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July | August 2015

Your Downtown: Vitality & Variety

Continuing Success and Bright Future  
For St Lawrence Shakespeare Festival

Shuffle Off to Buffalo  
with the Featherstone Bison Farm

Buying your Dream Cottage  
-The Dream is now a Reality!-What's Next?

The Heroine of Charleston Lake

Thousand Islands Bark Bash:  
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July | August 2015



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## Summer Time Green Salad

serves 8

### You'll need...

- 4 cups of baby spinach
- 4 cups of Boston lettuce torn into small pieces
- ½ red onion thinly sliced and separated
- ½ cup toasted pecans
- 3 oranges (or two cans mandarin segments)

### To create...

- In a large salad bowl, combine spinach, lettuce, onions, and pecans. With a sharp knife peel oranges and remove pith. Slice orange segments crosswise and add to bowl. Cover and refrigerate until serving



## Orange Poppy Seed Dressing

### You'll need...

- 1 tsp finely grated orange rind
- 2 tsp. orange juice
- 1 tbsp. liquid honey
- 1 tbsp. white wine vinegar
- 1 tbsp. Dijon mustard
- ½ tsp poppy seeds
- ¼ tsp each salt and pepper
- 2 tbsp. vegetable oil

### To create...

- Combine all ingredients in bowl and whisk until well blended. When ready to serve pour over salad, toss lightly and enjoy.



## The Ultimate Cheeseburger

serves 4

### You'll need...

- 1 ½ lbs medium ground beef
- 2 yellow onions (mince 3 tbsp. slice remainder into ¼ thick slices do not separate rings)
- 1 tbsp. Worcestershire sauce
- 1 ½ tsp salt, ¾ tsp freshly ground pepper
- 4 hamburger buns split
- 2 tbsp. unsalted butter melted
- Canola oil for brushing
- 4 slices cheddar cheese

### To create...

- Preheat grill to medium-high heat. In a bowl combine beef, minced onions, Worcestershire sauce, salt and pepper, with clean hands mix burger ingredients together. Divide in 4 and shape into ¾ inch patties. Brush the cut sides of each bun with melted butter. Brush the onion rounds with oil, then season with salt and pepper.
- Lightly oil the grill. Grill the onion rounds, turning once, until slightly softened about 3 minutes on each side. Grill patties 3 minutes, turn and place cheese slice on each one. Cook on second side an additional 3 minutes for medium-rare burgers or until done to your liking. During the last 2 minutes of cooking, place buns on grill and toast until lightly browned. Assemble burgers and garnish to your taste.



## 100 Hole Cake

### To create...

- 1 white Duncan Hines Cake mix prepared according to package directions, baked in a 13 x 9 inch pan. Cool completely. Do not remove from pan. When cooled, use a fork and poke holes across the entire surface of the cake
- 1 package raspberry Jell-O, prepared according to package instructions. Pour over prepared cake and put into the refrigerator, chill until set.(approx. 4 hours.)
- When cake is chilled, mix together 1 package vanilla instant pudding mix and 1 envelope Dream Whip Topping add 2 ½ cups milk, beat together until well blended. Spread over the top of chilled cake. Keep in the fridge until served.



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**Ribfest-In Support of  
Big Brothers/Big Sisters** Aug. 6<sup>th</sup> - 9<sup>th</sup>

**1000 Islands Poker Run** Sat. Aug. 8<sup>th</sup>  
**Downtown Brockville  
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**Thousand Islands Triathlon  
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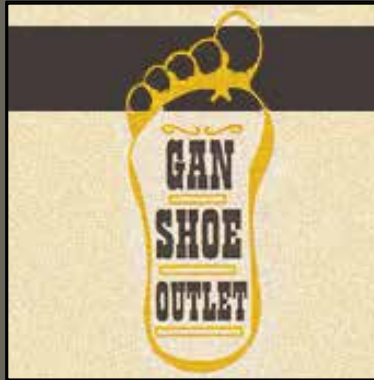
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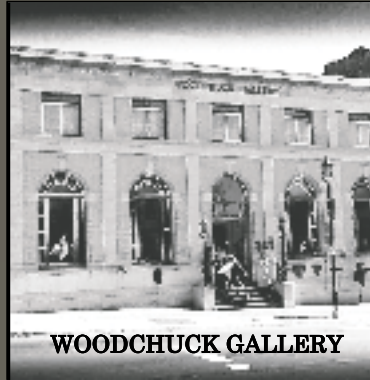


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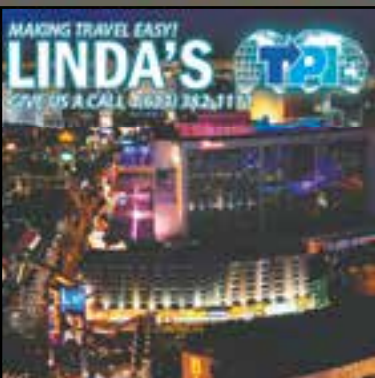
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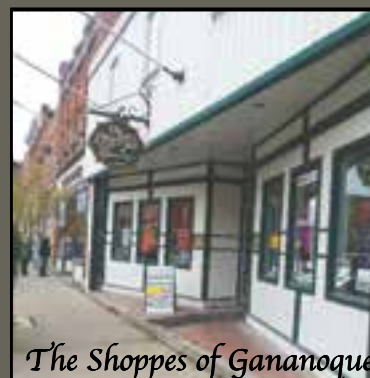
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Prescott has launched a pair of initiatives in an effort to promote business in their downtown core. The Town of Prescott and the Business Improvement Area Board of Management hired a Joint Coordinator to promote business in the downtown core as well as coordinating the effort to create sustainable tourism programs and special events.





Food Vendor selling assorted meats/sausages/cheeses @ BIA Flea Market @ Leo Boivin Arena, Prescott

Stephen Crossman, who is a former board member of the BIA, owner of Nifty and Thrifty Collectibles & Antiques on King St. in Prescott, headed the campaign for the creation of a summer long flea market that opened in May. The hope is that by attracting shoppers to the Saturday flea market, located at the Leo Boivin Community Centre, they can be redirected to the downtown business area and other nearby attractions. 100% of profits from the flea market will be used for downtown beautification.

The Prescott Farmers & Crafters Market also helps bring traffic to the downtown (at the Clock Tower) in the spring and summer season. The St Lawrence Shakespeare Festival starts its season this summer from July 18th to August 22nd. The performances are at the amphitheatre on the waterfront near the downtown.

Lisa Bird of the Gananoque DBIA says that, "Gananoque is a town with a population of 5,200, but in the summer it's more like 365,000! Obviously we are reliant on tourism in the summer." The secret of attracting tourists is offering a variety of unique shopping options and a wide range of culinary experiences. Gan's outstanding roster of restaurants would be quite impressive for a centre two or three times its size.

"One of our newest restaurants is the Sushi Sun and we were quite pleased to have a business of their reputation fill a niche for us", enthused Lisa. "They were voted CTV Ottawa's Best Sushi and this is their second location. They came to check out our downtown and liked what they saw." A very successful social media marketing campaign

helped make the new Sushi Sun an instant success.

Adding new and different restaurants to an already impressive collection is one way to keep the downtown fresh. Madilee's Cupcakes is a gourmet cupcake bakery that has a speciality chipotle cupcake "that is to die for", says Lisa. Places like The Socialist Pig, Panache and The Maple Leaf Restaurant have established followings throughout the area, some even further. The Maple Leaf has a worldwide reputation for their signature spaetzle, a traditional Bohemian egg noodle/dumpling dish.

Given the number of wonderful restaurants it should be no surprise that they are featured in the Gourmets in Gananoque festival, celebrating its fourth year on August 8th. The event is spread across the downtown in conjunction with a sidewalk sale. "It allows us to strengthen our partnerships with community non-profits while celebrating our international cuisine. The Afro-Caribbean Association of Kingston attends every year and helps broaden the spectrum of flavours.

No discussion of downtown Gananoque would be complete without mention of Donevan's Hardware, a 5th generation family run hardware store and a cornerstone of the community. Not many businesses can say they are family owned and operated since 1872. It is the ideal spot for hard to find items and old-fashioned quality service.

Lisa points out, that's the thing about downtowns. "You find merchandise you won't find in chain stores. It's unique and quite often higher quality. Service is more personal because you're dealing with the stores owner and this is their passion. The

atmosphere is vibrant and homey and there's plenty to choose from."

This fall will see the launch of a "Re-discovering Gananoque" initiative. "We rely on locals in off-shoulder seasons and this is their downtown core." Workshops are held on a regular basis for merchants to bring them up to date on new trends and help disseminate information. "We're also connecting with other BIA's such as Napanee and Picton comparing notes." Echoing Meghan's remark, Lisa adds, "All downtowns are facing challenges and we can all benefit by sharing solutions on moving ahead." **LH**

**EDITOR'S NOTE:** All downtowns play a vital role in a community's social and economic livelihood. Each of these 3 communities are trying different approaches to try and keep shopping local and improving the business climate in their respective areas.

Local downtown merchants offer a lot to a community, they donate goods and services to service clubs and local non profit organizations. A lot of those businesses are members of their respective Chambers of Commerce. We, at Living Here, ask our readers, before you go shopping at a big box store or think about cross border shopping, SHOP LOCAL in your Downtown and help support your local business community.

For Events or Information about your local DBIA check out their websites @ [www.downtownbrockville.com](http://www.downtownbrockville.com) or [www.downtowngananoque.com](http://www.downtowngananoque.com) or [www.prescott.ca](http://www.prescott.ca)



# CONTINUING SUCCESS AND BRIGHT FUTURE for St Lawrence Shakespeare Festival

By Tanya Shukalova

Ingrid Bjornson has set her hopes in the weather for this summer -- and with good reason. The 13th annual St. Lawrence Shakespeare Festival kicks off on July 18th through August 22nd. "The biggest factor in that is the weather. We're an outdoor festival, so that affects us," Ingrid commented. The Kinsmen amphitheatre is located on the banks of the St. Lawrence River and that creates the perfect, serene backdrop for the festival.

After leaving her home in Nova Scotia working in concerting lighting, Ingrid feels fortunate to have found a second career at the St. Lawrence Shakespeare Festival. She is now on her third season of being the General Manager, and says the best thing about her job is the audience's reactions to each play. She loves sitting in the

audience and watching people's faces. "From five year olds, all the way up to ninety-five year olds, it's quite something. Everybody seems to be able to take something away from Shakespeare," Ingrid said enthusiastically.

The two plays being presented at the amphitheatre this summer will be the ever historical *Romeo and Juliet*, directed by Janet Irwin and *The Comedy of Errors*.

Growth, that is what Ingrid wishes for in the future. Starting out back in 2002 as a tiny, self-produced, touring production of *Romeo and Juliet*, till now, having a couple hundred people on staff, (actors, volunteers, managers, etc.) the show has come a long way. A huge accomplishment for Ingrid and the festival itself, was hosting the only Canadian stop for the *Globe to Globe* Hamlet show last summer. The *Globe to Globe* project is a 2 year tour of *Hamlet* being performed in every country across the world. "There's a lot of logistical work in arranging that, so that's probably one of our biggest accomplishments."

Ingrid would love for the festival to add a third show on top of the two a year they currently do, and making those shows last even longer than 5 weeks. A larger audience, more community involvement, and artistic development are all in the future for the St. Lawrence Shakespeare Festival.

This will be the new artistic director, Rona Waddington's first season partaking in the

festival. Coming from such an experienced background as working with the Port Stanley Festival Theatre, Lunchbox Theatre in Calgary, and Artistic Associate at Drayton Entertainment, she is sure to be a huge benefit to the creativity of the plays. She will also be directing *Comedy of Errors*.

The volunteers are also a tremendous factor in making sure the shows run smoothly. "We have wonderful volunteers who definitely help make my job easier. We have over 165 active volunteers. They do everything from billeting the actors, front of house during the show themselves, and promotion. We couldn't run the festival without them," Ingrid said.

There is no other professional outdoor theatre in the St. Lawrence Seaway area like the Shakespeare Festival at the Kinsmen theatre. This annual event brings lively culture, festive music and a lesson to be taken away by everyone. Over the past twelve years, there has been a 600% increase in attendance and that number is sure to keep rising thanks to the hard work and devotion put into each show.

With actors coming from across the country to participate and give the best performance possible, the Shakespeare Festival is the perfect event for families, couples, and all Shakespeare lovers. The timeless lessons of Shakespeare mixed with talented musical performances and modern comedic twists, all in front of the dazzling views of the St. Lawrence River; you couldn't ask for a better scene than that. **LH**

For more information on tickets and event dates, please visit <http://www.stlawrenceshakespeare.ca/home.aspx> or call 613-925-5788

**EDITOR'S NOTE:** If you have not been to a performance at the St Lawrence Shakespeare Festival you are missing out on one of the area's true jewels of summertime events. The outdoor theatre on the waterfront in Prescott is truly unique and to be experienced watching a performance.





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# SHUFFLE OFF TO BUFFALO

## with the Featherstone Bison Farm

By Lorraine Payette

Who wouldn't want a home where the buffalo roam, a place where freedom and open skies are a part of every day? For most it's just a dream, but for Harald and Nancy Mix of the Featherstone Bison Farm, it has become a wonderful reality.

"Growing up as a young boy in Germany with Icelandic Horses and reading Karl May – a writer who romanticized the Old West, Cowboys and Indians, and the pioneer settlement of North America – the dream was to own some land," said Harald. "It turned out that we were able to become stewards of some beautiful farm and forest land and a few Bison followed almost naturally."

Thus began the noble experiment in bison farming in Gananoque – and a chance to bring a healthy, flavourful and sustainable red meat alternative to the local food markets.

"I wanted to connect with the Old West native cultural importance of the Bison, after the white man almost managed

to eradicate the species," said Mix. "We moved to the farm in 1993 and the first 6 heifers arrived in 1997, seven more heifers followed in 1998 and a breeding bull in 1999."

Sounds idyllic enough, but there's always a catch, and with bison, there can be many.

"It is more interesting and challenging to work with bison," he said. "Bison have retained their natural instincts – they don't want to be too confined and have a much engrained 'flight or fight' reaction when surprised or threatened. They need to be treated calmly and with the utmost respect. They are very powerful and fast runners, so fences need to be well maintained and all of their needs for water, grass and minerals met."

Most people think of bison as an endangered species in Canada, but this is not the case. According to the Canadian Bison Association (CBA), bison farming has not only created a sustainable agricultural market for meat, but has

helped this species to thrive and start coming back into its own.

"Today, bison ranching plays an important role in the preservation of the last remains of native grassland habitat on the prairies by providing an economically viable alternative to cultivation," says their website. "Besides preserving the islands of natural grassland that have survived agricultural settlement, bison ranching encourages the return of farmland to grassland. Over the past three decades, hundreds of Canadian grain and oil seed farmers have entered the bison industry and for most, the decision to raise bison involves taking large tracts of land out of mono-crop cultivation and seeding a permanent cover of grass. Each year a bison cow and her calf require an average of four to sixteen hectares of grazing land depending on the weather and range conditions in any particular neighbourhood. With a population approaching 200,000 breeding bison cows in Canada, the nation's bison industry can take credit for the return of





Photos Submitted by Harald and Nancy Mix  
**Left pg:** A border collie has a serious job keeping the herd of bison under control.  
**Clockwise:** Bison – heritage animals are the wave of the future; Well adapted to harsh Canadian winters, bison feed happily on hay placed in their pasture.; Warm weather brings the shedding of heavy winter coats while calves start appearing alongside their parents

an amazingly vast expanse of formerly farmed land to pasture land."

Bison are the largest land animals native to North America, and although they dominated the continent until the coming of the Europeans, their numbers dwindled rapidly, from herds of approximately 60 million animals until in 1899 there were believed to be less than 1,000 bison left due to overhunting and planned species eradication.

Fortunately, some ranchers and conservations stopped the extinction of this noble species by keeping small herds in national parks and on private lands. By the 1980s, some ranchers were able to start supplying outside markets with bison products and this new livestock industry was able to become a serious business in the 1990s when the public discovered it had a taste for this native heritage food.

"In 2005, it was estimated that there were over 500,000 bison on farms and ranches in North America," says CBA. "In Canada it is estimated that there are almost 2,000 bison producers who own over 250,000

bison. Because of consumer demand and the initiatives of farmers and ranchers, the population of this almost extinct animal continues to grow – a conservation success story."

"Consumers who like to have a connection with the producer, and like to know how their food is grown, as well as stores featuring local products, such as Wendy's Market near Morton and Coutts Country Market, Rideau Ferry, provide a market for our locally produced bison meat," said Mix. "I have also been involved with various farmers' markets."

Bison meat is described as flavourful and tender, similar to a fine beef with a slightly richer, sweeter taste. It is dense and filling, satisfying the stomach more while consuming less. A red meat alternative, it is naturally lean and nutritious, and is gaining popularity with those who have tried it.

Cooking bison takes some care, but if treated carefully as you would any lean meat, it can be easily prepared in any home kitchen.

"Due to its low fat content, bison meat cooks very quickly," says CBA. "It is extremely important to cook bison meat slowly at a lower temperature and serve it less well done than beef. Bison meat tastes best served at medium rare 145°F (62°C) or rare 135°F (57°C)."

"Restaurants and health conscious consumers are very interested in an organically grown, grass fed meat," said Mix. Bison fulfills this niche in the marketplace as well as providing a rewarding occupation for him.

"This is a one-man-operation," he said. "I have been downsizing over the last few years, and currently have 30 head." **LH**

Featherstone Bison Farm is located at 201 Taylor Road East, Gananoque, Ontario. Harald and Nancy Mix may be contacted at 613-382-1633 for more information. For more about bison in general, please go to <http://canadianbison.ca/consumer/default.aspx>.



# BUYING YOUR DREAM COTTAGE

## The Dream is now a Reality. What's Next!

By Jonathan Vickers

So now the dream of owning your first cottage has come true for you and your family, or maybe you have bought another recreational property. What's next? For some people, even in the buying process, thoughts and planning should be given to; what will we do after the sale is complete? What are our plans for our cottage and waterfront property or cottage and recreational property?"

For starters, make sure you have a budget planned out for any renovations or upgrades you wish to make on the cottage or property. Stick to this budget and remember, you don't have to do everything at once! Depending upon what improvements or upgrades you need to make, this could be done over time and be more cost effective, so you don't dig yourself into a financial hole you can't recover from.

For most new cottage owners, the kitchen is the first place most buyers want to improve upon. For some it is maybe as simple as just changing the appliances, for others it could be a complete makeover. You may want new countertops, kitchen cabinets, sinks, backsplash, an island, and new plumbing etc. If this is the case, make sure you visit experts in Kitchen Design who can make or sell the products you want to have in your new cottage kitchen. Get proper advice in designing your kitchen and its functionality that will work for you and your family. There is an old saying that goes: "the Kitchen is the Heart and Center of your Home", so it will be for your cottage as well. Just to be clear however, you can also seek out advice from Home Building Centers or Independent Contractors to purchase your kitchen products and help to build your new kitchen. This is up to you. The budget you set is important. The company or individuals doing the work is also important. Get quotes and references if this is the case and make sure they are bonded and insured.

Now on to the flooring: This is another big consideration after the purchase. Potentially you may want to remove carpeting or the floors need a lot of work. Flooring may need to be done in the living area, kitchen, bathroom, and/or bedrooms. If the floors are wood and are in good shape, maybe just a refinishing job is in order. If this is the case, get at least 3 quotes from reputable flooring refinishing companies. If however, you want to put in new floors, whether they be wood, ceramic, or laminate, make sure, if getting a flooring company, or a contractor to do the work, you get at least 2-3 quotes. Make sure they are bonded and insured.





Landscaping and planting a garden could be on your list of improvements. Make sure you sketch out the property, and think of what you would like to add. Make sure if planting trees or shrubs that they will survive in the elements year round. If gardening is your passion, be sure that the plants you buy will survive the terrain and have enough light or shade, depending on the size of the lot and where the cottage is situated. You may want to look at hiring experts in landscape design or construction depending upon your needs. The experts will give you great advice on maintaining the property and designing the landscape to accentuate your cottage, and to highlight its best features to maximize the size of your lot.

Decks and docks are always a concern for upgrades or improvements. After purchasing your cottage, if it is on water, you have to make sure you have a good strong structure for your watercraft, so it can be moored and secure in all kinds of weather. The dock is also a structure that adds value to your property and should not be taken for granted. There are good companies in the area that offer services and products specifically for docks, who also offer good warranties. A popular dock for cottagers is a Floating Modular Design.

Decks should have good solid railings and be secure in a good foundation. Decks add to the appearance of the property and are an added outdoor space. The deck should be functional, especially for entertaining, to enhance the view you want to enjoy from it.

Again, in building or renovating, get advice from the experts. Make sure if hiring a Contractor or Deck Company, they fit your budget and offer a warranty. Always get quotes first.

Believe it or not, one thing individuals do not consider is Pest Control. After purchasing your summer home, hiring a Pest Control Company to come and inspect, in and around your cottage, may be a sound investment for damage control and peace of mind.

Raccoons, Skunks, (Bears), Snakes, Rats/Mice, Wasps, Ants, and other critters, could be in your area, depending on where your property is located. Preventative maintenance and inspection on where these critters could infiltrate your cottage could save you a lot of time, grief and money.

Insurance and additional financing for your dream cottage or recreational property can be a concern. Shop around for both. Check with your existing insurance company on policies for Cottages and Recreational properties. Make sure you are covered properly if you are near water (potential flooding) and because of septic and well water, make sure those are taken into consideration in the policy. Mortgage Brokers are an option if needing additional financing or restructuring for financing to improve or upgrade your property.

Lastly, for the weekend "do-it-your-selfer" individual who wants to do their own renovation/landscaping/flooring/repairs etc, there are tool and equipment rental businesses locally based, for projects you might want to tackle. Instead of buying particular tools or equipment at a high cost you may never use again, renting is a great & viable option. These local businesses offer great rates and also offer weekend rentals or one day options as well. Take this into consideration in your budgeting and planning for projects.

Obviously we have not covered everything in this article. The most important thing when

achieving your goal of cottage ownership, is to get the most out of enjoying your new property and piece of paradise. Stick to your budget and move slow. Have a plan in place for anything you do in renovations or upgrades. Make sure the building permits for any renovations are done to building codes for your municipality/township, and that any property improvements (landscaping or otherwise) again, are done within the legal requirements of the municipality/township you live in. Plumbing and Electrical issues should be done by licensed companies and they should be bonded and insured. (get quotes) Make sure you check with your municipality/township if major work is being done, in case permits or inspections need to be in place.

Enjoy your Dream Cottage and Property! For the many years you and your family own the property, any improvements you do, will give you great memories when you look back on the results and all the fun you and your family have enjoyed! **LH**

In Our May/June issue, Living Here offered an article on Buying a Cottage...Buying Tips and Advice to make your Dream a Reality! The article was written by Brenda Visser.

(You can read the article by visiting our Website @ [www.livingherebrockville.weebly.com](http://www.livingherebrockville.weebly.com))

This article is the second part of Cottage Buying, What Tips and Advice can we offer after the sale has gone through. Things you may want to look at to improve your Cottage and Property.

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# THE HEROINE OF CHARLESTON LAKE

By Sally Smid

Anyone who has hiked Charleston Lake's Blue Mountain area knows how rugged, dangerous and confusing that terrain is. Now imagine an 8 year old girl travelling perhaps 10 miles in such a wilderness in bare feet, while carrying a 6 month old infant. Caroline La Rose was that courageous young girl known as, the Heroine of Charleston Lake. It was 117 years ago when her family camped near Huckleberry Hollow. Considered a dependable sibling, she was entrusted with her half sister's baby, Bertha, while the rest went berry picking. Caroline walked into the bush with the baby and became desperately lost. After yelling for help to no avail, she began hiking for miles over hazardous terrain to find her way back. Eventually she discovering a deserted shanty and she brought a straw tick and coat down from a loft inside which the pair slept on. She found a bottle as well, and tied on a string to use as a handle. She used it to mix crushed berries and water and fed the baby, always making sure to feed Bertha before herself.

When their disappearance was discovered, an alarm went out and many volunteered to help search. One of the volunteers

was Watson G. Parish, the first reeve of Athens, who had a cottage on Little Bluff Island. He and his son, Arthur, and his engineer, set out in his steam yacht, hoping to find the girls who, by then, had been missing for four days. He somehow felt drawn to proceed into Big Waters despite the turbulent weather that day. Caroline spotted his boat from the shore at Crawford's Point. She had seen others, one containing her sisters, but had been unable to get their attention. She began yelling frantically for help. Parish landed the boat and quickly realized that they were the missing La Roses. Taking them aboard, they travelled to his cottage and were provided with some food and first aid. It was there that she befriended Jessie Arnold, a Parish niece and great granddaughter of Benedict Arnold. Later, Caroline was to name her doll Jessie.

Parish returned the sisters to their small log home on La Rose Bay and met her overjoyed family of 10. Their father, Isaac La Rose, remarked, "I knew they would be found together, dead or alive. Caroline would never leave that baby's side." Caroline had not attended school regularly due to the great distance. Parish asked her father if he would allow her to board

in Athens, to make schooling possible. He thought very highly of his daughter and agreed to this, if she could return for holidays.

It should be noted that baby Bertha was actually the daughter of Leona Brown, her mother's oldest daughter, brought into the La Rose home by her mother, Mary Livingston, when she married Isaac La Rose. At that time there were eight children, but the family did eventually include perhaps 23 children, though some died at early ages. In fact Bertha died at 2 years. Though not well documented, it is thought that Leona was the mother of some of Isaac's children, and Mary, at some point, left Isaac to live with her daughter Lydia Earle in Athens.

When Caroline's story hit local papers, a letter to the editor suggested that funds be donated in her honour. The story later appeared in the Toronto Globe. Reporter Pharos Durand of the Children's Club picked up on the idea and encouraged young readers to donate pennies and nickels, which grew to a fund of \$346.00, with 3000 children from all over the world participating. Parish agreed to pay for her school supplies. There was a committee formed to make arrangements





August 1902, Friends of W. G. Parish (lying in foreground) at the Outlet by Parish's "rescue steamboat": Jo Thompson (grocer) on far left, Nate McVeigh (inn keeper), A. R. Brown, H. H. Arnold (dry goods), Jessie's father, J. P. Lamb (druggist, reeve), G. W. Beach (grocer, general goods) C. S. Lamb, (general merchant)

including the donation of clothing and the appointment of Miss M. Livingston, or perhaps Livingston, of Central and later Victoria Street to be her guardian.

Pharos wrote a variety of articles and came to Athens to visit Caroline, giving her gifts, taking her to the Armstrong Hotel in Athens and then on to Brockville on the B & W Railway. The young girl was overwhelmed, having rarely left her log home. Another writer privately published her story in a booklet entitled *Christina*, which was lovingly dedicated to the Parishes. Caroline also received a gold medal from the Canadian Royal Humane Society in an elaborate program in 1898 at the Athens High School with many dignitaries in attendance. She was presented with an ornate book containing her story and listing the child donors which included Jessie and Arthur. Later there was a fundraising concert and more donations continued in future years.

Caroline LaRose became a successful honour student, graduating from the Athens High School, and then from nursing school in Cornwall. During WWI Lieutenant La Rose served as an honoured nurse in France. She maintained friendships in Athens and even returned to

help care for aging Watson Parish.

After the war she became the supervisor of nursing in Galt, and then Walkerville, where she received various honours before her retirement in May, 1935. She married Dr. J. W. Brien, chief of surgery, on July 31, 1935 and a wedding and reception took place at George E. Judson's home on Elgin St. in Athens. Arthur Parish walked her down the aisle. His ailing father died shortly afterwards. The couple resided in Windsor. Dr. Brien was a quiet widower and father of several children. The Brien's donated the Alter in the Athens Anglican Church in honour of the Parishes. Caroline helped pay for her sister Lydia's son, Thomas Earle, to be educated. He became a successful doctor. They donated the proceeds from the sale of their home to the church before moving to a condo, a niece reported. Having no children of her own, Caroline offered to help fund the educations of family members and for many years there was a Caroline Luella La Rose Scholarship at ADHS. She died in 1977, leaving an inspiring legacy.

The Athens Heritage Society recently came into possession of a scrapbook, letters, documents, and other memorabilia from Watson Parish's former home, known as

the Hill House on Main St. These materials helped the group to learn much more about Caroline and the Parishes which are currently featured in displays in the Athens Museum. This perhaps also influenced the ADHS Alumni to name Caroline La Rose to the Hall of Fame at the recent 2015 graduation ceremony.

Few have ever travelled so far from such an impoverished start as Caroline La Rose did. Her heroism and rescue lifted her from one of the poorest homes in the area and resulted in thousands of donations to fund her education. She went on to gain wealth and status as a hospital supervisor and philanthropist. At that time women were not encouraged to pursue an education or occupation outside of the home. Perhaps as a result of her bravery, resourcefulness and fame, she was to have the chance to go beyond her economic and social level and achieve great success and then "pay it forward". Caroline joins the ranks of other local women like Dr. Lenora Howard King and Louise McKinney who embraced challenges of their own and defied stereotypes, contributing to the world in amazing ways as well! **LH**

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# 10 THINGS YOU SHOULD DO THIS SUMMER!

By Jonathan Vickers

Everyone has favourite things they want to do in the summer. For the budget conscious or for the individual or family that is looking for something different to do this July & August, here are some suggestions of Events/Places/and Attractions you may want to find out about in our area!

- 10 Take a drive to **Lyndhurst & Seeleys Bay** to enjoy picnicking along the Rideau Heritage route. Lyndhurst is home to the oldest bridge in existence in Ontario, with some quaint village stores, like the Green Gecko, with great giftware & home décor. Wings Bait & Tackle, for the hunter & fisherman, they also carry comfortable Canadian made Moccasins. Lyndhurst Home Hardware Building Supply also has some interesting product for home, landscape, and renovation projects. Also, don't forget to visit Wendy's Country Market on Fortune Rd for great fresh local produce and meat. Seeleys Bay also offers some great hiking and paddling spots for the outdoor enthusiast.
- 9 **The Galop Canal – Cardinal.** The Galop Canal is a popular location amongst locals for swimming and picnics, as well as diving. The wreck of the Weehawk is located in Lock 27 at Galop Canal; divers are able to view this site and drift with the current of the St. Lawrence River to the nearby Conestoga dive site.
- 8 In **Athens**, check out the 11 Murals on a walking tour and visit various landmarks and sites in this quaint town. Athens is celebrating its 125th Anniversary this year, so please visit the town and its sites, the 36th Annual Farmersville Exhibition, on July 19-21st

weekend & the 35th Annual Cornfest on Saturday August 15th. Check out the websites for further information. [www.athenslions.org/steamfair](http://www.athenslions.org/steamfair) or [www.cornfest.ca](http://www.cornfest.ca)

- 7 **Spencerville Mill** is an interesting spot to visit with daily tours from July 2nd-September 6th 10am-4pm. Check out their exhibits, the turbine and a whole lot more. On July 25 & Aug 15, 8am-12 noon, an English Car Boot Sale-Vendors selling goods from the trunks of their cars. [www.spencervillemill.ca](http://www.spencervillemill.ca)
- 6 In **Lansdowne**, there is the 151st fair on July 17-19th & a family favourite. Delta is celebrating its 185th anniversary as well this year on July 23-26. Go to [www.lansdownefair.com](http://www.lansdownefair.com) or [www.deltafair.com](http://www.deltafair.com) for more info. Check out Wiltse Creek Studio on 2935 Outlet Rd @ Charleston Lake. For locally made art/jewelry /woodcrafts [www.wiltsecreekstudio.ca](http://www.wiltsecreekstudio.ca)
- 5 **Gourmets of Gananoque** is being held this year on Saturday Aug 8th in the downtown with a delicious assortment of foods, terrific crafts and super tunes!! This is one of the most, be there events, of the year in the area for the day, and a lot of fun. [www.gananaquedowntown.com](http://www.gananaquedowntown.com)
- 4 Visit **Fort Wellington, Prescott**, and take part in an historic tour of history of one of Canada's National Historic Parks. It was built in 1812 to defend the St. Lawrence River shipping route between Montreal and Kingston from possible attack by the United States. These tours are being held on weekends in July and August. Explore Fort Wellington's history with your

own guide! For only \$7.80 per person, you can be escorted on a 1 1/2 hour journey back in time with a soldier or his wife who will share exciting tales of Prescott's past. Visits are also available daily without a guide for \$3.90 per person.

- 3 **Downtown Brockville's Summer Sidewalk sales**-Check out the great sales this summer on Saturday July 11 & August 15th as merchants in the downtown bring merchandise outside. There will be entertainment, and fun family activities, offered by the DBIA Brockville as the downtown streets will be full of activity.
- 2 **Mallorytown Landing, 1000 Islands National Park**-Visit its 2-km trail with easy & moderate hiking loops, Geocaches, Visitor centre with live animals, hands-on exhibits, Aboriginal stories, children's activities, outdoor exhibits and artwork, interpretive programs, playground, boat launch, picnic area and a great scenic river view. The Visitor Centre is open 10 a.m. to 4 p.m. daily, from June 27 to September 7th. Also visit the Mallorytown Fair on August 22nd, 9am - 4pm
- 1 **Sunday Concerts in the Park in Brockville.** From July 12 to August 30th, a showcase of different music will be at 7pm-8pm @ Hardy Park. These are incredible performances by various musicians and best of all it is all Free! Bring your lawn chair or blanket. In case of rain the concerts will be held at St. John's United Church, located at the corner of King Street East and Park Street. Check out the schedule @ [www.brockvilletourism.com](http://www.brockvilletourism.com).



Matt Hughes-Guitarist/Lead Vocals (L), Steve Greffe (R), and Dez Magill-(drummer background)

# MATT HUGHES

## Talented and Humble, Looking to Reach his Dreams!

By Tanya Shukalova

“Test two, one, two.” Steve Greffe, Matt Hughes’ band mate tests the mic while Dez Magill plays a few beats on the drum for sound check. The band arrived at Sam’s Brass Racks around 7:40 on a rainy Friday evening. Coming from Marmora, where Matt performed an acoustic show the previous night, they are ready to play their Brockville show as a 3 piece group. A few patrons chat at the bar about the Furious 7 movie with the owner, Sam, as Matt and I walk to a more quiet area to speak. He has a modest demeanor about him as he sits across from me while his band continues to set up.

Born in Scarborough and raised in Belleville by a father with a passion for rock and roll,

Matt grew up with the influence of the genre. “I grew up around music and bands. From early on, age three or four, I wanted to play the drums. My dad finally got me a set of drums at age 11 and I started taking lessons.” By the time he was 12 years old, Matt was in a group called *RedWood* with other music lesson students in Belleville. This was also the age of his first experience performing for audiences as *RedWood* toured local public and high schools. In addition to that, Matt was also part of a band with friends in high school.

After a few years, Matt joined another band in Belleville called *Prisoner*. “That was my first real touring band. I was 16 years-old playing the heavy metal club circuit in Ontario. We played a lot of prestigious clubs and opened up for some artists.” A few of those artists include Lee Aaron and Goddo. It was around this time that Matt started learning to play guitar as well as drums.

Our interview went after 8, by which time the sky outside grew darker and the lights inside brightened. Matt shook my hand and came back to give me his current CD before he took to the stage with his guitar and mic.

With each song the band played, more and more people gathered around the stage and nearby bar. They started with a cover of “*I Can’t*

*Get No Satisfaction*” by *The Rolling Stones*.

Listening to Matt sing and the band play, you can feel the impact that rock has had on them.

“I like a lot of song writers from the 70’s, like Elton John, or Sting. People like that. Also pretty much people from every era of music. I listen to everything from soft AM rock to heavy metal, so everybody from Metallica to the Beatles.” It was thanks to artists like these (and many others) that led Matt to eventually (2005-2006) to dabble with song writing. “And I’ve been writing ever since.” He mentioned in our interview.

Just this past year, Matt released his first official CD which was written, performed, and recorded all by himself. He is currently working on new material, and possibly even a Christmas album, with a rock twist, for next year.

As the band executes a modern yet classic cover of “*Brown Eyed Girl*” by *Van Morrison*, an older couple dances in the spinning colorful lights as if they were 15 years old again. One of the owners of the bar, Art, tells me that, “Once it gets busy, people start dancing. They play good music for our age group. We’re happy with Matt’s performance. He looks in the crowd and plays what they like to hear. We consider Matt local and we like to give the bands a place to play. They treat us well, we treat them well. It’s like a relationship. We like to work with the bands as if we’re a team. (Matt) can do music in a band or as a solo artist. He’s one of the best guitar players I’ve seen.”

You can tell that Matt has been playing for over 25 years because of the natural yet humble presence he has when he performs. He’s learned a lot from all of the talented people he has played with and aspires to keep writing and recording. “It’s every artists dream to have a record deal or publishing deal. I’d like to get into a higher kind of level - playing for bigger acts. Maybe playing at the K-Rock Centre or the Air Canada Centre one day.” An artist that’s been through so much in his music career, he definitely deserves to reach his dreams. **LH**

**You can find more on Matt Hughes at his website:** <http://moregoth.wix.com/matthughesrocks>  
**Facebook:** <https://www.facebook.com/matthughesproject>  
**Youtube:** <https://www.youtube.com/user/Matlike1/featured>  
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# THE BOY OF SUMMER

Yankee Stadium (1973 approx);  
Mickey Mantle 1964 Topps  
Baseball Card (one of Russ's prized  
possessions)

By Russ Disotell

It's a dreary October afternoon in 1964. An all-day drizzle has brought a cold clammy feel to the day. Enveloped in a heavy raincoat, which feels like oil cloth and rubber, complete with a rain hat patterned after a knight's visor helmet, I am almost too warm. My crossing guard's white belt bunches the raincoat in all the wrong places. I am at the corner of Perth and Schofield, my customary post. It isn't the weather, or the raincoat that is causing my discomfort. Through the earphone attached to my transistor radio, I am listening to Bob Gibson and the St. Louis Cardinals win baseball's World Series over my beloved New York Yankees.

Saturday Night Live had a famous "Baseball has been very, very good to me" sketch. Minus the comedic tones and Latin American accent that's my sentiment. We moved a lot when I was young, baseball, and my Yankees, were my constant companion.

My dad was a manager for Beamish department stores. Beamish was very much like Eaton's only a smaller chain, smaller stores and smaller towns. Those of a certain age will remember Brockville's Beamish on King St. It was in the location that came to be known as Dave Jones Sports and then Tiny Prices. My dad was Beamish's trouble shooter, sent to straighten out stores and right the ship. Between Grade 5 and University we lived in Cornwall, Renfrew, Brockville, New Liskeard, Woodstock and Napanee.

We always seemed to move in the late spring or summer. Until I met new friends there was the baseball game on the radio to provide some entertainment and continuity. I grew up in Cornwall and with the Massena television and radio stations it was predestined I would be a Yankee fan. Mickey Mantle and Whitey Ford were my idols.

Every move I was able to find the radio broadcast of the Yankee's games. Magically, drifting through the night air would be the voice of Phil Rizzuto, the Yankee announcer. Radio was the king and if you were lucky you had that compact collection of crystals, diodes and wires known as a transistor radio. It was a boy thing. I don't remember girls having them. We carried them to listen to sports. While at St. Mary's in Brockville, I remember the teacher collecting transistors so we wouldn't try to listen to the World Series during class.

April, 1973 provided a perfect culmination to my youthful baseball obsession. Now in Toronto at U of T, watching an NHL playoff game, a friend pointed out that the next day (April 15th) was a celebration for the 50th anniversary of Yankee Stadium. I had never been to a big league game, so we decided we had to attend. We woke a third friend, who had slept through the hockey game and announced we were off to New York! Later, Ron would admit he didn't believe us until we hit the Canada U.S. border.

We drove all night, somehow found our way to Brooklyn, and got there just in time for the game. I was euphoric. Mrs. Babe Ruth was part of the ceremony as was Joe Dimaggio, the Yankee Clipper. I don't need a scorecard to remember that the Yankees and Mel Stottlemyre beat the Boston Red Sox 6 to 2. One abiding memory is how steeply inclined the stairs to the seats were. It felt like you could lean forward and tumble onto the field.

The arrival of the Blue Jays and sports networks ended my Yankee allegiance and how I followed baseball. But I still remember those nights with the transistor under my pillow and the voice of Phil Rizzuto as I drifted off to sleep... "Holy Cow!" Indeed. **LH**

**EDITOR'S NOTE:** Russ liked the Yankees, and I being slightly younger remember growing up in Montreal listening to Dave Van Horne doing The Montreal Expos broadcasts on radio. How I miss staying up late when The Expos were on a road trip to Los Angeles or the west coast. I would stay up listening to Dave & Duke (Snider-Hall of Fame Player) and hearing Dave's sign-in phrase "Thanks Duke and hi again, everybody. Glad to have you aboard for today's game..." and his home run call "up, up and away" makes me miss the Expos to this day!



# JOIN THE LYME DISEASE CHALLENGE

## and Take a Bite Out of Lyme Disease

By Lorraine Payette

Hot times in the summer means a lot of time outdoors. Everyone packs up and heads for the beach, the cottage, and the deep woods – anywhere they can get away from the heat and they party till they drop.

Then there, lurking in plain sight is the enemy. No larger than the period at the end of this sentence or the dot over an “i”, hiding on blades of grass, in folds of skin, ready to

creep out and attack at any moment is the deer tick – bearer of Lyme Disease.

“Lyme Disease is very real, and we definitely have it in Canada,” says Wendy Aitkin, chronic Lyme Disease sufferer and dedicated Lyme Disease warrior. “We need to make people aware and get them out there protecting themselves and others. If we all work together, we can make progress against this disease here in Canada.”

Even the ancient iceman found in the Tyrolean Alps, Oetzi, appears to have suffered from it. No one is immune, and our pets are just as susceptible to it as we are.

Aitkin hopes to see people gain a new awareness of Lyme Disease, and to get the medical profession to take it far more seriously than they have been.

“I am a Lyme warrior with all positive tests,” she said. “There are sparks of hope for Lyme sufferers in Canada. Let’s fight back – though most Lyme sufferers will not have the ability to fight, because they are just too sick.”

The Lyme Disease Challenge (LDC) is a great way to help make people more aware of this crippling and potentially deadly disease.

If you want to join the fight, to get out and “get” this disease before it can get you, get yourself a lime and a camera (video or not – every picture counts) and Take a Bite Out of Lyme Disease (TBOLD). Visit one of the information sites on Lyme Disease and learn more about the disease. Then get a picture or video of yourself biting into the lime, and tell the world a little of what you have learned about this crippling and potentially deadly tick borne illness. Post on Youtube, Facebook and other social media, and get the word out there. Cash donations to the International Lyme and Associated Diseases Society’s (ILADS) 501(c)(3) non-profit educational fund in any amount are also welcome and will be used to help share information in many different ways.

“If we all do our part, we can bring greater awareness to everyone,” said Aitkin. “This disease does not discriminate – it can affect all people of any age, sex or race, and many of our household pets and other animals. Through a concentrated programme of education and discussion, we can start to get the medical community to take us seriously, and start to get it under control.” **LH**

For more information on the LDC and TBOLD, please go to <http://www.cnlads.ca/> and <https://www.facebook.com/pages/C-N-L-A-D-S-Canadian-National-Lyme-And-Associated-Diseases-Society/639533619416175?sk=timeline>, or visit your local CPHC centre at 2235 Parkedale Ave. Brockville, 12 Wellington Street East Athens, 338 Herbert St. Gananoque, or 555 King Street West Prescott. CNLADS is dedicated to helping change the situation with Lyme Disease in Canada through advocacy, education and outreach. They can be reached at [help@cnlads.ca](mailto:help@cnlads.ca).





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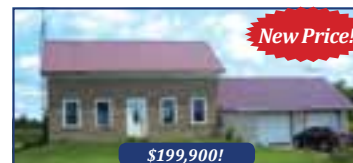
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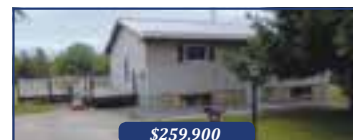
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# THOUSAND ISLANDS BARK BASH:

## Gananoque's Going to the Dogs

By Lorraine Payette

“A Dog Party! A Big Dog Party! Big Dogs, Little Dogs, Red Dogs, Blue Dogs, Yellow Dogs, Green Dogs, Black Dogs and White Dogs Are All At a Dog Party! What a Dog Party!” - P. D. Eastman, Go, Dog, Go!

Wag your tail if you're ready to party! The Thousand Islands Bark Bash proudly presents their second annual Doggie Fun Day on Saturday, July 25, 2015. A chance for dogs and their people to come out to Town Hall Park in Gananoque to meet and greet, learn about all the great canine agencies in our area and have a howling good time.

“Bark Bash is everything dogs - rescues, care, shelters, vets, services, food, supplies, you name it,” said founder Bill McCormick. “It’s a fun day to celebrate your pooch and inform the public about what is out there for their dogs, as well as a place they can bring their pets to meet other dogs and dog lovers. The goal is to better inform everyone about everything everywhere that is available for dogs.”

The event is a true petstravaganza, featuring Rescue Lane, all manner of fun and mutt have products and services, as well as quality entertainment of the

furriest kind. You can learn about your favourite shelters and rescues, buy all sorts of treats and equipment, and watch as dogs perform amazing feats of agility and obedience. If your pet gets thirsty, water bowls are strategically placed throughout the entire venue. Hungry? Lots of pet treats are available through the different vendors. If your humans have similar needs, TIBB is happy to direct them to any of the great food and beverage outlets located within easy walking distance of the park. “Our mission is to create awareness of rescues and services available for dogs





Birdy



Kia



Duke



Deeyogee



Jerrica



in the Thousand Islands area," said McCormick. "There are thousands of dog lovers out there, and it helps to let them know where they can go to get what they need when they need it."

A great mix of vendors, rescues, volunteers and sponsors have signed up, just begging for the chance to show off. Sheba's Haven, a palliative care facility for dogs, will be there with several of their residents to meet and greet the public, as well as an expected visit from "All Paws Matter Rescue", a foster based group out of Brockville that accepts all breeds of dogs. Pet supplies will be available from vendors such as Zoe-Goe and Craft Dog, you can also learn about specialty services such as blood

transfusions from the Life Stream Animal Blood Bank.

"We also want them to get a chance to support their favourite rescues," said McCormick. "Donations of all kinds are gratefully accepted – whether you decide to give cash or supplies, or even donate something to raffle off, this is fine. Each rescue will have its own table, and you can donate to them directly at their booth."

Best of all, admission is free! You can come in and wander for as long as you like from the opening at 10:00 a.m. until things wind down and close at 4:00 p.m. There's no better place to meet a friend, make a friend or bring a friend for a fun

Heaven on earth – petting puppies in the SPCA pen

packed day of canine delights. For the sake of safety, please keep everyone on their leashes, and stay on your best behaviour. A fantastic time is planned for all. **LH**

To learn more about this great event, go on-line and chase your mouse to <https://www.facebook.com/pages/Thousand-Islands-Bark-Bash/984005894943017>, [www.1000islandsbarkbash.com](http://www.1000islandsbarkbash.com) or contact the coordinator at [barkbash@live.com](mailto:barkbash@live.com).



# Speaking of wine

By Russ Disotell

Summer is here, so there's no need to pussyfoot about, we're going to talk wines for the barbecue. First we'll take a look at one of the essential ingredients in southern barbecue, Bourbon. Bourbon is an American corn whiskey. It is associated with Bourbon County in Kentucky but can be made anywhere in the U.S. It is rich, sweet and powerful, which is why the Southern barbecue crowd use it in their sauce. Maker's Mark Kentucky Bourbon (CSPC# 103747, \$43.95) is a particularly fine example. It is smooth, with rich caramel, vanilla and molasses flavours. With its sweet finish, it will add depth of flavour and character to your next barbecue sauce.

## Now to get on with the beverages!

Vina Luis Felipe Edwards Reserva Shiraz Cabernet 2013 (CSPC# 308189, \$13.90) is quite a mouthful of a name, which is appropriate, because it is quite a wine. This Chilean is a wine made for the grill. It is superbly crafted to meet your entire barbecue pairing needs. This wine is full-bodied and complex, with intense and well-proportioned fruit. It is a backyard superstar.

The aromatic nose features plum and cherry aromas intermingled with spice, vanilla and oak. Layers of fresh blackberry,

raspberry, plum and dark cherry fruit are augmented by hints of mocha, vanilla and peppery spice on the luscious palate. There is plenty of food-friendly acidity to match the generous fruit, and the whole package is wrapped in medium-soft tannins. Your last impression is a lengthy, flavourful finish. Match this wine with any and all grilled meats, especially your favourite steak.

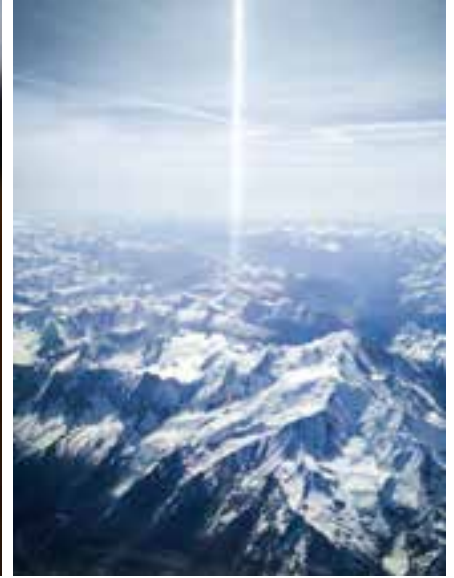
Zinfandel has always been highly regarded as a wine partner for the barbecue. It can sometimes carry a higher price tag, but Italy's Terre Di Savi Luccarelli Primitivo 2013 (CSPC# 253856, \$10.95) is a poor man's version of Zin, with all of its best qualities

at a fraction of the price. That's because Primitivo is a clone of Zinfandel (or vice versa).

Luccarelli hails from Puglia in the south of Italy, which is famous for robust reds that match the rugged terrain of the area. This charmer has all of the expected power and rich flavours of Zinfandel, with a touch of finesse. The nose is dominated by black cherry and strawberry aromas. The palate is full, rich and fresh with almost jammy fruit. The black cherry and strawberry components carry over from the nose, with just a hint of plum, licorice and fresh black pepper. A lovely acidic backbone and medium tannins nicely complement the abundant fruit. The finish has good length and depth. Again, serve our Italian friend with all manner of grilled fare. 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**





# MELCHERS TRAVELS

By Phil Melcher

After living in Amsterdam for almost half a year, I can say confidently that I've grown accustomed to the city. I've grown accustomed to the swarms of tourists often wandering ignorantly onto bike paths. I've grown accustomed to the weather, which gives value to a sunny day after weeks of only rain. I've even grown accustomed to Amsterdam's labyrinthine streets, which on multiple occasions have made me feel completely lost. In my past, I've recognized myself as a wanderlust Canadian, moving with uncertainty into lands unknown, but lately, I've come to see myself differently. I've come to see myself as slowly integrating into a world that is starting to feel more and more like home.

It's easy to find home in Amsterdam. It's easy to live here. By circumstances of extreme luck, I've managed to move into an apartment with a canal side balcony. The view from this balcony offers a visual slice of the unique Amsterdam cityscape. First, in the distance I can see the wind sails of the Brouwerij 't IJ, a local brewery built around a still operating windmill. Below the balcony, to the direct right, there is a bike path and a bridge which crosses over the canal. Night and day I can hear the bicycles ringing their bells as they pass. It is a welcoming change to any other cities' orchestra of frustrated car horns. Finally, there is the canal itself, where I often see boats come drifting past. Watching these ships reminds me of a sunny day on the St. Lawrence River, where tall ships often drift in similar fashion. These three elements: canals, bike paths, and windmills, sum up a typical image of Amsterdam, so scenically

unique, that it has also become for me a symbol of Europe as a whole. It is within this connection that I easily see Amsterdam as Europe's gateway.

Though I do love the sights Amsterdam offers, for me the sights are not the most important part of the city. It is within its people that Amsterdam finds its true heart.

During my stay I've managed to grab a job cooking in a cafe just outside of central station. The food there isn't extravagant but the people I work with certainly are. This is because, in typical Amsterdam fashion, they come from all over. I work with Italians, Polish, Hungarians, English, Spanish, and of course a few Dutch for good measure. Many people end up in or travelling through Amsterdam making transiency quite common in the city. In fact, it's common for the Dutch to say that Amsterdam has become more foreigner than local. For some this may be seen as negative, but for me it's beautiful. In working with so many different nationalities, I have already been given so much insight into the lives of others, recognizing not just the easy differences, but the more rewarding similarities as well. Outside of work, I've also managed to make plenty of friends, most of which I've already had to say goodbye to. In a transient population, relationships are quick, sudden, and yet cherished because of how short they become.

Now that I have a steady income, I've been able to travel around Europe more. I've been to Italy, Switzerland, Germany, Belgium, and England. I still have plans to see Spain,

Czech Republic, Iceland, France, and Ireland. Though I've enjoyed greatly all of my travels, I am warmed by the fact that I can always return to Amsterdam. Within this year I have already experienced so many sights, and met so many people. I've had so many adventures, that I don't remember individual days as much as I recollect an assortment of stories. Within Europe I've encountered another view of life. After all is said and done, I feel that everyday here has become a blessing. **LH**

**Editor's 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 March/April issue Phil started off his journey and gave us some of his first impressions of his trip. We learned some more about his travels in the May/June issue and we will be continuing for the rest of 2015. upcoming issues having Phil write about his experiences through his eyes. To read about Phil's experience go to our website [www.livingherebrockville.weebly.com](http://www.livingherebrockville.weebly.com) and find our March/April & May/June 2015 issue.

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# Final Thoughts

By Jon Marshall

Welcome to our July/August, summer Edition, of "Living Here" magazine. This is the 4th issue of 2015 and our 11th installment, as we are now in our second year of publication. We publish on a bi-monthly basis; so our next issue will be out the week of September 8th. This will be our September/October 2015 issue.

As we head into summer, we encourage everyone to get out there and enjoy what our area has to offer. There are vacations & holidays to look forward to, fantastic weather to go out boating, fishing, golfing, camping, hiking or whatever activity you enjoy by yourself or with your family. Our area communities from Brockville to Prescott to Ganoque, offers shopping, entertainment, outdoor adventures, museums, arts and attractions, just to mention a few.

In other words, why go on a vacation outside our area when there are so many things to do right here and have a "Stay-cation" and spend money in our local communities.

In this issue of Living Here we hope you enjoy some great articles and features:

We have a follow up article on buying tips for your first cottage in the 1000 Islands and area.

We have an article on Featherstone Bison Farm. A family owned business in Ganoque that provides consumers and restaurants with a healthier choice of Bison meat.

We have an article on local musician, Matt Hughes and his love of music and learning his craft of song writing as his talent has progressed through the years.

We have a great story on The Heroine of Charleston Lake, written by local Athens writer, Sally Smid, who writes about an incredible story of bravery and courage of a young girl named Caroline LaRose, who got lost in the Blue Mountain area of Charleston Lake at 8 years old, carrying a baby of 6 months.

We have a very interesting feature on our Local Downtown Business Improvement Associations (DBIA's) in Brockville/Ganoque & Prescott and what they are doing to promote shopping local and tourism.

There is so much more in this issue, so please enjoy, and keep giving us your feedback.

We thank every advertiser for their support and business.

Lastly, I encourage all readers to "Shop Local", especially now that we are in one of the best seasons 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. **LH**

**Check out our website:**  
[livingherebrockville.weebly.com](http://livingherebrockville.weebly.com)

## Rapid Valley RESTAURANT

**898 County Rd 2, Lansdowne On.**  
**613-659-2557**

*We Treat you Like Family!*

Everyday Breakfast Special  
 with coffee included

**SATURDAY SPECIAL!**  
 Prime Rib (12oz) Dinner with Yorkshire Pudding  
 (soup or salad) mash or fries,  
 veg of the day & dessert.  
 Bake to Order Pies & Cakes

**Wide selection, All Occasions, The Best Around**



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 Mon-Sat: 6am - 8pm  
 Sun: 7am - 8pm  
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 Boxing Day, New Year's Day

*~ Check out our coffee bar with home made treats for takeout! ~*

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**rob.tavares@f55f.com**



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Est. 1932



**155 King St. E.,  
Gananoque, ON**  
( Located in the ♥ of  
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## BREAKFAST SPECIAL

2 Eggs, Bacon/Ham or Sausage  
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**OUR PIZZA IS  
SECOND TO NONE!**

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Check out Daily Specials!  
& Enjoy a Cool Beverage  
With Friends!

Great Refreshing  
Summer Salads,  
Soups, Sandwiches,  
Burgers, Snacks  
& a Whole Lot More!

## GREAT DESSERTS TOO!

Monday & Tuesday  
4pm - 8pm

**1/2 PRICE WINGS**



**WOW!**

\* with purchase of beverage  
Dine-in Only!

Wednesday

**1/2 PRICE  
PIZZA + \$3**



\* with purchase of beverage  
Dine-in Only!



**Fans.Food.Fun.Friends.**

Now Open 7 Days a Week!  
Live Entertainment on most Weekends!  
Great Food! Great Atmosphere!  
Large Dance Floor-Big Screen TV's

## CHECK OUT OUR OTHER LOCATIONS

Moroni's by The Rideau  
38 Colbourne St. Portland, On  
613-272-2878

Moroni's Post  
426 Lyndhurst Rd, Lyndhurst, On  
613-928-2222

Moroni's Diner ( New )  
641 King St E, Gananoque, On  
613-382-1500



# Fort Wellington National Historic Site



Open May 16th-October 12th

## EVENTS 2015



**Fort Kids:** Tuesdays July 14  
- August 11 10:30am-3:30pm

**Guided Tours:** Saturdays and Sundays,  
July & August 1:30

**"You do the firing"  
Interactive Cannon Program\*:**  
July & August by reservation

**Fort Wellington Scotch Tasting\*:**  
August 15

**Labour Day to Thanksgiving:**  
Fall at the Fort, 10am-5pm

\*Reservations are required  
as space is limited.

Fort Wellington was built during the War of 1812 to defend the St. Lawrence River shipping route between Montreal and Kingston from possible attack by the United States. During this time, the fort was the staging point for a successful Raid on Ogdensburg New York in February 1813. It was later abandoned. Fort Wellington was called into service and rebuilt in 1838 during the Rebellions period when invasion from the United States was once again imminent. Fort Wellington was used as the rallying point for British forces and local militia to repel an invasion at the nearby Windmill Point in November 1838. The fort continued to be used for military purposes up until World War I, with occasional periods of abandonment. It was opened to the public as a National Historic Site in 1923.

Today Fort Wellington is operated by Parks Canada and is restored to the 1840s when the Royal Canadian Rifle Regiment were stationed there. Costumed interpreters interact with visitors, provide historic rifle and cannon demonstrations, and share stories. The site also boasts a new Visitor Centre featuring the wreck of an 1812-era gunboat and a gift shop. Children can make their visit an adventure by becoming Parks Canada Xplorers to discover the elaborate earthworks, three-storey blockhouse, and caponniere tunnel. Visits are self-guided, with guided tours offered on weekends throughout July and August. The fort is open seven days a week in July and August, and closed on Tuesdays and Wednesdays from Labour Day until Canadian Thanksgiving. Year-round, visitors can explore the Prescott Heritage River walking trail which runs along the St. Lawrence for the length of the Fort property and is enhanced with interpretive panels exploring the history of the property and the use of the river as a transshipment route.

**370 Vankoughnet St. Prescott, Ontario | 613-925-2896 | [www.pc.gc.ca/wellington](http://www.pc.gc.ca/wellington)**

# CHECK OUT THIS SUMMER WHAT OUR AREA HAS TO OFFER!

## SOMETHING FOR EVERYONE!!

Visit The Spencerville Mill & Museum  
*The last remaining mill on the South Nation River.*



**Open for Tours Daily**

10am-4 pm July 2 - September 6

Exhibits, turbine demonstrations, Riverside Park

**Music at the Mill**

Thursday evening concerts July 9, 16, 23.

**Sunday Tea with Mercy Fairbairn**

July 26 & August 16. Reservations required.

11 WATER ST. SPENCERVILLE, ON

For event information visit [www.spencervillemill.ca](http://www.spencervillemill.ca) or call 613-658-5885



### Mallorytown Village Fair

*An old-fashioned  
day for the  
whole family!*

**Sat. August 22nd, 2015**

9am-4pm

Local Artists, Heritage Demonstrations,  
Games, Live Music.

**1523 County Rd. 2 Mallorytown**  
[swells@ripnet.com](mailto:swells@ripnet.com)

*St. Lawrence  
Shakespeare Festival*

**ROMEO  
AND  
JULIET**

2015  
Season

**JULY 18 - AUGUST 22**

**COMEDY  
OF  
ERRORS**

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Monday Night Live!

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[www.stlawrenceshakespeare.ca](http://www.stlawrenceshakespeare.ca)

**35TH ANNUAL  
CORNFEST**

**SATURDAY, AUGUST 15TH**  
9am - 4pm

The Corniest Down-Home  
Country Festival in Ontario!

- Cobs of zany  
free kids activities
- Continuous Live Music
- Great Country Food
- Vendors and Crafts

**LOCATED**  
MAIN STREET, ATHENS  
[www.athenscornfest.ca](http://www.athenscornfest.ca)

Lyndhurst Gun & Militaria Show  
Lyndhurst Legion

Sat. 11 July 2015  
Sun. 18 October 2015  
9am - 3pm

Women and accompanied children under 16 are Free

**BUY / SELL / TRADE**  
Firearms, Ammunition, Knives, Military  
Antiques, Hunting Gear & Fishing Tackle

All firearm laws are to be obeyed. Trigger locks are required.

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**For show information &  
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