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What's under your Christmas tree this year!

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Pumpkin Soup

You'll need...

- 6 Cups Chicken Stock
- 1 ½ tsp Salt
- 4 Cups Pumpkin Puree
- 1 tsp Chopped Fresh Parsley
- 1 Cup Chopped Onion
- ½ tsp Chopped Fresh Thyme
- 1 Clove Minced Garlic
- ½ Cup Heavy Whipping Cream
- ½ tsp Black Pepper

To create...

- Heat stock, salt, pumpkin, onion, garlic and pepper. Bring to a boil reduce heat to low and simmer for 30 minutes uncovered.
- Cool and puree the soup in small batches using a food processor or hand blender.
- Return to pan and bring to a boil again. Reduce heat to low and simmer for another 30 minutes uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

Pumpkin Seed Cookies

You'll need...

- ¾ Cup Packed Brown Sugar
- ¾ Cup Granulated Sugar
- ½ Cup Butter or Margarine Softened
- 1 Large Egg
- 1 ½ Cup Canned Pumpkin (No Spices)
- 1 Cup Quick Cooking Oatmeal
- 1 ½ Cups All Purpose Flour
- 1 tsp Baking Powder
- ¾ tsp Ground Cinnamon
- ¼ tsp Ground Allspice
- ¼ tsp Salt
- ¾ Cup Dried Cranberries
- ¾ Cup Roasted Pumpkin Seeds (Shelled)

To create...

- Beat first 3 ingredients in a large bowl until light and fluffy
- Add egg and pumpkin. Beat well.
- Process oatmeal in a blender or food processor until coarse powder, transfer to a medium bowl.
- Add next 5 ingredients. Mix well. Add to pumpkin mixture in 2 additions mixing well after each addition until no dry ingredients remain.
- Add cranberries and pumpkin seeds. Mix well. Drop using 1tbsp for each cookie about 2 inches apart onto a greased cookie sheets. Bake at 375 F for about 10 minutes until golden. Let stand on cookie sheets for 5 minutes before removing to wire racks to cool. Makes about 4 dozen cookies

Topsy Turvy Apple Pie

You'll need...

- GLAZE**
- ¼ Cup Firmly Packed Brown Sugar
- 1 tbsp Melted Butter or Margarine
- 1 tbsp Corn Syrup
- ¼ Cup Pecan Halves
- Your favourite pie crust recipe prepared

FILLING

- 2/3 Cup Sugar
- 2 tbsp All Purpose Flour
- ½ tsp Cinnamon
- 4 Cups Sliced, Peeled Apples

To create...

- In 9 inch pie pan, combine brown sugar, margarine and corn syrup; mix well. Spread mixture evenly in bottom of pan; arrange pecans over mixture. Place bottom pie crust over mixture in pan gently pressing pastry to fit pan.
- Heat oven to 425 F. In a small bowl combine sugar, flour and cinnamon, mix well. Arrange half of the apple slices in pastry-lined pan; sprinkle with half of sugar mixture. Top with remaining pastry; fold edge of top pastry under bottom pastry. Press together to seal and flute edge. Cut slits in several places in top pastry.
- Bake at 425 F for 8 minutes. Reduce oven temp to 325F bake an additional 25 to 35 minutes until apples are tender.
- Cool slightly, loosen edge of pie and carefully invert onto serving plate. Serve warm or cold with whipped cream or ice cream.

Recipes provided
by
Mary's Country Diner





Eagle Point

Welcome Home to Wine Country

By Lorraine Payette

Thoughts of wine country always evoke special images. Sun drenched hillsides in a far away land covered in orderly rows of vines filled with grapes, all ripe and full and bursting with juice. Discretely placed buildings that house the presses, tanks and barrels, with an all but invisible staff that make the magic happen as these lush fields of fruit evolve before the eyes into the merlot, cabernet and selected blends so eagerly sought after by the true connoisseur. The bliss of a tasting presented by experts in the field, the wines at a state of perfection and accompanied by exquisite hors d'oeuvres and sparkling conversation.

The idea of such a trip intrigues and delights, but today's hectic lifestyle leaves little time for such magic. Trips to France and Italy, or California's Napa Valley often aren't feasible. Even a romp through Niagara's wine region may be more than can be handled.

But the beauty of the Vinland is right here in Leeds-Grenville, cleverly hidden in plain sight. Welcome to Eagle Point Winery, come inside

the gates and see what wonders await.

Two vineyards spread out over the land, awaiting the perfect moment to collect the grapes and bring them in to be crushed and processed into the finest wine produced in this area. Everywhere on the property located at 337 Escott/Rockport Road in Mallorytown there are wonders to behold.

"We have everything here on these 600 acres," said Debra Marshall, Operations Manager at the winery. "There are waterfalls, and a creek that goes right down to the river. First growth trees, beaver dams, everything. When you have the time to tour, it's absolutely beautiful. I'm in awe every morning here as the sun is just coming up over the vineyard and the light is just starting to grow, the rolling hills and the layers of mist – clear below, clear above, and a single layer coming through the trees. It's gorgeous."

Eagle Point was purchased by its first owners to raise their show horses and Black Angus cattle, but in 2006 the direction changed

with the vision of establishing a vineyard and winery. They consulted an experienced vintner/grower to discover what would be needed and found the perfect piece of land on the property in Mallorytown to establish their vineyard. Exact conditions are required for successful viticulture (grape production). The property provided the ideal slope and orientation as well as proper soil depth and drainage. Work began under strict supervision and consultation with experts, and the first vineyard was planted in 2008.

Thomas Marshall, wine maker and viticultural consultant, and his wife, Debra, worked with the original owner from the very beginning in 2006, advising him in the planting and growing of the grapes and in the design of the winery.

Unlike in the European and Niagara wine regions, the harsh winters in Mallorytown can be disastrous to wine grapes, and special precautions must be taken each year just to keep them alive and producing.

"This was a calculated risk," said Debra. "Eagle Point is definitely on the edge for grape growing. We have to bury vines and choose varieties that have a shorter growing season - the ones that can survive extreme winter temperatures, even when buried. In the fall we select two canes each, tie them to a wire, and hill dirt over them. That's the only way the buds will survive the cold. Then every spring we turn around and dig the vines out, lift them up and put them back on a trellis."

The process of growing the grapes is more labour intensive in south-eastern Ontario than elsewhere. The canes are buried soon after harvest and raised as late as possible in the spring to avoid frosts. Late spring and early autumn frosts in this region can kill the fruitful primary buds, and the growing season is substantially shortened by them. Green harvesting is also practiced where some of the grapes are removed early, and the canopy is opened up to provide better sun exposure. Only grapes with a shorter growing season will succeed, so cabernet sauvignon (a longer season grape) cannot be grown here.

"We select only varieties that we can grow," said Debra. "Some of the ones that we have are pushing the envelope a bit, but through other viticulture strategies we can get them to harvest at the proper pH, acidity and brix (sugar levels). We need to extract the best we can out of the finest quality grapes"



(opposite pg.) Premium wines to delight the palette

(clockwise) A warm and comfortable setting for a wine tasting

The wine is aged in barrels in the traditional European fashion



The focus at Eagle Point is on making premium wine in the traditional European manner. Although highly labour intensive, with 90% of the work needing to be done by hand, they have the advantage of possessing some modern technology like chilling tanks and climate controlled conditions, but these are not all that is needed to make a quality wine.

In order to do that, they ensure that the grapes that are brought in to the crush pad are of the highest quality. The vineyards are constantly monitored and maintained, with careful checking of all the fruit, cutting out anything that will not ripen in time for harvest, any disease or damage on the fruit. This extreme care guarantees that when they go through with the harvester everything that is being picked is the absolute best.

The winemaker is important to the process, with the mark of his skill in every bottle of wine that is produced, but he cannot create the best without premium quality fruit. Not every year is perfect, and the sign of a good winemaker is the ability to still turn out a quality wine with what is available. A lot of technical work is involved, and Thomas Marshall can make that happen if needed.

In 2012, after a single year of official operation, the winery was sold to Du Zhongyi of Inner Mongolia as part of his mission to bring the best in Ontario wines to China.

Du became aware of the region and all it had to offer after the 2008 trade mission on which TLTI Mayor Frank Kinsella visited China. This opened up an active dialogue and exchange of culture and business between the two areas, and Du fell in love with what it could do and produce. He toured the area and

immediately saw the potential of Eagle Point in the way it was being run by the Marshalls.

"We're a winery, so we're concentrating on wine and the experience," said Debra. "My personal philosophy is based on all of the memories that I have of going anywhere which are basically driven by the experience I had at that location. If people have a wonderful experience, they'll remember it and want to share it with others.

"I tell my staff, 'Your job is to make sure that everyone who walks through that door feels like they're the most important person in the world.' When they leave, they must have a feeling that their time with us was the best time they have experienced at a winery. We want to be builders of good memories."

Having bought the winery, Du invested heavily in it, bringing in quality equipment and hiring people from the local area to work with management. Six new jobs were created, and premium wines were produced under the Marshalls' exacting standards. Within a year of purchase, the new owner was ready to capitalize on his investment with his first shipment of 12,000 bottles of wine to Wuhai City, Inner Mongolia, where they will sell for about \$225 apiece, about ten times the Canadian price. Eagle Point plans to make such shipments every six months, eventually doubling their exports to China.

"People were concerned that we were sending all the premium wine overseas and leaving nothing for the domestic market," said Debra. "That's far from the case. We make sure that every bottle we produce is of the same exacting standards and that Canadians will be drinking the same wine that is being exported."

But wine production is only one facet of the work at Eagle Point. They are also involved in various activities and invested in the local community.

"We want to keep people coming to Eagle Point for all the best in cultural activities," said Debra.

Included in this are not only wine tastings, which can be arranged for businesses and private parties as well, but weddings, special celebrations of all kinds and other events.

In early October this year, the winery hosted a very special plein air event. A dozen painters were hand selected to participate in this rare chance to come out and capture on canvas, some of what Eagle Point has to offer in the way of beautiful works from the weekend that were displayed for viewing at the winery, followed by a public opinion ballot judging.

"Eagle Point will select one of the paintings to use either for a label or a neck tag," said Debra. "We're going to try to do that every year, and they'll all be scenes from the 600 acres here at the winery." **LH**

To learn more about the wine country in your own backyard, or to schedule an event/visit, please contact Debra Marshall, Operations Manager at Eagle Point Winery, at 613-659-4140, go to the web site at www.eaglepointwinery.ca or email dmarshall@eaglepointwinery.ca

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...Did You Know?

Health Benefits of PUMPKINS

By Joanne Rennie



It's that time of year again when the leaves are turning to beautiful hues of orange and fiery red, the birds are flying south and best of all the pumpkin patches have produced their fruits...err...vegetables of labour. Halloween has come and gone and everyone has carved their funny smiling faces. Thanksgiving has also passed and I'm sure everyone thoroughly enjoyed their scrumptious pumpkin desserts. But there's another side to the great pumpkin patch that many of us don't know. That wonderful field of pumpkins you see as you pass by on the highway is packed full of health benefits, nutrients and many treats one wouldn't normally think about, which is so beneficial all year long... after all...pumpkins are so much fun to carve into funny or scary faces for Halloween, it pretty much ends there...Right? Or does it?

Did you know the almighty pumpkin is loaded with vitamin A and antioxidant carotenoids, particularly alpha and beta-carotenes, it's a good source of vitamins C, K, and E, and lots of minerals, including magnesium, potassium, and iron? Pumpkin boosts your immune system as well as keeps

your eyes, bones and teeth healthy and may also play an important role in cancer prevention. For people who are on diets, it's also rich in fiber which helps you eat less, feel fuller AND lose weight.

By adding 1/2 - 1 cup of pumpkin puree into soup, stew, pasta sauce and chili or use it in place of oil in your favorite bread or muffin recipe, you'll add many more nutrients to your meal and the change in flavor is very minimal.

Keep the seeds the next time you carve the great pumpkin and roast them in the oven for about 3-5 minutes with your favorite seasoning and voila, you have a tasty snack loaded with nutritional values that will kick the chips to the curb. The seeds are easy to digest, stabilize blood sugar, are high in the prostate-protecting mineral zinc, rich in Vitamin K and seem to have an anti-inflammatory effect.

Who would have known the pumpkin has so much to offer? No wonder Ole Jack-o'-lantern is smiling! LH



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Healy and Orr

“Music is everywhere”

By Phillip Melchers



Music has the ability to show us how much the times have changed over the years. This is because music changes approximately every ten years, which in turn changes us with it. People tend to become the music they listen to, tend to stick to the sounds they enjoy. However, with music changing so much, sometimes it becomes difficult to stay with a particular sound. After awhile, people begin to prefer their music nostalgically, instead of progressively. Some people would even say that music can die, that it can be lost, that the spirit of their music could one day just evaporate from existence. Fortunately, these people are wrong. Find yourself in the right kind of bar, on the right kind of night with a band like Healy and Orr, and you'll discover that the spirit of a generation supposedly once lost, remains alive in the music that they play.

Chances are you've already heard of them, Healy and Orr, the self-identified world's smallest trio, who are often seen playing at local festivals like Ribfest or inside bars like Brockville's Key Storm pub. The band is comprised of two members, Doug Healy and Randy Orr, lifelong friends who've known each other since Kindergarten and have been playing music together ever since their public school band. As their own band, the two wouldn't officially play together until the tail end of high school, performing

under the name "Greed" in either their living room or at whatever gigs they could find. Then, sometime in the early 90's, the two began playing under the name Healy and Orr. Since then the two have been playing together performing where they can, whenever they can, always carrying an enthusiasm for music, and a desire to have fun.

This enthusiasm is obvious in the way they talk about music, which is to say, quite fondly. When asked what style they prefer to play they answered with some trepidation. They referred to themselves as "eclectic", saying that for them there really are only two styles of music, "the good and the bad." Even though their first album, Old Dirt Roads seems to have been more country inspired ("Country with no twang," says Randy), they defended themselves by claiming that it felt like the right thing to do at the time and not necessarily reflective of all that they play. As it says on the band's Facebook page, "redneck to black tie...Healy and Orr do it all..."

With how long the band has been together, it's evident that this love of music is deeply rooted within their lives. Both band members said they grew up in musical households. Randy himself told of how accepting his parents were, telling a story of how at one point he had even surrendered his own bedroom for the purpose of turning it into a micro studio (the bed became wall-

padding and he slept on the floor). Also remembered during these younger years is how both band members used to sit on their porch back home and listen to their 8track over and over. Since then, from what would be simpler times towards what is now their adulthood, it would seem little has changed within these life-long friends.

Of course, life has changed for the two who nowadays both have their own families and work. However, despite the fact that these extra-responsibilities might hinder the band's play time, it has not stopped the band completely from performing. At first they may seem like crusaders on some kind of quest to keep the spirit of their 8track yesteryears alive, but this is not so. The only spirit they wish to keep alive is the spirit of performing itself. In the end, it's all about the connections they make with their audience. Whatever comes out of their performance, if they see at least one person enjoying themselves they believe they've done their job right. When asked why they play music they responded with, "It makes people feel good. It makes people feel." What's the secret of their popularity then? Well, it's all about having fun. If they are having fun, they know their audience is having fun too.

There's a lot to be said about the direction that music is headed these days. In an age where entire orchestras of sound can be replicated on a switchboard, it would be hard to not wonder what exactly is going to happen to the authenticity of music. With Healy and Orr however, a new perspective is granted as the band has its own technological benefactor, an automated drum. In the absence of a third member, and yes they are looking, the automated drum has become a worthy stand-in, just another tool, like any other instrument that benefits their performance.

The truth is, even in a world as increasingly digital as the one we live in now, the spirit of music, of any music, can never really be fully lost. Music is one the most human things we have, an organism without a body that evolves beside us, remaining co-existent within us all. As both Randy and Doug believe, "Music is everywhere" and although the sound may change, the message does not. Music is indeed about feeling, about finding connection, and as long as we connect, as long as we feel, then the spirit of music is still very much alive. Whether it's just two Brockville folks having a jam on stage, or a performer in front of thousands of fans. As long as we can feel it in our toes, then music will remain as it is: The soul of us all. **LH**

Traditions...

Can they too survive changes?

By Daniel Geneau



People are always saying “same old”, “same old” or “nothing ever changes”, well, a lot of the time that is true. So is it alright to say that even traditions can change? Here is one Dad’s view on this topic, for what were some of our usual fall & Christmas traditions.

My wife and I have three beautiful daughters, aged 19 to 23. Over the past years we have developed many family traditions which we are having trouble holding on to. These changes began as each of our girls got a little older and began moving out, either to go to school or to find work.

The first tradition of going to the orchard for picking fresh apples is at risk. Instead of the usual five of us it will only be my wife and I this year. The picking process will take longer this year but I know the end result of fresh apple pies, apple crisp and crumble will still be as delicious as ever. Bless my wife that this part of the tradition will not change.

Raking the leaves and putting away lawn ornaments and outdoor furniture. This is usually a family day job. It will actually be a relief not to have to put all the different piles of leaves into just one huge pile, only to have to rake it all again, at least one more time, because none of the girls will be there to run through them and dive into the pile.

Autumn is now progressing. It is time to start to plan the adventure of going to the pumpkin patch to pick out just the right pumpkin for each to carve their own Jack-O-Lantern. Should we stick to going to a place we have used before or enjoy the drive of searching for a new spot?

Carving the pumpkins this year will be a short process. No obligatory judging of each creative project and explaining why each contestant deserves to win. There will be plenty of time to find new tea lights or LED’s for the illumination process. The whole tradition of this has varied and dwindled over the years as the girls all got a little older. They have stated it is something each of them misses as well.

The latest and newest tradition for everyone began 12 years ago, when we moved out of the city to our country abode. The necessity to ensure everyone was up in the mornings at 6:15 am to catch the school bus at 7:20 am. The girls needed to be all set to go and at the end of the driveway. They would arrive home at around 2:55 pm.

Over the past few weeks I have found myself going out on the deck around the time the girls used to be picked up and then brought home, still waving a friendly hello to the drivers.

Last and certainly the grandest of autumn traditions would have to be the beginning of the ones for Christmas. There has been

shopping going on for the past few months to find just the right gifts, and putting up the exterior Christmas lights. Viewing everyone’s favorite Christmas movies and planning when would be the best night to watch each and in which order. Now, the feast plans to finalize. Where will the Christmas meal be held? This usually gets rotated around, but can happen anywhere.

Everyone will be home for Christmas Eve and we are so looking forward to that night. Depending on weather, who will we be visiting or will we stay in and have people come visit us?

Either way it does not matter because we all agree that getting to see everyone, wherever, is great because it is family. Even if we are seeing them the next day and it is an event we all agree we would miss. The opening of one gift on Christmas Eve is still a family tradition we all look forward to. It is a new pair of pajamas for each! With that small ritual done we all make our way to bed because tomorrow is the day we have all been waiting for.

“A Merry Christmas to all and to all a good night!”

These are how I see many of our family traditions changing and some minor ways in which they too can survive change. One big tradition with which we have raised our daughters and know they will continue for the rest of their lives is, “The importance of family!” LH





We Will Not Forget

Canada's War Veterans

By Lorraine Payette

And the Brave keep falling to honour the names
Of the ones who have gone before...
Gordon Lightfoot, "Leaves of Grass"

For one day a year, we all remember. For that one morning, at 11:00 a.m., we stand at the roadsides, cenotaphs, cairns and assorted monuments to bow our heads and hear the reading of the roll – all those who gave their lives that we might live in peace and plenty. We sing our hymns, recite our prayers, bow our heads in gratitude, and then we walk away to rejoin the craziness we call our lives, quickly forgetting until we see the blood red poppy come out again.

But the vets remember. They forgive us our foolishness because we are young, we were never there, we cannot possibly understand. These are old people's stories, tales to be shared among themselves over a drink or in the warmth and near darkness of a quiet corner somewhere as children recant favourite ghost stories over a campfire. They can tell each other of the horrors, smile sadly and nod over the memories, then straighten quickly and change the subject as someone else approaches.

Wars are fought by children striving to become adults, young people whose sense of honour overcomes all fears and sends them into the heart of battle. It can be hard to remember that these now frail figures in wheelchairs or using walkers, many living in assorted residential facilities reserved for the

elderly, were once young and vibrant. They went to high school, had sweethearts and best buddies, played hockey and curled, did everything teenagers and young adults still do today. Yet, when their nation called, they went without flinching to face whatever might befall them.

Young Tom Tindall landed with his comrades in Ghent, Belgium, Not so far from Flanders Fields in 1945. He was just 18, one of the many man-boys who had joined forces to fight the "Hun" and save the world from Nazi tyranny. After the appointment of Adolf Hitler as Chancellor of Germany in 1933, the rapid deterioration of socio-economic conditions in Germany (and into Europe) soon grew into a conflict which, in 1939, exploded into the nightmare known as World War II.

A Junior A hockey player in Hamilton, "Tommy" Tindall (as he was best known) was playing against Ted Lindsay and other notables of the day. But the needs of his country came first.

"I was asked if I would go with the Leafs or Detroit," he says. "You know what I said? I'm going home to see mother and join up. It was during the war and they were hard up for players. I was down at the Montreal training camp in 1943, a 17-year-old kid."



In May of 1944, just as soon as he was old enough to get in, he joined up.

"I tried the Air Force in Ottawa at 17, but you had to be 17 and a half with a parent's consent, so I came home and went and played Junior A hockey," he said. "I had a birthday in January but it was May when they finally took me up to Kingston. They took me on the train. A guy says to me, 'Where are you going?' and I said to join up, so he says, 'Then come with us.'"

Shipping to the east coast, he received some quick training. Then in February, 1945, he was shipped overseas.

"I got into the last part of the action," he said. "I started up at Ghent, Belgium, and on into Germany."

Tindall was with the Algonquin Regiment, Fourth Division, whose appointed task was to precede the main body of infantry and prepare the way. This was extremely perilous duty, resulting in many losses due to sniper fire.

"The last ten months of the war from Normandy in June 1944 to the German surrender in early May 1945 were very costly," said historian Bill Beswetherick of the Royal Canadian Legion Colonel Russel H. Britton Branch 92 in Gananoque. "Tom's battalion had a normal establishment of 1,000 officers and men – 65 officers and 1,235 soldiers were killed in ten months of fighting and over 3,000 were wounded. Only constant replacements such as Tom Tindall kept the unit up to strength."

Tindall's unit fought their way from Belgium, through the Netherlands and on into Germany. Amongst those killed in the final days of the War were two men from Gananoque - Private Bernard Sanders (Queen's Own Cameron Highlanders of Canada) and Lieutenant Paul Sampson (Argyll and Sutherland Highlanders of Canada).

In recent times, Tindall has celebrated both his 65th wedding anniversary and 65 years of membership in the Legion. On September 14, 2010, he was recognized and presented with a medal by Tony Steinburgen on behalf of the government of the Netherlands to mark his participation in the liberation of the Netherlands in 1945.

Tindall is only one of the remaining vets in Leeds-Grenville. Not all were as fortunate as he, but all remember every day what it was like and are thankful for what they were able to help preserve. They remember their fallen comrades, and honour them in their own way. And almost every day we lose another one to time, their bodies failing, their names too often becoming only words carved into stones in memorial parks and gardens.

We need to change that. As a collective body, we need to remember our vets, not only on November 11, not only when the poppies are in bloom, but every day. When the good things in life happen, thank the veterans who made this all possible. We must teach not only the children but ourselves to remember and honour.

We must never forget that in Flanders fields, the poppies still blow. **LH**



Clockwise: Saluting the cairn; Marching in Remembrance; "Tommy" Tindall not long after turning 18; Tom Tindall today

For more ideas on how to remember the Canadian veterans every day, please go to <http://www.veterans.gc.ca/eng/youth-educators/grade-7-12/crtimes/2013> and read the Canada Remembers Times.

Please check in your community with your local legion where Remembrance Day Services will be held and please honour our vets by attending the service. Also, ask your legion about joining as an associate/affiliate or non-voting member and help financially to keep your local legion in your community.)



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THE GIFT OF GIVING

By Emma Taylor

Christmas is approaching faster than we may like to admit and in keeping with the spirit of giving why not make a donation to a worthy organization. Many organizations rely on donations to keep costs down, in some cases, to keep running, so every little bit helps. Here are 10 area organizations to consider donating to.



This list is just a suggestion-there are many organizations out there to donate to and many ways in which to donate money, items or time.

1



Salvation Army- runs several programs during the Christmas/winter season; Christmas Kettle Campaign, Christmas Hamper program, Sponsor-a- Family program and the Coats for Kids program. Many low-income families would not be able to enjoy the season without the help of these valuable programs. (Brockville-613-342-5211, Gananoque-613-382-3105.)

2



Humane Societies-Don't forget our furry and feathered friends at Christmas time! The Gananoque & Area District Humane Society (613-382-1512 www.ganhumanesociety.ca) and the Leeds Grenville SPCA (613-345-5520 www.leedsgrenville.ontariospca.ca) are both places that could use monetary donations as well as supplies including blankets toys and food.

3



Food Banks- During the holiday season many people living on fixed incomes have to choose between paying rent/ bills and buying food or gifts for their children, so donating some extra special goodies at Christmas is sure to bring a smile to their face. There are food banks in Athens (613-924-2625), Brockville (Salvation Army-613-342-5211, Operation Harvest Sharing - 613-342-0605), Cardinal (613-657-1967), Prescott (Seaway Christian Church-613-925-5840), Gananoque (Salvation Army-613-382-3105, Legion-613-382-4434), Delta (613-928-2761) & Seeley's Bay (613-387-3245).

4



Senior's Homes-The holidays can be a lonely time for many people in nursing homes or retirement homes who may not have families to visit them. So how about bringing in some little gifts or Christmas baking to brighten their day? Thanks to dollar stores it is now possible to do that pretty inexpensively.

5



Shelters-homeless shelters or shelters for domestic abuse victims such as Interval House (Brockville-613-342-8815 www.leedsgrenville.shelternet.ca) are also a great place to donate household items, toys, books, toiletries and even food. Sometimes people have to leave everything and start over again so donations of this type are very useful.

6



Red Cross Blood Services-giving the gift of blood can literally save a life and the need usually increases during the holiday season. Call the Brockville Red Cross at 613-342-3523 or visit the website www.redcross.ca to help.

7



Christmas for Kids Campaign-every year cash donations, gift certificates and toys are collected during the Gananoque toy drive. The Toy Mountain is set up for donations from November 23 - December 14 at TD Bank. Call 613-382-7057 to help.

8



Legion-There are Legion branches in Brockville (613-345-0473), Gananoque (613-382-3023), Cardinal (613-657-4735), Spencerville (613-658-2031), Prescott (613-925-2752) & Mallorytown (613-923-5000). The Legion has been having problems with membership numbers and could use new members. Don't worry if you were not a serving member of the armed forces, you can join as an associate member and help keep the area legion running for veterans and their programs.

9



United Way of Leeds Grenville-by donating to the United Way you will help people in need that benefit from over 100 programs in the area. Call 613-342-8889 or visit the website at www.uwleedsgrenville.org

10



YMCA Brockville and area-donations can be made to support kids, families and communities. Call 613-342-7961 or visit the website at www.brockvilley.com

Speaking of wine

By Russ Disotell

HOLIDAY TIME is a special time with family and friends. Having that special dinner you may want to have some ideas on wine pairing with that special meal. Here are some ideas from our “Living Here” wine expert.

It's time to talk turkey. To be more specific it's time to talk turkey and wine pairings. During my years at the LCBO this had to be one of the most frequent topics of discussion. The search for a near perfect match takes on additional weight as our bird usually makes its appearance at the dinner table on the most auspicious of occasions, Thanksgiving and Christmas. No pressure there!

Turkey provides a fairly neutral background for wines. The challenge arrives when you dress up your bird with stuffing, gravy, cranberry sauce and a variety of side dishes. Try to match your wine to the flavours these provide, such as fruity, herbal and spicy.

A tasty Pinot Noir is always a nice way to go. Chile's Cono Sur Bicicleta Pinot Noir 2012 (CSPC# 341602, \$10.95) has all the qualities we're looking for at a very affordable price. Medium bodied, round and supple with cherry and raspberry fruit, soft tannins, great food friendly acidity and nice length to the finish. It will impress casual wine drinkers as well as the knowledgeable.

Another solid selection would be La Vieille Ferme Cote Du Ventoux 2012 (CSPC# 263640, \$11.90) a round and supple red. You can expect rich, ripe fruit dominated by black currant and blackberry flavours, a touch of spice, great

balance and a lengthy, fresh finish. La Vieille is an excellent choice for a spicy, herbaceous stuffing.

An Ontario Riesling with its characteristic apple, apricot and honey flavours and clarifying acidity is another prime candidate for our holiday bird. Cave Spring has long been known for the quality of their Riesling and their Cave Spring Dry Riesling 2012 (CSPC# 233635, \$14.95) is a can't miss choice.

California's Fetzer Winery has a couple of prime white candidates. Fetzer Gewurztraminer 2012 (CSPC# 222778, \$10.95) has rich peach, apricot and melon fruit with a hint of spice, especially on the finish. Would be a perfect match for a fruit inspired stuffing. Fetzer Sundial Chardonnay 2012 (CSPC# 291674, \$10.95) has a great track record for consistency and offers intense fruit, crisp, citrus acidity and a lengthy finish that will be welcome at most any dinner table. Enjoy!

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

Homemade CHRISTMAS

By Emma Taylor

Sadly Christmas has become very commercial but you can make the decision not to buy into the consumerism and make your Christmas gifts instead. What great ways to get your whole family involved and give a teaching moment to your children. Homemade gifts are often much nicer than store-bought items; here are some ideas to get you started.

Gifts from the kitchen can include baked goods, an assortment of Christmas cookies, herb-infused vinegars or oils, preserves or jams, dry mixes for breads, cookies, pancakes, or soups (to name just a few), candy, herbed soft cheese or pate. The limit is your imagination. You can add personal touches like cookie cutters with the cookie mixes or tiny bottles of maple syrup to go with the pancake mix.

Homemade gift certificates are another great idea; babysitting certificates for a parent's night out are always a hit. Coupon books are a great way for kids to participate and can include anything from cleaning their room to free hugs!

You can make use of any special talents you may have; i.e.) knitting, sewing, photography or painting and make something beautiful. Dollar stores carry a full range of beads and jewelry findings and you can find instructions for making bracelets, earrings or necklaces online or at the library.

Themed baskets are also a lovely way to use your "personalize a gift"; a collection of handmade items. For the food lovers in your life you can fill a basket with homemade pasta, a jar of homemade sauce, herb-infused olive oil, bread mix, and hand sewn placemats or napkins.

Another great idea is making handmade Christmas tree ornaments, wreaths or garlands. You can make the same ones for everyone or a different one for each person on your list.

If you aren't the crafty type but still want to give something handmade there are lots of craft fairs in the coming weeks before Christmas. You can also check out local artisans for great gift ideas. **LH**





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Neville and Geri Johnston

BROCKVILLE LAWYER

NEVILLE JOHNSTON FINDS PEACE IN POETRY

By Lorraine Payette

“I am not a numerologist,” says Brockville’s lawyer/poet Neville Johnston. “But there is something about the number three in my life.”

Threes and their multiples follow him, lead him, and seem to be everywhere in his life. Born at 12:15 a.m. on the 30th day of the 6th month in the 39th year of the last century, he was blessed with three older siblings and three younger, all born three years apart in the joined municipality of Kingston/St. Andrew, Jamaica. He has three children, three sisters and three children. He practices three types of law. Perhaps there is something special in the threes, perhaps not, but they may give an insight into the man and his magic. Of course, there are the three Muses, the goddesses of poetry.

“I wrote my first poem after Hurricane Charlie hit Jamaica on August 17, 1951,” says Johnston. “That was when I was at the age of 12, and it just came to me.”

Johnston was not a willing student, and admits that he hated school when he first started. But he went regularly and did his best, and the teachers introduced him to poetry.

“I still have the book from all that time ago, the poems that I first wrote,” he says. “They were all rhyming things and when I read some of them now I have to laugh.”

But time and the system were generous, and he grew to know the works of great poets. Burns and Wordsworth both spoke to him with a beauty of language and flow of words, but it was Shakespeare who showed him where he truly wanted to be. The glory of the language and the freedom of blank verse captured him as nothing had before.

“Free verse allows for the powers of full expression without the circumscription of being a slave to rhyme, which too often causes a poet to sacrifice the message for the rhyme,” says Johnston.

“Sometimes, though, I lose the poems. It isn’t uncommon to wake up at three or four o’clock in the morning and hear one in my head, or I may be in a crowded room and suddenly a poem is there. Poetry comes with tranquility, but even in the noise, there can be that peace, and the mind just starts working.”

But no matter how beautiful the soul or grand the art, people have to eat. “Real” careers must be chosen and training

undertaken in order to keep life in the body, so he found himself in the position of choosing a field of training.

"Even though I didn't like school to start with, at a very early age I decided that I wanted to be either a doctor or a lawyer," he says. "Medicine was always in the forefront, probably because my mother was ill with colitis at a very early age. When you see that happen to someone you love, you feel that you want to do something to cure them. Sometimes in my teenage years, I'd go to the courthouse and just sit in and listen to cases. I developed a fascination for it, so it was either law or medicine. It was always a choice between these professions."

He was better in the humanities than the sciences, and in Jamaica at that time, you could take one or the other for the last two years of high school, but not both. Being a lover of language, he went with humanities, assuming he could make the rest up later and head on to medical school.

Johnston did apply to medical school in London, England, and was accepted even without the sciences, but he couldn't afford to go. He later moved to Toronto, and approached the medical faculty at the University of Toronto.

"When I arrived in Canada, I had five dollars in my pocket," he says. "They said that if I took one year of Bachelor of Science and passed it, they would guarantee my acceptance into medicine. But for law, because we went to the equivalent of grade 14 in Jamaica, they said they would give me an exemption of one year for my Bachelor of Arts, so I would start in the second year. So the choice was pretty easy."

He worked his way through university and law school and went on to specialize in three areas: civil litigation, real estate and wills/estates. For some years, he did a lot of personal injury cases. This allowed him to study how the human body worked as he researched each one, letting him get a taste of medicine while still practicing law.

The three areas blend nicely for him; allowing him better insight into each and helping him avoid the pitfalls that could come along without that extra knowledge.

"The law lives in civil litigation," he says. "Our system is built on precedents, which help to determine a case. By arguing some cases, you may be able to change the law

in certain aspects, and it all comes down according to the decisions of the courts. You have to be completely cognizant of what the law is, and you take it to court and see what the judge thinks. It keeps you pretty up to date on what the law is saying."

From there the law passes on, and the case may or may not set up new rules and ways of thinking. The law is always alive, always vital, but at the same time it remains structured and intense. There is very little room for tranquility or creative thought.

"The practice of law, working on a client's case, the conscious consumes you and buries the subconscious," said Johnston. "Poetry comes from the creative part of the brain: and for it to really work; it can't come artificially, the way coming up with a brief in law works. For the brief, you have to apply conscious thought and reason: while the exercising of the creative part of the brain has to be natural. It just flows. That's why Keats said that poetry must come like leaves falling from a tree or it's not poetry."

He is married to Geri Johnston, local theologian who spends much of her time helping churches with the delicate task of asking parishioners to set up estate plans and bequests to benefit the churches later on. Neville helps with the legal paperwork for all of this.

Geri is also his publisher. Neville put out his first book, "Songs of My Seasons", nearly forty years ago, then spent thirty years being a lawyer and raising a family before publishing again. However, he kept writing, and Geri couldn't keep it all to themselves any longer. She started a publishing company specifically to see him back in print.

Since then she has published three more of his books – "Rimes of Passion", "Wild as Whippoorwills in the Night", and "The Chalice Full: Poems for the Common Man". Each book is a careful compilation of the works Neville has produced over time, and each has its own particular flavour. They are available for \$10 each from Leeds County Books, 73 King St. W, in Brockville.

"Geri is my greatest critic," he says. "She keeps it all honest."

When asked to define poetry, Johnston smiles and laughs before he answers.

"Poetry is freedom." **LH**

... THE HURRICANE ...

(written September 8, 1951)

On August seventeen,
nineteen fifty-one
People had their radios on,
To listen to the latest reports
Of the hurricane that was about
To strike Jamaica, Isle of Springs,
People could not sleep, nor sing;
It was about to strike
Hills and plains and rough-waved sea
Like an ogre sent out quite free;
When the hour was nearly come,
The air was a cool and charming one;
Then suddenly, there was a puff of
unfriendly breeze,
It was then ready to kill and seize
The lives of good and innocent ones.
The rain came forth, and hence
started the hurricane;
That night, minutes went like hours,
They had to stop all electric powers,
Then we went back to olden days,
With the lantern and those ways;
"It" went on, and could not stop
Everybody's heart went "bip-bop";
People started to cry in vain,
But their voices could not be heard,
In the midst of the wind and rain.
The animals were out
in the wet and cold,
But many of them were quite bold;
We all had to help one-another,
We could not say "I can't bother";
When morning came we were glad
Except for some who were so sad
Because they lost someone dear,
Down their cheeks came tear by tear;
We were glad because
many of us are still living,
So let's give God a hearty
Thanksgiving.

Neville Johnston
www.nevillejohnston.com

20

with Jamieson Bridal

QUESTIONS

By Jonathan Vickers

Jamieson Bridal (31) is the morning show host for 103.7 BOB FM since 2011. Jamieson is married to his wife Natalie and they live in Kemptville where they are building their dream home. They have a cat named Georgia otherwise called “Les Snooch!” Jamieson does own a guitar that “I don’t play” but is an expert we understand in “Air Guitar!”



LH: Is Brockville your hometown?

J: It is now! I grew up west of Ottawa, in Kanata. Brockville, the 1000 Islands & Kingston were frequented during the summer for things like day/weekend trips, soccer tournaments, etc!

LH: What can you tell us about growing up in Kanata?

J: Well it’s a lot different now from when I grew up! It’s scary how quickly it grew... but when I was young it was a lot like Leeds & Grenville! I lived in a part of town called Beaverbrook and you couldn’t get far without bumping in to someone you knew & it was one of those places where all the kids could play OUTSIDE and none of the parents worried!! It really was a great little community!

LH: Were you a good student or a class clown?

J: HA! I was able to calm down when the teacher yelled loud enough...but definitely a class clown!

LH: Before you pursued a radio career what did you want to do for a living?

J: I’m a massive plane nerd so being a pilot was always a dream, but my eyes & my lack of math abilities kind of crushed that one! I did graduate Police Foundations in 2003 and came incredibly close to becoming a cop. I let go of that dream however when I realized there was absolutely no way that I was mature enough for that amount of responsibility. Aside from that I sort of grew up in the restaurant industry, and have worked in it (in one way or another) for about 17 years...so there was always that!

LH: How were you hired at BOB FM here in Brockville?

J: I originally met our former Program Director (Dan Wylie) as a student when he came to Algonquin for a presentation & when I graduated I had a job doing traffic updates on BOB FM Brockville, among others! One day, when a potential opening became available Dan called me and...well, here’s how the conversation went:

Dan: “What do you know about

Selector?” (That’s the system we use to schedule the music).

Me: “Nothing!”

Dan: “Well that sucks! Had you said yes, I might’ve had an offer for you!”

He hangs up...I cry...and the day rolls on, but he called back that afternoon

Dan: “Jamieson, do you know Dan Mellon?”

Me: “No, but I know him by reputation”

Dan: “Well he’s the Program Director in Kingston and he’s willing to teach you Selector if you can get yourself there tomorrow, Deal?”

Me: “Done!”

From there I met with Dan Mellon in Kingston, learned Selector & popped by Brockville en route home and was set up with an interview the following week. In that interview I met with the Dan’s (Wylie & Mellon) as well as Greg Hinton (the GM) and was offered the job of Music Director for JR FM and Midday announcer on BOB FM!

LH: Has there ever been an on-the-air gag that went "deep south" (backfired) and if so, what happened? Were there any consequences?

J: Honestly? No, and I'm extremely fortunate to be able to say that! I like to walk the line and talk about things that are perhaps a bit "touchy & that's why I'm fortunate to say be able to answer that way. Frankly I'm flabbergasted that I haven't!

LH: Hosting events and charitable fundraisers, is there a favourite outing that you enjoy and look forward to in our communities?

J: Not really because each event brings with it a different and unique set of challenges. Even events that are the same in nature! For instance, you may have 2 different golf tournaments in a week, but in the end I'm never there for the golf, the food or the "party"! Sure I'll kick back and have fun with everyone and act like I'm just a face in the crowd but in the end I'm there to support a cause...and usually to coerce you to give up more money!

LH: Are you treated like a celebrity when you are going around town and on your off time?

J: I don't think so. Mind you I do call it a "measure of success" that I get noticed around town and people do stop me to talk about something I've said or done! You have to have a healthy ego to be "on" for a living but whether people are coming to talk to you because they loved what you said (or they hated it)... you always have to remember that it means they're listening & an engaged listenership is the highest compliment a radio personality can get!

LH: Do you consider yourself a role model?

J: Well as I said before, there's a healthy ego that goes with being in a job like mine... so yes, yes I do!!! Seriously though, I don't like labelling myself 'cause I believe that while a healthy ego is a good thing, being full of yourself is not! If there's someone out there who is looking for advice or whatever about a career in radio I'm always happy to impart whatever knowledge I may have!

LH: Best part & Worst part about working in Radio?

J: The best part about being on air...is being on air! How many careers let you basically do whatever you want, and only ask that you push buttons and talk?! Now having said that the bosses know

darn well how much goofing off we do AND how great it is to do this for a living, so the worst part is the pay!

LH: Most famous celebrity you have met or talked to?

J: Because of the job? Alan Doyle of Great Big Sea or INXS, "Definitely a tie" Outside the job? I had a chance meeting with comedian Steve Harvey at LaGuardia Airport and I have met Harry Connick Jr. and Jean Chretien

LH: Now for the more personal stuff: We understand you just got married over the past Year, so congratulations! How did you meet your wife?

J: Well it's simple! We met and I realized that she was WAY out of my league so I just did EVERYTHING she asked for and prayed! I guess it worked, eh?!!! Oh you want the real story? Fine... We met through her sister! She was dating a friend of mine at the time and it was one of those "Oh you & Nat would be perfect for each other" lines, which at first I just brushed it off but after going out together a couple of times with mutual friends we really started to like hanging out alone...and then it was like any other love story!

LH: Where did you go on your first date?

J: That's a very good question! In fact we debate about the actual date we even became a couple considering we were so lost in each other that we were simply not paying any attention to date or time! I can say that my first memory of us doing something couple-ish was watching the closing ceremonies of the 2010 Winter Games in Vancouver cause that was the night I fell in love with her!

LH: What do notice first about a woman?

A: How old are your readers?

LH: If stranded on a desert island name 3 things you would want with you?

J: 1) Nat
2) The complete library of Tom Clancy books!* All of them
3) Liquorice (both red and black)
* At the time of the interview Tom Clancy had just passed away.

LH: Favourite Guilty Pleasure?

J: Again...how old are your readers?! Cheap Scotch, Oh and watching planes at airports! Just not at the same time!!

LH: Favourite TV Shows?

J: The Newsroom, Simpsons, Brooklyn Nine-Nine, Breaking Bad & Discovery Channel

LH: Favourite Sports Team or Sport?

J: GO SENS GO & The Packers! I chose Green Bay when I was about 12 'cause my Dad came home from the Super Bowl and handed me a Cheese Head hat! I thought it was probably the greatest fan tradition ever...and so I pledged my allegiance then & there!

LH: What is a characteristic in people you dislike?

J: Chewing with your mouth open! That was HAMMERED into me as a kid and now there isn't anything that annoys me more!

Bullying too! I was bullied and it really hurts. What scares me the most about it is that not every kid is as lucky as I was to be able to open up about it. You shouldn't ever have to feel bad about who you are. Also no matter how involved you are, you should ALWAYS point a bully out to parents, teachers, etc. You could save a life.

LH: If I could change one thing about myself, it would be?

J: My bad back! I'm 31 and I may as well be 150!

LH: Bonus question: If I were Prime Minister, I would.....

J: Do it right

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Final Thoughts

By Jon Marshall

Welcome to "Living Here" magazine. I hope you have enjoyed our Premier edition. We will be publishing on a bi-monthly basis and our next issue will be out the week of Jan 6th. This will be our Jan/Feb issue.

I would like to thank my wife Catherine for her encouragement and support.

Our appreciation also goes out to Bob Pearce, Dan Roddick, Courtney Sadler, Russ Disotell, Donna White, Jeff Marshall, Dale Murphy, Lyne Seguin, Dave Paul, Lawrence Murdock, Matt Evers, Rob Tavares, Brad Sharron, Chris Kollar, Laura Dunnington, Kevin Scott, Brandy Burns, and our writers for their encouragement and support to proceed with the magazine.

"Living Here" is a magazine about local human interest stories in our communities. The People/Places/Lifestyles/Arts/Entertainment/Music and History that make our towns and cities the special places they are. Please DO

send us your story ideas and photos about something that is special in your community. You just never know; it might just be part of a "future issue."

I would like to thank our advertisers for taking part in our Premier issue and seeing our vision for the magazine. I do hope as readers, you will let them know you appreciate their support and will shop in their businesses. "Living Here" will only have advertising from local businesses in our marketplace and other Canadian advertisers. We will not have USA ads. We certainly encourage all readers to please 'SHOP LOCAL' to keep our local economies strong.

Lastly, we have a great line-up of stories for our next issue, so until next time, I wish you all a very joyous and Happy Holiday Season.

"Merry Christmas to all!" LH

Cartoon



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