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**The Wells Duo**  
*A Passion for the Preservation of the Past*

**Gananoque Honours a Favourite Son with the  
Gord Brown Memorial Canada 150 Outdoor Rink**

**The Sweetest Taste**  
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of shipping and handling*



## Uncle Buck's Meat Loaf with Bacon

**Prep Time - 21 minutes ~ Cook Time - 1 hour 25 minutes**  
**Total Time - 2 hours ~ Serves 8**

### What you'll need...

1 tbs. olive oil • 1 onion, chopped  
 1 large celery stalk, chopped • 2 garlic cloves, minced  
 1 jalapeño pepper, chopped with seeds • 2 tsp. kosher salt  
 ½ tsp. ground cumin • ¼ tsp. ground nutmeg • 2 eggs  
 ½ cup milk • ½ cup tomato sauce or ketchup  
 1 cup dry bread crumbs • 2 lbs. meat-loaf mix  
 (1 lb. lean ground beef, ½ lb. ground pork, ½ lb. ground veal or lamb)  
 4 strips thick-sliced bacon

### To Create:

- ➔ Preheat oven to 350°F. (177°C)
- ➔ In a medium skillet, over medium heat, heat the oil with the onion, celery, garlic, and jalapeño and cook until the vegetables are tender but not browned, about 10 minutes.
- ➔ Add the salt, cumin, and nutmeg. Remove from heat.
- ➔ In a large bowl, whisk the eggs, then blend in the milk, tomato sauce, and bread crumbs.
- ➔ Add the meat and cooked vegetables and stir or work with your hands to combine.
- ➔ Pat into a 9 x 5-inch loaf pan.
- ➔ Cut bacon strips in half and lay over the loaf, tucking the ends in.
- ➔ Bake 1 hour and 15 minutes or until an instant-read thermometer inserted in the meat loaf registers 150°F.
- ➔ Remove from oven and pour off the fat. Let stand 10 minutes before serving.



## Grand Ma's Molasses Cookies

**Prep - 10 minutes ~ Cook time - 10 minutes**  
**Total time - 1 hour 20 minutes**

### What you'll need...

¾ cup margarine, melted  
 1 cup white sugar  
 1 egg  
 ¼ cup molasses  
 2 cups all-purpose flour  
 2 tsp. baking soda  
 ½ tsp. salt  
 1 tsp. ground cinnamon  
 ½ tsp. ground cloves  
 ½ tsp. ground ginger  
 1 cup raisins (optional)  
 ½ cup white sugar

### To Create....

- ➔ In a medium bowl, mix together the melted margarine, 1 cup sugar, and egg until smooth. Stir in the molasses and raisins.
- ➔ In a separate bowl, combine the flour, baking soda, salt, cinnamon, cloves, and ginger; blend into the molasses mixture.
- ➔ Cover, and chill dough for 1 hour.
- ➔ Preheat oven to 375°F (190°C).
- ➔ Roll dough into whole walnut sized balls, then roll them in the remaining white sugar.
- ➔ Place cookies 2 inches apart onto parchment paper lined baking sheets.
- ➔ Bake for 8 to 10 minutes in the preheated oven, until tops are cracked. Cool on wire racks for 1 hour.

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# THE WELLS DUO

## A Passion for the Preservation of the Past

By Diann Turner

As the hands of time slowly, imperceptibly move, our lives are full of stories; lives unfolding, wings waiting to take flight. Inevitably, it seems that most of us are nothing but a dash between the year of our birth and the year of our death on some obscure record. Fortuitously, there are people like David and Sandra Wells who see intrinsic value in community back stories and have admirably devoted themselves to the preservation of the past. The husband and wife duo launched their third book, "Days Gone By: A People's History" in October, 2018. Convinced that small communities are losing vital links with the past, and one another, David and Sandra sensed an inner urge to pull small town facts into one spot. Newspapers were a strong community voice from every hamlet and frequently, ladies were correspondents, sending in neighbourhood snippets of information. The advent of the internet and social media news feeds quickly suppressed the need for this and with sad, depleted emotions we've watched the disappearance of many newspapers.

Small wonder older gentlemen like John Dickey are ecstatic about David and Sandra's books, applauding their enormous capacity to give! With the passing of years, all of us realize now is the time to speak; our voices will one day be silent. "Fact, Folklore & Fiction: The History of Mallorytown", "The Last Front", and "Days Gone By" do not contain persiflage. They're stories that connect dots, preserve the past, hand down legends, fill in family trees, unite people and identify personalities. It is a crucial labour of love on the part of the Wells duo, equivalent to labelling old family photographs that millennials quickly trash because no one named the faces.

David grew up in the village of Mallorytown. He assured me it was a great place to grow up, without a shortage of things to do with two baseball teams in the summer and two hockey teams in winter. One catalyst that fed his passion was a book written by Tom Massey, "Truth, Half Truth & Damn Lies",

tales of the St. Lawrence River and fishing. Another impetus for both David and Sandra was the 2008 Mallorytown Consolidated/Continuation School reunion, which attracted unprecedented interest and invoked hundreds of questions. Reluctant, Dave began the arduous task of collecting information, photos and memorabilia; Sandra was the willing collaborator. The first draft completed, Dave contacted Kemptonville, Ont. publisher, Terry Meagher, still asking himself "Who wants to read this?" Terry perused the material, responded with "You've got something here!" and 350 copies rolled off the press. Book one is in its sixth printing; book two in its second, and book three printed with 500 copies.

Motivation for the Wells' was less complicated than the grunt work. If the project flopped, all the information would be an asset to the Mallorytown Coach House and Museum. Deeper incentive involved ongoing projects at the Coach House. The Wells' laid out all initial costs self-sacrificially and net proceeds from all three books flow to the Coach House. David carried the tremendous burden of knowing he was the logical person to write the books; he was always interested in community, thrived on hearing people's stories, received part of his education in Hodge's Store and Buell's Store, participated in Council, church, sports and the Oddfellows. Trips to the Genealogical Society in Brockville, letters to the Editor of local papers requesting pictures and information, meeting people and probing their pasts devoured hours. To their astonishment, pictures and stories came out of the woodwork! Documenting all of it, lest it be lost, preoccupied David and Sandra as they poured over the details. David knew they would spark interest! "Re-kindling memories, that's what it's all about," said David. **LH**



**Above: Dave and Sandra Wells**

**Below: Mallorytown Coach House. Just one of the subjects and interests of David and Sandra**

**Bottom: Wells books on Mallorytown and History**



Visit [www.davewells.ca](http://www.davewells.ca) for further information. The books are \$20.00 each and are available at Front of Yonge Public Library, Front of Yonge Township Office, Heritage Clock Shop in Brockville, Village Store in Athens, and Northern Soul BBQ on Lake Street.



# GANANOQUE HONOURS A FAVOURITE SON

## with the Gord Brown Memorial Canada 150 Outdoor Rink

By Lorraine Payette

The Brown family has long been respected in Gananoque, and none more so than Gord Brown, MP for Leeds-Grenville-Thousand Islands and Rideau Lakes, who represented them in the House of Commons of Canada as a member of the Conservative Party from 2004 until his death on May 2, 2018, in Ottawa. A true man of the people, he would not only talk to anyone who approached him, but would listen carefully and take them and their needs seriously. He was well respected not only in his riding, but throughout Parliament by all members from all parties and did everything he could to advance the causes near and dear to the hearts of all Canadians, especially those he represented.

One of the things he truly wanted to give to his town and its residents was a quality outdoor ice rink that could be used and enjoyed by everyone in the area. He jumped

at the chance when the Canada 150 Outdoor Rink became available, and put his heart and soul into bringing it to Gananoque.

On November 20 the Town received shipment of the eagerly awaited rink. Delivery was greeted by members of Brown's family and young players on the Pee wee Islanders, as well as representatives from the Town of Gananoque and 1,000 Islands Gananoque Chamber of Commerce.

"The Canada 150 Rink was originally installed on the southeast lawn of Parliament Hill as part of the Canada 150 celebrations," said Adam McCluskey, Manager of Parks and Recreation for the Corporation of the Town of Gananoque. "Once the skating season concluded, the partnership between the Department of Canadian Heritage and the Ottawa International Hockey Festival announced that the rink would be

donated and asked municipalities to apply. Through the hard work of the late MP Gord Brown, generous contributions, and a lot of staff and volunteer hours, the Town of Gananoque was successful in winning the bid and receiving the rink."

The rink is to be installed near the existing Lou Jeffries Arena, and will bear the name of the late MP Gord Brown, who was on the committee that was working to bring the rink to Gananoque. An avid hockey player and fan of the game, MP Brown was a resident of Gananoque who had served on Council, and over his career he also served as president of the chamber of commerce, chaired the St. Lawrence Parks Commission and was an involved local businessman, as well as spending his time volunteering in the local area.

"Council endorsed naming of the rink after Gord Brown to honour his legacy and



**Facing Page:** Can't wait to get it up and going – the rink that was eagerly awaited has now been delivered to the local storage site in Gananoque as of November 20, and will soon be installed near the Lou Jeffries Recreation Centre.

L-r, (on left) Jeff Brown (local businessman and Gord's brother), Nolan McCargar (PeeWee Islanders), Courtney Small (Jeff Brown's wife), and Chance Brown (son to the late MP Gord Brown);

L-r, (on right) Jordan Kirkland (PeeWee Islanders), Adam McCluskey (Parks and Recreation), Logan Swiech (PeeWee Islanders), and Amy Kirkland, (1,000 Islands Gananoque Chamber of Commerce).

A Go Fund Me page was set up shortly after Mr. Brown's passing to raise money for the ice pad vision and to date over \$38,000 of a \$100,000 goal has been raised.  
<https://ca.gofundme.com/help-gord-browns-gan-ice-pad-vision>



**Top Left & Middle:** Piece by piece, the rink was unloaded and moved to the local storage site in Gananoque.

**Top Right:** A small crowd of hockey enthusiasts made up of Chance and Jeff Brown and some members of the PeeWee Islanders watched the pieces of the rink being unloaded at the local storage site in Gananoque.

**Far Left:** The late MP Gord Brown at his annual fundraiser Hockey Night in Leeds-Grenville back in 2012.

**Left:** Members of the PeeWee Islanders chat with Chance Brown, son of the late MP Gord Brown, as parts of the Gord Brown Memorial Canada 150 Outdoor Rink are delivered to the local storage site in Gananoque on November 20.

the many contributions he made to the community," said McCluskey.

The rink is expected to take a few months of design followed by a few months of physical work before it is ready for use. However, the Town is hoping to have it up and running in time for some summer programming. At this time they are considering activities such as ball hockey, pickleball, basketball and other sports appropriate to such a space.

"As his son I feel proud, grateful and appreciative that the town of Gananoque thinks that highly of my Dad," said Chance Brown, Gord's elder son. "It shows me that people respected him and thought of a meaningful and personal way to remember him. It would have genuine meaning for him. Dad would feel honoured, proud and surprised to have a rink named after him. He would see it as a major compliment."

"Once weather permits, there is a plan of hosting a special hockey game to be the

first major event, with more details to come on this at a future date," said McCluskey. "The community has embraced both the bid to get the 150 rink and are now supporting efforts to raise funds to complete future phases of this project."

The Brown family itself is contributing to that fundraising by donating half of this year's proceeds from the annual Hockey Night in Leeds and Grenville to the project. This \$40,000 is a nice boost and will help the committee with its goal of raising \$850,000 for the rink.

"I hope the rink is used by everyone and it brings people of all ages together," said Brown. "My Dad was really big on community and I hope it gives people a sense of community. I hope people think about their families when they come to skate. I know that many people will remember my Dad as a Member of Parliament and business man, but I also

hope they associate him with skating, hockey and fun. Hockey was his favourite thing.

"I am looking forward to skating on it with my Uncle Jeff and cousins Colin, Sean, Graeme and Cole. I hope we can have an annual memorial community game or hockey tournament on my Dad's behalf – something special just for him. I will feel proud to see his name on it, but will also feel sad that he never got to skate on it himself."

It is believed that by having two ice pads in such close proximity to each other, the town will be able to attract a wider range of tournaments and activities. Public skating will be more readily available while allowing the full schedule of hockey games and practices to continue uninterrupted.

"This is a wonderful addition to the Town's amenities – residents will be able to enjoy this marquee outdoor skating rink for years to come," said McCluskey. **LH**



*Finished syrup catches the light on a sunny winter day.*

*Image credit: Lisa Crandall*

# THE SWEETEST TASTE

## Making your own Maple Syrup

By Lisa Crandall

If you have access to a maple tree, making your own maple syrup is simple, requiring mostly time and patience.

The process is very straight forward. The sap that comes out of the tree needs to be boiled down to remove most of the water component. The ratio is approximately 40:1. So for every gallon of maple syrup you want to end up with you need to start with 40 gallons of sap. A healthy tree tapped on a south facing side can produce three to four gallons of sap or more per day from a single tap. Larger trees can support more than one tap without it causing undue stress.

The required tools are easily available – containers to gather the sap, big pots to boil it in (the size you'd cook lobster in or make stock) and a source of heat to do the boiling. The only specialized equipment required are the metal or plastic taps (aka spiles) you insert into the holes you drill into the trees. This time of year, they can be found in places like Home Hardware, Canadian Tire, TSC and BMR (Rona). A set of ten aluminium spiles or taps costs between \$20 and \$25.

When I started making syrup, I used plastic juice bottles on the trees and collected the sap in 4 litre water bottles in the snow bank. Once I had enough sap to fill my big stock pot and started boiling off the water, (a process referred to as evaporating) I quickly learned that doing the initial boiling off indoors was not a good plan. (you end up with a steamy sticky kitchen) Now I do the evaporating in the yard over a cinder block

fire pit. Friends use their gas BBQs and more ambitious inventive acquaintances have built bigger and better back yard systems. It all comes down to the same process – boiling off the water.

Sugaring season starts when the days are regularly above zero and the nights are still below freezing. Typically in this part of Ontario that happens between mid-February and early April. This fluctuation of temperature is what triggers the movement of sap from the tree roots and up into the trunk and branches of the tree.

### Not Just Maple Trees

*You can tap other trees to create sweet tasting syrups, but they might not be worth the effort. Syrup from the black walnut is about the same as maple at 40:1, but the sap production is much lower, so it takes longer to get enough sap. For birch trees the ratio of sap to syrup is 110:1. That's a lot of sap.*

In preparation to gathering sap you need to tap the trees by drilling a hole into the tree trunk and setting the tap or the spile, which will allow the sap to drip into your container. The tap also includes a hook for you to hang your container on. The container needs to be sturdy enough to support its own weight when it is filled with liquid. Many of the clear plastic containers juice comes in (1.63 to 2 L sizes) will work just fine. You just need to empty them more often. A couple of years ago I invested in a few two-gallon sap pails

with lids. They are easy to clean, stack and handle. Make sure you get lids though or you'll be picking bugs out of your sap when you gather it. Yes, there are bugs flying around in February!

Put your tap in on the sunniest side of the tree. Use a 7/16th inch drill bit, make the hole 1 ½ to 2 inches deep into the woody part of the tree, angle the bit slightly upward so the sap runs down into your container. In order to make sure your tap and bucket are not going to be too high or low, try to place them somewhere between your hip and your chest area.

Depending on how generously your trees are flowing (and the size of your containers) you may have to collect the sap more than twice a day. With the 2-gallon sap buckets I generally go out before lunch and around supper time. As the temperature drops in the evening the sap will stop running.

The next step is removing the water. This is a simple matter of boiling it away. If you are holding your sap until you have enough keep it chilled and out of the sun. You can keep it in a snowbank in the shade or repurpose that second fridge in the garage. If you can safely leave it out overnight (covered) you can remove the ice first thing in the morning and it will help reduce the water content of your sap because the ice is mostly frozen water.

Boiling the sap down to water is a long process. Remember you are going from 40 parts sap to 1 part syrup. A broad deep



pan is the most efficient. The technique at this stage depends on who you ask. Some people just keep pouring in sap as the level in the pot/pan gets lower. They tend to get friends together and stay up all night boiling it off. I personally tend to boil it down in batches over several days, combining batches as I go.

The syrup is finished when it reaches the color and thickness you find pleasing. If you want a more scientific description, check it out on the internet.

When you think you are getting close to your finished product it is always a good idea to filter it to remove the 'sand' or niter that precipitates out of the finished syrup. Otherwise you can end up with a little mound of hard sweet sediment at the bottom of your container when you open it after it's been stored for a while. A pair of coffee filters works perfectly well if you are just experimenting. A jelly bag is not fine enough to work for this process. Hot liquid (not boiling) is easier to filter, but be careful, this is liquid sugar and it burns your skin. Some articles suggest that the filtering should be the last step before bottling, but I prefer to do it before that final boil.

To finish off your syrup put it back into a clean pot. Make sure it is only about ½ full because it will boil up and over unless you are extremely vigilant. Bring your almost finished syrup to one last boil, use a candy thermometer to make sure you hit 4 degrees above the boiling point of water (generally 104 degrees Centigrade or 219 Fahrenheit) and then pour the syrup off into bottles. I use quart and pint size mason jars.

It's time to stop collecting sap when the nights are consistently above zero. Use pliers to pull the taps out of the tree and the tree will heal itself. This time next year you should be able to see the healed spot and you should try to avoid putting the tap into the same place.

If you decide to give this a try this year good luck, and fair warning, it can be addictive.

**LH**

*If you are not up to the task, then in our area there are Maple Syrup farms that open usually in March-April for the season and provide weekend fun for families with Pancake breakfasts and tasty syrup treats. The Maple Syrup Festival in Delta is a great annual event and will be held this year in April. Look for their Facebook and website for details and events.*



Image Credit: Lisa Crandall

**A cinder block fire pit works well for evaporating sap.**



Image Credit: Lisa Crandall

**Working with my biggest pots to reduce the sap to syrup.**



Image Credit: S. Brown



Image Credit: S. Brown

**Inspired by memories of helping his grandparents make maple syrup S. Brown's teenage son built an evaporator from a re-purposed fuel drum, the metal frame of a generator and an exhaust pipe from a truck.**



Image Credit: Courtesy of the Carr Family



Image Credit: Courtesy of the Carr Family

**Tucked into a car shelter to get it out of the weather. Hank Carr says he watched a lot of YouTube videos and looked at a lot of designs before building his system. He uses tubing and a reverse osmosis system to increase the amount of sap he gets from his trees.**



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**Left: Victorian Valentine**

**Middle: Box social**

**Right: Old Valentine**



# VALENTINES, One Room Schools & The World's Great Lovers

By Diann Turner

One room schools of the past were filled with fun, frolic and Valentine's revelry. Imagine one large room, wide pine plank flooring, an elevated platform for the teacher's desk and blackboards. The heating source was often a wood stove, in the centre or the corner of the room and was guaranteed inadequate in removing the chill that seeped through the windows on either side. I read one account, where a lady shared, that in 1934 she walked from an unimproved farmhouse with no running water, central heat, or electricity, on a single, sunken dirt lane to a little red schoolhouse.

In February, the trail was sure to be covered with snow with deep, deep drifts. Prior to Valentine's Day, the incentive to get there would be greatly heightened by the forthcoming of the annual Valentine exchange of cards and as older students moved toward maturation, the anticipation of a Box Social. With collywobblers fluttering in their bellies, girls nervously hoped a certain inamorato would purchase the carefully decorated box containing her lunch. Although boxes were anonymous, flirtatious young ladies would drop hints, attempting to manipulate outcomes and avoid undesirable company. Bidding involved teasing, joking, cajoling and a sharp

competitive edge. No doubt there were disappointments and damaged self esteems. Raising money for the school or church was the ulterior motive.

Junetown Public School tales tell of a ten-year-old boy receiving a Valentine from a 12-year-old boy that he never forgot – it was a giant frog that proclaimed, "I Love You!" Glen Elbe school over-flowed with red and white construction paper during art class for a good two weeks. If we did exceptionally well with our creations, we were sometimes given a tiny piece of red tin foil to embellish our art. Paper bags were hung on our desks with our names and hand-made Valentines on the outside sporting little people who had paper springs for legs. Mothers bought paper Valentine books that contained cards we punched out of perforated lines. These Valentine books had little envelopes we fit to the cards. Some of us were lucky enough to get to the Five & Dime Store in Athens to buy five cents worth of red cinnamon hearts. They were scooped out of an enticing-looking glass jar into a little white bag. Toward the end of the 1960's, little candies with words like "Be Mine" printed on them appeared on the market. One year, somebody's mom made cupcakes slathered with pink and white icing, and frosted sugar cookies, loaded with red sprinkles. All of this,

and the big Valentine exchange, created enough fun and laughter to chase away the winter blues and fill our hearts with a happiness that cost our folks nearly nothing. Above all, there was always a special Valentine for the teacher!

Valentine's Day reminds us of romance, love, and hearts full of hopes and dreams. The world has had its share of great lovers in the past – Adam & Eve, Lancelot & Guenievre, Bonnie & Clyde, Popeye & Olive, Quasimodo & Esmeralda, Alberta & Victoria, Ulysses & Penelope, Romeo & Juliet, Lana & Clark, etc. etc. Marriages that endure and go long distances are sadly decreasing. The demographics of the one room school era seemed to produce a type of stoicism. There are couples around me who married during the 1950's and 1960's; some married 50 years this year, some 65 years. Most of them started out humbly and worked their way up. All of them had children; many had large families. I know for a fact that a few were high school sweethearts, some grade school romances. They all saw their mate as irreplaceable and indispensable. It seems that falling in love is easy; staying in love is elusive. Perhaps the culture will shift back to this one day? The beautiful words of Robert Browning still call out – "Grow old along with me! The best is yet to be..." **LH**



# NEW DUBLIN: Once a Busy Irish Settlement

By Sally Smid

St. Patrick's Day is perhaps the best-known Irish tradition. Today some 4 million Canadians are of Irish descent, so it is not surprising that many celebrate by "wearin' the green", participating in parades, enjoying Irish music and possibly visiting some local pubs for "a few pints". St. Patrick's story is much like that of the Irish folk who came to North America, for he moved from Britain to Ireland as a stranger, where he adapted to his new home and became quite a leader.

The Irish it seems were the largest immigrant group in Leeds and Grenville at the beginning of the 20th century with half of the entire population being of Irish descent. Driven out of Ireland by famine, eviction and other difficulties these immigrants endured a long three month journey across the ocean. They landed in Quebec and travelled further on bateaux. Like many others, they persisted in the face of the harsh climate and adversities and helped local communities to grow and prosper. Edna B. Chant, author of *As the Pages Turn*, describes the Irish as hard working neighbours who could be quick tempered and superstitious and who also enjoyed music and fun.

New Dublin, Ont. was one of those early Irish settlements. First named Lamb's Pond, adventuresome Irish immigrants renamed it Dublin Corners and then New Dublin. In 1820, Nicholas Burns, is said to have given the

name in honour of his home town, Dublin, Ireland. Most of these early pioneers had Irish names such as Rowsome, Horton, Davis, Brown, Bolton, Kendrick, Eyre and Moore. The first consideration after homes were built was the establishment of churches which first met in homes and schools. During that time circuit preachers would conduct the services, sometimes five a Sunday, as they travelled to various area churches. The St. John the Evangelist Anglican Church was founded in 1830 at the corner of New Dublin Rd. and the 7th Conc. Rd. While no longer in operation, it is surrounded by the cemetery where early settlers are buried such as Joseph Kendrick, who was killed in the Battle of the Windmill. A Methodist Church was built in 1886 on land donated by the Hortons. Henry Horton was a pioneer inventor. One of his inventions was a dog powered washing machine. A dog walked around on a platform to make it revolve, turning the spindle of the machine. Many were sold to Leeds farm wives. The first schools in the area provided a place for meetings, Christmas programs and community fellowship.

New Dublin has been the township seat since the establishment of municipal government in 1850. It was a busy industrial center with grist and saw mills, a tannery, cheese factory and general store. The store replaced the tavern where Irishman Ogle Gowan used

to "drink with the lads". Gowan was a fiery orator, politician, and the founder of the Grand Orange Lodge. There was also once a hotel owned by Sam Spence. Later J. S. Rowsome operated it as a village general store until 1911 when it was destroyed by fire. It was restored by W. H. Horton and eventually sold to H. R. Landon who ran the business for 40 years. It was remembered as a place to pick up the mail, buy penny candy, a loaf of bread or just catch up on "local news".

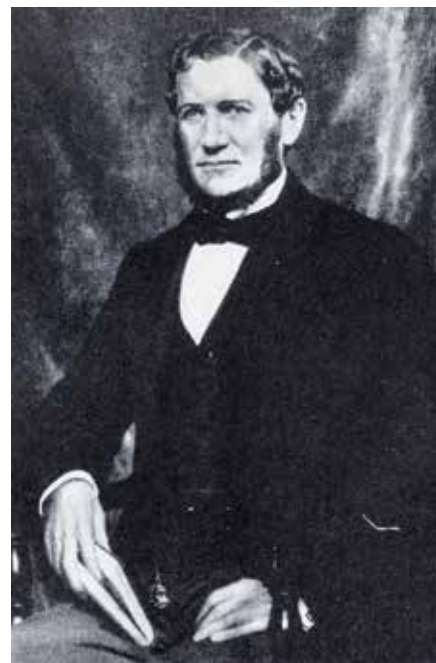
New Dublin has undergone many changes over the years, but its history is permeated by the influence of determined, hard working Irish immigrants, who exemplified much of the leadership and perseverance of St. Patrick himself. **LH**

**Top Left: The St. John the Evangelist Anglican Church and cemetery was a very important part of New Dublin history.**

**Top Right: The New Dublin Methodist Church has had an annual service for many years.**

**Bottom Left: Post cards were a popular way to send greetings to friends in earlier days and this one was a tribute to St. Patrick's Day. (Courtesy of Athens Museum)**

**Bottom Right: Irishman Ogle Gowan was a frequent visitor to the tavern in New Dublin.**



# SHABEAN COFFEE

## Seeleys Bay Entrepreneurs Bringing Coffee Locally to the Next Level

By Andi Christine Bednarzig

“The biggest mistake coffee brewers make is to buy ground coffee,” John Barker stated on this chilly January day. Mary Whitney, his wife, watched as Barker ground freshly-roasted coffee beans for a steaming cup of coffee in the kitchen of their Seeley’s Bay home.

“Ground coffee purchased in stores is guaranteed to be stale. Always buy freshly roasted, high-end beans.”

Barker poured boiling water from a kettle into a metallic “pour over” pot. He then tipped a careful stream over finely ground beans and watched as a rich amber-brown liquid dripped through a hemp filter. He explained how the slow process of pouring water releases a succession of aromas, with primary fruity fragrances giving way to more nutty and woody tones.

So why “SHaBean?”. Barker explained that the name was derived from the initials SHB, which stands for “Strictly Hard Bean”. These initials are used to identify high-end single source beans grown in the Americas.

As a retired minister, John Barker has lived in diverse areas of Canada. Mary Whitney however, has long ancestral roots in Seeley’s Bay. The small village is located on the southern portion of the historic Rideau Heritage Route, which connects numerous lakes by man-made canals. In the summer, Seeley’s Bay’s dock is a stopover for paddlers, sailors, cruisers, and fisherman. After the boating season, the lively little community prepares for winter activities. On February 1st through to the 3rd this year, the 25th annual Frost Fest saw residents skating on the bay, building snowmen, and riding the chili bus to a cookoff held at the local fire hall.

Just outside the village, on a quiet residential street, Whitney and Barker can be found slitting open burlap bags of green coffee beans to feed into a state-of-the-art roaster set up in their garage.

“Our beans are purchased from Canadian wholesalers/importers who sell quality green beans, some from direct trade, Fair

Trade Organic, and through the Rainforest Alliance,” Barker explained. The beans roasted at SHaBean come from four continents: North and South America, Africa and Asia.

Whitney and Barker have been roasting coffee for years, keeping careful records. The couple first experimented using a popcorn popper and then upgraded to a refurbished gas BBQ.

Three years ago, the couple decided to market their product under the label of SHaBean Coffee Roastery and purchased a fluid bed roaster. The green beans are now being roasted in a column of hot air.

Aside from distributing their speciality beans to local stores, the couple have plans to include a packet of coffee in a welcome package for Canadian and European visitors on boating vacations, provided by Le Boat North America.

Whitney and Barker are excited about their upcoming trip to Guatemala where they will visit one of their suppliers.

Barker explained how the most desirable Arabica beans are grown at high elevations in volcanic soil. Only these hardy and more intensely flavoured beans are roasted at SHaBean.

The designation of ‘specialty coffee’ is derived through the process of coffee tasting. It is a practice carried out by tasters, informally called “cuppers”. Like wine connoisseurs, a cupper will sniff, slurp, and taste the coffee to detect its finest nuances. They will gage the coffee for its body, sweetness or acidity, flavour, and aftertaste and give it a score. A specialty coffee is one that has a score of 80 on a scale of 100.

Whitney and Barker continue to perfect their speciality coffees and are now researching air tight packaging to extend the shelf life of their product.

Barker added a final word of advice. “Don’t store coffee in the fridge or freezer, as it absorbs the smells. Just buy 100% Arabica beans in small quantities.”

LH



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**For contact information & to learn more about SHaBean:**

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613-387-3707

**Website:**  
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# A BROWN DOG'S COMMUNITY

By Andi Christine Bednarzig

As “That’s not a puppy,” I exclaimed, as a wiry, mud-coloured creature with amber eyes tumbled out of its traveling crate. “It looks like a miniature dog. I thought Evelyn was sending us a puppy?!”

Evelyn Fuller at the Cree Nation of Waskaganish on James Bay had arranged for the adoption of our new pet. A quick check with her confirmed the dog’s birthdate. This dog was just 8 weeks old.

My husband and I met Evelyn while on a teaching contract in the north. At the time, we had discussed adopting a dog.

Now back at our permanent home here in Rockport, we have kept in touch with many members of the community.

In early November of last year, we learned Evelyn had rescued a litter of puppies. The mother of the four-week-old mixed white and brown pups had succumbed to malnourishment in the unseasonal -30 C degree temperatures. The white puppies were adopted quite readily. A remaining brown one still needed a home.

“It will be so nice to have a puppy for Christmas,” I sighed. A fat, fuzzy little puppy, delighting us with its clumsiness and curiosity. Tumbling about under the twinkling lights of our Christmas tree ...

Evelyn’s dedication to the village dogs has won the trust of the community.

After a busy day as the head of the Special Education Department at the Cree School Board, Evelyn engages in her other passion: the pets and strays of Waskaganish. She deworms, administers rabies shots, and takes care of the basic medical needs of not only dogs, but rabbits and cats as well. Homes are found for surrendered dogs and arrangements are made for injured dogs to receive medical care in the south. On a weekly basis, dogs are flown out to animal rescue organizations. About once a month, Evelyn can be found on the James Bay highway driving south with a carload of puppies.

“I’ve managed to rehome over 500 dogs, cats, and rabbits since moving there and I will continue to be of service to Waskaganish as long as I can.”

Arrangements were made, and the little brown dog arrived via Air Creebec Airlines a few days before Christmas. No sounds came from the crate on the back seat as we drove him to his new home. “Ah! A nice quiet dog.” I thought.

After his introduction to the two resident cats and after his dinner, Tanner settled into his basket with three large balled up socks and slept through the night. At first stirrings, he leapt to attention and skidded across the wood floor to his food dish in a desperate attempt to reach it before we did. Unable to contain his excitement, he relieved himself on the floor. This would be repeated each morning.



**Tanner acquainting himself with the resident cat, Skotty**

Looking up at my husband with a spray bottle of vinegar solution {to clean up his mess} in one hand and a roll of paper towels in the other, I mumbled “It’s like having a new-born, except you can put diapers on a baby.”

Once food was placed in his dish, Tanner transfigured into Tasmanian devil, mad with desire, snarling and growling.

His food aggression was not just contained to his chow, but also to chewy toys and rawhide bones.

Tanner was due for his booster shots. Evelyn had dewormed and vaccinated him for rabies, but we needed to follow up. I made an appointment with our cats’ vet, Dr. Laureen Taylor of the Taylor Veterinary Clinic, just outside of Lansdowne.

On the appointed day, I arranged Tanner’s blanket on the passenger seat. After the initial shock of his bed moving, the yowling and

squealing began. At one point, when the shrieks reached a barely tolerable crescendo, I glanced over at the trembling pup to glimpse the whites of his eyes as he collapsed. Tanner had fainted. Before I had a chance to pull over, he revived himself and continued wailing.



**Brown dog at Taylor Vet Clinic**

Dr. Taylor examined Tanner and stroked his dense double coat and said she was familiar with northern dogs. After listening to my concerns of food aggression and what appeared to be extreme separation anxiety, she recommended that I speak with David Swartwood of Prelude Farm and Kennel.

Not only is David a regular at the veterinary clinic assisting with hospitalized pets, he is an experienced canine behaviouralist, trainer and licensed judge though the Canadian Kennel Club. At the farm and kennel, David and Thomas Nesbitt breed Bryden English springer spaniels and mini wire-haired dachshunds. Not restricted to canines, Border Leicester sheep graze amongst three stately llamas and a couple of donkeys on their 57 acres of pasture land.

David arrived at our home for a private consultation and explained basic training steps. Tanner readily learned to sit and lay down, and grasped the fundamentals of the command “stay” to an endless supply of treats. David shook his head quite sadly at my attempts to replicate his well-honed techniques.



*As noted in the story here are some of the people that helped Andi and Tanner on their journey and their contact information if you have a dog or adopting a dog and wanting care given.*

**Left & Bottom Left:**  
**Evelyn at shelter**

**Below:**  
**Being taught manners by Cooper Cat**



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## Evelyn Fuller

Cree School Board, Waskaganish First Nation

Evelyn has a Go Fund Me Page on Facebook. She has received help from donors and rescue partners and is able to offer leashes, collars, food, antibiotics, flea and tick treatments to the community.

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He also demonstrated the "alpha roll" where he suggested I would drape the weight of my body on Tanner and keep him in the down position for ½ hour a day. Tanner didn't seem to mind this at all. After a bit of wiggling, he'd resign himself, sigh heavily and doze off.



**Brown dog and David Swartwood**

To counter the food aggression, I learned to flip food into Tanner's dish from a few feet away, coming closer each day do help him understand that I had no interest in stealing his dinner.

As the weather grew warmer, we visited the dog park in Gananoque. A few adult dogs were happily socializing. Within moments,

I heard the familiar screeching ... several dogs had cornered Tanner and were sitting in a crude semi-circle around him, probably wondering what type of animal could make such sounds.

As Tanner grew, so did his confidence. I met many dog owners at the dog park in Gananoque where we exchanged tips and advice.

If you happen to be at the dog park just before lunchtime, you may meet dog minder, Lavinia. "Liv", as she calls herself, pulls up in her small car with four super-sized dogs. Not only does she scoop up after her charges, but also after anyone else who may have missed. "It's part of my routine," she said. "Sometimes I have five bags full."

Cutting Tanner's nails proved to be a challenge, so I brought him to Klips, Pet Grooming & Boutique in Gananoque. Owner, Becky Mills, wrapped a wiggling, yelping, urinating Tanner in a large towel and deftly clipped his nails before he realized what was happening. Becky has become my dog guru, cheerfully sharing her experiences.



**Brown dog and Becky Mills**

It is said that it takes a village to raise a child. But living here, our little brown dog has built a community. Tanner continues to bask in the warmth and attention dispensed by David, Dr. Taylor and her welcoming staff, Becky, and the lovely Lavinia who minds dogs. By the way, if you ever see us out and about, Tanner, wants you to know that dehydrated liver treats are his favourite!

**LH**



**Left:** Bill Flikweert and his daughter Isabella enjoy a day of skiing.

**Top:** Fat biking is growing in popularity on the Trails.

**Above:** The Club has been hosting a New Year's Eve event which includes the dropping of a silver ball and potluck food.

# TRIANGLE SKI CLUB

## Embracing Our Canadian Winter in McIntosh Mills

By Sally Smid

If you live in Canada, you are probably realizing that it is best to embrace the winter season and consider the many pass times available. Skiing is only one sport that takes place on the trails at the Triangle Cross Country Ski Club area in McIntosh Mills on Leeds Rd 5 south of Athens. More winter sports enthusiasts are discovering this beautiful area where many winter activities are possible. It is a wonderful way to keep active and fit in the winter while also enjoying the beauty of nature. The picturesque tranquility is revitalizing in many ways.

The history of the Trails goes back to 1971 when the local "Y" decided to develop an interest in cross country skiing in the area. It was considered a new sport then, and was obviously very fitness oriented. Marg Barraclough volunteered her property for the first set of trails which became part of the trail

system. The founding group and the Charleston Lake Provincial Park Commission got together to develop trails for hiking and skiing. The big breakthrough in the Club's history came when the MNR gave permission to use government land at McIntosh Mills. It took a while to get permission from landowners to use intervening land and to blaze the trails. A Club Chalet was built just off Marsh Lane. Property management and trail development were established as Club responsibilities. A skidoo and groomer were eventually acquired and the trails were finally established, which are a source of great pride to Club members.

Bill Flikweert, the club's property and trails director, has a real love for the outdoors and for biking. He and other club members have been working for several years to expand activities at the trails. Skiing depends on area snowfall which is not always adequate. However, mountain biking, hiking, trail running, snowshoeing and fat biking can be more year-round activities and much effort is being given in upgrading and maintaining trails to make this all possible. Memberships can now be purchased on a yearly basis or just for the winter.

The 30-year old club now consists of 35 kms of beautiful trails with the Trailhead at 114 Marsh RD, Mallorytown, On.

Much of the land still belongs to the Ministry of Natural Resources which the group rents. The club continues to work with the MNR to provide safe trails that are free of motorized vehicles. The trail system could not operate without volunteers and the continued generous consent of the many private landowners. About half of the trails are groomed with club equipment.

Day users are welcome (**However, it is requested that non-members of the club deposit a \$10 contribution towards the cost of maintaining the trail systems in the box located beside the sign at the entrance to the West trail system**) and the 40-member group strives to make the club family oriented and welcomes new members. All of the dedicated hard work and effort is being rewarded with the success of the winter activities that are taking place. An annual New Year's event involves a candle lit trail to a bonfire which includes the dropping of a large silver ball to help greet the new year. The Club has become a place where many memories are being made. A growing number of participants are celebrating the Canadian winter in new ways thanks to much dedication and hard work. **LH**

Marsh Road must be accessed from Bally Canoe Road. A bridge reconstruction project has cut off access from Leeds Road 5 at McIntosh Mills. You can find out more by going to the Club's web page [triangleskiclub.org](http://triangleskiclub.org) or by visiting their face-book page for updates at *Triangle Cross Country Ski Club*.





*Plantings in honour of the Liberation of the Netherlands*

# FOR THE LOVE OF PLANTS

## The Horticultural Society Does It All

By Lorraine Payette

Roses are red, strawberries, too... Nothing could be more romantic than beautiful roses accompanied by fresh fruit delicately dipped in chocolate. Perhaps you prefer potted paper-whites or crocuses just bursting into bloom. Maybe you are a summer gardener, a spring gardener, a fall gardener, a winter gardener, or any combination of the above. You may like doing everything outside, you may like working in a greenhouse, or you might simply like to see what others have done – whatever you want to do with plants, the horticultural society will be delighted to help you get there.

"One of the primary aims of the Gananoque Horticultural Society is Community beautification," says their webpage ([gardenontario.org/site.php/gananoque](http://gardenontario.org/site.php/gananoque)). "This is accomplished by encouraging local residents to develop their own gardens through our educational speakers and seminars. Members and visitors have the opportunity to see what others have done on garden tours, as well as through flower exhibitions and competitions."

"We are a really busy group," said Joan MacKinnon (Business contact for the society). "We have so many activities it's amazing. We have planters at the front of Town Hall, we have planted hundreds of red and white tulips for the Canada 150, and in our own garden on Main and Mill Streets. We have things like the garden tour in July, the outdoor garden

competitions which anyone may enter if they wish, they simply have to get in touch with us."

Founded in 1920, the Gananoque Horticultural Society holds its meetings at Carveth Care Centre, accessed at the Herbert Street entrance at the corner of Herbert and North Streets, at 7:00 p.m. on the second Wednesday of every month (except July and August). They hold eight meetings per year featuring special speakers. A \$20 individual membership (\$25 for families) entitles people to learn about all kinds of new and interesting gardening related topics.

They hold a variety of activities throughout the year – from annual tours of gardens throughout the town, to flower shows open to the public, to helping with the planting and beautification of different gardens and areas throughout the town. There is a plant sale with lots of free advice available to anyone who wants to know how to grow the best gardens they have ever had.

"Our new brochure has the list of all of our meetings through the year," said Joan MacKinnon. "We have eight speaker meetings and then two other meetings through the year. We try to bring in speakers on topics that are of interest to our members and keep us current with the issues like invasive species, controlling harmful insects, and new ideas on planting, propagation and care. It's a varied programme and we're quite excited about it."

LH

*There are several horticultural societies in Leeds and Grenville, Including...*

**Gananoque Horticultural Society**  
[gan.hort.soc@gmail.com](mailto:gan.hort.soc@gmail.com)  
[gardenontario.org/site.php/gananoque](http://gardenontario.org/site.php/gananoque)

**Kemptville Horticultural Society,**  
 at Kemptville Pentecostal Church,  
 1964 County Road 43, Kemptville, On.  
[gardenontario.org/site.php/kemptville](http://gardenontario.org/site.php/kemptville)

**Brockville & District Horticultural Society,**  
 lower hall at Brockville Wesleyan Church, 33  
 Central Avenue West, Brockville  
[gardenontario.org/site.php/brockville](http://gardenontario.org/site.php/brockville)

**Rideau Lakes Horticultural Society,**  
 Portland Community Hall,  
 24 Water Street, Elgin  
[sites.google.com/site/rideaulakeshorticultural](http://sites.google.com/site/rideaulakeshorticultural)

*Each group will be more than delighted to have new members join them, and they can be reached through their websites. The sites also give dates and frequencies of meetings as well as dues, topics, and upcoming events.*

**Below: Welcome Wagon recently honoured several local Gananogue businesses that have been sponsoring the program for 10 years this past January 9th at the Firehall Theatre in Gananogue.**



**Left: Pat Neuman and Donna Dempsey of Welcome Wagon**  
**Below: Welcome Wagon baskets have been helping newcomers feel at home for nearly 90 years**



# WELCOME WAGON

## Still Welcoming New Neighbours After Nearly 90 Years

By Lorraine Payette

In 1928, Thomas Winston Briggs of Memphis, Tennessee, created Welcome Wagon. This was a time when the majority of women were stay-at-home moms and housekeepers. They had committees, the PTA, other appropriately feminine activities, all made up of close-knit groups of women, but when a family moved to another community, they had to start over and fit in where they knew no one.

"Back in the 1800s, the Conestoga wagons would travel across the prairie," said Pat Neuman, Chair and CEO of Welcome Wagon Canada. "They'd get to a homestead and the women in that area would go out with their baskets of provisions – fresh bread, butter, milk, eggs, things that these people had not had for many months – and they'd go up to these people and say, 'Welcome, wagon.' That's how we got the name."

In 1930, Briggs brought the concept to Vancouver and it was a major success.

"By 1953 the company had done a fair amount of work across the country," she said. "Pauline

Hill was hired in Regina. She started a nursery and spent some time at the Y, then started our 'Baby Welcome' program. When a mum had a new baby, we'd visit her and present a basket with all sorts of little baby items."

Pauline worked in Regina. Later, based in Winnipeg, she excelled at selling advertising to some of Canada's most prominent businesses. The western provinces were very well developed before the organization moved into Ontario, Quebec and the Atlantic Provinces. Pauline eventually became President of Welcome Wagon Canada in 1967 and also among her accomplishments were The first woman admitted into the Advertising Sales Club of Toronto, the first woman president of the Better Business Bureau, the first woman member of the Rotary Club of Canada, and later its first president.

Then in 1979 The company was purchased from the US making it completely owned and operated by Canadians.

"The company prospered in Canada," said Neuman. "The offices moved back to North York (where they had been in the late 1960s). It's getting quite difficult to visit people at home with most people working outside the home, but in some areas we still have good visits, good visibility and good awareness. In this area we still do lots of visits and have lots of businesses involved."

"More than 300 representatives working for us across the country, Welcome Wagon is privately owned, but it's still the same model

that we have had over all these years. In 2020 we're going to be 90 years old. It's really a pleasure to work for a company that's so longstanding." (Neuman recently celebrated her 40th anniversary with the company and was honoured).

Agents present baskets containing sample items and coupons donated by local businesses, civic information and other materials to the newcomers they visit.

"Businesses give little token gifts, sort of a welcome to the community, and then the agent gives the newcomer a card that that business has presented," said Neuman. "This gives them an incentive to go into the store – and that's how the whole operation works."

Welcome Wagon Representatives are commissioned agents of the company.

"The people we have working for us are dedicated – there's community service involved, lots of shaking hands, lots of talking to businesses, but there's lots of fun when you do the visit," said Neuman. "Especially when somebody sends a note back to you afterwards that says, 'That was the most wonderful thing that ever happened.'"

They are always looking for new agents, getting a lot of referrals and testimonials from people who have had visits, saying "this wonderful woman came to visit me and I just felt so welcome. I felt like this was the place I wanted to be." **LH**

To learn more or become an agent, go to [www.welcomewagon.ca](http://www.welcomewagon.ca) or call 1-844-299-2466; Pauline 613-283-7655 (Lanark County) for information and details.

Welcome Wagon operates throughout Canada, and they are more than ready to welcome you.



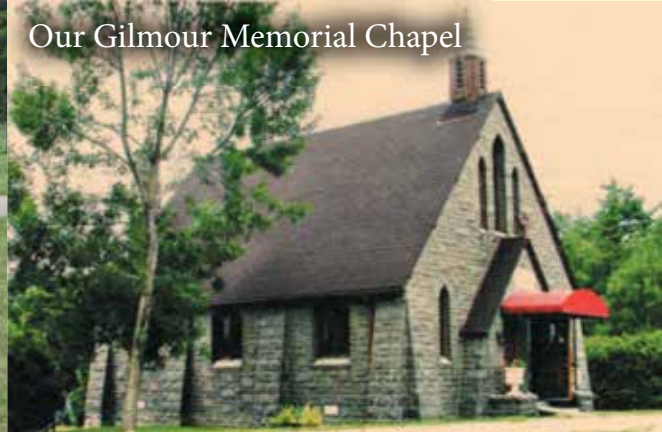


## A History of Remembrance in a Heritage Setting

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613-342-3858 | [cemetery@brockville.com](mailto:cemetery@brockville.com)

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# Our Communities are what make **‘LIVING HERE’** Special!



In 2019 make a point to visit our area communities as they put on events and festivals to celebrate what is happening in their local communities this year.

Help them celebrate what makes their town or city unique in our marketplace and **SHOP LOCAL!!**

- ✓ Whether you explore the Aquatarium in Brockville, The Train Tunnel, or visit The Brockville Museum or Fulford Place to learn our city's history.
- ✓ Take in the history of Fort Wellington in Prescott, visit the Sandra S. Lawn Harbour & Marina and view the St. Lawrence and then Shop the Riverwalk District in Prescott.
- ✓ Check out Winter Hiking and Snowshoeing in some of our local area spots and trails.
- ✓ Check out local winter festivals in the area and local maple syrup producers in late March and April
- ✓ Look at the beautiful Murals in Athens year round or have fun at Steamfair or Cornfest in the summer.
- ✓ Check out some of the area's lakes and rivers for ice fishing and winter fun on snowmobile trails in the area.
- ✓ Visit Gananoque or shop in the downtown with their unique shops and restaurants.



**Let's Celebrate "Living Here" & Explore  
our Communities in 2019 &  
Re-Discover what our Area has to offer!**

