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April | May 2016

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100 Years of 4-H

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## Golf Along the St. Lawrence

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# What's Inside

People | Places | Lifestyles | Arts | Entertainment | History & **More!**

April / May 2016



## features

- 5 Let's Get Floored
- 6 100 Years of 4-H
- 11 Victoria: The Queen Behind the Day  
Golf Along the St. Lawrence:  
A History of the Sport in the Regional 1000 Islands
- 12
- 15 Susan Push: The Little Engine That Can

### FOR YOUR INTEREST:

- 3 Recipes by Karen Davis
- 9 A Plan to Pass on The Cherished Family Recreational Property
- 14 King's Kitchen-Appetite for Fellowship
- 16 Life in the Saddle
- 17 Abuzz with Success - Red House Honey
- 18 Success Through Music
- 19 Garage, Yard and Tage Sales: Cleaning Up on Cleaning Up
- 20 Speaking of Wine

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Cover photo by  
Lorraine Payette

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## MAPLE NUT STREUSEL COFFEECAKE

You'll need...

### Topping

½ cup brown sugar      3 Tbsp. melted  
¼ cup flour              butter  
¼ cup chopped        Mix together with  
pecans                    fork and set aside

### Cake

1 ½ cups flour            ¼ cup milk  
¾ cup packed            1 tsp baking powder  
brown sugar            ½ tsp baking soda  
½ cup chopped        ½ tsp salt  
pecans                    2 eggs beaten  
½ cup vegetable oil    1 cup sour cream

To create...

- Heat oven to 350°F. Grease bottom only of 8 inch square baking pan.
- In large bowl mix cake ingredients with spoon just until flour is moistened. Spread half of the batter in pan. Sprinkle with half of the topping, drop remaining batter by spoonfuls over topping; carefully spread over topping. Sprinkle with remaining topping.
- Bake 35 to 45 minutes or until toothpick inserted in centre comes out clean. Cool 15 minutes serve warm.



## POTATOES ALFREDO WITH ROASTED PEPPERS

You'll need...

7 cups country style frozen  
hash brown potatoes  
¾ cup chopped roasted red peppers  
(if using from a jar, drain)  
4 medium green onions sliced  
1 jar alfredo pasta sauce  
1 ½ cups shredded swiss cheese

To create...

- Heat oven to 350°F, spray a 2 quart glass baking dish with cooking spray. Place potatoes, roasted peppers and ¼ cup onions in baking dish; mix lightly. Top with Alfredo sauce; sprinkle with cheese. Bake uncovered 40 to 45 minutes or until golden brown. Sprinkle with additional onions and roasted peppers just before serving.



## OVERNIGHT FRENCHTOAST BAKE WITH BERRY TOPPING

You'll need...

12 slices bread (cubed)    8 eggs  
3 cups milk or cream      ¼ cup sugar  
1 tsp ground cinnamon    ½ tsp salt  
2tsp vanilla

To create...

- Spray bottom and sides of 13x9 glass baking dish with cooking spray. Place bread cubes in dish. In a large bowl beat eggs, add remaining ingredients and beat with a wire whisk until smooth; pour over bread cubes. Cover tightly and refrigerate for at least four hours but no longer than 24 hours. When ready to bake preheat oven to 400°F. Uncover dish; bake for 25 to 35 minutes until golden brown and knife inserted in center comes out clean.

### Berry Topping

1 cup sugar  
1 tbsp. cornstarch  
¼ cup orange juice  
1 bag frozen mixed berries (12oz)  
3 cups fresh strawberries cut into quarters

To create...

- In a 2 quart saucepan stir together 1 cup sugar and the cornstarch. Stir in orange juice until smooth. Stir in the mixed berries. Heat to boiling over medium heat, stirring constantly until topping is slightly thickened. Remove from heat. Just before serving, stir strawberries into topping. Serve warm over the French toast bake.
- You can also dust the French toast bake with powdered icing sugar and serve with butter and maple syrup.



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*Aged Maple Natural Wood Floor or White Oak Natural Wood Floor The Team at Brockville Wood Products: (left to right) Matthew Gregoire (Installations), Lorna Farley (Sales & Estimates), Lyne Murphy (Client Service) & Dale Murphy (Owner)*

# LET'S GET FLOORED

By Jonathan Vickers

How often do you think about floor coverings? Up until recent times, likely not too often, even though we walk on many different types in our everyday lives. Now a days, thanks to Home Renovation and House Hunting Real Estate television shows filling the airwaves, flooring has now become probably the #1 consideration couples and home buyers look at when buying a home/condo or cottage property, even before the kitchen, bathroom, and bedrooms.

"Definitely, it is probably one of the most important decisions a homeowner will make" says Dale Murphy, owner with his wife Lyne of Brockville Wood Products, a locally owned specialty wood flooring business. "Flooring really is the canvas of the house, or in other words, the landscape in the room that homeowners can then build around. Once you choose your flooring, then you can accessorize the particular room to the type of furniture,

appliances or décor to match." Dale continues, "When a customer visits our showroom, there is never any pressure or lack of time. We listen to their story to understand what they are trying to accomplish. We get customers that know what they want, to others that need some guidance. Some of the questions we ask for instance, "What theme, style, or look are you trying to get in the room? What type of traffic will the floor be subject to? Do you have kids or pets? And of course we always offer cleaning and everyday maintenance tips. After listening to the customer's needs and answers to such questions, often times they take home large flooring samples to live with for a few days. Then it is common to make an appointment to do an onsite consultation. Take measurements and ultimately provide a detailed quotation. It doesn't matter if you're renovating or building your dream home, we'll be there for you."

Dale speaks from experience. He worked in the high tech industry for many years in software development and project management, which gave him a good solid foundation for planning, quality results, meeting deadlines, as well as team building skills. During the tech downturn, Dale took advantage of an opportunity to join forces with a family member in the contracting and construction industry. There, he learned the business from the ground up, working with individuals who mentored him in design, estimating, planning, and building those projects. Through these learned skills, Dale eventually ventured out on his own to take on a business opportunity in the Brockville Marketplace. He founded Brockville Wood Products with his wife Lyne in 2006 and they have never looked back. They are proudly celebrating their 10th business anniversary this year. In addition to proudly selling Canadian made hardwood flooring products, they also help homeowners choose softwood, cork, ceramic and bamboo flooring. They also offer complete Staircase & Handrail solutions. Even still, if your project needs trim mouldings, doors, fireplace mantels, custom woods and profiles, then they can help. Dale says, "We proudly offer installation services for everything we sell. Our business is based upon customer satisfaction". They have developed business relationships with numerous quality Canadian manufacturers. To add to their offerings, they also refinish hardwood floors. Dale points out that one advantage he has is, that over the years he's visited all the manufacturers mills in Canada and has developed a great appreciation and knowledge of their products. An appreciation and knowledge that he passes on to each customer.

I asked Dale why he wanted to be a business owner after working for different companies in his career. Dale explained, "I wanted to start something that was mine and control my own destiny. I also wanted something that Lyne and I could do as partners. She is a vital part of our business; We both bring different talents and skill sets to the company. The business needed to reflect our values in life. There's no better reward then meeting a past customer that is proud of the decision they made."

Dale concluded our time together with this, "Flooring is an investment. Take your time choosing it, and it will be the centerpiece of any room in your home or cottage. It will represent who you are and will give you enjoyment for many years to come." LH





# 100 YEARS OF 4-H

By Sally Smid

**4-H** Ontario recently celebrated 100 years of providing what is recognized as one of the foremost leadership programs for youth. Leeds 4-H marked that milestone locally and noted the remarkable successes of a program that in many ways remains as popular today as it was in its earlier years. A devoted committee of 4-H volunteers and supporters have greatly contributed to that success. The anniversary was recognized at the Lombardy fairgrounds last September with a cake, displays and time of reminiscing.

In the early years membership to 4-H was free as there was government funding for support, but there is now a fee. Much more has changed over the years, especially due to developments in farm technology, but the goals are still quite the same. Head, Heart, Hands and Health are the four H's in 4-H, and they are the four values members focus on through interactive and engaging programs. It was broken down further to read Head, involved managing and thinking; Heart, relating and caring; Hands, giving and working; and Health, being and living.

The program is noted for developing young leaders and includes a variety of interests, life skills and experiences. Many

may equate 4-H with "learning to lead a calf", but certainly it goes much beyond that. Leeds 4-H has provided clubs such as Beef, Sheep, Goat, Ploughing, Dairy, Rabbit Hopping, Books, Quilting, Curling, Maple Syrup, Bread Baking, Hiking, Geocaching and even Etiquette. Many members have also attended provincial 4-H camps and have been part of exchange programs.

Long time volunteer Lammie Schapelhouman of Athens began to lead clubs when things like Home Economics were no longer included in school curriculum. It was a chance to learn about cooking, sewing, knitting and many other useful and practical skills. Boys were also involved in such clubs. It is certainly a wonderful alternative in many ways to TV or computer games. The program strives to carry out the motto, "Learning by Doing". There is even the Cloverbuds for kids 6-8 who are not old enough for the standard 4-H Clubs.

Many participants make use of animals from local farms to learn about caring for and showing a calf, sheep or goat. Burnbrae Farms have helped to host a Beef Club for many years, which makes it possible for youth from the city also to be involved. Members can compete locally and often go on to regional competitions as well.

Brenda Dunster has served as a 4-H leader for over 20 years. She has found the program very rewarding and comments, "It is wonderful to see the light in a young participant's eyes when they are able to accomplish something through learning by doing!" She received the Syngenta 4-H Ontario Arbor Award last year, which is one of 4-H Ontario's most distinguished volunteer awards. Brenda continues to volunteer and recently led a tour to visit more unusual livestock such as water buffalo.

Neil Carkner is currently the Leeds 4-H Association Representative/County Coordinator and President and remembers his early days in 4-H. "It is a great way to learn responsibility that makes a difference for life," he related. Neil is one of the many dedicated volunteers who teaches about handling livestock, ploughing and much more. Young participants often comment that it is a great way to make life long friends, as well as learn many new skills. Members assist and encourage each other which results in many valuable relationships and rewarding connections.

Often whole families are involved together in 4-H, which can provide very unifying and rewarding experiences that don't often happen in this busy age. The Carkner family





*Clockwise: 9 Year old Annie Roth operates a tractor for the first time with coaching from 4-H leader Neil Carkner.; Lombardy 4-H Competition - Cassey Roth prepares her calf for competition as part of the 100th 4-H celebrations in Lombardy.; 4-H Bread Baking Club participants display their completed breads.*

has been involved in 4-H together for many years. Shannon has been a leader and organizer. Her daughter, Brittany, has been named Queen of the Furrow for several terms, and her sister Allie, now the reigning Princess of the Furrow. Such glamorous titles do not mean that these girls do not know how to work hard, get dirty or drive a tractor with great skill. The competition also includes appearance, deportment, an interview, and a speech to the judges, as well as knowing how to plough an accurate furrow. Brother Matthew Carkner even saved his money to buy his own tractor. Brittany is currently in pre-veterinarian

studies and her siblings have interest in continuing agricultural pursuits in some way. However, no matter what a future pursuit might be, those involved are convinced that 4-H develops skills and character that contribute to further successes in life.

Participants learn the importance of hard work and perseverance as they spend many hours leading and grooming their entries for local fair competitions. One parent commented, "My daughter gained a lot of confidence and a sense of accomplishment in 4-H!" Joyce Vanderkoet, who has been involved with 4-H most of her life related, "I

find that 4-H really boosts self esteem and there doesn't seem to be as much peer pressure. It is also a way to improve public speaking and find friends with similar interests." There are still many dedicated 4-H leaders and while there are fewer farm kids, membership is not limited to rural participants. Clubs are changing to meet the needs of nonfarming members.

So it seems that the 4-H anniversary was a time to celebrate 100 years of accomplishments, as well as be given a chance to look ahead to many more successful and exciting years to come! **LH**



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# A PLAN TO PASS ON THE CHERISHED FAMILY RECREATIONAL PROPERTY

By Tanya Hammond

A beautiful three season cottage on the Rideau, a quaint cabin nestled in the woods in the heart of the Thousand Islands, a rustic hunting camp with great four wheeler trails with easy access to Charleston Lake, or an expansive vacation home on the St. Lawrence. . . . Whatever the location, the family recreational property is a cherished place with fond memories and strong family ties.

You worked hard your entire life to make this dream a reality. Your stress seems to fade away and you seem to breathe easier as soon as you get there. You've spent endless summers with your family, sharing laughs around the bonfire and spirited stories from years gone by.

Now your kids have kids of their own and they seem to spend more time enjoying the property than you do. You're happy to see it used and you know they love the place as much as you do. You know the day will come when you proudly pass the beloved property down to the next generation. But. . . Have you given it any more thought than just that?

Do all your children and their spouses want the property?

Can all of them afford the maintenance and upkeep of it?

Do you want to treat everyone equally?

These are questions that are extremely personal and emotional, and should be not only considered, but discussed with your

children. Other things to consider, which can in fact be the most challenging obstacles when succession planning, are the Capital Gains Tax Implications, Probate Fees and Land Transfer Taxes. Yes, that sounds very technical and boring, and not nearly as thought provoking when discussing a topic so close to the heart, but in reality it is equally important to consider.

The simple truth is that Capital Gains Tax must be paid when the recreational property is sold or transferred, during your lifetime or even after your death, and it can cost tens of thousands of dollars. A financial advisor can assist you with reviewing your assets, calculating the potential income tax liabilities, as well as helping you find a solution that can help reduce these taxes.

A possibility that many do not think of is transferring the property ownership in stages while still living, as opposed to gifting it all at once at the time of your death. For example, if you transfer 20% each year for five years, the Capital Gains Tax in each year will be much less. It is wise to note that transferring it during your lifetime can effect your Old Age Security and thus the government can start clawing back the OAS depending on income amounts. Another possibility is joint tenancy with your child, with the right of survivorship. This means that on death of one owner, the property automatically transfers into the hands of the joint owner, thus bypassing the

estate and avoiding probate.

On the other hand, if you leave the property in your will, the Capital Gains Tax is deferred until you die, but the actual amount paid may be more since the property fair market value will probably increase. That being said, the tax at death could be paid from a variety of sources, such as life insurance policies, or savings and investments for instance. In fact, life insurance is often the most cost-effective solution to cover the cost of Capital Gains Taxes upon your death. Of course, professional counsel should be sought before implementing any of these scenarios to prevent any unintended outcomes. After all, you want peace of mind so you can relax and relish the days you still have to spend at your own piece of paradise and enjoy the call of the loon as it echoes across the lake. **LH**

**EDITOR'S NOTE:** This article was written by Tanya Hammond, Insurance Broker & Financial Advisor with Eastern Ontario Financial Services, for the sole purpose of presenting general information only. It is not a solicitation to buy or sell any product or service. For more information, please contact your advisor for specific advice about your circumstances.



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Top L: Coronation – June 28, 1838;  
Top R: Queen Victoria and Prince Albert with their children in 1846

# VICTORIA

## the Queen Behind the Day

By Lorraine Payette

Marshmallows, hotdogs and fireworks. Dad firing up the grill while Mum marinates the steaks. Older siblings setting aside the phones and games to wrap early corn for roasting while the younger one's snitch gobs of potato salad, all waiting impatiently for the feast. It's the first outdoor event of the season, Victoria Day, and summer's almost here.

Who was Victoria, and why would we celebrate her every year?

Victoria was born on May 24, 1819, the only child of Prince Edward, Duke of Kent and Strathearn, and Princess Victoria of Saxe-Coburg-Saalfeld, and ascended the throne as Queen when she was only 18. As a young woman, she had trouble being taken seriously. She was forced to live with her mother until she married the true love of her life, her first cousin Prince Albert of Saxe-Coburg and Gotha in 1840. They had nine children and, when he died in 1861, she went into a deep state of mourning for 25 years before finally coming to strength as a powerful and wise ruler of the British Empire. She had the second longest reign of any

monarch in British history, and that 63 year period became known as the Victorian era.

"Under Queen Victoria's reign, Great Britain experienced unprecedented expansion in industry, building railways, bridges, underground sewers and power distribution networks throughout much of the empire," says biography.com. "There were advances in science ... and technology ..., vast numbers of inventions, tremendous wealth and poverty; growth of great cities ...; increased literacy; and great civic works.... During her reign, Britain expanded its imperial reach, doubling in size and encompassing Canada, Australia, India and various possessions in Africa and the South Pacific. The Queen was emblematic of the time – an enthusiastic supporter of the British Empire, which stretched across the globe and earned the adage: 'The sun never sets on the British Empire.'"1

We tend to think of her as being short, dowdy and no-nonsense, never smiling and never amused. As Queen, she became a standard for morality and correct behaviour. Ladies had neither legs nor breasts, but

instead "limbs" and "bosoms" if one must truly speak of such indelicacies. Even furniture wore skirts to make the pieces more modest in polite society.

However, records and family memories paint a cheerier picture.

According to her granddaughter, she had the most radiant, beautiful smile. Although not allowed the freedoms of modern children, it is apparent that she enjoyed life and wished to share her joy with her family. She could sketch, paint and write well. A true romantic, she wrote in her journal on her wedding night:

"I NEVER, NEVER spent such an evening!!! MY DEAREST, DEAREST DEAR Albert ... his excessive love & affection gave me feelings of heavenly love & happiness I never could have hoped to have felt before! He clasped me in his arms, & we kissed each other again & again! His beauty, his sweetness & gentleness – really how can I ever be thankful enough to have such a Husband! ... to be called by names of tenderness, I have never yet heard used to me before – was bliss beyond belief! Oh! This was the happiest day of my life!"2

Sadly, when she lost Albert, she lost her heart, and mourned him for the rest of her life.

It is time now, when we think of Queen Victoria, to remember that she wasn't just a political figure – she was a real woman with hopes and dreams just like us. When it comes to the celebration of her birthday on Victoria Day, rest assured, she would be very much amused. LH



*Scenic view of the St. Lawrence and awe-inspiring topography of the Frontenac Arc at Smuggler's Glen in Gananoque.*

# GOLF ALONG THE ST. LAWRENCE

## A History of the Sport in the Regional 1000 Islands

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By Ryan Gainford

A young man garnered attention once he came ashore from a merchant vessel on the St. Lawrence at Quebec City. Standing in the sunlight he dropped a ball along the Plains of Abraham and started practicing his swing.

That was 1854. One of the first known incidents of golf on a North American shore.

We here in Canada, owe our taking up of the sport to the massive immigration of Scots to the New World in the 1800s. When the word 'golf' first appeared in a Canadian newspaper in 1826, it'd already been played for over 350 years in Scotland. The number of golf

courses in Canada went from just six courses in 1889 to 60 courses in 1902.

The first golf course in our area was created in 1906 to the west of Brockville. In 1913 a new club was formed when a new course was designed and the golf course was named the Brockville Golf and Country Club. It was a nine-hole course and opened in 1914 with two holes on the south side of the road and seven on the north side.

The Country Club was exclusive by its location, close to the water but far from town. It was accessible only to those with boat or carriage. Membership was a status

symbol only of those who "belonged" to Brockville society.

In 1927 the Prince of Wales (later Edward VIII), Prince George of Kent, and the British prime minister visited Brockville. Before the Fulfords hosted them for lunch and gave them a tour of the 1000 Islands on the Magedoma, the princes arrived first and played a round of golf at the Country Club.

Heavyweight boxing champion Joe Louis and Olympic figure skater Barbara Ann Scott once played there, as well.

An elitist sport since its early days,



golf's popular emergence resulted of a phenomenon known as 'The Ouimet Factor'. A result of amateur New England golfer Francis Ouimet, who won the 1913 US Open and helped popularize the sport amongst the working class. This projection of golf was when a lot more people started to play.

'Gentlemen only, ladies forbidden,' whether a familiar acronym in your lexicon, was another 'regulation' a lot of so-called purists of the sport may at first be reluctant to discuss with liberal sympathizers. Women in golf started more in war times (both WWI and WWII). This changed due to women's rights movements, and an invention similar in its contribution to 'The Ouimet Factor': the widespread appearance of the bicycle (and later the automobile) as an available mode of transportation in the early 20th century.

After the Brockville Country Club's success, other golf courses soon opened in the area.

Established in 1939, the Prescott Golf Club offers a semi-private, 18 hole course.

The Brockville Highland opened in 1964 as a nine-hole course, and again in 1970, as an 18 hole course, making it Brockville's oldest 18 hole course.

By the early 60s the Brockville Golf and Curling Clubs both had more members than they could handle. In 1976 the two clubs amalgamated with a mandate to build a new clubhouse and expand the golf course to 18 holes and the curling rink from four sheets to six. Construction began in 1975 and a New Brockville Country Club opened in 1977 all on the north side of the road. Seven holes are from the original course.

Sunnidell Golf opened in 1992 and is an 18 hole short par 3.

Smuggler's Glen Golf Course opened at the Glen House Resort near Gananoque in 2005 and further distinguished the 1000 Islands as a true golfing destination.

Golf courses are important to communities in the 1000 Islands.

"The Brockville Country Club has always been an asset to the city. It is home away from home for a lot of its members of the population of all ages," says Jack Kenny, course historian.

The Brockville Country Club is a year round function facility, with a banquet hall which facilitates special events. In recent years it has become an entertainment center as well, with dinner shows, meals, entertainment, and dances.

"The Country Club really supports the community, in that it hosts a lot of different



*View from tee at Smuggler's Glen*



*Smuggler's Glen Golf Course Clubhouse*

events and fundraisers," Kenny added. "Over the years the Country Club has done its share to raise millions of dollars through its fundraisers and tournaments, such as the Pro-Am, Memorial, Palliative Care, Rotary Classic, Bruce Wylie Golf Tournament, Sherwood Park Manor, Chamber of Commerce, and United Way."

City of Brockville Championship tournaments were cross-club tournaments and took place annually from 1978-95, between the BCC and Brockville Highland courses.

Smuggler's Glen specializes in hosting groups and resort guests. There's a river view from the clubhouse patio and banquet rooms seating 70. The Resort itself offers a dining room, a variety of accommodation choices, Stay & Play golf, as well as wedding and conference facilities.

"It's a semi-private course but public play is a big part of business," says Dave Seal, resort general manager. "It's a nice venue, and we've done very well maintaining our market niche through memberships, fundraisers, and day-to-day green fees."

Annual Smuggler's Glen tournaments include; The Gananoque Playhouse Theatre Fundraiser, Habitat for Humanity, Kingston University Hospitals, Big Brothers and Sisters, Alzheimer's, Boys and Girls Club, Queen's University School of Medicine, and Ladies, Men's and Senior's Club Championships. Awards and trophies are also included at the end of August each year.

Whether it be improving your game or relaxing and admiring the beauty of the course, a lot of people live for golf and with the Spring thaw on its way in the 1000 Islands Region, you can have it, any way you want it. [LH](#)



L: From left, Pastor Roger March, Kevin Casselman and Tony Simzer prepare a plate for one of the diners at King's Kitchen. Shirley Frank helps to clean up the dishes at King's Kitchen. R: She has been volunteering for 8 years.

# KING'S KITCHEN

## Appetite for Fellowship

By Joan Rupert-Barkley

Excellent food, good company and friendly atmosphere are just some of the ingredients you will find in a King's Kitchen meal.

This weekly meal that was founded in February 2008 by Carol Casselman and Vicki Simzer prepares between 170 to 230 meals every Wednesday at South Greenville District High School's cafeteria in Prescott. It is open to anyone in the community. There are approximately 60 – 70 children who attend each meal.

"We really saw the need in the community. We thought our mission was to feed the hungry but it has really changed to a community meal, which includes feeding those in need and building friendships," commented Casselman.

There are no community dinners during the summer months or during school holidays.

There is a free will offering at the door for those diners who wish and are able to support. King's Kitchen depends on donations from sponsors who are businesses

in the area. Over the years, the town of Prescott has also been a strong supporter.

"We choose not to charge as we never want anyone to feel that they cannot attend because they cannot afford it," commented Casselman.

Preparation for these weekly meals begins a month in advance with the planning of the menu. According to Casselman, they try to serve nutritious full course meals such as mashed potatoes, veggies, spaghetti and salad. She was quick to add, there is always dessert. For special occasions, turkey or ham are usually served.

Volunteers play a major role in the preparation of this weekly meal. Casselman commented that it takes an average of 40 volunteers; six at the stoves, six doing dishes, as well as servers and cleanup staff. They are always looking for new volunteers to help out and it's a great place for students to get volunteer hours for their high school credits.

Casselman noted that the hospitality class at South Greenville District High School helps

with the preparation of the meal. Tasks such as peeling potatoes and cooking the meat would all be done before the school day finished. At that time, volunteers would arrive and finish preparing the meal. Roger March, Kevin Casselman and Andrew Wise are the three cooks for King's Kitchen. These men go to the school at 2:30 to make sure everything is ready for the 4:30 meal.

Funding is definitely a major concern to King's Kitchen these days, as the cost of food is so high. It takes approximately 60 to 70 lbs. of meat for one meal.

"When we started in 2008 we could do a meal for \$150.00, but we struggle now to do one for \$500.00," explained Casselman.

Plans are underway for their second music fundraiser and silent auction. This event will take place on April 22 at 7 p.m. at South Greenville District High School. There will be a variety of different musical talent. Tickets are \$10.00 per person and anyone who would like to donate an item for the silent auction can contact Sue Leizert at 613-925-0499. There will also be snacks and beverages for sale. LH

**EDITOR'S NOTE:** If you would like to donate time, food or money to this worthwhile charity, contact King's Kitchen at 613-340-3070 or kings.kitchen13@gmail.com or rkc9@yahoo.com.





Susan in 2015



Susan at work with the 200 combine car in 1948  
(from website trainweb.org)

# SUSAN PUSH

## The Little Engine That Can

By Lorraine Payette

“She may have seen better days, when she was in her prime...” - She May Have Seen Better Days

Mention Susan Push to almost anyone in Gananoque, and you’ll be given a fond smile in return. Located on King Street near the Visitors’ Centre, this delicate iron princess weighs in at a modest 90,860 lb (41,300 Kg) and is a favourite backdrop for both local and tourist photographers.

Born in 1930, she is a one-of-a-kind homebuilt diesel, rebuilt by Oshawa (electric) Railway from an electric locomotive. Manufactured as a 250 hp gas/ electric powered engine, Susan was one of the earliest engines converted to diesel/ electric in 1947. She worked happily for 31 years for the Thousand Islands Railway, starting with her purchase in 1931, and retired quietly in 1962. She proudly filled the need for active railroad service during that entire period.

Susan has seen two locations since being in Gananoque – first at the foot of Main Street, and then, on June 2, 1983, she was moved

to her current location at the “Umbrella” on King.

During her career, she ran up and down the TIR line making the four stops at the “Umbrella”, the Gananoque Cemetery, Cheeseborough and the Gananoque Junction. One of the smallest railways in Canada, the TIR was originally three miles long, built to connect Gananoque with the Montréal-Toronto main line of the Grand Trunk Railway of Canada. The TIR held the distinction of being the only line in Canada which would allow you to buy a round trip ticket to a cemetery, making it very convenient for families to visit their deceased loved ones on a regular basis.

Susan pulled both freight and passengers after the addition of the number 200 combine car. A one-way fare to travel could be purchased for 25¢ but if a family or friends wished to see someone off at the Gananoque Junction, they could make the round trip for that same quarter.

“My dad worked as a trainman for a brief time on Susan during the early 50’s,” said

Derryl Wood of the Heritage Committee. “I used to pay twenty-five cents to ride to the Junction, pick up my newspapers (for my paper route), then fold them in the baggage section on the way back to town.”

Sadly, time and the elements have taken their toll. Once gleaming black paint has faded and peeled, rust has settled in wherever moisture has had a chance to penetrate. She sits slowly falling apart, waiting for someone to reach out and notice her, for someone to care.

The Gananoque Heritage Committee has heard her cry and is mounting a campaign to save Susan.

“The Heritage Committee’s goal is to restore and preserve Susan with a period style cover,” said Wood. “The cost estimate to do this is approximately \$100,000. Stage one consists of repairing rust, sand blasting, primer coating and painting the engine. Stage two is to have an umbrella structure put over her for protection.”

The Committee is hoping to raise funds through government grants, general fund raising and donations from citizens concerned about the potential loss of yet another historical artifact in Gananoque. Fund raising efforts are starting this spring, with a completion date for the project set for July 1, 2016. [LH](#)

**EDITOR’S NOTE:** To learn more about how you can help save Susan Push, please go to the “Friends of Susan Push” facebook page or contact the Gananoque Heritage Committee.



# LIFE IN THE SADDLE

By Jon deVarenes

Swiftly gliding across asphalt or brick, stumbling rhythmically over concrete and wood—spring is on its way and spinning rubber is already rolling through my mind. For cyclists, spring means tuning up, attending a few spin classes, and watching everyday for the snow to disappear.



Cycling is an affordable, ecologically friendly and very healthy mode of transportation. Although it may not be evident at first, there is a strong sense of both community and independence that empowers cyclists, and brings them together. We are fortunate to live in a city with a massive cycling community. Brockville is the home to both “The Wheelers” and the oldest registered cycling club in Canada, “The Brockville cycling club”. For new cyclists these resources can be invaluable. The cyclist community provides a means to get comfortable on the road, learn how to troubleshoot problems, plan for long rides, and ride in a group.

It can often feel intimidating or even dangerous to join traffic at first. Try going on a few short rides around low traffic areas in the evening to boost your confidence or riding with an experienced friend to guide you. It’s important to start slow, build up your strength and learn to gauge how much food and water you will need on your ride. As a vehicle on the road, you must acknowledge your responsibilities and practice communicating with others through signals and obeying basic rules. One of the best lessons I learned, as a new rider, was to stop hugging the curb and

start commanding a presence on the road. While riding the curb I was given very little space and found drivers would attempt dangerous manoeuvres to pass me. Cyclists are not obstacles. Sharing the road means both drivers and cyclists must learn how to travel side by side comfortably.

That being said, cycling enthusiast and Ironman triathlete Marc Billard has assured me that Brockville is a very safe place to ride and a great place for cyclists to live. There are many great routes throughout the countryside. On any lengthy ride you will quickly find yourself rolling across pristine asphalt, soaking up incredible scenery. Marc is very passionate about the cycling community here. He looks forward to the progress culminating between the cycling community and the cycling infrastructure throughout Brockville. More than anything, Marc appreciates the social aspects of cycling, and the sublime views that can be achieved through exercise.

“I can’t talk enough about the beauty of cycling here”

As a much more experienced cyclist than I, Marc had plenty to say on the topic of beginner cyclists. If you want to be a cyclist, sooner or later you are going to have to accept that you will get a flat tire or experience minor difficulties with your ride. Luckily there is an abundance of online videos demonstrating quick and comprehensive fixes for these problems. It is wise to practice bicycle maintenance regularly so as to familiarize yourself with your bike’s mechanics and keep things in smooth working order.

This is a great time to begin cycling. We’ll see you on the road! [LH](#)





L: Bees atop the Queen Ecluder; R: Red House Honey Raw Honeycomb

# ABUZZ WITH SUCCESS

## Red House Honey

By Lisa Crandall

The output of a single worker bee, over her lifespan is 1/12 of a tsp of honey. That lifespan is a mere 30-35 days. (Ontario Beekeepers' Association). Just pause for a moment and try to calculate how many bees worked hard, for how long, to make enough honey for you to spread on your toast or sweeten your tea. At peak season there may be as many as 60,000 bees in a single hive.

Red House Honey is the love child of Leslie Smith, a local bee keeper near Cardinal. Her house sits well back from the road, backing onto the St. Lawrence River in the midst of sweeping cultivated fields. It is an idyllic location for bees. When the weather cooperates, the nearby fields and gardens provide a reasonably long season, offering a variety of pollens to harvest as well as water, shade and shelter.

Leslie was introduced to bee keeping when her neighbors set up one of their hives in the field in front of her house. Curiosity drew her in, first as an observer and then as a helper. Before too long she was hooked and looking to set up her first hive in 2013. She extracted her first sweet harvest in her neighbor's garage using their equipment and she has never looked back.

Now she has five Langstroth style hives which were handmade for her by an Amish craftsman in nearby Ogdensburg, NY. This

style of hive is the familiar cube shape you see in many farmer's fields. For extracting honey, she uses a specially designed piece of equipment called a Lega extractor. It works like a centrifuge and extracts the honey by spinning the honey combs, the wax form that bees create to store their honey in. The honey is then strained to remove any solid debris. One of the very popular products offered by Red House Honey is a jar of honey that includes a piece of the comb,

Another of the unique products that Red House Honey produces is RAW/Kosher honey. Every year her extracting equipment and her working environment are examined and certified by the Ottawa Vaad Hakashrut of the Jewish Federation of Ottawa. The honey for this line comes specifically and solely from Leslie's own hives.

Other Red House Honey products, such as her FARM/Select Apiaries line are made from a blend of her own artisanal honey and other local hives. By working with local beekeepers the source of the honey is known and the quality of the sweet nectar is guaranteed.

Just last year Red House Honey also introduced a line of bee friendly and pollinator approved seeds for the home garden. These are seeds from Leslie's own garden, harvested from the plants she has

noticed are the most popular with her own bees. The seeds include: pink poppies, Russian kale, Cherokee Trail of Tears beans, and several easy to grow herbs.

Winters in this part of Canada can be very harsh. Each year Leslie assumes she will lose a portion of her bees. A bee colony survives the winter by clinging together inside the hive. Their constantly fluttering wings warm the air just enough and by constantly moving around within the group (from the outside colder edge to the warmer center) each bee, hopefully, gets to eat from the stored honey (and treats contributed by the beekeeper) and stays warm enough to survive. The bees generate enough warmth to create condensation and humidity. If the bees get wet and cold, they are in trouble. When necessary, Leslie replaces the failed hives with bees who are native to Ontario. Soon after their arrival the new bees are busy creating fresh honey for Red House Honey fans.

Red House Honey products are available through a wide range of stores in South East Ontario, including Brockville, Prescott, Cardinal and Ottawa. They are also happy to educate interested groups through Honey Pot Parties. For more information, check out their website at [redhousehoney.ca](http://redhousehoney.ca). LH



# SUCCESS THROUGH MUSIC

By Joan Rupert-Barkley

If you ever wanted to learn to play piano, guitar, bass guitar, saxophone, compose music or become a better singer, there is good news. One of Spencerville's newest residents is now booking lessons. Carl James Merenick may be new to the area, but he definitely knows his way around music and studio productions.

Merenick grew up in Toronto. His father loved music, sang solo, and exposed his children to music. His uncle played in a wedding band in Edmonton. He recalls getting an opportunity to sit on stage with the band while they were playing. He was only 10 years old at the time.

He studied for some time at York University in Toronto, however he attributes much of his success in music to studying with a man by the name of Gordon Delamont. Noted for his composition and strict but superior teaching skills, Delamont had worked with Duke Ellington.

A big break came when the television talk show, 100 Huntley Street, started production in Toronto. Merenick knew they would be searching for a theme song, so he approached them with an offer.

"I had all this knowledge. I was ready to launch out at some level. I knew in Toronto

there were great recording facilities, and good engineers, so I knew I had people around me that I could work with to play my music," commented Merenick.

He rented a studio, hired some musicians and created several musical compositions. One of his pieces was chosen as the theme song for 100 Huntley Street.

Years later, when the same production company was putting together a children's program called "Circle Square", Merenick was approached to write songs for that program as well. He recalls writing a total of 55 songs for the show that ran for several years.

Part of Merenick's career involved teaching. He taught music at a school in Oakville. Students in grades two to five learned vocal, percussion and recorder, while grades six to eight students learned band music.

He recently finished creating a 10-track production for CTV. These pieces will be used on their Discovery Channel, TSN and Entertainment Tonight. He has also created music for Coca Cola Canada, Burger King, and GE Mobile Phones.

While he lived in Brampton, Merenick opened a music studio called "High Profile Music", where he taught piano, bass, drums, guitar, voice and saxophone. He had fifty students. He is very proud of all his students and commented, that some of them went on to study at recognized performing art schools in the Region of Peel.

"Working with the students and helping them fulfill their goals, getting their auditions and winning, getting entrance into one of the good schools is very rewarding", commented Merenick.

A non-profit organization called "Higher Ground Neighbourhood Outreach" was also established by Merenick in 2007. This organization helps children at risk get involved with music through workshops, training, recording and performance.

Since moving to the Spencerville area in December 2015, Merenick has become a member of the Thousand Islands Arts Council and is working on a project that involves youth in the community. The one and a half hour sessions will focus on recording, composition and beat making. These sessions will run for 8 weeks.

To learn more about Carl James Merenick, or to book a lesson, you can visit his website at [www.highprofilemusic.ca](http://www.highprofilemusic.ca) LH





Location, location, location – getting out where you can be seen helps a lot

# GARAGE, YARD AND TAG SALES

## Cleaning Up on Cleaning Up

By Lorraine Payette

Whether having or going to a garage, yard or tag, weekend “sales” can improve your life while being a whole lot of fun. Unwanted items can bring in a little extra cash as you clean out your storage areas and for those who are looking to add to their collections, these are wonderful opportunities to find exactly what they’re seeking.

Make sure that you have everything properly set for your best possible sale. This means planning well in advance, and making sure you jump through all the hoops before you start.

Check your local by-laws for all rules and regulations before setting a date. Some will only let you sell at certain times, some on certain days, some in certain locations. You may need to purchase a permit, and you may be limited to certain items. A sale of this type is not a business, so be sure to comply with this rule. Do not set up to sell new merchandise – whether for profit or

not – unless you are willing to follow the rules of business.

Check your calendar for the best possible date, and have a rain-date set in case you need it. A downpour can put a damper on sales in more ways than one.

Go through your items carefully, and be fair about what you put out. While one person’s trash may be another’s treasure, some things really are not appropriate for sale. Other things may look good but prove to be illegal, such as second hand baby furniture, car seats, and other items. Check with your municipality for lists of items that can and cannot be sold legally.

See if some of your neighbours might like to join you in your sale. This can create more variety of items, a larger sale, and a chance to socialize with those who live near you. You may even end up with a closer knit community when you finish.

Get ready to advertise. Look at Kijiji, local newspapers and magazines, facebook

and other on-line opportunities, church bulletins, and don’t be afraid to make signs letting people know where and when. On the day of the sale, a well designed sign can help draw people in, just as well as that wonderful display in your front yard. When you run your ad, post whether or not you will allow early birds, dealers or other buyers of this type. It is perfectly acceptable to ban them from your sale, and to make them pay penalties if they try to get around the rules.

Sort and price everything fairly. Do not mix fine china with children’s toys and bric-a-brac. This only confuses things for everyone. Do not expect to get full new retail prices for over used items that have little if any life left in them.

Set up your sale to be attractive and functional. Group items together (i.e., clothing together but broken into men’s, women’s and children’s; toys in an area away from breakables; etc.) and stay as organized as possible. Not only will buyers appreciate it, but you’ll find it easier to know what you have and what you’ve sold by knowing where everything is.

At the end of the day, tally up your receipts and notice which items did not sell. If the items are of good enough quality, consider donating them to a registered charity or selling them individually through ads in the paper or on-line. If they really are junk, don’t be afraid to throw them away or recycle them where appropriate.

Above all, have fun. You’ll be richer for it, making a few dollars while you find some much wanted space. **LH**



Be careful about the items you sell – this mixed sale benefitted a local charity and required special permits



# Speaking of wine

By Russ Disotell

Do you hear that sound? It's barbecues being rolled out onto decks and patios for another grilling season. Grills are being oiled, covers washed and propane tanks checked as family cooking returns to the great outdoors. Now, just add a few go-to wines for the season. Here are a trio of wines from three different regions, made with three different grape blends, but sharing one important characteristic. Outstanding quality at a very reasonable price.

Let's start with a Chardonnay from the Alto Adige/Veneto region of Italy, nestled against the Alps in the north end of the country. Lagaria Chardonnay Vigneti Delle Dolomiti 2013 (CSPC# 404483, \$13.55) tantalizes from the start with alluring aromas of peach, nectarine and vibrant tropical fruits. This is an unoaked Chardonnay, in the style of the Alto Adige, and offers bright fresh fruit and zesty acidity in a medium-bodied package.

You can expect lemon zest, pineapple, peach, pear, Granny Smith apple and pineapple fruit with just a whisper of

herbaceous spice. There is near perfect balance between the components, with a nice round mouth feel to the wine, followed by a crisp citrus finish with good length. You might want to keep a few bottles of this versatile beauty on hand to match with chicken, veal, pork, freshwater fish or seafood, especially calamari. Pasta with white sauce and cheese also comes to mind.

Switching to the red side of the ledger, we move to the Rhone region of France and Lavau Cote Du Rhone Villages 2011 (CSPC# 421024, \$13.70). An easy drinking blend of Grenache and Syrah. The nose is open and lush with blackberry, cherry and spice aromas dominating. The medium to full-bodied palate has wonderful complexity with red currant, raisin, cherry and plum fruit, augmented with chocolate and licorice flavours and herbaceous sage-like spice. The finish is lengthy, flavourful and dry. Match this superb Rhone with any and all manner of grilled red meats, from steak, to gourmet burgers, to your special rib recipe.

The last of our trio takes us to Chile and the Errazuriz Estate, Pinot Noir 2014 (CSPC# 226696, \$13.95, King Street LCBO). A New World Pinot that has an Old World sensibility, stressing structure and finesse. Errazuriz is medium-bodied with a lush texture and a complexity not usually seen at this price point. It's tart cherry, raspberry, plum and red berry fruit, with vanilla spice and a slight smokiness blend are seamlessly refreshing and food friendly acidity to produce a spectacular red for the barbecue. Partners include veal, pork, salmon, tuna and chicken. 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.*



# Fort Wellington National Historic Site

## Guardian of the St. Lawrence!



### Events

May 21st: War of 1812 Opening Weekend

May 28th: 150th Commemoration of the Fenian Raids. Artillery Salute.

July 1: Canada Day

### Programs

Guided Tours: Daily, based on availability.

Fort Kids Program: Every Tuesday July 12 to August 16, 10:30am-3:30pm

Whiskey Tasting: Evenings on July 9th, August 13th, September 1st. Reservations required.

Fire a Cannon!: By Reservation June, July, August

Have you ever imagined what it would be like to live in a real fort? At Fort Wellington in Prescott Ontario, you can explore the buildings, put on a costume, and maybe even hear the roar of the cannons. Better yet – YOU could be the one firing those cannons!

The fort was built during the War of 1812 to defend the St. Lawrence River shipping

route from possible attack by the United States. It was called into service again in 1838 when invasion from the United States was once again imminent. By the 1840s, it was a real family fort – the soldiers' wives and children actually lived with them in the barracks! Today, visitors can explore the original historic site and interact with guides in period costume. Children can go on an adventure and

become Parks Canada Xplorers to discover this unique fort. The site also boasts a modern visitor centre featuring the wreck of an 1812-era gunboat.

Fort Wellington is open from May 21st to October 10th. The site is closed Tuesdays and Wednesdays in May, June, September and October. Open 7 days a week in July and August.

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



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