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Living Here

Living Here Contact us: 613-342-0428 24 Peden Blvd, Brockville, On www.livingherebrockville.weebly.com

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Living Here Magazine is locally owned by Marshall Enterprises and is published bi-monthly (6 times annually) and distributed free in over 250+ locations throughout Brockville/Prescott/Gananoque and surrounding communities. The publisher assumes no responsibility for opinions expressed and reserves the right to edit or refuse contributions that are discriminatory or derogatory.

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Letters to the editor: jmarsh46@bell.net Advertising: 613-342-0428, Jon Marshall

www.livingherebrockville.weebly.com

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Spinach Salad with Maple Vinegrette

You'll need...

10 cups baby spinach or mixed greens 1 small red onion thinly sliced in rings 1 can sliced beets or 1 cup halved seedless grapes 1 cup toasted pecan halves 1 cup crumbled feta cheese Toss first three ingredients together.

Top salad with pecans and feta just before serving

DRESSING

1/3 cup maple syrup 1/3 cup balsamic vinegar 1/3 cup extra virgin olive oil

To create...

→ Wisk ingredients together just before serving toss into salad ingredients

> Recipes provided by Karen Davis



Corned Beef and Cabbage Dinner

You'll need...

1-2lb corned beef brisket – some come with spice bags do not throw out!

1 tsp peppercorns

2 dried bay leaves

1 small head fresh cabbage

(remove outside leaves and cut into wedges)

1 lb baby red potatoes

6 large carrots peeled and cut into chunks 1 medium onion cut into wedges

To create...

- Use a large stock pot or Dutch oven. Place brisket into pot and generously cover with water. (do not rinse brisket, add spice packet if it comes with one) add peppercorns and bay leaves. Bring to a boil, reduce heat and simmer for 2 hours.
- After 2 hours, add potatoes and more water if necessary. Bring to a boil, reduce heat and simmer for 10 minutes. Add cabbage, onion and carrot, bring to a boil, reduce heat and simmer 20 minutes, until cabbage is tender.
- To serve: place vegetables into a serving bowl, top with lots of butter, slice corned beef cross grain. Serve with yellow mustard and Irish soda bread

Traditional Irish Soda Bread

You'll need...

3 1/4 cups all-purpose flour 1/3 cup plus 1 tbsp. sugar 1 tsp baking powder 1 tsp baking soda

1 tsp salt

½ cup cold butter cut into pieces 1 1/3 cups buttermilk ½ cup currants or raisins

To create...

- Preheat oven to 350°F grease baking sheet
- In large bowl mix together flour, 1/3 cup sugar, baking powder, baking soda and salt. Using pastry blender or two knives cut in butter until mixture resembles coarse crumbs. Make a well in dry ingredients and add buttermilk and raisins. Stir until moist.
- On lightly floured surface knead mixture 10 times. Shape into a 2 ½ inch round. Place on prepared baking sheet. Cut a ½ in deep X on top of loaf and sprinkle with 1 tbsp. sugar. Bake for 1 hour until golden brown. Remove from baking sheet, cool on a rack. Do not cut until completely cool. Cut into wedges and serve.





By Phil Melchers

Toriginally had come to the Netherlands I for various reasons. Prominently I had come to get a yearlong working visa. However, with immigration's bureaucracy processing at its usual pace I'd find myself waiting to receive any permits. Despite this meaning that I'd have to live off my current savings, not having immediate employment did give me time to explore. This was good, as second to working, I had also come to Europe simply for the experience. In being half-Dutch I have family this side of the globe, a side of myself I had yet to venture. So while I waited, I explored and though I have already experienced much in these foreign lands, I can't help but feel that I am coming to relive adolescence.

I attribute this feeling of coming adolescence to many factors. In referencing one factor, I remember during my travels (thus far) a specific point when I realized I was no longer in Canada. The feeling was like something my younger self would have felt upon exploring past the backyard fence. My world immediately expanded past any borders I had previously known in my life. This epiphany happened while I was at a pub for a traveller's meet-up. That night I was mingling with various Europeans and finding myself growing jealous of everywhere they had been. I realized suddenly that it was silly to feel envious. After all, I was now among them. It had been only my first week in Amsterdam. From here, so much of Europe was only just a train, plane, or bus ride away. In being a fan of BBC, naturally I set off for London a week later in hopes that I would find a certain Doctor (WHO that doctor was, I cannot say).



Photos Clockwise:

A bike against a wall in Zaandam, Netherlands; The Nieuwe Kerk in Dam Square; A canal in Amsterdam Magna Plaza Shopping Centre, formally the Amsterdam Post Office.

Though London was certainly an adventure, it would not compare to the culture shocks I would face upon returning to the Netherlands. Much like how the allegorical kid, now beyond his backyard, may become surprised at the newness of his world. I too would face similar excitement while running mundane errands with my Aunt Sandra. (Who presently is hosting me) If I could have fit, I would have sat perfectly in the seat of a grocery cart, rolling around excited to see all the strange Dutch foods. Most of which I could not pronounce. A similar sense of surprise also came to me the first time I went to the bathroom. To my embarrassment, I saw that toilets in the Netherlands had an added inner shelf. This shelf was there to collect any waste, giving a chance for observation before flush. A curiosity, I imagine, that is for health concerns only.



These are just a few examples of the new things I see every day, things that feed my sense of adolescence. They may be simple things or they may be great things, but for me, all the same, they are fresh experiences.

Though this feeling of second adolescence has been awkward at times, it has never stopped being fun. The excitement I get from looking at Google Maps and picking where to go next is immensely satisfying. As a Canadian, anything across the ocean feels so far, but once you do get across, the world becomes much more accessible. It also becomes so much more different. Not just bigger, but more diverse. In contrast, this also makes the world seem more human, more connected. Much as the boy can be a foreigner to his neighbouring city, I am a foreigner in this neighbouring continent, and yet, as a man from Sweden had said to me, "this doesn't make you, or any of us, any less human." This is a galvanizing thing to hear and certainly it has set the mood for my journey. There is a lot of Europe to see, and yet, as I sit here now, I aspire to try and see it all. To try and grow from this adolescence, to become a second man evermore, stronger than the first. LH



EDITORS NOTE

Phil Melchers is one of our freelance writers, and has written for Living Here since our inaugural publication in Nov 2013. Phil lives in Lyn, On and has decided as a twenty something young man to do what some of us wish we could have done; take a year out of our lives and explore the world. In this case he is in Europe where he hopes to work, travel and connect with his family's roots in The Netherlands. In our upcoming issues for 2015, Phil will write about his experiences through his eyes. We hope you as a reader will enjoy his take on travel and life on his journey this year.





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LET'S FALL IN LOVE with Sue Baker and the 1000 Islands Jazz Trio

By Brenda Visser

B rockville has a new quality Jazz group that is worth seeking out. Sue Baker left the region at the age of 18 to pursue a musical career. After many years of performing on the top 40 circuit, her innate passion for jazz and blues, lead her home to start a new journey which has earned her a dedicated fan base.

Singing legendary tunes from jazz greats such as Duke Ellington, Fats Waller, and Count Basie, Baker's rich voice is surrounded by the warm sound of keyboardist, Alan Ogborne, double bassist, Doug Dillon, and drummer, Roger Wooller. The chemistry in this group is magnetic and evident in their music, even though they have only been together for two years.

Regularly playing to a full house at the Grindstone Tapas Lounge in Brockville or Calamity Jane's Dining Lounge in Addison, Baker and the Jazz Trio performed to sold-out crowds at recent Thousand Island Jazz and Blues Festivals. Look for them at the Jazz Festival this year! To familiarize yourself with their music, you can also head to their website, www.sue-baker.com, and listen to some music clips. It is worth your time!

Baker has broad experience in the music world. She grew up in a household where music was always playing, and was influenced by the likes of Ella Fitzgerald, Barbra Streisand, Diana Krall, Shirley Bassey, and many more. As a young woman, she toured through Ontario and the East Coast with an A-circuit cover

Pictured left to right (Doug Dillon (bassist), Sue Baker, Roger Wooller (drums) and Alan Ogborne (keyboardist).

band, and throughout the 1980s and '90s she fronted contemporary bands Rumour's Out, The Motive, On the Rox, the All Girls Band, and the Children's Entertainment Group H & S Express.

She co-wrote and recorded an original album "On the Rox" and then released "Back to School" featuring classic children's songs with H & S Express. In 2007, however, Baker finally had the opportunity to get "back to her roots" and pursue her love for jazz and blues when she started performing with the Brian Downey Jazz Band. It even felt comfortable physically, as she had more stamina, and her vocal chords were not as strained.

As many, and perhaps most, people with artistic abilities will tell you, it is not easy making a living with music or any creative art. Baker maintains a part-time job to supplement her musical income, and ironically, her job at The Canadian Hearing Society began to play an integral part in her music several years ago.

Beginning with a high-pitched ringing in her ears, Baker gradually developed moderate hearing loss. She noticed it was becoming difficult to talk with people in small groups, on the telephone, or in crowded areas. Exposed to high decibels of music for most of her life, Baker was now experiencing a disability that could have seriously affected her career. Instead, she was pro-active and well aware of the consequences of not hearing well and chose to get her hearing tested. She now has two behind-the-ear hearing aids and is able to maintain her life and her singing. She advocates that all musicians invest in musician's ear plugs so the same does not happen to them.

Sue Baker and the 1000 Islands Jazz Trio love to be involved in the community. In addition to playing at local venues, they have performed at many charity events, such as for the United Way of Leeds and Grenville and the Brockville Community Foundation. They are available for private events including weddings, cocktail parties, and the like. They would love to hear from you! Please contact them at www.sue-baker.com, or email info@sue-baker.com. You will find that the warmth in their music is also part of their personality. I highly recommend them! You just might fall in love... LH



SHOOTING FOR ADVENTURE

By Joan Rupert-Barkley

If you have never been to a Gun & Sportsman show, and you have often wondered what it was all about, you should take the time and visit this year's annual show. Their aim (no pun intended) this year is to have something for everyone.

The Grenville Fish & Game Club has existed for more than 60 years and offers shooting, hunting, fishing and archery activities to the young and young at heart. In the summer months, the club's pontoon boat is busy being used by groups such as 4H Club, Boy Scouts, Girl Guides, Palliative Care patients, and residents of retirement homes. According to Lynn Holmes, (special events chairman) the demand for the pontoon boat became so popular the club decided to give a different kind of experience and introduced kayaking. Their kayaks have been seen at such events as Kayaking for Cancer, Terry Fox Run and the Spencerville Mill Heritage Site.

"I want our club to be a family-oriented club. Hunting and fishing is far from a man's sport anymore. Last year we had a lot of women join the club, which I think is fantastic because that is how you keep a club as a family-oriented club," Lynn added.

Another activity the club offers is a 10-week archery program which gives the participants an introduction to archery. The latest group that started in January has 25 participants and more than half of them are children. Nine year old Kaden Jessop of Roebuck has been taking this program for the last three years and recently competed in an Indoor 3D Archery Shoot Competition on January 11th. Similar competitions will occur in May and September.

The Grenville Fish & Game Club will be holding their annual Gun and Sportsman Show on April 4 and 5. The show runs from 9 am to 4 pm on Saturday and from 9 am to 3 pm on Sunday. Admission fee is \$5.00. Ladies and accompanied children under the age of 16 are free. The club is located at 2596 Campbell Road North in Prescott. A \$5.00 breakfast will be served both days and the clubhouse will also be open for lunch during the show.

Akina Ohlman, Kaden Jessop and Austin Malanka competed in an Indoor 3D Archery Shoot Competition on January 11, 2015

More than 30 different vendors will have firearms, archery equipment, wood carvings, leather goods and general fishing and hunting gear available for people to buy, sell or trade. Tables can be rented for \$25.00 each.

One unique event at this show will be the 50 cent shot. This activity is good for people who want to try the experience of shooting a gun.

"For 50 cents you can try different types of guns. You can try a shotgun or a rifle on the rifle range or you can try your hand at a pistol. I think the Cowboy Action Group will also have guns to try," said Holmes.

The Cowboy Action Group are men and women from the club who dress in period costumes and demonstrate firearms typical of those used in the Old West.

There will also be a Goose Calling Competition. The judges will hide in a black ice shack while participants perform their calls. Children and adults can take part in this event. LH

To learn more about the Grenville Fish & Game Club, go to their website at www. grenvillefishandgame.com. If you would like more information about the Gun & Sportsman Show, or you want to reserve a table, you can contact Lynn Holmes at 613-925-3408 or at laholmes@truespeed.ca.



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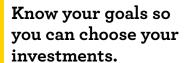
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THE LEGACY OF BENEDICT ARNOLD

American Traitor, Father of Community Good in Athens, Ontario

By Lorraine Payette

7hen our American neighbours think of Benedict Arnold, the immediate image is that of a traitor to one's country, so bad, he turned his back on everything he and his family, friends and neighbours hold dear, for no understandable reason. Fame? Fortune? Love of a woman? All played a part in him turning his back on his country. How could any place find a value in such a

In Athens, Ontario, however, you'll find a different viewpoint altogether.

"Oh, yes," says Sally Smid, local historian. "We know Benedict Arnold. His descendants settled here and did amazing things for Athens."

Arnold is best remembered for his military exploits. A dedicated soldier, he fought long and hard as a member of the Sons of Liberty, eventually becoming an officer in the young Continental Army. He was wounded in battle several times and known to be charismatic and moody with a stormy temper. He spent far more than he earned, often squandering not only his own money but that entrusted to him for his troops. He was passed over for promotion on occasion, and felt unreasonably slighted. He began selling military secrets to the British, becoming a secret Loyalist. Eventually, he was given command of West Point, which he offered to weaken and turn over to the British. The plot was uncovered, and he

Top: A young Benedict Arnold (from the net); Right: House at 3 Elma Street, former residence of Richard and Morton Arnold (submitted photo)

escaped down the Hudson to the sloop of war Vulture, which brought him safely to the other side.

He had married Margaret Mansfield in 1767 and had three children by her. Then after her death in 1775, he met and married Peggy (Margaret) Shippen in 1779, having five children by her. Most of these offspring went on to illustrious careers in the military. But it was another child, from the wrong side of the sheet, who made all the difference in Leeds-Grenville.

According to the History of Leeds and Grenville by Thaddeus W. H. Leavitt, 1879, the British Government awarded large tracts of land to the Loyalists, whether they were disbanded soldiers or refugees:

"... The scale of granting land was: To a field-officer, 5,000 acres; captain, 3,000; subaltern, 2,000; private, 200.

"Among the individuals of note who received grants, was Benedict Arnold, the traitor, who drew 18,000 acres, besides having given to him, as a reward for his treachery, \$50,000. Several of the blocks were in the United Counties, one lot being perhaps, the finest farm in Central Canada, situated near Kilmarnock..."

Although Arnold and his legitimate descendants never were known to live in the area, the ninth child, John Sage Arnold, is known as the ancestor of most of the Arnolds whose influence helped to build Canada. Born on April 14, 1786, he was a





prosperous farmer, well established in the Athens area. His grave marker can be found in the Leheigh Cemetery, indicating that he died on October 22, 1831, at the age of 45.

His mother is unknown, although she may have been named Margaret Sage. His father is unlisted, but John either took or was given the Arnold name. What is known is that his children and their children went on to become outstanding pillars of the entire area, from Smiths Falls to Brockville, particularly the Athens community, contributing at many levels.

In 1878, Morton Arnold built a new high school in Athens (sadly, no longer in existence). Leavitt described it as "a structure ... of beautiful blue limestone, main building 44x64 feet, with an entrance 16x24. The facings were of white cut stone, the interior containing lecture rooms, music hall, library and all the modern conveniences. The situation is admirable, commanding a view of an extensive stretch of country; the intention being to make the grounds equal to those of any attached to a High School in the Province."

Also well known was Henry H. Arnold, who ran a mercantile on Main Street in Athens from 1877 to 1939. He was instrumental in the building of the Central Block in 1887. He was also a member of the High School Board (1885 – 1925), taking the position as chairman for many years and serving as secretary-treasurer for 30 years. He was a member of the Canadian Order of Chosen Friends, the Athens I.O.O.F. (Odd Fellows), and a charter member of the Athens Rising Sun Lodge. He served as treasurer of





Clockwise: Athens High School, 1878, built by Morton Arnold – plate from Leavitt's History of Leeds and Grenville; Athens Central Block ca 1890 – Henry H. Arnold and his staff posing in front of the store in the lower right corner – photo at Athens museum; Athens Central Block in January, 2015 – a hardware store now fills the space once held by H. H. Arnold (photo by Lorraine Payette)

the Village of Athens for 7 years, and was publicly mourned as "one of Athens most prominent citizens" when he passed away in 1945 at the age of 90. He had five children, some of whom may still have descendants living in Athens today. His store in the Central Block was immortalized in a mural on the Stedman's Store in Athens.

Richard Arnold was known to be living in the house at 3 Elma Street in 1901, and it was later taken over by his son Morford. Almost everywhere you look in Athens, you will find

evidence of the Arnolds and all they did for this community.

Was Benedict a hero or villain?

"To us, you might say he was a hero," says Smid. "Where would Athens be today without him?"

To learn more, go on-line and read History of Leeds and Grenville by Thaddeus W. H. Leavitt, 1879, find a copy of Benedict Arnold: A Traitor in Our Midst by Barry Wilson, or search the net for Benedict Arnold and his descendants. LH

Speaking of wine

By Russ Disotell

Easter is fast approaching and for many that means lamb on the table. Lamb is less gamey than mutton, but still has rich flavours that are matched nicely by dry, fruit forward red wines.

f you're on a budget, expect a large crowd for dinner or are entertaining people with only a passing interest in wine then Portugal's Fonseca Periquita 2012 (CSPC# 25262, \$8.95) is the wine for you. Sporting a very affordable price tag Periguita is a simple, straightforward honest wine, easy for everyone to enjoy. You can expect a medium to full-bodied wine with forward fruit, wonderful balance and a finish with good length. Cherry, plum, dried fig and raspberry fruit are abundant with a touch of spice (think oregano) and enough crisp acidity to balance out the fruit and match our lamb dishes.

Chile's Montes Twins Malbec Cabernet Sauvignon 2012 (CSPC#352054, \$12.90) is a full-bodied, soft, ripe blend that combines the structure and richness of a Cabernet with the velvety texture of Malbec. Deep, rich flavours of plum, blackberry and licorice, with wisps of toasty oak and clove, vanilla and cinnamon, herbal overtones overlay a framework of soft tannins and outstanding acidity. The flavourful, elegant finish has great length and depth. This Chilean is a superb match for your best roast lamb recipe.

A pair of Aussie Shiraz finishes off this month's list. McWilliam's Hanwood Estate Shiraz 2013 (CSPC#610683, \$14.95) offers very good value in its price range. The first thing you will notice is its deep purple colour, offering a promise of the pleasures to come. The open nose offers fragrant ripe red berry fruit and clean cedar

aromas. The palate features plenty of spicy berry, plum, sour cherry and black currant fruit with balanced acidity and moderate to soft tannins, all of which combine for a superlative structure. The finish is lingering and elegant. Match this charmer with grilled lamb. On other occasions, it is a perfect partner with your best steak.

Shingleback "Red Knot" Shiraz 2013 (CSPC#619395, \$17.95) is the vinuous equivalent to bringing out the good china. The step up in price brings more complexity and deeper, richer flavours. Spicy dark berry and coffee/mocha aromas dominate the nose. The palate offers up the vibrant red cherry and plum flavours Aussie Shiraz is famous for, supplemented by layers of blackberry, raspberry and cherry fruit, chocolate, vanilla and herbaceous spice. Medium soft tannins and an abundance of food friendly acidity complete the structural components. The finish has unbelievable length and elegance. Partner with rack of lamb, sit back and enjoy!

Russ Disotell enjoyed a twelve year career with the LCBO. He spent the last four years as Product Advisor in Vintages purchasing where he was a member of the buying panel and endured the arduous task of tasting products every week! Since leaving the Board he has written columns and articles on wine, helped develop wine lists and conducted wine tastings. LH





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love of people mixed with an understanding of their wants and needs have made Burt Hudson Real Estate Ltd., Brokerage into the successful business people in Athens and surrounding area have come to know and trust for 40 years.

"We're teachers," said Burt Hudson, founder. "People come to us with an idea, and we teach them what they need to know to make that idea a reality."

He started his career in real estate in Kingston in 1966 after marrying Kathryn. Working there for several years taught him the industry, providing special insights into the needs of his clients.

Athens was home, however, and he just couldn't resist its allure. In 1971, they moved back, bringing their children with them. They quickly settled in, renewing old friendships. Burt joined the Athens Lions Club, and Kathryn volunteered at the church and school. In the summers, the whole family would go out to enjoy their cottage at Charleston Lake.

By 1975, Burt knew that Athens had everything he wanted professionally as well. He took his broker's course and in March, opened Burt Hudson Real Estate Ltd., Brokerage.

"We started in our dining room," said Kathryn. "It was small, but we were able to do everything there."

The family's warm and friendly personalities won people over, and the company grew rapidly. They soon hired three sales people and a full time receptionist, and added an extension to the house itself to accommodate the busy office.

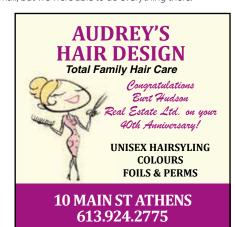
In 1977, they sold the village home and moved to a farm to the south of Athens. They rented a building on Main Street for their office, eventually buying 10 Main Street East in 1983 where the business is still located.

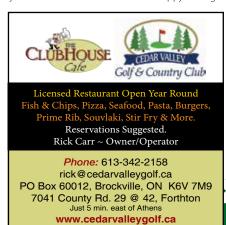
"On the farm, everyone helps with the work," said Burt. "Justin helped out not only at home but in the business

Growing up in the real estate business has sharpened Justin's skills and helped him understand the needs of

"The firm is built on family values," said Justin. "Hard work, integrity, honesty and up-to-the-moment knowledge and expertise have enabled us to maintain a high profile business in Athens and area."

Burt and Kathryn passed the torch to Justin and Tracie in 2009, and they continue to move into the future with the clients in mind. Using the latest technology and a thorough knowledge of the system, they go out of their way to make sure that each deal has a happy ending.





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"There isn't anything we won't do, any place we won't go, to make the customer happy," said Tracie. "We want people to love where they are and be willing to share their experience with everyone they know."

Over time, the family has participated in more than 20 local service clubs and organizations, giving back all they can to the community. When Justin and his wife Tracie

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assumed ownership of the company, Burt remained as a broker and Kathryn as part-time receptionist and broker. Justin knew it was the best way to go.

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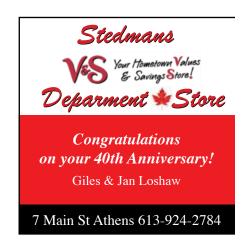
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THE GET WELL GANG

Warming Heads and Hearts of Cancer Patients Throughout Canada and Beyond

By Lorraine Payette

"To warm the heads and hearts of cancer patients" - The Get Well Gang motto

A simple gift can sometimes lead to overwhelming joy for thousands of people. In Gretchen Huntley's case, it was a gift of a hat she made as a way to memorialize her dear friend, Celeste Rausch, and presented it to a relative of a friend who was dealing with cancer. Little did she know that this gesture would reach so many people.

"To date our group has donated over 27,000 caps across Canada and a few into the US," said Huntley, founder of the Get Well Gang. "Our hats are shipped to over 72 locations across Canada."

Huntley first hand crocheted a 100% cotton cap of her own design which she donated at the TD Bank in Gananoque in February, 2003.

"The first version was a bit awkward," she said. After she received help writing it down, and when people saw the finished product, they wanted to help.

Soon, several bank employees were crocheting caps and making them available for donation. Those who didn't crochet pitched in cash to help pay for shipping and distribution.

"I have no idea of the number of people who make hats, as they are spread far and wide across Canada," says Huntley. "Many people just deliver the hats to their local cancer centres and drop me a note with the number of hats and the locations where they have delivered them. We have a large group of crafters in Ottawa, and a wonderful group in Brockville. In the spring of 2014, I had a little get together as a thank you, and we had about 30 people attend. They came from Gananoque, Kingston, Brockville, Ottawa and even Havelock."

Thus the Get Well Gang was born. Knit patterns were developed, and there are now nine patterns available: two children's patterns (one each in knit and crochet), four women's (two knit, two crochet), two men's (one in crochet, one knit), and one unisex with optional flower. Patterns are free and anyone who can knit or crochet is encouraged to make and donate caps for the cause.

"Absolutely no money changes hands," says Huntley. "These are gifts of caring from 'The Get Well Gang' to the recipient. To personalize the gift, each hat carries a card signed by the person who handcrafted the hat. Even people who don't crochet want to get involved, so some cards are signed by the person who generously donated the materials."

To participate, buy a ball of 100% cotton, and then knit or crochet a hat using a pattern of your choice, or one from the selection on the website at www.getwellgang.ca . It is important that the hats be made of 100% cotton to guarantee maximum comfort for the recipient. Make sure to print out gift enclosure cards from the website, sign the front of the card, attach it to the hat, then donate the completed project and drop Huntley a note.

"That is all it takes," says Huntley "no dues, no politics, no meetings – just a group of people who care, and want to give a little of themselves to someone going through a difficult time."

Hats may be requested by contacting
Huntley through the website, or through their
Facebook page, or by picking them up at KRCC,
or many of the cancer centres across Canada.
The Get Well Gang is not a registered charity,
therefore cannot provide tax receipts, but they
do appreciate cash donations to help pay for
shipping. They ask that crafters supply their
own materials.

To learn more or to become involved as a Get Well Gang member/volunteer, please go to **www.getwellgang.ca**. **L**H



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CHASING DOWN THE JAMES GANG

By: Joe Martelle

Jesse and Frank James are two of the most fabled and legendary figures in U.S. history. The Wild West outlaws, whose folklore is recounted anywhere from being cold blooded killers to being the cowboy equivalent to Robin Hood, have seemingly stolen the heart of American history. Does Eastern Ontario also get bragging rights to having a link to the most famous bandits of all time? Local legend in several South Grenville communities says we do.

Did Frank James really hide out in Mallorytown?

Media reports of Frank James hiding out in the region surfaced in the early 1980's. Those accounts revolve around local claims that in 1882, in the wake of his Brother Jesse's assassination, and while on the run from U.S. authorities, the elder

James sibling was harboured by a local guide and reputed rum-runner, John Gibson.

Lifelong resident Historian David Wells, is the author of The History of *Mallorytown: Fact, Folklore and Fiction*. He confirms that the James story has always been part of the local culture. "I'm 67 years old and never really lived anywhere but in this township. Back when I was a kid you always heard legends of stuff, and rumours of stuff, and Frank James's name would always come up...because I hung around with the kids who lived in the house he was supposed to have stayed in."

While researching his book, Wells discovered a similar account about a local resident. "His great grandfather was a Gibson who owned that brick house

Top: Pic of Gibson house in Mallorytown which was a tavern where he hid for a year; **Right:** Frank James circa 1898; **Far Right:** Did American outlaw Frank James really frequent the hamlet of Brousville?

in Mallorytown, where Frank James was supposed to have stayed. The story goes, and what this guy said, is that when he was a kid he was talking to a Gibson lady. She was a relative of his, and she can remember seeing Frank James ride into town from the west on Number Two Highway on the first motorcycle they had ever seen in the village. He came to visit this Gibson, (who was) her uncle or father, because he apparently stayed there with him when he was running away from bank robberies in the States. He stayed for about a year, they said, in this room upstairs. This Gibson guy was a rum-runner. Then James went back to the states and served about eight years for bank robbery. He came back over to visit one time, apparently he was headed down towards the Cardinal/ Brouseville area to buy horses."

Wells is not the only Historian to raise accounts of the possibility of Frank James being in this area of the province. The 1995 book *Edwardsburgh Township History*, authored by a group of local Historians, also makes mention of the James

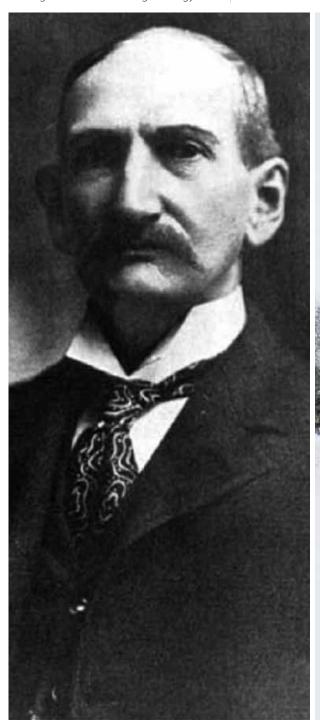
connection. In this account, Frank James is reputed to have visited the Anderson Farm in Brouseville on multiple occasions. Mr. Anderson was a breeder and dealer of race horses. Legend has it that James spent many nights as a guest of the family while watching local races and purchasing horses. The horses were said to have been ferried across the St. Lawrence, back into the U.S.

Eric F. James is a co-founder of The James Preservation Trust and one of the world's leading authorities on the genealogy

and history of the Jesse James family. Contacted at his Kentucky residence, Eric could neither confirm nor deny any truth to whether Frank James ever visited Eastern Ontario. He did offer a link to the James family and Canadian horses via his research on a fellow historian and author. "William Preston Magnum III wrote the book *My Kingdom for a Horse*. A review of Preston's book doesn't show anything about Frank in Canada. It does, however, show horse sales in Canada during the Civil War years by R. A. Alexander, whose

farm sits behind the ordinary where Frank's mother was born. This is the same period when Quantrill and Frank came through this area stealing horses from that

Did one of American history's most colourful characters really spend time in Eastern Ontario or is this just a rural urban legend of epic proportion? In this case, perhaps the truth is in the mind of the believer. LH







60 YEARS OF COMMUNITY SERVICE AND LEADERSHIP

By Joe Martelle

Every year thousands of Canadians join their local Volunteer Fire Department. It's an occupation that, no pun intended, has one of the highest burn out rates of all forms of community service. Participating in a lifestyle that demands rigorous training and a willingness to put the needs of others before your own tends to lose its appeal. That is not true everywhere...and certainly not in Edwardsburgh-Cardinal.

On a blustery winter morning I sat down with five men inside a quiet fire hall just outside Spencerville. The fire department in this rural community has been in existence since 1951. The men seated around me have all proudly served as Fire Chief of the local department. Collectively they represent leadership spanning almost 60 years. They all still reside in the

community. They are all still affiliated with the ECFD.

Chief Leslie Hutton took the role in 1956. His was a time when the department lacked some of the luxuries it has today. His early equipment pales in comparison to the nine truck fleet housed inside the township's two fire stations today. He recalls one of the first trucks they used was a far cry from today's equipment. "It was an old, made over truck, with no power steering. There was a 1000 gallon tank with a gas powered, portable pump on the backend. That old tanker...well took four hands to steer the galdarn thing, but it severed it's purpose."

Chief Ralph Dukelow took the reins on New Year's Day 1977. In 1987, he passed the torch (or perhaps the extinguisher) to Chief James Purcell, who served until 2008. Chief James Grant bridged the gap until the township's current Chief, Dave Grant took on the position in 2011.

There is a degree of awe that accompanies sitting in a room with a handful of men that have given so much to the locality. The first question that comes to mind is the most memorable fire the township has seen?

Les Hutton answers in a heartbeat. "The Presbyterian Church!"

"Yeah, that was a bad one. It was October 13th 1974, gutted the whole church...just left the walls." Jim Purcell agrees. "Then there was a big hog barn that burned down below Shanly. That was one of the longest fires. I had just got into bed around 11:00 o'clock, and the pager went

Left: Chiefs- Leslie Hutton, Ralph Dukelow, James Purcell, James Grant and Dave Grant.; **Bottom:** Parade pic includes original truck from 1951 when the department was created.

off. We were there until eight or nine in the morning. Kemptville was out. Iroquois was there. A lot of pigs burned, but a lot suffered smoke inhalation and had to be put down."

For Ralph Dukelow, one memorable time on his watch was a period in the 70's after the provincial government had purchased a number of homes in the southern section of the municipality. They were known as the Edwardsburgh Land Bank. "We had guite a few fires in the Land Bank. They burnt those down. Every other week we had one. They didn't have insurance on them. I don't know the reason why they burned them, but most of them got burned."

For acting Chief Dave Grant, memories come more in the form of the people, rather than the fires. "No memorable fires but memorable volunteers and memorable relationships. That's probably the key for me. Look (around the room) you've got since 1956, still around, still dedicating, still participating. I look at

the aspect of selfless dedication of all the members. The ones that have come and gone, and the ones that are still here."

In his eyes, the quality of those people set his community apart from the larger urban areas. "It's a tribute to the smaller communities that we live in, and protect. You have that longevity and camaraderie, where you can still come and take a picture (of chiefs) from 1956 to 2015. You don't get that in the bigger areas."

It's a morning filled with tales of memories. Mostly good, some bad and a few delivered "off the record" in the midst of laughter. But it is crystal clear that there is no regret of five lifetimes of service. For the most part, the pros have greatly outweighed the cons. Despite the challenges, it's a life they still recommend.

As one of the more recent chiefs, Jim Grant can appreciate the changes in the department. "While measuring the pros and cons, I think the biggest con today, is the amount of time that is required to train and to learn to get up to speed. People come on and they don't realize what's involved. I think right now the average across Canada for a volunteer fire fighter is 5 years, which basically defies what

has made up this department. Since its inception in '51, a lot of people stayed a long time...but with the new ones coming on, it's a difficult balancing act."

For Ralph Dukelow, the rewards for those who stick around are almost beyond words. "Whenever that siren used to blow or the pager went off, it was a call for help from somebody. You're able to respond to that call and it's an important feeling to be part of that. I don't care what anybody says, it's a special group of people that make up the fire service. It's a team effort and a lot of pulling together."

"That,' agrees Dave Grant, 'is a feeling that never goes out of style. You end up being a difference maker. I think not just from a chief or an officer level, but from every level, you become a community leader and that's something other members of the community look up to. We certainly, as an organization, don't always agree on all aspects, but when push comes to shove and there is a call or someone is in need... we are unified. That's just a testament to the character of firefighters."

Edwardsburgh-Cardinal residents would agree. LH



LOCAL IRISH **CULTURE**

Alive and Well



By: Russ Disotell

hey say that on St. Patrick's Day, everyone is Irish, at least for the day. However, a recent survey found that nearly one in five Canadians can claim some Irish heritage. This statement may come as a surprise to many, but the facts bear out its validity. Between 1831 and 1850 nearly 600,000 Irish immigrants arrived in the provinces that would form Canada. In 1867 the Irish comprised twenty four percent of the Canadian population, the second largest ethnic group after the French.

In our region, Irish immigrants were instrumental in the settlement of the back townships, those further from the St. Lawrence. After the War of 1812, Irish immigrants came seeking work on projects, such as canals, roads, railways and in the lumber industry. The Rideau Canal (1826-32) was completed largely by a French-Canadian and Irish workforce.

On March 17, 1996 the Irish Cultural Society of Brockville was formed to promote the culture of Ireland in Brockville and the area. The genesis of the society involved a trip to Spiddal County, Galway and locals performing Irish Set Dancing, a fortuitous meeting on a cruise of the

St. Lawrence, Ottawa's Kendellan Irish Dancers, and Eithne Dunbar's abiding love for Irish dance, the Brockville & District Multicultural Festival and Eithne's persistent daughters, who wanted to have Irish participation in the Festival. That is the abridged version!

Since that March evening, the Irish Cultural Society has performed yeoman duty in promoting Irish dance, music, literature and culture. In this effort, they have helped promote, support and educate the area's local artistic community. Irish dance classes began in Brockville in 1996 with Eithne teaching her daughters and friends the steps she knew in a space kindly supplied by St. Mary's School. Once they had learned everything she could teach, Kathleen Coyle, a qualified Irish Dance teacher from Ottawa, came to Brockville to teach. This past February it was announced that Ceili Dancing for Adults has been offered on the first Wednesday of each month by Jessica McGrath of the McGrath School of Irish Dance.

There have been numerous Irish musicians and bands stop in Brockville to ply their trade, beginning in 1997, when the first



Irish Cultural Society concert filled the BCI auditorium. Since then, Brockville has become a desired stop for top musical talent on tour from Ireland. There is an added benefit to these visits. Visiting musicians have held workshops in the area to encourage local talent. Bands such as Fiddlers Plus, Slainte and Dublin Road are products of these workshops. Eithne Dunbar has recorded two CDs of Celtic music in support of the Irish Language movement (Gaeltacht Canada).

Slainte/Dublin Road have performed at the annual New Year's Eve Concerts for 17 vears now. The Irish Booth will be back at the Multicultural Festival in May with the McGrath School of Irish Dance being a part of the entertainment. There is a concert of Irish music at the Brockville Library on March 13th, and an Irish film, also at the Library, on March 15th. There will be a dinner and dance at the Brockville Country Club to be held on Friday March 20th.

On a literary note, the annual Bloomsday celebration of James Joyce is taking place on June 16th. As well, there are plans in the works for a Government of Ireland exhibition, commemorating the 150th anniversary of W.B.Yeats' birth in August. Not to mention rumblings of an Oscar Wilde project in the works.

"Now, back to the question of everyone being Irish?" To join the Irish Cultural Society, "All you need is a love of dance, storytelling and/or music." LH





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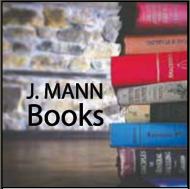


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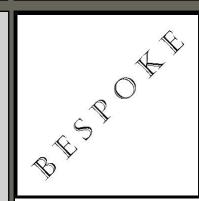


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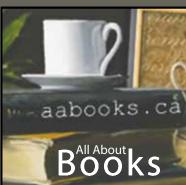
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JOANNE LANCASTER

Gananoque's RCL Honouree of the Year

By Lorraine Payette

Joanne Lancaster (seated) receiving her Honouree of the Year certificate from Branch 92 Legion President Cliff Weir and Councillor Anne Warren on New Year's Day in Gananoque

ananoque's Joanne Lancaster looks pretty much the way you'd expect a retired teacher to look. Small, pleasant, twinkling eyes, great smile, an all around nice person. But she's hiding a great secret right out in the open.

In January, she was the Branch 92 Royal Canadian Legion's Honouree of the year.

They recognized her as:

- President of the Gananoque Rotary Club
- President of the local Food Bank
- Head of the Gananoque RibFest
- Recipient of the 2014 Paul Harris Award
- President of the Carveth Care Auxiliary
- · Volunteer at Carveth Care
- · Canada Day Children's activities volunteer
- Volunteer at the Lansdowne Fair
- Volunteer usher at the Thousand Islands Playhouse
- Assists with the 50/50 draw at the Firehall Theatre
- Volunteer and canvasser for the Heart and Stroke Society
- Volunteers and works for the Salvation Army in Gananoque
- Co-ordinate's the annual Kettle Campaign for the local Salvation Army
- Volunteers and canvasses for the Canadian Cancer Society

When her name was announced by Ken Stewart at the Legion, she was stunned.

"I just can't believe it," she said. "Volunteering is not really time consuming. Anyone with some time to spare might enjoy one of the many opportunities to volunteer. It's rewarding, it's fun and you meet a lot of interesting, kind people."

Raised and educated in Toronto, she went on to a rewarding career as a teacher. In 1977, she moved to this area to pursue a business, and then in 1980 found herself teaching for a year at Linklater PS in Gananoque. This was followed by three years at Boundary PS in Prescott, and finally moving on to Sweet's Corners in Lyndhurst.

"For me, teaching was an amazing, super rewarding job – enjoyable, fun, and always different experiences, situations, and children – a profession where money is (an added bonus for what you love to do)," she said.







Top: Joanne Lancaster (second from right, standing) donating Child Identification Packets to students at Sweet's Corners Public School in her position as Rotary President; **Top Left:** Joanne Lancaster, volunteer extraordinaire; **Top Right:** Joanne Lancaster (fourth from left, standing) working to bring in the collection at the Gananoque Food Bank's annual Harvest Drive

She retired after that to look after her grandchild. She couldn't stand being idle, so she found ways to stay busy.

"I took my granddaughter to every event, class, group or whatever, for fun things to pursue," she said.

At the time there was an early childhood group at the Salvation Army where they frequented.

Getting to know the people convinced her to volunteer, and without realizing it, she had opened a new chapter in her life.

"I became a volunteer with (them) and have been there ever since. When they required a volunteer to co-ordinate the kettle campaign in 2009. I decided I could do it."

She has sat with the kettle, helped distribute snow suits, and assisted with the hot lunch campaign at the Army. This was the start, and it wasn't long before she found other places in need of her help.

Soon she was giving time to the Rotary, then Carveth Care, then the Playhouse, then... Every time she turned around she saw someone or something that needed just a

little bit of help, that extra push to make things better.

"My family is supportive of the volunteering," said Lancaster. "They know I'm not one to sit and read or pursue housework. My family, of course, always comes first. If they need me, I'm there. As a volunteer, there has never been a conflict. It's easy to do.

"The Playhouse is only open May to October and my schedule might be twice a month. The Salvation Army kettle campaign is only November/December. Rotary is every Tuesday. Maybe it sounds like a lot, but I figure there are at least thirty days in the month – it's nice to keep busy. Who knows? Maybe one day I will be in a situation where I will appreciate having someone volunteer to help me...." LH



THE COLOURFUL TOM COSSITT

By Brenda Visser

If you grew up in the 1970s, you may remember hearing about Prime Minister Pierre Elliot Trudeau. If you grew up in the 1970s in Brockville, then you might remember how local Member of Parliament, Tom Cossitt, was a long-time adversary to Trudeau, and not afraid of controversy. Cossitt had formerly been the vice-president of the Ontario Liberal Federation, but before he was elected to the House of Commons switched allegiance to the Progressive Conservatives. He won the local riding in 1972, 1974, 1979, and 1980. A newspaper article from 1982 described him as having "fanatical persistence".

Thomas Charles Cossitt (1927-1982) was born to an established Brockville family. His ancestors owned the highly successful Cossitt Brothers Agricultural Implement Factory in the late 1800s, making farm implements such as hay rakes, disc harrows, cream separators and the like. The family business eventually dissolved, with some of the family moving into the insurance business, which Tom also operated after

graduating from the University of Toronto. The Cummings-Cossitt website today says they have been in business since 1870.

The Cossitt family was known for their advocacy of and involvement in sports. Tom particularly liked hockey and was the Brockville Hornets midgets president, while other family members were involved with lacrosse, cycling, golf, rowing, curling, and marksmanship. He was well travelled and a collector of North American patterned glass. Undoubtedly, Tom learned a lot through his family's entrepreneurial spirit and sportsmanship as he grew. He had a sharp mind, was well educated, and was motivated, leading him to have an illustrious career.

It would seem that Tom Cossitt was not one to be quiet. He worked as a summer student for the Recorder & Times, and for years had a voice through the local newspaper. He became Brockville's youngest Alderman in 1949 at the age of 26. The files in the Brockville Museum also include letters of reaction from the public to the words of this bold man.

Cossitt used his voice not just for himself, but also for the welfare of others. In one particular case, he lobbied for four years- at first as a private citizen- to have Ronald Patrick Lippert freed from a Cuban prison under Fidel Castro. Cossitt's voice was eventually heard, and Lippert was released

Mr. Cossitt was known for his many and complex questions asked during Question Period in the House Of Commons. One newspaper article's title after his death read, "Tom Cossitt left a small mountain of unanswered questions behind". The author described Cossitt as an "acid-tongued tormentor".

Showing tireless commitment until his untimely death in 1982, Cossitt ultimately succumbed to a heart attack. He died doing what he loved- he was in an executive meeting with the Progressive Conservatives when the heart attack took place.

Even his funeral was a little larger-thanlife. In a Smiths Falls newspaper, an article describing Cossitt's funeral includes the fact that "...the accelerator of the hearse bearing the casket got stuck, causing a crash with another vehicle."

Despite the negative feedback he may have received during his lifetime, and the stir he seemed to create, Cossitt obviously made a difference in his home community. His funeral took place at St. Peter's Anglican Church which was filled to capacity, and overflow crowds listened to the funeral on radio. His family did not wear black, as was his wish. He is buried in the Oakland Cemetery.

In Brockville, there remains some trace of the Cossitt lineage and contribution to our city and our country. There is the Cummings-Cossitt building, the Cossitt Terrace, the Cossitt Block, and sometimes you may hear mention of the former Cossitt arena. As far as this author is aware however, there is no public memorial to this colourful man, not even a street in Brockville bearing his name. Perhaps this needs to change. LH

EDITOR'S NOTE: I Grew up in a neighbouring riding in the 1970's, Stormont-Dundas & Glengarry and remember as a teenager Mr. Cossitt and the political cartoons he was in and the debates with Mr.Trudeau. There was no doubt of his love of Parliament and the good work he did for his constituents. It is a shame that this year, as we are celebrating in Brockville the Canadian Flag, we cannot find a way to commemorate Mr. Cossitt's memory somehow with a public tribute/memorial).



THE CIRCUIT

conversations between performers & audience

By Russ Disotell

he Circuit is described by its founder as "conversations through music and poetry". Physically, it is a traveling tour of musicians and poets performing their craft around a central theme or subject specific to the evening, with an open mike segment that allows the audience to fully participate in the experience. Nel Coloma-Moya, the creative force behind The Circuit says, "It's a different experience when the audience is included in the performance. It allows the audience to find their voice in the process."

The Circuit was launched in February this year. The first monthly theme was, predictably enough, Love and Longing. With two stops on the tour, performances take place on the second and fourth Wednesdays of the month in Kingston and Brockville respectively. Kingston events take place at the "Queen's Grad Club", while the Brockville venue is at the "From Here to Infinity Gallery", at the corner of King St. and Perth. All events begin at 7 p.m. and run until approximately 9 p.m. There is no charge for admission.

Nel hopes to add two more evenings to the tour to fill the monthly schedule. "Gananoque is a strong likelihood for the spring. I've talked

to the owner of a local venue who is very interested in hosting The Circuit. However, the logistics just didn't mesh for the winter." Coloma-Moya is excited about the possibility of adding a Gananoque stop because of what the vibrant artistic community in and around the town can bring to the mix. "It could be quite interesting."

A typical evening begins with a short introduction on the evening's theme and the schedule of presenters, followed by the open mike section of the program. After the open

mike session there is a short ten minute break. after which two Circuit artists will further develop the evening's theme in words and

Members of the audience have an opportunity to sign up for the open mike session before the beginning of the evening. Coloma-Moya stresses that this section of the evening is not restricted to just music and spoken word in its various forms. "If someone is invested in any type of art form, they are welcome to present at open mike." She remembers a presentation by a group of rug hookers at The Circuit's forerunner, In To Texts, that was well received and a real eye-opener. "It placed a spotlight on creativity in people's everyday life and had people realizing that art isn't confined to galleries and studios. If you have a garden and grow flowers, then take the flowers indoors to make floral arrangements, this is a form of self-expression, a creative outlet, and yes, an art form."

Coloma-Moya firmly believes this format breaks down the artificial divide between the audience and the performers. "It allows those attending, an opportunity to evolve in their own art form. The open mike segment can be a spark to the audiences own creativity." She firmly believes that diverse groups can share and learn from each other. The Circuit fosters this by promoting conversation between not only poets and musicians but also artists and the audience.

However, the true measure of success is that The Circuit provides a wonderful evening of entertainment. To achieve this, she plans to make full use of the abundance of talent available in the area, from all of the different artistic disciplines. "We are building an audience for live entertainment, bringing together diverse groups for cross-promotion. Experimentation is the name of the game, but in its own way, it is a community building exercise, for the benefit of everyone. LH





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Final Thoughts

By Jon Marshall

elcome to our March/April 2015
Edition of "Living Here" magazine.
This is the second issue of 2015
and our 9th installment, as we go into our
second year of publication. We publish on a
bi-monthly basis; so our next issue will be out
the week of May 4th. This will be our May/June
2015 issue.

Now that the ground hog in February forecasted an early spring, (at least one of them did!!) we can all look forward to putting winter behind us and look toward warmer days, and some outside activities. In March children and parents await "Spring Break" where some families go down south or try for the last few weeks of winter activities on the ski slopes. April brings us, we hope, some warmer weather, with rain to wash away the snow and salt. Soon the tulips rise up and signal spring is upon us and another season begins.

In this issue of Living Here we hope you enjoy some great articles and features. We have in Athens, a Family owned Realty Business that is celebrating a 40 Year Anniversary in their community. We congratulate Burt Hudson Real Estate Ltd., Brokerage on this milestone. Check out the center spread and the article on the family and business, as well as the businesses in the community that offer congratulations to the family.

We have intriguing articles on Benedict Arnold and his connection to Athens, as well as Frank James, (brother of Jesse) who may have hid in Mallorytown and traded horses in the Cardinal area. It is fascinating reading for sure. We have some heart-warming stories on individuals in Gananoque that have formed a knitting group to help Cancer Patients and another local individual Joanne Lancaster, who was named "Royal Canadian Legion Honouree of the Year". Sue Baker and the 1000 Islands Trio, her story and career may surprise you. Plus there is a lot more of interest for everyone!

We thank every advertiser for their support, and the readers for their feedback and encouragement.

Lastly, I encourage all readers to "Shop Local", especially now that we are in the early part of 2015. There are some great deals in retail and services at this time of year, so think small and local and support businesses in our various communities. "Living Here" will NOT feature USA ads. We only advertise local businesses and Canadian companies. Until our next issue, THANK YOU for reading. Check out our website: livingherebrockville.weebly.com LH











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to catch up on past issues!

Next Issue: MAY/JUNE

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