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## Autumn Apple Cheesecake

### You'll need...

- 1 cup graham cracker crumbs
- 3 tbsp. white sugar
- ½ tsp cinnamon
- ¼ cup melted butter
- 2 8oz pkgs cream cheese
- 2 eggs beaten
- ½ cup white sugar
- 4 cups thinly sliced apples
- ½ tsp cinnamon
- 1/3 cup sugar
- ½ tsp vanilla
- ¼ cup chopped pecans

### To create...

- ➔ Combine the first 4 ingredients and mix well. Press into a 9" spring form pan. Bake at 350°F for 10 minutes. Combine cream cheese and ½ cup of sugar. Mix at medium speed with electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in the vanilla and pour over the crust. Toss apples with ½ tsp cinnamon and 1/3 cup of sugar, spoon apple mixture over the cream cheese layer, then sprinkle apple layer with pecans. Bake at 350°F for 70 minutes. Loosen the sides of the spring form pan but don't remove until fully cooled.



## Roast Turkey and Stuffing

Thaw turkey in fridge 24-48 hours. Rinse out cavities and remove giblets and neck (these can be roasted in the pan with the turkey if desired or simmered in a saucepan to be used in gravy.)

### You'll need...

- CELERY STUFFING (enough stuffing for a 12lb turkey)
- 1 cup chopped onion
  - 2 cups finely chopped celery
  - 2/3 cup melted butter
  - 7 cups cubed stale bread
  - 2 tsp salt
  - ½ tsp pepper
  - 1½ tsp rubbed sage
  - ½ tsp poultry seasoning
  - 3 cups chicken broth

### To create...

- ➔ Sauté onion and celery in butter until soft (do not brown). Combine with bread cubes and seasonings, add chicken broth and toss lightly, stuff loosely into cavities of turkey. Place turkey into roasting pan, cover, and roast for 4 to 4 1/2 hours at 325°F or until internal temperature of 185°F is reached. Insert thermometer into the thickest part of inside thigh muscle, do not touch the bone. Let turkey rest for 20 minutes before carving.



## Maple Buttered Squash

Makes 4-6 servings.

### You'll need...

- 3-4lbs squash (acorn or hubbard)
- 2 tbsp. maple syrup
- 2 tbsp. butter
- 1 tsp salt
- Dash of pepper
- Chopped chives or green onion

### To create...

- ➔ Cut squash into large pieces, remove seeds. Place in a large baking pan. Cover with foil and bake in 350°F oven about 1 1/4 hours until tender. Scoop out the pulp and mash. Stir in syrup, butter, salt and pepper. Heat until warm, place in a serving dish, then garnish with chives.





L-R: Nattanya Hewitt, Eithne (host for the evening) & Tony Dunbar and the Museum's Amy Whitehorne Mackie; Doris and Natalie frame one of the Yeats panels

# WILDE ABOUT YEATS

By Russ Disotell

No, that's not a spelling error in the title, it's meant to be Wilde with an "e", as in Oscar Wilde. This is a story about the importance of dialogue, community building, convoluted paths, and, oh yes, how an Oscar Wilde project morphed into a celebration of WB Yeats. In the interest of full disclosure, I was involved in this enterprise.

Last December at a lecture sponsored by the Brockville Irish Cultural Society a discussion took place about promoting the idea of an Oscar Wilde Theatre Festival for Brockville. There is a connection between the celebrated Irish playwright and Brockville. In a nutshell, the connection is that Frances Richards, a Brockville native, and talented portrait artist, painted Wilde's portrait in 1887. The sitting inspired Wilde to write *The Picture of Dorian Gray*, Wilde's only novel. As a result of the talk it was decided to meet in the New Year and commence the promotion.

By the time of this first meeting, the group consisted of members of the executive of the Brockville Irish Cultural Society and several unaffiliated members of the public. One suggestion put forward was that since Wilde was Irish, the Embassy of Ireland in Ottawa should be approached for their assistance. An immediate response to the suggestion was, "What do we want from them?" Good question! A let's wait and see attitude was adopted. You don't know what

you want until you see what they have. Here comes the first turn in the road.

Elizabeth Keogh, Second Secretary of the Embassy, became our contact person, and eventually our leading benefactor. The Embassy was very interested in assisting wherever possible and they did have four travelling government literary exhibits, but unfortunately Wilde wasn't one of them. Would there be interest in looking at them anyway? Of course! She mentioned that the WB Yeats exhibit might be very timely as 2015 was the 150th anniversary of his birth and was being celebrated as the year of Yeats. For those unfamiliar with Yeats, he is considered one of the leading literary figures of the 20th century, won the Nobel Prize in Literature in 1923, and is a beloved poet worldwide and in particular to the Irish.

It was decided to accept the offer of the Yeats exhibit, thus encountering the second turn in the road. The problem was finding a venue. Or rather, as it was quaintly put by one of the group, "We don't have a Museum, but I know where we can find one!" Enter the Brockville Museum. Curator Natalie Wood was approached and indeed they would be happy to host the exhibit and just happened to have space for the month of August. It would be a reflection, and celebration of the rich Irish heritage of the area.

The Brockville Museum was one of a select number of stops for the exhibition in this

Year of Yeats; as such it was a coup for them. The Yeats exhibition was curated in 2011 by the Department of Foreign Affairs and Trade of Ireland, using material from the Yeats exhibition featured in the National Library in Dublin. The exhibition consists of 13 panels telling the story of Yeats' life and work.

The exhibit was previewed on July 29th with a program blending readings, music, an exploration of Yeats' life and works. Brockville Councillor Phil Deery, the city's representative on the Museum's Board of Directors, spoke about being the son of Irish immigrants and growing up reading Yeats' collection of fairy tales. He also commented how wonderful it was to hear Gaelic again, as it was used as part of his wedding ceremony.

On August 18th a Read Your Favourite Yeats event was held in the afternoon. It served as an opportunity for the public to share their love of Yeats, read their favourite Yeats poem or just enjoy the recitations of others. Once again, there was a blend of readings, commentary and music, as some of the area's wealth of talented Celtic musicians showed up to add to the festive atmosphere.

So now where to for the Wilde/Yeats committee? Expect more on the Wilde Theatre Festival idea, but between here and there, be prepared for a twist or two, as they remain committed to taking full advantage of every opportunity that comes their way.

LH





# “THE RELATIVES ARE COMING: DON’T PANIC!”

By Russ Disotell

When September rolls around Karen Colburn’s thoughts turn to Christmas, not because she’s a super shopper making her list and checking it twice, not because all of the presents have to be bought and wrapped by Thanksgiving. No, the Christmas thoughts can be blamed on something we’ll call “The Relatives are Coming Syndrome”.

With twenty-four years in the field, Karen Colburn, owner and principal designer of West Wind Design Group, knows that September and October are the months when most customers realize they want to get their kitchens ready for Christmas. The conversations usually start with, “Our family is coming to my house for Christmas, and I would love to have a new kitchen!” It’s a stressful time already without adding on the pressures of hosting the family for the perfect Christmas meal. Unveiling a new kitchen makeover might help dazzle those hard to please relatives, but make sure you leave enough time (and budget!) to get the job done properly. Karen considers having

sufficient time to complete a project to be one of the most important considerations. Time constraints lead to split second decisions, which aren’t always the best. “It takes approximately four to six weeks for cabinets to arrive”, she points out, “and compared to 20 years ago, there are so many more choices.” Time is of the essence when dealing with a fixed, can’t miss deadline, like Christmas. You don’t want to cut corners or compromise on materials because you are rushed – you and your family are in your kitchen 365 days a year! We work really hard to accommodate – and have even worked until noon on Christmas Eve once when the client’s contractor was behind, to help him out.”

At times a degree in psychology might come in handy. Even though it’s not in the job description, Karen points out that, “You learn people skills really quickly.” Home renovations are stressful, at the best of times; people aren’t always at their best. Karen recalls a couple who were building their dream retirement home, and were getting along fabulously... that is until they were selecting countertops.

“They completely fell apart on me – I sent them home with the request that they don’t think about countertop choices all weekend and see me next week.” She worked with the colours – the wife’s choice, went into the master bathroom, the husband’s choice went into his bar area downstairs, and they chose a new selection for the kitchen. They were thrilled to have their choices incorporated in rooms that were special to them, and thankful that they avoided arguing by trusting Karen.

You have to be brutally honest with yourself. How do you function? Do you clean every day or are household chores your worst nightmare? Do you have kids and pets? What do you use your kitchen for? Is your goal re-sale? (kitchens and baths are 2 of the top renovations that will increase value). How does your family function in the space? Rather than the traditional ‘work triangle’ create zones for specific activities to make your everyday life easier – and to keep everyone out of each other’s way. Function first and then add the details! “Customers panic when I tell them I want to visit at supper time”, Karen chuckles, “but I want to see the kitchen and family in action. It shows how the kitchen functions at one of its busiest times of the day.”

Following the latest trends can also be dangerous. Don’t opt for a white kitchen if you don’t like white, just because it’s the latest rage. Buyer remorse is very real! To put it more succinctly, while being interviewed for a spot on a local Cogeco station last year, Karen was asked about current design trends. “I am seeing some 70’s influence. You may feel how my husband Scott does about this, he says, I lived through the seventies once, I don’t want to live through them again!” Who knew kitchen design could be so humorous? “I could say I’ve seen it all, but I know that’s not true”, Karen laughs, “There’s always something new.” **LH**

## Editor’s Note

You can reach Karen @ Westwind Design Group-AyA Kitchens 613-345-5556 or visit the website [www.ayabrockville.com](http://www.ayabrockville.com). 16 - 4501 South Ave Elizabethtown-Kitley, ON

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# MAKING LIFE BETTER for the Children of Chernobyl

By Russ Disotell

Most people in the area are familiar with Canadian Aid for Chernobyl, through their Shoeboxes for Seniors and Children's Relief from Radiation programs, but actually these are only the tip of the iceberg. What you see here is only a small part of their efforts. "Most of the work happens in Belarus", says Dave Shaw, a founding Director of Canadian Aid for Chernobyl and the force behind their continuing Humanitarian and Orphan Initiatives.

The list of initiatives and programs is lengthy and impressive and a testimony to the commitment of those involved. "There are a great number of wonderful, dedicated people involved", Dave offers, "Many who have put years of effort into these projects. When you look at this list of projects, it is important to remember that Canadian Aid for Chernobyl doesn't just fund them, they are involved in all aspects. They are involved in planning, fund-raising, development, building or purchasing facilities, renovating if necessary, and negotiating with the local authorities. Every initiative, past, present and going forward, is hands on with our organization", stresses Dave. "Charitable work hardly seems an adequate term."

The group were responsible for establishing the Dream Mountain Crisis Centre for Women and Children, the first "safe house" in the country. In 2015 the program was expanded to include children removed from their homes due to domestic violence and abuse. The Crisis Centre, not only provides a safe haven, but allows access to counselling and care.

Partnerships with orphanage directors in Belarus have seen complete libraries, new computers, small kitchens, musical instruments and mini vans (to name just some of the donations) provided to help build confidence, self-esteem and self-worth among the children. A once alarming suicide rate for these at risk children has plummeted to nearly zero, in large part due to these efforts. In addition to providing these much needed resources, Canadian Aid for



*Kristina and Masha getting ready to head off with Riley to get their ears pierced!*

Chernobyl, through their supporters, have completed renovations in a number of area orphanages.

These are only a few of many projects the group has. To see a comprehensive list of initiatives, go to their website at [www.canadianaidforchernobyl.com](http://www.canadianaidforchernobyl.com).

Dave dates his involvement from the early 1990's through his business, Alan Browns Clothiers. When his daughter Riley turned 6 they decided to become involved as a host family. It turned out their first visitor, an 8 year old girl, had a severe bladder and kidney infection, which was treated and cured by the time she returned home. Dave remembers that, "In Belarus they thought it was a miracle!" In April of 1998 they went, as a family, to Belarus for 10 days, visiting orphanages and families. "Riley described it as the best, most meaningful vacation ever." It grew from there. By fall the first 40 foot container of aid was shipped. This year the 128th container will be shipped.

Dave admits that, "To stay motivated I need a new initiative every year. I'm always looking for new initiatives." His latest project is to establish a "Rescue House" for children in severe or difficult family situations. "There is a desperate need for this type of facility." The house would provide a safe environment and proper family structure, with on site

trained staff and proper equipment and tools to help provide a better education.

In mid-September, Dave will fly to Belarus to take part in a hockey school at the Chaussy Orphanage, an initiative started and funded by the owners of Kanata's Canadian Tire outlet. "It provides some fun, exercise and normalcy for the children involved." Once the camp is done the real work continues. He will work out the details for the "Rescue House" with the government. The actual house has to be found and purchased. The renovations have to be started, equipment and furnishings arranged and the process of staffing begun. The spring delivery of 2016 has to be arranged as well as distribution of the aid.

Adding to the difficulties this year is the world monetary market. Dave points out, "The Canadian dollar is down against the U.S. dollar and the Ruble has been in a downward spiral. We are looking at increased costs as a result."

The group has a profound appreciation for all of their generous supporters. Moving forward there is always a need and any contribution is greatly appreciated. All of the humanitarian donations go directly to those in need. There is no administrative overhead whatsoever. **LH**

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L to R: Pumpkins, pumpkins everywhere; Give pumpkin bowling your best shot

# GET YOUR ORANGE ON WITH PUMP-GAN-FEST

By Lorraine Payette

It's still warm, but the days are shortening and the leaves are flaming with colour. School has started, the harvest is almost completely in and it won't be long before we're digging out the parkas, mitts and toques, as we stoke the fires to get through yet another Ontario winter.

Pump-GAN-Fest is the perfect way to get out and celebrate those blissful remaining days of golden light and warmth. Not just a lead-in to Hallow-month, it is dedicated to everything pumpkin, it allows kids to play and create, and allows adults to become kids again for one very special Saturday each fall.

"Gananoque Lions Club member Jim Boltin started this about 8 years ago as an event for the Club," said Dianne Delaney, Lion and spokesperson for Pump-GAN-Fest. "This is not a fundraiser for the Lions, but is a day to show our appreciation to the communities that have always supported us and to remember Lion Jim who has passed away."

Boltin was best known as a pillar of the Gananoque community, involved in numerous events and projects which inspired and entertained residents of all ages. The Pump-GAN-Fest was one of his most joyous

inspirations, as he invited everyone to get out and have some good old fashioned fun in the Town Park.

"It's not a money-maker for us by any stretch of the imagination," Boltin said of the festival in 2011. "It is meant to be a fun day for kids held in the park in conjunction with Doors Open. We don't advertise it a lot because it is really a community event."

This community event has become that sweet focal point between the end of summer and the start of winter, a blissful last hurrah before everyone has to get serious again.

"Pump-GAN-Fest is a family day in Town Park from 10:00 am to 3:00 pm," said Lisa Bird of the Red Cow Society. "The original concept was about the Lions Club giving back to the community. The Red Cow Society has come onboard to assist them and we're off to a great partnership. My role is to bring some interesting vendors to the park and schedule entertainment. We have had a great variety of bands from the local sound and even a Nashville recording artist. To end it all we always have a real crowd pleaser with 'Elvis'. This year we will have a Jell-O eating

competition, Pumpkin Seed spitting contest, and colouring contest. Rumour has it we may have a VIP Jell-O Eating Contest!! We will see who we can muster up to make a great challenge, but for now we're looking for the best in entertainment, so everyone will have a fantastic time."

In addition to contests featuring local celebrities and great music, you can always count on lots of fun pumpkin activities – pumpkin bowling, pumpkin hockey, pumpkin carving and decorating, guessing the weight of the Great Pumpkin, face painting, vendors selling all kinds of great pumpkin goodies, and pumpkin art. If it's related to the pumpkin, you can count on it being part of Pump-GAN-Fest.

"The kids love coming here every year," said Anne Peters at last year's event. "They get a chance to be creative, have a good time and play with their friends. The activities are free, and we can always find some kind of great tasting locally made goodies at the food vendors."

Pump-GAN-Fest will be held rain or shine on October 3 from 10:00-3:00 in Gananoque Town Park. [LH](#)

# THOUSAND ISLANDS GROUND SEARCH AND RESCUE

## Your Best Way out in Time of Need

By Lorraine Payette

**Y**ou're out in the bush, and suddenly you don't know where you are. Do you know what to do, where to go, or how to help get yourself rescued? Do you have everything you need to stay alive and safe for 24-hours?

"Hug-a-Tree and Survive' (HAT) started as an RCMP search and rescue initiative helping lost people survive in the woods," said Catherine Gill. "This proactive, preventative program originated in San Diego, CA, after Jimmy Beveridge, a nine-year-old boy, became lost and tragically died in the wilderness."

Part of Adventure Smart, HAT has expanded under the National Search and Rescue Secretariat (NSS) and Search and Rescue Volunteer Association Canada (SARVAC). The rules apply to anyone traveling in the woods.

"Always let someone responsible know where you are going, be sure to carry some kind of emergency shelter and whistle on all outdoor trips, and find a good tree to 'hug' and stay near as soon as you discover you are lost," said Gill. "This is extremely important

– if you continue to wander around, it only makes it harder for the rescue team to find you and uses up your precious energy and resources. All outdoor enthusiasts should carry a simple day pack containing an emergency blanket, a bottle of water, some high energy food (such as trail mix and/or a granola bar), a good whistle, and glow-sticks to make themselves more visible after dark. As well, every household should have an emergency kit allowing them to survive for 24-72 hours in case of disaster."

Although Gill, a founding member of the Thousand Islands Ground Search and Rescue (TIGSAR) team, has a canine assistant, she reminds everyone that the dog is simply a tool, part of the equipment used to bring missing people back to their homes and loved ones. The most important members of the search and rescue teams are the volunteers.

TIGSAR is an all-volunteer non-profit registered charity consisting of more than 20 highly trained, dedicated people operating under the Ontario Search and Rescue Volunteer Association (OSARVA), the Governing body for Volunteer Search and Rescue teams within the Province of Ontario. Members pay an annual membership fee of \$50 plus \$50 for the basic searcher course. They buy their own equipment, and are expected to attend and pass, at least 60% of the ten training sessions held each year. Training exercises include winter wilderness survival, basic searcher courses, urban search

To learn more about emergency preparedness, go to <https://www.adventuresmart.ca/>. For more about TIGSAR programs and services, how to join or to contribute in any way, please contact them at [tigsar@live.ca](mailto:tigsar@live.ca) or go to [www.tigsar.ca](http://www.tigsar.ca).



*Trouble can come at any time of year, and TIGSAR volunteers are ready to help; Catherine Gill and her dog, Alex, doing a presentation at Linklater Public School*

and rescue, search patterns, canoe training, ATV training, survival training and wilderness survival. They must recertify annually, keeping up all of their skills and equipment at their own expense.

"The OPP have been tasked with search and rescue in Ontario, so we respond to their call," said Gill. "We come, and we bring trained bodies – searchers to walk a grid line, people who know what to do. It's our respect and appreciation for the trained professionals in our community that leads to becoming a respected search and rescue team."

TIGSAR has assisted in searches in several nearby communities, and is available to perform demonstrations and/or speak for schools and interested organizations. They receive no government funding and raise money entirely through donations from individuals and groups, with every dollar going into improving equipment and training. Their dream is to be able to purchase and maintain a complete rolling command post containing all necessary emergency equipment and a "normalizing centre" where victims can sit, catch their breath, have a beverage and reorient themselves before going on to the next stage of recovery. **LH**





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# RESPONSIBLE HUNTING IN LEEDS-GRENVILLE

By Lorraine Payette

September arrives in Ontario and with it come thoughts of getting outdoors to hunt. Whether small game like rabbits and grouse, waterfowl like ducks and geese, or larger animals like deer and bear, the true hunter looks forward to the season year round, and is always ready to get out and go.

There's more to hunting than picking up a firearm or bow and taking off into the woods. Whether well seasoned or new to the sport, there are certain things that you need to do.

Always have a plan and hunt with a buddy. Just as a pilot would never take off without registering a flight plan, you should always tell someone where you are going, how long you intend to be away, and have an emergency contact available. Accidents happen and no one is immune to trouble. Carry a walkie-talkie, cell phone or radio as well as a personal emergency survival kit, and be sure you know how to use it. Bring

a friend or relative with you when you head out. Not only does this lend a little camaraderie, but you can help each other as you go.

Make sure you know how to use your equipment properly. Whether gun, bow or snare, tents, sleeping bags, mosquito netting, etc., it's important to know what you need. High or low tech, it isn't going to do you any good if you aren't familiar with it.

Check with the Ontario Federation of Anglers and Hunters (OFAH) to find out where you can get the courses you need. New hunters must pass the Ontario Hunter

Education Course and even the most experienced hunters may learn something new from the program. The Canadian Firearms Safety Course will stand you in good stead for years to come. You don't have to renew the courses, but refreshers are a good idea if you don't get out very often. Programs are held several times a year and can be found through your local gun clubs and stores. Attend a real hands-on class with an instructor and stay away from on-line programs. The extra experience can make all the difference in whether you have a successful trip or not.

Get all the proper licenses for the game and area in which you plan to hunt. There are many seasons and tags for different prey. Every hunter needs an Ontario Outdoors Card which can be purchased at gun shops throughout the area. Have a copy of the Ontario Hunting Regulations Summary (OHRS), and read it so you understand it thoroughly. The electronic version can give you the latest updates, but it won't work in the bush. Follow all the rules and only hunt your game in season with the proper equipment.

To hunt in Leeds-Grenville, check out the available hunting areas and get the necessary



John Sideris, Wings Bait & Tackle in Lyndhurst, ON, will help with rules, licenses & firearms.

permissions. Maps are available on-line for crown land as well as in the OHRS, and there are hunt clubs and lodges in the area.

Land may be posted as “no hunting” and/ or “no trespassing”, and may have different markings to indicate this. Red circles 10 cm in diameter indicate “no trespassing” and must be respected. If you wish to hunt on private land, speak with the landowner or tenant-in-residence before entering whether it is posted or not. If you don’t have permission, don’t hunt there. In order to keep hunting as a viable sport, it is important to respect other people’s rights and opinions.

Research your area and find out everything you can about it. Gun shop owners and hunt club members can not only help you find the best hunting grounds for the game you are seeking, but can check your equipment and let you know whether you have everything you need. They can also help you find what is exactly right for you, and hook you up with qualified taxidermists who can mount your trophies after the hunt.

Choosing your firearm or bow depends highly on the game you prefer to go after. The experienced hunter will already have preferred tools, but the new hunter could benefit from shopping around. Try consulting professional hunters, gun club members or others who know the different guns and bows to find out which will be the best fit for you.

Wearing the right clothing is as essential as an emergency pack or supply of food. When hunting large game, always make sure you can be properly seen, stick to all requirements under law for blaze orange and remember that it’s your friend. A hunter in an orange vest is far less likely to be shot accidentally than one who blends in perfectly with the environment. When hunting birds, different rules apply and you’ll want good camouflage. Wear layers and make sure to have extra dry clothes handy.

Go out and have fun. You can learn a lot about yourself and nature, whether you bag any game or not. Hunters have contributed hugely to preserving our wetlands, grasslands and woodlands, helping to ensure that animal populations are abundant and that endangered species are nurtured and looked after. They have contributed to safety networks and to the education of people, everywhere, about all the outdoors has to offer. Be sure to follow that example and help keep hunting the free, legal sport that it is today. **LH**



To find OFAH, go to [www.ofah.org](http://www.ofah.org). For useful information on hunting in Ontario, please check [www.ontario.ca/travel-and-recreation/hunting](http://www.ontario.ca/travel-and-recreation/hunting).





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# DUCKS UNLIMITED PRESCOTT

## Making a difference in the great outdoors

By Joan Rupert-Barkley

If you care about the environment, wildlife and clean water, perhaps you should consider becoming a member of Ducks Unlimited Canada (DUC). This non-profit organization was formed in 1938 by sportsmen and during that time has focussed on protecting, restoring enhancing and conserving wetland habitats for the waterfowl, wildlife and people. DUC also supports hunting by offering a program that teaches safe and ethical waterfowl hunting.

The membership fee is \$35.00 per year and this also includes a subscription to the publication *The Conservator*. Within a 50-kilometer radius of Prescott, there are 83 DUC habitat projects, 25,293 acres of secured habitat and \$3,539,941 invested

in DUC habitat projects. Chapters in this district are located in Brockville, Kemptville, Morrisburg, Smith Falls as well as Prescott.

The Prescott and District chapter of DUC was formed in 1997. The founding chairperson was Dr. Jim Holmes.

"Ducks Unlimited not only helps wildlife but it helps waterfowl and humans too. People are realizing that the dirty old swamp actually has a need. That is what is filtering our water and keeping our water tables up", stated Holmes.

One of the habitat projects in this area involved rejuvenating the wetland at Limerick Forest. "They built a roadway, berms, culverts and control gates to get

the water at an optimum level for birds and wildlife", said Holmes.

Holmes, who has been to various DUC projects, such as a wetland in Kingston, and studies in Smith Falls, emphasized these project sites are not restricted. Members of DUC are always welcome to go out in the field with the biologist and observe the work as it is being done.

The chapter recently won the President's Grand Slam Award for increased contribution.

Holmes also described another project that took place on some of his property south of Toledo, where there had been a significant decrease in the number of ducks, especially black ones. DUC came in and dug five large





PICTURES- submitted by Dr. Jim Holmes These are students from Maynard Public School putting together birdhouse kit. Top Left: From left Joseph Summerfield, Cameron Carboni, Dr. Jim Holmes, Nicole Klein, Corrin Fisher (These are students from Maynard Public School putting together birdhouse kit. Top Right: From left Kassie Coville-Goncowski, Dave Hall and Abigail Salmon)

brood ponds adjacent to the river. Since the project has been completed, Holmes reported an increase in ducks, including mallards, wood, black ducks, as well as Canada geese, snow geese, swans, otters, turkeys and deer.

Another rewarding DUC initiative is the Webfoot project. Currently Holmes along with retired school teacher Dave Hall, are introducing this program to local public schools. Webfoot is an extensive educational program that teaches children all about wildlife, wetland, clean air, forestry and conservation.

"You have to teach these young people about this. They are the future caretakers. Let's teach them properly so they will get the facts straight and they will know all about conservation", said Holmes.

All the educational material in this program is designed to fit into the school curriculum under environment and science. Material is shipped from DUC's head office in Winnipeg directly to the school. Although the program is completely subsidized by DUC, Holmes reported in the past, individuals or corporations have sponsored classes. These sponsors receive an adult DUC membership, the magazine, a tax receipt, a thank you at the DUC annual fundraising dinner, a thank you in the newspaper, as well as a letter that goes home to all participating students stating the name of the sponsor. So far 94 classes, 2400 students and 11 different schools have participated in this project. At the end of the year, Holmes or Hall, visit the school to make a presentation and present the students with birdhouse kits. The students

also receive various conservation games and activities. Sometimes the students hang the completed birdhouses around the school. Holmes noted the program is very rewarding and over the years they have received thank you notes from some of the participating students with drawings of wildlife.

The DUC Prescott chapter has also participated in the Barn of Learning at the Spencerville Fair in September. At this event Holmes indicated they teach children and adults all about banding ducks and geese, as well as facts about wetlands and conservation. Participants are given a coloured band to wear around their wrist. There are four different colours of bands. By entering the words Ducks Unlimited Duck Detective on the computer, along with the colour of band they are wearing and their province, participants can find out what type of duck they are, as well as where the ducks live, where they winter, how many eggs they lay and many other interesting facts. Participants also receive a certificate of appreciation. During one event at the fair 451 people were banded.

The Prescott and District Chapter of DUC holds a fundraising dinner every year. This event raises money for the various projects in the area. Local businesses donate items for the live and silent auctions as well as for the door prizes. The chapter also purchases event merchandise from Ducks Unlimited Canada. There are theme packages, winner-takes-all packages and other fundraising activities at the dinner itself. A ticket to the dinner also includes the membership fee to DUC. Holmes indicated that since the Prescott chapter has only

6 – 8 people on the committee, including chairman Shawn Lockett, the folks from the chapter in Smith Falls often help out with this event. Prescott chapter returns the favour at their spring dinner. The dinner is also an opportunity for High School students to get their volunteer hours. **LH**



**If you would like to become a DUC volunteer, a Webfoot sponsor or learn more about Ducks Unlimited, call Shawn Lockett at (613)925-1465 or Jim Holmes at (613)925-4800.**



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# WHEELING AROUND THE UNITED COUNTIES

## Get Out the ATV

By Lorraine Payette



There's nothing like the change of seasons – crisp autumn air, leaves changing colours and falling in gentle drifts to the forest floor, new vistas opening up every day for the eye to marvel at. The smell of wood smoke in the air, shorter days and longer nights, Orion is chasing the Pleiades over the horizon in the darkening sky.

A great way to indulge in all of this is on the all terrain vehicle (ATV) trails in Leeds-Grenville. With proper training, the whole family can indulge in this great outdoor pastime and enjoy a little extra bonding along the way.

To get started, find a good instructor and take a Canadian All-Terrain Quad Council of Canada Safety Institute (CASI) approved ATV rider course. It will allow you to gain knowledge of safety and basic riding skills, while you practice in a controlled environment with a certified instructor supervising your every move. You will receive the most current hands-on ATV safety program in Canada, which is based on the well-recognized ATV Safety Institute (ASI) program. It has been enhanced with input from Chief Instructors across Canada and is supported and endorsed by the Canadian off Highway Vehicle Distributors Council – all of whom are ATV major manufacturers.

Once trained, you'll need an ATV. Don't go racing out to buy one or more right away. Instead, contact an organization such as the Johnstown ATV Club or the people at Limerick Forest. They can help you find rental units you can use as well as reputable dealers to get you on your way.

Remember to dress properly. Under their Safety Rules, the Everest Re Group suggests you wear a DOT-compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots, and gloves when doing any serious riding.

Enjoying the ATV can definitely be a family sport, and can be something to do with other enthusiasts. Consider joining a club and getting to know the trails in Leeds-Grenville.

"(The Johnstown ATV Club) has a 150-kilometre trail system which extends from Angelo's Restaurant (Old Highway 16) just north of Johnstown to the Limerick Forest South Tract," says the Leeds Grenville website. "Their website states they cater to both serious and casual riders. There is a tunnel under Highway 416, which allows access to trails on both sides of the highway. The trails are open year round with the only exceptions being closure during the spring thaw and district hunting seasons..."

"The trail network within Limerick Forest consists of approximately 180 kilometres of trails, ranging in size from 'single track' to emergency access roads suitable for full-sized vehicles. In addition, approximately 30 kilometres of 'groomed' snowmobile trails are maintained by the Leeds & Grenville Snowmobile Association. A number of information kiosks have been installed at various locations throughout Limerick Forest. Mosaics of air photos and trail maps, 911 locations, parking areas and public service announcements may be found on these kiosks."

Above all, get out and enjoy everything ATV riding in Leeds-Grenville has to offer. You can participate in the sport year round, and this is a great way to get to know the wild beauty waiting for you in the united counties. **LH**



*You're never too old – Edwina Griffin goes out for a ride around the yard with her son the day after her 100th birthday celebration (family file photo)*

**To find trails, training and equipment, check out Leeds Grenville at <http://leedsgrenville.com/en/visit/thingstodo/ATVTours.asp>, the Johnstown ATV Club at <http://www.johnstownatvclub.org/index.html>, Limerick Forest at <http://www.limerickforest.ca/en/recreation/index.asp>, CASI ATV Rider course at <http://www.atvquad.ca/en/casi-atv-ridercourse-sm/> and Everest Re Group Ltd.'s safety rules at <http://www.everestregroup.com/Portals/0/Documents/Alerts/LC%20Alert%20ATV%20Safety.pdf>.**



# GHOSTLY TALES & MYSTERIOUS HAPPENINGS

## “The Unexplained”

By Tanya Shukalova

As the leaves rustle down dark roads, a breeze rolls in and chills crawl up your spine. You feel eyes on you but don't know where they're coming from. Could they be the skeleton decoration sitting on a neighbour's porch or a neighbour's wandering eye? Or could it be someone else? Someone you can't see?

Living in Brockville/Prescott & Gananoque, the towns are so filled with history, much of which is still present today, means that there is an abundance of ghostly tales to be told of the unexplained.

- One of which, comes from Fort Wellington in Prescott. As a young boy, Robert B.

Stewart volunteered at Fort Wellington with his friends to dress in historical costume and portray children of soldiers. This was the most exciting summer activity Robert could imagine and he continued to volunteer there for years. On an autumn afternoon of 1982, Robert was helping the Chief of Interpretation, Mr. John Black; rewind some old films in the barracks room of the Fort. This was a very small room on the second floor, with a film projector in it. There was a white cat that hung around the Fort at that time, and it was sitting just outside the door of the room that Robert was in. He noticed the cat focused on something outside of his view. He had an uneasy feeling that

something wasn't quite right, so after the film finished rewinding, he got up to go back to see Mr. Black in the officer's quarters. As he was following the cat through the barracks, it stopped suddenly and its hair stood on end. It started to hiss at something in the southwest corner of the room.

Although Robert's attention was focused on the cat, he had the impression from the corner of his eye of movement in that same corner of the room. Completely spooked, Robert ran down the stairs and out to the officer's quarters to tell Mr. Black what happened. Mr. Black assured the boy that they were the only two people there. They both went through the building and found that indeed, they were the only two people physically present.

There have been other reports from Fort Wellington of the same corner and a similar presence, which has been called "Terrance", as well as other strange happenings.

- All About Books, (now called Beggars Banquet Books & Internet Cafe) on King St E in Gananoque, the former owner, Deb Savoy (All About Books) seems all too familiar with a former employee of what used to be a drug store. Ms. Savoy was assisting a customer on a regular business day when she peeked over one of the shelves to the very last aisle. There was an older, slender man wearing a hat and standing alone. She walked around the corner of the aisle and





Clockwise: Fulford Place home of George and Mary Fulford built between 1899-1901; Fort Wellington Barracks South West corner, the area that the apparition was felt/seen. (photo courtesy of Caitlyn Quade-Heritage Interpreter Fort Wellington); Former location on 162 King St E Gananoque of All About Books ( now called Beggars Banquet Books)

was about to ask the man if he needed any help, but there was no one there. Within that few seconds it took her to turn the corner, he had disappeared.

On a History and Haunting Ghost Walk, a psychic was brought in to the shop, the very last aisle to be exact. The psychic reported that they had a male presence there, with an old type name, like Henry. The presence also came off to be very stern and disliked children because they were too noisy. Lots of jars were also seen to have to do with this presence.

The group visited the local historian, Charlie Donevan, who told them that the now book store, used to be "Signs Drug Store" (where they had many jars) and a pharmacist named Hubert (close enough) used to work there. Hubert was a tall, slender man, often found wearing a hat and also had a dislike for children. Charlie knew this because he was only a child when the Drug Store was there. Ironically, the spot where Hubert's pharmacy counter used to be is where the children's book section is now.

- "Haunted Mansions" seem to be a popular Halloween theme, but Brockville has one of its very own. Anyone who has driven down King Street in downtown Brockville would have seen the huge house formerly inhabited by the Fulfords. George and Mary Fulford were a very wealthy family in the 1900s. George Fulford was a very smart

business man and politician, which earned him the huge estate but after a fatal car accident in Massachusetts, the estate had been passed down to the couple's only son, George Fulford II.

Mary, George's widow, never remarried and was very lonely and sad after her husband passed. During thunderstorms, she would get frightened and go to her son's door, knock on it and ask to sit with him for company.

When she was 89 years old, Mary passed away from old age in her bedroom on the third floor of the house. The room was connected to a nursery that was made for her son. One night, years after Mary's death, George II's daughter in law – Ruth Fulford – was spending the night at the mansion. Her husband and herself were in town to celebrate the baptism of their son. It was a hot, August night and she had trouble sleeping because of the loud thunderstorm outside. She was sitting in bed reading when there was a knock at the door and a woman's voice asked, "May I come in?"

Ruth felt afraid for some inexplicable reason and yelled back, "No, go away!" Then there was silence.

Were these experiences all coincidences that could be explained when examined under a bright light, or are there just some things that we can't explain and should leave that door unanswered? **LH**

#### Editors Note:

These are just a few of the unexplained stories that have been told to us that have happened here in Brockville/Prescott & Gananoque. For those of you who wish to find out more about ghostly tales and mysterious happenings, may we suggest you buy Brockville Author, Nancy Fraser's book "Mysterious Brockville 2". You can find it at Leeds County Books on King St E in Brockville, Coles Book Store at 1000 Islands Mall or at The Brockville Museum. While Fulford Place does not have "Haunted Tours" any longer, they are still open for tours of the mansion and the tea room is also open for your enjoyment.

[www.heritagetrust.on.ca/.../Fulford-Place-\(Brockville\).aspx](http://www.heritagetrust.on.ca/.../Fulford-Place-(Brockville).aspx).

**Lisa Bird of the Gananoque Downtown BIA supplied us with this information:**

*Is Gananoque haunted? Many people believe the town has some "residents" who, after passing, still visit the town they once called home.*

*The Red Cow Society will be organizing a "History & Hauntings Ghost Walk" this coming October. We will be visiting several places throughout Gananoque that have had ghost tales associated with them. This walk isn't just about stopping at a site and repeating the story. This walk includes a psychic-medium and someone who has actually had an experience within the site we visit. We go into the sites and the psychic will try to sense any spirit activity. Participants will also have the opportunity to use Ghost Hunting equipment.*

*In the past we have visited Donevan's Hardware, a 4th generation family business that seems to have one of its founding fathers overlooking the shop.*

*Also included was a stop at what was "All About Books." The former owner actually got to see her resident ghost!*

*The Fire Hall Theatre seems to have a male spirit who has been seen by several staff. During our own investigation we used a KII meter in the theatre and received direct responses to our questions. For more information, please visit, [redcowsociety.webs.com](http://redcowsociety.webs.com) or [www.facebook.com/pages/Red-Cow-Society](http://www.facebook.com/pages/Red-Cow-Society)*



# “THE G-MEN”

*Pictured L to R: Jeff “Toaster” Countryman (Vocals/Guitar), Gary Girden (Bass Guitar), Bob Londry (Vocals/Guitar) & Brian Collins-Drums)*

## Good Times & Good People!

By Tanya Shukalova

For “The G Men”, Brockville is and always will be their home. The local band is proud to be a classic rock staple in the city. They know how to keep their audience happy and on their feet, dancing to the music that everyone grew up with.

“We all grew up with it; and regardless of age, it seems to still be what everybody wants to listen to, young and old,” says Gary Girden, the band’s bass player.

“It’s a comfort zone for us. It’s where I started.” Chimes in Bob Londry enthusiastically, who is one of the lead singers.

Bob and Gary were a part of the band “Blues Highway” for about 8 years, playing contemporary blues music. They later teamed up with Jeff “Toaster” Countryman, who completed the vocal talent that the band needed.

“With Jeff and I, it’s not history, it is chemistry. It’s really easy to laugh at our mistakes. We have fun even when we’re rehearsing,” Bob says, “although we were not in another band together previously, there was just something about the way Jeff sang that we knew we finally had to get together and do

it. Gary and I talked about it one day and we invited him. Jeff came first and we had a couple different drummers.”

They finally came across Brian Collins to make the quartet complete. Brian had been the drummer in previous bands with Jeff and Gary, it was the perfect fit. Having played with Gary for nearly 20 years as part of “Gypsy Moon”, the history helped the men unite immensely. They played everything from jazz, blues and classic rock. The vast experience shared among the four men has lead them to have an effortless connection in “The G Men.”

“We can sit down at a rehearsal, bring a brand new song to the table, and learn it in one session. Where some bands would struggle, we can do it in a single task. It’s all about having fun.” Bob explains. “The biggest thing for us is the fact that we all get along so well. Having that experience and connection, makes for the perfect formula of a well-balanced band.”

The passion they have to please a crowd also plays a huge role in their performance. “The G Men” play regular local shows at Sam’s Brass Racks on Perth Street, and for private

gatherings around the Brockville area. In late June, they played for a larger gathering at the All Ships Festival.

The reason “The G Men” play is to look into a crowd of people and see that everyone is having a good time, as well as looking at each other, and knowing that everyone is enjoying themselves. What better way to enjoy an evening than to go out and see a show where everyone, of any age, can simply have a good time, dancing and singing, to all the songs that we will never forget the words to? You can tell by watching them perform that “The G Men” surround themselves with good times and good people. When Bob and Jeff joke around with the audience between songs, and Gary and Brian laugh on stage, it’s obvious why they do what they do after all this time.

“We’ve got 60 plus songs under our belt, and we rehearse weekly, come rain or shine, because we enjoy it”, reveals Bob. Gary adds, “It is a lot of work, believe me, but after all these years, if it wasn’t fun, we wouldn’t be sitting here.” **LH**

**To find out more about “The G Men”, visit. [www.the-g-men.ca](http://www.the-g-men.ca)**



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**Clockwise:** Crawford Slack, played in the village band and organized the Athens orchestra in 1914; Crawford Slack 2 - Slack was a "student of nature" and quite often painted landscapes; Crawford Slack 3 - This 1927 Slack oil painting is entitled Ploughing Time a familiar scene at that time; Crawford Slack 4 - This house at 17 Elgin St. North was designed and built by Slack as a gift to his bride in 1882.

# CRAWFORD SLACK

## "Renaissance Man"

By Sally Smid

If Athens chose a "renaissance man", it would have to be Crawford Chelson Slack. He was probably the most gifted of village men-- a poet, artist, student of nature, and musician. Perhaps more importantly, he was a kindly man who had a very generous heart. Slack was born at Wilstetown in 1855 and had two siblings. His father, Chelson, operated a saw and grist mill. He died when Crawford was only three years old. Crawford married Elma Nash in 1882 and they had one daughter, Miss Mable Slack. She lived in Montreal and died shortly after him. He designed and built the very unique, multi-gabled house for his bride at 17 Elgin St. North.

He apprenticed as a carriage painter in Westport when he was 14 and went on to artistically decorate carriages at the Duncan Fisher Carriage Works on Victoria St. in Farmersville. He continued this trade in Montreal, where he began writing poetry. He worked at the Canada Carriage Factory in Brockville in 1909 before opening his own shop in Athens in 1913.

His painting style was considered to be one of naive and folk art. He usually painted

landscapes, including some local scenes and had more orders than he could fill. Crawford often gave his work away or traded his works in exchange for services, products or often for liquor. Slack's paintings are now scattered throughout the country and are highly prized. They hang on the walls of the Athens Township Hall and Museum, as well as the Masonic Lodge Hall, where he was a member. Some of his work was appraised and restored by a Carp conservator, as a project honouring Ontario's Bicentennial.

He wrote music and played the trombone in the Farmersville band, as well as a band in Montreal, then organized the Athens orchestra in 1914.

Crawford found beauty in the ordinary and had a unique sense of humour. He explained his poems as "irregular and rambling" and written in the "language of the common folk". Some he illustrated and their content was sometimes inspired from stories told around the stove at the corner store, as depicted in the mural beside Hill House on Athens' Main St. His poem, The Village, reflects his love for Athens:

"Needn't talk ter me 'bout livin' in the city with its show, Druther live 'mong these surroundin's where the folks are rather slow... Where the golden summer sunset gilds the village church's dome -- There among the slantin' shadows, I would druther have my home."

Crawford died in 1929 after a brief illness with pneumonia. His obituary told of the impact he made on the citizens of Leeds. His obituary described him as "the Athens village character... a charming personality who had many friends".

Despite his many talents, he remained very humble and didn't use his talents for great monetary gain. Crawford disliked those who lacked generosity and was not impressed by fashion. He had no use for deception or hypocrisy. "His big generous heart has ceased to beat, but his paintings, poems, and many works, live on to be treasured by his fellow townsmen for countless years to come". **LH**



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# MELCHERS Travels

*L-R: Streets of Gibraltar; Clifftop at Los Canos Du Meca (Between Cadiz and Gibraltar); View within the Seville Cathedral*

By Phil Melchers

Back in July I had the chance to visit Southern Spain. Speaking honestly, I knew little about the region known as Andalucía, but after being invited to go by a companion I had met in Amsterdam, my traveller's heart became greedy to go.

The trip started in Madrid before moving to Seville via high-speed train. While travelling I witnessed landscapes commonly seen within the Spaghetti Westerns filmed there, though they had seemed naked without rampaging outlaws, bursting six-shooters and shanty towns in its distance.

Arriving in Seville, the first thing I noticed was its dramatic climate, which reached temperatures of near 45C degrees. Though the weather certainly did simmer, I found that a cold shandy (mostly beer mixed with lemonade) was always just a few steps away.

There was a lot to see in Seville and though my top pick was the Seville Cathedral, playing I spy with a building's architecture proved to be just

as rewarding. Seville, and Andalucía as a whole, has a diverse history involving influences from Roman, Moorish, and Catholic cultures. Thus, it was easy to see most of Andalucía as a smorgasbord of design, and though this was true for Seville, its architectural diversity was incomparable to our next destination, Cadiz.

Cadiz is one of Europe's oldest continually inhabited cities. Everything from the cobblestone streets, built from stone brought from the Americas, to its hidden Roman ruins spoke something about Cadiz's long history. For me, this history was part of what made Cadiz so beautiful, and why it became one of my favourite cities. That, and the fact that it is surrounded by gorgeous beaches, full of fresh seafood, and inhabited by a collection of unworried, easy-going locals. As wonderful as Cadiz was however, I could only spend so long before I had to move to the final stop, Gibraltar.

If Cadiz was my favourite city, then Gibraltar was the most intriguing. Known mostly for its

militaristic history, Gibraltar is a small peninsula off the coast of Spain still considered to be British territory. This meant that to enter Gibraltar I had to cross an international border. To go from Spain into Britain is somewhat of a cultural shock, and for me, quite comedic. Gibraltar was quick to look like it was proudly British, with its red telephone booths and Bobby Policemen, and yet among the locals it seemed celebrated more for being entirely duty free.

Gibraltar's most central tourist attraction is a giant mountain fortified for military defence referred to as "the rock." Though I didn't get much chance to explore the rock, I did manage to see its many macaws, a cute yet troublesome breed of monkey, as common there as squirrels are in a typical Canadian backyard.

After Gibraltar my trip ended with a return to Seville, and then finally back to Madrid. I was a bit sad to leave Spain behind; especially after all I had seen. The worst part was the feeling that I had missed seeing something. What about Granada? Barcelona? Malaga? In my mind I had come to cross Spain off the checklist, and now there was no reason to return. I was quick however, to recognize the error of this thinking, for I had not finished Spain. I had only just barely scratched Andalucía. Of course there was much more to see. There will always be more to see. The beauty of this world lies in its size and diversity. For the moment, I treated my travels like some sort of menu, to be completed in short sittings, instead of seeing it as it had been so far: a buffet of endless discovery. **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 & July/Aug issues and we will be continuing for the rest of the upcoming issues in 2015 to have 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 & July/Aug 2015 issues.





# Speaking of wine

By Russ Disotell

For many, fall means hunting season. It seems only appropriate that this column deals with matching red wine and game, specifically venison. The term venison once meant meat from any game animal, but is now solely used for Deer. The recommended wines will also pair nicely with beef, if venison isn't on your menu.

Venison can be eaten in many different forms such as steaks, sausages, stews and roasts, to name a few. It has a taste that is reminiscent of beef, but can have a richer flavour, finer texture and is usually leaner depending on the cut. Some people maintain it has a gamey, wild taste but I for one can't say I've ever noticed that. As per any food, the preparation method has a lot to do with the final flavour. For instance my mother has a recipe for moose stew using brown sugar and tomato sauce that could easily be mistaken for a rich beef stew.

Keeping this similarity in mind, match venison dishes with the type of red wines that allow rich beef dishes to shine. Look for a well-balanced medium to full-bodied reds with bright, forward fruit, and medium

tannins. If they have a little smokiness and a spicy, herbaceous quality, all the better.

Take my mother's stew or any venison stew or roast served with rich broth or gravy and pair it with Barone Montalto Nero D'Avola/Cabernet Sauvignon 2013 (CSPC# 621151, \$8.95) from Sicily. The Nero D'Avola component of this blend supplies the wine with rich berry fruit flavours, while the Cabernet Sauvignon provides excellent structure, tannins and acidity. The result is a medium to full bodied-red with aromas of spicy dark berry and oak on the nose. Plum, juicy blackberry and dark currant dominate the complex palate, with touches of toasty oak and fresh ground black pepper. There's enough bright acidity to balance the rich textures of our venison sauce and a lengthy finish with great flavour and depth.

Argentina's Masi Tupungato Passo Doble 2012 (CSPC# 620880, \$13.95) is rich and ripe. It is an excellent choice for any venison dish, but in particular grilled venison steaks or chops. The complex palate serves up luscious dark currant and black cherry fruit, with rich mocha, vanilla and fresh roast coffee flavours. Creamy and rich, it has superb balance and a finish with unbelievable depth and length. It provides the quality and character of wines well above its price range.

Other wines to consider are new style Spanish reds, Rhone and Cote Du Rhone blends and Australian Shiraz. Enjoy! **LH**

*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.*

# TIPS FOR MAKING THE MOST OF HALLOWEEN

By Tanya Shukalova



**H**alloween is no longer just trick or treating in your local neighborhood. Over the past couple of decades, the annual “Spooky Day” has developed into so much more than just handing out candy. Although many people call it a “Holiday”, it is still just another day. This doesn’t stop millions of people in Canada, the USA, and in other countries from going all out to celebrate it, and in economic surveys people are spending as much on Halloween decorations and costumes as they do on Christmas decorations and lighting.

Just after Labour Day, and once all of the “back to school” hassle has ended, big box/hardware/dollar stores, release all of their Halloween related items onto the store shelves. This prompts people to be entranced by the Halloween “spirit”, and start preparing for the festivities as early as a month or two in advance.

Michaels in Brockville has a large selection of craft products that people can make do-it-yourself spooky decorations with, while local Big Box stores/Hardware/Dollar stores have everything one needs to set up a dinner party, pick out costumes and stock up on candy. Some people even plan all year for October 31st with visions of pumpkin carving for little

ones, Halloween themed parties, pranks they will pull on their friends, as well as haunted houses they want to visit. People wait all year round to debut their carefully thought-out and customized costumes for the world.

An evening, once reserved for walking house to house reciting “trick or treat, smell my feet, give me something good to eat” has transformed into an elaborate event with never ending possibilities of festivities.

## 5 Tricks for the Perfect Halloween:

- 1 Your local Canadian Tire/ Home Depot/ Giant Tiger stores sell a variety of Halloween inflatable characters for yard décor.
- 2 The 1000 Islands Mall in Brockville hosts a trick or treat event for children and parents, with merchants handing out candy, as well as a Mall Halloween Parade.
- 3 Haunted hay rides are an entertaining family experience at the Spencerville Fair. (Just \$7/ person)
- 4 Local corn mazes and pumpkin patches are a great way to make some memories with friends and family
- 5 There are many tips online, on how to create a do-it-yourself Halloween costume, which can save money, help the

environment, as well as some fun activities to do with the young ones

## 5 Treats for Halloween:

- 1 Orange food colouring added to rice crispy balls with some chocolate chip eyes and a green sprout make for cute little edible pumpkins.
- 2 For the more health conscious treaters, tangerines with celery sticks as sprouts are also great pumpkin look-a-likes.
- 3 Upside down Reeses Peanut Butter Cups with pretzel sticks on the top make tasty, chocolaty broomsticks.
- 4 On the healthier side, half of a peeled banana with chocolate chips for eyes and a mouth make scary, delicious ghosts.
- 5 A treat the kids are sure to love would be to fill a cup with crumbled Oreo crackers (as dirt), mixed in with gummy worms and a cracker for a gravestone to top it off.

There are thousands of recipes to find on Halloween treats, and healthy alternatives. No matter your taste, there is fun to be had for everyone. Whether you love baking pumpkin pies for your family or doing crafts with children or grandchildren, maybe even dressing up and going out, Halloween is a day for people to express themselves.

For some, Halloween can be a creative way to dress up and be someone else for a night; a cat, police officer, or a favourite celebrity. A way to let loose and have fun before the cold of winter rolls in again. If you will be handing out candy, collecting candy or simply curled up watching horror movies, the important thing to remember on “All Hallows’ Eve” is to make sure your children are safe in whatever activity they are doing and to enjoy the experience. For the adults who wish to participate in parties behave responsibly and get home safe, so you can plan for next year’s celebration. **LH**

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