

Living HERE

FREE

BROCKVILLE | PRESCOTT | GANANOQUE

May | June 2014



Birding with Dan Clifflen

Gardening Glory

The Buzz about Bees

Ribbon Guitar

Fishing in Ontario's
Ultimate Fishing Town

Speaking of Wine

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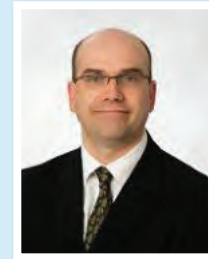


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What's **Inside**

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

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- ½ lb thinly sliced prosciutto
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- ¼ cup olive oil

To create...

- Wash and trim tough ends off bottom of asparagus spears. Divide into bundles of 4-5 spears.
- Wrap each bundle with 1 slice of prosciutto and secure with wooden toothpicks.
- Place bundles in a single layer on a medium baking sheet, bake for 15-20 minutes or until asparagus is tender.



French Rhubarb Pie

(Preheat oven to 450 F)

You'll need...

- 9" unbaked pie shell
- Filling:**
- 2 cups finely sliced rhubarb
- 1 cup white sugar
- 1 slightly beaten egg
- 1 tsp vanilla extract
- 2 tbsps flour

To create...

- Mix all filling ingredients and put into unbaked pie shell.

Topping:

- 1/3 cup softened butter
- ½ cup brown sugar
- ¾ cup flour
- Mix all topping ingredients to form crumbs. Sprinkle on top of filling.
- Bake at 425 F for 5 minutes, then lower oven temperature to 350 F and bake for an additional 30 minutes.



Maple Glazed Salmon Fillet

(Preheat oven to 350 F)

You'll need...

- ¼ cup pure maple syrup
- 4 tsp grainy mustard
- 4 tsp soya sauce
- 2 lb salmon fillet skinned

To create...

- Combine maple syrup, mustard and soy sauce in a small bowl.
- Arrange fish on a foil or parchment paper lined baking sheet, spoon glaze over fish.
- Bake on center rack of oven for 12 minutes or until fish flakes easily.

Recipes provided
by
Karen Davis



BIRDING

WITH Dan
Cliffen

By Becky Bridger



When growing up surrounded by the sights and sounds of the local wildlife at his family cottage, Dan Cliffen probably didn't see himself becoming one of Brockville's foremost experts in the study of birds (ornithology) today. In 1989, after becoming more interested in birds from his days spent fishing, Cliffen took a course in bird watching at St. Lawrence College. This began a lifelong love of all things bird related, and years of self-study

to become an expert in this exciting field with thousands of different species.

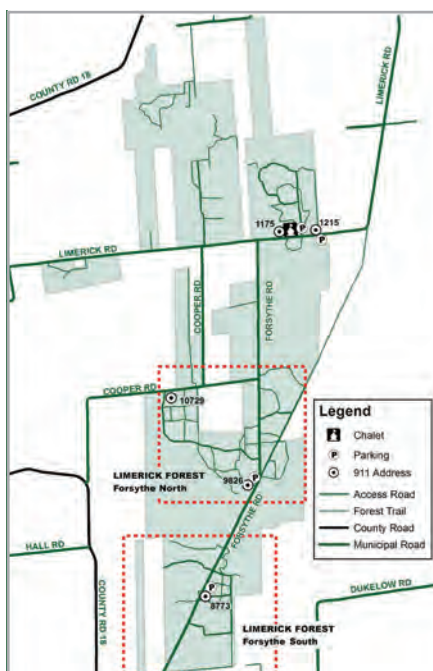
Cliffen says not to get overwhelmed by the number of species out there. As a novice birdwatcher, there are many ways to begin experiencing the excitement of simply getting out into nature and identifying various species of birds and fowl. The equipment required to begin bird watching is simple: a guide book, binoculars, a notebook to record sightings, and a sense of adventure. One can easily start in their own backyard identifying common birds in the area, such as Blue jays, Robins, and Chickadees.

Cliffen recommends the Peterson Field Guide as a beginning birdwatcher guide book as it clearly outlines all of the ideal things to look for in bird species with drawings. Cliffen explains that drawings are much easier to use in identification as you can focus on the bird itself, not the colouring, background, or perspective of when the photo was taken. Along with the Peterson Field Guide, Cliffen recommends that your binoculars be either 7x35 or 8x42 to better catch the birds either in flight, or up in the trees. Once your bird is spotted, you will want to take note of the five "S's" - size, shape, shade (colour), song, and sweep (flight pattern). Writing it down in your notebook

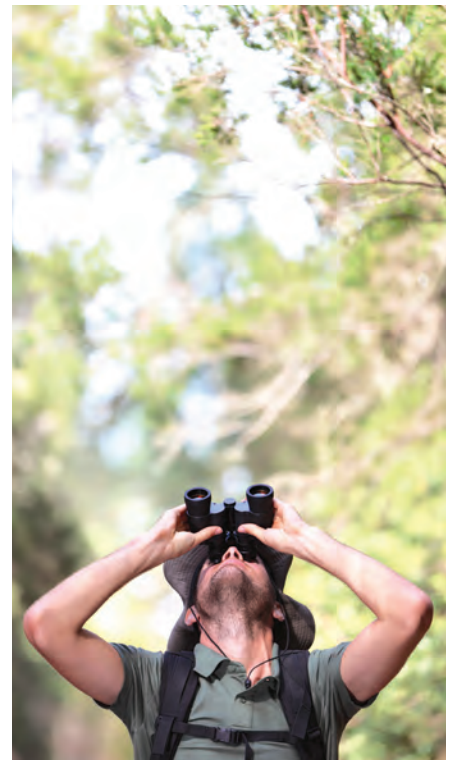
will make it much easier when you try to identify the bird in your guidebook.

Early spring is one of the most exciting times of the year to get out bird watching. According to Cliffen, the spring migration brings a high number of birds through our area. Not only can one see interesting species, but they are usually in full plumage and singing up a storm trying to attract a mate. Some of the earliest birds to look out for are the Horned Larks, Blue Birds, and Redwing Blackbirds. Cliffen says that the best time to see them is in the early morning when they are feeding (between 5am-9am), and just before nightfall. The birds enjoy an afternoon siesta, which is a great time to get out and enjoy identifying waterfowl. Although 5am might seem early, Cliffen says that you can still manage a great bird watching journey later on in the morning.

In Brockville, a great area to hike and canoe is the Mac Johnson Wildlife Area. Cliffen describes the trails as an easy walk for most people. There are also a variety of habitats (fields, wetland, and woodland), which will contain a diverse set of species. One can look for Redwing Blackbirds in the fields, Trumpeter Swans in the wetland, or Hooded Warblers in the woodland. You can find more information online at: crca.ca/conservation-lands/conservation-areas/mac-johnson-wildlife-area.



Limerick Forest Trail Map



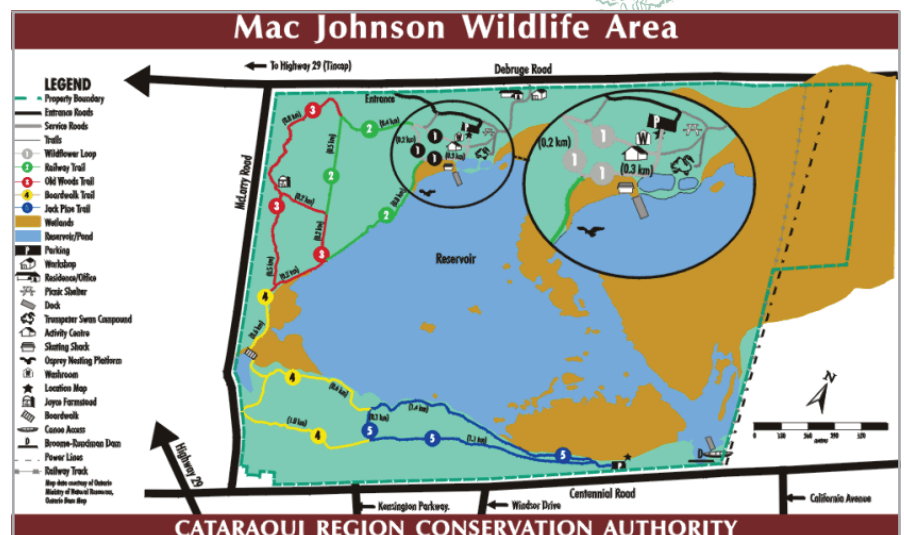
Like the Mac Johnson Wildlife Area, in the Township of Augusta, in the Village of Merrickville-Wolford, one can also find the Limerick Forest. These trails are quite a bit longer than those at the Mac Johnson, but they also include fields, wetland, and woodland habitats. Check out the Limerick Forest website for more information, including trail maps: www.limerickforest.ca.

For those who want to get out bird watching but do not have the time or mobility to walk a trail, Clifflen recommends driving through the back roads with the windows open. He said that you would be surprised at the variety of species just waiting off the sides of those country roads. As well, for those interested in waterfowl, our islands (only accessible by boat) are home to a variety of interesting species.

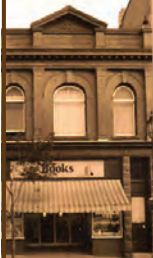
Although Dan Clifflen may be an expert in bird watching, he says that the “easiest thing for people to do is get out there with your book and binoculars. Don’t be intimidated and identify what you can. Next time you will learn another bird. Each time you will build on your knowledge.” With such portability, this is a hobby that the whole family is sure to enjoy. **LH**

Mac Johnson Wildlife Area Site Map

**THE FIVE “S’s”
OF BIRD WATCHING**
 Size ~ Shape
 Shade (COLOUR)
 Song
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 (FLIGHT PATTERN)



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The JOURNEYMEN Still Pack the House

By Jan Murray

“The Journeymen’ is a well-known name to many in the area. A local band whose roots go back to 2001, when Jeff Countryman and Greg Molson first got things rolling. Their style of music familiar to most in the area can range from old & new country to old and new rock and roll with a few surprises thrown in the midst as well.

What matters to them, and to their faithful following, is that they play what their audience wants to hear, and they play it well. To sit back, close your eyes and revel in the music, one would be hard pressed to separate their vocals from those of the original artists, which is quite a talent especially considering the vast array of music that they play.

They’ve seen a couple different bass players, and are on their second drummer, but their music has remained constant over the years. Countrymen and Molson have been with the group since the beginning. Drummer, Brian Collins has been with them almost three years now and the newest member to the group is bass player Mike Francis who came on board just about a year ago.

“Even though we don’t hang out together outside of work, you get attached to one another.” Molson explained, “It is definitely a relationship. So when one person says they have to move on, it’s difficult.”

Guitar player, Molson noted, “We are definitely a lot tighter than we were.” He continued, “The focus on work is different as there are not quite as many places to play anymore, as there was even ten years ago.”

In the slower months, the band plays once, maybe twice a month, giving the boys some time to rest and recoup preparing for the busy summer months ahead. Although it is their choice, Molson admits, “Summer can be very busy; sometimes every weekend, but usually three times a month.”

They are quite comfortable in places such as Woody’s Place in North Augusta; small but not too small, local and yet not restrictive. The boys were able to kick back, relax and perform for their crowd just like they were sitting in a living room full of close friends having a good ol’ jam session, and the crowd ate it up.



“We have fun when we’re playing.” explained Molson.

Drummer, Brian Collins confirmed, “I am right where I want to be.”

Countryman who plays guitar and does vocals, summed it up nicely. “This really is as far as it goes for us. We’re not song writers and all that stuff.” We’re not doing our own original material. We’re a bar band, and we’re having fun. This is as far as it goes for us.”

Each in agreement that as long as they can make people have fun and dance; have them come up to them at the end of the night and say, “Hey, we had a good time,” maybe ask for some business cards, then they are quite content that they have done their part.

Countryman added, “This is my main hobby. I don’t want it to turn into work, ‘cause once it does that, it’s not fun anymore.”

“We don’t take ourselves too seriously up there. We just like to have fun. We don’t try to pretend that we’re something that we’re not.” Said Molson. “We play the songs that we want to play and that people want to dance to. It could be an old George Jones song and then go right into a Tragically Hip tune. It’s whatever keeps them dancing.”

Collins chuckled, “as far as doing originals songs, we don’t do them, “or people wouldn’t be here tonight! We play what the people want to hear.” LH

The **BUZZ** about **BEEES**



By Brenda Visser

Early summer is the time of year many of us have been waiting for. We have said goodbye to a long, cold winter, and are welcoming the warmth, colour, and light that this season brings. Many of us are more active and spending more time outdoors.

Honeybees increase their activity too; their very existence (and ours) depends on this season of growth and harvest. They are

looking for blossoms and colour just as much as we are.

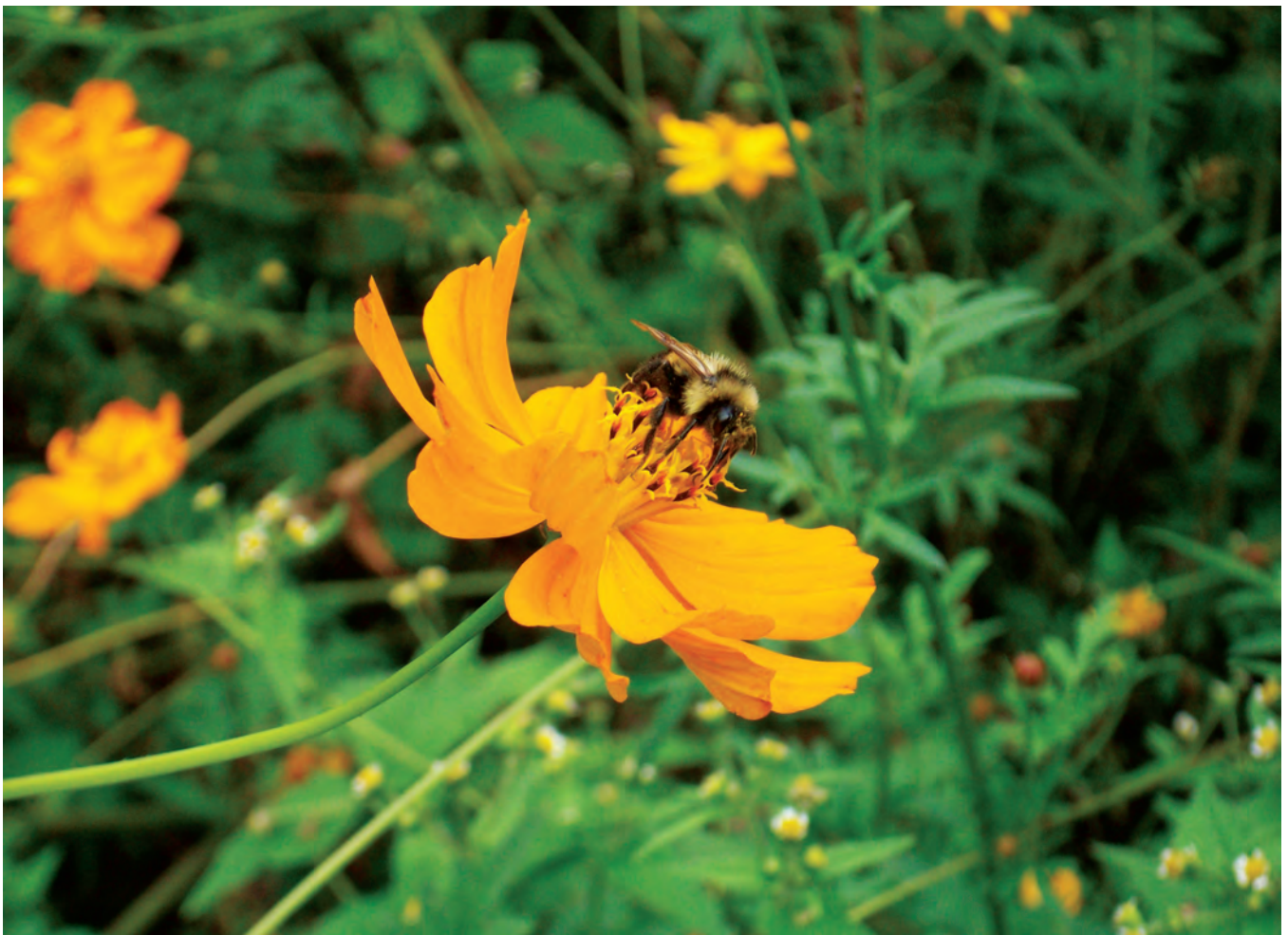
While bee populations have dropped in our region due to disease and other factors, consumer awareness has grown, and the demand for local, raw (unpasteurized) honey has increased to the point that demand is exceeding supply. Wendy Banks of Wendy's Mobile & Country Market in Lyndhurst says that she has sold out of

some particular types of honey, such as a local wildflower honey that she really enjoys, and has even sold out of products for restaurants, such as edible honeycomb.

Banks has had a lot more people asking questions about bees and the health benefits of honey in the last year or two. She says, "People want to know their products- where they are from and who is producing them."

(www.wendyscountrymarket.com)

Facts on honey, such as its history, health benefits, and chemical proportions, are easy to find on the internet. A good place to start is the 'Ontario Beekeepers Association' website (<http://www.ontariobee.com>), which is a treasure trove of information. This site includes a wide range of topics, from Issues & Advocacy, to Pollination Services, to a Kid's Zone, and so much more. You can connect to other beekeepers, or find out where to buy Ontario honey. If you are interested in advocacy, the OBA also has information on the Ontario Bees Act and current legislation efforts.



Beekeeper, Debbie Hutchings of Rideau Lakes, located just on the fringes of Leeds-Grenville.

Local raw honey is promoted by many, as it contains vitamins and trace minerals that can be destroyed by pasteurization. A quick browsing of websites and online encyclopaedias reveal that honey can contain vitamin B6, thiamine, niacin, riboflavin, and some amino acids. Trace minerals found may include calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc. Honey can be used as a salve on wounds, to soothe a sore throat, or when mixed with ginger and lemon, to settle an upset stomach.

So why is honey pasteurized at all? For commercial purposes, it is easier to handle and it can produce a more consistent colour and clarity in honey that is less likely to crystallize. In addition, pasteurized honey is safer for those who have very weak or not very developed digestive tracts, such as the very young (under one year of age). A dormant spore of the bacteria *Clostridium botulinum*, which is found in soil, may be present in some raw honeys, and in some cases can grow into a toxin-producing bacterium in the gut, causing botulism poisoning. From my simple research, however, this seems to be rare.

The interest in honey and the health of bees has grown so much that a March Seminar entitled "Keeping Bees and Making Honey" held in the Escott Library/Springfield House was filled to capacity, with a waiting list. Debbie Hutchings, 4th generation beekeeper, said the response was so overwhelming that a second free seminar was held in April. This workshop specifically informed those who are interested in starting beekeeping as a hobby or small business, and topics included start-up costs, equipment needs, time required, and honey yields.

Hutchings says that she thinks the best way for someone to learn beekeeping is "hands-on in the bee-yard". She enjoys mentoring new beekeepers, and offers paid beekeeping workshops from her farm, "Debbie's Bees" on the Hutchings Family Farm in Rideau Lakes. She also has beekeeping supplies available. (See her website for more information: debbeesbees.ca, or call 613-483-8000).

A beekeeper that optimizes the management of one hive can be rewarded with up to 100 pounds of honey in just one season. A sweet bonus for giving nature a boost in survival!



Honey is classified by its floral source—wildflower, clover, apple— and by its colour—white, golden, amber, dark. There are other regulations as well, such as country of origin that is important for those who sell this product. Those wishing to make money from their backyard crop may need to label it according to standards set by the Ontario Ministry of Agriculture and Food. The details for this can be found online (see omafra.gov.on.ca).

The plight of bees has frequently been in the media in recent years. Much has been studied and spoken of regarding the issues that face them. Pesticide use, disease, and loss of habitat are some reasons why the

bee populations in our region, and all over North America, have faced serious declines. We should all take note, and do our best to promote healthy bee populations, since their well-being has a direct influence on our own well-being. Despite the occasional sting we may receive, bees' beneficial work of pollination far outweighs any negatives. That is true even without the fringe benefit of honey!

Local honey can be found throughout the year, but especially now, at Farmer's Markets and roadside markets, such as Beverley Shores Honey in Delta, or the Tincap Berry Farm. Be sure to try some out and be a locavore! Sweet! **LH**

GARDENING GLORY

By Brenda Visser

Summer is here! Okay maybe not true summer, according to seasonal clocks, but it is definitely time for gardeners to get outside and be busy. The earth is coming alive with colour and growth. Garden centers are opening, and any seeds you may have planted early indoors may now begin to outgrow their pots.



Once the danger of frost is past, seeds, vegetable transplants such as peppers and tomatoes, bedding plants, and hanging baskets can all be placed outside. The common rule of thumb for frost dates is the Victoria Day weekend in May. After this time, it is unlikely that frost will kill any young plants. However, as we have just experienced this winter, weather is not always predictable, so it may not hurt to pay extra attention to forecasts for a few weeks after planting to protect the work you have done. If there is a frost warning, it is recommended that plants be covered overnight. I like using old bed sheets or lightweight fabric. Be gentle

covering the tender plants, as you do not want the stems to break.

Vegetable gardens can be planted sooner than the long weekend, especially those crops that like cooler weather, such as spinach, onions, potatoes and peas. Watch for those early spring crops that will soon be ready- rhubarb and asparagus, for example.

If you would rather wait, and not worry about frost, there is still a lot that can be done in the yard. Donna White from Green Things Garden Centre on Highway 2 recommends raking, fertilizing, mulching, pruning, and planning are all great

activities for the late spring season. She also says that "If people are tired of winter, come browse through our greenhouses!" They are full of colour and greenery. Some of your planning can take place here.

Plants that love heat can be put in the ground by mid-June. This could include beans or cucumbers, and many more. Many crops can have repeated sowings of seed throughout the summer. Last October, I was eating fresh yellow beans that had been planted in August.

Information about gardening abounds, and by asking questions, doing some reading, and trial-and-error, you can have a beautiful garden to enjoy for many months. Most gardeners are enthusiastic to share their knowledge, and of course, employees of garden centres are a great place to start. Ritchie's Feed & Seed on Highway 29 (www.ritchiefeed.com) and Westgate Landscape Supply in Gananoque have much experience and expertise.

I also highly recommend joining a garden club. Not only does your knowledge grow, but friendships can as well. Seed exchanges, plant sales, and perennial plant sharing is an economical way to expand your garden.

Keep your eyes open for yard sales and non-profit sales- I have found some great garden treasures this way.

With the wealth of information about gardening in our area, beginners and experts alike can enjoy this fantastic time of year. Avid gardeners are in their glory! LH





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- Formerly known as Farmersville and settled in 1792 was renamed Athens in 1888 in honour of Athens, Greece
- Athens has one of the nicest collection of large outdoor Murals in Eastern Ontario
- Athens has a group of volunteers know as Athens Blooms that helps beautify public places in the Township with flowers and hanging baskets for the enjoyment of residents and visitors
- The Athens Farmers Market Season begins May 17th and runs until October 31st

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20

with **Leslie MacPherson**

QUESTIONS

By Jonathan Vickers



Leslie MacPherson (32), is the Interpretation Coordinator for Fort Wellington National Historic Site in Prescott since (2008). Leslie is married to her husband Nick (Thompson) and they live in Front of Yonge with their son, Gordon. They own 2 dogs named Paddy and Murphy. Leslie's love of family and interest in her Scottish heritage keeps her busy on her off time.



broadcasting and ultimately to work for the CBC. I also loved history and telling stories. I ended up graduating with a degree in Canadian Studies and Communications. The most difficult part about choosing a career is trying to figure out how to make a hobby into a career. It took me a little while to figure that out.

LH: Is Prescott your hometown?

L: Yes. I grew up on a farm outside of Prescott, next to my mother's family homestead and maple sugar bush. How Canadian is that?! My parents still live there, where they raise highland cattle.

LH: What can you tell us about growing up in Prescott and Cardinal?

L: Growing up in a small town was great. I have 3 siblings, and we kept busy. I think we all spent a lot of time dreaming about moving away. Once we left, we couldn't wait to come back. Of the four of us, three of us have returned to live at "home". I was fortunate to have gotten to play hockey in Prescott, attend church in Cardinal, and go to school in Brockville. This whole region was my community!

LH: Where did you go to High School and any particular accomplishments or memories?

L: I went to high school at St. Mary's in Brockville. I was a good student and stayed out of trouble. My favourite class was Drama, and not History. In my final year, St. Mary's underwent some construction, so our school year was condensed and

ended in May. I had an extra long summer between high school and university...now that's an accomplishment!

LH: What high school jobs did you have?

L: My first job was unpaid where I worked grooming and cleaning up after my uncle's racehorses at the racetrack. I loved it. I got my first "real" job as a summer student at Fort Wellington in 1999 when I was 18.

LH: Any lessons from that first job you can relate to now (successes or failures)?

L: If you really love something, you put up with a bit of... "unpleasantness". And you'd do it for free.

LH: What did you study in University and what was your first career choice?

L: Growing up I wanted to be a veterinarian. Then I wanted to be an environmental scientist. I started my post-secondary education in an environmental science program at Brock University in St. Catharines. After my first year, I realized that science was not my passion. I really wanted to get into journalism or

LH: So how did you go about getting the job at Fort Wellington and coming home, so to speak?

L: As I mentioned, I worked at Fort Wellington as a summer student. It was an amazing job, and helped show me that you really can turn a hobby into a career. When I graduated from university, I worked at a diner in Niagara. I applied for jobs at historic sites and parks across the country, and after 8 months of flipping burgers, I landed a job at Bellevue House National Historic Site in Kingston. I spent two years there. In 2008, the position opened at Fort Wellington. I applied, and got the job. I was happy to return home.

LH: What exactly is your job, Interpretation Coordinator at Fort Wellington?

L: Anything that the visitor takes part in at the fort, I am a part of. I get to visit daily with visitors from around the world. I plan and deliver our school programs and our special events. I oversee our historic weapons and costume programs. I also supervise and coach our team of student presenters each season. The short answer: I'm a storyteller.

LH: What is the best part of your job?

L: The best part of working at Fort Wellington is the people. I love my team and I love (most of) our visitors. There is nothing like having a fantastic conversation every day with people you have just met. Or seeing a child have an "a-ha" moment when he/she



understands something for the first time. Firing the cannons is a lot fun too. It is an adrenalin rush!

LH: Why should young people and really, everyone, be interested in the History of Fort Wellington and our Military history along the St. Lawrence?

L: *I could go on a long, passionate rant about this. It is easy to be put off by history when you're reading it out of a dusty old book. But when you start to explore what is in your backyard, you'll realize that it really is exciting. There are stories of love and war, sadness and joy, comedy and drama. This region contributed to the history and the identity of what we now know as Canada. We are a patriotic nation, and everyone should want to know why. These were people just like you and I, who may not have known it, but they were a part of something big. Everyone loves a good story. If you're looking to hear a good one, you know where to find me.*

LH: Now for the more personal stuff: How did you meet your husband?

L: *I met my husband Nick at the Glengary Highland Games in Maxville Ontario. The same place my parents met almost 30 years before us.*

LH: How long did it take him to convince you to go on a first date and where was it?

L: *I disliked him at first. He was a military guy, and came across as being too confident and very serious. Luckily, my sister and my cousin were bagpipers in the Military Band of the Ceremonial Guard on Parliament Hill that summer, which forced me to keep crossing paths with Nick. I'd say our first memorable date was to a movie. We saw *Blades of Glory*. When I found out he could laugh, I knew he was a keeper.*

LH: What is family life like for you on weekends and where do you go to spend time together?

L: *When we're not visiting Granny and Grandpa on the farm, we can often be found at community events, at the Brockville Dog Park, or at the grocery store. Most of the time however, we can be found outside chasing our son around, who is almost 2 years old.*

LH: If you could have dinner with 3 people, alive or dead, who would they be and why?

L: *I'm going to give you the history geek answer, and I'm assuming that my husband is co-hosting this dinner with me.*

- 1 *Sir John A Macdonald, Canada's First Prime Minister. The more I read about him, the more I'd like to invite him for dinner.*
- 2 *Thomas D'Arcy McGee, the politician and poet. He was assassinated before his time, and would hopefully get along with my other two guests.*
- 3 *Robert Burns, the Scottish poet. Someone has to do the Address to a Haggis!*

(I'd want to be at a dinner where everyone got along. I think these gentlemen would be fine guests, and we'd have a memorable time. I might limit their beverages though.)

LH: Favourite Guilty Pleasure?

L: *Ok. I'll admit it. I'm a sucker for horrible reality television. I've been known to watch *The Bachelor* with a glass of wine.*

LH: Favourite TV Shows?

L: *I recently got into *Downton Abbey*. I also enjoy *Parks and Recreation*.*

LH: Favourite book or Author?

L: *The last great book I read was *A Dog's Purpose* by Bruce Cameron. I laughed and cried. I often return to *Tuesdays With Morrie* by Mitch Albom.*

LH: What is a characteristic in people you dislike?

L: *Negativity. I find it very contagious, counter-productive, and poisoning.*

LH: If you could change one thing about yourself, what would it would be?

L: *I am an obsessive planner. I over-plan. I was once told "If you want to tell God a joke, make plans." Well, to God I'm probably a comedian. Having a toddler has helped me to let go, and taught me that the best days are the unplanned ones.*

BONUS QUESTION

Best part about "LIVING HERE!"

L: *The fresh air and the people. I remember when I first moved home from Niagara, I was going to "run" to the bank on my lunch break. A walk that should have taken 5 minutes took up my entire lunch break. Everyone said hello or stopped to talk. It's also really nice to be able to raise my son surrounded by family, and within the same region I was raised. LH*

A Thousand reasons to Live, Work and Play in Gananoque and the Thousand Islands



The Town of Gananoque has a rich culture of entrepreneurship that is continually growing. All of our businesses come from different backgrounds and offer an incredible array of products and services. The business community prides itself on excellent customer service, which is one of the key elements that makes Gananoque a unique and inviting shopping district. With its unbeatable quality of life and larger centres only minutes away, Gananoque is an ideal community to locate your business. Call the Economic Development office today to see how they can help .

Shelley Hirstwood: Economic Development Manager 613 382 2149 ext 1127 email: shirstwood@gananoque.ca





Cruise the Thousand Islands

The 7 Day Guide to Exploring, Dining, and Indulging In and Around Gananoque.

Day 1: Picnic On an Island

Hit any of Gananoque's cool cafes—like *The Hot Roast Company* or *Panache Bakery*—for a takeaway lunch. Head over to Thousand Island Kayaking and grab a kayak rental.

Paddle all the secret nooks and crannies a tour boat can't go.

Day 2: Treasure Hunt

Explore the many collectable shops. It's like a stroll through a movie set or your grandmother's living room. You'll find antiques, architectural salvage, and collectables.

Don't miss *Hank & Ginger*, *Bespoke*, *Old Love Antiques*, *Robeson's Country General Store*, *Never Enough Antiques and Collectables*, and *The What Not Shoppe*. Recharge with ice cream at *Sweet 101*.

Day 4: Hike and Bike.

Gananoque has a fantastic 12 km trail. It takes you from the waterfront, up the Gananoque River and into the woods. Trail maps are found at the Gananoque Visitor's Centre. Or rent a bike from *Thousand Islands Cycle* and cycle the Thousand Islands Parkway. Finish the day with a beer and pizza on *Moroni's* patio.

Day 5: Restaurant Hopping

After day four you're going to need this. Grab a drink or share a small plate. Go for fish & chips at the *Old English Pub*, spaetzle at *The Maple Leaf*, or fish tacos at *the socialist pig*. Breakfast is battled out between *The Village Deli* and *Anthony's*.

Day 6: Go Fishing or Talk a Walk

Gananoque was voted as Ontario's Ultimate Fishing Town! Charter a guide that knows the secret spots—*Muskie Rush* specializes in trophy muskie fishing. Don't forget to take a fish home from *Forty Fathom Aquariums*. Info is available at the Visitor's Centre. If fishing makes you squirm, take a historic walking tour of Gananoque and grab a book at *All About Books*.

Day 7: Spa and a Show

Gananoque is the perfect place for a spa day. The Aveda Concept Salon, *Rapunzel*, offers stress relieving scalp massages, hand relief treatments, and full body massages. *1000 Island Nails* and *H&T* are great for a mani/pedi. Silk and Cornerstone can offer you a new 'do. After your pampering, see a play at *The Thousand Islands Playhouse* and enjoy an intermission cocktail on the deck above the river.



Did you know we have our own beer? The Gananoque Brewing Co. is in the lower historic downtown. The Gananoque Farmers' Market is every Thursday 4pm-7pm in the town park. There are many other great shops that we just couldn't fit on one page! Check out the directory at <http://www.gananoquedowntown.com>.

GANANOQUE:

Fishing in Ontario's Ultimate Fishing Town

By Lorraine Payette

Whether it's the one that got away or an impressive trophy in the den, everyone has a fishing story. Possibly the most popular year round sport in our area, fishing has always been a jewel in the crown for those living in the western portion of Leeds-Grenville. Since the mid-1800s, people have been coming here in search of the giant muskie, large and small mouthed bass, and other noted fresh water game fish.



Gananoque became the star of local fishing circles when it was awarded the title of WFN's (World Fishing Network) Ultimate Fishing Town 2013 for Ontario. This is not something to be taken lightly, and a lot of work went into achieving this privileged position.

"Out of 270 plus entries in Canada that entered the WFN Ultimate Fishing Town contest, we came in second place in all of Canada," said Sandra Wright, Executive Secretarial Services & Art Supplies, member of the committee. "We had approximately

Everyone is the right age to fish in Gananoque

61,173 votes which earned us the Title of Gananoque, Ontario's Ultimate Fishing Town 2013."

The \$3,500 prize received was divided up among Muskies Canada - Gananoque & The 1,000 Islands Chapter (\$1,000) for a Radio Telemetry Research Study in the St. Lawrence River; a Guided Fishing Excursion (\$150) for four children and one adult with fishing guide, Dan Spencer; the Thousand Island Association (\$600) to purchase a shoal

marker to improve safety in the channel; the annual Gananoque Huck Finn Derby (\$300), which encourages young people throughout the area to enjoy fishing; and various items to help promote Gananoque's fishing industry.

Gananoque makes a proud claim to hosting more than 20 species of game fish along with 60 or more types of rough and bait fish. Among these are largemouth, smallmouth and rock bass; northern pikes, muskies and walleyes; perch catfish, sturgeons and bluegills. The bass fishing in the area is so good that it inspired Garry Fisher to create the annual 1000 Islands Big Bass Challenge.

"This is a tournament that welcomes all anglers regardless of size, height, age or sex," says Fisher. "Our Challenge is held on the Free Fishing Week in Ontario every year to get all anglers out to have fun..."

Started in 2012 by Fisher and his wife, the tournament keeps growing in popularity. Large cash prizes and various merchandise items are given as awards in different categories, but the biggest prize is the chance to fish for bass on the St. Lawrence River and learn what it's all about.

"We have anglers coming from Toronto, Ottawa, Montreal and all places in between," says Fisher. "We even have one special boy who fishes it every year. He comes up from Mexico to see his Grandfather once a year and has asked to come in the month of July just to fish it."

The Huck Finn Fishing Derby is another special treat held every year in late June. Local children aged 12 and under get out their gear, dress up as Huck Finn and Becky Thatcher. They decorate their bikes and design floats, and with adults, parade down King Street in to the Duck Pond in Confederation Park. Once there, they have a fun filled day of fishing in the river, with each child receiving a dime for each fish he/she catches, as well as hotdogs and cake. At



Everyone is eager to get a hook in the water

the end of the day, there are special prizes awarded for the biggest fish, enthusiasm, and best dressed bikes. Everyone goes home with something, and the competition is open to children from everywhere. The derby has been running for more than 60 years now, and parents and grandparents who fished in it are bringing their children and grandchildren out to participate.

Fishing areas are divided into zones, with Leeds-Grenville falling in zones 18 and 20. Different townships have different places to fish. These include Ashden, Simpson and Trout Lakes in Ashby; Big Ohlmann, Camp (Little Mackie), Long Schooner, Mackie, Reid and Round Schooner Lakes in Miller; Freen Lake in Lake; Little Green Lake in Clarendon; Long Mallory Lake in Abinger; Loughborough Lake in Storrington; Potspoon Lake in Bedford; Redhorse Lake in TLI; Shabomeka Lake in Barrie; Silver Lake in South Sherbrooke and Oso; Charleston Lake in Lansdowne; and the St. Lawrence River.

"More people are stating to fish, and more are getting back to fishing these days," says John Sideris of Wings Bait and Tackle in Delta. "May 10th is the opening of the season for pike for Zone 18, a week earlier in Zone 20. Open season for bass is the 3rd Saturday in June."

Sideris sells a lot of minnows during the year and live bait fishing is in very high demand. He also reminds everyone that you need proper permits to fish in Ontario and that you must not catch anything out of season. Catch and release is the preferred method of fishing, unless the fish are to be consumed as food. Be sure to check Ontario regulations before going out to fish. Whether from shore or a boat, when everyone follows the rules, everyone wins. Garry Fisher agrees.

"I have had a passion for fishing for many ...," says Fisher. "Getting kids into this sport - seeing the eyes and big smile on their faces when they catch that big bass, pike or even a perch - just makes my heart melt. ... I will do this for many years to come." **LH**



L: Fish are treated with respect and care during the competition; Below: A large mouthed bass makes a nice starter fish



For more information on fishing in Leeds-Grenville, please visit Jake's Lil Bait Shop, Lansdowne, ON; Wings Live Bait & Tackle, Lyndhurst, ON or Mud Creek Bait Shop, Gananoque, ON. They will be happy to help find any needed equipment, bait, guides, and provide information on getting the Ontario Outdoors card (fishing license).

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.

I have often touted Ontario Riesling as the best category of wine available on LCBO shelves. The two main reasons are versatility and quality, which extends across the entire category. Of course there are exceptions, but generally speaking you can't go wrong, the quality is that consistent.

Riesling is also the perfect selection for summer. Whether it's described as zesty, zippy or zingy it cleans and refreshes the palate, provides a nice pick me up and effortlessly matches a wide variety of foods. Local anglers should know that it is the perfect companion for pan fried "catch of the day". Got sausages on the grill? Riesling is up to the job. How about a beef stir fry with garlic, onion and chilli peppers? You guessed it, Riesling.

Cattail Creek "Creek Series" Riesling 2012 (CSPC# 241547, \$14.95) is a relatively new arrival to area LCBO shelves, although they planted their first vines in 1956. They have a reputation for great Riesling and it's easy to see why. The "Creek Series" nose is open and generous with aromas of pineapple, lemon zest and spice. Expect a medium bodied wine with wonderful balance and character. Peach, apple and citrus flavours dominate the palate, with just a hint of pear. There is plenty of acidity to match the generous fruit and the finish has good length and refreshing green

apple acidity. The quintessential summer sipper, it will also partner superbly with chicken, poultry and seafood.

Angels Gate Sussreserve Riesling 2011 (CSPC# 620104, \$13.95) also deserves your consideration. Sussreserve is the technique of reserving some of the juice prior to fermentation and adding it to the finished wine to make the fruit component "pop", so to speak. Look for peach, citrus and spice (quite possibly ginger) on the nose. Pineapple, nectarine, lime and pear flavours are easily discernible on the complex palate, which is balanced by a racy acidity. The finish is crisp, flavourful and refreshing. Pork, local white fish, shellfish and poultry all match nicely with our "Angel".

Henry of Pelham Riesling 2012 (CSPC# 268375, \$13.95) is the latest vintage in this winery's long series of quality Riesling. The nose offers aromas of peach, honey and apricot fruit with underlying floral nuances. The palate is complex and rich with the apricot and peach from the nose returning supplemented by Granny Smith apple and tangy citrus fruit. Ample acidity balances things nicely and the finish is quite remarkable in length. Partner it with glazed ham, mildly spiced Asian dishes, poultry or pork. **LH**

Enjoy!



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QUICK INTERESTING FACTS ABOUT LYNDHURST AND SEELEYS BAY:

- Lyndhurst was originally founded and named Furnace Falls in 1801 and was renamed Lyndhurst in 1846.
- A plaque commemorating the Lyndhurst Bridge, built in 1856-57, was erected by the Ontario Archaeological and Historic Sites Board.
- Seeley' Bay was established early in the 19th century as a port of call for steamers going between Kingston and Ottawa on the Rideau Canal.
- Seeley's Bay offers many fishing tournaments and community festivals. The free public wharf provides access to hundreds of miles of shoreline along 4 lakes in the immediate vicinity.

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GAME ON

Game day for a baseball umpire

By Daniel Geneau



The day begins like any other regular weekend morning, except today is game day. I have my first cup of coffee, and then go outside to my deck to check on the weather. Giving the horizon a good scan in each direction, my personal prediction is made as to how the day will be in regards to rainfall, I am thinking like “Ernie Banks” used to say “Let’s Play Two!”

Since it is a double header today, the first game is scheduled for a noon start and the second game should be around 3 pm. With the prediction, there should be no rain before 6 pm; all is good to get the games in for the day.

I make sure to get a good breakfast. “No Wheaties” for this umpire, a good hearty breakfast of bacon and eggs, toast and coffee. I then go downstairs to start the different stretching exercises I need to make sure I can call both games today without getting tired. There is lots of running and bending being an umpire and believe it or not, you need to be in good shape. Knee bends, back stretching and hamstrings, quad muscles are all worked on, making sure not to forget the arms, shoulders and chest. These can all be continually repeated right up until the car is packed and it’s time to go.

At last, the final check. I make sure that all necessary equipment has been properly

packed in the umpire bag. This final check will be done at least three times. The game shirts, game pants, spare T-shirt, shin guards, chest protector, face mask, shoes, both regular black sneakers and steel toed shoes for doing behind the plate and most importantly, the protective cup are all accounted for.

The final little things to be checked include having a towel ready in case the field is wet and the game balls need to be dried, have at least one umpire counter in the bag, a small brush for cleaning home plate, a water bottle filled with ice water and plenty of wet naps for doing a further cleaning of the shoes. I carry an extra pen and paper for making notes during the game, a small watch and some sunscreen, no need to get sunburn and besides it helps protect your skin from a hot sun.

I then take a shower and also shave on game day, I feel this is important to be a professional and although this is not a requirement of all umpires, it is my way of making sure I am in the proper mindset for the tasks ahead. I can never be sure of what kind of mood the coaches, players and fans will be in, but being a father of 3 girls you can be sure I have plenty of practice in arguments and patience. The only exception is I don’t say “You’re outta here!” to my daughters, just the manager or players who give me a rough time.

Just before loading the car with my gear, and a final coffee, I do a little more work in front of the mirror on the signals that will be used for the game. Outs, safes, strikes and balls, are all signals that will be used in every game and need to be presented clearly and affirmatively. Sometimes as an umpire, you really have to sell your call. “Practice makes Perfect”! It is time to go to the ball park.

After unloading all my gear into the umpire club house, a brief stroll is made near each team’s dugout to have a quick conversation with coaches, fans and players. Just saying some hello’s and asking how everyone is. Talking about the weather is always a great way to start everything, especially when there is rain in the forecast. That is when I will bring up my predictions made much earlier in the morning on the deck with my first cup of coffee.

With my partner and I having our gear on and ready to take the field, we make our way onto the diamond, calling for coaches and captains to home plate for last minute questions and comments. We go over the general ground rules and things such as, time limits and any mercy rules that may come into effect later in the game.

Everyone is then waiting for those two famous words that signify everything is set to go.

PLAY BALL!

A break of anywhere from 30 to 45 minutes is generally taken between first and the second game. The umpire’s will be trading places on the field for that second game and any information they can pass on to each other is talked about. Then they are ready to go. Waiting for the next....

PLAY BALL!

Now, with both games over, congratulations are passed on to both teams for good games. The umpires offer congratulations to each other and hit the club house to pack up the gear. Today was a good day, no arguments and good calls on close plays that both teams did not complain. We head home knowing we did our job and stayed out of the spotlight. The game is about the Players and their teams.

I will sleep well knowing I had fun and played a small part in what I think is the best game in the world-“Baseball!” LH

WHAT A DOLL!

By Emma Taylor

Most little girls love playing with dolls, and for some that love never goes away.

Fabric artist Sue Hale-Ladouceur, of Mallorytown, has always loved dolls and said she can remember her dad saying to her "If you ask for another doll for Christmas I will fall over."

"Of course I did want a doll for Christmas, I still want dolls for Christmas," she said.

Under the name Maggie's Fabric Art and Soft Sculpture Hale-Ladouceur creates one-of-a-kind dolls which include Santa Claus and Elves at Christmas time. She also makes Christmas tree ornaments-simple figures that include angels, cats, and fairies.

She started out making things for her own kids and people would tell her she

should be selling them. After receiving many compliments on the creations, she decided to take their advice and started selling them out of her home. It has now been over 25 years. She has also donated many of her dolls for auction or money-makers for people over the years.

Primarily self-taught, she has taken doll making courses through the years but learned most of her tricks from her mother. When she was a child they would make dolls together using pre-printed cut outs. Her mother would draw on them and they would design dresses together.

Hale-Ladouceur designed the original doll patterns by hand after going through several versions to see what worked best. Each is stuffed with fibrefill stuffing because they have to be very firm in order to keep the shape. The bodies of the

dolls are all machine sewn because the stuffing tends to poke through between the stitches if hand sewn. She machines sews the backs of the dresses as well, but gathers it by hand. The petticoats and hats are all sewn by hand.

Most of her dolls are female with the exception of Santa Claus and the Elves at Christmas time.

"I thought I should make some male dolls but they don't wear pretty dresses," she said with a laugh.

Although she hasn't always felt so, she now considers her dolls art forms in themselves. "When I work on the faces, I use the cloth like a canvas so that really is an art. I have to be in the mood to do the face. I have to prime the fabric and do a couple of flesh coats on it, everything has to dry, be sanded, and then I start to do the faces with acrylic paint. Lots of times I do it with a toothpick," she said.

Each piece is unique and each doll unfolds as she goes along. It takes roughly a week to finish each doll from start to finish, putting in about 5 to 6 hours a day on it.



She tries to fit this in around her part-time job as a baker.

When looking for fabric, she keeps her eye out for high-quality cotton, usually visiting quilting stores to find what she needs.

"I'm always on the lookout for little embellishments and thinking of ways to use them. Sometimes I will take a piece of broken jewellery and use the stones out of it. I'll see a certain fabric I really like and I think wow, that will really look good as a doll and then I begin a new one," she said.

She prefers to work with dolls that are about 14 inches tall. "Once you start getting into anything bigger you end up going through too much stuffing." The biggest doll she has ever made was 30 inches tall.

Hale-Ladouceur, who belongs to the Thousand Islands Arts (TIA) organization, takes part in a yearly TIA show-this past year it was held November 16 and 17th 2013 in Rockport. She also did another show at Eagle Point Winery November 2nd and 3rd 2013. She said she found it a challenge to have everything ready for two shows.

"I really get in the zone when I'm doing them and especially the time of year from September on, I'm trying to get ready for shows. I run out of time because the more I make the more ideas I get," she said.

In addition to the dolls that she sells, she enjoys doing special projects. Her granddaughter, who is five years old, receives a handmade doll every Christmas and she has also been busily making Monster pillows for her three grandchildren. Spending more time working on quilting and patchwork is something she would like to do.

"I don't seem to have the time and I have all this fantastic fabric. I did do some appliqué quilts but there are so many things I don't know about quilting and patchwork. I would like to learn and maybe take some courses," she said.

Hale-Ladouceur's mother passed away before she had a chance to see her daughter's work but "I think she would have loved it-she really loved dolls too." Hale-Ladouceur said. **LH**

If you are interested in making one of Sue's wonderful creations your own, you can reach her at 613-923-2557.

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RIBBON GUITAR

The Guitar that started it all

By Jessica Brassard



Meet Marty Urquhart, the creator and sole manufacturer of the Ribbon Guitar. The idea for the design first emerged in 2009, while Marty was recovering from minor surgery. He was inspired to use the shape of a ribbon because of his son, Rory, who has autism. "We had a few puzzle piece ribbons around." and it got him thinking. Marty had never made a guitar before but he had always been a lover of music and had an aptitude for mechanical design. His family recognized the merit of this project right away, "It's a good idea, follow it through." Kim, his wife, commented when he shared the idea. With the help of his father, an amateur carpenter, the use of his workshop and some C.A.D software, Marty was able to create a prototype in pine. After perfecting the design, "Away I went..." Marty said, completing the puzzle piece guitar. This was the start of the Ribbon Guitar.

Since 2009, Marty has completed 12 guitars for various people and charities. All major parts for each guitar are Canadian made, coming from all over the country, Hamilton, Ontario, Montreal, Quebec, and Fraser Valley, British Columbia. He has worked with Traffic Jam Campaign, to Stop Human Trafficking and Slavery (www.facebook.com/trafficjam.org), the

Kids Cancer Alliance of Louisville Kentucky (<http://www.kidscanceralliance.org/>), a prostate cancer ribbon guitar was even auctioned off to help raise money for a Mount Kilimanjaro climb. He is currently working on a guitar for the Golden Hat Foundation; a non-profit organization dedicated to raising awareness and improves the lives of those with Autism (www.goldenhatfoundation.org/).

Marty has made many fond memories since he started this endeavour, including driving up the "Highway of Heroes" on Remembrance Day, with his daughter Allie, to deliver a thank-you guitar to the band the Trews (a yellow Ribbon). Although the best part about building Ribbons guitars, Marty says, besides how relaxing and rewarding it is, is how proud his son Rory has become. Knowing "the guitars will be out there for along time." Especially the one Rory designed himself, for an old family friend.

As for making guitar building into a full time business, "it would be totally cool if it happens" but it is not in the plan for the near future. Marty is currently expanding his design inventory, that he will make for profit but the Ribbon guitars would "never be mass produced. Making Ribbon guitars will always remain a labour of love." The purchase price only covers the cost to



L: Jake Owen being presented with #011 as a thank you for performing at a charity auction

R: Marty and Rory with the original Autism Awareness Ribbon guitar and #003 Pink in background

produce the next ribbon guitar. Despite all the guitars made so far and those to come, Marty noted "It will always be a puzzle ribbon to me". **LH**

For more information, or to get in touch with Marty you can contact him through this website, <http://www.ribbonguitar.com/> or on facebook, www.facebook.com/pages/Ribbon-Guitar/132645843415351

Preparing for a PERFECT PROM

By Lorraine Payette



Stardust and moonbeams, gorgeous gowns, black tuxedos, great music and a chance to dance forever with your perfect date for the evening – nothing is more magical than these memories of the prom. Even while the committee is making designs and setting up the hall, young people throughout the region are seeking for all the accessories they'll need to make this evening one of a kind.

"Prom can be the most romantic night of a person's life," says Natasha Lux of Magnolia Flowers in Gananoque. "Having the right accessories can really enhance that experience."

What do you need to make your prom the best it can be? You've started by asking the ideal date to come with you, but there are so many other things to consider.

Prom etiquette may seem a bit overwhelming, but help can be found at www.promworks.com/. The site walks you through the array of things you need to know, from invitations and costs through flowers, clothes, transportation and photographs. A well planned evening is going to be far more fun than one where you aren't sure what to do next.

First, find out what kind of prom you'll be attending. It makes a huge difference to know whether it will be formal, semi-formal or themed, and what kind of attire is needed for each. Try to make sure that your outfits go together in a harmonious way – black tuxedos are good for formal proms and go with

any colour combination your date might be wearing. Semi-formal proms will require suit jackets, button down shirts and ties that go well with the shorter dresses worn by your date. Fully themed proms may require you to dress like a character from a book or movie, with a lot of chances to use your imagination.

Shannon at Steel Style Garage in Gananoque says that they sell casual wear, but have occasional pieces that might go well for an informal prom. Mostly, she sends customers to Isis in Brockville. Isis specializes in formal wear for all special occasions, and can help you find the perfect clothing for that once in a lifetime evening.

Shoes, bags, and jewellery all need to be considered. Savvy is described as a footwear boutique for women. Located in Brockville, they have a knowledgeable staff and good selection of high quality fashion footwear, handbags and jewellery to suit the most discriminating tastes.

Flowers are an important part of every prom, not just for her, but for him as well.

"We're moving away from tradition into something new with flowers," says Lux. "Girls are looking more at the keepsake bracelet. We're creating more natural, more masculine boutonnières for the boys."

By blending flowers with jewellery, the freshness of prom is retained. When everything is over, flowers can be removed and the bracelets can be worn at any special occasion.

Marilyn Gill at Colonial Flowers in Brockville has also noted the change.

"Our clients are looking for things that aren't run of the mill," she says. "Berries, grasses, natural materials – all of these are popular now. We can dye flowers to match the outfits, and we try to personalize each order to match the client's wishes."

The florists enjoy prom season and working with the imaginations of the younger clients. It is preferred that you make your decision and place your orders at least 24-hours in advance, so to ensure you get what you want, with a week being the optimum. Expect to pay between \$13.50 - \$25.00 and up, depending on the exact thing you are looking for.

"If we know a week ahead, we can place special orders and make sure you have exactly the flowers and accessories you want," says Gill. "We can make sure they are at their peak of perfection and that everything is exactly the way you want it to be."

To crown a perfect outfit, you need perfect hair. Your favourite stylist can help both boys and girls get that ideal look.

"Prom is a huge part of our market," says Michelle Hicks of Rapunzel Studio of Hair Design in Gananoque. "Everyone wants to look their best for prom." Rapunzel's offers not only hair dressing and styling for prom, but make-up as well. For additional fees, you can get your nails done, a full Mani Pedi or even the entire spa treatment. Hair and make-up average about \$68 for a girl, depending on the length of her hair and complexity of style.

Transportation is also important. There are few places that will rent vehicles for prom, so try to get the use of a reliable vehicle for the evening. Be sure to have a designated driver in order to guarantee a safe arrival both to the prom and home again.

MADD (Mothers Against Drunk Driving) says that prom is one of the most dangerous evenings of the year. Too many people are drinking and getting out of control, increasing accidents and deaths on the highways. This can be minimized by following the rules established for your prom, standing up to peer pressure and refusing to drink alcohol or indulge in drugs over the course of the evening. MADD provides a list compiled by the LCBO to help deal with safety at the prom. (http://madd.ca/media/docs/madd_canada_safe_prom.pdf).

They also have a downloadable pamphlet with more information available at www.canadadrugfree.org/wp-content/uploads/2013/02/madd_handbook_email1.pdf.

Now that you have an idea of what you need, go out and get ready for the most romantic evening of your life. Nothing will ever match the memories you make at prom. **LH**

Minding your Business in **CARDINAL**

By Joanne Rennie

Most people in the area know of Cardinal, Ontario because it is situated on the beautiful St Lawrence River along Hwy #2 and because of its main employer, Ingredion Canada Inc. (formerly known as Casco or Canada Starch). Unless you live here however, what else do you know? Well, I'm here to say: There is much more to Cardinal than meets the eye! The old saying: "You should never judge a book by its cover" certainly rings true where Cardinal is concerned. This is a quaint and quiet town thriving with life that has a strong business community.

My question on this subject was: Because there are so many businesses in Cardinal, where do I start and how do I include everyone, so I don't leave anyone out? The answer is: It's not possible. So I compiled a small list of businesses in town to visit and started from there.

First I met with Predator Automotive, owned by Roger (fully licensed for 20 yrs) and Kailey (working to get her mechanics license) who opened their business in 2012. Their inspiration for opening the business was not only for their passion of auto mechanics but also to be self-sufficient and set an example to their children that hard work provides for your family. When you first walk in, you will be greeted by their two very friendly dogs. You just can't help spending a bit of time with them before you turn your attention back to what you actually went there for. Roger and Kailey firmly believe: "It's all about family and your customers are family". They also believe in strong customer service, honesty, integrity as well as educating the customer.

A couple of blocks away, on main street, you'll find the General Dollar and Party "Sense" store owned by Marj, who found her niche 20 years ago with 1 helium tank and a dozen balloons. Through hard work and dedication, Marj is gaining recognition as the party store in the area for design and decorating. (I personally find it amazing that someone started out having fun with a dozen balloons and turned it into such a cheerful business!). Meanwhile, back at the

store, Marj and her dedicated staff offer a multitude of discount items in retail, ranging from household items to greeting cards and decorations. Marj thinks of her staff as "family and could not do without them!"

If its art and culture you're looking for, stop in and visit the Galop Gallery located on Hwy 2 (across from the old canal). Christine, Tammy and Karie decided to join their talents of art, crafting and business skills together and opened the gallery in 2013. Their inspiration is to promote and support local artists, as well as inspire up and coming artists. They want to offer the community a place to find nice art without the higher prices you would normally pay in the city. They feel bringing an artistic culture to Cardinal would help generate tourism, which would put both the artists and Cardinal on the map.

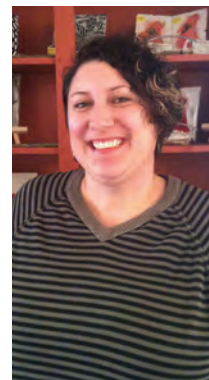
If you are looking for family dining in a relaxed atmosphere, The Scorpion Restaurant (owned by Karen and Gerry for 16 years) offers a wide range of food from pizza to full course meals and is well known for their Greek Souvlaki. Karen and Gerry have developed a special relationship with their customers. They know what their customers like from the very young to their senior customers and are especially pleased when the children who have grown up and moved away, come back to the restaurant while in town.

While on the topic of restaurants, I must mention The 730 Truck Stop. Ken and Balbir purchased the restaurant in 2013 as they saw potential for growth and development. They recognize and greatly appreciate their loyal customers and acknowledge that without them, there wouldn't be a 730 Truck Stop. A quote from Ken and Balbir: "We appreciate the loyalty the local people have given to 730 Truck Stop and it's nice to see the people have accepted us as they did Bob (the previous owner)."

What you won't find here are box stores, you will find affordable prices from a home renovation store, a furniture store, a flower shop, a deli and a convenience store. There are builders and trades people, auto/metal



Top: Marj Kempffer of Party Sense
Middle: Kailey & Roger of Predator Auto
Bottom: Christine of Galop Gallery



recycling (The Bone Yard) and there are so many more businesses. This apparent "quiet town" offers a wide range of activities from historic sites to check out shipwrecks, organizations such as the Legion or Flowers in Bloom, recreational facilities for swimming and skating, as well as parks, where you can enjoy the river or for children to play. There are churches for worship, a library and a school for your child's learning growth.

"I would like to acknowledge the spirit and dedication of the business people in Cardinal."

So in conclusion: There is more to Cardinal than meets the eye! Cardinal is growing, ready to welcome new businesses and you can't beat the prices here for real estate or retail. Now that's good old hometown value!

LH

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CARDINAL INTERESTING FACTS

- Hugh Munro built a grist-mill at Point Cardinal in 1796. Small industries capitalized on the water power offered by the Galops Rapids. By 1864, Cardinal's business concerns included the McLatchie foundry and the Canada Starch Works.
- Opened in 1846, the Galop Canal ran 12 kilometres from Iroquois to Cardinal. New locks were built along the canal in 1897. Lock 26 was located at Cardinal and was 60 metres in length.
- The canal is also the final resting place for the wreck, Weehawk. Weehawk moved to Lock 27 near Cardinal in 1961.

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Final Thoughts

By Jon Marshall

Welcome to our May/June edition of "Living Here" magazine and the third one of 2014, our 4th issue. Now that we have a few issues under our belt, the response has been overwhelming from readers and businesses in each of our communities in our local marketplace. We thank our advertisers again who believed in our publication.

We publish on a bi-monthly basis and our next issue will be out the week of July 4th. This will be our July/August issue.

The months of May and June, for a lot of people, offer the most enjoyable months of the year. It is the simpler things that bring us the most enjoyment. BBQ'S outside with better weather, Gardening and beautifying our yards, outdoor activities whether it is boating, fishing, golfing, softball, running or other sports or activities. The months of May and June seem to bring out the best in us individually. The first long weekend in May allows for families to get together at their cottage or camping. Mother's Day in May and Father's Day in June allows us to celebrate our parents and family. I hope where ever you live in our communities, that over these next 2 months you go out and do something that you enjoy immensely and that you have fun.

This brings us to our current issue where we talk about fishing in our area.

Gananoque, which won the "The Ultimate Fishing Town" in 2013, has tremendous spots in and around the town for the angler and in and around our communities there are a lot of "great fishing holes" for the avid fisherman or the novice angler to try his or her luck. We learn again about a local band "The Journeymen" and their love of music. We learn about the simplicity of bird watching and its peacefulness and the wonders of looking at nature. We learn about bees and honey in our area and its impact in our economy. We play 20 questions with Leslie MacPherson of Fort Wellington and learn about her job and why she loves "Living Here" and so much more in this issue.

Our cartoonist, Murdock has reminded us that local individuals can make an impact on the national scene as Brockville's own A. J. Benoit was on a national reality show "Recipes to Riches" and we congratulate him on his appearance.

Lastly, I encourage all readers to "Shop Local", especially now that the weather is nicer. Help support our local business community. Living Here will NOT feature USA ads. We'll 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

Cartoon





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