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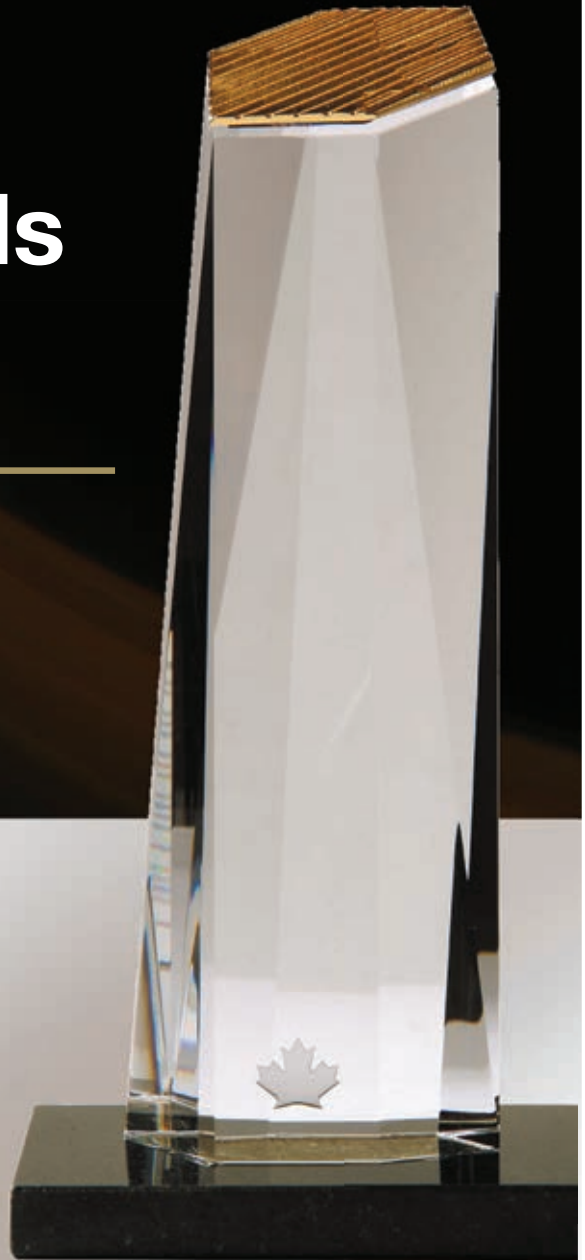
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What's **Inside**

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

January | February 2014



features

- 6** Prescott Paranormal Researchers
A belief in something beyond and a passion to pursue it!
- 11** Little California
Let Little California Warm up your Winter
- 13** Melanie Robertson-King
Brockville Author Transports
Back in Time with Novel
- 17** Lyndhurst Gun & Militaria Show
- 18** The Newbie Square Dancer
- Converted?
- 20** Silver Cinema Gananoque

FOR YOUR INTEREST

- 3** Recipes by Mary's Country Diner
- 5** Seniors early winter health tips
- 9** How to Build the Perfect Snowman
- 22** How to Build your own outdoor skating rink
- 23** Cross-Country Skiing
Great Scenery and Great Exercise
- 24** Snowmobiling
A huge Jump on Winter Fun
- 26** Winter Carnival Fun
- 27** Speaking of Wine
- 28** Murdock
local cartoonist
- 28** Final Thoughts

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Cover photo by
Emma Taylor Gananogue Town Hall

LIVING HERE

Publisher/Advertising
Jon Marshall

Editorial content
Jon Marshall

Contributing Writers
Lorraine Payette
Emma Taylor
Phillip Melchers
Russ Disotell
Brenda Visser
Jon Marshall
Joanne Rennie

Cartoonist
Murdock

Advertising Sales
Catherine Heritage
cateheritage@gmail.com
613-342-0428

Printed Locally by



Brockville Ontario

Living Here Contact us
613-342-0428 24 Peden Blvd
Brockville, On K6V 3K3

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

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Meat Loaf Roll

You'll need...

- 1-10oz package frozen broccoli or spinach
- 2 lbs lean ground beef
- 2 eggs
- ¾ cup soft bread crumbs
- ¼ cup catsup
- ¼ cup milk
- 1/2 tsp salt
- ¼ tsp pepper
- ¼ tsp dried oregano leaves
- 1 tsp salt
- 3 ounces sliced smoked ham
- 3 slices mozzarella cheese cut diagonally into halves

To create...

- Rinse frozen broccoli under cold water to separate; drain off excess water. Mix ground beef, eggs, bread crumbs, catsup, milk ½ tsp salt, the pepper and oregano. Pat hamburger mixture into a rectangle 12x 10 inches on a piece of aluminum foil, 18x 15 inches.
- Arrange broccoli on hamburger mixture to within ½ inch of edges; sprinkle with remaining tsp of salt. Arrange ham on broccoli. Roll up rectangle carefully, beginning at 10 inch side using foil to lift. Press edges and ends of roll to seal. Place on rack in shallow roasting pan. Cook uncovered at 350 F for 1 ¼ hours. Overlap cheese on top, cook just until cheese begins to melt about 1 minute more.(centre of meat may be slightly pink due to ham) Serves 8

Great with mashed potatoes!

Peach Cobbler

You'll need...

- ½ cup sugar
- 1 Tbsp cornstarch
- ¼ tsp cinnamon
- 4 cups sliced peaches
- 1 tsp lemon juice
- 3 Tbsp shortening
- 1 cup all-purpose flour
- 1 Tbsp sugar
- 1 ½ tsp baking powder
- ½ tsp salt
- ½ cup milk

To create...

- Heat oven to 400 F. Mix ½ cup sugar, the cornstarch and cinnamon in a 2 quart saucepan. Stir in peaches and lemon juice. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Pour into ungreased 2 quart casserole dish. Keep mixture hot in the oven
- In medium bowl mix together flour, 1 tbsp sugar, baking powder and salt. Cut shortening into flour mixture until mixture resembles fine crumbs. Stir in milk. Drop dough by spoonful onto hot peach mixture.
- Bake until topping is golden brown 25-30 minutes. Serve warm and if desired with whipped cream.

Hearty Hamburger Soup

You'll need...

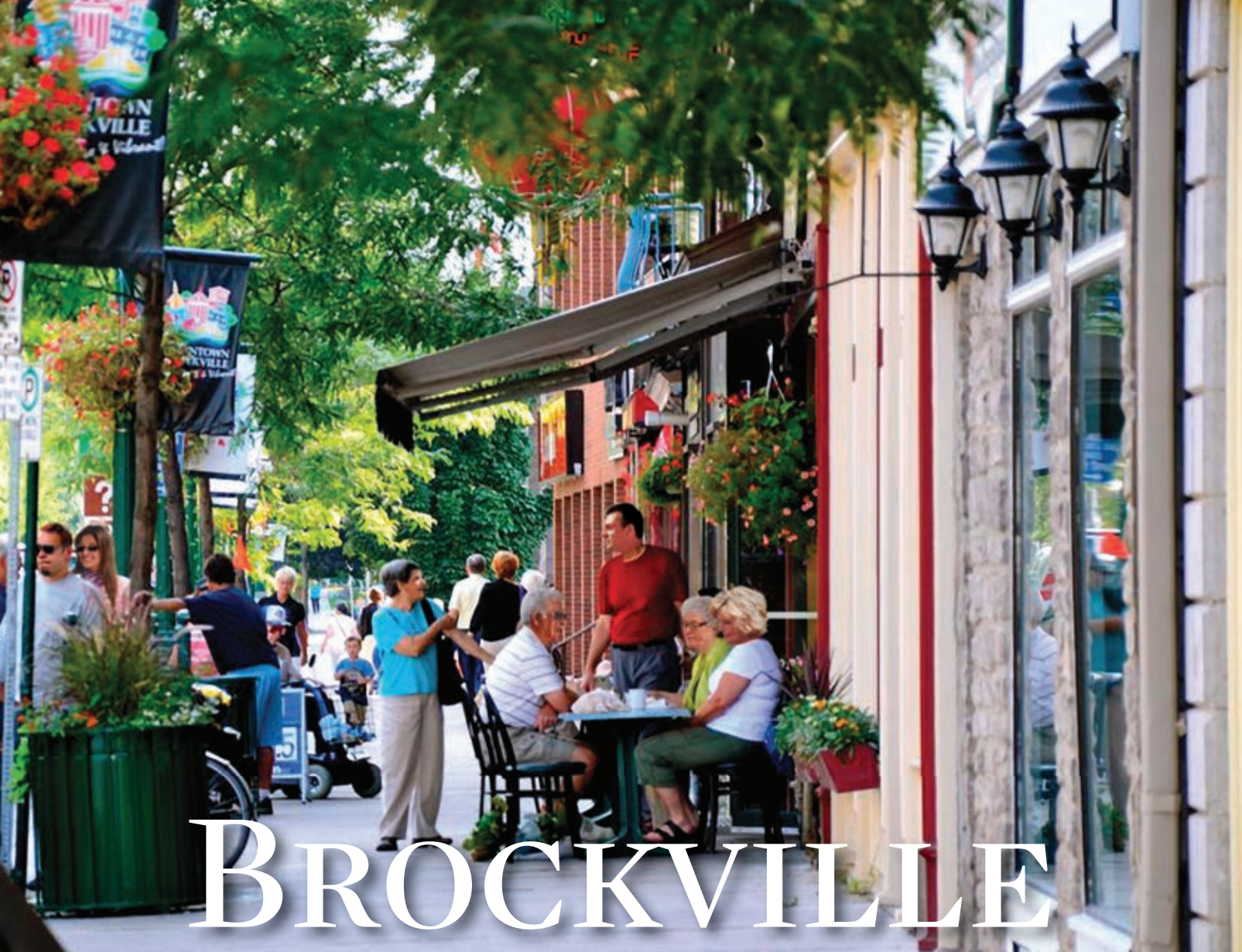
- 2 tbsp butter
- 1 cup sliced carrots
- 1 lb ground beef
- 2 cups tomato juice
- 1 ½ tsp salt
- 1/8 tsp pepper
- 4 cups milk
- 1 cup diced onions
- ½ cup diced celery or green pepper
- 1 cup diced potatoes
- 1 tsp seasoned salt
- 1/3 cup flour

To create...

- Melt the butter in a large saucepan. Brown meat; add onions and cook until transparent. Stir in remaining ingredients except flour and milk. Cover and cook over low heat until vegetables are tender; about 20 minutes.
- Combine flour with 1 cup of milk. Stir into soup mixture and heat until boiling. Lower temperature and add remaining milk, heat, stirring frequently. Do not boil after adding remaining milk.

Recipes provided
by
Mary's Country Diner





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Seniors' early winter HEALTH TIPS

By Emma Taylor

As we age it is important to take care of ourselves to ensure we meet our bodies need for nourishment, physical activity and mental stimulation.

Now that the snow has arrived, walking and enjoying activities outdoors can be more difficult, especially for those with disabilities. There are ways to make sure you get the exercise you need to stay healthy. Many malls and schools have indoor walking clubs during the winter months. Exercises can be modified and done in a chair for those who have mobility issues.

The Leeds, Grenville and Lanark District Health Unit has some guidelines for exercising, which can be found here: www.healthunit.org/physact/guidelines/oldadults.htm

The Public Health Agency of Canada's Physical Activity Guidelines for Older Adults can be found here: www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php

Community and Primary Health Care (CPHC) runs indoor seniors' exercise classes, September-May for adults aged 50 and older, in various locations, including Athens, Brockville, Gananoque, Lansdowne, Prescott, and Kemptville. Indoor walking programs are offered twice weekly in Gananoque and Mallorytown. The schedule can be seen here: www.cphcare.ca/images/sitepics/download/Seniors%20Exercise%20Program%20-%20Class%20Schedule%20-%20APRIL%202013.pdf

Make sure you check with your doctor before starting any exercise program just to be safe.



Your appetite changes as you grow older, so it is important to make sure you are eating enough each day. If cooking has become a problem for whatever reason, there are meals-on-wheels programs available through the CPHC.

Frostbite on exposed skin can occur very quickly-in as little as thirty seconds in extreme weather- especially if you get wet. The elderly or people with circulatory disorders are more at risk of frostbite, so make sure to dress adequately for the weather and cover up with scarves, mittens and hats. The elderly have trouble regulating their body temperature, so they are more at risk for hypothermia. Make sure to either stay indoors during extreme cold, or if you must venture out, dress appropriately.

Skin thins and loses its elasticity as we age, so it is important to keep hydrated and keep skin in good condition. Using skin moisturizer after bathing and each time you wash your hands is a good idea to keep skin supple.

Keeping active socially is very important, not only for mental stimulation but to prevent isolation and loneliness. The Brockville Seniors Club 85, located at 15 Elm Street, is a social club for people 50 and older. Call the office at 613-345-2266 for more information.

Community and Primary Health Care (CPHC) also provides many programs for seniors, including diners clubs, friendly visits, meals-on-wheels, and telephone reassurance. Call CPHC at the Brockville central office at 1-800-465-7646 or 613-342-3693, Athens and area 613-924-1629, and Prescott and area 613-925-3731 for more information.

Check out your local library or college campus, to see what classes or lectures are available-it is never too late to learn something new! If you have a computer and internet access, there are classes available online through distance learning.

Have a safe, healthy and happy winter! **LH**

PRESCOTT PARANORMAL RESEARCHERS

A belief in something beyond and the passion to pursue it!

By Phillip Melchers

We've all heard them, those strange nightly sounds. It could be the crashes at night that either momentarily rouse us awake, or has us rocketing out of bed entirely. Perhaps it's the house breathing, or a creaking floorboard that has us nervously looking over our shoulder. Then sometimes, during those rare times, these disturbances aren't so easily explained. Sometimes it is not just heard, but seen, and sometimes even felt: a cold touch across the hairs of the arm, a shiver down the spine. Sometimes we can just shrug and go back to sleep. But then there are the other times when the heart can't be settled. In facing such experiences, there are still a few in this world who choose to challenge accepted logic for the sake of believing in something beyond it. People like the Prescott Paranormal Researchers who work to investigate the questions modern reason sometimes can't explain.

Prescott Paranormal Researchers (PPR) was originally formed by Brenda Steinburg and Lee Gove four years ago. Since then they have been conducting investigations all over Eastern Ontario in places like the Spencerville Mill, Smith Fall's Railway Museum, and Prescott's Battle of the Windmill. Today, PPR consists of six members with their youngest and perhaps final member, Tim McCann joining earlier this year.

In conducting their investigations, PPR believes in using a variety of equipment mixed with their own personal sense. Amongst this arsenal is included the "Spirit Box," a white-noise generator that captures EVP or electronic voice phenomenon. There is also the REM Pod, an Electro Magnetic Field (EMF) detector that signifies whenever a ghost is near. With



these and other equipment such as digital audio recorders, and night-vision cameras, PPR believes that they have found considerable evidence of paranormal activity.

However, as rational as these technologies may be they are not without their problems. Many regular household occurrences can often impact the equipment: old wiring letting off electrical signals, noise pollution, lighting and reflections, even dust can impact equipment readings. For example, sometimes small spheres of light, referred to as "orbs," can be seen as signifying the presence of a phantom when recorded, but sometimes not. Often orbs are the product of cameras capturing moisture in the air, bugs or more commonly dust particles. The topic of "orbs" among the PPR team is still "debateable," making judgment also an important quality in

Left to right: Lee Gove, Maggie Graves, Melissa Mills, Lynn Lambert, Brenda Steinburg
Back: Tim McCann

distinguishing the presence of paranormal beings. After all, it's all about choosing what you want to believe.

This is certainly true for the team who are a mixed bag of believers, seekers, and skeptics, all coming from varying backgrounds. One member, Maggie Graves, calls herself a skeptic. While member Melissa Mills of First Nations decent chooses to believe in her spirituality through her own cultural ancestry. For instance, Melissa will begin each investigation with a cleansing ritual and meditation using herbs and various prayers that she believes is protective for both herself and her teammates. And then there is Lynn Lambert who considers



(L-R) Prescott's Battle of the Windmill.
Lee Gove sets up for an investigation, Seen: REM Pod



herself spiritually sensitive and able to feel and sometimes even communicate with the afterlife.

This means that opinions tend to vary: to some members, the presence of an afterlife is only a possibility, a cause for investigation, while others in the group might be sure. In terms of their religious influence, Maggie, although raised Catholic, does not believe in the biblical definitions of God, while Lynn also a Christian, does not relate her gift to her faith. Yet to be skeptical, but then to also take practise in a First Nation's cleansing ritual, might at face seem contradictory until realizing that these are a group of people who have chosen to accept each other rather than to believe in any one single idea. The rituals of one have become the rituals of all. Within their group, opinion is never met without debate, leaving all answers healthily subjective. It seems that within all their interactions together, they have in the end only one joining belief: the belief in something more. In fact, whatever their faith may be, faith does not seem to coerce their investigation as much as it benefits it. It gives them a perspective, keeps them open; a door but not a destination. Their differences do not deter their experience. But instead by combining these various perspectives, the team gains multiple approaches and explanations in terms of what they find.

This strong sense of passion is benefited by the teams overall sense of professionalism. According to Tim, when joining the team was impressed by how well the team mixed scientific reason with personal intuition. Sometimes it isn't even about finding ghosts but rather about de-bunking a client's paranormal experience, or if a paranormal experience is found, trying to re-enact it for the sake of certainty. When investigating, as Tim believes, one cannot go into a scene with expectation but rather should let discovery happen on its own. It's evident that results do not always happen for the team, and they aren't always correct, but when the unexplainable does happen at the very least they are there to record it.

Maggie who has had prior paranormal investigation experience before joining PPR recognizes the importance of an open-mind when it comes to her beliefs. Originally getting into the occupation after visiting many historic locations as a child, she said it was the energy of these spaces that drove her towards paranormal investigation. These energies she refers to suggest the feeling of significance that builds around places that humanity feels most enthusiastic towards. She's reluctant to call these energies a presence of God, and yet during these moments says it's hard not to feel something divine there.

All the investigations that PPR conducts are completely free and all equipment and time spent investigating are paid for from out of PPR's own pocket. When asked what the reasons for these investigations were, they answered primarily "validation." They believed that when one person experiences something paranormal, it is often an after effect for the person to feel crazy, or foolish. PPR believes that it's important to have someone there to at least acknowledge these claims and investigate them seriously. To them, they are simply helping to comfort those who have dealt with the paranormal and feel it unexplainable.

If we truly live in an age of information then it can be seen why paranormal investigation can become problematic to the general public. Yet, these experiences seem to happen whether we address them or not. Meet around a campfire and most likely at least one person will share their ghost story. Ghost hunting may be an occupation associated to intuitive feeling, but in the absence of knowledge what else does one have? With the alternative being only ignorance, then what exactly is suffered by the presence of an open mind? Prescott Paranormal Researchers may not have all the answers, they may not even have the right ones, but at least they have belief in something beyond, and the passion to pursue it. **LH**

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How to Build the Perfect Snowman

By Phillip Melchers

Remember that as a kid, snowman building came easy. In those days I tended to live by my own logical algorithm that stated, "I say it's a snowman, therefore it is." Now that I'm older however, I feel that such logic can no longer be utilized. Gone are the days when I could place a semblance of a face on a triple-pile up of snow and call it finished. With my adulthood came expectation. I feel that now, if I were to build a snowman, I best either make it perfect or be ready to debate it as some kind of artistic construct. Lucky for me, not all is lost in the art of snow crafting, as there are still a few strategies when it comes to making the perfect snowman.

Quick! What's similar about being a wino and a perfect snowman builder? Answer: they both require a certain connoisseurship. Now, this is not to say that building a snowman requires snow to be examined through a snifter, although it may make your crafting look more sophisticated, but one should

Snowmen fall from the sky... unassembled!

know their snow before going out to build. Snow that is just above freezing temperature, or a little moist is best. If powdery snow is all there is, then try adding a little moisture before working.

If the snow is right, then you are ready to get building. Building the parts of the snowman was always frustrating for me as a kid because in cartoons when someone rolled snow on the ground it always became a perfect ball, but in real life it often would end up barrel


shaped. To fix this, one can either shape the ball as it rolls, or for a quick detour just pile up snow and then sculpt it by hand. This might feel like cheating, but with a bit of finesse, even the nosiest of neighbours won't be able to tell.

Once the desired snowman figure is achieved, now it is time to start decorating. How you do this is up to you. A classic snowman face can be made out of a pair of buttons for eyes, a carrot nose and pipe, but sticks, rocks, or even a bit of food coloring can do the trick as well.

Although snowmen are conditioned for cold weather, they are not without their concerns for fashion, so it's always considerate to dress them by adding a pair of old sunglasses, a scarf and a pair of gloves on the end of sticks for arms. As an extra challenge, and perhaps some comedic relief, try building your snowman into a celebrity doppelganger. Better yet, why not make a portrait of your family accompanied by snow cats and snow dogs?

Now that your snowman is finished, the next step is appreciating your work while it lasts. After all, snowmen don't have a long life expectancy. Don't worry though, as the old song goes, "they'll be back again someday," (provided you build them up again). **LH**

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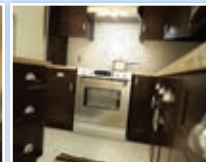
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Let Little California Warm up Your Winter

By Lorraine Payette



A smoky vintage that goes down smooth as silk and leaves you begging for more: what better words could describe an evening with Little California?

"It's hard to say what makes Little California what we are," says Marty Rombough.

Essentially a family band, the group is made up of Jordy Jackson (Lead Singer), Randy Rombough (Acoustic Guitar and Back-up Vocalist), Ryan Rombough (Bass Guitarist) and Marty Rombough (Drummer & Back-up Vocalist).

"Approximately four years ago, after parting ways with my high school rock band, my true passion was to start up a band with my brother Ryan in the genre we grew up with - country," says Jordy Jackson, lead singer. "He was interested in learning to play bass guitar, so I taught him a few things. He took it from there and absorbed all the information like a sponge. We were originally a three piece band, but could never keep a steady drummer, so ended up investing in a drum machine and becoming a two piece band performing at local charity events and bar venues. Down the road we picked up Ryan's father, Randy, who is also my step father. He is an excellent musician and singer. A few steps further down the line we found a committed drummer in Marty (Randy's brother) who had spent a large portion of his life playing in various bands and finally Little California was born."

Jackson grew up on California Road in Jones Falls, called Little California by the locals, and it just seemed right to name the band after it.

One of the more popular bands in the Kingston/Leeds-Grenville area, they have bookings almost every weekend well into next year. This didn't come without a strong work ethic and a lot of practice.

"We went at it with the idea of don't say no to a gig," says Jordy. "You know, if they want to hear you, play. We did a lot of free shows and things like that in the beginning. You tend to make friends by doing it that way. That will help you a little further along, and you get to know people and the industry."

It wasn't long before those free gigs turned into paying performances. Their local area grew from Jones Falls to Kingston and most of Leeds-Grenville, with a lot more area to come.

"We have a fantastic manager, too," says Marty. "If it weren't for Mark Gatien representing us, I don't know where we'd be."

It isn't all wine and roses however; these are men with day jobs, each one working very hard for a living to provide for their own families.

"Ryan is our youngest member and he's got two kids aged four and two, so it gets a little hard on him because he's a new father and works days as a roofer," says Jordy. "He works hard all week, and then we're gone all weekend, so you know that he's missing out on some stuff. He loves the music and he loves his kids. The kids don't really know any different yet but it may be hard for his wife, every now and then. In the long run, she understands, it's a little extra money in the pocket, and that helps, too."

Marty's day job is in roofing and siding, while Randy works for a local firm doing landscaping and septic beds. Jordy makes his living as a waste recovery collection person. The jobs aren't glamorous, but they are honest and keep the bills paid.

"I do a good portion of our writing, and as with most country music, it all stems from your

day to day life," says Jordy. "Have I written an epic 'going to work, coming home' song? No. Why? A lot of people have already done that."

Instead, he writes about other aspects of his life and it comes out in their original music – songs like Hillbilly Party, Restaurant Parking Lot, Runnin' Around, Ode to the Creek Side, Bad Bad Girl and Pick-Up Princess. Each song has that special Little California sound and something unique that only they can put together.

"Our genre would be southern rock country – country with a little bit of an edge," says Jordy.

The band had an MP3 come out on iTunes this past August. A special piece of their original music called "Whiskey Kinda Lovin'", it can be heard on a clip made during their studio recording at <http://www.youtube.com/watch?v=Pcwao1HO2JQ>.

"The music is purely spontaneous," says Jordy. "It actually frustrates me because I can't churn it out like a machine. I've written so many songs, since I was about 15, that sometimes I feel like I must be out of ideas. It really is something that only comes with inspiration. When I try to sit down and write music, I get nothing. If I'm just sitting back and having a glass of rye and a cigarette, that's when the bright idea just hits me, that's when it's the best music."

The fans couldn't agree more. At a recent gig at Sam's Brass Rack in Brockville, one couple was up dancing, as they played their second number. They hadn't even had a chance to introduce themselves yet.

"There's just something about the music," a woman said. "It makes you want to get up and start moving to see where it will take you. That's why I keep coming back."

They admit freely they don't know where they'll be ten years from now, but they hope to be playing alongside big name artists such as their idols Tim McGraw, Luke Bryan and fellow Canadian artists such as Dean Brody and Gord Bamford. Every step now is a move toward fulfilling that dream.

"We grew up enjoying many country music artists and hopefully some people can get a little joy out of our music in the future," says Jordy. "Our main goal is to have a couple of our original songs featured on the radio in the next year, with more of our originals recorded in the studio and available on iTunes for our fans." **LH**

To learn more about Little California, go to <http://www.littlecalifornia.ca>



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Brockville Author Transports Back in Time with Novel

By Phillip Melchers



When launching her debut novel, *A Shadow in the Past* in Scotland, Melanie Robertson-King was asked by a reader if she would call her novel, “a ladies book.” Certainly the novel, a story about a young contemporary girl transported back to Victorian Era Scotland could be seen as geared towards feminine appeal, especially in considering its romantic narrative, and yet Robertson-King says that the story wasn’t written with any single gender in mind. In fact, there are only two people she had initially written the novel for, one being herself and the other her father. He had been a home child who emigrated from Scotland to Canada as a farm labourer in 1930.

Although Robertson-King had grown up in Brockville most of her life, she feels a strong connection to her father’s homeland and often travels to Scotland with her husband. As for the novel, the story features real locations in Scotland related to where her father was born. Although she changed the

names of some places, the locations are still recognizable for some local Scottish folk.

It was during her latest trip to Scotland, where Robertson-King hosted a launch of her book in Kennethmont, Aberdeenshire, the village where her father was born. Describing this as the highlight of her trip, it was when visiting this village that she was met by family and friends, some of which travelled great distances to see her. After the event, she was even given the opportunity to market her book around some local Scottish stores. She describes the people she met during that trip as both warm, and receptive.

As a hobby genealogist, it is use of sites such as Ancestry.com that Robertson-King has been able to further connect herself with her Scottish past. In remembering her father, she mentions that he was never afraid to speak of his time spent as a home-child. Her father was also a veteran of WWII fighting for the Stormont, Dundas and Glengarry Highlanders. In connecting herself to her

Father and his heritage, Robertson-King was encouraged at a young age to take up both dance and piping. Nowadays she mostly continues on her father’s memories through her writing. If *A Shadow in the Past* testifies anything then it would be for a daughter’s love towards her father and the country that brought him.

As Canadians, especially ones who live within such a historically rich region as ours, it is important to remind ourselves of the homes our ancestors had left behind. Although the reasons for moving are indeed varied, as a colonial country, it is acceptable to think that most Canadian families come from some source of immigration, the only exception being First-Nations people. In realizing this, there is a parallel to be drawn between Melanie Robertson-King and the main character of her novel. Although *A Shadow in the Past* takes place in Scotland, it is the author herself who makes the story Canadian, creating a bridge between her father’s ancestral past and her own present; between Scotland and Canada. It is through her trips to Scotland that Robertson-King strengthens this bridge, reminding us of not only our connectivity within Northern borders, but also of the ones that exist beyond it as well. **LH**

Melanie Robertson-King’s novel as well as her recently published anthology, *The Consequences Collection* is available online and in print.

For more information on Melanie Robertson-King visit her website:

www.melanierobertson-king.com

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A What is Low Vision?

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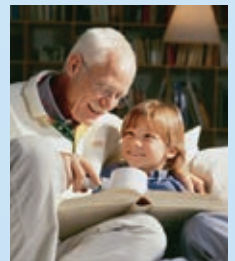
- Age-related Macular Degeneration (AMD)
- Diabetic Retinopathy
- Glaucoma
- Cataracts
- Other eye diseases and conditions



B Is Low Vision Common?

Those with Low Vision typically have difficulty reading, writing, watching television, recognizing people's faces or engaging in other daily living tasks. Fortunately, the visually impaired can be helped with a service called Low Vision Care.

Having Low Vision is actually the third most commonly occurring physical impairment in those over 65, exceeded only by heart disease and arthritis. Many who are visually impaired have found help with their vision problem through Low Vision Care.



C What is Low Vision Care

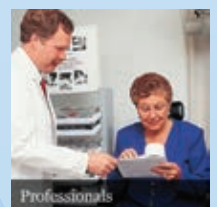
Low Vision Care is the evaluation and management of those that are visually impaired by eye care and rehab professionals. The goal of the care is to help those with low vision to overcome the handicapping effects of their visual impairment. Based on individual lifestyle needs, solutions will be sought to help each patient achieve their visual goals. This may include the recommendation of products known as Low Vision Aids



D What can I Expect from Low Vision Care I Receive?

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Lyndhurst Gun and Militaria Show

By Emma Taylor

The Lyndhurst Gun and Militaria Show has been gaining popularity since it began four years ago.

Organized by John Sideris, who also owns Wings Live Bait and Tackle in the village of Lyndhurst, the show is held three times a year at the Lyndhurst Legion Branch 504.

The response from the public has been very positive and each show sees close to 400 people coming through the doors. "We have people come from Montréal, Ottawa, Toronto and the United States. There is a lot of interest in what we have to offer," he said.

There are 75 vendor tables, with a variety of products ranging from firearms, antique guns, military antiques, jewellery and books, to hunting and camping gear.

Sideris said it is a nice venue for the show. People can come to Lyndhurst, have a bite to eat in the village or a light snack, offered by the Legion and then do a little shopping.

The entrance fee is very reasonable at only five dollars; and free for women and children under age 15. Sideris said the last few years has seen an influx of women attending these types of shows, so they are doing their best to



promote the sport to them as well. The show proceeds go towards paying for rental of the Legion, advertising and overnight security.

Branch 504 President, John Allan Thom, said that the gun show is a win-win situation for everybody involved and they are happy to support it. "People love the gun show. It is part of a circuit of shows, so there is a gun show every other month somewhere," he said.

Sideris' interest in guns and militaria stems from his 28 years in the Canadian forces where he serves as a Sergeant in the Royal Regiment of Canada out of Toronto. When the regiment was deployed to the area to assist during the ice storm of 1998, Sideris said he fell in love with the area. "We were driving around looking for a place to buy bait and found the old bait shop was closed because the elderly couple who owned it had passed away. We ended up purchasing the property and the shop. We have now been here for over five years," he said.

Sideris is also a member of the Lyndhurst Legion and said he likes to support the Legion and the veterans. "I appreciate the sacrifices they made and I like to support the community as well. There are a lot of people that travel from abroad to the village of Lyndhurst and this show kind of puts Lyndhurst on the map, so to speak," he said.

There was also a wide selection of military and hunting jackets and clothing available. Military clothing isn't necessary for hunting but it is durable and sometimes waterproof. People like to wear it for fishing or hiking in the bush.

"There are a lot of folks that hunt around here and it puts healthy food on their table. There are a lot of collectors as well, so if you buy an antique firearm and want to put it over the mantle, you can come and find that here. Many hunters like to accessorize, whether it's clothing or extra shotgun shells and don't want to pay a ton of dough. They can come to the show and find something they're looking for," he said.



Sideris is a hunter himself; something he took up three years ago and truly enjoys. "I enjoy walking in the bush. I lose weight, I get fresh air, I sleep better and if I bag something, I get dinner on the table. If I don't, I'm just happy to be out there and be a part of nature," he said.

Vendor, Henry Baier, from Ottawa, served as a pilot in the Air Force from 1969-1977. "I'm not a dealer, but what I wanted to do was clear out many of the toys I have been keeping over the years. There's not much sense in keeping some of these things, so essentially, what I'm doing is finding good homes for unwanted stuff," he said.

He looks forward to the social aspect of the show and said there is a nucleus of dealers who all know each other and attend the same shows. **LH**

EDITORS NOTE

The next Lyndhurst Gun & Militaria Show is Sunday, February 23, 2014.

All shows follow Provincial & Federal firearm regulations.

THE NEWBIE SQUARE DANCER... CONVERTED?

By Joanne Rennie



Now that the festivities of the Christmas season have come and gone, we find ourselves going into hibernation. We cozy up by the fireplace, turn on the TV and wait for the winter months to quickly pass, so we can emerge from cocooning and once again enjoy the warm summer months. Winter is a fantastic time of year to enjoy your favorite winter sport but what if you can't do or don't enjoy outdoor winter activities? Should you stay indoors, laze on the couch eating your favorite comfort foods? After all, it's just one more snack – we'll worry about the calories tomorrow... Is it really OK to stay in touch with your

friends via telephone, text or internet, instead of going out in the cold to see them personally? After all...socializing is for summer...Right? What if there is another way to get out there where you can have fun, laugh, socialize and exercise by dancing? Yes, I'm suggesting you get out there and dance. In fact, I enthusiastically encourage you to try Square Dancing.

At this point, you probably have a vision of an old school house or bales of hay in an old barn and you're thinking (with tongue in cheek), "pffff, square dancing is a thing of the past and it's only for the older generation". Well, I can personally

tell you that is exactly what I thought – wow, was I wrong!

A few weeks ago, I met Regina Gerhard, the president of Harbour Lites Square Dancing Club of Prescott, as well as Wendy VanderMeulen, who is a Square Dancing Caller/Teacher during their weekly square dancing night. Regina and Wendy generously shared information on this type of dancing and I must admit I learned so much while speaking with these knowledgeable ladies. Here are a few quick facts:

- * First of all, there is Traditional Square Dancing and there is Modern Western Square Dancing. As with most clubs, the Harbour Lites Club does the Modern Western Square Dancing, which is common throughout the world.
- * It doesn't matter which country you are in, you can find a Square Dancing Club. The dance programs and movements have all been standardized and the Callers always direct the dancers in English ONLY. So if you're in North America, or travelling through Europe or Asia, it's easy to find a club and join in.
- * They dance to all types of music: country western, pop, show tunes, golden oldies and even singers such as Lady Gaga (my vision of the old barn and bales of hay are starting to fade).
- * Square dancing helps keep you fit and is the perfect exercise. It combines the positive aspects of intense physical exercise without the negatives. Square dancing is a low impact activity that helps keep the body in shape. As with regular exercise, square dancing can lead to a slower heart rate, lower blood pressure, and improved cholesterol

profile. Many square dance movements can strengthen your weight-bearing bones and help prevent or slow down loss of bone mass (osteoporosis). It burns off calories, and can even add years to your life.

- * Square dancing is a mental challenge - Reacting to the square dance caller keeps you mentally on your toes. While concentrating on the moves, you escape from your worries and pressures.
- * Studies show square dancing slows the onset of Alzheimer's and other dementias.
- * Although most of the seasoned dancers dress in the Square Dancing clothes, it's OK to wear street clothes.
- * Square Dancing is easy to learn and inexpensive. There is a Square Dance Club dancing somewhere every night of the week.
- * There is no discrimination of sex, single, teens, young or old. Everyone is welcome.

Once I had my information, taken some pictures of the group and watched the dancers, it was time for me to leave. I really didn't want to, as it was such a fun environment to be in, so I waited for the dancers to take their break. I mingled with them for a bit and thanked everyone for their time. When the music began again, I started to take my exit, when all of a sudden someone took my hand and lead me to the dance floor. While I tried to convince him, I didn't know how to square dance, "Oh not to worry" he said with a smile, "it's easy and you'll be fine...you'll see". Up we went, knowing the moment of total embarrassment was upon me, when I would show the world what a goof I could be.

There I was in a square of eight (four men and four women), they knew what they're doing and I'm there smiling on the outside (as if everything was just fine) but my panicked thoughts were: "Oh No! What did I get myself into this time? While the Caller started calling the directions to the dancers, my dance partner guided me with the steps. At first, when I was supposed to turn right, I turned left (Oh how could I have done that? so embarrassing) And when they turned left...I turned right (help!!). But within a



couple of minutes, as we interchanged and swung our partners, I realized they were all gently coaching me (such kind souls) and I was dancing the steps without any issues (HA! guess I'm not such a goof after all). That was when I had an epiphany: It really was easy and this is fun! That's when I stayed and danced some more.

As I headed home that night, I thought about my pleasant evening with the Harbour Lites Square Dancing Club and the people I met. The hall was filled with happy smiles and hugs, feet tapping to the music and genuine friendship. It was obvious they thought of each other as family. This was a very comfortable way to

spend an evening. As I walked, I realized my step was lighter. I felt relaxed and wasn't stressed. Putting it simply, I wasn't tired anymore and I felt wonderful! They say that Square Dancers are the friendliest people in the world and I fully agree. They also say Square Dancing is "friendship set to music": I can't imagine describing it any other way.

If you decide to try square dancing, the Harbour Lites Club dances at the Presbyterian Church Hall Wednesday nights at 7:00 pm in Prescott where new members are always welcome. But I warn you, be prepared to make new friends and have lots of fun! [LH](#)



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A Community Theatre in Gananoque

By Emma Taylor

For the past three years, if you wanted to watch a movie on the big screen, you had to head to either Kingston or Brockville. That all changed when Hoagies, Movies & Games opened their new Silver Cinema in March 2013, in Gananoque.

Located at 345 Herbert Street, the store and cinema is owned by Jamie Peterson and his partner, Kate Davis. Staff members Sam Roughley and Pete Rae also help keep things running smoothly.

You could say movies are in Jamie Peterson's blood. He got into the movie business when he was only seven years old, after his parents bought the Picton drive-in.

"I spent summers at the drive-in and I learned to scoop popcorn before I could tie my shoes, and thread the projector before I could drive a car," he said.

When he was 16 he started working at the Boulevard Cinema, managed by his father Paul Peterson, which was located at 175 St. Lawrence Street in Gananoque. Dave and Diana Remington owned it at the time and his father bought the business from them a couple of years later. When Jamie eventually took over the business from his father he gave it a new name.

The quest to build a cinema at the new Herbert Street location started 3 1/2 years ago, when they had to relocate from the waterfront location. The building needed upgrades that just weren't possible, so the search for a suitable space began.

"We knew the demand for a cinema around town was there and it was something we were committed to make happen" said Peterson. They also needed to find a space that had the ceiling height requirement; at least 20 feet to accommodate the 10 foot screen and graduated seating.

"We wanted to have that big theatre feel, even if it was a 'smaller' big theatre venue," said Davis. Ms. Davis started working at the Napanee movie theatre, being run by Jamie's father and sister Hollie, when she was still in High School.

The couple have been together for 13 years and in business together for 6 of those years. They have been quite successful.

"One of our mottos is 'it's not high stakes its cheese steaks.' We take this seriously but we try to have fun and remember we're making hoagies, renting movies and helping people have a good time," said Peterson.

The DVD rentals that had existed at the waterfront location were carried over and an expanded hot food menu was introduced; options that worked well with the rental business, as well as the cinema.

The addition of used furniture and goods in the warehouse side has proven very popular and helped generate income while the cinema was being developed. Luckily, Peterson's dad, who had been running thrift stores, had leftover stock when he closed shop. "We decide to put some stuff out on the floor, and it stuck. People really enjoy the idea of donating to the theatre. They come in and say 'this came out of our cottage and you might get some money for it,'" said Davis.

Peterson said since a lot of the items are donated it has allowed them to give back to the community and help out those in need. "If someone has had a house fire or something, we will try and help them out if we can," he said.

Davis said she feels people love movies partly because it gives them the opportunity to immerse themselves in things they might not have the chance to experience otherwise. She is very eclectic in her movie tastes; modern musicals, classics, drama, comedies, documentaries, sci-fi, and fantasy are among some of her favourites.

"I like to see people, even imagined people, deal with their lives and challenges," she said.

Peterson's favourite movies are action-adventure and fantasy. He likes a good story with lots of special effects, something that really carries you away. He feels movies are about sharing stories.

Watching a movie on your own is fun but being at the theatre with other people is a way to connect. When everyone cracks up at something at the same time it somehow



makes it more special." Peterson said.

The process of building the cinema was a long one, and Peterson admits that they had no clue what they were doing. Eastern Engineering from Brockville drew up the blueprints, electrical work was done by Rivard Electric and Glad Plumbing took care of the plumbing in the new barrier free and accessible bathrooms. Peterson and Davis did most of the grunt work themselves including drywall, painting and countless other tasks.

"I think the most construction I had done up to that point was putting up a couple of sheets of drywall and painting. It certainly took a lot more work than we ever anticipated when we set out," said Peterson.

Their landlord, Harrie Tieken, an experienced boat builder, volunteered to help plan the space and was an invaluable resource.

"He believed in what having a theatre in town would mean and he really wanted to see it happen. We really wouldn't have been able to do it without him," said Peterson.

The town was also very supportive of the venture and worked with them on rezoning and looking into grant money that was available. It ended up that the grant money wasn't needed but they may be approaching the town for help locating grants when they have to upgrade to digital. This is coming very quickly to all theatres.

The 60-seat cinema officially opened during March break of 2013 but there is some finishing work and improvements left to do.

Recently cup holders were installed on all the seats by public demand. The space is impressive and decorated in an Art Nouveau style, reminiscent of cinemas of the past.

"We are trying to give people what they want. The good news is, they're coming back, again and again. That's all you can ask for," said Davis. The cinema only has one screen, so they try to do split times to offer family oriented movies during matinees and weekends, so to accommodate movies for adults and teens for the later shows. "We usually keep a movie for a week. Sometimes if the movie is popular it will stay for two weeks. We want to bring in as many movies as possible," said Davis.

If you are looking for a sweet deal on tickets, look no further; tickets are six dollars for matinees, eight dollars for adults and six dollars for kids and seniors. Tuesday is cheap night and all tickets are four dollars a person. Wednesday, with every adult ticket purchased, receive a free small popcorn and drink.

"We're really happy the community was so patient with us; there were lots of eager people, waiting with bated breath for the re-opening," said Davis.

The store is open from noon until 9 pm during the week and later on weekends to accommodate the 9 pm show time. Nightly show times are 5 and 7 pm, Friday & Saturday 9 pm, Saturday & Sunday (and any holidays or P.A. days) 1 and 3 pm., so why not see a movie tonight? [LH](#)

How to build your own Outdoor Skating Rink

By Phillip Melchers

If part of surviving winter is keeping yourself occupied, then building a skating rink in your backyard is a good activity. Building a rink is simple, yet time consuming, with an end result that is unlimitedly rewarding. Where skiers may find difficulty building worthy slopes in their backyard, skaters can rejoice in having their favourite winter activity at their doorstep. Even if hockey isn't your sport, a private skating rink is a great place to teach the kids how to skate, or spend some time with a loved one doing arm-in-arm rotations by winter moonlight.

Building a skating rink starts with a vision. Before anything, one should have a clear idea on the location, preferably as flat as possible, the size, limited only by your materials, and quality of their rink ranging from amateur (I just want to skate) to professional (I want something to show off!).

Once the vision has been carefully sketched out, it's time to plot out your rink using pegs and string. In terms of measuring the height of your rink, the rink should be planned to compensate for a layer of snow, about an inch deep that will be used as a base, and a layer of ice, about three inches deep, which is generally how thick ice needs to be in order to support an average adult.

With the rink now plotted, the next step is to build your border and to prepare to fill it in. Depending on how you want your rink to look, this border can be made simply out of snow, PVC piping, or for the more ambitious, wooden boards. No matter what is chosen to build the border, the process to actually filling the rink is relatively the same. The first step is to sprinkle a light layer of water over the base of snow, and letting it freeze over night. The idea here is to strengthen your snow base which will make it easier to fill, and stop water from seeping through the snow into the grass.

When a good strong base has been achieved, the next step is to place a tarp over the snow and to start flooding. Depending on the size of the rink, this process should take about three days. Each day must have a minimum temperature of -6 degrees Celsius. Be careful not to fill your rink too fast, for this will cause ice blisters to appear which will make keeping a smooth surface difficult. When building a skating rink, haste makes your efforts waste. The key is to be patient.

Your rink is finished once it is flooded, frozen, and ready to use. As an added step, try adding a bit of decoration to your rink. By doing a quick search online, you'll see that



there is quite the community of rink builders out there, who only prove that when it comes to building a rink your imagination is the only limit.

Although this tutorial may seem basic, a quick search online can provide more in depth, step by step tutorials on how to build a rink, or even places where you may purchase rink starter kits. Really with the internet as resourceful as it is, as long as you are interested and have the time, then there really is no excuse as to why you shouldn't build your own rink. Like anything in life, the first and only step to building a skating rink, is to just actually do it. **LH**

Cross-Country Skiing

Great Scenery and Great Exercise

By Brenda Visser



"An early snowfall this season has stirred up an early interest in winter sports, especially cross-country skiing," says Alfred Stakenivicius, Executive Director of the Triangle Cross Country Ski Club located on County Road 5 between Mallorytown and Athens. This trail system, as well as the Mac Johnson Wildlife Area, near Tincap, offer wonderful opportunities to get out and enjoy the big outdoors.

Early snow brought out eager skiers, even while maintenance work was still being done. While trail conditions change with weather conditions, the Triangle Club is anticipating a strong year. At the time of this writing, brush and fallen timber has largely been cleared from trails and most trails are open.

Leeds-Grenville offers a number of options for this low-impact, cardio-vascular activity. Operating during daylight hours, there are many trails to choose from, for the beginner to the experienced. Traversing both Crown lands and land generously shared by private landowners. The beautiful scenery and tranquility on the trails is hard to beat.

The Triangle Cross Country Ski Club maintains the Mac Mills trail network. The Club operates

on a "BYOS" basis. (bring your own skis) There is a "portable" to warm up in and to change footwear. Trails are groomed and have restricted access for snowmobiles and other motorized vehicles. Separate snow shoeing trails are open as well. A privy is also available for when nature calls.

Those with technological savvy might want to add a little more adventure to their ski outing. Look up the geocaching treasures on the trails. (See geocaching.com and search for "Triangulate This", for example).



The day-use fee is by donation, and membership is also encouraged. For more details on how to become a member, please refer to the website: www.triangleskiclub.org. This is a comprehensive website loaded with helpful information. Current updates can be found on their facebook page: Triangle Cross Country Ski Club of Brockville.

If you want to stay closer to the city, the Mac Johnson Wildlife Area also offers a wonderful opportunity to get out and enjoy the fresh air. Open from 7:30am to sunset, this trail system is all level and smooth. It offers distances of 1 km through 11km and has looped trails. It is an excellent place for beginners, seniors, or those with little experience. Part of the trail runs on an old train track bed. See their webpage for more information: www.catararegion.on.ca/lands/macj.htm

Ample parking, a heated shelter and a fire-pit are some of the benefits of skiing here. The shelter is open on Saturdays in January and February and can be rented out for your special event or larger group as well. Events such as the Senior Winter Games have been held at Mac Johnson. For up-to-date trail conditions, call 613-345-1990.

The "Friends of Mac Johnson", the volunteer group committed to promoting and maintaining the Wildlife Area, also sells memberships. This would be a great way to support the worthy work of another group of dedicated volunteers.

Trail maps for both locations are available on site, or on their respective websites.

With winter upon us, one of the greatest ways to appreciate the season is to be involved in winter sports. Cross-country skiing in our area is an attractive, economical choice for many levels of ability. Enjoy the snow! LH

SNOWMOBILING

with Leeds and Grenville Snowmobile Association

A Huge Jump on Winter Fun *By Lorraine Payette*



As the sky contemplated releasing the first flakes of snow, engines were already starting to thrum in garages and sheds throughout Leeds and Grenville. It doesn't take long for snowmobile enthusiasts, throughout the region, to get into gear and start enjoying their sport.

"The Leeds and Grenville Snowmobile Association (LGSA) consists of four clubs - Grenville Snowmobile Club (SC), Elizabethtown SC, Athens SC, and the Rideau Ridge Riders (RRR) SC," says Al Costello president of RRR.

The organization is proud of the trails used by the clubs. Properly groomed and kept in proper functioning order, they are truly works of art.

"The trail network is maintained by volunteers throughout the year," says Costello. "They perform tree removal, culvert maintenance, trail sign installation or removal, and dealing with all the landowners who make it possible for us to snowmobile in Leeds and Grenville. Communication and organization are key to the network. Club executives and volunteers make it possible to provide a trail system that is up to the highest provincial standards."

In the 1920's, Carl Eliason of Sayer, Wisconsin, started his 31-year venture into inventing and perfecting the "Motor Toboggan". It was a simple device that had a wooden toboggan with steerable skis

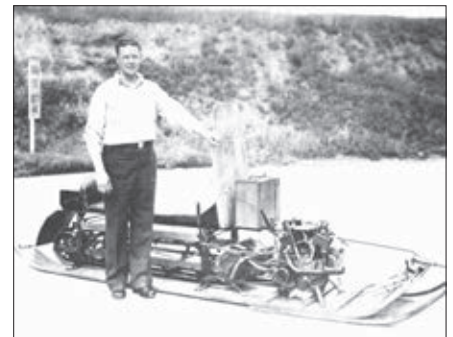
attached at the front, an elevated seat, an engine, windshield and even a place to strap a suitcase. Eliason was an avid outdoorsman who suffered with a bad foot. His invention allowed him to pursue his favourite activities of hunting, fishing, and trapping with his friends.

Producing eight machines by hand per year, he couldn't keep up with the orders. A blacksmith by trade and dealer in outboard motors for boats, he modified a 2.5 horsepower outboard for his power plant, then heated metal for the frame over a coal burning stove. Ever resourceful, he used the family bathtub as a boiler to produce the steam needed to form the skis. Each new machine was refined and improved upon. In 1932 he brought out a model, powered by a motorcycle engine that could run at speeds exceeding 40 mph (64 Kph).

As time passed, snowmobiles increased in popularity, especially in the colder northern climates. With the machines came the clubs and the need for regular trails and people to look after them.

In Leeds-Grenville, five small clubs decided to band together in 1996 to become the LGSA. Kemptville eventually dropped out but the others remain to this day. Each keeping its own identity inside the larger organization, they continue to be administered independently and do their own fundraising activities.

"The LGSA invests tens of thousands of



About 600 kms of trails await snowmobilers in Leeds-Grenville (photo submitted by Al Costello, LGSA)

Carl Eliason with an early version of the "Motor Toboggan" (photo courtesy of Eliason Snowmobiles)

dollars every year," says Costello. "Trail preparation equipment - either rented or owned by the association - costs huge money in order to give us the trail system we provide. There is money spent on all aspects of our operation - signage, insurance, fuel, repairs, etc."

By 1999, the clubs had discovered that keeping the trails up to par was something that couldn't be left up to a hit/miss system. They needed to get organized, so they joined with the Nation River SC and formed a special grooming co-op.

Electing a chair from amongst themselves, the entire committee takes on the



... CARL'S STORY ...

in his own words

"I was raised in the north woods and liked to hunt, fish and trap as much as any young outdoorsman. Because of my crippled foot, I couldn't keep up with my pals on treks through the snow. I fooled around with a Model T Ford and adapted it to skis, but it was too cumbersome for the woods and unworkable in our deep snows or unplowed roads. In those days, a lot of would-be inventors were trying to devise a powered snow vehicle. My brother-in-law worked on a machine he thought could get its locomotion from a wind propeller. In the winter of 1924 I began work on my "Motor Toboggan." In my mind this would be the most practical means of travel over the snow. The endless cleated track, slide rails and liquid cooled power unit would prove to set a standard for the future. My machine would be granted a patent in 1927. With this machine, I was able to turn the tables on my hunting comrades – as long as there was snow on the ground. While they hoofed it on foot, I would ride and get to our destination in the woods an hour ahead of them!"

- Carl Eliason (quote courtesy of Eliason Snowmobiles)

responsibility of hiring groomer operators, scheduling shifts, looking after repair and maintenance of the machines, and making recommendations to the LGSA Board of Directors for purchases of new and/or replacement equipment.

"This grooming CO-OP has improved the continuity of trail grooming throughout the Leeds & Grenville Counties, giving us some of the best kept trails in Eastern Ontario's District 1," says Costello.

To provide funding, the LGSA became a master of creating events and selling memberships. Every penny raised by the clubs, goes toward the expense of maintaining trails, keeping the clubhouses going, and other necessary costs.

"Each club gets a portion from all permits sold," says Costello. "This money always goes back onto the trails. Trail preparation and grooming are our biggest expenses. It is very important for people to buy permits, and not ride the trails without one. Each club has different events throughout the year. There are breakfast events, wing nights, poker runs, dances, etc. This brings a social aspect into the sport."

People of all ages are encouraged to participate. There are courses available to teach safe snowmobiling to all, and joining the group for a day of

snowmobiling can be a fantastic way to beat the winter time blues.

The trail system passes through many scenic areas throughout the counties. There are two TOP (Trans Ontario Provincial) trails running in the area, covering a 253 Km loop encompassing all four of the member club territories.

"TOPS E trail starts at Napanee, runs through Smiths Falls, connecting with the BEAST and K&P Club to the north, the Lennox & Addington Ridge Runners to the south. E105 intersects the TOPS E trail at Forfar, connecting with the Athens Club and the Seaway Valley to the east," says the LGSA.

Trails meander through fields, wooded areas, along streams, and into various villages along the way. Riders can stop for a meal at a local restaurant, refuel their vehicles, shop at the unique businesses to be found there, or even stay the night in a local hotel or bed and breakfast establishment.

With about 600 members in the LGSA, there is always room for more. Ontario law requires that a proper permit be purchased if a rider intends to use trails maintained by the OFSC. However, for those new to the sport, there is a free Family Day Weekend pass available for February 15-17. **LH**

For more information on purchasing permits, go to www.ofsc.on.ca. For a chance to become part of LGSA or to learn more about them, please go to www.lgsnowmobile.ca/index.htm, contact them at mfenlong@cogeco.ca or by snail mail at Leeds and Grenville Snowmobile Association, 1458 Windsor Dr., Brockville On. K6V 6X4.

WINTER CARNIVAL FUN

By Emma Taylor

The first flakes of snow fell at the end of November and while some were not too happy to see the arrival of winter there are those who can't wait to dig out their sleds. For all you winter lovers out there; make sure to take in our area winter carnivals.



4th Annual Front of Yonge Winter Festival

FEBRUARY 14 - 15

Held in Mallorytown February 14-15, this carnival is free and offers lots of family fun! Friday night the fun kicks off at the Sersa-Total Track with a fireworks display and family skate, Saturday there is a chicken bingo, tobogganing, snowman building, baby contest, magic shows, face painting, games, silent auction, bake sales, and entertainment are just some of the activities to check out-and make sure you get a horse-drawn wagon ride! The festival runs from 6 pm on Friday night to 4 pm on Saturday.

www.frontofyonge.com check out their events calendar.

Seeley's Bay Frost Fest

FEBRUARY 1 - 3

Established in 1994 Frost Fest is set for February 1-3 in the village of Seeley's Bay. To participate in all the festivities you must purchase a \$2 button. Opening night there is a gala fireworks display and opening ceremonies on February 1. Other activities are spread throughout the village including penguin bowling, smooch races, chili cooking contest, fortune teller, Old Time Fiddles, live entertainment, scavenger hunt, volleyball tournament, silent auction and so much more! New this year is a children's obstacle course and outdoor activities.

For a full list of events visit the website at www.seeleysbayfrostfest.com

Rockport Winter Carnival

FEBRUARY 6 - 10

The little village of Rockport is a hub of activity during the winter carnival held February 6-10; torch light parade, fireworks, and fun events like male sexy leg contest, snolf (snow golf), chicken bowling, redneck rodeo, show shoe races and so much more.

Carnival buttons are \$3 each and allow you to take part in all the fun.

Check out the full schedule at www.rockportrechall.com

Speaking of wine

By Russ Disotell

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.

Happy New Year! As we begin 2014 there are three universal certainties almost all of us will face. The weather will be cold and the sun will set disagreeably early. Meal time will bring a host of comfort foods that will stick to our ribs. Most of us will be getting back on budget as we deal with the bills connected to the holiday season. I can't really do much with the first, but I can suggest some economically priced, high quality wines to help deal with the last two.

When looking for economically priced wine that offers stunning quality, one of your first stops should be Montepulciano D'Abruzzo, an honest, straightforward everyday wine from Italy. Farnese Montepulciano D'Abruzzo 2012 (CSPC# 621912, \$7.95) serves up a medium to full-bodied wine with a round, velvety texture and lengthy finish. Look for dark berries, spice and licorice on the nose with plum, black cherry and a touch of peppery spice on the palate. There's just enough food friendly acidity to make it a good match for stews, grilled meats and hearty pasta dishes.

Check the Spanish shelf for Beso De Vino "Old Vine" Garnacha 2010 (CSPC# 253591, \$9.95), our second candidate for your enjoyment. Again we have a medium to full-bodied red with a bright cherry and strawberry nose. The palate features juicy cassis, plum and dark berry fruit balanced by a zesty acidity. There is great depth to the fruit and an agreeable length to the finish. If you want a comparison it has a profile akin to a Zinfandel. Match this Spaniard with grilled meats and spicy dishes.

Now we're off to Chile for Caliterra Cabernet Sauvignon Reserva 2012 (CSPC# 257329, \$9.95), which offers amazing structure and balance for a wine in this price range. The nose features red cherry and cassis fruit, coffee and smoky aromas, the highlights of the medium-bodied palate are bright strawberry, cassis and black cherry fruit, a dusting of oak and a light herbal spiciness. A crisp acidic backbone, medium soft tannins and great length complete a very appealing package. Match it with steaks, stews, and hearty vegetable dishes.

Try one of these reds, it's sure to enhance your meal and brighten your day. Enjoy! **LH**



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Final Thoughts

By Jon Marshall

Welcome to our second edition of "Living Here" magazine and the first one of 2014. I hope those of you who read our Nov/Dec 2013 issue enjoyed our Premier edition. We thank our advertisers who believe in our publication.

We publish on a bi-monthly basis and our next issue will be out the week of March 5th. This will be our March/April issue.

With Christmas just past and a new year upon us, I have no doubt 2014 in our area will be a tremendous year, with lots of successes and stories to tell. I am on the road travelling within our small communities, approximately 4 days a week. I see and hear ideas on stories that make our towns and cities the special places that people want to work and live in.

In this issue alone, we have discovered entrepreneurs that have a passion for movies and have invested in their town so people do not have to travel to another city to see an upcoming feature film. We also have an author with a passion for writing and story telling about her own family's history, in a novel. We have an entertainment/music story on a popular local band and their personal story of wanting to play as a group

and what their personal lives are like. We have stories about various winter activities, plus so much more. These are just some of the articles that make Living Here what it is and what it will be. A publication, readers can immerse themselves into and learn something about what is happening in their own area.

Our cartoonist, Murdock has reminded us the Olympics are in February and that it was only 4 short years ago, when our Nation hosted one of the most successful Winter Olympic Games, ever. This brought our Country closer than ever before thanks, in large part, to the achievements of our Athletes. Let's again watch and cheer them on, even if they are so far away in Sochi. I am sure our entire group of Athletes will do us very proud.

Lastly, I encourage all readers to "Shop Local", especially this winter and help support our local business community. Living Here will not feature USA ads. We only advertise local businesses and Canadian companies.

Until our next issue, thank you for reading and please do not hesitate to contact us with ideas or photos for future issues. LH





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