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October | November 2016

**Fort Town Concert Association:
Music in the Air**

**Rural Remembrance Day:
Honouring The Sacrifices Made**

**Hidden in Plain Sight:
A Gift of Stained Glass to St. Luke's Anglican Church**

Charlie Donevan: The Man in the Mural

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Shelli Warren

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

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(printed in Brockville by Henderson Printing)

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Seasoned Turkey Breast with Dried Cranberry BBQ Sauce *Prep Time: 15 minutes and serves 4*

You'll need...

- 1 cup (250 mL) Apple cider vinegar
- 1/2 tsp (2.5 mL) crushed or ground allspice
- 1/2 tsp (2.5 mL) dried oregano
- 1/2 tsp (2.5 mL) black pepper
- 1 Tbsp. (15 mL) olive oil
- 1 cup (250 mL) diced onion
- 1 Tbsp. (15 mL) garlic, chopped
- 1 lb (450 g) fresh tomato, coarsely chopped
- 2 1/2 cups (625 mL) water
- 1/2 cup (125 mL) dark brown sugar
- 1 Tbsp. (15 mL) molasses
- 1 tsp (5 mL) sea salt
- 2 tsp (10 mL) cayenne pepper
- 1 lb (450 g) dried cranberries
- 1 Seasoned Boneless Turkey Breast approx. 3 lbs

To create...

- Dried Cranberry BBQ Sauce: Simmer vinegar, allspice, oregano and pepper in a saucepan until reduced by half. Sauté onion & garlic in olive oil until golden brown then add tomatoes and

cook for an additional 2 minutes. Add tomato mixture & water to vinegar and simmer for 10 minutes. Puree in a blender and strain. Return to saucepan. Add brown sugar, molasses, salt, cayenne pepper and cranberries and simmer until cranberries are very soft. Blend until smooth and serve over Seasoned, Boneless Turkey Breast.

- Turkey Breast: Preheat barbecue grill to medium-high. Place Turkey Breast directly on grill (skin-side up) over indirect heat with the lid down. If frozen, cook for approximately 90 minutes. If thawed, cook for approximately 45 minutes. Cook to an internal temperature of 170°F (77°C). Once internal temperature has been achieved, brush generously with Dried Cranberry BBQ Sauce. Turn breast over and brush on the bottom as well. Cook for an additional 2.5 minutes on each side. Remove from grill, cover loosely with foil and let stand for 10-15 minutes before slicing.



Gingerbread Cake with Maple Bourbon Frosting

For the Cake

- 2 cups all purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 1/2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1/2 tsp salt
- 1 cup butter, softened
- 3/4 cup granulated sugar
- 1/4 cup brown sugar
- 3 eggs
- 1/2 cup molasses
- 1/2 cup milk

For the Frosting

- 1 cup butter, softened
- 1 tbsp. bourbon (I like Maker's Mark)
- 1 tsp maple extract
- 2 cups powdered sugar (icing sugar)

To create...

For the Cake

- Preheat the oven to 350 degrees (F) and lightly spray two 8 inch cake pans with non stick cooking spray and line the bottom with parchment paper.

- In one bowl, whisk together the flour, baking soda, baking powder, ginger, cinnamon, allspice, and salt. Set aside.
- With a handheld mixer in another bowl, beat the butter on medium speed until smooth and creamy. Next, combine the sugars and mix until combined and fluffy, then add the eggs and mix well.
- Then add half the molasses, milk, and flour mixture. Mix on low speed until just combined. Repeat with the second half of the molasses, milk, and flour. Mix well.
- Divide the batter among the 2 prepared pans and bake for 22-25 minutes, or until a toothpick inserted into the center of the cakes comes out clean and the edges have slightly pulled away from sides of the pan. Let the cakes cool in the pans for about 10 minutes, then let them completely cool on a wire rack.

Frosting

- With an electric hand mixer, beat butter on medium-high speed until smooth and creamy. Add bourbon, maple extract, and half of the icing sugar. Mix on low speed until just combined, about 30 seconds, then at medium speed until completely combined. Repeat with the second half of the powdered (icing) sugar. If the frosting is too thick, add another tablespoon of bourbon.

Note: This frosting recipe can also be re-adapted by using milk rather than bourbon for families with children.

Assembly: After frosting the layers, top the cake with sprinkles or whip cream. You can buy little gingerbread men and top the cake with those as well. Do what your imagination tells you.

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Sales Representative



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Above: Michele Harding, chairperson of the Fort Town Concert Association, holds up the 2016-2017 Concert Series.

Top Left: Romeo & Juliette Cast from April/2016 Performance (photo courtesy Fort Town Concert Association)



Bottom Left: Fandango Guitar Quartet February 2015 Concert (photo courtesy of Fort Town Concert Association)

MUSIC IN THE AIR

By Joan Rupert-Barkley

The Fort Town Concert Association (FTCA) has been instrumental in bringing quality classical music to Prescott for the past 33 years. This voluntary committee has partnered with Jeunesses Musicales of Canada (JMC) from Montreal. JMC is a non-profit organization that encourages young performers to get exposure at national and international levels. JMC organizes fall and winter tours and sends promotional material (brochures and posters) to their various centres across Canada. Once the tour dates are set, the FTCA decides what concert dates would best work for them. They put their sticker on the back of the brochures. Prescott is the only Jeunesses Musicales Centre in Ontario.

"It is a huge learning curve for these musicians. We get the benefit of their talent, at an affordable price and they get the experience of what it is like to be on tour," explained Michele Harding, chairperson of the FTCA.

Part of the musicians' performance is introducing the piece they are playing as well as explaining where the music came from

and who composed the piece. Therefore the audience has a better appreciation for the music once they hear it played.

The concerts are held at St. Andrews Presbyterian Church on Centre Street in Prescott. This venue has fantastic acoustics, circular seating and a layout that is perfect for artistic performances.

Harding commented that there are approximately 100 – 120 people who attend the concerts. During the night of the concerts, an exhibiting artist from the South Grenville Guild of Fine Art showcases their work in the church lobby.

One of the four concerts in the series is usually adapted to children and is performed at one of the local schools in the afternoon; or sometimes the FTCA buys a JMC Youth concert. May Court Club in Brockville sponsors the children's program. The concerts usually run approximately 45 minutes. These concerts are always interactive. There is usually a storyline which introduces instruments to the students.

"We like to bring the concerts in and put it in the school. It is in their environment. It is fun

to watch the children's expression. These students are the musicians of tomorrow," said Harding.

Presently there are nine members on the FTCA committee. They meet three weeks prior to each concert as well as hold an Annual General Meeting. Harding stressed they are always looking for new people to join the committee.

"I have always been interested in classical music and the Jeunesses Musicales of Canada (JMC) because, when I was a child it was very much a part of my upbringing," said Michele Harding.

The FTCA relies on grants and donations from the town, area businesses and local residents. They launch their new season in the spring, after the last concert, and encourage people to purchase season tickets that same night. Series tickets are \$60.00 for adults; \$15.00 for students and all concerts are free for children 12 years and under. **LH**

The upcoming concert series dates are:
November 25/2016 - The Voices of Women
February 24/2017 - The Belle Epoque
March 31/2017 - La Traviata by Verdi
This year a fifth concert will be held on May 5/2017.

For more information on the Fort Town Concert Association and the upcoming concert series, please visit www.ftca.ca.



Project Mantra, photo courtesy of Matt Vandervelde of ThirdEye Photography.

I NEVER MEANT TO START THIS FIRE

By Jon DeVarenes

Cutting through the thick mid-afternoon heat with a unique blend of musicians and sounds, Project Mantra brings its audience a refreshing performance on the day of our nation's birth. The band is led by Leigh Bursey, the front-man/lead vocalist/lead guitar/lyricist of the group, on piano and backup vocals is Audrey Cahoon, on bass is Alex Hodges, Matt Vanderbaaren or "Big Jube" beat-boxes for the group part time, and on drums is Justin Steacy. Brimming with energy, these five band-mates are ecstatic about the release of their first album in March of this year and are eager to be heard by new ears. Their album titled, Fusion Manifesto, is available in a variety of shops around town, but can also be purchased online at projectmantra.bandcamp.com, T-shirts and other merchandise may be purchased at their live shows, which are announced on their Facebook page at projectmantra.ca.

For the band's front-man and our city councillor, Leigh Bursey, this album is the culmination of a long time hobby and passion. Gaining notoriety in the past for his work with impoverished people in the community and his consistent support of the LGBTQ community, Bursey is jubilant knowing he will now be referred to as "the punk-rock councillor."

The album was recorded during live shows as the band wants listeners to hear what they feel is a more genuine experience

of their sound, and to encourage people to attend live music and become more involved within their local music scenes. As Leigh notes, "it is great to see local musicians performing covers, but there simply aren't enough locals creating something new." He continues, saying "everything is a manifesto" and this album represents the band's beliefs and their passion for music. Project Mantra's passions and efforts have fused into something manifest, avoiding obscurity and vaulting their hopes toward an opportunity to "keep doing this full-time".

Fusion Manifesto consists of a plethora of different styles and emphasizes the experimental play between the piano and the beat boxer which creates a deep and rich rhythm to counter balance the high register and coarse timbre produced by Leigh.

The album was put together after Leigh reunited with the band and rebuilt the project from the ground up, after focusing on his politics for a few years. Leigh says he is happy to be back in the punk rock scene he dearly missed.

Although he is turning his focus back towards his love of music, the impact and importance of his position in the city council shines through brightly in the proletariat arms seen front and centre on the album-cover. For Leigh the two are not entirely separate. This LP works to subvert and recognize the ills of society, the difficulties of

life, and maintain a hopeful message in light of these darkness's. Material for the album was conceived both before and after Leigh's journey into politics and the eccentric front-man enjoys combining his old perceptions and creations with the new.

With the release of this album, Leigh now wishes to spend as much time as possible standing onstage alongside friends who share his values and have their own stories to tell. Leigh makes a point of saying "I don't like to hold anyone back," extending his inclusive politics toward his band-mates he encourages them to stand in the spotlight and thereby encourages more variety and greater spirit in their live sets. Project Mantra has been securing more and more shows in the Brockville, Ottawa, Kingston, and most recently Toronto areas and a successful ten-show summer tour. In addition to these gigs the group has also participated in a clothing drive for the homeless, have performed in support of our local drag night at the Barley Mow, and have even played at such popular venues as Zaphod Beeblebrox in Ottawa.

This local band is a true inspiration to Brockville's music scene in their enthusiasm and innovation as they help breathe life into this small town. You can catch them on Friday, October 28th at the Barley Mow in Brockville as a feature act at an LGBTQ Halloween Costume Party event benefiting Brockville Pride. The event starts at 9pm and is just \$5. [LH](#)



THE PERFECT PUMPKIN!

By Tanya Hammond

One of the great joys of the fall is in early October when children and parents get ready to pick up their perfect pumpkin to carve or decorate. Pumpkins make for great decorations on porch's and roadsides when decorated and carved. Here are some ideas to help you when you bring home your perfect pumpkin to decorate.

From mini pumpkins to giant pumpkins, Styrofoam to farm fresh and everything in between, you can create the pumpkin of your dreams. Fake pumpkins ready for carving or decorating can be found at the local craft store and for fresh pumpkins check out local farm stands including Lanscroft Farm on Hwy #2, just west of Rapid Valley, Mensens Farm in Soperton, Wendy's Country Market in Lyndhurst, various locations in Brockville, including local garden centres, grocery stores and of course the Farmers' Market.

Depending on the age and ability of the person doing the decorating, you can vary the difficulty of your design. For toddlers, something as simple as a stack of stickers to place on a pumpkin can be all that is

needed. Remember, small hands like to be able to manipulate the item they are creating, so mini pumpkins might be a good fit for those younger than four. You could even let kids use vegetables like carrots, radishes and peas to make faces using toothpicks to stick on the funny faces.

As kids get older, the idea of creating something scary sounds more appealing, so helping them create a monster jack-o-lantern out of a giant pumpkin might be the fright they are looking for. You can of course, do all of the cutting necessary, letting them

scoop the seed and "guts" as they like to call it, out of the pumpkin. You could even help them make a smaller jack-o-lantern and put it inside the mouth of the giant one so it looks like the big one is eating the little one. Another creation that an older kid might enjoy, is helping create a mouse infested pumpkin. No not real mice, although I'm sure kids would find that more fun! Purchase a number of small rubber mice and arrange them so that they look like they are crawling in and out of holes in the pumpkin.

No kids, No problem! Halloween isn't just for kids; it's also for kids at heart. For the adult who just wants to get creative, you can coat a pumpkin with chalkboard paint and then drill small holes into the face of the pumpkin in a dotted outline of whatever image you choose. Leave the same amount of space between each hole and once you place your candle inside, your pumpkin will look similar to the lite-brite toy that we used to play with.

If black isn't the colour of your choice, then choose a white pumpkin to decorate. Paint a black spider's web on it with a big black spider sitting on it. Feeling more like an artist? Then purchase a Styrofoam pumpkin and get inspiration from the pumpkins on display at pumpkin inferno at Upper Canada Village in Morrisburg, On.

Looking for something a little less challenging and perhaps more stylish? Then carve out mini pumpkins and insert votive candles in them. This makes a nice display when grouped together or when lighting a path to your front door. Make your pumpkin a cute decoration and a clever trick or treat dish by filling it with lollipops standing straight up. Cover each lollipop with a simple facial tissue with a string around it and mark little faces on them so they look like little ghosts.

The ideas are endless, so let your creativity flow and just have fun. I'm sure your pumpkin will be perfect! LH





Alice Kummer makes a presentation about her wood carving as Sundial owners Rob and Ben Oppenaur look on.

ATHENS CONNECT

By Sally Smid

A local Women's Breakfast speaker related how she had followed through with a vision to start a home to help young single mothers. She challenged the audience to consider how they might make a difference in their own communities. Realizing that the local food bank has more clients per capita than Ottawa, several had the idea of an Athens "drop in centre". The increased senior population, youth concerns and financial and medical hardships were also part of the group's motivation. The owners of Sundial Secondhand -Rob & Ben Oppenaur had long realized local needs as many customers, looking for affordable items, frequent the store and the "The Oppenaur's" recently decided to give a portion of sales to the Athens Food Bank. They offered the front of their store for the purpose of "coffee and chats" and an information kiosk, as well as a

variety of presentations to help inform locals about various events and what community organizations are available to offer help.

On April 12th 2016, Athens Connect was launched with a ribbon cutting ceremony and social. The Organizers realized that there are many in this rural community in need of information, friendship, support, encouragement or just "a warm place to sit". Others are excited about providing understanding, assistance, and advocacy for their neighbours. Many are unaware of agencies and supports that are available.

Athens Connect offers coffee and chat times on Tuesdays and a variety of events on Fridays from 9:30 - 11:30 each week. There have been a variety of topics and presentations including; "Art Splash", hobbies, "coffee with a township councillor", environmental help,

developmental challenges, our Community Garden, "Every Kid in the Community", 4-H, CPHC and the Family Health Team. Media coverage often helps the community at large to "connect" with such topics as well. Many have been finding out a lot more about their community and really enjoy connecting with their neighbours in a safe and positive setting.

A Community Garden organizer mentioned after her visit, "I felt encouraged by the interest and support shown at Connect!"

This past summer there were children who found it was a place where they could drop in and work on a puzzle or do some drawing or painting. Others have been volunteering and some just find out it is a good place to find a listening ear and an understanding friend.

The kiosk has helped visitors access tourism information and a variety of medical and financial helps. Athens Connects goal is to be a place where those with challenges or dealing with discouragement can gain more empowerment and move forward with a brighter outlook. Some visitors have reported that they have received support in some way and are now able to "pay it forward"! As one organizer explained, "there are many reasons why someone might need to rely on the Food Bank or social assistance.

Perhaps due to a job lay off, illness, depression, aging, or some other financially debilitating reason. It is not fair to assume that just because someone is in need of assistance they lack responsibility or motivation." Attendees agree that Athens is a great place to live -- a friendly and caring community! Athens Connects vision is to help make it a greater place!

Athens Connect begins a new season this fall with a new series of topics and possibilities. Everyone is welcome! [LH](#)



Organizers cut the ribbon at Sundial Secondhand on Main St. in Athens and launch Athens Connect.



Jamie Chapman of Athens CPHC makes a presentation about local services available.

RURAL REMEMBRANCE DAY

Honouring The Sacrifices Made

By Sally Smid



The annual Athens Remembrance Day Ceremony takes place at the local cenotaph. Veterans Sir Henry Stevens (sitting at left) and the late Dr. John Hodgkinson, in his Air Force jacket at centre, are in attendance.

Every Remembrance Day it is more apparent that there are fewer living world war veterans. Also perhaps due to the unrest in our volatile world, it is more apparent how precious our freedom is.

Memorial trees on either end of County Rd. 5 from Athens to Mallorytown were planted in 2000 to honour those who died for that freedom. Mallorytown hosts an annual ceremony in co-operation with the local Legion and school. It honours 19 local men who lost their lives in the World Wars, Korea and Afghanistan and is followed by a reception at Legion Branch 848, where a Wall of Honour recognizes local veterans.

It's also interesting to consider that area militiamen served in the War of 1812. There was a nearby look-out near Brown's Bay and a port at Mallorytown Landing.

Athens Township's Memory Road includes 20 trees with labelled crosses honouring those who died in both world wars. The Ministerial Association organizes an annual Remembrance Day ceremony at the cenotaph, involving many organizations and school children. A Joshua Bates Centre reception follows and includes Athens Heritage Society's remembrance displays. The Athens Garden Club also created a Shades of Green Memory Garden, beside the Township Hall, to honour the 11 local soldiers who died in WWI.

A noted veteran, Dr. John Hodgkinson of Athens, recently passed away in July. His absence will be felt at the well attended ceremony. "Dr. John" always loaned his

vintage bugle to local teacher Jim Palmer who played it at each service. It had belonged to his grandfather, an officer in the Northwest Rebellion, at the time of Louis Riel in 1885.

It's interesting to note that some area men fought in the U.S. Civil War. Caintown's David Ferguson was killed and Henry and Edgar Hawkins of Athens also enlisted in the Northern army. Henry later received a small pension from the U.S. government. Arthur Hawkins had the distinction of fighting in WWI and II and later helped build the cenotaph, a project of the Women's Institute.

One of the most noted area veterans, "Sir Henry Stevens", was knighted several years ago by the French government for his role at D-Day. An army tank radio operator, he recalls several near death experiences and the loss of several crew members.

War also had a major effect on life at home. The war took on Red Cross tasks, making bandages, knitting socks, and blankets for soldiers. To aid in the war effort, many collected scrap metal and more. Milkweed pods were gathered for stuffing flotation devices. They also sent parcels to bolster troop moral. Many things were scarce or very costly due to war taxes, and ration stamps were issued. Some served as ground observers, including high school students, who were trained to recognize and report any enemy air craft as a German invasion of Canada was feared. Some farmers and others could be exempted from military service if their jobs were considered essential. Women and youth took on needed jobs due to the worker shortage at home.

Recruits exercised on the lawn of what is now the Athens Library and Cadets trained on the High School grounds. Some enlistees were so desperate to serve that they lied about their age.

Many who served or remember past wars are still affected by the memories of horrific events. Sacrifices go on, as painful memories are recalled, including those in the world wars, Korea, Afghanistan, peacekeeping and more. Remembrance Day really has more significance than ever as we consider the overwhelming price paid by those who served or continue to serve at home or abroad to preserve our freedom. **LH**



The 156th Battalion marching down Elgin St to Main before heading off to serve in WWI. Some did not return. (Photo courtesy of the Athens Heritage Society)

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



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ATHENS CARPET PLUS CELEBRATING 15 YEARS IN ATHENS 2001-2016

Athens Carpet Plus is celebrating 15 years in business! Owner Duncan Peer looks back to his early years as a flooring helper at 14 years of age. He also recalls his years at Home Decor and Maggio Flooring. Today he is a certified installer and specializes in vinyl and laminate flooring with hardwood, carpet and ceramic flooring also available.

"I love Athens," he exclaims. "Folks are great here and so friendly and outgoing!" However, many may not realize that Duncan is able to under price the big box stores and also provides quality installation. Customers do come in from Brockville and other areas as well. Many from Athens area are realizing the importance of supporting local businesses while often getting better prices and quality as well. Many local cottagers are also Athens Carpet Plus customers.

"We are a small business with low overhead," he remarks. Duncan gives credit to associate Solange for her expert decorating talents in

providing advice to customers on colour and design. He partners with staff member John and sometimes his brother as well in making installations. Athens Carpet Plus also offers samples to clients that are available and can be taken home when considering colour choices for decorating and remodelling projects. Flooring can be seen on line and easily ordered. This makes it easy for clients when making "The Very Personal" choice of the type of flooring or carpeting they want.

It is clear that Duncan and his staff have a real passion for what they do and take great pride in their work. "We strive to provide quality service and go above and beyond what is expected. We take great pride in cleaning up after all installations as well," Duncan added. He is one of very few Certified Armstrong Flooring Installers in the area and has been well trained. He works hard to stay updated with the latest products and techniques. In recent years, vinyl



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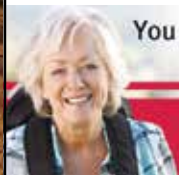
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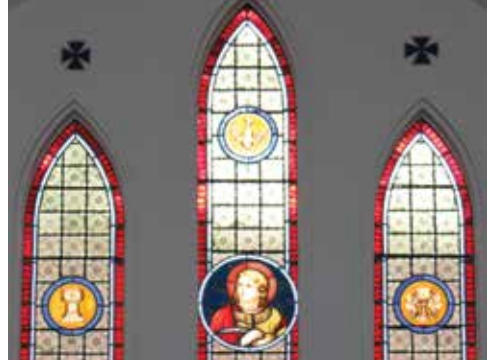
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The diamond quarrel windows in St. Luke's Anglican Church, Lyndhurst, each with a central medallion



The altar window is a simplified triptych of square quarrel design with medallions

HIDDEN IN PLAIN SIGHT

A Gift of Stained Glass to St. Luke's Anglican Church

By Lorraine Payette

Summer of 1981 was glorious. Not too hot, not too wet, just right for accomplishing a dream long held by the parishioners at St. Luke's in Lyndhurst. In preparation of their 100th anniversary on October 18, 1982, they had decided to fix everything up and make it glorious – and that included repairing and restoring all of the stained glass windows in the church.

This would be a massive project, and committees were formed well in advance to raise the necessary funds. Whitby Gather Studio in Kingston had said they could do the job for \$5,000 (equivalent to \$13,703.65 in 2016), and it would take a mighty push to bring in that kind of money. There were bake sales and rummage sales and car washes. Donations of all kinds were accepted, and in the end, they were able to pay for the job.

The crew from the studio came in and surveyed the project. They could see the hope in the members' eyes, feel their dream, but could it be done?

Each window was carefully removed from its frame to be taken back to the studio. Clear glass was fitted into the holes in the walls to protect the building while the work was done, and the job commenced. It would take between three and four months to complete, and everyone was eager to see the end result.

Meanwhile, back at the studio, the crew faced a challenge. A large number of pieces were broken in most of the windows, and many were a particular shade of aqua that had been commonplace when they were made but which could not be matched a century later. They were also painted with an elaborate design which would need to be reproduced over and over again.

Close is never good enough, and they knew how hard the church had worked to achieve this dream. A decision was made to do the job and make a gift to the church at the same time.

The majority of the windows were made in a diamond quarrel pattern with identically shaped and sized pieces. One window was located near a large bush which shaded it and disguised its true colour. The crew cannibalized this window, using the pieces to replace the broken glass in the other windows throughout the church.

Their painter then created a silk screen to reproduce the painted pattern and, using a modern glass that was similar in colour to the original, they built a brand new window for the church that would be installed next to the bush. The shade would disguise the colour and no one would ever know about this secret gift to St. Luke's.

Installation was completed in the early fall of 1981, well in advance. The centennial saw all of the windows glowing like new and the church looking better than it had since it originally opened. As the congregation lifted their voices in song, no one noticed the new window.

However, time marches on. A severe storm killed the bush and it had to be removed. Yet, amazingly, no one noticed the difference in this one window. They were so accustomed to it that it was as if it had always been there.

To this day, the window hides in plain sight at St. Luke's, a silent testament to the determination of a congregation and the generosity of the studio that believed in their dream. LH



One of the original windows restored with pieces cannibalized from a single window



GOOD FOOD BOX PROGRAM

Your Food Dollar Goes Further in Cardinal

By Lisa Crandall

Stretching the food budget is a time honored tradition and the Good Food Box program in Cardinal has become a popular way to do just that. For \$15 a month you accomplish two things. First, you will receive a box filled with the best possible quality of grocery produce year round. Second, by participating in this program you make it possible, through the power of bulk buying, for all the other participants in the program to enjoy the increased spending power of their grocery dollar. It's a win-win.

Originally created by the Salvation Army the Good Food Box program has existed in communities across Canada and the United States for several years. It has been happening in Cardinal for just over four years and they've gotten their process down to a well-organized system. Once a month (on

the morning of the 3rd Thursday) there is a flurry of busyness at the local Ingredion Center as the delivery truck arrives with boxes of fresh produce and the volunteers, mostly from the local youth group, swing into action, dividing it into the waiting boxes. Depending on how promptly the truck arrives, this task is complete and the portions of food are sitting in tidy piles waiting for the program participants to arrive with their shopping bags in hand. Occasionally the truck is late and the volunteers are still rushing to get it sorted when people start arriving. According to volunteer coordinator, Marcy MacJoustra, the number of boxes depends on how many people have signed up each month. During the hot hazy days of summer many folks have their own gardens and participation drops off but during the

winter it climbs back up to 50+ households.

When everything happens on schedule people have a 30 minute window to come by to pick up their orders. They bring their own bags and the volunteers transfer the produce to the bags and often help carry them out to waiting vehicles. Many participants sign up for the next month on the spot. Conversations are animated as people wait their turn. Everyone is curious to see what is included this month. One woman quipped that she has to remember not to go grocery shopping in the days before the delivery so she does not end up with too much of something seasonal. Another confessed she hesitated to join because she thought of it as being for people who needed extra help with their grocery budget but now she likes knowing her participation helps make the program better for everyone else who participates.

Potatoes, onions, carrots, oranges, apples and bananas are standard each month. The rest of the fresh fruit and vegetables reflect what is seasonal in the grocery store. The produce comes from a regional wholesaler and the volume of the order guarantees the best possible prices and that means every household gets more for their money. The value of the \$15 box ranges from \$25 to \$40 depending on the season.

This program is important in Cardinal because there is no local grocery store. Registration forms are available at the local Mac's Convenience Store. Registration must be prepaid each month. There is a Facebook page at Cardinal Good Food Box with all the necessary information. There are also Good Food Box programs in Prescott and Brockville but they are in need of additional volunteers to make them as vibrantly successful as the Cardinal program. The communities of South Dundas have a similar program called The Green Food Box. **LH**





Photos by Robert Erickson



CRAIG CARMICHAEL

Carving out a Reputation

By Lisa Crandall

Standing in front of a nearly life size carved bear, the prospect that one wrong move, one slip of the hand could reduce this magnificent piece of work into so much kindling is heartbreaking. It's a reality that chain saw carver Craig Carmichael deals with each and every time he pulls the starter on his saw.

Craig has been practicing his craft daily for more than two years now. The result is a growing reputation as an artisan of note. His yard is filled with carved creations in varying degrees of completion. Each one is unique and many hint at his puckish sense of humour. There is a bear clutching a tree limb by the hot tub, ready to catch towels. Several shorter bears totting trays that are perfect for a patio. Other critters include oversized raccoons that can be attached to a tree in the yard or a pillar at the front of the house, an eagle poised to land in the yard, several dogs sitting at attention, and a whole

range of less finished rabbits and pigs. He has a turkey, Winnie the Pooh and Donald Duck, and more short bears. The bear I was admiring most is a custom order, destined to become an eye-catching piece in somebody's living room. It will be quite the conversation piece when it is finished.

Each one of Carmichael's creations starts as a carefully selected very large piece of local wood. He sources his wood from friends and family when they are removing larger trees from their yards and woodlots. Over weeks and months, he works with the wood, shaping it with a variety of different size saws and then electric hand tools. Between each step he lets the piece sit, continuing to dry. Even after a piece is finished and delivered, the wood continues to dry, but care in the early stages helps control the inevitable cracking and warping of the wood as time passes. The finishing touches are done with a propane torch and multiple layers of

outdoor Varathane®. These creations are intended for outdoor placement and with a minimal amount of aftercare a Carmichael creation can be expected to last for years.

Carmichael Woodworks is located along a quiet country road near Spencerville, Ontario. Most of the work is done out of doors, even during the warmer days of winter. The deck that wraps around his home functions as a staging area. Craig's wife Joanne acts as his marketing manager and books his vending events at local craft shows. His bears have proven so popular that he's only been able to do a handful of shows this year and he has a backlog of orders in various stages of completion. **LH**

To see more pictures of his work, or to discuss your own custom creation, check out his Facebook page under Carmichael Woodworks or his webpage at <http://carmichaelwoodworks.wixsite.com/carmichaelwoodworks>.

You can also find his wood animal creations at Athens Hardware 18 Main St., Athens where you can also order one of Carmichael's Woodworks creations.



The tile mosaic showing Charlie Donevan in a rowboat representing Gananoque

CHARLIE DONEVAN

The Man in the Mural

By Lorraine Payette

Gananoque loves its heroes. They named a park after Joel Stone, the Branch 92 Legion for Colonel Russel Britton, Randy Payne's name is on the war memorial – all have made a lasting difference in the history of the town and the memories of its people. However, they wanted to do something different for Charlie Donevan, so they built him into a large panel which will become part of the massive

Canada 150 Mosaic – a mural consisting of thousands of hand painted tiles and images from all over Canada celebrating the nation – where we've been, what we've become, where we're going next. Each unit is a car on a train linking the country together, and Charlie is appropriately shown in a boat here in the Thousand Islands, waiting to take on his next adventure.

When you walk into Donevan's Hardware, you might have to wait a bit to get a chance to talk to him. Most likely he'll be busy assisting a customer, helping a visitor find a service or place to visit, or he'll be checking stock. This is a hardworking, conscientious businessman who knows that in order to succeed you have to put that extra drive into your work.

Born on July 31, 1924, Charlie grew up in the town and the store, always listening, always learning, always reaching out to bring people and their needs together in a way that would benefit all involved. He inherited the store, founded in 1872 by his grandfather, and with help from his family, is continuing to keep up its proud traditions.

"I used to have a business in Gananoque just down the street from here called Zippers," said Doug Richmond, long time friend who was up visiting from Tennessee. "I came up here to visit Charlie, and he put me to work. Charlie was always a wealth of knowledge for me during the business years, so I'm happy to help him. The man is 92, by himself, in a store, still cutting glass, still putting screens in doors, and I'm just amazed. It's a pleasure for me to come in and be part of this."

Charlie has a unique knack for putting people and jobs together to make things happen.

"I see a lot of things that could be accomplished, but I know I'm not able to do them," said Charlie. "Because of the business and the store, I know a lot of people in town and I know their potential. I try to open doors and find people I can fit in to do those jobs. I've done an awful lot of that during my lifetime."

Charlie has long had an interest in the out of doors and in preserving our natural heritage. He studied Civil Engineering at Queens which gave him the skills he needed in surveying and other areas to do the work necessary when he and his wife started the Landon Bay Centre in the 1950s.

"We spent many days down there," he said. "She would go down there around the first of May to work and stay into the fall, operating the campground. We did that for about 45 years. Recently, John MacLeod arranged to have a dry stone bridge built at the centre in her honour."

Charlie camped and fished in Algonquin Park, and to this day is active in trying to preserve the former Macker property, Rotary Beach and Bay Road in Gananoque.



"I spent my youth on the river," said Charlie. "My grandfather had a cottage at the head of Tremont Island, and we used to build tin boats over there. We'd get in them and paddle them out to meet the ferry that came from Clayton before we had the bridge so we could ride the waves, and then we'd purposely sink and the people on the boat thought that we were goners. We'd really make it look bad, because we'd stay underwater for awhile and then we'd pop up and swim back to the island. It was a lot of fun."

The memory of all that fun induced him to bring back the tin boats in 2009 and again in 2015. Both times he encouraged the young people of Gananoque to build their boats out of roofing tin, decorate them and race each other. They were delighted to discover just how much fun they could have doing something simple and old fashioned in the great outdoors.

"My grandfather was Mayor of Gananoque at one time, I was on the Council and I was Chairman of the Board of Works for a few years," said Charlie.

He was instrumental in setting up the VAGA Gallery after taking adult lessons in art from Henry Fyvinkl at the High School, and was actively involved at Grace Church for many years. He even convinced the Ontario Seed Company to donate this year's left-over seed stock to the Community Garden.

In addition to his work with different events and activities to stimulate and delight others, and protecting the area for all, Charlie and his lovely wife Kay had three children. Although their son has moved to Windsor, their two daughters continue the family tradition with each working in hardware. These adult children have blessed the family with 6 grandchildren and 6 great-grandchildren. One of them is bound to be another Charlie, out there improving the world for all of us one project at a time. **LH**

Clockwise: Charlie with his brother Bill and their cousin Frank Seward; Charlie and the seeds the OSC is donating to the Community Garden; Charlie in his tin boat circa 1930; Early 1900s photo of Donevan's Hardware store. They carried groceries and other items as well as hardware. Hanging from the ceiling are hammocks and an enormous bunch of bananas, to the right are buggy whips.

FEMALE ENTREPRENEURS MAKING A CONNECTION

By Tanya Hammond

*Shelli Warren of Success Coach, SheConnex
(photos courtesy of:
JEMMAN Photography of Kemptville.)*



Shelli Warren of Brockville is the woman behind the successful SheConnex brand. Described by many as a born leader. At age 54, Shelli, a local Success Coach has made it her mission to assist other women in reaching their full potential. In doing so, she is changing the face of the stagnant networking scene and making meaningful connections along the way.

I decided I needed to find out what the buzz was about and meet this champion of women for myself. This past June, I participated in a Feminar hosted by Shelli, entitled "She's So Confident". The interactive workshop took place in The Brockville Convention Centre where Shelli started off the day by sharing her own story about how she decided to take the leap into entrepreneurship. Just over a year ago, Shelli left behind a safe and very lucrative, corporate job at Procter and Gamble to follow her dream. As a result, she has skilfully developed, not only a plan for her own success, but also a plan to help other women succeed as well.

With clients all over North America, Shelli provides individualized success coaching, custom group training, with on line tools, feminars (which are seminars with a feminine twist) and her popular SheConnex Success

Series. She shares monthly live interview sessions in Brockville, Kingston, Kemptville and Cornwall. There is no doubt that listening to Shelli speak is inspirational, however what I found to be even more impressive was her goal to empower other women and shine a light on them. Her passion for encouraging female entrepreneurs of all ages and stages of their life became evident as she showcased a select group of fellow business owners, giving them a chance to share their stories.

I loved the fact that when Shelli introduced women who had started another career in mid life, she called it an encore career. Certainly a more positive spin on something so often judged with scepticism and even criticism from others. Having changed careers late in life myself, I appreciated the refreshing reference made, as well as the chance to hear other women share their own stories of how or why their second careers evolved.

Mary Lynn Villeneuve from Athens was one of the featured speakers that day who sparked my interest. She discussed her transition from Transport Driver to Travel Agent. She had been driving transport across the country with her husband for years before she decided to stay home and

work behind a desk. Something for Mary Lynn though was missing and she realized it was the travel that she longed for. After some soul searching and research of course, Mary Lynn decided to purchase a TravelOnly franchise and is happy to report that she is embarking on her 12th year in business. She enjoys working closely with her clients and says, "the most fulfilling part of my business is the loyalty of my clients." I'm sure the perks of travelling to check out the destinations first hand don't hurt either. To contact Mary Lynn you can e-mail her at mwilleneuve@travelonly.com or call 613-924-1404.

Not everyone who shared their story was someone who had transitioned to an encore career. For instance, Stephanie Forgues knew what she was meant to do right from the start. Stephanie is following her path and spreading positive vibes wherever she goes and like Shelli, she too provides consultations to help empower, encourage and guide women to be their best self. Stephanie has been operating New Leaf Wellness since



Author/Model Judy Paul-Utman (photo courtesy of Isabelle Bouchard from Abelle Photographie)



Stephanie Forgues- New Leaf Wellness participating in the SheConnex series hosted by Shelli Warren

2008 and offers Intuitive Reiki, reflexology and other wellness services to all ages in the Brockville and Ottawa area. Passionate about healthy eating as well, Stephanie radiates health and wellness. Her commitment to inspire others in the community to be well is evident as she proudly presents the 5th annual Celebrating Wellness event, taking place at the Brockville Country Club Saturday October 15th. Call Stephanie at 613-498-2952 or e-mail her at Stephanie@newleafwellness.ca for more information.

Thanks to Shelli, these women had an opportunity to provide those of us in the audience that day, with a glimpse into their businesses, and even better, a chance to get to know them on a more personal level. With ample time allotted for networking and even some confidence creating challenges posed by Shelli, we were able to make other connections throughout the day. I discovered those presenting that day were not the only ones with an inspiring story to share. Judy Paul-Utman was one such person I was fortunate to meet. She is the funky kind of 60 yr old that should be featured in commercials. Oh wait she is! That's right at 60 she auditioned for a modelling agency, Mode Elle, at the 1000 Islands Mall on a dare, so to speak. Quite to her surprise, she got selected and has been busy taking part in fashion shows and travelling to Toronto for commercial auditions ever since. Judy, a long time Brockville resident, tells me she has a commercial coming out, but is not at liberty to disclose for what company, because it hasn't aired yet. A self described jack of all trades, Judy was originally a physiotherapist, lactation consultant, business administrator with her husband for 31 yrs in their Employee Assistance Program firm and is



SheConnex seminar with Mary Lynne Villeneuve (left) and Shelli Warren(right- host of "She's so Confident" Feminar) photo by Carol Palko.

even qualified as a scuba diver master. If that isn't enough, Judy has recently become an author and can be found promoting her book, *Voices in the Wilderness*. To contact Judy, to purchase a copy of her book, you can e-mail her at perspect@ripnet.com or it is available through Amazon as well.

Obviously, confidence was a trait that all of these women shared. We, as participants were encouraged to break through our fears, follow our dreams and make a plan! What an uplifting way to spend a day with women in the community, all willing to connect and share their stories and encourage, rather than criticize, or even feel the need to compete. That's what building

a community is about, embracing those businesses around you and supporting the local economy by empowering others to succeed. Shelli Warren truly stands behind her motto, "when she wins I win", when referring to her clients. Shelli's commitment to invest and encourage women is clear, as she recently donated \$2000 to Girls Incorporated during her 1st year anniversary of her SheConnex Success Series. To learn more about the services Shelli offers, or to take part in her upcoming Feminar called *Successfully Stacking A Team* on October 22nd check www.sheconnex.com or call 613-246-3685. You can also reach Shelli by e-mail at warrenshelli@gmail.com. **LH**

A collection of wine corks and a blue wine cap on a white surface. The corks are scattered around, some showing their natural texture and others with labels. The blue cap is prominent in the foreground, partially covering a cork. The background is a clean, white surface.

Speaking of wine

By Russ Disotell

If you're anything like me, the long hot summer has depleted your wine stocks. So, it's time to restock and refocus on wine partners for autumn cuisine. Here are five suggestions that will go a long way to help meet your needs.

California's Enigma Chardonnay 2015 (CSPC# 428854, \$13.95), nicely balances toasty oak with complex tropical fruit, apple, peach and pear fruit. It has a creamy texture and round supple quality with an equally complex finish that has great length. Enjoy on its own or match with pasta with cream sauce, chicken or turkey, especially with a white sauce. It also partners nicely with freshwater fish.

Henry of Pelham Riesling 2015 (CSPC# 268375, \$14.95) is the latest stellar vintage from this Ontario Riesling specialist. Look for superb balance in this medium bodied white with an array of apple, pear, lime, grapefruit and apricot flavours with a crisp, zesty acidic backbone. The long finish has deep flavours matching the palate with a refreshing tang. A versatile partner for all manner of food, it shines when paired with baked ham or pan-fried fish.

In Argentina the wine for red meat is Malbec. The Argentinians know red meat, barbecue is a national pastime! So who are we to argue? Argento Malbec Riserva 2014 (CSPC# 363192, \$13.95) is a full-bodied red with red currant, dark plum and Bing cherry fruit, with a hint of spice, vanilla and coffee notes. There is plenty of tangy acidity to balance the generous fruit and the finish has good length and just a hint of oregano spice. Perfect for cool weather barbecue fare.

Trapiche Pure Malbec (CSPC# 370924, \$15.95) is a great value for the price. This is a full-bodied, rich and concentrated Malbec with

a soft creamy texture, medium soft tannins and plenty of black cherry and plum fruit, mocha and espresso undertones. It has the power to match your hardest barbecue creations and enough elegance to serve with finest sit down meals.

With predictions of another potentially brutal winter before us, perhaps it is time to get to know Port better. True Vintage Port is expensive and can take decades to mature, but luckily there is Late Bottled Vintage Port, a style that is less expensive and ready for consumption. Taylor Fladgate, Late Bottled Vintage Port 2011 (CSPC# 46946, \$18.10) is a stellar example. It is rich and concentrated with black currant and dark cherry fruit, slight herbal notes and a nicely balancing acidic backbone. Yes, it is sweet, and full bodied. Sweet-sweet-sweet, but it warms the bones on cold winter nights. Enjoy! **LH**

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

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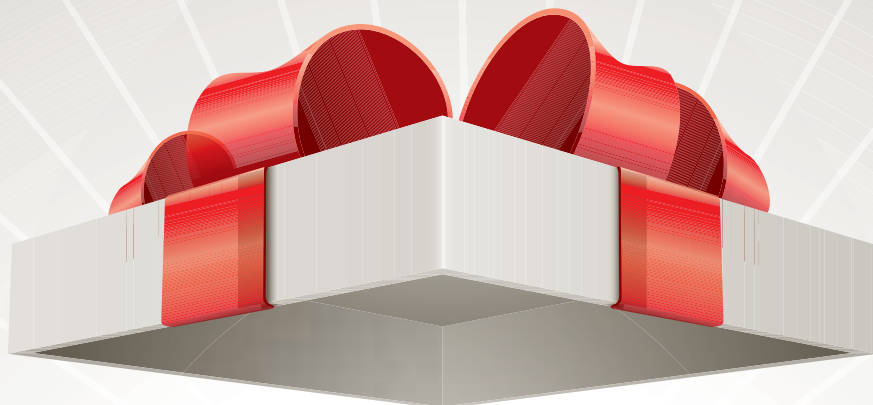
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