



WHAT'S THE BUZZ?

A MERA newsletter

WINTER 2009



Web site: www.meraschoolhouse.org

Email address: mera@superaje.com

MERA AWARD FOR EXCELLENCE IN FINE ARTS AND FINE CRAFTS

The deadline for nominations is January 26th

A juried award, together with a cash prize of \$1000.00 will be given to a resident artist in the Townships of Lanark Highlands, Tay Valley, Central Frontenac and North Frontenac, part of Drummond/North Elmsley Township and the Town of Perth for an individual who has demonstrated excellence in fine arts or fine crafts. The award will be given on the basis of works submitted by the artist. The award money will be presented on March 28th of 2009 at the MERA AGM.

The Award has been made possible by a generous donation from Lanark Highlands residents Chris and David Dodge who conceived of the Award. The funds for the first Award have been topped up by the Perth and District Community Foundation, which administers the Award funds for MERA.

For the nomination application, go to www.meraschoolhouse.org and click on the award icon for the application form. The deadline for nominations is January 26th. For information, please call Debbie at 278-2392.

MERA Presents Outstanding Musician Joel Fafard on Sun. April 5th at 3 PM

Joel Fafard, an award-winning musician, will be bringing his incredible musicianship and rollicking humour to the MERA Schoolhouse stage in McDonalds Corners on April 5th at 3 PM in the afternoon.

The JUNO Awards, the Canadian Folk Awards and the Western Canadian Music Awards have recognized Joel's talent over the past five years. He has played to appreciative audiences from coast to coast, and has a large European following as well.

In the intimate atmosphere of the MERA Schoolhouse, Joel will wow his audience with his on-stage persona and his amazing playing of his own compositions.

Tickets are \$12.00 and will be available at the door. Call Tom at 613-259-2452 for more information.

Prepare to be delighted on a Sunday afternoon!

WHAT ELSE IS MERA UP TO IN 2009?

In early March, we are hoping to receive some good news about two very special projects. MERA has applied to the Ontario Trillium Foundation for funds to build an **outdoor wood-fired Community Oven** this spring. The oven will mean that breads, pizzas etc. can be baked fresh in a brick oven for the McDonalds Corners Farmers Market on Saturdays this coming summer. We hope that other groups such as the Scouts and Guides, the Lanark Youth Centre, etc. will hold events in our yard as well and use the wood fired oven.

We have also applied to Canadian Heritage to celebrate the 125th Anniversary of the Rivers and Streams Act that settled the **Loggers Feud at High Falls in McDonalds Corners in 1984**. The Caldwell/McLaren feud was decidedly resolved when a couple from opposing 'camps' fell in love at a dance in McDonalds Corners resulting in a marriage that settled the feud once and for all. We are hoping to involve many in the community in this celebration taking place on **August 22 & 23rd, 2009** by holding waterfront events on Saturday morning at Centennial Beach on Dalhousie Lake, build a loggers camp/shanty town at MERA for Saturday afternoon events including historic enactments and a play and have a Log Driver's Waltz (and Dinner) at the McDonalds Corners Ag Hall on the Saturday evening. Wheeler's has agreed to host a Sunday morning breakfast with Logging demonstrations, activities for kids on the Sunday. Watch for details about both these exciting events!

MERA SURVEY COMING SOON!

We are looking for ways to enhance the MERA experience for our members and to perhaps encourage more area residents to take advantage of what MERA has to offer our community. In the next month we will be sending a survey to all members and hope members will take the time to carefully consider the questions and return your responses to us. A copy of the survey will be on our Web site at www.meraschoolhouse.org in February for those who are not MERA members (yet!) but who may have some helpful comments or suggestions to make. Or call 259-2269 to have a survey mailed to you directly.

'09 Winter Blues Workshops

Registration for all workshops is required. Each daylong workshop is \$35.00 for MERA members and \$50.00 for non-members (unless otherwise noted). To register, call Marilyn at 259-2269 or email us at mera@superaje.com then send a cheque made out to 'MERA' to Box 76, McDonald's Corners, ON K0G 1M0. VISA payment is available by calling Marilyn. Note: Refunds cannot be given if a participant cancels less than two weeks before the workshop date.

Four Tuesday Afternoon Art Classes

**January 20th & 27th, February 3rd & 10th
1:00 p.m. to 3:30 p.m.**

Cost: \$120 for MERA members and \$135 for non-members for all four art classes

These classes will introduce you to the use of acrylics and other media in abstract and contemporary paintings. Classes will cover the basic principles of painting such as composition, use of colours and shades, collage techniques and how to create texture. A final painting will be done on canvas, but most exercises will be done on watercolour paper.

Instructor: Claude Lemay Visit www.claudeart.com

What to Bring: A variety of acrylic paints, both liquid and full body, warm and cool primaries, black, white, some neutrals are ideal. The artist likes to use Golden, mostly liquid. For glazing, she uses transparent paints: transparent Brown, transparent Yellow Iron Oxide or Quinacridone/Nickel Azo Gold (Golden), so it would be good to have some of those colours. Also suggested: Quinacridone -red, crimson, magenta, burnt orange etc. and a blue called Antraquinone. If you do not wish to invest a lot in paints, buy a basic set of acrylic paint and Claude will have liquid paints available (for a small fee). To register call Marilyn 259-2269. For info about art supplies call Claude Lemay at 278-0826.

Children's Music & Movement Sunday Mornings

4 weeks starting February 1st – 22nd

4 - 6 year olds 10 a.m.– 10:45 a.m.

7 - 12 year olds 10:50 a.m. -11:35 a.m.

Cost \$12 per child per class

Aynsley will hold separate classes for two age groups this winter. Children will learn rhythm, ensemble playing and music appreciation and the understanding of music in everyday life. Keyboard playing will be incorporated. All concepts are reinforced with songs and games.

About the Instructor: Aynsley Buchanan-Gabriel is a certified teacher of Music for Young Children. A minimum of 3 children/class is required. **Please register for your class before-hand by calling Aynsley at 613-257-3552**

Beginner's Carpentry

Saturday, February 14th

10:00 a.m. to 3:30 p.m.

\$35 for members/\$50 non-members + supplies

Learn the basics of carpentry with a focus on angles and joinery but also a general overview of carpentry principles. In the morning, you will build your own mitre box and learn how to use it in the afternoon to make perfect angles for picture frames and other projects. It will inspire you to repair household items 'if only I knew how' to join two pieces of wood properly.

What to bring: Each student is asked to bring a hammer, a saw, a pencil and eye protection (light goggles). Bring your lunch.

Supplies: \$10.00 for supplies will cover the cost of wood for your mitre box, screws, glue, earplugs, etc.

Instructor: Judy Hitchcock graduated in carpentry from Algonquin College and has worked in the area as a carpenter and contractor for 17 years.

Digital Photography

What shall I do with all my photos?

Saturday, February 28th

9:30 a.m. – 4:00 p.m.

Cost: \$35 for members and \$50 for non-members

This workshop leader and topic is back by popular demand! Learn more about how to get the most from your digital camera and how to catalogue & edit your images using Photoshop Elements 4.0 or 5.0 from Adobe and Fast Stone Viewer a free download (www.faststone.org Participants are advised to download Version 2.9 Beta 2). The day will be spent using software to learn cataloguing, correction/enhancement techniques for your images. Attention will be paid to preparing pictures for print and for e-mail.

What to Bring: Bring your digital camera, your questions and your lunch. Familiarizing yourself with Photoshop Elements 4.0 or 5.0 & Fast Stone Viewer programs would be an asset.

Instructor: A life long camera buff, **Ralph Buttrum** has owned a digital camera for 17 years. He has spent many years as a member of the Lanark County Camera Club, several of them as President. His open, friendly style makes learning easy!

Six Movement Classes

7 p.m. – 8:30 p.m. Tuesday evenings.

From May 5th until June 9th

Cost: \$100 MERA members & \$115 non-members

These classes are designed to learn to use movement to relieve stress, stay grounded, express oneself and maintain a healthy, fluid body. These classes will help identify the aches and pains that accumulate in the body throughout the day and then attempt to release the pain by learning how to move through it. By bringing movement into a conscious state of mind and by using music as a tool, these classes will give the participant an opportunity to indulge the body in its greatest passion and most basic necessity - movement! Wear loose, layered clothing.

About the instructor: Miriam Westland is a graduate of Vancouver's Studio 58 Theatre Program. She has studied movement under the guidance of Jane Ellison, Dale Genge and dance company choreographer, Chick Snipper.

Annual Mother's Day Bird Walk at Purdon Conservation Area

Sunday, May 10th from 9 a.m. - noon

Cost: \$15 per person

Meet at the **second entrance** to Purdon Conservation Area on 8th Concession at 9 a.m. sharp. This popular and informative walk with Cliff Bennett has become an official part of the research being done by the Mississippi Valley Field Naturalists who are keeping track of numbers of birds throughout the area.

Register at 259-2269. Bring your camera!

About the leader: Cliff Bennett is a much sought after and beloved area birding expert and columnist.

"With Love From Lanark"

You still have until February 28, 2009 to send us your postcard!

It's not too late to submit a postcard size (4 inches x 6 inches) drawing, painting, knitted, woven, quilted, wood, collage, poem, or musical rendition of what you love about Lanark! Go to our web site for information or to print off an entry form or visit Nature Lover's Bookshop, By the Clyde Furnishings or the Hill Store in McDonalds Corners or mail to Box 76 McDonalds Corners K0G 1M0. All entries received will be put into a display that will be shown for the first time at the Schoolhouse on Saturday April 4th.

Healthy Body, Mind & Spirit at MERA

For the past many years, MERA has held classes for health and fitness. Here are some of what is available at the Schoolhouse this winter.

Monday mornings 9:30 - 10:30 a.m. Fitness classes for older adults. Instructors are certified by the Canadian Centre for Activity and Aging/University of Western Ontario through the North Lanark Community Health Centre. Classes are free. Call Kara at NLCHC 259-2182

Monday afternoons 1 pm. - 2:30 Qigong is an ancient Chinese system of exercises that combines movement, breathing and posture to enhance immune function, strengthen and tone muscles and joints. Qigong practice connects the mind, body and spirit, calms the mind, relaxes the body and balances energy. Regular practice activates the body's healing capacity. Sue Cavanagh 259-5398 (charge).

Mondays 2:45 - 3:45 Tai Chi is a system of connected, flowing movements that are designed to balance the mind, body and spirit connections. Tai Chi is excellent for developing and enhancing concentration, coordination, flexibility and balance. Call. Sue Cavanagh 259-5398 (charge).

Beginning on Wednesday, March 11th Parmatma Leviton will be teaching **Kundalini Yoga** at MERA this winter. In Kundalini Yoga poses are not held for long periods of time. This is a gentle and restorative type of Yoga and everyone goes at their own pace. The instructor shows breathing techniques and a mantra to move energy and increase levels of awareness. One is very energized and relaxed at the same time. The classes are one and one half hours long. The cost to participants is \$50 for 5 sessions or \$90 for 10 sessions. Drop-in classes are \$15 each.

To register, call Parmatma at 326-0989

Did you know...?

MERA was successful in getting the Ontario Trust to agree to erect an historic plaque at High Falls to commemorate the 125th Anniversary of the Rivers and Streams Act of 1884 that settled the 10-year Logger's Feud.

MERA AGM

SATURDAY MARCH 28TH AT 4 P.M.

All MERA members are encouraged to attend the Annual General Meeting. As a member, you have a **vote at the AGM** so come and use it! Every year we have a delicious **potluck supper** so bring your favourite dish to share – a main dish, a salad or dessert. We will provide vegetarian chili and buns. We have some **very special entertainment** lined up as well.

This year we will announce and introduce the first winner of the **MERA Award of Excellence in Fine Arts and Fine Crafts**.

We are also looking forward to welcoming two new members to the **MERA Board of Directors**. MERA could not operate without the dedication of the community-minded volunteers who sit on our Board.

We look forward to seeing you all at our AGM!

*****ONGOING GROUPS*****

FITNESS CLASSES Mondays 9:30 - 10:30 a.m.

Sponsored by the North Lanark Community Health Centre (free)

QIGONG Mondays 1:00 - 2.30 pm

TAI CHI Mondays 2:45 - 3:45pm (Advanced only)

Call Sue Cavanagh at 259-5398 (charge).

HATHA YOGA CLASSES (starting March 11)

Wednesday mornings 10 - 11:15 a.m.

Call Parmatma 326-0989 (charge)

WRITERS GROUP

The group meets on the second and fourth Mondays of the Month at 7 p.m. For info call Rob at 812-3120

QUILTING

Every Wednesday from 1 p.m. - 3 p.m.

Call Joan for more info: 278-2962

SPINNING & KNITTING GROUP

Every Thursday 10 a.m. - 12 noon

Call Mona for more info 278-0291

FIBERARTS

Every Thursday at 1:00 p.m.

For information or to be added to the Fibrearts email list, call Hilary at 278-0220

BECOME A MERA MEMBER!

MERA is a community arts organization operating out of an 1850's Schoolhouse in McDonald's Corners. The price for memberships remains at **\$15/year for individuals** and **\$30/year for families**. Membership entitles you to a vote at the AGM, a discount on all MERA workshops as well as regular email newsletters announcing MERA's upcoming events.

Application forms are available on our Website at www.meraschoolhouse.org or call Marilyn at 259-2269. Cheques may be sent to 'MERA' at Box 76, McDonalds Corners, ON, K0G 1M0. Join us!

MERA'S POTTERY STUDIO

Did you know that MERA has a first class pottery studio with a computerized kiln? We are looking for the right potter-in-residence who, in return for use of the studio, will agree to teach interested new potters. Call Jean at 259-2636.

Fibre Arts Corner

Do you enjoy being creative and making something unique? Mid-week you will usually find MERA hopping with busy people spinning, quilting or taking part in a fibrearts workshop. If you work at home, on weekends or on a shift system this is a good opportunity to practise a craft, learn from others, and pass on your own knowledge in a casual and friendly atmosphere. **Quilters** meet on Wednesdays from 1 - 3 p.m.; **Spinners and Knitters** meet every Thursday morning from 10 a.m. Most Thursday afternoons from 1 - 4 p.m. **Fibrearts** workshops are given by and for MERA members. Here is this winter's line-up of topics (subject to change) Call Hilary at 278-0220 to be placed on the email list with detailed descriptions of these workshops and upcoming events.

Winter 2009 Fibrearts Lineup

January 8 1 - 4 p.m. Pine Needle Baskets

January 15 1 - 4 p.m. Wet Felting

January 22 1 - 4 p.m. Oil Cloth Floor Mats

January 29 1 - 4 p.m. Dry Felting

February 5 1-4 p.m. Weaving with a Heddle Loom Pt I

February 12 1 - 4 p.m. Weaving with a Heddle Loom Part II

February 19 1 - 4 p.m. Batik Part I

February 26 1 - 4 p.m. Batik Part II

March 5 1 - 4 p.m. TBD

March 12 1 - 4 p.m. Basketry Part I

March 19 1 - 4 p.m. Basketry Part II

March 26 1 - 4 p.m. Basketry Part III

April 2, 1 - 4 p.m. TBD