

Living HERE

FREE

BROCKVILLE · PRESCOTT · GANANOQUE
www.livingherebrockville.weebly.com

June | July 2016

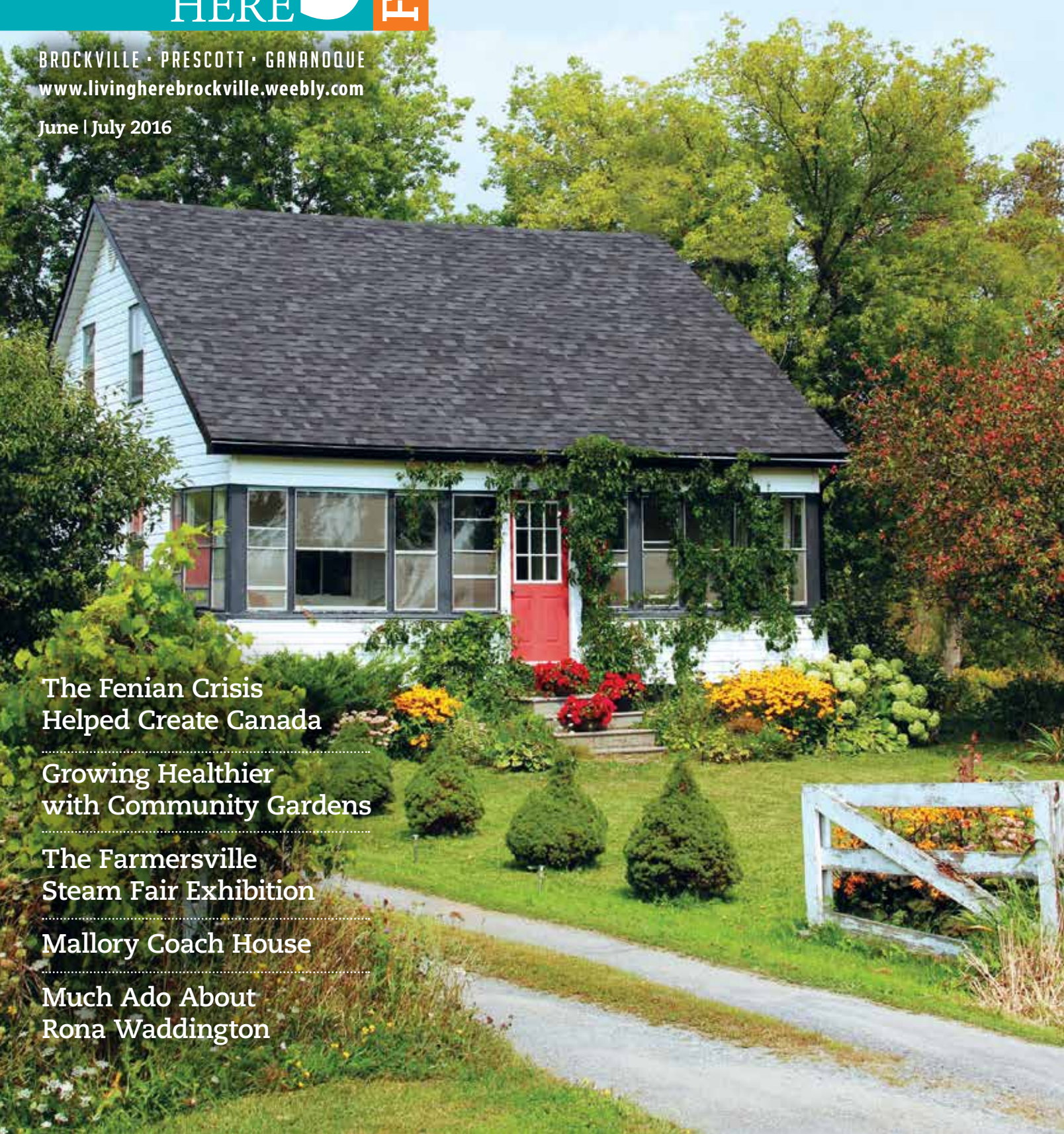
The Fenian Crisis
Helped Create Canada

Growing Healthier
with Community Gardens

The Farmersville
Steam Fair Exhibition

Mallory Coach House

Much Ado About
Rona Waddington



FLOORING YOU'LL BE PROUD TO STAND ON!

Seeing is Believing



*"A Knowledgeable, Reliable & Friendly Experience"
"Peace of Mind with Quality Products & Services"*

FLOOR REFINISHING SERVICE

We Use Professional Grade Water Based Finishes & Stains. Great Selections Available to Compliment Your Décor.



Free Onsite Consultations & Estimates



Visit our showroom at 1185 California Ave., Brockville
613-345-6836 | www.brockvillewoodproducts.ca
www.facebook.ca/BrockvilleWoodProducts



PROUD TO OFFER
CANADIAN MADE PRODUCTS



What's Inside



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

June / July 2016



features

- 5 The Fenian Crisis Helped Create Canada
- 6 Growing Healthier with Community Gardens
- 9 The Farmersville Steam Fair Exhibition
- 15 Mallory Coach House
- 16 Much Ado About Rona Waddington

FOR YOUR INTEREST:

- 3 Recipes by Karen Davis
- 13 Explore Our Back Roads For a True Treasure Hunt
- 14 Back to the Cottage *Preparations for a Great Summer*
- 17 Up, Up and Away: *Flying Kites to Help Beat Cancer*
- 18 Finding Comfort in the Deep
- 19 Stars in Their Eyes *Fun with Summer Astronomy*
- 20 Speaking of Wine



Bring your retirement vision to life.
HelloLifeRetirement.com

Robert Tavares
Financial Security Advisor
7 - 200 King St. W., Brockville, ON K6V 3P7
613-342-4401, ext. 4227 | Cell: 613-340-7762
rob.tavares@f55f.com



Freedom 55
Financial

A division of London Life Insurance Company

Freedom 55 Financial and design are trademarks of London Life Insurance Company.
HelloLife and design are trademarks of The Great-West Life Assurance Company, used with permission.

66-2207 10/15



*Music is the
World's Greatest
Communicator*

613-246-3480
carl@highprofilemusic.ca
www.highprofilemusic.ca



JAZZ ~ POP ~ CLASSICAL

Carl Merenick is teaching Piano, Voice, Bass Guitar, Saxophone,
Beat Making, Recording, Arranging, Harmony and Theory.

BOOK YOUR LESSON: \$25 - 30 Minutes • \$35 - 45 minutes \$40 - 1 hour

Kites Against Cancer

Saturday August 6th, 2016 ~ 11:00am to 4:00pm
Gananoque Secondary School



Multi-Cultural Food Vendors!!
100 Crafters, Vendors!!

**Purchase a kite from
Gananoque Canadian Tire,
Decorate your kite
in remembrance of someone
who passed from cancer, or a Survivor!**

Survivors Ceremony at 1:00pm

Admission by Donation!!

**In Support of the
Canadian Cancer Society**



Cover Photo by
Lorraine Payette

Living Here

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

Publisher/Advertising
Jon Marshall

Associate Editor
Catherine Heritage

Contributing Writers:

Lorraine Payette, Russ Disotell, Sally Smid
Lisa Crandall, Jonathan Vickers,
Tanya Hammond, Joan Rupert-Barkley,
Jon DeVarenes

Recipes by
Karen Davis

Advertising Sales:

Catherine Heritage
cateheritage@bell.net | 613-342-0428

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

The publisher accepts no responsibility for advertiser claims,
unsolicited manuscripts, transparencies, other materials, errors
or omissions. No part of this magazine may be reproduced in
any form without written permission of the publisher.

All rights reserved. Printed in Canada
(printed in Brockville by Henderson Printing)

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

www.livingherebrockville.weebly.com

*For those who would like to subscribe to Living Here, so you
never miss an issue, you can for just \$17.50 (includes HST)
This will give you 6 issues (1 full year) and will cover the cost
of shipping and handling*



GRILLED PORK TENDERLOIN

You'll need...

- 1½ tsp coarsely ground black pepper
- 1½ tsp paprika
- 1 tsp garlic powder
- ½ tsp dry mustard
- ½ tsp celery seeds
- ½ tsp dark brown sugar
- ¼ tsp sea salt
- 1 tbsp olive oil
- 1 lb pork tenderloin

To create...

- Combine first 7 ingredients in a jar with a screw top lid. Cover and shake well. Brush oil evenly over the tenderloin. Sprinkle spice mixture over oil and rub in with fingers. Preheat BBQ to medium-hot heat. Place tenderloin on top rack close cover and cook for 30 to 35 minutes or until thermometer reads 155°F. Remove from heat cover tightly with tinfoil and let stand for 10 minutes. Temp after standing should read 160°F. Slice meat and serve with chive buttered corn.

RHUBARB CUSTARD PIE

You'll need...

- 1 unbaked pie shell

Filling

- 4 cups chopped rhubarb (1/4" slices)
- ¾ cup sugar
- 2 tbsp. flour
- 1 tbsp. lemon juice
- ¼ tsp ground nutmeg
- 1/8 tsp salt

- Toss and mix filling ingredients in a bowl, pour into pie shell bake at 400°F for 20 minutes

Topping

- 3 eggs
- 1 cup heavy cream
- 2 tbsp. melted butter or margarine
- ¼ tsp ground nutmeg
- 2 tbsp. sugar

To create...

- Beat eggs slightly in bowl; stir in cream, butter and nutmeg. pour over hot rhubarb pie. Return to oven and bake for 10 minute; sprinkle with sugar bake an additional 10 minutes until the top is browned. Cool before cutting.

CHIVE BUTTERED CORN ON THE COB

You'll need...

- ½ cup butter softened
- ¼ cups snipped fresh chives
- 4 ears fresh corn with husks on

To create...

- Combine butter and chives in a small bowl; set aside
- Carefully peel back cornhusks but do not remove. Remove and discard silks. Gently rinse corn, pat dry. Spread 1 tablespoon of the butter mixture over each ear of corn. Carefully fold husks back around cobs. Tie the tops with 100% cotton kitchen string. Place corn on grill rack directly over the heat, grill corn, covered for 15 to 20 minutes, or until kernels are tender, turning and rearranging ears occasionally. Remove husks and serve with remaining chive butter.

Recipes provided
by
Karen Davis



Felicia Claire O'Hara

- Criminal Law
- Highway Traffic Act
- Provincial Offenses

Ms. O'Hara will bring to her clients the unique perspective gained while working as an Assistant Crown Attorney and is extremely enthusiastic and dedicated to all her clients.



OUR NEW LOCATION:
22 Courthouse Avenue, Brockville
TEL: 613-342-5552 • feliciat@bellnet.ca

Rapid Valley

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

We Treat you Like Family!

Everyday Breakfast Special
with coffee included

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

Wide selection, All Occasions, The Best Around



W.O. STINSON & SONS LTD.

OPEN 7 DAYS A WEEK
Mon-Sat: 6am - 8pm
Sun: 7am - 8pm
Closed Christmas Day,
Boxing Day, New Year's Day

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

J MANN BOOKS

Used Books in Great Condition



We Carry a Great Selection for all Ages

Make Time this Summer to Catch up on your Favourite Book!



193 King St E, Gananoque, On
613-770-0236
jmannbooks@gmail.com

Your Family Dollar

"The Dollar Store with a Difference"

Celebrate Summer Here!

Cards • Party Time Gifts • Toys • Crafts
Scrapbooking Supplies
Wedding Supplies

Custom Gift Baskets
Nana & Me Candles

Catalogue Sales Merchant



OPEN 7 DAYS A WEEK!

109 Churchill Rd. Prescott, ON
613-925-1734

GREAT WATERWAY HEARING

Hearing Aids

House Calls



Thomas Pilla H.I.S.
1-888-850-0425





Magnolia

FLOWERS

A HIDDEN TREASURE IN THE 1000 ISLANDS

FLOWER STUDIO ~ ECLECTIC FINDS
CANDLES ~ ANTIQUES AND VINTAGE
CHALK PAINT™ BY ANNIE SLOAN

613.382.8181
192 KING ST. E. GANANOQUE ON.





www.magnoliaflowers.ca ~ info@magnoliaflowers.ca

Living

HERE

BE HEARD & BE SEEN!

Advertise in our
August / September Issue

Book by July 8th

Contact Us at 613.342.0428 | jmarsh46@bell.net



The first photographs of Fort Wellington Military Parade c 1866. Photo courtesy of Parks Canada.



The Governor General's Foot Guard Band took part in a Fenian Raids Commemoration at Fort Wellington last month. Photo courtesy of Parks Canada.

THE FENIAN CRISIS HELPED CREATE CANADA

By Lisa Crandall

The 2016 season at Fort Wellington will be focused on commemorating a largely ignored period of Canadian history - the Fenian Raids.

This year marks the 150th anniversary of the beginnings of this lengthy military challenge, which saw attempts and incursions at various points along the Canadian-American border between 1866-1871. A period of special significance in the formation of this country because it helped to create a sense of unity among the various groups living in the area. In 1866 the Brockville - Prescott area was a major railway hub, the confluence of tracks that carried cargo and passengers between Toronto, Ottawa and points of Quebec. An interruption here could have crippled the fledging economy of the country, which at the time consisted of only Ontario and Quebec.

The Fenian Brotherhood was an Irish Republican organization founded in the United States in 1858 with the ambition of supporting the rebels in Ireland fighting to oust the British from the Emerald Isle. The assassination of Irish-Canadian politician Thomas D'Arcy McGee in 1868 was in retaliation for his opposition to the Fenian Raids.

In March of 1866, appropriately enough on the 17th (St. Patrick's Day) a group of

Fenian rebels struck out across the St. Lawrence River in the dead of night, intent on capturing the town and fort. The river was reportedly cluttered with drifting ice, the frigid temperatures of March were unwelcoming and the soldiers of the area were on high alert. Before the rebels even set foot on Canadian soil they were met with a volley of rifle fire and the threatening thunder of the cannons. They turned back, foiled before the battle was joined. Historians report that the rebels had hoped to capture the rail lines, holding the Canadian economy as hostage to force the British out of Ireland. It was a calculated political maneuver and it failed.

As part of a commemorative focus during the 2016 season, a special temporary display entitled "On to Canada! Fenians Along the Upper St. Lawrence", will be viewed in the Information Center at the Fort. It features items specific to this period of time, including a very rare Fenian soldier's jacket. The green uniform jacket has just recently returned from being on display in Ireland at The National Museum of Ireland.

The Fort opened for the season on May 21st with an Artillery Day scheduled for May 28th. Special guests during Artillery Day included the Brockville Rifles, a militia from Brockville, and the 30th Field Artillery

Regiment from Ottawa. It was a force made up of volunteer militiamen and regular soldiers from these regiments groups that acted so effectively in this part of Canada. As part of the commemorative celebrations the 30th Field Artillery brought 3 of their 19th century cannons with them, temporarily relocated from their current home on Parliament Hill in Ottawa. The Governor Generals' Footband from Ottawa provided a celebratory musical background for the events of the day. [LH](#)

EDITOR'S NOTE: Did you know on the weekends it is possible to have a guided tour of the Fort in the company of a costumed animator? For the price of \$11.20 per person, a group of 4 can enjoy a private escort around the fort and the museum, subject to availability of a guide. For pre-booked groups of more than 25, the rate drops to just \$5.80 per person. Regular admission for the 2016 season will be \$3.90 per person.

Fort Wellington-370 Vankoughnet St, Prescott ON K0E 1T0 · 613-925-2896 or visit www.pc.gc.ca/eng/lhn-nhs/on/wellington/index.aspx for details about the Fort and it's History.



Radishes

GROWING HEALTHIER WITH COMMUNITY GARDENS

By: Lorraine Payette

“Inch by inch, row by row, I’m gonna make this garden grow...” **Pete Seeger**

Nothing tastes better than a fresh picked tomato, or corn ripped from the stalk, husked and plopped right into boiling water. Spring is firmly here, and many have turned the soil to plant gardens. Seed catalogues have come in for months, promising all sorts of delectable goodies for both the plate and the eye – so the eager beavers got out the proper tools, found some fertile ground and spent a few hours out in the sun and good clean air creating masterpieces both beautiful and functional.

Perhaps the best way to ensure food security is to grow your own. However, some people feel that they can never have that opportunity. Living in apartments or renting a small room somewhere, there just isn’t a yard available to garden in. Some may live in town on a lot with no more than a few feet of poor soil and little or no grass. Others may have soil, but it is in such bad shape that even the weeds seem to run from it in a panic.

However big the apparent obstacle, anyone can grow food. You don’t need a huge fenced plot in your backyard with ordered rows and cute little tags telling you what each of a thousand plants are. You can work with containers or strips, create raised beds in small spaces to do square foot gardening, and in many communities, you can participate in community gardens.

The Gananoque Food Access Network (GFAN) thought well ahead about turning the soil and creating rich gardens full of healthy food for everyone to enjoy. One of many such projects in Leeds and Grenville, GFAN has a mission to see everyone fed and secure in Gananoque.

“The purpose of the Gananoque Food Access Network is to support our community, to provide access to healthy food and skills, to choose, prepare, eat, grow and store whatever possible locally grown and processed foods,” said Joanne Merkley of GFAN. “We have volunteers that represent

the whole area far and wide – really wonderful volunteers that help with the Gananoque Food Access Network.”

Last summer, they tried their first community garden. While far from being an overwhelming success, it became an excellent teaching tool, allowing the committee to learn what else would be needed to make this project work in Gananoque. They had been given an area of soil which, while flat and basically tilled, consisted of heavy clay divided into beds by mulched paths. Unfortunately, this proved to be far from a prime growing area, so amendments needed to be made.

Studying the area showed that they needed richer soil in raised beds which would be large enough to grow a meaningful amount of food. They would also require a good water source and dedicated people. This would require grant dollars, donations and cooperation on a grand scale. Turning to the community, they found a lot of enthusiasm, with local businesses and council willing to step in and help in many ways.

The Town had already donated the land, helped with organization, procured wood chip mulch, etc., to get the project up and

moving. Then, after applying for a grant, it also gave them \$5,000 to help pay for their costs.

"When we received the money, we knew we wanted to buy locally," said Merkley. "This is all about Gananoque and area, so we approached local businesses, hoping for the best."

Home Hardware Gananoque was also more than willing to participate. Careful study had told GFAN that twenty 10' x 10' raised plots, one-foot deep, would be most economically feasible for them, minimizing the cost of lumber to frame the beds, yet providing enough space to grow something that matters. Not only did Home Hardware donate all of the lumber for the frames (about \$1,300 - \$1,500 worth of materials), but they also assembled and installed them. In addition, they have adopted a garden and plan to donate all of their produce to the Gananoque Food Bank.

Westgate Landscape Supplies (of Gananoque) helped them with their soil requirements, providing a quality product and delivering it to the plots at a reasonable rate, then installed and levelled it in the beds. As more people and organizations became aware, more and more were willing to pitch in and help.

"Everywhere we went in the community, when we asked for help, it seems that they just wanted to give," said Merkley. "We're really, really thankful, because we want this to be a successful initiative."

"Healthy food contributes to physical, mental and emotional health and wellbeing," said Food Corps regarding the Lanark, Leeds and Grenville Food Charter. "Food is a basic human right and all should have the means to obtain healthy food and safe water. The food system includes everything from growing food, to processing, storing, preparing, transporting, selling, buying, and eating food. From producers to eaters – we're all part of the food system".

Community gardens are springing up throughout the area. Currently they can be found at the Butler Creek Community Garden in Brockville; Rideau Lakes Community of Gardens Project including Delta, Elgin, Portland, Seeley's Bay, Westport, Gananoque and Athens; A Community in Bloom in Mallorytown; the Giving Garden in Mountain; the Cardinal Community Garden in Cardinal and the Athens Community Garden in Athens. Each has its own rules and regulations, but all are intent on keeping people fed and the food chain secure. **LH**



Corn



Square foot gardening

EDITOR'S NOTE: To get involved or to learn more, please contact your local community garden or e-mail the Rideau Lakes Community of Gardens Project at kearl@crhc.on.ca.

**Think
SMALL**

Support Your
Local Small Businesses

**THINK SMALL,
SHOP LOCAL
IN ATHENS!**



“Local Businesses Keeping our Community Stong!”
www.athenstownship.ca | www.athensontario.com

ATHENS CARPET PLUS

SALES & INSTALLATION



www.armstrong.com

Duncan Peer
30 Main St., Athens
613-924-1200
athenscarpet@bellnet.ca

*Serving
Athens & Area
for over 14 years!*

HARDWOOD • VINYL • LAMINATE • CARPET • CERAMIC

Summertime is Pizza Time!! @
MAIN ST PIZZA

**Take out or Delivery
we've got you covered!**
Pizza's - Subs - Pita's
Pasta - Burgers - Sandwiches
and a whole lot more!

CHECK OUT OUR SPECIALS!
17 Main St. Athens On.
613-924-1907

Reid's Flowers and Gifts

613-924-9834
2 Main Street W, Athens

Come see our new products...

- Home Décor and Gifts
- Fresh & Silk Flowers
- Arrangements for all occasions
- Candles and Candle Holders
- Antique Truck and Motorcycle Replicas
- Wedding & Baby Giftware



**In The
Same
Location**

Pat's Hair Studio

Pat Jones
Unisex Hairstyling
613-924-9273
Gift Certificates
Eyebrow Waxing



Open Tuesday to Friday, 9 - 5 & Saturday 9 - 3; Closed Sunday & Monday

Athens

PHARMASAVE



Value. Trust. Quality.

It's in everything
we do and everthing
we stand for.

FREE DELIVERY AVAILABLE

16 MAIN ST. E., ATHENS, ON
P: 613.924.2070 F: 613.924.6133
athenspharmasave@bellnet.ca

Mon-Fri: 9:30am-5:30pm
Sat: 9am-1pm
Sun: Closed

Living HERE

Contact Us to Advertise in the Aug. / Sept. Issue
Book by July 8, 2016

.....

Contact Us at
613.342.0428 | jmarsh46@bell.net

AUDREY'S HAIR DESIGN

Total Family Hair Care



UNISEX
HAIRSYLING
COLOURS
FOILS & PERMS

10 MAIN ST ATHENS
613.924.2775



Just some of the Vintage Steam Tractors and other interesting equipment you will see on the fair grounds



Tractor Pull Exhibition

THE FARMERSVILLE STEAM FAIR EXHIBITION

By Sally Smid

It is not surprising that Athens has always had a real interest in vintage farming equipment. After all, until 1890, Athens was called Farmersville as a result of the many area farms. In the early 1970's some of the Athens Lions Club members began exhibiting their personal steam equipment and attended various steam fairs. Most of the steam tractors in the early days were used to run the large "thrashing machines" which separated the kernels from stocks of grain crops, much like combines do today. Those Lion members got the idea of organizing an annual fair in Athens. Merrickville Fair organizers provided advice. Lions Robert Hartley, Gordon Mack, John Dancy, and Bob Croxall, along with Rupe Green, whose steam engine is used each year to roast Corn Fest cobs, as well as others, worked together to launch the first Farmersville Steam Fair in 1980. It has become an annual event for the past 36 years. George Tackaberry and Sons Construction Company have always been generous in supporting and contributing to the success of the annual Exhibition, which takes place at Centennial Park in Athens. It is interesting to note that Athens' first mayor, Watson Parish, donated that land to the village in the early 1900's. He was a historian of sorts himself and would be pleased to

have seen this land being used for such a purpose. The first fairs were much smaller and mainly included a display of operating vintage machinery. Maxine Mack organized the craft show. There has always been a beer tent. Later it also included a parade on Sunday afternoon.

Over the years the Fair has grown and has become much more complex. Displays also include antique cars, trucks and motorcycles. There are now several tractor and horse competitions, an assortment of refreshments, and children's amusements, as well as country music. Today the exhibition has grown into an event that has drawn more than 3,000 attendees in past years. Many exhibitors continue to return each year from near and far. Kathryn Hudson organizes the vendors inside the arena. The new washroom building has been a real improvement. The Steam Fair has become a place to visit with old friends and to meet new ones. About 100 exhibitors can camp on the grounds and many do, adding to the festive spirit and camaraderie.

Preparations for the 37th Annual Farmersville Exhibition have been underway for months. The 2016 Fair at the Centre '76 fairgrounds, in Athens Ontario will run from the evening

of Friday, July 15th, when the Old Time Fiddlers perform, until late Sunday, July 17th afternoon. The feature tractor this year is Allis Chalmers, as well as the usual lines of vintage tractors, trucks and much more will be displayed. Tackaberry's legendary collection of antique trucks and other machinery, also known as Tack's Toys, is always very unique and popular with visitors. If this year is typical of others, there will be steamy summer temperatures as well. Tickets for the Exhibition are \$15 for adults for a weekend pass and \$10 for the day. Children under 12 are free. For more details visit the website @ <http://athenslions.org/steamfair/>

To really appreciate this event, it is important to stop and visit, especially with old time exhibitors. They are very excited and dedicated to their hobby and are always willing and eager to talk about their vintage equipment. It is becoming more obvious however, that many exhibitors are aging and some can no longer attend, but the interest in agriculture and vintage equipment continues, and it is hoped that the appeal will carry on into future generations. It is also hoped that this part of the local heritage will be celebrated in Athens for many years to come. LH



Area Real Estate Service for over 40 Years!

Justin Hudson
Broker of Record

10 Main Street East, Athens, ON

613-924-9141
burthudson.com
justin@burthudson.com

ENERGY EFFICIENCY DURING ALL 4 SEASONS START HERE!

Air Conditioning & Heating



GEOSMART ENERGY
The smartest way to cool your home. **Geothermal Heating & Cooling Systems**

Goodman
Air Conditioning & Heating
Goodman has you covered on energy efficient Air Conditioners, Furnaces & Heat Pumps



THE STOVE STORE
Since 1972
unmatched

QUADRA-FIRE
NOTHING BURNS LIKE A QUAD



Wood Burning Efficiency

6 Beverly Street, Spencerville, ON.
613-658-3101 • 1-888-370-9859
www.thestovestore.net
thestovestore@ripnet.com

1000 Islands Contracting



We are the Experts in Cottage/Residential Home Improvements
No Job too Small and we can Help you with all your Projects. Fully Insured.

Call Kirk Today for a FREE Quote!
613-382-1012

THESE BUSINESSES WILL HELP MAKE YOUR COTTAGE DREAMS COME TRUE!

BURT HUDSON REAL ESTATE BROKERAGE
Justin Hudson Broker of Record
10 Main St E., Athens, On
613-924-9141 ~ www.burthudson.com

Burt Hudson Real Estate Ltd. Brokerage, is a full service Real Estate Brokerage. Founded in 1975 by Burt and Kathryn Hudson, this family based business is now owned by Justin and Tracie Hudson. Our firm is well known by many locals as your source for all residential, waterfront and farm properties, as well as commercial ventures. Stop by Monday-Saturday 9-5.

Segregated Funds, Estate Planning, Payout Annuities, Group Ins., RRSP's, RESP's, TFSA's, GIC's and more. I work with a variety of Insurance companies. "Don't leave your planning until it's too late! Call for a complimentary consultation or e-mail: tanya.hammond@eofs.ca

THE STOVE STORE
6 Beverley Street, Spencerville, On
613-658-3101

With over 40 Years of experience enhancing home and cottage comfort with distinction. The Stove Store has set a precedent of hard work, customer service and cutting edge technology. Converting from electricity to gas? Upgrading an old furnace or air conditioner? Wood Pellet or Gas Stoves? At The Stove Store, estimates are always free. Purchase financing is available (O.A.C)

ROMANO'S HOME IMPROVEMENT
613-341-7481 or 613-923-1153

Romano's Home Improvement is a full service company to cottage/residential and commercial. With over 25 years' experience in masonry restoration for leaking foundation repair, waterproofing, parging WETT Certified #5549 and chimney repairs and cleaning, we also do complete interior and exterior renovations. We are licensed by the Province of Ontario and we are fully insured and bondable. Call today for your Free Estimate!



Propane LEVAC
Propane INC.

We Specialize in Propane Gas Delivery to Residential, Cottage, Agricultural and Commercial Properties.

Adam Ferguson - Territory Manager
613-544-3335 • 877-544-3335
adam@propanelevac.com
Servicing: Brockville/Prescott/Gananoque & Area

ACE RENOVATIONS
18 Main St. Athens, On
613-924-2228 ~ www.athenshardware.ca

Ace Renovations, a division of Athens Hardware, offers complete residential and commercial renovation services. Our team of professionals include; certified and licensed carpenters, BCIN certified draftsman, kitchen designer and other professionals allowing us to complete any renovation job from start to finish. If it's time for a new deck or renovation, give us a call for a free estimate. Decks starting @ \$19.99 SQ. FT.

TANYA HAMMOND INSURANCE BROKER
613-802-8218 ~ www.eofs.ca

I am a broker with Eastern Ontario Financial Services and a member of Canadian Association of Farm Advisors. I can help you with Life Insurance, Critical Illness Ins., Long Term Care Ins., Mortgage Protection, Pension Planning,



Brockville's Premier Artisan Gift Store



- ~ New Products Arriving Every Day!
- ~ Local Artisans & Crafters
- ~ Check out our Special Christmas Section - It's Never too Early!
- ~ Custom Orders Available

1000 Islands Mall (West End) 2399 Parkedale Ave, Brockville, On
~ 613-803-5608 ~



Wendy's Mobile & Country Market

"Take home a taste of the country"



613-928-2477
#408 Fortune Line Rd., Lyndhurst On
wendyscountrymarket.com
wmobilemarket@ripnet.com
Open Mon-Sat 11am-6pm Sunday 11am-5pm
~ Wendy's Farm Fresh Meals To Go ~



Tanya Hammond
Insurance Broker
Advisor

tanya.hammond@eofs.ca www.eofs.ca

- ✓ Life Insurance
 - ✓ Personal Health
 - ✓ Estate Planning
 - ✓ Mortgage Ins.
 - ✓ Disability Ins.
 - ✓ RRSP's, RESP's
 - ✓ Payout Annuities
 - ✓ TFSA, GIC
 - ✓ Long Term Care
 - ✓ Segregated Funds
 - ✓ Group Ins.
- Don't leave your planning until it's too late!*



613-802-8218

~ Call for a Free Estimate! ~

ROMANO'S HOME IMPROVEMENT

Complete Interior/Exterior Renovations
Foundation & Parging
Chimney, Cleaning & Repairs
Cement Finishing

Call Romano at:
341-7481
or
923-1153

Professional and Reliable

RIVER VIEW PAINTING

613-556-1166

River View Painting is your Interior, Exterior and Restoration Specialist for Cottage/Residential and Commercial projects. With 30 years' experience, we are fully insured and we take pride in what we do. Senior's call and get a 10% discount. Call David Fortune/Owner today and get started on your next painting job/project.

BROCKVILLE WOOD PRODUCTS

613-345-6836

www.brockvillewoodproducts.ca

You deserve quality products and services may it be for your home or cottage. Our knowledgeable staff and lineup of Canadian manufacturers will ensure your satisfaction. We have a solution for both, your home and your cottage needs. Got a hardwood floor that needs to be refinished? We can help. Got a project that needs that specific wood and profile? We can help.

WENDY'S MOBILE & COUNTRY MARKET

www.wendysmobilemarket.com

We proudly sell our own vegetables and produce grown by Corn Acre Farms, along with food from over 70 local producers. This makes it convenient for consumers to have all things local in one stop shopping. For added convenience we have on site farm fresh meals to go, meat, local cheeses, preserves, baked goods and gluten free products, organic products and much more.

UNIQUELY CREATIVE STORES

1000 Islands Mall (West end)

2399 Parkedale Ave, Brockville, On

613-803-5608

We are Brockville's Premier Artisan Store. With 2 stores in the mall. We showcase over 20 different local crafters & artisans. Visit our locations, see our products to enhance your cottage/home. We have Wood Products, Scrapbook Memories, Handmade Blankets, Scarves, Toys, Jewellery, Dreamcatchers, Custom Writing instruments & Custom Lightning and much more! Custom orders available. Visit our Facebook page.

LEVAC PROPANE

613-544-3335 ~ www.propanelevac.ca

Covering Brockville/Prescott/Gananoque and Area with their qualified personnel, Propane Levac Inc. is committed in giving a personalized, reliable and honest service, offering to all its customers in the cottage, residential, agricultural and commercial sectors, prices that are more than competitive. They are professionals in this field, and can guarantee each one's security when handling this product. Contact Adam Ferguson-Territory Manager for your propane gas needs.

1000 ISLANDS CONTRACTING

613-382-1012

We are the experts in Cottage/Residential Home Improvements. We are a general contracting company that can help you with your Dream Deck, Drywall, Fencing, Patio Stone, Roofing, Kitchen and Bathroom remodelling and much more! No job too small and we can help you with all your home improvements. Fully Insured. Call today for a FREE Quote!

ACE Renovations

(a division of Athens Hardware)

Renovation Project?

Call us Today for an Estimate!



**DECKS • GAZEBOS
KITCHENS • BATHROOMS
& SO MUCH MORE**

WWW.ATHENSHARDWARE.CA

18 Main St., Athens, On

613.924.2228



**COTTAGE FLOORING
PINE / LARCH / PRE-OILED
ENGINEERED / LAMINATE**

*"A Knowledgeable, Reliable & Friendly Experience"
"Peace of Mind with Quality Products & Services"*

Dale Murphy

Showroom: 1185 California Ave. Brockville

(613) 345-6836

brockvillewoodproducts@bellnet.ca

www.brockvillewoodproducts.ca

www.facebook.com/BrockvilleWoodProducts

- Custom Cedar/Pine Storm Doors
- Natural Oil/Stain/Sealer: Decks, Fences
- Staircase & Handrail: Wood, Metal
- Trim Moldings & Interior Wooden Doors
- Custom Woods & Profiles
- Hardwood Floor Refinishing
- Supply & Installation Services
- Free Estimates & Onsite Consultations

*Interior/Exterior
& Restoration Specialist*



**RIVER VIEW
PAINTING**

Cottage/Residential
& Commercial

Over 30 Years
Experience

Fully Insured
10% Discount
for Seniors



**David Fortune
Owner**

613-556-1166



COME VISIT LYNDHURST & A Picturesque Village

EXPLORE SEELEY'S BAY on the Historic Rideau Route



"Diverse and Natural Beauty await, as you Explore our Region"
www.lyndhurstseeleysbaychamber.com | www.seeleysbay.com

Wiltse Creek Studio
 2935 Outlet Road, Lansdowne
 in the Outlet at Charleston Lake

Locally made. Hand crafted. Unlimited imagination

nature photography • rustic wood crafts and signs
 jewellery • crocheted carpets • funky cards
 paper crafts • original paintings on wood, glass,
 screen and canvas and many other clever things.

Check out our Page and Website!
wiltsecreekstudio@gmail.com
 613.659.2928 | www.wiltsecreekstudio.ca

STUART NESBITT
 RE/MAX Riverview Realty Ltd. Brokerage Sales Representative

- Multi-family
- Commercial
- Investment
- Farm • Residential
- Cottage

613-328-6211
 389 King St. E.
 Gananoque, ON K7G 1G5
stuart@remaxriverview.com
www.remaxriverview.com

Top Multi-Unit Sales
 RE/MAX Riverview 2013-2014

Top New Agent
 RE/MAX Riverview 2013

**Lyndhurst Gun & Militia Show
 Lyndhurst Legion**

Saturday, July 9, 2016
 Sunday, October 16, 2016
 9am - 3pm

Women and accompanied children
 under 16 are Free

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

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

For show information &
 table inquired call John
613-928-2382
www.wingslivebaitandtackle.ca
siderisjp@sympatico.ca

The Green Gecko Truly Unique Shopping!

Visit us in Lyndhurst
 613.928.1196 | www.greengecko.ca

**Seeley's Bay
 Drugmart**

All Major Drug Plans Accepted
 Convenient "Dosette" Packaging
 Senior Discount
 Health and Beauty Products
 Cosmetics - Greeting Cards

Delivery Available
 Monday to Friday 9:30 am to 6 pm

106 Drynan Way Unit# 4, Seeley's Bay ON.
613-387-3939

**WING'S
 LIVE BAIT
 & TACKLE**

Fishing • Hunting • Moccasins
OPEN ALL YEAR ROUND!

413 Lyndhurst Rd, Lyndhurst
 613-928-2382 • wingslivebaitandtackle.ca • siderisjp@sympatico.ca

**Ridgway
 Confections**

Fine Hand Crafted Belgian Chocolates
 Brittles & Bark
 Assorted Chocolate Bars
 Assorted Boxes of Chocolate or Platters

159 Main St., Seeley's Bay, On
 613.532.4468
www.ridgwayconfections.com
 Like Us On Facebook



*Dawne Fiegen Owner of Wiltse Creek Studio
(outlet at Charleston Lake)*



Front of Roosburg Farms

EXPLORE OUR BACK ROADS for a True Treasure Hunt

By Tanya Hammond

This summer take a drive and discover what some of our area has to offer. Local artisans, millers, chocolatiers, dairy producers, farm fresh produce and so much more all await the eager explorer.

People often ask me why I don't travel, but why would I when the area I am from is so rich in what it has to offer? Besides, the farmer in me keeps me close to my roots and I can easily fill my free time with exploring close to home.

Our area is abundant with artisans of all types. Did you know that the Branch Coordinator at one of our local libraries is a multi talented artist who owns Wiltse Creek Studio? Dawne Fiegen (Escott Library) celebrates life by creating paintings on canvas, wood, metal and more. Check out all she and other artists have to offer by visiting the quaint studio in the Outlet at Charleston Lake. For more information phone 613-659-2928 or look online www.wiltsecreekstudio.ca. You will truly be inspired and don't be surprised if Dawne offers you some tips on creating your own masterpiece.

Next on the list of must see destinations is the Old Stone Mill in Delta, where you can explore 200 years of milling history. Nestled between Upper and Lower Beverly Lakes it is the only stone gristmill in Canada designated as a National Historic Site. The Old Stone Mill is an operating gristmill, milling organic heritage Red Fife wheat. You can view a milling demonstration, purchase some of their pure stone ground flour and if you visit on a Saturday morning during the summer, you can even buy some of their fresh baked

bread. Call 613-928-2584 for details on milling times and their many other events or check online at www.deltamill.org.

If you have a sweet tooth you will love the next stop on the treasure hunt, Ridgway Confections. Located in the heart of Seeley's Bay at 159 Main St., it is conveniently located next to the TD Bank. Chocolatier Derek Ouellet and his wife Cindy Healey sell hand-crafted Belgian chocolates from their charming little store that they've created in their commercial kitchen, using 100% sustainable cultivated cocoa beans. The chocolate melts in your mouth and leaves you wanting more. My personal favourite is the Pecan Butter Crunch Bark, which is a blend of caramel, milk chocolate and toasted pecans, but don't take my word for it - go try some for yourself. Check out Ridgway Confections online at www.ridgwayconfections.com.

What goes with chocolate? Milk of course! Sitting just behind Athens at #78 Wiltse Town Road is a state-of-the-art dairy barn owned by the Verburg family. Roosburg Farms was started by patriarch Nick Verburg in 1960. Now John, Nick's son, and John's two sons, Cole and Ian operate the dairy farm. The local farm family suffered a great loss in 2013 watching their barn and much of their livestock, including many of their prized Holsteins, lost in a fire. However, in farmer-like spirit, the family rallied and raised the roof on a new barn featuring not only futuristic robotics, but also a barn with a viewing area and a large meeting room accessible to the public. You can call ahead at 613-802-3604 and book a guided tour. You won't get a glass of milk to go

with your chocolate, but you will gain so much more by seeing where your milk comes from. Like them on Facebook at www.facebook.com/roosburgfarm.

Some might say I left the best for last on this treasure hunt through the back roads. I could not write an article like this without mentioning all of the wonderful farm fresh products you can find at Wendy's Country Market located at #408 Fortune Line Road just outside of Lyndhurst. The list of local products she carries is endless, covering everything from artisanal cheese and bison burgers, to vinaigrettes, water buffalo and everything in between. Wendy and her husband Rick host special events on the farm (see www.wendyscountrymarket.com for more details or call 613-928-2477). Join them July 31st when they celebrate with Super Sweet corn grown by my parents at Corn Acre Farms. No summer drive is complete without stocking up on some farm fresh produce from Wendy's to take back home or to the cottage.

A true food and art treasure hunt awaits you the next time you have an afternoon off and you want to take a drive through our country backroads. **LH**

EDITOR'S NOTE: Tanya Hammond is a local writer who has penned various articles under the name: "The Farmer's Daughter". Tanya resides in Lyndhurst and is a member of the Eastern Canada Farm Writers Association.



BACK TO THE COTTAGE

Preparations for a Great Summer

By Lorraine Payette

Now that the warm weather is here, it's time to get back to the cottage with all that wonderful fresh air, fun with the family on and in the water, playing outside, sleeping with the windows open and listening to the sounds of nature.

Getting back means checking all those maintenance chores that need doing before moving out for weekends or weeks at a time. Like our homes, our cottages require care, and doing the right things now can lead to months of enjoyment throughout the season.

Winter storms and inclement weather can wreak havoc on the cottage when you're away. Before heading out to stay, be sure to go down and check:

Plumbing: Check for any broken or cracked pipes and fittings, and take care of them right away. Check your pump if you're on a well and make sure it runs properly. If you used anti-freeze in the fall, make sure to have the pipes drained and flushed before using the water. Have the water checked for e.coli, and make sure any purifiers are working properly. Make sure you have a good plumber available to help out if trouble arises. Check the septic

system and get it cleaned if necessary.

Wiring: Look for downed lines outside and call your hydro company if you see any wiring that needs repairing. Rodents love chewing through wires, and cold weather can also crack insulation, creating hazards. Go over your wiring for any damage, and check to see if light fixtures and other electrical items are working properly. Replace any damaged units, and don't be afraid to call in a qualified electrician if there are problems. The cost is far less to keep it properly maintained than it would be to replace everything in the event of a fire.

Roofing: Go inside and look at the ceilings for signs of leaks. Then check outside as well for missing shingles, anything that flaps and weak for areas. Fix everything now to avoid problems later. Check your rain gutters and replace any leaking or damaged parts. Make sure downspouts are all in order and water drains away from your foundation.

Decks & Docks: If you have a deck or dock, make sure it is sound and that nothing has rotted. Replace any worn out materials, and clean it thoroughly with an approved anti-fungal cleaner. Try spraying it with a good

wood preservative if local by-laws allow, making sure to get into all the joints. This will help it to last longer and keep it safe for all to use.

Windows: Check the windows and make sure they are secure. Whether broken glass from falling tree limbs, or holes in the screens, these all need to be tight and in proper repair. Screens can be easily patched or replaced with kits at any local hardware store, and a good glazier can make sure the glass is in good shape. These are essential to keeping out weather and unwanted pests, so make them a priority.

Cleaning: Get out your bucket, mops and sponges, and clean everything. Dust and dirt will work their way into every crevice that has been allowed to sit, so a good scrub is definitely in order. Put fresh batteries in the smoke and CO alarms, and check them to make sure they're working properly. Clean out the fridge, the cupboards and the stove, make sure the dishes are clean. Your cottage is your home away from home, and needs to be looked after in the same way.

Once everything is done, get ready to move back in and spend a fantastic summer. The good life with friends and family awaits. **LH**





CLOCKWISE: Live Music being played in on the Coach House grounds in the Gazebo; A museum volunteer standing beside plaque commemorating Canada's first Glassworks factory- Mallorytown Glassworks is on the grounds for visitors to learn the history of the factory; Mallory Coach House (1523 County Rd 2 Mallorytown On) Built in 1853

MALLORY COACH HOUSE

By Sally Smid

A cloud of dust, the clattering of horses' hooves and the rumble of wooden wheels signalled the arrival of the stagecoach at what is now known as the Mallory Coach House. Its arrival cued workers to quickly prepare a fresh team of four horses provided by a local dealer. It didn't take long for the stage to begin the next leg of the journey and speed was necessary in order to fulfill contracts. Usually loaded with passengers and government mail, it took eight days to travel from Kingston to Montreal on primitive and often dangerous roads in all kinds of weather. Stories were told of the stage often being stuck in mud especially in the spring and the passengers were often obliged to help push it out so that their journey might continue.

Stagecoaches began to use the route along Highway 2 in the 1820's and frequent stops were needed along the way. The Coach House was constructed in 1853 and was strategically located for this purpose. However, by 1855 the stagecoaches were replaced with the Grand Trunk Railroad, a much safer and more efficient mode of transportation. In 1861 it was recorded that Mr. Daniel Neville used the building as an inn where his family also resided. It later belonged to Dr. and Mrs. Haight. A Dr. Andress also had a business there as well. Until the 1900's,

Alexander Gibson used it as a tavern. The Coach House was abandoned after WWII, until it was purchased by Tony Kull in 1958.

Front of Yonge Township had foresight in buying the historic property in 2005. That year the original Mallory Coach House Heritage Committee gave the house its present name. It opened to the public on May 17, 2008 with an art show as well as a Mallorytown school reunion. Under the management of the 1000 Islands River Heritage Society, it has undergone major renovations and restorations, funded by a variety of grants and donations. Mallorytown is also the site of Canada's first glassworks factory, which began in 1839. The most famous piece of existing glass is the 'Mallorytown Pitcher' which is now on display at the Royal Ontario Museum. A reproduction of this piece is on display at the Coach House. An interpretive sign on the front lawn of the House tells the Glass Works story.

Today the Mallory Coach House serves as a small museum and offers a variety of displays and houses local archives. The Mallory Coach House Committee and the Thousand Islands River Heritage Society work together to preserve the heritage and history of Front of Yonge Township. It is open to visitors on weekends during the spring and summer months and local school students frequently visit.

The beautiful garden area and gazebo are also used for community events and for weddings, the Country Market, Socials, and Village Fairs. The construction of a drive shed has allowed the group to house larger items for their collection as well.

Visitors to events at the Mallory Coach House can't help but be aware of the friendly, country atmosphere and the energy and co-operation that makes the facility such a success. From the lilting tunes from local musicians in the gazebo, to home made baked goods and barbecues, arts and crafts displays, and local produce, the Coach House has become quite a hub for socializing and networking. It is now an integral part of the township and in many ways seems to have cultivated a spirit of pride and a sense of identity in this rural community. **LH**

EDITOR'S NOTE: To learn more about the Coach House or events being held at The Coach House visit the Front of Yonge Township website:

<http://www.mallorytown.ca/index.cfm/residents/mallory-coach-house/>



Rona Waddington Artistic Director -St Lawrence Shakespeare Festival (photo courtesy of David Cooper Photography (2010))

Much Ado About RONA WADDINGTON

By Joan Rupert-Barkley

No matter what direction Rona Waddington is travelling in, whether it is to the St. Lawrence Shakespeare office on King Street in Prescott or to the amphitheatre down by the river or to St. Paul's United Church in Prescott for rehearsals, one thing is for certain, she is always on cue.

In 2015 Rona Waddington took over the role of Artistic Director for the St. Lawrence Shakespeare Festival in Prescott from Ian Farthing, who held that position for more than 10 years. However, Waddington was no stranger to Prescott. In 2013 she directed the production "Hamlet" for the festival and she commented that the residents of Prescott

were incredibly generous to her during her transition to artistic director.

She also commented, "Ian was very helpful, though it was, of course, a bit nerve-wracking filling such big shoes. Ian was a huge part of this community".

Waddington grew up in Hudson, Quebec, which is about an hour and half from Prescott. She knew when she was very young that she wanted to be in the theatre.

"There wasn't much theatre offered at the schools I attended, so mostly I created extravaganzas in our living room for my parents," said Waddington.

Her first formal training was at John Abbot College in Quebec, where she completed the theatre program. She later attended the University of Waterloo, where she chose to do a Bachelor of Independent Studies. This allowed her the freedom to take different courses from different areas of study.

Over the years she has been involved with approximately 200 professional productions in various cities around the world. She directed *The Tempest* in 2013 and *King Lear* in 2014 in Paris, France. Most recently, she was an assistant director at the Stratford Festival.

Waddington has also written four plays. In 1989 she wrote her first comedy, "East of Elvis", that was produced by Upper Canada Playhouse and Sudbury Theatre Centre. In 1992 she wrote a biography of the last 10 years of Amelia Earhart's life entitled "Earhart". This play was produced by many theatres including New York State Theatre Institute and MetroStage (in Washington, D.C.). Her play about a mystery set in Saskatchewan in 1910, "Willow Bunch", was produced at SummerWorks Festival in Toronto. Last year she was invited to join the writer's unit at the Thousand Island's Playhouse where she wrote another comedy, *Bruiser, Bruiser*.

Preparation for the St. Lawrence Shakespeare Festival which begins a year in advance. In September, designers and other directors are hired. Auditions begin in December and the shows are cast by February. The two productions this year will be "Julius Caesar" and "Much Ado About Nothing".

Last year Waddington also put together a community production of "The Sound of Music". The play was a huge commitment for everyone involved and she credits the cast members for their dedication to the project.

"For me, the best part of our production of 'The Sound of Music' was getting to work so closely with members of the community. I made some great friends," commented Waddington.

This year's community theatre production will be "Anne of Green Gables". Waddington has worked on the adaption of this play and rehearsals will begin shortly.

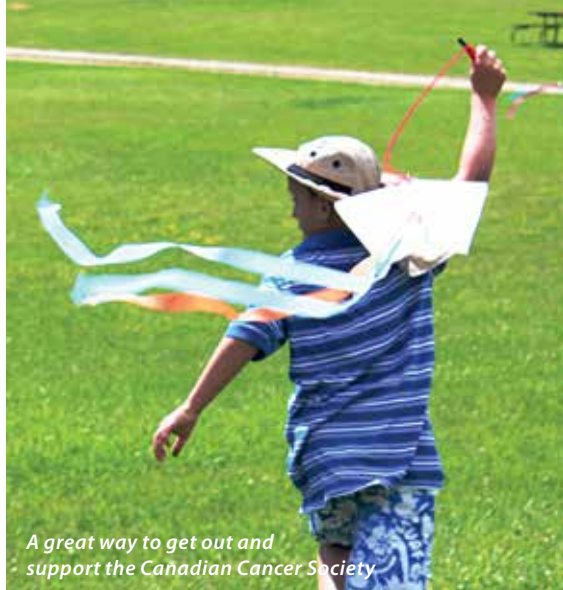
Whether she is bringing out her carefree side in an acting role or creating a play for an upcoming production or using her skill sets while directing, Waddington enjoys it all.

When she is not acting, writing or directing, Waddington enjoys reading, walking but most of all spending time with her husband.

LH



*Kites may be any design,
decorated any way you wish*



*A great way to get out and
support the Canadian Cancer Society*

UP, UP AND AWAY

Flying Kites to Help Beat Cancer

By Lorraine Payette

A blue sky and a fine breeze – what better way to enjoy it than building, decorating and flying kites? Better yet, try coupling that with a chance to help someone with a life threatening condition.

The Canadian Cancer Society and the Red Cow Society are proud to present the first local Kites Against Cancer event on Saturday, August 6, at the Gananoque Intermediate and Secondary School's Jim Bolton athletic field between 11:00 a.m. and 4:00 p.m.

"Our Sponsor – Canadian Tire Gananoque – has ordered plain kites of various colours for families to decorate any way they'd like," said Lisa Bird of the Societies. "Each of us knows of someone who has been affected by cancer, so feel free to decorate kites to honour that person or a pet. Kite Flying can be powerful and emotional, and is a time for quiet reflection and remembrance – a time to remember loved ones lost and to honour those still fighting cancer. The kites represent freedom – freedom from cancer, freedom from illness."

The venue will be filled with vendors of all kinds, including Multicultural Food Vendors who bring the flavours of the world to our doorsteps, as well as a more traditional barbecue for those with simpler tastes. Coupons may be

purchased for \$1 a piece, and then redeemed at participating food vendors for items ranging from \$1 to \$10. Samples may be purchased for \$1 food coupons.

"This event is hosted by the Frontenac Lennox & Addington, and the Waterways office of the Canadian Cancer Society, whose office is located in Kingston," said Bird. "With the recent realignment of some of the Cancer Society offices, the local chapter now covers from Napanee to Prescott and will be increasing their visibility in these areas with services such as; Wheels of Hope, Peer Support, and an online Community Services Locator. No one should have to face cancer alone and connecting with others who understand the situations and how people feel can help them cope. Knowing what to expect throughout a cancer experience can make you feel more hopeful and less anxious."

A difference is being made in over 200 different types of cancer, thanks to research funded by the Canadian Cancer Society. A survivors' ceremony will be held where cancer survivors will be encouraged to sign a balloon or put a personal hope message on it, then meet at 1:00 for a balloon release.

"Last year we invested over \$42 million in research," said Bird. "This has allowed our researchers to influence

scientific knowledge, program delivery, government policy and clinical practice. The discoveries our researchers make will help us prevent cancer, raise survival rates and enhance quality of life.

"The Canadian Cancer Society funds clinical trials in Canada mainly through the support of the Canadian Cancer Trials Group (CCTG), which is based at Queen's University in Kingston. Its mandate is to develop, conduct and analyze national and international trials of cancer therapy, including trials for new cancer drugs, cancer prevention and supportive care, as well as improve quality of life for people with cancer."

Lisa Bird emphasizes that nothing like this could ever happen without help.

"We are thrilled to be bringing events such as Kites Against Cancer to the Waterways area with the assistance of the event organizers, the Red Cow Society," said Bird. "The Red Cow Society is a volunteer group that has either helped organize many events for charities, or simply have given a helping hand. With the support of businesses like Gananoque's Canadian Tire, Bickerton Brokers, and the Thousand Islands Accommodation Partners, our transition into the Waterways corridor has been well received." **LH**



Jamie Bellemore - Diving Assistant
Wally Adamson - Senior PSAJ Instructor



L to R: Todd Paterson - Newest PSAI Instructor, Bob Swan - PSAI/PDI/C Instructor/Trainer and Owner/Operator of the BCD School of Diving, Wally Adamson - Senior PSAI instructor, Jamie Bellemore - Diving Assistant, Bill Stephenson - Divemaster /AI in Training

FINDING COMFORT IN THE DEEP

By Jon deVarenes

Whether you're just here for a visit or have lived in Brockville for some time, there is no escaping the supreme SCUBA diving here. There are many sunken ships and histories preserved in the clear waters of the St. Lawrence River lying in wait, ready to be explored. With such a vast number of world-class diving spots available this close, there's no reason why you shouldn't be at least a little bit curious! From Muscallonge to Lilly Parsons, the variety of dives ranges from low-level shallow dives that can be anywhere from 15-60 feet, to more advanced dives reaching depths as low as 240 feet. There are a number of ways to certify and train for SCUBA diving around town. One way to try it out is through a free program at the YMCA called Discover SCUBA. The program runs as a special one-day event to promote SCUBA and the introductory training course offered at the YMCA by diving veteran Bob Swan. This offer grants its participants the opportunity to try SCUBA diving in the

controlled environment of the D.B. Green pool to get a feel for the sport. All equipment is provided for the session, and should you enlist in the associated training course run through the YMCA, you can continue to use the same gear throughout the course. My own experience with Bob and his crew of highly skilled divers blew all of my expectations out of the water.

After a brief pep-talk with some of the divers and at least one other pair of hands putting on my gear and tightening the straps I'm submerged. My diving buddy signals me to ask if I'm alright. I answer quickly but I'm already a bit distracted. I can't help but feel like an astronaut as I slowly descend to the bottom of the pool—a whopping four feet under water. Despite how it may sound, the experience was quite surreal and quickly became overwhelming. A few feet deeper and I feel my breath quicken and an urge to escape to the surface takes hold. A few deep

breaths at the surface bring me back to earth and I'm advised to slow things down, and to really focus on my breathing. The rest of the session moves forward without a hitch, and it isn't a hard sell when I hear Bob say "we'll see you next week".

Before our dive we meet-up in the briefing room where we go over some basic information about diving. The briefing is presented with both an understanding of the serious nature of diving but is parried with a shared sense of humor between the instructors. The edge is taken off by the acceptance and excitement for diving each of these people possess. While the rest of the divers begin to suit up, I speak with master diver and diving instructor, Todd Paterson. Struck by both the wonderful and nervous feelings of the previous week, I asked what SCUBA means to Todd and why he likes it so much. He tells me that initially he began diving as a way to connect with his son. An initiative that was greatly successful and made him a better person for it. In describing his relationship to SCUBA and its affect on him, Todd did not get into the details of which dives he had done, but talked of the incredible feeling of calmness that lies beneath the water surface and how his experiences impacted his relationships and his life.

"Diving is a great way to clear your mind. It has made me a very calm person".

This calm comes from both the majesty of the sights and the experiences by the divers, as well as the continual awareness of the great responsibilities and challenges they may face. To be immersed in the deep is to leave the ordinary behind and to become part of a crew on a fantastic voyage. So whether you'd like to take the plunge into Brockville's past or just try out a new sport this summer, keep an eye on your pressure gauge and your regulator in your mouth. In the words of Bob Swan,

"I've been on thousands of dives and it's a different adventure every time" LH



Heather Blundon - on her first dive
Bill Stephenson - Divemaster /AI in Training



STARS IN THEIR EYES

Fun with Summer Astronomy

By Lorraine Payette

There is something about looking up into the heavens on a perfect summer's night that can take you on a breathtaking trip beyond the reaches of your everyday life. Whether seeking familiar constellations, wondering about the moon, chasing comets or lying breathless on a hillside during a meteor shower or display of the northern lights, there is always something waiting for you after dark on a clear night.

All you need to get started are your eyes and some dark sky away from the lights of houses and streets. If you can, head out to the country and get permission to use an open field or woodland area with a large expanse of sky. Bring a flashlight to guide you in, a notebook and a pen to take notes, a star finder and a penlight or night-vision eye piece. Make sure you know where you are and how to get home again, and always carry rain gear. It is amazing how fast a cloudless night can become overcast and stormy.

Summer holds some fun celestial events to put on your calendar. For those who enjoy "falling stars", there are the Delta Aquarids Meteor Shower from July 28-29, and the Perseids Meteor Shower from August 11-12. Although the showers actually run far longer than this, these are the projected peak periods for viewing. Sadly, the Delta Aquarids (which usually produce about 20 meteors per hour at their peak) will be hard to see due to a second quarter moon throwing off a lot of light, but there should be great viewing for the Perseids after midnight when the moon has set. The Perseids can bring up to 60 meteors per hour, many of them quite large and bright. The showers radiate out from their appropriate constellations, but they can appear anywhere in the sky and create an amazing natural light show.

To find the constellations, you need to know what they look like and where they are. Look on-line for good basic star charts

that you can print. These will show you the constellations in your area and where they will be in the sky at different times. See how many constellations you can find. Learn the stories behind their names, and tell them as you observe the stars – it adds to the fun.

You can also make small study projectors using flashlights and various materials. A simple homemade star projector can be found at https://www.youtube.com/watch?v=_0iZ104HFew and uses cereal boxes and cylindrical containers. Images of the constellations can be copied from star maps, or found at various sites on-line such as <https://www.pinterest.com/pin/27232772719553361/>. Simply copy the constellations onto cardboard that has been cut into a circle to fit the end of your cylindrical container, punch holes with a push pin where you would find the stars, mount the disk onto your cylinder and turn on your flashlight from the other end. Do this in a dark room (making sure you have the stars facing in the right direction), and project the constellations on your wall.

David H. Levy, world famous amateur astronomer and discoverer of many comets and asteroids, spent a lot of time in this area observing the night skies as a member of the Royal Astronomical Society of Canada. He was always delighted to take young people out to a convenient dark location and share the night sky with them.

"I became an astronomer not to access the facts about the sky but to see and feel its majesty," he said. May this majesty become a part of you. **LH**



Speaking of wine

By Russ Disotell

Everyone has seen the lists that pop up from time to time, of music and books one would want if stranded on a deserted island. Consider this a wine equivalent, with the caveat that the “island” is your back yard, patio or deck, there’s a barbecue and you’re expecting family and friends to visit periodically. Keep these six wines on hand and you’ll have a quality wine to cover most occasions. Let’s start with whites.

Pelee Island Chardonnay Reserve 2014 (CSP# 216044, \$13.45) is a crisp, light to medium-bodied Chardonnay that brings finesse and versatility to your table. Expect a creamy smooth texture with melon, pear and citrus fruit, a dash of herbaceous spice and a lengthy, complex, flavourful finish. It makes for a worry-free match for white meat dishes, such as chicken, pork and all manner of seafood.

Sprucewood Shores Pinot Grigio 2015 (CSPC# 426577, \$14.95) is a full-flavoured, rich Pinot Grigio that stands out from the run of the mill crowd. Pineapple, citrus, mango and green apple fruit flavours are readily apparent.

Perennial favourite, Italy’s Soave Bolla 2014 (CSPC# 438945, \$12.90) is a nearly perfect summer white. Think zesty, racy acidity, effortlessly balanced by fresh forward fruit and ending with a bracing, invigorating finish. Peach, pear, green apple and tropical fruit dominate the medium weight palate. Chill and serve as an aperitif or as a partner for chicken, fish and seafood dishes.

Now to the reds. Chateau Des Charmes Estate Bottled Cabernet Franc 2013, \$13.95) shows this signature Ontario grape at its finest. Look for a velvety soft palate with plenty of complexity, deep flavours and a spectacular aftertaste. Cassis, cranberry and black cherry fruit are balanced nicely by soft tannins and crisp food-friendly acidity. It will match superbly with steak, lamb, burgers, meaty mushrooms, chops and duck.

Argentina is famous for their beef, with grilling a national obsession. So let’s follow their lead and have on hand a bottle or two of Malbec, their choice of wine for the grill. Trivento Fair Trade Malbec 2013 (CSPC# 160994, \$11.95) and Graffigna Centenario Reserva Malbec (CSPC# 230474,

\$13.95) will fill the bill nicely. Both exhibit the full-bodied richness and deep flavours associated with the grape.

Trivento has upfront plum and cherry fruit with just a touch of vanilla, balanced by plenty of food friendly acidity. Perfect for matching spicy sausage and tomato based barbecue sauce. Graffigna has a shade more complexity, generous black berry fruit with a pleasant black pepper spiciness that would partner wonderfully with your best steak. 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

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,
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



We make smiles

FINANCING
AVAILABLE!

Implant Supported Dentures

- Complete & partial dentures
- Same day relines & repairs
- Soft liners for lowers
- Implant supported dentures
- Free Consultations

- Denture stability increased
- Enjoy healthier foods
- Prevent further bone loss
- Enhance your natural smile



Restore your smile - restore your confidence



www.brockvilledenture.com

Brad Sharron, DD - Denture Specialist
We Welcome New Patients!
65 George Street (West of Post Office)

613-345-2110



Have a question? email Brad @ smilesbrockville@gmail.com

CHECK OUT THIS SUMMER WHAT OUR AREA HAS TO OFFER!

SOMETHING FOR EVERYONE!!



Summer's in full swing at Fulford Place museum!

Open daily, 10 a.m. to 5 p.m., until September 4

- Free music at noon: Wednesdays, July 6 to August 24
- Saturday afternoon teas: July 9 to August 27 (reservations required)
- Youth programs

To learn more, visit heritagetrust.on.ca/fulfordplace
613-498-3003
fulford@heritagetrust.on.ca
287 King Street East, Brockville



St. Lawrence Shakespeare Festival

JULIUS CAESAR
JULY 16-AUGUST 20, 2016
MUCH ADO ABOUT NOTHING

CHILDREN 14 AND UNDER ADMITTED FOR FREE!

KINSMEN AMPHITHEATRE, PRESCOTT, ON
BOX OFFICE: 613 925 5788
STLAWRENCESHAKESPEARE.CA



SUNDAYS: 1:00 - 4:00
JULY 17 TO AUGUST 28, 2016
Variety of Vendors and Musical Entertainment each Sunday
County Rd. 5, Mallorytown
Located in the Heritage Gardens (behind Mallory Coach House)



Mallorytown Village Fair

An old-fashioned day for the whole family!

Sat. August 27th, 2016
9am-4pm

Local Artists, Heritage Demonstrations, Petting Zoo, Games, Live Music.

1523 County Rd. 2 Mallorytown
swells@ripnet.com

SPENCERVILLE MILL & MUSEUM
Where history lives and breathes

Open for Tours Daily

July 2 to September 4,
10:00 am - 4:00 pm

For details of all events, visit: spencervillemill.ca or call **613 658-5885**

11 Water St., Spencerville, ON

*Exhibits, Turbine Demonstrations, Riverside Park
Handmade crafts & goods in Barnard's Emporium
Regency Clothing Rentals, Live Performances and more*



Canadian Art and Artisans:
We support local and regional artists.
The products we carry represent the best of local handmade works of art.

15 Princess Street, Gananoque, On
Rubygallery.ca ~ 613-767-9810
Visit our Facebook Page