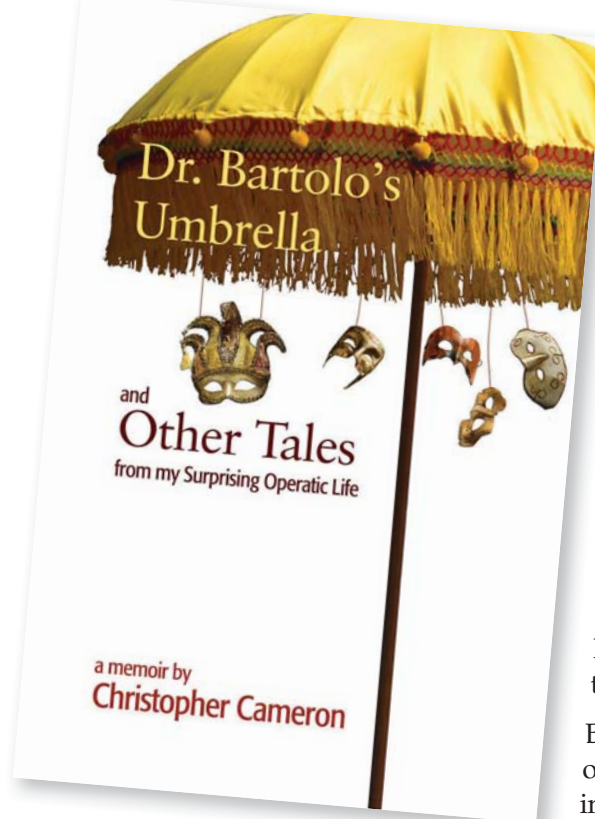
ISBN 978-1-927079-46-1 (paperback)

A good memoir can transport the reader to another world and one, which lured me into a wonderful world of music recently, is *Dr. Bartolo's Umbrella and Other Tales from my Surprising Operatic Life* by Christopher Cameron. It follows the trail of an "ordinary" teenager from Scarborough, a new suburb of Toronto in the sixties, to the "big city" downtown and an unlikely career in opera.

As some memoirs tend to do, the book doesn't plumb the depths of Cameron's troubled life, as he found when writing his first draft that he hadn't had one and decided instead that he wanted to entertain his readers, tell them about his singing career and give them a glimpse into the world of professional singing and opera. A humorous and witty writer, he carries readers along on his journey from naïve amateur to trained professional with a long career as a bass in the chorus and then a principal with the Canadian Opera Company (COC).

Though he had vague aspirations to become a musician as a teenager, it wasn't until he started singing and, as he writes, "...through a series of accidents, wrong turns, missteps, stumbles and luck," he achieved this. "I became a musician serendipitously, almost in spite of myself."

Profoundly bored as a student, he stayed in school only to perform in his school's musicals, but when he was



16 a friend suggested he apply to be a non-singing supernumerary in the COC's upcoming season.

Everything about the opera fascinated Cameron but particularly the work of choral conductor, Lloyd Bradshaw, who seemed able to conjure extraordinary music out of the opera's chorus. One day Bradshaw handed out invitations to anyone interested in singing to join his church's youth choir. Cameron had no idea what a youth choir might be and wasn't sure he wanted to join a church choir, but to his amazement when he nervously presented himself at the church on the appointed day the choir was rehearsing Gilbert and Sullivan's *The Gondoliers*. He was accepted into Bradshaw's choir and given a part in the show. His musical journey had taken a huge step forward!

Cameron became confident only slowly that he had been granted the miraculous gift of a voice. He, like most singers, constantly worried that it might leave him arbitrarily, or that a cold or the challenges of touring might stop him from singing. He never lost his

sense of wonder at his possession of a singing voice that offered him a deeply rewarding career and took him to gigs all over Canada, though he never became a famous star. Reveling in the thrills that performing brought him, he is always ready to laugh at the difficult or ridiculous situations in which he sometimes found himself.

But in 1989, he decided to leave the opera and started a 25-year career in IT which allowed him to have time with his growing family. Music remained at his core however and two years later he accepted an invitation to sing with the COC chorus in *Fidelio* and remained part of the chorus until 2009 – 33 years after he first performed with the Canadian Opera Company.

Felicity Sidnell Reid lives in Colborne. Her poetry and fiction has been published in anthologies and online journals. Her historical novel, Alone: A Winter in the Woods (Hidden Brook Press) is set in the Presqu'île area. She is co-host of the radio series on Northumberland 89.7, Word on the Hills (wordonthehills.com).

Christopher Cameron lives in Trent Hills and is a certified copy editor. For exercise he still runs marathons, an activity he adopted in middle age, and he is now working on his second book.

Chris' book is available locally at Kerr's Corner Books, Let's Talk Books, Furby's, Lighthouse Books and Chapter/Indigo stores. It's also available online at Amazon. His blog at lyricycle.blogspot.com is about life and running.

Book Excerpt

Excerpt from *Dr. Bartolo's Umbrella and Other Tales from my Surprising Operatic Life*, by Christopher Cameron

Maiden Come and Join Me

Papageno's second act aria reveals him alone on a darkened stage. He is playing the set of magic bells he's been given, and pondering his need to find a wife to make his life complete.

"Papageno – youthful, innocent and charming – set me free to act and sing as I wanted. I ran and hopped and flew around the stage like a bird released from its cage." – Christopher Cameron

One evening as I began the aria I noticed a little girl sitting in the front row, just across the narrow orchestra pit from me. She was seated between her parents, all dressed up for the opera and sitting straight in rapt and serious attention so as not to miss anything...I walked over to the edge of the stage, sat down with my feet dangling into the pit, and sang to her:

O maiden, come and join me,
Be Papageno's wife...

The beam from my spotlight also caught the little girl and illuminated the air between us like a bridge. In the pure bright light her hair shone and her face glowed. As I sang, a secret smile kept trying to steal its way onto her face and break her concentration, but she wouldn't allow it to. She stared back at me wide-eyed and unblinking, still as a statue, as if to move even a single muscle would end the spell forever. Somewhere below me in the orchestra, the celesta was sweetly tinkling the music of my magic bells, accompanied by the soft, muted murmur of the strings; but the two of us seemed aware only of each other, surrounded by the darkness and



Chris Cameron in his favourite role of Papageno.

enclosed in a beam of light as I sang:

A little dove beside me
Would bless me all my life.

When I finally danced away to finish the aria, the rest of the audience joined us; time resumed, the bridge of light

dissolved and life went on. But the gift remained – a seamless, effortless communion between fantasy and reality, between performer and listener. It was not difficult to believe that there actually might have been some magic in Papageno's bells.

Ode to a Snowflake

by Judy Field

Gently, softly, falling to the ground
Creating a kaleidoscope of design
For the human eye.

Each one radically different
Images of billions of sizes and shapes
Of unique intricacy
Spreading over the grass and pavements
Like a miraculously woven pristine blanket of white.

Undisturbed, forming nature's winter wonderland
Too beautiful and peaceful to let human contact interfere.

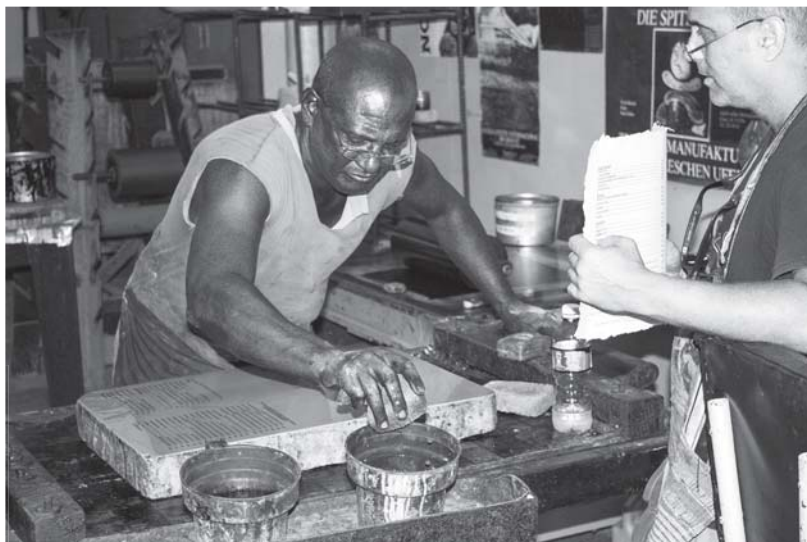
You, my petite snowflake,
God's perfect seasonal gift
Like the perennials in the spring
You beautify the earth with your majesty
Awakening in my soul a feeling of awe.

Judy Field is a retired teacher living in the Village of Lakefield. She's a member of the Independent Poets and Writers and has just published her memoir, The Silent Partner.



Custom designed furniture

This 7-foot long walnut and maple table is the centrepiece of any dining room. The matching benches are long enough for two people and are live edge walnut with a maple curved inlay. The legs are powder-coated, curved steel. Specialties include dining tables, coffee tables, cabinets, bookcases and unique pieces incorporating wood, glass and metal. Each piece is designed to the clients' requirements. To reach Todd Searles of Oak Hills Custom Furniture, call 613-391-8471, email toddsearles1@gmail.com or visit oakhillscustomfurniture.ca



Black and white, fine art prints

After years as a design professional, photography became a hobby for James and now his photographic focus is on black and white fine art prints. His subjects include architectural details, nature and figurative images. Particularly drawn to people in their personal context, 'The Lithographer' (shown here) was captured in an artist co-op studio in Havana, Cuba. James lives in Belleville and is a member of Quinte Arts Council (QAC) and Spirit of the Hills Arts Association (SOTH). To reach James or view more of his work, call 613-885-5382, email androsdiver@hotmail.com or visit james-archbold.com

For the chef in all of us!

One-of-a-kind, handcrafted kitchen wares made from locally sourced hardwood. Wilfried Elzner's products are available at the Port Hope Farmers' Market Christmas Show, December 8; the Cobourg Farmers' Market December 15 and 22 and year-round at Northumberland Arts in Port Hope. To reach Wilfried or view and buy more of his products, visit elzneroriginals.com



A versatile jewellery medium

An interior designer, Karan Kerber says, "I found that the same principles I use to design a room apply to jewellery design: colour, shape, balance, texture, to mention a few." Karan recently discovered polymer clay. "Polymer clay can look like leather, ceramic, fabric, or stone," says Karan. "I actually design things I would like to wear myself at a scale that is dramatic but not overwhelming." Her jewellery is available at Northumberland Arts, 8 Queen Street, Port Hope. To reach Karan, call 289-400-0176 or email kckerber.kk@gmail.com. View the Northumberland Arts website at northumberlandarts897.ca





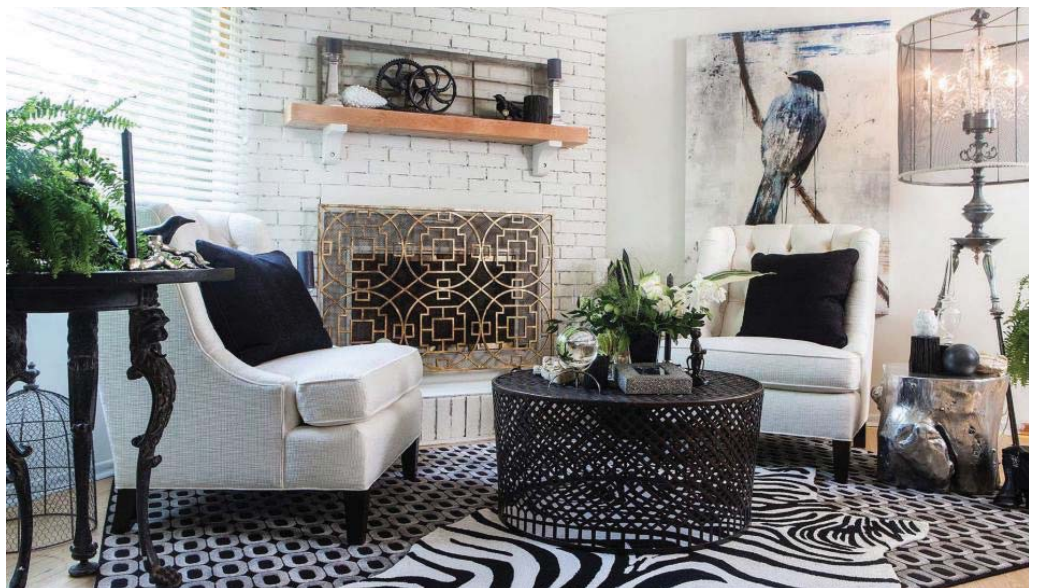
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Rick Schuett of Whisperwood has been creating unique and beautiful custom canoe paddles for over 30 years. Each paddle is handcrafted using exotic and domestic hardwoods. As a gift or for personal use, Rick takes pride in making sure each paddle is perfectly balanced with a brass tip. Most orders are custom designed with gift engraving if desired. His work is available at the Canadian Canoe Museum in Peterborough where he also demonstrates his craft. Happy Paddling! To reach Rick, call 705-874-5311 or 705-875-7817 (cell) or email lorick1944@gmail.com



In the Gloaming

Exercising creative muscle in the use of various mediums keeps Jacqueline Staikos inspired! Experimentation in oils, acrylics, epoxy resins and mixed media has resulted in many interesting and unique pieces. Especially exciting to work with are the bright and transparent alcohol inks. This vibrant, fantasy landscape was produced on Yupo paper; 10" x 13". The polypropylene sheets are impermeable and provide a smooth surface on which alcohol inks can move or flow freely with the aid of brushes or the physical movement of the paper itself. With a studio in Newtonville, to reach Jacqueline or view more of her work, call 905-409-0611, email 1961express@gmail.com or visit jstaikos.org



Creating the perfect space

Many remember Sam Kinnard Lamont for her interior design work, appearances on HGTV, CityLine and CHEX Newswatch. After many years in Peterborough, two years in Mexico and four years in Vancouver, Sam is happy to return home and re-establish with Lamont Lifestyle Interiors at her beautiful studio in the Port Hope area. "It's a joy to re-connect with former clients and to meet and help new clients. I've missed helping people hands-on to create their dream space." Servicing Northumberland, Peterborough, Haliburton and the GTA with as much or as little as you need because there's no place like home! To reach Sam, call 647-881-7009, email lamontlifestyle@gmail.com or visit **Instagram: lamontlifestyle**

What if Winter Never Came?

by David Newland

Every year, sometime between late September and mid-November, the grumbling begins. The causes vary: the first hard frost, putting the winter tires on the car, an ill-omen from the Farmers' Almanac. But inevitably the season arrives – the season, that is, of *complaining about winter*.

Winter itself shows up at some point, too—but it usually arrives later and departs earlier than the season of complaining about it does. Complaining about winter is often a year round sport in Canada, depending on where you live. The less actual winter a given region receives, the more complaining its inhabitants are likely to do.

...wish away the winter and you get November, forever."

In the High Arctic, people rejoice over the arrival of winter. Once the sea ice has set in, folks can travel, camp, hunt and fish on the ice. Even south of the Arctic, self-styled 'northerners' are typically thrilled to strap on skates, snowshoes or skis. Anyone who loves ice-fishing or snowmobiling can't wait till the snow falls and the lakes freeze.

Still, by the time you get to southeastern Ontario, a big chunk of the population seems to believe winter is a kind of annual plague. The fact that winter is arriving later than ever, leaving sooner than ever and is punctuated by long thaws in-between seems to carry no weight. And the anti-winter set don't miss an opportunity to let everyone know how they feel about it!

Call me a curmudgeon, but this drives me nuts. I mean, why live in a place blessed with four seasons if you can't stand one of them and you spend



a good portion of at least two of the others expressing your displeasure? But rather than make matters worse, I have a solution. Every time you hear someone (yourself included) complain about winter, just offer this friendly reply – you'll miss it when it's gone for good.

Okay, it's a little stark. But in a time of rapidly changing climate, where a global rise in annual average temperatures threatens us all, is it too much to gently remind people? The least we can do is to bear that measure of cold weather that's ours to enjoy, or endure.

I mean, what if winter never came? No skating, no skiing, no snowshoeing; no thick white flakes for kids to catch on their tongues; no snowballs, no snowmen, no snow forts. No tobogganing, no horse-drawn sleighs, no frost-designs on window panes. True, if winter

never came there'd be no shovelling driveways, no scraping windshields, no Christmas shopping in slush! Those are challenges, especially if mobility is an issue. But think about this – if all those under-the-breath curses came true and winter never came...what would we have?

Let's face it, friends. What we'd have is a season of darkness, damp, despair, storms, sleet and runny noses, minus everything that makes them worthwhile. For heaven's sake, be careful what you wish for – wish away the winter and you get November, forever. And NOBODY wants that!

David Newland is a writer and musician based in Cobourg. In November of 2015, David was named a Fellow of the Royal Canadian Geographical Society, a distinction that reflects a lifelong engagement with landscape and story.

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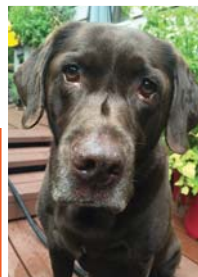
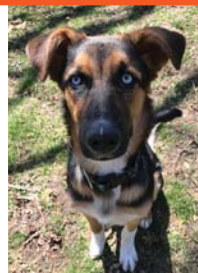
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Cheerful Winter Containers

by Tanya Crowell

T. S. Eliot said, “April is the cruellest month...” but I beg to differ. For me, late November into December, the season known to gardeners as late fall/early winter, is hardest to accept. The garden work is finished until spring, the trees denuded of their leaves, perennials returned to the ground and the days grey, cold and dark.

It’s at this time of year we need to develop a different eye and a more liberal sense of what constitutes beauty. This is the time of year when the structure of the garden is on display. It is the perfect time to really study the elements of what you have assembled in the garden and determine if it all works.

It’s a time of observing the subtle beauty in branch shape and structure, seed heads dusted with snow, colourful and exfoliating bark and grasses with their fluffy straw-coloured heads. And it’s also a time for the evergreen conifers to shine. Relegated to the background in summer, winter is the time when these trees and shrubs take centre stage.

“They create a festive atmosphere during the holidays and last all winter to lift your spirits...”

As winter is long and cold, it’s also a perfect time to make use of these principles of structure and use bark and evergreen boughs to assemble winter containers to grace your entrance. They can be placed at a front door, a back patio or even as bookends to a driveway. They create a festive atmosphere during the holidays and last all winter to lift your spirits each time you enter or depart your home.





Left: Dogwood branches and evergreen boughs with birch. Above: Winter hanging basket display. PHOTOS: TANYA CROWELL

There is no end to using one's imagination to create containers. You can purchase the materials you will need or even buy pots fully assembled at local farmers' markets. If you have access to a woodlot, many or most branches can be found for free. This type of pruning is not at all harmful to the trees as they are best treated in this way during their dormancy and light pruning will encourage growth next spring. Make sure to use sharp pruners that are clean and cut correctly at axial nodes.

My recommended method, after having tried many different arrangements, is to start with a central grouping of white birch branches set in potting soil. For this, I simply save old potting soil

from summer containers and reuse it for this purpose. Keep it in a frost free area until ready for use. Try to heap the soil up in a pile above the ridge of your pot so that branches will position in an attractive way.

Next add yellow and red dogwood branches in and around the birch. Then add a mix of hemlock, cedar and pine to form the base. One tip is to insert the branches upside down so they will curve nicely toward the ground. This keeps the container neat and prevents the greenery from taking over. Also, the lime green underside of the cedar contrasts delightfully with the darker hemlock.

Place pine boughs in last to add a light texture. Next, add accents of pine cones, variegated boxwood, magnolia leaves and red berries. Berries are easy to get if you grow holly but I admit that here I often cheat a bit and buy plastic berries from a craft store. The real berries often turn brown after a few weeks while the plastic berries look very real when immersed in all the greenery and stay red all winter!

Once the snow arrives to dust your containers it will provide the finishing touches to a project well worth the effort. Making winter containers will get you outside and immerse you back into nature at a time of year when we're more inclined to stay indoors. Their presence will make your home's entrance beautiful and welcoming right up to early spring.

Tanya Crowell is a member of Northumberland Master Gardeners. Their mission is to promote the love of gardening and provide gardening information to the public.

Three websites Tanya recommends for plant info are connon.ca – local so good info for this area. Also missouribotanicalgarden.org and monrovia.com

Do you have a gardening question? Find the Northumberland Master Gardeners (Ontario) on Facebook or check out their blog at nmgo.ca or visit their website: mgoi.ca

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Honey Kegs and Other Secrets of Bees

by Amanda Newell Chambers

If you love magic, look no further than the wonders of Mother Nature. The miracles are endless, many of them hidden gems in the secret lives of bees.

In Ontario alone, there are around 400 species of native bees. Unlike the well-known, non-native, European honeybee, most of our native bees are solitary, meaning they live their life largely on their own without a colony to work with or defend. They tend to be mel-low and are often inconspicuous as they go about their daily lives quietly providing crucial ecological services.

“If you’re interested in magic, teach yourself more about pollination. It’s insanely awesome.”

According to Susan Chan in *The Landowner’s Guide to Conserving Native Pollinators in Ontario – Bees* (read it via feedthebees.org), there are five bee families in Ontario as listed below.

Andrenidae: miner bees

Apidae: squash, carpenter, honey and bumblebees

Colletidae: cellophane and masked bees

Halictidae: sweat and pearly-banded bees

Megachilidae: leaf-cutter, orchard and mason bees

In terms of native species, only bumblebees and some sweat bees live in colonies. Although most life-cycles last about a year, their time spent as flying adults is only a few weeks. The rest of their time is spent as eggs, larvae or pupae, nestled in nature somewhere, dependent on being left to grow safely.

Native bees have some clever ways of



Bumblebee on a native sunflower. PHOTO:AMANDA NEWELL CHAMBERS

getting through our cold winters. Mostly the adult females lay eggs while it’s warmer before dying off from cold or starvation. They lay eggs in cells supplied with pollen and nectar that will be eaten by the stationary offspring.

Most solitary species are ground-nesters that burrow into soil, some as deep as a metre. Some nest above ground, burrowing into pithy plant stems, decaying wood, hollows or existing insect tunnels. Miner bees mine. Carpenter bees dig into wood. Leaf-cutters use leaf pieces to make egg cells and mason bees use mud. Cellophane bees create their own translucent material to line cells.

Bumblebees nest as a colony. They produce honey in small amounts for queens and young which they store in tiny kegs. They have really interesting social behaviour that is worth reading more about. They over-winter as mated queens hibernating in soil or leaf-litter.

Over-wintering bees are vulnerable

and depend on their habitat to be intact until the next generation flies. When they do emerge, some travel less than a 100-metre radius over the span of their life.

Not all pollinators are bees. There are butterflies, moths, hummingbirds, bats, wasps, beetles and others. And not all bees are pollinators but a whole lot of them are. If you’re interested in magic, teach yourself more about pollination. It’s insanely awesome.

Here’s a very basic 101:

Pollen is how plants get male DNA to combine with female DNA to produce more genetically diverse versions of themselves. When male and female DNA meet, it spurs a plant to produce a seed and, sometimes, fruit. Fruit is a way plants get animals to spread their seed.

Some plants have done a really good job at getting humans to foster their survival – apples, almonds, blueberries, coffee, tomatoes, vanilla, canola,



to let others know it's been harvested recently so they don't waste energy.

Pollination gets really interesting when it's highly specialized. Some pollinators and flowers have evolved together, resulting in a highly dependent relationship. The advantage to the bee is a guaranteed source of nourishment and the advantage to the plant is very thorough pollination.

Bumblebees are capable of something called buzz pollination, where their vibrations cause an explosion of pollen that would not otherwise be available.

Many bees' flight seasons match the flowering period of their favoured flowers which may be just a few short weeks.

There are major threats to bee species, including climate change, habitat destruction and pesticide use, and it's really important to do what we can to support them. Maintain the habitat you have by preserving the wilder and less tidy parts of your yard or property. Let weedy areas, hedgerows and leaf-litter be. You'd be surprised at the number of beneficial creatures depending on them.

Restore or create new habitat by letting things grow wild, planting native trees, shrubs and flowers (not horticultural varieties), and providing bare ground for nesting. Try making bundles of grasses, twigs or bamboo to leave in sheltered spaces for above-ground nesters. Provide water sources. Don't use pesticides, and support farmers who don't use them and who manage for biodiversity. Learn more about pollinators and talk to people about them.

A recent study by the World Wildlife Fund says we've lost 60 percent of wildlife populations in the last 40 years. This is scary. Let's be better at sharing this planet because every natural thing has inherent value and because a good life is supported by all other life.

Based in Peterborough, Amanda Newell Chambers works on diverse organic growing, urban greening and land stewardship projects throughout Southern Ontario.

flax... They have excelled at using humans to nurture their populations and even dominate landscapes. We love them and put a lot of effort into making them thrive.

To get what we want from the plants mentioned above, and many others, we depend on other key players: pollinators. These are the creatures that actually carry pollen from one plant to another. They're responsible for reproduction in hundreds of thousands of plant species and loads of the produce we humans love.

Plants dependent on bees and other life forms for pollination produce showy flowers and nectar to entice their symbiotic buddies. They also produce oily, heavy pollen that sticks to bees' hairs while they harvest nectar for food. Many pollinators eat some of the pollen or store it for their future offspring, as well as spread it from flower to flower. They leave a chemical trace on flowers

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Warm Up this Winter with Soup and Spices

by Louise Racine



When we think of a nourishing, warming dish on a cold, winter day our thoughts often go to a steaming bowl of soup. While the temperature alone of this dish is comforting, soups can be even more cold weather satisfying if they contain warming spices.

You might be surprised that common culinary seasonings like black pepper, garlic and ginger are key to keeping warm during the winter. Not only do they bring distinct flavour to dishes, they all help increase warmth in the

body and each has many other nutritional qualities.

“Vegetables like winter squash, carrots and sweet potatoes make luscious soups and are especially delicious with the addition of warming spices.”

Here’s a bit of info on each of the spices used in this issue’s recipes:

Cumin: while neutral (neither heating nor cooling) cumin helps with diges-

tion and the absorption of nutrients in the small intestine.

Cinnamon: well-known for its sweet taste, it has been touted as helping to improve insulin resistance and play a role in lowering cholesterol. It also aids digestion and helps remove dampness from the body.

Turmeric: as an anti-inflammatory and an anti-oxidant, which are cooling actions, long-term turmeric use has a warming and drying impact on our bodies.

Cayenne: high in vitamin C it helps relieve chills, coughs and congestion. Its capsaicin content causes increased metabolic rate and core body temperature.

Garlic: long recognized to assist with infection resistance, it also helps improve circulation.

Ginger: an antioxidant and antiseptic, it also helps improve circulation, decrease stagnation and reduce inflammation in stiff joints.

Black Pepper: helps to increase blood flow to relieve and decrease muscle and joint stiffness.

Other than the cayenne, these flavourings do not necessarily make dishes spicy. If you're not used to cooking with

fresh garlic or ginger you may wish to use a bit less. Conversely, if you enjoy more intense flavours you can always add more than the recipe calls for.

Dark, orange vegetables are also considered warming foods. Even their colour reminds us of the sun. Vegetables like winter squash, carrots and sweet potatoes make luscious soups and are especially delicious with the addition of warming spices. You could use all or any of these in this recipe.

Enjoy and keep warm this winter season!

Louise Racine is a certified nutritional practitioner based in Norwood. She has a passion for food and making a difference in her community.

Indonesian Squash Soup

This rich and luscious soup will warm you on a cold, winter day.

- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1 tsp turmeric
- Pinch cayenne or to taste
- 2 tbsp coconut oil
- 1 medium red onion, chopped
- 2 cloves garlic, chopped
- 2 tsp grated gingerroot
- 2 cups vegetable stock or water
- 1 can (14 oz) coconut milk
- 4 cups cubed, peeled squash
- Sea salt and freshly ground pepper to taste
- Toasted pumpkin seeds*

In a large, heavy saucepan, heat oil over medium heat. Add onion, garlic and gingerroot. Cook until softened, about 5 minutes. Stir in stock, coconut milk and squash. Bring to boil, reduce heat to low and simmer, uncovered, 20 minutes or until squash is tender, stirring occasionally.

Using an immersion blender, purée the soup until smooth. Add salt and pepper and adjust other seasonings to taste.

To serve, sprinkle each bowl with pumpkin seeds over the soup for added nutrition and crunch.

Serves 4-6.

Seasoned Pumpkin Seeds

Spices help to enhance digestion of the pumpkin seeds, which are a good source of immune-building zinc. Pumpkin seeds turn a lovely bright green when roasted.

- 1 cup raw, shelled pumpkin seeds
- 1/2 tsp ground cumin
- 1 tsp coriander
- 1/4 tsp turmeric
- 1/2 tsp sea salt

In large skillet, mix all ingredients and cook over low heat stirring frequently for about 10 minutes or until pumpkin seeds begin to pop. Cool.

Makes 1 cup.

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Taking SAD Seriously

by Elizabeth Palermo



SAD is a despairing mood that impairs a person's performance at school, work and in social relationships.

Ontario winters can be long and dreary for many people. Although winter blues are common, up to six per cent of people experience intense mood and sleep changes known as a type of depression called Seasonal Affective Disorder (SAD).

According to the Centre for Addiction and Mental Health (CAMH), clinical depression is a complex mood disorder caused by genetic predisposition, personality, stress or brain chemistry. The primary symptom of SAD is a sad, despairing mood that lasts most of the day for more than two weeks and impairs a person's performance at school, work and in social relationships.

Often starting in the fall, peaking in January and February and lessening with longer days in the spring, SAD is found to be more common in women, those who work night shifts and in young adults. In particular, college and university students are at greatest risk, as said by world-renowned psychiatrist and author Dr. Norman E. Rosenthal, who coined the term Seasonal Affective Disorder. He's studied the effects of the seasons on himself and others for over 30 years and says the symptoms of SAD – changes in sleep, appetite, weight and concentration – can be easily dismissed as typical by-products of student life.

"Most high school students get some help from their parents in regulating their daily (circadian) rhythms," writes Rosenthal on his blog, citing how parents often help their children get going in the morning and to bed at reasonable hours of the night. "With college comes the freedom to stay up late and sleep in the next morning. In doing so, students are deprived of sleep and light – especially the important light of early morning."

Less sunlight decreases the level of serotonin in the brain, which affects moods and disrupts melatonin levels, which regulate sleep patterns. This impacts the body's circadian rhythms,

the 24-hour clock that regulates how and when we feel energized and alert or sleepy. Add to that, students are working more while going to school with increased workloads and, as the first semester progresses, reports of mental health concerns on campuses start to soar.

“Less sunlight decreases the level of serotonin in the brain, which affects moods and disrupts melatonin levels, which regulate sleep patterns.”

“Students often feel ashamed that they are not managing as well as they would like to – or think they ought to – and delay reaching out for help, which only makes the problem harder to reverse when they finally do so,” says Rosenthal, who also developed light

therapy as a treatment for SAD.

Light therapy involves spending 30 minutes a day in front of a lightbox that mimics natural outdoor light. The idea is to alter circadian rhythms and the body’s natural release of melatonin, causing changes in the brain which reduce SAD symptoms. It doesn’t require medication and is best used at first with a counselor to understand its use and side-effects such as headaches or a manic episode for someone with bipolar disorder.

What to do if you’re experiencing symptoms? Rosenthal says take SAD seriously and get help. Bring more light into your home, especially in the morning, and spend regular time outdoors on sunny days. Make plans to stay connected with family and friends. The demand for mental health wellness on campuses is increasing, so check your

school’s student resources. Trent University’s International Students page on the website lists SAD as a result of changing environments and adjusting to different levels of sunshine.

“The important thing is to recognize the problem early, get help when you need it, and it doesn’t have to be all self-help. There are professionals out there,” says Rosenthal. “It’s very real, even though it doesn’t show itself in any clear-cut way, it can be very serious. Most important, it’s reversible.”

Elizabeth Palermo is a writer and yoga instructor living in Campbellcroft with her husband and two boys.

For more information visit:
camh.ca, kidshelpphone.ca,
normanrosenthal.com

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Art Galleries, Shows and Sales

ART GALLERY OF BANCROFT – Presents *Unearthed*, by Anne Renouf, mixed media, March 6 to 30 with opening reception Friday, March 8, 7:30 pm. 10 Flint Ave., Bancroft. More info: 613-332-1542 or agb@nexicom.net. [artgallerybancroft.ca](#)

BARBEL SMITH GALLERY – Offering uniquely stylized, contemporary Canadian landscapes for commercial and residential installations. The walk-in and online galleries offer access to Fine Art, an extensive Print Shop and the ability for clients to ‘view art in your space’ with the augmented reality application. There is also a ‘referral program’. Details at: [barbelsmith.com](#)

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THE BIRDHOUSE NATURE STORE – For all nature lovers we have seed and suet, bird feeders, accessories, nest boxes, bird baths, books, gifts and garden flags. Come in and check out what’s new. Formerly in Wooler and now located at 240 Presqu’île Parkway in Brighton. 613-475-9510, Facebook: [thebirdhousenaturestore](#) or visit [thebirdhouse.ca](#)

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Events

HURLY BURLY – Peterborough’s Early Music Ensemble presents *Rejoice and Be Merry!* This concert will feature instrumental and vocal music of the Christmas season from the earliest English chant manuscripts, through the complex harmonies of the Renaissance and into early modern times. This is definitely not the holiday music you’ll

be hearing in the malls! Tickets \$10 at the door, homemade refreshments will be served. Sunday, December 2, 2:30 pm, St. John’s Anglican Church Guild Hall, 99 Brock Street, Peterborough. More info: [hurlyburlensemble.wordpress.com](#)

IMAGINATE – Green Wood Coalition presents a one-day social justice conference and ‘Evening of Possibility.’ Guest speakers, artists and musicians will inform, entertain and motivate through a powerful line-up of presentations, workshops, short talks and performances. March 29. Conference: 8:30 am to 4:00 pm and includes refreshments and catered lunch; ‘Evening of Possibility’: 7 to 9 pm and features local food-sourced reception. Tickets are available for single event or full package with early bird special on sale February 1. Victoria Hall, 55 King St. West, Cobourg. More info: [greenwoodcoalition.com](#)

INTERNATIONAL WOMEN’S DAY CONFERENCE – A full day of empowering speakers, workshops, lunch, snacks and networking, plus a few surprises. Worth the drive to Peterborough! March 8, 8 am to 4:30 pm, Ashburnham Reception Centre, 840 Armour Road. Hosted by Thirteen Moons Wellness. More info: [iwdptbo.ca](#)

MANDARIN MULTIPLE SCLEROSIS (M.S.) WALK – Hosting a 5 km walk, with in-house raffle, refreshments and fun! Sunday April 29, at Cobourg Collegiate Institute, 335 King Street West. Registration starts at 8 am and walk starts at 10 am. More info: 705-748-4221 ext. 3512 or email anne.driscoll@mssociety.ca. To register visit: [mswalks.ca](#)

ST. THOMAS ANGLICAN CHURCH – Presents: *Musical Journey of Germany*, January 20 at 4:30 pm., featuring works by Mendelssohn, Reger, Merkel and Bach; *The Canadian Guitar Quartet*, February at 4:30 pm., featuring an original programme showcasing the versatility of the classical guitar; *Sacred Music for Female Voice Choir*, March 17 at 4:30 pm., featuring a journey through the history of choral music, starting with plainchant and ending with a contemporary work. A reception will follow all concerts and admission is by donation. 201 Church St., Belleville.

Health & Wellbeing

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WAVELENGTHS YOGA NORWOOD/WESTWOOD – Offering several weekly yoga classes for all levels, one-on-one yoga therapy, retreats, workshops, continuing education for yoga teachers and Thai Yoga Massage. December 10-14, join us for an online, early morning series of classes including recordings of each class. We also offer 200, 300 and 500-hour yoga teacher trainings. 705-933-9283 (call or text) email wavelengths@gmail.com or visit wavelengthsyoga.com

Museums

HUTCHISON HOUSE MUSEUM – One of the oldest limestone houses in Peterborough, the museum offers a glimpse of life in Ontario in the 1800s. Hours: September through May, Monday-Friday, 10 am to 4 pm. June through Labour Day, Tues-Fri, 10 am to 4 pm and Saturday/Sunday, 1 to 4 pm. 270 Brock St., Peterborough, 705-743-9710. hutchisonhouse.ca

LANG PIONEER VILLAGE MUSEUM – Presents *Christmas by Candlelight*, December 1 and 2. 104 Lang Road, Keene, 1-866-289-5264 or info@langpioneervillage.ca. langpioneervillage.ca

PETERBOROUGH MUSEUM & ARCHIVES – Presents *Terry Fox: Running to the Heart of Canada*, on exhibition until December 9; *Hockey*, on exhibition December 9 through March 1. 300 Hunter St. East, Peterborough, 705-743-5180. peterboroughmuseumandarchives.ca

Performances

FOLK UNDER THE CLOCK – Presents *Harry Manx* in concert with an east meets west fusion of blues and Indian, roots and world music. Sunday, January 20, 4 pm matinee. www.harrymanx.com; *Lennie Gallant* in concert when the P.E.I. singer/songwriter showcases his new album 'Time Travel', Thursday, April 11, 8pm. www.lenniegallant.com. Both concerts at The Market Hall Theatre, 140 Charlotte St., Peterborough. Tickets: 705-749 1146 or markethall.org. More info on concert series: folkundertheclock.ca

NORTHUMBERLAND PLAYERS – Presents *Miracle on 34th Street*, November 30 to December 16; *The Drowning Girls*, opens November 30; *The Lion, the Witch and the Wardrobe*, opens December 12; *The Odd Couple*, opens January 18; *The Drowsy Chaperone*, opens February 22; *Silent Sky*, opens March 22; *A Fox on the Fairway*, opens April 26. Check the ad in this issue or their website for locations in Cobourg or Port Hope. Tickets are available by phone, at the box office or online (for some venues.) All venues are wheelchair accessible. Tickets and more info: 905-372-2210 or 1-885-372-2210 and northumberlandplayers.ca

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Workshops

SHAMAN SPIRIT PATH – Workshops in Core Shamanism, Shamanic Healing of the Spirit. Toronto: January 19-20; Peterborough: February 9-10; Ottawa (Almonte): March 9-10; Toronto: April 13-14. Glenn Campbell, M.Ed., Shamanic practitioner and faculty member, Foundation for Shamanic Studies. 905-430-4953 or glenn@shamanspiritpath.com. shamanspiritpath.com

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The Truth About Back Pain

Don't Even Think Of Taking Another Pain Pill Until You Read This

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- Lower Back Pain
- Muscle spasm or strains
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- Shooting hip or thigh pain

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Pain is your body's warning sign telling you something is wrong. Sure, you can numb the pain if you take enough Vicodin, Soma or some other pain pill.

But if you mask the pain, it can prevent your back from healing – maybe even damage it further.

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My name is Dr. Peter Herron, owner of Herron Family Chiropractic. Over the past 20 years since we've opened the doors, I've seen hundreds of people with back pain leave the office pain free. Because I've seen it with my own eyes, I strongly believe...

Back pain is NOT "just a part of life" and something you have to live with.

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"Chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound." -- *Stanley Bigos, MD, Professor of Orthopedic Surgery*

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Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule.

Our office is called Herron Family Chiropractic and you can find us in The Fleming Building at 1005 Elgin St. W, Cobourg.

Call and tell us you'd like to come in for the Back Pain Evaluation before **January 31, 2019**

I look forward to helping you get rid of your pain so you can start living a healthier, more joyful life.

Sincerely,
Dr. Peter Herron

P.S. How many years can your body handle taking pills?

Taking pain medications (even if they're over-the-counter pills) is no way to live. Pills don't "fix" anything, they just numb the pain.

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