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February | March 2018

Banjo Bob and the River Road Ramblers

Walker House
A House Full of Activities

Walk Like a Yeti
Winter Hiking and Snowshoeing
in Leeds-Grenville

Jean Casselman Wadds
She Helped Bring the Canadian
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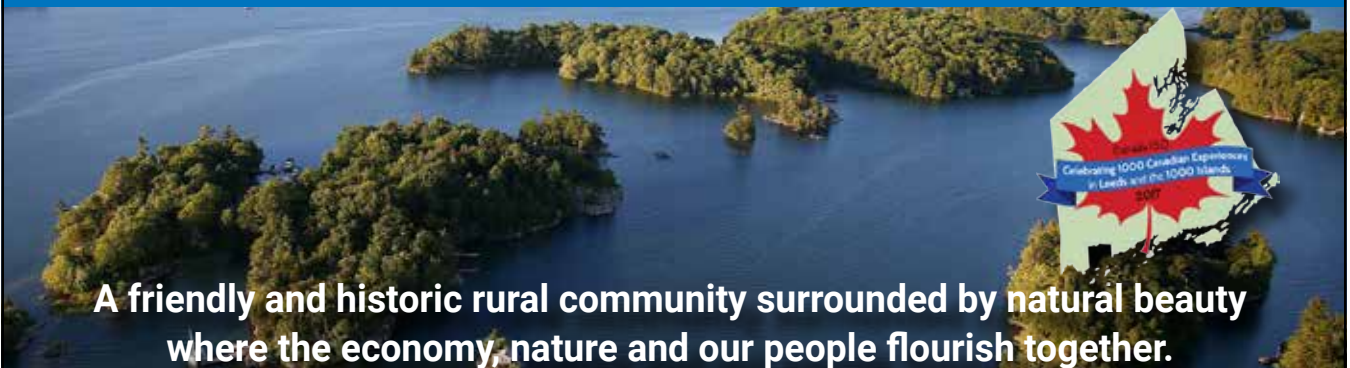
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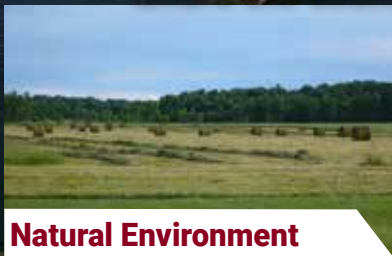
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Lorraine Payette

Living Here

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Uncle Bucks Stuffed Peppers

Serves 4 ~ Prep Time: 20 mins: Cook Time: 50 mins

You'll Need

- 4 large green bell peppers (can use red if preferred)
- 1 lb. ground beef or ground turkey
- 1 Tbs. chopped onion
- 1 cup cooked rice (can use minute rice if you wish)
- 1 tsp. salt
- 1/8 tsp. garlic powder
- 1 can tomato sauce (698ml)
- 1 – 1 1/2 cup shredded mozzarella cheese

To Create:

- Preheat oven to 350. Cut a circle around the top of the pepper and remove it (making a lid).
- Cut out seeds and membranes. Cook in boiling water, about 5 – 7 minutes. Drain. While peppers are boiling, brown the ground beef (or turkey) until cooked through. Add in onion and cook until softened. Drain and return to the skillet. Mix in 1/4 – 1/3 cup of cheese. Add the rice, salt, garlic powder and 1 cup of tomato sauce to the beef (turkey) Cook until all is hot. Spoon the beef (turkey) mixture into the peppers. Stand upright in a small baking dish.
- Pour the remaining sauce over the tops of the peppers. Cover with foil and bake for 45 min.
- Uncover and sprinkle with cheese. Bake until cheese is melted

Leprechaun Shamrock Sugar Cookie

Makes approx. 22 cookies ~ Prep Time: 15 minutes

Cook Time: 10 Minutes

You'll Need for Sugar Cookies: shamrock cookie cutter

- 2 1/2 cups flour
- 1 tsp. baking soda
- 1 tsp. Cream of Tartar
- 1/4 tsp. Ground Nutmeg
- 1 cup (2 sticks) butter, softened
- 1 1/2 cups confectioners' sugar (icing sugar)
- 1 egg
- 2 tsp. Pure Vanilla Extract

Shamrock Icing: 13 drops Green Food Color

2 to 3 tsps. milk, 1/2 cup confectioners' sugar (icing sugar)

To Create:

- For the Cookies, mix flour, baking soda, cream of tartar and nutmeg. Set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Beat in egg and vanilla. Gradually stir in flour mixture until well mixed. Refrigerate dough about 1 hour or until firm. Preheat oven to 375°F. Roll out dough on lightly floured surface to 1/8-inch thickness. Cut out dough with shamrock cookie cutter. Place on greased baking sheets. Bake 8 to 10 minutes or until lightly brown. Cool on baking sheets 1 minute. Remove to wire racks; cool completely.
- For the Icing, mix green food color and milk in small bowl. Add confectioners' sugar. Stirring until color is evenly distributed and icing is smooth. To decorate cookies, hold cookie by its edge and dip top of cookie into icing. (Or spoon the icing onto cookie using a teaspoon.) Place glazed cookies on wire rack, set over foil-covered baking sheet to dry.

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The group performs at a "kitchen party" in Mallorytown.

BANJO BOB AND THE RIVER ROAD RAMBLERS

By Sally Smid

Retirement usually holds a variety of adjustments and often complex challenges. With the increased numbers of area seniors, perhaps such concerns are becoming more evident. There are many who have a myriad of hobbies and interests and many retirees wait to enjoy and cultivate such pass times knowing they would have more time after leaving the work force. However, there are many who struggle to decide what they really enjoy doing or how they would like to spend their golden years. Some can even feel undervalued, isolated or fretful.

In that regard, there is a group of seniors in the Mallorytown area that seems to have found a very rewarding outlet. The River Road Ramblers began as an informal group that enjoys music, but the group has become an important opportunity for fun and fellowship as well. They started meeting at Bob Covey's house with three or four musicians. Bob is an accomplished guitar and banjo player who received much of his training on line. Eventually he even gave guitar lessons. It would definitely seem that he is much of the group's inspiration and momentum. Bob was employed at a variety of plants in Brockville and has been playing for over 45 years. He and his wife Elaine, retired clerk of Front of Yonge Township, began singing and playing together shortly after they met. Their music became part of Christmas celebrations, family events and music nights. They have also been part of musical contributions to local church services. Bob

began playing the banjo probably out of his love for bluegrass music. Bob and Elaine are the parents of three sons and have seven grandchildren. It is clear that their talents and love for music have influenced their family as their PHD son Richard is a composer and professor of music in PEI. Another son, Ben, is a trained opera singer living in New York City.

The band got their name from the fact that most of the members live along the St. Lawrence River. "Banjo Bob Covey" and a few others however live further inland. The group is now in its third year of getting together and has lots of good times playing all kinds of music from bluegrass, older country, gospel, and even some rock n' roll. Members have varied music preferences but they have learned to have some "give and take" with their music repertoire. Several members of the group received their guitars as gifts. As member Dave Wells explains, "The guitar I received wasn't totally foreign to me as I had played in a couple of bands in high school and was part of a group from Mallorytown called the Village Squires where I played piano and organ at local teen dances for a few years." Other "Ramblers" include Bev McKerracher, John Cowan, Dale Senecal, Dave Warner, Jack Turner, Dave Rowan, and Ron Morrison. The group gets together on Tuesday evenings at the Community Centre in Mallorytown for a couple of hours. They invite others to join in. Some listen or sing along and a few have even received help in learning to play an instrument.



Banjo Bob Covey poses with his banjo.

"There were those who were terrified to play in public at first," explained Bob. The "Ramblers" have entertained at senior's homes, boat cruises, concerts and "kitchen parties" which have totalled about a dozen "gigs". Many are familiar with their appearances in the garden gazebo behind the Mallory Coach House in the summer. Banjo Bob and the River Road Ramblers are booked for more appearances in 2018.

What began as an enjoyable hobby and love for music has become a wonderful social outlet and gratifying pass time that also brings much joy to others, many of whom are seniors similar to themselves. The River Road Ramblers demonstrate that getting older does not have to be a time of slowing down or feeling less valued. It can be a time of learning new skills, developing new interests and making special new friends in the process. With our growing senior population, it is vital that our older citizens stay engaged and active. In so many ways they have so much to give to our local communities! **LH**



Walker House is an Adult Recreation Centre that has been in operation since the late 1980's.

A HOUSE FULL OF ACTIVITIES

By: Joan Rupert-Barkley

If you find you have a lot of time on your hands and you are looking for something fun to do, with good company and good food, you do not have to look any further than Walker House, the Adult Recreation Centre in Prescott.

This two-storey house was once the home of James Cowan Walker. He was the Founder and President of Hathaway of Canada, President of Warnaco of Canada Limited, and Chairman and CEO of the parent company, Warnaco Inc. Mr. Walker lived in Prescott for many years and passed away in 1983.

According to Susan Vallom, Program Director at Walker House, some of the members that grew up in Prescott remember playing with Mr. Walker's daughter at the house.

In a conversation with Sandra Lawn before his death, Mr. Walker decided he wanted to gift the house to the town.

On September 25, 1986, Walker House was gifted to the town by Warnaco of Canada

Limited. The one stipulation stated, that the house was to be used as a centre for the education, entertainment and betterment of Prescott's senior citizens. The Adult Recreation Centre was then named in honour of James Walker.

A framed picture of Walker, along with a brief history of his achievements, hangs in the entrance of the house.

In the early years, several senior citizens groups took on the task of running the Centre. At this time, several items, such as the piano and pool table were donated.

Susan Vallom has been the Program Director at Walker House for eight years. She has indicated that currently there are approximately 210 – 220 members, 90% of them are females.

"There is a great cross-section of people who are members. People from all walks of life and from all throughout the town," commented Vallom.

The cost to join Walker House is \$15.00 a

year. If you live out of town, you pay the \$15.00 membership fee to Walker House and an additional \$25.00 user fee that is remitted to the town.

There are many activities to enjoy, from crafts, to cards, to sports. There is always something going on at Walker House, practically every day of the week. Vallom remarked, "there are four activity rooms in the house. Upstairs there is the library and activity room, with rows and rows of books and games that line the beautiful bookshelves, which someone donated to our library and a volunteer comes in every week to shelve the books." It is this quiet volunteer participation that makes Walker House such a success.

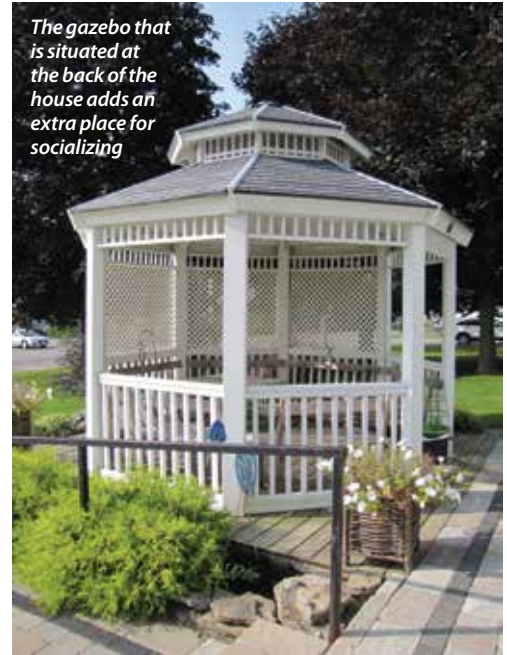
There is also a small sitting area upstairs with comfy chairs. This area is used for one on one consultations or just a place to relax, read a book or enjoy some quiet time.

The main room downstairs is where most of the crafts are done. Members gather to work on their latest projects of bunka, Swedish weaving, knitting or crocheting. Games of bridge, scrabble, euchre and cribbage take place in this room as well. This is also where the monthly membership Luncheons, and the Dinner and a Movie are held.

Vallom commented that Dinner and a Movie night is always a popular event. However, they have been unable to have them for about six months, due to the closure of



The Saturday morning crafters get together to share friendships, tips on crafts and coffee.



The gazebo that is situated at the back of the house adds an extra place for socializing

most video stores in the area, making it impossible to rent current releases. Vallom was happy to report that she can now rent current releases digitally, for 48 hours, so Dinner and a Movie night is back on the schedule.

Downstairs is the man cave complete with a pool table, dart boards, shuffle board and poker table. A nearby town storage building has recently been transformed into a workshop for the Walker House members. Recently, both men and women, created Adirondack chairs. Vallom has many more ideas for future projects.

For people who want to get some exercise, Walker House also offers weekly yoga classes and walking groups.

Although Walker House has received many donations for their activities, the members are no strangers to donating to worthwhile causes themselves. Over the years, the group has made lap quilts for Chernobyl, cotton hats for Cancer Centres, dishcloths for Haiti after the earthquake, and Pneumonia vests for patients, which have been sent all over the world. This group was busy creating 150 warm items (hats, toques, socks and mittens) in celebration of Canada's 150th in 2017. These items will be donated to churches, schools and food banks in the area.

With such a variety of activities at the Adult Recreation Centre, you might wonder where all the ideas come from. One idea came from a member who was interested in being part of a drumming circle. She mentioned the idea to Vallom, who found a grant to fund a whole summer series of native crafts.



The library shelves are loaded with books and puzzles that are available to all members to sign out.

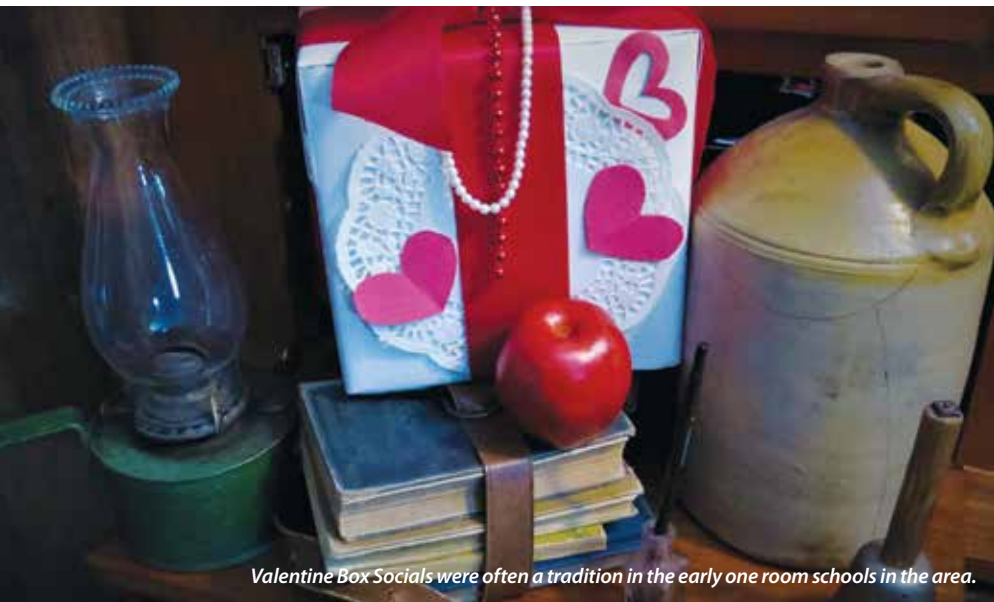
During this series, the group made raw hide drums, moccasins, and baskets out of pine needles. At the end of the series, Vallom brought someone in to lead a drumming circle. Members formed a circle, sang and enjoyed an afternoon of sharing.

Not all activities occur at Walker House. Bus trips to shop, visit museums, or attend special performances or sporting events, is a popular and regular outing for members as well.

Volunteers help keep the flower and vegetable gardens around the house flourishing. Vallom indicated that a watering

calendar helps keep this task on schedule and everyone reaps in the rewards from the vegetable garden. The white octagon gazebo adds the final touch of class to the beautifully landscaped backyard, where members can enjoy sunshine as well as friendship.

For more information about Walker House call 613-925-5300, check out their website @ www.walkerhouseprescott.com email: walkerhouse@prescott.ca or visit at 623 King Street West in Prescott, ON.



Valentine Box Socials were often a tradition in the early one room schools in the area.



This card from the Lamb Collection in the Athens Museum is an example of the detailed design and intricacy that went into the crafting of early Valentine cards.

RURAL MEMORIES OF VALENTINE'S DAY PAST

By Sally Smid

In this age of cell phone texts and Instagrams it may be a bit refreshing to think back to the days when personal Valentine messages were sent. This winter holiday was celebrated in a variety of home spun ways. Many may even recall their days in a one room school setting when classroom chores included loading wood into the pot belly stove or bringing in water from the outside pump. Detailed Valentine cards were often made creatively by hand with simple materials. Some also reminisce about the times of the "lunch box socials". Each girl in the class would elaborately decorate a special Valentine box that would contain a lunch for two. Each boy would then bid on a box and if purchased would eat lunch with the creator of the box. Of course, there was a lot of mystery and quandary about which girl had made which box. Each boy would often be quite interested in eating lunch with a particular girl or try to avoid purchasing the box made by a girl that they really would not like to join for lunch! It might probably be the girl who had had her pigtail pulled or dipped in the inkwell who was indeed that boy's

choice for a lunch partner. The girl in turn might drop hints to a particular boy whom she might like to have purchase her box after decorating it in an "alluring" fashion. Sometimes the moneys raised went towards funding for particular needs of the rural school.

In those days valentine cards were often made from whatever materials were on hand and some recall that the teacher required each child to be included in the card exchange. It was a great way to have some school fun in the middle of the winter months.

In the early days valentines were often made with intricate lace, ribbon and pearls. In the mid 1800s postcards were customarily sent for every occasion including Easter, St. Patrick's Day, Valentine's Day and more. It was a way to keep in touch at the time and the card always had a special personal update written on the back. Of course, in those days postage was only a few cents.

However, it would seem that the real history of Valentine's Day does not include roses, chocolates or pretty cards. The

holiday seems to date back to the story of a man whose martyrdom may have been the inspiration for the special day. There were reportedly three early Christian saints named Valentine, but the one that sparked the holiday was most likely a Roman priest from the 3rd century A.D. under Emperor Claudius II who made the unpopular law that banned marriage among young people, believing that unmarried soldiers would be better warriors. This priest Valentine, believed marriage was a God-given sacrament, and continued officiating marriages in secret but was eventually found out and imprisoned. The advent of the Valentine card may have come from stories that the jailer's daughter passed him loving notes of encouragement. Others say that she had been healed by him and his final note to her before his execution was signed "From your Valentine".

At the end of the 5th century, Pope Gelasius I declared February 14 to be St. Valentine's Day. Centuries later it is celebrated around the world in an increasingly more commercialized way each year. School children still exchange cards but they are usually more media oriented and the marketers even push more elaborate and costly gifts. Much has changed from the quaint traditions of days gone by, however it seems that Valentine's Day is still an affectionate and bright diversion in the midst of the dark days of winter. **LH**



ST. PATRICK'S FEAST

How Irish Is Corned Beef and Cabbage?

By Lorraine Payette

In Ireland they would say otherwise.

In Patrick's time (before he became a saint), and well into the twentieth century, corned beef would have been for the very well to do. All beef was expensive, so it would have been far more likely that a boiled fatback or bacon would have been served. Not strips fried up in the pan, but good old-fashioned pea-meal bacon, boiled and sliced.

Cabbage and potatoes – more staples – might make the cut, but not as individuals. They would more likely be brought together as colcannon, and served as a fitting side dish to the boiled bacon. Mashed potatoes with shredded cabbage cooked in and a touch of green onions, served up hot and creamy with the meat and a few root vegetables would add warmth and substance to the meal.

Soda bread, surely, must be authentic – and yes, you might very well find it there. But rest assured, these are not feast day foods. Most of these foods were cheap bulk items in the new world, served to immigrant workers by bosses who would never eat them themselves.

If you go to Ireland and look for these foods on St. Patrick's Day, you'll probably get a smile, and polite directions to a tourist restaurant where you can indulge to your heart's content. Meanwhile, the Irish themselves will be tucking into the real fare for the day.

"The day is more than likely going to start out with an 'Irish Breakfast' this comprising of fresh eggs normally fried along with two sausages, two bacon (or pea-meal bacon), grilled tomatoes, black pudding,

St. Patrick's Day is upon us, and everyone is turning Irish. We're a'wearin' o' the green, drinking our Guinness and green beer, maybe an Irish whiskey or three, and oh, begorra, the food! Corned beef! Cabbage! Potatoes and carrots and onions all stewed up in the pot, with a side of tasty soda bread and black velvet puds for dessert! You can't get more authentic.

white pudding, mushrooms and Irish brown bread," says the source at www.streetdirectory.com "And then there are the puddings, sold in packages the size similar to a salami. Black pudding is really a blood sausage which is a staple across the European continent."

Definitely not for the faint of heart, but guaranteed to get a good start on your day.

"(Dinner is) not what you imagine – no corned beef and no cabbage," the site says. "Saint Patrick's Day meal is generally a joint of lamb roasted in the oven with rosemary and garlic. Served with creamed potatoes, roasted vegetable (that includes potatoes, carrots and parsnips) with peas and broccoli. The dessert is normal hot apple tart served with custard and cream. Later that evening, if you still have room, it will be Irish brown bread with cream cheese and Irish Smoked Salmon."

Even though St. Patrick's Day has been romanticised by our fondest imaginings, the love of the Irish remains. As we remember the poverty and the strife that brought many an immigrant here from the old sod, we look to this time and try to imagine times past as we toast a bright and welcoming future. The foods we love and recall may not be authentic to Ireland, but they are true to our hearts. **Erin go brag! LH**

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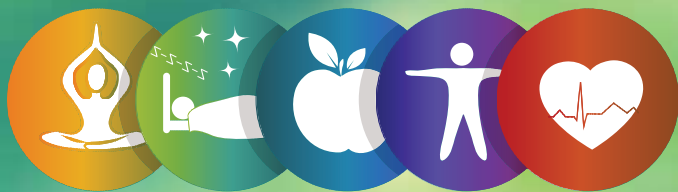
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Lansdowne Public Library personnel Debbie Willis and Brice Weddoe ready to check out snowshoes to card carrying members so they can try the sport. (photo from 2016)

WALK LIKE A YETI

Winter Hiking and Snowshoeing in Leeds-Grenville

By Lorraine Payette

This winter has been a snow enthusiast's dream – piles and mounds of the white stuff as far as the eye can see, and plenty of cold temperatures to keep it beautiful and tempting.

Instead of letting it go to waste, many people are getting out to enjoy winter, hiking and snowshoeing in the region.

"In my active days I snowshoed on the Gananoque Trail from Herbert Street to the Rec Centre, at the CRCA in Kingston, at Landon's Bay (highly recommended), Parks Canada Jones Creek, Marble Rock, Charleston Lake Park, Frontenac Park, and the Provincial Wildlife area, often off marked trails or 'bush whacking,'"

said Peter Murray, Chairman of the Gananoque Trees and Trails Panel and member of the Rideau Trail.

"In winter, hiking is really only possible if there is little or no snow. Beware of ice under foot and under a skiff of snow. If using lakes or ponds, be sure they are safe."

There are different choices of equipment – whether the modern aluminum shoes or the old wood and rawhide. Good harnesses to fasten them to your boots are essential. Some people snowshoe with ski poles for balance.

"Most trails are not groomed or monitored," said Murray. "Knowing the

area you are going to is the best advice – don't bite off more than you can chew. Remember, you have to go the same distance to get back to the trail head or home."

Make sure that snowshoeing is allowed on the trail you are considering. Sometimes trails are restricted, and it's always best to check before going. Bring a buddy. Have a cell phone in case you are in range. Even with ideal conditions, a bad fall could leave you in a dangerous spot. A few minutes of practice in your own backyard will prepare you for going out on any of the public trails in Leeds-Grenville.

Snowshoes may be purchased, rented, or borrowed from places like the Leeds and the Thousand Islands Public Library's innovative Recreation Library. In 2016, the library in Lansdowne installed a Snowshoe Tree where residents can sign out a pair of snowshoes to use for up to three days at a time.

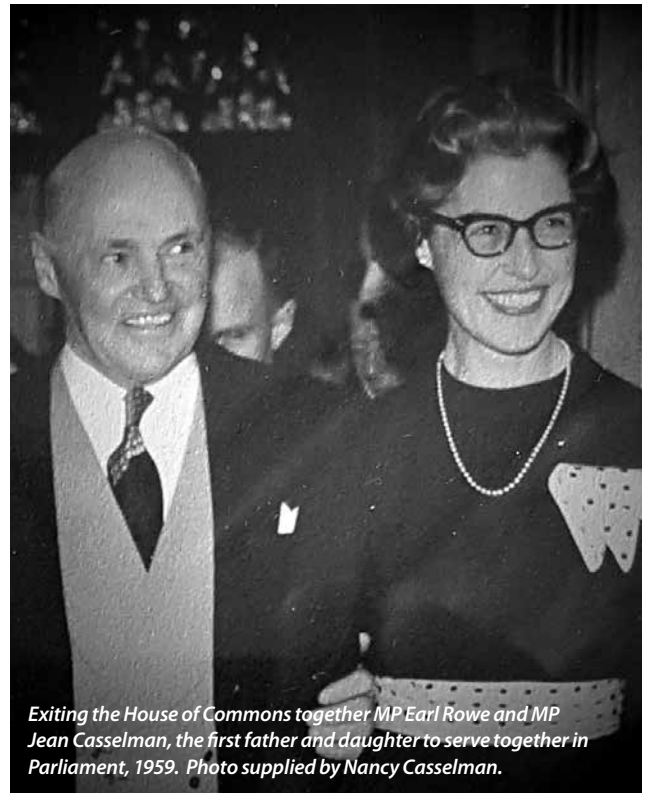
"The Rideau Trail Club has hiking/snowshoeing trips every weekend, and I see that the TLTI have a hiking/snowshoeing program as does Seeley's Bay Retirement home," said Murray. "Dress appropriately and limit your trip to your ability and experience. Use layers, as you can heat up and cool off quickly and carry a backpack with some water and trail mix or snack. Always let someone know where you are going, and when you should be expected back. A cell phone is good for emergencies."

There are great trails to explore at Hemlock Ridge Trail (Brockville – 2 km), Mac Johnson Wildlife Area (Brockville – 5 km), Westport-Rideau Trail (Chaffeys Locks – 28.9 km), Lion's Loop (Gananoque – 4.3 km), River Loop Trail (Gananoque – 7.5 km), Roger's Loop (Gananoque – 4.9 km), Management Trail (Kemptville – 2.3 km), Marlborough Forest – Rideau Trail (Merrickville – 26.9 km), Opinicon Loop – Rideau Trail (Perth – 23 km), Portland Bay Trail (Portland) and Mill Pond Trails (Tichborne – 6 km). You can also contact the Thousand Islands National Park. Throughout the area you will find beautiful trails that are well worth taking the time to discover and explore.

For more information on the trails in Leeds-Grenville, please go to www.ontariotrails.on.ca. LH



The first woman to represent Canada at the United Nations, 1961. Photo supplied by Nancy Casselman.



Exiting the House of Commons together MP Earl Rowe and MP Jean Casselman, the first father and daughter to serve together in Parliament, 1959. Photo supplied by Nancy Casselman.

SHE HELPED BRING THE CANADIAN CONSTITUTION HOME

By Lisa Crandall

There is a plaque honouring Jean Casselman Wadds (1920-2011) in Prescott's Centennial Park, but her story is far too interesting to be expressed so simply. She was an accomplished woman who led by example and that often meant being the first woman to step forward.

Casselman Wadds, a long-time resident of Prescott, Ontario is credited with being instrumental in getting the Canadian Constitution patriated to Canada. She was Canada's High Commissioner to the United Kingdom from 1979 to 1983. In his memoirs, Prime Minister Pierre E. Trudeau gave credit where credit was due, writing "It was thanks to three women that we were eventually able to reform our Constitution. The Queen, who was favourable, Margaret Thatcher, who undertook to do everything that our Parliament asked of her, and Jean Wadds,

who represented the interests of Canada so well in London."

Casselman Wadds grew up with a ring side seat in politics. Born on September 16 1920, in Newton Robinson. (at that time a rural hamlet north of Toronto) She was the daughter of a well-respected local politician, Earl Rowe, who eventually became the 20th Lt. Governor of Ontario (1963-1968).

She graduated from the University of Toronto with a BA in 1940, then went on to Business College. At the age of 26 she married another long-time politician, A.C. (Azra Clair) Casselman, known as Cass, who represented Grenville-Dundas for 33 years, from 1925 until 1958. He was a long-time family friend and they had met when she was still a child. They had two children together, a girl (Nancy Jean) and a boy (William Clair). He also had two children from

a previous marriage.

When Cass died unexpectedly in 1958, shortly after being re-elected, Jean stepped up to replace him, winning the seat in a bi-election. This made her only the 10th woman in Canada to sit as a member of the House of Commons. She held that seat in subsequent elections in 1961, 1962 and 1965.

While serving in government, Casselman Wadds travelled to China as part of the first commercial tour in 1959. This was at a time when the country was still very closed to foreign visitors. In 1961 she was in Moscow the day Yuri Gagarin, the first man in space, returned to earth (April 12). She was among the throngs of people in Red Square celebrating this historic event. She was also in Berlin the day before the Berlin Wall went up (August 13, 1961).

During her years in government, Casselman



Jean Casselman Wadds at the Taj Mahal, India. Probably taken 1965. Photo supplied by Nancy Casselman.



Doing the tourist thing in India, Jean Casselman Wadds (on the left), Margaret Aitken (on the right) and Robert Wadds (center front), probably taken 1965. Photo supplied by Nancy Casselman.



Close up of the plaque honoring Jean Casselman Wadds in Prescott's Centennial Park. Photo by Robert Erickson

Wadds was the first woman to represent Canada at the United Nations (1961). She was also the first woman to serve as a Parliamentary Secretary (for the Ministry of Health and Welfare) in 1962 and 1963.

In the 1960's she re-married to Toronto stockbroker Robert Wadds, taking the name Casselman Wadds. The marriage ended in divorce after 10 years, but she kept the name.

Although she lost her seat in government during the 1968 election, she remained active in government, acting as the National Secretary to the Progressive Conservative party from 1971 until 1975. She then moved on to the Ontario Municipal Board where she remained until 1979, when Prime Minister Joe Clark offered her the post of Canadian High Commissioner to the United Kingdom in London. Her continuing appointment was approved by Prime Minister Pierre Trudeau when he returned to power in 1980. As the Canadian High Commissioner to the United Kingdom, Casselman Wadds was not only the first woman to fill the role, but also the first Canadian to do so.

At the conclusion of her time in London, Casselman Wadds returned to Canada and

Prescott where she became one of the 13 commissioners on The Royal Commission on the Economic Union and Development Prospects for Canada, looking into the economic future of Canada. The final report of this group, known as the MacDonald Commission, recommended free trade with the United States in 1984.

Casselman Wadds received the Order of Canada in 1982. Shortly before that, in 1981, she had been awarded the Freedom of the City in London (England) in recognition of her work as Canada's High Commissioner. Over the years she also received honorary degrees from four Canadian universities; the University of Toronto, Dalhousie, Acadia and St. Thomas University in Fredericton.

After retiring from government life, Casselman Wadds settled into life at her long-time home in Prescott, a historic residence overlooking the St. Lawrence River. Besides keeping busy with her garden and swimming (her favorite activities), she sat on several high profile corporate boards including; The Royal Winnipeg Ballet, Bell Canada, Canadian Pacific, Air Canada and Royal Trust, as well as serving on the

boards of local organizations, such as the St. Lawrence Shakespeare Festival. Her annual parties for the cast and crew of the Festival are well remembered, and were enjoyed by all who attended. Her daughter Nancy, who inherited the family home, has continued that tradition and is already contemplating the 2018 event.

Casselman Wadds' love of travel was an important part of her retirement years. She owned a property in France, a small former priory, where her son Clair had established his home. She spent six weeks there with him each Spring and Fall. He inherited this property from her and continues to reside there. In addition to her visits to France, she and her daughter Nancy took six weeks each year to spend time travelling together. Nancy recalls fondly, trips to South Africa, Russia, China and Brazil. Her mother was particularly fond of Russia.

She died peacefully at home in her bedroom overlooking the St. Lawrence River. She was 91 and had lived a long and successful life, having contributed greatly to her country, her community and her family. **LH**



Different service clubs and organizations are eager to help



Pumpkins in two colours



Cherry tomatoes ripening

FEED YOUR COMMUNITY

with Plant a Row ~ Grow a Row

By Lorraine Payette

It can be hard to resist temptation when the seed catalogues start arriving in the mail. All those bright glossy photos of vegetables and flowers make that urge to get out and grow something of an overpowering force. The warm, fresh air; the chance to get down in the dirt and plant foods that are delicious to eat and good for you; the opportunity to share your handiwork with others in your family – the dream sends us to fill out forms and send those orders for seeds and plants, to start our tomatoes and peppers and other seedlings to be ready for that perfect moment to set them in the ground and get that garden going.

Why not move the dream one step farther along and plant some extra to donate to the food bank? Even a few plants can make a tremendous difference.

Yields of different fruits and vegetables vary, but a single tomato plant grown in a cage

can produce from 12 to 20 pounds while you can get 6-10 pounds of zucchinis or 6-10 bell peppers per plant. Imagine what you would get by putting in six extra plants. Ten-foot rows can produce 60 pounds of onions; 17 pounds of cucumbers; 10 heads of lettuce; 4 pounds of shelled peas; or 8 pounds of green beans. If enough people do this, the amount of food produced can be staggering.

This is exactly the idea behind the national Plant a Row • Grow a Row campaign.

“The success of a Plant a Row • Grow a Row campaign depends on getting the local gardening community pledged to donate fresh vegetables, fruit and herbs to food banks and/or soup kitchens in need,” says their official website.

“The Gananoque community garden is part of the Gananoque and Area Food Access Network which is linked to the Gananoque

Food Bank,” said Joanne Merkley, head of the Community Garden and member of the Food Bank. “We have 23 raised beds at the Arthur Street location and several new accessible beds have been built this fall on the west side of town in the Oak Street Park and will be ready for planting this spring.

“The national initiative Plant A Row • Grow A Row is promoted to our gardeners through garden meetings and our Facebook page.”

Although people usually think most about donating to the Food Banks over the Christmas season, need doesn't end with the holidays. Food insecurity is a frightening reality in our communities, and donations are more than gratefully accepted year-round.

Priorities have shifted to making healthier foods available to all, so the Food Banks now look for highly nutritious, vitamin rich fruits and vegetables in addition to lower fat, salt and sugar items. People of all ages use the service, and products for all ages from baby food through Ensure are more than welcome. Non-perishable staples like rice, pasta and dried beans are usually well stocked, so garden fresh foods are much appreciated.

“Local businesses such as Home Hardware, Thornbusch Landscaping and Donovan's Hardware donate all their produce to the Food Bank,” said Merkley. “The Food Bank also has a large garden bed.

“This past summer I had the opportunity to work with a co-operative student from GISS. I believe if they put in 110 to 120 hours of work during the summer, related to their future studies, they receive a credit. We

worked during the mornings watering, weeding and collecting fresh produce from the Food Bank gardens and one for the Culinary Program at GISS. In the afternoons we moved on to the Food Bank. We were able to portion out and distribute hundreds of pounds of fresh produce by the end of the season. This was a great opportunity for youth to learn about gardening and food insecurity in our community.

“All varieties of vegetables are popular choices for clients at the Food Bank, although beets aren’t as popular as other veggies. Root vegetables such as potatoes, carrots and parsnips are a bit better to grow, as they are less perishable, and can be harvested when needed by the Food Bank.”

People of all ages enjoy getting out and working in the gardens. While not everyone has space at home for a garden, the community gardens give them the opportunity to grow their own food and even help their neighbours.

Many of the local communities in Leeds-Grenville have Community Gardens and Food Banks. **Some of these are Gananoque and District Food Bank, 55 King St E, lower level, Gananoque, 613-382-4434; Operation Harvest Sharing - Food Bank, 58 Buell St, Brockville, 613-342-0605; The Salvation Army - Brockville - Emergency Assistance, 175 First Ave, Brockville, 613-342-5211; South Grenville Food Bank - Prescott 136 Henry Street West, 613-925-2444; South Grenville Food Bank - Cardinal Site, 618 County Rd 2, Cardinal, 613-657-1967; South Grenville Food Bank - Spencerville Site, 16 Centre St, Spencerville, 613-925-2444; Thousand Islands Baptist Church - Food Cupboard, 229 Park St, Brockville, 613-342-9552.**

The local Food Banks should be able to help you find a community garden near you or maybe you might have an interest in starting one and they can help with information on how to go about this worthy endeavour.

In Gananoque, there is a yearly fee of \$20 per bed which is waived for low income families (who will be supplied with seeds, plants, tools and the help of an experienced gardener if required). To adopt a bed, contact them at gan.communitygarden@gmail.com or message them on their Facebook page Gananoque Community Garden. **To learn more about the Plant a Row • Grow a Row program, please go to <https://www.millergroup.ca/wp-content/uploads/2017/03/plant-a-row-grow-a-row-2.pdf>. LH**



Darlene George and Gwen Hundrieser of the Gananoque Food bank couldn't wait to get started planting



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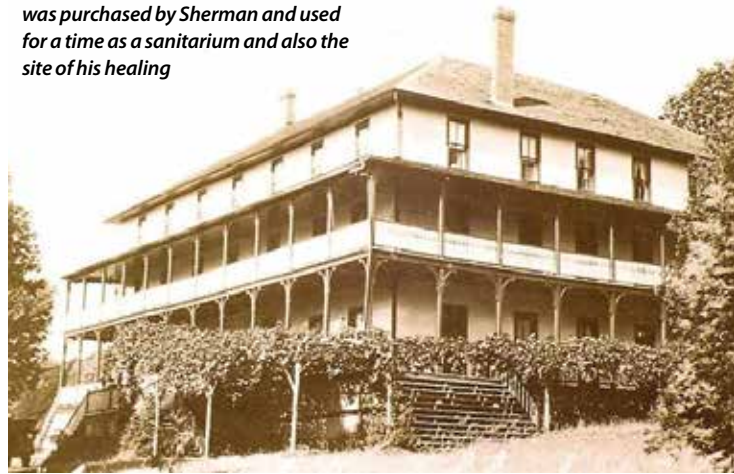
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Arza and his wife were known to be travelling entertainers.

The Cedar Park Inn on Charleston Lake was purchased by Sherman and used for a time as a sanitarium and also the site of his healing



THE ENTERPRISING AND ENERGETIC ARZA SHERMAN

By Sally Smid

One of the most colourful, inventive and industrious men in the history of Athens had to be Arza Sherman. Born in 1850, he was the son of Quakers Aaron Sherman and Johanna Robinson and had three siblings. Sherman dressed distinctively, wearing a black cutaway coat and carried a rifle or a fancy cane and had black, curly shoulder length hair. He married Charlotte Halliday and they had five children, losing two in infancy. Perhaps his first enterprise was a wood turning mill, thought to have been located on Isaac St., which produced wooden bowls, pails, and sleighs, and his business thrived. The Farmersville Reporter ad in 1888 declared him to be both a “manufacturer of cheese vats, hoops, and presses” as well as a “boiler fitter”.

The Sherman’s were also said to have travelled the country as “entertainers”. He was also known as an itinerant preacher, appearing in various rural school buildings where he “preached fire and brimstone”. Sherman was also reported to have been involved in “gold mining” near Donaldson Bay at Charleston Lake, where he secured mineral rights for 500 acres of land. He hired 20 workers, built a bunk house and

blacksmith shop and a “gold rush” ensued. While there were reports that gold was found, it turned out that what he did finally mine was quartz and sold the mine in 1901.

Perhaps his most interesting venture involved the Mineral Springs which were south of what is now Joseph St., the former Brick Works location. Near the close of the Works, as the clay was running out, timber workmen hit a spring which filled the hole with water on the property of I. C. Alguire. Eventually 3 springs were found, each having a different taste and smell. Curbing and a sidewalk from the springs were built and the water became famous for its curative powers. In 1884 a Reporter article told that the Springs were “pronounced by competent authority to be of excellent quality...It is hoped that when the B&W Railway is completed they may become the property of some enterprising adventurer who will develop this latent mine of wealth”. There was even mention of turning the “Mansion”, once in the location of the telephone building on Church St., into a sanitarium that would be connected to the Springs.

In 1907, Sherman purchased the property, also known as “The Flats” and the Reporter revealed that he intended to “develop the valuable mineral springs and make them as a health resort” and the “healing water” was marketed. A lodge was erected and a caretaker was hired. It also reported that he purchased the old Quaker meeting house east of the village and moved it to the mineral springs property.

Historian Edna Chant reported that, in his later years, Sherman discovered that “he had healing powers in his hands”. He purchased the Cedar Park Inn at Charleston Lake in 1913 and opened a clinic for patients suffering from paralysis, rheumatism, and similar illnesses. Many folks travelled to the Inn from long distances in wheel chairs, with canes and crutches and on stretchers. Many walked away under their own power. Chant wrote about how “nonbelievers claimed he got his power from an electric belt around his waist. Others claimed that he was able to transmit healing strength from his long luxuriant hair”. He also conducted clinics in the U.S. and seemed to have quite a following of wealthy Americans. His obituary attested that he travelled through Western Canada and the Southern United States as “a healer of ailments of which the flesh is heir, and became quite renowned in this line”.

Sherman died in 1918 at the age of 68 and is buried in the Athens cemetery.

At a time, even today, when rural economic development is often a concern, it is interesting to consider that over one hundred years ago an enterprising and energetic man like Arza Sherman had a vision for improvement and progress. He certainly contributed to the history of Athens in a most unique and very interesting way.

LH



GETTING THE MOST OUT OF MARCH BREAK

By Jonathan Vickers

So, it's March Break and the kids are off school. It seems like even with all the snow days and PA days they haven't really been at school at all this winter. For every parent the question becomes, what activities can I involve my kids or teenagers in that might not cost a lot of money? With one or both parents working, it becomes a challenge for a lot of families and sometimes with work schedules that take time off at March break, it's impossible at this time of year. Here are some helpful suggestions on how to keep your kids and teenagers busy, instead of playing video games or non-stop texting during their time off.

Have your kids invite some of their school friends over for a pot luck kids picnic indoors. The kids can work together to develop a theme for the day and the food and activities revolve around the picnic.

Check out local churches for day camps for kids/pre-teens and libraries for teenage activities. It is possible that some libraries may have computer clubs or Lego days and other activities on a daily basis. There will be costs involved for the day camps, but they will be less expensive than hiring a daily sitter.

Skating days at a public arena. Contact your municipal arena and see if there are public

skating days. A great way for the family or your kids to get exercise and fun. For teenagers, a great and inexpensive way to go on a date.

Go tobogganing or sledding. Who doesn't remember, in their youth, going down a hill at high speed and having a winter blast!!

Check out your local Museums and see what they have to offer.

How about a good ole' fashioned game of street hockey? Parents against the kids, is a lot

of fun, and the kids have a great laugh when they hear the parents yell out "CARI!" and the game has to stop for a minute. (check your local municipal bylaws first before playing on the street)

Get your teenager to volunteer his/her time. What a great way to teach about responsibility and giving back to the community. Food banks, Seniors Residences, MAAD, Libraries, youth volunteer Crew (through the EEC), the possibilities are endless.

For teenagers, babysitting jobs are a great way to earn money on this March Break. A lot of parents are working and have younger children that cannot be home alone. Start advertising your services and make a bit of cash. Also, be learning about responsibility along the way.

Arts and Crafts are a great way to have kids pass the time. Maybe get your child involved in developing a simple family tree project, and get their interest in their family roots.

For older teenagers finishing High School, this is a great opportunity to work on a resume for summer employment, and to start to think about how to pay for their college or university education. Its never too early to think about this and maybe visit some prospective employers to see what they are looking for in summer employment. Now that minimum wage has risen, the employment market for students may be tighter this year for small businesses and the hiring process.

March break can be challenging for some families that don't take a vacation, whose parents have to work. With a little planning and forethought, a lot of stress for the parents and kids can be lifted. An enjoyable week off with activities covered can be achieved. **LH**



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- ✓ Take in the history of Fort Wellington in Prescott and then visit the Riverwalk District in Prescott.
- ✓ Check out Winter Hiking and Snowshoeing in some of our local area spots and trails.
- ✓ Check out local winter festivals in the area and local maple syrup producers in late March and April
- ✓ Look at the beautiful Murals in Athens year round or have fun at Steamfair or Cornfest in the summer.
- ✓ Check out some of the area's lakes and rivers for ice fishing and winter fun on snowmobile trails in the area.
- ✓ Visit Gananoque or shop in the downtown with their unique shops and restaurants.
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re-discover what our area has to offer!**

